

Kaw Valley Senior Monthly

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Serving Active Seniors in the Lawrence-Topeka Area since 2001

Vol. 6, No. 10

INSIDE



Hearth House is a home environment based on an innovative social model emphasizing choice, respect, dignity and kindness. The staff offers 24-hour domestic and personal care for those who cannot remain safely alone in their own home. - page 4



American farmers used to grow hemp — legally. Learn why they were encouraged to grow the crop during World War II - page 6

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FREE



Wilbur West

KEVIN GROENHAGEN PHOTO

West stays busy restoring instruments, composing

By Kevin Groenhagen

When you visit with Wilbur West, you have to remind yourself that you're talking with a man who turns 92 this month. He appears to be much younger.

"I have a very unusual sense of humor," West said. "Sometimes it's really bad, but it keeps me going."

In addition to his sense of humor, West also has his music, which has been a large part of his life for nearly eight decades.

West spent most of his youth in the Quindaro area of Kansas City,

Kan. It was here that he began playing the violin as a teenager. After graduating from Wyandotte High School, he attended Emporia State University's Teachers College and earned a bachelor's degree in music education.

West's first position as a teacher was at a high school in Fairview, Kan.

"You won't believe this, but I taught orchestra, band, chorus, social studies, economics, vocations, and psychology," West said. "I did that for \$90 a month for nine months. I also gave private violin les-

sons on Saturdays and taught men's Bible study on Sundays."

In addition, West started playing baritone horns with a military band. With war on the horizon, he was inducted into military service with that band in 1941.

"While I was in the service, I got into officer training in field artillery at Fort Sill, Okla.," West said. "I became a second lieutenant. However, I got ill and was discharged with a disability in 1943."

West then moved to Longview, Texas.

■ CONTINUED ON PAGE TWO

Wilbur West

■ CONTINUED FROM PAGE ONE

"The first year I was there, I directed the high school band," he said. "The second year I was there I opened a music store called West Melody Shop. I sold musical instruments and supplies, and repaired a lot of musical instruments."

West later sold his store and moved back to Kansas City, where he was a salesman for Jenkins Music Company. He was offered a managerial position with Jenkins, but turned it down. Instead, he decided to go back into teaching, first in Turner, Kan., and then in Lexington, Mo.

While teaching in Lexington, West commuted to the University of Kansas to work on his master's degree in music education, which he earned in 1954. He also learned about a career opportunity in Lawrence.

"I went to a music event in Columbia, Mo., when I was teaching in Lexington," West said. "A music teacher from Lawrence told me about a job opening there."

West applied for the position, was hired, and came to Lawrence in 1954. He taught all the stringed instruments in 10 elementary schools in Lawrence. Eventually, the school district added the direction of the Lawrence High School Orchestra to his responsibilities.

In 1959, West switched to classroom teaching, starting as a teacher at the sixth-grade level. He later taught seventh-grade Common Learnings at West Junior High until he retired in 1975.

"Common Learnings was a core program that included language arts, social studies, and geography," West explained.

In addition to teaching, West repaired the stringed instruments for the Lawrence school district for 20 years. He also found time to sell World Book Encyclopedia door to door for almost 12 years.

"For three years running, I was the top salesperson for World Book in Kansas," he said.

Since retiring from teaching, West has kept busy with various activities, including volunteering as an escort one morning a week at Lawrence Memorial Hospital for nearly 20 years. He also served as an usher at the Lied Center from 1999 to 2006, and is currently serving a two-year term on the resident council at Brandon Woods Retirement Community in Lawrence, where West has lived since 1998. He was elected chair of the resident council last month.

"The resident council is a sounding board for the people who live here if they have problems, complaints, recommendations, or suggestions," West said.

And, of course, music still plays a prominent role in West's life. He continues to repair and restore violins, violas, and cellos. He says he would also repair basses, if not for the space limitations in the wood-working shop at Brandon Woods.

West also buys old instruments, which he then sells after they have been restored to professional quality. In addition to advertising in a weekly shopper, he frequently shares a list of available instruments with music teachers in Lawrence. A thick journal he has kept since 1980 lists the instruments he has sold or repaired.

When it comes to the quality of an instrument, West says he has learned to ignore the name on a violin.

"My personal violin is a Stainer," he said. "It's actually a copy. The date inside says it was made in 1685, but Jacob Stainer died in 1863. I don't go by the names and dates anymore. I go by the quality of the sound. If it sounds good, it's a good violin, regardless of what it says inside. There are a lot of copies that have good quality."

West is a former member of the Lawrence Symphony and, until about three years ago, was a member of a string ensemble group that met in individual homes in Lawrence on

Monday evenings. Unfortunately, arthritis has made it too difficult for him to perform on the violin.

However, arthritis hasn't stopped West from composing music.

On February 15, the LHS Orchestra performed *Pictures*, a composition by West that was written in memory of his wife, Alice. In addition, our interview on March 14 was briefly put on hold by a phone call from Lynn Basow, orchestra director at Lawrence Free State High School. Basow had called to let West know the orchestra would be performing his composition, *Syncoated Strings*, on May 10.

"She said they tried it, and it sounds really good," West said after the phone call.

West's musical compositions include piano solos, violin solos, string orchestra numbers, and choral numbers. With the choral numbers, he set music to his own poetry.

West doesn't shy away from new challenges when it comes to music.

"There's a lady who lives here and her daughter plays the cello," West said. "I was inspired to write a cello quartet. I have never written for a quartet before."

West has hopes that the composition, *Mazurka* by Chopin, will be performed at Brandon Woods in the near future.

And, while West no longer offers violin lessons, he continues to have a desire to teach about stringed instruments. For example, several years ago, he printed a booklet entitled *Stringed Instrument Care*.

"Initially, the booklet was for the string students in the Lawrence schools," West explained. "The booklet is now in its third printing and is available to everyone."

At 92, West says he has not yet made plans to retire. He's simply too busy to make those plans.

WORDS OF WISDOM

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Hearth House offers alternative to traditional nursing home care

By Billie David

Personal choice, respect, dignity and kindness anchor the vision of Hearth House, a new care home for elders in Lawrence. Licensed by the state of Kansas as a Home Care Plus, the house is located in a quiet neighborhood and has a capacity to serve five residents.

Alan Campbell, a realtor, and Cindy West, a registered nurse, may come from different careers, but similar experiences with nursing homes resulted in their business partnership to give seniors an alternative to nursing home care.

"Both Alan and I had not-so-good experiences with traditional nursing homes—Alan with his grandmother and me with my mother. Nursing home life was just such a dehumanizing experience for my mom and me," West said. "Traditional care is based on a medical model, which is institutional with rigid schedules and regulations."

West said her experience with nursing homes as a daughter and a nurse prompted her to read *What Are Old People For?* by Dr. William Thomas, who directs the Green House Project, a national movement that focuses on honoring and respecting people as they age. The project, said West, moves the care of older people from a traditional medical model to a social model.

"Hearth House, based on a social model, emphasizes smaller, home-like settings," West said. "Residents have their own private space, but they can use the rest of the house as they wish." For one resident, that meant recently cooking a special dish for her grandson, she added.

Hearth House residents decide for themselves when to sleep, when to get up and when to eat. Personal choice directs the residents' activities, as long as the choices are not a danger to themselves or others.

Independently owned, Hearth House is very much a home, said



Alan Campbell and Cindy West with Vanessa, a Hearth House resident

West. "It's in a neighborhood and it doesn't have signage. The house does not have the long, hard-to-trav-

el hallways found in most nursing homes. Rather the home is divided

■ CONTINUED ON PAGE FIVE

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Hearth House

■ CONTINUED FROM PAGE FOUR

into three separate living areas with a central corridor, bedrooms, a kitchen area and a dining area where visitors can sit around a table to visit or share a meal.

Residents and guests can enjoy the warmth of a fire in the hearth room, and in the living room they can visit or watch birds at the feeders in the front yard. There's also a backyard patio with a grill, a table and chairs for picnics, and an area where residents can work on a flower garden if they wish.

Unlike a nursing home, Hearth House's social-model approach provides a much higher staff-to-resident ratio. Also important is the way staff responsibilities are set up. Instead of a hierarchy, Hearth House uses the "Universal Worker" idea that the Green House Project promotes. This approach means all staff members pitch in and help wherever they are needed. This cooperation leads to higher morale among staff members. "A universal worker is a person who does all levels of work," West explained. "Nobody is anybody else's boss."

Still another difference between Hearth House and traditional nurs-

ing home care is that Hearth House residents age in place. In assisted-living units, residents eventually have to move into skilled-care facilities. This is a difficult step for seniors to make, West said.

"At Hearth House, once we take people in, they stay," she said. As a private-pay facility, Hearth House and its residents have the freedom to bring in professional services as they are needed rather than being bound by the "100 days of acute care services" limit mandated by insurance policies.

West and Campbell eventually hope to expand their living concept to other areas of Lawrence as well as to neighboring towns and cities, but first they want take the time to become acquainted with the needs of each prospective community first, West said.

Some of the features Hearth House offers, in addition to its private bedrooms and suites, are three meals a day plus snacks; laundry and personal housekeeping; assistance with bathing, medications, dressing and transportation; access to the entire house and patio; a 24-hour attendant; and a RN on call 24 hours a day.

To learn more about Hearth House, readers can call (785) 856-1630, check out the Web site at hearthhouses.com or e-mail the owners at cwest@sunflower.com or alancampbell@sunflower.com.



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Uncle Sam once asked farmers to grow hemp

(Editor's note: This article originally appeared in the February 2007 issue of *Rock Valley Senior Monthly*.)

By Kevin Groenhagen

For a couple of years, farmers in the Polo, Ill., area grew hemp while law-enforcement officials looked the other way. In fact, they grew hemp with the government's blessing.

After the Japanese attacked Pearl Harbor in December 1941, they also attacked our bases in the Philippines. A few months later, the Japanese had gained control of the Philippine Islands. In doing so, they also cut off our supply of Manila hemp, as well as jute from India. Manila hemp and jute were both used for cordage.

Since each battleship in the United States Navy required 34,000 feet of rope, America's supply of Manila hemp would quickly run out. To make up the shortage, the government recruited American farmers to grow hemp.

The goal of the new program, which was assigned to the Department of Agriculture, was to establish 42 hemp mills in the Midwest. The plan included building eleven of those mills in Illinois.

According to Polo Community High School's Web site, the hemp mill in Polo would serve as the pilot mill for the entire program. Unfortunately, farmers in the Polo area were reluctant to put their acreage into hemp. They didn't be-

lieve the grain drills would be ready in time for seeding. They also feared hemp prices would be lower than corn prices. Another major concern was they knew nothing about raising hemp. In fact, the growing of hemp had been banned in the U.S. just a few years earlier.

In an effort to allay the concerns of farmers, the Department of Agriculture began holding informational meetings at Polo High School during the first months of 1943. It is very likely the farmers viewed *Hemp for Victory*, which was a short film produced to show farmers how important hemp was to the war effort. According to Jack Herer's *The Emperor Wears No Clothes: The Authoritative Historical Record of the Cannabis Plant, Marijuana Prohibition, & How Hemp Can Still Save the World*, the USDA required farmers to attend showings of "Hemp for Victory." Farmers also had to "sign that they had seen the film and read a hemp cultivation booklet."

Since growing hemp had been illegal, the country didn't have a large supply of hemp seeds for farmers. Therefore, members of the Kentucky 4-H club were recruited to grow the nation's seed supply. According to a leaflet distributed by the University of Kentucky's College of Agriculture and Home Economics, "Growing hemp gives 4-H Club members a real opportunity to serve their country in wartime." Each member was urged to grow at least

■ CONTINUED ON PAGE SEVEN

Hemp was draw for Kansas settlers

Visitors to downtown Lawrence may have seen hemp activist Mark Creamer standing on a corner at the intersection of 11th and Massachusetts holding a sign that reads, "Honk for Hemp."

It turns out that Creamer was not the first to advocate the growth of hemp in Kansas. While many Lawrencians know their city was founded by settlers who wanted to keep slavery out of the Kansas territory, few may know the men who promoted emigration to the territory saw hemp as a major attraction.

In *Kansas and Nebraska: the history, geographical and physical characteristics, and political position of those territories;*

an account of the emigrant aid companies, and directions to emigrants (1854), Edward Everett Hale included a chapter entitled "Emigration to Kansas - The Emigrant Aid



Eli Thayer

Companies." The chapter includes Eli Thayer's petition calling for the incorporation of Massachusetts Emigrant Aid Company.

According to the petition, "It is to be remembered that all accounts agree that the region of Kansas is the most desirable part of America now open to the emigrant. It is accessible in five days continuous travel from Boston. Its crops are very bountiful, its soil being well adapted to the staples of Virginia and Kentucky, and especially to the growth of hemp."

Later, in the same chapter, Hale writes, "The crop of hemp is the most valuable crop in western Missouri, and will prove equally successful in the virgin lands of Kansas and Nebraska, opposite. At present the price of this staple is very high."

Still Images from "Hemp for Victory"



"Marihuana" Tax Stamp



Inspecting a hemp field



Harvesting hemp stalks



Spinning hemp into rope yarn

Hemp for Victory

■ CONTINUED FROM PAGE SIX

a half acre of hemp, but "one to two acres would be better."

The first carload of Kentucky hemp seed arrive in Polo in April 1943. Farmers soon began planting an average of 11 acres of hemp per grower.

