

# Kaw Valley Senior Monthly

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January 2005

Serving Active Seniors in the Lawrence-Topeka Area

Vol. 4, No. 7

## INSIDE



Our 2005 Senior Resources Directory includes dozens of important phone numbers and listings for businesses and organizations that provide services and products for those who are over 50. - page 10



Do your New Year's resolutions include weight loss? Dr. Farhang Khosh offers some helpful nutrition and diet advice. - page 6

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**FREE**



Frances Schmidt

KEVIN GROENHAGEN PHOTO

## Schmidt enjoys being a volunteer in the Senior Companion Program

By Kevin Groenhagen

"It's really just a friend being a friend."

That's how Frances Schmidt, Topeka, describes her role as a volunteer with the Shawnee County Senior Companion Program.

As a volunteer, Schmidt spends 25 hours a week serving frail elderly adults and their caregivers, adults with disabilities, and those with terminal illnesses. She currently serves eight clients and spends up to four hours at a time with each client.

The goal of the Shawnee County Senior Companion Program is to provide the essential services that enable frail elderly residents of Shawnee County to remain in their

own homes. Services provided include taking care of simple chores, providing transportation to medical appointments, and offering contact to the outside world. In addition, Senior Companions provide respite care to relieve live-in caretakers for short periods of time.

According to Schmidt, her volunteer activities vary from client to client.

"The clients are just like your friends," Schmidt said. "You don't do the same things with every friend. Some like to go shopping, some like to go out to eat, and others just like to sit and visit. I had one lady once who wanted to try a different restaurant each week. She'd pick the place one week and then I would pick the

next week."

Schmidt also notes that while she is often a bit younger than her clients, they eventually find something of mutual interest to talk about.

"One of my clients went to grade school in the same little town in Pottawatomie County that I graduated from high school, so we were able to talk about that town," Schmidt said. "Another lady is from Blue Rapids, Kan., and that's a place I used to go to once in awhile when I was a kid. We don't know the same people, but we both know about things that happened there in the 1940s and 1950s. One client said something about Cleburne. That's a town that hasn't been there since the Tut-

CONTINUED ON PAGE TWO

# Schmidt

CONTINUED FROM PAGE ONE

tle Creek Dam took it out in the 1950s. I about fell out of my chair. It turned out that she went to school there."

Cleburne was one of 10 towns, including Blue Rapids, which were affected by the construction of the dam. The dam also affected about 3,000 people.

Politics and religion are two topics Schmidt shies away from.

"One gentleman last fall asked me, 'What do you think of this election coming up?' I'd answered, 'Well, I really don't know.' It's best just to hedge. You don't want to get into too deep of water."

Schmidt has also learned that there are some clients who don't care much for certain activities.

"One of our Senior Companions had to leave the program due to health problems and I inherited one of his clients," Schmidt said. "When I visited this gentleman, he turned to me and said, 'There's one thing you have to remember. Whatever we do, I don't want to go look at the damn ducks. If you've seen one damn duck, you've seen them all.'"

Schmidt isn't exactly sure what the gentleman had against ducks, but suspects his former Senior Companion may have taken him to the park at least one time too many. Schmidt and the gentleman never went to look at the ducks and got along marvelously.

"There are a lot of clients who do like to go to the parks," Schmidt said. "One woman wanted to go to Gage Park to have a picnic and then visit the rose garden. We never did make it to the rose garden. We ended up riding the train instead."

The Senior Companion Program is part of the Corporation for National & Community Service's Senior Corps, which also includes the Foster Grandparents Program, which serves children and youth with exceptional needs, and RSVP, whose volunteers, among other activities, organize neighborhood watch programs, tutor children, renovate homes, and teach English to immigrant children.

Schmidt has been a volunteer with the Shawnee County Senior Companion Program since it was started seven years ago. During its first two and a half years, the Shawnee County program operated under the umbrella of the Fort Hays State University Senior Companion Program, which was established in 1974. On July 1, 2000, the Shawnee County program became its own entity after

the Shawnee County Health Agency applied for and accepted a \$40,000 grant from the Corporation for National & Community Service. The Shawnee County program currently has 11 volunteers who serve a total of 45 clients.

Senior Companions volunteer 10-30 hours per week and receive a tax-free stipend of \$2.65 per hour. They also receive mileage reimbursement and other benefits. Senior Companions must be 60 or older and meet income guidelines. Clients must be elderly or have a disability.

Schmidt, who retired in 1989 as an employee at the VA Hospital's canteen, has been a Topeka resident since 1945 and raised six children. She is often asked why she spends so much time volunteering. A few people have even suggested that she is wasting her time.

"I certainly don't believe I am wasting my time," Schmidt said. "I think this is a good program, not only for the clients, but also for the volunteers. A lot of the clients are lonesome. Many of them don't have family or their family doesn't live around here. And I have learned so much from these people."

For more information about becoming a Shawnee County Senior Companion Program volunteer or client, please call Linda Ochs or Jan Craig at 785-291-2490.

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# Naturopathic doctor offers advice on weight loss during the new year

By Billie David

If you're planning to include weight loss in your New Year's resolutions this year, the key to success is accepting that there is no magic formula. It's simply a matter of adopting a healthier lifestyle, according to Dr. Farhang Khosh, who practices naturopathic medicine at Natural Medical Care in west Lawrence.

Khosh said that patients have consulted him about weight loss not only as a way to keep a New Year's resolution but also, as people become more conscious of the importance of maintaining an optimal weight, as a way to stay healthy on a daily basis.

"The secret to being healthy is staying healthy all the time," he said. "Staying fit and healthy prevents so many diseases."

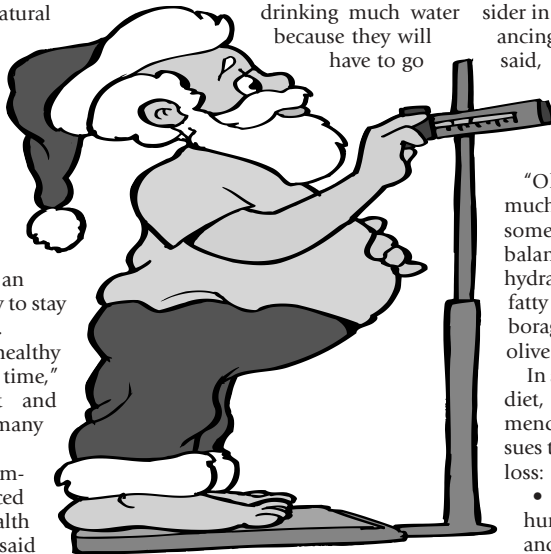
Although Khosh recommends eating a balanced diet for optimum health and weight loss, he also said that each person differs in his or her nutritional needs.

"The diet has to be tailored to each individual," he said. "Some people need more of something or less of something, so you have to optimize the diet for that person."

For senior citizens, there are several weight loss issues that commonly crop up, including those having to do with the gastrointestinal system,

urinary problems, sugar imbalance, and ill-fitting dentures.

"For the older people in my practice, constipation is a big problem," Khosh said. "Many people don't realize that along with a high fiber diet, they have to drink plenty of fluid. If they have urinary problems, they're afraid of drinking much water because they will have to go



to the bathroom more. But to lose weight, you have to have enough fiber and enough fluid."

Getting enough fiber can also be a problem when ill-fitting dentures cause pain during chewing because, in order to avoid the pain, the dieter may not be eating enough fresh fruits and vegetables.

Khosh said that in his practice

he has seen many dietary problems caused by ill-fitting dentures and that the solution is simple: consult your dentist. Even if your dentures are a perfect fit at first, he explained, you may have gained or lost weight, and the dentist can readjust them to fit properly.

Another important matter to consider in your weight loss plan is balancing sugar in the blood, Khosh said, adding that the key is to eat a balanced diet that includes fresh fruit and vegetables, legumes and protein.

"Older people don't need too much protein because it can have some side effects, so they need to balance that with complex carbohydrates and good oils—omega fatty acids from fish, flax seed, borage and black currant oil, and olive oil."

In addition to eating a balanced diet, Khosh also offered recommendations for the following issues that can also sabotage weight loss:

- **Stress:** "With stress, the human body secretes cortisol, and that has a direct effect on insulin," Khosh said. "If you have stress over a long time, it can lead to insulin resistance, which leads to diabetes."

Dealing with stress successfully involves lifestyle changes, he continued. "Many people do exercises, yoga, walking, listening to mellow music or getting in touch with loved ones."

Khosh also recommends starting

a hobby such as gardening or doing community volunteer work. "I believe that helping others is a way of helping yourself," he said, adding, "We all get stress. The key is how we manage it."

- **Inactivity:** "As we get older, we get knee aches and muscle pain, and we don't have as much energy so there is less activity," Khosh said. "If you can, be more active, but if you can't, reduce your calorie intake."

- **Supplements:** It all goes back to a balanced diet. "When you're not eating a balanced diet, you're not getting enough vitamins and minerals to get the enzymatic activity that burns calories," Khosh said.

If you're not getting enough vitamins and minerals from a balanced diet, you can take a vitamin supplement, but be careful about relying on dietary aids. "When people rely on dietary aids, it is easy to abuse them," he said. "You should consult with your physician because you need to find a right fit."

- **Portion size:** "The best way of eating, especially for older people, is to eat small but frequently. It keeps the blood sugar normal, it doesn't stress the digestive system, it's a good way of preventing diabetes, and it helps with weight loss," Khosh said.

The Natural Medical Care clinic includes a group of naturopathic doctors who have been practicing in Lawrence since 1999. "Our goal is keeping people healthy and staying healthy," Khosh said. "Nutrition and diet is the cornerstone of our practice."



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# Body Boutique to launch senior exercise program

Body Boutique, located at 2330 Yale Road in Lawrence's Hillcrest Shopping Center, is launching SeniorFit, a specialized program for women over 60 years of age, in January. The focus of the program, which has been created to service a growing market in need of continuing fitness education, will be on balance, movement, low impact cardio aerobics, and strength training for toning. In addition, there will be a strong emphasis on flexibility and range of motion to improve and/or increase joint mobility and quality of life.

Senior classes will be held every Tuesday and Thursday from 11:00 a.m. to noon. The class will be taught by Sharon Miller, a fitness instructor and massage therapist who has extensive experience working with the senior population and who understands the importance of maintaining a regular exercise program.

"As we age, it becomes even more important to build our strength, endurance, and especially our flexibility," Miller said.

Lorinda Hartzler, owner and manager of Body Boutique, agrees. "Between the ages of 40 and 70, people lose 70 percent of their muscle mass unless they maintain an exercise program that works those muscles. Research in this area has led to the conclusion that most senior citizens could receive considerable benefit from a comprehensive exercise program. Now is a perfect time to start."

There are many reasons why regular exercise can benefit seniors. Muscles require stimulation in order to grow. Once people become less active, the muscles undergo less stress, becoming smaller and weaker as a result.

Following a comprehensive exercise program helps seniors to build muscles and reverse these negative effects. Stress applied to healthy muscles, bones or tendons will cause these structures to become stronger, larger and more dense.

Research has shown that individuals who participate in an exercise program walk faster, climb stairs better, and fall less frequently. In ad-

dition, exercises performed while standing likely will have a positive effect on balance for standing and walking. People who take part in resistance programs demonstrate less loss of bone density as they age. This is because bone, like muscle, adapts to the common stresses placed on it.

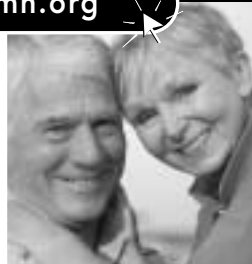
Body Boutique, which has been in business for more than 18 years, is

dedicated to teaching lifelong health management to women of all ages and fitness levels. The staff provides guidance to help members balance their lives through health and fitness in a warm and inviting environment.

For more information on SeniorFit, or on any classes offered at Body Boutique, please call 785-749-2424 or visit [www.bodybofitness.com](http://www.bodybofitness.com).

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- Jan. 12 **Kirstie Alley**, actress, *Cheers*
- Jan. 18 **Kevin Costner**, actor, *Dances with Wolves*
- Jan. 26 **Eddie Van Halen**, guitarist, Van Halen



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# HEALTH & FITNESS

## Deep breathing for health and relaxation

You probably agree that, all things considered, breathing is a good idea. But unless you suffer from respiratory problems, you probably haven't given a lot of thought to breathing. Most people take breathing for granted and assume that we all know how to breathe properly. But, actually, even for people without respiratory ailments, there are many ways to inhale and exhale more effectively. If you breathe better, you feel better. So take a deep



Laura Bennetts

breath and read on!

### Enter Breathing

Deep breathing is natural. At the moment of birth, babies inflate their lungs with air, and afterwards, with each breath, they expand their whole chest and abdomen. Adults, however, tend to breathe mainly into their upper chests, ignoring their lower lungs. We breathe shallowly and occasionally sigh deeply. But it's better to breathe deeply regularly.

