

Kaw Valley Senior Monthly

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

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INSIDE



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There's still time for summer reading. Margaret Baker offers a few suggestions. - page 12

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FREE



Carolyn Landgrebe loads meals for several Meals on Wheels clients

KEVIN GROENHAGEN PHOTO

Landgrebe begins fourth decade as Meals on Wheels volunteer

By Billie David

When Lawrence resident Carolyn Landgrebe received the Wally Galluzzi Volunteer of the Year award last February, it was in recognition of her many hours of volunteer service driving and delivering for Meals on Wheels.

"I've been doing Meals on Wheels for over 30 years," she said. "When they first started, it was done out of church kitchens, and I worked with Immanuel Lutheran Church."

Her two children were quite young at the time, and since she had stopped working when they were born, she was looking for something they could do as a family.

"When they were operating out of churches, the purpose was to

serve clients who were just out of the hospital and needed fully nutritious meals," Landgrebe said. "It changed over the years to help older people stay in their own homes."

Eventually, Landgrebe began work-

ing part time again, teaching remedial reading half days, but she still kept up with her Meals on Wheels deliveries. During that time, Landgrebe only delivered meals on the

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Lawrence Meals on Wheels seeks additional volunteers

By Billie David

Lawrence Meals on Wheels volunteers delivered their first meals in 1970. The organization was started by a group of Lawrence citizens who used church facilities to prepare meals on their own and delivered them themselves.

"We purchase meals from the hospital now," said Kim Culliss, who has served as director of Meals on Wheels for the past three and a half years.

Funding for the program comes in part from the clients, although no client is turned away on the

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Landgrebe

CONTINUED FROM PAGE ONE

days that she was needed, but since her retirement after 30 years of teaching, she has been driving a route every day.

It takes Landgrebe only about one hour a day to deliver the meals, but the miles add up. "I drove over 2,300 miles last year," she said. "That's farther than from Lawrence to California."

Hot, nutritious meals are the main benefit for Meals on Wheels clients, but there's a safety factor as well. "In addition to providing them with food, we make sure everything's OK," Landgrebe explained. "We may be the only contact a client will have all day. If we can't get ahold of them to deliver, we check up on them or tell their contact person."

That means that clients have some-

body to check on them every week-day, Monday through Friday, except for Thanksgiving and Christmas, when other community organizations take over.

Although Landgrebe delivers meals five days a week, she spends even more time volunteering at New York School where she used to work. Through funds provided by a grant from the Rice Foundation, she has helped the school acquire a home lending library of hard-back books for students from kindergarten through fourth grade, and she spends a couple of hours a day there.

Then it's on to Meals on Wheels, and after that she goes to Presbyterian Manor to set up the dining room. She also helps bring people into the room to eat and visits with them.

"I spend most of my time volunteering," Landgrebe said, adding that she is currently taking a sabbatical from teaching Sunday school

classes to kindergartners, which she has done for over 30 years. She's still helping with meals at the Lawrence Interdenominational Nutrition Kitchen (LINK) when it's her church's turn to serve, however.

Landgrebe's motivation for her years of service to the community, she said, is care and concern for people and wanting to make a positive difference in somebody's life every day. It started when, as a first grade teacher, she recognized that some children were struggling to learn to read and, realizing the difficulties that could cause for them, she returned to school to earn a Master's degree in reading.

"You learn through God's love to serve others," she explained. "It's a significant part of life. I'm not a person who can just sit and do something for me when I see something I need to do for somebody else."

Landgrebe was born in San Francisco and moved to Lawrence 42

years ago as a bride. Her husband, John, had accepted a position as professor of chemistry at KU, which he retired from two years ago.

Landgrebe recalls the drive to Lawrence. Five miles from town, the big-city girl began wondering what Lawrence would be like. "We drove down Massachusetts Street to 23rd Street, which was the end of town, and then we drove to a gas station on Louisiana Street," she said. "We asked where the main part of town was and the station attendant answered, 'Lady, you've just been through it'"

The couple soon fell in love with the town, and they have raised two children here: a daughter who now lives in Indiana and a son who, with his wife, are owners of University Floral. They also have five grandchildren.

In addition to volunteering, Landgrebe enjoys knitting, reading and hiking and camping with her husband, who is also a master gardener.

Volunteers

CONTINUED FROM PAGE ONE

basis of inability to pay, Culliss said. Thirty percent of the funding comes from the Older Americans Act, and the rest is provided by donations, foundations and grants.

To qualify for Meals on Wheels deliveries, clients must be home-bound and, if a special meal is required, must have a doctor's order for special dietary needs, which includes diabetic, low fat, or low salt.



"The Senior Center takes care of regular meals," Culliss said. "We refer those who don't qualify to them."

The Meals on Wheels office was set up in Lawrence Memorial Hospital when the organization began contracting with the hospital for meals, which became necessary when the number of clients grew until volunteers found the meal planning and preparation overwhelming.

While the Senior Center provides meals throughout Douglas County, however, Meals on Wheels only has the manpower to deliver meals in the city of Lawrence.

Meals on Wheels volunteers deliver over 90 meals each day. There are at least 15 routes to drive per day and between 80 and 100 drivers, including substitutes, are needed to cover them.

"Today I had to find 11 substitutes out of 15 drivers," Culliss said on a recent summer day, explaining that many of the drivers are KU students

who are gone for the summer.

"We would love to start some new routes, but we need more volunteers," Culliss said. "For each new route we need from five to seven volunteers."

The volunteer picks up the meals between 11:30 and 11:45 p.m. at the hospital and a regular route takes about an hour to complete, Culliss said. "A lot of people do it on their lunch hours," she added.

Volunteers, who range in age from 2 to 85, are trained by accompanying an experienced driver on their route, and they can choose to drive anywhere from once a week to every day.

"They are really a great group of people," Culliss said of the volunteers. "They really go above and beyond for us, and they enjoy the people that they deliver to. Over the years they form a bond with their clients. We have moms who deliver with their kids and the clients love that."

For more information on volunteering for Meals on Wheels deliveries or donating to the organization, readers can call the Lawrence office at 979-1440.

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Topeka Faith in Action-No Place Like Home helps clients stay in their homes

By Kevin Groenhagen

While Carolyn Hanson wears several different hats in her position at Midland Hospice Care, her "matchmaker" hat is her favorite.

As director of Topeka Faith in Action-No Place Like Home, Hanson is responsible for matching volunteers with care recipients.

According to Hanson, the goal of the Topeka Faith in Action program, which was launched last January, is to "help those who are 60 and older to stay in their homes, living with dignity and independence, as long as they can or as long as they want to."

The program is the result of an initial \$25,000 grant received from the Robert Wood Johnson Foundation in October 2003. The foundation's namesake took over direction of Johnson & Johnson in 1932 and built the small family firm into the world's largest health and medical care products conglomerate. When Johnson died in 1968, he left most of his fortune to the foundation, which seeks to improve the health and health care of all Americans. As a part of the Robert Wood Johnson Foundation, Faith in Action involves nearly 1,000 programs offering free interfaith volunteer caregiving services nationwide.

Topeka Faith in Action's initial grant is for 30 months. Depending on how well the program progresses, another \$10,000 may be awarded during the 30-month period. As of mid-July, the program had 18 care recipients and 19 volunteers.

"Towards the end of the 30-month period, our goal is 100 volunteers and 75 care recipients," Hanson said.

The volunteers, who currently range in age from 20 to 75, can volunteer as little as two hours a month or as much as their schedules permit.

"Volunteers can have flexible schedules," Hanson said. "They can volunteer in the evenings or on weekends. It's not an 8-5 volunteer position."

To help ensure the safety of care recipients, prospective volunteers must fill out an application form, be interviewed, and undergo two background checks. Once they have been accepted, the volunteers receive training and Hanson takes them out to meet the care recipients and their families. If the care recipient and volunteer do not click, Hanson works to make a more suitable match.

According to Hanson, receiving help from a volunteer can be a major event for some care recipients.

"Allowing someone to come into their home can be seen as another step towards losing some of their independence," Hanson explained. "But we're there to help them keep their independence. Also, all of our services are free and some care recipients are adamant that they cannot accept something for free. If that's the case, I let them know we accept monetary donations for the program."

At times a prospective care recipient wants help, but is concerned that a volunteer may not be able to do things exactly the way the care recipient wants.

"One woman wanted help with grocery shopping, but I could tell after talking with her on the phone five times that there was something keeping her from saying she'd like the service," Hanson said. "Finally, I got to meet with her in her home and it came down to her wondering how someone would pick out a rose for her. How would someone pick out meat for her? I'm happy to report that the volunteer I have for her has done a wonderful job."

Hanson notes that care recipients



Carolyn Hanson

do not have to be confined to their homes.

"Our clients are not necessarily homebound," Hanson said. "We can help someone who still goes out to do grocery shopping or to go to church, but can no longer do minor home repairs or yard work."

In addition to grocery shopping, yard work, and minor home repairs, Topeka Faith in Action services include caregiver respite, friendly visits, and friendly calling. Friendly calling entails phone calls to care recipients to check on their well-being.

"At the beginning, we thought friendly calling would be a one-call-a-week program," Hanson said. "Now we call four days a week."

While neither volunteers nor care recipients have to be associated with a faith community, faith communities can help facilitate the process of providing the care recipients with assistance.

"One of our goals is to have a liaison in each of the faith communities," Hanson said. "That helps break down some of the barriers. If someone has been a member of a faith community for, say, 20 years, that person is more likely to respect what the pastor tells them."

Hanson in May joined other Faith in Action directors throughout the country at the National Faith in Action Conference in Washington, D.C. She and other directors from Kansas were able to go to Capitol Hill and meet with Senator Sam

Brownback, Senator Pat Roberts, and Representative Jim Ryun to tell them more about Faith in Action.

In addition to telling Kansas legislators more about the program, Hanson has spent much the past several months informing Shawnee County residents about Topeka Faith in Action.

"We're working on getting the word out," Hanson said. "We're doing presentations, health fairs, one-on-one meetings, and our liaison through Midland goes out to speak about Faith in Action."