Meanwhile, construction of the hemp mill continued on land one mile south of Polo. The mill included a dryer, a storage building for bales, and a boiler house.

Another concern for farmers was a potential labor shortage at harvest time since the turning of the hemp had to be done by hand. To ease the labor shortage, German prisoners of war were bused in from Camp Grant to work in the fields.

By January 6, 1944, farmers had hauled 4,552 truckloads of hemp to the mill. By February of that year, the mill had recovered 151 tons of hemp fiber, which it then shipped to spinning mills on the east coast.

According to the *Tri-County Press*, the Polo mill processed more tonnage than any other mill in the United States during the 1943 season. The mill received hemp from 365 farmers, whose total crop from 1,825 acres was 10,635 tons of hemp straw.

The mill closed shortly after the end of World War II. The building, which is located on Illinois Route 26, most recently housed a company that produced refrigeration and heating equipment.

For several decades after the war, the USDA and the Library of Congress maintained that neither the USDA nor any branch of the U.S. government had produced such a movie as *Hemp for Victory*. However, Herer and two other hemp activists recovered and donated VHS copies of the movie to the Library of Congress in 1989.

(Editor's Note: *Hemp for Victory* can be viewed and downloaded at www.archive.org.)

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Researchers study yoga to improve sleep for cancer survivors

Researchers from Lawrence Memorial Hospital, a member of the Kansas City Clinical Oncology Program (KCCOP), are collaborating with researchers across the United States on a three-year, National Cancer Institute-funded study to determine if yoga relaxation techniques improve cancer survivors' sleep patterns.

Cancer survivors often expect to feel better once they have completed treatment. However, about half of them discover that they are wrong. Persistent sleep disturbances add to the fatigue that they hope to overcome.

Doctors do not know why as many as 66 percent of cancer survivors experience sleep problems in the year following cancer treatment. Despite the use of sleep aids and antidepressants, survivors continue to report fatigue and depression.

"We don't know why cancer survivors experience difficulty sleeping, but we know this is an important time for them to get restful, restorative sleep," says Lawrence Oncologist and KCCOP co-investigator, Dr. Sharon Soule.

Yoga is a common complementary therapy that people with cancer and other serious illnesses use during treatments. However, there is limited scientific data to prove that it has an effect on patients, says Karen Mustain, Ph.D., principal investigator of this national study. Mustain is a researcher at the University of Rochester Medical Center's James P. Wilmot Cancer Center in New York.

"There are just a handful of studies published, involving only small groups, that indicated the potential

of yoga to improve sleep," says Mustain. "None of those studies were large, randomized controlled trials."

Mustain and colleagues launched YOCAS (Yoga for Cancer Survivors) a 300-person, multi-center randomized controlled trial to provide an evidence-based standard for clinical care.

YOCAS is a six-week, randomized double-arm study that includes gentle Hatha yoga sessions twice a week for four weeks for the participants. The sessions are designed to teach participants release and relaxation to reduce mental activity, and pro-

vide a physiologic basis for deep relaxation and transition to sleep.

The yoga classes will be taught by local Lawrence yoga instructor, Karen Seibel, RN, BSN, RYT. Karen has over 14 years experience as a certified yoga instructor. Through the YOCAS study, these yoga classes will be offered to participants for four weeks, two times per week at no charge. There is no fee for participating in the study or the yoga sessions.

Anyone who has completed treatment for any form of cancer between two and 12 months prior to the start

of the study and who suffers from sleep disturbances may participate. Participants may not be currently receiving cancer treatment therapy. Researchers at 24 sites across the country will study 300 individuals over three years and data will be collected and sent to the University of Rochester Medical Center's Community Clinical Oncology Program.

If you are interested in joining the YOCAS study, or if you would like additional information, please contact Jodi Carlson, oncology nurse at Lawrence Memorial Hospital, (785) 840-2800.

Volunteers needed to help seniors navigate Medicare

Volunteer counselors are being sought to assist seniors to navigate the Medicare system.

Jayhawk Area Agency on Aging, Inc., in cooperation with Senior Health Insurance Counseling for Kansas (SHICK), is currently recruiting volunteers to become trained counselors.

A full, three-day regional training session will be held May 22, 23 and 24 at the JAAA offices, 2910 SW Topeka Blvd., in Topeka. Volunteers do not have to be seniors, but should have computer proficiency and a willingness to work one-on-one with Medicare beneficiaries.

"This is a great opportunity for anyone who wants to roll up their sleeves and make a difference in their community," said Janell Collins, SHICK coordinator for Jayhawk Area Agency on Aging.

Counselors will complete three days of training in order to confiden-

tially counsel beneficiaries regarding Medicare, Medicare supplemental insurance, prescription drug insurance, long-term care insurance and more.

The deadline to register is May 15, 2007. To learn more about this volunteer opportunity, or to register, please contact Janell Collins at 785-235-1367, 1-800-798-1366 or jcollins@jhawkaaa.org.

Senior Health Insurance Counseling for Kansas (SHICK) is a free program offering older Kansans an opportunity to talk with trained, community volunteers and get answers to questions about Medicare and other insurance issues. SHICK provides you with many resources that will help you with your struggle through the Medicare maze.

Our volunteers at SHICK know their stuff! The role of the volunteer counselor is to help people stay informed on changing conditions in health care insurance and to cut

through the confusion.

Our volunteer counselors receive training on Medicare, Medicare Supplement Insurance, Long-Term Care and other health insurance subjects that concern older Kansans.

Our volunteer counselors do not work for any insurance company. The goal is to educate and assist the public to make informed decisions on what's best for them.

For help and assistance, call

- Jayhawk Area Agency on Aging, Inc. at 785-235-1367 or 800-798-1366.

- KDOA Senior Health Insurance Counseling for Kansas (SHICK) at 1-800-860-5260.

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PET WORLD

Dogs not affected by Swiffer

QUESTION: I have two cats, both around 4 years old. One urinates on the basement carpet every so often. The two litter boxes are on the other side of the basement, but on opposite walls. My dad has just about had



Steve
Dale

it with this problem. Can you help? — J.A., Rochester, NY

ANSWER: If you know for certain which cat is the offender, first visit your vet to make sure there's no health issue involved. Beth Adelman, a New York City-based feline behavior consultant, notes, "In basements, people see dribble on the floor and they don't consider it may be a leaky pipe – so make sure it's cat pee."

If it is, be sure to clean up all messes your has cat made with an odor neutralizer, then place something on top of each spot so it no longer becomes a target. Adelman suggests using plastic rug runners, nubby side up.

Next, separate those litter boxes further, placing one in the carpeted part of the basement. Then add a third box, somewhere else in the house.

Adelman, author of "Every Cat's Survival Guide to Living With a Neurotic Owner" (Barnes & Noble Press, New York, NY, 2003; \$6.98), adds, "Scrupulously, clean the litter box by scooping once or twice daily. Your cat may be going only every so often because the box just gets too dirty."

QUESTION: I read that using a Swiffer on the floor is poisonous to dogs. I use this product and I'm worried about my Papillons, who clean their paws after walking on the floor. Will they get sick? — S.B., Dania Beach, FL

ANSWER: Veterinary toxicologist Dr. Steve Hansen, director of the ASPCA Animal Poison Control Center, Urbana, IL, says, "It's one of those Internet rumors without support. But we did study the product, and I'm confident when it's used as directed, there is absolutely no danger."

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

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PERSONAL FINANCE

Charitable giving using life insurance: A benefit to you and the community

Have you thought of leaving a lasting legacy to a charity you admire, but feel uncertain that you can really do it? It is possible to provide significant support to a charity, while still benefiting you and your family. Through thoughtful plan-



Joe B.
Jones

ning you can achieve your philanthropic goals and take care of your family's needs.

The term "planned giving" is used broadly in the non-profit community to denote charitable donations that are realized through a careful process between the organization and a donor and his or her financial professionals. A planned gift is a "now and later" gift made to a charitable organization. The present value—the *now*—of the gift may take the form of:

- a charitable income tax deduction
- the avoidance of capital gains taxes (on assets such as highly appreciated stock for example)
- a secure income stream to you or other family members

The future value—the *later*—can come in the form of:

- reduced estate taxes
- the ability to pass on charitable dollars to help your family carry on your philanthropic legacy

A planned gift takes into consideration a variety of donor needs and situations including: tax and estate analysis; the desire to secure income from highly appreciated assets; involving family members in charitable giving decisions and special situations, such as the sale of a business.

Given the complexity of situations like these, tax consequences and the technical nature of a planned gift vehicle, it is critical to seek the advice of a knowledgeable attorney and financial professional. In addition, many charities do not have staff knowledgeable in planned giving. Your team of professionals can help you make sure the gift is structured correctly for your needs, and

the charity's. Some examples follow.

Charitable Remainder Trusts

A charitable remainder trust is an example of how a planned giving vehicle can benefit all parties involved: the donors, their families, and charities.

A charitable remainder trust allows you to transfer assets into an individually structured trust that provides you and/or your beneficiaries with payments for life or a term of years. Appreciated assets that you donate to the trust can be sold without capital gains tax, so the entire sale's proceeds can be reinvested for the trust's benefit. So it can be highly beneficial to donate appreciated assets such as securities, real estate or collectibles.

Charitable remainder trusts are appropriate for donors who want lifetime income and an immediate income tax deduction for a portion of the gift. The donor or other named beneficiary receives income for his or her lifetime and the charity receives the "remainder," i.e., the amount remaining when the trust terminates.

Gifting Plans Using Life Insurance

Gifting an old policy to a charity:

Perhaps you have a policy you feel you no longer need. You may no longer have dependents or have amassed adequate resources to care for your survivors. You could consider giving that old life insurance policy to your favorite charity. Under current tax laws, your federal estate may be reduced by the face amount of the proceeds. In addition, you may receive an income tax deduction for the basis of the policy and for any future premiums you continue to gift to the charity.

Gifting insurance policy dividends to charity:

This technique is appropriate for someone who is just beginning a charitable plan and who may not have assets to give. A gift can easily be established by requesting that dividends be paid in cash. The cash dividends can then be donated annually to a charity. These cash gifts are generally income tax deductible up to 50 percent of your adjusted gross income. With life insurance policies that are not modified endowment contracts; you can receive dividends in cash up to the basis without causing a taxable event.

Changing a life policy beneficiary

to a favorite charity:

This simple technique is also easily established. The policy owner names a favorite charity as the beneficiary, for either the entire proceeds or a portion. This charitable plan allows the policy owner to retain control of the policy because the ownership is not changed. The donor's estate will receive a full charitable estate tax deduction for the death benefit given to charity.

Buying life insurance to finance a pledge or future donation to a charity:

One way to fund a large pledge or future donation is by purchasing a life insurance policy and naming the organization as the beneficiary. The life insurance death benefit will not be in the donor's estate since the

charity was the owner from inception and the donor never held any incidents of ownership in the policy.

Charitable gifting can be a rewarding process and is not only for the very wealthy. It is possible to address your own personal financial, tax and estate needs and have a philanthropic impact that may exceed your expectations.

- Joe B. Jones is a Financial Representative with Northwestern Mutual Financial Network, Jayhawk Financial Group. He is licensed and appointed to sell long-term care insurance for Northwestern Long Term Care Insurance Co., Milwaukee, WI, a subsidiary of Northwestern Mutual Life Insurance Company—Milwaukee, WI.). To contact Joe, please call (785) 856-2136 or e-mail him at joe.jones@nmfn.com.

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PERSONAL FINANCE

The follies of market timing

Many investors try to “time” the market by “buying low and selling high.” In theory, that’s a great idea—but it’s almost impossible to put into practice.

If you try to outguess the market, you run the substantial risk of guessing wrong—of buying stocks too soon, before they get even cheaper, or of selling stocks too late, after they’ve fallen from their highs. But these are only the most obvious of



Harley Catlin and Ryan Catlin

the problems that can result from market timing. Here are some others to consider:

- You could lose your investment discipline. The best investors are the disciplined investors. They choose quality stocks and hold them for the long term, through good and bad markets. In fact, they have conditioned themselves to ignore short-term price swings in either direction, based on their belief that their patience eventually will be rewarded.

- You could hurt your diversification. To succeed as an investor, you need to build a diversified portfolio. Your exact mix of investments will depend on your individual goals, risk tolerance and time horizon. Over time, as your situation changes—for example, when you move from the working world to retirement—you will need to adjust your portfolio.

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lio. But if you’re constantly buying and selling in a vain attempt to time the market, you may well end up with a perennially “unbalanced” portfolio. Keep in mind, though, that even a diversified portfolio won’t guarantee a profit, nor will it protect against a loss in a declining market.

- You could run up transaction costs. Stock transactions can be expensive, as you rack up commissions and other fees. Over time, these costs can significantly erode your investment returns. If you are always trying to “buy low” and “sell high you’ll be doing an awful lot of buying and selling.

- You could run up your tax bill. When you sell a stock for a profit, you must pay capital gains taxes. However, if you hold a stock for at least one year before selling, you will be assessed the most favorable capital gains rate, which is 15 percent for most investors. But if you were to pursue a buy low/sell high strategy, you could sell some stocks before a year has lapsed and pay higher capital gains rates. And if you’re repeatedly selling a lot of shares in this accelerated time frame, you could face some unpleasant surprises when it’s time to file your taxes.