When you do, your lungs transport extra oxygen to every cell in your body, and you feel more alert and relaxed.

So, how can we return to our childhood ways?

### A Little Chemistry

Let's start with science. What is breathing all about? The short answer is: oxygen and carbon dioxide. Our lungs are full of small blood vessels, arrayed in a delicate lacework of bubble-shaped chambers.

Blood flows into the lungs from our arms and legs to deposit carbon dioxide, a waste product, which is produced when our cells burn energy. We exhale this carbon dioxide from our lungs and simultaneously inhale oxygen, which goes straight from the lungs to the heart. The heart pumps oxygenated blood to the rest of the body—keeping us alive.

### Deep Thinking

Sometimes—say, when you're run-

ning—you need extra oxygen. Luckily, your brain automatically knows how much you need to breathe at all times. But your brain does not automatically control the depth of your breath. That's up to you. So, to breathe deeper, you will need to learn to use your diaphragm and chest muscles in new ways.

### Pump Up The Volume

Deep breathing is not just a matter of lung capacity. To inhale, your body uses your diaphragm—the large, dome-shaped muscle at the base of your lungs—to expand your lungs by pulling them downward. This causes your lungs to fill with air. At the same time, your rib muscles expand your rib cage, enabling your lungs to expand outwards with minimal resistance. To exhale you need to relax the very same muscles.

Picture a balloon inflating and deflating. The amount of air you can inhale at any given time is called your vital lung capacity. You can increase this capacity by practicing deep breathing with full inhalations and full exhalations. You want to feel your lungs filling up like an expanding balloon and then emptying like a deflated balloon. And that takes enhanced muscle strength, not just will power.

### Breathing By Numbers

Here's a simple example of a deep-breathing exercise:

1) Sitting comfortably, place your right hand over your belly button.

2) Place your left hand over your heart.

3) Inhale deeply enough, like a balloon inflating, to move your right hand outward.

4) Continue inhaling until your left hand moves outward.

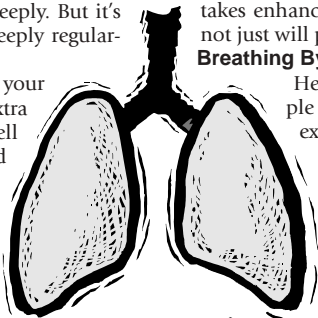
5) Slowly exhale through your mouth, feeling your hands moving inward.

6) Repeat steps 1-5.

This exercise is one way to improve your breathing capacity. You might notice that this exercise has a relaxing effect. Many people use deep-breathing exercises to relieve daily stress or to help them fall asleep.

### New Year's Resolution

You have many opportunities to practice deep breathing every day.



When you learn how to take advantage of these opportunities, you'll find that deep breathing becomes a relaxing habit. Try deep breathing when you wait in long lines, when the operator puts you on hold, when you have trouble sleeping, when you feel tired, and when you exercise. Now that the New Year has arrived, this is a good time to resolve to give this simple exercise a try.

Happy New Year!

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

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# HEALTH & FITNESS

## Mistletoe: Medicinal and love plant

Mistletoe has long been considered a magical plant. *Viscum album*, or Mistletoe, has been used for at least 2,000 years. History has it being worn as rings and around necks to protect people from witchcraft, demons and sickness. It has been used in various potions as a universal remedy and for life and



Dr.  
Farhang  
Khosh

fertility. In ancient literature it was cited as being given to strengthen the athlete, hunter or swordsman. Norsemen would give the name "Mistelsteinn" to their swords because of the mistletoe's magical strengthening effects.

Mistletoe has been used as the symbol of immortality. Many cultures in the British Isles, France and Germany used mistletoe medicinal-

ly for convulsions, delirium, hysteria, neuralgia, and heart conditions. Native American use is cited by the Cherokee tribes as "Tea ooze" and used to bathe the head for a headache, an infusion for high blood pressure, and lung problems. The plant was also used in dried powdered form from the oak for epilepsy and to cure "love sickness," where an infusion was taken after four days of vomiting. Houma tribes used a decoction for debility and paralytic weakness, and as a general panacea.

Mistletoe is a semi-parasitic plant, capable of producing its own chlorophyll, but needs to get its water and some of its other nutrients from the host plant. It is highly adaptable to climate and this group of plants represents about 50 percent of all flowering parasitic plants. Unlike the more modest European and American Mistletoes that we are used to, many of the Mistletoe species have beautiful bright flowers in shades of yellow, red and orange.

Medically, mistletoe (considered a toxic plant) has been used to boost one's immune system. It is

also being invested as a potential cancer treatment in addition to its lowering blood pressure quality. In Europe and Asia is where most of the research surrounding the effectiveness of mistletoe is taking place. In past few years researchers, in Europe and in Asia have conducted numerous studies of mistletoe's ability to fight cancer. Many of the studies seem to be very promising, but in general with any new medicine more research need to be done. Mistletoe is known to possess hypotensive, cardiotoxic, vasodilatory, and antispasmodic effects. Its pharmacological effects, including diuretic and hypotensive activity, were studied using an alcohol extract of Japanese and European mistletoe. Both extracts showed that it had blood pressure lowering effects when administered intravenously and orally to cats. Other researchers have reported similar hypotensive effects of mistletoe in experimental animal studies.

Today, kissing under the mistletoe is a popular Christmas custom. However, few remember that a berry of the plant is to be plucked off for each kiss. When the sprig runs out of berries, there is to be no more kissing. But do keep in mind that mistletoe is a poisonous plant. So it if

there are little ones in the family, you may want to opt for the artificial plant just for a few years for safety's sake. As a romantic symbol, this plant represents welcome, happiness, love, peace and goodwill.

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



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## PERSONAL FINANCE

### Using a rollover IRA to consolidate retirement assets

Employer-sponsored retirement plans, such as 401(k)s, 403(b)s, and 457s, may become one of the most significant sources of income in retirement. That is why careful management of these assets should be a financial priority during your working life. Statistics indicate that Americans are likely to change jobs many times throughout their careers, potentially leaving them with a number of separate overlapping



Steve Lane and Garth Terlizzi

accounts rather than one well-balanced investment plan.

A rollover IRA may be the best solution for consolidating multiple retirement accounts. It can help streamline portfolio planning while simplifying account management and distribution decisions. Aside from these efficiencies, rollover IRAs offer a number of additional benefits.

- **Flexibility.** Unlike employer-sponsored retirement accounts, rollover IRAs allow the owner to make key decisions that affect account management and administrative costs, investment direction, and asset allocation.

- **Investment choice.** An IRA provides the broadest range of investment choices, and owners can develop the precise mix of investments that best reflects their personal risk tolerance, investment philosophy, and financial goals.

- **Robust estate planning features.** Rollover IRAs offer useful estate planning features. For instance, IRA assets can generally be divided among multiple beneficiaries, each of whom can make use of planning structures, such as the Stretch IRA concept, to extend the benefits of tax-deferred investment compounding over their lifetimes. In contrast, beneficiary distributions from employer-sponsored plans must be taken in

lump sums as cash payments.

#### Planning Considerations — Direct vs. Indirect Rollovers

If consolidating retirement assets in a rollover IRA is the best alternative for you, consider the advantages of a direct rollover versus an indirect rollover.

**Direct Rollover** — With a direct rollover a check is made out to the company that will administer the new IRA. This direct transfer of funds lets you avoid IRS withholding, current taxes, as well as early withdrawal penalties, depending on your age. (Early withdrawals prior to age 59 1/2 may be subject to a 10 percent penalty tax.) A direct rollover also offers the potential for tax-deferred growth on the entire amount of the rollover. (Taxes will not be due until the assets are withdrawn. Withdrawals will be taxed at then-current rates.)

**Indirect Rollover** — With an indirect rollover a check is made out to you rather than your new IRA custodian. In this case your employer will be required to withhold 20 percent to meet your potential income tax obligation. You can get the 20 percent back if you complete the rollover within 60 days, but you must deposit the full amount of the distribution in your new IRA, making up the withheld 20 percent out of other resources.

Keep in mind that the 20 percent withholding is NOT your ultimate tax liability. If you spend the lump-sum distribution rather than reinvest it in another tax-qualified retirement account, you'll have to declare the full value of the lump sum as income and pay the full tax at filing time — at a rate of up to 35 percent, depending on your eventual tax bracket. In addition, the IRS generally imposes a 10 percent penalty tax on withdrawals taken before age 55 from an employer-sponsored plan and age 59 1/2 from an IRA.

#### Potential Downsides

While there are many advantages to consolidated IRA rollovers, there are some potential drawbacks to keep in mind. Assets in an IRA may be taken to satisfy your debts in cer-

tain personal bankruptcy scenarios in many states. Also, you must begin taking distributions from an IRA by April 1 of the year after you reach 70 1/2 whether or not you continue working, whereas employer-sponsored plans do not require distributions if you continue working past that age.

Regardless of how many retire-

ment accounts you have and where they are held, consolidating retirement assets with a rollover IRA can help simplify your financial life and help you take control of your financial future.

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

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Occupational Therapist

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## PERSONAL FINANCE

# Charitable gifting pays off—for everyone

The holidays are over. This year, you may be considering making a gift to a charitable organization. Of course, your generosity will be greatly appreciated by the group you're supporting—and it can pay off for you, too.

### Two types of tax breaks

When you make a gift to a charitable group, you can get some signifi-



Harley Catlin and Ryan Catlin

cant tax benefits. Let's take a look at them:

- **Immediate tax deduction** - You can deduct all or part of your charitable gift from your current income taxes, even if your original cost was only a fraction of today's value. (The size of your deduction depends, in part, on whether you give cash or some other type of financial asset, such as stocks. Generally speaking, your maximum deduction will be limited to 50 percent of your adjusted gross income. Anything over that amount can be carried over to future years.) You can deduct financial contributions to religious, charitable, scientific, educational and literary institutions, as well as other groups that are incorporated as 501(c)(3) organizations. Upon making your gift, make sure you get a receipt that lists the name of the organization and the date and amount of your contribution.

- **Avoidance of capital gains taxes** - If you have stocks that have grown significantly in value over the years, you may want to donate them to a charitable group. You will avoid the capital gains taxes you'd have to pay if you sold the stock.

To illustrate the benefit of giving appreciated stocks to a charity, let's look at an example. Suppose you bought stock 10 years ago for \$7,000, and it is now worth \$10,000. If you are in the 28 percent tax bracket, and you give this stock to Charity XYZ, you can deduct \$2,800 from your taxes, and you'll pay no tax on unrealized capital gains. Consequently, your \$10,000 gift will really only

"cost" you \$7,200 out of pocket.

Which stocks should you donate?

You may have a variety of appreciated stocks that you could donate to a charitable group. Which are the best ones to give?

There's no one "right" answer. But here are a couple of guidelines you might want to consider:

- **Seek portfolio balance** - At all times, you need to keep a balanced portfolio that reflects your risk tolerance, your time horizon and your long-term goals. So, before you give away any stocks, make sure that your gift doesn't throw your holdings "out of whack" to the extent that you are either taking on too much risk or reducing your prospects for growth.

- **Look for dividends** - If you aren't jeopardizing your portfolio balance, you may want to consider donating appreciated, low-dividend paying stocks and replacing them with stocks that have historically paid, and increased, their dividend payouts. Thanks to recent tax law changes, stock dividends are now taxed at a maximum of 15 percent; previously, these dividends were taxed at your current tax rate. (Keep in mind that stocks are subject to market risks and may not always pay dividends.)

### A "win-win" situation

By making gifts to charity, you'll brighten their next holiday season—and your tax season. That's a win-win situation.

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



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## January Programming Special

During the month of January Marston Hearing Center patients are encouraged to call to make an appointment for free hearing check and free hearing aid reprogramming. If you believe your hearing has changed since your hearing aid was last programmed or if your programmable hearing aid hasn't been programmed in the past year, call 843-8479 today.



Gerald Whiteside, M.A.

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

## MARSTON HEARING CENTER

1112 West Sixth Street, Suite 100

Lawrence, KS 66044

(785) 843-8479

## HISTORY

# Heroines & Heroes of the Quantrill Raid

By Tom Mach

Heroes and heroines are often given monuments as a testament to their courage. Not so with many of the heroes and heroines of the Lawrence raid by William Quantrill on August 21, 1863.

There's an unknown heroine who deserves special mention. According to Reverend Richard Cordley, a survivor of the Lawrence massacre, there was a woman who stationed herself near a hidden entrance to a cellar that was close to the center of town. The identity of the woman is unknown, as is the location of that cellar, but she directed every runaway man to the entrance of that cellar. Eventually, according to Cordley, the guerrillas noticed that their victims were always disappearing when they came to this spot. These men approached her, demanding that she show them the hiding place, but she refused.

