

Kaw Valley Senior Monthly

SPECIAL VETERANS ISSUE

November 2005 Serving Active Seniors in the Lawrence-Topeka Area Vol. 5, No. 5

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FREE



SENIOR profile

COURTESY PHOTO
Col. Todd Ebel presents Charles V. Hamm with the Commander's Certificate from Maj. Gen. Thomas Turner, commander 101st Airborne Division, while Hamm's wife, Barbara, looks on. Ebel also pinned the Bronze Star on Hamm.

Hamm receives Bronze Star 60 years after World War II

By Kevin Groenhagen

A U.S. Army colonel pinned a medal last June. With our military currently in Iraq and Afghanistan, such an event is not uncommon. However, Hamm's Bronze Star medal-pinning ceremony took place 81 years after he was born in a tin shack, and six decades after he was discharged from the Army.

Hamm's life started in Phoenix, Arizona, where his father, a Spanish-American War and World War I veteran who had suffered lung damage from mustard gas, had received treatment at a veterans hospital. His father was actually working near Los Angeles when Hamm was born. The family would later move to Wyoming, Florida, Kentucky, Colorado, and back to Arizona, where Hamm

graduated from high school in 1941.

Hamm then traveled to Kearney, Neb., to attend college. Several months into his studies, Japan bombed Pearl Harbor. President Roosevelt in 1940 signed the Selective Service and Training Act into law, which required all males 21-36 to register for the draft, so Hamm was too young to get drafted. However, in November 1942 the government lowered the draft age to 18.

In addition to pursuing a degree, Hamm worked at several jobs to pay his way through college. He eventually found employment at a company that was converted to manufacture locking knob brackets and bolts for bombers. He received a six-month draft deferment to train his female replacement at the company.

Hamm entered basic training in October 1943 and then was assigned

to an Army Specialized Training Program (ASTP) in engineering at Cornell University. The goal of ASTP was to train and educate academically-talented enlisted men as a specialized corps of officers. Hamm's barracks bag made it to Cornell, but he didn't.

"Rommel was defeated in North Africa and plans were changed," Hamm explained. "I was sent back to infantry with the Blackhawk Infantry Division at Camp Livingston in Louisiana. We were training to go to the Pacific."

One day Hamm learned that recruiters from a parachute school would be giving a presentation at the base theater. Unfortunately, Hamm had been put on pit detail at the rifle range and could not get a pass to attend the program. He was, however, able to catch the end of the program

CONTINUED ON PAGE TWO

Charles Hamm

CONTINUED FROM PAGE ONE

after returning from the rifle range.

"The two recruiters from Fort Benning were talking about the elite paratroop units that were being formed," Hamm said. "It was a fairly new concept in warfare. They finished their speech by saying, 'Now all you lily-livered, yellowed-bellied cowards get up and walk out of here, but if you've got guts stay in your seats.' Only six of us out of about 300 stayed in our seats."

Hamm signed a form with one sentence: "I will jump from an airplane via parachute to the ground." He reported to Fort Benning two months later to attend jump school.

Shortly after jump school, Hamm boarded the *Aquatania*, a sister ship of the *Lusitania*, and sailed to Scotland. He trained in Southampton, England, crossed the channel to Le Havre, France, and boarded a French boxcar known as a 40/8, which stood for 40 men or eight horses.

"We were short of supplies," Hamm said. "I didn't have a rifle. I had an insert for a sleeping bag, but no cover. And I just had a field jacket. I didn't have an overcoat. The winter of 1944 was one of the coldest in European history, so I'll always be thankful to the Red Cross at Le Havre because they issued me a wool-knit sweater along with doughnuts."

After five days on the train, Hamm was issued an M-1 rifle in Neuf Chateau and told to report to a building. Hamm would be assigned as a replacement to G Company of the 502nd Parachute Infantry Regiment. As part of the 101st Airborne Division, these troops were also known as the Screaming Eagles and the Battered Bastards of Bastogne. They earned the latter moniker after their valiant defense of Bastogne, Belgium, during the Battle of the Bulge.

"They asked me what my specialty was, and I told them I was a parachute rigger," Hamm said. "The riggers were still in England, but here I was right on the front line. They looked at my papers and saw that I was an expert 60mm mortar man, so they had me rigging the mortar on the bank of the Moder River in the Haguenu forest area. The Germans were on the other side of the river. The first day on the line I asked the sergeant what he wanted me to do. He said, 'Let's see if they're sleeping across the river. Do your mortar business.' That was my first experience in combat."

"I was the luckiest guy," Hamm added. "My lieutenant was killed,

my buddy got hit with shrapnel, but I didn't get a scratch."

In March 1945, the men of the 101st were issued full dress uniforms and told to shine their boots, wash their cartridge belts, and polish the butts of their rifles.

"We found ourselves on March 14 in full division review, which they estimated was about 8,000 men out of the original 14,000," Hamm said. "We were to have a high-ranking general review the troops. Turned out it was General Dwight D. Eisenhower, the Supreme Allied Commander. I can vividly remember his speech. He said the Battle of the Bulge was one of the most important battles in the history of warfare because Bastogne was a crossroads communications town. Three major highways came through the center of Bastogne and all the German supply trucks had to come through this dense forest area."

The men of the 101st who faced 45,000 Germans at Bastogne in December 1944 were so poorly equipped that Hamm estimates 90 percent of them suffered from frostbite during the battle. In addition, the weather was so poor during the first days of the battle that Allied aircraft were unable to provide close air support or make resupply drops. Despite the odds, the 101st held Bastogne until the Germans, now facing Lt. Gen. George S. Patton's forces, retreated on January 14, 1945.

Eisenhower told the troops how proud he was of them and announced that President Roosevelt had awarded the 101st with the Distinguished Unit Citation, which had never before been awarded to an entire Army division.

The Germans surrendered two months later and Hamm's unit spent the next few months performing occupational duties. Hamm expected to receive a 30-day furlough during the summer of 1945 before heading to the Pacific theater. However, the war against Japan ended before Hamm left Europe.

Hamm was not eligible for immediate discharge from the Army, so he transferred to the 82nd Airborne Division, where he was selected to serve on an honor guard in Frankfurt. While pulling ceremonial guard duty at the officers' quarters, Hamm would once again see Gen. Eisen-

hower when he visited his chief of staff, Gen. Walter Bedell Smith.

Hamm was eventually discharged from the Army in April 1946. While traveling through Kansas, his plans for the future took a detour.

"By happenstance, I ended up with car trouble in Topeka," Hamm explained. "I was looking for another car, and got talking to a salesman at the car lot. The scuttlebutt was that there would be 10 million GIs coming home and all the colleges would be crowded because of the GI Bill. The salesman suggested that I apply at Washburn University."

Hamm attended Washburn, where he earned his bachelor's degree in 1948 and his law degree in 1949. He had a private practice in Topeka until 1951, when the Kansas Department of Social Welfare hired him as an attorney. Hamm became the department's chief attorney in 1959 and served in that position until 1983. In 1973 the department was

renamed the Department of Social and Rehabilitation Services (SRS).

Hamm left SRS in 1983 to become the general counsel and assistant secretary of the Department of Health and Environment. Four years later, Hamm and his family celebrated his retirement with a reception hosted by Gov. Mike Hayden.

"In 1987 I thought I had really retired," Hamm said. "We had a motor home and visited a lot of states."

However, Hamm reluctantly came out of retirement the very next year.

"During the spring of 1988 there was a federal lawsuit in the U.S. Supreme Court," Hamm said. "Fred Thomas was chairman of the Kickapoo tribe and treasurer of the National Indian Gaming Association. The Johnson Act made it a crime to advertise gambling in the media through television, radio, or newspapers that went through the U.S. mail. The *Minneapolis Star-Tribune*

CONTINUED ON PAGE THREE

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Charles Hamm

CONTINUED FROM PAGE TWO

brought a lawsuit challenging that act because they were losing a lot of gambling revenue. Fred asked me through my wife, Barbara, who he knew was a bingo player, if I knew of a lawyer who would volunteer time to represent the Indians in the Supreme Court. I told him he'd have to find a lawyer who's been admitted to the Supreme Court. I had been admitted while I was with SRS."

Hamm filed briefs, but before he appeared before the Supreme Court to argue his case, Congress passed the Indian Gaming Regulatory Act. The act, which President Reagan signed into law in October 1988, provided an exemption to the criminal provisions of the Johnson Act.

In addition to serving as the Kickapoo tribe's attorney, Hamm and his wife spent three years as the business managers for the Kickapoos' bingo hall. As manager, Hamm developed a busing program to bring people to the hall. He also befriended Dave "The Singing Bus Driver" Welch. In November 1991, they began operating Leisure Time Tours.

Leisure Time Tours originally offered casino-only tours, but added scenic/casino tours two years later. A sampling of recent and upcoming tours includes trips to the Meskwaki Indian Hotel/Casino in Tama, Iowa, the Rolling Hills Wildlife Refuge in Salina, Kan., and Branson (Mo.) Christmas Music Shows.

While on a tour last November that included a stop in Branson during Veterans Homecoming Week, Hamm discovered that Combat Infantry Badge recipients in World War II were also entitled to the Bronze Star. The Army awards the medal to those who, while serving in any capacity in or with the military of the United States after December 6, 1941, distinguished themselves by heroic or meritorious achievement or service.

Hamm applied for the Bronze Star and later received it in the mail.

"My Bronze Star came wrapped in a box," Hamm said. "It seemed to me that someone from my old unit should pin it on me."

Hamm contacted the public affairs office at Fort Campbell and expressed his desire to receive his Bronze Star formally. The public affairs office and Hamm eventually coordinated a ceremony that would coincide with one of his tours.

On the morning of June 22, 2005, Leisure Time Tours picked up tourists in Topeka and Lawrence for a trip that included stops at Harrah's Riverboat Casino in Metropolis, Ill., Nashville, Tenn., and the Ameristar Casino in St. Charles, Mo. Also on

the itinerary was a brief tour of Fort Campbell, Ky., the home of the Screaming Eagles.

On the second day of the trip, Hamm put on his Class A uniform, which he had also worn on June 6 for the official dedication of the Dwight D. Eisenhower State Office Building in Topeka. Barbara knew they were going to Fort Campbell that day, but Hamm did not tell her about the medal pinning.

When they arrived at Fort Campbell, Hamm was nearly as surprised as Barbara.

"They put together one of the dog-gonest ceremonies you ever saw," Hamm said.

In addition to the *Fort Campbell Courier's* coverage of the ceremony, local television stations showed up with cameras. Col. Todd Ebel, a Leavenworth native and commander of the 2nd Brigade Combat Team, delivered a speech in which he said those currently serving in Hamm's former unit "are prepared to fight and win in Iraq just as Charles did on the European continent." The unit returned to Iraq this fall.

Col Ebel then pinned the Bronze Star on Hamm, made him and Barbara Distinguished Members of the Regiment, and presented Hamm with the Commander's Certificate from Maj. Gen. Thomas Turner, 101st Airborne Division commander. The troops then invited Hamm, Barbara, and the entire tour group to join them for lunch.

"I received one of the highest honors I could ever expect," Hamm told the *Fort Campbell Courier* after the pinning ceremony. "If I was your age, I'd say it was cool ... but for me, it was magnificent."

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Veterans Day by the numbers

Veterans Day originated as "Armistice Day" on November 11, 1918. Its purpose: to commemorate the end of World War I. First proclaimed by Congress in 1926, and each year thereafter, Armistice Day became "Veterans Day" in 1954 as a result of legislation signed by President Dwight D. Eisenhower. The name was changed to honor all who served the nation in wars or conflicts. Veterans Day has been observed annually on this date since 1978, except for a brief period when it was celebrated on the fourth Monday of October.

24.5 million

The number of military veterans in the United States.

1.7 million

The number of veterans who are women.

9.5 million

The number of veterans who are age 65 or older.

2.3 million

The number of black veterans. Additionally, 1.1 million veterans are Hispanic; 276,000 are Asian; 185,000 are American Indian or Alaska native; and 25,000 are native Hawaiian and other Pacific islander. (The numbers for blacks, Asians, American Indians and Alaska natives and native Hawaiians and other Pacific islanders cover only those reporting a single race.)

8.2 million

Number of Vietnam-era veterans. More than 30 percent of all veterans served in Vietnam, the largest share of any period of service. The

next largest share of wartime veterans, 3.9 million or fewer than 20 percent, served during World War II.

16%

Percentage of Persian Gulf War veterans who are women. In contrast, women account for 5 percent of World War II vets, 3 percent of Vietnam vets and 2 percent of Korean War vets.

432,000

Number of veterans who served during both the Vietnam era and in the Gulf War.

In addition,

- 383,000 veterans served during both the Korean War and the Vietnam conflict.

- 107,000 served during three periods: World War II, the Korean War and the Vietnam conflict.

- 376,000 served in World War II and the Korean War.

6

Number of states with 1 million or more veterans. These states are California (2.3 million), Florida (1.8 million), Texas (1.7 million), New York (1.2 million), Pennsylvania (1.1 million) and Ohio (1.1 million).

\$22.4 billion

Aggregate amount of money received annually by the 2.6 million veterans receiving compensation for service-connected disabilities.

\$59.6 billion

Total amount of federal government spending for veterans benefits programs in fiscal year 2004.

(Source: U.S. Census Bureau)

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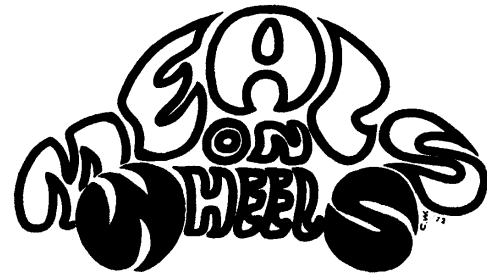
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Loss of body mass linked to development of Alzheimer's disease, study finds

Loss of body mass over time appears to be strongly linked to older adults' risk of developing Alzheimer's disease (AD), and the greater the loss the greater the chance of a person developing the disease, new research has found. The findings are the first to associate decline in body mass index (BMI) with the eventual onset of AD. The researchers suggest that the loss of body mass reflects disease processes and that change in BMI might be a clinical predictor of the development of AD.

The research, reported in the September 27, 2005, issue of *Neurology*, was conducted by Aron S. Buchman, M.D., David A. Bennett, M.D., and colleagues at Rush University Medical Center in Chicago, IL, as part of the Religious Orders Study. The Religious Orders Study is a comprehensive, long-term look at aging and AD among Catholic nuns, priests, and brothers nationwide that has been funded by the National Institute on Aging (NIA), a component of the National Institutes of Health, U.S. Department of Health and Human Services, since 1993. Rush University Medical Center is one of more than 30 Alzheimer's Disease Centers supported by the NIA.

