

# Kaw Valley Senior Monthly

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August 2007

Serving Active Seniors in the Lawrence-Topeka Area since 2001

Vol. 7, No. 2

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It's fair time. See our calendar page for a list of fairs in the area. - page 16

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**FREE**



**SENIOR profile**

KEVIN GROENHAGEN PHOTO

Esther Luttrell dropped out of school in ninth grade. Nevertheless, she participated in a Ph.D. grant program and had a successful career as a screenwriter.

## Luttrell welcomes transition from screenwriter to novelist

By Kevin Groenhagen

You may have read Esther Luttrell's movie review column in *Senior Monthly* during the past few months. Esther has told us much about stories shown on movie theater screens and televisions. However, we thought readers would enjoy learning more about Esther's story.

Esther's "screenplay" began in Daytona Beach, Fla., but the locales would change rapidly.

"I went to 26 schools in 26 states," Esther said. "My father loved to travel."

Unfortunately, her father eventu-

ally decided to travel alone.

"My father left us, so I quit school in the ninth grade," she said. "I had to go to work."

Looking back, Esther has no regrets concerning her father's nomadic ways.

"I'm so happy that my dad hauled me all over the country," she said. "I remember him telling my mother, who was very upset that we didn't stay in one place, this is the best education I can have. He thought that no matter what life threw at me, I could handle it."

Through an unlikely twist of fate, a few years after dropping out of school,

a Midwestern university invited Esther to participate in a Ph.D. grant program as a campus filmmaker.

"I had been making psychological films for Ivy League schools while I was in Kansas City," Esther said. "I got a call from the university and the gentleman asked if I could meet with him. He had seen my films, so I thought he was just going to hire me to write a film. However, he said two Ph.D.'s were leaving and asked if I would feel confident replacing them. He asked, 'What is your degree in?' 'Unfortunately,' I answered, 'I wasn't able to complete my educa-

■ CONTINUED ON PAGE TWO

# Esther Luttrell

■ CONTINUED FROM PAGE ONE

tion.' He said that was all right. He would tell the board that I would be continuing my education towards a Ph.D."

While Esther told the truth about not completing her education, she knew she wasn't completely forthcoming.

"When I got home, I called him," Esther said. "I said, 'I can't lie to you. When I said I didn't finish my education, I meant I didn't finish high school.'"

After recovering from his shock, the two agreed to keep Esther's educational background a secret.

When the grant at the university concluded, Esther accepted an offer from the Arizona Department of Tourism to write, produce, and direct a promotional film about the state.

After completing that film, she contemplated her next move.

"Los Angeles was only one inch away on the map," Esther said. "So I went to California. I was driving down Beverly Boulevard and I passed CBS. I thought it would be fun if they let me mop and sweep there. I thought maybe they could look at my writing one day. So I just parked the car and went in to see if I could get a job. They asked if I could start working right away. They sent me to the script department. That's where they rewrote scripts that were shot during the day but had problems with them. We had to fix the scripts at night so they were ready for the next day."

Esther worked in the CBS script department for three months. However, she wanted to do something different.

"CBS was wonderful, but I worked from 6:00 p.m. to 2:00 a.m.," Esther said. "I woke up one morning and asked myself, 'Where would I really like to work?' I loved MGM musicals. In fact, when I was a child I was convinced that June Allyson was my real mother and I was adopted. So I dialed information for MGM's number. I asked for personnel. After talking for awhile, the woman in personnel asked, 'How long do you think it would take you to get over here?' I had to get out of my pajamas and get dressed, but she said I made it in 14 minutes. She was so wonderful. She said, 'I have just the job for you; assisting writers, directors, and producers.' I eventually ended up as the executive assistant to the vice president of MGM-TV. I was only his assistant because he didn't like to read scripts. So he left that up to me."

While in California, Esther worked

on movies of the week, feature films, sitcoms, episodic television, and TV specials. She even served as the production coordinator of *ChilPs*. She also had her own script consulting service and sold her first original feature story to Dick Clark Cinema Productions.

Then the unthinkable happened. Esther's son, Dean, an aspiring screenwriter, died at the age of 27.

"I was sitting in my rocking chair and crying, and I happened to notice two boxes under my desk that were full of his scriptwriting," Esther said. "I always said, 'Honey, that's a wonderful idea. Put it there. One day when I have time we'll work on that.' I looked at the boxes and asked myself, 'Who would have thought we'd run out of time?'"

"I got up and called Donald Gold, my old boss on *Chips*," Esther continued. "I told him I wanted to use Dean's insurance money to go across the country to help aspiring screenwriters. He said he would go with me."

In addition to Gold, Esther's workshops included Paul Mason, senior vice president of production at Viacom, Paul Rabwin, producer of *The X Files*, and Anne Marie Gillen, the executive producer for *Fried Green Tomatoes*.

"Once I even took along Mark Schuman, who was 26 at the time and one of the top executives at DreamWorks," Esther said.

After giving workshops across the country for about five years, Mason convinced Esther to write a book about screenwriting. *Tools of the Screen Writing Trade* is currently out of print. However, Esther is working on a new edition.

Esther gave the workshops until she got married to Larry. Although he didn't plan this, Larry is responsible for Esther's new career as a novelist.

"I found out my husband was having numerous affairs," Esther said. "I was trying to think of how to kill him. So I wrote *Murder in the Movies*. That was great therapy."

Esther approached a publisher several months ago about publishing *Murder in the Movies* as a hardcover. The publisher said yes to Esther just last month.

While Larry's affairs led to a novel, they also created uncertainty for Esther—at least for a little while.

"There I was at 65," she said. "Larry left me with one dollar in the bank. We had just moved to Florida. I wasn't even in my comfort zone in Los Angeles."

As a group of friends helped Esther pack her household goods, they discussed where Esther would go from there. She had a job as a radio talk show host, but the mortgage payment would be too much for her to handle on her own. She didn't even have money to pay for the storage of her possessions. Then the phone rang.

"About four months before this," Esther said. "A producer in Miami had called and asked if I would be interested in writing a screenplay based on the true story about an attorney who was framed for murder. He served 12 years. He solved the crime while in jail. I asked the producer if his funding was in place, and he said no. I told him to call me back when he did."

The producer had called back to tell Esther that they had their funding and asked her if she would now consider writing the screenplay. She said yes, and the producer sent her \$10,000 that night along with an airline ticket to Puerto Rico so she could interview the attorney for the movie. She flew to Puerto Rico the next day, where another \$10,000 was waiting for her.

After working on the screenplay for *Malice in the First Degree* at her aunt's cabin in California, Esther's daughter, who lived in Carbondale, Kan., invited her to return to the Midwest. Since then, she has lived in Topeka, where, amongst other things, she focused on writing books.

One such book, *Till Death Do Us Part*, is the story of Evelyn Fort Stewart and her 30-year struggle with domestic violence.

"Evelyn kept telling her son, 'I have to write my story,'" Esther said. "One day he said, 'Mom, I'm tired of hearing that. You're going to sit down and you're going to write that story.' He went out and got her a computer and told her she would have to find a writer to help her. He then sat her down and showed

her how to get on the Internet. But then he died of a heart attack. After grieving for two weeks, she went on the computer and tried to remember what her son said about getting on the Internet. She started pushing buttons. The computer crashed three times and then, all of the sudden, it scrolled really fast. When it stopped, it was on my Web site, where I said I will help people write their stories. She e-mailed me and told me how she found me. We had a great laugh over it. I said, 'I don't see how I can argue with divine intervention.'"

Esther has also served as a judge for a screenwriting contest in Hollywood. Through that position and yet another twist of fate, Esther will soon be going to Los Angeles and Hawaii to produce a \$41 million movie.

"One of the people who sent in a script for the contest was furious because his script wasn't accepted," Esther said. "He didn't make it to the final cut, so I didn't even know him. I only saw the top five scripts. He e-mailed me and sort of told me off. He then asked if I would read his script if he paid me. He sent it to me and it was pretty bad. But I loved him. He just made me laugh. He has a New Jersey accent and reminds me of Danny DeVito. I edited it for him once or twice. Finally, I told him to give it up since he wasn't a writer. But I told him he had a great idea. So I offered to rewrite it for him."

Esther cannot share details about the movie, other than to say its target audience is the same audience that liked *Night at the Museum* and *My Big, Fat Greek Wedding*.

When Esther returns from Hawaii, she plans on writing a book about her son, Dean. She also wants to buy a farmhouse near Topeka. In addition, she wants to work on marketing *Lithium Springs* ([www.lithiumsprings.com](http://www.lithiumsprings.com)), a movie she produced three years ago. However, she says she doesn't want to make any more movies.

Being out of the movie-making business will be different for Esther, but she welcomes the change.

"Don't ever, ever be afraid to make changes," she said. "And don't be afraid to accept something that looks too big for you."

## Kaw Valley Senior Monthly

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# Glassman becomes new executive director of Douglas County Senior Services, Inc.

By Billie David

John Glassman, new executive director of Douglas County Senior Services Inc., is excited about his vision for the organization.

"I want a place that's just abuzz—that if you're a senior in this town, we're relevant to you in some way," Glassman said. "And not just seniors; I also want to have a sense of relevancy to their children—how to deal with issues concerning their parents."

Several months ago, when a friend suggested to Glassman that he apply for the job of executive director of the center, he realized that his years of training in other positions had prepared him for just such a venture.

Glassman had recently returned to the Topeka area after a three-year stint in Colorado, where he helped open a new hospital. Before that, he had helped manage the Treasures of the Tsars exhibit, had worked on the Union Pacific Station, and was employed at the Menninger Foundation and Stormont-Vail Hospital in Topeka.

"That's where I really cut my teeth in healthcare and developed an appreciation for the whole senior business," Glassman said, adding that he helped set up a senior diagnostic unit and Healthwise 55, a service that helps seniors navigate through the healthcare system.

Glassman eventually obtained an adult care administrator's license and did his residency program with Dor-

othy Devlin at Presbyterian Manor.

"All of these experiences helped prepare me for the job: leadership, management and bringing people together," he said.

So he applied for the job and was immediately impressed with the board members who interviewed him.

"They were very open and gracious," he said, adding that two things in particular served to draw him in.

"They had been without a director for a while, but the staff was still going strong," he said. "They were very dedicated. The clincher was that every board member was at the final interview. I listened to them talk about what they wanted the place to become, and symbolically we had the same dream."

As for his experience at the center so far, "I love it," he said. "The staff and board have been very welcoming."

Glassman said he spent the first couple of months on the job assessing the Senior Center: what it is, what it does, and what it needs.

"I talked to various agencies and they all have a strong desire to work with us," he said. "That has really reinforced that this was the right decision for me."

Glassman has also reflected on the future needs of Lawrence seniors, especially concerning what will happen as the baby boomers age.

"Alzheimer's is going to be a major issue," he said.



John Glassman (left) with Ray Freels and Cy Young. Freels donated a pool table to the senior center in 2003. Merle Ward, who passed away in April, left a donation to the senior center, which was used to hire Jim "Doc" Halladay of The Billiard Supply Store to recover the table.

Related to that will be issues concerning adult daycare, the sandwich generation—"They will spend more time taking care of their parents than we did raising our kids," he said—

■ CONTINUED ON PAGE FIVE

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## Glassman

■ CONTINUED FROM PAGE FOUR

and the elder abuse that can spring from the frustration of trying to juggle everything.

"On the flip side," Glassman continued, "we need to provide resources for those folks who look at their lives and want to do something differently, like travel or do something good for the world."

Glassman moved to Lawrence one year ago in July. The Hays native said he missed the openness, space, land and sense of roots he had experienced in Kansas, and he wanted to find a good school for his son.

"When they say they're dedicated to kids, it's demonstrated here," he said of the Lawrence school system.

Glassman also acknowledged the high level of support he has received from the Lawrence community.

"What I most appreciate is how the folks that I've spoken with in

this community are so receptive to ideas about what this place should become," he said. "People around here have given this some thought."

Goals that Glassman has set in order to realize his vision for the Senior Center include fostering growth in the organization, expanding the range of services, meeting the demands of the relatively younger and healthier baby boomers, using technology more effectively, building stronger alliances with other organizations that offer senior services so that those services are not duplicated, getting more people involved and, at some point, moving into a different physical plant.

"It boils down to this: I need to attract the best possible staff and board members and get the resources and finances we need," Glassman said. "I need to get out of the office and onto the street, visiting with people. And when we bring it all together, I need to get out of the way and let people do their jobs."

## DCSS programs

Some of the programs and opportunities that Douglas County Senior Services offers include the following:

- Bus 62, which provides transportation to seniors who do not qualify for the city operated T-Lift or who require more assistance than the T-Lift can provide.
- The Adult Day Program, which provides a safe environment, socialization opportunities and care for adults with physical, cognitive or emotional needs, and respite for caregivers.
- Information and assistance in identifying resources available to seniors, including senior housing, home health, legal services, financial assistance, long-term care facilities and respite care.
- The SHICK Program, which provides assistance with Medicare questions and paperwork.
- Opportunities to volunteer in a wide variety of capacities such as meal delivery driver, dining center assistant and classroom instructor.
- The Friendly Visitor Program, which matches homebound seniors with volunteer visitors.
- The Caregiver Support Group.
- The "Adopt a Grandparent" program
- Continuing education through the Leisure & Learning Program, which offers lifelong learning and fitness opportunities such as classes, workshops, seminars, special events and trips.
  - Resources that include a fully equipped woodshop, a textile arts room and a computer lab.
  - The Senior Meals Department, which serves noontime meals at dining centers in Lawrence, Baldwin City, Eudora and Lecompton, as well as delivering meals to homebound seniors.

