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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. - page 15-26



Topeka's Gem Building has drawn many notable people in its 80-year history. - page 4

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James and Julie Rivers

COURTESY PHOTO

Duo-pianists release CD of early performances

By Kevin Groenhagen

James and Julie Rivers are no longer married to each other. However, they still make beautiful music together.

James and Julie met at the University of Northern Texas (UNT), where they were both piano students of Stefan Bardas.

James, a native of Oklahoma, first took piano lessons when he was seven and is a graduate of Julliard. Julie, a native Texan, began playing familiar melodies by ear when she was just two years old. She began her formal training at age five at Texas

Wesleyan University. She continued her training at the Fort Worth Conservatory of Music.

James and Julie began performing concerts as duo pianists while they were at UNT. They were also at UNT when they married in 1965.

During the summer of 1968, the Riverses moved to Topeka. James had accepted a teaching position with Washburn University, where he became the university's first pianist-in-residence. James actually missed his first day of the fall semester. "I had a good excuse," James said. "Our first son, David, was born on that day."

About a year after James was born, Julie began her own business.

"I started an independent piano studio," Julie said. "I've always had between 50 and 60 students."

The Riverses also began performing with a Kansas touring program.

"We had gotten invitations to play here and there," James said. "But we didn't actually try to book concerts until the Mid-America Arts Alliance put us on their touring program."

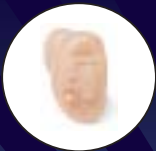
The Mid-America Arts Alliance (MAAA) connects performing artists and presenters in communities large and small in Arkansas, Kansas,

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Duo-Pianists

■ CONTINUED FROM PAGE ONE

Missouri, Nebraska, Oklahoma, and Texas, and is a partner with the National Endowment for the Arts Regional Touring Program.

"The thing that struck me while we were touring with MAAA is that all the places we played in Arkansas had new pianos," James said. "When you don't travel with your own instrument, getting a good piano for a concert is significant. We played concerts on great instruments, and we played concerts on two small up-rights that squeaked and didn't work right. It ran the gamut."

"There's a Baldwin Piano plant in Conway, Arkansas," Julie added. "I think that may be why the universities in Arkansas had great pianos."

In addition to touring with MAAA, the Riverses performed at the Oregon Bach Festival and the Texas Round Top Festival. Locally, they performed for capacity crowds attending the Topeka Chamber Music Series concerts during the late 1970s and early 1980s.

In 1996, Julie began writing her own compositions, receiving ASCAP awards every year from 1998 through 2007. Her "When the Sun Goes Down" was one of 17 recordings on Spring Hill Music's *The Heart Aid Project: A 9/11 Benefit Piano Collection*. Julie also launched Earth Star Recordings, an independent, artist-owned record label. The label's award-winning albums feature several genres of music, including piano, jazz, classical, acoustic/instrumental, holiday, Renaissance, new age, and modern romantic.

James has recorded seven solo albums and is also a published ASCAP composer. In over 500 appearances, he has performed for more than one million children nationwide. His students at Washburn University have won major prizes in many competitions, including the Van Cliburn International. He continues to teach several courses at Washburn University, including Composition, Piano Literature, The Business of Music, and The Enjoyment of Music. The Enjoyment of Music is a 100 level class designed primarily for non-music majors.

"I initially didn't want to teach The Enjoyment of Music," James said. "The dean of the college said, 'Well, you've been out playing for general audiences. You ought to be good at teaching general audiences.' Actually, I like it now. You have to start with the assumption that the students don't know anything about classical music."

In addition to Washburn Univer-

sity students who take the class, The Enjoyment of Music is a free audit program for those over 65.

During the past four decades, several of Julie's students have become James' students.

"He currently has one of my more talented students," Julie said.

"It's nice to have that pipeline," James responded. "Julie has always been at the top of private teachers. She has always turned out good students. She has an ability to teach at pretty much every level. I know her students are well-trained."

"Conversely," Julie added, "it's nice to know that there's a world-class pianist right here in Topeka to teach them at the university level."

In 2007 the Riverses began discussing the possibility of compiling several of their early recordings and making them available on a CD through Earth Star Recordings.

"We didn't want to let the recordings go, particularly when they're going from the old reel-to-reel tapes and analog recordings," James said. "They deteriorate. One of the things we were concerned about was the quality of the tapes. I was worried that they would sound like one of those early Caruso recordings."

Enrico Caruso made over 260 recordings on 78 rpm discs between 1902 and 1920.

Julie bought a reel-to-reel tape player from eBay so she could listen



James and Julie Rivers during a Topeka Chamber Music Series concert

to the recordings. She then transferred the recordings to dozens of CDs and shared them with James.

"I was pleasantly surprised by how good they sounded," James said.

The Riverses then had the monumental task of paring down the scores of recordings to several recordings that could fit on a CD. Last September, Earth Star Recordings released *James and Julie Rivers, Duo-pianists*, a CD of live concerts performed during the Topeka Chamber Music Series between April 1978 and November 1983. The six, unedited works on the CD include 20th century piec-

es by Francis Poulenc, Sergei Rachmaninoff, Norman Dello Joio, Béla Bartók, Witold Lutoslawski, and Gioachino Rossini.

James and Julie dedicated their CD to the memory of their teacher, Stefan Bardas, who died shortly before the release of *James and Julie Rivers, Duo-pianists*.

The work of another Rivers is also featured on the CD—literally.

"Besides being a musician, our younger son Art is an artist," Julie said. "He's been an artist since he was an elementary school. The art-

■ CONTINUED ON PAGE SIX

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Gem Building a downtown Topeka treasure

By Billie David

From Louis Armstrong and Gypsy Rose Lee to Congresswoman Nancy Boyda, the Gem Building located at 502-504 West 10th Street in Topeka has drawn many notable people in its 80-year history.

The three-story Gothic-Mediterranean style building was designed to house a grocery store and drug store on the first floor with 12 apartments above at a cost of \$80,000 in 1928 dollars.

From the owner's selection of the building's name, the Gem's history reveals a close relationship to the events that unfolded around it. Constructed in 1928, it was named the Gem Building in part because one of the owners, Fritz Leuenberger, was concerned that his German-sounding name (which was actually Swiss) would clash with post-World War I anti-German sentiments.

Another inspiration for its name was its grandeur.

"It was pretty unique for its time," said Jan Leuenberger, Fritz's grandson and president of Gem Properties, Inc.

Planning for the building began

when Fritz and his partner, H. L. Klopfer, decided that they needed a larger place to house their grocery, called the Gem Market, which they had operated for 20 years on Kansas Avenue.

"It was a combination of things," Leuenberger said of its uses. "On one side was a grocery. They lived upstairs and ran the grocery downstairs. They rented the west side, the Gem drugstore, to an unrelated owner."

The grocery was on the cutting edge in terms of equipment.

"It had its own independent refrigeration system," Leuenberger said. "There was an ammonia ice maker in the basement, and they put big blocks of ice under the vegetables to keep cool. It was also used for refrigeration for the meat counter. The meat counter was spectacular. It was oak with a marble tile top."

There was also a hand-operated elevator, used as a dumbwaiter, and grocery delivery drivers would drop supplies down a chute to the basement.

"What people forget is the transition from bulk to pre-packaging," Leuenberger said, referring to the hours employees spent in the base-



The Gem Building during the early days

ment sacking the potatoes and other supplies and bringing them up on the dumbwaiter.

"I did my share of it," Leuenberger said, referring to the time, beginning in his junior high school years, when he would come in after school

each day, put on his apron, and do whatever needed to be done.

As for his feelings about working there, he said, "It was just expected of you. It's just what you did. It was a practical experience that just can't

■ CONTINUED ON PAGE FIVE



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Gem Building

■ CONTINUED FROM PAGE FOUR

be duplicated. It served me well—a practical approach, to do what needs to be done.”

There was also a room for poultry, which were killed and cleaned on the premises.

But perhaps the most outstanding feature of the Gem was its take-out food.

“It was one of the first groceries to have a delicatessen,” Leuenberger said. “There was no place to sit and eat there, so the black community could come and get food with white people and carry it out.”

This fact helped it attract famous customers like Louis Armstrong.

The deli drew people from nearby businesses such as the Officers Club and Meadow Acres, a prominent dance place. Performers at the Kansas Free Fair also came in for take-out food.

“We saw lots of personalities,” Leuenberger said, numbering among them Fred Astaire and Ginger Rogers, Guy Lombardo, Duke Ellington, Glen Miller, Clark Gable and Gypsy Rose Lee.

After the Gem drugstore went out of business in the 1930s, Maxey's Bar and Grill opened in its place.

“Officers came there, particularly at lunchtime,” Leuenberger said. “It was a pretty famous bar, and it brought in a lot of famous people, too.”

Officers came from Forbes as well, he added, and there was also one particularly colorful character who would stop by when he was passing through. He was rumored to be a gambler from Kansas City, and Leuenberger's father told him that the man had two or three diamonds set in his front teeth.

There was also a bakery next door called Akey's, which was famous for its pecan rolls, and it drew a different crowd: students at Topeka High School, which was one block away, would stop by to pick up rolls for lunch or an after-school snack.

“Lots of older people around here have memories of going to the bakery,” Leuenberger said.

Although the Gem was built by Leuenberger's grandfather, his own father, Fritz (Bud), didn't want to go into the grocery business. Instead, he went to work for the Santa Fe shops, where in 1917 he lost a hand in a machine at the age of 17. The accident forced Bud to go into the grocery business, and it also kept him out of World War I.

After Bud married, he and his wife raised two children above the store, and Leuenberger's mother worked

in the deli. Leuenberger remembers the grocery as an active place.

