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INSIDE



Kaw Valley Senior Monthly's annual "Senior Resources Directory" includes dozens of phone numbers and listings for organizations and businesses that deal with senior issues. - pages 17-24



Project LIVELY celebrates 25 years of helping seniors remain healthy, safe and independent in their own homes. - page 4

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SENIOR profile R

KEVIN GROENHAGEN PHOTO

Steve Mason owns and operates Steve Mason Luthiers, a Lawrence-based business. A luthier is "one who repairs, improves and creates stringed musical instruments."

Mason creates music, musical instruments

By Kevin Groenhagen

As a young boy, Steve Mason says music played a prominent role in his Ann Arbor, Mich., home.

"My dad's hobby was making violins," Mason said. "My little brother was a guitar prodigy. If you ever hear a guitar or viola on a Dave Brubeck album, that's my little brother, Dave."

The Dave Brubeck Quartet's most famous piece, "Take Five," was recorded in 1959 and continues to be

a jazz classic. Mason's father and sister also played the viola, and were very talented.

"I played the cello," Mason said. "I was kind of the black sheep of the family."

Mason knew at an early age that he wanted a career that involved music. As a teenager he applied for a position with the Herb David Guitar Studio in Ann Arbor.

"I wanted to be the hip guy sitting behind the counter playing guitar,"

Mason said. "But Herb had other plans for me. He hired me as an apprentice to repair guitars. Then the guy my dad had been working with died. He had a violin shop. His wife continued to run the shop, and she hired me to repair violins. I worked on violin family instruments from 7:00 to 11:00 in the morning, and then on guitar family instruments from noon to 7:00 at night."

When Mason later moved to Kansas, the draw was guitars, or more

■ CONTINUED ON PAGE THREE

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Steve Mason

■ CONTINUED FROM PAGE ONE

specifically, Mossman guitars.

According to a 1997 article written by Eric C. Shoaf, Stuart Mossman began making guitars in 1965. "By the end of the decade, sensing a niche in the market for high quality handmade acoustics, he had incorporated S. L. Mossman Guitars in Winfield, Kansas, and moved into facilities at Strother Field outside of town," Shoaf wrote. "Mossman had noticed what was happening with major acoustic guitar manufacturers at the time. The folk music boom had pushed demand for acoustic instruments to an all-time high and while Gibson, Martin and Guild were increasing production, imports from the Pacific Rim countries were beginning to exploit the lower end of the market. Mossman was concerned with what he saw as an erosion in materials, design, and craftsmanship in the construction of the traditional flattop acoustic guitar, particularly among the larger manufacturers as they rushed to meet the strong demand. Using only top-quality woods, a proprietary bracing structure, and old-world building techniques, Mossman guitars entered series production in 1970."

S. L. Mossman Guitars eventually became the first of the small guitar manufacturers to make it as a larger company.

"Mossman made about 5,500 guitars in seven years," Mason said. "Winfield was a tremendous experience, but it was monastic. We didn't socialize much with the people in town. We ate, drank and thought guitar making 24 hours a day. The quality of your work defined you. If you made a mistake, you would hear about it from everyone around you. It was a wonderful learning experience, but it was a very small town, and no place to be young and unmarried."

In 1975 Mason and another Mossman employee decided to move to Lawrence and open McKinney-Mason Music. The music store, which was located at the present-day site of the Bottleneck on New Hampshire Street, also featured a concert hall called Off-the-Wall-Hall. Mason notes that some famous acts played at the hall, including the Ohio Players, Patty Smith, Vassar Clemens, Newgrass Revival, Hot Rize, Country Gazette, and Ricky Skaggs. The alternative rock band R.E.M., played at the hall before they released their first album in 1982. The band was

inducted into the Rock in Rock Hall of Fame in 2007.

McKinney-Mason Music closed in 1981. In 1983, Mason entered the University of Kansas and earned a BS in biology four years later.

"My mother and father were medical doctors," Mason said. "I kind of needed a degree so I could feel grown up. However, I never even looked for a job related to my degree. I went right back into the music business"

Mason worked for a couple of music stores, and then, in 1989, opened Harmonic Arts with two other business partners. He sold the full-service music store in 1997.

Mason currently owns and operates Steve Mason Luthiers, a home-based business in Lawrence. According to Mason, a luthier "repairs, improves and creates stringed musical instruments." The lute family consists of stringed instruments with a neck extending from the sound chamber. The lute family includes violins and guitars. A luthier works on members of the lute family.

"What we do here is mostly repair," Mason explained. "Ironically, there is much more prestige in being an instrument maker than being an instrument repairman. Repair is much more difficult. With repair, you're correcting other people's mistakes. A repair must blend in with the materials and style of the original maker. When you make instruments, you certainly make mistakes, and you have to back up and fix them, but you are working in your own style with all new materials. It's like poetry and prose. A repair, like poetry, is short and intense. Instrument making is slow and prosaic. If you're really cooking, you can turn out a guitar in a couple of months. Most small makers take longer than that.

Mason also notes that it's even easier to do "prose" today.

"When I first got into this in the '60s, guitar making was a rarefied sport," he said. "There was Martin, Gibson, and Guild, and that was it. However, the state of the art has improved so much since then. There are probably 40 companies now making guitars as good as Martin ever

made. Getting out and competing in that stream is pretty intense. There are guitar makers everywhere. It's a great hobby, and great materials and tools are available to the hobbyists. Baby boomers have always cared about guitars. Now half of the baby boomers are destitute, but the other half has more money than they know what to do with. If someone makes a \$10,000 guitar, there are people who will buy a \$10,000 guitar. And the technology to make that \$10,000 guitar has trickled down to the entry-level guitars as well. "If you wanted to make a guitar back in the 60s, you had to supervise the lumbering of the wood and make most of the tools. Today I can pick up the phone and have top quality wood and lots of esoteric tools here in three days."

Although Mason has been making guitars for nearly four decades, he readily acknowledges that guitar making is an ongoing learning process.

"The technology has certainly changed over the years," he said. "I do a lot of reading, and I go to all the conventions."

Mason is also sharing his vast knowledge with his own apprentice, Rick Faris.

"Rick is a member of the Faris Family and is a well-known Bluegrass musician," Mason said. "He performs with guitars he has made and often runs into people at festivals who say, 'Wow, I want to sound like that guy.' That's one great way to get guitar orders."

Faris was named the Guitar Performer of the Year at the 2005 Society for the Preservation of Bluegrass Music of America (SPBMA) Midwest Convention. He has been nominated in the same category for the 2008 SPBMA Midwest Convention, which will be held in Jefferson City, Mo., this month.

It should be noted that Mason himself is no slouch as a musician. He is the current Kansas State Fiddle Champion and he has played banjo, fiddle, guitar, bass, and mandolin with the Lawrence-based Alferd Packer Memorial String Band since 1981. Founded in 1979 by washboard player Jim Brothers, the band is named after the gold prospector/

guide turned cannibal Alferd Packer. According to the band's Web site, "Packer was the only American ever convicted of cannibalism. In the fall of 1870, five miners in Alferd's charge headed for the Colorado gold fields. They ended up in Alferd's stomach! At the conclusion of the trial, the judge's exact words were, 'Alferd Packer, you voracious man-eater, there were only seven Democrats in Hinsdale County, and you done et five of 'em.'"

"We play old-time, string band music," Mason said. "Probably the easiest way to describe old-time is if you think of Bluegrass music and take Earl Scruggs' banjo playing out of it. Old-time, from the early 1800s to the 1930s, was one of the roots of the tree whose branches were Country, Western, Bluegrass and eventually Rock and Roll. We're not preservationists. We are not fanatical about playing the music just like the old-timers played it. We see ourselves as part of an ongoing tradition. We write a lot of our own material. We have four award-winning songwriters in the band. And, after 29 years on the road, we are the old-timers. When we put on a stage show, we wear 1870s-era costumes, tell a lot of jokes, and do a lot of shtick."

The Alferd Packer Memorial String Band is underwritten by the Kansas Arts Commission and performs at many opera houses, festivals, and high school auditoriums. Samples of the band's music can be found at www.alferdpackerband.com.

For more information about Steve Mason Luthiers, see www.ask-a-luthier.com. Mason offers a question-and-answer section that covers a wide variety of topics concerning string instruments.

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

Kaw Valley Senior Monthly

Editor and Publisher
Kevin L. Groenhagen

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MAIL

2612 Cranley St.
Lawrence, KS 66046



PHONE

785-841-9417



E-MAIL

kevin@seniormonthly.net



FAX

785-749-4691

Project Lively celebrates 25th anniversary

By Billie David

The mid-December ice storm couldn't put a damper on Project Lively's recent 25th anniversary celebration.

"It was wonderful despite the weather," said Project Lively coordinator Sandra Kelly-Allen. "We had 50 to 60 people in attendance, and Senator Roger Pine was there as well."

Dan Partridge, director of the Lawrence-Douglas County Health Department, kicked off the celebration. Also present was Kay Kent, former director of the Health Department. Kent's vision for building a solid community care management program for area seniors was the catalyst that brought Project Lively into being.

"Kay was the keynote speaker and she helped us celebrate," Kelly-Allen said. "It was a milestone for her as well."

In 1982, Kent organized a steering committee to establish the Project Lively program, which evolved into the Interagency Network for Aging, or INEA, to facilitate inter-

agency communication, cooperation and coordination, Kelly-Allen said.

Project Lively is a case management program that provides assistance to Douglas County citizens aged 60 or over in need of services such as home nursing, Meals on Wheels, hospice, legal or mental health assistance, senior advocacy and social services.

Project Lively facilitates a Community Care Management Meeting, consisting of various aging service providers that meet on a regular basis to help provide more comprehensive care.

"They meet twice a month to exchange referrals, care plan, problem solve and make sure nobody falls through the cracks," Kelly-Allen explained. "We do that by sharing resource information, providing support and staying current on aging issues."

Project Lively provides care management services to 125 clients. Services are initiated when a client, loved one or community member calls Kelly-Allen at the Health Department at (785) 843-3060. Case managers then visit the client at

COURTESY PHOTO



Sandra Kelly-Allen and Project Lively client, Richard Wolford, during a recent visit. Wolford has been a Project Lively client for seven years.

home for a comprehensive needs assessment.

"We talk to them about available community, state and federal programs and help them access those programs," Kelly-Allen said. "Then we provide them with ongoing support."

The goal, she continued, is to help seniors remain healthy, safe and independent in their own homes.

Kelly-Allen has been the Project Lively coordinator for seven years. She was employed as a social worker at the KU Med Center when she heard that the position was open. Impressed by the organization's reputation as a top-notch program and its multi-level approach to serving seniors, she applied for the job.

During her time as coordinator, Kelly-Allen has labored to increase the medical community's participation in the organization.

It worked. "Since I've been here, referrals from community physicians have in-

creased 1,000 percent," she said.

With closer collaboration with the medical community, Project Lively has a better understanding of medical conditions that affect a client's ability to live independently. It also provides physicians with the opportunity to voice any concerns they may have about the client's needs.

As for the future direction of the program, Kelly-Allen said she believes that the increasing numbers of aging baby boomers will bring about a higher demand for the use of technology. For example, Visiting Nurses already employs a tele-medicine approach.

"Baby boomer consumers are more assertive, more knowledgeable and more technologically savvy," Kelly-Allen said. As a result, they are also more inclined to seek the latest aging information via the Internet.

"With advances in technology, it's a very exciting time to be in aging," she said.

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A boost for people who get Social Security

By Norm Franker

Social Security District Manager in Lawrence, KS

The New Year ushers in many changes. One important change for most people who receive Social Security or Supplemental Security Income (SSI) payments is a benefit increase in 2008.

