

Kaw Valley Senior Monthly

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August 2006

Serving Active Seniors in the Lawrence-Topeka Area

Vol. 6, No. 2

INSIDE



Robin Goff, founder of The Light Center, believes we need to listen to the world's grandmothers. - page 18



Humorist Larry Day has an encounter with Robo Shopping. - page 15

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FREE



SENIOR profile

Trudy McFarland

KEVIN GROENHAGEN PHOTO

McFarland publishes her mother's 'diary'

By Kevin Groenhagen

While many Topekans have enjoyed great food and service at McFarland's Restaurant during the past seven decades, few know the whole story about the restaurant's founders. Thanks to Trudy McFarland, there is now a written record that describes how Barbara Francesca Claudina Wagner and Edward McFarland met, why they settled in Topeka, and how they and their family lived and built their business.

"I wanted to write my mother's

story for years, but never got around to it," Trudy said. "Then I took a memoir-writing class in 2001 with Dr. Bob Carey. One day I got to thinking about how I would present her story. Then it hit me. Why not write it in diary form and let her tell her own story?"

Barbara never actually kept a diary, but Trudy remembered her many stories about growing up in Germany, meeting her father, and coming to America.

Over a period of about five years, Trudy wrote segments of the diary in longhand, and then typed them on

her computer. Last April, she published her 474-page book, *Diary of a German War Bride*.

Diary of a German War Bride begins with Barbara receiving a diary as a gift for her seventh birthday in 1910. Barbara spends the next decade writing about her stern father, Carl Hans Jacob Wagner, a college professor whose first cousin was the composer Richard Wagner, her two sisters and three brothers, and, of course, her mother, who must lead the family through war and hardship after her father dies in 1912.

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McFarland

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Barbara's life takes a fateful turn shortly after the Allies defeated Germany in World War I.

"The U.S. Army of Occupation asked the German people to open their rooms for the American soldiers in Coblenz, where my mother's family lived," Trudy said. "My grandmother gave up a room to an American soldier because her three sons on the German side were not back from the war yet. That winter of 1919 and 1920 was one of the coldest winters they ever had. They could heat only the kitchen, so my grandmother asked my mother, who had taken English in school, to ask the young American if he would like to come to the kitchen and get warm. So my mother went to his room, he opened the door, took one look at her beautiful skin and long, blonde hair, and he fell in love at first sight."

It wasn't long before "Mac," the young cowboy raised in New Mexico and Arizona, was courting the late professor's daughter.

"My mother's three brothers finally came home, but they didn't care much for my dad because he was courting my mother," Trudy said. "But they tolerated him because he was feeding them."

Mac returned to the barracks at about the same time the brothers returned from the war. However, he continued to visit the Wagner household. During a visit in June 1920, he had a question for Barbara's mother.

"He asked for my mother's hand in marriage," Trudy said. "My grandmother consented because she really liked him. My parents had to be married four times—by a German priest, German authorities, an American minister, and American authorities. The American authorities said no German girl could marry an American boy unless she was four months pregnant. My grandmother wasn't going to go along with that, so she secretly went to their priest and he married them. They then got married by an American minister and American authorities after my mother was four months pregnant."

In February 1922 Mac told Barbara he was being sent back to America.

"They had already had my older brother, Carl, and, although they didn't know it at the time, my mother was pregnant with my second brother, Walter," Trudy said. "That was a terrible period for her because she didn't know if he would send for her or not. Many of the German girls

were left with children. The boys never sent for them."

"Dad was discharged from the army and he decided to go to California because some of his family lived there," Trudy continued. "On the way, he stopped here in Topeka to visit his sister. He just fell for Topeka. He thought it would be a really nice place to raise their sons. He wrote my mother and said he had gotten a job in a restaurant on Kansas Avenue. He started saving money to send for my mother, but it took \$500."

Mac earned just \$45 a month at the restaurant and knew it would take a very long time to raise enough to send for his family. After working at the restaurant for just four months, he asked his boss, Mr. Wiseman, for a \$500 loan. Wiseman told Mac the next day that he would loan him the money.

Mac then made arrangements for Barbara, 18-month-old Carl, and five-month-old Walter to travel to the U.S. He also made plans to be in New York when they arrived. After a mix up in New York that kept Barbara and the boys waiting several days for Mac, the family traveled by train to Topeka.

According to Trudy, Barbara developed a greater interest in world events after the toddler son of Charles Lindbergh was kidnapped and murdered in 1932. Trudy shares this interest by recording numerous local, national, and international events throughout *Diary of a German War Bride*. A particular poignant entry involves the flood of 1951 and how the McFarlands, especially Carl and his family, were affected.

With Mac working in the restaurant and Barbara taking care of the boys and their new sister, Trudy, the McFarland's lived modestly, but happily. However, by 1934 the Great Depression had taken its toll on Topeka and Mac's monthly salary of \$80 was cut in half. Faced with this crisis, Mac and Barbara decided to start their own business for extra income. They opened McFarland's Bakery and Café in July of that year.

The whole family worked in the café, which had just two booths and six stools at a counter.

"One day when I was nine years old, my older brother and I were

left in the restaurant to run it in the afternoon," Trudy said. "There wasn't any business, so my brother went down the street to see a friend who was working in a filling station. While he was gone, two farmers came in and they wanted steaks. I didn't want to lose that business, so I went back in the kitchen and I fried those steaks. It wasn't until they had eaten that they realized I had done it. After that, every time they came in they wanted me to fry their steaks."

In 1939, Mac sold the little café and moved the restaurant to a building at 7th and Quincy that was once a funeral parlor.

"That's when my parents really started making money and didn't feel destitute anymore," Trudy said.

However, with the success in Topeka came uncertainty back in Europe. Barbara and Trudy visited their family in Germany in 1938, but stopped hearing from them the fol-

lowing year.

"Mother did not hear from her German family for eight years," Trudy said. "She didn't know if they were dead or alive. It was very difficult for her."

The McFarlands later learned that Barbara's mother and sister were put on a train and sent to eastern Germany, where they became prisoners of the Russians. Except for a cousin who contracted tuberculosis while working as a Red Cross nurse, all of Barbara's German relatives survived World War II. Her mother went on to live to the age of 98.

Carl and Walter also made it through the war, and eventually opened their own restaurant at 931 Kansas. In 1957 they leased a building at 21st and Washburn, and worked in their parents' restaurant with Trudy until the new location was ready. Mac decided he would sell his restaurant when the sons'

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Editor and Publisher
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MAIL

2612 Cranley St.
Lawrence, KS 66046



PHONE

785-841-9417



E-MAIL

kevin@seniormonthly.net



FAX

785-749-4691

McFarland

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restaurant opened.

According to Trudy, the McFarland family operated restaurants at a minimum of 10 different locations since they opened the little bakery and café in 1934. Carl and Walt moved the restaurant to its current location in Gage Shopping Center in 1968. Walt's son, Walt Jr., is the current owner.

After becoming a widow in 1951 and a divorcée in 1957, Trudy and her three daughters went on vacation to New Mexico. They fell in love with Hobbs, N.M., and decided to move there. However, they returned to Topeka after just a year. Trudy remarried in 1960, moved her family back to New Mexico, and had a son in 1961. During the next 25 years, the family also lived in New York, New Jersey, Texas and Louisiana.

Trudy and her husband returned to Topeka in November 1987 to take care of her parents. Barbara's diary ends just four months later, as she takes her last breath. Trudy continued to take care of Mac until he passed away eight years later. Carl and Walter died in 2002 and 2005, respectively.

Trudy worked at Merle Norman Cosmetics in Topeka for 12 years until she retired at the age of 75. She has been a member of the Kansas Authors Club (KAC), which meets once a month at McFarland's Restaurant, for several years. She has entered *Diary of a German War Bride* in KAC's J. Donald Coffin Award con-

test. The winner will be announced in October.

Trudy says she would also like to tell her father's story. He was born in New Mexico's Capitan Mountains, where he father was a cook on a ranch. The young McFarland actually witnessed the burning of Columbus, N.M., during Pancho Villa's

cross-border attack in 1916.

Diary of a German War Bride can be purchased in Topeka at McFarland's Restaurant, Merle Norman Cosmetics, Collective Art Gallery, Southwind Gallery, Chandler Booktique in the Topeka and Shawnee County Public Library, and La Valley Chiropractic.

Want to publish your own memoirs?

By Kevin Groenhagen

If you're interested in writing your own memoirs, you, like Trudy McFarland, might consider taking a memoirs-writing class with Dr. Bob Carey. Carey's class is offered through Lowman United Methodist Church's Learning Ventures. For more information, call (785) 272-8921 or e-mail dculley@lowmanumc.org.

McFarland had 300 copies of *Diary of a German War Bride* printed at a considerable cost. However, the McFarland family is well-known in Topeka and, as of mid-July, she had sold 174 copies of her book.

If you would like to write your own book and share it with a smaller number of friends and family members, there is at least one option that

allows you to do so without a large financial investment.

According to the June 2006 issue of *Business 2.0*, Bob Young, the 51-year-old co-founder of open-source pioneer Red Hat, became frustrated with the publishing industry after he wrote a book about Red Hat in 1999. That experience led him to launch Lulu.com.

Lulu offers print-on-demand services and provides a marketplace to

make it easier for authors to sell their books. There is no fee for any of the basic services Lulu provides. The first expense associated with the services is the production cost of the first copy of a book that is ordered.

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Monument business sees changes over past century

By Billie David

Topeka-based Hutton Monuments is one of the oldest continuous monument businesses in Kansas as well as one of the largest in the state. And speaking of age, one of its earliest owners, Arthur Hutton, got his start in the monument industry at the tender age of eight, when he dropped out of school in the second grade in order to go to work.

Chris Hutton, the current owner of Hutton Monuments, said of his grandfather, "He was born in Alma, and after his mother died he went to Topeka to live with his dad. When he was about eight years old, he started working at Vermont Marble in Topeka—probably doing things like sweeping the floor."

That was in the late 1880s. At that time, Vermont Marble was owned by a German stonemason named Schroeder, who founded the busi-

ness in 1873.

"My grandfather took over the business at the turn of the century," Chris said. "He and a man by the name of Van Nice bought Schroeder out, and then Grandfather bought Van Nice out."

The business has been in Hutton hands ever since. And it has grown and expanded during its 133 years of existence to include branches in Lawrence, Hoyt, Meriden, Holton, Onaga, Horton, Highland, Oskaloosa and Hiawatha. (Hutton Monuments played only a very minor role in the installation of the remarkable Davis monuments in the Hiawatha cemetery, Chris said, but Arthur Hutton was a friend of the man who sold the work to Mr. Davis.)

Over the years, Hutton Monuments has not only made cemetery-type monuments but has worked on other notable projects as well. Some of its more recent accomplishments include involvement in the reno-



Arthur Hutton and his crew work on a mausoleum at the Topeka Cemetery, circa 1899.

vation of the Union Pacific Depot in Topeka and in the building of the patio honoring Phog Allen that is located at the east entrance of Allen Fieldhouse. In addition, Hutton Monuments recently completed a large monument for the State Hospital in Topeka where 1,100 peo-

ple who died as patients were not claimed by their families because of the stigma associated with mental illness at the time and were buried in unmarked graves in an area of the hospital grounds.

Other work has been of a vol-

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Hutton

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untary nature, including repairing damage done to tombstones by vandals and tornadoes and straightening tombstones that, because of their inadequate foundations, have a tendency to lean.

"We do it for free," Chris said. "We did a six- or seven-year project in Eudora, where we straightened leaning tombstones."

As for Hutton monuments, "We put a lot of foundation under them and they are guaranteed forever. My grandfather Hutton was big on foundations," Chris said.

The monument business has also seen changes over the years. For example, in the 19th century, it was a common practice for people to spend more time at the cemetery.

"People would have picnics on their grandma's or grandpa's grave," Chris said. "They spent a lot more time in the cemetery, so the stone was important because more people saw it."

The monuments themselves have changed over the years as well. "The stones put out in the late 19th century were big, but they didn't have much information on them," Chris said. "Now we do everything—faces, trucks, cars, pets—instead of just

'Jones, Mary and Bill' and the dates."

The change has come about in part because of changes in technology, he explained. One hundred and twenty years ago, everything was done with a hammer and chisel. Then air hammers were used and were subsequently replaced by sand blasters at the turn of the century. Today, with etching techniques that were introduced 20 years ago, fine lines that resemble pen-and-ink drawings are possible.

"There's a new process now where it's done by machine, but we still do it by hand," Chris said.