"People with Alzheimer's disease are known to lose weight and body mass after they have the disease," says Dallas W. Anderson, Ph.D., program director for population studies in the Dementias of Aging Branch of NIA's Neuroscience and Neuropsychology of Aging Program. "This study is significant in that it looks at body mass changes in the years preceding dementia and cognitive decline. Other studies have looked at BMI at only one point in time or studied body mass loss in people who already have AD."

Each of the 820 study participants took part in yearly clinical evaluations that included a medical history, neurologic examination, and extensive cognitive function testing. The participants' weights and heights were also measured to determine their BMI, a widely used measure of body composition that is calculated by dividing weight in kilograms by height in meters squared. They completed an average of 6.6 annual evaluations, with a 95 percent follow-up rate. All of the participants were older than 65 years, and the vast majority of them were white and of European ancestry.

When the study began, none of the participants had dementia, and their average BMI was 27.4. During the follow-up period, 151 of the

participants (18.4 percent) developed AD. Both baseline BMI and the annual rate of change in BMI were linked to the risk of developing AD.

People who lost approximately one unit of BMI per year had a 35 percent greater risk of develop-

ing AD than that of people with no change in BMI over the course of the study. Those with no change in BMI had a 20 percent greater risk of developing the disease than that of people who gained six-tenths of a unit of BMI per year.

The findings held true even after

adjusting for factors such as chronic health problems, age, sex, and education. They also held true when those who developed AD in the first 4 years of follow-up — and might have had mild, undiagnosed AD early in the study — were excluded from the analysis.



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U.S. drug sales

U.S. prescription drug sales in 2004 grew at their slowest rate in eight years. Top sellers by class and brand name, in billions:

Drug class	Sales	Change from 2003
Statins* (heart problems)	\$15.5	+12%
Proton pump inhibitors (ulcers)	\$12.5	-3%
SSRI/SNRI (anti-depressants)	\$11.0	+1%
Antipsychotics	\$9.1	+12%
Seizure disorders	\$8.2	+19%
Erythropoietins (anemia)	\$8.0	+8%
Antiarth, COX-2 inhibitors (arthritis pain)	\$5.3	0%
Calcium blockers (blood pressure)	\$4.4	+1%
Angiotensin II antagonists (heart problems)	\$4.4	+24%
ACE inhibitors (blood pressure)	\$3.9	-5%
Brand name	Sales	Change from 2003
Lipitor (cholesterol)	\$7.7	+14%
Zocor (cholesterol)	\$4.6	+4%
Prevacid (acid reflux)	\$3.8	-5%
Nexium (acid reflux)	\$3.8	+23%
Procrit (anemia)	\$3.2	-3%
Zoloft (depression)	\$3.1	+8%
Epogen (anemia)	\$3.0	-4%
Plavix (stroke, heart attack)	\$3.0	+33%
Advair Diskus (asthma)	\$2.9	+26%
Zyprexa (schizophrenia)	\$2.8	-10%

*HMG-COA reductase inhibitors

© 2005 KRT Source: IMS Health Graphic: Lee Hulteng, Judy Treible

Retirement? Nearly half of small-business owners say never

Retirement may be the goal of many Americans, but it's not high on the priority list for the nation's entrepreneurs, according to a NFIB National Small-Business Poll released today. Nearly half (46 percent) of small employers told researchers they never intend to fully retire.

Retirement is on the minds for a growing portion of the nation's population that is being pushed up the age scale by the ranks of baby boomers, but a majority of those who own and operate small firms and anticipate full retirement at some point say they expect to phase out of the business rather than end their involvement abruptly.

"Small-business owners are typically active people who are energized by the challenges and rewards of building an enterprise," said William J. Dennis, senior fellow at the NFIB Research Foundation. "And they intend to remain active later in life, long after most others have retired."

From the nation's perspective, Dennis said, the upside of this demographic reality is that it will provide a substantial pool of older people with large supplies of human capital, particularly organizational skills and business experience, who want to remain active.

Sixty-eight percent of those surveyed reported giving considerable thought to retirement, financial planning for that event and their relationship to the business at that stage in their lives, which is not surprising because the median age of small-business owners is over 50 years.

Half said they plan to dispose of their current businesses through sale or closure at or prior to retirement. Slightly less than one third (29 percent) expect to pass the business on at that point and 22 percent foresee neither selling nor relinquishing their operation.

Nearly eight in 10 of those sur-

veyed are somewhat confident that they will have adequate resources to live comfortably in retirement. This may be overly optimistic because the data show that 38 percent admit they are behind in acquiring financing for their post-ownership years.

The most common sources of expected income these entrepreneurs envision as funding retirement are savings and investments unrelated to the current business — named by 91 percent — and Social Security benefits, cited by 88 percent. However, few expect Social Security to make a substantial contribution to their retirement income. The next most frequent expected source, identified by 80 percent of respondents, is the sale of the business or its operating profit.

The most important sources of income, in terms of amount received, will be savings and investments that are not related to the business, and the sale of the business or its operating profit.

Thirty percent of small-firm owners sponsor a pension plan for

their employees, most commonly a 401(k), in which nine of 10 participate. Typically, such plans were instituted about five years after the business was started.

The survey found that a pension plan is not first on the list of employee benefits offered. It is usually second, behind health insurance, which is offered by 21 percentage points more than those who provide pension plans. Among those that pro-

vide both, the health benefit was started first by an eight-to-one margin. Of those who do not currently provide health or retirement benefits, a health plan would come first by a five-to-one margin.

"The preference is significant," said Dennis, "because it suggests that the current cost problems with health insurance do not just affect that benefit, but also limit small-employer pension sponsorship."

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Kansas Explorers Club: Learn more about your wild and lovely state

By Lynn Anderson

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

There is so much to see and do in Kansas. How can you find out what attractions are out there, when they're open, and how to find them? Membership in the Kansas Explorers Club can provide a jump-start.

The club, a project of the non-profit Kansas Sampler Foundation, was created to inspire, educate, and encourage the exploration and appreciation of Kansas. Membership offers special rates for Explorers Club "group adventures" and an eight-page bimonthly newsletter filled with ideas about how to investigate the nooks and crannies of the state.

Reasons to join the Kansas Explorers Club include learning about unique places to take friends and relatives; staying in touch with the past and present story of Kansas; gleaning fascinating tidbits about Kansas to perk up your conversations; going on a journey (even if only from your armchair); and having the satisfaction of knowing you're making a difference in small

towns through your visits.

In the club newsletter, "The Explorer," you can discover the best place to get chicken-fried steak or where to find old-fashioned soda fountains or a courthouse square. You can learn the best place in Kansas to get cinnamon rolls, which cafe serves the best coconut pie, and where to find old-fashioned hardware stores, stone bridges, or rural sculptures. You can learn that a drive

through Marshall or Pottawatomie counties will erase any notions about Kansas being flat, or that a visit to Big Brutus will bring the days of Kansas mining to life. You can accumulate trivia about Kansas cuisine, the people of the state, customs (what do those boots on fence posts really mean?), local architecture, art on the plains, and history, commerce, and geography.

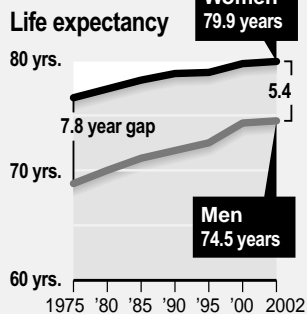
The Explorers Club is also on the

brink of publishing a Kansas Guidebook, which will reveal all the colorful and hidden glories of every incorporated town in the state.

For information about the Kansas Explorers Club, contact Marci Penner, director of the Kansas Sampler Foundation: Mail 978 Arapaho road, Inman, KS 67546; phone (620) 585-2374; e-mail marci@explorekansan.org; or visit www.explorekansan.org.

Women still outlive men

U.S. women are living longer than U.S. men, but men are gaining.



Causes of death

Men die at higher rates for major diseases, accidents, suicide

Annual deaths per 100,000 people

	Men	Women
Coronary heart disease	229	140
Lung cancer	75	41
Suicide	18	4
Motor vehicle accidents	22	9

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Source: U.S. National Center for Health Statistics
Graphic: Todd Lindeman, Judy Treible

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VA warns of telephone prescription scam

The Department of Veterans Affairs (VA) is warning veterans not to give credit card numbers over the phone to callers claiming to update VA prescription information.

"Some unscrupulous scammers have targeted America's veterans, especially our older veterans," said the Honorable R. James Nicholson, Secretary of Veterans Affairs. "VA does not call veterans and ask them to disclose personal financial information over the phone."

The latest scam, currently centered in the Midwest, comes from callers who identify themselves as working for the "Patient Care Group." They say VA recently changed procedures for dispensing prescriptions and ask for the veteran's credit card number.

"VA has not changed its processes for dispensing prescription medicines," Nicholson said. "And we've

definitely not changed our long-standing commitment to protect the personal information of our veterans."

Veterans with questions about VA services should call, toll-free, 1-877-222-8387.



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- NOV. 12:** Neil Young, American singer and songwriter (Crosby, Stills, Nash and Young)
NOV. 15: Anni-Frid Lyngstad, Norwegian singer (ABBA)
NOV. 26: John McVie, English musician (Fleetwood Mac)

Events

- NOV. 1:** John H. Johnson publishes the first issue of the magazine *Ebony*
NOV. 13: Charles De Gaulle elected head of a French provisional government
NOV. 15: Harry S Truman, Clement Attlee, and Mackenzie King call for a UN Atomic Energy Commission
NOV. 20: Nuremberg Trials begin

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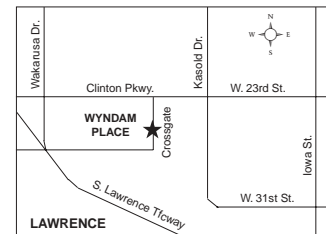
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'Evening with Tensie Oldfather and Friends' to recognize humanitarian

The Bert Nash Center will sponsor "An Evening with Tensie Oldfather and Friends, A Benefit for the Bert Nash Center" to celebrate over 50 years of giving back to her community on Thursday, November 3, at the Lawrence Holiday Inn Holidome.

This fourth installment of the Bert Nash Center's annual fundraiser will highlight Tensie Oldfather's philanthropic endeavors to the Lawrence community. Several community leaders will recall delightful stories with a special recognition from Governor Kathleen Sebelius. Beginning at 6:00 p.m., a social hour will kick off the evening events with the dinner starting at 7:00 p.m. and the program following at 7:45 p.m. The program will include remarks by Marnie Argersinger, Mike Davis, Web Golden, David Millstein, and Jack and Judy Wright. Monte Johnson will serve as master of ceremonies.

Tensie Oldfather, a well-known Lawrence philanthropist and community volunteer, has spent a lifetime giving to the Lawrence Community. Oldfather graduated in 1941 from the University of Nebraska and moved south to Lawrence in 1950 with her husband Charley. Over the years, she has served on the Board of Directors for Bert Nash Community Mental Health Center, helped organize Break Through, volunteered with Head Start programs, was president of the League of Women Voters of Douglas County, and volunteered with the American Red Cross to name a few. Together with her late husband, she contributed to the preservation and restoration of Liberty Hall, established Oldfather Studios and the Haskell Museum and Cultural Center, and helped fund the new Kansas Public Radio building on the KU campus.

Tickets for "An Evening with Tensie Oldfather and Friends" may be purchased by calling Marilyn Sell at the Bert Nash Center, 785-830-1795. The \$125 ticket price includes a social hour with open bar, dinner, and program at the Lawrence Holiday Inn Holidome. For sponsorship information, call Scott McMichael at 785-830-1701.

The annual benefit has raised nearly \$150,000 for the Bert Nash Center. The event featured Max Falkenstien in 2002, Coach Don Fambrough in 2003 and Ted Owens in 2004.

All proceeds from the evening will benefit the Bert Nash Community

Mental Health Center's Endowment Trust Fund. Good mental health is vital to physical health and healthy communities. For over 50 years, the

Bert Nash Center has worked to improve the overall health of Douglas County residents by providing affordable, comprehensive and

quality mental health services to children, adults and families. Visit www.bertnash.org for more information.

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



Gary Calton, RN

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

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.

If you or anyone you know exhibit any of these symptoms, don't delay. Call 9-1-1 and get help fast. Studies show that clot-

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.



The Bob Billings Cardiac Evaluation Center
The newest addition to Lawrence Memorial Hospital's Emergency Department

National Hospice Month raises awareness of hospice

By Kevin Groenhagen

The end-of-life drama the nation witnessed earlier this year with the Terri Schiavo case forced many Americans to confront their own mortality. In fact, the National Hospice and Palliative Care Organization (NHPCO) reports that on a single day during the controversy its staff fielded 673 calls and processed more than 2,000 e-mails from people across the country requesting copies of state-specific advance directives.

Karren Weichert, president and CEO of Midland Hospice Care, is quite familiar with the reluctance of many people to confront end-of-life issues and to seek help after they have been diagnosed with a life-threatening disease.

"We survey families after the death of a patient and the number one comment is 'I wish we had called hospice sooner,'" Weichert said. "So many people wait, when there is a lot hospice can do for them. A lot of people think if they come to hospice, they're giving up. It's not about giving up. It's about redirecting hope. We had a patient who was with us for about four months. She got better, was discharged from our care, became a volunteer for us for almost two years, and then became a hospice patient again. I think that's a wonderful example of someone not giving up."

Hospice utilizes a team approach to the care of terminally ill patients. Members of the patient care team include the patient, the patient's family, nurses and home health aides, social workers, chaplains, and volunteers. Midland Hospice's 135-member staff of full- and part-time employees also includes music and art therapists. Team members are available 24 hours a day and seven days a week to support patients and their families.

"There are several positive aspects to hospice," Weichert said. "First, hospice gives people control.

In hospice, we tell people it's your life. Let's talk about how you want to live today. Our goal is to support that patient and family, to educate them about what's happening to them, and to keep their pain and symptoms under control so they can be as comfortable as possible."

With hospice care, one person has the disease, but the entire family goes through the process. Weichert

sees this as another positive aspect of hospice.

"If you can let your family take care of you in your weakened state, that's a gift," she said. "If your family reaches out to take care of you, that's a gift. Our goal is help them give that gift to each other and make that as precious a time as it can be."

Although hospice has been available in Europe for many decades, the first hospice was not established in the United States until 1974. A decade later, there were just 31 Medicare-certified hospice programs in this country. By 2001, the number of Medicare-certified hospice programs had grown to 2,265, including 35 programs in Kansas.

While the popularity of hospice programs has grown, misconceptions concerning hospice persist.

"There's a myth that hospice is only for cancer patients," Weichert said. "Hospice is for anyone who has a life-threatening illness and who is no longer seeking a cure for that illness."

