

Kaw Valley Senior Monthly

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Serving Active Seniors in the Lawrence-Topeka Area

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INSIDE



Senior Monthly's annual "Senior Resources Directory" includes dozens of phone numbers and listings for organizations and businesses that deal with senior issues. - pages 13-20



Dr. Mark Howarter and his practice now offer the Creating Wellness System to improve clients' "Wellness Quotients." - page 28

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FREE



Vicki and Rod Roy with Pam and Rany Cole

COURTESY PHOTO

Couples open bed and breakfast in rural Hoyt

By Kevin Groenhagen

Vicki Roy had dreamed about owning and operating a bed and breakfast ever since she and her husband, Rod, stayed at one in Colorado during the early 1980s. At that time, the Roys lived just outside a small town near Rockford, Ill., where Rod worked at the Quaker Oats plant.

The Roys fulfilled a different dream when they built their own house in 1985. However, they left that home just two years later when the Quaker Oats plant closed in Rockford and Rod accepted a position with Quaker Oats (now Del Monte Pet Prod-

ucts) in Topeka.

Shortly after moving to the Topeka area, Vicki and Rod met Randy and Pam Cole, owners of Serendipity Construction. It didn't take long before the two couples became good friends.

Over the next several years, Vicki would continue to share her dream about opening a bed and breakfast with her new friends. However, Rod was less than enthusiastic about the idea. By the summer of 2003, Vicki had begun to accept the fact that her dream would remain just a dream.

"I actually had a huge garage sale in July 2003 to get rid of all the antiques I had collected for my bed

and breakfast," Vicki said. "I guess sometimes you have to let go of a dream before it comes to be."

Several months after the garage sale, the Roys and Coles were having dinner when Randy made an announcement.

"We're really thinking about opening a bed and breakfast," Randy said to the Roys. "Would you be interested?"

The Coles during the early 1990s had purchased wooded property in rural Hoyt and built their own log home there in 2001. They could build the bed and breakfast near their house.

CONTINUED ON PAGE TWO

Bed and breakfast

CONTINUED FROM PAGE ONE

Randy and Pam didn't receive a definitive answer that night, but two weeks later Rod asked Vicki if she had given any thought to Randy's proposal.

"I told Rod no, because I knew he didn't want any part of it," Vicki said. "To my surprise, he said, 'I think we ought to talk to him about it.'"

By November Pam had put together an initial floor plan for the bed and breakfast, and, in December, the two couples attended a seminar on operating a bed and breakfast. They also did research on the Internet and became further convinced that this is how they wanted to spend their years as they approached and entered retirement.

"We started building the inn in March 2004 and finished in October," Vicki said. "The Topeka Home Builders Association had selected the inn to be on its fall home tour, so everything had to be done by the first week of October. Serendipity Construction was the general contractor for the inn. Other people did the frame work and plastering, but the four of us did all the finish work."

While building the inn, all four owners had to continue with their regular jobs and business activities: Rod worked both as a part-time farmer and at Del Monte; Vicki worked at the Kansas Insurance Department; Pam worked at Monarch Management in Topeka; and Randy continued conducting commercial building inspections and managing the Coles' rental properties. And, of course, Randy and Pam continued to operate their construction company.

"It was a busy summer," Vicki said. We really burned the midnight oil. We worked on the inn after we got off work, all day on Saturdays, and all day after church on Sundays."

Vicki and Pam also spent part of that summer gathering antiques and other furnishings for The Inn at Muddy Creek.

Like the Coles' home just to the west, the inn is a log home.

"One of the reasons we chose a log cabin over a Victorian design is because the Victorian is a little more stuffy," Randy explained. "You can wear your coonskin cap in here if you want to."

"Now, if you quote that, you make sure it's attributed to Randy and not me," Vicki said with a laugh.

"Some bed and breakfasts have this Victorian look about them and

you think if you touch and break something you'll be in a lot of trouble," she added. "We have tried to create a more relaxing atmosphere."

The inn features five bedrooms, complete with private baths and king-sized beds. The themed guest rooms include the following:

- **The Cowboy Room:** This room, which is on the second floor and is identified by its name in barbed wire above the door, includes a map of the Ponderosa and a whisky barrel sink. Randy, who also builds log furniture, plans to build a hedge post headboard for the bed.

- **The Frontier Room:** Also located on the second floor, this room features a décor inspired by Lewis and Clark. Like the Cowboy Room, the Frontier Room includes a balcony where you can sit and relax.

- **The Casablanca Room:** This room is on the first floor and features beautiful toile furnishings, gorgeous wall treatments, and a private door to the hot tub (all guests are free to use the hot tub).

- **The Presidential Room:** Located on the first floor, this room has an Americana theme and features interesting painting techniques, a custom-made fan, and a beautiful, antique walnut dresser.

- **The Alamo Room:** This room can accommodate up to six people and is located on the second floor. It features a private outside entrance, and has its own coffee pot, microwave oven, and seating area. "Some brides and grooms choose the Alamo Room because it is set off from everyone else," Vicki said. Vicki also notes that the Alamo room gave Pam the opportunity to display her artistic side. "Rod said that we needed something that looked like the Alamo," she said. "Pam didn't say a word, but a few nights later we were delighted to see that she had taken it upon herself to paint the west wall so it looked just like you are looking out of an adobe brick structure. She also did the murals and the special effects painting was in some of the other rooms."

In addition to the five guest rooms, The Inn at Muddy Creek includes the Emerald City Room, which is on the lower level and can accommodate up to 75 people for showers, wedding receptions, and corporate



The Inn at Muddy Creek. The bed and breakfast is a modern, newly-constructed, two story log home located near Hoyt, Kansas, just off Highway 75. Guests can relax in one of the rocking chairs on the spacious 48-foot front porch while listening to the sounds of the country.

and group meetings.

The new innkeepers had their first guests in November 2004 and hosted several Christmas parties the following month. They have also hosted Red Hat Society meetings, a ladies' church retreat, a pastors' retreat, and a scrapbookers' meeting. The inn will host a group of quilters for a weekend in March and an out-

door wedding reception in April.

"We even had a family stay with us and celebrate their Christmas here," Vicki said. "They came and rented all of the rooms." Vicki also noted that they have already started to have repeat guests, including a family from New Mexico.

According to Vicki, some guests

CONTINUED ON PAGE THREE

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Bed and breakfast

CONTINUED FROM PAGE TWO

are in the area to visit the casino in Holton but prefer to stay at the inn.

"They want the fun of the gambling, but they want a quieter place to sleep," she explained.

After sleeping at the inn, the Coles and Roys treat their guests to breakfast in the main dining area. Supper is also available during the winter months if requested in advance.

"Pam is a wonderful cook and is not afraid to try new ideas," Vicki said.

Pam and Randy plan to attend a two-day cooking school in Oregon this spring to learn new cooking and presentation techniques.

According to Vicki, Rod, who initially opposed the idea of operating a bed and breakfast, has become a great salesman for the inn.

"He has many contacts through his work and is always trying to interest people in gift certificates, or corporate parties and events," Vicki said. "He never misses a chance to try and interest people in the facility. Last year several of our larger parties occurred because he told people about the inn."

The inn is located on five acres of land. Another five acres is locat-

ed between the inn and the Coles' home, and an additional 40 acres is right across the road. The property includes walking trails, rest areas, and a creek-side picnic area. Future plans for the 40 acres include a barn for weddings, a well-stocked pond

for fishing, a driving range, and evening rides on a wooden wagon pulled by Percheron horses.

"We also plowed up a section of ground on the 40 acres shaped like a pumpkin," Randy said. "We want to add a pumpkin patch this year."

The Inn at Muddy Creek, located at 14190 126th Road in Hoyt, is about 15 miles north of Topeka and just a short drive east of Highway 75. For more information, visit www.innatmuddy creek.com or call 785-986-6356.

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



Gary Calton, RN

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

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

of nausea, cold sweats or light-headedness.

If you or anyone you know exhibit any of these symptoms, don't delay. Call 9-1-1 and get help fast. Studies show that clot-busting drugs and other treatments work best to stop a heart attack when given within one hour of the start of symptoms.

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



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HEALTH & FITNESS

Post-polio syndrome: 7 ways to live better

Post-polio syndrome is complicating the lives of thousands of aging Americans. If you are a polio survivor you may suffer muscle weakness and fatigue that began decades after your acute polio illness. Your muscle weakness may worsen as you



Laura
Bennetts

age.

To be sure you have post-polio syndrome (which I will call PPS), you should see a neurologist or a physiatrist (a rehabilitation specialist). If you do have PPS, there are ways to reduce your symptoms and help you feel better. But first I will explain how PPS affects the nervous and muscle systems.

The Syndrome

Polio is caused by a virus that damages your nerves and reduces the number of nerve connections to muscle fibers. During recovery the remaining nerves expand to do the work of the lost nerve cells. These expanded or "giant" nerve cells appear to weaken over the decades. That is what we mean by "post-polio syndrome." Classic symptoms include muscle weakness, muscle and joint pain and fatigue. Research has not yet shown why these symptoms appear so long after the acute illness. But about 30 percent of polio victims will experience new symptoms 10 to 30 years after their initial episode.

You might first notice problems climbing stairs or reaching. This can be either muscle weakness, reflecting a deficit of the nerve connections you need to repeatedly contract the muscle. Or you might experience muscle fatigue, caused by a weakened signal sent from your brain to your muscles. In cases of muscle fatigue you may also find that your joints ache after an activity.