Examples of these monuments can be seen at the company's Web site at www.huttonmonuments.com.

Although Chris grew up around the monument industry, he didn't originally set out to work in it. With an interest in antiques, he opened some coin shops in Topeka, after which he opened a couple of pawnshops.

"I was going to college, working at Hutton and owned two coin shops at the age of 17," he said.

After attending law school, Chris began working in real estate and helped start Topeka's Wood Valley Racket Club. He has been in the monument business for 32 years and in 1979 bought Lawrence Monument, which was the only monument business in Lawrence at the



Chris Hutton with the statue of Phog Allen. Hutton Monuments installed memorial granite tiles on the patio outside Allen Fieldhouse.

time. He moved Lawrence Monument into the Lawrence Funeral Chapel building at Sixth Street and Monterey Way in 2002.



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PUBLISHER'S COLUMN

Senior Monthly: We're not just in Kansas anymore

By Kevin Groenhagen

During the five years of publishing *Kaw Valley Senior Monthly* in northeast Kansas, my father would occasionally say that he wished he could help me with *Senior Monthly* after he retired. However, he was born and raised in northwest Illinois and didn't want to make the move to Kansas.

Last fall I jokingly suggested to my father that I should start a *Senior Monthly* in Illinois. Eventually, I started giving the "joke" serious consideration. During the week of July 17, my father and I distributed copies of the first issue of *Rock Valley Senior Monthly* in 13 towns in northwest Illinois.

Our first Senior Profile in *Rock Valley Senior Monthly* is on Howard Fox, a retired forester in Oregon, Ill. Ironically, while doing a Google search to learn more about Fox prior to our interview, I found an April 4, 2005 article in the *Lawrence (Kan.) Jour-*

nal-World. Melissa Lee of the University of Nebraska had interviewed Fox for a special section marking the 40th anniversary of Truman Capote's *In Cold Blood*. Capote's book dealt with the murders of Herb and Bonnie Clutter and their daughter, Nancy, and son, Kenyon, in Holcomb, Kan., in 1959.

Fox, who was raised on a homestead near Rozel, Kan., is Bonnie Clutter's brother.

I asked no questions about the murders during my interview with Fox. Instead, we focused on how he left the Great Plains of Kansas to lead former Illinois Gov. Frank Lowden's reforestation efforts along the Rock River. We also covered his volunteer activities, including his mission work in Africa and South America.

If you would like to read the article on Fox, please visit www.seniormonthly.net and enter the *Rock Valley Senior Monthly* section.

You may have notice that I gave Academy Award-nominated actress Joan Allen a longer "bio" than usual in this month's Nostalgia Notebook (page 28). I have also included Nostalgia Notebook in *Rock Valley Senior Monthly*. Allen was actually born in Rochelle, Ill. (as was yours truly), which is in *Rock Valley Senior Monthly's* distribution area. Not too many celebrities were born in that area, so I consider the coincidence of having Allen in the first issue of *Rock Valley Senior Monthly* a good sign.

Another city in the distribution area is Dixon, the hometown of President Ronald Reagan. Dixon is currently represented by Speaker of the House Dennis Hastert. Hastert also represents DeKalb, where, in 1873, Joseph Glidden invented barbed wire. In between Oregon and Dixon is the village of Grand Detour, where John Deere, the developer of the first American cast steel plow, set

up his blacksmith shop. I remember as a boy reading my grandfather's copy of Alistair Cooke's *America*. According to Cooke, three things—the windmill, the steel plow, and barbed wire—were essential in the lives of homesteaders. It was with a sense of pride that I noted that two of those things were developed in northwest Illinois. (Wikipedia notes that windmills were first built in Persia to grind grain around the seventh century AD.)

While *Senior Monthly* is now being distributed in Illinois, I have no plans to leave Kansas. *Rock Valley Senior Monthly* will be put together in our Lawrence office, sent to a press in northwest Illinois, and then distributed by my father. Meanwhile, I will continue to work on growing and improving *Kaw Valley Senior Monthly* here in northeast Kansas. As always, I welcome your feedback regarding that growth and improvement.



Howard Fox

JOHN BOEHM/STAFF PHOTO

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PERSONAL FINANCE

Consider these 'words of wisdom' about investing

Many of us are inspired by great quotations. And you can find plenty of them related to investing. Let's take a look at some of these quotes to determine what they may have to offer us.



Harley Catlin and Ryan Catlin

"The four most dangerous words in investing are: 'This time it's different.'" — Sir John Templeton, legendary investor and philanthropist

Templeton points out that many investors tend to repeat their mistakes — or the mistakes of others. For example, has the Enron debacle taught us to not put too much money in company stock? After all, Enron employees who participated

in their company's 401(k) plan had invested about 58 percent of their assets in Enron stock when it lost almost all its value during 2001. Yet today, many people are still "overloading" their 401(k)s with company stock.

Of course, Enron was an extreme example. Still, any company's stock can fluctuate in value. And if these fluctuations are significant and occur at the wrong time — such as when you're retired and want to start taking distributions from your 401(k) — you could take some "hits."

As Templeton says, simply hoping that bad things won't happen again is not a sound investment strategy. Pay attention to mistakes — and learn from them.

"The individual investor should act consistently as an investor and not as a speculator." — Benjamin Graham, author and economist

An investor looks for good investments that are reasonably priced, while a speculator "bets" on risky ve-

hicles. An investor holds high-quality stocks for the long term and anticipates gradual price appreciation. But speculators hope for rapid gains, so they can sell quickly and move on to their next gamble. Sometimes they win, and sometimes they lose.

If you want to achieve your long-term financial goals, you might want to heed Graham's advice: Be an investor, not a speculator.

"We simply attempt to be fearful when others are greedy and to be greedy only when others are fearful." — Warren Buffett, well-known investor

How do people act greedy? By chasing after "hot" stocks in hopes of ever-higher gains — even if the stock prices are not supported by earnings and other key fundamentals. How do investors express their fear? By trying to "cut their losses" through selling stocks when the price drops — even if the stocks still offer good long-term growth potential.

As his quote suggests, Buffett has achieved his tremendous success by doing just the opposite. If he can find no good reasons for a stock to be "hot," he probably won't buy it. And if a good stock's price is temporarily depressed, he'll jump in enthusiastically, because he recognizes a bargain.

In short, Buffett likes to "buy low

and sell high." And that's good advice for all of us.

Going beyond the Quotes

As we've seen, some investment-related quotes can impart genuine wisdom. But you can't always make investment decisions just on the basis of pithy sayings. Your financial picture is not exactly like anyone else's, so you will need to create investment strategies that are tailored to your needs, goals and preferences. You may benefit from working with a financial professional who knows your situation and can recommend appropriate solutions.

So, listen to the words of experience — but let your own voice be your true guide.

— 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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DEAR PHARMACIST

Mate of a snorer? These tips might help

By Suzy Cohen, R.Ph.
Tribune Media Services

QUESTION: Is there a medicine to help my snoring husband shut up? He keeps me up all night! What causes this anyway? — O.S., New York City

ANSWER: When you inhale during sleep, air enters your nose or mouth, then passes through the back of the roof of your mouth toward your lungs. On its way, the air whizzes by many parts of the passageway, including tonsils, adenoids and the soft palate (uvula). If any part of the passageway becomes blocked or restricted, air travel is hindered and tissues of the airway begin to vibrate, causing snoring. In elderly people, the soft palate tends to sag and get floppy. Extra weight causes a similar problem.

If your partner sounds like a bloodhound with clogged sinuses, and he chokes or gags while snor-

ing, he may have a condition called obstructive sleep apnea, which is serious and may require a medical device called a CPAP (Continuous Positive Airway Pressure). Some CPAPs look like big facemasks and others are less bulky; they are worth it for the good night's rest you get.

Snoring can be a sign of other problems, such as bronchitis. If you snore, you have a higher risk for heart disease and diabetes.

Some people snore all their lives and have no major underlying reason for it. Others snore seasonally, e.g., when pollen counts are high and their bodies are creating a lot of mucus. This can be a Catch-22, since antihistamines aren't generally recommended for snorers because they relax the throat muscles, which contributes to the nighttime clatter. Since your throat may dry out during the night, some over-the-counter throat sprays containing essential oils or lubricants would be helpful.

Losing weight is helpful, too; doing so cures snoring for many people. Sleep on your side rather than your back and don't drink beverages that create mucus in the mouth, such as milk (or even soy milk).

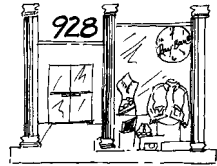
You can always try those Breathe Right strips or a product called Snore Stop. There's also a cool ring you wear on your pinky finger that puts pressure on an acupuncture point, which supposedly quiets the clamor. If you try this, let me know if it really works. The Web site to learn more about this is www.snoremore.net.

Snorers with fundamental problems that can't be easily remedied can try such procedures as LAUP (Laser Assisted Uvulopalatoplasty) and the Pillar Procedure. We can talk all day about tips to help a snorer, but it's usually the partner who deals with the racket and the accompanying insomnia while the noisy one seems to sleep just fine. If jabbing and poking—or any of my tips—don't help, get earplugs and make him sleep in another room!

DID YOU KNOW? The spice cardamom has been used in traditional Chinese and Indian medicine for 3,000 years to relieve coughs, abdominal pain, spasm and urine retention.

This information is not intended to treat, cure or diagnose your condition. Suzy Cohen is a registered pharmacist. To contact her, visit www.dearpharmacist.com.

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HEALTH & FITNESS

Seven healthy habits

People collect all kinds of things. Personally, I collect tips for healthier living. Nothing fancy—no parables or proverbs—just nuggets of wisdom that make a difference in everyday life. In my work as a health professional, I share these tips with patients all the time. Here are seven of my favorites.



Laura Bennetts

Keep information handy

A computer can help keep your health records handy. Type a list of your medications, your allergies and your health diagnoses, and then reduce the type size to 8 (with two inch margins). Print this list, cut it out (it should be about the size of a credit card) and put it in your wallet. You can update this list anytime you want and you can share it with your doctor or pharmacist or anyone else who needs to see it. If the print is hard to read, you can carry a key-chain magnifying glass or print an enlarged copy on a photocopy machine.

Don't wait until Friday

If you think you may need to see a doctor, call immediately. Talk to a nurse to see if your problem warrants swift action. If so, see your doctor before the weekend. Otherwise, you may wind up racing to the emergency room on Saturday or Sunday.

Keep your feet happy

This advice is just as good today as it was when I wanted to buy Keds and my mom insisted that I get oxfords.

And luckily we have more options than ever these days in the "good shoe" category. You want shoes that fit in width as well as length, with real arch support. If you're not sure about some particular shoe, try this: Take the shoe and try to fold it in half lengthwise by pressing the toe towards the heel. If it does, it is not a good supportive shoe for everyday wear.

Don't take it too easy

Sometimes when people are injured they think they should stay entirely off their feet. That can be a mistake. Every day that you stay in bed, you lose 2 percent of your total strength. And time spent needlessly in a chair or wheel chair can also be debilitating. If your foot is injured, it's often better to walk with a crutch or a walker than to stay in bed. If you're weak from lack of exercise, then you should exercise, not just rest. If you're ill, get medical help quickly—don't just wait to recover. Waiting for pain to dissipate and toughing it out can mean that your body gets weaker and weaker while you wait. Regaining strength through exercise is important to improving your health.

Equipment makes you independent

People often resist using assistive devices, fearful that using a crutch or a cane will weaken them. But the opposite is often true. If using a cane or a crutch helps you to be more active, you'll end up stronger, not weaker. This shouldn't be surprising. We often use devices that help us move around and get jobs done. When you use a riding lawnmower, you find that you can do more in less time. If you use a cane, you can walk farther with less risk of falling. If a knee brace helps you walk without pain, you'll

be more active, and your knee will grow stronger. Of course, this only works if you get the right equipment. If your father was a foot taller than you, his cane will be too tall for you. (And remember to use your cane in the hand opposite your painful leg.)

Age is no excuse

An old man was told that he shouldn't worry about the pain in his left leg. "At your age, you should expect some aches and pains," he was told.

"Then why doesn't my right leg hurt?" he asked. "It's the same age." He had a point. If your joints ache, your bladder leaks, you have trouble sleeping or constant pain, don't blame your age. Many of your other limbs and organs are functioning just fine, and they're just as old as the ailing parts. Seek your doctor's advice and don't be shy about your concerns...really tell your doctor everything. Make a list of your concerns and be ready to see your doctor as often as needed to address your problems properly.

