

# Kaw Valley Senior Monthly

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December 2008 *Serving Active Seniors in the Lawrence-Topeka Area since 2001* Vol. 8, No. 6

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Advanced Homecare's new 12,000-square-foot showroom offers customers many more durable medical equipment options. - page 4



On a budget this holiday season? Wolfgang Puck has an easy and affordable gift idea that you can make in your own kitchen. - page 28

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Betty Laird "rolls" for a strike during a recent Wii bowling match. KEVIN GROENHAGEN PHOTO

# Laird relishes role as active senior

By Billie David

Lawrence resident Betty Laird, who was recently recognized by Brandon Woods for her healthy lifestyle, enjoys keeping fit. She swims half an hour a day three days a week, and she has taught herself to do the sidestroke on both sides of her body in order to maximize the benefits.

That's no small feat, considering that not so long ago she was partially paralyzed on her right side.

The paralysis happened as a result of a 1998 surgery to remove a brain tumor.

"I have had knee, hip and brain surgery. Fortunately, they left in most

of the brain," she said laughing.

"I was having symptoms for a long time," she continued. "It pressed against my optic nerve with interesting results: I saw psychedelic lights and colors."

In addition to exercise for her body, Laird likes to keep her mind in shape with activities such as writing and acting. One of her most recent projects was playing the part of a little old lady in local filmmaker Kevin Willmott's recent release called *Bunker Hill*. She sums up her role in that movie in one sentence:

"That's where I died and left a big stink," she said.

Laird's movie debut was in 1958

in a training film for doctors produced by Centron, which made industrial and training films and is now the site of the University of Kansas film school. Her character in that movie died of eclampsia.

The opportunity to act for Centron came up when one of the speakers at the Unitarian Fellowship meeting she was attending turned out to be Centron employee Herk Harvey, known as the man responsible for the cult movie classic *Carnival of Souls*.

"We were doing a short skit and somebody said to him, 'You ought to use Betty for one of your movies,'

■ CONTINUED ON PAGE THREE

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# Betty Laird

■ CONTINUED FROM PAGE ONE

and he said OK," she said.

Over the years, Laird acted in a number of films. Many of them were for Centron. She also appeared in the *Sarah, Plain & Tall* series with Glenn Close, *Monday after the Miracle* with Roma Downey, *Stolen Women* with Janine Turner, *Gone in the Night* with Ed Asner, and *My Antonia* with Jason Robards.

Laird's acting career extends to the stage as well, where she has portrayed Ethel in *On Golden Pond*, Fanny in *The Royal Family*, Melissa in *Love Letters*, Linda in *Death of a Salesman*, Janet in *Giaconda Smile* and Bella in *Angel Street*.

Laird has also performed as a folk singer.

"It was usually at KU functions," she said. "I was interested in the guitar, and my husband bought one while he was in Germany on one of his trips. I was taught to play by a schizophrenic woman who started playing guitar as part of her therapy. I do very little now because of arthritis in my fingers."

On her résumé, Laird lists her special abilities as "folk singing, dialects and driving a team of horses."

The "team of horses" talent stems from her childhood years in Nebraska. The only child of a railroad engineer and the owner of Mrs. Olsen's Root Beer Stand (which her resourceful mother opened after having had to work to support herself since the age of 13), she was sent to a farm during the summers.

That's because attaching her to the clothesline while her mother worked wasn't going too well.

"I spent every summer on the farm with my aunt and uncle," Laird said. "It was a wonderful experience. I learned a lot about farming and animals early on."

Her years on the farm also gave Laird plenty of time to daydream, and those dreams formed the basis of many of her stories, which she began writing around the age of eight in the form of plays for the neighborhood kids to put on.

Born and reared in Grand Island, Neb., Laird completed her education at Hastings College and the University of Nebraska. She met her future husband, Roy, in Hastings.

It was a one-sided courtship in the beginning.

"He was a sophomore and I was a freshman," she said. "He was a terrible tease, the only man I ever met that I would cross the street to avoid."

Eventually, however, he won her over.

"He was a dreamer and he challenged my ideas," she said. "We talked and talked and talked—and finally he talked me into marrying him."

But the courtship was interrupted by World War II. Roy served in the Navy and the couple kept in touch by mail. He wrote to her every day and they became engaged during his leave. They married in 1946.

"We were both just kids," Laird said. "I was just 20 and I had to get my parents' permission."

Roy went into Russian studies and became a specialist in agriculture, which led to travels to and residence in other countries, including Germany, Scotland, Yugoslavia and Mexico.

Laird also helped her husband with his books about Russian agriculture, editing some and co-authoring several books with him.

But during her years of raising children, Laird didn't do much writing.

"Guess why," she said with a laugh.

By then, the Lairds had moved to Lawrence, where Roy, who died in 2000, had accepted a position at KU.

Their first child was born in 1950, then another in 1952, and a third in 1957.

Laird did manage to work at KU,

teaching English for five years.

"When we first came here in 1957, they were short of freshman English teachers, so they asked me to teach," she explained.

Other positions she has held in the academic world (she has a bachelor's degree in speech and English with a focus in theatre and did post-graduate work in statistics and Russian history) include Curriculum Advisor at the University of Washington, where her husband completed on his doctorate, and Administrator of the Polish Program at KU.

But one of Laird's first loves is writing, and she has written numerous poems, short stories, plays and novels.

Most recently, one of her plays was presented at the Lawrence Community Theatre. Called "A Song on the Wind," it is about Elizabeth Leonard, the first female professor at KU.

Leonard also founded Friends in Council, a women's study group, in 1871. As a member of the Friends in Council, Laird did research on Leonard and presented a number of papers about her. The information she gathered gradually evolved into the story line for her play.

Laird's interest in history also prompted her to co-author *Soil of our Souls* with Martha Parker, who was a neighbor of the Lairds when

they lived in the Clinton area before the lake was built. Their goal was to preserve the history of the area.

"Martha did most of the research and I did most of the writing," Laird said. "Then I got more into fiction. Over the years I wrote three novels, none of which was published. I printed copies of the third novel for family—stories from growing up on the farm in Nebraska."

She hopes to continue work on that novel and eventually see it published.

Laird has also published articles, poems, and short stories. Some of her poems have appeared in the *Lawrence Journal-World*, and the *Kansas Authors Club* published one of her short stories entitled "The Frog," based on a real event concerning a frog that her cat brought to her as a "gift," which she was able to revive and return to its home in a nearby pond.

"My ideas come from life—odd conglomerations and mixes and what-have-you," she said.

Around Brandon Woods, Laird is known for her commitment to being healthy and was highlighted in their *Spotlight on Healthy Lifestyles*, which commended her for a lifestyle that incorporates healthy eating choices, exercise, and social and intellectual pursuits.

■ CONTINUED ON PAGE SIX

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# Advanced Homecare increases options at new location

By Kevin Groenhagen

**S**andra London-Leib, owner and CEO of Advanced Homecare, a durable medical equipment (DME) company, says she has gone full circle.

"Very early in my career, I was a lobbyist for a non-profit organization," she said. "I lobbied for agencies, and my two areas of interest were child abuse and elder abuse. I worked a tremendous amount with the elder population. I did research and lobbied for changes in the law to protect them. Now I work with them every day again, only this time I'm trying to protect their health."

London-Leib's career as a lobbyist eventually included working for Bob Dole at the Washington, D.C., firm of Verner, Lipfert, Bernhard, McPherson and Hand after the former U.S. senator ran for president in 1996.

Shortly after the 1996 election, Chancellor Robert Hemenway approached Senator Dole and proposed that he entrust his congressional papers to the University of Kansas. Dole accepted the proposal. London-Leib then served as the liaison for the Robert J. Dole Institute of Politics during the initial planning and implementation phases. She also served on the search committee for the institute's first director.

As a result of her work with the

Dole Institute, Hemenway suggested that London-Leib apply for an open position with KU's Spencer Museum of Art.

"I was tired of the commute back and forth to Washington," London-Leib said. "So I applied for the position as Spencer's director of membership and development. When the position was offered to me, I took it. It allowed me to stay in Kansas with my older kids, who were finishing up at KU."

London-Leib, who served at the museum for five years, also became an investor in Advanced Homecare, which has operated in Lawrence since 1989. In addition, she got to know Michael Leib, a CPA who owns his own privately-held firm and was Advanced Homecare's accountant for several years.

"Within a year I married my CPA and became owner of Advanced Homecare," London-Leib said.

Soon after buying the company about five years ago, London-Leib began making plans for growth in the future. Among the factors she took in account were the choices her customers had for products.

"I like to have choices," London-Leib said. "And I know our customers like to have choices. Most durable medical equipment providers show only one major manufacturer per product they carry. At our former location, which had just 4,500 square

feet, we were limited with the choices we could offer."

London-Leib also considered the Lawrence area's reputation as a "best place" to retire.

"We have so many wonderful things to offer retirees," London-Leib said.

*U.S. News & World Report* has backed up that contention. In an interview with the magazine last year, Larry Gadt, and his wife, Jacqueline, also former residents of Washington, D.C., "listed what they wanted in a retirement spot: a college town with a population less than 100,000, a good hospital, and convenient transportation. And if it isn't in Lawrence, it's in Kansas City, about a half-hour drive away."

The magazine also listed the Spen-

cer Museum of Art and the Robert J. Dole Institute as draws for retirees.

Not only did London-Leib want to offer her customers more choices, she knew that, with the first of the 78 million baby boomers already in their 60s, she will likely have many more customers to serve in the future. She decided that she would need a larger showroom in Lawrence.

"One of my employee's husband works for Weber Carpet," London-Leib said. "I found out that they were going to close their Lawrence store. I was already looking at a couple of other possible locations at the time. I called up the owner and asked if he would like to save a real estate agent's commission. So we did

■ CONTINUED ON PAGE FIVE

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## Advanced Homecare

■ CONTINUED FROM PAGE FOUR

the deal and the building never went on the market."

Located at 2851 Iowa Street, the new Advance Homecare building was home to Bud Jennings Carpet One for many years. With 12,000 square feet—nearly three times as large as its former location—the company can now offer four or five major manufacturers for each product.

In addition to becoming larger, Advance Homecare has made other changes during the past few years.

"We also have gotten some designation through training and certification programs that set us apart for the other durable medical equipment companies," London-Leib explained. "As large as this store is, it represents just 22 percent of our overall business. We have a designation as a long-term care specialist by the Centers for Medicare and Medicaid Services. We currently have over a third of all the long-term facilities in Kansas under contract with us."

Since many of Advanced Homecare's corporate clients have multiple long-term care facilities, the company also operates in Missouri and Oklahoma. This means that in addition to the front-office staff, another

five employees are on the road every day doing repairs, maintenance, and education.

London-Leib stresses the importance of educating clients and long-term care providers about durable medical equipment.

"If you buy something from the Internet, it arrives on your doorstep with maybe a one-page instruction sheet," she said. "You're not absolutely sure what you're getting off the Internet is medical grade. What we sell is medical grade. We deliver it, we repair it, we warranty it, and we also instruct. Not many people know there is a process you go through to measure a person for a cane or a walker. We have a counseling session for just walkers so the patients know how to use them. If a walker is used incorrectly or is the wrong size, it can cause great damage to the spinal column."

"I tell my older clients when they come in that one of the biggest things we do is try to improve the quality of their lives," London-Leib continued. "The longer we can keep them mobile, the longer we can keep them alive. Our clients are much more viable, active, and intelligent—and by intelligent I mean their faculties are sharp—much, much later in life than ever before. When they

KEVIN GROENHAGEN PHOTO



Sandra London-Leib prepares to cut the ribbon during a November 11 open house at Advanced Homecare. Joining her are (left to right) staff members Ashley Bradley, Senada Pekusic, Amy Landon and Denise Preston, and London-Leib's husband, Michael Leib.

hit 60 to 65, they are just beginning. We have clients in here who are as sharp as a tack well into their 90s. So you've still got a third of your life left at 60. You've got to plan and take care of yourself because you've got a lot of living to do yet."

In addition to working to improve

their clients' quality of life, Advanced Homecare also reduces their workload by billing Medicare, Medicaid, and private insurance free of charge.

For more information about Advanced Homecare, please call (785) 841-2200 or visit Advanced Homecare at [www.advancedhomecarekansas.com](http://www.advancedhomecarekansas.com).

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# Betty Laird

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"I believe in living life to the fullest—make the most of what we've got here," she said. "I have a very positive outlook on life—and I'm glad because it has helped me through some difficult things."