According to NHPCO, cancer diagnoses accounted for 49 percent of hospice admissions in 2003. The top five non-cancerous causes of death in hospice include end-stage heart disease, dementia, lung disease, end-stage kidney disease, and end-stage liver disease."

Weichert also notes that hospice is for all age groups.

"Our youngest patient was about a week old and our oldest was 105," she said.

Another misconception involves the availability of hospice care to patients.

"I would guess that if you did a poll of seniors, 70 percent wouldn't even know they have the hospice benefit as an enhancement to their regular Medicare Part A," Weichert explained. "Congress passed the Medicare hospice benefit in 1982. That allowed for some reimbursement for hospice services, including medications, equipment, and supplies. That is great.

As wonderful as the volunteer programs were, you couldn't always get enough volunteers to take care of people."

Weichert also notes that most major commercial insurance providers now provide a hospice benefit in their plans.

While Medicare and insurance companies have made it possible for many hospices to have paid staff members, Midland Hospice,



Karren Weichert, Midland Hospice Care's president and CEO, stands beside the Hospice House's aviary

which added a paid staff shortly after it became Medicare-certified in 1990, continues to rely on volunteers.

"Volunteers remain an integral part of what hospice is," Weichert said. "Hospice is the only part of the Medicare system where it is required that a percentage of care be delivered by volunteers. We have about 130 volunteers, but we could use about 130 more."

Among other duties, volunteers with Midland Hospice provide companionship and respite, provide transportation, help with administrative duties, and coordinate fundraising activities."

"We even have one volunteer who comes in and waters the plants," Weichert said.

All volunteers receive four hours of basic orientation, while volunteers working with patients receive an additional 12-15 hours of training.

Midland Hospice's contact with family members does not necessarily end when a patient dies.

"We continue to work with the family for 13 months after a patient dies," Weichert said. "Our bereavement and grief counseling services are also offered to anyone in the communities we serve. They don't have to have been served by hospice."

Midland Hospice also conducts memory tree dedications during the holiday season to celebrate the lives of those who have died. The dedications are open to the general public and will be held this year in Ottawa and Seneca on December 3, and in Topeka and

Lawrence on December 4.

In addition to her administrative skills, Weichert, who joined Midland Hospice during the late 1980s, brings experience to her position that grants her a greater degree of empathy with patients and their families; her father was a hospice patient before she joined Midland Hospice, while her mother was a patient after she joined the hospice.

Midland Hospice's roots date back to 1978, which happens to be the first year a president proclaimed November to be National Hospice Month. Originally known as Hospice of Topeka, it was the first hospice to form in Kansas. Weichert notes, however, that another hospice in Kansas actually took a patient before Hospice of Topeka. Midland became Medicare-certified in 1991.

In 1992, the Osage County Hospice merged with Midland Hospice. Two years later the Southview Hospice, whose program served Anderson, Franklin, Linn and Miami counties, merged with Midland Hospice.

Midland Hospice continues to be a non-profit organization and currently operates out of three buildings in Topeka that house offices for administration and staff, the Adult Day Programs, and the Hospice House, the first residential hospice program in Kansas. Patient care teams also operate out of offices in Lawrence, Ottawa, and Seneca. For more information about Midland Hospice Care, please visit www.midlandhospice.org or call 785-232-2044.

HEALTH & FITNESS

Dating and remarriage in the senior years

Q: I think my father has gone crazy. He is 72 and dating! He's too old for such behavior! It has been two years since my mother's death and I think she would be shocked that my dad is acting like he's 16 again. What should I do? Signed,



Vickie Hull

Worried Daughter

A: It can catch adult children off guard when a widowed or divorced parent begins to date again. Grown children worry about the ramifications to their parent, the family, and themselves if an elderly parent contemplates dating and remarriage. They fear that their parent (and the

family system) will be upset if a change occurs in the family dynamics or that the parent will be prey to someone with ulterior motives.

While these may be real concerns, there are benefits to dating and remarriage in the senior years. For instance, social connections are vital to well-being as we age. Social isolation can cause cognitive stagnation as well as depression, loneliness, and despair. Seniors with significant relationships get out more and engage in more activities, which promotes social vitality.

Being connected to others promotes health and longevity. Research reveals that married people are healthier than those not married. This is especially true for men. Unmarried men and men without close friends have more illnesses and die sooner. Both married men and women have less depression and anxiety than if they remain single in later years. Spouses tend to en-

courage healthy behaviors in each other, like doctor checkups, nutritious diets, regular sleep, and taking medications on schedule. Spouses also provide physical and financial help to each other when they do get sick.

People of all ages desire meaningful relationships and human closeness. When affection and respect are given, we feel valued and accepted. Too often, elderly people do not feel valued or accepted by our youth-conscious society. Dating and remarriage bring opportunities that restore self-confidence, self-worth, vitality, purpose, and fun.

Sure, it is normal to worry when an older parent begins to step outside the family circle to form new relationships. And yes, some will get hurt or rejected, maybe even hoodwinked in the process. Such outcomes are hard for grown children to watch. Adult children also may wrestle with feelings of rejection, jealousy, resentment, and even disloyalty to the other parent. But remember, elderly parents are hopefully mature, financially savvy, and able to recognize quality and mutual relationships. If there are doubts about senior parents dating again, adult children should initiate a rational discussion with their parents or seek

the help of a family therapist to facilitate such a discussion.

Phil and Lorna met in their late 70s. Each had been widowed shortly after golden anniversaries. They shared similar interests and values and both were financially stable. They didn't date long before deciding to marry, explaining, "At our age, we don't have the luxury of years to date." Their children and grandchildren were all present the day Phil and Lorna exchanged their vows with adoring smiles and a kiss.

And before they left town for their honeymoon, the newlyweds made short trips to two cemeteries where they each placed their wedding flowers on the graves of their first loves to honor all their meaningful relationships, both past and present.

I don't think their adult children have anything to fear.

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

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PERSONAL FINANCE

First energy prices, now Katrina and Rita — what they may mean for your wallet

Although most consumers and businesses have been able to absorb rising energy costs for more than two years, the spike in prices caused first by Hurricane Katrina made everyone take notice. That storm's damage to Gulf Coast drilling platforms, refineries, pipelines



Steve
Lane
and
Garth
Terlizzi

and shipping terminals aggravated an already tight supply/demand balance. Coupled with the already high price of oil, the big question was how much damage Katrina, and now Rita, would wreak on the economy. While an energy crisis has been averted, it's possible that investors who were not directly harmed by the storms' fury may still be worried about the strain on their personal finances and the possible impact on their investments.

Signs of Resiliency

Stock market reaction immediately following Katrina's widespread devastation was largely positive. The market's resiliency reflected early assessments that the economy would suffer only a near-term setback. The market greeted Rita with caution; however, this appeared to be short-lived, as Rita did not strike as severe a blow to the Houston area as had been feared. While projections about the hurricanes' actual costs have steadily risen in the days and weeks since they hit the Gulf Coast, markets appear to have taken heart

in predictions that Katrina and Rita, to a lesser extent, would reduce third-quarter gross domestic product (GDP) by perhaps half a percentage point before massive spending on Gulf Coast reconstruction would begin to boost economic growth in subsequent quarters.

While the human and economic impact of the devastation caused by Katrina and Rita is a serious matter unto itself, it is important that investors take into account that economic conditions have been more favorable — both before and after the two hurricanes — than those prevailing during the oil shocks of the 1970s and early 1980s. Back then, the U.S. was battling double-digit inflation, and energy costs consumed a much larger proportion of the nation's gross domestic product (GDP) — 14.4 percent of GDP in 1981 vs. 9.3 percent in 2004. In addition, the U.S. economy was expanding at a healthy rate of 3.3 percent in the second quarter of 2005 and unemployment was stable at 5 percent.

While Katrina sent the price of crude oil temporarily above \$70 a barrel, pre-Katrina oil prices were already a bit disconcerting. However, it's worth noting that a barrel of oil cost \$39 in 1981, which translates to \$87 in today's dollars. With that in mind, the U.S. economy has a history of overcoming the high cost of energy.

Planning Considerations

Of course, the economy is not immune to natural occurrences, like Katrina in particular, that can disrupt energy supplies. And such disruptions may be amplified for a time during periods when energy prices

are already relatively high. That said, what can investors do over the short term to reduce any potential market or economic impact on their financial plans and investments? Consider these three strategies.

(1) **Start by budgeting smartly.** It may be wise to assume that energy prices will remain relatively high in the months ahead, so review your financial plans accordingly. For example, you may need to adjust your spending to allow for higher fuel bills than originally budgeted. You may also want to consider the effect that an increase in inflation could have on your budget and long-term financial plan. In addition, now may be the time to take any energy conservation steps available to you.

(2) **Avoid making investment moves based on daily news or market events.** Instead, review and assess the diversification of your investments, taking into account mutual funds, holdings in IRAs and employer-sponsored retirement plans, individual stocks and any other securities or investment vehicles you own. Spreading your money among a variety of asset classes and securities potentially helps reduce the impact of losses on any single in-

vestment, no matter what the cause may be.

(3) **Don't abandon sound strategies for "safe havens."** When markets are shaken by natural disasters and other crises, it can be tempting to "time the market" — that is, to move money from what you perceive to be riskier investments to safer investments until the risk recedes. But timing the market based on short-term volatility more often than not can hurt the average investor. Practicing a buy-and-hold investment strategy can help you stay focused on your long-term goals and reduce the daily impact that news and regular market swings may have on your portfolio.

Events such as the recent hurricanes and the steady increase in energy prices that we've experienced this year serve as reminders that it is important for investors to maintain a long-term outlook. Exercising prudence and avoiding hasty investment decisions may be an appropriate strategy to help minimize the effects of short-term volatility on a long-term investment portfolio.

- 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

Charitable giving pays off—for everyone

You've probably heard that "generosity is its own reward." This may be true, but when you make a charitable gift to a non-profit organization, your generosity also could reward you—



Harley Catlin and Ryan Catlin

especially when you file your taxes.

In fact, you can get at least three types of tax benefits:

- **Immediate tax deduction** - You can deduct your charitable gift from your current income taxes. So, for example, if you give \$1,000 in cash to a charitable group this year, and you are in the 28 percent tax bracket, you could deduct \$280 from your taxes on your 2005 tax return.

- **Avoidance of capital gains taxes**

- Instead of writing a check for \$1,000 to a charitable group, you might want to donate appreciated assets, such as stocks. Suppose that you have been holding shares of a specific stock for several years. Let's assume that you bought these shares for \$250, and that they are now worth \$1,000. If you were to give these shares to a recognized charitable group, you would get the \$280 tax deduction based on the shares' current market value. Furthermore, because you are not selling the shares, you will avoid having to pay any capital gains taxes on your \$750 profit.

- **Potential reduction in estate taxes** - By removing an appreciated

stock from your estate, you may be providing a tax break to your heirs, if your estate is large enough to generate estate taxes. Under current law, today's \$1.5 million federal applicable exclusion amount will increase over the next several years; the federal estate tax will be repealed in 2010 and will return in 2011 with a \$1 million exclusion, unless Congress passes new legislation.

- **Charitable-giving methods**

Depending on your circumstances, you might find it advantageous to establish a charitable giving vehicle, such as one of the following:

- **Charitable remainder trust** - If you own large amounts of shares of an appreciated stock, you may want to donate some or all of them to a charitable remainder trust. The trust can then sell the stock, reinvest the proceeds and pay you a lifetime income stream. You'll defer capital gains taxes on the sale of your stocks, and you can use the income to help diversify your portfolio or pay for some living expenses. When you die,

the remaining proceeds of the trust go to the charitable group that you have chosen in your trust.

- **Private foundation** - If you have a very large estate, you may want to create a private foundation to distribute assets to charities. After you've established a private foundation, it will typically distribute 5 percent of the fair market value of its assets each year to the charities you've chosen. Unlike a CRT, contributions to private foundations do not allow for donors to receive an income stream.

Before establishing any of these charitable giving arrangements, consult with your tax and legal advisors. But no matter how you choose to make your charitable gifts, don't hesitate to be as philanthropic as you can afford. By helping out those organizations that do valuable work, you'll unquestionably be making a good investment.

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



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RETIRE SMART

Make retirement, end-of-life plans while you're still healthy

When Sandra Timmermann's parents first wanted to talk about moving from their home in Glen Cove, N.Y., to a continuing care retirement community, and about their thoughts on funeral arrangements, she found herself wanting to put the conversation off.

"I said maybe we should talk about it another time," Timmer-



Humberto
and
Georgina
Cruz

mann said, recalling the beginning of those discussions almost 20 years ago. "I became depressed thinking one of them might be ill and wasn't letting me know. I remember asking my father if something was wrong and he said no, it was just something they wanted to do."

Today Timmermann, a nationally known gerontologist and director of the MetLife Mature Market Institute, is grateful for her parents' forethought and perseverance in involving her in their planning.

"It was a great act of love on their part, the greatest gift they ever gave me," Timmermann said. They gave her the peace of mind of knowing her parents had planned for the rest of their lives and that she would be carrying out their wishes when they died.

"I do feel all the things they did made the grieving more palatable," Timmermann said. "You have

a sense of really feeling like you are following through on what they wanted to do. I don't think I really appreciated it until my Dad died" about 11 years ago, she said. Her mother died about four years later.

Advice on having this type of discussion of life-care and end-of-life issues, before it is too late, is usually aimed at adult children, with tips on how to approach this sensitive topic with their aging parents.

In Timmermann's case, it was her parents who kept bringing up the subject despite her initial resistance.

"Even someone with all the training can go through all these feelings," said Timmermann, who has a doctorate in educational gerontology from Columbia University and was director of the AARP Institute for Lifetime Learning in Washington, D.C., when her parents first started talking about their plans.

"Maybe it was harder for me because, as an only child, it was so

emotionally bound to them...Perhaps I just couldn't face up to the fact that my Dad was turning 80 and my mother 79, and that they were closer to the end of their lives than I wanted to admit."

But Bernhard and Matilda Timmermann could, and they also realized the time to deal with this reality was when they were still healthy.

"The first thing they wanted me to do was to understand they wanted to move to a continuing care retirement community (where people can live independently at first, then receive increasing levels of care as needed as they age). They were active enough to understand this would be a good move for them before they got ill." While this living arrangement may not suit everyone, it did her parents and provided them with a social and support network as they grew older.

"They were able to move to a community when they were young enough they could make friends, and as they became more frail they had friends already. The people there became a new kind of family in some ways," said Timmermann, whose career had taken her to California by the time her par-

ents moved to Florida.

Before they did, they did careful planning and research on continuing care communities, and Timmermann and her husband visited a few with them.

