

# Kaw Valley Senior Monthly

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February 2004

Serving the Lawrence-Topeka Area's 50 and Better Population

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## Alexios promotes music as therapy

By Billie David

What Lawrence's Tom Alexios enjoys most about his job is the chance to make a difference and, thanks to his position with *Down Beat* magazine, he has found plenty of opportunity to do just that.

"I do special projects for the magazine involving outreach programs and music education," he said.

What that means is that Alexios has harnessed music's many therapeutic benefits to help develop programs that employ rhythm, breathing, physical coordination and graphic arts to benefit people who range in age from young grade-school children to residents of nursing homes.

"From senior citizens to young kids—music has value through both ends of the spectrum," he said.

Part of Alexios' success comes from his abil-

ity to network and brainstorm with other people. For example, when he met Nate Moore, who teaches vocational drafting at William Chrisman High School in Independence, Missouri, the two men began brainstorming about projects they could do.

"He got hold of my name and talked to me," said Moore, who at the time was looking for a service project for his club, Skills USA.

"We threw out some ideas and came up with the idea of drum pads."

Moore's students make the drum pads and Alexios obtains drumsticks from Pro Mark, and together they are distributed to groups of people, young and old, to use for developing wrist mobility, grip and upper body strength. Special needs students at William Chrisman High have also been included in the project, furnishing labor for tasks like sanding



KEVIN GROENHAGEN PHOTO

Tom Alexios

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KEVIN GROENHAGEN PHOTO

Sharon DuBois stands next to a map of the United States. The map includes pins that mark cities she has received Internet orders from.

## Senior Ease finds success online

By Kevin Groenhagen

Sharon DuBois says she has always wanted to have her own business. She had considered starting several different types of businesses, including a small business incubator. A magazine eventually helped her make her decision.

"I read an article about how there are a lot of products out there for seniors, but they can be very difficult to find," DuBois said. "You have to know where to go. Of course, this was pre-Internet."

After researching "products to

make life a little easier" for seniors and those with physical limitations, DuBois in 1991 left her job at a market research company and opened Senior Ease in Topeka's Fairlawn Plaza Mall. The retail store carried non-medical products such as illuminated magnifiers, reachers, and jumbo index playing cards.

While DuBois enjoyed having a retail store, she closed down her storefront in January 1996.

"Topeka is a little too small for that type of a specialty store," DuBois explained. "We had a lot of

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FREE

# Alexios

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and finishing.

But that's not the only benefit. "My kids took the drum pads to a nursing home a couple of years ago, and they saw that people with dementia and strokes were able to do something with their hands that they couldn't do before. They were really impressed," Moore said. "The kids know they make a difference."

Swope Ridge Geriatric Center was one of the recipients of the drum pads. That came about because, typical of Alexios' networking style, he began talking to the passenger sitting next to him on a plane four years ago and learned that she had recently taken a job at the center.

"We talked about my new position, what he did, wellness programs, and how seniors could benefit from music," said Patricia Wyatt, who was the passenger sitting next to Alexios on the plane.

As a result, the center has benefited from two programs, one of which involves the drum pads donated by William Chrisman High students.

"It's exciting watching the residents put music on and play on the drum pads, and it helps eye-hand coordination," Wyatt said. "And the students benefit from working with the residents, forming intergenerational relationships and developing socialization skills."

The other program uses harmonicas that Alexios obtained through networking with the Hohner company, which encourages residents to breathe deeply and exercise their lungs.

Alexios is also working on a program to use the Hohner harmonicas

with inner city children who have asthma to help them increase their lung capacity. "It's not intended to replace conventional medicine, but it can be beneficial to strengthen lungs," he explained, adding that he is also working on a program that would use guitars to help stroke victims improve finger dexterity.

Lawrence Memorial Hospital (LMH) has benefited from the projects that Alexios has worked on. Sheryle D'Amico, director of rehabilitation services, met Alexios through her stepson, who is friends with Alexios' son.

"It was an interesting match," D'Amico said of their meeting. "He knew who I was, and he was already working for *Down Beat*, and we put two and two together."

This led to introducing the drumstick and drum pad program at LMH. "We use them with patients in the rehabilitation process," D'Amico said, explaining that someone who has had a stroke, for example, may lose strength in their hands and their muscle tone may be too tight or too loose.

"The rhythmic movement relaxes the muscle, helps the grip and helps break the monotony," she added. "It's a nice way to work with fine motor control by having people grip the drumsticks. Therapy is hard work, and this can make hard tasks more fun for patients."

Not only has Alexios involved high school students in the project, but he also brought in Donnell Bennett, who played for the Kansas City Chiefs at the time and who also plays the drums. To the patients' delight, Bennett showed them how to hold the drumsticks and also performed for them.

Alexios also has worked with the respiratory therapy director at LMH to introduce the harmonica program

there. "We haven't done the guitars yet, but we have talked about it," D'Amico said. "I'm sure it will be my next project with Tom. The guitar has similar benefits on fine motor control and relaxing the muscles."

Another project Alexios is involved in, also developed through networking, involves high school students in graphic arts teacher Mario Jordan's class at the Paseo Academy of Fine and Performing Arts, which is a Kansas City magnet school.

Jordan was introduced to Alexios through the school's music teacher. After discussing various ideas, the two came up with a project in which students would design an interactive workbook for elementary students, aiming at a third-grade audience level.

So far, Paseo graphic arts students have completed a jazz workbook and are working on a blues workbook and an ABCs of music workbook. Some of the workbooks have gone to students in Sunflower Elementary School in Lawrence.

"It helps make sure the next generation has a sensitivity to the arts," Alexios said of the project.

Alexios' position with *Down Beat* has also put him in touch with members of Duke Ellington's family, with whom he is working to make Ellington's music available, free of charge, to school libraries.

Alexios has his background in music promotion to thank for his job with *Down Beat*. "I've been around concerts for years," he said, explaining that he started with small concerts while living in Florida and continued after moving to Lawrence in the early 1970s.

Alexios eventually started doing jobs for *Down Beat* about 12 years ago. It was there that he met Jack Maher, who was owner and president of Maher Publications, which

includes *Down Beat*.

"He took a liking to me," Alexios said. "Part of his values was giving something back and I fit into being an instrument of his values."

It was also through Maher that Alexios has had the opportunity to visit the White House, meet numerous jazz greats, have a music group perform at Carnegie Hall, become involved with the Smithsonian Institute and the Duke Ellington family, and help numerous youngsters obtain music scholarships.

For the future, Alexios said, he hopes for good health and the luxury of continuing with his work.

Other people hope so, too. "I have a lot of appreciation for Tom," D'Amico said. "It is interesting how he can network and get things done, and he does it very quietly, behind the scenes. He's had an impact on a lot of people."

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## Look Who's


The following celebrities turn 60 in February:

- Feb. 6 **Bonnie Franklin**, actress, *One Day At A Time*
- Feb. 10 **Frank Sinatra, Jr.**, actor, singer
- Feb. 12 **Joe Frazier**, boxer, world heavyweight champion (1970-73)
- Feb. 16 **Jim Stafford**, country musician, "Spiders and Snakes"
- Feb. 26 **Angela Davis**, activist, Communist Party, Black Panthers

Compiled by Kevin Groenhagen,  
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# Senior Ease

CONTINUED FROM PAGE ONE

faithful and enthusiastic customers, but just not enough."

DuBois, who has a degree in mathematics, immediately went to work in ASA Marketing Group's research department. ASA Marketing, which is also located in Fairlawn Plaza, had been Senior Ease's advertising agency, and DuBois had become friends with Jim Deines, the agency's chairman of the board.

"Jim encouraged me to continue Senior Ease online," DuBois said. "I've been on the Internet ever since I closed the store."

Using e-commerce software, DuBois put together her own web site at [www.seniorease.com](http://www.seniorease.com), which includes her complete catalog of about 50 products. Through the use of keywords such as "grabbers," "disability products," "dressing aids," and "toilet riser," those looking for these and other products can find Senior Ease's web site when doing a search on the Internet. Now, instead of having customers in just the Topeka area, DuBois customers can be found from coast to coast.

"I have also sent things to Wales, Italy, and other countries," DuBois said. "And I recently had an inquiry from Kenya."

DuBois' online catalog includes many of the same products that she offered at Fairlawn Plaza. However, she has noticed that what sells well online is different from what sold well in her store at the mall.

"When I had my store, the most popular items were reachers and magnifying mirrors," DuBois said. "On the Internet, the most popular items are toilet risers. Except in the most common size, toilet risers are very hard to find."

A toilet riser adds height to a toilet and makes sitting and rising easier. DuBois carries 2", 4" and 6" risers, all of which are available in two different shapes.

"The things that sold well in the stores were things that you could handle and see how they work, such as sock aids" DuBois said. "On the Internet, it's sometimes difficult to tell how something works from just a picture."

Although most of her customers are now from outside of the Topeka area, DuBois continues to have many local customers who were custom-

ers when her store was open. She has even gained a few local customers via the Internet.

"I had an order through the Internet the other day," DuBois said. "I looked at the customer's address, picked up the phone, called her and asked, 'Would you like me to walk down there and give this to you?' It turned out that she lives right down the street, so we met halfway. I don't know if she actually knew if I was in Topeka or not."

DuBois' normal means of delivery is through the United States Postal Service, and she has an arrangement that would make most businesspeople envious.

"My neighbor is the Postmaster at the Meriden post office," DuBois said. "I package everything here and send it via priority mail. I take the packages to my neighbor, and then she takes them to work with her. I have an account at the post office and they just deduct from it when packages are mailed."

While DuBois enjoys having the Senior Ease catalog online and getting new customers from other parts of the country and the world, she hasn't given up on the idea of operating a retail store again.

"It seemed like an awfully good idea in 1991, and it's still a good idea," DuBois said. "I've been thinking about having a shipping center with a showroom that would act as the retail space. That would be less expensive than regular retail space. I may yet do that. A storefront in Kansas City would probably work because of the larger number of people within driving distance."

One of the things DuBois misses most about having a retail store is that she was able to talk to people all the time. Given the difficulty of actually talking to people online, DuBois now enjoys getting out and talking at retirement communities and to groups about the products she has available. She invites groups interested in learning more about her products to call her at 1-877-355-5888, or at 271-6975 in the Topeka area.

