

# Kaw Valley Senior Monthly

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December 2003

Serving the Lawrence-Topeka Area's 50 and Better Population

Vol. 3, No. 6

## Edwards enjoys being a Foster Grandparent

By Kevin Groenhagen

When Ethel Edwards lost her husband 10 years ago, the retired school teacher and lifelong Topeka resident soon grew tired of sitting at home alone with little to do.

"A friend suggested that I talk with Connie Stewart at the Foster Grandparents office," Edwards said. "I had an interview with Connie and she said I could start the next Monday. My prayers were answered."

After her pre-service orientation with Foster Grandparents, Edwards was assigned to work with Let's Help, Inc. Let's Help is a non-denominational, not-for-profit organization that serves Shawnee County and the surrounding area. Services offered by Let's Help include emergency food and clothing assistance, preschool and adult education, employment and job training, and bud-

get-friendly shopping program for non-profit organizations.

As a Foster Grandparent, Edwards has volunteered at Let's Help's Lunch Room at 302 Van Buren during the past decade. She helps set up for lunch, and then assists parents as lunch is being served from 11:30 to 1:00. According to Edwards, Let's Help serves lunch to more than 300 people each day Monday through Friday.

"I help the parents as they come in with their babies and young children," Edwards said. "If a mother has a baby in her arms, I help her with her tray. I also help them with their strollers and get high chairs for them if they need them."

After the parents have sat down for lunch, the real fun begins for Edwards.

"I set up a play corner in the lunch room every day," Edwards explained. "I put out the toys for the



Ethel Edwards

children to play with while their parents are eating. Little kids don't eat much and tend to get restless if they just have to sit there. The play corner keeps them busy while their parents

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Laura Bennetts and Kim Hoffman of Lawrence Therapy Services (pictured) worked with Seth Movsovitz of Comfort Keepers and Matt Groves of Knoll's Patient Supply to form Lawrence Professionals in Aging.

## Lawrence Professionals in Aging to advocate for seniors

By Billie David

There's a new group forming in Lawrence dedicated to the wellbeing of area senior citizens.

Lawrence Professionals in Aging (LPA) is a networking group for friends, volunteers and professionals who work with seniors. Anybody with the goal of improving the quality of life for seniors and their families is invited to the meetings.

"We want to get the word out that an organization is available in our community," said Seth Movsovitz of

Comfort Keepers, who collaborated with Laura Bennetts and Kim Hoffman of Lawrence Therapy Services and Matt Groves of Knoll's Patient Supply to begin working on forming the association last November.

The idea for LPA came in part from the awareness of other networking-type groups in the area. "Laura, Kim and I were talking about it and decided to look into starting a group here in Lawrence," Movsovitz said, explaining that he, Bennetts, Hoffman and Groves were already networking

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# LPA

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with each other at the time.

They determined that there is a

need for such an organization in Lawrence because the baby boom generation is aging, which means the number of older people is increasing rapidly and threatens to put a strain on the services that are cur-

rently available. So they thought it would be a good idea to ban together and work to ensure that tomorrow's seniors will be able to obtain what they need and to work toward improving the services that are available now as well.

LPA's mission is to strengthen the ties and communication between those who support, advocate and care for seniors in the Lawrence community, and its founders are looking for suggestions from the organization's members as to what its exact structure should be.

"There is no membership fee to start with," Movsovitz said. "We want input on that first. We have a lot of choices, and it will slowly evolve. We want members to know that they have a say in what we do, and we want to hear what they want."

LPA's first meeting was held on November 6, and 33 people attended in response to an invitation the organizers faxed to every facility and organization they could think of in the Lawrence area, including Eudora and Baldwin City. The fax message also requested e-mail addresses so that LPA could develop an e-mail list in order to keep people informed through an electronic newsletter.

"One of the key elements of Lawrence Professionals in Aging is the enthusiasm of the people who came to the meeting," Movsovitz observed. "They said, 'this is wonderful. We have been needing this for a long time.'"

"We tossed around the idea of having a fundraiser every year and donating the proceeds to a community organization that works with seniors," he added. "One of our goals is to give something back to the community."

Another idea, as a way to encourage young people to get involved, is to establish a scholarship for students who want to go into gerontology. "We got some feedback from the last meeting and we're going through them," Bennetts said.

Bennetts said that they also hope to determine as a group how to gather information about the area's available resources and make it readily available to those who need it. For example, when people are considering nursing homes, they need to know what all of their options are, or if an elderly person is depressed but isn't comfortable talking with a family member about it, that person needs access to information about who they can contact for help and how much it will cost.

Promoting the interests of seniors and their families would also be a component of LPA. "We have the word advocacy in our mission statement," Bennetts said. "All of us, in our contact with the elderly, are advocating for them all the time. And

we also plan to be involved with legislation."

Another important component of the organization is the opportunity to socialize with others. "The social part is really important," Bennetts said. "People are working in isolated ways and we need to support each other. There is a lot of burnout."

Potential LPA members are likely to find themselves attending meetings with their competitors, but Bennetts believes that this would be a good thing. "It will increase communication and systematize the way we work together and how we respond to minorities in the community," she said. "We need to make services more responsive and accessible, and as the need grows, we must determine how to meet it."

One way to meet that need is for competitors to make referrals when they find themselves too busy to respond adequately to demands, Movsovitz said, adding that agencies need to work with their competitors and help each other out. Networking plays an important role in this respect because an agency needs to know what the other agencies do in order to make successful referrals.

LPA will hold meetings on the first Thursday of each month at the Eldridge Hotel. The next meeting will be held January 8 and will include a speaker—probably someone involved in adult protection services. For more information, or to make a reservation, call Kim Hoffman or Laura Bennetts at (785) 842-0656, or send an e-mail at lawrenceprofessionalsinaging@hotmail.com.

FILE PHOTO



Seth Movsovitz



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Kaw Valley Senior Monthly is published monthly by Groenhagen Advertising, L.L.C., Lawrence, Kansas, and is distributed at over 150 locations throughout the Lawrence-Topeka area. Any opinions expressed by our writers are not necessarily those of Groenhagen Advertising, L.L.C. Subscription rate is \$15 for 12 monthly issues.

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# Edwards

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enjoy lunch. Right now, it's just the really little kids. But during the summer and other times when school is out, we'll have older kids here and I'll read stories to them.

"I love the kids. Basically, we get the same ones every day. Everyone calls me 'Grandma.' I'm Grandma to the little kids as well as to the grownups. I look forward to seeing them every day. They're kind of like my family."

In addition to her family at Let's Help, Edwards has a son and daughter and four grandsons.

Edwards is one of approximately 90 volunteers in the Topeka Foster Grandparents Program. Each Foster Grandparent is assigned to one of over 20 volunteer station sites in Topeka and several other cities in northeast Kansas, including Lawrence, Manhattan, Leavenworth, and Burlingame. In addition to Let's Help, volunteer station sites include elementary schools, Head Start programs, and the Social Rehabilitation Services office. Lawrence's volunteer station site is the First Step House, a state-licensed, reintegration facility for women in recovery from alcoholism/drug addiction and their pre-adolescent children. Each volunteer provides 20 hours of service each week.

Foster Grandparents must be over 60 years old and meet income eligibility requirements. In return for their service, Foster Grandparents receive monthly training, an annual physical examination, excess accident and liability insurance, and help with meal and transportation costs.

"In addition, Foster Grandparents who meet certain federal income guidelines receive a tax-free stipend of \$2.65 per hour," said Stewart, director of the Topeka Foster Grandparents Program. Stewart has been with the program since 1979.

The Foster Grandparents Program was established in 1965 and is part of Senior Corps, a "network of national service programs that provide older Americans the opportunity to put their life experiences to work for local communities." In 2001, more than 30,000 Foster Grandparents assisted 275,000 young children and teenagers in all 50 states, Puerto Rico, the Virgin Islands, and the District of Columbia.

The Topeka Foster Grandparents Program was started in 1967 and was the first of seven Foster Grandparents Programs in Kansas. The To-

peka program is sponsored by the Kansas Neurological Institute.

While Foster Grandparents such as Edwards spend their time helping children, they also find the program beneficial in their own lives.

"It helps me," Edwards said. "I get up in the morning and feel like there's a need out there in the world for me. I can go to work and help someone today. I love it here."

Stewart notes that Topeka Foster Grandparents Program has openings and that more Foster Grandparents are needed. If you would like more

information about the program, Stewart may be reached at (785) 296-5474 or [ctxs@srskans.org](mailto:ctxs@srskans.org). Ad-

ditional information can be found online at [www.seniorcorps.org/joining/fgp](http://www.seniorcorps.org/joining/fgp).

