

# Kaw Valley Senior Monthly

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KEVIN GROENHAGEN PHOTO

Ken and Bonnie Clark bought a cottage near Perry Lake last year. They are now renting out the "Little House on the Perry" for weekend and weekly retreats.

# Clarks share love of Lenape history, life on Perry Lake

By Kevin Groenhagen

Last year Ken and Bonnie Clark bought a cottage within the Lakewood Hills subdivision in rural Ozawie, Kan. It would not be much of an exaggeration to say that their path to buying and refurbishing the bright yellow, 750-square-foot cottage goes back hundreds of years.

Bonnie's grandfather was the great-grandson of Moses and Anna Grinter.

"Moses Grinter was a military man who was sent to northeast Kansas in 1828 to resettle the Kickapoo and in 1831 established a ferry across the Kaw River," Bonnie said. "The dra-

gon soldiers needed a way to cross the river to get from Fort Leavenworth to Fort Scott. The frontier fort system in Indian Territory was to protect the settled Indians."

The Lenape, or Lenni-Lenape ("original people") were amongst the settled Indians in northeast Kansas. The Lenape are also called the Delaware, as are a state, bay, and river. The name "Delaware" comes from Englishman Thomas West, 3rd Baron De La Warr (1577-1618). De La Warr headed a contingent of 150 men who landed in Jamestown on June 10, 1610 to persuade the original settlers not to return home to England.

"The Delawares were first contact Indians," Bonnie said. "They originally lived in Delaware, New Jersey, and parts of Pennsylvania and New York."

According to Bonnie, the Delawares essentially served as the judicial branch for a confederacy of North American Indians known as the Five Nations. An example of this role is portrayed in the 1992 movie *The Last of the Mohicans*, which was based on the James Fenimore Cooper novel of the same title.

As more and more Europeans arrived in America, the Delawares were pushed further and further west.

■ CONTINUED ON PAGE THREE

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# The Clarks

■ CONTINUED FROM PAGE ONE

They were ultimately removed a total of 25 times before they left Ohio to resettle in northeast Kansas in 1829.

"The Delawares picked northeast Kansas because it was very similar to New Jersey," Bonnie explained. "There was a fork of two rivers, and it was good, fertile land for farming."

Moses Grinter, who is credited as being the first permanent white settler of Wyandotte County, married Anna Marshall, the daughter of William H. Marshall and Elizabeth Wilaquenaho, a Delaware, in 1836. Elizabeth's brother was Captain Ketchum, a Delaware chief.

Grinter enjoyed living and doing business in Kansas so much that he convinced his father and two brothers to leave Logan County, Ky. (where both Abraham Lincoln and Jefferson Davis were born), and come to Kansas to be entrepreneurs. One brother, James, eventually married Anna Marshall Grinter's sister, Rosanna. James and Rosanna later founded Perry, Kan., on the Delaware River, which was formerly known as the Grasshopper River.

The Delawares and the white pioneers initially had a good relationship.

"We were great scouts for the pioneers," Bonnie said. "If you were going west, you wanted to get a good covered wagon and a Delaware scout. If they made a contract with you, they stayed with you no matter what. When trouble happened, many of the other Indian scouts just got up and left."

However, the Delawares, in addition to being hunters and gatherers, had been skilled farmers for centuries.

"The Europeans had originally called the area that included northeast Kansas the great American desert," Bonnie said. "However, when the pioneers saw that the Indians were raising crops here, they decided that they wanted this land, too. So we were removed again."

"The original treaty said the Delawares had this land 'So long as the sun shines and water runs downhill,'" Ken added.

In fact, in *Kansas and Nebraska* (1854), Edward Everett Hale noted that the Delawares and other tribes, although their numbers were "very insignificant," "hold, by treaty, the right to some of the best lands in Kansas, and the officers of the United States government have en-

deavored, therefore, and with some success, for the last year, to make treaties with them for the purchase of parts of their territory... It is intended, in all of these treaties, to give to each individual in each tribe his own quota of land, and not to attempt again their removal to a distant location."

However, Article I of the government's 1854 treaty with the Delawares stated, "The Delaware tribe of Indians hereby cede, relinquish, and quit-claim to the United States all their right, title, and interest in and to their country lying west of the State of Missouri, and situate in the fork of the Missouri and Kansas Rivers."

"The Kansas tribe of Delaware Indians decided to stay in Kansas, mainly because many of the women had married white men," Bonnie said. "Therefore, the Kansas Delaware Indians are not federally recognized because we're not reservation Indians. We chose to stay behind after the Treaty of 1854. We had the option of going to a reservation in Oklahoma or to stay in Kansas. Since we stayed, we had to renounce our Indian heritage and become U.S. citizens."

According to the Kansas State Historical Society, from 1855 to 1860, the Grinters operated a trading post, "a business that sold about one hun-

dred sixty types of goods (clothing, powder and bullets, perfume, sugar, and scissors, among other things) to the Delawares in exchange for cash and furs." They also farmed, raised livestock, and planted an apple orchard on their farmstead. Their two-story brick house, Grinter Place, was completed in 1857, and is preserved today as the oldest home in Wyandotte County. The house is located at 1420 South 78th Street in Kansas City, Kan.

Moses and Anna had 10 children, but only five survived to reach adulthood. Their oldest son fought in the Civil War, although Bonnie notes that he had to serve in an all-Indian unit.

Bonnie believes slavery would have been a hot topic in the Grinter household.

"With the Delawares, men and women were considered equal," Bonnie said. "And they were adamantly against slavery. Of course, Moses, being from Kentucky, had no problem with slavery."

"In fact, his father had a slave," Ken added.

"I always think what wonderful conversations would have taken place in the Grinter dining room," Bonnie continued. "The women would not have been necessarily quiet. They would have voiced their opinion. In addition to Anna, there

were several older daughters."

Ken's connection to what was once the Delawares' land came nearly a century after the Civil War. After the disastrous Kansas (Kaw) River flood of 1951, the U.S. Army Corps of Engineers began building dams at Tuttle Creek, Perry, and Milford. Ken's family operated List & Clark Construction, which worked on the projects.

"I was involved with building the dam at Perry for a couple of years," Ken said. "I also worked on the Tuttle Creek project."

Although the dam at Perry was not yet finished, the Corps had to close the gates in 1967 when heavy spring rains threatened to flood the area around the Kansas river. The Corps estimated that closing the gates prevented \$10 million in flood damage. It also created a temporary 11,000-acre lake, which was drained after the threat of flooding had passed. The gates were closed again in 1969 to create a permanent lake.

During the same year the Corps closed the gates to create Perry Lake, a little, bungalow cottage was built in the Lakewood Hills subdivision, which overlooks the lake.

"When this area was first started in the 1960s, my oldest uncle, who is a Delaware, bought three lots here," Bonnie said. "He had always anti-

■ CONTINUED ON PAGE FOUR

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**Editor and Publisher**  
Kevin L. Groenhagen

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**C O N T A C T U S**

  
**MAIL**  
 2612 Cranley St.  
 Lawrence, KS 66046

  
**PHONE**  
 785-841-9417

  
**E-MAIL**  
 kevin@seniormonthly.net

  
**FAX**  
 785-749-4691

## The Clarks

■ CONTINUED FROM PAGE THREE

ated building here when he retired. He lived in Wisconsin, but wanted to move back to Kansas. Instead, he decided to move to Florida and he offered the lots to anyone in the family who would pay the back taxes."

The Clarks decided to acquire the lots and build a lake house.

"We had it surveyed and had an architectural design completed for a two-story house," Ken said. "We were planning to break ground the next weekend when we saw a house for sale on the next street to the west, which had a very similar design. We thought why go through all the costs and agony of building when most of what we wanted in a lake house was already there on the next street."

The Clarks bought their house of residence in Lakewood Hills in 2002. Their original three lots, surveyed with house plans, are currently for sale.

"So we had a house in Kansas City and our lake house," Bonnie added. "Then we decided to retire and move out here permanently. We just loved it out here."

The Clarks bought the Little House on the Perry in March 2007, and decided to use it as a cottage retreat for weekend or weekday rentals.

"We actually got this idea from a little bed and breakfast in Pittsburg, Kan.," Bonnie said. "It's called the Gathering Place. Two couples had refurbished an old miners' cabin. It was just adorable."

The Clarks first rented the Gathering Place when they attended their niece's wedding several years ago.

"Our little house, the Little House on the Perry, had been a very sad, dilapidated house," Bonnie said.

With the help of their son, Kevin, and friends, the Clarks refurbished the cottage and had it ready to rent

out just four months later.

Little House on the Perry is fully furnished, has a full-service kitchen, and sleeps six comfortably.

"We tried to make this the type of place we would like to stay at if we were traveling," Bonnie said. "It's very comfy, very cozy. You don't have to ask for anything since it's already here except for bringing your own food. We even provide a continental breakfast."

The Clarks believe Little House on the Perry is perfect for those who enjoy fishing, hunting, and boating. If parents rent the cottage just for a weekend of relaxation, the kids can enjoy the outdoor community swimming pool and park that's just two blocks away.

During the holidays, the cottage is ideal for families who are visiting friends and relatives.

"One family spent their Thanksgiving here," Bonnie said. "Their mother lives here, but she has cats and the daughter and two children are allergic to cats. We even use the cottage as an overflow for our family."

In addition to operating the Little House on the Perry, the Clarks continue to work part-time. Ken, who earned a BA from Kansas State University, an MA from Kansas Uni-

versity, and a Ph.D. from Southern Illinois University, taught courses in Philosophy and Psychology at Kansas City Kansas Community College (KCKCC) from 1973 until 2001, when he took early retirement. Since then he has taught on a part-time basis at KCKCC, Park University, University of Saint Mary, and now at Highland Community College in Perry.

From 1998 to 2007, the Clarks served on the advisory council of KCKCC's Intercultural Center. The center has served as a model for what colleges in Kansas and elsewhere can provide for international and minority students of diverse ethnic backgrounds.

Since 1991, Ken and Bonnie have also been very active with the Friends of Grinter Place, now a state historical site and museum in southern Wyandotte County. They have both been board members, and Bonnie has led the group as president, coordinator of the Grinter Quilters' Quilt Show, and Applefest chair. Applefest is an annual festival celebrating the early history of eastern Kansas and the harvest at Grinter. Bonnie is the coordinator for the upcoming Grinter Quilt Show, which will be held at Grinter Place on April 26 and 27 and May 3 and 4.

"The quilt show is a chance for us to take our quilts out of the cedar chest once a year and put them on display," Bonnie said. "We quilt every Tuesday at Grinter in a little community center behind the museum. The money we make from quilting is used for educational programs at the museum. Last year we created a sunflower quilt and we raised over \$2,000."

Remarkably, Bonnie's own education concerning the Delaware Indians did not begin until she was an adult.

"My mother was raised to be ashamed of her Indian heritage, so she did not teach me about it," Bonnie explained. "I learned some things about my family history from James and Linda Grinter, who grew up in Oskaloosa. They're descendants of James and Rosanna Grinter of Perry."

For more information about the Little House on the Perry, the Clarks have posted directions, rates, and other information at [www.littlehouseontheperry.com](http://www.littlehouseontheperry.com). For more information about Grinter Place, please visit [www.kshs.org/places/grinter](http://www.kshs.org/places/grinter). If you would like to learn more about the Grinter Quilt Show, please call Bonnie at (816) 896-0662.

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# Home Plus facilities available in Jefferson County

By Billie David

When Ken Hartle decided to change careers and purchase an assisted living facility in Valley Falls, he was in for a pleasant surprise.

"My interest was actually in assisted living," Hartle said. "I took a certification course to become an operator and in 2006 I purchased LinnWood Place."

Fortunately for him, the LinnWood facility included a Home Plus unit.

"I absolutely fell in love with the concept," Hartle said.

He liked it so much, in fact, that he has since bought two more Home Plus facilities—Deer Park North and Deer Park South—in Meriden.

Home Plus limits the number of residents who can live in each unit, creating more of a home-like setting rather than an institutional one, he explained, and there is a high staff-to-resident ratio.

For example, the Valley Falls facility, known as LinnWood Home Plus, has eight residents and on most shifts has two staff members, or a staff-to-resident ratio of 1 to 4.

"It's a relatively new concept in Kansas. It offers an alternative to bigger facilities and is also good for rural areas where there aren't any bigger facilities," Hartle said.

The Home Plus concept, which is licensed and regulated by the Kansas Department on Aging, is approximately 10 years old and is rapidly increasing in popularity in the state, he added, and as the public becomes more aware of the concept, it will become even more popular.

The resulting increase in the number of homes will create more competition, which in turn will result in better resident care.

Meanwhile, the Kansas Center for Assisted Living, of which Hartle is vice president of District 3, reports that the states surrounding Kansas are keeping an eye on the success of Home Plus in Kansas.

"Kansas is one of the most progressive states for quality senior care in the United States," Hartle said. "The Kansas Department on Aging and the Kansas Health Care Association are very progressive and innovative in all facets of long-term care."

The Home Plus emphasis on an intimate family setting is reflected in the buildings themselves.

"Most people who drive by don't even realize they are long-term care facilities," Hartle said. "They look more like homes. In fact, that's what they are: our resident's home."