Clearly, the buy low/sell high approach has some major drawbacks. So should you ignore the price of a stock when you’re making buy or sell decisions? No—just look at more than the price. If you’re con-

sidering buying a stock whose price is low, try to find out why it’s low. If it’s a good company in the grip of a strong “bear” market, then a low price may indeed indicate a good bargain. But if a company’s stock price is low because its products are no longer competitive or the company itself is part of a declining industry, then “buying low” with the hopes of eventually reaping big profits probably doesn’t make much sense.

Make your investment decisions carefully. But until a crystal ball arrives, don’t try to stay one step ahead of the market—or you could fall far behind.

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

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HEALTH & FITNESS

Spring fun: No need for aches and pains

In springtime, a senior's fancy turns...well, to spring cleaning and summer vacation. Right? But springing forward into work and play can put great stress on your body. Reaching, stretching, and bending in unaccustomed ways can strain your back during spring cleaning. And if you vacation away from home this sum-



Laura Bennetts

mer, you can expect to walk twice as much each day as you would ordinarily.

Spring cleaning and summer travel should be satisfying experiences. You can take steps to ensure that they won't cause you undue pain and strain.

Safety First

When, like the proverbial groundhog, we emerge after a cold winter, we face a lot of back straining jobs. You know the list: raking leaves, emptying gutters, cleaning garages, pruning bushes, straightening closets, etc. But if you have back or balance problems, you should consider which of these tasks you can realistically do yourself. You'll probably need help with at least some of these chores, and you may need to pay someone to help you.

On the other hand, if you decide to tackle these jobs yourself, the following hints may prove helpful.

Watch out for Falling Ladders

Many people fall off ladders every year, often injuring themselves badly.

So if you're going to climb up and down a ladder—to clean a gutter or paint window trim—make sure that you have someone else hold the ladder.

To prevent falling, avoid standing on the uppermost rung of the ladder. And make sure that the ladder is on firm and level ground, and move the ladder, rather than leaning or stretching, when you need to reach something.

Keep Your Back Happy

When you rake leaves and do yard work, you often have to bend over repeatedly—to bag leaves, uproot weeds, pick up sticks, etc. To prevent back strain, keep two things in mind:

Rule #1. Always bend your knees and keep your back straight when you bend down to reach the ground or lift. Never bend from your waist. The lower vertebrae in your back can be injured when you bend from your waist because the weight of your trunk is hanging from your low back joints. Ouch!

When, instead, you bend your knees and squat to reach items on the ground, you're using your leg strength. This enables you to pick things up without straining your back.

Rule #2. Alternate bending and lifting with lighter work. If you rake for 10 minutes, you might then bag for five minutes, prune for five minutes, and then return to raking.

Rule #3. Pace yourself. Take breaks, pause to get glasses of ice water.

Rule #4: Spread your work over a couple of days so you don't hurt yourself by overworking on any one day. If you work, say, four consecutive hours, you risk straining your back.

Summer Fun

Summer may bring travel and sightseeing. But you need to be in good physical shape if you plan to go boating, fishing, hiking, or just plain walking. If you plan a trip where you know you will walk a lot, start a walking routine now. Walk daily at lunch and after work for 30-to-60 minutes. Buy shoes that look good with your casual vacation clothes but also have good arch support for hour-long strolls through zoos, museum, and shopping areas.

If your feet begin to hurt after a day of fun, act quickly to stop the pain. There are three things you can do when the pain starts:

1. Be Cool.

Ice the painful area. You can apply an ice pack or a package of frozen veggies to the painful area for 20 minutes. If you don't have an ice pack, ask for a cup of ice at a restau-

rant and rub the painful area with an ice cube for five minutes, rest, and then ice for another five minutes.

2. Sit Tight.

Elevate your legs and rest them for at least half an hour. Pace yourself by sitting five minutes every hour on the hour, to give your feet a rest when you're out walking.

3. Walk Tall.

If your foot hurts after a day of travel, try wearing different shoes the next day. The pain could get worse if you ignore it. So bring or buy a second pair of walking shoes. You'll want a shoe that has arch support; doesn't fold in half when you push at the heel and toe; and feels good the first time you wear it. Remember, you should always shop for shoes in the late afternoon, when your feet

are bigger than they are earlier due to daytime swelling.

Fun is Good!

If all else fails, remember—physical therapy really works for the aches and pains that slow you down. Spring cleaning and summer adventures are both good for us—as long, that is, as we prevent pain or treat it immediately when it happens.

As Dr. Seuss says, "These things are fun...and fun is good!"

- Laura Bennetts, MS RPT, is a physical therapist with 24 years experience. She is the co-owner of Lawrence Therapy Services LLC (785-842-0656) and Baldwin Therapy Services (785-594-3162). For answers to your therapy-related questions, please write to Laura at LTS_2000@hotmail.com.

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HEALTH & FITNESS

Seasonal allergies

Spring is a favorite time of year for many people since it signifies the end of winter. Nature becomes alive as the trees are budding, flowers are blooming and the grass is growing. Although most of us enjoy this time



Dr.
Farhang
Khosh

of year, it can be a nightmare for those who suffer from seasonal allergies. Seasonal allergies are the allergens that cause allergic reactions mainly in the spring, summer and fall. Allergic reactions are, but not limited to: itchy nose and eyes, watery eyes, runny nose, sneezing, stuffy nose, eczema, hives, wheezing, and shortness of breath. Seasonal allergies can mimic the common cold symptoms. Seasonal allergies are commonly called hay fever which is a misleading since the symptoms don't only occur in summer when the hay is gathered, and usually doesn't involve a fever. Hay fever is a reaction to pollens and grasses that can happen in any season not just summer. There are more than 40 million suffers from airborne allergens, and the annual costs of hay fever is \$2.4 million for medications and another \$1.1 billion in doctors' bills. Most common airborne allergens include:

- Pollen allergies
- Tree allergies
- Plant allergies
- Grass allergies
- Weed allergies
- Ragweed allergies
- Hay fever allergies
- Pine tree pollen allergy
- Oak tree pollen allergy
- Birch tree pollen allergy
- Bermuda grass allergy
- St Augustine grass allergy
- Ragweed allergy
- Lantana plant allergy
- Poison Oak and Poison Ivy allergy
- Mold spores allergy
- Chrysanthemum allergy

There are numerous over-the-counter and prescription medications available for getting temporary relief from seasonal allergies. Also,

many patients get treated with allergy shots. Basically, there are several options in treating the symptoms of allergies. I am going to mention just some of the nutritional supplements and medicinal plants that can also be helpful in managing the allergies symptoms.

- **Flavonoids:** Quercetin is possibly the most biologically active flavonoid. Quercetin prevents the influx of calcium into mast cells and basophils. This inhibition prevents the mast cells from releasing histamine; therefore preventing allergic reaction.

- **Omega Fatty acids:** Fish oil has an anti-inflammatory property which is useful in easing up the inflammatory response in allergic reactions.

- **Medicinal Plants:** An European herb, such as Butterbur. A study published recently in the *British Medical Journal*, a group of Swiss researchers showed how just one tablet of Butterbur four times daily was as effective as a popular antihistamine drug in controlling symptoms of hay fever—without the traditional symptom of

drowsiness that sometimes occurs.

- **Vitamins:** Vitamin C has antihistamine properties that can help relieve allergy symptoms. Studies have demonstrated that 2 g of vitamin C improves pulmonary function one hour after ingestion. Another study found a fivefold increase in bronchial hyperactivity among those with the lowest intake of vitamin C.

Allergy sufferers do not need to hide inside during spring. There are several traditional and alternative approaches for treating allergies and bringing relief to the sufferers. So get outside and enjoy the springtime weather.

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



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DEAR PHARMACIST

How to feel secure shopping for meds online

By Suzy Cohen, R.Ph.
Tribune Media Services

QUESTION: Sometimes I have to take muscle relaxers, which make me sleepy and dizzy. Getting to the pharmacy as frequently as I need to is a challenge, but I'm scared of using my credit card online. Do I have other choices to get my toiletries and refills? — A.L., Naples, Fla.

ANSWER: Yes, you can send a friend or family member in to purchase your medication, but they will be asked a few personal questions at the register before your medicine is handed over.

I know you're scared about shopping online and, with so many bogus pharmacies and counterfeit pills sold off the Internet, who could blame you? But trust me; there are respectable pharmacies that offer safe and secure shopping. Big-name retailers would not risk your security and

they encrypt credit card information. If that doesn't persuade you, I'll give you another secret shortly.

Now, you will want to make sure your online pharmacy has VIPPS certification, another level of authenticity. Look at the home page; there should be VIPPS emblem clearly visible.

Personally, I feel very comfortable shopping with discount chain pharmacies that have Web sites. Buying online reduces stress because you don't have to wait in long pharmacy lines, which means you don't have to breathe in germs. Hey, who wants to get sneezed on while waiting in line? Shopping over the Internet is private, too. You can buy your tampons and toilet paper (and, ahem, private goodies) without the cashier yelling, "Price check, aisle 6, Preparation H" or "Manager, is Vagisil buy one, get one?"

You can get your medications with

just a few clicks of a button. Most pharmacies will deliver everything to your door for a small shipping fee, including prescriptions, unless they are Class II narcotics or other non-shippable drugs.

Now, here's that secret I alluded to. If you call your bank (or go to its Web site), it will issue a temporary credit card number you can use on the computer. This service is free, so consumers have a safe way to shop online without ever revealing their true credit card number.

I can't possibly list all the pharmacies that have online pharmacy Web sites, but here are a few reputable ones:

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grandchildren with stories about our travels together, she is working too.

Mine is work for the community and Georgina's is work for the family. They offer no pay but give us great joy, just as we get immense satisfaction from the articles we write as paid freelance writers.

We got to thinking about this extended meaning of work after talking to Anne D. Hartman, managing partner of Working Differently LLC, a Massachusetts firm that consults with individuals and organizations on work after retirement.

"Work doesn't have to be for pay," Hartman said. Work can simply be learning for learning's sake. If no longer working for pay, retirees can work for the betterment of their communities as volunteers, or work to be reconnected to their families.

"Certainly taking care of my mother before she died last year was work," Hartman said. Or work can be helping with the grandchildren to help a daughter go back to school.

With a combination of good fortune and resolve, we're living this new definition of retirement work.

By gaining my bosses' trust over the years, giving nine months notice and compromising when needed, I was able to transition from a demanding, 24/7-on-call full-time newspaper job at age 55 to part-time work at home on the hours I choose. Georgina, by continually developing and cultivating sources and outlets for her writing, and delivering her work as promised, has thrived as a freelance travel writer while still enjoying quality free time.

As we get older, we see gradually cutting back on our work for pay (although we may never stop) while

adding other types of "work" to our lives.

How about you? Millions of retirees are continuing to work and aging baby boomers say they want to keep working and be "engaged" in retirement (besides, many will need the money). Hartman offers advice on different ways to "work" in retirement:

—Keep working for the current employer

You may want to stay but work fewer hours. First, see whether anybody else has done it where you work. If not, ask somebody you trust whether the organization would be amenable. "You have to be discreet initially," Hartman said, because you may not want your employer to know you are thinking of quitting full-time work.

—Move on and work for a new employer

"Begin the exploration process while you are still working," Hartman said (it's easier to find a new job while you still have one). Associations of retirees in your area, such as a local AARP chapter, can offer helpful suggestions.

—Start or buy a business

"Some people are looking for more purpose and adventure," Hartman said, and may seek it by starting their own business. Without curbing your enthusiasm, make sure there is a solid business plan rooted on financial reality.

—Do independent or freelance work

Same comment as before and, we would add, never stop reaching out to potential clients.

—Work in the community, work in the family, learn.

They are not mutually exclusive — you can do all three.

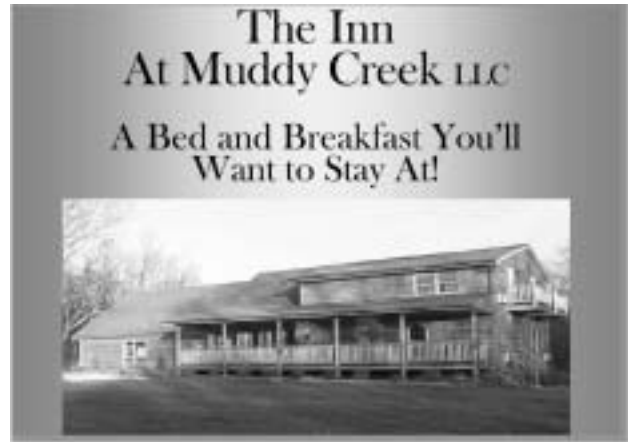
The right volunteer work for your interests and talents can provide deep personal satisfaction and a sense of purpose. Work in the family can include care-giving for children or aging relatives. Learning, on your own or by attending courses, "helps keep you interesting," Hartman said.

In conclusion, finding the type of retirement "work" that's best for you "is a combination of planning, opportunity and serendipity," Hartman

said. You must reach out inside to reflect on what truly interests you, but you also have to go out and talk to people to help in that discovery.

