

Kaw Valley Senior Monthly

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Serving Active Seniors the Lawrence-Topeka Area

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INSIDE



Coalition started by the late Dr. Emily Taylor receives grant to help carry out its mission. - page 2



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FREE



Riley Winkler

KEVIN GROENHAGEN PHOTO

Winklers find new careers in tire business after 'retiring'

By Billie David

When Riley and Sara Winkler retired from government work, they knew that they still wanted to be challenged and to contribute to their community, so they opened their own business, Tires & More, on the corner of Highway 56 and Second Street in Baldwin City.

"There was just not enough to do in retirement," Sara explained. "Part of our background was in public service and we still felt we had something to give to our community. It comes from having been in local government and knowing that communities are built by people, with everybody doing their part."

The public-service background Sara was referring to included county commissioner for Riley and registrar of deeds for Sara, and the couple was also involved in agri-

business, from which they are semi-retired.

The Winklers decided to go into the tire business after considerable

brainstorming. "We looked and tried to come up with something, and we thought this might be good thing to

CONTINUED ON PAGE FOUR

JSSE seeks volunteers

The Jayhawk Support Services for Elders program is currently seeking volunteers to provide financial management assistance to seniors, age 60 or older. Bill paying, checkbook balancing, and asset management can be overwhelming to those having difficulty adjusting to impairment, recent death of spouse, or changing financial circumstances.

Volunteers are screened, trained and bonded. Training session topics include financial and legal issues which effect today's older

person. For more information about this rewarding one-on-one volunteer opportunity, or to sign up for the training to be held at your convenience, call Ted Tannehill, JSSE Project Coordinator, 785-354-8531.

JSSE is a non-profit organization funded by the United Way of Greater Topeka, the Older Americans Act through the Kansas Department on Aging, and Jayhawk Area Agency on Aging. Our program provides services to seniors who reside in Shawnee, Douglas, and Jefferson counties.



Lawrence Caring Community Council receives grant

By Billie David

The Lawrence Caring Community Council, an organization that was formed to assist people in making end-of-life decisions, has received a \$10,000 grant to help carry out its mission.

The council, which is in the process of changing its name to the Lawrence Area Coalition to Honor End-of-Life Choices, or CHEC, applied for the grant under the guidance of its creator, Dr. Emily Taylor, who wanted to provide resources and support for people to make their own decisions concerning chronic illness and end-of-life care.

"There is a wide range of folks on the coalition who all come together and discuss end-of-life care in Lawrence," said CHEC chair Julie Prideaux, who is also communications coordinator for Midland Hospice.

The grant will be used in conjunction with similar grants to 31 other organizations in Kansas to implement the Kansas LIFE (Living Initiatives for End-of-Life Care) project.

The project has a three-pronged approach, Prideaux explained. The first approach is aimed at public policy and legislation regarding end-of-life issues, while the second approach is to encourage citizen input and to provide information to empower people to make end-of-life decisions. The third approach is to work with healthcare professionals to improve their expertise in providing end-of-life care.

For the Lawrence coalition—with the help of the grant—this will include informing people about the resources available in the community, improving communication among healthcare workers concerning end-of-life issues, and encouraging people to discuss decision making related to chronic illness or death.

"We're hoping to set up a local resource center so that people can go to one place to find information on anything they need for end-of-life issues, including grief, spiritual life, paperwork, legal council and medical resources," grant coordinator Boo Tyson said. "We want to have a space at the Lawrence Public Library to create a one-stop shop for information."

Included in the resource center would be information about Advance Care Directives. Also known as living wills, these are documents that allow people specify whether they want to be kept on artificial life support if they ever become permanently unconscious or otherwise unable to speak for themselves.

"This helps lift the burden from other family members who would otherwise have to make those decisions for you and ensures that your wishes are honored. It's about comfort and dignity—and the family can be at peace knowing they are honoring that person's choice," Tyson explained, adding that it also helps prevent fighting among family members who may not agree about what course of action would be best to take under such difficult circumstances.

Another issue that CHEC is examining concerns how a person should keep the paperwork once they have drawn it up. Many people keep it on their refrigerators along with assorted notes, children's art and grocery lists, where it can easily be overlooked.

"We want to devise a campaign to put a sticker on the front door to inform emergency workers where the paperwork is," Prideaux said. "It's important, in addition to your signing the paperwork, that they know where to find it."

"Some people carry their own or their spouse's paperwork in their wallets in case of accidents," Tyson added.

The grant comes from the Robert Wood Johnson Foundation through the National Hospice and Palliative Care Organization. It is part of an effort by more than 350 community and state coalitions that are working together to improve end-of-life care and awareness among all concerned groups, including hospitals and other healthcare organizations, hospices, physicians, workplace officials, religious leaders, local government and community-based organizations.

In Kansas, the statewide coalition is called the LIFE Project, which

began in 1998 when concerned individuals and groups met together and agreed to work to improve end-of-life care for Kansans.

There are over 50 LIFE Project Partners in Kansas, including AARP Kansas, the Associations of Kansas Hospices, Center on Aging at KUMC, Kansas Board of Emergency Services, Kansas Department of Health and Environment, Kansas Humanities Council, Kansas League of Women Voters, the Kansas Department of

Social and Rehabilitation Services, and the KU Medical Center.

Members of the public who are interested in end-of-life issues are invited to attend CHEC meetings. The group meets at 3:00 p.m. on the first Tuesday of the month at Lawrence Memorial Hospital. The meeting room is posted on the announcement board, or people can call 342-6278 as well.

"Anybody is welcome to come," Prideaux said.

Taylor's legacy includes Lawrence Caring Community Council

Dr. Emily Taylor, one of Lawrence's outstanding citizens, worked hard supporting the causes she believed in, and one of them, the Lawrence Caring Community Council, recently received a \$10,000 grant to help area residents deal with end-of-life issues.

"Emily, who passed in May, started this coalition," said Julie Prideaux, chair of the council and communications coordinator of Midland Hospice. "She was an outspoken advocate of end-of-life care."

Dr. Taylor's belief in dealing with end-of-life issues resulted in her preparation for her own passing.

"She had advance directives and her sister had power of attorney," Prideaux said. "When the ambulance came, her sister had the paperwork and 'Do Not Resuscitate' instructions in hand, and she gave it to the paramedics."

"They have walked the walk. The things we're talking about, they did," added grant coordinator Boo Tyson.

"One of the best ways to honor Emily is for people to know about the council and for people to make decisions about their own healthcare, and for this effort to continue for years to come," she continued. "We're going to die. People we love are going to die. It's a reality of life."



Dr. Emily Taylor

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Winklers

CONTINUED FROM PAGE ONE

do," Riley said.

The next step was doing research, and plenty of it. They contacted other tire businesses, whose owners gave advice, shared information with them and told them of other useful contacts. They also joined the Mid-American Tire Dealers Association and received valuable information from them, and one of their tire distributors was quite helpful as well.

The research paid off. "There is not much we'd change," Sara said.

Riley agreed. "The potential for success is very good," he explained. "It has beaten our expectations in the two-and-a-half years we've been here."

Tires & More sells new and used tires, fixes flats, and offers other services such as oil changes, brakes, alternators, headlights and taillights.

"We'll go out and jumpstart cars to get people going, and we'll bring an air bomb to air up your tires so that you can bring the car here. Part of the enjoyment in our work is helping people out," Riley said.

That includes helping Baker students who are away from home and sometimes don't know what to do, Sara added, as well as educating people about what their vehicles need and setting up a waiting room with an eye for comfort and ways for children to amuse themselves. It also includes creating jobs for others.

"We have been very fortunate. Our employees have been excellent," Sara said. "And we have had high school boys who work with us and then go off to college."

The Winklers have already seen new trends in the tire industry in the short time they have been involved—one of the major ones being the rapid change in tire sizes.

"They are changing tire sizes continuously," Riley said.

What that means for customers is that when they buy a new car, while they may be intent on looking at the car's performance and interior design, they would also be well advised to look at the tires.

Otherwise they can run into trouble, because if the tires are low-profile, high-performance tires—which are currently very popular—they may present an expensive surprise when the owner has to replace them at a cost of \$300 each.

"That's \$1,200 for a set of new tires on a SUV," Riley said. "That's been kind of an eye-opener for us. That's part of the sticker shock."

"And once a car has that tire on it,

we can't put a tire with a lower speed rating on it because it changes the car's performance," Sara added.

The Winklers, who have enjoyed their post-retirement experience with Tires & More, believe that other retirees who wish to can also keep active in the world of business. But in a culture that places a primary focus on younger people in the workforce, seniors are often hesitant to inquire about work, Sara observed.

"If you go into a business and like what they're doing, ask them 'do you need any part-time help?'" she said.

"If you start a conversation, you may find out that they don't, but they might know somebody who does. And they might tuck the information away to use later, or share it with someone else. Don't undervalue yourself. You have so much to offer."

And there are plenty of companies who would rather have older employees because of their work ethic, Riley added.

As for the Winklers, they do not regret their choice, even though it has meant plenty of research and

hard work.

