

Kaw Valley Senior Monthly

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Serving the Lawrence-Topeka Area's 50 and Better Population

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Bonner, Ellis found Red Hat Society chapter

By Billie David

When Colleen Ellis read the newspaper article her cousin sent her about a Kansas City organization for women aged 50 and older, she was so impressed that she showed it to her friend, Jean Bonner, and together the two women contacted the group for more information.

What caught the attention of Ellis and Bonner about the group, which turned out to be a branch of the Red Hat Society, was the idea that women can look forward to middle age as a time for fun, self-expression, creativity and celebrating life.

So the two friends joined a Kansas City-area Red Hat Society and went with their newfound friends to an event in Branson, Missouri.

"The attraction was the friendliness of the gals," Ellis said of their trip to Branson and the resulting decision to start the Lawrence group. "It didn't make a difference who you were."

"The women were really creative—there were some really funny costumes," Bonner added. "They were there to just have fun and be themselves."

So Ellis and Bonner brought the idea back to Lawrence. "We told everybody how much fun it was," Ellis said.

Members of the La La Lassies, the name of the Lawrence group, don't have to observe a lot of rules. They simply need to wear red hats and purple clothing when they join the group for a night on the town.

The other rule is that members have to have a positive attitude. "You can get into the habit of not being positive and not even realize it," Ellis explained.

The Lawrence group started in September of 2002 and now has about



Jean Bonner and Colleen Ellis, co-founders of the Lawrence La La Lassies chapter of the Red Hat Society, recently met with other members at Stone Creek Restaurant. In addition to her red hat, Ellis is wearing wig.

45 members. When they hold meetings, an average of 25 women attend, so the size is still manageable, but if the group grows too much more, they will consider splitting into two groups.

The original group was founded about five years ago, when a lady named Sue Ellen Cooper (now known as the "Queen Mother") gave her friend, Linda Murphy (referred to as the "Vice-Mother") a copy of a poem about growing older for her birthday. The poem is by Jenny Joseph and is entitled "Warning." It begins with "When I am an old woman, I shall wear purple, and a

red hat which doesn't go and doesn't suit me."

Murphy enjoyed the birthday gift so much that Cooper gave the same gift to three other friends for their 50th birthdays. Before long, the group had donned purple outfits and red hats and went out together, and they had so much fun that they decided to meet regularly and called themselves the Red Hat Society.

The idea spread rapidly across the nation, and now there are over 7,500 chapters in the United States and more chapters in at least 10 other countries.

Most of the members of the Red

Hat Society chapters are over 50, but Ellis and Bonner said that women of all ages are welcome—the ones under 50 simply wear pink hats and lavender clothes to the meetings until they reach 50, when they graduate to the red and purple gear.

"We want a big variety of people, not just people we know," Ellis said, adding that there are members as young as 18. The La La Lassies have joined the national group and charges members dues of \$5 per year.

As for goals, Ellis and Bonner agree: "It's to have a good time," Bonner said, "to grow old gracefully

CONTINUED ON PAGE TWO

**INSIDE
THIS
ISSUE**

Bookshelf	6
Business Card Directory	13
Calendar	10
Classifieds.....	15
Crossword	12
Finances	7
Food.....	9

Health.....	4, 5
History	15
Humor	14
Look Who's 50.....	7
Make Your House A Home.....	9
Restaurant Guide.....	6
Senior Forum	3

FREE

Red Hat Society

CONTINUED FROM PAGE ONE

with fun and vigor. It makes you feel that your life isn't over. The important thing is how it helps you feel about growing older. It is so opposite from what our society feels.

"A lot of members are widows and have no children, or they have children who have moved away, and this gives them a family," Ellis added. "It has really opened doors for a lot of people."

The La La Lassies usually meet for meals at different restaurants in town, and they also enjoy potluck dinners. They are thinking of getting involved in some community services as well, but they want to keep it low-key. "If we do something, we want it to be fun, because we have plenty of responsibilities in

other areas of our lives," Bonner explained.

The Red Hat Society conventions are designed for fun as well. Bonner, who has just returned from one in Nashville, said that there were around 2,200 women who enjoyed tea parties, a showboat cruise, a tour of the Hermitage (Andrew Jackson's home), golf, a talent show at the Wild Horse Saloon, speakers, pajama parties, breakfast in their pajamas, line dancing, and other activities.

"The focus was on how to think about yourself, because so many women haven't had the opportunity to build self-esteem," Bonner said.

Potential members of the Red Hat Society can learn more about the organization by visiting their web site at www.redhatsociety.com, or they can call Ellis at 785-842-5159 or e-mail Bonner at jbonner@ku.edu.



Members of the La La Lassies chapter of the Red Hat Society met for dinner on June 5 at Stone Creek Restaurant.

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MyStory series returns

MyStory, a series of workshops dedicated to the preservation of personal history, will return for three months beginning July 8 with expanded programming for adults and children. The series will include four interest tracks: writing; photography; preservation; and textiles. Programs for children and families have been increased this year.

The MyStory series is based on the idea that people are natural storytellers and history is best recorded by the experiences of people who lived it. Programs have been selected to provide inspiration, helping people recognize the stories that exist in their own lives. Additional sessions will teach specific techniques for recording personal stories and preserving family artifacts. The process of collecting personal history connects generations. Families are encouraged to attend programs with children and grandchildren.

A partial list of programs in the MyStory series includes:

- Writer's Workshop with Charley Kempthorne, July 8, 9 and 10. Session A 1:30-4:30 p.m., Session B 6:00-9:00 p.m. at Babcock Place.
- Storytelling with Pictures and Portraits Techniques with Mike Yoder, July 29 and August 5, 6:30-8:00 p.m. at Babcock Place.
- Preservation of paper documents and photographs.
- Storytelling Through Quilts with Maria Jackson.
- Cultural Symbols in Quilting with Teresa Chiefeagle, September 2 and 16, 6:30-8:00 p.m. at Watkins Community Museum.
- Preserving Domestic Linens.

Pre-registration is required for all programs. All registration is completed by contacting the Leisure and Learning Department of Douglas County Senior Services (DCSS) at 785-842-0543. Details about any program are available from sponsors, DCSS, Lawrence Public Library, and LDCHA-Babcock Place.



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SENIOR FORUM

The elements of 'care-giving'

By Kent S. Collins

DEAR SENIOR FORUM: Dad did a bad job of being caregiver to Mom. He meant well. He wanted to be good to her. But he didn't know enough to be useful and didn't have enough patience to make it easy for her.

Now Mom is gone and the time has come that Dad needs a caregiver. I've been elected because my brothers live out of state. But I am not sure I have the knowledge, and I certainly don't have much patience with my father's personality. Can you print some information in the newspaper about what caregivers do — especially the medical stuff? — Mrs. R.W. in Texas

DEAR MRS. R.W.: Don't call it care-giving. That's an icky word. Social workers and health care professionals like it because in 10 letters it sums up a lot of chores. But it also suggests the receiver is an invalid and the giver is a servant. You will read a lot of literature using the term "caregiver." But think of the relationship with your father as something simpler.

