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INSIDE



AARP, Business Roundtable, Service Employees Union, and National Federation of Independent Business are engaging the American people and elected officials in finding bi-partisan solutions to ensure affordable, quality health care and long-term financial security. - page 4



The Chinese New Year begins on February 7. Wolfgang Puck offers a recipe for five-spice spare ribs with pickled ginger to help you celebrate. - page 29

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KEVIN GROENHAGEN PHOTO

Chester McMillen, 90, still puts in about 28 hours a week as a short-order cook in Baldwin City. His globe is marked with the many places he visited as he circled the planet during World War II.

Short-order cook finds key to longevity?

By Kevin Groenhagen

A short-order cook in Baldwin City is not sure what the key to his longevity is. However, it might have something to do with keeping busy.

Chester McMillen, 90, grew up on a small farm located between Baldwin City and Vinland. His father worked for the township during the summer, but the McMillen family needed another way to supplement their income during the winter.

"During the winter, my dad bought a bunch of timber," McMillen said. "We would walk two miles to the timber, cut it, and then sell it

for \$2.50 a cord."

A cord is a stack of wood that is 4' x 4' x 8'. A cord sells for roughly \$150 today.

McMillen later hauled milk for Ed Rockhold. He picked up milk in the Baldwin area and delivered it to Otawa.

Across the pond and over the hump

McMillen was 24 when the Japanese attacked Pearl Harbor. Four months later he reported for duty at Fort Leavenworth. He had never left Kansas before, but he would soon see a great deal of the world. After the Army sent him to Spokane,

Wash., Tucson, Ariz., Reno, Nev., and California, McMillen and 8,000 other troops boarded the *Mauretania* (II), a British luxury liner that had been converted for troop transport. From there, they began their journey across the Pacific Ocean.

"We stopped at Pearl Harbor and took on some mutton," McMillen said. "We then went to New Zealand and took on more mutton. After that we went to Australia to take on fuel and more mutton. It was mutton, mutton, mutton every day."

The *Mauretania* then sailed to Bombay, India, and Karachi, a port

■ CONTINUED ON PAGE THREE

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Chester McMillen

■ CONTINUED FROM PAGE ONE

city which, at that time, was part of India.

"At Karachi we found out that our supplies had been sunk, so we had to wait in India for about a month for new supplies to be shipped over," McMillen said.

While in India, McMillen and others in his Army Air Forces (a precursor to the United States Air Force) unit often took a horse and buggy from their air base to the city of Karachi. McMillen said he even rode a camel once in Karachi.

On the way to Karachi, the young Americans saw the Zoroastrian Towers of Silence, where the dead are traditionally exposed to the sun and vultures.

"That part of the trip didn't smell all that great," McMillen said.

After the supplies finally arrived in Karachi, McMillen's unit was divided into three parts, with a third staying in India and another third going to Burma. The third that McMillen was grouped with would fly to Kunming, the Chinese terminus of the Burma Road. Kunming was also the headquarters of the 14th Air Force from March 1943 until August 1945.

"My greatest experience was flying over the 'Hump' in a cargo plane," McMillen said.

The Hump is the eastern end of the Himalayan Mountains. Allied pilots had to start flying over the Hump from India to China after the Japanese blocked the Burma Road. It was a risky trip. In fact, so many planes crashed while flying over the Hump that flight crews who were short on parts and supplies often went to the foothills to gather up the debris from crash sites so they could make repairs on their aircraft.

McMillen spent 29 months in Kunming, where his unit intercepted Japanese encoded message traffic and deciphered it. He also drove trucks from time to time, and got to drive the Burma Road. The winding road from Kunming to Burma was built by 200,000 Chinese laborers during the Second Sino-Japanese War in 1937 and 1938. Its highest altitude in the Himalayans is 19,000 feet.

After the Japanese surrendered in August 1945, McMillen flew to New York via Cairo, Egypt, Tripoli, Libya, Casablanca, Morocco, and Bermuda. He returned to Kansas City for a 15-day furlough.

"They then sent me to Midland, Texas, and tried to talk me into stay-

ing in the service," McMillen said. "I didn't want to, so they sent me to Lincoln, Neb., to be discharged."

Back to the Sunflower State

Back in Kansas, McMillen found a job as a mechanic with the Chevrolet dealership in Baldwin City. He later went to work for the Chevrolet dealership in Ottawa.

"I decided I wanted to be a body and fender man, so I went to the Stevenson Body and Fender School in Kansas City," he said. "After I got out of that, I went to work for Winter Chevrolet in Lawrence."

Another body and fender man at Winter Chevrolet was also from Baldwin City, so he and McMillen shared rides to work.

"We'd also eat out for lunch," McMillen said. "Someone told us that a lady in North Lawrence ran a drive-in that was a good place to eat. So we started going over there and I met Audra, the owner. She knew I liked her fried chicken. One day she told me if I came back later for dinner she would fry some chicken for me. We eventually started going together."

Audra Rainey's restaurant, A & B Root Beer Stand, Lawrence's first drive-in restaurant, made its own root beer, ground its own meat for hamburgers, and peeled and cut its own potatoes for French fries. The servers wore roller skates. In addition, the drive-in offered indoor dining. It was essentially North Lawrence's real-life version of the fictitious Arnold's Drive-In on the 1970s sitcom *Happy Days*.

McMillen and wife

Chester and Audra became McMillen and wife in May 1951. They didn't know at the time that their lives would dramatically change in just a matter of weeks.

After a great deal of rainfall during June, Northeast Kansas saw an additional eight to 16 inches of rain fall between July 9 and 13. According to the U.S. Geological Survey, the flood plain in the vicinity of Lawrence was submerged to depths of 15 to 20 feet. The flood waters destroyed the drive-in.

"We didn't have a place to stay, so we came to Baldwin," McMillen said. "My folks had a place in Baldwin. Audra went to work for a guy

named O.D. Webb. He owned six lots in Baldwin that included a restaurant and a gasoline business that served a lot of farmers. He leased the restaurant to another fellow who owned the restaurant equipment. I went to work for the railroad."

The lots were located on Highway 56 where Gary's Service was located until last year.

After about a week in Baldwin City, Audra bought out the gentleman who ran the restaurant and started running Santa Fe Trail Café. McMillen eventually got a better position as a machine operator with the railroad and would be eligible for a pension when he retired. But then Webb's wife became ill.

"He came to me and wanted me to buy the whole business from him," McMillen said. "I told O.D. that I didn't know anything about the gasoline business. He said, 'You'll learn.

It won't take long.' He gave me a good deal, so I bought the business."

In 1965, the McMillens tore down the restaurant and built a new one. It also had a new name: Audra's Restaurant. They also added a room with pool tables.

"My wife liked old people and kids," McMillen said. "She wanted to have some place where old people could come to play cards and shoot pool. The old people would come in early in the morning and play pool until they got tired. Then they'd sit down and play cards. My wife cared about people. If someone didn't have any money, it didn't matter. She would feed them. When the basketball team had a home game, she'd invite the players and cheerleaders over for hamburgers, fries, and sodas. She told me once, 'We're

■ CONTINUED ON PAGE EIGHT



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Kaw Valley Senior Monthly
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AARP joins Divided We Fail campaign

By Billie David

As voters sort out campaign promises of presidential candidates and listen to news reports of a struggling economy and the threat of job losses, the AARP is gearing up for a different campaign, called Divided We Fail (DWF), aimed at ensuring that all Americans will have access to affordable health care and financial security.

"I've been with AARP for 17 years, and this is the most exciting campaign we've ever undertaken," said Maren Turner, director of AARP Kansas. "We are demanding that elected officials end their partisan bickering and work across party lines to get something done."

DWF's logo is designed to reflect this non-partisan approach. With an elephant's trunk and forelegs, and with a donkey's legs kicking out from behind, the composite creature is called a Champ.

The DWF campaign can be divided into three basic approaches, the first of which is to encourage citizens to sign a pledge card stating that they will vote only for candidates who state in clear terms how they intend to work for access to health care and financial security.

"We want to raise a million voices to show that Americans have had enough partisan bickering," Turner said, adding that 5,000 Kansans have already signed the pledge and that one doesn't have to be a member of AARP to sign it. In fact, several other organizations, including the Business Roundtable, the Service Employees International Union and the National Federation of Independent Businesses, are also backing the campaign.

Signing the pledge not only lends one's support to the movement, but also serves as a conduit for receiving information concerning key issues and where candidates and elected officials stand on those concerns. It

also connects people to an online community where they can communicate with other like-minded individuals.

The second element of the DWF campaign is aimed at candidates and elected officials, who are encouraged to sign a pledge stating that they will work for affordable, quality health care and financial security for all Americans.

In Kansas, pledge signers include Governor Kathleen Sebelius and Representatives Dennis Moore, Nancy Boyda and Jerry Moran. Senator Pat Roberts has also sent a letter of support, Turner said.

At the national level, presidential candidates who have signed the pledge include Clinton, Obama,

Dodd, Gravel, Edwards, Biden and Huckabee. McCain has sent a letter of support for the program.

In addition to asking voters and candidates to sign pledge cards, the DWF campaign is encouraging people to tell their own stories illustrating the need for affordable health-care and financial security, such as the impact that an illness, a lost job, or inadequate health insurance has had on their lives.

"You can have an accident or disease and overnight your life can change," Turner explained, adding that it was stories like these that compelled AARP to give DWF its start.

Officially launched and given its name last year, Turner said that what follows from "Divided We Fail" is the implication that together we can do anything.

"We're not putting any solutions on the table," she continued. "We are creating a force to encourage politicians to stop bickering and holding bills hostage because nothing's getting done."

Referring to people who face a financial crisis because they lost their insurance, never had it, or are underinsured or who have been fired



AARP Kansas staff participated in an all-staff AARP rally in Washington, D.C., last July to gain support for Divided We Fail. Left to right: Maren Turner, (state director), Mary Tritsch, Ernie Kutzley, Andrea Bozarth and Janet Clearwater. Representatives Nancy Boyda and Jerry Moran both signed the Divided We Fail pledge while the staff was there. Rep. Dennis Moore signed it at a later date.

Williams to promote Divided We Fail

Juan Williams, former White House reporter for *The Washington Post* and host of NPR's *Talk of the Nation*, and author of *Thurgood Marshall: American Revolutionary and Eyes on the Prize: America's Civil Rights Years 1954-1965*, will visit the Kansas City Metro area in April to help spread the word about Divided We Fail. Other celebrities lending their support to the effort are Ben Affleck, Eva Mendes, Reese Witherspoon, Garth Brooks, Dakota Fanning, Morgan Freeman, Joaquin Phoenix and Jeremy Piven. They will be appearing in a public service announcement, directed by Tony Goldwyn with music composed by Philip Glass, in support of Divided We Fail.

or injured or face a serious disease that their insurance won't cover, and to people who are having a difficult time saving for retirement and who are working longer than they want to, Turner said, "We're trying to inform people that this is not the way it is supposed to be and that they can make a difference."

The DWF platform includes statements of the following beliefs:

- That Americans should have access to affordable health care.
- That wellness and prevention efforts should take top priority.
- That Americans should have choices concerning long-term care.
- That Social Security should be strengthened in a way that will not

burden future generations.

- That incentives to save, effective retirement plans and the right to keep working regardless of age should be available.

- That Americans should have access to tools to help them manage their money wisely.

Interested individuals can read more about DWF online at www.dividedwefail.org or on the AARP Web site at www.aarp.org. People can also tell their stories or sign a pledge card online, or they can call the AARP Kansas office at (866) 448-3619 to tell their stories, volunteer to collect signatures or receive training to talk groups about the campaign.

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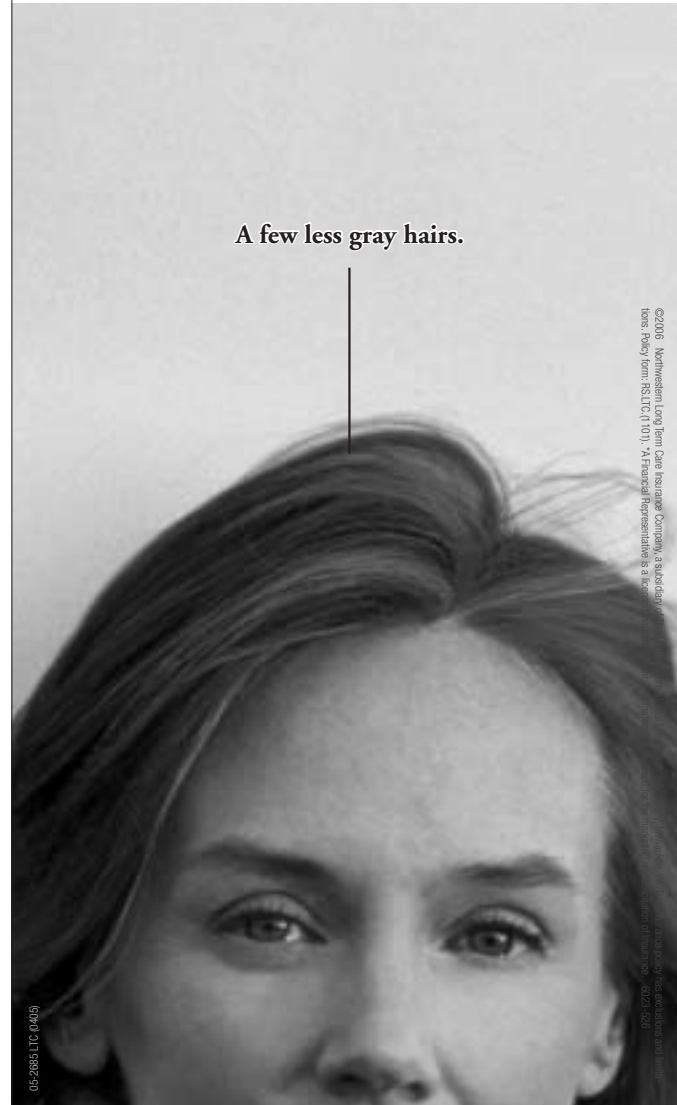
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Tax check-off supports Meals on Wheels

With Kansans now in the process of preparing their income tax returns, Kathy Greenlee, Secretary of Aging, reminds them that filing their state returns also gives them the opportunity to help Meals on Wheels programs across the state.