Leuenberger's sister, Marla, who lives in California and is currently vice president and secretary of Gem Properties, Inc., avoided working in the grocery as much as possible.

As for Leuenberger, “As the boy in the family, I was expected to do it,” he said.

Leuenberger graduated from Topeka High School in 1954 and was 18 or 19 when the grocery closed. He continued living in the apartment at the Gem Building until his senior year at Washburn University. He joined a law firm and practiced law for 30 years. He is now a District Court Judge in Shawnee County.

The Gem grocery survived many challenges before the changing times forced it to close in 1956.

“In 1932, the Great Depression hit,” Leuenberger said.

The original partners had a full mortgage on the building at the time, and they almost lost it before a friend paid the original mortgage holder and allowed them to pay him as they were able.

During World War II, the grocery had to discontinue its delivery service because truck parts and tires were rationed.

Then as servicemen returned from the war, causing a shortage of housing, the government imposed rent control, meaning that landlords couldn't charge higher than pre-war prices. Meanwhile, inflation meant that they couldn't balance goods with services.

“It was critical for four or five years,” Leuenberger said.

After weathering these challenges, the Gem received its final blow. Lifestyles were changing. People who used to live nearby and walk to work were now driving, and the Gem lacked enough parking spaces. Added to that, shopping centers were opening with grocery stores serving as anchors.

So on April 22, 1956, the *Topeka Capital* announced that the store would close in one month.

The apartments upstairs contin-

WORDS OF WISDOM

“The free man is he who does not fear to go to the end of his thought.”
- Leon Blum

“The expectations of life depend upon diligence; the mechanic that would perfect his work must first sharpen his tools.” - Confucius

The worst men often give the best advice.” - Philip James Bailey

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Maxey's Bar and Grill

ued to be rented.

“We have had and continue to have tenants who are legislators and professional people working downtown,” Leuenberger said.

As for the commercial space on the ground floor, it has also been rented to various tenants over the years. A graphic arts ad agency currently rents space there, and Congresswoman Nancy Boyda moved out of her office there at the end of December.

The Gem Building has received the following distinctions:

- National Register of Historic Places, November 1, 2006
- Kansas Historic Register, August 26, 2006
- Historic Topeka Preservation Award, 1992
- Topeka Landmark Commission Award

For more information about the Gem Building, please visit www.gemapartments.com.

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work on the CD cover is one of his recent paintings.”

Art is currently a doctoral candidate in music composition at the University of Missouri-Kansas City. He also went to the University of North Texas for his undergraduate and master’s degrees.

David, the Riverses’ older son, played the trumpet in school but did not pursue a career in music. He is an attorney in Minneapolis.

“He is the only attorney I know

who has perfect pitch,” James said. “That has to come in handy in law.”

The Riverses continue to perform together annually at the Garden City Community College Piano Festival. More recently, they performed at My Favorite Things, a Christmas-theme event sponsored by the employees of the Washburn University Bookstore.

James and Julie Rivers, Duo-pianists can be ordered directly from Earth Star Recordings at

www.earthstarrecordings.com. In addition, the CD is available at Hastings and Barnes & Noble in Topeka, Borders in Lawrence, and online at Amazon.com and CDBaby.com.



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Cut flowers are all-natural way to reduce stress

(ARA) – Work deadlines, parenting struggles, family time pressures and relationship challenges—modern life is full of stress. The good news is there is an all-natural, relatively low-cost way to relieve stress and beautify your home at the same time—cut flowers.

Fresh flowers in the home decrease depression, frustration and anxiety, and boost feelings of compassion, enthusiasm and energy, according to a Harvard Medical School and Massachusetts General Hospital “Flower Wellness” study commissioned by the Flower Promotion Organization. The study also found these positive feelings carry over into the workplace, even though the flowers are viewed at home.

Jayne Barrett, noted author and a leading authority on inspired living and personal fulfillment, uses colorful flower arrangements indoors to create feelings of joy and enthusiasm, to stimulate action or to remember all the little blessings in life.

“We need and deserve homes where we feel happy and harmonious, and that allow us to disconnect from the hectic pace of the world outside,” says Barrett. “Flowers are a wonderful way to ease the stress of everyday life and refocus our emotions more constructively.”

Barrett offers the following tips for floral arrangements that foster specific mood-enhancing effects:

• **New Beginnings:** A square, ceramic vase brings earthy energy inside. Fill it with orange colors complimented by white including carnations, gerbera, spray roses, alstroemeria or Asiatic lilies. The colors stimulate joy, enthusiasm and excitement and characterize new opportunity and growth.

• **Inspiration and Motivation:** Red colors in a tall arrangement show motivation, fame, courage and power. When accented with vibrant oranges and fuchsia colors in an upright, shiny vase, the style suggests enthusiasm and exuberance. Flowers that help promote inspiration include roses, callas, Asiatic lilies, snapdragons and hypericum.

• **Gratitude:** To evoke openness, cluster flowers in shades of pink, like ranunculus, alstroemeria, tulips and

stray roses, in a glass container. Place the container on a nightstand, dresser or in the kitchen.

The Flower Promotion Organiza-

tion also offers recipes for creative floral arrangements on its Web site, www.flowerpossibilities.com.

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Local business owner wins award



KEVIN GREENHAGEN PHOTO

Kim Hoffman

Kim Hoffman, Occupational Therapist and Co-Owner of Lawrence Therapy Services, was presented with the annual recognition award from the Lawrence Area Partners in Aging non-profit organization at the monthly meeting held on December 4 at the Lawrence Country Club. Hoffman was recognized for her service and dedication to the Lawrence Area Partners in Aging Organization over the past five years and to the senior community in Douglas County. Hoffman co-founded Lawrence Area Partners in Aging in 2003 and is the Co-Founder and Co-Owner of Lawrence Therapy Services and Baldwin Therapy Services.

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Lawrence Area Partners in Aging officers for 2009



KEVIN GROENHAGEN PHOTO

Back row, left to right : **Barbara Braa**, Corner Bank, LAPA Board Member; **Tina Roberts**, Douglas County Senior Services, LAPA Board Member, 2009 LAPA Co-Treasurer; **Julie Mettenburg**, Home Helpers, LAPA Board Member, 2009 LAPA Vice-President; **Kim Hoffman**, Lawrence Therapy Services, LAPA Co-Founder, LAPA Board Member, LAPA Past President; **Julie Prideaux**, Midland PACE, LAPA Board Member, 2009 LAPA President; **Marilyn Thomas**, Jayhawk Area Agency on Aging, LAPA Board Member. Front row, left to right: **Sarah Randolph**, Douglas County Visiting Nurses, Rehabilitation, and Hospice Care, LAPA 2009 Co-Treasurer; **Ashley Schemm**, Douglas County Senior Services, 2009 LAPA Secretary; **Gail Shaheed**, Home-Instead Senior Care, LAPA Board Member.

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Her prize-winning retirement career: Helping immigrants adjust to America

Fargo, N.D., is known for cold winters and a population descended from Scandinavian and German immigrants. The town is 94 percent white and it's an aging community—one in five residents is over age 55.

But Fargo—actually a part of the bigger Fargo-Moorhead metro area that straddles North Dakota and



Mark Miller

Minnesota isn't a stranger to diversity. The town has seen an influx of about 3,700 refugees over the past 10 years from more than 40 war-torn countries as part of a federal resettlement program that helps immigrants start new lives here.

The immigrants come from countries like Iraq and Somalia, Bosnia and—most recently—Burundi. Most often, they arrive with little knowledge of English, let alone how to apply for a job, food stamps or a driver's license.

The influx of immigrants has had a profound impact on the life of Michelle McRae, a college professor who retired in 2001 but soon found herself at the helm of a non-profit group working to smooth the integration of Fargo-Moorhead's newcomers.

McRae has grown the organization, Giving+Learning, into a volunteer operation of more than 500 people. The group started by doing English language tutoring, but has expanded to help refugees get their GEDs, pass driver's license exams and find employment. Along the way, McRae has learned life-changing lessons about breaking down social barriers across age, culture, race and ethnicity.

"We are pretty much a white community and out of the mainstream, so the changes have caused some tensions," she notes. "But if you are helping someone and sitting across the kitchen table tutoring that person in English, it's difficult not to recognize that it's another human being. The connections have been very positive."

McRae's work has just been rec-

ognized with a 2008 Purpose Prize. The award, given annually by the Encore Careers campaign—recognizes trailblazers who have demonstrated creative and effective work tackling social problems. This year, the winners were chosen from 1,000 nominees; six winners will receive \$100,000 prizes, with another nine recipients getting \$10,000 awards.

The Purpose Prize, now in its third year, was created to promote and encourage civic engagement among baby boomers. Along with McRae, this year's winners include an inventor designing agricultural equipment for sustainable third world agriculture, an ex-marketing executive who started an organization to help keep young ex-offenders out of prison and the creator of a group that promotes green technology as a revitalization tool for rural African-American communities in South Carolina.

McRae had retired in 2001 from her first career teaching college-level English and French at age 64. Her plan was to travel and find a volunteer activity. But friends recruited her to lead Giving+Learning, which was a small pilot program at the time focused on language tutoring.

Many of Fargo-Moorhead's new residents arrive there with few possessions and come from countries torn by poverty, civil war and religious and ethnic persecution. Some have no formal schooling, but others are highly skilled professionals with doctoral degrees.

The locals, meanwhile, wondered why "these new Americans didn't stay in their own country, don't speak English, and are putting so much pressure on our health and school and welfare systems," McRae says.

Giving+Learning has played a key role in changing those attitudes.