Hanson describes Midland Hospice Care as Topeka Faith in Action-No Place Like Home's "parent company." Midland provides office space, in-kind donations, and all of the program materials are printed at Midland.

Midland Hospice Care's roots in Topeka go back to 1978, when a group concerned about the quality of life for the dying formed Hospice of Topeka. In 1994 Midland Hospice Care moved into the three buildings that once housed the Children's Hospital Division of the Menninger Foundation at 130 SW Frazier Circle. Topeka Faith in Action's office is located in building B, which houses the Adult Day Programs.

If you are interested in volunteering with Topeka Faith in Action, or if you or a loved one would like to learn more about services offered by the program, Carol Hanson may be reached at 785-430-2361 or chanson@midlandhospice.org.



Celebrity entertainer Della Reese serves as the national spokesperson for Faith in Action. Reese is perhaps best known for her role on *Touched by an Angel*.

LMH launching Go for the Gold fitness event

Lawrence Memorial Hospital is launching Go for the Gold, a three-week fitness event for all ages and fitness levels during the month of August. The event promotes better health through physical activity and smart eating with a Summer Olympics theme.

"The great part about this program is that most anyone can join in," said LMH Community Education Coordinator Aynsley Anderson, who is coordinating the event. "This is a program that will help people get up and get moving, and have a lot of fun doing it."

Go for the Gold challenges participants to complete a relay event in three weeks. The relay event coincides with the Olympic Torch Relay route. During the three weeks, participants walk, run, cycle or swim to reach their final total of 15 to 30 hours of exercise—the equivalent of 120,000 to 240,000 steps—depending on whether they elect to take the beginner, intermediate or advanced track. Participants track their success with a digital pedometer and a relay log key. "The hope is that people will increase their activity level, which in the long term can help prevent dia-

betes and heart disease," Anderson said.

Go for the Gold is LMH's follow-up event to 10K a Day, the national initiative endorsed by the American Heart Association that challenges participants to walk 10,000 steps a day. Like the 10K a Day program, Go for the Gold focuses on increasing physical activity as a way to better health. "We want to instill healthy habits that will last long after the

program ends," Anderson said. "This is a great opportunity to learn and adopt ways to healthy living."

There is a \$15 fee to join the program. The cost covers fitness handouts to follow during the relay, healthy recipes for smart eating, the pedometer, a water bottle, and two daily health tips.

Orientation sessions will be held before the program starts that will inform participants about topics

such as starting and continuing an exercise program, exercising safely during the summer, using a pedometer, and perceived exertion rating.

The orientation sessions will be on Friday, August 6, from 9:00-10:30 a.m. and from 11:30 a.m.-1:00 p.m.; Saturday, August 7, from 9:00-10:30 a.m.; Monday, August 9, from 10:00-11:30 a.m. and from 6:30-8:00 p.m. Participants can enroll by calling ConnectCare at 785-749-5800.

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
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HEALTH

Start small, but start

If you're like many people I know, you wince slightly when you hear fitness gurus extol the virtues of exercise. How many times have you heard a well-meaning expert repeat the "No Pain, No Gain" cliché? Most people don't really want to suffer. And pain isn't the point. Exercise can and should be fun. Every child knows that it's a joy to play, to run around, to explore and stretch your muscles. That's what exercise really means—activity, adventure, pleasure. Keep those



Laura Bennetts

childhood memories alive while you think of ways to be more active.

Exercise is important, but activity comes first. To improve your health—your circulation, strength, fitness, sleep patterns, and immune system—you need to lead a more active lifestyle. An hour of enjoyable daily activity makes you feel better, stay healthier, and live longer. And if you eat well, drink alcohol only in moderation, and refrain from smoking, you'll feel even better. Truly, an ounce of prevention is worth a pound of cure.

The Key: Do More

Adults, like kids, thrive on activity. Just walking can relax tight muscles and relieve chronic joint pain. Increased blood flow to our tendons and muscles makes them healthier. And our brains feel most keenly alive when we are flooded by feel-good endorphins—as they are when we exercise vigorously.

Lifestyles of the Trim and Active

So how much more should you do? What's ideal to maintain your health and body weight? The answer differs for each person and situation. When I worked in a hospital, I walked several miles daily and was on my feet most of the rest of the day. Needless to say, I burned more calories per day than I would working at a computer.

In fact, when I sit at the computer writing this column, my activity profile is the exact opposite of my

usual workday. In four hours of patient care I might spend a total of 20 minutes writing notes and making phone calls. But during four hours at the computer, I walk only a few minutes during occasional breaks. Clearly, when I practice physical therapy, I burn more calories and move much more than when I'm writing. But not everyone can work as a therapist! So, what can you do to stay active?

Thirty Days to Change Your Ways

Adding small doses of activity to your daily routine is a great first step. You can start small and soon see results. Take some regular activity, for example, and add five minutes of that activity daily. If you usually walk to and from the parking lot at work, go the long way before and after lunch, and again at the end of your day. At home, start with seated arm and leg exercises for just five minutes.

If you walk outside, make a routine of strolling in your backyard each morning. When you shop, walk farther than you normally would. Find a partner for mall walks, work more than usual in your garden, enroll in an easy exercise class or try the bikes at a local gym. Take a month to slowly increase these activities and you'll soon find that you crave your routine. And seek out activities that you truly enjoy. Do you like croquet, or horseshoes, or bowling? Why not try them again? Ultimately, you may need to add a vigorous walk to your routine—say, three times a week for twenty minutes—for ideal heart health. But it's wise to start small and enjoy yourself.

Seek Professional Help

If you have pains or problems that limit your activity, you may need treatment by a professional therapist. As your treatment progresses, the therapist will show you how to restore your strength without reinjury. Say that you have a chronic breathing problem (such as COPD or asthma). A physical therapist can teach you exercises which, over the course of a four-to-six week period, will increase your strength and stamina. To improve your activity tolerance, an occupational therapist can show you how to rearrange your home to make daily tasks easier (say, by moving items to more reachable shelves). Occupational therapists also specialize in

energy conservation techniques which teach you how to pace your life to avoid shortness of breath and arm/hand strengthening to help you handle home tasks with greater ease.

Start Where You Are

To be fit for life, start where you are. You can take a beginning step by adding an activity or an exercise to your life...and begin feeling bet-

ter today.

- Laura Bennetts, MS RPT, is a physical therapist with a masters degree from the University of Southern California and 22 years of professional experience. She co-owns Lawrence Therapy Services LLC (785-842-0656) and Baldwin Therapy Services (785-594-3162). If you have therapy-related questions, please e-mail Laura care of laurabennetts@hotmail.com.

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HEALTH

Rosemary has many medicinal properties

Rosemary, or *Rosmarinus officinalis*, is a favorite herb medicinally among practitioners. It has been grown for centuries. Starting with the ancient Greeks to today, rosemary has been used in many different ways, including as an essential oil, shampoo, compress, tincture, tea infusions, bath soaps, cooking, ornamental, ointment or even as a dye.

The history of rosemary has been documented in ancient Greece. Students would put rosemary sprigs in their hair to improve memory. Many



Dr.
Farhang
Khosh

wore rosemary garlands while studying for exams believing it improved their performance on the exam. Scientists at the University of Cincinnati say that the scent of rosemary is an effective memory stimulant. That is why I would recommend to have a pot of rosemary in your living room.

Rosemary was believed to possess powers of protection against evil spirits in the iddle Ages. Men and women would place sprigs under their pillows at night to ward of demons and evil spirits and prevent bad dreams at night. Rosemary was burned in homes believing it would keep away the black death or plague.

Queen Elizabeth of Hungary was said to have cured her paralysis of the joints by rubbing a rosemary oil decoction into them.

Rosemary was very common in wedding ceremonies. Brides would wear wreaths of sprigs of rosemary or carry a bouquet of rosemary. A person could tap a fresh sprig of rosemary against the finger of a loved one to gain their affection. It was also throw into graves by mourners as a sign that the life of the person would not be forgotten.

Rosemary was burned in the hospitals of France to kill germs. Researching this idea has shown that rosemary oil does possess some antibacterial properties.

Rosemary has a long history of uses, including medicinal benefits. Rosemary has been used in the treatment of many ailments. As a hot compress it is used in the treatment of sprain and muscle spasms. As a hot infusion is has been used for the treatment of colds, influenza, rheumatic pains, indigestion, fatigue, depression or headaches. Ointment of rosemary has been applied externally to eczema, sores, rheumatism, bruises and wounds.

Culinary uses of rosemary are wide and varied. Its flavor is complementary with poultry, fish, lamb, beef, veal, pork or game. Try seasoning your tomatoes, spinach, peas, mushrooms, and squash with this herb. It can be added to soups, salad dressings or sauces. Keep in mind it is better to freeze rosemary. Frozen rosemary is stronger than the fresh herb.

Medicinal properties of rosemary are as following but not limited to:

- Rosemary has antioxidant properties, because of its flavonoids, in addition to its ability to stimulate circulation that gives its scientific basis to be labeled as "memory enhancer." Recent research shows that chemicals in rosemary may play an important role in the prevention and treatment of Alzheimer's because of its antioxidant properties.

- Rosemary is a smooth muscle relaxant, including the smooth muscles of the digestive tract and uterus. Because of this property it can be used to soothe digestive upsets and relieve menstrual cramps.

- Rosemary is a circulatory stimulant; it increases blood flow to the muscles, head and brain. It is noted that rosemary reverses headaches, even migraines, probably as a result of improved blood flow to the brain and scalp.

- Rosemary is used to relieve stress. That is why rosemary is described as an activator of adrenal function.

- Because of Rosemary's antibacterial quality, its essential oil makes an excellent mouth wash. It should not be used more than 5-10 drops in 2 ounces for gargle only.

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

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FINANCES

Don't make these mistakes in retirement

When you are just starting out in your working life, or even when you're in the middle, you obviously don't want to make costly financial or investment mistakes. However, if you do, you'll generally have time to recover from most of them. But when you're entering retirement, or you've been retired for a while, you clearly have less margin for error.