One of them drew out his revolver and pointed it at her ear. "Tell us," he said, "or I will shoot you."

"You may shoot me," the lady replied, "but you will not find the men."

Frustrated and knowing they could not intimidate her, they left. Rumor has it that she may have saved as many as a dozen men and boys that morning.

**John Speer**

We certainly cannot forget John Speer as another hero of Lawrence. Speer was an abolitionist who came from Pennsylvania to the Kansas Territory in September 1854 and actually participated in the founding of Lawrence.

As a newspaper publisher, he played an important role in the drama of Bleeding Kansas. He established the *Kansas Pioneer*, as the first antislavery paper in Kansas. He quickly established a reputation for his repudiation of the gag order that the first legislature enacted in the Kansas Territory and was outspoken against slavery and border ruffians who attempted to steal fugitive slaves from Kansas.

By August 1863, John Speer was publishing the *Kansas Weekly Tribune* and had two grown sons who worked as apprentices for the paper. Although his two sons were killed

in the Quantrill raid and his newspaper in Lawrence destroyed, Speer resumed printing his paper in Topeka.

**Bishop John Baptiste Miede**

Bishop Miede was the first Catholic bishop of the Kansas Territory and on the morning of August 21<sup>st</sup>, he met William Quantrill face-to-face. According to one historian, out of the town's 2,000 residents only about 100 were Catholic—and they were probably suspiciously regarded because Catholics at that time were perceived as Democrats who were friendly to the South.

According to the archivist at the Kansas City Archdiocese who kept early Kansas records, Bishop Miede and Father Favre Sebastian, the pastor of St. John the Evangelist on Kentucky Street, were awakened early on the morning of August 21 by an urgent pounding on the rectory door.

Favre recognized the Quaker minister and his wife, whose names

are unknown. They insisted on taking sanctuary in the church because Quantrill and his horde of men were invading the town, murdering its citizens.

The priest roused Bishop Miede and the two other priests from their slumber. Miede and the three priests escorted the minister to the church basement and rolled him in a carpet to hide him. The bishop, priests, and minister's wife then retreated to the chapel for prayer, and when raiders pounded on the door, Miede answered it.

At this point, no one knows what the bishop might have told Quantrill. I came up with a possible explanation in *Sissy!* but it's only my guess.

There were many heroes and heroines that day, and I've only just scratched the surface. For example, there was an attorney named Sam Riggs, who, despite pleadings from his wife Kate, decided to help his neighbors by removing furniture from their homes and dousing flames.

They say that tragedy often brings out the best in people. In certainly did here in Lawrence, 141 years ago. Even today, we have our heroes and heroines, such as those firemen who risked their lives to save others in

the Twin Towers on September 11, 2001.

Perhaps a monument of some sort honoring our Lawrence heroes and heroines is not a bad idea. They certainly deserve our attention.

- Tom Mach is the author of *Sissy!*, an award-winning novel about Kansas during 1862 and 1863. It is available at local bookstores, through [www.amazon.com](http://www.amazon.com), or through Mr. Mach's informative web site, [www.sissynovel.com](http://www.sissynovel.com).



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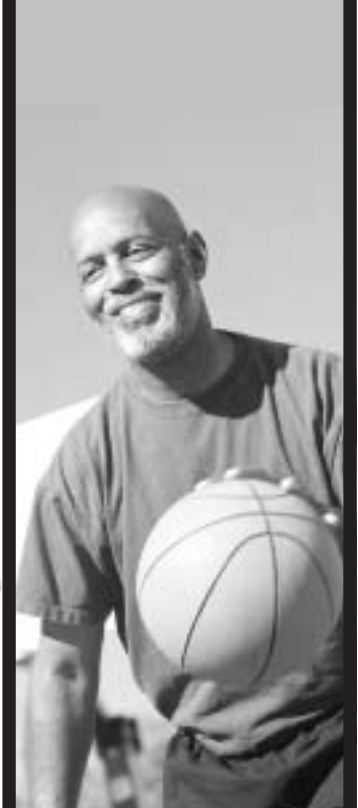
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Topeka, KS 66603

Phone: 866-448-3619

Fax: 785-232-8259

Web: [www.aarp.org/ks](http://www.aarp.org/ks)

Contacts: Maren Turner, Mary  
Tritsch, Ernest Kutzley

AARP is a nonprofit, nonpartisan membership organization dedicated to making life better for people 50 and over. We provide information and resources; engage in legislative, regulatory and legal advocacy; assist members in serving their communities; and offer a wide range of unique benefits, special products, and services for our members. These include *AARP The Magazine*, published bimonthly; *AARP Bulletin*, our monthly newspaper; *Segunda Juventud*, our quarterly newspaper in Spanish; *Live and Learn*, our quarterly newsletter for National Retired Teachers Association members; and our Web site, [www.aarp.org](http://www.aarp.org). We have staffed offices in all 50 states, the District of Columbia, Puerto Rico, and U.S. Virgin Islands.

**FUNERAL HOME****WARREN-MCELWAIN MORTUARY**

120 W. 13th St.  
Lawrence, KS 66044

Phone: 785-843-1120

Fax: 785-843-1182

E-mail: [info@warrenmcelwain.com](mailto:info@warrenmcelwain.com)

Web: [www.warrenmcelwain.com](http://www.warrenmcelwain.com)

Contacts: Larry McElwain, Phil Padden

Warren-McElwain Mortuary is a full service funeral home offering traditional burial, cremations, monument sales, grief counseling, and prearrangement planning. Established in 1904, Warren-McElwain prides itself on customer care, community involvement, and a history of excellence in serving the Douglas County community.

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Fax: 785-331-0860

E-mail: [adaptivefit@sunflower.com](mailto:adaptivefit@sunflower.com)

Contact: Candace Sedlacek

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Fax: 785-843-0757

E-mail: [janj@vna.lawrence.ks.us](mailto:janj@vna.lawrence.ks.us)

Contacts: Pat Turmes, Jan Jenkins

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E-mail: [tracey@thecolorstudio.net](mailto:tracey@thecolorstudio.net)

Web: [www.bodybofitness.com](http://www.bodybofitness.com)

Contacts: Tracey English, Lorinda Hartzler, Sharon Miller

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**FUNERAL HOME**

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Fax: 785-542-3056

E-mail: [info@warrenmcelwain.com](mailto:info@warrenmcelwain.com)

Web: [www.warrenmcelwain.com](http://www.warrenmcelwain.com)

Contacts: Lisa Manley, Larry McElwain, Phil Padden

Warren-McElwain Eudora Chapel is a full service funeral home offering traditional burial, cremations, monument sales, grief counseling, and prearrangement planning. This newest addition opened in October, 2002, and proudly serves Douglas County and Western Johnson County.

**HEARING AIDS****GREAT PLAINS HEARING & SPEECH ASSOCIATES, INC.**

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Fax: 785-267-2995

E-mail: [staff@greatplainshearing.com](mailto:staff@greatplainshearing.com)

Web: [www.greatplainshearing.com](http://www.greatplainshearing.com)

Contacts: Kay Miller, Manford Barber

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Contact: Gerald Whiteside, M.A.  
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785-232-2044 (Topeka);  
785-242-0002 (Ottawa)  
Fax: 785-842-3967 (Lawrence);  
785-232-5567 (Topeka);  
785-242-7826 (Ottawa)  
E-mail: jprideaux@midlandhospice.org  
Web: www.midlandhospice.org  
Contacts: Julie Prideaux, Scott Wasser, RN, Nadereh Nasser, RN, BSN, Jamie Gabriel, LMSW

Midland Hospice is a not-for-profit hospice serving NE Kansas since 1978. At Midland, we take hospice care one step further by offering a continuum of care for people at all stages in the disease process. Our Lawrence staff is available 24 hours a day, 7 days a week. Located in the heart of the Lawrence community at 1008 New Hampshire, we invite you to stop by and visit us.

## HOSPICE



### SOUTHERNCARE HOSPICE

1440 Wakarusa Dr.  
Lawrence, KS 66049

Phone: 1-877-476-4352  
Fax: 785-838-4012  
Contacts: Bronwyn Ruffalo, Clinical Director; Jeanne Hanson, Community Relations; Nina Limesand, Social Worker

Hospice provides comfort care and supportive services for persons in the last phases of an incurable disease so that they may live as fully as possible. We are available 24 hours a day, seven days a week and focus on enhancing the quality of life remaining. We exist in the hope and belief that through the support of a caring community sensitive to the holistic needs of the family, that preparing for death can become a life affirming journey.

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ADDITIONAL LISTINGS ON PAGE 16



# IMPORTANT PHONE NUMBERS



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Police, Sheriff, Fire, Ambulance ..... 911  
 Poison Control ..... 1-800-332-6633  
 Lawrence Memorial Hospital ..... 785-749-6100  
 Hospital Emergencies ..... 785-749-6162  
 Electricity (Emergencies) ..... 1-800-794-4780  
 Gas (Emergencies) ..... 1-800-303-0357

## HOTLINES

Aging Hotlines (KS Dept. on Aging) .. 1-800-432-3535  
 Adult Abuse and Neglect ..... 1-800-922-5330  
 Adult Care Complaints ..... 1-800-842-0078  
 Consumer Hotline ..... 1-800-842-2310  
 Crime Stoppers ..... 785-843-8477  
 Douglas Co. Rape Victim Support..... 785-841-2345  
 Headquarters (24-hr hotline for personal crises) ..... 785-841-2345  
 Insurance Department ..... 1-800-432-2484  
 Medicare ..... 1-800-432-3531  
 Medicare Fraud Hotline ..... 1-800-432-3913  
 National Eldercare Locator ..... 1-800-677-1116  
 Women's Transitional Care Services  
 (24-hr hotline for battered women)..... 785-843-3333

## ABUSE & NEGLECT PREVENTION & INTERVENTION

Abuse Reporting Hotline..... 1-800-922-5330  
 Douglas Co. Rape Victim Support..... 785-841-2345  
 KS Dept. of Health and Environment... 785-842-4600  
 OR ..... 1-800-842-0078  
 Long Term Care Ombudsman ..... 1-800-432-3535  
 SRS Adult Protective Services..... 785-832-3700  
 YWCA Battered Women's Task Force.. 785-354-7927

## ADULT DAY CARE

Douglas County Senior Services ..... 785-842-0543  
 IHS Brighton Place North..... 785-233-5127  
 Indian Trails Living Center ..... 785-233-0558  
 Midland Adult Day Programs ..... 785-232-5770

## ADVOCACY

AARP, Douglas County Chapter ..... 785-842-0446  
 AARP, Johnson County Chapter ..... 913-262-6318  
 AARP Kansas ..... 785-232-4070  
 DG Co. Advocacy Council on Aging... 785-843-3733  
 Independence, Inc. .... 785-841-0333  
 Jefferson Co. Service Organization.... 913-863-2637  
 Kansas Advocates for Better Care..... 785-842-3088  
 OR ..... 1-800-525-1782  
 Older Women's League..... 785-842-3578  
 Pelathe Community Resource Center . 785-841-7202

## ALCOHOL/DRUG ABUSE ASSISTANCE

Alcoholics Anonymous ..... 785-842-0110  
 DCCCA Center ..... 785-841-4138  
 First Step House ..... 785-843-9262  
 Headquarters ..... 785-841-2345

## CAREGIVER ASSISTANCE

Caregiver Support Services..... 785-842-0543  
 Interfaith Caring Neighbors (ICaN) .... 785-749-2005  
 Trinity Respite Care..... 785-842-3159

## CASE MANAGEMENT

East Central Kansas Area Agency on Aging ..... 785-242-7200  
 OR ..... 1-800-633-5621  
 Jayhawk Area Agency on Aging ..... 1-800-798-1366  
 Johnson Co. Area Agency on Aging.... 913-894-8811  
 Leavenworth Council on Aging ..... 913-684-0777  
 Project Lively..... 785-843-0721

## COMPANIONSHIP FOR LONELY OR HOMEBOUND

Friendly Visitor Program ..... 785-842-0543  
 Interfaith Caring Neighbors..... 785-749-2005

Shawnee County Senior Companion Program ..... 785-291-2490

## COMPUTER TRAINING

Antioch Satellite Program..... 785-232-1937  
 Central Church Computer Center..... 785-235-2376  
 Kaw Area Technical School..... 785-228-6406  
 Keys for Networking ..... 785-233-8732  
 Lawrence Workforce Center ..... 785-840-9675  
 Topeka-Shawnee County Public Library..... 785-580-4400

## CONSUMER INFORMATION & ADVOCACY

Attorney General's Consumer Hotline.. 1-800-432-2310  
 Better Business Bureau..... 785-766-2009  
 Insurance Commissioner's Hotline... 1-800-432-2484  
 Kansas Advocates for Better Care.... 1-800-525-1782  
 Kansas ElderCare Hotline ..... 1-888-353-5337  
 Kansas Insurance Consumer Hotline ..... 1-800-432-2484  
 National Fraud Information Line..... 1-800-876-7060