Do not think of the approaching relationship with your father as exclusive or solo.

Recruit the family. Recruit family members sooner rather than later, because later you might be at wits' end.

What can family recruits do for your father? They can change bed sheets, wash laundry, cook meals, clean house and mow grass. They can commit to a specific schedule — a regular day and time — thus freeing your time and your conscience, and easing your stress.

"Care-giving takes a great toll on the body and mind when it extends over a long period of time. If your own health is jeopardized, you can't provide care anymore, so it is important to keep up with a program of exercise, good nutrition and stress management."

Linda Phillips, the co-director of the Center on Aging at Arizona College of Nursing.

Even if you must be near your father for long hours, you are better off escaping to a good book or a garden in the backyard, or just resting, rather than slaving at chores.

Doing too much offends self-esteem and creates a situation in which someone — your difficult dad or

your long-distance siblings — might take advantage of you.

Make sure to understand the elements of care-giving: Phillips claims, "Most caregivers' only basis of experience is dealing with children; they don't have a good context on how to care for someone

who is aging."

Figure out how much you and your family recruits can do and how much your father will tolerate from you versus hired professionals. This is not a medical matter. It is an analysis of family relationships and personalities. Forcing incompatible people together in this "taking care of Dad" project will hurt everyone.

Finally, try to keep your father active in his own health care decisions. If he abdicates all to you, then


you are to blame when something doesn't work or doesn't feel good. The local hospital can lead you to community agencies that help with "care-giving" (icky word, again), and can answer your more technical/medical questions as they develop.

If your question fits here, send an e-mail to seniorforum@mchsi.com or write to The Senior Forum c/o Tribune Media Services, 435 North Michigan Ave., Suite 1500, Chicago, IL 60611.

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HEALTH

A steady diet of exercise

Did you know that obesity-related problems are directly implicated in 300,000 deaths in the U.S. every year? That's a huge number. People who suffer from obesity are 50 percent to 100 percent more likely than average to die of heart disease, diabetes, hypertension, and high cholesterol. Other common problems include breathing disorders and increased risks of osteoarthritis and some types of cancer.



Laura Bennetts

So obesity is a vast problem. But what is it, exactly? On this question, as on many others linked to weight, confusion reigns. How much do you have to exceed your ideal weight to count as obese? Ten pounds? Twenty? Thirty? Will your health suffer if you're "overweight" but not "obese" or (unhappy phrase!) "morbidly obese"? Can you really help yourself by exercising and improving your diet?

Most people have trouble with questions like these. You've probably heard experts on TV say that exercise and diet can help a lot. But what kind of exercise? What kind of diet? Should everyone diet and exercise in the same ways? What if you're not "obese," just overweight? Answering these questions is the first step on the path to self-help.

Over Weight or What?

How can you tell if you're "obese"? Well, get out your calculator. The current method for judging the appropriate weight ranges for adults ages 20 and over is called the "BMI" method (for Body Mass Index). This is the scale your doctor uses to determine if you are overweight or obese. The National Institute of Health adopted this system in 1998 and it's now in use everywhere. It's a bit complicated for Americans because it's based on the metric system.

Is your calculator out? Briefly, your BMI is calculated as follows. Multiply your weight in pounds by 704.5, then divide by your height in inches—and then divide by your height again. If your number exceeds 25 you may be overweight; if your number exceeds

30 you may be obese. I say "may be" because the BMI scale doesn't distinguish between people with extra muscle mass (say, Serena Williams or Mark McGwire) and those who may have lost muscle mass due to illness or aging. Your doctor will help you judge if your BMI number shows that your weight places you at risk for serious illnesses and (if so) how much weight you should lose to stay healthier.

A Moment on the Lips, Forever on Your Hips?

Losing those extra pounds in the middle is not just to look good or to fit into your clothes. Not that those aren't good goals. But preserving your health is even more important.

Take osteoarthritis, for example. This is a painful knee condition which is made worse by excess weight—and may, in fact, be caused by excess weight. Some people wrongly think that osteoarthritis is simply a result of aging. But in reality it's caused by stress to the knee joint—stress that can be avoided at any age. Here's the relevant rule of thumb: For every two pounds you gain, you increase your risk of knee arthritis as much as 13 percent. This is due to the fact that every pound of body weight exerts about two pounds of pressure on your knee joint when you walk.

Adults who are just 10 or 20 pounds overweight also have an elevated chance of getting high blood pressure (hypertension)—5.7 percent elevated for men and 6.5 percent elevated for women. This is serious because high blood pressure can be life threatening—it damages your heart and often cause strokes (that is, injuries to the blood vessels in your brain).

Overweight adults—and increasingly, even children—are also disproportionately at risk for the very debilitating form of diabetes known as "type II." This too is something to be avoided if at all possible. And many overweight people suffer from sleep apnea and chronic fatigue as well.

Are you 30 pounds overweight but free of arthritis, hypertension, diabetes, and sleep apnea? Then count yourself lucky. But understand that you're gambling with your life, since your weight problem heightens your risk for all of these serious illnesses. Shedding these pounds would help your heart, lungs, pancreas, and liver

—and put a spring in your step.

An Ounce of Prevention

If you take hypertension or diabetes medications, exercise and dieting may help you in other ways as well. You may, for example, be able to reduce your dosages, or even control your blood sugar and blood pressure without medication, and thus save money and reduce the risk of side effects. Your doctor can help you achieve this goal by planning a program of diet and exercise that's optimal for you, given your particular weight and health concerns. (And never stop your medications without your doctor's permission. These medications are essential to protecting you from harm and can only be reduced or discontinued when testing shows that you're ready for this step.)

Fitness, Not Fads

There are so many fads—in dieting, exercise, and weight loss—that

you should always seek expert advice before you try something new. Ask your doctor first. If she doesn't have a lot of specific advice on diet and exercise, you should ask for referrals. For advice on diet, you can consult a nutritionist or a dietician. For advice on exercise, you should consult a physical therapist. Physical therapists define programs of exercise that are designed to benefit individuals personally.

Your weight is your problem. But others can help you solve this problem. Exercise, lose weight, and stay healthy!

- Laura Bennetts, MS RPT, is a physical therapist with 20 years' experience. She co-owns Lawrence Therapy Services LLC, 785-842-0656, and Baldwin Therapy Services, 785-594-3162. For answers to therapy-related questions, please write to Laura either at her e-mail address, laurabennetts@hotmail.com, or via Senior Monthly.

