

# Kaw Valley Senior Monthly

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January 2007

Serving Active Seniors in the Lawrence-Topeka Area since 2001

Vol. 6, No. 7

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**FREE**



Tony Aversa

KEVIN GROENHAGEN PHOTO

# Lawrencian performs 'Memories of Elvis'

By Kevin Groenhagen

You never know where a compliment in a karaoke club might lead.

After performing a couple of Elvis Presley songs at a karaoke club in 1985, someone walked up to Tony Aversa and said, "You sound hauntingly like Elvis."

According to Tony, he had always loved Elvis' music and considered the King of Rock and Roll an inspiration. However, the stranger's flattering remark surprised him.

Tony spent the next few years perfecting his Elvis vocals, and, after

moving from New Jersey to Florida in 1994, began performing at nursing homes for free. Those free shows eventually led to a career as an Elvis Tribute Artist.

"About six years ago, I became very interested in obtaining all of Elvis' music, including all his background music," Tony said. "I now have every song that Elvis recorded. He recorded more than 700 songs. Eighty-one of his albums and 53 of his singles went gold. Of course, during concerts I try to stick to Elvis' more recognizable songs."

Tony also bought some quality sound equipment and began charg-

ing to do shows at birthday parties, anniversaries, bar mitzvahs, bat mitzvahs, fundraisers, and other special events. Meanwhile, he continued to perform many shows for free.

"Last year alone I did over 60 concerts in Florida, including at nursing homes, assisting living facilities, and cancer wards," Tony said. "Elvis had a big heart, so the benefit concerts are my way of paying tribute to that."

Tony calls his show "Memories of Elvis." While in Florida, he found out just how deeply those memories can be ingrained in the minds of

CONTINUED ON PAGE TWO

# Tony Aversa

CONTINUED FROM PAGE ONE

Elvis' fans.

"I had the opportunity to perform at an Alzheimer's ward," Tony said. "The next day a nurse called my wife Connie and said the nurses heard the Alzheimer's patients talking about my performance the night before. They were asking each other, 'Do you remember when Elvis was here last night?,' 'Do you remember this song?,' and 'Do you remember that song?' The nurse told Connie that they hadn't heard the words 'Do you remember' in the ward for years."

Tony was born in South Philadelphia and spent many years in New Jersey, so he has to shed his East Coast accent for performances. He then puts on an Elvis-style hairpiece and one of his many Elvis jumpsuit recreations. Tony has invested a small fortune in the jumpsuits, which are made by B & K Enterprises in Charlestown, Ind. Gene Doucette, who did the embroidery work on Elvis' costumes, also does the embroidery work for B & K Enterprises. Bill Belew, who designed Elvis' costumes and personal wardrobe from 1968 until his death in 1977, serves as an advisor to the costume company.

Once he has added a little makeup to his face, Tony is ready to hit the stage.

"I'm very serious about my shows," he said. "We do a 1970s Vegas-style show. It's very professional. I do the moves, the vocals, the costumes, and the flash. I'm not just a vocalist, I'm an entertainer. When I do these concerts, I get Elvis' spirit inside me. It's hard to explain, but for that hour I become Elvis. No one will ever fill the King of Rock and Roll's shoes, but I often say on stage, 'If I give you just one minute of the way it was, then I did my job.'"

At 56, Tony is 14 years older than Elvis when he died. However, once that Elvis spirit kicks in, it's as if he becomes two decades younger.

"I do it with the energy of a 35-year-old man," Tony said. "I really do. I do his jumps, his karate moves. I really get into it."

The transformation of Tony to

Elvis and back to Tony has created some comical situations.

"We once did a performance for Hanukkah at a synagogue in Florida," Connie said. "We first went in and sat down to eat. Tony then excused himself to go to the restroom to get into costume. I left to fire up the music. He did two or three songs, went back to the restroom to get out of costume, and then sat down again at the table. A woman sitting at the table said to Tony, 'Honey, I don't know where you went, but you just missed a great show!'"

Like Elvis, Tony gives away teddy bears and scarves during each show.

"When we were in Florida a woman called and said her mother passed away," Tony said. "Her last request was to be buried with the scarf I gave her at a nursing home."

## Happy Birthday Elvis!

Tony will be celebrating Elvis' birthday with a concert on Saturday, January 6, at Steve's Place in Lawrence (31<sup>st</sup> and Louisiana). The concert will start at 7:00 p.m. and will include many of Elvis' most popular songs, Elvis trivia, and, of course, an Elvis birthday cake. Admittance is \$5.00 at the door.

For more information about Tony and/or the "Happy Birthday Elvis" concert, visit [www.tonyelvis.com](http://www.tonyelvis.com) or call (913) 660-4192.

Tony and Connie moved to Kansas about six months ago. Visitors to their Lawrence home are greeted not by a hound dog, but by a schnauzer they named "Ginger" after Ginger Alden, Elvis' last girlfriend. A Lincoln with the license plate "Elvis 1" is parked in the garage. Tony notes that Elvis always had a Lincoln. The fascination with Elvis doesn't end there.

"My basement is an Elvis shrine," Tony said.

"As if your living room isn't?" Connie added with a laugh.

Tony has continued doing benefit concerts since moving to Lawrence. In fact, he just did a surprise performance at a hospice for a cancer patient's 40<sup>th</sup> birthday on December 13. Sadly, she died the very next day, but not before she told her father it was the best birthday she ever had.

Tony, Connie, and their friend, Jake Feigenbaum, will also continue an annual tradition in Lawrence that they started in Florida. In honor of Elvis' birthday on January 8, Tony will perform a "Happy Birthday Elvis" concert on Saturday, January 6, at Steve's Place in Lawrence



Tony Aversa out of costume

(31<sup>st</sup> and Louisiana). The concert will start at 7:00 p.m. and will include many of Elvis' most popular songs, Elvis trivia, and, of course, an Elvis birthday cake. Admittance is

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Kevin L. Groenhagen

Kaw Valley Senior Monthly is published monthly by Groenhagen Advertising, L.L.C., Lawrence, Kansas, and is distributed at over 130 locations throughout the Lawrence-Topeka area. Any opinions expressed by our writers are not necessarily those of Groenhagen Advertising, L.L.C. Subscription rate is \$15 for 12 monthly issues.

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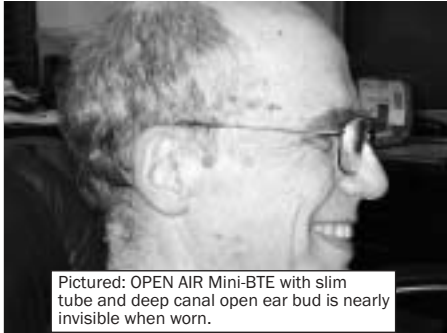
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# Osher Lifelong Learning Institute expands class offerings, venues

By Billie David

Although it is just over two years old, the University of Kansas Osher Lifelong Learning Institute is experiencing remarkable growth, including an extensive selection of courses that area citizens can take and expansion to neighboring towns where classes can be held.

With topics as diverse as exploring the historical context of Handel's *Messiah* or the role that biotechnology plays in our lives to more practical subjects such as how to manage chronic pain or how to write one's own memoirs, the institute offers something for just about everyone.

"When we started in the fall of 2004, there was a total of eight classes," said program manager Roger Kugler. "This spring, we'll present 32 classes."

Institute officials are looking forward to continued growth. If membership reaches 500, they will be able to apply for a \$1 million endowment from the Osher Foundation to further support the program.

"Now we have about 240 members," Kugler said. "With our expansion to Topeka and the Edwards Campus, we hope to hit 500 this spring."

The Lifelong Learning Institute's growth so far has involved expansion to various cities and new sites in Lawrence, Kansas City and Lee's Summit. "There's a big expansion into Johnson County," Kugler said. "There are nine courses in Johnson County and six in Topeka."

In addition to more venues and classes, there are a number of spe-

cial events and benefits that Lifelong Learning Institute members can take advantage of. This spring's events will include a bus tour, called Jammin' up the Town, which involves a motor coach trip to four Kansas City jazz clubs.

"It's a follow-up to our live jazz history course," Kugler said.

The institute will also offer a day trip to Fort Scott to view the Gordon Parks exhibit, have lunch at the Crest Tea Room and visit the Ma-

sonic Temple there. A third trip on the institute's schedule is to KU's Edwards campus to watch a play about physicist Richard Feynman.

"The diversity of the courses is just incredible," Kugler said, adding that the structure of the classes is interactive and generally involves participatory teaching and learning, no homework, and no tests.

The cost of one course plus membership benefits is \$25. A total

of \$60 pays for a seasonal membership, which includes unlimited classes and benefits for one season. Annual membership costs \$150 and includes access to fall, spring and summer sessions plus benefits.

"A one-year membership entitles them to everything we offer," Kugler said.

Membership benefits include free parking and course materials as well as discounts for University Theatre and Lied Center events and free access to computer workshops.