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## Tai Chi boosts immunity to shingles virus in older adults

Tai Chi, a traditional Chinese form of exercise, may help older adults avoid getting shingles by increasing immunity to varicella-zoster virus (VZV) and boosting the immune response to varicella vaccine in older adults, according to a new study recently published in the "Journal of the American Geriatrics Society."

This National Institutes of Health (NIH)-funded study is the first rigorous clinical trial to suggest that a behavioral intervention, alone or in combination with a vaccine, can help protect older adults from VZV, which causes both chickenpox and shingles.

The research was supported by the National Institute on Aging (NIA) and the National Center for Complementary and Alternative Medicine (NCCAM), both components of NIH. The study's print publication follows its online release in March. The research was conducted by Michael R. Irwin, M.D., and Richard Olmstead, Ph.D., of the University of California at Los Angeles, and Michael N. Oxman, M.D., of the University of California at San Diego and San Diego Veterans Affairs Healthcare System.

"One in five people who have had chickenpox will get shingles later in life, usually after age 50, and the risk increases as people get older," says NIA Director Richard J. Hodes, M.D. "More research is needed, but this study suggests that the Tai Chi intervention tested, in combination with immunization, may enhance protection of older adults from this painful condition."

"Dr. Irwin's research team has demonstrated that a centuries-old behavioral intervention, Tai Chi, resulted in a level of immune response similar to that of a modern biological intervention, the varicella vaccine, and that Tai Chi boosted the positive effects of the vaccine," says Andrew Monjan, Ph.D., chief of the NIA's Neurobiology of Aging Branch.

The randomized, controlled clinical trial included 112 healthy adults ages 59 to 86 (average age of 70). Each person took part in a 16-week program of either Tai Chi or a health education program that provided 120 minutes of instruction weekly. Tai Chi combines aerobic activity, relaxation and meditation, which the researchers note have been reported to boost immune responses. The health education intervention involved classes about a variety of health-related topics.

After the 16-week Tai Chi and

health education programs, with periodic blood tests to determine levels of VZV immunity, people in both groups received a single injection of VARIVAX, the chickenpox vaccine that was approved for use in the United States in 1995.

Nine weeks later, the investigators did blood tests to assess each participant's level of VZV immunity, comparing it to immunity at the start of the study. All of the participants had

had chickenpox earlier in life and so were already immune to that disease.

Tai Chi alone was found to increase participants' immunity to varicella as much as the vaccine typically produces in 30- to 40-year-old adults, and Tai Chi combined with the vaccine produced a significantly higher level of immunity, about a 40 percent increase, over that produced by the vaccine alone. The study fur-

ther showed that the Tai Chi group's rate of increase in immunity over the course of the 25-week study was double that of the health education (control) group. The Tai Chi and health education groups' VZV immunity had been similar when the study began.

More information on Tai Chi can be found on NCCAM's Web site at <http://nccam.nih.gov/health/taichi/>.

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Extension Master Food Volunteers, a relatively new branch of the umbrella organization K-State Research and Extension-Douglas County, have been honing their cooking skills as home cooks, but more recently as cooks trained in an intensive 8-week course given by Douglas County Extension Agent Susan Krumm and her counterparts from Leavenworth and Shawnee counties.

The Extension Master Food Volunteers are now excited about sharing their skills and enthusiasm with some beginning cooks. "Cooking 101" participants will prepare and sample a wide variety of all types of dishes, learning various cooking techniques and the basics of healthy eating. During the course, which will meet for two hours every Tuesday evening beginning September 11, 2007 from 6:00 to 8:00 p.m., participants will interact with experienced cooks as they pre-

pare a dish and share samples and thoughts with other class members in a short discussion period that follows. The class will meet at the Douglas County Fairgrounds, 21st and Harper Streets, Lawrence, in Building 21.

Class registration and fee payment will be accepted through Friday, August 31, at K-State Research and Extension-Douglas County, 2110 Harper St. on the Douglas County Fairgrounds. Any questions about the class can be answered by contacting Susan Krumm, at (785) 843-7058 or skrumm@ksu.edu.



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# PET WORLD

## Early diagnosis of cancer can save pets' lives

**QUESTION:** My 12-year-old boxer has a tumor on his leg that gets bigger every day. It doesn't seem to bother him, however. Two different veterinarians suggested removing this large tumor, and they said

doesn't seem to occur. Instead, quite the reverse, they act overjoyed to be alive.

Perhaps the book "Grizz's Story: A Greater Courage," by Grizz and Jo Helms, would serve as inspiration. This is the story of a Siberian husky diagnosed with cancer. Following the amputation of a leg, Grizz joyfully continued his life for another year. You can buy the book online only at: <http://www.grizz.20megsfree.com/>.

But we're getting ahead of ourselves. Veterinary oncologist Dr. Philip Bergman, chief medical officer for BrightHeart Veterinary Centers, says it's important to determine exactly what type of tumor is growing on your dog, and the sooner the better. As in humans, early diagnosis of cancer can make the difference between life and death. Consider seeing a veterinary oncologist. From your description, there's real reason for concern. A fine needle aspirate (sampling of what's inside the tumor) will be read by a pathologist. From there, a diagnosis and prognosis may be made. Likely possibilities if the tumor is malignant: a sarcoma or mast cell cancer.

**QUESTION:** I've been feeding a feral cat in front of my apartment

for about 7 months. She appears at night to eat, then hides somewhere during the day. She won't allow me to pet her. I was able to trap this cat and have her spayed not long after I began to feed her. But the shelter said that it's unlikely I'll ever be able to trap her again. We're moving, and my husband and I want to take this cat with us. How can we do this? — C.S., Lighthouse Point, FL

**ANSWER:** Dusty Rainbolt, of Lewisville, TX, has trapped more cats than she can count. She says, "Some individuals do learn never to wander into a trap again, but then others get trapped over and over again. Your odds will be in your favor if you put something really smelly in the trap, like sardines or tuna. Put the food inside pantyhose and tie it to the trap, so the cat can't stand just outside the trap and with a paw pull a can or dish out. Don't wait until a day before your move; start trying to trap her as soon as you can, just in case it does take a while. Be sure you choose days you can keep an eye out. In Texas, the fire ants would be attracted to the tuna or sardines, and the cat could be attacked. You need to be around so the cat isn't in the cage for long."

Visit a vet for any needed vaccina-

tions, particularly rabies, and to have the cat examined. Checking for feline leukemia and the feline immunodeficiency virus (FIV) is a good idea.

Acclimate the cat to indoor life by secluding her in one room. Never force her to be petted. Instead, attach a glove to a yardstick and reach out to her that way. If she bites you, don't scream in pain and run off, reinforcing the biting behavior. (Note: Don't try this 'glove track' until you feel the cat is ready.)

"Feed the cat as often in the day as you have time for, so she associates you with food," says Rainbolt, author of "Cat Wrangling" (Lyons Press, 2007; \$14.95). Sit in the middle of the room and read a children's book to the kitty. A soft, soothing voice seems to calm the savage beast, or at least the scardy cat. Leave the cat carrier inside the special room and periodically feed your cat there. When you do move, it'll be a lot easier to get your cat into the carrier if she accepts the carrier as a friendly place.

(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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Steve Dale

it would mean removing the leg. I could do never that to my dog; he's family. Any advice? — S.L.K., Cyber-space

**ANSWER:** Your love for your dog is clear. However, please consider that dogs have twice as many legs as we do, and having three isn't so bad. Three-legged dogs (unless they're terribly overweight) generally adjust quickly after surgery, and get around nearly as well as they always did. They can fetch tennis balls and terrify squirrels as adeptly on three legs as four. The psychological trauma of being expected to feel sad because they've lost a limb just

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The Lawrence Brownbag Lecture Series is free and open to the public. Please call 785.842.3627 for more information or to make a reservation. Feel free to bring a brownbag lunch; drinks will be provided.

# PERSONAL FINANCE

## Financial literacy: What you don't know may hurt you

Most of us "get" the basics of financial management. While it may not be our favorite pastime, we generally know the gist of balancing our checkbook, paying credit card bills and identifying retirement funds. But, for many, that's the extent of our financial comprehension.



Joe B. Jones

In fact, most Americans fail to make the grade when their financial knowledge is tested beyond the ABC's of financial literacy. According to a 2006 study commissioned by Northwestern Mutual, Americans have little grasp of important—and relevant—financial matters that can affect their financial futures. In response to the study's questions, which test financial knowledge, the vast majority of the more than 1,000 study participants failed to get 60 percent correct—that's an F in school terms.

The study found that Americans score well when they're presented with a list of answers to questions that ask them to identify terms like asset allocation, diversified portfolio and IRA. However, when asked questions that delve a little deeper, Americans don't make the grade with issues such as:

- **Bonds vs. stocks.** Most Americans erroneously say bonds provide better long-term protection against inflation and other adverse market conditions as opposed to stocks.
- **Group insurance.** Six in 10 wrongly believe they will be able to take their group life or disability policies with them should they leave their job.
- **Nursing home costs.** Most underestimate such expenses; while the average yearly cost is approximately \$75,000, most estimate the cost to be less than \$60,000. In addition, few protect themselves against these costs.
- **College savings programs.** Less than half know 529 plans are savings vehicles for funding education. Yet these results raise another im-

portant concern that must be addressed: our children's knowledge of financial matters. Most parents know the importance of teaching their children how to manage money. In fact, two-thirds of teenagers look to their parents, not teachers or peers, to learn how to make money and manage it. Yet according to a 2004 study by Northwestern Mutual on kids and money, nearly half of the parents surveyed admitted that they did not believe they were good financial role models for their children.<sup>3</sup> So how's their financial future looking? Not good, according to Jump\$start.

### Kids and money

The Jump\$start Coalition for Personal Financial Literacy has conducted national research underscoring that the average high school graduate also lacks basic personal finance skills and, therefore, struggle with everyday earning, spending, saving and investing.

The coalition's most recent biennial survey, released in April 2006, shows that nationally, 12<sup>th</sup> grade students are in trouble. Though they also understand fundamentals like asset allocation, at large, they correctly answered only 52.4 percent of the questions—or the equivalent of an F—a sure sign that students' lack of financial literacy remains an issue that affects all Americans.

The fact is that in today's complex world, it's not enough to know only the basics, and this holds true for both parents and kids. There is so much to understand about retirement, college saving, protecting our families with the right kind of insurance, and more that it's up to each of us to stop this cycle.

So where does the answer lie? If we aren't grasping financial knowledge beyond the basics, how will our children ever learn it?

### Investing in education

The answer lies in education—both at home as well as at school. For Americans who want to take a proactive approach to building financial knowledge and change the cycle, utilize the wide array of financial resources available to get you on track. Look at financial statements on a monthly basis to better understand and track investments. Reading reliable financial publications, such as *The Wall Street Journal*, *Bar-*

*ron's*, and *Investor's Daily*, can also grow one's financial knowledge base. And don't forget to include your kids in the conversation so you can learn together.

The Web also offers a variety of resources: Northwestern Mutual offers a Learning Center at [www.nmfn.com](http://www.nmfn.com), which features articles on a range of topics, as well as a glossary of financial terms and calculators to help gauge financial well-being. Moreover, parents and teachers can access information on teaching young kids about earning, saving, spending, investing and owing at [www.TheMint.org](http://www.TheMint.org), [www.JumpStart.org](http://www.JumpStart.org) and [www.mymoney.gov](http://www.mymoney.gov).

Your children's school can also play a role, though it's best if they are learning the foundation at home from you. However, encouraging school officials to consider classes and curriculum on the importance of being money smart shouldn't be overlooked. There are plenty of free resources available to teachers through organizations like The National Council on Economic Education and The Northwestern Mutual Foundation to help get them started.

It also may be eye-opening to

gauge your own financial knowledge by taking the Money Maladies Test at [www.moneymaladietest.com](http://www.moneymaladietest.com), a condensed, 14-question version of the 2006 study. See where you are strong and also identify some areas you may want to address.

While some may be born into money or great wealth, no one is born knowing how to save or to invest. Building a financially secure future depends on learning the basic principles of earning, investing and saving. As Benjamin Franklin once said: "An investment in knowledge always pays the best interest."

- Joe B. Jones is a Network Representative with Northwestern Mutual Financial Network the marketing name for the sales and distribution arm of The Northwestern Mutual Life Insurance Company (NM), Milwaukee, Wisconsin, its affiliates and subsidiaries. Network Representative is an agent of NM based in Lawrence, KS. Securities offered through Northwestern Mutual Investment Services, LLC, 9225 Indian Creek Parkway, Overland Park, KS 66210, member NASD and SIPC. NM is not a broker dealer. To contact Joe, please call (785) 856-2136, e-mail him at [joe.jones@nmfn.com](mailto:joe.jones@nmfn.com) or visit his Web site at [www.nmfn.com/joejones](http://www.nmfn.com/joejones).