As they age, people with PPS have an elevated risk of developing a number of chronic illnesses, including diabetes, osteoporosis, heart disease, high blood pressure, chronic obstructive pulmonary disease, and

obesity. As we age, we are all at risk for developing these diseases and need to pay attention to how we can prevent these diseases. The average 75-year-old American is living with three chronic conditions and takes about five prescription drugs. Many people live long lives with chronic illnesses by taking care of their health, taking their medications and following medical advice.

What can you do about these chronic symptoms? Several things:

Seven Healthy Habits

1. *Avoid alcohol.* Alcohol can disturb your breathing at night and prompt sleep apnea, especially if you had polio with respiratory involvement.

2. *Stay warm.* Many people with PPS experience pain when they are cold. When the mercury falls from 86 to 68 degrees, people with PPS respond as if the temperature had fallen to 50 degrees.

3. *Eat well and take your vitamins.* The latest guidelines emphasize whole grains, fruits and vegetables. Consult with a nutritionist or dietician to work out a plan.

4. *Pace yourself.* Pay attention to your fatigue. For example, if you hurt and feel tired when you stand longer than 15 minutes, you should give your legs a break. Ignoring your symptoms may just make your fatigue worse and cause joint damage. Try using a stool and rearrange your work space. Consider equipment that can help you decrease the stress on your body like a reacher, a cane, or a higher chair. Energy conservation is important to prevent fatigue and protect your joints. Consult with an occupational therapist to analyze your daily routine to find ways to conserve energy.

5. *Understand your medications.* People with PPS can react badly to muscle relaxants and hypertension medications. Ask your doctor and pharmacist about the possible side effects of whatever medications you take.

6. *Protect your joints.* See a physical therapist about your joint pain. PPS joint stress may be caused by overuse of the muscles, tendons, and ligaments around joints. A PT will apply massage and heat and help you develop a strain-reducing exercise program. Your PT can also suggest equipment, energy saving

routines, and changes in your home and work environments to stop the deterioration of your joints.

7. *Exercise wisely.* Exercise rapidly fatigues the muscles of people with PPS, but finding the right exercise program is crucial to maintaining mobility. Since this is very important, I'll give you some examples.

Shape Up!

First, increase your breathing capacity. Occupational and physical therapists can teach you a diaphragmatic breathing exercise program.

Yoga and Tai Chi are also excellent deep-breathing exercises. Deep breathing brings more oxygen to your body and reduces your risk for lung illnesses.

Second, increase your strength by working with a physical or occupational therapist. Your program must be individualized to prevent joint stress and reduce muscle fatigue. Strengthening yourself will decrease the stress on joints as you walk and move, reducing muscle and joint pain. But remember: vigorous exercise is not recommended because you may injure your joints and cause severe fatigue.

Third, increase your conditioning. This means exercising your heart to improve endurance and reduce fatigue. A therapist's guidance is im-

portant to help you learn how to pace yourself. Aqua therapy is often suggested for people with PPS, but should be undertaken only with a therapist's guidance. Exercising in water requires extensive use of the trunk, leg and arm muscles and it is easy to cause severe fatigue if overdone. Also the pool water should be warm, between 90 to 92 degrees, to avoid the cold sensitivity commonly experienced with PPS.

Yes, You Can

With guidance, people with PPS can manage their symptoms successfully and age well. To help you cope I recommend the Handbook on The Late Effects of Poliomyelitis For Physicians and Survivors edited by Frederick Maynard and Joan Headle. You can also consult www.post-polio.org.

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

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HEALTH & FITNESS

Cranberries used in medicinal therapy

Thanksgiving dinner or Christmas dinner is not complete without the addition of cranberries. Cranberries have a long and fruitful history in the United States. Native Americans have a long history of using cranberries as a food source, in cer-



Dr.
Farhang
Khosh

emonies or as a medicinal therapy.

The American cranberry, *Vaccinium macrocarpon*, is harvested between September and October. Fresh fruit is generally available from September to December in a wide variety of forms, including fresh fruit, juices, sauces or teas. Cranberries are loaded with high amount of nutrients, including antioxidants.

Historically, the cranberry fruits and leaves were used for a variety of problems, such as wound heal-

ing, urinary disorders, diarrhea, diabetes, stomach ailments, and liver problems. Recently, cranberry products have been used in a wide variety of conditions including treating urinary tract infections. Many elderly people suffer from urinary problems and a small glass of cranberry juice every day is essential to provide some protection against them when they occur. One study showed that a group of 153 elderly women living in a nursing home experienced on average a 50 percent reduction in the bacterial load and white blood cell count in their urine after daily consuming 10 ounces of cranberry juice cocktail for six months.

Cranberries contain proanthocyanidins that can prevent the adhesion of certain of bacteria, including *E. coli*, associated with urinary tract infections to the urinary tract wall. Each year, UTIs account for about 9.6 million doctor visits. One woman in five develops a UTI during her lifetime. Proanthocyanidins are a class of nutrients belonging to the flavonoid family that have antioxidant activity and they play a role in

the stabilization of collagen and maintenance of elastin—two critical proteins in connective tissue that support organs, joints, blood vessels, and muscle. Cranberry is also a great source of Vitamin C. For this reason cranberry historically was used to treat scurvy. Half a cup of fresh cranberries provides 10 percent of the body's daily requirement of Vitamin C. Cranberries are also being researched for their possible anticarcinogenic properties, anti-aging aspects, prevention of dental caries, gum disease, and reducing the risk of atherosclerosis and stomach ulcers.

A majority of doctors and health care professions believe there is a clear association between a diet high in fruits and vegetables and a low risk of chronic disease. Phytonutrients (naturally derived plant compounds), especially antioxidants, are

being shown to optimize human health. According to the National Institutes of Health, eating cranberry products in food amounts appears to be safe, but drinking excessive amounts of juice could cause diarrhea. Actually, I use this for my advantage to fight against constipation in elderly patients especially for the ones that like the taste of the cranberry. People who think they have a urinary tract infection should see a healthcare provider for proper diagnosis and treatment. It is important to inform your health care providers about any herb or dietary supplement you are using, including cranberry. This helps to ensure safe and coordinated care.

- 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

Expect the unexpected: Disaster planning for your finances

As survivors of the terrible hurricanes and tornadoes of the past year can attest, disasters can have both immediate and longer-term effects on personal finances, especially when people are forced to escape with little but the clothes on their



Steve
Lane
and
Garth
Terlizzi

back. That's why it's important that any disaster preparations also include a plan for your finances. The objective of these contingency preparations is two fold: to provide the money and identification needed to get through the first few days of an emergency and to ensure that you have copies of the records and documentation that would help you return to a normal, financially secure life as soon as possible.

First Step — Create an Evacuation Box

What can be done to be financially prepared if the unexpected happens? Start by organizing a lockable evacuation box or suitcase containing important records, legal documents and identification. The box — light enough to carry if you were forced to flee your home due to an emergency, and preferably fireproof — should contain copies of such documents as your birth certificate, marriage license, Social Security card, will, insurance policies, property deed and power of attorney (originals of vital documents should be stored in a separate, fireproof safe or safe deposit box).

The box should also have a list of current financial accounts and contact information for your insurance agent, attorney, bank, financial advisor, family, friends and any other key people you may need to reach in an emergency. Also it may be a good idea to include sufficient cash for two or three days in case automated teller machines are unavailable. Other items to put in the evacuation box include photos or videos of your home and personal property. These can be a big help in speeding up any insurance claims. If you keep financial records or photos on a comput-

er, copy them to a disk and add it to your box. Alternatively, you could also use an Internet storage service.

Be sure that at least one person whom you trust knows where you keep the box in the event something were to happen to you. In addition, since a disaster could strike while you're away from home, you may also want to keep duplicates of the contents of the evacuation box at a separate location, such as your office or with your attorney.

Other Planning Moves

As hurricanes Katrina and Rita demonstrated so vividly, survivors may be displaced from home and work for weeks or even months, quickly exhausting cash and credit card limits. That's where an emergency savings

fund can make a real difference, providing money for living expenses before insurance proceeds and disaster relief funds are received. Financial planners advise maintaining an emergency savings account equal to three or more months of expenses. Establishing a line of credit that could be drawn on in an emergency may also be worth considering.

Insurance is obviously a major consideration of disaster planning. Review the adequacy of coverage you have for your home, vehicle and valuables and make sure you have proof to substantiate insurance claims. In addition to photos or video of the contents of your home, copies of professional appraisals of jewelry, works of art and collectibles should be included in your emergency box.

Regular Maintenance

Keep in mind that an evacuation box is only good if it's up-to-date. Lists of accounts, contact information and records should be reviewed periodically and revised as necessary.

If you manage your finances electronically, also be sure to include a current list of Web addresses, user IDs and passwords.

When you think about it, disaster proofing your finances is really an extension of sound financial management practices: organizing, updating and safeguarding vital documents and records and ensuring that you would be able to recover financially from the loss of personal property. The few steps it takes to assemble and update something as simple as an evacuation box will provide peace of mind through the knowledge that you have gone the extra mile to protect your personal finances if the unthinkable should ever occur.

Contact me, your financial advisor, for more information on how to become financially prepared and organized in case of a disaster.

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

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PERSONAL FINANCE

Time to make New Year's financial resolutions

Do you remember any of the New Year's resolutions you made for 2005? If you don't, it may not be such a tragedy. After all, you still may have had a good quality of life even if you didn't get to the gym three times a week, learn a new language or take that gourmet cooking class. On the other hand, you can



Harley Catlin and Ryan Catlin

make a big difference in your future if you make—and keep—financial resolutions for the coming year.