## COUNSELING

Bert Nash Community Mental Health Center ..... 785-843-9192  
 Catholic Social Services ..... 785-841-0307  
 Consumer Credit Counseling Service.. 785-749-4224  
 DCCCA (Drug/Alcohol Problems) ..... 785-841-4138  
 KU Psychological Clinic ..... 785-864-4121

## CRISIS & DISASTER SERVICES

American Red Cross (fire, disaster, crime victim relief) ..... 785-843-3550  
 Headquarters (24-hour hotline)..... 785-841-2345  
 Emergency Service Council (Rent and Utility Assistance) Apply at any of the following agencies:  
 Ballard Community Center ..... 785-842-0729  
 Douglas County Senior Services ..... 785-842-0543  
 E.C.K.A.N., 1600 Haskell, 204..... 785-841-3357  
 Pelathe Community Center..... 785-841-7202  
 Penn House, 1035 Pennsylvania..... 785-842-0440  
 Salvation Army ..... 785-843-4188

## DENTAL SERVICES

Health Care Access..... 785841-5760  
 Kansas Dental Association ..... 1-800-432-3583  
 Johnson County Community College Dental Clinic ..... 1-800-336-8873  
 Martin De Porres (Topeka)..... 785-233-2800  
 UMKC School of Dentistry ..... 816-235-2111

## DISABILITY SERVICES

Assisted Technology for Kansans..... 785-841-1067  
 Audio-Reader..... 1-800-772-8898  
 Independence, Inc ..... 785-841-0333  
 Jayhawk Area Agency on Aging ..... 785-235-1367  
 Kansas Commission on Disability Concerns . 785-296-1722  
 Kansas Relay Center..... 1-800-766-3777  
 Kansas Commission for the Deaf & Hard of Hearing ..... 1-800-432-0698  
 Kansas Talking Book Program..... 1-800-432-2925  
 KU Speech, Language and Hearing Clinic ..... 785-864-4690  
 Make -A-Difference Information Network ..... 1-800-332-6262  
 Resource Center for Independent Living... 785-267-1717  
 SRS Services for the Blind ..... 785-296-4424  
 Topeka Independent Living Resource Center ..... 785-233-4572  
 Topeka-Shawnee County Public Library Red Carpet Room ..... 785-580-4400  
 T.T.Y. for Independence, Inc..... 785-841-1046  
 T.T.Y. for KU Speech, Language and Hearing Clinic ..... 785-864-5094  
 Talking Books (Topeka Public Library) ..... 1-800-432-2925

## DRIVING

AARP 55 Alive Safe Driving Course..... 785-354-5225  
 Driver's License/ID Card (Topeka) ..... 785-266-7380  
 Mature Driving Program ..... 785-354-5225

## EDUCATION

Adult Learning Center ..... 785-832-5960  
 DCSS Leisure & Learning Dept ..... 785-842-0543  
 Douglas County Extension Office ..... 785-843-7058  
 Elderhostel..... 1-800-895-0727  
 Eldernet Education ..... 913-856-7405  
 Kansas Elderhostel Program ..... 620-341-5625  
 KU Continuing Education ..... 785-864-4790  
 Lawrence Continuing Education..... 785-832-5097  
 Lawrence Memorial Hospital Education Dept ..... 785-840-3072

## EMERGENCY ALERT DEVICES

Lifeline..... 1-800-543-3546  
 Life Safety ..... 785-232-9065

## EMPLOYMENT

Foster Grandparents ..... 785-296-5474  
 Lawrence Workforce Center ..... 785-840-9675  
 Older Kansans Employ. Program ..... 1-800-749-2440  
 Older Kansans Employ. Program ..... 785-234-6208  
 Project AYUDA (Lawrence)..... 785-331-3401  
 Project AYUDA (Topeka)..... 785-232-8377  
 Topeka Job Service..... 785-296-1715

## FINANCIAL

Better Business Bureau ..... 785-232-0454  
 Consumer Credit Counseling Service.. 785-749-4224  
 Consumer Credit Counseling Service.. 785-234-0217  
 Jayhawk Support Services for Elders.. 1-888-353-5337  
 Kansas Veterans Commission ..... 785-843-5233  
 Social Security (Lawrence)..... 785-843-2254  
 Social Security (Topeka)..... 785-295-0100  
 Social & Rehabilitation Services ..... 785-832-3700  
 Tax Counseling for Elderly (Feb.1-Apr.15), DCSS ..... 785-842-0543

## FITNESS & RECREATION

Baldwin City Recreation..... 785-594-3670  
 Lawrence Parks & Recreation ..... 785-832-7920  
 McLouth Recreation Commission ..... 913-796-6473  
 Ottawa Recreation Commission ..... 785-242-1939  
 Shawnee County Parks & Recreation.. 785-267-1156  
 Topeka Parks & Recreation ..... 785-368-3798  
 Washburn Walkers ..... 785-231-1010  
 YMCA..... 785-354-8591  
 YWCA ..... 785-233-1750

## FOOD ASSISTANCE

Ballard Community Center ..... 785-842-0729  
 Doorstep, Inc ..... 785-354-5351  
 Douglas County Senior Services ..... 785-842-0543  
 E.C.K.A.N., 1600 Haskell, 204 ..... 785-841-3357  
 El Shaddai ..... 785-232-8887  
 Fellowship, Inc ..... 785-354-7262  
 Heartland Share ..... 785-234-6208  
 I Care ..... 785-267-5910  
 Let's Help ..... 785-232-4357  
 L.I.N.K. First Christian Church ..... 785-843-0679  
 Meals on Wheels (Lawrence) ..... 785-842-6697  
 Meals on Wheels (Topeka) ..... 785-354-5420  
 North Topeka Outreach ..... 785-233-8244  
 Pelathe Community Center ..... 785-841-7202  
 Penn House, 1035 Pennsylvania..... 785-842-0440  
 Salvation Army (Lawrence) ..... 785-843-4188  
 Salvation Army (Topeka) ..... 785-233-9648  
 Topeka..... Rescue Mission ..... 785-354-1744

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# IMPORTANT PHONE NUMBERS



CONTINUED FROM PAGE 14

Community Meal Sites for Senior Citizens

Asbury Mt. Olive .....	785-232-7502
Auburn Senior Center.....	785-256-2917
Babcock Place .....	785-842-6976
Baldwin Senior Center.....	785-594-2409
De Soto Neighborhood Center .....	913-585-1792
East Topeka Senior Center.....	785-232-7765
Edgewood Homes .....	785-760-1504
First Christian Church Apartments ..	785-272-4290
High Park Methodist.....	785-266-6555
Lawrence Senior Center .....	785-842-0543
Lecompton United Methodist Church ..	785-887-6327
LULAC Senior Center.....	785-234-5809
Oskaloosa Meal Site.....	785-863-2411
Papan's Landing Senior Center .....	785-232-1968
Pinecrest II, 924 Walnut, Eudora .....	785-760-2102

## GOVERNMENT OFFICES

Kansas Attorney General.....	1-800-432-2310
Kansas Department of Aging.....	1-800-432-3535
Kansas Governor .....	785-296-3232
Kansas Insurance Department .....	1-800-432-2484
Kansas Secretary of State .....	785-296-4564
Kansas State Treasurer .....	785-296-3171

## HEALTH

American Red Cross .....	785-843-3550
Assisted Health Care (Lawrence) .....	785-843-5139
Assisted Health Care (Topeka) .....	785-291-2900
Caring Hearts, Inc .....	1-800-357-9992
Douglas County Health Dept .....	785-843-0721
Health Care Access .....	785-841-5760
Hospice Care in Douglas County .....	785-749-5006
Lawrence Memorial Hospital .....	785-749-6100
Visiting Nurses Association .....	785-843-3738

## HEARING RESOURCES

Hearing Aid Helpline .....	1-800-521-5247
National Institute on Deafness .....	1-800-241-1044

## HOME MODIFICATION & REPAIR

Adaptive Fit .....	785-331-0860
Community Action.....	785-235-9296
E.C.K.A.N. (Weatherization).....	785-841-3357
Independence, Inc. ....	785-841-0333
Interfaith Caring Neighbors (ICaN) ..	785-749-2005
Lawrence Housing and Neighborhood Development.....	785-832-3100
Mobile Care, Inc. ....	1-800-383-9090

## HOSPICE

Heart of America Hospice (Lawrence)....	785-841-5300
Heart of America Hospice (Topeka)....	785-228-0400
Heartland Hospice Services .....	785-271-6500
Hospice Care in Douglas County .....	785-843-3738
Stormont Vail Hospice.....	785-354-4911
Midland Hospice Care (Lawrence) .....	785-842-3627
Midland Hospice Care (Ottawa) .....	785-242-0002
Midland Hospice Care (Topeka) .....	785-232-2044
SouthernCare Hospice .....	785-838-3027

## HOUSING

Aldersgate Village.....	785-478-9440
Atria Hearststone .....	785-234-8606/234-6225
Babcock Place, 1700 Massachusetts ...	785-842-8358
Brandon Woods Retirement Community, Lawrence .....	785-838-8000
Brewster Place .....	785-267-1666
Century Plaza .....	785-267-0960
Clinton Place, 2125 Clinton Parkway...	785-841-1000
Drury Place at Alvarar .....	785-841-6845
Drury Place of Topeka.....	785-273-6847
Edgewood Homes, 1600 Haskell .....	785-842-8110
First Christian Church Apartments .....	785-272-6700

Knightsbridge Manor Apartments.....	785-233-0870
Lawrence Housing Authority Section 8 Housing .....	785-842-8490
Lexington Park .....	785-440-0500
Luther Place .....	785-273-2944
Martin Creek.....	785-273-2944
McCrite Plaza .....	785-267-2960
Mission Towers .....	785-233-5656
Orchard Lane Apts., 1016 Orchard Lane 1, Baldwin .....	785-594-6996
Ottawa Retirement Village, Ottawa.....	785-242-5399
Peterson Acres, 2930 Peterson Rd.....	785-842-8358
Pinecrest Apts., Eudora .....	785-542-1020
Pioneer Ridge Retirement Community, Lawrence .....	785-749-2000
Plaza West Apartments .....	785-272-5660
Prairie Ridge Place, 2424 Melrose Ln ..	785-841-8660
Presbyterian Manor, Lawrence .....	785-841-4262
Presbyterian Manor, Topeka .....	785-272-8999
Rolling Hills Retirement Community...	785-273-2202
Santa Fe Place .....	785-234-3386
Tauy Creek Apartments, Baldwin .....	785-594-6996
Thorton Place.....	785-228-0555
Valley Springs Homes .....	913-585-9998
Vermont Towers, 1011 Vermont.....	785-841-6026
Westparke Village Apartments.....	785-273-7000
Windsor, The .....	785-832-9900

## INFORMATION & REFERRAL SERVICES

Community Action.....	785-235-9296
Community Information Services.....	785-580-4555
Douglas County Senior Services, Inc...	785-842-0543
Eldercare Locator (Nationwide resources) .....	1-800-677-1116
ERC Resources & Referral.....	785-357-5171
Healthwise 55 Resource Center .....	785-354-6787
Jayhawk Area Agency on Aging .....	785-235-1367
Jefferson Co. Service Organization.....	913-863-2637
Kansas Dept. on Aging .....	800-432-3535
KU Information Center (24 hours).....	785-864-3506
Lawrence Public Library Reference Desk .....	785-843-1178
Older Citizens' Information .....	785-232-9065
United Way Information and Referral.....	785-273-4804

## INSURANCE INFORMATION

Insurance Commissioner's Office ....	1-800-432-2484
Kansas Insurance Department.....	1-800-432-2484
Medicare Claims Service, Part A.....	1-800-445-7170
Medicare Claims Service, Part B.....	1-800-432-3531
Senior Health Insurance Counseling for Kansans (SHICK).....	785-842-0543
OR .....	1-800-860-5260

## LEGAL AID

Douglas County Legal Aid Society .....	785-864-5564
Kansas Bar Association .....	1-800-928-3111
Kansas Elder Law Hotline .....	1-888-353-5337
Kansas Lawyer Referral Service .....	1-800-928-3111
Washburn Law Clinic.....	785-231-1191

## LANDLORD/TENANT ISSUES

Housing & Consumer Credit Counseling .....	785-749-4224
Kansas Elder Law Hotline .....	1-888-353-5337

## LIBRARIES

Baldwin City Library .....	785-594-3411
DeSoto Public Library .....	913-583-3106
Eudora Public Library .....	785-542-2496
KU Watson Library .....	785-864-3956
KU Law Library .....	785-864-3025
KU Science Library .....	785-864-4928
Lawrence Public Library.....	785-843-3833