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## PERSONAL FINANCE

# Make the right moves when rates are rising

For the past several years, we've enjoyed low interest rates. But the picture may be changing. In recent weeks, the 10-year Treasury note yield—a key indicator that af-



Harley Catlin and Ryan Catlin

facts many long-term rates—hovered above 5.25 percent, a level not seen consistently since 2002. The 10-year yield has since fallen somewhat, but the initial jump has caught the attention of market watchers and investors. If interest rates are moving up, how will you be affected—and how should you respond?

There's no simple answer, because rising rates can affect several areas related to the way you invest. But here are a few suggestions:

Review your holdings—and make appropriate moves. As a general rule, rising interest rates are not good for stock prices. The more expensive it becomes for companies to borrow, the less they will invest in expanding their business. Consequently, their profitability—and, possibly, their stock prices—may suffer. Still, some industries are more susceptible than others to the potentially negative effects of higher interest rates. For example, construction firms often see their stock price fall when rates rise, but pharmaceutical companies may be less affected. (People need their medicines, no matter what's happening with interest rates.) The bottom line? You may want to adjust your portfolio, keeping in mind, of course, that interest-rate movements are but one factor in making "buy" and "sell" decisions.

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

Be prepared for price volatility. At the height of the recent run-up in bond yields, the stock market took some hits. When investors think they can get relatively high yields on bonds, they are often less willing to take on the extra risk involved in owning stocks; as a result of this lowered demand, stock prices may fall. While there's not always a direct, inverse relationship between bond yields and stock prices, it's nonetheless something to keep in mind. The more you know about why stock

prices may fall, the less likely you are to make hasty decisions - such as selling stocks that may still be appropriate for your needs and that still have good long-term potential.

Add "rungs" to your fixed-income ladder. Fixed-income investments, such as certificates of deposit (CDs) and bonds, can be an important part of your portfolio. And it's often a good idea to build a fixed-income "ladder" containing short-, intermediate- and long-term vehicles. Once you have established a ladder, you are prepared for both rising and falling interest rates. When rates are rising, the proceeds from your maturing bonds and CDs can be used to invest in new issues at the higher levels. When market rates are falling, you'll continue to benefit from the higher rates offered by your lon-

ger-term bonds. Yet, you might have been holding off investing in intermediate- and long-term bonds, waiting for rates to rise. So, if your ladder is overweighted with short-term CDs, now may be a good time to "re-balance" your ladder to reflect rising interest rates.

It's been quite some time since we've been in a "rising rate" environment. If we are, in fact, entering such a period, you'll want to consult with your financial advisor to determine how adjusting your stock portfolio and creating a bond ladder can help you continue making progress toward your long-term financial goals.

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

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# HEALTH & FITNESS

## Extra, extra! Direct access to therapy

**G**o directly to therapy. Do not pass Go. And don't wait, either!

That's the message of a major new law (passed on July 1, 2007) that permits physical therapists to treat patients without a doctor's prescription.

For many people, in other words, there is now one less hurdle to leap on the path to therapy.

Physical therapists in Kansas are celebrating. Until the passage of this



Laura Bennetts

milestone legislation, Kansas was just one of seven states in which patients had no direct access to therapy. Now, we are the 44th state with direct access, and therapists are pleased to be recognized as independent professionals who can treat patients directly, without always seeking a physician's prescription.

Prospective therapy clients are pleased, too. While not everyone is eligible for direct access to therapy—that depends on your particular insurance; see below—many people can now obtain therapeutic evaluation and treatment much more quickly and easily than in the past. That's good news, indeed.

### Direct Access Means Quicker Care

In many Kansas communities, a physical therapist is the first medical professional a patient will contact about pain or loss of independence. For instance, a patient may talk to a therapist about back pain at a health fair at an assisted living facility in Topeka or Ottawa. The therapist, under the new direct access law, is permitted to discuss the patient's problems and offer specific advice.

If your insurance allows you to be seen by a therapist without a doctor's prescription, you could be evaluated and treated the same day. The initial treatment should decrease your back pain and increase your ability to walk. The therapist will evaluate your pain level, strength, range of movement, and problems with standing, sitting, walking and working.

Direct access means quicker treatment and recovery. Patients who choose physical therapy will enter treatment sooner, recover sooner,

use less pain medication, and pay less for their care.

### The New Law

The new law allows a patient with a recurring medical condition to see a physical therapist for 30 days of evaluation and treatment. If, within that 30-day window, you recover and then relapse, you can return for further treatment without getting a prescription. After 30 days, to continue treatment further, you will need a doctor's prescription.

Say, for example, that you saw your therapist last year for knee pain and that the pain later came back. Under the provision of the new law you would be able to go directly to your physical therapist for evaluation and treatment. If your therapist decided that something new was causing your knee problem, the therapist would refer you to see your doctor. You could then continue therapy while you had further testing with your doctor.

### Many Health Plans Still Block Direct Access

Many insurers still require a doctor's prescription for physical therapy. Medicare, for example, requires prescriptions for all therapies (physical, occupational, and speech). So direct access to physical therapy is still not universally available.

To find out where you stand, call the 1-800 number of your health insurance provider. Ask whether your health coverage permits direct access to therapy. And, if not...

### You Can Write to Congress

There is, right now, a bill before Congress that would allow Medicare patients direct access to physical therapy. This would permit them to see their physical therapists without a doctor's prescription in any of the 44 states that currently authorize direct access to physical therapists.

### Medicare Direct Access for Physical Therapy

Did you know that, if you have Medicare coverage, you can go to any doctor, without a referral from your primary doctor? That's important to remember. If, for example, you decide to see a podiatrist for foot care, you will no doubt want your primary doctor to know what you're doing—but you won't need a referral to see the podiatrist.

Medicare allows you to receive medical care quickly and without extra paperwork because you can schedule appointments with any doctor directly. If Congress votes to extend the same kind of direct ac-

cess to therapists, you could receive therapy equally quickly and easily (in Kansas and in the other 43 states that permits direct access). If you want direct access to physical therapy under Medicare, ask your representatives in Congress and the Senate to support HR 1552/S. 932.

### Therapists are Vital to the Team

Physical therapists work closely with doctors and value teamwork in the health community. Many institutions and clinics will continue to require doctors' prescription for therapy because many insurance plans require them. But physical therapists,

like occupational and speech therapists, are working through our professional associations to increase access to therapy for every American. We encourage the public to demand more access to therapy and support every effort to expand therapy benefits.

- Laura Bennetts, MS RPT, is a physical therapist with 24 years experience. She is the co-owner of Lawrence Therapy Services LLC (785-842-0656) and Baldwin Therapy Services (785-594-3162). For answers to your therapy-related questions, please write to Laura at LTS\_2000@hotmail.com.

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## HEALTH & FITNESS

# West Nile virus (part 2)

Last year, West Nile Virus (WNV) infected about 4,000 Americans with 149 fatalities, according to the Centers for Disease Control and Prevention. What are some of the symptoms of WNV? How is West Nile virus treated? Is there anyway to pre-



Dr.  
Farhang  
Khosh

vent contracting the disease?

People who contract WNV may have no symptoms, mild symptoms, or rapidly fatal brain infection. Typically, symptoms last for three to six days, and most people have either no symptoms of the infection or a mild, flu-like illness. In the event of an outbreak, the chance of a person developing the illness after being bitten is about one in every 140-300 people.

Symptoms of WNV typically start with the abrupt onset of fever and can include the following: chills, abdominal pain, swollen lymph glands, sore throat, body aches and pains, lack of appetite, headaches, nausea and vomiting, skin rash, diarrhea, and overall feeling of illness. Headache is particularly common and may be severe. The person may have sensitivity to light with pain behind the eyes. In cases of more severe infection, the symptoms can include muscle weakness, stiff neck, confusion, loss of consciousness or convulsions.

In less than 1 percent of the people infected, the virus can cause serious neurological infection. This can include inflammation of the brain (encephalitis), of the brain and the surrounding membranes (meningoencephalitis), infection and inflammation of the membranes surrounding the brain and spinal cord (meningitis), inflammation of the spinal cord (West Nile poliomyelitis) or a sudden weakness of the arms, legs or breathing muscles (acute flaccid paralysis).

Tests to diagnose WNV include: CBC, PCR, lumbar puncture and CT or MRI scan of the head. Because the illness is caused by a virus, antibiotics do not help treat West Nile Virus. Currently, there is no known

antiviral treatment or vaccine to prevent WNV. The milder cases of WNV do not require treatment. In severe cases of WNV, hospitalization is required for IV fluids, IV nutrition, ventilator support or prevention of a secondary infection.

Prevention is the best way to prevent getting West Nile Virus. The only way to reduce a person's chance of contracting WNV is to avoid contact with mosquitoes. Below are lists of suggestions that can be followed to reduce your exposure to mosquitoes:

1. Mosquitoes are most active during the early morning hours and evening. Limit your outdoor activities or protect yourself during these times.

2. Use insect repellent.

3. Eliminate mosquito breeding grounds by emptying standing water from flower pots, buckets, barrels, children's pools, empty tires, toys, wading pools or bird baths.

4. Use screens on windows or fix any broken screens to keep mosquitoes outside.

5. Wear protective clothing when outside, such as long sleeved shirts, pants, hats and socks.

6. Citronella is frequently used in outdoor candles and helps to eliminate mosquitoes.

7. Mosquitoes become infected by biting birds that harbor the virus. Report any dead bird especially wild birds, crows and blue jays to the local health authorities so that they can be tested for the WNV.

8. Replace outdoor lights with yellow bug lights.

9. Unclog roof gutters.

10. Mosquitoes are attracted to dark clothing and floral, fruity fragrances; avoid wearing these items.

A person should contact their doctor immediately if they are experiencing signs and symptoms of West Nile Virus infection, especially if they have been bitten by a mosquito in an area where West Nile Virus has been found. Remember to enjoy the summer, but also protect yourself and your family from mosquitoes.

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

### OFF THE WALL

"If ignorance is bliss, why aren't more people jumping up and down for joy?"

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## DEAR PHARMACIST

# You can beat parasites

By Suzy Cohen, R.Ph.  
Tribune Media Services

**QUESTION:** I was diagnosed with a parasite, *Blastocystis hominis*. I was unsuccessfully treated with Flagyl (metronidazole) and still have the parasite. Any suggestions? — J.P., Wellfleet, Mass.

**ANSWER:** Parasites conjure up images of Third World countries with polluted water. In truth, parasites can infect anyone's gut — actually, any organ — even if you're compulsively clean and live in Trump Tower. That's because bad bugs can be transmitted through uncooked meat or fish, improperly washed fruits and vegetables, unpasteurized dairy products, dirty diapers, shaking hands with someone who didn't wash their hands after using the restroom, and the use of antibiotics, which destroys healthy flora in the colon.

Some people with parasites actually have no symptoms. For others, the signs of infection are painfully vague: fatigue, mood swings, frequent headaches or colds, diarrhea, constipation, flatulence, rectal itching, fluttering in the gut, or weight loss without even trying.

Most people have heard of GI critters like pinworm or *Giardia*. However, *B. hominis* occurs all over the world and is commonly associated with Irritable Bowel Syndrome (IBS.) Some resistance has developed with Flagyl, however Yodoxin or Tindamax are also available.

Whatever you do, don't get constipated; straining for 30 minutes every two days is not normal! Also, all that fecal matter goes stagnant and becomes a breeding ground for parasites to eat you alive. The cowards hide deep inside the crevices and folds of your gut, so No. 1 on my list is fiber because it absorbs water and collects parasites for removal. You can eat oatmeal or supplement with psyllium husks (Metamucil). You should also integrate healthy fibers like flaxseed or Chia seeds — yes the same kind in those Chia pets! There are many fibers on the market — one supplement that I like is "Colonix" because it contains Premium grade fiber so its 'scrubbing' action is remarkable.

Along with fiber, consider a parasite-killing supplement; there are many brands. One formula called "Paranil" combines powerful herbs (black walnut hulls, Pau D'Arco, pumpkin, tumeric, etc.) which an-

nihilate parasites, worms and their eggs. Ask your doctor or pharmacist before combining Paranil with other meds. I won't be graphic, but once the critters die, peek at your own risk because the alien contents in your potty may look like something from "Men in Black."

Colonix and Paranil can be purchased from [www.DrNatura.com](http://www.DrNatura.com), or call 800-877-0414. One more thing: Probiotics are absolutely crucial to build a healthy camp of intestinal flora and strengthen your immune system.

Stool tests are unreliable in my opinion, though your doctor can order a specialized test called a Comprehensive Digestive Stool Analysis (CDSA) from Genova Diagnostics, [www.gdx.net](http://www.gdx.net) or 800-522-4762. It's also wise to have general testing for food sensitivities, colitis and

absorption problems. Consider Enterolab. This premier lab will sell GI test kits directly to consumers. [www.enterolab.com](http://www.enterolab.com) or 972-686-6869.

*(This information is not intended to treat, cure or diagnose your condition. Suzy Cohen is the author of "The 24-Hour Pharmacist." For more information, visit [www.24-hourpharmacist.com](http://www.24-hourpharmacist.com)*

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# Friday Night Alive!

August 17, 7:00 p.m.

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



This is the final "Friday Night Alive" for this summer. Don't miss it!



## Join us for Gospel Music, Fellowship, and Fun!

### Everyone is welcome to attend!

Sponsored by Lawrence Faith Foursquare Church



Lawrence Faith Foursquare Church holds services every Sunday at 10:15 a.m. at Bishop Seabury Academy, 4120 Clinton Parkway.