(Humberto and Georgina Cruz are a husband-and-wife writing team who work together in this column. Send questions and comments to AskHumberto@aol.com, 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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APR 1-29

THE ANT & THE GRASSHOPPER

Take a trip through the four seasons in this great Aesop's Fable for the very young. The Seem-To-Be Players are a professional troupe of actors, playwrights, directors, teachers and musicians who seek to expand the imagination, encourage creative thinking and promote an appreciation of human values through innovative productions and drama education for children, educators and families. 940 New Hampshire, Lawrence Arts Center. LAWRENCE, (785) 843-2787 www.lawrenceartscenter.com

APR 3

THE JOY OF SINGING

Presented by the KU Department of Music and Dance. The Joy of Singing is a mixed performance of university choirs and area high-school choirs. Lied Center. LAWRENCE, (785) 864-3982 www.kutheatre.com

APR 4-12

KEELY AND DU

KU Theatre presents Jane Martin's volatile drama about abortion. "Keely and Du" looks at two women's unlikely bond with a deeply felt humanity that refuses to become political. 1530 Naismith Dr., William Inge Theatre/Murphy Hall/KU. LAWRENCE, (785) 864-3982 www.kutheatre.com

APR 13

KU WIND ENSEMBLE

The Wind Ensemble is the premier wind band at the University of Kansas and is conducted by Dr. John Lynch, Director of Bands. Its membership is selected by audition from among the finest wind and percussion players at the university. The Wind Ensemble performs a diverse repertoire of the highest caliber from chamber works to large ensemble pieces. Lied Center. LAWRENCE, (785) 864-3436 www.arts.ku.edu

APR 13-29

ON GOLDEN POND

Meet retired New England professor Norman Thayer and his spirited wife Ethel as they spend one final summer at their family's lakeside cottage in Maine. En route to a European honeymoon, the couple's estranged daughter Chelsea arrives to leave behind her fiancé's troubled young son. 1501 New Hampshire, Lawrence Community Theatre. LAWRENCE, (785) 843-7469 www.communitytheatre.com/CommunityTheatre

APR 18

KU JAZZ COMBOS

Presented by the KU Department of Music and Dance. The Jazz Combos are smaller jazz performance groups that focus on performing jazz improv and a wide variety of other styles. 940 New Hampshire, Lawrence Arts Center. LAWRENCE, (785) 843-2787 www.arts.ku.edu

APR 18 & 19

ELTON JOHN AND TIM RICE'S AIDA

With a Tony and Grammy Award-winning score by Elton John and lyrics by Tim Rice, AIDA is an epic tale of love, loyalty, betrayal and courage that will draw you into a world that is ages past but timeless in its poetry and passion. Lied Center. LAWRENCE, (785) 864-3436 www.lied.ku.edu

APR 20

EMERSON STRING QUARTET

Six-time Grammy Awards winners Emerson String Quartet. The quartet is often praised for approaching both classical and contemporary repertoire with equal mastery and enthusiasm, and for its brilliant artistry and technical mastery. Lied Center. LAWRENCE, (785) 864-3436 www.lied.ku.edu

APR 20 & 21

NEW WORKS CONCERT

Wit, lyricism and drama highlight the concert performances of the 940 dance company. 940 dance company is a professional contemporary dance company dedicated to exploring and sharing the deep commonality of human experience through movement. Lawrence Arts Center. LAWRENCE, (785) 843-2787 www.lawrenceartscenter.com

APR 21

DAVID GONZALEZ IN THE FROG BRIDE

A ribbiting coming-of-age story. Storyteller, musician, and poet David Gonzalez brings his adaptation of a Russian fairy tale, The Frog Bride, to the stage with his larger-than-life characterizations and his signature storytelling style. Lied Center. LAWRENCE, (785) 864-3436 www.lied.ku.edu

APR 25

VOCAL JAZZ ENSEMBLE

Presented by the KU Music & Dance Depart-

ment. The Vocal Jazz Ensemble is a small a cappella vocal ensemble specializing in jazz literature for chorus. Lawrence Arts Center. LAWRENCE, (785) 843-2787 www.arts.ku

APR 27

APRIL DOWNTOWN FRIDAY GALLERY WALK

On selected Fridays participating galleries, the Lawrence Public Library, and the Lawrence Arts Center stay open featuring special exhibitions, demonstrations, and other festivities. Take advantage of this opportunity to see the arts alive. Maps available. 712 Massachusetts, Field Gallery. LAWRENCE, (785) 842-7187 www.fieldsgallery.com

APR 27-MAY 5

GUYS AND DOLLS

Rousing musical is based on the stories of Damon Runyon. This musical is co-produced by the University of Kansas Theatre and the Department of Music and Dance. 1530 Naismith Dr, Crafton-Preyer Theatre/Murphy Hall/KU. LAWRENCE, (785) 864-3982 www.kutheatre.com

MAY 1

SYMPHONIC BAND

The Symphonic Band is an outstanding ensemble consisting of highly talented majors and non-majors from the Department of Music and Dance and throughout the university selected by audition. This ensemble performs a wide range of repertoire for large concert band including the finest band masterworks in a full schedule of concerts. Lied Center. LAWRENCE, (785) 864-3436 www.arts.ku.edu

BINGO

SUNDAYS & TUESDAYS

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

SUNDAYS & FRIDAYS

CAPITOL BINGO HALL
Minis start at 6:00 p.m. on Sundays and 6:30 p.m. on Fridays. Regular sessions start at 6:30 p.m. on Sundays and 7:00 p.m. on Fridays.
2050 SE 30TH ST, TOPEKA, (785) 266-5532

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

WEDNESDAYS, THURSDAYS & SUNDAYS

MOOSE CLUB

Wednesdays, 6:30 p.m. Thursdays, 12:30 p.m., Sundays, 6:00 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

1603 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

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AARP Tax-Aide sites in Senior Monthly distribution area

SITE	ADDRESS	CITY	PHONE	OPEN DATE	CLOSE DATE	SITE SCHEDULE	HOURS	E-FILE
Baldwin City Library	800 7th St	Baldwin	785-887-6070	1-Feb	15-Apr	Wednesdays	9-11:45 a.m.	No
Lawrence Senior Center	745 Vermont St	Lawrence	785-887-6070	1-Feb	15-Apr	Mon., Tues., & Thu.	1-4 p.m.	Yes
Lawrence Senior Center	745 Vermont St	Lawrence	785-887-6070	1-Feb	15-Apr	Saturdays	9 a.m.-12 p.m.	Yes
Olathe Library	201 E Park St	Olathe	913-971-6888	1-Feb	15-Apr	Mon., Tue., & Wed.	11:30 a.m.-3 p.m.	Yes
Olathe Senior Center	311 E Park St	Olathe	913-782-1878	1-Feb	15-Apr	Tue. & Thu.	9 a.m.-3 p.m.	No
Jefferson County Library	315 Jefferson St	Oskaloosa	785-876-2991	1-Feb	15-Apr	By appointment		No
Court House Square Apts	235 S Main St	Ottawa	785-242-2235	1-Feb	15-Apr	Wednesdays	1-4 p.m.	Yes
Community Action	621 SE Swygart	Topeka	785-235-9296	1-Feb	15-Apr	Tues. and Wed.	9 a.m.-3 p.m.	Yes
First South. Baptist Church	1912 SW Gage Blvd	Topeka	785-272-0443	1-Feb	15-Apr	Fridays	9 a.m.-3 p.m.	Yes
First United Method. Church	600 SW Topeka Blvd	Topeka	785-233-8100	1-Feb	15-Apr	Wednesdays	9 a.m.-3 p.m.	Yes
Jayhawk AAA	2910 SW Topeka Blvd	Topeka	785-272-8616	1-Feb	15-Apr	Mondays	9 a.m.-3 p.m.	Yes
Lowman Methodist Church	4000 SW Drury Ln	Topeka	785-272-8921	1-Feb	15-Apr	Thursdays	9 a.m.-3 p.m.	Yes

CALENDAR

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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

APR 11-MAY 30
WRITING POETRY
An 8-week Creative Writing course for beginners, every Wednesday, April 11-May 30, at Lowman United Methodist Church, 15th & Gage Blvd., Topeka, 4:30-6:00 p.m. To register call (785) 272-8921 or e-mail dculley@lowmanumc.org. No fee. This course is part of Learning Ventures at Lowman. Instructor: Dr. Bob Carey
TOPEKA

APR 19 & 20
AARP DRIVER SAFETY CLASS
A refresher course for all drivers, the class also informs of updates in driving laws and statutes. There is a \$10 workbook fee. To register or for more information, call Pattie at the Lawrence Public Library.
LAWRENCE, (785) 843-3833

MAY 9
PREPLANNING: THE GIFT YOU GIVE YOUR FAMILY
Larry McElwain, co-owner and director of Warren-McElwain Mortuary, will present a program on pre-planning funeral arrangements. He will talk about what can be arranged, how your wishes can be carried out and why it is important. This program will be at 7:00-8:30 p.m. in the Lawrence Public Library auditorium. For more information, contact Pattie Johnston, Senior Outreach Services.
LAWRENCE, (785) 843-3833, ext. 115.

EXHIBITS/SHOWS

APR 7
AMERICAN INDIAN ARTIFACT SHOW
10th annual American Indian artifact show. Exhibition of American Indian artifacts by collectors from Kansas and surrounding states. 5th & Dakota, 4-H Fair Building.
HOLTON, (785) 364-3238

APR 7 & 8
LEAVENWORTH'S ANTIQUE SHOW & SALE
Annual show and sale. Antique dealers from several states. Furniture, jewelry, glassware, clocks, and more. 123 S Esplanade, Riverfront Community Center.
LEAVENWORTH, (913) 651-9643
www.steviesantiques.com

APR 29
EMPORIA SUPER CUSTOM CAR SHOW
10th annual car show featured in national magazines. Emporia State University HPER Bldg.
EMPORIA, (620) 341-5331

FAIRS/FESTIVALS

APR 21
WAMEGO TULIP FESTIVAL
Activities in beautiful City Park with more than 10,000 tulips blooming. More than 150 handmade/handcrafted vendors, entertainment, rides, kids' activities, and food. 4th & Ash St, Wamego City Park.
WAMEGO, (785) 456-7849
www.visitwamego.com

APR 26
KANSAS HISTORY MUSEUM'S HISTORY & ENVIRONMENTAL FAIR
Learn how our natural resources helped to shape the lives of Kansans at the Kansas History Museum and Library. Find out how people have, in turn, affected the land and wildlife. 6425 SW 6th Ave, Kansas History Museum.
TOPEKA, (785) 272-8681
www.kshs.org

FARMERS' MARKETS

APR 28-NOV 10
LAWRENCE FARMERS MARKET SATURDAY
Offering fresh fruits and vegetables, baked goods, flowers and herbs. With more than 80 growers, bakers and fine craftspeople, the Downtown Lawrence Farmers' Market is the place to go for the freshest and finest quality produce, meat and artisan crafts. Live music every Saturday morning.
LAWRENCE, (785) 331-4445
downtownlawrence.com/farmersmarket.html

HEALTH

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

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

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

TUESDAYS AND THURSDAYS
TAI CHI
Steve Carrier, instructor. Lawrence Therapy Services, 2200 Harvard Rd., Ste. 101. 8-class sessions. Fee. 6:00-7:00 p.m. Call (785) 842-0656 to register or visit www.lawrencetherapyservices.com.
LAWRENCE

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

SATURDAYS
YOGA
Karen Johnson, RYT, instructor. Lawrence Therapy Services, 2200 Harvard Rd., Ste. 101. 8-class sessions. Fee. 8:00-9:00 a.m. Call (785) 842-0656 to register or visit www.lawrencetherapyservices.com.
LAWRENCE

SATURDAYS
CHAIR YOGA FOR SENIORS
Jen Nevergole, certified yoga instructor. Lawrence Therapy Services, 2200 Harvard Rd., Ste. 101. First class is free. 9:30-10:30 a.m. Call (785) 842-0656 to register or visit www.lawrencetherapyservices.com.
LAWRENCE

SECOND MONDAY OF EACH MONTH
PRE-DIABETES CLASS
This free class is specially designed for those who are at risk for developing diabetes or have been told by their doctor that they have pre-diabetes. Topics covered include tools for preventing or delaying Type 2 diabetes, diet, exercise, weight loss, medication that can be given for pre-diabetes, and the potential complications that can develop with diabetes. No registration is needed; just drop into the Lawrence Memorial Hospital Auditorium. Taught by Certified Diabetes Educators. 12:00-1:30 p.m.
LAWRENCE, (785) 840-3062

SECOND MONDAY OF EACH MONTH
PRE-DIABETES CLASS
This free class is specially designed for those who are at risk for developing diabetes or have been told by their doctor that they have pre-diabetes. Topics covered include tools for preventing or delaying Type 2 diabetes, diet, exercise, weight loss, medication that can be given for pre-diabetes, and the potential complications that can develop with diabetes. No registration is needed; just drop into the LMH Auditorium. Taught by Certified Diabetes Educators. 12:00-1:30 p.m.
LAWRENCE, (785) 840-3062

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, EUODORA, 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

APR 4
CHOLESTEROL SCREENING
No appointment needed. A fingerstick test providing a total blood cholesterol reading in five minutes. No fasting is needed for this test

only. Please note that these tests are not considered diagnostic of any disease process and those with results outside the normal range will be advised to see their healthcare provider for follow-up. Lawrence Memorial Hospital, Meeting Room D South, 3:00-5:00 p.m.
LAWRENCE, (785) 749-5800

APR 5
10,000 STEPS A DAY CLASS
The 10K a Day program is designed to increase your daily steps to 10,000 and to improve your health. Learn the basics of beginning a walking program, choosing footwear, and walking location suggestions. Each participant will receive a pedometer to log their daily steps. Fee. Lawrence Memorial Hospital, Meeting Room E, 6:30-8:00 p.m.
LAWRENCE, (785) 749-5800

APR 10
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. Lawrence Memorial Hospital, Meeting Room A, 9:00-11:00 a.m.
LAWRENCE, (785) 749-5800

