



# Kaw Valley Senior Monthly

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February 2007

Serving Active Seniors in the Lawrence-Topeka Area since 2001

Vol. 6, No. 8

## INSIDE



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Got the winter blahs? Get out of the house! During February you could learn about Bleeding Kansas, attend a healthy hearts fair, take a yoga class, and much more! - page 16

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**FREE**



Pastor Herbert Eplee

KEVIN GROENHAGEN PHOTO

# Eplee 'plants' new church in Lawrence

By Kevin Groenhagen

Three years ago, Herbert Eplee did something that's a bit out of the ordinary for a man in his 60s; he started building a church.

"I had been the assistant pastor at the Community Foursquare Church in Ottawa for four and a half years," Eplee said. "The pastor, Clyde Griesen, shared this vision with me that he had for Lawrence. I began to pray about it. I felt that the Lord was pushing me out the door to go back

into a full-time ministry. So I transferred all my credentials to the Foursquare organization."

According to Eplee, although planting a church was not something new to him, new churches are normally started by younger pastors.

"Before I started the Foursquare Church in Lawrence, my wife and I went to a church plant seminar in St. Louis, even though I had started churches before," Eplee said. "It was quite a blessing. A young lady sat

down with us and helped my wife and me. Here I was in my 60s and she was in her 20s, and she was our coach. She was really a blessing."

Eplee's first service in Lawrence was at the Days Inn's coffee shop, and included just Eplee, his wife, Carol, and a few members of the Foursquare Church in Ottawa. Eplee held the service at 3:00 p.m. so those members could attend services in both Ottawa and Lawrence.

The Faith Foursquare Church in

CONTINUED ON PAGE TWO





# Pastor Eplee

CONTINUED FROM PAGE ONE

Lawrence would later have several other locations, including the basement of the Lawrence Community Building, the South Park Recreation Center, and the Holcom Park Recreation Center.

"The people at Parks and Recreation were so good to me," Eplee said. "Holcom was great, but I felt like people who get involved in a church need a steeple. One day I said to one of our members, 'If you find a school building somewhere, let me know about it.' About two weeks later, she said, 'Pastor, a school building has opened at Bishop Seabury Academy and it's beautiful. I want you to see it.' I went over and we rented that building on that very day."

The Foursquare Church was founded by Aimee Semple McPherson in 1923. She summarized her message into four major points known as "The Foursquare Gospel." Those four points include The Savior, The Baptizer with the Holy Spirit, The Healer and The Soon-Coming King. The church is dedicated to "interdenominational, worldwide evangelism," and is divided into numerous districts throughout the world. Faith Foursquare Church is one of several Foursquare churches in Kansas that make up the Great Plains District.

Eplee notes that the Foursquare Church is a bit more casual than most churches.

"Even when I go to conferences, everything is casual dress," he said. "When I went to my first conference in St. Louis, I had my suit and tie on. One of the instructors came through and said, 'Herb, you can take that tie off any time you're ready.' We have a lot of members in Lawrence who come to church in jeans and t-shirts. That's all right. We don't care."

According to Eplee, he has felt the calling of God during his entire life.

"I preached my first message when I was 12 years old in Filley, Missouri," Eplee said. "My grandmother was a great inspiration in my life. Before she passed away when I was 16 years old, she said, 'Herb, I want you to promise to me that you'll never quit preaching.' I said, 'Mama, I'll always do my best to keep that promise to you.'"

A young evangelist eventually took Eplee under his wing and they started holding street meetings in different towns on Saturdays when he wasn't in school. After a stint in the Air Force, he was asked to be an as-

sistant pastor at the Blue Springs Assembly of God in Blue Springs, Mo. After five years at that church, he started his own church in Independence, Mo.

"I then went back into the evangelistic field," Eplee said. "That's where my heart is. I held revivals all over Kansas City."

Eplee later became the assistant chaplain at the state penitentiary in Lansing and, concurrently, worked at the federal penitentiary in Leavenworth.

"I started the morning service in the state penitentiary and then did the evening service in the federal penitentiary," Eplee said. "I got home around 10:30 p.m. and had to go to work again at 5:00 a.m. the next morning."

Eplee continued to work with convicts after the Salvation Army asked him to handle their jail ministry in Olathe.

"I handled all the programs for the Salvation Army at the Adult Detention Center for six years," he said. "I brought in lay people who wanted to teach in the jails. I would teach them how to work with convicts, and then I would step back to let them go forward and start another program."

In between working with the Salvation Army and becoming assistant pastor at the Community Foursquare Church in Ottawa, Eplee was pastor at an independent church in Paola, Kan., for seven years.

Still in the building process, Eplee's new church in Lawrence currently has about 20 members, none of whom came from other churches.

"We haven't pulled one person from another church," he said. "I came here to build a church that God is pleased with, and I don't think He would be pleased if I was stealing people from other churches."

Despite the challenge of building a church without "stealing" members from other churches, Eplee sees bigger things for the church in the future.

"I'm going to try to build it as large as I can for the Lord," he said. "I've said many times that I want a choir that goes clear around

the church. We need people in our church who are willing to come in to be teachers. I believe in discipleship in the church. Jesus once said, 'Feed my lambs.' I see that as 'feed my babies.' Two other times he said, 'Feed my sheep.' When people come into the church and accept the Lord, they're babies. It takes them awhile to become sheep, or followers. We have to do this transition in time. We have to show the love of Christ, and the love of Christ is not about putting someone down for something they have done, but pointing out the good in a person and making them better. I don't care what nationality, creed, or race our members are. I just want them to hear the word of God. Everybody in this church is somebody. They are loved and appreciated."

Faith Foursquare Church has also

started a music ministry, which is led by a music director from Ottawa. The music ministry will be performing "Friday Night Alive" at Pioneer Ridge Retirement Community in Lawrence on February 16, at 7:00 p.m. The ministry hopes to hold monthly performances throughout Lawrence.

Eplee says he hasn't made any plans to retire from the ministry. Apparently, the Great Plains District isn't ready to see him retire, either. In fact, the district recently gave Eplee its "Caleb Award."

According to Joshua 14, God gave Hebron to Caleb as his inheritance. Caleb was 85 at the time, but said he was still as strong at 85 as he was when he was 40.

For more information about the Foursquare Church, call Pastor Eplee at 785-979-0041 or visit [www.foursquare.org](http://www.foursquare.org).

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# Penwell-Gabel Southwest Chapel to open in April

By Billie David

When it opens in April, the new Penwell-Gabel Southwest Chapel in Topeka will present a carefully planned combination of up-to-date funeral-home features and traditional accents, including arches and a 17-foot-tall leaded stained glass window.

"This is absolutely state-of-the-art, built with the consumer in mind," said Ren Newcomer, who co-owns Penwell-Gabel with his wife, Theresa.

"It was absolutely important to me that the location we found was street-level and perfectly flat," he said, explaining that foremost in their minds were ease, comfort and safety. "We took it to another level of safety with our heated sidewalks," he added.

Another feature of the chapel is state-of-the-art audio-visual equipment for playing memorial tributes on large-screen plasma TVs mounted on the walls of the chapel and for recording services for the family.

"We will produce for families—free of charge—a video tribute for viewing during visitation, and we give a copy to the family," Newcomer said.

Other features included in the 9,800-square-foot building, set back from the road on a three-acre plot and easily accessible from both 37<sup>th</sup> Street and Wanamaker Road, include a circle drive in front with a covered drop-off area for inclement weather; a community room with a refrigerator and coffee bar and a children's play area where kids can watch videos to keep themselves entertained; private arrangement conference rooms; plenty of well-lit parking; and a large main chapel that can seat 160 people.

The chapel also features expanded hallways with bump-out areas for privacy and rooms that can double for overflow crowds. There's even a secure flower receiving room so that florists can let themselves in and leave flowers without disturbing others. And the arrangement conference rooms are designed so that family members can sit around a table near a monitor on the wall so that they can follow along while the arranger types and check for spelling errors as well as look at caskets and other funeral merchandise without leaving

the privacy of the room.

"I've built and remodeled a number of funeral homes," Newcomer said of the care with which the new chapel was designed. "I took from these projects our best ideas and ideas from customer feedback. We've really tried to think of everything to create a meaningful experience to honor the lives of their loved ones."

One aspect of that meaningful experience is atmosphere, which the chapel provides with features like the hearth room, which houses a formal library and a fireplace made of carefully selected Cottonwood Falls native limestone. The limestone also forms the traditional-style arch motif on the outside of the building.

Adding to the building's chapel-like appearance is the 17-foot-tall "Angel of the Dawn" stained glass window, which was constructed in 1951 in Los Angeles and originally installed in a funeral home in Denver. When the neighborhood was targeted for development, Newcomer had the window disassembled, transported to Topeka, and cleaned and reconstructed by a local artisan.

Newcomer is a third-generation funeral director, whose great-grandfather, D.W. Newcomer, got his start in the business when, as a door maker, he was asked to construct a coffin for a friend. In 1893, he opened D.W. Newcomer's Undertaking and Livery in Kansas City.

Newcomer's grandfather, David Newcomer, expanded the business by purchasing land near the Plaza and building a funeral home that is now listed in the National Register of Historic Places.

After serving in World War II, Ren Newcomer's father, Warren, joined the family business, and when Ren graduated from the University of Kansas, he took up the family occupation as well. In 1975, he moved to Topeka, where he married Teresa in 1982. He and his wife have two children and own a number of funeral homes, crematories and cemeteries.

"The benefit to the consumer is that because of our size, we are able to purchase our merchandise for less money than smaller companies, and we pass the savings on," Newcomer said.

And because they own the crematories, there is no change in the chain of custody. "With one phone call, the customer can make the ar-



KEVIN GROBINGER PHOTO

Penwell-Gabel Southwest Chapel

rangements without having to deal with a third party," Newcomer said.

Another benefit is the extensive information the consumer can access from their Web site at [www.penwellgabel.com](http://www.penwellgabel.com), including a picture and floor plan of the new chapel and information on the other facilities in Topeka. Customers can also find information on crematories, ordering markers and monuments, making arrangements and sending flowers and online condolences. One can even read about funeral etiquette or print a booklet from the Web site that helps children understand death.

Newcomer said that his main emphasis, however, is on taking care of the individual needs of each family, one at a time. "We have very highly trained funeral directors on staff," he said. "We have a comprehensive training program, and we invest and reinvest a lot of money in training our staff and modernizing our services."

It doesn't hurt that he's a stickler for details, he added.

"There are two days that are really important in your life, where you don't want mistakes: your wedding and your funeral," he said. "I take it extremely seriously. This is what I do. I'm a professional and I'm a perfectionist."

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# Free AARP tax preparation assistance available

Free income tax preparation help will be offered beginning February 1 through Tax Aide, the Tax Counseling program administered through the AARP Foundation in cooperation with the IRS.

Tax-Aide offers free tax assistance to individuals and families of medium to moderate income who need help filling out their tax returns. Tax Aide counselors complete an IRS training course in basic income tax return 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

such as food Sales Tax and Homestead Refunds.

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 2006

• All W-2 forms from any jobs in 2006.

• 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 2006.

Aide program this year.

Due to the rulings by federal courts, the IRS is no longer allowed to collect a 3-percent long-distance telephone tax. The tax was first imposed in 1898 to fund the Spanish-American War. In addition, individual taxpayers will be able to claim a refund of up to \$60 on their 2006 federal returns.

Individuals will be eligible for a refund of the long-distance tax billed for any phone service between February 28, 2003 and July 31, 2006. An individual with one exemption can claim \$30; two exemptions, \$40; three exemptions, \$50; and four or more exemptions, \$60. *A tax return must be filed in order to receive any refund.*

## AARP Tax-Aide sites in Senior Monthly distribution area

SITE	ADDRESS	CITY	PHONE	OPEN DATE	CLOSE DATE	SITE SCHEDULE	HOURS	E-FILE
Baldwin City Library	800 7th St	Baldwin	785-887-6070	1-Feb	15-Apr	Wednesdays	9-11:45 a.m.	No
Lawrence Senior Center	745 Vermont St	Lawrence	785-887-6070	1-Feb	15-Apr	Mon., Tues., & Thu.	1-4 p.m.	Yes
Lawrence Senior Center	745 Vermont St	Lawrence	785-887-6070	1-Feb	15-Apr	Saturdays	9 a.m.-12 p.m.	Yes
Olathe Library	201 E Park St	Olathe	913-971-6888	1-Feb	15-Apr	Mon., Tue., & Wed.	11:30 a.m. -3 p.m.	Yes
Olathe Senior Center	311 E Park St	Olathe	913-782-1878	1-Feb	15-Apr	Tue. & Thu.	9 a.m.-3 p.m.	No
Jefferson County Library	315 Jefferson St	Oskaloosa	785-876-2991	1-Feb	15-Apr	By appointment		No
Court House Square Apts	235 S Main St	Ottawa	785-242-2235	1-Feb	15-Apr	Wednesdays	1-4 p.m.	Yes
Community Action	621 SE Swygart	Topeka	785-235-9296	1-Feb	15-Apr	Tues. and Wed.	9 a.m.-3 p.m.	Yes
First South. Baptist Church	1912 SW Gage Blvd	Topeka	785-272-0443	1-Feb	15-Apr	Fridays	9 a.m.-3 p.m.	Yes
First United Method. Church	600 SW Topeka Blvd	Topeka	785-233-8100	1-Feb	15-Apr	Wednesdays	9 a.m.-3 p.m.	Yes
Jayhawk AAA	2910 SW Topeka Blvd	Topeka	785-272-8616	1-Feb	15-Apr	Mondays	9 a.m.-3 p.m.	Yes
Lowman Methodist Church	4000 SW Drury Ln	Topeka	785-272-8921	1-Feb	15-Apr	Thursdays	9 a.m.-3 p.m.	Yes

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## Lawrence Memorial Hospital named best acute care hospitals award recipient

For the second year in a row, Lawrence Memorial Hospital has been recognized as one of the top acute care hospitals in the country.

