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Vol. 7, No. 6

INSIDE



Heavenly Pets Memorials, owned by Jeannene and Bobby Freeman, offers compassion for grieving pet owners. - page 4



The top three winners of Prairie Commons' 10th annual bake-off share their recipes with Kaw Valley Senior Monthly readers. - page 29

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SENIOR
profile **R**

KEVIN GROENHAGEN PHOTO

Vicki Friel holds a medal she received after running her first marathon earlier this year. She will soon begin training for her second marathon, which will take place in St. Louis in April.

Friel of victory

By Kevin Groenhagen

According to Greek legend, Pheidippides, a Greek soldier, ran from the town of Marathon to Athens to announce that the Greeks had defeated the Persians in the Battle of Marathon. After running the entire distance without stopping, he burst into the senate and shouted, "Nenikékamen" ("Victory is ours!") He then collapsed and died from exhaustion.

Nearly 2,500 years later, Victoria "Vicki" Friel completed her first marathon. Unlike poor Pheidippides, Friel, 60, is currently making plans

for her second marathon. (Incidentally, Victoria was the Roman goddess of victory, while Nike, which you can see in the word "Nenikékamen," was the Greek counterpart. Both are females, but the running shoe company apparently did not think Victoria brand shoes would sell as well amongst men as Nikes.)

Friel has always been active. She has been a skier since she was 18, and this will be her 21st year with the National Ski Patrol at Snow Creek in Weston, Mo. She is also a nurse.

"Of course, as a nurse, you're always active," Friel said. "You're always on your feet."

However, Friel had never given much thought about using her feet for running. That all changed seven years ago when her older sister urged her to take up running.

"My sister used to get out of breath just walking out to get the mail," Friel said. "But she lost 100 pounds and started bicycling and doing shorter runs. I said, 'I can't do that. I can't go a mile. I can't go three miles.' But I started walking. I then got tired of just walking, so I started running a little bit. I ran a few 5K runs locally."

Eventually, Friel's sister convinced

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Vicki Friel

■ CONTINUED FROM PAGE ONE

her to run a half marathon with her.

"She lives near Indianapolis," Friel said. "They hold a half-marathon every year as part of the OneAmerica 500 Festival. It's the largest half-marathon in the world. About 40,000 people participate. We were so far back it probably took us 20 minutes to get to the starting line."

Friel finished her first half-marathon (13.1 miles) in May 2004 with a time of 3:07:43. The following year, she completed the same course with a time of 2:50:10. She completed the course a third time in 2006. However, she did not run the half-marathon in Indianapolis this year. She had bigger things in mind for 2007.

"After doing 13 miles, I got to thinking that maybe I could do 26 miles," Friel said. "I decided if I was going to do a full marathon, a good time would be when I'm 60."

Once she made that decision, she had to decide which marathon to participate in. After participating in Kansas City's grueling Hospital Hill Run, she knew she wanted a flat course. She also looked for a marathon that would take place when the weather was cooler. After some research, Friel decided that the P.F. Chang's® Rock 'n' Roll Arizona Marathon met both of those criteria. "Plan for cool, crisp temperatures at the start line—around 40 degrees," the marathon's Web site said. "The average highs in January range from the mid 60s to about 70 degrees."

Friel began training 20 weeks prior to the Arizona marathon.

"The most difficult distance to run was 14 miles," Friel said. "I had done 13 miles before, but I have never done 14 miles. After that, 16 miles seemed easier."

In addition to shorter runs and weight training at Lawrence Athletic Club, Friel's training included one long run every week. The maximum distance she ran during training was 20 miles.

"The training manuals say if you can run 20 miles, you can run 26 miles," she explained. "If you can run 10 miles, you can run 13 miles."

Last January, Friel arrived in Arizona with her husband, Pat, who took photographs and provided moral support. However, they were in for quite a shock the morning of the marathon.

"It was just 27 degrees when the race started," Friel said. "It was freezing! The water in the fountains was frozen, the fruits on the trees were frozen, and my feet were freezing.

But it was also sunny and beautiful. Once we got warmed up, it wasn't bad at all."

It was so cold in the morning that the runners had to change the way they consumed their energy gels. Energy gels provide a concentrated source of carbohydrates that get absorbed very rapidly into the body. Usually, runners just squeeze the gel into their mouths. However, the cold temperature changed the consistency of the gel a bit.

"I had to pull it out like taffy," Friel said.

According to Friel, her goal was to complete the 26.2 miles in under six hours.

"You go five miles before you turn a corner," she said "Once I did that, I knew I had 21 miles to go. When I hit 13 miles, I knew I was half way there. When I got to mile 23, I knew I would meet my goal."

"My training manual said you only have one first," Friel continued, tearing up a bit. "So I slowed down during the last mile. I wanted to enjoy every step of it. It was awesome. It's something you can't understand unless you've experienced it."

Friel finished the marathon with a "chip time" of 5:51:04. Out of 10,224 registered marathon participants, she finished in 6,120th place. However, there were just 31 women in the 60-64 age group, and Friel crossed the finish line before 16 of them. There were just nine women in the 65-69 age group, and only three in the 70-74 age group. The overall winner, incidentally, was 25-year-old Terefae Yae with a time of 2:14:13. As is the case with eight of the top 10 male participants and three of the top 10 female participants, Yae is from Ethiopia.

Friel has registered to run in her second marathon. This time she plans to participate in the GO! St. Louis Marathon on April 6, 2008. She'll begin training for that marathon 16 weeks before it takes place.

"From what I've read, you can improve your time for 10 years," Friel said.

If running a marathon were not enough for the 60-year-old grandmother, Friel also hiked on a Grand Canyon trail that was seven miles

down and another nine miles up. In addition, she skied down the steepest run in North America. And, just before turning 60, she bicycled 200 miles along the Danube River in Austria.

Friel's advice to anyone interested in doing a 5K run, half marathon, or marathon is to start walking and work up to your desired distance.

"You can walk it, you can walk-run it, you can run-walk it, like I do, or you can run it," she said. "You pick the training program, and that's what you do day by day. You don't start out saying, 'Today I'm going to run 26 miles.'"

Friel also advises beginning runners to read John "The Penguin" Bingham's books. According to Bingham, he was once "an overweight couch potato with a glut of bad habits, including smoking and drinking." He started running at the age of 43 and has completed 40 mara-

thons and hundreds of 5K and 10K races.

Friel was born and raised in Wisconsin. She later moved to Lawrence with her family and started working as an obstetrics nurse at Lawrence Memorial Hospital on May 23, 1977, just two days after the hospital moved to its new building. She later became the director of maternal/child nursing, and currently holds a position in the intensive care unit.

Friel completed a bachelor's of science degree in health education at KU and is an avid fan of the Jayhawks. Her daughter and son also "walked down the hill" at KU.

A world traveler, Friel is on her third passport and has visited five continents. She and her husband also own and operate Friel Foto, and they have posted many photos taken during their travels online at www.frielfoto.com.



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Kaw Valley Senior Monthly

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Kevin L. Groenhagen

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Heavenly Pets helps grieving pet owners

By Billie David

When Jeannene Freeman decided it was time to give up standing on her feet for the 12-hour shifts that her 31-year career in nursing involved, she began looking around for a line of work that would complement her experience helping families through difficult times.

She found her answer in Heavenly Pet Memorials, which she opened in March with her husband, Bobby.

"I saw the need for it," she said, "and I was getting to the age where nursing was getting to be too much. All of my children are through college and I wanted to channel my talents in another direction."

Her husband already owned a pet crematorium that served veterinarians in the Topeka area for six years, and an article she read describing a place in Carmel, Indiana, called Pet Angel Memorials caught her attention.

So when Freeman visited her daughter in Indiana, she decided to pay Pet Angel Memorials a visit.

There she saw compassion and warmth offered to grieving pet owners, qualities that she thought were lacking in the Topeka area.

"I felt that we needed that here," she said, explaining her decision to open a pet memorial business.

"We help families through the death of their pet and let them know what their options are," she said, adding that in addition to offering cremation, they have caskets and prices from cemeteries in Topeka. The Topeka cemeteries all have burial areas for pets, she said, but Law-

rence cemeteries don't have that option and Eudora is working on providing one.

Once a month, Heavenly Pet Memorials offers a grief counseling session free of charge. It meets on the fourth Tuesday of every month and involves small-group meetings where people can share how they are feeling and dealing with their grief.

In addition, Heavenly Pet Memorials provides books and articles that people can read, and Freeman also makes a point of following up with families on the telephone.

"There's a lot of telephone contact," she said.

It also helps some grieving families to use the Heavenly Pet viewing room so that they can see their pet before the cremation or burial process.

"We have a room where we can have a private viewing and a service for their pet if they choose," Freeman said.

One family even brought a surviving pet, who had been searching the house looking for its companion, to the viewing room.

Pet owners can call Heavenly Pet Memorials 24 hours a day, and someone will come to your home to pick the pet up. If the pet owner opts for cremation, they usually have the

remains back within 24 hours.

"Since we own our own crematory, we have control over the process, so that they can be 100 percent sure it is the remains of their own pet they get back," Freeman said.

Sometimes when a pet owner knows that death is imminent, they need to call in advance, which Freeman recommends. That way they can make important decisions when they are not under so much stress and shock.

Heavenly Pet Memorials offers several cremation options, starting at \$160 and going up to \$300 dollars.

At the lower end, the Respect package includes pet pick-up, private cremation, and return in the owner's choice of several urns.

The Remembrance package, for \$40 more, includes fur clippings and the taking of a clay paw print, which is returned to the owner along with

a poem, a certificate of passing, and a better grade of urn.

The Tribute package adds a piece of jewelry such as a charm that has their own pet's paw print transposed onto it or a locket that holds a small amount of the cremains, plus a book with an ink stamp of their pet's paw and a better grade of urn.

If a family chooses, they can hold a memorial service at the facility, located at 1137 SW Gage in Topeka. There are also burial options that include picking up your pet, fur clippings, a paw print, and preparing the pet for burial.

Heavenly Pet Memorials recently opened a storefront in Lawrence, located at 1216 E. 23rd Street, which has a selection of caskets and urns as memorial stones and jewelry. They are available to pick up for your pet, and have the facilities to hold your pet until the burial or cremation process is completed.

Freeman is on call 24 hours a day at (785) 272-1582. The business also has a Web site at www.heavenlypetmemorials.net, and brochures with information about their services have been left at area veterinarian clinics.



Jeannene and Bobby Freeman with their pets

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Project *LIVELY* to celebrate 25 years

A program that has helped seniors in Douglas County maintain their independence for 25 years has reached an exciting milestone.

Thousands of seniors living in Douglas County experience multiple health, social, financial, and/or housing problems and are sometimes unable to coordinate services on their own behalf.

A celebration to commemorate Project LIVELY (Life, Interest and Vigor Entering Later Years), a service of the Lawrence-Douglas County Health Department, will be held from 3:00 to 4:30 p.m. on December 6 at the Community Health Facility, 200 Maine St., in Lawrence. The community is invited to attend.

"I think it's always important to take the time to celebrate programs that have a direct impact on making Lawrence one of the nation's top 10 retirement destinations," said Sandra Kelly-Allen, Project LIVELY Program Coordinator.

Project LIVELY began in 1982 as a means of connecting Lawrence and Douglas County seniors to providers who assist with medication, housekeeping, transportation, adult day care, homemaker and respite services.

"Project LIVELY is the best thing that ever happened to me," said Alvera Grammer, who has lived in

Lawrence for more than 60 years.

With 78 million baby boomers turning 65 in 2011 and roughly 80 percent of older Americans living with at least one chronic condition, the need for Project LIVELY's services is integral to the health of our community.

"I truly believe that the test of a community is in the way that it cares for its older adults," Kelly-Al-

len said. "We here at Project LIVELY are proud to be part of that process."

For more information about the program, call the Health Department at (785) 843-3060 and ask for the Project LIVELY Coordinator or e-mail Kelly-Allen at: skelly@ldhealth.org.

The Health Department and Project LIVELY staff look forward to celebrating with you.



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Medicare preventive services include immunizations

Kansas Senior Press Service

Medicare covers immunizations against flu, pneumococcus, and hepatitis B—all of which can be life-threatening to older people.

All adults 65 and older should get flu and pneumococcal shots. People with Medicare who are under age 65 but have a chronic illness, such as heart disease, lung disease, diabetes, or end-stage renal disease, should get a flu shot. People at medium to high risk for hepatitis B should get a hepatitis B shot. See your health care provider concerning these preventive services.

Medicare covers the cost of flu shots once a year, in the fall or winter. All people with Medicare are eligible to receive them. In the original Medicare plan, you pay nothing for these shots. No beneficiary co-insurance or co-payment applies and beneficiaries do not have to meet their deductible to receive an influenza or pneumococcal immunization.

Medicare will cover a booster pneumococcal vaccine for high-risk persons if five years have passed since their last vaccination. Medicare covers hepatitis B vaccinations for persons at high or intermediate risk. The co-insurance or co-payment applies for hepatitis B vaccination after the yearly deductible has been met.

About influenza (flu)

Influenza, also called "flu," is a highly contagious respiratory infection.

Symptoms. Flu can cause fever, chills, headache, dry cough, runny or stuffy nose, sore throat, and muscle aches. Unlike other respiratory infections such as the common cold, influenza can cause extreme fatigue lasting several days to more than a week. Although nausea, vomiting, and diarrhea sometimes accompany influenza, especially in children,

gastrointestinal symptoms are rarely prominent. The illness that people often call "stomach flu" is not influenza.

