

# Kaw Valley Senior Monthly

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April 2003

Lawrence Area News for Readers 50 and Better

Vol. 2, Issue 10

## Reynoldses trade corporate life for own business

By Kevin Groenhagen

At 50, many individuals begin giving serious thought to their retirement plans. David and Beth Reynolds instead were finalizing plans to leave the corporate world to launch their own business.

Life in the corporate world began shortly after David graduated from the University of Kansas in 1970 with a degree in aerospace engineering. He accepted a position at Pratt & Whitney Aircraft to design jet engines, but, as the drawdown at the conclusion of the Vietnam War in the early 1970s began to put the American aircraft industry into a tailspin, he went to work for Butler Manufacturing Company in Kansas City as a design engineer. Butler also sent David to Rockhurst University, where he earned an MBA.

In 1982 the Reynoldses moved to Cincinnati, Ohio, where David joined Armco Steel. David was later

hired by a housing company in Columbus, Ohio, to help run the company's engineering operations. This was followed by a position with a South Bend, Ind., company that hired David to start a housing company, and finally a position with a St. Joseph, Mo., company where David managed the service and engineering operations.

While David was successful in the corporate world, in 1986 the Reynoldses decided it was time to take a different path.

"By that time, we had just gotten tired of it all," David said. "We decided to go into business for ourselves."

The Reynoldses' plan was to start a business as a full-service general contractor specializing in new home and light commercial construction, and residential and commercial remodeling and renovation. The business would assist clients with land acquisition, building design, interior design and selections, site plan



Beth and David Reynolds

approval, construction management, financing, and complete warranty service.

One of the first business decisions

the Reynoldses made was coming up with a name for their new company.

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## Regular dentist visits especially important for seniors

By Billie David

There's good news and bad news for senior citizens concerning their teeth. They have fewer cavities and are keeping their teeth much longer, thanks to better dental hygiene and the fluoridation programs that became common in the 1950s. But now there's more time for other problems to develop.

"There's much more of a decrease in the rate of decay, so many of our generation will have their own teeth rather than false teeth," said Matthew

Krische of the dental group Wiklund, Peterson and Krische DDS.

And where dentistry used to focus more on pulling teeth, now the focus is on diagnosis and prevention measures such as regular cleaning and fluoride applications, he said, adding that the best way to keep those teeth is to visit the dentist every six months, because that's how problems are spotted before they cause too much damage.



Krische

"People have no idea how much money they will save by having six-month checkups," Krische said. "For example, if they have tooth decay, they can take care of it with a filling, which costs \$80 to \$100—and insurance covers 80 percent of that. But if they wait until a nerve is infected, they must have the tooth pulled or get a root canal, which costs around \$1,100 or \$1,200."

Regular visits to the dentist also help prevent another common cause of tooth loss. "Sometimes when people lose their teeth, it is due to bone loss from years of neglecting oral hygiene, so that calculus and tartar release toxins that eat away at the bones. Then the teeth start to wobble and eventually fall out. Regular dental visits are important because we can monitor the situation," Krische explained. "The basic thing is to get it treated. You can halt it before it's too late."

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## Dental care

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Other reasons why senior citizens should visit their dentist regularly include the following:

- They may be taking medicines that affect oral health, such as those that reduce the availability of saliva, which helps keep teeth healthy because it contains natural cavity-fighting substances. But the situation can be helped with fluoride rinses, using certain types of toothpaste that increase the flow of saliva, sucking on sugar-free candies, and impeccable oral hygiene. "When the mouth is dry, food sticks more and decay starts to show up," Krische said. "Regular care at the dentist is very important then."

- It is on regular trips to the dentist that other diseases are often detected, such as oral cancer. "It is rare that somebody catches oral cancer before the dentist does if they go regularly," Krische said. "We always give oral cancer screening."

- There's also a high correlation between high blood pressure and dental problems because high blood pressure causes calcium loss. And dentists can detect high blood pressure when they do a blood pressure check before a dental procedure.

- Older patients may be taking several kinds of medication. "Thirty years ago, dentists didn't see patients coming in with long laundry lists of medications," Krische explained, "but now it is more common because people are living longer."

In addition to the fact that some medicines interfere with saliva production, others may affect the medications used in dental procedures and anesthesia.

"Normally, we ask patients to bring in a list of medications because it is possible that an anesthetic or other medication will interact with them and if we know we can use a different one," Krische said.

Often patients will already be aware of the need to communicate physical problems to the dentist because their doctors have already

informed them that they should, especially if they have certain types of heart-related conditions such as pacemaker insertion or mitral valve prolapse, which require the use of antibiotics before undergoing dental procedures. Otherwise, ruptures in the skin can introduce foreign bodies into the bloodstream and damage the heart.

Hyperthyroidism is also a condition that needs to be reported to the dentist because the resulting increase in epinephrine in the body may make certain types of anesthesia more hazardous, and an informed dentist can select another kind of anesthesia, Krische explained.

Another issue that's important to bring up with the dentist is allergies, including allergic reactions to latex; dentists often use latex gloves in their work but can substitute a different kind of glove for that particular patient.

Dentistry, in many ways, remains the same as it has in the past, but in other ways it has changed. People still need crowns, but there are more options to choose from concerning the material the crown is made of. The standard gold, metal and porcelain crowns are still being used, but those materials can also be mixed, with the porcelain being fused to the gold or metal. "It's all situationally specific; some kinds are better for some cases than others," Krische said.

As for root canals, technology has helped make the procedure more time-efficient for the dentist and more comfortable for the patient, but the procedure itself is basically the same. "Back in the '60s, we found something that works, and nobody's found anything better," he

explained.

The basic X-ray hasn't changed much, either, but technology has changed how it is processed and stored. "They're coming out now with digital," Krische said. "You take the picture and pop it on the screen and it's ready in minutes. And there's no paper trail; you can put it into the computer, file it and send it from office to office on the Internet. But it's very expensive, so most offices don't have it yet. They may have it in 10 years or so."

Looking 20 years down the road, Krische also predicts that dental files will be processed digitally and instruments will be cordless. And higher dental school tuition and the increasing price of dental equipment will result in more dentists teaming up to save money, a development that will also offer better service, office hours and emergency coverage.

