

Skaw Valley Monthly Control Control

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Serving Active Seniors in the Lawrence-Topeka Area

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INSIDE



In a Kansas Journal of Military History interview, Tex Harrell discusses his experiences while in the Vietnam War and after coming back home. - page 4



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Wayne Hauschild

KEVIN GROENHAGEN PHOTO

Hauschild's hobby leads to signs of success

By Kevin Groenhagen

Wayne Hauschild has been a Peace Corps volunteer, a Marine, and a production manager and salesman with a Kansas City steel company. At 60, he has added "entrepreneur" to his list of titles.

When Hauschild retired from his management and sales position two years ago, he knew he would continue working. He also knew that he would be running his own business. The business, GameDaySigns, actually grew from a 10-year-old hobby.

"I was making signs for the Kansas City Chiefs logo, the Arrowhead, and was giving them away," Hauschild said.

Hauschild last year began the process of obtaining licenses for university logos through the Collegiate Licensing Company (CLC). CLC, the nation's leading collegiate trademark licensing and marketing company, assists collegiate institutions in pro-

tecting, managing and developing their brands. The company currently represents more than 200 colleges.

"We currently have licenses for 13 universities and have three more pending," Hauschild said. "Whenever you buy a KU or K-State shirt with a logo on it, it has a little, round CLC logo to let you know that it is an officially licensed collegiate product. Licensing is not an easy task. It took us awhile to get 13 schools."

According to CLC, GameDaySigns

CONTINUED ON PAGE TWO







Hauschild

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is the only business in the nation licensed by CLC to make the type of signs he manufactures.

Once Hauschild secures a license for a university, his daughter, Tiffany, who lives in San Diego and, like Hauschild, studied Industrial Design from KU, imports the university's logo from CLC. Tiffany graduated from KU in 2003 and plans to work towards an MBA in Entrepreneurism at San Diego State in a year or two.

After Tiffany exports a logo, she then converts it into a file that Hauschild's ShopBot machine can read. The ShopBot is a computer numerically controlled (CNC) machine that, with the help of specialized software, automatically cuts out shapes. This is where Hauschild's background in the steel business has some relevance to his new business.

When CNC operations came into industry, the steel industry was really the first major industry to use the CNC process," Hauschild explained. "We used CNC to cut out profile shapes with lasers. Once the logo is in the machine, I just sit back and let it go. I can run three or four off the machine each day by myself."

CNC machines can work with. among other materials, steel, wood, and acrylic. Hauschild's signs are made from Gatorboard plastic composite material, which has a rigid top and bottom coat and a foam intercore. The foreground of each sign is 3/16" thick Gatorboard, while the background is 1/2" thick Gatorboard

Once Hauschild cuts out the university logo, such as the KU Jayhawk, the K-State Powercat, or the Clemson tiger paw, he adds coats of polyurethane with matte finish Pantone colors to match the logo's official colors.

"The coating we put on the signs is a very expensive water-stabilized, environmentally-friendly polyurethane," Hauschild said. "It's almost like rubber when it dries. It's really hard. The coating makes the signs impervious to the elements. They'll stand up to the sunlight."

One hundred and fifty programmable bulbs are then added to the signs. Each sign weighs five pounds before the lights are added and about eight pounds after the addition of the lights.

Because the university logos have different shapes, the sizes of Hauschild's signs vary slightly from logo to logo. For example, the Jayhawk sign is approximately 28" x 35", while the K-State Powercat is approximately 26" x 34".

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"We make them as big as we can and still fit them in the packaging, Hauschild explained.

Hauschild sells his signs on the GameDaySigns' web site, which was designed by his son, Troy, who is a Hollywood producer. The signs can also be purchased from more than 15 merchants, including www.fatcampus.com, D3 Sporting Goods in Lawrence, Ballard's Sporting Goods in Aggieville in Manhattan, Kan., and the 710 Bookstore in Carbondale, Ill. He is currently looking for stores to sell his signs in, among other places, Stillwell, Okla., and Madison, Wis.

Hauschild even sold some signs last year while tailgating in at K-State, where he discovered just how much the flashing lights catch the attention of passersby.

"We caused a few wrecks." he said "They were gawking and rear-ended the car in front of them.

In addition to tailgating, Hauschild says his signs are ideal for offices, bars, and exercise rooms. And while the signs feature university logos, he notes that college students are not his target market.

"We're actually aiming at their parents," Hauschild said. "The signs aren't inexpensive. These are for the serious tailgaters.'

In addition to the university logo signs, GameDaySigns makes sorority and fraternity signs and, if there are no licensing issues involved, can make logo signs for businesses. In the future, Hauschild hopes to receive licenses from the National Football League and, possibly, NASCAR.

Hauschild points to an outline on the floor at the GameDaySigns building at 701 E. 22nd Street in Lawrence. The outline represents another plan for the future; it's for the yet-to-be-built business' administrative office, which will be occupied by his wife, Yvonne, after she retires from her current position with a telecommunications company.

Hauschild recently wrote a column entitled "Entrepreneurial Whiz Or Just Another Crazy Old Man, which offers advice to other "senior entrepreneurs." "In my sign business, I'm pretty much everything: marketer, machine operator, painter, assembler, general laborer, and janitor," Hauschild writes. While he

currently wears all the hats in his business, Hauschild also notes the importance of taking advantage of resources offered by the Small Business Administration and the Small Business Development Centers. Entrepreneur.com has accepted his column and will has it available on its web site.

For more information about GameDaySigns, please visit www.GameDaySigns.com or e-mail Hauschild gamedaysigns@sbcglobal.net.



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Silver Haired Legislature convenes

The 2006 Kansas Legislature will consider recommendations on five current bills and a resolution forwarded by the Kansas Silver Haired Legislature (SHL). The actions were taken by the Silver Haired Legislature when it convened for its 23rd annual session in October.

"It is important that the Kansas Legislature consider the needs of seniors as they study the impact of legislation," said Irv Hoffmann, Lenexa, president of the Kansas Silver Haired Legislature. "The recommendations of the Silver Haired Legislature reminds our state policy makers that we are active advocates for seniors all across Kansas."

Kansas is one of 24 states with a Silver Haired Legislature. It has met annually since 1983 to develop policy recommendations for the Kansas legislature. Members are age 60 and older, elected by their peers to two-year terms of office.

Jim Snyder, Topeka, speaker pro tem of the Kansas Silver Haired Legislature said the Kansas Silver Haired Legislature considered a variety of bills held over from the 2005 legislative session. "We advocate for legislation that supports seniors such as providing financial assistance to the thousands of Kansas grandparents who are raising their grandchildren. We also support designating seniors as a special target population under the federal Workforce Investment Act and providing adequate funding for all in-home ser-

The five bills and the resolution recommended were:

- Silver Haired Legislature Resolution 2201 / Opposing securitization or other sale or transfer of the right of the State to continue to receive moneys payable to Kansas pursuant to the tobacco litigation agreement
- The SHL opposes any securitization or other sale or transfer of the right of the State of Kansas to continue to receive the moneys payable to Kansas pursuant to the tobacco litigation master settlement agreement between the state and tobacco product manufacturers that are participating tobacco industry companies

on or after November 23, 1998, under the master settlement agreement and urging the Kansas Legislature to not enact any legislation to authorize any such securitization or other sale or transfer of the right of the State of Kansas to continue to receive revenues under the moneys

payable to the state pursuant to the master settlement agreement.

- HB 2194 State Workforce Investment Program This bill would prescribe membership on the state and local workforce investment boards and would designate older Kansans as a special target population for Kansas under the federal Workforce Investment Act
- HB 2196 Volunteer Ombudsman Recruiting and Training * This legislation would require the Kansas Long-Term Care Ombudsman to adopt and implement policies to recruit and train a sufficient number of volunteer ombudsmen and friendly advocates to provide services in all areas

of the state.

- HB 2192 Dedication of Certain Tobacco Litigation Settlement Proceeds for Health Care for Senior Kansans This bill would require the deposit each fiscal year of an amount equal to 30 percent of the amount of moneys received under the tobacco litigation settlement agreements to the credit of the Health Care for Seniors fund.
- SB 62 Enabling Financial Assistance for Grandparents with Custody of their Grandchildren This bill provides for those age 60 or older and being at or under the Federal Poverty Level (approximately \$770 per month) to receive financial assistance through the State SRS program
- SB 238 Creating the health care for seniors fund; disposition of certain additional tobacco litigation settlement proceeds This bill to provide for monies of new tobacco companies who have joined the settlement since July 2004 to be used for the express purpose for seniors 50 percent used as received and 50 percent placed in a Seniors Health Care Fund for future usage

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LOCATIONS. LOCATIONS. LOCATIONS.





Harrell relates Vietnam experiences

(Editor's note: The following interview first appeared in the Kansas Journal of Military History and is reprinted with permission,. For more information about the Kansas Journal of Military History, which is dedicated to exploring and celebrating the rich and varied military history of the State of Kansas and its people, please visit www.ksjournal.com.)

By Tom Goodrich

We met Tex Harrell at the Blind Tiger brew pub in Topeka. It was a bright, mellow afternoon. Although he lived only 30 minutes east of me, we had not seen each other in 30 years. Nevertheless, when the hostess brought him back to our table, I would have recognized my old bud on any street in the world.

Tex and I grew up together in Lecompton, a small town on the Kansas River between Lawrence and Topeka. Being born Forrest Newton Harrell would have been a real blow to anyone and this, of course, insured that my friend would soon be given a nickname. Since he first came onto the scene in Edinburg, Texas, there was no need to look fur-

Soon after graduating from high school in 1967, Tex joined the Marine Corps. Following basic training at Camp Pendleton, California, he was assigned to an artillery unit of the Third Marine Division. He was promptly sent to Viet-

Tom: What was your first impression of Vietnam?

Tex: It stunk [laughter]. Yep, I got off the plane and thought, "This I mean, they didn't have much in the way of sewers. After we got off the plane, they put us on a bus and were talking us to this area. I saw this little . . . what looked like a 110 year-old mamasan with her foot up against a pole taking a leak right along side of the road. That's what I mean by stinking . . . But the people were nice. I never had a problem with anybody

Tom: When was your first encounter with "Charlie"?

Tex: Khe Sanh.

Tom: How long had you been

Tex: I left the states Christmas, 67. I arrived "in-country" three days later. Got sent to Khe Sanh the next day . . . And I was one of the first to get hit when the attack began; I got hit January 23.

On the morning of January 21,

(NVA) launched an all-out assault on the US Marine outpost at Khe Sanh, a short distance south of the Demilitarized Zone (DMZ). For the

1968, the North Vietnamese Army

next 77 days, Americans watched their TV screens as one of the most brutal and bloody battles of the Vietnam War unfolded.

Tom: So, you landed "in-country" and were wounded within a

Tex: Yep.

Tom: What hit you?

Tex: Shrapnel . . .from a rocket. We were getting ammo. They [the NVA] were shooting at the ammo

bunker. I was running along and a round went off near me. It picked me up and threw me on top of a generator. I was lucky. The concussion picked me up and moved away with it . So, you might say I was kind of going with the flow. . . moving with the shrapnel. I had wounds on the arms and legs but this [points to a scar on facel is the only one that had stitch-. 27 of 'em. They took me down to Da Nang and

fixed me up. They did a good job. I was back with my unit in a week. As soon as they took the stitches out, they sent me back [laughter]. Yeh, it's interesting! When I got hit the second time, I was here [pointing to a map of Khe

Tom: And how long after the first was that?

Tex: That was February 27. I actually got hit a third time . . .in

Tom: So, in three months you were hit three times? All shrapnel?

Tex: Yep [laughter].

Tom: That is not good, Tex.

Tex: I know

Tom: Describe with "in-coming"

sounds like.

Tex: Well, it depends on where it is coming from and whether it is a rocket or whether it is a mortar round. Mortars I didn't hear until they hit. Rockets sounded like a big "whoosh." Have you heard on a rainy day in a real quiet area, a car driving by on pavement? That's what it sounds like, or, at least, that's as close as I can get to it. You've got to understand, I'm a heavy sleeper. When I first got there [Khe Sanh] we had to put the guns in place. We didn't have any place to stay so we dug some holes in the ground and that first night when we got "in-com-

ing," I didn't even wake up! The other two guys in the hole with me had to wake me up! So you see, I wasn't really too worried about it.

Tom: That's the reason they want 18-yearolds, I suppose. You couldn't do that now, could you?

Tex: Oh no . . no way. Back then it didn't bother me: didn't think about it.

There is little to do in a small town in the summer if you are a boy in the depths of adolescence. And so, you invent something to do. One of

our "inventions" was breaking a lock at a local rock quarry and playing with dynamite, literally. First came blasting caps. Back then, there was a commercial on TV that warned viewers about picking up blasting caps. A graphic showed the range of an exploding cap and it appeared as if these tiny things (about the size of a metallic firecracker) could kill an unwitting kid at 10 miles around a corner. Thus, Tex, myself and one or two other idiots carefully set a cap on a boulder, took cover behind another boulder, then began throwing rocks at it, ducking for dear life each time that we did. After a few minutes of nervous tossing, one of us finally got lucky and indeed, the cap exploded. The report

was about the same as a very small firecracker. Like everything else in life, familiarity breeds contempt. TV commercials or no TV commercials, within hours we were handling blasting caps like other people handle popcorn, sometimes tossing whole boxes of 150 or more into the nearby Kaw with water proof fuses attached. The resulting explosions were similar in sound and effect to depth charges seen on "Victory at Sea." One day we decided to up the ante considerably. We were building a dugout bunker up the river near the mouth of Coon Creek and since none of us were nuts about actually digging with a shovel, we decided to take the easy route. Placing a stick of dynamite in the sand, we lit the fuse and ran for cover. It was a dud. So, we brought out not one, but 10 more sticks, packed them together, then lit the fuse . . . Had the explosion been a nuclear detonation. it could not have startled us more. Amid a rising plume of smoke and a shower of sand and tree limbs, we all stared at one another in horror, our faces white as chalk. Like terrified quail, we scattered and went tearing wildly through the jungle, fully convinced that every adult within 30 miles was zeroing in on us. For several days we were afraid to even be seen with one another. Except for our pounding hearts, however, nothing came of the incident save that never more did we play with dynamite.

Tom: What was a typical day at Khe Sanh like?

