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INSIDE



The Kansas Senior Olympics celebrates its 25th anniversary this year. Becky Sewell, KSO Director, expects about 750 athletes age 50 and older to compete in September and October. - page 4



Wolfgang Puck employs the "mise en place" principle this month with a recipe for Chicken Pad Thai. - page 29

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KEVIN GROENHAGEN PHOTO

Helen Krische, archivist and exhibit coordinator for the Watkins Community Museum in Lawrence, stands in front of a portion of "New Harmonies," a Smithsonian traveling exhibit on display until August 9.

Krische has 'vested interest' in Douglas County history

By Kevin Groenhagen

There's more to the Watkins Community Museum of History than meets the eye, even for those who have visited and seen the various exhibits there.

The museum also provides the Lawrence community with programs, research facilities, speakers and presentations, outreach programs, a community room, and opportunities to share one's memories or to volunteer.

The museum, located at 1047 Massachusetts, is housed in a for-

mer bank and mortgage building constructed in 1888 by J. B. Watkins, who married Lawrence's beloved philanthropist and benefactor, Elizabeth Watkins.

"It was considered the grandest building west of the Mississippi at that time," said Helen Krische, the museum's archivist and exhibit coordinator.

After J.B. died in 1921, Elizabeth ran the business for a couple of years. The building then became Lawrence City Hall in 1969, with the Douglas County Health Department located on the first floor.

The structure was renovated and became the Watkins Community Museum of History in 1975.

"The Douglas County Historical Society had been collecting artifacts, and when they had the opportunity to take the place, they did," Krische said.

The museum has three floors. Downstairs, on the first floor, is an L-shaped community room that can comfortably hold 100 people and can be rented at a reasonable hourly rate for meetings, parties and wedding receptions.

■ CONTINUED ON PAGE THREE

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Helen Krische

■ CONTINUED FROM PAGE ONE

Visitors can view some of the artifacts from the Watkins collection in displays on the second floor, along with a timeline of the early settlement of Douglas County.

On the third floor is an exhibit on Langston Hughes as well as a Smithsonian traveling exhibit, which will be in Lawrence until August 9. The exhibit, called New Harmonies, is about American roots music and its development. It covers a broad spectrum of music, including gospel and blues, country and western, zydeco, folk music, protest music and blues and jazz.

Next to the Smithsonian exhibit is a local but related exhibit, complete with an old Victrola that still plays and a tribute to the old Paul Gray's Jazz Place and the music groups that started in Lawrence.

"We're asking people to donate tapes, CDs, records, flyers, posters, musical instruments and other memorabilia of local groups," Krische said.

The museum presents other exhibits and activities throughout the year as well. For example, in August it will host events connected to the city's annual Civil War on the Western Frontier.

In addition to the exhibits and related musical presentations, community members can take in workshops that Krische presents throughout the year on how to preserve documents and photographs. Moreover, history buffs can make an appointment with Krische to use the museum's research facilities. There is also an outreach program in place that provides speakers for various organizations. And modern technology has made possible yet another offering that is still in the works.

"We are currently trying to get our collection digitized and put into a database that will launch onto our Web site," Krische said. "We are trying to get 75 years worth of artifacts into the database to help researchers or people who want to see petticoats or woodworking tools from the turn of the century."

Senior citizens can contribute to the museum in a unique way by sharing their recollections of past events.

"We did a World War II oral history project," Krische said. "We're still transcribing on that, and we also need volunteers to transcribe."

Krische is currently working on a history of the old Drag Strip Road, which is now Wakarusa Drive.

"Every Friday afternoon they had

jalopy races there," she said, adding that if anybody drove in those races or has memories of them, she would like them to contact her so that she can record their memories.

In the future, Krische is gearing up to work on an oral history that involves the old Sunflower Ammunition Plant.

"I would like to start oral histories with people who worked at the plant or people who were alive during World War II who were involved in the Red Cross or things like scrap metal drives," she said. "Even if they were children at the time, how did they perceive the war? Basically, it would be about the World War II home front in Douglas County."

Another way people can contribute to the museum is to donate items that are more current so that they can be kept in good condition for future use. The museum, for example, has received a bonnet hair-dryer, Fischer Price toys, a black and white television set, Barbie dolls, and clothing. There is especially a need for men's work clothing along with photos of the people who wore the clothes to add a personal touch.

"We have a big gap here because work clothes usually get worn out and are tossed out or used for rags," Krische said. "The work clothing doesn't have to be in great condition."

Perspective donors can call the

museum at (785) 841-4109 to make an appointment to bring the items in.

Even if community members have nothing else to contribute, they can donate their time as volunteers. There is a tab on the home page of the museum's Web site (watkinsmuseum.org) that potential volunteers can click on to find out more.

"We really need volunteers, especially people to sit at the front door.

It's a good opportunity for senior citizens," Krische said.

Krische said that one of the things that prompted her to apply for her position at the museum is that she is a longtime resident of Douglas County. Her family moved here when she was 10 years old.

"I have a vested interest in preserving its history," she said. "I feel what I am doing is important and has an impact on the community. And I get to meet a lot of interesting people."

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Kevin L. Groenhagen

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Kansas Senior Olympics to celebrate 25 years

By Kevin Groenhagen

You don't have to travel to China to watch Olympians in action this year. In fact, hundreds of senior Olympians will visit Topeka in September and October to compete in archery, bowling, golf, horseshoes, swimming, and 10 other event categories. They would be happy to have you there to cheer them on.

This year marks the 25th anniversary of the Kansas Senior Olympics (KSO). According to KSO Director Becky Sewell, the first KSO games in 1984 attracted 91 athletes who were 55 and older. In 2006, the last qualifying year for KSO, 704 athletes age 50 and older competed. Sewell expects about 750 athletes this year.

The KSO kicks off on September 24 with athlete check-in at Gage Park. Competition begins the next morning. Athletes can then attend the "Let's Go Round" social event that evening at the Carousel in The Park located in Gage Park.

"The carousel celebrates its 100th birthday this year," Sewell said. "We thought it would be nice to do something in conjunction with that anniversary."

The athletes will also have the opportunity to share other talents during the athlete/sponsor dinner at the Ramada Inn on Friday, September 26.

"We'll have the second annual 'Seniors Got Talent' during the dinner" Sewell said. "The seniors can sing, lip sync, dance, tell jokes, or share any other talent they might have. We'll also present the Athlete of the Year Award and the Jerry Reichart Award during the dinner."

According to Sewell, the late Jerry Reichart epitomized the whole concept of the Senior Olympics, so the KSO advisory council created an award in his honor. Reichart was involved in Kansas basketball as a player, coach, and commissioner for 45 years. As a Senior Olympian, he participated in basketball, tennis, softball, volleyball, and field events, and competed in four National Senior Olympics.

KSO athletes must turn 50 on or before December 31, 2008 to qualify for this year's games. However, any 50-year-old competitors will be more than four decades younger than the oldest athletes. Sewell received word in early July that a



92-year-old female and a 91-year-old male—both from Johnson County—will be competing again in the race walk.

"The 92-year-old has competed in nationals," Sewell said. "She has won medals in every age division she has competed in at the national level."

Since this is a qualifying year, Sewell will send the names of qualifying athletes to the organizers of

the Summer National Senior Games, which will be held in the San Francisco Bay area in August 2009. Each event allows for a specific number of qualifiers. Kansas is an "open" state for the Senior Olympics, which means out-of-state athletes can compete.

"However, in a qualifying year, an out-of-state athlete will not take a spot from a Kansas," Sewell ex-

■ CONTINUED ON PAGE FIVE

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Senior Olympics

■ CONTINUED FROM PAGE FOUR



PATRICK HEHR PHOTO

plained. "For example, if out-of-state athletes win first and second place in an event, I'll also send the names of the top two Kansans to nationals."

If you do not wish to compete in any KSO events, you can still participate in the Senior Olympics.

"We rely on about 150 volunteers to put the games on," Sewell said. "They check in athletes, hand out water at the event sites, run stop-watches, and cheer on the athletes. Our volunteers are from all age groups, including high school students who want to meet their community service requirements."

KSO supporters can also make a tax-deductible donation to the Parks and Recreation Foundation, which supports KSO activities. For more information, volunteers and supporters can call Sewell at (785) 368-3798.

The early bird entry deadline for the 2008 Kansas Senior Olympics is August 8, while the final entry deadline is August 22. The official entry form, venue map, and other information are available online at www.topeka.org/parksrec/kso_main.shtml.

WORDS OF WISDOM

"A man of maxims only, is like a cyclops with one eye, and that in the back of his head." - Samuel Taylor Coleridge

"A hunch is creativity trying to tell you something." - Frank Capra

"A little sincerity is a dangerous thing, and a great deal of it is absolutely fatal." - Oscar Wilde

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2008 Kansas Senior Olympics Schedule of Events*

Wednesday, September 24

12 noon -6pm Athlete Check-In Gage Park

Thursday, September 25

8am -5:30pm Athlete Check-In Gage Park
 8:30am Cycling (5K, 20K, 10K) Heartland Park
 9am Tennis Kossover
 9am Racquetball YMCA
 10am Bowling (Singles) West Ridge Lanes
 1pm Shuffleboard Central Park
 5:30-7pm Let's Go Round Carousel (Gage Park)

Friday, September 26

8am-5pm Athlete Check-In Gage Park
 9am Tennis Kossover
 9am Badminton First Baptist Church
 9:30am Road Race (5K) Oakland
 12 noon Bowling (Doubles) West Ridge Lanes
 2pm Bowling (Mixed) West Ridge Lanes
 6pm Athlete/Sponsor Dinner Ramada Inn
 (Seniors Got Talent)

Saturday, September 27

8am-2:30pm Athlete Check-In Gage Park
 8am-4pm Athlete Check-In Hummer Sports Park
 7:30 am Road Race (10K) Oakland
 9am Archery T.H.E. Archery Club
 9am Horseshoes Gage Park
 9am All Field Events Hummer Sports Park
 9am Swimming Hummer Sports Park
 12:30pm Table Tennis First Nazarene Church

Sunday, September 28

8am-2pm Athlete Check-In Hummer Sports Park
 10am Track Events Hummer Sports Park

Thursday, October 2

7:45am-TBD Athlete Check-In Hillcrest
 8am Continental Breakfast Hillcrest
 9am Volleyball Tournament Hillcrest

Friday, October 3

7am-TBD Athlete Check-In Hillcrest
 7:30am Continental Breakfast Hillcrest
 7:45am Basketball Free Throw Hillcrest
 9am Basketball Tournament Hillcrest
 8:30am-TBD Athlete Check-In Cypress Ridge
 8:30am Continental Breakfast Cypress Ridge
 9:30am Golf Tournament Cypress Ridge

Saturday, October 4

7am-3pm Athlete Check-In Rueger Park
 7:30am Softball Throw (Distance) Rueger Park
 7:30am Softball Throw (Accuracy) Rueger Park
 8am Softball Captain's Meeting Rueger Park
 9am Softball Tournament Rueger Park
 10am Football Throw Rueger Park
 11am Baggio Rueger Park
 1pm Washers Rueger Park

Sunday, October 5

9am-TBD Athlete Check-In Rueger Park
 10am Softball Tournament Rueger Park

*Schedule subject to change



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KU receives NIH grant for Alzheimer's research

LAWRENCE – The University of Kansas has received a \$2.1 million grant from the National Institutes of Health to conduct research on drugs that may help treat Alzheimer's disease. The four-year grant was awarded to Mary Michaelis, professor of pharmacology and toxicology.

"We've already identified two very promising drugs," Michaelis said. "The two drugs protect neurons against toxicity produced by a small protein, beta-amyloid, that accumulates in Alzheimer's disease. People

think this peptide causes Alzheimer's dementia."

The goal of the research is to develop at least one of these drugs, or a derivative, to the point where Michaelis can file an investigational new drug application that would allow testing on human subjects.