LMH has been named one of the recipients of the Total Benchmark Solution (TBS) Best Acute Care Hospitals Award, based upon quality measure data provided in 2005 by health care organizations across the country to the Centers for Medicare and Medicaid Services (CMS), the government agency that administers Medicare and Medicaid services.

LMH was one of only three hospi-

tals in Kansas and Missouri to be listed among the top 100. LMH ranked first in the country in heart attack care, with perfect scores on all indicators measured.

"TBS has analyzed all the relevant CMS quality measures and found that Lawrence Memorial Hospital has clearly demonstrated its capabilities as a top quality performing hospital in the areas of heart attack, heart failure and pneumonia care," said Bradley Petersen, TBS chairman and founder. "Lawrence Memorial Hospital's rankings show that they are taking the right

steps towards improving the quality of care in Lawrence and throughout Kansas," added Petersen.

LMH President and CEO Gene Meyer said, "I believe that our commitment to quality care is unparalleled in this region. We are pleased that this recognition once again demonstrates that Lawrence Memorial Hospital is among the nation's best acute care hospitals."

TBS, based in Steamboat Springs, Colorado, and South Bend, Indiana, is a provider of healthcare benchmarking, decision support and con-

sulting services. The firm loaded the data obtained from CMS into its proprietary Quality Benchmark Solution application to provide the rankings of hospitals within various peer groups. TBS determined the Best Acute Care Hospitals by benchmarking and ranking all hospitals nationwide on 18 core measures for the data provided for the January 2005 to December 2005 timeframe.

For more information and a complete list of Best Acute Care Hospitals, visit TBS at [www.totalbenchmarksolution.com/qualityaward](http://www.totalbenchmarksolution.com/qualityaward).

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## Local agency to administer elder friendly business certification

Jayhawk Area Agency on Aging, Inc. will administer the Elder Friendly Business Certification Project.

Elders in Action of Portland, Oregon, a private nonprofit organization whose mission is "to assure a vibrant community through the active involvement of older adults," started the Elder Friendly Business Certification program in 1991.

Elders in Action worked on a public awareness campaign with local businesses. The businesses were so impressed with the comments and advice provided by elders that they invited the elders to their businesses to tell them what they did right and wrong in terms of meeting the special needs of older customers. In 1999 the program was packaged for licensing in

other communities nationwide. Jayhawk Area Agency on Aging, Inc., along with the other 10 area agencies on aging in Kansas were granted a license to participate in the Elder Friendly Business Certification Project.

Elder Friendly Business Certification is a licensed assessment program that provides this needed knowledge. Using specific guidelines, trained elder evaluators from a licensed aging agency, such as Jayhawk Area Agency on Aging, "shop" a business anonymously for a nominal fee. Evaluators review the effectiveness of telephone and customer

service, building layout and access. They then provide feedback and training information to the business. When in compliance, the business is awarded certification in the form of a window decal and directory that lets everyone know this business is Elder Friendly Certified.

Jayhawk Area Agency on Aging, Inc. needs both volunteers to serve as elder evaluators and businesses that would like to participate in the Elder Friendly Certification Project.

For more information call Jocelyn Lyons at 785-235-1367, or 1-800-798-1366

## Book discussion series to highlight 'award winners'

Aldersgate Village invites the public to participate in a three-part book discussion series this spring entitled "Award Winners." The discussions will take place in Parlor 203, Manchester Lodge, on the campus of Aldersgate Village, 7220 S.W. Asbury Dr., Topeka.

The first discussion is scheduled for 1:30 p.m., March 1. Amy Fleury of Washburn University will discuss the Pulitzer Prize winner, *Gilead* by Marilynne Robinson.

Sister Susan Rieke from St. Mary College will lead the next discussion about Alice McDermott's book on Charming Billy. It will take place on

March 21 at 2:30 p.m.

The final discussion will be *Cold Mountain* by Charles Frazier. It will be led by Sandy Hastings of Johnson County Community College at 3:00 p.m. on April 22.

To check out books or for more information about the series, please contact Janet McClanahan at Aldersgate Village, 785-478-9440, ext. 312.

The series is sponsored by the Kansas Humanities Council, a non-profit cultural organization, as part of its Talk About Literature in Kansas (TALK) series. The Council's Resource Center is furnishing the books and discussion leaders to the Topeka TALK Series.

## MISSION TOWERS

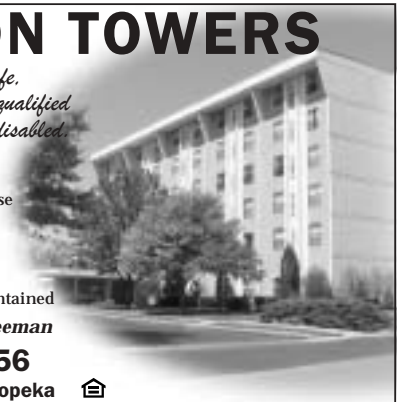
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# At 90, Fox continues volunteer work

(Editor's note: This Senior Profile on Howard Fox, a retired forester in Oregon, Ill., was first published in the August 2006 issue of *Rock Valley Senior Monthly*, which serves north-west Illinois. Ironically, while doing a Google search to learn more about Fox prior to our interview, I found an April 4, 2005 article in the *Lawrence (Kan.) Journal-World*. Melissa Lee of the University of Nebraska had interviewed Fox for a special section marking the 40th anniversary of Truman Capote's *In Cold Blood*. Capote's book dealt with the murders of Herb and Bonnie Clutter and their daughter, Nancy, and son, Kenyon, in Holcomb, Kan., in 1959.

Fox was raised on a homestead near Rozel, Kan., and is Bonnie Clutter's brother.

I asked no questions about the murders during my interview with Fox. Instead, we focused on how he left the Great Plains of Kansas to lead former Illinois Gov. Frank Lowden's reforestation efforts along the Rock River. We also covered his volunteer activities, including his mission work in Africa and South America.)

By Kevin Groenhagen

While growing up on the Great Plains farm his grandfather had homesteaded, Howard Fox decided what he was going to do after finishing high school.

"Except for the fact that they planted trees around most homesteads, where I grew up in Kansas was seven miles from the nearest tree," Fox

said. "I decided I wanted to be a forester so I'd know what a tree is."

However, he had some personal business to take care of first.

"I couldn't leave Kansas without getting married to my girl," Fox explained. "So right after high school I got married and took off the next day for Michigan State College to study forestry."

Michigan State College of Agriculture and Applied Science was the first institution of higher learning in the United States to teach scientific agriculture. The Department of Forestry at Michigan State University (the name was changed in 1955) is the oldest, continuous undergraduate forestry program in the country.

After graduating, Fox spent two years as a forester in northern Michigan. Then he learned about a job opening in northern Illinois.

Former Governor Frank O. Lowden and his wife, the daughter of George Pullman, the sleeping train car manufacturer, in 1899 purchased more than 600 acres along the Rock River near Oregon, Ill. They later changed the name of the property to Sinnissippi, the Sauk and Fox tribes' word for "rocky waters."

Since the property included several sandy hillsides that were unsuitable for conventional farming, Lowden began growing pine seedlings and transplanting them to the hillsides. He later expanded his tree planting efforts, which became the first large-scale reforestation project in the state.

When Lowden died in 1943, his family decided to continue his



Howard Fox

conservation-oriented forestry work. They hired Fox to oversee that effort. However, the young forester nearly became a captain of a PT boat instead of a cultivator of pine trees.

"I was drafted at one point in time during World War II, but they cancelled it," Fox said. "I would have been a captain of a PT boat and probably wouldn't have come home alive. I was married and had a child, my oldest son, at that time. My wife was packed up and ready to go back to her family in Kansas. If I had left, she couldn't have stayed here alone."

For more than three decades, Fox managed all of Sinnissippi Forest's timberland, oversaw the planting of the trees, and even released the first turkeys in northern Illinois. He also set up the forest's sawmill and Christmas tree business. Sinnissippi's first Christmas trees were harvested in 1948.

According to Fox, most of what is now Sinnissippi Forest was pasture when he came to Illinois. By the time he retired in 1976, hardwood, conifer, and Christmas trees covered over 2,000 acres.

"The road that is now used as the loggers' trail was made with my jeep," Fox said. "Where my tracks were is where we stopped planting trees."

In 1992 and 1993, Warren and Phillip Miller, Gov. Lowden's grandsons, sold most of the forestland to the State of Illinois to create the 2,225-acre Lowden-Miller State Forest. Warren Miller currently owns the Christmas tree business.

The grandsons and their mother, Mrs. C. Phillip Miller, in 1960 donated

CONTINUED ON PAGE NINE

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# Howard Fox

CONTINUED FROM PAGE EIGHT

ed Camp Lowden to the Boy Scouts of America's Blackhawk Area Council in memory of Gov. Lowden and his wife. Phillip and Warren were both Scouts under Fox, a longtime Scout leader.

Soon after retiring, Fox began building a new house. He didn't have to look hard for the lumber for the framework, which he milled out from standing trees.

"I've got lumber in this house from trees that I planted," Fox said with a laugh.

A sheet of paper at the back of a photo album documenting the house's construction notes that 20 different wood species can be found in Fox's house. All but one, Douglas Fir, was grown in Sinissippi Forest.

For Fox, retirement has been more of a transition than a hard stop. Experiences from his childhood may have influenced part of that transition.

In addition to being a wheat farmer in Kansas, Fox's father was a part-time carpenter.

"My father could sell off the cattle after harvests and then had no reason to be on the farm," Fox said. "So he would take the whole family to California, where he would work as a carpenter. We'd travel in an old Model T Ford and camped as we traveled. We would generally take the southern route, but I remember going over the mountain passes, too. My dad was adventurous."

Fox's own adventurous side has led him to Churchill, Manitoba, to observe polar bears on Hudson Bay, and to the Caribbean to try scuba diving.

"I won't scuba dive again," Fox

said. "I thought I was going to drown once, and that kind of took the fun out of it."

Fox has also found a way to combine his adventurous side with his love for carpentry by going on work missions, which are generally under the auspices of the Methodist Church. He has been to Chile four times for various projects and was invited to go again last December to help build a church there.

Fox has also gone on work missions to Kenya and Mozambique. On his first mission to Africa, his carpentry skills literally hit a brick wall while building a home for the staff of a university.

"There were seven of us from the United States," Fox said. "All of us were carpenters. We went down to the job site the first morning and here was this great big pile of bricks. Not a stick of wood anywhere! We hired a bricklayer and his assistant to help us. We learned how to be bricklayers instead of carpenters."

During a work mission on a reservation in South Dakota, the Lakotas made Fox an honorary chief because of his age. They also allowed him to participate in a portion of an important ceremony.

"They were cutting a ceremonial cottonwood tree," Fox said. "They were going to cut this tree and move it to their ceremonial grounds. All the braves were around the tree while visitors watched. They called me down to the tree and gave me the axe. I took the first chop. Then the chief took the axe and he took a chop or two. Other braves took turns with the axe until the tree fell. It was no small tree, but the braves caught it as it dropped. There were at least 100 men. It never touched the ground. They carried the tree away and did not allow me to watch the

rest of the ceremony."

Fox appears to be describing a sun dance ceremony. The sun dance, which is the predominant tribal ceremony of Great Plains Indians, is practiced by numerous tribes today as a prayer for life, world renewal, and thanksgiving. The cottonwood tree, which is considered sacred, serves as the central focus for the dance.

At home, Fox uses his woodworking skills to make a part for the Personal Energy Transportation (PET) Project. PET is a hand-cranked or lever-powered wheelchair for those who have lost the use of their legs due to polio, landmines, and other diseases and injuries. The PET Project has sent the "gift of mobility" to thousands of people in poor and underdeveloped countries.

Fox learned about the PET Project through Dr. Sherwood Baker. Before being recruited by the Missouri University School of Medicine in Columbia, Mo., Baker practiced

medicine in Mount Morris, Ill., for 17 years and delivered Fox's children. Baker, who has since returned to Mount Morris, was volunteering with the PET Project, which is based in Columbia, and contacted Fox to help with the project.

"I make the seat supports for the PET machine," Fox said. "I've made over 6,000 of them."

When he's not on work missions or making seat supports, Fox keeps busy with several hobbies, including marquetry. Marquetry is the craft of entirely covering a structural carcass with veneer forming decorative patterns, designs or pictures. Fox's marquetry generally entails using different types of veneer layers of wood to make free-standing pictures.

Not surprisingly, Fox has found a way to turn this hobby into an opportunity to volunteer. He is currently teaching other seniors how to do marquetry at the Rock River Center in Oregon.

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## PERSONAL FINANCE

### A three-part checklist for purchasing a long-term care insurance policy

A growing number of Americans have chosen to safeguard their futures by purchasing long-term care insurance, should they become chronically ill. Once you've decided that long-term care insurance is also the right option for you, the next step is to evaluate key elements associated with the coverage.

#### The agent

Working with a competent and



Joe B. Jones

trustworthy representative is essential to establishing a long-term relationship. Consider the following when selecting a quality agent:

- Every long-term care insurance decision should be based on your overall financial picture. Has the agent conducted a thorough analysis to determine the need for long-term care insurance?

- Has the agent earned any of the financial services industry designations, which demonstrate the highest commitment to professional development (e.g., CLU, ChFC)

- Has the agent earned a long-term care insurance specific designation, which demonstrates proven expertise on the subject (e.g., CLTC, LTCP, CSA)

#### The company

The company's reputation and financial ratings are the next most important consideration for buyers. The following questions are helpful

when considering working with a company:

- Is the company financially strong, and what are its abilities to meet the obligations of policyholders? The role of assigning financial strength ratings falls primarily to four major, independent third party rating services:

- A.M. Best Company
- Standard & Poor's®
- Fitch
- Moody's Investors Services

Materials that explain these ratings may be available directly from the company offering long-term care insurance coverage, and are important to be aware of in looking at the variety of options available in the marketplace.

- What is the company's history of service? Does the company have a history of offering upgrades and enhancements to existing policyowners when a new policy is introduced?