At the outset, McRae had three over-50 volunteer language tutors, but quickly realized that the newcomers also needed help in other areas, like filling out job applications, earning driver's licenses, even shopping for groceries.

Giving+Learning has been a big hit in the community—the volunteer core has grown to 500, and serves 600 immigrant arrivals at any given time. The program also has expanded to two additional nearby communities, and works with more than 400 resource agencies to provide services to the newcomers.

"It's such a simple concept, so doable and uncomplicated," McRae says. "You bring together the gifts and wisdom of our oldest generation with the needs of our newest citizens. It's a win-win situation."

"Doing something small, in my view, is the best way to start making a difference," she adds. "We're not connected to any government or official agency, so we can make this very simple—no focus groups, no endless meetings, no bureaucracy. If a new American needs help now, we'll start immediately. No forms or applications required."

Resources: I've posted links to resources on encore careers this week at <http://retirementrevised.com>, along with more Purpose Prize stories and profiles.

(For millions of Baby Boomers, retirement is an opportunity for reinvention, rather than taking it easy. Mark Miller is helping write the playbook for the new career and personal pursuits of a generation. Mark Miller blogs at www.retirementrevised.com; contact him with questions and comments at mark@retirementrevised.com)

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Can you benefit from current opportunity in municipal bonds?

As we begin a new year, you may find yourself reviewing your investment strategy to determine if you made the right moves in 2008 to help you achieve your financial goals. And one topic you may well focus on is tax-advantaged investing. Did you do all you could in this area? If not, you might want to



Harley Catlin and Ryan Catlin

consider a popular, but often misunderstood, investment: municipal bonds. And right now, these types of bonds may be more appealing than they've been in many years.

Essentially, a municipal bond is a debt security issued by a state, municipality or county to finance its capital expenditures, such as bridges, highways or schools. The interest you receive from municipal bonds is exempt from federal taxes and from most state and local taxes, especially if you live in the state in which the bond is issued. Nonetheless, if you're like many people, you might dismiss municipal bonds as conservative investments that usually offer lower yields than taxable Treasury or corporate bonds. (The yield is the return you will receive on your bond if you hold it until maturity.) But what you may not realize is that if you are in one of the upper tax brackets, the tax savings you receive from your municipal bonds may be enough to provide you with a higher yield than you'd get from a comparable Treasury or corporate bond.

Furthermore, in recent months, we've seen something that rarely occurs: municipal bonds yielding as much as, or more than, Treasury bonds — even without taking the

tax benefits into account. Why has this happened? For a variety of circumstances, the market has become somewhat "glutted" with municipal bonds; this oversupply has led to lower prices. And bond prices are inversely related to yields, so the drop in municipal bond prices has led to the higher yields.

Thus far, we've seen that today's municipal bonds feature tax advantages, low prices and relatively high yields. Yet like all investments, municipal bonds do carry some types of risk, including the following:

- **Credit risk** — During difficult economic times, municipalities may be strapped for cash and have trouble meeting their financial obligations — such as scheduled interest payments on their bonds. It's a good idea to invest in a municipal bond whose issuer is considered highly creditworthy, as determined by the ratings it receives from an independent rating agency, such as Moody's or Standard & Poor's.

- **Call risk** — When market interest rates are falling, a municipality may want to buy back — or "call" — its bonds so that it can reissue new ones at the lower rates. Obviously, if your bond is called, your income stream will be disrupted. That's why you may want to look for municipal bonds that offer call protection — a period of time during which the issuer cannot call the bond.

One final note of caution: Some municipal bonds are subject to the alternative minimum tax (AMT), so, before investing in a muni, consult with your tax advisor.

Once you understand these risks and take the steps we've suggested to address them, you may find that municipal bonds can play a valuable role in your portfolio, so give them some consideration.

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



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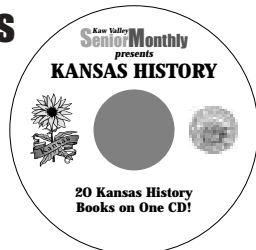
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Anodyne therapy: Light at the end of the tunnel

As we prepare to turn the page on a difficult period in our history—a time when nearly 50 million people had no health insurance and soaring health costs undermined the health of the economy—we need creative solutions to innumerable health problems. What if I told you that, with a single step, we could take



Laura Bennetts

a major stride towards improved health (for diabetics and pain sufferers, among others) and significantly reduced health costs? Well, good news: It's true. There is such a solution. It's called infrared light therapy (ILT).

Light Heals

Invented nearly a decade ago, ILT is the best pain treatment I've ever worked with. Most of the people I have treated with ILT, usually for pain or foot numbness, have made striking gains. Diabetics especially, who suffer foot numbness due to peripheral neuropathy, often show major improvement; some regain feeling in their feet after decades of numbness. Yet thanks to an unwise and ungenerous federal ruling in 2006, infrared light therapy is no longer covered by Medicare for self-treatment at home. Pain and peripheral neuropathy sufferers are forced to depend, instead, on much costlier and less effective treatments.

Spread the Word

I think this is unfortunate. If you agree, I encourage you to let your representatives in Congress know that restored Medicare coverage for ILT will help not only pain sufferers but the economy. And if they ask you for details, you can share some of the following facts.

Peripheral Neuropathy

We've all had cold numb feet in the winter. But people with peripheral neuropathy have numb feet all year long. This is a common condition, experienced by many (diabetics, people in chemotherapy, and others) who suffer from loss of sensation and circulation in the lower extremities. At first, the nerves in the skin of the feet and lower legs misfire; the result is a burning prickly pain, which starts in the feet. Later the nerves cease to fire altogether.

This causes foot numbness and, ultimately, leg numbness. Chronic skin lesions are also common.

Probably the worst thing about peripheral neuropathy is that the risk of falling is very high. People with numb feet often stumble, especially on grass, stairs or icy pavement. This causes many other injuries, including fractures. Peripheral neuropathy can also affect your hands, obstructing simple tasks like using a phone or picking up a dime.

Heard It Through the Grapevine

Many patients say that they have been told that peripheral neuropathy is untreatable. But in fact ILT (often known under the FDA-approved brand name Anodyne Therapy) has been available for nearly a decade and 10,000 doctors have prescribed home Anodyne units for people with peripheral neuropathy. There are now 5,400 clinics, offices, nursing homes, home health agencies and hospitals that offer Anodyne Therapy nationwide. Many medical practitioners are learning about Anodyne from their patients, many of whom have sought and received treatment. How does it work?

Anodyne = Therapy

Anodyne Therapy uses safe natu-

ral infrared light to increase circulation. Light is beamed into your skin through small pads, the size of your hand, which are covered with light-emitting plastic bubbles. The light permeates the skin and feels warm as your blood flow increases; this is gentle, non-invasive stimulus with no harmful side effects.

When Medicare covered Anodyne Therapy, the recommended therapy plan called for treatment three times a week for as many as four weeks using a combination of regular physical therapy (strengthening and balance exercises) and Anodyne Therapy. This is still the best way to treat peripheral neuropathy. We attach the light pads to both or your feet for half an hour. The goal is to wake up your feet, so you can feel the ground under your feet and stay upright, without falling. And—as before and after assessments show—we achieve this goal in a majority of cases.

Home Treatment

If Anodyne Therapy helps, you should continue home treatments to prevent the numbness from returning. The home unit is easy to use, and your therapist will help you establish a self-care regimen. But since

the cost of the unit is not currently covered by Medicare, you will have to decide whether you can afford continued care in this form.

Medications?

Medications like Lyrica and Neurontin can reduce the perception of pain, but they do not reverse the progressive circulatory disease that causes growing numbness and falls. Anodyne Therapy does just that. Taking advantage of the healing power of infrared light permits you to reduce your dependence on costly pain medications, regain feeling in your feet, and block the progress of the disease.

You Decide

No one should give up on feeling better! You may hear that there's no cure for numb feet—but when my patients try Anodyne, most of the find that it helps them greatly. I hope you'll keep this in mind, and tell others.

- Laura Bennetts, MS PT, is a physical therapist with 26 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).

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Persistent nerve pain can be challenging to control

By Howard LeWine, M.D.
Tribune Media Services

QUESTION: I've been struggling with a persistent pain on the right side of my belly. More recently, it feels like it originates in my back and wraps around to the front. My doctor ordered a bunch of blood tests and a CAT scan of my abdomen. Everything appears to be normal. My doctor is quite sure that this is a pinched nerve. Can you get this much pain from a pinched nerve? And the medications my doctor prescribed to treat the pain are so expensive. Any suggestions?

ANSWER: What you describe is actually quite common. It sounds like your pain is coming from one of the nerves leaving the spine. These spinal nerves wrap around from the center of your back to the sides of your body. Doctors call this type of nerve pain radiculopathy, or spinal nerve root pain.

Indeed, the pain can be very severe, causing concern by the patient and the doctor that the pain could be related to an intra-abdominal problem. It is not surprising that you had many different types of blood tests and a CAT scan.

Treating persistent nerve pain can be frustrating. Nerve pain often has a very irritating quality that can be more uncomfortable than pain due to other causes.

There is no single best approach. Finding the right therapies and medications to control persistent pain is a process of trial and error. The goal is to find the most effective combination with the least amount of side effects, while trying to keep costs reasonable.

When cost is an issue, I usually suggest a combination of a generic nonsteroidal anti-inflammatory drug

(NSAID) and one of the tricyclic antidepressants. If you cannot take NSAIDs because of an allergy, kidney problems, gastritis, or peptic ulcer disease, generic acetaminophen can also be combined with a tricyclic.

