

# Kaw Valley Senior Monthly

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

April 2006

Serving Active Seniors in the Lawrence-Topeka Area

Vol. 5, No. 10

## INSIDE



The Fifty Plus Marketing Group forms to focus on the senior market. - page 4



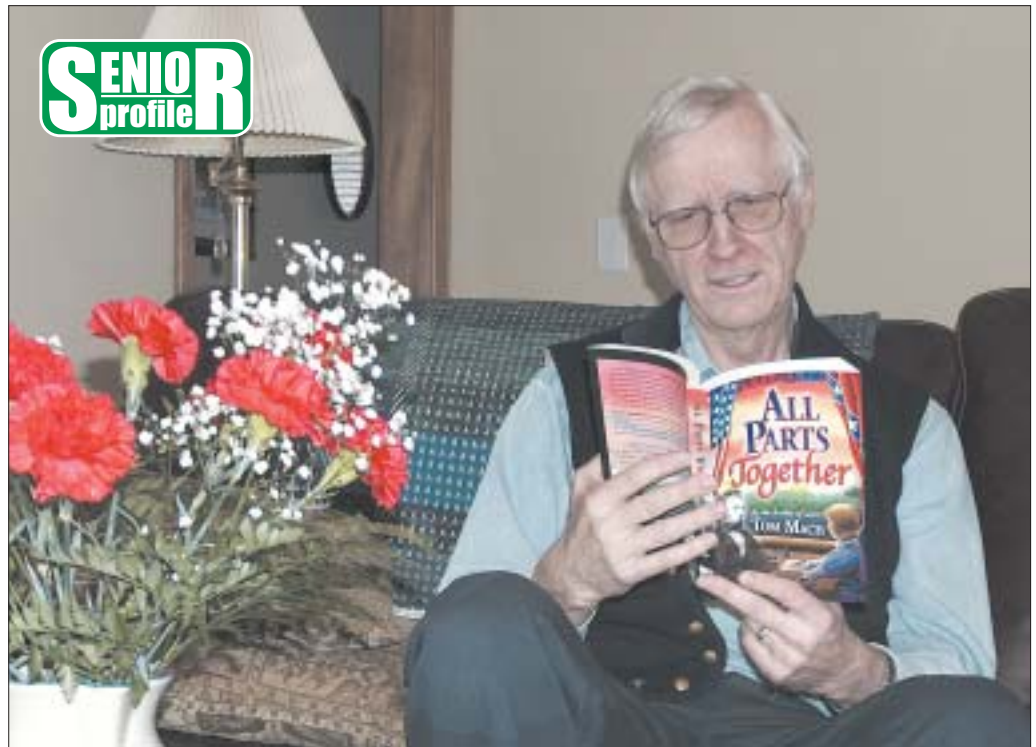
Shifra Stein and Bob Barrett take us on a trip to Bayfield, Wisconsin, a Lake Superior gem. - page 20

## INDEX

Bookshelf .....	14
Bridge .....	25
Business Card Directory..	21
Calendar .....	16
Collectibles Marketplace..	19
Dear Pharmacist .....	11
Health & Fitness .....	6, 7
Humor .....	15
Nostalgia Notebook.....	30
Personal Finance .....	8, 9
Pet World .....	12
Puzzles .....	24
Restaurant Guide.....	18
Retire Smart .....	10
Smart Collector.....	19
Travel .....	20
Trivialities .....	24
Wolfgang Puck's Kitchen..	18

**FREE**

**SENIOR**  
profile



Tom Mach

KEVIN GROENHAGEN PHOTO

# Mach's latest novel focuses on compassion

By Kevin Groenhagen

As a boy in Chicago during the 1940s, Tom Mach's family had no television. For entertainment, Mach turned to books. In elementary school, he read about Buffalo Bill, Wild Bill Hickok, and other characters from the Old West. He later developed an interest in America's most tumultuous period. "I especially enjoyed stories about the Civil War, and secretly wished I would have lived during those times," Mach said. "I became a voracious reader and read about a book a week."

Mach's parents encouraged his in-

terest and even gave him a replica of a forage cap worn by Union infantry.

When he was a junior in high school, Mach's English teacher encouraged him to start writing his own stories.

"I started writing a novel when I was 17 years old," said Mach, who notes that his first effort—a 380-page novel—was a "terrible book." "I finished it before I graduated from high school."

After high school, Mach pursued a degree in chemical engineering and continued to write short stories.

However, after graduating he stopped writing for pleasure and instead focused on his career in the

corporate world.

"The writing bug left me and it didn't return until I was 38 and working as a product manager for Sun-Maid in San Jose," Mach said. "In 1979 I started getting serious about article writing. At first I became discouraged since I received one rejection after another. But I eventually published my first article in *Sun Living*, which was a publication of the Meredith Sun Newspaper group in California."

Mach began writing a weekly article for *Sun Living* and received \$25 for each one. After several months, the editor told him that she didn't

CONTINUED ON PAGE TWO

## Tom Mach

CONTINUED FROM PAGE ONE

want his articles anymore. Mach asked her what was wrong.

"Nothing," she said. "You're too good. You need to write for magazines. I did just that and sold articles to national, regional, and local publications."

Mach in July 1981 wrote a cover story on writers and stress for *Writer's Digest*. He has also written articles for *Woman's Day*, *Jack & Jill*, *The Business Journal*, *California Highway Patrolman*, and other publications.

Mach's writing soon led to awards, including a prize for a poem submitted to a newspaper, an honorable mention for poetry in a *Writer's Digest* contest, and a Jack London service award while he was a member of the California Writers Club.

Mach also wrote a futuristic novel called *Advent* while he was in California.

"I actually received a good response on that novel," Mach said. "It was about the Antichrist taking over the world. My agent loved the book, but the New York publishers rejected it, even though one editor said I was another Tom Clancy. They said it was not the right genre for them and it was too big."

Mach's writing eventually led to positions as an editor of *South Bay Accent* magazine, a lifestyle publication for Silicon Valley, and *Software Supermarket*, a national magazine. He also served as an editorial writer for the *Small Business Report*.

As a writer, Mach also had the opportunity to meet and interview other authors, including Joseph Heller, author of *Catch-22*, and Wallace Stegner, whose novel, *Angle of Repose*, won the Pulitzer Prize for Fiction in 1972. However, his favorite interview was with Alex Haley.

"I rode with Alex Haley in a limousine when he was the keynote speaker for the California Writers Club," said Mach, who later became president of two of the club's branches. "I said, 'Mr. Haley, could I someday interview you for an article? I'd love to talk with you.' He said, 'Sure, just call my office.' I called several times, but he was never in his office."

After moving to Ohio, Mach finally got his chance to interview Haley.

"I read in the newspaper that he would be in Dayton," Mach said. "I was living in Sidney at the time and decided that I would have to see him."

Haley agreed to meet Mach and his wife, Virginia, in his hotel room for an interview that lasted nearly

two hours.

"He told me how hard it was for him when he started writing," Mach said. "He received rejection after rejection for years. One day he finally received an acceptance letter."

Haley eventually became a senior editor at *Reader's Digest*, did interviews for *Playboy*, ghostwrote *The Autobiography of Malcolm X*, and won a Pulitzer Prize for *Roots: The Saga of an American Family*. *Roots*, a fictionalized account of Haley's family's history, went on to become a television miniseries with a record-breaking 130 million viewers.

Despite his success, Mach said Haley was a humble person.

"He was a great role model for me," Mach said.

After returning to California, Mach began work on *Sissy!*, a novel that opens in 1857 with an Underground Railroad rescue of a slave girl and ends with William Quantrill's 1863 raid, during which most of Lawrence was destroyed. However, had it not been for the terrorist attacks on September 11, 2001, Mach might not have focused on the terrorism aspects of Quantrill's Raid in *Sissy!*

The company Mach worked for in California also had offices in one of the buildings next to the World Trade Center. When those offices were destroyed, the company was forced to lay off employees, including Mach. He decided it was time to retire.

"When we retired, my wife and I wanted to live in a small town with a population under 100,000," Mach said. "We wanted to be in a university town for the cultural aspects. I was born in Chicago and my wife was from Michigan, so I told her I wouldn't mind living in the Midwest. We looked at towns in Iowa, Indiana, Michigan, and Kansas. We decided Lawrence was the best. We love the downtown, the people are friendly, and the airport is just 45 minutes away, which is very convenient."

However, Mach discovered something else about Lawrence.

"I had to rewrite *Sissy!* because I realized that Kansas is where it's at," Mach explained. "The Civil War started in Kansas, not at Fort Sumter. As a history buff, I knew about Bleeding Kansas and John Brown.

But, and I'm embarrassed to admit this, I didn't know about Quantrill until I moved here. When I heard what he did, I knew I had to add Quantrill to the book."

According to Mach, *Sissy!* is a story about forgiveness.

"It's a story about a woman, Jessica Radford, whose parents were murdered by border ruffians," he said. She seeks revenge on one of her parents' murderers who escaped. She wants to find and kill him. She ends up dressing as a Union soldier. Finally, she comes across a man who looks just like the man who killed her parents. She's about to kill him when an angel appears and stops her from killing the wrong man."

*Sissy!* in 2003 received the Kansas Author Club's J. Donald Coffin Memorial Book Award.

Mach's latest novel, *All Parts Together*, is book two of the Jessica Radford trilogy.

"*All Parts Together* is about compassion," Mach said. "It's a continuation of the same character's story. The book begins the day after Quantrill's Raid. Jessica walks through the ruins and is angry. The townspeople had captured one of Quantrill's followers and hanged him in the park. That actually happened. Jessica leaves the area and ends up in Washington, D.C. Her life changes there. She meets Walt Whitman, who's her inspiration. She becomes a writer and works for the emancipation of all slaves."

The title of the novel actually comes from a line in Whitman's poem, "Leaves of Grass": "Sure as life holds all parts together, death holds all parts together."

According to Mach, that line haunts Jessica because she is not sure what Whitman meant. However, she finally believes she figured out its meaning after witnessing the

CONTINUED ON PAGE THREE

Windsor Assisted Living



**Care and Services As Unique  
As Each Resident's Needs.**

- Health monitoring by full time professional staff
- Assistance with bathing and dressing
- Medication assistance
- Special diets and nutritional supplements
- Weekly housekeeping & laundry
- Hot delicious meals daily plus snacks
- Scheduled transportation
- Social, spiritual & recreational activities

*the*  
**Windsor**  
OF LAWRENCE

(785) 832-9900 • 3220 Peterson Rd. • Lawrence, KS 66049

*Respecting Values - Protecting Dignity - Supporting Independence*

### Kaw Valley SeniorMonthly

**Editor and Publisher**  
Kevin L. Groenhagen

Kaw Valley Senior Monthly is published monthly by Groenhagen Advertising, L.L.C., Lawrence, Kansas, and is distributed at over 130 locations throughout the Lawrence-Topeka area. Any opinions expressed by our writers are not necessarily those of Groenhagen Advertising, L.L.C. Subscription rate is \$15 for 12 monthly issues.

**C O N T A C T U S**



**MAIL**

2612 Cranley St.  
Lawrence, KS 66046



**PHONE**

785-841-9417



**E-MAIL**

kevin@seniormonthly.net



**FAX**

785-749-4691

# Tom Mach

CONTINUED FROM PAGE TWO

assassination of Abraham Lincoln at Ford's Theatre. While her world crashes in the wake of that tragedy, hope of a new beginning emerges when she opens the door to an unexpected visitor.

Mach is currently working on the third book in the trilogy. This novel will offer a new perspective on Elizabeth Cady Stanton, an abolitionist and leading figure of the early women's rights movement.

"She deserves more credit than Susan B. Anthony," Mach said. "She was way ahead of her time, just as Jessica is way ahead of her time."

While Mach's novels include several fictional characters, he stresses that the events and places he describes are historically accurate.

"I always have this argument with historians who won't read my books because they say they don't read fiction," said Mach, who describes his historical novels as emotional stories of history. "That drives me crazy. I probably do as

much or more research than non-fiction writers. My novels are about 70 percent non-fiction. However, if I write a non-fiction book, I'm really constrained. I want to be able to express myself freely. I want people to read history and enjoy it. My real pleasure is people reading my books and getting something out of them."

In addition to writing, Mach will be giving a brief talk at the Kansas Authors Dinner on April 6 at 7:00 p.m. at the Century II Convention Center, 225 W. Douglas in Wichita.


He will also be doing a booksigning at Barnes & Noble in Topeka at 1:30 p.m. on Saturday, April 8—right after his booksigning at the Book Barn in Leavenworth scheduled for 10:30 a.m. to noon that same day.

For more information about Mach and his novels, visit [www.AllPartsTogether.com](http://www.AllPartsTogether.com). The Web site also includes Mach's historical perspectives on the aftermath of the Quantrill raid, Abraham Lincoln, Walt Whitman, and several Civil War battles.

**Theodore Wiklund DDS**  
**Kent T. Peterson DDS**  
**Matthew F. Krische DDS**  
**Keith Van Horn DDS**

*Gentle & Comfortable Care*  
*Cosmetic Dentistry*  
*Teeth Whitening*  
*Insurance Processed*  
*New Patients &*  
*Emergencies Welcomed*

Mention you saw this ad in Senior Monthly




**(785) 842-0705**  
 2210 YALE RD • LAWRENCE  
[www.wpksmiles.com](http://www.wpksmiles.com)

**YOUNG AMERICA FILMS**  
*presents*



**Do any Acting as a Child?**

If you appeared in Centron Corporation education films during the 1950s, Senior Monthly would like to hear from you. Please call Kevin at 785-841-9417.



Please recycle this copy of *Kaw Valley Senior Monthly* when you are through with it.

*Affordable. Simple. Professional.*

## Plan Your Cremation Now

and Save \$300 or More



Ren and Theresa Neuxotter, Founders.

Warren J. "Ren" Neuxotter and Theresa Neuxotter founded the association because they believe that people who choose cremation should receive the same level of professionalism and trust as those who choose a traditional funeral.

Penwell-Gabel's Cremation Association offers a simple, dignified, inexpensive alternative to the traditional funeral. People choose cremation for many reasons including:

- Simplicity & dignity
- Financial considerations
- Environmental concerns (saves land for the living)
- Ceremonial flexibility

As a Cremation Association member, you can save hundreds of dollars on the cost of a simple cremation.

**PENWELL-GABEL'S**  
*Cremation Association*

1-888-Penwell (1-888-736-9355)  
[www.PenwellGabel.com](http://www.PenwellGabel.com)

Yes, I would like more information on simple cremation

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone ( ) \_\_\_\_\_

Please mail this card to:  
 Penwell-Gabel's  
 Cremation  
 Association  
 520 SW 27th Street  
 Topeka, KS 66611

# Marketing group focuses on 50+ business

By Kevin Groenhagen

According to *The New Dictionary of Cultural Literacy*, the phrase "It takes a thief to catch a thief" comes from the belief that "only a thief knows how a thief thinks and acts."

Dwight Barrett's motto might be "It takes a senior to catch a senior's attention."

Barrett, 68, formed Barrett Marketing Group in 1986 and has been in advertising and marketing in the Kansas City area since he was 23.

In 2004 Barrett took a good look at the advertising industry and realized that something was missing.

"It occurred to me that no one was focusing on the 50+ business," Barrett explained. "When I first started in the advertising business, we were writing commercials that we thought were art forms. We wanted to be creative. When I look at commercials and different ads today, it's still the same. You have 25-year-old copywriters working at advertising agencies, and they're trying to make an art form out of advertising."

As a more experienced marketing professional, Barrett now knows that advertising is not creative unless it sells. However, it's difficult to sell a product or service if the viewer or reader enjoys the ad, yet has no idea what the advertiser was selling.

Barrett decided to assemble a group of 50+ professionals to help businesses sell to the rapidly growing 50+ market.

"I started contacting a bunch of my old friends in the agency business," Barrett said. "I got them all together and said, 'There's a terrific market out here and, as a group, we ought to focus on it.'"

The Fifty Plus Marketing Group was formed shortly thereafter and is now a coalition of seven of marketing, advertising and public relations professionals. In addition to Barrett, members of the group include:

• **Jay Hunt - Graphics Pro:** Hunt has nearly 30 years of creating graphic materials for clients throughout the Midwest. His experience includes apparel, aviation, financial, chemicals, communications, engineering, food, health care, insurance, media, retirement living, real estate, software, sports and travel/transportation.

• **R.W. (Dick) Fatherley - Talent Pro:** Fatherley has been at the center of every aspect of radio broadcasting and the media business for nearly 40

years. He has been a writer, news director, production and program director, on-air personality, radio sales representative, and advertising agency account executive.

• **Cynthia Smith - TV Broadcaster/Talent Pro:** Smith is well-known for her career as an award-winning news reporter and anchor on WDAF-TV. She also was an executive at KCPT Public Television in Kansas City, and was involved in national and local programming, web content, member magazine, public relations, advertising, promotion, funding grants, and legislative affairs. She currently is executive director of Sunflower House.

• **Murry Ferris - Media Pro:** Ferris started his media career in the television newsroom. He later moved through the trenches of local radio advertising sales, local and national television representation, local cable advertising, and in the fields of media national buying and audience research.

• **Pat Paton - Public Relations Pro:** Paton's experience dates back over 40 years and includes tourism, banking, financial, media, entertainment, fundraising, and association management.

• **John Tubaugh - Research Pro:** John has over 25 years experience in marketing and market research. This includes research with a Fortune 100 company. Clients have included Monsanto, DuPont, Dew, Bayer, John Deere, and Honda.

"In our presentations to potential clients, we stress that we are the age of the 50+ audience," Barrett said. "We know how to talk to them because we are them. We know what they read, what they listen to, and we know where to reach them. That's different than a 25-year-old media buyer who looks only at the 18-35 market on television or radio."

But why would any business want to focus on the 50+ market? To show the importance of this market, The Fifty Plus Marketing Group offers a list of statistics, including:

• Adults 50+ represent 76 million people—25 percent of the total U.S. population and 37 percent of the 18+ population.

• This segment will grow to 45 percent of the adult population by

2015.

• They have over \$1.6 trillion in spending power and a net worth that is nearly twice the U.S. average.

• The market is larger than the African-American and Hispanic market segments combined.

• They purchase 41 percent of all new cars, 25 percent of all toys.

• The 50+ segment accounts for 60 percent of all luxury travel.

• They own more than three-fourths of the nation's financial wealth.

• These households are also the fastest growing user segment to embrace computer technology—22 million are now online, representing 28 percent of the 50+ population.

If these statistics are not enough to convince businesses to focus more of their efforts on the 50+ market, David B. Wolfe and Robert E. Snyder offer another reason in *Ageless Marketing: Strategies for Reaching the Hearts and Minds of*

*the New Customer Majority*: "Overall, the population growth among young adults is barely moving the needle. The traditionally all-important

24-to-44-year-old age group, which in the past contributed more of the gross domestic product than any other 20-year age group, is shrinking. It will be smaller by 4.3 million people in 2010 than it was in 2001. This follows population shrinkage in the 18-34-year-old age group that took place during the 1990s, when the number of 18-to-34-year-olds fell by more than 8 million."

With population shrinkage in the 18-34 and 24-44 age groups, Wolfe and Snyder state the obvious: "The New Customer Majority is the only adult market with realistic prospects for significant sales growth in dozens of product lines for thousands of companies."

The New Customer Majority includes the 50+ market.

According to Barrett, The Fifty Plus Marketing Group can save businesses a lot of money because it does not have all the overhead associated with a traditional advertising agency. However, he stresses that the group is not really a threat to businesses' advertising agencies or other marketing arrangements since they are targeting just a specific segment of the market.

For more information about The Fifty Plus Marketing Group, please call 816-941-7723 or visit the group's Web site at [www.fiftyplusmarketinggroup.com](http://www.fiftyplusmarketinggroup.com).



