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Serving Active Seniors in the Lawrence-Topeka Area

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INSIDE



Kansas delegates attend the White House Conference on Aging and will soon share aging policy recommendations with the President and Congress. - page 4



Wolfgang Puck offers a Beef Steak Chili recipe, which he says is ideal for this year's Super Bowl. - page 18

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FREE

SENIOR profile



Sandy Cardens with floor plans for the Lumberyard Art Center

KEVIN GROENHAGEN PHOTO

Cardens leads effort to open Lumberyard Art Center

By Kevin Groenhagen

When Forrest M. Hartley opened the Ives-Hartley Lumber Company in Baldwin City in 1914, he obviously expected to offer products to help raise houses. However, it is unlikely he could have imagined his lumberyard could one day offer productions that would bring down the house.

Sandy Cardens, however, not only imagined the former lumberyard as an arts center, its transformation is well on its way to becoming reality.

After being in continuous opera-

tion for nearly 90 years, Mike Swan, owner of the Baldwin City Lumber Co, in September 2002 announced that he would close the downtown lumberyard because of competition from the home improvement superstores. Swan bought the lumberyard in 1988 from his father, the late Tom Swan, who, in turn, had bought it from the Hartley family in 1960.

"During the last Art Walk in September 2002, I learned that the lumberyard was closing," Cardens said. "I was talking to one of our city councilmen and told him that it would be a great spot for an art

center. For example, if it rained, we could take the Art Walk inside."

For the next several months, Cardens shared her idea with others in Baldwin City.

"I yakked and yakked about it to the point that people would turn around when they saw me walking down the street," she said with a laugh. "Finally, one of the owners of the coffee shop said, 'Why don't you stop talking about it and do something.' So I found Diane and Jim Niehoff and talked to them about it. Diane said they had been discussing

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Sandy Cardens

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doing something like that, too."

The Niehoffs own Three Sisters Inn, a bed and breakfast in Baldwin City. Jim also owned a heating and air-conditioning company.

"We had a community meeting in June 2003 to gauge community interest in an arts center," Cardens said. "From that meeting we formed different committees and gave them the suggestions from the public. We knew we needed someone to handle construction and Jim Niehoff was the obvious choice."

With the Lumberyard Arts Center Project formally launched, Cardens and her group had to start raising money to pay for architects, renovations, and equipment.

"The Baldwin Community Arts Council gave us \$5,000 right at the beginning," Cardens said. "One of the first \$100 donations came from a woman in Texas. It turned out she used to live in Baldwin City. She came back here last fall and had her wedding rehearsal dinner in the lumberyard. One of the biggest donations came from Mary Swan, Tom's wife. She's a real theater person."

The Lumberyard Arts Center Project has also received a total of \$2,000 from the city of Baldwin City, a \$10,000 grant from the Douglas County Community Foundation, and a \$25,000 grant from the Raymond and Ethel Rice Foundation.

In addition to donations and grants, the Lumberyard Arts Center Project hosted a Blues & BBQ fundraiser in October 2004 and again in October 2005, and has sold Christmas ornaments, a replica of the Lumberyard Arts Center façade, and T-shirts featuring a postcard of the lumberyard during its early days.

Cardens' group also hopes to sell hundreds of videocassettes of Santa Claus greeting children with their own names.

"Jim Niehoff got them from a tenant, I guess in lieu of rent," Cardens explained. "Santa answers a lot of questions, and he answers them very well."

While the Lumberyard Arts Center Project has successfully raised a good amount of money thus far, much is still needed.

"Depending on the bells and whistles we choose, this project could run close to \$1 million," Cardens said. "We have about \$150,000 in the bank now. Of course, we've spent some on architects already."

According to Cardens, Paul Werner Architects has donated as much as the firm has been paid.

"Baldwin State Bank has also been more than generous," Cardens added. "The bank owns the building and we don't have to pay any rent. We just have to pay the property taxes and the insurance on the building. We had booths in the lumberyard during last year's Maple Leaf Festival and that raised about \$1,400. That came close to paying our taxes for the year."

As currently envisioned, one section of the 7,500-square-foot Lumberyard Arts Center will house an art gallery, classrooms, and a new office for Lumberyard and the Baldwin City Chamber of Commerce. Another section will include a 196-seat theater.

"That's more seats than the Lawrence Community Theater has," Cardens said. "I figure when it's bigger than the Lawrence Community Theater, it's big enough."

Once completed, the art center will be available for use by the Baldwin Community Arts Council (BCAC), the Baldwin City Community Theater (BCCT), and other groups.

Cardens became interested in the arts at an early age and was an art major in college. However, a Missouri winter caused her to abandon her studies.

"I was in my third year in Lincoln University in Jefferson City in January and there was snow up to the handle of the car door," Cardens said. "I said, 'This is it. I've had it.' My roommate and I took off and went to California. And that's where making a living got in the way of finishing school."

During the next 16 years, Cardens worked at a savings and loan, appraised real estate, and sold real estate.

Ironically, a brief trip back to Jefferson City eventually caused Cardens to leave California.

"I went back home for a 20-year high school reunion and met my husband," Cardens explained. "He was in the Navy and came in from Hawaii. He told me he came to the reunion just to see me. That's the right thing to say. It was really sweet and it worked. We were married six months later on New Year's Eve."

Cardens then joined her husband in Hawaii, where their son was born. The family returned to the mainland in 1981.



Sandy Cardens' painting of how she envisions the façade of the Lumberyard Art Center. This version includes an entrance with wrought iron doors.

"My husband worked for a company that transferred him often, so we've lived in St. Louis, Waterloo, Iowa, and Lebanon, Mo.," Cardens said. "He went to work for Baker University in Baldwin City in 1996 as the director of plant operations.

It was a good move when we came here. I fell in love with the town."

Since being in Baldwin City, Cardens has served as Baldwin Community Arts Council's secretary, president, and historian. She is currently a

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Sandy Cardens

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BCCT member and a BCAC member. BCAC, among other projects, provides scholarships for high school students to attend Broadway at Baker, buys art supplies for Baldwin City's public schools, and sponsors the Baldwin Art Walks. BCAC will hold its 18th Chocolate Auction on February 12 to raise money for its sponsored events.

Cardens also worked as the office manager at the Baldwin Chamber of Commerce for two years, but retired last August, primarily so she could devote more time to the Lumberyard Arts Center Project. In addition to seeing that project come to fruition, Cardens' future plans include finding time to pursue her painting again.

"I haven't picked up a brush in two years," she said. "But I really feel the need to."

Lumberyard Arts Center Project

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For more information, visit www.lumberyardartscenter.org

KEVIN GROENHAGEN PHOTO



Cardens, who serves on the Maple Leaf Festival Committee, designed this sign, which is painted on the Gregg Bruce Auto and Truck building in downtown Baldwin City.

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LOCATIONS . LOCATIONS . LOCATIONS .

Kansas delegates attend White House Conference on Aging

By Kevin Groenhagen

Periodical cicadas stay underground for 17 years. They then tunnel to the surface, crawl up trees, and make a great deal of noise to attract the attention of others. Later, their offspring drop from the trees, burrow underground, and we don't hear from them for another 17 years.

If Dr. Rosemary Chapin has her way, she and her fellow delegates at last December's White House Conference on Aging (WHCoA) will bear little resemblance to cicadas.

WHCoA's "offspring" are 50 resolutions that will be sent to President Bush and Congress in the form of a final report by June. The WHCoA, which meets just once every 10 years, will share a preliminary report with governors by March. Chapin wants the WHCoA and its delegates to continue to make a lot of noise about the resolutions so that they are not soon forgotten.

"There were a lot of resolutions that delegates want the president to take the lead on," Chapin said, "I also suggested that every state needed a champion to promote the resolutions. That was written down, but I don't know if they'll act on it. A great deal of what happens with these resolutions will be dependent on whether the people with the WHCoA continue to push for implementation. So, in that sense, our job is ongoing."

Chapin was one of nine delegates chosen by Gov. Kathleen Sebelius and the six members of Kansas' Congressional delegation. The WHCoA Policy Committee also selected three at-large delegates from Kansas to join a total of 1,200 delegates in Washington, D.C. The theme for the 2005 conference was "The Booming Dynamics of Aging: From Awareness to Action."

Rep. Dennis Moore selected Chapin to be his WHCoA delegate and WHCoA informed her of her selection last June.

"I sent my credentials to all the members of the Congressional delegation and said I would like to go," said Chapin, who serves as the director of the Office of Aging and Long Term Care at the University of Kansas and as a professor in the university's School of Social Welfare. "I've



Kansas delegates to the 2005 White House Conference on Aging with Gov. Kathleen Sebelius. Front row, left to right: Debra H. Zehr, Topeka, at-large delegate; Barbara Withee, Manhattan, gubernatorial delegate; Julie Govert Walter, Manhattan, Sen. Sam Brownback delegate; Colette M. Panchot, Overland Park, at-large delegate; Gov. Kathleen Sebelius; Kathy Greenlee, KDOA Acting Secretary, gubernatorial delegate; Robin Hodges, alternate delegate; Annette Graham, at-large delegate; Rosemary Chapin, Lawrence, Rep. Dennis Moore delegate. Back row, left to right: Janet Splitter, Lorraine, Rep. Jerry Moran delegate; David Geist, Dodge City, Sen. Pat Roberts delegate; Jessie Bryant, Newton, Rep. Todd Tiahrt delegate; Pamela Johnson-Betts, former KDOA Secretary, gubernatorial delegate; Annette Thornburgh, Topeka, Rep. Jim Ryun delegate; Jim Beckwith, alternate delegate.

worked closely with Dennis Moore's office for a number of years on a number of issues."

Chapin had also provided comments at a WHCoA-sponsored Solutions Forum hosted by the Kansas Department on Aging last July in Topeka. Her comments focused on community-based, long-term care for older adults.

Input from Solutions Forums, Listening Sessions, mini-conferences, organizations, and the general public throughout the country was submitted to the WHCoA Policy Committee. From this input, the Policy Committee developed 73 resolutions and shared them with WHCoA delegates for their review.