Wednesday Bible Class at Easy Living Clubhouse 6:30 p.m. 33rd & Iowa behind JC Penny's.

For more information about the Foursquare Church, call Pastor Eplee at 785-865-1549 or 785-979-0041, or visit [www.foursquare.org](http://www.foursquare.org).

## RETIRE SMART

# Readers' share their own financial tips

You the readers make personal the topics we write about, and that much more meaningful.

Take Angela Fox, commenting on our column about the need for couples to communicate about retirement planning, including money matters.



Humberto  
and  
Georgina  
Cruz

"So true," she said, and we appreciate her willingness to share her story so others can benefit.

"My husband of 26 years passed away in June 2006," Fox said. "Even though he had been retired for six years, he handled all our financial affairs because he enjoyed it so much. The few times I asked him to share the information with me, he would laugh and say, 'Don't worry about it, I have it all taken care of.'"

"Because I knew nothing about our finances, I am suffering deep depression today because I have been completely thrown by all the facts I should have known, and I'm so afraid to make a decision about our finances because I feel so uninformed and just plain 'stupid.' Thank goodness, I have a daughter who is pretty adept at understanding financial matters. It's so important couples share this information while they are both living."

We are withholding Fox's city of residence because we don't want unscrupulous, self-proclaimed "financial advisers" preying on her, as they often do with seniors, particularly widows. To Fox and others in a similar situation, we suggest checking the Web site [www.nasaa.org](http://www.nasaa.org), which has numerous tips for seniors on investing and preventing fraud.

In another column, we wrote about a study showing many adult daughters do not follow their retired mother's good advice to save money. Reader Missy VanWinkle of St. Louis did, and she is glad.

"My Mom has taught me, since I was a little girl, just common sense like, 'Always have a little saved for an emergency,'" VanWinkle said.

Other bits of common sense are to keep some money "hidden" from yourself (you can't spend what you don't see) and the realization you can always earn more money. "My mother chooses to still work full-time at 75 years old, and while she remains very frugal, she also doesn't believe one should be miserly, with others or self," VanWinkle said.

Let's hear her tips, in her own words:

— First, use your mind. Seriously, sometimes people just don't think. Remember: The only way to save money is to spend less than you earn.

— Separate some money in your wallet and tuck it away in a hidden compartment. If it's not in front of your eyes, you're a lot less likely to fritter it away.

— Start a savings account, no matter how small and keep it for absolutely critical things only. "Mom started us kids with a passbook account when we were about 5 or 6, and I was horrified when she wouldn't let me withdraw the money for a doll," VanWinkle said. "But I learned."

— When you get a raise, use it to bump up your 401(k) if you haven't

been able to fully fund it before. If you can't talk yourself into using the entire raise for your 401(k), add 1 percent. Then do it each raise until you reach the limit.

— When you pay off an obligation like a car loan, your budget is used to that amount going out each month so just funnel it into a savings account, an IRA, kids' college fund, vacation fund or anything. But save it. You were living just fine with it flying out of your pocket – use it to your advantage now.

— "This one everyone knows: Save your pocket change," VanWinkle said. "I was able to buy my Wa-

terford crystal collection one stem at a time with rolled change when my husband and I were poor as church mice. A foolish indulgence? Maybe, but I wanted it and found a painless way to do it."

(Humberto and Georgina Cruz are a husband-and-wife writing team who work together in this column and communicate about their retirement plans. Send questions and comments to [AskHumberto@aol.com](mailto:AskHumberto@aol.com), [GVCruz@aol.com](mailto: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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When my country needs*

# CALENDAR

## ART/ENTERTAINMENT

AUG 9-12

### BALLAD OF BLACK JACK

Musical presented by Ballad of Black Jack, Inc. 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 national newspapers. Lawrence Arts Center, 940 New Hampshire. LAWRENCE, (785) 843-2787

AUG 10-25

### "GREASE"

Musical performed by the River City Community Players. Shows on Friday and Saturday at 8:00 p.m. and Sunday at 2:00 p.m. Performing Arts Center, 5th & Delaware. LEAVENWORTH, (913) 682-7557  
[home.kc.rr.com/finch/rcpp/rcpp.htm](http://home.kc.rr.com/finch/rcpp/rcpp.htm)

AUG 11

### "AN EVENING WITH THE HARVEY GIRLS"

Dinner with the "Harvey Girls" with displays and program at 6:00 p.m. Fundraiser for the National Fred Harvey Museum. Riverfront Community Center, 123 S Esplanade St. LEAVENWORTH, (913) 727-5036

AUG 17

### TROUT FISHING IN AMERICA

"Music for people who take their fun seriously," Trout fishing in America is a unique duo, bassist Keith Grimwood and guitarist Ezra Idlet, who engage audiences of all ages with their wit and musical skills. Their fun and lively mix of folk, pop and family music has earned multiple awards and a Grammy nomination. Lied Center, 1600 Stewart Dr. LAWRENCE, (785) 864-2787  
[www.lied.ku.edu](http://www.lied.ku.edu)

AUG 26

### STATE FIDDLE & PICKING CHAMPIONSHIPS

Annual Fiddling and Picking championship competition. Open competition in fiddle, banjo, guitar, mandolin, dulcimer, miscellaneous acoustic instruments and ensemble folk singing. Concerts and children's activities. South Park, 1140 Massachusetts. LAWRENCE, (785) 841-7817

## BINGO

SUNDAYS & TUESDAYS

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

SUNDAYS & FRIDAYS

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

MONDAYS & THURSDAYS

**AMERICAN LEGION POST NO. 400**  
3029 NW US HIGHWAY 24, TOPEKA,  
6:30 PM, (785) 296-9400

MONDAYS & SATURDAYS

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

WEDNESDAYS, THURSDAYS & SUNDAYS

**MOOSE CLUB**  
Wednesdays, 6:30 p.m. Thursdays, 12:30 p.m.,  
Sundays, 6:00 p.m.  
1901 N KANSAS AVE, TOPEKA, (785) 234-6666

WEDNESDAYS & FRIDAYS

**VETERANS OF FOREIGN WARS**  
3110 SW HUNTOON, TOPEKA, 6:30 PM, (785) 235-9073

WEDNESDAYS

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

WEDNESDAYS & FRIDAYS

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

WEDNESDAYS & FRIDAYS

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

THURSDAYS

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

FRIDAYS

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

FRIDAYS

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

## BOOKMOBILE

MONDAYS

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

TUESDAYS

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

WEDNESDAYS

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

## BOOK TALKS

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

THIRD WEDNESDAY OF EACH MONTH

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

FOURTH WEDNESDAY OF EACH MONTH

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

## CLASSES/LECTURES

ONCE A MONTH

**AARP'S 55 ALIVE SAFE DRIVING COURSE**  
Monthly classes are held at Stormont-Vail.  
Call to make reservation.  
TOPEKA, (785) 354-5225

AUG 16 & 17

**AARP DRIVER SAFETY**  
This is a refresher course on driving tips,  
updates on state laws and techniques for  
adjusting to changes as one ages. A fee of  
\$10 may be paid at the first session. Insurance  
discounts may be available for those attending  
both days of the course. Consult your insur-

ance agent for details. Due to space limitations, registration is needed for this course. Please call Pattie Johnston, Senior Outreach Services, at the library  
LAWRENCE, (785) 843-3833 ext. 115

SEP 4 & 5

### AARP DRIVER SAFETY

Program for those interested in improving their driving skills and reducing their current insurance costs. Covers the basics of defensive driving, age-related physical changes that can affect driving, protection from crime and road rage, and avoiding serious accidents. No test; two four-hour classroom sessions only. Fee, all materials included. Advanced enrollment required. Lawrence Memorial Hospital, Meeting Room A. LAWRENCE, (785) 749-5800  
[www.lmh.org](http://www.lmh.org)

SEP 6

### 10,000 STEPS A DAY CLASS

The 10K a Day program is designed to increase your daily steps to 10,000 and to improve your health. Learn the basics of beginning a walking program, choosing footwear, and walking location suggestions. Each participant will receive a pedometer to log their daily steps. Fee. 6:30-8:30 p.m. Lawrence Memorial Hospital, Meeting Room D. LAWRENCE, (785) 749-5800  
[www.lmh.org](http://www.lmh.org)

SEP 10

### 10,000 STEPS A DAY CLASS

See September 6 description. 9:00-10:30 a.m. Lawrence Memorial Hospital, Meeting Room D. LAWRENCE, (785) 749-5800  
[www.lmh.org](http://www.lmh.org)

## EXHIBITS/SHOWS

JUN 1-AUG 26

### MAKING KANSAS HOME: SELECTIONS FROM THE MARJORIE SWANN AND BILL TSUTSUI COLLECTION

Exhibit of works by KU professors Bill Tsutsui and Marjorie Swann. In 1999 they began collecting work by Kansas artists, and their passion for the state's culture and their scholarship on the topic, has since made them truly at home here. "Making Kansas Home," presents 40 some paintings, prints, and ceramic works. The selection presents a history of this dynamic couple's collecting and research. 14th St and Anderson Ave., SE Corner of Kansas State University Campus. MANHATTAN, (785) 532-7718  
[www.ksu.edu/bma](http://www.ksu.edu/bma)

JUL 1-AUG 30

### EVERYTHING SHOWS

Paintings by Johanna Hanks. Watercolor, oil, etching. Open daily at the Classic Bean, 25 SW Fairlawn Plaza. TOPEKA, (785) 228-1450

## FAIRS/FESTIVALS

JUL 28-AUG 4

### LYON COUNTY FREE FAIR

This old-fashioned county fair provides a week of entertainment with something for everyone. 4-H and open class exhibits, along with 4-H livestock and other animal showings. Grandstand events include a mud-a-thon, ranch rodeo, buck, rumble & roll, 4-H rodeo, truck and tractor pull, and demolition derby. EMPORIA, (620) 342-5014

JUL 29-AUG 5

### DOUGLAS COUNTY FREE FAIR

Live music, carnival, 4-H exhibits, demolition derby, antique tractor pull and a variety of races and contests. 2120 Harper St. LAWRENCE, (785) 843-7058

AUG 2-7

### 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 Sat a full day at the Western Heritage Festival with chuck wagon meal, chil-

dren's games, period reenactments, gunfighter action, and wagon rides. Cowboy church on Sunday. 619 N Rogers. ABILENE, (785) 263-4570  
[www.ckff.net](http://www.ckff.net)

AUG 7-11

### LEAVENWORTH COUNTY FAIR

Parade, rodeo, 4H/FFA and open class exhibits, games, food, livestock auction, and entertainment. Free shuttle rides to/from parking lots. Hwy 24/40 & Hwy 16. TONGANOXIE, (913) 250-2300

AUG 10 & 11

### GREATER EMPORIA BBQ FESTIVAL

The "Who's Who" of BBQ Teams, along with the local champions will be all together in the historical Peter Pan Park, competing for prizes and the chance to be a State Championship Winner. There's plenty going on for the public. Many vendor booths, the best BBQ lunch around, and opportunities to socialize with the competing teams, all while enjoying the beautiful Peter Pan Park. EMPORIA, (620) 344-3867  
[www.emporiabbq.com](http://www.emporiabbq.com)

AUG 17

### LIED CENTER ANNUAL FREE OUTDOOR CONCERT & FAMILY ARTS FESTIVAL

Bring the entire family and enjoy the annual arts festival and free outdoor concert. Lied Center, 1600 Stewart Dr. LAWRENCE, (785) 864-2787  
[www.lied.ku.edu](http://www.lied.ku.edu)

AUG 17-19

### FLINT HILLS BEEF FEST

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

AUG 23-25

### TIBLOW DAYS

Festivities features a parade, food, carnival, live entertainment, crafts, and car show. 2nd & Oak S. BONNER SPRINGS, (913) 422-5044  
[www.lifeisbetter.org/tiblow.aspx](http://www.lifeisbetter.org/tiblow.aspx)

AUG 31-SEP 2

### DE SOTO DAYS FESTIVAL, INC.

Carnival, food booths, crafters, live music, parade, car show, and motorcycle show. 83rd St & Ferry St. DE SOTO, (913) 585-1147  
[www.desotoks.org](http://www.desotoks.org)

AUG 31-SEP 2

### INTER-TRIBAL POW WOV

Celebrating Native American culture with dancing in full costume, food and crafts by Native American artisans. Reynolds Lodge, 3137 SE 29th St. TOPEKA, (785) 272-5489  
[www.shawneeconomyalliedtribes.org](http://www.shawneeconomyalliedtribes.org)

SEP 1-OCT 14

### KANSAS CITY RENAISSANCE FESTIVAL

Enchanting outdoor fall festival depicting 16th Century English Village. Festival features live entertainment, mouth-watering food, fun, and activities for the entire family. One of the top 100 events in North America. Weekends; Labor Day, and Columbus Day. Rain or shine. BONNER SPRINGS, (913) 721-2110  
[www.kcrenfest.com](http://www.kcrenfest.com)

## FARMERS' MARKETS

APR 28-NOV 10

### LAWRENCE FARMERS MARKET SATURDAY

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

■ CONTINUED ON PAGE 17



# CALENDAR

■ CONTINUED FROM PAGE 16

## HEALTH

### MONDAYS THROUGH THURSDAYS FIT FOR LIFE

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

### FIRST TUESDAY OF EACH MONTH HEALTH SCREENING CLINIC

Lawrence-Douglas County Health Department.