Barrett

## What Seniors Like and Dislike

### What they like:

- Advertising that doesn't talk down to them
- Music of 40's thru the 80's
- Beautiful jewelry, Fine Clothes
- Books, Good films
- Musicals/plays
- Baseball
- Grandchildren
- Financial Stability
- Long-Term relationships
- Nice dinners

### What they don't like:

- Most of today's commercials
- MTV half-time shows
- Body piercings, tattoos
- Tattered jeans
- Spam
- Video games
- Music videos
- Growing older
- Pants down below the butt
- Tailgaters on their bumpers

## Need a Rate Card?

If you would like a *Senior Monthly* rate card, please call Kevin at 785-841-9417, or e-mail [rates@seniormonthly.net](mailto:rates@seniormonthly.net) to receive an autoresponder message with rate information.

## AARP, JAAA to hold Medicare Part D seminars

To continue to educate seniors about Medicare Part D, AARP Kansas and Jayhawk Area Agency on Aging (JAAA) are holding a series of informational sessions for anyone wanting more information or an appointment to enroll in the new Medicare Prescription Drug coverage. The drug coverage, known as Part D, is available to anyone who is eligible for Medicare and began January 1, 2006.

"It's extremely important that people find out what the new Medicare prescription drug coverage has to offer," said AARP State Director Maren Turner. "We're pleased that we can partner with JAAA to make sure this information is available."

"We encourage anyone who has questions about, or needs to enroll in, Medicare Part D to attend one or more of these informational sessions," added Jocelyn Lyons, Program Manager for JAAA.

Medicare Prescription Drug Program seminars will be held on April 11 and May 9 from 10:00 a.m. to 12:00 p.m. at Jayhawk Area Agency on Aging, Inc., 1720 SW Topeka Blvd., Topeka.

When enrolling in Medicare Part D, you must schedule an appointment and bring the following information:

- Medicare Card or Medicare Number
- A complete list of medications, including monthly dosage and cost
- Any correspondence from Medicare or Social Security Administration regarding Medicare Part D is also helpful, but not mandatory.

### **Medicare Part D used to attempt scams**

Senior Health Insurance Counseling of Kansas is warning of scam artists working in Kansas. They target people with Medicare and use the new prescription drug program, Medicare Part D as the conversation starter.

Seniors should never give information over the phone, such as bank account numbers, credit card numbers, social security numbers, or Medicare numbers. If you think you have received a call from a scam artist, please contact Senior Health Insurance Counseling of Kansas at 800-860-5260 or the Kansas Attorney General's office at 1-800-432-2310.

*When it comes to great cancer care, there's no place like home.*



If you or a loved one are facing a diagnosis of cancer, consider this: Why travel out of your way for treatment when you can get outstanding cancer care closer to home?

The Oncology Center at Lawrence Memorial Hospital offers you everything you'd expect in a world-class cancer center...and then some. Including the finest board-certified cancer specialists. A specially trained clinical staff. A complete range of oncology services. Fifteen private treatment rooms, each equipped with a recliner, TV/VCR and other amenities. A courteous support staff. And a dedicated group of volunteers. All in a caring and comfortable environment.

So be sure to ask your primary care physician about the Oncology Center at Lawrence Memorial Hospital. After all, when it comes to outstanding cancer care, there's no place like home. For more information, call 758-840-2800 or visit [www.lmh.org](http://www.lmh.org).

**The Oncology Center**  
Regional Cancer Care  
at Lawrence Memorial Hospital  
*The Right Care. Right Here. Right Now.*

# HEALTH & FITNESS

## The ripple effects of overall health

**T**oss a rock into the middle of a pond and two things will happen. The rock will sink. And the water will react by sending out ripples in concentric circles around the spot where the rock landed.

The same phenomenon occurs during times of illness or injury. Let's say you are involved in a car accident



Vickie Hull

and suffer whiplash. The whiplash is the rock. But the jarring of your neck sends out ripples that are felt in other parts of your body. Maybe you develop headaches, ringing in your ears, pain that interrupts your sleep, or weakness in your arms.

Extending this idea further, imagine the physical trauma as the rock, but the emotional effects of the injury as the ripples. You might find yourself angry at the person who caused the wreck or even at yourself for not looking up in time. Interrupted sleep may leave you feeling irritated. You might be scared to drive again or sad because pain is keeping you from the social activities you've always enjoyed.

Let's extend this concept even one step more. The physical injury is still the rock, but now the emotional symptoms constitute only the first ripple. The other ripples are the consequences that the accident and your resulting emotional responses have on your relationships. Your spouse finds you demanding and needy. Your children are worried about your sadness and fear you might become reliant on them. Your physical therapist and your physician see you waver in your motivation to heal. And friends have stopped calling because they just don't know what to say to be helpful.

It is easy to see that a physical illness, accident, injury, or surgery carries with it an emotional component which, in turn, causes social and relationship concerns. In fact, research tells us that it is impossible to have a physical problem without there being psychological, social, emotional, and relationship ramifications. That is because we humans are so

much more than physical beings.

The more serious the physical problem, the more complicated the consequences. A heart attack or cancer can wreak havoc on emotions, social life, and sense of spiritual security. Such major physical conditions also complicate family life. Roles and responsibilities must be adjusted. Fears and anxieties get raised. Stress and the need to make new decisions can lead to family conflict. To make matters even worse, all these emotional responses can trigger physical ailments and symptoms in other family members as well, setting up a whole new pond with its own rocks and ripples.

This phenomenon also works in reverse: an emotional concern can cause physical illness. Depression manifests itself in bodily complaints like fatigue, loss of appetite, and aches and pains. Anxiety can present with elevated heart rate, sweaty palms, shallow breathing, and insomnia. The fact is that physical and emotional conditions are so intricately linked that they often become a chicken and egg dilemma, begging the question, which came first?

Thinking systemically is important when it comes to taking care of your health and overall sense of wellbeing. Most of us have no trouble understanding that we need to deal with the rock in the pond. But in order to address our complexity as people, we also need to concern ourselves with the ripples in our lives. Staying healthy is more than simply keeping our bodies free from injury and disease. It demands that we also address emotional, mental, spiritual, and relational health as well.

- Vickie Hull, MS, TLMFT, is a Marriage and Family Therapist at Lawrence Therapy Services, 785-842-0656, and Baldwin Therapy Services, 785-594-3162. She is a former newspaper reporter, editor, and award-winning columnist, as well as a published author, national speaker, and a consultant for the Kansas All Hazards Behavioral Health Project. Vickie welcomes your comments or questions at [vickie@lawrencetherapyservices.com](mailto:vickie@lawrencetherapyservices.com).



Please recycle this copy of *Kaw Valley Senior Monthly* when you are through with it.

## Douglas County's Center for Funeral and Grief Related Books.

WARREN-McELWAIN MORTUARY  
Lawrence 843-1120 • Eudora 542-3030  
[www.warrenmcelwain.com](http://www.warrenmcelwain.com)



Wyndam Place

## Senior Residence

### Senior Living at its Finest!

Comfortable, quiet living awaits you at Wyndam Place Senior Residence, where contemporary architectural detailing is complemented by naturally landscaped terrain, accented with native trees and shrubs. Wyndam Place combines a peaceful country-like atmosphere with the convenience of city living. For quality lifestyle you've been searching for, look no further than Wyndam Place Senior Residence.



### Spacious 1 & 2 Bedroom Apartment Homes

- Pets Welcomed
- Garages
- Full-sized W/D Connections
- Controlled Access Building
- 24-Hour Emergency Maintenance
- Activities
- On T-Bus Route

Office hours: 9:00-5:30, M-F; By appointment on Sat.



2551 Crossgate • Lawrence • 785-749-4646

# HEALTH & FITNESS

## Sunflower's health benefits

The Kansas sunflower, *Helianthus Annuus* (the Greek word "helios" means sun and "anthos" means flower), is an amazing plant with a history dating back to 3000 BC.



Dr.  
Farhang  
Khosh

According to the National Sunflower Association, the sunflower was a common crop among the American Indian tribes throughout North America. Evidence suggests that the plant was cultivated by Indians in present-day Arizona and New Mexico about 3000 BC. Some archaeologists suggest that the sunflower may have been domesticated before corn.

The commercially grown sunflowers are grouped into two categories: 1. Oilseed sunflower—its small black

seed is very high in oil content. It is processed into sunflower oil and meal, and is also used for feeding birds. 2. Non-oilseed—its larger black and white striped seed is used to make a variety of food products from snacks to bread. The sunflower is an annual plant and the stem of the flower can grow up to tall meters tall, while the head of the flower can reach up to 30 cm in diameter.

Indian tribes used sunflower in many ways. Seed was ground into flour for bread or mixed with beans, squash or corn. Medicinal parts of the plant were used for ailments like snakebite. The oil was used for skin and hair. Each mature flower yields 40 percent of its weight as oil. The stalks of the plant were also used for building material. Sunflowers have nutrition and health benefits. Sunflower seeds are sold as snacks, especially in Iran, China, the United States and Europe, and as food for birds. Seeds are also used directly in cooking and salad.

The sunflower is the state flower of Kansas, and one of the city flow-

ers of Kitakyushu, Japan. Sunflower seed oil is rich in linoleic acid (polyunsaturated), an essential fatty acid necessary for cell maintenance. Polyunsaturated oils are not a good source for cooking since they lower both bad and good cholesterol. If it is used for cooking oil sunflower, the oil should be combined with other oils such as red palm oil, which is low in linoleic acid.

In addition to oil, sunflower seeds are a good source of Vitamin D, iron, zinc, calcium and high level of B-complex vitamins especially vitamin B5. The sunflower oil also contains

25 percent protein. The oil is best consumed in the form of the whole seed. To be of medicinal use as oil, it must be freshly extracted by cold compression like flaxseed oil. When cold-pressed, the vitamin E-enriched oil helps heal dermatological conditions. Most vegetable oils, other than extra-virgin olive oil, are extracted using high heat and chemical additives to assure a long shelf life. Heat-treated oils can raise cholesterol.

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

## Martin Creek Place

- 1 & 2 Bedroom Apartments
- Townhomes
- Washer/Dryer Connections
- Emergency Monitoring System Available
- 24 Hour Emergency On-Site Staff
- Organized Activities & Day Trips
- Library Red Carpet Service
- Weekly Grocery Van
- On Site Storage • Exercise Room

1 Bedroom  
Apartment  
Specials!

Age 62 & older.



4950 SW Huntoon • Topeka 785-273-2944



For more information or tickets, contact Stormont-Vail's HealthWise 55 office, (785) 354-6787 or Jayhawk Area Agency on Aging, (785) 235-1367.

# Celebrating Age

Celebrate Older Americans Week April 30-May 5, 2006

Join us for a week of activities brought to you by Stormont-Vail HealthCare's HealthWise 55 and Jayhawk Area Agency on Aging

**Sunday, April 30: TCT Performance**  
"A Midsummer Night's Dream" by William Shakespeare • Topeka Civic Theatre and Academy • 3028 S.W. 8th Ave. • 2 p.m.  
Advance tickets for \$9 available from Stormont-Vail HealthWise 55 or Jayhawk Area Agency on Aging.

**Monday, May 1: Bingo at the Moose**  
Bingo at the Loyal Order of the Moose • 1901 North Kansas Ave. • 1:30 to 3 p.m. No ticket needed.

**Tuesday, May 2: Get Fit at the YWCA**  
Enjoy a morning of getting fit at the Topeka YWCA, 225 S.W. 12th Street. Activities run 8 a.m. through 1 p.m. They include aqua exercise class, tai chi and exercise equipment demos. No ticket needed.

**Friday May 5: Senior Prom**  
Senior Prom • Ramada Inn Ballroom  
Dance the evening away to the music of "The Fairlawn Road Swing Band," from 6:30 until 9 p.m. Tickets are \$5 per person to dance and listen to the music. Drinks and hors d'oeuvres included. Tickets available at Stormont-Vail HealthWise 55 or Jayhawk Area Agency on Aging.

Jayhawk Area Agency on Aging



STORMONT-VAIL  
HealthWise 55

## PERSONAL FINANCE

# Ideas for putting tax refunds and other windfalls to work

**A**chieving a six-figure bonus at work or winning the top prize in a professional golf tournament certainly are two types of windfalls anyone would love to get their hands on. But receiving a large tax refund or coming into an inheritance may be more plausible scenarios. Even a modest infusion of



Steve  
Lane  
and  
Garth  
Terlizzi

money, such as the \$2,171 average refund the IRS issued in 2005, can yield lasting value if applied to a pressing financial need or future goal instead of the pleasure of a shopping spree or vacation.

You can put a tax refund or other newfound wealth to work in a number of ways. Some ideas include:

**Building an adequate emergency fund.** As the first step toward financial security, experts often recommend setting aside the equivalent of three to six months' expenses that could be drawn on in case of a sudden need. To make sure that money will be available on short notice, emergency reserves should be held in a relatively liquid investment, such as an interest-bearing savings account or a money market fund. Also make sure that your emergency fund keeps up with increases in your expenses and the impact of inflation.

**Paying down debt.** Judging from the nation's slide into a negative rate of savings during 2005, reducing credit card balances and other consumer debt should be a priority for many households whose burden of debt restricts their ability to save and invest for the future. Reducing high interest borrowings usually makes sense as well for those with smaller debt loads, in part because interest payments on credit cards, auto loans and unsecured consumer loans are not tax deductible.

But even on loans such as home mortgages where interest payments are tax deductible and interest rates are relatively low, paying down debt can be a sensible move. Using a windfall to trim such a loan can in-

crease the amount of money available for saving or lower cash flow needs in retirement, for example.

**Investing for the future.** If you are prepared for a financial surprise and have debt under control, you can turn to more forward-looking uses of newfound wealth. Take a close look at your goals to help you decide how to invest the extra money. Are you on track to reach some goals but behind on others? Should you increase the amount you contribute to your employer-sponsored retirement plan or 529 college savings plan, for example?

**Protecting against risks.** Adding to your insurance protection is another financial planning improvement to consider in the event a windfall comes your way. There are many forms of insurance that protect against the cost of accidents, illness, disability and death. However, there are no one-size-fits-all policies. Instead, the insurance decisions you make should be based on your family, age and economic situation. For example, there are two basic types of life insurance: term policies, which pay a death benefit for a specified period of time, and whole or universal policies, which have no term limit and accumulate value over time but generally cost more than term policies.

In addition to maintaining adequate coverage for your home, auto and the like, life insurance is a virtual necessity if you have a spouse and children in order to cover their living and other expenses in the event of death. Life insurance may be less important if you don't have dependents to protect. (On the other hand, disability insurance, which provides an income stream if you are unable to work, is important for everyone.) Your advisor can help you navigate and select the most appropriate and cost effective life insurance.

With the rising cost of health care, longer life spans, and uncertainty about the future of Social Security, you may also want to consider long-term care insurance, which helps pay for nursing home or at home health care if the need should arise. A qualified insurance professional can help you evaluate the types and cost of long-term care policies, as well as the adequacy of the insurance you

already have.

These are but some of the possible uses for a windfall. In the short run, however, keep in mind that you don't need to be expecting a refund to make use of the planning opportunities that tax season opens up. So, even if you're not anticipating a windfall from Uncle Sam or another

tax collector, you may want to review your overall financial situation and planning priorities while many of the details are fresh in your mind from completing your tax chores.

- Steve Lane and Garth Terlizzi are with LPL Financial Services in Lawrence. They may be reached at 785-749-1881.

**THE MERC!**  
NATURAL FOOD MARKET

Offering a 5% discount on all purchases everyday for shoppers 62 and older. Apply for your "Merc 62" card at any register—they're free!

Merc classes are a great learning experience and seniors receive a discount on all classes.

For details, stop by the store or visit our web site!

**COMMUNITY MERCANTILE**  
901 10th Ave. 785-843-8344 OPEN 7AM-10PM 7 DAYS A WEEK  
WWW.COMMUNITYMERCANTILE.COM

**Why Go To Dinner When You Can Go On A Vacation At The Wahoo Grill?**

Our menu includes chicken fried steak, Salisbury steak, hamburgers, baby back ribs, grilled mahi mahi with spicy mango salsa, and fried catfish.

**BUILD YOUR OWN LUNCH**  
Choose from 4-5 entrées and add 2 sides.  
**Just \$5.95!**  
We also offer a 10% Senior Discount.

**425 S.W. 30th**  
(Just off Topeka Blvd., behind Blockbuster Video)  
**(785) 266-5700**  
Mon.-Sat. 11 a.m.-9 p.m.  
Sun. 11 a.m.-8 p.m.

Relax while you listen to Caribbean music.



## PERSONAL FINANCE

# Know what to expect from your investments

If your investment portfolio is even moderately diversified, you probably own both stocks and bonds. And that's a good idea, because diversification is essential to your success as an investor. But you also should know what to expect



Harley Catlin and Ryan Catlin

from different types of investments — because the more you know, the more likely you are to make the right moves.

Unfortunately, some people's expectations get distorted, due to what may be happening with their investments. For example, a couple of years back, many investors saw the

value of their bonds rise sharply, causing some to look at these investments as "growth" vehicles. But is that an accurate assessment?

Probably not — although some recent statistics are quite interesting. From December 1999 through February 2003, long-term government bonds rose about 13 percent, while the S-&P 500 — one of the most well-known stock market indexes — fell by about the same amount. This is the second-greatest period ever of superior bond returns relative to stocks — and one of the few in the past 80 years, a time in which stocks have consistently outperformed all other investments.

While you can't base all your investment decisions on what has gone before, it's generally a good idea *not* to plan on selling your bonds before they mature and make a profit. Instead, plan for what bonds *do* provide: current income in the form of monthly or quarterly interest checks. As long

as you own your bond, you will always receive the same amount in interest (assuming the issuer doesn't default), no matter how much the bond's current value fluctuates.

Many stocks also provide current income in the form of dividends. But if you're like a lot of people, you buy stocks for their *growth* potential. In other words, when you buy stocks, you anticipate the price going up so that when it's time to sell, you can make a profit.

And although past performance is not an indication of future results, stock prices *have* risen steadily over the long term. In fact, from 1926 through 2005, large-company stocks provided an average annual return of more than 10 percent, while small-company stocks returned, on average, more than 12 percent, according to Ibbotson Associates, an investment research firm.

Of course, you can't assume that, for a given year, your stocks will return 10 percent, 12 percent — or anything at all. In the short term, stocks go down as well as up, so you shouldn't be shocked at losing principal over a single year, or perhaps a couple of years in a row.

But if you buy an array of high-quality stocks and hold them for the long term — at least five to 10

years — you increase your chances to achieve some growth.

Ultimately, by knowing what to expect from your stocks, bonds and any other securities you may own, you can draw up a long-term investment strategy appropriate for your individual needs, goals, risk tolerance and time horizon. You may want to work with a financial professional to help evaluate your holdings, what you might anticipate from them and what changes you may need to make.

Nobody can predict the future. But you can *plan* for it — by having a clear set of expectations, based on a thorough knowledge of your investments.

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

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

# COMMERCE'S HOT 4.00% 11-MONTH CD PAYS HIGH-OCTANE INTEREST!



Fuel your finances with Commerce Bank & Trust's high CD rate! Pump your money into our 11-month CD at 4.00% APY\* and get extra mileage from your investment.

Visit any of the convenient Commerce locations for great CD rates. Plus, only Commerce offers longer hours and

in-store banking 7 days a week. You could drive all over town and never find a better combination of terrific rates, outstanding service and convenience.

**Commerce Bank & Trust**

Member FDIC • www.cbtk.com

Main Bank, 31st & S Topeka • 267-8900 • www.cbtk.com

\*Annual Percentage Yield. Annual Percentage Yield is valid as of 9-23-05. This rate may change at any time without prior notice. Interest rates are fixed for term of CD. A penalty is imposed for early withdrawal. Fees could reduce earnings on the account. Special rates require a \$5,000 minimum deposit and cannot exceed \$250,000. Other restrictions may also apply.

LOCATIONS . LOCATIONS . LOCATIONS .

## RETIRE SMART

# Romantic getaways keep fire in your furnace

Imagine cuddling with your significant other by the fireplace in a country inn, feasting on gourmet fare to harp music at a Victorian resort or toasting Cupid during a sunset at sea.

A romantic getaway is defined by the Travel Industry Association of America as "a trip with a spouse or

[www.cruisecritic.com](http://www.cruisecritic.com).

