

Kaw Valley Senior Monthly

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Anderson assists prescription drug patients

By Kevin Groenhagen

If you need prescriptions drugs, but are having trouble paying for them, there are few people more qualified than Ivan Anderson to assist you.

For over a decade, Anderson has helped eligible patients in Shawnee County receive free prescription drugs through the Prescription Drug Program, which is a privately-funded program run by pharmaceutical companies.

What makes Anderson an ideal counselor for patients who need prescription drugs?

"I spent 42 years in hospital administration, including Stormont-Vail, Liberty Memorial in Emporia, the KU Medical Center, Memorial Hospital here in Topeka, and the Menninger Clinic," Anderson said. "I retired from Menninger as a se-

nior consultant in 1991."

As a volunteer counselor with the Jayhawk Area Agency of Aging (JAAA), Anderson spends one day a week walking patients through the application processes of more than 100 pharmaceutical manufacturers that offer prescription assistance programs.

"First of all, I check on the patient's eligibility," Anderson said. "Eligibility varies by company. If the patient is eligible, then I find the company that manufactures

the patient's medication, process the application, and the patient then takes that application to the physician to sign and send to the company. The company then sends a 90-day supply to, in most cases, the physician. Sometimes the prescription is sent directly to the patient. Sometimes there is a \$10



Ivan Anderson

co-pay, but, most often, not." Anderson uses RX Assist on the Internet to determine a patient's el-

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Local effort helps grandmothers in South Africa

By Billie David

Grandmothers helping grandmothers—that's the idea behind a local effort called YERBO GOGO, which is Zulu for "yes grandma." GOGO is also the acronym for Grandmothers Organized in Global Oneness.

YERBO GOGO aims to help grandmothers in South Africa who have lost their children to the AIDS epidemic there and are now facing the overwhelming task of raising their own grandchildren as well as the rapidly growing number of other orphaned children. In some areas of South Africa, up to 80 percent of

the population of childbearing age are infected with the HIV virus, and it is estimated that one million South African children will become orphaned this year alone.

The local effort to help began to take shape when Light Center founder and director

Robin Goff met a guest from Chicago at a wedding ceremony held at the retreat one and a half years ago.

"He is connected with a foundation that funds projects in Third World countries, and I knew about some women who were taking Healing Touch into South Africa. I

am a practitioner and instructor of Healing Touch," Goff said, explaining that Healing Touch is a program of study about energy healing.

The conversation that day led to a trip to Soweto, South Africa, which Goff took with local wellness educator Hillary Kass and another Healing Touch instructor from Louisiana. Their goal was to teach Healing Touch to the grandmothers who are caring for the orphaned children. Through contacts she made in South Africa, Goff became involved in the Novalis orphan care project, which is creating orphan care centers in



Robin Goff with children in Africa.

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FREE

Anderson

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igibility and to obtain application forms. RX Assist allows Anderson to search by pharmaceutical company, brand name, generic name, or drug class. For example, searching by brand name, we find hundreds of drugs listed in alphabetical order. Picking the first drug on the list, 8-MOP, we find 8-MOP is manufactured by Valeant Pharmaceuticals International, its generic name is Methoxsalen, and 8-MOP's drug class is photochemotherapy.

Clicking on Valeant's prescription assistance program link, we find the eligibility requirements for the company's program. In this case, a patient may participate if that patient cannot qualify for government or private prescription coverage. In addition, the patient's total annual household income must be below poverty level guidelines. For the 48 contiguous states and the District of Columbia, the 2004 Department of Health and Human Service's poverty guidelines are \$9,310 for one person and \$12,490 for two people.

If a patient meets the eligibility requirements, an application form can be printed directly from the web site, filled out, and then taken to the patient's physician. According to Anderson, it takes manufacturers up to three weeks to respond, and most companies have a six-month or one-year period before the patient has to renew his or her application.

Anderson notes that the application process has changed dramatically during the past 10 years.

"When I first started, there were only about 20 drug companies that participated, eligibility rules were simple, the enrollment process was simple, there were no computers, everything was hand-written or done over the telephone, and you talked to people face-to-face," Anderson explained. "It's altogether different now. There are now more than 100 companies that participate, each with its own individual requirements regarding eligibility and application processes, so you have to tailor the patient's needs to the companies' requirements."

According to Anderson, the application process takes about 30 minutes per drug.

Prior to getting involved with Prescription Drug Program, Anderson spent his first two years after retirement as a volunteer counselor at Stormont-Vail.