Sit up straight

Many of the most common aches and pains are caused by poor posture. So if your neck hurts, or you have back pain, you should check your posture to see if you're causing your own pain. Of course, it can be

hard to check your own posture. So use a mirror or get input from a friend. And remember, always sit in supportive chairs and avoid squishy couches that cause you to slouch. And if you find yourself standing for a lengthy period (waiting in line or at a party) you will soon begin to slouch as your muscles tire of holding still. In situations like these, you should lean gently against a wall or a grocery cart, or walk around a little.

Remember...

Little changes in your daily routines can have big effects. So before you rush out to buy new products that promise to solve your problem for you, see what you can do for yourself. Ask a friend, or seek advice from someone in the know. A timely tip can have tiptop results.

- Laura Bennetts MS PT, is a physical therapist and the co-owner of Lawrence Therapy Services LLC (785-842-0656) and Baldwin Therapy Services (785-594-3162). Both clinics offer Physical Therapy, Occupational Therapy, Speech Therapy, Massage Therapy and Marriage and Family Therapy throughout Douglas County. The clinics are also certified Anodyne Neuropathy Care Centers. If you have questions for Laura, please write to her c/o laurabennetts@hotmail.com.



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Preventing heat exhaustion

As Kansas enters the summer months the temperature start to rise. This is a prime time for people to forget how easily it is to become overheated. Heat exhaustion results from excessive heat and dehydration. Heat exhaustion is a common heat-related illness. Heat exhaustion can quickly progress to

If you suspect someone has heat exhaustion:

1. Move the person into a cool place out of the sun.
2. Loosen any tight-fitting clothing and remove any extra layers of clothing.
3. Encourage the person to drink fluids, such as water, fruit or vegeta-

ble juices.

4. You can help cool off a person by sponging them with cool water.

5. Apply a fan to help cool the skin. **Caution: Don't attempt to reduce the body's temperature with medication.**

In most situations the person will begin to feel better within 30 minutes. If symptoms do not clear up call for emergency medical assistance.

The best way to prevent heat exhaustion is to remember to drink

plenty of fluids and stay well-hydrated. Other ways are as follows:

1. Avoid alcoholic or caffeinated beverages.
2. Avoid being outside during the hottest part of the day.
3. If you have to be outside, wear lightweight and light-colored clothing.
4. Wear a hat or use umbrella.

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

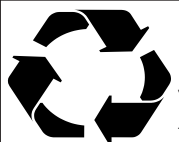


Dr.
Farhang
Khosh

heatstroke when the body's thermoregulatory mechanisms become overwhelmed and fail. Heat stroke is a medical emergency.

Heat exhaustion is a serious illness caused by too much heat. It is caused by overexertion or profuse sweating in a hot, humid environment. Heat exhaustion starts with the accumulation of large quantities of blood in the skin in the body's attempt to increase its cooling efficiency. Usually, this is due to temperature conditions the individual is not accustomed to. This causes a loss of circulating blood volume, which decreases the blood supply to the brain and can cause fainting. While this isn't as serious as heat stroke, the individual should be closely monitored. During prolonged heat waves, like Kansas has recently been experiencing, children and the elderly are at risk. If heat exhaustion is recognized and treated quickly, the effects can easily be reversed. Signs and symptoms of heat exhaustion can include the following:

1. Cold, clammy pale skin
2. Dry tongue
3. Thirst
4. Feelings of weakness or dizziness, often with a headache or nausea
5. Loss of appetite
6. Profuse sweating
7. Severe muscle fatigue
8. Muscle cramping
9. Nausea
10. Increase in body temperature



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



Billie Fisher (left) with her daughter Sandy Phillips

I've been providing home care services for my mom for about two years now. When I first started, knowing how to take care of Mom came easily, but I had no idea how Medicaid benefits worked or that I could get paid for providing her care. Mom chose to self-direct her home care services and picked Windsor Place At-Home Care as her self-direct payroll agent. Now I get paid for providing the services Mom needs, and that makes us both happy. Windsor Place At-Home Care has been great about explaining everything to me. Their staff is very knowledgeable and they are always available to answer my questions."

- Sandy Phillips

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RETIRE SMART

Can Sudoku help your brain stay young?

By Humberto and Georgina Cruz
Tribune Media Service

Addicted? Not quite. But I admit I've spent more than a few hours solving sudoku puzzles, making them even more challenging by doing all the thinking it in my head without jotting any-



Humberto
and
Georgina
Cruz

thing down until I've deduced for sure which number goes on which square.

My personal best: 27 minutes to solve a "Black Belt" sudoku, the highest level of difficulty for the puzzles in my local newspaper. (If the sudoku craze has passed you by and you don't know what I am talking about, check out the Web site www.sudoku.org.uk. Warning: This game, which is about logic, not numbers, can be highly habit-forming).

Quite frankly, I can't tell you whether by tackling sudoku puzzles I am engaging in a stimulating mental exercise that will keep my brain young, or simply frittering away precious time (maybe a little of both?).

Whether solving puzzles, playing chess (another of my hobbies) or learning a new language or a musical instrument keeps us mentally fit longer is, for all we read about it, a matter of far from conclusive scientific debate.

The popular theory today holds that by keeping mentally active, we lower the risk of cognitive impairment such as Alzheimer's disease. But another theory holds we are confusing cause and effect and that people who are already mentally sharp are the ones who tend to pursue these brain-challenging activities.

If scientists don't agree, I am certainly not qualified to take sides.

I do believe — and most of the research I've seen backs up this point — that mental activities sharpen and improve the particular skills we use

to engage in them, at least while we continue to do so. (An excellent Web site to read up on brain health and research is www.dana.org, which includes a link to brain resources for seniors. The Dana Alliance is a not-for-profit organization of more than 250 scientists dedicated to advancing education on brain research).

Personally, I have no doubt that chess has kept my analytical skills sharp and that sudoku exercises my ability — quite useful in life — to discard alternatives that won't work and, by a process of elimination, arrive at the truth.

But most of all, these games are fun (and after solving a particularly difficult sudoku or chess puzzle, I also feel I can handle any problem that may come my way).

Fun and that feeling of confidence and accomplishment, aside from any brain health benefits, are reasons enough I encourage seniors to try these games — or anything new that catches their fancy.

"The most important thing you can do in the pursuit of mental fitness is to keep doing something, anything," said Sandra Cusack and Wendy Thompson, gerontologists and authors of the book "Mental Fitness for Life: 7 Steps to Healthy Aging" (Bull Publishing Company, \$16.95).

I enjoyed this book, which combines years of research with what the authors call "mental dexterity" techniques. Among them: Setting goals that reflect your purpose and passion; using the power of positive thinking (replace "never" in your vocabulary with "perhaps," and then "perhaps" with "yes, definitely!"); and exploring your creativity (whether it be knitting, writing or simply observing life in a different way).

And yes, the authors include puzzles and brainteasers in their book.

Not that we need more. For puzzle lovers, the options for seniors are greater than ever as game makers cash in on a growing interest in brain health.

Two games I've had fun with are Nintendo's Brain Age, a video game that originated in Japan and includes sudoku and more than a dozen other activities (you can also download games), and the hand-held Illu-

minated Sudoku Mega Screen from Hong-Kong based Techno Source. The latter includes more than 2 million puzzles and features an extra large screen with illumination, well suited for seniors with less than perfect eyesight but ever-functioning brains. Both games are available at electronic stores and major retailers.

(Humberto and Georgina Cruz are a husband-and-wife writing team who work together in this column. Send questions and comments to AskHumberto@aol.com, GVCruz@aol.com, or c/o Tribune Media Services, 2225 Kenmore Ave., Suite 114, Buffalo, NY 14207. Personal replies are not possible.)

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PET WORLD

Breed-specific laws do more harm than good

By Steve Dale

Tribune Media Services

QUESTION: I'm a dog groomer and own a boarding kennel. What do you think about breed-specific legislation? — D.D., Indianapolis, IN

ANSWER: I agree with the Centers for Disease Control and Prevention,



Steve Dale

the American Society for the Prevention of Cruelty to Animals (ASPCA), the American Veterinary Medical Association and the Humane Society of the United States, just to mention a few organizations diametrically opposed to breed-specific legislation (BSL). Instead of seeking to blame a breed, I endorse what I believe is a better idea: Look at the factors which prompt dogs to attack, then create laws to address those issues.

Here are most common reasons for serious dog attacks:

—Dogs involved in crime or used as accessories to crime.

—Dogs involved in the particular crime of dog fighting.

—Dogs purchased for the sole purpose of 'protection.'

—Dogs that are tethered. They break through from tethers and create havoc in the neighborhood. Also, a dog's entire disposition often

changes as a result of being tied up.

—Unaltered male dogs, not because they're inherently more aggressive, but because they yearn to roam to meet females. They find ways over or under fences and roam neighborhoods, sometimes threatening people in the process.

—Public complaints about individual dogs are not acted upon by animal control officials or police.

I'm all for laws to enhance public safety by protecting people from any dangerous dog, whether that dog happens to be a Pomeranian, pit bull, poodle or mix of unknown origin. I concede that a pit bull bite can do more harm than a Pomeranian attack, but any dog can attack. Having said that, you're more likely to land in an emergency room because you fell out of bed than due to a dog bite (according to the U.S. Consumer Product Safety Commission, 2003).

Communities with breed bans and restrictions have no fewer problems with dog attacks than other neighborhoods. Since most dogs are considered family members, people with good dogs often move somewhere else when such restrictions are imposed, taking their canines and their incomes to another city. Responsible owners who do stay in the community comply with the rules, while — guess what — gang-bangers flaunt the law. Similarly, reckless people who yearn for a macho dog merely hide their dogs. Without socialization, these dogs are at increased odds of becoming a threat.

The way most breed-restrictive laws are written, the American Staffordshire terrier — a breed as family friendly as they come when well socialized and well bred — would be banned or required to wear a muzzle. (This is the same breed that won Best in Show at Westminster this year. Rufus, a delightful colored bull terrier, has appeared on "Ellen" and "Regis and Kelly.") Some communities don't ban, but automatically deem this breed (or any dog resembling a bull dog) dangerous and require owners to buy expensive insurance. This amounts to a de facto ban, since insurance carriers charge an exorbitant amount for dangerous dogs, particularly if they happen to look like pit bulls. It doesn't matter if an individual dog can pass temperament tests, or even go into nursing homes as a therapy dog.

When I ask dog trainers, breeders and veterinarians — the real experts who work with dogs daily — they overwhelmingly agree that pit bull-type dogs aren't a public safety threat. Groomers also agree.

In Chicago, a task force which I co-chair has crafted ordinances which begin to get at the origin of why any dog may become vicious, and also have developed ways to give animal

control officers and police tools to deal with problem people who have problem dogs. I hope Indianapolis follows our lead, rather than the politically expedient but ineffective route of breed restrictions or breed bans.

You can read testimony I offered against breed-specific restrictions, and more about what we're attempting to do in Chicago at www.stevedalepetworld.com.

QUESTION: My Persian cat is crazy about coffee and is always trying to get at my cup. Is coffee dangerous for cats? — L.H., Chicago, IL

ANSWER: "The dose is the poison," says veterinary toxicologist Dr. Steve Hansen, director of the ASPCA Center for Animal Poison Control, Urbana, IL. "Truth is, a few sips won't hurt a cat. However, drinking a lot of coffee could pose a problem. I'm also concerned that the cat could sip from a scalding hot mug, causing serious burns. This isn't a habit I'd encourage, even if a few sips would do no harm."

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

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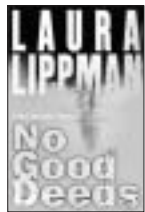


Culinary crafts in fiction and non-fiction

By Margaret Baker

Laura Lippman: *No Good Deeds* (Wm. Morrow, \$24.95, ISBN 0-06-057072-5) *Mystery*

Tess Monaghan, Baltimore private eye, returns in another mystery delving into the human condition.



ADA Gregory Youssef had a meteoric rise. Now he has been murdered, and it appears his personal life may have been more twisted than the folks he was

investigating.

Tess' boyfriend, Crow, is an inveterate do-gooder. When he comes across a cocky street kid, he brings him home for the night. The young man visibly flinches at Youssef's name.

In the morning anything portable of value is gone. When she contacts the FBI about the young hustler's behavior concerning Youssef, no one believes that is all she knows. Crow and the kid must go into hiding, leaving beleaguered Tess to search for the answers.