Among all cruise lines, Windstar, with its intimate yacht-like ships and soaring motorized sails, was chosen as the most romantic by CruiseReport.com, another Web site about cruises, and the line's 148-passenger Wind Spirit was selected as one of the "Top Ships for Romance" by Cruise Critic.

The Wind Spirit has begun a seven-day round-trip cruise from St. Thomas in the U.S. Virgin Islands. Ports of call include St. John, Martinique, St. Barthelemy, Tortola, Jost Van Dyke and Virgin Gorda — the latter famous for The Baths, where you can frolic in aqua pools. Fares start at \$2,003.40 per person, double. For information, contact a travel agent or go to [www.windstarcruises.com](http://www.windstarcruises.com).

— A storybook setting. You can travel as if by time machine to the Victorian era at the Grand Floridian Resort & Spa at Walt Disney World in Orlando. Employees wear period dress in this 867-room resort with a five-level lobby with an aviary, open-cage elevator, stained-glass domes and ornate chandeliers. Rooms are decorated in coral, green and ecru, with floral patterns.

You can enjoy a white-sandy beach on the resort's lake or book a massage in the spa's couples' room.

You can also splurge for a gourmet dinner (perhaps avocado salad, Seattle Dungeness crab and a chocolate pyramid dessert or delicate souffle — the menu changes daily) at the hotel's Victoria & Albert's (AAA five-diamonds rating). A harpist entertains. A moderately priced romantic lodging choice at Disney World is Port Orleans Riverside themed to the Old South



Humberto and Georgina Cruz

other love interest without children to rekindle the romantic feelings in the relationship." In a survey of 1,300 American adults in 2002, the most recent we found, 20 percent said they took a romantic getaway in the previous 12 months. No figures were cited for those over 55, but we are certain many were seniors. As the saying goes, there may be snow on the roof, but there is a fire in the furnace.

Here are some of our most cherished romantic travel memories — and, if you have the time and the means, ideas for you and your sweetheart, for now or another time:

— Romance at sea. A cruise is a romantic getaway with seemingly endless horizons and sunsets at sea. "There is absolutely nothing more sensual than a sea day, sleeping late, relaxing over a long lunch, taking naps, booking a massage at the spa, simply sitting on your balcony and chatting or reading," said Carolyn Spencer Brown, editor of Cruise Critic, an online cruise vacation guide at

(from \$139). Call 407-934-7639 or visit [www.disneyworld.com](http://www.disneyworld.com).

— A quaint country inn. The 104-room Apple Farm Inn in San Luis Obispo, Calif., surrounded by gardens and a backdrop of mountains, is a romantic enclave halfway between Los Angeles and San Francisco. Rooms have fireplaces and a floral décor. Rates range from \$119 to \$209 per night mid-week; from \$139 to \$329 on weekends. Call 800-374-3705 or visit [www.applefarm.com](http://www.applefarm.com).

— Theater in London. You and your loved one can take in The Phantom of the Opera or other romantic plays. The

Hyatt Regency London The Churchill, in the West End (theater district), has 445 rooms/suites, a theater desk, gym, and a new restaurant The Montagu, serving continental and British specialties. Visit [www.hyatt.com](http://www.hyatt.com).

(Humberto and Georgina Cruz are a husband-and-wife writing team who work together in this column. Send questions and comments to [AskHumberto@aol.com](mailto:AskHumberto@aol.com), [GVCruz@aol.com](mailto:GVCruz@aol.com), or c/o Tribune Media Services, 2225 Kenmore Ave., Suite 114, Buffalo, NY 14207. Personal replies are not possible.)

© 2006 Tribune Media Services, Inc.

## There is a difference in retiring well and, well, retiring

If you're contributing the maximum to your 401(k) and IRA, you may want to consider supplementing your retirement income with a variable annuity.

### Variable annuities provide:

- Tax-deferred growth potential;
- An income you can't outlive with monthly payments that can outpace inflation;
- A guaranteed death benefit;
- Tax-free transfer among sub-accounts; and
- Professional money management with broad diversification.

Edward Jones offers a number of variable annuities that have money managers with long, established track records.

For an analysis of your retirement income needs or a free copy of *An Investors Guide to Variable Annuities*, call or stop by today.



**Harley Catlin**  
4828 Quail Crest Place, Ste B  
Lawrence, KS 66049  
785-841-6262



**Ryan Catlin**  
4828 Quail Crest Place, Ste B  
Lawrence, KS 66049  
785-841-6262



**Liz Kundin**  
2449 Iowa St., Ste A-1  
Lawrence, KS 66046  
785-842-2450



**Jeff Peterson**  
1800 E. 23rd St., Ste J  
Lawrence, KS 66046  
785-843-1371

[www.edwardjones.com](http://www.edwardjones.com)  
Member SIPC  
**Edward Jones**  
Serving Individual Investors Since 1871



**NOW AVAILABLE!**



The Etc. Shop now offers Lampe Avenue's line of Fine Fragrancing Lamps and Fuels. Lampe Avenue offers beautiful lamps that help purify and fragrance the air by converting the fuel to ozone, which removes unpleasant odors from the air, such as pet odors, cigar smoke, cooking smells, and stale odors.



**928 Massachusetts**  
**785-843-0611**  
[www.theetcshop.com](http://www.theetcshop.com)  
FREE Parking in Garage Behind Store

## DEAR PHARMACIST

# Drug use isn't the only way Hepatitis C is spread

By Suzy Cohen, R.Ph.  
Tribune Media Services

**QUESTION:** My roommate has hepatitis C. He doesn't know how he caught it, since neither of us does drugs. His doctor confuses us. In simple words, tell us more about hepatitis and how it is spread. — M.T., Gainesville, Fla.

**ANSWER:** Hepatitis is the inflammation of the liver. There are various types of hepatitis, some caused by a virus, others caused by contaminated food.

Hepatitis C (HCV) is dangerous because most people who are infected don't even realize it. That's because symptoms are vague or overlooked. Fatigue and exhaustion are the most common symptoms. Other symptoms include muscle pain, upset stomach and loss of appetite.

HCV is usually spread via shared needles. But there are other risk factors for HCV that aren't talked about as often. For example, you could catch the virus by using an infected person's toothbrush or razor if either object has traces of blood on it. It may also surprise you to know that body piercing, ear piercing and tattoos are a source for infection. Since there is little regulation on the sterility of equipment used for piercing or tattooing, a nose ring could cost more than just the price of the service. It's also possible that mosquitoes can spread the disease, since some HCV cases have no known infection source or traceable history. But this is not certain.

It's important to know that HCV is a potentially lethal disease. De-

tection and early treatment are crucial. The best way to manage HCV is to remain compliant with the drug therapy and to avoid alcohol. Rebetron is the mainstay for treatment today and can wipe out HCV in a good percentage of infected people. For more information, call the Hepatitis Foundation International at 800-891-0707, or visit [www.hepfi.org](http://www.hepfi.org).

**QUESTION:** I heard that there is a blood-thinning medication that is killing people, and I'm worried that

I'm taking it. My doctor hasn't heard of any warnings or recalls. Have you? — B.K., Charlotte, N.C.

**ANSWER:** Yes. The drug is called Panaldine, and it is sold in Japan, not in the U.S. Daiichi, the manufacturer, has no plans to recall or withdraw its popular anti-clotting drug despite the 34 deaths associated with its use over the past two years. Instead, Daiichi plans to educate hospitals and physicians on the drug's proper use.

**QUESTION:** I have always been healthy, but lately I just cannot sleep properly. The only thing I take is Evista for osteoporosis. Could there be a connection? — V.R., Hallandale, Fla.

**ANSWER:** Yes, Evista can cause insomnia in some women. But there are many other drugs that could keep people tossing all night, in-

cluding:

- Albuterol (Ventolin, Proventil)
- Steroids (Prednisone)
- Motoclopramide (Reglan)
- Antidepressants (Prozac, Zoloft, Effexor, Celexa)
- Thyroid Hormone (Levothroid, Levoxyl, Synthroid)

Sometimes simply taking these medications in the morning rather than at night can make all the difference for a good night's rest.

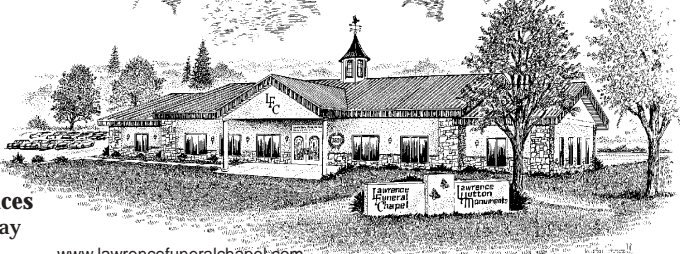
**DID YOU KNOW?** The average American develops three colds a year.

(This information is not intended to treat, cure or diagnose your condition. Suzy Cohen is a registered pharmacist. To contact her, visit [www.dearpharmacist.com](http://www.dearpharmacist.com).)

© 2006 Dear Pharmacist, inc. distributed by Tribune Media Services, Inc.

## Lawrence Funeral Chapel

Mortuary and Cremation Services  
841-3822 • 6th & Monterey Way  
Locally Owned and Operated



[www.lawrencefuneralchapel.com](http://www.lawrencefuneralchapel.com)

# Hutton

## MONUMENTS, INC.

*Serving Kansas since 1873*

HIGHEST QUALITY & LOWEST PRICES  
**GUARANTEED**

201 SW Topeka Blvd. • Topeka • 785-354-7005  
E-mail: [huttonmonuments@sbcglobal.net](mailto:huttonmonuments@sbcglobal.net)

Locations in: Lawrence, Hiawatha, Highland, Holton,  
Horton, Hoyt, Meriden, Onaga & Oskaloosa



Kaw Valley  
Senior Monthly  
accepts  
**INSERTS!**

We can insert your  
circulars or flyers for  
just \$45 per 1,000.  
Call 785-841-9417  
for more information.

## PET WORLD

# Smaller dogs gaining popularity in America

The trendiest dog breed in America is the French bulldog. In 2005, these compact canines increased 25 percent over their 2004 American Kennel Club registration numbers. What's more, these spunky characters with bat ears have skyrocketed an astounding 305 percent in registration numbers in the



Steve Dale

past decade.

"Over all, the trend is for smaller breeds," says Darlene Arden, author of "Small Dogs, Big Hearts," soon to be released by Howell Book House, New York, NY, 2006; \$19.99). "Let's face it, we have a nation of aging baby boomers who are downsizing

their lives, and their dogs."

What is it about the French bulldog?

"Well, their small (18 to 28 pounds), and their clownish," says Lisa Peterson, director of club communications for the American Kennel Club, the New York City-based registry of purebred dogs. "They don't require much grooming, and they're great city dogs. Frenchies need only moderate exercise, and they're a good choice for senior citizens." The French bulldog is the 38<sup>th</sup> most popular breed in the country.

The 43<sup>rd</sup> most popular dog breed is a relative of the bichon frise called the Havanese. While many people still haven't heard of this breed, it's increased 22 percent since 2004, and an incredible 282 percent since 2000.

The Havanese is on the fast track, but Arden doesn't like it. "Be very careful about where you get trendy breeds from," she cautions. "You

know they're trendy, and so do unscrupulous breeders and puppy mills."

The popularity of the Havanese can greatly be attributed to its hypoallergenic properties. In truth, no breed is absolutely hypoallergenic, but many people can live a Havanese with little if any problem. These are small dogs (7-to-14 pounds). Havanese come in many different colors. "They're fun and cheerful family dogs, very adaptable, again with just a fair amount of exercise good for apartments," says Arden.

The third most trendy dog is larger (30-to-50 pounds), and even more problematic. Arden simply responds, "Oh, no!" when she learns it's the border collie. "That's nice," she offers, sarcastically. "I can see it now, the wrong people getting the wrong dog. Border collies are very active dogs who need a job. Rescues will be overwhelmed with border collies that people just can't handle."

Peterson attributes at least a part of the border collies' 20 percent hike over 2004, and their overall escalating numbers in the past decade, to the interest in dog sports, such as agility (and obstacle course for dogs) and flyball (a relay race for dogs), in which border collies tend to excel. Border collies are now No. 55 in popularity, up from No. 60 in 2000.

The fourth trendiest breed has been among the Top 10 dogs in America since 1995. The Yorkshire terrier is now the third most popular dog breed in America, and downright fashionable. Many celebrities tote their tiny dogs around in handbags. Arden doesn't hold back her views on this: "It just makes me want to throw up," she says. "These are living, breathing animals, not accessories. And the fact that fashion editors are buying into this is sad."

The diminutive (5-to-7 pounds) Yorkies increased 9 percent in popularity in 2005 compared to 2004.

The fifth most trendy breed is a kind of shepherd called the Belgian Malinois, which enjoyed a 15 percent gain over 2004. This slightly smaller than German shepherd-sized breed (60-to-65 pounds) is No. 87 on the AKC chart, up from No. 97 last year.

"Certainly, it's one of the dogs used by law enforcement," says Peterson. "But also it looks like the shepherd-mix you might have grown up with, and that's comforting."

In all, there are 154 AKC registered breeds. Last on the chart, at No. 154, is the English foxhound.

The Pekingese is the least trendy breed; it fell the greatest percentage in popularity, down 21 percent from 2004. This is hard to explain. Pekes are small dogs (8-to-14 pounds) and quite portable. They are inactive, perfect for apartments and older folks. Their coats do require a lot of grooming.

"Some can be pretty testy with strangers," Arden adds.

Peterson has no real explanation, either. "Sometimes, these sorts of things are a matter of changing tastes," she commented. The poor Pekingese tumbled to the 48<sup>th</sup> most popular dog breed, down from No. 38 last year.

Other breeds which lost a lot of ground in 2005 include the Afghan hound, down 21 percent; the American cocker spaniel, which dropped 12 percent; and the Rottweiler, which declined 9 percent in popularity.

"No matter which breed you choose, I hope you don't make the decision just on what the fad breed happens to be," warns Arden. "All breeds have certain attributes which may or may not fit your lifestyle."

(Write to Steve at Tribune Media Services, 2225 Kenmore Ave., Suite 114, Buffalo, NY, 14207. Send e-mail to PETWORLD(at)AOL.com. Include your name, city and state.)

© 2006 Tribune Media Services, Inc.



Phonic Ear

## CAN'T HEAR THE TELEVISION?

If your hearing aids have a T-coil or telephone position, you can hear a cleaner, clearer signal that is unaffected by ambient noise using a Phonic Ear field loop system. Marston Hearing Center has installed a field loop system and invites you to come in for a free demonstration. If you're having trouble hearing the television, this simple and inexpensive loop system can help you hear what you've been missing by sending the signal directly to your hearing aids. No appointment is necessary; just stop by our office and ask for a free demonstration.

## MARSTON HEARING CENTER

1112 W. 6th Street, Suite 100 • Lawrence, KS 66044

(785) 843-8479

## Luther Place APARTMENT ♦ HOMES

### Topeka's Premier Retirement Community

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

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

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

5000 & 4900 SW Huntoon • 785-273-2944

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



## LMH associates become certified professional coders

Lawrence Memorial Hospital associates Karen Renee Brown, Deborah Kent, Jana Miller and Linda Pearson have been awarded the Certified Professional Coder (CPC) credential after successfully passing the national certification examination. The exam tests for proficiency in coding and includes knowledge of anatomy, physiology and medical terminology.

These associates work in the Physician's Billing Office, which bills for hospital affiliated physicians and physician practices. Coders review bills to make sure they are properly coded prior to sending them to the payer. This helps ensure that insurance companies are properly billed.

"Coders are beneficial for the hospital, physicians and the patients. When bills are coded properly it minimizes cost due to bills being rejected for improper coding," said Sandy Thornton, director of the Physician's Billing Office. "Coders also help make sure patients and insurance companies are charged properly for the medical services provided."



**The First Apartments**  
Independent Community  
Living for Seniors



**Studio, One Bedroom & Expanded One Bedroom Apartments providing:**

- Emergency call button w/24 hr. emergency staff
- 24 hr. emergency maintenance
- Individually controlled heat & air

**Unique Service Coordinator Staff providing:**

- General case management
- Referral services
- Links with community agencies & service providers
- Assistance with prescription drug & Medicare applications
- Resident advocate

- Laundry Room
- Exercise and Hobby Room
- Recreation room w/pool table, darts as well as a library
- Beauty/Barber shop
- Weekly transportation for shopping

Great location nestled in the Seabrook neighborhood and surrounded by area churches and local services.

3805 SW 18th St. • Topeka  
(785) 272-6700

## 2006 Senior Spring Gala Dinner & Dancing for Under \$20

Wednesday, April 26, 2006  
6:00-10:00 p.m.

Semi-formal to Elegant Attire

The Ritz Charles  
9000 West 137th St.  
Overland Park KS

Featuring Steve Miller K.C. Band

Music and Activities Targeted to Active Adults 50 and Above



## Presenting Sponsors:



"A Senior Housing and Retirement Community"  
15325 S. Lone Elm Road  
Olathe, KS 66061  
(913) 780-9916



"The Heart of High-tech Care"  
www.ohsi.com • 913-791-4312

**On Sale Now!**

**Ticket Prices**

**Early Bird Special**  
\$15 each or \$29 per couple  
if purchased by April 5, 2006

\$17 per person  
if purchased between  
April 5 through April 19, 2006

Group Discount \$14 per ticket (minimum of 8 per table)

Please call The Olathe News at 764-2211 ext. 112 for more information – or fill out the form below. Attach payment of check, cash or credit card and we will mail your ticket directly to you.

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Guest Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

All tickets must be purchased by 5:00pm, Wed. April 19. Mail this form and payment to 514 S. Kansas Ave • Olathe, KS 66061 • Attn: Spring Gala. 2006 Senior Gala

## Mysteries and westerns

By Margaret Baker

Carolyn Hart: *Dead Days of Summer* (Wm. Morrow, \$23.95, ISBN 0-06-07402-1) *Mystery: cozy*

Annie and Max Darling usually solve their cases together, but Hart interjects a change of pace for this, the 17<sup>th</sup> in the popular *Death on Demand* series.

Annie's mystery bookstore, *Death on Demand*, becomes the headquarters for this case when Max has been framed for a murder.

Max is found wandering drunkenly on a back road in a bloody shirt. Vanessa Taylor, secretary to wealthy Lillian Dodd, the island's art-doyenne, is dead in an abandoned cabin nearby. Max's bloody tire iron is in his car.

Of course Max is incarcerated, so Annie and her friends must solve the case. Was Vanessa the ultimate target, or was Max?

Stymied, Annie goes undercover at the Dodd plantation, pretending to be a friend of Vanessa's sister come to collect her things—and, hopefully, a clue or two.

Fast-paced, thrilling, the best of the series to date!

James A. Crutchfield, ed.: *The Way West* (Forge, \$25.95, ISBN 0-765-30450-3) *History*

Crutchfield has edited 28 true stories of the American West, told by the best of the Western Writers of America.

Through these tales the American frontier of cowboys and ranchers, homesteaders and cattlemen, lawmen and lawbreakers, Indians and Indian fighters, come alive.

Great selection of themes and authors, a delight for the student of the period, or for those who just like a rousing tale backed in truth.

Twist Phelan: *Spurred Ambition* (Poisoned Pen Press, \$24.95, ISBN 1-59058-147-4) *Mystery*

Hannah Dain, on leave from the family law business, needs to make several major decisions in her life.

She hopes a short-term position as low-paid lawyer to an Arizona Indian tribe planning a development will support her while those decisions are made.

Nothing is settled in her family life, her love life, nor, it seems, the job.

Third in the Dain series, all featuring law and endurance sports. In real life Twist Phelan is a highly successful lawyer who has bicycled across the country and currently enjoys rock climbing and bouldering. She knows whereof she writes!.

Frederick Ramsay: *Secrets* (Poisoned Pen Press, \$24.95, ISBN 1-59059-188-1) *Mystery*

Ramsay introduced Sheriff Ike Schwartz in his premier mystery, *Artscape*, and intriguing combination of major art heist, small college life, and a rural Virginia lawman certainly no Barney Fife hayseed. Readers will welcome Ike back in this sequel.