Of course, like all resolutions, the financial ones are easier to keep if they don't force you to radically change your lifestyle. So, with that in mind, here are a few achievable financial resolutions you may want to consider for 2006:

Increase your 401(k) contributions. If your salary goes up this year, increase the percentage of your earnings that you defer into your 401(k). With tax-deferred growth, pre-tax contributions and a variety of investment choices, your 401(k) is one of the best retirement-savings vehicles around. Plus, since the money is taken out before it even reaches your check, you won't really "miss"

your increased contribution.

"Max out" on your IRA. In 2006, you can put in up to \$4,000 to a traditional or Roth IRA, or \$5,000 if you are 50 or older. If you cannot come up with the maximum amount at once, try dividing your IRA contributions into 12 equal monthly payments - and have the money taken automatically from a checking or savings account.

Pay down your credit card debt. As you may know, the Federal Reserve raised short-term interest rates 12 straight times from June 2004 through November 2005. Sooner or later - and probably sooner—these rate increases will affect interest rates charged by credit card providers. So, if you are paying a variable rate on your credit cards, be prepared to pay more in interest. These interest payments do you no good, as you can't deduct them from your taxes; consequently, you'll want to pay down this debt as quickly as you can.

Review your investment portfolio. It's a good idea to review your investment portfolio at least once a year. Over the course of 12 months, your life can change in many ways; e.g., new spouse, new house, new child, new job, etc. And if your life changes significantly, your investment goals may also change. But even if your circumstances haven't changed much in a year, you should review your holdings to make sure they are properly diversified in a way that reflects your individual risk tol-

erance, time horizon and long-term objectives. A financial professional can help you review your investments to make sure you are still on track.

Avoid last year's mistakes. Everyone makes investment mistakes—but the smartest investors only make them once. So, try to identify any errors you made in 2005. Did you chase after "hot stocks" only to find they had already cooled off by the time you purchased them? Did

you incur a large tax bill by constantly buying and selling investments? These are the types of mistakes you should seek to avoid in 2006.

So, there you have them: some New Year's financial resolutions that, if followed carefully, can provide you with benefits long after 2006 is over.

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



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RETIRE SMART

Here's something you should worry about

Successful sixtysomethings have issues, too.

A surprising number of more-affluent Americans in their 60s are caught in a "generational squeeze," supporting both aging parents and adult children. Many are finding out that expenses don't necessarily de-



Humberto
and
Georgina
Cruz

crease in retirement. And few are giving enough thought to making sure their money lasts as long as they do.

But their attitude seems to be "What, me worry?" — which leads many to a false sense of security.

So suggests a recent survey of Americans 60 to 69 with household incomes of at least \$75,000 a year and/or total household financial assets of more than \$350,000, not including their homes.

The survey, commissioned by the Lincoln Retirement Institute, an organization within the Lincoln Finan-

cial Group, caught our eye because we fit into this demographic group.

Being retired from full-time work, we can readily attest to one finding: The cost of living does not seem to decrease at retirement.

In the survey, 69 percent of retirees and 68 percent of those still working — that is, virtually the same number — said they had spent up to \$80,000 within the past 12 months. One quarter of each group said they had spent up to \$40,000.

"How much is enough depends on what your personal needs are," said institute director David Kittredge.

In addition to needs, we would include "wants" — the things we saved all those years for.

"From a lifestyle standpoint, travel and an active social life are valuable to many retirees," Kittredge said. "Those are elements of life that are not free." No kidding. We've spent close to \$80,000 this year, more than any year we worked full time, in no small part because of travel.

The next survey finding does not apply to us because our parents are deceased. Among the people surveyed with at least one living parent

or in-law, 94 percent said they provide a significant amount of their financial support if not all of it.

And as a true "sandwich" generation, 84 percent of the people in the survey who are parents say they also provide significant financial support to at least one grown child or step-child.

"That was quite a surprise," Kittredge said. "A high percentage of them are in a generational squeeze." (Luckily for us, our daughter and son-in-law are doing quite nicely on their own).

With so many financial demands, will these "successful 60s" have enough for themselves? Here, Kittredge and others at Lincoln Life start sounding alarm bells.

"Many of these people will live into their 90s," Kittredge said. "A long life is a gift, but a very expensive gift." Thomas Johnson, a Lincoln Life spokesman, joined in: "Many of them are not thinking about their own longevity or factoring in the impact of inflation or the costs of health and long-term care." About half the people surveyed said they spend more time thinking about their next vacation than managing their money to last a lifetime.

At this time, forgive us for getting a bit cynical. Surveys about retirement

always seem to arrive at the conclusions the survey sponsors would want. In this case, the conclusion is that retirees need to think about how to convert retirement savings into an income stream they cannot outlive (the solution, of course, being income annuities and similar products Lincoln Life and other insurance companies sell).

Our natural cynicism aside, however, it's hard to argue that what matters is not so much the total size of our nest egg as managing it well so that we have enough to spend for as long as we need to. We also note that the survey was conducted by Mathew Greenwald & Associates, a highly regarded and experienced market research firm in Washington, D.C.

"Our goal is to educate, and motivate people to action," Kittredge said. For additional information on the survey and retirement issues, check out the Web site www.lfg.com/retire.

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

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New Year's Resolutions!

- I will spend more time with my family.
- I will join a health club and lose 80 pounds.
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PET WORLD

It's far safer to keep domestic cats indoors

These reader questions were answered at the Cat Fanciers' Association International Cat Show, and Cat and Dog Writers' Association Conference Nov. 18-20 at the San Mateo County Expo Center, San Mateo, Calif.

Q: My son and his wife rescued a young cat. They live in a woody area and allow their cat to come in



Steve Dale

and out during the day but keep it locked up at night. The cat brings home small creatures. Friends tell them some cats hunt, some don't. Can you comment on this? — J. S., Delray Beach, FL

A: It's true that some cats hunt and some do not. Of course, if a cat is kept indoors, there's no opportunity. Even in a woody area, it's far safer to keep a cat indoors; the pet will enjoy a longer, healthier life. There's also an ethical issue, since domestic cats are not native predators.

Dusty Rainbolt, author of "Kittens for Dummies" (Wiley Publishing, Inc., Hoboken, NJ, 2004; \$16.99), says to use interactive toys (fishing pole toys with feathers) to direct the cat's prey drive. Young, active cats like laser lights. (Never allow young children to use a laser light without adult supervision, since directing the light into their own eyes or a cat's eyes may be dangerous.) Also be sure to periodically drop kibble or treats so the cat really does 'catch' something.

Use Play 'N Treat balls to dispense the cat's food. These little plastic balls are available at pet stores. Teach the kitty to roll the balls, so the kibble falls out. The balls are engaging for most cats. Eventually, hide the balls, so the kitty has to "hunt" for them. Also, hide treats around the house, so when the spirit moves the cat, he can hunt for those, too.

"Cats enjoy high places to look

outside, perhaps at a bird feeder," Rainbolt notes. "Cat trees are good; scratchers a must to give a cat places to scratch. And ideally, two litter boxes would be best."

Introducing a cat to the indoor life doesn't have to be a cold turkey affair; it can be a gradual process.

If your son and daughter-in-law refuse to attempt transitioning this cat to life indoors, there's no way to train him not to hunt. Even well-fed cats sometimes hunt. Tell them to be grateful for the critter deliveries.

"No one knows for sure why cats bring us back what they hunt. Some of us believe it's because they're showing hopeless humans how to hunt," says Rainbolt.

If your son and his wife holler at the cat, he won't understand why they're angry, and this may impact their relationship with their pet. If they tell the cat how sweet he is and make a big deal of each "gift," however, the cat will be encouraged to hunt. Instead, they should just say 'thanks,' and when the cat isn't looking, dispose of each critter.

Q: My daughter decided to bring her cats indoors. We tried a harness and leash but this appears cruel. The cats have lots of toys. Is she being cruel to bring a cat indoors 24/7? We both have husbands who do not like cats. Do you think our cats sense this, especially when the men yell at them? — T. S., Puyallup, WA

A: Of course, these cats know the husbands don't like them. And I don't blame them! I prefer pets to be in homes where they're loved by all members of the family. Please ask those husbands to stop bellowing at the cats; c'mon, how immature is that? (Over time, companion animals often manage to win over even the most hardened of souls. Meanwhile, it's the husbands' loss, the way I see it.)

Amy Shojai, author of "PETiquette: Solving Behavior Problems in Your Multi-Pet Household" (M. Evans and Company, New York, NY, 2005; \$15.95), comments, "Hooray, your daughter is being humane by choosing to keep the cats indoors. Lots of toys are a good idea (as well as the suggestions offered in the

above answer), and rotate the toys so they don't get boring. Remember, an empty box with catnip or a plastic ball inside it can be a toy. You don't have to spend a lot of money.

"I think walking a cat on a harness and leash is a wonderful idea," Shojai adds. "Begin by gradually putting the harness on when a cat is eating, and soon the cat will identify the harness with dinner. At first, let the cat drag its leash around the house for a few minutes, and build up to the point where the cat doesn't

mind the leash on before taking the pet outside. It's a safe way for a cat to enjoy the outdoors. I also like the Kittywalk Pet Stroller (it's like a baby carriage to tote cats around in)." This product is available at <http://www.midnightpass.com/kitpetstrol.html> and 877-844-4438.