Laird, who turns 83 in December, has always been interested in staying healthy, she said, but it has become a major focus in the last 10 years.

"I was kind of a runt in high school, below average height and weight. But I began to put on weight. After I had kids, I got a little chunky in places," she said of her motivation.

Laird includes plenty of fruits and vegetables in her diet. Fortunately, she likes them. And she includes fish frequently. The rest is pretty straightforward.

"I keep the carbs low," she said. She also likes to eat a small square of chocolate every day and for snacks she chooses low-carb options: crunchy almond butter she discovered at the Merc, or sometimes a little beef jerky or yogurt.

"High-protein foods stop the hunger pains," she explained.

As for exercise, Laird swims sev-

eral times a week and walks on the days she doesn't swim. If the weather is bad, she will dance around the house, go up and down the stairs—and get cabin fever. In addition, she belongs to an exercise group.

She plays Wii once a week. Wii is a computer-controlled program that includes activities such as bowling, where the player grips the control and pretends to release the ball.

"It's the same motion as actual bowling, but without the weight," she said.

One can also play Wii golf, tennis and boxing.

"I actually knocked out my opponent once," Laird said.

She plays with friends at Brandon Woods. The group meets on Wednesday afternoons and recently held a tournament, with Laird's team coming in second.

## WORDS OF WISDOM

"All we know is still infinitely less than all that remains unknown." - William Harvey

"The eye sees a thing more clearly in dreams than the imagination awake." - Leonardo da Vinci

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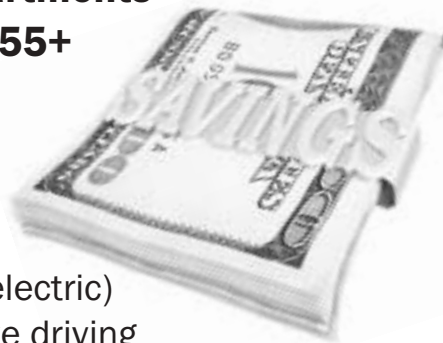
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# Senior holiday checklist

## The 'look and see signs' that can tell whether your loved ones need help at home

You've just returned to your childhood home for the holidays. Problem is, things don't look the same as they did the last time you were there. Are the conditions of aging jeopardizing your senior's health and safety at home? Complete the following checklist from the international caregiving company Home Instead Senior Care. If most of your responses are "yes" that doesn't mean it's time to pack up mom and dad for a move to the nursing home. It could, however, mean that your older loved one might benefit from a little extra help at home.

1) Look in refrigerator, freezer and drawers. Has food spoiled because mom can't get to the grocery store? Look over the grocery list. Has your loved one's declining health prompted her to purchase more convenience and junk foods, and neglect proper nutrition? Is she losing weight? According to Mayo Clinic, older adults often have health issues that can lead to decreased appetite or trouble eating. These can include chronic illness, medications, difficulty chewing or swallowing and diminished taste and smell.

2) Look on top of furniture and countertops. Are dust and dirt signs that household tasks are becoming more difficult for your parents? Look down at floors and stairways. Have shaky hands spilled drinks and food, soiling vinyl, wood, carpets and walkways? Are frayed carpets, throw rugs, objects and furniture creating tripping hazards? Look up at fans and ceilings. Has the inability to lift her arms and climb stepstools prevented your loved one from cleaning soot and grime from high places? Caution your senior not to climb. According to the Centers for Disease Control (CDC), falls are the leading cause of injury deaths among older adults. They are also the most common cause of nonfatal injuries and hospital admissions for trauma.

3) Look under beds and sofas. Is your senior having difficulty organizing old newspapers, books and magazines, which are creating a fire hazard? As Americans age, their fire risk increases. According to the U.S. Fire Administration, older adults are 2.5 times more likely to die in fires than the overall population.

4) Look through the mail. Is mom's dementia causing her to forget to pay bills and answer correspondence? According to the Alzheimer's Association, as many as 5.2 million people in the United

States are living with Alzheimer's disease, which is characterized by forgetfulness.

5) Look below bathroom and kitchen sinks. Is poor eyesight making it difficult for your elderly relative to read medication labels and to properly store cleaning materials? Is he forgetting to refill medications and to take them on schedule? Check the refill date against the number of pills in the bottle to help determine if your loved one is taking medication regularly. Or call the pharmacy. According to Arcadia Healthcare, at least 1.5 million Americans are sickened, injured or killed each year by errors in prescribing, dispensing and taking medications and seniors—who take 40 percent of all drugs prescribed—are most susceptible.

6) Look at your senior's appearance. Is clothing dirty and unkempt, and is your loved one neglecting personal hygiene? According to Mayo Clinic, macular degeneration is the leading cause of severe vision loss in people age 60 and older. Fine newspaper may become harder to read and street signs more difficult to recognize. Gray or blank spots may mask the center of your senior's visual field. The condition usually develops gradually, but sometimes progresses rapidly, leading to severe vision loss in one or both eyes.

7) Look to your parents' neighbors and other close friends to find out about their daily routine. Are your seniors at home more, watching television and avoiding stimulating conversation and companionship? If your loved one needs help at home, consider contacting Home Instead Senior Care. The company's CARE-Givers are screened, trained, bonded and insured, and equipped to help seniors with their home care and companionship needs such as meal preparation, light housekeeping, medication reminders, errands and shopping.

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# Aldersgate Village adds new hospice services

Aldersgate Village Retirement Community in Topeka announces it has increased its comprehensive hospice services through an affiliate relationship with Hospice Care of Kansas. On October 1, Hospice Care of Kansas moved into a satellite office located on the Aldersgate campus at 7200 Uxbridge Circle.

"Hospice care is an incredible benefit to families of residents who may be terminally ill," said Jerry C. Ney, CEO of Aldersgate Village. "We're committed to meeting the needs of

the whole person. That means not just providing great health care for our residents, but also meeting their emotional and spiritual needs as well—especially in the trying times surrounding a terminal illness. Many people struggle with how to access this extraordinary service. So as part of our comprehensive aging services, we help them obtain this benefit which is covered by Medicare, Medicaid, and most private insurance companies. We've chosen to provide these services through Hospice Care

of Kansas because of their professional caregivers and their commitment to our standards of excellence."

"We have been working toward this partnership for some time," said Renae Wright, director of patient care for the Topeka Hospice Care of Kansas. Wright heads up the team of hospice nurses, social work-

ers, chaplains, home health aides and volunteers who care for those with life-limiting illnesses. "We are pleased to be invited into the Aldersgate community and to be part of their delivery of expert services," said Wright. For more information, please contact Hospice Care of Kansas at (785) 273-4357.



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## Kennedy named KDOA deputy secretary

Kathy Greenlee, Secretary of the Kansas Department on Aging, announced on October 31 that she has named Martin Kennedy as deputy secretary of the department, effective immediately.

As deputy secretary, Kennedy will represent the Secretary as needed and coordinate interagency initiatives.

"I am pleased Marty is willing to step into the position of deputy secretary," Greenlee said. "His experience has shown him to be a solid manager and leader."

Kennedy, who joined KDOA in 2004 as budget and government relations director, has served as Commissioner of the Licensure, Certification and Evaluation division since 2006.

"In today's environment, we are increasingly collaborating with stakeholders, other State agencies and the Kansas Legislature," Greenlee said. "As deputy secretary, Marty will build on those collaborations and relationships as we develop and implement programs for Kansas seniors."

Prior to joining KDOA, Kennedy worked for The Consortium Inc. He previously worked as an analyst in the Kansas Division of Budget and as chief financial officer for the Kansas Insurance Department. He is a

graduate of Kansas State University.

Greenlee also named Greg Reser, director of the Licensure, Certification and Evaluation Division, as acting LCE commissioner.

## Local business owner named to state board

Kimberly Hoffman, occupational therapist and co-owner of Lawrence Therapy Services and Baldwin Therapy Services, was recently appointed as health policy and reimbursement chair to the Kansas Occupational Therapy Association Board of Directors.



Hoffman

Hoffman will be responsible for answering reimbursement and insurance credentialing questions from occupational therapists in all settings across the state.

"I appreciate Greg's willingness to serve in this capacity," Greenlee said. "He and I recognize the importance of a fair and balanced approach to nursing home regulation."

Hoffman received a Bachelor of Science degree in occupational therapy from Kansas University in 1997 and has owned her practice in Lawrence and Baldwin City for the past eight years.

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# What every woman should know about who will take care of her as she ages

**W**omen have some special challenges in life, just by being female. Because the average woman can expect to live to age 80, or 5.3 years longer than the average man, life experiences are likely to be different. With that longer life span comes the question of who will pro-



Joe B. Jones

vide care in the aging years, and at what price? While many women may not think about relying on others for care, ignoring the future can carry risk. In the October 2004 Assisted Living in the United States Research Report conducted by Bernadette Wright of The American Association of Retired Persons (AARP), 79 percent of nursing home residents were women whose average age was 85. Because of their longer life span, women should think carefully about including long-term care insurance in their retirement plans.

The high cost of long-term care makes it imperative for women to learn what potential risks are ahead and to plan accordingly for those risks.

According to America's Families and Living Arrangements 2003 study, 40 percent of women ages 65 and older were living alone, compared with only 19 percent of men. By age 75, this number grows to half of all women living alone, compared to 23 percent of men. Put simply, many women shouldn't expect to depend on a spouse to care for them as they age and are at a greater risk of needing to pay for care.

And because women are more likely to be caregivers, they are at greater risk of bearing the costs—financial, physical and emotional—associated with providing care to others. According to Report to the Nation on Trends in Health Security 2002, one in five Americans said they or their spouse was providing help with everyday activities to a relative or friend. In an earlier report AARP reported that seven in 10 of caregivers were women. This is why long-term care insurance is, fundamentally, a women's issue.

How will you be cared for if you become unable to do simple things, such as eat, dress, use the bathroom or get in and out of bed alone? The costs of such care could be overwhelming, even for those prepared. Typical safety nets, such as Medicare, cover only a fraction of the bill, typically limited to such skilled care as nurses or physical therapists. And while Medicaid pays for certain types of long-term care, eligibility usually comes only after contributing most of any income you receive and exhausting most assets. Even with long-term care insurance, costs can mount quickly. In July of 2005, BusinessWeek reported that the average cost of long-term care can easily reach \$50,000 a year.

The odds of needing some type of long-term care are high. The majority of the population age 50 and above report living with at least one chronic condition.

Only 30 percent of Americans age 50-64 and 4 percent of those 85 and older have no chronic condition or functional limitation.

For an ever-growing number of people, long-term care insurance has become an essential part of retirement funding. And there are many factors to consider when choosing a long-term care insurance policy. For this reason it's important to work with a professional who understands your needs and can design a policy that gives you the best protection you can afford.

It's also important to look at the track record of the company providing the insurance. To ensure that coverage will be there when you need it most, make sure the company is well established, with a solid history of treating its policyholders well. Choose a company that has been given the highest possible ratings by at least three rating agencies.

And buy early, while you are still insurable and premiums are more affordable. The plan you establish now can spare you and your family the anguish of depleting your assets to pay for your long-term care. By planning ahead, you can reduce the

risk of losing your independence and help ensure your continued financial security to live your life your way.

- 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 insurance agent of NM based in Lawrence, Kan.

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### SLAPSTIX

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# Unsettling times still offer opportunities for investors

If Frank Sinatra were around, he might not sing "It Was a Very Good Year" in front of a bunch of investors. In fact, after pondering the chaos of the past few weeks, many people might think this is a terrible time to invest in the stock market. However, history often has a way of



Harley Catlin and Ryan Catlin

turning the tables.

Certainly, there's reason for concern. After all, Congress has just approved a \$700 billion bailout of the financial services industry, following the collapse of some major Wall Street firms and large banks. And the Dow Jones Industrial Average has fallen more than 25 percent since its all-time high in October 2007.

And yet, we've certainly had other years in which the investment landscape seemed grim. For example, in 1973, a series of events — including the Watergate scandal, the OPEC oil embargo, the Vietnam War and the resignation of Vice President Spiro Agnew — had shaken the public's morale. Given all this, you might have thought that 1973 was a bad year in which to invest in the stock market.

But you'd have been wrong. From Nov. 30, 1973, to Nov. 30, 1983, the S&P 500 recorded an average annual return of 10.9 percent. So, if you had invested \$10,000 in the market at the beginning of that period and reinvested the dividends, it would

have grown to \$28,139 by the end. (Keep in mind, however, that the S & P 500 is an unmanaged index, and you cannot invest directly into it.)