CONTINUED ON PAGE FIVE



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# Osher

CONTINUED FROM PAGE FOUR

Members also receive a 20-percent discount for adult education classes at the Lawrence Arts Center and a KU online ID, which provides access to KU library services and the Internet.

Another way that citizens can take advantage of the Lifelong Learning Institute is to buy a gift membership for a friend or relative.

Although the institute's courses are generally attended by seniors, many other citizens take advantage of the offerings as well.

"Our youngest member is 14," Kugler said, "but generally members are 50 or over. The average is 65, and 40 percent are retired. This provides a really exciting intellectual engagement for people who don't want their minds to shut down because they have reached retirement age."

With the goal of offering high-quality, inexpensive and intellectually engaging courses to learners of all ages, the Lifelong Learning Institute offers classes in a wide variety of subject areas that students themselves have input into. These include history, theology, philosophy, culture, arts, globalization, sci-

ence, technology and health.

Catalogues can be obtained by calling the Lifelong Learning Institute at (785) 864-5823. They can also be obtained by going online and requesting one from the Web site at [www.ContinuingEd@ku.edu](http://www.ContinuingEd@ku.edu)

Kugler credits director Marvin Hunt for much of the growth and programming that the Lifelong Learning Institute has been experiencing. "He's been the director since its inception, and he's just done a terrific job," Kugler said.

Another reason for the Lifelong Learning Institute's rapid growth is the generosity of its community sponsors, he added, including Brandon Woods Retirement Community, the Lawrence Arts Center, Lawrence Public Library, Haskell Indian Nations University, numerous KU entities including the Lied Center, Spencer Museum of Art, and the Edwards Campus. Many Kansas City and Topeka sponsors also support the institute.

The KU Osher Lifelong Learning Institute is a division of the University of Kansas Continuing Education department. One of several Osher institutes across the nation, it is the result of a grant from the Osher Foundation, which was established by businessman and philanthropist Bernard Osher in 1977.

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- I will spend more time with my family.
- I will join a health club and lose 80 pounds.
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## Wood Valley Racquet Club to hold arthritis exercise program

Pre-enrollment for the next session of a free Arthritis Foundation Exercise Program held at Wood Valley Racquet Club & Fitness Center has begun. This program is sponsored by the Arthritis Foundation and St. Francis Health Center.

Participants will go through a series of gentle movements and activities designed to increase mobility and range of motion while encouraging interaction between class members.

"A properly designed and executed exercise program helps people with arthritis keep joints flexible, maintain muscle strength, and build overall stamina," said Alba Blocker, one of the three Arthritis Foundation certified instructors teaching at

Wood Valley. "It's such a valuable class and helps improve the health and mobility of the participants."

Morning and afternoon classes will be offered and pre-registration is necessary. Class size is limited. Multi-level and new Level II classes will be offered in Wood Valley's ADA accessible fitness center, which is located at 2909 SW 37th Street (west entrance on Woodvalley Drive) in Topeka.

For more information, call Alba Blocker at (785) 221-2703 or e-mail [acja1234@yahoo.com](mailto:acja1234@yahoo.com).

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## PERSONAL FINANCE

### Do you need to establish a trust?

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trust, which will also determine the trust's beneficiary — the recipient of the trust's proceeds.

Different trusts have different objectives. When you design your estate plans, you may well need more than one trust. Here are some of the most widely used ones:

**Revocable Living Trust** - A revocable living trust can help you leave assets to your heirs without going through the costly, time-consuming — and public — probate process. When you set up a revocable living trust, you can control your assets during your lifetime and determine how they will eventually be distributed to your heirs. You could, for example, have money distributed to your children or grandchildren in installments, over a period of years. Plus, a properly established revocable living trust will carry out your wishes if you become incapacitated.

**Bypass Trust** - If you're married, you can leave an unlimited amount of assets to your spouse, free of estate taxes and without using up

any of your estate tax credit. But if your spouse then dies with an estate worth more than the federal estate tax exemption — \$2 million in 2007 — his or her estate would be subject to the estate tax. Unfortunately, your original estate tax credit was unused and, in effect, wasted. Basically, a Bypass Trust allows both spouses' estate tax exemptions to be preserved, to the benefit of the surviving spouse and, ultimately, the children.

**Special Needs Trust** - If you have a family member with a disability, you might want to think about a Special Needs Trust. People with mental or physical disabilities can hold an unlimited amount of assets in a Special Needs Trust (sometimes called a Supplemental Needs Trust) without having the assets count against eligibility for certain governmental benefits, such as Supplemental Security Income (SSI), Medicaid, vocational rehabilitation

and subsidized housing.

**QTIP Trust** - If you're married for a second time, but want to make sure your children from your first marriage are protected, you may want to think about a QTIP (Qualified Terminable Interest Property) Trust. A QTIP trust enables you, as grantor, to provide for your surviving spouse and also maintain control of how the trust's assets are distributed once he or she also dies.

Of course, trusts are complex instruments, so you should work with an attorney, in addition to a tax adviser to make sure you are using the right type of trust and then consider a financial professional for funding it with the appropriate vehicles. By using trusts wisely, you can leave a legacy that benefits everyone.

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



Harley Catlin and Ryan Catlin

only way to answer that question is to do proper estate planning — and trusts can be a key element of your estate plan.

How do trusts work? As the grantor of a trust, you set up the rules and appoint a trustee, who manages the trust and its assets. You and other donors then fund the trust with securities and other assets. The trustee collects these gifts and invests the money according to the rules of the

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# HEALTH & FITNESS

## Getting the best possible care

If you're like most people, you shop more carefully for shoes or iPods than you do for health care. And you probably see why that's a problem. All health care is not created equal. Some doctors, physical therapists, and hospitals are outstanding. But others are...not. And it's YOUR health that's at stake when you choose one healthcare



Laura Bennetts

provider over another. Your choices can have fateful consequences.

So, what can you do to ensure that you make the best possible choices? You may be an amateur in the health field — but there's no reason for you to make amateur mistakes. Here are a few tips.

### Can you say health insurance?

I know that health insurance is costly, but it allows you to quickly get the best care available. Ideally, what you want is insurance that allows you to choose your own providers. You may already know that there's a big difference between an "HMO" and a "PPO." An HMO or "Health Maintenance Organization" offers a health plan that specifies which doctors, therapists, and hospitals you can visit. Often this list is quite limited. A PPO or "Preferred Provider Organization," by contrast, permits you to choose from a larger pool of providers, because ANY provider can contract to join the PPO network.

So if you belong to an HMO, you should examine the list of available specialists to ensure that you have good choices. It is best to look at the list of providers before you select a health plan. The plan will provide you with a list, either in print or online. If you're in a health plan and dislike your choices, find out when and how to switch plans. For example, if your plan is Acme HMO but you'd prefer Acme PPO, ask your employer which month you can switch, what your monthly premium will be, and what providers the PPO authorizes you to consult. Read both the provider list and the benefits list to see what you'll have with respect to mental health, therapy,

and travel coverage. Learn about any co-pays for services or medications and any deductibles or out-of-pocket fees that you may have to pay before benefits begin.

### What's up, Doc?

The best way to direct your own health care is to choose your providers well. You need people you can trust, people who listen to your concerns.

To start with, everyone needs a primary care doctor. Ideally, you want to see this doctor at least yearly, so that, when you're ill or in need of hospital care, your doctor will be ready to help you. In the event of hospitalization, your doctor will supervise your care, a responsibility that includes referring you to surgeons, therapists and order follow-up care for after your hospitalization.

### "I heard it through the grapevine..."

To learn about local practitioners you need to tap into the word-of-mouth network. If you're looking for a primary care doctor or dentist, ask your friends, neighbors and colleagues for recommendations. Then schedule appointments to interview the most likely prospects. Ask tough questions and listen carefully. If you have a chronic illness such as asthma, allergy or Parkinsons, you'll want to discuss with the doctor any specialists who are already treating you. If you are looking for referrals to specialists, go ahead and say so. In fact, don't hesitate to voice any concerns you may have. What you want is a doctor who really listens to you and takes your concerns seriously. Good communication is basic to good health care. Once you've interviewed several doctors, you'll have a good idea who you want as YOUR primary care physician.

### Two heads are better than one

There are many kinds of specialists whose help you may need in the future. When your friends talk about seeing, say, an ophthalmologist, podiatrist or physical therapist, ask how they feel about that practitioner and keep a list of names. For example, as we grow older, many of us ultimately need to see podiatrists for nail trimming or for foot problems like bunions. If you have diabetes, it is wise to have your nails cut to prevent infection. Podiatrists are foot surgeons who work closely with other doctors and physical therapists. So you can often learn about podiatrists from doctors and therapists you already

know and trust. And the same principle applies to other specialists as well.

