

Kaw Valley Senior Monthly

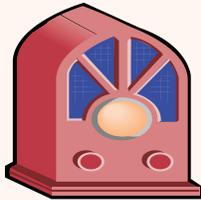
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February 2005

Serving Active Seniors in the Lawrence-Topeka Area

Vol. 4, No. 8

INSIDE



Interested in collectibles? Senior Monthly is now running Danielle Arnet's "Smart Collector" column along with a new "Collectibles Marketplace" feature. - page 23



Don't know much about Valentine's Day? The Census Bureau shares facts and figures to take to heart. - page 3

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FREE

SENIOR profile



Cliff Sexton performing at Brandon Woods

KEVIN GROENHAGEN PHOTO

Singing cowboy performs at local retirement communities

By Billie David

For the past year and a half, Cliff Sexton has packed up his guitar and headed for Lawrence to entertain Brandon Woods residents with poems about shimmering Cottonwoods and songs of Sioux City Sue and riding the range once more.

Sexton has been singing cowboy songs and sharing western lore with the public for 10 years, but his love for singing goes back as far as he can remember. It's just that his performances back then were done in the privacy of his front porch.

"I was shy," he explained, adding that it wasn't until 1994 that he actually performed in front of people at the urging of friends.

"In 1985, a group of old cowboys got together in Elko, Nevada," Sexton said. "They put together a show

that included a lot of cowboy singers and poets. They thought maybe 20 people would be there, but 2,000 showed up and it became an annual

event that's still going on today."

Somebody gave Sexton a recording of that first get-together, and the

CONTINUED ON PAGE FIVE

AARP Kansas sets priorities for 2005

By Kevin Groenhagen

from you, they don't know what you want."

Maren Turner is encouraging older Kansans to become more vocal and active.

"It's really important for AARP members and all of us as Kansans to have our voices heard," said Turner, who serves as AARP Kansas' State Director. "I'd like to see more people involved. Sometimes just two or three phone calls can sway a legislator. If policy makers don't hear



Turner

As state director, Turner heads an organization that represents

350,000 national AARP members who live in Kansas. Each year she works with volunteer members of AARP Kansas' Executive Council, which includes a president and members for Advocacy, Communications, Health and Well-

ness, and Community Service, to

CONTINUED ON PAGE TWO

AARP Kansas

CONTINUED FROM PAGE ONE

develop a state plan for Kansas. According to Turner, the Executive Council takes some of the initiatives—such as ensuring that Social Security remains solvent—set by the national AARP board of directors in Washington, D.C., and then determines priorities for Kansas.

AARP Kansas holds an annual Rally Day in Topeka to share these priorities with lawmakers. This year's Rally Day will be held on Wednesday, February 9.

"We'll bring in at least 500 volunteers from across the state to lobby on behalf of our priorities," Turner said. "Last year Governor Sebelius came and we talked about evidence-based research and prescription drugs."

AARP Kansas and the State of Kansas have teamed up to help Kansans find the best prescription drugs at the best prices. A summary of drug research conducted by the Evidence-Based Practice Center in Portland, Oregon, is available on AARP Kansas' web site (www.aarp.org/ks). This research provides a comparison of the relative effectiveness and safety of prescription drugs so the information can be used as a consumer guide. In addition, the website includes drug classification and comparison prices of generic and brand-name drugs.

To help spread the word about evidence-based research, AARP Kansas has published a brochure about the program and has made a free, companion video available to the public.

Priorities to be discussed at this year's Rally Day include health care, prescription drugs, and the Unified Aging Budget.

"We had a bill introduced during last year's legislative session that is called the Unified Aging Budget," Turner said. "A couple of years ago we contracted with the University of Kansas to do study of the long-term care system in the state of Kansas, specifically looking at home- and community-based services. The study found a need for a Unified Aging Budget, which basically asks the state to have each agency that allocates funding for aging services to have a line item that shows specifically how much money is allocated for aging services and how much is actually spent on aging services. We think that is important because it can help show if there are any gaps in coverage or if there is duplication in funding for services. That's important when you look at the fact that we baby boomers are going to

need more and more long-term care services as we grow older."

In addition to lobbying the legislature when it is in session, AARP Kansas and its volunteers participate in many community service programs throughout the year, including:

- **Tax-Aide:** Tax-Aide helps low- and middle-income individuals, with special attention to those 60 and older, with tax preparation during the February 1 through April 15 tax season.

- **Driver Safety Program:** The Driver Safety Program is the nation's first and largest classroom driver refresher course specially designed for drivers age 50 and older.

- **Grief and Loss Programs:** The Grief and Loss Programs offer a wide variety of resources and information on bereavement issues for adults of all ages and their families. "Our volunteers are not counselors," Turner explained. "They're volunteers who help people who are newly bereaved understand the grieving process and learn new skills."

- **Day of Service:** "AARP Kansas' Day of Service is when volunteers—AARP staff and members across the nation—go out and provide community services," Turner said. "AARP Kansas has worked with a number of organizations over the years. For example, the staff has delivered meals with Meals on Wheels, we've worked with the Red Cross, and we have worked with nursing homes." This year's Day of Service is on May 12.

Another AARP Kansas program concerns grandparents raising grandchildren. "Every year at the Back-to-School Fair in Topeka, we're one of the sponsors of the Grandparents' Room," Turner said. "We provide free materials for grandparents raising grandchildren."

AARP Kansas along with KPTS-TV in Wichita, with assistance from Kansas Action for Children, in 2003 sponsored a public television program, "Parenting Again: Grandparents Raising Grandchildren." According to U.S. Census Bureau figures, Kansas has seen a 43 percent increase in the number of grandparent headed households from 1990 to 2000. Nationwide the increase during the same period was 30 percent.

In addition to programs in which volunteers help others, AARP Kansas last October launched a program that helps members improve their own lives.

"We're encouraging our members and the general public to become more physically active," Turner said. "One program we have is Step Up to Better Health."

Step Up to Better Health is an online program that allows participants—with the assistance of a pedometer—to measure their progress on one of four trails—Lewis and Clark, Alaska Highway, Highway 50, or the Appalachian Trail.

"If you don't have a pedometer and you're a member, there's a fee if you go through the online service," Turner said. "If you sign up for the program through our office, we'll give you a free pedometer."

Turner, who was born after the AARP was created in 1958, has been with the association for over 14 years. Turner has served as a long-term care ombudsman and a senior housing specialist in AARP's national office in Washington, D.C. She later served in the Alexandria, Virginia, office, where she worked on federal and state campaigns for Virginia, West Virginia, and the District of Columbia. That was followed by an assignment to the Dallas office, where she was a lobbyist responsible for six states, including Kansas. This was before each state had its own AARP office. At the end of 2001, AARP had an office in every state and three territories.

Turner in 1999 was tapped to

serve as AARP Kansas' state director.

Turner has a master's degree in developmental psychology, and is currently enrolled in the doctoral program in the Applied Behavioral Sciences program at the University of Kansas. At the completion of her studies, Turner will be a behavioral gerontologist, with a focus on ethnogerontology, which means she will specialize in the aging of minority populations.

For more information about AARP Kansas and its programs, visit www.aarp.org/ks or call 866-448-3619.

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Census Bureau shares facts, figures about Valentine's Day

One legend has it that Valentine's Day originated to commemorate the anniversary of the death of St. Valentine, a Roman clergyman who was executed on Feb. 14, about 270 A.D., for secretly marrying couples in defiance of the emperor. According to another, the holiday began as a Roman fertility festival. Americans probably began exchanging handmade valentines in the early 1700s. In the 1840s, Esther Howland, a native of Massachusetts, began to sell the nation's first mass-produced valentine cards.

Romantic-Sounding Places

Below are names of some roman-

tic-sounding places:

- Valentine, Neb.
- Lovelady, Texas
- Valentine, Texas
- Loving County, Texas
- Loveland, Colo.
- Lovington, N.M.
- Lovejoy, Ga.
- Loving, N.M.
- Loves Park, Ill.
- Love County, Okla.
- Lovelock, Nev.

- Lovington, Ill.
- Love Valley, N.C.
- Romeo, Colo.
- Loveland, Ohio
- Romeo, Mich.
- Loveland Park, Ohio
- Romeoville, Ill.
- Loveland, Okla.

2.2 million

Number of marriages that take place in the United States annually. That breaks down to about 6,000 a day.

138,600

The number of marriages performed in Nevada during 2003. So many couples "tie the knot" in the Silver State that it ranked fourth nationally in marriages, even though its total population that year was 35th.

25.3 and 27.1

The estimated U.S. median ages at

CONTINUED ON PAGE FOUR

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Nifty, Nifty Look Who's 50!

The following celebrities
turn 50 in February:

- Feb. 8 **John Grisham**, novelist, *The Firm*
- Feb. 8 **Ethan Phillips**, actor, *Star Trek Voyager*
- Feb. 9 **Charles Shaughnessy**, actor, *The Nanny*
- Feb. 10 **Greg Norman**, professional golfer
- Feb. 12 **Arsenio Hall**, actor/talk show host, *Coming to America*
- Feb. 21 **Kelsey Grammer**, actor, *Cheers, Frasier*
- Feb. 24 **Bob Abrams**, guitarist/vocalist, The Buckinghams
- Feb. 24 **Steven Jobs**, CEO, Apple and Pixar
- Feb. 25 **Leanne Hunley**, actress, *Heaven Help Us*
- Feb. 28 **Gilbert Gottfried**, actor, *Problem Child*

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Valentine's Day

CONTINUED FROM PAGE THREE

first marriage for women and men, respectively, in 2003. The age for women is up 4.3 years in the last three decades. The age for men is up 3.9 years.