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# HEALTH

## Take heed, take heart

New research shows that 90 percent of all Americans are at risk for heart disease and that women, no less than men, should watch out for the warning signs and symptoms.

Until recently, men were thought to be especially vulnerable to heart disease. But we know now that women are just as susceptible as men. Coronary artery disease (CAD) is the number one killer of women as well as men in America, and both sexes face the same risk factors for clogged heart

signs of future heart attacks. They can be mild or severe and occasional or constant. Mild symptoms include appetite loss, night-time breathlessness, muscle weakness, and nausea. More intense symptoms include discomfort or pain in the chest, throat, shoulders and arms; and exertion-related symptoms, including nausea, breathlessness, back pain, indigestion and unusual fatigue.

New research shows that women are less likely to report chest discomfort and more likely to report exertion-related nausea, shortness of breath, back pain and indigestion (even after low levels of exertion).

If you have these symptoms, you should visit a doctor or an ER for an evaluation. It's easy to ignore the warning signs, thinking that they're simply caused by food poisoning or a virus. But you aren't a doctor. Let a doctor decide. It may be the wisest decision you ever make.

### Are You at Risk?

Your doctor may give you a stress test to see if your heart pumps properly when you exercise (say, on a treadmill or on a bike). Another method is to insert a catheter inside the arteries, looking for blockage directly. If your arteries turn out to be substantially blocked, surgical procedures (including bypass surgery) are available to open them.

### Surgical Solutions

We all know people who have been saved by bypass surgery. Surgery is needed if medication and prevention aren't enough to keep your arteries open. The surgeon will replace your clogged arteries with vessels from your limbs, thereby creating a "bypass" to permit restored blood flow to the heart.

Prevention is option #1. But if prevention alone isn't enough, surgery may be needed.

### Take Heed, Take Heart

If you detect the signs of heart disease early enough, you can save your own life. So watch, don't wait. Act, don't delay. There are steps you can take—and medications, in some cases—that will help.

- Laura Bennetts, MS RPT, is a physical therapist with 20 years' experience. She co-owns Lawrence Therapy Services LLC, 785-842-0656, and Baldwin Therapy Services, 785-594-3162. For answers to therapy-related questions, please write to Laura either at her e-mail address, [laurabennetts@hotmail.com](mailto:laurabennetts@hotmail.com), or via Senior Monthly.



Laura Bennetts

arteries. So women, like men, should heed the warning signs.

What is coronary artery disease? What risk factors do we face? What are the warning signs? These are the questions I will address in this month's column.

### What is Coronary Artery Disease?

The heart is a muscle which requires oxygen to function properly. It gets this oxygen from the coronary arteries. Other blood vessels take oxygen from the heart to the brain, the lungs, and the rest of the body; but the heart itself is fueled by oxygen delivered through the coronary arteries. These arteries, which are small and delicate, become clogged more easily than larger blood vessels. When they do become clogged, blood flow to the heart is obstructed and the heart loses its power to pump properly. This is coronary artery disease (CAD). Of the several kinds of life-threatening heart problems, CAD is the most common.

### What Puts You At Risk?

Smokers are at risk because nicotine reduces blood flow. Other factors that indicate or increase your risk include high blood pressure, high cholesterol, diabetes, and a personal or family history of heart attack.

To reduce your risks, you can reduce your exposure to risk factors (under a doctor's supervision). You can stop smoking; lower your blood pressure through exercise and/or medication; lower your cholesterol through diet, medication, or both; and control your blood sugar by altering your diet.

### What are the Signs and Symptoms?

CAD symptoms are early warning



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# HEALTH

## A new look at stress

**S**tress can be defined as the reactions of the body to forces of a nature, such as infections and various abnormal states that tend to disturb the body's normal equilibrium. Stress is a normal part of life and can be daily or even moment-to-moment. Stress can lead to health problems including ulcers, back pain, migraines, high blood pressure, stomach disorders and insomnia. As time passes, we are all developing more stressful lifestyles that are getting out of control. At this age, in spite of the fact that tech-



Dr.  
Farhang  
Khosh

nology is getting more and more sophisticated, our stresses are getting more piled up in a greater degree that it has ever been. A 1996 *Prevention* magazine survey found that more than 70 percent feel they have "great stress" one day a week with one out of three indicating they feel this way more than twice a week. In the same 1983 survey only 55 percent said they felt under great stress on a weekly basis. It has been estimated that close to 90 percent of all visits to primary care physicians are for stress-related problems. Stress has been linked to all the leading causes of death, including heart disease, cancer, lung ailments, accidents and suicide. An estimated 1 million workers are absent on an average workday because of stress-related complaints. Stress is said to be responsible for more than half of the 550,000,000 workdays lost annually because of absenteeism. Sixty to eighty percent of industrial accidents are due to stress. Just remember for your New Year's resolution that 1/3 of the U.S. population makes New Year's resolutions to begin stress management programs.

Reactions to stress can be varied and most of the time these reactions are not healthy. The most common undesirable reaction to stress is anxiety. The amount of anxiety the person experiences is dependent more on the individual and less on the stressor. Meaning that some people handle stress better than others.

Common symptoms of anxiety are butterflies in the stomach, a lump in the throat, and a rising sense of panic or insomnia. Chronic stress occurs when continuous acute stress responses keep the body on alert continuously, negatively affecting health. The ongoing stress response causes the hypothalamus and pituitary gland to release an adrenocorticotropic hormone, which is called the stress hormone, which stimulates the adrenal gland to produce and release cortisol. Cortisol is associated with waking and sleeping, and levels are highest in the morning and lowest at night. Higher levels of cortisol in the morning help us wake up. When we have chronic stress our cortisol production rises which can cause insomnia. Also, many studies have shown that cortisol can raise the insulin level, and if this continues for a long time can cause insulin resistant diabetes. Sometimes symptoms of anxiety can be due to a vitamin deficiency, particularly the B and C vitamins, which are rapidly used up in times of stress. Sometimes anxiety can be caused by ingesting one of the minor toxins of everyday life such as tobacco or caffeine. Using these items in excess can overwhelm the body's normal coping mechanisms.

We all need to take time out of our busy lifestyles and think about stress and also plan strategies on how to deal with stress. Studies have shown that the average executive working 50 hours a week allows less than 19 minutes per week for thinking. A person needs to limit stress to a scheduled time and effectively deal with it during this time period. There are many ways to deal the stress that everyone faces.

Some other things you can do for yourself:

- Get enough sleep and rest.
- Regular vigorous exercise. Relaxed muscles results in relaxed nerves. For example try hiking, biking, walking, jogging or swimming.
- Love more. Most people need to learn to love people and use things, and instead of loving things and using people.
- Avoid coping mechanisms that involve alcohol or drugs that do nothing to solve the problem only hide it.
- Identify your fears. Try to think of ways to cope with them. Seek information about the things you fear.

Knowledge can bring runaway fears down to earth.

- Laugh more.
- Avoid self-pity. Self-pity is a poor response to situations and usually a waste of time and energy.
- Avoid loneliness. Reach out and take the initiative in finding friendship. Seek out compatible people.
- Meditation, yoga, Tai Chi, bio-feedback, and many other techniques

have been used to alleviate stress.

So why not make your New Year's resolution this year to effectively deal with stress. Make a plan that realistically will deal with your stress. There is no better time than now to put your plan into action.

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

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# FINANCES

## It all adds up

### Put year-end tax strategies to work

We're getting close to the end of the year—which means you've still got time to make some moves that can help brighten your tax picture and speed your progress toward some key financial goals.

The tax-law changes of 2001 gave investors the opportunity to save more for retirement with increased contribution limits and "catch-up"



Harley Catlin and Ryan Catlin

provisions for those over age 50. 2003 was another good year for many tax-conscious investors, given the passage of the Tax Relief Act.

You'll want to take advantage of the tax-law changes, especially lower tax rates on qualified stock dividends and long-term capital gains. For example, you might consider adding high-quality dividend-paying stocks, if they're suitable for your portfolio. And, to benefit from the lower long-term capital gains rate, you might consider selling appreciated stocks that you've held for many years, but no longer meet your needs.