Gripping story, with Lippman's trademark empathy for characterization in a very fast-paced plot!

Dean Koontz: *The Husband* (regular print by Bantam; large print and audio book by Random House) *Suspense*

Mitchell Rafferty gets a frightening phone call at work—"We have your wife. You can have her back for two million dollars."



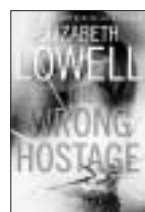
Mitchell and a friend own a two-man gardening service. How in the world can he get that kind of money in 60 hours? Or 60 years, for that matter?

Layer after layer of plot lines unwind, leading the reader down the story of Everyman finding his inner strengths. Riveting!

Elizabeth Lowell: *The Wrong Hostage* (Wm. Morrow, \$24.95, ISBN 0-06-082981-8) *Suspense*

Grace Silva hasn't had an easy life. Orphaned at 13, she's survived poverty to become a respected member of the federal judiciary. She's being vetted for a possible higher position.

She has led a very disciplined life, with one notable exception—marriage to a cad. Even that has a silver lining as Lance is the joy of her life despite his teenage lackadaisical outlook. He's in an exclusive private school in Mexico where Grace hopes



he will develop some focus.

Now he's essentially a hostage, and Grace turns to old boyfriend Joe Faroe, whose company specialized in hostage negotiation.

Collin F. Taylor: *Native American Weapons* (University of Oklahoma Press, \$19.96, ISBN 0-8061-3716-9) *Reference*

This scholarly work details the Native American weaponry in North America from Mexico north, from prehistoric times to the late 19th century. The text is completely understandable to the layman, and the plates and illustrations are truly magnificent. A must read especially if your summer vacation plans include any Indian archeology.

PAPERBACK PICKS

Laura Durham: *For Better or For Hearse* (Avon, \$6.99, ISBN 0-06-073904) *Mystery*

Annabelle Archer plans weddings in the Washington, D.C. area. Not a job for the faint of heart. Daily she deals with temperamental chefs (at those prices, don't call them *Acooks!*), dithering brides, haughty hotel officers. How does one solve the problem of the militant vegan daughter of the very carnivorous parents (who will be paying the bill)? Makes one long for a sturdy ladder and elopement.

Then Chef Henri, who had threatened to chop her into pate, is found impaled on the claws of the ice sculpture. Did Annabelle snap? There's a detective who thinks she'd make a good suspect.

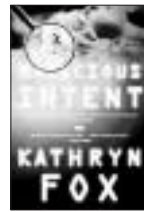
Annabelle has eccentric friends who come to her aid—her mentor, who eclipses Liberace in flamboyance; her elderly and very nosy neighbor; the kilted lead musician of the heavy metal band. Fortunately Chef Henri has lots of enemies; it is a matter of narrowing the field down.

Wonderful characters, witty dialogue, and two romantic leads!

Kathryn Fox: *Malicious Intent* (U.S. edition by Harper Collins, \$13.95, ISBN 0-06-085795-1) *Forensic mystery*

Fox, a general practitioner with an interest in forensics in her native Australia, is introduced to an American audience.

Dr. Anya Crichton, sole forensics examiner in a male-dominated office, needs the work to support herself and son and stave off her ex-husband's attempts to get sole custody. She's successful in a high-profile case which helps get her new business off the ground.



She finds troubling correlations between a rash of apparent suicides. She teams with Detective Sergeant Kate Farrer for the kind of brilliant deductions one expects from a forensics specialist, regardless of country.

If the last sentence of the first chapter doesn't put a chill down your spine, check your pulse.

Casey Daniels: *Don of the Dead* (Avon, \$6.99, ISBN 0-06-082146-9) *Mystery*

Pepper Martin's life has been put on hold. Privileged, educated—all goes when her plastic surgeon father is found guilty of Medicare fraud. Friends desert, and her upper crust financier fiancé backs out. She's got a support herself, and the only job she finds is as tour guide in a famed Cleveland cemetery.

She tripped over the uneven ground and hit her head on a tombstone. Mild concussion, says the hospital. One unusual side effect—she can see and talk to the dead. Especially mobster Augustine A'Gus Scarpetti, who won't leave until he learns who had him shot 30 years ago. And he needs a corporal aide to do that!

A ghostly delight with a hint of romance. Hopefully the first of a new series!

Sandra Balzo: *Uncommon Grounds* (Five Star, \$13.95, ISBN 1-4104-0236) *Mystery*

Miss Marple may do her sleuthing on tea, but Maggy Thorsen functions on coffee. She and two friends are opening the first gourmet coffee shop in the small town of Brookhills, Wisconsin. As she heads to the store for the Grand Opening, she finds Patricia Harper, co-owner, quite dead, electrocuted by the very fancy (and pricey) coffee machine.

Worse, the machine had been rewired, overnight, to guarantee the first latté would be lethal.

This trade paperback is a bit larger and easier to read. Author Balzo has the eclectic characters and the machinations of small town politics down to a fine art!

FOR YOUR EARS ONLY (audio books)

Julia Child and Alex Prud'homme: *My Life in France* (Random House Audio, \$27.95, 4 cds, ISBN 0-7393-2526-4) *Memoir*

Captivating account by American premier chef of her introduction to French culture and food. Julia Child's television program on Boston's PBS made this elegant gastronomical world understandable, and this stands as a loving memorial. Ms. Child died in 2004.

Laura Equirel: *Like Water for Chocolate* (Random House Audio, \$14.95, 4 cds, ISBN 0-7393-3419-0) *Romance*

Tita is the youngest daughter, and in upper Mexican families, that means she cannot marry as she will be the caretaker for her mother. Tita is in love with a local lad who wants to marry her, and Mama Elena refuses to bend the rules; worse, she convinces the lad to marry Tita's older sister. He does so, in order to see Tita regularly.

Interspersed throughout the narrative are Tita's cooking, her primary job and the task which helps her through difficult times.

Mark Kurlansky: *The Big Oyster* (Random House, \$27.95, 4 cds, ISBN 0-7393-2470-5) *Nonfiction*

New York City oysters are the best in the world, and Kurlansky weaves the history of the tasty delight among the Lenape tribes, the Dutch, the British, the developing New York Citizens, including the harvesting, exporting, and eventually the environmental destruction of the original oyster beds.



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

HUMOR

Robo Shopping

Brainy Robots Start Stepping Into Daily Life

- Headline in *The New York Times*, July 18, 2006, Page 1A.

The *New York Times* got that right, doggone 'em. The front page story said that robot cars can drive themselves across the des-



Larry Day

ert, electronic eyes do lifeguard duty in swimming pools and video game humanoids are now realer than real. By developing artificial intelligence, science will soon create machines that help with security, improve safety, and handle every day tasks like taking out the garbage and pumping gas. When that day comes male Homo sapiens will have reached the end of their evolutionary usefulness and nature will phase them out.

Unfortunately for me, the *Times* was behind the times. There are already machines out there that are hairier and scarier than anything the *Times* told about in that news report. Our new car for instance.

My wife Emmaline wasn't satisfied with our 1999 Tyrannosaurus C-130. At first she said the car didn't ride smoothly on bumpy roads. Then she complained that it didn't ride smoothly on smooth roads. I had no trouble with the way the car rode, and I suggested that Emmaline had a "Princess and the Pea" butt. That crack got me two nights on the couch in the family room. But I still didn't give in. The TC-130 was a perfectly fine automobile, I told Emmaline, and I absolutely, positively wasn't going to buy a different car.

The next day we were out at Honest John's Pre-Owned Automobile Emporium and Honest John was showing us some rattle-traps that we could afford. By the time we got to the cars we couldn't afford, Emmaline and Honest John were chummy. Then Emmaline saw some sleek, nearly new models, and her eyes lit up. She pointed at a shiny light tan

Lysestrada EC-300 sitting by itself.

"I like that one," she said.

"That car is not for sale. I'm going to give it to my wife for her birthday," said Honest John.

"I want it," said Emmaline.

"I'm sorry," said Honest John, "but I absolutely, positively won't sell you that car."

Five minutes later, we were filling out the loan agreement and ownership papers for the Lysestrada EC-300.

"Perhaps I should mention that this car has been modified since it came off assembly line," said Honest John.

"Does it have a speedier engine," I asked hopefully.

"No, it has a standard engine," said Honest John. "The car was part of a divorce settlement. The wife's brother, some kind of hot shot research scientist, modified the car. Apparently that was the last straw for the husband. He sued for divorce. We couldn't find any mechanical modification, and everything checked out on our test drives. And of course you'll be covered by our standard 24-hour, 50-mile warranty," said Honest John.

I have to admit that the new car was a dandy. It had leather seats, a CD player, and a thingy that told you what direction you were going. We bought the car a week before we were scheduled to go to the Smoky Mountains on vacation. We talked about canceling the trip because we had spent so much money on the new car. That discussion lasted about a nanosecond.

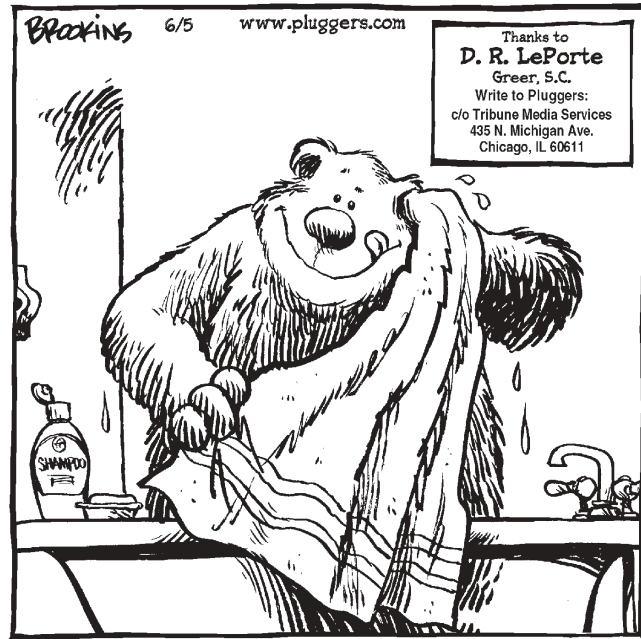
We spent a marvelous week in a little mountain cabin away from all the hustle and bustle of civilization. We read. We took long walks. We sat beside brooks and listened to water bubbling over rocks.

When it was time to go home we both said, "Oh, I hate to go back to civilization." Emmaline's statement was a tad less ardent than mine. I detected some faint signs of mall withdrawal on our last day at the cabin.

We were westbound on I-70 somewhere on the western outskirts of St. Louis when it happened. I was driving.

"Oh look," said Emmaline. "There's a brand new mall. Let's stop and look around."

"No. If we stop you'll want to shop. Besides, we've already passed the off ramp," I said.



Brooks 6/5 www.pluggers.com

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The plugger Q-Tip.

"I want to go to the mall, now!" said Emmaline loudly.

The next thing I knew I was no longer in control of the car. It veered left and crossed the median. It drove along the shoulder facing oncoming cars until there was a break in traffic. Then the car made a screeching U-turn onto eastbound I-70.

I fought for control of the steering wheel, jammed on the breaks, and tried to put the transmission in neutral. Nothing worked. We raced east until we came to the off ramp leading to the mall. The car slowed and took the off ramp, then made a beeline for the mall parking lot, then parked itself 50 feet from the

entrance of Nordstroms.

Emmaline sat trembling. Then a metallic voice came from the stereophonic speakers.

"Exit the vehicle and go shopping," said the voice.

We just sat there dumbfounded.

"Exit the vehicle immediately and go shopping," said the voice. "That's an order."

Emmaline didn't waste another second. She grabbed her purse and ran for the mall.