The proportion of women 20 to 24 years old who had never married more than doubled between 1970 and 2003 — from 36 percent to 75 percent. Changes were also dramatic for men — the corresponding rate for men in this age group increased from 55 percent to 86 percent.

54% and 57%

The percentages of American women and men, respectively, who are 15 and over and currently married.

4.6 million

Number of cohabitating couples who maintained households in 2003. These couples comprised 4.2 percent of all households, up from 2.9 percent in 1996.

118

Number of single men (i.e., never married, widowed or divorced) who are in their 20s for every 100 single women of the same ages.

33

Number of single men (i.e., never married, widowed or divorced) age 65 and over for every 100 single women of the same ages.

1,006

Number of locations producing chocolate and cocoa products in 2002. These establishments employed 42,538 people. California led the nation in the number of such establishments (with 114) followed by Pennsylvania (with 100).

619

Number of locations that produced nonchocolate confectionary products in 2002. These establishments employed 24,284 people.

3,782

Number of confectionery and nut stores in the United States in 2002. Often referred to as candy stores, they are among the best sources of sweets for Valentine's Day.

24.6 pounds

Per capita consumption of candy by Americans in 2003; it is believed a large portion is consumed around Valentine's Day. Candy consumption has actually declined over the last few years; in 1997, each American gobbled or savored more than 27 pounds of candy a year.

\$425 million

The combined wholesale value of domestically produced cut flowers in 2003 for all operations in 36 states with \$100,000 or more in sales. Among states, California was

the leading producer, alone accounting for nearly three-quarters of this amount (\$306 million).

\$52 million

The combined wholesale value of domestically produced cut roses in 2003 for all operations in 36 states with \$100,000 or more in sales. Among all types of cut flowers, roses were second in receipts to lilies (\$70 million).

23,094

The number of florists nationwide in 2002. These businesses employed 119,117 people.

28,914

Number of jewelry stores in the United States in 2002. Jewelry stores offer engagement, wedding and other rings to lovers of all ages. In February 2004, these stores sold \$2.4 billion worth of merchandise — a much higher total than in the preceding month or succeeding months.

The merchandise at these locations could well have been produced at one of the nation's 1,892 jewelry manufacturing establishments. The manufacture of jewelry was an \$8.3 billion industry in 2002.

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Singing cowboy

CONTINUED FROM PAGE ONE

fact that these cowboys with their rough, gravelly voices were singing in public drew his attention.

"I thought, 'I can do that,'" he said.

Sexton was not lacking in material. He had written plenty of poetry about the cowboy life but for years he kept them tucked away in a dresser drawer.

"I ran into some members of the Missouri Cowboy Association—they were just getting started—and they invited me to a gathering, which they have four times a year," he said. "They encouraged me to bring my stuff and give it a try. I went, and I was scared to death, but they just kept pulling my leg until I got up in front of people and read a poem or two. I enjoyed it."

Reading poetry seemed easy enough, but singing was a bit more difficult. "My hands are stiff from arthritis," Sexton explained, "but I enjoy singing as much or more than doing my poems."

Sexton began his singing career by leaving brochures at nursing homes. "I was very shy to start out," he said, "and I thought that would not be too intense."

Besides, his father was in a nursing home at the time, and Sexton had noted on his daily visits that the residents there tended to be lonesome and bored with their mundane routines, and he thought a little music therapy would be a welcome addition.

Entertaining senior citizens still comprises a large portion of his work. "I enjoy sharing with the elderly and seeing the smiles on their faces," he said. "It adds to the quality of their life to feel that someone is there who cares about them. I care, and I hope that comes through in what I do and say."

In addition to the performances he gives regularly in about two dozen nursing homes, Sexton performs at county fairs, rodeos, poetry readings and schools, where he tells children the history of the cowboy. He averages around 100 shows a year.

Sexton has also self-published two books of cowboy songs and poems he has written, and a CD of his music is now being sold in Idaho, Texas and Fort Scott, Kansas, which is about 17 miles east of his ranch. Copies of the CD can also be ordered through Woodland Studios on the Internet.

Sexton makes enough money from his performances to cover his expenses, but that's not the main reason he sings.

"I'm not disillusioned about being a great star," he said. "I just want to do what I'm led to do and share the cowboy life and cowboy culture."

In addition to his own experience of growing up in a family of farmers and ranchers, first in northern Arkansas and later in Kansas, the people who influenced him in his youth play a role in his reason for sharing his culture.

"I'm just glad we had role models like Gene Autry and Roy Rogers," Sexton said. "It was easy to understand back then what was right—that the good guy always won and the bad guys always got punished. You knew what to do. You may not always have done it, but then you got in trouble."

"I think that's why kids today are confused: When I grew up things were right or wrong, but now it is whatever you can get away with. A good dose of cowboy values would be good for all of us."

Cowboy music back in the early days of radio was what people called Country and Western. Eventually Country and Western branched out and now Country, which has a more polished sound, is associated with Nashville, Sexton explained.

"It's cowboys with a guitar and a hat, but they don't have a clue what Western really is," he said. "Western

comes right from the roots of it, the genuine people from the culture. Their handshake still means something, and their word still means something. People can sense that western songs are real."

Sexton believes this explains why there is increasing interest in western songs and culture. "It's growing like crazy," he said. "It started in the '80s when Elko got started. People are wanting a simpler way of life."

Sexton still works on his ranch. He has three grown children who all live in the Kansas City area. In addition to ranching and performing, he is also involved with the American Royal Association, which runs from September through December each year in Kansas City.

Sexton is also involved in Echoes of the Trail, a cowboy gathering that will be held the second weekend in June at the Fort Scott Community College campus. But attendees should be forewarned that it's different out there. Chuck wagons will be on hand for chow, but "Cookie" will feed you only when the food is ready, not when you get hungry, and you'd best not give him any lip about that.

"You learn to work with what nature gives you out here," Sexton explained, "and sometimes it gives you patience."

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HEALTH & FITNESS

Walk tall for better posture

"Sit up straight!" If you're like most people, that's pretty much all you've ever heard about posture. And you probably think there isn't much else to say. Think again.

I have so much to say on this subject, in fact, that this is the first part of a two-part article.

Poor Posture is Dangerous

We take posture for granted...until we feel the aches and pains caused



Laura Bennetts

by posture problems when we sit, stand, drive, or work at a keyboard.

Pain caused by poor posture is a warning sign that you're injuring your neck and back joints. To decrease dangerous stress on joints, you need to correct your posture when you feel discomfort. Anyone can do this. As we'll see below, there are many exercises you can learn which will help you to improve your posture.

But first, what is good posture?

Straight as an Arrow

Your posture is good when your head is lined up over your spine and your back and stomach muscles support your spine. Is this what your posture is like?

When I evaluate my patients' posture, I start by standing in front of them and scanning their body alignment, scanning from the head down. I look for twists and turns. Then I stand behind them and to the side.

Here's what I look for.

A Simple Checklist

From the front: The head is centered, the shoulders and hips are straight and level, the knee caps are parallel, and the ankles and feet are aligned, with toes pointing straight ahead.

From the back: The shoulder blades are level and protrude just a bit from the trunk, the spine is straight, the hips are level, and the creases behind the knees are the same height.

The side view is the most telling: The head is back over the spine with the ear over the shoulder, the shoulders are in line with the hip joint, the hip joint is lined up with the knee joint, and the knee joint is just

forward of the ankle joint.

Self-Help

To "see" your posture, you can take photos from the front and side.

This will give you an idea of what you need to improve. And you can use the simple checklist above to correct your posture in everyday situations as well. For example, as I write, I find that my head has moved forward towards the screen causing the back of my neck to ache. I correct my head position by tucking my chin back and pulling my head back over my spine. I'm sitting taller now, and soon I will stand and walk around briefly to further relax my neck.

Physical therapists, of course, specialize in analyzing posture. But you can take steps to improve your own posture without expert help simply by becoming aware of what you should and should not do. So, let's talk about the posture problems that cause people the most pain and strain, and see what you can do to regain good posture habits.

Poor Posture: Plain and Simple Solutions

You have many opportunities each day to improve your posture. Poor posture means that you sit or stand with your head forward, your shoulders forward, and your trunk leaning forward. You will notice that, in general, if you sit for hours, your muscles tire and you end up leaning forward in a slouched position...and you really feel the strain in your neck, mid back and low back. Ouch!

As soon as you feel the strain, get up and move around.

Sitting is the main cause of posture pain. Even if you have the best office chair and the best posture you will still feel strain in your spine if you sit too long. The first step is to take short walks every hour or two. When you walk, you stretch and relax tight muscles: you extend your neck, your mid-back and low-back and your hips. And to stretch your hips and upper chest you should stand tall.

Back support is also crucial. Make sure you can sit snugly in your chair with the chair supporting your low

back and your feet on the floor. Often, too, it helps to place a small pillow or a small towel roll in the small of your lower back to keep your spine aligned.

Relax and Grow Stronger

Next month, in Part II, I will explain exercises and other steps you can take to become stronger, looser, and more flexible, so that you can avoid and solve posture problems. Until then,

remember: Stand up straight!

- Laura Bennetts, MS RPT, is a physical therapist with a masters degree from the University of Southern California and 22 years of professional experience. She co-owns Laurence Therapy Services LLC (785-842-0656) and Baldwin Therapy Services (785-594-3162). If you have therapy-related questions, please e-mail Laura care of laurabennetts@hotmail.com.