The Senior Citizen Meals on Wheels Contribution Program was created in 2002 by the Kansas Legislature to allow taxpayers to make voluntary donations to support home-delivered meals.

"In 2007, more than \$132,000 was contributed through the check-off," Greenlee said. "That money supplements nutrition services for the elderly and individuals with disabilities and makes it possible for them to live independently in their own homes for as long as possible."

Individuals receiving a state income tax refund can indicate in the designated space on the tax form an amount of the refund they would like to contribute to the Meals on Wheels program. Contributions can range from a dollar to all of their refund.

Individuals who owe state taxes

also can contribute by indicating the amount they want to donate in the designated space and writing a check for the tax balance due plus the amount contributed to the Senior Citizen Meals on Wheels Contribution Program.

Last year, nearly 1.8 million meals were provided to eligible participants in their homes, and another 1.6 million meals were served at congregate meal sites throughout the state. (For an area breakdown of home delivered meals, see listing at end of this article.) Of those receiving home-delivered meals, about 70 were women age 75 or older and more than 50 percent lived alone.

The check-off funds are distributed to the meal programs according to a formula based on the number of meals served. The money supplements client donations and local, state and private funds that are leveraged by the federal Older Americans Act funds to support Meals on Wheels, as well as voluntary support for these programs.

The federally funded Nutrition Program for the Elderly, which pro-

vides meals to older adults in senior centers, nutrition sites and in their own homes, began more than 30 years ago.

Meals programs receiving check-off funds

The number of home-delivered meals (congregate meals not includ-

ed) by the various nutrition programs in area agency on aging areas across the state:

- Wyandotte-Leavenworth AAA, Kansas City, Kan., 913-573-8532; Leavenworth County, 45,389; Wyandotte County, 137,877.

■ CONTINUED ON PAGE SEVEN

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Meals on Wheels

■ CONTINUED FROM PAGE SIX

• Central Plains AAA, Wichita, 316-660-7298: El Dorado Meals on Wheels, 19,768; Good Neighbors Nutrition Program, 65,243; Newton Meals on Wheels, 23,796; Senior Services of Wichita, 219,583.

• Northwest Kansas AAA, Hays, 785-628-8204: 77,387.

• Jayhawk AAA, Topeka, 785-235-1367: Douglas County Senior Center Nutrition Program, 36,685; Lawrence Meals on Wheels, 10,488; Topeka Meals on Wheels, 84,657.

• Southeast Kansas AAA, Chanute, 620-431-2980: Southeast Kansas Nutrition Program, 219,426.

• Southwest AAA, Dodge City, 620-225-8230: Eldercare Inc. Nutrition Program, 119,436.

• East Central Kansas AAA, Ottawa, 785-242-7200: Linn County Nutrition Program, 10,514; Mid-America Nutrition Program,

99,193.

• North Central-Flint Hills AAA, Manhattan, 785-776-9294: 233,572.

• Northeast Kansas AAA, Hiawatha, 785-742-7152: Doniphan County Project, 13,032;

Jackson County Project, 7,085; Marshall County Project, 16,055; Nemaha County

Project, 7,788; Project Concern, 11,417; Washington County Project, 8,371.

• South Central Kansas AAA, Arkansas City, 620-442-0268: Aging Projects Nutrition Program, 152,704;

Harper County Department of Aging, 2,948; Meals on Wheels of McPherson, 6,423.

• Johnson County AAA, Olathe, 913-715-8800: Johnson County Nutrition Project, 139,983.

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Chester McMillen

■ CONTINUED FROM PAGE THREE

not here to make money. We're here to make friends. There will never be another like her. She liked everybody. She said everyone has something good about them. I picked that up from her and I live that way today."

McMillen also added an automatic carwash to the property.

"We had the third automatic carwash in Kansas," McMillen said. "We even had one before Lawrence did. I was so busy on Saturdays and Sundays. The old people like to drive through the automatic carwash. I had to be there because a lot of them couldn't hit the pad right. I paid for that carwash within five years."

The McMillens opened their restaurant at 6:00 a.m. and closed it at midnight. Since they did their own cleaning, they would not leave the restaurant until about 1:00 a.m. They had this schedule seven days a week with just one afternoon off each week. They have one daughter, but McMillen explained that they didn't really have time for any more kids.

In 1968, Gary Rochester, who had been working for the McMillens, bought the farm fuel business. The McMillens continued to operate Audra's Restaurant until 1980.

They then opened Audra's Dawg House, a restaurant that was open from 6:00 a.m. to 2:00 p.m. on Monday through Friday. They had a mobile home, so this left their weekends free to go to, among other places, Clinton Lake.

"I built a fish pond out at my daughter's place in Baldwin and stocked it with catfish," McMillen said. "We'd catch them and have catfish on Fridays. People just loved those things."

No desire to retire

After a few years of running Audra's Dawg House, the McMillens moved to Lawrence, where Audra died in 1993. To keep busy, McMillen went to work with his grandson, Lary Trowbridge, in his exterminating business. He later started cooking for a new Audra's Dawg House that the Trowbridges opened in Baldwin City. The new restaurant also offered barbecue, so McMillen learned how to prepare meats for the smoker.

Until last September, McMillen worked at a bait shop at Clinton Lake. But that changed after Jessica and Cesar Cordoba bought the Black Jack Diner in Baldwin City and re-

named it Cordoba's Family Restaurant. They approached him about cooking for them. He was reluctant at first, but they offered him more money than he was making. In addition, the new job was much closer to his home.

"I get to the restaurant at 4:00 every morning to get the gravy, pancake batter, and everything else ready," McMillen said. "I'll also make Swiss steak, chicken and noodles, beef and noodles, and meatloaf. I

work until 11:00, Tuesday through Friday. I enjoy it. I can't sit around and just watch TV. I have to be doing something."

Of course, McMillen does watch a little television, especially when the Kansas City Royals are playing. A self-described baseball nut, he has been an ardent baseball fan since he was a child. After the Royals moved from Municipal Stadium to the brand-new Royals Stadium (now known as Kauffman Stadium)

in 1973, he started buying season tickets and, for many years, never missed a home game. He also spent many hours practicing baseball his grandson, Lary Trowbridge, who would later play shortstop at Northwestern Missouri State University and the University of Kansas.

Fortunately for the diners at Cordoba's, McMillen has no plans to retire from cooking breakfast there any time soon.

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Coupon program to ease analog-to-digital conversion

Kansas Senior Press Services

At midnight on February 17, 2009, federal law will require that all full-power television stations stop broadcasting in analog format and broadcast only in digital format (DTV). Some individuals are concerned that their televisions will become obsolete when the new system goes into effect.

If you have one or more televisions that receive free over-the-air television programming (with a roof-top antenna or "rabbit ears"), the type of TV you own is very important. A digital television (a TV with an internal digital tuner) will allow you to continue to watch free over-the-air programming after February 17, 2009. However, if you have an analog television, you will need a digital-to-analog converter box. The box will also enable you to see any additional multicast programming that your local stations offer.

Manufacturers estimate that digital-to-analog converter boxes will cost \$50 to \$70. To help consumers with the cost, the government has

established a converter box coupon program. Every U.S. household is eligible to receive up to two coupons, worth \$40 each, toward the purchase of eligible digital-to-analog converter boxes. You will be able to request the coupons between January 1, 2008 and March 31, 2009 (while supplies last). The coupons may only be used for eligible converter boxes sold at participating consumer electronics retailers, and the coupons must be used at the time of purchase.

For more information on the coupon program, visit www.dtv.gov or call 888-388-2009 (or 877-530-2634 TTY).

If you receive cable or satellite television service, contact your service provider about any additional components, such as a digital set-top box, that you may need to watch digital programming.

If you are a cable subscriber, you may also receive digital programming using a "digital-cable-ready" or "plug-and-play" television. With this type of television, digital cable subscribers do not need a separate set-top box. Owners of these tele-

visions may also obtain from their cable operator a CableCARD permitting them to view programming.

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* Consult a tax advisor. Loans subject to approval.

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Are you an effective financial decision-maker?

Fiscal Decisions 101: Overconfidence vs. decision paralysis

(Editor's note: This is the third column in a three-part series discussing financial behavior and the most common "blind spots.")

Financial matters can seem overwhelming. Some people are overly confident about managing their finances, while others are perplexed



Joe B. Jones

and choose not to make any choices. Many of us have these kinds of financial hang ups that are keeping us from achieving true financial security.

- Take a moment to think about how prepared you are for retirement and the amount of preparation you've done. How much have you saved so far? Where are you with respect to saving for other financial goals, such as a child's education? Do you feel prepared for a financial setback?

According to a Northwestern Mutual Financial Network survey, seven out of 10 Americans are comfortable with the amount of preparation

they've done. Yet, the study found:

- One-third have not begun to prepare or save for retirement.
- One-fourth didn't know how much they've saved.
- One-fourth did not save anything on a monthly basis for long-term goals.
- As these findings suggest, many Americans are blinded by overconfidence and tend to overestimate their abilities, knowledge and skills.
- Adding to the problem is another potential financial misbehavior or "blind spot"—decision paralysis. If you intend to set up a retirement account but never seem to get around to it, you probably have a case of decision paralysis.

There are many types of retirement accounts and funding options from which to choose. As more choices are added, it becomes harder to sort through them and pick the best option. Too many choices and barriers cause people to do nothing. And without a deadline for making a decision, the paralysis can continue to the point that a decision is never made at all.

As the research indicates, most people are living in a financial fantasy and are far too optimistic about meeting their financial goals. Overconfidence and decision paralysis are conditions that can lead to serious money maladies, which

are detrimental to long-term financial wellness. A good financial professional can help you evaluate your situation, understand your potential blind spots and ultimately turn them into positive behaviors.

- Joe B. Jones is a Financial Representative with Northwestern Mutual Financial Network the marketing name for the sales and distribution arm of The Northwestern Mutual Life Insurance

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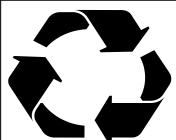
Politics is developing more comedians than radio ever did.

Out of timber so crooked as that from which man is made nothing entirely straight can be carved.

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If you don't know where you are going, you might wind up someplace else.

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Will presidential election year affect investors?

As you are no doubt aware, 2008 is a presidential election year. As a citizen, you may well have a great deal of interest in the election. But how about as an investor? How does an election year affect the investment climate? And—again from the perspective of an investor—does it



Harley Catlin and Ryan Catlin

matter who wins?

To begin with, let's examine how the stock market reacted in the past to the selection of a president. The Dow Jones Industrial Average rose in nine of the past 11 presidential election years, with an average gain of slightly more than 9 percent. So it's clear that, for the most part, the market has done pretty well when America goes to the polls.

Does the election or re-election of a president just make us more optimistic, leading us to invest more heavily and thereby drive up the markets? Probably not. In reality, many factors—such as corporate profits, geopolitical concerns, interest rates and inflation—drive stock prices. And this is true in all years, whether an election is held or not. Consequently, stock returns from past presidential election years, while impressive, cannot serve as a reliable predictor of what the market might do in 2008.

Now, let's turn to the next question: As an investor, how will the outcome of the election affect you? There's not really a simple answer. In the past, the stock market has performed well—and performed poorly—under both Democrats and Republicans. Of course, candidates of both parties will have different priorities and try to enact different economic agendas, and these priorities may have some impact—although one that's notoriously hard to predict—on different market sectors. In short, no one can accurately forecast the effect of this November's election on the financial markets, and that won't change even after the nominees are known.

Instead of pondering the "what-ifs" involved in a presidential election, you're much better off following some tried-and-true investment strategies. Here are a few

to consider:

Keep on investing. World events may be good or bad, and the stock market may be up or down—but no matter what happens, the most successful investors stay in the market. Look for quality investments and hold them until either your needs change, or the investments themselves undergo some type of transformation.