FIRST METHODIST CHURCH, LECOMPTON  
9:30-10:30 AM

### TUESDAYS AND THURSDAYS BLOOD PRESSURE CLINIC

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

### TUESDAYS AND THURSDAYS SENIORCISE PROGRAM

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

### WEDNESDAYS

#### HEALTH SCREENING CLINIC

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

BABCOCK PLACE, LAWRENCE, 9-11 AM

### 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](http://www.lawrencetherapyservices.com). LAWRENCE

### SECOND MONDAY OF EACH MONTH PRE-DIABETES CLASS

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

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

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

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

### THIRD TUESDAY OF EACH MONTH HEALTH SCREENING CLINIC

Lawrence-Douglas County Health

Department.

PINECREST II APARTMENTS, 924 WALNUT,  
EUDORA, 9-10 AM

### THIRD THURSDAY OF EACH MONTH MEDICATION CLINIC

Bring questions about your medications (prescription or over-the-counter), 1:30-2:30 p.m. Call for appointment. Healthwise 55 Resource Center, 2252 S.W. 10th Ave. TOPEKA, (785) 354-6787

### FOURTH THURSDAY OF EACH MONTH NUTRITION CLINIC

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

### AUG 1

#### CHOLESTEROL SCREENING

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

### AUG 4

#### BONE DENSITY SCREENING

Are you at risk for osteoporosis? This quick and easy screening can indicate if further testing for this potentially debilitating disease is needed. A bare heel is necessary for the screening. Information about prevention of osteoporosis is also included as part of the screening process. Lawrence Memorial Hospital, Meeting Room D South, 9:00-11:00 a.m. LAWRENCE, (785) 749-5800

### AUG 7

#### BONE DENSITY SCREENING

See August 4 description. Lawrence Memorial Hospital, Meeting Room D South, 9:00-11:00 a.m. LAWRENCE, (785) 749-5800

### AUG 30

#### BONE DENSITY SCREENING

See August 4 description. Lawrence Memorial Hospital, Meeting Room D, 1:00-3:00 p.m. LAWRENCE, (785) 749-5800

### SEP 5

#### BONE DENSITY SCREENING

See August 4 description. Lawrence Memorial Hospital, Meeting Room E, 1:00-3:00 p.m. LAWRENCE, (785) 749-5800

### SEP 5

#### CHOLESTEROL SCREENING

See August 1 description. Lawrence Memorial Hospital, Meeting Room D North, 8:30-10:30 a.m. LAWRENCE, (785) 749-5800

## HERITAGE/HISTORY

### AUG 9-21

#### CIVIL WAR ON THE WESTERN FRONTIER

Lawrence commemorates its early history each August around the anniversary of Quantrill's Raid. 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. Watkins Museum, 1047 Massachusetts. LAWRENCE, (785) 841-4109 [www.visitlawrence.com](http://www.visitlawrence.com)

### AUG 25

#### RAILROAD DAY

Celebrate rich railroad heritage and history with g speakers, technical exhibits, and children's activities. 628 Main St. OSAWATOMIE, (913) 755-4384

## MEETINGS

### FIRST MONDAY OF EACH MONTH

#### GRIEF SUPPORT GROUP

6:30 p.m. - Heartland Hospice of Topeka, 1033 SW Sage Blvd. Call Terry Frizzell for information. TOPEKA, (785) 271-6500

### FIRST AND THIRD MONDAY OF EACH MONTH

#### BEREAVEMENT SUPPORT GROUP

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

### FIRST AND THIRD MONDAY OF EACH MONTH

#### CAREGIVER SUPPORT GROUP

For adults who have lost loved ones. Call LMH Chaplain Angela Lowe for more information. LAWRENCE MEMORIAL HOSPITAL  
4:00-5:00 PM, (785) 840-3140

### FIRST TUESDAY OF EACH MONTH

#### LAWRENCE AREA COALITION TO HONOR

#### END-OF-LIFE CHOICES

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

### TUESDAYS

#### GRIEF & LOSS SUPPORT GROUP

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

### TUESDAYS

#### GRIEF & LOSS SUPPORT GROUP

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

### FIRST TUESDAY AND THIRD OF EACH MONTH

#### HEALING AFTER LOSS BY SUICIDE

#### (HEALS)

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

### FIRST WEDNESDAY OF EACH MONTH

#### OLDER WOMEN'S LEAGUE

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

### 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

#### GRIEF & LOSS SUPPORT GROUP

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

### THURSDAYS

#### GRIEF & LOSS SUPPORT GROUP

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

### THURSDAYS

#### GRIEF & LOSS SUPPORT GROUP

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

### FIRST THURSDAY OF EACH MONTH

#### LAWRENCE AREA PARTNERS IN AGING

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

### FIRST AND THIRD THURSDAY OF EACH MONTH

#### LOSS AND GRIEF SUPPORT GROUP

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

### FIRST AND THIRD THURSDAY OF EACH MONTH

#### GRIEF SUPPORT GROUP

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

■ CONTINUED ON PAGE 18

## LEISURE TIME TOURS

Topeka, Kansas

While we offer many trips to Casino and Bingo Games, we also offer the following for Seniors (grandkids welcome):

### SEPTEMBER 10, 2007

A day trip to Z-BAR Ranch (TALLGRASS PRAIRIE NATIONAL RESERVE) near Cottonwood Falls in the Heart of the FLINTHILLS. Trip originates in Lawrence - 7:30am - picks up in Topeka at 8:00am. One hour TALLGRASS PRAIRIE tour on a U.S. Park Service bus plus a tour of the Historic Ranch House and Huge Barn. Lunch (included) at HAYES HOUSE RESTAURANT in COUNCIL GROVE, STILL IN BUSINESS since it served the Santa Fe Trail in the 1800s. \$51 for adults -- \$48 for ages 5-18.

### OCTOBER 22, 2007

Come with us in our modern Motorcoach to Horse and Buggy Country and get an included Meal at GINGRICH DUTCH PANTRY plus a 2 hour narrated tour of the AMISH FARMLANDS and SHOPS around JAMESPORT, MISSOURI. Lv Topeka - 8am, Lawrence-8:45am. \$48 per person.

### NOVEMBER 15, 2007

Something new in Kansas that's drawing a lot of National Attention. We leave Lawrence at 7:30am -- Topeka - 8am. Lunch included in HUTCHINSON, KS, before we take a modern elevator 650 ft underground where we then board trams for a one hour ride through the caverns where the Salt has been mined. Cost for the round trip bus, Lunch and UNDERGROUND SALT MINE MUSEUM TOUR is \$62 per person.

In Topeka call 354-8922.

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

# CALENDAR

■ CONTINUED FROM PAGE 17

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

**SECOND WEDNESDAY OF EACH MONTH  
LOSS AND GRIEF SUPPORT GROUP**  
Heart of America Hospice invites individuals coping with the loss of loved ones to join us. Call Gillian at 228-0400 for more information. Located at The First Presbyterian Church on Topeka and 8th. 12:00 p.m.

**SECOND THURSDAY OF EACH MONTH  
NAACP MEETING - LAWRENCE CHAPTER**  
Meets at the Lawrence public Library Gallery Room at 6:30 p.m.  
LAWRENCE, (785) 841-0030, (785) 979-4692

**THIRD TUESDAY OF EACH MONTH  
LAWRENCE PARKINSON'S SUPPORT  
GROUP**  
FIRST PRESBYTERIAN CHURCH, 2415 CLINTON PARKWAY, LAWRENCE, 2:00 PM

**THIRD TUESDAY OF EACH MONTH  
GRANDPARENT/KINSHIP SUPPORT  
GROUP**  
Strengthening family relationships and improving positive parenting skills. Meets from 6:30-7:30 p.m. Child care available.  
YMCA, 421 S.W. VAN BUREN, TOPEKA

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

**FOURTH TUESDAY OF EACH MONTH  
LAWRENCE PARKINSON'S SUPPORT  
GROUP**  
PIONEER RIDGE ASSISTED LIVING LIBRARY

4851 HARVARD, LAWRENCE, 6:30 PM  
(785) 344-1106

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

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

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

**AUG 24  
AARP CHAPTER 1696 ANNUAL PICNIC**  
A catered buffet lunch will be served at 11:30 a.m. Entertainment by Ed and Friends will follow. Cost for members is \$5; non-members pay \$10. Call Suzanne @ 6 for reservations. Douglas County Fairgrounds, north end of Bldg. 21.  
LAWRENCE, (785) 842-044

## MISCELLANEOUS

**AUG 1-4  
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. 619 N Rogers.  
ABILENE, (785) 263-4570  
[www.ckff.net](http://www.ckff.net)

**AUG 3  
10TH ANNUAL GRAPE ESCAPE**  
A Wine and Food Festival Benefiting TPAC. Come and experience nearly 150 wines from more than 35 wineries from around the world; samples of gourmet food and desserts from area restaurants, caterers and businesses; Premium Cellar wine tastings; silent and live auctions. 6:00-10:00 p.m. Fee.  
TOPEKA, (785) 234-4545  
<http://www.tpactix.org>

**AUG 4  
HAYMARKET FLEA MARKET**  
Flea market in Downtown Leavenworth. 7:00 a.m. until sold out. 7th & Cherokee Streets Haymarket Square.  
LEAVENWORTH, (913) 651-5273

**AUG 25  
GREAT AMERICAN FRONTIER YARD SALE**  
Post-wide yard sale at Fort Leavenworth. NOTE: Picture ID required upon entering the fort. 4th & Metropolitan Avenue.  
FORT LEAVENWORTH, (913) 684-1724

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

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

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# A new face of volunteering

(ARA) - As the oldest baby boomers move closer to retirement, studies indicate that approximately one-third have intentions to participate in community service.

Although one would think that individuals volunteer in greater numbers once they retire, as a general rule, the percentage of those giving of their time actually peaks at mid-life and then gradually declines. At the same time, Americans who do volunteer during their early years of retirement do it with greater frequency than younger volunteers.

A recent study by the Harvard School of Public Health followed 1,200 elderly adults over a seven-year period and found those that volunteered even a little, lived longer than those who didn't.

"We have many regular volunteers at Little Brothers - Friends of the Elderly who are age 60 and over that help other elders by delivering meals, setting up special events at our local chapters and providing friendly visiting," comments Liz Drew, executive director of Little Brothers - Friends of the Elderly, with headquarters in Chicago.

Take Anne and Lou Yauss of Cincinnati, a couple in their seventies who knows first hand the value of volunteering. They have been contributing their time and support to Little Brothers - Friends of the Elderly since the local chapter was launched in 1997. Nona Hanson, age 75, of Minneapolis has seen the benefits of sharing her skills and imparting her knowledge and wisdom through the nonprofit organization's Elders Counseling Elders program.

Older Americans like Hanson and the Yauss' can create a social legacy much like the early years of President John F. Kennedy's call-to-service. As reported by the Harvard School of Public Health, other research has demonstrated that social connectedness, remaining actively engaged in the community, is a key to healthy aging.

What can you do to get involved as a volunteer with local organizations?

1. Think of the skills you have developed over the years in a job you had previously or are currently involved. Whether it's healthcare, finance, social service or education, the

experience you have can lend a boost to a variety of nonprofit or civic organizations in your community.

2. Look beyond job skills to hobbies and other inspirational areas of your life. You have a lifetime of experiences to share with others that can leave a lasting legacy on future generations.

3. Don't wait for organizations to come looking for you. Contact your local Chamber of Commerce to get listings of nonprofit and other volunteer-oriented organizations in your area. For instance, Little Brothers - Friends of the Elderly has nine chapters throughout the United States ([www.littlebrothers.org](http://www.littlebrothers.org)).

4. Evaluate the time commitment you can make and decide if you want a short-term (i.e., helping out charitable organizations with special events) or a long-term commitment (i.e., making daily or weekly visits to elderly or disabled residents).

5. Dismiss the image of volunteers as those that having nothing else to do. Whether you are working part-time, full-time or not at all, you are part of a generation that is educated, motivated and able to leave a positive mark on society.

Courtesy of ARAcontent

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## MOVIE REVIEW

# 'Ratatouille' serves up charming tale about a rat

By Esther Luttrell

"Ratatouille," an animated comedy. Voices of Peter O'Toole & Brian Dennehy. Pixar Animation Studios & Buena Vista Pictures

Recommendation: For boys and girls of all ages

A young rat dreams of becoming a chef, but his family is skeptical and those in the restaurant world despise rodents.

So, you ask, who wants to see 110 minutes of rat? Not me, if truth were told, but I considered what was playing at our two Topeka movie complexes and the pickings were surely slim. I'd heard good things about this little movie and determined that it appeared to be the best of a terrible lot. So, off I went to the theater, where I was surprised to find a large matinee crowd. Down go the lights and up comes the 100 million dollar picture: The life of a spunky little rat with enormous eyes (everyone in the movie has enormous eyes) and the courage of a true champion. No cuddly little fluff ball, this rat; I mean, he was a *rat*, needle nose, long hairless tail, the whole bit. And he scurried, as rats tend to do.