Of the NSAIDs, naproxen tends to be my first choice for chronic pain because you only need to take it twice per day. Ibuprofen is just as effective. And if one doesn't work, try the other.

When I prescribe a tricyclic antidepressant for pain, patients often respond, "But I am not depressed." Today, tricyclics are used more for treatment of chronic pain, especially persistent nerve pain. Examples include amitriptyline, nortriptyline, desipramine, and doxepin.

I recommend starting with a very low dose, such as 10 milligrams of amitriptyline at night. These drugs can be very sedating; increase the dose gradually. Unlike NSAIDs and acetaminophen, you won't get the pain relief right away from the tricyclic. It may take a few weeks to work.

There are many other options, including topical medications applied to the skin and non-pharmacologic therapies. Keep working with your doctor, and let him or her know that cost is an important issue for you.

(Howard LeWine, M.D. is a clinical instructor of medicine at Harvard Medical School and practicing internist with Harvard Vanguard Medical Associates and Brigham and Women's Hospital in 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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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 17

AMERICAN HERITAGE- TOPEKA SYMPHONY

"American Heritage" featuring Copland's A Lincoln Portrait; Abels' Dance for Martin's Dream; Ives: Variations on America performed in White Concert Hall at Washburn University. Season tickets and single tickets available. Call for more information. White Concert Hall - Washburn University.
TOPEKA, (785) 232-2032
<http://www.topekasympphony.org>

JAN 24

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>

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, 1501 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 9

ACHIEVING GREAT VALUE WITHOUT COMPROMISING QUALITY IN DENTAL

In difficult economic times, people sometimes make choices to reduce elective health care like dentistry, often with poor long-term health and financial ramifications. Developing a plan for optimal health can help to avoid these pitfalls. Come and hear a discussion of how to get optimal care that can be done within a family budget, and the process of long term planning that avoids compromising one's health. Speaker is local dentist and LMH Medical Staff member, Jim Otten, DDS. Lawrence Memorial Hospital, 9:00-10:30 a.m.
LAWRENCE, (785) 749-5800
<http://www.lmh.org>

JAN 16

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 27

UNDERSTANDING ADVANCE DIRECTIVES

Come and learn why advance care planning is important and review facts about Advance Directives such as Durable Power of Attorney for Healthcare, and "Living Will." Time for discussion and assistance will be provided for those participants who wish to complete their documents. This program is free and sponsored by the LMH Palliative Care Consult Team and C.H.E.C. (Coalition to Honor End of Life Choices). Lawrence Memorial Hospital, 2:30-4:30 p.m.
LAWRENCE, (785) 749-5800
<http://www.lmh.org>

EXHIBITS/SHOWS

DEC 15-JAN 30

OH, FREEDOM OVER ME

Inspired by the work of the Security Administration photographers during the Depression, Matt Herron organized a team of eight photographers, called the Southern Documentary Project, in the summer of 1964 to record the rapid social change taking place in Mississippi and other parts of the South. Selection of these photographic images serve as the core of this engaging exhibit, which originally opened in 2004 to mark the 40th anniversary of Freedom Summer and celebrating American voting rights and responsibilities. Brown v. Board of Education National Historic Site.
TOPEKA, (785) 354-4273
<http://www.nps.gov/brvb>

JAN 6-8

2008 FARM SHOW

See the farm equipment and new products available to the farmers. Kansas Expocentre.
TOPEKA, (785) 235-1986

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
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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

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 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 5

BONE DENSITY SCREENING

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

JAN 7

CHOLESTEROL SCREENINGS

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. \$5/test. Lawrence Memorial Hospital, Atrium, 8:30-10:30 a.m.
LAWRENCE, (785) 749-5800

JAN 13

BONE DENSITY SCREENING

See January 5 description. Lawrence Memorial Hospital, Meeting Room D, 4:00-6:00 p.m.
LAWRENCE, (785) 749-5800

JAN 17

CHOLESTEROL SCREENINGS

See January 7 description. Lawrence Memorial Hospital, Atrium, 8:30-10:30 a.m.
LAWRENCE, (785) 749-5800

JAN 23

BONE DENSITY SCREENING

See January 5 description. Lawrence Memorial Hospital, Meeting Room D, 9:00-11:00 a.m.
LAWRENCE, (785) 749-5800

FEB 2

BONE DENSITY SCREENING

See January 5 description. Lawrence Memorial Hospital, Meeting Room D, 9:00-11:00 a.m.
LAWRENCE, (785) 749-5800

FEB 4

CHOLESTEROL SCREENINGS

See January 7 description. Lawrence Memorial Hospital, Atrium, 3:00-4:30 p.m.
LAWRENCE, (785) 749-5800

HISTORY/HERITAGE

JAN 25-MAR 1

LECOMPTON'S BLEEDING KANSAS 2009 PROGRAM SERIES

Bleeding Kansas Program Series, 2:00 p.m. Sundays. Free.
LECOMPTON, (785) 887-6520
<http://www.kshs.org/places/constitution>

MEETINGS

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

■ CONTINUED FROM PAGE 14

FIRST AND THIRD MONDAY OF EACH MONTH CAREGIVER SUPPORT GROUP

Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders. Please join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services, Inc. Douglas County Senior Services, Inc., 745 Vermont St., 2:15-3:45 p.m. LAWRENCE, (785) 842-0543

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

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

FIRST TUESDAY OF EACH MONTH LOSS AND GRIEF SUPPORT GROUP

Heart of America Hospice invites individuals coping with the loss of loved ones to join us. For more info call Heart of America Hospice at (785) 228-0400 or 1-800-396-7778. Aldersgate Village, Manchester Lodge, 7220 SW Asbury Dr., 2:00 p.m.

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.

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. 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 2:30-4:30 p.m. on Wednesdays, 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 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 LOSS AND GRIEF SUPPORT GROUP

Heart of America Hospice in association with Pioneer Ridge Retirement Community invites individuals coping with the loss of loved ones to join us. For more information call (785) 841-5300 or 1-800-396-7778. Pioneer Ridge Assisted Living, 4851 Harvard Rd., Lawrence, 10:30 a.m.

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 CAREGIVER SUPPORT GROUP

Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders? Please join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services, Inc. Douglas County Senior Services, Inc., 745 Vermont St., 6:30-8:00 p.m. LAWRENCE, (785) 842-0543

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 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

SECOND SATURDAY OF EACH MONTH**HAPPY TIME SQUARES SQUARE DANCE CLUB**

Meets at First United Methodist Church-West Campus, 867 Hwy 40 (1 block west Hwy 40/K10 Bypass). Plus: 7:30-8:00 p.m., Mainstream 8:00-10:00 p.m. Contact Frank & Betty Alexander. LAWRENCE, (785) 843-2584 www.happytimesquares.com

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 AND CAREGIVER SUPPORT GROUP

Strengthening family relationships and improving positive parenting skills. Meets from 6:30-8:00 p.m. at St. Francis Hospital, 2nd floor meeting rooms. Child care available with 48 hours notice. TOPEKA, (785) 286-2329 or (785) 231-0763

THIRD WEDNESDAY OF EACH MONTH RETIRED GOVERNMENT EMPLOYEES

The Lawrence chapter of the National Active and Retired Federal Employees (NARFE) meets the third Wednesday of each month at Conroy's Pub, located at 3115 W 6th in Lawrence. 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 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 THURSDAY OF EACH MONTH CAREGIVER SUPPORT GROUP

Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders. Please join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services, Inc. Baldwin City Public Library, 800 7th St., 2:00-3:30 p.m. BALDWIN CITY, (785) 842-0543

THIRD SATURDAY OF EACH MONTH**TOPEKA WIDOWED PERSONS BRUNCH**

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

FOURTH TUESDAY OF EACH MONTH

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

FOURTH 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 EACH MONTH CAREGIVER SUPPORT GROUP

Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders. Please join us in one of our Caregiver Support

Groups. Sponsored by Douglas County Senior Services, Inc. Eudora Community Center, 1630 Elm, 1:00-2:30 p.m. LAWRENCE, (785) 842-0543

FOURTH WEDNESDAY OF THE MONTH TOPEKA GENEALOGICAL SOCIETY

TCS 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>

FOURTH FRIDAY OF EACH MONTH RETIRED GOVERNMENT EMPLOYEES

The Topeka chapter of the National Active and Retired Federal Employees (NARFE) meets on the fourth Friday of each month (except Nov. and Dec.) at Aldersgate Village, 7220 SW Asbury Drive, Topeka. Buffet lunch begins at noon followed by a program/speaker and business meeting. NARFE's mission is to represent government employees, active and retired, before Congress. Employees from all branches of federal government employment are welcome, and encouraged to attend. For information, call Jim Miller. LAWRENCE, (785) 478-0651

JAN 22**I CAN COPE®: NUTRITION AND EXERCISE AFTER CHEMOTHERAPY**

Speakers are Barb Hermreck, Registered Dietitian and Vic White, Exercise Physiologist. The American Cancer Society and Lawrence Memorial Hospital Oncology Center are co-sponsoring this free program for those with cancer and their family and friends. Meets the 4th Thursday of each month with a new topic each meeting. Participants will have an opportunity to share their concerns with others having similar experiences after a cancer diagnosis. Light refreshments served. LAWRENCE, (785) 749-5800 <http://www.lmh.org>

JAN 23**AARP CHAPTER 1696**

AARP Chapter 1696 will meet at 11:00 a.m. at the Lawrence Country Club. Lunch served at 11:30. Betty Baron, who served in the Peace Corps in Africa with her husband, will give the program. New and interested members welcome. Please call Noreen for reservations. LAWRENCE, (785) 842-6765

MISCELLANEOUS**JAN 1-31****KIDS FREE ALL MONTH**

Visit Sunset Zoo in January when all kids are admitted free. This AZA accredited zoo features dozens of animal exhibits, including hundreds of native and exotic animals. Be sure to see the newborn chimpanzee! MANHATTAN, (785) 587-2737

JAN 25**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. Lawrence Free State High School. LAWRENCE, (785) 843-7665 <http://www.kawvalleyeaglesday.com>

JAN 31**SOUPER BOWL SATURDAY**

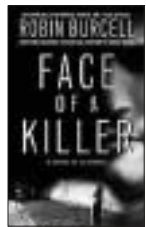
Purchase a bowl of soup with bread and keep your beautiful handcrafted bowl created by local artists. Lawrence Arts Center. LAWRENCE, (785) 843-2787 <http://www.lawrenceartscenter.com>

Start the New Year with a good book

(Note: hc = hard cover, pb = paperback, tpb = trade paperback, LP = large print, a-cd = audio on compact discs, ISBN = international standard book number. Many books are available in several formats.)