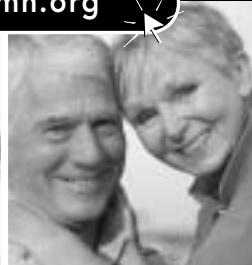
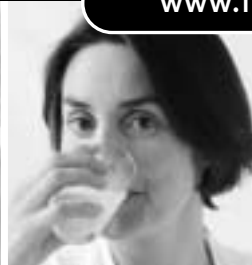
"I feel like we've made a lot of friends, and we've had the enjoyment of working with a lot of people," Riley said. "We keep on top of everything. Every day there's a new challenge."

One of the things Sara appreciates the most about their venture is that they have had the opportunity to have a close look at what it takes to run a small business.

"It is a growing experience," she said. "I hope I never stop learning. There is satisfaction in that."

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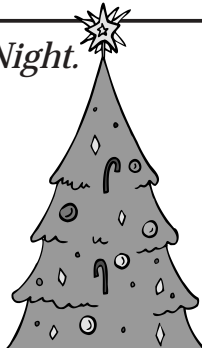
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Fighting knee pain and arthritis

Arthritis can be a pain in the knee. Half of everyone over 65 is said to have arthritis in one or more joints—and for people over 80 the number is 75 percent. Knee arthritis in particular is a very common cause of pain. The problem is that arthritis can stretch the ligaments in the knee until it bends outwards or inwards. This is a painful condition that may ultimately require joint replacement. But surgeons say that replacement surgery should be delayed as long as



Laura Bennetts

possible, and that other treatments should be tried until surgery is truly unavoidable. No one, of course, is eager to have surgery. And as excellent as surgical skills and technologies have become, replacement joints may not last longer than 15 or 20 years.

Luckily, there are other treatments to help strengthen your knee and keep you active.

Step 1: Consult Your Doctor

Not all knee pain is caused by arthritis. If you suffer knee pain, you should see your doctor to learn the cause. Knee pain can be caused by conditions such as irritated knee caps, torn ligaments or cartilage, or inflamed tendons (tendonitis). You need to know exactly why you hurt to get the right treatment and reduce stress on the joint.

Coping With Arthritis

Often, of course, knee pain is caused by arthritis. So if your knees hurt, you may need to understand and cope with arthritis. Basically, arthritis causes degeneration of the knee joint. The cartilage (meniscus) that absorbs shocks can be worn down, leaving bone pressing on bone. Arthritic inflammation can make the smooth shiny bony surfaces of the joint rough and pitted. The tendons and ligaments that keep the knee joint stable can swell up, making walking painful and difficult.

None of this is much fun. And we're still largely in the dark about why some people are unusually susceptible to arthritis, or why arthritis affects knees more than the other leg joints. But fortunately we do know a lot about treating knee arthritis, and

knee pain in general.

Treatment

Once your pain is diagnosed, you should seek treatment ASAP. Whether arthritic or not, painful knees grow weak and unstable, causing persisting pain. You have several non-surgical treatment options, including pain medications, anti-inflammatory medications, and physical therapy. The best and quickest results come from combining medications with therapy. One of the main benefits (and goals) of therapy is to enable you to cut down on your pain medications as you get stronger and your pain decreases.

Let's Start with Exercise

Exercise works wonders—or rather, YOU work wonders when you exercise.

Your physical therapist will help you exercise in the best way possible.

This will help you decrease your pain, increase strength, regain range of motion, and increase joint stability.

Therapists use modalities such as ultrasound, electrical stimulation and infrared light therapy to reduce joint swelling and pain. Exercise also increases the flow of synovial fluid in the joint, bringing nutrients through the increased blood flow. The muscles around your knee joint, when strengthened maximally, will work with your cartilage to absorb the impact on the joint when you walk. The joint parts will work together to make your knee stable and decrease the energy you need to walk.

Splash and Lift

Exercising in water is often good for people with knee and hip arthritis.

Water exercise builds muscular endurance. This improves your ability to move or exercise continuously—so that you can walk, say, 20 rather than 10 minutes. But water exercise alone does not strengthen you enough to restabilize the knee joint, which is vital for ease in walking. So you can further improve knee stability (for walking in snow, on stairs, or in other difficult circumstances) by exercising with weights or by doing standing exercises in the gym. The best exercises for enhanced stability include: standing toe raises, half squats, sitting leg presses, single leg exercises, and weight lifting.

Helpful Hints

Here are several other things to watch for if you have knee pain.

1. Back pain. People with knee pain often hurt their backs by bend-

ing at the waist to reach things on the floor. Better is to use a long-handled reacher.

2. Walking with a limp. If one knee hurts, you probably shift your weight to your other leg. But this may cause back or hip pain by causing you to walk with uneven steps or limping. Better is to use a cane (in the hand opposite the painful knee) to avoid limping.

3. Foot and ankle pain. If your knee bows inward or outward, your ankle and foot will suffer stress as well. You may benefit from improved arch support, or perhaps from an ankle or knee splint.

4. Falling. If your right knee hurts, you are more likely to fall to the right side if your knee buckles. You can decrease the chance of falling—and fracturing a hip or wrist—by using a cane in your opposite hand (in this case, the left hand).

Kneed Help? Get Help!

Knee pain shouldn't keep you home this winter. Treatment and proper exercise can make your knee stronger—and you'll feel better.

Enjoy a happy and healthy New

Year!

- Laura Bennetts, MS RPT, is a physical therapist with a masters degree from the University of Southern California and 22 years of professional experience. She co-owns Laurence Therapy Services LLC (785-842-0656) and Baldwin Therapy Services (785-594-3162). If you have therapy-related questions, please e-mail Laura care of laurabennetts@hotmail.com.



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Womens' Health

Rheumatoid arthritis

One of the most common and debilitating forms of arthritis, three-quarters of the 2.1 million Americans affected are women.

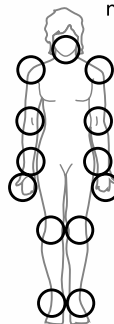
What is it

■ Inflammatory condition; autoimmune disease; body's immune system attacks tissue lining joints; no known cure

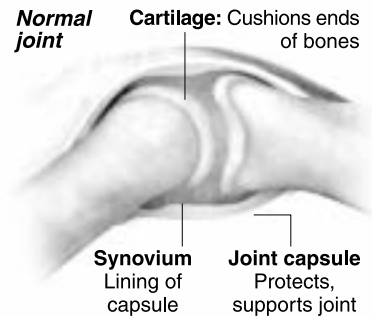
Joints that may be affected

■ Occurs symmetrically (both sides of body at once)

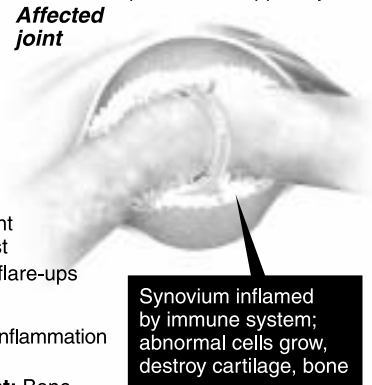
■ Wrist, finger joints closest to hands are often affected



Normal joint



Affected joint



Symptoms, signs

Can vary widely

■ 30 minutes or more of joint pain, stiffness after long rest
 ■ Fatigue, low fever during flare-ups

Treatment

Lifestyle changes, pain and inflammation drugs, surgery, monitoring

Reason for early treatment: Bone damage begins in first year or two of disease

Source: National Institutes of Health (U.S.), Mayo Clinic, American Heart Association, Arthritis Foundation (U.S.)
 Graphic: Judy Treible, Todd Lindeman

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HEALTH & FITNESS

Garlic: Ancient food, modern medicine

Garlic or *Allium sativum* is one of the most resourceful flavors to use in the kitchen. It not only tastes wonderful but it is very beneficial for body. Garlic is a member of the lily (*Liliaceae*) family and a cousin to onions, leeks, chives, and shallots. The bulb of the garlic is composed of smaller cloves. It's a root crop, with the bulb growing underground and harvested in mid-July and hung in sheds to dry before reaching their prime in late-July/early-August.



Dr.
Farhang
Khosh

There are over 300 varieties of garlic grown worldwide. American garlic is white and has papery skin is one of the most common varieties. Italian and Mexican garlic, both of which have pink- to purple-colored skins, are slightly milder-flavored varieties. Elephant garlic which has very large, extremely mild-flavored cloves is not true garlic, but a closer relative to the leek. An easy rule of thumb to remember regarding the potency of the flavor of garlic is: The smaller you cut garlic, the stronger the flavor. Chopping finely and/or pressing a clove exposes more surfaces to the air, causing a chemical reaction to produce that strong aroma.

Interest in the potential medical benefits of garlic has origins in ancient times. It is one of the earliest documented plants that was used in the treatment of disease and for the maintenance of health. Garlic has been found in the Egyptian pyramids and ancient Greek temples. There are Biblical references to garlic. Ancient medical texts from Egypt, Greece, Rome, China and India each documenting the prescription of garlic for medical conditions. In many cultures, garlic was administered to provide strength and increase work capacity for laborers. Hippocrates, the honored physician, prescribed garlic for a variety of conditions. Garlic was given to the original Olympic athletes in Greece, as perhaps one of the earliest "performance enhancing" agents. Garlic poultices were placed on wounds during World War II as an inexpensive and apparently quite effective replacement for an-

tibiotics, which were scarce during wartime.