Know your risk tolerance. If you're losing sleep at night over your investments, you're probably taking on more risk than the amount with which you are comfortable. At the same time, if your investments are putting you to sleep, they may be too conservative, which could mean they're not providing the growth necessary to help you meet your goals. Strive for a balance that fits

your investment personality.

Think long-term. If you're constantly adjusting your investment mix in response to short-term events, you'll probably rack up big commissions and you almost certainly won't make the necessary progress toward your important objectives, such as a comfortable retirement. So, train yourself to ignore daily or weekly or monthly price fluctuations and keep your eyes on the far horizon. If

you've chosen the right investments, they should be designed to help you work towards your goals in exchange for your patience.

This November, don't forget to vote. But before and after Election Day, cast your ballot for solid investment technique.

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

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Basic rules to help you heal your heart

Valentine's Day—celebrated by lovers and retailers everywhere—puts the heart in a peculiar light. Cards, balloons, displays, and confetti assume "heart shaped" forms, spangled with glitter and brilliantly, romantically red. The actual heart, of course, is an organ of the circulatory system, associated more with blood flow and brain oxygenation than with love's joys. But research at Duke University Medical Center suggests that the heart and emotion may be more closely linked than

2. Cholesterol clogs the arteries that bring blood to your heart and thus raises the risk of heart attacks. That's why people talk about cholesterol all the time. But if you eat right you can lower your cholesterol levels. Talk to your family about shopping carefully to get vegetables and fruits that you all like. Agree to eat healthy breakfasts and toss out high-fat snack foods. If you find it hard to change your personal eating habits, you may want to consult a nutritionist or a mental health expert who can give you support and guidance.

3. Many people say that they "hate" exercise. But they love what exercise brings: weight loss and lower blood pressure, better sleep and blood sugar levels, more energy and a greater sense of wellbeing. Without exercise, diets barely work at all. So if you hate exercise, remember what you love—and exercise!

Your heart loves exercise, even if you don't!

Heart Patience

Start slowly and gradually increase how long and often you exercise. Be patient with yourself. Congratulate yourself for sweating even a little. Sure, you ran three miles easily when you were young, but today you need a more modest goal, say, walking briskly for a mile or two. The good news is that walking a mile or more will do plenty to improve your heart health. Exercising with a friend or family member can help make exercise fun and part of your life routine.

You should consult your doctor before you begin an exercise program if you have a heart condition or shortness of breath, exertion-induced pressure or pain in your arms or upper body, a history of strokes or inactivity due to illness, if you take insulin or blood pressure medication, or if you have joint or muscle problems. But don't give up on the idea of exercise. If you have chronic medical problems it is more important for you to begin an exercise program than for anyone else.

Get Help from a Therapist

People who suffer heart attacks or heart failure or lung disease can substantially improve their heart health with the right exercise program. Ask your doctor for a referral to a physical therapist who will customize an exercise program for you and monitor your progress. Physical therapists are medically trained professionals who plan and supervise exercise program while monitoring your blood pressure, pulse, strength and bal-

ance. A physical therapist, unlike many relatively untrained "personal trainers," is qualified to communicate with your doctor about your health and progress.

Follow the Formula

The American Heart Association offers the FIT formula: "F is for Frequency." How often should you exercise? "I is for Intensity." How vigorously should you work out? "T is for Time." How long should you exercise? Here are the basics:

- Frequency: Exercise 3-5 times a week (five times moderately or three or more times vigorously).

- Intensity: Start a low level, where you can talk easily. Then progress to moderate and perhaps to vigorous exercise. Walking briskly 3-4 miles per hour or biking 10-12 MPH counts as moderate exercise. (You can judge your speed with an inexpensive pedometer.) Walking briskly 4-5 miles per hour counts as vigorous exercise, where you're swinging your arms and practically running. You will breathe hard and won't be able to talk easily. Biking at 12-16 MPH also counts as vigorous exercise.

- Time: Stay in your comfort zone, but exercise longer each week. When you reach the moderate level, you will exercise half an hour at least five times a week. At a vigorous level you will exercise for 20-30 minutes at least three times per week.

If, initially, you're unable to walk briskly for a full 30 minutes, walk briskly for 10 minutes, then walk slowly for 10 minutes, and then walk briskly for another 10 minutes. Over time you can build up your endurance and walk briskly for longer and longer periods.

Try It, You'll Like It.

Taking care of your heart brings so many benefits that you may ultimately want to put exercise at the top of your To Do list. A brisk daily walk—say, at lunchtime—can be the start of something big.

- Laura Bennetts, MS PT, is a physical therapist with 25 years experience. She co-owns Laurence Therapy Services LLC (2200 Harvard Road, Suite 101, Lawrence 66049, 785-842-0656) and Baldwin Therapy Services (814 High St., Suite A, Baldwin City, 66006, 785-594-3162).



Laura Bennetts

scientists had previously imagined. The common denominator is exercise. Exercise helps people with heart conditions—and, it seems, lifts their spirits as well.

Though definitive results are not yet available, the evidence suggests that exercise reduces depression in heart patients as much as, and perhaps more than, anti-depression medications. So it appears that there is truly no divide between our physical and mental wellbeing. Head and heart, thought and emotion, evidently both benefit from exercise.

"Heart health," in short, is health—period. That's true for everyone, not just people with heart problems.

The Rules

Did you know the average heart beats 2.5 billion times during the course of a lifetime? No wonder it needs to be strong! Yet people often take their hearts for granted. If you've ignored your own heart health, you can make your heart stronger right away by observing three basic rules: (1) Avoid cigarettes and second-hand smoke. (2) Eat more vegetables, fruits, low-fat proteins and whole grains. (3) Exercise.

1. Smoking stresses your heart by damaging lung tissue and constricting blood flow. When your lungs are healthy, your heart pumps blood and oxygen into your lungs easily. But if your lungs are scarred from smoking, your heart is forced to pump harder with every beat. Talk to your doctor about medication to help you quit. Millions of Americans have stopped and you can too.

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Constipation can be prevented and treated

This is a topic that most people don't want to talk about. However, approximately 80 percent of people suffer from constipation at some point in their lives, according to the American Society of Colon & Rectal Surgeons. Older people are five times more likely to develop

3. Blood in the stool
4. Rectal pain
5. Constipation that alternates with diarrhea

The best way to treat constipation is to prevent constipation. Changes in the person lifestyle are highly effective:

1. Eat fiber regularly. Choose high fiber foods such as fruits, vegeta-

bles, beans and whole-grain cereals and breads. Remember the three P's —pears, peaches, prunes.

2. Limit problem foods. Foods that are high in fat and sugar such as dairy products and processed foods can cause constipation.

3. Drink plenty of liquids.

4. Don't rely on stimulant laxatives.

5. Don't delay going to the bathroom; this can lead to constipation.

6. Increase your physical activity. Engage in regular exercise, such as walking, biking or swimming.

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



Dr.
Farhang
Khosh

constipation than younger people. What most people do not know is that constipation is easily prevented and treated.

Constipation is a common digestive disorder in which the person has infrequent bowel movements, hard stools, abdominal bloating or discomfort or strain during bowel movements. The normal frequency of bowel movements varies from three a day to three a week. What is considered normal for you may not be normal for someone else.

Causes of constipation are varied. In normal circumstances the waste products of digestive system are moved through your intestines by muscle contractions. If the waste moves too slowly or the muscles you use to move your bowels aren't coordinated, you may become constipated. Factors contributing to the slow down in the intestine can include: inadequate fluid intake, low-fiber diet, bowel habits, medications, age, pregnancy, illness, chronic disease, laxative abuse (Habitually using laxatives gradually will produce dependency on them. You may eventually require increasing amounts of laxatives to move your bowels. In some instances, the bowel will become insensitive to laxatives and fail to open.), travel, lead positioning, or lack of physical activity. In some cases, constipation can indicate something more serious, such as colorectal cancer. Children will often become constipated because they forget to take time to use the toilet, or they are afraid or unwilling to use the toilet.

It is time to see your doctor if you experience any of the following conditions:

1. Bowel movements once or twice a week.
2. Intense abdominal pain

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Retirement is a time of transition

Look up "retirement" in the dictionary and you'll find words like withdrawal, seclusion, removal, retreat.

A very different set of definitions is coming into view for the generation of Americans now approaching retirement age. Words that come to mind include: reinvent and en-



Mark Miller

gage, risk-taking, enjoyment, learning. That's why I'm so excited to be taking the reigns of Retire Smart from Humberto and Georgina Cruz, the column's very able proprietors and creators.

I turned 53 last month, so retirement is down the road for me. But as a journalist, I've been writing about midlife transitions for the past several years. Like so many other Americans, I started thinking about the question of what comes next in my mid-40s. Then, I noticed that many of my friends seemed to be asking similar questions about their own future paths as they approached 50.

I'm a business and financial journalist by background. So, as I set off to learn more about life transitions, I focused initially on money and careers. Study after study shows that baby boomers don't intend to retire

from work in the traditional sense. That doesn't mean they plan to stick with traditional fulltime jobs for the rest of their lives; many will, in fact, "retire" from the fulltime employment that characterized the first phase of their working lives. But more than three-quarters tell pollsters they hope to create a fulfilling new blend of work and personal pursuits.

That reinvention might mean part-time work, consulting, starting a business or launching a second career unrelated to the work they once did. And not everyone will be working because they want to; only about a quarter of Boomers have saved adequately for retirement, according to research by McKinsey & Co.

Of course, not all the questions revolve around work. Boomers will face challenges in managing their money, housing and healthcare. And, they'll be looking for ways to enjoy more flexible schedules by traveling, spending time with family, returning to school, volunteering their time and pursuing countless other passions.

Managing these transitions will be of paramount importance to millions of boomers. But the story also is fascinating because the aging of the Boomer generation will have enormous impact on all of our futures—for good or bad.

If that sounds like the observation of a self-absorbed boomer, consider that we're talking about 78 million adults—the largest generation in U.S. history. Boomers have had a disproportionate impact on society and the economy at every

stage of life, due to their sheer numbers.

This next phase of life will be no different. The aging of the Boomer generation will drive a "graying of America" phenomenon unique in our country's history.

By the year 2015, the population of 50-plus American adults will be roughly the same size as those under 50. We'll have more than 45 million households occupied by people 51 to 70 years old, according to a McKinsey & Co. report. These households will account for 60 percent of wealth, and 40 percent of consumption and income, the report concludes.

At the same time, the workforce will be graying. The number of 55-plus workers will grow nearly 47 percent by 2016, according to the U.S. Bureau of Labor Statistics—nearly six times the rate of overall workforce growth.

The graying phenomenon has huge implications for our health-care industry, and it will drive trends in businesses such as real estate, travel and financial services for years

to come.

These trends will be the backdrop for Retire Smart, which will be a how-to guide for navigating retirement's new realities. I'll be showcasing people who have come up with smart solutions to the challenges, talking with experts who have useful ideas to share, and answering your questions.

The column will be interactive, with a companion blog I hope you'll visit at www.retirementrevised.com. The site offers an opportunity for us to have two-way dialogue on retirement, and for you to have input to what I'll be writing about. You'll also find useful links to resources and tools related to the column, additional articles and video.

I'm excited about the challenge to Retire Smart. Let's take it on together.

(Mark Miller is helping write the playbook for the new career and personal pursuits of a generation. Contact him at with questions and comments at wwwmjmill@50plusdigital.com. Personal replies are not possible.)

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Arthritis medications ease pain, damage — no cure yet

By Robert Shmerling, M.D.
Tribune Media Services

QUESTION: Do pain medications prevent arthritis from worsening, directly or indirectly? If I choose not to take medications for chronic arthritis pain due to a concern about potential side effects, am I allowing the arthritis to worsen?

ANSWER: Your question is a good one because arthritis medications are prescribed for a number of different reasons. The most common reason arthritis medications are prescribed is to relieve symptoms; in fact, reducing the pain and stiffness of arthritis can dramatically improve a person's quality of life. However, there are other good reasons to take medications for arthritis, including maintenance of joint function and avoiding joint damage.

Function is also a key part of quality of life, and certain medications or treatments can improve it; for example, people with osteoarthritis of the knee may gradually walk less and less, reducing their independence over time. Effective treatment can help to maintain function. For other types of arthritis, therapy can prevent joint damage; an example is methotrexate, which can slow the progression of rheumatoid arthritis and reduce the amount of joint damage over time.

In general, medications prescribed purely for pain don't prevent arthritis from worsening. However, some medications have multiple effects; they can reduce pain, improve function and protect the joints over time. To answer your question directly, I would need to know the type of arthritis you have — there are more than 100 types — and the specific treatment you're receiving (or considering).