Because of the smaller settings, Home Plus residences encourage more family-style interactions, which means better continuity of care for residents, he explained.

Plus the residents enjoy home-cooked meals. Hartle's Home Plus residences are staffed with RNs, LPNs, CMAs (medication aides) and CNAs (nurses aides).

Hartle became involved in assisted living when he decided to change careers.

"I was a funeral director for 18 years, and it took an emotional toll on me," he said. "I wanted a service-related job with a more positive slant."

COURTESY PHOTO



An aerial view of Linnwood Place in Valley Falls

Hartle began his training in 2005, purchased the Valley Falls facility, and moved to Kansas from the town of Olean, New York, when his wife, who is originally from Kansas, accepted a job in the area. Hartle is pleased with his decision.

"It is very rewarding and satisfying," he said. "It's the best career I've ever had. It is nice to get up and look forward to coming to work."

Hartle encourages people to tour the Home Plus facilities in order to make more informed decisions when the time comes.

"People often don't look at their long term care options before the need arises," he said.

More information can be found at the LinnWood Web site at [www.linnwoodplace.com](http://www.linnwoodplace.com) or the Deer Park Web site at [www.deerparkmeriden.com](http://www.deerparkmeriden.com). Tours can be arranged by calling Hartle at (785) 230-9524.

## WORDS OF WISDOM

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# Healthful foods for low-income people

Kansas Senior Press Service

One of the biggest public health obstacles for low-income people, including older adults on fixed incomes, is that they don't have the money to pay for cancer screenings, or access to the screenings. Often, if they have cancer, they don't know it, and in many cases it has progressed too far for treatment.

Fortunately, people are not simply destined to get cancer. Studies now show that lifestyle—not just genes—can influence cancer risk. But how can low-income people eat well to prevent cancer when good food is sometimes too expensive and not readily available in their neighborhoods? Volunteers like you can help them meet their dietary needs.

Limited access to healthful food is one of the main reasons that low-income people cannot eat healthfully. Vegetables, fruits, and whole grains are the key to cancer prevention, according to the American Institute for Cancer Research, but processed and packaged food is far more available in areas of low income.

Food kitchens and shelters, which you might expect to provide healthful food, do not, according to a California study. Furthermore, only 48 percent of 3,985 food kitchens in that study were within walking distance of a grocery store selling fresh fruits and vegetables. If fresh vegetables and fruits are nowhere nearby, people are going to shop for the most readily available and cheapest food.

At least one documented study has shown that low-income people do respond well to increased availability of healthful foods. In one study, vouchers for fruits and vegetables were distributed to young mothers in a Special Supplemental Nutrition Program for Women, Infants and Children. Of all the vouchers handed out, 90 percent were redeemed.

Affordability is another reason people of lower income often do not eat healthful foods. Refrigeration and cooking tools can be expensive, and if fresh produce is far away, many don't see the point in keeping these resources in their homes (especially if they can't afford cars). People of low income may have no choice when a fatter cut of poultry or meat is much less expensive than a leaner cut, or when boxed dinners are more affordable than buying individual ingredients and making a meal from scratch.

What about buying in bulk from food warehouses or cutting out cou-

pons? Again, many of these special discounts and bulk offers are found mostly in middle- and upper-class neighborhoods, not in poor areas where they are probably most needed.

Some policymakers say it is just as important, if not more important, to make healthful food available and affordable to low-income people as it is to urge them to eat healthfully. Many efforts are in place today. Community gardens, farmers markets, and even volunteering transportation of produce to shelters have proven successful. There are also "gleaning" programs, which take food that would have gone to waste from farms and stores and distribute it to the poor.

Individuals and businesses can help with these movements by donating extra food from special events or volunteering transportation of the

food. If you are interested in helping, call the toll-free gleaning hotline at 800-333-4597 or visit the food recov-

ery Web site, [www.usda.gov/news/pubs/gleaning/content.htm](http://www.usda.gov/news/pubs/gleaning/content.htm).

Source: The American Institute for Cancer Research



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# Aging conference to feature eldercare expert

Dr. Bill Thomas, an international authority on geriatric medicine and eldercare, headlines the program for the 2008 Governor's Conference on Aging Services on May 7 and 8 in Topeka. His topic: "Eldertopia: The Rise of a New Old Age."

Thomas, founder of The Eden Alternative and developer of the Green House, also will conduct a breakout session on "Making Change: The Creation and Replication and New Models of Long-Term Care." The Eden Alternative is a global non-profit organization committed to improving the care received by people who live in institutions everywhere. The Green House is a radically new approach to long-term care. In Kansas, Green Houses have been developed at Mennonite Friendship Manor in South Hutchinson and Asbury Park in Newton.

"We are excited to have Dr. Thomas as one of our main speakers this year," said Kathy Greenlee, Secretary of the Kansas Department on Aging. "Kansas has gained a reputation as a frontrunner in person-centered care, and Dr. Thomas can inspire us to continue that movement."

Other featured speakers will be Frank Burns, from the U.S. Administration on Aging, and humorist David Naster.

Burns, who serves as deputy health and human services assistant secretary for wellness and community-based programs, will speak on "Choices for Independence." Naster, whose specialty is finding humor in the tough stuff, will speak on "You Just Have to Laugh."

In addition, more than 30 breakout sessions will focus on subjects of interest not only to seniors but also to professionals and others who work with seniors. Continuing education credits will be available for many of the sessions.

An exhibit area will feature a variety of products and services available from numerous vendors.

More information on the conference, including registration, is avail-

able at the KDOA Web site, [www.agingkansas.org](http://www.agingkansas.org), or by call-

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# Local coalition to host National Healthcare Decisions Day

Richard Sosinski, MD, Dorothy Kurtz, RN, BSN, Terri Sikes, RN, BSN and Donna Flory, MSW, will share experiences, information, and tools, and answer questions as Lawrence participates in a "National Healthcare Decisions Day 2008." Anyone age 18 or older is invited to attend this interactive session with area professionals who possess the knowledge to answer the questions we all have but don't know who to ask. The panel will be moderated by Pattie Johnson and is hosted by the Coal-

ition to Honor End-of-Life Choices (CHEC). The panel will answer questions from the audience on Monday, April 14, from 6:30 to 8:30 p.m. in the Lawrence Public Library Conference Room, 707 Vermont St.

Bring your questions about how you can control what health care interventions are available to you or what you need to know to make informed healthcare choices. Join Americans across the country to talk to others about your future healthcare decisions.

There is a misperception in the

U.S. that only older Americans need to address health care choices related to incapacity. Statistics show that a traumatic brain injury occurs every 23 seconds, most often to persons who are not older adults. Brain injuries, overwhelming infections, Parkinson's, and heart failure are just a few of the healthcare events that might necessitate someone making healthcare decisions on your behalf. Each person's decision matters about the type and amount of healthcare

intervention they would want others to authorize on their behalf. Each person placed in the position of making healthcare decisions for someone close is immeasurably grateful to know that she/he is following the wishes of an incapacitated friend or loved one.

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# Life insurance: Know what you need

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dividual circumstances. How many people in your family do you support financially? What are their current and future expenses? What does your financial plan currently entail? These types of personal questions can help determine how much insurance you need.



Joe B. Jones

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As it turns out, most Americans are underinsured. According to a 2004 report by the life insurance industry's research association LIMRA Interna-

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- Joe B. Jones is a Financial Representative with Northwestern Mutual Financial Network the marketing name for the sales and distribution arm of The Northwestern Mutual Life Insurance Company (NM), Milwaukee, Wisconsin, its affiliates and subsidiaries. Financial Representative is an insurance agent of NM based in Lawrence, Kan.

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# Time for some financial spring cleaning?

You may or may not engage in many of the typical activities of "spring cleaning"—de-cluttering the attic, re-organizing your closets, touching up the paint, etc.—but you can almost certainly benefit from "sprucing up" your financial situation.



Harley Catlin and Ryan Catlin

As you survey your financial landscape, what areas might you want to tidy up? Here are a few suggestions:

Clear your portfolio of "redundant" investments. Over time, you may have built a sizable investment portfolio. But if you have too many investments that look alike, you may actually be hindering your progress toward your goals. After all, if you own a dozen stocks of companies in the same industry, they're all likely to be buffeted by the same economic forces. Look for opportunities to replace some of these "redundan-

cies" with different types of securities, taking into account your risk tolerance and time horizon.

Organize your financial records. If you're like those of us who file our taxes at the last minute, now is the perfect time to organize your financial records, because you've probably got them close at hand. And it's not just a matter of having your brokerage and 401(k) statements in nice, neat piles. Once you've got these documents together, you might see opportunities to consolidate some of your accounts. For example, you may have IRAs with different banks and financial services companies. By moving them all to one provider, and possibly rolling over an old 401(k) into an IRA, you could save some fees and reduce your paperwork, but, more importantly, you may find that such a move actually helps you better manage your investments. You'll know exactly what you're invested in, and it will be easier to follow a single investment strategy. Also, with all your IRAs in one place, it will be much easier for you to manage the required minimum distributions you must start taking when you turn 70-1/2. (These distributions are not

required for Roth IRAs.)

Review your "systematic" investments. Many years ago, you might have started systematically moving money from your checking account into an investment. But perhaps the circumstances of your life have changed and this money could better be used elsewhere. Scrutinize your automatic investments to see if they still make sense for you.

Check your beneficiaries. Beneficiary designations on financial documents—insurance policies, IRAs, 401(k)s, etc.—are extremely important, because they supersede even the instructions in your will. Over time, your family situation may have changed, through death, divorce, remarriage or the birth of new children, so you should periodically review all your beneficiary designations.

Examine your insurance coverage.

When you have a young family, you need a certain amount of life insurance coverage to provide for some major expenses - such as your mortgage, college for your kids, perhaps some retirement funds for your spouse. But when your children have grown, your mortgage is paid and your spouse has decades' worth of retirement savings, your insurance needs may change considerably. At the same time, you may find other uses for insurance. Take some time and review your insurance coverage with your financial advisor.

By following these "spring cleaning" suggestions, you can help put your financial house in order for the seasons to follow. Take action soon.

- 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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# Psychotherapy can benefit those in need of change

I get many types of responses when, upon a first meeting, I tell people that I work as a psychotherapist. Some laugh and joke, "My husband needs to see you!" Others want me to know their past, bad experiences with "evil" therapists. A few will open up on the spot and tell me the Readers' Digest condensed version of their entire life story, hoping



Vickie  
Hull

that I can offer some quick counsel. And, many times, the nervous reply is, "Oh, I don't need that," and then they scurry away.

Psychotherapy has changed a lot in the last couple of decades. Before that, mental illness was rarely discussed, and then it was in whispers, never openly. People with severe depression, schizophrenia, and bipolar disorder were shunned. Anxiety was labeled silly things like "new bride's syndrome," and Valium was the remedy (never mind that it created addictions). Sadly, there is still stigma swirling around the mental health profession. But we are making progress, and many people are successfully seeking out therapeutic support for mental illness, personal dilemmas, marriage problems, and family conflict.

## Reasons to Seek Change

There are three common questions people have about psychotherapy today. The first is, "How do I know when I need to see a therapist?" There are many answers to this question, but in general, therapy is about change. When you have worked and worked to solve a problem in your life, and the answer is still not clear, it is time. When you have worn out all your friends and relatives in attempts to seek life changes, it is probably past time to see a therapist.

Psychotherapy is beneficial when you are just not functioning or feeling emotionally well. Maybe it's trouble sleeping, stress, racing thoughts, compulsive eating habits, or extreme highs and lows. It could be anger,

unrealistic fears, conflict in relationships, trouble communicating thoughts and feelings, alcohol or substance abuse, overwhelming sadness, behaviors you wish you could stop, suicidal thoughts, past trauma, childhood abuse, sexual difficulties, or low self esteem. Other reasons to see a therapist are grief, loneliness, redefining purpose, making decisions about the future, and learning some new coping skills following an accident or surrounding a medical situation.

## Finding the Right Fit

The second question is, "Who should I see for my specific problem?" Many professionals work in the mental health field. There are psychiatrists, psychologists, social workers, marriage and family therapists, counselors, chaplains, and addictions specialists. While there are some similarities among these professionals, they will vary in personality and treatment style. And each will have niches or extra credentials to work with specific types of clients. For example, some will specialize in grief, or work exclusively with children or trauma cases, or have extra training in couples counseling.

So, when considering a psychotherapist, concentrate on what problem you want to solve, and try to find a professional who fits your needs. Many therapists have brochures or Web sites with information about their specific education, training, and practice methods. Any therapist you select should be trustworthy in sorting out the intimate details of your life, a good listener and communicator, compassionate, and current on research and best practices in the field of psychotherapy.

## What is the Price Tag?

The third question people want to know when considering seeing a psychotherapist is, "How much does it cost and does my insurance cover it?" Rates vary from setting to setting, and professional to professional, so call and ask.

The insurance question is more complicated. The simple answer is insurance sometimes covers psychotherapy. Call your insurance company and ask what your mental health benefits are and who it has credentialed and contracted with as providers in your area.