- 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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CALENDAR

ART/ENTERTAINMENT

AUG 10-13

BALLAD OF BLACK JACK

Based on historical events, The Ballad of Black Jack deals with pro- and anti-slavery issues that nearly ripped the Kansas Territory apart, putting "Bleeding Kansas" on the front pages of nations newspapers. Lawrence Arts Center, 940 New Hampshire. LAWRENCE, (785) 843-2787

AUG 18

OUTDOOR CONCERT

Annual outdoor concert and family arts festival. Before the concert, visit the festival in the Lied Center of Kansas' garden courtyard and learn about local organizations and opportunities in this spotlight on the arts in the Lawrence area. LAWRENCE, (785) 843-2787 <http://www.lied.ku.edu>

BINGO

SUNDAYS

AMERICAN LEGION

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

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1

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

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

MOOSE CLUB

Wednesdays, 6:30 p.m. Thursdays, 12:30 p.m. 1901 N KANSAS AVE, TOPEKA, (785) 234-6666

WEDNESDAYS & FRIDAYS

VETERANS OF FOREIGN WARS

3110 SW HUNTOON, TOPEKA, 6:30 PM, (785) 235-9073

WEDNESDAYS

PINECREST APARTMENTS

924 WALNUT, EUDORA, 12:30-1:00 PM, (785) 542-1020

WEDNESDAYS & FRIDAYS

EAGLES LODGE

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

WEDNESDAYS & FRIDAYS

EDGEWOOD HOMES

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

THURSDAYS

BABCOCK PLACE

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

FRIDAYS

BALDWIN SENIOR CENTER

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

FRIDAYS

ARAB SHRINE

1305 KANSAS AVE., TOPEKA

MINI BINGO 6:30 PM, REGULAR BINGO 7:00 PM (785) 234-5656

BOOKMOBILE

MONDAYS

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

TUESDAYS

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

WEDNESDAYS

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

BOOK TALKS

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

THIRD WEDNESDAY OF EACH MONTH
BRANDON WOODS, 1501 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

AUG 17-18

AARP DRIVER SAFETY COURSE

Registration is now being taken for the next session of the AARP Driver Safety course. It will be held in the Gallery Room of the Lawrence Public Library, Thursday & Friday, August 17 & 18th from 10:00 a.m. to 3:00 p.m. There will be a break for lunch. A workbook fee of \$10 can be paid at the first session. This is a refresher course on driving skills. It also includes an update on current state driving laws. The course addresses physical changes that occur as drivers age and how to adjust to those changes. Attendance at both sessions may decrease auto insurance rates. Ask your insurance agent for details. To register or for more information, contact Pattie Johnston, Lawrence Public Library Senior Outreach Services. LAWRENCE, (785) 843-3833

FAIRS/FESTIVALS

AUG 3-9

CENTRAL KANSAS FREE FAIR

County fair with exhibitors from all of Central Kansas. Activities for all ages available. Have a great outdoor experience by attending the Demolition derby, Wild Bill Hickok Rodeo, Bull riding and on Saturday, a full day at the Western Heritage Festival with chuck wagon meal, children's games, period reenactments, gunfighter action, and wagon rides. Cowboy church on Sunday. ABILENE, (785) 263-4570 <http://www.ckff.net>

AUG 4

GRAPE ESCAPE

Food and wine festival with wines from around the world, gourmet hors d'oeuvres, and desserts. 214 SE 8th Ave. Topeka Performing Arts Center. TOPEKA, (785) 234-2787 <http://www.tpactix.org>

AUG 5

SHAWNEE 150 HERITAGE FESTIVAL CELEBRATION

Join the city of Shawnee for the highlight event of its year-long sesquicentennial celebrations. Features live music, entertainment, food, and guaranteed fun for all ages. SHAWNEE, (913) 631-2500 <http://www.shawnee150.com>

AUG 5-6

WESTERN HERITAGE FESTIVAL

Enjoy old-fashioned kids' games, fast draw contests, chuckwagon meal, Western music, Wild Bill Hickok impersonators, period reenactments, gunfighter action, living history, wagon rides and cowboy church on Sunday. There is something for everyone. ABILENE, (785) 263-2231 <http://www.abilenekansas.org>

AUG 8-12

LEAVENWORTH COUNTY FAIR

Parade, rodeo, 4H/FFA and open class exhibits, games, food, livestock auction, and entertainment. Free shuttle rides to/from parking lots. TONGANOXIE, (913) 250-2300

AUG 18-20

FLINT HILLS BEEF FEST

Celebrate the grass cattle industry. Awards dinner, national entertainment, competitions, bands, rodeos, and beef dinners. EMPORIA, (620) 343-4741 <http://www.beefest.com>

AUG 25-26

ROOTS FESTIVAL

Event draws thousands to the Historic Square for a two day music festival and barbecue contest. The barbecue contest is sanctioned by the Kansas City Barbecue Society. The festival hosts arts and crafts, games, and foods along with the big band names that frequent the event. The festival features national musical performers, regional and local performers. PAOLA, (913) 294-6427 <http://www.rootsfestival.org>

HEALTH

MONDAYS THROUGH THURSDAYS

FIT FOR LIFE

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

FIRST TUESDAY OF EACH MONTH

HEALTH SCREENING CLINIC

Lawrence-Douglas County Health Department. FIRST METHODIST CHURCH, LECOMPTON 9:30-10:30 AM

TUESDAYS AND THURSDAYS

BLOOD PRESSURE CLINIC

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

TUESDAYS AND THURSDAYS

TAI CHI

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

TUESDAYS AND THURSDAYS

SENIORCISE PROGRAM

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

WEDNESDAYS

HEALTH SCREENING CLINIC

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

SATURDAYS

YOGA

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

SECOND THURSDAY OF EACH MONTH

MEDICATION CLINIC

Bring questions about your medications (prescription or over-the-counter), 1:30-2:30 p.m. Call for appointment. HEALTHWISE 55 RESOURCE CENTER, TOPEKA (785) 354-6787

SECOND THURSDAY OF EACH MONTH

BLOOD PRESSURE AND HEALTH INFORMATION

Sponsored by the West Ridge Mall merchants. Conducted in mall's food court. No appointment necessary. WEST RIDGE MALL, TOPEKA 8:15-9:15 AM

THIRD TUESDAY OF EACH MONTH

HEALTH SCREENING CLINIC

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

THIRD THURSDAY OF EACH MONTH

NUTRITION CLINIC

1:30-2:30 p.m. Call for an appointment. HEALTHWISE 55 RESOURCE CENTER, TOPEKA (785) 354-6787

AUG 2

CHOLESTEROL SCREENING

No appointment needed. A fingerstick test providing a total blood cholesterol reading in five minutes. No fasting is needed for this test only. Please note that these tests are not considered diagnostic of any disease process and those with results outside the normal range will be advised to see their healthcare provider for follow-up. LMH HEALTH SOURCE ROOM, (785) 749-5800 3:00-5:00 PM

AUG 3

BONE DENSITY SCREENING

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

CALENDAR

CONTINUED FROM PAGE 16

AUG 14
PRE-DIABETES CLASS
LMH AUDITORIUM, 785-749-5800
12:00-1:30 PM

AUG 16
BONE DENSITY SCREENING
See August 3 description.
LMH HEALTH SOURCE ROOM, 785-749-5800
1:00-3:00 PM

AUG 21
BONE DENSITY SCREENING
See August 3 description.
LMH HEALTH SOURCE ROOM, 785-749-5800
5:00-7:00 PM

MEETINGS

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

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

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

FIRST WEDNESDAY OF EACH MONTH
OLDER WOMEN'S LEAGUE
Meetings are held in the Lawrence Public Library auditorium. Social time begins at 1:30 p.m. and the meeting begins at 2:00 p.m. The public is welcome to join members at all meetings. For more information, call Gayle Sigurdson at (785) 832-1692.
LAWRENCE

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

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

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

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 841-5300 for more information. Located Pioneer Ridge Assisted Living 4851 Harvard Rd, Lawrence. 6:00 p.m.

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 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
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

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 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

AUG 25
AARP CHAPTER 1696 PICNIC
AARP Chapter 1696 will have its annual picnic on Friday, August 25 in Bldg. 21 at the Douglas County Fairgrounds. A catered buffet lunch at 11:30 a.m. will be followed by entertainment at noon. Fee. Please call Agnes for more information.
LAWRENCE, (785) 865-3787

MISCELLANEOUS

MONDAYS
OSHER RADIO PROGRAM
Local news and talk radio station KLWN 1320 AM presents the new program "Lifelong Learning: Lively Encounters with KU's Best." Each show will feature an interview with a KU Osher class instructor. Tune in for a glimpse of what you can expect from upcoming Osher classes. 10:05 a.m.
<http://www.kuce.org/lifelonglearning>

AUG 2-5
WILD BILL HICKOK PRCA RODEO
A rodeo to thrill audiences. An annual Professional Rodeo Cowboys Association event. This fast moving event includes bullfighters, clowns and specialty acts. A night of bull-riding precedes the rodeo.
ABILENE, (785) 263-4570
<http://www.ckff.net>

AUG 4
SUMMER FILM SERIES: THE OUTLAW JOSEY WALES (1976)
Part of the Summer film series. 6425 SW 6th Ave., Kansas History Museum.
TOPEKA, (785) 272-8681
<http://www.kshs.org/places/museum.htm>

AUG 13
IMMACULATE CONCEPTION PARISH AND REUNION PICNIC
13th annual. Chicken Dinner and all the trimmings. Serving from 4:00-7:00 p.m. Carry out

dinner may be picked up at 3:30 p.m. before window serving begins. Games and prizes. Centennial Building.
ST. MARYS

AUG 14-21
CIVIL WAR ON THE WESTERN FRONTIER
The series of events include dramatic performances, scholarly lectures, living history, and hands-on workshops. Step back in time and revisit Lawrence from 1854-1865 when events in Kansas set the stage for it to become known as Bleeding Kansas.
LAWRENCE, (785) 841-4109
<http://www.visitlawrence.com>

AUG 19-20
CIVIL WAR LIVING HISTORY RE-ENACTMENT
Four different camps will be set up in South Park: Union-2nd Colorado Cavalry, Confederate-3rd Missouri Light Artillery, Sons of Confederate Veterans-Kansas Division, and Union-Battery B. 3rd Light Artillery. Activities include; demonstrations, camp life, artillery, sabers, pistol drills, horses, artifacts, and cannon firings.
LAWRENCE, (785) 841-4109

AUG 26
LIVING HISTORY DAY
An event to commemorate the history of Pleasant Valley School near Wellsville. Relive days gone by with hands-on exhibits and activities for kids and adults.
WELLSVILLE, (785) 883-2559

AUG 27
STATE FIDDLING & PICKING CHAMPIONSHIPS
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A diplomat these days is nothing but a headwaiter who's allowed to sit down occasionally.

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WOLFGANG PUCK

Cool summertime grain salads

By Wolfgang Puck

Tribune Media Services

When summer days get really hot, I love to eat refreshing main-course salads. Give me a big plate or bowl of greens with some other seasonal vegetables, maybe add a piece of grilled fish or chicken, drizzle on a well-seasoned dressing, and I'm a very happy boy.

Sometimes, however, I want my salads to be more filling and satisfying than just a pile of leaves.

The most obvious way that comes to most people's minds to deal with that desire is to make potato salad, a great American summertime tradition. But potato salads, to my thinking, are best enjoyed in smaller portions as companions to grilled burgers or hot dogs. On their own, they are just too heavy to become the foundation for a main-course salad.

That's why I like to turn to grains.

Whether you use rice, the grain-shaped little North African pasta known as couscous, robust wheat berries, or the lighter-tasting, now-fashionable ancestor of wheat known by the Italian term farro or the English spelt, grains are ideal salad ingredients. Starchy and filling, they are nevertheless very light on the palate. The tiny individual grains work together to create a pleasingly complex texture with every bite, and they mix well with a wide variety of other ingredients, too.

Their flavors, meanwhile, tend to be fairly neutral, so they go with lots of different complementary ingredients as well as offering you a lot of leeway in how you season the salad. Add cumin, fresh cilantro and a touch of cinnamon, and you have a Mexican grain salad. Opt for mint, cilantro, garlic, green onions and a spritz of fragrant kaffir lime and your salad travels across the Pacific to Southeast Asia. Or, as I do in the recipe that follows, you can travel in the opposite direction and head for Spain, making a salad inspired by the classic rice dish paella.

For a salad, avoid the shorter-grain kinds of rice traditionally used for paella, opting instead for longer vari-

eties that, having less surface starch, will stay more separate during cooking and remain so when cold. Once the grain is done, cool it down fairly quickly by spreading it out on a baking sheet, so residual heat won't continue to cook it past the ideal point of being tender but still slightly chewy.

The final touch to transform the cooled paella into a salad is to add a splash of vinaigrette dressing, here featuring typically Spanish sherry vinegar. Serve it on top of a bed of baby greens, casually arranging some of the shrimp, chicken breast chunks and little cubes of bell pepper on top, so that your satisfying summer grain meal will begin by feasting with your

eyes.