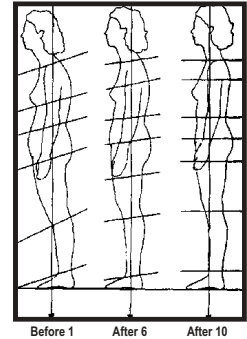
Krische has worked with Wiklund and Peterson, located near Ninth and Yale streets, since 2001. Wiklund began the practice in 1972 and Peterson joined him in 1993.

Krische, a Topeka native who did his undergraduate work at KU and attended dental school at the University of Minnesota, said that he and his partners are happy with their choice of professions. "We enjoy what we do here," he said. "We enjoy providing dentistry, and the patients who come here get that feeling. We don't turn anybody away. If you have had a bad experience elsewhere, give us a try."

- Billie David of Lawrence is a free-lance reporter and the U.S. Small Business Administration's 1998 Media Advocate of the Year for the Kansas City district.

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# Reynoldses

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"We wanted a name that was friendly, disarming and would be visually memorable," David said. "We were looking at a book one day and saw an apple tree. I like the way it looked, so we did some sketching and played with some names. It just kind of happened."

Thus, Apple Tree Homes, Inc. was born.

When it came time to choose a location for the business, one factor played a major role: Both of the Reynoldses' children lived in the Lawrence area. Their son, Micheal, currently lives in Johnson County and is starting his own accounting and system works business, while their daughter, Mickey Stremel, is a real estate agent with Coldwell Banker/McGrew Real Estate.

"We moved back to Lawrence in 1991," David said. "We lived off our savings for a couple of years until the business got healthy enough to support us. We told ourselves that we would give the business two years. If it didn't make it, we would go back to corporate life."

Fortunately, Apple Tree Homes soon found success. In fact, the "visually memorable" name proved to be effective shortly after the business was launched.

"When we first started the business, a woman called me up to talk about having a home built," David said. "We were living in a townhouse, and I had just a card table and a computer set up. I asked her, 'How did you hear about us?' She said, 'I saw your signs.' At that time, our signs were still being made. What happened was someone mentioned our name to her, and she actually thought she had seen our sign."

Apple Tree Homes started shortly after one recession ended in 1991, and its business grew steadily as the economy expanded during the next 10 years. When that expansion ended in March 2001, Apple Tree Homes' business was unaffected.

"Lawrence is really steady," David explained. "We don't follow national trends. When the national economy is screaming, Lawrence does a little better. When the national economy is down, we don't go that far down."

With the success of Apple Tree Homes, the Reynoldses try to give back to the community as much as they can.

"All of our giving goes to baseball clubs, the Boys Scouts, the Boys and Girls Club, and other youth groups," David said.

The Reynoldses, who celebrated their 45<sup>th</sup> wedding anniversary earlier this year, are now starting to give more thought to what they want to do during their retirement years. However, they do not plan on being idle.

"I started working when I was 10 years old," David said. "I carried ice. I sat on the back of a horse-drawn wagon. We'd chip off the ice, and then carry it with our tongs and put it in people's ice boxes. I also delivered newspapers and worked in a drugstore. After 53 years of working,

I'm ready to kick back a bit. I want to slow down, but I don't want to stop completely.

"Our site superintendent, Greg Rau, wants to buy the company. But I still plan on doing some construction work through him. I think that you have to wake up in the morning and have something that motivates you. That can be volunteerism or a job. You have to have something that keeps your mind alert, keeps you focused, and keeps you viable. Psychologically, if you're not viable,

you give up."

Of course, retirement won't be all work for the Reynoldses. David, an avid history buff, would like to travel to some of the places he has read about.

"I would love to go to Egypt," David said. "So much of our history and religion is rooted in the Mediterranean area. My goal has always been to travel around the world."

Beth hopes to spend more time with her grandchildren, quilting,

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## Doing it Well...

# Healthy Living



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# HEALTH

## Protect your health privacy

You probably haven't heard about "HIPPA" yet. But you will. And soon, too. That's because the federal government is about to implement a 1996 law, called HIPPA, that is intended to ensure the privacy of your health records. (HIPPA, if you must know, stands for Health Insurance Portability and Accountability Act. Now, say that three times fast!)

The idea behind HIPPA is to guard the privacy of data that doctors and other health care providers share with each other and with insurance companies—say, a medical history

scription.

HIPPA allows data sharing to continue, as needed to provide treatment and to bill for care. But HIPPA extends your privacy by protecting your health data in electronic form, too—since health records are now routinely stored in computers, on computer discs and via Internet transmissions.

HIPPA's new standards are needed because we now use computers so routinely for treatment and billing that, without special electronic precautions, our health records could fall into unauthorized hands.

### Name, rank, and serial number

Your health biography is now stored in electronic memory. That's because most health agencies now transmit billing records online and keep your files in computers. What information am I talking about, exactly? Your name, address, birthdate, health care providers and insurance numbers, social security number, and any medical diagnoses.

Clearly, this is data that we want to keep private.

So, besides regular privacy policies, HIPPA will also require secure computer access in all health care offices so that only billing staff will have access to billing data. And these billing professionals will be trained rigorously to ensure the privacy of your personal and health records.

### Ready for take-off

Starting this month—April 2003—HIPPA regulations go into effect. These regulations require health agencies to explain the new privacy policies they are implementing. In fact, when you go into any health clinic or hospital you will be given a copy of their new privacy policy statement. This statement reports how your personal health information—now called PHI—will be protected, how this data is used, and how you can restrict the use of your PHI.

This statement will also inform you of your right to obtain copies of your health and billing records, and will also explain how you can obtain a report on how your PHI has been used in the past. You will also learn how to file a complaint and learn how you can contact to discuss this privacy policy, if you need clarification.

All of this is required information that must appear in all HIPPA policy statements, in plain English for easy reading.

### Friends and family

If you want friends and family to

have access to your health records in an emergency, you will now need to okay this in advance, since HIPPA imposes tighter restrictions on who can see your health data. Say your sister calls your doctor to ask about your blood test. Unless you have authorized your doctor to disclose PHI to your sister—by signing a consent form saying this—your doctor will have to say no. So make sure to list everyone you want to have access to your records when you complete your next consent form.

On the other hand, if your sister sits next to you and you allow her to listen when the doctor reports your results, then the doctor does not need your written consent to share your PHI with her.

Not everyone needs to be specifically mentioned in your consent form. For example, many people have someone legally designated as their durable power of attorney (DPOA) to help with health and other decisions when they are seriously ill. This person is often a child

or sibling. If you have a DPOA, that person will be able to talk with all of your health care providers without an additional consent.