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

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CALENDAR

CONTINUED FROM PAGE 10

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

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

**SECOND AND FOURTH WEDNESDAY OF
EACH MONTH
ALZHEIMER'S EARLY STAGE PATIENT
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785-234-2523

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

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

**THIRD TUESDAY OF EACH MONTH
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improving positive parenting skills. Meets
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LAWRENCE PARKINSON'S SUPPORT
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4851 HARVARD, LAWRENCE, 6:30 PM
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**JAN 27
AARP CHAPTER 1696**
AARP Chapter 1696 will meet on Jan. 27 at
11:00 a.m. at the Lawrence Country Club. The
scheduled program speaker will be Dr. Steph-
anie L. Lawhorn who specializes in cardiovas-
cular diseases, especially those affecting women.
Please call for reservations
LAWRENCE, 785-865-3787

MISCELLANEOUS

**SATURDAYS
OSHER RADIO PROGRAM**
Local news and talk radio station KLWN 1320
AM presents the new program "Lifelong Learn-
ing: Lively Encounters with KU's Best." Each
show will feature an interview with a KU
Osher class instructor. Tune in for a glimpse
of what you can expect from upcoming Osher
classes. 11:05 a.m.
<http://www.kuce.org/lifelonglearning>

**JAN 7
TUTTLE CREEK LAKE EAGLE DAY**
Presentations on bald eagles and their nesting.
Automobile tour to view wintering eagles.
5020 Tuttle Creek Blvd.
MANHATTAN, 785-539-8511
[http://www.nwk.usace.army.mil/
Tuttlecreek/tuttle_home.htm](http://www.nwk.usace.army.mil/Tuttlecreek/tuttle_home.htm)

**JAN 22
EAGLE DAY**
Learn about nature and the environment. Pre-
sentations on nesting, banding, and live bald
eagles. Performance by the Thunderbird The-
ater. 21st & Harper, Douglas County Fair-
grounds.
LAWRENCE, 785-840-0700

**JAN 28
KANSAS STATEHOOD BALL**
1860s period dance to celebrate Kansas' state-

hood. Period dress is encouraged, but not
mandatory. 619 N Rogers, Sterl Hall.
ABILENE, 785-263-2681
<http://www.heritagecenterdk.net>

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

**FEB 4
SOUPER BOWL SATURDAY**

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*While every attempt has been made to
ensure the accuracy of the events listed,
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Jenkins pens new book of short stories

Buster Jenkins, Ottawa, has written his second book, *Tales from Woodson County and Other Important Places Around the World*.

A collection of short stories and poems, *Tales from Woodson County* is filled with stories about the pleasures of milking cows, old millponds, lye soap, outhouses, and other memories of days gone by. Old photos, drawings, and illustrations add a special touch to make each story come alive.

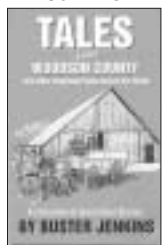
Sailing with the Merchant Marines in World War II and serving with the U.S. Marine Corps during the Korean War gave Jenkins some unique experiences to draw tales from, and his sea stories add a touch of poignancy to his nostalgic writing.

In addition to winning nine fiddling championships, Jenkins was inducted into the Colorado Music

Hall of Fame and the Mid-America Old-Timer Fiddlers Hall of Fame. In addition to playing with some of the biggest names in country music, Jenkins also played for President Gerald Ford in Vail, Colo., and First Lady Rosalyn Carter in Pine Bluff, Ark.



Jenkins



In 2002, Leathers Publishing published *Tougher'n a Boot*, Jenkins' autobiography. The 117-page book was included on a list of books recommended by *Kansas City Star* and *KansasCity.com* readers along with, among others, Bill Clinton's *My Life* and *Dan Brown's Da Vinci Code*.

Leathers Publishing also published *Tales from Woodson County*, which is available which is

available from Amazon.com, barnesandnoble.com, Ingram's, selected bookstores, and Leathers Publishing.



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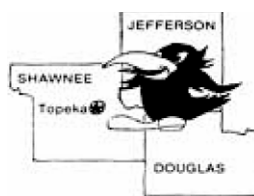
Fax: 785-232-8259

Web: www.aarp.org/ks

Contacts: Maren Turner, Mary Tritsch, Ernest Kutzley, Andrea Bozarth, Janet Clearwater

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Contact: Secretary Pamela Johnson-Betts

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HEARING AIDS



MARSTON HEARING CENTER

1112 W. 6th St., Suite 100
Lawrence, KS 66044

Phone: 785-843-8479
Fax: 785-843-8481
E-mail: marstonhc@sunflower.com
Contact: Gerald Whiteside, M.A.
CCC-Audiology

Marston Hearing Center, a trusted name in hearing healthcare in the Lawrence community for 28 years, is also a leader in bringing you the greatest selection of high quality hearing aids. Mr. Whiteside, a graduate of the University of Kansas, will provide a thorough hearing examination and hearing aids that meet your personal needs. Call for an appointment for a complimentary demonstration.

HOME HEALTH



DOUGLAS COUNTY VISITING NURSES ASSOCIATION

200 Maine St., Suite C
Lawrence, KS 66044

Phone: 785-843-3738
Fax: 785-843-0757
E-mail: JudyB@vna.lawrence.ks.us
Contacts: Judy Bellome, Janet Cairns, Margie Koeppe

COMPREHENSIVE HOME HEALTH CARE has been provided in Douglas County and surrounding areas by this not-for-profit, home-town, Medicare and Medicaid certified agency since 1969. Nurses, aides, physical and occupational therapist, speech language pathologist, social workers and companions provide nursing and rehabilitation for all ages in the comfort of your own home. Care is provided for persons with acute or chronic illnesses, disabled or frail. A United Way Agency.

HOME HEALTH CARE



KANSAS HOME HEALTH CARE

427 Poplar St.
Topeka, KS 66616

Phone: 785-234-8993
Fax: 785-234-8982
E-mail: info@kshomehealth.com
Web: www.kshomehealth.com
Contacts: Vicki Hatridge (Topeka), Seth Movsovitz (Lawrence)

- Billing and payroll processing for those receiving MRDD services.
- PD services through the HCBS waiver.
- Geriatric care management.
- DME and oxygen services.
- In-home physical therapy, occupational therapy, and speech therapy.

HEARING AIDS



MIRACLE-EAR AT SEARS

2727 Iowa St., Lawrence
785-842-0880

MIRACLE-EAR AT WAL-MART

1301 S.W. 37th St., Topeka
785-228-1470

60 DAY TRIAL

FREE hearing evaluation, FREE cleaning, and FREE in-office repairs! Hearing aid accessories, assisted listening devices. Over 1000 locations nationwide. Kansas owned and operated.

IN-HOME CARE



COMFORT KEEPERS

1637 SW 42nd St.
Topeka, KS 66609

Phone: 785-267-8200
Fax: 785-267-8199
E-mail: topeka@comfortkeepers.com
Web: www.comfortkeepers.com
Contacts: Sarah Cox

Non-medical, in-home care providing companion care, meal preparation, light housekeeping, grocery shopping and errands, including assistance with bathing, grooming and dressing. Free in-home consultation. Caregivers are screened, bonded and insured.

Our services are available from 3-24 hours a day.



IMPORTANT PHONE NUMBERS



EMERGENCY NUMBERS

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
 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
 KDOA Nursing Facility Complaint Hotline
 1-800-842-0078, 785-296-0133 (Topeka)
 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

CONTINUED ON PAGE 15



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 Hearthstone 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 Alvamar 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

- KDOA Nursing Facility Complaint Hotline 1-800-842-0078, 785-296-0133 (Topeka)
- 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

CONTINUED ON PAGE 16

INSURANCE**NEW ENGLAND FINANCIAL**

9401 Indian Creek Parkway,
Suite 900
Overland Park, KS 66210

Phone: 913-345-8200
Contact: Mark Durkin

Long-term care insurance can protect your assets and help you stay independent of the support of others. The policies will pay for homecare, assisted living, and in a nursing home. I am a long-term care specialist. Please call me and I will help you determine if the protection makes sense for you. If we determine that you should get the coverage, I will help you choose an insurance company and design your plan.

INVESTMENTS

FINANCIAL SERVICES

GET/LINSCO PRIVATE-LEDGER

900 Massachusetts St., Ste 602
Lawrence, KS 66044

Phone: 785-749-1881
E-mail: gtnyse@aol.com
Web: www.lpl.com
Contacts: Garth J. Terlizzi, Stephen Lane, Jodi Pendleton

Let us put our experience to work for you. Here are just some of the reasons to build a financial relationship with us:

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Call today to schedule a FREE one hour - no obligation investment consultation.

LODGING/MEETING FACILITY**THE INN AT MUDDY CREEK, LLC**

14190 126th Rd.
Hoyt, KS 66440

Phone: 785-986-6356
E-mail: info@innatmuddycreek.com
Web: www.innatmuddycreek.com
Contacts: Randall and Pamela Cole, Rodney and Vicki Roy

A Bed and Breakfast and more! Five rooms with private baths, hot tub under the stars, walking trails and pond. Full breakfast and evening snack included. Private in room dinners available on request. Ask about our special occasion packages and let us pamper you for a change.

Our meeting room can accommodate your Christmas Party, Family Reunion, Wedding Reception, Shower, Seminar or Red Hat Luncheon. We can cater your event or work with your caterer.

LONG TERM CARE INSURANCE**GENWORTH FINANCIAL**

Lawrence, KS

Phone: 866-238-9597
Fax: 785-856-6961
E-mail: johnny-ltc@yahoo.com
Contact: Mary and John Gariglietti

We are specialists in our industry as we custom design long term care insurance for people according to their health and affordability. We also handle Medicare Supplement insurance as well as Medicare part D prescription drug coverage. Call to see if this type of coverage is right for you!

