

# Kaw Valley Senior Monthly

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April 2004

Serving the Lawrence-Topeka Area's 50 and Better Population

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## Remple recounts escape from Bolshevik Russia

By Billie David

At 95 years, Lawrence resident Dr. Henry D. Remple, a retired psychologist, still gardens, meets colleagues for dinner, and offers his home for Girl Scout meetings—and three years ago he published a book.

The book is entitled *From Bolshevik Russia to America: a Mennonite Family Story*. In it, he tells how at 13 he was a refugee lying in a hospital unconscious from the ravages of malaria, and how he was sent away to die after his sister refused to grant permission to have his leg amputated, which would have meant saving it off without the benefit of anesthesia.

Remple was too sick at the time to realize that two sisters were all that remained of his large family, who fled the Ukraine to escape the violence of the Bolshevik Revolution. But when he finally came out of the coma, his sister Agatha told him what

his father had said before he died.

"My sister visited Father in the hospital and asked, 'what shall we do,' and Father said, 'I will get well soon and we will go to America, but if I don't get well, for you there is no going back. You go forward,'" Remple said. "That became the driving motif of our family: You go forward no matter what happens."

The Remple family left the Ukraine because of the Russian Civil War and its impact on the inhabitants of the Mennonite village of Alexanderwohl. "One side took over the village, and then the other side took over the village, and the Anarchists came and took over what they wanted to," he said.

On April 6, 1922, Remple left the village with his parents, eight brothers and sisters, and the dream of immigrating to North America. They were joined by 250 other Mennonites who fled to Batum, a seaport

KEVIN GROENHAGEN PHOTO



Dr. Henry D. Remple views old family photos on an electronic magnifier that displays images on his television screen.

**SENIOR profile**

on the Black Sea, where they hoped they could obtain passage on a ship headed for America. Before long, most of them had died, the victims of typhus and malaria.

The group had been delayed in Batum because they needed permits to leave the country and the assurance that they would be accepted

CONTINUED ON PAGE TWO



Richard Blowey

KEVIN GROENHAGEN PHOTO

## SCORE points entrepreneurs in the right direction

By Kevin Groenhagen

When Richard Blowey retired from Capitol Federal Savings after 38 years of service in 1997, the Topeka resident began looking for a way he could help others. When a friend invited him to attend a Service Corps of Retired Executives (SCORE) Association meeting in 2000, Blowey liked what he saw. He now serves as chair of SCORE Chapter 342, which serves Topeka and the surrounding communities.

launched as a national volunteer group with 2,000 members by the Small Business Administration in 1964, "provides professional guidance and information accessible to all to maximize the success of America's existing and emerging small businesses." The group now has 10,500 volunteer counselors and 389 chapters nationwide. In 2003 the group held a total of 6,576 workshops and seminars and had 137,153 workshop clients.

SCORE, which was officially

While the "R" and "E" in SCORE

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**FREE**

# Remple

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when they arrived at their destination.

"Our goal was to go to the United States, but we also had to have money," Remple said. "Instead of leaving Batum in a couple of weeks as we had hoped, it took eight months, during which time the rest of the family died."

Asked how he was able to deal with the death of so many in his family, Remple said, "I was in the hospital for three months. I was unconscious, so I don't remember much about that time."

Since his recovery was very slow, he took in the information gradually and had more time to deal with it, so it was not as much of a shock to him as it had been for his two surviving sisters, Agatha and Agnes.

Eventually the three siblings arrived in Nebraska, where each of them was taken in by a different Mennonite family. Remple joined a family who had lost their only son, and he felt welcome in their home.

"I was with them for five years, and when I graduated from high school, I left to go to Tabor College in Hillsboro, Kansas," Remple said. "My main interest at that time was to get well, to be incorporated into American life, and to be like the other boys. I didn't want to remember being part of the Ukraine."

It was in Hillsboro that Remple met and eventually married a young woman named Mariana, the daughter of the founder of the college.

During World War II, Remple took time off from his studies to spend three years in the Army. Because he could speak German, he was trained

to interrogate prisoners of war.

As for whether his service in the Army conflicted with his Mennonite upbringing, Remple said, "I decided it was the right thing to do. I wanted to serve my country, and I have never regretted it."

Remple majored in psychology, continuing his graduate work at the University of Minnesota and then at the University of Kansas. He obtained his doctor's degree in psychology in 1950.

After graduation from KU, Remple remained in Lawrence, where he and his wife raised two children, Lucy Jean and Robert Keith.

Remple found a job with the Veterans Administration. At first he commuted to Kansas City and then to Topeka, and finally he was transferred to Leavenworth. He worked there for 21 years, retiring in 1981. He then established a private practice, from which he retired in 1997 at the age of 88.

That's when he started working in earnest on his book.

"I decided to write the book in 1992 when my 'adopted' sister who lived in South Dakota invited me there," he explained. "She was in charge of the library committee, and she asked me to give a talk about my experiences, so I had to start thinking about it."

Remple had kept a diary of sorts—written on flimsy scraps of paper—when he was 13 years old, making entries when he was able, and although they were written in pencil and were hard to read, he began working with those as the basis for his book.

At first, he was encouraged by family and friends to write the book as a family history, but after a friend who was interested in children's dia-

ries asked to see his diary and read it, she encouraged Remple to write the book for the general public.

With the help of family members, he was able to finish the book in four years. He engaged his sisters, Agatha Krieger of Lawrence and Agnes Epp Peters of Margate, Florida, in searches for family photographs and in long and probing conversations, some of which were taped by his wife. His "adopted" sister provided photos and diagrams for the book; his daughter helped lay out the illustrations and designed the cover for the book.

After the book was published, some of the survivors from Batum contacted Remple, including a man who was four years old at the time of their leaving Russia. "There hasn't been a thorough research about that group," Remple said. "While doing research, I thought someone should

do a more comprehensive story. I figured it is too late in my life to do that, but I still hope that someday, somebody will."

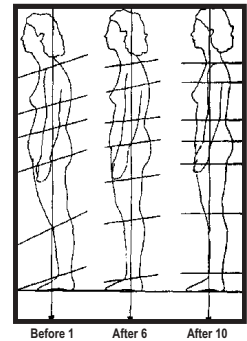
Meanwhile, Remple said that although his life is more restricted than it used to be, it is still very rich and includes enjoying the many special events and activities that Lawrence has to offer. He's also looking forward to the dedication ceremony for a memorial that his daughter designed for his father-in-law. The event is scheduled for October 9 of this year and will take place on the Tabor college campus in Hillsboro.

The book *From Bolshevik Russia to America: a Mennonite Family Story* can be found at the Raven Bookstore in Lawrence, or it can be ordered by e-mail at [loringmcallister@earthlink.net](mailto:loringmcallister@earthlink.net) or by contacting Dr. Loring McAllister at 651-436-5150.



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# SCORE

CONTINUED FROM PAGE ONE

stand for "retired" and "executives," Blowey notes that the "counselors to America's small businesses" are working to de-emphasize those two words.

"We're not all retired and we're not all executives," Blowey said. "Both retired and working professionals are welcome in SCORE."

SCORE candidates are interviewed before being accepted as volunteers to see if the volunteer opportunity is a good fit for the organization and the potential counselor. New SCORE volunteers then participate in an orientation and training program designed to provide guidance on listening, interviewing and problem-solving skills.

According to Blowey, SCORE Chapter 342 has more than 20 volunteer counselors to assist clients in Topeka and the surrounding area.

"We work with the Small Business Development Center at Washburn University," Blowey said. "We co-sponsor low-cost workshops such as 'Exploring Entrepreneurship.' Some of our clients come from the workshops. If they want some counseling or mentoring they can sign up there. When we get a request for assistance, we have a form the applicant fills out so we can determine what the applicant needs help with. We then have one of our members assign the request for counseling to someone who they think would fit with that particular applicant's request. That volunteer then contacts the applicant to get a little more information and set a time for a session."

The counseling SCORE provides is free, but it often proves to be invaluable.

"A lot of people have good ideas, but they don't know how to get started," Blowey said. "And some people don't have good ideas and shouldn't get started. Sometimes you can do someone a favor by telling them to start over with their plans. The most basic thing we help people with is business plans. They may think they have a plan, but often they don't have it written down. If they need financing, they almost have to have a written business plan before anyone will talk to them."

While most SCORE volunteers are retired and learned business basics many years ago, they are able to help business of all types, including those that make up the so-called "new economy."

"A majority of our volunteers are older," Blowey said. "However, if you're in the Internet business, you

still have to know everything that any other business does."

Occasionally, SCORE's volunteers find themselves mentoring entrepreneurs who are a bit older than they are. For example, when Alyce Frost, 73, decided that she wanted to take over her nephew's restaurant in downtown Topeka, she was assisted by SCORE volunteer Bill D. Bunten. Frost credits much of Frostie's Café's success to the guidance she received from Bunten and SCORE.

As in Frost's case, SCORE does most of its counseling face to face. However, since such counseling would be difficult for would-be entrepreneurs who live many miles from a SCORE office, the group offers online counseling at [www.score.org](http://www.score.org). The web site provides small business owners with, among other things, a learning center, business toolbox, and a feature called "Ask SCORE." Ask SCORE is a free service that allows entrepreneurs to receive counseling from one of SCORE 1,200 e-mail counselors. Questions may be asked at any time of the day and answers are provided within 48 hours.

In addition to Blowey, other SCORE Chapter 342 officers include Shirley Gorman, vice-chair, Don Holt, treasurer, and Joe Gigous, secretary.

For more information about receiving SCORE counseling or becoming a volunteer counselor, call SCORE at 785-234-3049. SCORE Chapter 342's office is located at the Washburn University Small Business Development Center, 120 SE Sixth Suite 110, in the Greater Topeka Chamber of Commerce offices

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*Welcome, Back, Kotter*
- April 6 **Judi Bowker**, actress,  
*Clash of the Titans*
- April 7 **Jackie Chan**, actor,  
*Rush Hour*
- April 9 **Dennis Quaid**, actor,  
*The Rookie*

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# Senior citizen Meals on Wheels contribution program

With Kansans now in the process of preparing their income tax returns, Secretary of Aging Pamela Johnson-Betts reminds them that filing their state returns also gives them the opportunity to help Meals on Wheels programs across the state.