The award is part of a newer NIH grant category targeted at collaborators who have the capacity to translate their re-

search into practical applications. Michaelis will work closely with experts in various fields, such as chemical synthesis and behavioral research, to study the role of their drug target, develop a dosing schedule and evaluate the effects of the treatment on memory impairment and abnormal brain protein deposits.

Michaelis' collaborators in the research include Brian Blagg, associate professor of medicinal

chemistry; Stephen Fowler, professor of pharmacology and toxicology and senior scientist at KU's Life Span Institute; and Roger Rajewski, research professor at KU's Higuichi Biosciences Center and director of KU's Biotechnology Innovation and Optimization Center. Experts from the KU Medical Center include Kathy Newell, assistant professor of pathology and laboratory medicine, and Scott Weir, professor of pharmacology, toxicology and therapeutics.



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Kansas Advocates for Better Care receives Sunflower Foundation grant

Kansas Advocates for Better Care (KABC) has been selected as a grant recipient by the Topeka-based Sunflower Foundation: Health Care for Kansans in the foundation's latest semi-annual funding cycle. The grant totaling \$11,228 was awarded to KABC for the development of a strategic vision and plan to expand membership and increase the number of advocates concerned about the quality of long-term care for frail elders and vulnerable adults; and to develop a volunteer leadership

infrastructure that will support the growth that results from the strategic expansion plan.

The Sunflower Foundation was created in 2000 as a philanthropic organization with the mission to serve as catalyst for improving the health of Kansans. The Foundation offers support through a program of grants, awards and related activities.

KABC has been promoting quality long-term care since 1975. Founder Petey Cerf and a group of concerned citizens began a statewide non-profit called "Kansans for Improvement of Nursing Homes," which later became Kansas Advocates for Better Care. KABC provides knowledgeable and compassionate assistance to families making difficult decisions about placement in adult care

homes by offering guidance, support and information. KABC maintains and distributes consumer information about all licensed adult care homes in Kansas.

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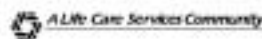
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Energy saving tips for the home

(ARA) - Looking for ways to save money? According to The Association of Home Appliance Manufacturers (AHAM), a good place to start is in the kitchen. Replacing older, inefficient appliances with more modern appliances is a leading way for consumers to reap tremendous energy savings.

That's great advice considering the fact that the amount of energy consumed by home appliances has dropped sharply since 2000. Refrigerators, dishwashers and clothes washers combined account for a 43 percent decrease in energy consumption since 2000, and decreasing energy consumption in turn drops cost.

Replacing an eight-year-old refrigerator, dishwasher and clothes washer with new appliances of average efficiency will save consumers about \$95 per year in energy bills. Replacing an eight-year-old clothes washer will save more than \$60 in electricity costs and nearly 5,000 gallons of water per year.

Consumers can attain additional savings by purchasing Energy Star designated appliances. Here are some more energy saving tips:

- If you are replacing your refrigerator, do not use the old refrigerator

as a second refrigerator. This will not yield energy savings. Properly recycle the appliance. To find recycling options in your area, call (800) YES-1-CAN.

- Allow hot foods to cool before placing them in the refrigerator; and always cover foods that may release moisture in the refrigerator.

- Limit opening the refrigerator and freezer doors. Label foods or use clear food storage bags to easily identify foods.

- Scrape, but do not pre-rinse dishes before putting them in the dishwasher. Dishwashers do a great job of cleaning soiled dishes.

- Take advantage of your dishwasher's "eco" option that reduces water use, or use a no-heat air dry feature.

- Use load size settings on your washing machine. If you are washing a small load of clothing, be sure to change the load setting; and use cold water settings whenever possible.

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Topeka Railroad Festival to be held Aug. 30

It's "Full Steam Ahead" as the Great Overland Station introduces the new Topeka Railroad Festival to celebrate the railroad heritage of our area. It will be 12 hours of fun on Labor Day weekend, Saturday, August 30, 10:00 a.m.–10:00 p.m., right on the grounds of the Great Overland Station.

"The Platinum Express" will headline the evening's entertainment, performing classic rock, R & B, jazz, soul and blues hits from the 60s and beyond. They feature dynamic vocals, powerful horn section, crowd-

pleasing dance choreography, and just plain fun. Dancing in the streets will be encouraged.

Topeka Railroad Festival will offer great family fun with something for everyone: railroad memorabilia, rides on a "trackless train," arts and crafts, children's tent, pony rides, historic re-enactors, street entertainment, beer garden, food vendors, moon walk, slide, obstacle course, dunk tank and more! Current information available on our Web site at www.greatoverlandstation.com, or call the Great Overland Station at (785) 232-5533.



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Christmas gift results in weight loss

By Kevin Groenhagen

My wife was a little anxious about how I would react to her Christmas present for me. Otherwise, she would have told me about it in person instead of sending me an e-mail. "I set up consultation meeting for you with Metabolic Research Center," she wrote. "Don't worry about the cost. It's my gift."

She was right. I had gained a little bit of weight last fall. For the past decade or so, I had been overweight. I attributed this in part to genetics. I read a few years ago that my maternal grandmother's first cousin, Kansas City Mayor H. Roe Bartle, a supporter of the Boy Scouts, wore shorts to scouting events that had a 52-inch waistline. I recently read the 1885 biography of Elizabeth A. Roe, Bartle's great-grandmother. She noted that her weight had been in excess of 350 pounds at two points in her life. (Another source said she was six-foot tall and 400 pounds!)

I was in no danger of approaching either the weight of Bartle or Mrs. Roe. However, my wife did not want to take the chance. She and I both attended the Metabolic Research Center (MRC) consultation meeting. I approached the whole affair with a great deal of skepticism, especially when they told me that I would lose nearly 50 pounds after just a few months. Nevertheless, I started the program on December 27.

I have to admit that the first few weeks were very difficult. It took awhile for my system to adjust to the different diet and supplements. However, I was losing weight—about four pounds a week.

After about a month, my wife had to take in all my 40-inch jeans. When my waistline hit 36 inches, taking in my jeans was no longer

practical. On the way back from a funeral in Illinois during the first week of May, we stopped at the Tanger Factory Outlet Mall in Iowa, where I tried on a few pairs of jeans. To my surprise, the 36-inch pairs were too loose, but a 35-inch fit just fine. By this time, I was just a pound or two from my initial target weight. I entered MRC's maintenance program shortly after that and can now get into 34-inch jeans, which are just a tad loose.

I decided that I wanted to lose even more weight, so I have departed from MRC's program slightly. I still have my dress blues uniform from the early 1980s, and would like to fit into them by the Marine Corps birthday on November 10. To do this—and I want to make it clear that this not part of what is required in MRC's program—I am walking five to seven miles every morning, and I have cut my meat consump-

tion down to no more than once a day. I get most of my protein from whey protein, cheese, plain yogurt (I make my own and then drain out the whey, which greatly reduces the carbohydrates), beans, and soybeans. I bought 50 pounds of organic soybeans and make my own soymilk, tofu, soy yogurt, and roasted soy nuts. I've gone through about a quarter of my soybeans thus far, and have made an incredible

amount of food with them.


While I have departed from MRC's program and have adopted a slightly more "extreme" program, I give credit to MRC (and, of course, my wife) for helping me to get to this point. Their program is not inexpensive. However, when you consider that the potential health problems related to being overweight could be much more costly in the long run, the investment is well worth it.



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Smart ways to respond to a down market

If you're an investor, you may have been disappointed with how the markets have been reacting this summer to the news of high oil



Harley Catlin and Ryan Catlin

prices and other short-term events. Nonetheless, your long-term financial goals don't have to be jeopardized by these losses—if you know how to respond to them.

Here are a few moves to consider:

- **Stick to your investment strategy.** It's almost always a bad idea to make long-term investment decisions in response to short-term market fluctuations. If you have built

a diversified portfolio of quality investments, you're better off just "staying the course" during a market decline. (Keep in mind, though, that diversification, by itself, cannot guarantee or protect against loss.) If these investments were suitable for you before the market drop, they'll still be appropriate when the market turns around.

- **Don't try to "time" the market.** It would be great if you could know when the market had reached its low or high points, or which days would be "losers" and which ones "winners." If you had that foresight, you could always jump in and jump out of the market at the right times. Unfortunately, no one can make those predictions with any accuracy. And those people who do try to "time" the market in this manner end up jumping out

at the wrong times and missing both short- and long-term market rallies. By staying invested through market ups and downs, you can make progress toward your long-term goals.

- **Look for buying opportunities.** By definition, a market decline means that stock prices are lower "which means you may find some good buying opportunities. Of course, you'll want to know if the stock's price is low because of the effects of the broad-based market decline or because of other factors specific to the stock, such as poor management, non-competitive products or a decline in the industry to which it belongs.

While making these moves can help you get past the market decline, it doesn't mean that a severe price drop can't affect you. If you

need money to pay for an unexpected cost, such as a major car repair, you'll likely take a hit if you have to sell stocks when the market has fallen substantially. But you can avoid this problem by putting three to six months worth of living expenses in an emergency fund, preferably in a "cash" or "cash equivalent" account.

Nobody likes to see big declines in the stock market. But if you're a long-term investor, you've built an emergency fund and you've rebalanced your portfolio to fit your risk tolerance, you'll be in a much better position to withstand these market drops—and you'll be well prepared for an eventual recovery.

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

OFF THE WALL

"Let us be thankful for the fools; but for them the rest of us could not succeed." - Mark Twain

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Close call: Medicare crisis averted in Congress

For two weeks in early July, patients and health care providers held their breath as a divided government fought over the future of Medicare. At stake was continued funding



Laura Bennetts

for medical care for seniors and the disabled. While Congress pressed to avert a sharp reduction in payments to Medicare providers, the president resisted obstinately—threatening and then signing a rare presidential veto (just the ninth veto of his entire presidency). Fortunately for seniors, Congress on July 15 overrode this veto by a vast margin, 383-41 in the House of Representatives (over 90 percent) and 70-26 in the Senate. The net result of this flurry of votes and vetoes is that HR 6331 is now law.

What This Means For Seniors

If Congress had failed to override the veto, Medicare payments to doc-

tors and hospitals would have fallen 10.6 percent, forcing many of them to suspend Medicare treatments altogether. For two weeks in July, when the federal impasse placed the future of Medicare in doubt, doctors among others found themselves in a financial bind. In Topeka, for example, "Dr. Kent E. Palmberg, senior vice president and chief medical officer of the Stormont-Vail HealthCare system, said its 70 primary care doctors were 'no longer accepting new Medicare patients as of July 1 because of the draconian cut in Medicare reimbursement.'" (*New York Times*, July 7) Similar rollbacks were announced in many other places, and the reduction in care was most obvious and alarming in rural areas, where, according to Dr. Josie K. Williams, president of the Texas Medical Association, Medicare patients often comprise up to 90 percent of the medical caseload. Physical therapy patients would also have suffered, since, without the passage of HR 6331, a cap on therapy eligibility would have taken effect immediately. Many people who now routinely qualify for physical therapy would have been denied treatment.

But fortunately Congress overrode

the presidential veto, and Medicare remains intact. Doctors and hospitals will continue to be fully reimbursed for treating Medicare-eligible patients; the danger of a ceiling on physical therapy eligibility has been postponed for at least 18 months; and several improvements in the delivery of Medicare services have been made, particularly for those in rural areas and those in need of community mental health care, skilled nursing treatment, and dialysis.

Why!

Why did this happen? Why was Medicare so sharply attacked?

The answer, it seems, is both economic and political. For years, the administration has pushed hard to privatize health care for seniors, diverting tens of billions of dollars from Medicare to a non-Medicare system of insurance-based health coverage which, confusingly, the administration calls "Medicare Advantage." Their argument was that, though seniors who enroll in the Advantage program give up the right to choose their own doctors, the financial benefits of the program justify the sacrifice. But earlier this year, the General Accounting Office reported that the expense of paying private insurers to provide Advantage coverage is 13 percent greater than the cost of equivalent Medicare coverage—and indeed, that the cost of Advantage fee-for-service plans is 17 percent higher than the comparable Medicare cost.