You can take these steps at any time. But if you're interested in exploring year-end tax strategies, here are a few others to consider:

#### 1. "Max out" on your retirement plans.

**401(k)** – In 2003, you can contribute up to \$12,000 to your 401(k). The same limit applies to 403(b) plans for employees of nonprofit organizations and 457(b) plans for state and local government employees. Plus, if you're 50 or older, you can make a "catch-up" contribution of \$2,000 to any of these plans. You may regularly invest in your 401(k), 403(b), or 457(b) through your payroll checks, but if your plan permits it, you may be able to put in additional money at the end of the year to reach the contribution limit.

**IRAs** – If you have a traditional or Roth IRA, you can invest up to \$3,000 for 2003, along with an additional \$500 if you're 50 or older. And you've got until April 15, 2004

to contribute to your existing IRA, or establish a new one.

All these plans offer significant tax benefits. Your 401(k), 403(b), 457(b) and traditional IRA earnings grow tax-deferred. Your Roth IRA earnings grow tax-free, provided you meet certain conditions. And if you meet specific income limits, you may be eligible for a tax credit of as much as \$1,000 when contributing to any of these retirement plans.

#### 2. Consider "tax swaps."

Although the maximum long-term capital gains rate has been cut to 15 percent for stocks sold after May 5, 2003, you might want to offset some of these gains by taking capital losses. If you have capital losses only, you can use up to \$3,000 of those losses per year to offset ordinary income.

To claim a capital loss, however, you must actually sell the stock—and you might not really want to part with it. You might believe that, despite its current decline, this stock still has good prospects for the future and fits in well with your diversified portfolio. If so, we recommend you keep it. Taxes shouldn't drive your investment decisions.

You may wonder if you could sell the stock to establish your tax loss and then buy it back, possibly as a lower price. But it's not that simple. The IRS has strict "wash sale" rules governing these types of transactions. You can't claim a loss if you purchase a "substantially identical" investment within 30 days of the sale.

**Tax-swap rules** – To make a "tax swap" without incurring wash sale consequences, you have a few options. You can:

1. Wait at least 31 days after the sale before repurchasing the stock;
2. Double your holdings in the stock and then sell your original shares after 31 days; or
3. Sell your shares for a loss and purchase a stock that's similar—but not identical—to the one you sold. You can then wait at least 31 days, sell the new stock and repurchase the original stock.

Keep in mind, however, that any purchase you make within the 31-day time frame could potentially violate wash sale rules. So, you need to be careful if you've set up a dollar cost averaging plan, under which you buy the same dollar amount of stock shares each month. You'll also have to be alert if you automatically rein-

vest dividends and capital gains.

Tax swaps aren't for everyone. But if you have large capital gains that you'd like to help offset, you might find a swap to be beneficial. Also, be sure to review last year's tax return to make sure any prior unused losses are carried over to this year's return.

#### 3. Make charitable donations.

If you're thinking of contributing to a charitable organization, you may want your gift by the end of the year so that you can get some valuable tax benefits.

If you give cash to a qualified charity, you can receive an immediate income tax deduction. But you may be better off by donating appreciated stocks. You'll get a tax deduction for the fair market value of your stock, as long as you held it for at least a year. Plus, you'll avoid paying capital gains taxes on the stock when it's sold. And by getting the stock out of your taxable estate, you may help reduce the estate tax burden your heirs could face.

#### Don't let taxes drive investment decisions.

By taking any or all of the above steps, you may be able to improve your "bottom line" for the 2003 tax year. But before making any of these moves, please consult with your tax adviser to make sure the ac-

tions you're taking are appropriate for your individual situation.

Also, be aware that you invest for a variety of important reasons—building resources for retirement, saving for college, boosting current income, etc.—so you need to put taxes in the proper perspective. In other words, look for ways to control your investment-related taxes, but don't let tax considerations drive your investment decisions.

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



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# SENIOR FORUM

## Moves can create many complications for families

By Kent S. Collins

DEAR SENIOR FORUM: My husband is frustrated to the point of anger. My mother-in-law is upset to the point of tears.

My husband is moving our family — the two of us, three teenagers, a dog and three cars — to South Carolina. He will become president of a small firm there. He's urging his 77-year-old widowed mother to come with us. But, understandably, she does not want to leave her house, her neighbors, her church. She's mobile and happy now, but we all realize that in the years ahead, she may need to live with us or near us. And we must move to South Carolina.

What do the families of retirees do in these complicated situations? — Wife and Daughter-in-law Caught in the Middle

DEAR CAUGHT IN THE MIDDLE: The overriding concern in these matters is neatly explained in a letter received last week in The Senior Forum mailbag from a retired couple in Mississippi:

"Ten years ago, our daughter and her husband got good jobs and built a nice house in Richmond, Va. Shortly after settling in, they found a nice house for us to buy and retire to so that we could be close to them.

"We did not do it.

"Three years later, they moved to Florida and opened a new business. There they again found a nice house for us to buy and retire to so we could be close.

"We did not do it that time, either.

"The business was successful, but their marriage was not. They split and both moved away. "Where would we be now had we taken them up on their kind invitations? — J.M."

Here is another twist on the situation you face: A retired couple in Arkansas moved to Missouri to be with their daughter and her family. The move was well-planned and carefully thought out before boxes were packed.

But upon arrival in Missouri, the

retired woman fell sick and was plagued by health problems for several months. She recovered well, and she and her husband were happy living near their daughter and her family. But her illness got them off to a bad start in their new home. At the time, they simply could not explore the people and activities of their new town and its culture. And when she got well, they simply did not have the excitement or energy to go look for these things.

Now the daughter and her husband are moving cross-country. There is little in Missouri to hold the retirees. But rather than follow the daughter's family — which might well move again either for another job and their own retirement in five to eight years — the older couple is moving to Florida. Their daughter will buy a house with a big guestroom and connecting bathroom. Between the moving family and the retired couple, there will be money for airfares back and forth a few times each year.

And therein may be the best option for you and your angry husband and tearful mother-in-law. Allow her to stay put. Arrange for her to visit you frequently. Buy a house that conveniently accommodates her. When she visits, get her out of your house for social integration into your new community. See how that goes. Let her have her cake and eat it, too.

You can still be ready to move her should her time for living with family come. But before that happens, become familiar with the senior support services available in your mother-in-law's town, such as the senior activities center, volunteer activities, home health care providers and medical facilities. You may need to call them in an emergency in the years to come.

(If you've maneuvered around this issue in your retirement or the retirement of your parents, write to The Senior Forum c/o Tribune Media Services, 435 North Michigan Avenue, Suite 1500, Chicago, IL 60611, or e-mail [seniorforum@mchsi.com](mailto:seniorforum@mchsi.com).)

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- Feeling like giving up?
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- Don't know where to turn?

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IF SOMEONE YOU KNOW NEEDS HELP  
CALL 785-749-6289  
BECAUSE MENTAL HEALTH MATTERS

No charge or obligation for inquiries.



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[www.lmh.org](http://www.lmh.org)

# Attorney General unveils vulnerable adults task force

To combat the growing problem of fraud and abuse involving Kansas' elderly and dependent citizens, Attorney General Phill Kline announced on October 28 that he has created a Vulnerable Adults Task Force (VATF) to fight the problem head on.

"The Vulnerable Adults Task Force was created to stop those who prey on our most vulnerable neighbors: seniors and developmentally and physically disabled citizens," Kline said. "They depend on us and we intend to deliver."

Kline has directed the VATF to prioritize consumer complaints in which vulnerable adults appear to be targeted and place them on the fast track for investigation and potential litigation. As trends of fraud or abuse become apparent, that information will be distributed to the public through the media and advocacy groups such as AARP, Kansas Advocacy & Protective Services, and county departments on aging.

"We are proud to partner with many of the state's leading advocacy groups to help spread the word about schemes and frauds against seniors and other vulnerable adults," Kline said. "This cooperation will maximize our ability to efficiently and effectively get important information out to those who are most likely to be victimized. Together, we will work to stop acts of fraud before they ever occur."

The VATF will work with a variety of groups and agencies to locate volunteers for undercover investigations, develop legislative agendas, educate the public on financial scams, and work together on community outreach.

"AARP Kansas is pleased to join with Attorney General Phill Kline in working to protect older Kansans from consumer fraud," said Maren Turner, State Director for AARP Kansas. "AARP Kansas commends the attorney general for his commitment to assist seniors and those who are disabled through the formation of his Vulnerable Adults Task Force and is excited about the opportunity to partner

with the attorney general's Consumer Protection Division in educating Kansans about consumer scams."

"Often times unscrupulous individuals play on the emotions of vulnerable seniors," said Jean Stueve, In Home Services Program Manager for the Jayhawk Area Agency on Aging. "Jayhawk Area Agency on Aging is pleased to cooperate with the attorney general's newly created Vulnerable Adults Task Force."