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HEALTH & FITNESS

The common cold

The common cold is no doubt the most common illness known to man. It is usually mild, with symptoms lasting anywhere from one to two weeks. According to the Centers for Disease Control and Prevention, 22 million school days are lost annually in the United States due to the common cold.

According to the National Insti-



Dr.
Farhang
Khosh

tutes of Health, children will suffer an average of six to 10 colds a year. One of the main reasons is that children are in close contact with each other in daycare centers, schools etc. Adults will average about two to four colds a year. Women, especially those aged 20 to 30 years, have more colds than men, possibly because of their closer contact with children.

There are more than 200 different viruses known to cause the symptoms of the common cold. The rhinoviruses (from the Greek *rhin*, meaning "nose") causes an estimated 30 to 35 percent of all adult colds. More than 110 distinct rhinovirus types have been identified. These agents grow best at temperatures of about 91 degrees Fahrenheit, the temperature inside the human nose.

In the United States, most colds occur during the fall and winter. Beginning in late August or early September, the rate of colds increases slowly for a few weeks and remains high until March or April, when it gradually declines. The seasonal variation may relate to the opening of schools and to cold weather, which prompt people to spend more time indoors and increase the chances that viruses will spread to you from someone else.

Everyone at sometime has had a symptom of a cold, including mucus buildup in your nose, trouble breathing through your nose, swelling of your sinuses, sneezing, sore throat, itchy eyes, coughing, or headache.

It is a myth that you can get a cold from exposure to cold weather or

from getting chilled or overheated. The biggest risk is getting a cold is related to your immune system, exercise or diet.

There is no cure for the common cold. Once you get a cold, ways to manage it include:

- Resting in bed
- Drinking plenty of fluids
- Gargling with warm salt water or using throat sprays or lozenges for a scratchy or sore throat
- Steam inhalation

As I mentioned above, the best way to treat a common cold is to strengthen one's immune system. To establish this, I usually recommend taking some herbs and vitamins that have been proven to enhance the immune system. The examples of herbs are but not limited to:

Astragalus: Astragalus has been used traditionally to enhance the immune system, including possibly preventing and treating colds and flu.

Echinacea: One of the most popular herbs in America today is the Native American medicinal plant known as Echinacea (also called coneflower). Echinacea is primarily used to shorten the duration of the common cold and the flu and to alleviate the symptoms associated with them, such as sore throat, cough, and fever.

Goldenseal: Goldenseal is often combined with Echinacea in preparations designed to strengthen the immune system. Many professional herbalists recommend goldenseal in herbal remedies for hay fever (also called allergic rhinitis), colds, and flu. I personally try not to use this herb since it is becoming one of the endangered herb because of it's over use.

Elderberry: Like Echinacea, elderberry is a powerful immune system stimulant and can relieve several cold and flu symptoms. Elderberry tea is an old and effective remedy for relieving coughs, treating sinus congestion, and reducing the pain and swelling of a sore throat.

There are numerous Homeopathic remedies that are used in preventing and treating common cold. Also, there are vitamins and minerals that one can use to improve his immune system. The examples are Vitamin C, Beta-Carotene, and zinc.

There are several ways precautions

you can take to keep yourself from getting a cold or passing one on to others.

• Because cold germs on your hands can easily enter through your eyes and nose, keep your hands away from those areas of your body

• Avoid being close to people who have colds.

• If you have a cold, avoid being close to people.

• If you sneeze or cough, cover your nose or mouth.

• Hand washing.

Prevention by building one's immune system, exercising, and eating a good diet are the best ways to prevent a cold.

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

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PERSONAL FINANCE

Inherited IRAs: Helping to stretch wealth (and tax deferral) for decades

Whether you've accumulated assets in an individual retirement account (IRA) by making regular contributions through the years or by "rolling over" a lump-sum distribution from a workplace retirement plan, you may want to consider whether you'll actually use all of that money to support yourself during retirement.

If the answer is "no," then you'll need to determine the most efficient way of leaving the money to your

ogy, they can mean slightly different things, so you need to look closely at the fine print.

Using a stretch IRA strategy has no effect on the account owner's minimum distribution requirements (RMDs), which continue to be based on his or her life expectancy. Once the account owner dies, however, the primary non-spousal beneficiary — say a child or grandchild — may begin taking RMDs based on his or her own life expectancy. The ability of beneficiaries to extend the life of the IRA in this fashion means that the money you accumulate in your IRA and leave to heirs has the potential to last longer and produce more wealth for younger generations.

Consider the Implications: A Stretch IRA in Action

Assume that you leave a \$100,000 IRA to a five-year-old beneficiary who has an estimated life expectancy of 77.7 years, according to current IRS life expectancy tables. If the account earned a hypothetical 8 percent average annual rate of return, its value could grow to \$1.67 million by his or her 55th birthday. And that amount is on top of the nearly \$790,000 in taxable RMDs that would be withdrawn from the account during the 50-year time period. This example is for illustrative purposes only and is not indicative of any particular investment. Past performance is no guarantee of future results. The efficiency of the stretch IRA assumes that you take the smallest amount of money at the latest time allowed, that tax laws do not change and that there is no inflation and returns do not vary.

A More Flexible Stretch

The IRS also has relaxed provisions around when beneficiaries can be named and/or changed. For instance, the ability to name new beneficiaries after RMDs have begun means that you could include a child in your stretch IRA strategy, regard-

less of when he or she was born. Similarly, the ability to change beneficiary designations after the account owner's death means that one beneficiary may choose to "disclaim" his or her own beneficiary status in order to allow assets to pass to a secondary beneficiary, such as a child or grandchild.

There is also more flexibility for multiple beneficiaries. If more than one beneficiary inherits an IRA, distributions can be based on the life expectancy of the oldest beneficiary, or the IRA can be divided into sep-

arate accounts, allowing each beneficiary to use his or her own life expectancy for the purpose of taking distributions.

While it's true that regulatory changes have made it much easier to incorporate a stretch IRA into your financial planning initiatives, it's always a good idea to speak with a financial professional before implementing any new strategy.

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



Steve Lane and Garth Terlizzi

heirs. For many Americans, transferring wealth with a "stretch" IRA is an ideal solution.

What Is a Stretch IRA?

A stretch IRA is not a specialized product, but rather a traditional IRA or Roth IRA that has language written into its documentation allowing for continued tax-deferred growth and distribution of IRA assets to primary and perhaps even secondary beneficiaries over a longer period of time. Without the presence of "stretch" language, assets remaining in an IRA may have to be distributed on a more aggressive basis upon the death of the IRA owner. The stretch IRA concept can be especially valuable to non-spousal beneficiaries who do not have the same ownership rights to IRA assets as do spousal beneficiaries.

Although the phrase "stretch IRA" has caught on, financial institutions offer IRAs with similar provisions under a variety of names, including legacy IRAs, multigenerational IRAs, and perpetual IRAs. Keep in mind that even when different financial institutions use the same terminol-

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PERSONAL FINANCE

Plan your investment moves for the new year

Each New Year, most of us vow to improve in one aspect or another of our lives. However, we don't always rush into carrying out our resolutions. But if you've promised yourself that "this is the year" that



Harley Catlin and Ryan Catlin

you're really going to stay on top of your financial and investment situations, you'll want to get started now.

Start by reviewing your family and career circumstances. Will there be any significant changes in your life in 2005? If so, they almost certainly will have an impact on how you save and invest. Consider these types of factors:

New child - If you've recently added a child to your family, or you're going to add one in 2005, you have a lot to be happy about. And you also have a lot to protect. So, make sure that you have enough life insurance to help raise and educate your child, should something happen to you. Also, it's never too soon to set up a college fund for a child, so you might want to open a Section 529 plan or a Coverdell Education Savings Account.

Child heading to college - If your child is heading off to college next fall, it's time to put your college-funding strategies in high gear. Now that it's past January 1, you can complete the Free Application for Federal Student Aid (FAFSA) at www.fafsa.ed.gov. Also, you may want to accumulate assets in your name versus your child's name; colleges typically expect students to contribute 35 percent of the their money toward college expenses—

but you are only required to kick in around 5.6 percent. And you'll want to contribute as much as you can to whatever investments you've designated for college.

Salary increase - Are you getting a raise this year? If so, try to invest at least part of it. For example, you may want to increase your contributions to your IRA or 401(k). Both these retirement-savings vehicles offer tax advantages and a range of investment options. Furthermore, both have higher contribution limits in 2005, so, even if you "maxed out" last year, you can put in more this year.

Retirement - If you're planning to retire in 2005, you have many issues to consider. You may need to take distributions from your employer-sponsored retirement plan or your IRA. You might also have to decide whether or not you should begin accepting Social Security. And you'll want to ensure that your investment portfolio is properly balanced for your retirement years. Keep in mind that you may enjoy a healthy, active retirement for two or three decades, so you'll still need your investments to provide you with growth opportunities, as well as current income. Your investment and tax advisors can help you determine the best moves to make as you enter retire-

ment.

Start the year off right

Get 2005 off to a good start by making sure your financial plans fit your life. It may be the most important New Year's resolution you make—and it's one you'll want to keep.

- 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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SENIOR FORUM

Matters to attend to when spouse is sent to the hospital

By Kent S. Collins

DEAR SENIOR FORUM: A good friend fell down a flight of stairs this week and suffered a brain injury. He is in critical condition in an intensive care unit. My wife also is close to the man's wife, so we are able to



Kent S. Collins

provide them support through visits to the hospital, errands, etc.

But when a spouse is suddenly sent to the hospital and is out of commission, many practical matters come up. I list a few here. They might make good instruction for your readers:

—Who pays the bills? Are bills and the checkbook kept in a drawer so both spouses know where to find them?