But know this: in order to use your health insurance for psychotherapy, you will have to carry a mental health diagnosis of some type—anxiety, depression, alcohol dependence, etc. Health insurance does not cover relationship difficulties or grief, unless you can link them to a mental illness. These cases are usually paid out of pocket, which can be worth the cost when you consider the mounting evidence that unresolved stress, grief, and relationship conflict can lead to physical illness and/or mental illness and a decrease in work productivity.

We still have a long way to go to remove the stigma associated with psychotherapy and to provide more services to folks who need it. But progress has been made in the men-

tal health field. Research continues in finding more and better ways to treat mental illnesses and relationship concerns.

If each of us is honest with ourselves, most would admit there have been times when seeking psychotherapy to make healthy changes would have proved beneficial. Life is hard and sometimes we need a little help. There is simply no shame in that.

- Vickie Hull, M.S., LMFT, is a licensed marriage and family therapist at Lawrence Therapy Services, 2200 Harvard, Lawrence. She diagnoses and treats all forms of mental illness, as well as relationship concerns and grief. She sees individuals, couples, families, and children and can be reached at 785-842-0656. For more information, visit [www.lawrencetherapyservices.com](http://www.lawrencetherapyservices.com)

## Adventures in Learning Spring 2008 Session Schedule

- April 4-25 **Walking To Rock 'n Rhythm:** Fridays, 8:15 AM - 9 AM (Weekly Event)
- April 4-25 **News & Views – A Current Events Discussion:** Fridays, 9:15 AM - 10:15 AM  
Presented by Kevin McFarland on April 4, 11, 18, John Rothrock on April 25
- April 4 **Our Community Businesses – "Great Designs for Smaller Spaces":**  
Friday, 9:15 AM - 10:15 AM. Presented by Jan Hibbs
- April 4 **Health - "Healthy Food Facts":** Friday, 9:15 AM - 10:15 AM.  
Presented by Kelly Hennes
- April 4 **Behind the Scenes - "Alice Sabatini Gallery":** Friday,  
10:30 AM - 11:30 AM. Presented by Sherry Best
- April 4 **Religion – "Chaplaincy in our Society-Law Enforcement Chaplaincy":**  
Friday, 10:30 AM - 11:30 AM. Presented by Rev. Tobias Schlingensiepen
- April 4 **Life Enrichment – "Giotto & the Arena Chapel":**  
Friday, 10:30 AM - 11:30 AM. Presented by David Hartley
- April 11 **Our Community Businesses – "What's New in the Kitchen":** Friday,  
9:15 AM - 10:15 AM. Presented by Julie Clanton
- April 11 **Behind the Scenes – "Creating the Costumes":** Friday,  
9:15 AM - 10:15 AM. Presented by Kate Stires
- April 11 **Health - "Arthritis First Hand":** Friday, 10:30 AM - 11:30 AM.  
Presented by Patty Dick
- April 11 **Life Enrichment – "Downsizing: Moving Made Easier":** Friday,  
10:30 AM - 11:30 AM. Presented by Lee Ann Barrow-Lane
- April 11 **Religion – "Chaplaincy in our Society-The Topeka Rescue Mission":**  
Friday, 10:30 AM - 11:30 AM. Presented by Rev. Eugene Shoemaker
- April 18 **Our Community Businesses – "What Are These New Technologies in Our Gadgets?":** Friday, 9:15 AM - 10:15 AM. Presented by Steve Wilde
- April 18 **Life Enrichment – "The Huntoon Castle":** Friday, 9:15 AM - 10:15 AM.  
Presented by Jerry Wittmer
- April 18 **Religion – "Chaplaincy in our Society-Hospitals & Hospice":**  
Friday, 10:30 AM - 11:30 AM. Presented by Rev. Janet Crowl & Chaplain Randy Chapman
- April 18 **Behind the Scenes – "Researching Our Universities":** Friday,  
10:30 AM - 11:30 AM. Presented by Olga Mashtakova
- April 18 **Health – "Lifeline":** Friday, 10:30 AM - 11:30 AM.  
Presented by Kitty Olberding & Darlene Whitlock R.N., MSN, ARNP
- April 25 **Life Enrichment – "Search & Rescue in Kansas":**  
Friday, 9:15 AM - 10:15 AM. Presented by David Meek
- April 25 **Behind the Scenes – "Painting the Parks with Color & Entertainment":**  
Friday, 9:15 AM - 10:15 AM. Presented by Bill Riphahn
- April 25 **Health - "The PACE Program":** Friday, 10:30 AM - 11:30 AM.  
Presented by Julie Prideaux
- April 25 **Religion – "Chaplaincy in our Society-Retirement Homes":**  
Friday, 10:30 AM - 11:30 AM. Presented by Rev. Larry Hardin & De Jones
- April 25 **Our Community Businesses - "Hillmer's Leather":**  
Friday, 10:30 AM - 11:30 AM. Presented by Joyce (Mrs. Walt) Hillmer

"Adventures in Learning" meetings are held at First Baptist Church, 3033 S.W. MacVicar Ave., Topeka, and are conducted by the Shepherd's Center of Topeka. The Shepherd's Center of Topeka is an organization of senior adults and a member of Shepherd's Centers of America, which is a non-profit, autonomous, inter-faith community. For more information, please call the Shepherd's Center Office

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# Vitamin A is an essential nutrient

Vitamin A is considered an essential nutrient for the human body. Vitamin A has several different forms. The major form, or active form, of vitamin A is retinol. Retinol is a yellow, fat-soluble vitamin.



Dr. Farhang Khosh

Vitamin A is often expressed in international units or IU. Vitamin A can be found in many different foods but located mainly in colorful fruits and vegetables. Some of the foods that include vitamin A are sweet potatoes, yams, carrots, broccoli, kale, milk, spinach, pink grapefruit, pumpkin, collard greens, eggs, papaya, cantaloupes, mango, peas, winter squash, liver and beets.

Vitamin A plays an important role in many of the functions in our body. It is involved in vision, bone growth, reproduction, immune system, cell division and differentiation, teeth and the skeletal system. Vitamin A plays an important role in the linings of the eyes and respiratory and urinary tracts. A person with vitamin A deficiency will predomi-

nantly show up with vision problems. Vitamin A deficiency is rarely seen in the United States and is more common in developing countries.

A common visual impairment of vitamin A deficiency includes night blindness. In ancient Egypt, the cure for night blindness was to eat liver, which is an abundant source of vitamin A. Persistent vitamin A deficiency can lead to total blindness. Other areas of vitamin A deficiencies include dry eyes, impaired immunity (vitamin A is needed to create white blood cells), hyperkeratosis, and problems in the epithelium lining of the respiratory, intestinal and urinary systems. Zinc and iron deficiency can often accompany vitamin A deficiency.

Those at risk for developing vitamin A deficiency are as follows:

- Children and the elderly living at or below the poverty level
- Children and the elderly with inadequate health care
- Alcoholics
- Those with fat malabsorption syndromes which results in diarrhea. These conditions include Celiac disease or Crohn's disease.

Overdose of vitamin A is rare but can lead to nausea, vomiting, jaundice, irritability, loss of appetite, anorexia, headaches, hair loss, osteoporosis, muscle pain and weakness, insomnia, diarrhea, altered mental

status, and birth defects.

Current medical research is examining vitamin A and its role in disease prevention with lung and breast cancer and diseases of the skin. One recent study found that applying topical vitamin A to the skin may improve the appearance of wrinkles associated with aging as well as promote the production of skin-

building compounds. Another study found that children who take vitamin A supplements may receive a boost to their immune systems that is helpful prior to receiving vaccines such as tetanus.

- 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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## 2008: A good year to check out the health of your pension plan

The Great American Pension has been in decline in recent years. But if you're among the fortunate ones who lay claim to a defined benefit pension, 2008 is a good year to pay close attention.

New federal rules could affect your benefits, depending on the financial health of your fund. At minimum,



Mark  
Miller

the changes, which are kicking in this year, create greater transparency that will help you understand how your plan is doing.

The new rules were mandated under the Pension Protection Act of 2006 (PPA), a sweeping reform of U.S. pension law that came in response to catastrophic, high-profile failures of big plans at companies like United Airlines, U.S. Airways, Bethlehem Steel and others.

Despite such bad news-and moves by many companies to shed defined benefits in favor of alternatives like 401(k) plans-traditional pensions actually haven't yet become extinct.

Benefits consultant Watson Wyatt says about a third of all U.S. employers still have defined benefit retirement plans-that is, plans with specific cash payouts that are promised to employees at retirement. The numbers are higher when you look only at sizeable companies; 54 percent of companies with more than 5,000 employees still offer defined benefit plans.

Under the PPA, pension plans will be placed in categories that reflect their financial health and ability to pay out promised benefits. In general, the new risk ratings will be based on a plan's funding level-the assets on hand available to handle the promised payments (liabilities). All plan sponsors will be required to bring their plans to 100 percent funding levels over the next seven years, via increased contributions or improved investment performance.

Starting this year, plans with funding ratios below 80 percent are prohibited from making lump sum benefit distributions to participants-a popular option in recent year (although not always the smartest approach). And if a plan has a funding ratio below 60 percent, the most sig-

nificant restriction kicks in: Benefit accruals are halted until funding ratios are improved.

"Say, you work for a unionized company where the monthly pension benefit is \$50 multiplied by your years of service," says Rebecca Davis, an attorney with the Pension Rights Center, a non-profit group that works on retirement security issues. "If accruals are frozen, your employer stops counting your years of service right where you are. So, your ultimate benefit will be reduced because it will reflect fewer years of service."

How likely is it that your plan is in trouble? Unfortunately, there's no simple answer. Alan Glickstein, senior consultant at Watson Wyatt and a pension expert, says most plans at sizeable companies are in good shape. "When I look at the thousands of plans our firm manages, less than 20 percent will have any difficulty meeting the 80 percent threshold in 2008."

David Tanenbaum takes a different view. "No pension plan in this country should be funded at less than 100 percent-right now." Tanenbaum is an actuary and the founder of AtPrime Media ([www.atprime.com](http://www.atprime.com)),

an interactive publisher that offers free online tools that help consumers keep tabs on their pensions. The company's most useful tool is the Pension Inspector, a searchable database that contains records on more than 50,000 pension plans.

I asked Tanenbaum to analyze the plans he tracks to determine how many have adequate funding. For 2005-the most recent year for which data is available-the Pension Inspector showed that 45 percent were funded at less than 100 percent of liabilities. "I'm very upset about these numbers. We've got a lot of work to do."

To be sure, Tanenbaum and Glickstein are measuring different years-Glickstein's figures reflect improved funding levels since 2005. And Tanenbaum's data includes very small plans that cover relatively few workers. Still, the best way to get comfortable with your own plan's financial health is to check it out for yourself.

PPA also improves on the financial reports that employers must make to plan participants, requiring an "annual funding notice" containing detailed information on financial performance, the number of individ-

uals receiving benefits, accrual information and other details. The first reports will cover 2008 performance, and must be mailed in the Spring of 2009.

Pension Inspector also can help. The database aggregates and analyzes records from reports that employers are required to file with the Internal Revenue Service. Pension Inspector grades each plan with a simple red-yellow-green color scheme that indicates its relative financial health. Just as important, the AtPrime Media site provides contact information for plan administrators.

So, if you don't want to wait until 2009 to learn how your pension's doing, try this high tech approach: Pick up the phone and call your plan administrator.

(For millions of Baby Boomers, retirement is an opportunity for reinvention, rather than taking it easy. Mark Miller is helping write the play-book for the new career and personal pursuits of a generation. Mark blogs at [www.retirementrevised.com](http://www.retirementrevised.com); contact him with questions and comments at [mark@retirementrevised.com](mailto:mark@retirementrevised.com))

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# Is niacin effective in lowering cholesterol?

By Harvey Simon, M.D.  
Tribune Media Services

**QUESTION:** Is niacin really effective in lowering cholesterol? If so, what's the daily dosage, and what meds does it interact with?

**ANSWER:** Niacin is indeed effective. On average, it can lower LDL ("bad") cholesterol levels by 10 to 25 percent. The statins and other lipid-lowering drugs can do even better, but niacin outshines them all for lowering triglyceride levels (down 20 to 50 percent) and raising HDL ("good") cholesterol levels (by 15 to 35 percent).

Niacin is the granddaddy of cholesterol-lowering drugs. It was the first medication to lower cholesterol levels (1955), the first to reduce heart attacks (1984) and the first to lower long-term mortality rates (1986). But since 1987, when the first statin drug — lovastatin (Mevacor) — was marketed in the U.S., niacin has fallen into disuse. The reason is that niacin is harder to take and may produce unpleasant side effects.

The many niacin preparations fall into two categories, crystalline and controlled release. Crystalline niacin is quickly absorbed and rapidly metabolized, so it's usually taken two to three times a day, ideally at the end of a meal (but not with hot foods or beverages). Typical doses range from 250 milligrams twice a day to 500 milligrams three times a day. Many people experience unpleasant itching, flushing and headaches, particularly as the dose is slowly increased. This side effect can be minimized by taking an 81-milligram aspirin tablet 30 to 60 minutes before taking niacin.