Reference Line .....	785-843-1178
Delivery for the Homebound.....	785-843-3833
Ottawa Public Library .....	785-242-3080
Tonganoxie Public Library .....	1-913-845-3281
Topeka Public Libraries (Talking Books).....	1-800-432-2925

## MENTAL HEALTH

Bert Nash Community Mental Health Center .....	785-843-9192
Lawrence Memorial Hospital .....	785-749-6289
Menniger at Stormont Vail.....	785-354-6390
Senior Aging Specialist.....	785-273-2252
Transition and Loss Center .....	785-266-6600

## NURSING FACILITIES

Aldersgate Village .....	785-478-9440
Baldwin Care Facility.....	785-594-6492
Brandon Woods .....	785-843-4571
Brewster Health Center.....	785-267-1666
Eventide Convalescent Center .....	785-233-8918
Eudora Nursing Center .....	785-542-2176
IHS at Highland Park.....	785-234-0018
Infinia at Central Topeka, Inc.....	785-235-8913
Lakeview Manor .....	785-842-7282
Lawrence Presbyterian Manor .....	785-841-4262
Lexington Park Nursing & Post Acute Care.....	785-440-0500
ManorCare Health Services .....	785-271-6808
McCrite Plaza Health Center .....	785-271-6700
Pioneer Ridge Retirement Community.....	785-749-2000
Plaza West Regional Health Center.....	785-271-6700
Rolling Hills Health Center .....	785-273-5001
Southgate Village Life Care Center .....	785-267-3100
Topeka Healthcare Center .....	785-357-6121
Topeka Presbyterian Manor .....	785-272-6510
United Methodist Home.....	785-234-0421
Westwood Manor .....	785-273-0886
Woodland Health Center.....	785-233-0544

## NURSING HOME COMPLAINTS

Kansas Dept. of Health & Environment...	785-296-1240
Long-Term Care Ombudsman .....	785-296-3017

## ORGANIZATIONS

AARP, Douglas County Chapter .....	785-842-0446
AARP, Johnson County Chapter.....	913-262-6318
AARP Kansas .....	785-232-4070
Golden Age Club of Eudora .....	785-542-2355
N.A.R.F.E. ....	785-842-3378
Now or Never Club of Baldwin.....	785-594-2409
Older Women's League.....	785-842-3578
O.U.R.S. ....	785-865-0574

## PHYSICAL FITNESS/EXERCISE

DCSS, Inc., Learning & Leisure Dept ...	785-842-0543
Lawrence Parks & Recreation Dept....	785-832-7930

## PRESCRIPTION DRUG ASSISTANCE

SHICK.....	1-800-860-5260
Healthwise 55 Resource Center .....	785-354-6787
Older Citizens Information .....	785-232-9065
Community Action.....	785-235-9561

## RECREATION/LEISURE ACTIVITIES

Baldwin Recreation.....	785-594-3670
DCSS Leisure & Learning Dept .....	785-842-0543
Lawrence Arts Center.....	785-843-2787
Lawrence Parks & Recreation Dept....	785-832-7930

## RESPIRE CARE

DCSS Adult Day Program .....	785-842-0543
Interfaith Caring Neighbors (ICaN) ....	785-749-2005
Trinity Respite Care.....	785-842-3159

## SENIOR CENTERS

De Soto Neighborhood Center .....	913-585-1762
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CONTINUED ON PAGE 16

**INSURANCE**



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Fax: 785-749-4972  
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Web: [www.criticarehhs.com](http://www.criticarehhs.com)  
Contacts: Sheila Showalter, Scott Moore, Tanya Ward

At Criticare Home Health Services, we provide the highest quality home medical equipment, supplies, and services. For 20 years we have served Lawrence and the surrounding communities in Eastern Kansas. We are committed to helping maintain all the comforts of home with our professionally accredited and caring staff. You can have peace of mind knowing that we are always here to help with 24-hour emergency support for all your home medical equipment needs.



**IMPORTANT PHONE NUMBERS**



CONTINUED FROM PAGE 15

- East Topeka Senior Center ..... 785-232-7765
- Florence Riford Senior Center, Tonganoxie ..... 913-845-2787
- Lawrence Senior Center ..... 785-842-0543
- LULAC Senior Center ..... 785-234-5809
- Papan's Landing Senior Center ..... 785-232-7968
- Senior Citizens Center, Oskaloosa ..... 785-863-2411

**SOCIAL SECURITY/MEDICARE**

- Social Security (Lawrence) ..... 785-843-2254
- Social Security (Topeka) ..... 785-295-0100
- Toll Free ..... 1-800-772-1213
- Medicare Hotline ..... 1-800-432-3531
- Senior Health Insurance Counseling for Kansas ..... 785-842-0543
- OR ..... 1-800-860-5260

**SUPPORT GROUPS**

- Alzheimer's Caregiver Group ..... 785-842-0543
- Alzheimer's Early Stage Patient Support Group ..... 785-234-2523
- Cancer Support Group ..... 785-864-9854
- DCSS Caregiver Support Group ..... 785-842-0543
- Fibromyalgia Support Group ..... 785-842-3444
- Grief and Loss Support Group ..... 785-841-5300
- Head Injury Support Group ..... 785-842-3619
- Parkinson's Support Group ..... 785-843-8692
- Project Acceptance ..... 785-843-1266
- Stroke Support Group ..... 785-840-2712

**TELEPHONE REASSURANCE**

- East Topeka Senior Center ..... 785-232-7765

- LULAC Senior Center ..... 785-234-5809
- Papan's Landing Senior Center ..... 785-232-1968
- Ring-A-Day Program ..... 785-233-6300

**TRANSPORTATION**

- American Cancer Society ..... 785-283-4422
- American Red Cross ..... 785-234-0568
- DCSS Transportation
- Baldwin City ..... 785-594-2411 OR 785-594-2904
- Eudora ..... 785-842-0543
- Lawrence ..... 785-843-5576
- Lecompton ..... 785-842-0543
- East Topeka Senior Center ..... 785-232-7765
- Faith Transportation, Inc. .... 913-599-7579
- Independence, Inc., Transportation .... 785-843-5576
- Jefferson Co. Service Organization ..... 913-863-2637
- Lawrence Transit System T-Lift ..... 785-312-7054
- LULAC Senior Center ..... 785-234-5809
- Papan's Landing (North Topeka) ..... 785-232-1968
- St. Francis Hospital (cancer patients) ..... 785-354-6352
- Stormont Vail Valet (patients only) ..... 785-354-6532
- VA Volunteer Transportation ..... 785-350-3111

**UTILITIES**

- Electricity: KPL, Emergency Service (24 hours) ..... 1-800-794-4780
- Gas: Aquila, Emergency Calls ..... 1-800-303-0357
- Telephone: Southwestern Bell ..... 1-800-464-7928
- Repair Service ..... 1-800-246-8464
- Water: City of Lawrence, 6th& Mass. .... 785-832-7878
- Baldwin City Utilities ..... 785-594-6427
- Eudora City Offices ..... 785-542-2153

- Lecompton City Hall ..... 785-887-6407
- Kansas Corporation Commission ..... 1-800-662-0027

**UTILITY SHUT-OFF ASSISTANCE**

- Ballard Community Center, 708 Elm ..... 785-842-0729
- Community Action ..... 785-235-9561
- Doorstep, Inc ..... 785-354-5351
- Douglas County Senior Services ..... 785-842-0543
- E.C.K.A.N., 1600 Haskell, 204 ..... 785-841-3357
- Let's Help ..... 785-234-0568
- LIEAP (Low Income Energy Assistance-Program)
- Apply through SRS ..... 785-832-3700
- Pelathe Community Resource Center ..... 785-841-7202
- Penn House, 1035 Pennsylvania ..... 785-842-0440
- Project Deserve ..... 785-234-0568
- Salvation Army (Lawrence) ..... 785-843-4188
- Salvation Army (Topeka) ..... 785-233-9648

**VISION RESOURCES**

- Audio-Reader Network ..... 1-800-772-8898
- American Foundation for the Blind .. 1-800-232-5463
- National Eye Care Project ..... 1-800-222-3937
- Red Carpet/Talking Books ..... 785-580-4530
- Vision World Wide ..... 1-800-431-1739

**VOLUNTEER OPPORTUNITIES**

- AARP Kansas ..... 785-232-4070
- Foster Grandparents ..... 785-296-5474
- Service Corps of Retired Executives ... 785-234-3049
- Shawnee County Senior Companion Program ..... 785-291-2490



**MEDICAL EQUIPMENT****ADVANCED HOMECARE**

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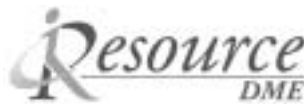
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Fax: 785-841-7003  
Contacts: Onis Bearden, Chris White

Advanced Homecare can supply your respiratory needs for Oxygen, C-Paps, Bi-Paps, Pulmoaids, Mask and Head-gear supplies.

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Web: www.resourcedme.com  
Contacts: Martha Hepler, Mike Pitts

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**BALDWIN THERAPY SERVICES**

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785-594-3162 (Baldwin City)  
Fax: 785-842-0071 (Lawrence),  
785-594-3257 (Baldwin City)  
E-mail: LTS\_2000@hotmail.com  
Contacts: Laura Bennetts, PT, and  
Kim Hoffman, OTR, owners

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5121 Congressional Circle  
Lawrence, KS 66049

Phone: 785-843-1700  
Fax: 785-843-7799  
E-mail:  
prairiecommons01@sbcglobal.net  
Contacts: Bev Bolton, Sheri VanAuken

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**RETIREMENT HOMES****SUNRISE ESTATES CONDOMINIUMS**

1415 Maple St.  
Eudora, KS 66025

Phone: 785-542-2176  
Fax: 785-542-2177  
E-mail: enceud@msn.com  
Contact: Rheva Victor

Retirement condominiums for persons 55 years and older. Two bedroom, two bath, one car garage, front porch, patio, emergency call system. Access to Eudora Nursing Center. Continue to own your home without the worry. All maintenance, grass mowing, snow removal, trash pick-up.

**RETIREMENT LIVING/HEALTH**

1501 Inverness Drive  
Lawrence, KS 66047

Phone: 785-838-8000, 800-419-0254  
Fax: 785-838-8001  
Contacts: Jan Maddox, Marketing Director, Independent and Assisted Living and Nancy Lee, Admissions Director, The Health Center at Brandon Woods

At Brandon Woods, we know that life moves in all directions. That's why we offer a lifestyle tailored especially for you with a variety of residential options—including equity owned townhomes and leased apartments.

We also offer lots of supportive and care services—from in-home care to assisted living to skilled nursing and respite care in The Health Center at Brandon Woods. Alzheimer's care is also provided in a separate wing called The Arbor.

ADDITIONAL LISTINGS ON PAGE 18

**SENIOR HOUSING****VALLEY SPRINGS HOMES**

31605 West 83rd Circle  
De Soto, KS 66018

Phone: 913-585-9998  
Fax: 913-585-9967  
E-mail:  
desotovalleysprings@hotmail.com  
Contact: Becky McKinney

Valley Springs Homes consists of 52 one and two bedroom apartments. The complex is strictly for persons age 55 and older. The completed facility will include a clubhouse with a recreational room, computer availability, exercise equipment, apartment laundry hook-ups, and an on-site laundry facility. Conveniently located between Kansas City and Lawrence.

**SKILLED NURSING FACILITY****WESTWOOD MANOR**

5015 W. 28th St.  
Topeka, KS 66614

Phone: 785-273-08868  
Fax: 785-273-0959  
E-mail: lhc97adm@libertyhealth.net  
Contact: Gary Fowler

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Each resident is looked upon as an individual and is treated with respect and understanding. Westwood Manor has been serving the Topeka community for over 25 years.

Call today for a personal tour.

**SOCIAL SERVICE/HEALTH****TRINITY RESPITE CARE, INC.**

2201 W. 25th St., Suite Q  
Lawrence, KS 66047

Phone: 785-842-3159  
Fax: 785-842-7061  
E-mail: trc@trinityrespitecare.com  
Web: www.trinityrespitecare.com  
Contacts: Teresa Martell, Kelly Evans

Trinity Respite Care provides respite and attendant care services for individuals with disabilities and older adults in an effort to preserve the family unit and keep individuals in their own homes. Respite care consists of caring for the family member with a disability while the primary care provider has a break to shop, attend church or meetings. Attendant Care services include assistance with transfers, light housekeeping, meal prep, shopping and laundry. Fees based on a sliding scale.

