

# Kaw Valley Senior Monthly

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December 2006

Serving Active Seniors in the Lawrence-Topeka Area since 2001

Vol. 6, No. 6

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**FREE**

# Busey bounces back after rehab, prayer

By Kevin Groenhagen

"It's hard to keep an old, rough girl down."

Those words were spoken by a woman who had a double amputation and double pneumonia during a single year.

Janet Busey, Topeka, was being screened for elective gall bladder surgery in September 2005 when doctors discovered that there was a problem with her heart.

"I thought my gall bladder surgery would take a day and a half," Busey said. "Instead, they told me I would need triple bypass surgery. That five-and-a-half-hour surgery ended up taking 15 hours."

Unfortunately, Busey was not able to get an adequate blood supply to her right leg during the surgery.

"When I came out of surgery, the first thing I saw was my black foot," Busey said. "The doctors said, 'You know, we're going to have to amputate your foot.' I was in the hospital for about a month, first at Stormont-Vail, and then at Select Specialty Hospital. That included two weeks in intensive care. They sent over a priest and a lady in black to deal with my family. I was bleeding into my lungs, so they had to use three heart pumps."

Busey then went to St. Francis Hospital to have the amputation and the gall bladder surgery.

Remarkably, at the very same time Busey was undergoing heart surgery in Topeka, Busey's identical twin sister was undergoing heart surgery at Saint Luke's Hospital in Kansas City.

"Her situation was much more serious," Busey said. "She had had a severe heart attack."

In November, Busey began the rehabilitative process.

"The Friday after Thanksgiving,



Janet Busey

LESLIE CUNNINGHAM PHOTO

they sent me to Kansas Rehabilitative Hospital," she said. "That's when my life began."

One of Busey's three daughters was set to get married in October 2005, but the wedding day was postponed because Busey was still in the hospital.

"They didn't want to have a wedding without me," Busey said. "My daughter asked, 'Mom, can't we just have a simple, simple wedding here at the hospital?'"

Kansas Rehabilitative Hospital (KRH) worked with the family and

made the hospital's dining room available for the wedding.

"We made sure all the staff got cake," Busey said. "You can tell that Kansas Rehabilitative Hospital has kind of become our second family."

Busey returned home a week before Christmas. However, by April she was losing circulation in her left leg. She had a bone infection known as osteomyelitis, which is more likely to occur in people with serious medical conditions. Her left foot would also have to be amputated.

CONTINUED ON PAGE TWO

# Janet Busey

CONTINUED FROM PAGE ONE

After her surgery, Busey returned to KRH and promptly told the staff, "I'm going to walk out of here."

"I went in for metronome therapy," Busey said. "That sure was a help to me. All the different therapies were great. The physical therapists are phenomenal. They are all terrific. They never make you feel like you're failing or you're not doing something right. They're always uplifting."

On July 7, Busey accomplished what even some KRH staff members just three months earlier thought was an unrealistic goal.

"I did the Frog Dance," Busey said. "That's where you hop on one leg and then you hop on the other. And then you hop back and forth. A therapist taught me that dance, and I told her I would dance with her before I left KRH. So I danced and then I walked out of the hospital."

"Then guess what?" Busey continued. "I got double pneumonia in August. I spent another week in the hospital. I got out, but then I had congestive heart failure and spent another two weeks in the hospital."

All told, Busey spent a total of seven months in the hospital between September 2005 and September 2006.

"I'm great today," Busey said. "I still have a little ways to go, but I'm great."

While Busey's own strength and determination were important factors in her recovery, she also credits KRH and prayers.

"Before the second amputation, there was a point when I asked myself, 'Oh, my gosh, am I going to sit in a corner and let everyone run my life, or am I going to get out of the corner?' I found out that I had prayer chains from Topeka to Washington, D.C., to Wichita. I said to myself, 'If you don't get up and do something with your life, all these

people who have prayed for you are going to see it as a failure, and that their prayer chain didn't work. So you best get off your bottom and get out of that corner. That made a real difference."

Busey continues to visit KRH three times a week for therapy. While there, she occasionally finds herself in the role of inspiring other patients.

"I've talked to a couple of patients at rehab," she said. "These people haven't had double amputations. They've maybe lost just one leg, or maybe they have a leg in a brace. They act like their lives are over. I want to say, 'Honey, it's not over. Get up! Get moving!'"

Busey has also volunteered to educate others about her experience. She has spoken before potential physical therapists at Washburn University, and even demonstrated to a group of preschoolers how her prostheses help her walk.

At home, Busey has resumed her regular card games with friends, enjoys a cup of coffee on her porch on warmer mornings, and is able to push a grocery cart as she shops at the supermarket.

Busey has 20/200 vision in one eye and poor vision in the other. While undergoing therapy at KRH, she learned of a service that has allowed her to resume her love of reading.

"While in rehab, they told me about the Talking Books program offered by the Topeka & Shawnee County Public Library," Busey explained. "The library gave me special playback equipment and I get cassette books in the mail. It doesn't cost a penny."

While Busey has made much progress in therapy, she plans on accomplishing even more.

"My goals are to dance again, skip rope, and walk without a walker," she said.

## Governor reminds Kansans of Medicare enrollment opportunity

The open enrollment period for Medicare Part D prescription drug coverage started last month and Kansas seniors are being encouraged to "shop early."

Although the enrollment period extends to December 31, Medicare recipients enrolling for the first time and those choosing a new plan are urged to sign up by December 8 to ensure their new prescription plan card is mailed to them by the first of the year.

"Kansas seniors have more than 50 plans to choose from, so I encourage them to use this time to look at their options and take advantage of the help available so they choose the right plan," said Governor Kathleen Sebelius.

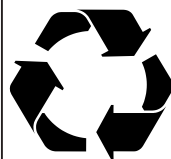
Kansans already enrolled do not have to re-enroll if they want to keep their current plan. However, seniors are encouraged to compare their current plan against the available options. Those who are already enrolled may find new offerings to their liking, and those who have just become eligible need to choose the plan that best suits their needs.

"We strongly encourage seniors to review their current plans and make any changes before December 8 so they have the prescription drug coverage they need by the first of the year," said Kathy Greenlee, Acting Secretary of the Kansas Department on Aging.

Seniors can compare plans by using the drug plan finder tool on Medicare's Web site at [www.medicare.gov](http://www.medicare.gov).

Free, unbiased assistance is available from trained volunteer counselors with the Senior Health Insurance Counseling for Kansas (SHICK) program, sponsored by the Kansas Department on Aging. The SHICK hotline number is 1-800-860-5260.

In evaluating the plans, seniors should consider not just premium costs, but also what drugs are covered; whether plans offer enhanced coverage like reduced deductibles, lower co-pays, or benefits during the coverage gap; and whether plans are accepted by the pharmacy they want to use.



Please recycle this copy of *Kaw Valley Senior Monthly* when you are through with it.

### Kaw Valley Senior Monthly

Editor and Publisher  
Kevin L. Groenhagen

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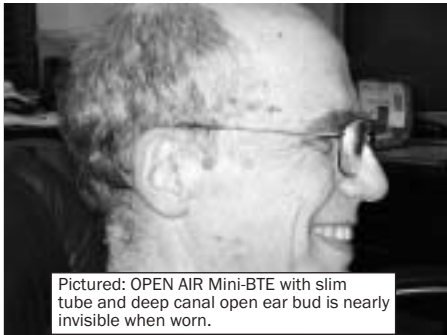
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# Centron Corporation *Lawrence's Little Hollywood*

By Faye Riley

From 1947 to 1981 Lawrence was graced with a nationally known, Oscar-nominated industrial/educational film studio, Centron, Inc., which successfully competed with companies on both coasts. The late Art Wolf and Russell Mosser started the company and employed talented and creative people to make films. Many of these people are alive today. They succeeded through Midwestern teamwork, a family atmosphere, and staying ahead of the technological curve.

Lifelong friends, Wolf and Mosser started the company at 1107 Massachusetts, across the street from the Douglas County Courthouse in downtown Lawrence. The film studio began modestly in one large room without soundproofing. In 1948, Wolf and Mosser opened the Mosser-Wolf Camera Shop in the

front of the same building to support the fledgling film business.

Although Kansas was hardly considered a major industrial location after World War II, Lawrence had many benefits. One advantage of having a company in the Midwest was lower labor costs. Kansas' film industry was not unionized. The proximity of the University of Kansas to the sound studio also provided a labor pool of actors, employees and consultants.

Wolf related a story of going to New York to a film company to make a sales call and waiting for hours in the company's lobby. When he was finally ushered into the New York executive's office, the executive announced that he didn't have time to meet with him; rather he just "wanted to see what someone from Kansas looked like."

The company began with a film on contract to Young America Films

from New York, "Sewing Simple Seams," a black and white educational film demonstrating sewing techniques. The film was successful and garnered Centron a contract for several films over a period of years, creating an economic base for the company. During the filming, Mosser brought the lights too close to an actor's hair-sprayed hair and nearly set her hair on fire.

The ability to take risks and innovate was a hallmark of Centron's business style. Wolf stayed on the edge of new technology to compete with larger companies in urban areas. In 1966 he flew to Switzerland after recording music in Vienna and purchased a Nagra portable sound recorder from the inventor, Stephan Kudelski, shortly after the major television networks in the United States began using the tool.

Wolf and Mosser paid cash for everything but the mortgage, two IBM

Selectric typewriters and Centron's Oxberry animation stand. (An Oxberry stand is a freestanding device upon which animation is created.) On the larger economic scale, Mosser and Wolf used the "Uncle Henry" method to decide what subject matter to film for the coming year. Mosser's Uncle Henry was a farmer. Every year he would visit his neighbors and ask them what crops they were planning to plant that season. When he had determined the predominant crop, perhaps wheat, he would plant a different crop, because the market demand would be greater. Comparably, Mosser and Wolf would talk to other companies at trade shows to determine what subject area was in vogue that year, and offer films in subject areas that were differentiated from the competition. For instance, after Sputnik was launched in 1957, Wolf and Mosser correctly

CONTINUED ON PAGE FIVE



# 1951



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# Centron

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assessed the market for science films would prove the most popular for the coming year. They successfully made and marketed a series of award-winning geography films instead.

Centron was a complete production house from the inception of a script, to photography, to casting of the actors, to editing and sound. The ability to cast ideas and carry them from beginning to end was a great selling point. Other production companies that were small often had to outsource or subcontract cinematography or editing, creating an uneven finished product in terms of quality. Quality, coming in on time and under budget were hallmarks of Centron films. Mosser always said, "Give them more than they expect and charge them less than they expect."

Wolf and Mosser had a tremendously talented and creative staff working together to create the films. The staff included Margaret "Trudy" Carlile Travis and John Clifford, writers; Norman Stuewe, John English and Robert Rose, cinematographers; Douglas Poulter, Linda "Sam" Haskins, the late "Herk" Harvey, directors; John "Buck" Newsom, industrial sales vice-president; James Roupe, educational sales vice president; Charles Lacey, director of production and 50-plus additional staff. The staff worked together, innovating and creatively solving problems with hard work and ingenuity. In the midst of the hard work, however, they had fun. Personal birthdays were celebrated with skits and

limericks. Teamwork was essential to the functioning of the company. Camaraderie was legendary within the company. Trudy Travis once said, "It's not about the scripts; it's not about the set; it's not about any of these things. It took place outside of Centron at the hospital when Herk bullied his way into intensive care where my husband was dying and gave me a shoulder to cry on."

In addition to their educational films for companies such as McGraw-Hill, Centron contracted with corporate clients to create industrial films. Industrial films were used by corporations at sales meetings to educate and entertain their sales force, to educate consumers about products and also to provide information about certain subjects. Centron also made films for industrial clients such as the Spencer Chemical Company, General Motors, General Electric, Exxon, Phillips Petroleum, Continental Oil, Skelly Oil, Monsanto Chemical Company, Eli Lilly & Company, Hallmark, Sears-Roebuck, Caterpillar, John Deere, Tenneco, and Union Pacific and Company. Eventually, Centron acquired government clients, including the United States Navy and Air Force, for which they made training films.

In 1955, Centron had outgrown its building at 1105 Massachusetts. The staff had grown from four to 15 people and business was continually growing, requiring more space to accommodate the increased production schedule. Wolf and Mosser bought a piece of property at 1621 W. 9<sup>th</sup> Street to build their own studio, where it stands today as the home of the film department of the University of Kansas Department of Theatre and Film. The building had a complete sound stage, one-fourth

CONTINUED ON PAGE SEVEN



**Trudy Travis**  
*Writer*



**John Clifford**  
*Writer*

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# The Centron story

By Kevin Groenhagen

Earlier this year, I was on the Internet Archive Web site ([www.archive.org](http://www.archive.org)) and entered the words "lawrence kansas" in the site's search bar. Among the results were numerous films produced by Centron Corporation of Lawrence. Among the titles were "Understanding Others," "What About Juvenile Delinquency," and "Bicycle Safety."

I downloaded and watched a few of these educational films, and soon recognized many sites in Lawrence.

I moved to Kansas in 1990 and, admittedly, had never heard of Centron Corporation, which Esquire, Inc., the parent company of Coronet Films, bought in 1981.

