



Kaw Valley Senior Monthly

50th Issue!

August 2005

Serving Active Seniors in the Lawrence-Topeka Area

Vol. 5, No. 2

INSIDE



Garrison Keillor makes a guest appearance in *Senior Monthly* with his "The Old Scout" column. - page 21



Before making plans to visit Molvania, "a land untouched by modern dentistry," make sure you read Margaret Baker's book review. - page 10

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FREE



SENIOR
profile

Pat Kindle

KEVIN GROENHAGEN PHOTO

Kindle earns income from online auctions

By Billie David

When the company where Pat Kindle had worked for 30 years declared bankruptcy, he was forced to ask himself how much interest other companies would have in hiring a 55-year-old marketing representative.

The answer was not much. So Kindle drew upon the hobby that he had enjoyed for years with his wife, Kay, to earn an income and help others by selling antiques and collectibles for them over the Internet.

"Through my job I had computer access," Pat said. "I got into eBay,

and it just evolved. I bought some things, and I started selling, and then I did it for some friends."

Pat and Kay both have had an interest in collectibles since childhood. "I've always been kind of a packrat, and when my wife was little her dad took her to auctions," Pat said.

The Kindles moved to Lawrence in 1989 and when the Lawrence Antique Mall opened on Massachusetts Street, they were some of the first dealers to open a booth there.

Pat is now registered with eBay as a Trading Assistant, which allows him to sell items for others, and he

has coined the term "Electronic Auctioneer" to describe his new trade.

Over the past seven years, Pat has sold over 3,000 items on eBay and has shipped orders to all 50 states and over 20 countries worldwide. In fact, his coastal and overseas orders exceed his local sales, which he attributes to the fact that people in the Midwest have less discretionary income to spend on such items.

Many of Pat's clients are senior citizens. "There are a lot of older people who are downsizing or whose spouse has passed away, and they have a few things they want to sell,"

CONTINUED ON PAGE TWO

Pat Kindle

CONTINUED FROM PAGE ONE

he explained, adding that they often prefer the confidentiality they gain by selling through Pat's services.

Other clients include younger people who don't want to take the time to do the work themselves and people who have been laid off or for some other reason need some extra cash.

"That's my favorite part," Pat said, "to hand somebody the money for something I sold for them and see their eyes light up."

Although he has sold just about everything on eBay, Pat said that people are sometimes surprised by what their items will actually sell for. Some things that have been deemed to have substantial worth won't bring in much, while other items may bring in much more than expected. It depends not on an evaluation of the item's worth but rather on what people are actually buying and how much they are willing to pay for it.

That's where Pat's services come in. When clients bring in items they want to sell, he can look up what similar items are selling for on eBay with a few clicks of a computer mouse. If the price is right, he and the client work out a deal.

"I try to keep it simple," Pat said. "I don't charge anything unless it sells."

The majority of items Pat sells include antiques, collectibles, old advertising, vintage cameras, musical instruments, old toys, silverware sets and excess business equipment. He's sold books, furniture, cut glass, and even artificial limbs and buildings. He's even sold samplers from the 1800s, Civil War and World War II items, backhoes, hotrods, examining tables from doctor's offices, and a stuffed blue marlin. And if that's not enough to impress somebody, he's sold a lock of Marilyn Monroe's hair—certified authentic by her hairdresser—and a piece of the windshield from the car James Dean died in.

"I sold the rest home down the block and all the equipment inside brick by brick—everything but the grass—and when another business went bankrupt, I sold the equipment and fixtures for the owners," Pat said. "I've met the wildest people. It's been a lot of fun."

It also takes a lot of time. Pat's main business is selling his own items, but after deducting the monthly fees and commission he pays eBay, he estimates that the time he spends setting up the ads and shipping items for his clients averages out to about \$4 per hour—enough,

he said with a laugh, to offset computer, Internet and eBay expenses, with perhaps some extra money left over for weekly groceries and a tank of gas.

Pat's clients, however, just might end up getting more than money for groceries and gas. For example, Pat recently sold two old amber canning jars for \$400, and some art glass wall sconces actually brought in over \$1,800. A set of dishes he advertised on eBay for his mother-in-law that she had paid \$25 for when her daughter was little sold for \$300.

Selling on eBay provides other opportunities for Pat as well. For example, last winter he gave a presentation to a group of KU retirees about buying and selling on eBay, and his experiences always give him something to talk about with his 83-year-old father, whom he visits in Missouri every week.

Even with the hours he spends at the computer, Pat still finds time to help his wife at their booth at the Antique Mall and their sales there continue to grow, including their selection of McCoy and other pottery pieces. Some items are particularly suited to a retail environment, and many people prefer to touch the items and hold them in their hands rather than look at photos of them on the Internet, he explained.

"Kay and I work as a team. I help her with the Mall, and she helps me with the eBay stuff," he added.

There are over 30 million items listed on eBay at any given time, and 3 million new items are added every day. With over 70 million registered users, approximately one million dollars of merchandise is sold in one hour. But even with that kind of volume, Pat said that there is little danger of eBay putting local antique dealers out of business, because it involves a different kind of market.

As for advice to people who would like to turn items into cash, Pat said, eBay has a definite advantage in that it allows people to check out how much similar items are selling for, rather than relying solely on the offers they may get from antique dealers like Pat, who may only be offering 25 cents on the dollar on the chance it will sell quickly.

"You can research the price, or I'll research it at no charge," he said.

Potential clients can contact Pat at 785-865-5049.



Diane Bell
Physical Therapist

Meet Diane

Diane Bell has joined the staff of Lawrence Therapy Services as a Physical Therapist. Diane has 29 years of experience and has advanced training in treating back and neck injuries, lymphedema, orthopedic injuries, joint mobilization, trigger point therapy and craniosacral therapy. She is part of the Lawrence Therapy Services Workers' Compensation Rehabilitation team and specializes in onsite ergonomic job analysis and Functional Capacity Evaluations. Diane's services are available in the clinic or in your home.



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MY ANSWER

Do we become angels when we die?

By Billy Graham

QUESTION: Do we become angels when we die? I've heard people say that but I wonder if it's actually true, or if we even know. — B.F.

ANSWER: No, we do not become angels when we die (although I know this is a common misconception). Angels are a separate category of heavenly spiritual beings, created by God to assist us in this life and to carry out God's work.

But don't let this discourage you, or make you think we will be second-class citizens in Heaven. Nothing could be further from the truth. In fact, the opposite is the case, for we will not be like the angels — but like Christ! The Bible says, "Dear friends, now we are children of God, and...when he appears, we shall be like him, for we shall see him as he is" (1 John 3:2). What a glorious promise!

You see, when we take our places in Heaven, we will not just be servants of God (as the angels are). We will be even more; we will be God's children! When God's saving work is complete, the Bible says, sin will be destroyed and we will share in "the glorious freedom of the children of God" (Romans 8:21). This life is filled with pain and suffering — but in Heaven we will be free of all that, for we will be part of God's family forever.

Do you have this hope in your heart? You can, by trusting Christ

for your salvation. You see, only one

thing will keep you out of Heaven, and that is your sin. But Christ paid the penalty for your sin through His death on the cross. By faith commit your life to Him today.

(Send your queries to "My An-

swer," 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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[It may be just some shoulder pain, but why take chances?]



Every year, thousands of people mistake the warning signs of a heart attack for something a lot less serious. That's why the staff of the Bob Billings Cardiac Evaluation Center at Lawrence Memorial Hospital's



Gary Calton, RN

Emergency Department wants you to be "heart smart." First, know the warning signs of a heart attack, including these symptoms: pain in the shoulder, arm, jaw or stomach; a shortness of breath; discomfort in the center of your chest; and the sudden onset

of nausea, cold sweats or light-headedness.

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busting drugs and other treatments work best to stop a heart attack when given within one hour of the start of symptoms.

So when it comes to your heart, use your head. To learn more about the warning signs of a heart attack visit us on the Internet at www.lmh.org.



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HEALTH & FITNESS

Benefits of massage therapy

Have you ever wondered what it would be like to have a therapeutic massage? Many people find massage wonderfully helpful for pain relief and relaxation, but if you've never had a therapeutic massage you may have doubts about what to expect. If you fall into that category—if you think massage may help you but you're hesitant to make



Laura Bennetts

an appointment—I can dispel your doubts and address some common concerns. Massage therapy can ease pain, decrease stress, improve blood circulation and relax your muscles. It also makes you feel lighter, with a spring in your step.

Find a Qualified Therapist

Massage is offered in many settings by a confusing array of practitioners. Massage therapists work in private massage practices, medical clinics, day spas, beauty salons and athletic clubs. But not all massage therapists are alike; not all are qualified to offer therapeutic massage. To find a qualified massage therapist, look for one who is certified by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB). Other kinds of therapists who are licensed as medical professionals by the Kansas Board of Healing Arts, including physical and occupational therapists and nurses, also regularly use massage therapy techniques in their practices.

Types of Massage

Beginners are often puzzled to learn that there are many kinds of massage, often with inscrutable names. But there are three basic types, all of which can help you: Swedish Massage, Deep Tissue Massage and Acupressure Massage. Other techniques which are also becoming more available include, for example, craniosacral massage, myofascial release, and hot stone massage. But since there are too many possibilities to list and describe them all, I will focus, below, on the principal types of massage that are practiced in the US today.

Massage Techniques

Swedish Massage promotes im-

proved circulation and relaxation. It is a light pressure massage which is very soothing. If you have had a stressful week, Swedish Massage can relieve the tightness in your neck, shoulders and mid back.

Deep Tissue Massage reduces pain in tight muscles and also promotes relaxation. This type of massage relaxes knotted or sore muscles. If you have tightness in your legs from hours of yard work, Deep Tissue

Massage can help loosen the muscles in your legs, reducing that achey feeling.

Acupressure Massage promotes relaxation and reduces pain by pressing on acupressure points. If you hold a lot of tension between your shoulder blades, pressure applied slowly and gently to the area between your spine and shoulder blade will soften and relax the muscles there.