PAELLA SALAD

Serves 4

PAELLA:

- 4 cups good-quality canned chicken broth
- 1/2 teaspoon saffron threads
- 1/4 cup extra-virgin olive oil
- 1/2 pound boneless, skinless chicken breast, cut into 3/4-inch cubes
- 1 red bell pepper, cored, seeded, and cut into 1/4-inch dice
- 1 green bell pepper, cored, seeded, and cut into 1/4-inch dice
- 1/2 yellow onion, peeled and cut into 1/4-inch dice
- 1 tablespoon minced garlic
- Salt
- Freshly ground black pepper
- 2 cups long-grain white rice
- 1/2 pound medium-sized shrimp, peeled and deveined
- 1 cup shelled fresh peas
- 1 tablespoon minced fresh parsley
- 1 teaspoon chopped fresh chives, dill, tarragon, or a mixture

SHERRY-GARLIC VINAIGRETTE:

- 1/4 cup minced fresh chives
- 3 tablespoons minced fresh parsley
- 1 tablespoon minced garlic
- 1/4 cup sherry vinegar
- Salt
- Freshly ground black pepper



Wolfgang Puck's Paella Salad

PHOTO BY BOB TILA, CHICAGO TRIBUNE

1/2 cup extra-virgin olive oil

4 cups mixed baby salad greens

In a saucepan over medium-high heat, bring the broth and saffron to a simmer. Reduce the heat to very low, cover the pan and keep the broth warm.

Preheat the oven to 350 degrees.

Heat the olive oil in a large ovenproof skillet or paella pan over high heat. Add the chicken breast cubes and sauté, stirring continuously, until they lose their pink color, about 3 minutes. Add the bell peppers, onion and garlic and continue sautéing until they begin to soften, about 4 minutes more. Season with salt and pepper.

Stir in the rice, coating the grains thoroughly with the oil. Pour in the hot saffron broth and bring it to a boil. Taste the broth and adjust the seasoning, if necessary. Reduce the heat slightly and continue simmering briskly until the liquid no longer looks soupy but there is still a generous quantity of liquid, about 5 minutes. Remove from the heat.

Season the shrimp with salt and pepper. Arrange them on top of the rice mixture. Transfer the skillet, uncovered, to the preheated oven. Bake until the shrimp are cooked through and most of the liquid has been absorbed or evaporated, 13 to 15 minutes more.

Remove the skillet from the oven

and immediately sprinkle on the peas, parsley and other fresh herbs. Cover the skillet and leave it until the rice has absorbed the remaining liquid and is tender, about 10 minutes.

Meanwhile, make the Sherry Garlic Vinaigrette: Put the chives, parsley and garlic in a mixing bowl. Stir in the sherry vinegar and season to taste with salt and pepper. Whisking continuously, drizzle in the olive oil.

When the paella is done, spread it out immediately on a baking sheet, drizzle with half of the dressing, and let the paella cool at room temperature for about 20 minutes; then transfer to a dish, cover and refrigerate several hours or overnight until well chilled. Cover the remaining dressing and refrigerate.

To serve, put the baby greens in a mixing bowl and toss them with a few tablespoons of the remaining dressing, just enough to coat them lightly. Arrange beds of baby greens on individual chilled serving plates. Mound the paella salad attractively on top. Drizzle with the remaining dressing and 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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COOKING FOR ONE

Buying and storing ingredients

Kansas Senior Press Service

If you enjoy cooking and eating more than you enjoy shopping, take time to figure out a game plan for buying ingredients and stocking your kitchen with meal-ready staples.

If you're cooking for one or two, you'll avoid a lot of aggravation if you find food vendors who will let you order exactly what you need: a butcher who will sell one lamb chop, a deli worker willing to slice three pieces of Swiss, a fishmonger who cheerfully wraps six scallops. Even in supermarkets that prepackage such products, you can usually get the right quantity just by asking. Individually quick-frozen products such as fish fillets also work well for the single-portion cook.

When a "family size" package of chicken breasts is priced lower, go ahead and buy it. At home, divide the meat into single portions, reserve one to cook, and slip the others into recloseable plastic bags for freezing. Stock your kitchen with preserved

foods such as dried mushrooms, Dijon mustard, capers, and chili oil. Don't worry about using these convenient flavor boosters right away; they have a long shelf life.

You can have a varied assortment of ingredients such as grains and spices if you buy them in small quantities and give some thought to storage. Keep them tightly sealed in the pantry, or freeze them, to avoid worries about deterioration, loss of flavor, or insect invasions.

Because it is shelf-stable, dry white vermouth is nice to have on hand when you need a splash of wine in a stew or sauce; its gentle hints of herbs and spices are a bonus.

A shallot is often just the right size for a single-serving recipe, allowing you to avoid using only part of an onion. With their distinctive flavor, shallots sometimes can stand in for garlic as well as onion.

Crisp toppings and more

- **Bacon bits.** Fry one bacon strip in a small skillet until crisp; drain off the fat and crumble the bacon.
- **Toasted nuts and seeds.** Toast

pecans, walnuts, or almonds over medium-low heat in a small skillet or in a 300-degree oven for 10 to 15 minutes, until lightly browned and crisp. Sesame seeds or sunflower seeds take less time, about five minutes. To deepen the flavor of nuts and seeds, coat them in a little vegetable oil before toasting.

• **Croutons.** Cut any hearty, European-style bread (preferably stale) into cubes, leaving the crusts on. If the bread cubes feel soft or moist, heat them in a small skillet, over the lowest setting, until they feel dry. If the bread has a lot of personality or contains oil, the croutons may taste fine as they are. Otherwise, flavor them as follows:

Remove the bread cubes from the pan. Add a little extra-virgin olive oil and a clove or two of crushed garlic to the pan, raise the heat, and cook until the garlic turns golden. Remove the garlic and return the croutons to the pan. Sprinkle with dried thyme, oregano, rosemary, or a seasoning blend. Cook the cubes, turning them occasionally and checking often to prevent burning. Remove from the heat when they are crisp and have turned golden.

Source: *Serves One: Super Meals for Solo Cooks*, by Toni Lydecker

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SMART COLLECTOR

How valuable is Civil War letter?

By Danielle Arnet

Tribune Media Services

QUESTION: I have a letter written by a Union soldier in August 1864. It was sent from Rome, Ga., to his wife and children. No name and addresses given. It tells of the wounded and news he heard in camp. Value? How do I sell? — Jerry, Elida, Ohio

ANSWER: Civil War letters with anecdotal first-person accounts are always of interest to collectors. Yours,



Danielle Arnet

with mention of President Lincoln and Richmond peace talks, could be especially interesting. In such letters, content and the writer are paramount. Since this writer is not a known figure, content assumes more importance. A letter sent from a known prison or battle site on the eve or just after the conflict, detailing casualties or troop movements, hardships or deeds of the leaders, would be prime. Standard "how are you?" notes are not what collectors want.

Several auction houses have regular sales of paper Americana. California's Bonham's and Butterfields (www.butterfields.com) and Mastro Auctions (www.mastroauctions.com) are good bets. Also contact Sotheby's and Christie's, but items must be roughly \$5,000 or more before those houses take them on. What you've written does not indicate that this letter is in that category.

Donation to a local or state historical institution is always a possibility. Explore all options before you let it go.

QUESTION: My letter from a WWII soldier was written on Adolf Hitler's stationery, and is from one of the first American soldiers to reach Berlin after Hitler's death. Does it have any value? — Pamela, Oro Valley, Ariz.

ANSWER: As per the previous query, yes. Content clearly ties the writer to an important event in history. The handwritten note is detailed and informative, covering "commandos from Belfast to Berlin," the point system and troop departures. Espe-

cially interesting is an account of a trip to Berlin and a black market, even listing prices for watches and candy (\$5 a bar), etc. The letterhead is an added plus.

Because the letter is richly anecdotal and conveys the writer so well, I'd certainly float it to the houses mentioned above.

QUESTION: Any info on a small steel chest that my uncle shipped home from WWII? It reminds me of a church. — Dennis, Ft. Collins, Colo.

ANSWER: Hmmm ... your uncle got it from Nazi headquarters in Nuremberg, Germany, after WWII. It is in the shape of a church. The dimensions are 12-inches long, 7-inches wide and 12-inches high. This is a decorative casket, or box. Value depends on how well you can tie the item to history, and on its aesthetics.

If the aesthetics are weak, provenance can trump looks. The reverse is less true, unless the box is outstanding. I suggest you contact any family members that may be able to fill in the blanks. If you decide to sell at auction, follow the info above.

QUESTION: We have a desk supposedly once owned by Marilyn Monroe. There are carved names on the desk extender. A few years ago, a customer who said she was a maid in her home told us it looked like Monroe's desk. How can we have it authenticated? — Judy, North Hollywood, Calif.

ANSWER: Collectors go for just about everything connected to Monroe. Your task is to link this desk to her person.

When the "maid" made her claim, did anyone think to get it on paper and have her sign it? Then keep her

contact info so when the time came to verify, she could be re-contacted? Smart collectors think that way.

I assume your intent is to sell. If the Monroe tag seems plausible, an auction house may take the desk in for a celebrity auction. Linking that desk to Monroe is critical. Even then, it's just wood (I assume) with claimed connection unless there's proof that the actress actually owned and used the desk. The carvings — are they linkable to Monroe? And remember — a desk is not desirable in the same way as example, the black top with white fur collar that she wore for her wedding to DiMaggio.

With umpteen photos documenting her in that outfit, it did very well at auction.

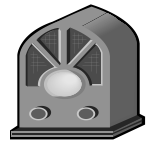
Bonham's and Butterfield's in LA and San Francisco has celebrity auctions, and they are nearby. I'd start there.

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

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Making Medicare make sense

Answers to some of the most commonly asked Medicare questions

QUESTION: Is it true that those who qualify for the low-income subsidy based on income and resources can enroll in a Medicare Prescription Drug Plan at anytime this year if they missed the May 15 deadline?

ANSWER: Yes, the purpose of this special enrollment period is to make sure that anyone who qualifies for the extra help has an immediate opportunity to be enrolled in a Medicare prescription drug plan and make use of this assistance. The extra help is help with the out-of-pocket prescription drug costs for low-income individuals who qualify. Those eligible will virtually pay no or low monthly premiums, no deductibles and minimal co-payments for their monthly drug expenses.

- This Special Enrollment Period enables these individuals to enroll in a Medicare prescription drug plan as soon as they are found eligible for the extra help.

- People with Medicare who may qualify for the extra help include: those eligible for Medicaid; those who get help paying their Medicare Part A and/or Part B premiums (those who belong to a Medicare Savings Program); those who receive supplemental Security (SSI benefits) and other low-income individuals who apply on their own for the help.

- Medicare will mail a letter to beneficiaries who apply and qualify for the low-income subsidy notifying them that they are eligible and encouraging them to select a prescription drug plan.

- If a person is eligible for the extra help, but does not enroll in a plan on their own, Medicare will automatically enroll them into a plan. If this plan is not to their liking, the person may choose a different plan by December 31, 2006.

- Of the approximately 4.4 million Medicare beneficiaries who do not have secure, quality drug coverage, approximately 3.2 million are estimated to be eligible for the extra help.

- Individuals, who think they may qualify for the extra help, and have not applied, should apply as soon as they can to start taking advantage of this important assistance. Almost a third of all people with Medicare are eligible and more than 8 million have already qualified.

- With the extra help, most individuals will not have to pay a monthly premium, will have no deductible, and will pay no more than \$5 for each prescription.

- This extra help in paying for the annual deductibles, premiums and co-payments for Medicare prescription drug coverage could be as much as \$2,100 per year for those who qualify.

- Individuals can apply for this extra help by going to their local Medical assistance office, or by calling the Social Security Administration at 1-800-772-1213.

QUESTION: What should beneficiaries know that may help them manage their costs if they have a Medicare prescription drug plan that has a gap in coverage?

ANSWER: First, it's important to note that only about 28 percent of Medicare beneficiaries with drug coverage have a plan that has a gap in coverage. The other 72 percent of Medicare beneficiaries chose plans with no break in their coverage, or they qualify for the low-income subsidy which means they will never reach this level of spending to take them to the gap in their coverage.

The good news for Medicare beneficiaries who have a drug plan with a coverage gap is that more than 90 percent of them will either not reach the coverage gap or will have at least some coverage available to them in the gap.

A coverage gap in a Medicare prescription drug coverage plan is defined as when a Medicare beneficiary's total drug spending (the beneficiary's out-of-pocket costs plus what the plan pays) reaches, \$2,250 then, the beneficiary is responsible for paying the total cost of all of their prescription drugs until their total out of pocket spending is \$3,600.