Spread from person to person. Influenza spreads easily from person to person, primarily when an infected person coughs or sneezes. After a person has been infected with the virus, symptoms usually appear within two to four days. The infection is considered contagious for three to four days after symptoms appear. Each year, an estimated 10 to 20 percent of the population contracts influenza.

For more information about Medicare preventive services, including flu shot information, steps to help prevent the flu, and other Medicare-provided preventive services, visit www.medicare.gov or call 800-633-4227 (TTY 877-486-2048).

A publication titled "Your Guide to Medicare's Preventive Services" (CMS Publication #10110) is available on the Medicare Web site or may be ordered by phone.

Source: The U.S. Department of Health & Human Services

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SHL gives caring award to KDOA secretary

The Kansas Silver Haired Legislature recently named Kathy Greenlee, Secretary of the Kansas Department on Aging, the recipient of the 2007 Caring Award during the group's 25th annual session in Topeka.

Irv Hoffman, President of the KSHL, said the award is presented to the individual who has demonstrated over a significant period of time a caring for seniors and their plight.

"Secretary Greenlee is most deserving of this award," Hoffman said. "She pursued the addition of ombudsmen as the Kansas Long Term Care Ombudsman and as Secretary of KDOA has pursued many innovative programs that have enhanced the wellbeing of seniors throughout the state. She has visited many care facilities throughout the state to hear firsthand from seniors. One phrase best describes Kathy: She cares!"

Greenlee has been KDOA Secretary since January 2006. She previously served as Kansas Long Term Care Ombudsman and as KDOA Assistant Secretary.

"This is truly an honor to be recog-

nized by the very people that KDOA serves," Greenlee said. Silver Haired Legislators are all 60 and older. "My goal as Secretary has been to put an emphasis in three areas: healthy aging, choices in services and culture change in long-term care.

"I'm pleased that I have a staff equally dedicated to those goals and to promoting the security, dignity and independence of Kansas seniors."

The Silver Haired Legislature met in Topeka October 2 and 3.

WORDS OF WISDOM

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"How Can I Celebrate This Year?"

Ideas From Grieving White House Families

Presented by
Harold Ivan Smith, D. Min., FT



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New process will accelerate benefits to disabled Kansans

Michael J. Astrue, Commissioner of Social Security, announced that the Social Security Administration has implemented its new quick disability determination (QDD) process in disability determination services in Kansas. Under QDD, a predictive model analyzes specific elements of data within the electronic claims file to identify claims where there is a high potential that the claimant is disabled, and where evidence of the person's allegations can be quickly and easily obtained.

"The quick disability determination process has been very successful and efficient. I am happy to say it will now help people filing for disability benefits in Kansas," Commissioner Astrue said. "This is a very important step we are taking at Social Security to improve our disability programs."

The Social Security Administration currently receives more than 20 thousand new disability cases

each year in Kansas. In New England, where the QDD process was tested, about three percent of all new cases were identified as QDD cases. These cases were processed in an average of 11 days. Since the model does not yet incorporate as many diseases as it can, Commissioner Astrue has committed to expanding the number of cases that can be identified as a QDD case while maintaining the same level of accuracy.

"The length of time many people wait for a disability decision is unacceptable," Commissioner Astrue said. "I am committed to a process that is as fair and speedy as possible. While there is no single magic bullet, with better systems, better business processes and better ways of fast-tracking targeted cases, we can greatly improve the service we provide to the citizens of Kansas."

For more information about Social Security's disability programs, go to www.socialsecurity.gov/disability.

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A History of Lawrence, Kansas: From the First Settlement to the Close of the Rebellion

By Reverend Richard Cordley. Cordley's 1895 classic begins with the founding of Lawrence, Kansas, in 1854 by anti-slavery settlers from New England, and ends with Quantrill's Raid of August 21, 1863.

Paperback book: \$16.99 E-book: \$7.70



Black Hawk: The Great Chief of the West

In conjunction with the 175th anniversary of the Black Hawk War of 1832, Senior Monthly publisher Kevin Groenhagen has edited a new edition of Benjamin Drake's 1838 classic book on Black Hawk. Benjamin Drake first published this extremely detailed history just six years after the Black Hawk War ended.

Paperback book: \$15.99 E-book: \$7.54



Kansas and Nebraska: The History, Geographical and Physical Characteristics, and Political Position of Those Territories

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Medicare prescription drug enrollment continues through Dec. 31

Kansas Senior Press Service

If you want to enroll in the Medicare Part D prescription drug program or switch to a different plan, enrollment for 2008 continues through December 31, 2007.

Medicare prescription drug coverage is insurance that covers both brand-name and generic prescription drugs at participating pharmacies. Medicare prescription drug coverage provides protection for people who have very high drug costs and protection from unexpected prescription drug bills in the future.

Everyone with Medicare is eligible for this coverage, regardless of income and resources, health status, or current prescription expenses.

You may sign up when you first become eligible for Medicare (three months before you turn 65 until three months after the month you turn 65). If you currently receive Medicare because of a disability, you may enroll from three months before to three months after your 25th month of cash disability payments.

If you don't sign up when you are first eligible, you may pay a penalty. If you didn't join when you were first eligible, you may enroll any time before December 31. You may also switch to a different plan during this sign-up period.

Medicare prescription drug coverage may provide peace of mind by protecting you from unexpected drug expenses. Even if you don't use a lot of prescription drugs now, you may want to consider joining. As they age, most people need prescription drugs to stay healthy. Enrolling now means protection from unexpected prescription drug costs in the future.

Two ways to get coverage. To get Medicare prescription drug coverage, you may join a Medicare prescription drug plan, a Medicare Advantage plan, or another Medicare health plan that offers drug coverage. Whatever plan you choose, Medicare will cover brand-name and generic drugs.

Like other insurance, if you join, you generally will pay a monthly premium, which varies by plan, and a yearly deductible (between \$0-\$265 in 2007). You will also pay part of the cost of your prescriptions, including a co-payment or co-insurance. Costs will vary, depending on which drug plan you choose. Some plans may offer more coverage and additional drugs for a higher monthly premium.

Help may be available. If you have limited income and resources

and you qualify for extra help, you may not have to pay a premium or deductible. You may apply or get more information by calling Social Security at 800-772-1213 (TTY 800-325-0778) or visiting www.socialsecurity.gov.

Comparing plans and enrolling. The Web (www.medicare.gov) offers information to help you locate plans available in this area, a comparison of plans, and an interactive tool that allows you to narrow your search based on personal preferences. You may even enroll at Medicare's online enrollment center. Simply click on "Enroll" under Prescription Drug Plans on the first page of the Medicare Web site.

To reach a Medicare customer service representative, call 800-633-4227 (TTY 877-486-2048). In Kansas you may also call 800-860-5260 to talk

to a Senior Health Insurance Counseling for Kansas (SHICK) representative, or contact the Area Agency on Aging serving your area for informa-

tion concerning plan and enrollment options.

Source: U.S. Department of Health & Human Services

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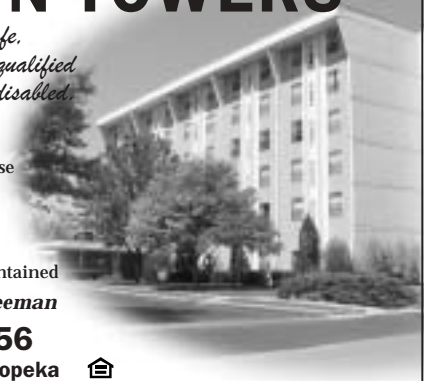
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V is for Vitamins

Have you taken your vitamins today? If so, you may be growing younger—that is, actually reversing the physiological aging of your body. New research shows that Vitamin D, in particular, counters aging and prevents diseases like osteoporosis. Eating right (replacing saturated fats and processed foods with fresh fruits and vegetables), exercising consistently, and taking enough vitamin D will keep your



Laura Bennetts

bones healthy and slow physiological aging.

Younger Than Your Years?

Nothing, of course, stops time. So chronological aging is simply a fact of life. But if you improve your health enough, you may reduce your physiological age. What this means is that someone who is 65 could have a physiological age of 60. This health age is measured by such factors as cholesterol level, blood pressure, body weight, exercise level and diet. Your habits are also taken into account: Do you floss your teeth, eat breakfast, sleep regularly, spend time with friends, and take your vitamins?

To rate yourself, visit www.realage.com. Upon completing the survey, you will receive an assessment of your physical age and suggestions for improving your score, including diet changes.

You can't reverse the aging process altogether. But you can slow it significantly. You can be younger than your years. And taking Vitamin D can help as well.

Extra, Extra!

Now is the time to take extra Vitamin D. Major new research, reported in last month's *Scientific American*, shows that Vitamin D may help in the prevention of cancers, infectious diseases, and autoimmune diseases like multiple sclerosis. Women 55 and older who took 1,100 international units (IU) of Vitamin D daily for three years reduced their risk of cancer by 77 percent. Finnish children who took 2,000 IU daily in their first year reduced their risk of Type 1 diabetes by 80 percent. Other regular Vitamin D users were shown

to have 62 percent less risk of developing multiple sclerosis. Currently, the suggested dosage of Vitamin D is one 400-600 IU tablet daily.

The other side of the coin is that Vitamin D deficiency may be linked to serious diseases. Lower blood levels of Vitamin D may increase your risk for breast, prostate, and colon cancers by 30-50 percent. And globally, people who do not get enough sunlight—for example, people in winter and in the north—are especially in need of Vitamin D tablets.

Tenacious D

Like exercise, Vitamin D is also very good for preventing and treating osteoporosis. An 18-year Harvard study of 70,000 postmenopausal women found that women who took at least 500 IU daily of Vitamin D had 37 percent less risk of hip fracture than postmenopausal women who consumed less than 140 units daily. This was true no matter how much calcium the women consumed.

Osteoporosis is bone weakness caused by bone loss. Vitamin D, like weight-bearing exercise, enables the body to absorb calcium and strengthen bones. The best way to prevent osteoporosis is to add weight-bearing exercise as well as Vitamin D to your day. Take a stroll at lunch or go mall walking. And when you're at the mall...don't forget to get Vitamin D!

Sunshine and Cod Liver Oil

Remember when people touted the medicinal virtues of cod liver oil? In part, that was because cod liver oil is a good source of Vitamin D. But for those of us who dislike cod liver oil (i.e., nearly everyone), there are alternatives. Other rich natural sources of Vitamin D include sardines, salmon, tuna, egg yolk, and shiitake mushrooms. Some other foods, such as milk and cereal, are fortified with Vitamin D. But to get enough Vitamin D from milk alone, we would have to drink six-to-eight glasses a day. Far more efficient are two other sources of Vitamin D: sunshine and tablets.

Sunshine spurs our skin cells to produce Vitamin D, which is then absorbed in the bloodstream. Under 10 minutes of sunlight can stimulate the production of 10,000 units of Vitamin D. And Vitamin D is available in many different dosages in tablet form. Fairly small doses are included in many multivitamins and calcium tablets. Larger doses are available in stand-alone Vitamin D tablets. Read

the label on the bottle for information about dosages (and remember that "IU" means international unit).

The Down Side of Sunshine

There are disadvantages to relying on sunlight for Vitamin D. The main concern is that sun exposure even for short amounts of time can increase your chances of skin cancer. Doctors recommend the use of sunblock and staying out of the sun to avoid damaging your skin. There is no recommended safe length of time to get sun exposure because the level of sun exposure that is dangerous depends on your skin type, where you live, the time of day and the time of year. People who live in the northern United States and Canada have less exposure to adequate sunshine and have a higher incidence of many diseases that could be due to insufficient Vitamin D. People with lighter skin synthesize Vitamin D more quickly but also burn more quickly when exposed to the sun. And exposure to ultraviolet rays—a major source of skin cancer—is greatest from 10:00 a.m. to 3:00 p.m.

Doctor's Orders

The National Institute of Health recommends that adults aged 51-70 consume at least 400 units of Vitamin D daily and that adults over age 70 consume 600 units daily. The NIH further states that research that uses higher doses have not been shown to cause any ill effects, but that the research on this subject is still inconclusive. Other researchers suggests increasing that amount of Vitamin D supplement to 1,000 in winter months when the sunlight is weakest, especially for those who live in the northern states.

Keep Strong

Vitamin D is only one of the many vitamins and minerals that our body needs to maintain health. When you exercise and take care of your health you may be changing your body chemistry for years to come. It is estimated by medical science that only 10 percent of our health is determined by our genetic heritage, the other 90 percent is up to us. The point isn't to look younger, but to feel better and to live a fuller life.

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

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Hawthorn for aging hearts

There are about 800 kinds of Hawthorn (*Crataegus* species) trees or shrubs in North America, but one kind has been in the spotlight for its wonderful medicinal property as a Cardio Tonic (heart tonic).

Crataegus oxyacantha has been used by American doctors since the early 1800s for its medicinal prop-

erty. The flowers and berries of the hawthorn plant have been used in traditional medicine to treat symptoms of irregular heartbeat, high blood pressure, chest pain, hardening of the arteries, and heart failure. Hawthorn is commonly used to strengthen the heart. Citations of Hawthorn, or *Crataegus Oxyacantha*, are often found in various literatures. Dioscorides, an ancient author on plant medicines, mentions *Crataegus* in his writings. Over the centuries legends about hawthorn are found in England and Europe, with many poets mentioning this berry in their literary works. It is often called May-Bush in England because of when it blooms. In France it is referred to as a noble thorn because it was supposedly used for Christ's crown of thorns.