Before moving, her parents also prepared living wills that documented their end-of-life wishes. After they moved, they also prearranged their own funerals, choosing the flowers, Biblical passages and music they wanted for their memorial services and drafting their own obituaries.

"I don't know whether they were unusual in this respect," Timmermann said of their parents' planning. "It seems to me you could really help your children by doing something like this...As you get older yourself, you begin to look at the time you have left and you realize you are not going to live forever."

(Send questions and comments to Humberto Cruz at AskHumberto@aol.com, Georgina Cruz at GVCruz@aol.com, or c/o Tribune Media Services, 2225 Kenmore Ave., Suite 114, Buffalo, NY 14207. Personal replies are not possible.)

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PET WORLD

Pets can suffer from post-traumatic stress syndrome

Q: We've adopted a middle-aged dog from St. Bernard's Parish (in New Orleans). The owners apparently couldn't keep her. I don't know the entire story but she was rescued from a home surrounded by water after Hurricane Katrina. Katie (that's what my 13-year-old decided to call her) is fine with the family and our other dogs, but she isn't interested in playing with people or dogs. Her



Steve Dale

eyes always appear to be dilated, as if she's expecting something to happen at any moment. I know patience will help, but is there anything else we could do? I wish we could just tell her, "You're safe now." — S.P., Houston, Texas

A: First, congratulations on rescuing this pooch! Dr. Nicholas Dodman, director of the behavior clinic at Tufts University School of Veterinary Medicine, says pets can suffer from post-traumatic stress syndrome.

The perimeters in animal medicine haven't been specifically defined, but based on what happens in people, it seems at least some combination of events may cause post-traumatic stress syndrome, Dodman says. Feeling you're about to die, or witnessing the death or serious injury of someone close to you might trigger such stress in a person or a pet.

Post-traumatic stress syndrome is diagnosed when the trauma is re-lived over and over through nightmares or persistent thoughts. We do know that pets dream, so this is possible. Also, an exaggerated startle response, extreme fear and hyper vigilance, or always expecting something to happen are symptoms. Your dog isn't exhibiting the exaggerated startle response and doesn't seem overly fearful, but as you say, it's as if she's always expecting something to happen.

Based on your description, it's very possible Katie is suffering from post-traumatic stress syndrome.

"Encourage a smile, the hint of a tail wag or a flicker of playfulness," Dodman suggests. "Don't coddle her too much, though certainly do lavish her with love. Most of all, pa-

tience is absolutely correct. Most dogs do eventually come out of it when they realize they can trust you and trust life in general."

Dodman wrote about one such traumatized dog in his book, "If Only They Could Speak," (W.W. Norton Co., New York, NY, 2002; \$24.95). Dogs suffering true post-traumatic stress syndrome may benefit from anti-anxiety medication. To learn more, check the American College of Veterinary Behaviorists Web site: <http://www.dacvb.org>

Q: Do you think the TV coverage of Hurricane Katrina has appropriately shown the forgotten victims? I'm referring to the pets, thousands of which have died. — T., St. Paul, Minn.

A: I don't believe pets in the hurricane zone have been forgotten by the media. Unlike other disasters, where pets were only featured in cute, fluffy stories, the media has taken the plight of pets seriously in the wake of Katrina. Over and over, I've seen reports about animals left behind, or worse, of pets and people torn away from one another.

In fact, one colleague, Phyllis DeGioria, editor at www.veterinarypartner.com, calls it the Snowball Effect. She refers to the puppy named Snowball, who made national news when he was taken from a little boy at an evacuation bus.

"I'm also referring to what happens when people refuse to be evacuated, a lot of problems snowball," says DeGioria. "For one thing, people refuse to leave because there's nowhere to evacuate with pets, then the rescuers endanger their lives attempting to rescue those people. When those people are eventually rescued, there are more health issues for people and for pets. And when the animals are just left behind, they may not be reunited with their families, or may become strays, creating a new problem for animal control officials."

DeGioria is encouraging people around the country to encourage their local Red Cross chapters and local governments to revise outdated disaster policies so there are options for people with companion animals, along with options for those who prefer not to be in shelters where there are animals.

Clearly, since Katrina, we've seen

over and over again just how strong the human/animal bond can be.

(Write to Steve at Tribune Media Services, 2225 Kenmore Ave., Suite

114, Buffalo, NY, 14207. Send e-mail to [PETWORLD\(at\)AOL.com](mailto:PETWORLD(at)AOL.com). Include your name, city and state.)

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Shawnee County Election Notice

Elizabeth Ensley, Shawnee County Election Commissioner, would like to remind voters to make sure their registration is up to date at their current address for the consolidation election. Ballots will be automatically mailed to all voters who are registered by November 15. The ballot will be mailed to the address on file in the Election Office at that time. The date of the election is December 15, 2005. Registration remains open until Wednesday November 30th, which is 15 days prior to the election.

However, those who register between the 30th day and the 15th day prior to the election are required to fill out an additional application before a ballot may be mailed to them. Anyone with any questions concerning their registration status or about voting procedures for this mail ballot election may call the Election Office at 785-266-0285. Further information on the Mail Ballot Election is also available on our web site at www.co.shawnee.ks.us/ election.

OFFICE OF THE COMMISSIONER OF ELECTIONS
SHAWNEE COUNTY
STATE OF KANSAS
NOTICE OF QUESTION SUBMITTED ELECTION
FOR CONSOLIDATION OF THE GOVERNMENTS OF TOPEKA, KANSAS AND SHAWNEE COUNTY, KANSAS

NOTICE is hereby given that a mail ballot special question submitted election is to end on the 15th day of December 2005, all in accordance with the provisions of a Resolution passed and approved by the Consolidation Commission of Topeka Kansas and Shawnee County.

The purpose of said election is to submit the following proposition by ballot to the electors of the County

**State of Kansas
Official Question Submitted Election Ballot
Governmental Consolidation of the City of Topeka and Shawnee County
December 15, 2005**

NOTICE

If you tear, deface or make a mistake and wrongfully mark any ballot, you must return it to the Shawnee County Election Office and apply for a replacement ballot.

QUESTION SUBMITTED

To vote in favor of the Question submitted upon this ballot, darken the oval to the left of the word "Yes"; to vote against it, darken the oval to the left of the word "No".

Shall the following be adopted?

Shall the governments of Shawnee County, Kansas, and Topeka, Kansas, be consolidated into a single governmental entity, known as "the Unified Government of Topeka and Shawnee County," in accordance with the Final Plan for Consolidation adopted by the Consolidation Commission of Topeka, Kansas and Shawnee County?

Yes

No

Note: A complete copy of the Final Plan for Consolidation is available at the offices of the Shawnee County election officer, and the Topeka City Clerk, and at each public library in Shawnee County.

This election will be conducted in accordance with the mail ballot election act, K.S.A. 25-431 et seq. (the "Act"). The Act provides that the Election Commissioner of Shawnee County, Kansas shall conduct the election by mailing an official ballot to each elector entitled to vote in the election, not sooner than the 20th day before the date of the election and not later than the 10th day before the election. Ballots mailed by the Election Commissioner shall be, addressed to the address of each elector appearing in the registration records, and placed in an envelope, which is prominently marked "Do Not Forward". Instructions sufficient to describe the voting process to

each elector will accompany the ballot, together with a postage-paid, addressed return identification envelope in which the marked ballot must be placed.

IT IS IMPORTANT FOR EACH QUALIFIED VOTER TO NOTE THAT YOUR BALLOT CANNOT BE COUNTED UNLESS YOU TAKE THE APPROPRIATE STEPS:

1. You must personally sign and place your correct residence address on the return identification envelope.
2. If you choose to mail your ballot, you must put it in the return identification envelope and place it in the United States mail, sufficiently early so that it will be received by the Election Commissioner no later than 12:00 noon, December 15, 2005.
3. If you elect not to mail your ballot, you must **PERSONALLY** deliver it in the return identification envelope to the office of the Election Commissioner, 911 SW 37th Street, Topeka, Kansas, at any time during regular business hours from 8:00 a.m. to 5:00 p.m. Monday through Friday, but before the hour of 12:00 noon on December 15, 2005.

If the ballot of a qualified elector is destroyed, spoiled, lost or not received in the mail by the qualified elector, or if an elector registered within 30 days before the date of the election but prior to the closing of the registration books, a ballot or replacement ballot may be obtained from the Election Commissioner. Persons qualified to receive a replacement ballot may do so by signing an application prepared by the Election Commissioner and submitting the application by mail or in person at the office of the Shawnee County Election Commissioner, 911 SW 37th Street, Topeka, Kansas, 66611.

The Authority to conduct this special election called by the Consolidation Commission of Topeka, Kansas and Shawnee County under the provisions of the 2005 Kansas Session Laws Chapter 166 (H.B. 2083) does not authorize the use of voting equipment or ballots located at the usual polling places for Shawnee County. Consequently, all qualified electors of the County are hereby notified that no polling places will be open during the December 15, 2005, special election and all ballots must be cast in the manner specified herein and in accordance with the voting instructions which will be sent to all qualified electors with the official mail ballot. Telephone inquiries from qualified electors having additional questions about the procedure to follow in order to vote in this election may be made by calling (785) 266-0285 between the hours of 8:00 a.m. and 5:00 p.m. Monday through Friday.

By order of the Election Commissioner of Shawnee County, Kansas, whose election headquarters are located at 911 SW 37th Street, Topeka, Kansas.

In Witness Whereof, I hereunto set my hand and Official Seal this 17th day of October 2005.

(S E A L)

/s/ Elizabeth Ensley
Election Commissioner

For more information, please visit www.co.shawnee.ks.us/election

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CALENDAR

ART/ENTERTAINMENT

NOV 2

BARRAGE - VAGABOND TALES

An international, multitalented cast performing an eclectic mix of music, song, and dance in a performance that has been described as "STOMP meets Riverdance." The story of Vagabond Tales focuses on a group of wandering musicians who gather to choose a new leader through an entertaining series of musical challenges.
LAWRENCE, 785-864-2787
<http://www.lied.ku.edu>

NOV 4-19

A LION IN WINTER

Drama performed by the River City Community Players at the historic Art Deco theater. Performing Arts Theater.
LEAVENWORTH, 913-682-7557, 800-844-4114
<http://www.lvarea.com/cvb>

NOV 5

KRONOS QUARTET

A quartet that has changed our perception of not just what a string quartet can be, but what music can be in the 21st-century global village. Kronos will premiere a new work by composer Gabriela Frank, whose compositions incorporate South American mythology, art, poetry, and folk music into western classical forms that reflect her Peruvian-Jewish heritage. Lied Center.
LAWRENCE, 785-864-2787
<http://www.lied.ku.edu>

NOV 9

RAVI SHANKAR - FESTIVAL OF INDIA II

Renowned throughout the world for his pioneering work in bringing Indian music to the West, he continues this journey, Full Circle, in concert with his daughter and protégé, Anoushka, the only artist in the world to be trained completely by her father, and an ensemble of Indian musical ambassadors. Lied Center.
LAWRENCE, 785-864-2787
<http://www.lied.ku.edu>

NOV 10-11

GRANDCHILDREN OF THE BUFFALO SOLDIERS

Story of a young man, who returns to the Montana reservation where he grew up, and rediscovers a family still haunted by issues of racial identity and prejudice. Grandchildren of the Buffalo Soldiers takes a compassionate and open-minded look at the complexity of mixed race heritage in America. Lied Center.
LAWRENCE, 785-864-2787
<http://www.lied.ku.edu>

NOV 12-DEC 28

WRAP IT UP SALE & EXHIBIT

Exhibit and sale of works by local and regional artists. New works added daily. Manhattan Arts Center.
MANHATTAN, 785-537-4420
<http://www.manhattanarts.org>

NOV 12

ARLO GUTHRIE - ALICE'S RESTAURANT

Thanksgiving 1965, events took place at the old Trinity Church that inspired Guthrie to write the song "Alice's Restaurant." Released in 1967, the title song premiered at the Newport Folk Festival and helped foster a new commitment among the 1960s generation to social consciousness and activism. Guthrie, a natural-born storyteller whose tales and anecdotes figure prominently in his performances. Lied Center.
LAWRENCE, 785-864-2787
<http://www.lied.ku.edu>

NOV 19

ART FOR AFRICA

A Kansas City holiday art fair and benefit for South Africa. 10:00 a.m.-6:00 p.m. Belger Art Center, 2100 Walnut St., Kansas City, Mo.
THE LIGHT CENTER, 785-255-4583
<http://www.lightcenterks.org>

NOV 26

BIZARRE BAZAAR

Annual event features over 100 local and area artists. Shop one-of-a-kind, handmade works that range from contemporary to bazaar. Two stages feature music by area musicians. Lawrence Arts Center.
LAWRENCE, 785-843-2787
<http://www.lawrenceartscenter.com>

BINGO

SUNDAYS

AMERICAN LEGION

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

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1

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

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
785-234-5656

BOOKMOBILE

MONDAYS

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

TUESDAYS

PETERSON ACRES, 2930 PETERSON RD.,

LAWRENCE, 1:30-2:30 PM

WEDNESDAYS

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

BOOK TALKS

THIRD TUESDAY OF EACH MONTH

COTTONWOOD RETIREMENT CENTER, 1029 NEW HAMPSHIRE ST., LAWRENCE, 2:00 PM
BABCOCK PLACE, 1700 MASSACHUSETTS ST., LAWRENCE, 3:00 PM

THIRD WEDNESDAY OF EACH MONTH

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

FOURTH WEDNESDAY OF EACH MONTH

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

CLASSES/LECTURES

ONCE A MONTH

AARP'S 55 ALIVE SAFE DRIVING COURSE

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

NOVEMBER 7

HARD CHOICES: FINDING BALANCE IN HEALTHCARE AT THE END OF LIFE

Valuable local resources are available to those struggling with difficult end of life health care decisions. Come and hear a discussion by local experts of these important issues. Lawrence Public Library Auditorium, 707 Vermont Street, 6:00-8:30 p.m. Advance recommended required due to limited seating. Sponsored by the Lawrence Public Library, Lawrence Memorial Hospital, The Health Care Access Clinic, and the Osher Lifelong Learning Institute at the University of Kansas.
LAWRENCE, 785-843-3833, ext. 104
<http://www.lawrence.lib.ks.us/forums/>

NOVEMBER 14

THE UNINSURED IN KANSAS AND OUR NATION—AND POSSIBLE SOLUTIONS

Presented by Kansas Insurance Commissioner Sandy Praeger, followed by Q&A session. Lawrence Public Library Auditorium, 7:30 p.m. Refreshments served at 7:15 p.m. Sponsored by Kansas Health Care for ALL.