The Senior Citizen Meals on Wheels Contribution Program was created in 2002 by the Kansas Legislature to allow taxpayers to make voluntary donations to support home-delivered meals.

"Last year, \$169,000 was con-

tributed through the check-off," Johnson-Betts said. "That money supplements nutrition services for the elderly and individuals with disabilities and makes it possible for them to live independently in their own homes for as long as possible."

Individuals receiving a state income tax refund can indicate in the designated space on the tax form what amount of that refund they

would like to contribute to the Meals on Wheels program, from a dollar to a portion of their refund or all of their refund.

Individuals who owe state taxes also can contribute by indicating the amount they want to donate in the designated space and writing a check for the balance due plus the amount contributed to the Senior Citizen Meals on Wheels Contribution Program.

Last year, more than 1.75 million meals were provided to eligible participants in their homes, and another 1.6 million meals were served at congregated meal sites throughout the state. (For an area breakdown of home-delivered meals, see listing at end of release.) Of those receiving home-delivered meals, 74 percent were 75 or older and 70 percent were women. Nearly 60 percent lived alone.



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# HEALTH

## Stroke awareness: Know the signs, act in time

Strokes, like heart attacks, have recognizable symptoms. If you detect these signs early enough, you can significantly reduce your risk of lasting injury. Treatment with the drug t-PA (tissue plasminogen activator) in the first three hours after symptoms appear can limit the brain damage caused by a blood clot. If you are treated immediately your chance of recovering with little or no

appear quite suddenly: (1) confusion, (2) trouble speaking or understanding speech, (3) dizziness or loss of coordination; (4) vision problems; (5) severe headaches with no known cause.

### Take Action

Action is needed as soon as the symptoms of a stroke appear. You can help by calling 911 or by providing transportation to an emergency room. (But don't try to move someone who's dizzy or weak—call 911 instead.) Be ready to share medical data with emergency medical personnel, since the stroke victim may be disoriented. Ideally, everyone should carry a list of their medications, medical problems, allergies, and the names and numbers of key contacts to expedite emergency action.

### Stroke Recovery

Once a stroke occurs, t-PA will limit the damage. But because the brain controls our nervous system, even a small amount of damage can have lasting effects. Post-stroke a person can have memory loss, vision problems, difficulty speaking, trouble understanding speech, loss of balance and muscle weakness.

To maximize recovery from any kind of brain injury, rehabilitation is needed. Speech therapists specialize in treating the speech and cognitive problems caused by strokes. It is common to have speech difficulty after even the mildest stroke. Finding and forming words may be hard; the ability to think quickly and process new information may be slowed; you may have trouble understanding speech; and you may have memory or swallowing problems. Speech therapy can help you in all these areas.

Occupational and physical therapy are also needed to help you recover from the weakness, loss of balance, and loss of coordination caused by a stroke.

Therapists increase your strength and balance so that you can better walk, bathe, dress and pursue everyday activities. They also prescribe equipment to make life safer and easier during your recovery—for example, grab bars in the bathroom. If you have trouble climbing stairs due to a loss of balance or weakness on one side of your body, a physical therapist will give you specific exer-

cises, including balance exercises, to help you increase your leg and trunk strength, and an occupational therapist will help you strengthen your arm and hand.

### Don't Delay

The National Institute of Neurological Disorders and Stroke has begun an educational campaign focused on swift recognition of the signs of a stroke.

If you detect stroke symptoms, they say, take action—seek help im-

mediately. And if you suffer lasting effects from even the mildest stroke, you should ask your doctor how therapy can help you.

- Laura Bennetts, MS RPT, is a physical therapist with 20 years' experience. She co-owns Lawrence Therapy Services LLC, 785-842-0656, and Baldwin Therapy Services, 785-594-3162. For answers to therapy-related questions, please write to Laura either at her e-mail address, [laurabennetts@hotmail.com](mailto:laurabennetts@hotmail.com), or via Senior Monthly.



Laura Bennetts

permanent disability increases by 30 percent. That's a lot. And if you suffer any lasting effects, therapy will help you recover.

### What is a stroke?

A stroke is a brain injury caused by a lack of blood flow. Even a brief interruption in oxygenated blood flow to the brain can cause serious injury.

In fact, in 80 percent of all cases, strokes occur when quite small arteries are blocked by blood clots. The brain cells fed by that artery starve and die. The other form of stroke occurs when the blood flow is interrupted by a leaking blood vessel. This is a hemorrhage caused by a weak spot in the artery wall. How much damage a stroke causes depends on which artery is affected.

### Who's at risk?

Almost three quarters of all stroke victims (72 percent) are 65 or older. But anyone of any age who suffers from high cholesterol, diabetes, heart disease or high blood pressure is at risk. And smokers of any age are vulnerable because smoking reduces blood flow to the brain. So, to reduce your chance of a stroke, you can begin by taking several simple steps: exercise daily, eat a healthy diet, monitor your cholesterol and blood pressure, and avoid smoking. And you should educate yourself about the symptoms of an impending stroke.

### What are the signs?

Watch out for the following common symptoms, all of which can ap-

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# HEALTH

## What is gout?

Gout is a disease that is increasingly prevalent today. It has been called, "The rich man's disease," or "The disease of kings and the king of diseases." Since the time of Hippocrates, physicians have studied gout because of the extreme pain and suffering it causes. Today, many people with gout continue to suffer because knowledge of effective treatments is lacking in the medical field.

What is gout? What causes gout?



Dr.  
Farhang  
Khosh

Gout is caused by an excess of uric acid in the body. Uric acid is a substance that results from the breakdown of purines, which are found in many foods. Normally, uric acid is dissolved in the blood and passed through the kidneys into the urine, where it is eliminated. If the body increases its production of uric acid or if the kidneys do not eliminate the uric acid from the body, levels of uric acid will build up in the blood. This excess production of uric acid is most commonly caused by an increase in intake of alcohol or foods containing purines. The foods that most commonly contain purines are organ meats, shellfish, yeast (brewer's and baker's), herring, sardines, mackerel, and anchovies, dried peas and beans. Alcohol increases the uric acid production and reduces uric acid excretion by impairing kidney function. After consuming alcohol and high purine foods this can often trigger an acute gout attack.

Overtime, the elevated levels of uric acid can lead to deposits around the joints. These deposits lead to inflammatory arthritis, which cause swelling, redness, heat, pain, and stiffness in the joints. Eventually, the uric acid can form needle-like crystals in the joints, leading to acute gout attacks. Uric acid may also collect under the skin as tophi or in the urinary tract as kidney stones.

Acute gout attacks commonly occur in the middle of the night after a day of stress, alcohol, drugs, and increased intake of high purine foods

or even another illness. Early attacks usually diminish in approximately three to 10 days, even without treatment, and the next gout attack may not occur for months or even years. However, attacks will start to last longer and occur more often.

The traditional standard treatment of acute gout includes colchicine. Some of the side effects of colchicine include nausea, abdominal cramps, vomiting and diarrhea. Another treatment for acute attacks of gout includes non-steroidal anti-inflammatory drugs or corticosteroids (prednisone). Treatment should focus on normalizing uric acid levels and lifestyle changes that would avoid attacks.

Several simple dietary recommendations play an important role in management and prevention of gout. These recommendations include:

1. Elimination or reduction of alcohol.
2. A low purine diet. Foods with the most purine are meats, organ meats and baked goods with yeast.
3. Liberal consumption of complex carbohydrates.
4. Low fat intake.
5. Low protein intake.
6. Liberal water intake.

In addition, weight plays an important role in gout. Individuals with gout are typically overweight. Obesity increases the risk of gout for both men and women as it does with other forms of arthritis. Research shows that about 50 percent of those with gout are at least 15 percent above their recommended weight. Weight reduction can significantly reduce serum uric acid levels. So for the person suffering with gout the ideal body weight is important. Exercise is the key to achieving that ideal body weight.

Other factors that help control gout include bioflavonoids. Cherries, hawthorn berries, blueberries and other dark red-blue berries are rich sources of anthocyanidins and proanthocyanidins. These flavonoids have been found to be very effective

in lowering uric acid levels and preventing acute attacks of gout. Flavonoids like quercetin also have been found to offer significant protection in inhibiting uric acid production.

In conclusion, one of the oldest ways of relieving the pain of gout or many other arthritic conditions is hydrotherapy (water therapy). Keeping the affected joint immersed in hot water for three minutes, followed by

immediate immersion into cold water for 30 seconds. Repeat this four to five times in a row. This will improve circulation in the area and also reduces the pain. However, a person should always check with their doctor before trying any form of hydrotherapy.

- 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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# FINANCES

## Don't fear the Fed

**W**aiting. Anticipation. Sometimes thinking about what may happen is worse than the actual event. The economic recovery has turned into expansion, the stock market is booming, and conditions seem pretty calm in the bond market. So, why worry?

After the Federal Reserve aggressively cut interest rates to help stimulate the economy, many economists are now thinking that hikes in an effort to head-off a possible resur-



Harley Catlin and Ryan Catlin

gence in inflation. Some people are concerned about how this would affect their stocks and bonds.

If the Fed does raise short-term interest rates, you can expect many Wall Street strategists to say, "sell, sell." The history books show that some of the worst bear markets—1929, 1973-74, 2000—were preceded by rate hikes. But don't be too quick to act. The Fed raised interest rates several times (1958-59, 1988-89, 1994-95) that were not followed by a tumble in the stock market.

### Number of hikes matter

The following table shows that since December 1, 1917, stocks have appreciated an average of 0.9 percent three months after an initial rate increase, 3 percent six months later, and about 8 percent one year later and close to 18 percent two years later. Note that one year and two years after an initial rate increase, stocks actually perform better than the overall performance since 1917, with an average rate of appreciation of 7.3 percent and 14.6 percent respectively.

### How Rate Hikes Impact the Market

Increase	No. of Cases	3 Mos.	6 Mos.	1 Yr.	2 Yrs.
1	22	0.9%	3.0%	8.1%	17.7%
2	16	-2.7%	1.3%	3.0%	7.7%
3	13	0.4%	4.7%	3.3%	4.9%
4	11	0.5%	-1.2%	-3.0%	1.1%
5	9	0.9%	-0.4%	-0.4%	11.2%
6	5	-0.9%	-1.2%	3.0%	12.7%

Avg. Return Since 1917 1.8% 3.5% 7.3% 14.6%

Ned Davis Research, Inc. Data as of Feb. 20, 2004  
Discount Rate from 12/21/1917 to 12/30/1988. Federal Funds Rate from 1/3/1989 to 2/2/2004.  
Market index is Dow Jones Ind. Avg.  
Days = Market Days  
Past performance is no guarantee of future results. Returns shown are cumulative, price appreciation, not annualized and not including dividends.  
The number of rate increases equals consecutive increases until an intervening discount rate cut is encountered, at which point the count is started over.