"My desire was to stay involved in some way in the medical field,"

Anderson said. "I counseled people with insurance issues, people looking for Medicare supplements for the most part. While doing that, I took training through the Senior Health Insurance Counseling of Kansas (SHICK) program. SHICK added the Prescription Drug Program to what they were already doing. That's how I got involved with it."

Anderson volunteered with the Prescription Drug Program at Stormont-Vail up until two years ago, when he began working with the program through JAAA, where he processes about three applications a week.

Prior to attending college, Anderson served on PT boats in the Mediterranean and the Philippines during World War II. PT boats were popularized during the 1960s by the sitcom *McHale's Navy*, starring Ernest Borgnine, Tim Conway, and Joe Flynn. However, service in the "Mosquito Fleet" was much more dangerous than depicted in that television show. "PT," after all, stands for "patrol/torpedo."

The wooden PT boats were used for cutting enemy supply lines, harassing enemy forces, and for short-range oceanic scouting. According to the official PT-309 home page, "Pound for pound, the PTs packed more firepower and caused more destruction than vessels five times their size."

Considered "expendable" warships, PTs had very little armor and their crews suffered a very high loss rate for a comparatively small, elite service. About 300 PT boaters were killed in World War II. One future president, John F. Kennedy, watched his 80-foot boat, PT-109, go down in 1943 after a 378-foot Japanese destroyer rammed it near the Solomon Islands. Two crewman died in the collision.

After being discharged from the Navy, Anderson entered the University of Kansas, where he received a bachelor's degree in business in 1949. He began his career in hospital administration soon after graduating. His 42-year career in hospital administration was interrupted just once—when he went graduate school at the School of Public Health at the University of Minnesota, from whence he received a master's degree in hospital administration in 1953.

In addition to Anderson, JAAA

has three other volunteers who work with the Prescription Drug Program. Maria Russo, JAAA's executive director, says the agency could always use additional volunteers.

JAAA, which serves Shawnee, Douglas and Jefferson counties, is

located at 1720 SW Topeka Blvd. in Topeka. For more information about the Prescription Drug Program or other senior issues, or to inquire about volunteering opportunities, please call 785-235-1367 or 800-798-1366.



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GOGO

CONTINUED FROM PAGE ONE

South Africa and training educators and caregivers for those children.

"We have one center fully up and operational," Goff said, "and several more are being planned."

Although some funding is expected to come from a group of philanthropists in the United Kingdom, the money has not been received yet, and it is desperately needed to keep the center going.

"Our contributions here go pretty far," Goff said, explaining that because of the current exchange rate, the \$26,000 that was taken in from a recent fundraiser in Kansas City is worth approximately \$156,000 in South African currency.

During Goff's trip to South Africa, the number of grandmothers she saw involved in orphan care astonished her. "The bulk of AIDS care is being handled by them," she said. "Their children have died and now they are taking care of their grandchildren. I went into a number of orphan care centers and wherever we went, there were older women who were working very hard."

These grandmothers, despite their own grief and loss, are working under difficult conditions including living quarters that have no electricity or running water and an unemployment rate that is 75 percent in some areas.

"I have a passion for creating support for these women," Goff said. "They are the ones who are raising the children, and they are of the same culture. I like the idea of supporting the caregivers, of giving them the money and letting them do what's needed."

Because of the difficult task that these women are undertaking, Goff said that there is also an emphasis on self-care, a sort of "put your own oxygen mask on first" philosophy that will allow them to go the distance.

Perhaps the most difficult work will be carried out by the orphans, however, who will soon face the task of building a new South Africa. "To me, it is the most extreme example I can see in our world where separation among people has created incredible destruction," Goff said. "There is a lot of healing going on."

These children born in such circumstances are a role model for the rest of the world. They are beautiful children—resilient, bright—and they will have a lot to teach us."

For now, however, Goff is looking for existing groups in the area that she can talk to and show her slides to in order to raise interest in funding the effort. "There are a lot of people who want to be involved," she said, adding that Oprah Winfrey has recently helped raise awareness of the problem when she became personally involved. "Novalis is work-

ing with the same organizations. There is lots of networking happening."

Some of that networking involves making local connections. "There are a lot of seniors here who are able and capable and wanting to make a difference in the world," Goff said.

Members of churches, civic groups, or women's and seniors groups who are interested in learning more can contact The Light Center through its e-mail address: ltcenter@grapevine.net or by telephone at (785) 255-4583.