Each of these kinds of massage should feel good. You may not even notice that a muscle is tight until the area is massaged, but you'll soon discover how much better you can feel. If the therapist applies too much or too little pressure, say so. A trained, experienced therapist will notice that you are uncomfortable and change the pressure or ask how you are.

Just The Right Amount of Pressure

The massage therapist may have you fill out a form to describe your concerns and expectations. You should feel free to request and discuss the type of massage you want, whether it is light massage or deeper pressure.

Once the massage begins, let the therapist know if the pressure is too gentle or too much. A very light massage could be irritating rather than relaxing. Deep pressure may feel good on your back, but not on your arm. An experienced, trained therapist will know how to quickly adjust the massage technique to your comfort level.

You may find it comforting to know that you won't need to undress completely. The therapist will give you a choice about what to wear.

You can choose to wear your under garments or, perhaps, wear a swimsuit, if that puts you at ease. Also, you should have privacy to undress with directions on how to cover yourself (normally with a sheet) when you lie down on the massage table. You

might start out resting on your back, covered with a sheet, and then later when you turn over, you will be continuously covered.

Trained therapists know that there is an art to using a sheet to "drape" their clients to ensure their comfort and respect their modesty.

Your therapist should check on your comfort level and explain what to expect as the massage proceeds.

Just Relax, Talk is Optional

It's very relaxing to listen to soft slow music during a massage.

And relaxation is what you should seek. I recommend that you limit conversation, except to give feedback to the massage therapist about how you're feeling, as needed. You should focus on actively relaxing during the massage.

Try this sitting in your chair first. The more you practice, the easier it becomes.

To actively relax, listen to soft background music. Close your eyes and take two or three slow deep breaths to relax. Next, combine the two activities—listen closely to your music

and continue breathing deeply.

Pretend the music is like a small bird flitting around the sky and that you're watching the bird closely. Then imagine that you're on a beach with the sun shining down on you, and let yourself sink down into the soft white sand and relax every muscle.

Time Flies

Time will race by and soon the massage will be over. The therapist will leave the room and you can get dressed at your leisure. Take it easy after your massage, so that you can savor the relaxed feeling. And don't

hesitate to make another appointment...and mark it on your calendar.

- 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 Laurence 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 & FITNESS

Treating insomnia

Everyone from time to time will have trouble sleeping. But sometimes the trouble sleeping will develop into a clinical problem called insomnia. What is insomnia? What are some simple techniques that a person can do to help themselves sleep?

Insomnia is the problem of inadequate or poor-quality of sleep due



Dr.
Farhang
Khosh

by the number of hours of sleep a person gets or how long it takes to fall asleep. Individuals vary in their need for sleep. Insomnia may cause health problems during the day, such as tiredness, a lack of energy, difficulty concentrating or irritability.

Insomnia can be classified as short term, intermittent (on and off), and chronic. Insomnia lasting from a single night to a few weeks is referred to as short term. If episodes of short term insomnia occur from time to time, this is referred to as intermittent. Insomnia is considered to be chronic if it occurs on most nights and lasts a month or more.

What causes insomnia? There are certain conditions that make individuals more susceptible to experience insomnia these include:

1. Advanced age (insomnia occurs more frequently in those over age 60)
2. Female gender
3. History of depression

Other conditions such as stress, anxiety, environmental noise, ex-

treme temperatures, change in the surroundings, jet lag, a medical problem, or medications can also cause insomnia.

Chronic insomnia is more complex and often results from a combination

of factors, including underlying physical or mental problems. One of the most common causes of chronic insomnia is depression. Other underlying causes include arthritis, heart failure, asthma, sleep apnea, restless legs syndrome or Parkinson's disease. Insomnia may also be due to behavioral factors, including the misuse of caffeine, alcohol, or other substances; disrupted sleep/wake cycles such as a night job and chronic stress.

How do you treat insomnia? Besides using medications, what else can help to get a goodnight's sleep?

1. Take a warm bath.
2. Get a massage
3. Listen to Music
4. Drink Herbal Tea.
5. Avoid caffeine, alcohol or tobacco before bedtime.
6. Sleep on a good firm mattress.
7. Sleep in a well-ventilated room.
8. Sleep on your back
9. Get some exercise during the day.

10. Get a normal schedule and go to bed the same time every night.

11. If you can't sleep get up.

12. Don't sleep in the next morning.

13. Get up at an earlier time in the morning.

14. Avoid naps.

Talk to your doctor if you are having trouble getting good, refreshing sleep each night. Together you can identify reasons for your sleeping difficulty and then try appropriate measures to correct the problem.

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

to one or more of the following:

1. Difficulty falling asleep
2. Waking up frequently during the night
3. Difficulty returning to sleep
4. Waking up too early in the morning
5. Feeling of unrefreshed sleep

According to the National Institutes of Health insomnia is not de-

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PERSONAL FINANCE

Planning for college costs? Be sure to do your homework

Most people agree that an investment in a college education is money well spent. But finding the money to pay for escalating education costs is not easy. According to The College Board, the cost of putting a student through college rose at a rapid pace again this year, averaging \$27,516 a year at private, four-year schools and \$11,354 at four-year public colleges. And if that figure isn't so-



Steve
Lane
and
Garth
Terlizzi

bering enough, consider this: By the time today's newborn enters college, a four-year degree at a public college could cost more than \$112,000 — tack on an additional \$160,000 for a private college. (This example assumes a 5 percent average annual increase in costs, which represents the weighted average increase for all colleges for the last 10 years, ended December 2004.)

Don't despair just yet. Even if you are getting a late start, a sound investment strategy, coupled with knowledge of other college financing resources, may help put you and your children on the road to realizing one of life's important dreams.

The Best Strategy: Start Early and Save Consistently

As with any major financial goal, the first step is to determine how much you will need to accumulate. In this instance, you'll want to base your strategy on each child's current age, then develop a plan, and stick with it. The earlier you start and the more consistently you save, the better your chance of meeting your goal.

Goal: Final Tuition Bill Due in 12 to 22 years

With time on your side, your portfolio can potentially withstand some volatility in your quest for higher returns. Therefore, you might want to consider investing the majority of your college savings in stocks, as these investments have historically provided the greatest long-term growth potential. Of course, past performance can't guarantee future results. Remember the volatility involved in stock investing, and consider your ability to wait out potential fluctuations in the value of your

child's college nest egg.

Goal: Final Tuition Bill Due in 8 to 11 Years

In addition to keeping your portfolio aimed toward growth with stocks and stock mutual funds, you might want to add or increase a fixed-income element to balance risk. Now is probably a good time to teach your children about investing by encouraging them to contribute a portion of the dollars earned through allowances and babysitting into the college savings plan.

Goal: Final Tuition Bill Due in Less Than 8 Years

You may start allocating more of your portfolio to fixed-income and money market investments. If you have virtually nothing saved, you have a challenge ahead of you, but some cost-cutting in other areas of your life might allow you to make substantial monthly investments.

Remember that any investment plan needs to be reviewed every year or so to determine if adjustments need to be made. Generally, changes

should be made as your time horizon narrows and the day nears when you will send your child off to college.

Other Financing Options

In addition to the age-based goals outlined above, consider these options:

Gifts of savings: When relatives ask what your children want for birthdays or holidays, encourage them to give gifts that will help finance their education such as Series EE Savings Bonds; shares of a mutual fund given through the Uniform Gifts/Transfers to Minors Acts (UGMA/UTMA); and zero-coupon bonds that mature in a given year around college enrollment. Parents or others can contribute up to \$2,000 annually (per child) to a Coverdell Education Savings Account where earnings accumulate tax-free and withdrawals can be made tax-free for qualified education expenses. An individual can make annual gifts of up to \$11,000, gift tax-free, to a minor under UGMA/UTMA. Make sure you understand the tax implications of each of these giving vehicles so you're not caught off guard by Uncle Sam.

Section 529 Plans: These are state-sponsored plans that allow individuals to invest in a predetermined investment pool and offer flexibility on when contributions can be made.

All qualified higher education expenses are federally tax-free. Withdrawals may be free of state taxes for residents of states that allow this benefit.

Apply for financial aid: Even if you think you're ineligible for financial aid, complete the applications and mail them in on time. According to a 2004 College Board study, there was more than \$120 billion in financial aid available, during the 2003-2004 school year, the most recent year studied.

Don't rule out less expensive schools: Public universities and community colleges can be among the best options. Higher education is certainly one area where most expensive does not necessarily mean best.

Develop networks and ask questions: High school guidance counselors, religious and civic organizations and the colleges your child applies to can all provide good leads for additional sources of scholarships, grants and loans.

Together, time and a smart investing strategy are your best bets for helping to provide your children with a priceless investment: a college education.

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

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PERSONAL FINANCE

Don't get dragged down by investment 'anchors'

The financial markets will always be somewhat unpredictable. Some investors can cope with this fact, but others find it almost intolerable — and so they look for rules of thumb, or “anchors,” to keep their portfolios stable during all economic environments. Some of these anchors may have some

value, but before you employ them, ask yourself, “Are they right for me?” Let's take a look at some common rules of thumb:



Harley Catlin and Ryan Catlin

because Americans' savings rate is abysmal. And yet, the 10 percent figure, in isolation, may not be all that meaningful. The amount you need to put away each year depends on a variety of factors: your age, the amount you've al-

ready saved, the type of lifestyle you've envisioned for your retirement, how much your spouse is saving, etc.

- *Count on all stocks to bounce back.* Some stocks *never* recover from major losses, or, if they do, it takes many years — and during that time, you could have found better opportunities for those investment dollars. Many investors hold on to losers far too long because they dislike admitting they may have made a mistake. Don't let this false pride get in your way; if a stock or other investment just isn't panning out, get rid of it

- *Buy low, sell high.* This would be a great piece of investment advice — except that it's virtually impossible to follow. Nobody can accurately predict when the market has reached a “high” or a “low.” Consequently, you can't really use “market timing” as a sound investment strategy. Instead, buy quality stocks and hold them for the long term — at least until your needs change or the companies themselves have moved in a different direction.
- *Own a percentage of stocks equal to 100 minus your age.* The rule behind this guideline is fairly straightforward: The younger you are, the higher the percentage of stocks you should own. So, for example, if you are 30, the “rule of 100” suggests that your portfolio should consist of 70 percent stocks, with the remaining portion being made up of fixed-income vehicles and cash equivalents. When you reach 50, your holdings should consist of 50 percent stocks, according to this rule, and once you're 70, stocks should make up only 30 percent of your portfolio. While the basic idea behind this rule may make some sense, the “100 minus age” formula could result in a portfolio that is much too conservative for you. Instead of allocating your investments according to a rigid numerical equation, try to build and adjust a diversified portfolio based on your goals, risk tolerance and time horizon.