In addition to Senior Ease's online catalog, a free 28-page catalog is sent to those who order via the Internet. This catalog can also be ordered by sending \$2.00 to Senior Ease, PO Box 67323, Topeka, KS, 66667-0323. The catalog comes with a coupon worth \$2.00 off a customer's first order.

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# SENIOR FORUM

## Take notes when a loved one receives medical treatment

By Kent S. Collins

DEAR SENIOR FORUM: Dad was hospitalized three times during the year before he died. In the subsequent 16 months, the family has been stalled by the bureaucracy of his dying and death.

The paperwork is endless. The solutions are never clear. Issues we struggle with today relate to episodes in November 2002 and before. No one remembers enough of his hospital time to fill-in-the-blanks now. (The insurance company wants to know if Dad got this treatment or that medicine. We do not remember. Nor can we remember what dates he moved from ICU to another floor and then back to ICU.) The confusion of it all has the family at odds.

Dad would be mad that we seem more worried about the mechanics than about the loss of him. Any suggestions for making sense of the bills and insurance, estate and paperwork? — Daughter Writing for Two Brothers and Mom

DEAR DAUGHTER: It is too late to make sense of your confusion. Just work to protect your mom from the anguish of it all. And keep in touch with the agencies expecting your paperwork so they can note in the computers that you are trying to respond.

But there is a lesson in your story for all others: Take notes.

Here are some notes about taking notes:

Next time you go to the hospital with a loved one, take a notebook. Maybe you will not remember it in the rush behind the ambulance. But buy one at the hospital gift shop.

Then, jot notes on every conversation with everyone tending to your loved one.

At first flush, in the panic atmosphere of the hospital waiting room, doctors and nurses will give updates. Repeat back to each their key messages and make a note of them. Make a note of timetables, procedures to be performed and questions about the patient's health history.

Friends and churchmen will come next to the waiting room, to comfort family and offer prayers. Make notes about the visitors and the help offered. This will make thank-you-note-writing easier in a week or a month.

When the crisis ebbs and the

long haul of hospital or home care begins, hospital billing and insurance claims people will politely call. Notes will help you manage the billers and the insurers, who sometimes conflict.

Later, in the worst-case scenarios, attorneys will have to try to figure out estate issues and maybe Medicaid matters. Notes taken like a good college freshman will help to manage family discussions about options.

What happens at the hospital and in the difficult early days when a patient returns home is that instructions, explanations and suggestions get lost or at least fuzzy. A notebook retrieves it all.

Two additional significant bene-

fits of a notebook for the loved ones and managers of an elderly person in medical or legal distress:

The people jotted into the notebook forget what they tell their many patients and customers and clients. Family and managers have to recheck notes to keep those care vendors on track. Lawyers and case workers talk about their "narratives" of conversations with you — their own notes of what they said, offered and recommended. You need a narrative as well.

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# HEALTH

## Get medical help at home

One reason that prescription drug funding is so important for senior citizens is that medications that treat conditions such as diabetes and heart disease keep seniors healthy and living at home. This focus on maintaining independence is also a core feature of many Medicare programs, which provide home-based benefits to a surprising and vital extent.

What are these home-care benefits? How do you qualify for them? And how can we preserve these ben-



Laura Bennetts

efits in the future?

### Wellness Begins at Home

Health care in the home has been a growing part of Medicare since the 1980s, when efforts were begun to monitor and reduce the average length of hospital stays for people with different medical needs. Your mother may have been hospitalized for up to three weeks after a Caesarean-section birth. Now, hospital stays are shorter, thanks both to medical advances and to determined efforts to discharge patients when they no longer need intensive nursing care. Correspondingly, as people spend less time hospitalized, they need more help in other settings—including, not least, the home.

This help is provided by Home Health agencies, outpatient health clinics, hospices, and durable medical equipment providers.

### Home Health

What exactly is a Home Health agency, and how can you find one? Good questions! Home Health agencies are special Medicare-certified health care organizations that are authorized to provide in-home services to seniors. These services are provided under Medicare as an extension or substitute for hospital treatment for people whose doctors certify that they are homebound.

You're "homebound" if you're medically unable to leave your house except to see your doctor. (Medicare clients see their doctors at least every 60 days.) Home health agencies get Medicare funds to provide skilled in-

home nursing, physical therapy, occupational therapy, speech therapy, and bath assistance for the homebound. Once you recover enough to go to church, visit friends, and eat out, you no longer qualify as homebound (this is true, unfortunately, even if you're still unable to drive your car).

### Outpatient Services

Outpatient services—including doctor visits, lab tests, and therapy—are also covered by Medicare. Most of these services are provided in clinics, but some are available in your home. Sometimes a doctor (or a nurse, with a doctor's order) may provide care in your home. Medicare covers these visits. Home-based therapy is also covered, since it is well understood that this is not only convenient but, in fact, the most cost-effective way to keep seniors living safely in their own homes. In Kansas, any therapy clinic which provides home therapy must be licensed to do this, and is surveyed annually by the Kansas Department of Aging.

Therapy is provided at home even to those who are not homebound. Many people benefit from in-home therapy to increase strength and balance, to improve home safety, to set up home exercise programs, to manage pain, and to solve swallowing and speech problems. To receive physical therapy, occupational therapy, or speech therapy in home, all you need is a doctor's therapy order and a visit to your doctor every 30 days while you receive therapy.

### Medical Equipment

Under some circumstances, Medicare will purchase wheelchairs, walkers and hospital beds for home use. Medicare also provides portable liquid oxygen tanks, and "concentrators" to draw oxygen from the air, for patients who need oxygen continuously (as evaluated and prescribed by their doctor). All medical equipment of this kind is delivered and maintained by durable medical equipment companies recognized by Medicare.

### Hospice Help

Hospice care is available for terminally ill patients. Such services neither hasten nor postpone death. They are offered, rather, to manage pain and provide end-of-life care, again with the assistance of highly skilled nurses, therapists, and bath aides. Social work and chaplain ser-

vices are also available, not only for patients but for their families as well. Many medication costs are also covered under Medicare hospice care. And you can receive hospice care wherever you live: at home or in a nursing home, an assisted living facility, or an independent living center.

### The Comforts of Home

As the senior population doubles in the next decade, home-based services will become increasingly popular, common, and cost-effective. The benefits are clear. Starting home care when a senior first becomes immobile can prevent hospitalization. And if you are hospitalized—say, for surgery—home care after you leave the hospital can facilitate healing and prevent re-hospitalization. Social workers in the hospital will help you establish the home care regimen you need when you leave the hospital.

Make sure you get the help that Medicare offers. Stay informed and tell your doctor what you feel you need. And when you do use home-based health services, tell your representatives in Congress that you benefited from health care in your own home. You need the help and they need to know.

- Laura Bennetts, MS RPT, is a physical therapist with 20 years' experience. She co-owns Lawrence Therapy Services LLC, 785-842-0656, and Baldwin Therapy Services, 785-594-3162. For answers to therapy-related questions, please write to Laura either at her e-mail address, [laurabennetts@hotmail.com](mailto:laurabennetts@hotmail.com), or via Senior Monthly.



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# HEALTH

## Water, the forgotten medicine

The United States has one of the safest water supplies in the world. However, national statistics don't tell you specifically about the quality and safety of the water coming out of your tap. That's because drinking water quality varies from place to place, depending on the condition of the source water from which it is drawn and the treatment it receives.

Where does the drinking water that you are drinking come from? A clean, constant supply of drinking water is essential to every community.



Dr.  
Farhang  
Khosh

People in large cities frequently drink water that comes from surface water sources, such as lakes, rivers, and reservoirs. Sometimes these sources are close to the community. Other times, drinking water suppliers get their water from sources many miles away. In either case, when you think about where your drinking water comes from, it's important to consider not just the part of the river or lake that you can see, but the entire watershed. The watershed is the land area over which water flows into the river, lake, or reservoir.

In rural areas, people are more likely to drink ground water that was pumped from a well. These wells tap into aquifers—the natural reservoirs under the earth's surface—that may span the borders of many states. As with surface water, it is important to remember that activities many miles away from you may affect the quality of ground water.

Water is a vital part of the human body. Drinking water helps almost every part of the human body function. Considering that our bodies are almost two-thirds water, it is easy to understand the important role that water plays in the body. Some of the health benefits from drinking water include the following:

1. Increase in energy.
2. Perform mental and physical tasks better.
3. Increases the body's ability to lose weight.
4. Reduces headaches.

5. Decreases dizziness.
6. Reduces blood pressure.
7. Helps with digestion and converting your food into energy.
8. Facilitates in the elimination of waste products from our body.
9. Maintains skin integrity.

How much water should a person drink a day? Recent data from the Mayo Clinic states that you should aim for ½ oz. of water per pound of body weight. So, for example, if you weigh 120 pounds, you would be drinking 60 ounces of water, or 7.5 cups of water per day. My personal view on how much water a person should drink is 1½ times as much as the above recommendation.

What are the signs and symptoms of dehydration? The most common signs and symptoms are the following:

1. Persistent fatigue
2. Lethargy
3. Muscle weakness or cramps
4. Headaches
5. Dizziness
6. Nausea
7. Confusion
8. Forgetfulness
9. Deep rapid breathing
10. Increased heart rate.

Dehydration is a very serious condition, more than most people realize. Since seniors often have a reduced sense of thirst, dehydration is one of the most frequent causes of hospitalization after age 65. If you or a loved one has any of these symptoms, and they have persisted for two to three days, call your doctor immediately...or go to a hospital emergency room. If

left untreated, dehydration can quickly cause more severe problems.

What counts as a glass of water? Simply... a glass of water. Items such as fruit juices, coffee, tea, soda pop, alcohol do not count as water. These items may have a high sugar content or the chemicals that they contain tend to cause dehydration instead of hydration. In addition, drinks that contain caffeine and other chemicals can be a burden to the digestive system. The phosphorus content in cola drinks is so high that it can lead to a calcium/phosphorus imbalance and contribute to bone loss leading to osteoporosis.

