

# Kaw Valley Senior Monthly

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

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## Gloys find room for 'improv' ment

By Kevin Groenhagen

Bill and Shirley Gloy are never reprimanded for acting up in class. In fact, they are strongly encouraged to do so.

The Gloys and nine other "55 and older" Topekans belong to a troupe of improvisational comedians called Senior Class.

Formed in 1997, Senior Class is an offshoot of Laughing Matters, the Topeka Civic Theatre & Academy's (TCTA) original improvisational comedy company.

"Part of the mission of the artistic director of TCTA, Shannon Reilly, was to expand opportunities for actors of all ages to participate in theater in the community," Bill said.

When the Gloys were invited to audition for Senior Class in 1998, they had never done improvisational comedy before an audience.

"Shirley and I have both done theater, but improvisational comedy is really different," Bill said. "There are no scripts, no props, and no costumes. Getting comfortable with the uncertainty and realizing that part of the humor is the audience watching you be uncomfortable with the uncertainty was a real test for me."

The origins of improvisational comedy date back to the mid-1500s and the *Commedia Dell'Arte* in Europe. Ironically, "improv" in America was born during the Great Depression when Viola Spolin developed improvisational games while serving as drama supervisor for the Chicago branch of the Work Projects Administration's Recreational Project.

In the 1950s, Spolin's son, Paul Sills, and David Shepherd formed The Compass Players, a theater group that adopted and expanded on Spolin's methods. Alumni of



Shirley and Bill Gloy

The Compass Players include Ed Asner, Alan Alda, Anne Meara, Jerry Stiller, and Linda Lavin. The Com-

pass Players eventually evolved into The Second City, which has provid-

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Sula Teller and Nancy O'Connor

## Community Mercantile offers special benefits for seniors

By Billie David

A number of local senior citizens likely can remember, and some were even actively involved, when Lawrence's Community Mercantile Co-op first came into existence as a buying club back in 1974, or when it became a store located on Massachusetts Street not long afterward. Still others have shopped at the store through its moves to Seventh Street, then to the corner of Ninth and Mississippi, and finally to its current

location in the Hillcrest shopping center.

The Community Mercantile, commonly known as the Merc, is offering those same seniors some special benefits as part of its emphasis on giving back to the community.

For example, seniors 62 years old or older can receive a 5 percent discount every day on all store products by filling out a free "Merc 62" application, said Nancy O'Connor, the Merc's director of education

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**FREE**

# The Merc

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and outreach. The application takes about one week to process, and then applicants receive a laminated card that entitles them to the discount when they show it at the checkout counter.

Seniors can also receive discounts on any class taught at the Merc. These classes include lessons on healthful cooking, international cooking, holiday cooking, baking, acupressure, self-massage, and health issues that often affect seniors, such as diabetes, depression and weight loss.

The Merc provides a motorized

shopping cart for those who need help getting around, and for those who are cooking for one, there is a bulk department that allows shoppers to purchase in small quantities. For example, if customers need only one cup of flour or half a cup of oatmeal, then they can purchase only that amount. The same goes for the herbs and spices offered in bulk.

The Merc also carries items for people on special diets, including wheat-free and dairy-free products, and supplements are located in a section that is also equipped with a touch-screen computer where shoppers can find helpful information, or they can ask qualified staff members.

"Community" is the first word in the Community Mercantile's name, and community is also a key focus for the business, which as a co-op is owned by community members.

It was community support that carried the Mercantile through its most critical period—between the years 1993 and 1996—as the store struggled to adjust to a move to a larger building at Ninth and Mississippi just after Wild Oats opened a store downtown.

For awhile, it was a question of which store would survive in a town that wasn't large enough to support both—a chain store offering natural products or one that was owned by

community members. In the end, the Merc won and Wild Oats left in 1996.

"It was a lesson for everyone concerned; there is a lot of power in the community, and this community really supported our business," O'Connor said.

While the Merc was forced to lay off staff and those still employed took cuts in pay, the cooperative's members pitched in by deferring loans, forgiving them completely, and even providing new loans.

Meanwhile, local shoppers remained loyal. "They could have shopped at Wild Oats. It was newer, nicer and sometimes cheaper," O'Connor said. "But they stuck with us and voted with their money. That's what we do when we shop. It doesn't matter what you say; it matters what you do."

In the spirit of community, the Merc offers Lawrence something in return. One of the benefits is the uniqueness that local shops possess. "If we don't have local businesses, towns become just anywhere. They become generic strips of chain stores," O'Connor explained. "Local business gives them their character."

In addition, the business invests back into the community. "If you come in and ask for donations, it's us. We are your neighbors, our kids

go to the same schools yours do, we go to the same library—we are all connected," O'Connor said.

Last year, the Merc invested over \$10,000 in the community in the form of food, gift certificates, services, custom-made baskets, and other donations designed to best suit the needs of the receiving group. The collection of large, colorful pictures that hang on one wall of the dining area is an example of the Merc's community involvement: it consists of four paintings that the business commissioned, which were created by student artists participating in the Van Go Mobile Arts JAMS program, geared for high-need teens.

Another main focus of the Merc is natural foods. "Our produce department is a USDA certified organic department," O'Connor said, explaining that they take special care to make sure that organic products are kept completely separate from and are never contaminated by conventional products.

"Our produce department went above and beyond the new USDA regulations for the use of the word 'organic.' It's the only store in town that has that certification," she added.


Since moving to the former Alvin's IGA location in 2001, the Merc has become a full-service grocery that includes a full-service meat department. "All of our meats are raised on family farms," O'Connor said.

The Merc also offers locally-raised eggs and dairy selections, she added.

The store has a deli that is overseen by Sula Teller. "She came on board in January, and she has really lifted the deli up to a new level," O'Connor said. "Everything is home-made and fresh. She uses local products, and the quality is very high."

The Merc has enjoyed growth and prosperity since its move to Ninth and Iowa streets two years ago, with total annual sales jumping from \$4.3 million in 2000 to \$6.3 million in 2002, and its average number of weekly customers growing from 5,598 to 6,816. Now its leaders are looking to the future. Some possibilities, which may still be several years down the road, include setting up a satellite store and finding more ways to increase support for local producers.

Becoming a member of the Community Mercantile Co-op involves purchasing a share in the corporation, a one-time investment of \$75. In return, members can vote in elections for the board of directors, and receive 10 percent discounts on purchases during Members Day, which occurs four times a year, as well as discounts for classes and workshops.



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# Senior Class

CONTINUED FROM PAGE ONE

ed *Saturday Night Live* with many of its Not-Ready-For-Primetime Players since 1975.

Of course, with cue cards, scripts, and rehearsals, *Saturday Night Live* hasn't had an improvised moment since Sinead O'Connor tore up Pope John Paul II's photo in 1992. Drew Carey's *Whose Line Is It Anyway?* offers a much better idea of what Senior Class does during its shows.

While Senior Class does perform some rehearsed sketches, about 90 percent of the group's shows involve improvisational games in which audience members contribute ideas and suggestions.

"What makes improvisational comedy work is the interaction with the audience," Bill said. "We always say that we can be no better than what the audience gives us. The more fun the audience wants to have with giving us bizarre stuff, the better the shows are."

Some of the games Senior Class plays include Field Reporter, Superhero, Return Window, Film Noire (Narrate), and Irish drinking songs. Senior Class actors meet once a week with their director, Marvin Stottemire, to work on developing skills for the games.

Senior Class originally began performing for retirement communities and assisted living facilities. Later the troupe began performing for organizations such as the Kansas Bankers Association and the Governor's Council on Aging, and for country clubs, bed and breakfasts, and Christmas shows. Senior Class does 12-18 shows per year and audience sizes have ranged from 12 to nearly 500.