Dr.
Farhang
Khosh

erty. The flowers and berries of the hawthorn plant have been used in traditional medicine to treat symptoms of irregular heartbeat, high blood pressure, chest pain, hardening of the arteries, and heart failure. Hawthorn is commonly used to strengthen the heart. Citations of Hawthorn, or *Crataegus Oxyacantha*, are often found in various literatures. Dioscorides, an ancient author on plant medicines, mentions *Crataegus* in his writings. Over the centuries legends about hawthorn are found in England and Europe, with many poets mentioning this berry in their literary works. It is often called May-Bush in England because of when it blooms. In France it is referred to as a noble thorn because it was supposedly used for Christ's crown of thorns.

Hawthorn will grow to a height of 30 feet and has a long life. It is a small dense tree with sharp thorns. It has small white flowers with rose-like petals and bright red berries. Hawthorns are native to Europe, North America and Asia.

The medicinal plant of Hawthorn has many medical actions, including being used as a diuretic, astringent, tonic and cardiac. Hawthorn is widely known and mainly used as a cardiac tonic in heart conditions. The use of Hawthorn for heart conditions dates back to the 17th century. Currently, Hawthorn is an official drug in the Pharmacopoeias of Brazil, China, Czechoslovakia, France, Germany, Hungary, Russia, and Switzerland.

Hawthorn use in the cardiovascular system includes the following conditions: angina pectoris, functional heart disease, high blood pressure, arrhythmia and as a heart tonic to regulate circulation. With long-term use, hawthorn has been indi-

cated to help strengthen and nourish the heart. More specifically, Hawthorn has been shown to:

A. Dilate the arteries that supply the heart muscle with blood, oxygen, and fuel, providing a better supply of these essential nutrients resulting in a stronger heart beat.

B. It acts as a powerful free-radical scavenger, protecting the heart against the harmful effects of atherosclerosis.

C. It can help regulate the heart-beat.

D. It has mild sedative activity, which may be useful in heart disease which is combined with nervousness.

E. A decrease in the arterial blood which is helpful for treating high pressure blood pressure.

F. Increase in heart stroke volume which increases the ability to circulate blood.

There have been many clinical studies on Hawthorn for its medicinal properties, especially on cardiovascular health. One study found that hawthorn extract (900 mg/day) taken for two months was as effective as low doses of captopril (a leading heart medication) in improving symptoms of congestive heart failure. In another study, 60 angina patients were given either 180 mg/day of hawthorn berry-leaf-flower extract or placebo for three weeks. Those who received the hawthorn preparation experienced improved blood flow to the heart and were also able to exercise for longer periods of time without suffering from chest pain. Even though Hawthorn is considered a safe herb, consult with your doctor before taking Hawthorn if you are taking any heart medicine.

- 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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06-2885 LTC (04/05)

Are you using mental math to account for your money? A look at two financial 'blind spots': Mental accounting and framing

Most of us are unknowingly misbehaving when it comes to our finances. In fact, a few common mistakes could be costing you hundreds or even thousands of dollars each year. Mental accounting and framing are two key "blind spots" that may

tend to treat birthday or gift money differently from earned money. Basically, people prone to mental accounting treat money differently depending on how they got it, or where it's going.

In a 2003 study conducted by Synovate for the Northwestern Mutual Financial Network, two thirds of the respondents said they would drive 20 minutes to save \$8 on an alarm clock, but almost 75 percent would not drive the same distance to save \$8 on a new TV. Note how the same amount of money can be regarded so differently—all depending on our mental view of the situation. This is what causes people to spend more when they use credit cards than when they use cash, even though all money "spends" the same.

Another common blind spot is framing. In general, people make financial decisions based on how the choices or issues are presented. It's a

little like looking at framed art—the outcome depends on your reference point and what influences you.

In the financial survey, respondents were asked the same question in two different ways to determine if they were susceptible to framing. Roughly half said they could not comfortably save 20 percent of their household's income. Yet, seven in 10 said they could live on 80 percent of their income. Very different decisions were made based on how the choices were described. The lesson here is to objectively evaluate financial decisions and compare the best option next to the worst one, such as the implications of putting off saving or investing.

The financial behavior study included a sampling of doctors, attorneys and CPAs, and suggests that people from all walks of life are prone to misbehaviors. Learning about your potential blind spots is

the first step toward correcting them and making better financial decisions. Talking with a qualified financial professional is a good way to understand these misbehaviors and improve financial decision-making skills.

- Joe B. Jones is a Financial Representative with Northwestern Mutual Financial Network the marketing name for the sales and distribution arm of The Northwestern Mutual Life Insurance Company (NM), Milwaukee, Wisconsin, its affiliates and subsidiaries. Financial Representative is an agent of NM based in Lawrence, KS. Securities offered through Northwestern Mutual Investment Services, LLC, 9225 Indian Creek parkway, Overland Park, KS 66210 (913) 362-5000, member NASD and SIPC. NM is not a broker dealer. To contact Joe, please call (785) 856-2136, e-mail him at joe.jones@nmfn.com or visit his Web site at www.nmfn.com/joejones.



Joe B. Jones

be keeping you from reaching your financial goals.

Let's look at mental accounting. Research shows that we tend to create "mental accounts" to categorize spending on things like food, clothing or entertainment. Even though all money "spends" the same, people

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To fight rising prices, invest for income and growth

Even if you don't typically follow economic news all that closely, the fact that oil prices are now hovering near the \$100-per-barrel mark has probably caught your attention. If not, it should, because stratospheric oil prices will almost certainly affect you as a consumer—and it may also

time, and every day. So, given the stratospheric prices of crude oil, don't be surprised to see the prices of many of these products start to climb.

You might be less concerned about the potential inflationary pressures caused by rising oil prices if your income were rising significantly. But that may not be the case; over the past several years, wage growth has been relatively low. Factoring in inflation, weekly wages were just 2.2 percent higher in September 2007 than in March 2001, according to research compiled by the Center for American Progress.

So, here's the situation in a nutshell: While prices may be going up, your wages may be stagnating. That's not a formula for achieving your long-term goals, such as a comfortable retirement. To address this problem, then, you'll need to look at another component of your financial picture—your investments. Consider these suggestions:

- **Invest for rising income.** Fixed-income vehicles, such as bonds and Certificates of Deposit (CDs), may well have a place in your

portfolio, but they might not keep you ahead of inflation. That's why you may want to consider investing in dividend-producing stocks. Some of these stocks have actually increased their dividends for more than 25 straight years. So, if you're seeking ways to stay ahead of inflation, here's one place to look. (Keep in mind, though, that even stocks with long histories of paying dividends are not obligated to do so in the future, and they may cut dividends, or not pay them at all, in any given year.)

- **Invest for growth.** To stay ahead of inflation for the future, you'll want investments that provide the opportunity for long-term appreciation. That means you should have a certain percentage of your portfolio devoted to growth stocks. It's true that these stocks can be vol-

atile; their prices will go up and down, and it's possible you could lose some or your entire principal. But you can reduce this risk, and increase the chances of staying ahead of inflation, by purchasing an array of quality growth stocks—those issued by companies with solid management, competitive products and strong balance sheets.

No one can really predict how high oil prices will rise, how long they will stay elevated and how much they will affect overall inflation. But you shouldn't sit around and wait for these answers. Instead, work with your financial advisor to find income and growth opportunities.

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



Harley Catlin and Ryan Catlin

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Don't think you'll outlive your money? Think again

By Humberto and Georgina Cruz
Tribune Media Services

On average, Americans in their early 60s like us can expect to live close to 20 more years. Nobody in our immediate families has lived longer, so we'll be thrilled if we make it that far.

But in our financial planning, we are assuming at least one of us will make it to age 95, just in case.

This conservative estimate — con-



Humberto
and
Georgina
Cruz

servative in the sense our money has to last longer — is one of many assumptions we all must make in our retirement plans.

We don't know how long we will live, how high inflation will be, or what returns we'll earn from our investments, for example. But rather than just guess, we can make reasonable assumptions.

"Making reasonable assumptions is fundamental to sound, long-term financial planning," said Stuart Ritter, a certified financial planner with T. Rowe Price, an investment management firm in Baltimore, Md. The need for reasonable assumptions is such that Ritter chairs an "Assumption Committee" that includes a dozen professionals at his firm.

Focus groups by T. Rowe Price and many other studies we've seen consistently show that Americans tend to underestimate both the likelihood and financial impact of living into their late 80s, 90s and even beyond.

"I am worried about paying for the cruise this year — I will worry about (paying for living expenses in later years) when I get there," is a common response, Ritter said. A separate recent study by the Fidelity Research Institute found pre-retirees on average believe they will need to have their savings last until only age 83, and retirees 75 and under until age 85.

Yet, a healthy 65-year-old man has a 24 percent chance of living to at least 90, and a healthy woman a 35 percent chance. "People have to recognize there is a high probability" they will live longer than they think, said Van Harlow, managing director of the Fidelity Research Institute, a research arm of Fidelity Investments.

In addition, according to the So-

ciety of Actuaries, the odds that at least one member of a 65-year-old couple will live to age 85 are 77 percent. The odds that at least one will live to age 90 are 52 percent.

To age 95, the odds drop to 22 percent. With medical advances, we expect these odds to increase.

Like us, financial planners at T. Rowe Price and many other firms consider 95 a reasonable age in projecting how long money has to last in retirement — long enough to mitigate the risk of running out but not so long as to unnecessarily curtail our spending, Ritter said.

How about the argument that we won't be spending as much at age 90 or 95? Or the notion that if one spouse dies, the other can do with less?

We may not spend as much on travel or leisure at age 90 or 95, Ritter said, but we will likely spend more for health care or to retrofit our home for added safety and easier mobility and access.

While some expenses will go down when one spouse dies, property taxes and insurance won't if the surviving spouse stays in the same house.

Also, one Social Security payment will be lost (the survivor will receive

whichever was the higher payment of the two). The surviving spouse may have to pay someone to do what the deceased spouse did for free — cooking or cleaning, for example, or even helping the surviving spouse with activities of daily living, such as getting dressed.

In addition, because of inflation, we will almost certainly have to spend more each year just to maintain our standard of living. While inflation has averaged 2.4 percent a year the past 10 years and 4 percent

for the past 30 years, we agree with T. Rowe Price chief economist Alan Levinson that a projection of 3 percent a year is a "reasonable middle ground" to use in retirement planning.

(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, 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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Bone loss medication: Is it necessary?

By Robert Shmerling, M.D.

Tribune Media Services

QUESTION: At what point in bone loss would a person start medication? I'm a 48-year-old female with T-scores of -1.1 in hip, -1.5 in spine, and -1.2 in neck. I take 1,200 mg of calcium and 400 international units of vitamin D daily, eat three servings of dairy, do weight-bearing exercises, and walk 2.5 miles each day. Should I start Actonel or some other drug now?

ANSWER: First of all, you are to be commended for doing so many things right: You're getting regular weight-bearing exercise, consuming adequate calcium and vitamin D, and you're concerned about osteoporosis. Your doctors would need more information to make a recommendation about risedronate (Actonel) or any of the other medications for bone loss. Even with additional information about you, there may be no one right answer.

Risedronate is an effective medication for osteoporosis. It's a member of the bisphosphonate family, medications that reduce bone breakdown so that bone formation and bone strength increase over time; the end result is a lessened risk of fracture. Other bisphosphonates include alendronate (Fosamax), ibandronate (Boniva), pamidronate (Aredia), and zoledronic acid (Reclast). Another drug that can be helpful in this situation is raloxifene (Evista); it has estrogen-type effects but, importantly, does not appear to increase cardiovascular risk as estrogen can. It may actually lower the risk of breast cancer. Estrogen can be a helpful medication for osteoporosis, but it carries other potential risks, including an increased risk of cardiovascular disease.

From the results of your bone mineral density (BMD) test, you have osteopenia, meaning reduced bone mass, but it is not severe enough to indicate osteoporosis. The T-score compares your bone density with that of a young, healthy adult of the same gender - the more negative the T-score, the higher the fracture risk.

Your situation is common: Osteopenia (T scores of -1.0 to -2.4) is more common than osteoporosis (T-scores of -2.5 or lower) and it increases the risk of fracture only slightly compared with people who have normal BMD. Both osteopenia and osteoporosis are particularly common among women who are

peri- or postmenopausal, a time when bone-protective estrogen levels fall dramatically.

Calcium and vitamin D (whether from foods or supplements) and weight-bearing exercise are routinely recommended for all women, but it is currently controversial whether people with osteopenia should also take a bisphosphonate, such as risedronate. On one hand, the vast majority of people with osteopenia never fracture, and treatment is usually lifelong, costly, and may be associated with side effects. On the other hand, treatment can prevent the development of osteoporosis and might prevent a fracture. Most guidelines do not specifically recommend risedronate (or other, similar medicines) for osteopenia.

Now, about that other information: Your risk of fracture is directly affected by other factors that should help determine whether you should take additional treatment. People with reduced bone mass (whether osteopenia or osteoporosis) should be evaluated for an underlying cause that can be specifically treated. For example, osteomalacia (meaning soft bones) can lower BMD due to inadequate vitamin D; simple blood tests can identify a low level of vitamin D and other specific causes of low BMD. Treatment of an underlying condition that causes low BMD may reverse osteopenia, making risedronate therapy unnecessary. An overactive thyroid and too much thyroid medication are other examples of reversible conditions that can contribute to low BMD.