APR 18
BONE DENSITY SCREENING
See April 10 description. Lawrence Memorial Hospital, Meeting Room D South, 5:00-7:00 p.m.
LAWRENCE, (785) 749-5800

APR 24
BONE DENSITY SCREENING
See April 10 description. Lawrence Memorial Hospital, Meeting Room D South, 1:00-3:00 p.m.
LAWRENCE, (785) 749-5800

MAY 2
CHOLESTEROL SCREENING
See April 4 description. Lawrence Memorial Hospital, Meeting Room D South, 8:30-10:30 a.m.
LAWRENCE, (785) 749-5800

MEETINGS

FIRST MONDAY OF EACH MONTH
GRIEF SUPPORT GROUP
6:30 p.m. - Heartland Hospice of Topeka, 1033 SW Gage Blvd. Call Terry Frizzell for information.
TOPEKA, (785) 271-6500

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

FIRST AND THIRD MONDAY OF EACH MONTH
CAREGIVER SUPPORT GROUP
For adults who have lost loved ones. Call LMH Chaplain Angela Lowe for more information.
LAWRENCE MEMORIAL HOSPITAL
4:00-5:00 PM, (785) 840-3140

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

TUESDAYS
GRIEF & LOSS SUPPORT GROUP
Midland Hospice, 200 SW Frazier Circle.
3:00-4:00 p.m.
TOPEKA, (785) 232-2044

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CALENDAR

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TUESDAYS

GRIEF & LOSS SUPPORT GROUP
Midland Hospice, 200 SW Frazier Circle.
5:30-6:30 p.m.
TOPEKA, (785) 232-2044

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

THURSDAYS

GRIEF & LOSS SUPPORT GROUP
Midland Hospice, 543 Lawrence Ave.
1:00-2:00 p.m.
LAWRENCE, (785) 842-3627

THURSDAYS

GRIEF & LOSS SUPPORT GROUP
Midland Hospice, 543 Lawrence Ave.
3:00-4:00 p.m.
LAWRENCE, (785) 842-3627

THURSDAYS

GRIEF & LOSS SUPPORT GROUP
Midland Hospice, 200 SW Frazier Circle.
3:00-4:00 p.m.
TOPEKA, (785) 232-2044

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

FIRST AND THIRD THURSDAY OF EACH MONTH

LOSS AND GRIEF SUPPORT GROUP
Heart of America Hospice with association Pioneer Ridge Retirement Community invites individuals coping with the loss of loved ones to join us. Call Gillian at (785) 841-5300 for more information. Located Pioneer Ridge Assisted Living 4851 Harvard Rd, Lawrence. 6:00 p.m.

FIRST AND THIRD THURSDAY OF EACH MONTH

GRIEF SUPPORT GROUP
3:00 p.m. - Brewster Place, 1209 SW 29th St. Sponsored by Heartland Hospice of Topeka. Call Terry Frizzell for information and specific location.
TOPEKA, (785) 271-6500

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

**SECOND MONDAY OF THE MONTH
CAREGIVER SUPPORT GROUP**
Administered by Senior Outreach Services in cooperation with Jayhawk Area Agency on Aging.

Inc. Designed to be a safe place to assist and empower caregivers of seniors. Rose Hill Place Clubhouse, 3600 SW Gage Blvd. 11:00 a.m. TOPEKA, (785) 235-1367, EXT. 130

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 TUESDAY OF EACH MONTH

LOSS AND GRIEF SUPPORT GROUP

Brandon Woods Retirement Community in association with Heart of America Hospice invite individuals coping with the loss of a loved ones to join us. Call Gillian at 841-5300 for more information. Located in The Smith Center, 1501 Inverness Drive, Lawrence. 10:30 a.m.

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

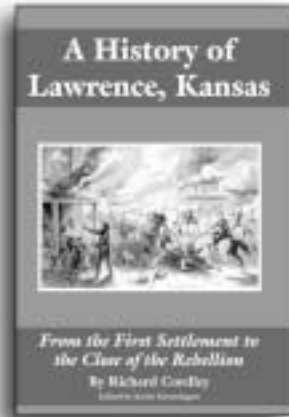
SECOND WEDNESDAY OF EACH MONTH MEMORY SUPPORT GROUP

Held at The Windsor of Lawrence, 3220 Pteron Rd., 2:00 p.m. For more information, please call Amy Homer.
LAWRENCE, (785) 832-9900

SECOND WEDNESDAY OF EACH MONTH LOSS AND GRIEF SUPPORT GROUP

Heart of America Hospice invites individuals coping with the loss of loved ones to join us. Call Gillian at 228-0400 for more information. Located at The First Presbyterian Church on Topeka and 8th. 12:00 p.m.

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Learn About Lawrence's History, Subscribe to Senior Monthly, and SAVE!

Senior Monthly publisher Kevin Groenhagen has edited a new edition of Richard Cordley's 1895 classic, *A History of Lawrence, Kansas: From the First Settlement to the Close of the Rebellion*.

Rev. Cordley's book begins with the founding of Lawrence in 1854 by anti-slavery settlers from New England, and ends with Quantrill's Raid of August 21, 1863. As both an early settler of Lawrence and a survivor of the raid, Cordley was able to describe events during those first 10 years of Lawrence with great detail and clarity.

In addition to Cordley's original copy, this new edition includes additional illustrations, recent photos, recent articles on the Eldridge Hotel and the House building, and a comprehensive index (the original lacked an index).

Printed: 288 pages, 6" x 9", perfect binding, 60# cream interior paper, black and white interior ink, 100# white exterior paper, full-color exterior ink

- Send me Richard Cordley's *A History of Lawrence, Kansas* for \$16.99 plus \$3.00 for shipping and handling. (Total of \$19.99.)

Please check ONE option at left, fill out your mailing information below, and send form and payment to Groenhagen Advertising, L.L.C.:

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- I would like a one-year subscription (12 issues) of *Senior Monthly* for \$15.00.
- SAVE \$10.00!** I would like both *A History of Lawrence* and a one-year subscription to *Senior Monthly* for a total of \$24.99 (includes shipping and handling for the book.)

Please mail check or money order to:

**Groenhagen Advertising, L.L.C.
2612 Cranley St.
Lawrence, KS 66046**

CALENDAR

■ CONTINUED FROM PAGE 18

**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

**THIRD THURSDAY OF EACH MONTH
WIDOW'S LUNCHEON**
11:00 a.m. - Paisano's Ristorante, Fleming Place, SW 10th St. & Gage Blvd. Dutch treat. Call Terry Frizzell at Heartland Hospice of Topeka for reservations.
TOPEKA, (785) 271-6500

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

**FOURTH TUESDAY OF EACH MONTH
GRIEF SUPPORT GROUP**
10:00 a.m. - Manor Care Nursing & Rehabilitation Center, 2515 SW Wanamaker Rd. Sponsored by Heartland Hospice of Topeka. Call Terry Frizzell for information.
TOPEKA, (785) 271-6500

**FOURTH WEDNESDAY OF THE MONTH
CAREGIVER SUPPORT GROUP**
Administered by Senior Outreach Services in cooperation with Jayhawk Area Agency on Aging, Inc. Designed to be a safe place to assist and empower caregivers of seniors. Rose Hill Place Clubhouse, 3600 SW Gage Blvd. 1:00 p.m.
TOPEKA, (785) 235-1367, EXT. 130

**FOURTH WEDNESDAY OF THE MONTH
TOPEKA GENEALOGICAL SOCIETY**
TGS promotes and stimulates the education, knowledge and interest of the membership and the public in family history, genealogical records and research. Meets at 2717 SE Indiana Ave., 7:00 p.m. No meeting in April, November or December.
TOPEKA, (785) 233-5762
www.tgstopoka.org

**APR 27
AARP CHAPTER 1696**
AARP Chapter 1696 will meet at 11:00 a.m. at the Lawrence Country Club. Lunch served at 11:30. Larry McElwain, from Warren-McElwain Mortuary, will be the guest speaker. Please call for reservations.
LAWRENCE, (785) 865-3787

MISCELLANEOUS

**APR 7-18
TULIP TIME**
Named "One of America's 100 Best Events for 2007 by American Bus Association." Enjoy the private garden of Jerold and Joan Binkley with thousands of tulips and daffodils in a heavily-wooded garden. There are nearly a hundred flowering trees and shrubs, two ponds, a waterfall and benches and swings for visitors to rest and enjoy the sights.
TOPEKA, (785) 273-0337

**APR 14 & 15
FLAMES IN THE FLINT HILLS**
Choose either of the dates. Hot fire, hot food, hot music (Bluegrass, of course). In the Flint Hills, burning the tallgrass prairie is an annual rite of spring. Yet, few have witnessed it and fewer still have had the chance to directly participate. This is your chance to torch the grass and "Drag Fire," all under experienced supervision. You'll be right there to feel the heat, hear the crackling flames, and see the towering smoke plumes. The beauty and excitement of the burn will live in your senses forever. 151 Rd 130, Grandview Ranch. EMPORIA, (620) 342-2625
www.kansasflinthillsadventures.com

**APR 21
FORT LEAVENWORTH TOUR & FRONTIER ARMY ENCAMPMENT**
Tour includes several historic Fort Leavenworth homes, the fort, and Frontier Army encampment. Grant & Kearney Ave. FORT LEAVENWORTH, (913) 682-4113

**APR 21 & 22
CIVIL WAR ON THE BORDER**
Civil War reenactment with Union and Confederate camps, battles, military demonstrations, living history activities, children's activities, food vendors, and more. 1100 Kansas City Rd. OLATHE, (913) 971-5111
www.olatheks.org/visitors/mahaffie

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

If your group would like to be added to our monthly calendar, please call Kevin at (785) 841-9417.

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Make a hummingbird habitat for mom for Mother's Day

(ARA) - From the first bread-crumbs she helped you toss on the lawn for the birds, your mother has nurtured your love of the natural world around you. This Mother's Day, why not help her foster a closer relationship with Mother Nature by creating a backyard habitat for one of her favorite creatures?

"Just as every mother is unique and wonderful, hummingbirds are unlike any other species of bird," says John Schaust, chief naturalist of Wild Birds Unlimited. "Beautiful and delicate, they are also capable of amazing feats of strength and endurance, just like Mom. With a few simple touches, you can create an environment that will draw hummingbirds to Mom's backyard throughout the season."

The 320 species of hummingbirds live only in the Americas, and only about 16 species can be found in North America. In most areas, the tiny wonders arrive in the south as early as January or February, and make their way north by April or May. Because hummingbirds use so much energy flying, they need to eat up to twice their weight in nectar or other foods each day. The hummingbird's voracious appetite creates a great opportunity for humans to enjoy their company.

"All birds, including hummingbirds, have basic needs for their habitat," says Schaust. "They require food, water, shelter and a place to raise their babies."

To create Mom's hummingbird habitat, first decide if her backyard meets the requirements of shelter and a place to nest. Does the yard have mature trees or are there trees nearby where the birds could nest? Hummingbirds will only nest in trees, and each nest is a golf-ball-sized concoction of lichen, thistle down and spider webbing.

Next, tackle their nutritional requirements. Nectar makes up a good portion of the hummingbird's diet. In the wild, they draw nectar from flowers using their long, slender tongues. You can create nectar for them by mixing one part regular table sugar to four parts boiled water. Be sure not to boil the water with the sugar already added. Mix in the sugar after the water has come to a boil. Allow the nectar to cool completely before filling your feeder and refrigerate any extra. Never add food color to your nectar or use artificial sweeteners, honey or fruit juice to feed your hummingbirds.

Choose a hummingbird feeder based on its appeal for the birds, not on how well it fits into Mom's out-

door décor. Wild Birds Unlimited sells a 16-ounce polycarbonate feeder designed based on the advice of hummingbird experts. The feeder is easy to fill, hang or post mount, is dishwasher safe and equipped with a built-in ant moat to keep away one of the perennial pests of hummingbird habitats.

Hummingbirds also eat small insects for protein. You can further enhance Mom's hummingbird habitat by placing overripe fruit in hanging

baskets near your feeder. This will attract small fruit-loving flies that hummingbirds like to dine on.

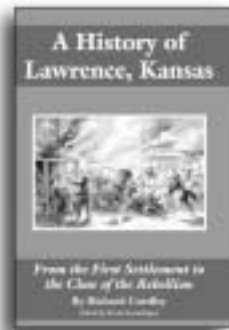
The next step is to add a hummingbird-friendly water feature to the habitat. Hummingbirds prefer to fly through moving water, rather than perch on the edge of a bird bath. So consider installing a bird-bath with a drip feature, or placing an independent dripper—such as Wild Birds Unlimited's Lily Pad

Dripper—on a tree or pole near where the hummingbirds eat.

Finally, create Mom's place in the habitat by arranging a comfortable lawn chair and shade umbrella in a quiet spot where she'll be able to watch the hummingbirds visit. For more ideas on creating a backyard habitat for hummingbirds and other wild feathered friends, visit www.wbu.com.

Courtesy of ARAccontent

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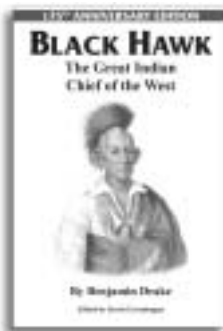


A History of Lawrence, Kansas: From the First Settlement to the Close of the Rebellion

By Reverend Richard Cordley. Cordley's 1895 classic begins with the founding of Lawrence, Kansas, in 1854 by anti-slavery settlers from New England, and ends with Quantrill's Raid of August 21, 1863. As both an early settler of Lawrence and a survivor of the raid, Cordley was able to describe events during those first 10 years of Lawrence with great detail and clarity. In addition to Cordley's original copy, this new edition includes additional illustrations, recent photos, recent articles on the Eldridge Hotel and the House building, and a comprehensive index (the original lacked an index).