During the conference, the delegates attended presentations and a discussion on policy tracks, voted on the top 50 resolutions, and participated in resolution implementation strategy sessions.

"I went to the Medicare and Medicaid sessions," Chapin said. "I felt that the Medicare one was particularly interesting because people were really up in arms about Medicare

Part D. They felt that that was not working well and that we had to do something differently there. Also, some people were talking about a Medicare Part E that would cover long-term care insurance. That was one of the suggestions that came out of that strategy session."

"Some people were also interested in trying to make another stab at universal health care of some sort to get a handle on health-care costs," Chapin added. "It wouldn't be what some people have termed socialized medicine, but rather just like our Medicare and Medicaid programs, where the government acts as an insurer for everybody."

Chapin pointed out that the top resolution dealt with reauthorization of the Older Americans Act. She was pleased that delegates chose a resolution concerning a comprehensive long-term care strategy as one of the top 10 resolutions. She also found it interesting to meet and talk with delegates from all over the country. However, she offered several criticisms concerning the 2005 WHCoA.

"Some of the delegates were perturbed about the resolutions being vague," Chapin explained. As examples, she points to the resolutions calling for the strengthening and improvement of the Medicaid Program for Seniors and the strengthening and improvement of the Medicare Program. Neither resolution explains *how* Medicaid and Medicare should be strengthened and improved.

Chapin also believes the WHCoA missed an opportunity to take advantage of the expertise assembled in Washington last December.

"One of the things I had hoped for was that they would spend more time listening to the delegates," Chapin said. "It felt like there was more time talking to us and telling us things that I think most of the people in the delegations probably already knew. I don't think they did a good job of using the expertise that was there in the audience. There wasn't much of a two-way conversation."

Lastly, Chapin was disappointed that the WHCoA hasn't had more na-

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WHCoA

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tional press coverage and that neither President Bush nor Vice President Cheney attended the conference. She is concerned that that lack of attention will make it more difficult to promote and implement the resolutions.

"One of the positive things about the WHCoA is that it can work as a catalyst to drive attention to aging issues and, hopefully, at least at the state level, help support needed change," said Chapin. She notes that past WHCoAs contributed to the establishment of Medicare, Medicaid, the Older Americans Act, and National Institute on Aging, and several Social Security reforms.

WCHoA Delegates Select Top 10 Resolutions

- Reauthorize the Older Americans Act within the first six months following the 2005 White House Conference on Aging
- Develop a coordinated, comprehensive long-term care strategy by supporting public and private sector initiatives that address financing, choice, quality, service delivery, and the paid and unpaid workforce
- Ensure that older Americans have transportation options to retain their mobility and independence
- Strengthen and improve the Medicaid Program for seniors
- Strengthen and improve the Medicare Program
- Support geriatric education and training for all healthcare professionals, paraprofessionals, health profession students, and direct care workers
- Promote innovative models of non-institutional long-term care
- Improve recognition, assessment, and treatment of mental illness and depression among older Americans
- Attain adequate numbers of healthcare personnel in all professions who are skilled, culturally competent, and specialized geriatrics
- Improve state and local based integrated delivery systems to meet 21st century needs of seniors

For a full listing of all 50 resolutions, visit www.whcoa.gov.



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HEALTH & FITNESS

Tips for better exercise

I'm lucky enough to meet many people who are active in their 80s and 90s...and even past 100. One thing they have in common is that they continue to exercise, in ways that suit their changing bodies. They find safe and enjoyable alternatives to the ice skating, football, and basketball of their youth. The secret is to stay active every single day...and to exercise



Laura Bennetts

as well, ideally three days a week

Good exercise options include aerobics, walking, biking, weight training, crunches, leg lifts, and dancing. If you exercise sensibly—following the advice I give below—you will feel stronger and better.

But exercise can be risky. If you don't know how to exercise safely, you put yourself at risk for aches and pains from joint pressure and repetitive movements. So, here are some hints to make sure you exercise safely and healthfully.

Posture, Posture, Posture....

Good posture reduces your risk of chronic neck, back, shoulder, hip and leg pain. If you slouch when you sit, you stress the joints of your whole spine. So, sit up straight! And whatever you do, remember to stand tall and keep your shoulders back. Have you noticed how dancers move, with their chest and hips forward? That's a good example to follow.

No More Sit-ups

Once upon a time, most of us did sit-ups in school. But sit-ups are a thing of the past. When you do a sit-up, you use your hips to pull your trunk towards your legs. This pulls on your lower back vertebra and puts pressure on the discs—never a good idea. Obviously, exercise should help your back, not injure it. So, what can you do to strengthen your stomach instead of sit-ups?

The easiest thing is to simply tighten your stomach muscles before you roll over in bed or get up from a chair. And simply walking with good posture also strengthens your trunk and stomach muscles. But if you decide that you want a more demanding stomach exercise, you can easily and safely do the following exercise, which is called a crunch.

Do the Crunch

1. Lie comfortably on your back on a flat surface (like a bed or the floor).
2. Bend your knees and plant your feet flat.
3. Cross your arms across your chest.
4. Slowly lift your head and shoulders.
5. Stop when your shoulder blades are elevated.
6. Relax and slowly lie down again.
7. Repeat this exercise (say, two to five times at first).

You should feel this exercise in your stomach muscles, not in your low back. Don't be surprised if this feels difficult—doing five to 10 crunches is actually a more effective exercise (and safer) than 100 sit-ups.

When you do this exercise, remember:

1. Keep your head and neck aligned,
2. Don't tuck your chin down,
3. Don't pull on your neck with your hands, and
4. Breathe while you exercise, don't hold your breath!

When you first start doing the crunch, it's fine if you can only begin to lift your head or shoulders. But if you do this exercise several times a week for a month, you will become strong enough to lift your shoulder blades off the floor or bed.

More Isn't Always Better

When you do repetitive exercises, you should do just enough to work the muscles without overstressing yourself. For example, if you do a leg-lift exercise 10 times, you want to feel a sense of effort on the ninth and 10th repetitions, not joint pain. In this case, the old maxim "No pain, no gain" is just wrong. There's plenty to be gained from exercise without pain.

Variety is Still Spicy

It's also a good idea to alternate different kinds of exercises, to allow your muscles to relax and recover. This is called circuit training.

You can create your own exercise circuit: say, walk for 10 minutes, bike for 10 minutes and do arm exercises for 10 minutes. Be creative and change the order of exercises to keep it interesting. Just as you need to avoid repetitive stress at work by taking breaks, you also need to adapt your exercise program to minimize repetitive stress.

Lift With Your Legs

Whenever you lift or reach down to the floor, use your legs. Bend your knees and use the strong muscles of your legs to lift a box or a chair.

Remember, there are two ways to reach that newspaper on the ground. You can either bend from your waist or bend your knees and reach down. Bending your knees is the better solution because bending forward from your waist puts many pounds

of pressure on the discs and vertebral bones of your back causing strain and damage.

No More Toe Touches, Either

Also, avoid exercises where you repeatedly reach down to your toes.

Protect your back at all times. If you cannot bend your knees to reach down, think about using a reacher with a long handle...it's a back saver.

So, dear reader, thanks for listening. These are just a few of the common hints that I review with my patients to help them take better care of their bodies. Staying active and protecting your joints is one way to be sure you will always be able to exercise, dance and have fun...even when you're 96.

- Laura Bennetts MS PT, is a physical therapist and the co-owner of Lawrence Therapy Services LLC (785-842-0656) and Baldwin Therapy Services (785-594-3162). Both clinics offer Physical Therapy, Occupational Therapy, Speech Therapy, Massage Therapy and Marriage and Family Therapy throughout Douglas County. The clinics are also certified Anodyne Neuropathy Care Centers. If you have questions for Laura, please write to her c/o laurabennetts@hotmail.com.

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Why buy organic food?

Availability of organic foods and products is increasing in the United States. It is estimated that nationwide organic farming is 20 percent of the market. In the United States the retail market for organic food



Dr.
Farhang
Khosh

and beverages was at around \$8 billion in 2000 and \$20 billion in 2005. Why do people choose organic over conventionally raised foods? What are the advantages to eating organic foods?

Many parents are concerned with the amount of chemicals and pesticides that are added to conventional food. A recent study from the University of Washington showed the benefit of eating organic food in children. Children who were eating a non-organic diet were switched for five days to an organic diet. The pesticide levels were measured in the urine on the non-organic diet and after the change to the organic diet. This study found that some pesticides disappeared completely from the children's urine after going organic. The World Health Organization (WHO) has estimated that "there may be one million serious unintentional poi-

sonings each year and in additional two million people hospitalized for suicide attempts with pesticides"; and, "it is estimated that there could be as many as 25 million agricultural workers in the developing world suffering an episode of poisoning each year."

What is an organic food? Before a food can be labeled as organic it must pass a certification process by the United States or state departments of agriculture. Certified organic foods cannot be genetically modified or irradiated. Produce cannot be farmed with most synthetic

pesticides or fertilizers. Organic dairy, poultry, meat and eggs are produced without growth hormones and antibiotics. You may see other terms on food labels, such as all-natural, free-range or hormone-free. These descriptions may be important to you, but don't confuse them with the term organic. Only those foods that are grown and processed according to USDA organic standards can be labeled "organic."

According to a list in Consumer Report, fruit and vegetables with the highest pesticide levels include: apples, bell peppers, celery, cherries, imported grapes, nectarines, peaches, pears, potatoes, raspberries, spinach, and strawberries.

Foods with lower pesticide levels include: asparagus, avocados, bananas, broccoli, cauliflower, corn, kiwi,

mangoes, onions, papayas, pineapples, and sweet peas.