Harley Catlin and Ryan Catlin

That's why you'll want to do everything you can to avoid some of the mistakes made by retirees.

What, exactly, are these missteps? Here are a few of the more serious ones:

- **Not investing for growth** - You can reasonably expect to live two or even three decades in retirement. And during all those years, inflation, even if it's relatively low, will be eating away at your purchasing power. For example, suppose you start out with \$1,000. If we experience even a 4 percent inflation rate for the next 15 years, the purchasing power of your \$1,000 will shrink to just \$549. So, just to break even, you'd need your investments to earn at least 4 percent.

Unfortunately, many retirees overlook the impact of inflation, and, as a result, they invest too conservatively. It's easy to understand why this happens; nobody wants to lose part of their retirement savings to the ups and downs of the market. And yet, even in retirement, you should consider an appropriate portion of your portfolio for growth depending on your risk tolerance, time horizon, and goals. How? By looking for high-quality stocks—those with strong earnings records, solid man-

agement and competitive products. Of course, even these stocks will fluctuate in value and are subject to market risks, but if you make them part of an investment mix that contains bonds, CDs and government securities, you can go a long way toward smoothing out your portfolio's overall volatility. Remember, though, diversification does not protect against market loss.

- **Underestimating expenses** - Many people assume, almost reflexively, that their expenses will drop drastically during retirement. But that's just not true. While some work-related expenses may indeed go down, other costs will fill the void. You may decide to travel, remodel your home, buy a vacation home—the list is endless. Also, as you move further into retirement, your medical costs will almost certainly rise. If you do underestimate your living expenses, you may be forced to dip into your savings and investments

more than you'd like. Furthermore, you might have to increase your taxable retirement-plan withdrawals—a move that could bump you into a higher tax bracket. The solution? Put a realistic "price tag" on your retirement—well before you retire.

- **Withdrawing money from the "wrong" source** - By the time you retire, you will have probably accumulated sizable sums in both taxable accounts (stocks, bonds, etc.) and tax-deferred accounts (IRA, 401(k)). When you start taking the money out, you may want to withdraw funds from the taxable accounts first, so you can let your tax-deferred accounts continue the opportunity for growth as long as possible.

- **Taking 50 percent late withdrawal penalty** - Sooner or later, you're going to have to take withdrawals from your traditional IRA or your tax-qualified retirement plan, such as a 401(k) or 403(b). If you don't start taking required minimum distributions (RMDs) once you reach 70 1/2, you'll be penalized 50 percent of what you should have taken, plus ordinary income tax. However, at least in the case of your IRA, you do have a possible escape clause from taking RMDs. By converting your traditional IRA to a Roth IRA prior to age 70 1/2, you'll have to pay taxes at the time of the

conversion, but you won't have to take RMDs.

To avoid these and other problems, you may want to work with a financial professional, so that you can develop a plan that spells out, among other things, how much you'll need to accumulate for your chosen retirement lifestyle and where the money will come from. By taking action early, you can put yourself in position to enjoy all the possibilities that retirement offers.

- 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>NEW YORK THEATRE THANKSGIVING TOUR NOV. 24 - 28, 2004 \$1795.00 per person, double</p>	<p>TOURNAMENT OF ROSES & SOUTHERN CA. DEC. 28, 2004 - JAN. 2, 2005 \$1799.00 per person, double</p>	<p>NEW ENGLAND AUTUMN FOLIAGE OCTOBER 2 - 9, 2004 \$1799.00 per person, double</p>
<p>TOUR HIGHLIGHTS</p> <ul style="list-style-type: none"> • Roundtrip air from Kansas City to New York • Four nights at the Hilton NY Hotel including baggage handling • Seats to two shows: "Wicked", starring Axl Gray and "Fangs" currently starring Amber Lane • Tickets to the CHRISTMAS SPECTACLE at Radio City • View the spectacular inflation station of the Macy's Day Parade balloons • Dinner at the elegant Tavern on the Green and Thanksgiving dinner at the Hilton New York • Fully escorted by Travellers, Inc. 	<p>IRISH TREASURES TOUR w/ Golf Option MAY. 14 - 21, 2005 \$2398.00 per person, double</p>	<p>BRANSON HOLIDAYS NOV. 26 - 28, 2004 \$459.00 per person, double</p>
<p>CHARLESTON AND SAVANNAH w/ Jekyll Island * APR. 16 - 22, 2005 \$1798.00 per person, double</p>		
<p>MAUI INVITATIONAL KU Men's Basketball in Maui, Hawaii NOV. 19 - 25, 2005 *Call to pre-register</p>		

"Visit travellers.vacation.com for complete itineraries and reservation forms"

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

MY ANSWER

Belief in Jesus explained

By Billy Graham

Q: What does it mean to believe in Jesus? I have a high school friend who says I need to believe in Jesus, but when I ask her to explain she has a hard time doing it. Maybe you can help me understand. — M.F.

A: I'm thankful your friend is concerned for your spiritual welfare, and the reason (I'm sure) is because she cares for you and wants you to experience what she has experienced — even if she can't explain it. I hope you won't ignore what she is trying

to tell you, for nothing is more important than knowing God.

Let me use an illustration that might help. Suppose you were driving down an unfamiliar highway and came to a bridge across a deep gorge. Before you crossed it, you'd want to ask yourself two questions. First, do I really need to get to the

other side? And second, can I trust the bridge to hold me?

Now that's something like what your friend is trying to tell you about Jesus. You see, we are separated from God, and the reason is because we have sinned. In other words, there is a deep gorge between us and God — one too big for us to cross. And yet we need to get to the other side, because we need God. We need His help right now, and we need His eternal salvation.

What we need is a bridge — and God has provided one, because He

loves us! That "bridge" is

Christ, who gave Himself to save us. Therefore, the Bible says, "he is able to save completely those who come to God through him" (Hebrews 7:25). I pray you will cross that bridge today by trusting Christ and committing your life to Him.

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

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60 Look Who's

The following celebrities turn 60 in August:

- Aug. 2 **Joanna Cassidy**, actress, *Six Feet Under*, *Buffalo Bill*
- Aug. 7 **David Rasche**, actor, *Ryan's Hope*, *Sledge Hammer!*
- Aug. 9 **Sam Elliott**, actor, *Lifeguard*, *The Big Lebowski*
- Aug. 13 **Kevin Tighe**, actor, *Emergency*, *Road House*
- Aug. 14 **Linda Ellerbee**, journalist, Emmy-award winner

Compiled By Kevin Groenhagen,
Kaw Valley Senior Monthly

www.seniormonthly.net

CALENDAR

ART/ENTERTAINMENT

AUG 1-AUG 26

ARTS IN THE PARK

Summer concert series featuring national, regional, and local musical groups/performers. Weekends. MANHATTAN, 785-587-2757

AUG 20

OUTDOOR CONCERT

Family arts, festival and concert. LAWRENCE, 785-864-2787
www.ku.edu/~tied/

BINGO

SUNDAYS

KNIGHTS OF COLUMBUS HALL

2206 E. 23RD ST., LAWRENCE, 6:30 PM, 785-842-2699

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1

3800 SE MICHIGAN AVE, TOPEKA, 6:30 PM, 785-267-1923

MONDAYS & THURSDAYS

AMERICAN LEGION POST NO. 400

3029 NW US HIGHWAY 24, TOPEKA, 6:30 PM, 785-296-9400

MONDAYS & SATURDAYS

LEGIONACRES

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

TUESDAYS

VETERANS OF FOREIGN WARS

138 ALABAMA, LAWRENCE, 6:55 PM, 785-843-2078

WEDNESDAYS & FRIDAYS

VETERANS OF FOREIGN WARS

3110 SW HUNTOON, TOPEKA, 6:30 PM, 785-235-9073

WEDNESDAYS

PINECREST APARTMENTS

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

WEDNESDAYS & FRIDAYS

EAGLES LODGE

1803 W. 6TH ST, LAWRENCE, 7:00 PM, 785-843-9690

WEDNESDAYS & FRIDAYS

EDGEWOOD HOMES

1600 HASKELL, STE 188, LAWRENCE 10:30 AM-12 NOON, 785-760-1504

THURSDAYS

BABCOCK PLACE

1700 MASSACHUSETTS, LAWRENCE 10:30 AM-12 NOON, 785-842-6976

FRIDAYS

BALDWIN SENIOR CENTER

1221 INDIANA, BALDWIN CITY 12 NOON-1 PM, 785-594-2409

FRIDAYS

ARAB SHRINE

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

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

AUG 1-31

MEMORIES OF THE PRAIRIE

A lecture series of Kansas history. Saturdays only. ABILENE, 785-263-2681

AUG 17

VOTE FOR SAM: KANSAS GOVERNOR 1864-1868

Herschel Stroud shares the life and times of our state's youngest governor, Samuel J. Crawford, and his wife Isabel. 7:00 p.m. Watkins Community Museum of History, 1047 Massachusetts. LAWRENCE, 785-841-4109
www.watkinsmuseum.org

AUG 14

HAVE YOU SEEN MY GRANDFATHER?