However, multiple rate increases can hurt stock prices. For example, one year after four rate increases, stocks recorded an average return of -3.0 percent and only 1.1 percent after two years.

### Time in the market, not timing the market

If you can predict when the Fed will raise rates, how many times it will raise them and when it will stop, you might be able to create a profitable trading strategy to get out and get back into the stock market. We think a wiser strategy is to stay the course and stay focused on your long-term goals. In other words, let Alan Greenspan steer the economy, not your portfolio.

### What about bonds?

If the Fed raises short-term interest rates, will long-term bond prices fall?

They might, but this is far from certain. Some investors don't realize the Federal Reserve controls *short-term* interest rates. These rates and long-term interest rates can, and often do, move in opposite directions.

The chart below shows that long-term Treasury bond prices actually rose almost 10 percent annually during periods when the Fed was raising interest rates or had the "tightening bias."

It also shows that long-term Treasury bond prices actually lost 0.7 percent annually when the Fed was lowering rates or had an "easing bias."

### Treasury Bond Reaction to Fed Moves

Fed Policy Bias Is:	Gain per Year
Tightening	9.8%
Neutral	0.3%
Easing	-0.7%

Dates from 1/03/1989 to 2/06/2004  
Past performance is no guarantee of future results.  
Data as of Feb. 18, 2004  
Source: Ned Davis Research

### What's going on?

The results are counterintuitive. You would expect bond prices to rise if the Fed was cutting rates and fall if the Fed was raising rates. However, rate hikes are designed to lower inflation.

Long-term bond investors seem to prefer Fed policy that focuses on controlling inflation, even if it might result in an increase in short-term interest rates in the near term.

If inflation is kept lower, the purchasing power of the income received from bonds is greater. Since 1989, long-term Treasury bonds have actually performed better when the Federal Reserve was considering or actually raising rates—tight-

ening bias—than when it was cutting them. Granted, the study traces performance back only to 1989, but it does illustrate the risk of selling bonds because you think the Fed will raise rates.

### Principles, not predictions

Our advice has not changed. We believe that if you need income, you should hold your bonds. Remember, bond prices will often fluctuate, sometimes significantly, in reaction to changes in the economy, changes in inflation, expectations and changes in Federal Reserve policy. But these

events are largely unpredictable.

As bond investors we believe your best strategy to manage possible changes in bond values is to ladder your bond portfolio. This means staggering maturities by investing in long-term, short-term and intermediate-term maturities. This approach should help smooth out the potential wide swings in your principal and your income.

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

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# MY ANSWER

## World better off without religion?

By Billy Graham

Q: I think the world would be better off without any organized religion. After all, look at all the wars that have been fought over religion (even today). I don't think anyone should be forced to believe in God if they don't want to, which is why I'm an atheist. — G.A.

A: It might surprise you to learn that I agree with part of what you say: No one should be forced to believe in God. We each stand alone before God, and we each must make our own personal commitment to Him.

I also know as well as you do that throughout history tyrants and madmen have used differences over religion as an excuse for hatred and war. But does that mean God approved of what they were doing (and still do)? No, not at all. When Peter attacked one of Jesus' opponents, Jesus rebuked him and warned,

"All who draw the sword will die by the sword" (Matthew 26:52).

Jesus' way is the way of love, not hate.

I can't help but feel, however, that you don't reject God just because of what some people have done in the name of religion. I suspect your real problem is deeper than that: You want to run your own life, and you don't want anyone else — including God — to tell you how to live. But is that wise?

Instead, I urge you to look at Christ as He is found in the Bible. When you do, you will realize that

God not only exists, but that He loves you and has a plan for your life. Look at Christ with an open heart and mind. Don't let anything come between you and Christ because He alone is "the way and the truth and the life" (John 14:6).

(Send your queries to "My Answer," c/o Billy Graham, P.O. Box 1270, Charlotte, N.C., 28201; call 1-(877) 2-GRAHAM, or visit the Web site for the Billy Graham Evangelistic Association: [www.billygraham.org](http://www.billygraham.org).)

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# BRIDGE

## The queen is dead. Long live the queen!

By Omar Sharif and Tannah Hirsch

North-South vulnerable. South deals.

### NORTH

♠ 8 6 5  
♥ 8  
♦ K J 9 8 5 4  
♣ K J 8

### WEST

♠ A K 9 7 4 3 2  
♥ 7 2  
♦ 10 6  
♣ Q 10

### EAST

♠ Q J 10  
♥ 9 4  
♦ A Q 3 2  
♣ 7 5 4 2

### SOUTH

♠ Void  
♥ A K Q J 10 6 5 3  
♦ 7  
♣ A 9 6 3

The bidding:

South	West	North	East
2♣	3♠	4♦	4♠
6♥	Pass	Pass	Pass
Opening lead: King of ♠			

Lady luck can be fickle. First, she distributed the cards so that South, declarer at six hearts, should have an easy ride. Then she provided a

defender in the East seat who was good enough to foil South.

South's opening bid was strong and artificial. When East-West crowded the auction, South gambled on North holding some useful values and leaped to the heart slam.

West led the king of spades, ruffed in the closed hand. Since the obvious problem was avoiding the club loser, declarer set about trying to get a count the enemy distribution. Five trump tricks were played off. West discarded three spades, East a club, a heart and a spade as declarer sluffed two spades and two diamonds from dummy. A diamond was led to the jack, East winning with the ace! The jack of spades was returned and ruffed. Declarer played off the last trump on which West pitched another spade and East a second club. Declarer crossed to the king of clubs, West following with the ten and East low, then cashed the king of diamonds, both defender following low.

From declarer's point of view, the count was now complete. West had started with seven spades and had

followed to two heart tricks and two diamonds, accounting for 11 cards. In addition, West was "known" to hold the queen of diamonds, hence could hold only one club. Declarer

led a club to the king, picking up West's ten, and with great confidence led the jack of clubs to take the proven finesse. Down one!

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# CALENDAR

## ART/ENTERTAINMENT BINGO

APR 2-11  
**VICTOR**  
Experience the dramatic presentation of the days leading up to the crucifixion of our Lord Jesus Christ.  
OLATHE, 913-764-4575  
www.collegechurch.com

APR 8  
**PIRATES OF PENZANCE**  
A raucous story of how Frederic accidentally becomes a pirate, and his struggles with romance and honor. Gilbert and Sullivan classic.  
LAWRENCE, 785-864-2787  
www.ku.edu/~lied/

APR 9-25  
**PHILADELPHIA STORY**  
Join the privileged of Philadelphia for a flurry of wedding activity and mistaken love. 1930s classic.  
LAWRENCE, 785-843-7469  
www.community.lawrence.com/  
communitytheatre/

APR 16  
**DIAVOLO DANCE THEATRE**  
Composed of dancers, actors, and gymnasts, spectacular company creates its own dance vocabulary through powerful images inspired by human experience.  
LAWRENCE, 785-864-2787  
www.ku.edu/~lied/

APR 17  
**YO-YO MA WITH THE SILK ROAD ENSEMBLE**  
Performance featuring a collaboration promoting the study of cultural, artistic, and intellectual traditions along the ancient Silk Road trade route.  
LAWRENCE, 785-864-2787  
www.ku.edu/~lied/

APR 24  
**SENIOR CLASS**  
A great offshoot from TCTA's widely successful company, LAUGHING MATTERS, SENIOR CLASS is another zany troupe of improv comedians. Only this time, the company is made up entirely of actors over 55 years old! This group defines life in the golden years as a terrifically fun-filled trip! Doors open at 7 p.m. Show starts at 8 p.m.  
TOPEKA, 785-357-5211  
www.topekacivictheatre.com

MAY 1  
**BANG ON A CAN ALL STARS**  
Born out of the Bang on a Can Festival, six artists combine an intense performance approach with adventurous styles.  
LAWRENCE, 785-864-2787  
www.ku.edu/~lied/

MAY 2  
**ART IN THE PARK**  
Artists display and sell their original artwork in a beautiful outdoor setting. Musical entertainment, children's activities, and supervised art tent.  
LAWRENCE, 785-832-7930  
www.visitlawrence.com

SUNDAYS  
**KNIGHTS OF COLUMBUS HALL**  
2206 E. 23RD ST., LAWRENCE, 6:30 PM,  
785-842-2699

SUNDAYS & TUESDAYS  
**AMERICAN LEGION POST NO. 1**  
3800 SE MICHIGAN AVE, TOPEKA,  
6:30 PM, 785-267-1923

MONDAYS & THURSDAYS  
**AMERICAN LEGION POST NO. 400**  
3029 NW US HIGHWAY 24, TOPEKA,  
6:30 PM, 785-296-9400

MONDAYS & SATURDAYS  
**LEGIONACRES**  
3408 W. 6TH ST, LAWRENCE, 7:00 PM,  
785-842-3415

TUESDAYS  
**VETERANS OF FOREIGN WARS**  
138 ALABAMA, LAWRENCE, 6:55 PM,  
785-843-2078

WEDNESDAYS & FRIDAYS  
**VETERANS OF FOREIGN WARS**  
3110 SW HUNTOON, TOPEKA, 6:30 PM,  
785-235-9073

WEDNESDAYS  
**PINECREST APARTMENTS**  
924 WALNUT, EUDORA, 12:30-1:00 PM,  
785-542-1020

WEDNESDAYS & FRIDAYS  
**EAGLES LODGE**  
1803 W. 6TH ST, LAWRENCE, 7:00 PM,  
785-843-9690

WEDNESDAYS & FRIDAYS  
**EDGEWOOD HOMES**  
1600 HASKELL, STE 188, LAWRENCE  
10:30 AM-12 NOON, 785-760-1504

THURSDAYS  
**BABCOCK PLACE**  
1700 MASSACHUSETTS, LAWRENCE  
10:30 AM-12 NOON, 785-842-6976

FRIDAYS  
**BALDWIN SENIOR CENTER**  
1221 INDIANA, BALDWIN CITY  
12 NOON-1 PM, 785-594-2409

FRIDAYS  
**ARAB SHRINE**  
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## CLASSES/LECTURES