- *Save and invest 10 percent of your gross income.* If you follow this rule of thumb consistently throughout your working life, you probably would be doing a lot better than most people —

and move on.

Chart Your Own Course

As we've seen, some of these rules of thumb contain elements of truth — but they simply may not be right for your individual situation. In the long run, you'll increase your chances of success by making decisions based on your individual goals and needs, and on the qualities of specific investments.

- 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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SENIOR FORUM

Father's forgetfulness might hint at Alzheimer's disease

By Kent S. Collins

DEAR SENIOR FORUM: For Mom's 70th birthday, we all drove back home — three siblings, two in-laws and four grandchildren. But there was a problem. Dad was awkward. And Mom was embarrassed about it.

Dad was forgetting things —



Kent S. Collins

names of two grandchildren, which cupboard held the wine glasses, my husband getting fired and then landing a better job. It was awkward and embarrassing for all of us.

Later, by telephone, my brother and sisters and I figured it might not be so serious, maybe just something bothering him that day. Besides, he

is not the type to go to the doctor — we'd have to drag him kicking and cussing.

Do you agree? Can we assume this will pass? — A daughter

ANSWER: Not the type to go to see a doctor? Well then, drag him kicking and cussing — or trick him — to visit someone in the Alzheimer's wing of a nursing home. See if that motivates him to visit a doctor — and motivates you to insist. Quite possibly it is not Alzheimer's. You need to know.

Bleeding and hurting get most of us to run to the doctor. But Alzheimer's is different. No bleeding. No hurting. Just a drip-drip-drip deterioration. Your mother may not notice on a daily basis. You and your siblings need to be the measuring instrument. Next holiday or family occasion watch for changes in your dad that might hint at Alzheimer's disease.

What kind of changes? "Symptoms of Alzheimer's disease include gradual memory loss, decline in the ability to perform rou-

tine tasks, disorientation, difficulty learning, loss of language skills, impairment of judgment and personality changes," according to Dr. Stephen Aronson, a geriatric psychiatrist and professor at the University of Michigan Medical School. "Family members should be on the lookout for sustained changes in functioning."

You might have witnessed a simple temporary change in your father. Your mother might give you a perspective on that. But so close, she might not fully realize the degree and the speed of the changes in him. Arrange with your siblings to rotate visits to and visiting by your father in the months ahead. Be aggressive. Do not delay.

"If you have concerns about your loved one's memory loss," Aronson says, "you should help them to see a doctor for an evaluation and to discuss treatment options. Unfortunately, too many people believe that there is nothing you can do to treat Alzheimer's disease. While there is no cure, there are medications available that can help improve overall cognitive (memory and thinking) and daily activities.

"It is important to be diagnosed early, begin treatment and stay on medication. Research studies have

shown that early treatment with medication can have ongoing, positive effects on cognition as well as other aspects of daily life."

Aronson says a new prescription medication — Razadyne ER — taken daily boosted cognition and activities of daily living for Alzheimer's patients exhibiting mild or moderate symptoms.

Your father won't likely help himself. Your mother may not have the courage or the strength to get action. Aronson suggests that you and your siblings must rely on "a comparison of the decline in function."

Of course, when you chart this decline in function, then you must be brave enough to act. For reinforcements, call the county health department and seek out a local Alzheimer's chapter at the senior citizens center or area agency on aging.

Meanwhile, the medical community, social service researchers and public policy-makers estimate Alzheimer's disease cases could double in 20 years.

(Send your questions and/or advice to your fellow retirees via The Senior Forum c/o Tribune Media Services, 2225 Kenmore Ave., Suite 114, Buffalo, NY 14207, or to seniorforum@mchsi.com.)

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PET WORLD

Dog doesn't trust owner

By Steve Dale

Q: I've had several problems with Maggie, my rat terrier puppy. First, I can't catch her. The only way I can get hold of Maggie is if she runs into the bathroom and hides behind the toilet. The other problem is, when I take her outdoors, she's very afraid. Maggie just doesn't trust me. I'm trying to decide if I made a mistake



Steve Dale

taking her. She's just been spayed and now that I've spent the money on that, I'd hate to give her away to someone who might mistreat her. Any ideas? — R.D., Cyberspace

A: Some dogs just need extra TLC and patience. You didn't mention where you got Maggie from, or at what age. I suspect genetics partially explains her demeanor. Some of the issues you describe are typical of dogs raised in commercial puppy mills, then sold at pet stores.

You need to leash-train Maggie. Canine behavior consultant Chris Bach, of Menomonee Falls, Wis., says to start off by clipping the leash to Maggie's collar at dinnertime. When she's finished eating, remove the leash. For starters, she'll associate the leash with food; when the

leash is on, she eats. After about a week, leave the leash on an extra hour or two (assuming you're home to supervise) after Maggie eats dinner, allowing her to drag it around the house.

Having a leash on Maggie gives you an added advantage; you can grab it without chasing her around. Some dogs make a game of running away.

Maggie may actually be afraid. Try to build a relationship based on teaching her to come when you call. Make it a fun game. Take a favorite treat and call Maggie to you when she's nearby and knows you have a goodie. Set her up for success. Eventually, call her when she's 10 feet away, continuing to offer treats and praise. Later, wait until Maggie's off snoozing in another room to call her.

"Also, teach her a game where she chases you, rather than the other way around," Bach suggests. "When she catches you, give her a cookie." You can call the game, 'Catch the Cookie Monster.'

Most disconcerting is Maggie's fear of being outdoors. Find hands-on help from a professional trainer or behavior consultant. Ultimately, the recommendation may be for pharmacological intervention to make it possible for you to work at alleviating Maggie's fears. The good news is, in time, all these issues can be resolved. I hope you don't give up on Maggie.

Q: My 9-year-old Yorkiepoo (Yorkshire terrier/poodle mix) is having a problem with involuntary bowel movements in his sleep. The vet ex-

amined him totally, and prescribed Prednisone and an increase in fiber in his diet. I've increased his walks to strengthen his hind quarters. His condition has not improved. Any other suggestions? — O.F., Boca Raton, Fla.

A: Dr. Colin Burrows is a specialist in internal medicine and chair of the small animal clinic at the University of Florida College of Veterinary Medicine, Gainesville. He actually suggests you reduce your dog's fiber intake with a low residue diet (a prescription diet available through vets). Also, speak with your vet about

using Imodium to increase sphincter tone. If this doesn't work, other drugs can be used to control fecal incontinence.

Dogs who have seizures commonly suffer them overnight. When they have seizures, losing bowel and/or bladder control isn't unusual. You may want to consider a neurological exam to rule out that possibility.

(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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BOOKSHELF

Planning a trip to Molvania

By Margaret Baker

Santa Cilauro, Tom Gleisner and Rob Sitch: *Molvania* (Overlook Press, 2004 US Edition, \$13.95, ISBN 1-58567-619-5) *Humor*

Lots of travel plans for summer? If you are going overseas, you've probably read the travel guide for the country of destination—what to see, what to eat, where to stay, etc.

You may have missed Molvania (a land untouched by modern dentistry) in planning your vacation. This spoof of travel guides is hilariously true to the genre.

Example: *Where to Eat*. Lipza Daz is one of many fish restaurants overlooking the magnificent waters of Lake Vjaza. Here diners can choose their meal from any of the creatures washed up on the lake's shores.

Don't read it in public—chuckles and outright guffaws cause others to watch you carefully for signs of insanity!

Janet Evanovitch: *Eleven on Top* (St. Martin's Press, \$24.95, ISBN 0-312-30626-1) *Mystery*

Eleventh in the Stephanie Plum series.

Stephanie has decided that bringing in bond jumpers is a dangerous occupation, and leaves Cousin Vinnie's employ. Her first few jobs end swiftly and predictably disastrously, and she accepts an office job doing research for security systems guru Raider. He's working on a missing person case which seems to be tied to other missing person cases Stephanie's other boyfriend, Trenton cop Joe Morelli, is investigating.

Meanwhile, Stephanie has acquired a demonic stalker.

As with the earlier volumes in this series, Stephanie's love life is confusing, her family highly eccentric. The Berg's zany characters add further color, and yes, several cars are demolished.

Reed Arvin: *Blood of Angels* (Harper Collins, \$16.95, ISBN 0-06-

059634-1) *Mystery*

Sudanese immigrant Moses Bol is on trial for killing a white woman in *The Nations*, a poor and racially-charged melting-pot section of Nashville, Tennessee.

The evidence Thomas Dennehy, senior prosecutor, has should be foolproof. But a University professor claims that Dennehy sent the wrong man to the death chamber in a previous case, also one with a black defendant and white victim. And a beautiful opponent of the death penalty says she is Bol's alibi. The whole situation is, of course, a lightning-rod for local and national media.

Arvin's terse prose brings the elements of Nashville's non-musical scenes to life with gritty dialogue, deeply-drawn characters, and taut plotting.

Note also that Harper Collins is trying something new—the price of this hardbound mystery is a good eight dollars under the "normal" price. Mystery readers should appreciate this!

PAPERBACK PICKS

Dana Cameron: *More Bitter Than Death* (Avon, \$6.99, ISBN 0-06-055463-0) *Mystery*

Emma Fielding, newly tenured in archeology, is attending a convention in Maine in the dead of winter, making this a good book to read in Kansas in August.

The convention is honoring Julius Garrison. A legend in the field, he has antagonized quite a few over the years, including Emma's family. When he is found out on the frozen lake, dead from a blow to the head, Emma is among the suspects.