- What is the company's reputation among consumers? Do you, friends, or family members have other policies with the carrier and are you pleased with the company's service?

- Does the company offer a participating contract? Such contracts may provide dividends to reduce future premiums if the company's actual experience proves to be more favorable than pricing expectations.

#### The policy

When choosing a long-term care insurance policy, it's important to have an understanding of what the policy can offer. Consider the following questions:

- When will benefits payments begin? Benefits for most long-term care insurance policies begin when the insured gradually or unexpected-

ly loses independence to the point of needing substantial assistance or supervision. Insurance policies typically require a deductible to be met before benefits are paid. With long-term care insurance, this usually takes the form of a waiting period, as the insured pays for care for a pre-determined number of days after independence has been lost until policy benefits begin.

- How much money will I receive? Depending on how much coverage one elects, dollar amounts will vary. Before electing coverage amounts, it's important that one become aware of local care provider options and costs. Average costs of nursing home care statistics usually reflect a semi-private room rate (i.e., multiple people in room), yet some people prefer a private room in a higher end facility, which typically carries a higher price tag. The most common benefits design reimburses for the amount of care expenses incurred up to the selected coverage limits.

To plan for increasing costs of care, consumers can either pay additional premiums for benefits that will automatically increase each year or buy additional coverage in the future as the cost of care increases.

- How long will the benefits last? Buyers choose the maximum payout

of the policy. Most companies express this in a number of years (benefits period) and create a pool of funds to pay for the care. The pool can increase each year if an inflation protection option is chosen. Many policies also offer an unlimited maximum so that benefit payments will continue for the entire duration of the claim.

The purchase of long-term care insurance is a personal and important decision. Evaluating your personal and financial situation, with the assistance of a trusted, knowledgeable financial representative, a solid company and your family will enable you to determine which coverage is most appropriate.

Taking this action will enable you to make a good, informed decision in choosing long-term insurance coverage that best meets your long-term care needs while providing a sense of financial security.

- Joe B. Jones is a Financial Representative with Northwestern Mutual Financial Network, Jayhawk Financial Group. He is licensed and appointed to sell long-term care insurance for Northwestern Long Term Care Insurance Co., Milwaukee, WI, a subsidiary of Northwestern Mutual Life Insurance Company—Milwaukee, WI.). To contact Joe, please call (785) 856-2136 or e-mail him at [joe.jones@nmfn.com](mailto:joe.jones@nmfn.com).

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## PERSONAL FINANCE

# Steps to consider when a loved one dies

After a loved one dies, you'll have to cope with grief. And yet, if you have even partial responsibility for settling an estate, you must focus on some financial matters. By handling these issues as efficiently as possible, you can help ease some of the strain on your family.

Ideally, you should learn as much



Harley Catlin and Ryan Catlin

as you can about your loved one's financial affairs while he or she is still alive. If you have a good relationship, you should be able to ask sensitive questions, such as: *Do you have a will? What about a living trust? Do you have a safe-deposit box? What are the names of your brokerage and bank?* The more you know about your loved one's situation, the better off you will be when it's time to deal with the estate.

When that day arrives, be prepared to consult with a competent attorney on tax and estate matters. Beyond that, keep these ideas in mind:

- **Find the will.** Obviously, it's a lot easier to locate a will if you learned its location while your loved one was still alive. When you do find the will, you may want to contact an attorney who is experienced in settling estates. Even a well-drafted will might offer options that an attorney can help you understand. Although you might want to work with the attorney who drafted the will, you are certainly not required to do so. If you do not have an attorney, ask friends or your financial professional for a referral. If you are the executor, you'll have to start the process of carrying out the will's instructions. If you aren't the executor, contact the person who has been named to this position.

- **Inquire about probate.** Contact your attorney or the state's probate court clerk to determine if probate is necessary. If it is, the executor should initiate proceedings right away, because probate can be time-consuming.

- **List assets.** Try to find the paper-

work for the deceased's financial assets — bank accounts, securities, real estate, insurance policies, retirement plans, etc. Take special note of the beneficiary of these assets; the naming of a beneficiary can even supersede instructions on a will.

- **Notify relevant agencies.** Notify creditors, banks, the Social Security Administration and other entities about the death of your loved one.

- **File life insurance claims.** An insurer doesn't automatically pay benefits upon the death of the insured. Contact the deceased's insurance company about filing any required insurance claims.

- **Open a checking account for the estate.** It may seem like a strange task, but if you are the personal representative or executor, you might want to open a checking account in the estate's name. Use this account to pay any bills or deposit funds received while the estate is being settled.

- **File tax forms.** You may have to file state and federal estate and income tax returns. Your attorney and tax adviser can help you in this matter.

Settling the estate of a loved one will never be a happy task. But if done right, it can show respect for the memory of the deceased — and that's a worthy goal.

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

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## HEALTH & FITNESS

# Yoga: Take a deep breath and relax

Yoga is an ancient form of exercise that increases your strength and flexibility while relaxing your body and mind. Many people think of yoga as something exotic—as an “Eastern” spiritual discipline—but



Laura Bennetts

actually yoga has been successfully practiced in the West for many years now as a therapeutic exercise. And though yoga can be practiced at many levels of skill, it could not be simpler in principle—yoga, in a word, is all about deep breathing.

All of the many forms of yoga involve deep breathing. In some yoga exercises you move while breathing deeply, in others you hold “poses” while breathing deeply. Yoga can be done while seated on a mat or in a chair. That’s one of the reasons why anyone, of any age, can enjoy and benefit from yoga.

### Learn from an expert

Start by taking a class, since, as a beginner, you need to learn how to exercise safely. A certified teacher will teach how to do yoga without irritating your knee arthritis (for example). If you have aches and pains in your muscles and joints, yoga is a gentle and gradual way to stretch and tone your muscles. And if you do yoga daily, you will notice that your hips, back and shoulders move more freely and with less pain.

### Here’s an example

Your instructor will teach you many breathing exercises. To see what this is like, try the following simple exercise. And you don’t even have to get up or change your position—you can do this exercise while you sit and read.

Take a deep breath in through your nose filling your chest with air as your ribs expand outwards. Let the breath push your tummy out.

Now relax your mouth and slowly let the breath out, gently pulling your tummy in as you exhale fully. Let your shoulders drop down and relax your arms.

Try this exercise again, letting your tummy relax to get a really deep breath. You’ll find that one virtue of this kind of exercise is that your mind and body relax as you concentrate on your breath. Yoga has been proven to decrease stress, blood pressure and anxiety through breath exercises.

Try it, you’ll like it.

### Another example

Yoga students often “pose” while breathing deeply. A pose is a body posture that you hold while sitting or standing. Here’s an example:

Sit tall, with your head up, your shoulders relaxed, and your hands resting on your legs, palms up.

Now, hold this pose while you breathe deeply, feeling your shoulders relax as you sit even taller, with less and less effort.

Breathe deeply twice more while maintaining this pose and you’ll notice a relaxed feeling in your neck, shoulders and back muscles.

### Health benefits

On the Mayo Clinic Web site it reports that yoga combined with a healthy diet and medication can reduce cardiovascular disease and lower blood pressure. This means that yoga can help you lower your risk of a heart attack or stroke. Other health benefits include stress reduction and improved balance, flexibility, and sleep.

People who seek relief from chronic pain, insomnia and anxiety have found that yoga supplements and, at times, reduces their need for medication. For people who can’t take medications (pregnant women, for example), yoga has proven to be a

safe way to reduce body aches, fatigue, and insomnia.

### A resolution you can keep

The best health resolutions lead you to try something new and better—like yoga. You’ll find that deep breathing relaxes your muscles and helps your circulation. The next time you have trouble sleeping or feel joint stiffness in the morning, try the exercises I described above. There are many sources on yoga, including classes, videos and DVDs from the

library, books, public TV shows, and the Internet.

Study, listen, and learn. Then, take a deep breath and enjoy the results.

- Laura Bennetts, MS RPT, is a physical therapist with 24 years experience. She is the co-owner of Laurence Therapy Services LLC (785-842-0656) and Baldwin Therapy Services (785-594-3162). For answers to your therapy-related questions, please write to Laura at LTS\_2000@hotmail.com.

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## OFF THE WALL

Evolution has developed man to such a high degree that he builds zoos to keep his ancestors in cages.

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## PET WORLD

### Dog needs help overcoming fear of tile flooring

**QUESTION:** My 9-month-old Norwegian Elkhound slipped and fell on some tile. Now, she's scared of tile and won't walk on it. The problem is, my floors are 80 percent tile, with just the bedrooms carpeted. The dog comes in the house via the doggy door, but then won't move off a throw rug. How can we



Steve Dale

help her to get over this fear? — A.Y., Pahrump, NV

**ANSWER:** "Place that throw rug close to the doggy door, but not so close where she won't have to step just a bit on the floor," suggests Lemont, IL-based dog trainer Peggy Moran. "Put a leash on her but don't use it to pull her. Only use the leash to encourage and direct her. Most dogs have learned to follow the direction of the leash, so that will help."

Just outside the door, show your dog where you've placed her favorite toy or a treat. This should entice her even more to go forward.

"Hold the leash in a way to prevent her from backing up, making forward the only comfortable option, on average it happens in two minutes or less," Moran adds.

When she does move forward, offer praise and give her the treat or toy just outside the door. After a few successes, she'll realize the tile isn't so awful after all. At that point, move the throw rug away from the door another few inches. Gradually increase the distance from the door so your pup must walk farther on the tile floor.

Do NOT attempt this training when your dog is crossing her legs, or she'll have an accident and, in any case, it's unfair.

**QUESTION:** In one of your columns, you mentioned a natural flea and tick preventative that's supposedly safe because you could bake cookies with the ingredients. Unfortunately, what's safe and yummy for

humans might be toxic for pets. Peppermint oil (one of the ingredients) is a case in point; it's highly toxic to cats when inhaled, ingested or applied topically. My cat, for instance, broke out in a rash and subsequently lost all his hair at the site of application. I'm not alone. I'd like to see you address this. — H.H., Charlotte, NC

**ANSWER:** It's true that "natural" doesn't necessarily equate with benign, confirms veterinary toxicologist Dr. Steve Hansen, director of the ASPCA Animal Poison Control Center, Urbana, IL. "Peppermint oil may be dangerous to cats in large dosages. What's more, after a topical application, the cat then grooms, so the cat's getting the product both on the skin, but also is potentially ingesting some (of it). However, not enough peppermint oil is used in the over-the-counter products I know to do any serious damage, assuming the products are used as directed."

When many over-the-counter pet products can have adverse effects, it's often the Animal Poison Control Center that learns about them first. Few reports come in about side effects caused by spot-on natural flea and tick products, says Hansen. "It doesn't mean there can't be some hair loss, a temporary allergic affect or brief disorientation among individual sensitive animals, but as far as we know these products are quite safe."

If you use a natural spot on and witness a skin irritation, wash the area thoroughly with a mild dishwashing soap. Report the adverse reaction to the ASPCA Animal Poison Control Center, as well as the spot-on manufacturer.

If you suspect a pet has come in contact with a toxic substance, the ASPCA Animal Poison Control Center offers help 24/7, 365 days a year. Call 888-426-4435. The consultation fee (\$55) can be charged to a major credit card. Learn more at [www.aspc.org](http://www.aspc.org).

(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

### Don't use exercise as excuse to abandon prescribed medication

By Suzy Cohen, R.Ph.  
Tribune Media Services

**QUESTION:** I've heard that exercising lowers a woman's risk for breast cancer. Why is that, and if I exercise, does that mean I can stop taking my Femara? — T.E., Atlanta

**ANSWER:** Being overweight is a well-known risk factor for many disorders, including breast cancer. It is partly because fat cells produce more estrogen and some tumors are fed by the estrogen. The more you make, the faster the tumor will grow.

But weight isn't the only factor, of course. Cancer is a complex condition. No, don't go off your Femara, and please note that any changes you wish to make to your medication regimen should always be discussed with your physician. Femara is a prescribed medication that is used to reduce the burden of estrogen in the body, so it stops the "feeding" of certain cancers that grow in the presence of estrogen. It is classified as an aromatase inhibitor drug; others in this class include Arimidex and Aromasin.

**QUESTION:** I enjoy reading your column in my paper. A recent column mentioned taking Lactium (casein hydrolysate) from milk to help with anxiety. I have checked with several health food stores and a pharmacist and none have heard of it. Where can I get it? — J.G., Lady Lake, Fla.

**ANSWER:** Since I wrote about Lactium a few weeks ago, I have been inundated with requests for a good product. The original makers don't

sell direct to consumers anymore. I found the best source for this at Swanson Health Products, which does sell directly to consumers if you call or go online. Their product is called Ultimate Stress Pills. Call 800-824-4491 or visit their Web site at [www.swansonvitamins.com](http://www.swansonvitamins.com).

Ultimate Stress Pills combine Lactium with other stress-busting ingredients, such as Panax ginseng, Rhodiola rosea, Rooibos tea extract, L-theanine (which comes from green tea), passion flower extract and a few other soothing ingredients. The combination looks like it would be effective. I know that many of you have had trouble trying to find a source, so I spoke with a representative at Swanson and she assured me that they sell directly to the public, so you don't need a doctor's name to get it.

Furthermore, the company has experts on board to answer any questions you may have about their products. Ultimate Stress Pills sell

for \$30 a bottle (90 caps). Naturally, if you take sedatives or other anti-anxiety medications, you may want to start with lower dosages or make medication adjustments so you don't get overly sedated. Also, if you are allergic to the milk protein casein, this product is not for you.

**DID YOU KNOW?** Parsley might be a quick-fix remedy to neutralize bad breath. Just make sure you get

the green off your teeth before you smile!

•••

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](http://www.dearpharmacist.com).

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## Hearth House NOW OPEN!

### A Home Environment For Individuals Who Can No Longer Live Alone

**H**earth House is a home environment based on an innovative social model emphasizing choice, respect, dignity and kindness. We offer 24-hour domestic and personal care for those who cannot remain safely alone in their own home. Hearth House is an alternative to institutional living.