The Light Center is a holistic-focused retreat. An alternative Unity ministry, the not-for-profit organization is located on a 34-acre site south of Lawrence and serves as a place where people can go in order to work on healing processes. The center offers classes and workshops on holistic healing and Healing Touch, as well as personal retreats, walking trails, meditation gardens and a labyrinth. It also features a cozy, 100-year-old barn that has a space for meetings and rooms for overnight stays.

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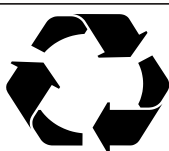
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HEALTH

A healthy dose of skepticism

If you question the latest health fad—say, the rush to “low carb” diets—you’re a practicing skeptic. And that’s a good thing, since it’s wise to question the health advice that pours from the grapevine, the Internet, television, periodicals, and books. Many columns and news segments are regularly devoted to senior health, vitamins, pet health, weight loss and much, much more. How can you judge this flood of ink and words? What’s true and what isn’t?



Laura Bennetts

Consider the Source

Rule #1: Trust science, not advertising. A vitamin company may claim that its supplements protect you against prostate cancer. Is that true? To decide you must consult scientific research. What studies does the vitamin company cite to support its claims? A reference librarian can help you find these studies, and other research literature (or online information sites) on cancer prevention. Once you find a promising study, ask these skeptical questions: Is the study published in a reputable scientific journal? Was it funded by a reputable non-profit health agency? Are the authors fully qualified scientists at universities or top research agencies? Do the authors make a strong case for their recommendations? Are you convinced? Is your doctor convinced?

The best scientific research uses a “double blind” method. In a double blind study, one group takes the vitamin and a similar group takes a placebo (a pill that looks like a vitamin but has no health effects). Then the two groups are compared to see if the vitamin helps or not.

Judging the Data

Rule #2: Health buyer, beware. If you hear that 65 percent of people lost weight on a special diet you might be impressed. But before you try the diet you need to question the numbers. How many dieters were studied? The best studies examine many people (usually 750 or more) over lengthy periods. Were non-dieters studied as well? Most good research compares test subjects to “control groups” of people who resemble them. Did the researchers ask whether the dieters who lost weight exercised more or were busier or had more strenuous jobs than the others? Did everyone who lost weight lose comparable amounts of weight? And why didn’t everyone on the diet lose weight?

Being a skeptic means suspending judgment until you know enough to act with justified confidence.

The Internet

Rule #3: Don’t Believe Everything You Read (Especially Online). The Internet is full of health-related sites, but only some of them are reliable. The most trustworthy sites are often the ones sponsored by non-profit health organizations such as The Arthritis Foundation, The Alzheimer’s Foundation, The American Occupational Therapy Association, and the American Medical Association. These sites list current findings and provide links to others that offer further information.

There are also sites where you can ask questions or dialogue with others who share your concerns. For example, for data on breast cancer, you can go to the American Cancer Society site or to the web site of Dr. Susan Love, a specialist in women’s health who takes questions by e-mail. When you find what seems like good information, you should ask your doctor how or if this information can help you.

Be wary of Internet sites that sell things. Many online sites, for example, advertise magnetic shoe inserts that supposedly “stop foot pain.” But these

ads are becoming less common now, largely because research has shown that, while extremely massive magnets may have health benefits, smaller magnets have no effect at all.

“This is A Paid Advertisement”

Rule #4: Confer With Your Doctor. Many health products for seniors are advertised in magazines and TV shows. Many of these products truly help—for example, many of the products that treat arthritis, infections and pain. But many products have inconvenient or even dangerous side effects, and you need to know this to protect yourself.

“Knowledge is Power”—and it’s also Health. Skepticism protects us from error and research helps us find the truth. And anything you discover or question you should talk over with your doctor.

- Laura Bennetts, MS RPT, is a physical therapist with a masters degree from the University of Southern California and 22 years of professional experience. She co-owns Lawrence Therapy Services LLC (785-842-0656) and Baldwin Therapy Services (785-594-3162). If you have therapy-related questions, please e-mail Laura care of laurabennetts@hotmail.com.



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HEALTH

Ginkgo and dementia

Ginkgo (ginkgo biloba) is one of the oldest living tree species, and geological records indicate this plant has been growing on earth for 150-200 million years. Individual ginkgo trees sometimes live more than 1,000 years. Chinese monks are credited with keeping the tree in existence, as a sacred herb. It was first brought to Europe in the 1700's and it is now a commonly prescribed drug in France and Germany.