—Investment accounts. If a couple has online accounts with a bank or a broker, do both spouses know the passwords for access? Do both have the power to access these accounts and provide instructions to the account manager?

—Does the couple maintain a list of emergency telephone numbers for doctors, lawyers, and other relatives?

—Do both spouses know whom they should contact at work or former employer for insurance, paycheck, and other employer information? Most good companies go out of their way to help folks facing a medical crisis, but sometimes they are not contacted by a spouse in a timely way.

—In the event of death, has the couple discussed funeral preferences? Burial? Cremation? Funeral service or memorial service?

—Obvious legal questions arise in these emergencies. If there is a proper will, do both parties know where it's located? Are insurance papers stored in a secure location, known to both?

—Have the spouses sat down at the kitchen table and gone down through a list of issues and questions they might confront in an emer-

gency? Preferences for life support? Organ donation? Churches and ministers to call? Friends who can be counted on for help?

—Emergency room inventory: Check for and secure wallets, cellular telephones and other personal belongings as soon as possible. Determine if the bills will be charged to regular medical insurance or workers' comp or Medicare. The hospital will need to know within a day or two of admission.

Our friend's misfortune caused

my wife and me to discuss some of these matters and address them. I'd wager most married couples have not attended to one or more of the above practical matters. And most of these matters are more complicated for retired couples. — Retired in Carolina

DEAR CAROLINA RETIREE AND ALL READERS: Spouses and cohabitants are not the only people who should take such precautions. Single people — whether widowed, divorced or otherwise solo — need similar arrangements plus a friend or family member who can act in their stead.

Adult children should reinforce retired and elderly parents in this. They should know the information and the answers to the Carolina Retiree's cautions and questions. An adult son

or daughter can appeal to the consideration and bread-winner personality of a father to get prepared and share the particulars so that the wife and mother is not made more distraught by these complications.

Like never before in life, retired and elderly people need a desk or file cabinet or cupboard with all the above materials collected and organized. At least in this manner, a spouse or family member or friend can more quickly resolve the pressing issues that come at the bottom of a flight of stairs.

(Send your questions and/or advice to your fellow retirees via The Senior Forum c/o Tribune Media Services, 2225 Kenmore Ave., Suite 114, Buffalo, NY 14207, or to seniorforum@mchsi.com.)

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PET WORLD

Tabby trained to use the toilet

By Steve Dale

Q: How do I train my cat to use a toilet? — C.S., Indianapolis, Ind.

A: There are many approaches. Here's one: Ever so gradually, move the litter box into the bathroom (if it's not already there). Once your cat is hitting the box for a few consecutive days and it's right next to the toi-



Steve Dale

let, place an aluminum pan inside the box and move the litter to the pan. Choose an aluminum pan (the kind you'd use for cooking) that matches the size of the toilet rim (with the seat down) as closely as possible.

Once your cat uses this "double" box for a few days, remove the litter box and just use the aluminum pan. Clean the litter in the pan daily or more often, and replace the pan weekly so it never gets too old and smelly. Meanwhile, begin to raise the pan to the height of the toilet using phone books, a step stool, or whatever you have. Secure the pan so it won't tumble from the mountain of phone books when your cat jumps inside. (One way is to use double stick tape on the bottom of the pan and stick it to the phone books, step stool or whatever is holding it up.)

The more gradually you train your cat, the more success you'll have. When you've raised the pan all the way to the height of the toilet, place is over the open toilet (with the seat down). Depending on the size of the aluminum pan, you'll probably have to use wire or string to make sure it's fastened securely enough to hold your cat's weight without collapsing.

Gradually use less and less litter. When you have very little litter in the pan, cut a few small holes in the bottom so your cat's urine has somewhere to go (into the toilet). Over time, cut larger holes until the only way your cat can go is to straddle the top of the toilet.

While she used a slightly different method of toilet training her cat, Bengal breeder Karen Anderson, of Irvine, Calif., did succeed. It takes time and patience to train cats to use a toilet, she cautions. If you make the adjustments too quickly, you'll

have the same problem Anderson did; sometimes, her cat didn't use the toilet or the box. "Still, it was worth it in the end," she maintains.

If you live in a one toilet home or apartment, sharing the toilet with your kitty might not be the best idea. If you have an older or ill cat with an urgent need to go, and you're in the bathroom - you may force your pet to have accidents.

"I've heard of people who even trained their cats to flush," says Anderson "That's handy, and many cats love seeing the water move. They'll flush all night long. But it's not so funny when you open your water bill."

Q: My 8-year-old chow mix is allergic to something, mostly in the fall and only after we moved to Iowa. She scratches at her stomach and under one front leg. Also, her eyes water. The vet doesn't know what to do, but thinks she's bothered by something unique to Iowa. Any advice? — J.H., Clive, Iowa

A: Well, you could move back to whatever city you came from...

Dr. Rod Rosychuk, an associate professor at Colorado State University College of Veterinary Medicine, Fort Collins, says weed pollens are the most likely culprit in the fall. A single weed, or perhaps various weeds, may be more abundant where you live now.

Ask your vet about symptomatic

therapy with an antihistamine. Rosychuk says that if the first drug doesn't work, don't hesitate to try another, and if that doesn't help, yet another. The individual response to antihistamines varies among dogs, so it's not unheard of to try several antihistamines before finding one that makes a difference.

Treat those places on your dog's body where she's scratched to avoid an infection.

A: I love the idea of learning about a pet before you bring one home, even if it's only a fish that cost less than \$10. Check out "The Betta Handbook," by Robert Goldstein (Barron's Educational Series, Hauppauge NY, 2004; \$10.75). You'll learn about what to feed them, what their environment should be like, and even how bettas live in the wild.

(Write to Steve at Tribune Media

Services, 2225 Kenmore Ave., Suite 114, Buffalo, NY. 14207. Send e-mail to PETWORLD@AOL.com. Include your name, city and state.)

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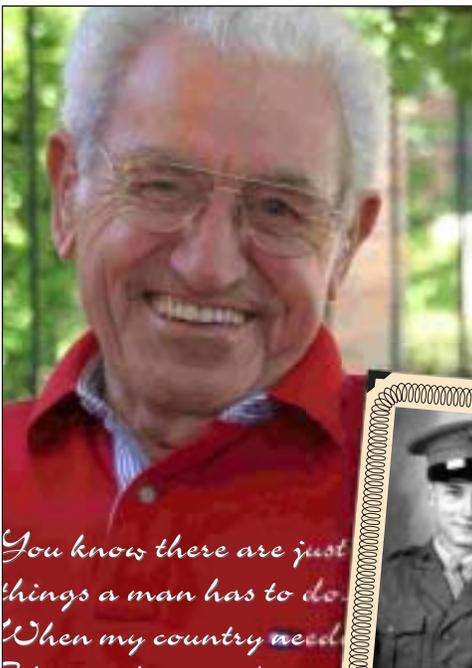
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ART/ENTERTAINMENT

FEB 1-12

FOREIGNER

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TOPEKA, 785-357-5211
<http://www.topekacivictheatre.com>

FEB 2

BLIND BOYS OF ALABAMA

Grammy Award-winning group have spread the spirit and energy of pure soul and gospel music for more than 60 years, with three of the original founders still going strong in their 70's. Lied Center of Kansas.
LAWRENCE, 785-864-2787
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FEB 5

PHARAOH'S DAUGHTER

A mix of Middle Eastern, Hasidic, and folk rock tinged with a klezmer beat - music that comforts with its meditative qualities and energizes with exploding eclectic grooves. Lied Center of Kansas.
LAWRENCE, 785-864-2787
<http://www.visitlawrence.com>

FEB 7

NATURALLY 7

Seven young men in their late 20s and early 30s from the New York Metro Area perform seven-part harmony blending jazz/gospel/R&B and even classical styles. McCain Auditorium.
MANHATTAN, 785-532-6428
<http://www.ksu.edu/mccain>

FEB 11

NATIONAL ACROBATS OF TAIWAN

Everything in the room is up for grabs as these master clowns and jugglers tumble and roll their way across the stage. McCain Auditorium.
MANHATTAN, 785-532-6428
<http://www.ksu.edu/mccain>

FEB 12

SCHELAGER'S THE MAGIC SCHOOL BUS

Plenty of good vibrations in this production filled with music, laughter, and audience participation. Lied Center of Kansas.
Lawrence, 785-864-2787
<http://www.ku.edu/~lied/>

FEB 13

BRENTANO STRING QUARTET

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FEB 18

FIDDLER ON THE ROOF

A story magically woven with music, dance, poignancy, and laughter. McCain Auditorium.
MANHATTAN, 785-532-6428
<http://www.ksu.edu/mccain>

FEB 19

FIDDLER OF THE ROOF

A timeless classic that has won the hearts of people all around the world. Journey through secret love, forbidden betrothal, weddings, devotion, and forgiveness, tempered by rejection, oppression, and imminent revolution. Lied Center of Kansas.
LAWRENCE, 785-864-2787
<http://www.ku.edu/~lied/>

FEB 23-24

DANCING HENRY FIVE

David Gordon, director, presents a dance-theatre interpretation of Shakespeare's classic play. Lied Center of Kansas.
LAWRENCE, 785-864-2787
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FEB 25-MAR 6

BLACK COMEDY BY PETER SHAFFER

A fascinating, fast-paced comedy you won't want to miss! Grosh Performance Hall, Manhattan Arts Center.
MANHATTAN, 785-537-4420
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FEB 26