This means that Medicare dollars provide more health care, more efficiently, than dollars spent for Advantage coverage—and since, this year alone, the government intends to pour \$86 billion into the private insurers that provide Advantage plans, this is hardly a minor matter. And until Congress objected, the administration hoped to cut Medicare still further, to transfer an additional \$12.5 billion to Advantage provid-

ers over the next five years.

Push Comes to Shove

That's when Congress balked. Slashing Medicare payments by 10.6 percent to expand the Advantage system would have benefited Humana, Kaiser and the other private insurers that sponsor the system, but not, Congress concluded, seniors or taxpayers.

The administration fought hard to defend payment cuts for doctors, hospitals, and other Medicare providers—Vice President Cheney lobbied lawmakers just hours before the veto was overturned—but to no avail. Responding to the protests of countless patients and providers, Congress did the right thing. Thankfully! We had spent two weeks in suspense. Innumerable patients around the country were left in limbo from July 1, when the old legislation lapsed, until July 15, when the presidential veto was finally overruled.

What Next?

For the moment, Medicare has been restored and seniors (and soon-to-be seniors) can breathe easier. But future challenges remain likely. Many myths about Medicare have circulated in recent years—that outsourcing Medicare saves money; that private companies provide better care; that privatization offers us greater consumer choice. As long as myths like these remain influential, Medicare will remain at risk.

Next month, I will explore some of these myths. Medicare is far from perfect...but it remains an indispensable safety net for many millions of people. To improve health care, we need facts, not myths. Next month, I will try to provide those facts.

- Laura Bennetts, MS PT, is a physical therapist with 25 years experience. She co-owns Lawrence Therapy Services LLC (2200 Harvard Road, Suite 101, Lawrence 66049, 785-842-0656) and Baldwin Therapy Services (814 High St., Suite A, Baldwin City, 66006, 785-594-3162).

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Homeopathy is gaining popularity in America

I decided to write this column since people ask me about homeopathy every day. Homeopathic medicine is a form of complementary and alternative medicine. It roots go back as far as the 18th century with a physician named Samuel Hahnemann. Even though homeopathic preparations have been around for centuries and used very commonly in alternative

facts in treating disease because their potency could be affected by vigorous and methodical shaking (succussion). Potentization, which states that diluting a substance, with vigorous shaking at each step of dilution, makes the remedy more effective by extracting the vital essence of the substance.

Overall, the basic principles of homeopathic medicine believe in a) "like cures like" and b) the minimal

dose is needed to treat the disease.

Why do people use homeopathic medicines?

1. Homeopathic medicine is effective when the correct remedy is taken; results can be immediate and permanent.

2. Homeopathic medication is natural and has natural ingredients.

3. Homeopathic medications are safe without producing unwanted

side effects.

4. Homeopathic medications work in conjunction with your immune system.

5. Homeopathic medications are holistic. It treats all the symptoms and the person as one.

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



Dr. Farhang Khosh

offices, they have recently become very commonly available to the lay person. You can find homeopathic preparations in health food stores, grocery stores and also those that are available by prescription from your doctor.

Current estimates state that homeopathy is a \$200 million a year industry in the United States. Usage of homeopathic medications varies around the world. In the United States and United Kingdom use is considerably less when compared to India, where homeopathic medicine is considered apart of the traditional medicine system.

The word homeopathy comes from the Greek, meaning "similar suffering" or "similar disease." During the 1700s, Samuel Hahnemann, a physician and chemist in Germany, proposed a new approach to treating illness. Current methods used blood-letting, purging, and blistering to treat patients. It was widely believed that in opening veins to cause a patient to bleed forced the disease out of the body and restored the proper balance to the ill person's system. Hahnemann rejected this notion. He developed a less-threatening approach to medicine. Hahnemann's ideas of treating disease are discussed in *The Organon of Homeopathic Medicine* (1810) and *Theory of Chronic Diseases* (1821). He believed that taking a substance that creates the symptoms that the person is experiencing can also relieve the symptoms or "like cures like." He believed that the total person should be treated, not only the symptoms of the disease.

Classical homeopathy is usually defined as a medical treatment based on the use of minute quantities of remedies that in larger doses produce effects similar to those of the disease being treated. Hahnemann believed that very small doses of a medication could have very powerful healing ef-

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Reader mailbag: IRA beneficiaries and Medicare first payors

QUESTION: I have a substantial IRA that I'm leaving to my younger brother as beneficiary in the event of my death. I'm hoping that it can be a rollover IRA for him so he could stretch out liquidation and taxation over his lifetime. My husband is deceased, I have no children, and my other brother is deceased. Is it possible for my IRA to rollover to my brother in this fashion? - P.P., Los Angeles, Calif.



Mark
Miller

ANSWER: If your brother is designated as a beneficiary, he has two options, since he is a non-spouse beneficiary, according to Dan McGee, vice president and managing director of retirement distribution at the Principal Financial Group and Principal Funds.

"Your brother would receive the IRA as an inherited IRA—he cannot roll it into an existing IRA or make it his own," says Magee. "When a beneficiary inherits an IRA, distributions (are most often) based on his or her life expectancy." Commonly referred to as "stretching," there are several advantages to this option, according to McGee:

- By taking only the required minimum distributions, the assets have the potential to continue to grow tax-deferred throughout their lifetime distribution period.
- The beneficiary may receive income over an extended period of time.
- The beneficiary will be taxed only on the distributed amount each year.
- There is no 10 percent IRS early withdrawal penalty.
- The beneficiary will be able to name a remainder beneficiary to receive the assets remaining at their death.

The other option is to take distributions based on the IRA owner's life expectancy. This life expectancy is determined by the age the IRA owner would have been at the end of the year of death.

QUESTION: I began Medicare, Parts A, B, and D, in March 2008. I still work and will continue for the

foreseeable future. I have a major medical plan at work but it's not very good. Do I need the work plan or is it redundant? Any advantage to keeping it? Should I drop it and use the money from it to fund a supplemental plan? -B.H., Lakeland, Fla.

ANSWER: If you work for a large employer, the employer plan is considered your primary insurance, and Medicare is secondary under Medicare rules, so don't drop your employer coverage.

The experts at Watson Wyatt—the large global benefits consulting firm—add the following advice: If you work for a small employer (for example, with less than 20 employees), your employer can make an election with Medicare to have Medicare be the primary payor, and the employer plan becoming secondary.

In that case, you might want to opt out of the employer's major medical plan and pay the co-pays, coinsurance and deductibles associated with Medicare. You should check with your employer's Human Relations department to determine whether the company has elected to make Medicare the primary payer.

However, Watson Wyatt cautions that very few small employers fully understand Medicare's secondary payer rules, so you may have a tough time convincing them this is an option. You might want to direct your employer to this page on the Medicare Web site, which explains the rules: <http://www.cms.hhs.gov/medicaresecondpayerandyou/>

QUESTION: I've already done my preliminary sign-up for Social Security. My birthday is near the end of November, and I was born in 1942. Since retirement age for me is 65 plus 10 months, does that mean I have to reach the same day in September as my actual birthday, or just the start of September, which is the 10th month from my birthday? I don't want to complete the rest of the sign up too early, nor do I want to wait too long and miss out on my actual start date. - S.H., Palm Beach, Fla.

ANSWER: The attainment of full retirement age occurs when the month begins, according to the Social Security Administration.

QUESTION: I'm ready for retirement and my wife is continuing to work, earning \$75,000 per year. Would it be possible or beneficial for us to file separately on our federal tax return? -S.B., Shearwater, Fla.

ANSWER: There's no real benefit to filing separately, says Dean Harman, a certified financial planner based in The Woodlands, Texas. "The tax liability would end up getting lumped back together so there would not be any tax savings. If this strategy were of some benefit, then many more people would use it as a loophole. It is very common for two spouses to have very different

incomes (especially at retirement)."

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

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Coffee and your bones

By Robert H. Shmerling, M.D.
Tribune Media Services

QUESTION: For years I have read that drinking coffee may lead to calcium loss in the bones and worsen osteoporosis. Is this true? I hate to give up my coffee. What can I do to help keep my bones strong?

ANSWER: Osteoporosis is a condition marked by reduced bone strength and an increased risk of fracture. Aging and, in women, the loss of estrogen during menopause are major risk factors. Other risk factors include:

- Female gender (although osteoporosis is also common among men over the age of 70)
- Sedentary lifestyle
- Low intake of calcium and vitamin D
- Smoking
- Excessive alcohol intake
- Taking a glucocorticoid (steroid) medication
- Family history of osteoporosis
- Prior low-impact fracture
- Low body weight (especially if it leads to loss of menstrual periods)
- An overactive thyroid (or taking too much thyroid medication)

Coffee intake is not considered a significant risk factor for osteoporosis. But there has been concern about coffee's impact on bone strength because coffee can impair absorption of calcium from the digestive tract. This probably matters most when coffee intake is high (e.g., four or more cups of coffee daily) and calcium intake is low.

While many high quality research studies have not found that coffee consumption increases the risk of osteoporosis, a few have suggested otherwise. When a potential risk factor has a modest impact in some studies and no effect in others, it's probably because the studies used different methods. At any rate, it's likely that the impact (if any) of coffee on bone strength is small.

It's tough to study the effect of coffee consumption on the risk of osteoporosis because one must rely on self-reported consumption and because coffee intake alters other risk factors. For example, people who smoke cigarettes also tend to drink lots of coffee; one might conclude that coffee intake increased osteoporosis risk in a particular group of people when it was really the smoking. Also, big coffee drinkers may drink less milk than people who don't like coffee. In fact, several studies found that the possible negative effects of coffee consumption on

bone strength were mostly limited to people with low calcium intake and that the problem could be overcome by increased calcium intake.

The bottom line is that there are much more important risk factors for osteoporosis than coffee intake. So, enjoy your coffee and here's what you can do to help keep your bones strong:

- Exercise regularly, especially with weight-bearing activities.
 - Be sure to get enough calcium and vitamin D in your diet or by taking supplements.
 - If your periods are not regular or stop (as occurs during menopause), talk to your doctor about whether you should take medications to strengthen your bones.
 - If you take thyroid hormone or corticosteroids, be sure to have regular monitoring by your doctor. Your goal should be to take the lowest effective dose.
 - Don't smoke.
 - Moderate your alcohol intake.
- A reasonable limit is no more than 2 drinks each day for men and no more than 1 drink each day for women.

(Robert H. Shmerling, M.D. is associate physician at Beth Israel Deaconess Medical Center, Boston, Massachusetts, and associate professor at Harvard Medical School. He has been a practicing rheumatologist for over 20 years at Beth Israel Deaconess Medical Center.)

(For additional consumer health information, please visit www.health.harvard.edu.)

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JUL 11-AUG 9

THE SECRET GARDEN

This enchanting classic of children's literature is now a brilliant musical. Orphaned in India, an 11-year-old girl returns to Yorkshire to live with an embittered, reclusive uncle and his invalid son. The estate includes a magic locked garden. Flashbacks, dream sequences, a strolling chorus of ghosts and some of the most beautiful music ever written. Topeka Civic Theatre.