Beginning January 2008, a 2.3 percent cost-of-living adjustment (COLA) will be applied to all Social Security and SSI payments. As a result, the average monthly benefit for a retired worker in January 2008 will be \$1,079 (up from \$1,055) and the average monthly benefit for a disabled worker in January 2008 will be \$1,004 (up from \$981).

For people who receive SSI, the maximum federal payment amount will increase to \$637 (up from \$623).

There are other Social Security changes in 2008 that also are worth noting. For example, in 2008, a worker will pay Social Security tax on up to \$102,000 of annual earnings (up from \$97,500). The tax

rates remain the same. Employees will continue to pay 6.2 percent on their wages and the self-employed will continue to pay 12.4 percent on their net earnings. The Medicare tax rate will continue to be 1.45 percent (2.90 percent for those who are self-employed) and there is no limit on the amount of earnings subject to the Medicare tax.

A worker will earn one credit of coverage after paying taxes on \$1,050 in earnings (up from \$1,000). As always, four credits may be earned each year and a person generally needs forty credits to be eligible for retirement benefits.

To learn more about these changes that will take place in 2008 and to find other important Social Security information, visit the Social Security Web site at www.socialsecurity.gov.

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

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Watch out for Social Security scams

By Norm Franker

Social Security District Manager in Lawrence, KS

It seems there are scams all over the place these days. You've won the lottery of some obscure country or a needy millionaire in Europe is seeking your help transferring funds to the United States.

These kinds of scams can be upsetting, particularly when you realize the reason they exist — because so many people fall for them.

Especially upsetting are the scams that target people who depend on Social Security benefits — and use Social Security's name in their shady dealings.

Recently, we have heard of a number of scams where individuals posing as Social Security employees call and ask for personal information like your name, Social Security number and bank account information. The caller alleges that he needs this information so he can issue you additional funds or rebates or he alleges that because of a computer glitch your personal information has been lost.

Another scam used an e-mail that was designed to look like it came from Social Security. It provided information about the annual cost-of-living-adjustment and directed readers to a Web site designed to look like Social Security's site so people could "update their information" — valuable information to identity thieves and criminals.

In an effort to combat such scams, we want to make one thing perfectly clear: Social Security will not send you an email asking you to give us your personal information, such as your Social Security number, date of birth, or other private information. If someone saying they are from Social Security does email you requesting information, don't respond to the message. Instead, contact your local Social Security office or call

us at 1-800-772-1213 (TTY 1-800-325-0778) to see whether we really need any information from you.

Whatever you do, don't fall victim to a scam. Don't give out your personal information.

Social Security and the Office of Inspector General (OIG) take these scams very seriously. We do everything we can to stop the perpetrators

and educate the public. To report suspicious activity, please call the OIG Hotline at 1-800-269-0271. (If you are deaf or hard of hearing, call the OIG TTY number at 1-866-501-2101.) A Public Fraud Reporting form is also available online at OIG's Web site: www.socialsecurity.gov/oig.

Of course, there are times when

Social Security may contact you to update your information. At such times, you will always receive prior notification from us by mail or telephone before a personal visit is made. When in doubt, contact us at 1-800-772-1213 (TTY 1-800-325-0778) and we can verify the identity of the Social Security employee who has contacted you.

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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.

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WORDS OF WISDOM

The best way of forgetting how you think you feel is to concentrate on what you know you know.

Be happy with what you have and are, be generous with both, and you won't have to hunt for happiness.

KABC lists nursing homes with trend of good inspections

Each year, Kansas Advocates for Better Care (KABC) lists Kansas nursing homes with very few deficiencies. The following list represents Kansas nursing homes with five or fewer inspection deficiencies for each of their three most recent inspections. In addition, none of the most recent inspection deficiencies were for actual harm, or abuse, neglect or exploitation. Homes in italics were deficiency-free on their most recent inspection survey. The range in Kansas is 0 to 53 deficiencies. The national average is eight. Nursing homes are listed in alphabetical order by city. (Data is current as of November 1, 2007.)

KABC is the only one-stop resource for information about all licensed long-term facilities in Kansas. Call KABC toll-free, 800-525-1782, for

guidance when considering nursing home placement.

- Dooley Center, Atchison
- Life Care Center of Burlington
- *Applewood Rehabilitation, Chanute*
- Chapman Valley Manor, Chapman
- Dexter Care Center
- Halstead Health & Rehab Center
- Deseret Nursing & Rehab, Kensington
- *Bethany Home Association, Lindsborg*
- Sandstone Heights, Little River
- Golden LivingCenter, Lucas
- Bethel Home, Montezuma
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Helping seniors find health information online

Kansas Senior Press Service

Health issues are a vital concern for older adults, and surveys show that most of those who go online search for health and medical information. However, since only 34 percent of people age 65 and older are online, the majority of older adults are missing out on valuable health information.

To broaden the numbers of older adults able to search for and find reliable health information online, the National Institute on Aging (NIA) has developed a free training curriculum for those who teach and work with older adults. This "Toolkit for Trainers" is available at NIHSeniorHealth.gov, a senior-friendly Web site developed by the NIA and the National Library of Medicine (NLM), components of the National Institutes of Health (NIH).

The Toolkit for Trainers can augment computer training programs at public libraries, senior centers, community colleges, and lifelong learning centers, places where older adults typically take computer courses. Instructors at

these locations can use the curriculum to teach older adults how to find accurate, up-to-date online health information on their own. To make sure the training curriculum meets the learning needs of older adults, NIA developers based its design on cognitive aging and vision research and field tested the materials with older adults and instructors in computer classes.

In addition to Web skills development, the easy-to-use curriculum focuses on health and wellness information offered by NIHSeniorHealth and MedlinePlus. NIHSeniorHealth features short, easy-to-read segments of information that can be accessed in a variety of formats, including large-print type, open-captioned videos, and an audio version. MedlinePlus is NLM's more detailed site for consumer health information.

Trainers who download the toolkit at www.nihseniorhealth.gov/toolkit will receive a set of materials they can customize to their students' skill levels and interests. These include lesson plans, handouts, Web searching exercises, and illustrated glossaries. An introductory video gives a quick overview of the curriculum

and a glimpse of Internet classes in action. Tips on how to set up a senior-friendly computer classroom also are provided.

The NIA leads the federal effort supporting and conducting research on aging and the health and well-being of older people. The NLM, the world's largest library of the health sciences, creates and sponsors Web-based health information resources for the public and professionals.

NIH, a medical research agency, includes 27 institutes and centers and is a component of the U.S. Department of Health and Human Services. It is the primary federal agency for conducting and supporting basic, clinical, and translational medical research, and it investigates the causes, treatments, and cures for common and rare diseases. For more information about NIH and its programs, visit www.nih.gov.

Source: The National Institute on Aging

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- ♥ Volunteering can improve self-confidence and self-esteem, which helps reduce blood pressure and improves immune function.

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THANK YOU!

Midland Hospice Care would like to thank Harold Ivan Smith, D. Min., FT, for presenting "How Can I Celebrate This Year?: Ideas From Grieving Families" before the holidays.

We would also like to thank Lawrence Funeral Chapel/Hutton Monuments for their role as a partner in sharing this important presentation with the Lawrence community.

Midland Hospice hosts Grief and Loss Support Groups on Tuesdays and Thursdays in Topeka. In addition, a Lawrence session will begin in early 2008. If you or a loved one would like more information about these groups, please call us at

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Calling cards meant friends

By Susan Walter
Kansas Senior Press Service

One summer, my husband's aunt and uncle from New York came to visit. His aunt brought several pieces of family memorabilia, among them several small, colorful cards that fascinated me. They were called "friendship cards" or "calling cards."

The cards were about the size of today's business cards. They were used around the early 1900s in our family, but in other countries before that.

On cloudless Sunday afternoons, one could hear the noisy wheels of the old buggies as they traveled the dirt roads. Social calls were being made to relatives and friends. If no one was home, the visitor left a friendship card in the door. Because the farms were many miles apart, it took great effort to get to the homes to visit. When calling cards were left, the visit was not useless.

The designed top of each card was

glued to another piece of paper a little larger. When the flap was raised, the name of the caller was revealed.

The cards varied in decoration. Some were decorated with flowers, doves, and trees. Others had landscapes and architectural designs.

Some bore messages, such as "Love to You," "Happiness to You," and "Faithful and True."

The idea for friendship or calling cards dates to the 1500s. When students were studying in Italy, they left school to return home for a season. So their professors would know where they were, they left little cards with a message. Those cards were no match for the beautifully decorated cards that were made later.

For readers who are old enough to remember stories about calling cards, this may be old hat, but I find them fascinating!

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



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Do you play it safe or follow the crowd when it comes to your finances?

How the status quo bias and loss aversion may be costing you

Nobody intends to make money mistakes. After all, most Americans dream of being wealthy. The problem is, a few common financial misbehaviors seem to be tripping people up. Status quo bias and loss aversion are two key misbehaviors or "blind spots" that may be

part of a recent financial behavior study¹ commissioned by the Northwestern Mutual Financial Network. More than three quarters of survey respondents chose the *sure gain* over the chance to gain more. The survey results indicate that people of all walks of life—even business owners, doctors, lawyers and certified public accountants—commonly fall prey to psychologically driven impulses that affect their financial decisions.

While losing is a painful proposition for most people, taking a "loss" may not always be the worst outcome. A second group's choices were: a sure loss of \$240 versus a 25 percent chance to lose \$1,000 coupled with a 75 percent chance to lose nothing. Here, 69 percent of the doctors opted for the latter, the chance to *lose nothing* (and a chance to lose \$1,000) over the sure loss of \$240. Evaluate your tolerance for risk, and keep in mind that few things in life are absolutely certain. It's important to consider financial decisions from every angle and try to be objective.

Playing it safe often causes people to "follow the herd," even when it's not in their best interest. If you choose the investments in your employer's savings plan or make other financial decisions based on what others are doing, you're probably prone to status quo bias. In general, it requires more justification for us

to make a change than to leave things as they are.

Another example is investing in "hot" stocks when they become popular and prices are rising, or selling when their value is falling. Why does this happen? Even if it doesn't suit their best interests, people feel more comfortable with a decision made by others like them. Rather than simply following the status quo, be sure to consider how a decision will impact your own individual situation.

Financial misbehaviors can be hard habits to break. The good news is that understanding your own blind spots and misbehaviors is a positive step toward improving them. Talking to a qualified financial profes-

sional is another way to learn about and correct your misbehaviors before they turn into money maladies.

- Joe B. Jones is a Financial Representative with Northwestern Mutual Financial Network the marketing name for the sales and distribution arm of The Northwestern Mutual Life Insurance Company (NM), Milwaukee, Wisconsin, its affiliates and subsidiaries. Financial Representative is an agent of NM based in Lawrence, KS. Securities offered through Northwestern Mutual Investment Services, LLC, 9225 Indian Creek Parkway, Overland Park, KS 66210, member NASD and SIPC. NM is not a broker dealer. To contact Joe, please call (785) 856-2136, e-mail him at joe.jones@nmfn.com or visit his Web site at www.nmfn.com/joejones.



Joe B. Jones

causing you to make poor financial decisions.

Let's face it, we don't like to lose. The same is true when it comes to our finances—we're simply "loss averse." Here's a quick example to help illustrate loss aversion. Given the following choices, would you rather:

- A) Win \$240 for certain
- B) Take a 25 percent chance to gain \$1,000 and a 75 percent chance to gain nothing

If you're like most people, you chose the sure win. That's because the pain we feel from gaining nothing (lose) is much greater than the pleasure we feel from gaining \$240.

A similar question was asked as

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Will the 'subprime' loan crunch affect you?