**SOCIAL SERVICE/HEALTH****SHAWNEE COUNTY SENIOR COMPANION PROGRAM**

1515 NW Saline, Suite 101  
Topeka, KS 66618

Phone: 785-291-2490  
Fax: 785-291-2498  
Contacts: Linda Ochs, Jan Craig

Senior Companions volunteer 10-30 hours per week and receive a tax-free stipend of \$2.65 per hour. They also receive mileage reimbursement and other benefits. Senior Companions provide home visits, respite care and other assistance to their clients. To be a Senior Companion an individual must be 60 years of age or older and meet income guidelines. To have a Senior Companion an individual must be elderly or have a disability.

**VISION REHABILITATION****ENVISION****REHABILITATION CENTER**

2301 S. Water  
Wichita, KS 67213

Phone: 866-319-4646 (toll free)  
Web: www.envisionus.com

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Topeka, KS 66614

Phone: 785-272-1550  
Contact: Lee Crouse

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Please hold on to your copy of the 2005 Senior Resources Directory for future reference!

# PET WORLD

## Kitty's 'issues' creating a real stink

By Steve Dale

HOUSTON, TEXAS — The following questions were answered by experts attending the Cat Fanciers' Association International Cat Show and the 11<sup>th</sup> Annual Writing Conference of the Cat Writers' Association, co-sponsored by the Dog Writers Association of America. Both events were held November 19-21.

Q: Our kitty has issues. We've lived with Camilla since she was a kitten, She's three years old and has decided to quit using her litter box. Could she have a urinary tract infection, or is she just being stubborn? — J.O., Orlando, Fla.

A: Cats don't miss the box to ruin our lives, though it may seem that way. It's unlikely your cat has a urinary tract infection, but it's very possible something physical was going on and may still be affecting your kitty, says Amy Shojai, author of "Complete Kitten Care" (New American Library, New York, NY, 2002; \$16). "It's possible Camilla was constipated, or had an upset tummy, and then associated that uncomfortable feeling with the litter box. Shojai suggests you take Camilla to a veterinarian to make sure she's physically fine. Pay attention to the consistency of Camilla's stool; your vet will ask you about that.

If Camilla checks out, then add a second litter box. Perhaps being offered a second possible location will encourage her to use the box. Some cats spontaneously decide they prefer to urinate in one box but defecate in another. "In general, litter boxes are too small, especially if your cat is on the larger side," says Shojai. "Consider using a plastic storage container as one of those boxes."

If your cat consistently defecates at one spot outside the box, consider locating the litter box there at least for a few weeks. Gradually, you can re-locate the box to a more preferred spot.

Also, clean up the sites of previous accidents with an odor neutralizer.

Q: We had an opossum take up residence under our crawl space, and apparently our two cats figured that since he was using the insulation as a bathroom, they could use the floor above the crawl space. Their urine has soaked through the carpet and onto the pad. We've tried strong odor neutralizers, but nothing has worked, even with professionals.

What do we do about the floor? We can't keep the cats if this continues. How can we stop them? — S.B., Charlotte, N.C.

A: I don't blame you for being upset; cat urine is the worst. But instead of contemplating getting rid of your cats, get rid of that opossum. Jacque (cq) Schultz, companion animal programs advisor for the American Society for the Prevention of Cruelty to Animals (ASPCA) in New York City, says that if animal control where you live won't help, you can use a live trap to relocate the critter to a forest preserve. Or you can hire a professional to do the job for you.

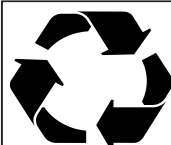
Once the opossum is history, you can deal with the home repairs, all while the cats are secluded in another part of the house, reestablishing their habit of using the box. Choose a room or rooms as far from the noisy, smelly construction as possible. The cats should be sequestered there for at least a month, or until the work is completed.

Do your best to clear out the crawl space so the urine smell from the opossum no longer lingers. Then, seal off up the space with chicken wire to deter additional wildlife from taking up residence. In the sunroom, Schultz says to sand what makes sense to sand under the carpet, then seal the floor with a polyurethane. Without sealing the floor, the cats may still smell the urine, especially when the sun hits. At this point, don't even bother trying to clean the carpet; just scrap it and also the padding.

Wait a few days after the repairs are completed before allowing the cats back into the room. Take no chances and for at least a few weeks, place a piece of furniture or another obstruction on the place where the cats previously piddled. Provide a litter box in the sunroom. If all is going as it should, over time, if you so choose, you can gradually move the litter box to a more preferred location.

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

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Topeka, KS 66614  
785-228-0400

Toll Free: 800-396-7778

www.heartofamericahospice.com

# CALENDAR

## ART/ENTERTAINMENT

JAN 21-FEB 12

### FOREIGNER

Topeka Civic Theatre performance.  
TOPEKA, 785-357-5211  
<http://www.topekacivictheatre.com>

JAN 29

### SENIOR CLASS

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

FEB 2

### BLIND BOYS OF ALABAMA

Grammy Award-winning group have spread the spirit and energy of pure soul and gospel music for more than 60 years, with three of the original founders still going strong in their 70's. Lied Center of Kansas.  
LAWRENCE, 785-864-2787  
<http://www.ku.edu/~lied/>

## BINGO

SUNDAYS

### AMERICAN LEGION

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

SUNDAYS

### KNIGHTS OF COLUMBUS HALL

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

SUNDAYS & TUESDAYS

### AMERICAN LEGION POST NO. 1

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

MONDAYS & THURSDAYS

### AMERICAN LEGION POST NO. 400

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

MONDAYS & SATURDAYS

### LEGIONACRES

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

TUESDAYS

### VETERANS OF FOREIGN WARS

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

WEDNESDAYS & THURSDAYS

### MOOSE CLUB

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

WEDNESDAYS & FRIDAYS

### VETERANS OF FOREIGN WARS

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

WEDNESDAYS

### PINECREST APARTMENTS

924 WALNUT, EUDORA, 12:30-1:00 PM,  
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 NW  
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

JAN 13

### MORNING MATINEE: STARTING THE NEW YEAR OFF RIGHT WITH A WALKING PROGRAM

Begin or revamp your walking program. Learn  
the basics of beginning, choosing footwear  
and walking location suggestions.  
LMH EDUCATION CLASSROOM, 9:00 AM-10:00 AM

## EXHIBITS/SHOWS

JAN 1-MAR 27

### ANGIOLO MAZZONI EXHIBITION

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

FEB 1-APR 10

### PHOTOGRAPHS BY JON BLUMB

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

FEB 1-APR 10

### GONE: PHOTOGRAPHS OF ABANDONMENT ON THE HIGH PLAINS

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

FEB 4-6

### HIDDEN ART LOCKED AWAY

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

## FESTIVALS/FAIRS

JAN 28

### KANSAS DAY

Commemoration of the State's 144th birthday.  
Activities will incorporate aspects of historical  
and scientific exploration including activities  
on helium, discovered in Dexter, KS; Martin  
and Osa Johnson, Kansas photographer who  
documented animals and people in Africa;  
experimental archeology; how Lewis and Clark  
documented Native American cultures, and  
Kansas inventors. In Stach Schook, students will  
do mapping activity reminiscent of Lewis and  
Clark, demonstration at the Museum include  
living history and craft presenters, interpreters  
at the grass lodge, immigrant wagon, drover's  
car, train steam engine, and Civil War display.  
TOPEKA, 785-272-8681  
<http://www.kshs.org>

JAN 29

### KANSAS STATEHOOD BALL

1860s period dance to celebrate Kansas' state-  
hood. Period dress is suggested but not man-  
datory.  
ABILENE, 785-263-2681  
<http://www.heritagecenterdk.com>

## HEALTH

FIRST TUESDAY OF EACH MONTH

### HEALTH SCREENING CLINIC

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

TUESDAYS AND THURSDAYS

### BLOOD PRESSURE CLINIC

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

TUESDAYS AND THURSDAYS

### SENIORFIT PROGRAM

SeniorFit is a specialized program for women  
over 60 years of age, in January. The focus  
of the program is on balance, movement,  
low impact cardio aerobics, and strength train-  
ing 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.  
LAWRENCE, 785-749-2424

WEDNESDAYS

### HEALTH SCREENING CLINIC

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

SECOND THURSDAY OF EACH MONTH

### MEDICATION CLINIC

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

SECOND THURSDAY OF EACH MONTH

### BLOOD PRESSURE AND HEALTH INFORMATION

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

THIRD TUESDAY OF EACH MONTH

### HEALTH SCREENING CLINIC

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

THIRD THURSDAY OF EACH MONTH

### NUTRITION CLINIC

1:30-2:30 p.m. Call for an appointment.  
HEALTHWISE 55 RESOURCE CENTER, TOPEKA  
785-354-6787

DEC 1

### CHOLESTEROL SCREENING

A fingerstick test providing a total blood cho-  
lesterol reading in five minutes. \$5 per person.  
No fasting or appointment necessary.  
LMH HEALTH SOURCE ROOM  
3:30-5:30 PM

NOV 6

### SPIRITUAL PEACEMAKING WITH MARTI UKENA

Ukena is a graduate of James Twyman's training.  
Discover the eternal flame of your own inner  
peace that radiates peace to the world. Fee.  
THE LIGHT CENTER, 785-255-4583

DEC 3

### BONE DENSITY SCREENING

Are you at risk for osteoporosis? This quick  
and easy screening can indicate if further test-  
ing for this potentially debilitating disease is  
needed. A bare fee is necessary for the screen-  
ing. Information about prevention of osteopo-  
rosis is also included as part of the screening  
process. Appointment required. Fee.  
LMH HEALTH SOURCE ROOM  
9:00-11:00 AM

NOV 13-14

### HEALING TOUCH LEVEL ONE

With certified instructor Robin Goff. Learn  
and practice hands-on energy healing tech-  
niques. Fee (some scholarships available) 18.  
CE for massage or nursing, lay people wel-  
come.

THE LIGHT CENTER, 785-255-4583

DEC 4

### CHOLESTEROL SCREENING

See Dec. 1 description.  
LMH HEALTH SOURCE ROOM  
8:00-11:30 AM

DEC 7

### BONE DENSITY SCREENING

See Dec. 3 description.  
LMH HEALTH SOURCE ROOM  
5:00-7:00 PM

DEC 9

### BONE DENSITY SCREENING

See Dec. 3 description.  
LMH HEALTH SOURCE ROOM  
1:00-3:00 PM

## HOLIDAY EVENTS

JAN 1-5

### CHRISTMAS AT LANESFIELD

Discover a turn of the 20th-century holiday.  
Make an old-fashioned ornament, tour the  
historic schoolhouse decorated for the season.  
EDGERTON, 913-893-6645  
<http://www.jocomuseum.org>

JAN 1-5

### CHRISTMAS HISTORIC LECOMPTON

Three floors of Christmas trimmings and dec-  
orations. Vespers December 5.  
LECOMPTON, 785-887-6148  
<http://www.lecomptonKansas.com>

# CALENDAR

CONTINUED FROM PAGE 20

JAN 1-4

## SEELYE MANSION CHRISTMAS TOUR

Trees, poinsettias, and beautiful decorations are used throughout the home. Featured on HGTV Christmas Castles in 2000. ABILENE, 785-263-1084

## MEETINGS

FIRST AND THIRD MONDAY OF EACH MONTH

### CAREGIVER SUPPORT GROUP

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

FIRST TUESDAY OF EACH MONTH  
**LAWRENCE CARING COMMUNITY COUNCIL**

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

THURSDAYS

### OLDER KANSANS EMPLOYMENT PROGRAM

LAWRENCE WORKFORCE CENTER  
2540 IOWA, SUITE R, LAWRENCE  
10:00 AM-NOON

THURSDAYS

### GRIEF AND LOSS SUPPORT GROUP

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

FIRST THURSDAY OF EACH MONTH

### LAWRENCE PROFESSIONALS IN AGING

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

FRIDAYS

### TAKE OFF POUNDS SENSIBLY

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

SECOND MONDAY, SEPT-MAY

### LAWRENCE CLASSICS, GENERAL FEDERATION OF WOMEN'S CLUBS

Volunteer service club.  
785-331-4575

SECOND AND FOURTH WEDNESDAY OF EACH MONTH

### ALZHEIMER'S EARLY STAGE PATIENT SUPPORT GROUP

For patients with early stage Alzheimer's. SEABROOK UNITED CHURCH OF CHURCH  
785-234-2523

THIRD TUESDAY OF EACH MONTH

### LAWRENCE PARKINSON'S SUPPORT GROUP

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

THIRD TUESDAY OF EACH MONTH

### GRANDPARENT/KINSHIP SUPPORT GROUP

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

FOURTH TUESDAY OF EACH MONTH

### LAWRENCE PARKINSON'S SUPPORT

## GROUP

PIONEER RIDGE ASSISTED LIVING LIBRARY  
4851 HARVARD, LAWRENCE, 6:30 PM  
785-344-1106

FOURTH FRIDAY OF EACH MONTH

### AARP CHAPTER 1696 LUNCHEON

Group meets fourth Friday of each month except in July, November and December. Luncheon is held on third Friday in November. Reservations required at least one week prior to meetings. January 28 program will feature Motivating Moves by Prof. Janet Hamberg. 785-842-0446 or 785-865-3787

FIRST WEDNESDAY OF EACH MONTH, SEPTEMBER-MAY

### KAW VALLEY CHAPTER, OLDER WOMEN'S LEAGUE

Forums held at Lawrence Public Library  
LAWRENCE, 1:30 PM

JAN 17

### SELF HELP FOR THE HARD OF HEARING (SHHH)

"Using a TTY and the Kansas Relay Center."