Kline has long demonstrated a commitment to vulnerable Kansans. As a legislator, the state's advocacy groups for the developmentally disabled and mental health communities named him "Legislator of the Year" in 1999.

The VATF will focus on financial exploitation under the Kansas Consumer Protection Act and will be comprised of an integrated team within the attorney general's Consumer Protection Division. Task force members include deputy attorneys general from the Consumer Protection and Antitrust and Medicaid Fraud and Abuse Divisions, assistant attorneys general, two investigators, and an intern from the University of Kansas School of Law's Elder Law Clinic.

Kansas has more than 455,000 residents who are 60 and older. In 2001, there were 964 cases of financial exploitation in the state reported to Adult Protective Services, according to the National Association of Adult Protective Services Administrators. The actual number of frauds is thought to be much higher due to underreporting.

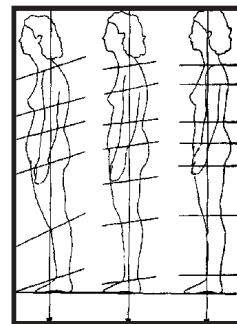
Kansans can report suspected abuse to the attorney general's Consumer Protection Division by calling toll-free (800) 432-2310.



Phill Kline

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- People who want more than a massage.
- People who feel they are living and working below their inherent potential.
- People who want to breathe and sleep better.
- People who want more harmony in their lives.
- People in every age group - infants to seniors.

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# COOKING LIGHT

## Scallops on lemony watercress

By **Lorrie Hulston Corvin**

To get a nicely browned crust on the scallops, pat them dry with paper towels before you saute them.

- 2 teaspoons olive oil, divided
- 1 1/2 pounds sea scallops
- 1/2 teaspoon salt, divided
- 1/4 teaspoon paprika
- 1 tablespoon grated lemon rind
- 1 tablespoon chopped fresh parsley
- 2 tablespoons fresh lemon juice
- 2 teaspoons sugar
- 2 teaspoons bottled minced garlic
- 1/4 teaspoon coarsely ground black pepper

8 cups trimmed watercress (about 2 1/2 bunches)

1. Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat. Sprinkle scallops with 1/4 teaspoon salt and paprika. Add scallops to pan; cook 3 minutes on each side or until done. Combine rind and parsley; sprinkle over scallops. Keep warm.

2. Combine 1 teaspoon oil, 1/4 teaspoon salt, lemon juice, sugar, garlic, and pepper.

Place watercress in a large bowl; drizzle with lemon juice mixture, tossing gently to coat.

Serve scallops over watercress mixture. Yield: 4 servings (serving size: 2 cups watercress mixture and about 4 ounces scallops).

CALORIES 192 (17 percent from fat); FAT 3.7g (sat 0.5g, mono 1.9g,

poly 0.7g);  
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*Call 843-8479 for an appointment for a complimentary initial office visit in December.*

*Our office is still located at 1112 W. 6th St. in Lawrence, but we have moved to Suite 100, across from King Pharmacy.*

## 60 Look Who's

*The following celebrities turn 60 in December:*

- Dec. 16 **Steven Bochco**, producer, *Hill Street Blues*, *L.A. Law*
- Dec. 18 **Keith Richards**, guitarist, *The Rolling Stones*
- Dec. 23 **Harry Shearer**, actor, *The Jack Benny Show*, *This Is Spinal Tap*
- Dec. 25 **Hanna Schygulla**, actress, *Delta Force*, *Dead Again*
- Dec. 31 **Ben Kingsley**, actor, *Gandhi*, *Schindler's List*

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# CALENDAR

## ART/ENTERTAINMENT

DEC 6

### SENIOR CLASS

A great offshoot from TCTA's widely successful company, LAUGHING MATTERS, SENIOR CLASS is another zany troupe of improv comedians. Only this time, the company is made up entirely of actors over 55 years old! This group defines life in the golden years as a terrifically fun-filled trip! Doors open at 7 p.m. Show starts at 8 p.m. TOPEKA, 785-357-5211  
[www.topekacivictheatre.com](http://www.topekacivictheatre.com)

## BINGO

SUNDAYS

### KNIGHTS OF COLUMBUS HALL

2206 E. 23RD ST., LAWRENCE, 6:30 PM, 785-842-2699

SUNDAYS & TUESDAYS

### AMERICAN LEGION POST NO. 1

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

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

TUESDAYS

### VETERANS OF FOREIGN WARS

138 ALABAMA, LAWRENCE, 6:55 PM, 785-843-2078

WEDNESDAYS

### 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

## CLASSES/LECTURES

DEC 2

### IMPACT OF VIETNAM IN THE HEARTLAND

Jack Hoffman, Professor of Anthropology at KU, will present a program discussing the impact of the Vietnam War on a small area in western Oklahoma during 1965-1972. Connections between Oklahoma casualties and Kansas veterans will be noted. Watkins Community Museum of History, 1047 Massachusetts, 6:30 p.m. LAWRENCE, 785-841-4109

DEC 2

### STONE CIRCLE WORKSHOP

With Larry Carter for personal transformation on the Winter Solstice, 4:00-8:00 p.m. Includes potluck. Love offering. THE LIGHT CENTER, BALDWIN 785-255-4583

## EXHIBITS

DEC 1-SEP 2004

### VIETNAM EXHIBIT

Tribute to Vietnam veterans from Douglas County. Memories of the 1960s, as well as many artifacts, letters, clothing, etc. contributed by veterans. Watkins Community Museum of History, 1047 Massachusetts. LAWRENCE, 785-841-4109

## FESTIVALS/FAIRS

NOV 22-FEB 22

### KANSAS CITY STAR QUILT SHOW

Feast your eyes on quilts created from the Kansas City Star quilt patterns. SHAWNEE, 913-631-6709

## HEALTH

FIRST TUESDAY OF EACH MONTH

### HEALTH SCREENING CLINIC

Lawrence-Douglas County Health Department. LECOMPTON COMMUNITY BUILDING 9:30-10:30 AM

TUESDAYS AND THURSDAYS

### BLOOD PRESSURE CLINIC

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

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 AM-12 NOON

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 MONDAY OF EACH MONTH.

### THERAPY SCREENING

Have a question about pain or an injury? Come see us. Free. Screening conducted by Lawrence Therapy Service. DRURY PLACE, LAWRENCE 10:00-11:00 AM

THIRD TUESDAY OF EACH MONTH

### HEALTH SCREENING CLINIC

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

DEC 3

### CHOLESTEROL SCREENINGS

A fingerstick test providing a total blood cholesterol reading in five minutes. \$5 per person. No fasting or appointment necessary. LMH HEALTH SOURCE ROOM 3:30-5:30 PM

DEC 11

### BONE DENSITY SCREENING

Are you at risk for osteoporosis? This quick and easy screening can indicate if further testing for this potentially debilitating disease is needed. A bare heel is necessary for the screening. Information about prevention of osteoporosis is also included. Appointment is required. \$15/person. LMH HEALTH SOURCE ROOM 9:00-10:40 AM

## HOLIDAY EVENTS

DEC 1-31

### SALINA COMMUNITY THEATRE PRESENTS—A CHRISTMAS CAROL

An annual tradition for the holiday season! SALINA, 785-827-6126  
[www.salinatheatre.com](http://www.salinatheatre.com)

DEC 1-27

### WINTER WONDERLAND

Over 1 million lights will bring to life a variety of characters in this holiday display. TOPEKA, 785-267-1156

DEC 1-14

### WONDERFUL LIFE

Presented by the Lawrence Community Theatre, 1501 New Hampshire. LAWRENCE, 785-843-7469  
[www.theatre.lawrence.com](http://www.theatre.lawrence.com)

DEC 1-31

### CHRISTMAS CARD LANE

Giant greeting cards and lights decorate an entire neighborhood. More than 200 homes participate. OLATHE, 913-764-1050, [www.olathe.org](http://www.olathe.org)

DEC 1-28

### A VERY 50s CHRISTMAS

Visit the 1950s all-electric model home decorated for the holidays, including an aluminum tree. SHAWNEE, 913-631-6709

DEC 1-28

### CHRISTMAS AT LANSFIELD SCHOOL

Discover what Christmas meant to school-

age children in rural Kansas at the turn-of-the-century. Make/take old-fashioned ornament. EDGERTON, 913-893-6645