Given that most of the films were made during the 1950s, the child actors are now old enough to be readers of *Senior Monthly*. Therefore, I thought the Centron story would be ideal for this publication.

I contacted Amber Fraley, the publisher of *The Lawrencian*, which is an independent monthly distributed in Lawrence. *The Lawrencian* is an outstanding promoter of arts and entertainment, so I thought Fraley might be interested in working together on the Centron story.

Fraley initially found a KU student to write the story, but that didn't work out. Fortunately, that was a blessing in disguise since Fraley then found Faye Riley. Riley has her Ph.D. in Film from the University of Kansas, is a filmmaker, and was named the Herk Harvey Outstanding Graduate Teaching Assistant in Film in 2004. She also wrote her dissertation on Centron. Riley agreed to write the Centron article for *The Lawrencian* and *Senior Monthly*.

In addition to finding Riley, I want to thank Fraley for taking several of the photos that accompany the Centron article, including the photos of the Centron sign on the front cover, and those of John English and Loren Dolezal.

The Centron story shows that two publications owned by two different individuals in the same market can work together to bring an interesting and quality story to their readers. I hope that we find additional opportunities in the future.

With the new year just around the corner, I would like to make an appeal to advertisers to consider

making *Senior Monthly* part of their advertising campaigns in 2007. I would also like to expand that appeal to include other independent publications such as *The Lawrencian*, *The Kaw Valley Wedding Planner* (which Fraley bought from Groenhagen Advertising, LLC in September), and

*The Topeka Metro News*.

I sincerely believe the Lawrence and Topeka area need and deserve independent voices. Unfortunately, in the area of print media, there are far fewer of those voices today than there was just a decade ago.

Also of importance to advertisers are the circulation woes of daily newspapers in northeast Kansas. According to the Audit Bureau of Circulations, the *Topeka-Capital Journal's* total average paid circulation for the six-month period that ended Sep-

tember 30, 2006 fell by nearly 3,000 from the previous year. The *Lawrence Journal-World* actually bucked the national trend by increasing its total average paid circulation slightly during the same period. However, its household penetration rate has dropped dramatically during the past 25 years.

As the household penetration rates of dailies continue to decline, advertisers might consider including independent publications in their advertising budgets.

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God let me be a person who holds up the fallen, and those that are discouraged and give me the wisdom to comfort those who are in need. God has not ordained us to Judge but He has commanded us to love each other. Let us lift up each other, and leave no room for the destroyer to work in our hearts, and do not let Satan have control of the tongue that can be a tool of destruction. It does not matter what you and I think, but the will of God is the tool the Christians should be a master of. Stop and think before you state your opinion about others, we might be destroying someone and the statement may not be repairable. God help us to lift up one another in the Holy Faith and never hurt those who have fallen.

## Seasons Greetings

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# Centron

CONTINUED FROM PAGE FIVE

the size, to scale, of a Hollywood soundstage. Offices for Wolf and Mosser were created on the west end of the building, across the hall from one another. Wolf's office, on the south, featured a window that looked onto the soundstage below. A reception area and additional offices were created. A walk-in vault with a steel door featured a combination lock to store government films. Government films were required, by contractual agreement, to be kept in a secured area. In the new building, adjustments were made by all.

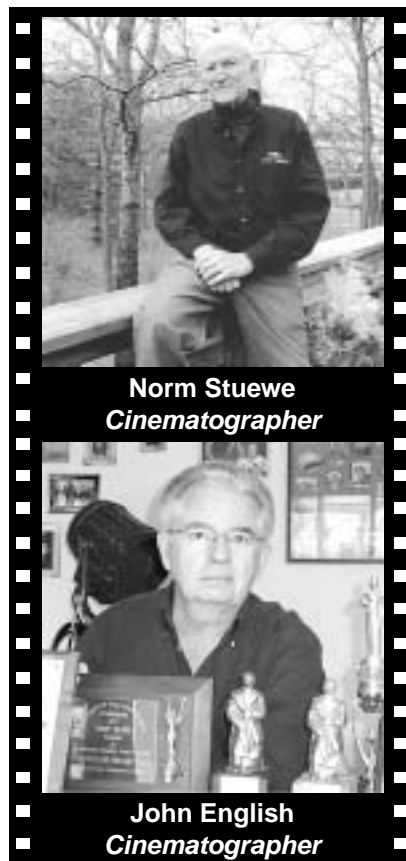
The larger building required a change in communication. The building on Massachusetts Street was so small that staff could hear one another talking and keep abreast of daily information with little effort. In the new building, everyone had their own offices so a half-hour meeting at 8:30 on Monday morning was instituted. The need for communication was met in another way, informally dubbed "The Coffee Hour." Animator Loren Dolezal said, "At nine thirty or ten o'clock, the secretary would announce that coffee was ready. There would also be doughnuts and rolls. I thought, 'Whoa, this is heaven.'" The coffee hour was so-named because the coffee break turned into an hour-long conversation. Many things were decided there. Wolf said, "We finally had to put a limit on it. There were many things decided and discussed around that coffee table. Management had to slow it down."

Centron built an addition to the studio in 1965. The addition contained 7,000 square feet for a total of 18,200 square feet. Added were a conference room and a projection room. In addition, on the first floor, they added editing rooms, a conforming room, an airbrush and titling room, and rooms for the art department, adjacent to the animation room. All of these stations enjoyed their own ventilation system with a door that sealed to keep the area dust-free. They also added a set storage area and a small studio adjacent to the original soundstage.

When there were occasional slow periods, Wolf and Mosser would send crews out to shoot footage on miscellaneous topics. One of the subjects that they filmed was Leo Beuerman, a physically challenged man who would drive his tractor to town to sell pencils in front of the bank building at 7<sup>th</sup> and Massachusetts streets or the former Woolworth's near the corner of 9<sup>th</sup> and Massachusetts. Gene Boomer directed the film and Trudy Travis wrote the script. Wolf and Mosser thought the footage was special and Wolf decided to write some music to accompany the piece. He flew to Vienna and had the music recorded to create a rough cut of the film.

A Hollywood writer, William Bowers, who had written the comedy, "Support Your Local Sheriff" starring James Garner, visited the University of Kansas Speech and Drama Department (which hosted the division of radio, television, film) and asked to tour Centron. The Leo Beuerman film wasn't finished yet, but they played the workprint for Bowers on an interlock projector. After he had seen the

CONTINUED ON PAGE 22



**Norm Stuewe**  
Cinematographer

**John English**  
Cinematographer

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## PERSONAL FINANCE

# Giving financial gifts? Know the rules

The holidays are approaching rapidly, so shopping may be on your mind. Of course, you can find many different types of thoughtful presents that will "make the day" of your loved ones. But why



Harley Catlin and Ryan Catlin

not give a gift that can brighten their entire future? Specifically, why not give a financial gift that has long-term benefits?

Before you give shares of stock or other financial assets, however, you might want to brush up on some of the rules governing financial gift giving.

### Understanding gift taxes

When you give someone a "typical" holiday present—clothing, electronics, books, gift certificates, etc. - you normally don't have to worry about any taxes, except sales tax. But if you want to give away stock or other securities, you will have to consider "gift tax" rules, which are basically designed to prevent people from removing most of the assets from their taxable estates through large gifts.

However, gift tax rules are, for most people, quite generous. Consider the following:

You can give up to \$12,000 to an individual in a tax year without facing any tax consequences. In fact, you can make \$12,000 gifts to as many different people as you'd like in a tax year without incurring gift taxes.

You can give your spouse a gift of any amount without facing gift taxes.

You and your spouse can each give the same individual \$12,000, for a total of \$24,000, gift-tax free.

### Giving Stocks? Do Your Homework

If you decide to give stocks, you have to keep a few things in mind. Make sure you know what you originally paid for the stock (its "tax basis"), how long you've held it and its fair market value at the date of the gift. The recipients will need this information to determine gains or losses if they decide to sell the stock you've given them.

Both you and your loved ones can gain valuable tax advantages from your gift of stock. When you gave your shares of stock, you also gave away your "holding period"—the amount of time you've held the stock. So, even if the recipients own the stock only a day or so before selling it, they'll just have to pay the long-term capital gains tax rate, which may be considerably lower than their current income tax rate. And by giving shares of stock, you also will benefit - because you'll avoid the capital gains taxes you'd

have to pay if you sold the stock yourself. Before taking any action, though, consult with your tax adviser.

### Gifts for IRAs

You don't have to actually give stocks to help your intended recipients make progress toward their financial goals. As an alternative, consider giving your loved ones money to add more shares of stock (or bonds or other investments) to an IRA. For 2006, investors can put up to \$4,000 in a Roth or traditional IRA (or \$5,000 if they are 50 or older). If your intended recipients have fully funded their IRAs for 2006, they can apply your gift for 2007, for which the contribution limit is the same.

### Long-lasting Gifts

The holidays are only here for a short while—but your financial gifts to your loved ones can make a difference in their lives for years to come.

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

## SLAPSTIX

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## PERSONAL FINANCE

### Understanding long-term care

Living into your early 70s used to be common; now increasingly more people are living into their 80s and 90s. Improved medical care combined with better nutrition and a more active lifestyle tends to result in longer and healthier lives.

While it is encouraging, an extended life brings with it the increased likelihood of experiencing a long-term illness. To effectively preserve

With these types of conditions, Medicare (for qualifying individuals) or private-pay health insurance will usually pay for rehabilitative care, but not care that is chronic. There is no single way to identify when or if someone will need long-term care. Every case is different due to the type of illness or injury, who can provide the necessary care, and the financial resources available.

Understanding the types of illnesses and injuries that create the need for long-term care is important. A chronically ill individual generally has either a *physical* or a *cognitive impairment*.

#### Physical Impairment

The Health Insurance Portability and Accountability Act of 1996 (HIPAA) recognizes six activities of daily living (ADLs) as they apply to long-term care insurance.

These activities of daily living include:

- Bathing
- Dressing
- Toileting
- Transferring

- Contingence
- Eating

When assistance is needed with ADLs, some individuals may simply require that a health care practitioner remain within arm's reach to ensure that the activity is completed safely. This is referred to as standby assistance. As the care recipient's needs increase, someone may be needed to physically assist with completing the required activity. This is referred to as hands on assistance. In general, the inability to perform at least two ADLs must last at least 90 days.

#### Cognitive Impairment

Cognitive impairment is a condition that usually requires care and protection due to loss of intellectual capacity, attention and/or memory. When a cognitive impairment exists, individuals are frequently able to complete the physical activities but may not remember how or when to complete them. Common examples of a cognitive impairment are Alzheimer's disease, senility, or dementia.

Maintaining a healthy lifestyle and receiving annual check-ups at your doctor's office are effective ways of minimizing that risk. However, even these steps can not eliminate a long-term care event from happening to otherwise healthy people, or prevent

the normal effects of aging.

It is important to take the time to educate yourself about your options for accessing long-term care and how you can plan for the future. A good place to start is by visiting [www.medicare.gov](http://www.medicare.gov) and go to the Long Term-Care section, or consult with your state's insurance department for additional information, including a buyer's guide, that can further explain long-term care insurance.

One option is to consider purchasing long-term care insurance. By working with a knowledgeable and trusted financial professional, you can learn how long-term care insurance may help protect you against some of the costs of long-term care. Today's long-term care insurance policies offer freedom of choice when it's needed most—and at a fraction of the cost, which might be incurred by paying out-of-pocket.

- Joe B. Jones is a Financial Representative with Northwestern Mutual Financial Network, Jayhawk Financial Group. He is licensed and appointed to sell long-term care insurance for Northwestern Long Term Care Insurance Co., Milwaukee, WI, a subsidiary of Northwestern Mutual Life Insurance Company—Milwaukee, WI. To contact Joe, please call (785) 856-2136 or e-mail him at [joe.jones@nmfn.com](mailto:joe.jones@nmfn.com).



Joe B.  
Jones

our dignity and freedom of choice tomorrow means carefully considering our options today.

Most of us might resign ourselves to the idea that if we live long enough we will experience some long-term illness. In the end, how well you protect your assets could have much to do with the future happiness and material security of your family.

Long-term care refers to a broad range of services available to individuals who have lost some level of independence and need help with daily activities that most healthy people take for granted. This necessary assistance is often the result of a chronic illness—one in which modern medical science has developed treatments but no cures. Arthritis and Alzheimer's disease are two common, chronic illnesses.

Rehabilitative medical care due to acute conditions is different from long-term care. When medical care is the result of an acute, or short term, medical condition (e.g., hip replacements, strokes, or cancer), a hospital stay is often necessary to help stabilize the condition.

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

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## HEALTH & FITNESS

# Your hands, your world

The brain can master any task that your hands can attempt—knitting, writing, or playing the piano—by persistent practice. But our joints, tendons and muscles have less tolerance for repetition than the brain does. That's why today, in a world full of repetitive activities, many of the injuries treated by physical and occupational thera-



Laura Bennetts

pists are work injuries affecting the hands. But, fortunately, there are several ways to avoid the kinds of hand injuries caused by repetitive tasks, overuse, and joint stress.