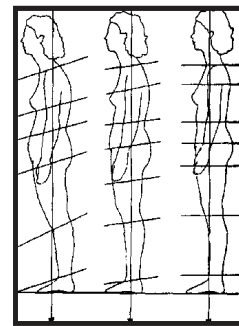
The first glasses of water in the morning are extremely important because you are reversing any mild dehydration that may have occurred overnight. Most people cut off their water consumption a couple of hours before bedtime in order to prevent having to get up at night to use the bathroom. So upon waking most people may have a mild case of dehydration. It is best to drink water on an empty stomach or between meals. Otherwise, water or any drink during a meal can dilute the important enzymes needed to digest your food. If you are getting bored with drinking plain water, try a lemon, lime or oranges can be added to refresh your drink.

In closing, there are some medical conditions where people should limit their water consumption. People with kidney problems or other conditions in which fluid intake needs to be limited should be following their doctor's recommendations. Otherwise, start your morning with a nice glass of water and see how much better you feel that day.

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

## What is Roling?

Through ten sessions of soft tissue manipulation, a Rolfer uses his hands to systematically stretch and guide the client's body to a place of easier and more efficient movement. The results are that people stand taller, straighter, and move more freely with better balance.



## Who Gets Rolfed?

- People in chronic pain resulting from physical injury, repetitive motion, surgery or misuse of their bodies.
- People whose spines need frequent adjustments.
- People involved in sports, aerobics, yoga, dance and running who want to improve performance and reduce risk of injury.
- People in high stress, tense, or physically demanding life styles.
- People who want more than a massage.
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- People who want more harmony in their lives.
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# FINANCES

## Beyond globalization

Today, many people are asking, "Will the U.S. economy survive the loss of jobs to low-wage countries such as China and India? The question raises some frightening prospects. But, in reality, there are solid reasons to be optimistic.

Of course, the concern about job flight is real. Some investors fear that the loss of jobs has moved beyond manufacturing and into the service sector. Others worry about our growing trade deficit with countries like



Harley Catlin and Ryan Catlin

China.

### Troubling News in the Job Market?

The recent job picture has not been bright. Jobs were lost during the latest economic downturn, and job growth has been slow to pick up in the economic recovery. But this is partially due to the fact that the latest recession, which officially ended in November 2001, was one of the mildest on record. The unemployment rate peaked at 6 percent, compared with 8 percent in 1992 and 10.8 percent in 1982. Because fewer workers were laid off in the recession, fewer workers had to be rehired when the economy started to grow again.

And yet, there is certainly no shortage of negative news on the job front. Consider the following:

- Levi Strauss announced that it will close its last remaining U.S. factory and lay off 2,000 workers.
- The Big Three automakers could shrink their work forces by an additional 50,000 jobs over the next five years.
- More than 3 million service jobs could be relocated offshore by 2015.

So what does this mean for our economy going forward?

### Better Days Ahead

Let's look at some factors that may point toward a more positive economic outlook.

1. We are not alone in dealing with some of these problems. Primarily due to rising productivity, many countries—even China—have

lost manufacturing jobs. From 1995 to 2002, the world's 20 largest economies lost 22 million manufacturing jobs. China lost 15 million factory jobs over that period—far more than the 2 million manufacturing jobs that were lost in the U.S.

2. The export of jobs may not be as severe as it seems. The relocation of U.S. production to overseas affiliates accounts for 300,000-500,000 job losses over the past three years. While these numbers are significant, they are quite small (about 0.1 percent of employment per year) relative to the whole economy. A study by the U.S.-China Security Review Commission conducted in late 2000 to early 2001 found annual relocation of 70,000 jobs to China and 60,000 to Mexico.

3. The dynamic U.S. economy may destroy jobs, but it creates them, too. Many former manufacturing employees have been retrained and redeployed. After three years or job losses, the current U.S. unemployment rate is right where it was in 1979, before the steady decline in manufacturing jobs began.

If the market value of stocks can be used as a rough estimate of the relative importance of different sectors to the U.S. economy, the chart below provides a powerful illustration of the changing nature of our economy over the last 100 years:

Percent of Market Value by Sector	2000	1950	1899
	Information Technology	23.1	0.0
Banks & Finance	12.9	0.7	6.7
Pharmaceuticals	11.2	0.8	0.0
Retailers	5.6	6.7	0.1
Telecommunications	5.6	6.0	3.9
Oil & Gas	5.2	16.4	0.0
Diversified industrials	5.1	2.0	0.0
Insurance	4.9	0.4	0.0
Utilities	3.8	8.3	4.8
Media & Photography	2.5	1.0	0.0
Breweries & Distillers	0.4	0.7	0.3
Mining	0.0	1.1	0.0
Sectors that are small in 2001	19.7	55.9	84.2
Totals	100%	100%	100%

Source: *Triumph of the Optimists: 101 Years of Global Investment Returns*. Sectors based on 2001 classifications.

### A Growing Service Sector

For 50 years the U.S. has been transitioning from a manufacturing-based economy to a service-oriented one. Manufacturing employment peaked in 1979 at 19 million workers; it has fallen ever since. Manufacturing output as a percentage of U.S. gross domestic product has been declining since 1950, when manufacturing stocks represented 53 percent

of the value of the U.S. stock market. Today, they represent about 14 percent.

In the long run, more service jobs may well be relocated to countries that offer a well-educated workforce willing to work for lower wages. Telemarketing, computer programming and technical support are a few examples of service jobs that have been sent to other countries.

However, many more service jobs are being created in the U.S. in fields where this "outsourcing" has been impractical. Examples include auditing, health care and financial services.

### Going Forward

The impact of a plant closing on a factory worker, the worker's family and the town can be devastating. As

we move into an election year, anyone running for public office would be well-advised to carefully think through policies that can help individuals cope with the enormous dislocation caused by global economic forces.

But as an investor, you should not fear globalization. Instead, you might want to invest in securities that may be well-positioned to take advantage of these profound changes in our global economy. Good investment opportunities are out there today—and they'll be there tomorrow.

- 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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## Mental Health Services for Older Adults

Are you or someone you know experiencing

- Persistent sadness?
- Anxiety?
- Chronic aches and pains with no apparent cause?
- Feeling like giving up?
- Confused/getting lost?
- Don't know where to turn?

Lawrence Memorial Hospital specializes in assessing and treating the needs of the senior adult population.

Call for free consultation.

IF SOMEONE YOU KNOW NEEDS HELP  
CALL 785-749-6298  
BECAUSE MENTAL HEALTH MATTERS



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[www.lmh.org](http://www.lmh.org)



# Valley Springs Senior Housing

Our brand new seniors community located in beautiful De Soto, Kansas, will be open soon. We offer luxurious contemporary country living for active seniors over 55 who enjoy country life and good neighbors.



Offering One & Two Bedroom Apartments  
650 or 935 Sq. Ft.



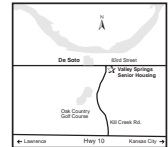
- Beautiful, spacious 1 and 2 bedroom Garden Apartments
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Spaces are filling up quickly. Call now and secure your apartment today!

## Valley Springs Senior Housing

31604 West 83rd Circle • De Soto, KS 66018  
Office (913) 585-9998 • Fax (913) 585-9967  
E-Mail: desotovalleysprings@hotmail.com



## Senior Apartments with a Satisfying Twist!

Just right for adults 55 years or better.  
Peaceful country living is now at your fingertips



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### Special Features:

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- In unit washer/dryer hook ups & laundry facilities
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- Senior meal site

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Valley Springs is just the right place for adults 55 years or better!

### Valley Springs Assisted Living

- Private rooms with expanded basic cable TV
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- 24-hour nursing care & health monitoring
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- 3 levels of care individualized to your needs
- 3 nutritious meals & bedtime snack daily
- Telephone hookups & emergency call system

### Valley Springs Senior Housing

- One & two bedroom apartments
- Full appliances with washer/dryer hookups
- Water & trash service
- Outside storage & patio
- Cable TV & telephone hookups
- Handicap accessible entry & bathrooms
- Meals, transportation & housekeeping at a fee
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Income eligibility requirements apply



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Auburn, KS 66402-9464  
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Moving Assistance available for Valley Springs Senior Housing, Pinecrest III and Valley Springs Residential Retirement Homes

# HEALTH CARE

## Overusing our ERs puts burden on system

Ever wonder why emergency room waiting areas always seem filled with people waiting for hours to get care? One of the major reasons is that millions of Americans each year use ERs for routine medical care, not for true emergencies. Last year, there were about 10 million visits to ERs

lose out on the opportunity to build a relationship with your doctor or discuss preventive measures. Third, your immediate, acute need is often treated without the benefit of the knowledge of your health history, and with little opportunity for follow-up.



Ralph H. Weber, MD

In a true emergency, you shouldn't hesitate to go to the ER. If possible, call ahead to let them know you are coming. Also, call your doctor's office so he or she can share your important medical information with the ER staff. A true emergency involves a medical condition of recent onset and severity that would lead a reasonable person to believe that the absence of immediate medical attention could result in one of the following:

- Placing the health of the individual in serious jeopardy.
- Serious impairment to bodily function.
- Serious dysfunction of any bodily organ or part.

However, if your condition doesn't meet this criteria, call your doctor's office or answering service first. Allow him or her to decide if you should treat your symptoms with self-care, visit his or her office, or go to the emergency room.

One of the best ways to reduce health care costs is to limit trips to the emergency room to true emergencies—urgent or life-threatening

for non-emergency care.

In Kansas, the average emergency room visit costs around \$300, while the average charge for a visit to the doctor's office is around \$55. Those figures do not include the additional costs of tests, lab work or procedures that might be necessary to make a diagnosis or to give treatment. Unnecessary ER visits can delay care for people with true emergencies, and raises the cost of health care for all of us.

On top of the huge waste of money and medical resources, the true tragedy is this: the ER is about the worst place to get routine medical care. First, you use the valuable time of a specialist who is trained for trauma situations. Second, you

medical problems—and build a relationship with a primary care physician for routine care. It's a healthy way to keep health care affordable.  
- Ralph H. Weber, MD, is vice pres-

ident of medical affairs for Blue Cross and Blue Shield of Kansas. He spent 10 years in private practice in Salina before joining the health insurer in 1988. He was promoted to vice president in 1990.