Tex: Doing an ammo run . . .getting a little sack time . . .hiding from "in-coming." They had a tendency to throw three or four rounds in, then go away. Some days more, some days less. They just did it to keep us honest [pause]. Chances are the first sixty days and the last 60 days are when you're going to get it. The first because you don't know anything and the last because you're being too careful.

Tom: What was your reaction the first time you saw someone "get it?"

Tex: [long pause; voice lowers] Strange as it may seem, that didn't bother me. I mean, the only time it bothered me was when I got put on a body detail; had to pick up bodies that had been there awhile. That was really nasty. That kind of bothered me but . . .the regular blood and guts didn't bother me too much. The first guy that got hit beside me, I just took my shirt off and tried to stop the bleeding and that was , you know, I didn't think about it.

Tom: Did this guy make it?

CONTINUED ON PAGE FIVE





Tex Harrell

CONTINUED FROM PAGE FOUR

Tex: Yeah.

Tex is one year younger than me. When we were about 10 and 11, we were walking in the woods that separated our homes in Lecompton. There was a small pond along the way and as we were crossing the dam, we noticed something thrashing at the water's edge. Looking down, we could see that it was a tiny muskrat. His leg was caught in a steel trap. I reached down and tried to free the tortured little thing, but pulled back when he instinctively tried to bite me. I began to cry at the animal's pain and my own inability to help him. Without a word, Tex leaned down and while the animal bit and chewed on his hands until it drew blood, my friend struggled to release the little leg. At least he succeeded and the muskrat quickly dove to freedom. In a rage, Tex tore the trap from its pin and hurled it into the bond.

Tom: I won't ask when your most frightening moment at Khe Sanh was, so let me ask: When were you "most concerned" at Khe Sanh?

Tex: I know this sounds a little crazy but I don't remember being frightened or even "concerned." Young and dumb, I really don't remember any concern. Maybe I was a little concerned when I got hit the first time . . .for about half an hour.

Tom: Did you have any problems readjusting to society when you got back?

Tex: No, but I always thought that society had a problem with me or us (Vietnam vets). Back in the 60's and 70's we had to wear our uniforms to travel on public transportation. Except to travel, we didn't go out in public in uniform unless we had to. I had people cuss me, spit at me, get up and leave restaurants when I would sit down. I even had one young lady throw a big fit so that she could be moved and didn't have sit next to me on a flight. I even changed deodorant twice, but that didn't help [laughter]. But like I said, even the people in Vietnam didn't treat us as bad as the people in our own country. The only exception was the older guys, the older

vets; they wanted to get me drunk all the time, which they did.

Tom: I know you are active in the local service clubs. Why have you become so involved in these veterans groups?

Tex: I just like the people . . . and they need the help. If we, the veterans don't step up, who will?

Tom: Any regrets? If the war began again, would you go back?

Tex: I'd go back in a minute if I was that age again and didn't know any better [laughter].

Tom: Well, that's not asking much, is it?

Tex: But I've been there, done that and I don't want to go back even for a visit, no way, no how.

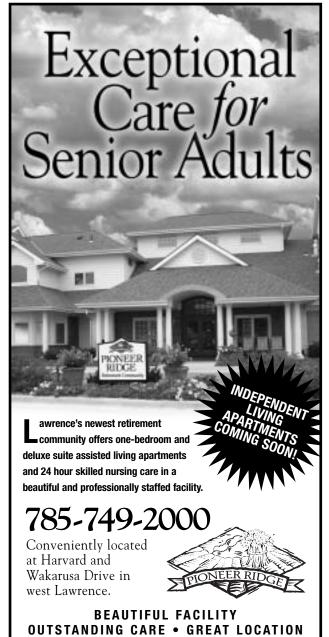
One hot summer day, Tex, myself and another kid, found ourselves in the back of a speeding pickup. Several older boys were giving us a lift to our homes . . .or so we thought. Actually, these guys figured it would be a good joke to take us five or six miles from Lecompton, dump us out, then let us walk back. As we sped toward the edge of town at a good 50 miles per hour, none of us standing in the back liked the thought of being stranded in the boondocks one bit, but it seems Tex really didn't like it. I suspect that his dad had ordered the lawn mowed before he came home from work that night and thus, since leaping from a speeding pickup seemed far preferable to facing a big, angry dad, Tex did. I couldn't believe it. My friend was rolling so fast end over end that he looked more like a barrel than a boy. Finally, Tex stopped tumbling. He sat up, looked around a bit dizzily, then got up and walked home.

Tom: My wife Deb interviewed former governor Mike Hayden for our last issue and she asked him what his strongest memory of Vietnam was. To her surprise, it was not about blood and death or battle. It was a tiger Mike saw one day. I'll ask you: "What is the one memory that stands out most of Vietnam?"

Tex: That's strange you would ask that. I was spending the night in this camp and I went out on guard duty. You've got to understand . . .how do I put it? When it was nighttime in Vietnam, it was dark . . .very dark. There were no lights where we were; none at all. Well, I was on guard

duty with this guy who'd been stationed there awhile and he said, "Hey, wanna have some fun?" And I said, "Why not?" He took out a grenade and threw it over a hill. Man, soon as it went off, the rocks came flying in like you wouldn't believe. People in the camp were screaming and hollering and running everywhere. It was rock apes. They were angry and peppering us with rocks. They could throw a rock this big around [grapefruit size] 50 yards. I kid you not! I didn't even know they were around.

Tex had an appointment at the local VA hospital and our interview ended. We shook hands, looked one another in the eye, Deb squeezed him, and Tex walked back the way he came. Today, my old friend is one of the most successful Realtors in Kansas. It took him many years, but he found his niche . . . and a comfortable niche at that. Seven years running now, Tex has been in the Million Dollar Club. His wife of 34 years, Linda, is a computer processor. They have three daughters and four grandchildren.







Long-distance grandparenting during the holidays

By Loma G. Davies Silcott

Kansas Senior Press Service A project of KU's Landon Center on Aging

ome of us are separated from Some of us are separated non-While we miss them all year, we miss them more at holiday time. Even though we can't be together physically, there are ways to keep in touch across the miles.

- Telephone calls are extra special at holiday time. Arrange to make some of the calls shortly after special events your grandchildren participated in, so you can share the excitement.
- Videotape Grandma or Grandpa reading a holiday story and send it to your grandchildren. Include a greeting and a short explanation of why the story is special.
- Take pictures of you and your spouse enjoying holiday activities and send them to your grandchildren.
- · Give your grandchildren holiday mementos from your or their parents' childhood. Maybe it's a favorite ornament or decoration, or a longforgotten toy or book.
- · Create memories by making gifts for each of your grandchildren.
- Bake and send them cookies or other treats. If possible, use family recipes. Package them securely (dry, unsalted popcorn makes a good packing material for food)
- · Watch a favorite holiday program on television together, even though you are in different cities, or rent a favorite holiday video and watch it. Then you and your grandchildren can share your thoughts in letters or telephone calls.
- · Make a tape of holiday memories and send it to your grandchildren, or tape a special holiday message for each grandchild. Play holiday music in the background as you record your message.
- Create a scrapbook of pictures from your or their parents' past. This will give your grandchildren a sense of life in the "good old days.
- · Buy holiday favors or decorations and send them to your grandchildren.
- Write a family history. You might include funny stories about the parent or tell of the dangers earlier generations faced. Include special holiday memories and traditions your family shared.
- · Depending on your grandchildren's ages, give them a bit of family history. Frame an old map, the deed to the family homestead, or

a square of needlepoint made by a great-grandmother. • If you know the kind of music

your grandchildren enjoy, tape some holiday music from a radio station in your area that plays that type of music. If the station does dedications, ask to have a song dedicated to your grandchildren and record it. If you don't know the kind of music

they enjoy, ask their parents.

- · Create a video family history using old slides and photos. Narrate it or just set it to music. Give a copy to each grandchild.
- "Adopt" some children in your area whose grandparents live far away. This can make you feel closer to your own grandchildren and give you insights into what children today

are thinking and are interested in

Using these ideas can bring you closer to your grandchildren this holiday season, even when hundreds or thousands of miles separate you physically.

- Loma Davies Silcott, a former Kansan, is a free-lance writer living in Rapid City, S.D.



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Simple ways to succeed at retirement living

By Lucille Ardrey

Kansas Senior Press Service

A project of KU's Landon Center on Aging

People who start new lives in retirement communities quickly understand that there are many differences from living in one's private home-if only because of the numbers of other folks one encounters daily. Here are 10 tips for being happy, and bringing happiness and harmony to others, in retirement community living:

Be friendly. A retirement community is a little bit like a small town. As the "retirement community" name implies, almost all the residents have stopped working at full-time jobs and expect to enjoy their leisure. Everybody knows everybody-and therefore, new residents sometimes feel lost or out of place. Just a smile or a "hello" works wonders.

Become involved. There are usually many activities available in a retirement community and many volunteer positions to apply for. If you become involved, you will live longer and feel better.

Be assertive. There's a cliché that as people age, they become either meek or grouchy. Not so! People who have lived a long time have much wisdom. There's a time to complain and a time to be accepting. If you have good reason to complain about something, do it-in a pleasant but assertive way.

Be cheerful. You know the lyrics from the old song: "When you're smiling, the whole world smiles with you." Of course you can't smile all the time, but a hearty laugh lowers your blood pressure.

Be alert. Falling is a big problem when one gets older. Your balance may be a little off kilter, your eyes may get dimmer, and sometimes you may feel slightly dizzy. Get acquainted with the hallways, the stairs, and the curbs around your facility's campus. It's no fun to be laid up because of a fall.

Be tolerant. Some people are

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

worse off than you. Try to be considerate of those who don't move as fast, or see and hear as well, as you do. Chances are, you'll be in their position some day, too.

Be helpful. Some people can no longer drive. If you still can, offer them a ride. They will be grateful and you will feel good for doing a good deed. They may even offer to

pay for your gas.

Be faithful. Keep in touch with your old friends while you make new ones. Old friends should never be forgotten.

Be resilient. There are sure to be changes. Some you may like, some you may not, but change is a way of

Be happy. When people stop work-

ing after being on a set schedule for years, it can be hard to relax and enjoy the "down time." It might take a little while to acclimate to leisure, but time is what you will have a lot of—time to do the things you never had time to do before!

- Lucille Ardrey writes for pleasure from her home at Lakeview Village in Lenexa, Kan.









Still time to enroll in Medicare prescription drug plan

Q: Recently the federal Medicare agency announced the availability of prescription drug plans in Kansas. People with Medicare can choose to enroll in one of these plans beginning November 15. If one enrolls before the end of the year, then their prescription drug coverage will begin January 1, 2006, the first day the Medicare drug coverage goes into effect. Tell me about these plans. Also, how can a person recognize valid Medicare prescription drug plans as opposed to fraudulent plans trying to take advantage of people with Medicare?

A: A few weeks ago, our agency announced the Medicare prescription drug plans and some of the details of the plans by region and by state from which people with Medicare can choose. We know that in Kansas there will be 40 standalone plans to choose from, including several with premiums less than \$20 a month. People with Medicare should have received this information in their Medicare handbook in October. Although these plans will meet Medicare's stringent requirements, they may differ in terms of cost and coverage. And, we already know that competition amongst the

plans to attract people with Medicare to their plan has reduced the premiums and out of pocket costs people with Medicare will pay.

Originally, we were projecting that an average premium may be around \$37 a month. We know now that in Kansas there are some plans with premiums under \$20 a month, three plans that will have monthly premiums between \$20 and \$25, and about six plans will have monthly premiums between \$25 and \$30. Also, there are 13 plans that have monthly premiums between \$30 and \$35.

Many of the available plan options, about 25 in Kansas have a zero deductible, and others have deductibles lower than the \$250 deductible in the "standard" Medicare benefit. This means that 25 plans with no deductibles provide help with drug costs starting with the first dollar that a beneficiary spends.

Some of the plan options are "enhanced plans that offer additional benefits beyond Medicare's standard drug coverage. An example of an enhanced benefit that some plans in Kansas will offer is coverage for generic drugs and in some cases even brand name drugs through the coverage gap. This is great news that

there will be plan choices with no gap in coverage.

For Kansas the 2006 Medicare Advantage options include six plans where the *total* monthly premium for the drug coverage is zero. People with Medicare still will pay the Part B premium, for Medicare's medical and hospital coverage and other coverage beyond Medicare's standard benefits. Medicare Advantage plans which are HMOs and PPOs and other private plans will provide drug coverage on top of a package of health benefits that often go far beyond Medicare's standard coverage.

All of the approved prescription drug plans and Medicare Advantage plans meet Medicare's requirements for providing access to medically necessary drugs, including formulary standards as well as standards for access to convenient retail pharmacies and to prescription drug coverage for those who live in nursing homes.

As with any insurance program, an individual will be able to choose a prescription drug plan by asking about:

- Cost does the plan charge a monthly premium and what is the deductible,
- Coverage what drugs are cov-

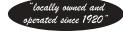
ered and, if one is looking at Medicare Advantage plans, what other services are offered, and

- Convenience will my local pharmacy honor the drug plan? Is there a mail order option?
- Security now and in the future. Even if one does not take a lot of prescription drugs now, they still should consider joining a drug plan in 2006. For most people, joining now means they will pay their lowest monthly premium. If they don't join a plan by May 15, 2006 and they do not currently have a drug plan that, on average covers at least as much as standard Medicare prescription drug coverage they will have to wait to join until November 15, 2006 and they will have to pay a penalty as long as they have Medicare prescription drug coverage.

But, it will be up to each individual with Medicare to decide what is most important to them when choosing a plan. And, the federal Medicare agency will be vigilant in protecting consumers against fraudulent plans that market themselves as a plan contracting with Medicare. We want people with Medicare to know some steps they can take to

CONTINUED ON PAGE NINE





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8 SeniorMonthly, December 2005



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Medicare

CONTINUED FROM PAGE EIGHT

protect themselves. The prescription drug plans contracting with the federal Medicare agency have to follow these marketing guidelines:

- No one can come to your door uninvited.
- No one can ask you to enroll before November 15.
- No one can ask you for personal information during their marketing

And, we ask that consumers:

- · Always keep all personal information, such as your Medicare number, safe, just as you would a credit card or a bank account number.
- · Never give out personal information until you are certain that the person or product is approved by Medicare.
- Whenever you have a question or concern about activity, call 1-800-MEDICARE. If you suspect fraud, you can also call your local law enforcement agency or the Health and Human Services Office of the Inspector General at 1-800-HHS-TIPS.