The telephone is an important link to family and community. Staff from the Kansas Relay Center will demonstrate the use of their system. The discussion will include questions about the Relay and confidentiality, access for family members, and educating the medical community. BABCOCK PLACE, 1700 MASSACHUSETTS, LAWRENCE, 1:00 PM

## MISCELLANEOUS

JAN 5

### LEGISLATIVE FORUM

Co-sponsored by Interagency Network for Aging and The League of Women Voters. Forum will focus on issues affecting senior in Douglas County. Legislators Paul Davis, Tom Holland, and Roger Pine will participate in the forum, which will be moderated by Secretary Pamela Johnson-Betts of the Department on Aging. 2:00-4:00 p.m. LMH AUDITORIUM, 785-843-3060

JAN 15-16

### EAGLE DAYS-MILFORD LAKE

Observe eagles in their natural habitat. Milford Nature Center. JUNCTION CITY, 785-238-5323

JAN 23-25

### EAGLES DAY

Annual. Learn about nature and the environment. Presentations on nesting, banding, and live bald eagles. Performance by the Thunderbird Theater. 21st and Harper, Douglas County Fairgrounds  
LAWRENCE, 785-840-0700  
<http://www.visitlawrence.com>

JAN 29-30

### INDIGO


The feature film starring Neale Donald Walsch will be shown at The Light Center 7PM Sat. and at Unity Church of Lawrence at 6PM on Sunday. James Twyman and Stephen Simon have created this unique film about the very gifted children of today's world! Fee. THE LIGHT CENTER, 785-255-4583

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

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

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# BOOKSHELF

By Margaret Baker

Is one New Year's Resolutions getting organized? If so, there are quite a few books to help you, like this paperback:

**Emilie Barnes:** *The 15-Minute Organizer* (Harvest House, \$10.99)

This is a Christian-oriented self-help book available at grocery stores. Any good independent bookstore can order it.

If you knew you could achieve organization with 15 minutes regularly, the task wouldn't look so awful, would it? Barnes gives instruction on doing so in many areas of your life. If your youngest just joined AARP you can skip the section on Children, and use that newfound time to read guilt-free!

**Margaret Maron:** *High Country Fall* (Mysterious Press/Time Warner \$24.00)

Maron's popular heroine, Deborah Knott, is a judge in the North Carolina low county she grew up in. The series began with *The Bootlegger's Daughter*, which should give the reader an idea of time, place and setting.

She's engaged to childhood friend Dwight Bryant, and her extensive family as treating this as *The Romance of the Century*—but it isn't. Deborah worries that there isn't a deep abiding passion. When a fellow judge asks her to fill in while he vacations, she looks at Cedar Gap, a long drive up into the mountains, as a good chance to take a long look at herself and the relationship.

Of course problems arise, starting with the death of a prominent doctor. At first it looked as though the good doctor leaned too far over his patio railing, but forensics proves otherwise. He was involved in local development and had, inevitably, crossed some who didn't want their property razed and replaced with something more artistic, no matter how much money was offered.

A second prominent citizen's death, the peculiar behavior of her identical twin cousins, the routine cases before any judge, all combine to make a fast-paced, character-driven mystery, one of the best of the year.

Tess Gerritsen: *Body Double* (Ran-

dom House \$24.95)

Author Gerritsen again brings the reader a fast-paced novel with strong psychological overtones.

Forensics expert Dr. Maura Isles returns from a conference in London to find the police taping off the area in front of her house. Her neighbors stare at her; her friends on the force are clearly shocked. Why? Because the woman in the car at the curb is a dead ringer for Maura.

Maura was adopted. She investigates the dead woman, who was fleeing an abusive husband, and who had reinvented herself within the past year. When the dead woman's birthdate matches Maura, she realizes she must have been born a twin. Was she the intended victim?

A very hard book to put down to get a good night's sleep, Random House has also brought it out in CD and cassette.

**Martin Edwards:** *The Coffin Trail* (Poisoned Pen Press, \$24.95)

Oxford scholar Daniel Kind needs a break from academia. He buys Tarn Cottage outside Brackdale in a remote section of Britain's Lake District, where he spent summers in childhood. He's intrigued by the nearby path, over which in past centuries inhabitants were taken for burial by donkey, no other transit being available.

The Coffin Trail also leads to Sacrifice Stone on the edge of the cliff, where ancient peoples attempted to assuage their deities by human sacrifices. Many years earlier Daniel's detective father investigated a modern death of a young woman pummeled to death and left there. An autistic youth, Barrie Gilpin, was suspected of the crime and would have stood trial had he not fallen to his death on the cliff that same night.

As Daniel settles in he finds himself looking again at that old crime, and wondering if his father was right in feeling Gilpin was not guilty.

Taut plot, deep sense of place and character, even a touch of romance!

**Suzanna Dunn:** *Queen of Subtleties* (Wm. Morrow, \$24.95)

Dunn gives us a wonderful fiction-

alized biography of Anne Boleyn, second wife of England's Henry VIII, who quite literally lost her head over the king.

Written as a last letter to her daughter, the future Queen Elizabeth I, Dunn creates a very believable picture of both Anne and King Henry, the initial conflict between church and state, and the tenor of the times.

**The Ears Have It** (audio books)

Clay Aiken: *Learning to Sing* (Random House, 2 cassettes, 2 1/2 hours; \$21.95)

Clay reads an abridgement of his memoir of the same title, telling of his life up to placing second in *American Idol*.

Clay's father abandoned his mother and him, and his mother eventually remarried. Clay always felt odd man out at home and at school. He discovered a talent for working with handicapped children, a career he was learning when fame, in the guise of a national TV talent show, intervened.

The audio book is strongest when he describes the lessons he learned from his mother and friends, lessons that allowed him to quit trying to be what he thought others wanted of him, and just be himself.

## PAPERBACK PICKS

The budget is a tad stressed? Luckily that there are several new outstanding paperbacks!

**Maureen Jennings:** *Let Loose the Dogs* (McClelland & Stewart \$6.99 US)

Canadian author Jennings sets this 19<sup>th</sup> Century mystery in a small town near Toronto, amidst the background of "rattng," a illegal sport of setting dogs against captured rats, winner having the highest kill in the allotted time.

Harry Murdoch, whose dog placed second, is sure that an onlooker distracted his dog long enough to cause the dog's defeat, and publicly accuses the winner. Later the winner is found bludgeoned to death on the path to his home, and Harry, drunk as usual, is charged, tried, and sentenced to death.

Toronto detective Wm. Murdoch has just returned from watching his sister die in a convent, to which she escaped to avoid her drunken and abusive father. William also escaped his father's cruelty, and is appalled to learn his father has surfaced. He's in jail awaiting his execution, and

he wants his son to investigate his case.

**Lora Roberts:** *Another Fine Mess* (Perseverance Press \$13.95)

Trade paperbacks are a bit pricier but are in a larger format, allowing type easier on the eyes. Writer Bridget Montrose's first book was a sensation, landing on the Best Seller lists. Now, her publisher wants another, and she's got writer's block (and four children). When she is accepted into a two week prestigious retreat on the California coast, she hopes that this will get the creative juices flowing.

Like the reknown MacDowell Art Colony in New Hampshire, the retreat gives each a cozy room, delightful grounds, complete privacy during the day. Morning and noon meals are buffet, and the dinner is communal. She's looking forward to conversations with the icons of literature.

There's the usual collection of creative oddities—the bed-jumpers, the alcoholics, the has-beens and even a never-was (invited by spelling error.)

One turns up in the surf, quite dead, so the police become part of the retreat. Bridget has been involved in other criminal investigations (this is a series) so she knows that the pressure is on until the forces of justice determine who assisted the deceased to her final journey.

**Jane Isenberg:** *Hot on the Trail* (Avon, \$6.99)

Isenberg's series features a single mother facing menopause. While this reduces the potential readers (this volume is heavily into bladder control) those who are in this cohort or remember being so appreciate the background the protagonist brings to the plot.

New Jersey community college professor Bel Barrett is about to marry Sol, with the myriad details that involves, so she is kicking herself for volunteering to teach a life-experience writing class to senior citizens.

Student Dom Tomaselli misses class—later he is found in the snow by the building that housed the last of his racing pigeons. A fall due to senility? A suicide? Bel and Dom's daughter disagree.

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



# HUMOR

## The Blue Hearse

By Larry Day

I didn't think of my son as a grave robber, and he wouldn't have described himself as a hearse driver, but technically he was both. I should hasten to add that the bodies in question were small and furry, and the vehicle involved was a blue four-door sedan.

It all began when my wife, Emmaline, and I decided to move away after 22 years in the same town. For most of those years we had owned a dachshund named Heidi. We called Heidi our bargain basement hound,



Larry Day

because, although she was purebred, the folks at Happy Landings Pup Farm sold Heidi to us for \$35. That was a bargain even in the mid-1960s when a dime would still get you a local call on a pay phone. Heidi had an overbite, and the owners cut the price because they didn't want her to have pups. We agreed to keep her chaste as long as the overbite didn't cause her to have eating problems. Believe me, it didn't.

Heidi ate anything and everything. Once when we had a pizza delivered and left it down stairs in the family room on the ping pong table while we went up stairs for sodas, Heidi climbed up on the overstuffed chair, negotiated a diagonal traverse along the top of the ironing board, and somehow bridged a three-foot chasm between the ironing board and the ping pong table. When we came downstairs with the sodas, Heidi was eating her second slice of pizza.

We bought Heidi for our two-year-old son, Carmichael, when his sister, Imogene, started kindergarten. Years later when Imogene was a sophomore in high school, she begged us to buy her a puppy of her own. We declined, saying that, doctrinally, we were a one-dog family. But Imogene begged for a dog so fervently that we relented. We rewrote our dog doctrine, and became a two-dog family.

Farrah, a golden haired European Cocker Spaniel, was the friskiest pup in her litter, and was frisky all her life. And she smiled. She really did.

When someone spoke to Farrah, she would cock her head to one side, pull her lips away from her front teeth, and smile. She looked like an actress in a toothpaste commercial.

When she first came to live with us, Farrah was a pain in the neck to Heidi, who, by then, was a sedate, dignified, and rather overweight spinster. When she was 14, Heidi nearly died. Her teeth had decayed and were poisoning her system. The vet put Heidi on a strict diet before he performed major oral surgery. Heidi woke up with just four teeth left in her mouth—her upper and lower incisors. But her appetite was intact. Once she recovered from surgery, Heidi would eat her own veterinarian-tested soft diet meal, polish off the hard dry pellets in Farrah's food bowl, then head for the kitchen looking for a handout.

Heidi was 18 years old when she left us quietly one night after a brief illness. We all wept like children. The vet took her to a crematorium. We picked up Heidi's ashes, and put them in a gold colored metal box. We held a brief but tasteful service, and laid Heidi to rest under a tree in our back yard cemetery. She joined a couple of gerbils, a bird, and a turtle or two.

A couple of years later Emmaline and I moved to Florida. It was a traumatic experience. We sold our dear home and left the town where the kids and the dogs had grown up. Imogene and Carmichael stayed behind to attend college. Farrah moved to Florida with us. She still had her lovely smile.

One night soon after we moved, Carmichael called. He said that he had gone to our old house in the dark of the night, and retrieved the box with Heidi's ashes from the back yard.

"I couldn't leave her there with strangers," he said. "As soon as I get time, I'll take her to that place in the country where we used to go on picnics. She loved it there."

Farrah died suddenly one night. She had suffered for years from congestive heart failure. Farrah passed away a few days before Labor Day. Since we had planned a trip back to Kansas, we put her ashes in a nice silver colored box and took her home so she could rest beside Heidi out in the country.

When we got to Kansas we learned that Carmichael hadn't gotten

around to taking Heidi out to the country. Heidi was still in the trunk of his car. At first we were nonplussed. Then we rationalized. Heidi had always loved being with Carmichael. Both dogs loved riding in the car. Farrah joined Heidi in the trunk of Carmichael's car. We pictured them with their heads sticking out of the back windows of the blue hearse.

I don't know how long that arrangement would have lasted if Carmichael's car had not broken down while he was driving in a nearby city. He had the car towed to an auto repair shop where it was pronounced DOA. Carmichael telephoned a salvage yard and sold the car for scrap. They paid him enough to cover the tow charges and the auto shop fee. Then he called and asked his girlfriend to drive over and pick him up. They were half way home when Carmichael told Marigold to stop the car.