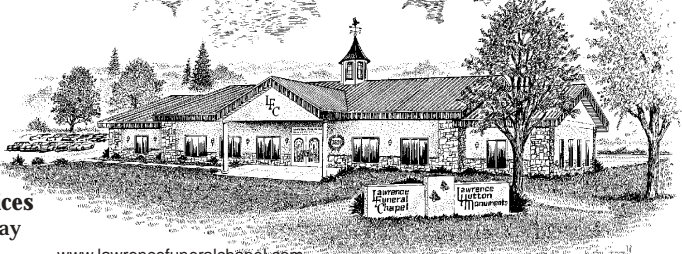
Some of the more obvious reasons for buying organic foods include the following:

1. Organic produce does not contain poisonous chemicals.
2. Fresh organic produce contains on average 50 percent more vitamins, minerals and enzymes.
3. By eating organic foods you avoid eating genetically modified food.
4. Organic food tastes better.
5. When eating dairy or meat products, organic is important due to the antibiotics and hormones used.

- 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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We still see it happen too many times. An older adult, after being encouraged to learn something new — a foreign language or musical instrument, for instance — gives up with the excuse that “I am too old now.”

That attitude is not just defeatist.



Humberto and Georgina Cruz

It is also plain wrong.

True, after age 50, our ability to remember names, retrieve information and multitask tends to diminish (although we wonder, what’s so great about juggling too many things at once?) Those changes are a normal part of aging and not a sign of disease, said Paul Nussbaum, a clinical neuropsychologist who specializes in brain health.

But that does not mean we have to stop learning. Despite common myths and misconceptions, the human brain can continue to develop and express new talents throughout our lives.

“Tradition was that the critical period for brain development was supposed to end at age 5,” said Nussbaum, an adjunct associate professor in neurological surgery at the University of Pittsburgh School of Medicine. “But that whole notion has been debunked.” New research indicates that we can continue to help our brains well into later life, and other studies have shown a relationship between creativity and advanced age.

“The brain continues to be highly dynamic,” able to change and adapt, Nussbaum said. For optimum brain health, he said, “we want to expose our brains to really stimulating environments” that include social relationships, physical activity and mental challenges.

Today many older Americans are doing just that, returning to school and launching second careers rather than settling for a passive retirement. Others are unleashing their creativity through music or art. But an enriching environment can be as

simple as a family meal at which you eat without rushing and take the time to talk to one another.

“All those things are very helpful,” said Nussbaum, who has written a 60-page book “Love Your Brain: A Lifestyle Guide to Brain Health Across Your Lifespan” sponsored by the MetLife Mature Market Institute. The book is available for \$10, plus shipping and handling, from Nussbaum’s Web site, www.paulnussbaum.com. A free leaflet on “Ten Tips to Maintaining Brain Health,” based on the book, is available from the institute by calling 203-221-6580 or from its Web site, www.maturemarketinstitute.com.

We found Nussbaum’s book illuminating and empowering. After reading it, we share the author’s passion for promoting brain health. (Why not, for instance, have an American Brain Association the way we have an American Heart Association, or teach the basics of brain health in schools?)

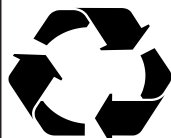
“It is serious business,” Nussbaum said. “We are losing a lot of folks” to diseases of the brain, such as Alzheimer’s and Parkinson’s, multiple sclerosis and stroke (the latter is a brain disease, not a heart disease, Nussbaum said). We also need to identify behaviors that promote brain health.

Among Nussbaum’s suggestions for older adults:

— Do not “retire” in the passive sense, but keep active by pursuing a passionate hobby, volunteer activity or even a new line of work. “Have a purpose or meaning for getting up in the morning,” Nussbaum said. “Without that, health deteriorates.”

— Enroll in a lifelong learning course or university- or college-based course. Your brain needs to be regularly fed information.

— Engage in novel and complex pursuits and minimize what’s rote and passive, such as watching too much television. Learn a second language. Express your inner talents through art, music or other endeavors.



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

— Pursue activities that keep your brain active and have been shown to reduce the risk of dementia. Among them are gardening, travel, playing board games, knitting and dancing.

— Walk every day; 10,000 steps is a good number to shoot for. Buy a pedometer to remind you to walk and to keep track of how many steps you take.

— Pray or meditate daily and refrain from rushing.

— Maintain social networks. Do

not isolate and segregate yourself. Engage in activities with children. Laugh and have fun.

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

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PERSONAL FINANCE

Is your estate plan in place?

Many of us don't like to think about estate planning, because the process reminds us that we are not going to live forever. Yet if you want something of yourself to live on, you should have a comprehensive estate plan. And the best time to start your estate planning is many years before it will likely be needed.

A good estate plan can help you answer many key questions: Who

time for your estate to be settled, the ownership of all your assets—real estate, securities, retirement accounts, etc.—will be an important issue. Your tax and legal advisors can help you determine which forms of property ownership—such as joint tenancy, sole ownership and tenants in common—are suitable for your needs.

• **Beneficiary designations** - It's obviously important to name beneficiaries on life insurance policies, annuities and other financial vehicles. But many people don't review their beneficiary designations periodically—and that's a big mistake. If you get divorced and remarried, or if you have a new child, you will want to change or add beneficiaries. If you forget, your family could go through some major headaches when it's time to settle your estate.

• **Will** - If you don't have a will, your wishes may never be fully honored, because state law will dictate how your assets are divided. And if you have no living relatives, and you die intestate (without a will), your estate will go to the state.

• **Living Trust** - If you only have a will, your assets may have to pass through probate—which can be time-consuming and expensive. But with a properly established living trust, drafted by an experienced attorney, your assets can pass directly to your beneficiaries, without court interference, legal fees, lengthy delays and public disclosure. Also, a

living trust can give you more precise control over how—and when—you want your assets distributed.

• **Durable General Power of Attorney** - When you create a durable general power of attorney, you can appoint another person to conduct your business affairs if you are physical or mentally unable to manage them yourself.

• **Health Care Directive/Living Will** - By establishing a health care directive or living will, you are providing evidence of your wishes regarding the administration of life-

prolonging procedures when you are no longer able to communicate.

Proper Planning Takes Time

It can take months, or even years, to get your estate plans in the shape you want—and you'll still probably need to make changes as you progress through life. So, don't delay. Get started on your estate planning soon. It can be a lot of work—but it's worth the effort.

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



Harley Catlin and Ryan Catlin

will make financial decisions for me if I become incapacitate? Who will take care of my kids if I die prematurely? How will my money and property be distributed? How can I avoid probate? Can I reduce, or eliminate, the estate taxes my heirs may face?

To address these and other concerns, you will need to work with your tax and legal professionals to create an estate plan that is appropriate for your needs. You will also need to work with a financial professional to select any investments that may be needed within your estate plan. While working with these people, you may need to consider the following:

• **Ownership titles** - When it's

There is a difference in retiring well and, well, retiring

If you're contributing the maximum to your 401(k) and IRA, you may want to consider supplementing your retirement income with a variable annuity.

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PET WORLD

Cat's stress may have led to hepatic lipidosis

Q: My cat, Jacques, swam in six feet of water to stay alive in my house after Hurricane Katrina hit. Then, when I was brought to Atlanta to stay at a hotel, Jacques temporarily lived with another family. He was fed well and cared for, as were my two other cats. He returned to us Dec. 1. He was soon diagnosed with

Q: Several months ago, one of our two cats started to pee on my bed. The vet said she had an infection. She got better, but then began to go back to the bed to pee. The vet changed the antibiotic again. The day after using this antibiotic, she began to use a corner in our house to relieve herself.

This time, the vet said the cat was constipated, and gave her medicine for behavioral and kidney problems. She's still not using the litter box. I've given her a laxative — and that has not helped. When I pick her up, she growls as if her stomach hurts, and now she's even taken to hiding in the closet. I do clean the litter box daily, and the two cats are



Steve Dale

hepatic lipidosis. He's on a feeding tube after four days at the vet. Now, the vet wants to do a liver biopsy. Is that a good idea? I lost my son to leukemia a few months ago, I lost my home, and I couldn't stand to lose my cat. Any advice? — S.W., Alpharetta, GA

A: Words can't really describe your losses. I can only say, I'm so very sorry.

Dr. Sheldon Rubin, of Chicago, Ill., says hepatic lipidosis occurs when the liver cells are being replaced with fat cells. This may happen when a cat doesn't eat. The reasons why a cat might go off its food are innumerable. Perhaps your cat was stressed out by all that happened in his life.

However, it's also reasonable to rule out any number of disease processes, ranging from bile duct disease to gallbladder disease to cancer to pancreatitis. It could be Jacques ate something that created an obstruction. Being so ill, Jacques didn't eat, which caused hepatic lipidosis.

"Hepatic lipidosis is diagnosed with either a biopsy or fine needle aspirate," says Rubin. "So, a biopsy makes perfect sense. And using a feeding tube is absolutely right."

Your cat's prognosis and continued treatment depend on the cause of hepatic lipidosis (if indeed that turns out to be the correct diagnosis after the biopsy is complete). "Certainly, many cats are able to recover because the liver is very resilient," Rubin says.

Our hope is you'll soon write back with good news. After all, if anyone deserves good news — you do.

friends. I'm losing faith in this vet. Any ideas? -- N.E., Cyberspace

A: Talk about dueling dilemmas; there's a lot going on here. Pam Johnson Bennett, Nashville, TN author of "Cat vs. Cat" (Penguin Books, New York, NY, 2004; \$15), offers this general advice: "My concern is that physically and psychology your cat seems to be worsening, from occasionally missing the box to now regularly not hitting the box and hiding. You know something is wrong physically. Whether it's cystitis, a urinary tract infection, or maybe there are crystals in the cat's urine—a veterinarian can test in-clinic to begin to determine definitively what's going on." Instead of guessing on laxatives, work out an entire strategy with a veterinarian.

Of course, you can't logically explain to your cat why she has discomfort or pain. So her anxiety level increases further.

As for the issue of missing the box, when cats relieve themselves

on a bed, Johnson Bennett says that often they're seeking the comfort of the owner's smell, as well as a location with a good look out. This could mean your cats aren't getting along as well as you think. "I can't tell you how often a dominant cat can stand guard near the box; it's a very subtle thing — but just the presence of that cat may deter a cat who is less confident," she notes.