### BlackBerry Thumb

BlackBerry thumb sounds like a farmer's problem, but it's actually an office-related hand strain caused by typing with one's thumbs. A BlackBerry is a Personal Digital Assistant or "PDA," of the kind used by 2.5 million people worldwide. The BlackBerry is the best-known PDA, but there are others as well, including the Treo and the Sidekick.

A PDA is a cell phone equipped with a keyboard to send e-mail. But unlike a computer keyboard, the PDA keyboard has very small keys. In fact, the PDA itself is so small that it fits easily into a pocket or purse, allowing you to manage your e-mail while you're out and about.

BlackBerry thumb is an injury caused by small movements repeat-

ed so often that they irritate tendons in your hand. The BlackBerry is about as big as a hand. To use one, you have to clasp it with your fingers while you strike the tiny keys with your thumbs. Many people become quite expert at this and can type up to 40 words per minute. But as impressive as these devices are, they are not designed for extensive writing and allow for few of the ergonomic safeguards that protect computer users from hand joint and arm strain.

### Anatomy of the Problem

Everyone knows the importance of "the opposable thumb" to the species homo sapiens. Without these wonderful digits our manual options would be severely limited, to say nothing of our digital options. The human hand is constructed to hold and grip objects using the strength of the thumb.

So if you injure the base joint of your thumb by repetitive use or if you have arthritis in the joint, your grip strength weakens. When this happens, you can have trouble opening a door, lifting a suitcase, or even raising a glass.

If your thumb inhibits your grip in this way, the other muscles that control your hand will also weaken as you use your painful hand less often.

And because many of the muscles that control your hand are attached to the bones of your forearm, thumb-related pain can radiate up to your shoulder.

### Tips to Prevent Hand Strain

1. Position your hands and wrist to avoid straining the joints. When you type, be sure your wrists are supported in a neutral position with your fingertips at the same height as

your wrists. Your elbows should be relaxed and positioned at 90 degree angles, with your elbows at the same height as your wrists. If you need to type on a PDA for five minutes or longer, you should get a detachable keyboard. These keyboards fold up neatly when you're not using them.

2. Take frequent breaks when using your hands in activities requiring repetitive small movements. Stop every 30 minutes to rest your hands and open your palm to stretch tired muscles.

3. Take breaks to do simple hand and wrist stretches. Place your palms together and gently press with your fingers for five seconds to relieve tightness. Massage the palm of one hand lightly with your other thumb to relax tired muscles.

4. Never wrench open jars, forcibly wring out towels, or pull heavy objects. Use labor-saving tools as much as possible—corkscrews, electric can openers, jar openers, and similar implements. And if you must move a chair, you should apply your body weight to push, not pull.

5. If you have hand arthritis, learn how to protect your joints from everyday strain. Ask your doctor for a referral to an occupational therapist who specializes in hands. There are

methods you can learn to decrease the pain and joint damage caused by arthritis. The earlier you work to use joint protection techniques and splinting, the sooner you can stop the weakening of your hands.

6. Strengthen your hands under an occupational therapist's guidance.

The therapist will determine which hand muscles are weak and teach you the best exercises. If you simply try to strengthen your hands using a squeeze ball, you may overwork the very joints and muscles that are already strained.

7. Get treatment for your hand pain. Talk to your doctor and therapist about the best ways to relieve hand pain. This usually requires a blend of rest, medication, and therapeutic exercise.

- 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 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

### *Olives have medicinal actions*

*Olea europaea*, or olive, has a long history. The olive tree is the oldest cultivated tree in history. It is one of the earliest plants cited in the literature. Some experts claim that olive cultivation started in the pre-historic times—in the Stone and Bronze Ages.



Dr.  
Farhang  
Khosh

Olives were first cultivated in Africa, and were spread to Morocco, Algiers, and Tunisia by the Phoenicians. Olives were grown in Crete and Syria around 3500 BC. Around 600 BC, olive tree cultivation spread to Greece, Italy and other Mediterranean countries. The olive tree was a major influence of religion, diet and art in the civilization of Mediterranean countries.

Athens is named after the goddess Athena, who brought the olive tree to the city. According to Greek Mythology, King Cecrops established a city. It was predicted that the city would become very famous and very prosperous. Many of the gods wanted to become the special patrons of the city and in the end there were two, Athena and Poseidon. To decide the conflict, each contestant was to give a gift to the city, and whoever presented the greater gift would win the contest. Poseidon made a spring of water appear in the city and promised a strong navy for the city. Athena made the olive tree. She explained how the olives could be used for food, for cleansing, offerings, to light fires, and many other uses. Athena won the contest and the city was called Athens in her honor.

The olive is a well-known symbol for peace, wisdom, strength, power and victory. In the early Olympic games the winners were crowned with wreaths made from olive branches. Roman soldiers were often awarded olive wreaths. Homer's *Odyssey* mentions the olive. The plant and its products are referred to in the Bible. One example is when the dove returns to Noah's ark with an olive leaf in its beak. William Shakespeare mentions the olive in his writings. Some of Italy's olive trees

have been dated to reach back to the Roman Empire. One olive tree in Crete has been dated to be over 2000 years old by counting the tree rings. Another tree in Croatia has shown by its rings to be over 1,635 years old. At an archeological site in Spain, carbon-dating has shown an olive seed to be 8,000 years old.

The olive tree is an evergreen tree. Olive trees can grow in poor nutrient soil and need a Mediterranean climate to grow. Texas, Arizona and California are good examples of this climate and a good place to grow olives. The climate needs to be hot and dry in the summer, plenty of sunshine and a slight winter chill. Temperatures below 15°F can kill a young olive tree.

Spain is the world's largest producer of olives, followed by Italy, Greece, Turkey, and Syria. In the United States, over 99 percent of the olives are grown in California. Approximately 35,300 acres of olives are grown in California.

There are numerous ways to use olives including as a relish, in breads, soups, salads, pickled, as an oil (olive oil), pizza, and Mexican food or as an added flavor to foods. Non edible uses of olive include as soap, shampoo, dyes or its wood in cabinet making.

Medicinal actions of the olive are also wide and vary depending on the part of the plant that is used. Olive oil and its medical actions will be discussed in the next month's issue. The olive leaves have been used since those times to clean wounds. The leaves have been cited to lower high blood pressure and help with arteriosclerosis and arrhythmia. They are a mild diuretic and may be used to treat conditions such as cystitis. Olive has been used for diabetes mellitus with its ability to lower blood sugar levels. The leaves have been used as an antiseptic, astringent, antimicrobial and febrifuge. The olive fruit has been noted to help with diarrhea. The plant is used in Bach Flower remedies.

As you enjoy the holiday season remember to eat olives. The olive's vast uses and long history are appreciated in this quote from Thomas Jefferson, in which he says, "The olive tree is surely the richest gift of heaven."

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



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# RETIRE SMART

## Good things come to those who wait ... to retire

It took us less than 10 minutes to make six figures. To clarify, we are not talking about cash in hand. But it's still real money, a retirement income stream we expect will last three to four years more than first anticipated.

All we did was fiddle with a spreadsheet of retirement income



Humberto  
and  
Georgina  
Cruz

and expenses and see what happened if I delayed starting Social Security benefits until age 70 rather than my full retirement age of 66.

We were curious after reading "Beyond Conventional Wisdom: New Strategies for Lifetime Income," a report by the new Fidelity Research Institute. Among its major findings, the report suggests many Americans may be limiting total lifetime income by drawing on Social Security

too early, when benefits are smaller. In fact, the most common age for starting retirement benefits is 62, the earliest possible.

"One thing we didn't specifically put in the report is that, beginning at age 62, the benefit goes up each year even if you stop working," said W. Van Harlow, the Institute's managing director of research (although tables in the report, available at [www.fidelityresearchinstitute.com](http://www.fidelityresearchinstitute.com), make this obvious). Provided you've worked at least 35 years (only the 35 highest-earnings years count in the benefits formula), delaying benefits rather than continuing to work accounts for the lion's share of the increase.

"Most people don't understand and think they have to continue working" to receive a higher benefit, said Steven Feinschreiber, vice president of research for the Institute. For example, the projected annual benefit of a 55-year-old earning \$75,000 a year would be \$15,888 at age 62 if he retired then; \$21,768 at 66 if he worked until then, and only a tad less or \$21,181 if he quit work at 62

but waited to collect until 66.

That's an increase of about 8 percent a year just for waiting. For people born in 1943 and later, benefits if they wait go up exactly 8 percent a year after full retirement age until age 70.

"Earning 8 percent a year with certainty is a hard thing to do with an investment," Harlow said, but you can do it with your Social Security benefits by waiting.

In our case, my higher benefit amount at age 70 would, after 13 years, more than make up for the delay in starting them. In addition, Georgina, who plans to start taking benefits at age 66 on her own record, would receive an additional spousal benefit when I turn 70, based on my record. Her combined benefit would add up to half of mine, based on information given us by the Social Security Administration.

The result: Rather than likely running out of money at age 100 as we had projected earlier, we would enjoy an additional three to four years of the same inflation-adjusted income. Since we don't plan on living to 104, this actually means we can afford to spend a bit more than we planned each year, or pass on more to our heirs.

To be sure, we are not saying that delaying taking Social Security benefits is always the best move. The decision of when to start benefits, from reduced benefits as early as age 62 to enhanced benefits at age 70 or anywhere in between, depends on numerous factors, including your need for immediate income and how long you expect to live. But delaying benefits can be a worthwhile strategy many retirees don't even consider.

As to concerns that Social Security benefits will be cut in the future, we share the Fidelity officials' outlook. "There is no secret the system needs to be revised at some point," Feinschreiber said. "But it does not seem likely that existing benefits are going to be cut anytime soon. Anyone taking benefits now or in the next few years would have a full worth of benefits before anything happened to the system."

(Humberto and Georgina Cruz are a husband-and-wife writing team who work together in this column. Send questions and comments to [AskHumberto@aol.com](mailto:AskHumberto@aol.com), [GVCruz@aol.com](mailto:GVCruz@aol.com), or c/o Tribune Media Services, 2225 Kenmore Ave., Suite 114, Buffalo, NY 14207. Personal replies are not possible.)

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## PET WORLD

# Little known about bladder cancer in cats

**QUESTION:** Do you have information on bladder cancer in cats? My cat is on Metacam, which has shrunk some of the tumors in dogs. I wish I could know more about it. — B.J., San Rafael, CA



Steve Dale

der cancer is almost always transitional cell carcinoma. In cats, it might be transitional cell carcinoma, but could also be lymphoma or one of several kinds of sarcoma. The cell-type is important because it determines the appropriate treatment.

Kitchell says the cell-type may be identified in the urine. Otherwise, a biopsy is advised.

Lymphoma would be the good news, as this is generally the most treatable. The sarcomas are typi-

cally more serious. Transitional cell is environmentally-induced cancer, thought to be caused by secondhand smoke or other factors (not yet specifically identified in cats). Metacam, a non steroidal anti-inflammatory drug, can indeed shrink the tumors in dogs, as you suggest. "No one knows for certain whether it may do the same for cats, but certainly it's sensible to try, perhaps in conjunction with mitoxantrone (a chemotherapy drug)," Kitchell says.

Kitchell says her facility treats maybe two cases of bladder cancer in cats annually, tops. "It's frighteningly rare, and we, unfortunately, know so little as a result. I wish I could tell you more."

**QUESTION:** I have a small fish tank, 11-inches tall by 6-inches wide. Right now, only my female betta fish is living there. Can I add a room-

mate? — E.G., Cyberspace

**ANSWER:** If you don't have a filtration system, in a word, the answer is "no," says George Parsons, director of aquarium collections at the Shedd Aquarium in Chicago, IL. "Betta fish really do just fine living alone," he adds.

The betta fish is one of the few fish that doesn't require a filtration system. However, if you do have an under gravel filter, your betta should get along just fine with a small catfish, such as a corydoras catfish. Parson explains that betta fish, also called Siamese fighting fish, are very territorial.

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

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**ANSWER:** Unfortunately, bladder cancer in dogs is reasonably common. It's very rare in cats. Veterinary oncologist Dr. Barbara Kitchell, director of the Center for Comparative Medicine at Michigan State University College of Veterinary Medicine, East Lansing, explains that with bladder cancer in cats, knowing the cell type is important to determine the right treatment. In dogs, blad-

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# International books

By Margaret Baker

Except for linguists, most of us only learn of writers in other languages when a work is translated into English. Fortunately, some recent translations give us not only great stories, but a look inside another culture. Let's start this column with three police procedural mysteries from other countries:

**Arnalour Indridason: *Jar City*** (Picador, \$14.00 trade paperback, ISBN 0-312-42638-0) *Mystery*

Erlendur Sveinsson is a police inspector in Reykjavik, Iceland, a land isolated for centuries. Icelanders have a smaller gene pool, fewer family names. There is crime, but few homicides.

Erlendur has drawn the case of the violent death of a reclusive old man once accused, but not convicted, of rape. That was many decades ago, and the harsh treatment of his accuser by the police may have led to her suicide shortly thereafter. A cryptic note and a old photo of a child's tombstone are the only leads available, so Erlendur looks into the old case.

Iceland's dark and long winter is a suitable backdrop for this psychological police procedural, reflected as it is in Erlendur's own life.