Shirley stresses that the shows are G- or PG-rated. However, some R material does occasionally sneak in. "Improvise," after all, comes from the Latin "in" (not) and "provisos" (to foresee).

"It's amazing to me sometimes what comes out of my mouth," Shirley said with a laugh.

Another thing that Shirley finds both amazing and rewarding is the reaction Senior Class gets from some older audience members.

"You'll see someone who does not seem aware of what's going on, but as they sit and listen and watch, they'll begin to interact," Shirley said. "After one show at a retirement community, a woman came up to me and said, 'I haven't laughed in so long, and it's so nice to be able to laugh.'"

"The ultimate goal for the audi-

ence and actors is laughter," Shirley added. "We usually have a two-hour show, and for those two hours you can be anything you want to be. You don't need to think about your worries."

In addition to the Gloys, the Senior Class roster includes Carole Cole, Kathy Diehl, Eldon Harding, Michael Jamison, Maggie Kelly, Bob Lewis, Rueby Melendez, and Dick and Bonnie Parton.

Future Senior Class performances at TCTA are scheduled for August 30, October 25, and December 6.

Tickets can be purchased online at [www.topekacivictheatre.com](http://www.topekacivictheatre.com) or by calling the box office at 785-357-5211.


The Gloys and several other Senior Class members also perform with the WTCT Players, which is a company that reproduces radio plays of the 1930s and 1940s. In addition, Bill performs in plays at TCTA and Shirley plays piano in the lobby before

performances. Performers in the WTCT Players, Senior Class, Laughing Matters, and the Children's Theatre are among over 600 volunteers who contribute to the operation of TCTA, which, incidentally, is the oldest continually running dinner theatre in the country. Bill was recognized for his volunteer work in 2000 when he was named a TCTA Hall of Fame recipient.



**"We always say that we can be no better than what the audience gives us." - Bill Gloy**

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# HEALTH

## New therapy solves many pain problems

If you're like many people I meet, you've tried every medication and treatment to suppress the terrible joint pain or neuropathy that wakes you several times each night. People tell me heartbreaking stories of seeking every avenue of traditional and non-traditional medicine with disappointing results. They commonly have tendonitis, bursitis, carpal tunnel, fibromyalgia, plantar fasciitis, or poor leg circulation. But science brings progress, as the film strips in

tendons and other tissues—and not just a little, either. The result is safe and speedy healing.

### You Won't Feel a Thing

Picture placing a wrap with an embedded infrared electrode over your wrist for 30 minutes to treat tendonitis. For half an hour, infrared light will radiate into the inflamed tissues, stimulating blood flow and tissue healing. Although you'll feel just a mild warmth, the underlying tissues will be significantly helped. Studies have shown that infrared therapy increases tissue circulation 400 percent for diabetic patients with foot problems. The equivalent number is 3200 percent (!) for people suffering from tendonitis in the tendon attached to the heel bone. This means less pain, more efficient physical therapy, and faster recovery.

### Victory over Pain

Pregnant women and people with cancer should avoid infrared energy treatments, but most other people—including those with metallic artificial joints or pacemakers—should have no hesitancy. Of course, there's more to physical therapy than just infrared light. You have to work hard at stretching and strengthening to recover from an injury. Speeding blood flow helps you get stronger more rapidly, but our bodies take weeks, not days, to build muscle, and no one technique is a cure-all. But adding infrared therapy to the treatment menu can be a wonderful supplement to the regular therapy regimen.

### What's It Good For?

Infrared therapy has been shown to help people with many kinds of chronic pain problems (neuralgia, fibromyalgia, neuropathy, ischemia, etc.) and reduces inflammation in cases of osteoarthritis, tendonitis, bursitis, plantar fasciitis, and carpal tunnel. This is true even when other treatments prove ineffective. Infrared therapy also speeds wound healing and reduces inflammation in general.

### Neuropathy Pain

Sixteen million Americans with diabetes are at high risk for neuropathy. The poor circulation associated with neuropathy can cause such severe nerve damage, numbness and

burning pains in diabetics' legs and feet that they have trouble walking—and they are 15 times more likely to fall than others because they often can't feel their feet. Medication can reduce the pain, but has no effect on the numbness. Infrared energy therapy can reduce both. Indeed, an impressive study showed that infrared therapy not only lessens neuropathy pain, but also increases sensation in the feet and legs. Infrared therapy was shown to be 93 percent effective in reviving numb feet. No other treatment has ever achieved this before, or even come close. And diabetics who improve in this way walk with far fewer falls, and thus suffer fewer serious injuries like fractures.

### New Hope

Infrared energy therapy gives hope to those who have lived with severe pain. You can get infrared therapy as

part of a broader program of physical therapy when your doctor prescribes therapy for your pain problem. And since Medicare recognizes that infrared therapy can significantly help people with neuropathy pain, you may also be eligible for financial assistance to purchase a home infrared therapy unit after you receive successful treatment from a physical therapist. For more information, please feel free to contact me at the numbers listed below. Now is no time to suffer in silence.

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



Laura Bennetts

school always said. If you have persistent pain problems, you may be helped by a new FDA-approved technique called infrared energy therapy.

### The Pain Cycle

In physical therapy we use pain relief techniques followed by stretching and strengthening to break the pain cycle for those with acute or chronic pain. We have some wonderful ways to increase blood circulation to help heal damaged tissues. These treatments include electrical stimulation, ultrasound therapy, massage, and directed exercise. Now a new treatment called infrared energy therapy is helping those with persistent pain, numbness, and wounds.

### Infrared Healing

Infrared therapy has been shown to decrease pain, swelling and inflammation by stimulating your body's microcirculation more effectively than any previous treatment. What this means is that, when infrared light is applied therapeutically to an injured limb or tissue, the result is increased blood flow, which otherwise can be hard to achieve. Take tendons, for example. Tendons connect muscles to bone and are notoriously hard to heal since they have far fewer blood vessels than either muscles or bones. But infrared therapy helps stimulate blood flow to

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# HEALTH

## Constipation: A big problem

Constipation is a problem that faces many Americans. Constipation is one of the most common complaints in doctor's offices today. It results in about 2 million doctor visits annually. In 1996, the National Health Interview Survey showed that approximately 3 million people in the United States have frequent constipation. Constipation is more common in women and in adults age 65 and over. Constipation is a



Dr.  
Farhang  
Khosh

passage of small amounts of hard, dry bowel movements. Bowel movements in those who suffer from constipation are usually fewer than three times a week. People who suffer from constipation may also have difficult and painful bowel movements. These people may also have a sensation of feeling bloated, uncomfortable, and sluggish or nauseous.

What causes constipation? How do you prevent it? The best way to prevent constipation is to understand how the colon works. After we have digested our food it moves through the colon and absorbs water while forming waste products or stool. Then muscle contractions in the colon push the stool toward the rectum. By the time stool reaches the rectum, it is solid because most of the water has been absorbed.

Common causes of constipation include the following:

1. Decreased fiber in the diet or a bad diet
2. Low intake of fluids
3. Lack of physical activity
4. Medications
5. Disease or illness
6. Problems with the colon, rectum or intestinal function
7. Ignoring the urge to have a bowel movement

How can you prevent constipation? As I mentioned earlier the most common cause of constipation is diet. Diet low in fiber will result in constipation. The diet should consist of dark, leafy green vegetables, fruits and whole grains. People who eat a high fiber diet are less likely to

develop constipation. According to the National Center for Health Statistics, Americans eat an average of 5 to 14 grams of fiber daily, short of the 35 grams recommended by the American Dietetic Association. People are eating an excess of refined and processed foods from which the natural fiber has been removed. People do not drink enough water per day. Liquids like water and juice add fluid to the colon and bulk to stools, making bowel movements softer and easier to pass.