Of course, as you've heard, "past performance cannot guarantee future results." And some significant differences exist between 1973 and 2008. In 1973, most of the problems that worried investors were external to the financial markets. This year, it's the markets themselves that have turned somewhat toxic. Still, there's some cause for optimism. Consider the following:

- Bailout may improve business climate — One of the chief goals of the \$700 billion bailout is to inject some much-needed cash into the financial system, which has been rendered almost illiquid by the subprime mortgage crisis. Increased liquidity means that businesses will have easier access to credit — and all companies need credit to expand their operations and become profitable. Obviously, the greater the number of successful companies, the more investment opportunities become available.

- Regulatory climate may change — While several factors are responsible for our current turmoil, one

key culprit appears to be the lack of appropriate regulation over some aspects of the financial markets. It seems quite likely that lawmakers, in the near future, will develop some new regulatory guidelines that may help prevent a recurrence of the events of this year.

- Stocks are attractively priced — Look for quality stocks — representing companies with competitive products, strong management and long track records of profitability — and consider buying these stocks when their price is low. Typically,

quality stocks are the first to rebound when the market recovers.

Here's the bottom line: The investment climate may be brighter tomorrow — and you can find good stocks at lower prices today. So don't stick your money under the mattress. Years from now, you may look back and realize that 2008 was, indeed, a very good year in which to continue investing.

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

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# Avoid falls by confronting the fear of falling

**D**o you worry about falling at night or outside in wet weather? Are you confident that you can stay upright if you stub your toe? These are important questions, because the fear of falling often causes falls. People whose nerves are unsteady are often unsteady on their feet, too. To be as safe as possible, you need to steady yourself psychologically as well as physically.

Fear is common if you've fallen recently or often. But you need to confront this fear if you want to avoid



Laura Bennetts

falls in the future. A good start is to measure your confidence by answering a simple questionnaire (below). But first, let's review why balance is so often a problem for older adults.

### Loss of Balance

We all have near falls. If your foot catches the edge of a rug but you regain your balance just in time, that's a near-fall. Luckily, your balance was good enough to stay upright—that time, anyway. But you might experience a surge of anxiety when you realize that you nearly fell. Your confidence may wobble.

What should you do? Well, to start with, you might want to get rid of the rug. And there are ways to improve your balance through exercise, as any physical therapist can explain to you. But you should also confront your anxiety. So you need to assess how you feel—and boost your confidence.

### Fear Goeth Before A Fall

Falling down is scary, embarrassing, and, if you're hurt, potentially

life-changing. And your trauma may be even worse than your pain. You're likely to fear repeated falls. If you've ever been in a car accident, you might have felt similarly about driving again. This fear can be very limiting, discouraging you from walking and participating in life.

### Rate Your Confidence!

One way to rate your confidence is to complete a questionnaire, the "Activities-specific Balance Confidence" scale (or ABC scale, for short). The ABC scale allows you to rate your confidence in your ability to perform activities that require good balance. If you have no confidence, you mark "0"; if you're completely confident you pick "100 percent"; and you're also free to select any level of confidence between 1 percent and 99 percent. If you usually use a cane or walker, the scale asks you to rate your confidence using your walking device.

### Take the Test

In all, the ABC scale asks you to rate 16 activities. Take a pen now and give each activity a confidence rating. With respect, for example, to the first listed activity—walking around the house—how confident are you that you will routinely maintain your balance? 99.9 percent confident? Or perhaps significantly less? Are you certain that you will keep your balance in your kitchen or bathroom? If not, how much less than 100 percent confidence do you feel?

For each activity below, answer this question: "How confident are you that you will not lose your balance or become unsteady when you..."

- (1) Walk around the house? \_\_\_\_\_
- (2) Walk up or down stairs? \_\_\_\_\_
- (3) Bend over to pick up a slipper? \_\_\_\_\_
- (4) Reach for a small can at eye level? \_\_\_\_\_

- (5) Stand on tiptoe to reach something above your head? \_\_\_\_\_
- (6) Stand on a chair to reach for something? \_\_\_\_\_
- (7) Sweep the floor? \_\_\_\_\_
- (8) Walk outside the house to the driveway? \_\_\_\_\_
- (9) Get into or out of a car? \_\_\_\_\_
- (10) Walk across a parking lot? \_\_\_\_\_
- (11) Walk up or down a ramp? \_\_\_\_\_
- (12) Walk in a mall where people crowd past you? \_\_\_\_\_
- (13) Grasp a railing to stand upright while crowds jostle you? \_\_\_\_\_
- (14) Get on or off an escalator while holding onto a railing? \_\_\_\_\_
- (15) Get on or off an escalator when your hands are full with parcels? \_\_\_\_\_
- (16) Walk outside on icy sidewalks? \_\_\_\_\_

in every activity, but almost no one really feels that way. A rule of thumb is that ABC scores under 50 percent indicate significant problems; scores between 50 percent and 80 percent indicate areas of concern; and scores above 80 percent indicate reasonable levels of confidence. So the key is to focus on scores below 80 percent. For example, if you're just 60 percent confident that you can enter or exit your car regularly without falling—and you use your car often—you should pursue balance training to improve both your balance and your confidence. The same applies to other areas of concern.

Once you improve your balance, you can re-evaluate your confidence level. Success is when both rise. Remember, when it comes to balance—the only thing you have to fear, besides falling itself, is fear of falling. With effort you can overcome both!

- Laura Bennetts, MS PT, is a physical therapist with 26 years experience. She co-owns Laurence 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).

### Scoring Your Confidence

Now that you've rated your confidence for each activity, what does it mean? There is no "right" score or "normal" confidence level. Ideally we would be completely comfortable

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## Prevention is best way to deal with gallstones

**G**allstones are a common problem among many patients today. They can create a good amount of pain and are hard to get rid of once you get them. The best thing is to prevent gallstones as opposed to dealing with them once you get them.

What are gallstones? How do we get them? Gallstones are small, pebble-like substances that develop in the gallbladder. The gallbladder is a small, pear-shaped organ located below your liver. Gallstones form when liquid stored in the gallbladder hardens into



Dr.  
Farhang  
Khosh

pieces of stone-like material. This liquid, called bile, helps the body digest fats. The bile is actually made in the liver and shunted into gallbladder until the body needs it. The gallbladder will contract and push the bile into the common bile duct that carries it to the small intestine where it starts to get digested. Bile is made of water, cholesterol, fats, bile salts, proteins, and bilirubin. Bile salts break up fat, and if the liquid bile contains too much cholesterol, bile salts, or bilirubin, it can harden into gallstones.

There are two types of gallstones—cholesterol stones and pigment stones. Cholesterol stones make up for about 80 percent of the gallstones. Cholesterol stones are yellow-green and are made primarily of hardened cholesterol. They account for about 80 percent of gallstones. Pigmented stones are small, dark stones made of bilirubin. Gallstones can be as small as a grain of sand or as large as a golf ball. The gallbladder can develop just one large stone, hundreds of tiny stones, or a combination of the two.

Who gets gallstones? You are at greater risk of developing gallstones if you are female, overweight, older, and some have a genetic predisposing to develop the stones. Also, rapid weight loss or eating a very low-calorie diet will also put you at risk for developing the gallstones. If you are eating too much cholesterol or fatty foods, you are at risk for developing the gallstones. Diabetics are more likely to have problems with gallstones.

What type of symptoms can one develop if your gallbladder is not working correctly?

1. Chronic indigestion
2. Upper abdominal pain that can

last about 30 minutes to several hours. Gallbladder pain usually starts in your upper middle or upper right abdomen and may shift your back or right shoulder blade.

3. Nausea and vomiting that will accompany a gallbladder attack.

4. Fever along with persistent gallbladder pain.

5. Signs of a bile duct obstruction includes: yellowing of your skin, clay-colored stools and fever.

The most common ways to diagnose a problem with your gallbladder:

1. Physical exam
2. Blood work
3. Ultrasound
4. CT scan

What happens after you have found out that you have gallstones? What is the treatment for gallstones?

1. Surgery  
2. Nonsurgical options include the following:

**Bile salt tablets.** The treatment works best on small cholesterol stones, but is effective only about 50 percent of the time.

**Sound wave therapy (extracorporeal shock wave lithotripsy).** This treatment uses high-frequency sound waves to break up gallstones.

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**Topical gallstone dissolution.** In this procedure, a small catheter is inserted into the gallbladder. A so-

lution that dissolves cholesterol gallstones is then delivered through the catheter into the gallbladder over a several hour period. Prevention is the best way to deal with gallstones. Maintaining a healthy body weight, avoiding crash diets, exercise and choosing a low-fat, high fiber diet.

Remember if you have any of the following symptoms see your doctor immediately:

- a. Prolonged pain—more than five hours
- b. Nausea and vomiting
- c. Fever—even low-grade—or chills
- d. Yellowish color of the skin
- e. Clay-colored stools

- 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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## Retiring on Obama's watch: What to expect from the 44th president

Barack Obama's hair turned a little gray during his 20-month quest for the presidency but he's hardly the only one showing some age.

President-elect Obama will lead a country that is aging rapidly as the huge baby boomer generation heads toward retirement. By the year 2030, there will be 72 million Americans over age 65—about 20 percent of

public support, and the program is an important, reliable benefit to millions who would otherwise face a very insecure retirement. Still, the program faces a major solvency problem as boomers start to retire and draw benefits. Most forecasters say Social Security's expenses will surpass incoming revenue starting in 2017, which would force the system to start relying on its trust fund. And that would only last until the year 2041.

Policy experts point to a menu of options for restoring Social Security's fiscal health. These include raising the payroll taxes that fund the program, raising the maximum amount of Social Security benefits subject to tax, or gradually raising the age of full benefit eligibility.

Obama has made clear that he opposes benefit reductions. He has called for boosted payroll taxes—which fund Social Security—for individuals with annual income over \$250,000 to plug the gap. Still, there will be a great deal of give and take with Congress on fixing Social Security, so don't rule out the possibility that benefits could be trimmed a bit—probably on a graduated basis over time. Raising the Normal Retirement Age—now pegged at 66 or 67 for most boomers—could be in the mix.

• **Retirement savings.** The financial crisis has sharply eroded private retirement savings in 401(k) and IRAs—but we weren't doing all that great a job saving for retirement even before the market crashed. Half of the country's working population doesn't participate in retirement savings plans—mostly people who work for small businesses that don't offer qualified plans.

Obama was an early supporter of a bi-partisan concept called the Automatic IRA, which I wrote about last week. Small businesses that don't sponsor their own plans would be mandated to offer a payroll-deduction saving option to employees—no different from the way employers deduct for taxes.

Another Obama proposal aims to ease the impact of the current economic crisis by allowing retirement savers to withdraw up to \$10,000—or 15 percent—of their 401(k) or IRA account funds in 2008 and 2009 without penalty to meet short-term financial needs.

• **Medicare.** The problems with Medicare make Social Security look like a walk in the park. Medicare expenditures are expected to hit \$486 billion in 2009, accounting for roughly 14 percent of the federal budget. Expenses are rising much faster than overall inflation, and are on track to hit \$887 billion by 2018.

Obama's plans to cure Medicare include letting the federal government negotiate for lower drug prices, and providing greater transparency in the Part D prescription drug program. He also has cited the Medicaid Advantage program as a wasteful privatization plan. He's promised to scale it back or even eliminate big portions of the Advantage program.

Moreover, Obama's broader health

insurance program—which would offer coverage to people without employer-based insurance—could help people who retire or lose their jobs before age 65, when Medicare eligibility starts. Some health care experts have even called for expanding Medicare eligibility to younger retirees.

• **Taxes.** Obama has promised to eliminate income taxes for seniors who make under \$50,000 a year—but I'm not betting that this will happen. Even advocates for seniors have given the idea lukewarm reviews; most low and moderate income seniors already pay no taxes, and more affluent seniors wouldn't see relief since they may be asset rich but have current income under \$50,000.

• **Long-term care.** Obama has recognized problems with the financing and quality of long-term care, and has said he wants to improve care options by training more nurses and providing more non-institutional care options.

(For millions of Baby Boomers, retirement is an opportunity for reinvention, rather than taking it easy. Mark Miller is helping write the play-book for the new career and personal pursuits of a generation. Mark blogs at [www.retirementrevised.com](http://www.retirementrevised.com); contact him with questions and comments at [mark@retirementrevised.com](mailto:mark@retirementrevised.com))

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Mark Miller

the total population, according to the U.S. Census Bureau.