### When Your Doctor Orders Occupational Therapy, Choose Lawrence Therapy Services and Baldwin Therapy Services

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# INVADING HORDE

Now in Topeka!

"As powerful as they are today, consumers over 50 have an invading horde at their backs. Within a decade, the boomers will make the over-50 group the fastest-growing and most powerful buying block of our times."

These words were written 12 years ago by Ken Dychtwald, author of *Age Wave*. Now that the invading horde has arrived, why not use *Kaw Valley Senior Monthly* to reach its members.

Kaw Valley SeniorMonthly

Call Kevin At 785-841-9417 for advertising rates.

# COOKING LIGHT

## Chocolate strawberries with mint dip

By **Melanie Barnard**

**B**e sure the berries are completely dry so the chocolate will adhere. Dipped strawberries need to be refrigerated for a few minutes so the chocolate can set, but they are best served at room temperature within a couple of hours of preparation.

- 16 strawberries with stems
- 3 ounces bittersweet chocolate, coarsely chopped
- 1/4 teaspoon peppermint extract
- 1 (8-ounce) carton vanilla fat-free yogurt
- 1. Rinse berries; pat dry.
- 2. Place chocolate in a medium

## Thyme-coated pork tenderloin

By **Maureen Callahan**

**F**or family meals, roll pork tenderloin in a mixture of fresh breadcrumbs, dried thyme, and dried onion flakes. Day-old bread makes superior crumbs.

- 1 teaspoon dried thyme
- 1 teaspoon instant onion flakes
- 1 slice day-old hearty white bread (such as Pepperidge Farm), torn
- 2 large egg whites, lightly beaten
- 1 (1-pound) pork tenderloin, trimmed
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

1. Preheat oven to 400 degrees.  
2. Place thyme, onion, and bread in a food processor; pulse until fine breadcrumbs measure 1/3 cup. Place breadcrumb mixture in a shallow dish. Place egg whites in a shallow dish. Sprinkle pork with salt and pepper. Dip pork in egg whites; dredge in breadcrumb mixture. Place pork on a broiler pan coated with cooking spray. Bake at 400 degrees for 30 minutes or until a thermometer registers 155 degrees. Let stand 5 minutes.

Cut into 1/4-inch-thick slices. Yield: 4 servings (serving size: 3 ounces).

CALORIES 165 (22 percent from fat); FAT 4.1g (sat 1.3g, mono 1.5g, poly 0.3g); PROTEIN 25.1g; CARB 5.5g; FIBER 0.8g; CHOL 63mg; IRON 1.7mg; SODIUM 267mg; CALC 17mg.

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late drip off. Place on a wax paper-lined baking sheet.

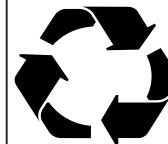
Chill strawberries 5 minutes or until set.

3. Combine peppermint extract and yogurt; serve with strawberries. Yield: 4 servings (serving size: 4 strawberries and 1/4 cup dip).

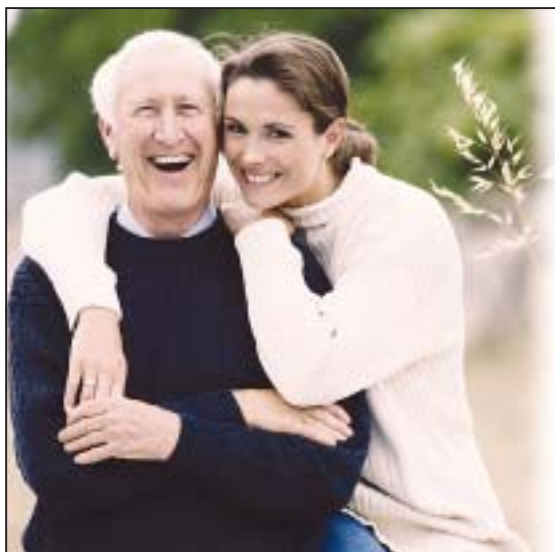
CALORIES 204 (34 percent from fat); FAT 7.7g (sat 4.5g, mono 0.7g, poly 0.3g); PROTEIN 5g; CARB

29.7g; FIBER 4.1g; CHOL 2mg; IRON 0.6mg; SODIUM 41mg; CALC 117mg.

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



### Does someone you love have a hearing problem?

*Come to our Open House to learn how to motivate a loved one towards better hearing.*

Hosted By: **MARSTON HEARING CENTER**

Date: Wednesday, February 11

Time: 1-4 p.m.

Place: Lawrence Medical Plaza, 1112 West Sixth, Suite 100

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Executive Director - Andrea Graham



# CALENDAR

## ART/ENTERTAINMENT

FEB 1-FEB 8

### NURSE JANE GOES TO HAWAII

When a romance writer sets out to experience her first love affair she sets off a chain of hilarious events.

LAWRENCE COMMUNITY THEATRE,  
785-843-7469  
www.community.lawrence.com/  
communitytheatre/

FEB 6-8

### HIDDEN ART LOCKED AWAY

Annual show and sale of various mediums of art created by Leavenworth prison inmates.

LEAVENWORTH, 800-844-4114

FEB 7

### CANADIAN BRASS

The full, rich tones of the Canadian Brass will entertain audiences, from hardcore chamber music fans to casual listeners.

LAWRENCE, 785-864-2787  
www.ku.edu/~lied

FEB 13-29

### CHICAGO, THE MUSICAL

This satirical tale of murder and jazz-age corruption features a dazzling musical score and high energy dancing.

SALINA, 877-414-2367  
www.salinatheatre.com

FEB 13

### JOANNE SHENANDOAH

Native-American vocalist who embodies the culture and traditions of the past and launches the new century.

LAWRENCE, 785-864-2787  
www.ku.edu/~lied

FEB 17-18

### CATS

Andrew Lloyd Webber's play based on T.S. Eliot's Old Possum's Book of Practical Cats.

LAWRENCE, 785-864-2787  
www.ku.edu/~lied

FEB 22

### ST. LAWRENCE STRING QUARTET

Accomplished ensemble will perform a work commissioned by the Lied Center entitled "Dreams and Prayers of Isaac the Blind."

LAWRENCE, 785-864-2787  
www.ku.edu/~lied

FEB 26

### LOS ANGELES GUITAR QUARTET

Four of the world's hottest guitarists present a rousing performance, creating a scintillating program of jazz, classical, and world music.

LAWRENCE, 785-864-2787  
www.ku.edu/~lied

FEB 27-28

### CHOREOGRAPHER'S SHOWCASE

12th annual Choreographer's Showcase will be held at the Lawrence Arts Center. Features works by choreographers residing in Lawrence and the greater Kansas City area.

Lawrence Arts Center, 940 New Hampshire,  
7:30 p.m.  
LAWRENCE, 785-843-ARTS

MAR 6

### SENIOR CLASS

A great offshoot from TCTA's widely successful company, LAUGHING MATTERS, SENIOR CLASS is another zany troupe of improv comedians. Only this time, the company is made up entirely of actors over 55 years old! This group defines life in the golden years as a terrifically fun-filled trip! Doors open at 7 p.m. Show starts at 8 p.m.

TOPEKA, 785-357-5211  
www.topekacivictheatre.com

## BINGO

SUNDAYS

### KNIGHTS OF COLUMBUS HALL

2206 E. 23RD ST., LAWRENCE, 6:30 PM,  
785-842-2699

SUNDAYS & TUESDAYS

### AMERICAN LEGION POST NO. 1

3800 SE MICHIGAN AVE, TOPEKA,  
6:30 PM, 785-267-1923

MONDAYS & THURSDAYS

### AMERICAN LEGION POST NO. 400

3029 NW US HIGHWAY 24, TOPEKA,  
6:30 PM, 785-296-9400

MONDAYS & SATURDAYS

### LEGIONACRES

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

TUESDAYS

### VETERANS OF FOREIGN WARS

138 ALABAMA, LAWRENCE, 6:55 PM,  
785-843-2078

WEDNESDAYS & 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

## CLASSES/LECTURES

FEB 4

### BLEEDING KANSAS LECTURE SERIES

A series of talks and reenactments on the violent conflict over the slavery issue in Kansas Territory from 1854 to 1861.

LECOMPTON, 785-887-6520  
www.lecomptonkansas.org

FEB 21

### PIONEER AFRICAN AMERICANS AT THE UNIVERSITY OF KANSAS: A STORY OF STRUGGLE AND SUCCESS

Lecture presented by Amber Kendrick. Watkins Community Museum of History, 1047 Massachusetts, 2:00 p.m.

LAWRENCE, 785-841-4109

FEB 26

### THE REMBRANDT RESEARCH PROJECT: ISSUES AND CONTROVERSIES

Presented by Linda Stone-Ferrier. Humanities Lecture Series. Spencer Museum of Art Auditorium, University of Kansas.

LAWRENCE, 785864-4798

FEB 28

### AMERICAN CHAPLAINS IN THE VIETNAM WAR

Lecture presented by Brad Carter, instructor, Kansas University American Studies Department. Carter discusses the role chaplains played in the Vietnam War. Watkins Community Museum of History, 1047 Massachusetts, 2:00 p.m.

LAWRENCE, 785-841-4109

## EXHIBITS

FEB 1-SEP 2004

### VIETNAM EXHIBIT

Tribute to Vietnam veterans from Douglas County. Memories of the 1960s, as well as many artifacts, letters, clothing, etc. contributed by veterans. Watkins Community Museum of History, 1047 Massachusetts.

LAWRENCE, 785-841-4109

FEB 1-APR 4

### NOT OF THIS WORLD: A JOURNEY INTO THE MONASTIC LIFE

Experience the stillness and mystical chant of the ancient monasteries of Russia, Serbia, Syria, and Greece.

TOPEKA, 785-785-234-5993  
www.orthodoxmuseum.org

FEB 1-8

### EXHIBIT: TO BUILD A RICH COLLECTION

Selected works from the permanent collection of the Beach Museum of Art.

MANHATTAN, 785-532-7718  
www.ksu.edu/bma

FEB 14-29

### LINGERIE OF THE PAST 150 YEARS

This display focuses on the various undergarments that have been worn over the past 150 years. Watkins Community Museum of History, 1047 Massachusetts.