Lack of exercise can lead to constipation. In addition, some prescription medications can cause constipation. It is always best to check with your doctor to see if your constipation is related to the medicine you are taking.

Diseases that cause constipation include neurological disorders, metabolic and endocrine disorders, and systemic conditions that affect organ systems. These disorders can slow the movement of stool through the colon, rectum, or anus.

People who ignore the urge to have a bowel movement may eventually stop feeling the urge, which can lead to constipation. People will delay a bowel movement because of using public toilets, stress, or because they are too busy.

How is constipation treated?

### Diet

• Eat a high fiber, low fat diet. Include brans, seeds and vegetables into your diet.

• Avoid overeating and frequent snacking.

• Avoid refined carbohydrates (white flour), cheese, potatoes and meats, which contribute to constipation.

• Drink plenty of fluids, at least 6-8 glasses per day. Water is best.

• Include grapes, cherries, melons, licorice, spinach, and psyllium seeds and laxative foods such as prunes and pectin containing fruits (apples, figs, pears, bananas).

### Exercise

Exercise is a bowel stimulant. Some type of aerobic exercise at least 30 minutes, three to four times per week is helpful. Wear loose clothes around the waist.

• Hot applications to the abdomen; hot water bottle, hot wet towels

### Herbal carminatives

These stimulate the gastrointestinal tract, decrease bloating and

flatulence, and can be used freely. Examples include Ginger, Peppermint, Elder Flower, Cloves, Cardamom, Cinnamon, Anise, and Fennel

### Laxatives

It is recommended that one discontinue a reliance on laxatives. Chronic use of laxatives can result in watery stools with loss of fluids, vitamins and minerals and muscular weakness or paralysis of the colon. Laxatives are sometimes necessary but should be used with great cau-

tion to avoid dependence and addiction. Medicinal laxatives are usually prescribed in combination to utilize different mechanisms of action.

### Vitamins/minerals

Magnesium helps constipation, while vitamin C causes loose bowel movements when taken in a larger amount.

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

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# FINANCES

## Inflation, deflation, or just 'flation'?

Are prices headed up, down or leveling out?

Why is everyone talking about deflation? One reason may be this May 21, 2003 quote from Federal Reserve Chairman Alan Greenspan: Deflation "is a very serious issue and one which we at the Federal Reserve are paying extensive attention. Even though we perceive the risks as minor, the potential consequences are very substantial and could be quite negative."



Harley Catlin and Ryan Catlin

He also said, "Inflation is now sufficiently low that it no longer appears to be much of a factor in the economic calculations of households and businesses."

For the first time ever, the chairman has declared the war on inflation over. It also was the first time since World War II that a Federal Reserve chairman indirectly expressed concern about deflation.

In our view, fears of deflation—persistently falling prices across the general economy—have been exaggerated. The U.S. economy, for the time being, has achieved the best of all worlds—price stability. It's not burdened by rising prices (inflation) or falling prices (deflation). The current period could best be described as a period of price stability, or "flation." In our opinion, U.S. policymakers have already taken action to avoid a deflationary spiral like that of the Great Depression and, to some degree, present-day Japan. So, what is deflation? What causes it? What can be done to prevent it? Read on to find the answers.

**Q.** What is deflation?

A. Deflation can be caused by a variety of factors. A large shock to the economy that leads to a big drop in demand could cause deflation.

Examples might include:

- a severe economic downturn or
- the bursting of an asset bubble (stocks, real estate).

Deflation also can be caused by:

- excess production capacity created by overinvestment or technological innovation; or

- a policy mistake by the Federal Reserve, such as raising interest rates too much in an effort to limit growth and control inflation, instead of stimulating growth by cutting interest rates.

**Q.** If the economy experiences deflation, will it be really severe?

A. If deflation occurs in today's economy, in our opinion, it's more likely to be temporary and modest. If it lasts for a few quarters, the result of low interest rates and low prices may actually benefit consumers and help the economy. This "good deflation" occurred in the 1950s.

Historically, the stock market has performed best when inflation is close to zero. Since 1926, in rolling 12-month periods when inflation was moderate—2 percent or less—stocks jumped an average of 15.7 percent. When deflation was moderate—2.4 percent or less—stocks returned a little more than 23 percent. When deflation was more than 2.5 percent, stocks had a negative return of about 6 percent.

**Q.** What if the economy gets worse?

A. If the economy slips into a severe recession, a more serious period of deflation is a risk. Under this scenario, companies may be forced to close plants and lay off employees to maintain profits and pay their debts. More unemployment can lead to less consumer spending and more people selling assets to pay off personal debt. This dangerous deflationary cycle, or "debt deflation," can be caused when companies cut prices to help stimulate demand. Consumers may put off buying items because they're worried about their jobs, or they may expect goods to become even cheaper. The general slowdown in business activity continues to feed on itself, resulting in major economic contraction, bankruptcies and debt defaults until supply and demand are once again in balance.

But this situation is extremely rare and has occurred only twice in the world in the past 75 years—during the Great Depression and, to some extent, in Japan today.

**Q.** What is the solution?

A. The key to avoiding this scenario is for policy makers to "reflate" the economy by aggressively cutting interest rates. Stimulating the economy through tax cuts and increased government spending, also can help. It's important in an economy that has a

fair amount of debt, such as the United States, that the value of the assets used as collateral also is maintained. With 70 percent of the U.S. household debt currently in the form of mortgages, a dramatic drop in housing prices caused by a severe recession could trigger damaging deflation.

**Q.** How did we get here?

A. In 1979, the Fed launched an attack on inflation. Initially, Federal Reserve Chairman Paul Volker raised short-term interest rates to 20 percent. Over the past 24 years, whenever the inflation threat increased, the Fed raised the interest rates to "cool-off" an overheating economy where the demand for goods exceeded supply. This strategy has helped win the war on inflation. But now, some economists are worried that other factors may push the inflation rate below zero. Many factors have had an impact on pricing in the global economy, including the:

- Asian crisis;
- Dramatic drop in land prices and real estate values in Japan;
- Bursting of the U.S. technology bubble;

- Internet; and
- The emergence of China as an economic force.

**Q.** Do we have deflation now?

A. In our view, the answer is no. We also believe the risk of deflation is lessening. By talking about deflation, Alan Greenspan appears to be sending a message to the markets that he is aware of the risk and will continue to do whatever it takes to avoid it. He knows that it is much easier to nip deflation in the bud than to pull the U.S. economy out of the deflationary spiral.

### Stay the course

If history is a guide, a continued period of damaging deflation is a very remote possibility. In any case, predicting changes in the economy is a difficult task for even the most savvy observers of the financial scene. Instead, our advice will continue to be to stay committed to the principles of quality investing, diversification and investing for the long-term.

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

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<p><b>Serving Topeka Since 1969</b></p> <p><b>HANDWRITING PANCAKE HOUSE</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>宝TAKARA</b></p> <p><i>Japanese Fine Dining &amp; Sushi Bar</i> Mon.-Sat. 11 a.m.-10 p.m., Fri. &amp; Sat. 11 a.m.-12 a.m. 1221 S. Gage Ave. • Topeka • 785-271-6889</p>
<p><b>THE VINTAGE</b></p> <p><i>Steaks and Seafood and Lounge</i> Mon.-Fri. 11 a.m.-10 p.m., Sat. 4-10 p.m. 1301 SW Gage Ave. • Topeka • 785-271-6276</p>	<p><i>Seniors dine out an average of 4-5 times per week! If you would like to add you restaurant to the Senior Monthly Restaurant Guide, please call Kevin at 785-841-9417 for details.</i></p>

# SENIOR FORUM

## Spouse has different retirement plans

By Kent S. Collins

DEAR SENIOR FORUM: My wife has put the breaks on our retirement plans. She wants to keep working. She's 62 and I am 66. It's time to quit. I do not think I can delay my retirement. The company is telling me (politely) that I should quit soon. My health is telling me I should quit now. But my wife is telling me she wants to hang on.