CARMEN

Teatro Lirico D'Europa in Bizet's Carmen, one of the best known and most popular of all operas due to its powerful love story, its free-spirited heroine and its passionate, lyrical music. Lied Center of Kansas.
LAWRENCE, 785-864-2787
<http://www.ku.edu/~lied/>

MAR 12

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
<http://www.topekacivictheatre.com>

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HIGHWAY 92, 1/2 MILE EAST FROM OZAWKIE,
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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 & THURSDAYS

MOOSE CLUB

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

WEDNESDAYS & FRIDAYS

VETERANS OF FOREIGN WARS

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

WEDNESDAYS

PINECREST APARTMENTS

924 WALNUT, EUDORA, 12:30-1:00 PM,
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WEDNESDAYS & FRIDAYS

EAGLES LODGE

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

WEDNESDAYS & FRIDAYS

EDGEWOOD HOMES

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

THURSDAYS

BABCOCK PLACE

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

FRIDAYS

BALDWIN SENIOR CENTER

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

FRIDAYS

ARAB SHRINE

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

BOOKMOBILE

MONDAYS

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

TUESDAYS

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

WEDNESDAYS

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

BOOK TALKS

THIRD TUESDAY OF EACH MONTH

COTTONWOOD RETIREMENT CENTER, 1029 NEW
HAMPSHIRE ST., LAWRENCE, 2:00 PM
BABCOCK PLACE, 1700 MASSACHUSETTS ST.,
LAWRENCE, 3:00 PM

THIRD WEDNESDAY OF EACH MONTH

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

FOURTH WEDNESDAY OF EACH MONTH

PRESBYTERIAN MANOR, 1429 KASOLD DR.,
LAWRENCE, 9:45 AM
SENIOR CENTER, 745 VERMONT ST.,
LAWRENCE, 1:30 PM

CLASSES/LECTURES

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TOPEKA, 785-354-5225

FEB 5

PAPER CONSERVATION

Workshop will be presented at Watkins Community Museum of History, 1047 Massachusetts St. Helen Kische, Archivist for the museum, will show attendees how to conserve and preserve paper documents. Fee. 1-3 p.m. Call for more information and to register for the class.
LAWRENCE, 785-841-4109

FEB 10

MORNING MATINEE: WARNING SIGNS OF HEART ATTACK AND STROKE

February is Heart Month! Heart attack and stroke continue to be the number one killers of Americans. While we have made great strides, there is still a lot to know about prevention, therapy, and treatment. Find out about signs, symptoms, and how the medical community reacts to the presentation of chest pain or possible stroke.
LMH EDUCATION CLASSROOM, 9:00 AM-10:00 AM

EXHIBITS/SHOWS

FEB 1-MAR 27

ANGIOLO MAZZONI EXHIBITION

Architectural drawings, etc.
MANHATTAN, 785-532-7718
<http://www.ksu.edu/bma>

FEB 1-APR 10

PHOTOGRAPHS BY JON BLUMB

Landscape photographs by Lawrence, Kansas photographer, Jon Blumb.
MANHATTAN, 785-532-7718
<http://www.ksu.edu/bma>

FEB 1-APR 10

GONE: PHOTOGRAPHS OF ABANDONMENT ON THE HIGH PLAINS

Photographs by artist, Steve Fitch.
MANHATTAN, 785-532-7718
<http://www.ksu.edu/bma>

FEB 4-6

HIDDEN ART LOCKED AWAY

Annual show and sale of various mediums of art created by Leavenworth prison inmates.
123 S Esplanade, Riverfront Community Center.
LEAVENWORTH, 913-682-4459

HEALTH

FIRST TUESDAY OF EACH MONTH

HEALTH SCREENING CLINIC

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

TUESDAYS AND THURSDAYS

BLOOD PRESSURE CLINIC

Conducted at Stormont-Vail's outpatient lobby, just inside the doors of the Ninth and Washburn entrance, from 9 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

TUESDAYS AND THURSDAYS

SENIORFIT PROGRAM

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

WEDNESDAYS

HEALTH SCREENING CLINIC

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

SECOND THURSDAY OF EACH MONTH

MEDICATION CLINIC

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

SECOND THURSDAY OF EACH MONTH

BLOOD PRESSURE AND HEALTH INFORMATION

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

THIRD TUESDAY OF EACH MONTH

HEALTH SCREENING CLINIC

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

THIRD THURSDAY OF EACH MONTH

NUTRITION CLINIC

1:30-2:30 p.m. Call for an appointment.

CONTINUED ON PAGE 13

CALENDAR

CONTINUED FROM PAGE 12

HEALTHWISE 55 RESOURCE CENTER, TOPEKA
785-354-6787

FEB 2
CHOLESTEROL SCREENING

You now have a choice! You can choose to get a quick (5 minutes) fingerstick test providing a TOTAL blood cholesterol reading with no fasting involved. Or you can fast for 10-12 hours (water and medications ok) and get a TOTAL LIPID PANEL (includes cholesterol, HDL, triglycerides and calculated LDL) in about 10 minutes. The lipid panel is not available in the afternoon hours. Fee.
LMH HEALTH SOURCE ROOM
3:00-5:00 PM

FEB 21-22
HEALING TOUCH LEVEL ONE

With certified instructor Robin Goff. Learn and practice hands-on energy healing techniques. Fee (some scholarships available) 18. CE for massage or nursing, lay people welcome.
THE LIGHT CENTER, 785-255-4583

MAR 2
CHOLESTEROL SCREENING

See Feb. 2 description.
LMH HEALTH SOURCE ROOM
8:30-10:30 AM

MEETINGS

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

FIRST TUESDAY OF EACH MONTH
LAWRENCE CARING COMMUNITY COUNCIL

Works with 31 other Kansas communities to help all Kansans live with dignity, comfort and peace at the end-of-life, regardless of age. Members have backgrounds in healthcare, pastoral care, senior citizens' services, funeral home care, library and educational services. Meets at 3:00 p.m. in Conference E of LMH. LAWRENCE, 785-842-3627

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

THURSDAYS
GRIEF AND LOSS SUPPORT GROUP
For individuals caring for an aging loved one and dealing with the losses associated with their physical decline. Sponsored by Heart of America Hospice and Pioneer Ridge. Limited spaces available. Pioneer Ridge Assisted Living Library, 4851 Harvard, 7:00 p.m.
LAWRENCE, 785-841-5300

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).
JADE MONGOLIAN BARBEQUE, LAWRENCE
11:30 AM-1:00 PM

FRIDAYS
TAKE OFF POUNDS SENSIBLY
Support group for weight loss. Meets 10:00-11:00 a.m., Centenary United Methodist Church.
LAWRENCE, 785-842-1645

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 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

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

FOURTH 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 Feb. 25 Dr. Harold Riehm will present a program about Dr. Richard Cordley.
785-842-0446 or 785-865-3787

FIRST WEDNESDAY OF EACH MONTH,
SEPTEMBER-MAY
KAW VALLEY CHAPTER, OLDER

WOMEN'S LEAGUE
Forums held at Lawrence Public Library
LAWRENCE, 1:30 PM

FEB 11
SELF HELP FOR THE HARD OF HEARING (SHHH)
"Heredity and Other Causes of Hearing Loss."
Sandy Banks from the KU Audiology program will explain the causes of hearing loss and discuss how to avoid them. In the situation of hereditary hearing loss, how do we prepare our children for the related life changes.
BABCOCK PLACE, 1700 MASSACHUSETTS, LAWRENCE, 1:00 PM

MISCELLANEOUS

FEB 5
SOUPER BOWL SATURDAY
Buy a handmade ceramic bowl and stay for a lunch of soup and bread. Lawrence Arts Center.
LAWRENCE, 785-843-2787
<http://www.lawrenceartscenter.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.

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BOOKSHELF

Brookins reviews *Carnage on the Committee*

By Margaret Baker

Kaw Valley Senior Monthly readers have a special treat—a guest review by renowned author Carl Brookins. Brookins is the author of Minnesota-set mysteries *Inner Passages* and *A Superior Mystery*, both short-listed for awards. *Old Silver* will be published this spring. Here is his review for us of:

Ruth Dudley Edwards: *Carnage on the Committee* (Poisoned Pen Press, \$24.95, ISBN 1-59058-133-4) *Mystery, satire*

Satirical, funny, clever, ingenious, this is easily one of the best novels of the year.

In Britain, inventor of the stiff upper lip, the Knapper-Warburton Literary Prize committee is meeting to trim the nominees to a short list and then, the winner.

The chair of the committee dies under the proverbial suspicious circumstances. All other members are deemed unsuitable to lead the committee back to its task. Robert Amiss is immediately tasked to find a new chair. His choice is Baroness Ida "Jack" Troutbeck, literary cognoscenti, one of the most formidable, unusual, self-centered and flamboyant characters ever to erupt from the pages of crime fiction.

With great élan, autocratic direction, and clever underhanded manipulation the duo endeavor to get the work of the committee done in handy fashion. In the process they thwart a killer likely to strike again.

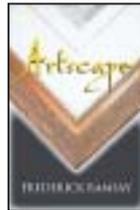
Edwards slings arrows of deflation at literary pretensions, at awards and award ceremonies, at authors, at conventions—every cherished shibboleth and icon of the literary and mystery world. Almost nothing and no one is safe from her cudgels. Rude, politically incorrect, honest and wonderfully funny!

Frederick Ramsay: *Artscape* (Poisoned Pen Press, \$24.95, ISBN 1-590588-122-9) *Mystery*

Ike Schwartz is the sheriff in Picketsville, his childhood home. Picketsville is also home to one of the few remaining exclusively women's

colleges, Callend College.