It is native to Central Asia, and has long been a staple in the Mediterranean region, as well as in Asia, Africa, and Europe. Garlic was so highly-prized; it was even used as currency. And, of course, folklore holds that garlic repels vampires, protects against the Evil Eye, and warded off jealous nymphs said to terrorize pregnant women and engaged maidens. Surprisingly, garlic was frowned upon by the elite in the United States until the first quarter of the 20th century, being found almost entirely in ethnic dishes in working-class neighborhoods. But, by 1940, America had embraced garlic, finally recognizing its value. Currently, Americans alone consume more than 250 million pounds of garlic annually.

Medicine is starting to prove the medicinal properties of garlic. Studies have shown garlic can suppress the growth of tumors, and is a potent antioxidant good for cardiovascular health. Other studies show garlic can reduce LDL or "bad" cholesterol and is a good blood-thinning agent to avoid blood clots that could lead to heart attack or stroke (caution for people on blood thinner medicines). It has been used effectively in treating upper respiratory infections. As antimicrobial raw garlic extracts can kill a wide variety of microorganisms including fungi, bacteria, viruses and protozoa. The study presented in October 2000 by American Journal of Clinical Nutrition, shows that people who eat raw or cooked garlic run as estimated 50 percent lower risk of developing cancer in the stomach. It has also shows that risk of getting cancer in large intestine can be reduced by two thirds if you eat garlic regularly. Garlic also contains about 0.5 percent of a volatile oil that is composed of sulfur-containing compounds. Garlic's sulfur compounds, in addition to Selenium and Vitamins A and C containing compounds, make it a potent antioxidant, protecting cell membranes and DNA from damage and disease.

So as the holiday season descends upon us, cook a dish containing garlic, which will not only benefit you but your guests as well.

- 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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PERSONAL FINANCE

This holiday season, put investments on your gift list

This holiday season, try thinking outside the box—the gift box that is. Opening an IRA account in a child's name, gifting assets via an Uniform Gifts to Minors Act (UGMA) or Uniform Transfers to Minors Act (UTMA) custodial account, or even giving shares of stock may be wonderful ways to introduce children to the benefits of long-term



Steve
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and
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investing while giving you a break from holiday shopping stress.

Individual Retirement Accounts

If you have an enterprising son or daughter who has earned income through an after-school or summer job, you can help him or her open an IRA and learn about the power of tax-deferred investment growth. When setting up the account, a parent or another adult will be asked to cosign the paperwork accepting legal responsibility for investing the child's money. Remember withdrawals from traditional IRAs are subject to ordinary income tax. Withdrawals from Roth IRAs are tax free if made after age 59½. Withdrawals made prior to age 59½ may be subject to 20 percent withholding and a 10 percent federal penalty.

Once established, you and/or the child can contribute an amount equal to his or her income, or \$3,000—whichever is less—to an IRA this year. For 2005 through 2007, the contribution limit will increase to \$4,000 and continue to rise until 2008 when it reaches \$5,000.

Opening an IRA not only encourages your child to save more, but you can also help him or her choose from a wide range of investment options and track their progress over time. You can open either a traditional IRA or Roth IRA. The annual contribution limits are the same for both.

UGMA/UTMA Accounts

Under the UGMA or UTMA—each state uses one or the other—adults may establish and contribute to a custodial account in a minor's name without having to establish a trust or name a legal guardian.

An UGMA or UTMA account may be an easy way to give an investment gift to a child while potentially creating tax benefits. Although laws governing these accounts differ by state, in general, an adult can currently "gift" assets worth up to \$11,000—\$22,000 if you are married and the gift is made jointly—to minor beneficiaries each year without being subject to the gift tax.

In addition, investment earnings generated by the account receive favorable tax treatment. For instance, the first \$800 of earnings is tax free each year. If the child is under 14, earnings in excess of \$800 but not above \$1,600 are taxed at the child's rate. If earnings exceed \$1,600 for children under 14, the income is taxed at either the parents' rate or the child's rate—whichever is higher. If the child is older than 14, all income is taxed at his or her own, presumably lower, rate.

It's worth noting that the assets in an UGMA/UTMA account belong to the child, not to the contributor. When the child reaches legal adulthood at age 18 or 21, depending on the state, he or she is free to spend the money with no restrictions.

Stock Shares

In addition to gifting assets via UGMA/UTMA accounts, an outright gift of stock may be a good way to help a child develop sound investing habits while improving your own tax situation. Normally when you sell shares you pay capital gains taxes on the increase in value of the shares you've held longer than one year. (Gains on shares held for less than one year are taxed at ordinary income tax rates.) But when you gift shares, you pay no capital gains taxes on the gifted amount. Instead, the individual who receives your gift will be responsible for paying capital gains when the shares are sold.

Remember that shares will fluctuate in value and may be worth more or less than their original value when redeemed.

As with UGMA/UTMA accounts, you can currently give up to \$11,000 (\$22,000 if the gift is made jointly with a spouse) per recipient to as many people as you would like each year without triggering the gift tax.

Giving the gift of investing can provide rewards for both you and a child for years to come. Your gift may spark a lifelong interest in investing and plant the seeds of future financial security.

- Steve Lane and Garth Terlizzi are with LPL Financial Services in Lawrence. They may be reached at 785-749-1881.

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Do you suffer from migraines/headaches, Parkinson's disease, or any other central nervous system disorder? You should try this!

Craniosacral therapy was developed by Dr. John E. Upledger, a osteopathic physician.

Craniosacral therapy is used to detect and correct imbalances in the craniosacral system, which may be the cause of sensory, motion or neurological dysfunction. The craniosacral system consists of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord. It extends from the bones of the skull, face and mouth—which make up the cranium—down to the sacrum, or tailbone area.

The therapy has been successfully used to treat headaches, including migraine, neck and back pain, TMJ, chronic fatigue, motor coordination difficulties, eye problems, and central nervous system disorders.

For more information on Craniosacral Therapy, please call Debbie at **785-764-2323**.

This is a non-invasive type of therapy done fully clothed with manipulation done with very light pressure, usually no more than the weight of a nickel or 5 grams.

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PERSONAL FINANCE

Do you know how your investment income is taxed?

As we approach tax-filing time, you'll want to be thoroughly familiar with what you've earned this year—and how it's going to be taxed. Of course, you probably already know your tax bracket—but not all your income is taxed at that rate. To really understand your tax situation,



Harley Catlin and Ryan Catlin

you also need to know how your investments will be taxed.

So, in case you need a quick review, here's the tax situation on three of the main sources of investment income:

Dividends - Dividends used to be taxed at your ordinary income tax rate. But, after the passage of new tax laws last year, qualified dividends are now taxed at a maximum of 15

percent. (The law expires on Dec. 31, 2008; after that, dividends are again scheduled to be taxed at your personal tax rate.)

Most domestic stock dividends qualify for the new rate—unless you keep these stocks in a tax-deferred account, such as a traditional IRA. In that case, your dividends will be taxed at your ordinary income tax rate when you eventually take withdrawals, usually during retirement. Look for those stocks that have a long history of paying—and raising—dividends. Keep in mind, however, that even these stocks may not pay dividends and are subject to market risks including the potential loss of principal invested.

Capital gains - Long-term capital gains (on stocks held for at least a year) are now also taxed at a maximum of 15 percent. (These capital gains are taxed at 5 percent for taxpayers in the 10 percent or 15 percent brackets. Some exceptions may apply. Effective for sales of assets after May 5, 2003 and expires Dec.

31, 2008.) But if you incur short-term gains, you'll still pay taxes at your individual tax rate.

Clearly, you're far better off, from a tax standpoint, by holding your stocks for at least a year. And even from a strictly investment point of view, it's usually a good idea to hold high-quality stocks for the long term. We believe that over the long term, good companies, with strong management and competitive products, usually will reward investors. By contrast, if you buy and sell stocks every few months, you won't just incur heavy short-term capital gains taxes and commissions—you also can derail steady progress toward your long-term goals.

Interest - The interest you earn on certificates of deposit (CDs) and most bonds still counts as ordinary income. If you think you're paying too much in taxes on these types of investments, you might want to look for alternatives, or at least variations. For example, if you're in one of the higher tax brackets, you may be able to benefit from investing in municipal bonds, which typically offer interest payments free from federal income tax. In fact, depending on where you live, your municipal bonds could be exempt from state and local income taxes. Be

aware, though, that some municipal bonds may subject you to the alternative minimum tax (AMT).

Review your portfolio

By reviewing your investment portfolio carefully, perhaps in conjunction with your investment and tax advisors, you'll get a clear sense of what sort of taxes you may be facing when it's time to file. And you may also find opportunities to brighten your tax outlook when next year rolls around.

- 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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CALENDAR

ART/ENTERTAINMENT

DEC 4

HOLIDAY ART FAIR

Holiday gift-buying opportunity features nearly 75 area artists in all media, music, and evening reception.