If you've even casually followed the news over the past several months, you've probably heard about "subprime loans." But the issue can be confusing, and if you're like most people, you really just want a couple of questions answered: How might these subprime loans affect the econ-

omy? And will I need to adjust my investment strategy? To begin with, let's define subprime loans. Generally speaking, a subprime loan is a mortgage made to a borrower who might not otherwise qualify for a loan. Subprime lenders typically charged these borrowers higher interest rates, but some subprimes were adjustable rate mortgages (ARMs), which meant they carried a lower rate for the first few years of the loan. Many subprime borrowers

took out ARMs, hoping their credit would improve enough for them to qualify for a better rate before the mortgage rate was adjusted upward. When this didn't happen, they were hit with higher payments and many faced foreclosure. Because many of these mortgages had been resold and then packaged into other financial vehicles, the bad loans hurt these investments. Ultimately, the subprime loan problem might jolt at least two sectors of the financial markets: housing and financial services. So, housing-related investments, such as real estate companies, and financial services firms, such as mortgage lenders, might experience some rough roads. Also, the subprime situation could lead to a potential slowdown in overall consumer spending. Why? Because if lending standards tighten, people may find it more difficult to tap home equity loans and lines of credit. And if consumer spending does slow, it could affect corporate profits, a key driver of stock prices.

As an individual investor, what moves, if any, should you make to prepare yourself for any potential

subprime "aftershocks"?

To begin with, don't get so caught up in a possible subprime-fueled downturn that you overlook the many positive factors about the current investment outlook. Although the real estate industry is slumping, the rest of the economy remains relatively strong. Furthermore, inflation and interest rates remain low and stable, and corporate profits still exceed expectations.

And no matter what happens in the investment world, you can hardly go wrong by following these tried-and-true techniques:

Look for quality. Quality investments, such as the stocks of strong, established companies, historically tend to fall less than other investments in down markets, and they have frequently lead the way in the recoveries that follow. Past performance is not an indication of future results.

Choose an appropriate mix of investments. Build a portfolio containing a variety of investments that are suitable for your goals, risk tolerance and time horizon. While diversification, by itself, can't guarantee a

profit or protect against a loss in declining markets, it can help reduce the effects of market volatility.

Hold investments for the long term. By following a "buy-and-hold" investment strategy, you can reduce your commission costs and avoid some of the other problems that can result from frequent buying and selling. Once you buy an investment, consider holding it until either your needs change or the investment itself has evolved in an unexpected way.

By looking beyond the possible turmoil and sticking with good investment habits, you may well escape some of the problems caused by the subprime fallout - while you stay on track toward your long-term investment goals.

- 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

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Resolve to get healthy during 2008!

Be it resolved: 2008 is the Year of Exercise. We will be Fit, Not Fat. We will... well, you get the idea.

New Year's resolutions are famously ineffective. It is almost traditional to resolve to become healthier, and then yield to resolution amnesia. That's fine, if you're not really in a self-improving mood. But if you truly do want to feel better and live longer, nothing works better... than work.

Exercise—let's be honest—is work. Goofy weight-loss ads cheerfully promise that "You CAN lose weight,

Jayhawks while you ride an exercise bike. Or you can lift hand weights during the commercials. If you love basketball, take some time to have some fun shooting hoops with your grandkids.

Walking daily with a friend or with your dog is also a good way to ensure that you exercise regularly. If you walk briskly for 30 minutes a day you will feel cheerier, control your weight and blood pressure better, and reduce your blood sugar and cholesterol.

And, of course, besides walking, there are many other enjoyable activities that constitute good exercise too—like dancing, chair exercises, water aerobics, and shopping. If it's physical, it's exercise.

Where there's a will...

There's a way. If health problems limit your exercise options, you need to find alternatives. For example, if painful knees prevent you from walking for a full half hour, you can set the egg timer and walk 10 minutes three times a day. If you have other aching joints, a physical therapist can treat the pain and help you set up an exercise program that will help more than it hurts. And a doctor can tell you whether you have arthritis. Not all joint pain is arthritic, and you can't tell by guessing—but if you do have a problem with arthritis, a physical therapist can help you walk with a cane, a walker, or walking poles.

Walking is walking, with or without physical aids. And few things are better for you.

Gear for the Walkaholic

Many people find that walking poles make walking easier. Walking poles are lightweight poles that you hold (one in each hand) for support. If you find that you can walk farther with walking poles, you will get stronger and find that you can walk even farther.

Good shoes will ensure that you have pain-free exercise—and not all shoes are suitable. So don't just wear whatever you find in your closet. Take the time to get well-made walking shoes with good arch support. And make sure that you shop for shoes in the afternoon, when your feet are slightly larger (from normal daily swelling) than they are in the morning. Shoes that feel right in the morning can feel tight in the evening.

Also useful is an inexpensive pedometer to monitor how far you walk. Or you can judge distance by

time—if you walk at a regular pace, perhaps one-to-two miles per hour, you can walk a mile a day...and that quickly translates into real exercise: seven miles per week, 365 miles per year. After a decade, that amounts to a transcontinental hike! And all in less than an hour a day, just strolling at a modest pace.

Stick to the Basics

Along with daily exercise, I favor many other sensible, simple steps that we can take to improve our health. These steps typically cost little or nothing, and they include: drinking mainly water, reducing stress, sleep seven-to-eight hours a night, taking regular vitamins, eating lots of fruits and veggies, saying no to fast food and junk food, having fun with friends and staying active.

These life skills may seem self-evident, but many people find that they have to relearn the basics: for example, how to make a simple healthy dinner in less time than it takes to pick up fast food. Watch the cooking shows on TV to get ideas for cooking with fresh foods and plan a few meals ahead to make it fun and relaxing.

New Year, Healthy You!

If all this virtuous talk makes you feel like taking a nap, you're not alone. Magazines are full of ads and stories tapping into the popular yearning to find easy answers:

"You too can look younger with face creams!" The ads offer what seems like scientific magic—Retinol A + Amino Acids + Collagen = Youth! And much of the "anti-aging" advice focuses on cosmetic surgery, protein-fortified creams, collagen-generating heat treatments, and slimming undergarments to control lumps, wrinkles, and bumps.

The anti-aging beauty campaign preys on our fears of aging and the outer signs of aging like wrinkles and grey hair. But our body is aging under the skin and by taking care of your whole body you will actually be youthful, not just look young.

You can do a lot to strengthen your bones, muscles and be healthier as you age. Your skin will benefit from the toning of your muscles and increased circulation. You will notice over time that your muscles feel good. So why waste time and money trying to find a magical alternative to the simple things that will make you genuinely look and feel, not just younger, but healthier.

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



Laura Bennetts

without exercise!" because they know that telling us to exercise is often an exercise in futility. Workouts are work, and many people prefer wishful thinking. But if you're ready to face facts and seek genuine fitness, there's no substitute for exercise. And exercise doesn't have to hurt.

Rx: 30 minutes daily

You can feel lighter on your feet, feel your muscle tone improve, and energize yourself by exercising just half-an-hour a day. And exercise isn't a mystery or an arcane art requiring a personal trainer: Exercise is simple because it includes any moving about that you do. The benefits of movement include building your lung capacity, strengthening your heart, increasing blood circulation, increasing the oxygen to your brain and toning your muscles. And reaching the right weight is important, too. Extra pounds stress your heart and raise the risk of heart disease. Exercise will help, particularly if you also make sure to eat healthfully and if you have the patience to wait 3-to-6 months to see results.

Our bodies change gradually, so you need to take time to achieve your goals. A good approach is to find support by recruiting an exercise buddy and letting your family know that you want their help to eat better and to find the half hour a day that you need to exercise properly.

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Almonds have numerous health benefits

Whether it is being added to a favorite dish at the dinner table, scenting the air by a candle burning, or being offered by themselves, almonds tend to be present over the holiday season. Almonds have long been consumed by humans and animals. Often a person forgets in this delicious nut that there are many



Dr. Farhang Khosh

medicinal properties.

Almonds are packed with vitamins, minerals, protein and fiber. One ounce of almonds contains 12 percent of the daily allowance of protein and 35 percent of the daily allowance of vitamin E. Minerals in the nut include calcium, magnesium, copper, iron, zinc and phosphorus. Almonds are cholesterol free, low in saturated fat, and a good source of fiber. Almonds are rich in phytochemicals, biologically active compounds that have recently become the subject of much scientific research to uncover their potential health benefits that have been associated with the prevention and/or treatment of cancer, diabetes, cardiovascular disease, hypertension and osteoporosis.

Medicinal aspects of almonds are becoming well known. The role of almonds in preventing heart disease is well documented. The U.S. Food and Drug Administration has

allowed packages of almonds to state, "Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts, such as almonds, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease." They are high in monounsaturated fat, which can help lower your "bad" cholesterol and maintain your "good" cholesterol. In a clinical trial conducted at the University of Toronto revealed the beneficial effects of almonds. The study showed that men and women who ate about one ounce or a handful of almonds each day lowered their LDL cholesterol by 3 percent. The study showed an even greater decrease in LDL cholesterol in men and women who ate about two handfuls a day. This indicated that

the effect of almonds at lowering cholesterol does not stop at one handful. At the same time, the people on the study who ate one ounce or more of almonds a day maintained their weight. In addition, a study from Tufts University suggested that the nutrients found in almonds and in their skin, offer a significantly higher amount of protection than eating the almonds without the skin.

A quarter cup of almonds contains almost 99 mg of magnesium (that's 24.7 percent of the daily value for this important mineral), 257 mg of potassium, 45 percent of daily value of Vitamin E, 45 percent of daily value of manganese, 18 percent of daily value of Vitamin B2, and 16 percent daily value of phosphorous, and just 205 calories.

The high levels of antioxidant flavonoids in the almond skin help to inhibit the oxidation of low density lipoproteins, thereby reducing the formation of plaques in the arteries. Almonds are concentrated in protein. A quarter cup contains 7.62 grams—more protein than is provided by the typical egg, which contains 5.54 grams.

Currently major areas of study that are being investigated include the influence of almond consumption on decreased risk of certain cancers, including colon and lung cancer, glucose metabolism and insulin regulation, as well as dietary lipids, absorption and satiety issues.

- 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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Planning to work after retirement? Read these valuable guides

The outdated notion of retirement as one last long vacation before we die is dead. For proof, browse the shelves of any large bookstore or search online for new titles exploring the emerging trend of post-retirement work.

Too many of these books do little more than rehash the same ideas, but here are three we liked:

The first is "Encore: Finding Work That Matters in the Second Half of Life" (PublicAffairs Books, \$24.95) by Marc Freedman, founder and



*Humberto
and
Georgina
Cruz*

president of Civic Ventures, a San Francisco-based think tank. The author is also co-founder of Experience Corps, the largest not-for-profit national service program engaging Americans over 55, and The Purpose Prize, the nation's first prize for social innovators over 60.

Another book by Freedman in 2002, "Prime Time: How Baby Boomers Will Revolutionize Retirement," foresaw many of the trends others regurgitate now. His latest work may be just as visionary. Freedman, who interviewed hundreds of people in their 50s and 60s for the book, coined the term "encore career" to describe work that will offer not only continued income to Baby Boomers but also new meaning and the opportunity to help society.

From appeals lawyer to community pastor, health care executive to advocate for the homeless, truant officer to critical-care nurse, Freedman fills the book with "encore stories" of people who found work that mattered in their second half of life. By 2030, he foresees Boomers will provide the "backbone of education, health care, nonprofits, the government and other sectors" essential to our national well-being.

To be sure, not everybody will want to work after retirement and, among those who seek work, many will do it just for the money. "Encore" does provide a list of resources to find new jobs but its main purpose is to inspire, not guide by the hand.