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

APR 1-MAY 10  
**MOTIVATING MOVES FOR OLDER ADULTS**  
Taught by KU Prof. Janet Hamburg, registered movement therapist and certified Laban movement analyst. Motivating

Moves was designed to improve balance, walking speed and flexibility. Mondays, 9:00-10:00 a.m.  
LAWRENCE SENIOR CENTER  
785-842-0543

APR 3  
**COMMUNICATING WITH NATURE**  
With Penny Hill, author of The Elves of Lily Hill. Penny works with a team of elves on her Michigan farm. Fee. 9:00 a.m.-5:00 p.m.  
THE LIGHT CENTER  
785-255-4583

APR 3  
**EXCERPTS FROM 'GHOST WRITER'**  
Stephen Casterline reads and discusses passages of his book that describe his own experiences as a Navy Corpsman on a hospital ship in the Vietnam War. 1:30 p.m.  
Watkins Community Museum of History, 1047 Massachusetts.  
LAWRENCE, 785-841-4109

APR 8  
**COMMUNICATING OUR WISDOM ABOUT AGING AND DYING TO OUR ADULT CHILDREN**

Can we have planning conversations before a crisis necessitates quick decisions? Can we allow our family to be anxious without us needing to do something about it? How calm are we about discussing end of life planning? These are some of the important questions Barbara Bailey, Social Worker will address at this session. Class is open to all. For more information please call 785-749-5800.  
LMH - MEETING ROOM A  
9:00-10:00 a.m.

APR 25  
**LIFE BEFORE TERRITORY: 1800-1854**  
Randy Thies, archaeologist for the Kansas Historical Society, will discuss how settlers lived in Kansas before it became a territory. Part of the Sesquicentennial Series, lecture is presented by the Kansas Humanity Council. 3:00 p.m. Watkins Community Museum of History, 1047 Massachusetts.  
LAWRENCE, 785-841-4109

## EXHIBITS/SHOWS

APR 1-SEP 30  
**VIETNAM EXHIBIT**  
Tribute to Vietnam veterans from Douglas County. Memories of the 1960s, as well as many artifacts, letters, clothing, etc. contributed by veterans. Watkins Community Museum of History, 1047 Massachusetts.  
LAWRENCE, 785-841-4109

APR 1-APR 24  
**150 YEARS OF LINGERIE**  
Men and women's undergarments and sleepwear can be seen in a romantic boudoir setting. Watkins Community Museum of History, 1047 Massachusetts.  
LAWRENCE, 785-841-4109

APR 3-4  
**CAMP ADVENTURE SPRING FLING CRAFT SHOW AND CHILI FEED**  
Craft Show 9:00 a.m.-5:00 p.m., Saturday, 11:00 a.m.-4:00 p.m., Sunday. Chili Feed 11:00 a.m.-4:00, Saturday, 11:00 a.m.-3:00 p.m., Sunday. All proceeds go to Camp Adventure, a summer camp for the physically disabled. Perry American Legion.  
PERRY, 785-233-7636

APR 3-4  
**LEAVENWORTH ANTIQUE SHOW AND FLEA MARKET**  
6th annual. Two separate shows. Historical

setting. Antiques and old collectibles only at the antique show. Most anything at the flea market.  
LEAVENWORTH, 913-758-0193

APR 10  
**AMERICAN INDIAN ARTIFACT SHOW**  
7th annual. Collector displays of Native American Indian artifacts.  
HOLTON, 785-364-3238

APR 17-MAY 16  
**ERC DESIGNERS' SHOWHOUSE FLEMING MANSION**  
One of Topeka's historic homes, the Fleming Mansion, was moved and renovated at one of Topeka's newest aristocratic neighborhoods.  
TOPEKA, 785-357-5171  
www.ercefer.org

APR 17  
**FORT LEAVENWORTH HOMES TOUR AND FRONTIER ARMY ENCAMPMENT**  
Annual tour of several historic homes at Fort Leavenworth, established in 1827, and a frontier Army encampment and reenactment.  
FORT LEAVENWORTH, 800-844-4114  
http://leav-www.army.mil/museum

APR 17  
**HERITAGE TOY SHOW**  
See old and new toys. Buy, sell, or trade. Excellent opportunity to find parts to restore your old toys.  
ABILENE, 785-263-2681

APR 18  
**MUSEUM DAY**  
24th annual. Special activities and displays for the entire family at the Natural History and Spencer Art Museums.  
LAWRENCE, 785-864-4245  
www.visitlawrence.com

APR 25  
**BROWN EXPRESS CUSTOM CAR SHOW**  
Super custom car show, featured in Low Rider Magazine. Hot rods, street rods, muscle cars, low riders, classics, and antiques.  
EMPORIA, 800-279-3730

APR 29  
**150 YEARS OF OFFICE SUPPLIES AND EQUIPMENT**  
Part of the Sesquicentennial Series, this display features the myriad of office supplies and equipment used over the past 150 years. Watkins Community Museum of History, 1047 Massachusetts.  
LAWRENCE, 785-841-4109

MAY 1-2  
**ANTIQUA AUTO SWAP MEET**  
Trade or sell antique autos or antique parts.  
LAWRENCE, 785-843-4882  
www.visitlawrence.com

## FESTIVALS/FAIRS

APR 17  
**PARADE FOR THE EARTH**  
Earth Day celebration includes a parade, informational displays, music, kids' activities, and food booths. Rain date is April 24.  
LAWRENCE, 785-832-3030  
www.visitlawrence.com

APR 17-18  
**PRAIRIE WINDS KITE FESTIVAL**  
13th annual. Skies are filled with color

# CALENDAR

CONTINUED FROM PAGE 12

during this kite festival.  
BONNER SPRINGS, 913-721-1075  
www.aghallloffame.com

APR 17-18  
**WAMEGO TULIP FESTIVAL**  
Handcrafted items, entertainment, children's activities, and food court in our beautiful city park with tulips galore.  
WAMEGO, 785-456-7849  
www.wamegochamber.com

MAY 1  
**ART TOUGEAU PARADE**  
Wheeled vehicles of various shapes, ages, and sizes are given new identities ranging from clever, comical to just plain nuts.  
LAWRENCE, 785-841-4598  
www.visitlawrence.com

MAY 1-2  
**CINCO DE MAYO**  
Taste of Cinco de Mayo, food, music, singers, dancers, car show, and fun for all families.  
EMPORIA, 620-342-2682  
www.jalapenoproductions.org

MAY 1  
**HERB MARKET**  
Annual market sale of herbs, plants, garden-related items, and yard art held on the grounds of the Carroll Mansion.  
LEAVENWORTH, 800-844-4114  
http://leavenworth-net.com/lchs

MAY 1  
**MAY FESTIVAL**  
May basket workshop for children 5-12. May pole dance exhibition.  
OSKALOOSA, 800-896-3198  
www.visitjeffcounty.com

MAY 1-2  
**MILLFEST**  
Enjoy tours of the 1898 flour mill in operation, pioneer arts and crafts demonstrations, lively traditional music, and great food.  
LINDSBORG, 785-227-3595  
www.oldmillmuseum.org

MAY 2  
**KAW VALLEY FESTIVAL**  
Festival celebrating St. Mary's. Craft vendors, car show, and food.  
ST MARY'S, 785-437-2077

MAY 2  
**MAY DAY AT LANESFIELD**  
Celebrate spring by making a May basket, dancing around the maypole, and visiting the decorated 1904 school. Live music and refreshments.  
EDGERTON, 913-893-6645  
www.jocomuseum.org

## HEALTH

FIRST TUESDAY OF EACH MONTH  
**HEALTH SCREENING CLINIC**  
Lawrence-Douglas County Health Department.  
LECOMPTON COMMUNITY BUILDING  
9:30-10:30 AM

TUESDAYS AND THURSDAYS  
**BLOOD PRESSURE CLINIC**  
Conducted at Stormont-Vail's outpatient lobby, just inside the doors of the Ninth and Washburn entrance, from 9 a.m.-1 p.m. No appointment necessary. Also conducted on the first, second, third, and fourth Tuesdays of each month, 4:15-5:15 p.m., in the Sunflower Terrace Cafeteria (before Senior Suppers).  
TOPEKA, 785-354-6787

WEDNESDAYS  
**HEALTH SCREENING CLINIC**  
Lawrence-Douglas County Health Department. For individuals 60 years of age and older and their spouses. Minimal fees, but no one will be denied service because of inability to pay.  
BABCOCK PLACE, LAWRENCE  
9 AM-12 NOON

SECOND THURSDAY OF EACH MONTH  
**MEDICATION CLINIC**  
Bring questions about your medications (prescription or over-the-counter), 1:30-2:30 p.m. Call for appointment.  
HEALTHWISE 55 RESOURCE CENTER, TOPEKA  
785-354-6787

SECOND THURSDAY OF EACH MONTH  
**BLOOD PRESSURE AND HEALTH INFORMATION**  
Sponsored by the West Ridge Mall merchants. Conducted in mall's food court. No appointment necessary.  
WEST RIDGE MALL, TOPEKA  
8:15-9:15 AM

THIRD MONDAY OF EACH MONTH.  
**THERAPY SCREENING**  
Have a question about pain or an injury? Come see us. Free. Screening conducted by Lawrence Therapy Service.  
DRURY PLACE, LAWRENCE  
10:00-11:00 AM

THIRD TUESDAY OF EACH MONTH  
**HEALTH SCREENING CLINIC**  
Lawrence-Douglas County Health Department.  
PINECREST II APARTMENTS, 924 WALNUT, EUDORA, 9-10 AM

THIRD THURSDAY OF EACH MONTH  
**NUTRITION CLINIC**  
1:30-2:30 p.m. Call for an appointment.  
HEALTHWISE 55 RESOURCE CENTER, TOPEKA  
785-354-6787

APR 5  
**BONE DENSITY SCREENING**  
Are you at risk for osteoporosis? This quick and easy screening can indicate if further testing for this potentially debilitating disease is needed. A bare heel is necessary for the screening. Information about prevention of osteoporosis is also included. Appointment is required. \$15/person.  
LMH HEALTH SOURCE ROOM  
7:30-9:30 AM