With all the urgent problems facing the country, you might think aging and retirement policy issues would be far from the top of the new President's priority list. But many of the issues facing older Americans are tightly bound with the broader economic challenges facing the Obama Administration. That means we're likely to see changes over the next four years that affect anyone who is retired—or hopes to be soon.

Here are some key areas to watch:

• **Social Security.** First things first: privatization of Social Security is dead as a doornail. Obama and his Democratic allies in Congress are staunch opponents of plans like the one floated by the Bush Administration in 2005, which would have phased in private Social Security accounts with at least some assets invested in equities.

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# Hypnosis can be therapeutic

By Michael Craig Miller, M.D.  
Tribune Media Services

**QUESTION:** I've smoked for 20 years and want to quit. A friend recommended a hypnotist but it scares me. Does hypnosis work? How can I find out if this hypnotist is qualified and reliable?

**ANSWER:** Hypnosis is one of the oldest forms of psychotherapy in the Western world. It may also be the most misunderstood, given its association with entertainers and charlatans. But, in fact it is a specialized form of meditation and a relaxation technique.

Hypnosis involves focusing attention inward and using your imagination and positive mental images to alter your perceptions. It's similar to what happens when you daydream or meditate, and are unaware of what's going on around you. It may seem as if you're in a trance, but hypnosis is actually a heightened state of concentration. The aim is to focus the mind on a specific image, sensation or goal while ignoring distractions. This tends to make you more open to suggestions that can help with treatment.

Clinicians have proposed many uses, but it is most helpful for treating pain and anxiety. The studies evaluating the effectiveness of hypnosis for smoking cessation show a mixed picture.

Some studies suggest that hypnosis might help you stop smoking by reducing cravings, bolstering willpower or increasing motivation to take care of your health. Hypnosis can be used to soothe yourself while you have a craving. It also can help you replace your preoccupation with smoking with thoughts like, "I feel good about taking care of my body."

But a comprehensive review found that most of the current evidence is based on case reports or poorly designed studies. It concluded that

hypnosis is no better than other interventions—or even no treatment at all—for increasing six-month quit rates.

I support your desire to find out more about the person who's doing the hypnotism. Many states do not regulate hypnotherapy. To make sure a therapist is qualified, ask if he or she is licensed (not just certified) to practice. Or check for membership in the American Society of Clinical Hypnosis or the Society for Clinical and Experimental Hypnosis, two nationally recognized organizations for licensed professionals in this field.

Remember that the technique of hypnosis, which is intended to induce a meditative, focused state of mind, is easy to learn. You don't need any specialized training to invoke a soothing voice or to suggest focusing on some repetitive stimulus or a relaxing image.

But a hypnotherapist does need specialized mental health training to understand emotional and behavioral problems, to evaluate them and plan a treatment. Most therapists who practice hypnosis employ it as one tool among many that they are trained to use.

Hypnosis, after all, is not magic. Rather, it's a specialized technique that may help you harness your brainpower to solve problems. And smoking cessation may be one of them.

(Michael Craig Miller, M.D. is editor-in-chief of the Harvard Mental Health Letter and an assistant professor of psychiatry at Harvard Medical School. Dr. Miller has an active clinical practice and has been on staff at Beth Israel Deaconess Medical Center, Boston, Massachusetts, for more than 25 years.)

(For additional consumer health information, please visit [www.health.harvard.edu](http://www.health.harvard.edu).)

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*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

NOV 28-DEC 21

### ANNIE WARBUCKS

The world's favorite orphan returns in the sequel to the international smash hit *Annie*. The action begins as Child Welfare Commissioner Harriet Doyle arrives on the scene to inform Daddy Warbucks he must marry in 60 days so the newly adopted Annie can have a proper mother. In the end, Daddy Warbucks' whirlwind search for a fitting bride uncovers not only the plot by Doyle and her daughter to strip him of his fortune, but also his true feelings for Grace Farrell. Call for dates and times. Topeka Civic Theatre, 3028 SW 8th Ave. TOPEKA, (785) 357-5211  
<http://www.topekacivictheatre.com>

DEC 5-14

### TOYLAND

Toyland is a story of three squabbling sisters on Christmas Eve. Together, they take a magical journey leading them to Toyland, which is the place where toys go that are lost or mistreated...and where bad children are taken to be the "toys" of the Evil Toymaster! Gage Park - Helen Hocker Center for the Performing Arts. TOPEKA, (785) 368-0191  
<http://www.topeka.org/parksrec/hocker.shtml>

DEC 19-21

### THE NUTCRACKER

Ballet Midwest's production of The Nutcracker Ballet. Beautiful scenery and the talents of over 200 local dancers make for a magical experience. Topeka Performing Arts Center. TOPEKA, (785) 215-8642

## 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) 354-52

## EXHIBITS/SHOWS

NOV 7-DEC 23

### PAINTINGS AND LITHOGRAPHS BY ROBERT SUDLOW

Paintings and Lithographs by Robert Sudlow. Westboro Mart, 3113 SW Huntoon. TOPEKA, (785) 233-0300

NOV 8-JAN 2

### OAG MEMBER ARTS SHOW

Ottawa Art Guild is presenting the Member Art Show with a presentation at the Carnegie Cultural Center. This year's show will feature the theme of "Illusions." Each local artist will have two piece of work on display, one representing an Illusions theme and the other their own choice. Carnegie Cultural Center, 515 S Main St. OTTAWA, (785) 242-8478

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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](mailto:harborhouse@sunflower.com)

[www.seniormonthly.net](http://www.seniormonthly.net)



■ CONTINUED FROM PAGE 16

**DEC 13 & 14**

**STUDIO OPEN HOUSE**

Featuring art by Mick Braa, Catherine Hale Robins, and Karen Wiley. Paintings of fanciful weeds, fungi and landscapes plus other curious works by Braa Small bronze and terra cotta sculptures by Robins include domestic and wild critters and other amusing figures. Intriguing paintings and mixed-media abstract, figurative and other creative images by Wiley. Great Art for special gifts. Visit with the artists over hot mulled cider and other refreshments. Take a brisk country walk in the 2.5 acre wild-grass labyrinth.  
LAWRENCE, (785) 542-3829  
<http://catherinehalerobinsculptor.com>  
[http://lawrenceartscenter.com/Artists/Karen\\_Wiley](http://lawrenceartscenter.com/Artists/Karen_Wiley)

**DEC 15-JAN 30**

**OH, FREEDOM OVER ME**

Inspired by the work of the Security Administration photographers during the Depression, Matt Herron organized a team of eight photographers, called the Southern Documentary Project, in the summer of 1964 to record the rapid social change taking place in Mississippi and other parts of the South. Selection of these photographic images serve as the core of this engaging exhibit, which originally opened in 2004 to mark the 40th anniversary of Freedom Summer and celebrating American voting rights and responsibilities. Brown v. Board of Education National Historic Site.  
TOPEKA, (785) 354-4273  
<http://www.nps.gov/brvb>

**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

**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

**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 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 3**

**CHOLESTEROL SCREENINGS**

These screening events offer a total only cholesterol by fingerstick. No appointment or fasting necessary; just drop in. Please note there may be a wait involved. We are sorry but at this time we are not offering a full lipid panel test option. \$5/test. Lawrence Memorial Hospital, Atrium, 3:00-5:00 p.m.  
LAWRENCE, (785) 749-5800

**DEC 4**

**BONE DENSITY SCREENING**

Advanced appointment required. Appointment takes about 20 minutes and includes education about osteoporosis prevention as well as the screening. Individual appointment times must be selected. Note: this is NOT the same as a DEXA scan which is ordered by a physician and is done through Radiology. Lawrence Memorial Hospital, Meeting Room D, 9:00-11:00 a.m.  
LAWRENCE, (785) 749-5800

**DEC 8**

**BONE DENSITY SCREENING**

See December 4 description. Lawrence Memorial Hospital, Meeting Room D, 9:00-11:00 a.m.  
LAWRENCE, (785) 749-5800

**DEC 11**

**BONE DENSITY SCREENING**

See December 4 description. Lawrence Memorial Hospital, Meeting Room D, 5:00-7:00 p.m.  
LAWRENCE, (785) 749-5800

**HOLIDAY EVENTS**

**NOV 1-DEC 24**

**CHRISTMAS AT THE CHARLES CURTIS HOUSE**

Christmas at the Charles Curtis House, the

1878 Italianate Mansion will decorated for the holidays. During this time, we will have antique toys on display and having Tea and tours or just a tour. Groups of 10 or more please call in advance. Fee. Hours: 11:00 a.m.-3:00 p.m. - Saturday only. 1101 S Topeka Blvd.  
TOPEKA, (785) 597-5380  
<http://www.curtishousemuseum.com>

**NOV 3-DEC 23**

**STRAWBERRY HILL CHRISTMAS TREE FARM**

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

**NOV 21-DEC 31**

**WINTER WONDERLAND**

A Celebration of Lights. View one million lights while winding through a two-mile scenic drive at Lake Shawnee. Open nightly 6:00-10:00 p.m.  
TOPEKA, (785) 232-0597

**NOV 22-DEC 31**

**CHRISTMAS IN HISTORIC LECOMPTON**

Three floors of old-time Christmas decorations and trimmings and Vesper music performance. 640 E Woodson.  
LECOMPTON, (785) 887-6275  
<http://www.lecomptonkansas.com>

**NOV 30-DEC 4**

**FESTIVAL OF TREES**

Annual display of uniquely decorated Christmas Trees. Auction benefits Shelter Inc. 10:00 a.m.-8:30 p.m., 10:00 a.m.-5:00 p.m. viewing, 8:00 p.m. auction.  
LAWRENCE, (785) 843-2085

**DEC 2-7**

**FESTIVAL OF TREES**

Gorgeous, one-of-kind decorated trees, homemade baked goods, entertainment, a crafts boutique and a silent auction. AG Hall - Kansas Expoentre.  
TOPEKA, (785) 266-8686

**DEC 2**

**SURVIVING THE HOLIDAYS**

Nationally known speaker, Dr. Harold Ivan Smith will talk about "Surviving the Holidays." Author of the book *A Decempered Grief: Living with Loss When Others Are Celebrating*, Dr. Smith will give supportive ideas on how to face the challenge of family gatherings and holiday traditions. Recognizing that each person is different and that no loss is exactly the same, he will also talk about personal expectations and how to face them. Dr. Smith presents a difficult topic with gentleness and compassion. Sponsored by Midland Hospice Care and the Senior Outreach Services of the Library, this program is free and open to the public. Auditorium of the Lawrence Public Library, 4:30 p.m. For more information on this program, contact Pattie at the Library, 843-3833 or Julie at Midland Hospice, 785-232-2044.