LAWRENCE, 785-841-2065

<http://www.lawrenceartguild.com>

BINGO

SUNDAYS

AMERICAN LEGION

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

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 & THURSDAYS

MOOSE CLUB

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

WEDNESDAYS & FRIDAYS

VETERANS OF FOREIGN WARS

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

WEDNESDAYS

PINECREST APARTMENTS

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

WEDNESDAYS & FRIDAYS

EAGLES LODGE

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

WEDNESDAYS & FRIDAYS

EDGEWOOD HOMES

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

THURSDAYS

BABCOCK PLACE

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

FRIDAYS

BALDWIN SENIOR CENTER

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

FRIDAYS

ARAB SHRINE

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

BOOKMOBILE

MONDAYS

PRAIRIE COMMONS, 5121 CONGRESSIONAL

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

TUESDAYS

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

WEDNESDAYS

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

BOOK TALKS

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

THIRD WEDNESDAY OF EACH MONTH BRANDON WOODS, 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

DEC 9

MORNING MATINEE: KANSAS FOUNDATION FOR MEDICAL CARE

Diane Bender from the Kansas Foundation for Medical Care will discuss how they can be of assistance as advocates for medical care with your physician, nursing homes, and other agencies. Discover how and when to access this valuable resource. LMH MEETING ROOM D, 9:00-10:00 AM

EXHIBITS/SHOWS

DEC 1-JAN 3

WRAP IT UP SALE AND EXHIBIT

Exhibit and sale of works by local and regional artists. New works added daily. MANHATTAN, 785-537-4420 <http://www.manhattanarts.org>

DEC 10-MAR 27

ANGIOLO MAZZONI EXHIBITION

Architectural drawings, etc. MANHATTAN, 785-532-7718 <http://www.ksu.edu/bma>

HEALTH

FIRST TUESDAY OF EACH MONTH HEALTH SCREENING CLINIC

Lawrence-Douglas County Health Department.

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

TUESDAYS AND THURSDAYS

BLOOD PRESSURE CLINIC

Conducted at Stormont-Vail's outpatient lobby, just inside the doors of the Ninth and Washburn entrance, from 9 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 9-11 AM

SECOND THURSDAY OF EACH MONTH MEDICATION CLINIC

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

SECOND THURSDAY OF EACH MONTH BLOOD PRESSURE AND HEALTH INFORMATION

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

THIRD TUESDAY OF EACH MONTH HEALTH SCREENING CLINIC

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

THIRD THURSDAY OF EACH MONTH NUTRITION CLINIC

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

DEC 1

CHOLESTEROL SCREENING

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

NOV 6

SPIRITUAL PEACEMAKING WITH MARTI UKENA

Ukena is a graduate of James Twyman's training. Discover the eternal flame of your own inner peace that radiates peace to the world. Fee. THE LIGHT CENTER, 785-255-4583

DEC 2

TAI CHI EXERCISE CLASS-WINTER SESSION

Taught by Steve Carrier. Tai Chi is a gentle exercise form that improves your strength, balance, concentration and coordination. Clearance from your doctor to begin any new exercise program is recommended. Class meets twice a week through December 30 and is held at Drury Place at Alvarar. Sponsored by Lawrence Therapy Services. LAWRENCE, 785-842-0656

DEC 3

BONE DENSITY SCREENING

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

NOV 13-14

HEALING TOUCH LEVEL ONE

With certified instructor Robin Goff. Learn and practice hands-on energy healing techniques. Fee (some scholarships available) 18. CE for massage or nursing, lay people welcome. THE LIGHT CENTER, 785-255-4583

DEC 4

CHOLESTEROL SCREENING

See Dec. 1 description.

LMH HEALTH SOURCE ROOM 8:00-11:30 AM

DEC 7

BONE DENSITY SCREENING

See Dec. 3 description. LMH HEALTH SOURCE ROOM 5:00-7:00 PM

DEC 9

BONE DENSITY SCREENING

See Dec. 3 description. LMH HEALTH SOURCE ROOM 1:00-3:00 PM

HOLIDAY EVENTS

DEC 1-31

WINTER WONDERLAND

Drive through Lake Shawnee's campground with a million lights on 30+ displays decorating the park. New displays annually. TOPEKA, 785-267-1156 <http://www.tarcinc.org>

DEC 1-28

MEMORY LANE DISPLAY AND CHRISTMAS TREE FARM

View over 36 figures and scenes, some animated, while winding through the Christmas tree farm. OTTAWA, 785-878-3793 <http://www.pleasantridge.com>

DEC 1-JAN 5

CHRISTMAS AT LANESFIELD

Discover a turn of the 20th-century holiday. Make an old-fashioned ornament, tour the historic schoolhouse decorated for the season. EDGERTON, 913-893-6645 <http://www.jocomuseum.org>

DEC 1-JAN 5

CHRISTMAS HISTORIC LECOMPTON

Three floors of Christmas trimmings and decorations. Vespers December 5. LECOMPTON, 785-887-6148 <http://www.lecomptonkansas.com>

DEC 1-JAN 2

A VERY FIFTIES CHRISTMAS

Visit the 1950s All Electric Home decorated for the holidays. Listen to 1950s crooners. Take home a special ornament to decorate. SHAWNEE, 913-631-6709 <http://www.jocomuseum.org>

DEC 1-JAN 1

CHRISTMAS CARD LANE

Christmas decorated homes side-to-side. OLATHE, 913-764-2913

DEC 1-JAN 4

SEELYE MANSION CHRISTMAS TOUR

Trees, poinsettias, and beautiful decorations are used throughout the home. Featured on HGTV Christmas Castles in 2000. ABILENE, 785-263-1084

DEC 3-4

HOMES FOR THE HOLIDAYS TOUR

3rd annual. Tour historic homes decorated for the holidays. ATCHISON, 913-367-2427 <http://www.atchisonkansas.net>

DEC 4

COUNTRY CHRISTMAS

BURLINGAME, 785-654-3561 <http://www.skyways.org/towns/Burlingame>

DEC 4-11

HERITAGE CHRISTMAS

Step into 1880s Prairie Christmas. Enjoy holiday music, seasonal drama, storytelling and delicious refreshments in a beautiful historic setting. LINDSBORG, 785-227-3595 <http://www.oldmillmuseum.org>

DEC 1-JAN 2

LEBOLD MANSION CHRISTMAS TOURS

Christmas décor of 1880s Victorian home. ABILENE, 785-263-4356

CALENDAR

CONTINUED FROM PAGE 10

<http://www.Lebold-Mansion.com>

DEC 4

HOLIDAY ART FAIR

Holiday gift-buying opportunity features nearly 75 area artists in all media, music, and evening reception.

LAWRENCE, 785-841-2065

<http://www.lawrenceartguild.com>

DEC 4

LAWRENCE OLD-FASHIONED CHRISTMAS PARADE

Features exclusively horse-drawn carriages, wagons, and coaches decorated for the season. Santa is the parade's grand finale. Sponsored by CornerBank, N.A. and hosted by Free State Farms. Downtown Lawrence, 11:00 a.m.

LAWRENCE, 785-749-5011

<http://www.visitlawrence.com>

DEC 4

ARTS AND CRAFTS BAZAAR

Annual holiday event with homemade arts and crafts.

LAWRENCE, 785-865-4499

<http://www.visitlawrence.com>

DEC 4

CHRISTMAS COOKIES IN THE CABIN AND GIFT PREVIEW IN VINTAGE STORES

Sample cookies by the hearth, purchase holiday cookies, special sales in the stores.

TOPEKA, 785-368-3888

<http://www.topeka.org>

DEC 4-11

HERITAGE CHRISTMAS

Step into 1880s Prairie Christmas. Enjoy holiday music, seasonal drama, storytelling and delicious refreshments in a beautiful historic setting.

LINDSBORG, 785-227-3595

<http://www.oldmillmuseum.org>

DEC 5

CHRISTMAS IN THE CABIN

Experience a pioneer Christmas with wagon rides, music, and old-fashioned pioneer hospitality.

ABILENE, 785-263-2681

<http://www.heritagecenterdk.com>

DEC 6

CREATIVE HOLIDAYS

Annual family holiday celebration highlights the diverse cultural heritage of Kansas with food, music, and make-and-take activities.

TOPEKA, 785-272-8681

<http://www.kshs.org>

DEC 7

LIGHTED CHRISTMAS PARADE

4th annual. Nighttime lighted Christmas parade and community tree lighting.

BALDWIN CITY, 785-594-3200

<http://www.baldwincitychamber.com>

DEC 11

A COUNTRY SCHOOL CHRISTMAS

Experience a one-room school Christmas celebration. Enjoy a traditional program, make an ornament, enjoy refreshments.

EDGERTON, 913-893-6645

<http://www.jocomuseum.org>

DEC 12

UNIVERSITY OF KANSAS VESPERS

Holiday tradition featuring University of Kansas Symphony Orchestra and choirs performing seasonal music.

LAWRENCE, 785-864-2787

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

DEC 17-18

WINTER SOLSTICE

Silent Night of meditation and silence, retreat overnight. Purification Lodge. Become like a manger, quiet, natural, scared space in order that the one true Spirit can be born in you. Lodge ceremony 4:00 p.m. Saturday with a pot-

luck to follow. Overnight Saturday also welcome. Fee.