Ms. Cameron holds a Ph.D. in archeology, assuring the reader of technical authenticity.

Lori Avocato: *The Stiff and the Dead* (Avon, \$6.99, ISBN 0-06-073166-4) *Mystery*

Pauline Sokol, burned-out nurse, is starting out in the medical fraud investigation business. One of the first

cases she is asked to work on involves a senior citizen with a large number of prescriptions. Not unusual (unfortunately!), but some of these were for Viagra, and the senior citizen is a female. The original patient, furthermore, is dead, and Pauline's uncle is sure he was murdered.

Pauline's gay friend helps her with makeup and wardrobe to infiltrate the senior center. There's lots more going on than Bingo games!

RECENT PAPERBACK REPRINTS

The above books are original, that is, the publisher has printed the first editions in paperback. Often an established author whose books are published in hardcover will have their earlier works reprinted in paperback. So if you enjoyed any of these from our reviews but couldn't afford to purchase, or wanted a book you could take on vacation without feeling awful if it gets buried in the sand, now's your chance!

Philip Craig: *Off Season*; Lisa Scotoline: *Killer Smile*; Laura Lippman: *By a Spider's Thread*; David Cole: *Falling Down*; and Carol Lea Benjamin: *Fall Guy*.

FOR YOUR EARS ONLY (Audio Books)

Two excellent but very different audio books to consider, especially if you are expecting a longish car ride!

Anthony Summers and Robby Swan: *Sinatra, The Life* (Random House Audio, 8 CDs, \$34.95, reader Tony Roberts. ISBN 0-7393-2214-1) *Biography*

This warts-and-all biography of the crooner who held center stage in popular music for over 50 years begins before his birth with his grandparents in Sicily, following the family through immigration to New Jersey. Sinatra's troubled childhood is made real, as is his debut into the world of professional music.

Included, as they must be for a thorough biography, are his marriages, especially his first to Nancy, whom he credited for his real rise in music. His other love affairs are covered in depth, as is his connection to Mafia figures.

Sinatra could be generous and loyal to his friends or suddenly turn vindictive Summers and Swan conducted interviews and found docu-

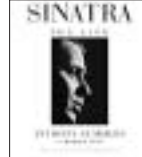
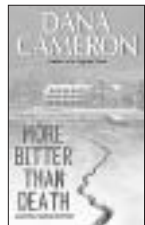
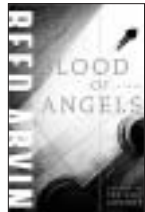
ments to uncover the very complex man Frank Sinatra was.

Orson Scott Card: *Shadow of the Giant* (Audio Renaissance, 10 CDs, \$39.95, read by a cast, ISBN 1-59397-496-50) *Science fiction*

Recruiters for Battle School found Bean as a child gang leader in Rotterdam, using his tactical genius since he couldn't survive by strength. They recognized his genius, which they needed because Earth was at war. The immense distance of interstellar space afforded them time to train a tightly-knit force to repel the anticipated alien invasion. (These events are told in the first volumes in the Ender Series, *Ender's Game* and *Ender's Shadow*.)

Bean, Ender Wiggin's right hand man, served superbly in the war Earth won. Now he and his wife, Petra, would like nothing better than to settle down and start a family. He has enemies from the days of the alien war, newer enemies from the internal war that followed. They must look to space, and again follow the Ender's path.

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



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WOLFGANG PUCK

Simple strategies for perfect grilled hamburgers

By Wolfgang Puck

Like only a naturalized U.S. citizen could be, I'm devoted to grilling. I get a lot of chances to do it, living in Southern California's endless summer. But even if I lived somewhere that had a real winter, I swear I'd be out there in the snow, building a fire and throwing burgers on the grill.

Hamburgers are one of my favorite things to cook outdoors, and the reason why is no surprise. Hamburgers let me get creative. I can season the beef as inspiration strikes me. So can you. And the great thing is that ground meat gives you the perfect opportunity to mix the seasonings right in, so that every bite comes out well seasoned. My Spicy Asian Beef Burgers, which include fresh garlic, chili peppers and curry powder, will show you how easy it is to create excitingly seasoned burgers. Feel free to adjust the seasonings to your own tastes; use half the amount of garlic and chili pepper, for example, if you don't want your burgers quite as garlicky and spicy as I like them.

The recipe also demonstrates how a few garnishes grilled at the same time as the burger patties let you add even more exciting flavors and textures to your sandwich. I use shiitake mushrooms and scallions here, but you could substitute portobello mushrooms or large cultivated mushrooms, sweet onion slices, quartered bell peppers, slices of eggplants or other fairly tender, quick-cooking vegetables that strike your fancy.

The most important thing to remember for a really great beef burger is to buy meat with the right fat content. Sure, lots of health-conscious people look for lean or extra-lean beef, and they will have tasty burgers if they follow my tips. But the juiciest and most flavorful burgers start with beef that has a fat content of around 20 percent. To learn the fat content of meat you're buying, check the ground beef labels in your market, or ask the butcher. Go ahead and splurge a little!

Finally, let me share with you a simple trick that solves a challenge almost everyone faces when they grill burgers for a crowd: making sure all guests' burgers are cooked to exactly the doneness they like, without too much fussing to remove different burgers from the grill at

different times. All you have to do is measure out equal portions of seasoned meat and then shape them to different thicknesses, making thicker burgers for those who want them rarer and thinner burgers for those who want them well done.

To ensure neat, even burger patties, shape each portion into a compact ball. Place a sheet of plastic wrap about 12 inches (30 cm) long on a work surface and brush it with some olive oil. Put a ball of meat in the center of one half of the sheet and fold the other half over it. With the bottom of a dinner plate, press down on the ball to flatten it to a patty of the desired thickness — about 1 1/4 inches (3 cm) for rare, 1 inch (2.5 cm) for medium rare, and 3/4 inch (2 cm) for medium well.

Happy grilling!

Spicy Asian Beef Burgers with Shiitake Mushrooms

Serves 4

- 2 pounds ground beef
- 2 to 4 tablespoons minced garlic
- 2 1/2 tablespoons chopped fresh cilantro leaves
- 4 teaspoons thinly sliced scallions
- 1 teaspoon curry powder
- 1 teaspoon ground cumin
- 1 teaspoon sugar
- 2 small hot fresh chili peppers, stemmed, seeded, and minced
- Salt
- Freshly ground black pepper
- Olive oil or vegetable oil, for grilling
- 2 bunches scallions, cut into 3-inch pieces

8 fresh shiitake mushrooms, stemmed

1/4 cup bottled teriyaki sauce, plus extra if desired

4 sesame-seed hamburger buns

In a mixing bowl, combine the beef, garlic, cilantro, sliced scallions, curry powder, cumin, sugar, chilies and salt and pepper to taste. Mix well. With your hands, form them into 4 equal patties slightly wider in diameter than the burger buns. Set aside on a clean plate, cover with plastic wrap and refrigerate until ready to cook.

Build a fire in a charcoal grill; or preheat an outdoor or indoor gas or electric grill or the broiler.

Just before cooking, put the scallion pieces and shiitake mushrooms in a bowl and drizzle them with enough olive oil to coat them lightly. Brush the grill's cooking surface with a little more oil to prevent sticking. Place the burger patties on the grill and cook until done to your liking, 4 to 5 minutes per side for me-

dium. When you turn the burgers over, add the scallions and shiitakes to the grill and immediately brush the burgers and the vegetables with the teriyaki sauce. A minute or so before the food is done, brush the cut sides of the buns with a little oil and place them cut side down on the grill to warm and toast lightly.

When the burgers are done and the scallions and shiitakes are nicely browned, remove them and the buns from the grill. Place a burger on the bottom half of each bun and top with scallions and shiitake mushrooms. Serve immediately.

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

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Spicy Asian Beef Burgers with Shiitake Mushrooms

PHOTO BY ALBA GARCIA, CHICAGO TRIBUNE

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<http://www.ksu.edu/bma>

AUG 1-SEP 16
ART WALK
Sidewalk art show promoting the arts and artists in local and surrounding areas. 8th & High St. BALDWIN CITY, 785-594-3366
<http://www.baldwinarts.org>

AUG 1-6
ONCE UPON A MATTRESS
Topeka Civic Theatre performance. TOPEKA, 785-357-5211
<http://www.topekacivictheatre.com>

AUG 1-SEP 17
LAWRENCE ARTMARKET 2005
July 16, August 20 and September 17. The Lawrence ArtMarket features as many as 30 of the area's talented artists. Artwork of all kinds is expected to be on display, including ceramics, fiber, glass, jewelry, metalworks, mixed media, painting, photography, sculpture and wood. Artists interested in exhibiting should contact Lawrence ArtMarket. Lawrence Visitor Center (formerly, Union Pacific Depot), 402 N. 2nd St. Free. Accessible. 9:00 a.m.-3:00 p.m. LAWRENCE, 785-865-4254
<http://www.lawrenceartwalk.org>

AUG 19
OUTDOOR CONCERT
Annual family arts festival and concert. 1600 Stewart Dr., Lied Center of Kansas. LAWRENCE, 785-864-2787
<http://www.ku.edu/~lied/>

SEP 9
INDIAN ART SHOW
Juried competition featuring two- and three-dimensional artwork by contemporary American Indian artists from across the United States. 940 New Hampshire, Lawrence Arts Center. LAWRENCE, 785-843-2787
<http://www.visitlawrence.com>

BINGO

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

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

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

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

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

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

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

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

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

FRIDAYS
ARAB SHRINE
1305 KANSAS AVE., TOPEKA
MINI BINGO 6:30 PM,
REGULAR BINGO 7:00 PM
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BOOKMOBILE

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

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

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

BOOK TALKS

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

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

FOURTH WEDNESDAY OF EACH MONTH
PRESBYTERIAN MANOR, 1429 KASOLD RD.,
LAWRENCE, 9:45 AM
SENIOR CENTER, 745 VERMONT ST.,
LAWRENCE, 1:30 PM

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food. Several companion exhibits and pro-

grams. Old Depot Museum.
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<http://www.downtownop.org>