Ginkgo is the most frequently prescribed herbal medicine and is in



Dr.
Farhang
Khosh

the top five of all prescriptions written in those countries. Annual sales in Europe, where ginkgo is approved as a prescription drug, amount to about \$500 million. In 1994, a standardized dry extract of Ginkgo biloba leaves has been approved by German health authorities for the treatment of primary degenerative dementia and vascular dementia. More than 24 different brands of Ginkgo biloba extract are sold in the United States. Standardized extracts of Ginkgo were introduced into the United States in the mid 1980's; they are currently available without a prescription.

Ginkgo is one of the most well researched herbs in the world. More than 400 published studies have been conducted using Ginkgo biloba extract. In the last 30 years, more than 300 studies have given clinical evidence that ginkgo prevents and benefits many problems throughout the entire body. It has been shown to be nutritional support for mental alertness, enhanced vitality level, circulatory health and blood vessel health. Its high antioxidant activity is valuable for fighting age related conditions.

All over the world, people have claimed Ginkgo to be beneficial in the fight against the gradual erosion of energy associated with aging. Ginkgo is gaining recognition as a

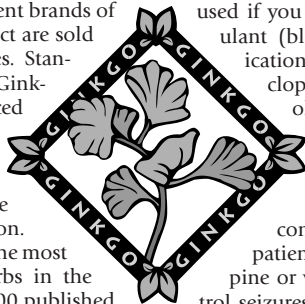
brain tonic that enhances memory because of its positive effects on the vascular system, especially in the cerebellum. It may be effective in preventing the onset of age-related mental deterioration. In a few small studies, Ginkgo biloba extract seemed to delay the progression of Alzheimer's disease, particularly in the early stages. Ginkgo's beneficial effects on the circulatory system also can be of benefit in the treatment of eye and ear disorders like vertigo, tinnitus (ringing in the ears).

It is also used as a treatment for a variety of neurological disorders and circulation problems such as diabetic peripheral vascular disease, Raynaud's syndrome, hemorrhoids and varicose veins. Patients suffering from leg cramps due to poor circulation have also seen good results with Ginkgo. It works by increasing blood flow to the brain and throughout the body's network of blood vessels that supply blood and oxygen to the organ systems. Ginkgo increases metabolism efficiency, regulates neurotransmitters, and boosts oxygen levels in the brain, which uses 20 percent of the body's oxygen.

Ginkgo has blood-thinning properties and therefore should not be used if you are taking anticoagulant (blood-thinning) medications, such as aspirin, clopidogrel, dipyridamole, heparin, ticlopidine, or warfarin. High doses could decrease the effectiveness of anti-convulsant therapy in patients taking carbamazepine or valproic acid to control seizures. Additionally, there has been a report of an adverse interaction between Ginkgo and trazodone, an antidepressant medication that resulted in an elderly patient going into a coma. Therefore, you should not take Ginkgo if you are taking trazodone for depression without consulting with your doctor first.

As always, check with your doctor before taking any herbs, especially if you have a medical condition or you are pregnant.

- 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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FINANCES

New tax laws expand your investment opportunities

You've probably seen a lot of headlines on the Tax Relief Act of 2003. This legislation, signed into law by President Bush, will affect virtually everyone in the country. As an individual investor, you've got reasons to cheer the new tax laws. Many people will find that their taxes will decrease 5 percent or more under the new tax laws.

Let's review some of the tax act's



Harley Catlin and Ryan Catlin

key areas and see what actions they might suggest:

Lower dividend taxes - If you've invested in dividend-paying stocks, your dividends were taxed at your individual tax rate (e.g., 27 percent, 30 percent, 35 percent or 38.6 percent). But under the new laws, the tax rate on dividends will be cut to 15 percent. And if you're in the 10 percent to 15 percent bracket, the dividend tax rate drops to 5 percent. These new, lower rates are effective retroactively to the beginning of 2003 through 2008. In 2009, dividend taxes are scheduled to revert to the old, higher rates.

Should you be interested in stocks that have a history of paying dividends, there are certain considerations to take into account. First, it's nice to get the dividend checks. (Keep in mind, though, that stocks do not offer a fixed rate of return and may not distribute dividends. Stocks are subject to market risks, including the potential loss of principal invested.) Also, when a company pays dividends, it can be a sign that the business is well-run and concerned about the needs of its shareholders. Conditions can change at any time, but stocks with a track record of paying dividends tend to be more steady performers relative to non-dividend-paying stocks that have a limited track record.

Another advantage to dividend-paying stocks: Investors can consider reinvesting unneeded dividend

income into additional shares of stocks.