DEC 1-JAN 4

### CHRISTMAS HISTORIC LECOMPTON

Three floors of Christmas trimmings and decorations. Vespers Dec. 8, 2:00 p.m. LECOMPTON, 785-887-6285  
[www.lecomptonkansas.com](http://www.lecomptonkansas.com)

DEC 1-31

### SEELYE MANSION CHRISTMAS TOUR

This mansion was featured on HGTV's Christmas Castles in 2000. Every room has a tree and poinsettia. ABILENE, 785-263-1084

DEC 2

### CHRISTMAS PARADE

26<sup>th</sup> annual. One of the largest nighttime Christmas parades in Kansas. Welcome the holiday season and the arrival of Santa Claus. EMPORIA, 620-342-1600  
[www.emporiaskchamber.org](http://www.emporiaskchamber.org)

DEC 4-7

### OLD TIME HOLIDAY HAPPENINGS

Victorian dinner, candlelight tours, trolley, and carousel rides. By reservation only. TOPEKA, 785-368-3888, [www.topeka.org](http://www.topeka.org)

DEC 6-7

### HERITAGE HOMES CHRISTMAS TOUR

Abilene showcases 6 historic homes for the holidays. Each unique and charming, Victorian, English Tudor, and more. ABILENE, 785-263-7250

DEC 6-7

### HOLIDAY HOMES TOURS

2<sup>nd</sup> annual tour featuring historic homes decorated for the holidays. ATCHISON, 800-234-1854  
[www.atchisonkansas.net](http://www.atchisonkansas.net)

DEC 6

### ARTS AND CRAFTS BAZAAR

Annual event with homemade arts and crafts for the holidays. LAWRENCE, 785-842-6220  
[www.visitlawrence.com](http://www.visitlawrence.com)

DEC 6

### HOLIDAY ART FAIR

Presented by the Lawrence Art Guild, art sale features nearly 70 local and regional artists. LAWRENCE, 785-843-2787  
[www.lawrenceartscenter.com](http://www.lawrenceartscenter.com)

DEC 6

### COUNTRY CHRISTMAS

Craft show, entertainment, home show, and lighted Christmas parade. BURLINGAME, 785-654-3561  
<http://skyways.lib.ks.us/towns/Burlingame>

DEC 6

### ELDRIDGE HOTEL OLD-FASHIONED CHRISTMAS PARADE

Parade features exclusively horsedrawn carriages, wagons, and coaches decorated for the season. LAWRENCE, 785-749-5011  
[www.visitlawrence.com](http://www.visitlawrence.com)

CONTINUED ON PAGE 11

# CALENDAR

CONTINUED FROM PAGE 10

**DEC 6  
KANSAS MUSEUM OF HISTORY'S  
CREATIVE HOLIDAYS**

This family festival celebrates many ethnic holidays. Make and take crafts, enjoy music, purchase unique Kansas and ethnic gifts. TOPEKA, 785-272-8681  
www.kshs.org

**DEC 6  
MERRY TUBA CHRISTMAS CONCERT**

Annual worldwide event with Hiawatha selected as a host site to celebrate the holiday season. HIAWATHA, 785-742-7136  
www.cityofhiawatha.org

**DEC 7-8  
CHRISTMAS OPEN HOUSE**

Enjoy holiday treats while touring impressive Victorian mansion festively decorated for Christmas.

ATCHISON, 913-367-2427

**DEC 7  
CHRISTMAS CANDLELIGHT VINTAGE  
HOMES TOUR**

Tour of Carroll Mansion plus 8-10 vintage homes decorated in Christmas splendor. LEAVENWORTH, 913-682-7759  
http://leavenworth-net.com

**DEC 7  
CHRISTMAS IN THE CABIN**

Experience a pioneer Christmas with wagon rides, music, and old fashioned pioneer hospitality. ABILENE, 785-263-2681

**DEC 7  
HOLIDAY LIGHTED PARADE**

4<sup>th</sup> annual. An evening parade with lighted floats. BALDWIN CITY, 785-594-3200

**DEC 11-21  
KANSAS NUTCRACKER**

Produced by the Lawrence Arts Center. Dec. 11, 12, 13, 18, 19, 20 at 7:30 and Dec. 14 and 21 at 2:00. LAWRENCE ARTS CENTER  
940 NEW HAMPSHIRE, 785-843-2787

**DEC 13  
LAWRENCE CIVIC CHOIR**

Winter concert featuring seasonal music. LAWRENCE  
www.lawrencecivicchoir.org

**DEC 14  
WINTER HOLIDAYS CELEBRATION AT THE  
SPENCER MUSEUM OF ART**

Enjoy art, music, food and hands-on activities for all ages. LAWRENCE, 785-864-4710  
www.ku.edu/~sma

**DEC 14  
UNIVERSITY OF KANSAS VESPERS**

Holiday tradition features University of Kansas Symphony Orchestra and choirs. LAWRENCE, 785-864-2787  
www.visitlawrence.com

## MEETINGS

**FIRST WEDNESDAY OF EACH MONTH  
NOW OR NEVER CLUB**

BALDWIN SENIOR CENTER  
1221 INDIANA, BALDWIN CITY  
12 NOON-1:30 PM, 785-594-2409

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

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

**FIRST WEDNESDAY OF EACH MONTH,  
SEPTEMBER-MAY  
KAW VALLEY CHAPTER, OLDER  
WOMEN'S LEAGUE**

Forums held at Lawrence Public Library  
1:30 PM

**WEDNESDAYS  
OLDER KANSANS  
EMPLOYMENT PROGRAM**

LAWRENCE WORKFORCE CENTER  
2540 IOWA, SUITE R, LAWRENCE  
10 AM-NOON

**FIRST THURSDAY OF EACH MONTH  
LAWRENCE PROFESSIONALS IN AGING**

Networking group. Call Kim or Laura at 785-842-0656 for more information. \$10 to attend (includes lunch). ELDRIDGE HOTEL, LAWRENCE  
11:30 AM-1:00 PM

**SECOND MONDAY, SEPT.-MAY  
LAWRENCE CLASSICS, GENERAL  
FEDERATION OF WOMEN'S CLUBS**

Volunteer service club.  
785-331-4575

**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

**THIRD MONDAY OF EACH MONTH  
SELF HELP FOR THE HARD OF  
HEARING (SHHH)**

SHHH is a non-profit, educational organization dedicated to the well-being of people of all ages who do not hear well. BABCOCK PLACE, 1700 MASSACHUSETTS, LAWRENCE, 1 PM

**THIRD TUESDAY OF EACH MONTH  
LAWRENCE PARKINSON'S SUPPORT  
GROUP**

FIRST PRESBYTERIAN CHURCH, 2415 CLINTON PARKWAY, LAWRENCE, 2 PM

**THIRD TUESDAY OF EACH MONTH  
GRANDPARENT/KINSHIP SUPPORT  
GROUP**

Strengthening family relationships and improving positive parenting skills. Meets from 6:30-7:30 p.m. Child care available. YMCA, 421 S.W. VAN BUREN, TOPEKA

**THIRD THURSDAY OF EACH MONTH  
PROSTATE CANCER SUPPORT GROUP**

The Prostate Cancer Support Group is for survivors, family members and anyone who is interested in learning more about pros-

tate cancer. RIEKE AUDITORIUM, KU MEDICAL CENTER, 7-9 PM

**FOURTH FRIDAY OF EACH MONTH  
AARP CHAPTER 1696 LUNCHEON**

Group meets fourth Friday of each month except in July, November and December. Luncheon is held on third Friday in November. Reservations required at least one week prior to meetings. LAWRENCE COUNTRY CLUB  
785-842-0446 or 785-865-3787

**DEC 4  
WOMAN'S CLUB**

Holiday Coffee/Brunch. The "Nutcrackers" by Joan Shufelberger, collector. Josh Valdiva, Aboud's Chef, will speak at 11:15. Lunch at 12:00. Reservations required by Tuesday before brunch. TOPEKA, 785-273-6978

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

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

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# BOOKSHELF

By Margaret Baker

Henry Kisor: *Season's Revenge* (Forge, \$19.95, ISBN 0-765-30666-2). *Mystery*

It's the holiday season in Michigan's Upper Peninsula when avid woodsman Paul Passoja is killed by a bear. Deputy Sheriff Steve Martinez wonders why so skilled an outdoorsman would be so careless with bacon grease. His investigation leads to trouble and his own confrontation with these furry lords of the timber wilderness.

Steve is a Native American adopted and raised by a white family; he does not feel at home in either world.