LAWRENCE, 785-841-4109

FEB 27-29

### LAWRENCE LAWN, GARDEN, AND HOME SHOW

Outstanding show with new, innovative, and exciting exhibits and demonstrations to help start planning your gardens, landscaping, and remodeling projects.

LAWRENCE, 785-843-7058  
www.visitlawrence.com

## FESTIVALS/FAIRS

FEB 7-15

### VALENTINE'S DAY AT LANESFIELD

Visit the 1904 schoolhouse decorated for Valentine's Day. Learn about Valentine's Day traditions and make an old-fashioned valentine.

EDGERTON, 913-893-6645  
www.jocomuseum.org

FEB 27-28

### KANSAS SILENT FILM FESTIVAL

8th annual Kansas Silent Film Festival will be held on February 27 from 7-10 p.m. and February 28 from 10 a.m.-10 p.m. (with breaks for lunch and dinner). Festival is free and open to the public. Live organ or orchestra music will accompany each film.

White Concert Hall, Washburn University.  
TOPEKA, www.kssilentfilmfest.org

## HEALTH

FIRST TUESDAY OF EACH MONTH

### HEALTH SCREENING CLINIC

Lawrence-Douglas County Health Department.

LECOMPTON COMMUNITY BUILDING  
9:30-10:30 AM

TUESDAYS AND THURSDAYS

### BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

WEDNESDAYS

### HEALTH SCREENING CLINIC

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

BABCOCK PLACE, LAWRENCE  
9 AM-12 NOON

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 MONDAY OF EACH MONTH.

### THERAPY SCREENING

Have a question about pain or an injury? Come see us. Free. Screening conducted by Lawrence Therapy Service.

DRURY PLACE, LAWRENCE  
10:00-11:00 AM

THIRD TUESDAY OF EACH MONTH

### HEALTH SCREENING CLINIC

Lawrence-Douglas County Health Department.

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

FEB 4

### CHOLESTEROL SCREENINGS

A fingerstick test providing a total blood cholesterol reading in five minutes. \$5 per

CONTINUED ON PAGE 13

# CALENDAR

CONTINUED FROM PAGE 12

person. No fasting or appointment necessary.  
LMH HEALTH SOURCE ROOM  
3:30-5:30 PM

FEB 5

## EATING TO BEAT THE BIG THREE

Type II diabetes, heart disease, and cancer are three of the most common diseases that Americans might experience in their lifetime. There is a strong evidence that eating a healthy diet can decrease the prevalence of each of these. This program is replacing Diabetes Prevention 101 and Heart Healthy Eating. For more information please call 785-749-5800.

LMH MEETING ROOM D  
6:30-8:00 PM

FEB 6

## INTRODUCTION TO HEALING TOUCH

With Robin Goff at the Unity Church of Christianity, 7:00-9:00 p.m. 2 CE nurses/massage. Open to all! Hands-on practice. Fee.

TOPEKA, 785-255-4583

FEB 7

## HEALTHY HEART FAIR

February is heart month. Plan to attend this educational event and learn more about how to prevent cardiovascular disease, the number one killer of men and women in this country. Educational displays by local community agencies and LMH departments, free screenings including blood pressure, heart disease and stroke risk and body fat will be available. For more information please call 785-749-5800.

LMH, Lower Level Meeting Rooms & Auditorium  
8:00-11:00 AM

FEB 10

## BONE DENSITY SCREENING

Are you at risk for osteoporosis? This quick and easy screening can indicate if further testing for this potentially debilitating disease is needed. A bare heel is necessary for the screening. Information about prevention of osteoporosis is also included. Appointment is required. \$15/person.  
LMH HEALTH SOURCE ROOM  
1:00-3:00 PM

FEB 20

## BONE DENSITY SCREENING

Are you at risk for osteoporosis? This quick and easy screening can indicate if further testing for this potentially debilitating disease is needed. A bare heel is necessary for the screening. Information about prevention of osteoporosis is also included. Appointment is required. \$15/person.  
LMH HEALTH SOURCE ROOM  
9:00-11:00 AM

FEB 21-22

## HEALING TOUCH-LEVEL ONE

With Robin Goff, nurse/chaplain, 9:00 a.m.-6:00 p.m. Open to all who want to use their hands for healing! 18 CE nurses/massage. Fee (some scholarships available).  
THE LIGHT CENTER, 785-255-4583

FEB 24

## BONE DENSITY SCREENING

Are you at risk for osteoporosis? This quick and easy screening can indicate if further testing for this potentially debilitating disease is needed. A bare heel is necessary for the screening. Information about pre-

vention of osteoporosis is also included. Appointment is required. \$15/person.  
LMH HEALTH SOURCE ROOM  
5:00-7:00 PM

## MEETINGS

### FIRST WEDNESDAY OF EACH MONTH NOW OR NEVER CLUB

BALDWIN SENIOR CENTER  
1221 INDIANA, BALDWIN CITY  
12 NOON-1:30 PM, 785-594-2409

### FIRST AND THIRD MONDAY OF EACH MONTH

CAREGIVER SUPPORT GROUP  
LAWRENCE SENIOR CENTER  
2:15-3:45 PM, 785-842-0543

### FIRST WEDNESDAY OF EACH MONTH, SEPTEMBER-MAY

KAW VALLEY CHAPTER, OLDER  
WOMEN'S LEAGUE  
Forums held at Lawrence Public Library  
1:30 PM

### WEDNESDAYS

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

### FIRST THURSDAY OF EACH MONTH LAWRENCE PROFESSIONALS IN AGING

Networking group. Call Kim or Laura at 785-842-0656 for more information. \$10 to attend (includes lunch).  
ELDRIDGE HOTEL, LAWRENCE  
11:30 AM-1:00 PM

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

### SECOND AND FOURTH WEDNESDAY OF EACH MONTH

ALZHEIMER'S EARLY STAGE PATIENT  
SUPPORT GROUP  
For patients with early stage Alzheimer's.  
SEABROOK UNITED CHURCH OF CHURCH  
785-234-2523

### THIRD MONDAY OF EACH MONTH SELF HELP FOR THE HARD OF HEARING (SHHH)

SHHH is a non-profit, educational organization dedicated to the well-being of people of all ages who do not hear well.  
BABCOCK PLACE, 1700 MASSACHUSETTS,  
LAWRENCE, 1 PM

### THIRD TUESDAY OF EACH MONTH LAWRENCE PARKINSON'S SUPPORT GROUP

FIRST PRESBYTERIAN CHURCH, 2415  
CLINTON PARKWAY, LAWRENCE, 2 PM

### THIRD TUESDAY OF EACH MONTH GRANDPARENT/KINSHIP SUPPORT GROUP

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

### THIRD THURSDAY OF EACH MONTH PROSTATE CANCER SUPPORT GROUP

The Prostate Cancer Support Group is for survivors, family members and anyone who is interested in learning more about prostate cancer.  
RIEKE AUDITORIUM, KU MEDICAL CENTER,  
7-9 PM

### FOURTH FRIDAY OF EACH MONTH AARP CHAPTER 1696 LUNCHEON

Group meets fourth Friday of each month except in July, November and December. Luncheon is held on third Friday in November. Reservations required at least one week prior to meetings. On February 28, Dr. Jeff Colyer of the International Medical Corps will discuss his recent visit to Iraq.  
LAWRENCE COUNTRY CLUB  
785-842-0446 or 785-865-3787

MAR 4

### WOMAN'S CLUB

Kansas Roots by June Windscheffel. Lunch at 12:00. Reservations is required at all meeting the Tuesday before the regular meeting.  
TOPEKA, 785-273-6978

## MISCELLANEOUS

FEB 1-MAY 31

### TROUT STOCKING AND SEASON

Trout season with tagged fish for prizes. License required.  
TOPEKA, 785-267-1156

MAR 3-6

### NAIA SWIMMING AND DIVING NATIONAL CHAMPIONSHIP

Watch as student athletes from North America compete in the NAIA Swimming and Diving National Championship.  
LAWRENCE, 785-865-4490  
www.visitlawrence.com

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

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

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Make your reservations by calling  
The Lawrence Community Theatre 843-7469

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# BOOKSHELF

Tom Mach: *Sissy!* (Hill Song Press, trade paperback \$15.95, ISBN 0-9745159-2-2) *Historical adventure*

There is a Chinese curse: "May you live in interesting times." Living in Douglas County from 1857 to 1863 was just such an *interesting time*, and author Mach sets this exciting tale right here.

Jessica Radford, the primary protagonist, is a young college girl. Her father doesn't approve of educating women beyond the early grades, but an uncle and aunts have helped her. The family includes Nellie, a black girl who came to them via the Underground Railroad. Tragedy comes when border ruffians arrive.

Bleeding Kansas comes to life in conflict between slavery adherents and abolitionist advocates, and Mach tells the story through Jessica, Nellie, freed slaves, slavers, and soldiers. The culminating scene unfolds during Quantrill's infamous raid.

Mach plans this as the first of a trilogy following Jessica. Readers of local history should appreciate his ability to paint the times with words.

James Anderson: *The Affair of the 39 Cufflinks* (Poisoned Pen Press, \$24.95, ISBN 1-59058-098-2) *Historical Mystery* (1930s)

Have you missed Dorothy Sayers and Agatha Christie? You'll enjoy tremendously this mystery evoking the times and manor of the English country house murder genre. As you can tell from the title, there are simply oodles of references to the mystery classics.

Great Aunt Flossie has died (of natural causes; it does sometimes happen in a mystery!) and those mentioned in her will are gathered at Alderly, county home of Lord and Lady Burford. Flossie has outlived her husband and son, so her relatives are more distant. One of them makes a living selling scandalous tidbits to the tabloids, and is so incensed at Flossie's meager gift that she threatens one and all with her supposed knowledge of sins. She makes a most agreeable victim.

Everything is here—evocative of the 1930's and the world of Christie and Wodehouse, a touch of romance, even the Jeevian butler. Pour a good wine and settle back!