Here are three of the most common types of arthritis, some commonly prescribed medications for them, and some of these medications' benefits:

Osteoarthritis (also called degenerative joint disease): This "wear and tear" joint disease is commonly treated with acetaminophen or a non-steroidal anti-inflammatory drug (NSAID, such as ibuprofen) for pain and stiffness, but these medicines don't prevent worsening of arthritis over time; in fact, there's no medication that is clearly effective at preventing osteoarthritis from worsening over time. (Although it remains controversial, some believe that glucosamine may provide some

measure of joint protection.)

Rheumatoid arthritis: While acetaminophen or NSAIDs can reduce symptoms, they don't protect the joints; "disease modifying agents," however, such as methotrexate, leflunomide, adalimumab, etanercept, or infliximab, may prevent joint damage as well as relieve pain and improve function over time.

Gout: NSAIDs and corticosteroids are highly effective for reducing pain and inflammation related to attacks of gout, but allopurinol or probenecid (recommended for the more severe cases of gout) have the potential to protect the joints from damage in the future.

Talk to your doctor about the specifics of your situation — the type of arthritis you have, the medications you're considering, and the reasons each medication was prescribed. If you're trying to decide whether or not to take a recommended medication, you'll make a better decision if you understand why it was prescribed, the expected risks and benefits of taking it, and the risks and benefits of not taking it.

(Robert H. Shmerling, M.D. is as-

sociate physician at Beth Israel Deaconess Medical Center, and associate professor at Harvard Medical School, both in Boston, Massachusetts. He's been a practicing rheumatologist for over 20 years at Beth Israel Deaconess Medical Center.)

(For additional consumer health information, please visit www.health.harvard.edu.)

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JAN 8-FEB 9
RED HERRING

Three love stories, a murder mystery and a nuclear espionage plot converge in this comedy about marriage and other explosive devices. It's 1952. Americans are beginning to use words like "H-bomb" and the phrase "I Like Ike" in their daily dialogue. *I Love Lucy* is on Monday nights. 3028 SW 8th Avenue, Topeka Civic Theatre.
TOPEKA, (785) 357-5211
<http://www.topekacivictheatre.com>

JAN 18-FEB 3
GREAT TUNA

Comedy by Jason Williams, Joe Sears and Ed Howard. Welcome to Tuna, Texas, where the Lion's Club is too liberal and Patsy Cline never dies! Two performers bring all the citizens of Texas' third smallest town to life as they depict men, women, children and animals in this hilarious comedy. 1501 New Hampshire St Lawrence Community Theater.
LAWRENCE, (785) 843-7469
<http://www.theaterlawrence.com>

FEB 2
BAROQUE BY CANDLELIGHT

Annual Valentine's concert remains the Lawrence Chamber Orchestra's most popular event. 2008 marks the 10th anniversary of LCO's baroque concert and wine/dessert reception in a romantic and intimate candlelit setting. Come experience a "place out of time" in the 21st century, and imagine what a Baroque-era concert might have resembled. 1245 New Hampshire. Trinity Lutheran Church.
LAWRENCE, (785) 218-3403
<http://www.lawrencechamberorchestra.org>

FEB 9
CON FUOCO DVORAK SYMPHONY NO. 9

Topeka Symphony Orchestra performs "con Fuoco" Dvorak Symphony No. 9 "From the New World" and Edwards Maninyas Violin Concerto featuring Sharan Leventhal, Violin, at 8:00 p.m. in White Concert Hall at Washburn University.
TOPEKA, (785) 232-2032
<http://www.topekasympphony.org>

FEB 15 & 16
VALENTINE'S DAY DINNER THEATRE, 70'S LOVE IN

Man, this is sure to be a happenin' night!

We'll be movin' and groovin' to the sights and sounds of the Seventies. So dust off those platform shoes, squeeze into those cool bell bottoms and boogie on down to the love pad! Carnegie Cultural Center, 501 S Main.
OTTAWA, (785) 242-3535
<http://www.actottawa.org>

FEB 15-24
THE JELLYBEAN CONSPIRACY

A play that raises the issue of society response to people with disabilities and offers a glimpse of a kinder, more tolerant and inclusive world. The second act is to the story of a teenage girl's awakening as she come to terms with the reality of her brother's disabilities and comes to appreciate the gifts he has to offer the world. Topeka Civic Theatre, 3028 SW 8th Ave.
TOPEKA, (785) 357-5211
<http://www.topekacivictheatre.com>

FEB 22-MAR 9
ALL SHOOK UP

All *Shook Up* is based on the plot of William Shakespeare's *Twelfth Night*, this musical takes place during a 24-hour period in the summer of 1955, tells the story of a young girl with dreams of hitting the road, and a charismatic rebel who brings rock and roll to the town and changes it forever! Evening and matinee shows. Gage Park-Helen Hocker Performing Arts Center, 700 SW Zoo Pkwy.
TOPEKA, (785) 368-0191
<http://www.topeka.org/parksrec/hocker.shtml>

FEB 24
WU WIND ENSEMBLE CONCERT

Listen to the students of the Wind Ensemble perform. Concert is free. Washburn University-White Concert Hill, 1700 SW Jewell.
TOPEKA, (785) 670-1511

FEB 28-MAR 9
THE COVER OF LIFE

North meets South and career meets home in this deeply affecting story. It's 1943 and three brothers have gone off to war while their brides have moved in with their mother-in-law. Life Magazine picks up the down-home story and sends a snappy New York writer on assignment. Lawrence Community Theater, 1501 New Hampshire St.
LAWRENCE, (785) 843-7469
<http://www.theaterlawrence.com>

FEB 29-MAR 29
CABARET

Welcome to the Kit-Kat Club, a night club in Berlin, as the 1920's are drawing to a close. Political unrest wracks the country, the economy has been destroyed, and millions of unemployed roam the streets. The stories of all the characters weave together to create a tapestry that depicts the birth of the Third Reich. Topeka Civic Theatre, 3028 SW 8th Ave.
TOPEKA, (785) 357-5211
<http://www.topekacivictheatre.com>

MAR 8
SENIOR CLASS

A great offshoot from TCJA'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>

BINGO

SUNDAYS & TUESDAYS
AMERICAN LEGION POST NO. 1
3800 SE MICHIGAN AVE, TOPEKA,
6:30 PM, (785) 267-1923

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

MONDAYS & THURSDAYS
AMERICAN LEGION POST NO. 400
3029 NW US HIGHWAY 24, TOPEKA,
6:30 PM, (785) 296-9400

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

WEDNESDAYS, THURSDAYS & SUNDAYS
MOOSE CLUB
Wednesdays, 6:30 p.m. Thursdays, 12:30 p.m., Sundays, 6:00 p.m.
1901 N KANSAS AVE, TOPEKA, (785) 234-6666

WEDNESDAYS & FRIDAYS
VETERANS OF FOREIGN WARS
3110 SW HUNTOON, TOPEKA, 6:30 PM, (785) 235-9073

WEDNESDAYS
PINECREST APARTMENTS
924 WALNUT, EUDORA, 12:30-1:00 PM, (785) 542-1020

WEDNESDAYS & FRIDAYS
EAGLES LODGE
1803 W. 6TH ST, LAWRENCE, 7:00 PM, (785) 843-9690

WEDNESDAYS & FRIDAYS
EDGEWOOD HOMES
1600 HASKELL, STE 188, LAWRENCE
10:30 AM-12 NOON, (785) 760-1504

THURSDAYS
BABCOCK PLACE
1700 MASSACHUSETTS, LAWRENCE
10:30 AM-12 NOON, (785) 842-6976

FRIDAYS
BALDWIN SENIOR CENTER
1221 INDIANA, BALDWIN CITY
12 NOON-1 PM, (785) 594-2409

FRIDAYS
ARAB SHRINE
1305 KANSAS AVE., TOPEKA
MINI BINGO 6:30 PM,
REGULAR BINGO 7:00 PM
(785) 234-5656

BOOKMOBILE

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

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

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

BOOK TALKS

THIRD TUESDAY OF EACH MONTH
COTTONWOOD RETIREMENT CENTER, 1029 NEW HAMPSHIRE ST., LAWRENCE, 2:00 PM
BABCOCK PLACE, 1700 MASSACHUSETTS ST., LAWRENCE, 3:00 PM

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

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

CLASSES/LECTURES

ONCE A MONTH
AARP'S 55 ALIVE SAFE DRIVING COURSE
Monthly classes are held at Stormont-Vail. Call to make reservation.
TOPEKA, (785) 354-5225

FEB 4
THE THREE FACES OF RHEUMATOID ARTHRITIS AND WHAT TO DO ABOUT THEM
There are 200 varieties of arthritis. While

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AARP Tax-Aide Sites in KVSM Distribution Area

SITE	ADDRESS	CITY	PHONE	OPEN DATE	CLOSE DATE	SITE SCHEDULE	HOURS	E-FILING
Baldwin City Library	800 7th St	Baldwin	785-887-6070	12-Feb	15-Apr	Tues. and Thu.	12-4 p.m.	Yes
Lawrence Senior Center	745 Vermont St	Lawrence	785-887-6070	1-Feb	15-Apr	Mon., Tues., & Thu.	1-4 p.m.	Yes
Olathe Library	201 E Park St	Olathe	913-971-6888	1-Feb	15-Apr	Mon. and Wed.	9 a.m.-4 p.m.	Yes
Olathe Library	201 E Park St	Olathe	913-971-6888	1-Feb	15-Apr	Saturdays	10 a.m.-5 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
Court House Square Apts	235 S Main St	Ottawa	785-865-3985	28-Jan	15-Apr	Wednesdays	1-4 p.m.	Yes
Community Action	621 SE Swygart	Topeka	785-235-9296	28-Jan	15-Apr	Tues. and Wed.	9 a.m.-3 p.m.	Yes
First South. Baptist Church	1912 SW Gage Blvd	Topeka	785-272-0443	28-Jan	15-Apr	Fridays	9 a.m.-3 p.m.	Yes
First United Method. Church	600 SW Topeka Blvd	Topeka	785-233-8100	28-Jan	15-Apr	Wednesdays	9 a.m.-3 p.m.	Yes
Jayhawk AAA	2910 SW Topeka Blvd	Topeka	785-272-8616	28-Jan	15-Apr	Mondays	9 a.m.-3 p.m.	Yes
Lowman Methodist Church	4000 SW Drury Ln	Topeka	785-272-8921	28-Jan	15-Apr	Thursdays	9 a.m.-3 p.m.	Yes

■ CONTINUED FROM PAGE 16

30 cause inflammation, two others are often confused with rheumatoid arthritis. Effective treatment requires distinguishing these from rheumatoid arthritis. One variety is related to calcium crystals and the other to the spine and sacroiliac. All can interfere with enjoyment of and participation in life activities. This lecture will share some solutions. Presented by Bruce Rothschild, MD, local rheumatologist. Free but advance registration is requested due to space limitations. Lawrence Memorial Hospital, Auditorium, 6:30-8:00 p.m. LAWRENCE, (785) 749-5800 <http://www.lmh.org>

**FEB 5
REDUCING HIGH BLOOD PRESSURE
WITHOUT MEDICATION**

Biofeedback is a simple way of learning how to calm the body, the mind and the part of the involuntary nervous system that controls blood pressure. There is a good research that shows it can be effective in helping some people to reduce their high blood pressure. William Hale, MD, local psychiatrist will describe what biofeedback is, how it works, and will lead an experimental biofeedback exercise. Free but advance enrollment is requested. Lawrence Memorial Hospital, Auditorium, 7:00-8:30 p.m. LAWRENCE, (785) 749-5800 <http://www.lmh.org>

**FEB 21
FISH OIL, THE HEART AND BRAIN**

Fish oil, available through the diet and by supplementation with capsules, is gaining momentum as an exciting method to improve the function of the human body. Numerous studies have shown that Omega-3 fatty acids, found in fish oil, have powerful effects on the well-being of humans. Free but advance enrollment is requested. Lawrence Memorial Hospital, Auditorium, 6:30-8:00 p.m. LAWRENCE, (785) 749-5800 <http://www.lmh.org>

EXHIBITS/SHOWS

**JAN 21-MAR 14
"CIVIL RIGHTS AND RACIAL TENSIONS"
EXHIBIT**

The Museum houses one of the nation's remaining Native-American dugout canoes, a rare 1903 American la France Steam Fire Engine and the Trowbridge Research Library and Archives. 631 N 126th St. Wyandotte Co. History Museum. BONNER SPRINGS, (913) 721-1078

**FEB 2
HIDDEN ART LOCKED AWAY**

Annual show and sale of artwork. Artwork made by inmates of local prisons. Preview only on Friday evening. 123 S Esplanade Riverfront Community Center. LEAVENWORTH, (913) 682-4459 <http://www.lvarea.com/cvb>

**FEB 29-MAR 2
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, 2110 Harper. LAWRENCE, (785) 842-7058

**FEB 29-MAR 2
SPRING ANTIQUE SHOW AND SALE**

Wide array of antiques are offered for sale during this show. Douglas County Fairgrounds, 2120 Harper. LAWRENCE, (785) 843-6219

FAIRS/FESTIVALS

**FEB 22 & 23
12TH ANNUAL KANSAS SILENT FILM
FESTIVAL**

Friday night is comedy night and Saturday night is The Big Parade celebrating the 90th anniversary of the end of WWI. Live music!