For history buffs, Kisor uncovers one of those bits of history so common yet unique in a land peopled primarily by immigration. In the 1930's, the Soviets enticed skilled Finnish-American craftsmen to return to Kerelia, a Finnish-speaking part of the U.S.S.R. Most disappeared into the Gulag, and their families were left without the breadwinner. Folks remember the people who bought family lands for a pittance when the widow and children couldn't keep up the taxes.

The plot is taut and the characters very well drawn.

Anne de Courcy: *Diana Mosley* (Wm. Morrow, \$25.95, ISBN 0-06-056532-2) *Biography*

Diana Mitford, beautiful daughter of eccentric British socialites David and Sydney Freeman-Mitford, married the heir to the Guinness brewing empire at 18, and bore two sons. At 22, she met Sir Oswald Mosley, admirer of Mussolini, and the leader of the British Union of Fascists and left her husband for him.

Adolf Hitler was a guest at their wedding four years later in the Goebbels' drawing room. His wedding gift was a silver-framed portrait of himself.

When WWII broke out, the Mosleys were first imprisoned and then detained for the duration. After the war, Oswald accepted the failure of fascism, but his wife died at 93, unrepentant.

The author had full access to Diana and her papers, with the

stipulation that nothing be published in her lifetime. Thus this is an exceptionally clear picture both of the English Fascist movement and the social strata of England at this time.

Jill Churchill: *Bell, Book, and Scandal* (Wm. Morrow, \$23.95, ISBN 0-06-009797-3) *Mystery*

Fourteenth in the Jane Jeffries series. She's finally finished the draft of her first mystery, and her best friend Shelley suggests they attend a nearby mystery writers convention. Maybe she'll find an agent, or, hope of all hopes, a publisher.

When the lead speaker, an editor best known for squashing writer's egos, slumps to the floor stricken by a poisoned chocolate, Jane springs into investigative mode.

Churchill is the pseudonym for a Kansas City area author. Although she sets the series in an upscale Chicago suburb, the characters of the publishing world are universal.

Gilliam Bradshaw: *Render Unto Caesar* (Forge, \$27.95, ISBN 0-765-30653-0) *Historical adventure*

Mild-mannered Hermogenes, a Greek living in Alexandria, goes to Rome to collect a debt he has inherited from his uncle and father in the year 16 B.C.

He is not prepared for the disdain Romans feel for Greeks and Egyptians. Worse, the man refusing to pay is one of Rome's consuls. Being dunned by a "mere Greek" is unthinkable, but Hermogenes does have proof of the debt. The Roman thinks a spot of murder would serve his dilemma nicely.

Bradshaw slides the reader painlessly into the period. Hermogenes, slavery, and lady barbarian gladiators all come to life. A swiftly moving story, well told.

#### Paperback Picks

Denise Swanson: *Murder of a Barbie and Ken* (Signet, \$5.99, ISBN 0-451-21072-7) *Mystery*

Fifth in the series following school psychologist Skye Dennison in small town Scumble River. Skye and coroner/boyfriend Simon join a local social club. So Skye finds herself having to attend an Instant Gourmet party given by Barbie, wife of club president Ken. To make mat-

ters worse, Simon's mother, a Vegas dancer named Bunny who left the family decades ago, has ensconced



herself in Skye's home while she tries to rekindle the family circle.

When Skye drives by the next day to pick up her order, she finds Ken and Barbie strangled. The person who finds the body is always a suspect, so Skye gets to work investigating.

Great fun, great wit—what more can you say about an author who describes someone: "If brains were

chocolate, he wouldn't have enough to fill an M&M"!

Taffy Cannon: *Open Season on Lawyers* (Perseverance Press, \$13.95, ISBN 1-88028451-0) *Mystery*

Perseverance Press is one of a number of small presses coming to the rescue when many major publishers cut their mystery titles. They consistently find bright new authors like Ms. Cannon. Thank heavens!

Someone has killed the sleazy L.A. lawyers. It takes a while before anyone notices, because the killer

CONTINUED ON PAGE 13



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# BOOKSHELF

CONTINUED FROM PAGE 12

kills each in a manner connected with his sleazy specialty. When the press realizes the case, they dub him The Atterminator. LAPD Detective Joanna Davis may agree with his choice of candidates, but murder is murder, and she's hot on the trail. A bit too close for her own good.

The plot is great, the pace is fast, and Joanna is a protagonist to get under your skin.

•  
Have you got someone on your list who loves mysteries, but you don't know their favorite authors, or which ones they already have? Consider either of these:

Jo Grossman-Robert Weibezahl: *A Taste of Murder* and *Second*



*Helping of Murder* (both from Poisoned Press, \$19.95, ISBNs 1-59058-076-1 and 1-59058-077)

Either of these compilations of recipes from mystery authors

would be a sumptuous gift. Each recipe is introduced by its author, alone well worth the price. Each is hard cover with an attractive cover, and has about 200 pages, including an index.

•  
Of course, you aren't going to turn down sampling the results.

•  
*The Ears Have It* (Books on Tape)



Simon Winchester: *Krakatau* (Harper Audio, unabridged, 8 cassettes, read by author). *Nonfiction*

Krakatoa blew itself and its island to smithereens August 27, 1883. The sound was verified to have been heard just under 3,000 miles away, barometric readings indicated the sound waves circled the world almost 7 times, tidal measurements as far away at the English Channel recorded the sea wave.

Winchester starts the story with the history of the Indonesian archipelago, concentrating on the colonial efforts of Portuguese, English and Dutch. His sections on the actual eruptions are breathtaking, as is his account of the long-term aftereffects.

Krakatoa emerged above sea level in 1926—and it is still growing.

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



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# PUZZLES

TMSpuzzles@aol.com

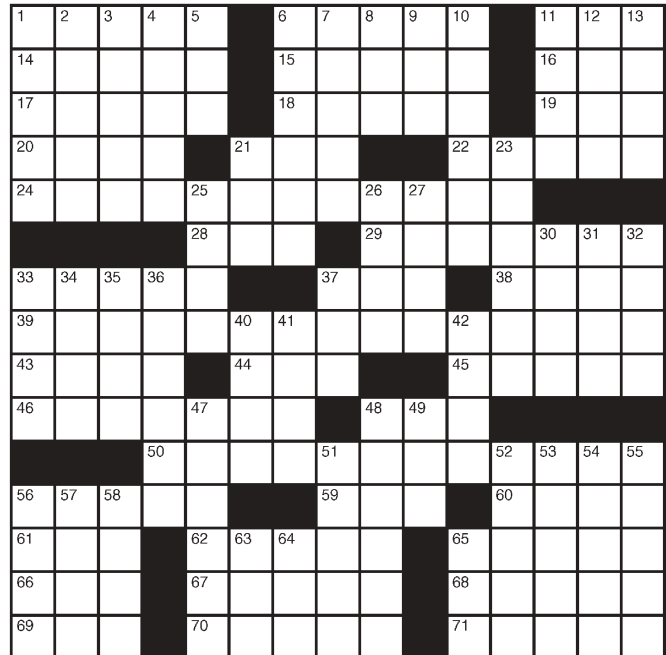
## ACROSS

- 1 Meager
- 6 Approximately
- 11 Med. personnel
- 14 Congressional staffers
- 15 Be in opposition
- 16 Tic-tac-toe win
- 17 Mental picture
- 18 Spud
- 19 Mil. group
- 20 Head of France
- 21 Martini ingredient
- 22 Quaking tree
- 24 Start of the last hour
- 28 Beat a retreat
- 29 Passage between buildings
- 33 Singer Lopez
- 37 Beattie or Blyth
- 38 Director Hooper
- 39 Dicer's cry
- 43 From the top
- 44 Swiss peak
- 45 "Waiting for Lefty" dramatist
- 46 Taking five
- 48 Pointed tool
- 50 Sinatra movie
- 56 Butcher's cut
- 59 Gives the go-ahead
- 60 Eternal City
- 61 Attila, e.g.
- 62 Allman brother
- 65 Preserved
- 66 Feeling poorly
- 67 Below
- 68 Assisted

- 69 Firmament
- 70 Bothersome ones
- 71 Author of "One Flew Over the Cuckoo's Nest"