Printed: 288 pages, 6" x 9", perfect binding, 60# cream interior paper, black and white interior ink, 100# white exterior paper, full-color exterior ink.

Cost: \$16.99

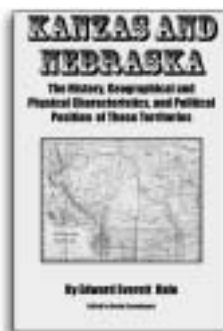


Black Hawk: The Great Chief of the West

In conjunction with the 175th anniversary of the Black Hawk War of 1832, Senior Monthly publisher Kevin Groenhagen has edited a new edition of Benjamin Drake's 1838 classic book on Black Hawk. Benjamin Drake first published this extremely detailed history just six years after the Black Hawk War ended. This new edition reproduces the 1856 edition of Drake's book, which included 13 woodcut illustrations. In addition, *Black Hawk: The Great Chief of the West* (ISBN: 978-1-4303-0704-4) includes an editor's introduction, illustrations from other sources, recent photos, and a new index.

Printed: 196 pages, 6" x 9", perfect binding, 60# cream interior paper, black and white interior ink, 100# white exterior paper, full-color exterior ink

Cost: \$15.99



Kansas and Nebraska: The History, Geographical and Physical Characteristics, and Political Position of Those Territories

Published in 1854, the year Kansas became a territory, Edward Everett Hale's *Kansas and Nebraska* is considered the first book ever written on Kansas. Hale writes about the early explorers in the territory, the various tribes found in the territory, and the efforts to settle Kansas as a territory free of slavery. This new edition includes illustrations added from other sources and a comprehensive index (the original lacked an index). Available April 15.

Printed: 180+ pages, 6" x 9", perfect binding, 60# cream interior paper, black and white interior ink, 100# white exterior paper, full-color exterior ink

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'Petey' Cerf's children to host jazz performance to benefit KABC

A concert to benefit Kansas Advocates for Better Care (KABC) is scheduled for Saturday, April 7. William Dann, son of KABC founder "Petey" Cerf, will play jazz on the grand piano. Mr. Dann will be accompanied by Andrew Algren on bass, Andy Foerschler on drums, with Ardys Ramberg as the vocalist.

The performance begins at 1:00 p.m. at the Adams Alumni Center, 1266 Oread Avenue on the University of Kansas main campus. A wine,

cheese and dessert reception follows the performance. At the reception, make plans to say hello to Mr. Dann and Petey Cerf's other children: Elizabeth Dann Jones, Anne Dann Compton, Charles Cerf, and Pauline Cerf Alexander.

Seating is limited. There is no set admission cost. However donations to KABC will be greatly appreciated. Those interested in attending should RSVP prior to Friday March 29th by calling the KABC office at 785-842-3088 (in Lawrence) or toll-

free, 800-525-1782; or via e-mail: info@kabc.org. Be sure to include your name, address and phone number, as well as number of persons planning to attend.

Since 1975, Kansas Advocates for Better Care has been a strong voice for residents of nursing homes and other long-term care homes in Kan-

sas. KABC is the only one-stop source for summarized and detailed information about all licensed adult care homes in Kansas. Visit the KABC Web site—www.kabc.org—for more information about these reports and other publications relating to long-term care. (KABC is a 501c3 non-profit.)

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NOSTALGIA NOTEBOOK

APRIL 1947

Births

- APRIL 2:** Emmylou Harris, American singer
- APRIL 2:** Camille Paglia, American literary critic
- APRIL 5:** Gloria Macapagal Arroyo, incumbent Philippine president
- APRIL 6:** John Ratzenberger, American actor, *Cheers*
- APRIL 8:** Tom DeLay, politician
- APRIL 12:** Tom Clancy, author
- APRIL 12:** David Letterman, talk-show host
- APRIL 16:** Kareem Abdul-Jabbar, NBA player
- APRIL 18:** James Woods, actor

Events

- APRIL 15:** Jackie Robinson becomes the first African American to be on a professional baseball diamond.
- APRIL 16:** Ammonium nitrate cargo of *SS Grandcamp* explodes in Texas City, Texas - 552 dead, 3000 injured.

APRIL 1957

Births

- APRIL 1:** Denise Nickerson, child actress, Violet Beauregarde in the *Willy Wonka & the Chocolate Factory*
- APRIL 4:** Nobuyoshi Kuwano, Japanese television performer and musician (Rats & Star)
- APRIL 9:** Seve Ballesteros, Spanish golfer
- APRIL 13:** Gary Kroeger, comedian, *Saturday Night Live*
- APRIL 29:** Daniel Day-Lewis, English-born actor, *My Left Foot*

Events

- APRIL 9:** Egypt reopens Suez Canal for all shipping.
- APRIL 12:** United Kingdom announces that Singapore will gain self rule January 1, 1958.
- APRIL 12:** Allen Ginsberg's poem *Howl*, printed in England, is seized by U.S. customs officials on the grounds of obscenity.

VINTAGE AD



Ad source: www.clipart.com

BOOKSHELF

Laura Lippman's latest

By Margaret Baker

William Paul Winchester: *A Very Small Farm* (University of Oklahoma Press, \$12.95, ISBN 0-8061-3778-9)

Author Winchester graduated 20 years ago with a B.S. in Botany and no job in sight. He had always been fascinated by small-acreage subsistence farming, so when a new road cut through a farmer's land, he bought the cut-off 20 acres for very little. He set to work making his dream into reality, and this is the story.

The land in northeastern Oklahoma, which he named Southwind, had been planted to pasture years earlier. He built his own home, dug out an old well, planted his orchard and garden, and constructed a small barn. Lots of work, but in return he has found a good life in the slow lane.

He has plumbing and electricity, so he needs a cash income. His main income comes from honey (50 hives), substitute teaching, and eggs and butter. He won't make the Forbes 500, but he is a contented man.

Mary Anna Evans: *Effigies* (Poisoned Pen Press, \$29.95, ISBN 1-59058-342-6)

Archaeologist Faye Longchamp is in Mississippi excavating a site near Nanih Waiya, the sacred mound which Choctaw tradition honors as the birth of the tribe. Faye and fellow scientists would like to examine another nearby mound, but the farmer owning the land forbids even walking there. In fact, he brings in equipment to bulldoze the site. The Choctaws arrive to protect the mound and the local farmers come to defend farmer's property rights.

Though the local sheriff is able to defuse the situation, dawn finds the farmer dead, his throat slashed by a stone knife. Archaeologists have a lot of knowledge in that field, and the team had unearthed quite a few.

An extra delight is the interspersing of oral folktales by an older Choctaw.

Karen Harper: *The Hooded Hawke* (Thomas Dunn/St. Martin's

Minotaur, \$23.95, ISBN 978-0-312-33887-9)

England's Queen Elizabeth I is taking her summer progress with a huge entourage of courtiers and crown officials, and she has ordered Captain Francis Drake to accompany her. Her cousin, Mary Queen of Scots, is under house arrest (castle arrest?) and fermenting plans to sit on the throne she feels is rightfully hers, and Elizabeth knows many of Mary's followers dwell hereabout.

Crossbow bolts fired at her company from the forest justify her concern, but Elizabeth must appear secure and serene even as she knows there are close quite close, perhaps within the company, who want her dead.

This is the ninth in Harper's Queen Elizabeth I historical mysteries, and they keep getting better and better.

Laura Lippman: *What the Dead Know* (Wm. Morrow, \$24.95, ISBN 0-7-978-0-06-112885-1)

In 1975 sisters Heather (11) and Sunny (15) Bethany went to the mall to see a movie matinee and were never seen again.

One girl might run off to an adventure, but two sisters? At those ages, they wouldn't have been buddies.

Over 30 years later, a hit-and-run driver is tracked down. The driver says she is Heather Bethany, but won't say anything else. Is she Heather, or is she just trying to avoid prosecution? Baltimore detective Kevin Infante has never forgotten that case; now he is assigned to follow it up.

The Bethany family broke up within years of the disappearance. The father died; the mother relocated to Mexico. Memories have faded, possible leads are scattered.

A spell-binding account of a cold case suddenly gone hot with that psychological insight Lippman does so well!

PAPERBACK PICKS

Hailey Lind: *Feint of Art* (Signet, \$6.99, ISBN 0-451-21699-7)

Annie Kincaid came from a talented artistic family. Her grandfather is a notorious art forger in France, and Annie had fallen under his sway when she stayed with him her 16th

summer. She's gone straight since, but the art world is notoriously slow to forgive, let alone forget. She was publicly fired from a restorer position at Brock Museum and now specializes in faux finishes. Grandpa is writing a memoir, sort of a Forgery 101, that should refresh everyone's memory.

The man who fired her at the Brock asks Annie to meet him there after hours to authenticate a recently-acquired Caravaggio. She obliges, and must tell him that his suspicions are right—the \$15 million painting is a fake, although a very good one. She doesn't tell him that she recognizes her grandfather's work.

That night the museum's night guard is murdered, and the director (the one who so publicly ruined Annie's art career) disappears, and a well-known art dealer absconds with a portfolio of Old Masters drawings.

The reward for the portfolio return would really help Annie. Solving the Caravaggio case would help, too. The usual reason for a forgery is as a replacement for a purloined original—but then a THIRD forged Caravaggio turns up. Where is the original?

Sounds like the start of a great mystery series!

FOR YOUR EARS ONLY (Audio books)

Barbara Delinsky: *Family Tree* (Random House Audio Books, \$29.95, read by Becket Royce on 5 cds, ISBN 978-0-7393-3348-8) Also in print from Doubleday.

The Clarks can (and have) traced their family tree to the Mayflower. Hugh Clark and his young wife Dana await the birth of their first child joyously. When little Elizabeth is born, however, she has noticeable African-

American traits. Hugh's family jumps to the conclusion that Dana had an affair, most probably (in their minds) with the neighbor. Hugh's family demands a paternity test, which determines that he is Lizzy's biological father. Dana starts to track down her father, whom she never met.

A straight-ahead look at the race issue in our day, Delinsky doesn't hold back on the issues, the subtle effects on all sides (and there are sides) with deftly-drawn characters in a twisty plot.

Ruth Rendell: *End in Tears* (Random House Audio Books, \$29.95, read by Daniel Gerroll on 5 cds, ISBN 0-7393-3203-1)

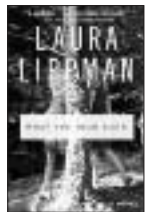
Ready for a great British police mystery? You're in luck!

Chief Inspector Wexford doesn't connect the death of a passenger in a car struck by a concrete block tossed from an overhead roadway, but when the driver of the next car is killed four months later his view changes.

Amber had just finished high school and planned to go on to university. She had a son from a brief affair and was still living at home with her dad and his second wife. What could a teenager in those circumstances do to make someone plan her death so carefully?

Ruth Rendell, winner of three Gold Daggers and both a Silver and Diamond dagger (top British mystery awards), is in top form here. With a taut, unusual plot and carefully drawn characters she leads the reader through the darker aspects of the classes of British society, aging, and parentage.

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



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HUMOR

Stand Up

Most people don't know that world renowned comedian Bingo B. grew up in La Mancha, the posh section of our town where the streets are winding and the house numbers are hand painted on Spanish Tile. Everyone who lives in La Mancha has a pile of money. Bingo B's father, Herman Beauregard Regent, Jr., got



Larry Day

his money the old fashioned way—he inherited it. H.B. Jr.'s daddy, H.B. Sr., was a bootlegger who bought a stone quarry after the repeal of the Volstead Act.

H.B. Jr. took over the quarry from H. B. Sr. H.B. III, whom everyone called Bingo was supposed to take over from daddy, but quarry life didn't appeal to him. He wanted to be a comedian. At first his parents indulged his youthful fantasy. Bingo was the star of his fraternity's annual talent show. His parents even paid for him to go to a comedy workshop the summer he graduated from his Ivy League university. But instead of coming back to take his place in the quarry business, as destiny demanded, Bingo flew off to the West Coast and started doing stand up comedy in trashy bars and night clubs. His parents were appalled.

They were even more appalled when Bingo hooked up with Bobbi Jo Ramirez, a blonde semi-Latina Hollywood talent agent. Bobbi Jo became more than Bingo's agent, she became his main squeeze.

Mr. and Mrs. Regent pleaded, begged, bribed and cajoled young Bingo to abandon show business and come home to his responsibilities as heir to the most important quarry business in the country.

Bingo taped their phone calls and turned them into material for his stand up comedy act. His father became "Big Dad Duh," and his mother became "Big Mom Duh," in the

gigs that an animated Bingo toiled to prepare for audiences who frequented the sleazy dives of Southern California.

He might have toiled forever in obscurity, or given up and gone home, if it hadn't been for Monte Montgomery, Bingo's rotten cousin. Monte was a bulbous-nosed bully who had hated Bingo from the time they were toddlers in La Mancha's exclusive pre-pre-school. Monte and his cronies went to LA to see a Lakers game and decided to go slumming. They accidentally stumbled onto a bar where Bingo was appearing, and Monte videotaped Bingo's act on his cell phone.