THE LIGHT CENTER, 785-255-4583

MEETINGS

FIRST AND THIRD MONDAY OF EACH MONTH

CAREGIVER SUPPORT GROUP

LAWRENCE SENIOR CENTER

2:15-3:45 PM, 785-842-0543

FIRST TUESDAY OF EACH MONTH

LAWRENCE CARING COMMUNITY COUNCIL

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, 785-842-3627

THURSDAYS

OLDER KANSANS EMPLOYMENT PROGRAM

LAWRENCE WORKFORCE CENTER

2540 IOWA, SUITE R, LAWRENCE

10:00 AM-NOON

THURSDAYS

GRIEF AND LOSS SUPPORT GROUP

For individuals caring for an aging loved one and dealing with the losses associated with their physical decline. Sponsored by Heart of America Hospice and Pioneer Ridge. Limited spaces available. Pioneer Ridge Assisted Living Library, 4851 Harvard, 7:00 p.m. LAWRENCE, 785-841-5300

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).

JADE MONGOLIAN BARBEQUE, LAWRENCE

11:30 AM-1:00 PM

FRIDAYS

TAKE OFF POUNDS SENSIBLY

Support group for weight loss. Meets 10:00-11:00 a.m., Centenary United Methodist Church.

LAWRENCE, 785-842-1645

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 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

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 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.

785-842-0446 or 785-865-3787

FIRST WEDNESDAY OF EACH MONTH, SEPTEMBER-MAY

KAW VALLEY CHAPTER, OLDER WOMEN'S LEAGUE

Forums held at Lawrence Public Library LAWRENCE, 1:30 PM

DEC 20

SELF HELP FOR THE HARD OF HEARING (SHHH)

"Owning Your Hearing Loss." Ruth Shadel, Aging Specialist from Bert Nash Center, will facilitate discussion. 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, 1:00 PM

MISCELLANEOUS

DEC 4

CIVIL AIR PATROL CHILI FEED

Come and see what CAP is all about: Aerospace Education; Emergency Services; Cadet Programs. All proceeds to benefit the Lawrence Composite Squadron. Fee. Kansas National Guard Armory, 200 Iowa St., 11:00

a.m.-2:00 p.m.
LAWRENCE, 785-841-0752

DEC 4

OLSBURG LUTHERAN CHURCH SWEDISH SUPPER

Traditional Swedish smorgasbord served on the first Saturday in December for over 45 years. WAMEGO, 785-468-3341

DEC 11

A TIME FOR SPIRITUAL BIRTH

With Marti Ukena. During Advent, consciously acknowledge your own spiritual re-birthing in a non-traditional Purification Lodge. Potluck.

Fee. 1:00-8:00 P.M.

THE LIGHT CENTER, 785-255-4583

DEC 29-30

WINTER BREAK CAMPOUT FOR KIDS

Come explore the deep woods of the Light Center now that the bugs have gone to sleep! We will prepare a non-traditional, easy sweat-lodge ceremony for the kids and then fall into bed for a long winter's nap. All ages welcome. Bring sleeping bag and pillow. Fee. THE LIGHT CENTER, 785-255-4583

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

Gift ideas available at the bookstore

By Margaret Baker

When you are looking for just the right gift, put the bookstore on the top of the list. Something for everyone whose tastes you know, and for those you don't, any bookstore worthy of the name has a gift certificate. Some in the Kaw Valley (Lawrence's The Raven, for one) even offer free gift wrapping for the Fumble Fingered.

Christie Ridway, Katherine Hall Page, Judi McCoy, and Joanne Pence: *Mistletoe and Mayhem* (Avon, \$ 6.99, ISBN 0-06-073205-0)



Get yourself in the mood with this collection of four novellas. While each takes place at the Christmas season, each is distinctly different. Reviewer's favorite is Judi McCoy's The

Twelve Frogs of Christmas, a delightful bit of romantic whimsy.

Janet Evanovich: *Metro Girl* (HarperCollins, \$26.95 ISBN 0-06-058400-9) *Caper*

Evanovich introduces a new protagonist, "Alex" Barnaby. Alex, more at home in her dad's garage in Baltimore than in spike heels and power suit, is off to southern Florida to bail her big brother, "Wild Bill" out of trouble yet again. This time he's "borrowed" a boat from a NASCAR driver, Sam Hooker, and taken off. Yes, there's a girl—there's always a girl.

Alex is every bit as exciting a heroine as Stephanie Plum—a bit better at thinking things through than the New Jersey lass, but just as brassy.

Lots of action, mystery, sunken treasure, good guys, bad guys, and that touch of romance Evanovich is so good at inserting seamlessly into the plot. Hope this turns into a series!

Chuck Logan: *After the Rain* (HarperCollins, \$24.95, ISBN 0-06-057018-0) *Military adventure*

Logan's military adventure combines espionage and terrorism in this fast-paced tale. The team has a lead in a small-time liquor dealer in

North Dakota smuggling his product into Canada. Soon he's in over his head with folks who are intent on smuggling into the States something far more dangerous.

Gritty, action-packed, and not for the squeamish.

Roseanne Bittner: *Into the Prairie* (Forge, \$23.95, ISBN 0-765-30980-7) *Historical adventure*

Latest in Bittner's Westward Ho! Series, this one follows Jonah and Sadie Wilde and their three-year-old son in 1810, leaving the family farm in Indiana to strike out for free land in the prairie.

Shawnee Indians still call this land home. The Wildes land right in the middle of the Tippecanoe battleground. Sadie and son Paul are captured by the Potawatomi, and neither she nor Jonah know the fate of the other.

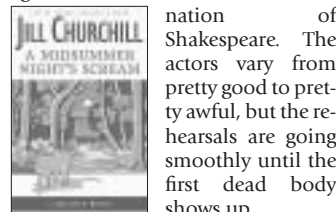
Factual information forms the skeleton for the plot which is strong on characterization and sense of time and place.

Jill Churchill: *A Midsummer Night's Scream* (Wm. Morrow, \$23.95, ISBN 0-06-009798-1) *Mystery*

Suburban mom and sometime sleuth Jane Jeffrey and best friend Shelley return in this series by Kansas City area author Churchill.

Jane's first novel is finished, and she's hoping for big things. Shelley and her husband have donated a renovated theatre to the local college drama department, and the first play is beginning rehearsals. Shelley asks Jane to help "judge" a number of caterers for future business—each will provide food for the cast and crew daily.

The play is a mystery written by the amateur director, a vainglorious egotist who is sure he's the reincarnation of Shakespeare. The actors vary from pretty good to pretty awful, but the rehearsals are going smoothly until the first dead body shows up.



This sort of thing could create the wrong kind of publicity, and Jane and Shelley leap to the investigation without any stage directions.

Nancy Kilpatrick: *The Goth Bible* (St. Martin's Griffin, \$19.95, ISBN

0-312-30696-2) *Reference*

Does your family include a youth who wears black, unusual hair, perhaps a piercing or two? The current term is "goth."



Author Kilpatrick, herself a member in good standing, explains the attitudes, costuming, music, philosophy, etc. of this darkly artistic subculture in every-day language. You may not fully relax, but you'll understand more.

Chassie West: *Killer Chameleon* (HarperTorch, paperback, \$6.99 ISBN 0-06-054842-8) *Mystery*

It's been far too long since the last in West's series featuring black sheriff Leigh Ann Warren, now in the last stages of planning her marriage to D.C. policeman "Duck" (his initials are DCK, hence the nickname).



A trickster seems to have chosen her as target. She can't figure out who her nemesis is while the tricks escalate.

Her honeymoon trip is cancelled, her wedding gown is picked up—and if she and Duck can't determine who it is, they can't stop her.

Great characters. Very taut plot—a real page turner!

Carol Buhler Francis: *Local Happenings in Lawrence, Kansas, 1921-1946* (Transom Works Press, \$15.00, ISBN 0-962-61792-X) *Reference*

Santa have a long-time Lawrence resident on his list? Here's a trade paperback revisiting each year between 1921 and 1946, the high points, sample ads, concentrating but not confined to Lawrence's downtown business section. Samples: In 1935,

Lawrence experienced three dust storms, the CCC patrolled when the Kaw flooded, KU football defeated Oklahoma.

Mark de Castrique: *Grave Undertaking* (Poisoned Pen Press, \$24.95, ISBN 1-59058-116-3)

Barry Clayton left the Charlotte Police Department when his folks needed help running the family mortuary business in a small Appalachian community.

This job should be easy—moving the casket to the newer family plot some miles away. No grieving family, no preparation of the body, etc. Unfortunately, there's another body buried in the grave, a busybody journalist who was thought to have moved to Texas.

Superb plot with several potential perpetrators, realistic characters, sense of place, and a sensitive look at the funeral business. Highly recommended!

The Ears Have It (Audio Books)

Jean Shepherd: *A Christmas Story*. (Random House Audio, \$16.95, two cassettes)

The delightful, humorous classic tales that have delighted audiences for generations is now on tape, unabridged, read by Dick Cavett, starting with Ralphie Parker's quest for Santa to bring him a B-B gun.



Originally written as magazine short stories, it was made into a movie in 1983. Should turn back Time's

Clock for someone on your Christmas list!