**IMPORTANT PHONE NUMBERS**

CONTINUED FROM PAGE 15

De Soto Neighborhood Center 913-585-1762
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

Pelate 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
Senior Health Insurance Counseling of Kansas
(SHICK) 1-800-860-5260

16 SeniorMonthly, January 2006

MEDICAL

CRITICARE HOME HEALTH SERVICES, INC.
1006 W. 6th St.
Lawrence, KS 66044

Phone: 785-749-4878
Fax: 785-749-4972
E-mail: criticare@criticarehhs.com
Web: www.criticarehhs.com
Contacts: Sheila Showalter, Scott Moore, Tanya Ward

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Fax: 785-841-7003
Contact: Sandra London-Leib

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Fax: 785-354-4293
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Fax: 785-542-2177
E-mail: enceud@msn.com
Contact: Rheva A. Victor

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814 High St, Suite A, P.O. Box 368
Baldwin City, KS 66006

Phone: 785-842-0656 (Lawrence),
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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Phone: 785-838-8000
Fax: 785-838-8001
E-mail: bellonna@brandonwoods.com
Web: www.brandonwoods.com
Contact: Donna M. Bell

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Phone: 785-273-2944
Fax: 785-273-4065
E-mail: lutherplace.kscoxmail.com

Topeka's Premiere Retirement Community, 1 & 2 bedroom apartment homes; beauty shop; all utilities included; 24 hour on-site staff, emergency monitoring system; on city bus route; laundry facilities; weekly grocery transportation, organized activities and day trips.

RETIREMENT COMMUNITY

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Topeka, KS 66604

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Fax: 785-273-4065
E-mail: lutherplace.kscoxmail.com

Topeka's Premiere Retirement Community, 1 & 2 bedroom apartments, townhomes; washer & dryer connections; emergency monitoring system available; 24 hour emergency on-site staff; organized activities and day trips; library red carpet service; weekly grocery van; on-site storage; exercise room.

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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.

SOCIAL SERVICE/HEALTH**TRINITY IN-HOME CARE, INC.**
2201 W. 25th St., Suite Q
Lawrence, KS 66047

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

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VISION REHABILITATION**ENVISION REHABILITATION CENTER**
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www.lightcenterks.org

Please hold on to your copy of the
2006 Senior Resources Directory for
future reference!

BRIDGE

Duck Soup

By Omar Sharif and Tannah Hirsch

Both vulnerable. South deals.

NORTH
 ♠ K J 9 5 4
 ♥ A Q 10
 ♦ A Q J 10
 ♣ 9

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

SOUTH
 ♠ A Q 10 8
 ♥ K J 8 5
 ♦ 8 4
 ♣ A Q J

The bidding:

SOUTH	WEST	NORTH	EAST
1♠	Pass	3♦	Pass
3♥	Pass	3♠	Pass
4♣	Pass	5NT	Pass
7♣	Pass	7♠	Pass
Pass	Pass		

Opening lead: Five of ♣

After covering the South and West hands, study the diagram above. How would you defend seven spades after the lead of a low club?

The auction is from the days when four-card majors ruled the land and opening one no trump with a low doubleton was unthinkable. Since North's jump to three diamonds was game-forcing, North could afford to set the trump suit with a rebid of just three spades on the next round. That afforded South the opportunity to show extra values with a club cue-bid, and North used the Grand Slam force to ask about top

trump honors. South's seven clubs confirmed possession of two and North had an easy correction to spades.

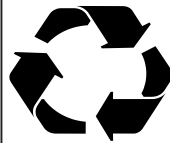
After the lead of a club, it looks as if there are 13 easy tricks. Declarer captures the king of clubs with the ace, draws trumps, then discards three of dummy's diamonds on the long heart and queen-jack of clubs. A diamond ruff in dummy is the fulfilling trick.

That, however, presumes the king of clubs is played to the first trick. Suppose that, instead of going up with the king, East follows low to the first trick. Obviously, East must rely on the king of diamonds as the setting trick and, by retaining the king of clubs as well, East prevents declarer from getting a third diamond discard from the table. Eventually declarer will surely try the diamond finesse—down one.

Although the grand slam can still be made by pressuring East in the minors, congratulations on your excellent defense. It is just another case of ignoring a bridge maxim. In this case, 'third hand high.'

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

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

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Post-holiday reading

By Margaret Baker

Now that the excitement of the holidays is past, readers may have the time to relax and read! Some lucky ones will have bookstore gift certificates. There are many great choices, so let's get right to them, starting with three acknowledged mystery greats with new novels:

Sue Grafton: *S Is for Silence* (Print edition by G. P. Putnam, audio on five CDs by Random House Audio) *Mystery*

Daisy's mother, Violet Sullivan, blew her almost-seven daughter a kiss as she left in her new violet car to meet up with her husband for the Fourth of July fireworks. She's not been seen since, nor has the car, though her husband made all the payments. He's a suspect, since he tended to hit her when drunk—and he was usually drunk. No body, no case; but every one thinks he got away with murder.

Thirty-four years later Daisy hires Kinsey Millone to get answers, wherever they lead. Reluctantly, Kinsey starts digging in. Kinsey's a terrier at digging!

Grafton intersperses Kinsey's search with chapters from the past by those even peripherally connected to the case, allowing the readers to start forming his/her own conclusions. She's a good storyteller; you may find your theory off base!

Random House is also offering a nine CD set of Grafton's series A through I, abridged, to allow new listeners to "catch up."

P.D. James: *The Lighthouse* (print edition by Alfred Knopf, audio of 11 CDs read by Tony award winner Charles Keating, published by Random House Audio) *British police procedural*

British police Commander Adam Dagleish has another difficult case, just as he is coming to grips with his tortuous love life.

Cornwall's Combe Island, histor-

ically active in piracy, is now a place of serenity away from the hurly-burly of the workaday world. A crotchety novelist is permitted because he hails from Combe, but his surly behavior earns him no points with the other natives. His last book was critically panned and sales plummeted.

Combe's picturesque lighthouse is the setting for the crime Dagleish is sent to investigate. The novelist has apparently committed suicide by jumping off the lighthouse. Is it suicide, homicide, or suicide arranged to look like murder?

A bit slow until Adam arrives on the scene, at which point the plot speeds up.

Karin Slaughter: *Faithless* (Print edition by Delacourt, five CD audio edition read by Francie Swift, produced by Random House Audio) *Mystery*

Sara Linton and Jeffrey Tolliver are enjoying a walk in the woods when they discover the body of a pretty, well-dressed young woman, obviously tortured before being buried alive. They become obsessed with uncovering who she was, who her killer was, and why.

Grant County lawperson Lena Adams also wonders, and Slaughter integrates the three separate investigators seamlessly into a very fast-paced mystery, complete with red herrings.

Jerry Lewis and James Kaplan: *Dean and Me* (print edition by Doubleday, five CD audio, read by Gregory Jbara by Random House. A large print edition is also available.) *Biography*

Dean Martin was a mediocre lounge singer and Jerry Lewis a so-so comic until they teamed up July 4, 1946. Their comedy-musical act lit up the stage and later television. Ten years to the day later the act broke up, and each went on to a successful career. Lewis maintains that the two remained friends, knowing however that each needed to go his own way.

If you've wondered over the years what pressures develop in time in

such a close relationship, this is a must-read.

Baxter Black: *Hey, Cowgirl, Need a Ride?* (Print edition by Crown; 5 CD audio edition, read by author, produced by Random House Audio) *Adventure/humor*

Teddy Arizona, better known as Rank Pantaker's fake wife and flies off. She also takes his \$500,000. She's a good private pilot she crashes in a remote Nevada canyon, near two down-on-their-luck cowboys in a line camp.

Is T.A. just a common thief, or is she trying to stop a nasty scam? Or just playing two very lonely cowboys who have seen far too many steers?

Black is best known for his cowboy poetry on National Public Radio, but he can handle a plot line, southwestern ambience, and quirky characters pretty well, too.

Chris Enss: *Buffalo Gals* (Two Dot Press, trade paperback, \$12.95) *Biography*

From 1883-1916 Wm. "Buffalo Bill" Cody's Wild West show wowed crowds here and in Europe with renditions of Indian raids, trick riding, outlawry and marksmanship.

That show included many gifted women because Cody knew how much women in the West could and had to do. He told a friend "Let them do any kind of work they see fit, and if they do it as well as men, give them the same pay." Heretical in that day, but perhaps a forerunner of the legal emancipation of women. Little girls who watched the show had role models!

Enss has collected the stories of 20 of Cody's female troopers, called Buffalo Gals. Included are pictures of the women, posters of the show, etc.

Dawn Bunyak: *Our Last Mission: A World War II prisoner in Germany* (University of Oklahoma Press, trade paperback, \$19.95) *Biography*

Dawn Bunyak brings the memoirs of her uncle to life. Sergeant Lawrence "Larry" Pifer came from the small town of Clearfield, Pennsylvania, whose main claim to fame is being the next town from Punxsutawney, home of weather-forecasting groundhog Punxsutawney Phil. Larry enlisted shortly after Pearl Har-

bor, and served on a B-17 bomber shot down on the first bombing run over Berlin in March of 1944. For the next year and a half he and the few others who survived lived in a succession of POW camps, none of which was remotely similar to Hogan's Heroes.

WWII created an estimated 35 million POWs, 95,000 of them Americans. With Prisoners of War back in the news, this riveting account of an American POW in WWII should be of special interest.

Peter Abrahams: *Down the Rabbit Hole* (HarperCollins, \$15.99)

Abrahams' adult mysteries have been nominated for the prestigious Edgar award. This is his first book for young adult, but hopefully not his last..

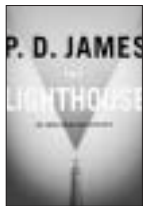
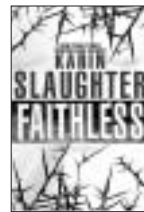
His protagonist is spunky Ingrid, dealing with classwork (especially math), soccer, friendships, squabbling parents, braces, a brother with steroid symptoms. She's also active in the community theatre and has just garnered the title role of Alice in Wonderland.