Controlled-release preparations are much less likely to produce flushing and itching; however, they are somewhat more likely to produce liver inflammation, raise blood sugar levels in diabetics, and trigger gout by raising uric acid levels. Other potential side effects of any niacin preparation include fatigue, blurred vision, nausea, peptic ulcers and erectile dysfunction.

Niacin is a natural substance — in fact, it's vitamin B3. Like other vitamins, it's required to keep the metabolism working right. But the recommended daily allowance for B3 is only 18 milligrams a day — far less than the amount needed to improve cholesterol levels.

Brands vary widely in their actual niacin content and potency. If you

use an over-the-counter preparation, look for one that's USP approved, and once you find a brand and dose that works for you, stick with it. In general, intermediate-release forms are better tolerated than immediate-release preparations and are safer than extended-release niacin.

There's one FDA-approved prescription brand of niacin: Niaspan (intermediate release). It's much more expensive than over-the-counter niacin but is usually covered by prescription drug insurance plans. Doctors usually start with a single 500-milligram tablet at bedtime, then double or triple the once-a-day dose if necessary.

Many people turn to niacin because they want to treat themselves. Even though you can get all the niacin you want without a prescription, you should always coordinate treatment with a doctor who can tell you if niacin is right for you and monitor for efficacy and side effects as you slowly increase the dose.

Niacin is a vitamin, but in the doses that improve cholesterol, it's a powerful drug that must always be used prudently. For people who need extra help, it can be cautiously

combined with other cholesterol-lowering drugs.

(Harvey B. Simon, M.D., is an associate professor of medicine at Harvard Medical School and a member of the Health Sciences Technology Faculty at Massachusetts Institute of Technology. He's the founding edi-

tor of Harvard Men's Health Watch: [www.health.harvard.edu](http://www.health.harvard.edu)).

(For additional consumer health information, please visit [www.health.harvard.edu](http://www.health.harvard.edu).)

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## CALLING IT AS THEY SEE IT



As a sports announcer for baseball, football and basketball, Bob Davis has made a career out of describing what he sees. So when his father, Les Davis, moved to Pioneer Ridge Assisted Living, Bob was pleased to observe the great teamwork provided to his father.

*"The staff at Pioneer Ridge is great, the services are second to none, and the complex is close so I can easily visit my Dad."*

Les, a former sports reporter, loves the staff and other residents at Pioneer Ridge. He enjoys having his own apartment with his own furniture, playing cards, and going on weekly trips out on the town.



Les says, "If it's time to move to an assisted living residence, the best option is Pioneer Ridge. What more could you ask for: good people, warm meals, and a soft bed at night." Les and Bob, a great team for calling it as they see it!

Pioneer Ridge Assisted Living • 7th and Wakarusa, Lawrence • 785-749-4200

**Editor's Note:** While every attempt has been made to ensure the accuracy of the events listed below, 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 Groenhagen at (785) 841-9417.

## ART/ENTERTAINMENT

APR 3-13

### THE WOMEN OF LOCKERBIE

A mother from New Jersey roams the hills of Lockerbie, Scotland, looking for her son's remains that were lost in the crash of Pan Am flight 103. She meets the women of Lockerbie, who are fighting the U.S. government to obtain the clothing of the victims found in the plane's wreckage. The women, determined to convert an act of hatred into an act of love, want to wash the clothes of the dead and return them to their families. Topeka Civic Theatre, 3028 SW 8th Ave. TOPEKA, (785) 357-5211 <http://www.topekacivictheatre.com>

APR 8

### HMS PINAFORE

Sailing the ocean blue on board the HMS Pinafore, an outrageous tale of love and mistaken identities unravels when the captain's daughter falls in love with a common sailor. A remarkable twist of fate changes everything when a secret slips out, building towards the heady climax of fun, frivolity and fortune. Lied Center of Kansas. LAWRENCE, (785) 864-2787 <http://www.lied.ku.edu>

APR 10

### GABRIELA MONTERO

Gabriela Montero began playing a two-octave piano when she was only 7 months old. Now in her 30s, she travels the world sharing her talent and good humor with appreciative audiences. Along with her inspired performances of core repertoire, improvisation is important to Montero's music, much as it was for Bach and Mozart. She has won many prizes including the Bronze Medal at the 13th International Chopin Piano Competition in 1995. Lied Center of Kansas. LAWRENCE, (785) 864-2787 <http://www.lied.ku.edu>

APR 11-27

### SHERLOCK HOLMES: THE FINAL ADVENTURE

The world's most masterful detective investigates a mystery involving a kidnapped damsel, a stack of scandalous letters and the menacing denizens of London's seamy underworld. Intellect and passion collide in a web of deception where even the most insignificant clue can unlock the deepest secrets of the mind and heart. Lawrence Community Theater. LAWRENCE, (785) 843-7469

APR 12

### EAST VILLAGE OPERA CO.

Arias and electric guitars. No one puts a fresher, bolder contemporary spin on opera's greatest hits than the East Village Opera Co. Consisting of a powerhouse five-piece band, a string quartet and two outstanding vocalists, EVO embraces "the positivity of rock and the pomposity of opera" and blends them into something completely new and intriguing. This live stage concert features popular arias with a rock and roll twist. Lied Center of Kansas. LAWRENCE, (785) 864-2787 <http://www.lied.ku.edu>

APR 12

### MOLTO APPASSIONATA PROKOFIEV SYMPHONY NO. 5

Topeka Symphony Orchestra performs "Molto Appassionata" Prokofiev Symphony No. 5 and Chopin Piano Concerto No. 2 featuring

Yang-Sook Lee, piano; at 8:00 p.m. in White Concert Hall at Washburn University. White Concert Hall-Washburn University. TOPEKA, (785) 232-2032 <http://www.topekasympphony.org>

APR 18-MAY 3

### MACBETH

The Bard's brutal classic about greed and lust for power storms the stage with the immortal tale of Macbeth. Set in early Scottish history, Macbeth sets about to take the throne of Scotland away from Duncan when three witches produce a prophecy that says the crown shall soon be his. Once the bloody deed is done, Macbeth spirals out of control into madness as his country falls into civil war. 3028 SW 8th Ave., Topeka Civic Theatre. TOPEKA, (785) 357-5211 <http://www.topekacivictheatre.com>

APR 20

### SPRING FINALE

The top two finalists of the 2008 Stephen Paul Wunsch Young Artist Competition will perform one movement of an orchestral work with the Lawrence Chamber Orchestra as part of its final program of the 2007-2008 season. What better way to spend an hour or two on a Sunday afternoon than to applaud a great season by the Lawrence Chamber Orchestra and honor the outstanding achievements of these local young artists! Reception to follow. Lawrence Arts Center. LAWRENCE, (785) 218-3403 <http://www.lawrencechamberorchestra.org>

APR 25

### COMEDIAN RON WHITE

Comedian Ron White will perform at 7:30 p.m. Call for ticket information. Topeka Performing Arts Center. TOPEKA, (785) 234-2787

APR 25

### ELISABETH VON TRAPP

Elisabeth von Trapp, the granddaughter of the legendary Maria and Baron von Trapp, made famous in the Sound of Music. She has created her own artistic style, at once ethereal and earthy, delicate and powerful. A "simply beautiful" program, "haunting clear" and "joyfully expressive." Grace Cathedral. TOPEKA, (785) 235-3457 <http://www.GraceCathedralTopeka.org>

APR 25-27

### HOLIDAY FOR LOVERS

Don't miss ACT Ottawa's last performance of the season. The carefree story of the Dean family, who embark on their first European holiday to soak up some old world charm, and visit with a daughter who's been studying music abroad for three years. The situation becomes hysterical when they arrive in Paris, and the plot complicates as we travel with them to Spain and then Rome, where Mr. Dean ultimately learns to understand Europe—and his own family! OTTAWA, (785) 242-3535 <http://www.actottawa.org>

APR 26

### SENIOR CLASS

A great offshoot from TCIA's widely successful company, LAUGHING MATTERS, SENIOR CLASS is another zany troupe of improv comedians. Only this time, the company is made up entirely of actors over 55 years old! This group defines life in the golden years as a terrifically fun-filled trip! Doors open at 7:00 p.m. Show starts at 8:00 p.m.

TOPEKA, 785-357-5211

<http://www.topekacivictheatre.com>

MAY 1

### MOVIN' OUT

Billy Joel's music and Twyla Tharp's dancing on Broadway. Drawn from the characters made familiar in Joel's multitude of pop hits, this blockbuster musical follows a group of friends through high school, into Vietnam and through the drama of their post-war lives.

Joel's well-known music is performed by a pianist and band suspended on a platform above the stage while the rock ballet unfolds below. Lied Center of Kansas.

LAWRENCE, (785) 864-2787

<http://www.lied.ku.edu>

MAY 2-18

### MENOPAUSE THE MUSICAL

*Menopause the Musical* is set in a department store, when four women, with seemingly nothing in common but a black lace bra, meet by chance. This musical pokes fun at things such as hot flashes, memory loss, mood swings, wrinkles, night sweats and eating binges. Gage Park - Helen Hocker Performing Arts Center.

TOPEKA, (785) 368-0191

<http://www.topeka.org/parksrec/hocker.shtml>

MAY 4

### ART IN THE PARK

Artists display and sell their original artwork in a beautiful outdoor setting. Musical entertainment and children activities. South Park. LAWRENCE, (785) 865-4499

## 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

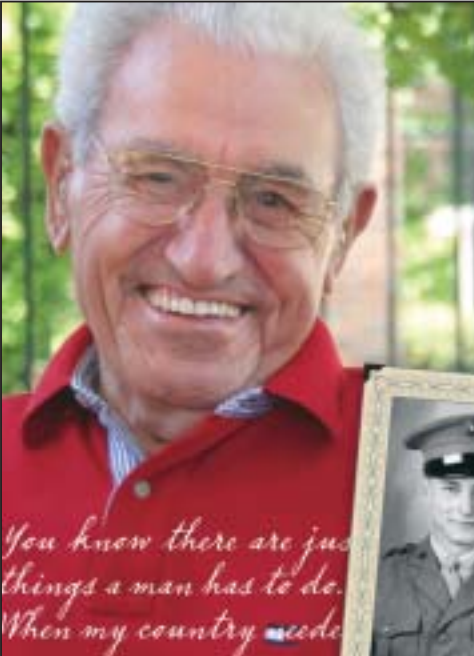
1803 W. 6TH ST, LAWRENCE, 7:00 PM, (785) 843-9690

WEDNESDAYS & FRIDAYS

### EDGEWOOD HOMES

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

■ CONTINUED ON PAGE 17



An Assisted Living & Memory Care Residence

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OF LAWRENCE

A Lifetime in Every Face, A story in Every Smile.  
Hear the Story, Share a Lifetime.

**Y**ou will find what you are looking for at the Windsor of Lawrence. We have been serving the needs of Senior adults in the Lawrence community since 1990. Our unique approach to Assisted Living & Memory Care combines a warm residential setting along with caring and helpful staff providing you just the right answer for your housing needs.

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or visit us at  
3220 Peterson Rd.  
Lawrence, KS 66049

*Respecting Values, Protecting Dignity,  
Supporting Independence.*



■ CONTINUED FROM PAGE 16

**THURSDAYS**

**BABCOCK PLACE**

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

**FRIDAYS**

**BALDWIN SENIOR CENTER**

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

**FRIDAYS**

**ARAB SHRINE**

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

**BOOKMOBILE**

**MONDAYS**

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

**TUESDAYS**

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

**WEDNESDAYS**

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

**BOOK TALKS**

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

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

FOURTH WEDNESDAY OF EACH MONTH  
PRESBYTERIAN MANOR, 1429 KASOLD RD.,

LAWRENCE, 9:45 AM  
SENIOR CENTER, 745 VERMONT ST.,  
LAWRENCE, 1:30 PM

**CLASSES/LECTURES**

**ONCE A MONTH**

**AARP'S 55 ALIVE SAFE DRIVING COURSE**

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

**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, Meet-  
ing Room A. 9:00-10:30 a.m.  
LAWRENCE, (785) 749-5800

**APR 14**

**SINCE YOU GOTTA GO, HERE IS WHAT  
YOU HAD BETTER KNOW-HEALTH CARE  
DECISIONS SOME WOULD RATHER AVOID**

In recognition of National Healthcare Deci-  
sions Day 2008, join Americans across the  
country to talk about your future healthcare  
decisions. Members of the Lawrence Memorial  
Hospital Palliative Care Consult Team and the  
Lawrence Area Coalition to Honor End-of-Life  
Choices (CHEC) invite everyone age 18 or  
older to attend this free interactive forum with  
area professionals who can help answer the  
questions we all may have but don't know  
who to ask. Bring questions about how you  
can control what health care interventions are  
available to you and what you need to know  
to make informed healthcare choices. Law-  
rence Public Library, 6:30-8:30 p.m.  
LAWRENCE, (785) 830-8130

**APR 15**

**10,000 STEPS A DAY CLASS**

See April 5 description. Lawrence Memorial  
Hospital, Meeting Room E. 6:30-8:00 p.m.  
LAWRENCE, (785) 749-5800

**APR 21**

**PRE-DIABETES CLASS**

This free class is for those at risk for  
developing diabetes or who have already  
been told that they have pre-diabetes. Topics  
include preventing or delaying Type 2 diabe-

■ CONTINUED ON PAGE 18

Harbor House Memory Care Open Now

Memory Day Care Program Respite



**HARBOR HOUSE**  
Memory Care Residence

*"THE EXPERIENCE OF JOY"*

*Our mission at Harbor House Memory Care Residence is simple; We are in the business of creating extraordinary and joy-filled life experiences for our memory impaired residents.*

We accomplish this goal in many ways. The manner in which we 'deliver' our services like stimulating and specialized activities, great food, housekeeping and caring personal assistance are the essentials of our services. While these services are important and help to make us a "good" provider, at Harbor House these are very fundamental services. Similar to a hotel advertising air conditioning and color TV.