**DEC 6-21**

**FESTIVAL OF NATIVITIES**

Over 300 unique nativity sets created from a wide variety of materials. Centenary United Methodist Church.  
LAWRENCE, (785) 843-0276  
<http://www.visitlawrence.com>

**DEC 6 & 7**

**HOLIDAYS IN WELLSVILLE**

Festivities include Tree Lighting Ceremony, Wellsville Tour of Homes, Home Lighting Contest, Business Window Decorating Contest, Holiday Craft Show, Pictures with Santa, Entertainment Junior & Luetta Crist Christmas Drawing and Local Girl Scout Bake Sale.  
WELLSVILLE, (785) 883-2462

**DEC 6**

**VICTORIAN CHRISTMAS OPEN HOUSE**

Peek in on the Mahaffie Family as they prepare for the Christmas holiday season. Visits by Santa and Father Christmas. Mahaffie Stagecoach Stop and Farm.  
OLATHE, (913) 971-5111  
<http://www.olatheks.org/visitors/mahaffie>

**DEC 6**

**CHRISTMAS AT THE ADAIR CABIN**

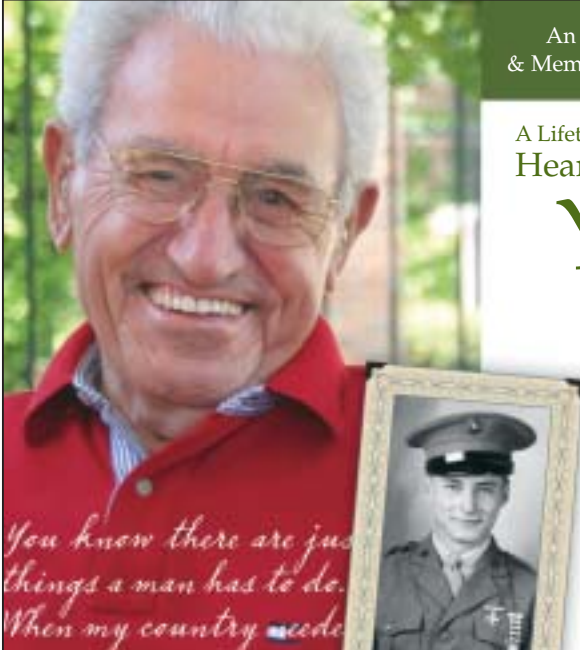
Christmas at the Adair Cabin, 7:00-9:00 p.m., John Brown Museum State Historic Site.  
OSAWATOMIE, (913) 755-4384  
<http://kshs.org/places/johnbrown>

■ CONTINUED ON PAGE 18

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OF LAWRENCE

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*Respecting Values, Protecting Dignity,  
Supporting Independence.*

■ CONTINUED FROM PAGE 17

**DEC 6  
DOWNTOWN LAWRENCE OLD-FASHIONED CHRISTMAS PARADE**

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

**DEC 6  
OTTAWA CHRISTMAS PARADE**

Parade begins at 6:00 p.m. in Downtown Ottawa. This year's theme will be "A Holly Jolly Christmas." Bob Hill will be the parade leader. OTTAWA, (785) 242-1000

**DEC 6  
HOLIDAY ART FAIR**

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

**DEC 7  
VESPERS**

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

**DEC 7  
CELEBRATE THE SEASON**

"Celebrate the Season" is a program of seasonal favorites featuring Tabitha Reist Steiner, Harp, performed in White Concert Hall at Washburn University. Season tickets and single tickets available. Call for more information. TOPEKA, (785) 232-2032 <http://www.topekasymphony.org>

**DEC 13  
HOLIDAY GIFT TO TOPEKA BALLOON LUMINARIES**

This holiday spectacular is the annual gift to

Topeka and NE Kansas by the Great Plains Balloon Club. This "glowing" holiday display of hot air balloon will begin shortly before sunset at 5:00 p.m. and will continue until approximately 6:15 p.m. weather permitting. Free to the public. The balloon will not be launched. 631 Commerce Place. TOPEKA, (785) 234-1030

**DEC 13  
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. Lawrence Arts Center. LAWRENCE, (785) 843-2787

**DEC 13  
TARC'S VICTORIAN COOKIE SHOP**

Purchase all your holiday baked goods, cookies and fun treats to benefit TARC. 2701 SW Randolph Ave. TOPEKA, (785) 232-0597

**MEETINGS**

**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 AND THIRD MONDAY OF EACH MONTH  
CAREGIVER SUPPORT GROUP**  
Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders. Please join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior

Services, Inc. Douglas County Senior Services, Inc., 745 Vermont St., 2:15-3:45 p.m. LAWRENCE, (785) 842-0543

**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  
GRIEF SUPPORT GROUP**

Douglas County Visiting Nurses, Rehabilitation, and Hospice Care and Alterra (formerly Windsor of Lawrence) hold a grief support group open to all on the first Wednesday of each month from 2:00-3:00 p.m. at Alterra at 3220 Peterson Road. For any questions, call Steve Satterfield, Hospice Chaplain. LAWRENCE, 785-843-3738

**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. 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 since 1984. The group meets to dance from 2:30-4:30 p.m. on Wednesdays, and from 6:00-9:00 p.m. on Sundays at the Eagles Lodge. 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

■ CONTINUED ON PAGE 19



# Reserve Your Space Today

For the "2009 Senior Resources Directory," a special pull-out section that will be available in the January 2009 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](http://www.seniormonthly.net/directory.html)

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

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**Deadline is Dec. 10**

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

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 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

**FIRST AND THIRD THURSDAY OF EACH MONTH  
LOSS AND GRIEF SUPPORT GROUP**

Heart of America Hospice in association with Pioneer Ridge Retirement Community invites individuals coping with the loss of loved ones to join us. Call David 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 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**

**CAREGIVER SUPPORT GROUP**  
Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders? Please join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services, Inc. Douglas County Senior Services, Inc., 745 Vermont St., 6:30-8:00 p.m. LAWRENCE, (785) 842-0543

**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

**SECOND SATURDAY OF EACH MONTH  
HAPPY TIME SQUARES SQUARE DANCE  
CLUB**

Meets at First United Methodist Church-West

Campus, 867 Hwy 40 (1 block west Hwy 40/K10 Bypass). Plus: 7:30-8:00 p.m., Mainstream 8:00-10:00 p.m. Contact Frank & Betty Alexander. LAWRENCE, (785) 843-2584  
[www.happytimesquares.com](http://www.happytimesquares.com)

**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 AND CAREGIVER  
SUPPORT GROUP**

Strengthening family relationships and improving positive parenting skills. Meets from 6:30-8:00 p.m. at St. Francis Hospital, 2nd floor meeting rooms. Child care available with 48 hours notice. TOPEKA, (785) 286-2329 or (785) 231-0763

**THIRD WEDNESDAY OF EACH MONTH  
RETIRED GOVERNMENT EMPLOYEES**

The Lawrence chapter of the National Active and Retired Federal Employees (NARFE) meets the third Wednesday of each month at Conroy's Pub, located at 3115 W 6th in Lawrence. Lunch begins at noon and is followed by a program and business meeting. NARFE's mission is to defend and gain benefits that retired career government employees earned. Employees from all branches of government are welcome and encouraged to attend. For more information, please call John or Linda Surritte. LAWRENCE, (785) 856-0558

**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 THURSDAY OF EACH MONTH  
CAREGIVER SUPPORT GROUP**

Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders. Please join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services, Inc. Baldwin City Public Library, 800 7th St., 2:00-3:30 p.m. BALDWIN CITY, (785) 842-0543

**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 about the Widowed Persons Service Program, please 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 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 EACH MONTH  
CAREGIVER SUPPORT GROUP**

Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders. Please join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services, Inc. Eudora Community Center, 1630 Elm, 1:00-2:30 p.m. LAWRENCE, (785) 842-0543

**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>

**FOURTH FRIDAY OF EACH MONTH  
RETIRED GOVERNMENT EMPLOYEES**

The Topeka chapter of the National Active and Retired Federal Employees (NARFE) meets on the fourth Friday of each month (except Nov. and Dec.) at Aldersgate Village, 7220 SW Asbury Drive, Topeka. Buffet lunch begins at noon followed by a program/speaker and

business meeting. NARFE's mission is to represent government employees, active and retired, before Congress. Employees from all branches of federal government employment are welcome, and encouraged to attend. For information, call Jim Miller. LAWRENCE, (785) 478-0651

**MISCELLANEOUS**

DEC 3

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# Medicare Part D enrollment period is open

Secretary of the Kansas Department on Aging Kathy Greenlee reminds Kansas seniors that enrollment and re-enrollment for Medicare Part D drug coverage is now open and runs through December 31. Greenlee encouraged Medicare beneficiaries to complete their enrollment as early as possible to ensure that coverage is available without any delays on January 1, 2009.

While the number of plans available in Kansas is approximately the same as last year, the coverage and rates of many plans have changed. "I urge Kansans to take a look at the various plans, even if they have been happy with their current plan," Greenlee said. "They might find that their current plan is changing in 2009, or there may be a different plan that better fits their needs."

Seniors can do a search of the various plans through the Medicare Web site, [www.medicare.gov](http://www.medicare.gov).

They also can get free, unbiased help from volunteer counselors with the Senior Health Insurance Counseling for Kansas (SHICK) program by calling 1-800-860-5260.

SHICK counselors have scheduled Medicare Part D Enrollment

Assistance informational meetings and help sessions at the Douglas County Senior Center, 745 Vermont St., Lawrence. The meetings, which are open to the public, will be held on December 1, 3, 4, 8, 10, 15, 22, and 29 from 1:00-4:00 p.m. Please call Ashley Schemm at (785) 842-0543 for more information.

## Flu shots are the key to maintaining senior health

By Shari Tedford  
Kansas Senior Press Service

The flu season is here again!

Influenza, or flu, is a virus that can be spread by coughing, sneezing, or nasal secretions. On average, 36,000 people die every year from flu and 90 percent of those deaths occur in people 65 and older. More than 200,000 people are hospitalized from flu complications each year; more than half of those are 65 and older.

The flu cannot be treated with antibiotics. Your doctor might prescribe an antibiotic for a secondary infection that started with the flu, but that will not get rid of the flu. Two medicines—Tamiflu and Relenza—can be prescribed if you get the flu, but to be effective they must be started soon after the flu begins.

Before you get the flu vaccine, ask your doctor whether you should receive a flu shot each year. At that time, tell your doctor what prescription and nonprescription medications, vitamins, nutritional supplements, and herbal products you are taking

or plan to take. Your doctor may need to change the doses of your medications or monitor you for side effects.

Prevention is the best action to stay healthy through the cold and flu season. Here are some more tips for remaining healthy this winter:

- Wash your hands or use hand sanitizer frequently. If you wash your hands at least three times a day, you can cut the spread of disease by two-thirds.
- Boost your immune system by eating a diet high in fruits and vegetables and drink at least eight glasses of water daily to flush out germs.
- Walk or exercise at least three times a week.
- Stay home if you are sick.
- If you are coughing, cough into your upper arm sleeve, not your hand.

Watch the papers for flu shot locations! Medicare will pay for the shot, so take your Medicare card with you.

- Shari Tedford, RN, BAN, is senior wellness coordinator with the Johnson County Health Department's Health Education Division.

# They're Back!!

*I have but one lamp by which my feet are guided, and that is the lamp of experience. I know of no way of judging the future but by the past.*

- Patrick Henry

*The first impression that one gets of a ruler and of his brains is from seeing the men he has about him.*

- Niccolo Machiavelli, *The Prince*



## The incoming Obama administration is quickly being stocked with Clinton administration retreads. What does this portend for our country's national security?

In 1995, the U.N. Food and Agriculture Organization estimated that 567,000 Iraqi children under five had died as a result of the sanctions placed on their country. In a CNN interview with Osama bin Laden in 1997, the al Qaeda leader said he would send Bill Clinton "messages with no words" in response to those deaths. Inexplicitly, that interview, perhaps the most important bin Laden has ever granted, has been removed from CNN's Web site. Fortunately, CNN reporter Peter Bergen recorded the relevant portions of the interview in his 2001 book, *Holy War, Inc.*

In *What Really Happened: The Story of Clinton Inc.'s Efforts to Rewrite Bill Clinton's Record on Iraq and Terrorism*, Kevin Groenhagen presents the facts (including over 500 footnotes and a companion Web site at [www.sinsofthehusband.com](http://www.sinsofthehusband.com)) that outline the Clinton administration's actual record on Iraq and terrorism. That record shows that it was that administration's policies vis-a-vis Iraq that ultimately led to 9/11 and other "messages with no words" (e.g., the bombings of our embassies in Africa in August 1998 and the bombing of the U.S.S *Cole* in October 2000). Paperback, 189 pages, index.

To order your copy of *What Really Happened*, please send \$12.50 plus \$4.00 for shipping and handling to: Kevin Groenhagen, 2612 Cranley St., Lawrence, KS 66046. A preview of *What Really Happened* and a downloadable version (\$5.00) are available at [www.lulu.com/content/2723949](http://www.lulu.com/content/2723949).

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# Rumplestiltperson

Once there was a boastful young MBA named Geeta who pretended he was sweet on a young woman who worked in the palace. The young woman arranged for him to meet the empress. Geeta hadn't been in the royal presence five minutes before he began boasting that he could spin stock market derivatives into gold.

"What are derivatives?" asked the empress.

"They are computer generated financial instruments," said Geeta.

"How do you turn them into



Larry  
Day

gold?" asked the empress.

"Do you have something I can write on?" asked Geeta.

Someone rolled in a portable whiteboard. Geeta scribbled a series of algorithms on the board.

"That's all you have to do," he said.

"Can you spin lots and lots of gold from these derivatives?" asked the empress.

"Sure can," boasted Geeta.

The empress set up a room in the palace with a pile of stock derivatives on the floor. The room had computers, digital gadgets, and real-time worldwide stock tracking devices.

"Spin these derivatives into gold by tomorrow or I'll call in your student loans," said the empress, and she left the room and locked the door.

Geeta sat down at the console in front of the wall-sized electronic map of the world. Hours passed but he couldn't spin a single derivative into gold. He buried his head in his arms and began to weep.