Like Alice, Ingrid's world gets stranger and stranger. Tired of waiting for her mom to take her from school to the soccer field, she tries to walk it. Soon she's lost, but she meets eccentric "cat hoarder" woman Kate, a woman whose fiancé disappeared years ago. That evening she realizes she left her best soccer shoes—and the paper announces Kate has been murdered. She's got to get those shoes back before her folks learn she disobeyed them. Skirting the crime tapes, she gets the shoes. The Chief of Police knows from scene photos that shoes were removed from the scene—and he's the father of a classmate. And suspicious.

Abrahams brings to his story characters with the problems of real kids, a lot of plot twists, and some terrifying moments. Kids shouldn't have all the fun; try this one yourself!

Out of space and time—there are a number of great paperbacks for February!

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



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

Senior Care Act funding available

Seniors who are residents of Douglas, Jefferson or Shawnee counties who may need a little help to remain independent, are urged to call Jayhawk Area Agency on Aging to see if they qualify for Senior Care Act (SCA) funds.

The Senior Care Act program provides a coordinated system of service to Kansans 60 or older. The program is especially targeted for those who are at the greatest risk of institutionalization. The Kansas Department on Aging administers the program through the Area Agencies on Aging.

Senior Care Act funds provide in-home services for seniors and will vary by county. Services include attendant care and homemaker and personal emergency response monitoring. Services are offered on a sliding fee scale, based on your income and assets. Customers pay between donation and 100 percent of the cost of service.

Eligibility Guidelines – Must meet SCA Income eligibility guidelines and meet the SCA long-term care threshold.

“We urge anyone who thinks they or someone they know may be eligible to give us a call,” said Jean Stueve, In-Home Services Program Manager for Jayhawk Area Agency on Aging, Inc.

For more information, please call 785-235-1367 or 800-798-1366.



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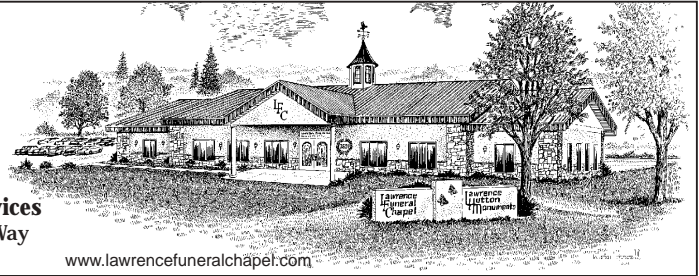
Mention you saw this ad in Senior Monthly

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Kent T. Peterson
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DDS**

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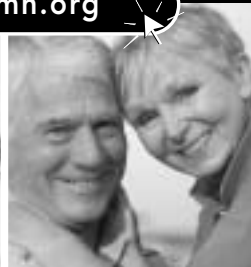
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PUZZLES

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ACROSS

- 1 Formal proclamation
- 6 Burrowing mammal
- 10 Cogwheel
- 14 Against the law
- 16 Soprano Gluck
- 17 Hurlled from a slingshot
- 18 Pinocchio or Ananias
- 19 ___ the tentmaker
- 20 Great honor
- 21 Bouquet holder
- 22 Vulgar
- 24 Acorns, after time
- 25 Author Deighton
- 26 Ball of fire
- 28 Destruction
- 32 Converted to a fine spray
- 35 Start again from scratch
- 36 Created stacks
- 37 Billy of "Titanic"
- 38 Rocky road and cookie dough
- 40 Chaps
- 41 Get gas
- 42 Sch. group
- 44 "Trees" or "Birches," e.g.
- 45 Pressure recorder
- 51 Recipe direction
- 52 Doctor, at times
- 53 ___ podrida
- 54 Naked
- 55 Decorative
- 57 Inland sea of Asia
- 58 Like mother-of-pearl

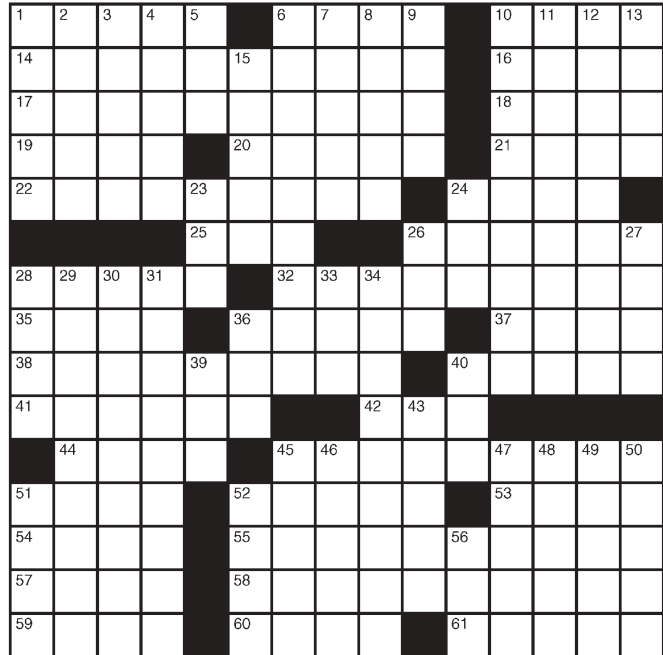
59 Solidifies

60 Adversaries

61 Harbors

DOWN

- 1 Disney World draw
- 2 Tragedy
- 3 Minute amounts
- 4 Visual aid
- 5 Gratuity
- 6 Thousands of years
- 7 Preminger and Kruger
- 8 Lascivious looks
- 9 Mary Baker or Nelson
- 10 Arouse to awareness
- 11 "On the Waterfront" director
- 12 Accumulation
- 13 Like hens' teeth
- 15 Taps horn
- 23 Large deer
- 24 Popeye's Olive
- 26 Flop
- 27 Lyric poems
- 28 Formal legal document
- 29 Take back
- 30 Of lymphatic glands
- 31 Immature roosters
- 33 "A Nightmare on ___ Street"
- 34 Covers over
- 36 Get-up-and-go
- 39 Daiquiri requirement
- 40 Practical joke
- 43 Crooner Mel
- 45 Pack animal



By Josiah Breward
Scranton, PA

- 46 Palmer of golf
- 47 Popeil company
- 48 Take in pants, for example
- 49 Photosynthetic organism
- 50 Stops
- 51 Hitch

- 52 Hairdo
- 56 Mind-reading letters

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Answers on page 29

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.

INDIANA (sol.: 12 letters)

A-Alexandria, Amboy, Ashley, Avilla; B-Bluffton, Boonville, Bristol; C-Camden, Carmel, Culver; D-Dana, Dyer; E-Eaton, Elwood; F-Fillmore, Fulton; G-Gary; H-Hamlet, Hebron, Holton, Hope; I-Ingalls; K-Kennard, Knox; L-Laconia, Lagro, Lapel, Laurel, Lizton, Lyons; M-Macy, Merrillville; N-Newberry; O-Odon; P-Patriot, Peru; R-Riley; S-Salem; T-Topeka, Troy; W-Wolcott; Y-Yeoman

This Month's Answer: **INDIANAPOLIS**

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ELLIVLLIRREMTAI
REVLUCDOOWLEELN
LIZTONODODPLLLI
ACFILLMOREAAMIN
PAUICLTHREASAVO
ERLNAARUOALIHAX
LMTGMGOLIPMACYO
LEOADRYRAGEBHSN
ILNLEODTTOCLOWK
VEOLNNRRILEYLYE
NRTSAIEAKEPOTEN
OUAXOYYELHSAOON
OAEFTYREBWENMA
BLUFFTONORBEHAR
AINOCALOTSIRBND

JUMBLE

THAT SCRAMBLED WORD GAME
by Henri Arnold and Mike Arglion

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

KOVEE

SBELS

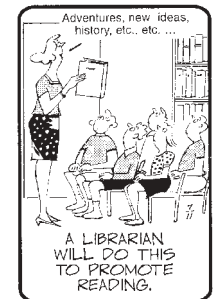
UMDAAR

LOAPER

A: _____

www.jumble.com

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

A: _____

Answers on page 29

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24 SeniorMonthly, January 2006

TRIVIALITIES

1. Who stars as the White Witch in the 2005 film "The Chronicle of Narnia: The Lion, The Witch and the Wardrobe"?
2. Who directed the 2000 film "The Beach" starring Leonardo Di-Caprio?
3. In the 2005 film "Constantine," what actor portrayed the title character?
4. Alex Proyas directed this 2004 sci-fi film starring Will Smith, Shia LaBeouf and Bridget Moynahan.
5. The 2003 film "Holes" was adapted from whose novel of the same name?
6. Who starred as Patrick Gates in the 2004 film "National Treasure"?
7. Michael Mann directed this 2001 film starring Will Smith, John Voight and Jamie Foxx.

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Answers on page 29

HUMOR

Slip Covers

I can't get away with anything around our house, so I almost never try. My wife Emmaline picks up on my boo-boos as if they were on radar.

That's why I love the case of the tailor made slipcovers.

Our living room sofa was an embarrassment to Emmaline, and she wanted to buy a new one. I said we couldn't afford a new sofa. We battled the issue back and forth. Finally, I suggested a compromise.



Larry Day

"Why don't we get slipcovers? Hobart and Virginia got custom slipcovers for their sofa."

"Who made them?"

"A seamstress from out of town."

"I'll bet they cost a fortune."

"Hobart said they were real reasonable. His cousin Zeke arranged it all."