TOPEKA, (785) 357-5211
http://www.topekacivictheatre.com

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 26

UNDERSTANDING ADVANCE DIRECTIVES

Come learn about why advance care planning is important and review facts about Advance Directives such as Durable Power of Attorney for Healthcare, and "Living Will." Time for discussion and assistance provided for those participants who wish to complete their documents. This program is free and sponsored by the LMH Palliative Care Consult Team and C.H.E.C. (Coalition to Honor End of Life Choices). Call to register as space is limited. 8:30-10:30 a.m. LAWRENCE, (785) 749-5800

AUG 26

UNDERSTANDING AND COPING WITH STRESS, ANXIETY AND PANIC

Join Spencer Payne, PhD, a member of the LMH Allied Health staff, for an informative program about managing stress, anxiety and panic. Dr. Payne will discuss both the biological and psychological components of anxiety disorders plus simple techniques for calming one's body and mind. Free but advance registration is recommended. 6:30-8:00 p.m. LAWRENCE, (785) 749-5800

EXHIBITS/SHOWS

APR 5-OCT 26

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

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

Harbor House Memory Cafe Open Now

Memory Day Care Program Respite



HARBOR HOUSE
Memory Care Residence

"THE EXPERIENCE OF JOY"

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

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

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



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

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

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

Call Today 785-856-5512
1126 Hilltop Drive, Lawrence
Email: harborhouse@sunflower.com

www.seniormonthly.net

■ CONTINUED FROM PAGE 16

JUN 10-AUG 31

CUSTOM COWBOY BOOTS
Kansas played a major role in the "wild, wild West," the place where lawmen such as Wild Bill Hickok and Buffalo Bill Cody battled outlaws such as Jesse James. This exhibit focuses on contemporary custom bootmakers in Kansas who are working within a long-standing tradition. The Great Overland Station, 701 N. Kansas Avenue.
TOPEKA, (785) 232-5533

AUG 29

WELLSVILLE CAR SHOW
Come and cruise the bricks on Main Street.
WELLSVILLE, (785) 883-2559

SEP 4 & 5

LEAVENWORTH'S FIRST CITY ANTIQUES SHOW & SALE
Antique dealers from several states with furniture, jewelry, silver, glass and more. 123 S Esplanade.
LEAVENWORTH, (913) 651-5273
<http://www.steviesantiques.com>

FARMERS' MARKETS

APR 12-NOV 22
DOWNTOWN TOPEKA FARMERS' MARKET
Variety of fruits, vegetables, flowers, meats and crafts. 10th and Topeka Blvd, State Parking Lot.
TOPEKA, (785) 286-3515

APR 12-NOV 8
DOWNTOWN LAWRENCE FARMERS' MARKET
The market offers fresh fruits, vegetables, baked goods, flowers and herbs, along with musical entertainment. Tuesdays and Thursdays, 1020 Vermont, 4:00-6:00 p.m. Saturdays, 824 New Hampshire, 7:00-11:00 a.m.
LAWRENCE, (785) 331-4445

MAY 3-OCT 29
ATCHISON FARMERS' MARKET
Community farmer's market Wednesdays afternoons and mornings on Saturdays. Demonstrations are often conducted on Saturdays.
500 Main St.
ATCHISON, (913) 367-0050

FESTIVALS/FAIRS

AUG 2-9
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

AUG 4-9
JOHNSON COUNTY FAIR
Let your imagination run wild and create scarecrows that resemble famous personalities, celebrities, TV or story book characters, sports figures, famous couples, even cowboys or cowgirls. The year's parade theme is "Westward Bound-Then & Now," so why not create scarecrows that represent early Johnson County Pioneers! This just might be the year that the scarecrows are everywhere on the fair grounds!
GARDNER, (913) 856-8860
<http://www.jocokansasfair.com>

AUG 12-16
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) 680-2403

AUG 21-23
TIBLOW DAYS
Festivities include a parade, food, carnival, live entertainment, crafts and car show. 2nd & Oak St.
BONNER SPRINGS, (913) 422-5044
<http://www.lifeisbetter.org/tiblow.aspx>

AUG 22 & 23
ROOTS FESTIVAL
Two-day music festival and BBQ contest. The barbecue contest is sanctioned by the Kansas City Barbecue Society. The festival hosts arts and crafts, games and foods along with the big band names that frequent the event. The festival features national musical performers, regional and local performers.
PAOLA, (913) 294-6427
<http://www.rootsfestival.org>

AUG 29-31
INTER-TRIBAL POW WOW
Celebrating Native American culture with dancing in full costume, food and crafts by Native American artisans. 3137 SE 29th St.
TOPEKA, (785) 272-5489
<http://www.shawneecountyalliedtribes.org>

AUG 30
TOPEKA RAILROAD FESTIVAL
Come and enjoy the history of Topeka and the Railroads. There will be food vendors, exhibitors, children's tent with lots of activities, trackless train rides, re-enactments, Railroaders Reunion Tent, dunk tank, talent show, entertainment starting at 11:00 through 10:00. The beer garden will open at 1:00 p.m.-9:30 p.m. The headliner entertainment, PLATINUM-EXPRESS will perform at 7:30-10:00 p.m. Children will receive five free tickets for their activities. Additional tickets can be purchased for additional fun. Great Overland Station, 701 N. Kansas Ave.
TOPEKA, (785) 232-5533
<http://www.greatoverlandstation.com>

SEP 1-OCT 14
KANSAS CITY RENAISSANCE FESTIVAL
Festival features live entertainment, mouth-watering food, fun and activities for the entire family. Has been ranked as one of the top 100 events in North America. Weekends; Labor Day, and Columbus Day. Rain or shine.
BONNER SPRINGS, (913) 721-2110
<http://www.kcrenfest.com>

SEP 5 & 6
GRINTER APPLE FEST
See how the Grinter family lived, and enjoy the many booths, food and fun things to do for the entire family. The Grinter House & Visitors Center.
KANSAS CITY, (913) 299-0373
<http://www.kshs.org>

HEALTH

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

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

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

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

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

FIRST AND THIRD FRIDAYS OF EACH MONTH HEALTH CHECKS
Blood pressure checks, glucose checks, skin checks, and education on nutrition and weight loss strategies BY Washburn University School of Nursing Mobile Health Unit. YWCA of

Topeka, 225 SW 12th St., south entrance of the building. 9:00 a.m.-1:00 p.m.
TOPEKA, (785) 233-1750, EXT. 252

SECOND THURSDAY OF EACH MONTH BLOOD PRESSURE AND HEALTH INFORMATION
Sponsored by the West Ridge Mall merchants. Conducted in mall's food court. No appointment necessary.
WEST RIDGE MALL, TOPEKA, 8:15-9:15 AM

THIRD TUESDAY OF EACH MONTH HEALTH SCREENING CLINIC
Lawrence-Douglas County Health Department.
PINECREST II APARTMENTS, 924 WALNUT, EUDDORA, 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

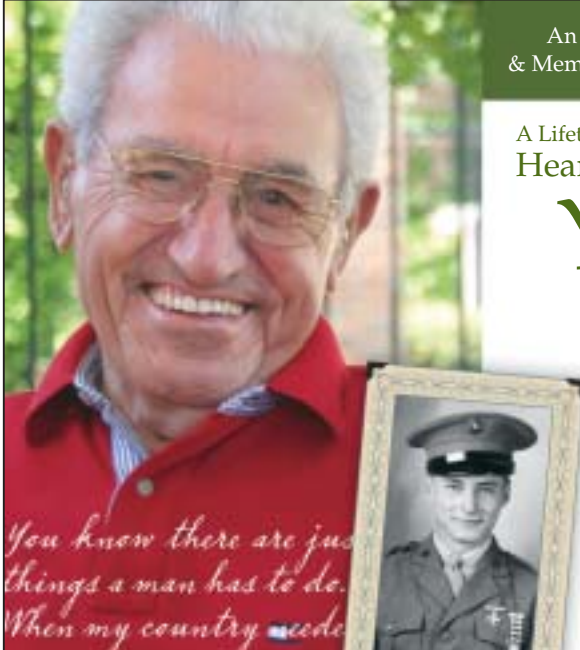
FOURTH THURSDAY OF EACH MONTH NUTRITION CLINIC
1:30-2:30 p.m. Call for an appointment. Healthwise 55 Resource Center, 2252 S.W. 10th Ave.
TOPEKA, (785) 354-6787

AUG 5 BONE DENSITY SCREENING
Advanced appointment required. Appointment takes about 20 minutes and includes education about osteoporosis prevention as well as the screening. Individual appointment times must be selected. Note: this is NOT the same as a DEXA scan which is ordered by a physician and is done through Radiology. Lawrence Memorial Hospital, Meeting Room D, 9:00-11:00 A.m.
LAWRENCE, (785) 749-5800

AUG 6 CHOLESTEROL SCREENINGS
These screening events offer a total only cholesterol by fingerstick. No appointment or fasting necessary; just drop in. Please note there may be a wait involved. We are sorry but at this time we are not offering a full lipid panel test option. \$5/test. Lawrence Memorial Hospital, Atrium, 3:00-5:00 p.m.
LAWRENCE, (785) 749-5800

■ CONTINUED ON PAGE 18

An Assisted Living & Memory Care Residence



the
Windsor
OF LAWRENCE

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

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

Call (785) 832-9900
or visit us at
3220 Peterson Rd.
Lawrence, KS 66049

*Respecting Values, Protecting Dignity,
Supporting Independence.*

■ CONTINUED FROM PAGE 17

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

AUG 23
CHOLESTEROL SCREENINGS
 See August 6 description. Lawrence Memorial Hospital, Atrium, 8:30-10:30 a.m.
 LAWRENCE, (785) 749-5800

AUG 28
BONE DENSITY SCREENING
 See August 5 description. Lawrence Memorial Hospital, Meeting Room D, 9:00-11:00 a.m.
 LAWRENCE, (785) 749-5800

SEP 3
CHOLESTEROL SCREENINGS
 See August 6 description. Lawrence Memorial Hospital, Atrium, 8:30-10:30 a.m.
 LAWRENCE, (785) 749-5800

HERITAGE/HISTORY

JUN 7-OCT 25
HISTORIC DOWNTOWN LAWRENCE WALKING TOURS
 Downtown Lawrence, Inc. (DLI) is offering walking tours on Saturday mornings. The walking tours will be led by KU School of Architecture and Urban Design students and will focus on the history and architecture of Downtown. Tours will depart from the Farmer's Market at 9:00 a.m. and return to the Farmer's Market at 10:00 a.m. Three different tours will be offered in rotation with each focused on specific aspects of Downtown history and architecture. Fee, children 12 and under free. Space is limited. Advance reservations are recommended.
 LAWRENCE, (785) 842-3883
<http://www.downtownlawrence.com>

MEETINGS

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

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

FIRST AND THIRD MONDAY OF EACH MONTH
CAREGIVER SUPPORT GROUP
 Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders. Please join us in one of our Caregiver Support

Groups. Sponsored by Douglas County Senior Services, Inc. Douglas County Senior Services, Inc., 745 Vermont St., 2:15-3:45 p.m.
 LAWRENCE, (785) 842-0543

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

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

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

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

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

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

FIRST WEDNESDAY OF EACH MONTH
BEREAVEMENT SUPPORT GROUP
 Sponsored by Douglas County Visiting Nurses and Hospice and led by Chaplain Steve Satterfield. Meetings are held at the Windsor Assisted Living Center from 2:00-3:00 p.m. The public is welcome to join members at all meetings. The topic for the October 3

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

WEDNESDAYS AND SUNDAYS
OLDSTERS UNITED FOR RESPONSIBLE SERVICE (O.U.R.S.)
 Members of O.U.R.S. have met to dance since 1984. The group meets to dance from 2:30-4:30 p.m. on Wednesdays, and from 6:00-9:00 p.m. on Sundays at the Eagles Lodge.
 LAWRENCE

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

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

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

FIRST AND THIRD THURSDAY OF EACH MONTH
GRIEF SUPPORT GROUP
 3:00 p.m. - Brewster Place, 1209 SW 29th St. Sponsored by Heartland Hospice of Topeka. Call Terry Frizzell for information and specific location.