Robin Burcell: *Face of a Killer* (Harper pb, ISBN 978-0-06-112230-9)

Robin Burcell is back! A Sacramento policewoman, she was badly injured at work (Car, not gun).



She uses her personal knowledge of law enforcement to keep her cases authentic.

This new series follows Sydney Fitzpatrick, FBI forensic artist, who finally gets up her nerve to visit the man convicted of murdering her dad decades ago—and who will be executed within 10 days. He's definitely no angel, but his account/alibi includes details known only to her dad and herself.

Each chapter shows a face as a forensic artist adds details, and you may want to keep a bookmark on the previous chapter to figure out what subtle change has been drawn. (Your art-challenged reviewer was stumped several times!) Burcell also uncovers the tangled clues in a similar method, using words as brushes.

Jon Katz: *Izzy & Lenore* (Villard Books LP, ISBN 978-1-60751-160-1)

Katz writes of rural Vermont and dog training. Crime fiction readers may remember his fiction series featuring The Suburban Detective.



Izzy is a dog Katz is sure he doesn't want. He has Rose, a workaholic border collie, who keeps the farm animals (including people) in line. Orson, the border collie of his earlier dog books, had recently died, but Izzy, fed and watered but not much else, is too hyper to fit into his world. That's what he thinks, but Izzy changes his mind.

When Jon takes training for volunteer hospice assignments, he brings a much gentler Izzy along. They both qualify, and much of the book includes the terminally ill people they helped.

Lenore was a pure bred black lab

puppy Jon introduces to Izzy and Rose. Lenore turns into a good hospice worker herself.

Sheila Connolly: *One Bad Apple* (Berkley Prime Crime, pb, ISBN 978-0-425-22304-8)

Author Connolly's debut mystery introduces Meg Corey, who has been dumped from her ex as well as her job. A bit of hard work will help her recover, so she's going to fix up the Massachusetts colonial farmhouse her mother inherited and sell it at a profit. She starts, of necessity, with the ancient plumbing, thereby meeting Seth Chapin, plumber. He replaces the septic tank.

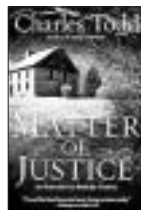
Next day she can't take a shower. Considerably miffed, she calls Seth. Shouldn't happen, and he comes to check. The reason: there's a body clogging the intake pipe. Worse, Meg recognizes the body as her ex-boyfriend.

Chandler was in town selling a major commercial project which would take Meg's 15-acre heirloom apple orchard, joy of the local college dendrology department.

Great start for what should be a rising star in the mystery field!

Charles Todd: *Matter of Justice* (Wm. Morrow, hc, ISBN 978-0-06-123359-3)

Scotland Yard's Inspector Ian Rutledge is attending a friend's wedding, which puts him closest to a murder in Cambridge, a small town near Glastonbury.



A London financier's body has been found in his elegant medieval manor house hoisted aloft in a cage devise intended to hold the "angel" in the Christmas pageant held in the tithe barn annually. It isn't Christmas season.

Ian Rutledge, a veteran of WWI whose scars are all internal, is called in. The trail leads back to a horrendous crime in the waning days of the Boer War. Thus the reader knows the evil behind the case and the game becomes whether Ian can uncover it, and if he can, can he bring justice to the case when the killer has not actually done anything actionable?

Military training can train a sol-

dier to kill when ordered to do so; not everyone can erase that training when peace is declared. Todd (a mother-son writing team) use Rutledge's own military experiences to give readers another psychological thriller.

Lawrence Sanders: *One Night Stands and Lost Weekends* (Harper, tpb, ISBN 978-0-06-158214-1)

Lawrence Sanders has been named a Grand Master by the Mystery Writers of America, and earned the Diamond Dagger from the British Crime Writers Association, an honor only two other American writers (Sara Paretsky and Ed McBain) have achieved. He's been writing since

1953 and published since 1956. He's had series with hit men, burglars, sleep-deprived spies, and at least two private investigators in the manner of Mickey Spillane and Sam Spade.

Here in one book are many of his early stories as they appeared in forgettable pulp fiction magazines, ending with three Ed London novels.

Read this either to remember the golden age of pulp crime magazines, or to watch the development of a major talent in story telling. Either way, it's darn good!

Robert B. Parker: *Rough Weather* (Random House Audio, a-cd, ISBN 978-0-7393-3998-5)

Spencer's back, hired by Heidi

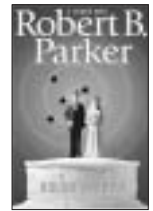
Bradshaw to be arm candy at the wedding of her daughter. He's even allowed to bring his love, Susan. The wedding will be held on Tashtego, the family-owned island, where a storm is brewing.

When Spencer's nemesis, The Gray Man, also shows up, he realizes the job won't be a breeze. More like a tornado, as The Gray Man kidnaps the bride right after the "I do's," killing the minister and new husband, and has his henchmen hold the crowd in the chapel until his helicopter can take off. Spencer is forced to take the bride to the helicopter and strap her in, and return to Susan and the other captives in the chapel.

Spencer escapes his guard, and figures out how to release the guests (especially Susan). Eventually the ransom note comes, but meanwhile Spencer has already started investigating. It just wasn't the Gray Man's style. Spencer is now targeted, so Susan insists on Hawk serving as bodyguard.

Really unusual ending, serving Lady Justice if not the court system.

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



SLAPSTIX

"Life is like an overnight bag—if you try to cram too much into it, something has got to give."

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Some Age and Income Eligibility Requirements May Apply.

Mall Maridos, Inc.

Our club is called Los Maridos de la Mall (The Shopping Mall Husbands). The title is efficient. It's alliterative and denotative, like the name of that women's group La Leche League. As a journalist, I documented the club's activities in January 2004 when it had a crisis. A woman, who had married her partner in Ha-

a husband is standing in a woman's clothing department or boutique holding his wife's purse, three shopping bags, and maybe an umbrella.

A Maridos Club member approaches the husband and gives the club's secret sign by extending his index finger and drawing a dollar sign in the air. If the other husband responds by drawing a cents sign in the air, they can conduct club business.

If the other husband doesn't return the secret sign, the Maridos Club member speaks to him..

"Hi there."

"Hi."

"You come to the mall often?"

"Per' near ever' weekend."

"Me too."

They chat. If the club member sees the other husband again and thinks that husband would like the club, the member tells him about it. When a new person applies, the recruiting member sponsors him, and club members vote. All the paperwork is done through the club's clandestine message system of secret drop boxes located around the mall. The system was created by a retired CIA operative, one of the founding members, named Horacio Incredu-lidad.

Over the years membership in the club grew and spread to malls in other cities. Members moved away and started chapters in malls where their wives shopped.

Samson Wolfurly was an executive in Mitt Romney's venture capital organization, went to Salt Lake City to help Romney save the Winter Olympics and then, when Romney got into politics, Sam retired. Sam had only been a member of the Maridos Club a few weeks when he realized its entrepreneurial potential. Sam was never one to rest on Mitt's laurels

Sam saw that there were independent chapters scattered across the country, but that the organization had no central structure. Members who moved away started chapters in other cities, but no one knew whether those chapters had flourished or languished. Sam made it his mission to find out. He tracked down Maridos Club chapters in more than two dozen U.S. cities, and connect-

OFF THE WALL

"On New Year's Eve we first ring out the old, then ring in the new, and finally are ready to be wrung out ourselves."

© 2008 Tribune Media Services, Inc.



Larry Day

waii, applied for membership. Some members said, "No way, Jose." Others favored the idea. On a very close vote, the question was resolved in the affirmative.

Nowadays a few women who have met the club's other membership criteria are members. At that time members voted not to change the name of the club to "Esposos de la Mall," so it's still "Maridos de la Mall."

Now there's more news.

A Maridos Club member named Samson Wolfurly has transformed the club into an international enterprise.

The Maridos Club doesn't meet at members' homes, at a lodge hall, or at the local library. We get together at the mall—usually on weekends. You may have come across one of our meetings and not even realized it. No one holds a gavel, no one reads the minutes, and no one shouts "point of order" at a Los Maridos de la Mall Club meeting.

All you see are two or more men—and an occasional woman—standing in a women's clothing department or boutique. They are holding a purse—or in some cases—two purses.

From time to time a member's spouse comes over wearing something she is trying on and asks how the piece looks on her. The answer is always "That looks great on you, honey." That is often followed by a more detailed response like: "No, dear, that dress doesn't make you look like a pregnant rhinoceros. Trust me, you look great in that outfit."