**At Harbor House 'the basics' are just the Beginning.**




*So what does it take to fulfill our commitment of providing our alzheimer's and dementia residents their rightful daily "Experiences of Joy?"*


It requires many things. More than anything it requires commitment, enthusiasm, passion and ingenuity from each and every Harbor House associate. (A sense of humor, creativity and compassion are mandatory.)

**Let Harbor House put some laughter and joy back into the lives of those you love. Let us meet them in their world.**

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**1126 Hilltop Drive, Lawrence**  
Email: harborhouse@sunflower.com

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## ■ CONTINUED FROM PAGE 17

tes, diet, exercise, weight loss, medications, and avoiding potential complications. Free, but advanced registration requested. Meeting Room A, 6:00-7:30 p.m.  
LAWRENCE, (785) 749-5800

APR 29

**REDUCING HIGH BLOOD PRESSURE WITHOUT MEDICATION**

Biofeedback is a simple way of learning how to calm the body, the mind and the part of the involuntary nervous system that controls blood pressure. There is good research that shows it can be effective in helping some people to reduce their high blood pressure. William Hale, MD, local psychiatrist will describe what biofeedback is, how it works, and will lead an experiential biofeedback exercise. Free but advance enrollment is requested. LMH Auditorium, 7:00-8:30 p.m.  
LAWRENCE, (785) 749-5800

**EXHIBITS/SHOWS**

APR 5-MAY 16

**HENRI DONER-HEDRICK: OUT-OF-SIGHT, OUT-OF-MIND, THE HIDDEN CULTURE**

Henri Doner-Hedrick's paintings, drawings and multi-media installation address the issues faced by the elderly and their caregivers. Portraits of her mother and other residents of nursing homes narrate the rich history and the many stories of people who are too often forgotten. Topeka & Shawnee County Public Library, Main Gallery.  
TOPEKA, (785) 580-4516  
<http://www.tscpl.org>

APR 5 &amp; 6

**LEAVENWORTH'S ANTIQUE SHOW & SALE**

Annual show and sale. Antique dealers from several states. Furniture, jewelry, glassware, clocks and more. Riverfront Community Center, 123 S Esplanade.  
LEAVENWORTH, (913) 651-9643  
<http://www.steviesantiques.com>

APR 5-OCT 26

**ALL ABOARRR!!! A CENTURY OF RAILROADING IN JACKSON COUNTY**

See model trains and fashions from 1860 to 1960! Discover and learn about railroading in Jackson County, Kansas. Model trains and fashions on display! Roebke House Museum.  
HOLTON, (785) 364-4991  
<http://www.holtonks.net/jchs>

APR 26-JUL 15

**2008 WASHBURN ART STUDENTS EXHIBITION**

Exhibition featuring artwork by Washburn University art students. Mulvane Art Museum.  
TOPEKA, (785) 670-1124

**FARMERS' MARKETS**

APR 12-NOV 22

**DOWNTOWN TOPEKA FARMERS MARKET**

Variety of fruits, vegetables, flowers, meats and crafts. 10th and Topeka Blvd, State Parking Lot.  
TOPEKA, (785) 286-3515

APR 26-NOV 8

**LAWRENCE SATURDAY FARMERS MARKET**

The market offers fresh fruits, vegetables, baked goods, flowers and herbs, along with musical entertainment. 820 New Hampshire.  
LAWRENCE, (785) 331-4445

**FESTIVALS/FAIRS**

APR 18 &amp; 19

**JOHN PHILIP SOUSA DAY**

Celebrate John Philip Sousa at the Carousel Museum with hot dogs, popcorn, fun and a ride on the carousel! Second day of 2-day event. 320 S Esplanade.  
LEAVENWORTH, (913) 682-1331  
<http://www.firstcitymuseums.org>

APR 19 &amp; 20

**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. Wamego City Park.  
WAMEGO, (785) 456-7849  
<http://www.visitwamego.com>

MAY 3

**MARBLE DAYS**

Marbles, sack races, hopscotch and more old fashioned games for kids to enjoy in beautiful downtown Bonner Springs, Exit 224 on the Kansas Turnpike. Playful games like your grandparents played before Nintendo, Webkins and iPods. K-32/Cedar & 2nd St.  
BONNER SPRINGS, (913) 441-1432  
<http://www.marbledays.com>

MAY 5

**LANSING DAZE FESTIVAL**

This annual festival includes a variety of favorites: car show, craft show, art show, quilt show, carnival, games, children's entertainers, fireworks, live music, great food and much more. Lansing Towne Center.  
LANSING, (913) 727-5488  
<http://www.lansing.ks.us>

**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 Healthwise 55 office at 2252 S.W. 10th Ave., at the northeast corner of S.W. 10th and MacVicar, from 10:00 a.m.-1:00 p.m. No appointment necessary.  
TOPEKA, (785) 354-6787

**TUESDAYS AND THURSDAYS SENIORCISE PROGRAM**

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

**WEDNESDAYS HEALTH SCREENING CLINIC**

Lawrence-Douglas County Health Department. For individuals 60 years of age and older and their spouses. Minimal fees, but no one will be denied service because of inability to pay.  
BABCOCK PLACE, LAWRENCE, 9-11 AM

**FIRST AND THIRD FRIDAYS OF EACH MONTH HEALTH CHECKS**

Blood pressure checks, glucose checks, skin checks, and education on nutrition and weight loss strategies BY Washburn University School of Nursing Mobile Health Unit. YWCA of Topeka, 225 SW 12th St., south entrance of the building, 9:00 a.m.-1:00 p.m.  
TOPEKA, (785) 233-1750, EXT. 252

**SECOND THURSDAY OF EACH MONTH BLOOD PRESSURE AND HEALTH INFORMATION**

Sponsored by the West Ridge Mall merchants. Conducted in mall's food court. No appointment necessary.

WEST RIDGE MALL, TOPEKA, 8:15-9:15 AM

**THIRD TUESDAY OF EACH MONTH****HEALTH SCREENING CLINIC**

Lawrence-Douglas County Health Department.  
PINECREST II APARTMENTS, 924 WALNUT, EUDORA, 9-10 AM

**THIRD THURSDAY OF EACH MONTH****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, 2252 S.W. 10th Ave.  
TOPEKA, (785) 354-6787

**FOURTH THURSDAY OF EACH MONTH NUTRITION CLINIC**

1:30-2:30 p.m. Call for an appointment. Healthwise 55 Resource Center, 2252 S.W. 10th Ave.  
TOPEKA, (785) 354-6787

APR 1

**BONE DENSITY SCREENING**

Advanced appointment required. Appointment takes about 20 minutes and includes education about osteoporosis prevention as well as the screening. Individual appointment times must be selected. Note: this is NOT the same as a DEXA scan which is ordered by a physician and is done through Radiology. Lawrence Memorial Hospital, Meeting Room D, 9:00-11:00 a.m.  
LAWRENCE, (785) 749-5800

APR 17

**BONE DENSITY SCREENING**

See April 1 description. Lawrence Memorial Hospital, Meeting Room D, 9:00-11:00 a.m.  
LAWRENCE, (785) 749-5800

APR 22

**BONE DENSITY SCREENING**

See April 1 description. Lawrence Memorial Hospital, Meeting Room D, 5:00-7:00 p.m.  
LAWRENCE, (785) 749-5800

APR 26

**BONE DENSITY SCREENING**

See April 1 description. Lawrence Memorial Hospital, Meeting Room D, 9:00-11:00 a.m.  
LAWRENCE, (785) 749-5800

**HISTORY/HERITAGE**

APR 19

**FORT LEAVENWORTH TOUR & FRONTIER ARMY ENCAMPMENT**

Annual tour of the oldest fort west of the Mississippi River. Tour includes several historic Fort Leavenworth homes, the fort and Frontier Army encampment. Grant & Kearney Ave.  
FORT LEAVENWORTH, (913) 682-4113  
<http://usacac.leavenworth.army.mil/CAC/csi/museum.asp>

APR 19 &amp; 20

**CIVIL WAR ON THE BORDER**

Over 400 re-enactors representing cavalry, artillery and infantry units encamp the entire weekend. Units recreate camps from Union and Confederate forces and an afternoon battle is held each day. Many activities are held the whole family can enjoy. 19th Century music, a Civil War dance on Saturday and various 19th century vendors recreate an experience of what life was like on the Kansas-Missouri Border during the 1860s. Mahaffie Stagecoach Stop and Farm Historic Site.  
OLATHE, (913) 971-5111  
<http://www.olatheks.org/Mahaffie/About>

**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 AND THIRD MONDAY OF EACH MONTH****CAREGIVER SUPPORT GROUP**

Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders. Please join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services, Inc. Douglas County Senior Services, Inc., 745 Vermont St., 2:15-3:45 p.m.  
LAWRENCE, (785) 842-0543

**FIRST TUESDAY OF EACH MONTH LAWRENCE AREA COALITION TO HONOR END-OF-LIFE CHOICES**

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

TUESDAYS

**GRIEF & LOSS SUPPORT GROUP**

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

TUESDAYS

**GRIEF & LOSS SUPPORT GROUP**

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

**FIRST AND THIRD TUESDAY OF EACH MONTH****HEALING AFTER LOSS BY SUICIDE (HEALS)**

For those who have lost a loved one by suicide. Fellow survivors offer an atmosphere of understanding and emotional support by encouraging families and individuals to share healthy ways of coping and grieving. Contact Steve Newcomer at for more information. Pozez Education Center, 1505 SW 8th St.  
TOPEKA, (785) 478-4947 or (785) 296-8349

**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

**FIRST WEDNESDAY OF EACH MONTH GRIEF SUPPORT GROUP**

Douglas County Visiting Nurses, Rehabilitation, and Hospice Care and Alterra (formerly Windsor of Lawrence) hold a grief support group open to all on the first Wednesday of each month from 2:00-3:00 p.m. at Alterra at 3220 Peterson Road. For any questions, call Steve Satterfield, Hospice Chaplain.  
LAWRENCE, 785-843-3738

**FIRST WEDNESDAY OF EACH MONTH BEREAVEMENT SUPPORT GROUP**

Sponsored by Douglas County Visiting Nurses and Hospice and led by Chaplain Steve Satterfield. Meetings are held at the Windsor Assisted Living Center from 2:00-3:00 p.m. The public is welcome to join members at all meetings. The topic for the October 3 meeting is "Pre-

■ CONTINUED FROM PAGE 18

paring for the Holidays." The topic for the November 7 meeting is "Remembering Our Veterans." For more information, call Sarah. LAWRENCE, (785) 841-3738

**WEDNESDAYS AND SUNDAYS  
OLDSTERS UNITED FOR RESPONSIBLE  
SERVICE (O.U.R.S.)**

Members of O.U.R.S. have met to dance since 1984. The group meets to dance from 2:00-4:00 p.m. on Wednesdays at the Lawrence Senior Center, and from 6:00-9:00 p.m. on Sundays at the Eagles Lodge. LAWRENCE

**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. - Brewer Place, 1209 SW 29th St. Sponsored by Heartland Hospice of Topeka. Call Terry Frizzell for information and specific location.