For those who want both inspiration and personalized advice, we recommend "Don't Retire, REWIRE!" (Alpha Books, \$18.95), a revised

and expanded second edition of a 2002 book we liked them and like even more now.

Authors Rick Miners and Jeri Sedlar, who are husband wife, share 25 years of executive search and counseling experience. Through hundreds of interviews with pre-retirees and working and non-working retirees, they discovered the happiest are those who knew what they were retiring to, not simply retiring from.

People tend to underestimate the things they like about their work, the authors contend, from the structure work provides to the social and emotional needs that it fills.

"The key secret for success in this next stage of life is to know what you'll be leaving behind when you retire, then figure out how to replace that in the future," Miners and Sedlar said.

As they approach and even enter retirement, many people also have never taken the time to figure out what they want (and couples have not taken the time to talk about what the each person wants). Through real-life stories, self-scoring quizzes and exercises, this smartly-written and logically organized book helps

us discover our primary "drivers" or motivators. (A big driver for us, for example, is to have accomplishments).

Drivers remain fairly constant throughout our lives, but how we go about fulfilling them will change in retirement. One way is through meaningful work, which the authors show can be anything from continuing regular work for wages, work for a fee (as we do with our writing), running your own business or working for free as a volunteer.

A third book worth mentioning is "Working After Retirement for Dummies" (Wiley, \$21.99), a useful reference guide listing numerous resources and chock-full of practical

advice (although more real-life examples would have helped). The book is almost four in one—from a discussion of assessing one's talents to a primer on retirement finances (this is the weakest part), another on Medicare and Social Security, and finally on finding or creating your ideal retirement job.

- 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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Prostate medications can lower blood pressure

By Howard LeWine, M.D.
Tribune Media Services

QUESTION: If I am taking a beta blocker for heart disease, can I take an alpha-adrenergic blocker like Flomax for prostate problems? Will this lower my blood pressure and pulse too much?

ANSWER: The answer is yes, you can take both, but you need to be especially cautious during the first week that you start the Flomax.

Alpha blockers cause relaxation of smooth muscle cells. For men with tight, smooth muscles around the prostate, taking an alpha blocker can help decrease symptoms such as frequent urination and a slow, weak stream. Alpha blockers also relax the smooth muscle cells that line the inside of our arteries. This action tends to lower blood pressure.

The older alpha blockers such as terazosin (Hytrin) and prazosin were not as specific for the prostate as the

newer ones. Tamsulosin (Flomax) and alfuzosin (Uroxatral) have more action in and around the prostate and don't cause as much artery relaxation as the older drugs.

If a man is already taking any medication that tends to lower blood pressure, adding an alpha blocker, even one of the newer more specific ones, can cause a dramatic drop in blood pressure. This is especially true with the first few doses of the alpha blocker.

Most often, there won't be any significant blood pressure fall when the man is lying down. However, with standing, blood pressure can drop so much that it can cause dizziness, and rarely, a man can even pass out.

For this reason, I advise taking the alpha blocker at night, even if you don't take any other medications. Start with a low dose and be careful if you need to get up during the night. Sit on the side of the bed for a couple of minutes rather than

jumping up.

Most men can gradually increase the dose of alpha blocker as long as there is no dizziness with standing. If blood pressure is already on the low side and the man is taking other medications, his doctor may advise him to temporarily decrease the dose of one or more of the blood pressure pills. When a beta blocker is used for heart disease, your doctor may not be able to reduce the dose of the beta blocker. You may still be able to try Flomax or Uroxatral, but consider first taking one-half of the usual starting dose.

Another strategy for men with symptoms of an enlarged prostate is to combine a low-dose Flomax or Uroxatral with a medication that helps shrink the prostate gland. Finasteride (Proscar) and dutasteride (Avodart) don't affect blood pressure.

(Howard LeWine, M.D., is a member of the Harvard Medical School

faculty and practicing internist with Harvard Vanguard Medical Associates and Brigham and Women's Hospital, Boston, Massachusetts. He serves as Chief Medical Editor of Internet Publishing at Harvard Health Publications.)

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

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

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Reverse Mortgages

What is a reverse mortgage? It's a special type of loan that enables individuals, age 62 or older, to convert some of their home's equity into tax-free* cash.

Who is eligible? Homeowners, age 62 or older, who occupy the property as their principal residence.

* Consult a tax advisor. Loans subject to approval.

4621 W. 6th St.
www.cornerbanks.com

Mortgages

What are some of the benefits? Cash advances can be made for any purpose. Upon approval, the homeowner can elect to receive lump sum or monthly distributions, a line of credit, or a combination; all with no monthly payment.

For more information on the many advantages of a Reverse Mortgage, call Shelby Lathrom at 838-9400.

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

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

ART/ENTERTAINMENT

JAN 8-FEB 9 RED HERRING

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

JAN 12 SPORTS IN MUSIC

Topeka Symphony Orchestra performs "Sports in Music" featuring Holcomb "Casey at the Bat" at 8:00 p.m. in White Concert Hall at Washburn University. 1700 SW Jewell, White Concert Hall - Washburn University.
TOPEKA, (785) 232-2032
<http://www.topekasympphony.org>

JAN 18-FEB 3 GREATER TUNA

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

JAN 26 SENIOR CLASS

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

FEB 2 BAROQUE BY CANDLELIGHT

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

BINGO

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

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

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

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

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

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

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

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

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

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

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

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

BOOKMOBILE

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

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

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

BOOK TALKS

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

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

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

CLASSES/LECTURES

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

**JAN 15
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. Fee. Lawrence Memorial Hospital, Meeting Room A. 9:00-10:30 a.m.
LAWRENCE, (785) 749-5800

**JAN 19
10,000 STEPS A DAY CLASS**
See January 15 description. Lawrence Memorial Hospital, Meeting Room A. 9:00-10:30 a.m.
LAWRENCE, (785) 749-5800

**JAN 23
PRE-DIABETES CLASS**
This free class is for those at risk for developing diabetes or who have already been told that they have pre-diabetes. Topics include preventing or delaying Type 2 diabetes, diet, exercise, weight loss, medications, and avoiding potential complications. Please call to enroll. Lawrence Memorial Hospital.
12:00-1:30 p.m.
LAWRENCE, (785) 749-5800

EXHIBITS/SHOWS

**JAN 21-MAR 14
"CIVIL RIGHTS AND RACIAL TENSIONS"
EXHIBIT**
The Museum houses one of the nation's remaining Native-American dugout canoes, a rare 1903 American la France Steam Fire Engine and the Trowbridge Research Library and Archives. 631 N 126th St. Wyandotte Co. History Museum.
BONNER SPRINGS, (913) 721-1078

**FEB 2
HIDDEN ART LOCKED AWAY**
Annual show and sale of artwork. Artwork made by inmates of local prisons. Preview only on Friday evening. 123 S Esplanade Riffertfront Community Center.
LEAVENWORTH, (913) 682-4459
<http://www.lvarea.com/cvb>

HEALTH

**MONDAYS THROUGH THURSDAYS
FIT FOR LIFE**
LMH Kreider Rehabilitation Services offers safe, nurturing environment with one-on-one instruction on aerobic and cardiovascular equipment. Especially helpful for those with osteoporosis, balance problems, post CVA/stroke, knee/hip replacement, arthritis. Fee. Mondays through Thursdays, 9:00-11:00 a.m. or 2:00-5:20 p.m. at LMH. Tuesdays and Thursdays 8:00-11:00 a.m. At LMH South.
LMH KREIDER REHABILITATION SERVICES
(785) 840-2712

**FIRST TUESDAY OF EACH MONTH
HEALTH SCREENING CLINIC**
Lawrence-Douglas County Health Department.
FIRST METHODIST CHURCH, LECOMPTON
9:30-10:30 AM

**TUESDAYS AND THURSDAYS
BLOOD PRESSURE CLINIC**
Conducted at Stormont-Vail's Healthwise 55 office at 2252 S.W. 10th Ave., at the northeast corner of S.W. 10th and MacVicar, from 10:00 a.m.-1:00 p.m. No appointment necessary.
TOPEKA, (785) 354-6787

TUESDAYS AND THURSDAYS SENIORCISE PROGRAM

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

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

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

**SECOND THURSDAY OF EACH MONTH
BLOOD PRESSURE AND HEALTH INFORMATION**
Sponsored by the West Ridge Mall merchants. Conducted in mall's food court. No appointment necessary.
WEST RIDGE MALL, TOPEKA
8:15-9:15 AM

**THIRD TUESDAY OF EACH MONTH
HEALTH SCREENING CLINIC**
Lawrence-Douglas County Health Department.
PINECREST II APARTMENTS, 924 WALNUT,
EUDORA, 9-10 AM

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

**FOURTH THURSDAY OF EACH MONTH
NUTRITION CLINIC**
1:30-2:30 p.m. Call for an appointment. Healthwise 55 Resource Center, 2252 S.W. 10th Ave.
TOPEKA, (785) 354-6787

**JAN 15
BONE DENSITY SCREENING**
Are you at risk for osteoporosis? This quick and easy screening can indicate if further testing for this potentially debilitating disease is needed. A bare heel is necessary for the screening. Information about prevention of osteoporosis is also included as part of the screening process. Lawrence Memorial Hospital, Meeting Room D. 5:00-7:00 P.m.
LAWRENCE, (785) 749-5800

**JAN 2
CHOLESTEROL SCREENING**
These screening events offer a total only cholesterol by fingerstick. No appointment or fasting necessary; just drop in. Please note there may be a wait involved. We are sorry but at this time we are not offering a full lipid panel test option. Fee. Lawrence Memorial Hospital, Atrium, 8:30-10:30 a.m.
LAWRENCE, (785) 749-5800

**JAN 12
CHOLESTEROL SCREENING**
See January 2 description. Lawrence Memorial Hospital, Atrium, 8:30-10:30 a.m.
LAWRENCE, (785) 749-5800

■ CONTINUED FROM PAGE 16

**JAN 17
BONE DENSITY SCREENING**

See January 15 description. Lawrence Memorial Hospital, Meeting Room D, 1:00-3:00 p.m.
LAWRENCE, (785) 749-5800

**JAN 29
BONE DENSITY SCREENING**

See January 15 description. Lawrence Memorial Hospital, Meeting Room D, 9:00-11:00 a.m.
LAWRENCE, (785) 749-5800

**FEB 6
CHOLESTEROL SCREENING**

See January 2 description. Lawrence Memorial Hospital, Atrium, 3:00-5:00 p.m.
LAWRENCE, (785) 749-5800

HISTORY/HERITAGE**JAN 12
PREMIER OF "BLOODY DAWN"**

The story of the Lawrence Massacre looks at a dark chapter in our history and reminds us of the ugliness and brutality of Civil War, terrorism, hatred and misunderstandings. 642 Massachusetts, Liberty Hall.
LAWRENCE, (785) 749-1972

**JAN 26
KANSAS STATEHOOD BALL**

1860s period dance to celebrate Kansas' statehood. Period dress is encouraged, but not mandatory. 619 N Rogers, Sterl Hall.
ABILENE, (785) 263-2681
<http://www.heritagecenterdk.com>

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

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

MEETINGS**FIRST MONDAY OF EACH MONTH
GRIEF SUPPORT GROUP**

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

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

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

**FIRST AND THIRD MONDAY OF EACH MONTH
CAREGIVER SUPPORT GROUP**

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

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

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

**TUESDAYS
GRIEF & LOSS SUPPORT GROUP**

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

**TUESDAYS
GRIEF & LOSS SUPPORT GROUP**

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

**FIRST AND THIRD TUESDAY OF EACH MONTH
HEALING AFTER LOSS BY SUICIDE (HEALS)**

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

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

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

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

Douglas County Visiting Nurses, Rehabilitation, and Hospice Care and Alterra (formerly Windsor of Lawrence) hold a grief support group open to all on the first Wednesday of each month from 2:00-3:00 p.m. at Alterra at 3220 Peterson Road. For any questions, call Steve Satterfield, Hospice Chaplain.
LAWRENCE, 785-843-3738

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

Sponsored by Douglas County Visiting Nurses and Hospice and led by Chaplain Steve Satterfield. Meetings are held at the Windsor Assisted Living Center from 2:00-3:00 p.m. The public is welcome to join members at all meetings. The topic for the October 3 meeting is "Pre-

paring for the Holidays." The topic for the November 7 meeting is "Remembering Our Veterans." For more information, call Sarah. LAWRENCE, (785) 841-3738

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

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

**THURSDAYS
GRIEF & LOSS SUPPORT GROUP**

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

**FIRST THURSDAY OF EACH MONTH
LAWRENCE AREA PARTNERS IN AGING**
Networking group. Call Kim or Laura at (785) 842-0656 for more information. \$11.50 to attend (includes lunch).