Maybe I will retire without her. What do you think? — M.G.

DEAR M.G.: Do what all are telling you — retire now and let her work on. Quit now.

Get used to the retirement lifestyle. Learn to manage on your own. Then, when your wife is ready, integrate her retirement into yours.

But before you retire, give some thought to why she is not. Why does she insist on hanging on? Knowing the answer(s) could help you structure your retirement and prepare both of you for her retirement.

Some possible answers to why she wants to hang on to her career:

She's not anxious to be with you full-time. This is the most sensitive for you. Get over it. Maybe she reads you as a high-strung and forceful work type who will dominate her at home if together. That's not so bad. Quite possibly you had to be that to succeed in your career. That persona was necessary. But she does not want to live with it. So, she figures, it may fade if you are home on your own.

Also, perhaps, your wife feels you should be free to find your own way, to develop hobbies, pursuits and friends on your own. She may not want to be responsible for helping you do that.

Late last year, AARP conducted a "Work and Career Study" of 1,500 working people age 45 to 74. The following findings may hint at some of the other good reasons why your wife wants to continue on the job.

— Seventy-six percent of the AARP survey respondents said they "enjoyed working."

The social aspect of work — maintaining friends and enjoying the social vitality of an office — is one way and one reason to enjoy it.

— Sixty-seven percent said they continue working in order to maintain the accumulation of pension and savings destined to finance the

golden years.

— Sixty-five percent said they wanted to hold on to health insurance benefits for self and for dependents. (You, sir, are your wife's dependent, at least in some ways, if you retire and she works. Her employer-sponsored health insurance may be important to you, and it is certainly important to her until she reaches Medicare age of 65.)

— Sixty-six percent said they continue to work because it makes them feel useful. She may rightfully believe that work — and in particular, the work she does — is noble and valuable. Thus she would feel bad trading it for the leisure that comes with retirement.

You state in your letter that your wife has "put the brakes on our retirement plans."

Maybe they are your plans and not yet hers.

(If you managed a two-tiered retirement with your spouse, send tips on how to do it to The Senior Forum c/o Tribune Media Services, 435 North Michigan Ave., Suite 1500, Chicago, IL 60611, or via e-mail at seniorforum@mchsi.com.)

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## Nifty, Nifty Look Who's 50!

The following celebrities  
turn 50 in August:

- Aug. 2 **Butch Patrick**, actor, Eddie Munster on *The Munsters*
- Aug. 8 **Donny Most**, actor, *Happy Days*
- Aug. 11 **Terry "Hulk" Hogan**, professional wrestler
- Aug. 16 **Kathie Lee Gifford**, actress/singer, *Live with Regis and Kathie Lee*
- Aug. 16 **James Taylor**, singer, *You've Got a Friend*
- Aug. 20 **Peter Horton**, actor, *thirtysomething*
- Aug. 27 **Alex Lifeson**, rock guitarist (Rush)
- Aug. 30 **Robert Parrish**, NBA player, Boston Celtics

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# Things have changed: Now you make the call

The Federal Communications Commission (FCC) has heard complaints from American consumers that they are being bombarded with unwanted telemarketing calls. In response, the FCC has adopted rules that give consumers an easy way to stop virtually all telemarketing calls, should they wish to do so.

On June 26, 2003, the FCC revised its rules implementing the Telephone Consumer Protection Act (TCPA) of 1991 and established, in coordination with the Federal Trade Commission (FTC), a national Do-Not-Call registry. The national Do-Not-Call registry will cover all commercial interstate and intrastate telemarketing calls.

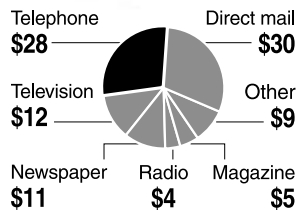
Consumers can register on-line for the national do-not-call registry at [www.donotcall.gov](http://www.donotcall.gov). To register by phone, consumers may call 1-888-382-1222; for TTY call 1-866-290-4236. You must call from the phone number you wish to register. The registry will become effective on October 1, 2003.

Subscribers may register their residential telephone number, including wireless numbers, on the national Do-Not-Call registry by telephone or by Internet at no cost.

The federal Do-Not-Call registry will be effective October 1, 2003.

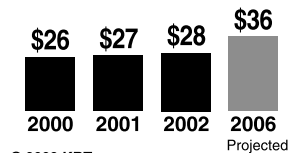
## Telemarketing to consumers

U.S. spending on direct marketing to consumers, in billions, 2002:



## Telemarketing growth

To consumers, in billions



© 2003 KRT  
Source: Direct Marketing Association (U.S.)  
Graphic: Mark Mattern



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



**Are you or someone you know experiencing**

- Persistent sadness?
- Anxiety?
- Chronic aches and pains with no apparent cause?
- Feeling like giving up?
- Confused/getting lost?
- Don't know where to turn?

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- 2021 SE 29th St.  
785-274-4060
- 3110 SE 6th St.  
785-575-0560
- 2210 N. Tyler  
785-575-0520
- 1920 W. 10th St.  
785-575-0500
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# COOKING LIGHT

## Shrimp diablo

By Robyn Webb and Karen Wilcher

Crushed red pepper and chile paste with garlic add heat to the saucy shrimp.

8 ounces uncooked angel hair pasta

2 teaspoons vegetable oil

1 pound peeled and deveined large shrimp

1/2 teaspoon salt

1/4 teaspoon black pepper

1 tablespoon bottled minced garlic

1 1/2 tablespoons chile paste with garlic

1 teaspoon ground cumin

1 (14.5-ounce) can diced tomatoes, undrained

1/2 cup chopped fresh parsley

1/2 teaspoon crushed red pepper

1. Cook pasta according to package directions, omitting salt and fat.

2. While pasta cooks, heat oil in a large nonstick skillet over medium-high heat.

Sprinkle shrimp with salt and

black pepper. Add the shrimp to pan, and cook 1 minute on each side or until done. Remove shrimp from pan.

3. Add garlic to pan; saute 1 minute. Add chile paste, scraping pan to loosen browned bits. Add cumin and tomatoes; simmer 10 minutes, stirring occasionally. Remove pan from heat. Stir in shrimp, parsley, and red pepper. Toss with pasta. Yield: 4 servings (serving size: 2 cups).

CALORIES 332 (15 percent from fat); FAT 5.5g (sat 0.7g, mono 0.8g, poly 2.1g); PROTEIN 31.4g; CARB 40g; FIBER 3.2g; CHOL 172mg; IRON 5.3mg; SODIUM 933mg; CALC 95mg.

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

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Call 843-8479 for an appointment for a complimentary initial office visit in August.