Kathy Lynn Emerson: *Deadlier Than the Pen* (Pemberley, \$23.95, ISBN 0-9702727-6-6) *Historical mystery* (1888)

Author Emerson starts a new series, this time set in the Gilded Age starring Diana Spaulding, widow of a not-too-successful actor in New York City. She makes a precarious living as a newspaper reviewer of plays, and as such she attends a presentation by horror author Damon Bathory. He seems to cast a spell over his audiences with his Edgar Allen Poe-like tales.

Diana's editor thinks Bathory may be connected to a series of slayings of other female stage reviewers in cities which Bathory has been—but so has Diana's late husband's troupe of thespians.

Taut plot, good characters, lots of red herrings in the midst of copious clues, and a pervasive ambience of the period.

David Farris: *Lie Still* (Wm. Morrow, \$24.95, ISBN 0-06-050554-0) *Suspense*

Want something set in modern times? Here is a scary thriller set in the word of medicine.

Malcolm Ishmail is in residency when he realizes a fellow neurological surgeon resident is putting patients at risk (and worse) through dependence on drugs. After



considerable inner turmoil, he reports the problem. He's the one who is ruined, however, and winds up in small town emergency rooms.

A complicated plot with very authentic scenes (Farris is a physician) and a disturbing look at medical politics and medical ethics. Do not read if you have upcoming surgery scheduled.

April Henry: *Buried Diamonds* (St. Martin's Press, \$23.95, ISBN 0-312-30403-X) *Mystery*

Claire Montrose used to work in

CONTINUED ON PAGE 15



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L A W R E N C E ' S N E W E S T R E T I R E M E N T C O M M U N I T Y



# BOOKSHELF

CONTINUED FROM PAGE 14

her state's car license plate division, screening vanity plate requests for profanity. A bit of luck with an aunt's legacy has allowed her a small trust fund and a new life. (Chapter headings are still vanity plates to decipher.)

Jogging is part of the new Claire, and she stops for breath at the crest of one of Portland's hills. The stone wall she uses for stretching is crumbling, and she discovers a ring inside. A very large diamond ring. Claire's roommate recognizes it as a friend's engagement ring.

In trying to return it, Claire stumbles upon an old death, a young woman who, presumably, committed suicide during the Second World War. In those days, being pregnant and unmarried was scandalous.

With the help of her friend, Claire unwinds the tragedy of the past and connects it to a modern mystery.

Henry always gives good plotting and characterization. The relationship of Claire and her much older friend is one of the treasures of this series.

## PAPERBACK PICKS

Diana Killian: *High Rhymes and Misdemeanors* (Pocket Books, \$5.99, ISBN 0-7434-6678-0) *Mystery/Romance*

Grace Hollister, American teacher, is on vacation touring the Lake District habitat of so many English authors when she literally stumbles on the body of dashing antique dealer Peter Fox. Fortunately for Fox (and Grace, though that develops a bit slower) her knowledge of artificial breathing brings him back to life.

Now, however, they are pursued by two villains who think they may have some gewgaw Peter has—but he doesn't know what it might be.

Romance, mystery, secret passages, hidden treasure, and even a wee bit of supernatural—what more could you ask for?

Jane Isenberg: *Hot and Bothered* (Avon, \$6.99, ISBN 0-380-81888-4) *Mystery*

Bel Barrett, English teacher at a New Jersey community college, deals with life after 9-11. Her better half witnessed the World Trade Center disaster from the Staten Island Ferry, and wants both of them to take early retirement and move to a quiet country town—and Bel is definitely an urban being.

Bel responds by starting home renovation projects and working on the neighborhood block party, partially because the tragedy has affected so many. She's on the scholarship committee, which provides a lot of conflict.

When fellow teacher and friend Eunice is murdered, Bel must investigate. Bel knows what the administration will say if the newspapers find out Eunice worked her way through college as a stripper.

Lauren Haney: *A Path of Shadows* (Avon, \$6.99 ISBN 0-06-052190-2) *Historical mystery*

Haney's series set in ancient Egypt has been heralded as a elegant and resourceful melding of historical accuracy and tight plots.

Medjay (early Egyptian police) Lt. Bak uses his powers of observation to solve crimes, human nature being rather the same then as now. He's done so well that his commander automatically calls him in when some baffling case arises.

This case shouldn't be too tricky—an explorer is missing. Did he wander away? Did he get too close to the Queen's turquoise mines? And why are all these deaths thinning the numbers of Bak's searchers?

A feel of the time and the setting infuses this mystery with a special aura.

## GRANDPARENTS CORNER

Do you read to your grandchildren? That's the best gift you can give them. Or you can introduce them to books they can read themselves. Here's one that would do the trick for either:

Kate Di Camillo: *Because of Winn-Dixie* (Candlewick Press, \$5.99, also available in hardcover; ISBN 0-7636-

1605-20) *Recommended for grades 5-9*

Winner of at least six national awards in its first year of publication (2000), Di Camillo introduces Opal Buloni, preacher's daughter, in her first year in a small Florida town.

Opal's transparent natural ebullience brings her into contact the a big ugly dog, the Winn-Dixie of the title, whom she rescues—or

does Winn-Dixie rescue Opal from the loneliness of moving to a new area?

A delight from first page to last, full of charm and humor and a tad of supernatural, a great chapter book to read to young folk. Older children will delight in it on their own.

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



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# HUMOR

## Money roars

A woman scorned and the number six brought Simon Grandstand's money making scheme sorrowing to the grave.

The trouble began right after the redoubtable Mr. Grandstand became athletic director of Middledorf University out in California. Middledorf is an institution with a long and illustrious basketball tradition. The tradition goes clear back to the 1920s when Rufus Marbleton became the basketball coach at Middledorf U. The Middledorf Titans have won three NCAA national championship



Larry Day

titles, and they consistently rank among the top 10 basketball teams in the nation.

Some loyal Titan fans have been buying season basketball tickets for decades. They show up for Titan basketball games year after year, and decade after decade, sitting in the same seats clapping their hands off, cheering their lungs out. Students line up for hours before home games to get tickets.

The university administration hired Simon Grandstand to preserve and enhance that basketball tradition and raise tens of millions of dollars for the Marbleton Athletic Fund. The Marbleton Fund finances the athletic department's effort to field teams that attract the television contracts that give the university the national exposure that attracts the top athletes that play on the teams that win the games that attract the television contracts that...etcetera, etcetera, etcetera.

The university's Marbleton Field House is old and revered. By seating people cheek to jowl, and hanging fans from the rafters, Marbleton Field House can accommodate about 16,000 Titan basketball fans. Most of the other universities in the Big Nineteen Athletic Conference have much larger venues than Marbleton's. They bring in more money. None of those larger venues pulsates with the fevered passion that workaday Middledorf University fans—students and townspeople—bring to the Titan games season after season.

But in major college athletics it was the roar of money, not the roar of the fans, that counted.

So how, you ask, did a woman scorned and the number six bring Athletic Director Simon Grandstand's money making scheme sorrowing to the grave? I'll tell you.

Simon Grandstand sent letters to everyone who held Titan season basketball tickets. The letter informed them that the price of devotion had just gone up. Henceforth, to keep their tickets and their seats they'd have to pay \$5,000 to \$10,000 every year. That income and a gunny sack full of corporate sponsorships, Simon said, would finance Middledorf athletics in the 21<sup>st</sup> Century.

When Mayebelle Marbleton received her letter from Simon she was aghast. Ms. Mayebelle, as folks call her, is the granddaughter of the Titans' pioneer coach, Rufus Marbleton. She had held two front and center seats in Marbleton Field House since the death of her father. Ms. Marbleton's father had bequeathed his only child, the shy and retiring Mayebelle, little more than an illustrious name, a modest home, and a dying father's admonition to be a loyal Titan.

Ms. Mayebelle hadn't missed a Titan home game since the tickets came into her possession decades before. She lived frugally. That's the only way she could afford to buy her season tickets.

For Angus Thompson the number six came as a sign from heaven. Angus was a custodian at Middledorf U. As he swept and mopped and emptied waste baskets, Angus saw the number six chalked on three blackboards on the morning he was pondering his weekly lottery entry. He had never won a dime, but the dream of getting the Big One kept him playing. This time the multi-state Giga-Lottery Prize was \$190 million. Five right numbers would get him the state lottery prize—a paltry two million. But if he had the sixth number right—the Giga Number—he would win the whole \$190 million.

Angus had rented a room in the basement of Ms. Mayebelle's home for years. He loved sweet Ms. Mayebelle.

"Good morning, Angus," said Ms. Mayebelle one morning.

"Good morning, Ma'am, you look sad."



'THE HARD PART WAS FINDING A PLACE TO DIG THAT WASN'T ALREADY BEING USED FOR A MASS GRAVE...'

"I'm going to lose my basketball tickets," she said. "They're going to take them away unless I pay \$5,000 extra to an athletic fund."

"That's not right, Ms. Mayebelle," said Angus. You got to fight them on that."

"But what can I do?"

"I don't know, Ms. Mayebelle, but when I win the lottery today, we'll do something."

Angus won the lottery. His was the only ticket among the millions that the lottery machines had spit out that week that had all five numbers, and the number 6—the Giga-Number. Ms. Mayebelle was the first person Angus told that he had won the money. Angus elected to take 95 million in a lump sum, and in those first frantic weeks it was Ms. Mayebelle who counseled, shielded, and supported him.

After things calmed down, Angus decided that he was still just Angus Thompson. He bought the house next door to Ms. Mayebelle's, and they continued to be neighborly.

"Ms. Mayebelle," said Angus one day as they sat on her front porch, "You and me are going to bring Mr. Simon Grandstand's money making scheme sorrowing to the grave."

The next day Angus and Ms. Mayebelle flew to New York City and hired a couple of big time consultants, a high-priced law firm, and a hotshot public relations company.

The Angus Thompson Corporation for Community Betterment set up shop in a downtown office building. A week before the Titan's opening game, ads appeared in the local newspaper, on the local cable channel, and on area radio stations. The ads invited Titan ticket holders to watch the opening game free on giant television screens in huge tents set up at the nearby fairgrounds. There would be concerts

with big name entertainers after the game. There would be free food and refreshments. The big news was that every Titan ticket holder who came to watch the game in the tents would receive \$100 cash for his or her ticket.