Los Maridos de la Mall Club was always socially, culturally, economically—and later genderly—diverse. The key criterion for membership is to be a husband who goes shopping with his wife at the mall.

This is how we get new members:



The plugger monogram.

ed the dots.

Now Sam has set up a Maridos de la Mall Web site, created a logo, and registered our brand name. Last month Sam founded the first overseas Maridos de la Mall Club chap-

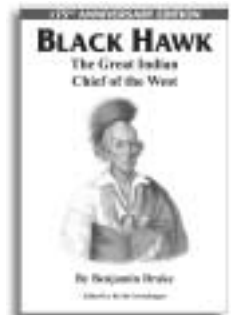
ter—in Paris.

- 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.

BLACK HAWK

The Great Indian Chief of the West

"A few summers ago I was fighting against you. I did wrong, perhaps, but that is past — it is buried — let it be forgotten. Rock river was a beautiful country — I liked my towns, my corn-fields, and the home of my people. I fought for it. It is now yours — keep it as we did — it will produce you good crops." - *Black Hawk*, Fourth of July toast delivered at Fort Madison, Iowa, in 1837



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.

Worth it to pay local gallery to appraise painting

QUESTION: This picture has been in my family for a long time. It came from a family originally in Beacon Hill, Boston. Signature is George C. Bell/88. Any info? -Marion, Dover-Foxcroft, Maine

ANSWER: The framed art, which shows a seascape with lighthouse



Danielle Arnet

and schooner, might be a print or original watercolor. Looking at a photo shot from a side angle and some distance, it's hard to spot the medium used.

Checking www.artfact.com, a database of auction results, we found only one George C. Bell listed. He was a woodcarver. Several George Bells have no auction record, and yet another was an Australian with a totally different style.

Smart Collectors know that track record at auction affects price, either way. Minus results, interest is minimal. And family lore on a Beacon Hill pedigree does not ensure quality.

Lacking a record, the piece must be judged on its merits. Because the art is pleasing and the frame looks very good, I suggest taking several clear photos of the work and signature. Photograph it from all angles, and don't forget the back. Take the shots to a local gallery that you trust and ask for an opinion. Offer to pay for their expertise. It's only fair. Cost, if any, should be minimal. Walk away if it seems too high.

If the art does not have a pedigree, its value as a good decorative piece could still be attractive.

QUESTION: Cannot get any info on a set of six paring knives probably purchased in the 1940s. They have ivory blades with green Bakelite handles and are about 5 1/2 inches long. Any info? -Natalie, Deerfield Beach, Fla.

ANSWER: The blades seen in a sent image have elongated curved tips with sharp points. That makes them fruit knives, intended for grapefruit or other citrus fruits.

The blade units combine into handles topped by flat green plastic. The image does not show if the green sandwiches the ivory shape or simply tops it on one side.

The molded handle/blade combo

is not bone ivory, but an early plastic. White plastics yellow with age and acquire an ivory hue. The knives need to be seen and handled to determine if they are Bakelite (a collectible early plastic), or are another early plastic. I suspect the latter. The green of the handles is not typical of Bakelite.

QUESTION: We thought we wanted my father's large post office roll top desk. Now we've decided it's way too big and dark for any room here. We can't figure what to do with it or if it has value. Any help will be appreciated. -Mary, Richmond, Va.

ANSWER: You're not the first to adopt a large piece of furniture only to discover that it eats up a house. Those old post office roll top desks were big, dark and heavy.

In the late 1990s, furniture makers modified the design of roll top desks for home offices. Scale became more accommodating, and the new desks were made to be compatible with a computer and other electronics.

But today, home offices as a discrete space are increasingly phased out as wireless and laptops become standard. Desks with drawers, pigeonholes and kneeholes will become anachronisms, and that heavy institutional roll top will become an antique.

Nostalgia will drive the future old desks market, but it may take awhile. Design, quality woods and construction will determine value.

If you want the desk out of your house now, contact a local auction that handles better household furnishings. Hang on to it for a few years, and the sales picture may look better.

QUESTION: Any collector value to paperwork (menus, passenger list, etc.) from a first-class trip on the U.S.S. United States from New York to Le Havre in 1967? -Dale, Tucson, Ariz.

ANSWER: If demand runs the collector market (and it does), think: Who would pay for such items? And why?

The fact is that unless something newsworthy and remarkable happened on that voyage, or if the souvenirs include unusual or significant items not generally available, or if the ship was unique for some reason, the paper amounts to memories that matter to you. Perhaps children and/or grandchildren will enjoy learning about the trip.

MARKING TIME: Indulge a love for antiques when selecting a wall calendar for 2009. Workman Publishing offers "Out on the Porch,"

\$11.99, with 12 full-page photos of porches in all sorts of settings, showing a variety of vintage porch accessories. A classic for 20 years, "Cynthia Hart's Victoriana 2009 Calendar," \$12.99, is a scrapbooker's dream of Victorian die cut designs. Sheer excess. "The Collectible Teapot" features 12 tea table settings including Derby, Wade, Hall and Royal

Worcester ceramics.

(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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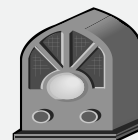
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call Kevin at 785-841-9417.**

Stray cat causes anxiety issues at home

ST. KITTS, WEST INDIES - These reader questions were answered at the 2008 West Indies Veterinary Conference Nov. 9-14, hosted by Ross University School of Veterinary Medicine. Ross graduates are eligible to practice veterinary medicine in all 50 states, 10 provinces of Canada

ANSWER: "Imagine your spouse adding another person to your marriage," says Stocking. "That's how your existing cat feels. It's not that the cat isn't sleeping with you because she's angry; it's because of anxiety. And anxiety explains why the kitten is missing the box. Your goal is to fix their relationship."

very tasty treat, such as salmon or tuna. You want them to believe they only get this yummy when the other cat is around. Begin with only seconds of togetherness, gradually extending the time they're in the same room.

encourage the behavior you want by offering treats and petting for those moments the two cats are acting civil toward one another.

(Write to Steve at Tribune Media Services, 2225 Kenmore Ave., Suite 114, Buffalo, NY. 14207. Send e-mail to PETWORLD(at)AOL.com. Include your name, city and state.)
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Expect some hissing and posturing when you finally allow both cats full use of the house. Meanwhile,



Steve Dale

It's a good idea to start from scratch, so to speak. Place the kitten in a sanctuary room, such as office or second bedroom, with a litter box, food and water bowl (on the opposite side of the room as the box) and toys. Spend time in there talking and playing with her.

Plug in a Feliway diffuser or two in the part of your home where older cats hangs out. Add one in the sanctuary room, too. Feliway is a copy of a comforting hormone cats mark their territory with; it's like aromatherapy for cats. The secret to success is patience; give it a week or two. Your job is to do nothing so the cats cool off and relax.

After a few weeks, begin exchanging bedding and other objects belonging to the two cats. Gradually, take some objects of the kitten's and place them near the older cat's food dish (so when the cat eats she smells objects belonging to the kitten). Let your kitten get a whiff of items belonging to the adult cat.

Before you finally introduce the cats again (after at least a month), add a third litter box to the existing two. Remember to scoop all of them daily.

The first several times you allow the cats together, do so only for a

and Puerto Rico upon completion of the requisite licensing requirements (which include a final year at one of the over 20 stateside vet schools that partner with Ross).

Dr. David DeYoung, dean at Ross, says, "There's plenty of room for people who are passionate about veterinary medicine. At Ross University School of Veterinary Medicine, we're committed to finding those students."

Dr. Ruey Stocking, a teacher and community practice veterinarian at Ross, answered these questions. She also has a feline veterinary practice in Saskatoon, Saskatchewan, Canada.

QUESTION: We took in a stray kitten and now she's fighting with our other cat. The kitten is also peeing and pooping outside her litter box. Both cats are females. Also, the older cat is angry at me and doesn't sleep with me anymore. How can they live in harmony? - K.G., Bristol, CT

There is no rule that you have to do it all on your own.



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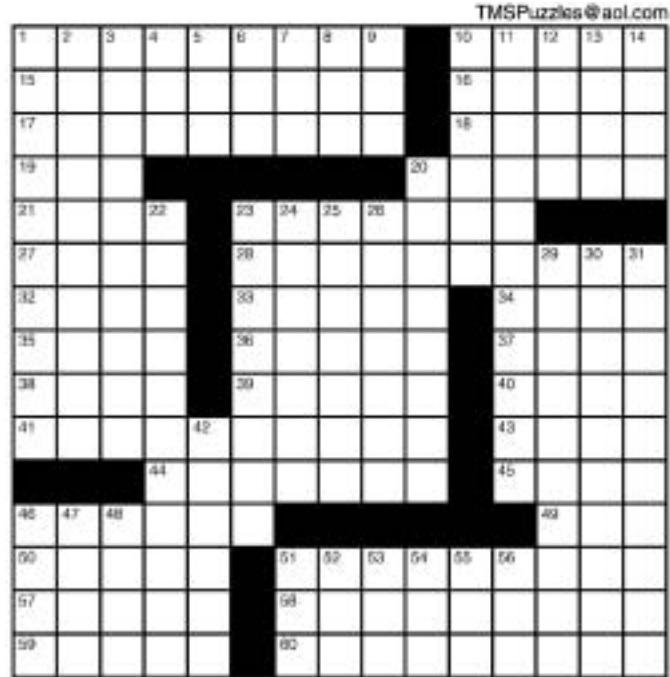
ACROSS