## DOWN

- 1 Malicious ill will
- 2 Desert ride
- 3 Striped gem
- 4 Israeli desert
- 5 Mao \_\_\_-Tung
- 6 Movement
- 7 Mont of the Alps
- 8 Feed-bag tidbit
- 9 Employ
- 10 Ancient Balkan region
- 11 Fasten, as buttons
- 12 Fragrant bloom
- 13 Any day now
- 21 Wildebeest
- 23 Did figure eights
- 25 Poet's Ireland
- 26 Lois of the "Daily Planet"
- 27 Caen's river
- 30 Used a loom
- 31 Act as a lookout, e.g.
- 32 Hankerings
- 33 Peter the Great's title
- 34 Actress Russo
- 35 Currier and \_\_\_
- 36 Sir Isaac and Juice
- 37 Stereo part, for short
- 40 Walking stick
- 41 Gymnast Korbut
- 42 Slump lazily
- 47 Froze over



By Gerald R. Ferguson  
Portland, OR

- 48 Inviters
- 49 Jazz guitarist Montgomery
- 51 Song for nine voices
- 52 Comic Kovacs
- 53 Invalidates
- 54 Awards host
- 55 Poverty-stricken
- 56 The one here
- 57 Weightiness
- 58 Exclusively
- 63 French one
- 64 Want \_\_\_
- 65 \_\_\_ Ridge Boys

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Answers on page 19

## MAGICWORD

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

### WHAT'S ON TV (sol.: 13 letters)

A-*Alias*; All My Children; *Amazing Race*; *Arthur*; B-*Baseball Tonight*; *Becker*; *Biography*; C-*Charlie Rose*; *Charmed*; D-*Disney*; E-*Everwood*; F-*Frasier*; *Friends*; *Frontline*; G-*Gumby*; H-*Hey Arnold*; K-*King of Queens*; L-*Larry King*; M-*Monk*; N-*Nova*; O-*Oswald*; P-*Primetime*; *Punk'd*; R-*Reba*; *Rugrats*; S-*Scrubs*; *Sesame Street*; T-*True Life*; W-*Wiggles*; Z-*Zoom*

This month's answer **TRADING SPACES**

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

## JUMBLE

THAT SCRAMBLED WORD GAME  
by Henri Arnold and Mike Argirion  
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Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

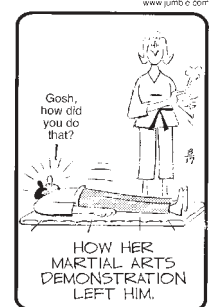
OOCCA

RAXOB

GEULED

TEFNIC

Print answer here: ○○○○○



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

Print answer here: ○○○○○

Answers on page 19

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14 SeniorMonthly, December 2003

## TRIVIALITIES

1. The 2003 film "The Human Stain" is adapted from whose novel of the same name?
2. Who portrayed Virginia Woolf in the 2002 film "The Hours"?
3. Lars von Trier wrote and directed what 2003 film starring Nicole Kidman, Ben Gazzara and James Caan?
4. Who directed the 1998 film "Practical Magic"?
5. What 1996 novel based on a Henry James novel starred Nicole Kidman and John Malkovich?
6. George Clooney starred as Col. Thomas Devoe in what 1997 film?
7. Nicole Kidman has been nominated twice for a best actress Oscar. How many Oscars has she won?

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Answers on page 19



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# HUMOR

## It's déjà vu all over again

Psssssst! Listen. I know where Saddam Hussein is hiding and where the weapons of mass destruction are stashed. I could tell you right now, but I'd get myself in big trouble.

If I revealed that information at the beginning of this column there would be a pre-dawn raid on my house, men in black from the dreaded N.D.U.W.M.B.S. would batter down my door, burst into my bedroom, and drag me off into the night.

You have probably never heard of the NDUWMBS, but you see evidence of its existence every day of



Larry Day

your life. When you first get up in the morning and turn on the television the NDUWMBS is at work.

Often the first thing you see on the screen is an announcer saying, "There's a new drug that could save your life. Get details tonight at six." Switch channels and you'll see an announcer who says, "You're going to have real trouble driving to work today, learn why after this brief message."

Throughout the day you'll see titillating snippets of juicy information that come with a promise to tell you more in a little while. Even if it would take only 10 seconds to tell you right then, they won't tell you—until later.

But don't blame me, or other media worker bees, for this maddening practice. We're just trying to stay alive and not get kidnapped and tortured by the dreaded goons of the NDUWMBS. The name of this powerful organization is the No Details Until We Make a Buck Society. Do you think the Mafia is dangerous? Do you think KU athletic ticket policies are Machiavellian? Do you think Kim Jong Il is a tyrant? Compared to the NDUWMBS, those folks play patty cake and ring around the rosy with two-year-olds. The NDUWMBS is everywhere, and it means business.

I AM going to tell you where Saddam Hussein is hiding, and where the weapons of mass destruction are

stashed. That will make the federal government very angry, of course, but it won't get me in trouble with the NDUWMBS. As long as I string you along for another few more paragraphs, the NDUWMBS will let me and my family live. But if I blab the information before the end of the column, I could end up on a shelf in the dog food section of your local supermarket. Those guys play rough.

So first let me tell you how I learned where SH is hiding, and where the WMD are hidden. That will also explain the title of this column, "Déjà vu all over again." Do you remember the *Saturday Evening Post*? It was a great old magazine. Several years ago the *Post* published an article that alleged that a famous Alabama football coach had colluded with a Georgia football coach to fix a game between the two teams. In the article the *Post* claimed that a man in Georgia had picked up his telephone and had somehow gotten patched into a conversation between the Alabama coach and the Georgia coach. The man claimed he listened to the conversation and took notes. Then he got in touch with the *Post*. The *Post* supposedly checked it all out, and then ran the article. It caused a sensation.

Well, déjà vu, folks, that's what happened to me. I picked up the receiver the other day and was patched into an ongoing telephone conversation. One of the people on the phone was the medium who used to tell Ronald and Nancy Reagan when to go on trips and when to stay home, when to eat sushi and when to eat cannelloni. The person on the other end was a National Security Agency operative whose code name was Poke (as in cowpoke). Poke was telling the medium that he didn't believe in mediums.

Medium: "Then why did you call me?"

Poke: "Orders from the Boss. She says we've got to try everything, but I think it's bunk. What's more, I think what you do for a living is wicked and sinful."

Medium: "Well, Poke, that's what a lot of people think, but Ronnie and Nancy were pleased with my work, and I'm still in business. That says something."



A pluggger exercises by mowing the grass.

Poke: "If you say so."

Medium: What does your boss want to know?"

Poke: "We want to know where Saddam Hussein is hiding, and where to find those darned WMD's."

Medium: "Whoa. That's a tough one."

Poke: "I knew you'd say that. I knew you couldn't do it. It's all bunk."

Medium: "Hold on, cowboy. Give me a chance to try."

Poke: "Okay, but can you hurry it up? Time is running out."

Medium: (she seemed to be speaking from a trance) "I see palm

trees...I feel warm breezes...I smell cigar smoke. A man with a beard is haranguing a large crowd. There are banners and flags..."

Poke: (interrupting) "Hot Dog! Hot diggity dog. I knew we'd find a way to liberate Cuba from that commie creep. Thank you! Thank you very much ma'am. Now if you'll excuse me, we have an invasion to plan."

So now you know, and I'm safe. I think.

- 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.

# PET WORLD

## Beware of buying pet medications online

By Steve Dale

Q: Our 14-year-old cat has been ill and on medication. We're going out of town for three days on business and our neighbor has agreed to come in and give Spanky her medication. Our veterinarian offered to watch her, too, but Spanky hates it at the vet's office. Which is the best option? — S.H., Kannapolis, N.C.

A: Most cats are happier at home, and especially since Spanky is older I'd leave her where she feels most comfortable. I assume your neighbor is a responsible person. If you have any doubts about this, consider hiring a professional pet sitter. Some veterinary technicians and veterinary assistants house-sit in their off-hours. Be sure to leave out your vet's name and phone number, and the location of the nearest emergency clinic, should Spanky require additional care.

Q: Please comment on Web sites offering pet medications at substantially lower prices than veterinarians. Are these products safe and effective? Are they (pharmaceuticals) knock-offs of the real thing? Are the sites reputable? Our vet refuses to give us a written prescription (to buy online). Is this right? — S.G., Houston, Texas

A: First off, although the Internet may be a substantially less expensive place to buy medications, there's no guarantee you'll save money overall, especially after you pay shipping charges. "The drugs sold (via Internet sites) are often diverted from Asia or Australia," says Dr. Sheldon Rubin, of Chicago, former chair of the public relations council of the American Veterinary Medical Association. Also, some veterinarians are themselves guilty of buying product in bulk from pharmaceutical companies, then re-selling to other dis-

tributors, such as web sites.

"In some countries, there are different standards (concerning manufacturing, storage, etc.), and there's no control over what happens as the drugs make their way to consumers," Rubin adds.