Lower capital gains taxes - The long-term capital gain rate has been reduced to 15 percent from 20 percent for many taxpayers. Taxpayers in the 10 percent and 15 percent ordinary income tax rate brackets will see a decrease in capital gains taxes from 10 percent to 5 percent. All of these reductions are effective for sales of securities after May 5, 2003. As is the case with dividend taxes, the new rate will remain in place through 2008.

If you've held some stocks for many years, and they've appreciated significantly, then the cut in capital gain taxes may benefit you greatly. Previously, you may have avoided selling these stocks—even if your diversification needs have changed—because you didn't want to face a big tax hit.

Now, however, with the new, lower capital gains rate, you'll find it much more affordable to sell these stocks and make the changes you need to help you properly balance your portfolio. But talk to your tax professional as tax considerations should not be the driving factor for making investment decisions.

Other beneficial changes in the tax laws include:

Lower tax rates - Earlier tax law changes lowered tax brackets for 2006, but the new legislation has sped up the timetable, so that the new rates are retroactively effective on Jan. 1, 2003. The 10 percent and 15 percent rates remain unchanged, but the 27 percent rate drops to 25 percent; the 30 percent rate drops to 28 percent; the 35 percent rate falls to 33 percent; and the 38.6 percent rate drops to 35 percent.

Reduction of Marriage Penalty - Married couples who claim the standard deduction should benefit from this accelerated reduction of the marriage penalty tax. The standard deduction for married couples is increased to double the amount of the standard deduction for single taxpayers in 2003 and 2004.

Increase in Child Tax Credit - The amount of the child tax credit is increased to \$1,000 (from \$600) in 2003 and 2004. Beginning this summer, the increased amount of the

child tax credit will be paid in advance based on information in taxpayers' 2002 tax returns.

Small business owners also will benefit as a result of the tax act.

Increase in Small Business Expensing for New Investment - This tax act quadruples the maximum amount of investment in equipment that small businesses can expense from \$25,000 to \$100,000. This will encourage small business owners to purchase the technology, machinery and other equipment they need to expand.

Increase in First-year Bonus Depreciation - This deduction increases from 30 percent to 50 percent for qualified investments which are placed in service after May 5, 2003 and before January 1, 2005.

You may want to invest your tax savings by setting up a bank authorization that moves money automatically, at a set interval, from your bank account into the investment of your choice. Since systematic investing does not assure a profit nor does it protect you against losses in declining markets, it's best to consult with your investment representative and tax advisor to see how you can adjust your investment strategies in re-

sponse to the new tax laws. But take action soon—this legislation has given you some great possibilities, and you'll want to take advantage of them.

- 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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God gave us ability to make our own decisions—right or wrong

By Billy Graham

Q: Do you believe everything that happens to us was meant to happen, and that it happens for some higher purpose? — J.K.

A: This is actually a very difficult question to answer, and that's because the answer is both "yes" — and "no"! Let me explain.

On one hand, God is sovereign, and when we are truly seeking to follow Him, He goes before us and leads us — even when we aren't aware of it. The Bible says, "The steps of a good man are ordered by the Lord; and he delighteth in his way" (Psalm 37:23, KJV). The best-known Psalm in the Bible declares, "He guides me in paths of righteousness for his name's sake" (Psalm 23:3).

On the other hand, God has given us the ability to make decisions — and when we make wrong decisions, we can't say that God was guiding us. Recently, I got a letter from a woman who was married but said

she had fallen in love with a man who'd recently been transferred to her department at work. "I believe God meant it to happen," she wrote — but she is wrong. God never meant for her to break her marriage vows, and she's following Satan's lies instead.

Is this a paradox or contradiction? No, not really. God loves us, and He wants us to follow His path in life because He knows it is best for us. But when we ignore Him or deliberately disobey

Him, we cannot blame Him for the results. The key is to commit our lives to Christ, and seek to follow Him every day, for that is the path to true happiness. Have you given your life to Him?

(Send your queries to "My Answer," c/o Billy Graham, P.O. Box 1270, Charlotte, N.C., 28201; call 1-(877) 2-GRAHAM, or visit the Web site for the Billy Graham Evangelistic Association: www.billygraham.org.)

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TRAVEL

'Edu-tainment' key to saving Texas tropics habitat

By Shifra Stein and Bob Barrett

It's morning and the mist is filtering through the subtropical treed canopy that protects the birds of El Rocio. As we take our usual early morning walk through the cactus gardens, and trees of this lovely 18-acre preserve, we are greeted by the musical sounds of Great Kiskadees, Green Jays, and Chachalacas chattering overhead. After our walk we return to the unique bed and breakfast retreat located on the grounds. The two-bedroom home is a perfect setting for an artist's retreat, or corporate meeting center. But for now it is all ours to enjoy. The dining room has been built around a resident tree that leads to the kitchen. There are no totally square walls here, just softly rounded rooms that provide a totally organic feel. Even the bathroom looks like an outdoor grotto, with its mosaic tiles, and spacious ceilings.