Suddenly a trapdoor opened and out popped a strange looking woman.

"Why are you crying?" she asked.

"The empress is going to call in all my student loans if I don't spin these derivatives into gold," said Geeta.

"What will you give me if I help you?"

"I'll give you my class ring."

"Done," said the woman, and instantly derivative stocks rose sharply.

The empress was pleased.

"Can I go now?" asked Geeta.

"No indeed," said the empress.

"That was just a test. Now I want you to spin a whole room full of derivatives into gold." She left and locked the door.

Geeta tried every algorithm he knew, but he couldn't turn the derivatives into gold. He began to weep again.

Up popped the woman.

"What's the matter now?"

"The empress ordered me to spin this whole room full of derivatives into gold, but I can't."

"What will you give me if I help you again?"

"My fraternity pin."

"Done," said the woman, and immediately derivative sales soared all over the world.

The empress came back and told Geeta she wanted him to quadruple the market for derivatives.

This time Geeta just walked to the trap door and stamped his foot. The woman popped up.

"The empress wants to quadruple the derivative market," said Geeta.

"What will you give me?"

"I don't have anything left to give."

"Then promise you'll give me your 401(k) after you move to the palace."

Geeta didn't think he would ever move to the palace, so he promised.

Worldwide derivative sales quadrupled instantly.

"Move in," said the empress.

A few months later the derivative market crashed and the empress kicked Geeta out. He was brooding in his run down efficiency apartment when the strange woman popped up out of a trapdoor.

"I've come for my 401(k)," she said.

"Oh, please, please," begged Geeta. "It's all I have in the world!"

"If you can guess my name, you can keep your 401(k), and I'll work on the economy," she said.

Geeta rattled off every name he could think of, but none of them worked.

"I'll be back in two days," said the woman.

Geeta stuck the toe of his Gucci luxury boot in the edge of the trap door as it was closing, then he wrenched it open and walked down a long dark corridor. It led to a clearing in the forest. In the middle of the clearing the woman was chanting.

"Today I brew, tomorrow I bake,"



"Then all of Geeta's wealth I'll take."

"Bay Lout, Bay Lout is my name."

"Failed derivatives is my game."

Two days later the woman popped up through the trapdoor.

"Your name is Bay Lout," said Geeta.

The woman screamed and stomped her feet so hard that she

broke right through the trapdoor and disappeared. Geeta became a shoe salesman. Eventually the economy recovered and he retired modestly on his 401(k).

- Larry Day, B.A., M.A., Ph.D., is a former foreign correspondent, newspaper reporter and journalism professor. He has written humorous fiction—sometimes intentionally—all his life.

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# What would Santa get a werewolf?

Charlaine Harris and Toni L. P. Kelner, Eds: *Wolfsbane and Mistletoe* (Ace Books, ISBN 978-0-01633-4)

Werecritters and vampires get the holiday spirit in this delectable collection of short stories by some of the best names in the mystery genre. In addition to those of the editors, there are hair-raising holiday tales from Donna Andrews, Dana Cameron, Dana Stabenow, and Kansas City's own Nancy Pickard. As they say on TV, "But wait! There's more! Fifteen in all!"

Something for everyone enjoying the current popularity of critters more often seen at Halloween.

Just what is that red stuff on the spaghetti??

Jeanne M. Dams: *Indigo Christmas* (Perseverance Press, ISBN 978-1-880284-95-7)

Dams continues the story of Swedish immigrant Hilda Johansson, who came in the start of the 19<sup>th</sup> century to South Bend, Indiana. She's won the heart of Patrick, a firefighter who has moved upward financially.

Her elevated station in life has left her in a lonely place. Her position as a maid has not prepared her to be the lady of the house. What's worse, her Swedish family is not fond of the Irish, and Patrick's Irish relatives feel the same way about Swedes.

Hilda gratefully joins a group of ladies offering a dinner, entertainment, and Christmas gifts for the young boys on the street. But she can't turn down a plea to help a friend whose husband has been charged with arson and murder.

Captures the essence of the turn of the century and the plight of the new immigrants.

Carolyn Hart: *Ghost at Work* (Wm. Morrow, ISBN 978-0-06-087436-0)

Bailey Ruth Raeburn never found coal in her Christmas stocking. She was spunky in life and is now enjoying life within the pearly gates. Eventually she wanders into the Department of Good Intentions, in which as a ghost/angel she will be sent to someplace in dire need. She'll be on probation until she proves she can work within the guidelines (there are eight).



Imagine her surprise at finding

herself back in her home town! And her own granddaughter, now married to a preacher, with a daughter the spitting image of Bailey Ruth at that age.

And, far less pleasant, a dead body on the parsonage porch. For which the pastor will be the chief suspect. Bailey Ruth breaks a few rules but gets the job done, and her fussy budget supervisor Wiggins reluctantly approves.

Caroline Hart has two major mystery series—the bookstore Death on Demand and the retired journalist, Henry O. She's won every major mystery prize—Agatha, Anthony, Macavity, and the Malice Domestic Lifetime Achievement Award. She's truly a master of the "cozy," those gentler mysteries with a low body count and few, if any, vulgarities in language and plot.

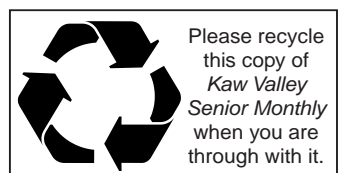
Bill Bryson: *The Life and Times of the Thunderbolt Kid* (Random House, regular print and large print, 978-0-7394-7491-4)

If there's anyone on your holiday list born around 1950, this book is sure to please. They're likely to glance at the first few pages and retire to a comfy chair and lose track of time, erupting with chuckles, guffaws, and coffee-out-the-nose moments as Bill Bryson recounts his childhood in Des Moines, Iowa.

His parents still remember the Great Depression, and were thrifty to an extreme. Although his mother edited the Home Page section of the paper, the kitchen was known as the Burn Unit.

Relive the days of atomic war raid drills, mezzanines in snazzy department stores, killer cicadas, daydreams of comic-book super powers!

Stieg Larsson: *The Girl with the Dragon Tattoo* (Random House Audio Books, English translation by read by Martin Wenner on 6 compact disks. Also available in print from Knopf.)



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

Fraudulently disgraced journalist Mikael Blomkvist is hired to find out what happened to Harriet Vanger, who disappeared four decades ago. The Vanger family, only stockholders of an extended corporation, own all the homes on their private island. It's connected to the mainland by a bridge and on that fateful day two trucks had collided, totally blocking the bridge. After fire trucks put out the fire and extract



the two drivers, Harriet doesn't come down for dinner. In fact, she's never seen again, and her octogenarian uncle wants to know what happened before he dies. He believes she was murdered.

It's a fascinating case, but mighty old. Still Mikael is promised an amazingly large amount just for checking. He does find some new evidence, chiefly by hiring Lisbeth Salander, a 24-year-old genius hacker, whose background has made her distrustful of mankind. In a thrilling finale, they learn the truth of the case, some horrifying aspects of some family members, and the combination of corruption, financial misdealings, and organized crime.

Larsson died shortly after delivering this manuscript and two others. We can only hope the remaining books will continue the tale—so many ends still tangled.

Sarah Atwell: *Pane of Death*

(Berkley Prime Crime, ISBN 978-0-425-22501-10)

Readers of this column may remember Sarah Atwell's premier work, *Through a Glass, Darkly*, featuring Emmeline "Em" Dowell, Tucson glassblower.

Madeline, a stained glass artist, asks Em to help her on a truly big project. Software genius Peter Ferguson had abruptly closed his business and retired. He's having a house built in Tucson to display his collection of six magnificent glass panels, from medieval to modern. They are insured at three million but of course are irreplaceable. He wants assistance about placing them. Madeline will be making the lighting devices.

When the last panel arrives, Peter asks Em to come again and enjoy it. When Em arrives, there are NO panels and Peter is lying in a pool of blood, a glass shard embedded in his chest.

Em's boyfriend is the Chief of Police. The F.B.I. has a new team specially trained for art theft. The agent, Natalie, asks Em's brother, a computer expert, to see if he can find anything on Peter's laptop. Nat is working on the theft and the Chief is working on the homicide, so inevitably conflicts arise.

Even better than Atwell's first! Several subplots offer additional red herrings. As noticed in her first, Atwell is spot-on in dialogue, which advances both the plotting and the characterizations!

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

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## After 'Burn After Reading,' reviewer vows to be burned no more

By Esther Luttrell

"Burn After Reading"  
Starring George Clooney, Brad Pitt.

Let's see if I can break this rubbish down to something even half-way understandable. Osbourne Cox (John Malkovich) is a CIA analyst married to carpy Katie (Tilda Swinton) who is having an affair with spy Harry Pfarrer (George Clooney). When Osbourne is fired because of his drinking problem, he decides to write a book of memoirs. Instead of writing, he talks his story onto a CD. Katie wants to divorce him to marry Harry. Her attorney instructs her to learn every aspect of her husband's financial affairs so that she may properly fleece him and, in doing so, she runs across his CD. The disc finds its way to a gym where gum-chewing, trash-mouth Chad Feldheimer (Brad Pitt) determines he has enough government information to blackmail Osbourne (Question: If Osbourne was intending to write a book, how can anyone blackmail him with information on the disc? Oh well, that's logic and we're not talking logic. If anyone was interested in logic, the studio would have burned the script before producing it).

Fellow gym employee Linda (Frances McDormand) gets in on the act. Blackmail having failed, she hands the CD to the Russians (Question: Couldn't they have just bought the book from Barnes & Nobles once it was published?). Linda promises the Russians that more information is forthcoming. Not having more information, she and Chad break into Osbourne's home to see what they can dig up. Osbourne shoots Chad dead. (So much for Brad Pitt). Somewhere in all this drivel, Linda and Harry have begun an affair, and Katie has become obsessed with the need for cosmetic surgery. If you are still with me, and I can't imagine why you would be, a spy named Ted (Richard Jenkins) breaks into Osbourne's home. Osbourne hatchets him to death. But it works out okay. Osbourne is shot and killed, Harry is arrested by the CIA, and Katie gets plastic surgery, compliments of the Russians, who so very much appreciate her kind help. Oh, pleeezeeee....

The movie did something that should have been done a long time ago; it forced me to a decision. But

let me start at the beginning.

It's a blustery Saturday afternoon, the kind where one can sense rain in the smudged cottonball sky. I read the marquee of both Topeka movie houses and opted to review "Burn After Reading" for no reason other than I wasn't in the mood for animation and I felt there was some hope that what I was about to see would warrant an hour out of my hectic life, mostly because of the men starring in the film.

In the first five minutes I was treated to the "F" word perhaps 10 times. And then Chad (Pitt) entered the story and I had occasion to savor the s-t word maybe 20 or 30 times in a five-minute period. I am constantly amazed that screenwriters with the vocabulary of a two-year-old can string together a rash of "F" and "S" words and cash huge checks for their non-effort. Heaven knows what their salaries would be if they came up with actual dialogue.

I felt a sick tightening in the pit of my stomach as I considered the kind of movies Hollywood keeps dumping on their audiences. And, in that moment, I acknowledged the inevitable truth: I was writing my last review and seeing, perhaps, my last movie. The garbage spewed out in the name of entertainment is simply not acceptable. I'm sad for audiences who aren't respected enough to be given dynamic stories from which they can learn something of man's nobility of spirit, and by heaven, I do believe it still exists.

I came out of Hollywood. Went there in 1978, cherished every moment at MGM and left with memories of lovely experiences. I walked away from California in 2002, and I'm so glad I did. Topeka is just right. Topeka values are just right. I have been delighted to forge into those foreboding theaters in an effort to warn or encourage you in your movie-going decisions. But no more. It's been a lovely relationship between you and me. I thank you for following my critical meanderings, but you are now on your own. And I wish you well. We are better than what Hollywood thinks of us and I can't let my two dollars, or my nearly 10, go into their success column, encouraging them to spew out more of the same. I don't like goodbyes, so I'll just say so long, darling reader.

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

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# Club can help find value of political buttons

**QUESTION:** Here are photos from my collection of presidential campaign buttons going back to FDR's 1938 election. How do I sell and how do I find value? -Sheldon, Tamara, Fla.

**ANSWER:** The recent political campaign and presidential election



Danielle Arnet

has political items on many minds, but political collectibles have long been a vast and active collecting category.