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14 SeniorMonthly, February 2007

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## RETIRE SMART

# Retirees don't always embrace the sun belt

Many of you tell us that from reading our columns, you sense we love Vero Beach, Fla., where we moved in 2001. So, you ask, would we recommend the area to other people looking for a



Humberto  
and  
Georgina  
Cruz

place to retire?

We do love Vero Beach for its natural beauty, friendly people and small-town charm, as well as for its cultural and educational amenities and high-quality health-care facilities. But we can't recommend any particular place to retire because that's a decision only you can make based on your preferences and needs.

Your first decision, in fact, is whether to move at all. In the introduction to the fifth edition of his popular "Retirement Places Rated" book, author David Savageau points out that the community where you already live can give you a deep sense of belonging you may not find somewhere else.

And a new study by the senior-advocacy group AARP refutes the myth that Americans move when they retire.

"Among the most reassuring findings is that for the most part, people 60-plus like their communities," the study found. "Contrary to myth, nine out of 10 older persons remain in the area in which they reside when making the transition to their retirement years."

The study, based on an analysis of U.S. census data and interviews by the research firm GfK NOP/ Roper Public Affairs with more than 1,200 people in 40 communities, explored the reasons why older people choose to stay in the area they live or look for a new place.

A warmer climate, a lower crime rate and lower property and state property taxes are common characteristics of places — many in the South and West — that attract older Americans. Weather is the No. 1 reason older people cited for leaving

their old communities.

But there is much more to it. "Interpersonal factors" are a major consideration, too. Among people 60 and over who moved to new areas, nearly one in five cited being closer to family and friends as their prime motivation.

In addition, among those who moved, "the opportunity to meet and make friends with people over 60" was the attribute most closely correlated with being satisfied with their new communities.

This sense of "community satisfaction," or being happy with the place where you live, is a complex phenomenon driven by many dissimilar factors. We find this concept worth exploring because it can help us decide whether to stay or move when we retire.

In addition to the opportunity to meet people and make friends, factors such as low pollution, an affordable cost of living, high-quality government services, opportunities for adult education, having a variety of housing options for older residents, and a lack of urban sprawl were closely associated with community satisfaction for those who moved.

But among those who have stayed put, other factors such as low taxes, low crime, employment opportunities and availability of houses of worship turned up as significant. (The only three common factors between the two groups were low pollution, high-quality government services and low urban sprawl).

As to dislikes, taxes, government officials/politics and weather were cited most often by those who stayed in their communities. Among those who moved, traffic congestion and overpopulation were the most frequent source of dissatisfaction with their new locales, followed by the weather and a lack of amenities such as cultural or educational facilities.

Overall, "community life and atmosphere" was cited most often as a source of satisfaction by those who have stayed put, compared to those who have moved. On the other hand, for those who have moved, the decision has been a positive experience for most, and

85 percent would make the same decision to move again if they had the chance.

Can we reach any conclusions? Ultimately, staying or moving — and, if moving, where to move — is a personal choice based on how important different factors are for us.

(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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## Professor ranks top cities for retirees

Warren Bland, professor of geography at California State University in Northridge, recently compiled a list of the top 10 value cities for retirees. The least expensive town is ranked No. 1:

1. Hot Springs, Ark.
2. Winston-Salem, N.C.

3. Fayetteville, Ark.
4. Bowling Green, Ky.
5. LAWRENCE, KAN.
6. Columbia, Mo.
7. Pittsburgh
8. Gainesville, Fla.
9. San Antonio
10. Colorado Springs, Colo.

# RETIREMENT IS NO TIME TO STOP PLANNING FOR RETIREMENT.

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**Jeff Peterson**  
1800 E. 23rd St., Ste J  
Lawrence, KS 66046  
785-843-1371



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# CALENDAR

## ART/ENTERTAINMENT

FEB 1-4

### JEST A SECOND

Hilarious comedy to remember. Sarah and Bob, expecting their first child, are hosting a birthday party for Sarah's mother. Sarah's brother, Joel, arrives early to tell Sarah some news he's put off telling anybody. When he does, it sets off a hilarious chain of events sure to make Jest a Second a comedy to remember. Lawrence Community Theatre. LAWRENCE, (785) 843-7469  
[www.community.lawrence.com/CommunityTheatre](http://www.community.lawrence.com/CommunityTheatre)

FEB 2

### A CIVIL RIGHTS READER BY DANIEL BERNARD ROUMAIN

Daniel Bernard Roumain (DBR) is a composer, performer, violinist, and bandleader who seamlessly blends funk, rock, hip-hop, and classical music into a new sonic vision of music. His soul-inspiring pieces range from orchestral scores to energetic chamber works to rock songs and electronica. Lied Center of Kansas. LAWRENCE, (785) 864-2787  
[www.lied.ku.edu](http://www.lied.ku.edu)

FEB 2-4

### HIDDEN ART LOCKED AWAY

Artwork made by inmates of local prisons. Preview only on Friday evening. LEAVENWORTH, (913) 682-4459  
[www.lvarea.com/cvb](http://www.lvarea.com/cvb)

FEB 3

### SOUPER BOWL SATURDAY

Purchase a bowl of soup with bread and keep your beautiful handcrafted bowl created by local artists. Lawrence Arts Center, 940 New Hampshire. LAWRENCE, (785) 843-2787  
[www.lawrenceartscenter.com](http://www.lawrenceartscenter.com)

FEB 9

### MERITA HALILI & THE RAIF HYSENI ORCHESTRA

Known in her homeland as the "Queen of Albanian folk songs" and highly esteemed for her stunning voice, range and vocal technique, the award-winning vocalist is accompanied by her husband, Raif Hyseni, whose innovations and compositions for accordion have garnered praise for his "speed demon accordion." Lied Center of Kansas. LAWRENCE, (785) 864-2787  
[www.lied.ku.edu](http://www.lied.ku.edu)

FEB 10

### MOZART FESTIVAL OPERA IN DON GIOVANNI

Mozart's Don Giovanni — often regarded as one of the greatest pieces of music ever written — is based on the legend of the lecherous Don Juan. The composer himself described it as a playful drama, despite the dark fate of its hero. The Mozart Festival Opera, which made its U.S. debut in 2003 with this critically acclaimed production, features a superb 85-member, international cast, first-rate sets, lavish costumes and full orchestra and chorus. Feel the heat and the passion of this irresistible, "fire-breathing" Don Giovanni! Lied Center of Kansas. LAWRENCE, (785) 864-2787  
[www.lied.ku.edu](http://www.lied.ku.edu)

FEB 16

### KU WIND ENSEMBLE

Presented by the KU Department of Music and Dance. The Wind Ensemble is the premier wind band at the University of Kansas and is conducted by Dr. John Lynch, Director of Bands. The Wind Ensemble performs a diverse repertoire of the highest caliber from chamber works to large ensemble pieces. Lied Center. LAWRENCE, (785) 864-3436  
[www.arts.ku.edu](http://www.arts.ku.edu)

FEB 20

### SYMPHONIC BAND & UNIVERSITY BAND

The Symphonic Band is an outstanding ensemble consisting of highly talented majors and non-majors from the Department of Music and Dance and throughout the university selected by audition. The University Band is a very fine ensemble available to all students at the University of Kansas and is an open admission ensemble requiring no entrance audition. The University Band provides musical challenge and growth as well as fellowship to all who enjoy performing. Lied Center. LAWRENCE, (785) 864-3436  
[www.arts.ku.edu](http://www.arts.ku.edu)

FEB 20

### SENIOR CLASS

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

FEB 21

### MAN OF LA MANCHA

The story will leave you speechless. The music will leave you breathless. The centuries-old tale of Don Quixote has been told in many different ways, but none can compare to this lavish and triumphant Broadway musical hit. A poignant story for the entire family, Man of La Mancha is a treat for all the senses, and a night of theater that Universal Press International hails as "... musical theater at its finest. A triumph!" Lied Center of Kansas. LAWRENCE, (785) 864-2787  
[www.lied.ku.edu](http://www.lied.ku.edu)

FEB 24

### GEORGE WINSTON

George Winston's instrumental piano artistry comes from the heart, with every song evoking a distinct feeling or mood. Often drawing inspiration from the landscape and the changing seasons, George Winston has turned his melodic folk-style piano into seven multi-platinum, platinum and gold records over the past 25 years. In concert, he will perform songs from his newest CD, Montana — A Love Story, as well as selections from his seasonal favorites Autumn, December, Winter Into Spring and Summer, Linus & Lucy — The Music of Vince Guaraldi, New Orleans R&B and much more. Lied Center of Kansas. LAWRENCE, (785) 864-2787  
[www.lied.ku.edu](http://www.lied.ku.edu)

FEB 28

### DAYTON CONTEMPORARY DANCE COMPANY IN THE JACOB LAWRENCE PROJECT

Dayton Contemporary Dance Company, rooted in the African-American experience, is recognized as one of the top contemporary dance companies in the U.S. The Jacob Lawrence Project is a modern dance trilogy inspired by the paintings of Jacob Lawrence, one of the greatest African-American painters of the 20th century. Lied Center of Kansas. LAWRENCE, (785) 864-2787  
[www.lied.ku.edu](http://www.lied.ku.edu)

MAR 1

### KU SYMPHONY ORCHESTRA

Presented by the KU Department of Music and Dance. The KU Symphony Orchestra is one of the most outstanding collegiate orchestras in the country, presenting several performances each year. It performs well-known works from the standard repertory for orchestra as well as less familiar literature, from the baroque to the contemporary. Lied Center. LAWRENCE, (785) 864-3436  
[www.arts.ku.edu](http://www.arts.ku.edu)

MAR 1-11

### THE CURIOUS SAVAGE

John Patrick's comedy is curiously funny and curiously touching, too. Mrs. Savage is an elderly lady with a fortune, who wants to spend her money enabling people to do the odd and impractical things for which they have always yearned. Lawrence Community Theatre. LAWRENCE, (785) 843-7469  
[www.community.lawrence.com/CommunityTheatre](http://www.community.lawrence.com/CommunityTheatre)

## BINGO

SUNDAYS & TUESDAYS

### AMERICAN LEGION POST NO. 1

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

SUNDAYS & FRIDAYS

### CAPITOL BINGO HALL

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

MONDAYS & THURSDAYS

### AMERICAN LEGION POST NO. 400

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

MONDAYS & SATURDAYS

### LEGIONACRES

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

WEDNESDAYS & THURSDAYS

### 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 DR.,

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 1-25

### LECOMPTON '07 BLEEDING KANSAS PROGRAM SERIES

A series of talks and dramatic interpretations

by historians on the violent conflict over

the issue of slavery in Kansas Territory 1854

through 1861. The 11th annual "Bleeding

Kansas" program series presented on five consecutive

Sundays at Constitution Hall.

LECOMPTON, (785) 887-6520

[www.lecomptonkansas.com](http://www.lecomptonkansas.com)

FEB 7-MAR 28

### WRITING STORIES & PLAYS

An 8-week Creative Writing course for beginners.

Meets every Wednesday at Lowman

United Methodist Church, 15th & Gage Blvd.

To register call (785) 272-8921 or e-mail

dculley@lowmanumc.org. No fee. This course is

part of Learning Ventures at Lowman.

TOPEKA

FEB 16

### WARNING SIGNS OF HEART ATTACK AND STROKE

Heart attack and stroke continue to be the

number one killers of Americans. While we

have made great strides, there is still a lot

to know about prevention, therapy, and treatment.

Find out about signs, symptoms, and how

the medical community reacts to the presentation

of chest pain or possible stroke. Lawrence

Memorial Hospital, Meeting Room A,

10:00-11:30 a.m.

LAWRENCE, (785) 749-5800

FEB 17 & 18

### HELEN YAMADA ADVANCED ENERGY HEALER WORKSHOP

Whether doing a private practice, working

with people with life threatening illness, or

simply developing your own style of intuitive

work, this class will help you to hone your

skills to be in alignment with your life's purpose.

Class is not designed for beginners. The

Light Center, 1542 Woodson Rd. Fee.

BALDWIN, (785) 255-4583

[www.LightCenter.info](http://www.LightCenter.info)

FEB 20

### WARNING SIGNS OF HEART ATTACK AND STROKE

See February 16 description. Lawrence

Memorial Hospital, Meeting Room D North,

10:00-11:30 a.m.