Blake Fisher, the new Episcopal vicar, has been exiled to Pickettsville in response to a claim of misconduct. The last thing he needs is to find the church organist dead behind the altar. Waldo was an incredibly bad organist, but it was no music critic who did him in.

Secular and religious conflict cause consternation in the church and the wider community. Taut plot, emphatic protagonist, all galloping toward the conclusion.

### PAPERBACK PICKS

Albert Bell, Jr.: *Death Goes Dutch* (Claystone Books, trade paperback \$13.95, ISBN 1-932158-65-0) *Mystery*

Sarah DeGraaf reunites adoptees and birth parents (when both sides are willing), a job she loves, perhaps because she too is adopted, though she has never been able to find her Korean and American birth parents.

Josh Adams hired Sarah's firm to learn about his birth mother. Sarah finds her, but she died five

years earlier. Further, she was the heiress to a Dutch-American furniture maker and quite wealthy. Josh's grandmother wishes to meet Josh as quickly as possible. That's that, right? But—there are always "buts." Why was Josh's basic file missing? Was his mother's death truly accidental? Josh was a theater major in college; is he acting a part? When there's a trust fund of six million, questions arise among potential family as well as adoption offices.

Bell does not choose the easy route in a plot that zigs and zags at high speed through the maze of familial complications.

Taffy Cannon: *Paradise Lost* (Perseverance Press, trade paperback \$13.95, ISBN 1-880284-80-4) *Mystery*

In another unusual twist on a recurrent theme, Cannon combines the life of a celebrity attorney and mother-daughter relationships in an account of a kidnapping going wrong.

The kidnapping comes during a mandated hike in Paradise Place, an elegant fat farm in the Santa Barbara area. Mom, a high-powered entertainment lawyer, is a size 4. Daughter Holly is XL. Mom enrolls them both annually in a drive to slim Holly down.

Holly and actress Vanessa Wyatt come to in a small room. The kidnappers issue an unusual ransom demand—the public, not the parents or employers, must raise millions to buy and maintain land adjacent Paradise Park for a national park.

Intricate plots interwoven among a veritable carpet of false clues!

Rita Lakin: *Getting Old is the Best Revenge* (Avon, \$6.99, ISBN 0-440-24259-2) *Mystery*

Gladdy Gold, retired Jewish east coast widow, lives in a condominium in Florida. She and her friends all have the idiosyncrasies that make a story realistic as they kvetch through life.

In the first book in this series, Gladdy organized her friends and solved a series of murders. Now they're The Gladdy Gold Detective Agency, finding lost purses and straying spouses. Gladdy thinks other deaths of very wealthy widows is suspicious, but no one else does.

When the five senior snoops get a free bingo cruise, those earlier deaths come back to haunt them.

Wonderful dialogue and a touch of romance enlivens this delightful breeze of a tale.

### FOR THE EARS (audio books)

Louis L'Amour: *Ride the River* (Random House Audio; 5 discs, \$25.95; ISBN 0-7393-1903-5) *Western adventure/romance*

Young Echo Sackett goes to Philadelphia to collect an inheritance which will mean a great deal to her Tennessee frontier family. The lawyer had hoped to keep it for himself, and he doesn't give up easily. Echo finds

Phineas Chantry, reknown retired legal expert, who was befriended by a Sackett once, and he goes with her to acquire the inheritance.

Echo has to get back to her hills safely, and Chantry sends his foppish grandson along for protection, hoping the adventure will toughen him up. For additional insurance, he sends along a free black man of few words but much wisdom.

The grandson considers Echo a country bumpkin who'll faint at blood. Echo thinks he's too much of a city slicker to deal with danger. They're both wrong.

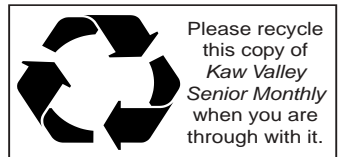
Billy Graham: *The Journey* (Random House Audio; 5 discs, \$25.95; ISBN 0-7393-3968-0) *Religious lifestyle*

Billy Graham's health will prevent his speaking to huge crowds in the future. Enthusiasts should welcome his spiritual advice from this sermon, read by

Broadway actor Reathe Bean.

Graham seeks to help listeners discover God's plan on the journey of life. So many paths, forks, and crossroads, so many decisions. And so many potholes and speed bumps lying in wait! Graham offers encouragement and inspiration.

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



# Eric the Red

A cryptic message sent me to The Enchantment, a dingy roadhouse—the kind that a college town like Letongaloosa must have to maintain its academic accreditation.

A man sat in a back booth, and when I saw him, 35 years dropped away. It was “Eric the Red.” His real name was Sven Torgelson. Last time I saw him was at graduation ceremonies at Letongaloosa Commu-



Larry Day

nity Junior College where I teach. Sven was wearing an academic gown that had military epaulets on the shoulders, and a Viking helmet with little American flags attached to the horns. The gown was stained from rotten eggs, and overripe tomatoes that bystanders had hurled at him. The Vietnam War was raging, and the LCJC was awash with protesters and rebels. The semester before graduation, Sven had been out on the quad in his helmet using a bullhorn to denounce antiwar activists, the civil rights movement, and school busing. Students called him—the irony was lost on him—Eric the Red. He called them commie bastards.

“Sit down, professor,” he said. “You were the only professor at LCJC who spoke up and said I had a right to say my piece. Now I’m here to help you get out of trouble.”

“What kind of trouble?” I asked. “I work for the Mainland Patriotic Corps—it’s called Patcorps for short. My boss thinks you have put our whole surveillance and evaluation system in jeopardy.”

“How could I do that?” I asked. “You turned up on both our lists,” said Sven.

“What lists?” “Patcorps keeps two lists—a black list and a white list. On the black list we keep the names of the enemies of freedom and liberty. On the white list are the names of loyal, honest, God-fearing, Americans.”

“Okay,” I said, “So what do these lists have to do with me?”

“As I said, professor, you have turned up on BOTH the black list

and the white list,” he said.

“I turned up on both the All American list and the creep list?” I asked.

“That’s right. My boss is worried sick. He thinks this may compromise our whole surveillance and evaluation system. He gave me the case. It’s a real boost for my career.”

“What do I have to do?” I asked.

“Just answer a few questions,” said Sven. “You subscribe to an upstanding magazine called *The Patriotic American’s Call to Action*. You have a two-year subscription. You paid by personal check.”

“How do you know?”

“It’s my business to know,” said Sven. “You also subscribe to a subversive, terrorist-leaning rag called *The Journal of Middle East Communicology*, published in Tehran.”

“I subscribe to both those publications,” I said.

“Praise be!” said Sven.

“So, is the problem solved?” I asked.

“It will be once you cancel your subscription to that Middle East rag. Then you’ll only be on the white list.”

“I can’t do that. I can’t cancel *The Middle East Journal of Communicology*.”

“Why in the world can’t you?” asked Sven.

“Because my mother-in-law gave me the subscription for my birthday.”

“Whoa,” said Sven. “That’s a tough one. Well, I hate to have you do it, but you’ll just have to cancel your subscription to *The Patriotic American’s Call to Action*. Then you’ll be on the black list, not both.”

“I can’t do that either,” I said.

“Why can’t you?” said Sven. His voice sounded menacing.

“My subscription to *The Patriotic American’s Call to Action* is part of my department chairman’s economic survival plan. LCJC budgets have been slashed lately and we can’t afford to subscribe to all the magazines and journals the department needs. The chairman ordered faculty members to volunteer to purchase magazine subscriptions and donate the publications to the department reading room. The members of the faculty drew names of magazines out of a hat. I was really hacked off when I drew *The Patriotic American’s Call to Action*. That magazine costs twice as much as any of the



A plugger's washer pays off better than a slot machine.

other magazines. Everyone fell on the floor laughing when I drew it.”

“So you won’t cancel either subscription?” asked Sven.

“I can’t,” I said. Sven folded his arms on the table and put his head down. “That’s it,” he said. “I’m done for.”

It was quiet in the booth. I felt sorry for Sven. Then I had one of those flashes of insight for which professors of communicative duplicographs have become world famous.

“You could put me on the gray list. That would solve your problem,” I said.

“Huh?” mumbled Sven.

“You could take me off both the black list and the white list and put me on the gray list.”

“THERE IS NO GRAY LIST,” growled Sven without raising his head.

“Why don’t you make one? You could create a brand new gray list and put me at the top of it. Other difficult cases are sure to turn up. Those names can be added to the gray list after they have been suitably investigated. Your boss will love it.”

Sven sat up straight. He grabbed a hand held computer from his inside pocket.

“A gray list?” he said quietly. Then he shouted, “A GRAY LIST!”

Sven began working feverishly on

the little screen.

Then he began mumbling quietly. “The chief of the new Gray List Branch would report to Eagle One. The gray list budget line would continue to come through Clandestine Surveillance and Evaluation. Creating a gray list would require substantial budget increases. That’s always a plus. Naturally, since I came up with the idea, they will make me chief of the new Gray List Branch. I’ll have my own budget!”

Sven was so absorbed with his work that I didn’t even say goodbye. I just tiptoed out of The Enchantment.

— 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.

## WORDS OF WISDOM

The average, healthy, well-adjusted adult gets up at seven-thirty in the morning feeling just plain terrible.

Some editors are failed writers, but so are most writers.

Science should leave off making pronouncements: the river of knowledge has too often turned back on itself.

©2006 Tribune Media Services, Inc.

©2006 Tribune Media Services, Inc. / Pluggers, Inc. All Rights Reserved. All submissions property of TMS

# CALENDAR

## ART/ENTERTAINMENT

### APR 2 EUGENIA ZUKERMAN, FLUTE & JACQUES THIBAUD STRING TRIO

The trio will perform with flutist Eugenia Zukerman, who has enjoyed highly acclaimed performances with chamber ensembles for more than 25 years. The multi-faceted Zukerman, who also enjoys successful careers as an author and television commentator, will join the trio in this musical celebration featuring works by Beethoven, Mozart and Francaix, among others. Lied Center.  
LAWRENCE, 785-864-2787  
<http://www.lied.ku.edu>

### APR 7 IMANI WINDS

Innovative and inspirational, this is a quintet of African American and Latino musicians that explores the links between African, American and European music traditions. The Imani Winds takes its name from the Swahili word for "faith," and with its dynamic musicality and inventive programming, the group will make you a believer in its mission of pushing the boundaries of the traditional wind quint. Lied Center.  
LAWRENCE, 785-864-2787  
<http://www.lied.ku.edu>

### APR 8 MIKADO

This most popular Gilbert & Sullivan opera has delighted audiences for more than a century. The quintessential example of the satire of human nature at which Gilbert & Sullivan excelled, The Mikado represents both Gilbert and Sullivan at the height of their creative geniuses. Lied Center.  
LAWRENCE, 785-864-2787  
<http://www.lied.ku.edu>

### APR 22 CONVOY CUBANO

Montreal-based Convoy Cubano combines traditional Cuban rhythms such as son montuno and guajira with Latin hip-hop and reggaeton to create a unique, electrifying groove. One of Canada's favorite Latin urban ensembles, Convoy Cubano is part of a new generation of Cuban musicians scattered worldwide that draws on its ancestral melodies and rhythms and incorporates the styles of their adopted countries. Lied Center.  
LAWRENCE, 785-864-2787  
<http://www.lied.ku.edu>

### APR 29 SENIOR CLASS

A great offshoot from TCTA's widely successful company, LAUGHING MATTERS, SENIOR CLASS is another zany troupe of improv comedians. Only this time, the company is made up entirely of actors over 55 years old! This group defines life in the golden years as a terrifically fun-filled trip! Doors open at 7:00 p.m. Show starts at 8:00 p.m.  
TOPEKA, 785-357-5211  
<http://www.topekacivictheatre.com>

## BINGO

**SUNDAYS**  
**AMERICAN LEGION**  
HIGHWAY 92, 1/2 MILE EAST FROM OZAWKIE,  
7:00 PM, 785-876-2686

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

**SUNDAYS & FRIDAYS**  
**CAPITOL BINGO HALL**  
Minis start at 6:00 p.m. on Sundays and 6:30 p.m. on Fridays. Regular sessions start at 6:30 p.m. on Sundays and 7:00 p.m. on Fridays.  
2050 SE 30TH ST, TOPEKA, 785-266-5532

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

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

**WEDNESDAYS & THURSDAYS**  
**MOOSE CLUB**  
Wednesdays, 6:30 p.m. Thursdays, 12:30 p.m.  
1901 N KANSAS AVE, TOPEKA, 785-234-6666

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

## BOOKMOBILE

**MONDAYS**  
PRAIRIE COMMONS, 5121 CONGRESSIONAL  
CIRCLE, LAWRENCE, 9:00-10:00 AM  
BABCOCK PLACE, 1700 MASSACHUSETTS ST.,  
LAWRENCE, 10:30-11:30 AM

**TUESDAYS**  
PETERSON ACRES, 2930 PETERSON RD.,  
LAWRENCE, 1:30-2:30 PM

**WEDNESDAYS**  
BRANDON WOODS, 1501 INVERNESS DR.,  
LAWRENCE, 9:00-10:00 AM  
PRESBYTERIAN MANOR, 1429 KASOLD DR.,  
LAWRENCE, 1:30-2:30 PM  
DRURY PLACE, 1510 ST. ANDREWS DR.,  
LAWRENCE, 1:00-2:00 PM

## BOOK TALKS

**THIRD TUESDAY OF EACH MONTH**  
COTTONWOOD RETIREMENT CENTER, 1029 NEW  
HAMPSHIRE ST., LAWRENCE, 2:00 PM  
BABCOCK PLACE, 1700 MASSACHUSETTS ST.,  
LAWRENCE, 3:00 PM

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

**FOURTH WEDNESDAY OF EACH MONTH**  
PRESBYTERIAN MANOR, 1429 KASOLD RD.,

LAWRENCE, 9:45 AM  
SENIOR CENTER, 745 VERMONT ST.,  
LAWRENCE, 1:30 PM

## CLASSES/LECTURES

**ONCE A MONTH**  
**AARP'S 55 ALIVE SAFE DRIVING COURSE**  
Monthly classes are held at Stormont-Vail.  
Call to make reservation.  
TOPEKA, 785-354-5225

**APR 5-MAY 24**  
**BEGINNING CREATIVE WRITING**  
Free 8-week course on writing stories, articles  
and poems, is part of Learning Ventures at  
Lowman United Methodist Church, 15th &  
Gage, Topeka, every Wednesday, 4:30-6:00  
p.m. Instructor: Dr. Bob Carey. To register call  
785-272-8921 or e-mail  
dculley@lowmanumc.org.

**APR 20-21**  
**AARP DRIVING SAFETY COURSE**  
Those participating in both sessions will  
receive automobile insurance discounts. A  
workbook fee of \$10 can be paid at the first  
class period. This program is presented by the  
Lawrence Public Library Senior Outreach Ser-  
vices. 10:00 a.m.-3:00 p.m. To register or for  
more information, contact Pattie  
Johnston at the library, 785-843-3833.  
LAWRENCE

**APR 27-28**  
**AARP DRIVER SAFETY PROGRAM**  
Get a discount on your existing auto insur-  
ance! Brandon Woods Retirement Commu-  
nity, 9:00 a.m.-3:00 p.m. Call 785-838-8000  
to reserve a seat.  
LAWRENCE

## EXHIBITS/SHOWS

**APR 8**  
**HERITAGE TOY SHOW**  
See old and new toys. Sell, trade, buy, or  
obtain parts to restore your old toys. 619 N  
Rogers, Sterl Hall.  
ABILENE, 785-263-2681  
<http://www.heritagecenterdk.net>

**APR 8**  
**AMERICAN INDIAN ARTIFACT SHOW**  
9th annual. Exhibition of American Indian  
artifacts by collectors from Kansas and sur-  
rounding states. 5th & Dakota, 4-H Fair Bldg.  
HOLTON, 785-364-3238

## FESTIVALS/FAIRS

**APR 15**  
**PATRIOT'S DAY**  
Patriotic parade, carnival games, carousel, pet-  
ting zoo, and food concessions. Union St.  
MCLOUTH, 785-863-3072, 800-896-3198  
<http://www.visitjeffcounty.com>

**APR 20**  
**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 complete the festivities.  
EDGERTON, 913-893-6645  
<http://www.jocomuseum.org/lanesfield>

**APR 22-23**  
**WAMEGO TULIP FESTIVAL**  
Over 150 handmade/handcrafted vendors,  
entertainment, kids' activities, and food in  
beautiful city park with over 10,000 tulips  
blooming. 4th & Ash St. Wamego City Park.  
WAMEGO, 785-456-7849, 877-292-6346  
<http://www.visitwamego.com>

**MAY 6**  
**MAY FESTIVAL**  
Traditional children's maypole dance. May  
basket workshop. Hwy 92/59, Old Jefferson  
Town.  
OSKALOOSA, 785-863-3072, 800-896-3198  
<http://www.visitjeffcounty.com>

## HEALTH

**MONDAYS THROUGH THURSDAYS**  
**FIT FOR LIFE**  
LMH Kreider Rehabilitation Services offers  
safe, nurturing environment with one-on-one  
instruction on aerobic and cardiovascular  
equipment. Especially helpful for those with  
osteoporosis, balance problems, post CVA/  
stroke, knee/hip replacement, arthritis. Fee.  
Mondays through Thursdays, 9:00-11:00 a.m.  
or 2:00-5:20 p.m. at LMH. Tuesdays and  
Thursdays 8:00-11:00 a.m. At LMH South.  
LMH KREIDER REHABILITATION SERVICES  
785-840-2712

**FIRST TUESDAY OF EACH MONTH**  
**HEALTH SCREENING CLINIC**  
Lawrence-Douglas County Health  
Department.  
FIRST METHODIST CHURCH, LECOMPTON  
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 9:00 a.m.-1:00 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

**TUESDAYS AND THURSDAYS**  
**SENIORCISE PROGRAM**  
Seniorcise is a specialized program for women  
over 60 years of age, in January. The focus  
of the program is on balance, movement,  
low impact cardio aerobics, and strength train-  
ing for toning. In addition, there's a strong  
emphasis on flexibility and range of motion  
to improve and/or increase joint mobility and  
quality of life. Senior classes are held at Body  
Boutique from 11:00 a.m. to noon. Fee.  
LAWRENCE, 785-749-2424

**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  
9-11 AM

**SECOND THURSDAY OF EACH MONTH**  
**MEDICATION CLINIC**  
Bring questions about your medications (pre-  
scription 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 appoint-  
ment necessary.  
WEST RIDGE MALL, TOPEKA  
8:15-9:15 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 3**  
**BONE DENSITY SCREENING**  
Are you at risk for osteoporosis? This quick  
and easy screening can indicate if further test-  
ing for this potentially debilitating disease is

CONTINUED ON PAGE 17



# CALENDAR

CONTINUED FROM PAGE 16

needed. A bare heel is necessary for the screening. Information about prevention of osteoporosis is also included as part of the screening process. Fee.  
LMH HEALTH SOURCE ROOM, 785-749-5800  
9:00-11:00 AM

**APR 5  
CHOLESTEROL SCREENING**  
Fingerstick total cholesterol for \$5 (no fasting needed).  
LMH HEALTH SOURCE ROOM, 785-749-5800  
3:00-5:00 PM

**APR 4-18  
STRESS MANAGEMENT**  
Learn why we need to manage stress, seven stress erasers, how our mind controls and contributes to stress and how to make stress management skills a habit. Pre-registration required. \$25/person.  
LAWRENCE MEMORIAL HOSPITAL, 785-749-5800  
6:30-8:00 PM

**APR 8  
HEALTH FAIR**  
Low cost, comprehensive blood work, free health screenings and exhibits. (See insert for more information).  
LAWRENCE MEMORIAL HOSPITAL, 785-749-5800  
7:30-11:30 AM

**APR 10  
PRE-DIABETES CLASS**  
At risk for diabetes or have pre-diabetes? Come learn about preventing or delaying Type 2 Diabetes. No registration necessary. Free.  
LAWRENCE MEMORIAL HOSPITAL, 785-840-3062  
7:30-11:30 AM

**APR 13  
BONE DENSITY SCREENING**  
See April 3 description.  
LMH HEALTH SOURCE ROOM, 785-749-5800  
1:00-3:00 PM

**APR 24-MAY 8  
FRESH START**  
This 3-session smoking cessation program focuses on proven techniques to assist the smoker to quit. Free.  
LAWRENCE MEMORIAL HOSPITAL, 785-749-5800  
6:00-7:30 PM

## MEETINGS

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

**FIRST TUESDAY OF EACH MONTH  
LAWRENCE AREA COALITION TO HONOR END-OF-LIFE CHOICES**  
Works with 31 other Kansas communities to help all Kansans live with dignity, comfort and peace at the end-of-life, regardless of age. Members have backgrounds in healthcare, pastoral care, senior citizens' services, funeral home care, library and educational services. Meets at 3:00 p.m. in Conference E of LMH.  
LAWRENCE, 785-830-8130

**FIRST WEDNESDAY OF EACH MONTH  
OLDER WOMEN'S LEAGUE**  
Meetings are held in the Lawrence Public Library auditorium. Social time begins at 1:30 p.m. and the meeting begins at 2:00 p.m. The public is welcome to join members at all meetings. For more information, call Gayle Sigurdson at 785-832-1692.  
LAWRENCE

**WEDNESDAYS AND SUNDAYS  
OLDSTERS UNITED FOR RESPONSIBLE SERVICE (O.U.R.S.)**  
Members of O.U.R.S. have met to dance at Douglas County Senior Services, 745 Vermont, since 1984. The group meets to dance

from 2:00-4:00 p.m. on Wednesdays and from 6:00-9:00 p.m. on Sundays.  
LAWRENCE

**THURSDAYS  
OLDER KANSANS EMPLOYMENT PROGRAM**  
LAWRENCE WORKFORCE CENTER  
2540 IOWA, SUITE R, LAWRENCE  
10:00 AM-NOON

**FIRST THURSDAY OF EACH MONTH  
LAWRENCE AREA PARTNERS IN AGING**  
Networking group. Call Kim or Laura at 785-842-0656 for more information. \$11.50 to attend (includes lunch).  
JADE MONGOLIAN BARBEQUE, LAWRENCE  
11:30 AM-1:00 PM

**FIRST AND THIRD THURSDAY OF EACH MONTH  
LOSS AND GRIEF SUPPORT GROUP**  
Heart of America Hospice with association Pioneer Ridge Retirement Community invites individuals coping with the loss of loved ones to join us. Call Gillian at 841-5300 for more information. Located Pioneer Ridge Assisted Living 4851 Harvard Rd, Lawrence. 6:00 p.m.