While Rubin isn't aware of counterfeit product, per se, medications and other products purchased online may be outdated, since dates aren't always required on packaging. In some instances, there are confirmed reports of expiration dates being illegally changed on packaging for products purchased online.

This is why, in most cases, pharmaceutical companies will only provide support for products purchased directly through veterinarians. That's important to know, in case a flea medication doesn't work, or a heartworm preventative is suspected of causing a side effect.

"Truly, in some cases, it's important for a veterinarian to be involved in the decision of the product being used," Rubin notes. "For example, the veterinarian may also feel protection against hookworm is important, and there are specific heartworm products that also do just that. Still, I would never refuse writing a prescription. Or do what some veterinarians do, and that's to charge for writing prescriptions filled over the Internet. Of course, those sorts of decisions are up to individual practitioners."

At least for now, you have to balance how much money you save against the risks of buying flea and heartworm products through sources other than your veterinarian.

(Write to Steve at Tribune Media Services, 435 N. Michigan Ave., Suite 1400, Chicago, Ill., 60611. Send e-mail to [PETWORLD@AOL.com](mailto:PETWORLD@AOL.com). Include your name, city and state.)

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## Getting Married?

Don't begin your plans until you have a copy of the Kaw Valley Wedding Planner!



Available at the following locations:

BALDWIN CITY	LAWRENCE (cont.)	MERIDEN
Cranberry Market Floral & Gift 106 6th St.	Merle Norman Cosmetics 10 E. 9th St.	Kansas State Grange 7481 74th St.
Quilters' Paradise 713 8th St.	Midwest Transportation 792 N. 2nd St.	TOPEKA
S & J Catering 309 Ames St.	Prairie Patches 821 Massachusetts St.	Capitol Plaza Hotel 1717 SW Topeka Blvd.
LAWRENCE	Pure Elegance 1405 Massachusetts St.	Randall's Formal Wear 1700 SW Wanamaker Rd.
Bitter Sweet Garden & Floral Design 514 E. 9th St.	Regal Nails 3300 Iowa St. (Inside Wal-Mart)	<b>Additional locations will be added before the beginning of 2004.</b>
Dermatology Center of Lawrence 930 Iowa St., Suite 6	Steve's Place 31st & Louisiana Sts.	An online version of the Kaw Valley Wedding Planner can also be viewed at <a href="http://www.kawmall.com/weddings">www.kawmall.com/weddings</a>
Eagles Lodge 1803 W. 6th St.	Sunflower Rental 3301 W. 6th St.	
Elegant Grace (Opening in 2004) 3727 W. 6th St., Site D	TeamOne Real Estate 5200 W. 15th St., Ste 201	
Englewood Florist 1101 Massachusetts St.	Travellers, Inc. 831 Massachusetts St.	
Knights of Columbus 2206 E. 23rd St.	Walker's Fine Jewelry 4931 W. 6th St.	
Legionnaires 3408 W. 6th St.		

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ADVERTISING



# MY ANSWER

## Don't become a slave to money

By Billy Graham

**QUESTION:** Is it a sin to be rich, or to make it your goal to do well financially? I just graduated from business school a few months ago and I'm in my first job, but this kind of worries me. — P.N.

**ANSWER:** Some of the greatest men in the Bible were people of great wealth (such as Abraham, Job and King David) — and some of the worst people in the Bible also were men of great wealth. The problem, you see, is not money in itself; the problem is our attitude toward our money.

Riches become a sin when we become consumed by them — when we become so preoccupied with them that they rule our lives. When that happens, we become a slave to our money, instead being its master. If you look around you, or even read the business headlines today about corporate greed, you will discover many people who've fallen into that trap.

To put it another way, money becomes a sin when it becomes our god — that is, when it takes God's

rightful place in our hearts. This is why Jesus warned, "No one can serve two masters...."

You cannot serve both God and Money" (Matthew 6:24). The Bible warns, "For the love of money is a root of all kinds of evil" (1 Timothy 6:10).

How can you guard against this?

First, make sure of your commitment to Christ as your Lord and Savior. Then ask Him to keep your heart pure, and to help you avoid greed and covetousness. The world, with all of its riches, will one day come to an end. Make it your goal instead to follow the Bible's words: "store up for yourselves treasures in heaven" (Matthew 6:20).

(Send your queries to "My Answer," c/o Billy Graham, P.O. Box 1270, Charlotte, N.C., 28201; call

1-(877) 2-GRAHAM, or visit the Web site for the Billy Graham Evangelistic Association: [www.billygraham.org](http://www.billygraham.org).)  
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## Nifty, Nifty Look Who's 50!

The following celebrities  
turn 50 in December:

- Dec. 6 **Tom Hulce**, actor, *Animal House*, *Amadeus*
- Dec. 8 **Kim Basinger**, actress, *9 1/2 Weeks*, *Cool World*
- Dec. 9 **World B. Free**, NBA star
- Dec. 9 **John Malkovich**, actor, *Dangerous Liaisons*, *In the Line of Fire*
- Dec. 31 **Jane Badler**, actress, *Falcon's Crest*

Like to wish your own "celebrity" a Happy Birthday? Place a 1/12-page or larger birthday ad for a relative or friend, and we'll include a one year subscription to Senior Monthly for the birthday girl or boy!

## Restaurant Guide

### IMPERIAL GARDEN 聚豐園

Delicious Chinese Food. Eat In or Take Out.  
Mon.-Sat. 11 a.m.-9 p.m., Closed Sundays  
10th & Kansas Ave. • Topeka • 785-357-1688

Serving Topeka Since 1969  
Open 7 Days A Week  
6:00 a.m.-3:00 p.m.  
1034 S. Kansas Ave.  
785-232-1111

### THE ÉLAN GRILLE Steaks and Seafood and Lounge

Mon.-Fri. 11 a.m.-10 p.m., Sat. 4-10 p.m.  
1301 SW Gage Ave. • Topeka • 785-271-6276

### Chic-A-Dee CAFÉ

"Good Home Cooked Food"  
Mon.-Fri. 6 am-8 pm, Saturday 7 am-8 pm  
3036 SE 6th • Topeka • 785-233-0216

宝 TAKARA  
Japanese Fine Dining & Sushi Bar  
Mon.-Sat. 11 a.m.-10 p.m., Fri. & Sat. 11 a.m.-12 a.m.  
1221 S. Gage Ave. • Topeka • 785-271-6889

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



Include Your Business  
or Organization's  
Listing for just

# \$25<sup>00</sup>

Deadline is  
December 15.

Call Kevin at 785-841-9417  
for more information.

## Reserve Your Space Today

For the "2004 Senior Resources Directory," a special pull-out section that will be available in the January 2004 issue of *Kaw Valley Senior Monthly*.

Please mail completed form to Kaw Valley Senior Monthly, 2612 Cranley St., Lawrence, KS 66046, or fax it to 785-749-4691.

Business/Organization Category: \_\_\_\_\_  
Business/Organization Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_ Fax: \_\_\_\_\_  
E-mail: \_\_\_\_\_ URL: \_\_\_\_\_  
Contact Names (up to 3): \_\_\_\_\_

Place Your  
Logo Here

Logo will run at a maximum width of 2.25" and a maximum height of 1"

Description of your services and/or products (up to 75 words)

Instead of, or an addition to, a directory listing, I would like to run a display ad at a special rate.



# Buy 1 Get 1 50% Off\*

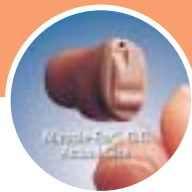
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### LIMITED-TIME SPECIAL SAVINGS!

**Buy 1, Get 1 50% Off.** Hurry in and take advantage of this Year-End Sale with substantial savings on top-of-the-line Miracle-Ear® digital hearing aids—any size! With the combination of miniaturization and digital hearing aid technology, you can expect some of the clearest sound quality available in recent history. Miracle-Ear® digital hearing aids provide so many benefits, you need to hear them for yourself. **Call today!**

\* Good at participating Miracle-Ear® locations only. Special offer applies to purchases of same make and model. 50% discount applies only when first aid is purchased at the regular list price. No other discounts or offers apply. Offer good only on our ME-1 Solution package. Offer expires 12-19-03.



*Make your appointment today for  
a FREE Hearing Analysis!*

**Miracle-Ear At SEARS**  
2727 Iowa St.  
Lawrence, KS  
785-842-0880  
800-522-1149

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1301 SW 37th St.  
Topeka, KS  
785-228-1470  
800-949-5321



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