LAWRENCE, (785) 749-5800

CONTINUED ON PAGE 17

# CALENDAR

CONTINUED FROM PAGE 16

MAR 1

## MAKING SENSE OF MORAL CONFLICT

Lecture by Kwame Anthony Appiah, the Laurence S. Rockefeller University Professor of Philosophy at Princeton University, where he also holds an appointment at the University Center for Human Values. Kansas Union - Ballroom. LAWRENCE, (785) 864-4798  
www.hallcenter.ku.edu

MAR 3

## SUSTAINABILITY DAY

Learn about sustainable design and building, and alternatives for power. What can you do to make your own home more efficient? Learn about earth bag construction for your own use or to help with building in South Africa. Learn about solar greenhouse projects. The Light Center, 1542 Woodson Rd. BALDWIN, (785) 255-4583  
www.LightCenter.info

## EXHIBITS/SHOWS

MAR 2-4

### LAWN, GARDEN AND HOME SHOW

See new, innovative and exciting exhibits and demonstrations to help plan your gardens, landscaping, and remodeling projects. Bring the entire family and enjoy the fun. Douglas County Fairgrounds. LAWRENCE, (785) 842-7058

MAR 2-4

### SPRING ANTIQUE SHOW AND SALE

Bi-annual antique show and sale. Wide array of antiques are offered for sale during this show. Douglas County Fairgrounds. LAWRENCE, (785) 843-6219

## FAIRS/FESTIVALS

FEB 20

### EMPORIA'S 150TH BIRTHDAY PARTY

Join Emporia as she celebrates her 150th Birthday with food, cake and ice cream. Children are invited to create birthday cards that will be on display. There will be games and a cake walk along with displays of Emporia's history. The evening program will include representative of the founding families and the Emporia Community Chorus. EMPORIA, (620) 342-1803  
www.emporia.kschamber.org

FEB 24 & 25

### KANSAS FILM FESTIVAL

10th annual Kansas film festival. Watch the good old silent films from Hollywood's heyday. 1700 College Ave., Washburn University TOPEKA, (785) 670-1010

MAR 6

### MARCH MADNESS SENIOR RESOURCES FAIR

Sponsored by Lawrence Area Partners in Aging. Freebies, handouts, screenings, entertainment, gift cards, and more. Hy-Vee at 6th and Monterey Way, 1:30-5:30 p.m. LAWRENCE, (785) 842-0656

## 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 TAI CHI

Steve Carrier, instructor. Lawrence Therapy Services, 2200 Harvard Rd., Ste. 101. 8-class sessions. Fee. 6:00-7:00 p.m. Call (785) 842-0656 to register or visit www.lawrencetherapyservices.com. LAWRENCE

### 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

SATURDAYS

### YOGA

Karen Johnson, RYT, instructor. Lawrence Therapy Services, 2200 Harvard Rd., Ste. 101. 8-class sessions. Fee. 8:00-9:00 a.m. Call (785) 842-0656 to register or visit www.lawrencetherapyservices.com. LAWRENCE

SATURDAYS

### CHAIR YOGA FOR SENIORS

Jen Nevergole, certified yoga instructor. Lawrence Therapy Services, 2200 Harvard Rd., Ste. 101. First class is free. 9:30-10:30 a.m. Call (785) 842-0656 to register or visit www.lawrencetherapyservices.com. LAWRENCE

### SECOND MONDAY OF EACH MONTH PRE-DIABETES CLASS

This free class is specially designed for those who are at risk for developing diabetes or have been told by their doctor that they have pre-diabetes. Topics covered include tools for preventing or delaying Type 2 diabetes, diet, exercise, weight loss, medication that can be given for pre-diabetes, and the potential complications that can develop with diabetes. No registration is needed; just drop into the Lawrence Memorial Hospital Auditorium. Taught by Certified Diabetes Educators. 12:00-1:30 p.m. LAWRENCE, (785) 840-3062

### 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 7

### CHOLESTEROL SCREENING

No appointment needed. A fingerstick test providing a total blood cholesterol reading in five minutes. No fasting is needed for this test only. Please note that these tests are not considered diagnostic of any disease process and those with results outside the normal range will be advised to see their healthcare provider for follow-up. LMH HEALTH SOURCE ROOM, (785) 749-5800 3:00-5:00 PM

FEB 10

### HEALTHY HEARTS FAIR

Free Heart Health Screenings and Exhibits provided by various LMH Departments and local health agencies & organizations, and may include hypertension, diet, weight, fitness, smoking cessation, heart attack & stroke risk, diabetes & heart disease. No registration needed to attend free events. Total Lipid Blood Profile including HDL, LDL, cholesterol, and triglycerides, available for a small fee: \$20 with registration received by 2/2, or \$25 at the door. Please do NOT eat or drink anything for 10-12 hours prior to having your blood drawn except for water and necessary medications. Lawrence Memorial Hospital, 8:00-11:00 a.m. LAWRENCE, (785) 749-5800

## MEETINGS

### FIRST MONDAY OF EACH MONTH GRIEF SUPPORT GROUP

6:30 p.m. - Heartland Hospice of Topeka, 1033 SW Gage Blvd. Call Terry Frizzell for information. TOPEKA, (785) 271-6500

### FIRST AND THIRD MONDAY OF EACH MONTH

**BEREAVEMENT SUPPORT GROUP** LAWRENCE SENIOR CENTER 2:15-3:45 PM, (785) 842-0543

CONTINUED ON PAGE 18

## Adventures in Learning Winter 2007 Session Schedule

- Feb. 2-23 **Walking To Rock'n Rhythm:** Friday, 8:15 AM - 9 AM (Weekly Event)
- Feb. 2-23 **News & Views - A Current Events Discussion:** Friday, 9:15 AM - 10:15 AM Presented by Kevin McFarland (Weekly Event)
- Feb. 2 **Sharing Our Planet - Use It Again, Sam (Recycling):** Friday, 9:15 AM - 10:15 AM. Presented by Kim Nettleton
- Feb. 2 **Religion - My Favorite Bible Parable:** Friday, 9:15 AM - 10:15 AM Presented by Rev. James McCullough
- Feb. 2 **Health - The daVinci, a State of the Art Surgical Robot:** Friday, 10:30 AM - 11:30 AM. Presented Jennifer Lesser, R.N., B.S.N.
- Feb. 2 **Life Enrichment - Michelangelo's Sistine Ceiling, Part 2:** Friday, 10:30 AM - 11:30 AM. Presented by David Hartley
- Feb. 2 **Serving the People - Eventful News About Shawnee County:** Friday, 10:30 AM - 11:30 AM. Presented by Commissioner Vic Miller
- Feb. 9 **People & Places Around the World - Safeguards of International Travel:** Friday, 9:15 AM - 10:15 AM. Presented by Janet Nelson
- Feb. 9 **Serving the People - The Riverfront:** Friday, 9:15 AM - 10:15 AM. Presented by Neil Dobler
- Feb. 9 **Religion - My Favorite Bible Parable:** Friday, 10:30 AM - 11:30 AM Presented by Rev. Robert Roesler
- Feb. 9 **Life Enrichment - Identity Theft and Scams:** Friday, 10:30 AM - 11:30 AM.
- Feb. 9 **Health - The Digestive Center:** Friday, 10:30 AM - 11:30 AM Presented by Curtis Baum, M.D.
- Feb. 16 **Health - New Technologies and Procedures in Dentistry:** Friday, 9:15 AM - 10:15 AM. Presented by Bill G. Goble, D.D.S.
- Feb. 16 **Religion - My Favorite Bible Parable:** Friday, 9:15 AM - 10:15 AM. Presented by Rev. Dr. Andrew Grosso
- Feb. 16 **Serving the People - The New Police Chief:** Friday, 10:30 AM - 11:30 AM. Presented by Chief Ron Miller
- Feb. 16 **Life Enrichment - Live Music from the Jazz Workshop:** Friday, 10:30 AM - 11:30 AM. Presented by Marcene Grimes & Marilyn Foree
- Feb. 16 **People & Places Around the World - Life & Times in China:** Friday, 10:30 AM - 11:30 AM. Presented by Jan Mauck, Ph.D.
- Feb. 23 **People & Places Around the World - Service in Iraq:** Friday, 9:15 AM - 10:15 AM. Presented by Maj. Roger T. Aeschliman
- Feb. 23 **Religion - My Favorite Bible Parable:** Friday, 9:15 AM - 10:15 AM Presented by Rev. Corey Fields
- Feb. 23 **Life Enrichment - Hope for the Future:** Friday, 10:30 AM - 11:30 AM. Presented by Mike Monaghan
- Feb. 23 **Health - Angel Flight Central:** Friday, 10:30 AM - 11:30 AM. Presented by Aimee Patton
- Feb. 23 **Serving the People - The New City Manager:** Friday, 10:30 AM - 11:30 AM. Presented by Norton Bonaparte, Jr.

"Adventures in Learning" meetings are held at First Baptist Church, 3033 S.W. MacVicar Ave., Topeka, and are conducted by the Shepherd's Center of Topeka. The Shepherd's Center of Topeka is an organization of senior adults and a member of Shepherd's Centers of America, which is a non-profit, autonomous, inter-faith community. For more information, please call the Shepherd's Center Office at 785-267-0248 or visit www.shepherdscentertopeka.org.

SeniorMonthly, February 2007 17



# CALENDAR

CONTINUED FROM PAGE 17

**FIRST AND THIRD MONDAY OF EACH MONTH**

**CAREGIVER SUPPORT GROUP**  
For adults who have lost loved ones. Call LMH Chaplain Angela Lowe for more information. LAWRENCE MEMORIAL HOSPITAL 4:00-5:00 PM, (785) 840-3140

**FIRST TUESDAY OF EACH MONTH**  
**LAWRENCE AREA COALITION TO HONOR END-OF-LIFE CHOICES**

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

**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

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

**FIRST AND THIRD THURSDAY OF EACH MONTH**  
**GRIEF SUPPORT GROUP**  
3:00 p.m. - Brewster Place, 1209 SW 29th St.. Sponsored by Heartland Hospice of Topeka. Call Terry Frizzell for information and specific location.  
TOPEKA, (785) 271-6500

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

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

**SECOND TUESDAY OF EACH MONTH**  
**NATIONAL ASSOCIATION OF RAILROAD AND VETERAN RAILROAD EMPLOYEES (NARVRE)**

Meets at 9:30 a.m. at Coyote Canyon Buffet. TOPEKA, <http://www.narvre.com>

**SECOND AND FOURTH TUESDAY OF**

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

**SECOND AND FOURTH WEDNESDAY OF EACH MONTH**

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

**SECOND WEDNESDAY OF EACH MONTH**  
**LOSS AND GRIEF SUPPORT GROUP**  
Heart of America Hospice invites individuals

CONTINUED ON PAGE 19

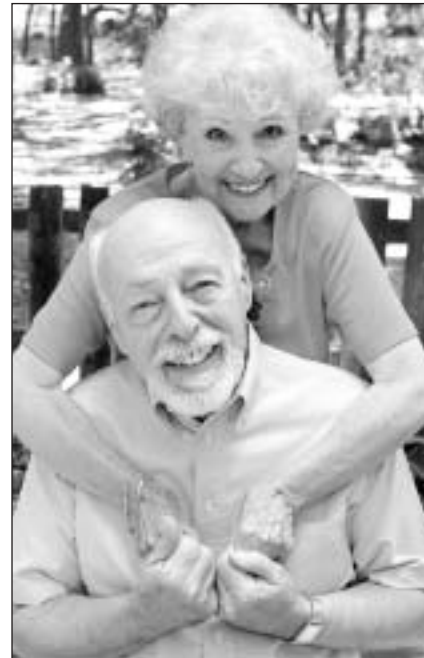
## 2nd Annual Lawrence Area Partners in Aging March Madness Senior Resource Fair

Tuesday, March 6, 2007 from 1:30-5:30 p.m. • Hy-Vee at 6th and Monterey Way

• **FREE! No cost to attend!**

- Freebies, handouts, brochures. Two \$100 gift cards to Hy-Vee will be given away. Free canvas tote bags for first 100 seniors in the door.
- Memory games/brain exercises, blood pressure checks, oxygen level checks, blood sugar checks, balance testing, free Kansas "Yellow Dot" kits available.
- Entertainment provided at 3:00 and 4:00 by the Vintage Players. An additional drawing for two \$25 gift cards to Hy-Vee will be held for seniors who attend the performances.
- 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, LLC
- Baldwin Healthcare and Rehabilitation Center
- Bert Nash Mental Health Center
- CornerBank Trust
- Douglas County Senior Services
- Douglas County VNA and Hospice
- Drury Place at Alvarar
- Fit Plus 50 Personal Training
- Harbor House Memory Care
- Heart of America Hospice
- Humana Inc.
- Jayhawk Area Agency on Aging
- Kansas Advocates for Better Care
- Kaw Valley Senior Monthly
- Lawrence Area Coalition to Honor End of Life Choices
- Lawrence Community Theatre
- Lawrence Presbyterian Manor
- Lawrence Public Library
- Lawrence Therapy Services
- Long-Term Care Resources
- Midland Hospice
- Oxy-Med, Inc.
- Pioneer Ridge Assisted Living
- Richmond Healthcare and Rehab
- Trinity In-home Care
- Vintage Park of Baldwin City
- Vintage Park of Ottawa

This is the second annual event that seniors and their caregivers will be talking about all year. Don't miss it!  
For more information, call 785-842-0656 and ask for Kim Hoffman.

# CALENDAR

CONTINUED FROM PAGE 18

coping with the loss of loved ones to join us. Call Gillian at 228-0400 for more information. Located at The First Presbyterian Church on Topeka and 8th. 12:00 p.m.

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

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

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

**THIRD THURSDAY OF EACH MONTH  
WIDOW'S LUNCHEON**  
11:00 a.m. - Paisano's Ristorante, Fleming Place, SW 10th St. & Gage Blvd. Dutch treat. Call Terry Frizzell at Heartland Hospice of Topeka for reservations.  
TOPEKA, (785) 271-6500

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

**FOURTH TUESDAY OF EACH MONTH  
GRIEF SUPPORT GROUP**  
10:00 a.m. - Manor Care Nursing & Rehabilitation Center, 2515 SW Wanamaker Rd. Sponsored by Heartland Hospice of Topeka. Call Terry Frizzell for information.  
TOPEKA, (785) 271-6500

**FOURTH WEDNESDAY OF THE MONTH  
CAREGIVER SUPPORT GROUP**  
Administered by Senior Outreach Services in cooperation with Jayhawk Area Agency on Aging, Inc. Designed to be a safe place to assist and empower caregivers of seniors. Rose Hill Place Clubhouse, 3600 SW Gage Blvd. 1:00 p.m.  
TOPEKA, (785) 235-1367, EXT. 130

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

**FEB 23  
AARP CHAPTER 1696**  
AARP Chapter 1696 will meet at 11:00 a.m. at the Lawrence Country Club. Tammy Clark, Director of Headquarters, will give the program following lunch. Please call for reservations.  
LAWRENCE, (785) 865-3787

## MISCELLANEOUS

**FEB 10 & 11  
HEART TO HEART NATURE  
RETREAT FOR WOMEN**  
Winter celebration. Push your edges just a little through the fear of wild stuff in nature with the added safety and comfort of TLC's charming barn. Improve your relationship with Nature! The Light Center, 1542 Woodson Rd.  
BALDWIN, (785) 255-4583  
www.LightCenter.info

**FEB 11  
CHOCOLATE AUCTION**  
The annual Chocolate Auction takes place every February and features hundreds of chocolate delicacies, including cookies, pies, tarts, and cream puffs. It also features a great deal of original art by area and regional artists. Bidders can begin with the silent auction and then bid in the live auction that follows. This event draws people from as far as Kansas City and Topeka.  
BALDWIN CITY, (785) 594-3926

*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.*

## Free credit reports

U.S. consumers can get a free copy of their credit reports from one centralized source.