APR 7  
**CHOLESTEROL SCREENING**  
A fingerstick test providing a total blood cholesterol reading in five minutes. \$5 per person. No fasting or appointment necessary.  
LMH HEALTH SOURCE ROOM  
3:30-5:30 PM

APRIL 17  
**THAI MASSAGE**  
With David Haigh. Incorporates massage techniques with passive-assisted yoga poses, movement, rhythm and acupressure. Fee. 9:30 a.m.-5:00 p.m.  
THE LIGHT CENTER, 785-255-4583

APR 22-25  
**COMING BACK TO LIFE AFTER CANCER**  
A healing retreat at The Light Center. Sometimes treatment isn't enough. Relax and enjoy time in the country while learning about nutrition, naturopathic approaches, energy healing and HOPE. Massage and meals included. Fee.  
THE LIGHT CENTER  
785-255-4583

APR 28  
**BONE DENSITY SCREENING**  
See April 5 description.  
LMH HEALTH SOURCE ROOM  
9:00-11:00 AM

## MEETINGS

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

FIRST WEDNESDAY OF EACH MONTH, SEPTEMBER-MAY  
**KAW VALLEY CHAPTER, OLDER WOMEN'S LEAGUE**  
Forums held at Lawrence Public Library  
1:30 PM

WEDNESDAYS  
**OLDER KANSANS EMPLOYMENT PROGRAM**  
LAWRENCE WORKFORCE CENTER  
2540 IOWA, SUITE R, LAWRENCE  
10 AM-NOON

FIRST THURSDAY OF EACH MONTH  
**LAWRENCE PROFESSIONALS IN AGING**  
Networking group. Call Kim or Laura at 785-842-0656 for more information. \$10 to attend (includes lunch).  
ELDRIDGE HOTEL, LAWRENCE  
11:30 AM-1:00 PM

FRIDAYS  
**TAKE OFF POUNDS SENSIBLY**  
Support group for weight loss. Meets 10:00-11:00 a.m., Centenary United Methodist Church.  
LAWRENCE, 785-842-1645

SECOND MONDAY, SEPT.-MAY  
**LAWRENCE CLASSICS, GENERAL FEDERATION OF WOMEN'S CLUBS**  
Volunteer service club.  
785-331-4575

SECOND AND FOURTH WEDNESDAY OF EACH MONTH  
**ALZHEIMER'S EARLY STAGE PATIENT SUPPORT GROUP**  
For patients with early stage Alzheimer's.  
SEABROOK UNITED CHURCH OF CHURCH  
785-234-2523

THIRD MONDAY OF EACH MONTH  
**SELF HELP FOR THE HARD OF HEARING (SHHH)**  
SHHH is a non-profit, educational organization dedicated to the well-being of people

of all ages who do not hear well.  
BABCOCK PLACE, 1700 MASSACHUSETTS, LAWRENCE, 1 PM

THIRD TUESDAY OF EACH MONTH  
**LAWRENCE PARKINSON'S SUPPORT GROUP**  
FIRST PRESBYTERIAN CHURCH, 2415 CLINTON PARKWAY, LAWRENCE, 2 PM

THIRD TUESDAY OF EACH MONTH  
**GRANDPARENT/KINSHIP SUPPORT GROUP**  
Strengthening family relationships and improving positive parenting skills. Meets from 6:30-7:30 p.m. Child care available.  
YMCA, 421 S.W. VAN BUREN, TOPEKA

FOURTH FRIDAY OF EACH MONTH  
**AARP CHAPTER 1696 LUNCHEON**  
Group meets fourth Friday of each month except in July, November and December. Luncheon is held on third Friday in November. Reservations required at least one week prior to meetings.  
785-842-0446 or 785-865-3787

APR 15  
**WOMAN'S CLUB**  
The New Leaf Artist, Mary Ann Earp, 10:15. At 11:00 viewing of the art works/speaking with the artists. Lunch at noon.  
TOPEKA, 785-273-6978

APR 30  
**BENEFIT CARD PARTY**  
At the Woman's Club for anyone who plays cards. Light lunch for \$6.50. Reservations are required. Call Club House.  
TOPEKA, 785-273-6978

MAY 1  
**PRAIRIE PATCHES RED HAT SOCIETY'S MAY DAY**  
Make red hats, enjoy treats, and register for door prizes. 10:00 a.m.-5:00 p.m. Prairie Patches, 821 Massachusetts.  
LAWRENCE, 785-749-4565

## MISCELLANEOUS

APR 3  
**RETURN TO THE TERRITORY: A FAMILY FUN DAY**  
Reenactments, pioneer skills, music of the time period, food and crafts from the 1800s.  
TOPEKA, 785-272-8681  
www.kshs.org

APR 10-21  
**TULIP TIME**  
Thousands of tulips and daffodils in heavily wooded garden.  
TOPEKA, 785-478-4624

APR 25-SEP 26  
**PASSPORT TO ADVENTURE**  
Hike the creatures feature trail and meet wild Kansas animals.  
OLATHE, 913-764-7759

MAY 2  
**MEN'S RANCH RODEO**  
Cowboys from across the state and neighboring states demonstrate skills of ranching.  
ABILENE, 800-569-5915

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

# BOOKSHELF

By Margaret Baker

Jerrilyn Farmer: *Perfect Sax* (Wm. Morrow, \$22.95, ISBN 0-380-97890-3) *Mystery*

Madeline "Mad" Bean caters in Los Angeles. This time she is catering the dinner/charity auction benefiting upscale Woodburn School of Music. The premier item in the auction is a one of a kind Selmer Mark VI tenor saxophone. The dinner goes well, and the auction is raising oodles of money from the rich and famous in attendance. The Sax goes for \$20,000 in spirited bidding between two Type A fathers.

The winner of the saxophone discovers the case is empty—someone has stolen the sax. The buyer, husband of one of the dinner chairpersons, assumes that his auction duelist has snatched it, and takes off after him—with Maddie in the car.

She arrives home hours later to discover the police taping the place. One of her waitresses has been murdered in Mad's home.

What else could go wrong? Lots of things...

Lively, humorous, the plot simply races between possible motives, opportunities, and possible perps. Farmer's characters are so well drawn you think you've had coffee with them.

Douglas Niles and Michael Dobson: *Fox at the Front* (Forge, \$27.95, ISBN 0-765-30479-1) *Counterfactual history*

What if the assassination attempt by German officers had killed Adolf Hitler? Niles and Dobson weave a fascinating (and terrifying) plot on the possibilities.

The man who emerges to lead Germany is Himmler. He signs an armistice with Russia, changing the Battle of the Bulge.

In this scenario Erwin Rommel ("Desert Fox") meets George Patton ("Blood 'n Guts") and together join forces to prevent Stalin's forces from taking Eastern Europe and much of the Western.

While the basic plot is fictional, this military thriller rings with authenticity. A gem of the "what if" genre!

C. R. Corwin: *Morgue Mama: The*

*Cross Kisses Back* (Poisoned Pen Press, \$24.95, ISBN 1-59058-074-5) *Contemporary mystery*

Dolly Madison Sprowls, "Maddie" behind her back to her enemies, has been in charge of the Hannawa Herald-Union's newspaper morgue for more than 40 years.

Aubrey McGinty, 24, is the newly hired reporter, barely out of journalism school with a major investigative report to her credit already. She doesn't wilt under Maddie's cutting remarks, and Madie develops a fondness for this feisty girl.

The case Aubrey is tackling is the death on air of a TV evangelist. The killer not only put the poison on the gold cross on the evangelist's Bible (the one he always kissed during the show), but made doubly sure by slipping the same poison into the pulpit water pitcher. Aubrey is sure the discarded mistress on death row is not the killer.

Fascinating new author with an amazing ability to sketch characters through dialogue. The plot moves lickety-split and the twist crops up suddenly. Corwin uses of the difficult first-person present tense extremely well. An author and a series to watch!

Joseph Finder: *Paranoia* (St. Martin's, \$24.95, ISBN 0-312-31914-2) *Business thriller*

Unambitious computer engineer Adam Cassidy is drifting through life when he runs afoul of his company's CEO. To avoid a lengthy prison sentence, he agrees to go undercover at a rival computer company to find details of a secret product under development.

The CIA has nothing on industrial espionage masters. As Adam continues his illegal sleuthing he must make some ethical decisions whether he can act on them or not.

There's a terrific twist in the plot!

**New Original Paperback Mysteries**

Fortunately for readers' pocket-books, some publishers issue original mysteries in paperback editions. (Best selling hardbacks are often reprinted in paperback after a few years, often when the author's next work is in publication.) Here are three with exceptionally good plotting and characters:

Susan McBride: *Blue Blood* (Avon, \$6.50, ISBN 0-06-056389-3)

"Andy" Kendricks broke her mother's heart when she refused to be a debutant or join the Junior League.

Molly, a scholarship student at the prestigious private academy, was Andy's best friend in high school.

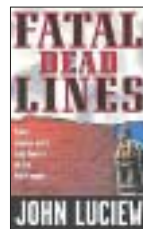
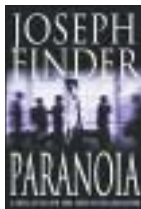
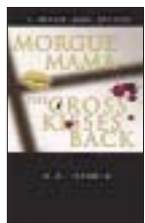
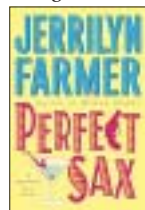
Scorned by the children of the elite, Molly and Andy went their own way.

Now Molly is accused of killing her sleazy boss at Jugs, a restaurant closely resembling a strip joint. To figure out what really happened, Andy dons a padded bra and tight pants.

John Luciew: *Fatal Dead Lines* (Pocket Books, \$6.99, ISBN 0-7434-7141-5)

When newspapermen start drinking to excess and sloughing off, a kindly management will sometimes send them to the Obituary Desk rather than fire them. Lenny Holcomb writes obituaries for the Harrisburg, Pennsylvania paper he

CONTINUED ON PAGE 15



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# BOOKSHELF

CONTINUED FROM PAGE 14

used to be a top reporter for.

But somehow, the obituaries he types into the computer have had sections he didn't write—sections that tell what the deceased was really like. The wife-beater, the incestuous father—their real stories mysteriously appear.

Lenny cleans them up before tapping the "send" button. Then a local fund-raiser for important politicians flops into the mashed potatoes, and Lenny learns what he was really doing. And his reporter instincts go into high gear.