How charming can this movie be? I wondered, but I soon found out. Charming indeed. When you get past the wonder of the technology used to bring this film to the screen, you find yourself actually caring about the rat-critter. He longs so desperately to be a chef, but the odds are against him, as you can imagine. Who wants a rat in their kitchen? Certainly not the gourmet Paris restaurant where he saves a young kitchen helper's career, helps the lad find love, and ultimately uses his success to open his own top-of-the-line café. It's more complex than I'm leading you to believe. There's a wonderful bit of dialogue toward the end of the film where the snooty food critic (the voice of Peter O'Toole) is won over by the culinary creation of the talented, big-eyed rat; dialogue that deals with critics and those who criticize. It doesn't preach, but it makes a point that will hit home and make you think. Not for children only, it has a strong storyline and elements that will appeal to just about any age.

### DVD PICK OF THE MONTH:

"Loch Ness" starring Ted Danson. Don't stop reading this review just because the subject matter sounds idiotic and Ted Danson isn't the biggest lure in the world. I, too, thought it would be a boring Sunday in front of my VCR, but I was desperate to find something that I could recommend to you (or warn you about). So, reluctantly, oh so reluctantly, I took this little video home (it isn't on DVD that I'm aware of). I settled down with a bowl of cherries, propped my bare feet on the coffee table, and prepared to be brain dead for the next 106 minutes, if I could take it that long. In one of those joyous moments when your mind becomes fully engaged in what you're watching, I began to realize that I didn't just like this movie, I loved it. Why, I asked myself, wasn't it successful? Or, if it was, how come I never heard of it? Ted Danson overcomes being Ted Danson and becomes the character he's playing. It was one of the best Sundays I've had in a very long time. It's a mystery as old as time. Does a deep sea monster, a remnant from the age of dinosaurs, still exist within the waters of Loch Ness? American zoologist Dr. Jonathan Dempsey (Ted Danson), his landlady Laura (Joely Richardson) and her daughter Isabel are about to discover the truth. But it isn't the unraveling of the mystery that makes this movie so delightful, it's—well, it's everything: The acting, the story, the incredible scenery, the depth of feeling that runs throughout the film. In a word, it's wonderful.

### CLASSIC DVD OF THE MONTH:

"JFK" starring Kevin Costner. Richard Corliss of *Time* magazine is quoted as saying of this movie, "Electrifying. A Knockout. Enthralling." Enthralling might be stretching it a bit, but it certainly is a knockout. Oliver's Stone powerful film details the actions of New Orleans District Attorney Jim Garrison's (Kevin Costner) investigation into the 1963 assassination of President John F. Kennedy. What he learns leaves no doubt that the conclusion put out by the FBI cannot possibly be the real one. Tommy Lee Jones, Kevin Bacon, Jack Lemmon, Sissy Spacek, Walter Matthaw and Donald Suther-

land are perfectly cast in this riveting film. I found it especially interesting because my former husband's closest friend Tom Howard played the role of President Lyndon B. Johnson, and because some years prior to the making of the film I had spent considerable time researching the assassination myself, thinking I would one day write a screenplay about it. Much of what Garrison learned, I, too, had learned, and it dawned on me that if he could unravel the mess,

and I could unravel the mess, the public would surely one day recognize the lies they have been told by government officials. Rent the movie and form your own conclusions. This isn't just a cinematic tale, but a visual report based on documented facts that will surely set you to thinking.

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

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**Jeff Peterson**

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# MONTHLY THOUGHT

## What are our priorities in life

I do not claim to be overly intelligent, but I try to prioritize my problems.

1. I ask myself what Jesus would do.
2. How would He handle my problem?



Pastor  
Herbert  
Eplee

3. I instantly realize I need wisdom.

I hope you will bear with me through my thought today as I think about how Jesus would handle my problem. I first realize I do have a problem and then I go to the Lord in prayer. I realize the Bible plainly says every good and perfect gift comes from above. I know the answer to my problems comes from God. Then I

say, "Lord, how should I handle this problem so it will be a blessing to you and not offend others." I hear people giving advice, saying, "I'll tell you what I would do," but that does not mean it is the thing that God would want for you to do, that would be pleasing to him.

I told a brother in the church I believe if I brought a mule up and tied him one place, someone would ask me why I do not tie him another place. People have various opinions and we cannot please everyone, but it should be the desire of our heart to always try to please God. I thought you know, Lord, I never thought about how important it is to please God. But since I have grown older and am a senior myself, I realize that I don't have a lot more time to work, so it is very important to me to do everything pleasing before my God.

I think the best question in my life is "What would Jesus do and what would please him and not offend others?"

St John 13:14  
13. Greater love hath no man than this, that a man lay down his life for his friends.

14. Ye are my friends, if ye do whatsoever I command you.

My next thought, Lord, I need wisdom on how to handle everything so it will be pleasing to you. Then I think about another scripture and where wisdom comes from. The Bible is the right way to realize how to get the wisdom to fix my problem, so I turn to James 1:4 and 5 for my answer. I hope this blesses you as it does me.

4. Let patience have her perfect work, that ye may be perfect and entire, wanting nothing.

5. If any of you lack wisdom, let him ask of God, that giveth to all

men liberally, and upbraideth not; and it shall be given him.

I would like to say this is the secret for me to be what God wants me to be. I am privileged to know that I am a friend to Jesus and he cares for me.

Thank you for reading this article and always feel free to call me. I thank God for sending me to this great town of Lawrence and I care for you and would love to meet you and pray with you if you have a problem.

- Herbert Eplee serves as the pastor of Lawrence Faith Foursquare Church. If you are in need of a friend, Pastor Eplee invites you to call him at (785) 979-0041, or e-mail him at herberteplee@sbcglobal.net. He would be happy to pray for you or just listen to you.

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- I am considering a gift to the American Heart Association through my estate plan.
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# BOOKSHELF

## Windmills: Icons of the prairie

By Margaret Baker

T. Lindsay Baker: *American Windmills* (University of Oklahoma Press, \$34.95, ISBN 978-0-8061-3802-2)

Wind power is much in the news these days. Mankind has been harnessing the wind for energy for millennia, and much of the prairie wouldn't have been agriculturally productive without these multi-bladed machinery providing power to pioneer industry and water to thirsty herds and crops.

Baker has collected old photographs which show the remarkable diversity of these prairie icons and their uses. His text explains their historical importance. Now that wind power is being harnessed in newer forms, take a nostalgic look at the antecedents.

Laura Durham: *To Love and To Perish* (Avon, \$6.99, ISBN 978-0-06-073908-9)

Author Durham is a wedding planner, as is her protagonist, Annabelle Archer. She's a relative newcomer in an intense field, the high-end wedding (think 10 wee flower girls!). Three upper crust weddings are scheduled in the elegant capital hotel, which is large enough to hold all three, but not the egos involved.

The Grande Dame of wedding planners, just after treating Annabelle like a mini-mule at Churchill Downs, is found hanging from a bit of veil from the balcony of her reception. The Queen of Mean is quite dead, and the list of people who despised her makes for a long list of potential perpetrators—but Annabelle heads the list.

Bridezillas, horrendous mums of the bride, future in-laws, and the eccentric assistants make this a real romp!

Richard Aleas: *Songs of Innocence* (Hard Case Crime, \$6.99, ISBN 978-0-8439-5773-0)

Want something harsher? Try Aleas' second entry into the hard-boiled P.I. scene.

John Blake is hired by Dorrie

Burke's mother to find her daughter's killer. The police have labeled her death a suicide, probably from the stresses so common in a young writer's life when disappointments seem to make life unbearable. He tells her no, and recommends another whom he knows almost as well as he knew Dorrie.

The problem is that John knew Dorrie very well indeed, and that Dorrie wouldn't want her mother knowing the depths to which Dorrie had sunk to pay the rent.

Aleas' first published work (*Little Girl Lost*) burst as a very bright star and *Songs of Innocence* proves that his talent is not a brief lightning strike. Taut and twisting plotting, intensely drawn characters and one of the most tense chase scenes in recent memory—and surprisingly little actual vulgarity.

Deborah Crombie: *Water Like a Stone* (Wm. Morrow, \$24.95, ISBN 978-0-06-052527-9)

The latest installment in this British police procedural finds Scotland Yard's Duncan Kincaid and Gemma James on holiday with their respective sons, five-year-old Toby and adolescent Kit, of whose existence Duncan has only recently learned. They're heading to his parents' home in Cheshire. A very awkward situation for everyone!

Duncan's edgy sister finds the mummy of an infant in the crumbling walls of the dairy barn she's trying to restore, hardly the favorite Christmas Eve of family customs.

Add in the lives of those living on the Shropshire Union Canal and you've got a traditional Kincard/James case. These have generated fans from both the novels and the BBC adaptations. This one is right up to snuff!

Aileen G. Baron: *The Gold of Thrace* (Poisoned Pen Press, \$24.95, ISBN 978-1-59058430-9)

Archeologist Tamar Satcoy finds a stunning mosaic floor in the Turkish excavation just as work is closing down for the season. Her elation

turns to dismay when she returns the following morning to find the mosaic pried up and stolen.

She follows the trail of stolen artifacts to Switzerland. Two members of the excavation team are killed, one of whom was her snobbish colleague, renowned for discovering a cache of Thracian gold in Bulgaria. No one is who he claims to be, and perhaps the same can be said for the antiquities.

A splendid thriller, fast-paced with international overtones!

Richard Yancey: *The Highly Effective Detective* (Thomas Dunne Books, \$23.95, ISBN 0-312-34752-9)

Teddy Ruzak's frugal mom squandered away enough money that on her death her loner, loser son can quit his night watchmen job and try for his private dream of being a private investigator. He'd flunked out of the police academy, his first choice. A poor choice of career for a man afraid of firearms!

He hangs up his shingle and hires Felicia, his favorite waitress, as secretary. Can't be a P.I. without a Girl Friday, can he? She starts organizing his office and his life.

The first case arrives in the guise of elderly Parker Hudson. Hudson witnessed a driver aim at a line of young goslings crossing the road by the lake he enjoys walking around. He wants the murder brought to justice. He is not kidding; he pays a decent retainer, \$50 an hour and expenses.

Teddy takes the case. He will have to learn on the job, and Felicia is more than willing to help. He'll need her help, especially when the case escalated to include human deaths.

A cross between John Dortmunder and Monk—character-driven, with a protagonist you really root for!

Susan Kandell: *Christietown Harper*, \$13.95 (trade paperback), ISBN 978-0-06145217-8.

Kandell's series features Cece Caruso, biographer of classical mystery authors. In the last one, *Shamus in the Green Room* (Avon, ISBN 987-0-06-12847-8) Cece was working on the biography of Dashiell Hammet. This time she's researching the life of Agatha Christie.

Developer Ian Christie has hired her for that expertise. He claims to be a distant descendant of mystery's Grand Mistress, and he's making her the theme of Christietown on the edge of the Mojave Desert. Gazebos, high teas, clotted cream, Miss Marple, Hercule Poirot, et al.

Cece starts with a playlet loosely written in Christie's style while Ian has caterers with tea, crumpets, and watercress crustless sandwiches to potential buyers. The things new authors must put up with to pay the rent.

Ian's wife Lou doesn't show up for her role, and is found dead. A "normal" heart attack diagnosis dies when the autopsy indicates foxglove, the native plant for digitalis.

Meanwhile, Cece concentrates on the intriguing period of Christie's life when she disappeared for a fortnight. Agatha C. never revealed what she did during those 11 days. As Cece struggles to solve the old puzzle, she notices similarities between Lou's death and even her own life.

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

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# HUMOR

## Andrew Klees and the Limo\*

My friend Andrew Klees got himself in deep trouble when he tried to save a fine old limousine from the salvage yard.

Andy is one of the best body and fender men in Letongaloosa. He has worked for Reeve's Body Shop since he was a 15, and now he's 50. Andy works mostly on luxury cars and limousines. Early one morning a flatbed tow truck drove up to the shop carrying a stretch limousine. It



Larry Day

was a wreck—literally. The roof was crunched in and the back end looked like a land rover had slammed into it. Kris Jones, shop manager, climbed up and inspected the limo from bumper to bashed-in bumper. Then he jumped down and told the truck driver to take the wreck to the salvage yard.

Andrew Klees had just arrived for work. He fell in love with the limo at first sight.

"I can fix that limo, boss," he said.

"We can't afford the time. Let it go," said Jones.

Andrew said, "Jim, take the limo out to my place. I'll pay the tow fee and salvage charge."

For the next several weeks, after work and on weekends, Andy worked lovingly on the limo in a ramshackle barn on his car-cluttered place near Letongaloosa.

The limo had been a Lincoln Towncar cut and separated into two

separate halves and extended with steel structures. That's what made it a "stretch" limo. The inside components—fiberglass, ABS plastic, wood cabinetry, wood finishes, upholstery, interior trim were all of the finest quality. As Andy worked on the limo a strong bond grew between them.

One day two men came into the barn where Andy was polishing his limo. Their faces were different but they looked just alike. They wore black berets and long black cowboy dusters that hung loose on their gaunt frames.

"Can I help you, gentlemen?" asked Andy.

"Smart boy here wants to know can he help us, Sam," said the taller man.

"Oh he's smart, this guy."

"We want you to take a hike," said Sam. "Joe and me are gonna have a look at your limo."

"The limo is not for sale," said Andy.

"Smart Boy says the limo ain't for sale, Sam."

"Oh, he's a smart one," said Sam. "Shut your yap, Smart Boy, and gimme the keys."

"They're in the ignition," said Andy.