And, all Medicare-approved prescription drug plans will have the "Medicare-approved Prescription drug plan seal of approval on their marketing materials.





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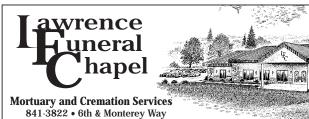
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SeniorMonthly, December 2005 9

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HEALTH & FITNESS

New ways to avoid back pain

You may not think about your shoes or furniture when you think about back pain. But you should. Back pain is one of the most common pain problems physical therapists treat—and it can often be avoided or reduced by very simple steps involving shoes, chairs, and kitchen counters. The trick is to make sure that your environment doesn't



Laura Bennetts

hurt you.

Start with your chair

Take a critical look at you favorite chair. Is it the right height?

Does it support your back? Is it stable? Here are some ways to tell:

Rule #1. When you sit down, your knees should not be higher than your hips. If you sit too low, it is very difficult to stand up without straining your back. In fact, you will be standing up from an essentially squatted position, which may cause back and knee pain.

Remember, you want to sit with your hips either as high as your knees or higher. Take my father-in-law Elliott for example. Elliott had back pain when he rose from his chair. I measured the chair and found that he was sitting only 15 inches above the floor, though (because he is six feet tall) his knees rise six inches higher. So I found Elliott a chair with a seat 21 inches above the floor and now he stands with ease. To help yourself in the

same way, find a chair at the furniture shop that puts your hips and knees at the same level. That's the chair you want. And it's a good idea to measure the chair—from the floor to the top of the seat—so that you'll know which chair to buy in the future, too.

Rule #2. You want to sit comfortably without sinking into the chair.

Proper back support means that your low back touches the back of the chair without causing you to slouch. Remember, sitting for over 20 minutes with poor back posture can cause significant back pain.

Rule #3. It's hard to rise safely from chairs that rock or swivel. If your chair rocks forward when you stand up, it will drop your hips below knee level. You will rise from a squatting position from a chair that is moving backwards. This is far from safe.

Counters, cabinets, and sinks

Kitchens and bathrooms can hurt your back, too. Are your counters and cabinets too low? Is the faucet in your sink too close to the porcelain?

You may not be able to easily change the height of counters, cabinets and sinks, but you can change the way you stand to prevent irritating your back.

When you wash dishes, open the cabinet under the sink and place one foot on the edge of the cabinet. Keep your head in alignment with your spine, keep your shoulders back, and take a break every few minutes. Stand tall to maintain good posture when you work.

If you stress your back when you bend low over the sink to brush your teeth, you can brush differently. Use a cup of water to rinse your mouth when brushing and only lean forward for a moment to spit into the

sink. Stand tall while you brush your teeth to avoid leaning over the sink. **Mattress test**

Your mattress may not support you properly. Think about the age of your mattress. Is it still providing the support you need? When you lie on your side, do your hips sink into the mattress, causing low back stress? Is your bed so soft that it's difficult to roll over in bed? If the answer to any of these questions is "Yes," you probably need a new mattress.

Cruel shoes

No part of your clothing matters more to your back than your shoes.

Supportive shoes align your feet for walking and decrease the impact on your back. Remember that

the cushioning inside your shoes may wear out before the outside of your shoes wears down. Replace your walking shoes at least yearly or rotate several pairs regularly.

Remember, also, that high heels can damage the joints of your feet and put your back at risk by throwing the weight of your torso forward as you walk. And if you put anything inside your shoe it can alter the way you walk and cause back pain. New

shoes and orthotics should be instantly comfortable to your feet and back. Don't buy shoes that hurt or pinch now with the idea that, when you "break them in," the pain will go away.

Tips for the hip

So, dear reader, these are just a few tips on how to limit your back pain. Wear the right shoes, sit in the right chair, sleep on the right mattress, and avoid bending low over sinks and counters. If your back pain

persists, see your doctor. And if you need treatment, exercise, or advice, ask your doctor for a referral to a physical therapist. You'll be glad you did.

- Laura Bennetts MS PT, is a physical therapist and the co-owner

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

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HEALTH & FITNESS

Preventing the flu this winter

Influenza, commonly known as "the flu," is a contagious respiratory illness caused by influenza viruses. Infection with influenza viruses can result in severe illness and life-threatening complications. It is estimated that 20 to 50 percent of U.S. residents are affected by the flu each year since it is a highly contagious disease. An average of 114,000 people are hospitalized for flu-related complications and 36,000 Ameri-



Dr. Farhang Khosh

cans die each year from complications of flu. Most people who get influenza will recover in one to two weeks, but some people will develop life-threatening complications. The flu is like the cold in many ways because it manifests as respiratory infections caused by viruses. If a cold is misdiagnosed as flu, there's no problem. At worst, a cold can occasionally lead to secondary bacterial infections of the middle ear or sinuses, which can be treated easily. But if the flu is misdiagnosed as a bad cold, potentially life-threatening flu complications like pneumonia, bronchitis, and dehydration may be overlooked. Signs of the flu include sudden onset with a headache, dry cough, and chills. The symptoms quickly become more severe than those of a cold. The flu sufferer often experiences a "wiped out feeling," with muscle aches in the back and legs. Fever of up to 104 degrees is common. The fever typically begins to subside on the second or third day, and then symptoms like nasal congestion and sore throat appear. Fatigue and weakness may continue for days or even weeks.

Anyone can get the flu and serious problems from influenza can happen at any age. People age 65 years and older, those with a chronic medical conditions, and very young children are more likely to have complications from influenza. The flu is spread when a person who has the flu coughs, sneezes, or speaks and sends flu virus into the air, and other people inhale the virus. The virus enters the nose, throat, or lungs of a person and begins to multiply.

Shortly afterwards the person will experience symptoms of influenza. Influenza may spread when a person touches a surface that has flu viruses on it-for example a door handle, and then touches his or her nose or mouth. The flu virus can linger in the air for as long as three hours; this makes it very contagious. A person can spread the flu starting one day before he or she feels sick. Adults can continue to pass the flu virus to others for another three to seven days after symptoms start. Children can pass the virus for longer than seven days. Symptoms start one to four days after the virus enters the body. Some persons can be infected with the flu virus but have no symptoms. During this time, those persons can still spread the virus to others

Winter is the time for flu. In the United States, the flu season can range from November through March, and even past March in some years. During the past 21 flu seasons, months with the heaviest flu activity (peak months) occurred in December in four years, January in five years, February in nine years, and March in three years.

How do you know if you have the flu? The flu is different from a cold as I mentioned earlier. Influenza usually comes on suddenly and may include these symptoms: high fever, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches and pains. Gastro-intestinal symptoms, such as nausea, vomiting, and diarrhea, are much more common among children than adults.

How does a person prevent from getting the flu?

- Avoid close contact: Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick, too.
- Stay home when you are sick: If possible, stay home from work or school when you are sick. You will help prevent others from catching your illness.
- Cover your mouth and nose:

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

- Clean your hands: Washing your hands often will help protect you from germs.
- Avoid touching your eyes, nose or mouth: Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- Vaccination is available to anyone. But keep in mind that studies have shown the vaccine's effectiveness rate to be 70 to 90 percent in *healthy young adults*. In the elderly and in people with certain chronic illnesses, the vaccine sometimes doesn't prevent illness altogether.
- The very best way of preventing the flu is to keep your immune system strong.

What should a person do if you get the flu? Influenza is caused by a virus, so antibiotics don't work to cure it. If you develop the flu the following list of things that you can do:

- 1) Get plenty of rest.
- 2) Drink a lot of liquids.
- Avoid using alcohol and tobacco.
- 4) Take Vitamin C that does not contain sugar.
- 5) Vitamin A, Beta carotene, Zinc, Selenium.
- 6) Immune stimulant herbs such as but not limited: Echinacea, Baptisia, Eupatorium, Astragalus, Lomatiom, and many others that should be prepared accordingly.
- 7) Homeopathic remedies. I have had more success in using homeopathic remedies in combination with Immune stimulant herbs. Homeopathic remedies must be used based on individual symptoms and constitution
- 8) Some studies have shown that taking Probiotic can reduce your susceptibility to cold by 25 percent. This might be because beneficial bacteria can stimulate production of immune system substances that fight disease.

If, however, your flu symptoms are unusually severe, for example having shortness of breath, you should consult your health-care provider right away. If you are at special risk from complications of flu, you should consult your health-care provider when your flu symptoms begin.

Have a Happy and Healthy Holiday

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

LEISURE TIME TOURS

Topeka, Kansas

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Dec. 13: GOLDEN EAGLE

Pick-up - GARNETT at 7:20am, OTTAWA 8am; LAWRENCE 8:30am; TOPEKA 9am -- \$20/ get \$10 cash for 4 hr stay.

Dec. 16: SAC & FOX

OTTAWA 8am; LYNDON 8:40am; OSAGE CITY 9am; TOPEKA 9:30am - \$20/ get \$10 for 4 hrs.

Dec. 18: GOLDEN EAGLE

GARNETT 7:20am, OTTAWA 8am; LAWRENCE 8:30am; TOPEKA 9am -- \$20/ get \$15 cash for 4 hrs.

Dec. 21: HARRAHS

OTTAWA 8am; LYNDON 8:40am; OSAGE CITY 9am; TOPEKA 9:30am - \$20/ get NOON BUFFET and \$10.

Dec. 29: GOLDEN EAGLE

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PERSONAL FINANCE

The clock is running: Time to revisit your tax strategies

Lven after a succession of federal tax cuts since 2000, Americans Some of the smartest tax planstill bear a substantial tax burden. In fact, the nonprofit Tax Foundation estimates that the average person will still need to work 70, eight-hour,



Steve Lane and Garth Terlizzi

days this year to pay federal taxes alone, compared to the 84 days they had to work in 2000 to cover federal tax obligations. State and local taxes are expected to cost the typical taxpayer an additional 37 days of work in 2005, versus 39 days in 2000. As these numbers indicate, lower tax rates may put more money in your wallet, but they do not negate the need for careful tax planning

ning decisions can be made long before 2005 returns are due on April 17, 2006, with a few of them only possible before December 31. For example, investors reviewing their investments before December 31 can look for possible opportunities to offset capital gains in some securities with losses realized in others. Losses in a given tax year must first be used to offset realized capital gains. Any leftover losses can be used to offset up to \$3,000 in ordinary income in that year, with any remainder carried forward to offset capital gains or income in future years. However, the decision to sell a security should not be driven by tax considerations, but rather based on an assessment of its long-term potential and role in an individual's investment strategy.

Before the year ends, look for additional deductions, such as charitable donations and deductible contributions to a traditional IRA. that can be claimed for 2005. The maximum contribution to a traditional IRA is \$4,000 for 2005, an increase of \$1,000 from last year, and deductibility is based on income and other factors. An additional catch-up contribution of \$500 is available for those aged 50 and older. The dead-

line for IRA contributions for tax year 2005 is April 17, 2006.

Some taxpayers may also decide to make use of the annual gift tax exclusion. In 2005, gifts of up to \$11,000 (\$22,000 if filing jointly)

may be made to any single individual without any gift tax consequences, if done so prior to December 31. Managing Taxes Over the Long

Beyond current year tax considerations, it can be worthwhile to focus on broad strategies for reducing tax liability over the longer run. These include investing in tax-advantaged retirement accounts, such as employer-sponsored 401(k) and 403(b) plans and traditional and Roth IRAs. In some cases, contribu-

tions to these vehicles may be made on a pretax basis or may be tax deductible, which can help reduce taxable income. More important, investment earnings compound tax deferred until withdrawn, typically in retirement when an investor may be in a lower tax bracket. Contributions to Roth IRAs are not de-

ductible. However, withdrawals from a Roth IRA are taxfree provided the account has been held for at least five years and the account owner is at least age 591/2.

Whatever your personal tax situation and financial

goals may be, keep tabs on how taxes affect your investments and take advantage of the various tax saving mechanisms that are available to you. Doing so may help improve your overall financial bottom line. For more information about the tax ramifications of managing your finances, contact a qualified tax professional.

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



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PERSONAL FINANCE

Look for dividend-paying stocks

If you found a stock that had risen in value every year for 25 straight years, you'd probably think you had a great investment prospect. Unfortunately, you'd have a tough time locating that stock. On the other hand, with just a little research, you can find many stocks that have increased

with the greater investment risk carried by stocks. Any investment-grade bond will likely offer you greater protection of principal than even the most stable of stocks. On the other hand, fixed-income investments expose you to purchasing power risk if their return does not keep up with

inflation.

Ultimately, there's no easy answer to the question of how you should structure your portfolio to receive investment income. You're probably better off by diversifying your holdings to include both dividend-paying stocks and bonds, along with growth stocks, government securities and other types of investments.

Keep watching the news

The 15 percent rate on dividends

is scheduled to expire on December 31, 2008; after that, dividends will again be taxed at your personal tax rate, unless Congress acts to make the 15 percent rate permanent. So, stay informed on what's happening in Washington—it could have a significant impact on your investment plans

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





Harley Catlin and Ryan Catlin

their dividends for 25 or more consecutive years—and dividends can be guite valuable to you.

You can now find dividend-paying stocks in a wide variety of industries, including financial services, food producers, consumer products, pharmaceuticals, technology, publishing and others. In short, you can help diversify your portfolio by investing in dividend-paying stocks—and many of them offer growth potential, too.

(Keep in mind, though, that stocks are not fixed-income vehicles, and they may not always pay out dividends, no matter how good their track record has been.)

More income...or more shares

At some point in your life, perhaps when you are retired, you may need to use your dividend checks to help boost your cash flow. But when you are still working, you might find it to your advantage to reinvest the dividends back into the stocks you own. And since most stocks will offer automatic dividend reinvestment plans, you don't have to do a thing to boost your ownership stake.

Stocks...or bonds?

Up until a few years ago, dividends were taxed at your personal income tax rate. But the tax laws have changed. Now, you'll pay a maximum of 15 percent on dividends.