AUG 1-OCT 29
OTTAWA FARMERS' MARKET
Twice weekly farmers market featuring fresh
produce, plants, baked goods, fresh meat, and
more. Orscheln Town and Country parking lot.
Wed. 4-7 p.m., Sat. 8 a.m.-noon.
OTTAWA, 785-242-1411
<http://www.visitottawakansas.com>

AUG 1-NOV 12
LAWRENCE FARMERS' MARKET
One of the oldest farmers' markets in Kansas,
offering fresh fruits, vegetables, baked goods,
flowers and herbs. Tue. and Thu. 4-6:30 p.m.;
Sat. 6:30-10:30 a.m. 1000 block of Vermont.
LAWRENCE

AUG 1-NOV 12
TOPEKA FARMERS' MARKET
Every Saturday, 7:30 a.m.-12:00 p.m. Down-
town Topeka, 10th and Topeka.
TOPEKA

FESTIVALS & FAIRS

AUG 2-4
4-H FAIR
Royalty parade, 4-H exhibits, booths, livestock
show, and livestock auction. Fairgrounds.
VALLEY FALLS, 785-863-3072, 800-896-3198
<http://www.visitjeffcounty.com>

AUG 3-6
OVERBROOK/OSAGE COUNTY FAIR
Carnival, 4-H and open class exhibits, demoli-
tion derby, 4-H livestock auction, horse show,
and parade on Fri and Sat. Cedar St, Fair-
grounds.
OVERBROOK, 785-665-7532

AUG 4-6
LANE AGRICULTURAL FAIR
Oldest continuous fair in Kansas includes 4-H
exhibits, parade, entertainment, contests, BBQ,
and carnival. Lane Fairgrounds, Lane.
OTTAWA, 785-878-3451
<http://www.visitottawakansas.com>

AUG 6-7
WESTERN HERITAGE FESTIVAL
Enjoy old-fashioned kid's games, fastdraw
contests, chuckwagon meal, Western music,
and Wild Bill Hickok impersonators. Eisen-
hower Park.
ABILENE, 785-263-2231, 800-569-5915
<http://www.abilenekansas.org>

AUG 9-13
LEAVENWORTH COUNTY FAIR
Parade, rodeo, 4-H/FFA and open class exhib-
its, carnival rides, food, livestock auction, and
entertainment. Shuttle rides to/from parking
lots. Fairgrounds.
TONGANOXIE, 913-250-2300

AUG 13
MERIDEN FUNFEST
Parade, children's games, dunk tank, street
dance, and food vendors. Downtown.
MERIDEN, 785-863-3072, 800-896-3198

AUG 16-20
ATCHISON COUNTY FAIR
Parade, 4-H/FFA and open class exhibits, games,
carnival rides, food, and livestock auction.
Atchison County Fairgrounds, Effingham, KS.
ATCHISON, 913-833-5450

AUG 26-27
PAOLA ROOTS FESTIVAL

Live music in Paola Park Square featuring
Asleep at the Wheel and The Fabulous Thunders-
birds plus more. Craft and food vendors, KCBS
sanctioned BBQ cookoff, kid's rides, and games.
Outdoor venue. Bring lawn chairs. 1 E Peoria.
PAOLA, 913-557-3893
<http://www.rootsfestival.org>

AUG 27-28
TIBLOW DAYS
Annual heritage celebration including parade,
carnival, car show, music, arts/crafts, and 5K
run. Downtown and 630 Hall of Fame Dr,
Agricultural Hall of Fame.
BONNER SPRINGS, 913-422-5044
<http://www.bonnersprings.org>

SEP 1-4
DE SOTO DAYS FESTIVAL
Food and craft vendors, live music, parade,
custom car show, old car show, carnival, pan-
cake breakfast, miscellaneous competitions,
and interdenominational church service. 83rd
and Ferry St, De Soto Park.
DE SOTO, 913-585-1147
<http://www.desotoks.org>

SEP 3-OCT 16
KANSAS CITY RENAISSANCE FESTIVAL
Enchanting outdoor fall festival depicting 16th-
century English village complete with 13 stages
of entertainment, food, and costumed charac-
ters. Held weekends only. 628 N 126th St.
BONNER SPRINGS, 913-721-1075, 800-373-0357
<http://www.kcrenfest.com>

SEP 8-10
JOHNSON COUNTY OLD SETTLERS
Fun for the entire family. Arts/crafts, food, car-
nival, parade, and nationally recognized ent-
ertainment. Downtown, by Courthouse.
OLATHE, 913-785-5551
<http://www.johnsoncountyoldsettlers.org>

HEALTH

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

FIRST TUESDAY OF EACH MONTH
HEALTH SCREENING CLINIC
Lawrence-Douglas County Health
Department.
FIRST METHODIST CHURCH, LECOMPTON
9:30-10:30 AM

TUESDAYS AND THURSDAYS
BLOOD PRESSURE CLINIC
Conducted at Stormont-Vail's outpatient
lobby, just inside the doors of the Ninth and
Washburn entrance, from 9:00 a.m.-1:00 p.m.
No appointment necessary. Also conducted on
the first, second, third, and fourth Tuesdays of
each month, 4:15-5:15 p.m., in the Sunflower
Terrace Cafeteria (before Senior Suppers).
TOPEKA, 785-354-6787

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

WEDNESDAYS
HEALTH SCREENING CLINIC
Lawrence-Douglas County Health Department.

CONTINUED ON PAGE 13

CALENDAR

CONTINUED FROM PAGE 12

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. 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 2
BONE DENSITY SCREENING**
Are you at risk for osteoporosis? This quick and easy screening can indicate if further testing for this potentially debilitating disease is needed. A bare heel is necessary for the screening. Information about prevention of osteoporosis is also included as part of the screening process. Fee.
LMH HEALTH SOURCE ROOM, 785-749-5800
9:00-11:00 AM

**AUG 3
CHOLESTEROL SCREENING**
You now have a choice! You can choose to get a quick (5 minutes) fingerstick test providing a TOTAL blood cholesterol reading with no fasting involved. Or you can fast for 10-12 hours (water and medications ok) and get a TOTAL LIPID PANEL (includes cholesterol, HDL, triglycerides and calculated LDL) in about 10 minutes. The lipid panel is not available in the afternoon hours. Fee.
LMH HEALTH SOURCE ROOM, 785-749-5800
3:00-5:00 PM

**AUG 9
BONE DENSITY SCREENING**
See August 2 description.
LMH HEALTH SOURCE ROOM, 785-749-5800
5:00-7:00 PM

**AUG 17
BONE DENSITY SCREENING**
See August 2 description.
LMH HEALTH SOURCE ROOM, 785-749-5800
9:00-11:00 PM

MEETINGS

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

**FIRST TUESDAY OF EACH MONTH
LAWRENCE AREA COALITION TO HONOR
END-OF-LIFE CHOICES**
Works with 31 other Kansas communities to help all Kansans live with dignity, comfort and peace at the end-of-life, regardless of age.

Members have backgrounds in healthcare, pastoral care, senior citizens' services, funeral home care, library and educational services. Meets at 3:00 p.m. in Conference E of LMH.
LAWRENCE, 785-830-8130

**WEDNESDAYS AND SUNDAYS
OLDSTERS UNITED FOR RESPONSIBLE
SERVICE (O.U.R.S.)**
Members of O.U.R.S. have met to dance at Douglas County Senior Services, 745 Vermont, since 1984. The group meets to dance from 2:00-4:00 p.m. on Wednesdays and from 6:00-9:00 p.m. on Sundays.
LAWRENCE

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

**FIRST THURSDAY OF EACH MONTH
LAWRENCE PROFESSIONALS IN AGING**
Networking group. Call Kim or Laura at 785-842-0656 for more information. \$10 to attend (includes lunch). Note: May's meeting will be held on May 12.
JADE MONGOLIAN BARBEQUE, LAWRENCE
11:30 AM-1:00 PM

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

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

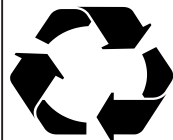
**SECOND THURSDAY OF EACH MONTH
NAACP MEETING - LAWRENCE CHAPTER**
Meets at the Lawrence public Library Gallery Room at 6:30 p.m.
LAWRENCE, 785-841-0030, 785-979-4692

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

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

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

**LAST TUESDAY OF EACH MONTH
GRIEF AND LOSS SUPPORT GROUP**
Brandon Woods Retirement Community in association with Heart of America Hospice invite individuals dealing with the pain of loss and bereavement to join us. Call 785-838-8000 for information.
1501 INVERNESS DR, LAWRENCE



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

**AUG 24
TOPEKA GENEALOGICAL SOCIETY**
Topic: Saving photo memories for tomorrow. Presented by Chad Sidesinger. 2717 SE Indiana, 7:00 p.m.
TOPEKA, 785-233-5762
<http://www.tgstopeka.org>

**AUG 26
AARP CHAPTER 1696 PICNIC**
Catered lunch at 11:30 a.m. and entertainment at noon. Cost is \$5 for members and \$10 for non-members. Douglas County Fairgrounds, Bldg. 21 at 11:00 a.m. Call to reserve your space at the table.
LAWRENCE, 785-865-3787

MISCELLANEOUS

**SATURDAYS
OSHER RADIO PROGRAM**
Local news and talk radio station KLWN 1320 AM presents the new program "Lifelong Learning: Lively Encounters with KU's Best." Each show will feature an interview with a KU Osher class instructor. Tune in for a glimpse of what you can expect from upcoming Osher classes. 11:05 a.m.
<http://www.kuce.org/lifelonglearning>

**AUG 4-6
WILD BILL HICKOK PRCA RODEO**
Named one of the top five outdoor small rodeos of America. Three nights of the best cowboys in America. Wild Bill Hickok Rodeo arena.
ABILENE, 785-263-4570, 800-569-5915

**AUG 5-7
MCLOUTH THRESHING BEE**
Old-fashioned threshing bee, arts/crafts, and quilts. Watch vintage farm equipment in action. Hwy 24/16.
MCLOUTH, 785-863-3072, 800-896-3198
<http://www.visitjeffcounty.com>

**AUG 13-21
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
<http://www.visitlawrence.com>

**AUG 20
BATTLES AND TRAILS**
Civil War memorabilia, pioneer prairie schooler sunflower sod stumppers Volksmarch 10K. Hwy 92/59, Historic Old Jefferson Town.
OSKALOOSA, 785-863-3072, 800-896-3198


**AUG 28-SEP 28
PICKING SUNDAYS**
Enjoy a day of grape picking as the harvest meets the wine cellar. Taste the grapes and the juice. 18807 158th St, Holy-Field Vineyard and Winery.
BASEHOR, 913-724-9463
<http://www.holyfieldwinery.com>

**AUG 28
STATE FIDDLING & PICKING CHAMPIONSHIPS**
Open competition in fiddle, banjo, guitar, mandolin, dulcimer, miscellaneous acoustic instruments, and ensemble folk singing. Children's activities. 12th and Massachusetts, South Park.
LAWRENCE, 785-841-7817
<http://www.visitlawrence.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.