Robin Burcell: *Cold Case* (Avon, \$6.99, ISBN 0-06-105377-5)

Burcell's final in her popular series with San Francisco Homicide Investigator Kate Gillespie.

After being shot in line of duty, Kate is re-assigned to Cold Case Unit, considered to be a good spot to regain confidence in a non-threatening environment. She appears on a Bay Area "crime stoppers" program urging citizens to report any leads they may have on the case—the same one she was injured work-

ing on a three years earlier.

Robin Burcell assures her many fans that while this is the last Kate Gillespie mystery, there is a new series underway.

The short first chapter is an absolute classic and will keep you glued to the pages 'way past bedtime.

### For The Ears (Books on tape)

Josephine Tey: *Daughter of Time* (Audio Partners, 4 cassettes, unabridged, read by Derek Jacobi)

Scotland Yard's Inspector Grant, confined to a hospital bed, is not a happy camper. Fearing that his mood will interfere with his medical recovery, his friend interests him

in a historical 500-year-old murder case. Richard III is vilified throughout history as the wicked uncle who slew his dead brother's sons to keep the crown for himself.

Was the Wicked Uncle as villainous as Shakespeare and others portrayed him? Could the wee princes have been removed by someone else? To find out, the detective must check all the literary and historical evidence from his hospital bed.

Mystery Writers of America ranks *The Daughter of Time* as the 4<sup>th</sup> best mystery ever written. Listen as acclaimed actor Derek Jacobi leads the reader through Grant's erudite solution.

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



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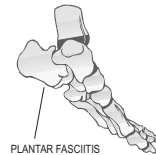
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Executive Director - Andrea Graham

# PUZZLES

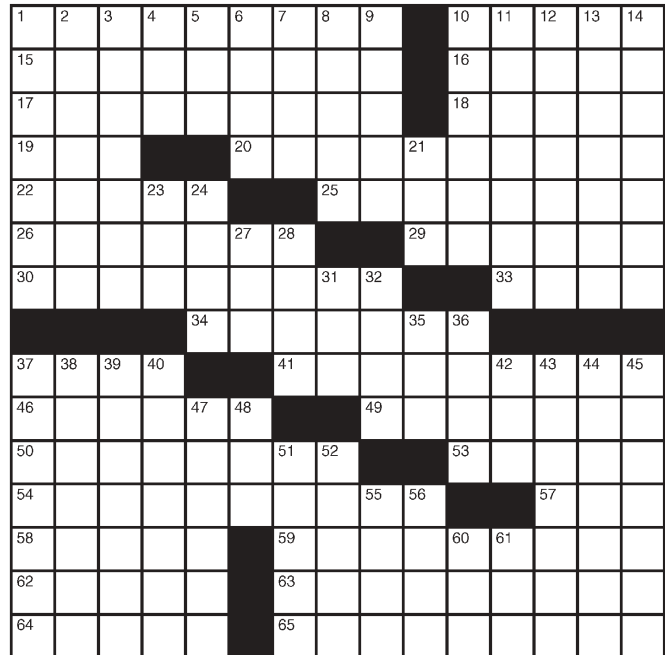
TMSpuzzles@aol.com

## ACROSS

- 1 Central American country
- 10 Hemlock homes
- 15 Opposing unions
- 16 Bar legally
- 17 Truck drivers
- 18 Bacterial infection, for short
- 19 Nightmare street?
- 20 Fit for marketing abroad
- 22 Manicurist's targets
- 25 More hoity-toity
- 26 Uses a heating-cooling process
- 29 Ultimatum phrase
- 30 "Wall Street" co-star
- 33 Hr. with a shrink
- 34 Anybody
- 37 Nav. rank
- 41 Curse
- 46 Worships
- 49 Parodist
- 50 Birds with pouches
- 53 Easy touch
- 54 Single
- 57 Prohibit
- 58 More pleasant
- 59 Far from drowsy
- 62 Participate in charades
- 63 Written discourses
- 64 Bristles
- 65 Hackneyed quality

## DOWN

- 1 Closely linked series of excerpts
- 2 Like very narrow roads
- 3 Endurance
- 4 Director Burton
- 5 Molinaro and Martino
- 6 Appraise
- 7 Mountain goat
- 8 Part of USMC
- 9 Fiery crime
- 10 Greek advisor at Troy
- 11 Contents of wills
- 12 Henry Moore piece
- 13 Naked to the waist
- 14 Globes
- 21 Kanga's joey
- 23 Author Deighton
- 24 Comments
- 27 London W.C.
- 28 Amounts
- 31 Fresh
- 32 Departs
- 35 Brief rest
- 36 Greek Cupid
- 37 Gangster Al and others
- 38 Constituent of DNA
- 39 Skunk
- 40 New York neighborhood
- 42 Attempt to win over
- 43 Not near the mark
- 44 Additional shootings



By Tom Pruce  
Chicago, IL

Answers on page 23

- 45 Aridity
- 47 French card game
- 48 Swed. transporters
- 51 Small salamanders
- 52 T follower?

- 55 Notion
- 56 Blue shade
- 60 Had a bite
- 61 Finish first

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## MAGICWORD

**HOW TO PLAY:** Read the list of words. Look at the puzzle. You'll find these words in all directions—horizontally, vertically, diagonally, backwards. Draw a circle around each letter of a word found in the puzzle, then strike it off the list. Circling it will show a letter has been used but will leave it visible should it also form part of another word. Find the big words first. When letters of all listed words are circled, you'll have the given number of letters left over. They'll spell out your MAGICWORD.

**OHIO (sol.: 10 letters)**

A-Akron, Amherst, Aurora, Avon; B-Blue Ash, Bryan; C-Cairo, Canton, Cleveland, Columbus; D-Dayton, Dover; G-Galion, Genoa, Grand Rapids, Green; H-Hamilton, Heath, Huron; K-Kent; L-Lima, Loveland; M-Madison, Malta, Marion, Mason, Medina, Milan, Monroe; N-Niles, Norwood; O-Oakley, Obetz, Oxford; P-Piqua; R-Ripley; S-Sidney, Solon, Springfield, Stow; T-Toledo, Troy; U-Union

This Month's Answer: **CINCINNATI**

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NOTLIMAHDYELPIR  
ORAUQIPURANIDEM  
TICINAKRONSAVON  
NASTCUNOFIYOBTE  
ACDSLRLANXTDRLO  
CSIROOLNOLYAUOR  
LUPEVRINEANTEYN  
EBAHEAMINOILAGO  
VMRMLNFAMILASRM  
EUDAAGENOAEEMHEA  
LLNUNIONNOSAMED  
AOAIDKBDOWRONI  
NCRHTAEHNOIRAMS  
DPGATITNTYELKAO  
SIDNEYZSTOLEDON

## JUMBLE

THAT SCRAMBLED WORD GAME  
by Henri Arnold and Mike Argiron

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

MALUB  
□ □ □ □ □ □ □ □

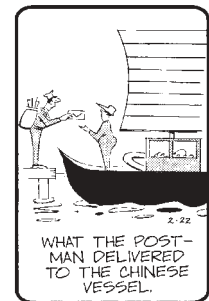
TIFAN  
□ □ □ □ □ □ □ □

NOOMIK  
□ □ □ □ □ □ □ □

JERPUM  
□ □ □ □ □ □ □ □

JERPUM  
□ □ □ □ □ □ □ □

Print answer here: □ □ □ □ □ □ □ □



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

Answers on page 23

## TRIVIALITIES

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

1. Lee Marvin, Ernest Borgnine and Charles Bronson starred in what 1967 war film?
2. Robert Altman directed what 1970 film starring Donald Sutherland and Elliott Gould?
3. Who directed the 1971 film "Klute" starring Jane Fonda and Donald Sutherland?
4. The 1975 film "The Day of the

- Locust" was adapted from whose novel of the same name?
5. Who starred as Elizabeth Driscoll in the 1978 film "Invasion of the Body Snatchers"?
6. How many times has Donald Sutherland been nominated for an Academy Award?
7. Who directed the 2003 film "Cold Mountain"?

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Answers on page 23



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# SENIOR FORUM

## Retirement is an attitude

By Kent S. Collins

DEAR SENIOR FORUM: I am afraid of retirement. I do it later this year. And despite savings and Social Security, a good wife and good health, I worry it will be the beginning of the end. No job, no identity, no title, no respect, no goal, no success.

Can you tell me what to look forward to in retirement? And, please, do not write in your column some claptrap about volunteering and recreation. — From New Jersey

OK, we'll skip my claptrap and go to the people living a modest, no-frills retirement.

The first is from the great Southwest:

DEAR SENIOR FORUM: I read your column in which you asked readers to write about the good times and old age. My mother taught me that life is what you make it.

Thank God, I was born an optimist.

I loved every day of my 30-year career in middle school teaching special education. My husband, Honey, became disabled at 54 in 1993 and quit working. He needed two hip replacements, followed by open heart surgery a year later. I finally retired in 2000 — the year after his heart surgery — when I was 54. It took more than a year to get used to not going to school every day.

November 2002, my husband and I took in my elderly uncle who was dying of lung cancer; he died at home with us. Being so close to death taught me about living and loving each day God gives me. I

finally learned to slow down and enjoy my new life just the way it is.

Time is so precious. We have time to be active in our church. Through our church, we sponsor an adult Bible study group in our home as well as the Cornerstones, an adult social group. Our mornings are special. I take the time to read the Bible and pray with my husband, then we enjoy tea in bed. We both go to the Healthplex, a local gym run by Presbyterian Hospital. Honey walks the track while I lift weights.

We are planning a relaxing train trip to California to see my relatives. We are going in style, by sleeper car with private bathroom. Honey's dad worked 47 years on the railroad, so our trip will be in memory of him.

Things aren't perfect. But I have made up my mind to be happy, no matter what happens. I think it's all in your attitude. Yours truly, A.K., Rio Rancho, N.M.

This next note came via e-mail (seniorforum@mchsi.com):

DEAR SENIOR FORUM: I think I am "an average retiree." My husband, after 40 years with the same company, retired at age 62. Then he drove a school bus. When he retired from that, I also resigned from my job. I was 62 — that was six years ago. It was one of the best decisions we ever made.

Most days we have at least one thing we need/want to do or some place we want to go.