There's never anything wrong with seeking another opinion. In this instance, you may want to seek out a specialty feline veterinarian (they're listed at www.aafponline.org). Since the problem has an apparent behavioral component, you might consider seeing a veterinary behaviorist or a certified feline behavior consultant who can work with your vet.

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

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DEAR PHARMACIST

Flaxseeds can be a healthy supplement to any diet

By Suzy Cohen, R.Ph.

QUESTION: I'm worried about my heart. I read that flaxseeds can help, so I bought some at the health food store. What can they do for me and how should I use them? — T.L., Decatur, Ill.

ANSWER: I don't know if you bought the actual seeds or the powder (which is just ground-up seeds.) The itty-bitty seeds contain alpha-linolenic acid, which is similar to the omega-3 fatty acid found in fish oils. Vegetarians who are seeking omega-3 fatty acids always opt for flaxseeds over fish-oil supplements.

Don't be thrown off by the name, though; these aren't fattening at all. In fact, the fatty acids found in flaxseed protect the heart. Plus, when you consider the fiber content in the flaxseeds, you realize they can lower cholesterol and help digestion. Some people like flaxseed oil, but it goes bad quickly and you can't fry with it.

One more thing: Flaxseeds contain lignans, which are antioxidants. They sweep up harmful, cancer-causing substances from the body. Just don't overdo it. All good things should be consumed in moderation, except of course, chocolate.

As for flaxseed powder, you can sprinkle it in salads, sandwiches, baked breads and muffins. You can put it in smoothies and, really, just about anything. My kids don't even know when I use it, and what they don't know might help them.

QUESTION: Is it true that St. John's wort can help with HIV infection? — Y.D., Portland, Ore.

ANSWER: The supplements that are currently available now probably won't, but a recent study published in Gene Therapy pointed to some benefit.

The herb is best known for its ability to stabilize mood and improve depression. Let's get off on that tangent. What really sets St. John's wort apart from traditional prescribed antidepressants is its side-effect profile. It does not usually cause dry mouth, anxiety, tremors or sexual side effects, as do many of our prescription antidepressants. There is evidence to suggest that the "weed" might help with menopause. So to find any advantage in treating a deadly viral infection seems like divine intervention.

Researchers weren't investigating

St. John's wort for its anti-viral abilities, they were examining other effects on the brain. To everyone's surprise, they found a protein (labeled p27S) that stifled HIV replication in brain cells. That's good

news because current pharmaceutical drugs commonly suppress HIV levels in the blood, while the infection still eats away at the brain.

Granted, these results happened in a Petri dish, but I read hope between the lines of all that clinical jargon. Scientists noted something important, that over-the-counter St. John's wort supplements don't have enough of p27S) protein to combat the AIDS virus. And taking too much of the herb (in order to get more protein) creates harmful side

effects. There are also many interactions. When researchers tested supplements, no effect was seen. Still, there's hope that researchers will one day make pills out of this protein and help people.

This information is not intended to treat, cure or diagnose your condition. Suzy Cohen is a registered pharmacist. To contact her, visit www.dearpharmacist.com.

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CALENDAR

ART/ENTERTAINMENT

FEB 10

TURTLE ISLAND STRING QUARTET

Long before crossover became fashionable, Turtle Island String Quartet was immersed in assimilating classical string tradition with the diverse influences of jazz, folk, and other so-called American music. A concert highlighting the legacy of jazz legend John Coltrane. Lied Center.

LAWRENCE, 785-864-2787
<http://www.lied.ku.edu>

FEB 12

CHOCOLATE AUCTION

Live and silent auction of chocolate delicacies and art work sponsored by the Baldwin Community Arts Council. 700 Eisenhower, Baldwin High School Commons. Baldwin City, 785-594-3926
<http://www.baldwinarts.org>

FEB 15

SOWETO GOSPEL CHOIR

A mix of traditional African Gospel and modern Western spirituals sung in six different languages. Dressed in colorful, traditional attire, with voices raised in bold, joyful harmonies, the Soweto Gospel Choir will fill the Lied Center with the joyous sounds found in the churches of their native land, building on a deeply moving and uniquely African tradition. The choir may hail from Africa, but an evening soaking in their sound will convince you that their voices are from heaven. Lied Center. LAWRENCE, 785-864-2787
<http://www.lied.ku.edu>

FEB 17

CANADA'S ROYAL WINNIPEG BALLET - THE MAGIC FLUTE

A vivid, boldly original production that features the sublime music of Mozart and the inventive choreography of Mark Godden. With heroes, villains, damsels in distress, captivating comic sidekicks, and a flute with magical powers, The Magic Flute blends romance, enchantment, fantasy and an extraordinary journey from darkness into light in a contemporary showcase for the exquisite dancers of Canada's premier ballet company. Lied Center. LAWRENCE, 785-864-2787
<http://www.lied.ku.edu>

FEB 23

OKLAHOMA

"Oh What a Beautiful Musical!" raves the New York Post about this beloved, long-running musical. Oklahoma! launched the successful songwriting partnership of Rodgers & Hammerstein and includes such favorites as "Oh What a Beautiful Mornin'," "The Surrey with Fringe on Top" and the title song. Ever since it premiered on Broadway in 1943, Oklahoma! has garnered numerous awards, enjoyed several revivals, been translated into more than a dozen languages, and is still garnering praise and legions of new fans among audiences worldwide. Lied Center. LAWRENCE, 785-864-2787
<http://www.lied.ku.edu>

FEB 26

SALZBURG CHAMBER SOLOISTS WITH ANDREAS KLEIN, PIANO

Violinist Lavard Skou-Larsen and a group of first-class musicians from around the world formed the Salzburg Chamber Soloists in 1991 with a goal of performing chamber music with the freedom of soloists. Since then, the Salzburg Chamber Soloists have performed in numerous festivals and at major concert halls around the world. Celebrate the 250th anniversary of Mozart's birth with the Salzburg Chamber Soloists and pianist Andreas Klein performing an all-Mozart program: Salzburg Symphony KV. 136, Piano Concerto KV. 415, and Quintet in G minor KV. 515. Lied Center. LAWRENCE, 785-864-2787
<http://www.lied.ku.edu>

MAR 3

EILEEN IVERS & IMMIGRANT SOUL

When you see her perform her blue, electric Zeta fiddle, you'll understand why Eileen Ivers is proclaimed as "the Jimi Hendrix of the violin." Her high-energy, heart-pumping performances continuously gather rave reviews and on-their-feet appreciation from audiences worldwide. Eileen Ivers & Immigrant Soul performs a fusion of African and Latin percussion, Irish instrumentals and American soulful vocals — a "united nations of Irish music" — whose signature sound is true to the heart of Irish music while embracing the multiculturalism of American life. From classic violin to electric fiddle, Eileen Ivers will change the way you think about the violin. Lied Center. LAWRENCE, 785-864-2787
<http://www.lied.ku.edu>

BINGO

SUNDAYS

AMERICAN LEGION

HIGHWAY 92, 1/2 MILE EAST FROM OZAWKIE, 7:00 PM, 785-876-2686

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1

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

SUNDAYS & FRIDAYS

CAPITOL BINGO HALL

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

MONDAYS & THURSDAYS

AMERICAN LEGION POST NO. 400

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

MONDAYS & SATURDAYS

LEGIONACRES

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

WEDNESDAYS & THURSDAYS

MOOSE CLUB

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

WEDNESDAYS & FRIDAYS

VETERANS OF FOREIGN WARS

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

WEDNESDAYS

PINECREST APARTMENTS

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

WEDNESDAYS & FRIDAYS

EAGLES LODGE

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

WEDNESDAYS & FRIDAYS

EDGEWOOD HOMES

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

THURSDAYS

BABCOCK PLACE

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

FRIDAYS

BALDWIN SENIOR CENTER

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

FRIDAYS

ARAB SHRINE

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

BOOKMOBILE

MONDAYS

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

TUESDAYS

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

WEDNESDAYS

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

BOOK TALKS

THIRD TUESDAY OF EACH MONTH

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

THIRD WEDNESDAY OF EACH MONTH

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

FOURTH WEDNESDAY OF EACH MONTH

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

CLASSES/LECTURES

ONCE A MONTH

AARP'S 55 ALIVE SAFE DRIVING COURSE

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

FEB 16

MEDICARE PRESCRIPTION D PLAN

The new Medicare Prescription D Plan began on January 1. Jeff Sigler of Sigler Pharmacy will talk about the new policy, the questions and difficulties of different plans, and how to make it best work for you. If you have signed up for a plan, Jeff will address how pharmacists are working with the different options. If you have not yet signed up, Jeff will help you understand how the plans may work for you. This free program is sponsored by the Senior Outreach Services and is open to all interested persons. For more information about this event, please contact Pattie Johnston. LAWRENCE PUBLIC LIBRARY, 785-843-3833

FEB 1-MAR 22

MEMOIR WRITING CLASS

A free Adult Learning Venture. Wednesdays, 4:30-6:00 p.m., at Lowman United Methodist Church, 15th & Gage Blvd, Topeka. Instructor: Dr. Bob Carey. To register call 785-272-8921 or e-mail lowman@lowmanumc.org

FESTIVALS/FAIRS

FEB 11-19

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. 187th & Dillie Rd, Lanesfield School State Historic Site. EDGERTON, 913-893-6645
<http://www.jocomuseum.org/lanesfield>

MAR 3-4

FLINT HILLS FESTIVAL OF WINES

Two-day event including a multi-course wine dinner and live auction as well as a grand tasting and silent auction. 530 Richards Dr, Manhattan Holiday Inn. MANHATTAN, 785-537-0688, 800-748-7474

<http://www.flinthillswinefest.com>

HEALTH

MONDAYS THROUGH THURSDAYS

FIT FOR LIFE

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

FIRST TUESDAY OF EACH MONTH

HEALTH SCREENING CLINIC

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

TUESDAYS AND THURSDAYS

BLOOD PRESSURE CLINIC

Conducted at Stormont-Vail's outpatient lobby, just inside the doors of the Ninth and Washburn entrance, from 9:00 a.m.-1:00 p.m. No appointment necessary. Also conducted on the first, second, third, and fourth Tuesdays of each month, 4:15-5:15 p.m., in the Sunflower Terrace Cafeteria (before Senior Suppers). TOPEKA, 785-354-6787

TUESDAYS AND THURSDAYS

SENIORCISE PROGRAM

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

WEDNESDAYS

HEALTH SCREENING CLINIC

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

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. HEALTHWISE 55 RESOURCE CENTER, TOPEKA 785-354-6787

FEB 1-MAR 13

MOTIVATING MOVES®

Motivating Moves® is an approach to exercise that emphasizes coordination, balance, flexibility, postural alignment, diaphragmatic

CALENDAR

CONTINUED FROM PAGE 12

breathing, spatial awareness and dynamic movement range. You'll learn how to improve your strength and reduce the risk of injury. You'll also learn practical movement tips to make sitting, standing, walking, reaching and everyday tasks feel easier to do. The program can be done seated, standing holding onto a chair or standing unassisted. Developed and taught by KU Professor Janet Hamburg, an Associate of the KU Gerontology Center. Mondays from 9:00 - 10:00 a.m., January 30-March 13. Free. Call Linda Fyler to register.