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

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

SECOND MONDAY OF THE MONTH
CAREGIVER SUPPORT GROUP
 Administered by Senior Outreach Services in cooperation with Jayhawk Area Agency on Aging, Inc. Designed to be a safe place to assist and empower caregivers of seniors. Rose Hill Place Clubhouse, 3600 SW Gage Blvd. 11:00 a.m.
 TOPEKA, (785) 235-1367, EXT. 130

SECOND TUESDAY OF EACH MONTH
NATIONAL ASSOCIATION OF RAILROAD AND VETERAN RAILROAD EMPLOYEES (NARVRE)
 Meets at 9:30 a.m. at Coyote Canyon Buffet.
 TOPEKA, <http://www.narvre.com>

SECOND AND FOURTH TUESDAY OF EACH MONTH
LOSS AND GRIEF SUPPORT GROUP
 Brandon Woods Retirement Community in association with Heart of America Hospice invite individuals coping with the loss of a loved one to join us. Call Gillian at 841-5300 for more information. Located in The Smith Center, 1501 Inverness Drive, Lawrence. 10:30 a.m.

SECOND AND FOURTH TUESDAY OF EACH MONTH
CAREGIVER SUPPORT GROUP
 Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders. Please join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services, Inc. Douglas County Senior Services, Inc., 745 Vermont St., 6:30-8:00 p.m.
 LAWRENCE, (785) 842-0543

SECOND AND FOURTH WEDNESDAY OF EACH MONTH
ALZHEIMER'S EARLY STAGE PATIENT SUPPORT GROUP
 For patients with early stage Alzheimer's.
 SEABROOK UNITED CHURCH OF CHURCH
 (785) 234-2523

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

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

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

SECOND SATURDAY OF EACH MONTH
HAPPY TIME SQUARES SQUARE DANCE CLUB
 Meets at First United Methodist Church-West Campus, 867 Hwy 40 (1 block west Hwy 40/K10 Bypass). Plus: 7:30-8:00 p.m., Mainstream 8:00-10:00 p.m. Contact Frank & Betty Alexander. Fall Happy Time Squares lessons will begin at 7:00 p.m. Monday, Sept. 15

■ CONTINUED ON PAGE 19

MISSION TOWERS

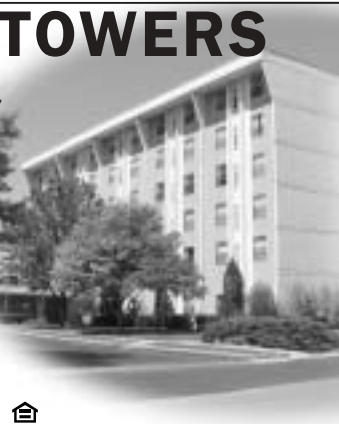
Offering Clean, Safe, Affordable Housing for qualified seniors and non-elderly disabled.

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■ CONTINUED FROM PAGE 18

at Centenary United Methodist Church, 245 N. Fourth St. The first three lessons are free. For information, contact David and Barbara Neff, 843-8966, Frank and Betty Alexander, 843-2584 or e-mail dbneff@sunflower.com LAWRENCE, (785) 843-2584 www.happytimesquares.com

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 AND CAREGIVER SUPPORT GROUP

Strengthening family relationships and improving positive parenting skills. Meets from 6:30-8:00 p.m. at St. Francis Hospital, 2nd floor meeting rooms. Child care available with 48 hours notice. TOPEKA, (785) 286-2329 or (785) 231-0763

THIRD WEDNESDAY OF EACH MONTH RETIRED GOVERNMENT EMPLOYEES

The Lawrence chapter of the National Active and Retired Federal Employees (NARFE) meets the third Wednesday of each month at Conroy's Pub, located at 3115 W 6th in Lawrence. Lunch begins at noon and is followed by a program and business meeting. NARFE's mission is to defend and gain benefits that retired career government employees earned. Employees from all branches of government are welcome and encouraged to attend. For more information, please call John or Linda Surritte. LAWRENCE, (785) 856-0558

THIRD THURSDAY OF EACH MONTH WIDOW'S LUNCHEON

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

THIRD THURSDAY OF EACH MONTH CAREGIVER SUPPORT GROUP

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

THIRD SATURDAY OF EACH MONTH TOPEKA WIDOWED PERSONS BRUNCH

For all widowed people. Meets at the First United Methodist Church, 6th and Topeka Blvd. in the red brick building, known as the Sweet Building on the Southwest corner of the campus. Please bring a covered dish to share. Beverages and table service provided. For more

information about the Widowed Persons Service Program, please call Julie. TOPEKA, (785) 357-7290

FOURTH TUESDAY OF EACH MONTH LAWRENCE PARKINSON'S SUPPORT GROUP

PIONEER RIDGE ASSISTED LIVING LIBRARY 4851 HARVARD, LAWRENCE, 6:30 PM (785) 344-1106

FOURTH WEDNESDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

FOURTH WEDNESDAY OF EACH MONTH CAREGIVER SUPPORT GROUP

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

FOURTH WEDNESDAY OF THE MONTH TOPEKA GENEALOGICAL SOCIETY

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

AUG 22

AARP CHAPTER 1696 PICNIC

AARP Chapter 1696 will have their Annual Picnic on August 22 at the Douglas County Fairgrounds, Bldg. 21. Doors open at 11:00 a.m. A catered buffet lunch will be followed by entertainment. Please call Agnes for reservations. LAWRENCE, (785) 865-3787

MISCELLANEOUS

SEP 5 & 6

LEAVENWORTH BBQ COOK-OFF

Sanctioned BBQ cook-off. Also there will be a Backyard BBQ event put on by Ft Leavenworth. FT LEAVENWORTH, (913) 651-6810

A dead shepherd and a dead-end job

By Margaret Baker

Leonie Swann: *Three Bags Full* (Flying Dolphin Books, ISBN 9778-0-7679-2705-5) Translated by Anthea Bell.

George, the shepherd, is dead, a shovel through his midsection. The sheep (who can talk to each other and understand, but not talk with, humans) know George as a good and caring man. The shepherd assigned by the town to care for them, Gabriel, has a meat herd; George was breeding for better fleece. The town butcher comes and looks the herd over.

The sheep decide they had better investigate George's death to protect themselves.

The sheep talk (and think) in ways logical to our interpretation of that species. There are bits of humor as the sheep misconstrue human speech (as in their concept of the word "God").

Despite their strong herd instincts, the reader will see these sheep as individuals as well as a flock.

Reminiscent of *Watership Down*, with touches of Jonathan Swift's *Gulliver's Travels*, a book to delight, a world to enter.

Elaine Viets: *Clubbed to Death* (Obsidian, ISBN 978-0-451-22394-4)

This is the 7th and possibly last in Viets' Dead End Job mysteries, following Helen in a series of dead-end jobs taken to ensure her unemployed and philandering ex-husband doesn't get her earnings. (A corrupt divorce judge ordered her to pay alimony). Viets actually held these jobs to ensure authenticity!

Helen may be off the hook; in her last job she was a hotel maid (don't read it if you travel a lot!) in south Florida when her ex, Rob, showed up, but married a wealthy woman called The Black Widow because if her husband(s) strayed, they tended to die while on her yacht.

Helen is working in the complaint department of Superior Country Club and making more than minimum when she encounters Rob, surprisingly (considering his procliv-

ities) still alive. His condescending remarks earn him a fist in the kisser. Rob then disappears. Helen is arrested as a possible suspect.

Good plot (with a bit of philosophy), good characters, nice ending with a few loose strings to keep the door open.

Elizabeth Lowell: *Blue Smoke and Murder* (Wm. Morris, ISBN 978-0-06-082985-8)

Jill Breck, raised in the southwest by a spunky spinster aunt, is a white water rafting guide in the Grand Canyon. Now the aunt has died in a fire in the isolated ranch house. Jill has inherited the ranch. Fortunately, the distant original cabin, decrepit but still habitable, remains so Jill settles in to consider all options.

The aunt, the daughter of an escaped polygamous wife, had a secret cache of 13 Dunstan paintings. Dunstan is now acclaimed as a master of the American West art world (death greatly increases an artist's perceived value). Her aunt had sent one to be evaluated in hopes of paying the taxes from an art auction. The evaluator writes that the painting has been lost, is not valuable, but they will pay \$2,000 for her trouble.

Jill finds the southwest art world is far more dangerous than tricky rapids.

A terrific thriller about shenanigans in the world of art evaluation and tax fraud, Lowell keeps the reader turning the pages and breathing faster and faster.

Joseph E. Persico: *Franklin & Lucy* (Random House Audio, read by Len Cariou on 5 cds, ISBN 978-0-7393-6841-1)

This biography covers Franklin D. Roosevelt's relationship with the women in his life—primarily his mother Sarah, his wife Eleanor, and his mistress, Lucy Mercer Rutherford, and to a lesser extent his daughter Anna and members of his household. The world events associated with FDR (Great Depression and World War II) are covered only tangentially. Persico has covered these and other aspects of the period in earlier biographies and histories.

A fascinating look at the personal life of three very private women, made possible by close examination of primary sources, including un-

published letters and documents.

C. R. Corwin: *The Unraveling of Violeta Bell* (Poisoned Pen Press, ISBN 978-1-59058-501-6)

Third in the "Morgue Mama" series. Every newspaper has (or should have) a "morgue" where stories are archived.

"Maddy" Sprowls is the librarian for the Hannawa Herald Tribune, fighting the editor's wish to push her into retirement.

When she sees a quartet of Red-Hat-eligible ladies descend from a cab to check out a garage sale, she sees a potential story. Not for herself—she likes being the newspaper librarian. She turns the suggestion in to the city desk where it is assigned the newest feature reporter.

The reporter finds that the four live very comfortably in the same upscale condominium and hire the same cab every week for their shopping excursion. "Queens of Never Dull" they call themselves. Good story, lots of human interest.

Violeta Bell is shot in the health facility right after the story.

She had claimed to be the princess of Rumania, whose family lost

the throne in the aftermath of WWII. The police arrest the cabbie and give the motive as a robbery gone bad. So why is the editor begging her to investigate? Because the cabbie's sister is his wife's beloved sorority sister. Married to the paper's biggest advertiser...

Short Looks:

Daoud Hari: *The Translator*. (Random House Audio, recorded by Mirron Willis on 5 cds, ISBN 978-0-7393-6858-9)

Harrowing story by a survivor of the Darfur ongoing tragedy, by a man whose family was decimated. His knowledge of English allowed him employment. A terrifying look behind the headlines

Tamar Myers: *Death of a Rug Lord* (Avon, 978-0-06-08659-6)

The sale prices for antique Persian rugs are incredibly low, so Abigail Timberlake checks them out. They are gorgeous and look authentic. Closer investigation reveals a most unusual bit of fraud, all too plausible.

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



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‘Made of Honor’ made with humor

By Esther Luttrell

“Made of Honor”

Sony Pictures. Stars Patrick Dempsey, Michelle Monaghan

A guy’s best friend wants him to take part in an upcoming wedding. The best friend is a gal. A gal he realizes he’s in love with. Rather than being a rat, however, he turns out to be made of honor.

The premise is simple enough: A good-looking fellow known for serial dating, doesn’t realize that he’s in love with his best gal pal—until she brings home from a European vacation the man she intends to marry. Tom Bailey (Patrick Dempsey) is in a quandary. Does he tell Hannah (Michelle Monaghan) that while she was gone he came to realize that he’s been in love with her most of the 10 years they’ve had a terrific, but platonic, relationship? Or should he grin and bear it while acting as her “maid” of honor? The dips and spins in the plot are thin enough, but the tale is so well told, and it’s such a nice little romp, that flaws are quickly forgiven. I do wish they hadn’t bothered with the unneeded sophomoric sexual humor, but that’s Hollywood and it’s not as offensive as it could have been. The one nude scene (Dempsey in a locker room)

was cut from the film at the last minute, so we can thank the powers-that-be for small favors, after all.

Despite the proliferation of hard R rated films, “Kung Fu Panda,” a movie that came out only recently, has already grossed \$60 million. The number three picture this week, “Indiana Jones and the Kingdom of the Crystal Skull,” has made \$253,014,750, “The Chronicles of Narnia: Prince Caspian” has made Disney \$125,977,010, and “Made of Honor” has garnered just under \$45 million. I’m not still in Hollywood, but even from Topeka I can figure out that the public wants fun, escape and entertainment in their movies. If you can ignore the tasteless jokes that were surely dumped in after the script was completed, probably to satisfy nervous distributors who aren’t convinced, despite the box office figures, that America is ready to enjoy a simple, good story with good acting, then I recommend a lighthearted couple of hours at the theater, chuckling at “Made of Honor.”