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

Advertising in Senior Monthly is a Capital Idea

After distributing in the Lawrence area for two years, in July 2003 we doubled the press run of *Senior Monthly* from 3,000 to 6,000 copies and began distribution in Topeka. *Senior Monthly* advertisers can now reach customers in two markets for one low price.

To learn more about advertising opportunities with *Senior Monthly*, call Kevin at 785-841-9417 or send an e-mail to rates@seniormonthly.net

MY ANSWER

God is the source of truth

By Billy Graham

Q: Why do Christians keep claiming that they alone have the truth about God? What is true for you isn't necessarily true for someone else. It just depends on the way we each look at things. The whole idea of "truth" is out of date, in my view. — W.S.

A: Do you really believe there is no such thing as truth? To be honest, I doubt it. We all believe some things are truth and some things are false. Our experience proves it, and our lives depend on it.

For example, have you ever realized how many times you act in a certain way because you believe something is true? You'd never drink from a bottle that was marked "poison"; you know it might kill you. Poison is always dangerous, and you avoid it because you know this is true. In other words, you act in a certain way because you believe in truth — the truth that poison kills.

What does this have to do with

God? Simply this: God is the source of all truth — and He has revealed the truth about Himself to us. Christians believe God did this in a way that staggers our imagination: He became a human being. Do you want to know what God is like? Look at Jesus Christ, for He was God in human flesh! As the Bible says, "The Word became flesh and made his dwelling among us. We have seen his glory" (John 1:14).

This is why I invite you to look at Jesus Christ as He is revealed in the pages of the Gospels. When you do, you will realize how much God loves you and why Jesus alone could say, "I am the way and the truth and the life. No one comes to the Father except through me" (John 14:6).

(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.)

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HUMOR

Malaprops

A couple of weeks ago I attended the annual awards banquet at

Letongaloosa Community Junior College where I teach. At the annual awards banquet, the master of ceremonies tells lame jokes, musical groups perform, someone gives a long speech, and then they present "good and faithful servant" awards and "job longevity certificates" to endless numbers of faculty, staff, and administration workers.

"Bubba Stevens has been handing out towels in the faculty men's locker room for 45 years. Come on up here and get your certificate, Bubba.



Larry Day

Folks, give Bubba a big hand." The banquet isn't heavenly, but it does seem eternal. This year the program followed a dinner of buffalo meatloaf, red Jello salad, French style green beans, and U.S.

Department of Agriculture surplus freeze-dried mashed potatoes. Desert was a four-inch slab of Mama Nixon's Own Decadent Chocolate Layer Cake.

After dinner, people felt stuffed and drowsy, and no one wanted to stay for the program. Everyone just wanted to go home and sleep it off.

But they didn't. Folks stayed and endured to the end, because these are good people, and staying for the program was like "dancin' with the one that bring you." It was the right thing to do.

I arrived at the banquet late, and took the last chair at a table for six at the back of the hall. The other five people at the table worked together at the administration building. I was the only faculty person, so things were a bit stiff when I first sat down, but pretty soon people at the table forgot about me, and began to chat quietly as the long night wore on. I nearly dozed off, when, Holy Sheridan! I heard a conversation that would have made Mrs. Malaprop feel right at home.

"You could have knocked me over with a fender," said a rotund woman sitting beside me. She was describing an unpleasant encounter at a store where she had gone to return a

faulty appliance.

"They incinerated that I had broken the thing myself," she said. "But their argument didn't pass mustard. It was as phony as a two-dollar bill."

"Those people really get my ghost," said her companion. "I wouldn't trust their 'good morning' if the moon were shining. It may be a pigment of my imagination, but I say that's just plain rude."

"When I bought the thing, the salesman told me I could bring it back, with no questions asked," said the aggrieved woman. "I learned real quick that a verbal guarantee isn't worth the paper it's written on. That salesman was just a wolf in cheap clothing."

"That's for sure," said the other woman. "As far as I am concerned people like that should be stood up against a wall and hung."

"A firing squad is too good for them," said the rotund matron. "They should be tarred and quartered."

"With a new rope," the other woman agreed.

Having exhausted the execution options, the two women fell silent, so I turned my attention to a conversation on the other side of me. Two men were speaking in low, earnest voices. I leaned closer.

"I told Bernie to shape up and quit gooping off. It was for his own good, but the dumb click wouldn't pay any attention to me," said a thin, balding man.

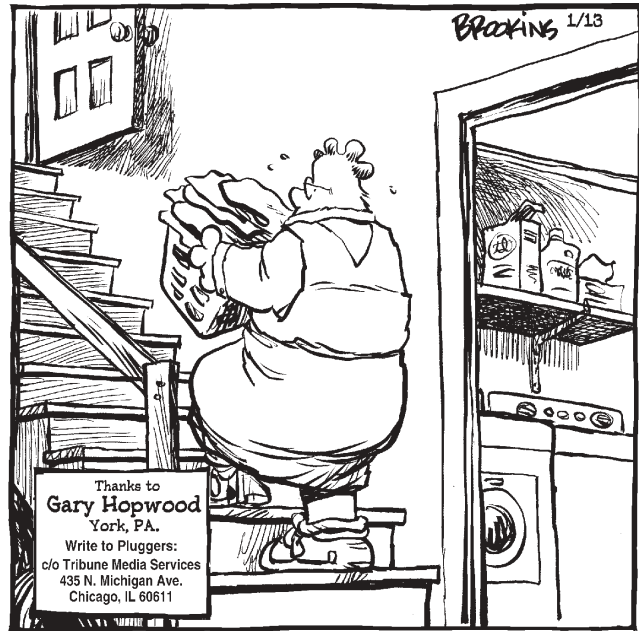
"Well you can lead a horse to water but you can't make him think," said the older, wavy haired guy.

"You got that right. The next thing I knew my boss was accusing me of depravation of duty. Bernie goops up, and the boss jumps all over my case load. He said I should have seen it coming. Does he think I have extra century perception?" the bald guy asked bitterly.

"That just don't commute, as far as I'm concerned," said the other man, sympathetically. "Your boss definitely got the chicken before the egg on that one. How guys like that keep their jobs is beyond my apprehension."

"I feel like telling my boss to take a flying leap through a rolling jelly roll," said the bald guy. "As far as I'm concerned he can take my job and stick it where the sun goes down."

"You'd better not fly off the candle, my friend. You might cut off



The plugger stair master.

your ear to spite your face," said the wavy haired guy. "There are times when you have to take the bitter with the sweat."

"I guess you're right," said Baldy. "I don't want to throw the baby out of the bathroom. This is all very frustrating."

"Maybe you can do something to get back in your boss's good grapefruits."

"Like what?"

"Give him something salubrious."

"That won't work, he don't drink. He's a tea-topler, and besides he has prostrate trouble."

"Well then I guess you'll just have to bunker down and trough it out."

"I guess that's my only optician," said the bald guy resolutely.

Just then the master of ceremonies handed out the last longevity certificate. It went to Zebby Zyrozzyk. The emcee thanked everyone for coming

and said he'd see everyone again next year.

By now, my ears were really peaked. As the crowd walked out, I gleaned more information from these swatches of conversation:

"I don't like his lassitude. He's too arrogant."

"They're going to give her carte blanche and let her do anything she wants to."

"I've learned that you can hear a lot by just keeping your eyes open."

"It's an ill wind that blows nobody down."

"You should give it more time. You know home wasn't built in a day, you know."

By the time I got to the parking lot my head was swarming.

- 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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COOKING LIGHT

Pork with cranberry-apple salsa

By Karen Levin

The salsa can be made ahead and stored in the refrigerator for up to three days. This is also good with chicken breast halves.

- 1 cup diced Granny Smith apple
- 3/4 cup cranberry-orange crushed fruit (such as Ocean Spray)
- 1 teaspoon grated lemon rind
- 1 tablespoon fresh lemon juice
- 3/4 teaspoon bottled minced fresh ginger
- 4 (6-ounce) bone-in center-cut pork chops
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/8 teaspoon ground allspice

Cooking spray
 1. Combine apple, crushed fruit, lemon rind, lemon juice, and ginger.
 2. Heat a large nonstick skillet over medium-high heat. Sprinkle chops with salt, pepper, and allspice. Coat pan with cooking spray. Add pork to pan; cook 4 minutes on each side or until desired degree of doneness. Serve with salsa. Yield: 4 servings (serving size: 1 chop and 1/3 cup salsa).

CALORIES 223 (19 percent from fat); FAT 4.7g (sat 1.7g, mono 2.1g, poly 0.4g); PROTEIN 17.2g; CARB 28.6g; FIBER 0.9g; CHOL 46mg; IRON 0.7mg; SODIUM 196mg; CALC 27mg.