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HEALTH

West Nile Virus

Summer is here! The warm weather, the long summer days, the abundant sunshine and the BUGS!! The mosquito is one of summer's favorite pests. Unfortunately, the mosquito can carry all types of diseases. The current disease making the headlines is the West Nile virus.

An infected mosquito spreads the West Nile virus. The infected mosquito can infect people, horses, birds



Dr.
Farhang
Khosh

and other animals. In humans, those who contract the West Nile virus will have either no symptoms or only mild flu-like symptoms. The symptoms include fever, headache and body aches, often with a skin rash and swollen lymph glands. More severe symptoms include headache, high fever, neck stiffness, stupor, disorientation, coma, tremors, occasional convulsions and paralysis. On rare occasion, the West Nile virus infections can result in severe and sometimes fatal illnesses. There is no evidence to suggest that West Nile virus can be spread from person to person or from animal to person.

Even though human illness from the West Nile virus is rare, a person should reduce their risks of become

infected. Ways to protect yourself are as follows:

- Apply insect repellent (see below).
- Wear long-sleeves, long pants and socks when outdoors.
- The hours from dusk to dawn are peak mosquito biting times. Consider avoiding outdoor activities during these times.
- Mosquitoes lay their eggs in standing water. Limit the number of places around your home for mosquitoes to breed by getting rid of items that hold water. For example: Recycle tin cans, plastic containers, ceramic pots, discarded tires and other water-holding items.
- Drill holes in the bottom of recycling containers that are left outdoors in order to not collect water.
- Clean clogged roof gutters, particularly if leaves frequently block the drains. This is a perfect area for mosquitoes to lay eggs.

However, it is very critical to have a strong immune system to fight the virus, such as using immune stimulant herbs. The main botanical medicine shown to have good effects against viruses is Hypericum perforatum. Echinacea angustifolia and Ligusticum porteri can be used along with the Hypericum, or a combination of Astragalus membranaceus and Ligustrum lucidum would also be a good call. Check with your naturopathic doctor for the appropriate approach.

The natural insect repellents that you can make it at your home:

- A. 20 drops Eucalyptus oil
20 drops Cedarwood oil
10 drops Tea Tree oil
10 drops Geranium oil
2 oz. carrier oil (such as Jojoba)
Mix together in a 4 oz. container. Apply to skin as needed, avoiding the eye area. Keep out of reach of children. Test on a small area of skin for sensitivities. Experiment with different percentages of essential oil.
- B. One of the best natural insect repellents is made from the clear real pure vanilla (not the grocery store vanilla extract which is mostly alcohol). Health food stores usually carry it or can order it for you. It can be used by mixing half vanilla and half water. It works great for mosquitoes and ticks.

If you don't have access to insect repellent the best and quick trick is to use Bounce Fabric Softener Sheets, just wipe on and go...Great for babies.

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

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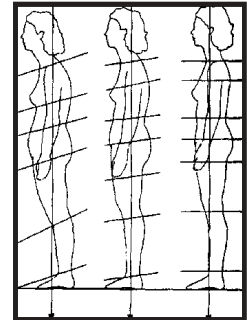
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BOOKSHELF

By Margaret Baker

Jill Churchill: *Love for Sale* (Wm. Morrow, \$23.95, ISBN 0-06-019942-3) *Historical mystery*

This is Kansas City area author Jill Churchill's third in a series following Robert and Lilly, destitute brother and sister in the Great Depression. Their childless great-uncle left them a rather elegant home in upstate New York, a "grace and favor" that will be theirs only after they live in it earning their living for 10 years. They do odd jobs, substitute at school. One way is to rent out extra rooms.

This group pays top dollar and wants complete privacy. Lilly thinks they look like trouble. Their obvious disguises and made-up names make her wonder about gangsters—this was the era of John Dillinger and Pretty Boy Floyd. Then too is the recent election—would Hoover adherents plot a reversal? Then there are the Reds to worry about.

When the leader is found quite dead with a knife in his back, he's identified as Brother Goodheart, a radio evangelist. Robert and Lilly would have preferred Floyd.

Churchill's skills in recreating a 1932, integrating history into her plot, and drawing lifelike characterization, makes this mystery delightful to read.

Nyle H. Miller and Joseph W. Snell: *Why the West Was Wild* (University of Oklahoma Press, \$19.95, ISBN 0-8061-3590-1) *Biography*

Voluminous (682 pages) and highly informative. Miller and Snell's prologue explores the reasons for the west's reputation for wild living.

The primary section is detailed biographical information about Kansas cowtown "gunslinger" (mostly peace officers) arranged alphabetically. To keep the book from being impossibly unwieldy, the authors confined research to seven cities: Abilene, Newton, Ellsworth, Dodge City, Wichita and Caldwell.

While most readers will have heard about Bat Materson, Wild Bill Hickok, and Bill Tilghman, lesser known men who tried to keep the peace

(or work the other side of the track) are included—lawmen like Ed Crawford, George Flatt.

There's the interesting account of Caldwell's Sheriff Henry Brown, who rode over to Medicine Lodge to rob the bank. The posse caught up to them, Brown was shot trying the escape, and the rest were hung. Most killers who survived the initial gunfight were acquitted despite overwhelming evidence, which may indicate why vigilantes developed.

Newspaper accounts written in the florid style of the 1870's and 1880's form the largest part. Diaries, letters, police dockets, and autopsy reports also flesh out the facts.

Sue Henry: *Death Trap* (Wm. Morrow, \$23.95, ISBN 0-380-97883-0) *Fiction/mystery*

Sue Henry's debut was the icy *Death on the Iditarod Trail*, a mystery set along the famed dog sled race marathon. This is the 10th in the series, and Ms. Henry's plots and characters don't slacken over time.



Jessie Arnold, musher, will have to miss this year's race; she's recovering from knee surgery. She can't properly train her sled dogs, which depresses her.

When she's asked to help man the Iditarod booth at the Alaska State Fair, she willingly agrees.

All goes well, until a body turns up floating in a pond. The victim is a minor hoodlum, but then her beloved lead dog, Tank, disappears. She trusts the Alaska Troopers to solve the murder, but she must save her dog. That search leads Jessie into the mountains, where she discovers the connection between Tank's dog-napping and the dead grifter. The diabolical trap the killer sets for Jessie, using Tank as bait, is one of the most hair-raising in literature.

Taut plotting, sensitive portrayal of the Alaskan setting, and well-drawn characters—Henry at her best!

Mark Billingham: *Sleepyhead* (Wm. Morrow, \$24.95, ISBN 0-06-621299-5) *Medical mystery*

The villain has killed three women, but Allison Willetts appears to be a mistake—she lives through his/her deliberately-induced stroke. Bad enough, until letters to the lead detective indicate that the killer feels Allison is his first success.

The seriously-deranged killer assumes that by being totally freed from pain, hunger, thirst, love lost and all the hurts our society can produce gives Allison's mind complete freedom. Worse, he/she plans to continue "bringing freedom" to more.