Trivia: Monaghan was pregnant in real life, and actor/director Sydney Pollack, who appears in the film as Dempsey’s father, died not too long after the film was released. More trivia: When Tom, in New York, calls Hannah in Scotland, she says it’s 3:00 a.m. With the five hour time difference between New York and

Scotland, that would make it 10:00 p.m. in New York—yet light shines through Tom’s window.

DVD PICK OF THE MONTH

“The Red House,” starring Edward G. Robinson. I had forgotten this little jewel from my childhood until I ran across it in a catalog and ordered it. See if you can’t find it at the video store or at the Shawnee library. It’s a

thrilling tale of a spirit-ridden house in a lonely forest. Robinson is the haunted farmer. When two children try to uncover the mysterious secret of the house in the woods, you will remember what good, old-fashioned chills in the theater were all about.

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

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The inestimable gift of sight

James 1:27; 2:14-17

Mary Bedford, a 62-year-old woman from Leeds, England, awaited the surgical removal of a tumor located in her brain behind her right eye. This would mean the removal of her eye as well. Another patient, Angela Waters, 26-year-old

Just as God has placed in man physical eyes that he might see and appreciate the world around him, so also God has placed in man's soul moral eyes. What should we, as human beings, focus those moral eyes upon?



Reverend
Alfonso
Orantes

First, we should lift up our eyes to God and thank Him for giving us so much. He has given us salvation, abundant life in the present and eternal life for the future.

Second, we might, in humility, look within ourselves, and examine the condition and direction of our own lives. What do we see as we, in all honesty, look inside ourselves? Do we find peace, sincerity, justice and morality? Or is there only sadness, emptiness and defeat?

Third, we should focus on the needs of the world, both locally and universally. Seeing the economic, social, moral and spiritual needs that surround us, we should ask ourselves, what contribution can I make to their solution?

When our hearts are right before God and we are profoundly appreciative of all He has done for us, then we are able to see the needs of those around us and ready to reach out to them.

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

mother of four small children and blind, awaited a corneal transplant.

The surgeons removed the cornea from Mary Bedford's lost eye, and transplanted it into Angela's right eye. For the first time the young mother saw the smiling faces of her children.

Mary Bedford, the donor, said: "Even if I were to die in this surgery, through my cornea, Angela will be able to see. That realization in itself would make my life here on earth worthwhile."

What a tremendous gift, the gift of sight. God gave us that marvelous organ of vision by making one of the most uncomplicated cells, only a nucleus surrounded by protoplasm, sensitive to light.



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Adopting a pet from a shelter is a heroic thing to do

QUESTION: Our entire lives we've rescued pets from shelters. I really believe that at some level these dogs and cats bonded so tightly with our family because they realized we'd rescued them. Am I only fantasizing, or do you think such pets know their lives have been saved? - S.P.,

not surprising that animals seem relieved to be sprung.

I'm often asked how people can help companion animals. There are many ways to help. Adopting from a shelter or a rescue organization makes room for one more pet. I believe adoption is a pretty heroic thing to do.

QUESTION: I just rescued a 5-week-old kitten with two stubs of varying lengths for hind legs. She's accepted me as her mother and I'm feeding her. Even one of her forelegs seems to occasionally dislocate. Still, she seems to be comfortable. Will this condition shorten her life? - R.H.C., Beatty, NV

ANSWER: It depends on what 'this' is. Feline specialty veterinarian Dr. Drew Weigner, of Atlanta, GA, says, "Birth defects may occur in cats, as they do in people. There's no way from your description to determine, though, if what has happened to this kitten will impact her life. However, I've seen cats with deformed legs lead a perfectly normal life. For now, keep the kitten on soft surfaces and make a veterinary appointment."

Weigner adds, "It's wonderful you've taken this cat to your heart;

many people wouldn't."

QUESTION: We have a 5-1/2-year old formerly feral cat. When we adopted her, she had horrible breath and vet said this was due to infected gums. During the dental cleaning, three teeth were removed. The vet says the problem is chronic, there's no cure, and our cat may have to have more teeth removed. The cat is on antibiotics, which the vet wants to continue. Do the vet's recommendations make sense? - M.S., Brandon, FL

ANSWER: "Chronic gingivitis is a common and frustrating problem," says Dr. Susan Little, a feline specialty veterinarian in Ottawa, Ontario, Canada. "Your veterinarian is correct about there being no cure, per se. The use of antibiotics is controversial. However, most veterinarians agree that management—you brushing the cat's teeth, and regular den-

tal checks—are important strategies. For many cats with this condition, further extraction is inevitable. However, by removing teeth, you're also removing the pain, and ultimately removing the problem. Life with no teeth may actually improve the cat's quality of life."

Little, also president of the Winn Feline Foundation, says chronic gingivitis may be caused by a retrovirus, such as feline leukemia, or the feline immunodeficiency virus (FIV). Certainly, have your cat checked. Other causes aren't as well understood, including a genetic predisposition for what may be an immune-mediated disease and/or a viral infection.

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

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Steve Dale

Minneapolis, MN

ANSWER: I think they know far more than we give them credit for. Remember how incredibly sensitive the sense of smell is in dogs and cats. Perhaps at some facilities they actually smell death. Imagine how terrifying that might be. Also, anxiety begets further anxiety. At some shelters, this anxiety can spread like a virus with the constant barking or overcrowding. The bottom line is that even with an army of loving volunteers who walk dogs and pet cats, a shelter is no place to be. It's

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Fun with Pat and Pete

Patrocina Megamecheldorf Zamborovich Jones and Pedro Salazar Ramirez Sandoval Montoya y Montoya are known around Letongaloosa, for obvious reasons, as Pat and Pete. They own and operate a nationally unique business: Pat and Pete's Pre-school and Pawn Shop.

The two came to Letongaloosa some years ago and became a couple after having been rivals. Pat wanted to buy the old Peabody home from the city to start a pre-school in it.



Larry Day

Pete wanted to buy the place and open a pawnshop.

Their rival plans split Letongaloosa along gender lines—women favored a pre-school and men wanted a pawnshop. In the end Pat and Pete compromised. They opened a pre-school pawn shop. Everyone in Letongaloosa came to their fifth non-wedding anniversary party.

Their businesses have done well lately. People are pawning things to buy gas, and a new growth in the number of couples who both work has led to a record pre-school enrollment.

Recently Pat and Pete switched jobs. Pete, who had been an introverted numbers cruncher before he came back to Letongaloosa, found that he liked the pre-school's spontaneous atmosphere. Pat was drawn to the pawnshop business and its fascinating customers.

So nowadays Pat runs the pawnshop and Pete supervises the pre-school. Everything was rosy until some public sector bureaucrats showed up with sheaves of fill-this-out-in-quadruplicate paperwork for both businesses. Everything was in order, but after the public sector folks left, private sector bureaucrats butted in.

Pete was ordered to appear before a seven-member board of the International Association of Amalgamated Pawn Shop Owners and Operators. James "Jimmy the Kid" Johnson conducted the questioning.

"They say you got a broad running your pawn shop."

"I run the pawn shop. My partner Pat helps out."

"They say she's always behind the counter."

"Technically, that's true."

"So what do you do all day, play

the ponies?"

"No, I supervise the teachers and students at the pre-school."

"That's enough!" said Jimmy the Kid. "I move we boot this guy out of the association." The vote was 4-3 against Jimmy the Kid's motion, so Pete retained his membership in the International Association of Amalgamated Pawn Shop Owners and Operators. The deciding vote was cast by a new member of the board.

The next day Pat appeared before a board of the Tiny Tot Teachers Protective Organization.

"We hear that a daddy is in charge of all your tiny tots," cooed the chairwoman of the board.

"Pete is my business partner," said Pat. "And he's not a daddy."

"Is Uncle Petey pre-school certified?"

"I'm certified and I run the school. Pete works under my certification. He does a great job. The kids and their parents love him."

"I see....." said the chairwoman, but her voice tone said that she didn't see at all. "So, while Uncle Petey supervises the children and teachers, what do you do?"

"I run the pawn shop."

"Oh, NOW I see....." said the chairwoman dropping the coo in her voice. "Ladies of the board, I move we cancel this woman's membership effective immediately." The vote came out 4-3 in favor of retaining Pat as a member of Tiny Tots Teachers Protective Organization. The woman who voted to sustain Pat's membership was new to the board.

That evening Pete and Pat were celebrating their success at Harry and Martha's Tasty Ice Cream and Bait Shop on Main Street. A man and woman approached their table.

"I'm Christina Sanderson Swenson Peterson Larson Brown," said the woman. "People call me Chris. I'm the newest member of the Tiny Tot Teachers Protective Organization board. I voted to keep you a member of the organization."

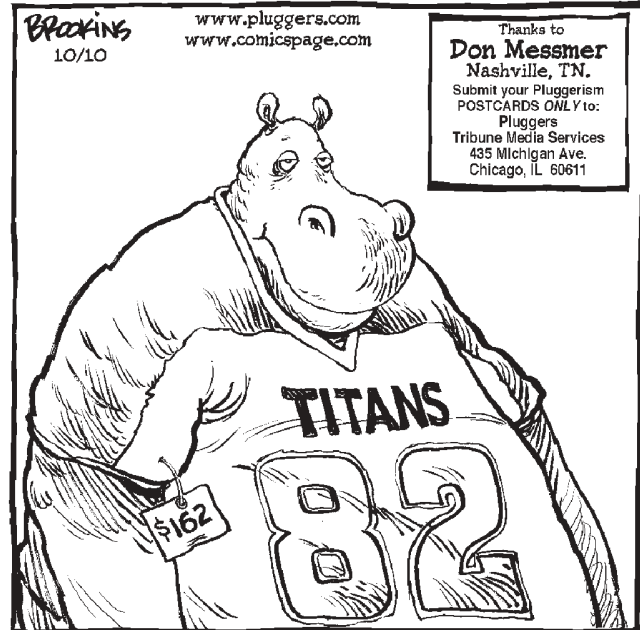
Before Pat could reply the man spoke. "I'm Salim Hassan Akbar Bakhtar. People call me Sal. I recently became a member of the board of the pawn shop owners and operators organization. It was my vote that saved Pete's membership."

"Wow," said Pat.

"Awesome," said Pete.

Then they both said "Thank you!"

Chris took Sal's hand. "We live over in Hanksville. Sal owned Sal's Pawn Shop and I owned Chris's Tiny



You're a plugger if your most expensive shirt is a football jersey.

Tot Pre-School. We fell in love and decided to combine our businesses and added a new service. Our place is now called Chris and Sal's Pre-School Pawn Shop and Tanning Salon."