For those who will reach the coverage gap, here are some ways to help you manage your costs:

Almost all of the major drug manufacturers are offering assistance programs for Medicare beneficiaries. These manufacturers account for many of the most costly drugs that seniors use.

Beneficiaries can also help avoid the coverage gap by switching to generic or other less expensive brand-name drugs. This can also reduce co-pays and help people maximize their savings.

It is important for beneficiaries to keep using their drug plan card during the plan's coverage gap for these three reasons:

1. First, the card allows you to buy your drugs at your drug plan's discounted rate.

2. Second, if you don't use your card, the money you spend won't

count towards what you need to spend to reach the catastrophic coverage, which is when the plan will pay for 95 percent of all costs.

3. Third, you won't have to worry about knowing when you'll reach the coverage gap because your plan tracks your spending automatically when you use your card.

People who are in their plan's coverage gap still will be saving money - they'll pay less for their prescription drugs because they'll get the lower prices offered by their prescription drug plan. They still have access to the significant plan discounts. According to CMS analyses, these discounts can result in average savings of 57 percent relative to what one would pay with no coverage.

Providing drug coverage for everyone on Medicare is expensive. Offering drug plans with a coverage gap is part of what makes Medicare prescription drug coverage more affordable for everyone, including people with Medicare and other tax payers. Even with the gap, Medicare prescription drug coverage is saving

people an average of \$1,100 a year.

People in stand-alone plans and Medicare Advantage plans now generally have much better coverage than they had before. The vast majority of these millions of Medicare beneficiaries had either no coverage or very limited coverage before the Medicare Prescription Drug Program—a much bigger “coverage gap” than they have today.

And, this gap in coverage is temporary. Once an individual's total out-of-pocket drug expense portion reaches \$3,600, Medicare's “catastrophic” coverage kicks in. At this time, 95 percent of drug costs will be covered.

So, bottom line, fewer seniors than initially expected will face a gap in their Medicare prescription drug coverage, and those that do will see much larger savings than initially anticipated both while in the coverage gap and over the course of the year.

For questions about the Medicare Prescription Drug Program, or Medicare in general, call 1-800-Medicare, which is, 1-800-633-4227, or visit www.medicare.gov



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***LMH advertising
honored with
national recognition***

LMH received a Gold Award in the 2006 Aster Awards competition for its "Look No Further" advertising campaign. The Aster Awards Program provides national-level recognition for healthcare organizations and advertising agencies that strive for excellence in medical marketing.

LMH was among nearly 2,500 entries competing against similarly-sized organizations across the . Entries were judged by a prestigious panel of experts in healthcare marketing on creativity, layout and design, typography, production quality, knowledge transfer and overall excellence.

Randy Lucas, Aster Awards corporate director, said, "Lawrence Memorial Hospital exhibited outstanding excellence in healthcare marketing, scoring in the top 5 percent of the judging process. LMH produced world-class marketing materials."

Janice Early-Weas, LMH director of community relations, said, "We are proud our marketing efforts earned national recognition. The 'Look No Further' campaign really conveys the message that area residents don't have to look beyond LMH for their medical care. I'm particularly thankful to our patients who shared their personal experiences in this advertising series."

The Aster Awards Program is hosted by Marketing Healthcare Today magazine and Creative Images, Inc., an internationally recognized firm that specializes in strategic health care marketing. Aster Award winners were honored in the May/June issue of the magazine.

The same "Look No Further" image campaign also was recognized with a Bronze Award in the 23rd Annual Healthcare Advertising Awards sponsored by Healthcare Marketing Report, the national newspaper of health care marketing. A record 3,900 entries were submitted from every state in the country and multiple foreign countries.

Judges for the Healthcare Advertising Awards consisted of a national panel of healthcare marketers, advertising professionals, healthcare consultants, marketing professors and the editorial board of Healthcare Marketing Report. They judged each entry on quality, creativity, marketing execution and message effectiveness. The winners were published in the May issue of Healthcare Marketing Report.

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So be sure to ask your primary care physician about the Oncology Center at Lawrence Memorial Hospital. It's the right route to take for outstanding cancer care. For more information, call 758-840-2800 or visit www.lmh.org.



BRIDGE

Test your play

By Omar Sharif and Tannah Hirsch

Neither vulnerable. East deals.

NORTH
 ♠ K 7 5 2
 ♥ Q 10 5
 ♦ A K 10 4
 ♣ K 5

WEST
 ♠ J 8
 ♥ J 9 8 4
 ♦ 8 6
 ♣ J 9 8 3 2

EAST
 ♠ A 9 4
 ♥ A K 7 3 2
 ♦ Q J 9 5 2
 ♣ Void

SOUTH
 ♠ Q 10 6 3
 ♥ 6
 ♦ 7 3
 ♣ A Q 10 7 6 4

The bidding:

EAST	SOUTH	WEST	NORTH
1♥	3♠	Pass	3NT
4♦	4♣	Pass	Pass
Pass			

Opening lead: Eight of ♦

Here's an opportunity for you to test your declarer play. Cover the East-West hands and see if you can match the skill of Mark Lair of Canyon, Texas, and land your contract of four spades after the lead of the eight of diamonds.

The auction is out of the ordinary. Lair, South, started with a weak jump overall of three clubs but, when partner bid three no trump and East showed a second red suit, he realized that partner must have

some length in spades and suggested that suit as a landing spot, and everyone passed.

Declarer won the opening lead with the king of diamonds and led a low spade to the queen, which held. Any problem in the trump suit was resolved when, on the spade continuation, West produced the jack, covered by the king and taken with the ace.

East was now virtually marked with a 3-5-5-0 distribution and the defense was helpless. At the table, East cashed the ace of hearts and shifted to the queen of diamonds, taken with the ace. A spade to the ten drew the outstanding trump and forced West to part with a heart. South crossed to dummy with the king of clubs and led the queen of hearts covered by the king and ruffed in the closed hand. Declarer exited with a low club. West won and could cash the jack of hearts, but then had to lead a club away from the jack into South's tenace.

If, instead of cashing a high heart earlier, East had chosen to exit with the queen of diamonds, declarer could win, draw the last trump and lead a heart to the ten, and East will have to set up one of dummy's red cards for 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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Grandmothers hold answers to world crises

By Robin Goff

Grandmothers Organized in Global Oneness (GOGO) is an alliance that has come together to raise the voices of the grandmothers everywhere. It arose in response to the incredible work being carried by the grandmothers in South Africa who are doing the lions share of the work of the AIDS orphan crisis. The same story repeats itself throughout Sub-Saharan Africa where UNICEF predicts there will be 42 million orphaned children by 2010. Those staggering numbers are beyond our grasp. For 25 years now the AIDS pandemic has spread and conventional means of addressing it have not been effective for a myriad of reasons. Now it is time for the grandmothers to speak up and be heard.

Throughout history, the grandmothers in indigenous cultures were the ones to advise, guide and steer the villages. Before going off to war or making important decisions, the men sought the council of the wise elder women. It was traditionally the grandmothers who would be planning ahead for the ways the tribe would survive the winter ahead or how they would feed the children. Humanity is facing difficult times right now. Have we sought the wisdom of the grandmothers? Globally, we are dealing with staggering conditions with pandemics, wars and natural disasters. Frequently it is the older women who roll up their sleeves, put on the pot of soup and comfort the babies. In South Africa, I have seen women my age (60) and much older, who have buried their own children and kept going through their grief to tend to the orphaned children. They do what needs to be done despite their own weariness. They are the ones the children need the most now. GOGO, the acronym derived from the Zulu word for grandma, also is raising the awareness of their situation and the question of how can we support the gogos for the long haul. The

difference in our approach is that we come to the grandmothers with questions rather than answers. The grandmothers know what is needed to serve the needs of the children and they deserve to be heard.

Lawrence author, Pam Grout, is joining in to help create a book to amplify the voices of the grandmothers. The book will gather messages from grandmothers around the world who are the real heroes in the trenches. They know something about tending the sick and dying, raising babies and providing food to nourish the people. Currently, there are two Overland Park women spending a full year in South Africa talking with the gogos and assessing their needs. Together they are building whole foods gardens, teaching non-violence communication and helping the children to express their inner experience. Trainings and support are being offered to those who are in the caregiver role as well. With minimal training people who have never been caregivers before are thrust into the difficult work of caring for people with AIDS. Watching young people die is challenging work. Our project teaches self-care as well as giving caregivers simple and effective tools for symptom management where pharmaceuticals are scarce.

From its start in South Africa GOGO has quickly encountered other people doing grassroots projects in response to the AIDS pandemic. People just like you and I are rapidly waking up to the needs and feel compelled to respond. One such person is Mininder Kaur, a Lawrence physician who has served recently in

Zimbabwe and Haiti.

In the U.S. we have been very insulated from the problems facing humanity. Once a person awakens to the global crises facing our human family, each one of us needs to respond. I, for one, am listening to the grandmothers. I, for one, am speaking up. I am concerned about the future for my own grandchildren and how their generation will survive the winters ahead. It is time to seek new solutions and new lifestyles that consider the needs of the children. Spending

on humanitarian service must be elevated above spending so much of our resources on wars.

I suggest that we need to create quiet centers for peace and respite for the grandmothers in the midst of

the chaotic conditions in our world. How can we make it a priority to create healing oases in the midst of such terrible human suffering? I ask how can we not? How can we take time out for care for the caregivers when there is so much work to be done? I ask how can we not? People might wonder how we can target inner peace when people are sick and dying? I ask how can we not? There is no greater work to be done. Grandmothers know the softer, quieter side of the devastation of humanity. They feel the heartache that defies words. They know the pain of loss in an orphan's heart that needs the comfort of a gogos arms more than any prescription. How do we keep hope for the way ahead where despair abounds? How does humanity step up to the magnitude of 42 million orphaned children? Personally, I am putting my money on the grandmothers.

- Robin Goff is the director and founder of The Light Center near Baldwin, Kan. Join in on a day of exploring Grandmothers Organized in Global Oneness on Saturday, September 23 at The Light Center. Info@lightcenter.info or 785 255 4583 www.lovelight.info.



This elderly woman is the sole caregiver for this baby



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Digesting the facts on food labels

Kansas Senior Press Service

In 1994, the Food and Drug Administration (FDA) required food manufacturers to place "Nutrition Facts" labels on their products. The American Institute for Cancer Research (AICR) applauded this act, because consumers would be able to use the information to eat more healthfully and lower their risk of diseases such as cancer, heart disease, and diabetes.

At first glance, a Nutrition Facts label may appear confusing, but a few pointers can help you make healthier food choices with it.

Zero in on serving size

Whether you are trying to control your weight, reduce your fat intake, or just eat better, the most important information on the label is directly under the words "Nutrition Facts." The serving size appears here, and it is the basis for the amounts of calories, fats, and other nutrients listed farther down. Because the serving size is set by food manufacturers, it can vary. If you are going to eat a portion that equals two servings of the food, you will eat double the

amount of fat and calories listed.

A large part of the rest of the food label is devoted to % Daily Values (DV). The numbers that appear are calculated for a 2,000-calorie daily diet. Although you may not know how many calories you take in during the day, you can use DVs as a guide to better nutrition.

The % DVs tells you whether a food is high or low in various nutrients. You can check DVs, for example, throughout the day to see whether you are getting enough calcium. The DVs can also help you limit nutrients like sodium.

Holding off the trans fat

Since January 2006, food labels are listing the amount of trans fat in

foods. The amount appears underneath the amount for total fat.

Although trans fats occur naturally in some animal fats, most trans fats in the American diet come from partially hydrogenated oils. There is no DV for trans fat yet, because researchers haven't agreed on a safe amount. For now, you should consume as little trans fat as you can while eating a balanced diet. Don't try to consume zero trans fats, because you would have to avoid foods that provide healthful nutrients and only trace amounts of trans fats. But steer clear of packaged baked goods, snack foods, margarine, and fast-food French fries.

When you try to reduce trans fats

in your diet, you should consider the amount of both trans fat and saturated fat in your food choices. Trans fats raise blood levels of LDL ("bad") cholesterol, just as saturated fats do. Both kinds of fats may also promote cancer development.

One simple strategy for lowering your consumption of these fats is to add the amounts listed for both on one product and compare that total to the totals of other products. Choose the one with the lower total.

For a more detailed discussion of food labels, read AICR's "Nutrition Facts Guide." Call (800) 843-8114, ext. 111, to request your free copy.