LAWRENCE PRESBYTERIAN MANOR,
785-841-4262

FEB 1 CHOLESTEROL SCREENING (Basic Cholesterol only)

No appointment needed. The lipid panel offers a basic cholesterol screening as well as your HDL, LDL, and triglycerides.
LMH HEALTH SOURCE ROOM, 785-749-5800
3:00-5:00 PM

FEB 2 BONE DENSITY SCREENING

Are you at risk for osteoporosis? This quick and easy screening can indicate if further testing for this potentially debilitating disease is needed. A bare heel is necessary for the screening. Information about prevention of osteoporosis is also included as part of the screening process. Fee.
LMH HEALTH SOURCE ROOM, 785-749-5800
9:00-11:00 AM

FEB 11 HEALTHY HEARTS FAIR

Give your heart a check up! Total Lipid Blood Profile including HDL, LDL, cholesterol, triglycerides available for a small fee. Registration for Blood test only. Please do NOT eat or drink anything (except for water and necessary medications) for 10-12 hours prior to having your blood drawn. No need to register for Free Heart Health Screenings & Exhibits provided by various LMH Departments and local health agencies/organizations, include hypertension, diet, weight, fitness, smoking cessation, heart attack & stroke risk, diabetes & heart disease.
LMH, ALL MEETING ROOMS AND AUDITORIUM,
785-749-5800
8:00A-11:00 AM

FEB 14 BONE DENSITY SCREENING

See December 3 description.
LMH HEALTH SOURCE ROOM, 785-749-5800
1:00-3:00 PM

FEB 16 BONE DENSITY SCREENING

See December 3 description.
LMH HEALTH SOURCE ROOM, 785-749-5800
5:00-7:00 PM

MAR 1 CHOLESTEROL SCREENING

No appointment needed. You may choose between a Basic Cholesterol Screening (No fasting needed) or a Total Cholesterol Screening with a lipid panel. The lipid panel offers a basic cholesterol screening as well as your HDL, LDL, and triglycerides. If you choose to have the Total Cholesterol Screening you will need to fast for 10-12 hours (water and necessary medications are OK). The Total Cholesterol Screenings are offered during morning hours only. Please note that these tests are not considered diagnostic of any disease process and those with results outside the normal range will be advised to see their healthcare provider for follow-up.
LMH HEALTH SOURCE ROOM, 785-749-5800
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 AREA COALITION TO HONOR END-OF-LIFE CHOICES

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

FIRST WEDNESDAY OF EACH MONTH OLDER WOMEN'S LEAGUE

Meetings are held in the Lawrence Public Library auditorium. Social time begins at 1:30 p.m. and the meeting begins at 2:00 p.m. The public is welcome to join members at all meetings. For more information, call Gayle Sigurdson at 785-832-1692.
LAWRENCE

WEDNESDAYS AND SUNDAYS OLDSTERS UNITED FOR RESPONSIBLE SERVICE (O.U.R.S.)

Members of O.U.R.S. have met to dance at Douglas County Senior Services, 745 Vermont, since 1984. The group meets to dance from 2:00-4:00 p.m. on Wednesdays and from 6:00-9:00 p.m. on Sundays.
LAWRENCE

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

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

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

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

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

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

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

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

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

LAST TUESDAY OF EACH MONTH
GRIEF AND LOSS SUPPORT GROUP
Brandon Woods Retirement Community in association with Heart of America Hospice invite individuals dealing with the pain of loss and bereavement to join us. Call 785-838-8000 for information.
1501 INVERNESS DR, LAWRENCE

FOURTH FRIDAY OF EACH MONTH
AARP CHAPTER 1696
AARP Chapter 1696 meets fourth Friday of each month except in July, November and

December. Reservations required at least one week prior to meetings.
LAWRENCE, 785-865-3787

MISCELLANEOUS

MONDAYS
OSHER RADIO PROGRAM
Local news and talk radio station KLWN 1320 AM presents the new program "Lifelong Learning: Lively Encounters with KU's Best." Each show will feature an interview with a KU Osher class instructor. Tune in for a glimpse of what you can expect from upcoming Osher classes. 10:05 a.m.
<http://www.kuce.org/lifelonglearning>

FEB 3-5
HIDDEN ART LOCKED AWAY
Annual market/sale of yard art, herb plants, and garden-related items on the grounds of the Carroll Mansion. 123 S Esplanade, Riverfront Community Center.
LEAVENWORTH, 913-682-4459
<http://www.lvarea.com/cvb>

FEB 3
A RAISIN IN THE SUN
Sidney Poitier reprises his role from Lorraine Hansberry's Broadway play to the big screen; his family symbolizes the struggle and challenge of race in the 1950s. Each member of the household has a dream for change and hope for success, but their goals are vastly different and they must find common ground before their differences tear them apart. (1961, Black & White, 128 minutes, Not Rated)
TOPEKA AND SHAWNEE COUNTY PUBLIC LIBRARY
6:30-8:30 PM

FEB 4
SOUPER BOWL SATURDAY
Buy a bowl of soup with bread and keep your beautiful handcrafted bowl created by local artists. 940 New Hampshire, Lawrence Arts Center.
LAWRENCE, 785-843-2787
<http://www.lawrenceartscenter.com>

FEB 9
BEGINNING GENEALOGY WORKSHOP
Get started in genealogy and learn how to use the print and online resources our library offers. Receive a pedigree chart and other helpful forms for keeping records as you research your family tree. Registration required, please call 785-580-4540.
TOPEKA AND SHAWNEE COUNTY PUBLIC LIBRARY
6:30-8:30 PM

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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Valentine's gift ideas

By Margaret Baker

With few exceptions, this month's offerings are paperbacks, those easier to carry (and easier on the wallet). Some would make wonderful gifts for your valentine, especially if s/he is counting calories or carbs!

Steven Saylor: *A Gladiator Dies Only Once* (St. Martin's Press, \$23.95, *Historical mystery, anthology, short stories*)

Saylor teaches at the University of Texas/Austin and the University of California/Berkeley and is PBS consultant on Roman subjects, so he brings an air of authenticity to his series involving Gordianus the Finder in Roman times.

This is the ninth in the series, the second collection of short stories. Most of these take place early in Gordianus' career, during the turbulent years of the birth of the Roman Empire. Exciting true times, well written, explaining not only the cases but everyday Roman life, gladiator training, slavery, and much else.

How does a author set a mystery in a time period before police forces (let along detectives), fingerprints, tire tracks, telephone logs, interconnected computer networks, let alone DNA matching? By endowing Gordianus with an enquiring and logical mind, superior powers of observation, and keen knowledge of human nature. Much like Jeeves of modern times, and, like Jeeves, a member of the servant class.

Highly recommended!

Jeffrey Cohen: *As Dog is My Witness* (Bancroft, \$16.95) *Mystery*

Third in the Aaron Tucker series. Aaron, a scriptwriter, is a house husband, carrying lovingly for Ethan and Leah while his wife toils as a lawyer. Ethan has Asperger's syndrome, which requires additional parenting. Everyone is doing pretty well, considering.

A phone call from Lori Sherry, head of the local Asperger support group, changes all that. A fellow suburban had been shot while walking his dog. The police have arrested Justin, another with Asperger's



syndrome, and Lori wants Aaron to investigate. She's sure Justin didn't shoot the man, but of course she's prejudiced. Aaron owes Lori a lot for helping them when Ethan was diagnosed; he can't say no. Even when he learns Justin owns the gun and has confessed.

While the motive for murder is the least believable I've read in a long time, the charm of Cohen's series is the loving relationship of the Tuckers and the humorous dialogue. Plus you'll learn a lot about Asperger's with this trade paperback.

Rita Lakin: *Getting Old Is Murder* (Bantam Dell, \$6.99) *Mystery*

Betty Davis said, "Old age is not for sissies," and Gladys "Gladdy" Gold would agree. She lives in an assisted living apartment community in Fort Lauderdale with a group of friends having at least seven decades of life behind them—and hopefully, several more ahead.

The first deaths don't raise suspicions from the authorities. After all, when you're eligible for senior discounts, who suspects someone lending The Grim Reaper a helping hand? Especially when there is no sign of violence.

But Gladdy and her friends see a pattern. Now if they can figure the motive they may be able to stop the killer.

Witty and cheerful look at a "cozy" mystery with a touch of romance. The group are Jewish, and Lakin fortunately offers a glossary of Yiddish words to accompany the cast of characters.

Irene Hope Hedrick: *Memories of a Big Sky British War Bride* (Twodot, \$16.95) *Memoir*

Irene met Ray, an American airman, when he was stationed in Britain during World War II. They married and went to his home in Montana, an unpainted one-room cabin on the border of the Salish-Kotenai Indian Reservation in Montana. Quite a shock to a British lady accustomed to indoor



plumbing! Ray had a harsh childhood, and never really knew how to give and accept love; this memoir is bittersweet in its honesty.