**FIRST FRIDAY OF EACH MONTH  
STROKE SUPPORT AND RECOVERY GROUP**

Providing an opportunity for learning and sharing experience. Shawnee County Health Agency Main Auditorium, 1615 SW 8th St. 1:00 p.m. For information, call Jan Dietrich in the Adult Field Services Office.  
TOPEKA, (785) 291-2490

**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 one 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 TUESDAY OF  
EACH MONTH**

**CAREGIVER SUPPORT GROUP**

Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders. Please join us in one of our Caregiver Support

Groups. Sponsored by Douglas County Senior Services, Inc. Douglas County Senior Services, Inc., 745 Vermont St., 6:30-8:00 p.m.  
LAWRENCE, (785) 842-0543

**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 Peterson 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.

**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

**THIRD THURSDAY OF EACH MONTH  
CAREGIVER SUPPORT GROUP**

Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders. Please join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services, Inc. Baldwin City Public Library, 800 7th St., 2:00-3:30 p.m.  
BALDWIN CITY, (785) 842-0543

**THIRD FRIDAY OF EACH MONTH  
RETIRED GOVERNMENT EMPLOYEES**

The Lawrence chapter of the National Active and Retired Federal Employees (NARFE) meets the third Friday of each month at the Plum Tree Restaurant at 2620 Iowa. A buffet lunch begins at noon and is followed by a program and business meeting. NARFE's mission is to defend and gain benefits that retired career government employees earned. Employees from all branches of government are welcome and encouraged to attend. For more information, please call John or Linda Surritte. LAWRENCE, (785) 856-0558

**THIRD SATURDAY OF EACH MONTH  
TOPEKA WIDOWED PERSONS BRUNCH**

For all widowed people. Meets at the First United Methodist Church, 6th and Topeka Blvd. in the red brick building, known as the Sweet Building on the Southwest corner of the campus. Please bring a covered dish to share. Beverages and table service provided. For more information about the Widowed Persons Service Program, please call Julie.  
TOPEKA, (785) 357-7290

**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 EACH MONTH  
CAREGIVER SUPPORT GROUP**

Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders. Please join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services, Inc. Eudora Community Center, 1630 Elm, 1:00-2:30 p.m.  
LAWRENCE, (785) 842-0543

**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  
<http://www.tgstopeka.org>

**APR 25  
AARP CHAPTER 1696**

AARP Chapter 1696 will meet at 11:00 a.m. at the Lawrence Country Club. Lunch served at 11:30. Steve Mason, a local luthier, will give the program about repairing, improving and creating stringed musical instruments. New and interested members welcome. Please call Suzanne at 842-0446 for reservations.  
LAWRENCE, (785) 842-0446

**APR 28  
TBI & EPILEPSY SUPPORT GROUP**

Lin Stearns and Lisa Bailey speak on PDA and GPS. Open to public. Refreshments provided. Lawrence Public Library, 4:30-6:00 p.m. Please call for more information.  
LAWRENCE, (785) 856-2370, ext. 344

MISCELLANEOUS

**APR 5-16  
22ND ANNUAL AND LAST TULIP TIME AT  
BINKLEY GARDENS**

In April over 25,000 tulips and 12,000 daffodils greet the visitor to this 3 1/2 acre garden with a diverse landscape which includes formal flower beds, informal gardens and mature woods. 4536 Elevation Lane. TOPEKA, (785) 478-4624

**APR 15  
LAWRENCE PARKINSON SUPPORT GROUP  
RESOURCE FAIR**

People with Parkinson's Disease, MS, or other neurologic problems, stroke survivors, as well as friends and family members are invited to attend. Exhibitors will have information about resources and services appropriate to the needs of these people. Call Jeannine Crum for more information.  
LAWRENCE, (785) 856-2904

**APR 19-MAY 18  
ERC'S DESIGNER SHOWHOUSE**

The ERC Designers' Showhouse is one of Topeka's favorite springtime outings! Each year, ERC Resource & Referral partners with an area homeowner and local designers to "makeover" an entire home. The 2008 Showhouse, located in Westboro neighborhood, showcases nineteen designers. Tours provide the public with the opportunity to see the "newest" and "latest" home decorating trends and techniques. Proceeds from the event benefit ERC Resource & Referral, a non-profit social service agency providing services to children, families and individuals in NE Kansas.  
TOPEKA, (785) 357-5171  
<http://www.ercrefer.org>

**APR 26  
CELEBRITY PANCAKE FEED**

This is the annual pancake feed featuring Bob Carmichael and Perkins Pancakes. All-you-can-eat pancakes, sausage & drink for \$4. Forbes Field, Hangar 602.  
TOPEKA, (785) 862-3303

**APR 26  
GREAT AMERICAN FRONTIER YARD SALE**

Post-wide yard sale at Fort Leavenworth. NOTE: Picture ID required upon entering the fort. FORT LEAVENWORTH, (913) 684-1724

**MAY 2-4  
ANTIQUE AUTO SWAP MEET**

45th Annual. Kansas' Oldest Swap Meet. Trade or sell antique autos or antique parts. Sponsored by the Lawrence Region Antique Automobile Club of America. Douglas County Fairgrounds. LAWRENCE, (785) 843-2222

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# Boomers, mysteries, and a blind car mechanic

By Margaret Baker

Mary Dorian Russell: *Dreamers of the Day* (print and audio from Random House, ISBN 978-0-7393-5839-9)

Diffident Agnes Shanklin, 40, knows she's unattractive on many fronts—her mother has told her so often. During the 1918 flu epidemic she nearly dies, only to learn all of her relatives succumbed. Funerals must be managed, homes cleared out, probate started. From sales and two life insurance policies in which she was the contingent beneficiary, she finds she now has a modest income without teaching.

She'd been quite taken with her missionary sister's accounts of the Middle East so she decides to take a cruise to Egypt. She arrives with a new wardrobe and her beloved dachshund, Rosie (not beloved at all by Muslims). Taken in hand by old mid-east hands, she's there on the inside of the 1921 Cairo Peace Conference as the Ottoman Empire is divided up into the colonies and then nations we now recognize.

Author Russell gracefully combines real history with a fictional "ugly duckling turns into swan" plot with an extremely likeable protagonist. Educational as well as entertaining!

Barbara Mertz: *Red Land, Black Land*. (Wm. Morrow, ISBN 978-0-06-125274-7)

While Ms. Mertz is better known to most of us as Elizabeth Peters, writer of the Amelia Peabody mysteries of Victorian archeologists working in Egypt, Dr. Mertz holds a Ph.D. in Egyptology and delights in excavations of ancient Egyptians.

This is the updated volume describing the daily life of ancient Egyptians, not just the rulers, incorporating the latest discoveries. Dr. Mertz's writing style is that of a conversation she is having with the reader rather than a professorial lecture.

Julia Fox: *Jane Boleyn* (print edition from Ballantine; audio edition from Random House Audio Books,

ISBN 978-7393-5879-5) Read on 5 compact discs by Jenny Sterlin.

British youngsters know Jane Boleyn as The Infamous Lady Rochester, responsible for the executions of her husband George and two Queens of Britain (Anne Boleyn and Catherine Howard) and the myriad "small fry" swept up in Henry VIII's quest for sons to continue his line.

Historian Julia Fox presents an alternative view, buttressed by original research, in this lively account of the turbulent period as seen through Jane Boleyn's eyes. As a member of the minor nobility married to Anne's brother George, she held a position as a Queen's lady in waiting as George rose in the Privy Council.

The story of Henry VIII's six wives is well-known, but that of Jane Boleyn has been based primarily on rumors and myths through the prism of divine right of kings. Julia Fox's account uses much primary source material and is lively and well-paced.

Stephanie Laurens: *Where the Heart Leads* (Wm. Morrow, ISBN 978-0-06-124339-4)

This romance/mystery novel is set in Regency England. Barnaby Adair, confirmed bachelor member of the haute ton, is known to be intrigued with mysteries and has assisted the authorities in bringing members of his social class to justice.

His assistance is requested—nay, demanded, by Penelope Cynster, director of an orphanage for boys. She, too, has no interest in marriage; she's too busy managing the academic and vocational programs, prodding the wealthy for contributions, etc.

The orphanage has such a good reputation that when parents know they are dying, they make arrangements for their boys to enroll when the end comes. Four such boys have been picked up by an impersonator and have not been heard of since. And burglaries among the upper classes are rising.

Who is grabbing the lads and training them? Someone is "casing" the elegant homes in advance. Who?

And where are they being held? (And to this reviewer, what happens to orphaned girls?)

Inevitably, Barnaby and Penelope find they aren't as immune to romance as they thought they were.

Louise Ure: *The Fault Tree* (St. Martin's Minotaur, ISBN 9778-0-312-37565-0)

Arizona car mechanic Cadence Moran lost her sight in an auto accident eight years ago, a crash that killed her little niece. She has adjusted well, returning to her job in a garage large enough for her to work on engine problems touch and hearing can solve.

Her home is within walking distance, and as she is heading that way after a long work day she is almost run down. Road rage? Drunken driver?

Actually, it's the killer of her neighbor, who doesn't know Cadence is blind. (She uses a cane carved by her brother instead of the regular white.) He thinks she can identify him.

This tale is like a roller coaster—it chugs up the first incline giving you the background of the principal players, pauses briefly at the top, and then careens downhill gathering speed as it goes, threatening to fly off at every curve.

So many characters, all drawn magnificently! And what complex plot turns!

Maggie Callanan: *Final Journeys* (Bantam, ISBN 978-0-553-80367-9)

Author Callanan has more than two decades' experience as a hospice nurse, and brings the lessons learned into the practical guide for bringing care and comfort at the end of life.

There have been many changes and improvements in hospice care, and unless you are in the field as Callanan is, you are unlikely to know all. Palliative care, for instance, now means the dying do not need to suffer.

The central theme of each short chapter is explained, examples from her memory given, and the bottom line empathized.

Recommended highly for patient and caregiver alike!

Lyn Hamilton: *The Chinese Alchemist* (Berkley Prime Crime, ISBN 978-0-425-21395-7)

Eleventh in the archeological mysteries with Laura McClintoch, Toronto antiques dealer.

This time Laura is asked to attend an auction and buy a silver box (originally a set of three nesting boxes) from the 8th century T'ang dynasty. The box is withdrawn literally at the last moment, but later shows up in the catalog for a Beijing auction. Laura is sent out again, but this time the box is stolen in a brazen daylight theft.

In flashbacks, the original owner is an herbalist for the royal concubines. In constantly experimenting with herbs, spices, and minerals she thinks she may have discovered a substance to give immortality. She has the recipe engraved on the interior bottom of the boxes. So the boxes are not only works of art but pharmaceutically of immense value.

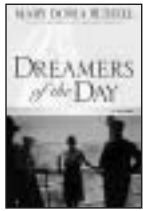
Laura isn't the only one interested. Her lack of Chinese language is an impediment as she finds herself in a new environment searching for clues as someone seems intent on eliminating a rival.

Hamilton always word-paints her exotic settings incredibly realistically, and slips in the extensive research she must have done unobtrusively in a spell-binding tale!

Tom Brokaw: *Boom!* (Regular print, large print, audio editions by Random House, ISBN 978-0-7393-4075-2)

What Brokaw did for The Greatest Generation he now does for the Boomers, those born after the Second World War, 1945-64. This is Brokaw's own generation, and he was a respected journalist for many of these years. Tumultuous years indeed, and Brokaw's insights into the impact this generation has had, and will continue to have, on our country should start many a conversation.

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



# Acting superb in 'National Treasure: Book of Secrets'

By Esther Luttrell

**National Treasure: Book of Secrets** Starring Nicholas Cage, Jon Voight, Ed Harris. Produced by Jerry Bruckheimer Films, Saturn Films, Walt Disney Pictures

*Treasure Hunter Benjamin Franklin Gates looks to discover the truth behind the assassination of Abraham Lincoln, by uncovering the mystery within the 18 pages missing from assassin John Wilkes Booth's diary (quote source: International Movie Data Base Pro)*

I have sat through many a dreary two hours, sorting through all manner of rubbish, subjecting myself to tortures nearly beyond human endurance, searching for one tiny cinematic gem I could recommend to you—and I found it.

I approached the movie theater on that Friday afternoon with the same sense of dread I approach all of today's movies. I did not want to go. I really, really did not want to go. But duty called and so did the editor; deadline was fast approaching for this column. Armed with a mountain of popcorn and the will to sit it out, no matter the consequences, I plunked myself into a plush seat in a dark theater and hoped for the best. And the best is exactly what I got.

Nicholas Cage plays Benjamin Franklin Gates, a man searching for a lost book containing secrets behind the Lincoln assassination. His ex-girlfriend (Diane Kruger) joins in out of intellectual curiosity. His father (Jon Voight) comes along because he is a world renowned authority on matters of history, an authority equaled only by his college professor ex-wife (Helen Mirren), who is forced into the adventure by Gates' rival (Ed Harris). Their

quest takes them into the White House, Queen Elizabeth's private office, through the streets of Paris on one of the wildest car chases since *The French Connection* (bear with it; it's a silly bit of business that eventually ends and the movie gets merrily underway once more), then up and into Mt. Rushmore.

It's all absurd, of course; the coincidences and the way the little troupe breezes into the Oval Office as easily as they waltz into the Queen's private quarters. The settings are so elaborate that your attention strays every now and then, to contemplate how much the whole thing must have cost (no less than five studios and production companies were involved), but then something delightful happens up there on the screen, and you're back into the story again.

When I was working on *Lobo, the Wolf Boy* at MGM, a man came into my office one morning and handed me a bit of mail that had been mistakenly delivered to his suite across the hall. I figured the lanky, bald fellow in the blue workshirt and wrinkled jeans to be a handyman. Turned out it was Jon Voight. It's nice to see that since then he's fattened up and grown hair. Ed Harris has been my secret love since *Sweet Dreams*, though I've always thought Cage was a bit predictable. He surprised me in this movie. In fact,

the acting was superb all the way around. The cast believed what they were doing and convinced me to believe it, too. The movie has no more substance than did Cary Grant's *North by Northwest*, but it was great to sit through a movie that featured neither language nor violence—and has a happy ending!

**DVD PICK OF THE WEEK:**

*Leave Her to Heaven* starring

Cornel Wilde, Gene Tierney, Jeanne Crain. A drama revolving around jealous, scheming Tierney and those she's determined to destroy through her possessiveness. Beautiful, sensitive performances. Available on video at the Topeka-Shawnee County Public Library.