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

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

**SECOND TUESDAY OF EACH MONTH  
NATIONAL ASSOCIATION OF RAILROAD AND VETERAN RAILROAD EMPLOYEES (NARVRE)**  
Meets at 9:30 a.m. at Coyote Canyon Buffet.  
TOPEKA, <http://www.narvre.com>

**SECOND AND FOURTH TUESDAY OF EACH MONTH  
LOSS AND GRIEF SUPPORT GROUP**  
Brandon Woods Retirement Community in association with Heart of America Hospice invite individuals coping with the loss of a loved one to join us. Call Gillian at 841-5300 for more information. Located in The Smith Center, 1501 Inverness Drive, Lawrence. 10:30 a.m.

**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

**SECOND WEDNESDAY OF EACH MONTH  
LOSS AND GRIEF SUPPORT GROUP**  
Heart of America Hospice invites individuals coping with the loss of loved ones to join us. Call Gillian at 228-0400 for more information. Located at The First Presbyterian Church on Topeka and 8th. 12:00 p.m.

**SECOND THURSDAY OF EACH MONTH  
NAACP MEETING - LAWRENCE CHAPTER**  
Meets at the Lawrence public Library Gallery Room at 6:30 p.m.  
LAWRENCE, 785-841-0030, 785-979-4692

**THIRD TUESDAY OF EACH MONTH  
LAWRENCE PARKINSON'S SUPPORT GROUP**  
FIRST PRESBYTERIAN CHURCH, 2415 CLINTON PARKWAY, LAWRENCE, 2:00 PM

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

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

**FOURTH WEDNESDAY OF THE MONTH  
CAREGIVER SUPPORT GROUP**  
Administered by Senior Outreach Services in cooperation with Jayhawk Area Agency on Aging, Inc. Designed to be a safe place to assist and empower caregivers of seniors. Rose Hill Place Clubhouse, 3600 SW Gage Blvd. 1:00 p.m.  
TOPEKA, 785-235-1367, EXT. 130

**APR 22  
34TH ANNUAL TGS CONFERENCE**  
Speaker, Christine Rose. 7:00 p.m. Topeka Genealogical Society, 2717 SE Indiana Ave.  
TOPEKA, 785-233-5762  
<http://www.tgstopeka.org>

**APR 28  
AARP CHAPTER 1696**  
AARP Chapter 1696 will meet at 11:00 a.m. at the Lawrence Country Club. Please call 785-865-3787 for reservations.  
LAWRENCE

## MISCELLANEOUS

**MONDAYS  
OSHER RADIO PROGRAM**  
Local news and talk radio station KLWN 1320 AM presents the new program "Lifelong Learning: Lively Encounters with KU's Best." Each show will feature an interview with a KU Osher class instructor. Tune in for a glimpse of what you can expect from upcoming Osher classes. 10:05 a.m.  
<http://www.kuce.org/lifelonglearning>

**APR 2  
OVERBROOK ANNUAL SHOP HOP**  
Overbrook Quilt Connection participates with 11 other shops along the shop hop. Hoppers pick up their quilt block along the way. 500 Maple, Overbrook Quilt Connection.  
OVERBROOK, 785-665-7841, 888-665-7841  
<http://www.overbrookks.com>

**APR 1  
FORT LEAVENWORTH TOUR & FRONTIER ARMY ENCAMPMENT**  
Annual tour of several historic Fort Leavenworth homes, oldest fort west of the Mississippi River, and Frontier Army encampment. Grant & Kearney Ave, Fort Leavenworth  
LEAVENWORTH, 913-682-4113, 800-844-4114  
<http://garrison.leavenworth.army.mil/sites.services/museum.asp>

**APR 8-19  
TULIP TIME**  
A 3-1/2 acre private garden opened to the public, a wonderland of thousands of tulips and daffodils with flowering trees and shrubs.  
4536 SW Elevation Ln, Binkley Gardens.  
TOPEKA, 785-478-4624, 800-235-1030

**APR 22  
FREE FAMILY PLAY DAY**  
Hiking, campfire, games. Bring a picnic and instrument. Cash donations for African AIDS project welcomed.  
THE LIGHT CENTER, 785-255-4583

**APR 30-MAY 5  
CELEBRATING AGE**  
Stormont-Vail HealthCare's HealthWise 55 and Jayhawk Area Agency on Aging are jointly sponsoring "Celebrating Age" during the first week of May in honor of Older Americans Month. See article on page 17 for more information.

**MAY 5-7  
SUMPTUOUS SETTINGS**  
15th annual. A fund-raiser for Meals on Wheels of Shawnee and Jefferson Counties, Inc. Stroll through 17 room settings designed to entertain and please the eye. Afterward the Tea Room is open for a delectable luncheon of tea, finger sandwiches, fruit, and cookies served from silver tea services. 6425 SW 6th Ave, Kansas Museum of History.  
TOPEKA, 785-354-5420  
<http://www.meals-on-wheels-inc.org>

*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.*

*If your group would like to be added to our monthly calendar, please call Kevin at 785-841-9417.*

## LEISURE TIME TOURS

Topeka, Kansas

### DAY CASINO TRIPS

Most originate in OTTAWA-8am. Pick-up in LAWRENCE-8:30am. Bus fare- \$20/ get most back with Casino rebates.

**GOLDEN EAGLE CASINO:**  
April 2; 11; 13; 27

**SAC & FOX CASINO:** April 20  
**HARRAHS - Mayetta:** April 4; 18

### OTHER TOURS

**Apr. 15: COUNTRY PICKIN' OPRY RICHMOND, MO.** FEATURING DAVE WELCH the "SINGING BUS DRIVER." Lv. TOPEKA 3:00pm; LAWRENCE (Holiday) 4:00pm; Dinner (included) in KC at 5:00pm. Then to the country music show in a BARN. \$40/ incl. BUS, DINNER and SHOW adm.

**Apr. 23-25: 3 day, 2 night trip to TAMA, IOWA - MESKWAKI INDIAN HOTEL/CASINO.** \$136 per person - double occ. get/ BUS- 2 nights hotel - \$60 cash back & 3-\$3 off meal tickets. Trip starts in Topeka, picks up in LAWRENCE and, if enough interest, in OTTAWA.

**June 11-15: 5 days, 4 nights: NASHVILLE, TN.** \$437 per person - double occ; 1st night - METROPOLIS, ILL on the banks of the OHIO RIVER - 2 nights in NASHVILLE - NASHVILLE NIGHTLIFE DINNER THEATER; GENERAL JACKSON SHOWBOAT MUSIC CRUISE: WILDHORSE SALOON, CHEEKWOOD BOTANICAL GARDENS, 7 meals and more. 4th night-HARRAHS HOTEL, ST LOUIS, MO.

### GROUPS

**NEED A BUS? CALL US!**

Yes, we charter (rent) our 47 passenger modern motorcoach with driver for \$575 a day or by the mile \$2.75, whichever is greatest.

Let us help plan your group trip using our BUS now stationed in your area.

In Topeka call **354-8922**.  
Outside Topeka you may call  
**TOLL FREE: 1-800-851-7037**.

# WOLFGANG PUCK

## A twist on traditional passover matzo

By Wolfgang Puck  
Tribune Media Services

For the past 20 years during the Jewish holiday of Passover, which this year begins the evening of Monday, April 5, we've held a Seder at Spago. This ritual dinner, in which foods help tell the story of the Jewish Exodus from Egypt, provides a wonderful time for family and friends of every faith to come together in celebration of freedom.

As you probably know, one key element of the Seder is matzo. This unleavened bread recalls how the Israelites fled the pharaoh's tyranny so swiftly that they had no time to let their bread dough rise before baking it. The crisp, plain crackers evoke childhood Seder memories for so many people, including my two sons. But for me, not having been raised in that faith, all I could think about when I first tasted matzo was how much I wanted to try making my own.

And so we do each year at Spago. My recipe isn't strictly kosher, because true Passover matzo is produced in special factories following strictly inspected religious guide-

lines. But it certainly captures the spirit, look and texture of traditional matzo, while adding the exciting flavors of extra-virgin olive oil, sea salt, onion and thyme. If you prefer a plainer version, leave out the onion and herbs; or substitute shallots for the onion or another herb for the thyme. Grated Parmesan and maybe a dusting of paprika are also delicious additions.



Wolfgang Puck's My Not-Kosher Matzo

PHOTO BY BOB FELD, COURTESY TRIBUNE

To get the perfect thinness that ensures crisp matzo, you could diligently roll it out with a rolling pin. I've found it easier, however, to use a hand-cranked pasta machine, passing pieces of the dough through the rollers at the narrowest setting possible so that the dough does not tear. You may have to experiment with a few small pieces before you get it right on your machine. Just be sure

to let the dough rest before rolling, so its elastic gluten fibers will relax and make the dough more pliable.

This matzo tastes so good that we always make extra, so Seder guests leave with take-home packages. Leftovers are excellent the next morning broken into small pieces, mixed with beaten egg and then sauteed in butter to make the popular deli dish

called "matzo brei."

Or, for a special appetizer at any time of year, try serving matzo as an accompaniment for dips or spreads. One of my favorite partners for it is a light, yet rich, layered mousse made with smoked sturgeon and smoked salmon. Taste your salmon, in particular, before preparing the recipe, and if it is very salty consider reducing or even eliminating its share of the salt in the recipe.

Happy matzo-making, and happy Passover!

### MY NOT-KOSHER MATZO

Makes about 6 large sheets, 12 servings

- 1 1/2 cups all-purpose flour
- 1 1/2 cups very fine semolina flour, or 1 1/2 cups additional all-purpose flour
- 2 teaspoons table salt
- 4 eggs
- 1/2 cup extra-virgin olive oil
- 2 tablespoons kosher salt
- 2 tablespoons whole fresh thyme leaves, or 2 teaspoons dried thyme
- 1/2 cup finely chopped onion

1. Put the flours, salt, eggs and half the olive oil in the bowl of a food processor fitted with the stainless-steel blade or in the bowl of an electric stand mixer fitted with the dough hook. Process or mix until the dough forms a ball that rides around the bowl on the blade or hook.

2. Transfer the dough to a clean bowl and cover with a clean, damp kitchen towel. Leave the dough at room temperature to rest for at least 2 hours.

3. Preheat the oven to 400 F. Divide the dough into 6 equal pieces. Using a pasta machine with its rollers at the thinnest setting (usually "one"), or a rolling pin on a flour-dusted work surface, roll out each piece of dough until it is as thin as a sheet of lasagna pasta. Each sheet should measure roughly 6 by 10 inches.

4. Drape the dough without overlapping on baking sheets. Brush them very lightly with the remaining olive oil, and then sprinkle them lightly but evenly with the sea salt, thyme and onion. Bake until golden brown and crispy, about 10 minutes.

5. With a large spatula, transfer the matzo to wire racks to cool. Store in airtight containers until ready to serve.

### SMOKED FISH MOUSSE

Makes about 2 1/2 cups

- 4 ounces smoked sturgeon, cut into 1-inch pieces
- 4 ounces smoked salmon, cut in 1-inch pieces
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- Juice of 1/2 lemon
- 1 cup heavy cream, whipped
- 2 ounces red or black caviar

1. With your fingertips, feel for and remove any fine bones from the sturgeon and the salmon.

2. Put the sturgeon pieces in a food processor fitted with the stainless-steel blade and process until pureed. With a rubber spatula, press the puree through a fine sieve into a medium bowl. Cover with plastic wrap and refrigerate. Clean out the processor bowl and blade, then follow the same steps to puree the salmon, storing it in a separate bowl.

3. Season each fish puree to taste with salt, pepper and lemon juice.

4. With a rubber spatula, fold half the cream into the sturgeon puree until smoothly blended. Do the same with the remaining cream and the salmon puree.

5. With the rubber spatula, evenly spread the sturgeon puree on the bottom of an attractive three-cup serving dish. Sprinkle with half the caviar. Spread the salmon puree evenly on top and sprinkle it with the remaining caviar. Cover the serving dish with plastic wrap and chill in the refrigerator overnight.

6. To serve, do not unmold the mousse. Simply place the serving dish in the center of a larger serving platter and surround it with large pieces of matzo.

(Chef Wolfgang Puck's TV series, "Wolfgang Puck's Cooking Class," airs Sundays on the Food Network. Also, his latest cookbook, "Wolfgang Puck Makes It Easy," is now available in bookstores. Write Wolfgang Puck in care of Tribune Media Services Inc., 2225 Kenmore Ave., Suite 114, Buffalo, N.Y. 14207.)

©2006 Tribune Media Services, Inc.

Restaurant Guide	
<p><b>McFARLAND'S</b> <i>Restaurant</i></p> <p>Casual Dining, Private Parties Over 70 years of serving fine food 4133 Gage Center Dr. • Topeka • 785-272-6909</p>	<p><b>Chic-A-Dee</b> <b>CAFÉ</b></p> <p>"Good Home Cooked Food" Mon.-Fri. 6 am-8 pm, Saturday 7 am-8 pm 3036 SE 6th • Topeka • 785-233-0216</p>
<p><b>Serving Topeka Since 1969</b></p> <p>Open 7 Days A Week 6:00 a.m.-3:00 p.m. 1034 S. Kansas Ave. 785-232-1111</p>	<p><b>The Wahoo Grill</b></p> <p>Chicken fried steak, Salisbury steak, hamburgers, baby back ribs, grilled mahi mahi with spicy mango sauce, and fried catfish. Mon.-Sat. 11 a.m.-9 p.m., Sun. 11 a.m.-9 p.m. 425 S.W. 30th • Topeka • 785-266-5700</p>
<p>Seniors dine out an average of 4-5 times per week! If you would like to add your restaurant to the Senior Monthly Restaurant Guide, please call Kevin at 785-841-9417 for details.</p>	

Visit Us Online At  
[www.seniormonthly.net](http://www.seniormonthly.net)

# SMART COLLECTOR

## Old National Geographics not necessarily valuable

By Danielle Arnet

Tribune Media Services

**QUESTION:** My National Geographic magazines date back to the early 1920s. How do I find a reputable buyer, and about how much is each one worth? I've never sold before, and I don't want to be duped. — Cathy, Concord, N.H.

**ANSWER:** Can't blame you, Cathy. No one wants to be a chump. How-



Danielle Arnet

ever, in this case, you're being overly cautious.

In the words of Bruce Herman, who has bought and sold vintage magazines for more than 30 years, your National Geographics are worth "not much." Issues printed after World War I sell for under a dollar.

You might do better selling them as nostalgia items at a garage sale, or perhaps an area antiques dealer will buy the lot. In a magazine that's been around as long as the National Geographic, only the very oldest issues and issues with crossover appeal bring significant money. The 1920s is not old for Geographic.

Herman, of Vintage American Magazines in Oakland, Calif., currently has over 750,000 magazines stored in multiple warehouses.

He told us that only collections of over 50 issues warrant contacting a magazine dealer, because they generally don't bother with fewer copies.

To research value, Herman sug-

gests you look at completed sales on eBay, or go into a mega search engine and key old magazines.

**FYI:** Reach Herman at 4191/2 Wayne Ave, Oakland, CA 94606, (510) 208-5232, or [www.vintagemagazines.net](http://www.vintagemagazines.net)

**QUESTION:** I have a never-used barber's lather brush in its original box. It was made in Germany and has a silver metal handle. Is it valuable? — Gen (cq), Albany, N.Y.

**QUESTION:** My grandmother gave me an old shaving mug with "Altenburg Saxony" and a crown mark on the bottom. Can you shed some light on the origin and the value? — Cybercollector, Maine

**ANSWER:** According to Connecticut collector Keith Estep, lone brushes are the orphans of the barbershop collectibles world.

Estep is the author of "The Shaving Mug and Barber Bottle Book," (\$69.95) and "The Best of Shaving Mugs" (\$89.95). Both books are from Schiffer.

"Brushes are valuable only if they are accompanied by an original mug made for an original owner," Estep said. It also counts if the single brush bears a Tiffany or Gorham hallmark. If the mug is figural, or shows a human form and the brush is an integral part of the package, that also adds to value. But only if the brush and mug form a clear set; value lies in the pairing of the two.

What really counts in shaving mugs, he added, is the decoration, or art. "The best are folk art done on the mug, not on canvas," he told us. Another example of a desirable mug would be a presentation mug.

"If it reads something like, 'Presented to Andrew Carnegie by his daughter on the occasion of, etc.,' that's also good."

Occupational shaving mugs, such as those for farmers, firemen, police

and the like, are also sought, as are mugs decorated for fraternals, such as the Masonic or Elk. They benefit from crossover collecting, where collectors chase a category, say Masonic items, and pick up all things related to the area.

Mustache mugs, depending on decoration and condition, can also run into value.

Because patrons left their personal mugs at a barber's where they sat on shelves for years of regular use, not many survive in great condition. Collectors can afford to be picky, and they are.

As it is, your silver metal brush is probably chrome or nickel plate,

and its value as a single is \$10 to \$25.

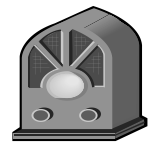
The "Altenburg" mark on the mug refers to the German earthenware factory where it was made. Saxony is the region where the factory is located. Too little is known about this mug to comment.

(Danielle Arnet answers questions of general interest in her column. Send e-mail to [smartcollector@comcast.net](mailto:smartcollector@comcast.net) or write Danielle Arnet, c/o Tribune Media Services, 2225 Kenmore Ave., Suite 114, Buffalo, NY. 14207. Please include an address in your query. Photos cannot be returned.)

© 2006 Tribune Media Services, Inc.