Additional risk factors for osteoporosis include corticosteroid therapy, family history of osteoporosis, previous fracture or a significant fall in BMD over a short period of time. These and other risk factors should be considered for people with osteopenia. In the setting of multiple risk factors for osteoporosis, a falling BMD over time, and no other reversible conditions, many physicians would recommend risedronate, alendronate, or raloxifene for osteopenia - however, many would not.

Each person considering therapy for low BMD has a slightly different set of risk factors and preferences - that's why it is important for you and your doctor to review all of the relevant information before making a decision about treatment.

(Robert H. Shmerling, M.D., is associate physician at Beth Israel

Deaconess Medical Center, Boston, Mass., and associate professor at Harvard Medical School. He has been a practicing rheumatologist for over 20 years at Beth Israel Deaconess Medical Center.

(For additional consumer health

information, please visit www.health.harvard.edu.)

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Douglas County's Center for Funeral and Grief Related Books.



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December						
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2007						

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

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

ART/ENTERTAINMENT

**DEC 8
SENIOR CLASS**
A great offshoot from TCTA's widely successful company, LAUGHING MATTERS, SENIOR CLASS is another zany troupe of improv comedians. Only this time, the company is made up entirely of actors over 55 years old! This group defines life in the golden years as a terrifically fun-filled trip! Doors open at 7:00 p.m. Show starts at 8:00 p.m.
TOPEKA, 785-357-5211
<http://www.topekacivictheatre.com>

BINGO

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

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

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

**MONDAYS & SATURDAYS
LEGIONACRES**
3408 W. 6TH ST, LAWRENCE, 7:00 PM, (785) 842-3415

**WEDNESDAYS, THURSDAYS & SUNDAYS
MOOSE CLUB**
Wednesdays, 6:30 p.m. Thursdays, 12:30 p.m.,
Sundays, 6:00 p.m.
1901 N KANSAS AVE, TOPEKA, (785) 234-6666

**WEDNESDAYS & FRIDAYS
VETERANS OF FOREIGN WARS**
3110 SW HUNTOON, TOPEKA, 6:30 PM, (785) 235-9073

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

**WEDNESDAYS & FRIDAYS
EAGLES LODGE**
1803 W. 6TH ST, LAWRENCE, 7:00 PM, (785) 843-9690

**WEDNESDAYS & FRIDAYS
EDGEWOOD HOMES**
1600 HASKELL, STE 188, LAWRENCE
10:30 AM-12 NOON, (785) 760-1504

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

**FRIDAYS
BALDWIN SENIOR CENTER**
1221 INDIANA, BALDWIN CITY
12 NOON-1 PM, (785) 594-2409

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

BOOKMOBILE

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

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

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

BOOK TALKS

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

**THIRD WEDNESDAY OF EACH MONTH
BRANDON WOODS, 1500 INVERNESS DR.,
LAWRENCE, 10:30 AM
PRAIRIE COMMONS, 5121 CONGRESSIONAL
CIRCLE, LAWRENCE, 1:00 PM
WINDSOR HOUSE, 3220 PETERSON RD.,
LAWRENCE, 2:15 PM**

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

CLASSES/LECTURES

**ONCE A MONTH
AARP'S 55 ALIVE SAFE DRIVING COURSE**
Monthly classes are held at Stormont-Vail.
Call to make reservation.
TOPEKA, (785) 354-5225

**DEC 10
FISH OIL, THE HEART AND BRAIN**
Fish oil, available through the diet and by supplementation with capsules, is gaining momentum as an exciting method to improve the function of the human body. Numerous studies have shown that Omega-3 fatty acids, found in fish oil, have powerful effects on the well-being of humans. On December 10, two well-known experts, Dr. Michael Zabel, MD, a Cardiologist with Cardiovascular Consultants, and Stephen S. Iardi, Ph.D., Associate Professor Clinical Psychology at the University of Kansas will each present information about Omega-3 fatty acids that may help change your life. Free but advanced registration is requested. LMH Auditorium. 6:30-8:00 p.m.
LAWRENCE, (785) 749-5800
<http://www.lmh.org>

Harbor House Memory Care Open Now



HARBOR HOUSE
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"THE EXPERIENCE OF JOY"

Memory Day Care Program Respite

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

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

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



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

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

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

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

www.seniormonthly.net

■ CONTINUED FROM PAGE 16

EXHIBITS/SHOWS

OCT 27-DEC 9

SUDAN: THE LAND AND PEOPLE

An art exhibit about the land and people of Sudan. Mulvane Art Museum. TOPEKA, (785) 670-1124

DEC 8-16

LAWRENCE OWN-YOUR-OWN ART EXHIBITION AND SALE

Annual art exhibition and sale of local artists' works. This event encourages people to learn more about art, to own and enjoy original local art in their homes and businesses. 940 New Hampshire St, Lawrence Arts Center. LAWRENCE, (785) 843-2787 <http://www.lcava-loyo.com>

HEALTH

**MONDAYS THROUGH THURSDAYS
FIT FOR LIFE**

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

**FIRST TUESDAY OF EACH MONTH
HEALTH SCREENING CLINIC**

Lawrence-Douglas County Health Department.

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

**TUESDAYS AND THURSDAYS
BLOOD PRESSURE CLINIC**

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

**TUESDAYS AND THURSDAYS
SENIORCISE PROGRAM**

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

WEDNESDAYS

HEALTH SCREENING CLINIC

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

**FIRST AND THIRD FRIDAYS OF EACH MONTH
HEALTH CHECKS**

Blood pressure checks, glucose checks, skin checks, and education on nutrition and weight loss strategies BY Washburn University School of Nursing Mobile Health Unit. YWCA of Topeka, 225 SW 12th St., south entrance of the building, 9:00 a.m.-1:00 p.m. TOPEKA, (785) 233-1750, EXT. 252

**SECOND THURSDAY OF EACH MONTH
BLOOD PRESSURE AND HEALTH INFORMATION**

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

**THIRD TUESDAY OF EACH MONTH
HEALTH SCREENING CLINIC**

Lawrence-Douglas County Health Department.

PINECREST II APARTMENTS, 924 WALNUT, EUDORA, 9-10 AM

**THIRD THURSDAY OF EACH MONTH
MEDICATION CLINIC**

Bring questions about your medications (prescription or over-the-counter), 1:30-2:30 p.m. Call for appointment. Healthwise 55 Resource Center, 2252 S.W. 10th Ave. TOPEKA, (785) 354-6787

**FOURTH THURSDAY OF EACH MONTH
NUTRITION CLINIC**

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

DEC 4

BONE DENSITY SCREENING

Are you at risk for osteoporosis? This quick and easy screening can indicate if further testing for this potentially debilitating disease is needed. A bare heel is necessary for the screening. Information about prevention of osteoporosis is also included as part of the screening process. Lawrence Memorial Hospital, Meeting Room D, 9:00-11:00 a.m. LAWRENCE, (785) 749-5800

DEC 5

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 considered diagnostic of any disease process and those with results outside the normal range will be advised to see their healthcare provider for follow-up. Lawrence Memorial Hospital, Meeting Room A, 3:00-5:00 P.m. LAWRENCE, (785) 749-5800

DEC 10

BONE DENSITY SCREENING

See December 4 description. Lawrence Memorial Hospital, Meeting Room D, 1:00-3:00 p.m. LAWRENCE, (785) 749-5800

HISTORY/HERITAGE

DEC 7

**PERFORM ME THE STORIES OF
LEAVENWORTH COUNTY**

Leavenworth County Courthouse Open House. Re-enactors portraying Buffalo Bill Cody, H. Miles Moore, Harriet Cushing, Kathy Williams, Lizzie Allen and Reuben Basehor. Three stages of historical representation will perform non-stop for three hours as figures from Leavenworth County's history come to life to tell their story. LEAVENWORTH, (785) 684-0441 <http://www.leavenworthcounty.org>

HOLIDAY EVENTS

NOV 16-DEC 31

TARC WINTER WONDERLAND

A Topeka tradition featuring more than one million lights winding through a two-mile stretch at scenic Lake Shawnee. Runs nightly. Lake Shawnee Campgrounds. TOPEKA, (785) 232-0597

NOV 23-DEC 23

SCROOGE

This musical stage version of Dickens' classic "A Christmas Carol" will delight audiences of all ages. For the first time ever, the children of our youth academy will perform on the main-stage alongside our actors. With memorable songs including "I Hate Christmas," "Father Christmas," and "I'll Begin Again." Topeka Civic Theatre. TOPEKA, (785) 357-5211 <http://www.topekacivictheatre.com>

NOV 23-DEC 30

VICTORIAN CHRISTMAS AT THE LEBOLD MANSION

See beautiful Christmas decorations and traditions of the 1880s in this historic house fully decorated from the parlor to the maid's room. 106 N Vine St. ABILENE, (785) 263-4356 <http://www.lebold-mansion.com>

NOV 23-JAN 13

CHRISTMAS AT THE SEELYE MANSION

The charming Christmas filled 25-room Georgian mansion is decorated using many of the original ideas of Mrs. Seelye of the early 1900. As you wonder through the Christmas filled rooms of trees, poinsettias and colorful decoration the spirit of Christmas is enhanced. You leave with a Christmas Sparkle in your eye after visiting the 1905 mansion during the holiday season. 1105 N Buckeye Ave. ABILENE, (785) 263-1084

NOV 25-DEC 31

CHRISTMAS IN HISTORIC LECOMPTON

Three floors of Christmas trimmings and decorations. Christmas Vespers. 640 E Woodson. LECOMPTON, (785) 887-6285 <http://www.lecomptonkansas.com>

NOV 29-DEC 1

OLD TIME HOLIDAY HAPPENINGS

A vintage holiday celebration complete with Victorian dinners, entertainment in the town square and unique turn-of-the-century decorations. Reservations are required. Old Prairie Town. TOPEKA, (785) 368-2437

NOV 29-DEC 2

30TH ANNUAL FESTIVAL OF TREES

A benefit for Sheltered Living, Inc. Beautifully decorated tree and wreaths on display. Mistletoe Market: Handcrafted items for sale and baked goods. Signature candy, "Yuletide Toffee" for sale. Silent Auction, Candy Cane Lane (a children's craft area). Pictures with Santa, "Buy it Now" Wreath Display, Entertainment featuring Brent Dellinger (2002 Yo-Yo Champion) performance Saturday, December 1 at 1:00 p.m. Ag Hall-Kansas Expo-centre. TOPEKA, (785) 266-8686

DEC 1-24

GALLERY OF GIFTS

Shop for Kansas products during the holidays. Special shopping of handmade and artisan products from Kansas. Carnegie Cultural Center. OTTAWA, (785) 242-8478 <http://www.ottawaarts.org>

DEC 2

VESPERS

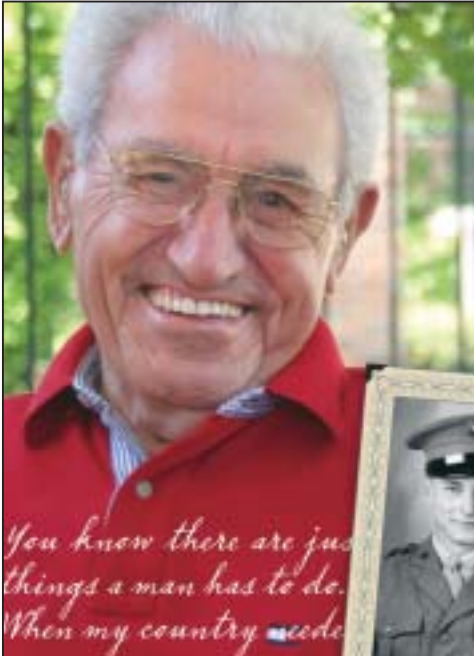
Holiday tradition featuring University of Kansas Symphony Orchestra and choirs performing seasonal music. Lied Center. LAWRENCE, (785) 864-2787 <http://www.visitlawrence.com>

DEC 8

CHILDREN'S HOLIDAY SHOP

Children love picking out just the right gift for everyone in the family at a low price. In addition to shopping kids can visit Santa. For children aged 4th grade and younger. 940 New Hampshire, Lawrence Arts Center. LAWRENCE, (785) 843-2787

■ CONTINUED ON PAGE 18



An Assisted Living
& Memory Care Residence

the
Windsor
OF LAWRENCE

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

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

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

*Respecting Values, Protecting Dignity,
Supporting Independence.*

■ CONTINUED FROM PAGE 17

**DEC 8
HOLIDAY LIGHT PARADE**
Dancers from Stacy's Dance Studio entertain the crowd with a few selections before the parade. The entire family thrills to the sights of the lighted floats and horses. Help welcome Santa, who arrives on an antique fire engine. Santa lights the community Christmas tree and passes out candy canes to the children.
BALDWIN CITY, (785) 594-3200
<http://www.baldwincitychamber.com>

**DEC 9
CHRISTMAS CANDLELIGHT VINTAGE HOMES TOUR**
Annual tour of 8-10 vintage homes decorated in holiday splendor. 1128 5th Ave.
LEAVENWORTH, (913) 682-7759
<http://www.leavenworthhistory.org>