### Ask for a referral

To see some specialists — including, in many cases, physical therapists, occupational therapists and speech therapists — you need a referral from a doctor. But there is no mystery about getting a referral. If you know what you want, just say so. You're entitled to see other health care providers who can help you, and doctors are expected to advise their patients to choose their own therapists, just as we choose our own pharmacies. Your insurance company may have a list of therapists whose services are covered. And since therapists often have special skills — such as hand therapy, post-stroke therapy, orthopedics, spine care, women's health and more — you should learn what you can about specific therapists by examining their Web sites and talking to your friends.

### Healthy self = Heal thyself

Of course, the best time to protect

yourself is when you are still well. You can choose to STAY healthy — by eating well, exercising and reducing stress. We may not know the cause of every illness, but we do know that disease prevention requires a healthy lifestyle. To maintain your flexibility, strength, and balance as you age, you need to stay active and exercise. That's rule #1 — or, more precisely, choice #1.

Our medical system provides many options. But if you do not choose wisely and insist on good care, you may find yourself on the outside, looking in — marveling at what a colleague once called "the best health care you'll never get." Make sure that doesn't happen to you.

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

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## HEALTH & FITNESS

### Olive oil and your health

Olive oil is well known for its medicinal aspects. It is a wonderful source of essential fatty acids, of which most people in the United States are deficient. The olive oil has been used since ancient times. The olive tree is native



Dr.  
Farhang  
Khosh

to the Mediterranean basin. Fossils relating to the olive tree were found in Italy, dating 20 million years ago. Olive trees and oil production in the Middle East can be traced back to 2400 BC. Olive trees dominated the rocky Greek countryside and became pillars of Hellenic society; they were so sacred that those who cut one down were condemned to death or exile. Homer referred to olive oil as "liquid gold."

Olive oil has been used for a wide variety of purposes, including food, medicines, in soap, fuel in oil lamps, in religious ceremonies, or as a cleanser for athletes (athletes in the ancient world were slathered in olive oil, and then scraped to remove the dirt). In ancient Egypt, Greece, and Rome, olive oil was infused with flowers to produce both medicine and cosmetics

Spain and Italy together account for 54 percent of the total amount of olive oil produced worldwide (Guinness World Records 2005). Olive oil is an integral part of the "Mediterranean diet." People who eat a "Mediterranean diet" have been shown to have a remarkable variety of health benefits.

The olives ripen throughout autumn and into the winter. As the oil content increases in the olives, they

will change in color from green to violet to nearly black. At harvest, a mill grinds the olives and pits into a paste. This paste is extruded onto plates that fit into a press. The press squeezes out the olive juice and oil. The oil is separated from the juice, bottled and sold.

There are various grades of olive oil. The following is a break down to decipher between the various types of olive oil:

a. Extra-virgin olive oil comes from the first pressing of the olives and is judged to have a superior taste. There can be no refined oil added extra-virgin olive oil.

b. Virgin olive oil is judged to have a good taste. There can be no refined oil added virgin olive oil.

c. Olive oil is a blend of virgin oil and refined virgin oil. It commonly lacks a strong flavor.

d. Pomace oil is a blend of refined pomace olive oil and possibly some virgin oil.

e. Lampante oil is olive oil is used as fuel in oil-burning lamps.

Olive oil is well versed in its medicinal aspects both internally and externally. The health benefits of olive oil are due to its high content of monounsaturated fatty acids, vitamins and its high content of antioxidants. Internally olive oil has been used to treat a variety of different conditions, including coronary heart disease, atherosclerosis, gastrointestinal tract problems, constipation, colitis, flatulence, gallstones, diabetes mellitus, lower cholesterol, colon cancer, and gastritis. Externally, olive oil has been used to relieve pruritis, minimize the effects of a burn or insect sting, dry skin, cradle cap, stretch marks, psoriasis, eczema and rheumatism.

- 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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## PET WORLD

### Cat may need stress-buster to end spraying problem

**QUESTION:** Our 10-year-old neutered cat sprays repeatedly at one spot in the house that was probably visited by the previous owner's cat. In attempting to erase any trace of the scent, we've ripped out the carpet, bleached the concrete floor un-

Dummies" (Wiley Publishing, New York, NY, 2003; \$16.95), adds, "If all of this doesn't soon help, consider restricting the cat to another part of the house so he doesn't



Steve Dale

derneath, and painted the drywall with several coats. We're beside ourselves. What else can we do? — K.M., Macon, GA

**ANSWER:** In your situation, I'd be beside myself, too. Dusty Rainbolt, of Lewisville, TX, rescues cats and frequently deals with 'accidents.' She wonders if there's another reason your cat is voiding and/or spraying. First, visit your veterinarian to insure there's no health issue involved. If the cat is spraying (the urine runs vertically down the wall), could there be stray cats outdoors that your pet is seeing and/or smelling, and now responding to them?

You can't go wrong by plugging a Feliway Comfort Zone diffuser into the wall (a knock-off of a calming pheromone). Also, playing with your cat once daily with an interactive toy (a fishing pole toy with feathers) is a great stress-buster. You didn't mention if you have another pet, and how your pets interact (their relationships could be at issue). The move to your new house in of itself is a source of stress.

Try placing an uncovered litter box near where the accidents occur (at least for now) and see if your cat will hit the box.

Rainbolt, author of "Kittens for

continue practicing his bad habit. Meanwhile, contact a veterinary behaviorist.

**STRICTLY PERSONAL:** I'm emotionally touched and incredibly grateful for the donation of over 81,000 pounds of pet food Eukanuba Dog and Cat Food made to Chicago Animal Care and Control in memory of my dog, Chaser (who passed away Aug. 30 at 15-1/2). This is one of the largest contributions they've ever made to a municipal

shelter. It was Chaser who inspired me to write and broadcast about pets as a full-time job, and through my work, in a sense, Chaser saved lives (or so I'm told by listeners, viewers and readers). This donation will also save lives.

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

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## Lawrence Faith Foursquare Church

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

**Everyone is welcome to attend.**

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

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

**Lawrence Faith Foursquare Church**  
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Pastor Herbert Eplee [www.faithfoursquare.com](http://www.faithfoursquare.com)  
office: 785-865-1549, cell: 785-979-0041  
Please send mail to: 3323 Iowa, Lot 576, Lawrence, KS 66046

Salvation, Healing, Baptism & Soon Coming King.

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

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

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

### MY PRAYER TODAY

God let me be a person who holds up the fallen, and those that are discouraged and give me the wisdom to comfort those who are in need. God has not ordained us to Judge but He has commanded us to love each other. Let us lift up each other, and leave no room for the destroyer to work in our hearts, and do not let Satan have control of the tongue that can be a tool of destruction. It does not matter what you and I think, but the will of God is the tool the Christians should be a master of. Stop and think before you state your opinion about others, we might be destroying someone and the statement may not be repairable. God help us to lift up one another in the Holy Faith and never hurt those who have fallen.

## Happy New Year!

**from Lawrence Faith Foursquare Church**

*Let this year be filled with the things that are truly good—with the comfort of warmth in our relationships, with the strength to help those who need our help and the humility and openness to accept help from others.*

**785-865-1549 • Cell 785-979-0041 • [www.faithfoursquare.com](http://www.faithfoursquare.com)**

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

# RETIRE SMART

## Growing old: Is it a blessing or a curse?

**Y**ou won't enjoy this television program. It's so depressing you may be tempted to stop watching halfway.

But please, stick it out. The message of a recent one-hour "Front-



*Humberto  
and  
Georgina  
Cruz*

line" public television documentary, "Living Old," is one we need to see and hear even if it makes us uncomfortable — and fearful about our own fate.

Through the eyes of the elderly, their families and doctors and nurses who care for them, "Living Old" explores the modern and not-so-pretty realities of aging we rarely talk about.

Yes, modern science is able to pro-

long life ... but at what price? As our nation ages — people 85 and over are the fastest growing segment of the population — many professionals worry our health care system, with its focus on treatment and cure, is woefully ill-equipped to handle the new realities of long-term care.

"Loving families begin to wonder, is it love or is it cruelty to treat this pneumonia in my father who is suffering from cancer and has begun to lose his appreciation of all of those things that made his life worth living?" says Dr. Leon Kass, chairman of the President's Council on Bioethics from 2002 to 2005.

"Nobody's bothered to think about what the repercussions are of trying to keep people alive longer and longer," says Dr. David Muller, dean of medical education at Mount Sinai School of Medicine in New York. "[It's] another bypass surgery, another transplant ... without anyone worrying about 'Well, what's next?'"

And it's not just the devastating illnesses. "Not everyone has cancer, not everyone has Alzheimer's or Parkinson's, but almost everyone loses function," Muller says. "It could be something as simple as slowly worsening vision or really bad arthritis on one knee that makes it harder to get around."

For example, only one in 20 people over the age of 85 is fully mobile, and roughly half will develop some form of dementia. "Everything started to go at 82 years," says Rose Chanes, 96 and in assisted living. "I don't hear, I don't see. ... You've got to be crazy to call it a blessing to live like this. ... I call it a curse."