Clearly, this new rate will affect your decision-making on how to receive investment income. Dividends may now be more attractive, from a tax standpoint, than bonds and certificates of deposit, both of which pay interest that is taxed at your current income tax rate, which could be as high as 35 percent. But you'll need to balance this tax advantage



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RETIRE SMART

Can-do attitude keeps senior athletes strong

lete; and Jacqueline Board, sprinter.

44 world records as of recent count,

and competes in the 100, 200, 400

and 800 meters, high jump, triple

jump, long jump, discus, javelin,

shot put, pentathlon, heptathlon

through the documentary, are as

much about courage and persever-

ance as they are about sport. Board,

for example, is a black single moth-

er who, depressed, obese and in financial straits, began running at age

41 to save on transportation while

working multiple jobs to feed her

three children. In 2003, at age 50,

But these women's lives, woven

and pole vault.

Raschker, a trim 58-year-old, held

By Humberto and Georgina Cruz

At ages 79 and 84, respectively, and battling cancer, Patricia Peterson and Margaret Hinton compete and hold records in track and field.

That alone is remarkable. But what struck us the most about these amaz-



Humberto and Georgina Cruz

ing women is their sheer joy of living, their infectious laughter, faith and resolve to live life to the fullest, one day at a time. They set an inspiring example, proving we are never too old to chase our dreams.

"As I age, I try to make each day, each moment, a little more meaningful," Peterson said from her family home in Albany, N.Y., where she has lived all her life. After two bouts with non-Hodgkin's lymphoma — or two-and-a-half, as she says describing her current condition — "I just try to make each day a happy one, and enjoy people."

Hinton, who lives in a retirement home in Comfort, Texas, exudes the same can-do attitude.

"I am pretty positive about things," said Hinton, diagnosed last year with hormone breast cancer. "It is too late to do anything about it but take a pill. But I've been having good (medical) reports, and I am trying to stay in shape. My goal is to live to age 85 and to set a few more records, if I can live that long."

We are rooting for her, and for Peterson. Both are among five women "masters" featured in "Racing Against the Clock," an 80-minute documentary film from Uncommon Productions (Web site www.racingagainsttheclock.com).

"Masters," in the lingo of track and field, are athletes 35 and over, an estimated 50,000 men and women worldwide who compete in regional, national and international events in specific age groups. The women featured in the documentary are Hinton, high jumper; Peterson, sprinter; Leonore McDaniels, pole vaulter; Philippa ("Phil") Raschker, heptath-

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she won the bronze medal in the 100-meter world championship.

Peterson taught for 42 years, including physical education in college. She also worked as a ski instructor. But she didn't begin running until 1987 when, "just for fun," she signed up for the New York State Senior Games.

Two years later, her sister, Ruth, died of non-Hodgkins lymphoma, and Petersen realized she too had the disease. After a stem-cell transplant in 1991, Petersen resumed running and won medals at a 1995 world competition in Buffalo; after a relapse, she won three gold medals in Durban, South Africa, in 1997.

Hinton has won gold medals in the 100 and 200 meter, high jump, long jump, triple jump, pole vault, discus, shot put, javelin, weights and super weights, setting several records. But it was only in 1989, 23 years after she retired from what is now Verizon Communications, that she began competing at senior games in Houston.

"I always thought I could run," she said, so she entered the 100-meter run. When she got to the meet, she found other events, such as the shot put and the javelin. They told her that, since she had paid her \$10 entry fee, she could participate, too. So she did.

"I made up my mind I am going to do this," she says today. And other seniors can become physically active, too, even if not at a competition level. (We do suggest checking with your doctor first.) "If they want to do it, that's the main thing." Hinton said. "If you don't want to do it, you can find all kind of excuses — not reasons — not to do it."

(Send questions and comments to Humberto Cruz at AskHumberto@aol.com, Georgina Cruz at GVCruz@aol.com, or c/o Tribune Media Services, 2225 Kenmore Ave., Suite 114, Buffalo, NY 14207. Personal replies are not possible.)

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Effectively treating wounds doesn't stop with the existing injury. Getting to the source of the wound is critical, and it's the only way to prevent it from happening again.

At Lawrence Memorial Hospital Wound Healing Center, you'll find the help you need. We offer advanced technology and medical care that helps heal wounds by starting with the underlying cause. Nine out of 10 patients treated at Lawrence Memorial Hospital Wound Healing Center have been successfully healed—that means a 90% chance your wounds will fully heal. Healing wounds is what we do.

Talk to your doctor or call 785-840-9292 today for an appointment.

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PET WORLD

Shelter dogs as companions

By Steve Dale

Q: My dog recently passed away. I've had Labradors my entire life. My husband died three years ago and I'm in my early 80s. I can't imagine living without a dog, especially at this point. My dogs have always been wonderful companions. My granddaughter is trying to convince me to get a smaller dog from a shelter. Don't shelter dogs come



Steve Dale

with problems? — D.M., San Diego, Calif.

A: Mike Arms, president of the Helen Woodward Animal Center in Rancho Santa Fe, Calif., thinks your granddaughter is very smart. "Of course you can teach an old dog new tricks," he says. "Teaching is the operative word. You do have to take the time to teach or attend a dog training class. More than anything, dogs want to fit in but they have to understand what it is that you want."

By adopting an older dog from a shelter, you won't have to worry about house training, or dealing with a rambunctious puppy. Also, realistically, you won't have to worry about your new friend living at least 10 more years.

"Older animals get a raw deal," says Academy Award-winning actress Diane Keaton, a spokesperson for the Helen Woodward Animal Center and a passionate advocate for adopt-

ing older pets. She says the way we view age in our society is linked to how we view older pets. "They're the least likely to find a home, and frankly I love them. It breaks my heart to think they've been passed over. But, of course, they make perfectly wonderful pets."

Certainly, the size of a dog's heart is unrelated to the size of the dog. Arms agrees that a small or midsized dog might be the best choice for a senior citizen. You'll feel more comfortable walking a dog you can control, which means you and the pooch will get out more often.

October is the ASPCA National Adopt A Shelter Dog Month. In November, the national initiative launched by Arms in 1999 called "IAMS Have A Heart: Home 4 The Holidays" begins; more than 1,300 shelters participate with over 300,000 animals expected to be adopted this holiday season.

If you decide against a shelter dog, and insist on a Lab, consider rescuing an adult Labrador through the breed rescue group. Information on all rescue groups is available at www.akc.org.

Q: Every person who comes to my house tells me I have a fat cat; it's gotten annoying. My cat, Hobie, does weigh 24 pounds. I've tried putting him on a diet, but then he just meows and even howls for food. He'll even get nasty and bite me on my leg. I've always been good to Hobie and love him. Any advice? — L.Z., Sarnia, Ontario, Canada

A: Overweight cats are more likely to suffer health problems, according to Dr. James Richards, director of the Cornell Feline Health Center at Cornell University College of Veterinary Medicine, Ithaca, N.Y. Behavior

problems can result, as well; in your case, Hobie's only prey drive outlet is your leg.

First, see your veterinarian. There are several diet choices for Hobie, so ask what would work best for Hobie. Also, have your vet check for underlying illness.

Dr. Colleen Currigan treats only cats in her Chicago, Ill., practice. "It's a misconception to believe all cats will regulate their food intake," she notes. "I know first hand. I have a cat who has totally no self-control."

Teach your cat to eat from little plastic balls called Play 'n Treat balls. The cat must roll the balls so kibble (a piece or two at a time) tumbles out of a small hole. Hobie will burn calories as he rolls the balls What's more, in time, you can start placing the balls around the house so Hobie must "hunt" for his food. This will not only burn calories but also activate Hobie's prev drive, which is exceedingly important. Also, by feeding Hobie smaller amounts (out of each ball) rather than a large meal, he won't gorge and will allow his body to regulate the food intake easier. If Hobie is the exception and refuses to roll the balls, try a Kitty Kong, a similar type of toy with a bigger opening for the food (both toys are available at pet

"Just as in people and in dogs, exercise can help to at least affect some change in metabolism; exercise burns calories," adds Currigan. "Exercise really does make a difference. The trick is, how do you get a cat, especially an overweight, sedentary cat, to exercise?"

Dr. Gary Norsworthy, a feline vet in San Antonio, Texas, points out, "Overweight cats don't feel good about playing because as they become more and more obese they have more and more trouble breathing. So, they gradually become less and less active; it's a sort of snowball effect. Before long, you're lucky if some of obese cats come down from the sofa to do anything except to eat."

Be content to start a gradual exercise program, using a toy such as a Cat Dancer for Hobie to paw at and move after, even if he moves slowly. Hobie isn't training for the Olympics. Take a few handfuls of food out of Hobie's daily ration, and use the kibble to motivate him. Teach Hobie to follow you around the house, or come when you call. Creating an exercise program for Hobie could be good for you, too; instead of using the TV remote, get up and manually change the channel. Use a toy like the Cat Dancer to entice Hobie off the sofa with you. Little bits of exercise add up.

(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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regional artists. New works added daily. Manhattan Arts Center MANHATTAN, 785-537-4420 http://www.manhattanarts.org

DEC 8-18

KANSAS NUTCRACKER

Annual performance of the classic tale reset in 1850s Kansas with Tchaikovsky's music recomposed for a mandolin orchestra. Features over 100 local dancers and actors. 940 New Hampshire, Lawrence Arts Center.

LAWRENCE, 785-843-2787 http://www.lawrenceartscenter.com

BINGO

SUNDAYS **AMERICAN LEGION**

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

SUNDAYS & TUESDAYS AMERICAN LEGION POST NO. 1 3800 SE MICHIGAN AVE, TOPEKA,

SUNDAYS & FRIDAYS CAPITOL BINGO HALL

6:30 PM, 785-267-1923

Minis start at 6:00 p.m. on Sundays and 6:30 p.m. on Fridays. Regular sessions start at 6:30 p.m. on Sundays and 7:00 p.m. on Fridays.

2050 SE 30TH ST, TOPEKA, 785-266-5532

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

MONDAYS & SATURDAYS **LEGIONACRES**

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

WEDNESDAYS & THURSDAYS **MOOSE CLUB**

Wednesdays, 6:30 p.m. Thursdays, 12:30 . 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

785-542-1020

PINECREST APARTMENTS 924 WALNUT, EUDORA, 12:30-1:00 PM,

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., I AWRENCE, 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 1-2

AARP DRIVING SAFETY CLASS

The AARP Driving Safety Class will be offered on Thursday and Friday from 10:00 a.m.-3:00 p.m. in the Lawrence Public Library Gallery Room. A workbook fee of \$10 may be paid at the first session. This is a refresher class on driving laws, safety issues and how to adjust to changes due to aging. Insurance discounts are available for those attending both days. Due to space limitations, please call Pattie at the library to register for the class

DEC 8 & DEC 10 **JOURNAL MAKING WORKSHOP**

LAWRENCE, 785-843-3833

Helen Krische and John Jewell of the Watkins Community Museum of History, will present a workshop on journal making in two sessions: Thursday, December 8, 7-9 p.m.; and Saturday, December 10, 1-4 p.m. Participants will learn how to use bookbinders' methods to create a personalized journal. Fee. Registration required. LAWRENCE, 785-841-4109

http://www.watkinsmuseum.org HEALTH

MONDAYS THROUGH THURSDAYS FIT FOR LIFE

LMH Kreider Rehabilitation Services offers safe, nurturing environment with one-onone instruction on aerobic and cardiovascular equipment. Especially helpful for 8:00-10:00 AM those with osteoporosis, balance prob-

lems, post CVA/stroke, knee/hip replacement, arthritis. Fee. Mondays through Thursdays, 9:00-11:00 a.m. or 2:00-5:20 p.m. at LMH. Tuesdays and Thursdays 8:00-11:00 a.m. At LMH South. LMH KREIDER REHABILITATION SERVICES 785-840-2712

FIRST TUESDAY OF EACH MONTH **HEALTH SCREENING CLINIC** Lawrence-Douglas County Health Department. FIRST METHODIST CHURCH, LECOMPTON

9:30-10:30 AM TUESDAYS AND THURSDAYS

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

TUESDAYS AND THURSDAYS SENIORCISE PROGRAM

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

WEDNESDAYS

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

BABCOCK PLACE, LAWRENCE

9-11 AM 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,

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 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

BONE DENSITY SCREENING

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

Parade, Christmas concert, Nativity and

Features exclusively horsedrawn carriages,

Annual festival featuring over 300 nativity

only. Centenary United Methodist Church.

sets from around the world. Weekends

wagons, and coaches decorated for the

BONE DENSITY SCREENING

See December 3 description. LMH HEALTH SOURCE ROOM, 785-749-5800 9:00-11:10 AM

DEC 7 **CHOLESTEROL SCREENING**

No appointment needed. You may choose between a Basic Cholesterol Screening (No fasting needed) or a Total Cholesterol Screening with a lipid panel. The lipid panel offers a basic cholesterol screening as well as your HDL, LDL, and triglycerides. If you choose to have the Total Cholesterol Screening you will need to fast for 10-12 hours (water and necessary medications are OK). The Total Cholesterol Screenings are offered during mornare not considered diagnostic of any disthe normal range will be advised to see their healthcare provider for follow-up. 3:00-5:00 PM

DEC 12

BONE DENSITY SCREENING See December 3 description.