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6th & Michigan

Lawrence, Kansas

# CALENDAR

## ART/ENTERTAINMENT

### AUG 1-31 CHILDREN'S MUSEUM CHAGALL TRAVELLING EXHIBIT

Exhibit introduces art to children through a unique approach that helps them understand and appreciate all forms of artistic expression.  
KANSAS CITY, 913-287-8888

### AUG 30 SENIOR CLASS

Senior Class is a zany troupe of improv comedians 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 PM. Show starts at 8 PM.  
TOPEKA CIVIC THEATRE & ACADEMY  
785-357-5211

### AUG 30-NOV 2 FIRST NATIONS ART EXHIBIT

A contemporary art show co-sponsored by the Mid-America Indian Alliance.  
SHAWNEE, 913-631-6709

## BINGO

SUNDAYS  
KNIGHTS OF COLUMBUS HALL  
2206 E. 23RD ST., LAWRENCE, 6:30 PM

MONDAYS & THURSDAYS  
AMERICAN LEGION POST NO. 2  
3029 NW US HIGHWAY 24, TOPEKA,  
7:00 PM  
785-842-3415

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

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

WEDNESDAYS & FRIDAYS  
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

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

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

## CLASSES

AUG 8  
**KNOW YOUR MEDICARE BENEFITS**  
What is the difference between Medicare Part A and B? What will Medicare cover in regard to nursing home care? These and your personal questions will be answered by George Kinnard and volunteers from the Senior Health Insurance Counseling for Kansas (SHICK). Free and no need to enroll.  
BRANDON WOODS, 1501 INVERNESS DR.  
LAWRENCE, 785-843-7058  
10:30-11:30 AM

AUG 13  
**KNOW YOUR MEDICARE BENEFITS**  
See August 8 description.  
PRAIRIE COMMONS, 5121 CONGRESSIONAL CIRCLE  
LAWRENCE, 785-843-7058  
1:00-2:00 PM

AUG 14  
**KNOW YOUR MEDICARE BENEFITS**  
See August 8 description.  
LMH MEETING ROOM A  
LAWRENCE, 785-843-7058  
8:30-9:30 AM

AUG 28  
**MANAGING THE STRESS OF CAREGIVING PARENTS OR SPOUSES**  
Are you a member of the "sandwich" generation? That is, you care for your own family yet have also assumed caregiving responsibilities for an aging parent or spouse. Learn what you can do to limit the stress involved in this challenging job. Please call to enroll.  
LMH AUDITORIUM  
LAWRENCE, 785-843-7058  
3:30-4:30 PM

## EXHIBITS

AUG 1-10  
**OVERLAND: THE CALIFORNIA IMMIGRANT TRAIL EXHIBIT**  
Explore the route immigrants traveled from Missouri into California. Sixty modern photographs, maps, and documentation.  
SHAWNEE, 913-631-6709

AUG 16-24  
**CIVIL WAR OF THE WESTERN FRONTIER**

Living history event that focuses on historic Lawrence during the early territorial days and Civil War.  
LAWRENCE, 785-865-4499

AUG 20-SEP 1  
**FRONTIER GARRISON LIFE**  
Experience pieces of our military past during an extended weekend of living history activities.  
FORT SCOTT, 620-223-0310

## FESTIVALS/FAIRS

AUG 1-3  
**DOUGLAS COUNTY FREE FAIR**  
4-H exhibits, live music, carnival, demolition derby, antique tractor pull, horse show, and variety of races and contests.  
LAWRENCE, 785-843-7058

AUG 1-5  
**CENTRAL KANSAS FREE FAIR**  
More than a county fair. Exhibitors from all of central Kansas, rodeos and demolition derby.  
ABILENE, 785-263-4570

AUG 1-9  
**LYON COUNTY FREE FAIR**  
Carnival, grandstand events, 4-H open class exhibits, many displays and booths, livestock shows, concert, and children's pedal tractor pull competition.  
EMPORIA, 620-342-5014

AUG 5-7  
**4-H FAIR**  
Royalty Parade Tuesday night. 4-H exhibits, booths, livestock show, livestock auction Thursday night.  
VALLEY FALLS, 785-863-3072

AUG 6-10  
**TRI RIVERS FAIR, RODEO AND DRAFT HORSE SHOW**  
Parade, draft horse show, rodeo, demolition derby, carnival, commercial booths, and exhibits.  
SALINA, 785-827-4425

AUG 7-9  
**LANE FAIR**  
Annual fair, parade, and exhibits.  
OTTAWA, 785-867-3298

AUG 10-SEP 28  
**PICKING SUNDAYS**  
Enjoy a day of grape picking as the harvest meets the wine cellar. Taste the fruit and juice.  
BASEHOR, 913-724-9463

AUG 12-16  
**LEAVENWORTH COUNTY FAIR**  
Parade, exhibits, games, carnival rides, livestock auction, and entertainment.  
LEAVENWORTH, 913-250-2300

AUG 15-17  
**FLINT HILLS BEEF FEST**  
Three days celebrating the grass cattle industry. Entertainment, competitions, rodeo, beef dinners.  
EMPORIA, 620-343-4741

AUG 22-23  
**ROOTS FESTIVAL**  
Takes us back to our roots with mixed genre music, east central Kansas BBQ championship, and swimming to live band.  
PAOLA, 913-294-6902

AUG 22-23  
**TIBLOW DAYS**  
Annual heritage celebration including parade, carnival, car show, music, arts and crafts, and 5K run.  
BONNER SPRINGS, 913-422-5044

AUG 23  
**GREAT TOPEKA DUCK RACE**  
8<sup>th</sup> annual. Ducks can be purchased for \$5 each. Arts and crafts, children's activities, and more!  
TOPEKA, 785-267-1156

AUG 24  
**STATE FIDDLING AND PICKING CHAMPIONSHIPS**  
Open competition in fiddle, banjo, guitar, mandolin, dulcimer, and folk singing. Concerts by area bands.  
LAWRENCE, 785-841-7817

AUG 29-SEP 1  
**DE SOTO WATERMELON FESTIVAL**  
Parade, carnival, 40+ crafters, antique car show, live music, street dance, pancake breakfast, and church service.  
DE SOTO, 913-585-1147

AUG 29-30  
**PURPLE POWER PLAY ON POYNTZ**  
Kick off the Wildcats' football season with a party on Poyntz Ave. Activities include games, info booths, and pictures with Willie.  
MANHATTAN, 785-537-9683

AUG 30-OCT 13  
**RENAISSANCE FESTIVAL**  
Outdoor festival depicting 1600s England. Full armored jousting, costumed characters, goods by artisans, food fit for a king. (Weekends only.)  
BONNER SPRINGS, 800-373-0357

SEP 4-6  
**JOHNSON COUNTY OLD SETTLERS**  
A tradition since 1898, this festival fills downtown Olathe with nationally recognized musical entertainment, carnival rides, arts, crafts, and more.  
OLATHE, 913-782-5551

## HEALTH

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

TUESDAYS AND THURSDAYS  
**BLOOD PRESSURE CLINIC**  
Conducted at Stormont-Vail's outpatient lobby, just inside the doors of the Ninth

CONTINUED ON PAGE NINE

# CALENDAR

CONTINUED FROM PAGE EIGHT

and Wasburn entrance, from 9 a.m.-1 p.m. No appointment necessary. Also conducted on the first, second, third, and fourth Tuesdays of each month, 4:15-5:15 p.m., in the Sunflower Terrace Cafeteria (before Senior Suppers). TOPEKA, 785-354-6787

WEDNESDAYS

## HEALTH SCREENING CLINIC

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

## THIRD TUESDAY OF EACH MONTH HEALTH SCREENING CLINIC

Lawrence-Douglas County Health Department. PINECREST II APARTMENTS, 924 WALNUT, EUDORA 9-10 AM

## SECOND THURSDAY OF EACH MONTH BLOOD PRESSURE AND HEALTH INFORMATION

Sponsored by the West Ridge Mall merchants. Conducted in mall's food court. No appointment necessary. WEST RIDGE MALL, TOPEKA 8:15-9:15 AM