In fact, designating a friend or, most likely, a relative as your DPOA can make it easier to communicate with health care providers under the new HIPPA regulations. And parents and spouses are also allowed to obtain your medical records without additional or special consent requirements.

### HIPPA, HIPPA, Hooray

In most respects, the new HIPPA regulations are just good sense. They provide real, legal protections for our health privacy, and they do not interfere with the provision of needed health care. Three cheers!

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



Laura Bennetts

that a doctor sends to a physical therapist or to a health insurer. HIPPA adds protections to already existing state privacy laws and gives new protection to those who live in states that don't have health information privacy laws.

Since nearly everyone will have to deal with HIPPA before long, I want to give you a head's up about how it will affect you personally.

### Your deep, dark secrets

Most people want to keep their health records private. And now we're all going to be required to take steps to help enforce the privacy laws.

To start with, all health care providers have to get with the program. Everyone, including receptionists and billing clerks who have access to health records and transmit them electronically, will get HIPPA training on how to protect your health privacy even more carefully than before.

Of course, health care providers have always kept health data confidential. Every time you see someone new you sign a consent form allowing treatment and the release of information to insurance companies and other health practitioners who may help to treat you.

Once you sign the initial consent form, your doctor does not have to get a new signed form every time he calls your pharmacy. And, of course, your doctor will only share necessary health and personal data that the pharmacist needs to fill your pre-

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# HEALTH

## Natural approach to arthritis

**D**egenerative joint disease (DJD) is a degeneration of the cartilage of joints. Clinically, the disease is characterized by joint pain, tenderness, limitation of movement, crepitus, occasional effusion, and variable degree of local inflammation. DJD is the second most common cause of long-term disability among adults in the US. People with a history of inflammatory arthritis, such as Rheumatoid arthritis, can have cartilage damage, which may be further altered by DJD. Surveys indicate that

joint mobility, and better tolerance to physical activity with their patients

MSM is a naturally occurring sulfur compound. Sulfur, the fourth most abundant mineral in the human body, is essential for the normal functioning of the body's growth and repair mechanisms. MSM plays a role in the formation of keratin and collagen (a protein that keeps skin and joints healthy and flexible). Because sulfur is necessary for the formation of connective tissue, MSM has been investigated for its use in arthritis and other complications of joint inflammation. A preliminary study of patients with degenerative arthritis by Ronald Lawrence, MD, co-author of *The Miracle of MSM*, found that patients taking 2,250 mg MSM for six weeks experienced an 82 percent reduction in pain, while those given a placebo had only an 18 percent reduction.

Glucosamine is one of a number of substances classified as an amino sugar. Unlike other forms of sugar in the body, amino sugars are components of carbohydrates that are incorporated into the structure of body tissues, rather than being used as a source of energy. Glucosamine is thus involved in the formation of the nails, tendons, skin, eyes, bones, ligaments, and heart valves. Our body makes its glucosamine from simple carbohydrate glucose and the amino acid glutamine.

Numerous double-blind studies have shown glucosamine produces much better results than NSAIDs in relieving the pain and inflammation of arthritis despite the fact that it exhibits very little direct anti-inflammatory effect and no direct analgesic or pain-relieving effects. While NSAIDs offer purely symptomatic relief and may actually promote the disease process, glucosamine appears to address the cause of arthritis. By getting at the root of the problem, glucosamine not only improves the symptoms including pain, but also helps the body repair damaged joint.

Chondroitin sulfate is a type of mucopolysaccharide. Mucopolysaccharides are molecules, which form chemical bonds with water. This gelatinous material is found in joints and other parts of the body. Chondroitin sulfate act as magnets, attracting fluids into the

proteoglycan molecules to function as shock absorbers and nutrient attractors.

Researchers conclude that the supplement chondroitin sulfate has a slow but consistently beneficial effect on arthritis. The positive changes produced by chondroitin sulfate last for a long period even after one stops taking chondroitin sulfate. In one study researchers show that in the chondroitin sulfate group patients got pain relief, which ap-

peared later but lasted for up to three months after the treatment with the chondroitin sulfate was stopped. The researchers state "chondroitin sulfate seems to have slow but gradually increasing clinical activity in arthritis; these benefits last for a long period after the end of treatment."

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



Dr.  
Farhang  
Khosh

over 40 million Americans have Osteoarthritis, including 80 percent of persons over age 50. Under age of 45, Osteoarthritis is much more common in men; after 45, it is 10 times more common in women than men. So, is very essential to keep the joints healthy by taking supplements such as Glucosamine, Methylsulfonylmethane, Chondroitin sulfate, and Colostrum.

Colostrum is the pre-milk fluid produced from the mammalian mother's mammary glands during the first 24-48 hours following birth. It provides life-supporting immune and growth factors to ensure the health and vitality of the newborn. There are many studies on colostrum in treatment of rheumatoid and osteoarthritis. Reported in 1996, an open-label clinical for the symptoms of rheumatoid arthritis was undertaken during the period 1992-1993 at the Mathilda and Terence Kennedy Institute of Rheumatology in London, England. The treatment with colostrum led to rapid improvement in all parameters of rheumatoid disease activity.

A study by Alejandro Nitsch, MD, and Fabiola Nitch, MD showed that after a minimum of three months follow-up, the results of their clinical trial using colostrum for rheumatoid and osteoarthritis were outstanding. After two to six weeks of treatment with colostrum, they saw reduction or disappearance of pain, edema and inflammation, improvement in

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# SENIOR FORUM

## Tips for ending sleeping problems

By Kent S. Collins

DEAR SENIOR FORUM: Forget all those diseases with fancy names that you write newspaper columns about and that my doctor talks about! The most serious disease of my old age is "no sleep" — the inability to get a good night's sleep. I bet my inability to sleep well will make me prone to those diseases with fancy names. Can you suggest a cure for the no-sleep disease? — Counting Sheep

DEAR COUNTING SHEEP: Your doctor ought to be talking about your no-sleep (as you call it) illness. If he/she won't or can't, then find another doctor. Whether or not a lack of sleep will expose you to other illnesses — as you diagnose — is not sure, but it is certainly debilitating on the golden years. A sleep disorder can also potentially be dangerous. Get a cure!

Research directed by the National Institutes of Health indicates that sleep problems plague half of Americans 65 years and older. There are more than 80 different types of sleep problems. A physician should be able to determine some of the more common disorders, like sleep apnea. If your physician can't

diagnose why you're not sleeping, see a sleep specialist.