JADE MONGOLIAN BARBEQUE, LAWRENCE
11:30 AM-1:00 PM

**FIRST AND THIRD THURSDAY OF EACH MONTH
LOSS AND GRIEF SUPPORT GROUP**

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

**FIRST AND THIRD THURSDAY OF EACH MONTH
GRIEF SUPPORT GROUP**

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

**FIRST FRIDAY OF EACH MONTH
STROKE SUPPORT AND RECOVERY GROUP**

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

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

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

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

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

■ CONTINUED ON PAGE 26



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■ CONTINUED FROM PAGE 25

SECOND AND FOURTH WEDNESDAY OF EACH MONTH

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

SECOND WEDNESDAY OF EACH MONTH MEMORY SUPPORT GROUP

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

SECOND WEDNESDAY OF EACH MONTH LOSS AND GRIEF SUPPORT GROUP

Hear 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

THIRD FRIDAY OF EACH MONTH RETIRED GOVERNMENT EMPLOYEES

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

THIRD SATURDAY OF EACH MONTH TOPEKA WIDOWED PERSONS BRUNCH

For all widowed people. Meets at the First United Methodist Church, 6th and Topeka Blvd. in the red brick building, known as the Sweet Building on the Southwest corner of the campus. Please bring a covered dish to share. Beverages and table service provided. For more information call Julie. TOPEKA, (785) 357-7290

FOURTH TUESDAY OF EACH MONTH LAWRENCE PARKINSON'S SUPPORT GROUP

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

FOURTH TUESDAY OF EACH MONTH GRIEF SUPPORT GROUP

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

FOURTH WEDNESDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

FOURTH WEDNESDAY OF THE MONTH TOPEKA GENEALOGICAL SOCIETY

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

JAN 25 AARP CHAPTER 1696

AARP Chapter 1696 will meet at 11:00 a.m. at the Lawrence Country Club. Lunch served at 11:30. Rebecca Phipps from the Watkins Museum of History will give the program. Please call Agnes for reservations. LAWRENCE, (785) 865-3787

MISCELLANEOUS

JAN 26 CHARLES CURTIS BIRTHDAY PARTY

The 13th Annual Charles Curtis Birthday Celebration. Come and tour the Curtis mansion and hear the story of Charles Curtis. 1101 SW Topeka Blvd. TOPEKA, (785) 597-5380

JAN 26-APR 13 VISUAL ENCOUNTER WITH PARAGUAY: CELEBRATING 40 YEARS OF KANSAS-PARAGUAY PARTNERSHIP

1700 SW Jewell, Mulvane Art Museum. TOPEKA, (785) 670-1124

JAN 20 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 <http://www.jayhawkaudubon.org>

FEB 2 SOUPER BOWL SATURDAY

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

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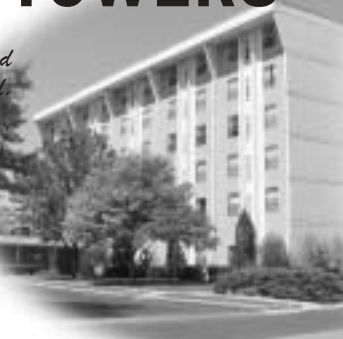
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Hand-washing is key to illness prevention

Kansas Senior Press Service

Everyone agrees that hand-washing is the most effective way to prevent the transmission of disease. The Centers for Disease Control and Prevention (CDC) cites five common household scenarios in which disease-causing germs can be transmitted by contaminated hands.

- **Hands to food.** Germs are transmitted from unclean hands to food, usually by an infected food preparer who didn't hand-wash after using the toilet.

- **Infected infant to hands to other children.** During diaper changing, germs are passed from an infant with diarrhea to the hands of a parent. If the parent doesn't immediately wash his or her hands before handling another child, germs that cause diarrhea are passed to the second child.

- **Food to hands to food.** Germs are transmitted from raw, uncooked food, such as chicken, to hands. The germs are then transferred to other foods, such as salad. Cooking the raw food kills the initial germs, but the salad remains contaminated.

- **Nose, mouth, or eyes to hands to others.** Germs that cause colds, eye infections, and other illnesses can spread to the hands by sneezing, coughing, or rubbing the eyes, and then transferred to other family members or friends.

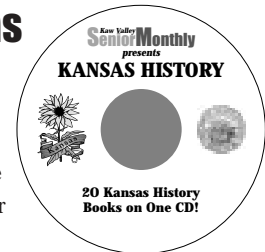
- **Food to hands to infants.** Germs

from uncooked foods are transferred to hands and then to infants.

Hand-washing can prevent the transfer of germs. The CDC recommends vigorous scrubbing with warm, soapy water for at least 15 seconds. For more information, contact your local public department or other health care professionals.

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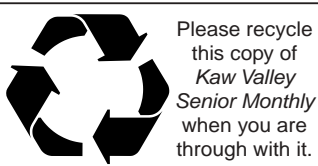


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Good reading for those cold winter days

By Margaret Baker

Erika Mailman: *The Witch's Trinity* (Crown Publishing, \$23.95, ISBN 978-0-307-35152-4)

In 1507, in a small hamlet deep in the woods of what is now northern Germany, nature has been cruel—for two years the crops have failed. Many of the townsfolk are, quite literally, starving. It hasn't been that long ago that the plague carried off many, either.

What will people do when the situation is this dire?

From time immemorial, folks have looked for a scapegoat. In the 1500's, the "favored" villain was a witch. Older women herbalists became the prime suspects. All too often a witch hunt could solve personal problems.

Fascinating novel whose basic concerns remain timeless.

William Kent Krueger: *Thunder Bay* (Atria, \$24.00, ISBN 978-0-7432-78741-6)

Cork O'Connor returns, now a civilian (cook/ private investigator) and determined to enjoy peace and quiet in his small town in upper Minnesota.

His friend and mentor, Ojibwa shaman Henry Meloux, is lying close to death when he asks Cork to find his son. Son? No one knew Henry had a son. Henry "sees" his son in spirit, now 73. Henry's heart is burdened by sadness more than occlusion.

Cork must go back and retrace Henry's life as a guide during the days of the local gold rush, to a forbidden love. Meloux's son is a wealthy recluse living on an isolated island, intentionally private.

Gripping tale, part mystery, part relationships, all adventure!

Mary Jane Maffini: *Too Hot to Handle* (Napoleon, \$14.95, ISBN 978-1-894917-57-5)

Fiona Silk's in financial trouble. Her checkbook is in negative numbers, property tax is overdue, her ex is stalling the divorce financial disclosure. She's a romance writer faced with writer's block.

Her agent has a great idea—an

erotic cookbook! Fiona is less than elated; her kitchen is small and old, her cooking is more the PB&J, her love is recovering from a serious head wound and has no memory of her—or of yesterday, for that matter.

But the wolf is at the door disguised (barely) as a developer with plans for a condominium. Her teenage friend keeps finding ways to get the equipment she needs (in return for credit in the book). Two stars of the Cooking Channel are taping in an area mansion and might offer a recipe.

Until a car drives crashes and burns. The very dead man is the partner of Fiona's ex.

Absolutely wonderful characters keep this Quebec plot moving swiftly!

Emma Bull: *Territory* (Tor, \$24.95, ISBN 978-0-312-85735-6)

Here's a fantasy novel with an unusual setting—Tombstone, Arizona, 1881. Jesse Fox, horse trainer extraordinaire, has come into town in time to meet Wyatt Earp, Doc Holiday, and the rest of the legend.

Jesse's friend, Chow Lung, insists that Jesse has a talent for magic, if he would but work on it. He wouldn't be alone in Tombstone.

Mildred Benjamin, a young widow who typesets the local paper, has a secret life, too. She's writing tales of Western adventure and selling to Eastern magazines under a male pen name.

Intriguing combination of western history and fantasy—think of Wyatt Earp as a sorcerer.

Jeffrey Cohen: *Some Like It Hot-Buttered* (Berkley Prime Crime, \$6.99, ISBN 978-0-425-21799-3)

Elliot Freed's ex is a doctor with a good practice, so she is paying Elliot alimony. So he can take his savings and the alimony and sink it into his second heart's desire (his ex is number one) a movie theatre showing only comedies. Double features, one classic, one modern. He's refurbishing an old gem.

He has the help of a Rutgers film student who knows how to operate

the elderly projector and a high school lass—together they are ticket takers, ushers, concession vendors, etc.

When Vincent Ancella doesn't leave after the show, it's because he is quite dead. Since it is an unattended death, the police investigate. The check of the building reveals pirated films in the basement and the autopsy reveals Ancella didn't die laughing, it was poisoned popcorn.

Snappy, witty dialogue and monologues and fully dimensional characters distinguish this humorous mystery. Hopefully this is the first in the Double Feature Mystery series.

Sue Grafton: *T is for Trespass* (Random House Audio Books, \$44.95, ISBN 978-0-7393-2315-1, in print from Penguin Putnam)

Kinsey Millhone's work as a P.I. is unglamorous—serving summons, investigating possible insurance fraud, background checks, identity theft. She's working on three such jobs when trouble erupts in her neighborhood.

Gus, a cranky oldster, has dislocated a shoulder in a home fall, and the hospital won't release him without an aide in his home since he can't take full care of himself until fully recovered. His only relative is a great-niece in New York City, who takes leave and flies out. Only one person answers her ad for a home care nurse. Solano Rojas seems competent and pleasant, so the niece hires her and flies back to work. Only Solano is an identity thief who preys on her charges.

Suspense builds up right to the terrifying climax!

Robert Parker: *Now & Then* (Random House Audio Books, \$29.95, ISBN 978-0-7393-3995-4. Print edition from Putnam)

Spenser returns in another P.I. case. Dennis Doherty hires him to investigate his wife, Jordan, whose behavior has changed. Obviously he fears she may be having an affair. Not Spenser's favorite work, but a check is a check.

He gets photographic and audio tape proving Jordan, a college professor, is indeed having an affair with visiting professor Perry Alderson. Alderson is the charismatic leader of a virulently anti-American group suspected of supporting terrorists. Since Dennis is an FBI agent, there's yet another layer of problems here.

Jordan is shot walking to campus and Dennis disappears. When his body turns up in the bay, tests indicate he was killed before Jordan, destroying the wronged-husband-shoots-unfaithful-wife theory.

Spenser feels obligated to find the truth, which he suspects lies with Perry Alderson's organization. He has pals Hawk and hired gun Vinnie Morris to counteract Alderson's fanatical followers.

Spenser at his best—lots of action, multi-faceted characters, romantic tension!