"Living Old" aired on public television stations in November. We watched a preview and admired the love and dedication of a daughter who gives up her job to care for her bedridden father at home. We fought back tears, hearing a dying man with lung cancer worry about how his wife would cope (he died two weeks after the interview). We felt the pain of a daughter seeing her parents grow frailer, the father with Parkinson's disease and the mother with Alzheimer's.

"With my mother, it's been a slow process, but in the last few months things have escalated," says Mary Ann DiBerardino, whose parents, in their 90s and married for 68 years, share

a room in a nursing home. "It's difficult some days when I'm not sure if she doesn't eat because perhaps she's forgotten how to use her utensils, or does she not know how to swallow?"

That's the reality of old age and death for millions of Americans. "Everybody has the fantasy of dying by just going to sleep, not feeling anything, just 'don't wake up,'" says Lillian Gleason, a registered nurse. "But it doesn't always happen that way. Sometimes people live a long time with serious, serious problems."

And it could happen to anyone. "I really seriously have to think about what's going to happen to me when I get older," Gleason says. "It's kind of a scary, scary question. I think we all want to postpone it. I know I do. I don't really want to think about it right now. But I am faced with it every day because I see it in my work."

Watch "Living Old," and you will see it too.

(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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# CALENDAR

## ART/ENTERTAINMENT

JAN 19-FEB 4

### JEST A SECOND

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

JAN 21

### LORIN MAAZEL CONDUCTS THE ARTURO TOSCANINI PHILHARMONIC

Arturo Toscanini was renowned for his brilliant intensity, restless perfectionism, and phenomenal ear for orchestral detail and sonority. Tour recreates one of the highlights of the composer's musical life — the 1920-21 tour of the U.S. by Toscanini as the conductor of the Toscanini Orchestra. The orchestra performs Rossini's Overture to Barber of Seville; Mendelssohn's Symphony No. 4, Op. 90 in A major (Italian); Respighi's Fountains of Rome and Respighi's Pines of Rome. Lied Center of Kansas. LAWRENCE, (785) 864-2787  
[www.lied.ku.edu](http://www.lied.ku.edu)

JAN 26

### CYPRESS STRING QUARTET - INSPIRED BY AMERICA

Inspired by America is a collaboration of the Cypress String Quartet, best-selling author Jacob Needleman and Emmy Award-winning film producer Michael Schwarz. Praised for its interpretations of the classical repertoire, this young quartet is attracting new chamber music fans with its bold, innovative programming. Program: Dvorák's "American" Quartet, Barber's "Adagio" and other contemporary selections that "symbolize the essence of America's continual forward progress." Lied Center of Kansas. LAWRENCE, (785) 864-2787  
[www.lied.ku.edu](http://www.lied.ku.edu)

JAN 26

### DOWNTOWN FRIDAY GALLERY WALK

On selected Fridays participating galleries, the Lawrence Public Library and the Lawrence Arts Center stay open to the public and feature special exhibitions, demonstrations, and other festivities. Take advantage of this opportunity to see the arts alive in Lawrence. Maps available. LAWRENCE, (785) 842-7187  
[www.fieldsgallery.com](http://www.fieldsgallery.com)

FEB 1

### CECE WINANS

CeCe Winans. Born the eighth of 10 siblings in the gospel-singing Winans family. CeCe Winans has established herself as one of its contemporary greats. She earned two more Grammy Awards for her seventh solo CD, 2005's "Purified," and it hit single, "Pray." The audience can expect to hear many of Winan's inspirational and heart-lifting songs. Topeka Performing Arts Center. TOPEKA, (785) 234-4545  
[www.ticketmaster.com](http://www.ticketmaster.com)

FEB 2

### A CIVIL RIGHTS READER BY DANIEL BERNARD ROUMAIN

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

FEB 2-4

### HIDDEN ART LOCKED AWAY

Artwork made by inmates of local prisons. Pre-

view only on Friday evening. LEAVENWORTH, (913) 682-4459  
[www.lvarea.com/cvb](http://www.lvarea.com/cvb)

FEB 3

### SOUPER BOWL SATURDAY

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

## BINGO

SUNDAYS & TUESDAYS

### AMERICAN LEGION POST NO. 1

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

SUNDAYS & FRIDAYS

### CAPITOL BINGO HALL

Minis start at 6:00 p.m. on Sundays and 6:30 p.m. on Fridays. Regular sessions start at 6:30 p.m. on Sundays and 7:00 p.m. on Fridays. 2050 SE 30TH ST, TOPEKA, (785) 266-5522

MONDAYS & THURSDAYS

### AMERICAN LEGION POST NO. 400

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

MONDAYS & SATURDAYS

### LEGIONACRES

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

WEDNESDAYS & THURSDAYS

### MOOSE CLUB

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

WEDNESDAYS & FRIDAYS

### VETERANS OF FOREIGN WARS

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

WEDNESDAYS

### PINECREST APARTMENTS

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

WEDNESDAYS & FRIDAYS

### EAGLES LODGE

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

WEDNESDAYS & FRIDAYS

### EDGEWOOD HOMES

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

THURSDAYS

### BABCOCK PLACE

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

FRIDAYS

### BALDWIN SENIOR CENTER

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

FRIDAYS

### ARAB SHRINE

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

## BOOKMOBILE

MONDAYS

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

TUESDAYS

PETERSON ACRES, 2930 PETERSON RD.,

LAWRENCE, 1:30-2:30 PM

WEDNESDAYS

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

## BOOK TALKS

THIRD TUESDAY OF EACH MONTH

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

THIRD WEDNESDAY OF EACH MONTH

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

FOURTH WEDNESDAY OF EACH MONTH

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

## CLASSES/LECTURES

ONCE A MONTH

### AARP'S 55 ALIVE SAFE DRIVING COURSE

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

JAN 16

### UNDERSTANDING ADVANCE DIRECTIVES

Come and learn more about why advance care planning is important, and review facts about Advance Directives, including: Durable Power of Attorney for Healthcare, and "Living Will." There will be time for discussion. Those participants who wish to complete their documents will be provided assistance. This program is free and sponsored by the LMH Palliative Care Consult Team and C.H.E.C. LMH Meeting Room A, 9:00-11:00 a.m. Please register in advance. LAWRENCE, (785) 749-5800

JAN 28-FEB 25

### LECOMPTON '07 BLEEDING KANSAS PROGRAM SERIES

A series of talks and dramatic interpretations by historians on the violent conflict over the issue of slavery in Kansas Territory 1854 through 1861. The 11th annual "Bleeding Kansas" program series presented on five consecutive Sundays at Constitution Hall. LECOMPTON, (785) 887-6520  
[www.lecomptonkansans.com](http://www.lecomptonkansans.com)

## HEALTH

MONDAYS

### MOTIVATING MOVES

Free exercise classes for older adults on Mondays from 10:00-11:00 a.m., beginning January 29. Motivating Moves was designed by KU Professor Janet Hamburg to improve balance, walking and flexibility. She will teach the exercises that can be done seated, standing holding onto a chair or standing unassisted. All participants must attend on January 29. For more information or to register, call Jan Maddox at Brandon Woods in Lawrence at (785) 838-8000 ext. 22107 or Janet Hamburg at (785) 846-5168.

MONDAYS THROUGH THURSDAYS

### FIT FOR LIFE

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

Thursdays 8:00-11:00 a.m. at LMH South. LMH KREIDER REHABILITATION SERVICES (785) 840-2712

FIRST TUESDAY OF EACH MONTH

### HEALTH SCREENING CLINIC

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

TUESDAYS AND THURSDAYS

### BLOOD PRESSURE CLINIC

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

TUESDAYS AND THURSDAYS

### TAI CHI

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

TUESDAYS AND THURSDAYS

### SENIORCISE PROGRAM

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

WEDNESDAYS

### HEALTH SCREENING CLINIC

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

SATURDAYS

### YOGA

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

SECOND MONDAY OF EACH MONTH

### PRE-DIABETES CLASS

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

SECOND THURSDAY OF EACH MONTH

### MEDICATION CLINIC

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

SECOND THURSDAY OF EACH MONTH

### BLOOD PRESSURE AND HEALTH INFORMATION

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

CONTINUED ON PAGE 21

# CALENDAR

CONTINUED FROM PAGE 12

## THIRD TUESDAY OF EACH MONTH HEALTH SCREENING CLINIC

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

## THIRD THURSDAY OF EACH MONTH NUTRITION CLINIC

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

JAN 3

## CHOLESTEROL SCREENING

No appointment needed. A fingerstick test providing a total blood cholesterol reading in five minutes. No fasting is needed for this test only. Please note that these tests are not considered diagnostic of any disease process and those with results outside the normal range will be advised to see their healthcare provider for follow-up.  
LMH HEALTH SOURCE ROOM, (785) 749-5800  
8:30-10:30 AM