And don't believe that old false diagnosis that older people need less sleep.

While you are jousting with doctors, consider these well-worn and successful sleeping tips:

- Live by a schedule. Get up in the morning, nap — if you must — in the afternoon, eat dinner and go to bed at the same times each day.

- Include physical activity in your day — outside if possible. A dose of sunlight helps some people maintain a body clock. Take a walk a couple of hours before bedtime.

- Strictly control your doses of caffeine and alcohol.

- Set a late-night routine — something relaxing like a bath or reading or listening to music.

- Don't take worries to bed with you. Let pleasant thoughts be your last for the day.

If your question fits this space, send it to [seniorforum@mchsi.com](mailto:seniorforum@mchsi.com) or The Senior Forum c/o Tribune Media Services, 435 North Michigan Avenue, Suite 1500, Chicago, IL 60611.

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# FINANCES

## Look past the bear market

If you're tired of the bear market, remember, downturns are a natural part of our financial markets. But so are upturns, and it's difficult to predict when a turnaround may occur.

While every investor is aware that, at times, the market will go up and, other times, the market will go down, it seems as if most investors still have trouble with the idea of bear markets. Sometimes they cause panic and despair. Sometimes they



Margaret Stenseng

cause investors to pull their money out of the market. Inevitably, they cause a lot of concern and create a lot of questions.

They really shouldn't. Bear markets, like bull markets, will occur. When they do, it's not the end of the world, or the end of your portfolio. According to many experienced financial advisors, individual investors are generally better off looking at the big picture, or the long term, than short-term bumps in the road. While past performance is no guarantee of future results, historically, investing in stocks has given investors good reason to look past a

short-term bear market. Stocks historically have outperformed other investments over time.

More important is the fact that bear markets are usually followed by bull markets, and those bull market returns have historically outweighed bear market losses. One of the most important investment strategies—and sometimes one of the most difficult—is remembering to maintain a proper perspective during the inevitable declines in the market. Long-term goals, not short-term interruptions, count most. Plus, as some advisors note, market declines generally bring lower stock prices, which present a good buying opportunity and a way to further position your portfolio for potential future growth.

It is impossible to avoid bear markets, but it is possible to put them in perspective and look past the painful declines. Oftentimes, what is on the other side can be a lot more palatable. If you're concerned about the financial markets or the state of your portfolio, contact your local financial advisor. He or she can help put your goals in focus and help put the market in proper perspective.

- Margaret K. Stenseng serves as district manager and financial advisor with Waddell & Reed Financial Services, 2721 W. Sixth St., Lawrence. She can be reached at 785-841-7676.

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Lawrence, KS 66049



# CALENDAR

## BINGO

### SUNDAYS

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

### MONDAYS & SATURDAYS

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

### TUESDAYS

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

### WEDNESDAYS & FRIDAYS

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

### WEDNESDAYS & FRIDAYS EDGEWOOD HOMES

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

### WEDNESDAYS

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

### THURSDAYS

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

### FRIDAYS

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

## EVENTS AND CELEBRATIONS

### APR 1-JUN 1

#### PERFECT CHILD EXHIBIT

What do you need to raise "The Perfect Child"? Join us for an insightful and amusing look at suggestions from the late 1800s to present.  
SHAWNEE, 913-631-6709

### APR 4

#### ANTIQUÉ TELEPHONE COLLECTORS SPRING SHOW

Telephone collectors from across the U.S. meet to buy, sell, trade and exhibit telephones and related artifacts.  
ABILENE, 785-263-1757

### APR 5-6

#### LEAVENWORTH ANTIQUE SHOW

5<sup>th</sup> annual. A charming show featuring items from primitives to the finest antique furniture, pottery to fine glassware.  
LEAVENWORTH, 913-758-0193

8 SeniorMonthly, April 2003

### APR 5

#### TWYLA THARP CONTEMPORARY DANCE COMPANY

Legendary choreographer known for incorporating classical disciplines with the avant garde. Driven by musical knowledge that is imaginative and powerful.  
LAWRENCE, 785-864-2787

### APR 6

#### CANTUS

High energy vocal group covers a vast array of styles, including Gregorian chant, Renaissance, motetz, contemporary sacred works, and pop.  
LAWRENCE, 785-864-2787

### APR 8-MAY 25

#### BIRGER SANDZEN MEMORIAL GALLERY—105<sup>TH</sup> MIDWEST ART EXHIBIT

Art exhibition unique to Kansas history for more than 100 years in conjunction with "The Messiah Festival," Bethany College.  
LINDSBORG, 785-227-2220

### APR 9-11

#### FINANCIAL PLANNING IN THE LATER YEARS

Sponsored by Lawrence Memorial Hospital's Senior Care Service. Join Walter Jamison, Certified Financial Advisor with Senior Prevention, Intervention, Counseling and Educational Program (SPICE), as he answers questions related to financial planning in the later years, long term care insurance, division of assets related to Medicaid, and other related financial issues. Free. Will be held April 9 at Prairie Commons from 1:00-2:00 p.m., April 10 at Lawrence Memorial Hospital from 8:30 to 9:30 a.m., and April 11 at Brandon Woods from 10:30-11:30 a.m.  
LMH CONNECT CARE, 785-749-5800

### APR 10-13

#### JAZZ FESTIVAL

Nationally known jazz artists join the University of Kansas band department.  
LAWRENCE, 785-864-2787

### APR 11-27

#### SALINA COMMUNITY THEATRE PRESENTS—A STREETCAR NAMED DESIRE

In an explosion of wills and wiles, Stanley schemes to get the estate he thinks Blanche is keeping from Stella.  
SALINA, 785-827-6126

### APR 12-13

#### CIVIL WAR ENACTMENT

Enjoy a weekend of Civil War history as the Union army reoccupies Fort Scott. Weapons demonstrations, drills, evening program.  
FORT SCOTT, 620-223-0310

### APR 12

#### BROWN BUTTERFLY

Performance inspired by Muhammad Ali. Multimedia event is bold fusion of music, dance, visual technology, and theatre.  
LAWRENCE, 785-864-2787

### APR 12

#### HERITAGE TOY SHOW

New and old toys, collectibles, and parts for sale.  
ABILENE, 785-263-2687

### APR 13-20

#### MESSIAH FESTIVAL AT BETHANY COLLEGE

Week-long celebration of Handel's Messiah, Bach's St. Matthew Passion, concerts, theatre productions, and Midwest Art Exhibition.  
LINDSBORG, 785-227-3311