LAWRENCE

NOV 15

SEMINAR ON ESTATE PLANNING & SPECIAL NEEDS TRUSTS

Stevens & Brand, LLP and CornerBank's Trust Department will co-host a seminar entitled, "Who Can You Trust When You're Not There? Estate Planning for You and Your Special Needs Child." Molly M. Wood and Emily Donaldson, with Stevens & Brand, LLP, will share their elder law and estate planning knowledge. Barbara J. Braa will give an introduction to the program. Free seminar will be held at CornerBank, 4621 W. 6th Street, Lawrence, from 6:00-7:30 p.m. To RSVP or for more information, please contact Barbara J. Braa. RSVPs are requested by November 11.
LAWRENCE, 785-838-9400, barbarab@cornerbanks.com

NOVEMBER 17

HOPE, HEALTH, AND HARMONY DURING THE HOLIDAYS

Please join Vickie Hull, Marriage and Family Therapist with Lawrence Therapy Services, for an interactive discussion about creating personal and family meaning during your holiday

season. As a relationship specialist, Vickie will focus on how senior citizens can find emotional and spiritual well being from Thanksgiving through New Year's Day. She will outline ways you can enhance holiday time for yourself and with friends, neighbors, and family—even when those you love are many miles away. This program will be presented by the Senior Outreach Services of the Lawrence Public Library at the library, 2:00-3:00 p.m. For more information on this program, please call Pattie.
LAWRENCE, 785-843-3833

DEC 1-2

AARP DRIVING SAFETY CLASS

The AARP Driving Safety Class will be offered on Thursday and Friday from 10:00 a.m.-3:00 p.m. in the Lawrence Public Library Gallery Room. A workbook fee of \$10 may be paid at the first session. This is a refresher class on driving laws, safety issues and how to adjust to changes due to aging. Insurance discounts are available for those attending both days. Due to space limitations, please call Pattie at the library to register for the class.
LAWRENCE, 785-843-3833

EXHIBITS/SHOWS

NOV 5-6

ART & CRAFTS SHOW

Annual show. Cody Rd at Harney Gym. FORT LEAVENWORTH, 913-651-9454
<http://www.lvarea.com/cvb>

NOV 12

LAWRENCE TOY SHOW

Toy show and sale. New and antique toys, dolls, cars, pedal cars, and tin wind-up. All types of toys, old and new. 150 tables in two buildings. Dealers from 6 states. Douglas County Fairgrounds.
LAWRENCE, 785-286-1249
<http://clubs.hemmings.com/sunflowerCHVA>

FARMERS' MARKETS

NOV 1-12

LAWRENCE FARMERS' MARKET

One of the oldest farmers' markets in Kansas, offering fresh fruits, vegetables, baked goods, flowers and herbs. Tue. and Thu. 4:00-6:30 p.m.; Sat. 6:30-10:30 a.m. 1000 block of Vermont.
LAWRENCE

NOV 1-12

TOPEKA FARMERS' MARKET

Every Saturday, 7:30 a.m.-12:00 p.m. Downtown Topeka, 10th and Topeka.
TOPEKA

FESTIVALS & FAIRS

NOV 1-6

FALL FESTIVAL

Corn mazes and corn cannons. Bonfire, pumpkin patch, bands, pumpkin painting, and halloween hayrides. Weekends only.
GRANTVILLE, 785-863-3072, 800-896-3198

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

CONTINUED ON PAGE 19

CALENDAR

CONTINUED FROM PAGE 18

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 training for toning. In addition, there's a strong emphasis on flexibility and range of motion to improve and/or increase joint mobility and quality of life. Senior classes are held at Body Boutique from 11:00 a.m. to noon. Fee. LAWRENCE, 785-749-2424

WEDNESDAYS

HEALTH SCREENING CLINIC

Lawrence-Douglas County Health Department. For individuals 60 years of age and older and

their spouses. Minimal fees, but no one will be denied service because of inability to pay. BABCOCK PLACE, LAWRENCE 9-11 AM

SECOND THURSDAY OF EACH MONTH

MEDICATION CLINIC

Bring questions about your medications (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

NOV 2

CHOLESTEROL SCREENING

No appointment needed. You may choose between a Basic Cholesterol Screening (No fasting needed) or a Total Cholesterol Screening with a lipid panel. The lipid panel offers a basic cholesterol screening as well as your HDL, LDL, and triglycerides. If you choose to have the Total Cholesterol Screening you will need to fast for 10-12 hours (water and necessary medications are OK). The Total Cholesterol Screenings are offered during morning hours only. Please note that these tests are not considered diagnostic of any disease pro-

CONTINUED ON PAGE 20

LEISURE TIME TOURS

Topeka, Kansas

CASINO TOURS:

We run several one day trips to Sac & Fox, Golden Eagle and Harrahs Casinos. Our charge is \$20 for the round trip motor-coach, but you get rebates from the casinos to offset most of the bus fare.

GOLDEN EAGLE CASINO - Nov. 5, 17, 20 - Dec. 13, 18, 29.

SAC & FOX CASINO - Nov. 8, Dec. 16
HARRAHS, Mayetta - Nov. 2, 10, 14 - Dec. 1, 21, 31

TAMA, IOWA - MESKAWKI INDIAN HOTEL/CASINO - Dec. 8-10: 3 days-2 nights, \$136 per person, double occ/get \$60 cash back - 3-\$3 off meals - 2 nights hotel.

OTHER TOURS

Fri. Nov. 4: ROLLING HILLS WILDLIFE ZOO & MUSEUM
Salina, KS. \$48/ get adm to both the ZOO & the new WILDLIFE MUSEUM. Plus TRAM ride around the 65 acre ZOO. Plus stopping near Abilene en route home at RUSSELL STOVERS CHOCOLATE FACTORY. Call for pick-up times.

Sat. Nov 19: ANNIES COUNTRY JUBILEE - Tonganoxie, Ks. \$40/ get Dinner at Bichelmeyer's Steak House, Show admission which features our own "SINGING BUS DRIVER" with The Jubilee Band.

Sun. DEC 4, 5: TRIP TO OMAHA, NE. 2 day, 1 night trip for CHRISTMAS IN GERMANY. Enjoy a full afternoon of fine German food, Music and Dancing. In the evening attend the Casino of your choice or visit OLD MARKET. \$107 per person, double occ.

In Topeka call 354-8922.

Outside Topeka you may call TOLL FREE: 1-800-851-7037.



We're here when you need us.

YOU DON'T HAVE TO BE A BRANDON WOODS RESIDENT to take advantage of The Health Center at Brandon Woods – or The Arbor, a separate area dedicated to the special needs of those with Alzheimer's or other forms of dementia. We're here when you need us to provide a warm, neighborhood atmosphere, a fresh approach to skilled nursing care and a great value.

Our Resident-Centered Care approach encourages independence and greater satisfaction by offering residents more choices in their daily lives. For example, residents choose their own meal times and menus based on multiple selections and receive help with tasks such as bathing at times to suit individual preferences.

Our award-winning Health Center Nursing Director, Pam Hermon, has received statewide recognition the last three years. And, because a quality staff requires proper compensation, you can feel confident knowing Brandon Woods is one of the highest paying skilled nursing centers in the area.



If you or someone you love requires a short stay for rehabilitative therapy, extended skilled nursing or specialized dementia care, call (785) 838-8000 today.

 The Health Center at
BRANDON WOODS

1501 Inverness Drive • Lawrence, Kansas 66047
(785) 838-8000 or (800) 419-0254

Managed by Life Care Services LLC

Deficiency Free—2005 Kansas Department of Health Survey

16202



CALENDAR

CONTINUED FROM PAGE 19

cess and those with results outside the normal range will be advised to see their healthcare provider for follow-up.
LMH HEALTH SOURCE ROOM, 785-749-5800
8:30-10:30 AM

NOV 3

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
5:00-7:00 PM

NOV 4

BONE DENSITY SCREENING

See November 3 description.
LMH HEALTH SOURCE ROOM, 785-749-5800
9:00-11:00 AM

NOV 12

CHOLESTEROL SCREENING

See November 2 description.
LMH HEALTH SOURCE ROOM, 785-749-5800
8:30-10:30 AM

NOV 14

BONE DENSITY SCREENING

See November 3 description.
LMH HEALTH SOURCE ROOM, 785-749-5800
9:00-11:00 AM

HOLIDAY EVENTS

NOV 12

HOMEMADE HOLIDAYS CRAFT SHOW

7th annual craft show featuring over 100 booths of handmade craft items. Ottawa Middle School.
OTTAWA, 785-242-8618

NOV 18

CHRISTMAS IN THE DEPOT

Fireworks, pageantry, Santa Claus, treats, spectacular lighting, and 22-foot themed live Christmas tree. Historic Union Pacific Depot.
ABILENE, 785-263-2231
<http://www.abilenekansas.org>

NOV 18-DEC 31

TARC'S WINTER WONDERLAND

Enjoy hundreds of displays and thousands of lights driving through Lake Shawnee's campground. New displays and specialty nights annually. Lake Shawnee Campground.
TOPEKA, 785-232-0597
<http://www.tarcinc.org>

NOV 20

HOLIDAY BAZAAR

Annual event. Kick-off the holiday shopping season and discover creative handmade gifts, crafts, and baked goods. Community Building.
LAWRENCE, 785-832-7940
<http://www.visitlawrence.com>

NOV 22-JAN 8

VICTORIAN CHRISTMAS AT THE LEBOLD MANSION

The old-fashioned Christmas is celebrated throughout the mansion - from cellar to attic - Christmas is a blaze at The Lebold. Tuesday-Sunday only. Lebold Mansion.
ABILENE, 785-263-4356
<http://www.lebold-mansion.com>

NOV 25-26

BANNER OF LIGHTS

Drive-through campground displays of various lighting experiences to celebrate Christmas. Banner Creek Reservoir.
HOLTON, 785-364-3534

NOV 25

HOLIDAY CEREMONY AND SANTA'S

ARRIVAL

The holiday season officially begins with the rescue of Santa off the rooftop of Weaver's Department Store.
LAWRENCE, 785-842-3883
<http://www.visitlawrence.com>

NOV 26-DEC 31

CHRISTMAS AT LANESFIELD

Discover a turn-of-the-20th-century holiday, make an old-fashioned ornament, and tour the historic schoolhouse decorated for the season.
EDGERTON, 913-893-6645
<http://www.jocomuseum.org>

NOV 26

MIRACLE ON KANSAS AVENUE PARADE

Fun for the whole family at annual holiday lighted parade.
TOPEKA, 785-234-9336
<http://www.downtowntopekainc.com>

NOV 27-DEC 1

FESTIVAL OF TREES

Annual display of uniquely decorated Christmas trees. Liberty Hall.
LAWRENCE, 785-749-1972
<http://www.visitlawrence.com>

NOV 27-JAN 1

CHRISTMAS IN HISTORIC LECOMPTON

Three floors of Christmas trimming and decorations. Vespers Dec 4.
LECOMPTON, 785-887-6285
<http://www.lecomptonkansas.com>

NOV 28-DEC 31

SEELYE MANSION CHRISTMAS TOURS

Trees, poinsettias, and beautiful decorations are used throughout the home. Featured on HGTV Christmas castles in 2000.
ABILENE, 785-263-2231, 800-569-5915

NOV 28

LIGHTED CHRISTMAS PARADE & PARK LIGHTING CELEBRATION

Begin the holiday season with a traditional parade and lighting of a Wonderland in city park.
WAMEGO, 785-456-7849, 877-292-6346
<http://www.wamegochamber.com>

NOV 29

CHRISTMAS PARADE

28th annual. Approximately 100 floats/entries designed and built by local organizations, businesses, and churches.
EMPORIA, 620-342-1600, 800-279-3730
<http://www.emporiakschamber.org>

DEC 1-4

OLD TIME HOLIDAY HAPPENINGS

Victorian dinner, candlelight tours, holiday entertainment in historic buildings. By reservation only.
TOPEKA, 785-368-2438
<http://www.topeka.org>

DEC 2-3

HOMES FOR THE HOLIDAYS TOUR

4th annual. Tour historic homes decorated for the holidays.
ATCHISON, 913-367-2427, 800-234-1854
<http://www.atchisonkansas.net>

DEC 2-4

YULE FEST WEEKEND

Parade, Christmas concert, Nativity and light displays, music, and crafts.
OTTAWA, 785-242-1411
<http://www.visitottawakansas.com>

DEC 3

LAWRENCE OLD-FASHIONED CHRISTMAS PARADE

Features exclusively horsedrawn carriages, wagons, and coaches decorated for the season.
LAWRENCE, 785-865-4499
<http://www.visitlawrence.com>

MEETINGS

FIRST AND THIRD MONDAY OF EACH MONTH

CAREGIVER SUPPORT GROUP

LAWRENCE SENIOR CENTER
2:15-3:45 PM, 785-842-0543

FIRST TUESDAY OF EACH MONTH

LAWRENCE AREA COALITION TO HONOR END-OF-LIFE CHOICES

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

FIRST WEDNESDAY OF EACH MONTH

OLDER WOMEN'S LEAGUE

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

WEDNESDAYS AND SUNDAYS

OLDSTERS UNITED FOR RESPONSIBLE SERVICE (O.U.R.S.)

Members of O.U.R.S. have met to dance at Douglas County Senior Services, 745 Vermont, since 1984. The group meets to dance from 2:00-4:00 p.m. on Wednesdays and from 6:00-9:00 p.m. on Sundays.
LAWRENCE

THURSDAYS

OLDER KANSANS EMPLOYMENT PROGRAM

LAWRENCE WORKFORCE CENTER
2540 IOWA, SUITE R, LAWRENCE
10:00 AM-NOON

FIRST THURSDAY OF EACH MONTH

LAWRENCE AREA PARTNERS IN AGING

Networking group. Call Kim or Laura at 785-842-0656 for more information. \$11.50 to attend (includes lunch).
JADE MONGOLIAN BARBEQUE, LAWRENCE
11:30 AM-1:00 PM

SECOND MONDAY, SEPT-MAY

LAWRENCE CLASSICS, GENERAL FEDERATION OF WOMEN'S CLUBS

Volunteer service club.
785-331-4575

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

NOV 18

AARP CHAPTER 1696 LUNCHEON

Lunch will be followed by a program given by Greg Shipe about Davenport Winery in Eudora. 11:00 a.m. Call Agnes for a reservation at least one week prior to meeting.
LAWRENCE, 785-865-3787

OCT 26

TOPEKA GENEALOGICAL SOCIETY

Topic: My ancestor should have been stoned! Presented by Bill Warden. 2717 SE Indiana, 7:00 p.m.
TOPEKA, 785-233-5762
<http://www.tgstoepka.org>

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>

NOV 1-9

CREATIVE WRITING CLASS

A free Adult Learning Venture. Wednesdays from 4:30-6:00 p.m. at Lowman United Methodist Church, 15th and Gage, Topeka. Instructor: Dr. Bob Carey.
785-272-8921 or lowman@lowmanume.org

NOV 12

WA-TA-SE VETERANS POW WOW

Prairie Band Potawatomi Nations annual Veteran's Pow Wow to honor all veterans. Holton Fair Building.
HOLTON, 785-966-2580, 877-715-6789

NOV 12

VETERAN'S DAY CELEBRATION

Parade dedicated to veterans, Civil War and WWII re-enactments, USO show, and displays of World War memorabilia. Forest Park and Auditorium.
OTTAWA, 785-242-5419
<http://www.visitottawakansas.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.