AUG 6

## CHOLESTEROL SCREENINGS

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

## MEETINGS

FIRST WEDNESDAY OF EACH MONTH  
**NOW OR NEVER CLUB**  
BALDWIN SENIOR CENTER  
1221 INDIANA, BALDWIN CITY  
12 NOON-1:30 PM, 785-594-2409

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

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

WEDNESDAYS

## OLDER KANSANS EMPLOYMENT PROGRAM

LAWRENCE WORKFORCE CENTER  
2540 IOWA, SUITE R, LAWRENCE  
10 AM-NOON

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

## THIRD MONDAY OF EACH MONTH SELF HELP FOR THE HARD OF HEARING (SHHH)

SHHH is a non-profit, educational organization dedicated to the well-being of people of all ages who do not hear well. BABCOCK PLACE, 1700 MASSACHUSETTS, LAWRENCE, 1 PM

## THIRD TUESDAY OF THE MONTH LAWRENCE PARKINSON'S SUPPORT GROUP

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

## THIRD THURSDAY OF EACH MONTH PROSTATE CANCER SUPPORT GROUP

The Prostate Cancer Support Group is for survivors, family members and anyone who is interested in learning more about prostate cancer. RIEKE AUDITORIUM, KU MEDICAL CENTER, 7-9 PM

AUG 29

## AARP CHAPTER 1696 ANNUAL PICNIC

Catered buffet. \$5.00 for Chapter 1696 members. \$10.00 for non-members and guests. Entertainment with include Celtic music. 11:00 a.m.-2:00 p.m. DOUGLAS COUNTY FAIRGROUNDS 785-842-0446

*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.*



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# ANNUAL PICNIC!

**AARP**  
**Chapter 1696**



Date: Friday, August 29  
Time: 11:00 a.m.-2:00 p.m.

**Celtic Music**

Place: Douglas County Fairgrounds

Catered Buffet, \$5.00 for Chapter 1696 Members, \$10.00 for Non-Members and Guests.

Call Suzanne McColl at 842-0446 for information.

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



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



# BOOKSHELF

By Margaret Baker

Kathleen O'Neal Gear and W. Michael Gear: *People of the Owl* (Forge, \$25/95, ISBN 0-312-87741-2) *Pre-Columbian adventure*

Four thousand years ago near present-day Poverty Point, Louisiana, a town of several thousand people covered over 400 acres. Here the Gears, working archeologists, set their tale.

Two societies subdivided into three clans each make up the town. The present Speaker welcomed back her eldest son from a trading party farther north than any had previously undertaken. He was gone a long time, and she knew that those plotting to usurp her have been disappointed. White Bird is a heroic figure, a worthy successor. But White Bird dies suddenly, and she must maneuver to place her second son, Salamander, in control.

Salamander is not seen by anyone as a leader. Only 15, he is curious

and more interested in learning how a cricket makes noise than in warfare and politics.

He inherits his brother's two wives and for political reasons must marry the daughter of his mortal enemy. All three are under orders by their clans to kill him. Salamander must grow up, and quickly.

While the plot is of necessity fiction, the Gears' professional standing lends plausibility. The essential conflicts, changing loyalties, and affairs of the heart are just as familiar to us today.

If you've missed the cave dwellers of Jean Auel's *Earth's Children* series, here is a worthy successor.

Peter Lovesey: *Diamond Dust* (American edition by Soho, ISBN 1-56847-291-2)

Both hardcover and paperback editions available.) *British police procedural*

D.I. Peter Diamond of the Bath C.I.D. goes to a homicide in Victoria Park—and finds

Stephanie, his beloved wife. Two shots to the head; looks like a professional hit.

As the husband of the victim, Peter himself is a prime suspect until, finally, cleared. Since she is unlikely to have made someone that mad, Peter looks through his cases to find potential criminals revengeful enough to hire a hit man. The case goes cold.

Then the wife of another officer, missing since just after Stephanie death, is found dead. Peter and the officer had worked together on many cases years earlier before Peter's posting to Bath. So the mutual cases must be investigated.

Handling the death of an adored spouse is a difficult task for a writer, avoiding the maudlin while striving for authenticity. Lovesey gets an A+.

An intriguing subplot looks extraneous at first, but coalesces in one of the many twists. Fast-paced, deep characterizations—Lovesey at his best.

Virginia Lanier: *A Bloodhound to Die for* (HarperCollins, \$23.95, ISBN 0-06-019388-3) *Modern mystery*

Jo Beth Siddons, bloodhound owner and trainer, returns. The reader gets a good look at tracking missing folk in the Georgia swamp country, a daunting task to even

this extraordinary breed of dog (and tracker).

Her kennel has an agreement with neighboring law enforcement jurisdictions, and the reader follows several trackings of an elderly woman in the early stages of dementia. Her husband wants desperately to keep her in their rural home for her final years; their children prefer a nursing home.

On a more personal level, good ol' boy Jimmy Joe Lane escapes prison regularly and has been remanded to a nearby prison. He's asked to see Jo-Beth; he tells her he's in love with her and they'll be married on his next escape. Escape he does, and he doesn't take "no" for an answer. Jo Beth is still sorting out her feelings for Sheriff Hank Cribbs, her assistant is trying to mend family relationships, and her deaf kennelman is increasingly gloomy.

The Okenfenokee Swamp really comes alive, a character in itself. Ms. Lanier has finally recovered from a serious health problem, and her fans have waited four years for this one. It will be worth the wait!



CONTINUED ON PAGE 13

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# BOOKSHELF

CONTINUED FROM PAGE 12

## Paperback Picks

Ann Waldrom: *The Princeton Murders* (Berkley Prime Crime, \$5.99, ISBN 0-425-18820-5) *Academic mystery*

McLeod Dulaney won the Pulitzer Prize for her Tallahassee paper, which has landed her a coveted special position at Princeton, teaching investigative journalism to a select group of 12 scholars. She meets her fellow academics at departmental teas and dinners, and spots the inevitable small internal politics at work even at this redoubtable institution. Charming Archie Alexander squires her around. When Archie sickens and dies within a fortnight, she is sorrowful but not alarmed.

However, when she returns to campus after fall break, she learns that the departmental chair died—and the symptoms sound like Archie's. Her class undertakes to investigate it.

This is the premier of a series to be set on college campuses, and readers should enjoy the eccentric characters, petty politics, and thoughtful philosophies that inhabit the hallowed halls of ivy.

Nancy Martin: *How To Murder a Millionaire* (Signet, \$6.50, ISBN 0-451-20724-6) *Modern mystery*

Socialite Nora Blackbird's hippy parents were tax evaders who fled to a European resort, leaving Nora and her sisters to cope with their changed situations. Nora inherited the family mansion, complete with \$2 million in back taxes. She sells a bit of the acreage and looks for a job.

Family friend Rory Pendergast offers her a job as assistant to the

acerbic society editor (who does not want an assistant). She certainly knows the Main Line families. Her first assignment is Pendergast's own festivity. When she checks in with him, he's been murdered.

Zany characters, witty dialogue, and a delicious bit of romance spice up what promises to be the first of many Blackbird Sisters mysteries.

Lauren Haney: *Flesh of the God* (Avon, \$6.99, ISBN 0-06-052189-9) *Historical mystery*

The prequel for this series featuring Lieutenant Bak of the ancient Egyptian medjay (police), and explains why a well-trained charioteer is banished to a desert outpost newly assimilated into the Egyptian empire.

Bak's first homicide is that of his immediate supervisor, slain in his own home. His wife would be the prime suspect, but Bak suspects that the theft of gold from the town's official smelter is the real cause. How is it being done, and by whom?

Ancient Egypt from the lives of the ordinary citizens far from the royal house really comes alive.