**DEC 15
MOONGLOW TOURS**
Travel back in time to Christmas--1950s-style. Costumed characters recreate a 1950s holiday party as you tour the 1950s All-Electric House. Enjoy refreshments and take home a holiday memento. Johnson County Museum of History, 6305 Lackman Rd.
SHAWNEE, (913) 631-6709
<http://www.jocomuseum.org>

**DEC 23
HOME FOR THE HOLIDAYS**
It began as the "Night Before the Night Before" on the chilly night of December 23, 2004, but it's still our warm and wonderful holiday benefit concert, featuring the Lawrence Chamber Orchestra's guest artists and "friends." Come join us after the hustle and bustle is winding down, and all that's left to do is enjoy the magic of the season...right here at home! Reception to follow. 940 New Hampshire, Lawrence Arts Center.
LAWRENCE, (785) 218-3403
<http://www.lawrencechamberorchestra.org>

**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. Moro & Manhattan Ave.
MANHATTAN, (785) 539-0551
<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

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

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

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

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

**FIRST WEDNESDAY OF EACH MONTH
BEREAVEMENT SUPPORT GROUP**
Sponsored by Douglas County Visiting Nurses and Hospice and led by Chaplain Steve Satterfield. Meetings are held at the Windsor Assisted Living Center from 2:00-3:00 p.m. The public is welcome to join members at all meetings. The topic for the October 3 meeting is "Preparing for the Holidays." The topic for the November 7 meeting is "Remembering Our Veterans." For more information, call Sarah.
LAWRENCE, (785) 841-3738

**WEDNESDAYS AND SUNDAYS
OLDSTERS UNITED FOR RESPONSIBLE SERVICE (O.U.R.S.)**
Members of O.U.R.S. have met to dance 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
GRIEF & LOSS SUPPORT GROUP**
Midland Hospice, 200 SW Frazier Circle.
3:00-4:00 p.m.
TOPEKA, (785) 232-2044

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

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

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

**FIRST FRIDAY OF EACH MONTH
STROKE SUPPORT AND RECOVERY GROUP**
Providing an opportunity for learning and

■ CONTINUED ON PAGE 19



Reserve Your Space Today

For the "2008 Senior Resources Directory," a special pull-out section that will be available in the January 2008 issue of *Kaw Valley Senior Monthly*.

Please mail completed form to Groenhagen Advertising, 2612 Cranley St., Lawrence, KS 66046, or fax it to 785-749-4691.*

* An online form is available at www.seniormonthly.net/directory.html

Include Your Business or Organization's Listing for just

\$ **25**⁰⁰

Deadline is December 10.

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

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

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

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

■ CONTINUED FROM PAGE 18

sharing experience. Shawnee County Health Agency Main Auditorium, 1615 SW 8th St. 1:00 p.m. For information, call Jan Dietrich in the Adult Field Services Office. TOPEKA, (785) 291-2490

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

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

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

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

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

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

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

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

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

THIRD SATURDAY OF EACH MONTH TOPEKA WIDOWED PERSONS BRUNCH
For all widowed people. Meets at the First United Methodist Church, 6th and Topeka

Blvd. in the red brick building, known as the Sweet Building on the Southwest corner of the campus. Please bring a covered dish to share. Beverages and table service provided. For more information call Julie. TOPEKA, (785) 357-7290

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

FOURTH 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

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

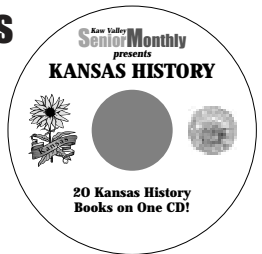
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From Medieval China to holiday mysteries

By Margaret Baker

A rather eclectic collection this month, both for reading and for gifting. Remember large print and audio editions for your vision-challenged friends, and those handy gift cards for those you aren't sure if their interests haven't changed!

Lisa See: *Peony in Love* (Random House, regular, large print, and audio, ISBN 978-0-7393-4404-0)

Peony, cloistered daughter in 17th century China, is betrothed to a suitor or her father has selected, as is the custom. She will not meet him until the wedding.

She is delighted when her father permits the women of the family to attend her favorite opera, *The Peony Pavilion*. Even though the females are separated by a screen, she glimpses a young man, with whom she has a very chaste short relationship.

That relationship and its consequences is the source of the tale. We heard the audio version, and the language simply soared with poetic, lyrical grace into the world of medieval China, the role of religion, custom, and caste.

Elmer Kelton: *Sandhills Boy* (Forge, ISBN 978-0-7653-1521-2)

Yes, THAT Elmer Kelton. His autobiography tells the reader about the Texas sandhills that formed his childhood and gave him the background for his many westerns. Full of the wry wit that has been honored with seven Spur Awards, the highest in the genre.

Eric Clapton: *Clapton the Autobiography* and **Patty Boyd (with Penny Junor): *Wonderful Tonight***.

(both audio books by Random House Audio Books, ISBN 978-0-7393-3433-1 and 978-7393-5819-1, respectively)

Totally different from Kelton's, these two autobiographies will be of interest to those

of us who remember the heady days of the Beatles and early Rock 'n' Roll music. Eric Clapton's account of his rise from a difficult childhood to rock star is doubly interesting because of his reputation as a very private individual. Patty, old fans will remember, was married to both George Harrison of the Beatles and Eric Clapton. Not at the same time!!

William Kent Krueger: *Thunder Bay* (Atra, ISBN 978-0-7432-7841-6)

Latest in the Cork O'Connor mystery series. Cork has retired from law enforcement and become a private investigator. Henry Meloux asks him to find his son. Simple case? Definitely not. Henry, Ojibwa medicine man and Cork's spiritual advisor, is dying. His heart's been pumping for well over ninety years. In that time, no one has ever heard about a son. Who'll be 73.

Cork finds the son, a bitter wealthy hermit with less goodness in him than the Early Grinch. Henry intends to "treat" him into goodness, but Cork isn't sure there's enough of Henry's DNA there to do the job.

Krueger's series is set in Michigan's Upper Peninsular, near an Indian reservation, where the wilderness is still, well, wild. The last book before this one is *Copper River*, just released in paperback from Pocket Star (ISBN 978-1-4165-6).

Shirley Rousseeau Murphy: *Cat Deck the Halls* (Wm. Morrow, ISBN 978-0-0611239-55)

Fourteenth in the Joe Grey mystery series. Joe is no ordinary tomcat, nor are the other felines in his family, Dulce and Kit. For one thing, they can talk to humans, though they are careful not to do so openly. Certainly not to Police Chief Max Harper. He just thinks he has a uniquely-voiced snitch who provides valuable information via phone from time to time.

This is one of those times. A man is killed by the mall's outside Christmas tree, his little girl hiding nearby. The man's body disappears by the time the po-

lice arrive, but the cats keep the child warm. The rest of her family died in Hurricane Katrina, and she hasn't spoken a word since.

Thus begins another case for the feline detectives. If you can suspend disbelief long enough to accept talking cats, there is a taut plot and well-drawn characters to reward you.

Mary Welk: *A Merry Little Murder* (Echelon Press, ISBN 9778-1-59080-562-6, audio edition by North Star) Pb

It's Christmas time in Rhineburg, Wisconsin, home of Bruck University. Nurse Caroline Rhodes is temping at St. Anne's Hospital, near the Psychiatric Ward when the artificial tree explodes while being decorated by patients, killing all in the recreation room.

Caroline is in Rhineburg to recover from the death of her beloved husband, choosing Rhineburg because Martin, her son, is a doctoral student there. Soon, goaded by Martin's advisor Prof. Carl Atwater, they are involved in studying the clues to solve the case because the police haven't gotten very far.

Small town academia concerns, especially the conflict between academic and athletic financial requests, dot this delightfully warm and witty "cozy" (mystery with amateur sleuth/s, low body count, little or no graphic violence and language). This is an updated version, even better than its first appearance in 2000 as *A Deadly Little Christmas*. Better than dancing sugarplums, with far fewer calories!

Steve Fischer: *When the Mob Ran Vegas* (Berklene Press, ISBN

0-9770658-00-4) Pb

Got someone on your list who dotes on Las Vegas, Godfather stuff, celebrity gossip?

Las Vegas, and especially The Strip, has a fascinating history and Fischer is the man to tell it. This book reads as though the reader is sitting in a café with a Walter Winchell type telling all the stories—how the Mafia got its foothold in Las Vegas, Frank Sinatra's almost continuous fights, the secret tunnels between the isolated bungalows at Cal-Neva, etc.

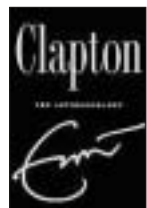
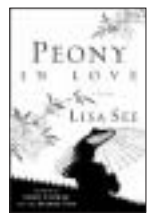
Casey Daniels: *Tombs of Endearment* (Avon, ISBN 978-0-06-082150-0) Pb.

Pepper Martin is a cemetery tour guide—really! Lots of famous people buried at Garden View, and lots of other people fascinated with

the idea. The cemetery also has a reputation of housing quite a few ghosts, those who have died but not "gone". Pepper knows this all too well; when she tripped on uneven ground a few books back, she hit her head on a tombstone. Since that time, ghosts in the cemetery can—and do—come to her to solve problems left unfinished in life.

This time it's Damon Curtis, a rock star somewhat a cross between Lord Byron and John Lennon. He thinks his former band member Vinnie was his murderer, and is forcing Damon to provide Vinnie's new hit music.

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



New Movie - Old-Fashioned Fun!

If you can remember chuckling at the antics of Lewis & Martin, if you thought Abbott & Costello were the greatest things going, then you remember when movies were fun and the word entertainment meant just that.



Fred's ready to dive for treasure buried centuries before by Ponce de Leon, in the quirky, little film *Lithium Springs*

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A Man For All Seasonings

By Esther Luttrell

"No Reservations"

Starring Catherine Zeta-Jones, Aaron Eckhart, Abigail Breslin. Castle Rock Entertainment, distributed by Warner Brothers

When handsome master chef Nick (Aaron Eckhart) invades the kitchen of master chef Kate (Catherine Zeta-Jones), something boils besides the kettle. Tempers flare, sore egos soar. Kate runs the culinary end of Manhattan's posh 22 Bleecker Restaurant the way she runs her life: on her own intimidating terms. At least that's the way it is until her sister is killed in an auto accident, leaving young daughter Zoe (Abigail Breslin) to live with Aunt Kate. At the same time, Kate's career is threatened by Nick, who is brought in by the restaurant owner (Patricia Clarkson) to temporarily replace Kate, giving her time to grieve and to adjust to her new circumstances. Zoe resents everything about her relative, including the gourmet meals, until she meets Nick. She then becomes matchmaker.

This \$28 million film is billed as a romantic comedy, but there is very little romance, and I don't think I cracked much more than a smile in the nearly two hours I watched it. However, I have seen so many lousy movies lately that it pains me to pan a movie that is almost good. It tries very hard to be good. The acting is excellent. Abigail was nominated for an Academy Award for her performance as *Little Miss Sunshine*, and she's equally winning in this role. So, what's the problem? The problem is that the film should star Cary Grant and Katherine Hepburn. It's a harmless little picture that provides a great place to wait out a rain storm or to while away a couple of hours on a lazy afternoon. It is totally predictable, yet that's all right, too. You know when Kate hates Nick so much at the beginning of the film, that they will surely fall in love. You know when Zoe hates her aunt so much, that she will surely end up adoring Kate. I'm not giving anything away to tell you this because, should you go see it, you will figure it out for yourself in the first 20 minutes.

It's well worth the \$1.50 movie ticket, but is it worth two hours of your life? If you have leisure time and you aren't too demanding of your entertainment, then yes. Roger Ebert gave it two out of a possible

four stars. I'd give it three—and maybe another half.

DVD PICK OF THE MONTH: "Same Time, Next Year" (1978), starring Alan Alda and Ellen Burstyn. Nominated for 4 Academy Awards, it was a hit Broadway play before it became a motion picture. For better or for worse, it looks like a play on the screen, but I quickly accepted that and found myself immersed in the story and the characters.

Accountant George Peters (Alda) comes from out-of-town once a year to work on a client's taxes. He always stays at the same inn. Doris (Burstyn) is a housewife who comes to the inn while her husband and children pay their annual visit to her mother-in-law's home (she's not invited because it was her teen pregnancy that kept Harry, the husband, from his career as a dentist. His momma never forgave her). Doris and George meet by accident, find themselves attracted to one another, and end up having an affair. Torn by guilt, they nevertheless agree to meet at the inn at the same time, each year. Written or acted with less sensitivity, the very premise would make the movie unacceptable, but the two are so basically decent that you care about them in spite of the circumstances. Time passes. Their devotion grows. They each love their spouse and it is understood that neither will jeopardize their home, yet their respect and affection for one another is beautiful to watch. The movie is deeper than judgments, sweeter than a sordid affair. It is a romance that makes you realize that we humans are so very ... human. And frail. And noble in spirit, if we are allowed to be. Although it made me dewy-eyed, I was touched by far more than sentiment. Available at the Shawnee County-Topeka library.

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

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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Cats shouldn't be drinking water from fish bowl

QUESTION: We have two cats that like to drink from the fishbowl rather than their own fresh water. We're wondering if this is why the fish are dying. We recently replaced the fish and the cats immediately went back to drinking fish water, and the fish

their mouths, an aquarist tells me that unless your kitties are gargling with the fish water and spitting it back into the bowl, the overall water quality isn't really being affected. Nor is it likely your fish are having little fish heart attacks when they see a cat tongue in their water. Still, if I were a fish, the scenario you describe would be a horror movie coming to life. Imagine seeing two cats diving head first into your home.