- 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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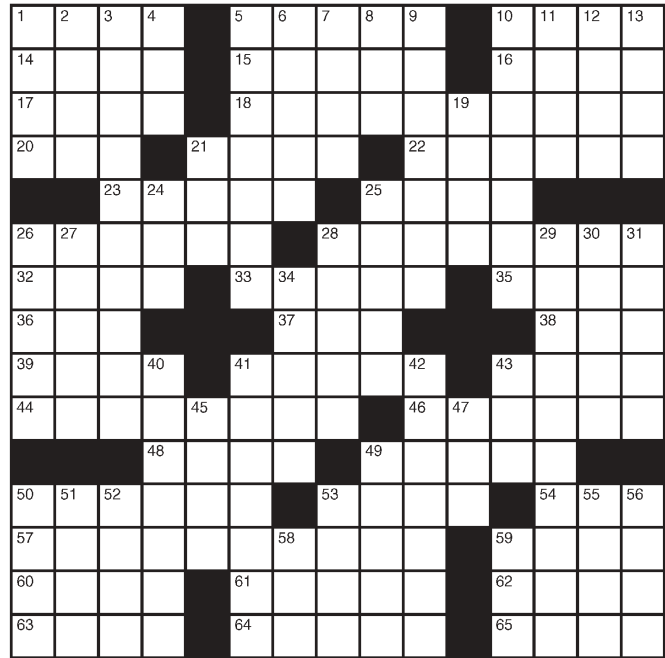
ACROSS

- 1 Prominence
- 5 Engulf
- 10 Singer Lane
- 14 English river
- 15 Van Gogh location
- 16 ___ of Gilead
- 17 Citrus fruit
- 18 Dogpatch matriarch
- 20 Brief commercials
- 21 Mugs and goblets
- 22 Salad leafstalk
- 23 Three-time Indy winner Rick
- 25 Siamese
- 26 Type of daisy
- 28 Printing plant worker
- 32 Hamlet's first choice
- 33 Man and Dogs
- 35 Freight jumper
- 36 OPEC product
- 37 Solo of "Star Wars"
- 38 "Hallowed be ___ name..."
- 39 On the briny
- 41 Football kicks
- 43 Loafer or pump
- 44 Beauty parlor employees
- 46 Bigots
- 48 Gray and Candler
- 49 Less common
- 50 Without principles
- 53 Support
- 54 Actress Myrna
- 57 Woman's career option
- 59 Equestrian game
- 60 Sailor's direction

- 61 Art supporter
- 62 Small whirlpool
- 63 Bovine bunch
- 64 Actress Della
- 65 Mexican money

DOWN

- 1 Roosevelt's dog
- 2 Eager
- 3 Old-time comedienne
- 4 Wind dir.
- 5 Japanese warrior
- 6 Envelops
- 7 Charity
- 8 Hebrew letter
- 9 Spirits
- 10 Put an end to
- 11 Oven setting
- 12 Obscure
- 13 TV award
- 19 Affirmative votes
- 21 Grimalkin
- 24 Linguistic suffix
- 25 City on the Adige
- 26 Greek colonnades
- 27 Lift
- 28 Blueprints
- 29 Bonanza
- 30 Detest
- 31 "The Highwayman" poet
- 34 Closes
- 40 Frightened
- 41 Church book
- 42 Fetter
- 43 Sault ___ Marie



By Eugene R. Puffenberger
Houston, TX

Answers on page 31

- 45 Brit's indignant comment
- 47 Biblical boat
- 49 Tries to outrun
- 50 Nanking nanny
- 51 Sleeper spy
- 52 Hebrew weight

- 53 Army post
- 55 GM make, for short
- 56 Spinning toy on a string
- 58 Actress Charlotte
- 59 Get-up-and-go

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MAGICWORD

HOW TO PLAY: Read the list of words. Look at the puzzle. You'll find those 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.

CONVENTION TIME (sol: 10 letters)
 A-Advertise, Amenities, Attend; B-Banquet hall, Business; C-Center, Come together, Contribute, Conventions, Cost; D-Demonstrate, Displays; E-Entertainment, Exhibits; F-Facility; G-Guests; H-Hust, Hotel; I-Impress, Information; L-Level; M-Meeting; P-Planners; R-Reveal, Rooms; S-Show; Space; T-Take place, Team, Trade; V-Vendors, Visit

This Month's Answer: **CONFERENCE**

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CSREENOITNEVNOC
 REHTEGOTEMOCLDO
 EINFORMATIONEIN
 CTMTCTISIVONEST
 AIEVENDORSPEOPR
 LNEARTECAPSHLI
 PETLLAHTUQNAB
 EMISERFACILITYU
 KANOVEBUSINESST
 ATGCENADVERTISE
 TTCPLANNERSMOOR
 SEXHIBITSSERPMI
 ONTEMNMIATRENE
 HDEMNSTRATEAME
 LAEVERWOHSTSEUG

JUMBLE

THAT SCRAMBLED WORD GAME
 by Henri Arnold and Mike Argiron

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

NULAN
 SPAWM
 LARBUT
 FAISAR

www.jumble.com

Answer here: A

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

Answers on page 31

Need a Rate Card?

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TRIVIALITIES

- In the 2008 film "Hellboy II," who portrays the title character?
- Tony Scott directed this 2006 film, which starred Denzel Washington and Val Kilmer. Name it.
- Robert Downey Jr. recently played this superhero in a 2008 film. Name the character.
- The 2007 film "Zodiac," was based on whose novel about the Zodiac killer?
- Who starred as Jenna Rink in the 2004 film "13 Going on 30"?
- Who directed the 2007 film "The Jane Austen Book Club"?
- This actress's mother was a superior court judge. Name the actress.

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 Answers on page 31

BRIDGE

The Right Spot

By Omar Sharif and Tannah Hirsch

North-South vulnerable. North deals.

NORTH
 ♠ 9873
 ♥ J2
 ♦ AK6
 ♣ Q753

WEST EAST
 ♠ KJ42 ♠ 65
 ♥ A4 ♥ 973
 ♦ Q84 ♦ 10972
 ♣ J986 ♣ K1042

SOUTH
 ♠ A Q 10
 ♥ K Q 10 8 6 5
 ♦ J 5 3
 ♣ A

The bidding:

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

Opening lead: Six of ♣

Are you a finesser or a technician? This deal might help you answer that question.

Three no trump is an easier contract than four hearts, but it is not all that easy to get there. Even if North

responds one no trump rather than one spade, four hearts seems like the normal spot.

After a club lead, declarer won in hand, led a trump to the jack and returned a trump to the queen and ace. West persevered with a club, ruffed by declarer, who drew the outstanding trump, crossed to the ace of diamonds and led a spade to the ten and jack. After ruffing West's club exit, declarer returned to the table with the king of diamonds and took a second spade finesse. West won and cashed the queen of diamonds - down one.

Declarer overlooked the power of the nine of spades! After drawing trumps, declarer should simply play the ace and queen of spades, losing to the king. No matter what West returns, declarer wins and continues with a spade to the jack. There will be at least one high diamond left in dummy as an entry for declarer to cash the high nine of spades for a diamond discard and the 10th trick. Too easy!

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

© Puzzles by Pappocom

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

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

MEDIUM

Solution on page 31

You've Heard Clinton Inc.'s Story.



But do you know what REALLY happened?

In *What Really Happened: The Story of Clinton Inc.'s Efforts to Rewrite Bill Clinton's Record on Iraq and Terrorism*, Kevin Groenhagen takes on, amongst others, the Clintons, Al Gore, Richard Clarke, Joe Wilson and Valerie Plame, Madeleine Albright, George Soros, Media Matters, MoveOn.org, and the liberal media. Groenhagen presents the facts (including nearly 500 footnotes and a companion web site) that outline Bill Clinton's actual record on Iraq and terrorism. That record shows that it was Clinton's policies vis-a-vis Iraq that ultimately led to 9/11 and other "messages with no words." Paperback, 189 pages, index.

To order your copy, please send \$12.50 plus \$4.00 for shipping and handling to: Kevin Groenhagen, 2612 Cranley St., Lawrence, KS 66046.

Old liquor bottles have value, but don't book those tickets to Hawaii just yet

QUESTION: Any info on four bottles I found in a dirt cellar? I suspect they are liquor bottles, as the owner liked to imbibe in his day. Hope I can retire, or at least take a trip, on their sale. -Colleen, Millinocket, Maine



Danielle Arnet

QUESTION: I believe my double neck bottle is from the 1920s or '30s. One side contains Benedictine. The other holds another liqueur. Labels are French. At one time, I was told the bottle possibly came from a World's Fair. -Ken, Delphos, Ohio

ANSWER: Mike Polak, author of "Antique Trader Bottles Identification and Price Guide" (\$19.99) and "Warman's Bottles Field Guide" (\$12.99), both from Krause Publications, told us that bottles in the first query date from 1880-1900. They are early examples of a type most prevalent from the 1920s to the 1950s.

Images sent show squared 6-inch high clear glass bottles decorated

with quasi-ancient Greek figures and designs in turquoise, white and gold. The set was clearly made to be decorative and impressive.

Polak referred to them as "back-bar bottles," explaining that such bottles were used in bars at better hotels and watering holes. Most common in the '30s and '40s, the bottles were filled with house liquors and wines, and sat on display at the bar back. They were also used in liquor cabinets of the rich and famous, to hold high-end after dinner liqueurs.

"In today's world of bartending," he added, "this type of bottle filled with house liquor is for 'well drinks,' versus 'call drinks' that call for a specific brand."

Once equipped with glass stoppers fitted with corks for a tight seal, the reader's bottles were most likely kept in use for a number of years. Numbers at the bottoms are probably a lot or manufacturing code.

The bottles look to be in excellent condition and would retail at \$75 to \$100 each. If sold as a set, suggests Polak, value is \$125 each.

Travel on the profits may be a possibility—but, considering the rising cost of fuel, the reader had better do it soon!

To visualize the bottle in the second query, imagine a Benedictine

bottle cut in half, with each section formed into a separate bottle with a flat side. Make one amber, the other green glass. Fuse the halves together and splay the necks like the arms of a "Y". Affix labels and fancy wax stamping at the top, and there it is.

Polak confirmed that the double bottle dates from the mid 1920s to early 1930s. Benedictine is a premium brand, and even standard bottles bring good prices from collectors. Vintage bottles from the '40s and '50s sell on eBay for \$150 to 200. Other auction sites show up to \$400. Empties generally do not bring as much.

Polak pegs value on the double neck bottle at approximately \$200 to \$300. Online, it might bring more. The World's Fair link is trickier, and hard to prove. Premium goods were often introduced there, and events featured competitions. If the brand had an entry or won, the bottle might have been on sale to the public.

QUESTION: I'm curious about value of our 1860 Union coffee mill made by the Charles Parker Co. in Meriden, Conn. -Marilyn, Silvis, Ill.

ANSWER: The Charles Parker Company was to old coffee grinders what Ford was to cars. Both companies were innovators that produced many models, and both dominated

their market for decades.

Before ground coffee was sold in bags, consumers ground their own at home. Today, home grinding is a preference. In those days it was a necessary chore. Mechanical hand-crank grinders were made as mounted side mills with a hopper, or as boxes, usually wooden, with a hand crank grinding mechanism on top.

Like most mechanical devices, grinders are ranked according to complexity, level of innovation, rarity and aesthetics. The reader adds that her mill's wooden box has dovetailed corners. That's a plus, as non-dovetailed versions sell for less.

Depending on complexity—is it a double grinder or one with geared halves, one with a hopper or adjusting mechanism?—and model, retail prices range from \$125 to \$175.

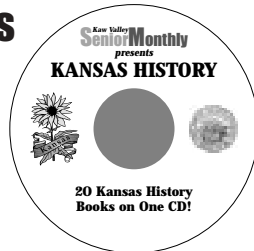
FYI: "Antique Coffee Grinders" by Michael L. White and Judith A. Sivonda (Schiffer, \$69.95) shows many Parker Union mills.

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

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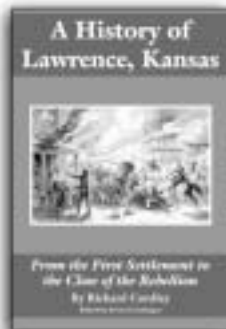
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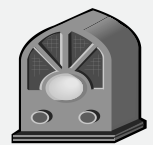


In 1895 Richard Cordley, a survivor of Quantrill's Raid, wrote *A History of Lawrence, Kansas: From the First Settlement to the Close of the Rebellion*. Groenhagen Advertising, LLC is offering a new edition of Cordley's book. In addition to Cordley's original text, this new edition includes an editor's introduction, additional illustrations from the Library of Congress, recent articles on the Eldridge Hotel and House Building, and a comprehensive index. Paperback, 288 pages, 6" x 9", perfect binding.

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Get ready to cook great Asian noodles

By Wolfgang Puck

Tribune Media Services

Spend some time talking with any professionally trained chef in the Western world and you'll probably hear the term "mise en place." We chefs like to use those French words a lot, and I suspect many of us do it to give ourselves a certain air of mystique.