**Miyuki Miyabe: *Shadow Family*** (Kodansha, ISBN 4-77000-3002-9) *Mystery*

Internet chat rooms form the background for this engrossing tale. Within the chat room, users can role play any position they want, regardless of their real life situation.

Businessman Naoko Imai's role playing includes someone role-playing his wife and teenage son and daughter—using the same names as his real family, but much more obedient, respectful of him. When Imai is murdered, this situation comes up in the investigation. What will the "real" family and the "shadow" family response be?

In addition to a gripping tale, this

provides an excellent look at the modern Japanese middle-class family.

**Stuart MacBride: *Dying Light*** (St. Martin's Minotaur, \$24.95, ISBN 0-312-33997-6) *Mystery*

Detective Sergeant Logan MacRae is in the Aberdeen (Scotland) department's dog house after a raid went awry. He's been assigned to D.I. Roberta Steel's squad, known among the police as the "Screw-Up Squad," composed as it is of incompetent, lazy, and/or worthless cops. Steel herself is a nasty backstabber intent on stealing any glory, should MacRae succeed in solving anything.

MacRae, desperate to prove he doesn't belong there, works overtime on two cases: the death of a prostitute down by the docks, and the arson slaying of a family of six.

MacRae's gloomy outlook is mirrored in rainy, northern Aberdeen, part and parcel of this police procedural. Tough and gritty, a part of Aberdeen not on the tourist trail!

**PAPERBACK PICKS**

**Lori Avocato, Dana Cameron, Mary Daheim, Cait London, Suzanne MacPherson and Kerrelyn Sparks: *Sugarplums and Scandal*** (Avon, \$6.99, ISBN 0-06-113695-6) *Mystery/romance anthology*

Six authors, six tales all connected by the Christmas holidays. You may find one of your favorite authors here, and hopefully greet new ones.

Pauline Sokol returns as a fraud investigator and Margaret Chase handles an English family crisis in the early 1700's. Judith McGonigle Flynn's Christmas Eve is complicated by a ghost. Compulsive organizer Cecilia Lattimore meets her match in a man who appears almost homeless. A ghost saves her ex-fiancee from a disastrous marriage, and a pair of Vampires team up for the finale.

Just the right length for the always-hectic Christmas season!

**Maggie Bishop: *Murder at Blue Falls*** (High Country, \$12.00, ISBN 1-932158-73-8) *Romance/mystery*

Jemma Chase has returned to her family's North Carolina guest ranch, Blue Falls Ranch, hoping that wrangling horses, leading trail rides and doing some carpentry will allow her to start over. She'd gotten in trouble by association.

She had what she thought was a small dispute with a neighbor whose ATV rides on Blue Falls land resulted in degraded trails. There's a spate of burglaries, an arson fire, a 21 dogs are poisoned, including one of the neighbor's. Tucker, one of the county police, obviously thinks Jemma's involved, perhaps of everything. Bad enough before Jemma discovers a body just off the trail (actually, her horse discovered it).

Jemma is a fan of TV's various CSI shows, and would like to try her hand at collecting forensic evidence. Camera and note pad in hand, she sets off to solve the case. And finds danger and love in the beautiful southern Appalachian mountains.

**Barbara Ann Kipfer: *Trivia Lovers' Lists of Nearly Everything in the Universe*** (Random House, \$24.95, ISBN 0-375-42606-X) *Reference*

This hefty (640 pages) volume claims to have over 50,000 things organized by type and kind, and I wouldn't bet against it!

Lists are presented alphabetically from aborigines (27 entries, Ainu

to Yao) to Zoroastrianism types (3 entries, Mazdaism to Yezidi) from common to unusual. Men who have long suspected women secretly attend classes to learn the difference between taupe and beige will find confirmation in the list of brown variations (89).

Would make a great present for that person who has everything!


**FOR YOUR EARS ONLY (Audio books)**

**John Grisham:** Random House Audio Books has released not only Grisham's first true-crime work, *Innocent Man*, but two double audio sets of previous works. *A Time to Kill* and *The King of Torts* are on a boxed set of 23 CDs. *The Summons* and *The Brethren* are boxed together on 18 CDs. All are unabridged, and would make fine gifts for that mystery lover on your list, the one with the long commute.


**Tess Gerritsen: *The Mephisto Club*** (Random House Audio, 4cdfs, ISBN 0-7393-1619-2) *Mystery/suspense*

Maura Isles and Detective Jane Rizzoli, Boston medical examiner and detective respectively, drawn the Christmas morning case of young woman's brutal murder. Initial investigation leads them to celebrity psychiatrist Joyce O'Donnell, member of the secretive Mephisto Club, whose members study ultimate evil throughout history. Bodies show up on the clubs doorstep. Ba sign that evil lurks nearby? And Maury and Jane may be mistaken as targets.

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



## Introducing The Novels of K. M. Swan



Women's fiction writer, K. M. Swan has written several inspiring, compelling, heartwarming and easy-to-read stories that bring out the importance of the family. Swan currently has six novels:

***The Loft, Catherine's Choice, Sarah, The Journals, Regrets, and Beyond the Clouds.***

Signed personalized copies are \$12.00 each. Price includes tax and **free delivery**. Learn more, read excerpts, and order at: [www.kmswanbooks.com](http://www.kmswanbooks.com) or call Jim at (815) 988-4919.

# HUMOR

## A Tale of Two Flights

It was the best of times for Prof. Wilbur Montegue, a professor at Letongaloosa Community Junior College where I teach.

People who chose to be kind described Dr. Montegue's personality as "forceful." People who chose not to be kind described him, behind his back, as an overbearing jerk.

It was the worst of times for Dr. Tommy Capulet, who also taught at LCJC.



Larry Day

People who chose to be kind described Dr. Capulet's personality as "unassuming." People who chose not to be kind called him a sissy and a pushover right to his face.

It was the best of times for Dr. Wilbur Montegue because he was flying to New York City to attend an academic conference. No one wanted to tell Montegue that he didn't qualify to use departmental travel funds to attend the conference because they knew Montegue would raise all kinds of hell.

It was the worst of times for Dr. Tommy Capulet because he was flying to New York City to receive a prestigious research prize and he knew he would have to make an acceptance speech. Even thinking about making a speech sent shudders down Tommy Capulet's spine. But he knew he had to go because the prize would be a great honor for LCJC.

By chance, the two men were scheduled to go to New York on the same flight. Dr. Capulet was standing near the front of a long line waiting to go through security when Dr. Montegue arrived. Montegue was late but he didn't care because he intended to crowd in at the front of the line.

As he looked for someone who would let him crowd in, Montegue spotted Capulet.

"Thanks for saving my place," said Montegue. Capulet looked nonplussed.

A mean looking bruiser was standing right behind Capulet. He said, "Look here buster, him and me got here the same time. Where've you bin at?"

Montegue stepped back. Then he

whispered to Capulet, "You fix this or there'll be hell to pay." Capulet turned to the bruiser.

"Actually, I was saving this place for him. I'll leave now."

Capulet walked toward the back of the line.

The Internal Revenue Service has a statistical technique. The IRS selects every nth tax return (let's say every ten thousandth) and subjects the person who filed that return to an audit from hell.

The Heartland Security Organization which oversees airport vigilance adopted the technique from the IRS. Security workers are required to give every nth (say every ten thousandth) person who comes through the system a security check from hell. This security check includes a complete take-apart of the passenger's luggage, a lengthy verification of all documents on the passenger's person, a strip search, and body cavity examination.

Dr. Wilbur Montegue was very pleased with himself as he took Capulet's place in line. He loved to intimidate other LCJC faculty members.

Just as Dr. Montegue handed his driver's license to the security agent to begin the routine check-in process, someone tapped the agent on the shoulder. They conferred. The agent winced. Then she spoke to Montegue.

"Please step out of line, sir."

"What?"

"You'll need to step out of line, sir."

"I have a plane to catch, you know."

"Please step out of line, sir, I won't ask you again."

Then Dr. Montegue yelled a couple of bad words, and two burly men with badges, guns, and night sticks yanked him out of line. He bellowed. One of the men stuck a night stick between Montegue's thighs from behind and lifted. His bellow became a howl. The two men marched Montegue through a door marked "Security. Do Not Enter."

Needless to say, Dr. Wilbur Montegue didn't make his flight to New York. In fact, he missed the whole conference. Instead, he landed in jail and had to hire a lawyer to defend him against charges of violating the federal Heartland Security Act. Dr. Montegue was never quite the same after that.

Meanwhile, Dr. Tommy Capulet made his flight, received his prize, and, against all odds, gave an outstanding acceptance speech. Back



The plugger photo album.

at his hotel Capulet looked at his plaque and said, "This is a far, far better prize than I have ever won, and that was a far, far better speech than I have ever given."

- 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.

Remember when doctors made house calls?  
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If you or someone you know has

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- **FREE** screening
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- Determines the need for Inpatient, Skilled, Day Rehab, Outpatient, or Home Health services
- Evaluates insurance coverage

# CALENDAR

## ART/ENTERTAINMENT

DEC 9-17

### LAWRENCE OWN-YOUR-OWN ART EXHIBITION AND SALE

Annual art exhibition and sale of local artist's works. This event encourages people to learn more about art, to own and enjoy original local art in their homes and businesses. Lawrence Arts Center. LAWRENCE, (785) 843-2787 <http://www.lcava-loyo.com>

## BINGO

SUNDAYS & TUESDAYS

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

SUNDAYS & FRIDAYS  
**CAPITOL BINGO HALL**

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

MONDAYS & THURSDAYS

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

MONDAYS & SATURDAYS

### LEGIONACRES

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

WEDNESDAYS & THURSDAYS

### MOOSE CLUB

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

WEDNESDAYS & FRIDAYS

### VETERANS OF FOREIGN WARS

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

WEDNESDAYS

### PINECREST APARTMENTS

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

WEDNESDAYS & FRIDAYS

### EAGLES LODGE

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

WEDNESDAYS & FRIDAYS

### EDGEWOOD HOMES

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

THURSDAYS

### BABCOCK PLACE

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

FRIDAYS

### BALDWIN SENIOR CENTER

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

FRIDAYS

### ARAB SHRINE

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

## BOOKMOBILE

MONDAYS

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

TUESDAYS

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

WEDNESDAYS

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

## BOOK TALKS

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

THIRD WEDNESDAY OF EACH MONTH  
BRANDON WOODS, 1501 INVERNESS DR.,  
LAWRENCE, 10:30 AM  
PRAIRIE COMMONS, 5121 CONGRESSIONAL  
CIRCLE, LAWRENCE, 1:00 PM  
WINDSOR HOUSE, 3220 PETERSON RD.,  
LAWRENCE, 2:15 PM

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

## CLASSES/LECTURES

ONCE A MONTH

### AARP'S 55 ALIVE SAFE DRIVING COURSE

Monthly classes are held at Stormont-Vail.  
Call to make reservation.  
TOPEKA, (785) 354-5225

## EXHIBITS/SHOWS

DEC 2

### ARTS & CRAFTS BAZAAR

Features a large array of local, regional home-  
made arts and crafts. 2120 Harper, Douglas  
County Fairgrounds.  
LAWRENCE, (785) 865-4499  
<http://www.visitlawrence.com>

## HEALTH

MONDAYS

### MOTIVATING MOVES

Free exercise classes for older adults on Mon-  
days from 10:00-11:00 a.m., beginning Janu-  
ary 29. Motivating Moves was designed by KU  
Professor Janet Hamburg to improve balance,  
walking and flexibility. She will teach the  
exercises that can be done seated, standing  
holding onto a chair or standing unassisted.  
All participants must attend on January 29.  
For more information or to register, call Jan  
Maddox at Brandon Woods in Lawrence at  
(785) 838-8000 ext. 22107 or Janet Hamburg  
at (785) 864-5168.

MONDAYS THROUGH THURSDAYS

### FIT FOR LIFE

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

FIRST TUESDAY OF EACH MONTH

### HEALTH SCREENING CLINIC

Lawrence-Douglas County Health  
Department.  
FIRST METHODIST CHURCH, LECOMPTON  
9:30-10:30 AM

TUESDAYS AND THURSDAYS

### BLOOD PRESSURE CLINIC

Conducted at Stormont-Vail's 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

### TAI CHI

Steve Carrier, instructor. Lawrence Therapy  
Services, 2200 Harvard Rd., Ste. 101. 8-class  
sessions. Fee. 6:00-7:00 p.m. Call (785)  
842-0656 to register or visit  
[www.lawrencetherapyservices.com](http://www.lawrencetherapyservices.com).

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 train-  
ing for toning. In addition, there's a strong  
emphasis on flexibility and range of motion  
to improve and/or increase joint mobility and  
quality of life. Senior classes are held at Body  
Boutique from 11:00 a.m. to noon. Fee.  
LAWRENCE, (785) 749-2424

WEDNESDAYS

### HEALTH SCREENING CLINIC

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

SATURDAYS

### YOGA

Karen Johnson, RYT, instructor. Lawrence  
Therapy Services, 2200 Harvard Rd., Ste.  
101. 8-class sessions. Fee. 8:00-9:00 a.m.  
Call (785) 842-0656 to register or visit  
[www.lawrencetherapyservices.com](http://www.lawrencetherapyservices.com).