ONCE OVER LIGHTLY

Random House Audio Books has issued a three-volume set of unabridged selections from a giant of Science Fiction, Fantasy, and Horror genres, George R. R. Martin, titled *Dreamsongs*. Each set is \$34.95 and consists of 12, 14 and 17 discs. Bantam Spectra is publishing the print editions. Multiple readers, including Martin himself.

Harper is putting out James Grippando's earlier thrillers in paperbacks, starting with *Beyond Suspicion, Last to Die, When Darkness Falls, The Pardon, and Hear No Evil*. Each of Miami criminal attorney Jack Swytek tales is \$7.99.

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

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'3:10 to Yuma' derailed

By Esther Luttrell

"3:10 to Yuma"

Starring Russell Crowe and Dan Evans.
Produced by Relatively Media, Distributed by Lionsgate.

A small-time rancher (Dan Evans) agrees to hold a captured outlaw (Russell Crowe) who is awaiting a train to go to court in Yuma. A battle of wills ensues as the outlaw tries to psych out the rancher.

I confess, the last western I saw that I really liked starred Trigger. However, I have an open mind, and I consider Russell Crowe one of the finest actors in Hollywood today. So, I trot my little self to the movie theater, plunk down my \$1.50 (actually, my friend plunked down \$3.00. Now I owe him big time), and in we went, fighting the three others who also chose this film, for the best seats in the house. Off go the lights, on comes the movie—and it was downhill from that point on.

A remake of a 1957 version that starred Glenn Ford and Van Heflin, this one cost 50-million dollars, though it's a full 20 minutes longer, and endlessly more boring, than its predecessor. My main complaint? How about a match that illuminates a room for 60 seconds, yet never burns beyond its tip? How about a rifle that shoots nonstop for the better part of an hour without being reloaded? How about more gore than Al? How about actors who are downright hateful, and ugly beyond description? It's a movie that is so objectionable from beginning to end that I found myself uncomfortable watching it.

Crowe is an actor, paid to do his job. He didn't produce the movie,

so don't blame him for the fact that every rule for good filmmaking is broken in this stupid, idiotic, violent, boring, stupid (oh, did I say stupid already?) movie. But the public isn't as gullible as Hollywood would like to think. Remember I commented a few reviews back on how a film must make three times its budget back at the box office in order to break even? This one made \$54 million at the box office. That's less than the production budget. Maybe Tom Cruise, who was originally set to star, backed out because he has more business sense than we realize. Ebert gave "3:10 to Yuma" four stars out of five. I give it minus one.

DVD PICK OF THE MONTH:

"Silver Streak," starring Gene Wilder, Richard Pryor, Jill Clayburgh. This 1976 movie was produced by 20th Century Fox and directed by Arthur Hiller, who also directed "Love Story." In this zany, Oscar nominated comedy adventure, train passenger George Caldwell (Gene Wilder) finds that a romantic escapade with a secretary (Jill Clayburgh) puts him in the middle of a Hitchcockian murder plot. Leaping on and off the train, in and out of the roomettes and bars and dining cars, George teams up with an amiable, small-time crook (Richard Pryor) to defy the murderer's henchmen, FBI agents, and a host of other outrageous characters. I got this movie out of my own video collection, but I'll wager it can be found at your local video rental house, or even at the public library.

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



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Shoe-chewing dog may have anxiety issues

QUESTION: My yellow Lab/Golden Retriever mix is 18 months old. When he was a puppy, chewing was a problem — but he grew out of it. Now, he's begun again. We've lost six pair of shoes and slippers. He gets plenty of exercise, and has



Steve Dale

his own bones to chew. I'm guessing he's angry about not coming with us when we leave to go to the bank or to the store, so I come home to find a shoe chewed up. I have many shoes, but not so many pairs of shoes anymore. What can I do short of crating him? — K.T., Cyber-space

ANSWER: It's not that your dog is secretly working for a shoe store or is angry with you. In fact, he may be anxious, according to dog behavior consultant Charlotte Peltz of San

Miguel de Allende, Mexico. "Your boy may be suffering from a mild case of separation anxiety. For starters, it's worth considering crating him again in your absence." This will save your shoes, and also your dog's tummy (if he's actually swallowing some of those torn apart shoes). Even though he's 18 months old, he may not yet have the confidence or understanding to deal with being home alone.

Peltz says to leave him a goodie inside the crate, such as a Kong, Dogzilla or Busy Buddy toys stuffed with low-fat peanut butter, moist dog food or kibble and/or cookies. Leave this for him, just as you're about to leave the house. "The idea is for him to associate good things with your departure. Don't view the crate as a prison, but instead a safe haven," she says.

"Meanwhile, begin to work on defusing the triggers that feed into his anxiety, as you're about to leave the house," says Peltz. Practice acting as if you're about to leave — put on your jogging shoes, pick up your car keys and pretend to go. But don't actually leave the house. Do this

over and over, all while ignoring your dog. When you arrive home, don't give your dog attention until he calms down. And teach him to entertain himself when you can't play with him.

If all is going well, and your dog appears content in the crate when you're away, in another four to six months you can try to leave him outside the crate as you depart. But begin by leaving for only a few minutes at a time and gradually build up to departing for longer periods of time.

If you experience difficulty, contact a veterinary behaviorist (www.dacvb.org), or behavior consultant (www.iaabc.org) for hands-on help.

QUESTION: My cat has recently begun to sleep in the litter box. Why would that be? — T.J., Peoria, Ill.

ANSWER: Anytime there's a sudden change in behavior, see your veterinarian. Sometimes, cats that sleep in the box are experiencing a medical problem. If your cat isn't eating as well, seems lethargic or is in any other way acting differently — run, don't walk, to the vet's office.

If kitty checks out fine physically, Karen Okura, behavior specialist at the Anti-Cruelty Society in Chicago says it's likely the cat feels threatened. "Whether it's a matter of other cats in the home, young children, or even outdoor animals — something is causing the cat to hunker down for security. Or it's even a possibility that this cat has decided to defend the litter box as his territory — preventing other cats from using it.

QUESTION: Whenever it rains, my cat stares at the window and meows in a high-pitched voice. Why does he do that? — C. G., Memphis, Tenn.

ANSWER: I can logically guess. The first time he happened to offer this sort of meow, you offered attention or even just laughed — and ever since he's been conditioned to do this. Or it could be he just enjoys watching the rain (as long as he's not out in it).

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

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

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Trusting God when we suffer

Several years ago a submarine collapsed with all its company at the height of the Atlantic coast of North America. When the ship was finally found, divers were sent to evaluate the damages and the possi-

ble storms of life hit without pity against us. The apostle Paul had claimed this promise many times, even before having written his famous letter to the Romans. He knew what it was to suffer penuries, persecution, indifference, betrayal, solitude, illnesses, blows, lashes, shipwrecks, nakedness, hunger and thirst, lack of dream, tremendous pressures.



Reverend
Alfonso
Orantes

What prevented Paul's collapse? He believed in his total trust to God—that He promises to sustain us through whatever happens in our lives. At the end of his life he said: "I know in whom I have believed, and I am sure that he can keep what I have commended him until the day of his return" (2 Timothy 1:12).

bility of rescuing the remains of the shipwreck. When the divers came closer to the helm of the ship, they were surprised by a knocking in Morse code. It was evident that somebody was alive inside the submarine. The message was a desperate question against the walls of the aquatic tomb: "Is there hope? Is there hope?"

What had Paul commended to God? His own life. In the Old Testament it is written: "You will keep complete peace to whose thought in you perseveres; because in you they have trusted" (Isaiah 26:3).

You and I ask ourselves the same question when we face a particular problem or when a tragedy touches us closely. After everything, who is completely free of the immense pain of losing a loved one, the frustration of unemployment, the anguish of a destroyed home, or of hundreds of other difficulties? We are caught and submerged by the weight of the circumstances and we ask, "Is there hope? Is there really hope to solve this problem?" Often in such occasions we remember the words of Romans 8:28: "And we know that to those that love God, all the things help them to well, this is, to those that are called according to their purpose."

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

We should note that Paul didn't say, "We understand how all the things help the well, but rather said, "We know that they help the well." This promise anchors when

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Havana Rebound

Travel to Cuba is off limits to U.S. citizens. The United States put an economic embargo on Cuba back when U.S. cars had giant fins and candy bars cost a nickel. The embargo is still in effect. You can't go to Cuba without a license.

Prof Zimmy Tarbox, a professor of entomobugology at Letongaloosa Community Junior College where I teach, got a license from the U.S. government to give a paper at an annual Bugological Symposium in Havana. Zimmy avoided all the government rigmarole by bamboozling



Larry Day

a bureaucrat in the government licensing office. He got his license to travel to Cuba in less than 24 hours. Two days later he was sitting at a sidewalk cafe on the Malecon sipping Perrier water. The Malecon is a boulevard that swings along Havana's sea wall near the city's colonial center.

"Well if it isn't the infamous cockroach enthusiast," said a melodious woman's voice from behind him. Without turning Zimmy Tarbox said, "Kate Billingsly, England's premier pond scum skimmer, I had a feeling you'd be here." The two bug scientists had been friends since graduate school. Now, in Havana, they shook hands and Kate Billingsly sat down. "Where are you staying?" she asked.

"I'm at the Hotel Havana Libre."
"Me too," she said.

Zimmy signaled the waiter, and said, "Let's take a walk."

The two strolled down a sidewalk along the sea wall. Bicycle riders and bike rickshaws rolled passed them on the Malecon. Lovers hugged and kissed on top of the five foot wall. Dozens of other people stood at the wall casting fishing lines into the bay. The two chatted about Billingsly's world renowned research on water skeeters and Tarbox's groundbreaking work on cockroach larvae. Both were scheduled to present research papers at the conference.

As the two stood at a curb, a bicyclist sped up, braked to a stop, and thrust a folded newspaper into Zimmy's hand, then sped away.

"What was that about?" asked Kate.

Zimmy unfolded the tabloid newspaper—that day's edition of *Granma*, the mouthpiece of the Cuban Communist Party. A message was printed on the front page in large block letters with black magic marker: It said "Back booth, Hotel Libre bar 5:00 p.m. Both of you."

Kate and Zimmy looked at each other.

"Looks like CIA" said Kate.

"Or MI-6" said Zimmy.

At 5:00 p.m. Kate and Zimmy were sitting side by side in a back booth in the darkened bar behind the lobby of the Hotel Havana Libre. A few minutes passed, then two shadowy figures slid into the booth across the table from them.

The two wore buttoned up beige trench coats, but the woman had on a *haut couture* turquoise wide brim Preakness hat that was definitely not spy code dress of the day, and the man wore a black GG fabric baseball cap with black leather trim. The hat put him outside spook dress code.

The man spoke intensely to Kate in an English accent. "Your paper on water skippers breaches British national security. We have purged it from your laptop. We've installed an acceptable version of the paper in its place. You'll present that version. This conversation never happened."

The man pulled down the brim of his baseball cap, slid out of the booth and walked away.

The woman pulled the wide brim of her Preakness hat down and leaned across the table toward Zimmy. She hissed: "The Castro government is dying to get the data in your cockroach study. The U.S. Department of What's Good for America has designated your paper top secret. You can't present the paper, in fact you can't ever read it again. We've installed a new version on your computer. Give that."

The woman slid out of the booth and disappeared.

Kate and Zimmy looked at each other.

"Same old same old," said Kate, and shook her head.

"Yeh, just like the Mogadishu conference last year," said Zimmy.

"I assume you have a back-up version of your paper saved on a secret memory stick," said Zimmy.

"That I have," said Kate.

"Me too," said Zimmy.

"They never check," he said

"I know," she said.

They slid out of the booth and Zimmy leaned down and kissed Kate



Plugger valet parking.

on the cheek.

"Good luck with your presentation," he said.

"You to," she said.

"See you next year in New Delhi," she said.