LMH HEALTH SOURCE ROOM, 785-749-5800 1:00-3:00 PM

HOLIDAY EVENTS

TARC'S WINTER WONDERLAND Enjoy hundreds of displays and thousands of lights driving through Lake Shawnee's

campground. New displays and specialty nights annually. Lake Shawnee Camp-TOPEKA, 785-232-0597

http://www.tarcinc.org DEC 1-JAN 8

VICTORIAN CHRISTMAS AT THE LEBOLD MANSION

The old-fashioned Christmas is celebrated throughout the mansion - from cellar to attic - Christmas is a blaze at The Lebold. Tuesday-Sunday only. Lebold Mansion. ABILENE, 785-263-4356 http://www.lebold-mansion.com

DEC 1-31 **CHRISTMAS AT LANESFIELD**

Discover a turn-of-the-20th-century holiday, make an old-fashioned ornament, and tour the historic schoolhouse decorated for EDGERTON, 913-893-6645

> http://www.jocomuseum.org DEC 1-JAN 1

CHRISTMAS IN HISTORIC LECOMPTON Three floors of Christmas trimming and decorations. Vespers Dec 4. LECOMPTON, 785-887-6285

http://www.lecomptonkansas.com

DEC 1-31 **SEELYE MANSION CHRISTMAS TOURS** Trees, poinsettias, and beautiful decorations are used throughout the home. Fea-

tured on HGTV Christmas castles in 2000. ABILENE, 785-263-2231, 800-569-5915

OLD TIME HOLIDAY HAPPENINGS Victorian dinner, candlelight tours, holiday entertainment in historic buildings. By

TOPEKA, 785-368-2438 http://www.topeka.org

http://www.atchisonkansas.net

DEC 2-3

HOMES FOR THE HOLIDAYS TOUR 4th annual. Tour historic homes decorated for the holidays. ATCHISON, 913-367-2427, 800-234-1854

DEC 3 LAWRENCE OLD-FASHIONED CHRIST-MAS PARADE

LAWRENCE, 785-865-4499

http://www.visitlawrence.com

FESTIVAL OF NATIVITIES

LAWRENCE, 785-843-1756

http://www.visitlawrence.com

ARTS AND CRAFTS BAZAAR

light displays, music, and crafts.

http://www.visitottawakansas.com

YULE FEST WEEKEND

OTTAWA, 785-242-1411

ing hours only. Please note that these tests ease process and those with results outside LMH HEALTH SOURCE ROOM, 785-749-5800

> Annual holiday event with homemade arts and crafts. 21st and Harper, Douglas

DEC 3

County Fairgrounds. LAWRENCE, 785-865-4499 http://www.visitlawrence.com

HOLIDAY ART FAIR

Hosted by Lawrence Art Guild. This perfectly timed holiday gift-buying event will run from 10:00 a.m. to 6:00 p.m. The Guild will present more than 60 area artists selling their creations in a festive shopping atmosphere. Adding to the fun will be strolling musicians, and a wine and cheese reception will occur from 6:00 p.m. to 8:00 p.m. Don't miss this opportunity to purchase fine arts and fine crafts—a unique gift idea for yourself or others who appreciate the talent of the artists in Lawrence and the surrounding area. Lawrence Arts Center, 940 New Hampshire

LAWRENCE, 785-760-3314 http://www.lawrenceartguild.org

DEC 3 **CREATIVE HOLIDAYS**

Annual family holiday celebration highlights the diverse cultural heritage of Kansas with food, music, and make-andtake activities 6425 SW 6th Ave, Kansas Museum of His-

TOPEKA, 785-272-8681 http://www.kshs.org

DEC 3 CHRISTMAS COOKIES IN THE CABIN & **GIFT PREVIEW IN VINTAGE STORES**

Sample cookies by the cabin hearth, purchase holiday cookies, special sales in stores, and tours. 124 NW Fillmore, Historic Ward Meade. TOPEKA, 785-368-2436

http://www.topeka.org

CHRISTMAS IN THE CABIN Wagon rides, music and old-fashioned pioneer hospitality. 412 S Campbell. ABILENE, 785-263-2681 http://www.heritagecenterdk.com

CHRISTMAS LIGHT PARADE Lighted floats, Santa, lighting of the com-

munity tree, and Victorian carolers. 8th and High Sts. Downtown. BALDWIN CITY, 785-594-3200 http://www.baldwincitychamber.com

HOLIDAY CRAFT SHOW Homemade hand-crafted gifts and baskets for the holidays. Something for everyone

WAMEGO, 785-456-7849, 877-292-6346 http://www.wamegochamber.com

DFC 10 CHILDREN'S HOLIDAY SHOP

A safe and fun place for children to shop for their families. In addition to shopping kids can visit Santa. Children aged 4th grade and younger. 940 New Hampshire, Lawrence Arts Center. LAWRENCE, 785-843-2787 http://www.lawrenceartscenter.com

HOLIDAY BUS TOUR OF ABILENE, KS The Watkins Community Museum of History is leading a holiday bus tour to Abilene. The group with tour the Lebold and Seelye Mansions in their Christmas finery, dine at the Kirby House, and enjoy antique shopping in Abilene's historic downtown. Fee. Reservation required. LAWRENCE, 785-841-4109

http://www.watkinsmuseum.org

UNIVERSITY OF KANSAS VESPERS

Holiday tradition featuring University of Kansas Symphony Orchestra and choirs performing seasonal music. 1600 Stewart Dr, Lied Center of Kansas. LAWRENCE, 785-864-2787 http://www.ku.edu/~lied/

CHRISTMAS CANDLELIGHT VINTAGE **HOMES TOUR**

Tour of 6-8 vintage homes, historic church and Carroll Mansion decorated in Christmas splendor throughout the oldest city in Kansas.

LEAVENWORTH, 913-682-7759, 800-844-4114 http://leavenworth-net.com/lchs

DEC 11-12

HOLIDAY HOMES TOUR Christmas homes tour to include renovated, historic, and new homes. WAMEGO, 785-456-7849, 877-292-6346

http://www.wamegochamber.com DEC 31-JAN 1 LITTLE APPLE NEW YEAR'S EVE **CELEBRATION AND BALL DROP IN**

AGGIEVILLE A culmination of New Year's Eve shopping and partying. Features a ball drop from atop Varney's Bookstore, tribute to the troops, fireworks, lazerworks, confetti shower, and Auld Lang Syne in the street. MANHATTAN, 785-341-1668 http://www.littleapplenewyears.com

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 AREA COALITION TO HONOR END-OF-LIFE CHOICES Works with 31 other Kansas communities fort and peace at the end-of-life, regardless of age. Members have backgrounds in healthcare, pastoral care, senior citizens'

Conference E of LMH. LAWRENCE, 785-830-8130 FIRST WEDNESDAY OF EACH MONTH

services, funeral home care, library and

educational services. Meets at 3:00 p.m. in

OLDER WOMEN'S LEAGUE Meetings are held in the Lawrence Public Library auditorium. Social time begins at 1:30 p.m. and the meeting begins at 2:00

p.m. The public is welcome to join members at all meetings. For more information call Gayle Sigurdson at 785-832-1692.

WEDNESDAYS AND SUNDAYS **OLDSTERS UNITED FOR RESPONSIBLE** SERVICE (O.U.R.S.)

Members of O.U.R.S. have met to dance at Douglas County Senior Services, 745 Vermont, since 1984. The group meets to dance from 2:00-4:00 p.m. on Wednesdays and from 6:00-9:00 p.m. on Sundays.

THURSDAYS OLDER KANSANS EMPLOYMENT PROGRAM

2540 IOWA, SUITE R, LAWRENCE 10:00 AM-NOON FIRST THURSDAY OF EACH MONTH LAWRENCE AREA PARTNERS IN

LAWRENCE WORKFORCE CENTER

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

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

SECOND TUESDAY OF EACH MONTH NATIONAL ASSOCIATION OF RAIL-ROAD AND VETERAN RAILROAD **EMPLOYEES (NARVRE)**

TOPEKA, http://www.narvre.com

Meets at 9:30 a.m. at Coyote Canyon

SECOND AND FOURTH WEDNESDAY OF FACH MONTH **ALZHEIMER'S EARLY STAGE PATIENT**

SUPPORT GROUP For patients with early stage Alzheimer's. SEABROOK UNITED CHURCH OF CHURCH 785-234-2523

SECOND THURSDAY OF EACH MONTH **NAACP MEETING - LAWRENCE CHAP-**

Meets at the Lawrence public Library Gallery Room at 6:30 p.m. LAWRENCE, 785-841-0030, 785-979-4692 THTRD TUESDAY OF EACH MONTH

LAWRENCE PARKINSON'S SUPPORT

GROUP FIRST PRESBYTERIAN CHURCH, 2415 CLINTON PARKWAY, LAWRENCE, 2:00 PM THIRD TUESDAY OF EACH MONTH **GRANDPARENT/KINSHIP SUPPORT**

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

FOURTH TUESDAY OF EACH MONTH LAWRENCE PARKINSON'S SUPPORT

PIONEER RIDGE ASSISTED LIVING LIBRARY 4851 HARVARD, LAWRENCE, 6:30 PM 785-344-1106 LAST TUESDAY OF EACH MONTH

GRIEF AND LOSS SUPPORT GROUP Brandon Woods Retirement Community in association with Heart of America Hospice invite individuals dealing with the pain of loss and bereavement to join us. Call 785-838-8000 for information 1501 INVERNESS DR, LAWRENCE

MISCELLANEOUS SATURDAYS

OSHER RADIO PROGRAM



Former and current Marines on November 12 celebrated the Marine Corps' 230th birthday at the Ottawa Country Club. Following tradition, the first pieces of cake were presented to the oldest Marine (Jack Bird, who enlisted in the Marines the day after Pearl Harbor was attacked) and the youngest Marine (Cpl. Sara Pacheco) present.

Local news and talk radio station KLWN 1320 AM presents the new program "Lifelong Learning: Lively Encounters with KU's Best." Each show will feature an interview with a KU Osher class instructor. Tune in for a glimpse of what you can expect from upcoming Osher classes. 11:05 a.m. http://www.kuce.org/lifelonglearning

to ensure the accuracy of the events listed, some changes may occur without notice. Please confirm any event you plan to attend.

While every attempt has been made

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

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SeniorMonthly, December 2005 17

16 SeniorMonthly, December 2005

Senior-centerspread-calendar-dec05.indd



NOSTALGIA NOTEBOOK

DECEMBER 1945

Births

DEC. 6: Larry Bowa, former Major League Baseball shortstop and manager

DEC. 24: Ian "Lemmy" Kilminster, British bassist and singer (Motörhead)

Events

DEC. 21: General George S. Patton dies from injuries sustained in a car accident on December 9.

DEC. 27: Twenty-eight nations sign an agreement creating the World Bank.

DEC. 27: Terror strikes against British military bases in Palestine.

DEC. 4: By a vote of 65 to 7, the United States Senate approves the entry of the United States into



United States into the United Nations.

DECEMBER 1955

Births DEC. 15: Paul Simonon, British

bassist (The Clash) **DEC. 17: Brad Davis,** NBA

basketball player **DEC. 18: Ray Liotta,** actor, *Goodfellas*

DEC. 27: Barbara Olson, television commentator, died on 9/11/2001

Events

DEC. 5: The American Federation of Labor and the Congress of Industrial Organizations merge to become the AFL-CIO.

DEC. 14: 70 mm film is introduced with *Oklahoma!*

DEC. 1: Alabama seamstress Rosa Parks, refuses to give up her bus seat to a white man and is arrested.





DO3 SEMOR SOURCES RECTORU SIMMAN

Reserve Your Space Today

For the "2006 Senior Resources Directory," a special pull-out section that will be available in the January 2006 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.

Include Your Business | or Organization's | Listing for just

\$25⁰⁰

Deadline is December 15.

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

Logo will run at a maximum width of 2.25" and a maximum height of 1"
oducts (up to 75 words)



Hearing Sciences opens in Lawrence

By Billie David

It's not often that one can find a professional who will make house calls but, thanks to Rick Tibbils' portable audiometer, Lawrence has an audiologist who is willing to go to assisted living places to screen his clients, many of whom are older and have more trouble getting out.

"My business is primarily with the senior population," said Tibbils, who opened Hearing Services three months ago. "However, there are a number of people in the 40-to-50 age group who need help and won't admit it. It's like a frog in boiling water: You don't know you need help unless you are really having trouble. It's a gradual sort of thing."

Much of Tibbils' work involves diagnosing hearing loss and dispensing hearing aids, but he also has special training in balance and dizziness disorders, and if there's a medical problem that needs to be addressed, he makes referrals.

In addition, Tibbils can order hearing aids from several different companies, and many of the new aids are quite sophisticated, he said.

"People don't notice hearing loss until it gets bad," he added, "especially in noisy backgrounds. The new hearing aids have the ability to reduce background noise and enhance speech. Ninety percent of the hearing aids sold today are digital."

The newer hearing aids, along with an accurate diagnosis and fit, are especially important because hearing loss can have a marked impact on personal relationships.

"Hearing loss is quite burdensome," Tibbils said. "It definitely affects personal relationships. People get isolated and depressed and quit trying. I really get a lot of satisfaction out of helping."

Tibbils' new career started out as an attempt to help his daughter overcome a speech difficulty.

"I was in the Army for 20 years," he said. "When my younger daugh-



ter was born, she had problems with speech."

So Tibbils, who was stationed in California, enrolled in San Francisco State University to study speech pathology, which was in the same department as the university's audiology program. Tibbils soon discovered that he liked audiology better.

His newfound interest eventually

brought him to Kansas City, where he enrolled at KU Medical Center in 1993—the same year he retired from the Army—and earned a master's degree in audiology.

After completing his medical training at the VA medical center in Kansas City, and then working for an ear, nose and throat doctor there, he worked for two private companies

during the next nine years.

"I decided to get out of the big city and be more independent," he said of his decision to establish his new business in Lawrence.

Hearing Services can be reached at 785-856-2250. It is located at 1425 Oread West, Suite B, right behind the United Missouri Bank (UMB) at the corner of 15th and Wakarusa streets.



FREE Hearing Consultation

\$1,000 OFF

A Pair of Premium Digital Hearing Aids

We'll clean, fine tune, & replace the batteries on your existing hearing aids for FREE.



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SeniorMonthly, December 2005 19

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SUMMARY OF FINAL PLAN FOR CONSOLIDATION OF THE GOVERNMENTS OF TOPEKA, KANSAS AND SHAWNEE COUNTY, KANSAS

The following is a Summary of the Final Plan for Consolidation of the Governments of Topeka, Kansas and Shawnee County, Kansas. The Final Plan was adopted on November 1, 2005 in accordance with provisions of H.B. 2083 (Chapter 166 of the 2005 Session Laws) enacted by the 2005 Kansas Legislature. Copies of the Final Plan are available at the offices of the Shawnee County Election Commissioner, Topeka City Clerk, and Shawnee County Clerk, and each public library in the county. The Final Plan is also available at the Consolidation Commission's office at 120 SE 6th, Suite 265 and the Commission's web site, www.cctksc.org, and may be duplicated and distributed without permission.

The five-district map and attorney's opinion affirming the Final Plan were officially adopted as part of the Final Plan. Both of these documents are available on the web site and are included in the Final Plan as published by the Consolidation Commission.