JAN 9

## PERSONAL ACTIONS TOWARD HEALTH

Is your new year's resolution to get more exercise? Here's an easy and enjoyable way to stick to that resolution. Personal Actions Toward Health (P.A.T.H.) is an exercise program for older adults that provides you with easy but beneficial exercises and information on nutrition and fitness. For more information, call Pattie Johnston, Senior Outreach Services, Lawrence Public Library, Auditorium, 1:30 p.m. LAWRENCE, (785) 843-3833

JAN 13

## CHOLESTEROL SCREENING

See January 3 description.  
LMH HEALTH SOURCE ROOM, (785) 749-5800  
8:30-10:30 AM

JAN 25-28

## CLOSE TO YOUR HEART

A Retreat for Women whose lives have been touched by cancer. Facilitated by Robin Goff, RN/Chaplain, Hilary Kass, MPH, Jeff Nichols, MD, and Mary Moody, Oncology Social Worker. Experience deep relaxation in a country setting. Healthy, yummy foods and nutrition ideas, meditation and relaxation techniques, healing touch and massage, art, music and journaling. Laughter and fun! Fee: The Light Center.  
BALDWIN, (785) 749-5800

JAN 27

## 10,000 STEPS A DAY CLASS

The 10K a Day program is designed to increase your daily steps to 10,000 and to improve your health. Learn the basics of beginning a walking program, choosing footwear, and walking location suggestions. Each participant will receive a pedometer to log their daily steps. LMH Meeting Room A, 9:00-10:30 a.m. LAWRENCE, (785) 749-5800

JAN 31

## 10,000 STEPS A DAY CLASS

See January 27 description.  
LAWRENCE, (785) 749-5800

## MEETINGS

### FIRST MONDAY OF EACH MONTH GRIEF SUPPORT GROUP

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

### FIRST AND THIRD MONDAY OF EACH MONTH BEREAVEMENT SUPPORT GROUP

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

### FIRST AND THIRD MONDAY OF EACH MONTH

#### CAREGIVER SUPPORT GROUP

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

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

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

### FIRST WEDNESDAY OF EACH MONTH

#### OLDER WOMEN'S LEAGUE

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

### WEDNESDAYS AND SUNDAYS

#### OLDSTERS UNITED FOR RESPONSIBLE SERVICE (O.U.R.S.)

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

### THURSDAYS

#### OLDER KANSANS EMPLOYMENT PROGRAM

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

### FIRST THURSDAY OF EACH MONTH

#### LAWRENCE AREA PARTNERS IN AGING

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

### FIRST AND THIRD THURSDAY OF EACH MONTH

#### LOSS AND GRIEF SUPPORT GROUP

Heart of America Hospice with association Pioneer Ridge Retirement Community invites individuals coping with the loss of loved ones to join us. Call Gillian at (785) 841-5300 for more information. Located Pioneer Ridge Assisted Living 4851 Harvard Rd, Lawrence. 6:00 p.m.

### FIRST AND THIRD THURSDAY OF EACH MONTH

#### GRIEF SUPPORT GROUP

3:00 p.m. - Brewster Place, 1209 SW 29th St. Sponsored by Heartland Hospice of Topeka. Call Terry Frizzell for information and specific location.  
TOPEKA, (785) 271-6500

### SECOND MONDAY, SEPT-MAY

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

Volunteer service club.  
(785) 331-4575

### SECOND MONDAY OF THE MONTH

#### CAREGIVER SUPPORT GROUP

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

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

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

### SECOND AND FOURTH TUESDAY OF EACH MONTH

#### LOSS AND GRIEF SUPPORT GROUP

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

### SECOND AND FOURTH WEDNESDAY OF EACH MONTH

#### ALZHEIMER'S EARLY STAGE PATIENT SUPPORT GROUP

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

### SECOND WEDNESDAY OF EACH MONTH

#### LOSS AND GRIEF SUPPORT GROUP

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

### SECOND THURSDAY OF EACH MONTH

#### NAACP MEETING - LAWRENCE CHAPTER

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

### THIRD TUESDAY OF EACH MONTH

#### LAWRENCE PARKINSON'S SUPPORT GROUP

FIRST PRESBYTERIAN CHURCH, 2415 CLINTON PARKWAY, LAWRENCE, 2:00 PM

### THIRD TUESDAY OF EACH MONTH

#### GRANDPARENT/KINSHIP SUPPORT GROUP

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

### THIRD THURSDAY OF EACH MONTH

#### WIDOW'S LUNCHEON

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

### FOURTH TUESDAY OF EACH MONTH LAWRENCE PARKINSON'S SUPPORT GROUP

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

### FOURTH TUESDAY OF EACH MONTH GRIEF SUPPORT GROUP

10:00 a.m. - Manor Care Nursing & Rehabilitation Center, 2515 SW Wanamaker Rd. Sponsored by Heartland Hospice of Topeka. Call Terry Frizzell for information.  
TOPEKA, (785) 271-6500

### FOURTH WEDNESDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

### FOURTH WEDNESDAY OF THE MONTH TOPEKA GENEALOGICAL SOCIETY

TGS promotes and stimulates the education, knowledge and interest of the membership and the public in family history, genealogical records and research. Meets at 2717 SE Indiana Ave., 7:00 p.m. No meeting in April, November or December.  
TOPEKA, (785) 233-5762  
[www.tgstopeka.org](http://www.tgstopeka.org)

JAN 26

## AARP CHAPTER 1696

AARP Chapter 1696 will meet at 11:00 a.m. at the Lawrence Country Club. Please call for reservations.  
LAWRENCE, (785) 865-3787

## MISCELLANEOUS

JAN 21

## EAGLE DAY

Celebrate the return of bald eagles to the area. Presentations feature information on nesting and banding. Live bald eagle presentation. There will also be opportunities to view eagles in the wild at 9:00 a.m. and 3:00 p.m. If you plan to attend these field trips, be certain to dress for the weather and meet at the US Army Corps of Engineers Office at Clinton Lake. 4700 Overland Dr.  
LAWRENCE, (785) 865-4499  
[www.jayhawkaudubon.org](http://www.jayhawkaudubon.org)

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

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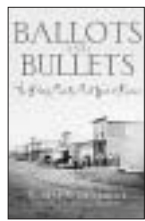
# BOOKSHELF

## The homer that won the pennant

By Margaret Baker

Robert K. DeArment: **Ballots and Bullets: The Bloody County Seat Wars of Kansas** (University of Oklahoma Press, \$29.92, ISBN 0-8061-3784-3) *Western History*

By 1885, the Civil War had ended and the Indians defeated. Into the supposedly peaceful territory the settlers came to homestead.



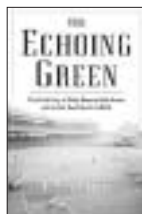
It was considerably easier to acquire land to build a town. A few hundred dollars, subdivide the land into eight sites to an acre, each selling for \$100 to folks eager for a new start in life.

A sure-fire way of getting the town to survive and grow was to have the town declared the county seat, ensuring the legal business of the county, and then the groceries, dry goods, newspapers, banks, churches (and the saloons) would follow.

This was mightily contested. DeArment chronicles the chicanery, machinations, lies, and murders used to achieve the designation of County Seat.

Joshua Prager: **The Echoing Green** (Pantheon/Random House, \$35.95, ISBN 0-375-42154-8) *Sports history*

Baseball's pennant race of 1951 ended with Bobby Thomson's homer with the bases loaded. The Giants won, the Dodgers lost. Thomson was a hero; pitcher Ralph Branca the goat.



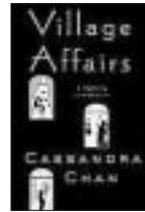
Journalist Prager's diligent researching finally proved what had long been suspected: B the Giants had stolen the catcher's signals.

Prager's account brings the game back to life, then follows the lives of Thomson and Branca. A real winner, a delight not just to baseball fans but to students of human behavior.

Cassandra Chan: **Village Affairs** (St. Martin's Minotaur, \$23.95, ISBN 0-312-33750-7) *Mystery*

Miss the elegant English mystery of Christie, Marsh, Sayers? The wealthy toff who investigates mysteries for the challenge, since he has no need

to work? Here is a modern-day British mystery you'll love!



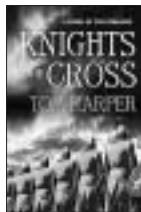
Phillip Bethancourt wants to help his friend, Detective Sergeant Jack Gibbons, with his newest case. He enjoys the putting

the puzzle together, and Jack is in the doldrums from a romance gone awry.

The writing is lively, the plot clever, and dialogue witty. Put another log on the fire and curl up on the sofa and see if you find the murderer before Bethancourt and Gibbons.

Tom Harper: **Knights of the Cross** (Thomas Dunne Books, \$24.95, ISBN 0-312-33870-8) *Historical mystery*

The First Crusade bogged down before the impregnable walls of ancient Antioch, famine and fever reducing the crusaders far more than the Turkish defenders. Basically they were an army of mercenaries with allegiance only to their own company, distrustful and disdainful of others.