SECOND THURSDAY OF EACH MONTH

### MEDICATION CLINIC

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

SECOND THURSDAY OF EACH MONTH

### BLOOD PRESSURE AND HEALTH INFORMATION

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

THIRD TUESDAY OF EACH MONTH

### HEALTH SCREENING CLINIC

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

THIRD THURSDAY OF EACH MONTH

### NUTRITION CLINIC

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

DEC 3

### CHOLESTEROL SCREENING

No appointment needed. A fingerstick test  
providing a total blood cholesterol reading in  
five minutes. No fasting is needed for this test  
only. Please note that these tests are not con-  
sidered diagnostic of any disease process and  
those with results outside the normal range  
will be advised to see their healthcare provider  
for follow-up.  
LMH HEALTH SOURCE ROOM, (785) 749-5800  
3:00-5:00 PM

JAN 3

### CHOLESTEROL SCREENING

See December 3 description.  
LMH HEALTH SOURCE ROOM, (785) 749-5800  
8:30-10:30 AM

## HOLIDAY EVENTS

DEC 1-23

### STRAWBERRY HILL CHRISTMAS TREE FARM

During November and December families  
and friends experience a traditional Christmas  
opportunity to choose and cut their own  
Christmas tree following a hayride to the  
fields. The tree has its loose needles shaken  
on the tree shaker. The children are told the  
tree is getting to do the Hokey Pokey. It is  
then netted. The Barn Shop has numerous  
fresh wreaths, centerpieces, door and window  
swags, and grave pieces. Crafts and gifts avail-  
able along with hot cider and cookies. Group  
tours available with reservations. Special orders  
are available. Photos may be taken earlier in  
the season for Christmas cards. 794 Hwy 40.  
LAWRENCE, (785) 841-0916  
<http://www.strawberryhillchristmas.com>

DEC 1-31

### TARC WINTER WONDERLAND

Drive-through park featuring more than one  
million lights along two miles of scenic Lake  
Shawnee. A Topeka tradition featuring more  
than one million lights winding through a  
two mile stretch at scenic Lake Shawnee. Runs  
nightly. 3434 SE East Edge Rd, Lake Shawnee  
Campgrounds.  
TOPEKA, (785) 232-0597

DEC 1-23

### HOLIDAY OPEN HOUSE AT THE CURTIS HOUSE

Come see the holiday decorations, antique  
dolls and toys, and have some tea in a Vic-  
torian setting. Tour the house of the only Native  
American Vice President Charles Curtis. 1101  
SW Topeka Blvd.  
TOPEKA, (785) 357-1371  
<http://www.charlescurtis.housemuseum.com>

DEC 1-31

### A VERY FIFTIES CHRISTMAS

The 1950s All-Electric House is decorated for  
the holidays. Take home a special holiday  
memento after you're done rockin' around our  
aluminum Christmas tree and learning how  
the holidays were celebrated in the 1950s sub-  
urban community. Group reservations avail-  
able Tuesday - Friday mornings by advance  
reservation only. 6305 Lackman Rd.  
SHAWNEE, (913) 631-6709  
<http://www.jocomuseum.org>

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 the  
season. Lanesfield School State Historic Site.  
EDGERTON, (913) 631-6709  
<http://www.jocomuseum.org/lanesfield>

DEC 1-2

### OLD TIME HOLIDAY HAPPENINGS

A vintage holiday celebration complete with  
Victorian dinners, entertainment in the town  
square, and unique turn-of -the-century decora-  
tions. Reservations are required. 1247 N Fill-  
more.  
TOPEKA, (785) 368-2437

DEC 1-3

### FESTIVAL OF TREES

Gorgeous one-of-a-kind decorated Christmas  
trees, baked foods, silent auction, entertain-  
ment, and craft boutique make this an extraor-  
dinary holiday event. Kansas Expocentre.  
TOPEKA, (785) 266-8686

DEC 1-3

### YULE FEST WEEKEND

Celebrate the holidays in style in Franklin  
County by attending the annual Christmas

CONTINUED ON PAGE 17



# CALENDAR

CONTINUED FROM PAGE 16

parade, parade of homes, Holidays in Wellsville celebration, Williamsburg Christmas Parade, Ottawa University Vespers and more. Start it off by buying a box of cookies where you can choose from thousands of homemade cookies. OTTAWA, (785) 242-1411  
http://www.visitottawakansas.com

## DEC 2 DOWNTOWN LAWRENCE OLD-FASHIONED CHRISTMAS PARADE

Features exclusively horse-drawn carriages, wagons, and coaches decorated for the season. Santa is the parade's grand finale. 700 Massachusetts St.  
LAWRENCE, (785) 865-4499  
http://www.visitlawrence.com

## DEC 2 HOLIDAY ARTFAIR

Great place to find special holiday gifts. Strolling musicians add to the ambiance of this event. 940 New Hampshire.  
LAWRENCE, (785) 843-2787  
http://www.lawrenceartscenter.com

## DEC 2-17 FESTIVAL OF NATIVITIES

Over 300 unique nativity sets created from a wide variety of materials. Don't miss the crafts sale.  
LAWRENCE, (785) 843-0276  
http://www.visitlawrence.com

## DEC 3 HOLIDAY LIGHT PARADE

The evening begins with dancers from Stacy's Dance Studio entertaining the crowd with a few selections before the parade, which begins at 6:00 p.m. The entire family will thrill to the sights of the lighted floats and horses! Help welcome Santa, who arrives on an antique fire engine. Santa will then light the community Christmas tree and pass out candy canes to the children. Photos are available with Santa as well! Enjoy hot cocoa and cookies provided by area businesses. Drawings for gifts donated by area merchants takes place throughout the evening. 720 High St.  
BALDWIN CITY, (785) 594-3200  
http://www.baldwincitychamber.com

## DEC 6 BURNING RIVER BRASS - HOLIDAY CONCERT

A 12-member ensemble of the finest brass and percussion players in the country, Burning River Brass has been dazzling audiences with the power and virtuosity of its energetic performances since its inception in 1996. The group began touring nationally in 1998 and has released four CDs, including Christmas Around the World.  
LAWRENCE, (785) 864-2787  
http://www.tied.ku.edu

## DEC 13 HELPING HEAL HOLIDAY HURT

Please join Cliff Bond, Bereavement Coordinator and Gillian Woods, Bereavement Director from Heart of America Hospice from 6:30-7:30 p.m. at the Lawrence Public Library. Open to the public. Refreshments will be served. The holiday season is a time for celebration and good cheer. It is a time for giving and receiving gifts. Yet, for those who have experienced loss, it is also a time of sadness, of carrying on traditions without cherished loved ones. We can take steps to ensure that our hearts heal and find hope. This gathering will help us all find that this season of remembering can truly be one of "peace on earth and good will" not only for others but for ourselves as well.

## DEC 16-17 SANTA'S EXPRESS

Christmas in the country! Tour decorated historic buildings, visit with costumed characters, see Santa Claus, and ride the miniature train.  
BONNER SPRINGS, (785) 721-1075  
http://www.ahaloffame.com

## DEC 31 LITTLE APPLE® NEW YEARS EVE BALL DROP

Bring in the New Year with shopping in The Little Apple®, festivities conclude with a ball drop at midnight in Aggieville.  
MANHATTAN, (785) 341-1668  
http://www.littleapplenewyears.com

## MEETINGS

FIRST MONDAY OF EACH MONTH  
**GRIEF SUPPORT GROUP**  
6:30 p.m. - Heartland Hospice of Topeka, 1033 SW Gage Blvd. Call Terry Frizzell for information.  
TOPEKA, (785) 271-6500

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

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

## FIRST TUESDAY OF EACH MONTH LAWRENCE AREA COALITION TO HONOR END-OF-LIFE CHOICES

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

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

WEDNESDAYS AND SUNDAYS  
**OLDSTERS UNITED FOR RESPONSIBLE SERVICE (O.U.R.S.)**  
Members of O.U.R.S. have met to dance at Douglas County Senior Services, 745 Vermont, since 1984. The group meets to dance from 2:00-4:00 p.m. on Wednesdays and from 6:00-9:00 p.m. on Sundays.  
LAWRENCE

THURSDAYS  
**OLDER KANSANS EMPLOYMENT PROGRAM**  
LAWRENCE WORKFORCE CENTER  
2540 IOWA, SUITE R, LAWRENCE  
10:00 AM-NOON

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

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

FIRST AND THIRD THURSDAY OF EACH MONTH  
**GRIEF SUPPORT GROUP**  
3:00 p.m. - Brewster Place, 1209 SW 29th St. Sponsored by Heartland Hospice of Topeka. Call Terry Frizzell for information and specific location.  
TOPEKA, (785) 271-6500

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

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

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

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

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

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

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

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

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

FOURTH TUESDAY OF EACH MONTH  
**LAWRENCE PARKINSON'S SUPPORT GROUP**  
PIONEER RIDGE ASSISTED LIVING LIBRARY  
4851 HARVARD, LAWRENCE, 6:30 PM  
(785) 344-1106

FOURTH TUESDAY OF EACH MONTH  
**GRIEF SUPPORT GROUP**

10:00 a.m. - Manor Care Nursing & Rehabilitation Center, 2515 SW Wanamaker Rd. Sponsored by Heartland Hospice of Topeka. Call Terry Frizzell for information.  
TOPEKA, (785) 271-6500

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

## MISCELLANEOUS

MONDAYS  
**OSHER RADIO PROGRAM**  
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. 10:05 a.m.  
http://www.kuce.org/lifelonglearning

DEC 11  
**LMH ANNUAL MEMORIAL SERVICE**  
The LMH Chaplain, LMH Infant Loss Support Team, and the LMH Palliative Care Team are graciously extending an open invitation to the community for any individuals who have lost a loved one, including an infant, within the past year to attend a non-denominational memorial service. Meeting Room A, 325 Maine St., 4:00-5:00 p.m. For more information, please call Chaplain Angela Lowe.  
LAWRENCE, (785) 840-3140

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

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## TRAVEL

# Oklahoma City National Memorial & Museum an inspiration to others

By Shifra Stein and Bob Barrett

At 9:00 a.m. on April 19, 1995, a taped hearing for a groundwater application is being held inside Oklahoma's Water Resources Board Building. Two minutes later there is a horrific blast and screams of people dying. It is the sound of the Oklahoma City bombing. This tape remains the only known audio artifact of the tremendous explosion that

flattened nine stories of the Alfred P. Murrah Federal Office Building, killing 168 men, women, children, and infants. Two people died that day inside the adjacent Water Resources Board Building, and their story is told through one of several extraordinary exhibits

housed inside the Oklahoma City National Memorial & Museum in downtown Oklahoma City.

Today, more than ever, the Memorial has a timely relevance to New York's ongoing efforts to find a way to commemorate the events that happened on 9/11. Perhaps there is something to be learned from this city of half a million that came together in a team effort to create a Memorial Museum in less than six years. Even more surprising is the fact that the Memorial was built for a cost of under \$30 million by people still coping with the first major act of terrorism ever perpetrated on U.S. soil.

Starting with the dedication of Oklahoma City's 3.3-acre Outdoor Symbolic Memorial on April 19, 2000, Oklahomans met the challenge of creating something so hopeful and optimistic, that it would transcend dark thoughts of violence and hate. Instead of erasing the memories by getting rid of all the rubble, Oklahoma City decided to

keep the last remaining wall of what was once the Alfred P. Murrah Federal Office Building. The Memorial, includes the wall as part of its overall design that consists of soaring bronze gates that flank a block-long reflecting pool on either end. Overlooking the water is the "Field of Chairs, containing 168 glass and bronze chairs, each representing a person who died here.

The indoor Museum is located just inside the Journal-Record Building, adjacent to the Memorial. Its "Shared Experience" exhibit spans two floors and showcases each "chapter" of the story of the Oklahoma City bombing.

Displays reveal that something extraordinary happened in the bombing aftermath as Oklahomans rallied together in an immediate response that inspired the world. What they did here became known as "The Oklahoma Standard"—referring not only to the generosity of Oklahomans, volunteers, and rescue workers, but the amazing cooperation among state, local, and federal agencies during the emergency.

The very foundations of the Oklahoma City National Memorial Museum were built, not from stone and steel, but from hope and courage and, yes, outrage. Oklahomans pushed hard for legislation to get the perpetrator, Timothy McVeigh, the speedy execution that came only five years after the bombing. Fueled by an unprecedented public-private partnership between the National Park System and the Oklahoma City National Memorial Foundation, Oklahomans also set in motion the kind of cooperation that happens when organizations, individuals, and agencies come together as a team, moving things along with

The Oklahoma City National Memorial & Museum is located at 620 North Harvey Street, between Robinson and Harvey Avenues and 4<sup>th</sup> and 6<sup>th</sup> Streets in downtown Oklahoma City.

The Outdoor Symbolic Memorial is open 24 hours every day and is free of charge. The Memorial Center Museum is open daily from Monday through Saturday, 9 a.m. to 6 p.m. and Sunday from 1 p.m. to 6 p.m. There is a fee to enter the museum. For more information go to [www.oklahomacitynationalmemorial.org](http://www.oklahomacitynationalmemorial.org) or call 1-888-542-HOPE.

surprising swiftness.