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JUMBLE ANSWERS

Jumbles: PUPIL CLOVE TALLOW NICETY

Answer: What it took to get him to the altar – A LITTLE "WILE"

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TRIVIALITIES ANSWERS

1. Piper Laurie 2. "Children of a Lesser God" 3. Agatha Christie 4. Danny DeVito 5. Sissy Spacek 6. None. 7. "The Grass Harp"

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

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City of Fountains chorus to present a cappella concert

If you can remember when the oldies were new, and you appreciate good old-fashioned four part harmony, don't miss the City of Fountains chorus in concert on Sunday, December 12, at 2:30 p.m. in the Lawrence Public Library Auditorium. The

30-member chorus was chartered in 1976 and its members hail from all corners of the Kansas City metro area. The group performs throughout the year, including an annual show scheduled for Saturday, January 15, 2005 at Quality Hill Playhouse, 303

W. 10th, Kansas City, Mo.

City of Fountains Chorus is affiliated with Sweet Adelines, International, a worldwide organization of approximately 30,000 women who sing in choruses and quartets throughout the world. This educa-

tional organization is dedicated to education and achievement through competition and performance of four part harmony, barbershop style, sung a cappella.

The concert is free and open to the public. Refreshments will be served.

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SENIOR FORUM

Postretirement career-lite should be personality driven

By Kent S. Collins

DEAR SENIOR FORUM: I would quit my job today if only I could figure out what to do with all the free time. I don't mind work. I just mind where I am working now. And I am too old to change employers and too young to be without daily work. How does a guy take an early retirement option at age 58? — D.R.

DEAR D.R.: A guy takes an early retirement option with a Cheshire Cat grin on his face. And then he goes out to find another job in a field that fits his personality and convenience more than his experience and skills.

A fellow who is about a year into this kind of "career-lite" innocently offered his answer to your question while shopping in a hardware store. He was on break between dispatcher calls from his new job down the block

"I didn't think about it last year when I quit my career," he said sadly, "but many of the guys I had worked with — older guys — went to boredom and drinking and even early death in the years after they retired. They didn't know what to do with themselves. They were lost. They didn't try to make a new life."

This fellow strolling the hardware store aisles made a new life several weeks after taking early retirement from his 35-year career.

He'd done electronics work at a big institution for years. Early on, he enjoyed moving from project to project, keeping up with technical advances, applying new technology to the physical plant. The work required changing his work shift and problem-solving with new people.

But over time, he was promoted right out of the fun of it. "I descended into management," is the way he describes it. Management gave him an office and a secretary, which he describes as a cell and a jailer. He switched from reading professional manuals to worrying over human resources rulebooks.

Then his boss changed from a good one he was comfortable with to a good one he was not. And there were layoffs of longtime cronies due to improved equipment.

None of this was due to bad guys or performance failure or burnout. It was just change that he didn't like, and there more change likely to

Now the guy is driving a truck. He's not driving an 18-wheeler cross-country. It's smaller. But he does some overnights from one end of the Midwest to another. He sees some country he's only seen before on the Travel Channel. He sometimes calls back to his shipping department to see if he can linger a day in a nice place before driving the backhaul home. Sometimes he can.

He appreciates being alone in the truck, and likes the greetings he gets from dockhands and dealers when he arrives.

The money is not as good as he used to make. He doesn't care. The new wage plus his old-job pension are more than he can spend. He does not need health insurance — that's built in to his early retirement package from his first job.

The fellow has become a bit of a philosopher on the golden years — by virtue of his own experience, by watching those old colleagues bored and worse, and from his long hours thinking behind the wheel: "I had no experience or skills for this new job. If I had looked for something using my experience and skills, I never would have found this. Instead, I found this because it matches my personality."

As best as your circumstances will allow, the golden years and a post-retirement career-lite should be personality driven.

(Send your questions and/or advice to your fellow retirees via The Senior Forum c/o Tribune Media Services, 2225 Kenmore Ave., Suite 114, Buffalo, NY 14207, or to seniorforum@mchsi.com)

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By Omar Sharif and Tannah Hirsch

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NORTH

♠ Q 10 9 7
♥ A K 10 7 5
♦ A J 5
♣ 8

WEST

♠ A J 8 5 4 2
♥ J 6
♦ 7 6 3 2
♣ 9

EAST

♠ K 3
♥ Q 9
♦ K 9 4
♣ A K 7 6 5 3

SOUTH

♠ 6
♥ 8 4 3 2
♦ Q 10 8
♣ Q J 10 4 2

The bidding:

EAST	SOUTH	WEST	NORTH
INT	Pass	2♥	Db1
Pass	3♥	Pass	4♥
Pass	Pass	Pass	

Opening lead: Nine of ♣

If you bid aggressively, you have to be lucky sometimes. But, more than that, you have to take advantage of good fortune.

We have no objection to East's one no trump holding a six-card minor suit. If partner objects, you can always explain that you had clubs mixed in with your hearts! West's two hearts was a transfer to spades and North's double showed hearts. East's pass denied three spades and South took advantage of that for an aggressive bid of three hearts. North cannot be faulted for proceeding to game.

West led the singleton club, taken by East's king. East shifted to the king of spades and another, declarer ruffing. When the king and ace of hearts extracted all the defender's fangs, South continued by ruffing another spade in hand and then exiting with the queen of clubs, discarding his remaining spade.

In with the ace of clubs, East had to resuscitate the closed hand either by leading a club or else by returning a diamond away from the king. Either way, declarer would get rid of two of the table's diamonds on minor-suit winners and claim the contract.

Send e-mail to gorenbridge@aol.com.

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HISTORY

James Lane: Mystery Man of Kansas (Part 2)

(Editor's note: Part 1 of Mr. Mach's column article on James Lane appeared in the November 2004 issue.)

By Tom Mach

In my estimation, there were two Jim Lanes. One was a military man, the other a political advocate. On the political front, Lane, in addition to taking an active role in Congress as the new Kansan senator, courted Abraham Lincoln's favor. In 1859, Lane had stumped in Illinois for Mr. Lincoln. After Fort Sumter was fired upon in 1861, Lane stationed his Frontier Guards to protect President Lincoln.

Lane showed his unpredictable nature when he went against the wishes of Lincoln and the War Department by organizing, in August 1862, the First Kansas Colored Infantry. He wrote an order that gave recruiting officers the authority to enlist black men into service of the Union as soldiers. The following year, Lincoln, perhaps inspired by the courage and fighting spirit of black soldiers in Lane's infantry, allowed men of color to fight for the Union cause.

There was no question that Lane knew he was a target of border ruffians, especially William Quantrill. In *Sissy!* I portray him as follows as he sits in the Eldridge House bar, sipping a beer:

He sat where he felt safest—at a corner table, his back against the wall, where he could observe anyone coming toward him without worrying about anyone attacking him from the rear. Some of his friends thought he was paranoid, the way he always anticipated being attacked.

Such anticipation paid off on the morning of the Quantrill raid of Lawrence, when Lane executed the plan which he had prepared in the event of a surprise attack. He hid in the cornfield during the raid, and then gathered the surviving men in town to charge after Quantrill once it was clear that the marauders had left Lawrence.

Lane's energy was boundless. When Lincoln sought reelection, Lane vigorously supported him. On the eve of the national convention, Jim Lane was invited to speak to the grand council. Up to that point, the

attendees had generally spoken negatively about Mr. Lincoln. He spoke with passion as he went on:

"I am speaking individually to each man here." He stopped to look at individual faces before continuing. "Do you, sir, know in this broad land, and can you name to me, one man whom you could or would trust, before God, that he would have done better in this matter than Abraham Lincoln has done, and to whom you would now be more willing to trust the unforeseen emergency or peril which is to come? That unforeseen peril, that perplexing emergency, that step in the dark, is right before us, and we are here to decide by who it should be made for the Nation." Lane probably paused long and hard before concluding with: "Name your other man."

After the Lincoln assassination and Lane's reelection to the Senate in 1865, Lane saw his political ambitions take a tumble. He strongly supported President Andrew Johnson's policies of Reconstruction, the seeds of which were planted by Lincoln. But radical Republicans were fiercely opposed to these policies, preferring that the South pay heavily for its rebellion. Soon, Lane found that his constituents were siding with this radical Republican philosophy, and Lane's reputation took a nose dive.

In 1866, Lane did have a few loyal supporters, such as Charles Viviladi, who penned the following letter to him on April 21, 1866:

"As I am about getting ready to return to my post of duty, you will permit me to express to you my sincere thanks for the kind and friendly manner in which you treated me while on my visit to Washington.

"The novel stand you have taken in...defense of the wise and moderate policy of our Patriotic President meets with the approval of all intelligent and patriotic businessmen in the City, and throughout the Country. Our dear State of Kansas will soon give new and unmistakable evidences of her appreciation and endorsement of your struggles for the preservation of our Republican Union Party."

But such letters of support were far and few between. Against the wishes of his colleagues, he voted against a popular civil rights bill. Later he

was falsely accused of making some questionable transactions with the Indian Bureau. When he returned to Lawrence, Lane found the townspeople receiving him with cold indifference. There was no praise, not crowds escorting him home. He went home and fell into a deep depression. Close associates persuaded him to go to a government farm at Fort Leavenworth for rest and relaxation. On July 1, 1866, a carriage carrying Lane and two other men stopped at the entrance gate to the farm. Lane got out, put a pistol to his mouth and, saying "Goodbye, gentlemen," fired his weapon. Ten days later, he was dead.