In this maelstrom the Norman knight Drago is found dead, and it is apparent no Turk cut his throat. Bohemon, his lord, demands that Byzantium's scribe, Demetrios Askiates, uncover the killer and the motive. Askiates has very little standing with anyone and must use his wits to find the truth while keeping his own head on his shoulders.

So well researched the reader will feel s/he is camping among squabbling crusaders in 1098.

### PAPERBACK PICKS

Jill Churchill: **Who's Sorry Now?** (Avon, \$6.99, 0-06-073460-4) *Historical Mystery*

Fifth in the Grace and Favor series. During the Great Depression siblings Robert and Lily live in the Hudson Valley mansion bequeathed to them by an uncle they didn't know. He had been impressed that they went to work at lowly jobs when their father left them penniless at his suicide. They must make their own living for 10 years before acquiring full title.

Depression has made the folk

of small town almost penniless, but Robert and Lily find ways to get the community to work together to survive.



In this case, an old skeleton and a current death seem somehow connected. And the specter of Hitler's rise in Germany casts a long shadow as the Jewish German immigrant is targeted for harassment.

Patricia Sprinkle: **Death on the Family Tree** (Avon, \$6.99, ISBN 0-06-081968-5) *Mystery*

Patricia Sprinkle has three successful series to her credit. Now she starts on what looks to be another delight for the cozy mystery reader.

Her protagonist, Katharine Murray, has reached 46. The woman in the mirror has wrinkles and bags under her eyes. She feels largely unneeded, though loved, by her husband and children. Her aunt passes (and naturally). When Katharine receives several boxes from her aunt's nursing home, she rather gratefully tackles inventorying them.



Among the usual bric-a-brac, letters and clippings she finds a priceless Celtic gold torque and the long-missing diary of an Austrian archeologist. However did Aunt Lucy come into possession of these?

Someone else is searching for these treasures, and Katharine had better solve all the mysteries surrounding them before she finds herself re-

moved from the scene permanently.

**FOR YOUR EARS ONLY** (Audio Books)

Danielle Steel: **H.R.H.** (Random House Audio Books, \$29.95, 5 compact discs, read by Jay Sanders. ISBN 0-7393-1353-3) Also in print by Delacourt. *Romance*

Princess Christianna, born to royalty in Europe but educated in America, has always known that her father will select her husband as he has ordered her life for the benefit of the royal family and her nation.

However, she has seen enough of the wider world to want to make a difference first. She volunteers incognito at an international relief camp in East Africa with the Red Cross. She meets an equally-dedicated young doctor.

She is recalled home just as the violence that created the relief camp engulfs it, changing her life completely.

Wonderful characters and setting for a plot of the conflict between old world and new, love and duty.

Deepak Chopra: **Life After Death** (Random House Audio Books, \$27.95, 4 compact discs, read by author, ISBN 0-7393-3439-5) Also in print from Crown. *Philosophy*

Chopra delves into the mystery: What happens when we die? He contends that life and death are forms of the many levels of consciousness and are heavily affected by our present lives and beliefs. He feels that there is no division between life and death, just a continuing creativity.



A book to spark thought and discussion.

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

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# HUMOR

## Pete and Pat

Everybody in Letongaloosa showed up for the big shindig because people don't usually throw such elaborate parties in Letongaloosa. The occasion was the non-wedding anniversary of Pedro Salazar Ramirez Sandoval Montoya y Montoya and Patrocina Megamecheldorf Zamborovich Jones.

When Pete and Pat realized, awhile



Larry Day

back, that they had been together for nearly five years, they decided to throw themselves an anniversary bash and invite the whole town. They booked the True Blue Daughters of Kansas Hall on Main Street for the big event and bought a full-page ad in the weekly *Argosy Herald Tribune Challenger Dispatch* to tell everybody about it.

It's amazing that Pat and Pete ever got together after the big confrontation they had five years ago. Nearly everyone in town got involved in that donnybrook. The trouble started when Letongaloosa City officials decided to sell the old Peabody place on Second Avenue a block off Main. Grandma Peabody gave the big old house and large lot to the city just before she died. The property was zoned commercial/residential.

That was about the time Pete Montoya and Pat Jones moved back to Letongaloosa. They had both been born in town but had moved away with their parents—Pete to California and Pat to Minnesota—when they were young. Pete became a statistician and remained a bachelor. Pat married twice to men whose multisyllable last names were as difficult to deal with as their Type A personalities. After her second divorce Pat took back her monosyllabic maiden name and vowed to remain unmarried. Pat's second husband, Brodaslav Zamborovich, was wealthy and he gave Pat a generous divorce settlement.

After years of dealing with numbers, Pete longed to be involved with concrete things—things he could see and handle. He decided to move back to Letongaloosa and open a pawn shop. Even though she had none of her own, Pat loved children. She decided to move back to Letongaloosa and open a pre-school.

Pat and Pete submitted bids to the city to buy the old Peabody place on the same day. And they both submitted applications on the same day to operate a commercial business on the property—Pat a pre-school and Pete a pawn shop. They still didn't know each other, but were about to meet because of a screw-up in the city clerk's office. For reasons that remain unexplained, the city clerk's office simultaneously accepted both Pat's and Pete's bids to buy the old Peabody place and approved both their applications to operate different commercial businesses on the property. In other words the city had approved the operation of a pawn shop and a pre-school at the same location.

The first time Pat and Pete met face to face was in a crowded hallway outside the Letongaloosa City Council chambers. The city council was meeting to deal with the Peabody property mess.

The city had met with Pat and tried to get her to change her plans to start a pre-school. She refused. She said that women in town supported her pre-school. Women had already signed up 16 children.

Then the city met with Pete and tried to get him to change his plans to open a pawn shop. He refused. He said that men in town supported his pawn shop. Men had already pawned a bunch of stuff he could use as merchandise.

The atmosphere at city hall was tense. Women and men stood on opposite sides of the hallway and glared at each other. A woman said "pre-school," quietly. A man said "pawn shop," loudly. Then people began shouting: "pre-school, pre-school, pawn shop, pawn shop."

The doors to council chambers opened. For the next two-and-a-half hours townspeople argued for and

against the two projects. When the city council voted, two hands went up for Pete's Pawn Shop and two hands went up for Pat's Pre-School. Left to cast the deciding vote was Bill Stover. Bill's full name is William Jennings Bryant Stover. He's the great grandson of America's legendary orator.

"I have something to say before I vote," said Bill. His eloquent oration lasted three hours. It can be summed up in one word, "compro-

mise." So that's how Letongaloosa came to have a nationally unique institution: Pete and Pat's Pre-School Pawn Shop. Weeks later Pat and Pete became a couple but they never married, and when they threw their big non-wedding anniversary party, everybody came and had a great time.

- 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.

# Happy New Year

From Laura and Kim and all of the staff at Lawrence Therapy Services and Baldwin Therapy Services.



**Laura Bennetts**  
Physical Therapist  
Co-Owner



**Kim Hoffman**  
Occupational Therapist  
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**Diane Bell**  
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**Diana Lisher**  
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**Jacki Ibbetson**  
Physical Therapist



**Evonne Cooper**  
Physical Therapist



**Jennifer Woerner**  
Occupational Therapist



**Emily Gaston**  
Physical Therapy  
Assistant



**Malindi Alexander**  
Occupational Therapist



**Vickie Hull**  
Marriage & Family  
Therapist



**Traci Bertrand**  
Physical Therapy  
Assistant



**Erinn Golick**  
Physical Therapist



**Steve Carrier**  
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# WOLFGANG PUCK

## Perfect winter fare

By Wolfgang Puck

Tribune Media Services

Whenever winter approaches, my thoughts turn to soup. I love soup. It lifts you up more than any other dish, satisfying taste buds, body and soul in equal measure. Even better, most soups are so easy to make. Choose the right one, prepare enough, and you don't even have to cook anything else for lunch or dinner.

The best example of this principle I can think of is France's classic onion soup. Although soupe à l'oignon has ancestors in country kitchens across that country, and most certainly in onion-loving Lyons, it achieved its greatest fame in the old Les Halles public market of Paris. There, humble cafes prepared the soup very early in the morning to sustain the market workers. Word about such delicious soup spread, and Parisians from all walks of life would stop at Les Halles at 4 a.m. to pick themselves up after a long night out on the town. I certainly ate my share of onion soup that way during my early days as a chef in Paris.

Befitting its humble origins, French onion soup is simplicity itself to cook. The secret to its rich flavor comes from cooking the onions slowly until their natural sugars caramelize, turning them deep golden brown. In fact, some of the most basic versions of the recipe get their flavor and color from the onions alone, adding only water to the pot. I prefer chicken broth, as in the recipe that follows, although you could substitute water for half of the broth and still get outstanding flavor.

One of onion soup's most beloved features is the crust of cheese-topped French bread that covers each bowl. Gruyere or another Swiss variety is used most often, though you'll also get delicious results from any favorite melting cheese such as mozzarella or fontina, perhaps mixed with freshly grated Parmesan. For the most authentic presentation, you'll need the individual-serving, deep, heavy earthenware or porcelain French-style bowls called marmites, which resist the broiler's heat.