Big screen silent movies! Friday 7:00-10:00 p.m., Saturday 10:00 a.m.-10:00 p.m. Admission is Free. White Concert Hall - Washburn University, 1700 SW Jewell. TOPEKA, (785) 670-1100

**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 Healthwise 55 office at 2252 S.W. 10th Ave., at the northeast corner of S.W. 10th and MacVicar, from 10:00 a.m.-1:00 p.m. No appointment necessary. TOPEKA, (785) 354-6787

**TUESDAYS AND THURSDAYS
SENIORCISE PROGRAM**

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

**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

**FIRST AND THIRD FRIDAYS OF EACH MONTH
HEALTH CHECKS**

Blood pressure checks, glucose checks, skin checks, and education on nutrition and weight loss strategies BY Washburn University School of Nursing Mobile Health Unit. YWCA of Topeka, 225 SW 12th St., south entrance of the building, 9:00 a.m.-1:00 p.m. TOPEKA, (785) 233-1750, EXT. 252

**SECOND THURSDAY OF EACH MONTH
BLOOD PRESSURE AND HEALTH
INFORMATION**

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

**THIRD 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
MEDICATION CLINIC**

Bring questions about your medications (prescription or over-the-counter), 1:30-2:30 p.m. Call for appointment. Healthwise 55 Resource Center, 2252 S.W. 10th Ave. TOPEKA, (785) 354-6787

**FOURTH THURSDAY OF EACH MONTH
NUTRITION CLINIC**

1:30-2:30 p.m. Call for an appointment. Healthwise 55 Resource Center, 2252 S.W. 10th Ave. TOPEKA, (785) 354-6787

**FEB 6
CHOLESTEROL SCREENING**

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

**FEB 9
HEALTHY HEARTS FAIR**

Total Lipid Blood Profile Available for a small fee: \$20 with registration received by 2/1, \$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. Free Heart Health Screenings & 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. Prizes and refreshments. Lawrence Memorial Hospital. LAWRENCE, (785) 749-6179 <http://www.lmh.org>

**FEB 12
BONE DENSITY SCREENING**

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

**FEB 21
BONE DENSITY SCREENING**

See February 12 description. Lawrence Memorial Hospital, Meeting Room D, 1:00-3:00 p.m. LAWRENCE, (785) 749-5800

**FEB 23
BONE DENSITY SCREENING**

See February 12 description. Lawrence Memorial Hospital, Computer Room, 9:00-11:00 a.m. LAWRENCE, (785) 749-5800

HISTORY/HERITAGE

**JAN 27-FEB 24
LECOMPTON '08 BLEEDING KANSAS
PROGRAM SERIES**

Programs on the violent conflict over the issue of slavery in Kansas Territory. A series of talks and first-person dramatic interpretations by historians on the violent conflict over the issue of slavery in Kansas Territory 1854 through 1861. The 12th annual "Bleeding Kansas" program series presented on five consecutive Sundays at Constitution Hall. LECOMPTON, (785) 887-6520 <http://www.lecomptonkansas.com>

**FEB 1
BLACK HISTORY MONTH KICK-OFF**

Pre-birthday party for Grand Ole Patriot Robert Starling Pritchard (81), the nation's first Black Virtuoso. Birthday salutation by Rev. Ronald V. Myers, MD, National Juneteenth Holiday Foundation. Birthday cake and punch will be served. Downtown McDonald's, 10:00 a.m. Sponsored in part by the National Network in Action. TOPEKA, (622) 247-3364

**FEB 12
FOUNDERS DAY CELEBRATION**

On this day, 150 years ago, Baker's charter was signed. The University will celebrate its heritage with a day of historical activities and a commemorative all-campus luncheon. Baker University, 618 Eighth St. BALDWIN CITY, (785) 594-8376 <http://www.bakeru.edu/150>

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**FEB 28
BROWN V BOARD OF EDUCATION
SIGNING COMMEMORATION**

Marquis Burnett, son of McKinley L. Burnett, will speak in front of the Old Post Office to commemorate the signing of the Historic Brown v. Board of Education lawsuit. Discussion of the Sumner Charter School Proposal and restoration of the Old Post Office located in historic downtown Topeka. A march from Sumner School to the Downtown Post Office building (weather permitting). Sponsored by the Jenkins Family and Red Carpet Inn. (Also sponsored in part by the National Network in Action.)
TOPEKA, (599) 803-0286

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

**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

TUESDAYS

GRIEF & LOSS SUPPORT GROUP

Midland Hospice, 200 SW Frazier Circle.
3:00-4:00 p.m.
TOPEKA, (785) 232-2044

TUESDAYS

GRIEF & LOSS SUPPORT GROUP

Midland Hospice, 200 SW Frazier Circle.
5:30-6:30 p.m.
TOPEKA, (785) 232-2044

**FIRST AND THIRD TUESDAY OF EACH
MONTH**

**HEALING AFTER LOSS BY SUICIDE
(HEALS)**

For those who have lost a loved one by suicide. Fellow survivors offer an atmosphere of understanding and emotional support by encouraging families and individuals to share healthy ways of coping and grieving. Contact Steve Newcomer at for more information.
Pozez Education Center, 1505 SW 8th St.
TOPEKA, (785) 478-4947 or (785) 296-8349

**FIRST WEDNESDAY OF EACH MONTH
OLDER WOMEN'S LEAGUE**

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

**FIRST WEDNESDAY OF EACH MONTH
GRIEF SUPPORT GROUP**

Douglas County Visiting Nurses, Rehabilitation, and Hospice Care and Alterra (formerly Windsor of Lawrence) hold a grief support group open to all on the first Wednesday of

each month from 2:00-3:00 p.m. at Alterra at 3220 Peterson Road. For any questions, call Steve Satterfield, Hospice Chaplain.
LAWRENCE, 785-843-3738

**FIRST WEDNESDAY OF EACH MONTH
BEREAVEMENT SUPPORT GROUP**

Sponsored by Douglas County Visiting Nurses and Hospice and led by Chaplain Steve Satterfield. Meetings are held at the Windsor Assisted Living Center from 2:00-3:00 p.m. The public is welcome to join members at all meetings. The topic for the October 3 meeting is "Preparing for the Holidays." The topic for the November 7 meeting is "Remembering Our Veterans." For more information, call Sarah.
LAWRENCE, (785) 841-3738

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

Members of O.U.R.S. have met to dance since 1984. The group meets to dance from 2:00-4:00 p.m. on Wednesdays at the Lawrence Senior Center, and from 6:00-9:00 p.m. on Sundays at the Eagles Lodge.
LAWRENCE

**THURSDAYS
GRIEF & LOSS SUPPORT GROUP**

Midland Hospice, 200 SW Frazier Circle.
3:00-4:00 p.m.
TOPEKA, (785) 232-2044

**FIRST THURSDAY OF EACH MONTH
LAWRENCE AREA PARTNERS IN AGING**

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

**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.

FIRST FRIDAY OF EACH MONTH

STROKE SUPPORT AND RECOVERY GROUP

Providing an opportunity for learning and sharing experience. Shawnee County Health Agency Main Auditorium, 1615 SW 8th St. 1:00 p.m. For information, call Jan Dietrich in the Adult Field Services Office.
TOPEKA, (785) 291-2490

**SECOND MONDAY, SEPT-MAY
LAWRENCE CLASSICS, GENERAL
FEDERATION OF WOMEN'S CLUBS**

Volunteer service club.
(785) 331-4575

**SECOND MONDAY OF THE MONTH
CAREGIVER SUPPORT GROUP**

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

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

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

**SECOND AND FOURTH TUESDAY OF
EACH MONTH**

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
MEMORY SUPPORT GROUP**

Held at The Windsor of Lawrence, 3220 Peterson Rd., 2:00 p.m. For more information, please call Amy Homer.
LAWRENCE, (785) 832-9900

**SECOND WEDNESDAY OF EACH MONTH
LOSS AND GRIEF SUPPORT GROUP**

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

**SECOND THURSDAY OF EACH MONTH
NAACP MEETING - LAWRENCE CHAPTER**

Meets at the Lawrence public Library Gallery Room at 6:30 p.m.
LAWRENCE, (785) 841-0030, (785) 979-4692

**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
WIDOWS' LUNCHEON**

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

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

The Lawrence chapter of the National Active and Retired Federal Employees (NARFE) meets

■ CONTINUED ON PAGE 19

**Adventures in Learning
Winter 2008 Session Schedule**

- Feb. 1-22 **Walking To Rock 'n Rhythm**: Fridays, 8:15 AM - 9 AM (Weekly Event)
Feb. 1-22 **News & Views - A Current Events Discussion**: Fridays, 9:15 AM - 10:15 AM
Presented by Kevin McFarland (Weekly Event)
Feb. 1 **Let's Read a Good Book - "Thrillers"**:
Friday, 9:15 AM - 10:15 AM. Presented by Kathy Jennings
Feb. 1 **Health - "Recognizing Changes in Ourselves and Others"**:
Friday, 9:15 AM - 10:15 AM. Presented by Karen Beckwith, LSCSW
Feb. 1 **Grab Your Bag, Let's Travel - "Africa"**: Friday,
10:30 AM - 11:30 AM. Presented Gary Clarke
Feb. 1 **Religion - "Fundamentals of Judaism"**: Friday, 10:30 AM - 11:30 AM.
Presented by Rabbi Debbie Stiel
Feb. 1 **Life Enrichment - "Russia"**: Friday, 10:30 AM - 11:30 AM.
Presented by Bob Beatty, Ph.D., and Olga Mashtakova
Feb. 8 **Let's Read a Good Book - "Inspirational Fiction"**: Friday,
9:15 AM - 10:15 AM. Presented by Deb Bryan
Feb. 8 **Life Enrichment - "The U.S. Coast Guard in Topeka"**: Friday, 9:15 AM -
10:15 AM. Presented by Captain Vince Weber
Feb. 8 **Health - "Fitness for Your Brain"**: Friday, 10:30 AM - 11:30 AM.
Presented by DeAnn Escalante
Feb. 8 **Grab Your Bag, Let's Travel - "Mongolian Festivals"**: Friday,
10:30 AM - 11:30 AM. Presented by Olive Ubel and David Liu
Feb. 8 **Religion - Protestant Symbols of Easter**: Friday, 10:30 AM - 11:30 AM.
Presented by Rev. Dr. Andrew Grosso
Feb. 15 **Religion - Regarding Lent**: Friday, 9:15 AM - 10:15 AM.
Presented by Father Brian Schieber
Feb. 15 **Let's Read a Good Book - "It's Not Your Grandparents School Library"**:
Friday, 9:15 AM - 10:15 AM. Presented by Ron Farrell
Feb. 15 **Grab Your Bag, Let's Travel - "Traveling Without a Tour Guide"**:
Friday, 10:30 AM - 11:30 AM. Presented by Kay and Don Laird
Feb. 15 **Life Enrichment - "The Topeka Zoo"**: Friday, 10:30 AM - 11:30 AM.
Presented by Kristyn Hayden-Ortega
Feb. 15 **Health - Recruiting Physicians**: Friday, 10:30 AM - 11:30 AM.
Presented by Marcy Lechner
Feb. 22 **Life Enrichment - "The Topeka Fire Chief"**: Friday, 9:15 AM - 10:15 AM.
Presented by Chief Howard Giles
Feb. 22 **Religion - "Religion Today: England and the U.S.A."**: Friday, 9:15 AM -
10:15 AM. Presented by Alan Bearman, Ph.D.
Feb. 22 **Grab Your Bag, Let's Travel - "46 Days of Cruising the World"**:
Friday, 10:30 AM - 11:30 AM. Presented by Carl and Janet Nuzman
Feb. 22 **Health - "The New Spine Center"**: Friday, 10:30 AM - 11:30 AM.
Presented by Anne Cleverdon, R.N., B.S.N.
Feb. 22 **Let's Read a Good Book - "A Day in the Life of a Bookstore"**:
Friday, 10:30 AM - 11:30 AM. Presented by Dave Evans

"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.