Detective inspector Tom Thorne needs to identify this psychopath and remove him from society, and for that he needs all the information the medical world can give him.

Billingham's first mystery is a doozy, combining complex characters, exciting plotting into a real chiller escalating into toward the conclusion. Start this one on a weekend morning; you'll be up all night otherwise!

Paperback Picks

Robin Burcell: *Deadly Legacy* (Avon Books, \$6.99, ISBN 0-06-105787-8) *Police procedural mystery*

Kate Gillespie, San Francisco Homicide Inspector, is always on call—part of the job. When she's called out to what appears to be a murder/suicide in a Mercedes, she hopes that is what it is. Not to be morbid, but that means a short closed case.

Of course nothing is that simple. Kate recognizes one victim as Eve, a college friend. The friendship died when Eve's unusual sexual appetite spread to Kate's family.

Author Burcell is a homicide cop in Sacramento, and brings authenticity to both plot and dialogue.

Dana Cameron: *Past Malice* (Avon Books, \$6.99, ISBN 0-380-81956-2) *Archeological mystery*

Cameron's third mystery featuring archeology professor Emma Fielding, working on colonial sites in New England.

Emma has her collegiate field crew at the dig in Stone Harbor, Massachu-

sets, a coastal city almost completely dependent on tourism. Chandler



House still stands, but the outbuildings and wharf remain to be re-discovered. The town museum board has internal dissension. What keeps cropping up are bodies definitely

not Colonial. Emma herself has some narrow escapes!

The Ears Have It (Books on Tape)

Carl Hiasen: *Basket Case* (Random House Audio, 3 cassettes, five hours, \$25) Read by author.

Jack Tagger, once a rising investigative reporter, is stuck writing obituaries for a Florida newspaper—he spoke out when the new owner of the newspaper turned it into a tabloid.

In addition to the usual, he's supposed to write a 12-inch obituary daily. When he sees the name Jimmy Stoma, he recognizes the lead singer of the 80's band, Jimmy and the Slut Puppies. Jack was a fan, and that's the death he'll use.

Jimmy died on a scuba dive. His very young widow is using the publicity to resuscitate her own pop-star career. When the other members of the band start turning up as corpses, Jack wonders what Jimmy's last project was.

Doesn't sound hilarious, but Hiasen has a delicious comedic touch and characters that stay with you.

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

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Seniors dine out an average of 4-5 times per week!

If you would like to add you restaurant to the Senior Monthly Restaurant Guide, please call Kevin at 785-841-9417 for details.

FINANCES

Portfolio diversification: Fixed income investments can add stability to your portfolio

Balance is just as important in your portfolio as it is in riding a bike. For many investors, fixed income investments can help achieve the desired balance, by helping to reduce portfolio volatility and provide regular income.

Asset Allocation Is Key

Fixed income investments, which include bonds, are an important component in diversifying your portfolio to reduce investment risk, since

quality and changes in general interest rates.

- **Variety and Diversification** – Literally thousands of bonds are available from various issuers, with maturities as short as one month or as long as 50 years or more.

- **Tax-Exempt Investing** – Most municipal bonds are free of federal income taxes and, in some cases, from state and local taxes, although they may be subject to the Alternative Minimum Tax.

A variety of mutual funds investing in fixed income securities are also available. Mutual fund prospectuses are generally available through your financial advisor. Always read the prospectus carefully before investing.

Review Allocations With Your Advisor

Bonds can be an important part of any investment portfolio. While stocks historically outperform fixed income investments over the long-term, there are times when bonds outperform equities on a total return basis.

If your portfolio doesn't include fixed income investments, talk with your financial advisor to determine what role these securities should play in your portfolio. If your investments do include fixed income securities, review your portfolio with your advisor on a regular basis to determine how current market conditions may affect your allocation mix and make the necessary adjustments.

- Jason Edmonds, Vice President-Investments, Financial Advisor at the Lawrence office of Robert W. Baird & Co., can be reached by phone at 785-841-0041 or by e-mail at jedmonds@rwbaird.com.



Jason Edmonds

bond prices and stock prices often move in opposite directions and bonds provide income. How you allocate your portfolio among stocks, bonds and cash will depend on your individual circumstances and financial goals, as well as how much risk you are willing to take.

As part of the financial planning process, you'll want to work with your financial advisor to develop an asset allocation plan customized to your needs. As your circumstances change over time, your financial advisor can work with you to adjust your asset allocation plan. For example, as you get closer to retirement, it may be important to increase your fixed income allocation to reduce investment risk.

Broad Selection Available

Investors can choose from a wide variety of taxable and tax-exempt fixed income instruments, including bonds issued by corporations, states, municipalities, FDIC-insured banks, federally sponsored agencies and U.S. Treasury securities. Maturities can range from short to long.

Investors might select bonds for their portfolios for a number of reasons, including:

- **Reduced Risk** – Bonds provide a steady income stream and known maturity date, although bond prices fluctuate with changes in interest rates.

- **Steady Income** – Bonds typically provide regular interest payments on specified dates.

- **Rate of Income** – Investors can select a rate of income that suits their individual needs. Percentage yields on bonds vary depending on their

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Lawrence, KS 66049



Nifty, Nifty Look Who's 50!

The following celebrities turn 50 in July:

- July 11 **Leon Spinks**, boxer, defeated Muhammad Ali in 1978
- July 29 **Geddy Lee**, lead singer for rock band Rush
- July 31 **James Read**, actor, *North and South*

Douglas County's
**Center for Funeral
 and Grief Related
 Books.**



Conservative organization forms new seniors group

A new organization for religious conservatives over the age of 50 hopes to give the AARP a run for its money.

Founded by the Rev. Louis P. Sheldon of the Traditional Values Coalition, Christian Seniors Association is an activist organization that aims to participate fully in the "debate over traditional Judeo-Christian values in the media and public policy arenas."

The immediate goal of Christian Seniors Association is to achieve a membership of one million Christian members age 50 and over within the next 12 months to counter the AARP's "ultra-liberal agenda in Congress."

According to Sheldon, Christian Seniors Association will promote the traditional, marriage-based family, and will mobilize America's Christian seniors to put moral leaders in Congress and other elected offices.

Members of Christian Seniors Association receive free subscriptions to *The Christian 50+ Letter* and the *Faith & Freedom Report*, and regular action alerts. In addition, members are eligible to participate in Christian Senior Association's platinum benefits program, which includes savings on prescription medicines and pharmacy products, travel savings, vacation and travel opportunities, and discounts on leading Christian magazines, books and recordings.

While Sheldon is critical of AARP's agenda, he advises Christian Senior Association members to keep their AARP memberships current.

"Because AARP is so enormous, there are some AARP benefits we can't match ... yet," Sheldon said. "But we're getting there fast."