We like to fish, golf, do yard work, go south for a couple months in the winter (we live in the Midwest). We take short trips.

Money doesn't go as far as we'd

like. And the money we have on deposit doesn't earn much interest. But we no longer buy work clothes, and the gas for the car can be used to do fun things instead of take us to work.

I am eternally grateful I lived to retirement age and so far have the health to enjoy it. I certainly do not intend to sit back and look only at the negative things when there are so many positive things to hold my attention. If all I found to read were negative articles about retirement, then I would just quit reading. We only go around once. Why spend

that time whining about our life? It is what you make it, you know. — M.B.

Retirement, as these letter writers have discovered, is not just a time of life. It is an attitude. And maybe retirement is not a lifestyle as much as it is a pursuit of a different kind of happiness.

(If you can define retirement by describing your own, write to The Senior Forum c/o Tribune Media Services, 435 North Michigan Avenue, Suite 1500, Chicago, IL 60611, or e-mail seniorforum@mchsi.com.)

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# COOKING LIGHT

## Greek-style stuffed eggplant

By Lisa Zwirn

Leave about 1/4-inch eggplant pulp in the shells when you hollow them out. If you're not a fan of eggplant, substitute zucchini; just remember that it will cook a little more quickly.

- Total time: 41 minutes
- 2 eggplants, cut in half lengthwise (about 3 pounds)
  - 1/4 cup water
  - Cooking spray
  - 1 cup chopped onion
  - 1 cup chopped plum tomato
  - 1/4 cup white wine
  - 3 garlic cloves, minced
  - 1 cup (4 ounces) crumbled feta cheese
  - 1/2 cup chopped fresh parsley, divided
  - 3/4 teaspoon salt, divided
  - 1/4 teaspoon freshly ground black pepper
  - 2 (1-ounce) slices French bread
  - 2 tablespoons grated fresh Parmesan cheese

1. Carefully remove pulp from each eggplant, reserving shells. Coarsely chop pulp to measure 6 cups. Place eggplant shells, cut sides down, in a 10-inch square baking dish.

Add water to dish. Cover and microwave at high 5 minutes or until shells are tender.

- Keep warm.
- 2. Preheat broiler.
- 3. Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add eggplant pulp; saute 7 minutes. Add onion; saute 2 minutes. Stir in tomato, wine, and garlic; cook

3 minutes or until liquid almost evaporates, stirring occasionally. Remove from heat; add feta, 1/4 cup parsley, 1/2 teaspoon salt, and pepper, stirring to combine. Spoon 3/4 cup eggplant mixture into each eggplant shell.

4. Place the bread slices in food processor; pulse 10 times or until coarse crumbs measure 1 cup. Combine breadcrumbs, 1/4 cup parsley, 1/4 teaspoon salt, and Parmesan, stirring well. Sprinkle 1/4 cup breadcrumb mixture over each stuffed shell. Arrange shells on a baking sheet coated with cooking spray; broil 2 minutes or until lightly browned.

Yield: 4 servings (serving size: 1 stuffed eggplant half).

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# HUMOR

## I Speak Alien

Do you believe in aliens—those bug-eyed, green-skinned creatures who come from outer space? I do. Years ago an alien named KB-11.2 saved my marriage.

Now I'll grant you that KB-11.2 didn't have green skin. In fact, he didn't have skin at all. My friend Kaybe looked like a giant tuna fish can.

Erector Set® arms sprouted from the curving sides of his body, and three spindly metal legs dropped down from the underside of his flat stainless steel torso. He had ball bearing wheels for feet. A floppy



Larry  
Day

two-foot antenna, with three sensor-eyes, stuck out of the middle of his lid. Kaybe looked like something that a seventh grade student might create in desperation the night before a science project is due.

Kaybe and I got acquainted just before I got married, but I never told anyone about our friendship because before he left Kaybe erased it from my memory.

"If you tell people about our friendship, they'll think you're weird," said Kaybe.

"I am weird," I said.

"That's true, but right now you're just weird enough to be interesting. If folks hear that you actually think you talk to aliens, you'll have to get out of journalism and go into politics or the entertainment business."

"Whoa. I'm not cut out for either of those things," I said.

"Right," he said, and zapped me with his memory eraser.

So for decades I didn't remember anything about my friendship with the alien KB-11.2. Fortunately for me, Kaybe's memory zapper didn't wipe out everything. I still remembered a few words of Mujerspeak, the alien language that my rotund friend had taught me. It was enough to save my marriage.

Emmaline and I were in our twenties when we got hitched, and we hadn't known each other very long before the nuptials. Both of those

factors could have caused serious communication problems in our marriage.

People who marry in their teens or folks who limit their wedded bliss to, say, 55 hours, don't have communication problems. Teen-age married couples communicate well because they just, like, you know man like, they're just, like, you know, really, really cool about everything and all. And people whose marriages last only 55 hours don't have communication problems because they don't speak English. They talk to each other in Mediaspeak through interpreters called spokespersons.

But it was different with Emmaline and me. We were a couple of small town twenty-somethings whose parents used terms like "in a family way," or "in trouble" (depending on the circumstances) to say "pregnant," and "going to the powder room" (women) or "going to see a man about a dog," (men) when nature called.

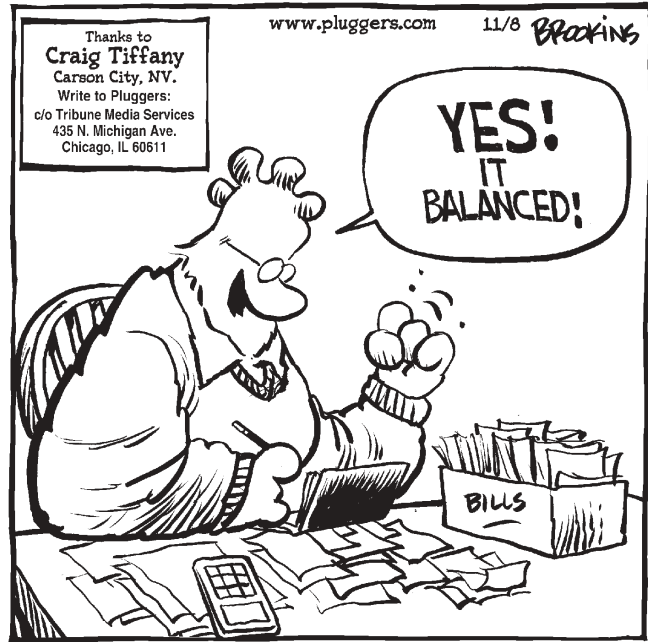
Both Emmaline and I understood the language of our parents. We spoke it fluently when we first got married. But later on, by mutual agreement, we began saying the word "pregnant," and calling a toilet a toilet. But Mujerspeak would have mystified me. Mujerspeak would have doomed Emmaline and me to years of frustration. Mujerspeak was the language that Emmaline, and other girls, learned from their mothers.

I have seen highly articulate men howl in anger and frustration when their wives switched from English to Mujerspeak. I have seen solid relationships dashed to pieces on the shoals of Mujerspeak. Many a strong man has wet his pillow with tears, pleading in vain for the gift of Mujerspeak.

That's why I count myself so fortunate that my alien friend KB-11.2 left me with a residue of Mujerspeak when he erased the memory of our encounter decades ago.

Some couples don't recognize that they have communication problems for months, even years after they marry. With Emmaline and me the problem began at our wedding reception. If I hadn't known Mujerspeak, we might have split up right there.

I remember the incident vividly. It



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happened at the "Now and Forever Center," a place in our home town where people held social events following such family milestones as weddings, bar mitzvahs, christenings, graduations, and retirements.

I was wearing a dark blue suit, a white shirt, and my good-luck tie. I had just come from the men's dressing room. Emmaline was standing there in her white wedding gown. She looked stunning.

"Hello, my dearest darling," I said, and bent forward to kiss her.

Emmaline looked me up and down, and took a step back.

"You can't wear that tie."

"Why not?"

"Because it's filthy."

I had just put the tie on two minutes before.

"It's not filthy," I told Emmaline.

"Look again," she said.

I pulled the tie up, and looked at it closely. On the upper right side, five inches down from the knot, there was a brown spot about the size and shape of a finger nail clipping from a five-year-old's pinky.

"Do you mean this?" I asked.

"Yes. The tie's filthy. You'll have to change it right now."

That was the moment my friendship with the alien KB-11.2 saved my marriage. I suddenly realized that Emmaline had spoken to me in Mujerspeak, not English. I went from being frustrated and angry to being elated. I understood exactly what she was saying.

English: "The tie is filthy."

Mujerspeak: "There's a very small spot on the upper right side of your tie. I know it looks small to you, but it looks huge to me. This is important to me. Please change your tie for my sake. Thank you. I love you."

I turned. My best man was just coming from the dressing room.

"How does George's tie look?" I asked Emmaline.

"It's fine," she said.

"Come with me, George," I said. We went back into the dressing room and traded ties.

The wedding reception was a joy. The honeymoon was a dream. The decades since have been happy and fruitful, all because my alien friend KB-11.2 taught me Mujerspeak.

How do I remember all these details, you ask? Well, I'm a geezer now, and Kaybe isn't worried about my being ostracized for being weird. He restored my memory.

"You can tell anybody you want to," he said. "At your age they won't think you're weird, they'll think you're colorful." That's good. I don't mind being colorful if it gives me a chance to tell marvelous yarns like this one. And who knows? Maybe there are some guys out there who will want to take lessons in Mujerspeak.

- 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.

# HISTORY

## They rode together but thought apart (Part 1)

By Tom Mach

Some paintings, stories, and movies about the infamous Lawrence raid of 1863 have it all wrong. While many of the 447 people riding with William C. Quantrill on the morning of August 21 did loot stores and houses, burn buildings, and kill men and older boys, they were not of the same mindset. As he waited for five of his best horsemen to check out the town just before dawn, Quantrill heard his men grumbling among themselves about the wisdom of shooting up the town. A few simply want to take some loot back with them and others also wanted to kill certain notorious proslavery men. Some of the 104 Confederates under Colonel Holt's command may have believed they were there to engage in battle against Yankee soldiers. Still others had come for the excitement and adventure it promised.

At least four of the invaders were probably teenagers—two girls and two boys. Unfortunately, historians often omit this fact in their retelling of the Quantrill attack on Lawrence.