Emmaline found some beautiful fabric that matched the colors of our living room. She got excited about having tailor made slipcovers. The seamstress didn't have a telephone, so cousin Zeke got in touch, and told her to call us.

Emmaline was away from home the day the seamstress called.

"Hello," I said. My part of the rest of the conversation consisted of: "slipcovers," "yes," "Uhuh," "That would be fine with us," and "Good-bye."

The woman was as colorful as she was forceful. She told me the day and time she would come to measure the sofa and pick up the fabric.

An hour after the appointed time, a dilapidated pickup truck wheezed into our driveway. The driver whacked the pickup door open with her fist, and jumped down. She wore what had been in some former life, a pair of men's dress pants. They were cinched at the waist with a piece of clothesline rope. She wore a man's white shirt, two sizes too large, and a pair of Mammy Yokum-type army boots. I stared.

The woman started talking as soon as her feet hit the driveway.

"I'm Jessie. Sorry ta'be late, but I bin busier than a one-legged man in a butt-kicking contest. Ya got the cloth? Where's the sofa?"

She led me into the house. "That there's a fine sofa. It'll cover up real nice. This the fabric? Nice. Tell your wife she done good."

Jessie seized one end of the sofa, hoisted it into the middle of the room, took a length of cloth, held it up to the back of the sofa, and "Rippppppppp." She tore the fabric in two. I watched, terrified, as she worked her way around the sofa, measuring and ripping, measuring and ripping. She talked the whole time. First she went on about baby ducks on her farm, then about how she restored virility to an impotent bull. Talk, rip, talk, rip, talk rip.

With one final "Rippppppp," Jessie was finished. She gathered the tattered pile of fabric in her arms, walked to her truck, and stuffed the bundle through the open window.

"I'll call ya," she said. "Be a couple weeks at least, mebbe longer."

Emmaline came home and interrogated me about the slipcover lady. I stonewalled.

Two weeks turned into three, and three into four. Emmaline started some serious fussing in the middle of the fourth week. I figured my ducklin' was cooked. But the next Saturday morning, the phone rang.

"Hello."

"Didja think I'd skipped the country? I got yer goods and I'm a headin' out your way." Click. Dial tone.

Fortune was smiling on me. Emmaline was out shopping with her friend Helen.

With Emmaline out of the house, I was in a position to get rid of the evidence and tell Emmaline THE BIG LIE:

"Emmaline, I hate to tell you this but, the slipcover lady's workshop caught fire and she lost everything. She wasn't insured." Emmaline is good hearted. I knew she would sympathize with the woman's loss rather than fuss about her own.

I was in the back of the house and didn't hear the wheezemobile drive up.

By the time I heard anything, Jessie was already in the living room installing the slipcovers. I couldn't bear to watch, and I walked away. Jessie carried on a colorful conversation with the sofa, then came to the kitchen.

"Come on in an take a gander. Goodern' new, I'll wager." We walked to the living room.

"Well, howja like 'em?"

I stared at the sofa, turned round, walked back to the kitchen, gulped down a glass of water, walked back to the living room, and stared again. There was a new sofa in our living room. It was covered with the fabric Emmaline had selected. It was the same fabric that I had watched Jessie rip to shreds a month before. The slipcover fitted perfectly. The sofa looked brand new. A cold chill ran down my back. Jessie was going to charge me a thousand dollars. I just knew it.

Here's yer bill," said Jessie, and handed me a coffee-spotted piece of notebook paper. On the paper was scrawled, "Sew up and install slipcovers (furnished own cloth), \$75.00.

"Seventy-five dollars?" I was amazed.

"This work don't come cheap. Them's hand made, ya' know."

"Please," I said, "I'm delighted! I'm REALLY delighted! I'll get my checkbook."

I was asleep on our new sofa when Emmaline came home. I had even remembered to take off my shoes.

- 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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SMART COLLECTOR

Take Royal Bonn clock to an expert

Q: Any info on this ceramic clock I inherited from my grandmother? She got it in the early 1900s before she was married. I was offered \$400 for it, but I'm sure it is worth more. A crest on the back says, "Royal Bonn, Germany." — Sharon, Delphos, Ohio

A: Your ceramic clock fits into the category of porcelain-cased clocks.



Danielle Arnet

More specifically, it is a Royal Bonn porcelain mantel clock. In this genre, the clock's case was almost always manufactured by one company, the movement by another.

Royal Bonn china is a fine-paste porcelain made by a company established in the Rhineland in 1836. In the beginning, the company made both earthenware and porcelain products. After 1890, products were marked and sold as "Royal Bonn." Villeroy and Boch bought the factory in 1921 and closed it in 1931.

The clock case, hand decorated with large enamel flowers and embellished with painted gold accents, is typical of RB style. Scenes and portraits are other RB characteristics. Of course, finer decoration brings higher value. This floral case is standard. Also consider that RB does not command the premium that, say, Limoges, brings.

From the image sent, I cannot spot the maker of the works. That matters, because in clocks, works are as significant as the case. Value de-

pends on maker, quality and condition. For a definitive estimate, take your clock to a reputable clock expert.

The estimate quoted, if from a dealer, seems ballpark. If retail value is \$600 to \$800 (many RB clocks sell in those parameters), the offer allows for profit. Top quality works may command more.

Q: I want to sell a moviola machine given to my wife in the early '70s by Disney studios. The group that took over the Moviola company offered to buy it, but asked me to set a price. Can you help? — Jim, Sierra Vista, Ariz.

A: We need to tell readers that moviolas are film-editing machines. Current models are highly technical and efficient, compared to this vintage model.

You ask about value. A smart collector will tell you that demand equals value. Simple economics. So, what is

the demand for a vintage moviola? What is the appeal of any vintage machine, when newer versions of the same technology exist? Think sewing machines, movie projectors, washing machines, vacuums, etc.

Nostalgia is one market — but on moviolas? Nah. Aesthetics is another. On this? No. Your ace is this particular machine's significance in the continuum of developing technology.

You have an interested party. Con-

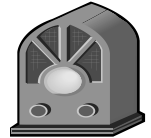
gratulations. Many industries and businesses buy back significant pieces for their archives. They want you to set the price as baseline; that's common business practice.

Bottom line, there is no established market for vintage moviola machines. We did spot a recent model sold on eBay at \$1,000. I suggest you quote a price you can live with and let the negotiations begin.

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Creating Wellness System helps clients improve their 'wellness quotients'

By Kevin Groenhagen

It's not unusual for bad grades to cause a college student to change his course of studies after his freshman year. However, for Dr. Mark Howarter, it was a bad back.

"I had no inclination to get into healthcare," Howarter explained. "I wanted to get into business. After my first year at Emporia State University, I went home for a summer job and ended up hurting my back. I also had other problems with allergies and asthma. I think my parents got tired of listening to me whine, so they made me go to a chiropractor. I was so blown away by the fact that he didn't give me any medicine, prescriptions, or shots. When I walked out of the office after that first visit, I was feeling so much better that I decided I was going to become a chiropractor."

Howarter attended the Cleveland Chiropractic College in Kansas City and graduated cum laude in August 1999. He moved to Lawrence the following month and opened his practice, The Chiropractic Experience, in January 2000.

While operating his practice, Howarter's patients often asked him questions concerning diet and exercise. Realizing the need to address these other aspects of wellness, he was soon drawn to a new franchise program called the Creating Wellness Center, which was launched by the Creating Wellness Alliance in March 2003. The general announcement to the chiropractic profession was made in Las Vegas by actor/author—and chiropractic patient—William Shatner.

The Creating Wellness Center concept is actually a franchise within a practice. The practice itself is not a franchise and doctors are free to incorporate their own techniques, business practices and procedures, and are not required to pay royalties for regular chiropractic services. The office name also allows for individual identity. For example, Jones Chiropractic would become Jones Chiropractic: A Creating Wellness Center. There are currently over 100 centers in the U.S.

Howarter received Creating Wellness System training at the Creating Wellness Alliance's headquarters in New Jersey, expanded his office space to include the former Pizza Hut delivery location next to his original

office at 2449 Iowa Street, Suite R, and hosted a ribbon-cutting ceremony for The Chiropractic Experience: A Creating Wellness Center last October.

The Creating Wellness System focuses on the three dimensions of wellness—physical, bio-chemical, and psychological—and includes a five-step process:

• **Your creating wellness assessment:** This assessment evaluates your wellness in each of the three dimensions of wellness, and measures and records such factors as nervous system function, body composition, stress response, and over 50 other factors that are indicators of overall wellness.

• **Your creating wellness quotient:** Using computer software, the Creating Wellness Center takes your assessment and calculates your Wellness Quotient. The Wellness Quotient is a snapshot of your overall state of wellness. It's the sum total of your physical, bio-chemical, and psychological well-being. "The Wellness Quotient is a scale of 0 to 200 and it measures how stress affects your level of health," Howarter explained. "Zero is basically death, while 200 might be an Olympic athlete at the peak of his game. One hundred would be average. We're measuring how biological age measures up with chronological age. If someone is 60 years old and she has a Wellness Quotient of 100, it means she's aging just like a 60-year-old woman should. If someone has a Wellness Quotient of 80, that means the stress in her life is greater than it should be and it's aging her prematurely."

• **Your customized wellness program:** Based on the results of your assessment, the Creating Wellness Center creates a three-dimensional program customized for your unique needs.

• **Your weekly coaching sessions:** Your personal coach helps you face challenges and overcome obstacles.

• **Continuous reassessment:** Your doctor reassesses you every five weeks to make sure you are achieving measurable progress. Continuous reassessments allow for adjustments in the program to ensure it is always addressing your most current needs.