TAKE A SMALL STEP
TO GET HEALTHY

www.smallstep.gov

Ad
Council.org



BRIDGE

All's well that ends well

By Omar Sharif and Tannah Hirsch

North-South vulnerable. East deals.

NORTH
 ♠ K 8 6 2
 ♥ Void
 ♦ A 9 7 5 2
 ♣ 8 7 4 3

WEST
 ♠ J 10 7 5 4
 ♥ K 10 7 6 3
 ♦ 3
 ♣ 10 9

EAST
 ♠ A Q 9
 ♥ J 9 8 2
 ♦ J 10 6 4
 ♣ K 2

SOUTH
 ♠ 3
 ♥ A Q 5 4
 ♦ K Q 8
 ♣ A Q J 6 5

The bidding:

EAST	SOUTH	WEST	NORTH
Pass	1♣	1♥	Dbl
3♥	3NT	4♥	5♣
Pass	6♣	Pass	Pass
Pass			

Opening lead: Three of ♦

The three North American Bridge Championships are not only the world's largest bridge tournaments; they are the most international. The best players from all over the world gather each spring, autumn and summer to compete and socialize. Declarer on this deal was Scandinavian ace Gunnar Hallberg.

After South's one-club opening, West's one heart overcall showed that

he knew whose turn it was to bid. North's double was negative - for takeout. West might have done well to pass three no trump since North would have found it difficult to move. When North elected to bid again over four hearts, South, who had really done little more than open the bid-

ding and show a somewhat better than minimum holding, could not be blamed for proceeding to slam.

West led his singleton diamond, declarer capturing East's ten with the king. A heart ruff was the entry to dummy for a club finesse, and another heart was ruffed for the entry to pick up the outstanding trumps. The ace of hearts and queen of diamonds were cashed and South ran all the trumps, reducing all hands to three cards. Dummy held the bare king of spades and ace-nine of dia-

monds, and East was down to the ace of spades and jack-six of diamonds. Declarer exited with a spade to the king. East won with the ace, but then had to lead a diamond away from the jack into dummy's tenace to give declarer 12 tricks.

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

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Jayhawk Area Agency on Aging, Inc.



**Believe in Yourself
Protect Your Health
Reach Out For Help**



Don't be Afraid to Ask: Caring for the Caregiver Informational Workshops!

Caregiving may be one of the most important roles you will undertake in your lifetime. It is not an easy role, nor is it one for which most of us are prepared. If you are a caregiver, you are not alone. Jayhawk Area Agency on Aging (JAAA) would like to help. Attend one of these free forums and learn what is available to help you be the best caregiver you can be.

- ↓ **FREE EVENT!**
- ↓ Night refreshments and Free giveaways for caregivers
- ↓ Events scheduled in Douglas, Jefferson & Shawnee Counties

Thanks to the Event Supporters:

- €# Advantaged Home Care Inc.
 - €# Assisted Services, Inc.
 - €# The Barn Bed and Breakfast Inn
 - €# Comfort Keepers of Topeka
 - €# Kansas Department on Aging
 - €# Magic Meals Personal Chefs
 - €# Touch of Class Hair Studio
 - €# Trinity In-Home Services
- and more...*

Presentation

Kansas Caregivers Can Get Help!

Vern Norwood, Family Caregiver Support Program Administrator, Kansas Department on Aging

The Meaning Behind Dementia Behavior, Help for the Caregiver.

Brandon Smith-Ziph, JAAA, Inc.

Put Your Legal Power into Check! What Caregivers Must Know.

Tom Stratton, Kansas Legal Services

New Medicare Rx Drug Coverage: A Message for People who Care for Someone with Medicare

Diane McDermed, JAAA, Inc.

Don't Be Afraid to Continue to Ask for Help!

The JAAA Caregiver Specialist and the local community Informational Specialist

NOVEMBER 1955

Births

NOV. 6: Maria Shriver, American journalist and First Lady of California

NOV. 13: Whoopi Goldberg, American actress, comedienne

Events

NOV. 1: The first international solar energy conference is held in Tucson, Arizona

NOV. 10: MV Joyita is found drifting 600 miles from its scheduled route. There is no sign of the crew or the passengers

Jayhawk Area Agency on Aging, Inc. receives funds from U.S. Health & Human Services Administration on Aging; Kansas Dept. on Aging; Douglas, Jefferson and Shawnee Counties and the cities of Topeka and Lawrence, Kansas.

Jayhawk Area Agency on Aging, Inc. does not discriminate on the basis of race, color, sex, national origin, age, religion, or disability.

If you have a complaint, contact 785-235-1367 or TDD/TTY 800-776-3777
 Jayhawk Area Agency on Aging, Inc. is a 501 C (3) Non-Profit corporation.

Private donations are gladly accepted and appreciated!

Registration Form (Pre-registration is recommended by November 1st, due to limited seating.)

Name _____ Mail or Contact: _____
 Address _____ Angi Heller Workman, Caregiver Specialist
 _____ Jayhawk Area Agency on Aging
 _____ 1720 SW Topeka Blvd
 _____ Topeka, KS 66612
 Phone: 785-235-1367
 Fax: 785-235-2443
 email: angi_jaaa@hotmail.com

YES, I plan to attend (please indicate which day you will be joining us):

November 7—Lawrence:
 Douglas Co. Senior Services
 745 Vermont
 4:45 PM—7:00 PM

November 12—Oskaloosa:
 Oskaloosa Middle School, Library
 404 Park St
 9:45 AM—1:00 PM

November 14—Topeka:
 Most Pure Heart of Mary Church
 O'Connor Hall 17th & Stone
 4:45 PM—7:30 PM

To arrange reasonable accommodations, please contact Angi Heller-Workman by November 1st.

BOOKSHELF

Mysteries, biographies and the Blizzard of 1888

By Margaret Baker

Winter's coming! Just to get ready, we review an account of the Blizzard of 1888. We also include a great debut novel, new books from established authors, and even a few biographies. Time to read before you have to dig out the snow shovel!

David Laskin: *The Children's Blizzard* (Harper Perennial, \$13.95, ISBN 00-06-052076-0) *History*

The northern plains see a lot of blizzards, but *The Children's Blizzard of 1888* stands out as being especially horrid. It started on January 12 and continued throughout the 13th (Friday the 13th!). Forecasting was a young science, and while the blizzard was correctly identified, communications were inadequate to get the word to the rural areas in time to close the schools.

As a result, many children and their teachers were caught in the white-out of the storm, and that is why it became known as the Children's Blizzard.

Laskin provides a detailed account of the blizzard, teachers and children's attempts to get to a farm house. Gripping!

Randall Hicks: *The Baby Game* (Wordslinger Press, \$22.95, ISBN 0-9631638-5-X) *Mystery*

Toby Dillon is a very good, very likeable adoption lawyer. He's conscientious about the best for all the participants.

He also has best friends from grade school days, both now big stars in film. They haven't forgotten who they are amidst all the hype and flash. Unable to conceive, they call on best friend Toby, who has a client about to give birth to a girl. The arrangements are made and although the child comes early at home, the baby is adopted and adored. So what can go wrong? Lots of things.

Randall Hicks is possibly the nation's top adoption attorney—you may have seen him on talk shows. He brings an air of authenticity to his first venture into fiction.

Starts with humor, moves fast into unknown waters, tosses red herrings all across the reader's path, and then ends with a twist and a half. Definitely one of the best of the year!

Reginald Hill: *The Stranger House* (HarperCollins, \$24.95, ISBN 978-0-060-82081-7) *Romance/mystery/supernatural*

Reginald Hill is one of Britain's premier mystery writers, with two successful series to his credit—droll private investigator Joe Sixsmith and the Dalziel-Pascoe police procedurals (seen on BBC's *Mystery!*)

Now he surprises us yet again with a "stand alone" novel scanning several centuries, going back to Elizabethan England during the days of priest holes and hidden rooms.

Into the Cumbrian village of Illthwaite comes Miguel Madero, scion of a Spanish vintner family, and Samantha Flood, free spirit from Australia. They don't have a thing in common as they take rooms in the Stranger House, now an inn but originally the place for strangers maintained by the monastery.

Intricate plot with intriguing, well-drawn characters. As with Sixsmith and Dalziel/Pascoe, Hill gives us a look at strengths and weaknesses of human thought and behavior.

John M. Daniel: *The Poet's Funeral* (Poisoned Pen Press, \$24.95, ISBN 1-59058-144-X) *Mystery*

Daniel's mystery unfolds in a most unique way—through the eulogies given at the funeral of a poet who slept her way to the top; then died most publicly at a book convention in Las Vegas.

Daniels skewers the publishing world, from publicists to collector's editions, while delivering on the plot.

Zoe Sharp: *First Drop* (St. Martin's Press, \$23.95, ISBN 0-312-341699-5) *Mystery/adventure*

British bodyguard Charlie Fox's first assignment is to guard sulky teenager Trey Pelzner for her ex's personal protection service. Trey's father is a computer whiz who made himself a millionaire and now has a program for the stock market which should lead to billionaire status.

Trey wants to go to the amusement park, where he does his best to make Charlie sick on the rides. Still when someone tries to shoot Trey, Charlie does what she's supposed to.

Back at Trey's home, however, Charlie can't find anyone home—not the father, the maids, or even her ex. Just what is going on? Charlie had better figure it out before whoever wants Trey gets her out of the way, too.

Lots of action in Florida's coastal alligator-infested playground for the wealthy.

Pamela Christie: *The King's Lizard* (Lone Butte Press, \$14.95, ISBN 0-9666860-4-7) *Historical mystery*

In 1782 the Kingdom of New Mexico is tenuous at best, far from Spain's ability to set things right. Spaniards and Indians both are capturing the other for slavery. Raids are decimating the Spanish colonies and the taxes imposed to pay for war with England are crushing the settlers.

Fernando, illegitimate but loved son of a settler and a Ute, is drafted unwillingly into the militia, where

he sees the horrors of both the slave trade and the machinations of the military.

Escaping to Santa Fe he assists his family while trying to be "the king's lizard," a Spanish equivalent to the American "fly on the wall."

Paperback reprint

William Kent Krueger's award-winning mystery, *Blood Hollow*, has just come out in paperback (Pocket Star, \$7.99). This fourth in the Corcoran O'Connor series is set in upper Michigan in a small town near an Indian Reservation. Cork is no longer sheriff, runs a burger joint. A troubled teenager dies in a snowstorm and is not

found until spring, and then an equally troubled Indian youth is targeted as her killer.

During the taut plot, Krueger leads the reader into the place of belief in personality.

Krueger continues to prove he is one of the best American mystery authors. His next book, *Mercy Falls*, will be out soon in hardcover from Atria Books.

Reading by Ear (books on tape or CD) All of these recent issues will also be available in print editions.

Tess Gerritsen: *Vanish* (Random House Audio, 4 CDs, \$27.50). *Thriller* Homicide detective Jane Rizzoli, pregnant and due, is taken hostage by a young woman who was originally brought to the county morgue. County medical examiner Maura works with Jane's husband (an FBI agent) to find out who the woman is, and through that identity, get an idea of what she wants.

Suzanne Finstad: *Warren Beatty* (Random House Audio, 6 CDs, \$29.95). *Biography*

CONTINUED ON PAGE 23

**Life Begins at
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A warm, loving community that enhances independent lifestyles.

Bookshelf

CONTINUED FROM PAGE 22

Warren Beatty rose to stardom in the movie *Splendor in the Grass*. His desire for privacy soon gave the actor of aura of mystique.

Suzanne Finstad's impressive research provides a good look at Beatty, from his chosen occupation's highs and lows (14 Academy Award nominations), through his storied love life, political activism, and even his complicated relationship with his sister Shirley MacLain.

Cynthia Lennon: *John* (Random House Audio, 4 CDs. \$27.50) *Biography (John Lennon)*

Cynthia Powell met John Lennon while they were students at the Liverpool College of Art, fell in love, married, and had a son, Julian. The band John and friend Paul created started playing in Liverpool hang-outs, and Cynthia's account of these early days are like sitting at a ring-side table—if anyone actually sat!

As all the world knows, problem arose—drugs, infidelity, the pressure of extreme popularity, and finally Yoko Ono. Cynthia is not kind to Ono in this account. Keeping her position in mind, however, this ac-

count will help the Beatle fan to understand John, Cynthia, and Julian

and their world.

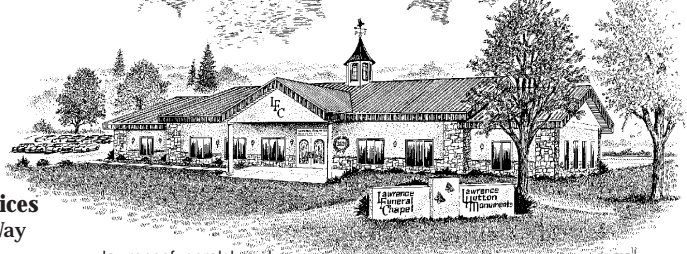
- Margaret Baker can be reached

through *Kaw Valley Senior Monthly* or e-mailed at glencoe@knetconnect.net.

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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!





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www.lmh.org

Trinity Respite Care changes name

Trinity Respite Care has changed its name to Trinity In-Home Care. This change took effect Monday, October 3, 2005.

Trinity In-Home Care hopes the new name will provide a more clear description of services that are offered. Trinity In-Home Care provides in-home services such as housekeeping, meal preparation, transportation, and companionship to older adults and individuals of all ages with disabilities in Douglas County.

For more information regarding services or employment opportunities, contact Trinity In-Home Care at 785-842-3159.