If you want to serve onion soup to a crowd, however, don't despair over not having enough marmites or sufficient space under your broiler.

Instead, multiply the recipe's quantities to get as many servings as you'll need. When the soup is almost done simmering, arrange the dried or toasted bread slices on a baking sheet, top them with the cheese and broil. Then, ladle the soup into whatever bowls you have and float these cheese croutons on top.

That, in fact, is what we do at Spago early in the morning following our annual New Year's Eve party, using soup we've made several hours ahead. So, keep both this tip and the recipe in mind come your own celebrations...

### FRENCH ONION SOUP

Serves 6

3 tablespoons mild-flavored vegetable oil, such as safflower oil  
4 medium onions, thinly sliced  
1/2 cup Port  
8 cups good-quality canned chicken broth  
Salt  
Freshly ground black pepper  
1 sprig fresh thyme  
1 bay leaf  
1 stalk celery  
12 slices French bread, about 1/4 inch thick  
2 cups shredded Swiss or Gruyere cheese

In a 6-quart stockpot, heat the oil over medium heat. Add the sliced onions and sauté them, stirring frequently with a wooden spoon, until golden brown, taking care not to let them burn, about 15 minutes.

Pour the Port into the pot and stir and scrape to deglaze. Add the broth and salt and pepper to taste. Nestle the thyme and bay leaf inside the hollow of the celery stalk and, using kitchen string, wind around them several times and tie a secure knot to hold them together; add this bouquet garni to the pot.

Raise the heat and bring the liquid to a boil. Reduce the heat to maintain a simmer and cook, partially covered, until the onions are very tender and the broth is flavorful, 30 to 40 minutes.

While the soup is simmering, arrange the bread slices on a baking sheet. Set the oven to its lowest temperature and bake the bread until the slices feel dry to the touch but haven't yet browned, 20 to 30 minutes. Remove the bread from the

baking sheet. Preheat the broiler, setting an oven rack about 8 inches below the heat source.

Arrange 6 deep ovenproof serving bowls on the baking sheet. Ladle the soup into them, distributing the onions evenly. Top each bowl with 2 slices of bread and sprinkle with cheese. Carefully place the baking sheet under the broiler and broil until the cheese is melted and nicely browned, 3 to 5 minutes. Carefully remove the baking sheet from the oven, transfer each

bowl to an individual serving plate, and serve immediately with more French bread for dunking.

(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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## SMART COLLECTOR

# Ceramic kitchen sets used for accent

**QUESTION:** Any info on a set of old Czech canisters? Included are vinegar and oil decanters, six spice containers and four larger canisters. — Grace, Bangor, Maine

**ANSWER:** I'll bet many readers remember, or still have, ceramic kitchen sets made in Czechoslovakia. Painted



Danielle Arnet

in bright colors, they were a kitchen staple of the 1920s through '40s. Decorations ranged from hand-painted florals to decals or geometric designs, and each piece bore the name of the condiment or spice inside.

Some sets involved up to 15 pieces. The ceramics were not of high quality, and many were broken in use. The reader is fortunate to have so many surviving examples.

Larger canisters typically held oatmeal, flour, rice, sugar, tea or coffee. Smaller boxes held everything from allspice to cloves. Decanters such as the reader's and a wall hanging salt box completed large sets.

Though numerous, the containers were not large. By today's standards, a 7-1/2-inch flour canister is puny. Spice boxes averaged four inches high.

Imported by boatloads, the kitchen sets were common. Today, pieces are collected as curiosities and accents. Because of size, not many are bought for use. Too small to be functional, sets or individual pieces are bought for a distinctive period "look." Bright hand-painted Deco flowers trump a stenciled geometric pattern any time. A large set, in excellent condition and highly decorated with a Deco look might retail at under \$100.

**FYI:** Now out of print, the two volumes of "Made in Czechoslovakia" by Ruth A. Forsythe cover Czech glass and pottery.

**QUESTION:** Looking for info on a souvenir thermometer on a replica of some monument. Do these have value? — Lee, Newport News, Va.

**ANSWER:** Yes, souvenir thermometers are collected, depending on subject, aesthetics, material and age. Yours, standing about four inches high on a base, might be from a collected site, but must be identified if you intend to market it.

Mercury thermometers are going the way of the dodo, which adds to their appeal. I'm talking souvenir types, not medical examples. The white plastic you mention could be new or old, and age matters. Early versions of plastic (examples go back to the early 1900s) are collectible.

At any rate, don't plan a vacation on the profits of a sale. Such items typically sell for under \$5, unless special.

**QUESTION:** A friend has a Last Supper painting given to her many years ago by an old gentleman from the old country. It appears to be signed by Leonardo da Vinci. How do we find out more? — Julia, Tucson, Ariz.

**ANSWER:** Leonardo, the scientist, inventor and artist, painted "The Last Supper" as a mural. What are the odds of his repeating it as a painting — and not having scholars beating the bushes for centuries to find it?

There is a lesson for smart collectors here. Sometimes, lore and romanticizing an item cause one to lose perspective. Receiving an item from an "old gentleman" from the "old country" does not make it valuable. It's the same with family say-so. Aunt Blanche's recollection that a vase came over on the Mayflower and is immensely valuable may or may not be valid.

I exaggerate but you get the picture. If you sincerely believe the painting (is it indeed an oil on canvas?) is authentic, take it to a local gallery that deals in fine art and pay for an appraisal.

**QUESTION:** I have a fife my mother says was played by a relative in the Civil War. It is still in its case. How do I find value? Also, we have a lot of Nancy Drew, Hardy Boys and Little Pepper series books, printed in wartime. Any value? — Marysue, Lima, Ohio

**ANSWER:** On the first question, see above on family lore. Your job

is to link that fife to the individual and the time frame. Documentation is vital. Musical instruments have intrinsic value (some more than others), but provenance pays off.

For book values, search individual titles at [www.bookfinder.com](http://www.bookfinder.com) and [www.abebooks.com](http://www.abebooks.com). Remember, in paper goods, condition is

everything.

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

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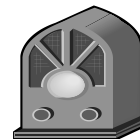
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# DEAR PHARMACIST

## Breaking the vicious cycle of symptom, drug, nutrient loss

By Suzy Cohen, R.Ph.  
Tribune Media Services

**QUESTION:** I used to be in such good health, strong as a bull, and now my muscles are so sore and I ache all over. I take the following medications: metformin (Glucophage) for diabetes, fluoxetine (Prozac) for depression, metoprolol (Lopressor) for high blood pressure and lovastatin (Mevacor) for cholesterol. Sometimes I take Sonata to sleep. Can anything I take be causing this? — I.W., Boise, Idaho

**ANSWER:** Yes, all of the medications you take can cause achiness, muscle pain and joint pain, sometimes in debilitating ways. But I want to be careful not to pin all the blame on your medications, because your medical conditions themselves can also make you feel poorly. So how do you sift out the cause of discomfort when it could be the chicken or the egg? Very hard to do.

It's safe to say that a person suffering from cardiovascular disease, high blood pressure and high cholesterol may be deficient in certain nutrients, such as folic acid, magnesium, vitamin C and coenzyme Q10, and possibly L-carnitine and others as well. It's fascinating that the very drugs used to treat these conditions can deplete some of these nutrients, which in turn causes symptoms that require even more prescriptions!

The plot thickens if I ask you what you eat. I'm betting that you don't get six servings of fresh fruits and vegetables a day. I'm also betting that, like most Americans, much of what you ingest is processed, preserved or full of pesticides. It's hard to get around that anymore, and I only point it out because cleaning up your diet

would enable you to "birth" healthier cells and tissue that is rejuvenated and refreshed. The free-radical damage from processed foods can lead to feelings of achiness, pain and fatigue, as well as heart disease and cancer.

Can we talk about hormones too? If you are in your mid-40s, your levels of testosterone are going down. This could be another reason for a man's loss of muscle strength and stamina, as well as achiness, erectile dysfunction and low sex drive.

Here's what I tell people who take blood pressure pills and heart medications: Get yourself on the nutrients that are depleted by those drugs. That means taking some high-quality CoQ10 (100 mg once or twice daily, if you can afford it); folic acid, a B vitamin (800 mcg), taken with a full B-complex (50 mg) every morning to get the best effects; buffered vitamin C (500 mg twice daily); L-carnitine (500 mg twice daily); and fish oils (1,000 mg EPA/DHA, with meals). In addition, ask your doctor about taking magnesium citrate (200 mg once or twice daily). It helps with depression and regulates blood pressure, and it's sold over the counter.

Watch it, though. Your blood pressure may come down on all this, so be aware that medication side effects become more apparent as your body becomes more efficient. Your pressure may drop too low and you may feel faint.

And drink your greens if you won't eat them fresh. They're sold at health food stores. Get one sweetened with stevia —no artificial sweeteners like Splenda or aspartame.