If you can't relocate the fishbowl to a place the cats can't possibly reach, set plastic mats with double-stick tape all around your fishbowl to deter the cats from coming close. If this doesn't work, the Scat Mat probably will. This plastic mat, available online and at many pet stores, gives off a slight electrical shock. Normally, I'm not a Scat Mat fan — but preserving the lives of these fish is important.

It's a wonder your cats haven't tipped the fishbowl over, creating a flood and a fatal disaster for the fish, as well broken glass that would be a hazard for the cats. Larger aquariums can have solid tops which are pretty much cat proof. Aquariums can also be installed inside furniture

or wall frames, offering a pretty certain cat-safe home. Once the fish are truly safe, having the cats watch the show inside the aquarium is actually great enrichment for the cats — far better than watching the Food Channel.

QUESTION: We have a Chihuahua and a toy poodle, and they both sleep under the covers. How do they breathe? And don't they get claustrophobic? — T.C., Rochester, N.Y.

ANSWER: Dr. Karen Overall, a veterinary behaviorist in Philadelphia says, "There's oxygen under the covers, too, and they only need small volumes of oxygen — it's an advantage to being small. But probably, even you could sleep under those covers if you wanted to." While dogs suffer many of the same fears and anxieties we do, claustrophobia doesn't seem to be one of them, as far as know.

QUESTION: My sister's wonderful family dog, Barney, died just two days ago. And already she and her husband are planning on taking the kids — ages 9 and 12 — to a shelter to pick out a new one, and searching the Internet. Don't you think it's too soon? I know the kids may be

less upset about losing Barney, and they feel this will help them. But shouldn't the kids also learn that being sad is perfectly natural also? — J. P. B., Nashville

ANSWER: I absolutely agree with you. While there really is no right, wrong or exact time frame on how long to wait before choosing another pet, a matter of a few days doesn't feel right. Experts on pet loss agree that both children and adults require some time to mourn. Feeling sad is a part of the process, and parents can't protect their kids from all sadness — nor should they try. What's more, the message may now be that Barney was as instantly replaceable as a shirt lost at the dry cleaners.

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

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SLAPSTIX

Christmas is the season when by their fruitcakes shall ye know them.

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Steve Dale

died within a week. Do you have any suggestions? — S. T., Concord, Mich.

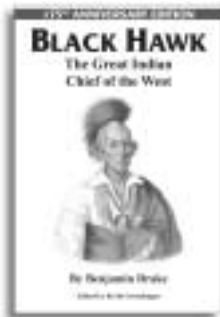
ANSWER: I only hope your cats aren't feasting on hors d'oeuvres in a bowl. If your aquarium has moving water, it may be the sound and action of that water and/or the movement of the fish that are attracting your kitties. In any case, your cats might find a water bowl with moving water entertaining; drinking fountains for cats are available at pet stores and online.

Although cats do have bacteria in

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Benjamin Drake first published this excellent history on Black Hawk and the war named after him just six years after that war ended. This new edition, edited by *Senior Monthly* publisher Kevin Groenhagen, marks the 175th anniversary of the Black Hawk War of 1832, and reproduces the 1856 edition of Drake's book. This paperback book includes 196 pages, 13 illustrations, an editor's introduction, and index.

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Not too Potty

The summons came following my 2:30 p.m. class. I was in my office at Letongaloosa Community Junior College where I teach.

The caller was Dr. Ima Farseer, esteemed dean of LCJC's College of et. al., et. al.

"Come to my office."

"Yes ma'am."

The dean was sitting behind her big mahogany desk when I was ushered into the presence.

"I'm told that you are personally



Larry
Day

acquainted with Dr. Joseph Balkanian."

"Do you mean Potty Joe?" I blurted out.

"I mean," she said stiffening, "Dr. Joseph Francis Balkanian, the Lucas J. Klinghorn professor of anthropologic excretology at St. Wizzington University."

"I haven't been in touch with Joe since he left Harvard," I said.

Joe Balkanian and I had taught together at a small liberal arts college. Joe was an excellent teacher, but he had been denied tenure. Some of the turkey professors on the promotion committee were jealous of his popularity with the students. Joe spent his last year at the college gathering data in public bathrooms all over the county. He created a Web site, www.pottynews.edu, to publish his findings. The national mass media spotted the Web site and ran stories on him and his research. The turkeys were humiliated. Harvard hired him the next year.

"Dr. Balkanian is considering our offer of a position here at LCJC," said Dean Farseer. "We have offered him a very attractive package that includes the newly created Beamer B. Blatz chair in anthropologic excretology."

Dean Farseer has a gift for enticing normally tightfisted rich people to uncap their Dunhill fountain pens and write mega checks for offbeat academic projects.

Beamer Blatz inherited Blatz Sanitation and Disposal from his father Rufus, who had founded the company with a pick up truck and a septic tank pump. Beamer took over in the 1970s when environmental

concerns began to make waste disposal a growth industry. After he had made a pile of money, Beamer became an ardent amateur archeologist. He had financed and participated in LCJC archeological digs at ancient Central American trash sites.

Dr. Farseer figured out how to pry some real money out of Beamer Blatz when she came across an article on ancient Egyptian outhouses that Joe Balkanian had published in the *International Journal of Excretology*. She connected the dots between the academic activities of Dr. Balkanian, and the archeological interests of Beamer Blatz.

Dean Farseer had summoned me to help her convince Joe to accept the Beamer Blatz endowed chair at LCJC.

Dropping her usual hauteur and cutting almost genially to the chase, Dean Farseer said, "Dr. Balkanian has shown interest in our offer but has thus far declined to accept it. He has expressed strong interest in meeting with you. He says you supported him during a very difficult time in his life. I do hope you will help us." I had never heard her use such a soft tone with an LCJC faculty member before.

"When and where do you want me to meet him?"

"Tomorrow. I've arranged for the two of you to have lunch in a private room at the Brewster Alumni House."

I don't know any LCJC faculty member, other than coaches, who have ever had lunch in a private room at the Brewster Alumni House.

At one o'clock the next day Joe and I were sipping club soda in the posh-paneled Great Room of the Alumni Center.

"My boss wants me to convince you to take the endowed chair," I said.

"I've made my decision," Joe said. "I wanted to tell you first. I owe you for backing me in front of those turkeys on the promotion review board. I know that the turkeys made it rough for you afterward. So do you want to know what I ordered for lunch today?"

"You have changed the subject," I said.

"I know," said Joe, and smiled.

"Okay," I said. "What did you order for lunch?"

"Roast turkey."

I opened my cell phone and dialed Dean Farseer's direct line.



You're a plugger if you take orders, not give them.

When she answered I said, "Dr. Balkanian will be joining the faculty at LCJC."

I closed the phone and turned to Joe. "Let's eat," he said.

- 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.

Senior Monthly

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Living in Communion with God

Several years ago a doctor asked an old Christian woman, "If I requested money from God, would he give it to me?" The old woman responded with another question: "If they introduced the president of the nation to you, would you request money from him immediately?"



Reverend
Alfonso
Orantes

"No, I would wait to know him better," the doctor answered. "Good," the woman concluded, "you will have to know God better before hoping He will answer your request."

In the Bible God speaks to us. In prayer we speak to God. The reading of the Bible and prayer are like braided threads that form the cord of the intimate communion between God and us.

I advise you to read the great prayers of Moses, Nehemiah, Esdras and Daniel. In their petitions they spoke to God with the same words of God as they are in the writing. This is the language of the sentence that God delights in answering.

Jorge Müller conversed with God like very few men have in history. Through Müller God took care of thousands of orphans. In spite of the tremendous financial responsibilities that he had, Müller never talked to other people about his necessities. As the economic pressures were carried to an extreme, they only motivated him to spend more time in intimate conversation with God. Consider what Müller said about his moments alone with God: "I begin

to meditate in the new early Testament in the morning... I invariably encounter that... after some minutes of meditation, my soul is guided to confession, to action of thank you, to intercession or petitions."

Communication is the key to all relationships. Our relationship with God can only grow when in prayer we communicate to our God by ad-

oration, confession, petitions, intercession and action of thankfulness, and when we listen to his voice through the daily study of the Bible.

How well do you know God? How intimate is your relationship with Him? Müller could go to God like a great friend and request from Him his necessities, knowing that somehow God would replace them.

Would you be able to make the same thing, are you a friend of God or are you still only an acquaintance? Make friends with God; I assure you that it will a touching experience. Why not attempt it?

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

Lawrence Faith Foursquare Church

Bishop Seabury Academy, 4120 Clinton Parkway, Lawrence



Pastor Herbert Eplee



Reverend Alfonso Orantes

Church Welcomes Rev. Alfonso Orantes

Pastor Herbert Eplee of the Lawrence Faith Foursquare Church is pleased to announce that Reverend Alfonso Orantes recently arrived in Lawrence to assist him with pastoral duties. Originally from Guatemala, Rev. Orantes spent 10 years serving in the largest Foursquare Church in Los Angeles, California.

We're still in the process of building our church in Lawrence. If you're currently searching for a church to attend, this is an ideal opportunity to join us and develop the skills to become a teacher and leader.

**Services held every Sunday 10:15am at
Bishop Seabury Academy, 4120 Clinton Parkway**



**Wednesday Bible Class
at Easy Living Clubhouse 6:30pm
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Pastor Eplee is also available to serve as a Wedding Minister or Funeral Officiant.

For more information about the Foursquare Church, call Pastor Eplee at 785-865-1549 or 785-979-0041, or visit www.foursquare.org.

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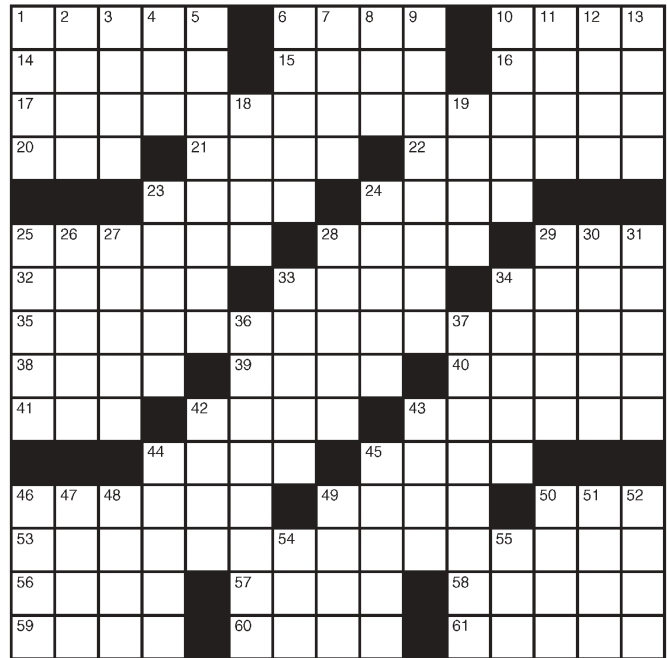
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CROSSWORD

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ACROSS

- 1 Daring feat
6 Gift-tag word
10 Masculine
14 Book after Daniel
15 __ avis
16 Pint drinks
17 Hardware store bargain?
20 Wet soil
21 Best of Hollywood
22 Holy city?
23 Brief bad mood
24 Flight-school final
25 Discerning
28 Helper
29 High times
32 Tennyson's "___ d'Arthur"
33 Palo __, CA
34 Robert of "Jaws"
35 Wine shop bargain?
38 Greek letter
39 Fully versed about
40 Hesitate
41 Hesitator's sounds
42 Contract in wrinkles
43 Lodging for troops
44 Let up
45 Destiny
46 Egg dish
49 Russian saint
50 Which person
53 Caterer's bargain?
56 Cleveland's lake
57 Concerning
58 Lena or Marilyn

59 __-do-well
60 Putin's rejection
61 Is on a quest for

DOWN

- 1 Pretense
2 Bean paste
3 Exploited
4 Fresh from the factory
5 Gifted
6 Forward section
7 Tabula __
8 Magnetite or hematite
9 Elephant's ancestor
10 Thomas of "That Girl"
11 Out of the wind
12 Obscene
13 Exxon, once
18 Garfield's buddy
19 Composer Porter
23 Kama __
24 Passive protest
25 Astonish
26 On the wagon
27 Jogs
28 Distribute
29 Company on the move?
30 Old hat
31 Endearing
33 Palmer of golf
34 Climb
36 Honoree of element 99
37 Tombstone inscriptions
42 Film critic Pauline
43 Purses

By Philip J. Anderson
Portland, OR

- 44 Senior
45 Number of warships
46 Harbinger
47 Bog down
48 Adams or Falco
49 Hideous creature
50 Used to be
51 Quantity of hair
52 Pindar's poems
54 Whatever
55 Fish eggs

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Answers on page 30

MAGICWORD

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

CLASSIC TV CHARACTERS (sol: 8 letters)
A-Archie, Aunt Bee; B-Batman, Beaver, Benson, Bilko; C-Columbo; D-Deputy Fife; E-Edith; F-Fonzie; G-Gomez; H-Harriet, Hogan, Homer, Horshack; J-Jeannie, John Boy; K-Kermit, Kojak, Kramer; L-Lucy; M-Magnum, Maude, Monk, Morticia, Mr. Kotter; Munster, Murray the Cop; N-Norton; O-Opie, Ozzie; P-Potsie; R-Rhoda, Rockford; S-Sanford, Spock, Squiggy; U-Urkel; W-Webster

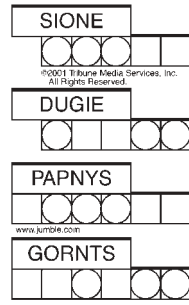
This Month's Answer:

GILLIGAN

POCEHTYARRUMGIW
JYOBNHONOTRONE
EISTOPBKOKAKZLB
AMUNGAMKNOMMZKS
NSLEKRUHARRIET
NAMTABLDLURKERE
INAYYROIONEAMR
EFUGCECTKTMTIO
RODGVVHHLBATCTC
EREILAOIIEREIFK
TDKUNEMZBEKRTOF
SOCQABENSONGRNO
NPOSGMRHODAAOZR
UIPHORSHACKNMID
MESGHEFIPTYUPD

JUMBLE

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



THAT SCRAMBLED WORD GAME by Henri Arnold and Mike Argiron



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

Answers on page 30

Need a Rate Card?