The mystery of who James H. Lane really was still remains with us today. He was certainly unique and put his personal stamp on both Lawrence and Kansas. People credit him for helping make Kansas a free state, in giving African-Americans the right to fight for their freedom during the Civil War, in being an asset to Lincoln's reelection bid, and in exerting his influence to bring the railroad to Kansas. On the other hand, some people contend that he displayed violent and rash behavior and, at times, was highly unbalanced. Others faulted him for killing Gaius Jenkins and for raiding and looting

Osceola.

In essence, I believe James Lane was both lionized and despised. But like John Brown, he will never be forgotten...and he will always be a mystery.

- Tom Mach is the author of *Sissy!*, an award-winning novel about Kansas (and particularly Lawrence) during 1862 and 1863. It is available at local bookstores, through www.amazon.com, or through Mr. Mach's informative web site, www.sissynovel.com.



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Medicare now considers obesity a disease

By Betty Gibb

Kansas Senior Press Service

A project of the KU Center on Aging

Q. I've always been a bit chunky, but now my weight is becoming an embarrassing problem. I seem to be gaining about 5 pounds a year, and it's moving from overweight to obese. Diets work for a few weeks or months and then they seem to quit and so do I. I want to exercise, but arthritis is making it pretty painful. Am I doomed to grow old as a fat person?

A. Of course you're not doomed. It's really up to you, but as you've found, maintaining weight as you grow older is difficult. According to the National Heart, Lung and Blood Institute, an estimated 18 percent of older adults in the U.S. are obese. Another 40 percent are overweight, putting them at substantially increased risk for diabetes, hypertension, heart disease and other illnesses.

There are two basic problems in this weight control battle—too much food and too little exercise. Between 28 and 34 percent of adults ages 65-74 (and 35-44 percent of adults older than 75) engage in no leisure-time physical activity at all, ac-

ording to the Centers for Disease Control and Prevention. Making the situation even more problematic, as people age, their metabolisms slow, making weight gain more likely.

On the eating side of the equation, older adults have road blocks as well. Taste buds tend to diminish with age and that lures a person toward sweet or salty foods to satisfy taste. Some medications such as beta-blockers, insulin and steroids make weight loss more difficult to achieve. Often, as well, eating healthy food choices is more expensive than junk foods and harder to prepare, so bad habits become well established.

One piece of good news is that the Centers for Medicare and Medicaid Services announced recently they were changing their rules to designate obesity as a disease and stating that Medicare would pay for anti-obesity interventions.

So, even though weight management will be up to you, a good place to start is with your doctor. More than likely he or she will encourage you to do the practical, common sense steps of eating less and exercising more. There are, of course, medication and surgical options available

for very serious cases, but even with those interventions, your eating and exercising habits will be crucial.

First, in addition to seeing your doctor and setting some goals, do everything you need to do to stop gaining weight—that's a victory as well. Avoid radical diets while you make small changes that you can sustain over a long period of time. Stay away from refined products, processed food, white sugars, white flours and white rice. Emphasize fruits, vegetables, whole grains and enough protein to build and main-

tain muscles.

Design some exercise into your life: water aerobics if your joints are bothering you, senior fitness classes available at many senior centers, walking just a few minutes a day at first.

The good news is that even a little weight loss maintained over time will much improve your general health. Don't wait any longer to begin. Make an appointment with your doctor today and take Medicare up on its willingness to pay for weight-loss intervention.

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PET WORLD

Finicky rats and a shy lizard

By Steve Dale

Q: We have a whole household of animals, including dogs, cats, hamsters and rats. Are there special rat foods? Our rats are really picky eaters, so they've been difficult to buy for. What should we feed them? — L.S., Sarnia, Ontario, Canada

A: Sarah Shuman, president of the Midwest Rat and Mouse Club of America, says to start with a rat block. This looks sort of like a gigantic dog kibble, and is available at many pet stores and online. The block is composed of corn, soybeans, grains and vitamins. Vegetables should also be a part of a rat's diet, such as cruciferous veggies like broccoli or cauliflower. Fruits are good, too; favorites include cantaloupe and watermelon. Rats also enjoy ripe bananas, frozen peas and chicken bones. While chicken bones present a serious hazard to dogs and cats, "rats can deal with them fine," says Shuman. "Variety is important not only for your rat's health but also so the

rats don't get bored with the same food."

Only five percent or less of the diet should be treats, such as yogurt drops manufactured for rodents (available at pet stores) and Rice Krispies.

Also, rats love to chew; chewing is fundamental to their mental health. Favorite chew toys include any wood toy manufactured for large parrots or rodents.

Q: You once wrote that bearded dragon lizards were puppy dogs among lizards. Based on your column and the book you suggested, I purchased a bearded dragon. Thing is, China won't let us near him. The lizard really belongs to my 14-year-old son, but he's very discouraged and isn't caring as much for China as a result. How can we teach China to trust us? — C.A., San Diego, Calif.

A: Here's what I mean when I say bearded dragons are puppy dogs among lizards: They've been bred in captivity for so long they might indeed be considered domestic pets. And they're bred for temperament,

just as toy poodles are. However, even some toy poodles have an attitude. Apparently, you have a beardie with attitude.

Actually, that attitude is fear. Liz Palika, founder of North County Reptile Rescue in California, says, "When you reach down to grab some lizards, the flight instinct kicks in. To your lizard, the hand is like a giant predator."

For now, don't even try to handle the lizard, Palika advises. "Your job is to convince the lizard that hands are not predators," she says. In fact, you can teach China that a hand is a food dispenser by periodically hand-feeding him special treats like wax worms or mealworms (don't overdo the treats, or you'll have a bearded dragon lizards with a need to go on Jenny Craig). Periodically, have your son offer a special yummy. Over time, he'll regain interest and China will develop trust.

When you clean China's cage, deal with one half of the cage at a time so you don't have to remove the lizard. For at least a few months, don't even try to pick up China, even if he calms down.

"After three or four months of hand-feeding, place your hand under and in front of the lizard, allowing it to walk on the hand," says Palika.

"But still don't try picking up the lizard. If the beardie hops off, fine, try again. If the beardie stays on (your hand), awesome. The key is patience. It can be done."

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

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Members of the Lawrence Chamber of Commerce's Small Business Council have volunteered to take turns picking up the costs for shipping the care packages to Iraq by shipping the packages from their places of business. Additionally, the U.S. Post Office is donating packing materials such as boxes and tape for care packages being sent to our troops.

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SMART COLLECTOR

Collectible bottles, empty and full

By Danielle Arnet

Q: I read your column but haven't seen info on miniature liquor bottles. My father gave me a collection of about 200, some dating from the late 1800s. Some are figurals. How do I research value? — June, Owasso, Okla.

A: You're right, June. We need to give minis their due. Yes, there are collectors, but first we need to address the value of old vs. new mini liquor bottles.

The vintage miniature bottles collected on air flights or in liquor stores are a hard sell. Collections sell on eBay for \$10 or less. Old bottles such as yours are a different story. Many sell for hundreds of dollars, and some go well into four figures.

Since you reached me by e-mail, key www.miniaturebottles.com for the informative site of the Midwest Miniature Bottle (MMBC) Collectors. This is a good place to start. Don't be misled by the title — this group is international.

Use the site to learn about region-

al bottle clubs (many hold shows) and specialty collectors. You'll find whiskey or bourbon specialists, and more. Members seek older bottles, so you'll be in good company. Go through the collector Web site links to see bottle photos. Then zero in on groups or individuals to contact. You can join the MMBC and subscribe to their magazine. This is not an area where eBay will be a major help on pricing, because the old is not widely represented there.

I know it will take some digging (and bottle collectors do love to dig for old bottles!), but connecting with collectors is the best way to learn.

FYI: Mini liquors are included in "Bottles Identification and Price Guide, Fourth Edition," by Michael Polak (\$17.95, from Krause). The text lists regional bottle clubs. Schiffer Publishing plans a book this spring that will include mini whiskey figurals.

Q: We have a sealed bottle of Canadian whiskey, with the tax stamp still attached. Any value? — Marcia, Ft. Lauderdale, Fla.

A: Who buys spirits on the secondary market? Collectors. But smart collectors are picky; they buy to round out their cellar or collection. This whiskey may not be a desired type. Another caveat: Traditionally, spirits age, or mature, in wooden casks. Bottled spirits can evaporate over the years. In selling, the possibility of evaporation is a distinct liability.

Because Europeans are major buyers of desirable vintage American spirits, a check with London spirits expert Belinda Bushby (belinda@balthazarwine.com) may be helpful. My thinking is that, on this bottle, you will be advised to open and enjoy it.

Q: We picked up an organ at a garage sale for \$150. Is it a kid's toy or an antique? My kids love to pump the pedals. — Deanna, Fairfax, Va.

A: From photos sent, the reader has a handsome, full-size upright pump organ from the late 1800s or early 1900s. Made in England with attractive fretwork and gallery top, it looks to be in excellent condition, exterior-wise.

Certainly not a child's toy, it is a relic from the time when every well-appointed home had a pedal organ for sing-alongs, hymns, and so forth.

But the large organs are out of style now, so this one ended up in a garage sale. Purists would say to preserve it and use as it was intended. Realistically, it belongs to a reader with small children. This will be heresy to some, but I say use it as you wish. If the children can make music of any kind with it, great. Otherwise, it is a big brown space-hogger.

(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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