"Right," he said

- Larry Day, B.A., M.A., Ph.D., is a former foreign correspondent, newspaper reporter and journalism professor. He has written humorous fiction—sometimes intentionally—all his life.

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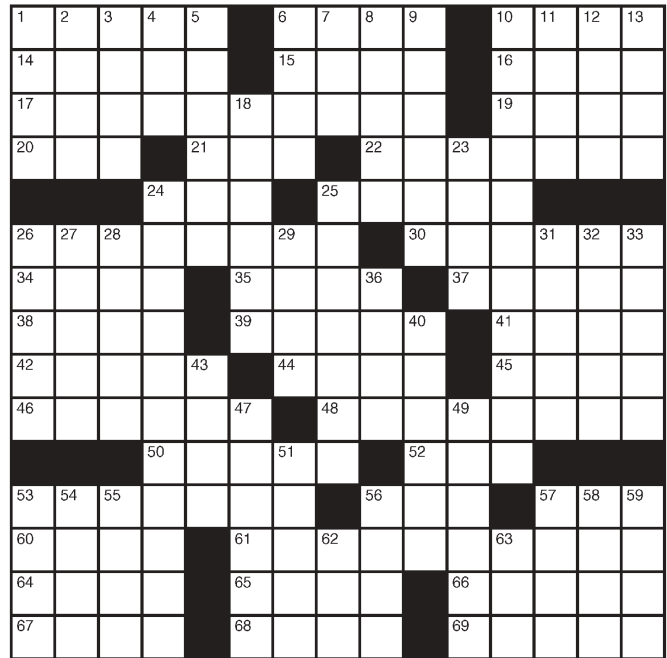
ACROSS

- 1 Does the butterfly
- 6 Napoleon's isle of exile
- 10 Grace closing
- 14 Burgundy wine
- 15 Author Uris
- 16 Church area
- 17 "Scarecrow ___"
- 19 Fight for honor
- 20 Cloud cover
- 21 UFO crew
- 22 Saloon
- 24 Motorists' org.
- 25 Sub detector
- 26 1994 Damon Wayans movie
- 30 Birthplace of St. Francis
- 34 Siva's title
- 35 Self-defense, e.g.
- 37 Land of llamas
- 38 Tiny particle
- 39 Squabbles
- 41 French eye
- 42 Night lights
- 44 Pass over
- 45 Tear down
- 46 Birthplace of St. Paul
- 48 Letters from St. Paul
- 50 Shortstop Derek
- 52 Blank reply
- 53 Motorcycle's little brother
- 56 Q's Scrabble value
- 57 Parcel of land
- 60 Chilean cape
- 61 "The Ghost ___"
- 64 A single time

- 65 Planted explosive
- 66 Front half of a griffin
- 67 Little legumes
- 68 Writer O'Casey
- 69 Poker pair

DOWN

- 1 Bath and Ems
- 2 Silent signal
- 3 ___ 500
- 4 May honoree
- 5 Unbroken stretch
- 6 Part of BPOE
- 7 Wahine's garland
- 8 Large, striped antelope
- 9 Severe sore throat
- 10 "Mr. ___"
- 11 Hawaiian island
- 12 Stuntman Knievel
- 13 Foster film
- 18 Postage
- 23 Shuttle grp.
- 24 "Me ___"
- 25 One gym shoe
- 26 Strong gust
- 27 Led Zeppelin's "Whole ___ Love"
- 28 Like the pounding surf
- 29 Chalet setting
- 31 Paradigm
- 32 Grab
- 33 Man and Wight
- 36 Leaning precariously
- 40 Web master
- 43 Tallow base



By Gregory E. Paul
Scottsdale, PA

- 47 Cooks in vapors
- 49 Evenfall
- 51 Bert's muppet pal
- 53 Small store
- 54 Ice-cream container
- 55 Killer whale
- 56 Fed. agents

- 57 Olympic sled
- 58 Unctuous
- 59 Very pronounced French?
- 62 Letters after recombinant
- 63 Deface

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Answers on page 38

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.

HEALTHY FOOD CHOICES (sol: 10 letters)
 B-Bean; Beans, Broccoli; C-Celery, Cereal, Cilantro, Cumin; E-Egg whites; F-Fat-free, Fennel, Fiber, Fish, Fruit; G-Garlic; H-Herbs; L-Lemon, Leeks, Lettuce, Limit, Low-fat; M-Mushrooms; N-Nutrition, Nuts; O-Oatmeal, One bean, Onions; P-Protein; E-Reduce, Replace; S-Salmon, Soy milk, Spinach; T-Tuna, Turmeric; V-Variety; W-Walnuts, Water, Wheat; Y-Yogurt; Z-Zucchini

This Month's Answer: **VEGETABLES**

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

JUMBLE THAT SCRAMBLED WORD GAME
 by Henri Arnold and Mike Arginton

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

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 USSEO
 EXFRIP
 BIDITT

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For me? I'll always wear it!

WHAT SHE DID WHEN SHE RECEIVED A NECKTIE FROM THE PIRATE CHEST.

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

Answer: "XXXXXXXXXX"

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TRIVIALITIES

- In the 2007 film "Evan Almighty," who portrayed the title character Evan Baxter?
- Michael Lehmann directed this 2007 film that starred Lauren Graham, Diane Keaton and Mandy Moore. Name the film.
- Hugh Jackman starred opposite Christian Bale in this 2006 thriller directed by Christopher Nolan. Name the film.
- Who directed the 2005 film "Cheaper by the Dozen 2"?
- This Emmy-nominated actress and director of the 2000 film "Return to Me," was born on Sept. 22, 1961 in Chicago, Ill. Name her.

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Answers on page 38

BRIDGE

Which Suit?

By Omar Sharif and Tannah Hirsch

Both vulnerable. North deals.

NORTH
 ♠ K 5 3
 ♥ A Q 9 4
 ♦ Q 9 4 3
 ♣ 3 2

WEST
 ♠ Q J 10 7 6
 ♥ K J 3 2
 ♦ 7 5
 ♣ 6 5

EAST
 ♠ 8 2
 ♥ 8 5
 ♦ K J 10
 ♣ A J 10 9 8 7

SOUTH
 ♠ A 9 4
 ♥ 10 7 6
 ♦ A 8 6 2
 ♣ K Q 4

The bidding:

NORTH	EAST	SOUTH	WEST
Pass	Pass	1♦	Pass
1♥	2♣	Pass	Pass
3♦	Pass	3NT	Pass
Pass	Pass		

Opening lead: Six of ♣

To appreciate South's technique at three no trumps, cover the East and West hands. After the club opening lead runs round to declarer's king, which red suit should South tackle first, and why?

Since North was a passed hand and could hold very little, South passed on the second round to show a minimum opening with no distinguishing feature. When North next made a game invitation by jumping

to three diamonds, the location of South's club honors behind the overcaller made the hand worth acceptance by bidding three no trump.

West led the six of clubs, ducked to declarer's king. After thinking a while, South tabled the ten of hearts. West covered with the king, won by the ace in dummy. Declarer returned to hand by leading a low club to the queen and led a heart to the nine. When that fetched the eight from East, declarer had nine tricks. A spade to the ace provided the entry for declarer to lead the seven of hearts and, whether West covered or not, declarer wrapped up two spades, four hearts(!), one diamond and two clubs to bring home a lucky game.

Why did South elect to play on hearts rather than diamonds? It was unlikely that East held both kings - with 11-12 high-card points, he might well have opened the bidding. If declarer attacked diamonds and West held the king, the defender would win and exit with a club. Since East would surely hold the king of hearts and the setting tricks in clubs, the contract would be doomed. Attacking hearts first gave declarer a second chance.

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

© Puzzles by Pappocom

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

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

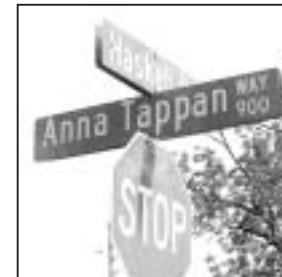
HARD

Solution on page 38

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New street signs for Hanscom Road, Oliver's Court, and Anna Tappan Way have been put up in Lawrence. Those streets, as well as Haskell Avenue, are named after a few of Lawrence earliest settlers. To learn more about them and other founders of Lawrence, order a reprint copy of Richard Cordley's *A History of Lawrence, Kansas: From the First Settlement to the Close of the Rebellion* today!



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Vintage guitar is an object lesson in smart collecting

QUESTION: I bought my Martin D-28 guitar about 40 years ago. Can you tell me anything about this instrument made in 1961? Someone told me yesterday that an online guitar blue book lists it at \$31,999. — Frank, Marana, Ariz.

ANSWER: This query offers a lot of material for potential smart collectors. First, there's that third-hand



Danielle Arnet

quote: Don't flat-out swallow figures tossed at you by friends and relatives. It's only human to want to believe good numbers, but they are often not reliable. Do your own digging. Solidly researched figures tend to be less fantastic.

It makes sense that the best source on antique and collector guitars would be someone who has bought and sold them for decades. Key www.gruhnguitar.com to learn about George Gruhn and his Nashville business. He's forgotten more about the market than most people will ever know.

Here's lesson No. 2: Memory is often wrong. You peg the date of make as 1961, but according to Gruhn, Martin serial numbers are so date specific that this guitar dates to 1963.

Lesson No. 3: "If you don't know what you have," said Gruhn, "it pays to pay for an appraisal." You know

the guitar is good. If there is any indication that an item might be worth serious money, pay for an appraisal from a reputable authority in that field. In this case, you need a guitar specialist, not a piano or horn person. Vintage guitars are particularly hard to assess. Gruhn appraisals are on his site.

A Brazilian rosewood instrument, the guitar is a rarity because the wood is an endangered variety. Such instruments bring more simply for being what they are.

Gruhn told us, "This is a desirable instrument." Worth well into four figures, perhaps more, it faces more hurdles before you sign for a Lear jet based on its sale.

"How original is it?" asks Gruhn, who has seen "horrendous" customizing. Has it been hot-rodged? Are there modifications?

"It's like a car," Gruhn added. "You can blue book a Ford of a certain year, but then variables kick in, such as mileage and maintenance, who drove it, etc. It's the same with guitars." And that brings us to Lesson No. 4: Variables affect value, big time.

Major dealers, including Gruhn, buy good instruments. Several major auction houses have regular sales of fine instruments. Avoid eBay, says Gruhn. "I can get you more than eBay."

QUESTION: In "Auction Action" you had a golf club. How do I find collectors or appraisals for my five hickory-shafted clubs? — Ed, Williamsburg, Va.

ANSWER: That club made the column because it was a piece of his-

tory that dated from the 1700s, the earliest days of golf. From a noted private collection, it sold for an astounding bit of money.

Golf is an old game, and there is a collector market for certain old balls, trophies, tees, autographs, costumes, scorecards and art related to the game. Many aspects of the sport are collected. There is a secondary market in lesser clubs, too, but not all old clubs are collected.

A good first stop in finding value is eBay or even Google for a search. Look by name and date to see if there is a track record for your clubs. That should provide a general idea. If that yields promising results, dig deeper. Yes, some clubs have resale value. Does that make them collectible? Maybe.

On www.golfforallages.com, Texas golf collectibles expert Chuck Furjanic has a helpful link on club values. The hard truth is that fewer than 5 percent of all wood-shafted clubs have any value beyond being decorative or playable.

Ronald O. John, author of a book on golf collectibles, told us that collectors deal in narrow niches of the market, and it is their wants that drive the market. Resale or secondhand clubs are quite an-

other market.