A mail ballot election is to be held on the question of consolidation. Ballots will be mailed after Thanksgiving and are due back to the Election Commissioner's office by noon on the official election date of December 15, 2005. This summary is being published once each week for two consecutive weeks preceding the election in the Topeka Capital Journal and in other newspapers serving Topeka and Shawnee County. The full text of the Final Plan was published in the Topeka Capital Journal on November 6, 2005.

The mail ballot question will be the following:

Ballot Resolution:

Shall the following be adopted?

Shall the governments of Shawnee County, Kansas and Topeka, Kansas, be consolidated into a single government entity, known as the "Unified Government of Topeka and Shawnee County," in accordance with the Final Plan for consolidation adopted by the Consolidation Commission of Topeka, Kansas and Shawnee County?

☐ Yes

■ No

If you have any questions or need further information, would like one of the Commission Members to speak to your organization or group, or want information about meetings being held to discuss the Final Plan, please call the Commission office at 354-8032.

Summary of Final Plan

The Consolidation Commission recommends replacing the existing governments of the City of Topeka and Shawnee County with one unified governing body. It also recommends substantial consolidation of functions

Consolidation Objectives (page 3) Consolidation Objectives were adopted to guide the Consolidation Commission's work.

Unified Board of Commissioners (page 4) Five Commissioners, nominated and elected in newly designed districts that contain equal propor-

tions of residents from incorporated and unincorporated areas.

Elections: Partisan, in November of even-numbered years, following the statutory provisions for election of County Commissioners.

Terms: Four years, staggered terms. Two two-year and three four-year terms in first election.

Compensation: \$42,000 for members and \$47,000 for Chairperson

Duties: Policymaking, code, ordinance, and resolution approval, budget.

Chairperson (page 5) Commission-elected Chairperson to act as visible head of the Unified Government.

Duties: Preside over Commission meetings, act as spokesperson, oversee hiring of and work directly with Unified Government Administrator, and preside at ceremonial functions.

Unified Government Administrator (page 5) Professional Administrator appointed and dismissed by the Unified Board of Commissioners.

Duties: Manage day-to-day government operations, propose budget, implement policy, and select and dismiss key department heads.

Elected Officials (*page 6*) Currently elective offices of County Clerk, Register of Deeds, and Treasurer become appointive positions and may be functionally consolidated with other administrative offices. Sheriff will continue to be elected.

Consolidation of Functions and Services (page 6) Programs, offices, and services become functionally consolidated to the extent possible. Most administrative services will be functionally consolidated soon after the Unified Government takes office.

Effective and Efficient Government (*page 8*) A target is set for savings from increased efficiency and mill levy increases are prohibited during the first five years of consolidation.

Establishment of Districts (*page 9*) Requirements and process for establishing new districts are explained.

Personnel Considerations (*page 9*) A new personnel classification system and pay scale will be established. The Unified Government is encouraged to achieve personnel reductions through attrition, but layoffs are not prohibited.

Managed Transition (*page 10*) Transition Team led by City Manager and County Commission Chairperson will establish procedures for orderly transition of power to the newly elected government.

Powers of Unified Government (page 11) The Unified Government will have powers of a city of the first class and of a county. The Unified budget will include separately identifiable portions for various taxing units

Amendment of Plan (page 12) The Plan includes provisions for amendment either by initiative and referendum or by a two-thirds [4 out of 5] vote of the Unified Board.



Senior Monthly would like to wish our advertisers and readers a safe and happy holiday season!





BRIDGE

Clubbed to death

By Omar Sharif and Tannah Hirsch

Both vulnerable. South deals.

NOR	TH
♦ 8 5	4
♡ 9	
♦ 10	8 4
♣ A I	(QJ85
WEST	EAST
♠ Q 10 6 3	♦ 97
♥ Q 7 5 3	♡82
♦ A K 3	♦ QJ9652
♣ 4 2	♣ 963
SOU	TH
♠ A I	CJ 2
♡ A I	CJ 10 6 4
⇒ 7	
4 10	7

The bidding:

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

Opening lead: King of "

The appearance of a solid suit in

dummy poses a threat to the defense. You must do what you can to neutralize it.

South's bidding described a good hand with 4-6 in the majors. On this particular holding a contract of five clubs would be unbeatable, but what if South held six hearts to 100 honors missing the ace, with two diamonds and one club as his minorsuit holdings? There would then be three top losers at clubs.

West led the king of diamonds and East signaled with the six. At trick two West shifted to a club. Declarer won in dummy and led a trump to the king, continuing with the ace and jack of hearts. Had the queen dropped or had trumps split 3-3, declarer would have been home with overtricks. But West was able to win with the queen, lead a second club and could ruff the third club, stranding declarer with a losing spade - down one.

Wasn't West taking a risk? What if declarer's minor-suit holding had been three diamonds and no clubs?

Before committing to a line of defense, ask yourself: "Can this line

give declarer a contract he could not make otherwise?" Ask that question now and West's defense gets a passing grade. In that event, declarer could score five heart tricks, two spades and two clubs, or nine in all—still down one. (Tannah Hirsch welcomes readers' responses sent in care of this newspaper or to Tribune Media Services Inc., 2225 Kenmore Ave., Suite 114, Buffalo, NY. 14207. E-mail responses may be sent to gorenbridge@aol.com.)

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Don't be left out of conversations during the holidays!



If you find yourself missing parts of words or you are having trouble understanding conversations, you may be experiencing the effects of hearing loss. An audiologist at Marston Hearing Center can perform a hearing evaluation to determine the extent of hearing loss and help you find ways to hear those conversations based on the results of your exam. Depending on your hearing abilities, sometimes a hearing aid is not the most appropriate solution.

Call to schedule an appointment and find out if hearing loss is affecting your ability to hear and understand.

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BOOKSHELF

Gift ideas for the holidays

Ahint for Santa's helpers—books Little Bighorn. Her courage at these is recorded in both Indian and Caubook for every interest, every age group, every budget. Some old favorites have just been reprinted in paperback (for example, Jill Churchill's A Midsummer Night's Scream, Deborah Crombie's Mourn Not Your Dead, Kathy Hogan Trocheck's Midnight Clear and Lawrence Block's The Burglar Who Traded Ted Williams, all by Avon Press). If you don't know Cousin Ichabod's interests, a gift card lets him/her make their own selection. For the fumble-fingered some bookstores, like Raven in Lawrence, gift wrap

In addition to "regular" books, consider audio books for commuters, joggers, and gardeners. If someone on your list is recuperating and not very mobile, consider a nofrills CD player. It'll play music and books on CDs for untold hours of pleasure.

New books available include these:

Mary Daheim: Dead Man Docking (Wm. Morrow, \$23.95, ISBN 0-06-056648-5) Mystery; amateur

Judith McMonigle Flynn runs a Seattle B&B. Her cousin and best friend Renie has just bullied her way



into a free firstclass cruise, the maiden voyage of an elegant liner. Included is a very exclusive private tour the night before. All goes well until the musician

tries to open the grand piano. The body of the cruise line CEO has been stuffed in there. The police keep the liner in port and the VIPs in San Francisco hotels. Everyone is a suspect. The cousins team up with the St. Georges, a couple who are doppelgangers for Nick and Nora Charles, to solve the case.

Lively repartee, well drawn characters—a welcome addition to the Daheim series.

Rosemary and Joseph Agonito: Buffalo Calf Road Woman (Globe Pequot Press, trade paperback \$12.95, ISBN 00-7627-3817-0) Fictionalized biography

Buffalo Calf Road Woman actually lived; she was a survivor of the Sand Creek Massacre and fought at the Battles of the Rosebud and

casian records, but only scantily.



The authors used extensive researching to flesh out the bare record for a good picture of the life of a Cheyenne woman in

1870's. Very readable account!

William Deverell: April Fool (Mc-Clelland & Stewart, \$26.95, ISBN 0-7710-2711-7) Mystery/legal thriller

Deverell brings back Canadian lawyer Arthur Beauchamp, now retired on British Columbia's Garibaldi Island, with his new wife Margaret, an ardent environmentalist.

In glancing through an out-of-date

newspaper, Beauchamp is surprised to see an old client, the Owl Faloon, charged with rape and murder. Beauchamp has trouble envisioning the diminutive master jewelry thief hurting anyone.



Beauchamp's personal life becomes complicated when his wife is selected to stay 50 feet up in an old tree. Loggers want the tree for lumber, Margaret and friends want it for the eagles. Arthur just wants his wife back.

Arthur shuttles back and forth to Vancouver in attempts to prove Faloon innocent (of the violent crime, anyway) and get his wife down to earth.

Told in the present tense, wry humor and deft descriptions of BC forest and Canadian courtrooms enliven this well-plotted mystery.

Jeanne M. Dams: Crimson Snow (Perseverance Press, trade paperback \$13.95 , ISBN 1-880284-79-0) Historical mystery: amateur sleuth

Hilda, head housemaid in the Studebaker house in South Bend,



Indiana, in the late 1800's, is a recent immigrant from Sweden. She "knows her place," and is 'walking out" with Patrick, a fireman. Patrick has posed, and Hilda

wants to accept. She worries that their different backgrounds-Irish and Swedish, Catholic and Protestant-may doom their lives if they do marry against both families' objections.

Her younger brother Eric bursts in. He's doing well in school, learning English, reading, writing and arithmetic. Skills Hilda is sure will lead to a better life.

His favorite teacher has gone missing. Since Hilda has solved a few mysteries in the past, won't she try to find Miss Jacobs?

When Miss Jacobs turns up quite dead, Hilda's investigative skills are needed.

Dams makes the life of recent immigrants in this time come to life as she deftly weaves characters and plots together.

Lou Jane Temple: The Spice Box (Berkeley Prime Crime, \$22.95, 0-425-20043-4) Historical mystery: amateur sleuth

Kansas City author Temple leaves her Heaven Lee culinary mystery series for an excellent "stand-alone" with engaging servant Bridget Hear-

Bridget, her sister Maggie and her dad came over from Ireland during the famine there. Her mom died on the ship, and her dad succumbed to alcohol. The two sisters paid the rent and the groceries by pickpocketing until caught and sent to an orphanage. There Bridget found her calling as a cook, and Maggie disappeared into the underworld.

Bridget moves up from cooking at a boarding house to a position as under cook for the wealthy Gold family. The previous under cook was dismissed because of a liaison with Seth Gold, the youngest son.

When Bridget takes the dough to the doughbox to rise, she finds the body of Seth. Mr. Gold finds her common-sense and intelligence make her a good sleuth, since the New York police in 1864 are particularly inept.

In addition to learning about New York City and immigrants in the 1860's, there is much useful information about Jewish death rituals as an added bonus for the reader. There are also recipes appended, so the reader can become as good a cook as Bridget.

FOR YOUR EARS ONLY (audio books)

Anne Rice: Christ the Lord: Out. of Egypt (Random House Audio, \$39.95, ISBN 0-7393-1376-2) Fictionalized biography of Jesus' childhood

Ann Rice uses her extensive research skills to present a believable fictionalized account of Jesus as a young boy. She has recreated the



life of Jesus as his family leaves Egypt and returns to Palestine.

Jesus is just beginning to sense that he is different from even his own

family, and that there are aspects of his life of which he is only peripherally aware. His extended family leaves Egypt to return to Jerusalem, and on this trip he becomes aware of his true origins and glimpses what God has in mind for him and his cousin John.

Rice is an excellent storyteller, moving the plot along, fleshing out the historical events and characters with fictionalized dialogue which fits well. She describes her own epiphany and her research in depth on the final disc.

Louis L'Amour: The Collected Short Stories and The Collected Bowdrie, Volume 1 (Random House Audio, \$21.95 and \$29.95, ISBNs 0-7393-2098-X and 0-7393-2360-1) Historical Western Adventure

The pre-eminent western writer of

our time is the only novelist in history to receive both the Presidential Medal of Freedom and the Congressional



Gold Medal. He is noted for both his storytelling ability and his depictions of western scenes. The collection of Frontier Stories is read by Jason Culp (3 discs) and the Ranger Chick Bowdrie tales are dramatized by an excellent cast (6 discs).

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

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22 SeniorMonthly, December 2005

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Healthy seniors is the goal of statewide effort

As part of efforts to help Kansans of all ages take steps to improve their health, a new Healthy Kansas initiative designed to meet the special needs of Kansas seniors was announced November 22 by Governor Kathleen Sebelius and the Kansas Department on Aging.

Healthy Aging: Seniors Together Enjoy Physical Success (STEPS) will help seniors in 15 Kansas communities increase their physical activity.

One-hour classes, offered three times a week will focus on balance, coordination, and upper and lower extremity strength for the seniors.

"All of us benefit from exercise, but seniors in particular can enjoy health benefits from increased physical activity," Governor Sebelius said. "It's never too late to reap the benefits of a healthy lifestyle.

Healthy Aging: STEPS is being funded through a \$150,000 grant to KDOA from the Topeka-based Sunflower Foundation. It will start in Great Bend, Oberlin and Topeka during the first year, and six communities will be added each of the next two years. KDOA's nine Life Long Communities will be among the first to take part in the initia-

Secretary Pamela Johnson-Betts said the program is designed to improve the quality of life for seniors. "People of all ages benefit from in-creased activity," she said. "But for seniors, physical exercise can enhance their quality of life by improving mobility and functioning that helps them maintain their independent lifestyle." KDOA is partnering with local community leaders to locate local instructors, class locations and to educate the public about the initiative. The Topeka Downtown YMCA will serve as headquarters for the training component of the grant. The 11 Kansas

> Kaw Valley Senior Monthly accepts

INSERTS!

We can insert your circulars or flyers for just \$45 per 1,000. Call 785-841-9417 for more information. to help recruit participants for the classes.

The Sunflower Foundation: Health

Area Agencies on Aging have agreed Care for Kansans is a Topeka-based Healthy Aging: STEPS initiative is philanthropic organization with the mission to serve as a catalyst for improving the health of Kansans. The

modeled after a similar evidencebased project in Seattle/King County, Washington.

It may be just some **shoulder** pain, but why take chances?



Every year thousands of people mistake the warning signs of a heart attack for something a lot less serious. That's why the staff of the Bob Billings Cardiac Evaluation Center at Lawrence Memorial Hospital's

Emergency Department wants you to be "heart smart."