## Collectibles Marketplace



TOPEKA

### DOWNTOWN Antiques and Collectibles Mall

Space and Cases for Rent.  
We Take Consignments.

Furniture • Dishes • Linens • Tools • Pepsi • Coke •  
Jewelry • Bears • Mickey Mouse Collection & More

500 SW Harrison • (785) 354-1603

(One block east of 5th & Topeka) • MC/Visa/Discover •  
Layaways - We Buy • Sell • Trade

11am-5pm, Wed.-Sat., 1-5pm, Sundays; or by Appt.

### THE ELECTRONIC AUCTIONEER

#### Free eBay Ad for AARP Members

I will list your antique or collectable on eBay for free. No charge unless your item sells for your price. I am an approved trading assistant registered with eBay to sell for others. I have been an AARP member since 1997, and I have been selling on eBay since 1998. I also sell surplus equipment and handle liquidations. I do purchase items outright for cash.

Call any time. Pat Kindle. 785-865-5049.

TOPEKA

Wheatland  
Antique Mall

More than 6,000 sq. ft. of  
quality antiques & collectibles  
reasonably priced.

(785) 266-3266

2121 SW 37th St.



Mon.-Fri. 10-5:30, Sat. 10-5,  
Sun. 10-5

To place your ad  
in the next  
"Collectibles  
Marketplace,"  
please call Kevin  
at 785-841-9417.

## Need a Rate Card?

If you would like a *Senior Monthly* rate card, please call Kevin at 785-841-9417, or e-mail [rates@seniormonthly.net](mailto:rates@seniormonthly.net) to receive an autoresponder message with rate information.

## TRAVEL

# Bayfield, Wisconsin: A Lake Superior Gem

By Shifra Stein and Bob Barrett

The fog is just lifting over the waters of Lake Superior, the largest freshwater lake in the western hemisphere. Rays of sunlight sparkle and shimmer upon the crystal blue waters, stirring up movement as walleye, lake trout, and whitefish make their way along the lake's southern shore. Here at the topmost point of Wisconsin, an eagle spreads its wings, and lifts off in search of a nesting site, not that he'll have much trouble finding one. For he has his pick of places in Bayfield County, an area of pristine forests and habitat that is surrounded and protected by a National Lakeshore, and National, State, and County Forests.

Bayfield County includes the picturesque village of Bayfield and the Apostle Islands, the country's most pristine National Lakeshore. Com-

prised of 21 islands and 12 miles of sparkling shoreline, the Apostle Islands offer soft sand beaches, rocky cliffs and mystical sea caves that are magically transformed to crystalline halls in winter. Located at the furthestmost tip of Wisconsin, on the southern shore of Lake Superior, Bayfield County is a land of tranquil fishing towns, artist communities, and Native American villages.

Many visitors are drawn by the natural beauty of Lake Superior, the largest freshwater lake in the western hemisphere. Some come just to watch the sun rise and set in fiery colors over the lake; while others prefer to drop a line in for walleye, lake trout, or whitefish. Just across the water from the village of Bayfield is Madeleine Island, the only inhabited island in the Apostle Island chain. Together they make up a burgeoning arts community that

was recently featured in John Mariani's book, *The 100 Best Art Towns in America*. Bayfield was also written up in *The Artist's Magazine* as one of the best places to live and work as an artist.

Visitors come here to shop for one-of-a-kind finds in American art pottery, hand-woven rugs and purses, Native American art, and hand-crafted jewelry featuring precious stones, metals, and mastodon ivory.

A lot of traffic is due to Bayfield County's yearly festivals. There's Applefest in fall that attracts more than 50,000 visitors and offers everything from apple pies and apple butter to apple mustard and apple bratwurst. The Festival also includes the booths of area artists, along with food, music, and lots of apple-related activities.

In addition to Applefest, the famed Bayfield Arts Festival brings in art buyers who come here specifically to see the work of over 100 artists from the Midwest who display a wealth of fine arts and crafts. This year marks the 44th Annual Festival of the Arts. Held July 29-30 the juried arts and crafts event is one of the state's largest art shows and is held in Memorial Park on the shores of Lake Superior in downtown Bayfield.

During the event Bayfield artists will open their studios and galleries

to visitors with open houses, demonstrations, and special sales as part of a gallery tour held in conjunction with the festival in the park. Visitors will find a wide selection of pottery, painting, jewelry, sculpture, and glass among Bayfield's studios, and the opportunity to view the artists at work during this arts weekend that kicks off Friday night, July 28 with the Chequamegon Bay Arts Council benefit auction

Those who want to see more art can travel across the lake by Ferry for a 20-minute ride to Madeline Island to see the local art guild studio and Woods Hall. Both artists' cooperatives are worth visiting. Woods Hall produces 600 hand-made rugs a year from traditional rag rugs to Navajo-style and blanket weave varieties. The sheer volume of rugs produced and the unique variety of size, shape, and material is awe-inspiring.

For more information on attractions, lodging, restaurants, and events, contact the Bayfield Chamber of Commerce at 800-447-4094 or see the Chamber Web site at <http://www.bayfield.org/>

- Shifra Stein and Bob Barrett have been a photojournalist travel team since 1986. Their stories appear in a variety of online and print publications. See Shifra's Web site at [www.shifrastein.com](http://www.shifrastein.com) or contact her at [sstein@kc.rr.com](mailto:sstein@kc.rr.com)



PHOTO BY BOB BARRETT

Bayfield Harbor



The 2006 Kaw Valley  
Wedding Planner is now available.

[www.kawmall.com](http://www.kawmall.com)



Hospice Care in Douglas County is truly the best choice you can make. We have been providing Hospice Care for the citizens of this community since 1982. Our services allow the patient to remain comfortable and independent in their own home as long as possible during a terminal illness.

- Long term community commitment
- Your non-profit hometown agency

"I will never forget the caring help I have received from your staff. Thank You!"

### Unmatched:

- ✓ Quality
- ✓ Commitment
- ✓ Compassion

785.843.3738  
200 Maine St., 3rd Floor • Lawrence, KS 66044  
A United Way Agency

"Hospice is a wonderful organization in every way."



# BUSINESS CARD DIRECTORY

**The Light Center**  
*Trailblazing New Paths for Living in Spiritual Harmony*  
**Healing Touch I - Energy Therapy**  
 Mar 18-19 15-20 CEUs  
**Sweat Lodge with Chief Standing Cloud** April 8<sup>th</sup> 1pm!  
 Bring water & Food to share!  
**Free Family Play Day April 22**  
 Hiking, Campfire, Games. Bring a picnic & instrument!  
 Cash Donations for African AIDS project welcomed!  
 www.LightCenter.info info@LightCenter.info  
 785-255-4583

**CHS**  
**CRITICARE**  
 Home Health Services, Inc.  
 • Respiratory Equipment & Supplies  
 • Wheelchair  
 • Walker • Canes  
 • Mastectomy & Compression Products  
*Hospital Equipment with Home Comfort*  
 1006 W. 6th St. • Lawrence  
 785-749-4878 • Toll Free 800-527-9596  
 www.criticarehhs.com

**Kansas Home Health Care**  
 your home. your health. your choice  
 Lawrence Office  
 (785) 856-8585  
 Topeka Office  
 (785) 234-8993  
 www.kshomehealth.com



**ATTENTION SENIORS:**  
  
 See how much we can save you on your Medicare Supplement. Call Bruce today at (800) 606-6955.  
**OSLADIL INSURANCE SERVICE**  
 411½ S. Main St. • Ottawa, KS 66067

**AUTUMN ADULT DAY CARE**  
*Quality care in a home-like environment for your loved one*  
 Nurse Owned & Operated  
 3315 SW 6TH AVE. • TOPEKA, KS 66606  
**Phone: 785-232-0730**



**Lawrence Landscape Fertilization**  
 Call 785-843-4370



**SERVING ALL OF YOUR FINANCIAL NEEDS**  
 Nick Harper  
 Vice President-Investments  
 6342 SW 21st Street  
 Topeka, KS 66615  
 785-271-2492 • 800-633-4088  
**WACHOVIA SECURITIES**

SECURITIES AND INSURANCE PRODUCTS  
 NOT INSURED BY FDIC OR ANY FEDERAL GOVERNMENT AGENCY - MAY LOSE VALUE  
 (NOT A DEPOSIT OR GUARANTEED BY A BANK OR ANY BANK AFFILIATE)  
 Wachovia Securities, LLC, Member NYSE and SIPC. ©2006 Wachovia Securities, LLC 65613 1/06

**Health Service at Home Since 1969**  
  
 Certified Aides • Social Workers  
 Carelink Emergency Response Service  
 Hospice Care • Registered Nurses  
 Speech Language Pathologist  
 Physical & Occupational Therapist  
 United Way Agency  
**785-843-3738**  
 200 Maine, Suite C • Lawrence, KS 66044

*Place Your Business Card Here for just \$16.00 per month\**  
 \* With a six-month commitment. Call 785-841-9417 to place your ad.

**We're Just Your Style!**  
  
**21ST & FAIRLAWN**  
*Where Taste Your Style!*  
 Over 50 Unique Shops, Restaurants and Stores.  
 21st & Fairlawn  
 Topeka, Kansas

**Convert Your Videotape to DVD**  
  
 We accept video from the following formats:  
 VHS, VHS-C, 8MM Video, Hi8 Video, Digital8.  
 \$15 for up to one hour.  
 \$20 for one to two hours.  
 Call Kevin at 785-841-9417 for more details

**The perfect gift: A Simongiftcard!**  
  
 Purchase yours today at the Simon Guest Service desk at West Ridge Mall. For more information contact Barbara at bbammel@simon.com or at 785.271.5500.

*Place Your Business Card Here for just \$16.00 per month\**  
 \* With a six-month commitment. Call 785-841-9417 to place your ad.

**LAWRENCE THERAPY SERVICES**  
 • Physical & Occupational Therapy  
 • Speech Therapy • Massage Therapy  
 • Tai Chi Classes  
 • Natural Childbirth Classes  
 • Marriage & Family Therapy  
 Our Lawrence location is moving in May 2006! Watch for details.  
 **842-0656** | **594-3162**  
 2721 W. 6th, Suite B | 814 High St., Suite A  
 Lawrence | Baldwin City

**Natural Medical Care**  
  
 Dr. Farhang R. Khosh, ND  
 Dr. Mehdi L. Khosh, ND  
 Member American Association of Naturopathic Physicians  
 4824 Quail Crest Place, Lawrence, Kansas 66049  
 Phone: (785) 749-2255

**Do any Acting as a Child?**  
 If you appeared in Centron Corporation education films during the 1950s, Senior Monthly would like to hear from you. Please call Kevin at 785-841-9417.




# Business serves in-home needs of area seniors

Home Instead Senior Care®, the world's leading provider of non-medical, in-home services to seniors, is pleased to announce the new ownership of their franchise in Topeka serving Topeka and Lawrence. The franchise is independently owned and operated by Tim McManus. Well known in the Topeka area, McManus is a founding member of the Topeka St. Patrick's Day Committee, sponsor of the annual St. Patrick's Day Parade in historic downtown Topeka.

Home Instead Senior Care provides services to seniors wherever they might call home: private or rental residences, assisted-living facilities and care centers. Its employees, known as CAREGivers<sup>SM</sup>, help clients maintain their independence by assisting them with activities of daily living such as meal preparation, laundry, shopping, light housekeeping, medication reminders—even providing companionship.

"Our services are designed for

practically any living arrangement where an older adult simply needs human interaction or help with day-to-day activities," McManus said. "Services are available from just a few hours a day up to 24 hours, seven days a week—including weekends and holidays."

McManus' new Home Instead Senior Care business will help meet a growing need for in-home senior care—a need that is becoming increasingly serious throughout the United States. A recent study by AARP found that 85 percent of older Americans want to "age in place," remaining in their homes after retiring.

McManus said the number of those wanting to stay in their homes will only increase as the baby-boom generation reaches its senior years. "Saying good-bye to familiar surroundings and the comfort and security of home isn't always necessary," he said.

"We help older adults with every-

day tasks that allow them to live independently."

McManus says compassion and caring for people are the cornerstones of his business. "Our mission is to treat people the way we would want to be treated," he said. "This attitude applies to our clients and their families, our CAREGivers and our staff. For instance, we only hire CAREGivers that we would want to take care of our own family members."

McManus explained that these CAREGivers are all screened, bonded, trained and insured. Moreover, they have a passion for providing the world's finest senior care. "Many are retired professionals or stay-at-home moms who work for unselfish reasons, in addition to earning a paycheck," he said. "They want to make a difference for seniors."

McManus, originally from New York, has lived in Kansas for 35 years, graduating from Emporia State University. He formerly served as the Director of Human Resources for

Callahan Creek advertising agency in Lawrence and spent nearly two decades working for the internationally renowned Menninger Clinic in human resources and as a vocational counselor. He and his wife Hildergard have one son, Sean, who is a freshman at St. Louis University.

McManus decided to purchase the Home Instead Senior Care franchise after witnessing his own aging parents struggle to find quality in-home care. He is now seeing a similar need for these services in Topeka and Lawrence.

"We've had so many people call and say, 'I wish I'd known about you before we moved mom out of her home,'" McManus said.

Tim McManus' Home Instead Senior Care franchise is located at 2900 SW Wanamaker Drive, Suite 103 in Topeka. If you would like more information about job opportunities or company services, call 785-272-6101 or visit the company's Web site at [www.homeinstead.com](http://www.homeinstead.com).



*"locally owned and operated since 1920"*

*"personalized care with dignity"*

- pre-arrangements
- caring funeral service
- quality grief support
- monuments

**601 Indiana**  
Lawrence, Kansas

**785-843-5111**

[www.rumsey-yost.com](http://www.rumsey-yost.com)



**A Non-Profit Agency Providing In Home:**

- Respite Care
- Homemaker Services
- Attendant Care
- HCBS Services

**2201 W. 25th St., Suite Q**      **(785) 842-3159**  
Lawrence, Kansas      [trc@trinityrespitecare.com](mailto:trc@trinityrespitecare.com)  
[www.trinityrespitecare.com](http://www.trinityrespitecare.com)

**Life Begins at DRURY PLACE!**

**4200 SW Drury Lane • 785-273-6847**



At Drury Place you'll enjoy tours, group outings and social gatherings. We'll take the burden off of you so you can live life to the fullest. You'll love it!

Housekeeping, Home Cooked Meals, Van Transportation, Activities, Outings are all available at Drury Place.  
*A warm, loving community that enhances independent lifestyles.*



**MIDLAND Hospice Care**  
*A not-for-profit organization*

**Serving Northeast Kansas Since 1978**

- Hospice House Inpatient Facility
- Medicare/Medicaid Certified
- Individual & Group Grief Counseling
- Joint Commission Accredited for Children, Teens & Adults

**1008 New Hampshire, Third Floor • Lawrence • 785-842-3627**  
**200 SW Frazier Circle • Topeka • 785-232-2044**  
**635 S. Main St. • Ottawa • 785-242-0002**  
[www.midlandhospice.org](http://www.midlandhospice.org)

www.seniormonthly.net

# Making Medicare Make Sense

*Answers To Some of The Most Commonly Asked Medicare Questions.*

**QUESTION:** I have heard that there have been some phone schemes that ask people with Medicare for money and checking account information to help them enroll in a Medicare Prescription Drug Plan; a scheme called the "\$299 Ring" the amount of money people are asked to withdraw. What should people lookout for so that they can get legitimate help with Medicare prescription drug enrollment?

**ANSWER:** Medicare has received some complaints from various states against a number of different companies, but authorities believe that the companies are the same and are typically based outside the U.S. The complaints are being investigated by federal law enforcement authorities.

The complaints are people with Medicare talked into withdrawing \$299 from their checking accounts to pay for a non-existent prescription drug plan. Consumers are urged to report these cases to their local law enforcement agencies or 1-877-7SAFERX (1-877-772-3379).

In order to stop this and other scams from happening, consumers need to know that:

- No Medicare drug plan can ask a person with Medicare for bank account or other personal information over the telephone. Never provide that information to a caller. You should contact their local police department if they believe someone is trying to take money or information from you illegally.

- No one can come into your home uninvited.

- No one can ask for personal information during their marketing activities.

- Always keep all personal information such as your Medicare number safe, just as you would a credit card or bank account number.

- And, whenever you have a question or concern about any activity regarding Medicare, call 1-800-Medicare.

In addition, legitimate Medicare drug plans will not ask for payment over the telephone or the Internet. They must bill the beneficiary for the monthly premium. Typically that amount is set up as an automatic withdrawal from the beneficiary's

monthly Social Security check. Beneficiaries may also opt to pay the monthly premium in other ways such as writing a check or setting up automatic payments from their checking accounts.

**QUESTION:** What is the March 31 deadline for prescription drug plans paying for a transitional dosage of drugs for beneficiaries who need coverage for their current drugs that are not on the plans formulary?

**ANSWER:** Medicare and the drug plans are working together to make sure that beneficiaries have the coverage for the prescriptions they need. Most plans have a list of drugs covered by the plan called a formulary. Your plan may have a different brand-name drug for your condition on its list than the prescription you currently take. You can work with your doctor to change to this drug or a generic drug if one is on the list. If your doctor thinks you need a drug that isn't on the list, your doctor can apply for an exception for you to continue your current prescription. If the plan denies the request, you can appeal their decision.

In February, Medicare and the plans announced that they would provide beneficiaries with payment for their current prescription (in 30-day supplies) through March 31, 2006. This additional time was designed to give you more time to work with your doctor to find a drug that is on the plan's formulary that will work for your condition, or for your doctor to apply for an exception for you to continue your current prescription.

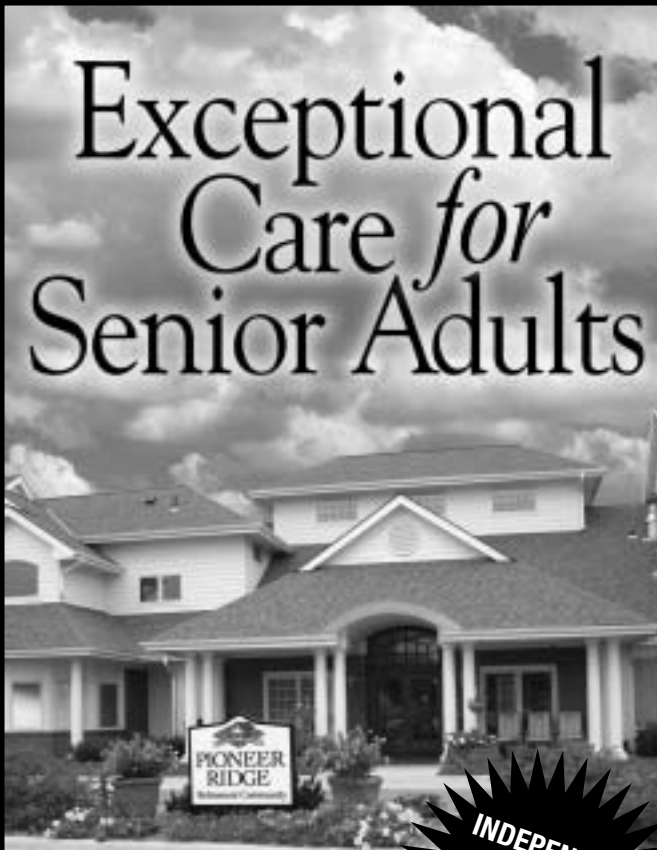
**QUESTION:** What happens if a person with Medicare who qualifies for the low-income subsidy (help with out-of-pocket costs) has not yet enrolled in a prescription drug plan?

**ANSWER:** To give individuals who qualify for the low-income subsidy time to choose a plan that meets their needs, Medicare will wait until May 1st before they automatically enroll these individuals in a Medicare Prescription Drug Plan. This automatic enrollment will ensure that these individuals get the drug coverage they need. By mid April or sooner, the Centers for Medicare & Medicaid Services will notify those individuals, who qualify for the low-

income subsidy, of the plan in which they will be automatically enrolled, if they do not choose a plan on their own. CMS will enroll them in that plan effective May 1, 2006. These beneficiaries will have one additional opportunity to change plans if the plan chosen for them is not appropriate for their prescription drug needs. Please note that this facili-

tated enrollment will only happen for those who have qualified for the low-income subsidy and who have not chosen a plan, all other beneficiaries need to choose and enroll in a plan that best meets their needs.