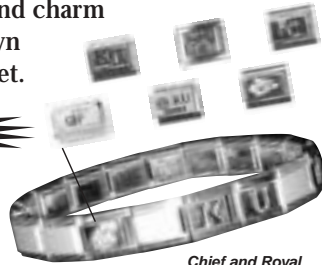
More information about Christian Seniors Association can be found at www.christiansenior.org.

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FOOD

Chocolate-raspberry tiramisu

By Melanie Barnard

To make this nontraditional, summery tiramisu even fancier, use a mixture of red, gold, and black raspberries.

- 1/4 cup powdered sugar
- 1/4 cup (2 ounces) mascarpone cheese, softened
- 1/4 cup raspberry-flavored liqueur, divided
- 1 (8-ounce) block fat-free cream cheese, softened
- 12 cake-style ladyfingers, split
- 1 1/2 tablespoons unsweetened cocoa
- 2 cups fresh raspberries
- Mint sprigs (optional)

1. Place powdered sugar, mascarpone cheese, 1 1/2 tablespoons liqueur, and cream cheese in a large bowl; beat with a mixer at high speed until well blended.

2. Brush cut sides of ladyfingers with 2 1/2 tablespoons of liqueur. Spread about 1 1/2 tablespoons mascarpone mixture over bottom half of each ladyfinger; cover with tops.

3. Arrange 3 filled ladyfingers

spokelike on each of 4 dessert plates. Sprinkle evenly with cocoa. Arrange 1/2 cup raspberries over each serving. Garnish with mint sprigs, if desired. Yield: 4 servings.

CALORIES 348 (27 percent from fat); FAT 10.3g (sat 4.8g, mono 3.5g, poly 0.9g);

PROTEIN 13.6g; CARB 46g; FIBER 5.2g; CHOL 144mg; IRON 1.8mg; SODIUM 331mg; CALC 209mg.

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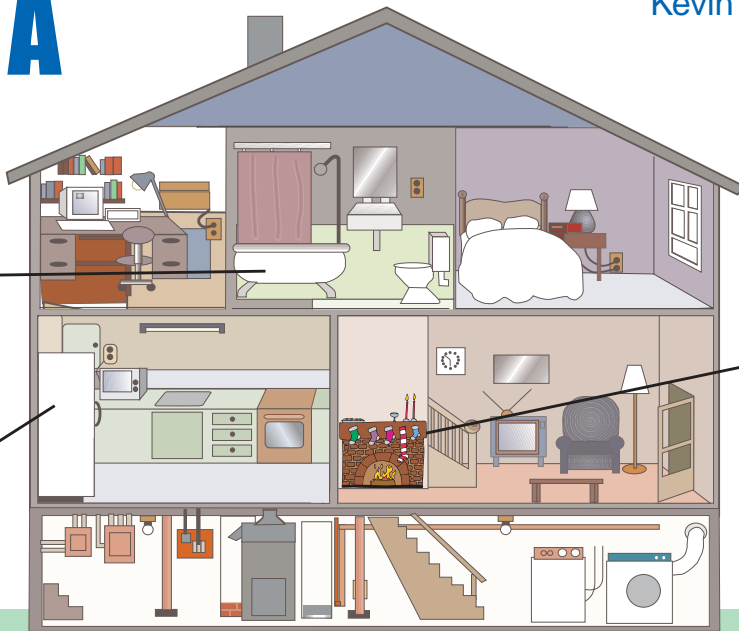
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CALENDAR

BINGO

SUNDAYS

KNIGHTS OF COLUMBUS HALL
2206 E. 23RD ST., LAWRENCE, 6:30 PM

MONDAYS & SATURDAYS

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

TUESDAYS

VETERANS OF FOREIGN WARS
138 ALABAMA, LAWRENCE, 6:55 PM
785-843-2078

WEDNESDAYS & 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

WEDNESDAYS

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

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

EVENTS AND CELEBRATIONS

JUL 1-AUG 31 CATTLE DRIVE

Participate in a Texas Longhorn Cattle Drive, or enjoy watching as the cattle are driven past you. Free State Farm. LAWRENCE, 800-289-3988

JUL 1-AUG 31 CHILDREN'S MUSEUM CHAGALL TRAVELLING EXHIBIT

Exhibit introduces art to children through a unique approach that helps them understand and appreciate all forms of artistic expression. KANSAS CITY, 913-287-8888

JUL 1-JUL 23 WEDNESDAY NIGHT SUMMER BAND CONCERTS

Bring your own lawn chairs or blankets and join the Lawrence City Band for a free concert in South Park. Concerts begin at 8:00 p.m. LAWRENCE, 785-832-7930

JUL 4-6 MCLOUTH THRESHING BEE

Old fashioned threshing bee, arts, crafts, quilts. Come watch vintage farm equipment in action. MCLOUTH, 785-863-3072

JUL 4-6 SPIRIT OF KANSAS FIREWORKS AND CRAFT SHOW

Craft show will be held at Lake Shawnee Tinman Circle with a fireworks display at 10 p.m. on Friday. TOPEKA, 785-267-1156

JUL 4 FOURTH OF JULY CELEBRATION

Community picnic and fireworks extravaganza. LAWRENCE, 785-749-1504

JUL 5-26 MEMORIES OF THE PRAIRIE

A lecture series on Kansas history. Held every Saturday night. ABILENE, 785-263-2681

JUL 5 BLUES ON THE VINEYARD

All day festival featuring local, regional and national Blues artists. Music, crafts and fun. SALINA, 785-825-2515

JUL 10-12 OLD SETTLERS REUNION

Old-fashioned fun with peddle power tractor pull, carnival, dances, parade, children's games, adult games, arts and crafts. OSKALOOSA, 785-863-3072

JUL 12-21 KANSAS SUMMER THEATRE PRESENTS PRAIRIE FIRE

Two new plays based on reminiscences and oral histories about the early period of Kansas history. LAWRENCE, 785-864-3982

JUL 12-13 FARM HERITAGE DAYS

Experience the past with old-time farming demonstrations and festivities. Antique tractor pull, steam show, living history, train rides, and more. BONNER SPRINGS, 913-721-1075

JUL 17 ANNUAL SIDEWALK SALE

Come early and shop the bargains galore as merchants slash prices on their inventories. DOWNTOWN LAWRENCE, 785-842-3883

JUL 17-20
FRANKLIN COUNTY FAIR AND RODEO
Pro-rodeo, exhibits, outlaw truck and tractor pull, 4-H displays, and livestock auction. OTTAWA, 785-242-1411

JUL 18-20 MERIDEN THRESHING BEE

Old-fashioned threshing bee, arts and crafts, quilts, vintage farm equipment, blacksmith shop, working general store. MERIDEN, 785-863-3072