A lecture by Kyle Erickson and Denver L. Erickson on a soldier's uniform, both the Blue and Gray. 2:00-3:00 p.m. Watkins Community Museum of History, 1047 Massachusetts. LAWRENCE, 785-841-4109
www.watkinsmuseum.org

AUG 21

QUANTRILL'S RAID WALKING TOUR OF DOWNTOWN LAWRENCE

John Jewell and Katie Armitage, beginning on the front steps of Watkins Community Museum, tell the background that built up to the raid, followed by stories of the raid as the participants take an 11 block walking tour downtown. 7:30-8:30 a.m. Reservations required. Fee. Watkins Community Museum of History, 1047 Massachusetts. Lawrence, 785-841-4109
www.watkinsmuseum.org

AUG 21

LAWRENCE IN 1867 THROUGH THE EYES OF A 13-YEAR OLD

Katie Armitage and John Jewell, with the use of primary materials, will explore Lawrence four years after Quantrill's Raid through the eyes of Maggie Harrington. 1:00-2:00 p.m. Watkins Community Museum of History, 1047 Massachusetts. Lawrence, 785-841-4109
www.watkinsmuseum.org

AUG 21

THE HEROES, HEROINES & VILLAINS OF THE QUANTRILL RAID

Tom Mach will discuss why the town of Lawrence was unprepared for the Raid, and share stories of some of the heroes and heroines who played an important role to keep it alive in their community during and after the massacre. 3:00 p.m. Watkins Community Museum of History, 1047 Massachusetts. Lawrence, 785-841-4109
www.watkinsmuseum.org

AUG 21

JOHN FRAZIER, CIVIL WAR CHANCELLOR OF KU

To be presented by Brian DeToy. 6:00 p.m. Watkins Community Museum of History, 1047 Massachusetts. Lawrence, 785-841-4109
www.watkinsmuseum.org

EXHIBITS/SHOWS

AUG 1-SEP 30

VIETNAM: HEALING A NATION'S WOUNDS

Tribute to Vietnam veterans from Douglas County. Memories of the 1960s, as well as many artifacts, letters, clothing, etc. contributed by veterans. Watkins Community Museum of History, 1047 Massachusetts. LAWRENCE, 785-841-4109
www.watkinsmuseum.org

AUG 1-OCT 10

ANCIENT AFRICAN CHRISTIANITY

Icons and sacred art from the long tradition of

Christianity in Ethiopia, Egypt, and Northern Africa.

TOPEKA, 785-234-5993

www.orthodoxmuseum.org

AUG 1-OCT 1

TERRITORIAL KANSAS SESQUICENTENNIAL EXHIBIT

Story of the bloody struggle between abolitionists such as John Brown and proslavery settlers in Kansas Territory.

TOPEKA, 785-272-8681

www.kshs.org

AUG 1-AUG 13

PRODUCE FOR VICTORY: POSTERS ON THE AMERICAN HOME FRONT, 1941-1945

25 vintage replica posters from the Smithsonian Institute illustrate that the factory and home were also arenas of war.

PAOLA, 913-294-4940

AUG 1-SEP 27

CHARLES MARSHALL SR. EXHIBITION

Works by the Kansas artist.

MANHATTAN, 785-532-7718

www.ksu.edu/bma

AUG 1-SEP 6

150 YEARS OF FASHION ACCESSORIES

What were the hot fashion accessories in the late 1800s and throughout the 1900s? This exhibit focuses on the changes through the many years in belts, hats, purses, scarves, cravats, etc. Watkins Community Museum of History, 1047 Massachusetts. LAWRENCE, 785-841-4109
www.watkinsmuseum.org

AUG 4-OCT 31

WILBUR NIEWALD RETROSPECTIVE

Exhibition from the Albrecht-Kemper Museum of Art.

MANHATTAN, 785-532-7718

www.ksu.edu/edu/bma

AUG 14-22

CIVIL WAR ON THE WESTERN FRONTIER

Living history events that focus on historic Lawrence and Douglas County during the early Territorial days and the Civil War.

LAWRENCE, 785-865-4499

www.visitlawrence.com

AUG 18

HISTORY OF A CIVIL WAR SWEETHEART

Maryanne Shutler's great-grandmother lived through the Civil War and many of her possessions have been saved. Shutler will present this Civil War-era wardrobe. 7:00 p.m. Watkins Community Museum of History, 1047 Massachusetts.

LAWRENCE, 785-841-4109.

www.watkinsmuseum.org.

AUG 19

MINE CREEK BATTLEFIELD

Arnold Schofield, historian and member of the Mine Creek Battlefield Board, will discuss the battlefield during the Civil War and what is happening to it today. 7:00 p.m. Watkins Community Museum of History, 1047 Massachusetts.

LAWRENCE, 785-841-4109

www.watkinsmuseum.org.

SEP 1-27

CHARLES MARSHALL SR. EXHIBITION

Work by Kansas artist.

MANHATTAN, 785-532-7718

www.ksu.edu/bma

FESTIVALS/FAIRS

AUG 4-10

CENTRAL KANSAS FREE FAIR

More than a county fair, exhibitors from all of central Kansas. Demolition derby, rodeo, and concert with fireworks.

ABILENE, 785-332-2961

www.ckff.net

AUG 6-8

MCLOUTH THRESHING BEE

Old-fashioned threshing bee, arts, crafts, quilts. Come watch vintage farm equipment in

action.

MCLOUTH, 800-896-3198

www.visitjeffcounty.com

AUG 7

WESTERN HERITAGE FESTIVAL

Heritage games, fastdraw contests, Early American kids' games, chuckwagon cook-off, western music festival, and Wild Bill Hickok impersonators.

ABILENE, 800-569-5915

www.abilenecityhall.com

AUG 10-14

LEAVENWORTH COUNTY FAIR

Parade, rodeo, 4-H/FFA and open class exhibits, games, carnival rides, food, livestock auction, food, rodeo, demolition derby.

LEAVENWORTH, 913-250-2300

AUG 14

MERIDEN FUN FEST

Parade, children's games, dunk tank, street dance, food vendors.

MERIDEN, 800-896-3198

www.visitjeffcounty.com

AUG 20-22

FLINT HILLS BEEF FEST

Three days celebrating the grass cattle industry. Entertainment, competitions, rodeo, and beef dinners.

EMPORIA, 620-343-4741

www.beefest.com

AUG 27-28

ROOTS FESTIVAL

Two days of music from all genre music and cultures, ranging from bluegrass to Chinese dance.

PAOLA, 913-557-3893

www.rootsfestival.org

AUG 27-28

TIBLOW DAYS

Annual heritage celebration including parade, carnival, car show, music, arts and crafts, and 5K run.

BONNER SPRINGS, 913-422-5044

www.bonnersprings.org

HEALTH

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 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 Suppliers). 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

9-11 AM

SECOND THURSDAY OF EACH MONTH

MEDICATION CLINIC

Bring questions about your medications (prescription or over-the-counter), 1:30-2:30 p.m. Call for appointment.

HEALTHWISE 55 RESOURCE CENTER,

TOPEKA

785-354-6787

SECOND THURSDAY OF EACH MONTH

BLOOD PRESSURE AND HEALTH INFORMATION

Sponsored by the West Ridge Mall merchants.

CONTINUED ON PAGE 11

CALENDAR

CONTINUED FROM PAGE 10

Conducted in mall's food court. No appointment 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

**AUG 4
CHOLESTEROL SCREENING**
A fingerstick test providing a total blood cholesterol reading in five minutes. \$5 per person. No fasting or appointment necessary.
LMH HEALTH SOURCE ROOM
3:30-5:30 PM

**AUG 6-8 AND 13-15
BASIC SWEDISH MASSAGE TRAINING**
With Necia Gamby. Learn one-hour massage routine. Fri. 6:30 to 9:30, Sat. and Sun. 11:00 a.m.-5:00 p.m. Fee.
THE LIGHT CENTER, 785-255-4583

**AUG 21
PURIFICATION LODGE FOR MEN AND WOMEN**
With Chief Lee Yelloweyes, traditional Cheyenne ceremony. 4:00 p.m. Reservations. Love offering. Overnight space available.
THE LIGHT CENTER, 785-255-4583

**AUG 21 & 22
HEALING TOUCH-LEVEL ONE**
With Robin Goff at St. Josephs Health Center. Kansas City. 18 CE for massage and nurses 9:00 a.m.-6:00 p.m. both days. Learn hands-on energy healing techniques and theory. Fee.
THE LIGHT CENTER, 785-255-4583

**AUG 28
FOUNDATIONS OF HOLISTIC NURSING:
ENERGY MEDICINE AND STRESS
MANAGEMENT**
With Robin Goff, nurse/chaplain 9 CE for nurses. 8:30 a.m.-5:30 p.m. Fee.
THE LIGHT CENTER, 785-255-4583

**AUG 29
MEDITATION FOR PEACE AND HEALING**
Join us to build energy for a new, more peaceful world with Robin Goff.
THE LIGHT CENTER, 785-255-4583

**SEP 1
CHOLESTEROL SCREENING**
A fingerstick test providing a total blood cholesterol reading in five minutes. \$5 per person. No fasting or appointment necessary.
LMH HEALTH SOURCE ROOM
8:00-11:30 AM

MEETINGS

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

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

**THURSDAYS
OLDER KANSANS**

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

**THURSDAYS
GRIEF AND LOSS SUPPORT GROUP**
For individuals caring for an aging loved one and dealing with the losses associated with their physical decline. Sponsored by Heart of America Hospice and Pioneer Ridge. Limited spaces available. Pioneer Ridge Assisted Living Library, 4851 Harvard, 7:00 p.m.
LAWRENCE, 785-841-5300

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

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

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

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

**THIRD MONDAY OF EACH MONTH
SELF HELP FOR THE HARD OF
HEARING (SHHH)**
SHHH is a non-profit, educational organization dedicated to the well-being of people of all ages who do not hear well.
BABCOCK PLACE, 1700 MASSACHUSETTS,
LAWRENCE, 1 PM

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

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

**FOURTH TUESDAY OF EACH MONTH
LAWRENCE PARKINSON'S SUPPORT
GROUP**
PIONEER RIDGE ASSISTED LIVING LIBRARY
4851 HARVARD, LAWRENCE, 6:30 PM
785-344-1106

**AUG 27
AARP CHAPTER 1696 ANNUAL PICNIC**
Catered buffet, live entertainment. \$6.00 for chapter members, \$11.00 for non-members and guests. Douglas County Fairgrounds, 11:00 a.m.-2:00 p.m.
LAWRENCE, 785-842-0446

MISCELLANEOUS

**AUG 1-SEP 26
PASSPORT TO ADVENTURE**
Hike the creatures feature trail and meet wild Kansas animals.
OLATHE, 913-764-7759

**AUG 5-7
WILD BILL HICKOK PRCA RODEO**
Named one of the top five outdoor small rodeos in America. Three nights of the best cowboys in America.
ABILENE, 800-569-5915