Smart collectors know that American Political Items Collectors (APIC) is the largest and best-respected collector club for such items. Key [www.apic.us](http://www.apic.us).

New York resident Mark Evans, membership director of APIC and a lifetime collector, gave the reader's buttons a look-see. Two pages of buttons, commonly called pins, were photocopied with varying degrees of success. Images were clear enough that Evans felt the items were authentic. In political buttons, that's always a big "if."

"A lot of repros were made in the 1960s," he told us. Luckily, most fakes are poorly made and can be spotted by a trained eye.

Fakes matter. One button shown (the reader has two), a rare FDR pin with "Roosevelt" on a banner, is worth \$200 if authentic. If not—

and it has been faked—it is \$15. Another that needs to be seen in a better photo is an FDR button headed, "Don't Change the Pilot." If real, it is scarce and worth "at least \$100."

One would think a misprint button with "Roosevelt" sliding off the bottom would be valuable, but Evans pronounced it a curiosity at \$3. A Nixon-Lodge is \$2, a JFK with photo is \$5 to \$7, and a large Eisenhower photo button is \$10 to \$15. A Kennedy button reading "Liberal Row C" was, said Evans, used only in the state of New York. It is \$15 to \$20.

Generally, he added, name buttons sell for \$5 to \$15. Fold over metal tabs, even those from the FDR era, are cheaply made and run \$3 to \$5 each.

Most political buttons without pictures retail at \$5 to \$15. Picture buttons average \$12 to \$30. That's a general statement, of course, with exceptions.

Condition is vital, and any brown spots or surface scratches take away value. Stains, bumps and fading are other negatives.

To sell, Evans suggests posting the buttons in groups of three on eBay. Sell the more valuable ones on their own.

Readers who want to know value on political items can take buttons and so forth to an APIC regional meeting or show. Check the Web

## OFF THE WALL

An egotist is a man who thinks he is everything you think you are.

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site for local chapters and a show calendar. Some chapters host major shows.

**QUESTION:** I am interested in learning about the sculptor and date of this bronze figure. It is marked "Made in France." -Audrey, Tucson, Ariz.

**ANSWER:** Marked with a plaque reading Fileuse par Chauvin, the female figure is from a genre of decorative Romantic bronzes popular at the last turn-of-the-century. Foundries churned out copies by the container load to meet demand, and many of the sculptures still exist.

This figure postdates electricity as it was cast to be a lamp. A hole at the bottom back once had a bronze post that held the bulbs and shade.

The sculptor was one of many studio artists, and value on the piece is as a decorative object. It appears to be in excellent condition. Many that survive are not. At auction, it might bring \$200 to \$400, depending on how and where sold.

**MORE:** We're all spooked about current financial conditions. Of course, the world catastrophe has affected collecting. When a recent "Page Six" column in the New York Post bannered, "Antiques Feel the \$\$ Pinch," you know the hit is big time. Except for art fraud, the col-

lecting world rarely makes the gossips, so their take on low attendance at opening night for the Park Avenue Armory Antiques Show ("a clear sign of the economic pinch"), really laid it out. At least Martha attended.

**AND:** In my paper today, I spotted no less than three huge ads for walk-in vintage jewelry, antiques and toy buy events set up in area hotels. One was in a jewelry store. We've said it here before: Be very careful when taking your treasures to such in-and-out buying events. I've been to several, and buyers pay low. Worse, I've seen outright flimflam where a "consult" with a cohort amounts to collusion. In all cases, the seller comes up short. Better to sell to an established dealer or shop in your area that you know to be legit. Even then, make sure they don't farm the buying out to another company.

(Danielle Arnet answers questions of general interest in her column. Send e-mail to [smartcollector@comcast.net](mailto: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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## Civil War: Where It All Started



In 1895 Richard Cordley, a survivor of Quantrill's Raid, wrote *A History of Lawrence, Kansas: From the First Settlement to the Close of the Rebellion*. Groenhagen Advertising, LLC is offering a new edition of Cordley's book. In addition to Cordley's original text, this new edition includes an editor's introduction, additional illustrations from the Library of Congress, recent articles on the Eldridge Hotel and House Building, and a comprehensive index. Paperback, 288 pages, 6" x 9", perfect binding.

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# Expert: Let Obama kids choose their own dog

Dad may have won the presidency, but president-elect Barack Obama's children, 10-year-old Malia, and Sasha, who is 7, won, too. In his election night acceptance speech in Chicago's Grant Park, Obama said to his kids—and announced to the entire world—"You have earned the



Steve Dale

new puppy that's coming with us to the White House." Arguably the two girls fared better post-election. The new president wins a long list of national problems now resting on his shoulders. The girls win a joyous bundle of fur to rest in their laps.

Both the president-elect and future first lady Michelle Obama spoke in interviews on the campaign trail about the puppy possibility. And that discussion prompted campaigns by the American Kennel Club and various groups including the Humane Society of the United States and Best Friends Animal Society. The AKC is most interested in a pure bred in the White House, while the Humane Society and Best Friends have lobbied for the Obamas to rescue a shelter dog.

Now that a puppy is imminent, the AKC, Humane Society, Best Friends and a bevy of well-meaning but self-serving interests have stirred themselves into an Internet frenzy, all growling at one another and all hoping to wield influence in the White House. While the future first puppy—whoever it may be—remains to be chosen, the human condition has certainly been on display.

So, without an agenda to support, I'd like to submit my honest thoughts on who that first puppy might be.

**MINIATURE POODLE:** The Obamas are populists, and may consider the opinions of the 42,000 people who voted in the AKC's poll to determine the best breed. They have it right. The poodle appeal begins with its generally hypoallergenic coat, since Malia is allergic to canine dander. While Malia and Sasha aren't toddlers, a Toy Poodle pup (under 10-inches in height as an adult) is very small and even fragile. What if a foreign ambassador accidentally steps the dog? An international crisis could ensue. Standard Poodles are underrated dogs, assumed incorrectly to be "foo-foo" when they're actually able retrievers—but at over 15 inches as adults, they're a lot of dog for two girls to handle. The mid-sized Miniature Poodle (10 to 15-inches and 13 to 16 pounds as an adult) seems just right. They're incredibly smart dogs, yet not nearly as driven as many of the herding breeds. A well-socialized Miniature Poodle is simply joyous, and the kind of dog that two young girls can play house with. Poodles do require regular grooming, but at the White House, someone is always on the way to the airport and can drop the pup at a groomer.

**BOSTON TERRIER:** How about a flag waving all-American dog—it might be nice to finally have something in the White House that's really made in America. A mid-size dog (15 to 25 pounds), this breed is not too large for most laps, but not so small as to risk getting lost in the White House. Bostons are fun-loving and entertaining dogs. If Malia or Sasha or even the president wants to chase cherry blossoms in the yard, Bostons can keep up. But if Malia and Sasha are hitting the books after school, Bostons will entertain themselves. They're sociable pups, and can help welcome foreign dignitaries. Besides, how can it be bad for a Democratic President to have a dog named for a famously Democratic town?

**HAVANESE:** They have bouncy

personalities, and are another fine choice for family members with allergies. This dog isn't so delicate that fun play running up and down the White House halls, tripping up the secretary of state, is out of the question. Plus at 7 to 14 pounds, a Havaneese is still small enough to fill a presidential lap. And many Americans who've found a safe haven here can relate, as these dogs were nearly exterminated during the Cuban revolution. Today, they're making a comeback in a big way. Like the poodle, little additional vacuuming will be required by the White House staff.

**MUTT:** Talk about your photo op. Imagine Malia and Sasha at Chicago's animal control facility (every municipality has what amounts to the city pound), choosing a shelter pup. The message would be an important one: There are lives that do need saving. And there's nothing wrong with adopting a pound puppy. It may be difficult to find just the right choice in one visit—but I'm thinking any shelter put on notice will be happy to call the Obama family when a puppy arrives that matches their physical preferences

and has a suitable temperament. Since Obama has called himself a "mutt," adopting a mix of unknown lineage—a dog whose mom is, say, a terrier mix and dad a Bichon mix—offers all sorts of subtle messages that the incoming first family and the melting pot we call America can relate to. I mention terrier and Bichon because of the allergy issues, these dogs are generally lower on the sneezy scale. Often it's hard to discern (though the availability of genetic testing is changing this) exactly what lineage shelter pups have, and therefore how big they will grow. This unpredictability can be exciting. And should they decide to adopt before Christmas, they will add to the goal of 1 million pets adopted as part of the Iams Home 4 the Holidays Pet Adoption campaign.

No matter what they choose, my sincere hope is that the Obamas are able to make this choice privately as a family.

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

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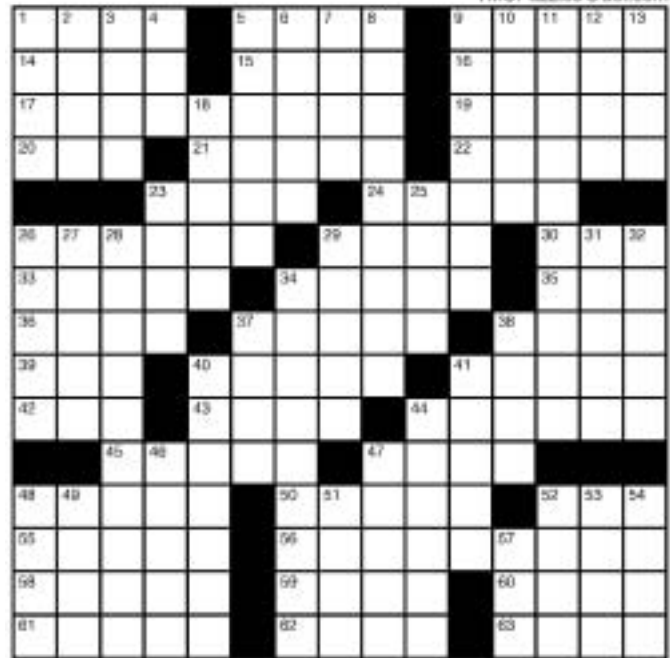
ACROSS

- 1 Soft drink
- 5 Andy's pal
- 9 Knights' weapons
- 14 Eden man
- 15 Slanted surface
- 16 Fill with joy
- 17 From Peru to Spain
- 19 Narrow openings
- 20 Golf-hole starter
- 21 Bay window
- 22 Shows concern
- 23 Transgressions
- 24 Argentine plain
- 26 Oval nuts
- 29 Clock face
- 30 High mountain
- 33 In the air
- 34 Old fogies
- 35 Born in Paris
- 36 Lacoste or Levesque
- 37 Metaphysical poet
- 38 Used a loom
- 39 Abbr. for a bus.
- 40 Natalie and Paula
- 41 Creator
- 42 \_\_\_ Paulo
- 43 Toward shelter
- 44 Light beams
- 45 Less common
- 47 Assist
- 48 California ballplayer
- 50 Perfect example
- 52 Crimson or scarlet
- 55 Battery electrode

- 56 From Colorado to Italy
- 58 Bowler Dick
- 59 Hereditary unit
- 60 Whiff
- 61 Graceful birds
- 62 Periods of note
- 63 Compass direction

DOWN

- 1 Weapons talks, briefly
- 2 Garfield's pal
- 3 Female noble
- 4 Doc's org.
- 5 Future oaks
- 6 61-in-'61 guy
- 7 Formerly
- 8 Male horses
- 9 Mexican agaves
- 10 Edgar \_\_\_ Poe
- 11 From Egypt to Virginia
- 12 Diminutive ending
- 13 Shrink hr.?
- 18 Low dive
- 23 Secure
- 25 Behind time
- 26 European capital
- 27 Barcelata's "Maria \_\_\_"
- 28 From New Hampshire to Spain
- 29 Beneficiary
- 31 Pry bar
- 32 Equals
- 34 "The Rime of the Ancient Mariner" poet
- 37 Pineapple company
- 38 Stinging insect



By Frances Burton  
Summerville, GA

Answers on page 31

- 40 Vocations
- 41 "My Dinner with Andre" director
- 44 Departs
- 46 Shakespearean forest
- 47 Salon dye
- 48 Dog feet
- 49 Once again
- 51 Stag, e.g.
- 52 Took the train
- 53 Adam's grandson
- 54 Flit
- 57 Propel a shell

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## MAGICWORD

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

**SNOW BLOWER BLUES (sol.: 8 letters)**  
 A-Adjust, Auger; B-Blade; C-Clears, Clog, Clutch, Choke, Chute, Cold, Convexity, Cycle; D-Deep, Durable; E-Electric, Engine; F-Fast, Forward, Fuel; G-Gear; I-Intake; M-Machine, Maneuver, Metal; O-Oil level, Operate; P-Powerful, Propel, Push; R-Removal, Rotate, Rotor; S-Safety, Single stage, Stop, Snow, Speed, Starter, Switch; T-Throw, Tiring; W-Whirl, Wind, Winter

This month's answer:

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HCTULCHOKENIGNE  
 ELCYCAUGERETNIW  
 SINGLESTAGEARHO  
 RCLOGDRAWROFSGR  
 AAELBARUDETUHCH  
 ELUFREWOPSPEDT  
 LHCTIWSILSLOPEN  
 CBLADERLAVOMERE  
 IGPLPELTEKATNI  
 RNYOPTVEESOLFEN  
 TIWTESUVMINEUTE  
 CROOEABEWINDEAV  
 EINRDFNLRIHWLTN  
 LTSUJDAETAREPOO  
 ENIHCCAMSTARTERC

## JUMBLE

THAT SCRAMBLED WORD GAME  
 by Herd Snow and Mike Anglin

Unscramble these five jumbles, one letter to each square, to form five ordinary words.