Understanding Alzheimer's



Presentation by Dr. Sanjeev Kumar

When: Friday, August 12, 9:00 a.m.

Where: The Windsor of Lawrence
3220 Peterson Rd.

Continental breakfast will be served

Presentation open to the public

MISSION TOWERS

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



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

Call Manager Karol Freeman
(785) 266-5656
🏠 2929 SE Minnesota • Topeka

New ways to reach the KDOA hotline

Kansas Senior Press Service
A project of KU's Landon Center on Aging

Residents trying to reach the Kansas Department on Aging hotline for reporting suspected abuse, neglect, or exploitation may call (800) 842-0078 from 8:00 a.m. to noon and 1:00 to 4:00 p.m. Monday

through Friday.

But many times, incidents are noticed during late-evening and weekend visits to a nursing home by friends and family. This creates a high volume of calls to the hotline in the mornings, especially on Mondays. Now there are other ways to convey concerns:

Fax concerns at any time to (785) 296-1266 or e-mail concerns to CarolynAnderson@aging.state.ks.us. The address for sending complaints or concerns in writing is:

Kansas Department on Aging
Licensure, Certification, and
Evaluation

503 Kansas Avenue
Topeka, KS 66603

It is always best to be brief and to the point when filing complaints or voicing concerns. Prioritize your list, put events in chronological order, and try to omit issues that are not of a critical nature.



GENUINE SINCE 1937



- aviators
- predator
- caravan
- wayfarer
- rimless
- clubmaster

Come in and check out the latest styles!



928 Massachusetts
Downtown Lawrence
843-0611

www.theetcshop.com

AUGUST 1945 Births

AUG. 7: Alan Cedric Page, NFL defensive lineman, current member of the Minnesota Supreme Court
AUG. 14: Steve Martin, actor and comedian, *The Jerk*, *Father of the Bride*
AUG. 31: Van Morrison, musician, "Brown Eyed Girl"
AUG. 31: Itzhak Perlman, Israeli violinist

Events

AUG. 6: The United States detonates an atomic bomb nicknamed "Little Boy" on Hiroshima, Japan
AUG. 9: The United States detonates an atomic bomb nicknamed "Fat Man" over Nagasaki, Japan
AUG. 15: Imperial Japan surrenders

24/7 Visiting Hours

www.lmh.org



Employment Opportunities

Looking for a job at LMH? Search and apply online at one of the largest employers in Lawrence. Why drive when working for the best community hospital is right in your neighborhood?

Events and Education Calendar

Our ConnectCare calendar can guide you to a variety of LMH educational resources and classes that pertain to you and your family's health. You can register and pay for the class without leaving your keyboard!

Health Information

Search Healthwise® Knowledgebase for health information any hour of the day or night. A great place to find reliable, up-to-date health information explained in plain English and written by experts. Manage your health on your schedule.

Gift Shop

Our online Gift Shop is always open! Choose from a wide variety of gifts that can be delivered right to your friend or family member's room. Point. Click. Purchase.

You can also send a free e-card!



LAWRENCE MEMORIAL HOSPITAL
Community Care—Community Pride

325 Maine St
Lawrence, KS 66044
(785) 749-6100
www.lmh.org



Kansas Award for Excellence
Recipient Since 1999.

Telecommunications Access Program offers help with communication

Kansas Senior Press Service

A project of KU's Landon Center on Aging

Kansans who are deaf, hard of hearing, speech impaired, visually impaired, blind, deaf-blind, mobility impaired, cognitively impaired, or who have a combination of these disabilities can receive specialized telephones that will help them communicate. The equipment is provided through the Kansas Telecommunications Access Program (TAP).

To be eligible for TAP equipment, you must:

- Be a Kansas resident
- Have land line telephone service at your residence
- Have a certified disability or impairment that prevents you from accessing basic telephone service with

standard telephone equipment

- Have an annual adjusted gross income not over \$55,000 per household (\$3,000 may be added to the income threshold for each dependent claimed for income tax purposes.)

For information or to request an application, call (785) 234-0200 (voice) or (785) 234-0207 (TTY) or e-mail tap@kstelecom.com.

**One Standard of Service...
The Finest**



Lawrence 843-1120 · Eudora 542-3030
www.warrenmcelwain.com

HEARTLAND HOME HEALTH CARE & HOSPICE



Care rooted in quality.

Branches near you.

For expert home and hospice care, the choice is Heartland.

Heartland understands the unique needs of home and hospice care. For years, we've been providing comprehensive home care and hospice services, both to hospitals and nursing facilities – and direct to families like yours. We're proud of our reputation and passionate about what we do. We have maintained the qualities that make us your caring neighborhood agency. And now, we have more locations than ever.

For more information about Heartland's home care & hospice services, call today.

Topeka
Home Care 785-271-7400
Hospice 785-271-6500

Heartland
HOME HEALTH CARE & HOSPICE

Serving Shawnee, Douglas, Jefferson, Osage, Jackson, Wabunsee, Pottawatomie and Riley counties

FOOT PAIN?



Dr. Christi L. Gilbert, D.P.M., P.A.
Foot Specialist And Surgeon

3110 Mesa Way, Suite D
Lawrence, Kansas 66049

(785) 841-FEET (3338)

Call This Number For An Appointment
Extended Hours Available On
Tuesday and Thursday

- Warts: Cryosurgery Therapy Available
- Bunions
- Hammer Toes
- Heel Pain: Endoscopic Surgery and Ossatron Available
- Sprains
- Injuries
- Fractures
- Comprehensive Diabetic Foot Care: Including Shoes and Orthotics, covered by Medicare
- Fungal Toenails
- Neuromas
- Ingrown Toenails
- Custom Orthotics
- Stress Fractures
- Pediatrics
- Athlete's Foot
- Improve Athletic Performance

*Foot Pain Is
Treatable And
Preventable
Biomechanical
Abnormalities Can
Be Corrected*



WALK AND BE HEALTHY

PUZZLES

TMSpuzzles@aol.com

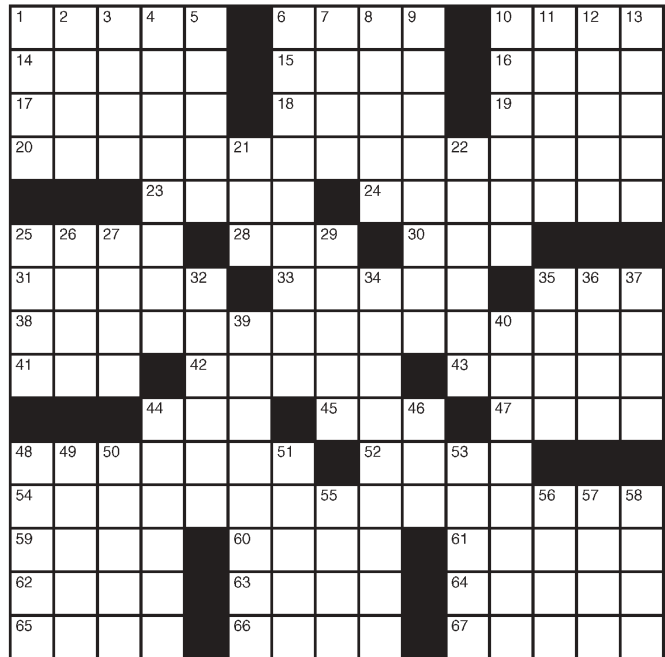
ACROSS

- 1 Bearlike mammal
- 6 Colorful marine fish
- 10 Hindu deity
- 14 Prost or Delon
- 15 River to the Ubangi
- 16 City near Provo
- 17 Bump the bet
- 18 1982 Disney flick
- 19 Gaucho's device
- 20 One's cronies
- 23 Table extension
- 24 Keyboard workers
- 25 Spanish home
- 28 Ind. TV network
- 30 Doggie doc
- 31 Meat jelly
- 33 Reasoning
- 35 Make a choice
- 38 Atlantic vanishing point?
- 41 For example
- 42 Jonathan of "Brazil"
- 43 Doctor, at times
- 44 Feathery scarf
- 45 Uris novel, with "The"
- 47 Twenty quires
- 48 Mogadishu's nation
- 52 Be ___ as it may...
- 54 Area by the Forbidden City
- 59 Thomas ___ Edison
- 60 Competent
- 61 Puccini pieces
- 62 Sharp as a tack
- 63 Solidifies

- 64 Darken
- 65 Writer Buchanan
- 66 Time frames
- 67 Fred's dancing sister

DOWN

- 1 French picnic locale
- 2 Jai follower
- 3 Neet rival
- 4 Renounce
- 5 Anoint, old-style
- 6 Foul
- 7 Bdwy. showing
- 8 Higher up
- 9 First Tudor king
- 10 Amen!
- 11 Jeremy of "Brideshead Revisited"
- 12 South African grassland
- 13 Collect
- 21 Agua, to Fifi
- 22 Medicine that induces vomiting
- 25 Hacks
- 26 Out of port, but not wine
- 27 Light on one's feet
- 29 V-shaped cut
- 32 Dome
- 34 Grandeur
- 35 Beastly character
- 36 Petition
- 37 Set duration
- 39 Irrigation concern
- 40 Cultivated
- 44 Split fruit



By Patrick McConville
Manassas Park, VA

- 46 Intermediate learning inst.
- 48 Gambler's bet
- 49 Lubricated
- 50 Expert
- 51 Brownish-yellow
- 53 Middle East gulf
- 55 Ms. Fitzgerald
- 56 Assistant
- 57 Banister
- 58 Salingero heroine

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Answers on page 23

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.