**AUG 10
SO YOU WANT TO BE A MILLIONAIRE?**
Learn about trust lingo and services in a fun, game environment. Prizes will be awarded. Call Barbara Braa to reserve your seat. Corner Bank, 4621 W. 6th St., 4:30-5:30 p.m.
LAWRENCE, 785-838-9400

**AUG 15
IMMACULATE CONCEPTION CATHOLIC
CHURCH PICNIC AND REUNION**
114th annual. Chicken dinner will be served in the church's air-conditioned dining room, which is handicapped accessible. Carry-out dinners may be picked up at 3:30 p.m. Picnic starts at 4:00 p.m. Dinner tickets are \$6 for adults, \$3 for children under 12. Games and prizes on the church grounds will include bingo, a fish pond, train rides and country store.
ST. MARYS, 785-437-2408

**AUG 21
BATTLES AND TRAILS**
Civil War memorabilia, pioneer prairie schooner, sunflower sod stompers, Volksmarch 10K run.
OSKALOOSA, 800-896-3198
www.visitjeffcounty.com

**AUG 21
GREAT TOPEKA DUCK RACE**

10,000 adopted ducks are sent on their way to the finish line. Donations are assigned to ducks.
TOPEKA, 785-267-1156
www.topekaduckrace.org

**AUG 22
DOGS DAY OUT**
Swim beach open for dogs and their owners to enjoy the lake swimming.
TOPEKA, 785-267-1156

**AUG 22
STATE FIDDLING AND PICKING
CHAMPIONSHIPS**
Open competition in fiddle, banjo, guitar, mandolin, dulcimer, other instruments, and ensemble folk singing. Concerts and children's activities.
LAWRENCE, 785-841-7817
www.visitlawrence.com

**AUG 24-SEP 28
PICKING SUNDAYS**
Enjoy a day of grape picking as the harvest meets the wine cellar. Taste the grapes and the juice.
BASEHOR, 913-724-9463
www.holyfieldwinery.com

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.

Worried about an aging or disabled family member?

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Adaptive Fit

Candace Sedlacek

Occupational Therapist cert./Assistive Technologist

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BOOKSHELF

Summertime reading

By Margaret Baker

Readers have asked what "ISBN" is. It stands for International Standard Book Number, and is unique to each book. It is useful in ordering a book not found on the shelf in the store or library. Here are new arrivals for summertime reading:

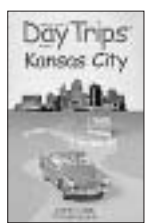
Maney, Mabel: *The Girl with the Golden Buffant* (HarperCollins trade paperback, \$14.95, ISBN 0-380-80311-9) *Espionage spoof*

The name is Bond, Jane Bond—James' twin sister, normally a clerk in Her Majesty's Secret Service headquarters. James is recovering from facial burns sustained when his hair pomade caught fire. Jane dons the proper disguise and attends the International Spy Convention (an all-male event) as Agent 007.

Unbeknownst to the upper echelon, Jane is also President of Girls In Europe Organized to Right Grievances and Insure Equality (G.E.O.R.G.I.E), an all-girl spy network.

A gay romp spoofing the Bond books and movies!

Stein, Shifra: *Day Trips from Kansas City 13th edition* (Globe Pequot Press, \$12.95 trade paperback, \$12.95, ISBN 0-7627-2971-6)



Handy day trip guide, revised every two years, for those "let's go for a drive" days.

Trips are divided by compass directions from Kansas City, shows routes, and describe sights,

shopping, meals and lodging. A foreword indicates price ranges, and an appendix lists annual festivals.

There are gaps—Baldwin's Maple Leaf Festival and Wyandotte County and McPherson's Scottish Festivals are omitted, for example.

Max Yoho: *The Revival* (Dancing Goat Press, \$12.95, ISBN 0-9708160-0-6).

Stories of childhood in Kansas, starting with the two rival churches' revivals, set the same week. As



Yoho says, every man, woman, child and cocker spaniel—if it looks Methodist—is expected to be there. And, of course, if something goes wrong, always blame the boy.

Read-aloud fun for all. Tom Sawyer without the Mississippi River.

Short stories are often just right for summer, and there are two new collections:

Donna Andrews, Editor: *Chesapeake Crime* (Quiet Storm, \$24.95, ISBN 0-9749-6080-2)



The Chesapeake Bay may look peaceful, but lust, greed, and malice lurk, and these authors uncover these human foibles brilliantly. The tales run the gamut from cozy to humorous to dark to supernatural. Reviewer's favorite? Verna Suit's *Through the Roof*, a tale of poetic justice.

Kathy Lynn Emerson: Murders and other Confusions (Crippen & Landru, \$17.00 trade paperback, ISBN 1-932009-21-3).

Emerson sets her Lady Appleton mysteries in medieval times. Historical mysteries often rise and fall on the basis of research. Emerson's research authenticates her work, allowing the reader to delve into the period without being beat over the head with extraneous detail.



New volumes in series just out:

Kathleen Hills: Hunter's Dance (Poisoned Pen Press, \$24.95, ISBN 1-59058-094-X)

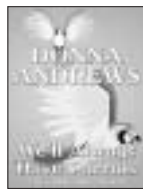
Hills continues her stories of introspective John McIntire, who left the Finnish farming and fishing community in Michigan's Upper Peninsula to serve in the Second World War. His latent linguistic skills emerged, and he stayed in service until retirement. Now he's home, elected policeman.

Antagonism erupts among the native Indians, the fishing and farming folk, and the wealthy people who have acquired the fishing and hunting rights for a large "Summer

Cottage" private enclave following a community dance at the start of the hunting season.

Taut plot, well-drawn characters, realistic dialogue combine to make this a darn good read for summer—or any other time.

Donna Andrews: We'll Always Have Parrots (St. Martin's Minotaur, \$23.95, ISBN 0-312-27732-6)



Fourth in the Meg Langslow mystery series. Meg and her fiancé Michael attend a convention of fans of a fantasy soap opera, *Porfiria, Queen of the Jungle*. Mike, a college professor of theatre, has a continuing role as one of the romantic leads. The convention hotel is decorated with monkeys, parrots, even a tiger. The monkeys have figured out how to get themselves and the parrots out of the cages, so they are having as good a time as the fans. Umbrellas sell out.

The lead (Porfiria) is a tantrum-pulling termagant, and no one is all that sorry when she's killed. Still, Meg wants the real motive, and murderer caught.

Wonderful setting with egotistical actors, costumed fans, convoluted plot—everything not quite over the edge but mighty close!

Mary Daheim: This Old Souse (Wm. Morrow, \$23.95, ISBN 0-380-97869-5) Judith Flynn and her cousin Renee are up to more trouble in this popular Seattle Bed and Breakfast series.

She agrees to help Renee learn more about the old dilapidated Spanish mansion in the neighborhood, which even in their youth looked abandoned. She looks around, talks to the milkman and UPS man, but can't get in. She leaves to get the shopping down.

How can even Judith get into trouble putting her groceries in the truck of her car? When the trunk is occupied by a dead man, that's how.

Daheim deftly winds her plot around zany characters with witty and snappy dialogue.

Carolyn Hart: Letter From Home (Berkeley, \$22.95, ISBN 0-425-19179-6)

Oklahoman Hart is well known

for her two mystery series—Death on Demand Bookstore cozies and Henri O's more serious sleuthing. This is a "stand-alone", publishers' term for a book outside a series.

Gretchen Gilman is just 14 the summer she gets an intern position at the local newspaper, 1944. That's also the summer her best friend's mother is slain. She'd loved dancing, and folks thought a woman whose husband was a soldier shouldn't go dancing. Many think her husband killed her in a jealous and justifiable rage.

Gretchen writes the story she knows is true, knowing the community will turn against her.

A gut-wrenching story of coming-of-age, of a good writer becoming a great one and embracing the basic concept of good journalism—tell truth.

The Ears Have It (Books on tape):

Robert Jordan: Eye of the World and The Great Hunt (Audio Renaissance, \$59.00 each, ISBNs 1-59397-432-9 and 1-59397-433-7) *Fantasy*

The first two volumes in a fantasy series are read by Kate Reading and Michael Kramer. Thus there is an element of drama not present when one reader, no matter how talented, is the sole voice. Lots of action, monsters, heroes and villains in a world not of Earth!

These introductory volumes are lengthy (25 CDs and 22 CDs) and might be the ticket for that long drive this summer. The print editions came out in 1990 and 1991 from TOR.

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



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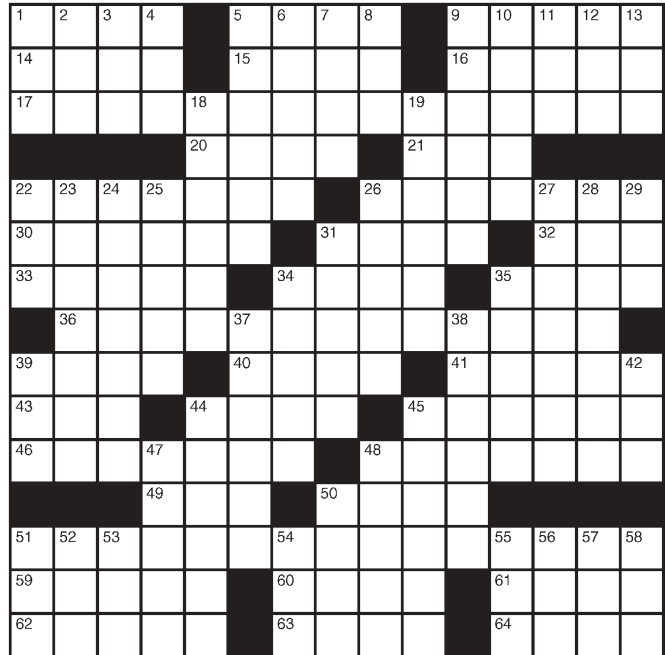
ACROSS