Bathroom El Rocio

Located between the highly trafficked areas of McAllen and Mission, Texas, El Rocio provides a quiet oasis in the midst of all the traffic and noise of the Rio Grande Valley "borderplex"—a metropolitan area of over a million residents that reside within the bustling cities of McAllen, Mission, Pharr, Weslaco, and Edinburg Texas. Yet, in order to see the "Texas Tropics," you have to drive the borderplex highways that lead to the 75 birding hot spots that make up the Tropical Texas Birding Trail. El Rocio is wedged in between the largest birding preserves in the National Wildlife Refuge System, Bentsen-Rio Grand Valley State Park to the west, and Santa Ana National Wildlife Refuge to the east.

The unique environment of the Rio Grande Valley harbors an amazing variety of rare and unusual plant and wildlife species found nowhere else in the United States. This has encouraged McAllen to tout itself as tropical paradise, and is living proof of what "edu-tainment" is all about. The tourism-coined word literally

means a diverse cultural, educational, and environmentally friendly mix that can make entire families leave their digital cable box behind and drive hundreds of miles to be inspired, informed, motivated, and entertained by ecotourism. Within the borderplex are so many nature festivals, fairs, attractions, accommodations, contests and eco-tours, that you'd be hard-pressed to find nothing to do.

The spectacular setting and unusual juxtaposition of habitats has put McAllen on the map as a tourist attraction in itself, but McAllen may be in danger of being "too popular" for its own good. Touted as "the second fastest growing community in the United States" (just behind Las Vegas), McAllen's attrac-

tion lies in its geography, its great outdoors, its climate, its history, and its rich Hispanic flavor. It boasts an International Museum of Art and Science, and holds celebrations all year around that bring in thousands of visitors—and is the gateway to Progreso, Mexico, where thousands make the daily pilgrimage for low-cost pharmaceuticals, trinkets, jewelry, and clothing.

All the traffic is starting to have an impact. The industrialization of McAllen and other borderplex cities have brought so much new development that much of the birding habitat has disappeared. Less than five percent of the original preserve area remains for tourists to visit. It's been bulldozed away to make room for housing tracts, strip malls, highways, warehouses, and commercial buildings. New manufacturers relocated here in large numbers to take advantage of the cheap labor from *maquiladoras*/manufacturing companies along the border between Texas and Mexico.

While all this development is good for business, it's not so good

for the birds. Concerned citizens such as Ron and Sharon Smith worry about the devastating environmental impact that it will have on McAllen's future as an "eco-tourism" destination. The couple chairs the popular McAllen Texas Tropics Nature Festival, a March event that's geared for birders of all skill levels and features speakers on a number of topics related to birds, butterflies, birding, and wildlife.

Says Sharon, "So much land has been cleared for development and agriculture that we must work quickly to preserve what's left. We are hoping the festival will bring a new appreciation for the valley and its wonderful creatures."

The Smiths are former teachers who came to the area in 1993 and have wintered here ever since. Ron is a professional artist who is widely known for his handmade woodcarvings of over 200 species of birds. He does only 10 carvings a year, all life-size, numbered and cataloged. (Notables such as artist Andrew Wyeth, owns one of Ron's pieces.)



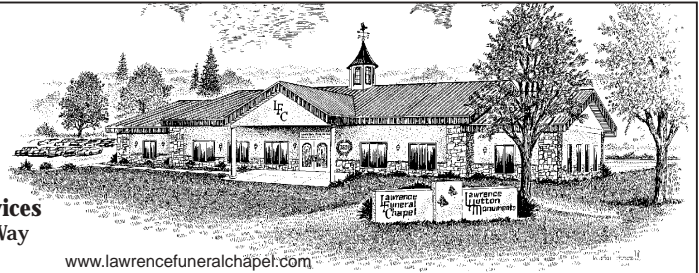
Kiskadee on branch

BOB BARRETT PHOTO

CONTINUED ON PAGE 11

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TRAVEL

CONTINUED FROM PAGE 10

Ron has also edited the popular **Valley Land Fund** books. The remarkable images of wildlife published in these books have moved people to tears, to joy—and to action in the form of Valley Land Fund competitions that have sparked an enormous interest in the area's natural resources.