Needless to say, the tents were filled to capacity on the opening night of the basketball season.

Meanwhile, in Marbleton Field House, the pep band played, and the cheerleaders cavorted as the Titans ran onto the floor. The silence was deafening from the virtually empty student and townspeople's sections. The applause from the front and center corporate pews was, frankly, pathetic. Many of the people in those seats had been assigned to be there by their bosses. It was a very quiet night at Marbleton Field House.

When Simon Grandstand learned that the Angus Thompson Corporation planned to put up tents and hold concerts on all the nights that the Titans played home games, he nearly blew a gasket. Simon tried to get restraining orders, but Angus Thompson's smart lawyers tied Simon Grandstand's lawyers up in court. Urged on by Angus's hot shot public relations team, the national media jumped all over the story. Angus appeared on the cover of *Sports Illustrated*, and as a guest on all the national television talk shows. He proved to be an articulate and engaging guest.

In university towns all across America, people began demanding that corporate collegiate athletics be reformed. State legislators and the U.S. Congress got involved. They took the roar of money out of collegiate athletics, and put the roar of the fans back in.

- 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.

# COLLECTOR

## Damage could scuttle sale of Heywood-Wakefield tables

By Danielle Arnet

Q: Can you tell me anything about these Heywood-Wakefield tables? They're not in top shape, but the wood is sturdy. — Sharon, Delphos, Ohio

A: A family owned company that operated from 1826 to 1983, the Heywood-Wakefield Company of Gardner, Mass., produced many varied lines of furniture during its long history.

Pieces wanted by collectors are those made between 1936 and 1966 of solid birch and maple.

The wood color in this collected Modern Line is called "wheat." Considered quality, sturdy furniture when new, it was produced in such quantity that more of it remains than any other mid-century furniture.

Depression-era H-W featured streamlined solid wood that allowed streamline features such as rounded edges and curved fronts. With modern lines and light woods, H-W was a welcome

departure from the dark Deco furniture offered by other makers.

As H-W became more rounded and less sinuous after WW II and into the '50s, the warmth of blonde woods set it apart from the very spare and linear contemporary designs of Herman Miller and Knoll furniture. In the later '50s, its designs became more angular as legs on tables and chairs became thinner. In 1992, a Miami company bought H-W, brought back the company's famous blue stamp American eagle logo, and is again making H-W furniture.

Ken Rower owns Boomerang Modern, a West Palm Beach, Fla. shop that buys and sells vintage H-W modern. From photos of the reader's coffee table and two square tables, he identified them as a design line produced from 1948 to 1955. Specifically, he placed them at c. 1953-1955 because they are more angular than the very desired post-war designs.

"I'd classify them as rare, with good desirability," he said of the

end tables. But their condition is "borderline." Dark marks on the top indicate serious water damage that may be impossible to remove, even with professional refinishing. In good condition, the tables could retail for around \$600-\$700 each. As is, value is about \$300 each, "if that." If the watermarks are grey-brown in color, indicating serious damage, the tables are scrap. "No one would buy them." The coffee table is \$200 to \$250. Cut that by half if there are watermarks.

Rower restores H-W, but cautions owners to "beware of shipping costs." While the market for vintage H-W is widespread, non-urban Ohio is not a hotbed of interest. New York, Miami and Florida are the major markets. And that's for good condition H-W.

He did invite the reader to contact him for more info. Key [www.boomerangmodern.com](http://www.boomerangmodern.com) or mail Boomerang Modern, 3301 S. Dixie Highway, West Palm Beach, FL 33405, (561) 835-1865.

FYI: "Heywood-Wakefield," by Harris Gertz, \$39.95 from Schiffer, features color photographs of the Modern line, along with style numbers, years of make and value.

Q: Can you tell me something about a lapel ornament called a "Ruptured Duck"? It was given to

my husband after WW II. Where did the name come from? — Martha, Tucson, Ariz.

A: According to Mike Polak, author of the new "Official Price Guide to American Political Memorabilia" (\$15 from House of Collectibles), this is how the term came to be:

As service people left the military during WW II, the government issued a cloth badge, or insignia, of an eagle inside a wreath, to be worn on the uniform to indicate an honorable discharge. Brass lapel pins and rings with the insignia were also issued.

Polak estimates that over 12 million servicemen and women were issued the pins, badges and rings. Because many thought the eagle looked more like a duck, and because it indicated the bearer was headed home, the saying, "they took off like a ruptured duck," was born.

So many were handed out that today, pins sell for only \$5-\$7 and patches, \$5-\$10. Depending on condition, rings sell at \$25-\$35. There are repros, which sell for the same price.

- 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, 435 N. Michigan Ave., Suite 1400, Chicago, IL 60611.

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# PUZZLES

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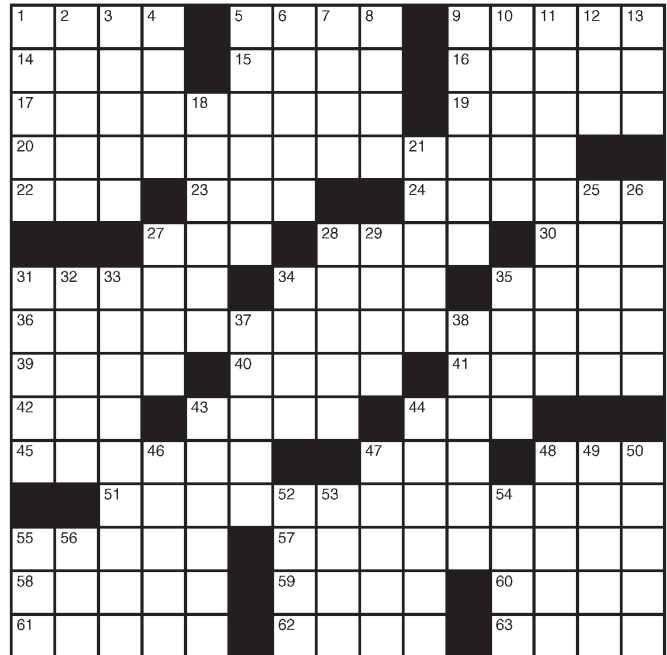
## ACROSS

- 1 Deep-orange chalcedony
- 5 Amorphous mass
- 9 Of punishment
- 14 Sioux tribe
- 15 Mobile starter?
- 16 Tierney classic
- 17 Ethiopia, once
- 19 Went astray
- 20 Bands
- 22 Sault \_\_ Marie
- 23 Mediocre grade
- 24 Ancient ascetic
- 27 Positive hand signals
- 28 Magnet end
- 30 Armed forces: abbr.
- 31 Softly, in music
- 34 Bubble maker
- 35 Creche figures
- 36 Bands
- 39 Meat paste
- 40 Southern constellation
- 41 Make confused
- 42 Tree-rings indication
- 43 Proposer's support
- 44 Wire service letters
- 45 Morally degraded
- 47 Afore
- 48 Tibetan gazelle
- 51 Bands
- 55 Islamic scholars
- 57 Stray toms
- 58 Leave alone
- 59 Old Maid lay down

- 60 Clan chart
- 61 Cultural values
- 62 Quiches
- 63 Likelihood

## DOWN

- 1 Dove and Ivory, e.g.
- 2 Standing by the plate
- 3 Rolls\_
- 4 Carrel table
- 5 Part of LBJ
- 6 Sudden forward movement
- 7 "Miss \_\_ Regrets"
- 8 Love or gravy follower
- 9 Make happy
- 10 Wyatt and Virgil
- 11 Amah
- 12 Ready when you \_\_!
- 13 Young Scot
- 18 Fed up with
- 21 U.S. Grant's counterpart
- 25 Bruce or Mansell
- 26 Beethoven dedicatee
- 27 Where the drinks are?
- 28 Ruffled pride
- 29 Numbered musical piece
- 31 John Phillips and Denny Doherty
- 32 Mature insect
- 33 Consequence
- 34 LePew of cartoons
- 35 1401
- 37 Magician, The Amazing \_\_
- 38 Table linen
- 43 Hershey's candies



By Patrick McConville  
Manassas Park, VA

- 44 Inciters
- 46 Flying elephant
- 47 Songwriter Greenwich
- 48 Bank employee
- 49 Made a choice
- 50 Saps
- 52 Abner's drawer
- 53 Range of the Tien Shan
- 54 Eight: pref.
- 55 \_\_-de-France
- 56 Encountered

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Answers on page 23

## 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.

### LAS VEGAS (sol.: 9 letters)

A-Accommodations, Airport, Amazing; B-Bright, Buffet, Business; C-Casino, City; D-Dealers, Dining; E-Exciting; F-Fancy, Food; G-Gamble, Golf; H-Hoover Dam, Hotels; L-Lights; M-Marvel, Money, Museums; N-Nevada; O-Of; P-Party, Plan; R-Resorts; S-Shopping, Sights, Slot machines, Sound, Sparkle; T-The Strip, Tickets, Tourism; U-Unique; V-Vacation; W-Winner

This Month's Answer:

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O R F F L T T E G U L H E C A  
T B F L E A Y I L N E O N F C  
R U E O V D N P C S R P N A H  
O S T G R O O I R X S P I N I  
P I Y N A M I R E T E I W C N  
R N E I M M T S A I N N Y E  
I E N Z F O A S O L I G H T S  
A S O A O C C E R E U Q I N U  
S S M M O C A H T G A M B L E  
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## JUMBLE

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

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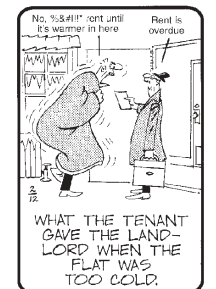
A: " " " " " "

www.jumble.com

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## THAT SCRAMBLED WORD GAME

by Henri Arnold and Mike Argrion



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

(Answers tomorrow)

Answers on page 23

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18 SeniorMonthly, February 2004

## TRIVIALITIES

1. Who directed the 1997 film "Gattaca"?
2. Who starred as Billy Carl Hanson in the 1997 film "Midnight in the Garden of Good and Evil"?
3. Who directed and wrote the screenplay for the 1999 film "The Talented Mr. Ripley"?
4. Who starred opposite Jude Law in the 2001 film "Enemy at the Gates"?
5. Who starred as David Swinton in the 2001 film "Artificial Intelligence: AI"?
6. Sam Mendes directed what 2002 film starring Tom Hanks, Jude Law and Paul Newman?
7. Who stars as Ada Monroe in the 2003 film "Cold Mountain"?