But there's nothing mystifying about mise en place. All it means is "putting in place," referring to the fact that any good cook—especially one working in a busy kitchen—needs to be organized. So you get all your ingredients ready—rinsed, dried, trimmed, sliced, chopped, mixed, stirred, measured—and neatly arranged within reach before you actually start combining and cooking them. That readiness makes the cooking go more quickly and efficiently, and it maximizes the chance that what you cook will wind up beautiful and delicious.

There isn't anything exclusively French or Western about mise en place, either. In fact, what impresses me most about Asian cooking is its high level of preparedness. The advance preparation done by Chinese, Thai, Japanese, Korean, Vietnamese, and other Asian cooks may be due in part to the fact that many of their recipes call for so many different ingredients, particularly in sauces and condiments; so it just makes sense to measure and mix as much as possible in advance. Also, so many of those cuisines rely on the super-fast cooking method of stir-frying, in which dishes come together so quickly that you're likely to forget something or overcook the dish if your mise en place isn't perfect.

As a perfect example of this principle, look no further than my recipe for Pad Thai, the popular noodle dish. Although the ingredients list might look a bit long to you, I promise you that the noodles are incredibly easy to make—as long as you do all your prep in advance, from mixing the two seasoning sauces to cutting up the vegetables to soaking the rice noodles (or, if you don't have rice noodles, cooking regular Western-style linguine until al dente). The ingredients themselves, although some may sound a bit exotic, should be easy to find in the Asian foods aisle of most well stocked supermarkets, or in an Asian market in your area.

Serve my Pad Thai as part of a pan-Asian meal or on its own, as a simple light meal for two. Instead

of the chicken I call for, use shelled and deveined fresh shrimp or strips of pork, beef or turkey. Or leave out any kind of meat and enjoy Pad Thai as a side dish with a grilled or roasted main course, Asian or Western.

However you plan to eat it, though, don't forget the mise en place!

CHICKEN PAD THAI

Serves 2

LIME-TAMARIND SAUCE:

1/2 cup palm sugar, or 1/2 cup plus 2 tablespoons light brown sugar

3 tablespoons lime juice
3 tablespoons tamarind paste
1 teaspoon salt
1/2 teaspoon paprika

GARLIC-CHILI SAUCE:

3 tablespoons Asian fish sauce
1 tablespoon rice vinegar
1 tablespoon water
1 tablespoon sugar
1 tablespoon minced cilantro leaves
2 teaspoons minced garlic
2 teaspoons minced Thai green chilies or small fresh green Mexican chilies

NOODLES:

4 ounces dried rice noodles, linguine-sized
1 quart cold water
Vegetable oil or peanut oil for deep-frying
2 ounces firm tofu, well drained, cut into 1/2-inch cubes
1 tablespoon unsalted butter
1 egg, beaten with 1 teaspoon milk
2 tablespoons peanut oil
1 teaspoon minced green chilies
1 teaspoon chopped shallots
1 teaspoon minced ginger
1/2 teaspoon minced lemongrass
1 kaffir lime leaf, or 2-by-1/2-inch strip lime zest
1 tablespoon chopped cilantro leaves, plus sprigs for garnish
1/2 pound boneless skinless chicken breast, cut into 1/4-inch-thick strips
1/2 cup bean sprouts
1/4 cup thinly sliced green onion, for garnish
2 tablespoons chopped dry-roasted peanuts
2 lime wedges, for garnish

Make the Lime-Tamarind Sauce: In a small saucepan, combine the sugar, lime juice, tamarind paste, salt and paprika. Over medium-high

heat, bring to a boil, stirring frequently. Continue boiling and stirring just until the sauce reduces slightly. Set aside to cool. Reserve.

Make the Garlic-Chili Sauce: In a small nonreactive bowl, stir together the fish sauce, rice vinegar, water, sugar, cilantro, garlic and chilies. Reserve.

For the Noodles, put the rice noodles in a bowl filled with the cold water and leave them just until softened, no more than a few minutes. Drain and reserve. (This can be done several hours ahead.)

About 30 minutes before serving, heat about 1 inch of the vegetable oil in a medium saucepan or wok over medium-high heat. Add the tofu cubes and deep-fry until golden, 1 to 2 minutes. Remove with a slotted spoon or wire skimmer, drain on paper towels, and set aside to cool. Reserve.

In a small skillet, heat the butter over medium heat. Cook the scrambled egg until it forms soft, moist curds. Transfer to a plate and set aside to cool. Chop coarsely and reserve.

Heat a wok over high heat. Add the 2 tablespoons peanut oil. When it's almost smoking-hot, add the chilies, shallots, ginger, lemongrass, kaffir lime, chopped cilantro and chicken; stir-fry until the chicken loses its pink color, about 2 minutes. Add the noodles, half of the bean sprouts, the fried tofu, the scrambled egg, and both sauces. Continue stir-frying until the noodles have

separated, heated through, and are glazed with the sauce and mixed with the other ingredients, 1 to 2 minutes more.

Transfer the noodles to a serving plate. Top with the remaining bean sprouts, cilantro sprigs, green onions and peanuts. Serve with lime wedges to squeeze over the noodles.

(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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PHOTO BY BOB TALA, CHICAGO TRIBUNE

Wolfgang Puck's Chicken Pad Thai

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NOSTALGIA NOTEBOOK

AUGUST 1938

Births

AUGUST 8: **Connie Stevens**, American actress and singer

AUGUST 19: **Diana Muldaur**, American actress (Rosalind Shays on *L.A. Law*)

AUGUST 21: **Kenny Rogers**, American country singer

AUGUST 22: **Paul Maguire**, American football player

AUGUST 24: **David Freiberg**, American musician (Quicksilver Messenger Service and Jefferson Starship)

AUGUST 28: **Paul Martin**, Prime Minister of Canada

AUGUST 29: **Robert Rubin**, American banker who served as the 70th United States Secretary of the Treasury

Events

AUGUST 6: The Looney Tunes animated short *Porky & Daffy* is released.

AUGUST 18: The Thousand Islands Bridge, connecting the United States with Canada, is dedicated by US President Franklin D. Roosevelt.

AUGUST 1948

Births

AUGUST 2: **Dennis Prager**, American radio talk show host and author

AUGUST 3: **Jean-Pierre Raffarin**, Prime Minister of France

AUGUST 13: **Kathleen Battle**, American soprano

AUGUST 18: **Joseph Marcell**, actor (Geoffrey the snooty English butler on the NBC sitcom *The Fresh Prince of Bel-Air*)

AUGUST 20: **Robert Plant**, English singer (Led Zeppelin)

AUGUST 30: **Lewis Black**, American comedian

Events

AUGUST 5: Earl Shaffer becomes the first person to hike the Appalachian National Scenic Trail from end to end without interruption.

AUGUST 15: Establishment of the Republic of Korea.

AUGUST 25: House Un-American Activities Committee holds first-ever televised congressional hearing: "Confrontation Day" between Whittaker Chambers and Alger Hiss.

AUGUST 1958

Births

AUGUST 16: **Madonna**, American-born singer, songwriter, and actress

AUGUST 16: **Angela Bassett**, American actress

AUGUST 17: **Belinda Carlisle**, American singer (The Go-Go's)

AUGUST 19: **Anthony Muñoz**, American football player

AUGUST 24: **Steve Guttenberg**, American actor

AUGUST 25: **Tim Burton**, American film director

AUGUST 29: **Michael Jackson**, American singer and dancer

Events

AUGUST 3: The nuclear powered submarine USS Nautilus (SSN-571) became the first vessel to cross the North Pole under water.

AUGUST 23: Chinese Civil War: The Second Taiwan Strait crisis begins with the People's Liberation Army's bombardment of Quemoy.

AUGUST 27: The United States begins Operation Argus.

KAW-ING CARDS: HISTORY THROUGH POSTCARDS



This postcard is postmarked August 9, 1918, and features the United State Post office building at 645 New Hampshire Street in Lawrence.

Built in 1906, the building was the first federal building erected in Lawrence. The architectural style is Beaux Arts, and the designer is listed as James Know Taylor. Taylor served as the supervising architect of the U.S. Treasury from 1897 to 1912, and left his mark on hundreds of federal buildings in the country.

The building served as Lawrence's post office until a new post office was opened on Vermont Street in 1965. The original post office building was bought by the University of Kansas in 1973, and purchased in 1999 by a group of private investors, including individuals associated with The World Company. It is currently home to The News Center.

The building was added to the National Register of Historic Places on October 31, 2002.

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LMH welcomes new family physician

Lawrence Memorial Hospital welcomes **Thomas R. Marcellino, M.D.**, to the active medical staff. He joins John Gravino, M.D., Greg Stueve, M.D., and Sherri Vaughn, M.D. at Mt. Oread Family Practice, 3510 Clinton Place.



Marcellino

Dr. Marcellino, who grew up near McPherson, earned a bachelor's degree in organismal biology with honors from the University of Kansas, and a doctorate of medicine from the University of Kansas School of Medicine in Wichita. He recently completed a residency in family medicine at Via Christi in Wichita, including an integrative medicine rotation with Dr. Andrew Weil at the University of Ar-

izona in April. He completed his family medicine internship at Mayo Clinic in Arizona in 2006. Dr. Marcellino is board eligible in family

medicine and has special interests in preventative medicine, integrative medicine, wilderness medicine, gynecology and pediatrics.

Therapist studies behavioral therapy

Vickie Hull, licensed marriage and family therapist with **Lawrence Therapy Services**, 2200 Harvard Road, attended a workshop in Kansas City on children's behavioral therapy.



Hull

The workshop, "Dialectical Be-

havioral Therapy for Children and Adolescents," focused on helping children, adolescents and adults decrease emotional suffering and increase their quality of life and relationships by teaching them how to regulate their emotions.

To schedule a free 15-minute assessment with Hull or for more information, call Lawrence Therapy Services at (785) 842-0656.

Logan joins Lawrence Therapy Services

Dorian Logan recently joined the staff of **Lawrence Therapy Services**.

Logan received her doctorate in Physical Therapy from the University of Kansas in 2008.

Logan's PT services are available for clients with or-



Logan

thopedic injuries, sports injuries, balance problems and fall prevention, chronic and acute pain problems, stroke and other neurological conditions, and children with gross motor of developmental delays. Logan can treat clients of any age in both the Lawrence and Baldwin City clinics and in the client's home.

CLASSIFIEDS

HANDGUN FOR SALE

WEBLEY "BRITISH BULLDOG" HANDGUN, probably .442. This caliber has not been manufactured for nine decades, so this is a collector's gun only. Carried by railroad agents, riverboat gamblers, gold miners, soiled doves, and bank robbers. Below Bluebook at \$250 firm, cash or certified check, U.S. citizen 21 or older. Contact glencoe@knetconnect.net.

COLLECTABLES

I will list your antique or collectable on eBay for free. No charge unless your item sells for your price. I am an approved trading assistant registered with eBay to sell for others. I have been an AARP member since 1997, and I have been selling on eBay since 1998. We can purchase your items outright for cash, or handle your Estate Tag Sale. Call any time. Pat Kin-dle. 785-865-5049.

SEEKING VOLUNTEER

VOLUNTEER NEEDED. Blind gentleman looking for someone to run errands and read mail for him. Must be able to drive stick shift (standard) car. Contact Art Turner at (785) 841-4608 or sceressa@juno.com.

SUDOKU SOLUTION

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

JUMBLE ANSWERS

Jumbles: ANNUL SWAMP BRUTAL SAFARI

Answer: What the director said when the designer finished the movie star's coat - IT'S A "WRAP"

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CROSSWORD SOLUTION

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

TRIVIALITIES ANSWERS

1. Ron Perlman 2. "Déjà vu" 3. Iron Man 4. Robert Graysmith 5. Jennifer Garner 6. Robin Swicord 7. Amy Brenneman

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Murder in the Movies



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