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TRIVIALITIES

- 1. In the 2006 film "The Last King of Scotland," who portrayed the title character?
2. Who won the 2007 best actor Oscar?
3. Who directed "Fantastic 4: Rise of the Silver Surfer"?
4. Who starred as Charlie in the 2007 film "Good Luck Chuck"?
5. Bruce A. Evans directed this 2007 thriller that starred Kevin Costner, Dane Cook and Demi Moore. Name it.
6. Has Demi Moore ever been nominated for an Academy Award?
7. Who directed the 1997 film "GI Jane"?

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Answers on page 30

BRIDGE

Duck Soup

By Omar Sharif and Tannah Hirsch

Both vulnerable. South deals.

NORTH
 ♠ K J 9 5 4
 ♥ A Q 10
 ♦ A Q J 10
 ♣ 9

WEST EAST
 ♠ 6 2 ♠ 7 3
 ♥ Void ♥ 9 7 6 4 3 2
 ♦ 9 7 5 3 2 ♦ K 6
 ♣ 10 8 7 5 3 2 ♣ K 6 4

SOUTH
 ♠ A Q 10 8
 ♥ K J 8 5
 ♦ 8 4
 ♣ A Q J

The bidding:

SOUTH	WEST	NORTH	EAST
1♠	Pass	3♦	Pass
3♣	Pass	3♠	Pass
4♣	Pass	5NT	Pass
7♣	Pass	7♠	Pass
Pass	Pass		

Opening lead: Five of ♣

After covering the South and West hands, study the diagram above. How would you defend seven spades after the lead of a low club?

The auction is from the days when four-card majors ruled the land and opening one no trump with a low doubleton was unthinkable. Since North's jump to three diamonds was game-forcing, North could afford to set the trump suit with a rebid of

just three spades on the next round. That afforded South the opportunity to show extra values with a club cuebid, and North used the Grand Slam force to ask about top trump honors. South's seven clubs confirmed possession of two and North had an easy correction to spades.

After the lead of a club, it looks as if there are 13 easy tricks. Declarer captures the king of clubs with the ace, draws trumps and then discards three of dummy's diamonds on the long heart and queen-jack of clubs. A diamond ruff in dummy is the fulfilling trick.

That, however, presumes the king of clubs is played to the first trick. Suppose that, instead of going up with the king, East follows low to the first trick. Obviously, East must rely on the king of diamonds as the setting trick and, by retaining the king of clubs as well, East prevents declarer from getting a third diamond discard from the table. Eventually declarer will surely try the diamond finesse - down one.

Although the grand slam can still be made by pressuring East in the minors, congratulations on your excellent defense. It is just another case of ignoring a bridge maxim. In this case, 'third hand high.'

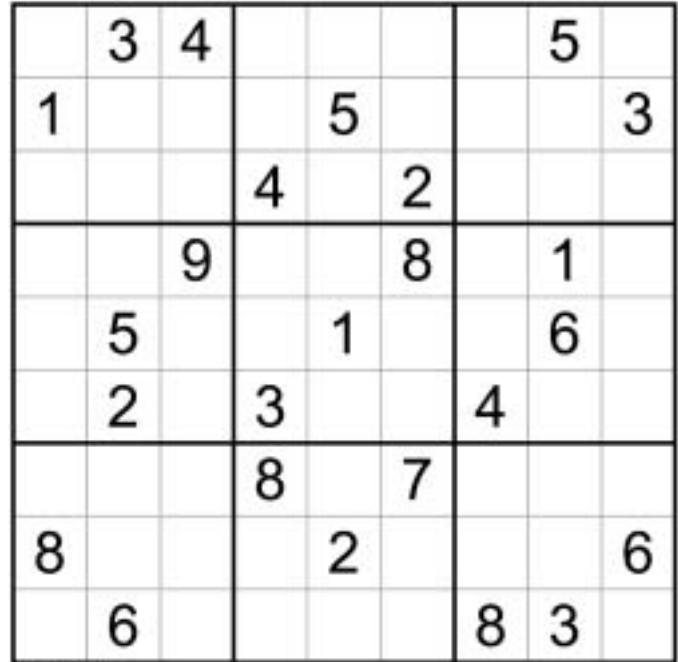
(Tannah Hirsch welcomes readers' responses sent in care of this newspaper or to Tribune Media Services Inc., 2225 Kenmore Ave., Suite 114, Buffalo, NY. 14207. E-mail responses may be sent to gorenbridge@aol.com.)

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SUDOKU

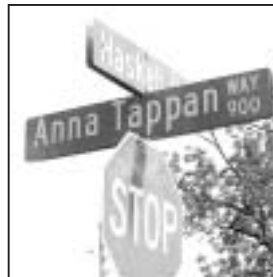
© Puzzles by Pappocom

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



MEDIUM

Solution on page 30



Do You Know Lawrence's History?

New street signs for Hanscom Road, Oliver's Court, and Anna Tappan Way have been put up in Lawrence. Those streets, as well as Haskell Avenue, are named after a few of Lawrence earliest settlers. To learn more about them and other founders of Lawrence, order a reprint copy of Richard Cordley's *A History of Lawrence, Kansas: From the First Settlement to the Close of the Rebellion* today!



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Best way to determine value of military miniatures: Ask collectors

QUESTION: I have collected military miniature figures for many years and have more than 2,000 vintage examples. I want to donate them for a tax write-off to a museum that will put them on display. I will pay for a true appraisal. Can you suggest a museum?

—Arthur, Tucson, Ariz.

ANSWER: First, we need to tell readers that there is a world of differ-



Danielle
Arnet

ence between toy soldiers and military miniatures.

Smart collectors know that military miniaturists draw the line at soldiers — however fine — as toys. Miniatures, on the other hand, are scale models that go into incredible historical nitpicking. I've seen a miniature with tartan fabric painted down to true warp and woof. That's detail. Military miniatures are about scale and accuracy, and they are for view, not play.

Enthusiasts are worldwide, and they are active on the meeting and

show circuit. Any serious collector — of anything — can tell you that collectors are often the best source of information on their passion.

So I'd start there, contacting military miniature groups about your intentions for the collection. The Chicago chapter of the Military Miniature Society of Illinois (www.mmsichicago.com) is known internationally as especially active. The group also publishes a remarkable magazine and has links to other chapters.

Ask the editor for input about your museum plans. I know of no museums specific to figures; perhaps they do. If donating happens, a formal appraisal may or may not be necessary. Your tax specialist can tell you that. Consult before doing anything permanent.

A caveat about museums: Once material is donated, you have no guarantee that it will remain on display or in their possession forever. Institutions divest all the time.

QUESTION: Is my Kingston wringer dated 1899 worth anything? —Gerry, Springfield, Maine

ANSWER: Think about what makes an item desirable. Nostalgia is one reason. If the piece has intrinsic value, that's another. Aesthetic merit is yet another.

I cannot link any of those values to a wringer. Perhaps it would sell on the basis of technical innovation or curiosity. It might bring a few dollars at a flea market, but that's it. Not all old items have value.

QUESTION: Help! A wall shelf holding a complete set of Doulton's Dickens miniature Christmas figurines fell and most of the figures broke. How do I find their value? —Richard, Oro Valley, Ariz.

ANSWER: I assume you seek replacement prices for insurance purposes. I cannot find a book specific to the figures, so check completed sales on eBay to see how comparable figures fared. Also Google Doulton Christmas figures for an overview of current listings and prices. I did, and found many.

QUESTION: Any info on this glassware piece that has been in our family for over 60 years? —Fred, Grove, Okla.

ANSWER: The slag glass trumpet vase topping a coiled upright stem is of a type called end-of-day glass whimsy.

Victorian glass factory workers commonly made fanciful items called whimsies. These were not production pieces. Intended as a special gift for family and friends, they were not meant for function, but simply to delight the eye.

Glass canes, rods, and long handle ladles and vases such as yours were often made with whatever molten glass was left at the end of the day. Hence the term end-of-day glass. Later glassmakers hand-made many of the same shapes using slag glass, a two-tone medium mixed by precise formulas. Slag is white opaque glass swirled with any number of colors of clear glass.

Note how your slag piece was formed by creating a glass tube and coiling the base. The top was then pulled open to create the vase portion.

I'd place it sometime between the late 1920s and the 1940s when the shape was a fashionable novelty made by glass artisans.

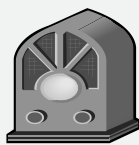
2008: Plan ahead with "Out on the Porch" (Workman, \$11.99), a large 2008 wall calendar featuring 12 photos of porches throughout the world. Most feature antiques as accents. Lovers of shabby chic and country rustic will love it.

(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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Hutton Monuments acquires Yagers Antiques & Refinishing

Hutton Monuments Antique Restoration has acquired Yagers Antiques & Refinishing.

The two businesses will be combined at 504 W 2nd in Topeka. Hutton Monuments Antique Restoration-Yagers provide antique refin-

ishing, mirror re-silvering, caning, upholstery, metal polishing, sandblasting & painting. Hutton Monuments, in business since 1873, also owns Chapel Oaks Funeral Homes and several commercial properties across northeast Kansas.

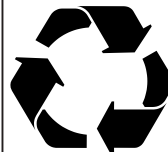
Proposals sought for aging conference

The Kansas Department on Aging is seeking proposals for presentations for the 2008 Governor's Conference on Aging Services, which will be held in Topeka on May 7 and 8, 2008. This annual conference focuses on ways to address not only the needs and issues facing

Kansas elders, but also ways to enhance their lives so they might age successfully.

A Call for Presentations form can be found on the KDOA Web site, www.agingkansas.org, or by contacting Wilda Davison at 785-296-4986 or wildadavison@aging.state.ks.us. Proposals must be received by December 21, 2007.

Presentation selection will be based on the significance to aging services, interest to target audience and education value to attendees, including continuing education credits.



Please recycle
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through with it.

Prairie Commons names bake-off winners

(Editor's Note: We're giving Wolfgang Puck the month off so we can share three recipes from Prairie Commons' 10th Annual Bake-off. Prairie Commons of Lawrence thanks the following friends and judges who helped make the bake-off possible: Bank of the West, Designers, Douglas County Senior Services, Lawrence Douglas County Housing Authority, Minuteman Press, Lawrence Police Department, and Yarco Companies.)



Alice DeWeese
2nd Place

Mocha Cream-Filled Angel Food Cake

1 Duncan Hines Angel Food cake mix, baked as directed on box, cooled and turned out of pan.

TO PREPARE CAKE SHELL

To make shell, use a sharp knife. Cut out center of cake by cutting a circle around the cake which is 1-1/4 inches from the outer edge and cutting down to within 1-1/4 inches from bottom. Do not cut clear through to bottom. Pull cake center out. Cut into pieces. Fill hole in bottom of shell with a few of the cake pieces.

FILLING

1 T. instant coffee
1 (3-oz.) pkg. Cook & Serve vanilla pudding
2 c. cold milk
Add the coffee granules to the pudding mix. Prepare pudding as directed on package. Cool.

Beat together:
2 c. whipping cream
1/4 sugar
Beat until stiff peaks form. Fold 2/3 of the whipped cream into pudding mix. Then fold the remaining cake pieces into the pudding mix and fill the cake shell. Spread remaining 1/3 of whipped cream over top of cake. Sprinkle with broken nuts. Chill 4 hours.



Noreen Hein
3rd Place

German Chocolate Pie

PASTRY SHELL

1 (9-inch) pastry shell, unbaked
c. butter
c. brown sugar
c. chopped pecans
c. coconut flakes

Bake pie shell at 425° for 10 min. In a small pan, combine butter, pecans, sugar and coconut. Heat until butter is melted, stirring constantly. Pour into hot pie crust and return to oven for 5 min. Cool.

PIE FILLING:

c. sugar
2 T. cornstarch
Dash salt
1 1/2 c. milk
3 egg yolks
1 t. vanilla
1 t. butter
4 oz. German chocolate, broken up

Microwave method: Place sugar, cornstarch and salt in a glass mixing bowl and stir well. Add milk and blend well with wire whisk. Cook on high power 3 min. Stop and stir. Cook another 1-1/2 min. or until slightly thickened. Add a little of the custard mixture to egg yolks in a small bowl. Stir well. Then add yolk mixture back to the custard and whisk together. Cook on medium power 45 seconds to 1 min. until thickened. Add vanilla and butter and stir well. While filling is still hot, add chocolate pieces and whip until melted. Cover with waxed paper and cool. Pour filling into cooled pie crust.