AMERICA'S FAVORITE FOOD
(sol.: 10 letters)

A-Anchovies; B-Bake; C-Cheese, Crispy, Crust; D-Deep dish, Delicious, Deliver; Dough; F-Flour; Frozen; G-Garlic; H-Homemade, Hungry; M-Meatballs, Melt, Mushrooms; N-Neopolitan; O-Olives, Onions, Oregano, Oven; P-Pepperoni, Pizza, Pizzeria; R-Round; S-Sauce, Sausage, Sicilian, Slice, Spicy, Square, Stuffed; T-Taste, Thick, Tomato, Topping; Y-Yeast; Z-Zest

This Month's Answer: **MOZZARELLA**

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

JUMBLE

THAT SCRAMBLED WORD GAME
by Henri Arnold and Mike Argirion

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

UNFYN
INGOR

GHAREC

FONTIY

www.jumble.com

Answer: A "O O O O O O O O O O"



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

Answers on page 23

Advertising in Senior Monthly is a Capital Idea!

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

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



TRIVIALITIES

1. Who directed the 1982 film "Colors" starring Sean Penn and Robert Duvall?
2. Who starred as Alex Dwyer in the 1981 film "Taps"?
3. Louis Malle directed what 1984 film starring Sean Penn and Donald Sutherland?
4. Sean Penn starred opposite Madonna in what 1986 box office flop?
5. Who directed the 1988 film "Colors" starring Sean Penn and Robert Duvall?
6. Sean Penn has been nominated for three best actor Oscars. Name the films for which he was honored.
7. How many Oscars has Sean Penn won?

Answers on page 23

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BRIDGE

All finesses are not equal

By Omar Sharif and Tannah Hirsch

Neither vulnerable. North deals.

NORTH

♠ A 6 4
♥ K 7 5
♦ A Q J 3
♣ 9 6 2

WEST

♠ J 10 9 7
♥ 9 2
♦ ? 5 4 2
♣ A Q 3

EAST

♠ K Q 8 5
♥ 3
♦ ? 9 8 6
♣ J 10 8 7

SOUTH

♠ 3 2
♥ A Q J 10 8 6 4
♦ 7
♣ K 5 4

The bidding:

NORTH	EAST	SOUTH	WEST
1♦	Pass	1♥	Pass
INT	Pass	4♥	Pass
Pass	Pass		

Opening lead: Jack of ♠

The odds on a ruffing finesse or a simple finesse succeeding are 50 percent in either case. But that does not necessarily mean that, in the context of the hand as a whole, it makes no difference which finesse you take.

The auction was routine. With a good seven-card suit and the equivalent of an opening bid, South's jump to four hearts over the one-no-trump rebid was routine.

West led the jack of spades, setting up a trick in that suit for the defense. In addition, there was the potential of three losing tricks in clubs if West held the ace of that suit. One of the losers could go away on a diamond. Should South take the regular or the ruffing finesse?

If whichever finesse you choose is destined to win, there is no more to say. Suppose you take the regular finesse and it loses. East returns the jack of clubs through the king and, since West has the ace, you lose three club tricks to go with the diamond and the spade loser - down two.

Now let's suppose that, instead, you lead a diamond to the ace and

continue with the queen for a ruffing finesse. If East covers, you ruff, return to dummy with a trump and cash the jack of diamonds for a spade discard. Now you can lead a club to the king, trying for an overtrick. What if East does not cover? You discard a spade and, even if West can win with the king, the king of clubs is safe from attack. You win any return, cross to dummy with a trump and discard a club on the jack of diamonds, guaranteeing the contract.

Send e-mail to gorenbridge@aol.com.

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SMART COLLECTOR

Medals have audience; find them

By Danielle Arnet

Q: In 1974, I bought a set of 12 Salvador Dali "Homage to Israel" silver medallions commemorating the 25th anniversary of the State of Israel. Each medal depicts one of the 12 tribes of Israel. How do I sell them? — Bessie, Lauderhill, Fla.

A: The medals pose an interesting quandary: Is their value in the coin or art category?

Kerry Shrives, Judaica expert at Massachusetts auction house Skinner, www.skinnerinc.com, totaled market value of the silver involved. On the day we talked, it was about \$70.



Danielle Arnet

As art objects, "There is a market for the medals," said Shrives. "They are collectible, but there is a limited audience." On a good day at auction, with the coins in excellent condition, in their original box, she estimates they might bring \$100 to \$150. As decorative objects, "they are a way to get good art at a reasonable price."

Artist Salvador Dali was also commissioned to create engravings of the tribes, and they bring higher prices than the coins. According to www.artfact.com, a complete set (there were 13 drypoints) in excellent condition, with original leather folder, sold for \$18,000 at Christie's last month. Both coin sets and engravings sold well when issued in 1973 and '74, as expressions of support for Israel in its 25th year.

Colorado coin dealer William M. Rosenblum specializes in all world ancient coins, particularly coins related to the numismatic history of the Holy Land and the Jewish people. He also buys and sells world bank notes.

"The sets were a rage in '73 and '74," he told us, "but there is a very small market now." He buys the sets at around \$200, and retails at \$250 to \$300.

"She can offer them to a coin dealer," he suggested. My thinking is that his buy/sell quote is generous. A local coin dealer with little experience in turning over this particular set may offer far less. It will pay to shop the coins around.

FYI: William M. Rosenblum Rare Coins is at www.rosenblumcoins.com or (303) 910-8245. Mail to P.O. Box 355, Evergreen, CO 80437.

Q: I've amassed a large collection of coins and bills from around the world. Some are national coinages, some are rare bills. The collection weighs about 30 lbs. I don't want to sell, but I want formal written assessments without having to surrender large sums of money. I know people in New York City will do it, but I am not there. Any suggestions? — Steven, Plantation, Fla.

A: Let me get this straight. You have 30 lbs. of arcane currency and bills and you want an accurate, written assessment on the entire collection — for pennies? First, if the collection is all that you claim, it takes expertise to know what's what. Not to mention current value. Then there's the sheer mass and scope of the bills, etc.

Bluntly, you get what you pay for. Plop that collection at a local coin shop, and you'll hear about the quantity. And the time involved in assessing. You'll get a cursory valuation, at best, unless you ante up for the dealer's time. Assuming they have the expertise.

Expertise costs. For an accurate, formal written assessment, prepare to pay. Period. Bill Rosenblum suggests you contact Jeff Means at Enterprise Coins, Stamps & Antiques in Tampa, FL (813) 948-2505 or P.O. Box 2338, Lutz, FL 33548. It's closer than NYC.

Q: These S&P shakers were given to my grandmother in the 1940s. They were made in Japan. Are they of any value to a collector? — Ann, Tucson, Ariz.

A: A dealer once told me that salt & pepper shakers are the most collected of all objects. Inexpensive, varied, plentiful and easy to display, it's easy to see why.

Black mammy/chef combos such as yours are very popular. Depending on their height (taller, to fit on a stove, is better), they could retail at \$75-\$100 for the pair. Collectors want old, heavier versions, and your chef, with a striped apron, has a sassy look about him.

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

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How much soy should you eat?

Kansas Senior Press Service

A project of KU's Landon Center on Aging

As part of soy-based diets, the natural substances called soy isoflavones (such as genistein, daidzein and glycitein) have been consumed for hundreds of years and are considered safe. A recent review of the available evidence supports the safety of isoflavones when they're consumed in soy foods.

In fact, eating isoflavones in soy foods like soy milk, tofu, tempeh, and soy nuts might confer several health benefits. These include reduction in the risk of heart disease, osteoporosis, menopausal symptoms, and cancer.

If you do not eat soy foods or take soy supplements, your diet is essentially devoid of isoflavones.

Soy foods have other qualities that make them highly nutritious.

A good source of protein

The soybean differs from other legumes in the high quality of its protein. When substituted for animal protein in the diet, soy protein—which is low in saturated fat—lowers a person's total and LDL (bad) cholesterol. The Food and Drug Administration allows food labels to claim that a low-fat diet with 25 grams of soy protein a day can lower blood cholesterol levels and the risk of heart disease.

Isoflavones may also contribute to the heart benefits that soy foods offer by acting directly on blood vessels. To obtain the benefits of soy foods, a well-known health expert recommends getting 50 to 75 milligrams of isoflavones a day by eating soy foods. This recommended amount of isoflavones can be

reached, for example, with two to three cups of soy milk. Although some processed Western-type soy foods, such as soy burgers, often have reduced isoflavone content, others can approach the levels found in traditional Asian soy foods.

The added benefit of omega-3 fats

Although many low-fat soy products are available, regular soy foods are often higher in protein and isoflavones. Claims have been made that fermented soy foods such as miso, tempeh, and natto are superior to nonfermented ones because their isoflavones are more easily absorbed by the body. But recent research shows that this is not the case.

There is another benefit to eating soy foods. Soybeans are one of the few plant foods, along with flax seeds and walnuts, that provide substantial amounts of an omega-3 fatty acid called alpha-linolenic acid, which may have heart benefits.

In addition, one of the best things about soy foods is that there are now products to suit everyone's tastes and preferences.

Source: *The American Institute for Cancer Research*

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Births

AUG. 4: Billy Bob Thornton,
actor, *Sling Blade, Monster's Ball*

AUG. 19: Peter Gallagher,
actor, *The O.C., American Beauty*

Events

AUG. 27: The first edition of the *Guinness Book of Records* is published

AUG. 28: Emmett Louis "Bobo" Till is murdered in Mississippi

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The Lindbergh Conspiracy

Most great conspiracy theorists, like most great composers and great chefs, are men. A notable exception to that phenomenon is Dr. Hannah Valkyrie, chairwoman of the department of corporate politics at Letongaloosa Community Junior College where I teach.