JUL 18-19 JUNCTION CITY ASSOCIATION ANNUAL RODEO

Annual rodeo. JUNCTION CITY, 785-762-5525

JUL 19 SENIOR CLASS

Senior Class is a zany troupe of improv comedians 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 PM. Show starts at 8 PM. TOPEKA CIVIC THEATRE & ACADEMY 785-357-5211

JUL 20-22 ROBERT J DOLE INSTITUTE OF POLITICS DEDICATION

Official dedication ceremonies coinciding with Senator Dole's 80th birthday. Events include WWII reunion, recreated USO show, and public concerts. LAWRENCE, 785-749-3911

JUL 25-27 BLUEGRASS FESTIVAL

Camping, great music. JUNCTION CITY, 785-238-3014

JUL 25-26 AMELIA EARHART FESTIVAL

Annual tribute to native daughter with music, dignitaries, aerobic performances, and spectacular fireworks. ATCHISON, 785-367-2427

JUL 26-AUG 3 DOUGLAS COUNTY FREE FAIR

4-H exhibits, live music, carnival, demolition derby, antique tractor pull, horse show, and variety of races and contests. LAWRENCE, 785-843-7058

JUL 26-28 RILEY COUNTY 4-H FAIR

4-H and open class exhibits, parade, livestock, children's tractor pull, carnival, turtle races, and PRCA Rodeo. MANHATTAN, 785-537-6350

JUL 28-31 JACKSON COUNTY FAIR

Fair, carnival rides, livestock sale, and parade on Wednesday. HOLTON, 785-364-4125

JUL 31-AUG 5 CENTRAL KANSAS FREE FAIR

More than a county fair, exhibitors from all of central Kansas, rodeos and demolition derby. ABILENE, 785-263-4570

JUL 31-AUG 2
WILD BILL HICKOK PRCA RODEO
One of the top 5 small rodeos with three nights of the best cowboys in America. ABILENE, 785-263-2521

HEALTH

FIRST TUESDAY OF EACH MONTH HEALTH SCREENING CLINIC

Lawrence-Douglas County Health Department. LECOMPTON COMMUNITY BUILDING 9:30-10:30 AM

TUESDAYS AND THURSDAYS BLOOD PRESSURE CLINIC

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

WEDNESDAYS HEALTH SCREENING CLINIC

Lawrence-Douglas County Health Department. For individuals 60 years of age and older and their spouses. Minimal fees, but no one will be denied service because of inability to pay. BABCOCK PLACE, LAWRENCE 9 AM-12 NOON

THIRD TUESDAY OF EACH MONTH HEALTH SCREENING CLINIC

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

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

JUL 2 CHOLESTEROL SCREENINGS

A fingerstick test providing a total blood cholesterol reading in five minutes. \$5 per person. No fasting or appointment necessary. LMH HEALTH SOURCE ROOM 9:30-11:30 AM

JUL 9 A LIFE PLANNING SEMINAR

Join our panel of experts; Dennis Spratt of Sharden Financial, Lori Garber, attorney and Kristen Flory from Warren-McElwain Mortuary. Feel free to bring questions and personal material for review regarding estate planning, wills, tax deferral and funeral preparation. Free and no need to enroll. 1:00-2:00 p.m. PRAIRIE COMMONS, 5121 CONGRESSIO-NAL CIRCLE CONNECT CARE, 785-749-5800

CALENDAR

CONTINUED FROM PAGE EIGHT

JUL 10

A LIFE PLANNING SEMINAR

See July 9 description. 8:30-9:30 a.m.
LMH, MEETING ROOM A
CONNECT CARE, 785-749-5800

JUL 11

A LIFE PLANNING SEMINAR

See July 9 description. 10:30-11:30 a.m.
BRANDON WOODS, 1501 INVERNESS DR.
CONNECT CARE, 785-749-5800

JUL 12

**HOLISTIC NURSING FORUM:
ENTREPRENEURS, PIONEERS AND
ADVENTURERS**

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Fee.
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JULY 18-19

MEDITATION RETREAT—DOWN TIME

With Hilary Kass and Robin Goff. Quiet
time and relaxation in nature. Fee includes
healthy meals (bodywork additional fee),
7 p.m. Friday to 5 p.m. Saturday.
THE LIGHT CENTER, 785-255-4583

JUL 19

**THERAPYWORKS FIRST ANNUAL
HEALTH AND WELLNESS EXPO**

The Health and Wellness Expo 2003
will be held at Therapyworks, 1112 W.
6th St., Suite 120, and will include a
day-long health fair with informational
exhibits, free health screenings, mas-
sages, demonstrations, giveaways and
free handouts, entertainment, and more.
Exhibits and booths to include Law-
rence-Douglas County Fire and Medical,
Francis Sporting Goods, Trinity Respite
Care, Big Brothers and Big Sisters,
Health Care Access, Mary Kay, Therapy-
Works, American Red Cross, and many
more.
LAWRENCE, 785-749-1300

JUL 26

**INTRODUCTION TO THE HEALING
TOUCH**

With Robin Goff. 3 CE offered if you are
a nurse or massage therapist. Fee.
THE LIGHT CENTER, 785-255-4583

MEETINGS

FIRST WEDNESDAY OF EACH MONTH

NOW OR NEVER CLUB

BALDWIN SENIOR CENTER
1221 INDIANA, BALDWIN CITY
12 NOON-1:30 PM, 785-594-2409

FIRST AND THIRD MONDAY OF
EACH MONTH

CAREGIVER SUPPORT GROUP

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

FIRST WEDNESDAY OF EACH MONTH,
SEPTEMBER-MAY

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

Forums held at Lawrence Public Library
1:30 PM

WEDNESDAYS

**OLDER KANSANS
EMPLOYMENT PROGRAM**

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

SECOND MONDAY, SEPT.-MAY

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

Volunteer service club.
785-331-4575

THIRD MONDAY OF EACH MONTH
**SELF HELP FOR THE HARD OF
HEARING (SHHH)**

SHHH is a non-profit, educational orga-
nization dedicated to the well-being of
people of all ages who do not hear well.
BABCOCK PLACE, 1700 MASSACHUSETTS,
LAWRENCE, 1 PM

THIRD TUESDAY OF THE MONTH
**LAWRENCE PARKINSON'S SUPPORT
GROUP**

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

THIRD THURSDAY OF EACH MONTH
PROSTATE CANCER SUPPORT GROUP

The Prostate Cancer Support Group is for
survivors, family members and anyone
who is interested in learning more about
prostate cancer.
RIEKE AUDITORIUM, KU MEDICAL
CENTER, 7-9 PM

FOURTH FRIDAY OF EACH MONTH
AARP CHAPTER 1696 LUNCHEON

Group meets fourth Friday of each
month except in July, November and
December. Luncheon is held on third
Friday in November.
LAWRENCE COUNTRY CLUB
785-842-0446

JULY 17

**WHAT YOU NEED TO KNOW WHEN YOU
RECEIVE SOCIAL SECURITY**

Find out what happens to your Social
Security check if you return to work, your
spouse dies, or you get divorced or remar-
ried. Learn what to do when a loved
one can no longer handle finances and
get the latest alerts on scams concerning
identity theft and Medicare fraud. Pre-
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*While every attempt has been made to
ensure the accuracy of the events listed,
some changes may occur without notice.
Please confirm any event you plan to at-
tend.*

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



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- Confused/getting lost?
- Don't know where to turn?