Having hosted more than a million visitors from around the world, The Memorial & Museum also honors those affected by what happened in New York City, Washington D.C. and Shanksville, Pennsylvania, on September 11, 2001 in a special exhibit called *Terror in America: The Enemy Within*. Even though terrorism is discussed in a historical perspective here, the main thrust of the Memorial is how acts of violence can bring out the best in people, instead of the worst.

"Timothy McVeigh wanted to blow up a government building and create anguish so great it would never heal," says Oklahoma City National Memorial spokesperson, Nancy Coggins. "Yet, just the opposite occurred. One man's evil act didn't tear us apart; instead it brought us together. The Memorial is about courage and compassion. It isn't about McVeigh. He's barely mentioned at all."

Coggins relates that within one hour of the Oklahoma City explosion a line of volunteers was ready to give blood. At the end of the day, there were more than 4,000 donors. Instead of hurrying home, many stayed to help.

Rescue workers were impeded by the debris created from the blast, so local and national companies rushed in to provide all needed supplies, from gloves and boots to respirators and masks.

"The power of the media was immediate," Coggins points out. "Response from the public was so overwhelming that newscasters had to ask people to stop bringing items

because they already had more than they could use."

Museum dioramas showcase the impact of rescue and recovery operations that began almost immediately and lasted 16 days. The displays have an immediate "real-time" effect as they recount, in present tense, how firefighters, ironworkers, crane operators, construction workers and others arrived on the scene from around the country, along with over 1,000 law enforcement officers and military personnel that quickly filled in to patrol the perimeter of ground zero. Miraculously, only one life was lost during the rescue and recovery operation, which is depicted in exhibits showcasing the bravery of those who risked their lives to save others.

One of the most remarkable stories is that of an orthopedic surgeon who crawled into the rubble to amputate the leg of a trapped survivor pinned by the debris. In an overhead video display, the surgeon recounts how he completed a seemingly impossible operation, using a length of rope and a pocketknife to tie off the leg, and sever it. His patient survived.

Throughout the Oklahoma City National Memorial Museum there are many other similar stories that bear witness, not to violence and despair, but to the strength and resiliency of the human spirit.

- Shifra Stein and Bob Barrett have been a photojournalist travel team for over two decades. Their work has been featured in numerous print and online publications. See [www.shifrastein.com](http://www.shifrastein.com) for more information.



Oklahoma City National Memorial & Museum



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# WOLFGANG PUCK

## A sweet holiday celebration

By Wolfgang Puck  
Tribune Media Services

**H**anukkah food traditions seems to be changing, at least from my perspective as the father of two wonderful boys who are being raised in the Jewish faith, and as a chef who has many Jewish friends, customers and colleagues. As I understand it, doughnuts, known by the Hebrew word "sufganiyot," are beginning to stand alongside or even take the place of latkes, the potato pancakes served with sour cream and applesauce for holiday meals.

Potato pancakes and doughnuts make sense, in terms of Hanukkah symbolism. The holiday marks the rededication of the main temple in Jerusalem in 165 BC, following the defeat of the Hellenist Syrians. In that rededication, a one-day supply of oil to keep the eternal light burning in the holy place miraculously lasted for eight days, which is why Hanukkah is celebrated for that many evenings and why candles are lit each night. The story also explains the two foods, which are cooked with oil. European Jews traditionally eat the pan-fried potato latkes, but the Israeli love of doughnuts for Hanukkah seems to be taking hold among kids in the age of Krispy Kremes.

The deep-frying required for making doughnuts, however, seems to put off a lot of people from making

them at home. They don't want to fill their kitchens with frying smells, even though many reasonably priced automatic deep-fryers now include lids that contain odors. They also don't want the added fat and calories of treats that have literally been bathed in hot oil.

Fortunately, I have a solution: Bake the doughnuts, as Austrians do when making the traditional dessert known as "buchteln."

Yes, I know, that eliminates the oil from the recipe. But it still adheres to the celebratory spirit of the holiday, and you could also reasonably argue that the beaten egg-and-yolk wash that is brushed over the doughnuts before baking provides the required touch of richness.

Even better, the recipe is so easy, requiring just a few minutes of mixing before you leave the simple yeast-leavened dough alone to rise; then another few minutes of rolling out and filling the doughnuts. It's also versatile, since you can substitute other fillings for the chocolate, including spoonfuls of orange marmalade or other sweet, thick preserves.

Prepare the dough and assemble the doughnuts in the afternoon before one of Hanukkah's weekend nights—or any time during the coming holidays, regardless of your faith—and then pop them in the oven to bake before you sit down to dinner. Just over half an hour later,

they'll be ready to take out and serve, still warm, as a rich and memorable taste of the festive season.

### CHOCOLATE BUCHTELN (BAKED FILLED DOUGHNUTS)

Makes 2 dozen, serves 6 to 12

#### DOUGH

- 1 package active dried yeast
- 1/2 cup lukewarm water
- 2 tablespoons honey
- 2 tablespoons sugar
- 1 1/2 cups all-purpose flour, plus more for dusting
- 1/2 teaspoon salt
- 1 egg
- 2 ounces unsalted butter, at room temperature

#### EGG WASH

- 1 egg
- 1 egg yolk

#### FILLING AND SERVING

- 6 ounces bittersweet chocolate bar, cut into 24 equal pieces
- Confectioner's sugar

First, make the dough: In the bowl of a stand mixer fitted with the whisk attachment, or in a mixing bowl using a handheld electric mixer, beat together the yeast, water, honey and sugar. Leave at warm room temperature until the yeast begins to foam, about 10 minutes.

Add the flour and salt and, using a sturdy spoon, stir it in by hand until a wet dough forms. With the mixer, beat the mixture at medium-high speed until the dough is smooth and elastic, about 8 minutes. Add the egg and continue to mix for 1 minute. Add the butter and mix for 1 minute more.

Set the bowl aside at warm room temperature and leave the dough to rest and rise for 30 minutes. Then, punch down the dough down with your hand, cover the bowl with plas-

tic wrap, and refrigerate for 2 hours.

Lightly dust a work surface with flour. Turn out the dough onto the work surface and, with a lightly floured rolling pin, roll the dough out to a square 1/2-inch thick. With a pastry cutter or a large, sharp knife, cut the dough into 24 equal squares.

Place a piece of chocolate in the center of each square of dough. Fold the square's edges up and pinch them together to seal in the chocolate and form a rough ball shape. Transfer the balls to a greased a 9-inch round cake pan. Cover with plastic wrap and leave at warm room temperature until the dough has doubled in size, 45 to 55 minutes.

Position a rack in the center of the oven and preheat the oven to 400 degrees.

Meanwhile, prepare the egg wash: In a small bowl, whisk together the egg and yolk. Brush the surface of the dough with the egg wash.

Bake for 12 minutes. Then, reduce the temperature to 350 degrees, rotate the pan 180 degrees, and continue baking until deep golden brown, 20 to 25 minutes more. Turn out the buchteln onto a wire rack, place another rack on top of them, and carefully invert together so they are right side up. Serve them warm, carefully breaking them apart into individual servings and dusting them with confectioner's sugar. You can also serve them with vanilla ice cream or with chocolate sauce.

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

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Wolfgang Puck's Chocolate Buchteln

PHOTO BY BOB FLEA, CHICAGO TRIBUNE

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## SMART COLLECTOR

### Slag overlay lamps ranked by aesthetics and intrinsic quality

**QUESTION:** My family says we have a lamp made by the Chicago Lamp Company in 1902. It is basically lead and glass and weighs a ton. The shade has had to be supported at two points. Any info? — Frank, Oro Valley, Ariz.



Danielle Arnet

**ANSWER:** We've written about slag lamps before but because there are so many out there, the info bears repeating.

To recap, your lamp type is called a "silhouette," because when lit from behind, the cast metal form holding the glass has a silhouette effect. Collectors also call it a metal overlay. Behind the overlay is slag glass, made with color swirled through opaque white glass. Placed in panels behind the metal overlay pattern, slag glass provides soft color.

The lamp style was popular in the 1920s and '30s, so family lore is off on the date. National companies made many such lamps in Chicago but I found no reference to the specific company mentioned.

Photos sent show a particularly attractive example. Called a "3-lighter" because two bulbs are under the shade and another is in the illuminated conical base, it appears to be a large table version. The overlay pattern on both shade and base is decorative and attractive.

Since slag overlay lamps are ranked by aesthetics and intrinsic quality, the quality of casting and metal used, plus maker's mark, this lamp hits home on at least two fronts. The use of three differing colors of slag as part of the lamp design adds to its

appeal and value.

What you call lead is an alloy. Common alloys appear in all grades and are commonly called white or pot metal. The mix is fragile and weakens with age, which explains the need for strengthening the shade support. If done well, minor repairs do not damage value on such lamps.

This is a superior example of the type. If it is as large as it seems, that is another plus. If all the glass is in perfect condition, the lamp could retail for easily \$1,800 or more, depending on where and how it is sold. Broken or missing glass devalues by 40 percent or more.

With such a treasure in hand, your family is now entrusted with preserving the lamp for future generations!

**FYI:** "Antique Lamp Buyer's Guide: Identifying Late 19th and Early 20th Century American Lighting: 2nd Ed." By Nadja Maril, \$29.95 from Schiffer, is an excellent intro to period lamps.

**QUESTION:** Would anyone be interested in the Hummel dolls I bought a long time ago in Germany? — Erika, Tucson, Ariz

**QUESTION:** Where can I sell Hummels from the early '50s? Do they have value? — Jane, Delray Beach, Fla.

**ANSWER:** The generation that bought Hummel figurines and other collectibles is divesting or dying off. Succeeding generations don't appreciate Hummels and are not interested in collecting them. Generally, that's the harsh truth about the cycle of collecting — one generation's passion is just "stuff" to the next.

The Hummel market is down but not totally moribund. To see what sells, check completed sales on eBay. There often is value for the old and authentic, though it may not match the original price paid. Plus, some figures, dolls and other items sell better than the rest.

Hummel dolls have been made since the 1950s, and were produced by both the Danbury Mint and Gobel. Dolls with rubber heads predate the 1964 debut of vinyl head dolls. In 1983, porcelain heads dolls were introduced.

Book value on Hummel dolls is \$200 to \$250 each. I suggest that a truer version of today's market is completed sales on eBay. There, few dolls reach half that. But since these are German and vintage, they should interest more collectors.

**QUESTION:** I found two mugs in a thrift shop, adore them and would like to have a set. Can you name a potential seller? — Fran, Aurora, Colo.

**ANSWER:** The mugs, bearing a pattern called "Tavistock," were produced in Korea for an importer (Papal). Unfortunately, the maker is unknown and Tavistock is a name given to a variety of designs — even Royal Doulton made a version.

Replacement services might have matches, but chances are slim. How about a set of unmatched mugs? That's the style now.

**QUESTION:** While renovating a house, my father discovered a Marine Band trumpet with an '84 patent mark. The other was a WWI bugle with U.S. regulation marks. What is auction value? — Beth, Maine

**ANSWER:** There is an active market for vintage instruments, but these need to be verified. Is the first from 1984 or 1884? And how did you identify the second as WWI issue? Remember: Patent dates and date of manufacture do not correlate. Many pieces were made long after the original patent date.

Value cannot even be guessed at without definite identification.

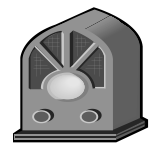
If authentic and indeed old, the instruments might sell at auction. Maine has many good auction houses; I suggest you contact one close to you.

(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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# Centron

CONTINUED FROM PAGE SEVEN

film, Bowers said it was Oscar material. Wolf and Mosser were not convinced, but when Bowers returned to Hollywood, he entered the film into the Academy Awards. Wolf, Mosser and the staff continued to work on the film, making a special 35mm print that was officially required to book "Leo" into a Los Angeles theater and then submit it to the Academy. The film was nominated in 1969 for the 42<sup>nd</sup> annual Academy Awards. While it didn't win the Oscar, the nomination of such a small studio indicated that Wolf and Mosser were on the right track.

"Leo" won a total of 13 top awards in American and international festivals and was translated into several languages, including Spanish, German, French and Japanese, and distributed worldwide. Mosser said, "The film was inspirational, it was motivational, it created sensitivity to others, it had a rather basic philosophy of life. In retrospect it spoke to each viewer some special way and that was its genius.

Following the nomination, McGraw-Hill, the regular distributor of Centron films, decided not to market the film, so Centron began its own distribution company, Centron Educational Films (CEF), to distribute its own films and other companies' films. "Leo" was an effective door-opener to educational sales, so much so that Centron eventually became known as "the Leo company" in educational film circles.

At times there were three Centron camera crews on the road at a time, in the United States, Europe, as well as South America. Centron's small size and cross-training of staff in jobs allowed them to be flexible. This flexibility of the crews allowed Centron to do projects overseas with a minimum of people, thus a minimum of cost.

Centron hired many Lawrencians and KU actors and they also hired professional Hollywood actors. Hollywood actors included George Gobel, Dennis Day, Rowan and Martin, Anita Bryant, and Ed Ames.