### APR 13

#### SWEET HONEY IN THE ROCK

Combining soul and passion, five African American women embrace the roots of the black church through spirituals, hymns, and gospels.  
LAWRENCE, 785-864-2787

### APR 16-27

#### GRINTER PLACE QUILT SHOW

See how the art of quilting continues today, featuring handiwork by Grinter Quilters and community. Children's activities.  
KANSAS CITY, 913-299-0373

### APR 17-19

#### KANSAS RELAYS 2003

Track and field events for college and high school students.  
LAWRENCE, 785-864-3486

### APR 19

#### PARADE FOR THE EARTH

Parade down Massachusetts Street to Watkins Park to celebrate Earth Day. Festivities, information, and speakers in the park following parade.  
LAWRENCE, 785-832-3030

### APR 19-20

#### CIVIL WAR ON THE BORDER

Battles, artillery, foot and mounted soldiers, 1860s fashion show, period vendors, children's area, entertainment, and stagecoach rides.  
OLATHE, 913-782-6972

### APR 19-20

#### WAMEGO TULIP FESTIVAL

Tulips galore. 5,000 tulips highlight the festival, which includes crafts, entertainment, petting zoo, train rides, and activities for everyone.  
WAMEGO, 785-456-7849

### APR 19

#### GREAT PLAINS REGATTA

Spend the day at Lake Shawnee enjoying the finest rowing from teams

around the Midwest.

TOPEKA, 785-267-1156

### APR 20

#### MUSEUM DAY

23<sup>rd</sup> annual. Celebrate campus-wide museum day. The entire family can enjoy special activities and displays at KU's museums.  
LAWRENCE, 785-864-4245

### APR 24-25

#### KANSAS UNIVERSITY DANCE COMPANY

Featuring guest artist and faculty works. Ballet, tap, modern and Italian Renaissance dances.  
LAWRENCE, 785-864-2787

### APR 26-27

#### BY GONE DAYS

Demonstrations, displays, and interactive exhibitions of agricultural and rural lifestyles. Operating steam and gas engines.  
SALINA, 785-825-8473

### APR 26

#### LAWRENCE CIVIC CHOIR SPRING CONCERT

Under the direction of Steve Eubank, featuring the world premiere of Geoff Wilcken's "Mass for the Modern Age." Free State High School Auditorium.  
LAWRENCE, 785-842-7542

### APR 26

#### LINDSBORG AREA ARTISTS OPEN HOUSE

Lindsborg artist studios open all day to public.  
LINDSBORG, 785-227-2217

### MAY 3-4

#### CINCO DE MAYO

Taste of Cinco de Mayo Saturday. Mexican cuisine. Sunday fiesta program, dancers, music and car show.  
EMPORIA, 620-342-2682

### MAY 3-4

#### MEN'S RANCH RODEO

Cowboys from across the state and neighboring states demonstrate skills of ranching.  
ABILENE, 785-263-2521

### MAY 3-4

#### MILLFEST

Enjoy tours of the 1898 flour mill in operation, pioneer arts and crafts demonstrations, lively traditional music.  
LINDSBORG, 785-227-3595

### MAY 3

#### ART TOUGEAU

Sixth annual Art Car Parade.  
LAWRENCE, 785-841-4598

### MAY 3

#### FORT LEAVENWORTH HOMES TOUR AND FRONTIER ARMY ENCAMPMENT

CONTINUED ON PAGE NINE



# CALENDAR

CONTINUED FROM PAGE EIGHT

Annual tour of several historic homes at Fort Leavenworth and Frontier army encampment and reenactment.  
FORT LEAVENWORTH, 913-684-3186

**MAY 3**  
**KANSAS HEART AND SOLE CLASSIC**  
Attracts over 500 runners, includes a fun run, 5K run/walk, 10K run. Certified course.  
OLATHE, 913-492-8360

**MAY 4**  
**ART IN THE PARK**  
Annual event. Area artists display and sell their works outdoors. Live music.  
LAWRENCE, 785-865-5483

**MAY 4**  
**MAY DAY AT LANESFIELD**  
Make a May basket, dance around the Maypole. Live music and refreshments complete the festivities.  
EDGERTON, 913-631-6709

## HEALTH

**MONDAYS THRU SATURDAYS**  
**WATER CLASSES**  
Neu Physical Therapy Center. Call for appointment. Fee.  
1305 WAKARUSA DR, LAWRENCE  
785-842-3444, 1-888-784-1243

**TUESDAYS**  
**FREE CONSULTATION**  
Neu Physical Therapy Center. Call for appointment.  
930 AMES, BALDWIN CITY  
785-594-4100, 1-888-784-1243

**FIRST, SECOND AND FOURTH TUESDAYS**  
**FREE EXERCISE CLASS FOR PEOPLE WITH PARKINSON'S DISEASE AND THEIR CAREGIVERS**  
Participants will learn to improve their breathing, stability, flexibility, sense of balance, postural alignment, dynamic movement and vocal range, and facial expressivity. Class taught by Janet Hamburg, Registered Movement Therapist. Classes held February 4 through May 6.  
ASSEMBLY OF GOD CHURCH, LAWRENCE, 785-864-5168

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

**THIRD TUESDAY OF EACH MONTH**  
**HEALTH SCREENING CLINIC**  
Lawrence-Douglas County Health Department.  
PINECREST II APARTMENTS, 924 WALNUT, EUDORA  
9-10 AM

**WEDNESDAYS**  
**FREE CONSULTATION**  
Neu Physical Therapy Center. Call for appointment.  
1198 FRONT ST, TONGANOXIE  
913-845-2252, 1-888-784-1243

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

**THURSDAYS**  
**FREE CONSULTATION**  
Neu Physical Therapy Center. Call for appointment.  
1305 WAKARUSA DR, LAWRENCE  
785-842-3444, 1-888-784-1243

**APR 1**  
**BONE DENSITY SCREENING**  
This quick and easy screening can indicate if further testing for osteoporosis is needed. A bare heel is necessary for the screening. Information about prevention of osteoporosis is also included. Appointment is required. \$15/person.  
LMH HEALTH SOURCE ROOM  
4:30-6:30 PM, 785-749-5800

**APR 2**  
**CHOLESTEROL SCREENINGS**  
A fingerstick test providing a total blood cholesterol reading in five minutes. \$5 per person. No fasting or appointment necessary.  
LMH HEALTH SOURCE ROOM  
3:30-5:30 PM