Two girls who were probably participants in the Lawrence raid were Kate Clarke King and Sallie Young. Fifteen-year-old Kate was Quantrill's common-law wife, and she, dressed in men's clothes, often rode with her husband. Her motive for riding was likely out of loyalty to her husband as well as her desire for the treasures that awaited her from looting.

Sallie Young remains a controversial figure because some consider her a traitor and others a savior. She was kidnapped when she entered Lawrence on her trip from Lecompton and forced to accompany Quantrill to show him which homes to destroy. But did she? Alex Case published a story in 1915 in which he indicated that Sallie, a Lawrence resident, knew some of the Quantrill raiders because her brothers were proslavery Democrats. He concluded that as she rode with Quantrill she pointed out people to him whose lives should be spared because of their proslavery activities. Others claim that after her capture she took pleasure in directing Quantrill to the men who were on his so-called

"black" list.

A 13-year-old boy named Jacob Rote was kidnapped by Quantrill's men in the early morning hours of August 21, just outside of Hesper, Kan. It was still dark out, and George Todd, one of Quantrill's lieutenants, forced young Jacob, who was with the Joseph Stone family at the time, to serve as his guide to Lawrence. Before leaving with the boy, however, Todd killed Joseph by beating him with an old musket. For Todd, this was pure revenge, as Joseph Stone was responsible for Todd's arrest in Kansas City shortly after the start of the War Between the States.

While Quantrill planned his moves, Todd acted first and thought about it later. John Edwards, who rode with the Quantrill gang, said of Todd:

"Quantrill had always to hold him back, and yet he was his [Quantrill's] thunderbolt...He [Todd] only charged. Were he attacked in front—a charge; in the rear—a charge; on either flank—a charge."

In other words, Todd was a hot-head. If he were in the *Godfather* movie, he would be playing the part of "Sonny" Santino, who, in the Mario Puzo thriller, was intent on killing his brother-in-law for abusing his sister. Quantrill, on the other hand, would be more like cool-headed Michael Corleone, an intelligent, calculating, and vicious murderer.

Interestingly, William Gregg, another of Quantrill's lieutenants appeared to be a man of honor—in a limited sense, of course. Gregg promised young Jacob a new suit of clothes and a pony if he would help guide the marauders to Lawrence. After the massacre, Gregg made good on his promise and sent the boy back home wearing a suit of clothes and riding a pony which Gregg had given him.

According to John Edwards, a 16-year-old boy who rode with Quantrill, Jesse James, also partook in the Lawrence massacre. Jesse seemingly rode for the excitement of plunder, rather than for revenge. His weakness was a pretty girl. Edwards describes how an attractive 16-year-old girl approached Jesse "just as he was in the act of shooting a soldier in uniform who had been smoked out of a cellar." She pleaded with

Jesse not to kill him, informing Jesse that the man was a widower with eight children. Jesse put away his pistol and didn't harm the man. Perhaps he wanted to make a good impression on her.

Cole Younger, another Quantrill guerrilla, apparently showed signs of compassion during the raid. He reportedly had dragged from a closet a large man who had asthma. While Younger pressed his pistol against the man's chest, the captive's wife begged Younger not to shoot as her husband had not slept in a bed for

nine years. Younger released the man after considering her appeal and the man's asthmatic condition.

Part 2 in next month's column continues the story of the Quantrill gang.

- Tom Mach is the author of *Sissy!*, an award-winning novel about Kansas in the Civil War era. It is available at local bookstores, through [www.amazon.com](http://www.amazon.com), or from Mr. Mach's web site, [www.sissynovel.com](http://www.sissynovel.com).



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# PET WORLD

## Unfortunately, dogdom is not a democracy

By Steve Dale

Q: We recent acquired a 2-month-old female Doberman. Our 3-year-old neutered male Doberman isn't very happy about this. He won't share his toys and sometimes attacks the female, unprovoked. They do sometimes play together nicely, but I fear this puppy will not feel welcome in her own home. What can I do to help? — S.S., San Diego, Calif.

A: In the world of dogs, there are no democracies. Dogs are better off when they know their status. Probably, your older dog is simply putting the puppy in her place and teaching her canine etiquette.

Legendary New York City-based dog trainer Carol Lea Benjamin, author of "Dog Training in 10 Minutes" (Howell Book House, New York, NY, 1997; \$14.95), can relate. She says her own border collie, Flash, doesn't especially adore other dogs. Yet, Benjamin is about to add a new puppy to her household.

"It's a fine line," begins Benjamin. "When we stick our nose in our dogs' business, we can affect their relationships and mess things up. Then again, you do absolutely want to keep your puppy safe. I would not leave these dogs alone together when an adult is not there to supervise."

Benjamin recommends doing fun things with both dogs, so each learns that fun happens and treats appear only when the other dog is around. Also, always offer toys or treats to the older dog first. All dogs need some training, and you and your puppy would benefit from a training class.

Also spend some alone time with each dog. It's especially important for your older dog to understand your relationship with him hasn't changed. It's equally important for him to understand that humans remain the decision makers. Still, when your pup gets out of line, the best teacher will be the older dog. And that's a good thing.

Q: I need sleep! At 3 a.m., Ellie sits outside my bedroom door and

meows. I've tried spraying her with water and she does walk away but comes right back. Closing the door doesn't help. She wants to eat at 3 a.m., and I know if I give in, the situation will only get worse. Our other cats are quiet at night. Any suggestions? — B.K.M., Aiken, S.C.

A: I bet Ellie sleeps most of the day, then when you come home from work, she's raring to go.

Even if you play a bit with her, timing is everything. Also keep in mind that cats are naturally on the nocturnal side.

Pam Johnson-Bennett, author of "Think Like A Cat" (Penguin Publishing, New York, NY, 2000; \$16.95), points out that you can alter your cat's internal time clock. Cats in the wild live by what she calls "the cycle of four." They hunt, feast, groom and then sleep.

Johnson-Bennett suggests that about an hour before your bedtime, play with Ellie for 10 to 20 minutes using an interactive toy, such as a fishing pole-type toy with fabric or feathers at the end.

This is the hunt. Now, comes the feast. Feed Ellie about 10 percent to 20 percent of her daily food (measure carefully so you're not adding to her total daily food intake). After the big meal, Ellie will loosen her belt, groom herself, and then, hopefully, snooze.

Johnson-Bennett, who also writes a column for [www.thedailycat.com](http://www.thedailycat.com), cautions against playing games in the bedroom, "Your cat needs to learn that's a place for sleeping," she says.

For a while, your cat may still wake up early; after all, she's in that habit. Instead of using that squirt bottle, totally ignore her. You may need earplugs for a time. But, Johnson-Bennett explains, many cats "get off" on even negative attention.

(Write to Steve at Tribune Media Services, 435 N. Michigan Ave., Suite 1400, Chicago, Ill., 60611. Send e-mail to [PETWORLD@AOL.com](mailto:PETWORLD@AOL.com). Include your name, city and state.)

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# HEALTH CARE

## Technology improves outcomes, but adds to cost

It is an understatement to say that technology has changed our health care system; in reality, technology has revolutionized every aspect of our system.

The use of technology has allowed us to virtually wipe out some diseases while making others curable rather than terminal. Technology has improved the way health care



Ralph H. Weber, MD

providers diagnosis and treat every ailment and condition, and how researchers develop new drugs and treatment options. Doctors, hospitals and insurance companies use new forms of technology to run their everyday business affairs more efficiently.

I have witnessed tremendous improvements during my 25 years as a doctor. When I first started out, for example, if a patient complained of pain in their lower right abdomen, we would do a blood test and send them home to wait awhile. If the pain persisted, we'd do another blood test to check for changes. If we eventually decided an appendectomy was in order, the patient would undergo a major surgery that required several hospital overnights and a long recovery period.

Today, if we suspect a problem with a person's appendix, we can use a CAT scan to make a quick diagnosis. We can know earlier if surgery is required and if it is, we now have the option of laparoscopy. This less invasive procedure greatly reduces the patient's discomfort, length of hospital stay and recovery period.

While the CAT scan has lowered the risk of someone having their appendix burst prior to surgery, a host of antibiotics are now available to combat infection if it does. These still relatively new drugs improve the person's chance for a complete recovery.

Collectively, we are better served by the use of technology in medicine. However, the downside is that medical advances come with a huge price tag. For instance, the average cost of an appendectomy has increased from several hundred dollars in 1978 to nearly \$11,000 today.

A 2002 study by PriceWaterhouseCoopers concluded that new technology accounts for about 22 percent of overall increases in health care costs. That trend is likely to continue—or even grow—as each

new generation of technology brings with it new and improved equipment and drugs.

Other studies suggest that consumers are willing to pay the price for state-of-the-art services. Nevertheless, we must still make sure the technology is used in an appropriate, cost-effective manner because as we use more and more expensive medical services, we will all be asked to pay more in premiums.

For example, the various generations of radiology—X-rays, CAT, MRI and PET scans—differ greatly in cost, ranging from hundreds of dollars to thousands of dollars. That is why it is important for a health care provider to use the technology that will most accurately and efficiently allow him or her to make a diagnosis.

We also must consider the quantity of equipment that is appropriate for our state. Health Care News reports that the United States has 7.6 MRI machines per one million people. Applying that ratio to Kansas, we should need about 19 machines to serve the people in this state. In reality, we have nearly three times that many machines. MRI units are expensive to purchase, and must generate revenue to pay for themselves.

As an individual consumer, you can save health care dollars by avoiding unnecessary medical tests and procedures. If you change doctors or go to a specialist, have the results of your previous tests forwarded so

you don't unnecessarily repeat them. Learn why tests and treatments are being done, if they are required and what other options are available.

While new technology advances medical care for all of us, health care professionals and consumers must be diligent in using the technology wisely.

- Ralph H. Weber, MD, is vice president of medical affairs for Blue Cross and Blue Shield of Kansas. He spent 10 years in private practice in Salina before joining the health insurer in 1988. He was promoted to vice president in 1990.

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### JUMBLE ANSWERS

Jumbles: ALBUM FAINT KIMONO JUMPER

Answer: What the postman delivered to the Chinese vessel - JUNK MAIL

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### TRIVIALITIES ANSWERS

1. "The Dirty Dozen" 2. "MASH" 3. Alan J. Pakula 4. Nathaneal West 5. Brooke Adams 6. None 7. Anthony Minghella

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