**The Ears Have It (Books on tape)**

Louise Erdrich: *The Last Report on the Miracles at Little No Horse* (Harper Audio, \$39.95, ISBN 0-694-52408-5) *Read by Anna Fields.*

Erdrich tells the tale of Father Damien Modeste, a most unusual priest serving the Ojibwe on the isolated northern plain reservation of Little No Horse.

The book covers over 50 years of this priest's devotion to serving his God and the Ojibwes, concentrating at the end on the investigation of Sister Leopolda, under consideration for sainthood.

To tell more would be to leak the plot, which comes across much better as it is uncovered, bit by bit. But you'll never forget Father Damien!



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## Big Brothers Big Sisters to launch GrandFriends program

Do you know about the GrandFriends program? It's coming this fall to a school near you, and we're spreading the word!

Through our new GrandFriends program, Big Brothers Big Sisters of Douglas County seeks caring, mature adults—people like you—to match with the great children of our community. These deserving children are looking for a special friend to meet with at school every week and spend one-to-one time eating together, reading together, making scrapbooks, playing games, studying and talking.

To learn more, come by our office

for one of our specially scheduled Little Moment Open Houses. Eat a little, learn a little, talk a little and meet the staff of Big Brothers Big Sisters of Douglas County. Even if you don't want to volunteer, you can help; all we ask is for an hour of your time, a listening ear—and maybe your two cents worth.

The Little Moment Open Houses will be held on August 15 and August 27 at the Big Brothers Big Sisters office.

Please R.S.V.P. with Erin at Big Brothers Big Sisters at 785-843-7359 or with Jesse at Douglas County Senior Services at 785-842-0562.

## Entry booklets available for 20th annual Kansas Senior Olympics

Entry booklets are now available for the 20th Annual Kansas Senior Olympics, sponsored by Parks and Recreation of Topeka. An estimated 500 athletes from around Kansas and the United States are expected to compete this year at the games in Topeka.

The 2003 Kansas Senior Olympics offers competition in 16 different sports for individuals who will be 50 and over by December 31, 2003. These sports include Archery, Badminton, 3 on 3 Basketball (teams), Bowling, Cycling, Golf, Horseshoes, Racquetball, Road Races, Softball (teams), Swimming, Table Tennis,

Tennis, Track and Field, and Volleyball (teams). For the not-so-serious athlete, there are also 10 just-for-fun events.

The Individual and Doubles Competition will be held September 25-28; Golf competition will be held on October 3; and all Team Sports will be October 2-5. The early deadline for registration is Friday, August 15, with a cost of \$35 per athlete. The final deadline will be Friday, August 29, with a cost of \$45.

For entry information, call the Kansas Senior Olympics Office at 785-368-3798.

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# HUMOR

## And now a word from...

The other day I got a call from a young professor out West who had read my "Potty Professor" column. He told me I should be ashamed of myself for trashing academe the way I had in that column.

"You should write something positive," he said. "You should write about heroes who make powerful contributions to higher education in today's magic world," he said.

"Can you give me an example?" I asked.

"That's why I called," he said.

So here's a positive column about



Larry Day

academia straight from the cheerleader's mouth:

Hi, folks, my name is Richard Angleton Peabody, Jr., and I'm here to promote positivity and to torpedo negativity. My motto is: "When life hands you a lemon, get out there and convince the public that it's their patriotic duty to love everything that's yellow."

I received my Ph.D. in Communicological Technographics at Hamster-Inline Polytechnic University in 2000, and became assistant professor of macrospinology at Middledorf University in California.

Believe me, I know what it's like to be handed a big fat yellow lemon. I joined Middledorf U's faculty the year that the current "economic adjustment" (please whisper these words, if you are reading aloud) began. My new job was in jeopardy before I had even moved into my office. In the late 1990s, Middledorf University's funds were being heavily invested in high tech merge-o-corporation stocks. As you know a bunch of merge-o-maniac executives grabbed their slabs of the corporate pie and ran before their companies imploded and their indictments were handed up. Middledorf University lost a great deal of money.

So much, in fact, that the chair of Middledorf's board of regents called the president of the university.

Ring. "Hello."

"President Smith, this is Chairwoman Johnson."

"Good morning, Ma'am."

"You've got to cut your budget 25 percent."

"Really?"

"Yes."

"Okay."

Ring. "Hello."

"Dean Brown, this is President Smith."

"Good morning, sir."

"You've got to cut your budget 30 percent."

"Really?"

"Yes."

"Okay."

Ring. "Hello."

"Department Chairman Williams, this is Dean Brown."

"Good morning, Ma'am."

"You've got to cut your budget 35 percent."

"Really?"

"Yes."

"Okay."

Ring. "Hello."

"Professor Peabody, this is Department Chairman Williams."

"Good morning, sir."

"Have you unpacked yet?"

"I'm just doing that now, sir."

"Well don't. You'll teach fall semester, then you're fired."

"But, why sir?"

"I have to cut the department budget 40 percent, so I'm eliminating your position."

"But who will teach my classes next spring?"

"I'm going to hire a retired professor who lost his pension in the stock market meltdown."

"Okay."

And that, folks, is how trickle down academics works.

I was in a jam. I was in a bad jam.

Deep in thought, I wandered out onto the campus. There was a large rock imbedded in the grass in front of my building. I had seen the rock before, but I hadn't read its brass plaque. The plaque said, "Glumley Endowed Boulder. Placed in grateful appreciation for the generous financial contributions of Richard T. Glumley, class of 1984." As I walked on, I noticed trees, flower beds, sidewalk slabs, and a flag pole with similar plaques, all dedicated to alumni, and in a few cases, alumnae, who had coughed up cash for the old Alma Mater. Actually, it's the old Alma Pater, because Middledorf University was founded by Cyrus Z. Middledorf, one of the 19<sup>th</sup> century's minor robber barons.



A plugger packin' heat.

Then, in my hour of need, Shazam! I had an idea! They say that necessity is the mother of invention. If that is so, then adversity is invention's wicked stepfather.

By the time classes began three weeks later, I had sold my idea to the department chairman, the dean, the university president, and the chairwoman of the Regent's Committee on Academic Propriety. Not only did I save my job, but I also got a big raise and was granted tenure. The university has made millions on my idea. As soon as the word got out, corporations saw the nationwide potential and began dispatching their top marketing executives to Middledorf University. Our local airport ran out of space to park all the corporate jets.

I admit that there was a certain amount of opposition to my plan

from the academic purists on the faculty, but their anguished cries were drowned out by the "Hallelujahs" that resounded from the throats of budget-starved administrators, support staff, and non-tenured faculty members.

So now, dear readers, I invite you to come to Middledorf University and see the future of academe. Visit any class you wish, any where on campus, and you'll hear something like this:

Professor: "Students, today's lecture is being brought to you by the makers of Zitgone skin products. Remember, to put your best face forward, use Zitgone every day. Now, a word from your friends at Zitgone..."

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

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# HISTORY

## Kansas fairs create big impressions

(Editor's note: The following article was first published by the Kansas State Historical Society and is reprinted with the Society's permission.)

By Pat Michaelis

Edna Guthrie's favorite memory of the Norton County Fair was the time she rode a merry-go-round powered by live horses. Edna happily recalled the ride nearly 100 years later. The sites and sounds of Kansas fairs have been a welcome escape during the hot summer months since the time of Kansas Territory in 1854.

County fairs conjure images of cattle, crops, carnivals, and crowds. The latest farming methods, new and improved breeds of livestock, and promotion of local trades and manufacturers headlined the events that were often sponsored by county agricultural and mechanical societies. Fairs often boasted the biggest, newest, and best products arranged in garish agricultural displays. Since the days of the Kansas Territorial period in 1854 fairs have celebrated the bounty of the season.