First, know the warning signs of a heart attack, including these symptoms: pain in the shoulder, arm, jaw or stomach; a shortness of breath; discomfort in the center of your chest; and the sudden onset



If you or anyone you know exhibit any of these symptoms, don't delay. Call 9-1-1 and get help fast. Studies show that clotbusting drugs and other treatments work

of nausea, cold sweats or light-headedness.

best to stop a heart attack when given within one hour of the start of symptoms.

So when it comes to your heart, use your head. To learn more about the warning signs of a heart attack visit us on the Internet at www.lmh.org.



The Bob Billings Cardiac Evaluation Center







PUZZLES

ACROSS

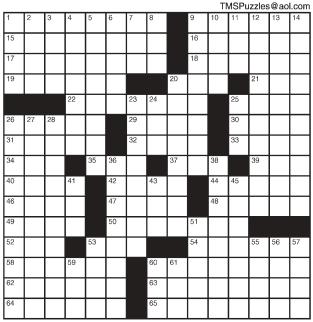
- Sci-fi classic
- Smells
- 15 Peppy person
- Capital on the Mediterranean 16
- Casa Grande resident 17
- 18 Pay tribute to
- Stupefies with drink 19
- 20 Evergreen
- Armistice Day mo. 21
- 22 "Airplane" co-star
- 25 Calcium oxide
- 26 Alter a skirt's length
- 29
- Plenty 1904 Nobel winner Pavlov 30
- 31 Eradicate
- 32 Legend
- 33 Favorites
- 34 Pianist Cliburn
- 35 Nincompoop
- Court divider
- 39 Grande
- Sacred image 40
- 42 Ralph Lauren's company
- 44 Firebug's crime
- _ Las Vegas!"
- 47 Dove or Frost
- Laments loudly 48
- 49 Frosted
- Natural to a place
- 52 Remote
- Neon or radon 53
- Lead-ins
- Sacred Egyptian birds
- Maintained first place
- 45 Correct

Flugelhorn-player Chuck

- "Seinfeld" character 62
- 63 Ingenuity
- 64 Pockmarked
- Designed anew

DOWN

- Thick piece
- Trunk spare
- Rara follower
- Changes building restrictions
- 5 Is unfaithful to
- Remove lather 6
- Period of history
- 8 Barbie's boyfriend
- Another name for wormwood
- 10 Bring up
- Peanut product 11
- 12 Annual muscleman contest
- 13 Robotic technology
- 14 Robert Louis and Teofilo
- 20 Reference citation
- 23 Satirizes
- 24 Crafty
- Cup rim 25
- Brought back to life 26
- Possible to abolish 27
- 28 Of a city in Lower Saxony
- Pacified 36
- 38 Putting up with
- 41 Scottish youngster
- 43
- After-dinner treats



By Tom Pruce Chicago, IL

- 53 Legendary golfer Sarazen
- 55 Vex
- Formerly
- 57 Plant of the future
- 59 60 Besmirch
- Take a chair

61 BBC comedy, "__ You Being Served?'

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Answers on page 29

MAGICWORD

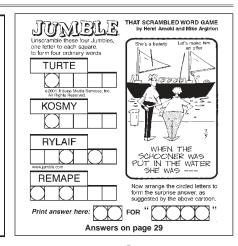
HOW TO PLAY: Read the list of words, Look at the puzzle, You'll find these words in all directions—horizontally, vertically, diagonally, backwards, Draw a circle around each letter of a word found in the puzzle, then strike it off the list. Circling it will show a letter has been used but will leave 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.

VISIT TO THE DENTIST (sol.: 13 letters)

VISIT TO THE DENTIST (sol.: 13 letters)
A-Anesthetic; B-Bacteria, Bad news, Bridgework,
Brush; C-Care, Cavities, Checkup, Clean, Cosmetic,
Crowns; D-Decay, Dental plan, Dentures,
Diagnose, Doctor, Drill; E-Exam; F-Fillings, Floss;
G-Gums; H-Healthy; I-Implants; M-Mouth; OOffice, Oral; P-Pain, Plaque; R-Repair, Root canal,
Routine; S-Scrape, Smile; T-Teeth, Tooth; VVeneers; W-Whitening

This Month's Answer: UNCOMFORTABLE

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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.

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24 SeniorMonthly, December 2005

TRIVIALITIES

- 1. Who starred as Ben Grimm in the 2005 film "Fantastic Four"?
- 2. The 2005 film "Sin City" was adapted from whose novel of the same name?
- 3. Oliver Stone directed this 2004 film starring Rosario Dawson, Anthony Hopkins and Angelina Jolie. 4. Who won the 2000 Oscar for best supporting actress?
- 5. Kerry Conran wrote and directed
- this 2004 film that starred Jude Law as Sky Captain.
- 6. Ethan Hawke starred as Costa in this 2004 thriller directed by D.J.
- 7. Renee Zellwegger starred as Angie and Will Smith starred as Oscar in this 2004 animated film.

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Answers on page 29

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HUMOR

Insults, Ltd.

would never have known about Insults, Ltd. if my friend Jeremy Teesdale hadn't won a trip to a Hawaii, and if Jeremy hadn't been mistaken for an eccentric billionaire named Jeremiah Teancrumpits.

Jeremy is a retired bachelor. A real estate promotion company offered to put him up free at a luxury resort in Hawaii if he'd listen to a sales pitch about vacation time share units. Jeremy had a bunch of frequent flyer miles, so he accepted the offer.

Jeremy's plane landed at Lehui Air-



Larry Day

port on the Island of Kauai late one afternoon. He rented a car and drove out to the Enchanted Evening Resort at Poi Pu Beach. Suitcase in hand Jeremy was heading for the registration counter when he was intercepted by a tall, distinguished man who looked like an English butler.

"Mr. T?" the man asked.

"Yes," said Jeremy, a bit uncertainly. People at work had always called him 'Mr. T.'"

"I am Dobbins, sir, the resort's butler, please step this way." He took Jeremy's suitcase.

The man Dobbins led Jeremy to a private elevator. It glided upward, and the door opened onto the foyer of resort's presidential suite.

"Whoa," said Jeremy. "Are these my accommodations?"

"Yes sir," said Dobbins.
"Wow!" said Jeremy.

"The I-Team hoped you would be pleased, sir," said Dobbins.

"What is the I-Team?" asked Jere-

my.
"That's short for Insult Team, sir. I thought you knew."

Before Jeremy could respond to that, the elevator doors opened and two people stepped out—a tall matronly woman and a muscle bound galoot with a cauliflower ear.

"I'm Mariah," said woman. "This is Braxton. You must be Dobbins," she said..

"Yes, madam," said Dobbins.

"And this must be the repulsive

old coot we're going to be stuck with," she said turning to Jeremy. "Yes madam," said Dobbins, "That

is to say, madam, this is Mr. T."

"He looks much dumber than I

expected," said Mariah. "Totally clueless," said Braxton.

"You may go," said Mariah.
"Very good, Madam." Dobbins stepped onto the elevator.

"There's been a mistake," bleated

"If there's been a mistake," said Mariah, "God made it when he put a pusillanimous pipsqueak like you on the earth. Now get in there, sit down, and shut up."

"Wait a minute," said Jeremy, "you can't....."

Braxton grabbed Jeremy's shoulder with an iron grip. "Shut up, dipstick," he said. Brax-

"Shut up, dipstick," he said. Braxton marched Jeremy into the luxuriously furnished living room.

"Sit," he growled and pushed Jeremy down on a sofa.

Jeremy felt in his pocket for his cell phone, but the second he pulled it out, Braxton snatched it away.

"I told you to shut up, dipstick,"

said Braxton. "So shut up."

Mariah came into the living room and stood in front of Jeremy. She frowned.

"Okay, let's get started," she said. "What's a loser like you doing in a luxurious place like this? Answer me that "

"I tell you there's been some mistake," said Jeremy.

"You nattering numbskull. Don't keep saying that," said Mariah.

Jeremy tried to stand, but Mariah pushed him back down on the sofa.

Braxton returned.

"Where's my suitcase," asked Jer-

"Shut up," said Braxton.

Just then there was a faint "ding" in the fover, and the elevator doors slid open. Mariah and Braxton looked at each other quizzically. It was obvious that they weren't expecting anyone else. A man strode across the parquet floor of the foyer and into the carpeted living room. Mariah and Braxton stared at him dumbfounded. The man looked just like Jeremy Teesdale—same height, same weight, same ring of white hair around a bald dome. But this man's eyes were flinty, not dewy. His mouth was a thin cruel slash across the middle of his face. For a moment the stranger, Braxton, Mariah and Jeremy were a frozen tableau.

Then the stranger snarled, "I'm Jeremiah Teancrumpits. Who the hell is that bozo?" He pointed to Jeremy.

"We thought he was you, sir." said Mariah. It was the first quiet tone Jeremy had heard her use.

"Idiots," said Teancrumpits.
"You're fired."

Jeremy told me all about this adventure when he got back from Hawaii. The resort let him stay an extra three days. Jeremy ran into Mariah and Braxton at a bar in Koloa. They were both loaded, and they spilled the beans to him about what had happened. Insults, Ltd. is a discreet British firm that services a very specialized clientele. Rich and imperious people over whom everyone fawns and fusses and simpers, hire Insults, Ltd to insult them mercilessly. For these mega egos it's the psychic equivalent of taking a dose of salts, or swallowing four tablespoons of cod liver oil. Being roundly insulted restores their tissues, and tones their temperaments.

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- 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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SMART COLLECTOR

Original pressed glass worth more than repros

Q: I bought a pitcher at auction and someone told me it is early American pressed pattern glass. Can you give me more info? I also bought small glass dishes and wonder how they were used. - Carolyn, Tulsa, Okla.

A: From images sent, all appear to be pressed glass. Molded as opposed to hand-blown, pressed glass derives its surface pattern from being



Danielle Arnet

formed, or pressed, in a decorated mold

Mold-made glasswares provided c. 1860 to 1930 American households with an economical alternative to expensive hand-cut glass. A quick way to distinguish between the two is to run a hand over the surface; pressed glass lacks the very sharp edges of cut glass.

In the first half of the 19th century, the earliest mass made pressed glass objects were glass furniture knobs. Later, a variety of glass works made pressed glass tablewares or decorative pieces formed with dozens of patterns. So many patterns exist that glass collectors can, and do, spend a lifetime trying to learn them all.

Using clear, opaque or milk glass in a variety of colors including opalescent, pressed glass appears as utility pieces, paperweights, as shoe shaped whimsies, and in family collections as souvenirs featuring ruby stained items with crystal bottoms and lettering in gold. Some glass was hand painted or gilded. Other pieces were formed as advertising.

The small dishes pictured by the reader are saltcellars and relish or condiment boats used on well-set tables during the early 1900s. Then, each diner had easy access to multiple holders filled with salt, relishes, iams, savories and the like.

Mike Carwile, co-author with Bill Edwards of the "Standard Encyclopedia of Pressed Glass 1860-1930: Fourth Ed.," \$29.95 from Collector Books, identified the pattern on the pitcher as Shrine, sometimes known as Jeweled Moon and Star. The pattern is photographed in his book.

"Made by Indiana Glass in the 1890s, it was first an 1880 design from Beatty-Brady," he added. Originally in Steubenville, Ohio, B-B joined National Glass in 1899.

Smart collectors will recognize the significance of his remark that the pattern has not been reproduced. Repros, always of lesser quality, tend to lower value on originals.

Q: Is there any value to my old Brunswick tavern table? - Marion, Kenosha, Wis.

A: I think you'll like this reply, Marion. To begin, Brunswick is a revered name in game-room equipment. Collectors drool over massive antique wood pool tables made by the company.

Called the Brunswick-Balke-Collender Co. when your table was made, the firm has headquartered in Chicago since the 1840s. By the mid-1800s, the company produced a variety of tavern equipment, including elaborate mirrored front and back bars that now grace restaurants.

Your table, with a large octagonal metal base stamped with company ID and a round wooden top, was made as a tavern poker table, probably in the mid-late 1800s. These tables are rare and highly sought. I've seen them sell for over \$1,000.

Wear on the wooden top, which you consider a flaw, is a plus. Photos show a wonderful original patina, which enhances value. The base, with what looks like original paint, is in excellent condition. You have a gem! Any Brunswick or rec-room enthusiast would love it. I suggest you post it online to reach the largest pool of buyers.

(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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Five new traditions to reduce holiday stress

By Karmel Astarae

This is a great year to create the holiday season that you have always dreamed of! This time of year can be peaceful, loving, joyous, humble, and richly abundant in all ways. It is simply time to understand that you are a powerful part of potential that is unused and that you have tremendous ability to tap into this reserve to have the most joyous Holidav season ever.

Did you know that energy follows thought and your thoughts and choices create your reality? So dear friend, what would truly comprise the most beautiful, wonderful and magical Christmas Season that you can possibly imagine? Are your thoughts and feelings aligned with a bountiful harvest of rich and loving rewards, or do you simply see stress and limitations attached to the holidays? Miracles certainly can occur when we let go of troubling situations and get ourselves out of the way

You might enjoy taking a few minutes to ponder truthfully, some of your past holiday traditions to see if these may be actually placing you in a form of limitation. For example: If you have always been the one that does most of the Christmas cooking for your family, how can you start a new tradition and delegate others to assist you in the process? Make it fun and enhance the season by transforming what is stressful, into blessings of love, fun and play!

If you are ready to create some new traditions this holiday season, read on and see how these simple steps can bring forth what your heart deeply desires. In the past you may have danced with holiday blues, exhaustion, sadness, depression and stress, along with spending money beyond what your budget allowed. However, the real truth is that you can set into motion new ways of transforming any old mental programming or worry-filled emotions that continue to surface at this time of year.

Five new traditions you may find beneficial:

1. Remind yourself to stay in the vibration of unconditional love. Understand that love comes in many facets and even the lessons of life contain the elements of love, as we are being taught wisdom and life experience. It is the nature of your soul to love and it is much easier to love than to hate, easier to forgive than to resent, easier to honor your heart than stifle it's desires, and easier to express yourselves than to suppress.

Love is your first key to changing the dynamics of old patterns and to see vourself as Creator sees you, as Divine LOVE. I believe that love is the strongest and most powerful force we have in the world.