Back home, Monte transferred the video to a DVD and mailed it anonymously to Bingo's parents. Mrs. Regent had to lock her husband in the family's walk-in freezer to keep him from charging off to LA with the avowed intention of bringing Bingo back dead or alive.

After he had cooled off and warmed up (literally) and feeling returned to his fingers, H.B. Jr. dialed James "Jimmy John" Johnson, the president of the American Association of Stone Cutters. Jimmy John had powerful connections in the entertainment industry. He put H.B. Jr. in touch with Winifred "Slick Winnie" Childers, and Winnie hatched a clever but costly plan to bring young Bingo back to La Mancha.

To his delight, Bingo started getting comedy gigs in better and better venues. Then he got a big break. Bobbi Jo booked him for a performance at the Bippity Boppity Boo Club, Hollywood's hottest joint. On opening night the place was packed because Slick Winnie had secretly bought out the house and hired five hundred out-of-work entertainers to attend Bingo's opening night. Their orders were to live it up until the show started and then to go so silent that the clinking of glasses would sound like the bells of St. Mary's. Slick Winnie hoped that Bingo would sink like a rock and never resurface.

She even had the entertainment daily *Variety* ready to print a front



A plugger's AAA.

page headline: "Bingo Bombs at Boo Club."

Three minutes into the show, the silence was excruciating. Bingo was dead, but his corpse kept on talking. He was gritty kid. Nobody knows who snickered first. Slick Winnie would have killed him. Then two people tittered, and someone laughed out loud. Then the audience erupted. People howled with laughter after every punch line. Strangers slapped each other on the back.

Tears ran down their faces. Pent-up mirth is a powerful thing. The next morning the *Variety* headline read: "Bingo Boffo at Boo Club!" Bingo became famous, and he Bobbi Jo got married. They had six boys, none of whom was named Herman Beauregard Regent the fourth.

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

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WOLFGANG PUCK

Making pizza easy without a sauce

By Wolfgang Puck

Tribune Media Services

On this side of the Atlantic, everybody thinks that pizza comes with a sharp-tasting tomato sauce underneath its bubbling cheese. But, strictly speaking, that's not authentic Italian pizza.

Although Italians and other Europeans have been flattening, topping, and baking scraps of bread dough for centuries to make flatbread snacks, the first true pizzas that were anything close to what we know today simply included sliced vine-ripened tomatoes along with mozzarella cheese and fresh basil leaves—what came to be known in 1889 as the pizza Margherita, named for the Italian queen, who was partial to it.

Such a recipe reflected the absolute ease of a classic pizza: Just roll out some yeast-leavened bread dough, moisten and flavor it with a little olive oil, and scatter on the toppings. With the right, flavorful ingredients, who even needs a sauce?

That's the spirit behind my recipe for Pizza with Prosciutto and Arugula. The pizza dough is baked with just a light brushing of extra-virgin olive oil and a combination of fontina and mozzarella cheeses, then, browned and bubbling-hot from the oven. It's topped with a simple salad of peppery-tasting baby arugula leaves, prosciutto strips and a sprinkling of Parmesan cheese. How much simpler could it get?

With such a straightforward approach, you can really get creative if you want. Feel free to vary the combination of cheeses you bake on top of the pizza, including some cheddar or goat cheese or crumbled bleu cheese if you like. Try topping the hot-from-the-oven pizza with criss-crossed anchovy fillets and a scattering of cured black olives to make a pizza similar to those enjoyed in the south of France. If you like, replace the arugula salad with Caesar salad.

Or just drape it with sliced tomatoes and a julienne of fresh basil leaves, to make the classic Margherita. And, if you can't resist some kind of sauce, just spread the rolled-out dough with your favorite pesto sauce—1 tablespoon per pizza is enough—before adding the cheeses and baking.

Whatever topping you choose, to get the best results, keep a few pointers in mind. Allow yourself at least a couple of hours to make the dough,



PHOTO BY BOB FRAA, CHICAGO TRIBUNE

Wolfgang Puck's Pizza with Prosciutto and Arugula

which you can also prepare the night before, shape into balls, and leave in the refrigerator. And I highly recommend that you get a pizza stone or ceramic baker's tiles to heat on the middle rack of your oven while you shape the pizzas. These ensure that you get the intense, dry, radiant heat closer to that of authentic pizzeria ovens, resulting in pizzas that bake faster and form crisper crusts.

The results will be so good; you'll never even notice that your pizza doesn't have a sauce!

Pizza with Prosciutto and Arugula

Makes 4 small 8-inch pizzas

PIZZA DOUGH

- 2 1/2 teaspoons (1 packet) active dry yeast
- 1 cup warm water, 105-115 degrees
- 1 teaspoon honey
- 1 tablespoon extra-virgin olive oil, plus extra
- 3 cups all-purpose flour
- 1 teaspoon salt

TOPPING

- 2 cups shredded fontina cheese
- 2 cups shredded mozzarella cheese
- 2 cups baby arugula leaves
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon balsamic vinegar
- 6 ounces prosciutto, cut or torn

into strips

1 cup freshly grated Parmesan cheese

First, make the Pizza Dough. In the bowl of a stand mixer, or in a mixing bowl, dissolve the yeast in the water. Stir in the honey. Let sit 2 to 3 minutes, until cloudy. Stir in the olive oil.

If using a stand mixer, combine the flour and salt and add all at once to the yeast mixture. Mix with the paddle attachment just until combined. Then, knead with the dough hook at low speed for 2 minutes; increase to medium speed and knead until the dough clusters around the hook, about 5 minutes, steadying the machine if it moves. Turn out onto a clean work surface and knead by hand until smooth and elastic, 2 to 3 minutes.

If using a food processor with the stainless-steel blade, put the flour and salt in the work bowl. Pulse a couple of times. With the machine running, pour in the yeast mixture and process until the dough forms a ball that rides on the blade. Turn out onto a clean work surface and knead by hand until smooth and elastic, 2 to 3 minutes.

Transfer the dough to a clean, lightly oiled bowl and turn to coat. Cover tightly with plastic wrap and leave in a warm spot to rise for 30 minutes to 1 hour.

Divide the dough into 4 balls, shaping each by pulling down on the sides and tucking each pull underneath, working round and round 4 or 5 times. Then, on an unfloured surface, roll the ball under your palm

until smooth and firm, about 1 minute. Put the balls on a tray, cover with a damp towel, and leave to rest for 30 minutes.

Place a pizza stone in the oven and preheat to 500 degrees.

Meanwhile, place a dough ball on a lightly floured surface. While turning it, press down on the center with the heel of your hand, gradually spreading forming a circle about 8 inches in diameter. With your fingertips, pinch a raised rim. Repeat with the remaining balls. Brush with a little olive oil.

Sprinkle the pizzas evenly with fontina and mozzarella. Using a lightly floured pizza peel or a rimless baking sheet, carefully slide each pizza onto the baking stone, being cautious with the very hot oven. Bake until the crust is nicely browned, 10 to 12 minutes. Carefully remove with the peel or baking sheet and transfer to a cutting board.

In a mixing bowl, toss the arugula with olive oil and vinegar; arrange on top of the pizzas with the prosciutto. Sprinkle with Parmesan. With a pizza cutter or large, sharp knife, cut each pizza into 4 slices. 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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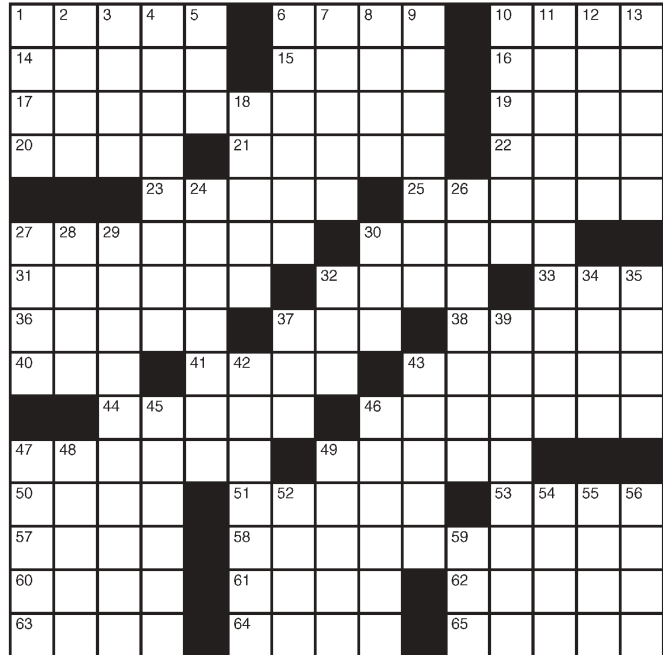
ACROSS

- 1 Military officer
- 6 Willing
- 10 Rental car company
- 14 Vibrant
- 15 Diva's number
- 16 "99 Luftballons" singer
- 17 Encounter
- 19 Diver Louganis
- 20 Listen to
- 21 Bring up
- 22 Raison d'__
- 23 The way things are going?
- 25 Divides
- 27 Communicated by wireless
- 30 Large red hog
- 31 Bakery smells
- 32 Quip
- 33 Dead-eye
- 36 Stitched
- 37 Cow chow
- 38 Spread wide
- 40 Knut Hamsun novel
- 41 Agenda topic
- 43 Faith __
- 44 Groom oneself
- 46 Chewing gum choice
- 47 "Honor Thy Father" author
- 49 __ blanche
- 50 Sorrowful exclamation
- 51 Bias
- 53 St. Louis pros
- 57 Madcap Martha
- 58 From left to right

- 60 Auspice
- 61 Woodwind
- 62 Relationship by degree
- 63 Stephen Sondheim musical, "Sweeney __"
- 64 Ring recurrently
- 65 Duck past

DOWN

- 1 Speed-of-sound number
- 2 Lotion additive, often
- 3 John Wayne movie, "Sands of Iwo __"
- 4 Worker's extra \$
- 5 FDR group
- 6 M1
- 7 Plant of the arum family
- 8 Wide shot
- 9 Relaxes
- 10 Dundee of boxing
- 11 From top to bottom
- 12 Totally unreactive
- 13 Wise men
- 18 Canadian tribe members
- 24 Tour workers
- 26 Current
- 27 Coarse file
- 28 Environs
- 29 De-emphasized
- 30 Night follower
- 32 Gridlock
- 34 Normandy town
- 35 "Jane __"
- 37 Bidly
- 39 Fatherly



By A.J. Santora
North Grafton, MA

Answers on page 31

- 42 Woods' first stroke
- 52 Gray wolf
- 43 Rental car company
- 54 Westernmost of the Aleutians
- 45 Dispatch again
- 55 Domestic worker
- 46 Book before Hosea
- 56 __ gin fizz
- 47 78-card deck
- 59 Mine yield
- 48 Texas mission
- © 2007 Tribune Media Services, Inc.
- 49 Seasonal song

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.

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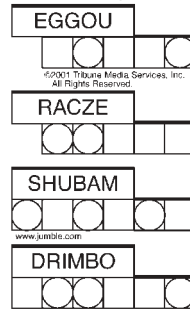
This month's Answer:
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FILMMAKER

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

JUMBLE

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



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

THAT SCRAMBLED WORD GAME



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

Answers on page 31

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26 SeniorMonthly, April 2007

TRIVIALITIES

1. What Oscar-winning actress was born in Chiswick, London, England on July 26, 1945?
2. Who wrote the screenplay for the Oscar-winning film "The Queen"?
3. Cuba Gooding Jr. starred opposite Helen Mirren in this 2005 film directed by Lee Daniels.
4. In the 2004 film "Raising Helen," who played the title character?
5. Richard Linklater directed this 2003 film that starred Joan Cusack and Jack Black.
6. Who starred as Iris in the 2006 film "The Holiday"?
7. Kate Winslet has been nominated for an Academy Award five times. How many Oscars has she won?

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Answers on page 31

BRIDGE

Take it to heart

By Omar Sharif and Tannah Hirsch

North-South vulnerable. West deals.

NORTH				
♠	8 3			
♥	J 7 4 2			
♣	Q 8 6			
WEST				
♠	K Q J 9 6 4	EAST		
♥	9 5	♠	A 10 7 5 2	
♦	4	♥	Q 10 8 6	
♣	J 9 5 2	♦	7	
SOUTH				
♠	Void	♣		K 4 3
♥	A K 3			
♦	A K 10 9 5 3 2			
♣	A 10 7			

The bidding:

WEST	NORTH	EAST	SOUTH
2♠	Pass	4♠	5♦
Pass	Pass	Pass	

Opening lead: King of ♠

Some contracts need a specific lie of the cards to get home. Others can be claimed at the first trick regardless of how the cards are divided. Believe it or not, this deal is one of the latter type.

East did well to raise West's weak two-spade opening bid to four spades, and South had to take action at the five-level. However, nothing could have kept South out of the auction.

West led the king of spades, and declarer ruffed. There was not much

in dummy outside of good trumps, but what was there was pure gold. Declarer ruffed the opening lead, drew the outstanding trumps and cleared the ace and king of hearts, crossed to the table with a trump and led the remaining spade, discarding the heart loser from hand. No matter which defender won would be trapped in an endplay.

Suppose West wins. Left with only black cards, a spade return would be ruffed in one hand and a club would be discarded, and a club trick would be the second and last trick for the defense. A club return would be ducked in dummy and no matter which card East played, declarer would win as cheaply as possible and surrender only a club. The same would be true if East won.