**NOPUD**

**DARUG**

**PYNTEL**

**ANNOYE**

Answer:

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

Answers on page 31

# Need a Rate Card?

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## TRIVIALITIES

1. What actor made his big-screen debut in the 1991 film "My Own Private Idaho"?
2. Michael Ritchie directed what 1992 film starring James Woods and Louis Gossett Jr.?
3. Bill Couturie directed what 1996 film starring Matt LeBlanc?
4. In the 1997 film "G.I. Jane," who portrayed the title character?
5. Haley Joel Osment starred as Trevor McKinney in what 2000 film?
6. What actress starred opposite Jim Caviezel in the 2001 film "Angel Eyes"?
7. Who starred as Mary in the 2004 film "The Passion of the Christ"?

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 Answers on page 31

BRIDGE

# Tommy on Tour

By Tannah Hirsch

Both vulnerable. South deals.

NORTH  
 ♠ 7 6 2  
 ♥ Q 8 7 2  
 ♦ J  
 ♣ J 10 8 7 3

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

SOUTH  
 ♠ A Q 8 3  
 ♥ A 6 5 4  
 ♦ A Q 9 3  
 ♣ A

The bidding:  
 SOUTH WEST NORTH EAST  
 1♣ Pass 1♦ Pass  
 1♥ Pass 2♥ Pass  
 4♥ Pass Pass Dbl  
 Pass Pass Pass

Opening lead: Jack of ♠

Trump Coup Tommy, an average player who became a whiz when trumps broke badly, was not an aficionado of tournament bridge; he much preferred the hurly-burly world of rubber bridge. Once in a while, however, he would agree to play in a tournament with some friends. His latest outing was at the Mexican Nationals, where, at the behest of Dr. George Rosenkranz, he agreed to play in the team event. Tommy sat North on this deal, partnered by Rosenkranz.

The one-club opening bid was artificial and forcing, and one diamond was negative. The rest of the

auction was natural and, since the double of four hearts announced to the world that trumps were not going to behave kindly, Tommy was fuming that he had not become declarer. However, he was witness to a virtuoso performance by his partner.

The opening lead of the jack of spades was helpful but did not really matter since South would have to take the spade finesse anyway. Declarer captured the king of spades with the ace, cashed the queen of spades and ace of clubs, then continued with the ace of diamonds and a diamond ruff. A club was ruffed in hand, and a second diamond ruff was the entry for another club ruff in hand.

Declarer had eight tricks in the bag, and was down to ace and one trump in hand opposite a doubleton queen in dummy. East remained with five hearts, and was soon made to regret it. Declarer exited with a plain-suit card. East was forced to ruff and led away from the king of trumps into South's combined ace-queen tenace, allowing declarer to score two trump tricks and the contract.

Ironically, had East held only four trumps, the contract would have been defeated. West can win when declarer exits with a plain suit in the end position and lead a trump through the queen, limiting declarer to only nine tricks instead of ten.

(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.

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

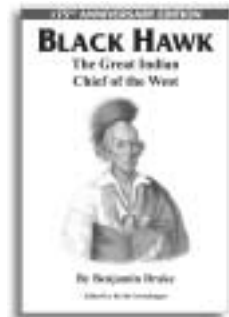
HARD

Solution on page 31

# BLACK HAWK

## The Great Indian Chief of the West

"A few summers ago I was fighting against you. I did wrong, perhaps, but that is past — it is buried — let it be forgotten. Rock river was a beautiful country — I liked my towns, my corn-fields, and the home of my people. I fought for it. It is now yours — keep it as we did — it will produce you good crops." - *Black Hawk*, Fourth of July toast delivered at Fort Madison, Iowa, in 1837



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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# Macadamia nut brittle is an easy holiday

By Wolfgang Puck  
Tribune Media Services

Some of the most thoughtful gifts I know are those from the kitchen. Especially during the holidays, treats that you make yourself and wrap simply but beautifully tell their recipients that you've made an effort to share something special.

Home-baked cookies are among the most popular gifts of food - which is why, in the past, I've shared in this column recipes for several of my mother's favorite Austrian holiday cookies.

But don't limit yourself to cookies. Freshly baked bread can be wonderful, if that's your kitchen specialty. Favorite salad dressings, flavored vinegars or oils, marinades, savory or sweet sauces, spice or herb mixtures or rubs, pickles or preserves: So many good things lend themselves to gift-giving. (But remember that, if you want to give something meant for storage, for safety's sake you must strictly follow the processing, canning, and packaging instructions of a reliable guide on the subject.)

Then there's candy. Just writing or saying the word makes me smile - and giving and receiving it will do the same for anyone.

One of my favorite sweet flavors is caramel, the complex taste you get by cooking sugar syrup until it turns golden brown. Add butter for richness, roasted nuts for texture and flavor, and a touch of sea salt to contrast tantalizingly with the sweetness, and you get one of the all-time classics: the jagged, crunchy treat called brittle.

The only special equipment you need to make brittle successfully is a heavy saucepan, which helps you cook the syrup slowly and steadily, without hot spots or scorching; and a candy thermometer that will let you measure the syrup's temperature accurately, so the finished candy will have the right consistency. (Whenever you work with hot syrups, please be extra attentive and cautious to avoid splatters or spills, especially if you have children around.)

In the brittle recipe I share here,

I feature macadamia nuts, which I especially like for their rich, buttery character. I'm also fond of brittles made with cashews, hazelnuts, almonds, or walnuts - not to mention traditional peanuts. Whatever nuts you use, toast them first to deepen their flavor.

As for wrapping the brittle, the most important thing to remember is that the candy only lives up to its name if stored away from moisture. So put it in cellophane bags tied with ribbon, or in airtight tins or canning jars decorated with bows. I also like to make small gift tags describing what's inside, and suggesting that the brittle is not only good on its own but is also delicious broken into smaller chunks and mixed in a favorite cookie dough or scattered on top of ice cream sundaes.

Now that's a gift that keeps on giving!

## MACADAMIA NUT BRITTLE

Makes about 1 3/4 pounds

- 2 cups unsalted shelled macadamia nuts
- 1 1/4 cups granulated sugar
- 1/3 cup light corn syrup
- 1/3 cup water
- 1/2 pound unsalted butter, cut into small pieces
- 1 teaspoon salt
- 1/2 teaspoon baking soda

Preheat the oven to 350 degrees. Spread the nuts on a baking tray and toast them in the oven until light golden, 8 to 10 minutes, turning the nuts after 5 minutes so they toast evenly. Remove them from the oven and let them cool to room temperature. Put the cooled nuts in a food processor fitted with the stainless-steel blade and pulse the machine a few times to chop them coarsely. Set aside.

Put the sugar in a deep, medium saucepan. Add the corn syrup and water and, over medium heat, bring to a boil. Continue boiling, undisturbed, until a layer of bubbles forms

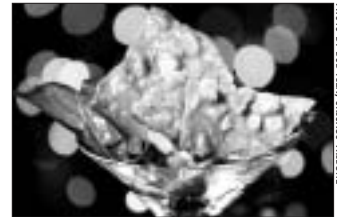
on top, 3 to 4 minutes. Cover the pan with aluminum foil and continue to boil undisturbed for 5 minutes longer.

Remove the foil, add the butter, and stir with a wooden spoon until the butter has melted and combined with the sugar mixture. Continue cooking over medium heat, stirring occasionally, until a candy thermometer inserted into the mixture registers 300 degrees, about 30 minutes. Meanwhile, coat a 12-by-17-inch sheet pan with vegetable oil or spray it with nonstick cooking spray.

As soon as the sugar mixture reaches the desired temperature, immediately but carefully stir in the salt, baking soda and chopped macadamia nuts. Using a long metal spatula, spread the nut mixture as

thinly and evenly as possible over the prepared pan. Leave the brittle to cool to room temperature.

When the brittle is completely cooled and hardened, run a clean, dry towel over the brittle's surface to absorb some of the oil. Carefully cut or tap the brittle with a mallet to break it into irregular pieces. Store in one or more airtight containers at cool room temperature.



Wolfgang Puck's Macadamia Nut Brittle

PHOTO BY BOB HALL, CHICAGO TRIBUNE

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

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## Restaurant Guide

|                                                                                                                                                                                  |                                                                                                                                                                                                  |
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# NOSTALGIA NOTEBOOK

## DECEMBER 1938

### Births

**DECEMBER 8:** Ken Delo, American singer, *The Lawrence Welk Show*  
**DECEMBER 12:** Connie Francis, American singer and actress  
**DECEMBER 15:** Billy Shaw, American football player  
**DECEMBER 16:** Liv Ullmann, Norwegian actress  
**DECEMBER 24:** Bobby Henrich, American baseball player (born in Lawrence, Kan.)  
**DECEMBER 29:** Jon Voight, American actor

### Events

**DECEMBER:** President Roosevelt agrees to loan \$25 million to Chiang Kai-shek, cementing the Sino-American relationship and angering the Japanese government.  
**DECEMBER 16:** MGM releases its successful film version of Charles Dickens's *A Christmas Carol*. The film was originally intended to star Lionel Barrymore as Ebenezer Scrooge, but Barrymore, ill with arthritis, is replaced by Reginald Owen.

## DECEMBER 1948

### Births

**DECEMBER 3:** Ozzy Osbourne, English singer  
**DECEMBER 6:** JoBeth Williams, American actress  
**DECEMBER 21:** Samuel L. Jackson, American actor  
**DECEMBER 27:** Gérard Depardieu, French actor

### Events

**DECEMBER 10:** United Nations General Assembly adopts Universal Declaration of Human Rights.  
**DECEMBER 26:** Last Soviet troops withdraw from North Korea.  
**DECEMBER 28:** Member of Muslim Brotherhood assassinates Egyptian Prime Minister Mahmud Fahmi Nokrashi.  
**DECEMBER 30:** The play *Kiss Me*, Kate opens for the first of 1,077 performances.  
**DECEMBER 31:** 1948 Arab-Israeli War: Israeli troops drive Egyptians from Negev.

## DECEMBER 1958

### Births

**DECEMBER 1:** Charlene Tilton, American actress (*Dallas*)  
**DECEMBER 13:** Lynn-Holly Johnson, American ice skater and actress (*Ice Castles*)  
**DECEMBER 25:** Hanford Dixon, American football player  
**DECEMBER 25:** Rickey Henderson, baseball player  
**DECEMBER 31:** Bebe Neuwirth, American actress (*Cheers*)

### Events

**DECEMBER 1:** At least 90 students and 3 nuns are killed in a fire at Our Lady of the Angels School in Chicago.  
**DECEMBER 9:** The John Birch Society is founded in the USA by Robert Welch, a retired candy manufacturer.  
**DECEMBER 21:** General Charles de Gaulle is elected president of France with 78.5% of the votes.  
**DECEMBER 29:** Rebel troops under Che Guevara begin to invade Santa Clara in Cuba.

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### JUMBLE ANSWERS

Jumbles: POUND GUARD PLENTY ANYONE

Answer: What she became when she taught English again after many years - "RE-NOUNED"

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| S | W | A | N | S | E | R | A | S | W | E | S | T |

### TRIVIALITIES ANSWERS

1. Jim Caviezel 2. "Diggstown" 3. "Ed" 4. Demi Moore 5. "Pay It Forward" 6. Jennifer Lopez 7. Maia Morgenstern

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