- 2. Moving through unpleasant Holiday fears: The meaning of FEAR is False Evidence Appearing Real and it is simply an illusion. Identify the "fear feeling" that is arising and make peace with it. Allow it to be gently expressed through feeling the feelings! The steps to moving beyond fear are: A. Identify the feelings or thoughts; B. Allow them to bubble to the surface; C. Accept them as part of you and part of love; and D. Thank them for serving you well, E.-Ask that they be transmuted into love and let it all go. You can apply this simple process to any situation such as stress, financial issues, difficult family issues and more. Reclaim your full power and potential by using the forces of love-you will be amazed at the results!
- 3. Setting Your Holiday Intentions: We may all have worked with setting career goals at one time or another. Why not use the power of intention to accelerate you into a sacred place of more joy, peace and abundance this year. An Example would be: I set the intent for benevolent magic to occur this holiday season and to resonate with love in every aspect off my being. This love will connect, express, and expand to myself and radiate out to others. I am blessed with ever-flowing prosperity, money and inner peace to fulfill all my holiday wishes. I am loved by the universe in magnificent proportions! And so it is. Repeat 3x
- 4. It is not the Money, Honey! Frustration has set in, you are bone tired, the stores are to crowded and you are not even one tenth the way through your Christmas shopping list. Is this triggering any memories of Christmas in the past? By just reading this you may already feel your physical body getting tense and see your checkbook amounts dwindling. How about a putting a new tradition into action? Create another visual now and take a long, deep relaxing breath while aligning yourself with the vibration of abundance, peace, and the space of joy inside.

SLAPSTIX

Conversation is anecdote tempered by interruption.

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Do not pray for your financial fears in your life. You might ask your partto be alleviated by usual methods, such as fear motivating you to take a temporary second job, but rather focus on the quality of the feelings that you wish to have. If you desire more money then visualize a specific amount, say \$1,000 or more easily flowing into your life somehow. See the money, feel it, visualize it in your bank account, now mentally spend it. Make a movie of the outcome in your heart and mind. See yourself floating through the stores, getting great bargains, having lots of money to spare and leaving with all your gifts completely wrapped! In other words... focus on the feelings not the money. And of course by all means, ask the universe for whatever you need, give energy to it (visuals and intentions) allow it, commit to receiving and surrender it over. I do not know how this will happen, but I am willing to allow it. I am at

5. Creating New Holiday Values: Sometimes conflict will appear over traditions and family values during this festive time of year. It is important that you take time out to reevaluate your personal values and refocus on what is really important

peace. 3x daily

ners, and children to do the same thing. For example: Is it really necessary to go into debt while trying to please others or overspend to keep up appearances? What do you value about this? What are the old beliefs and concepts that may be repeating? What positive changes are you willing to make about the things that cause you continued stress? Remember, you are a powerful being and you can co- create heaven on earth..one step at a time.

Always look for what you wish to create, what you wish to resurrect in your life, in your spirit and focus on that. Ask for blessings, not what you wish to get rid of or what is not working. Focus on the JOY of your dreams, your hopes and your aspirations and ask for this. Celebrate new traditions, allow yourself to dream passionately, and bring new LIFE to your LIFE! Blessings and happy holidavs to vou.

Karmel Astarae of Spirit Whispers of Lawrence is a Spiritual Energy Therapist. Holistic Practitioner, Intuitive Counselor, Writer, Public Speaker, and EMF Balancing Technique Certified Teacher. She may be reached at 785-840-9829 or karmel@spiritwhispersonline.com.

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JUMBLE ANSWERS

Jumbles: UTTER SMOKY FAIRLY **AMPERE**

Answer: When the schooner was put in the water she was - UP FOR "SAII"

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TRIVIALITIES ANSWERS

1. Michael Chiklis 2. Frank Miller 3. "Alexander" 4. Angelina Jolie for "Girl, Interrupted" 5. "Sky Captain and the World of Tomorrow" 6. "Taking Lives" 7. "Shark Tale"

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WOLFGANG PUCK

Making the most of fresh mussels

By Wolfgang Puck

first tasted mussel soup almost 30 years ago, but that bowl of soup still lives in my memory as if I ate it only yesterday.

I had taken a few days off from Maxim's, the famous Art Nouveauera Paris restaurant where I was working as a chef. I was on a pilgrimage to one of the great temples of French cuisine: Restaurant Paul Bocuse in Lyons, whose namesake chef had modernized that nation's cooking.

His mussel soup was a revelation. A simple chowder, it featured fresh shellfish that were steamed in their shells with vegetables, fish stock and white wine, then shucked and bathed in cream with richly perfumed golden saffron and other spices and herbs. The combination of sweet, plump mussels, rich cream and aromatic seasonings powerfully conveyed to me Bocuse's then-revolutionary message: that the best cooking highlights the natural tastes, scents, textures and colors of fine seasonal ingredients.

I was so mesmerized by Bocuse and his food that I didn't dare ask him for his recipe. Even today, though I now count the great chef as a friend and have cooked, dined and spoken with him many times, I still haven't asked him.

So, I made up my own version, attempting to capture the essence of what memory told me Bocuse had achieved. I think I got it right.

With mussels now in peak supply and the weather chilly, it's the perfect time to try this classic chowder for yourself. It's so easy to make.

Buy your mussels from the best fishmonger you can find. Your senses will tell you if they're fresh. First, use your nose: They should smell as clean and briny like the ocean, without even a suspicion of fishiness or ammonia. Then, use your finger to tap any shells that are gaping open: They should close immediately, indicating that the mussels are still alive.

Cook the mussels the same day you buy them. Until then, store them in a bowl in the refrigerator

with their store wrappings removed, covered with a damp kitchen towel.

You can serve the soup as either an appetizer or a main course. Thickly slice some country-style bread, grill or broil it, rub with a cut garlic clove if you like, brush with extra-virgin olive oil, and you have the perfect accompaniment. Just be sure you have enough bread for everyone to soak up every last drop of the delicious broth.

If you've never tasted mussels before, my recipe — with a respectful nod to Paul Bocuse — is the best way I know to acquaint yourself with these sweet seafood morsels. If you already love mussels, prepare to revive that passion.

French-style Mussel Soup

Serves 4 to 6

Fish Stock:

- 4 fresh parsley sprigs
- 1 small handful celery leaves
- 1 sprig fresh thyme
- 1 bay leaf
- 1 teaspoon whole black and white peppercorns
- 2 tablespoons olive oil
- 1 pound fish bones from any saltwater fish except salmon, cut into pieces
 - 1 carrot, sliced
 - 1 shallot, sliced
 - 1/2 onion, sliced
 - 1/2 stalk celery, sliced
 - 2 cups dry white wine

Mussel Soup:

- 2 1/2 pounds fresh mussels in their shells
 - 1/2 pound carrots, peeled
- 1/2 pound leeks, trimmed, thoroughly washed
 - 1/2 pound celery, trimmed
 - 1 cup dry white wine
 - 1 tablespoon unsalted butter
 - 1/2 teaspoon saffron threads
 - 1/2 teaspoon dried thyme



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30

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2 cups heavy cream Salt

Freshly ground black pepper Cayenne pepper Juice of 1/2 a small lemon

To make the Fish Stock, first prepare a bouquet garni by wrapping the parsley, celery leaves, thyme, bay leaf and peppercorns inside a square of cheesecloth, tying it securely with

kitchen string. In a medium saucepan, heat the olive oil over medium heat. Add the fish bones, carrot, shallot, onion and celery and sauté stirring frequently, for 10



minutes. Add the wine and stir and scrape to deglaze the pan deposits. Add the bouquet garni and enough cold water to cover. Bring to a boil, using a large spoon to skim off foam as it rises to the surface. Reduce the heat and simmer for 25 minutes. Strain through a cheesecloth-lined fine-meshed strainer set over a heatproof bowl. You should have about 1 quart. Reserve 2 cups for the soup, refrigerating the rest in a covered container for another use.

For the Mussel Soup, thoroughly wash and scrub the mussels under cold running water, pulling off their beardlike strands and removing all sand. Discard any that seem overly light, meaning they're probably dead, or any that feel very heavy, meaning they're full of sand.

Coarsely chop half each of the carrots, leeks and celery, setting the remainder aside. Put the chopped vegetables in a large saucepan and add the mussels, 2 cups fish stock and wine. Bring to a boil over me-

dium-high heat, cover and cook for about 5 minutes, until the shells have opened. Strain the contents of the pan through a cheesecloth-lined strainer set over a large heatproof bowl. Reserve the liquid. Put the mussels in a separate bowl, reserving them and discarding any unopened ones along with the other solids.

Cut the remaining vegetables into uniform 1/4-inch dice. In a 6-quart

low heat, melt the butter. Add the diced vegetables, saffron and thyme and sauté gently for about 10 minutes.

Add the cream. Raise the heat to medium-high and

boil, stirring frequently, until the cream reduces and thickens slightly, about 7 minutes. Stir in the strained cooking liquid, raise the heat and continue boiling until the mixture has reduced slightly, about 5 minutes more.

Meanwhile, shuck the cooked mussels, prying their shell halves apart and pulling out the meat. Reduce the heat to low and add the shucked mussels to the soup to reheat briefly. Season to taste with salt, black pepper, a dash of cayenne and lemon juice.

Ladle immediately into heated bowls and serve.

(Chef Wolfgang Puck's TV series, "Wolfgang Puck's Cooking Class," airs Sundays on the Food Network. Also, his latest cookbook, "Wolfgang Puck Makes It Easy," is available in bookstores. Write Wolfgang Puck in care of Tribune Media Services Inc., 2225 Kenmore Ave., Suite 114, Buffalo, N.Y. 14207.)

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For good health, increase your protein

By Norma Johnson

Kansas Senior Press Service

A project of KU's Landon Center on Aging

et's spend a few minutes exploring the protein sources of our diets. Much of our body is made of proteins. Protein is in every cell, including muscles, internal organs, skin, and hair.

There are many protein sources, such as chicken, pork, fish, beef, beans, milk, eggs, legumes, and many grains and vegetables. When we eat protein foods, the body breaks the proteins down into amino acids and uses the amino acids for growing, repairing, or replacing tissue.

Animal proteins, such as eggs, meat, and fish, contain all the essential amino acids and are called "complete" proteins. "Incomplete" proteins, which do not contain all of the essential amino acids that humans need, must be eaten with other foods that supply the missing amino acids in order to create complete proteins.

The only non-animal protein that's a complete protein is soybeans and soy proteins. Foods such as tofu are complete proteins. I read one article

that recommended we try to substitute nut and soy proteins for some of our meat consumption. By taking that step, we can lower our risk for cardiovascular disease and possibly lower our risk for cancer.

Proteins engage in a multitude of jobs that begin at conception and continue throughout our lives. Some of their work and their characteristics:

- The body uses protein to manufacture cells.
- Collagen, which is a protein, acts like a mending material to repair torn tissue.
- Protein in cells is constantly being made and being broken down.
- Digestive enzymes are proteins that break down substances, build up substances, and transform one substance into another.
- Proteins help to maintain the body's fluid balance.
- Proteins are used by our bodies to make antibodies.
- Proteins in the form of amino acids are used by the body to make some hormones.
- Because of minute chemical differences in the body's proteins, each human being is chemically unlike

ny other.

One fabulous source of protein that many Americans under-consume is fish—but not just *any* fish. According to medical science, we should focus on the so-called fatty fish such as wild line-caught salmon, trout, cod, mackerel, and sea bass. These fish contain omega-3 essential fatty acids.

There are two essential fatty acids. The first, omega-6, is abundant in cooking oil and in our diets. The other, omega-3, is critical to our immune systems, brain function, and the structure and integrity of cell membranes. Other health benefits include nourishing the hair, skin, mucous membranes, nerves, and glands, and helping prevent cardiovascular disease.

Because of changes in the typical American diet, including a decrease in our intake of omega-3 and an increase in the intake of omega-6, we have set the stage for an increase in the tendency of our blood to clot, our blood vessels to narrow, our blood pressure to increase, and chronic inflammation.

Chronic inflammation, inflammation at the cellular level, exists in

all of our cells. It is responsible for cellular aging and is said to be one of the most powerful causes of the symptoms of aging. In addition, there is a correlation between inflammation and chronic diseases such as arthritis, diabetes, Alzheimer's disease, cancer, and stroke.

Omega 3 fatty acids also are known to target chemicals that promote free radicals, which are known to cause allergies and skin disorders. Omega 3 fatty acids have become well known for their heart-protective benefits, which can result in lower blood pressure and decreased chance of blood clots.

In addition, studies have shown that small amounts of fish in the diet can lower the risk of colon, breast, and prostate cancer. There is also thought to be a correlation between decreased pain and inflammation of severe rheumatoid arthritis and the intake of omega-3 fish.

So, consume good proteins, including omega-3 fish, and say bon appétit to good food and good health!

- Norma Johnson, RN, BSN, PBH, is a public health nurse with the Johnson County Health Department.



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16 Channels, 3-year warranty

\$3995 for a ME-100 Solution hearing aid (two instruments). Be sure to ask about our special pricing on directional mics.

Good only from participating Miracle-Ear® representatives. One coupon good per purchase. No er offers or discounts apply. Discount does not apply to prior sales. Cash value 1/20 cents Offer begins 12-1-05 and expires 12-28-05

ANY SIZE!

Buy One - Get One Free Battery Special

Present this coupon to receive an 8-pack of Miracle-Ear hearing aid batteries - any size. Limit 2 packs

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Offer begins 12-1-05 and expires 12-28-05

\$50 OFF REPAIR SPECIAL

ANY MAKE OR MODE

All Brands, Includes Digital

Good only from participating Miracle-Ear representatives. One coupon good per purchase. No other offers or discounts apply. Discount does not apply to prior sales. Cash value 1/20 cents.

Offer begins 12-1-05 and expires 12-28-05



Wally Shutt BC-HIS, Owner "I believe in Miracles, do you?"

Offer good through December 28, 2005!

Call for an appointment today!

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* The \$495 offer good on the AudioChoice AC702l Contour model only. No other offers or discounts apply. All discounts do not apply to prior sales. Good only from participating Miracle-Ear representatives. Offer expires 12-28-05.

Hearing aids do not restore natural hearing. Individual experiences vary depending on severity of hearing loss, accuracy of evaluation, proper fit and ability to adapt to a hearing aid. Only your Miracle-Ear* representative can determine if the AudioChoice* or another Miracle-Ear* hearing aid is right for you.

The Hearing Aid Center America Trusts™



Listen to Life