Source: The American Institute for Cancer Research

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JUMBLE ANSWERS

Jumbles: BEFIT BROOK TERROR
TURTLE

Answer: He won the poker hand because he was – A BETTER BETTOR

TRIVIALITIES ANSWERS

1. Cameron Crowe 2. Jessica Biel
3. Jamie Foxx 4. "Collateral" 5. Jada Pinkett Smith 6. Paparazzi" 7. Cole Hauser

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NOSTALGIA NOTEBOOK

AUGUST 1946

Births

AUG. 3: Jack Straw, Leader of the British House of Commons
AUG. 25: Rollie Fingers, former relief pitcher in Major League Baseball for the Oakland Athletics
AUG. 26: Tom Ridge, first United States Secretary of Homeland Security

Events

AUG. 19: Violence between Muslims and Hindus in Calcutta – 3000 dead.
AUG. 25: Ben Hogan wins PGA Championship.

Bill Clinton, 42nd President of the United States, turns 60 on August 19



AUGUST 1956

Births

AUG. 5: Maureen McCormick, American actress, *The Brady Bunch*
AUG. 14: Rusty Wallace, American race car driver
AUG. 20: Joan Allen, American actress, born in Rochelle, Ill. Received Academy Award nominations for Best Supporting Actress for her role as Pat Nixon in *Nixon* (1995) and for her role as a woman whose husband is accused of witchcraft in *The Crucible* (1996). She was also nominated for Best Actress in *The Contender* as a politician who becomes the object of scandal.
AUG. 21: Kim Cattrall, Canadian actress, *Sex and the City*
AUG. 22: Paul Molitor, first and only player inducted into the Baseball Hall of Fame as a designated hitter.

Events

AUG. 17: West Germany bans communist party.

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Kaw Valley SeniorMonthly

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Lenexa senior: 'I don't eat Twinkies

By Beverly Sherwood
Kansas Senior Press Service

It is a shock to realize suddenly that the foods eaten and enjoyed for 50 years had to go the way of Twinkies.

Until age 12, it was an unequaled delight for me to bite through the spongy sweetness into the creamy filling of a Twinkie. From age 20 to age 50, my weight had fluctuated from 135 to 145 pounds. Any time I went over 145, I was able to either add more activity to my schedule or eat less. After age 50, the pounds weren't so easy to lose. I tired more quickly and there was an increase in "social" eating. I exchanged recipes with friends and prepared richer, more elaborate, foods, especially desserts. An empty nest allowed more time to cook with fewer people at home to eat. As I neared age 60 and another 10 pounds, I asked myself, "If I don't eat Twinkies, why am I tempted to eat other calorie-laden, non-nutritious foods?"

A trip to the doctor and the results of a lab test told me I would have to ask that question every day for the rest of my life. A cholesterol reading of 340 was caused, at least in part, by my favorite foods: ice cream, omelets, and custard desserts. Rather than begin cholesterol-lowering drugs, I would cut down on those things along with red meat, margarine, and fats and fried foods. It didn't take long to discover that most foods with sugar also contain fats and eggs.

At age 60, I had a 20-year habit of walking three miles at least four days a week. With continued walking and a closer watch on my diet, my cholesterol dropped to 240 in one year,

but that wasn't good enough for the doctor. I would have to go on cholesterol-lowering drugs, get exercise, and watch my diet. But grocery stores are full of items that might as well be Twinkies.

- A first rule for diet change is shopping change: If it's not in the house, it won't be eaten. Grocery stores are arranged with lots of goodies in easy-to-view corners, at the ends of aisles, and at check-out. Ignore them.

- Rule two is to spend lots of time in the produce section. I had always been a once-a-week shopper. Now I go more often to get fresh greens, tomatoes, red potatoes, sweet potatoes, squash, red and yellow peppers, broccoli, and cauliflower.

- Rule three is to buy the many varieties of frozen vegetables that are unseasoned and unprepared. We all know there is more salt and more fat than we need in prepared foods, frozen or on the shelf. Canned foods are especially high in sodium.

- Rule four is to plan meals before shopping and take a list.

- Rule five is to read the nutrition facts, especially observing the cholesterol, fat, sugar, and calorie counts based on serving size. It is one thing to know the calorie count, another to know what size serving yields that many calories.

There are many obstacles on the road to nutritious eating. Most restaurants, including fast-food chains, offer low-fat, low-salt menu items. But who eats alone in a restaurant? It isn't easy to eat the grilled chicken salad while friends are enjoying an advanced version of Twinkies. Then there are receptions and parties, where no one wants to be the odd one out and seem anti-social. And one has to deal with the treats

taken to the meeting, the office, or any of the gatherings where having a little snack is the expected course.

I look at that slice of wedding cake, pile of doughnuts, mound of cookies in all their varieties. That is when I'm tempted to say, "Maybe just this once." I hope my mind will

picture a package of Twinkies—and although my mouth waters at the thought, I whisper to myself, "Sorry, I don't eat Twinkies."

- Beverly Sherwood is 75. She and her husband moved to Lenexa, Kan., from the Chicago area in 1989 and have lived in an apartment in Merriam, Kan., for nine years.



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PEOPLE NEWS

Physical therapist attends pelvic education course

Heather Shire, PT, physical therapist at Lawrence Memorial Hospital recently attended an education course entitled "Anatomical and Biomechanical Implications for the Treatment of Patients with Chronic Pelvic Pain" in Birmingham, Alabama. The course was sponsored by the International Pelvic Pain Society and focused on the diagnosis and treatment of chronic pelvic pain.

Shire earned her bachelor's degree in exercise science in 1993 from the University of Kansas and received her master's degree in physical therapy from KU Medical Center in 1996.

Shire said, "Pelvic pain is a condition that affects a large number of women and this course provided a great opportunity to further my skills for treating this patient population."

ICU nurse earns credential

Lawrence Memorial Hospital intensive care unit nurse Melynda Swoyer, RN, ADN, CCRN recently received her Critical Care Registered Nurse (CCRN) credential.

The certification is sponsored by the American Association of Critical Care Nurses, a national organization which offers professional accreditation, education and recognition for nurses who care for critically ill patients and their families.

"This credential validates my critical care knowledge and experience," Swoyer said. "Obtaining my CCRN shows my commitment to patients and critical care nursing."

Occupational therapists attend educational workshop

Two occupational therapists from Kreider Rehabilitation Services at Lawrence Memorial Hospital recently attended a workshop in Kansas City. Dana White, OTR/L, CHT and Tamra Anrig, OTR/L attended a workshop on manual edema mobilization. The seminar focused on reduction for sub-acute edema in the hand and arm region.

White earned her bachelor's degree in occupational therapy from the University of Kansas in 1988 and became a certified hand therapist

in 1995. Anrig received her bachelor's degree in occupational therapy



Anrig

Quality Services names new director

Amber Styles was recently named the Director of Quality Services at Lawrence Memorial Hospital.

Styles has over nine years experience working in the health care industry including leadership roles in various positions of organizational improvement. Most recently she worked for Olathe Health System, Inc. where she was the Performance Improvement Manager.

Styles earned her bachelor's degree in business from Emporia State University in 1998 and her master's degree in management from Baker University in 2000.

Styles said, "I am excited about this opportunity and I look forward to working with the staff and physicians at LMH to continue to build upon the high quality services offered," she said. "We are committed to providing the best health care ser-

vices available to our patients and their families."

Styles directs the activities of the Quality Services Department, which is responsible for ensuring optimal patient and staff safety at LMH through data analysis, education and working closely with other departments.

Edward Jones representatives attend meeting

The six Lawrence Edward Jones investment representatives recently traveled to St. Louis, Mo., to attend this year's annual regional meeting for the firm. They were among 65 Edward Jones representatives from the region at the meeting.

"Edward Jones is known for its one-broker offices," investment representative Ryan Catlin said. "The Edward Jones satellite network enables us to have a direct link to Wall Street and up-to-the-minute stock information, but meeting with our peers enhances our ability to advise our clients."

The regional meeting gives Edward Jones investment representatives regularly attend advanced training courses throughout the year.

Lawrence investment representatives attending the meeting include Ryan Catlin, Harley Catlin, Liz Kundin, Jeff Peterson, Todd Walker, and Julie Thornton.



White



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Places that welcome four legs

By Kerri Fivecoat-Campbell
Kansas Senior Press Service

My husband and I take our dogs with us most of the time when we travel. Before we built our retirement cabin in the Ozarks, sometimes it was difficult for us to find pet-friendly destinations and hotels. Back then, in the 1990s (time does fly, doesn't it?), the only resource we had was a book. Now all sorts of resources are available, including books and Web sites.

Even many cities and towns now recognize that roughly 80 percent of Americans have a pet and many treat them as their children—and that includes taking them on vacations. These locations have found an extra niche by marketing themselves as being pet friendly.

If you're traveling the country this summer or fall with your pet, consider some of the following destinations:

Midwest/South

- Springfield-Branson areas. Both cities have businesses and amenities for pets. While stopping in Spring-

field for the first time many years ago, we learned that Bass Pro will allow you to bring your pet with you into the store if it is small enough to fit in the shopping cart. Our dachshund, Hershey, loved riding along and seeing the sights—especially the store's fish and other creatures. Silver Dollar City in Branson will not allow pets, but it does have a service to keep your pet safe while you're in the park. We were always able to find a hotel or motel that would allow Hershey, but our favorite was a resort cabin on the lake.

- Charlotte, N.C., is also very pet friendly, with several boutiques and restaurants designed exclusively for canine and feline companions.

East Coast

- A writer colleague says that Alexandria, Va., is "dog crazy." She describes a "yappy hour" for dogs at a local hotel, shop keepers who put out dog treats, and the Breaux Vineyards outside of town, which has a special day for dogs. (I'm assuming it doesn't provide free wine to canines!)

- If you're up for a little adventure on the beach with your dog,

I'm told that Dewey Beach, Del., is a great place to take a morning jog with your canine friend. The nightlife there is also fantastic. Fenwick Island, Del., is so pet friendly that the local police even helped a colleague find her two Labradors in the middle of the night after they escaped from her hotel room. Cape May, N.J., also has pet friendly beaches.

West Coast

- The West Coast could be the most pet-friendly part of the United States, San Francisco ranking as the number one city for pets, with a huge amount of green space both on and off the water. The city is full of pet boutiques, restaurants, sidewalk cafes, coffee shops, and even ice cream shops where pets are welcome.

- My friend Heather just vacationed in Manzanita, Ore., with her two dogs. She said the town was designed with pets in mind. It doesn't boast a lot of specialty boutiques or places for pets, but the beaches are pet friendly and the shopkeepers all have treats on hand. The stores also have hitching posts where travelers can tie their pets while they venture

into the stores and wander around. Salt and Pepper, a stationery store, had a resident dog named Bruno. Heather also found a hotel that didn't charge a ransom for having pets stay (she spent a total of \$20 extra for four nights). Heather also heard that Cannon Beach, about 20 miles north of Manzanita, has many specialty shops for pets.

For pet-friendly destinations, check a book titled *Vacationing with Your Pet* or visit www.dogfriendly.com.

- Kerri Fivecoat-Campbell is a freelance journalist, business writer, editor, photographer, instructor, and facilitator. She is immediate past president of the Kansas City Press Club.

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



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- CAREGIVER RESOURCES AND HOME CARE - Comfort Keepers
- COMMUNITY RESOURCES & ASSISTANCE - Jayhawk Area Agency on Aging, Inc.
- COMPLETE HEARING AID SERVICES - Ediger Hearing
- DISCOUNT PRESCRIPTION MEDICATIONS - Canada Drug
- ELDER LIVING OPTIONS - Atria Hearthstone
- ESTATE PLANNING/PROBATE - Attorney at Law
- ESTATE SALES - The Problem Solver
- FINANCIAL PLANNING, FINANCIAL SERVICES, INSURANCE, LONG TERM CARE INSURANCE - Lord-Roberts & Associates
- HEATING & COOLING - Anchor-Robinson Aire Serv
- HOME MAINTENANCE/REPAIR SERVICES - The Carpentry Specialists
- HOSPICE CARE - Midland Hospice
- MEDIA REPRESENTATIVE - KTPK Country Legends & Kaw Valley Senior Monthly
- ONSITE AUTO SERVICE - JEM Mobile Oil Changing
- REAL ESTATE SERVICES - Remax Associates
- REVERSE MORTGAGE - Financial Freedom
- SENIOR MOVING SERVICES - A&A Moving and Hauling
- SPECIAL NEEDS ASSISTANCE - St. Francis Health Center-Physical Rehabilitation

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