Ironically, the technological innovation that had served Centron so well in achieving their success was also the reason for closing the company. When the industry moved from film to video technology, Wolf and Mosser decided not to try to keep up with the changes. Faced with a million-and-a-half dollar investment for technological retooling of Centron and given their ages and desire for retirement, Wolf and Mosser decided to sell the company. Esquire, Inc., parent company of Coronet Films, bought the company on December 31, 1981. The company continued in several incarnations until 1991. Charles and Hortense 'Tensie' Oldfather gave the studio to the University of Kansas Film area of the Department of Theatre and Film.

Centron continues as a working film studio, called Oldfather Studios, carrying the legacy of filmmaking forward with the education of future filmmakers.

- Faye Riley has her Ph.D. in Film from the University of Kansas. She is a filmmaker. She was awarded the Herk Harvey Outstanding Graduate Teaching Assistant in Film in 2004. She wrote her dissertation on Centron.



**Loren Dolezal**  
Animator



**Linda Haskins**  
Director



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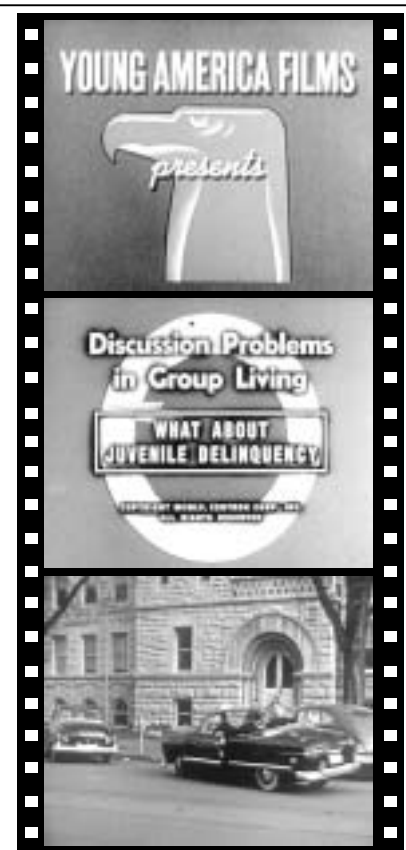
## Centron Corporation and Young America Films

During the 1950s, Centron garnered a contract from Young America Films (YAF) of New York to produce several educational films. Many of these films are now in the public domain and available for downloading from the Internet Archive ([www.archive.org](http://www.archive.org)). The Internet Archive is a 501(c)(3) non-profit that was founded to build an Internet library, with the purpose of offering permanent access for researchers, historians, and scholars to historical collections that exist in digital format.

YAF titles found in the Internet Archive include the following:

- |                                      |  |
|--------------------------------------|--|
| - <i>Other People's Property</i>     | - <i>Responsibility</i>                    |
| - <i>The Snob</i>                    | - <i>Why Study Science?</i>                |
| - <i>The Gossip</i>                  | - <i>Cooking: Terms and What They Mean</i> |
| - <i>A Day of Thanksgiving</i>       | - <i>Bicycle Safety</i>                    |
| - <i>Cheating</i>                    | - <i>The Procrastinator</i>                |
| - <i>The Other Fellow's Feelings</i> | - <i>The Show-Off</i>                      |
| - <i>The Outsider</i>                | - <i>What About Drinking?</i>              |
| - <i>Cindy Goes to a Party</i>       | - <i>Why Study Home Economics?</i>         |

At right are three stills from "What About Juvenile Delinquency" (1955), which was written by Trudy Travis. The top still is Young America Films' logo. The middle still includes the title of the film and copyright information. The bottom still shows several "delinquents" pulling into a parking place in front of the Douglas County Courthouse.



# DEAR PHARMACIST

## Looking for a doctor who prescribes bio-identical hormones?

By Suzy Cohen, R.Ph.  
Tribune Media Services

**QUESTION:** I really want to get on bio-identical hormones, especially after dealing with some frightening side effects, but I can't find a doctor in my area who knows anything about it. I've gone through half the phone book! How does one go about finding a physician that can customize my hormones for me? —P.A., Chicago

**ANSWER:** It's easiest to call the pharmacies that make, or "compound," the bio-identical prescriptions in your city. Just point blank ask them, "What doctors prescribe bio-identical hormones in this city?" Then call those doctors and ask for a free consultation at their office. Find out how the physician tests your hormone levels; it appears that saliva testing is better than blood testing.

The doctors who prescribe bio-identical hormones and other natural medications are often naturopathic doctors (NDs), osteopathic doctors (DOs) and medical doctors (MDs) who think alongside the pillbox. Compounding pharmacies are experiencing resurgence thanks to consumer demands for more natural and individualized medications. They are able to make pretty much anything, in any form! For example, they can make natural testosterone in a gel, estrogens in a capsule or vaginal cream, in any combination that the doctor orders. There are hundreds of formulations.

Compounding pharmacies have to meet every standard any other pharmacy does — in fact, their regulations are lengthier. They have to be licensed and inspected, and all of their major ingredients have to be the same quality as those used by major pharmaceutical companies. The large chain pharmacies do not compound. They're built for speed and convenience, to give us those one-size-fits-all drugs and creams, rather than making us wait hours or days for specialized compounded products.

Way back before I was born, before the pharmaceutical industry was launched, all pharmacies were compounding. They would make people all kinds of herbs, tinctures and other

natural potions. Today, compounding pharmacies are the exception, not the rule. If you don't know of a pharmacy in your city that compounds, make your second phone call to the International Academy of Compounding Pharmacists (800-927-4227; www.iacprx.org) and they'll give you phone numbers to compounding pharmacies that are closest to your home.

Now here's another fabulous tip. There are a group of doctors who are very holistically minded, and many of them belong to an organization called the American College for Advancement in Medicine. You can go to the ACAM Web site (www.acam.org/dr\_search) and search for a doctor by plugging in your zip code. Or you can call 888-439-6891. ACAM doctors tend to treat the whole patient, taking into account all of your symptoms.

### FOLK REMEDY TIME

What did grandma use on your itches, aches and pains? I want good folk remedies. Submit them at my Web site. I'll pick a few of your best for an upcoming column.

### DID YOU KNOW?

According to a new animal study, omega 3 fatty acids (fish oils with EPA/DHA) slowed prostate tumor growth rates and lowered PSA levels.

• • •

This information is not intended to treat, cure or diagnose your condition. Suzy Cohen is a registered pharmacist. To contact her, visit [www.dearpharmacist.com](http://www.dearpharmacist.com).

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### WORDS OF WISDOM

A vacation is having nothing to do and all day to do it in.

•

A short cut to riches is to subtract from our desires.

•

A woman may have a witty tongue or a stinging pen but she will never laugh at her own individual shortcomings.

•

The bigot is another man who abuses the privilege of being stupid.

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# BRIDGE

## Go for the long shot

By Omar Sharif and Tannah Hirsch

East-West vulnerable. South deals.

NORTH  
 ♠ Q 5 3  
 ♥ A J  
 ♦ Q 6  
 ♣ 10 7 6 5 4 2

WEST EAST  
 ♠ 9 8 7 2 ♠ K 6  
 ♥ Q 10 9 ♥ 8 7 6 5 3  
 ♦ J 10 9 8 5 ♦ K 7 3 2  
 ♣ J ♣ K Q

SOUTH  
 ♠ A J 10 4  
 ♥ K 4 2  
 ♦ A 4  
 ♣ A 9 8 3

The bidding:  
 SOUTH WEST NORTH EAST  
 1NT Pass 3NT Pass  
 Pass Pass

Opening lead: Jack of ♦

When you know that your best line cannot succeed, play for a miracle. At the bridge table, they sometimes happen.

North's raise to three no trump, with a six-card minor suit and 9 high card points, was certainly reasonable. The duplication in diamond length was unfortunate.

West had an automatic of lead of the one suit to give to declarer trouble. The jack of diamonds was covered by the queen and king and taken with the ace. Dummy's clubs were now useless, even though they could be set up easily by conceding just one club; that would give the defenders five tricks since they had to be able to cash at least four diamonds. Instead, declarer had to try for seven major-suit winners to go with his aces in the minors.

At trick two declarer led a low heart and finessed the jack successfully. To cater to the possibility that East held the king of spades guarded once, declarer next led a low spade and finessed the ten. When that held, declarer returned to the table with the ace of hearts and led the remaining low spade. His care was rewarded when East produced the king. Declarer won with the ace, led his low spade to the queen and returned to hand with the ace of clubs to cash his ace of spades and king of hearts.

Some players just live right, and have the technical skill to take advantage of it.

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

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# SUDOKU

© Puzzles by Pappocom

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

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

EASY

Solution on page 28



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# Boomers take resolutions off 'to do' list and put them on 'want to do' list

(ARA) - People over 50 are changing the face of resolutions—not just as they relate to New Year's vows, but as a commitment for life. A generation accustomed to tackling their goals and dreams and getting the most from life, this spirited group of adults is loud and proud that they have a lot more they plan to accomplish at this stage of life.

Out for 2007: Rehashes of the annual vows to go the gym, spend less money and start that novel. In for 2007: Celebrating the accomplishment of actually shedding those extra pounds, taking control of your financial life and finishing that novel—not to mention adventure travel to places like the Arctic Circle or swimming with dolphins.

More than 40 percent of Americans make New Year's resolutions in the form of "to do" lists every year—mostly around weight loss, exercise and kicking the smoking habit. More than half (54 percent) abandon them after six months, according to researchers. But a Web site geared specifically to boomers and seniors is offering tools and inspiration that help 50-plus Americans turn resolutions into accomplishments, and stamp "Done!" on the goals that comprise their "want to do" list.

Eons.com, a 50-plus site created by Monster.com founder Jeff Taylor, invites boomers and seniors to submit the goals and dreams they want to accomplish before they turn 100—and begin the process of completing them. Leveraging Eons' experts, articles and the support of a community of like-minded individuals who can share advice and experiences, people over 50 are finding the

tools they need to successfully realize their dreams.

"Top 10' yourself," challenges Taylor. "At Eons we invite you to start with a top 10 list of 'LifeDreams.' Simply identifying them and creating a list is the first important step. People can even get fire-starter ideas for what might be exciting by perusing the Eons100 -- a collection of more than 70,000 goals and dreams that Americans 50-plus have submitted. There's nothing more rewarding than achieving a life goal and Eons is becoming the place 50-plus folks go on the Web to get these important things done."

Once Eons visitors create a list of LifeDreams, they are able to connect with others who aspire to the same goals, who have accomplished that goal, or who are able to and will serve as a source of advice and inspiration.

Betsy Crowe, a 53-year-old energy regulation consultant from Wenham, Mass., discovered the power of Eons' LifeDreams when she tackled a goal of rowing out alone on a lake in a tiny racing boat called a scull. With its sides rising barely six inches out of the water and a width of scarcely 24 inches, rowing a scull solo across a lake can be an intimidating prospect, but in September, after a lesson and some practice, Crowe set off across Onota Lake in western Massachusetts.

"I've had the dream of returning to rowing for many years, but never knew if it would happen. Now at this stage in my life, it is important to take these dreams seriously and mark them done," says Crowe, whose other goals include learning to surf, rafting the Grand Canyon



**Betsy Crowe** turned to boomer Web site Eons.com for inspiration to achieve a long-time dream, rowing a racing scull alone across a lake. With help from the site, she says she's now targeting more dreams.

and learning to rock climb. "There were lots of things I have always wanted to do, and now that I have listed them, I feel like I've taken the first step to accomplishing them,

and that they are all within reach." Have a dream of your own? Go to [www.eons.com/lifedreams](http://www.eons.com/lifedreams) and start your "Want To Do" list.

Courtesy of ARA Content

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# Keeping brain strong 'secret sauce' to longevity? Boomer web site has an answer

(ARA) - As medical researchers uncover more details about the brain's capabilities as we age, they're finding that the human brain can stay in top shape well into a person's 20s. It's when people reach their late 20s when the brain can begin a gradual decline in "cognitive function"—the way it processes information and applies knowledge. Now researchers are finding ways to halt, and even reverse that decline, and a new Web site for the 50-plus crowd has found a way to make brain building fun.

Research by Dr. Tom Perls, an expert on longevity at Boston University and the director of the New England Centenarian Study at Boston Medical Center, suggests that complex brain activities can delay cognitive decline and extend lifespan.

Perls argues that maintaining top brain function could be simply a matter of a regular workout routine for the mind. "We go jogging, lift weights, and spend thousands of dollars on gym memberships and fitness equipment to exercise our hearts and muscles and strengthen our bones," says Perls. "But what do we do for our brains? Like the heart, the brain needs exercise to keep it healthy. And you can exercise your brain by playing games."

But, there's more to fitness over the age of 50 than muscle strength, aerobics and yoga. More than ever, boomers and seniors are keeping their minds agile by challenging themselves with puzzles and games that keep their brains as active as their bodies.

Perls' research suggests specific games and puzzles have been shown to keep seniors' memories sharp, thought processes speedy and ultimately slow the aging process and extend the lifespan.

To address the important issue of extending mental vitality for spirited seniors, Eons, an innovative new company focused on inspiring people over the age of 50 to live the best life possible, has collaborated with Perls to introduce a suite of online Brain Builders games. Available

at [www.eons.com](http://www.eons.com), Brain Builders offers an innovative and unique approach to games and puzzles that challenge the brain with the workout it needs.