► **Get reports** from the three major national credit bureaus – Experian, Equifax and TransUnion – once every 12 months by visiting [www.annualcreditreport.com](http://www.annualcreditreport.com) or calling (877) 322-8228

► **Review reports carefully;** errors can result in a denial of credit, job or insurance

► **Free reports also available** from nationwide specialty credit bureaus that collect insurance, employment, check writing and rental histories, as well as medical records; if you need any of these, visit [www.privacyrights.org](http://www.privacyrights.org) for more information

## Personal Finance

**The numbers**  
U.S. credit card circulation, 2004

Credit/debit cards  
891 million

Retail store cards  
495 million

Prepaid cards  
7 million

© 2006 KRT  
Source: U.S. PIRG, International Card Manufacturers Association  
Graphic: Pat Carr

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2

### THE HIGHEST FINANCIAL RATINGS

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3

### INDUSTRY LEADER FOR ALMOST 150 YEARS

That's a long time to be in business. And we think it's a testament to sound business practices.

4

### EVEN OUR COMPETITION RESPECT US

Northwestern Mutual has been named FORTUNE® Magazine's "Most Admired" life insurance company by our peers in the insurance industry for 23 years. And this year is no exception. *March 6, 2006*



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\*\* The policy dividend and the underlying interest rate are not guaranteed beyond 2006. Dividends are reviewed annually and are subject to change by the Company's Board of Trustees.  
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SeniorMonthly, February 2007 19



# Valentine's Day: Facts and figures from the Census Bureau

There are many opinions as to who was the original Valentine, with the most popular theory that it was a clergyman who was executed for secretly marrying couples in ancient Rome. In any event, in 496 A.D., Pope Gelasius set aside Feb. 14 to honor St. Valentine. Through the centuries, the Christian holiday became a time to exchange love messages and St. Valentine became the patron saint of lovers. In the 1840s, Esther Howland, a native of Massachusetts, is given credit for sending the first valentine cards. The spirit of love continues as valentines are sent with sentimental verses and children exchange valentine cards at school.

## CANDY IS DANDY

1,241

Number of locations producing chocolate and cocoa products in 2004. These establishments employed 43,322 people. California led the nation in the number of such establishments with 136, followed by Pennsylvania with 122.

515

Number of locations that produced nonchocolate confectionary products in 2004. These establishments employed 22,234 people.

\$13.9 billion

Total value of shipments in 2004 for firms producing chocolate and cocoa products. Nonchocolate confectionery product manufacturing, meanwhile, was a \$5.7 billion industry.

3,467

Number of confectionery and nut stores in the United States in 2004; they are among the best sources of sweets for Valentine's Day.

25.7 pounds

Per capita consumption of candy by Americans in 2005.

## FLOWERS

\$397 million

The combined wholesale value of domestically produced cut flowers in 2005 for all flower-producing operations with \$100,000 or more in sales. Among states, California was the leading producer, alone accounting for about three-quarters of this amount (\$289 million).

\$39 million

The combined wholesale value

of domestically produced cut roses in 2005 for all operations with \$100,000 or more in sales. Among all types of cut flowers, roses were third in receipts (\$39 million) to lilies (\$76.9 million) and tulips (\$39.1 million).

21,667

The number of florists nationwide in 2004. These businesses employed 109,915 people.

## JEWELRY

28,772

Number of jewelry stores in the United States in 2004. Jewelry stores offer engagement, wedding and other rings to lovers of all ages. In February 2006, these stores sold \$2.6 billion worth of merchandise. (This figure has not been adjusted for seasonal variation, holiday or trading day differences or price changes.)

The merchandise at these locations could well have been produced at one of the nation's 1,864 jewelry manufacturing establishments. The manufacture of jewelry and silverware was a \$9 billion industry in 2004.

## BE MINE

2.2 million

The number of marriages that take place in the United States annually. That breaks down to more than 6,000 a day.

147,300

The number of marriages performed in Nevada during 2005. So many couples tie the knot in the Silver State that it ranked fourth nationally in marriages, even though its total population that year among states was 35th.

25.3 and 27.1

The estimated U.S. median ages at first marriage for women and men, respectively, in 2005. The age for women rose 4.2 years in the last three decades. The age for men at first marriage is up 3.6 years.

57% and 60%

The percentages of American women and men, respectively, who

are 18 or older and currently married (includes those who are separated).



PAUL COBBITT BROWN PHOTO, U.S. CENSUS BUREAU

72%

Percentage of men and women ages 30 to 34 in 2005 who had been married at some point in their lives - either currently or formerly.

4.9 million

Number of opposite-sex cohabitating couples who maintained households in 2005. These couples comprised 4.3 percent of all households.

## LOOKING FOR LOVE

119

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

34

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

904

The number of dating service establishments nationwide as of 2002. These establishments, which include Internet dating services, employed nearly 4,300 people and pulled in \$489 million in revenues.

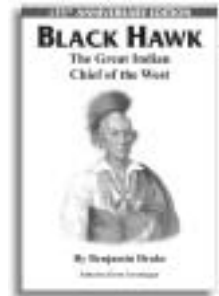
Source: U.S. Census Bureau

## 175<sup>TH</sup> ANNIVERSARY EDITION

# BLACK HAWK

## The Great Indian Chief of the West

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



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

**Black Hawk: The Great Chief of the West** (ISBN: 978-1-4303-0704-4) is now available at [www.Lulu.com](http://www.Lulu.com) for just \$15.99 plus shipping.

You may also purchase **Black Hawk: The Great Chief of the West** directly from Kevin Groenhagen. Just send a check for \$18.99 to cover the cost of the book and shipping expenses to: Kevin Groenhagen, 2612 Cranley St., Lawrence, KS 66046.

**50% of the profits generated through books sales during 2007 will be donated to the Rock River Center.**







# February is wild bird feeding month

(ARA) - February is Wild Bird Feeding Month, an observance established in 1994 by the National Bird Feeding Society. It was created in order to help educate Americans about feeding wild birds—particularly in wintertime, one of the most difficult periods in much of North America for birds to survive in the wild.

A great place for a new bird enthusiast to start is by feeding finches. Their colors are stunning, ranging from the rosy blush of the House Finch and Purple Finch to the bright yellow hue of the popular American Goldfinch. They're delightful to listen to, as their beautiful warbling and trills ring through the air loud and often. Best of all, they're virtually everywhere, feeding and singing throughout most of the United States.

In this country, we are most familiar with the American Goldfinch because of their large numbers at feeders, their continent-wide range and their bright yellow color. However, there are other attributes that add to the Goldfinch's appeal. For one, Goldfinches have great manners. A group of Goldfinches can crack seeds together with great contentment with barely a flash of their

wings. Goldfinches also have excellent hygiene. They are very fond of bird baths and water features.

Not all finches started off as the free flying coast-to-coast birds of color that we know and love today. Fifty years ago, the common House Finch was a bird prevalent in California and known as the linnnet. People began to sell them, illegally, as a caged bird to East Coast pet shops (hence the domestic-sounding name). When the government stepped in, owners of these "illegal finches" on the East Coast began releasing them into the open sky. These House Finches adapted to their new surroundings and their population grew, quickly expanding westward across the plains.

Finches can build to huge numbers at feeding stations, creating quite a spectacle. According to the WBF, a non-profit trade association for the wild bird feeding industry, it's important to prepare the proper menu to attract finches as outdoor pets. Experts recommend looking for foods that are clean and feature premium nuts and seeds. Premium products such as Wild Delight's Special Finch Food ([www.wilddelight.com](http://www.wilddelight.com)) con-

tain the proper mix of Nyger seed and sunflower kernels to satisfy all finch varieties.

Another little-known finch fact: some wild finches have even "joined" a group called "winter finches" (a classification which includes Purple Finches, Common Redpolls and Red Crossbills, to name a few). While many finches stay in the lower 48 states year-round, these groups of nomadic finches generally make their homes in the northern forests. What

makes flocks of winter finches so unique is that some winters (but not every winter) they will unexpectedly travel south (even as far as Texas) to feed and breed. Scientists refer to this phenomenon as an "irruption." On occasion, large flocks will erupt simultaneously, treating lucky viewers to the spectacle of a superflight, where multiple kinds of winter finches appear in masses in southern areas where they are not usually seen.

*Courtesy of ARA Content*

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**Offering the latest in technology driven therapy to help you stay independent!**



"The pool was wonderful. It decreased my pain and gave me the ability to really exercise without fear of hurting myself again."  
- Mary Brooks, Hip Fracture

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**Topeka, Kansas**

*\*Not all patients use the pool or the Pedalert*



The "Pedalert" is a device that helps patients maintain proper weight bearing.

Averaging three hours of therapy a day, patients practice stairs, curbs, car transfers, and more before going home with increased endurance and strength.

# BOOKSHELF

## The men who burned Lawrence

By Margaret Baker

O.S. Barton: *Three Years With Quantrill* (Univ. of Oklahoma Press, ISBN 0-8061-3056-3) *History*

Barton wrote John McCorkle's story in 1914. McCorkle spent three years as a scout with Quantrill's guerrilla army. His story gives a chilling account of the atrocities committed, the best known being the massacre of Lawrence. It was, however, not the only guerrilla action McCorkle relates. Quantrill died at 28, but McCorkle surrendered and was eventually paroled, dying in 1918. This slim paperback edition includes supplementary notes by Albert Castel. Readers will get "the straight skinny" with this well-annotated book.

Katherine Hall Page: *The Body in the Ivy* (Wm. Morrow, ISBN 0-06-076365-5) *Mystery*

Page's heroine, Faith Fairchild, is hired to cater a 30th college reunion, girls who roomed together while students at an exclusive women's college Page's sister attended. The host is one of twins; the other twin died just before graduation, ostensibly a suicide.

The host, now a famous author, owns a very elegant home on remote island. She never believed her twin committed suicide. Then, one by one, the Pelham alumnae die...

The narrative swings back and forth from the island back in time to the collegiate years, giving the characters depth (and the reader clues and red herrings). For all the fans of Agatha Christie's *And Then There Were None!*

Peter May: *Extraordinary People* (Poisoned Pen Press, \$24.95, ISBN 1-590058-335-3) *Mystery*

Enzo Macleod, biology teacher in Toulouse, lost his forensic career in his native Scotland when he left his wife and daughter for another woman.

Journalist Roger Raffin has just published a book on seven celebrated unsolved French homicides, and knowing Enzo's forensics back-

ground, dares him to solve one. Jacques Gaillard was a brilliant teacher of future leaders, and he disappeared ten years ago.

Clues are few, but forensics has improved in the decade. The first new clue Enzo finds is a dilly—Jacques' head, accompanied by new clues. Further, some of Gaillard's last class are dying off unnaturally.

If you enjoyed the hunt for clues in *The DaVinci Code*, this will be another adventure. This time with no theological overtones.

Ian Sansom: *The Case of the Missing Books* (Harper, ISBN 978-0-06-082250-7) *Mystery*

Pity Israel Armstrong. He's taken a post as a librarian in Tumdrum, Northern Ireland. But the library has been closed for years (the council is entertaining plans to make it into snazzy apartments). What the council has in mind is a district mobile library, using the ancient van that used to do the job. The 15,000 books can't be found.

Expected to find the books and get the van in running order, Israel is a fish out of water. He's a chubby English vegetarian Jew in a backwater northern Irish community.

The encounters between Israel and his potential clients, and the uncaring council, are reminiscent of both BBC's *Ballykissangel* and Alexander McCall Smith's *Botswana*, and cry out to be read out loud. There's a bit of the dark side of recent Irish history to balance out this really marvelous mystery.

All the eccentric characters you could hope to find in an Irish pub!

James Twining: *The Black Sun* (Harper Collins, ISBN 0-06-076214-4) *Thriller*

Until recently Tom Kirk has been an art thief, working with fence Archie. They've gone straight (some police pressure involved) with an antique dealership in London.

But M16 wants them to work with them on solving the theft of an enigma machine, the Nazi coding device, from a museum.

Tom and Archie were working on the theft of a little-regarded painting by a German Jew in a Czech church. What piqued their interest was the connection of both cases to Harry Renwick, Tom's father's best friend and Tom's mentor—until he tried to frame Tom, and then to kill him. Re-

venge might be just around the corner.

The painting and the coding machine and a third case are connected to a plot by an inner group of the Nazi SS, searching for the elusive (and missing) Gold Train.

The Gold Train did exist. It disappeared while the Nazi were trying to hide their stolen art, and this fiction plot is woven around this.

Very fast-paced, an action adventure/mystery with danger around most corners.

FOR YOUR EARS ONLY (Audio books)

Scott Turow: *Limitations*, read by Stephen Long on 5 compact discs. *Legal, Mystery*

Judge George Mason (with that name law school was practically mandatory), appellate court, will be the deciding vote whether to affirm the prison sentence for four young men who, 10 years before, had gang raped a drunk girl at a fraternity party, and videotaped their exploit.

The girl did not realize just what had happened for many years, and so the statue of limitations had almost expired before the case came to trial—the men are now in their mid-20s, on their way to success. The other two judges have come down on each side, so Mason's decision will be the majority one.

Mason, a former criminal defense attorney, finds himself questioning the nature of the law, and his position in it.

And then Mason begins receiving threats—on his office computer, on his cell phone. Is it this case? Or the recent decision against a gang leader with a known very long reach?

A real legal thriller, with many issues to cover. Turow is a practicing attorney with the ability to explain tricky legal issues coherently.

Antonia Fraser: *Marie Antoinette, the Journey*, read by Donada Peters, on 17 compact discs, *Biography*

Marie Antoinette has been the

subject of nearly endless debate and speculation. As was common at that time among European royalty, she was married while still essentially a child, and a light-hearted and caring child at that. She was, unlikely though that seems in light of later events, revered by her countrymen at least early in her reign.