**APR 12**  
**UNIVERSAL PRINCIPLES OF HEALTH AND HEALING**  
With Denise Finch, RN/Yoga instructor. Explore the universal principle of interconnectedness with movement and theory. Fee, 9:00 a.m.-5:00 p.m.  
THE LIGHT CENTER 785-255-4583

**APR 12**  
**WOMEN'S HEALTH EDUCATION DAY**  
Stress management, hormone replacement therapy, breast cancer and osteoporosis are only a few of the health issues that face women today. This event is designed to help equip women with the valuable information they need to make educated decisions about their health. Kansas Insurance Commissioner Sandy Praeger will be the opening speaker. Lunch and refreshment breaks included. \$25/person. 9:00 a.m.-3:30 p.m.  
LMH CONNECT CARE, 785-749-5800

**APR 15**  
**BONE DENSITY SCREENING**

Please see April 1 description.  
LMH HEALTH SOURCE ROOM  
9:00-11:00 AM, 785-749-5800

**APR 26-27**  
**SENT TO HEAL AND ANOINT**  
The Use of Essential Oils and Healing Touch Spiritual Ministry with Linda Smith. Explore healing aromas. Fee, 9:00 a.m.-6:00 p.m. 16 CE nurses.  
THE LIGHT CENTER, 816-737-1425

## MEETINGS

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

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

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

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

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

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

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

**THIRD THURSDAY OF EACH MONTH**  
**PROSTATE CANCER SUPPORT GROUP**  
The Prostate Cancer Support Group is for survivors, family members and anyone who is interested in learning more about prostate cancer.  
RIEKE AUDITORIUM, KU MEDICAL CENTER, 7-9 PM

**FOURTH FRIDAY OF EACH MONTH**  
**AARP CHAPTER 1696 LUNCHEON**

Group meets fourth Friday of each month except in July, November and December. Luncheon is held on third Friday in November.  
LAWRENCE COUNTRY CLUB  
785-842-0446

*While every attempt has been made to ensure the accuracy of the events listed, some changes may occur without notice. Please confirm any event you plan to attend.*



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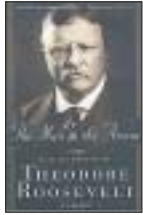
**RE/MAX**  
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# BOOKSHELF

By Margaret Baker

Brian M. Thomsen: *The Man in the Arena* (Forge, \$25.95, ISBN 0-765-30670-0).

The centennial of Theodore Roosevelt's presidency has brought a wealth of studies of the man and his accomplishments in our nation's highest office. Here is a collection of T.R.'s own writings. The man who first said "Speak softly but carry a big stick" was a literate historian and novelist, the most prolific of our presidents. And he was, as Thomsen puts it, a bully of a writer.



•

Paul Garrison: *Sea Hunter* (Wm. Morrow, \$25.95, ISBN 0-06-008167-8)

Here's a nautical adventure with

lots of action! David Hope captains a charter ship in the British Virgin Islands. He is approached for a last voyage of the season by a lovely documentary film maker. She wants to "liberate" her equipment from her ex-husband and film an unusually large deep sea creature.



David's just finished burying his lover's ashes out at sea, and he needs both the money and the excitement. He gets more of the latter and less of the former than he bargained for.

Something is there, all right, and it isn't in the nautical natural world. Like Garrison's earlier *Buried At Sea*, the action is fast and furious, the plot unique, the characters well defined, and the setting on the high seas memorable.

Mary Daheim: *Silver Scream* (Wm. Morrow, \$23.95, ISBN 0-380-97867-0)

Judith and Joe Flynn's Seattle Bed & Breakfast, Hillside Manor, is the setting for this latest in Daheim's cozy mystery series.

Hollywood's supreme producer, Bruno Zepf, is a very superstitious man. His first success came when the cast and crew stayed in a B&B, and he insists that everyone stay in one for the premier of each new masterpiece.

*The Gasman*, his latest, will have its premier in Seattle and he and the senior members of the cast and crew are housed in Hillside Manor. And a bunch of superegos they are, too. The demands made on the Flynn's are annoying, but that's the least of their problems when Bruno is found drowned in the kitchen sink the night of the disastrous first showing.

Judith and Joe, a retired homicide detective, don't believe he died of a broken heart from his first failure.

All the regular zany characters from previous encounters are back for at least cameo appearances in this well-plotted mystery.

Toni L. P. Kelner: *Wed and Buried* (Kensington, \$22.00, ISBN 1-57566-840-80)

Latest in the Laura Fleming southern mysteries. Laura and Richard are called to her hometown in North Carolina to attend the reception of her Aunt Maggie, a non-sense spinster who has suddenly and very unexpectedly married the curmudgeon, "Big Bill" Walters.



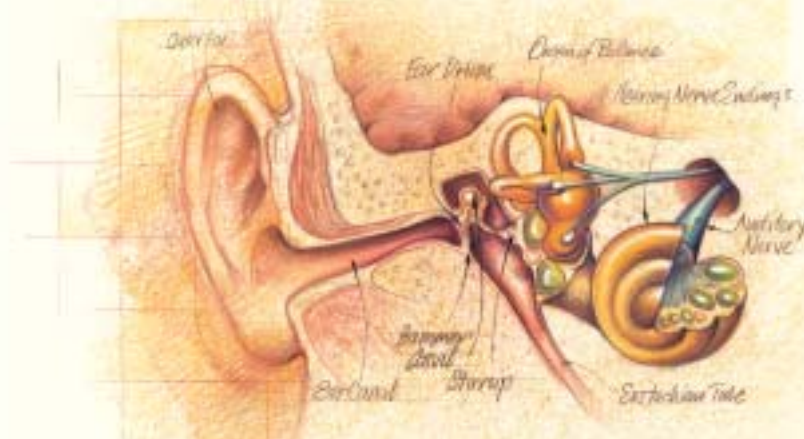
A more unlikely pair would be hard to imagine.

Turns out that the marriage is to protect Big Bill, who has survived three "accidental death" scenarios. Aunt Maggie expects Laura and Richard to find out who's out to get him.

CONTINUED ON PAGE 11

# Y

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 Choice*

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# BOOKSHELF

CONTINUED FROM PAGE 10

All the clues are there, with enough red herrings to lead the rapid reader astray. Who says a nursing mother can't be a sleuth if she's got enough aunts to fight each other for babysitting time?