■ CONTINUED FROM PAGE 18

the third Friday of each month at the Plum Tree Restaurant at 2620 Iowa. A buffet lunch begins at noon and is followed by a program and business meeting. NARFE's mission is to defend and gain benefits that retired career government employees earned. Employees from all branches of government are welcome and encouraged to attend. For more information, please call John or Linda Surritte. LAWRENCE, (785) 856-0558

**THIRD SATURDAY OF EACH MONTH
TOPEKA WIDOWED PERSONS BRUNCH**
For all widowed people. Meets at the First United Methodist Church, 6th and Topeka Blvd. in the red brick building, known as the Sweet Building on the Southwest corner of the campus. Please bring a covered dish to share. Beverages and table service provided. For more information about the Widowed Persons Service Program, please call Julie. TOPEKA, (785) 357-7290

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

**FOURTH 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
<http://www.tgstopeka.org>

**FEB 6
TOPEKA WIDOWED PERSONS SERVICE PROGRAM**
Discussion/support group. Meetings held at First United Methodist Church/the Sweet Building, 622 S. Topeka, 9:30-11:30 a.m. For more information about the Widowed Persons Service Program, please call Julie. TOPEKA, (785) 357-7290

**FEB 22
AARP CHAPTER 1696**
AARP Chapter 1696 will meet at 11:00 a.m. at the Lawrence Country Club. Lunch served at 11:30. Dale Jirik, an impersonator, will give a program about George Washington. Please call Agnes for reservations.
LAWRENCE, (785) 865-3787

MISCELLANEOUS

**FEB 2
SOUPER BOWL SATURDAY**
Purchase a bowl of soup with bread and keep

your beautiful handcrafted bowl created by local artists. 940 New Hampshire, Lawrence Arts Center.
LAWRENCE, (785) 843-2787
<http://www.lawrenceartscenter.com>

**FEB 4
AFRICAN AMERICAN LEGISLATIVE DAY**
Make an appointment with local legislators. Topics include a discussion of the Insensitive Implementation of the Juneteenth House Bill 640 in Missouri. Sponsored in part by the National Network in Action. Contact Rosalund Jenkins.
TOPEKA, (622) 247-3364, rjenkins@caa.wa.gov

**MAR 4
MARCH MADNESS SENIORS RESOURCES FAIR**
Third annual. The Senior Resources Fair is designed to introduce seniors and their families to the businesses that belong to the Lawrence Area Partners in Aging (LAPA). Will be held at Hy-Vee, 6th and Monterey, 10:00 a.m.-2:00 p.m.
LAWRENCE, (785) 842-0656, (785) 856-5555

3rd Annual Lawrence Area Partners in Aging March Madness Senior Resource Fair

Tuesday, March 4, 2008 from 10:00 a.m.-2:00 p.m. • Hy-Vee at 6th and Monterey Way



- **FREE!** No cost to attend!
- **FREE** refreshments.
- Freebies, handouts, brochures. Over 40 door prizes will be given away, including two \$100 gift cards to Hy-Vee.
- **FREE** canvas tote bags for first 100 seniors in the door.
- **FREE** balance screenings, memory games, blood pressure checks, oxygen level checks, spinal screenings including muscle and nerve evaluations, hearing screenings, chair massages, and much more!
- **FREE** Kansas "Yellow Dot" kits available.

Come by anytime between 10:00 and 2:00 to visit the booths and displays from local businesses and organizations that serve seniors in Douglas County.

- AARP Kansas
- Advanced Home Care LLC
- Baldwin Healthcare and Rehabilitation
- Blackwell Hearing Center
- Brandon Woods
- Caregivers Home Health
- CornerBank N.A.
- Criticare Home Health Services, Inc.
- Douglas County District Attorney
- Douglas County Senior Services, Inc.
- Douglas County Visiting Nurses, Rehabilitation and Hospice Care
- Harbor House Memory Care
- Heart of America Hospice
- Home Helpers
- Home Instead Senior Care
- Humana, Inc.
- Jayhawk Area Agency on Aging, Inc.
- John Clinger
- Kansas Elder Care
- Kaw Valley Senior Monthly
- KU Schiefelbusch Speech-Language-Hearing Clinic
- Lawrence Area Coalition to Honor End of Life Choices
- Lawrence-Douglas County Health Department
- Lawrence Presbyterian Manor
- Lawrence Public Library
- Lawrence Therapy Services
- Midland Hospice
- Richmond Healthcare and Rehabilitation
- RSVP of Shawnee and Douglas County
- Rumsey-Yost Funeral Home
- Sandcastles, Inc.
- Schroeder Chiropractic Wellness Center
- Susan Bonham ABR, CSA, GRI - Realtor
- Trinity In-home Care
- Vintage Park at Baldwin City
- Vintage Park at Ottawa

This is the third 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, or email partnersinaging@yahoo.com.

GOT A WAITING ROOM?

Let us drop off fresh copies of Senior Monthly every month for your patients/clients to read.

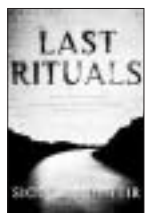
Contact Kevin at kevin@seniormonthly.net or 785-841-9417.

Medieval witchcraft, modern murder

By Margaret Baker

Yrsa Sigurdardottir: *Last Rituals* (Wm. Morrow, \$23.95, ISBN 978-0-06-114336-6) Translation by Bernard Scudder.

Thora Gudmundsdottir, a divorced lawyer with two sons, agrees to help investigate the murder of Harald Guntlieb, a German student at the University of Iceland in Reykjavik. Harald's parents refuse to accept the police's version that a drug



dealer killed him. Thora will be working with a friend of the family, Matthew Reich, because Reich doesn't understand Icelandic.

Harald's thesis was a comparison of witchcraft in the medieval period in Germany and Iceland. He had been introduced to the field by his grandfather, a student of torture. Harald was searching for a copy of *Maileus Maleficarum* (Witch Hammer), an ancient manual of the church used in detection and prosecution of witches which includes a great deal of potions, chants, curses, etc.

Since Harald's body had had its eyes removed and bore symbolic incisions, Thora and Matthew start with Harald's membership in a small student group fascinated by black magic.

Actually, modern Iceland, an island with but 300,000 population, has a very low crime rate. Makes life a bit tougher for Icelandic mystery writers, but Ms. Sigurdardottir rises to the task with vim. The backstory emerges bit by bit, as do the characters. One caveat—the print is a lighter shade so harder on the eyes.

Cady Kalian: *A Few Good Murders* (Forge, \$12.95, ISBN 978-0-7651365-2)

Hollywood, on the other hand, has both a larger population and a higher crime rate, and odd murders are salacious but not rare.

Author Maggie Mars should be ecstatic. Her screenplay is being filmed, and she's on the set. Unfortunately, most often she is rewriting scenes for prima donna star Allegra Cort. And, usually, com-



pletely changing the role from Mars' original.

When Cort is found with her head bashed by her own Oscar, guess who the police consider the prime suspect?

She's got to clear herself, with "help" from her alter ego, her fictional protagonist Mercedes, who's much tougher and street-smart, and her retired dad, a former chemistry teacher who can't seem to quit playing with explosives.

Peter Dickinson: *Angel Isle* (Wendy Lamb Books/Knopf, Delacorte Dell; \$17.99, ISBN 978-0-385-74690-3)

Now for a delightful fantasy, a journey to an imaginary land corrupted by the very magic that was intended to protect it.

Saranja, Maja, and Ribek survey the ruined lands of their childhood.



They want nothing less than to protect their homeland from the Empire's corrupted magicians. To do so they need to seek the greatest magician, Ropemaker—but he hasn't been seen in 200 years. Can the youthful trio rise to fulfill their destinies against such superior forces?

Not a short book (500 pages) but a good adventure in a well-developed magical world!

Christopher Fowler: *White Corridor* (Bantam, \$24.00, ISBN 978-0-553-80450-8)

Ready for an off-the-wall British mystery? The first clue is that the police unit is "The Peculiar Crimes Unit." It is a small unit, in a separate building, and the powers-that-be would like to close it down and merge its staff, especially Arthur Bryant and John May, the Senior Detectives grown crotchety with age. But they keep solving the difficult cases.

The unit is closed down to upgrade the computer system (and Acting Unit Chief Raymond Land hopes to make it permanent) so Bryant and May drive off to a conference on supernatural events despite the weather forecast of blizzard.

Back at the unit, the pathologist

is found dead in the morgue. This is a controlled-access building, so this is a locked-door mystery. One that Bryant and May will be called to solve while in the midst of a massive white-out traffic snarl. Add a possible serial killer in one of the stalled vehicles, and you have a very cold case, pun intended.

Ah, the advantages of the much-maligned cell phone. Without it, and the elderly detectives' mental powers, the cases would not be solved!

Charles Todd: *A Pale Horse* (Wm. Morrow, \$23.95, ISBN 978-0-06-122356-2)

The title refers to The White Horse of Uffington, cut into the white chalk, the oldest hill figure in Britain, possibly from 1,000 B.C.E. It forms the backdrop for Todd's (a penname of a mother-son writing team) British mystery set in 1920.

Five boys trying to raise the devil with a book on alchemy stolen from their schoolmaster sneak out to the ruins of an abbey. There they stumble over what seems to be the devil, dead—a corpse swaddled in a cloak and wearing a gas mask.

Scotland Yard sends brilliant but troubled Ian Rutledge to Yorkshire to investigate. Rutledge is recovering slowly from shell shock. He must identify the body, determine how he died, and find the perpetrator. Also, what is the connection to the gas mask?

In a semi-circle below the White Horse are several cottages originally built for lepers. Each tenant seems to be harboring a secret, and one of them seems to be a "minder" for the government. Can Rutledge solve his mystery without descending again into his experiences in that horrid trench warfare?

A finely-crafted historical mystery that reopens issues of modern warfare and national responsibilities!

Twist Phelan: *False Fortune* (Poisoned Pen Press, \$24.95, ISBN 978-1590-5836630)

Fourth in the Pinnacle Peak mysteries. Hannah Dain, lawyer in a family law firm, is kayaking in Arizona's lakes. Enroute she watches a woman drive her car right through the guard rail and into a lake. She is able to rescue the woman, leading to a case involving Native American tribal rights, environmental concerns, and even academic scholarship.

A mishap of a less deadly type leads Hannah to cover a settlement case for her sister, which dissolves

when some of the Tohono O'odham plaintiffs refuse to accept the agree-



ment in a case involving illegal disposal of dangerous by-products on tribal land.

If you like Tony Hillerman's work, you should try Phelan's combination of legal thriller and outdoor adventure. She brings the high desert and its inhabitants right into your living room!

We'll end with a puzzle-and-search adventure, which should appeal to those who enjoyed *The DaVinci Code* and *National Treasure*: Steve Berry's *The Venetian Betrayal* available in both audio and print from Random House. The audio edition is read by Scott Brick on 12 cds for \$49.95. ISBN is 978-0-7393-5894-8.

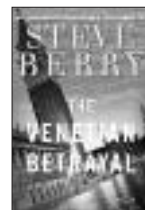
No one knows where the body of Alexander the Great lies. Most Greek kings were cremated, but Alexander died away from Greece and his kingdom was divided among his counsel. His body was mummified for permanent burial but never located.

Cotton Malone, a former U.S. Justice department agent turned rare book dealer, learns from a friend, Cassiopia Vint, that the Central Asian Federation, formed after the Soviet Union's demise, is searching (and killing) for 13 "elephant medallions" struck soon after Alexander's death. When found, they will give the solution to the puzzle of Alexander's final resting place. Buried with Alexander will be a miraculous healing serum.

That serum would be very useful when the Central Asian Federation's despot tries to surpass Alexander's conquests by use of biological weapons.

Thrilling, engaging, frightening—and very well written!

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



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

'Bucket List': More than a barrel of laughs

By Esther Luttrell

BUCKET LIST

Starring Jack Nicholson, Morgan Freeman. Directed by Rob Reiner.

Two terminally ill men leave a cancer ward and head off on a road trip with a wish list to be fulfilled before they die.

That's the short version. The longer version is this: Edward Cole (Jack Nicholson) is rich beyond words.

He even owns the hospital to which he's admitted when he is stricken with terminal cancer. Whether rich or not, the hospital policy is that everyone must share a room. Cole's roommate, Carter Chambers (Morgan Freeman), is also terminally ill. Cole is arrogant, spoiled and doesn't warm to his roomie, while Chambers finds Cole rather pathetic. After months of sharing everything from philosophy to fears, they determine to leave the hospital and set out fulfilling their bucket list of things they want to accomplish in the year they have left to live. For Chambers it means walking away from a shrew of a wife, for Cole it means doing more of what he's always done but with, hopefully, more appreciation this time around. They see the Taj Mahal, attempt to climb the Himalayas, shop in Hong Kong, and visit the pyramids. Along the way, they also learn what's truly important—and what isn't.

Having said all of that, let me move on to what I think is more fascinating than the film's story. I was in a packed theater, watching a matinee with people who were so receptive to what was going on in the movie, you could almost feel their affection for Freeman and Nicholson. They laughed at the least excuse to do so. They responded to the smallest on-screen nuance. When the movie ended, they burst into applause. The credits began, yet almost no one left. Those on their way out, turned to watch the screen until the final name had been listed. I had to wonder why. In truth, the movie wasn't that grand (the young man who wrote it did so in two weeks). And it certainly wasn't funny, although just watching Nicholson can be hilarious in itself. Basically, it was a matter of being privy to a relation-

ship between two friends, Freeman and Nicholson. Watching pulls you in, in a personal way. On the other hand, Roger Ebert gave it one star and wrote a scathing review. *The San Francisco Chronicle* didn't hate it, but they also didn't love it. I have a feeling the Hollywood community will turn its nose up, too. But then, I've suspected for a very long time that Hollywood has no clue what the American movie-going public likes or doesn't like. And I'm not sure they care. In summary: If you have, or know anyone who has, cancer, this might be too painful to watch. If that's not the case, and you can simply enjoy these two wonderful personalities on-screen, then it's a welcome break from the usual wham-bam, slash-'em-slice-'em, in-your-face movie fare.