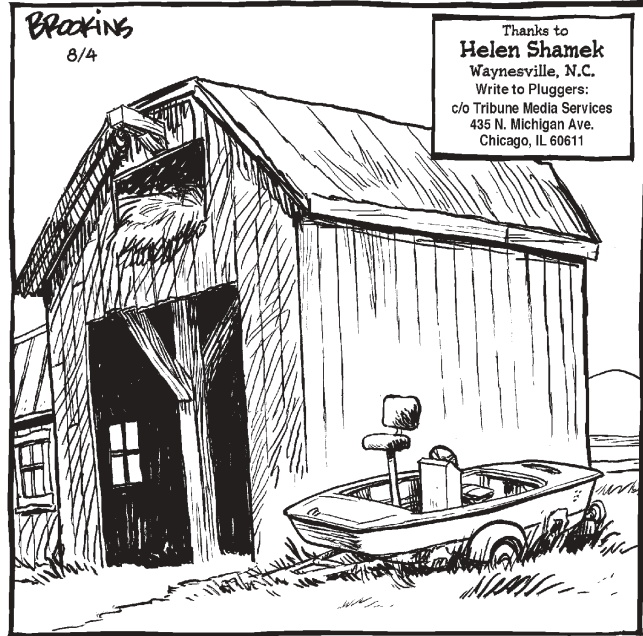
"Smart Boy keeps the keys in the ignition, Sam," said the other man.

"You stay with Joe, Smart Boy. I'm gonna take the limo for a spin." Joe opened the front of his duster. There was a sawed off shotgun strapped to his right leg

Sam slid into the driver's seat and turned the key. There was a click. He tried again. Nothing.

"Smart boy, the battery's dead," said Sam.

"No. The battery's fine," said Andy. "Let me try."



The pluggler dry dock.

"Yeh," said Joe. "Let Smart Boy start the car."

Andy slid in and turned the key with a trembling hand. The limo's motor came alive.

"We'll have Smart Boy drive. We can look for the gadget after we whack him," said Sam.

The two men got into the back seat. Joe leveled the shotgun at the back of Andy's head.

"Drive," he said.

After five minutes when there was silence in the back seat, Andy looked in the rearview mirror. Both men were lolling on the cushions. Their mouths were open and their eyes closed. Andy jammed on the brakes and pulled to the shoulder. When he opened the back door he smelled a pungent odor. It smelled like ether.

"I put them to sleep," said a me-

ludious female voice that came from somewhere inside the dashboard. "Now please drive to the police station."

Police said that Sam and Joe were wanted in 10 states for murder and armed robbery. They said Andy was very lucky to be alive. He got a reward for capturing the two hoodlums.

Nowadays, you'll often see Andy driving alone in his shiny stretch limousine along some lonely country road. Some folks even say they hear a woman's voice singing as the limo passes by.

\*With a bow to a Roman fable, and to Ernest Hemingway

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

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# WOLFGANG PUCK

## When ice cream isn't ice cream

By Wolfgang Puck

Tribune Media Services

Ice cream is my secret vice.

Well, now that I've told you, I guess it's not a secret anymore. But you probably understand what I mean. It's one thing to eat a frozen dessert at the table with other people. But, for real pleasure, try sneaking some out of the freezer when no one is looking.

That's exactly what I used to do as a 17-year-old apprentice chef at Trois Faisons restaurant in Dijon, France. One of the specialties of their dessert menu was a frozen soufflé flavored with Grand Marnier, the great French orange liqueur. On hot summer days, I would sneak into the restaurant's big walk-in freezer with a little paring knife in my hand. Carefully, I'd cut off little wedges or shavings of the dessert and pop them into my mouth, making sure I was neat about both the knife work and any telltale traces on my face.

To this day, the memories are more delicious than if I'd sat down to a full-size portion in the dining room. That's why frozen soufflés are among my favorite summertime desserts — and not just because they still feel a little bit like a guilty pleasure. Another reason I like them is that, unlike many ice creams, they don't require you to stand over the stove preparing a custard mixture, and you don't have to mess around with an ice cream machine to freeze it. The recipe takes just a few simple steps: beat egg yolks and sugar together; stir in hot cream; combine with whipped cream; and pop it into a mold to freeze.

Since the mixture is fairly light and airy from the whipped cream, it looks like a soufflé when frozen, even though no egg white or heat are

involved. If you use a classic round soufflé dish as a mold, fitted with a paper collar to help the mixture "rise" above the rim (see my recipe for simple instructions), the presentation can be really impressive.

Although orange liqueur is the classic flavoring for such a frozen dessert, it's easy to vary the recipe. Try substituting raspberry liqueur, for example. Or divide the mixture into three separate batches, flavoring one with coffee liqueur, one with chocolate liqueur, and one with hazelnut liqueur. You don't even have to use spirits for flavoring; try fresh fruit purees or good quality chocolate syrup instead.

As a final bonus, the recipe can be made up to several days ahead of time, since it keeps well in the freezer. Which means, of course, that you have plenty of time to sneak into the kitchen when no one is looking and sample the results!

### FROZEN GRAND MARNIER SOUFFLE

Serves 6 to 8

- 4 egg yolks
- 3/4 cup sugar
- 1 1/2 cups heavy cream
- 5 ounces Grand Marnier or other orange-flavored liqueur
- 6 stale packaged ladyfinger cookies
- 3 tablespoons chopped candied orange peel, optional, for garnish
- Fresh berries, optional, for garnish

Put the egg yolks and sugar in a mixing bowl and then, with a handheld electric mixer on medium speed, beat until the mixture is almost white and very fluffy, 3 to 5 minutes.

In a small saucepan, bring 1/2 cup of the heavy cream to a boil over medium heat. Beating the egg yolk mix-

ture continuously on low speed, pour in the hot cream in a thin stream until fully incorporated. Briefly beat in 2 tablespoons of the Grand Marnier.

In another bowl, using clean beaters, whip the remaining cream at medium speed until it is firm enough to form stiff peaks that hold their shape when the beaters are lifted out. Briefly beat in 2 tablespoons more of the Grand Marnier.

Put the ladyfingers in a shallow bowl and drizzle them with the remaining Grand Marnier, leaving them to soak for several minutes.

With a rubber spatula, stir about a third of the whipped cream into the egg yolk mixture. Then, in 3 more batches, gently fold the whipped cream into the mixture.

If you want to make the dessert look like a soufflé, take a length of parchment paper, waxed paper or aluminum paper about 2 inches longer than the circumference of a 1-quart soufflé dish. Fold the paper lengthwise in half and wrap it around the rim, rising about 3 inches above the rim, using freezer-proof tape to tape it securely in place. Alternatively, use a standard-size bread loaf pan.

Spoon one-third of the mixture into the soufflé dish or loaf pan. Arrange 3 of the ladyfingers evenly on

top. Top with another third of the mixture, then the remaining ladyfingers, and finally the remaining soufflé mixture.

Put the dish or pan in the freezer and freeze for several hours, until the soufflé is firm. Remove from the freezer about 20 minutes before serving, to soften slightly at room temperature.

To serve, dip a serrated knife in hot water. If using a soufflé dish, remove the paper collar and cut horizontally even with the rim to free the top portion of the soufflé and then cut it into wedges; continue serving the portion inside the dish by cutting wedges and carefully lifting them out with a cake slicer. To serve from the loaf pan, dip the pan briefly in hot water, then unmold onto a platter and cut into slices.

Serve on chilled dessert plates, garnished if you like with candied orange peel and fresh berries.

(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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# SUMMER FEST



Brian Rice photo

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# CROSSWORD

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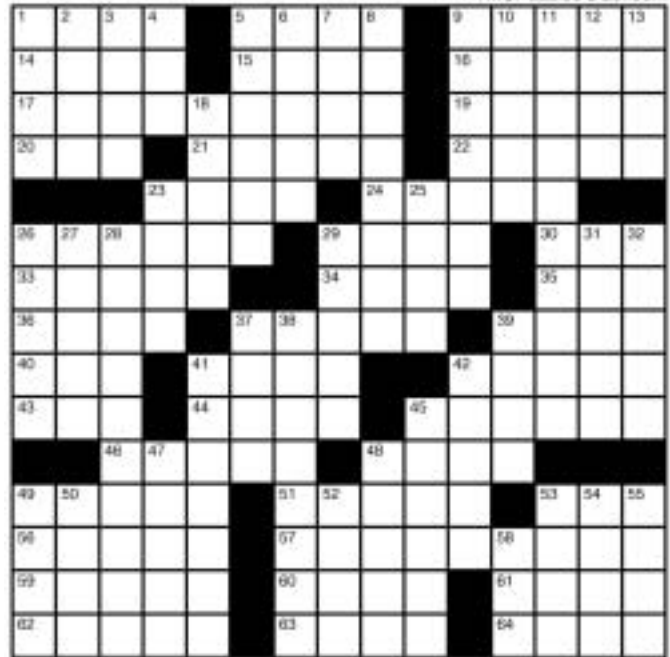
## ACROSS

- 1 Tie
- 5 Block up
- 9 Old hat
- 14 Paella ingredient
- 15 Body of a ship
- 16 Water-cooler tidbit
- 17 Aging bombshell?
- 19 Bakery lure
- 20 Apiary resident
- 21 Delete
- 22 Michigan and Ontario
- 23 Forbidding
- 24 Tex-Mex dish
- 26 Applies a lacquer
- 29 Kinship group
- 30 Essence
- 33 Give the slip to
- 34 Thomas Arne composition, "\_\_\_ Britannia"
- 35 Coll. student's rating
- 36 Davenport
- 37 Distrust
- 39 Puts on years
- 40 Broadcast band
- 41 Gaudy
- 42 Moved furtively
- 43 Blackjack
- 44 Contribution to the pot
- 45 Tolerates
- 46 Ed of "The Mary Tyler Moore Show"
- 48 Prejudice
- 49 Hoarse
- 51 Time-waster

- 53 Secondary road abbr.
- 56 Extreme
- 57 Hotrod show-off
- 59 More tender
- 60 Let up
- 61 Break bread
- 62 Attuned
- 63 Cereal grasses
- 64 Vegas posting

## DOWN

- 1 Colorless
- 2 Ascend
- 3 Longing
- 4 Surfer's milieu?
- 5 Joseph Papp musical, "A \_\_\_ Line"
- 6 Of the moon
- 7 Pioneer automobile maker
- 8 Campus choristers
- 9 Pecan treat
- 10 Of hearing
- 11 Conclusive evidence
- 12 A few
- 13 Periods
- 18 Sierra \_\_\_
- 23 1916 art sensation
- 25 Stop!
- 26 Gospels' subject
- 27 Maui farewell
- 28 Flaky dessert
- 29 Unpolished
- 31 Turn over
- 32 Gets some rays
- 37 Completed
- 38 Mounted escort



By Robert Zimmerman  
San Diego, CA

Answers on page 30

- 39 How sad!
- 41 Cord for a whistle
- 42 A Beatle
- 45 Prolonged attacks
- 47 Shopping frenzy
- 48 World-weary
- 49 Dry, crisp bread

- 50 Lotion ingredient, often
- 52 Sturdy cart
- 53 Vitriol
- 54 Give temporarily
- 55 Very in Vichy
- 58 Fuss

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## MAGICWORD

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

### ALL ABOARD (sol.: 6 letters)

A-Air horns; B-Ballast, Boxcar, Brakeman, Branch, Bridge; C-Caboose, Conductor, Couplers, Cylinders; D-Diesel; E-Electric, Engineer, Excursion; F-Fares; M-Magnetic, Motors; P-Passengers; R-Rail transport, Railcars, Railway; S-Schedule, Signal, Speed, Station, Steam; T-Third rail, Tickets, Timetable, Transport, Travel; W-Whistle

This Month's Answer:

TRAINS

ELBATEMITICKETS  
XTRAVELIARDRIHT  
CRADEEPSNROHRIA  
UOIRACXOBALLAST  
RPLTPASSENGERSI  
SSCRLBCIRTCELE  
INAAOSCHEDULEN  
OARNNOROTCUDNOC  
NRSSGSRELPUCEI  
LTEPIENGINEERT  
ELROSREDNILYCDE  
SIARTRAIMAETSIN  
EAFTHWISTLENSRG  
IRAILWAYHCNARBA  
DNAMEKARBSROTOM

## JUMBLE

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

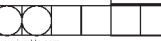
GUCOH



TIFAH



CUSTOC



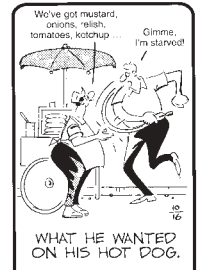
MUSCLY



Print answer here:



THAT SCRAMBLED WORD GAME  
by Henri Arnold and Mike Arginton



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

Answers on page 30

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26 SeniorMonthly, August 2007

## TRIVIALITIES

1. In the 2007 film "Evan Almighty," who plays the title character?
2. Morgan Freeman plays God in this Tom Shadyac-directed film. Name it.
3. In the 2006 animated film "Over the Hedge," who voiced the character of Stella?
4. Has Bruce Willis ever been nominated for an Academy Award?
5. The 2007 film "Grindhouse" lists five directors. Name them.
6. Who directed the 2006 film "16 Blocks"?
7. Who portrayed Sgt. Lucas in the 2004 film "The Woodsman"?

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Answers on page 30

# BRIDGE

## Keep Control

By Omar Sharif and Tannah Hirsch

Neither vulnerable. East deals.