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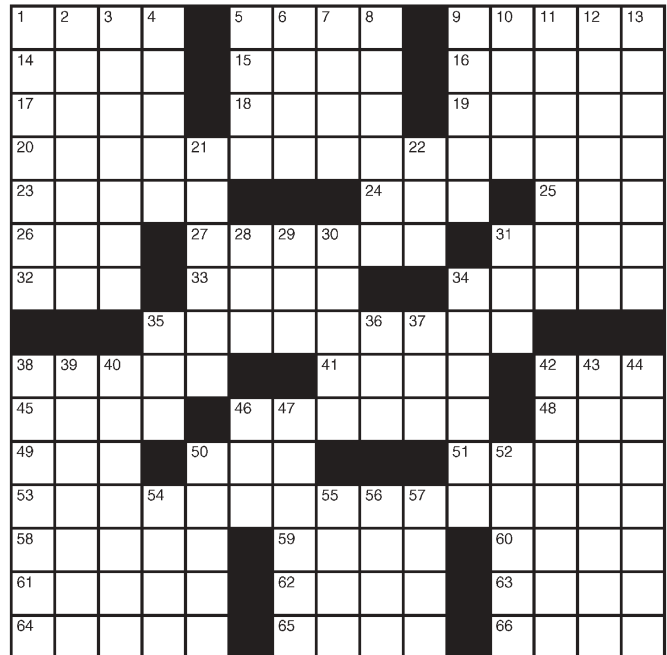
- 1 Gullible dupes
- 5 June 6, 1944
- 9 Faculty
- 14 Drop heavily
- 15 Top-notch
- 16 Discussion group
- 17 Toward open waters
- 18 Sunken grooves
- 19 Best
- 20 Start of Evan Esar quote
- 23 Shows teeth?
- 24 Under the weather
- 25 Ill temper
- 26 Leman or Neuchatel, e.g.
- 27 De la Renta and de la Hoya
- 31 Louver element
- 32 Printers' measures
- 33 Goad
- 34 Passageways
- 35 Part 2 of quote
- 38 Felt poorly
- 41 Paul Bryant's nickname
- 42 Rock composer Brian
- 45 Privy to
- 46 Polar region
- 48 Actor Leibman
- 49 GE acquisition in 1986
- 50 \_\_\_-Margret
- 51 Ham it up
- 53 End of quote
- 58 Dislike categorically
- 59 Implement
- 60 Fit for picking

61 "Blue \_\_\_ Shoes"

- 62 Different
- 63 Holiday forerunners
- 64 Wormy shapes
- 65 Game units
- 66 Lairs

## DOWN

- 1 Sequin
- 2 Other finisher
- 3 Certain literary criticism
- 4 Hall-of-Fame pitcher Warren
- 5 Shucks!
- 6 Quarterback Flutie
- 7 Against: pref.
- 8 Subordinate's response
- 9 Ruin
- 10 Showing strain
- 11 Emmets' abode
- 12 \_\_\_ Reserve Bank
- 13 Daisies, e.g.
- 21 Sow bug or gribble
- 22 Golfer Ernie
- 28 Sell-out letters
- 29 Cape on the Atlantic
- 30 Homemade brick
- 31 Dispirited
- 34 Valerie or Tess
- 35 Mil. rank
- 36 Game room, for short
- 37 Sheep sound
- 38 Military landing field
- 39 Nightmarish burden
- 40 Abhors
- 42 Like winds and rivers



By Alan P. Olschwang  
Huntington Beach, CA

Answers on page 30

- 43 Closed
- 44 Unity
- 46 Business abbr.
- 47 \$100 bills
- 50 Actor Lew
- 52 Stuck in the mud
- 54 Portend

- 55 Sleeper spy
- 56 Emily of etiquette
- 57 Tavern selections

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## MAGICWORD

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

WHAT'S ON THE MENU?  
(sol.: 9 letters)

B-Baklava, Beef, Burger; C-Cheddar fries, Chicken, Chop Suey; D-Duck; E-Eggs; F-Fajitas, Fettuccine, Filet Mignon, Fish, Fruit; L-Lobster, London Broil; N-Nachos; O-Omelette; P-Pancakes, Pasta, Pizza, Poultry; Q-Quesadillas; R-Rice, Ribs; S-Salad, Salmon, Sausage, Seafood, Shrimp, Sirloin, Soup, Steak, Stew, Sushi; T-Tacos, Tuna, Turkey; V-Veal; W-Wraps

This month's answer: **PORK CHOPS**

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

## JUMBLE

THAT SCRAMBLED WORD GAME  
by Henri Arnold and Mike Argirion

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

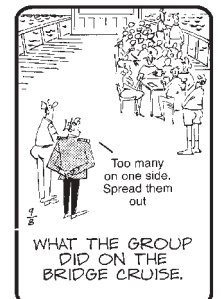
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BELAC  
□ □ □ □ □ □ □ □

TESACK  
□ □ □ □ □ □ □ □

NOYKED  
□ □ □ □ □ □ □ □

A: □ □ □ □ □ □ □ □



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

Answers on page 30

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## TRIVIALITIES

1. In the 2006 film "Borat: Cultural Learnings of America for Make Benefit Glorious Nation of Kazakhstan," who played the title character?
2. Adam McKay directed this 2006 film that starred Will Ferrell, John C. Reilly and Michael Clarke Duncan.
3. This 2005 film was adapted from Frank Millers graphic novels.
4. Who starred as Sam in the 2005 film "Into the Blue"?
5. Who starred as Claire in the 1982 film "Making Love," directed by Arthur Hiller?
6. Who starred as Harry Greenberg in the 1991 film "Bugsy"?
7. Elliott Gould was nominated for the 1970 best supporting actor Oscar. For what film was he honored?

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Answers on page 30

# SUDOKU

© Puzzles by Pappocom

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

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

MEDIUM

Solution on page 30

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# City of Topeka, agencies announce 'snow relief team' partnership

The City of Topeka and two area agencies have joined together to provide limited snow removal service for older citizens and those with a disability who qualify.

The City of Topeka, the Jayhawk Area Agency on Aging, and the Topeka Independent Living Resource Center have announced the creation of the "Snow Relief Team." The team will consist of five or six teams of women inmates from the Topeka Correctional Facility. Their task will be to remove snow on driveway ap-

proaches and public sidewalks adjacent to properties of qualifying Topekans.

"We want to help our older citizens and persons with a disability with snow removal following large snows," said Randy Speaker, Deputy City Manager. "We want to help those who can't readily help themselves or can't afford to hire the help.

City code requires sidewalks to be cleared no more than 12 hours after a snow or ice storm or no more than

6 hours after sunrise.

To qualify, a person must be 55 years of age or older or have a disability; have an income of no more than \$33,800 per household per year for one person household or \$38,650 per household per year for a two person household; and have

no other local family member that can help.

To see if you qualify for the Snow Relief Team assistance, call the Jayhawk Area Agency on Aging at 235-1367 or the Topeka Independent Living Resource Center at



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

## CROSSWORD SOLUTION

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

## JUMBLE ANSWERS

Jumbles: FETID CABLE CASKET DONKEY

Answer: What the crew did on the bridge cruise – STACKED THE DECK

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## TRIVIALITIES ANSWERS

1. Sacha Baron Cohen 2. "Talladega Nights: The Ballad of Ricky Bobby" 3. "Sin City" 4. Jessica Alba 5. Kate Jackson 6. Elliott Gould 7. "Bob & Carol & Ted & Alice"

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## PEOPLE NEWS

# Swan donates books to military spouses

Rockford, Ill., author K. M. Swan and her husband, Jim Phillip, through the help of the Armed Services YMCA (ASYMCA), have donated a total of more than 600 of Swan's books to the spouses of servicemen who have been deployed overseas. The most recent donation included 200 books sent to Fort Riley in Kansas last November.

Swan and Phillip donated the books through ASYMCA's "Project Strong" program. ASYMCA has provided support services to military service members and their families for more than 140 years, particularly focused on junior-enlisted men and women — the individuals on the front lines defending our nation and their families.

Swan is a fiction writer who began writing when she was in her 50s. After high school, she became a registered nurse, married, raised four children, and then worked

part-time as a nurse. She now has four grandchildren and enjoys writing about things that are important to her.

Swan's six novels — *The Loft*, *Catherine's Choice*, *Sarah*, *The Journals*, *Regrets* and *Beyond the Clouds* — are inspiring, compelling, heartwarming, and easy-to-read stories that bring out the importance of family.

For more information about ASYMCA's programs, please visit [www.asymca.org](http://www.asymca.org). For more information about Swan's novels, visit [www.kmswanbooks.com](http://www.kmswanbooks.com).

*If you have an item of interest to seniors in the Rock Valley area for our People News section, please send a press release with a contact name, a telephone number and a photograph to Groenhagen Advertising, 2612 Cranley St., Lawrence, KS 66046, or send an e-mail to [kevin@seniormonthly.net](mailto:kevin@seniormonthly.net).*

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