- 1 Toe the line
- 5 Scholarly volume
- 9 Wet thoroughly
- 14 Take on
- 15 Concept
- 16 Pixyish
- 17 Carrot-top's cousin?
- 20 Solemn ceremony
- 21 Time to remember
- 22 Spiny trees
- 26 Ammunition wagon
- 30 Turn around
- 31 Overtake
- 32 Slash mark
- 33 Big hit
- 34 Nautical direction
- 35 Cleansing ritual
- 36 Fats Domino hit
- 39 Pix about people
- 40 Nervous
- 41 Jockey Arcaro
- 43 Green-card org.
- 44 Criticize severely
- 45 Author of "The Honorary Consul"
- 46 Subhuman
- 48 Iditarod participant
- 49 PC key
- 50 Yellow and Black
- 51 Mark Twain character
- 59 See eye to eye
- 60 Egg on
- 61 Territory

- 62 Demi Moore film
- 63 Requirement
- 64 Small salamander

DOWN

- 1 Cries of surprise
- 2 Took the bait
- 3 Goof up
- 4 Indeed
- 5 Shinbones
- 6 "Waiting for Lefty" dramatist
- 7 Slight
- 8 Corn serving
- 9 Rubble
- 10 Earthenware vessels
- 11 Sci-fi craft
- 12 Iniquity
- 13 Conclusion
- 18 Squirm
- 19 Like bad bread
- 22 ___ longa, vita brevis
- 23 Merge
- 24 Perplexed
- 25 ___ belli (cause for war)
- 26 Keep in stock
- 27 Burned with liquid
- 28 Silhouette
- 29 To the ___ degree
- 31 Gershwin hero
- 34 Bike feature
- 35 Tarried
- 37 Arrive past due
- 38 Misbelief
- 39 Apron element
- 42 Auction ending?



By Diane C. Baldwin
Columbia, MD

Answers on page 21

- 44 Boneless cut of meat
- 45 Stared fixedly
- 47 Confiscates
- 48 Suit fabric
- 50 Exceedingly dry
- 51 Old crone
- 52 Inarticulate comment
- 53 ___-Magnon
- 54 Hot-dog holder
- 55 Air circulator
- 56 Wrath
- 57 Original
- 58 ___ "King" Cole

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MAGICWORD

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

ATHENS 2004 (sol.: 8 letters)

A-Archery, Athletes, August; B-Badminton, Boxing; C-Canoeing, Ceremony, Compete, Cycling; D-Diving; E-Events; F-Fans, Fencing, Flame, Football; G-Games, Gear, Greece; H-Hall, Host; J-Judo; M-Marathon, Medals; N-Nations; P-Polo, Pride; R-Represent; S-Sailing, Schedule, Shot put, Sports, Swimming; T-Tennis, Tickets, Triathlon; V-Venues, Visit, Volleyball

This Month's Answer:

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OLRAEGTNERPER
YNOTNIMDABTISIV
MGNILIASETELHTA
PIVPGNIMMIWSNAF
CIOTSOHNOHTARAM
DLSLADEMGNILCYC
OLEDIRPAESLGSRAN
NATIONSVUAOAIEN
GBSEUNEVHGD MNHO
NYFOOTBALLUENCE
IELFENCINGJSERI
XLAPNOLHTAIRTAN
OLMYNOMERECEERG
BOELUDEHCSPTS
CVSTEKCIITUPTOHS

JUMBLE

THAT SCRAMBLED WORD GAME
by Henri Arnott and Mike Argitt

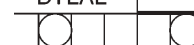
Inscramble these four Jumbles, one letter to each square, to form four ordinary words.

MENOG



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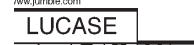
DYLAL



TUPSID



LUCASE



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

Answers on page 21

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

TRIVIALITIES

1. Who starred as Patience Philips in the 2004 film "Catwoman"?
2. For which film did Halle Berry win the best actress Oscar?
3. Who starred as Gabriel Shear in the 2001 film "Swordfish"?
4. Pierce Brosnan starred as James Bond in what 2002 action film?
5. Patrick Stewart starred as Professor Charles Xavier in what 2000 film?
6. Who directed the 2003 film "Gothika"?
7. Amy Holden Jones directed what 1996 film starring Halle Berry and Peter Greene?

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Answers on page 21

HUMOR

Grant Us

Late last spring I was sitting in my office weighing my summer options. My wife Emmaline and I could take a luxury cruise to Tahiti. We could go on a five-star guided tour of Scandinavia. We could rent a cottage at Martha's Vineyard.

Actually, I wasn't weighing my summer options, I was daydreaming.

My real options were much more proletarian. I could get a job stocking shelves at the local Wally World, I could get on as a flagman on a county road crew, or I could sell



Larry
Day

magazines door to door.

It's like that every summer. From September to May, I teach infographic communicology part time at Letongaloosa Community Junior College. Because I teach part time, my paychecks end when my last class is over. That's when the prospect of an impecunious summer looms on the horizon like a cloud of Mormon crickets.

As I pondered these realities, the phone rang. It was my boss, the dean of the college, Dr. Ima Farseer. Letongaloosa Community Junior College has two departments: The Department of Technology et. al., and the Department of et. al., et. al.

"Would you like to make some extra money this summer?" asked Dean Farseer.

"Do I have to bump anybody off?" I asked.

"No," she said. "There may be some grant money available."

Dr. Farseer explained that last fall Prof. Johan Swifter and Prof. Leo Toliovsky had submitted separate research proposals to the Federal Furtherance of Communicology Commission (the FFCC). In January the FFCC informed them that it would fund a joint proposal.

"Where do I come in?" I asked.

The dean said that after nearly five months of effort, professors Toliovsky and Swifter hadn't come up with a joint proposal.

"The grant submission deadline was looming like a cloud of Mor-

mon Crickets," she said. "I want you to work with them. If you succeed in getting them to submit a joint proposal before the FFCC deadline, I'll pay you \$500 out of the 35 percent overhead that the college collects on all funded research."

"Wow," I said. "That's more than I made all last summer working at Wally World. How big is the grant?"

"Eight thousand dollars," she said.

"That's big money," I said.

"Right," she said, "The overhead on that grant would be the equivalent to the entire discretionary budget of the college for an entire year. That's why it's so important. Will you do it?"

"I'd love to," I said.

I decided to take on Prof. Leo Toliovsky first. He was the senior professor—by two weeks. Toliovsky and Swifter both joined the faculty the year Letongaloosa Community Junior College was founded. Toliovsky teaches The Theory of Fictitious Creativeness in the department of et. al., et. al.. He is a prolific fiction writer and poet. One of my students told me that Prof. Toliovsky has received more rejection slips than any other writer in America.

Prof. Toliovsky is a tall man with a shock of white Carl Sandberg hair. His office is pincushion neat. The icons on his computer screen are symmetrically aligned. The "IN" box is precisely aligned with the right rear corner of the otherwise empty desktop. The "OUT" box is similarly aligned on the left rear corner. When I visited him, The IN box was empty. In the OUT box was a neat stack of graded papers. The books on the floor to ceiling shelves are meticulously arranged by size and color, rather than by author, title or subject.

"Dr. Farseer wants me to work with you and Prof. Swifter on your grant proposal," I said.

"The Dean indicated to me that it was her intention to seek the assistance of a disinterested third party in this endeavor," he said.

"I just want to help," I said.

"I sincerely hope that you can," he said. "There is, I assure you, no animus between Johan and me. We have successfully negotiated 99 percent of the joint project on the telephone and by electronic mail. Nevertheless, when we meet face to

face to transact the final few details, our efforts are fruitless. I have no idea why that should be the case, but it is."

"I'll talk with Prof. Swifter," I said.

"Such an endeavor would meet with my complete approbation," said Toliovsky.

Prof. Johann Swifter teaches Theory of Techno-creative Expressionism in the Department of Technology, et. al. The disarray in his office was monumental. Piles of books, file folders, student papers, and pieces of obsolete computer equipment covered every square inch of the office floor. Swifter's desk, which was in the center of all this chaos, was awash with debris. Messages, scrawled on yellow Post-it notes, were sticking on every flat surface. Swifter's huge computer screen was an unintelligible hodgepodge of icons.

Johan Swifter himself can best be described as Shakespeare's Falstaff playing Professor Johan Swifter.

"Hello, Professor Swifter," I said.

"Sit down, sit down," he roared. "You're the hired gun from the dean's office."

"You're well informed," I said.

"I'm bright too. Bright but slow," he said.

"I spoke with Prof. Tolivsky just now," I said. "He told me that you and he agreed months ago on all the major points of the combined grant proposal by e-mail and over the telephone."

"Right on, brother," said Swifter. "But when we try to work face to face on the final draft, we get nowhere. If we meet in his office, I get goose bumps and hot flashes, and in less than five minutes I'm outta there. The same thing happens to him when we meet here in my office. He opens the door, he says 'hello,' he sits down, he stands up, he says 'goodbye,' and he's outta here."

"Have you tried meeting on neu-

tral ground?" I asked.

"We've tried that several times, but that doesn't work either," he said. "We both get heart palpitations and the cold sweats."

"So you are comfortable here in your office, and Prof. Voliovsky is comfortable in his office, but never the twain can meet," I said.

"That about sums it up," said Swifter.

"I've have an idea," I said. "I'll work on it and get back to you both,"

"Good luck, man," he said.

I went back to my office and picked up the telephone.

"This is a job for super geek," I said, and I dialed my old friend Dr. Henry Mullins, the brilliant research engineer at Middledorf University out in California.

"How are you Henry," I asked.

"I'm busier than a one-legged man in a butt kicking contest," he said. "How the hell are you?"

"I'm well, thank you, but I need your help. When I visited you last spring, you showed me a virtual reality gizmo you had just invented. Can I borrow it?"

"Shore thing," he said. "What 'dya wanna do, make yer wife think she's havin' a vacation in Tahiti?"

"I might do that later, but first I have to make a couple of professors think they're sitting in their own offices when they're really sitting side by side in my office."

"It'll be a lead pipe cinch with that gizmo," said Henry. "I'll overnight it to you."

And the rest, as the man said, is history. Right now, I'm enjoying my five hundred dollars, and Emmaline is enjoying being on vacation in Tahiti, virtually.