NORTH

♠ 72  
♥ 4  
♦ Q9  
♣ KQ1098653

WEST

♠ J843  
♥ J1062  
♦ J106  
♣ J4

EAST

♠ 105  
♥ KQ9753  
♦ AK75  
♣ 2

SOUTH

♠ AKQ96  
♥ A8  
♦ 8432  
♣ A7

The bidding:

EAST	SOUTH	WEST	NORTH
1♥	1♠	2♥	3♣
4♥	4♠	Pass	Pass
Pass			

Opening lead: Jack of ♥

There are no bad breaks on this deal. Yet it is easy to go down in a contract that is unbeatable!

The auction is competitive. East-West tried to buy the hand at the four-level, but South was too good to give in and competed with four spades to end the auction.

West led the jack of hearts. If spades are 3-3, there is no problem. But the percentages favor a 4-2 break. Can declarer handle that?

Suppose South wins the first heart with the ace, ruffs a heart and draws three rounds of trumps, then starts on clubs. East will ruff the third club as declarer discards a diamond, but South can come to no more than nine tricks - five spades, ace of hearts and a ruff and two clubs.

It is easy for South to keep control of the hand. At trick two he simply ducks a spade! No matter which defender wins, the best they can do is take their two diamond tricks - dummy's trump controls the second round of hearts and third round of diamonds. Declarer can get back to hand with the ace of clubs to draw trumps and run the clubs, making 10 tricks.

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

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# SUDOKU

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

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

MEDIUM

Solution on page 30

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# SMART COLLECTOR

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By Danielle Arnet

Tribune Media Services

**QUESTION:** How do I find someone to repair crystal and some silver and silver plate? No luck looking in the phone book or online. —Peter, Miami, Fla.

**ANSWER:** If you had a broken dishwasher, how would you get it fixed? You could find a candidate in the phone book or key



Danielle Arnet

www.angieslist.com or a clone. Or you could do what most people do — ask a neighbor, family member or co-worker for the name of someone who has done a good job on their dishwasher.

Ditto for the repair of antiques and collectibles. Many of the blemishes and dings of age in objects can be fixed. There are individuals trained in these services.

Your first task is to decide if you need a conservator or repair person. Conservators are trained, licensed artisans whose work is preserving artifacts. They work with things such as museum goods and family heirlooms.

If the crystal mentioned is a fine Lalique vase, it needs a conservator. A mass-produced stemmed drinking glass with a nick in the lip can be ground by a glass repair specialist.

If the silver simply needs polished and buffed, a jeweler can do it. Plating or soldering and dent removal requires a specialist. A fine or valuable piece requires a conservator.

Conservators work on paintings, furniture, textiles of all kinds, ceramics and more. Many were extremely busy post-Katrina, saving the treasures of New Orleans museums, dealers and collectors. The American Institute for Conservation, the national organization for art conservation pros, has a member list and excellent guide to conservation at <http://aic.stanford.edu>.

When your items need only a general repair, the best place to find an antiques specialist is through a local dealer. Ask who grinds their crystal

and repairs their silver. Most dealers will be happy to pass on a name, and you will have that name from a satisfied customer.

Antiques repair people, including porcelain repair artisans, are extremely busy, and most do not advertise. Work comes through word of mouth and from dealers who need stock repaired. Repair times may be long. Ask upfront how long the job will take and how much it will cost.

**QUESTION:** What is value on a set of spoons bearing the images of the five Dionne quintuplets? —Katherine, Matthews, Virginia

**ANSWER:** Born in 1934 to a poor family in Canada, the five identical Dionne sisters came when multiple births were a rarity. The quintes were an immediate sensation that spawned a tragic freak show after they were taken from their parents and made wards of Ontario.

The girls were placed on public view in a hospital called "Quintland," and between 1934 and 1943, about 3 million people visited the remote facility, making the girls Canada's (then) leading tourist attraction.

Their faces appeared on advertising of all kinds, and on products such as five silver plate spoons that sold for ten cents each plus Palmolive soap wrappers.

Produced in huge quantities, the spoons are still plentiful as singles and/or sets. Demand is low, as is interest in the Dionne sisters. Dealers may charge up to \$50 for a set of five, but some sell at \$1 each. The spoons remain unsold in online auctions.

So the answer to value is, "not much," or whatever one can get.

**QUESTION:** I have an Irving upright piano and have looked online, but haven't found a single Irving for sale. Why? —Delia, Tucson, Ariz.

**ANSWER:** I suspect because no one has posted an Irving for sale. But seriously, are you looking because you want info on that piano?

Irving pianos were made in Chicago by M. Schulz & Co. The company also made player pianos. The number mentioned may be a case number, and indicates that the piano was made after 1930.

We frequently get piano queries, so it's time to tell readers that [www.bluebookofpianos.com](http://www.bluebookofpianos.com) lists makers and has a valuation service.

**QUESTION:** What is this picture worth? It has been in the family for

decades. Now it is sticking to the glass where moisture came in through the walls. There are staples in the back. —Donna, Coweta, Okla.

**ANSWER:** I suspect that the art seen in an image is a print. As such, it is mass produced and has, as stated, water damage. If the staples are in the paper, that is more damage. The floral subject appears generic.

Age does not confer value. Many factors contribute to value, and in art, condition is vital. If the matrix is

canvas or if you think the piece may be valuable, have a local gallery take a look, for a fee.

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

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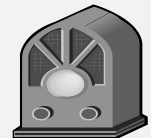
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# Walking can limit the impact of arthritis

(ARA) - Arthritis, the number one cause of disability in the United States, affects one in five adults and nearly 300,000 children and the predictions are it will soon get worse. The Centers for Disease Control and Prevention estimates that by 2030, the number of U.S. adults with arthritis will increase substantially from 46 million to nearly 67 million.

Patience White, M.D., chief public health officer for the Arthritis Foundation, hopes these new statistics will bring light to arthritis as a rising problem. "Sedentary lifestyles and an aging baby boomer population are putting millions at risk for disabling arthritis," she says. "Coupled with obesity at an all-time high in this country, we are facing a public health crisis if Americans don't take action now."

Fortunately, Dr. White states, there are a number of factors that contribute to joint health that anyone can do, anywhere, at any time. The doctor's top picks include:

## Ward off extra pounds

Many people aren't aware that every extra pound a person gains puts four times more stress on their knees. By watching your waistline, you will have more energy and ability to reach and maintain your goal. Work with a health care professional to determine your personal healthy weight range and follow a diet and lifestyle program.

## Mix it up

A balanced, nutrient rich diet is important for healthy joints. One simple rule of thumb is to eat meals with a lot of variety in color. The more color, the more nutrients you will obtain. Create an eating plan that is realistic to your individual needs and goals which will help you obtain success.

## Know your options

There are many ways of improv-

ing your arthritis pain, depending on your specific needs. Options range from non-drug and natural options to prescription therapies. What works for you may not be the best choice for another. Make a visit to your physician to create a plan that's right for you.

## Walk, walk and keep walking

Simple activities, like walking for 30 minutes or 10 minutes three times a day, can limit the impact of arthri-

tis now and in the future. Walking decreases joint pain, improves mobility, helps keep an ideal weight and promotes overall well-being. People are less depressed and sleep better when they are physically active.

Part of the Arthritis Foundation's efforts to get Americans walking is through its Arthritis Walk events. Nationally sponsored by Nature Made TripleFlex, a joint health supplement, Arthritis Walk events are held

in communities across the nation to help raise awareness and generate funds for research and programs. Walkers can sign-up as a team and come out to support a family member or friend. Dogs are welcome in most sites, too.

To learn more about getting involved in an Arthritis Walk near you, visit [www.arthritis.org](http://www.arthritis.org) or call (877) 232-2898.

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# NOSTALGIA NOTEBOOK

## AUGUST 1947

### Births

**AUGUST 9:** John Varley, American science-fiction author  
**AUGUST 10:** Ian Anderson, British musician (Jethro Tull)  
**AUGUST 27:** Barbara Bach, American actress, *The Spy Who Loved Me*  
**AUGUST 28:** Liza Wang, Hong Kong actress  
**AUGUST 30:** Allan Rock, Canadian politician and diplomat

### Events

**AUGUST 14:** After 90 years of British colonial rule, Pakistan gains independence from the British Empire under the leadership of Quaid-e-Azam Muhammad Ali Jinnah.  
**AUGUST 15:** Following decades of nonviolent resistance and periodic civil unrest from 1919, India gains independence from the British Empire.  
**AUGUST 31:** Communists take power in Hungary.

## AUGUST 1957

### Births

**AUGUST 6:** Jim McGreevey, former Democratic governor of New Jersey. Resigned after admitting that he had had an extramarital affair with a male employee  
**AUGUST 7:** Mark Bagley, American comic book artist  
**AUGUST 9:** Melanie Griffith, American actress  
**AUGUST 18:** Denis Leary, American comedian and actor  
**AUGUST 28:** Daniel Stern, American actor

### Events

**AUGUST 21:** Eisenhower announces a 2-year suspension of nuclear testing.  
**AUGUST 28:** Senator Strom Thurmond (D-SC) set the record for the longest filibuster with his 24-hour, 18-minute speech railing against a civil rights bill.  
**AUGUST 31:** The Federation of Malaya gains independence from the United Kingdom.

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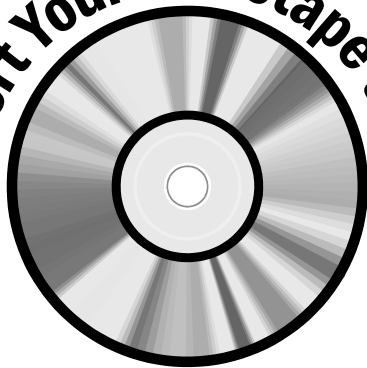
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7	1	8	2	9	3	6	5	4
3	6	4	1	8	5	7	9	2
8	7	9	4	3	2	5	1	6
1	2	5	9	6	7	8	4	3
4	9	6	3	1	8	2	7	5
5	3	1	7	2	9	4	6	8
2	8	7	5	4	6	9	3	1

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DRAW	CLOG	PASSE
RICE	HULL	RUMOR
ASH	BLONDE	AROMA
BEE	ERASE	LAKES
DOUR	CHILI	
JAPANS	CLAN	NUB
ELUDE	RULE	GP
SOFA	DOUBT	AGES
UHF	LOUD	SLUNK
SAP	ANTE	STANDS
ASNER	BIAS	
RASPY	IDLER	ALI
ULTRA	DRAG	RACER
SORER	EASE	DINE
KEYED	RVER	ODDS

## JUMBLE ANSWERS

Jumbles: COUGH FAITH STUC-  
 CO CLUMSY

Answer: What he wanted on his hot  
 dog - HIS MOUTH

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## TRIVIALITIES ANSWERS

1. Steve Carell 2. "Evan Almighty"  
 3. Wanda Sykes 4. No 5. Robert  
 Rodriguez, Eli Roth, Quentin Tar-  
 antino, Edgar and Rob Zombie 6.  
 Richard Donner 7. Mos Def

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# PEOPLE NEWS

## LMH clinical coordinator awarded for excellence

Jeff Pierce, PharmD, Clinical Coordinator of the Lawrence Memorial Hospital Pharmacy, was awarded the Harold N. Godwin Award by the Kansas Society of Health Systems Pharmacists at their spring meeting.



Pierce

The award was created to give recognition to a pharmacy practitioner who has made sustained contributions to the profession by demonstrated excellence in teaching, research, organizational leadership, or exemplary pharmacy services.

Pierce used the \$500 honorarium he received for the award to fund admittance into the KSHP spring meet-

ing in Junction City for pharmacy students at LMH.

Pierce was also a winner of the KSHP spring meeting poster competition. Pierce's poster, co-authored by Paola Ponce, PharmD candidate, and Amanda Parker, PharmD candidate, and entitled "Beyond ACLS: An Approach to Code Blue Response Training for Pharmacists," won the KSHP Board Award for Innovative Clinical Practice. The poster abstract will be published in the 2007 Journal of Kansas Pharmacy, scheduled for publication in December.

## LMH wound healing center director receives award

Karily Taylor, Director of the Lawrence Memorial Hospital Wound Healing Center, received the Outstanding Leadership in a Clinical Service Project Award from Nation-

al Healing Corporation, a leader in wound management that partners with LMH and client hospitals nationwide.



Taylor

Taylor received the award for achieving and exceeding expectations for continuing education presentations. In 2006, Taylor coordinated and co-presented 17 programs, educating 518 medical professionals about hyperbaric oxygen

therapy, peripheral artery disease, cost-effective wound healing strategies, and wound dressing selection.

Bestowing the award, Regional Vice President of Operations Ted Tomter said, "People like Karily and her team at the Wound Healing Center make it easy to understand why LMH and National Healing provide the community with superior service that keeps the focus on the patient. Their contributions have helped make Lawrence Memorial Hospital Wound Healing Center one of the best in the nation."

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## Do You Know Lawrence's History?

New street signs for Hanscom Road, Oliver's Court, and Anna Tappan Way have been put up in Lawrence. Those streets, as well as Haskell Avenue, are named after a few of Lawrence earliest settlers. To learn more about them and other founders of Lawrence, order a reprint copy of Richard Cordley's *A History of Lawrence, Kansas: From the First Settlement to the Close of the Rebellion* today!



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



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