GARNISH: Before serving, garnish with whipped cream, toasted coconut and chopped pecans. Keep refrigerated.



Janice Taylor
1st Place

Crunchy Caramel Apple Pie

1 (9-inch) pastry crust

FILLING

1/2 c. sugar
3 T. flour
1 t. ground cinnamon
t. salt
6 c. thinly sliced peeled apples (golden delicious or fuji)

In large bowl, stir together sugar, flour, cinnamon and salt. Add apple slices and toss until coated. Transfer apple mixture to pie shell.

CRUMB TOPPING

1 c. packed brown sugar
1/2 c. flour
1/2 c. quick cooking oatmeal
1/2 c. butter (1 stick)

Stir together dry ingredients. Cut in butter until topping is like coarse crumbs. Sprinkle crumb topping over pie.

Place pie on cookie sheet to catch drippings. Cover edges of pie with aluminum foil. Bake in pre-heated oven at 375° for 25 minutes. Remove foil and bake another 25-30 minutes. Remove from oven.

Immediately sprinkle pie with:

1/2 c. chopped pecans
Drizzle with:
1/4 c. caramel ice cream topping

Cool pie on wire rack and enjoy warm or at room temperature.



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Restaurant Guide

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

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

NOSTALGIA NOTEBOOK

DECEMBER 1947

Births

DECEMBER 7: Wendy Padbury, British actress, *Dr. Who*
DECEMBER 9: Tom Daschle, former U.S. Senator
DECEMBER 14: Christopher Parkening, American classical guitarist
DECEMBER 29: Ted Danson, actor, *Cheers*
DECEMBER 30: Jeff Lynne, British musician (Electric Light Orchestra)
DECEMBER 31: Tim Matheson, actor, *Animal House*

Events

DECEMBER 3: Tennessee Williams' play *A Streetcar Named Desire* opens on Broadway.
DECEMBER 3: French communist strikers derail the Paris-Tourcoing Express train because of false rumors that it was transporting soldiers - 21 dead.
DECEMBER 22: The first practical transistor is demonstrated.

DECEMBER 1957

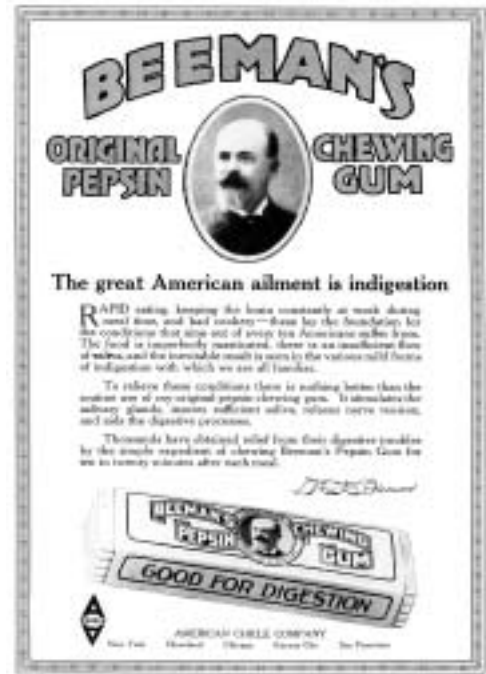
Births

DECEMBER 9: Donny Osmond, singer
DECEMBER 10: Michael Clarke Duncan, actor, *The Green Mile*
DECEMBER 13: Steve Buscemi, actor, *Fargo*
DECEMBER 21: Ray Romano, actor and comedian
DECEMBER 30: Matt Lauer, *The Today Show*

Events

DECEMBER 1: In Indonesia, Sukarno announces nationalization of 246 Dutch businesses.
DECEMBER 5: All 326,000 Dutch nationals are expelled from Indonesia.
DECEMBER 6: First U.S. attempt to launch a satellite fails, the rocket blowing up on the launch pad.
DECEMBER 18: *The Bridge on the River Kwai* is released in the U.S.
DECEMBER 20: First flight of the Boeing 707 airliner.

VINTAGE AD



Ad source: www.clipart.com

SUDOKU SOLUTION

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

CROSSWORD SOLUTION

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

JUMBLE ANSWERS

Jumbles: NOISE GUIDE SNAPPY STRONG

Answer: What the customer experienced when he visited the new pub – A GRAND “OPENING”

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TRIVIALITIES ANSWERS

1. Forest Whitaker 2. Forest Whitaker 3. Tim Story 4. Dane Cook 5. “Mr. Brooks” 6. No 7. Ridley Scott

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Advertising in Senior Monthly is a Capital Idea!

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

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



SRA Senior Resource ALLIANCE of Northeast Kansas

- ACCOUNTING SERVICES - Accounting Center
- ALL FUNERAL SERVICES, ADVANCED FUNERAL & CEMETERY & MARKER PLANNING - Penwell-Gabel Midtown
- CAREGIVER RESOURCES AND HOME CARE - Comfort Keepers
- COMMUNITY RESOURCES & ASSISTANCE - Jayhawk Area Agency on Aging, Inc.
- COMPLETE HEARING AID SERVICES - Ediger Hearing
- DISCOUNT PRESCRIPTION MEDICATIONS - Canada Drug
- ELDER LIVING OPTIONS - Atria Hearthstone
- ESTATE PLANNING/PROBATE - Attorney at Law
- ESTATE SALES - The Problem Solver
- FINANCIAL PLANNING, FINANCIAL SERVICES, INSURANCE, AND LONG TERM CARE INSURANCE - Lord-Roberts & Associates
- GERIATRIC CARE MANAGER - Customized Senior Care
- HEATING & COOLING - Anchor-Robinson Aire Serv
- HOSPICE CARE - Midland Hospice
- MEDIA REPRESENTATIVE - Kaw Valley Senior Monthly
- ONSITE AUTO SERVICE - JEM Mobile Oil Changing
- REAL ESTATE SERVICES - Remax Associates
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- SENIOR MOVING SERVICES - A&A Moving and Hauling
- SPECIAL NEEDS ASSISTANCE - St. Francis Health Center-Physical Rehabilitation

Our Mission is to provide one source where seniors can find competent trustworthy service for all of their needs. If you or a loved one needs help with a problem, please contact us.

(785) 266-6017 • www.sraneks.com

Home health company receives state license

Kansas Elder Care received its Home Health License in November from the State of Kansas. As a licensed Home Health Agency, Kansas Elder Care provides skilled nursing care to the residents of Lawrence and surrounding areas. Services include medication management, diabetes care and education, wound and skin care, and post surgical care.

Kansas Elder Care is owned by

Seth Movsovit of Lawrence. They provide homemaker/companion, personal, and skilled nursing care in the comfort of the client's home, thus enabling clients to remain independent.

"One of our main goals is to be there if families need us, to help out with care that might be difficult to handle, so ultimately, family members can spend more time with their loved ones," Movsovit said.

LMH director of family practices honored

Bob Harvey, Director of Family Practices at Lawrence Memorial Hospital, was elected president of the Primary Care Assembly of the Medical Group Management Association (MGMA) at the organization's recent annual meeting in Philadelphia.

Harvey has worked at LMH for six years and has been in health care administration for more than 25 years, both as a consultant and administrator. Harvey also holds the credential of Fellow in the American College of Medical Practice Executives or FAC-MPE. There are currently 480 Fellows nationwide.

MGMA works to continually improve the performance of medical group practice professionals and the organizations that they represent. MGMA serves 21,000 members who lead and manage more than 12,500 organizations in which almost 270,000 physicians practice.

The Primary Care Assembly represents those managers and administrators who work mainly with family practice, internal medicine and pediatric physicians. The Primary Care Assembly serves approximately 4,000 members nationwide and represents nearly 100,000 physicians.

LMH nurse receives Vision Award

Janice Schwartz, an Oncology Certified Nurse (OCN) at the Lawrence Memorial Hospital Oncology Center, recently was awarded the LMH Vision Award. This award, which is the highest honor in the



Schwartz

LMH recognition program, recognizes individuals or teams who have made a major impact on LMH or the community. Recipients are nominated by other hospital employees and selected by a committee.

Schwartz was instrumental in developing a local Oncology Nursing Society (ONS) chapter in Lawrence in 2005, and has served as Chapter President for the past two years. She has dedicated her own time to increasing awareness and education about oncology-related issues in the Lawrence community and has been active in leading the philanthropic and volunteer efforts of ONS.

The Lawrence chapter of ONS,

which currently has 52 members, has donated equipment to both the Oncology Center and Health Care Access, as well as provided financial support to the Douglas County Relay for Life and Stepping Out Against Breast Cancer.

Schwartz was nominated for the award by the LMH Retention & Recruitment Committee for the "outstanding work she has done for community education and the oncology field." Barb King, Director of Outpatient Services and Chair of the Retention & Recruitment Committee at LMH, says, "We felt Janice should be recognized for the extra work she has done in starting the ONS chapter and for the education to the nurses at LMH as well as the community."

In addition to designation as a Vision Award winner on her employee badge, Schwartz receives a \$500 cash award, and a Vision Award trophy. She has been with LMH for two years, an RN for 11 years, and an OCN for seven years.

LMH welcomes new ophthalmologist

Marie Koederitz, M.D., has joined the active medical staff of Lawrence Memorial Hospital.



Koederitz

Dr. Koederitz is in practice at Lawrence Eye Care Associates where she specializes in pediatric ophthalmology and adult strabismus in addition to general ophthalmology.

She received her undergraduate degree from Westminster College in Fulton, Missouri, where she graduated *magna cum laude*. She completed

her medical degree from the University of Missouri. She completed her residency in ophthalmology at Indiana University School of Medicine in Indianapolis, where she was Academic Chief Resident her last year, and also completed a fellowship in pediatric ophthalmology and adult strabismus.

Dr. Koederitz is a member of the American Academy of Ophthalmology and the American Medical Association. She is board certified eligible. In 2002, Dr. Koederitz received the John A. Buesseler Award for Excellence in Ophthalmology.

CLASSIFIEDS

RETIREMENT INCOME

Opportunity to assemble products from home. 50 products, 53 businesses listed. Disabled welcome. Phone: 785-286-7572 for FREE brochure. Jim Kappler, associate distributor for National Homeworkers Association.

BEDWARMERS

ELECTRO-WARMTH® BEDWARMERS: On the mattress, under the bottom sheet. Available 24/7. Radiant heat from below relaxes tired back and legs, restful sleep all night. Pre-warms bed. Units available to fit all bed sizes, single or dual control, ten heat settings. Made since 1939 in 115v. 12v for trucks, RVs or boats! They make great Christmas, birthday, and anniversary presents. Phone: 785-286-7572 for FREE brochure.

BOOK FOR SALE

A book about living with Herbie, an alcoholic. This book will make you laugh and cry, the daily life with family and work. Herbie is everywhere in all over the world. The book is called "Vodka and Roses," a perfect gift for the person that has everything -- or any one wanting to learn more about alcoholism. Price \$16.95, includes shipping -- contact Jessie F. Barnes, P.O. Box 291, Atchison, Ks 66002-0291. Email: pinkyBarnes@sbcglobal.net.

AD SALES

Commission-only advertising sales representative needed to sell Kaw Valley Senior Monthly print advertising in Topeka. Call Kevin at 785-841-9417.

SENIOR TRANSPORTATION

GOLF CARTS can make your gardening and yard work a lot easier, slow steady transportation to get around the yard or neighborhood. Used gas or electric models at a FAIR PRICE. I am an AARP member, and will deliver. 785-379-0685, HOGAN in Tecumseh.

RETIREMENT HOUSING

PRIVATE STERLING ESTATES - Handicapped Accessible. All electric, 6 yr old, 2 Bedroom, 2 Bath, sun room, 2-car garage, walk-in closet. All appliances stay, including washer-dryer. Drapes stay. No steps. Open floor plan. Maint. free. Can assume loan balance at 4.25%. Next to assisted living and Alzheimers care. Price \$165,900. Call 785-272-8383 or 633-4272.

COLLECTABLES

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

Submit Your Senior Monthly Classified Ad

Just take the number of words in your classified ad (20 word minimum) times 15 cents times the number of months you would like your ad to run.

Example:

20 words x .015 x 4 mos. = \$12.00

Pick your own classified category (e.g., For Sale, Help Wanted, etc.), and mail your ad along with a check or money order to:

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2612 Cranley St.
Lawrence, KS 66046

Look No Further...

...than www.lmh.org



Employment Opportunities

Looking for a job at LMH? Search and apply online at one of the largest employers in Lawrence. Why drive when working for the best community hospital is right in your neighborhood?

Events and Education Calendar

Our ConnectCare calendar can guide you to a variety of LMH educational resources and classes that pertain to you and your family's health. You can register and pay for the class without leaving your keyboard!

Health Information Search Healthwise®

Knowledgebase for health information any hour of the day or night. A great place to find reliable, up-to-date health information explained in plain English and written by experts. Manage your health on your schedule.

Gift Shop

Our online Gift Shop is always open! Choose from a wide variety of gifts that can be delivered right to your friend or family member's room. Point. Click. Purchase. You can also send a free e-card!



The Right Care. Right Here. Right Now.

325 Maine St Lawrence, KS 66044 (785) 749-6100 www.lmh.org