- 1 "Manhattan Transfer" writer
- 10 Chests
- 15 Woody Allen film
- 16 Eskimo
- 17 Clairvoyant women
- 18 Cliff-base pile of rocks
- 19 Round fig.
- 20 F
- 21 Frigg's husband
- 23 Eurasian ruminant
- 27 "Symphonie Espagnole" composer
- 28 Parenthetical remarks, e.g.
- 32 Ken or Lena
- 33 Man who is a dish?
- 34 Squabble
- 35 Demolish
- 36 Senator Hatch
- 37 Guam or Yukon: abbr.
- 38 ___ out a living (scraped by)
- 39 Italian white wine
- 40 Concerning
- 41 States of inactivity
- 43 Gray and Candler
- 44 Roman emperors
- 45 New Jersey team
- 46 Changes the labeling
- 49 Gain a lap
- 50 Sun-dried brick
- 51 Act up
- 57 Total
- 58 Recess periods

- 59 Loads cargo
- 60 Trousseau storage

DOWN

- 1 Stained
- 2 Body of water near Syracuse
- 3 Makes germ free
- 4 According to
- 5 Exist
- 6 Family member, casually
- 7 Distress signal
- 8 Bauxite or galena
- 9 Draft letters
- 10 Actress Jacqueline
- 11 Heathen
- 12 Chapter of the Koran
- 13 Stadium level
- 14 Stoop element
- 20 Spooky state
- 22 Not capable of learning
- 23 Retaliatory actions
- 24 Burdensome
- 25 Erik of "CHiPs"
- 26 One who deduces
- 29 Keyless-entry phrase?
- 30 Stories
- 31 Treadmill examination
- 42 Actress Jeanne
- 46 Banister
- 47 Writer Ferber
- 48 Loathsome person
- 51 Highway-sign abbreviation
- 52 Worldwide workers' grp.



By Sheryl Scott
Akron, OH

Answers on page 39

- 53 Maple syrup source
- 54 Automatic advance in a tournament

- 55 List-ending abbreviation
- 56 Royal address, in brief

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MAGICWORD

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

THE VOICES BEHIND CARTOONS
(sol.: 8 letters)

A-Adams; Adler; Albino; Anselmo; Azaria; B-Benson; Bergman; Blasc; Bliss; Burton; Cartwright; Caselotti; Castellano; Colvig; Cummings; D-Daly; Dondor; F-Farmer; Foray; Froese; G-Gary; Gottfried; H-Hale; Hartman; Hanson; Holloway; J-Judge; K-Kasem; Kenny; Kitt; M-Mars; N-Nash; R-Ravenscroft; Romano; S-Sabella; Shearer; Smith; Stang; T-Taylor; W-West

This Month's Answer: **WINCHELL**

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

JUMBLE THAT SCRABBLED WORD GAME
by Matt Arnold and Mike Argence

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

WHASS
NOCIT
CLIFEA
MERRIP

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

Answers on page 39

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TRIVIALITIES

1. Who directed the 2008 film "Australia"?
2. Who won the 2003 best actress Oscar for her work in "The Hours"?
3. The 2007 fantasy film "The Golden Compass" was adapted from whose novel?
4. Who starred as Ben Driscoll in the 2007 sci-fi film "The Invasion"?
5. Who was nominated for a best supporting actress Oscar for her work in the film "Junebug"?
6. In the 2008 film "Miss Pettigrew Lives for a Day," what actress portrays the title character?
7. Frances McDormand has been nominated three times for an Oscar. How many times has she won?

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Answers on page 39

BRIDGE

Safe as Houses

By Tannah Hirsch

North-South vulnerable. North deals.

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

The bidding:
 NORTH EAST SOUTH WEST
 Pass Pass 4♠ Pass
 Pass Pass

Opening lead: Queen of ♥

Mrs. Hudson swept into the room where the world's greatest detective, Sherlock Holmes, was enjoying a glass of claret with his friend, Dr. Henry Watson. "There is a gentleman outside, sir, who insists on seeing you at once but will not give his name," she said worriedly. Holmes walked over to the window and glanced at the carriage with the three-feather emblem on its door that was discreetly waiting a few doors down from 221B Baker Street. "Show him in at once," he commanded.

The person who entered was instantly recognizable. "Your Highness," Holmes greeted, bowing from

the waist, "to what do I owe this honor?"

"I need your help, Mr. Holmes," replied the visitor. "Only you can save the reputation of a lady whose name I cannot mention, and my part in this must remain a secret since it is a very delicate matter. We were playing bridge at my home and this was the deal." The visitor offered a sheet of paper on which was written the above diagram and bidding sequence.

"I can understand the opening bid of four spades. The hand is unlikely to produce slam opposite a partner who passed. But it is the play that gave rise to the unpleasantness. The lady was declaring. She ducked the opening lead, won the continuation with the ace and immediately led a trump and finessed the knave. When that won, declarer drew trumps and conceded a trick in diamonds and clubs to make four-odd. The Duke of Surrey accused declarer of cheating and is threatening to make the matter public, a circumstance which would prove an enormous embarrassment to me."

Holmes glanced at the hand for a moment. "There is nothing untoward here, Your Highness. The lady is simply a very good player. Had the spade finesse lost, declarer would win any return, draw the remaining trump and then lead a diamond to the queen, losing to the ace. The three of trumps to the five would then be the entry to dummy to discard the club loser on the king of diamonds, assuring 10 tricks. Tender her my congratulations, and you should hear no more about this affair."

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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.

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

EASY

Solution on page 31

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A stuffed, baked potato is ideal for winter

By Wolfgang Puck

Tribune Media Services

I meet a lot of people who like to talk about their food likes and dislikes. So please believe me when I tell you that I haven't met anyone yet who doesn't like stuffed baked potatoes.

In winter, when you want to eat something that warms, fills, and satisfies you, a stuffed baked potato can be more welcome than the finest caviar. It makes a perfect companion to grilled or broiled steak or other meat, poultry, or seafood. And, depending on the potato's size and what you mix in, it can become—to use an overused phrase that really does make sense in this case—a meal in itself.

For any baked potato, success starts with the potato itself. The best for baking and stuffing are those known as the Russet Burbank, developed in the early 1870s by the great American botanist Luther Burbank. High in starch, low in moisture, and thick-skinned, it develops a crisp surface and fluffy interior when baked. Since this is the type most widely grown in the great potato state of Idaho, it has also come to be known as the Idaho potato—or just simply the baking potato.

Whatever you call them, look for ones that seem heavy for their size, dry-skinned, solid, and free from blemishes or green spots. For the best quality, I suggest seeking out organic potatoes, which are only beginning to catch on in Idaho but also are grown in California, Colorado, and Washington, among other states. Of course, regular non-organic potatoes will work fine, too.

The next key to success is how you bake it. Some people swear by wrapping potatoes individually in foil. While that keeps the potatoes extra-moist and cooks them faster, it also results in softer, less appetizing skins. Instead, I like to bake my potatoes on a bed of coarse rock salt, which helps them develop delicious, crispy skins—and also holds the stuffed potatoes steady during the final stage of baking.

While scooping out the baked potatoes' flesh, mashing it with other ingredients, and then baking them again takes some extra time, it's easily done in stages. If you like, stuff the potatoes and refrigerate them until just over half an hour before serving. Then, instead of baking them for the final few minutes as instructed in the recipe, warm them up first in a 325-degree oven for 20 minutes, then raise the temperature to about

400 degrees. for about 10 minutes more to crisp up the skins.

Once you've tried my recipe, you'll agree that the little extra effort is worth it. Then, start using your imagination to vary the stuffing with sausage or smoked fish, other seasonal vegetables, different cheeses, or whatever else inspires you.

Stuffed Twice-baked Potatoes with Ham, Mushrooms, and Gruyere Cheese

Serves 6

6 large baking potatoes, scrubbed clean
Rock salt
2 tablespoons extra-virgin olive oil
3 tablespoons unsalted butter, at room temperature
1/2 pound thinly sliced cooked ham, cut into julienne strips 1 inch long
1/4 pound button mushrooms, wiped clean, trimmed, and thinly sliced
Granulated salt or sea salt
Freshly ground black pepper
1/4 cup creme fraiche or sour cream
8 ounces shredded Gruyere, Swiss, or Cheddar cheese

Preheat the oven to 450 degrees. Put the potatoes on a cutting board. With the tip of a small, sharp knife, score a lid shape on the top of each potato about a third of the way down, cutting into the potato about 1/8 inch all the way around.

Spread a bed of rock salt about 1/4 inch thick on a baking tray large enough to hold the potatoes without touching. Place the potatoes lid sides up on the rock salt. Bake the potatoes until they are tender enough to be pierced easily with a wooden skewer, about 45 minutes. Remove the baking sheet from the oven, leaving the oven on, and let the potatoes cool slightly on the bed of rock salt.

Meanwhile, heat a sauté pan over high heat and add the olive oil. When the oil is hot enough to flow freely, add 2 tablespoons of the butter. When the butter starts to foam, add the ham and mushrooms and sauté, stirring frequently, for 2 to 3 minutes. Transfer the ham and mushrooms to a small mixing bowl and set aside.

Holding each hot potato with a kitchen towel, cut off the lid with a sharp knife, following the scoring mark. Using a sharp-edged tablespoon, scoop the flesh from the potatoes and the lids, leaving a wall about 1/4 inch thick, transferring the potato flesh to a large mixing bowl; set aside. Return the potato shells and lids to the baking tray with rock

salt and return to the hot oven, leaving the oven door open, to keep the potato shells and lids warm.

Mash the potatoes with a potato masher and season with salt and generously with pepper. Add the creme fraiche or sour cream and the remaining butter and continue mashing until thoroughly blended. Stir in the ham, mushrooms, and 2 ounces of the cheese.