With her 1984 doctoral dissertation *Who Really Killed Cock Robin?: A Dialectic Analysis of Transformational Proportionalism*, Hannah Valkyrie established herself as a force to be reckoned with in the urbane and often times cliquy world of conspir-



Larry Day

acy theorists. It wasn't easy. Critics, mostly white males, attacked Hannah's dissertation in journal articles and at academic conferences. But Hannah took the fight to her detractors and systematically dismantled their arguments.

She went on to write one successful conspiracy book after another: *Spiro Agnew, Secret Architect of the Falkland Island War*; *Imelda Marcos, Secret Architect of Ronald Reagan's Iran Contra Policy*; *Manuel Noriega, Secret Architect of the Tiananmen Square Massacre*; *Jodie Foster, Secret Architect of the 1992 Clinton Presidential Campaign*.

After that book, Dr. Hannah resigned her faculty position at a prestigious university and moved to a remote island off the coast of Norway where she sought to recharge her intellectual batteries and vitalize her investment portfolio.

In a bold move Dr. Ima Farseer, dean of the College of et. al., et. al., at Letongaloosa Community Junior College, flew to Norway. She hitched a ride on a supply boat that was sailing to the rock-strewn island where Hannah was holed up. The two developed an instant rapport, and Hannah agreed take over corporate politics at LCJC.

During her self enforced exile, Hannah became a student of corporate culture, and began applying all she had learned about conspiracy theory and the dark intrigues of academe to the much more transparent world of corporate culture.

Hannah became a canny investor. Her savings and book royalty funds multiplied as she rode the 1990's prosperity boom. She invested early and heavily in Enron, World Com and Dot Com stocks, and sold her shares just before the stock went south.

Nowadays conspiracy theorists of the world are heralding and denouncing Dr. Hannah Valkyrie's latest audacious work, *Modred Mountbank and Sadie Straus, Secret Architects of Charles Lindbergh's Phony Flight to Paris*.

In the book Dr. Valkyrie claims that Charles Lindbergh's 33-hour flight across the Atlantic from Long Island to Paris was never really supposed to happen.

In the middle 1920's according to the book, corporate America wanted to claim bragging rights for the first non-stop solo flight across the Atlantic, but Europe had the best planes and the most experienced pilots.

In this hour of opportunity, according Dr. Valkyrie's book, the captains of corporate America turned to public relations and marketing rather pilots and airplanes to meet the challenge. According to the book, *Modred Mountbank and Sadie Straus*, the famed "Adam and Eve" of U.S. public relations, were hired to develop an elaborate and costly scam. *Mountbank and Strauss* first had to convince Charles Lindbergh, the ambitious but relatively inexperienced 25-year-old pilot, to cooperate. *Mountbank and Strauss* laid some heavy duty coercion on young Lindbergh, and were finally convinced he would go along with the scam.

Two identical "Spirit of St. Louis" Ryan NYP monoplanes were prepared. One of them was disassembled and secretly shipped to a private

airstrip on the coast of Ireland. The other was the plane that Lindbergh was to fly on this side of the Atlantic. The plot also involved an actor who was to serve as Lindbergh's double in Paris. The Lindbergh look-alike, who was also a trained pilot, hid out in Ireland where the second airplane was stashed.

As soon as Lindbergh agreed to go along with the scam, *Mountbank and Strauss* mounted a stealthy campaign in U.S. newspapers, magazines and radio making Lindbergh a dark horse to win the Atlantic solo flight competition.

Lindbergh took off from Roosevelt Field on Long Island on May 20, 1927, purportedly bound for Paris. But the book says that *Mountbank and Strauss*, and their secret corporate clients, knew the truth—Lindbergh would land at a clandestine airstrip in Newfoundland. The duplicate "Spirit of St. Louis" would take off hours later from the clandestine airstrip in Ireland and fly to Paris. In France, impelled by costly but subtle public relations maneuvers, 100,000 Parisians would be waiting to fete the pilot, the conqueror of the Atlantic.

Once he was airborne, the book

says, Charles Lindbergh double crossed the corporate moguls and stuck to his original flight plan. He tackled the Atlantic alone. When Lindbergh flew over St. John's Newfoundland, and didn't land at the clandestine airstrip, *Mountbank* was hysterical. *Straus* was apoplectic. They fired off a flurry cables outlining contingency plans to henchmen in Ireland and Paris. If Lindbergh made it to Ireland the second "Spirit of St. Louis" would be ditched and the actor/pilot would disappear. If Lindbergh crashed in the sea before reaching Ireland, the scheme would go forward as planned. Of course Lindbergh made it to Paris, and the Parisians were there cheering. The rest was history—except for the secret corporate scam, the existence of which was ruthlessly suppressed.

You can find *Modred Mountbank and Sadie Straus, Secret Architects of Charles Lindbergh's Phony Flight to Paris* at any book remand warehouse or wherever heavily discounted books are sold.

- 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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THE OLD SCOUT

A Northerner travels to wrong side of paradise

By Garrison Keillor

My daughter turned seven a couple weeks ago aboard a cruise ship plowing through 12-foot waves off the north coast of Cuba, en route to St. Maarten in the Lesser Antilles chain. She sat cheerfully at the birthday lunch amongst queasy adults whose quiche was somersaulting in their stomachs.

The promenade deck and the swimming pools were closed. A gang of retired schoolteachers medicated themselves on rum drinks in enormous goblets and got in a playful mood and started dancing to the steel-drum combo playing "Let It Be" and then got in a more thoughtful mood and sat down, looking rather bleak. The little girl didn't notice. She opened her gifts, the pencils and notebook and T-shirt and junk jewelry, and grinned for her picture. The camera loves my daughter. It looks at her and sees a golden-haired, gap-toothed little girl with a sunny disposition. When it looks at me, it sees a beetle-browed gent in serious need of a charm course.

I was just recovering from my Christmas blues which I get every year, in church, after communion, when the lights are dimmed and we all stand and sing, "Silent night, holy night, all is calm, all is bright." Every year, in that unbearably lovely moment, singing a hymn that is a lullaby, a door opens and a bucket of painful memories falls on my head, and the candlelight splinters in the kaleidoscope of tears, and I feel bad for days, rummaging through scenes from the past. This is probably hereditary, from my Scottish roots, the ability at a joyful time to reach out for gloom and get hold of it. The Caribbean was meant to stitch me back together.

I am a good enough father, I suppose. I try to keep my child from eating Drano or hanging out with children who do, and when she crawls into bed with us at 2 a.m., I move over. And she does a lot for me: When I look at her, the past fades to background and the future becomes more real. I think often of 2015, which is more real to me than to most other geezers. It's when she will be heading off to college, free at last.

On the last day of the cruise, we landed on an island of paradise and looked around at a life I choose not to live yet. The white stucco house with a pool under the palms, a veranda, a rattan chaise under an umbrella, a glass of tonic and ice with a slice of lime, a murder mystery in your hands and your long brown legs stretching beyond it, a nap at noon, tennis at three, the Murchisons for cocktails at six, the cleaning lady on Tuesday and Saturday.

I had agreed to go with my family to the beach, so I did though I don't care for beaches. At this beach, I sat in the shade and watched a group who had signed up for a snorkeling

experience stand in shallow water and attempt to put on their fins as enormous waves crashed in and knocked them over. Surf bowling. They all enjoyed falling down except for a couple sourpusses who gave up and went back to the ship. I joined them. An hour on a beach is 45 minutes too much for me.

Were I a resident of paradise, I'd defend it to the skies, but I'm a Northerner and we believe that adversity and the struggle for truth and honor are the keys to the good life, not the 77-degree swimming pool. There is enough resignation and passivity and mediocrity in the world without us adding to it. Work for the night is coming, brighten the corner where you are. This is a work ethic that runs deeper than politics.

My favorite day on the cruise was the day it poured buckets of rain. Coming from a farm state that has had its share of drought, rain almost never fails to cheer me up. It gives me the feeling I have work to do,

a tractor to grease, some nuts and screws to sort into their proper coffee cans.

Work is a blessing. The holidays can be depressing, and vacations are a challenge, and a man does miss his desk. It's in the genes. There is a photograph of my grandpa Keillor standing in his farmyard in Ramsey township, cap pulled down over his ears, denim jacket buttoned, coveralls, barn boots, pitchfork, on a bitterly cold day, chores to do, and he looks truly happy.

(Garrison Keillor's "A Prairie Home Companion" can be heard Saturday nights on public radio stations across the country.)

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(Editor's Note: Tribune Media Services has allowed *Kaw Valley Senior Monthly* to publish this sample Garrison Keillor column. If you would like to see Garrison Keillor's column included every month, please send an e-mail to kevin@seniormonthly.net.)

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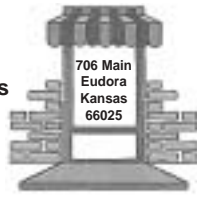
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KEVIN GROENHAGEN PHOTO

Frances Woods blows out a candle during her 101st birthday celebration on July 13. Woods, a Brandon Woods resident since May 1990, enjoys playing bridge at least three times per week, visiting with family and friends, and playing the piano on Sundays.



KEVIN GROENHAGEN PHOTO

Monty Nelson, Community Liaison for Midland Hospice, on July 11 discussed advance directives during a free clinic at Babcock Place in Lawrence. Attorney Tom Stratton of Kansas Legal Services met with individuals the following day to complete living wills and durable power of attorney for health care decisions. The clinic was co-sponsored by Babcock Place and Midland Hospice Care.

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

JUMBLE ANSWERS

Jumbles: FUNNY, GROIN, CHARGE, NOTIFY
 Answer: When the barking dog kept him awake, he ended up with this – A "RUFF" NIGHT

TRIVIALITIES ANSWERS

1. Amy Heckerling
2. Sean Penn
3. "Crackers"
4. "Shanghai Surprise"
5. Dennis Hopper
6. "Dead Man Walking"
7. "Sweet and Lowdown" and "I Am Sam"
7. None.

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