Every other year, the VLF organization pairs together local landowners and photographers from around the world to compete for thousands of dollars in cash prizes. The resulting images are then published in VLF books sold all



Roadrunner, Bentsen State Park

BOB BARRETT PHOTO

over the globe. The VLF also gives business sponsors and private landowners positive exposure for their part in promoting stewardship and conservation of land. This has enabled the VLF to educate people about the fragile, endangered Texas Tropics Birding Trail, not as a place to see, but as something to save.

One of the biggest steps on the path to conserve and restore wildlife habitat in the Texas Parks and Wildlife System is the new **World Birding Center**. The main headquarters is located at Bentsen-Rio Grande Valley State Park in Mission, and two new park sites at Llano Grande State Park in Weslaco and Resaca de Las Palmas State Park in Brownsville. In addition six communities are part of the program with WBC sites at strategic places. New nature centers and programs for outdoor lovers and birders are in the works.

The WBC wants to provide the greatest birding experience possible and it's taken \$20 million to create a project that hopefully will help protect and restore over 600 acres of habitat.

After all, nature tourism is big business, bringing \$100 million annually to the Lower Rio Grande Valley. And, with tourism the second largest industry in the world, it may be an oversight to overlook its impact over the long term.

Right now, though, visitors still have an opportunity to see some of the most beautiful and rarest birds, butterflies, and animals in the country—and the world. Here are just a few of the birding/butterfly "hot

spots" from which to choose:

BENTSEN-RIO GRANDE VALLEY STATE PARK: 3 miles west of Mission on U.S. 83 and 3 miles south on FM 2062. There are 587 acres of river-bottom woodlands to roam here, with nature trails and hiking trails that allow a glimpse of the Altamira Oriole, Olive Sparrow, Hook-billed Kite and other birds. It's also a great place to see butterflies such as Swallowtails, red-bordered Metalmarks, and Skippers. Call (965) 585-1107 for information.

SANTA ANA NATIONAL WILDLIFE REFUGE. South of Alamo on U.S. Highway 281, it is the gem of the wildlife refuge system. Composed of over 2,000 acres of forest, bottomlands and wetlands. It's home to over 390 species of birds including the Black-bellied Whistling Duck, Ringed Kingfisher, Great Kiskadee and others. There are plenty of walking trails for birding and hiking. Interpretive tram tours are given during winter. Call (956) 787-3079.

VALLEY NATURE CENTER. Located in Westlaco, this small habitat has an excellent butterfly garden, and offers a glimpse of Phaon and Pearl

Crescents, Guava Skippers, and Red-bordered Pixies.

The VNC also has a lot of birds for a habitat of such small size. In spring and fall, migrants can be seen combing the mesquite bush for food and make spotting birds here easier than in denser brush habitats. Call (956) 969-2475.

FOR MORE INFORMATION: McAllen Convention and Visitors Bureau; www.mcallencvb.com; (956)

682-2871; *El Rocio Retreat Center*, (956) 584-7432 or see the web site at www.elrocioretreat.com

Ron Smith's *Bird Carvings*: www.northbirding.com/carver.

- *Shifra Stein and Bob Barrett are a photojournalist travel team whose articles appear in newspapers, magazines, and online publications. Visit Shifra Stein's web site at www.shifrastein.com and see her books available on www.amazon.com.*

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785-842-2450



Jeff Peterson
1800 E. 23rd St., Ste J
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785-843-1371

Nifty, Nifty Look Who's 50!

*The following celebrities
turn 50 in July:*

- July 2 **Wendy Schaal**, actress, *My Girl 2*
- July 6 **Allyce Beasley**, actress, *Moonlighting*
- July 6 **Nanci Griffith**, singer/songwriter, *Other Voices, Other Rooms*
- July 10 **Neil Francis Tennant**, musician, *Pet Shop Boys*
- July 30 **Ken Olin**, actor, *thirtysomething*

Like to wish your own "celebrity" a Happy Birthday? Place a 1/12-page or larger birthday ad for a relative or friend, and we'll include a one-year subscription to *Senior Monthly* for the birthday girl or boy!

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CALENDAR

ART/ENTERTAINMENT

JUL 1-AUG 26

ARTS IN THE PARK

Summer concert series featuring national, regional, and local musical groups/performers. Weekends. MANHATTAN, 785-587-2757

JUL 17

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 p.m. Show starts at 8 p.m.