In this spirit, Eons, created by Monster.com founder Jeff Taylor, challenges America's 50-plus to a "game a day."

"With boomers today living 20 years longer, on average, than their grandparents, it's more important than ever to keep the mind alive. And with Eons Brain Builders, we're challenging 50-plus Americans to continue exercising their brains along their journey of living the biggest life possible," says Taylor. "Eons Brain Builders games not only keep the mind sharp, they expand mental capacity and agility - helping people over 50 to get the most from all stages of their lives."

Brain Builders games exercise every mental muscle and are tailored to restore and sharpen a variety of brain functions. Players can actually measure the improvement in their brain functions thanks to an exclusive tracking system that depicts for players their month-by-month progress.

Brain Builders games target five key brain function areas:

Memory, the ability to retain and recall information from the recent and distant past, is regulated in the brain's temporal and frontal lobes. Eons recommends MatchUp practice each day, as well as regular games of 5 Spots, Jeopardy and Trivia Machine.

Language skills, including both written and spoken communication, are centered in the parietal lobes. To keep these skills sharp, Eons recommends the daily Los Angeles Times crossword puzzle, as well as occasional Wheel of Fortune and Scrabble Blast play.

Executive function, or the capacity to control and apply one's own mental skills, is sharpened by the daily Sudoku, both mega and classic, and by periodic Mah Jong, Luxor and Zuma games.

Motor function, or the coordi-

nation of the brain, nerves and muscles to produce movement, is chiefly regulated from the brain's "motor strip." Regular practice with the Diner Dash game, as well as regular games of Gold Miner Vegas and Gutterball 2, will help restore and sustain those skills.

Visual/spatial skills, defined as the ability to discriminate, perceive and track objects visually, are centered in the brain's occipital and

temporal lobes. A daily jigsaw puzzle at [eons.com](http://eons.com), plus periodic Bejeweled 2, Bounce Out and Cubis Gold 2 games, hone those abilities.

"Eons is committed to making the most of life after 50," says Taylor. "Brain Builders is for everyone looking to improve their game and stay an active player on every level of their lives."

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# Diet and exercise: Important to those living with heart failure

(ARA) - Heart failure is a progressive condition in which the heart's muscle becomes weakened after it is injured from something like a heart attack or high blood pressure and gradually loses its ability to pump enough blood to supply the body's needs.

Heart failure affects nearly 5 million Americans. With early diagnosis and newer treatments, people with heart failure are able to continue enjoying their everyday activities and have a more normal life expectancy. In addition to using medication to treat heart failure, patients need to focus on their diet and exercise habits as well for optimum health.

A low-sodium diet (also referred to as low-salt diet) is recommended for heart failure patients, as heart failure causes the body to hold on to extra sodium, which in turn causes extra fluid to build up in the patient's body, making the heart work harder. Excess sodium also contributes to

other symptoms, such as swelling of the ankles, feet or abdomen, shortness of breath and weight gain.

The typical American diet, with its reliance on processed foods like frozen dinners, boxed noodle and rice dishes, canned soups and canned vegetables, is very high in sodium. For example, 1/2 cup of prepared boxed stuffing mix has between 500 and 800 mg of sodium, while a small fast-food cheeseburger contains 743 mg of sodium. Since a low-sodium diet includes no more than 2,000 to 3,000 milligrams of sodium per day, many patients will have to



Courtesy of iStockphoto.com and iStockphoto.com

adjust their cooking and eating habits.

Here are four easy steps that will help cut your sodium intake:

## 1. Stop adding salt to your food.

For many people, salting their food at the table is a matter of habit. Remove the salt shaker and use low-sodium herbs and spices to add flavor to your food.

## 2. Adapt your preferred foods to a low-sodium version.

Use fresh or frozen vegetables instead of canned; choose lower-sodium varieties of your favorite convenience foods.

## 3. Pick foods naturally low in sodium.

Fresh foods that you prepare yourself will be lower in sodium. Fruits, vegetables and legumes are all good choices.

## 4. Learn to read food labels.

Along with a low-sodium diet, staying active is also important. Exercise can help patients feel better, may decrease symptoms and may improve the heart's function. The goal for most people with heart failure is to accumulate at least 30 minutes of activity per day on most days of the week.

To start, pick a simple aerobic activity that you like, such as gardening, walking, fishing, swimming, even bowling. Whatever activity you choose, it is important to spend a

few minutes warming up and cooling down to avoid injury and stressing your heart. Cooling down allows your heart rate, blood pressure and other body functions to return to their usual resting levels and brings down your adrenaline level gradually.

During activity, heart failure patients should watch for sign of over-exertion that may be due to their heart condition. These signs include shortness of breath (unable to complete a sentence or does not improve when you slow down or stop the activity), dizziness or lightheadedness, chest pain or tightness, irregular heart rate, extreme fatigue, severe sweating and nausea or vomiting.

When modifying your lifestyle, make changes slowly instead of all at once. If you have questions or concerns, talk with your doctor or nurse for advice.

For more information on living with heart failure, visit [www.aboutf.org](http://www.aboutf.org).

Courtesy of ARA Content

## SUDOKU SOLUTION

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

## CROSSWORD SOLUTION

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

## JUMBLE ANSWERS

Jumbles: ROUSE EJECT DEFINE FIESTA

Answer: What the halfback experienced after the crushing tackle – "SIDE" EFFECTS

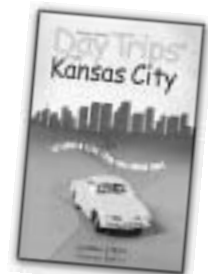
## TRIVIALITIES ANSWERS

1. Daniel Craig 2. "Troy" 3. Frank Marshall 4. "Jersey Girl" 5. "Date Movie" 6. Glenn Close 7. Ron Perlman

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# Hospice to present 'Healing Holiday Hurt'

By Cliff Bond

Memories are another form of stories and stories are the basic stuff of life. I was blessed to grow up in a time when stories were told and retold by some master story tellers. My good friend Winston Wheeler could spin a yarn that made my young heart thrill even though my intellect told me it might not be entirely factual. He would look at me and put on a shocked face and say, "Everything I tell you is true, I just remember more details each time I tell it". How I miss his stories.

If we think of memories as story telling they take on a whole new aspect. Stories have a "You are there" element that takes us out of the mundane world of reality into a somewhat fanciful world of joy and deeper meaning. The country singing group called Sawyer Brown has a song titled "The Boys and Me" in which the lyrics declare, "We have some tales we love to tell—they may not be true but we sure do remember them well." Isn't it the truth! Memories are what we make them.

The holidays are a time of traditions (which are also a form of

remembering but in a regimented format) and memories remembered and created at the time of gathering. We take pictures (memories/stories), video (memories/stories), voice recordings (memories/stories), visiting (memories/stories), etc., etc. Story telling is not the same as lying or falsifying. What story telling amounts to is selective memory. In a story we can shape the memories to fit our needs and our hopes and our dreams. That is why story and memory need to go together.

Oh, sure, I remember some sad times. I see an empty rocking chair, or a favorite food will not be prepared because the one who prepared it is gone. I am very aware of these memories, but I also have the power and choice to tell the stories that I need to share for the benefit of others and of myself. We all need this.

So, our family will watch special videos, TV programs, and peruse picture albums. We will share stories and create new ones. We will remember and we will celebrate and life will go on even better than it might be without the memories.

For those who would like to share their memories and stories of loved ones who are not present this holi-

day season, Heart of America Hospice is offering, free to the public, a special "Healing Holiday Hurt" meeting at the Lawrence Library. Gillian Woods, Bereavement Director and Cliff Bond, Bereavement Coordinator will be present to facilitate the session held on December 13 from 6:00 to 7:30 p.m. Please join them for a time of healing and remembering.

The gift that truly keeps on giving is the gift of ourselves, given in person and in the memories we share of what is so important we choose not to ever forget. Have a blessed holiday season. Make it one to remember.

- Cliff Bond is a Bereavement Coordinator with Heart of America Hospice.

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

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## NOSTALGIA NOTEBOOK

### DECEMBER 1946

#### Births

- DEC. 4:** Sherry Alberoni, actress, Mouseketeer, The Mickey Mouse Club
- DEC. 5:** José Carreras, Spanish tenor
- DEC. 14:** Patty Duke, actress
- DEC. 18:** Steven Spielberg, film director
- DEC. 23:** Susan Lucci, actress
- DEC. 25:** Jimmy Buffett, singer and songwriter
- DEC. 25:** Larry Csonka, American football player, Miami Dolphins
- DEC. 29:** Marianne Faithfull, English singer and actress

#### Events

- DEC. 11:** UNICEF (United Nations Children's Fund) founded.
- DEC. 22:** Havana Conference begins between US organized crime bosses in Havana, Cuba.
- DEC. 26:** Flamingo Hotel opens in Las Vegas.
- DEC. 31:** President Harry Truman officially proclaims an end of hostilities in World War II.

### DECEMBER 1956

#### Births

- DEC. 6:** Peter Buck, American guitarist (R.E.M.)
- DEC. 7:** Larry Bird, American basketball player
- DEC. 17:** Mike Mills, American guitarist (R.E.M.)

#### Events

- DEC. 2:** Fidel Castro and his followers land on Cuba in the boat Granma.



- DEC. 12:** Japan becomes member of the United Nations.
- DEC. 23:** British and French troops leave Suez Canal region.

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## Experience the 'Magic of Christmas' without the headaches

(ARA) - There are many things that can spark the Christmas spirit inside of us—the arrival of cold weather, the smell of cookies baking in the oven and the presence of family are all examples. But nothing seems to trigger the magical feelings of the holiday season quite like holiday decorations.

Wreaths, trees, Christmas lights and bows—their unveiling marks a home or business owner's unofficial, proactive pursuit of capturing and stimulating the Christmas spirit. Holiday decorations create a warm, welcoming environment. If only you could skip straight to the enjoyment and avoid the tedious—and sometimes dangerous—task of designing, installing and maintaining your holiday decor. Good holiday lighting takes time, physical ability, design capability and knowledge of electrical capabilities—things that many of us do not have.

But wait! Your prayers have been answered. In recent years, a trend has developed among seasonal businesses (i.e., lawn & landscape companies). To keep themselves busy during the "off season," they offer holiday decorating services.

"Seasonal businesses have discov-

ered this unique business niche that serves their needs, and closely relates to their normal business," says Blake Smith, president of Texas-based Christmas Decor, a holiday and event decorating franchisor. "There are many reasons why a person cannot do their own decorating—and a professionally-trained company can take the burden off of them."

Smith notes that there are a number of reasons why people choose to have their homes and businesses decorated by a professional company. "Some people lack the physical ability or don't have the technical knowledge, but most simply don't have the time to do the type of first-class job they imagine," he adds. "They want a great-looking finished product, whether it be for entertaining guests, an early gift for their family or to create a more 'welcoming' environment for customers in their business, they find that the best way to accomplish this is to contact a professional."

Safety is another major concern. According to the U.S. Consumer Products Safety Commission, 8,700 people per year are treated in emergency rooms for injuries, such as cuts, shock or falls, that are related



to holiday lights, decorations and Christmas trees.

"The true players in this industry are bonded, trained professionals who know the hazards of the trade," Smith adds. "They take preventive measures against accidents, such as safety training and using proper tools and procedures. But, even then, accidents happen occasionally, and the fact that they are bonded protects both them and the home or business owner."

Smith also recommends early planning.

"Whether you plan on installing

your own decorations, or having it done, it's always better to make your arrangements early," he says. "Retail stores tend to get low on the popular products as the season hits, and professional installers usually start booking their installations in early October."

For more information on professional holiday and event decorating, visit the Christmas Decor Web site at [www.christmasdecor.net](http://www.christmasdecor.net), or call (800) 687-9551 for a location near you. They have more than 350 franchises in 48 states and Canada.

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# PEOPLE NEWS

**John Wysocki, Director, The Center For Art**, announces the launch of Lawrence's only online forum dedicated to the visual arts! 100% Rag serves as a conduit for artists and others primarily living or working in Douglas County to discuss issues concerning the local art scene. It also acts as a means through which a vision for the future of the Lawrence area's art community can be better formulated and coordinated. 100% Rag also includes a calendar, which is based on news about art events submitted through the forum's boards.

Wysocki is the director of the Lawrence ArtWalk, Lawrence's only annual citywide open studios event, and the president of Artful Marketing, a promotion and event planning agency. He is also a former president of the Lawrence Art Guild and a Leadership Lawrence graduate. He is an artist and professional photographer. The Center For Art is

based in Lawrence. 100% Rag may be accessed through [www.thecenterforart.com](http://www.thecenterforart.com) and by clicking on the link for 100% Rag.

**Erinn Golick**, a physical therapist with **Lawrence Therapy Services**, attended a conference last month in Olathe to learn how to use the Hawaii Early Learning Profile system. The system focuses on assessing children in the areas of cognition, language, motor skills, social skills, self-help and sensory organization.



**Golick**

Golick is a member of the pediatric team at Lawrence Therapy Services, which provides services for children from birth to age 3 through the Leavenworth Tiny-K program and children ages 3-18 in its Lawrence and Baldwin City clinics.

## Decisions that only you should make

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