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PUZZLES

TMSpuzzles@aol.com

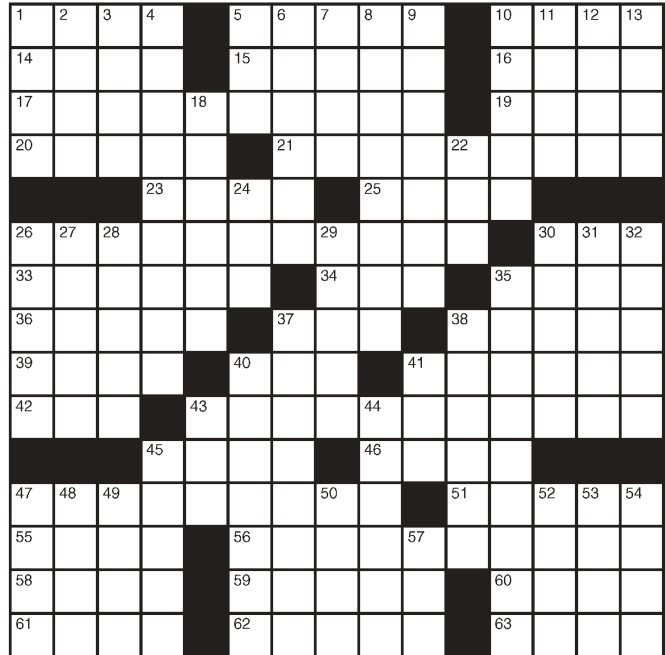
ACROSS

- 1 Carpenter's groove
- 5 Principles
- 10 Curmudgeon
- 14 Tel ___-Jaffa
- 15 Recumbent
- 16 Corker
- 17 Formed an interlocking joint
- 19 Slaughter of baseball
- 20 Pitchers
- 21 Cuts off
- 23 Lean-to
- 25 Windows image
- 26 "Apocalypse Now" star
- 30 Rent-sign abbr.
- 33 Hold together
- 34 Mil. training course
- 35 Make well
- 36 Persuade
- 37 Take to court
- 38 Please, in Aachen
- 39 Sea eagles
- 40 90 degrees from vert.
- 41 Increment
- 42 Comprehend
- 43 Clasp device
- 45 Sidekicks
- 46 Mine entrance
- 47 One banking money
- 51 Joe or Marla
- 55 Asian sea
- 56 Con game
- 58 Bit of dialogue
- 59 Farm measures

- 60 Ireland
- 61 Cools down
- 62 Tractor manufacturer
- 63 Slumgullion

DOWN

- 1 Miami's county
- 2 Solemnly swear
- 3 Seedy bar
- 4 Exceeds
- 5 Mother Nature's support grp.?
- 6 Groups of three
- 7 Celeste or Ian
- 8 Like some bathing suits
- 9 Entices
- 10 Just washed
- 11 Litter's littlest
- 12 Lotion additive
- 13 Old-time kiss
- 18 Casual top
- 22 2000 lbs.
- 24 Opposite of WSW
- 26 Knights' weapons
- 27 Idolize
- 28 Avignon's river
- 29 Maiden in Koranic paradise
- 30 Backward: suff.
- 31 San __, CA
- 32 Glossy
- 35 Port departure times
- 37 Longest or shortest day
- 38 Favorable
- 40 Copter landing site
- 41 Father



By Stanley B. Whitten
Highwood, IL

- 43 Pops
- 44 Vocation
- 45 Ends of the Earth?
- 47 "Persistence of Memory" painter
- 48 ___ the Red
- 49 Section of glass
- 50 Monster of myth
- 52 Londoner, for short
- 53 Inside diameter
- 54 Pour out
- 57 Full of: suff.

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Answers on page 29

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.

AUTUMN LEAVES (sol.: 7 letters)

A-Annoyance; B-Beautiful, Blower; C-Change, Chlorophyll, Chore, Collect, Covered, Crisp, Crunchy; D-Dormancy, Dramatic, Drop; F-Fall; G-Gather, Get rid of; L-Lawn, Leaf; M-Messy, Mulch; N-Nature; O-Outdoors; P-Picturesque, Pigment, Pile; R-Rake, Remove; S-Scenic, Season, Shed, Slippery, Stunning, Sweep; T-Transformation, Trees; V-Vibrant, Vivid; W-Wind, Y-Yard

This month's answer: **FOLIAGE**

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GNINNUITSWEEPILE
NOITAMROFSNARTE
YREPPILSFEVOMER
COVEREDORMANCYO
ERUTANOSAESHEDH
UEVFLLYHPOROLHC
QWINDUASROODTUO
SOVWRFRPIGMENTL
ELIAOIDRAMATICL
RBDLPTNARBIVOLE
UYHCNURCRISPMMC
TREESANNYOANCET
CHANGETRIDOFLSI
ILLAFBSCENICUSA
PGEKARREHTAGMYE

JUMBLE

THAT SCRAMBLED WORD GAME
by Henri Arnold and Mike Argrin

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

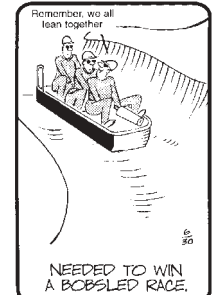
NIKKY
○○○○

OPSOW
○○○○

ADBALL
○○○○

NORACE
○○○○

Answer: A "○○○○○○○○" "○○○○○○○○"



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

Answers on page 29

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.

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TRIVIALITIES

1. Who directed the 2005 film "Flightplan"?
2. Who directed the 2003 thriller "Cold Creek Manor"?
3. Who starred as Detective Mike Reilly in the 2002 film "FearDot-Com"?
4. Who starred as Vicky Latham in the 2001 film "American Pie 2"?
5. Cedric the Entertainer and Vanessa L. Williams starred in what 2004 film?
6. Who starred as Maya in the 2004 film "Jersey Girl"?
7. Ben Affleck starred opposite Jennifer Garner in what 2003 action film?

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Answers on page 29

Creative Billing

A colleague of mine, Professor Freda Feldmeister got herself out of a jam, and made a bundle of money, because she had a toothache. Prof. Feldmeister teaches courses in Redundant Educational Administrative Procedures in the Department of et. al., et. al., at Letongaloosa Community Junior college where I teach.

Some years ago Freda came up with Feldmeister's Five for Five Formula. State boards of education around the country used the formu-



Larry Day

la to determine how many administrators their school districts needed. According to the Feldmeister Formula, a school district needs five highly paid administrators in the district's central office for every five poorly paid teachers it has in its classrooms.

Then after decades of slumber, state boards of education woke up and began asking the school districts to justify the number of administrators they had on their payrolls. School district leaders trotted out the Feldmeister Five for Five Formula, but it didn't take care of the problem. State boards of education wanted something more substantial.

That brought Mitch Clovenhoof, president of the Educational Administrators Beneficent Association to Freda's office.

"Freda," he said, "Your Five for Five Formula has run out of gas. We can't foist it off on the state boards of education anymore. The boards want more. They're demanding something that third graders can't call simplistic and self serving."

"Mitch," said Freda, "the Five for Five Formula is simplistic and self serving. You and the EABA board ordered me to make it simplistic and self serving. You said you wanted something that even an educational administrator could comprehend. That was a next to impossible assignment, but I did it. I did it, and my Five for Five formula made you and

the Educational Administrators Beneficent Association big time players in educationism."

"Yeh, I know, Freda, and we're grateful. We really are. But people are asking serious questions about education these days. We need to look like we're giving serious answers," said Mitch Clovenhoof.

"I'll need a big grant," said Freda. "I'll see to it personally," said Mitch.

It was a dark time for Dr. Freda Feldmeister. She didn't have a clue about how to bail out her pals at the EABA. In the midst of this trouble, Freda developed a painful toothache. She went to a dentist who fixed her tooth and charged her \$350. Freda demanded an itemized bill, and received one. On the left side of the page was a column of three- and four-letter symbols. Across from each symbol there was a dollar sign and an amount:

PWITO..... \$25
RGP..... \$35
PSD..... \$50

The coded column and charges carried over onto a second page and ended with the words: "due and payable, \$350.00."

"What does PWITO mean?" Freda asked the dentist's receptionist.

"I'm sorry, I don't know," she said.

"Does Dr. Jones know?" asked Freda.

"I'll ask," said the receptionist. She went into the inner office and came back almost immediately.

"I'm sorry, Dr. Jones doesn't know either. Our billing is handled electronically by an accounting firm in New Delhi, India," said the receptionist.

"I'm going to talk to them," said Freda. It is a tribute to her guile, intelligence and perseverance that Dr. Freda finally got the answers she sought.

PWTTD... stands for Patient Walks Through the Door...twenty five dollars; RGP...\$35 stands for Receptionist Greets Patient...thirty five dollars; PSD...\$50 stands for Patient Sits Down...fifty dollars.

And so on through the whole tooth-fixing procedure right down to: RHPTB.....\$40 stands for Receptionist Hands Patient the Bill....forty dollars.

After Freda broke through the intercontinental electronic billing bar-

rier she realized she could help her cronies at the Educational Administrators Beneficent Association continue to load school districts with supervisory personnel.

Freda called Mitch Clovenhoof, the EABA president, on the phone.

"Mitch," she said, "I've got good news."

"Thank heaven," said Mitch.

"We're going to initiate a Professional Education Administrators Performance and Accountability Report," said Freda.

"That sounds really scary to me, Freda," said Mitch. "Words like performance and accountability and mandate are words we administrators bully teachers with. They aren't words we want state boards of education applying to us," he said.

"Not to worry, Mitch," said Freda. "We've always known that state boards of education want the appearance of performance and accountability, not the reality of it. If they wanted real educational performance and progress they'd turn the education system on its head and pay teachers more than they pay administrators."

"Now you're really scaring me," said Mitch. "Make your point, will you please?"

"Okay, relax. Here's what we do. We break down everything that a school district administrator does. Then we devise professional per-

formance procedures to fit every conceivable professional effort and produce codes for each of them. Because it's so precise and complicated we'll have to hire consulting firms to crunch the numbers and prepare quarterly reports for the boards of education. It looks scientific. It looks efficient. It looks impressive. It will baffle members of state boards of education and they'll love it," said Freda.

"These reports will have a bunch of codes that indicate productive performance without requiring any," said Mitch.

"Exactly," said Freda. "I have a few of the codes already. For example an administrator's first workday activities would be CPLETB and ULOD," said Freda.

"What do the codes stand for?" asked Mitch.

"CPLETB stands for Crossed Parking Lot, Entered the Building," and "ULOD," stands for "Unlocked Office Door," said Freda.

"I LOVE IT," shouted Mitch. "Freda you're a genius, but what are you getting out of this?"

"I'm going to open an educational consulting firm and hire a computer genius in Bombay who'll work for peanuts."

- 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.



You're a pluggger if you go to the bank to put in a dollar so a check won't bounce.

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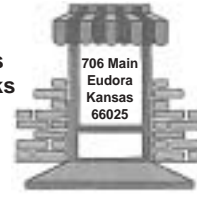


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SMART COLLECTOR

Selling spode by piece more profitable

Q: I was told that my Spode dinnerware, service for 12, is worth \$10,000. The pattern is Priscilla, and they stopped making it in 1914. Is the amount correct? I need to know for insurance purposes and for selling. — Edie, Long Beach, Calif.

A: If selling, why insure, unless for shipping? Once the set is at say, an auction house, their insurance takes over. Yes, you do pay for that, in your seller fees. Regarding insurance, the set is covered under household coverage. Only very precious paintings, etc. merit floater policies.

I'd love to know who told you \$10,000 and how they arrived at



Danielle Arnet

that amount. Also where you got the info that the pattern was discontinued in 1914. Who are your authorities there?

Here's what we found. First, there was no reference to a Spode pattern in the name given. There is a Priscilla Alden pattern, but it is more modern than 1914. Variations are still made. Alden is not plentiful, but we found cups selling at around \$20.

We tracked the matter through several replacement dealers, then through Susan Ranta, who runs www.setyourtable.com (a collection of replacements dealers), all the way to the Spode museum in England, where the curator could not begin to help without a pattern number.

So, where does this leave you? With more than 75,000 Spode patterns archived by number only, we cannot get more history from the museum without that number. The bottom of a dinner plate should have the marks you need.

But that covers only the history of the pattern. You want to sell. Current value depends on replacement prices, and odds are greater on being struck by lightning than getting a dealer to quote value on individual pieces. According to Ranta, sellers will not comment on CRV (Current Replacement Value), but will quote prices for pieces they have on hand. See her informational links to appraisals and selling on www.setyourtable.com. They tell it like it is.

When it comes to selling, your decision is whether to do so piecemeal or as a set. Full sets at auction are a hard sell; most buyers want only the pieces they lack. A replacement service will take the set, but at about half (or less) of retail. Selling the set off by piece is tedious, especially when you have no clue on CRV.

While mulling over what to do, research Spode at www.spode.co.uk, and check the history links. To learn how replacement works, check www.replacements.com, www.edish.com, and Spode sellers on Ranta's site. If appraisal is a goal, find a certified appraiser at www.appraisersassoc.org (AAA), www.isa-appraisers.org (International Society of Appraisers), or American Society of Appraisers (ASA) at www.appraisers.org.

And finally, don't believe sums that someone tosses out, unless the quote comes from a true expert on that exact item.

Q: This sketch of Marlene Dietrich was posted in Germany in WWII while she entertained troops. Value? — Richard, Los Angeles, Calif.

Q: I've looked for some time to buy a Disney cel, the framework of Mickey and a plane. Have looked everywhere, but cannot find it. Any ideas? — Kim, Ft. Lauderdale, Fla.

A: Dana Hawkes, director of Collectibles at Bonhams & Butterfields, the California (and now New York City) auction house, helped here.

The Marlene "sketch" is actually a printed poster advertising an appearance. The center illustration appears to be a sketch, but lettering indicates it is reproduced art. Artist signed at upper left top, the piece has value if it is by a recognized artist. That needs research.

More to the point of value, said Hawkes, are large watermarked areas throughout the top half. Collectors want pristine. I'd post it online and see what the market brings.

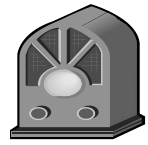
The Disney cel (celluloid master image) would be a black and white frame from "Plane Crazy," a Disney short from 1928. Few cels exist.

"It would be very rare for one to come up for auction," said Hawkes. A long-time specialist in Disney cels, she knows. "There was a time when these b&w cels went for \$100,000, but in today's market you may be talking about \$25,000 or \$30,000, depending on whether the cel had its production watercolor background."

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Commerce, KDOA announce older worker awards

The Kansas Department of Commerce (Commerce) and the Kansas Department on Aging (KDOA) have announced the winners of the 2005 Kansas Older Workers Awards. The contributions of our state's older workers and those who employ them were recognized today at the 9th Annual Older Worker and Employer Awards ceremony at the Topeka & Shawnee County Public Library in Topeka. Winners of this year's awards are as follows:

Kansas Oldest Worker Award (Female) – Lucille Thurow, Wichita

Lucille Thurow (90) of Wichita is now working her second career that has spanned 27 years as the insurance manager for Dr. Ronald Davis. Lucille previously retired from the Wichita Municipal Court. Lucille's current job requires great attention to detail for accurate reporting. Lucille takes her job very seriously for the benefit of the patient and insurance company. She drives 8 miles to work and has to be told to stay home when the snow is too deep.