What is known is that she never uttered the phrase, so often attributed to her, "Let them eat cake" (of the starving poor). The phrase was actually attributed to others in the century before her.

Fraser has taken this tragic historical figure and brought her, the court, and the times to life, as she has done with earlier works on Mary, Queen and Scots, and the six wives of Henry VIII.

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



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## HUMOR

# Moneyed Words

In an essay, poet and author John Ciardi wrote that the badness of bad writing is never apparent to bad writers on their way to becoming hopeless writers.

J. Fenton Mattingly was a bad writer who took a long time to become a hopeless writer. Fen got A's in high school English and breezed through



Larry Day

freshman and sophomore composition in college, but was devastated when he got a B- in his first creative writing course. He had spent weeks on his final short story. The professor returned the story with two crushing words at the top of page one: "Stolid and Derivative." A note on the last page quoted Ciardi: "A person can write with all his mortal passion and still write badly." Fen changed his major from English to business.

Fen didn't give up his dream of making a living as a fiction writer. He took a job that demanded little brainpower. Away from the office, and sometimes at the office, Fen wrote fiction with "all his mortal passion." He attended creative writing workshops, and took gaggles of creative writing courses. Fen subscribed to a half dozen writing magazines and joined online writing clubs where the participants received "positive and constructive feedback" on their fiction. Fen could have taken

a long vacation in the Bahamas with the money he spent on entrance fees for the writing contests he entered.

Then one day the boss came to Fen's cubicle.

"Fen," said the boss.

"Sir," said Fen swiveling in his chair and looking up.

"The company appreciates your hard work. You're one of the most creative people in the office."

"Thank you, sir."

"We need someone in-house to write copy for our product catalogs. I'm tired of depending on those lame-brains from the outside agency."

"There's a raise in it for you and I won't take no for an answer."

"Then I'll do my best, sir."

"I'm sure you will."

So Fen started writing copy for the company's product catalogs. To his surprise he began getting compliments. In staff meetings and around the water cooler people said things like, "great job on that widget copy, Fen," and "the sales crew says your copy on the bag rack was riveting." The compliments galled Fen and drove him to frenzied bouts of creative writing. Then—and Ciardi predicted this could happen—in the honesty of exhaustion Fen realized that he'd never write good fiction. It was one of the darkest weekends of his life.

Monday he called in sick and lolled around the house, despondent. When the mail came, Fen dropped the writing magazines and all the workshop brochures in the trash. A catalog titled "Saddle Tramps," caught his eye. It contained 54 pages of doodads for upscale horse owners. The catalog sold everything from horsy earrings and



The plugger marathon.

horsy wall plaques to horsy sayings printed on horsy tee shirts. There were horsy wall plaques and horse themed bed coverlets with horsy pillow shams. In that dark moment Fen had a flash of inspiration and creativity. He grabbed the horse catalog and began changing the product themes from horses to writers. In 10 fevered hours Fen created an upscale catalog full of doodads for writers. The "hit the trail" tote from the horse catalog became a "hit the keyboard" tote for writers. He had "I Write," cufflinks and "Just Write It," writer's mugs.

It took Fen a year and a half to locate artisans and product manufacturers for his writers' doodad catalog, and six months to get the catalog sales apparatus set up. Fen's catalog business succeeded. Orders

poured in. Plodding writers wrote and thanked him for making them visible in public with his tee shirts, vests and jewelry. Poets wrote quatrains on their order forms for mugs and wall hangings.

Fen made a pile of money, but the most rewarding moment of his life came when he stood on the dais at the annual meeting of the National Union of Fiction Writers and received "The Purple Pen," the award the organization gives for creative service to fiction writing. By that time Fen had followed John Ciardi's advice to bad writers, and become a creative and prolific reader.

- 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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# WOLFGANG PUCK

## Satisfying main course vegetables

By Wolfgang Puck  
Tribune Media Services

When food lovers I know talk to me about their desire to eat more healthily during the winter months, one thing I hear them say most often is that they want to try to cook more vegetarian main courses. The next words out of their mouths usually have something to do with worrying that a main course of vegetables won't satisfy them.

I have a few suggestions that, together, add up to one of the most satisfying vegetable main courses you could imagine.

The first key to satisfaction is to choose a main course vegetable that has a lot of flavor. If you start with a blander tasting vegetable like zucchini, for instance, your taste buds are more likely to get bored quickly. One of the best choices available right now is a vegetable variously known as broccoli raab or rapini. I like this robust, slightly spicy, very slightly bitter green vegetable so much more than its familiar cousin, broccoli. (Though broccoli has good flavor,

too, especially if you peel the tough-but-flavorful broccoli stems and include them with the more popular florets in any recipe.)

Look for broccoli raab, which looks like long, skinny stalks of broccoli, in farmers' markets and well-stocked supermarket produce sections. Be sure to use the whole vegetable, stalks and all. If you can't find broccoli raab, feel free to substitute another flavorful green vegetable such as asparagus in the recipe that follows.

The next step is to include in your vegetable dish a touch of richness. I like the way the rich, tangy flavor of fresh, creamy goat cheese complements broccoli raab. Nowadays, you can find small logs of this cheese in the dairy case of

most supermarkets. I also add seasonings that highlight both the broccoli raab and the goat cheese. Chopped garlic cloves, a little or a lot according to your tastes, are a must. I also like to include a few crushed red chili flakes for a tantalizing hint of heat. And I'm fond of adding strips of sun-dried tomatoes for their beautiful

color and intense tart-sweet flavor. If you want to include them, always buy the sort packed in olive oil, which have a softer consistency and better flavor than dry-packed, sun-dried tomatoes. You can also use their olive oil as a wonderful, flavorful addition to cooked vegetables, sauces or salad dressings.

The final secret is pasta, one of the world's most wonderful flavor carriers and an easily prepared, inexpensive and satisfying staple. For this particular recipe, commonly available bite-sized dried shapes such as bowties or orecchiette do a great job of carrying the sauce and the other ingredients.

Here you have it: A vegetable main course that will satisfy anybody who sits down to your dinner table.

### PASTA WITH BROCCOLI RAAB, GOAT CHEESE, SUN-DRIED TOMATOES, AND TOASTED PINE NUTS

Serves 4 to 6

- 1 tablespoon extra-virgin olive oil
- 3 cups broccoli raab cut into 1- to 1 1/2-inch pieces
- 2 to 4 garlic cloves, minced
- 1/4 to 1/2 teaspoon crushed red pepper flakes
- Salt
- Freshly ground black pepper
- 1 1/2 cups good quality canned chicken broth
- 1 teaspoon chopped fresh thyme leaves
- 4 tablespoons unsalted butter, cut into small pieces
- 4 ounces fresh, creamy goat cheese, crumbled
- 3/4 pound dried bowtie or orecchiette pasta
- 4 tablespoons thinly sliced sun-dried tomatoes
- 2 tablespoons pine nuts, toasted in a small skillet over low heat until

golden, 3 to 4 minutes

Bring a large stockpot water to a boil.

Meanwhile, in a 12-inch sauté pan, heat the olive oil over medium-high heat. Add the broccoli raab, garlic, and red pepper flakes and sauté, stirring frequently, until bright green and tender-crisp, 2 to 3 minutes. Season lightly with salt and pepper and then transfer to a bowl and set aside.

Still over medium-high heat, add the chicken broth to the pan and stir and scrape to deglaze the pan deposits. Add the thyme. Bring the liquid to a boil and continue boiling briskly until it reduces to half its original volume, 7 to 10 minutes. Add the goat cheese and butter and stir until the goat cheese melts. Cover and keep warm.

As soon as the stockpot of water comes to a full boil, add a little salt to the water. Add the pasta and cook until al dente, tender but still chewy, following the manufacturer's suggested cooking time.

Drain the pasta and immediately add it to the pan of sauce along with the broccoli raab and the sun-dried tomatoes. Cook, stirring gently, over medium-low heat until all the ingredients are heated through, about 2 minutes. Season to taste with salt and pepper.

Divide the pasta among 4 heated serving plates or shallow pasta bowls. Sprinkle with toasted pine nuts and serve immediately.

(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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PHOTO BY BOB WITTE, CHICAGO TRIBUNE

Wolfgang Puck's Pasta with Broccoli Raab, Goat Cheese, Sun-Dried Tomatoes and Toasted Pine Nuts.

## Meet the Cook!

We're looking for reader-cooks. If you have an original recipe you would like to share with Senior Monthly readers, please e-mail it to kevin@seniormonthly.net or mail it (typewritten) to:

Kevin Groenhagen  
Senior Monthly  
2612 Cranley St.  
Lawrence, KS 66046

Don't forget to include a photo of yourself and/or the prepared dish to run with your recipe!



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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.



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# CROSSWORD

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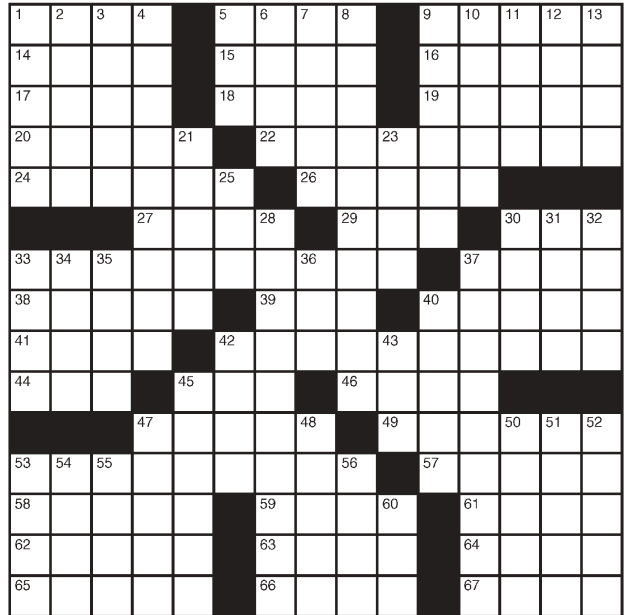
## ACROSS

- 1 Author Kingsley
- 5 Bryn \_\_ College
- 9 Alabama town in '60s headlines
- 14 Lahr or Lance
- 15 Lotion additive
- 16 Hunter of stars
- 17 Aroma
- 18 Sign gas
- 19 Take by force
- 20 Smaller versions
- 22 Locker room that's a hit?
- 24 Two-point score
- 26 Sling mud
- 27 Give off
- 29 Homer hitter?
- 30 Full-house letters
- 33 Filled with venom
- 37 Male deer
- 38 Maui feasts
- 39 Armed conflict
- 40 Thrash about
- 41 Comic Sahl
- 42 Too painful
- 44 Undivided
- 45 Rainbow shape
- 46 Tap trouble
- 47 Headliners
- 49 Military meals
- 53 Climax of a joke that's a hit?
- 57 Controlled entrance
- 58 Chicago hub
- 59 Corn units
- 61 Andes autocrat

- 62 Plant
- 63 Latvian capital
- 64 First murderer
- 65 Mall tenants
- 66 Swill
- 67 Youngsters

## DOWN

- 1 Alamogordo headline word
- 2 News services
- 3 Presses
- 4 Pitcher's success that's a hit?
- 5 British isle
- 6 Guinness of "The Bridge on the River Kwai"
- 7 Sheep and goat coats
- 8 Ordered differently
- 9 I couldn't care less!
- 10 Misprint
- 11 Stead
- 12 Sphagnum \_\_
- 13 Pot starter
- 21 Big rigs
- 23 Rosary piece
- 25 " \_\_ the season..."
- 28 Former proclaimers
- 30 Wild guess
- 31 Train track
- 32 Leer at
- 33 Ticklish doll
- 34 Charged lepton
- 35 Remove rind
- 36 Arrest
- 37 Low comedy that's a hit?
- 40 Fast-food order



By Eugene R. Puffenberger  
Houston, TX

Answers on page 31

- 42 Caspian Sea feeder
- 43 Limb
- 45 Greek capital
- 47 Temporary money
- 48 Escargot
- 50 Biblical peak
- 51 Spanish hero

- 52 Penn and Young
  - 53 Fathers
  - 54 Slangy negative
  - 55 Eur. defense assn.
  - 56 Cogito \_\_ sum
  - 60 Nincompoop
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# MAGICWORD

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

## MOUNT RUSHMORE (sol.: 10 letters)

A-America, Attraction; B-Black Hills; C-Carving, Colossal; E-Enormous; F-Faces, Four; G-Geologic, Granite; H-Heads, Huge; I-Icon; J-Jefferson; L-Landmark, Lincoln; M-Memorial, Mountain; N-National Park; R-Rock, Roosevelt; S-Sculptures, Shrine, Sight, Smooth, South Dakota, Stone; T-Tall, Tourism; U-Unique; V-View, Visitors; W-Washington

This month's answer:

**PRESIDENTS**

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

# JUMBLE

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

CYREM

ALCKO

SWORDY

SNUFIL

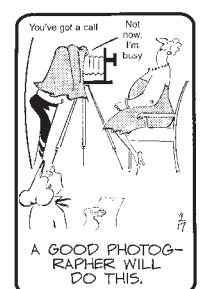
www.jumble.com

Ans: "\_\_\_\_\_"

ON HIS \_\_\_\_\_

Answers on page 31

THAT SCRAMBLED WORD GAME  
by Henri Arnold and Mike Argriton



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

Answers on page 31

# Need a Rate Card?

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26 SeniorMonthly, February 2007

# TRIVIALITIES

1. Who directed the 2006 film "The Night Listener"?
2. What actress was nominated for the 2000 best supporting actress Oscar for her work in "The Sixth Sense"?
3. What actress supplied the voice of Gloria in the 2006 animated feature "Happy Feet"?
4. What Oscar-winning actress was born on June 20, 1967 in Honolulu, Hawaii?
5. The 2003 film "The Human Stain" was adapted from whose novel of the same name?
6. Ed Harris has been nominated four times for the best actor Oscar. How many times has he won?
7. Peter Weir directed this 1998 film starring Jim Carrey and Laura Linney. Name it.