"What's the matter?" she asked. "I left Heidi and Farrah in the trunk of my car. We have to go back and get them."

"You what?" asked Marigold. "The ashes of my dogs, Heidi and Farrah. They're in two little metal boxes in the trunk of my car," said Carmichael.

Marigold and Carmichael had been dating for awhile, and she liked him, but this revelation gave her real pause.

"How long have your dogs' ashes been in your trunk?" she asked.

"Quite awhile," said Carmichael evasively. "I really have to get them back."

Marigold swung the car around and headed back to the city. They drove to the auto shop, but the blue hearse was gone. They headed for the salvage yard. It was closed.

Carmichael rattled on the gate and shouted. A night watchman came to the gate.

"Did you see where they stowed that blue 1982 Plymouth they just towed in?" Carmichael asked. "I left two small boxes with the ashes of my dogs in the trunk. Please let me get them."

Good fortune smiled twice on Carmichael that night. The night watchman was a dog lover who had recently lost a dog of his own. He opened the gate and led the two young people through the rows of expired automobiles to the blue hearse. Carmichael retrieved the boxes. Marigold stopped thinking of his behavior as weird, and began thinking of Carmichael as a kind and caring person whom she liked a lot.

Later that night, a shadowy figure

stole up to the back fence of our old house—the house where he and his sister and the dogs had grown up. Carmichael climbed the fence and tiptoed across the yard to the large tree under which our small pet cemetery lay shaded from the light of a full moon. Carmichael sprinkled Heidi's ashes on the grass beneath the tree, and then mingled Farrah's ashes with Heidi's.

Emmaline and I moved back home a few years ago, and now when we think of our two dear little dogs, we picture them romping together in the back yard of the home they loved, and reminiscing about the marvelous sights they had seen while riding around together in the back of the blue hearse.

- 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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# PUZZLES

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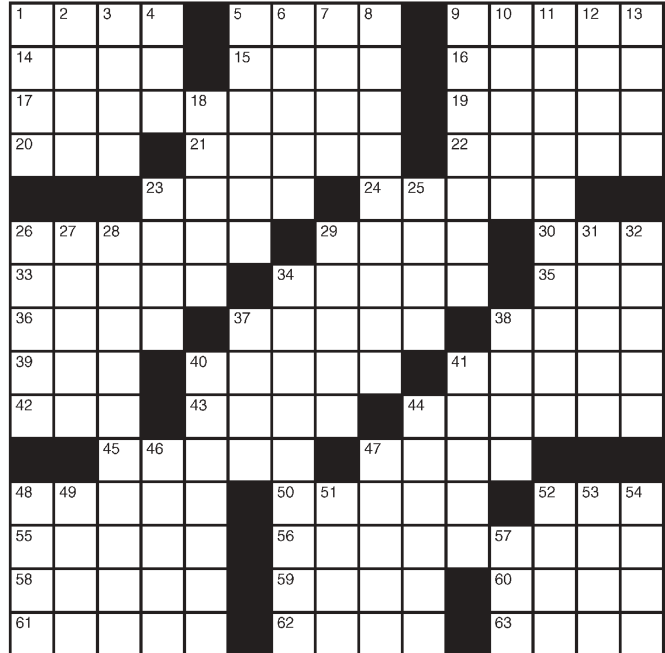
## ACROSS

- 1 Stoic Roman
- 5 Tangled masses
- 9 English racecourse
- 14 \_\_\_ Khayyam
- 15 Touched down
- 16 Rounded swelling
- 17 Farmer, to a cowpoke
- 19 Love Italian-style
- 20 Cobb and Hardin
- 21 The ones here
- 22 Loads cargo
- 23 Spin follower?
- 24 Time period
- 26 Phoned
- 29 Knock for a loop
- 30 Take one's pick
- 33 During a broadcast
- 34 Mother-of-pearl
- 35 In favor of
- 36 \_\_\_ it the truth?
- 37 Conductive element
- 38 Recognize
- 39 Inc. in London
- 40 Planter
- 41 Martin of "L.A. Story"
- 42 Actor Mineo
- 43 Foundry form
- 44 Sounded stridently
- 45 Oneness
- 47 Lamentation
- 48 Explorer Sebastian
- 50 "\_\_\_ Up, Doc?"
- 52 Actress Farrow

- 55 Planetary path
- 56 Man, to a Martian
- 58 Della of song
- 59 Caper
- 60 Exhort
- 61 Actress Black
- 62 Willowy
- 63 Launch forces

## DOWN

- 1 Toll
- 2 Island off China
- 3 Young 'uns
- 4 Powerful sphere
- 5 Converted into pulp
- 6 Modify
- 7 Draws
- 8 Tennessee Williams play, "A \_\_\_ Named Desire"
- 9 Sea otter's meal
- 10 Poisonous shrub
- 11 Bumpkin, to a city slicker
- 12 Hideous creature
- 13 Pipe fittings
- 18 Say out loud
- 23 Skirt opening
- 25 Sound of rippling water
- 26 Embers
- 27 Baker or Pointer
- 28 Non-seaman, to a seaman
- 29 Glutton
- 31 Verify
- 32 Lugged
- 34 Honeymooners
- 37 Arguable



By Frances Burton  
Summerville, GA

Answers on page 27

- 38 Ollie's partner
- 40 Infatuated
- 41 Virgule
- 44 Low point
- 46 Cacophony
- 47 \_\_\_ Gras
- 48 Wine stopper

- 49 Type of rug or code
- 51 Frozen drops
- 52 Bog
- 53 "Picnic" dramatist
- 54 Matures
- 57 Loutish fellow

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## MAGICWORD

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

### CHRISTMAS (sol.: 10 letters)

A-Advent; B-Bells; C-Candy canes, Carolers, Christians, Cider, Cookies; D-December; E-Egg-nog, Epiphany, Evergreen; F-Fruitcake; G-Gingerbread, Give, Greetings; H-Hang, Holly; J-Jingle, Jolly; L-Love; M-Mass; N-Nativity scene; P-Peace, Poinsettias; R-Receive, Reindeer; S-Santa, Season, Snow, Spirit, Stockings; T-Toys, Tree; W-Wise men, Wreath; Y-Yule log

This Week's Answer:

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

## JUMBLE

THAT SCRAMBLED WORD GAME  
by Henri Arnold and Mike Arginton

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

FENTO

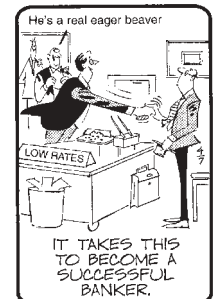
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Ans: [ ] OF [ ]



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

Answers on page 27

## Advertising in Senior Monthly is a Capital Idea!

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

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



24 SeniorMonthly, January 2005

## TRIVIALITIES

1. What Oscar-winning actress was born in Smyrna, Georgia on Oct. 28, 1967?
2. Who directed the 2004 film "Closer"?
3. Who starred as Betty Warren in the 2003 film "Mona Lisa Smile"?
4. Steven Soderbergh directed what 2001 film starring George Clooney, Brad Pitt and Don Cheadle?
5. In what year was the film "Erin Brockovich" released?
6. Julia Roberts has been nominated three times for the best actress Oscar. How many times has she won?
7. Julia Roberts starred opposite Rupert Everett in what 1997 film?

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Answers on page 27



# O.U.R.S. elects new officers

Oldsters United for Responsible Service (O.U.R.S.) on December 15 elected new officers for 2005. They are: Leo Shaw, president; Nancy Shockley, 1st vice president; Bonnie Worley, 2nd vice president; Mavis Routh, treasurer; and Eleanor

Northern, secretary.

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

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# SENIOR FORUM

## Simple relationships can make big differences

By Kent S. Collins

DEAR SENIOR FORUM: What can an old widow lady do to bring her family back together again? One of my daughters is divorcing. My son and his wife work and travel and party too much. I worry some of my grandchildren will get into trouble because their parents pay them no mind. There is not much togetherness in this family of mine. — Anonymous

DEAR ANONYMOUS: Your question reflects a common concern but is seldom asked. Grandparents don't like admitting what you've been brave enough or sad enough to write. Besides, answers aren't easy. Maybe a \$150-an-hour family counselor could answer you — after long hours of interviews and fees. But, then again, maybe not.

Instead of the big answer, an older and wiser person like you might find inspiration and guidance in this story from a woman who once wondered like you do now. She wrote:

"I remember so well about long ago ... my father wasn't much good and my mother wasn't much help. My grandfather knew both those things, even though I did not understand. So when I was a child, he used to call me on the telephone and ask me to bake him some chocolate chip cookies and bring them over the next afternoon. I'd do it, and carry them to school in a cardboard box. After school I'd go to his apartment and study, and we'd eat some of the cookies.

"Now I am as old as my grandfather was then, and I see his cookie

request as such a great kindness to a kid who was ill-at-ease at home. He never talked about my parents and their bad parenting. He never showed me sympathy. At least I don't remember so. He just showed me some appreciation for the cookies, and some attention to my homework. I remember that, over time, I talked to him about friends — those I had and those I wanted. And later he sat in his wheelchair at my wedding. He was the most special person there. When he died, I cried a lot. I didn't cry much when my parents died.

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**WALK AND BE HEALTHY**

"Now the age that he was back then, I have two grandchildren who come to visit me regularly. One even brings chocolate chip cookies...."

Once a week that child of years ago had a chore, which gave her a purpose, which gave her a place, which gave her a relationship. All those things together gave two people a sense of family. Maybe not all your family can have togetherness. Family doesn't have to be all things to all family members. But you can create togetherness for a few — maybe just two. The actual worth of strong togetherness for a few may be richer than forced and fake togetherness of the whole.

Find a mechanism or scheme or excuse for you and some of your family members to be together. Don't worry for lack of a Norman Rock-

well picture of your family. Create opportunities for a few of those you love to share something — even if just cookies — together. Some you offer to share with will reject you. Others will complicate the offer to make it of their liking. So you will have to back away from some family members who would complicate togetherness.

But you can do several things to get family members back together, if you just forsake the grand plan in favor of some simple relationships and episodes.

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

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# COOKING LIGHT

## Cannellini stew with sausage and kale and cheese toasts

By Allison Fishman

Try this dish with various flavored chicken sausages and other mild cheeses, such as fontina or mozzarella.

- 2 teaspoons vegetable oil
- 1 teaspoon bottled minced garlic
- 4 (2-ounce) smoked turkey and duck sausages with fennel, cut into 1/4-inch-thick slices (such as Gerhard's)
- 1 cup water
- 1 cup fat-free, less-sodium chicken broth
- 2 (19-ounce) cans cannellini beans or other white beans, rinsed and drained
- 4 cups bagged chopped kale
- 1/2 teaspoon black pepper
- 1/4 teaspoon crushed red pepper
- 1/8 teaspoon salt
- 2 tablespoons fresh lemon juice
- 6 tablespoons (1 1/2 ounces) shredded provolone cheese

6 (1-ounce) slices French bread baguette

1. Preheat broiler.  
2. Heat the oil in a large saucepan over medium-high heat. Add minced garlic and sausage; saute 1 minute. Add water, broth, and beans; bring to a boil. Stir in kale, black pepper, red pepper, and salt; bring to a boil. Cover, reduce heat, and simmer 5 minutes or until kale is tender. Remove from heat; stir in lemon juice.

3. While soup simmers, sprinkle 1 tablespoon cheese over each bread slice; broil 1 minute or until cheese melts. Serve toasts with soup. Yield: 6 servings (serving size: 1 cup stew and 1 toast).

CALORIES 349 (26 percent from fat); FAT 10.2g (sat 3.6g, mono 1.7g, poly 2.7g); PROTEIN 19.3g; CARB 45.3g; FIBER 8.5g; CHOL 39mg; IRON 4.9mg; SODIUM 981mg; CALC 214mg.

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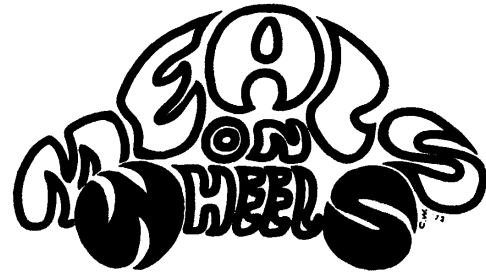
### JUMBLE ANSWERS

Jumbles: OFTEN SNORT JOSTLE OPIATE

Answer: It takes this to become a successful banker - LOTS OF INTEREST  
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### TRIVIALITIES ANSWERS

1. Julia Roberts 2. Mike Nichols 3. Kirsten Dunst 4. "Ocean's Eleven" 5. 2001 6. Once 7. "My Best Friend's Wedding"  
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# Restaurant Guide

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