Callend is noted for housing half of the Dillon art collection (the rest are on display in New York). Housed in a building built as a bomb shelter in the 1950s, it is secured by a truly awesome state-of-the-art alarm system.



Despite this, one night thieves remove every single work. Not to sell, to hold for half a billion ransom. Two students on lover's lane nearby disappear as well, but no demands are made for them.

Ike Schwartz is no ordinary local yokel; he's an ex-CIA man with a lot of baggage from a routine exchange that went horribly wrong. Many people make the mistake of underestimating Ike, but readers won't.

Great plotting, including a twist at the ending, makes this character-driven police procedural sparkle!

Mary Burchill: *A Fan's Guide to KU Men's Basketball in Allen Fieldhouse* (Kansas Key Press, paperback, \$8.95, ISBN 0-976406-0-0) *Reference*

Just in time for the heart of the basketball season, this information-packed small volume is exactly what the title says. All the history, traditions, what goes on where and when—it is all here, written by a fan who watched her first game as a freshman in 1953.

The roles of everyone in the sports drama that is KU basketball are described succinctly. Waving the wheat, Rock Chalk Jayhawk, even how the singer of the national anthem is chosen and how the arena is cleaned afterwards—a real guide for the dedicated Jayhawk!

Gillian Roberts: *Till the End of Tom* (Ballantine, \$22.95, ISBN 0-345-454492-8) *Mystery*

Roberts started her Amanda Pepper series 12 books ago (*Caught Dead in Philadelphia*), and fans have followed this intrepid high school English teacher through many a mysterious adventure. Now she and ex-police detective C.K. Mackenzie are planning their wedding and working part time as P.I.s (Amanda is still teaching at Philly Prep). Their respective families are trying to hijack

the simple wedding and turn it into something resembling a presidential inauguration.

As Amanda sneaks out of the principal's annual soporific assembly speech she finds Tomas Severin's body at the foot of the stairway. Tom, a member of the very upper crust, had no reason to be in Philly Prep, a school considerably beneath his patrician style. Even less to have been in Amanda's classroom just before he apparently sipped a coffee.

When analysis indicates the coffee had been laced with a "roofie", Severin's family hires Pepper and Mackenzie to find the who and why.

Paperback Picks

David Cole: *Shadow Play* (Avon, \$6.99, ISBN 0-06-051194-X) *Mystery*
Laura Winslow is a P.I. with a lot of computer forensics knowledge. Her beat is on and near the Navajo Reservation, to which she has ties. But this new case, the apparent murder/suicide of a Navajo and his female companion, involves a skin-walker, a shape shifter.

The trail leads into Navajo myth, folklore, and Indian casinos—only Cole could work these together so expertly.

Joanne Pence: *Courting Disaster* (Avon, \$6.99, ISBN 0-06-050291-6)

Romance/mystery

Angelina Amalfi, daughter of wealthy parents, is finally marrying the man of her dreams, dour Finnish-American police detective Paavo Smith. Unfortunately, like Amanda Pepper in the above reviewed mystery, Mom is taking over. Even the engagement party is going to be a surprise, and Angie really wants to break the secret.

Meanwhile her indecisive neighbor Stan thinks he is in love with Angie. Who knows where this might lead had not Stan suddenly fallen for a very pregnant, and mysterious, kitchen helper.

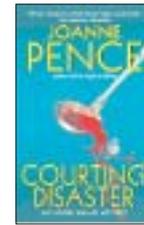
Into the mix add a murder of a highly public benefactor, several stalkers, Greek cuisine, and stir in romance and you have a first-rate story.

The ears have it (audio books)

Orson Scott Card: *Ender's Game* (Audio Renaissance, 9 CD/11 hours, \$39.95, ISBN 1-59397-474-4) *Science Fiction*

This is a special 20th anniversary edition of the science fiction classic, and is read by a cast that includes

CONTINUED ON PAGE 15



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BOOKSHELF

CONTINUED FROM PAGE 14

Harlan Ellison.

As the work begins, Andrew "Ender" Wiggins is training with other young boys at Battle School, unaware that the world's leaders think he is the military genius who will save the planet in the upcoming war with an alien species. That training includes isolating him from the other boys to make him dependent on his own abilities; it also means a very lonely childhood.

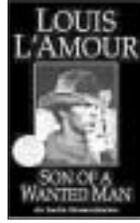
This is a long work, suitable for a car ride to Denver, but one that will hold the listener's attention as the elements mount in intensity and Earth's future, as well as Andrew's, seem in doubt.

An original postscript written and recorded by Card discusses the origins of his highly regarded Ender series.

Louis L'Amour: *Son of a Wanted Man* (Random House Audio, 3

cassettes/3 hours, \$14.99) *Western*

This is a dramatization. If you are old enough to remember radio drama, this will bring back memories of sound effects, music keying up scenes, voices off stage.



Mike Santos has been adopted by robber Ben Curry following a bank robbery in which Mike's widowed father was killed. Curry sent Mike out into the world to learn other skills; Mike has never broken the law. Now an aged Curry wants to retire and wants Mike to take over the gang. Needless to say, some of the gang feels they should inherit this post.

In addition to the story, there is an archival interview with L'Amour.

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

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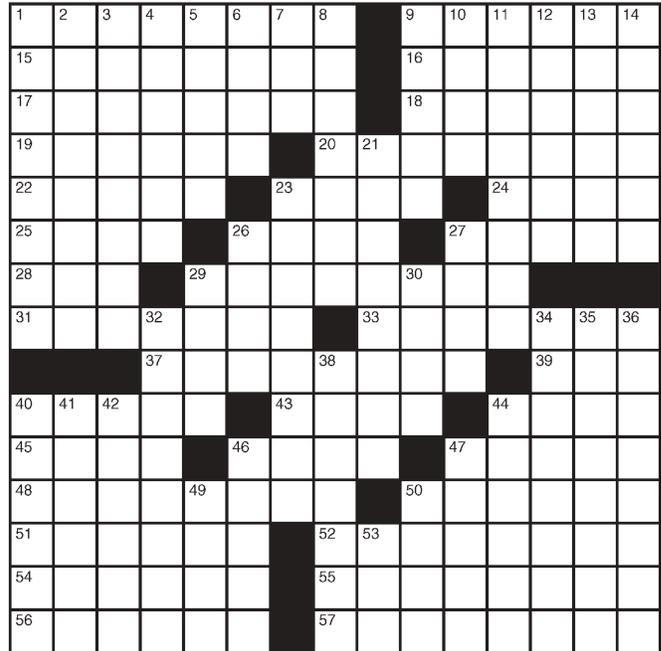
ACROSS

- 1 Slipping by
- 9 Loud kisses
- 15 Cone bearer
- 16 Argentine river port
- 17 Entry hymns
- 18 Like theaters and churches
- 19 Beer glasses
- 20 Built a burrow
- 22 Meg of "The Big Chill"
- 23 Metal containers
- 24 ___ and void
- 25 Like most people born in August
- 26 Planters
- 27 Antiquated
- 28 Clairvoyant's letters
- 29 Predict
- 31 Patrick of "Star Trek: The Next Generation"
- 33 Majestic
- 37 Certified
- 39 Pianist Cliburn
- 40 Discoloring stains
- 43 Force of astronauts
- 44 Nudnik
- 45 Eastern staple
- 46 Take sustenance
- 47 Andretti or Lemieux
- 48 Cloudy
- 50 Quarterback, often
- 51 Horatio or Ozzie

- 52 Tomahawks
- 54 Adopted
- 55 Appraise
- 56 Being
- 57 Pathological conditions

DOWN

- 1 St. Paul's letters
- 2 Full of the most fluff
- 3 Gnu or nilgai, for example
- 4 Dangers
- 5 Hardhearted
- 6 "The Sea, The Sea" author
- 7 Murdoch
- 8 Bottom-line figure
- 9 Develop gradually
- 10 Traverses
- 11 Principal
- 12 Military supply depots
- 13 Localized thickening of the skin
- 14 Prepares to propose
- 15 Bike seat
- 16 Tacit
- 17 Retinues
- 18 City or town on a waterway
- 19 Begged
- 20 Hustler from Minnesota
- 21 She sheep
- 22 Perform at Weeki Wachee
- 23 Abroad
- 24 Actress Hartley



By Josiah Breward
Scranton, PA

Answers on page 22

- 36 Sanctions
- 46 John Cleland novel, "___ Hill"
- 38 Got hot under the collar
- 47 Twinned crystal
- 40 "Agnes Grey" writer
- 49 Old geezer
- 41 Keep maturing
- 50 Education-minded orgs.
- 42 Spotted, nocturnal wildcat
- 53 Fauna starter?
- 44 City on the Merrimack

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MAGICWORD

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

GREAT ASTRONAUTS OF YESTERDAY (sol: 9 letters)

A-Akers, Aldrin, Allen, Anders; B-Bassett, Bean, Bluford, Borman, Brady, Bull; C-Carey, Carpenter, Carter, Cernan, Chaffee, Collins, Cooper; D-Duffy; E-Edwards, Engle; G-Glenn, Gordon, Grissom; H-Haise, Hart; I-Irwin; L-Lind, Lousma, Lovell; M-Mattingly, McDivitt, Meade, Musgrave; R-Ride, Roosa; S-Scott, Shepard, Shriver, Stafford, Sullivan; W-Walker, White

This Week's Answer:

ARMSTRONG

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NIWRIBORMANNELG
GRISSEOMBANRECB
ARMSRIDEHAISEUA
SNILLOCALOVLLS
DROFULBNAVILLUS
RSTAFFORDBRADYE
ARRETRACYENGLT
WEYERACLPHYFUDT
DTTRDAGORDYDNT
ENONSNOUNILRI
TEGOICASNELLARV
I POTRAHMEADEPDI
HRTTOCSAKERSELD
WALKEREVIRHSHAC
MCHAFFEEVARGSUM

JUMBLE

THAT SCRAMBLED WORD GAME
By Henri Arnold and Mike Arginton

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

GOBEF

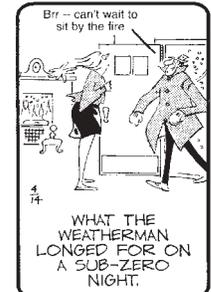
MEENY

FALTY

ROBRAW

www.jumble.com

Answer here: A



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

Answers on page 22

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TRIVIALITIES

1. Who directed the 2004 film "The Aviator"?
2. Who starred as Amsterdam Valon in the 2002 film "Gangs of New York"?
3. The 1991 remake "Cape Fear" was adapted from whose novel of the same name?
4. Martin Scorsese directed what 1993 film starring Daniel Day-Lewis, Winona Ryder and Michelle Pfeiffer?
5. Ray Liotta starred as Henry Hill in what 1990 mobster film?
6. Sharon Stone starred opposite Robert DeNiro in what 1995 Martin Scorsese film?
7. Martin Scorsese has been nominated four times for the best director Oscar. How many time has he won?