- 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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COOKING LIGHT

Southwestern steak and pinto beans

By Karen Levin

You can round out this dish with your favorite corn bread.

- 1 teaspoon garlic salt
- 1 teaspoon ground cumin
- 1/4 teaspoon ground red pepper
- 1 pound boneless sirloin steak, trimmed
- Cooking spray
- 1 teaspoon vegetable oil
- 1 cup diced red bell pepper
- 1/2 cup bottled chunky salsa, divided

- 1 (15-ounce) can pinto beans, rinsed and drained
- 1/4 cup chopped cilantro

1. Heat a grill pan over medium-high heat. Combine first 3 ingredients. Remove 1 teaspoon cumin mixture, and set aside. Sprinkle remaining cumin mixture evenly over steak. Lightly coat steak with cooking spray. Place steak in grill pan; cook 4 minutes on each side or until desired degree of doneness. Remove from pan; let stand 5 minutes. Cut into thin slices.

2. While steak cooks, heat the oil in a medium saucepan over medium-high heat. Add bell pepper; saute 4 minutes or until tender. Add reserved cumin mixture, 1/4 cup salsa, and beans; cook 1 minute or until thoroughly heated, stirring constantly.

3. Place 1/2 cup bean mixture on each of 4 plates; divide beef evenly over bean mixture. Top each serving with 1 tablespoon salsa and 1 table-

spoon cilantro. Yield: 4 servings.

CALORIES 267 (27 percent from fat); FAT 8g (sat 2.6g, mono 2.9g, poly 1.3g); PROTEIN 27.5g; CARB 21g; FIBER 6.4g; CHOL 63mg; IRON 4.6mg; SODIUM 640mg; CALC 73mg.

Cooking light chile-glazed shrimp

By Karen Levin

Serve over rice noodles with steamed sugar snap peas.

- 2 teaspoons dark sesame oil
- 1 teaspoon bottled minced garlic
- 1 1/2 pounds large shrimp, peeled and deveined
- 1/2 cup thinly sliced green onions
- 1 tablespoon low-sodium soy sauce

- 1 tablespoon honey
- 1 teaspoon sambal oelek (ground fresh chile paste)

1. Heat a large nonstick skillet over medium-high heat. Add oil to pan. Add garlic and shrimp, and stir-fry 2 minutes. Add the onions, soy sauce, honey, and sambal oelek; stir-fry 3 minutes or until shrimp are done. Yield: 4 servings (serving size: 3/4 cup).

CALORIES 225 (21 percent from fat); FAT 5.2g (sat 0.9g, mono 1.3g, poly 2.1g); PROTEIN 34.8g; CARB 7.6g; FIBER 0.6g; CHOL 259mg; IRON 4.3mg; SODIUM 441mg; CALC 91mg.

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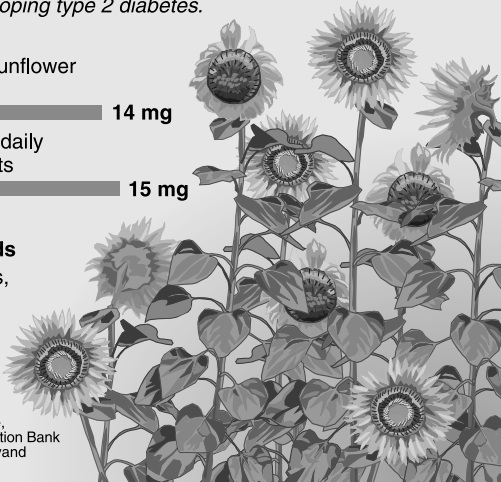
Recommended daily amount for adults

15 mg

Ways to serve sunflower seeds

- Bread, snacks, salads
- Grain and vegetable main dishes

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Source: Diabetes Care, Feb. 2004; KRT Illustration Bank
Graphic: Jakob Jensbyand Randy Stephenson



Take a closer look

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BRIDGE

Plan ahead

By Omar Sharif and Tannah Hirsch

Neither vulnerable. North deals.

NORTH		EAST	
♠ AKJ43		♠ Q87	
♥ AKQ2		♥ 87	
♦ 65		♦ A74	
♣ K7		♣ QJ832	
WEST		SOUTH	
♠ 1096		♠ 52	
♥ 10953		♥ J64	
♦ KQ102		♦ J983	
♣ 65		♣ A1094	

The bidding:

NORTH	EAST	SOUTH	WEST
1♠	Pass	1NT	Pass
3♥	Pass	3NT	Pass
Pass	Pass		

Opening lead: King of ♦

When you have a difficult discard to make, don't squirm and show you are in trouble - you might as well tell everyone what you are holding. Plan in advance and then discard in tempo, as if you don't have a care in the world.

North's 20 near-prime high-card points fully justified a jump shift at

his second turn. Reverse South's major-suit holdings and a correction to three spades would have been in order. As it is, with at least one club stopper and a partial stopper in diamonds with length in the suit, South's three no trump cannot be challenged.

West led the king of diamonds and, in response to partner's encouraging seven, continued with a diamond to the ace. East's diamond continuation allowed West to take two more diamond tricks, dummy parting with two spades. At this point East must not only make a discard, but can see that he probably needs to make two more on hearts. He should plan those discards now!

The defender can spare two clubs, but to part with a third almost certainly will set up two clubs for South, who surely started with four clubs headed by the ace. While blanking the queen of spades is not a happy circumstance, there is no alternative.

On the fourth diamond East smoothly discarded the seven of spades! Declarer won West's heart exit in hand and cashed three more heart tricks as East stuffed two clubs. After cashing the ace of spades, declarer tried the king and ace of clubs, but nothing good happened. With nothing to guide him, South now took the spade finesse - down two.

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Restaurant Guide

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

Record \$18M federal grant boosts biomedical research in Kansas

The National Institutes of Health has awarded a multimillion-dollar grant to further life sciences research at the University of Kansas and throughout Kansas. It is the largest grant ever awarded to a Kansas university.

The five-year, \$18 million grant has been awarded to Joan Hunt, principal investigator and senior associate dean for research and graduate education at the KU School of Medicine in Kansas City, Kan.

The Kansas IDeA Networks of Biomedical Research Excellence (K-INBRE) grant will continue the work started by \$8.2 million in Kansas Biomedical Research Infrastructure Network (K-BRIN) grants, first awarded to Hunt in 2001. These grants helped to establish a cooperative intercampus biomedical research program at nine campuses throughout Kansas.

"K-BRIN and K-INBRE grants help us develop life sciences researchers in Kansas, foster communication among researchers throughout the state, attract and keep the brightest students and faculty, and strengthen our in-

vestment in Kansas biomedical research initiatives," Hunt said.

Recipients include the KU Medical Center in Kansas City, Kan., KU in Lawrence, Kansas State University in Manhattan, and Wichita State University, all of which award doctorates in biological sciences, and undergraduate programs at Emporia State University, Fort Hays State University, Haskell Indian Nations University in Lawrence, Pittsburg State University and Washburn University in Topeka.

"Sharing state-of-the-art technology and experimental strategies as well as increasing training opportunities will strengthen Kansas universities' capacity to conduct competitive, leading-edge biomedical research and the ability of our researchers to win federal grants," Hunt added.

Examples of current programs funded by these grants include:

- Developing bioinformatics capacity at KU, Kansas State and Wichita State, the state's three universities that offer graduate degrees

—a first for the state. The technology applies computer power to analyze massive amounts of research data—a new and powerful tool for researchers that was developed after the completion of the human genome project. Instruction is carried throughout the state by the TeleResearch Network. This interactive network fosters collaboration among students and faculty in ways never

possible before K-BRIN funding.

- A Faculty Scholars Program that awards \$10,000 to outstanding faculty who demonstrate excellence in research, teaching and service to the state's universities.

- A Summer Scholars Program that awards 30 students at eight state universities a \$3,000 stipend each to pursue research projects in basic and clinical science.

ANNUAL PICNIC!

AARP
Chapter 1696



Date: Friday, August 27
Time: 11:00 a.m.-2:00 p.m.

Live Entertainment

Place: Douglas County Fairgrounds

Catered Buffet, \$6.00 for Chapter 1696 Members, \$11.00 for Non-Members and Guests.

Call Suzanne McColl at 842-0446 for information.

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Kaw Valley Wedding PLANNER

Distribution of the 2005 Kaw Valley Wedding Planner will begin in November.

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www.kawmall.com/weddings



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Quilters' Paradise 713 8th St.	Legionacres 3408 W. 6th St.	TOPEKA
S & J Catering 309 Ames St.	Merle Norman Cosmetics 10 E. 9th St.	Capitol Plaza Hotel 1717 SW Topeka Blvd.
LAWRENCE	Prairie Patches 821 Massachusetts St.	Fairlawn Plaza 21st and Fairlawn
Bitter Sweet Garden & Floral Design 514 E. 9th St.	Pure Elegance 1405 Massachusetts St.	Randall's Formal Wear 1700 SW Wanamaker Rd.
Community Mercantile 901 Iowa St.	Regal Nails 3300 Iowa St. (inside Wal-Mart)	A complete list of locations as well as an online version of the Kaw Valley Wedding Planner are at www.kawmall.com/weddings
Copy Co. 1401 W. 23rd St.	Steve's Place 31st & Louisiana Sts.	
Dermatology Center of Lawrence 830 Iowa St., Suite 6	Sunflower Rental 3301 W. 6th St.	
Eagles Lodge 1803 W. 6th St.	Travellers, Inc. 831 Massachusetts St.	
Elegant Grace (Opening in 2004) 3727 W. 6th St., Ste D	Walker's Fine Jewelry 4931 W. 6th St.	
Englewood Florist 1101 Massachusetts St.		