- Column courtesy of the Centers for Medicare & Medicaid Services, U.S. Department of Health & Human Services.




## Exceptional Care for Senior Adults

**INDEPENDENT LIVING APARTMENTS COMING SOON!**

Lawrence's newest retirement community offers one-bedroom and deluxe suite assisted living apartments and 24 hour skilled nursing care in a beautiful and professionally staffed facility.

### 785-749-2000

Conveniently located at Harvard and Wakarusa Drive in west Lawrence.



**BEAUTIFUL FACILITY  
OUTSTANDING CARE • GREAT LOCATION**

Visit Us Online At  
[www.seniormonthly.net](http://www.seniormonthly.net)

# PUZZLES

TMSPPuzzles@aol.com

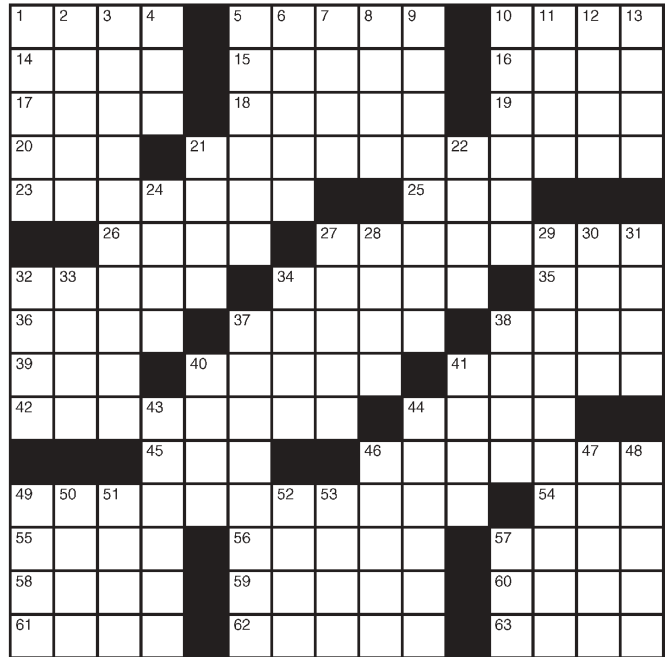
## ACROSS

- 1 Summoned
- 5 Standing by the plate
- 10 Writer Quindlen
- 14 October stone
- 15 Term of tenancy
- 16 Hitchcock's "\_\_\_ Window"
- 17 Olympian Devers
- 18 One Osmond
- 19 Diva's number
- 20 Internet address: abbr.
- 21 Elvis' genre
- 23 In fashion
- 25 Motorists' org.
- 26 Go over 21
- 27 Be a tourist
- 32 NCO, casually
- 34 Even
- 35 Smidgen
- 36 Is obligated
- 37 Cringe
- 38 Small town
- 39 Mauna \_\_\_ volcano
- 40 Hawks' opponents
- 41 "Truly \_\_\_ Deeply"
- 42 Veteran
- 44 Tropical tree
- 45 Mischievous child
- 46 Concoction for baby
- 49 No sweat!
- 54 Cost to participate
- 55 Writer Dinesen
- 56 Fry briefly
- 57 Space saucers, briefly
- 58 Otherwise

- 59 Burning coal
- 60 Chinese: pref.
- 61 Forest ruminant
- 62 Enjoys a novel
- 63 Break sharply

## DOWN

- 1 Fake
- 2 Separated
- 3 Basic dietary need
- 4 Building extension
- 5 Nearly
- 6 Instruct
- 7 Canine warning
- 8 Large landmass
- 9 Adolescent
- 10 Noah's peak
- 11 Stout's Wolfe
- 12 Tooth's companion?
- 13 Sea east of the Caspian
- 21 Shine's partner?
- 22 Willie Wonka's creator
- 24 Carries laboriously
- 27 Waste conduit
- 28 Currier's partner
- 29 Hunk
- 30 Lester's pickin' partner
- 31 Nervous
- 32 Do it alone
- 33 Runaway GI
- 34 Tennis zero
- 37 ASCAP member
- 38 Aromatic unguent
- 40 FDR coin
- 41 Female horse



By Norma Steinberg  
San Francisco, CA

- 43 Heart: slang
- 44 Fireplace sticks
- 46 Destined
- 47 Infamous Helmsley
- 48 Greek storyteller
- 49 \_\_\_ Piper
- 50 \_\_\_ of Dogs
- 51 Facility
- 52 Renown
- 53 Oscar-winner Gooding
- 57 Ship letters

©2006 Tribune Media Services, Inc.

Answers on page 28

## 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.

### PLAY BALL! (sol: 9 letters)

B-Balk, Baseball, Bases, Batted in, Bunt; C-Catcher, Coach; D-Diamond, Double; E-Earned runs, Error; F-Foul; G-Glove, Grand slam; H-Hits, Home run; I-Infield, Inning; M-Manager, Mound; O-Outfield; P-Pitcher; Players, Put out; S-Sacrifice fly, Safe, Shortstop, Single, Slide, Slugger, Stadium, Steal, Strike, Swing; T-Team, Throw, Triple; U-Umpire; W-Walk

This month's answer:

SCORECARD

© 2006, Tribune Media Services

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

## JUMBLE

THAT SCRAMBLED WORD GAME  
by Henri Arnold and Mike Arginton

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

MILOB

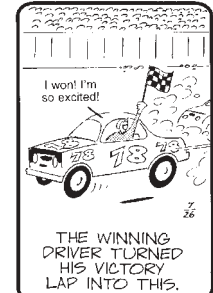
PLUJE

FLYDON

COHBOR

www.jumble.com

Answer here: A " " " " " "



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

Answers on page 28

## Advertising in Senior Monthly is a Capital Idea!

After distributing in the Lawrence area for two years, in July 2003 we doubled the press run of *Senior Monthly* from 3,000 to 6,000 copies and began distribution in Topeka. *Senior Monthly* advertisers can now reach customers in two markets for one low price.

To learn more about advertising opportunities with *Senior Monthly*, call Kevin at 785-841-9417 or send an e-mail to [rates@seniormonthly.net](mailto:rates@seniormonthly.net)



24 SeniorMonthly, April 2006

## TRIVIALITIES

1. What actor is the host of the annual Sundance Film Festival in Utah?
2. Robert Redford has been nominated for Best Director Oscars twice. Name the films.
3. For what film did Robert Redford win the 1974 Best Actor Oscar?
4. In what year did the film "Legal Eagles" premiere?
5. What actress portrayed the role of Iris Gaines in the 1984 film "The Natural"?
6. Who directed the 1985 film "Out of Africa"?
7. Barbra Streisand portrayed the role of Katie Morosky in what 1973 film?

©2006 Tribune Media Services, Inc.

Answers on page 28



# BRIDGE

## Hand of the year

By Omar Sharif and Tannah Hirsch

Neither vulnerable. South deals.

**NORTH**

♠ 7 4 3  
♥ K 5 4  
♦ A Q 9 7 5 3  
♣ 6

**WEST**

♠ A K Q 10 8  
♥ 6  
♦ K 4  
♣ K 5 4 3 2

**EAST**

♠ J 9 5 2  
♥ Q 10 8 7  
♦ J 10 8  
♣ 9 8

**SOUTH**

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

The bidding:

SOUTH	WEST	NORTH	EAST
1♥	1♠	2♠	Pass
4♥	Dbf	Pass	4♠
Pass	Pass	5♥	Pass
Pass	Pass		

Opening lead: King of ♠

Roy Welland won the International Bridge Press Association's C & R Motors Best Played Hand of the Year award for this deal. His effort would have done Trump Coup Tommy proud.

North's two-spade cue bid showed a limit raise or better in hearts, and the rest of the auction was natural.

Four spades doubled with repeated trump leads would have made life difficult for West, but we can't blame North for bidding on after South jumped to four hearts. West attacked with the king and queen of spades, declarer ruffing the second round. The ace of clubs was cashed and the queen was led for a ruffing finesse, declarer discarding dummy's remaining spade when West failed to cover. The jack of clubs came next. West again withheld the king and a diamond was sluffed from the table as East ruffed.

The jack of spades was returned and declarer discarded a club from hand and ruffed on the table. A heart to the nine held, and the queen of diamonds was finessed successfully. After cashing the ace of diamonds and ruffing a diamond, declarer was down to A J of hearts and a club, dummy held the K of hearts and two diamonds and East Q 10 8 of hearts. Declarer took the last three tricks by ruffing the ten of clubs with the table's king and then coupling East by leading a diamond and covering whichever trump East chose for his forced ruff.

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

© 2006 Tribune Media Services, Inc.

### YOUR HEALTH COMES FIRST!

Use the Bankruptcy Law To Protect Your Health & Financial Well-being  
Stop Bill Collectors, Repossessions & Foreclosures

Come see me and I'll show you how to get a fresh start!

#### JERRY HARPER LAW OFFICE

Topeka 354-8188 • Lawrence 749-0123  
A Debt Relief Agency That Provides Legal Advice  
Helping People File for Relief under the Bankruptcy Code for over 25 Years!

## MISSION TOWERS

Offering Clean, Safe, Affordable Housing for qualified seniors and non-elderly disabled.



- Rent Based on Income
- No Utility Bills
- 24 HR Emergency Response
- Close to Shopping
- Church Services
- Card Games & Crafts
- Exercise Group • Library
- Entertainment
- Well Maintained

Call Manager Karol Freeman

**(785) 266-5656**

🏠 2929 SE Minnesota • Topeka

## Lawrence Therapy Services is



**Our Lawrence office is moving to  
2200 Harvard Road—May 2006!  
Watch for details!**

- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Massage Therapy
- Marriage and Family Therapy
- Balance and Fall Prevention Program
- In-Home Services
- Medical Equipment Sales
- Certified Anodyne Neuropathy Care Center

**In-Home services available in Lawrence, Baldwin City, Topeka and surrounding communities.**



**842-0656**

2721 W. 6th., Suite B  
Lawrence, KS 66049

**594-3162**

814 High St., Suite A  
Baldwin City, KS 66006



## HEARTLAND HOME HEALTH CARE & HOSPICE

Compassionate care straight from the heart

- Specializing in pain & symptom management
- Social workers
- Pastoral care, grief support
- Nurses: RN, LPN
- Certified nursing assistants

For more information about Heartland's services, call

**800.214.0282**

1033 SW Gage Blvd.  
Topeka, KS 66604





# Senior Resource Fair a Success!

The 1st Annual Lawrence Area Partners in Aging (LAPA) Senior Resource Fair was held at Hy-Vee, 6th and Monterey Way, on March 7.

According to fair organizers, more than 200 seniors visited booths manned by representatives of more than 25 participating businesses and organizations that serve seniors in Douglas County. A grand prize of a \$100 gift certificate for Hy-Vee was given to one attendee, while each business and organization gave smaller prizes to other attendees.

The free fair also included special screenings for hearing, blood pressure checks, pulse and oxygen saturation checks, balance testing, and caregiver stress tests.

In addition, members of the Vintage Players were on hand throughout the afternoon to provide entertainment.

LAPA was founded in November 2003 by Kim Hoffman and Laura Bennetts of Lawrence Therapy Services and Seth Movsovit of Comfort Keepers.



## What's going on at Brandon Woods?

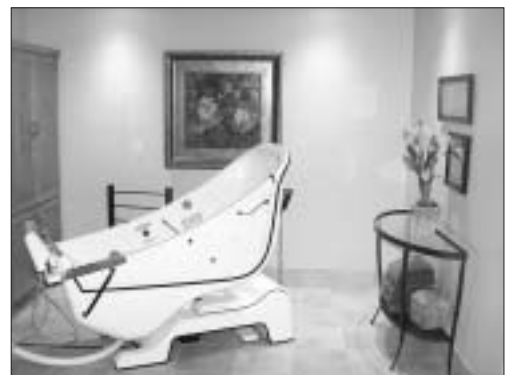
You may have noticed a bit of construction taking place on the north side of Brandon Woods in Lawrence. The retirement community is undergoing a remodeling project designed to give residents and staff more space.

The offices in the North Building have been moved to make way for a larger dining area. In addition, 10 new, larger rooms have replaced a larger number of rooms in the living area. The new rooms include amenities such as microwave ovens and refrigerators, and offer a more comfortable, homelike environment.

Other updates will include a large spa salon for grooming, a smaller nursing area in each of the community's neighborhoods instead of a larger, centralized nursing area, a new kitchen, an expansion of the assisted-living space, and offices placed immediately inside the north entrance.

However, with the changes, Brandon Woods will not be able to accommodate quite as many residents.

"We'd rather have 140 happy residents than 160 crowded residents," said Donna Bell, Brandon Woods' public relations director.



# NFIB Legal Foundation Challenges Maryland's 'Wal-Mart Bill'

Washington, D.C. — The National Federation of Independent Business' Legal Foundation took action in March against Maryland's recently passed law, the "Fair Share Health Care Fund Act," that requires employers with more than 10,000 employees to spend 8 percent of their total payroll costs on health insurance for their Maryland employees. This controversial law became known as the "Wal-Mart bill" because the corporation is one of four Maryland employers directly affected by the law, but the only one that does not meet the 8 percent threshold.

NFIB's Legal Foundation filed an amicus brief in the case, brought by the Retail Industry Leaders Association, asking the United States District Court for the District of Maryland to declare the law void because it is preempted by the Employee Retirement Income Security Act (ERISA), which governs standards for private health and pension plans. The Supreme Court commonly applies ERISA's preemption clause by inquiring whether a law has an impermissible "reference to" or "connection with" an ERISA plan. The Maryland law does both.

Although the Maryland law only applies to large businesses, the pro-

ponents of this bill made it clear that they want to impose a payroll tax on small-business owners to establish a government-run health-care system in Maryland. In fact, legislation (H.B. 1510) has already been introduced in the Maryland General Assembly to mandate that all businesses with less than 10,000 employees provide health-care coverage for employees, or face a payroll tax. Similar bills have been introduced in New Hampshire, Rhode Island and Washington, all with much lower employee thresholds.

"This has always been about forcing small-business owners to provide health insurance," said Karen Hamed, executive director of NFIB's Legal Foundation. "However, the law does nothing to address the issue of access to affordable health care. Businesses that do not provide insurance do so for a reason; they can't afford to buy health insurance. To force a business to provide something their bottom line can't afford is bad for the economy, bad for job growth and is a violation of federal laws. If the court does not find the Maryland law to be in violation of ERISA law, the survival of small-business across the country will be in jeopardy."

The Supreme Court has repeatedly

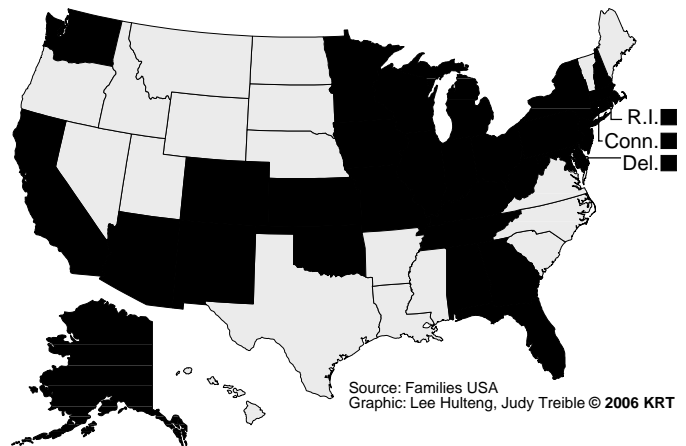
said states may not attempt to compel a certain level of employee benefits nor may states pass laws that interfere with the uniform national administration of benefit plans. The Maryland law directly violates both

of these provisions. Additionally, the Maryland law is an irrational, discriminatory, and arbitrary regulation of commercial activity, which is in violation of the Equal Protection Clause of the Fourteenth Amendment.

## Wal-Mart and health insurance

States where laws are being considered to require big companies, such as Wal-Mart, to spend a larger portion of payroll on health insurance. Maryland was the first state to pass such a law.

■ States considering laws



Need to get away from it all?  
It's easy with ...

Shifra Stein's  
**DayTrips®**  
from  
**Kansas City**



Enjoy a welcome change of pace and discover a world you may not know exists in your own backyard. DayTrips® describes hundreds of fascinating and exciting things to do (many free of charge!) and most within a two-hour drive of Kansas City.

### Each Day Trip Includes:

Travel directions • Destination highlights  
Other places to visit along the way • Shopping  
Choice restaurants and lodging (including price ranges)

Available at many local bookstores or online at  
[www.globe-pequot.com](http://www.globe-pequot.com)

## Carefree, Maintenance Free Living for People 55+

- Gated Access
- 24-Hour Emergency Maintenance
- Refrigerator/Stove
- Dishwasher/Disposal
- Washer/Dryer Hookups
- Individual Controlled Heating & Air
- Enclosed Garages w/Automatic Openers
- Mowing & Snow Removal Provided
- Clubhouse w/Exercise Room
- Courtesy Van
- Special Activities

We are all electric and economically a great alternative to living in a home!

**Apartments Available!**  
1 month free rent!



5121 Congressional Circle • Lawrence, KS 66049

**785-843-1700**

Due to street construction, please call ahead.

# Week of activities to highlight Older Americans Month

Stormont-Vail HealthCare's HealthWise 55 and Jayhawk Area Agency on Aging are jointly sponsoring "Celebrating Age" during the first week of May in honor of Older Americans Month.

The celebration is a week of events planned in the community for older adults. They include a theater performance, Senior Prom, fitness classes at the YWCA and bingo.

The events are open to anyone in the community. Tickets are required for some of activities. They can be obtained from the HealthWise 55 office, located at the east entrance to Stormont-Vail HealthCare or by calling (785) 354-6787, or from the Jayhawk Area Agency on Aging, 1720 S. Topeka Blvd., or by calling (785) 235-1367.

### Here's a listing of events:

- Sunday, April 30: TCT Performance of "A Midsummer Night's Dream" by William Shakespeare, Topeka Civic Theatre and Academy, 3028 S.W. 8th Avenue.

- Show begins at 2:00 p.m. Drinks and dessert can be purchased. Tickets are \$9 and can be purchased at Stormont-Vail's HealthWise 55 or Jayhawk Area Agency on Aging. For information, call (785) 354-6787 or (785) 235-1367.

- Monday, May 1: Bingo at the Loyal Order of the Moose, 1901 North Kansas Ave., 1:30 to 3:00 p.m. The event is free. Prizes will be award-

ed. No reservations are needed.

- Tuesday, May 2: Get Fit at the YWCA. Enjoy a morning of getting fit at the Topeka YWCA, 225 S.W. 12th Street.

You may attend any or all of the activities at the YWCA, beginning at 8:00 a.m. through 1 p.m.

### Events include:

- 8:00-8:45 a.m. - Arthritic Aqua Exercise Class in the Therapeutic Pool.

- 9:00-9:30 a.m. - Sit and Be Fit Class in the Health Arena.

- 9:30-10:00 a.m. - Exercise Equipment Demo in the Health Arena.

- 10:15-11:00 a.m. - Tai Chi Class in the Studio.

- 11:00 a.m.-Noon - Healthy Foot presentation by Chris Brodine, DPM, in the Studio. The presentation will include tips for diabetics and their footwear, as well as knowing what to look for when buying new shoes.

- Noon-1:00 p.m. - Aqua Class Sampler in the Therapeutic Pool. This includes exercises that are part of the Arthritic Aqua Exercise class, Fibromyalgia class and Aqua Yoga class.

There will also be other ongoing activities, including cardiovascular equipment use, whirlpool use, indoor walking track, lap swimming and blood pressure checks. Each of the exercise programs is done at a low-level intensity, but participants should consult with their physician prior to participation.

Parking is available at the YWCA at 13th and Van Buren, including handicap parking. The entrance to the YWCA exercise facilities are easily accessible from the 13th and Van Buren entrance.