Shirley Damsgaard: *Witch Way to Murder* (Avon, \$6.99) *Supernatural*

Ophelia Jensen wants to be just your ordinary thirty-something woman. Abby, her grandmother, would like Ophelia to use the psychic powers she inherited, but Ophelia has resisted. Some vestiges hang on, like the time she knew her fiancé was dying but couldn't prevent it. Now Abby concocts herbal remedies and Ophelia runs the town library.

Richard Davis says he's a chemical salesman working around the Summerset area, but Ophelia senses there is something more. For one thing, he asks a LOT of questions, but doesn't offer many answers.

Then there's that dead body in the woods during the annual Korn Carnival...

Jessica Speart: *Restless Waters* (Avon, \$6.99) *Mystery*

Rachel Porter is an agent with the U.S. Fish and Wildlife Service, now stationed in Hawaii. Someone is using the paradise that is Hawaii to "farm" non-native critters to breed. The offspring are then harvested for sale. The introduction upsets the ecological balance, often disastrously.

Ninth in a series featuring Agent Porter, all with strong environmental overtones.

For the Ears (Audio books) All of these new issues from Random House Audio are also available in print editions.

John Berendt: *The City of Falling Angels* (Random House, \$29.95, 5 CDs)

Berendt's popular *Midnight in the Garden of Good and Evil* wove an intricate tale around the elements of Savannah, Georgia; here he sets his story in fabled Venice.

Chicanery in the Ezra Pound Foundation and arson at the Fenice Opera House have Venice agog with questions. The ancient city, fighting its battle with the encroaching sea, remains the central character, an intriguing combination of decadence and grandeur.

Arthur Golden: *Memoirs of a Geisha* (Random House, \$24.95, 3 CDs)

The mysterious world of the Japa-

nese geisha from before WWII, during *the war*, and after Japan's defeat becomes clear in this fictional account.



The young girl is sold into this world, heartbreakingly abused in the name of avarice and envy before she reaches both the geishas and her own goals.

Lyrical prose evoking both a young girl's progress and a country's changes, now also in a visually haunting movie of the same title.

Paul Orfalea and Ann Marsh: *Copy This!* (Random House, \$29.95, 4 CDs)

Paul Orfalea had to repeat the second grade, and while he did learn to read, it is still a difficult task. So how did he establish the nationally-successful KINKO chain? By turning his dyslexia and ADHA into advantages!

If you know someone with these learning disabilities, this is the book that will help them see their own worth in a world that sometimes seems antagonistic.

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

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BRIDGE

Double Dummy

By Omar Sharif and Tannah Hirsch

Both vulnerable. North deals.

NORTH
 ♠ A K Q
 ♥ K 8 7 5
 ♦ A K 10 4
 ♣ 3 2

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

SOUTH
 ♠ J 7 2
 ♥ J 4
 ♦ Q 8 7
 ♣ A J 6 5 4

The bidding:

NORTH	EAST	SOUTH	WEST
1♦	Pass	1NT	Pass
3NT	Pass	Pass	Pass

Opening lead: Ten of ♠

Treat this hand as a double-dummy problem. Looking at all four hands, how would you make three no trump after the lead of the ten of spades?

North opened one diamond, intending to jump to two no trump had South responded with one of a major. When South bid one no trump, the jump to game was obvious.

West led the ten of spades. Declarer has seven sure winners and, because of a dearth of entries to the

South hand, making it difficult to set up club tricks, it might seem that the fulfilling trick must come from the red suits. However...

Win the opening spade lead in dummy perform and lead a club. If

East splits his honors, the hand is easy. Duck East's queen of clubs, win the likely spade return and take the club finesse. Cash the ace of clubs, concede a club and you have at last nine tricks - three each in spades, diamonds and clubs. But what if East plays low on the first club lead?

Insert the jack, which wins. Cash the ace of clubs and concede a club, discarding a spade honor from the table. Win the spade return, come to hand with the queen of diamonds

and concede a club, discarding a heart from the board. East must either put you back in hand with the jack of spades or break a red suit for you. In either case, you can wrap up the contract.

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

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1st Annual Lawrence Area Partners in Aging March Madness Senior Resource Fair

Tuesday, March 7, 2006 from 1:30-5:30 p.m. • Hy-Vee at 6th and Monterey Way

- ✓ FREE! No cost to attend!
- ✓ Freebies, handouts, brochures, and over 20 door prizes! Grand door prize, \$100 gift certificate to Hy-Vee.
- ✓ Special screenings throughout the afternoon, including hearing, blood pressure checks, pulse and oxygen saturation checks, balance testing, and caregiver stress tests.
- ✓ Skits and entertainment throughout the afternoon from the Vintage Players.
- ✓ Free refreshments.

Come by anytime between 1:30 and 5:30 to visit the booths and displays from local businesses and organizations that serve seniors in Douglas County.



Participating businesses and organizations include, but will not be limited to, the following:

- | | | | |
|--|--------------------------------|------------------------------|---------------------------|
| Advanced Home Care | Comfort Keepers | Jayhawk Area Agency on Aging | Lawrence Therapy Services |
| Brandon Woods | Douglas County VNA and Hospice | Kansas Rehab Hospital | Midland Hospice |
| Bert Nash Mental Health Center | David Guth, CFP | Lawrence Area Coalition to | New England Financial |
| Better Hearing Solutions - Miracle Ear | Heart of America Hospice | Honor End of Life Choices | SouthernCare Hospice |
| CEK Insurance | Kaw Valley Senior Monthly | Lawrence Public Library | Wyndam Place |

This is the first annual event that seniors and their caregivers will be talking about all year. Don't miss it! For more information, call 842-0656 and ask for Kim Hoffman.

Theodore Wiklund DDS
Kent T. Peterson DDS
Matthew F. Krische DDS
Keith Van Horn DDS

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Mention you saw this ad in Senior Monthly



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PUZZLES

TMSpuzzles@aol.com

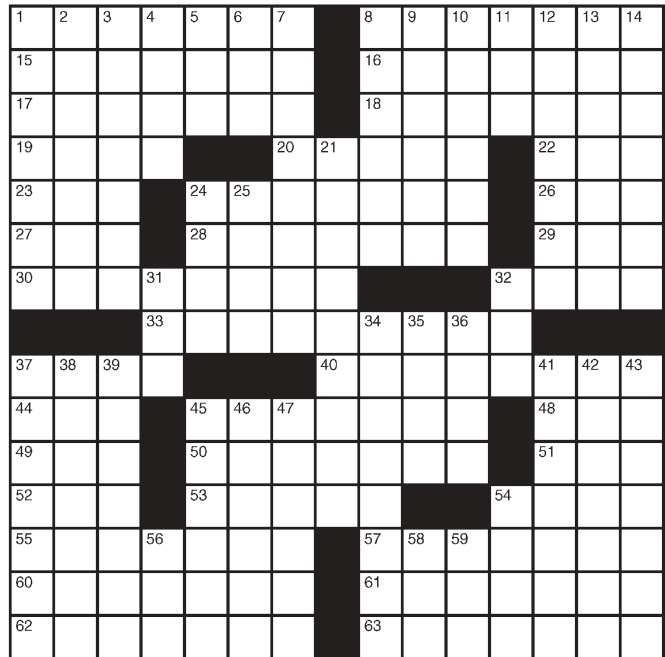
ACROSS

- 1 Ends of the Earth?
- 8 ___ and Nevis
- 15 Tropical malady
- 16 Blight on the landscape
- 17 Co-conspirator
- 18 Glover of "The River's Edge"
- 19 Contributed
- 20 Haughty
- 22 Barbie's guy
- 23 One of the Gershwins
- 24 Philosopher Langer
- 26 Fruity cooler
- 27 Real profit
- 28 Properly arranged
- 29 Kitty
- 30 Infinite time
- 32 "___ She Sweet"
- 33 Spanish American estates
- 37 Summit
- 40 Wrestles
- 44 Scottish cap
- 45 Property holding
- 48 Logger's tool
- 49 Goddess of criminal folly
- 50 Maker
- 51 Heflin or Johnson
- 52 Sportscaster Berman
- 53 Name
- 54 Sub shop
- 55 Of the past
- 57 Pirate Clemente
- 60 Places for aces?

- 61 "Lou Grant" star
- 62 Most melancholy
- 63 Negaters

DOWN

- 1 John Lennon classic
- 2 Nightclub
- 3 Lift
- 4 Actress Blanchett
- 5 Gallery draw
- 6 Bakery purchase
- 7 Site of the Circus Hall of Fame
- 8 Place position
- 9 Actor Power
- 10 Actor Sutherland
- 11 NASA outpost
- 12 Palace in Istanbul
- 13 Checked the fit of
- 14 Keystone Kops filmmaker
- 21 Glottal
- 24 Moral misdeeds
- 25 Component piece
- 31 Reed or Harrison
- 32 Egyptian viper
- 34 Scarred like the moon
- 35 Villain in "Othello"
- 36 Copycat
- 37 Perplexed
- 38 Knee bone
- 39 Edited
- 41 Shirley's roommate
- 42 Praise singer



By Sheryl Scott
Akron, OH

- 43 Graduation VIPs
- 45 Functioning
- 46 Illegal activities
- 47 Examine once again
- 54 Lucy's partner in comedy

- 56 Knight or Kennedy
- 58 Pindar piece
- 59 Prohibit

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Answers on page 18

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.

ANIMAL KINGDOM (sol.: 7 letters)

A-Aardvark, Antelope; B-Baboon, Badger, Bear, Buffalo; C-Camel, Caribou, Cat, Cheetah; D-Deer, Dog, Dolphin, Donkey, Duck; E-Eagle, Elephant, Elk; F-Falcon, Ferret, Flamingo, Fox; G-Goat, Gorilla; H-Hawk, Horse, Hyena; I-Iguana; K-Koala; L-Lion; M-Mole, Monkey, Mouse; O-Ocelot, Ostrich; P-Panda, Parrot, Pig, Possum, Puffin; Q-Quail; S-Seal, Snail, Swan; T-Turtle; V-Vulture; W-Whale

This month's answer:

GIRAFFE

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

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.