According to Howarter, he and his staff, which includes a full-time massage therapist, a full-time well-



Dr. Mark Howarter with a Creating Wellness System box. The box contains a workout program with a six workout DVDs, exercise balls and bands, a meal planner, nutritional supplements, and CDs that deliver advice, solutions, and motivation in all three dimensions of wellness.

ness coach, a front desk assistant, and an office manager, saw positive changes associated with the Creating Wellness System even before enrolling the first client in the program.

"I had my entire staff go through the program as a pilot study," How-

arter said. "My wellness coach lost 26 pounds and my front desk assistant lost 16 pounds."

Howarter cites Paul Zane Pilzer, an economic adviser in two presidential administrations and bestselling author, as an influence in his

CONTINUED ON PAGE 29

Creating Wellness Gets Results*

Average Wellness Quotient

- First Assessment - 80
- After Phase One - 103

10 Weeks on The Creating Wellness Program

- Body fat decreases 9.32%
- Waist line decreases 4.75%
- Systolic Blood Pressure decreases 3.75%
- Diastolic Blood Pressure decreases 4.17%
- Seated Heart Rate 5.45%
- Standing Heart Rate 7.37%
- Arm Strength Increases 34.37%
- Leg Strength Increases 20.32%
- Torso Strength Increases 26.16%

Other Measured Results

- Sugar cravings decreased
- Controlling worries and anxieties improved
- Significant increase in eating fruits, vegetables and balanced meals
- Significant decrease in eating fast foods
- Significant increase in sleep quality
- Increase ability to face negative issues
- Increase completing goals and tasks
- Increase efficiency at work

* National averages, based on thousands of cases nationwide.

Wellness

CONTINUED FROM PAGE 28

approach to health and wellness.

"In *The Wellness Revolution*, Pilzer wrote about two types of healthcare industries," Howarter said. "He talks about the need to shift from the sickness industry to the wellness industry. The sickness industry provides products and services retroactively to people after they've contracted illnesses ranging from the common cold to cancerous tumors. These products and services seek to treat the symptoms of the disease or eliminate the disease. The wellness industry provides products and services proactively to healthy people without existing disease to make them

even healthier and look better, and to prevent diseases from developing in the first place."

Pilzer writes that the wellness industry will be a trillion-dollar industry by the end of 2010. That includes products and services such as gym memberships, nutritional supplements, as well as health and wellness industries such as chiropractic, massage, acupuncture, and other healing disciplines.

Howarter's plans for the near future include offering exercise classes in his practice's new fitness center, and healthy cooking, healthy living, and stress-reduction classes.

For more information about The Chiropractic Experience: A Creating Wellness Center, visit www.chiropracticexperience.com or call 785-838-3333.

Bert Nash Center receives high marks in the Kansas consumer satisfaction survey

The yearly Kansas Consumer Satisfaction Survey (KCSS) showed the Bert Nash Center scoring well above the state average in all areas of care. The survey is conducted by Sunshine Connection, a consumer run organization from Topeka with support provided by the School of Social Welfare at the University of Kansas and targets adults who utilize Community Support Services.

The survey is based on federally recommended standards of care for Community Support Services and gathers information about how satisfied consumers are with the mental health services they receive.

"This survey serves as a 'grade card' for our services. Receiving the overall consumer satisfaction score of 92 percent really speaks work of the case managers and the partnership with consumers. We are very proud these results, says Eunice Ruttiger, LSCSW, Adult Services Director.

Good mental health is vital to physical health and healthy communities. For over 50 years, the Bert Nash Center has worked to improve the overall health of Douglas County residents by providing affordable, comprehensive and quality mental health services to children, adults and families. Visit www.bertnash.org for more information

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JUMBLE ANSWERS

Jumbles: EVOKE BLESS MARAUD PAROLE

Answer: A librarian will do this to promote reading - SPEAK VOLUMES

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TRIVIALITIES ANSWERS

1. Tilda Swinton 2. Danny Boyle
3. Keanu Reeves 4. "I, Robot"
5. Louis Sachar 6. Jon Voight 7. "Ali"

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WOLFGANG PUCK

The perfect cure for a hangover

By Wolfgang Puck

You're reading this column, so I know that you love good food — and probably good drink as well.

That is why, as an end-of-the-holiday season gift to you, I would like to share with you the best hangover cure I know — goulash soup.

Unlike some morning-after cures, however, goulash soup is not something that you eat when you wake up. Instead, you're supposed to eat it right after a long night of partying, before you go to bed.

Every culture has its own traditional hangover remedies. In my days as a young chef in Paris, we would often end a long night on the town with an early morning stop at one of the bistros in Les Halles, the city's old central market, where we'd drain big bowls of French onion soup. In Mexico, the spicy tripe stew called menudo does the trick.

What such diverse dishes have in common is the fact that they replenish the fluids that alcohol draws away from the body. They're also rich in salt and other minerals, which helps restore to equilibrium a system thrown out of whack by too much drink. There's something to be said, too, for the wake-up call that a boldly seasoned dish delivers.

Goulash soup provides all these benefits. My mother used to make

it whenever there was a big party in our village. Revelers would stay out as late as six in the morning, then stop at the bakery on the main square for the day's first fresh-baked loaves, which they'd eat at home with their goulash soup before falling into bed with satisfied stomachs.



Beef Goulash Soup

PHOTO BY BOB FRA, CHICAGO TRIBUNE

You might wonder what the relationship is between this soup and the traditional Hungarian stew of the same name. Both feature meat, a nod to the Hungarian word "gulyas" meaning huntsman, and both include paprika, a spice that surprisingly only reached eastern and central Europe from Turkey in the 18th century. But the soup includes more

broth and its meat is cut into smaller pieces for easier spooning.

You can make the soup well in advance of any partying you might be planning, letting it cool down before storing it in the refrigerator. Then reheat it in a casserole before you serve it. In fact, bearing in mind that hangovers can last until the following evening, you might want to make yourself a double batch. (If you feel so inclined, it's delicious with beer or a big red wine.)

Happy New Year!

Beef Goulash Soup

Serves 6 to 8

3 pounds boneless beef shank,

- well trimmed
- 2 tablespoons vegetable oil
- 1 pound onions, peeled and finely chopped
- 1 tablespoon sugar
- 3 tablespoons sweet paprika
- 2 teaspoons hot paprika
- 3 tablespoons tomato paste
- 1 tablespoon minced garlic
- 1 tablespoon chopped fresh marjoram
- 1/2 teaspoon chopped fresh thyme
- 2 teaspoons salt
- 1/2 teaspoon freshly ground black pepper
- 3 cups homemade chicken stock or good quality canned chicken broth
- 1 cup water
- 2 tablespoons balsamic vinegar
- 1 tablespoon caraway seeds, toasted in a dry skillet over medium-low heat until fragrant, 1 to 2 minutes
- 1 pound Yukon Gold potatoes or other yellow-fleshed potatoes, peeled and cut into 1/2-inch cubes
- Cut the beef shank into 1-inch cubes. Set aside.
- Heat a heavy 4-quart stockpot over high heat. Add the oil. When the oil is hot, add the onions and sugar and saute, stirring occasionally, until the onions look glossy, about 3 min-

utes. Reduce heat to medium and continue to cook, stirring frequently, until the onions are golden, about 10 minutes more.

Add the sweet and hot paprika, tomato paste, garlic, marjoram, thyme, salt and pepper. Saute, stirring continuously, for 1 minute.

Stir in the beef cubes, chicken stock, water, balsamic vinegar and toasted caraway seeds. Bring the liquid to a boil and then reduce the heat to maintain a gentle simmer. Partially cover the pot and simmer, stirring occasionally, for 1 hour.

Add the potatoes and continue to simmer gently until the beef and potatoes are tender, about 15 minutes more. Turn off the heat and, with a large spoon, skim off the liquid fat glistening on the surface. Taste the liquid and, if necessary, add more salt and pepper to taste. Serve hot with freshly baked bread or rolls.

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

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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.

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NOSTALGIA NOTEBOOK

JANUARY 1946

Births

JAN. 1: John Paul Jones, English bassist (Led Zeppelin)
JAN. 5: Diane Keaton, actress
JAN. 11: Naomi Judd, singer
JAN. 19: Dolly Parton, singer
JAN. 20: David Lynch, film director

Events

JAN. 10: First meeting of the United Nations.
JAN. 20: Charles De Gaulle resigns as president of France.
JAN. 25: The United Mine Workers rejoins the American Federation of Labor.

.....
JAN. 29: CIA established.



JANUARY 1956

Births

JAN. 3: Mel Gibson, Australian actor and director
JAN. 7: David Caruso, American actor
JAN. 20: Bill Maher, actor, comedian, and political analyst
JAN. 21: Geena Davis, actress
JAN. 27: Mimi Rogers, actress
JAN. 31: Johnny Rotten, British singer (Sex Pistols)

Events

JAN. 26: 1956 Winter Olympic Games open in Cortina d'Ampezzo, Italy.

.....
JAN. 16: President Gamal Abdal Nasser of Egypt vows to reconquer Palestine.



VINTAGE AD

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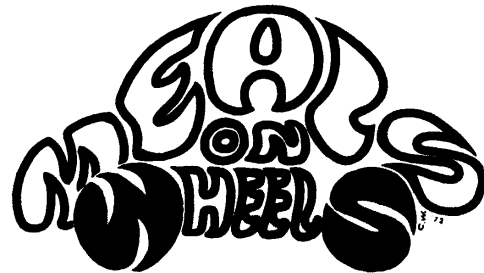
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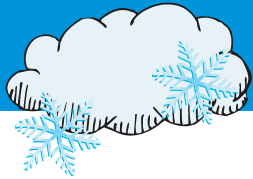
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