- Esther Luttrell is a writer who lives in Topeka after 20 years in the Hollywood film industry.

There is no rule that you have to do it all on your own.



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

If you had a headache, you'd take an aspirin, right? The physical and emotional burdens of caring for the aging and terminally ill can take its toll on a patient and their family and friends. Midland Care is here for you, offering a full spectrum of caring solutions, from Adult Day Care to Hospice. Call today or visit our website to learn more.



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# Cocker Spaniel may need veterinary behaviorist

**QUESTION:** I have three dogs, two are normal Bichons and the other is an 18-month-old English Cocker Spaniel. The Cocker is afraid of everything. He's normal with our family, but he's scared around ev-

er boxes. His litter is changed weekly. What can I do? - B.B., Boynton Beach, FL

**ANSWER:** "This cat need to see a veterinarian," says veterinary technologist Julie Shaw, Purdue University College of Veterinary Medicine, West Lafayette, Ind. "This scenario screams a potential health issue, whether it is arthritis or a bowel issue, or any

number of other possibilities."

Behavior therapy you can try is to separate the litter boxes so they are not in the same room. Many cats decide spontaneously, they want one box for number one and another for number two. When boxes are located side by side, the cat generally considers them as one large box. If the cat is going very close to the box, he's

not complaining about the location, but has a concern about the litter. Have you recently changed brands? If so, return to the old favorite.

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

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Steve Dale

eryone and everything else. When people visit, he hides. If you drop anything, he goes off running. What can we do to get him over his fears? - K.Z., Rochester, N.Y.

**ANSWER:** Being this fearful isn't a great way to live. And a veterinary behaviorist is the perfect place to start to determine how you can help your dog. You can find one through the American College of Veterinary Behaviorists, [www.dacvb.org](http://www.dacvb.org). Anti-anxiety medication may help to take the edge off, just enough to make it possible to teach your dog to become more confident. Ultimately, he may even be able to attend a dog training class, which can also boost his confidence. Veterinary behaviorist Dr. Valerie Tynes of Fort Worth, Texas says, "Behaviorists treat dogs like this all the time, and we do help. While your dog may never become a social butterfly, there is hope that he can learn to enjoy life without being so fearful."

Perhaps, when people visit, they can toss little pieces of hot dog toward your pup. However, they shouldn't push your dog by attempting to pet him at this juncture. The bottom line is that until you get help don't force your dog into situations that terrify him. It won't help, except to make him even more anxious and conceivably force him to respond with a bite.

**QUESTION:** My 8-year-old Persian has been defecating on the floor. He does urinate in one of his two lit-

## Lawrence Faith Foursquare Church

**Bishop Seabury Academy, 4120 Clinton Parkway, Lawrence**



Pastor Herbert Eplee



Assistant Pastor Alfonso Orantes

### MY PRAYER TODAY

**God let me be a person who holds up the fallen, and those that are discouraged and give me the wisdom to comfort those who are in need. God has not ordained us to Judge but He has commanded us to love each other. Let us lift up each other, and leave no room for the destroyer to work in our hearts, and do not let Satan have control of the tongue that can be a tool of destruction. It does not matter what you and I think, but the will of God is the tool the Christians should be a master of. Stop and think before you state your opinion about others, we might be destroying someone and the statement may not be repairable. God help us to lift up one another in the Holy Faith and never hurt those who have fallen.**

**If you are new to the area or just wanting to come see what God is doing at Lawrence Faith Foursquare Church, we welcome you to come worship with us. We hope you will make plans to join us this Sunday knowing that you will find a committed family of faith where you and your family can grow in the grace of our Lord Jesus Christ.**

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

# Contemplating the city

Genesis 4:7

**R**ene Silva looked over the city of San Diego, California, from his seventh-story perch. It was the middle of the night. The San Diego harbor looked beautiful. Shimmer-



Reverend  
Alfonso  
Orantes

es into his body, so that his knees penetrated to his groin.

Somehow Rene survived the fall, and after spending many months in the hospital, he recovered and was taken back to his jail cell. The fall, however, had left him several inches shorter.

One evening the prison chaplain, half serious and half jokingly, said to him, "You see, son, sin makes a person smaller."

The truth is sin does make a person smaller. Not necessarily physically, but sin does something to the soul, the heart and the conscience of the sinner. The sinful man shrinks inside. He becomes a moral dwarf. Outwardly, he can appear completely composed, sure of himself, but inside the sinner feels defeated.

We cannot violate the moral and ethical laws of the universe and feel satisfied with ourselves, for they have a dwarfing effect on us. On the other hand, a pure heart, a clean conscience, and a free soul make us increase in size. They grow our moral and spiritual fiber to the height of a giant.

Satan and his schemes make us dwarfs; Jesus and His power make us giants. But it is our decision as to which we will be. Let's choose to be spiritual giants!

- Reverend Alfonso Orantes is with the Lawrence Faith Foursquare Church. For more information, please call (785) 979-0041,

ing lights were dancing off the bay, boats were bobbing up and down in the water, and the tall modern buildings, with brightly-lit windows formed a striking skyline against the dark night.

The multicolored neon lights, turning on and off intermittently, beckoned all gazers to participate in the exhilaration of the nightlife. But Rene's arms were getting tired.

You see, Rene Silva was hanging from a windowsill on the seventh floor of the federal prison, where he had been serving time for drug trafficking. Hanging only by his hands and not being able to lift himself up, he became frightened and froze in place. He couldn't move a muscle!

It only took 30 minutes for his strength to give out, and Rene had to let go. The impact of his body falling seven stories to the ground below forced the bones in his legs 15 inch-

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# Do You Swear?

As far as I was concerned "yuck" was not a swear word, and I didn't think that tearing the label off an empty tin can created indecent exposure, but that was before my alien friend, KB-11.2, filled me in on the finer points of galactic decency.

Kaybe and I were having a soft drink together at The Enchantment, a dingy roadhouse north of Letongaloosa. The Enchantment is the kind of joint that college towns like Letongaloosa must have to qualify



Larry Day

for academic accreditation.

My alien friend Kaybe isn't one of those scary bug-eyed, green-skinned beings that you see in sci-fi movies.. Kaybe looks like a giant tuna fish can. Erector Set® arms sprout from the curved sides of his body, and three spindly metal legs drop from the flat underside of his stainless steel torso. He has ball bearing wheels for feet. Three sensor-eyes wave at you from the ends of floppy antennae on the top of his lid.

No one at The Enchantment even raises an eyebrow when Kaybe rolls in and joins me at one of the back booths. Customers are used to seeing unusual folks around the place.

One night Kaybe and I were chatting in our favorite booth when Recycle Rick came in carrying a big black garbage bag. Rick picks up cans and bottles along the highway. He starts in town and when he gets to the Enchantment he stops in to sort everything. Then he mooches a ride back to town.

Rick is meticulous. He takes the items out of the big bag one by one, tidies them up, and sorts them. Then he puts them into smaller plastic bags. He knows all the recycle rules and regulations.

On the night in question, Recycle Rick came in and set up shop right across from Kaybe and me. The first item he pulled from the bag was covered with mud. "Yuck," said Rick, and wiped away the mud.

"He shouldn't swear like that," said Kaybe.

"Yuck," isn't a swear word," I said.

"It certainly is," said Kaybe. "The Commission on Foul Communica-

tion has banned that word throughout the galaxy. All it would take is a complaint from an alert cosmic citizen and that guy's communication license would be jerked, and he'd face a seventy thousand mazimba fine."

"Recycle Rick doesn't have a communication license," I said.

"Of course he has a communication license," said Kaybe. "Everyone in the galaxy has a communication license. Every word you say goes far beyond these walls. Your words go out into space. Children on other planets could be listening."

"So, if I say, @\$%^ and someone turns me in, I can be censured by the Galactic Commission of Foul Communication?"

"No," said Kaybe.

"Why not?"

"Because '@#%^' isn't a swear word."

"But 'yuck' is?"

"Yes, of course, everyone knows that."

"I didn't know that, and Recycle Rick certainly doesn't. Mild mannered Rick would never swear."

Just then Rick pulled out an empty tomato juice can from his bag and began ripping the label off.

Kaybe rotated away and lowered his antennae with their three sensor-eyes to the table in a gesture of acute embarrassment.

"What's wrong?" I asked.

"You saw that," said Kaybe. "He stripped that tin can bare. It's indecent. I can't look."

"You can look now," I said, "he put it in a sack. You're weird."

Kaybe raised his antennae from the table and winked at me with one of his three sensor-eyes.

"You're jerking me around," I said.

"Guilty as charged," said Kaybe.

"So 'yuck' is not a swear word?"

"Not in this galaxy."

"And there's no Galactic Commission on Foul Communication?"

"Oh there is, but it doesn't concern itself with words like 'yuck.' The Galactic Commission on Foul Communication deals with such reprehensible terms as 'federal regulator,' 'plausible deniability,' 'social justice,' 'politically expedient solutions,' 'federally mandated diversity,' 'combatant rendition,' 'enhanced interrogation techniques,' and the like."

"People on Earth use those terms all the time and the Galactic Commission on Foul Language has never



You're a plugger if you still wear the white plastic belt that came with the last pair of pants you bought.

done anything about it," I said.

"You live on a third-world world," said Kaybe. "The commission doesn't waste its efforts on backward planets like Earth."

"Lucky for us," I said.

"If you say so," said Kaybe."

- 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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**CROSSWORD**

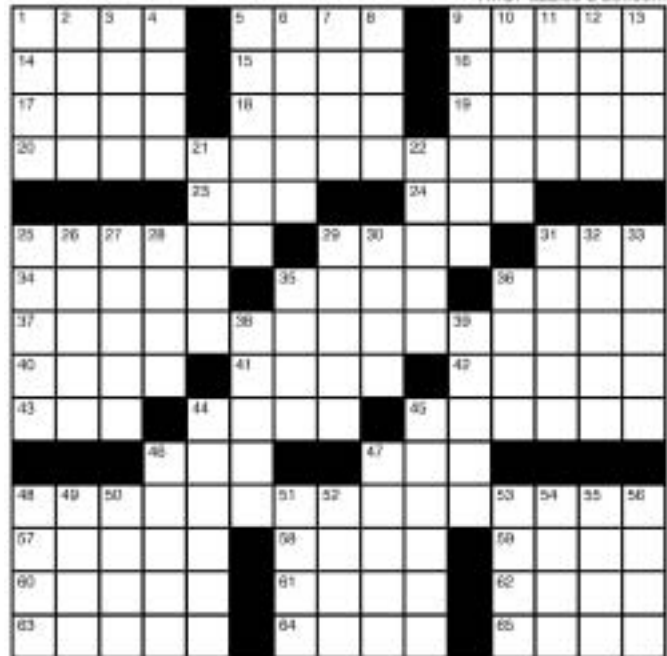
**ACROSS**

- 1 Court crier's word
- 5 Tenting site
- 9 Slalom incline
- 14 Used a shuttle
- 15 One of Adam's sons
- 16 Wreck completely
- 17 Checks out
- 18 Cast a ballot
- 19 Causes turbulence
- 20 Stay put!
- 23 Vein content
- 24 Cool down
- 25 On time
- 29 Grind in a university
- 31 See from afar
- 34 Weird
- 35 Your brothers to your father
- 36 Do farrier's work
- 37 Hold a pose
- 40 Celtic attire
- 41 Porter of note
- 42 Acoustic
- 43 Absolutely!
- 44 Auditorium seating
- 45 Frequency selectors
- 46 Two pool lengths
- 47 Jiffy
- 48 Immobilize
- 57 Florida key
- 58 Prickly pod
- 59 Burn soother
- 60 Broadcasting
- 61 Brainchild

- 62 Stare at stars
- 63 Main ideas
- 64 Stitched together
- 65 Yeses on yaws

**DOWN**

- 1 Was obligated to
- 2 Toy with a string
- 3 Uniform
- 4 Elan
- 5 Frolic
- 6 Beyond's partner
- 7 Apportion (out)
- 8 Entreaty
- 9 Clobbered
- 10 Unattached
- 11 Of the ear
- 12 Lose effectiveness
- 13 Otherwise
- 21 Driven or pedaled bike
- 22 Capital of Belarus
- 25 Irritating
- 26 Fix a knot
- 27 Thesis defenses
- 28 Coin plant
- 29 Tartan fabrics
- 30 In the past
- 31 Robin's Nottingham
- 32 Bear breed
- 33 Makes oneself heard
- 35 Put away gear
- 36 Astonish
- 38 Rifle attachment
- 39 Cranberry condiment
- 44 Sharp-edged instruments



By Diane C. Baldwin  
Columbia, MD

Answers on page 31

- 45 Middle East capital
- 46 On the up-and-up
- 47 Scatter
- 48 Apply the whip
- 49 Indian royalty
- 50 Remarkable times
- 51 Kimono sashes

- 52 Stocking shade
- 53 Epic tale
- 54 Join the game
- 55 Slimy substance
- 56 Jerseys

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**MAGICWORD**

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

**ARTS & CRAFTS (sol: 9 letters)**  
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This Month's Answer: **SCRAPBOOK**

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HARAAAASRTTXHFS  
PCPYWMSEIIATSTS  
AEVISEHDAGMUURO  
RCERAMICSI PROR  
GNITPLUCSDAEBPS

**JUMBLE**

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

FECAH  
GENUB  
DRUSAB  
SLAQUL

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

Answers on page 31

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**TRIVIALITIES**

- Ethan Hawke starred opposite Uma Thurman in this 1997 sci-fi thriller. Name it.
- Who starred as "The Bride" in "Kill Bill: Vol. I"?
- Who directed the 2005 film musical "The Producers"?
- Who won the best actress Oscar in 2003 for her work in "The Hours"?
- Baz Luhrmann directed this 2001 film musical that starred Nicole Kidman and Ewan McGregor. Name it.
- Tom Cruise has been nominated three times for an Oscar. How many times has he won?
- Who directed the 1989 film "Born on the Fourth of July"?