GROENHAGEN ADVERTISING

Win a date to the CMAs with David Kersh

Country Western Artist David Kersh—whose top hits include *Goodnight Sweetheart* and the Brad Paisley-written *Another You*—is committing his big heart and considerable talent to a campaign sponsored by Wrangler Jeans and Cowboys for Children to promote awareness of the national program serving abused and neglected children called "CASA"—short for "Court Appointed Special Advocate." David has written a song, *When I Look at You*, that you can download from www.cowboysforchildren.com, and at the same time automatically register for the "Win a Date with David to the 2004 Country Music Awards." You can also register for the contest at www.davidkersh.com. One lucky winner will be David's guest to the CMAs in Nashville, Tenn., on November. The winner will receive free round-trip airfare to Nashville, two nights' hotel accommodations, a full day of pre-show spa treatments and makeover, plus evening attire specially designed for the winner by Denver-based, internationally-acclaimed fashion designer, Doug Paris. The contest begins July 19 and ends September 17, 2004. The winner's name will be announced September 20, 2004. Donations made by music fans in Douglas County will be distributed by National CASA to Douglas County CASA.

When Kersh first learned about the CASA program earlier this year, he knew he just had to get involved. "I had a great childhood," says Kersh, "and it broke my heart to realize that so many kids have a completely different experience growing up. When I learned about what CASAs provide for abused and neglected children, I wanted to do whatever I could

to help make a difference." David's song, *When I Look at You*, expresses his admiration for kids who struggle with abuse and neglect, and he is delighted that the revenue it generates will be used to fund CASA programs throughout the country.

Kersh and Wrangler Jeans are excited to be part of *Cowboys for Children*, a nonprofit organization that supports children's organizations across the country. "CASAs make a difference in the lives of abused and neglected children," says Cowboys for Children President Jason Adams, "because they often know more about the children and what's right for them than anyone else working on the case. Judges tell us time and again that with the input of a CASA volunteer, they are better able to make decisions to serve the child's best interest."

Between performance dates, Kersh is in the studio recording his third album with an anticipated December release date. He's also touring and performing as part of the Wrangler Concert Series "Honky Tonk Tailgate Party," featuring Kersh, Rhett Akins, Chad Brock and Daryle Singletary with 60 dates scheduled for 2004.

Douglas County CASA has been serving the abused and neglected children in Douglas County since 1991. Since its inception, over 370 community volunteers have served over 550 children in our county.

The National CASA Organization is the nonprofit agency that oversees the more than 900 CASA agencies throughout the country. CASA volunteers get to know abused and neglected children in their communities and stand up for them in court to ensure that their best interests are served. For more information about CASA, visit www.nationalcasa.org.

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 cities 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



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Research breakthroughs could result in 45 percent decrease in Alzheimer's cases by 2025

A new Alzheimer's Association report released on June 23 shows that medical research breakthroughs could result in nearly three million fewer Americans with the disease and \$149 billion in annual Medicare and Medicaid savings by 2025.

Speaking at a Capitol Hill press conference with members of the Senate and House, Sheldon Goldberg, president and CEO of the Alzheimer's Association, urged Congress to increase the federal investment in Alzheimer research at the National Institutes of Health to at least \$1 billion annually.

"With a five-year investment in research, we could achieve major breakthroughs in delaying the onset of the disease and slowing its progression," Goldberg said. "The resulting savings to our overburdened health care system would be astronomical. If Congress wants to control health care costs, Alzheimer's disease is the place to begin, and the time to begin is now."

Goldberg said that for every dollar spent now on research, taxpayers would receive a tremendous return in future savings on Medicare and Medicaid costs—12 to 1 by 2015, 30 to 1 by 2025, and over 100 to 1 by 2050—if the disease could be delayed a few years and its progression slowed. Preventing the disease would produce an even higher return.

Senator Arlen Specter (R-PA), Chairman of the Senate Appropriations Labor Health and Human Services Subcommittee stated, "these findings show that increasing spending now for Alzheimer research will pay significant dividends for the future in terms of both lessening human suffering and saving billions of dollars in Medicare and Medicaid spending. I'm delighted to join with the Alzheimer's Association in calling for setting the goal of \$1 billion for Alzheimer research."

Today, Medicare beneficiaries with Alzheimer's account for 34 percent of Medicare spending, even though they constitute only 12.8 percent of the population over the age of 65. With the nation's 77 million baby boomers approaching old age, the number of Americans with the disease and associated costs are projected to soar. Adequate funding for research on prevention and treatments must begin now because the boomers will begin to enter the age of risk for the disease in 2010.

The report, entitled, Saving Lives, Saving Money: Dividends for Americans from Investing in Alzheimer Research, was conducted by the Lewin

Group, an international health and human services consulting firm, on behalf of the Alzheimer's Association. The firm analyzed the impact of Alzheimer's disease research breakthroughs on costs and disease prevalence. The report assumed that with a sufficient level of funding, researchers will be able to find a) a way to delay onset of the disease as much as they have been able to delay onset of congestive heart failure; and b) a way to slow progression as much as scientists have slowed the progression of Parkinson's disease.

Working collaboratively, the federal government, the Alzheimer's Association, and the pharmaceutical industry have made great research advances over the past 20 years that have laid the foundation for major breakthroughs in prevention, diagnosis, and treatment in the years ahead.

"Increasing funding for Alzheimer research will increase the pace of discoveries that could slow or delay the progression of the disease and eventually prevent it," said Ronald Petersen, M.D., Ph.D., a member of the Alzheimer's Association's Medical and Scientific Advisory Council, President Ronald Reagan's neurologist and member of a team of phy-

sicians who diagnosed the President with Alzheimer's disease in 1994, and director of the Alzheimer's Disease Research Center at the Mayo Clinic. "We can build a future without Alzheimer's disease if we act now to achieve breakthroughs in science."

The projected Medicaid and Medicare savings would come from a dramatic reduction in the number of Americans with Alzheimer's disease and a substantial reduction in the numbers who progress to severe stages of the disease when care needs and costs are highest. The new report shows that the projected research advances would lead to:

A drop in the number of Americans projected to have Alzheimer's in 2025 from 6.5 million to 3.6 million—a nearly 45 percent decrease.

Significant savings in Medicare spending on people with Alzheimer's. If the projected research breakthroughs occur by 2010, taxpayers would begin to see savings as early as 2015, when Medicare spending would decline by \$51 billion to \$138 billion. By 2025, annual spending for beneficiaries who are now projected to have Alzheimer's would decline by 43 percent, or \$126 billion—from \$294 billion to \$168 billion.

Science Matters

Slowing deadly brain diseases

Researchers are testing whether growth factors, proteins that promote the growth of nerve cells in the brain, can temporarily stop the degeneration of aging brains.

Growth factors in the brain

Growth factors control the early development of the brain's nerve cells, or neurons.

Dendrite—receives signals from other neurons

Neuron

Axon carries signals

Synapse

Dendrite

In synapse gap between neurons, growth factors cause production of protein associated with neuron survival.

Experimental treatment for Alzheimer's

- 1 Gene for making growth factor is put in a carrier virus.
- 2 Virus is put inside a skin cell from patient; gene moves to its nucleus.
- 3 Strokes are drilled on sides of patient's skull.
- 4 Needle injects infected skin cells into **basalis**, an area of brain affected by Alzheimer's disease; treatment aims to promote brain cell growth.

Brain

Virus

Gene

Nucleus

Skin cell

If treatment is safe and effective

It may be used to slow fatal brain diseases, such as amyotrophic lateral sclerosis (Lou Gehrig's), Alzheimer's and Parkinson's diseases.

How monkey brains react

Researchers found that injecting growth factor into an older monkey's brain promotes nerve cell sprouting.

Older brain, no growth factor

Older brain, with growth factor

Source: University of California San Diego, Society of Neuroscientists. Copyright 2004, University of California, San Diego. © 2004 AATF

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WALK AND BE HEALTHY

PET WORLD

Writers concerned about finicky feline, dipping dog

By Steve Dale

Q: My old cat, Sandy, is not eating her dry cat food. I've been giving her a can of wet food in the morning but she's getting very thin and not eating. I'm worried she's not getting enough food.

What should I do? - K.G., Greenfield, Ind.

A: Based on your letter, I'm worried too, and so is board certified feline veterinarian Dr. Alice John, of Indianapolis, Ind. She says real possibilities include hyperthyroidism, kidney disease, cancer or dental disease. Then again, the only issue may be old age. Just as elderly people often begin to eat less and lose muscle mass, the same is true in very old cats.

In cats, several consecutive days of eating minuscule amounts of food, or even 24 hours of fasting, can trigger potentially fatal liver disease. So, you don't want your cat to be too turned off by food. Visit your vet, and soon.

Q: My neighbor had a pool installed in her back yard. She kindly said our boys could swim anytime and they should bring our golden retriever, Lady, with them. The only

way out of this pool, however, is a ladder, which I'm afraid Lady can't climb. My neighbor's kids are pretty much living in the pool, of course. They also love Lady, but I don't let her go over anymore because

I'm worried she might not be able to get out of the pool. My neighbor says I'm worried for no reason. What do you think?— S.J., Henderson, Nev.

A: I don't blame you for worrying. Even the most water-loving dogs can't swim forever, and each year dogs do drown because they're unable to climb out of swimming pools. Bring Lady to the pool when you have time to supervise. Healthy dogs can learn to navigate most pool ladders.

Dive in and literally show Lady how to get out. If she clearly understands and is physically able to get up the ladder, you'll feel better letting her join the kids. You might consider a life jacket for Lady (available at some pet stores, through catalogs and online.)

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

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WORDS OF WISDOM

It is strange ... that the years teach us patience; that the shorter our time, the greater our capacity for waiting.

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INVADING HORDE

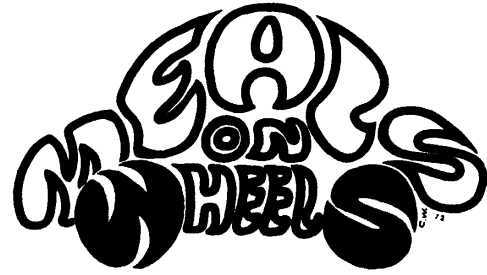
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"As powerful as they are today, consumers over 50 have an invading horde at their backs. Within a decade, the boomers will make the over-50 group the fastest-growing and most powerful buying block of our times."

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Kaw Valley Senior Monthly

Call Kevin At 785-841-9417 for advertising rates.



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