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Answers on page 22

HUMOR

Bulldog Jim

By Larry Day

When they turned off the klieg lights for the last time on the set of his long running national political talk show, "Shoot Out," James "Bulldog" Carver didn't waste time crying over spilt Nielsen ratings. Jim did what every self respecting famous has been does—he got himself a job in academe.

Before they had even painted over his name and the red star on the door of his dressing room at the studios of GTG Television, Jim had a new job. A week before the final edi-



Larry Day

tion of "Shoot Out" was aired, the words "James Carver, Director," were stenciled on the door of an office at a newly created institute at Letongaloosa Community Junior College, where I teach.

Funds to create the institute came from the estate of Dagalbert Oglefarb Pickford Engelhorstwaggoner, who had owned a small grocery store in Letongaloosa, and who had served for many years in the state legislature. "Picky," as everybody called him, had accumulated a large fortune—no one knew exactly how.

When Picky died, respected, and full of years, his will stipulated that funds should be provided to establish an institute at LCJC to foster and promote political activism. That stipulation was remarkable because nobody in town had ever thought of Picky as political activist. In his many terms in the state legislature Picky was valued as a pliable, go along to get along, pragmatic politician. His flexibility was particularly valued in times when the vote was close and the stakes were high. In death, as in life, Picky maintained an amiable lack of focus—his will mentioned but did not define or explain the term "political activism."

Readers of this column, who at last count numbered 8.5, will recall that Letongaloosa Community Junior College has two academic divisions: the Department of Technology, et. al, and the Department of et. al., et. al. The political activism institute was to be housed in the Department of et. al. et. al. The

dean of that distinguished academic unit was the eminent Dr. Ima Farseer, Ph.D.

It was to Dr. Farseer that Jim Carver owed his appointment as director of the newly created institute at LCJC. Years earlier, when Bulldog Jim was at the height of his game, "Shoot Out" was the talk show everyone in Washington, D.C. had to watch. At that time, Dr. Farseer, a newly minted Ph.D., came to town to attend an academic conference. The conference perks included tickets to attend a taping of "Shoot Out."

Ima was captivated by Jim Carver's intellectual prowess and his razor-like repartee. He never conceded a point to his colleagues or guests, and could always shout louder and longer than any of them. After attending the show, young Ima went back stage and stood at the edge of a crowd of well wishers. Jim, who was as short as his self esteem was tall, climbed onto a small platform (provided by the network as specified in his contract) and gave a short "afterglow" summation of the show's high points. As he spoke, Jim spotted Ima gazing adoringly from the fringes of the crowd. He made a beeline for her as the applause ceased and the faithful drifted away.

"Jim Carver," he said, holding out his hand.

"Dr. Ima Farseer," she said, shaking his hand firmly. Ima tried mightily to keep the adoration that glowed in her heart from beaming from her eyes. "I enjoyed the show very much," she said simply.

"You're very kind," said Bulldog Jim. "I hope to we'll see each other again real soon." He squeezed her hand, turned, and walked to his dressing room.

It was at that moment that young Dr. Farseer vowed by all the mystic powers of academe that she would adore Bulldog Jim from afar and one day would do something big for him. And, decades later, she did.

As institute director, Jim Carver's first assignment was to get members of the board of directors to agree on a name for the institute. "The name thing," thought Bulldog Jim Carver, would be a snap. He was eager to get it over with and move on to important things like inviting his old buddies to be symposium speakers, and making trips around the country to promote the institute. But the "name thing," proved much more difficult to deal with than he thought.

Naming the institute after its benefactor would have been the logical solution, but even the most ardent of Picky's admirers realized that they could never name it the Dagalbert Oglefarb Pickford Engelhorstwaggoner Institute. There was no way the institute could gain credibility and wield political influence with a name like that. Letterhead stationery would be lopsided with that name at the top. How would one design a logo or operate a website with a name like that?

The board members discussed the possibility of using one of the other names—Pickford was the obvious choice—as a designated moniker, but there were already 47 Pickford Institutes in the United States, and 11 in Britain. No one got excited about Dagalbert or Oglefarb, and Engelhorstwaggoner was obviously out of the question.

"Let's give it the name that we all knew him by," said Angston Rich, one of Dagalbert's oldest friends.

"What was that?" asked Jim Carver, hoping for a breakthrough.

"Picky," said Angston. "Everyone always called him 'Picky'."

"I don't want to be known as a member of the board of the Picky Institute," said Anabelle Montgomery.

"Well picky, picky, picky," responded Angston.

"My point, exactly," sniffed Anabelle.

"Lord love a duck," said Angston.

"Folks, let's take a break," said Director Jim Carver. He had a sinking feeling that this issue would be much harder to resolve than he had anticipated. For the first time in decades, Bulldog Jim realized he was in deep water. His whole talk show career had been based on his ability to talk faster, and yell louder than everyone else who appeared the show.

After the break someone suggested using the first letters of Picky's full name to create an acronym.

"Good thinking," said Jim Car-

er. Let's see." He started scribbling on his legal pad. "Whoa! That won't work," he said almost immediately.

"What's wrong now," said Morgan Frompton, who had suggested using an acronym.

"You want us to call it the DOPE Institute?" asked Jim Carver. He didn't even try to keep the sarcasm from his voice.

"Well it takes one to know one," retorted Frompton.

"And I'd rather know one than be one," growled Bulldog Jim Carver.

One of Rudyard Kipling's poems says that after the tumult and the shouting die, and the captains and the kings depart, an ancient sacrifice still stands. That sacrifice, the poet said, is a humble and a contrite heart.

Well, when the tumult and the shouting died at that board meeting, and when the captains and the kings and queens had departed, Bulldog Jim Carver was sporting a black eye, a bruised lip, and several loose teeth. Morgan Frompton, whom Jim had called a dope, was a retired football coach.

Fortunately, what might well have been lights out for Bulldog Jim Carver was, instead, a wake up call. When he realized that it was tougher to succeed in academe in Letongaloosa than it was inside the Washington, D.C., beltway, Jim Carver underwent a rapid and amazing personality transformation.

Within a short time he reconvened the board and apologized. Dr. Ima Farseer came up with a name that suited everyone. It is now known as the Institute for Techno-political Activism. The institute's brand of political activism is very warm and fuzzy, and its director is known nowadays as Gentle Jim Carver. Picky would be pleased.

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

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MY ANSWER

Keep your mind pure

By Billy Graham

Q: My parents found me on an Internet porn site the other day, and now they've started monitoring every web site I visit. I admit I'm a bit bummed, because I was just curious. It's not like I was doing anything immoral, was it? — J. McE.

A: I have a friend who says that pornography is like the slime left behind by a snail or slug, because it leaves its traces on your mind long after the original image is gone. It is one of our greatest scourges today, and it needs to be labeled for what it is: a great moral and spiritual evil.

I know you probably resent having your parents tell you what to do on your computer — but the truth is, they love you and they don't want you to fall into pornography's trap. They know its allure, and they know also how destructive and addictive it can be. Pornography treats people as mere objects to be used for our own selfish gratification. Pornography also destroys the meaning of

true love. The Bible is clear: "But among you there must not be even a hint of sexual immorality, or of any kind of impurity" (Ephesians 5:3).

Never forget that what goes on in our minds eventually influences the way we act. Jesus warned, "I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart" (Matthew 5:28). Make it your goal to keep your mind pure, as well as your body.

The most important decision you will ever face, however, is what you will do with Jesus Christ. He loves you, and He wants to help you fight temptation and become the man He created you to be. Ask Him to come into your life today.

(Send your queries to "My Answer," c/o Billy Graham, Billy Graham Evangelistic Association, 1 Billy Graham Parkway, Charlotte, N.C., 28201; call 1-(877) 2-GRAHAM, or visit the web site for the Billy Graham Evangelistic Association: www.billygraham.org.)

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COOKING LIGHT

Tropical chopped salad with shrimp

By Allison Fishman

We use English cucumbers so you can skip the step of seeding regular cucumbers.