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Answers on page 31

BRIDGE

# Trapped in the end

By Omar Sharif and Tannah Hirsch

Both vulnerable. South deals.

NORTH

- ♠ 7 5
- ♥ A K 10 8 4
- ♦ 6 3
- ♣ K Q 10 6

WEST

- ♠ 10 9 6 2
- ♥ 2
- ♦ K 10 8 7 5 2
- ♣ 7 5

EAST

- ♠ Q
- ♥ Q 9 7 5 3
- ♦ J 9 4
- ♣ J 8 4 2

SOUTH

- ♠ A K J 8 4 3
- ♥ J 6
- ♦ A Q
- ♣ A 9 3

The bidding:

SOUTH	WEST	NORTH	EAST
1♠	Pass	2♥	Pass
3♠	Pass	4♠	Pass
4♦	Pass	4♠	Pass
6♠	Pass	Pass	Pass

Opening lead: Two of ♠

This deal is from a World Open Pairs event. At most tables the contract was six spades, reached on some auction such as the above.

The popular opening lead was a trump. Declarer captured East's queen, crossed to the ace of hearts and drew two more rounds of trumps. Next came a heart. If West followed, declarer would win and try to set up a long heart. If West ruffed, declarer would be able to discard the queen of diamonds on

the king of hearts and claim 12 tricks. When West discarded a diamond, declarer won with the king and ruffed a heart in hand. If West overruffed he would be endplayed, so he discarded another diamond. Declarer simply exited with a trump and, whether West returned a diamond or a club, he would be handing declarer his 12th trick.

At some tables South declared a no-trump slam, both for the higher score and for the chance of setting up either major suit should one not break favorably. Although the slam is inferior as the cards lie, it can be made. A spade lead is safest. Declarer wins, overtakes the jack of hearts with the king to allow for a later finesse (or cashes the remaining high heart if he wants to play for a partial strip), and reverts to spades, throwing West on lead with the fourth spade while discarding a heart and a diamond from the table. Again West must break a minor suit to present South with the fulfilling trick.

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

SUDOKU

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

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

MEDIUM

Solution on page 31



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## Early cast iron woodburning stove is collectible, but condition is key

**QUESTION:** Photos show a parlor stove that belonged to my grandmother. I want to sell it, but don't know what to ask. It is a dear little stove, but it has a crack in the back. -Mary, Houlton, Maine

**ANSWER:** It pains me to tell you this, but a cast iron heating stove or cooking oven with a crack in the back is as useful as a flower vase with a hole. Purely decorative.



Danielle Arnet

The small Arabian Parlor stove No. 1 is indeed a charmer. It appears to be cast iron, perhaps enameled. Photos are not clear. If the blue is enamel and not paint, that's a definite plus. A decorative finial is frosting on the cake. The amount of decoration indicates that this is an early stove. Still, the crack renders it useless as a heating implement.

There are restorers who fix old stoves, provided one is willing to pay. So this stove can sell as a fix-up in addition to as a decorative item. Depends on the buyer.

This is such an attractive stove that

a local auction might sell it for you. Or it can go into online auction on a "pick up" basis. Recent sales of small parlor stoves on eBay have run \$300 to \$500 and more. Book values on enameled small parlor stoves in good condition reach to \$3,000. Why the difference? Because book prices are ballpark, whereas eBay reflects market reality at any given moment.

Whatever selling route you choose, this stove is a good product. Don't let it go cheap. But be upfront about the crack.

**QUESTION:** Please tell me something about my wood burning cast iron cook stove. When I was a little girl, my mother cooked on this stove. Oven doors open on each side. -Wanda, Locust Grove, Okla.

**ANSWER:** Mother may have used it to cook on, but the stove's original purpose was as a laundry stove. Basically a cast iron wood box raised on four cabriole legs, the unit is shorter, simpler and squatter than cast iron cook stoves.

A century or so ago, women heated water on such stoves for washday. After adding soap (home made), they stirred the steeping laundry as they bent over the stove. So much for the "good old days."

The stove seen in a photo appears to be in excellent condition. What a neat memento for youngsters in

the family, to show them how far we have come!

**FYI:** "300 Years of Kitchen Collectibles: 5th Edition" by Linda Campbell Franklin (Krause, \$29.95) includes old cook and parlor stoves. An excellent article by Clifford Boram on how to price antique stoves is included, as is contact info for antique stove sources.

**QUESTION:** I have a first edition of "Sons and Lovers" by D. H. Lawrence. The FFEP has a personalized inscription from the author dated 1921. How do I verify that this is an authentic signature? -Harmon, Tucson, Arizona

**ANSWER:** I see that you use book-speak. To clue readers, FFEP is an acronym for "first free end page," or paper.

You are a smart collector to question that signature. As stated here many times, most celebrity signatures are bogus for a multitude of reasons, from autopen rendered to secretary signed. So, questioning is never wrong.

But your dedication is from a literary figure, and at that, certainly not one in the stratosphere of Ste-

phen King. I'd be leery of a purported early King signature, but a dedication from D. H. Lawrence has a good probability of being true. Still, it's smart to check it out.

The gold standard for accessible autograph info is the Universal Autograph Collectors Club (UACC), a long-time collector/dealer organization. Key [www.uacc.org](http://www.uacc.org) for a list of registered dealers and authenticators. There should be one in your area to give you thumbs up on the Lawrence signature.

Be an even smarter collector and check bookseller sites to see what signed first editions of "Sons and Lovers" bring: Try [www.abebooks.com](http://www.abebooks.com), [www.biblio.com](http://www.biblio.com) or [www.bookfinder.com](http://www.bookfinder.com). Since it is an antiquarian book, also check [www.abaa.org](http://www.abaa.org).

(Danielle Arnet answers questions of general interest in her column. Send e-mail to [smartcollector@comcast.net](mailto: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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call Kevin at 785-841-9417.**

# Pressure cooker chicken soup made simple

By Wolfgang Puck  
Tribune Media Services

I know that a lot of Jewish cooks right now are thinking about chicken soup for their Passover Seders next week. After all, each year at my Spago restaurants in Beverly Hills and Palo Alto, we hold Seders that include big bowls filled with steaming golden broth and matzo balls.

Whatever your faith, chicken soup is worth paying attention to. Few dishes offer more comfort in the form of soul-satisfying flavor and warmth. Down through the years so many cooks have confided in me their own painstaking secrets for successful chicken soup or their memories of how Grandma simmered and skimmed the pot for hours and hours.

So let me reveal a revolutionary concept: You can make some of the best chicken soup ever, for any occasion at any time of year, in a matter of min-

utes and with very little effort or attention. All you need is a pressure cooker.

I've sung the praises of modern pressure cookers before in this column, but it's worth reviewing their benefits. Unlike the hissing, rumbling devices that struck fear into so many cooks a generation ago, today's pressure cookers are safe, convenient, and easy to use, complete with electronically controlled thermostats and timers as well as foolproof seals and safety valves. And, for all their sophistication, they're surprisingly inexpensive and available everywhere from kitchen equipment shops and department stores to the Internet and television shopping channels.

One great thing about using a pressure cooker to make chicken soup is how quickly and powerfully it extracts the essence of the ingredients you use; not a bit of flavor escapes, yielding a rich broth with incredible speed. Even better, the impuri-

ties you have to skim off repeatedly when you simmer soup on the stove don't really form under high pressure so the finished soup comes out beautifully clear.

In the recipe I share here, I replace one of the usual onions with a leek, its mild-tasting cousin, to tone down the pungent impact. I also include parsnip, which adds a pleasing hint of sweetness. And I take the shortcut of starting with canned chicken broth, which gives the soup a wonderful foundation that, once the other ingredients contribute their essences, tastes as good as a long-simmered broth from scratch. (By the way, in the recipe I also include instructions for making the soup on the stove instead of with a pressure cooker.)

If you like, include even more chunks of vegetable and double the amount of chicken for a main-course soup. You can also add rice or noodles, cooked separately. The same approach goes for matzo balls, for which you should feel free to use your favorite recipe, which, for so many people, is the foolproof one on the matzo-meal box.

1 1/2 teaspoons kosher salt, plus more as needed  
Freshly ground black pepper  
1 teaspoon finely grated lemon zest  
1 lemon, thinly sliced, for garnish  
Chopped flat-leaf parsley, for garnish

Put the chicken breast, parsnips, onion, leek, celery, broth, salt, pepper to taste, and lemon zest in a pressure cooker and turn it on to high heat. Secure the lid and bring the pressure cooker to high pressure. Reduce the heat to low and set a timer for 12 minutes.

When the cooking is complete, turn off the heat and release the pressure, following the manufacturer's instructions. Remove the lid. Taste the broth and, if necessary, adjust the seasonings to taste with a little more salt and pepper.

(If you don't have a pressure cooker, you can still make this soup on top of the stove, though the flavors will be slightly less intense. Combine the diced chicken breasts and broth in a soup pot and bring to a simmer over medium heat, repeatedly skimming off and discarding the froth that rises to the surface. Then, add the vegetables, salt, and pepper. Cover the pot, reduce the heat to maintain a bare simmer, and continue cooking for 30 minutes before adjusting the seasonings to taste and completing the recipe instructions.)

Ladle the soup into heated bowls or soup plates. Garnish each bowl with a slice of lemon and a sprinkle of chopped parsley. 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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Wolfgang Puck's Chicken Soup with Parsnips, Celery and Leeks.

PHOTO BY BOB TILA, CHICAGO TRIBUNE

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### PRESSURE COOKER CHICKEN SOUP WITH PARSNIPS, CELERY AND LEEKS

Serves 6

- 1 1/2 pounds skinless, boneless chicken breasts, cut into 1/2-inch dice
- 1/4 pound parsnips, peeled and diced
- 1 medium onion, chopped
- 1 large leek, white and light-green part only, quartered lengthwise, thoroughly rinsed under cold running water, and chopped
- 1 celery stalk, diced
- 6 cups good quality canned low-sodium chicken broth

## Restaurant Guide

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785-232-1111

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



# Home Instead Senior Care under new ownership

The Home Instead Senior Care office in Topeka, whose professional caregivers provide non-medical, in-home services to seniors, was recently purchased by Gail Shaheed.



Shaheed

"Home Instead Senior Care has had a strong presence in this area for more than three years," Shaheed said. "We give seniors what most of them clearly

want—a chance to enjoy a quality life in their own home whether that's a private residence, assisted-living community or care center."

Home Instead Senior Care is the world's leading provider of non-medical, in-home services to seniors with more than 800 independently owned and operated franchises worldwide.

Its caregivers help clients maintain their independence by assisting them with activities of daily living such as meal preparation, laundry, shopping, light housekeeping, driving and incidental transportation.

"Our services are flexible and designed for practically any living ar-

rangement where an older adult simply needs human interaction or help with non-medical, day-to-day activities," she said. "We're available from a few hours a week to 24 hours a day depending on our clients' needs."

Compassion and caring for people are the cornerstones of his business, she said.

"Our mission is to treat people the way we would want to be treated," she said. "We only hire caregivers that we would want to take care of our own family members."

All caregivers are screened, bonded, trained and insured. Moreover, they have a desire to provide the world's finest senior care, she said.

"Many are retired professionals or stay-at-home moms who work for unselfish reasons, in addition to earning a paycheck," said Shaheed. "We look for caregivers with a passion for giving."

Shaheed, who holds a bachelor's degree in journalism and mass communications from the University of Iowa, has experience in management and sales.

"I had been looking into some avenues to address aging population issues and this seemed to be a per-

fect fit," she said. "My parents and grandparents are in this demographic so it's of keen interest to us."

For more information about job opportunities or company services, call (785) 272-6101 or visit the

company's Web site at [www.homeinstead.com/584](http://www.homeinstead.com/584).

Home Instead Senior Care is the world's largest source of companionship and non-medical home care services for aging adults.

## SUDOKU SOLUTION

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

## CROSSWORD SOLUTION

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## JUMBLE ANSWERS

Jumbles: CHAFE BEGUN ABSURD SQUALL

Answer: The comedy contestant was so bad, they said his routine was - "LAUGHABLE"

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## TRIVIALITIES ANSWERS

1. "Gattaca" 2. Uma Thurman 3. Susan Stroman 4. Nicole Kidman 5. "Moulin Rouge" 6. None 7. Oliver Stone

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- ♥ Volunteering can improve self-confidence and self-esteem, which helps reduce blood pressure and improves immune function.

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