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Answers on page 31







## BRIDGE

# Partial Strip

By Omar Sharif and Tannah Hirsch

Both vulnerable. North deals.

NORTH

▲ QJ  
♥ KJ63  
♦ KJ7  
♣ AK53

WEST

▲ K108753  
♥ 72  
♦ A9  
♣ J94

EAST

▲ 62  
♥ A4  
♦ 108643  
♣ Q1076

SOUTH

▲ A94  
♥ Q10985  
♦ Q52  
♣ 82

The bidding:

NORTH	EAST	SOUTH	WEST
1♣	Pass	1♥	1♠
4♥	Pass	Pass	Pass

Opening lead: Ace of ♥

Some hands do not lend themselves to a complete strip. However, that does not mean you shouldn't do as much as you can before committing yourselves to a line.

Had South responded anything other than one heart and had there been no interference, North would have rebid two no trump to show his balanced 18-19 points. As the auction proceeded, the jump to four hearts showed the same strength

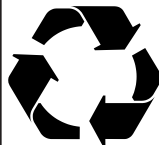
while promising four-card heart support.

West led the ace of diamonds and continued with the nine. If West has the ace of hearts as well, the contract is safe. However, the threat of a diamond ruff cannot be overlooked. Since West has overcalled, vulnerable, on a moth-eaten suit strongly suggests a six-card holding in spades, and declarer took advantage of this in the play.

After winning the second trick with the jack of diamonds, declarer cashed the ace and king of clubs and ruffed a club high. Since there was no quick entry in dummy to ruff the last club, declarer led a trump to the jack and ace. East won and gave partner his desired diamond ruff to complete the book, but there was no more for the defense. Down to nothing but spades, West was forced to lead away from his king into declarer's combined tenace, and the spade loser vanished.

File this under "Partial Strip."

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



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## SUDOKU

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

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

HARD

Solution on page 31

## ADVANCED HOMECARE

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SeniorMonthly, February 2007 27

# SMART COLLECTOR

## Sterling sells for more than plate

**QUESTION:** How do I find present value on miscellaneous pieces of silver plate and sterling? Most are sterling, in the Heiress pattern by Oneida. Others are 1847 Rogers and R. Wallace 1835. Also a set of presidential spoons by Wm. Rogers. — Ed, Ft. Lauderdale, Fla.



Danielle Arnet

**ANSWER:** From the patterns mentioned, your pieces are silver plate and sterling flatware (forks, etc.), as opposed to decorative pieces or what is called hollowware.

Smart collectors know that in flatware or silver, a date stamped with a brand name does not mean that the piece was made then. That's when the company was founded. Your 1847 Rogers pattern was made from 1923 to 1973. The 1835 Wallace pattern dates from 1902 to 1950.

As a general rule in both primary and secondary markets, sterling sells for more than plate. The grape pattern Moselle (1906 American Silver) is a notable exception. In patterns with a long date line, early issues have thicker plate and are therefore more desirable. Some companies and patterns make the cut on the secondary market, and others just don't.

Oneida began production of sterling flatware in 1946. Buy-in value depends on pattern, condition and

the pieces involved.

Readers who follow this column know about [www.replacements.com](http://www.replacements.com), the giant source for discontinued tableware items. In addition to china, the firm also carries glassware and flatware of all kinds. Visit the site for their prices on your pieces — they're there. Also try [www.setyourtable.com](http://www.setyourtable.com), a site with replacement dealers for many brands.

Be aware that services generally buy in at less than half retail and that Replacements prices may be higher than other suppliers. On the other hand, if anyone has it, they do.

Also know that some patterns are so low demand that replacement services won't buy at any price. Tastes change and what appealed to previous generations doesn't sell now.

After checking current retail for your patterns and getting a ballpark idea of current market value, shop your pieces.

The presidential spoons will be a harder sell because most Rogers souvenir spoons are poor quality. The set is best sold online. You need to reach a pool of motivated buyers.

**FYI:** "Silverplated Flatware: Revised 4th Ed." by Tere Hagen, with 2006 values (\$18.95 from Collector Books), is a good basic text for identification.

**QUESTION:** My mother-in-law gave me this teapot. Any info? — Geraldine, Plantation, Fla.

**ANSWER:** I can tell you that because the pot, creamer and sugar are in the shape of an old woman, it is what collectors call a figurat. The stamp "Made in England" indi-

cates a 20th Century product, and the absence of a major pottery stamp means that it is not attributable to a particular maker.

The hand painting is not careful, and the ceramic does not look like porcelain. I'd say the set was probably made for export, and painted in the Toby style to appeal to foreign buyers.

**FYI:** Visit [www.thepotteries.org](http://www.thepotteries.org) for a wealth of info on British ceramics, especially those from the Staffordshire area. "Instant Expert: Collecting Teapots" by Leah Rousmaniere (\$12.95 from House of Collectibles) explains teapots of all kinds.

**QUESTION:** I need to have Hummels and glassware appraised for insurance purposes. All I can find in the phone book are real estate appraisers. How do I find someone? — Catherine, Newport News, Va.

**ANSWER:** Please check with your agent on whether you need an appraisal or a simple valuation. Most companies accept a value quote from a qualified local dealer. The fee for this should be minimal.

Loss is covered in your household policy. Formal appraisal is for objects of serious value or if there is something of value and written info is needed. Then you're in for big fees and a floater policy. Hummels and most glassware don't call for all that.

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

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call Kevin at 785-841-9417.**

## Ecotours

Looking for a way to vacation in exotic locales and have a positive effect on the places you visit? Consider an ecotour.

► **Proper ecotours are designed** to minimize harm to the environment, raise cultural awareness and support local businesses; some also provide funding for local conservation projects

► **Ecotours should raise** tourists' awareness of local environment and culture; some offer opportunities for volunteer work

► **Before booking a trip,** research the organization with which you would be traveling; visit [www.ecotourism.org](http://www.ecotourism.org) or [www.sustainabletravelinternational.org](http://www.sustainabletravelinternational.org) for information about ecotour organizers

## Personal Finance

**Travelers**  
International  
tourist arrivals  
worldwide,  
in millions



© 2006 KRT  
Source: Union of Concerned  
Scientists (U.S.), World  
Tourism Organization  
Graphic: Pat Carr



# Grandparents as Caregivers Assistance Program now available

The Grandparents as Caregivers Assistance (GP as CG) program provides monthly financial assistance to grandparents or other relatives raising children. This program became available on January 1. To qualify for this program you must:

- Be a grandparent or other qualifying relative (aunt, cousin, great-grandparent, etc.)
- Have legal custody of the child or children
- Be 50 years of age or older
- Live with the child or children for whom you are requiring assistance
- Have a household income of less than 130 percent of the federal poverty level
- Maximum 2006 income levels listed at right.

In addition:

- The child must not be in state custody
- The parent of the child must not live with you

The monthly benefit is \$200 for one child, \$400 for two children, and \$600 for three or more children. Funding for this program is limited and benefits will not be paid if funding expires.

For more information, please visit [www.srskansas.org/ISD/ees/grandparents\\_caregivers.htm](http://www.srskansas.org/ISD/ees/grandparents_caregivers.htm).

## Maximum 2006 Income Levels

Family Size	Maximum Yearly Income based on 2006	Maximum Monthly Income
Family of 2	\$17,148	\$1429
Family of 3	\$21,576	\$1798
Family of 4	\$25,992	\$2166
Family of 5	\$35,408	\$2534



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

# Lawrence Faith Foursquare Church

**Bishop Seabury Academy, 4120 Clinton Parkway, Lawrence**



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

**Wednesday Bible Class at Easy Living Clubhouse 6:30pm 33rd & Iowa behind JC Penny's**

**Lawrence Faith Foursquare Church**  
"Loving God & Loving Each Other"  
Pastor Herbert Eplee [www.foursquare.com](http://www.foursquare.com)  
office: 785-865-1549, cell: 785-979-0041  
Please send mail to: 3323 Iowa, Lot 57C, Lawrence, KS 66046



**Sunday Services are now starting at 10:15 a.m.**

**Lawrence Faith Foursquare Church**  
Bishop Seabury Academy, 4120 Clinton Parkway

**Pastor Eplee is also available to serve as a Wedding Minister or Funeral Officiant.**

## Pastor Eplee plants new church in Lawrence

"I'm going to try to build the church as large as I can for the Lord. I've said many times that I want a choir that goes clear around the church. We need people in our church who are willing to come in to be teachers. I believe in discipleship in the church. Jesus once said, 'Feed my lambs.' I see that as 'feed my babies.' Two other times he said, 'Feed my sheep.' When people come into the church and accept the Lord, they're babies. It takes them awhile to become sheep, or followers. We have to do this transition in time. We have to show the love of Christ, and the love of Christ is not about putting someone down for something they have done, but pointing out the good in a person and making them better. I don't care what nationality, creed, or race our members are. I just want them to hear the word of God. Everybody in this church is somebody. They are loved and appreciated."

- Pastor Herbert Eplee

**For more information about the Foursquare Church, call Pastor Eplee at 785-865-1549 or 785-979-0041, or visit [www.foursquare.org](http://www.foursquare.org).**







# Kansas Authors Club to hold writing contest

Kansas writers are invited to submit entries to a Writing Contest sponsored by District 2, Kansas Authors Club. The contest will close on March 15, 2007.

Prizes of \$25, \$15, and \$10 will be offered for first, second and third place in eight categories. Prose entries, 2,000 word limit, may be short story, memoir, inspiration, and story for children. Poetry categories are classic forms (sonnet, 14 lines, all others up to 40 lines), free verse (40-line limit), rhymed verse (40-line limit), and haiku (3-line limit).

Each entry should be accompanied by a \$2 fee for KAC District Two members. Non-members, regardless of location, should send a \$3 entry fee with each submission. Entries, including a self-addressed stamped envelope, should be sent to Peg Nichols, KAC District 2 Contest Chair, 604 South Grant, Olathe, KS, 66061-4317.

Only the title of the piece and its category appear at the top of the first page of each typed entry. On a

separate sheet of paper, type name, address, list of entries submitted by title and category, and whether a District 2 member or a non-member.

KAC District 2 includes Anderson, Bourbon, Coffey, Douglas, Franklin, Johnson, Linn, Lyon, Miami, Osage and Wyandotte counties. Most meetings are held in Lawrence on the second Saturday of each month, but occasionally meetings may be held in other counties. Anyone interested in writing may apply for membership at <http://skyways.lib.ks.us/orgs/kac/>.

# CLASSIFIEDS

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# Submit Your Senior Monthly Classified Ad

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

Example:

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

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Celebrating 5 Years in February 2007!

# NOSTALGIA NOTEBOOK

## FEBRUARY 1947

### Births

- FEB. 2:** Farrah Fawcett, American actress
- FEB. 2:** Melanie, American singer ("Look What They've Done To My Song, Ma")
- FEB. 4:** Dan Quayle, Vice President of the United States
- FEB. 18:** Dennis DeYoung, American musician (Styx)
- FEB. 24:** Edward James Olmos, American actor

### Events

- FEB. 3:** Percival Pratts becomes the first black news correspondent allowed in the United States House of Representatives and Senate press gallery.
- FEB. 17:** The Voice of America begins to transmit radio broadcasts into the Soviet Union.
- FEB. 21:** Edwin Land demonstrates the first "instant camera," the Polaroid Land Camera, to a meeting of the Optical Society of America.

## FEBRUARY 1957

### Births

- FEB. 6:** Kathy Najimy, American actress and comedian
- FEB. 6:** Robert Townsend, American comedian, actor
- FEB. 8:** Cindy Wilson, American singer (The B-52's)
- FEB. 16:** LeVar Burton, American actor
- FEB. 16:** James Ingram, American singer
- FEB. 18:** Vanna White, American game show presenter

### Events

- FEB. 4:** France prohibits UN involvement in Algeria.



- FEB. 15:** Andrei Gromyko becomes foreign minister of Soviet Union.

## VINTAGE AD

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## PEOPLE NEWS

# Occupational therapist at LMH honored nationally

**Kari Koester**, Lead Occupational Therapist for the Rehabilitation Center at Lawrence Memorial Hospital, was recently honored with the Chairman's Bell Award from RehabCare, the St. Louis-based company that manages the hospital's 18-bed intensive inpatient rehabilitation program. The national award recognizes individuals and teams who most contribute to RehabCare goals while demonstrating commitment to excellence, integrity, teamwork and fun.



**Koester**

Koester was recognized for her dedication to enhancing the quality and reach of stroke care and education. Her efforts have included organizing numerous educational events over the years and recently arranging a 15-minute radio segment that dealt with the signs of stroke and recommended early interventions. Each year during Stroke Awareness Month,

Koester hosts a lecture given by the hospital neurologist and rehab medical director, which is followed by a panel of former patients, stroke survivors and caregivers who discuss their personal challenges and successes.

Nineteen individuals and five teams from across the country earned the Chairman's Bell in 2006. This select group was recognized among nearly 15,000 RehabCare employees for leading the charge in patient advocacy, quality care and professional excellence.

The Rehabilitation Center at Lawrence Memorial Hospital treats patients who have experienced an injury or illness, such as stroke, amputation, orthopedic condition, brain injury or chronic pain. RehabCare is a leading provider of physical therapy management services for hospital inpatient rehabilitation and skilled nursing units, outpatient programs and contract therapy services in conjunction with more than 1,400 hospitals and skilled nursing facilities.

### SUDOKU SOLUTION

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

### CROSSWORD SOLUTION

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

### JUMBLE ANSWERS

Jumbles: MERCY CLOAK  
DROWSY SINFUL

Answer: A good photographer will do this - "FOCUS" ON HIS WORK

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### TRIVIALITIES ANSWERS

1. Patrick Stettner 2. Toni Collette 3. Brittany Murphy 4. Nicole Kidman 5. Philip Roth 6. None 7. "The Truman Show"

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SeniorMonthly, February 2007 31



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