FYI: John's book is "The Vintage Era of Golf Club Collectibles" (Collector Books, \$29.95). Collectors swear by Pete Georgiady's books on clubs, including "Wood Shafted Golf Club Value Guide," available on amazon.com. His "Antique Golf Collectibles," with Richard Walker, is \$29.95 from Collector Books. Membership in the Golf Collectors Society is at golfcollectors.com.

QUESTION: We inherited a rope bed with a cranking mechanism to tighten the ropes. The bed and works are in great shape. Value? — Brenda, Tulsa, Okla.

ANSWER: Before beds had slats, ropes supported the mattress. Depending on age and style of the bed, value could be considerable. I suggest you take photos or digital images from all angles and show them to a dealer who specializes in primitives.

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

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Civil War: Where It All Started



In 1895 Richard Cordley, a survivor of Quantrill's Raid, wrote *A History of Lawrence, Kansas: From the First Settlement to the Close of the Rebellion*. Groenhagen Advertising, LLC is offering a new edition of Cordley's book. In addition to Cordley's original text, this new edition includes an editor's introduction, additional illustrations from the Library of Congress, recent articles on the Eldridge Hotel and House Building, and a comprehensive index. Paperback, 288 pages, 6" x 9", perfect binding.

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When ground beefsteak is more than a burger

By Wolfgang Puck

Tribune Media Services

Back in the early '70s, when I was a young chef working in the kitchen at the fabled Maxim's restaurant in Paris, the American ambassador to France at the time, Arthur K. Watson, often came in to eat. When he did, he often ordered the same main course from the menu: biftek hache au Roquefort avec sauce aux poivre vert.

At the time, I didn't really wonder why. Lots of restaurant customers have favorite dishes that they'll order over and over again. Chefs are far too busy working to stop and think about such things.

Only later, after I moved to the United States, did I realize that Ambassador Watson's devotion to the dish probably came about because ordering it was an easy way to enjoy, although in a distinctively

French style, an American classic for which he might have been homesick. After all, chopped steak stuffed with Roquefort and topped with sauce of green peppercorns and port wine is really nothing more than a fancy cheeseburger without the bun!

I thought of that when I began to offer my own version of the Maxim's favorite as a special in my first U.S. restaurants. People loved it, especially because it was a food that, even though it seemed familiar, presented them with surprisingly sophisticated new tastes.

That's why I hope you'll try this recipe the next time you're aiming to come up with something new for an inexpensive main course that can make any dinner special, whether you serve it on a weeknight to your family or on the weekend to guests. It's a great way to enjoy ground beef — and one for which you don't need

to use any boxed convenience foods to help the meat along.

You'll get the best flavor and texture if you start with good quality beef, of course. I like to use ground beef fillet or trimmings from New York steaks, which good butchers should have on hand. Ask your butcher to grind the meat coarsely for you. If all that's available is pre-ground beef, however, the recipe will still work fine.

You can also easily vary the recipe to suit your own tastes or imagination. One of my favorite variations is to do an Italian version, substituting a milder cheese, such as Fontina or mozzarella, and serving the stuffed burgers with a fresh, garlicky tomato sauce. Or try making them with mild Cheddar and barbecue sauce.

Any way you prepare them, serve the ground steaks with mashed or baked potatoes or French fries. For that matter, feel free to acknowledge the recipe's American spirit and serve them, sauce and all, on good quality hamburger buns!

GROUND STEAK WITH ROQUEFORT CHEESE AND GREEN PEPPERCORN SAUCE

Serves 6

- 3 pounds coarsely ground beef
- 2 eggs, lightly beaten
- 2 shallots, minced
- Salt
- Freshly ground black pepper
- 3/4 cup crumbled Roquefort cheese
- 3 tablespoons mild-flavored vegetable oil
- 1 cup port wine
- 3 to 4 tablespoons bottled green peppercorns, drained
- 1 cup heavy cream
- 1/4 pound unsalted butter, cut into small pieces
- 1/4 cup finely chopped Italian

parsley or fresh chives, optional garnish

In a bowl, thoroughly stir together the ground beef, eggs, shallots and salt and freshly ground black pepper to taste. Divide the mixture into 12 balls of equal size.

With your thumb, make an indentation into the center of each ball. Stuff each hole with 1 tablespoon of the crumbled Roquefort cheese. Then pinch the hole closed and flatten the ball slightly to form a plump patty.

Heat a heavy skillet, large enough to hold all the patties, over medium-high heat. Add the oil and, when it's hot enough to flow freely, place the patties in the skillet. Sauté the patties until they're nicely browned and the cheese is melted, but the meat is still rare, 3 to 4 minutes per side.

Transfer the patties to a heated platter and cover them with aluminum foil to keep them warm. Pour off the fat from the pan. Return the pan to the heat, add the port and stir and scrape with a wooden spoon to deglaze the pan deposits. Add the peppercorns and cream. Simmer briskly, stirring frequently, until the sauce is thick enough to coat the spoon, 7 to 10 minutes. One small piece at a time, whisk in the butter.

To serve, place two patties on each heated dinner plate. Spoon the sauce generously around them. If you like, garnish each serving with chopped parsley or chives.

(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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Wolfgang Puck's Ground Steak with Roquefort Cheese and Green Peppercorn Sauce

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Births

JANUARY 7: **Kenny Loggins**, singer/songwriter
JANUARY 14: **Carl Weathers**, American football player and actor
JANUARY 16: **John Carpenter**, film director and composer
JANUARY 27: **Mikhail Baryshnikov**, Russian-born dancer
JANUARY 29: **Marc Singer**, Canadian actor, *The Beastmaster*

Events

JANUARY 1: Arab militants lay siege to the Jewish Quarter of the Old City of Jerusalem.
JANUARY 4: Burma gains its independence from the United Kingdom.
JANUARY 5: Warner Brothers shows the first color newsreel (Tournament of Roses Parade and the Rose Bowl).
JANUARY 30: Indian pacifist and leader Mahatma Gandhi is murdered by Nathuram Godse.

JANUARY 1958

Births

JANUARY 1: **Grandmaster Flash**, hip-hop/rap DJ
JANUARY 11: **Vicki Peterson**, guitarist for The Bangles
JANUARY 20: **Lorenzo Lamas**, actor
JANUARY 26: **Ellen DeGeneres**, actress and comedian
JANUARY 29: **Judy Norton Taylor**, actress, Mary Ellen in *The Waltons*

Events

JANUARY 1: Treaty of Rome founding the EU is implemented.
JANUARY 4: Sputnik 1 falls to Earth from its orbit (launched on October 4, 1957).
JANUARY 8: 14-year-old Bobby Fischer wins the United States Chess Championship.
JANUARY 31: The first successful American satellite, Explorer I, is launched into orbit.
JANUARY 31: James Van Allen discovers the Van Allen radiation belt.

VINTAGE AD



Ad source: www.clipart.com

SUDOKU SOLUTION

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

CROSSWORD SOLUTION

S	W	I	M	S	E	L	B	A	A	M	E	N
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O	N	C	E	M	T	I	N	E	E	A	G	L
P	E	A	S	S	E	A	N	T	R	E	E	Y

JUMBLE ANSWERS

Jumbles: BORAX SOUSE PREFIX TIDBIT
 Answer: What she did when she received a necklace from the pirate chest – "TREASURED" IT
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TRIVIALITIES ANSWERS

1. Steve Carell 2. "Because I Said So" 3. "The Prestige" 4. Adam Shankman 5. Bonnie Hunt
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Two LMH nurses earn certification in medical-surgical nursing

Tammy Lyles and Judy Schwinn, registered nurses on the surgical nursing unit at Lawrence Memorial Hospital, earned the credential of Certified Medical-Surgical Registered Nurse (CMSRN) in June by successfully completing the national certification exam through the Academy of Medical-Surgical Nurses (AMS/N) and the Medical-Surgical Nursing Certification Board.

The CMSRN recognizes that the highest standards of medical-surgical nursing practice have been achieved according to the AMS/N. Some of the benefits of the certification include promotion of quality patient care, documentation of specialized knowledge base, expanded career opportunities, and increased self-esteem and satisfaction. Certification shows a commitment to the health care institution. "It benefits the individual, the profession, the institution, and the public," says Schwinn.

Lyles began her career at LMH in

April 1999. She said that she chose to pursue this certification "to improve the patient care I provide and validate my clinical knowledge."

Schwinn began her nursing career 35 years ago and has been with LMH since June 1991.

Her work as a nurse has provided her with many challenges. She says, "By pursuing the Medical-Surgical certification, I again was challenged to seek self-improvement as well as ascertain my knowledge of good patient care through critical thinking." Schwinn is a member of the Unit Based Council for her surgical unit, a member of the Education Council and she occasionally fills in as house supervisor.



Lyles



Schwinn

LMH nurse earns recognition as cancer chemotherapy course trainer

Julie Tuley, Oncology nurse at Lawrence Memorial Hospital, has been appointed as an official trainer for the Oncology Nursing Society (ONS) Cancer Chemotherapy and Biotherapy Course, a comprehensive review for nurses who administer chemotherapy.



Tuley

The ONS Cancer Chemotherapy and Biotherapy Course is an in-depth program that provides registered nurses with the information they need to safely administer chemotherapy and is taught throughout the United States and Canada by approximately 900 trainers. These highly qualified trainers assist ONS in setting standards of excellence in

cancer care. Tuley, who is one of only six course trainers in Kansas, says, "We set our standards to provide the safest environment for our nurses and patients to work in."

ONS is a national organization of more than 35,000 oncology nurses and other healthcare professionals committed to promoting excellence in oncology nursing and quality cancer care. It is the largest professional membership oncology association in the world.

Tuley has been with LMH for 11 years and has been an OCN for over 15 years. She is the Clinical Coordinator of the LMH Oncology Center and was one of the original nurses when the clinic opened in 2000. She says, "I have wanted to become a course trainer for ONS for years so it is an accomplishment I am happy to have achieved."

LMH nurse receives hero award

Paul David Meek, a registered nurse in the Emergency Department at Lawrence Memorial Hospital, was honored recently as a National Nurse Hero, for his volunteer rescue work during the October 2005 flooding of northern Shawnee County.

Meek has been with Lawrence Memorial Hospital since 2000.

Meek was recognized along with nine other nurses from across the

country at the Sigma Theta Tau International Honor Society of Nursing convention in Baltimore, Md. All 10 of Nursing Spectrum's Nurse Heroes are nurses who saved or attempted to save a life under adverse conditions that were not a part of their work duties. Only 60 nurses have received this award to date.

Meek helped rescue 75 people from rising floodwaters originating

in northern Shawnee County. Of those 75 people, 56 were residents of the Rossville Manor Nursing Home.



Meek

Wearing only a wetsuit, Meek, along with his team worked for 17 hours to rescue adults and children. Meek said he was most scared when he held an infant over the floodwaters as the infant's family climbed into the rescue boat.

"That's when I realized, you have the lives of this entire family in your hands," said Meek. "[The nurse

in me thought], there's no way I'm going to let go of that baby until it is back in the mother's arms."

Meek didn't let go; and thanks to the heroism of Meek and other search and rescue team members, no lives were lost and there were no serious injuries that day.

Cynthia Vlasich, vice president of Gannett Healthcare Group and creator of the Nurse Heroes award, spoke at the awards ceremony. "The nurses being honored today represent some of the best that nursing has to offer," she said. "Many nurses are very humble, so people don't always know about these wonderful things they do," she added.

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A book about living with Herbie, an alcoholic. This book will make you laugh and cry, the daily life with family and work. Herbie is everywhere in all over the world. The book is called "Vodka and Roses," a perfect gift for the person that has everything -- or any one wanting to learn more about alcoholism. Price \$16.95, includes shipping -- contact Jessie F. Barnes, P.O. Box 291, Atchison, Ks 66002-0291. Email: pinkyBarnes@sbcglobal.net.

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