Remove the baking sheet from the oven and turn the oven temperature up to 500 degrees.

Carefully spoon the potato mixture back into each potato shell; the mixture will mound above the rim of each potato. Sprinkle the remaining cheese on top of the filling. Leave the lids unfilled, placing them around the side of the tray.

Return the baking tray to the oven

and bake until the potatoes are heated through and the cheese has melted, 7 to 10 minutes. To further brown the cheese, briefly use the broiler, keeping close watch to prevent burning.

Carefully transfer the potatoes to a heated serving platter or individual plates. Place the lids on top of the potatoes at an attractive angle, partially inserting an end into the filling to secure each lid. Serve immediately.

(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 Stuffed Twice-baked Potatoes

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Making sense of the many yogurt choices

As you approach the yogurt section at your local grocery, it's not unusual to see dazed shoppers staring in confusion at shelves filled with seemingly endless options: plain or flavored; varieties made with whole milk, low-fat, nonfat, or soy milk; brands sweetened with sugar or artificial sweeteners; products with added probiotics, prebiotics, omega-3 fats, sterols, and extra vitamins. How do you make sense of it all? Here's a quick tutorial:

Probiotics. All yogurts provide probiotics, which are live microorganisms (bacteria) that confer a range of potential health benefits. Research tentatively supports using probiotics to help resolve diarrhea and symptoms of irritable bowel syndrome, to enhance immune system functions, and to reduce susceptibility to infection. But not all types of probiotic bacteria offer identical benefits. In the United States, the starter bacteria for yogurt cultures (*L. bulgaricus* and *S. thermophilus*) have been shown to help with lactose intolerance, but research does not provide convincing evidence of the other proposed benefits.

Prebiotics. Several yogurt manu-

facturers now go a step further by adding prebiotics to their products. Prebiotics are carbohydrates that feed probiotic bacteria, supporting their growth or activity. Some types of dietary fiber are classified as prebiotics, but it's not as simple as just looking for fiber on the nutrition facts panel. Prebiotics added to yogurt include inulin (made from chicory or table sugar), soy oligosaccharides, and some types of maltodextrins and modified food starch. And don't assume that prebiotics are listed on all labels; some yogurts contain one or more prebiotics without identifying them. Other yogurts correctly note that they contain prebiotics, but each serving may contain only a quarter to a half of the amount that research identifies as effective.

Omega-3s and plant sterols. Omega-3 fats and sterols that promote heart health are now added to some yogurts. Omega-3 fat, which has received much attention for its purported role in reducing heart disease, is naturally abundant in fatty fish like salmon and mackerel. Yogurts fortified with omega-3s may convey some benefit, but they often contain less than 10 percent of the

amount found in a standard serving of salmon. Alternatively, many yogurts contain the plant form of omega-3 (the type of essential fatty acid supplied by flax), which appears to be not nearly as potent as the compound found in seafood.

Added sterols, which are naturally found in plant cell membranes and have been shown to lower blood cholesterol, are also associated with lower risk of heart disease. Eating yogurt that contains the amount of sterols recommended to help lower blood cholesterol (0.8 grams per day) will help people with elevated cholesterol, but sterols don't benefit people with normal cholesterol values.

Vitamins and minerals. All yogurts provide protein and calcium. Those labeled "live active cultures" provide a good supply of these nutrients in a form that even most lactose-intolerant people can handle. Choosing a product with vitamin D is a good move, as yogurt is not necessarily fortified with the vitamin, which is so important to bones and overall health. Avoid full-fat yogurt varieties, which provide just as much saturated fat as a similar serving of

whole milk.

- This article was made available by the Kansas Senior Press Service, a partnership of the Kansas Department on Aging and Johnson County Human Services & Aging.

Source: American Institute for Cancer Research

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Loyal opposition should become 'Lyonized'

By Kevin Groenhagen

"Obama is too measured and polite to say so, so I'll say it for him," Lynne K. Varner, a columnist for the *Seattle Times*, recently wrote. "Come mid-January, Republicans and Democrats ought to follow the president's lead or simply get out of his way."

Another commentator, Joy Behar of *The View*, has called Barack Obama's critics "unpatriotic."

Over 59 million Americans voted for John McCain on November 4. Should we, as Varney suggests, get out of the way? Are we, as Behar claims, unpatriotic if we criticize the president-elect?

As a fifth great-grandson of Matthew Lyon, I turned to him for answers to these questions.

According to biographer James Fairfax McLaughlin, the British executed Lyon's father after he had engaged in a conspiracy against the British Crown. With his family reduced to poverty, Lyon came to America from Ireland in 1765 as an indentured servant when he was just 15 years old.

In this country, Lyon fought against the British, became a wealthy entrepreneur, and represented Vermont in the U.S. House of Representatives. However, he maintained a "loathing of monarchy and all arbitrary and centralized power." This loathing, which McLaughlin characterized as "inbred and almost fanatical," ultimately led to a confrontation with President John Adams and the Federalists.

In a letter to *Spooner's Vermont Journal*, a Federalist newspaper, the Republican Lyon explained why he rejected the "principle of Presidential infallibility." He also noted that under Adams "every consideration of the public welfare" was "swallowed up in a continual grasp for power, in an unbounded thirst for ridiculous pomp, foolish adulation, and selfish avarice."

After the Federalists passed the Sedition Act of 1798, Lyon established his own magazine, *The Scourge of Aristocracy and Repository of Impor-*

tant Political Truth. In the October 1, 1798, issue, Lyon noted that when the president puts forth a proposition "injurious to my constituents and the Constitution, I am bound by oath ... to oppose it; if outvoted, it is my duty to acquiesce—I do so. But measures I opposed [in Congress] as injurious and ruinous to the liberty and interest of this country ... you cannot expect me to advocate at home."



Matthew Lyon

PHOTO COURTESY OF VERMONT STATE CLERK'S OFFICE

Because of his writings, Lyon became the first person imprisoned under the Sedition Act of 1798.

Barack Obama is not infallible. If he puts forth propositions that we believe are injurious to the

Constitution, we, like Matthew Lyon, have a duty to stand in the way to stop them. That's the patriotic thing to do.

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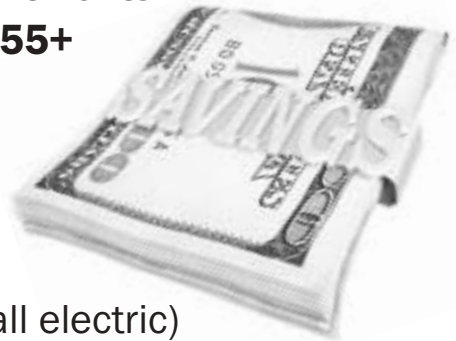
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NOSTALGIA NOTEBOOK

JANUARY 1939

Births

JANUARY 9: Jimmy Boyd, American singer, musician and actor, recorded "I Saw Mommy Kissing Santa Claus"
JANUARY 12: William Lee Golden, American country and gospel singer, member of the Oak Ridge Boys
JANUARY 17: Maury Povich, American talk show host
JANUARY 19: Phil Everly, American rock 'n' roll musician (Everly Brothers)
JANUARY 22: Ray Stevens, American musician (The Streak)

Events

JANUARY 1: The Hewlett-Packard Company is founded.
JANUARY 5: Amelia Earhart is officially declared dead after her disappearance.
JANUARY 6: *Naturwissenschaften* publishes evidence that nuclear fission has been achieved by Otto Hahn.
JANUARY 24: An earthquake kills 30,000 in Chile, and razes about 50,000 square miles.

JANUARY 1949

Births

JANUARY 8: Wolfgang Puck, Austrian chef
JANUARY 10: George Foreman, American boxer
JANUARY 14: Lawrence Kasdan, American director and screenwriter
JANUARY 28: Gregg Popovich, American basketball coach
JANUARY 30: Peter Agre, American biologist, recipient of the Nobel Prize in Chemistry

Events

JANUARY 2: Luis Muñoz Marín becomes the first democratically elected Governor of Puerto Rico.
JANUARY 5: U.S. President Harry S. Truman unveils his Fair Deal program.
JANUARY 11: Los Angeles, California receives its first recorded snowfall.
JANUARY 20: U.S. President Harry S. Truman begins his full term.
JANUARY 25: Forces from the Communist Party of China enter Beijing.
JANUARY 25: In the first Israeli election, David Ben-Gurion becomes Prime Minister.

JANUARY 1959

Births

JANUARY 5: Clancy Brown, American actor, *The Shawshank Redemption*
JANUARY 9: Rigoberta Menchú, Guatemalan writer, recipient of the Nobel Peace Prize
JANUARY 9: Mark Martin, American NASCAR driver
JANUARY 16: Sade, Nigerian-born singer
JANUARY 27: Keith Olbermann, American news correspondent and sportscaster

Events

JANUARY 1: Cultivars of plants named after this date must be named in a modern language, not in Latin.
JANUARY 1: Fulgencio Batista flees Havana when the forces of Fidel Castro advance.
JANUARY 8: Charles De Gaulle is inaugurated as the first president of the French Fifth Republic.
JANUARY 25: Pope John XXIII announces that the Second Vatican Council will be convened in Rome.
JANUARY 29: Walt Disney releases *Sleeping Beauty*.

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TRIVIALITIES ANSWERS

1. Baz Luhrmann
2. Nicole Kidman
3. Philip Pullman
4. Daniel Craig
5. Amy Adams
6. Frances McDormand
7. Once. " Fargo," 1997.

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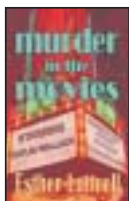
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