DVD PICK OF THE MONTH

"Notorious," a romantic-thriller directed by Alfred Hitchcock. Go now back to 1946. Granted, we'd just come through a world war. Despite that, we were a rather gentle society, and there was an intelligence in what we saw in movies, that was reflected in roles played by actors like Ingrid Bergman and Cary Grant. Unlike films today, where objects fly at you from the screen, and scream at you in Dolby Sound, plots required our thoughtful attention. In this one, Grant is an American secret agent and Bergman the "notorious" woman whose love he must sacrifice. With its suspense-packed ending, memorable love scenes and superb plot twists, *Notorious* is considered a Hitchcock classic. Treat yourself to a lovely evening of video watching, and remember when movies really were entertaining.

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

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

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Why does dog like eating 'Bambi burgers'?

QUESTION: My ball python is having problems shedding (its skin) in one piece. I've tried misting to add humidity. Is there anything else I can do to help Henry? — C.D., Henderson, NV

to rub up against."
QUESTION: Our little mixed-breed dog likes to eat pieces of frozen deer poo. How do we stop this? — C.T., Jackson, MI

ANSWER: A backyard is not a babysitter. Dogs languishing in yards get bored, developing bad habits like munching on Bambi burgers.

Of course, you can try keeping the deer away, but that's easier said than done. Besides, I think there's something very satisfying about seeing deer grazing in your yard. Peggy Moran, a dog trainer outside Chicago, where deer roam in yards, understands your problem. "Add vinegar to the piles of deer droppings," she says. "Naturally, your dog will sniff and go, 'yuck.' When he does, give him praise."

Now, take your dog out on a long leash, and when he expresses even the slightest interest in a pile without vinegar, toss a soda can with four pennies inside in his direction. Please don't hit your dog with the can; just have it land close to him. It's important that your dog does not see you toss the can. He'll simply think, 'When I sniff at this stuff,

an awful noise comes out of nowhere.'

Repeat both the vinegar-sprinkling and the can-tossing exercises several times. In addition, offer your dog more appropriate choices for chewing outside, such as rawhide or a Booda bone, or load some kibble into a Buster Cube (a toy your dog can push around with his nose to make kibble tumble out).

(Write to Steve at Tribune Media

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

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Advertising deadline for the March issue of Senior Monthly is February 20. Call 785-841-9417.



Steve Dale

ANSWER: It's awfully dry in the Las Vegas area, so even with added humidity, it's apparently just not enough, according to Dr. Kevin Fitzgerald of Animal Planet's "Emergency Vets." He says one secret is to take a moistened terrycloth towel, and allow your snake to slither through it, rubbing off its shedding skin in the process.

Fitzgerald, of Denver, CO, adds two more secrets of his trade: "Rub aloe on the snake just as shedding begins. Also, be sure there's a rock or a brick in the enclosure for the snake

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Even a swallow has a home

He walked and walked for many days. His weary feet traced every street of the great city. He then followed miles of bus routes to several outlying areas: walking, always walking, with his hands in his pockets



Reverend
Alfonso
Orantes

and his thoughts in the clouds. For twenty-year-old Seth Early, of Palm Beach, Florida, life could be summed up in one word: abandonment.

Eventually he found a shelter. It wasn't large, but it was enough. It would meet his needs. It was a church altar. Seth Early lived for 15 days inside that altar. When he was discovered and arrested, the young man quoted the words of Psalm 84:3, "Even the sparrow has found a home, and the swallow a nest for herself. . . A place near your altar, O Lord Almighty, my King and my God."

There can be nothing more degrading and despairing than to walk the streets of a city without a destination, sleepy, hungry, tired, cold and disillusioned. Seth Early found refuge inside an altar. How

significant!

Where can a man who has a good home, a nice bed, plenty of food, a beautiful family, but perhaps whose life is plagued with problems, find refuge? IN AN ALTAR. Where can a young person who is a prisoner of drugs or alcohol find refuge? IN AN ALTAR.

Where can a girl who has been abandoned by the man she thought loved her, but turned out to be a seducer, find refuge? IN AN ALTAR. Where can that wife, who has been abandoned by her husband of many years, find refuge? IN AN ALTAR.

What am I trying to say? The altar, my friend, represents the presence of God. It's the place where you can find the solution to your every need.

Jesus said: "For even the Son of man did not come to be served, but to serve, and to give his life as a ransom for many" (Mark 10:45).

Jesus became man so that He could be at your side, so that He could identify with you and come to your rescue. That's where the cross comes in. He is waiting to be your refuge. He is the altar that can bring tranquility to your troubled heart. Look to God. Give yourself to Him. He is your altar of refuge.

- Reverend Alfonso Orantes is with the Lawrence Faith Foursquare Church. For more information, please call (785) 979-0041,

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Ski Togs

One evening in late July, international fashion designer Amanda Pershing sat alone in a posh restaurant at a ski resort in Bariloche, Argentina. It was the height of the ski season in the southern hemisphere.

A waiter appeared at her elbow. "Si seniorita?"

"Otro agua mineral, por favor," said Amanda.

Just then she saw Laurence Carpenter coming toward her table.



Larry Day

Carpenter was vice president for marketing for Max Mershonbom, one of the world's leading haut couture fashion houses.

Amanda had first met Carpenter in New York when he flew in from Paris to congratulate her for designing a new line of denim clothing for Max Mershonbom that included high fashion bib overalls. Amanda had escaped a life of poverty on a Kansas farm by combining her incredible artistic talents with an indomitable will.

Carpenter arrived at the table, kissed Amanda on the cheek, and sat down.

A waiter appeared at his elbow.

"Merlot. *Estancia los Algarrobos*," said Carpenter, and turning to Amanda said, "What's for dinner?"

"I've ordered *asado a la parilla* for two. There's an old gaucho here who supervises its preparation."

"Excellent," said Carpenter, "then I ordered the right wine."

They had *dulce de leche* for dessert, and after the table was cleared Carpenter set up his mini laptop. He typed a few commands and said, "Monsieur Mershonbom would like to speak with you." The old man's face appeared on the screen.

"Good morning, Amanda," said Mershonbom. "I'm in Hong Kong."

"Good evening from Bariloche sir," said Amanda.

"How is the powder?"

"It's superb!"

"I'm glad, Amanda, I want you to create a new line of ski togs for me."

"Ski togs, sir?"

"I'm widening my interests," he

said. "There's a billion dollar potential for mall marketed ski togs. I want to change the way people think about ski wear."

"It has to be functional, sir."

"That's right but up to now we've let the ski industry dictate what's functional."

"What do you have in mind?"

"A retro look using newly developed high impact denim," said Max Mershonbom. "That's why I thought of you. I have top execs at Levi Strauss already onboard."

...

On a frosty Saturday afternoon in February seven months later, Glen Cannon Evans and his wife Adel did the ski boot swagger across the outside deck of their 10 million dollar home in Park City, Utah. They stepped from the deck to their skis and maneuvered expertly downhill to the base of a chair lift that they shared with a few equally affluent Park City mansion owners.

The chair lift was exclusive, but the best ski runs were open to all skiers. Glen Cannon Evans hated that.

The two stopped with a swoosh that sent snow flying onto a thirty-something couple waiting to board the next chair.

Evans looked at the couple as they brushed snow from their pants. Their outfits were outlandishly gauche—all denim with bib overall stripes, and they wore the darndest looking ski boots and headgear Evans had ever seen. "Country bumpkins," he said. "What are they doing here?"

"You two," he said sharply. "This is not a public lift. You can't go up..."

Just then an empty lift chair came and the couple sat down and rose up the mountain.

"People who can't afford proper ski togs can't ski here," yelled Evans. The young woman smiled and waved with her right mitten. The young man gave Evans a thumbs up. By the time Evans and his wife reached the top of the lift the couple was no where to be seen.

Late the next morning at the

SLAPSTIX

If there's anything a public servant hates to do it's something for the public.

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breakfast table Evans divided the Sunday newspaper. He took the news and opinion section and gave his wife the arts and fashion section.

"Ohhhhhh my gosh!" cried Mrs. Evans.

"What's the matter?" asked Evans.

"It's them."

"Who?"

"The bumpkins from the ski lift."

"Where?" Evans looked toward the picture window in the living room.

"Here on the front page of the fashion section. Max Mershonbom has launched a new line of ski togs. She must be his top model." Mrs.

Evans looked back at the paper. "No. She's a world famous fashion designer."

Mrs. Evans grabbed her cell phone and began dialing.

"What are you doing, Adel?" asked Evans irritably.

"I'm going to call everyone we know and tell them we skied with Amanda Pershing yesterday," she said.

- 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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CROSSWORD

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ACROSS

- 1 Camp beds
- 5 Questioned
- 10 Competent
- 14 Fairy-tale beast
- 15 Harvest wool
- 16 Naval jail
- 17 Dressing for dinner?
- 19 Pine (for)
- 20 Pvt. Bailey of the comics
- 21 Rustic folk
- 23 Sharpen with a whetstone
- 25 Heckle
- 26 Implant
- 29 Negative vote
- 32 Nut-producing tree
- 35 Card combination
- 36 Gasoline rating
- 38 Balk
- 39 LAX info
- 40 Not this one
- 41 Keg feature
- 42 Fierce mythical bird
- 43 Full stop
- 44 Denuded
- 45 Hayseed
- 47 System or friendly lead-in
- 48 Companies
- 49 Self-satisfied
- 51 Con's knife
- 53 Sticking together
- 57 On the train
- 61 Swerve
- 62 Rolling Stones hit
- 64 Designer Cassini

- 65 Stationed
- 66 Callas number
- 67 Clean off
- 68 Winter vehicles
- 69 Peaceful

DOWN

- 1 Title role for Tommy Lee Jones
- 2 Make eyes at
- 3 Real
- 4 Boiled
- 5 Pallid
- 6 That ship
- 7 Retain
- 8 Alleviate
- 9 Joyless, poetically
- 10 On fire
- 11 U.S. military decoration
- 12 Collection in an innie?
- 13 Omelet necessity
- 18 Hunk of dirt
- 22 Cavalry sword
- 24 Play some more!
- 26 Coarse variety of corundum
- 27 I agree
- 28 Outcast of the family
- 30 Garret
- 31 Hayseeds
- 33 Beguile
- 34 Promotes heavily
- 36 Ace, when not eleven
- 37 Beatty or Rorem
- 40 Top grade
- 44 Temporary camp
- 46 Come forth

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17				18							19			
20							21			22				
			23			24			25					
26	27	28				29	30	31		32			33	34
35					36				37			38		
39				40								41		
42				43							44			
45			46			47				48				
			49			50			51	52				
53	54					55	56		57			58	59	60
61						62			63					
64						65						66		
67						68								69

By Holden Baker
Greenfield, MA

- 48 Little white lies
- 50 Joe or Marla
- 52 Rotating pointers
- 53 Swear
- 54 Reuben shop
- 55 Spoken
- 56 Cyrano's feature

- 58 Taj Mahal locale
 - 59 Train track
 - 60 One-sixteenth of an ounce
 - 63 Get hitched
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Answers on page 30

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.

RIGHT TOOL FOR THE JOB (sol: 11 letters)

A-Adhesive; C-Chain saw, Charger, Chisel, Circular saw, Clamp, Compressor, Crimp tool, Cutters; D-Drill; F-File, Fuse; G-Generator; Glue, Grinder; H-Hammer, Handsaw, Hex screw; J-Jig saw; K-Knife; L-Level; M-Mallet, Miter saw; N-Nailer; P-Planer, Pliers; R-Ratchet, Router; Ruler; S-Sander, Scissors, Shears; T-Table saw, Tape, Tile saw, Torch; V-Vise; W-Wrench

This Month's Answer:

SCREWDRIVER

SWASELITREDNIRG
LOOTPMIRCJTAPEC
WERC SXEHOIEFINK
AWASRETIMGLEVEL
SCISSORSRSPRTEWS
DWRDGENERATORTR
NAERVRLGEWEREEA
ASLEIFLVSELCDHE
HEIGSU IISLLHNCH
CLARESRVOIAPATS
NBNAEEDERFMRSAR
EACHISELHAMMERE
RTDCIRCULARSAWI
WASNIAHCUTTERS L
RETUORELURENALP

JUMBLE

THAT SCRAMBLED WORD GAME
by Henri Arnold and Mike Argirion

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

OSOME

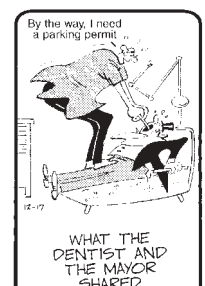
MALLA

LUPPIT

ETEELY

www.jumble.com

Answer: O O O O OF "O O O O"



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

Answers on page 30

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TRIVIALITIES

1. In the 2007 animated film "Alvin and the Chipmunks," who supplied the voice for Alvin?
2. John Turturro directed and wrote this 2002 film that starred Susan Sarandon and Kate Winslet. Name it.
3. Susan Sarandon has been nominated five times for the best actress Oscar. How many times has she won?
4. For what film did Susan Sarandon win the best actress Oscar?
5. The 1994 film "The Client" was adapted from whose novel of the same name?
6. Who directed the 2005 film "Elizabethtown"?
7. For what 2003 film was Alec Baldwin nominated for an Academy Award?