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Mental Health Unit

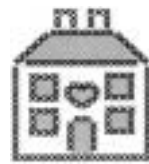
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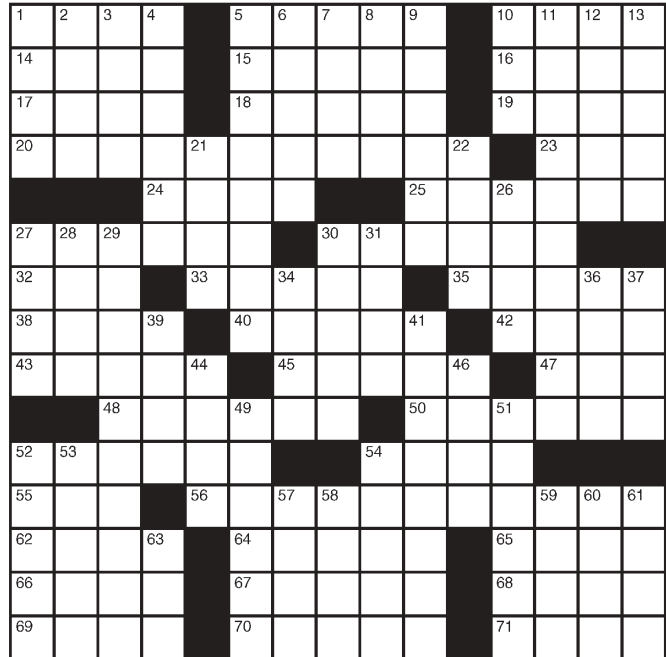
ACROSS

- 1 High point
- 5 Morning openers
- 10 Gen. category
- 14 Rajah's wife
- 15 T.S. ___
- 16 Mme. Bovary
- 17 Table scraps
- 18 Hundred: pref.
- 19 Mimic
- 20 Little devil in a "Doctor Strangelove" co-star?
- 23 Big-eyed raptor
- 24 Brain scans
- 25 Lustrous
- 27 '99 Cook book
- 30 Changes the timer
- 32 Afr. nation
- 33 Lowest point
- 35 Rotation sounds
- 38 Addiction: suff.
- 40 Word after A or Asia
- 42 Theater award
- 43 Nominator
- 45 Ford's lemon?
- 47 Mauna ___
- 48 Dabbles in oils
- 50 Literary condensation
- 52 Marlon of "The Godfather"
- 54 Bow-stern connection
- 55 Prohibit
- 56 Little devil in a nursery rhyme?
- 62 Pyramids site

- 64 Medicinal fluid
- 65 Finish line
- 66 Second-hand
- 67 Get all melodramatic
- 68 Former Russian ruler
- 69 Poverty
- 70 Like some stadiums
- 71 Kept back

DOWN

- 1 Paid players, briefly
- 2 Warren of the Supreme Court
- 3 Con
- 4 Destiny
- 5 Metric weight
- 6 Baldwin and Guinness
- 7 Eye signal
- 8 Short letter
- 9 Wasp wounds
- 10 ___ culpa
- 11 Little devil in hopeless?
- 12 Mergansers
- 13 Singer Simon
- 21 Menial laborer
- 22 Killed, old style
- 26 Holy Roman emperor
- 27 Quantity of ore
- 28 R&B pioneer, ___ James
- 29 Little devil in an anthropoid ape?
- 30 Vegetable skins
- 31 Aphrodite's kid
- 34 Menu plan
- 36 Chilean tennis star



By Roger Coburn
Summerville, GA

- 37 Ticket datum
- 39 Young or Penn
- 41 Recovered ownership
- 44 Eliminates
- 46 Disinformation
- 49 Bruited
- 51 Computer snag
- 52 Unrestricted weapon
- 53 Bring up
- 54 Jane Fonda film
- 57 Short message
- 58 School dance
- 59 Labyrinth
- 60 Fiery birthstone
- 61 Socially inept loser
- 63 Tack on

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Answers on page 15

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HUMOR

A m-o-o-o-ving tale

A big black and white cow showed up in my niece's bedroom the other night. Minerva is seven. She has an IQ in the genius range. She called to tell me about it because when she was little, I used to read her fairy tales, and nursery rhymes, and the news from Washington.

By the time Minerva was three years old she was drawing analogies between Humpty Dumpty and U.S. foreign policy. When she was through telling me about the cow incident, I said she'd better hire a



Larry Day

good publicist.

"Ari Fleisher might be available," I said.

"He'd be perfect," she said. "Do you have his private number?"

"I'll give it to you if you promise to let me break the story."

"Deal," she said.

So here's Minerva's story in her own words:

"I woke up the other night and found an enormous black and white cow standing between my bed and the closet. She reached from the head of my bed clear to the far wall.

"I thought I was dreaming, but then the cow licked my face with a great big slurpy tongue. I touched my face. It was wet. I wasn't dreaming. Then I remembered my brothers. They're always playing tricks on me.

"Mom will ground you for 10 years for this," I hissed at the door. But I didn't hear them snickering in the hall.

"Did my brothers bring you in here?" I asked the cow.

"No, indeed," said the cow.

"What's your name?" I asked.

"Bossy," said the cow.

"It figures," I said. "What do you want?"

"I work for Mother Goose," said Bossy. "She sent me here to fetch you."

"Why?"

"Mother Goose wants to hire you as a media consultant.

"My Uncle Larry says a media

consultant is just an overpaid press agent."

"Your Uncle Larry is a cynical man. But he's funny," said the cow.

"I'll tell him you said so. He'll be pleased. Now what's this about Mother Goose needing a seven-year-old media consultant?" I asked.

"I'm scheduled to jump over the moon next week," said the cow, "and surveys show we've got a serious credibility problem with the four-, five-, and six-year-old demographic. We need to shore up those numbers or our market share will drop right through the floor."

"Bummer," I said. "But why me?"

"Kids in the target demographic look up to seven-year-olds," said Bossy. "And three out of four of the nation's top headhunters chose you from a computer pool of 10,000 potential kid candidates."

"What about the fourth guy? Who did he pick?"

"He picked his brother-in-law's kid. But we found out about it, and fired him," said Bossy.

"So it's unanimous," I said.

"It's unanimous," she said.

"What does it pay?" I asked.

The cow stuck out her tongue. At first I thought she was being rude. Then I saw that someone had written a very large number on it with black magic marker.