## PAPERBACK PICKS

Penny Warner: *Blind Side* (Perseverance Press, \$12.95 ISBN 1-88028442-1)



Connor Westphal is deaf, but she doesn't let that get in the way of running *Eureka*, weekly newspaper of Skunk Flat, just down the road from Angel Camp, setting for the annual Jumping Frog contest. She reads lips as well as uses sign language, which means she can sometimes "overhear" conversations.

LEAP, (Liberate the Exploited Amphibian Population) is dedicated to stopping the annual event while the area residents enjoy the tourist dollars that pour in.

Alas, the favorite frog is deceased, and it looks like poisoning. Plus there seems to be a bit of hanky-panky at the nursing home as well.

Victor Gischler: *Gun Monkeys* (Uglytown, \$15.00, ISBN 0-9663473-6-6).

Charlie Swift learned how to kill in the military, and has found a civilian job using those skills. He's a "gun monkey," one of the mob's enforcers.

Someone is trying to elbow out Charlie's boss. Charlie has a lot of loyalty, and he goes after the newcomer's crowd. His kid brother thinks he'd like to be a gun monkey, and Charlie is trying to convince him to go back to college.



Fast, brutal description of a setting we hope we never have to encounter except in the pages of a book. *Language, violence*  
**THE EARS HAVE IT (Books on Tape)**

Richard Russo: *Empire Falls* (HarperCollins, \$42.95, ISBN 0-694-52559-6)

If you've got a long drive coming up, or a boring job for which you can wear headphones, this very lengthy book on 17 two-sided cassettes will keep you alert.

Empire Falls, upper New York state, is a city falling apart, its two major factories closed for decades. The citizens' stories intertwine in this deeply drawn study of personalities which follows Miles, operator of Empire Grill, who isn't the loser he looks like at first glance.

The strength of this prize-winning novel is in the depth of characterization and the interplay between the townspeople, past and present.

A book that will stay in your mind long after you finish *Cassette No. 34!*

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



## Are you or someone you know experiencing

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

## Senior Care Services

### Mental Health Unit

IF SOMEONE YOU KNOW NEEDS HELP  
CALL 785-749-6289  
BECAUSE MENTAL HEALTH MATTERS

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- Other Nursing Services Available

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# CROSSWORD

TMSpuzzles@aol.com

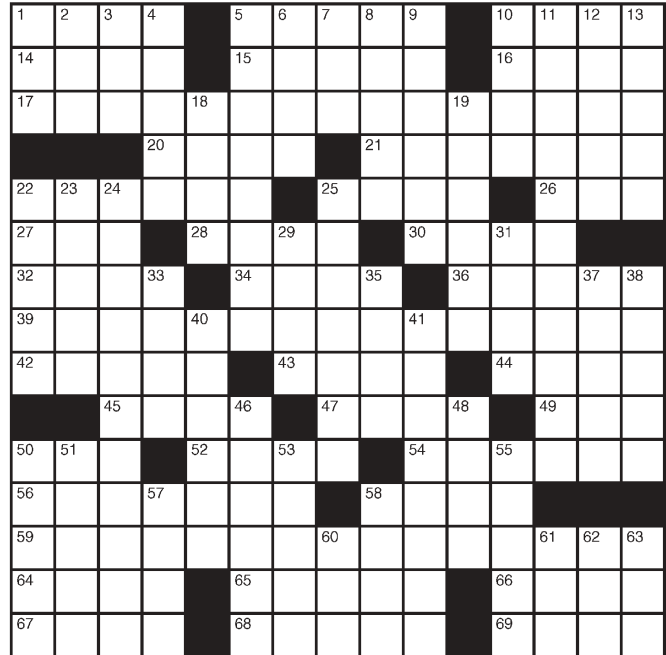
## ACROSS

- 1 Desiccated
- 5 Loses weight
- 10 Staunch
- 14 Farm tower
- 15 Eagle's nest
- 16 Like a dipstick
- 17 Remains silent
- 20 Interruptions of continuity
- 21 Fearless
- 22 Lead source
- 25 Lenient
- 26 Pipe fork?
- 27 Bullring cheer
- 28 Sprinkle with powder
- 30 Break down
- 32 Wander about
- 34 In \_\_\_ of
- 36 Bellyache
- 39 Remains cool
- 42 Archipelago member
- 43 Run off at the mouth
- 44 Copycat
- 45 Warm up
- 47 God of love
- 49 Plumb of "The Brady Bunch"
- 50 Wonderment
- 52 Cut
- 54 Sowed
- 56 Goblet
- 58 Takes a bead on
- 59 Remains enthusiastic
- 64 Mineral deposits
- 65 Lonette or Maria
- 66 First-rate

- 67 Auto pioneer
- 68 In the lead
- 69 Hankerings

## DOWN

- 1 Volcanic fallout
- 2 Howard Hawks film, "\_\_\_ Bravo"
- 3 Bedridden
- 4 Chrysler make
- 5 Largest city in South America
- 6 Camera's eye
- 7 Wrath
- 8 Make a blunder
- 9 Start out
- 10 Led Zeppelin concert movie, "The \_\_\_ Remains the Same"
- 11 Loath to speak
- 12 Extract with a solvent
- 13 No way!
- 18 Smooth before painting
- 19 Power failure
- 22 Russian writer Maxim
- 23 Athol Fugard play, "A Lesson from \_\_\_"
- 24 Sensible
- 25 Sowed
- 29 Trend upward
- 29 Evildoings
- 31 Shirley MacLaine movie, "\_\_\_ la Douce"
- 33 Fencer's foil
- 35 Manipulator
- 37 Irritate



By James E. Buell  
Fort Washington, MD

- 38 Slipped up
- 40 Balance
- 41 Bilateral
- 46 City on Puget Sound
- 48 Trailer truck, briefly
- 50 Sneeze sound
- 51 Spin around and around
- 53 Peasant girl
- 55 School paper?

- 57 Fewer
- 58 Toward open waters
- 60 Just get by
- 61 Bandy or Howard
- 62 Sothern or Jillian
- 63 Positive reply

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Answers on page 15

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## Reynoldses

CONTINUED FROM PAGE THREE

and genealogy. Several years ago, her interest in genealogy uncovered a coincidence while she was tracing back mother's family.

"John Chapman is probably a relative," Beth said. "When we started Apple Tree Homes, we didn't know this."