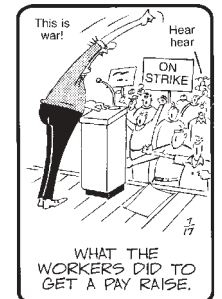
DALGE

JEGUD

LEWBIA

CATTIN

Ans: " " " " A



WHAT THE WORKERS DID TO GET A PAY RAISE.

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

Answers on page 18

Advertising in Senior Monthly is a Capital Idea!

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

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



TRIVIALITIES

1. What Oscar-winning actor made his big-screen debut in the 1962 film "To Kill a Mockingbird"?
2. Who starred as Lt. Frank Bullitt in the 1968 film "Bullitt"?
3. Henry Hathaway directed this 1969 film starring John Wayne, Glen Campbell and Kim Darby. Name it.
4. Who directed the 1970 film "MASH"?
5. In the 1971 film "THX 1138," who starred as THX 1138?
6. Who many times has Robert Duvall been nominated for the best actor Oscar?
7. How many best actor Oscars has Robert Duvall won?

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Answers on page 18

HUMOR

Parking Jam

Cars make life complicated. The trouble that my friend Chirpy Cheeseworthy got into illustrates the problems that routine stuff like parking stickers can cause. Last fall, Chirpy—Dr. Chester Cheeseworthy, a British mathematician—joined the faculty at Letongaloosa Community Junior College where I teach.

When Chirpy departed Merry Old England he left everything behind except his cricket bat and a 1971 Morris Minor, a small, sturdy British



Larry Day

sedan that he had inherited from his father.

The beginning of fall semester was busy one for Chirpy. He had to find a place to live and complete all the paperwork that comes with being a new faculty member. He chose a pension plan, a medical insurance plan, got a faculty identity card, and registered his vehicle. Everything went remarkably smoothly and Chirpy was ready when classes began.

Then a fly appeared in the ointment—Chirpy started finding parking tickets on the windshield of his car. The tickets had a check in the box that read, "Permit improperly displayed." Parking tickets at LCJC cost \$20. Chirpy had carefully followed the instructions he found in the LCJC Traffic and Parking Handbook. He had affixed his parking sticker according to the instructions. When he found a ticket on his wind-

shield every day for a week, he called the Parking Department and asked why he was getting parking tickets that said his parking permit was not properly displayed. Chirpy insisted, rather huffily, that the permit was properly displayed. The Parking Department attendant got huffy too.

"If the permit were properly displayed you wouldn't be ticketed," he said.

"Look, mate," said Chirpy, I'm not lyin' to you. You can look at the car yourself. I'll bring it round."

"Hold on," said the attendant. "I can't do that. That's the police department's responsibility. I'm in parking. But if you're sure your permit is properly displayed there should be no more problems."

"Thank you mate," said Chirpy and hung up the phone.

But Chirpy did have more problems. There was a ticket on his windshield when he got to his car that evening, and more after that. Chirpy just ignored the citations, assuming that the man on the phone knew what he was talking about.

Then Chirpy's boss, Marigold Freestone, chair of the complicated cogitation department, called him into her office and shut the door.

"Dr. Cheeseworthy, I wanted to alert you to a problem that has arisen," she said. "A friend of mine in the payroll office says they are getting ready to withhold your paycheck until you deal with a raft of unpaid parking citations. They're calling you a chronic offender."

"Blimey, Mum," said Chirpy, "I've received some tickets, but I talked to a bloke in the parking department, and he said I'd have no more problems."

"Well apparently you do," said Marigold.

Chirpy walked to the parking department and took a number. When his turn came he gave the woman at the counter his name, and picked up a copy of the LCJC Parking Handbook.

"You're a chronic offender," she said. "You'll have to speak with one of the officers. Please sit down in the foyer."

A few minutes later a large uniformed officer walked up to Chirpy. "Sir, where's your car?"

"It's in the faculty parking lot." "You have apparently affixed your sticker improperly," said the officer.

"I put the sticker precisely where the instructions say to," said Chirpy. Then he read aloud from Parking Handbook, "Affix the parking sticker in the lower corner of the rear window on the driver's side."

"You'll have to bring your car here, sir," said the officer. "Pull around to the back. I'll meet you there."

Chirpy went to the lot and drove his car to the rear of the parking department building. He was standing in front of the car when the officer came out the door.

The officer approached and looked at the back window.

"You're sticker is improperly displayed," he said curtly. "You'll have to pay the citations."

"Officer, is there no way one can vary from the instructions in the handbook?"

"None whatsoever. You must place the permit exactly where the instructions tell you to put it, and no where else," said the officer.

"Then may I invite you to kindly step round to the right front side of my vehicle?"

"I don't know what good that would do."

"Please."

"All right."

"Look in right front window. What do you see?"

The officer stared. "It's a steering wheel! Your car has a right hand drive!"

"And the parking sticker is affixed to the lower corner of the rear window on the driver's side. Have a good day, officer," said Chirpy, and he climbed into his car and drove away.

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

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



WOLFGANG PUCK

Easy food for Sunday

By Wolfgang Puck

Back in 1975, I hadn't been living in Los Angeles for more than a few weeks when some friends invited me to stop for a bite to eat at Chasen's, that legendary but now-departed Hollywood hangout. I don't remember after all these years which celebrities were eating there that evening. Almost everyone did, including such now-departed movie greats as Bob Hope, Lucille Ball, Jack Benny, Jimmy Stewart, Danny Kaye and Humphrey Bogart; U.S. Presidents Kennedy and Reagan; and present-day stars like Jack Nicholson, Whoopi Goldberg, Clint Eastwood, Madonna and John Travolta.

But I do remember what everyone around me was eating, because it was something that wasn't actually listed on the menu, though everyone knew they could order it. It was Chasen's Chili, a fairly mild version of the Texas favorite, which was so popular that Elizabeth Taylor and Richard Burton had it air-freighted to them in Egypt while filming "Cleopatra."

I was intrigued by the way it was served in big bowls accompanied by little bowls of shredded cheddar cheese, chopped onion and sour cream for guests to garnish to taste. I had to have it. So, imagine my surprise when I took my first mouthful and said, "This is just like goulash."

Of course, it wasn't exactly. My

childhood favorite is spiced primarily with paprika, marjoram and caraway seeds, while chili contains a range of spices including dried chilies, cumin and oregano. That said, the overall effect of those two different approaches is surprisingly similar: a robust, full-flavored, incredibly satisfying stew that's perfect for a casual weekend meal.

With the Super Bowl being held this weekend in Houston, Texas, I can't think of a more appropriate or easier dish to make for your at-home football-watching party. Based on whatever type of steak or other fairly lean cut is available at a good price in your market, the chili assembles quickly and then simmers slowly, unattended. You don't even have to presoak the beans or boil them, because canned precooked beans will work just fine.

Set up a table or sideboard with a trivet on which you'll place the chili pot, along with a stack of bowls, spoons and the toppings for guests to help themselves. If you like, add big bowls of tortilla chips or sourdough bread and a green salad to round out the meal. While beer, preferably Texas longnecks, is the traditional beverage accompaniment, I prefer to drink a big, gutsy red wine with my chili such as a Zinfandel or a Shiraz.

Then just serve the chili, sit back and enjoy the cheers — whether they're for a touchdown or for your skills at cooking and entertaining.



Wolfgang Puck's Beef Steak Chili

PHOTO BY BOB FISH, CHICAGO TRIBUNE

Beef Steak Chili

Makes 8 to 12 servings

CHILI:

- 1 tablespoon whole cumin seeds
- 4 dried ancho chiles
- 1 canned or dried chipotle chile
- 2 cups water
- 1/4 cup vegetable oil
- 2 pounds lean beef steak, cut into small strips or coarsely ground
- 4 cloves garlic, minced
- 1 large onion, cut into small dice
- 1 tablespoon minced fresh oregano leaves
- 1 tablespoon salt
- 1/2 teaspoon freshly ground black pepper
- 1 pound canned diced tomatoes
- 1/2 cup canned tomato paste
- 27-ounce can red kidney beans
- Pinch sugar
- Cayenne, to taste

TOPPINGS:

- 1 pint sour cream
- 6 ounces sharp cheddar cheese, shredded
- 6 ounces Monterey jack cheese, shredded
- 2 red onions, finely chopped
- 1 cup chopped fresh cilantro leaves

Heat a dry sauté pan over medium-low heat. Add the cumin seeds and toast them, stirring occasionally, just until they are fragrant, 1 to 2 minutes, then transfer them to a bowl and let them cool briefly. Grind the cumin seeds in a spice mill or with a mortar and pestle and set aside.

In the same pan, lightly toast the ancho chiles just until aromatic, about 1 minute per side; if the chipotle chile is packed dry, toast it as well (canned chipotles are moist and packed in a sauce, and don't need to be toasted). Add the water to the chiles in the pan (along with the chipotle if it was canned), raise the heat, and bring to a boil. Turn off the heat and leave the chiles to soak until soft, about 10 minutes. Set the pan aside to cool. Remove the chiles, reserving the liquid. With a sharp knife, split open the chiles and remove and discard the stems and seeds. (Take care when handling hot chiles not to touch your eyes or other sensitive areas, and wash your hands well afterward with warm soapy water; or use kitchen gloves.) Transfer the chiles and water to a blender and puree the mixture. Set aside.

In a large saucepan over high heat, add the oil. When slight wisps of smoke begin to appear, add the beef,

in batches if necessary to avoid overcrowding, and sauté, stirring occasionally, until evenly browned, 5 to 7 minutes. Add the garlic and onion and continue to sauté until they begin to turn glossy, 3 to 4 minutes more.