The YWCA will have snacks and beverages available. For more information on the YWCA activities, call Darren Falk at (785) 233-1750, ext. 225.

- Friday May 5: Senior Prom, Ramada Inn Ballroom. Dance the evening away to the music of "The Fairlawn Road Swing Band," from 6:30 until 9 p.m. Tickets are \$5 per person to dance and listen to the music. Drinks and hors d'oeuvres included with your ticket.

Tickets can be purchased at Stormont-Vail's HealthWise 55 or Jayhawk Area Agency on Aging. For information, call (785) 354-6787 or (785) 235-1367.

Sponsors for the "Celebrating Age" activities are Capitol Federal Savings, Topeka Capital-Journal, Heartland Home Health and Hospice, Midwest Health Services, Inc., and Penwell-Gabel Funeral Home.

Supporters are Assisted Transportation and Home Health, Atria Retirement and Assisted Living, Brewster Place Retirement Community, Cox Communications, Great Plains Hearing and Speech Associates Inc., Kansas Rehabilitation Hospital, Stormont-Vail Foundation, and Topeka YWCA. Contributors are AAA Kansas Inc.,

Aldersgate Village, AT&T, Commerce Bank and Trust, Drury Place, Envision, Lawrence Therapy Services, McCrite Plaza Retirement Community, and Midland Hospice.

## CROSSWORD SOLUTION

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

## JUMBLE ANSWERS

Jumbles: LIMBO JULEP FONDLY BROOCH

Answer: The winning driver turned his victory lap into this - A "JOY" RIDE

©2006 Tribune Media Services, Inc.

## TRIVIALITIES ANSWERS

1. Robert Redford 2. "Quiz Show" and "Ordinary People" 3. "The Sting" 4. 1986 5. Glenn Close 6. Sydney Pollack 7. "The Way We Were"

©2006 Tribune Media Services, Inc.



# Tribute Slide Show - Just \$45.00\*

Ideal for:

- Birthdays
- Graduations
- Anniversaries
- Weddings
- Retirement
- Vacations
- Funerals
- Holidays

Call Kevin at 785-841-9417 or e-mail [kevin@seniormonthly.net](mailto:kevin@seniormonthly.net)

## \* Basic Package

Includes up to 50 photos or negatives, and up to two songs (your choice) to play in the background. Slide show will include "cross-fade" and other special-effect transitions between images and will be placed on a DVD that can be viewed on your television. Extra charges for additional photos and songs.

# Headquarters to hold Life Support Rally

Headquarters Counseling Center's third annual Life Support Rally will be held on Saturday, April 22, in Lawrence.

The Life Support Rally, the center's only annual fundraising event, raises community awareness about the center's services for children and adults, as well as funding to support those services.

The first rally was held in April 2004—a bicycle ride with distances for most riders: 6-mile, 12-mile, 34-mile, and 50-mile routes. The bicycle ride continues as the heart of this annual event.

The well-liked routes remain the same, with the exception of the 30-something route, which expands by a mile each year to reflect the center's age. Routes begin and end on a bike path next to Sunflower Elementary School, 2521 Inverness Drive in Lawrence. Longer routes continue out to Lone Star Lake and the Bloomington Park Shelter of Clinton State Park.

Riders pay a registration fee or collect pledges to support the center's services. Helmets are required. Commemorative t-shirts and "life sup-

port" wristbands are available for purchase. Riders are well-fed and carefully supported along the ride, and are eligible for prizes donated by area merchants.

This year's Life Support Rally has been expanded with the post-ride Life Support Festival on the Sunflower Elementary school grounds, with separate fees for non-riders.

Helmet fittings by Douglas County SAFE Kids Coalition will be conducted at the Headquarters Counseling Center Informational Table

Music provided by the Alferd Packer Memorial String Band, nationally famous for their annual tax-filing-deadline show at the downtown Lawrence post office. The group performs original and traditional old-time bluegrass numbers, with their unique mix of costumes, humor, and talent. By the way, their namesake was a real-life gold-prospecting tour guide with a rather sordid story. See the band's Web site at [www.alferdpackerband.com](http://www.alferdpackerband.com) for more information.

For more information about the Life Support Rally, please contact Jasmine Titus, Life Support Rally

Coordinator, weekday afternoons at 785-841-9900 or by e-mail to [hqcc@lawrence.ks.us](mailto:hqcc@lawrence.ks.us).

Please note: As the Life Support Rally is the only annual fund-rais-

ing event for the center's "life support" services, no refunds will be available. In the event of bad weather, regrettably, all activities would be cancelled.

## Is it more than just the blues?

### Kansas Senior Press Service

A project of KU's Landon Center on Aging

An older person who is depressed may not simply be sad. Depression may be present if several of the following symptoms occur nearly every day for two weeks or more:

- A sad, anxious, or "empty" mood
- Loss of interest or pleasure in ordinary activities, including sex
- Decreased energy, fatigue, feeling "slowed down," or increased agitation and restlessness
- Changes in eating habits, with significant weight loss or gain
- Changes in sleep patterns, insomnia, oversleeping, early-morning awakening
- Difficulty concentrating or making decisions

- Memory and attention problems resembling dementia
- Recurring aches and pains that do not respond to treatment
- Feeling hopeless or pessimistic
- Feelings of inappropriate guilt, worthlessness, or helplessness
- Irritability
- Excessive crying
- Thoughts of death or suicide

### How to find help

Nine out of 10 older adults with depression respond to treatment. For more information and services in your area, request a free copy of "A Mental Health Guide for Older Kansans and Their Families." Call the Kansas Department on Aging, 800-432-3535; contact your county extension office; or visit [www.oznet.ksu.edu/mhaging](http://www.oznet.ksu.edu/mhaging).

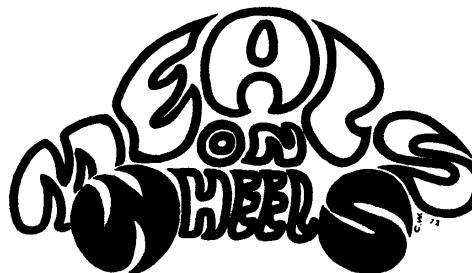


**Don't let your memories  
fade away!**

Videotapes deteriorate after 8-15 years.  
A DVD will last a lifetime!

We accept video from the following formats:  
VHS, VHS-C, 8MM Video, Hi8 Video, Digital8.  
\$15 for up to one hour. \$20 for one to two hours.

**Call Kevin at 785-841-9417 for more details.**



## DRIVERS NEEDED

LAWRENCE MEALS ON WHEELS delivers hot, nutritious meals to the elderly and/or disabled, Monday-Friday between 11:30 a.m.-1:00 p.m. Our only requirements for clients are that they are homebound and have a doctor ordered special dietary need.

We are always in need of volunteer drivers to deliver on a regular or substitute basis. Each route takes an hour or less. We also have volunteer opportunities that do not require delivering a route.

Please call Meals On Wheels at 979-1440 to inquire about our services or to start volunteering. We are a non-profit organization and all donations are appreciated.

# NOSTALGIA NOTEBOOK

## APRIL 1946

### Births

**APRIL 12:** Ed O'Neill, actor, *Married with Children*

**APRIL 19:** Tim Curry, British actor, vocalist, and composer

**APRIL 25:** Talia Shire, actress, *Rocky*

### Events

**APRIL 1:** Singapore becomes a Crown colony.

**APRIL 18:** Last meeting of League of Nations - it transfers its mission to United Nations and disbands itself.



**APRIL 3:** Japanese Lt. General Masaharu Homma is executed outside Manila in the Philippines for leading the Bataan Death March.

## APRIL 1956

### Births

**APRIL 12:** Andy Garcia, actor, *The Godfather Part II*

**APRIL 23:** Judy Davis, Australian actress, *A Passage to India*

### Events

**APRIL 7:** Spain relinquishes its protectorate in Morocco.

**APRIL 17:** Queen Elizabeth II inaugurated at Chew Valley Lake.

**APRIL 14:** Videotape is first demonstrated at the 1956 NARTB convention in Chicago by Ampex. It was the demonstration of the first practical and commercially successful videotape format known as 2" Quadruplex.



## VINTAGE AD

### DODGE BROTHERS 4 DOOR SEDAN

In point of useful service, few cars are so common, and ranked as a first-class car, no owner will tell you that the Sedan is a really wonderful car. Its performance is so consistently good throughout the year that the thought of readily ready payment is one of the best.

The Dodge Brothers are constantly improving their products to meet the needs of the modern age.

DODGE BROTHERS, DETROIT



Ad source: www.clipart.com

## Like Vintage Commercials?

Have *Kaw Valley Senior Monthly* delivered right to your home every month.

Just **\$9<sup>50</sup>** for 12 issues!

And receive a **FREE DVD** with dozens of commercials from the 50s and 60s!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_\_

Mail this completed form along with \$9.50 to:

**Groenhagen Advertising, L.L.C.**  
2612 Cranley St.  
Lawrence, KS 66046



## We Were Warned!

"Already, the travel, health care, insurance, banking, and financial services industries are actively marketing to those fifty and older. You should consider doing the same if possible." - Jay Conrad Levinson, *Guerrilla Marketing Attack* (1989)

"As powerful as they are today, consumers over 50 have an invading horde at their backs. Within a decade, the boomers will make the over-50 group the fastest-growing and most powerful buying block of our times." - Ken Dychtwald, *Age Wave* (1990)

**The "invading horde" has arrived! If your business is not currently marketing to those 50 and older, Kaw Valley Senior Monthly can help you get started.**

**Kaw Valley SeniorMonthly**

Call Kevin at 785-841-9417 or e-mail rates@seniormonthly.net for more information.

# Promoting good mental health

By Carol Roeder-Esser

Kansas Senior Press Service

A project of KU's Landon Center on Aging

It seems that new research comes out every day about the things we need to do to secure good physical health. We're told which foods to eat and which foods to avoid, the kind of exercise we should be doing and how many minutes a day we need to do it, which habits are good for us and which are bad.

Most people agree that having good emotional health is just as important as good physical health. However, a survey done by the American Psychological Association found that many Americans don't know when they might need assistance in maintaining good emotional or mental health.

A report by the surgeon general defines mental health as "the successful performance of mental function, resulting in productive activities, fulfilling relationships with other people, and the ability to adapt to change and cope with adversity."

An individual's mental health often refers to the person's feelings, thoughts, and actions, particularly in response to stress or difficulty. Good mental health does not necessarily mean the absence of mental health problems. Good mental health does involve a person's overall outlook on life and how well the person responds to difficulties as they crop up.

People with good mental health tend to have certain characteristics:

- The ability to care for themselves
- The ability to have caring and empathic feelings for others
- A support network of friends and family
- A sense of self-confidence and self-esteem
- The ability to deal with life stressors and bounce back from them
- The ability to grow and change as life's circumstances change
- A sense of contentment
- The ability to enjoy life, have fun, and laugh
- The opportunity to participate in meaningful activities
- A sense of balance, with no one interest or activity overpowering the others

Some of the very things you do to maintain good physical health are excellent for maintaining emotional health, as well.

- Take good care of yourself. Eat a well-balanced diet. Get enough rest and get regular exercise.
- Develop supportive relationships with family and friends. Make time to spend with people who are important to you and whose company you enjoy.
- Follow your doctor's advice about use of medications, caffeine, and alcohol, all of which can affect your mood.

Do something fun or relaxing for yourself on a regular basis.

Set goals for yourself. Some challenges help you change and grow.

Achieving and maintaining good mental health is important for a number of reasons. Our minds are not separate from our bodies. Emotional upset and distress can adversely affect our physical health. Poor physical health can influence how we think about, feel about, and respond to stressful situations. Emotional distress can also affect how we respond to treatment for physi-

cal problems.

Feelings of stress, anxiety, depression, or grief can play a significant role in the quality of our day-to-day lives, yet some people are reluctant to seek help for emotional problems. If you have difficulty with your emotional health, don't be afraid to ask for help. Talk with your physician or a mental health professional about treatment options. It's one more way of taking good care of your health.

- Carol Roeder-Esser, LSCSW, is a program specialist with the Johnson County Mental Health Center.

## Adventures in Learning Spring 2006 Session Schedule

April 21-28	<b>Walking To Rock'n Rhythm:</b> Friday, 8:15 AM - 9 AM (Weekly Event)
April 21-28	<b>News &amp; Views – A Current Events Discussion:</b> Friday, 9:15 AM - 10:15 AM Presented by Kevin McFarland (Weekly Event)
April 21	<b>And Justice For All - Addictions:</b> Friday, 9:15 AM - 10:15 AM Presented by Rev. Roy Marks
April 21	<b>Religion – The End of the Spear:</b> Friday, 9:15 AM - 10:15 AM Presented by Rev. Lloyd & Mary Muilenburg
April 21	<b>Health – Wound Center:</b> Friday, 10:30 AM - 11:30 AM Presented by LaChondra Nevins and Becky Hayes
April 21	<b>Life Enrichment – Always Ready:</b> The Kansas National Guard: Friday, 10:30 AM - 11:30 AM. Presented by Doug Jacobs
April 21	<b>Doctors Sharing With The World – Visiting Haiti, Nicaragua and Ethiopia:</b> Friday, 10:30 AM - 11:30 AM. Presented by Dr. Robert McElroy
April 28	<b>Doctors Sharing With The World – Visiting Bolivia, Honduras and Thailand:</b> Friday, 9:15 AM - 10:15 AM. Presented by Dr. Diana Carriger
April 28	<b>Life Enrichment – Behind the Canvas: An Inside Look at a Art Gallery:</b> Friday, 9:15 AM - 10:15 AM. Presented by Gary Blitsch and Sharon Hotchkiss
April 28	<b>And Justice For All – Gangs:</b> Friday, 10:30 AM - 11:30 AM Presented by Kristy Powell
April 28	<b>Health – Facts and Myths about Metabolism:</b> Friday, 10:30 AM - 11:30 AM Presented by Kelly Hennes, PT
April 28	<b>Religion – The Man Behind the Movie: The Lion, Witch &amp; Wardrobe:</b> Friday, 10:30 AM - 11:30 AM. Presented by Rev. Marcus McFaul
May 5	<b>News &amp; Views – A Current Events Discussion</b> Presented by Kevin McFarland
May 5-12	<b>Walking To Rock'n Rhythm:</b> Friday, 8:15 AM - 9 AM (Weekly Event)
May 5	<b>Doctors Sharing With The World – Visiting Mexico:</b> Friday, 9:15 AM - 10:15 AM. Presented by Drs. Maurice Cashman and R. Douglas Iliif
May 5	<b>Religion – God's Politics :</b> Friday, 9:15 AM - 10:15 AM Presented by Dr. Jesse Brown and Dale Foosehee
May 5	<b>Health – Vertebro Plasty:</b> Friday, 10:30 AM - 11:30 AM Presented by Lynne Dryer, ARPN
May 5	<b>Life Enrichment – Economic Development and The Impact On Topeka:</b> Friday, 10:30 AM - 11:30 AM. Presented by Doug Kinsinger
May 5	<b>And Justice For All – Criminal Justice for Juveniles:</b> Friday, 10:30 AM - 11:30 AM. Presented by Rev. Ed. O'Rear
May 12	<b>Health – Managing Disappointment:</b> Friday, 9:15 AM - 10:15 AM Presented by Nolan Brohaugh, MSW
May 12	<b>Religion – Biblical Principles of Narnia:</b> Friday, 9:15 AM - 10:15 AM Presented by Rev. Steve Van Ostran
May 12	<b>And Justice For All – Fraud:</b> Friday, 10:30 AM - 11:30 AM Presented by Amber Meseke
May 12	<b>Religion – Biblical Principles of Narnia:</b> Friday, 9:15 AM - 10:15 AM Presented by Rev. Steve Van Ostran
May 12	<b>And Justice For All – Fraud:</b> Friday, 10:30 AM - 11:30 AM Presented by Amber Meseke
May 12	<b>Life Enrichment – Kansas Explorers:</b> Friday, 10:30 AM - 11:30 AM Presented by Marci Penner
May 12	<b>Doctors Sharing With The World - Visiting Ukraine:</b> Friday, 10:30 AM Presented by Mrs. Lynda Gimple


"Adventures in Learning" meetings are held at First Baptist Church, 3033 S.W. MacVicar Ave., Topeka, and are conducted by the Shepherd's Center of Topeka. The Shepherd's Center of Topeka is an organization of senior adults and a member of Shepherd's Centers of America, which is a non-profit, autonomous, inter-faith community. For more information, please call the Shepherd's Center Office at 785-267-0248 or visit [www.shepherdscentertopeka.org](http://www.shepherdscentertopeka.org).

**Healthy Living**

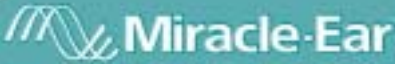
### Mental health and diet

*Changing diets over the last 50 years may have had an effect on mental health in developed countries; some possible effects:*

<p><b>May harm brain</b></p> <ul style="list-style-type: none"> <li>■ Fried junk foods</li> <li>■ Processed foods</li> <li>■ Pesticides</li> <li>■ Refined sugar</li> <li>■ Tea, coffee</li> </ul>	<p><b>May help brain</b></p> <ul style="list-style-type: none"> <li>■ Vegetables, especially leafy greens</li> <li>■ Seeds and nuts</li> <li>■ Fruit</li> <li>■ Whole grains</li> <li>■ Organic eggs</li> <li>■ Fatty fish</li> </ul>
--	---



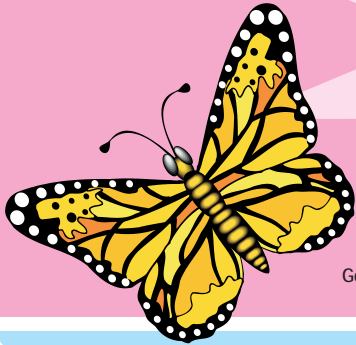
© 2006 KRT  
Source: Mental Health Foundation (U.K.), Sustain Alliance for Better Food and Health (U.K.)  
Graphic: Julia Schabas, East Puff



# 6 Channel Digital Only

Kansas Franchise Discount:

# \$1995!



MSRP \$3150

- 3 programs
- Noise reduction
- Auto feedback cancel
- 2 year warranty

Hurry! Offer ends April 26, 2006

\* No other offers or discounts. Good on ME-800 models only.

This Kansas Franchise Discount (KFD) only valid in Kansas Franchise area. Good from participating Miracle-Ear representatives. Offer expires April 26, 2006.

**AudioChoice Contour  
Digital Hearing Aid  
\$495 KFD price\***

MSRP \$1390

Offer good on AudioChoice AC7021 model only. Expires 4/26/06

**ME-900 \$2895  
KFD price\***

MSRP \$4000

16 channel - wireless - includes open fit  
Expires 4/26/06

**\$50 Off  
Repair Special**

All Brands - Includes Digital  
Good only from participating Miracle-Ear  
representatives. One coupon good per purchase.  
No other offers of discounts apply. Discount does  
not apply to prior sales. Cash value 1/20 cents.  
Expires 4/26/06

## Additional Special Offers - Now through April 26th only.

### Hear More. Enjoy More. Spend Less.

If you've been wanting to hear better, wait no longer! Now you can enjoy the benefits of a Miracle-Ear hearing aid for just \$495. That's a fully digital, custom fitted hearing aid, for an unbelievable low price.

### FREE Professional Services

Better hearing is our top priority. That's why our professional hearing consultants offer a variety of professional services at no charge. This includes our FREE Ear Canal Inspection and FREE Hearing Test\*!



**Joe Kinnard**  
Hearing Consultant

**Call to make an appointment today! Offers end April 26, 2006**

**WAL★MART®**

**1301 SW 37th St. • Topeka  
785-228-1470  
800-949-5321**

**SEARS**

**2727 Iowa St. • Lawrence  
785-842-0880  
800-522-1149**

\* Hearing test always free. Not a medical exam. Audiometric test to determine proper amplification needs only. Test listen available at most locations. Ask your Miracle-Ear representative for details. \*\*Hearing aids do not restore natural hearing. Individual experiences vary depending on severity of hearing loss, accuracy of evaluation, proper fit and ability to adapt to amplification. ©2006 Miracle-Ear, Inc.