2 cups packaged Italian-blend salad greens

2 cups chopped bottled mango
1 1/4 cups chopped peeled English cucumber

1 cup cherry tomatoes, halved
1 tablespoon rice vinegar
1 teaspoon kosher salt
1/2 teaspoon crushed red pepper
1 1/2 pounds medium shrimp,

cooked and peeled
1 cup diced peeled avocado
1 tablespoon chopped cashews
1. Combine first 8 ingredients, tossing well. Place 2 cups salad on each of 4 plates; top each serving with 1/4 cup avocado and 3/4 teaspoon chopped cashews. Yield: 4 servings.
CALORIES 317 (29 percent from fat); FAT 10.2g (sat 1.7g, mono 4.6g, poly 2.2g); PROTEIN 36.7g; CARB 21.1g; FIBER 3.3g; CHOL 259mg; IRON 6.8mg; SODIUM 747mg; CALC 119mg.
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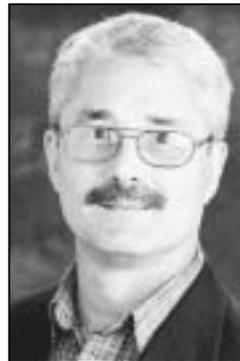
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Gerald Whiteside, M.A.

Gerald Whiteside, M.A., joined the staff at Marston Hearing Center in June, 2003. Mr. Whiteside, a graduate of the University of Kansas Medical Center, is certified as an Audiologist by the American Speech-Language-Hearing Association and licensed by the Kansas State Board of Hearing Aid Examiners. He continues to attend training sessions and product update seminars to keep abreast of the latest in hearing aid technology and fitting procedures.

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BRIDGE

Play or defend

By Omar Sharif and Tannah Hirsch

North-South vulnerable. East deals.

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

The bidding:

EAST	SOUTH	WEST	NORTH
1♦	Pass	1♥	2♣
Pass	2NT	Pass	3NT
Pass	Pass	Pass	

Opening lead: ?

Study the diagram above. Would you rather play or defend three no trump if you can choose the opening lead?

The auction was straightforward and the final contract is normal. Obviously, a red-suit lead presents no problem if you declare. By taking the percentage play of dropping the queen of clubs, you collect three red-

suit tricks, regardless of which suit West selects, to go with six in clubs. Since leading dummy's suit is equally futile, if you elect to defend you must lead a spade.

Assuming West starts with the deuce of spades, declarer plays low from dummy at trick one and sup-

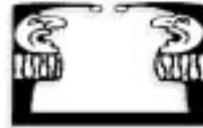
pose East inserts the nine of spades. You win with the jack and lead a diamond to the king. East wins with the ace and can do no better than continue with a spade to partner's king and collect two more spade tricks. Should East shift to a heart instead, declarer can rise with the ace of hearts and collect six club tricks and is sure of one in each of the other suits.

You do no better if you win the ace of spades and return the suit. Declarer will come to nine tricks by playing a diamond at the first op-

portunity and still get home.

However, you should elect to defend. After winning the ace of spades at trick one, East must shift to a heart. If declarer rises with the ace, the best result will be down two! So South must finesse. West wins as cheaply as possible and reverts to the king of spades and another. As soon as declarer leads a diamond, East grabs the ace and cashes a third spade, enabling the defenders to rake in three spades, a diamond and a heart for down one.

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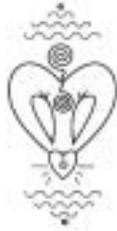


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Kansas Silver Haired Legislature to hold elections

Are you interested in being an advocate for senior rights and issues in Kansas? The Kansas Silver Haired Legislature may be the organization for you.

The Kansas Association of Area Agencies on Aging and the Kansas Department on Aging is announcing that the elections for Kansas Silver Haired Legislature (SHL) members will be held on March 16 at sites across Kansas. The deadline for filing as a candidate is February 9. The Kansas SHL, which has met annually since 1983, is a unicameral legislature comprised of 125 representatives. Wyandotte, Johnson, Shawnee and Sedgwick counties have five additional delegates. The legislature provides an educational experience in the political process and provides an opportunity to identify priority concerns of Kansas senior citizens. The SHL develops bills and resolutions that are presented to the Kansas Legislature and the governor as recommendations for state policy. Kansas is one of 24 states with a Silver Haired Legislature.

Previous political experience is not necessary, only a desire to become involved and to contribute the time and effort to develop legislation. Any Kansas aged 60 and over who is a registered voter may file for candidacy.

If you are interested in being a Silver Haired Legislator and representing the seniors of your county, candidate registration forms, petitions and filing instructions are available at Jayhawk Area Agency on Aging (JAAA), 1720 SW Topeka Blvd., Topeka, or by calling 785-235-1367.

JAAA is a nonprofit agency that advocates on aging issues, builds community partnerships and implements programs within Shawnee, Jefferson and Douglas counties to help seniors live independent and dignified lives.

JAAA receives funds from private donations as well as the Older Americans Act through the U.S. Department of Health and Human Resources and Kansas Department on Aging.

60 Look Who's

The following celebrities turn 60 in February:

- Feb. 7 **Pete Postlewaite**, actor, *The Usual Suspects*
- Feb. 9 **Mia Farrow**, actress, *Rosemary's Baby*
- Feb. 12 **Maud Adams**, actress, *Octopussy*
- Feb. 26 **Mitch Ryder**, musician, Mitch Ryder & the Detroit Wheels, *Devil With a Blue Dress On*
- Feb. 28 **Bubba Smith**, NFL defensive end/actor, *Police Academy*

Compiled By Kevin Groenhagen,
Kaw Valley Senior Monthly

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JUMBLE ANSWERS

Jumbles: BEFOG ENEMY FLATLY BARROW

Answer: what the weatherman longed for on a sub-zero night - A WARM FRONT

TRIVIALITIES ANSWERS

1. Martin Scorsese
2. Leonardo Di-Caprio
3. John D. MacDonald
4. "Age of Innocence"
5. "Goodfellas"
6. "Casino"
7. None

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Kaw Valley Senior Monthly

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SMART COLLECTOR

Check online for soup tureen value

By Danielle Arnet

Q: I have two soup tureens marked Titian Ware. Both are stamped, plus numbered by hand. Any feedback? — John, Coral Springs, Fla.

A: Titian Ware was a type of tableware made by the Adams family of



Danielle Arnet

pottery in the Staffordshire cluster of factories. Visit www.thepotteries.org to learn about the scope of the industry there — it was huge. The

best-known pottery making towns were Stoke-on-Trent, Tunstall and Burslem, but several others were involved. Various branches of the Adams family have operated since the 1770s, in seven different locations under the same name.

Titian Ware, first registered in the 1920s, is a recent product produced in a number of different patterns. Several companies produced Titian Ware, but Adams is the best known. To identify your pattern, visit www.replacements.com and find a match in their photos under "Adams." Remember, any online prices given are retail, and dealers pay roughly half of retail — or less — to buy. Other sources are www.edish.com or www.setyourtable.com.

Q: I need to let go of an oil painting by Hugo Casar. I know he

gave Mamie Eisenhower a painting for the White House, and received a thank you. Any info? — Judith, Margate, Fla.

Q: Any info on my original lithograph by Francoise Gilt? The original print is documented in a catalogue raisonne produced in 1993. — Martie, Greenwood Village, Colo.

Q: Can you tell me about an old watercolor I found? It is "Skating by Moonlight" by C. Landly. — Pam, Harrington, Maine

A: We've covered artist research before, but here's a brief review. First, many "paintings" and "watercolors" are actually prints. Many "oils on canvas" are copies or digital renderings on pressed paper. Could they be originals? Sure, but someone who knows art needs to verify that before research on the artist starts.

Smart collectors know that a gallery may take a look and render an opinion, but this often costs. To research on your own also costs, but

for a minimal fee, one can learn enough to know if it is a good idea to continue.

Several online databases, ones used by auction houses and art pros, are available on a pay-as-you-go basis to readers. Visit each for individual rates — www.askart.com, www.artfact.com and www.artprice.com. (Using www.artfact.com and www.artprice.com, we found no reference to any name variant on the watercolor artist.) Without a sale track record, value is only what a buyer will pay for the work itself, or the frame, if it is special.

Gilot, once the wife of Picasso, derived most of her fame from that association. Born in 1921, her modest sales record is in oil paintings, not prints. An exception is a 4-color litho warmly inscribed and signed by the artist to noted friends, that sold for \$500 this July at Christie's. A catalogue raisonne, the scholarly journal that describes and validates an artist's output, does not impart value to their work.

Nor does a thank-you note from Mrs. Eisenhower add luster to an artist's reputation. If his work hangs in the White House, that is significant. Donation is not. Who knows where the painting ended up? In 1998, one painting by Casar (b. 1928) fetched \$608 in Detroit.

The point here — research, for a modest fee, is available to anyone with access to a computer. Happy hunting!

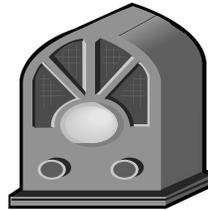
The world's largest bottle of wine sold at Sotheby's last month for \$55,812. "Maximus," the Bordeaux-style bottle, held 130 liters, equivalent to 173 regular bottles or 1,200 glasses of Beringer Private Reserve Cabernet Sauvignon, Napa Valley. Measuring 4.5 feet tall and 4.5 feet around, the bottle, commissioned by Morton's Steakhouse, sold to a New Jersey wine store. The sale benefited charity, and yes, the Guinness Book of Records was there to sanction the record.

(Danielle Arnet answers questions of general interest in her column. Send e-mail to smartcollector@comcast.net or write Danielle Arnet, c/o Tribune Media Services, 2225 Kenmore Ave., Suite 114, Buffalo, NY. 14207. Please include an address in your query. Photos cannot be returned.)

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