"That's a lot of money," I said.

"What do I have to do?"

"You'll go to the launch site, witness my jump, and report it," said Bossy. "Knopf has already agreed to publish a book. We've planned a media blitz, a nationwide book signing tour, internet promotions, and fast food toy tie-ins. Everything will be top drawer. Mother Goose is pulling out all the stops on this one," said Bossy.

"And all the clichés," I said.

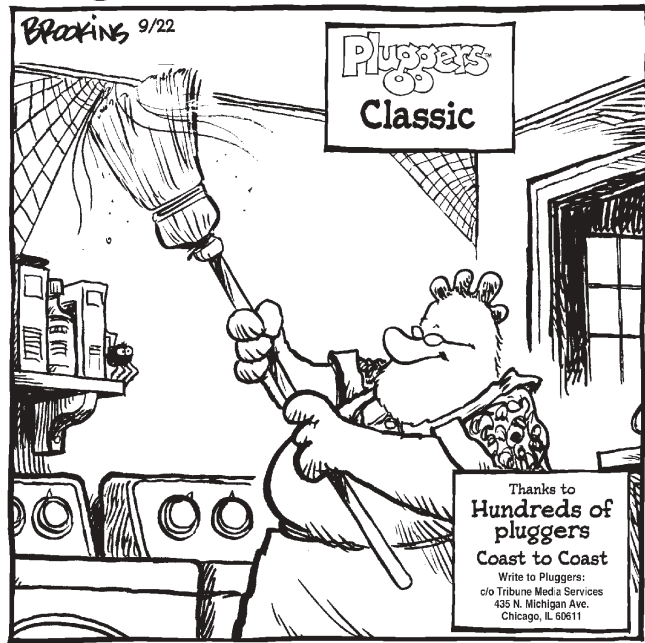
"You're as cynical as your Uncle Larry," said the cow.

"I'll take that as a compliment. By the way, I want him to break the story."

"I'm sorry, but that's all been taken care of. We're going to leak it to CNN and the AP simultaneously," said Bossy.

"Nope," I said, "It's gotta appear first in my uncle's humor column in the *Kaw Valley Senior Monthly*," I said.

"That'll work for us," said Bossy, "I can't think of a better way to keep it a secret."



The plugger Web site.

"It's a deal," I said. "I'll have my people get in touch with your people."

"Great," said the cow.

"One more thing," I said.

"What?" said the cow.

"I want to interview Hi-Diddle Diddle, the Cat, the Fiddle, the Little Laughing Dog, the Dish, and the Spoon," I said.

"I can get you interviews with everyone but Hi-Diddle Diddle. He'll be there for the jump, but he's heading straight back to Washington. He has a presidential campaign to run," said Bossy.

So everyone watch for Minerva on

TV. She'll be on Larry King Live, the Today Show, Live with Regis and Kelly, The Tonight Show, and Sesame Street. But remember, you saw it here first. And, Virginia, if any of your little friends tell you that there's no Santa Claus, or that cows can't jump over the moon, you just tell them to read Minerva's book, and to log onto her web site, or read the news from Washington. That'll set them straight.

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

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HISTORY

Meet the real Uncle Sam

(Editor's note: The following article was first published in July 2001 by the Kansas State Historical Society and is reprinted with the Society's permission.)

In the days leading up to the Fourth of July, many of us will display our patriotism by draping bunting and hanging flags. There's at least one character, though, who wears red, white, and blue all year 'round.

Uncle Sam, our nation's most important symbol, has consistently evoked American identity and loyalty for over 170 years. No other image has been reproduced more often to sway us towards a common cause or belief.

It is generally accepted that the character Uncle Sam got his name from Samuel Wilson, a successful meat-packer from Troy, New York during the early 1800s. In addition to butchering and preserving, Samuel and one of his brothers also made wooden casks to transport the meat throughout the Hudson Valley.

During the war of 1812, while northern troops were headquartered near Troy, the Wilson brothers received a government contract to supply meat to the soldiers. Sam also began working as an army meat inspector. On all the Wilson brothers' casks of meat, and on all other casks that passed his inspection, Sam stamped the initials "U.S." Although intended to stand for "United States," this caused some consternation because the more typical abbreviation at the time was "U. States."

Samuel was widely known by friends and business acquaintances

as "Uncle Sam" for his genial character and sense of humor. Taking their cue from his reputation and the "U.S." he stamped on meat casks, army troops began joking that their food came from "Uncle Sam" and calling themselves "Uncle Sam's soldiers." After the war, people started to associate "Uncle Sam" with anything related to the U.S. government.

The appearance of the Uncle Sam character developed over time at the hand of political cartoonists. In the 1830s it was not uncommon to see a round-faced, dark haired Uncle Sam. Some historians believe the death of President Abraham Lincoln in 1865 influenced cartoonists to make the character more like the nation's assassinated leader—tall and lean with high cheekbones.

Even today there is no "official" image of Uncle Sam, but the preferred one is lanky and has gray hair and a goatee. His red, white, and

blue top hat and tails are inspired by the national flag, and probably evolved from the garb of an earlier character known as "Brother Jonathan."

American patriots during the Revolutionary War were derisively called "Brother Jonathan" by the British. Jonathan was depicted as a hayseed who wore striped pants, a tailcoat, and a top hat. Instead of being shamed by this image, Americans adopted Jonathan as their hero and transformed him into an independent country youth capable of outsmarting more sophisticated city folk. His image survived well into the 19th century, but by the end of the Civil War had been replaced by the more popular Uncle Sam.

The most famous 20th century depiction of Uncle Sam appeared on a World War I recruitment poster in 1917. Pointing his finger directly at the onlooker, Uncle Sam declared "I WANT YOU" in an effort to encourage army enlistment. Many subsequent artists have chosen to represent Uncle Sam in this same commanding pose on such diverse items as weathervanes, toy banks,

mailbox holders, and other examples of folk art.

In 1961 the U.S. Congress acknowledged what political cartoonists had known for years—that Uncle Sam was a national symbol. Congress passed a resolution saluting "Uncle Sam Wilson of Troy, New York, as the progenitor of America's National symbol of Uncle Sam."

The Kansas State Historical Society has several representations of Uncle Sam in its collections. "Uncle Sam Wants You!" is featured in The Spotlight case in the Kansas Museum of History. Visitors will enjoy a selection of Uncle Sam images from the collections, including a World War I recruitment poster.

The Kansas Museum of History is located at the Kansas History Center, 6425 SW Sixth Avenue, Topeka KS 66615-1099; 785-272-8681; TTY 785-272-8683; The museum is open 9:00 a.m. - 4:30 p.m. Monday - Saturday, 12:30 - 4:30 p.m. Sunday, open July 4, and can be reached via exit 356 on I-70. There is a suggested donation of \$2 adults, \$1 children.

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