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Answers on page 30

BRIDGE

Play or Defend?

By Omar Sharif and Tannah Hirsch

Both vulnerable. North deals.

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

The bidding:

NORTH	EAST	SOUTH	WEST
Pass	Pass	1♠	2♣
2♥	Pass	2NT	Pass
3♠	Pass	4♠	Pass
Pass	Pass		

Opening lead: Two of ♠

Study the diagram above and decide: Would you rather play or defend four spades after the lead of a trump?

The auction was sound. When South showed full value for his opening bid with his two-no-trump rebid, North invited game in spades and South, whose queen of hearts enhanced his holding, proceeded to

game.

Suppose you elect to defend. Declarer wins the spade lead in dummy with the ace and runs the jack of clubs. You win with the queen and revert to a spade, declarer winning in hand as cheaply as possible to lead the king of clubs. You cover with the ace, declarer ruffs in dummy and leads a heart to the queen and your ace, and you exit with a club to declarer's ten. Declarer draws the outstanding trumps, cashes the ace of diamonds and continues with a diamond. When the king appears, declarer claims the rest - making four-odd.

However, don't switch to declaring. Suppose that, when declarer leads the king of clubs, you refuse to cover. It wins. If declarer does not ruff his club loser, he will be stranded with it. If he ruffs, best is to come to hand with the ace of diamonds and lead another toward the queen. You win with the king and play a club, forcing declarer to ruff. Declarer can draw trumps, exhausting his spades, and lead a diamond to the queen, but when the suit doesn't break you must get the ace of hearts and a club - down one.

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

© Puzzles by Pappocom

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

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

HARD

Solution on page 30



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Old scientific instruments are popular with collectors

QUESTION: In researching, we found our four teaching devices in an 1848 catalog on "Optical, Mathematical and Philosophical Instruments." Can you tell me anything about them? The set originally had nine pieces. —Margie, Tucson, Ariz.

ANSWER: The writer describes "movable astronomical diagrams" made by Benjamin Pike Jr. of New



Danielle Arnet

York. Each is a 4- by 7-inch flat wooden frame with glass discs in the center. When hand-cranked and held to light, they demonstrate eclipses, orbits and tides.

Old scientific instruments and teaching devices are popular today. As information becomes increasingly digital and abstract, pieces from simpler, earlier eras of scientific exploration hold fascination for collectors. Items in top shape sell high, and several auction houses hold sales that include them.

Christie's London has a department that includes scientific antiques, and we asked James Hyslop, science specialist there, about the frames.

The frames were made by several firms in the 19th century, he told us.

"They would have been used in conjunction with a projection lantern," he added. Value is increased if there is a maker's stamp on the wooden frames.

Without seeing the pieces, pegging value is tricky. But Hyslop added that if condition is fine and the mark is present, value on each could be \$500 or more. Without a mark or if condition is compromised, value is more like \$100 to \$200 apiece.

"The market for this sort of lantern accessory is very strong at the moment," he said. A single 19th-century microscope slide sold for over \$1,000 recently!

QUESTION: I have a set of cat andirons that I thought were brass because when I cleaned them, they polished like brass. Kovels' Antique Price Guide for 2000 listed them at \$1,495. —Paula, Tulsa, Okla.

ANSWER: The reader adds that the Kovels' guide listed cast iron andirons of seated cats with green glass eyes, 16 inches high.

But cast iron is not remotely like brass, and will never clean like brass. Ergo, the andirons are almost certainly not 100 percent cast iron. Old cast iron was formed into many objects, from cookware to bookends and doorstops; original andirons are more rare. Of course, Colonial and very early examples are a big bucks category.

Repro cat andirons with glass eyes are another story. They've been available, in waves of popularity, since

the early 1900s. Look on eBay and you'll find brand new ones for under \$40.

If the andirons are indeed brass, and old brass to boot, that's good. If finely cast, even better. In short, the andirons need evaluation by someone who knows metals and the market. Perhaps a reputable local dealer will take a look for you. Take an andiron in. Metal needs to be handled.

QUESTION: Any info about our wooden child's high chair? The only mark I could find was "patent pending" on the underside of the tray. —Vee, Hampden, Maine

ANSWER: Seen in photos, this is an attractive sack back Windsor style high chair with an oval seat. The patent mark tells us it was mass-produced. The bowed back with decorative center accent and fancy turning on spindles points to a better grade product. This was a good chair when made. It appears to date from the 1940s, but it must be seen for definitive dating.

Today, the old chairs appeal primarily to doll collectors, as they are a good way to display a large doll. Retail, chairs of this vintage average \$200 to \$400, depending on condition and where sold.

QUESTION: My mother got this Shirley Temple pitcher at a World's

Fair in, I think, the 1930s. Is it worth anything? —Grace, Saluda, Va.

ANSWER: In the 1930s, the Hazel Atlas Glass Company made cobalt blue glass mugs, pitchers and cereal bowls with a white decal of the movie moppet's face. In the 1950s, Temple resurfaced on TV, and many old favorites were reissued. In the 1970s, Temple cobalt glass was just plain faked.

Collectors accepted the repro cobalt glass pieces, and that keeps prices of the originals down. Prices today range from \$10 to \$50, or whatever the seller can get.

The fact that your pitcher (actually a creamer for the set) is authentic will matter to a discerning buyer willing to pay more for the real thing.

2008: We send sincere wishes to all "Smart" readers for a new year filled with health, love and peace. You are the best, and I appreciate you all!

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

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A hearty kick-off for the Chinese New Year

By Wolfgang Puck
Tribune Media Services

I love it when two great events fall close together, giving you twice as much of a good reason to have a party. That's what's happening during the next two weeks, with the traditional 15-day-long Chinese New Year observance starting on Feb. 7 and the all-American football celebration of Super Bowl XL taking place on Feb. 3 in Phoenix.

And I know the perfect way to celebrate both with one recipe: Chinese Five-Spice Spare Ribs with Pickled Ginger!

I developed this recipe when I opened the first branch of my Chicago restaurant in Santa Monica back in 1983. Very soon I learned a lesson that anyone who runs a Chinese restaurant on this side of the Pacific will tell you: Ribs, along with wontons, are the dishes people ask for most often. So I set out to give my guests

the best ribs I could come up with.

I start with baby-back ribs. These most popular choices among pork spareribs get their name not because they come from a younger animal but because they're smaller and come from the top of the rib area along the back of the pig, yielding the most tender, meatiest ribs. If they're unavailable, regular pork spareribs will be fine.



PHOTO BY BOB FINK, CHICAGO TRIBUNE

Wolfgang Puck's Chinese Five-Spice Spare Ribs with Pickled Ginger

Then, to give the ribs an authentic Chinese flavor, I rub them first with five-spice powder, a traditional Asian blend of Szechwan peppercorns, star anise, cloves, cinnamon, and fennel seed. Found in

most well-stocked supermarkets, this seasoning gives the meat a complex flavor that's subtly hot, sweet, pungent, and aromatic all at the same time. Then, for extra flavor, I slather the ribs with a mixture of bottled hoisin sauce and plum sauce, which also help keep them moist and give them a rich, dark glaze.

Also to keep the ribs moist as well as tender, I first cook them slowly in a covered pan in the oven. Just before serving, I add still more flavorful ingredients, including sweet-sour apple cider vinegar, crushed garlic, honey, and a tablespoon of the pink pickled ginger root that you find in sushi bars and the Asian food sections of supermarkets, to turn the skimmed roasting juices into a thick sauce in which the ribs are warmed up. The sticky result is so delicious that you'll be licking your fingers long after the meat is gone. (Make sure to have lots of paper napkins on hand, too!)

In fact, I suggest that you double the recipe so you'll have extra, because the ribs are just as good reheated. That way, you can enjoy a big batch of them for Chinese New Year just a few days from now, and then you can eat them again the following weekend while you sit back and watch the Super Bowl!

CHINESE FIVE-SPICE SPARE RIBS WITH PICKLED GINGER

Makes 4 to 6 servings

- 3 pounds baby-back ribs
- 1 tablespoon Chinese five-spice powder
- Salt
- Freshly ground black pepper
- 1/4 cup bottled hoisin sauce
- 1/4 cup bottled Chinese plum sauce
- 1 cup apple cider or apple juice
- 1/4 cup cider vinegar
- 1 tablespoon minced pickled ginger
- 1 garlic clove, peeled and crushed
- 2 tablespoons tomato paste
- 2 teaspoons soy sauce
- 1 tablespoon honey

Rub the ribs all over with the five-

spice powder and sprinkle them generously with salt and pepper. In a small bowl, stir together the hoisin and plum sauces and then brush them evenly over the ribs. Cut the ribs into sections of 3 to 5 ribs.

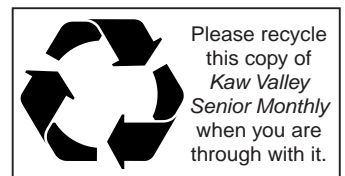
Preheat the oven to 350 degrees. Oil 1 or 2 roasting pans large enough to hold the ribs in a single layer. Put the ribs in the pans and cover tightly with aluminum foil. Bake the ribs until the meat is tender enough to be pierced easily with a fork, about 1 hour, taking care to avoid the steam when you uncover the pans.

Carefully pour off the liquid from the roasting pans into a heatproof bowl. With a shallow spoon, skim off and discard the fat from the surface. Pour the remaining liquid into a large pot and add the cider or juice, vinegar, ginger, garlic, tomato paste, soy sauce, and honey. Cook over medium heat, stirring frequently, until the liquid reduces to a thick, syrupy consistency, about 15 minutes.

Cut up the ribs into individual pieces and put them in the pot of sauce. Re-warm them, turning them in the sauce with tongs to coat them evenly. Transfer the ribs to a serving platter, passing any extra sauce on the side.

(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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Barbie is forever (preserve those old dolls)

By Susan Walter

Kansas Senior Press Services

Do you have a baby-boomer daughter who played with dolls when she was a child? Are the dolls lying in a box or drawer, or did you sell them at a garage sale for practically nothing?

My daughter was one of those boomers. When she was five years old (she is 47 now), she received her first Barbie doll. We couldn't afford Barbie clothes from the store, so I made most of them. Her velvet winter coat had a white fur collar salvaged from a pair of worn-out house shoes. Her evening gown was made from four-inch scraps of lace. Other clothing was made from any scraps

I had near my sewing machine. The only items I purchased were shoes, boots, purses, suitcases, and snaps for the sewn clothing.

Barbie made her debut in 1959, wearing a black-and-white swim suit. She met her first boyfriend in 1963; her first girlfriend, Midge, in 1963; and her little sister, Skipper, in 1964. The number of Barbie's friends grew as the years passed, but she was the queen of fashion. Barbie became the owner of houses and cars, and had outfits for every season and occasion.

Playing with Barbies gave little girls a chance to use their imaginations. There was a lot of role-playing. The closest I got to a Barbie doll was a paper lady cut from the

Sears catalogue! We would design our own clothes.

Collecting dolls is big business for dealers. The first version of Barbie sold for nearly \$4,000. They are worth more if they have not been removed from the box. What child would want to leave a Barbie in the box and just look at her?

Mary grew up and has a family of her own, with two sons but no daughters. Barbie and her apparel stayed in a box for many years. Then my husband, Norm, made a memory box for the dolls, with compartments for the dolls and other items

in their wardrobes. A glass panel was put in to keep the contents free of dust. Norm also made a box for a little doll Mary received when she was two years old.

The doll memory boxes sit by Mary's fireplace and are conversational objects her friends can enjoy. When Mary relates stories about the dolls, the tears start rolling down her cheeks as she reminisces about the good times of yesteryear.

- Susan Walter, 87, is a creative writer, painter, quilter, volunteer, and swimmer. She has been married for 62 years and has six children.

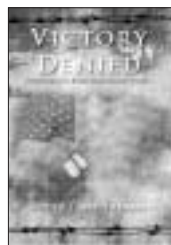


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Victory Denied: Everything You Know About Iraq Is Wrong!

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The non-fiction memoir of Lieutenant Colonel Roger T. Aeschliman, Topeka, is titled **VICTORY DENIED: Everything You Know About Iraq Is Wrong!** It was written boots on the ground while he served in Iraq with his Kansas Army National Guard Infantry Battalion. Aeschliman sent a weekly e-mail report home and the book includes every single report and many other personal letters and notes to family and friends.

VICTORY DENIED is a wakeup call to America. It tells the story of incredible successes in Iraq that have been ignored or deliberately misrepresented by a biased national media.

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