A 40-foot monument was erected for General Ulysses S. Grant at the Peabody State Fair in 1885. The Marion County community grabbed the title for one year when Topeka canceled its fair. The obelisk was built of 40 bushels of yellow and red corn ears with pictures of the general on the sides and columns topped with pumpkins. Two train carloads of tables and utensils were brought in to feed the masses.

Horse racing became an important aspect of Kansas fairs. The first Anderson County Fair featured races for trotter and pacers and was held October 23, 1872, on a farm west of Garnett. Admission was 25 cents, but children under 10 were admitted free.

The Bourbon County Fair planned a short race when it opened in 1865. But grasshoppers were "so thick on the track that they could have no races." Residents reported that the insects were from one to three inches deep on the track.

Nineteenth-century fairs in Kansas also helped create a sense of community in the newly settled land. By the 1870s most counties sponsored an annual fair. Since county seats were usually centrally located for business, government, and trans-

portation reasons, they were ideal sites for county fairs.

Community contests brought citizens together in friendly competition. One of the most popular was cornhusking. The judges would choose the best field in the area. Contestants would line up on one side of their wagons. The sound of a gun started the wagons' slow progression down the row as the picker jerked corn from the stalk and tossed it into the wagon. Judges made sure that each stalk was picked clean of corn as they crowned the winner at the finish line.

Fair posters lured attendance with such phrases as "Larger, better and more inviting than ever before"; "Patronize the County Fair, Exhibits Invited in All Classes"; "A Grand Opportunity for a Re-union of the Farmers, Stock Growers, Horticulturists"; or "Exhibits of Everything Worth Seeing in Ness County, Kansas." The *Junction City Union* in 1879 encouraged pride with an editorial statement, "As there will be many strangers here during the fair week we must sport our best clothes before them and do everything possible to make a favorable impression."

Merchants supported the fair with displays on the grounds and by closing one afternoon or day to allow employees to attend. Since fairs in the 19th century were held in September and October, schools also closed one day during the festivities. Railroads offered excursion rates to fairgoers and freight reductions to exhibitors for transporting produce and livestock to the fair. Local civic groups operated refreshment stands and occasionally prepared exhibits. Townships and granges sometimes prepared agricultural exhibits. The sewing society of a local church would enter its handiwork in the ladies department. Attendance figures often totaled several thousand a day, indicating that fairs were an important part of local life.

Not only did fairs create a sense of community, they also reflected the uncertainties of settling the Plains. When times were hard, fairs were either canceled or hampered by poor exhibits. When times were good, exhibits were extensive, and local residents publicized the successful harvest. During the fair, if the growing season were productive, newspaper accounts extolled the abundance of crops raised in the county and

promoted successful farming as an important aspect of county and state economies.

Fairs consciously promoted Kansas as a prosperous place to live. Fair posters often proclaimed that visitors would see "a grand agricultural display." Other efforts were more specific. Constructed entirely of locally grown corn, the arch at the entrance of the 1886 Finney County Fair refuted critics' claims that "Corn Won't Grow in Southwest Kansas."

Kansas fairs became so legendary that President Rutherford B. Hayes agreed to visit the Woodson County Fair in 1879. When Hayes accepted an invitation to visit Neosho Falls, the event drew national media attention. *Leslie's Weekly* published an account of the famous visitor with an illustrated article about the fair and its agricultural exhibits.

Not all fairs were successful. The secretary of the Pawnee County Fair Board described the difficulties of holding a fair in 1879 in spite of a well publicized visit by President Hayes:

Times too hard to make our Fair a success. Would have been an entire failure, if it had not been for the kindness of our Governor St. John. Through him we owe our success in his bringing the President of the United States out to our little Fair. We had a good display of vegetables but brought in but few.

Without President Hayes, Pawnee County did not hold a fair the next year because of poor times.

The Kansas Museum of History's collection contains hundreds of posters from 19th- and 20th-century county fairs. The collections are housed at the Kansas State Historical Society, 6425 SW Sixth Avenue, Topeka, KS 66615; 785-272-8681; TTY 785-272-8683.

## WORDS OF WISDOM

How easy it is to judge rightly after one sees what evil comes from judging wrongly!

The cloud never comes in the quarter of the horizon from which we watch for it.

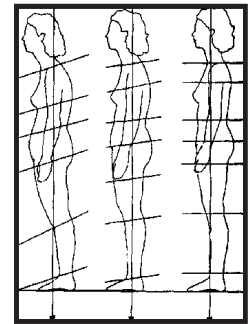
I'll not listen to reason. ... Reason always means what someone else has got to say.

Sometimes one likes foolish people for their folly, better than wise people for their wisdom.

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# PET WORLD

## Keeping your dog seizure free

By Steve Dale

Q: My 8-year-old cat has been diagnosed with hepatic lipidosis. Jerry is on a feeding tube and I've been using a large syringe to feed him four times a day. I'm getting more and more worried because it's been five weeks and his appetite is not improving. Do you have any suggestions? — J.R., Houghton Lake, Mich.

A: I congratulate you on fighting to save your cat's life; your commitment is heartening.

Internal medicine specialist Dr. David Twedt, of the Colorado State University College of Veterinary Medicine, Fort Collins, explains that hepatic lipidosis is an accumulation of fat in the liver. Several factors can contribute to cause this condition. Among the most common are crash diets administered by an owner, or a pet's disinterest in food over several days due to injury, the stress of moving, or other influences. Sometimes the condition occurs for reasons not fully understood, though stress may be a factor.

On average, cats take about 45 days to fully recover from hepatic lipidosis. Some bounce back sooner, while some take longer.

Twedt says you're doing exactly the right thing. He also suggests supplementing your cat's diet with milk thistle. Twedt is conducting a study on how milk thistle seems to help protect the liver. Milk thistle is available at health food stores. Look for milk thistle with 70-80 percent silymarin. See a veterinarian interested in alternative medicine, or have your vet do research to determine dosage.

If your cat worsens or after about

45 days there's still little improvement, Twedt says he suspects another underlying problem.

Q: My Jack Russell terrier began having seizures a year ago. My vet did a complete work-up to determine if there was a specific cause but found none. He prescribed phenobarbital. Now, I've done my own research and I'm worried about side effects. I mentioned this to a co-worker, who said that potassium bromide is safer to use with fewer side effects. What do you think? — L.B., Cyberspace

A: First off, I assume your veterinarian is correct, and these seizures are what's called idiopathic epilepsy, or seizures without a known physiological cause such as a brain tumor.

Dr. Michael Podell, of Northbrook, Ill., is a veterinary neurologist. He says recent research indicates potassium bromide might have as many side effects as phenobarbital.

He says he begins clients on phenobarbital, and if that fails he'll add potassium bromide as well. However, some veterinarians do this the other way around, such as your co-worker's vet.

No matter which drug you and your vet choose, the idea to use the lowest possible dose and still keep your dog seizure free. Monitoring potential adverse responses is important for both of these drugs. The good news is that for the majority of dogs, drugs do eliminate or nearly eliminate seizures without serious side effects.

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

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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. Only a Miracle-Ear® representative can determine which model and options may be right for you. Hearing test always free. Not a medical exam. Autometric test to determine proper amplification needs only.

Valid only on Miracle-Ear Performer® Comfort Styles (one aid). Good only from participating Miracle-Ear® representatives. No other offers or discounts apply. Discount does not apply to prior sales.



*Call a friendly Miracle-Ear® near you  
today for a FREE hearing evaluation!*

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*The Hearing Aid Center America Trusts<sup>SM</sup>*

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