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Answers on page 23

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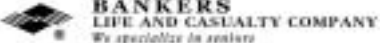


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# TRAVEL

## Art and antiquing abound in historic St. Charles, Illinois

By Shifra Stein and Bob Barrett

Nestled on the banks of the Fox River, St. Charles, Illinois, is filled with lots of charm, historic treasures, and plenty of art and antiques. Located an hour west of Chicago, the city is famed for its historic architecture in the downtown shopping districts of "Old St. Charles" on the west bank of the Fox River and "Century Corners" on the east bank. Nearly every decade of the city's 165-year history is represented in the architecture of the downtown business and residential district, including the eye-catching 1940 *Art Moderne* style of the Municipal Center on Main Street at the Fox River. Listed on the National register of Historic Places, the Georgian-marble covered exterior houses city offices and a historical museum.

Like the many other the many well-preserved original homes and buildings that have been lovingly restored and cared for, the Municipal Center is just one example, of the architectural treasures that house many visitor attractions including cultural museums, art centers, fine dining, specialty boutiques and antique stores.

In fact, antiquing in St. Charles is a tradition dating back to more than 30 years ago, when the nationally renowned **Kane County Flea Market** began to help establish St. Charles as a place where collectible hunters could gather together in one place and shop for bargains. In addition to the flea market, St. Charles is also famous for its many antique shops that are open year around. Huge antique malls, appropriately named **Antique Markets I, II, and III** are all within walking distance on down-

town's Main Street, between Third and Fourth Streets. The offerings range from period furnishings, collectibles, glassware, American art pottery and porcelain, to books, toys, and railroad memorabilia.

For people searching for authentic Native American Art, **The Southwest Trading Company**, at 203 West Main Street, is the place to find it. Time-honored traditional designs and unique contemporary jewelry, handcrafted fine art, ranging from bronze to clay and sand to stone, can be found here, including Pueblo pottery from the Fraqua family of the Jemez Pueblo and the Tafoya family of the Santa Clara Pueblo.

Adaptive and creative use of historic buildings can also be found along the streets of **Century Corners**

**Historic Shopping District** where former mid-19<sup>th</sup> century homes house a very unique selection of visitor-friendly shops inside the historic structures.

Guests can enjoy an 1853 Greek Revival home that now serves as **Town House Books and Café**. You can browse through an eclectic blend of used and new books, and then sample steaming fresh coffee, made from scratch soups and sandwiches at the adjacent restaurant on the premises. Footsteps away, you'll find **Black Horse Antiques**, which sells antique furniture from Bristol England, and the **Warehouse Antique Shoppe and Confectionery**, a fun place filled with antiques, primitives and collectibles along with hand-dipped confections, and novelty candies

Close to the many merchants that make up the Century Corners dis-

trict, is a small, but important art center called **The Indigo School of Art and Gallery**, at 8 N. Second Avenue. The location is excellent for encouraging residents and newcomers to enjoy a schedule of year-around classes and exhibits that encourage self-expression and creativity.

If you have time, make the drive from here to the **Fine Line Creative Arts Center**—a very unusual facility that is housed in a restored barn located in rural Saint Charles, at 6N158 Crane Road. The center offers year round classes for adults, ranging from weaving, knitting, and basket making, to papermaking, pottery, and painting. Available for purchase at the center are yarns from over 25 major companies, looms and spinning wheels; supplies for weaving, knitting, spinning, crocheting, pottery, basketry; beads, buttons, dyes, jewelry findings, books and magazines. The Fine Line's **Kavanagh Gallery** is the central space where artists are encouraged to display their work.

*- Shifra Stein and Bob Barrett are a photojournalist travel team whose articles appear in newspapers, magazines, and online publications. Visit Shifra Stein's web site at [www.shifrastein.com](http://www.shifrastein.com) and see her books available on [www.amazon.com](http://www.amazon.com)*

**Getting There:** St. Charles, Illinois, is located one hour west of Chicago, 45 minutes in either direction from O'Hare and Midway Airports. Car Rental agencies are available at both locations.

**Where To Stay:** Stressed out Chicagoans already know about the great R&R they'll find at **Pheasant Run Resort and Spa**. The resort contains six restaurants and lounges, spacious whirlpool suites, three swimming pools, an 18-hole golf course, the acclaimed Noble Fool Comedy Theater and more than 100,000 square feet of meeting space. One of the Midwest's largest and most complete resorts, it also offers very reasonably priced getaway packages for families and business professionals. Contact: 1.800.4.PHEASANT, or see the web site at [www.pheasantrun.com](http://www.pheasantrun.com)

**Who To Call:** For a free visitor guide and information on lodging, restaurants, and attractions, contact St. Charles Convention and Visitors Bureau at 1-800-777-4373 or see the web site at [www.visitstcharles.com](http://www.visitstcharles.com)



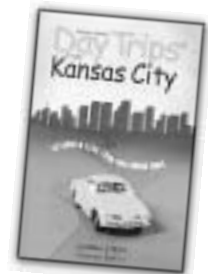
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# HISTORY

## Arthur A. Fletcher: Father of the affirmative action enforcement movement

(Editor's note: The following article was first published in February 2002 by the Kansas State Historical Society and is reprinted with the Society's permission.)

By Diane Good

Arthur A. Fletcher refused to allow his high school picture and those of the other African American students in his class to appear at the back of the school yearbook. He organized his first civil rights protest at the Junction City Junior/Senior High School in 1943.

Fletcher has continued to fight for civil rights by devising and implementing strategies to move America's social culture to one of inclusion. He served two U.S. presidents in government positions at all levels and as head of nonprofit organizations, and was the highest-ranking African American official in the Nixon administration.

Born in Phoenix, Arizona, in 1924, Fletcher and his family moved frequently until Fletcher graduated from high school in Junction City, Kansas. Fletcher graduated from Washburn University, Topeka, with a degree in political science and sociology.

Football was Fletcher's sport and he excelled in it at Washburn before joining the Los Angeles Rams team in 1950. He played next for the Baltimore Colts as their first African American team member. Following a short stint on a Canadian football team, Fletcher gave up the sport and turned his attention to social changes he wanted to make.

Fletcher's political career began in Kansas where he worked on Fred Hall's campaign for governor in 1954. His first position in state government was with the Kansas Highway Commission. By learning how government contracts were awarded, Fletcher encouraged African American business

to compete for those contracts.

In 1969, President Nixon appointed Fletcher to the post of assistant secretary of wage and labor standards in the Department of Labor. Here he developed and administered the "Philadelphia Plan" to enforce equal employment and business opportunity for minority businesses pursuing government-funded contracts. Fletcher believed that without economic security all of the social gains made by African Americans would be meaningless. Later Fletcher was appointed by President Gerald Ford to be his deputy of Urban Affairs advisor. Here Fletcher became known as the father of the Affirmative Action Enforcement Movement.

Following his career with the federal government, in 1972 Fletcher took the position of executive director of the United Negro College Fund and helped coin the phrase "a mind is a terrible thing to waste."

Arthur Fletcher currently heads Fletcher's Learning Systems, a business that creates, produces, and markets books, training manuals, and audio and video tape training products to help companies comply with the governmental statutes, laws, and guidelines for equal business opportunities for all minorities. He has spent his entire life working toward equal economic opportunity.

The Center for Historical Research contains numerous resources on Kansans of African descent. The research room is open to the public 9:00 a.m.-4:30 p.m. Monday-Saturday, 6425 SW Sixth Avenue, Topeka, KS 66615-1099; 785-272-8681; TTY 785-272-8683; www.kshs.org.

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# PET WORLD

## Grass eating may be a sign of reflux gastritis

By Steve Dale

Q: Are toy fox terriers related to Chihuahuas? — L.C., Cyberspace

A: The toy fox terrier has a rounder shaped head than a Chihuahua and a longer snout.

However, without careful observation, these breeds can be confused. While the diminutive toy fox may be larger, we're talking about a pound or two. The breeds are in no way related. The toy fox was bred down from the smooth fox terrier, developed from a general hunting terrier in Europe, probably in Great Britain sometime in the 1700s. Chihuahuas most probably were developed in China in the 1500s before Spanish traders sent them to Mexico, where they were later named for the Mexican state.

Q: Raz, our shih tzu, throws up in the morning unless we get food into him right after he awakens. Sometimes, he doesn't eat early, except for the grass he eats outside, then throws up. It takes several hours for him to settle down and get hungry after vomiting. His previous owner said the vet called this problem acid reflux, and that we shouldn't worry. What do you think? — C. R., Delray Beach, Fla.

A: Wait until after breakfast before reading this answer. If Raz is throwing up yellow bile, he likely has a common condition called reflux gastritis. The bile builds up in the stomach, causing a mild gastritis. This is one circumstance where

dogs that eat grass may do so to relieve nausea and/or stimulate regurgitation. (In other cases, dogs probably graze on grass, particularly new growth, simply because it tastes good.)

Dr. Colin Burrows, a diplomat of the American College of Veterinary Internal Medicine, specializing in gastroenterology, says feeding Raz a healthy bedtime snack and breakfast first thing in the morning should keep his tummy more filled, which would help.

If changing Raz's feeding schedule prevents vomiting, great. If not, see your vet. Depending on the outcome of tests, the next course of action may be medication (inexpensive and available at any pharmacy). However, Burrows, a professor at the University of Florida College of

Veterinary Medicine, Gainesville, is concerned that Raz needs time to settle down after vomiting.

More typically, a dog with reflux bile simply pukes, then bounces back in seconds, ready for a game of fetch or a meal.

If Raz is throwing up white foam, he may have chronic tonsillitis, which occurs in toy breeds.

If you believe this is likely, again, you'll need to see a vet for treatment.

(Write to Steve at Tribune Media Services, 435 N. Michigan Ave., Suite 1400, Chicago, Ill., 60611. Send e-mail to PETWORLD@AOL.com. Include your name, city and state.)

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