Kansas Oldest Worker Award

(Male) – Vernon Jones, Norton

Vernon Jones (90) of Norton works 40 hours a week for the City of Norton and has for the past 13 years. Vernon loves to work and stays busy at home as well caring for his collection of yard ornaments and enjoying his cat, 4 children, 11 grandchildren, 19 great grandchildren, and 4 great-great grandchildren. He and his wife celebrated their 67th anniversary in August.

Kansas Outstanding Older Worker – Les Harmon, Fort Dodge

Les Harmon (79) is employed at Youthville in Dodge City. Les has made it his mission for over 20 years to help vulnerable children and families in need. His passion has been to help foster children as he was a foster child himself. Les had a distinguished military career and served in WWII prior to working at Youthville. He was instrumental in the starting of Youthville's Farm and Ranch Program 12 years ago. Les grew up on a farm and realized the healing power of animals.

Private Sector Business of the

Year (Large) – Wal-Mart Store #35, Manhattan

Wal-Mart Store #35 in Manhattan has 500 employees, 150 are 55 years an older for 30 percent of the workforce. Wal-Mart is being recognized for its success in recruiting and retaining older workers and recognizing the experience and benefits of older employees. Suesan Harrington with North Central-Flint Hills Area Agency on Aging submitted this nomination to recognize their support of Older Kansans Employment Programs.

Private Sector Business of the Year (Small) – Sam's Club, Topeka

Sam's Club has 180 employees, 24 of them 55 years and older, 11 associates over 70 years old and 2 at 80 years young. Sam's Club is in business to serve small business. Sam's Club is being recognized for its success in retaining older workers and recognizing the experience and benefits of older employees that make a difference in the success of the business.

Nonprofit Employer of the Year (Large) – Colby Community College, Colby

Forty-three of the 143 employees at Colby Community College are

55 and older, or 30 percent of the workforce. These experienced teachers serve as mentors to new teachers and as role models for students. Colby Community College is recognized for their recruitment and retention of older workers and for recognizing the experience and talents of older employees that make a difference in education.

Nonprofit Employer of the Year (Small) – Open Door Community House, Inc., Junction City

The Open Door Community House, Inc., is a local emergency shelter designed to help those individuals and families who need a temporary place to stay. The center has 13 employees, 5 of them 55 and older. The center is committed to older workers and is being recognized for its success in recruiting and retaining older workers. Gertie Williams with North Central-Flint Hills Area Agency on Aging has nominated Open Door Community House in appreciation of 13 years of service and commitment to OKEP and older workers, and for targeting recruitment of older workers such that 48 percent of staff are 55 years and older.

LAPA to hold canned soup drive

It's that time of year again when we begin to think of canned soup.

Lawrence Area Professionals in Aging (LAPA) is proud to sponsor the Second Annual Soup for Seniors canned soup drive. LAPA's goal is to provide nutritious, healthy, and easy to prepare meals for the seniors in our area on those bitter, cold Kansas winter days.

Last year, LAPA collected 550 canned soups (and goods). This year's goal is to triple that to 1650 cans of soup. LAPA will collect soup for the entire month of November.

Cans for LAPA's soup drive can be dropped off at Comfort Keepers, 900 Indiana Street, Lawrence Therapy Services, 2721 W. 6th Street, and the Lawrence Public Library, 707 Vermont Street.

Healthy Living

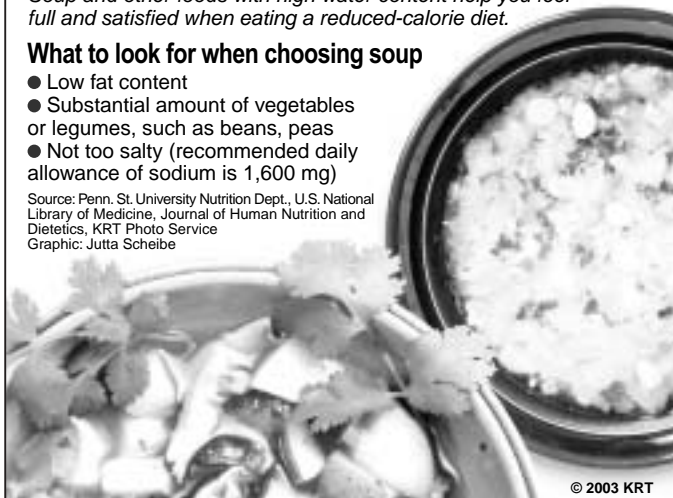
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What to look for when choosing soup

- Low fat content
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Source: Penn. St. University Nutrition Dept., U.S. National Library of Medicine, Journal of Human Nutrition and Dietetics, KRT Photo Service
Graphic: Jutta Scheibe



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New business strives to keep seniors at home

A new business, Home Instead Senior Care, has opened in the Topeka and Lawrence area. Serving Shawnee and Douglas Counties, the goal of the company is to help keep seniors independent and at home for as long as possible.

Home Instead Senior Care, started by Donovan Taylor, hires CARE-Givers to assist older adults by providing non-medical services such as meal preparation, cleaning, companionship, laundry, medication reminders, errands and shopping. The company, located at 2900 SW Wanamaker Dr., Suite 103, in Topeka, is part of the world's largest non-medical home care and companionship service for older adults.

A desire to serve older adults and make a positive impact on the lives of seniors drew Taylor, who had previously worked in Home Instead Senior Care's corporate office, to open the local office. "I was hooked on the goal of owning my own Home Instead Senior Care franchise after my first company convention in 2001," he said. "The opportunity to make a difference in the lives of so many seniors while having the freedom to be my own boss made it a very easy decision and a goal that I am happy to have achieved."

While in the Home Instead Senior Care corporate office in Omaha, Neb., Taylor served as franchise sup-

port representative, where he assisted franchise owners with all aspects of their business. "In my experience, I had already been exposed to virtually any opportunity or challenge that a new owner like myself may face and I know how to deal with those."

Prior to his five years at the Home Instead Senior Care corporate office, Taylor served four years in the U.S. Air Force as a staff sergeant, working as a military police officer. While serving in the military, Taylor received several awards including the Air Force Achievement Medal and the Good Conduct Medal, and was hand-picked for many military operations conducted in hostile territories around the world. He holds a bachelor of science degree in business administration with a minor in technology from Bellevue University in Bellevue, Neb. His wife, Laurie, is office manager of Loan Smart.

Home Instead Senior Care's services can be arranged for a few hours a week and up to 24 hours a day. Short-term assistance or longer-term care is available seven days a week including holidays. The company has an exclusive multi-month caregiving and safety-training program for its CAREGivers, who are screened, bonded, insured and who have successfully cleared criminal background checks. Special attention is given to matching CAREGivers

with clients to achieve the utmost compatibility.

Taylor is starting a career in the \$8 billion non-medical eldercare industry, which shows no signs of weakening. Home Instead Senior Care, which established its first franchise in 1995, now has nearly 600 offices in the U.S., Canada, Japan, Portugal, Australia, Ireland and New Zealand. The following statistics help explain this growth:

According to the National Family Caregivers Association (NFCA), more than one-quarter of the adult population has provided care for a chronically ill, disabled or aged family member or friend during the past year. Many of these Americans are working and raising families while trying to care for elderly family members.

Home Instead Senior Care is responding to the growing needs of the elderly and their over-burdened families who want services and can afford to pay for them. "We help older Americans stay in their homes for as long as possible, and we provide respite care for overworked family caregivers," Taylor said.

For more information about Home Instead Senior Care, call

785-272-6101 or visit the company's web site at www.homeinstead.com.

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JUMBLE ANSWERS

Jumbles: KINKY SWOOP BALLAD CORNEA

Answer: Needed to win a bobsled race - A "SLICK" PLAN

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TRIVIALITIES ANSWERS

1. Robert Schwentke 2. Mike Figgis 3. Stephen Dorff 4. Tara Reid 5. "Johnson Family Vacation" 6. Liv Tyler 7. "Daredevil"

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WOLFGANG PUCK

Squash soup from the oven

By Wolfgang Puck

When I first came to America in 1973, I had never eaten pumpkin or any other hard-shelled winter squashes. I was familiar with them, though, because back home in southern Austria pumpkins were grown to make dark-green pumpkinseed oil, an aromatic seasoning drizzled over food the same way extra-virgin olive oil is used in Italy.

But I was ready to like American squashes. I'm always ready for a culinary adventure. Imagine my disappointment, then, when I first tried traditional pumpkin soup — and almost spat it out!

To me, soup was supposed to taste savory, salty or vinegary. And here was soup that I thought resembled a disappointing dessert.

There were other reasons at work, of course. One problem was that the soup had been made with Halloween pumpkins, which tend to be starchy and flavorless. Pumpkin soups, just like pumpkin pies, taste better when made with paler-skinned, somewhat disc-shaped pie pumpkins, also called "cheese" pumpkins, which have a richer flavor.

Or try other flavorful orange-fleshed winter squashes. One of the best is the tan-skinned, elongated butternut, which has a wonderfully rich flavor and golden-orange color. I also like to include in soup some kabocha squash, a recent Japanese arrival, which has a globe shape, a striped dark-green skin, and pleasant, mild-tasting flesh.

I found that another way to get great soup was to first bake the squash instead of boiling it. Because winter squashes are about 90 percent water, boiling only makes them blander. Baking concentrates and enriches the squash's flavor not only by evaporating some of its moisture but also by caramelizing its natural sugars.

Then there are the seasonings. Sure, I include familiar autumn spices like ginger, nutmeg and cinnamon, which go so well with squash, as well as some brown sugar to highlight its sweetness. But I also contrast those flavors with savory onions and broth, giving the soup a well-round-

ed taste that minimizes the chances of it being mistaken for dessert. If you like, you can even use a little less liquid to produce a puree with the consistency of mashed potatoes, a perfect companion to your holiday roast turkey or baked ham.

Finally, I got my squash soup just right. I loved the results, and so did the guests in my restaurants, where the soup is a favorite to this day. Sometimes, I'll top it with a dollop of cranberry-apple relish, as in the version that follows, or a swirl of pureed roasted red bell pepper. Or, in tribute to my earliest experience with pumpkins, I'll drizzle each bowl with a teaspoon of imported Austrian extra-virgin pumpkinseed oil, now available in gourmet shops or on the Internet.

ROASTED SQUASH SOUP WITH CRANBERRY-APPLE RELISH

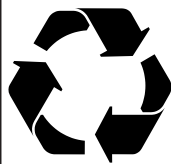
Makes 4 to 6 servings

CRANBERRY-APPLE RELISH:

- 1 cup whole fresh or frozen cranberries
- 1 apple, peeled, cored, and cut into 1/2-inch dice
- 1/2 cup granulated sugar
- 6 tablespoons water
- 2 tablespoons lemon juice

Roasted Squash Soup:

- 1 butternut squash, about 2 pounds
- 1/2 kabocha squash, about 1 1/2 pounds
- 4 tablespoons unsalted butter
- Salt
- Freshly ground white pepper
- 1/2 small brown-skinned onion, peeled and finely diced
- 1/4 teaspoon grated nutmeg
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1/8 teaspoon ground cardamom
- 2 teaspoons brown sugar
- 2 cups good quality chicken broth or vegetable broth



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

1/2 cup heavy cream
Creme fraiche or unsweetened whipped cream, for garnish (optional)

Make the Cranberry-Apple Relish up to two weeks ahead: In a small saucepan, combine all the ingredients. Cook over medium-high heat, stirring frequently, until the mixture starts to boil. Reduce the heat to a simmer and continue cooking, stirring frequently, until the mixture is thick and the berries have popped open, about 20 minutes. Let the mixture cool and then transfer to a nonreactive container, cover and refrigerate. You should have about 1 1/2 cups, enough for the soup plus extra to use as a relish for holiday meals.



Wolfgang Puck's Roasted Squash Soup with Cranberry-Apple Relish

For the Roasted Squash Soup, pre-heat the oven to 350 F.

With a large, sharp knife, carefully cut the butternut squash lengthwise in half. With a sharp-edged spoon, scoop out the seeds and strings from the butternut and kabocha squash halves.

Melt 2 tablespoons of the butter. Place wire racks on top of a baking sheet large enough to hold the squash halves. Brush the cut side of each squash half with melted butter and season with salt and white pepper. Arrange the squash cut side down on the rack. Bake until the squash are tender enough to be pierced easily with a sharp knife tip, about 1 1/2 hours. Remove from the oven and leave until cool enough to handle. With a spoon, scoop out the flesh from each squash half into a food processor fitted with the stainless-steel blade. Process until pureed. You should have about 3 cups.

Transfer the puree to a mixing bowl and set aside.

In a medium soup pot, melt the remaining butter over medium heat. Add the onion and saute until glossy but not yet browned, 3 to 5 minutes. Add the squash and continue cooking, stirring occasionally, until heated through. Stir in the nutmeg, cinnamon, ginger, cardamom and brown sugar.

In a medium saucepan, bring the chicken or vegetable broth and cream to a boil over medium-high heat. Stir the liquid into the squash puree until well blended.

In batches, transfer the hot soup to a blender or food processor, taking care not to overfill the container, and process

until smoothly blended, 1 to 2 minutes. Transfer each batch to a fine-meshed strainer set over a heatproof mixing bowl and press it through with a rubber spatula. If not serving right away, cover with plastic wrap and refrigerate.

In the soup pot over medium heat, bring the soup back to serving temperature. Taste and adjust the seasonings if necessary. Ladle into heated serving bowls and garnish each serving with a spoonful of relish and some creme fraiche or whipped cream. Serve immediately.

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

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

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JAAA holds Grandparent's Day essay contest

The Jayhawk Area Agency on Aging (JAAA) sponsored an Essay Contest for Grandparent's Day, which was celebrated on September 11. The contest was held in Douglas, Jefferson and Shawnee Counties for local students and grandparents to write about what it means to have grandparents/grandchildren in their lives.

Four area students from Deerfield Elementary in Lawrence received top honors in Douglas County. Gift Certificates from Cici's Pizza and Chili's were presented to the Honorable Mention writers. \$25 gift certificate and a Certificate from the JAAA was presented to Olivia Marshall for winning the Douglas County prize.

"It was a great way for the students to show off their writing style and discuss the importance of their grandparent's," said Jennifer Georgie, 6th Grade teacher at Deerfield Elementary School.

One of the honorees Sophia Palmer, brought her grandfather, Bill Simons.

(Photos submitted by Rex and Debbie Ellebracht)



Sophia Palmer with her grandfather, Bill Simons



Jennifer Georgie, 6th Grade teacher at Deerfield Elementary School, with Essay Winner Olivia Marshall.

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