John Chapman, of course, is better known as Johnny Appleseed.

The Reynoldses now celebrate Johnny Appleseed's birthday each year in September by having a picnic for their past clients.

In addition to the picnics, Apple Tree Homes' clients receive another gift from the Reynoldses. After a project is completed, Beth bakes each client an apple pie. Thus far, she has baked over 200 pies.

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# LMHEA offers long-term care insurance seminar

The Lawrence Memorial Hospital Endowment Association, Brandon Woods and Fran Hopkins of CEK Insurance are presenting the final seminar in a series of three community programs about investment opportunities. "Long-Term Care Insurance" will be presented by Claude Thau, president of Thau, Inc., on Tuesday, April 22. This seminar will be held at the Smith Center on the Brandon Woods campus, 1501 Inverness Dr. Refreshments will be served at 4:45

p.m. and the seminar will be held from 5-6 p.m.

In the seminar Thau will discuss who should have long-term care insurance and the benefits to those enrolled. Thau is also the chairman of the board for the Center for Long-Term Care Financing, and works with the American Stroke Foundation and the Midwest Bio-ethics Center.

This seminar is free but advance registration is requested. For more information, call 785-840-2830 or e-mail kitflick@lmh.org.

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# HUMOR

## Havana bound

They say you can't go to Cuba without a license. But there are ways, and there are ways. Ask my friend Zimmy Tarbox. Zimmy, actually he's Professor Zimoblis J. Tarbox, Ph.D. Zimmy is an entomologist—one of those guys who go around measuring the space between the eyeballs of baby cockroaches.

Zimmy had been all over the world studying cockroach larvae, but he'd never been to Cuba. So when he saw that the Cuban National En-

tomological Society's 15<sup>th</sup> Annual Cockroach Symposium was coming up, Zimmy submitted a paper based on his research. His paper was accepted.



Larry Day

tomological Society's 15<sup>th</sup> Annual Cockroach Symposium was coming up, Zimmy submitted a paper based on his research. His paper was accepted.

So Zimmy called Flybypnite, Inc., the travel agency that books trips for professors at his university. He asked the agent, Desdemona, to book him on a flight to Havana.

"Do you have your license, Dr. Tarbox?" she asked.

"Say what?" asked Zimmy.

"Your license for Cuba. You have to have a license from the U.S. government before I can book you on a flight to Cuba," said Desdemona.

Zimmy was cautious about the folks at Flybypnite Travel. Bless 'em—they had once booked him into Zimbabwe when his destination was Zaire.

"Why in the world would I need a license to go to Cuba?" he asked Desdemona.

"Travel is restricted by the U.S. government," she said. "It has been for years. There's only one flight a day out of Miami to Havana. They're communists, you know."

"So are the Chinese, so are the Vietnamese, I've been to those places with no problem," said Zimmy.

"I'm sorry, sir," said Desdemona. "You have to have a license to go to Cuba."

"Okay," said Zimmy. "How do I get a license?"

Desdemona gave him the telephone number of an office in

Washington, D.C. After getting 74 recorded messages telling him to call back, preferably in 2010, Zimmy finally heard a live human voice on the line.

"Give your name and state your business," said the voice.

"This is Dr. Zimoblis Tarbox, and I want to get a license to go to Cuba."

"Do you have a blood relative in Cuba—one whose relationship to you can be confirmed by DNA analysis?"

"No. I don't know anybody at all in Cuba."

"Are you a veteran journalist? Do you work for a newspaper that has won 50 or more Pulitzer Prizes in the last five years?"

"No. I'm not a journalist."

For what purpose do you wish to travel to Cuba?"

I'm going to Cuba to present a paper at a conference. While there I'll be doing entomological research," said Zimmy. He was beginning to feel hostile.

"Then you'll need a license," said the voice.

"That's why I called, for crying out loud," said Zimmy.

"If you use that tone of voice again, you'll be cut off," said the voice. "There's a computerized public servant harassment monitor attached to this line."

"All right," said Zimmy quietly. "Just tell me what I have to do to get a license to go to Cuba."

"You'll need a professional resume, five letters of reference, nine photos—three full face, three left profile, three right profile—a notarized handwriting sample at least 150 words long, and a hall pass from your teacher," said the voice.

"Don't you want to know why I'm going to Cuba?"

"You can include that if you wish."

There was a pause. "Did you say you're an entomologist?" asked the voice.

"Yes," said Zimmy.

"You study bugs, right?" For the first time the voice sounded like it was coming from a flesh and blood human being.

"That's right. I study bugs."

"Do you know anything about cockroaches?"

"That's my area of research. I



A pluggers' bank doesn't change its name every six months.

know more about cockroaches than anyone else in the world."

There was a pause. Then, "What's your phone number?"

Zimmy gave the phone number.

"I'll call you back in 10 minutes," there was a click, and the line went dead.

Eight minutes later the phone rang. When he answered it, Zimmy could hear car horns and street traffic in the background. The call was coming from a pay phone.

"Look," said the voice, without introduction or explanation, "we live in this upscale condominium, and we've got cockroaches all over the place."

"Why don't you call an exterminator?" asked Zimmy.

"We can't do that. There's a clause in the property owner's covenant that says that anybody who comes down with cockroaches can be forced to sell their condominium. Can you help me." The voice was plaintive.

"Sure," said Zimmy, crossing his fingers. "Do you have a pencil and paper?"

"Just a minute," said the voice. Pause. "Okay, go ahead."

"Right. Here goes." Zimmy spoke slowly into the telephone.

"You take six ounces of fine talcum powder with three ounces of cayenne pepper. Mix well. Blend in an ounce and a half of crushed oregano, and two teaspoons of cream of tartar. Spoon the mixture into beer bottle caps—the more the better. Place the bottle caps in your cupboards,

closets, and under all your furniture. It takes about a week, and it's environmentally safe."

"Bless you, sir," said the voice. "Give me your address and I'll overnight your license as soon as I get back to the office."

"Thank you," said Zimmy. Zimmy had a great time in Havana.

- 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.

## Nifty, Nifty Look Who's 50!

The following celebrities  
turn 50 in April:

- April 1 **Barry Sonnenfeld**, director, *Men in Black, Raising Arizona*
- April 18 **Rick Moranis**, actor, *Ghostbusters*
- April 23 **James Russo**, actor, *Beverly Hills Cop, Donnie Brasco*
- April 30 **Merrill Osmond**, singer, The Osmond Brothers

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