But what if the defender who won the spade returned a heart? If West was on lead, and returned a low heart, declarer simply covers with the jack. If it wins, that's the end of it. If it is covered by the queen, declarer ruffs and the table's 13th heart provides a parking place for the losing club. Similarly, if East wins the spade and returns a heart, declarer discards a club and either the jack will win or the fourth heart is established to take care of the remaining club loser.

(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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SUDOKU

© Puzzles by Pappocom

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1 through 9 with no repeats.

							4	6
9			6		1	7		
1				2		3		
		7	4					
	4						3	
					2	9		
		2		6				1
		3	9		4			8
5	8							

HARD

Solution on page 31

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SMART COLLECTOR

Future collectibles hard to predict

QUESTION: After reading your column, I decided to weed out my collections and concentrate on the best. But how does one determine which things will be more valuable to the next generation? What are some general rules in this area? — Cindy, Columbus, Ohio



Danielle Arnet

ANSWER: Cindy, if I knew what collectors in the coming decades will want, I would not be writing this column. I'd be out beating the bushes for treasure!

Seriously, knowing what will appeal falls into alchemy and playing the lottery. Many think they have a method, but it boils down to hunch, educated guess, analysis of market cycles and playing the odds. There simply is no way to dead-on predict the long range. That's what makes the field of collecting so interesting! And often frustrating.

The only hard and fast rule in collecting is to buy what you like. If/when the market for your passion tanks, at least you will have something you enjoy. Don't buy with investment in mind, because you are likely to be disappointed. If it works out, fine. Often it does not.

Another rule for collectors is to buy the very best you can afford. If your passion is, say, silver, buy a few good pieces rather than mediocre bargains. Top quality and the best of its kind will always sell, even if it never appreciates wildly.

You write that you have three Ginny dolls, among other items. And you ask if three constitutes a collection. Numbers do not quantify a collection. Three significant and rare examples of Greek sculptures from a particular era may qual-

ify as a mini collection, but many, many collectors have lost count of the lighters, books, piano stools, etc. they own. Some collectors veer into obsession, but that's another story.

Smart collectors do inventory their objects periodically to reassess goals and cull out the weakest examples. Ginny dolls have already become a collector standard, but the field is so new that buyers demand top condition. Mediocre or worn dolls don't make the cut. Where will the trend lead, and will Ginny dolls appeal to the daughters of today's collectors, who grew up with the dolls? Who knows.

If you like the dolls and decide to continue the collection, go for it! Just buy selectively and keep an eye on market trends in that area. It's always nice to have your smart collector instincts confirmed.

QUESTION: My mother has many old pieces of majolica including tea sets and platters. I've looked on eBay, but majolica doesn't go for much there. How do we sell? Are you familiar with majolica auctions? — Pamela, Tucson, Ariz.

ANSWER: There are too many damaged items, fakes and repros on eBay for that to be the place for a novice to sell or buy old majolica. Quality majolica belongs in a good auction.

Old majolica is a ceramic never meant to be durable and is especially prone to chips and worse. Serious majolica collectors think twice about buying without a specialty dealer or known auction house behind the product.

Of course, one can sell privately to a specialty dealer, but they buy at a rate where they can still make a profit. Putting merchandise before the public creates competition and often advantageous results.

Almost all good general auction houses have sales dedicated to 19th century English merchandise, including ceramics. They also have sales where non-English majolica

will fit. I'd send images and see what they think.

QUESTION: I have the original of my grandmother's homestead certificate from 1890. Note this copy. Is this the real signature of President Benjamin Harrison? — Joyce, Jay, Okla.

ANSWER: What an interesting piece of family history! Take care to preserve it for future generations.

The signature is not Harrison's. Note how the presidential "signature" in two places exactly matches pen work elsewhere on the document. Also — would the President have had time to personally sign each land grant — in duplicate? To clinch it, visit www.handwriting.org/images/samples/pressigs.htm to view Harrison's true signature.

QUESTION: I have several cases

of celebrity wine bottles shaped like Marilyn Monroe and Elvis Presley. Local wine shops don't want to buy them. Help! — Milton, Long Beach, Calif.

ANSWER: I'm not familiar with figural wine bottles shaped like celebrities. Marilyn and Elvis were, however, popular Jim Beam ceramic whiskey decanters. More info is needed on ceramic vs. glass container, brand, content, age and any marks.

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

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PEOPLE NEWS

Catlin receives securities license

Harley Catlin of the financial services firm Edward Jones in Lawrence recently earned his Series 66 license, which enables him to maintain an Investment Advisor Representative (IAR) registration.

To prepare for the Series 66 exam, which is administered by the NASD, Yates completed a study program. The 100-question test, which must be completed in 2.5 hours, covers everything from rules in the securities industry to advising clients.

In addition to being Series 66 licensed, Edward Jones financial advisors are required to receive their Series 7 and insurance licenses, enabling them to offer clients a variety of investment products.

Edward Jones provides financial services for individual investors in the United States and, through its affiliates, in Canada and the United Kingdom. Every aspect of the firm's business, from the types of invest-

ment options offered to the location of branch offices, is designed to cater to individual investors in the communities in which they live and work. The firm's 10,000-plus financial advisors work directly with more than 7 million clients to understand their personal goals—from college savings to retirement—and create long-term strategies for their investments that emphasize a well-balanced portfolio and a buy-and-hold strategy. Edward Jones embraces the importance of building long-term, face-to-face relationships with clients, helping them to understand and make sense of the investment options available today.

Edward Jones is headquartered in St. Louis. The Edward Jones interactive Web site is located at www.edwardjones.com, and its recruiting Web site is www.edwardjonesopportunity.com.



Catlin

Feltman named 'Hero in Healthcare'

Karin Feltman, a registered emergency nurse at Lawrence Memorial Hospital's Emergency Department, has been recognized by Ingram's Magazine as a 2007 Hero in Healthcare. This awards program, now in its fourth year, honors extraordinary individuals for their dedication to healthcare and their ongoing service to mankind.

Winners were showcased in the February 2007 edition of Ingram's Magazine as well as a recognition ceremony on March 14 in Kansas City. Over 100 applicants were submitted for the 2007 awards.

Feltman's participation in numerous committees and projects at LMH are just a small selection of what she does. As volunteer coordinator in the Emergency Department Feltman has managed over 400 volunteers, a majority of those being KU students who are pursuing careers in health care. For the past three years, she has co-chaired the Employee Campaign committee and has been instrumental in helping the campaign exceed its financial goal.

Outside of work, Feltman is involved in Lunch Buddies with Pinckney Elementary School's Business

Partnership, Habitat for Humanity, LINK, Leadership Lawrence, fundraising efforts for Health Care Access, Leadership Lawrence, and in 2005, she responded to Mississippi for Hurricane Katrina medical relief.

Feltman, who has worked at LMH for almost 16 years, said she was stunned that she had even been nominated for the Heroes in Healthcare award. She said she doesn't volunteer for recognition, but rather to help people recognize the needs of others in our society.

"It didn't dawn on me that my efforts meant anything to anyone other than myself and the people that I try to help," she said.

"The best part about volunteering is knowing that I have touched the life of another person in a positive way, and possibly even inspired someone else to do the same as a result," said Feltman.

Joan Harvey, director of the LMH Emergency Department, said, "Over the years Karin has given a significant amount of volunteer time and no doubt will continue to do so in the future. Her philanthropic endeavors are not just something she does, but are a part of who she is."



Feltman

LMH welcomes orthopaedic surgeon

Douglass E. Stull, M.D., has joined the active medical staff at Lawrence Memorial Hospital.

Dr. Stull graduated Phi Beta Kappa from the University of Texas in Austin, and completed medical school at the University of Texas in Galveston. His residency in orthopaedic surgery was performed at Carolinas Medical Center in Charlotte, North Carolina. He further completed a shoulder and elbow fellowship at the University

of Pennsylvania in Philadelphia. He has had experience with all aspects of shoulder and elbow care from the elite athlete to difficult reconstruction procedures. Dr. Stull's clinical interests include fracture care in adults and children, arthroscopy, and arthroplasty, while his special interest both in research and clinically is the shoulder and elbow in all ages and aspects including sports, trauma and reconstruction.



Stull

Skandaverl speaks at national conference

Skanda Skandaverl, Director of Facilities Management at Lawrence Memorial Hospital, recently spoke at the 2007 International Conference and Exhibition on Health Facility Planning, Design and Construction (PDC) in San Antonio, Texas.

Skandaverl co-presented with Gary Thompson of St. Francis Hospital, Maryville, Mo., on "Managing Energy Performance During and After Expansions and

Renovations." The PDC conference was sponsored by the American Society for Healthcare Engineering in conjunction with the American Institute of Architects Academy of Architecture for Health.

The 2007 conference had over 3,000 total attendees, more than 200 companies and 60 educational tracks sessions, as well as an array of networking opportunities.



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2nd Annual LAPA Senior Resource Fair



The 2nd Annual Lawrence Area Partners in Aging (LAPA) Senior Resource Fair was held at Hy-Vee, 6th and Monterey Way, on March 6.

According to fair organizers, more than 300 seniors visited booths manned by representatives of more than 25 participating businesses and organizations that serve seniors in Douglas County.



Two \$100 gift cards to Hy-Vee were given away, while each business and organization gave smaller prizes to other attendees. The first 100 attendees received free canvas tote bags.

The free fair also included special screenings for hearing, blood pressure checks, blood sugar checks, oxygen level checks, balance testing, and free Kansas "Yellow Dot" kits.



In addition, members of the Vintage Players were on hand throughout the afternoon to provide entertainment.

LAPA was founded in November 2003 by Kim Hoffman and Laura Bennetts of Lawrence Therapy Services and Seth Movsovit.



Tips for keeping your heart healthy

(ARA) - Cardiovascular disease is the single greatest health threat for women today, more than all cancers combined. Recent studies have shown that the general public is more aware of this threat than physicians, which is cause for concern when so many entrust their health to their doctors.

A national study from the Association of Women's Heart Programs (AWHP) and the California Pistachio Commission (CPC) showed 59 percent of women and 44 percent of men were aware that heart disease was the leading cause of death among women. However, a recent American Heart Association survey showed that an overwhelming num-

ber of doctors did not necessarily know the basic, important facts about women and heart disease. According to the most recent data from a 2005 study, only eight percent of primary care physicians and 17 percent of cardiologists knew that heart disease killed more women than men.

"No matter what your age might be, it's never too early to start taking better care of yourself and living a heart-healthy lifestyle," states Dr. Susan Bennett, cardiologist and president of the AWHP. "These tips will help improve heart and cardiovascular system health and help build stronger partnerships between patients and their doctors."

• No matter how young or old you are, talk with your doctor now about heart health. Discuss the differences between men and women, including primary symptoms that signal disease. Ask about prevention, diagnosis and treatment of heart disease.

Set goals for your blood pressure and cholesterol.

• Get moving—exercise and give your heart a workout. The heart is a muscle too, and strong hearts pump blood and nutrients more easily through the body.

• Give your body balanced nutrition. Keep heart-healthy snacks including fresh fruits, vegetables and nuts—like pistachios—on hand whenever you're on the go to keep you on track for healthy eating habits. Remember, a one-ounce serving of pistachios is 49 nuts, more than any other snack nut.

• Keep your weight under control. The key to including nuts in the diet without adding extra calories is portion control. Losing excess weight will help lower blood levels of harmful LDL cholesterol and prevent other risk factors. Limit saturated fats, trans fats, cholesterol, salt and added sugars.

• Research published in 2006 suggested when healthy men and women ate pistachios for 20 percent of their daily calories their risk for heart disease was decreased. Their total cholesterol level dropped and

their HDL (good) cholesterol level significantly improved.

• Stop smoking. All research arrives at the same conclusion—smoking is not good for your health or your heart. Women who smoke have up to six times greater risk of a heart attack or stroke.

• Don't put off regular checkups. See your doctor regularly and don't hesitate to speak up if you're not feeling "right." Your doctor is there to listen and keep you healthy, so ask questions and be honest.

"With more than 350,000 women dying each year from heart disease, it is vital that public education—and perhaps even more important, more rigorous education of medical care providers—about this issue continues," stated Karen Reinecke, CPC president. "A healthy heart starts with the individual and continues with a positive patient-doctor relationship."

Taking control of your heart health is important and can save your life or the lives of loved ones. For more information, visit www.pistachios.org.

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SUDOKU SOLUTION

2	7	8	5	3	9	1	4	6
9	3	5	6	4	1	7	8	2
1	6	4	7	2	8	3	5	9
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8	5	1	3	7	2	9	6	4
4	9	2	8	6	3	5	7	1
7	1	3	9	5	4	6	2	8
5	8	6	2	1	7	4	9	3

JUMBLE ANSWERS

Jumbles: GOUGE CRAZE AM-BUSH MORBID

Answer: To the ball players, the conductor's music stand was this – A "SCORE" BOARD

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CROSSWORD SOLUTION

M	A	J	O	R	G	A	M	E	A	V	I	S	
A	L	I	V	E	A	R	I	A	N	E	N	A	
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T	O	D	D	T	O	L	L	E	L	U	D	E	

TRIVIALITIES ANSWERS

1. Helen Mirren 2. Peter Morgan 3. "Shadowboxer" 4. Kate Hudson 5. "School of Rock" 6. Kate Winslet 7. None

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To learn more about the LMH Breast Center's coordinated approach to patient care, visit www.lmh.org or call Jodi Carlson, BSN, RN, our Nurse Navigator, at 785.840.2767.



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