Add the chile puree, cumin, oregano, salt, pepper, tomatoes, and tomato paste and stir well. Bring the mixture to a boil, then reduce the heat to low, cover the pan, and simmer gently, stirring occasionally, until the beef is tender, about 1 hour. Stir in the kidney beans and the liquid from their can and simmer until the beans are heated through and the mixture is thick, about 20 minutes more. Taste the chili and adjust the seasonings to your liking with a little more salt and some sugar and cayenne.

Ladle the chili into deep heated bowls and let everyone add a selection of toppings to taste.

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

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JUMBLE ANSWERS

Jumbles: GLADE JUDGE
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TRIVIALITIES ANSWERS

1. Robert Duvall 2. Steve McQueen
3. "True Grit" 4. Robert Altman 5. Robert Duvall 6. Six 7. One. In 1984 for "Tender Mercies"

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

SMART COLLECTOR

Old stoves are great machines that appreciate

Q: What should my Glenwood gas stove bought in 1930 sell for? It has four burners and an oven broiler. — Paul, Cranston, R.I.

A: Believe me, Paul, there are people who swear by vintage stoves. But the old stoves that consumers want for use are restored versions brought up to speed on safety issues.

According to John Jowers, owner of Antique Appliances in Georgia



Danielle Arnet

(www.antiqueappliances.com), 1958-1959 was the cutoff for quality in residential cooking stoves.

"Before 1958, everything on a stove, even the clock, could be repaired. After that, manufacturers put replaceable parts in new stoves," he told us. In the 1990s, makers stopped stocking replacement parts for older models. Even today's megabucks high-end glamour ranges have an electronic digital heart. Sometime down the road, when that stove goes to the big range in the sky, the buyer will be out of luck because there is no replacement for the part.

But "old stoves were built to be serviced. The old stoves are actually simpler. With replacement parts, they can be made like new," said Jowers. Because replacement parts in old stoves are simple mechanical units, a competent repairman can do the job. Vintage stoves were so fixable

they came with a manual explaining simple repairs. A caveat: Total restoration today can cost thousands.

"Go into an appliance store, and what's the first thing the salesperson tells you? 'This stove is easy to clean.'"

Old stoves, continued Jowers, were designed to function. They cooked. Period. Gas stoves of the 1920s through the 1950s had separate compartments, so the cook could bake and broil at the same time. Every burner had a low simmer capability. Many stoves came with their own salt and pepper containers, a cubby to hold them and a built-in griddle.

"Buyers were brand loyal then," he continued. "Stoves cost a lot of money. You could not make and sell a bad model or your reputation would suffer." Obviously, the market is different today.

Yes, old stoves are heavy. Yes, they are harder to clean. But, when refurbished, certain models are great cooking machines that can appreciate in value.

Where does that leave your Glenwood stove? The company made several models. A 4-burner with one oven is standard. For a 6-burner with double ovens, "price catapults." If unrestored, the stove is as-is and needs to be reworked for safety factors. If it is a match-light oven model, it is against code. Many old stoves have rodent damage from storage. Oven rust is a major deficit. Body rust and chipped enamel are others, and so on.

Offering a detailed on-line appraisal service for \$40, Antique Appliances can guide you whether it is worthwhile to have the stove re-

stored for use. Visit the Web site to see restored models with prices.

If the object is to get it off the premises, advertise locally. Value is what you can get. Shoot for \$200-\$400 (if in top condition), and see what happens.

MORE

Six lucky collectors will qualify for a free, in-home appraisal by PBS Antiques Roadshow appraisers when they win a "House Calls" sweepstakes

sponsored by the program. Visit www.pbs.org/antiques for details. Contest deadline is Feb. 15, 2006.

(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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Collectibles Marketplace



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To place your ad in the next "Collectibles Marketplace," please call Kevin at 785-841-9417.

AARP Foundation to offer free tax assistance

Free income-tax preparation help will be offered beginning January 30 through Tax-Aide, the tax counseling program administrated through the AARP Foundation in cooperation with the IRS.

Tax-Aide offers free tax assistance to individuals and families of moderate income who need help filing out their tax returns. Tax-Aide counselors complete an IRS training course in basic income-tax preparation and are trained to complete federal and state income-tax forms.

Tax-Aide counselors also alert taxpayers to special credits and deductions for which they may be eligible.

Tax-Aide counselors won't prepare returns beyond the scope of their training and suggest that taxpayers who need assistance with more complex tax returns seek a professional tax preparer.

Taxpayers who visit a Tax-Aide site should bring:

- A copy of last year's return if available. If not, a picture ID and Social Security cards for each member of your family.
- Any forms 1099-R, 1099-INT, 1099-DIV received.
- Social Security Statement SSA 1099 for 2005.
- All W-2 forms from any jobs in 2005.
- All 1098 forms if received.
- Any 1099-G (Unemployment forms).
- 2005 Property Tax Form (County) or name, address and phone number of landlord if filing a Homestead claim.
- If itemizing, all records of medical expenses, contributions, personal property taxes.
- W-2 Gambling income. 1099 MISC and any notices sent to you by the IRS in 2005.
- Voided check or savings account number where a refund may be deposited.

Tax-Aide volunteers will be available at:

- Jayhawk Area Agency on Aging, 9:00 a.m.-3:00 p.m., Mondays.

- Community Action Swygart Center, 9:00 a.m.-3:00 p.m., Tuesdays and Wednesdays.
- Lowman United Methodist Church, 9:00 a.m.-3:00 p.m., Thursdays.
- Faith Lutheran Church, 9:00 a.m.-3:00 p.m., Fridays.

For additional information about assistance to complete tax forms, call Community Action at 785-235-9296.

[It may be just some shoulder pain, but why take chances?]



Gary Calton, RN

Every year, thousands of people mistake the warning signs of a heart attack for something a lot less serious. That's why the staff of the Bob Billings Cardiac Evaluation Center at Lawrence Memorial Hospital's Emergency Department wants you to be "heart smart."

First, know the warning signs of a heart attack, including these symptoms: pain in the shoulder, arm, jaw or stomach; a shortness of breath; discomfort in the center of your chest; and the sudden onset

of nausea, cold sweats or light-headedness.

If you or anyone you know exhibit any of these symptoms, don't delay. Call 9-1-1 and get help fast. Studies show that clot-

busting drugs and other treatments work best to stop a heart attack when given within one hour of the start of symptoms.

So when it comes to your heart, use your head. To learn more about the warning signs of a heart attack visit us on the Internet at www.lmh.org.



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NOSTALGIA NOTEBOOK

FEBRUARY 1946

Births

- FEB. 13:** Colin Matthews, British composer
- FEB. 21:** Tyne Daly, actress, *Cagney & Lacey*
- FEB. 24:** Barry Bostwick, actor, *Spin City*

Events

- FEB. 1:** Trygve Lie of Norway is picked to be the first United Nations Secretary General.
- FEB. 2:** Kingdom of Hungary becomes a republic.

FEB. 14: ENIAC, the first general-purpose electronic computer, is unveiled.



FEBRUARY 1956

Births

- FEB. 3:** Nathan Lane, actor, *The Producers*
- FEB. 24:** Paula Zahn, television journalist
- FEB. 29:** Randy Jackson, musician, *American Idol*
- FEB. 29:** Aileen Carol Wuornos, serial killer (d. 2002)

Events

- FEB. 6:** Paul Harvey arrested for trying to break into Argonne National Laboratory.
- FEB. 22:** Elvis Presley enters the music charts for the first time, with "Heartbreak Hotel."

FEB. 23: Nikita Khrushchev attacks the veneration of Joseph Stalin as a "cult of personality."



VINTAGE AD



On the Basis of Facts

The life of our country is built around its Public Utilities. Our social, industrial and Government activities could not exist today without the continued operation of these indispensable services.

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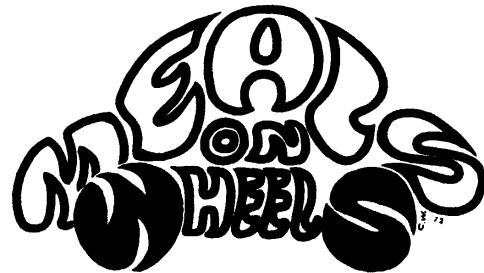
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Please call Meals On Wheels at 979-1440 to inquire about our services or to start volunteering. We are a non-profit organization and all donations are appreciated.

Using your Medicare prescription drug coverage

As the New Year begins, people with Medicare who have already joined a Medicare drug plan can start taking advantage of their new Medicare prescription drug coverage. Since this is a new program for Medicare, you might have questions about how to use your Medicare drug plan. For instance, what if you joined a plan, but haven't received a plan ID card in the mail yet? Or, what if your drugs were covered by Medicaid, and you're not sure how to get your medicines now? Whatever questions you have, Medicare has answers.

First Pharmacy Trip

Here are some tips people with Medicare can use to make sure their first trip to the pharmacy goes smoothly:

- When you first join a Medicare drug plan, you'll get an acknowledgement letter in the mail about a week after you join. Your plan ID card should arrive 3 to 5 weeks later.
- If you need to go to the pharmacy before your ID card arrives, bring the acknowledgement letter from your plan, your Medicare and/or Medicaid card, and a photo ID.
- Save the receipts from your pharmacist.

- For additional assistance, call 1-800-MEDICARE, 24 hours a day, 7 days a week.

People with Medicare and Medicaid

If your pharmacist is having trouble confirming what plan you're in or whether you also get Medicaid, he can also call a special toll-free number that Medicare set up for pharmacists to get help. People

with Medicare who also get Medicaid should be able to get their prescriptions filled with minimal co-payments and no deductibles.

How To Join A Plan

If you haven't joined a Medicare drug plan yet, don't worry! You have until May 15, 2006 to choose and join a plan without having to pay a penalty. So, call 1-800-MEDICARE (1-800-633-4227; TTY users

call 1-877-486-2048) today to learn about your options for getting the coverage you need, and the convenience and peace of mind you deserve. You can also visit www.medicare.gov on the web, or find personalized counseling at www.eldercare.gov.

- This information prepared by the U.S. Department of Health and Human Services.

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Events and Education Calendar

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