TOPEKA, 785-357-5211

www.topekacivictheatre.com

BINGO

SUNDAYS

KNIGHTS OF COLUMBUS HALL

2206 E. 23RD ST., LAWRENCE, 6:30 PM, 785-842-2699

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1

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

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

TUESDAYS

VETERANS OF FOREIGN WARS

138 ALABAMA, LAWRENCE, 6:55 PM, 785-843-2078

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

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

JUL 1-31

MEMORIES OF THE PRAIRIE

A lecture series of Kansas history. Saturdays only. ABILENE, 785-263-2681

JUL 17

BODYWORKERS AND NEW ENTREPRENEURS: BUILDING FUNDAMENTAL BUSINESS SKILL WITH NECIA GAMBY

Necia Gamby, massage practitioner of 20 years in the Kansas City area, has taught at Johnson County Community College and at her own school. Information for building your small business includes: Bookkeeping, Record Keeping, Customer Service, Marketing Strategies & Incremental Goal Setting. Fee. THE LIGHT CENTER, 785-255-4583

JUL 24

FOUNDATIONS OF HOLISTIC NURSING: REWEAVING YOUR LIFE

With Robin Goff, BSN. 9 CE for nurses from the American Holistic Nurses' Assn. Fee. THE LIGHT CENTER, 785-255-4583

EXHIBITS/SHOWS

JUL 1-SEP 30

VIETNAM EXHIBIT

Tribute to Vietnam veterans from Douglas County. Memories of the 1960s, as well as many artifacts, letters, clothing, etc. contributed by veterans. Watkins Community Museum of History, 1047 Massachusetts. LAWRENCE, 785-841-4109 www.watkinsmuseum.org

JUL 1-OCT 10

ANCIENT AFRICAN CHRISTIANITY

Icons and sacred art from the long tradition of Christianity in Ethiopia, Egypt, and Northern Africa. TOPEKA, 785-234-5993 www.orthodoxmuseum.org

JUL 1-OCT 1

TERRITORIAL KANSAS

SESQUICENTENNIAL EXHIBIT

Story of the bloody struggle between abolitionists such as John Brown and proslavery settlers in Kansas Territory. TOPEKA, 785-272-8681 www.kshs.org

JUL 2-AUG 13

PRODUCE FOR VICTORY: POSTERS ON THE AMERICAN HOME FRONT, 1941-1945

25 vintage replica posters from the Smithsonian Institute illustrate that the factory and home were also arenas of war. PAOLA, 913-294-4940

JUL 4

CHRYSLER CAR SHOW

All makes and models of cars, trucks, and vans. Classic muscle, antique, and street rods. WAMEGO, 785-456-7849 www.wamegochamber.com

JUL 6-SEP 27

CHARLES MARSHALL SR. EXHIBITION

Works by the Kansas artist. MANHATTAN, 785-532-7718 www.ksu.edu/bma

JUL 6-SEP 6

150 YEARS OF FASHION ACCESSORIES

What were the hot fashion accessories in the late 1800s and throughout the 1900s? This exhibit focuses on the changes through the many years in belts, hats, purses, scarves, cravats, etc. Watkins Community Museum of History, 1047 Massachusetts. LAWRENCE, 785-841-4109 www.watkinsmuseum.org

JUL 10

MEMORIES AND MILESTONES

Antique appraisals, classic car rally, oral histories told and shared. OSKALOOSA, 785-863-3072 www.visitjeffcounty.com

JUL 10-11

WIZARD RUN CAR SHOW

Custom car show featuring more than 250 custom makes and models. LAWRENCE, 785-865-4499 www.visitlawrence.com

JUL 11

HISTORY ALIVE PRESENTATION: WILL ROGERS SPEAKS

Meet Will Rogers, who grew up just down the road in our neighboring state, Oklahoma. His homespun philosophy, wit and humor have made him an All-American legend, as portrayed by Doug Watson, a professor of English at Oklahoma Baptist University. The program is sponsored by the Kansas Humanities Council, a non-profit cultural organization with 30 years of experience. Watkins Community Museum of History, 1047 Massachusetts, 4:00 p.m. LAWRENCE, 785-841-4109 www.watkinsmuseum.org

FESTIVALS/FAIRS

JUL 2-4

A JOURNEY FOURTH

National signature event of the Lewis and Clark Bicentennial commemorating the first Fourth of July in the American West. ATCHISON, 800-234-1854 www.atchisonkansans.net

JUL 3

SUNDOWN SALUTE

Kansas' largest Independence Day Celebration. Parade, veterans' ceremony, entertainment, fireworks, vendors, arts and crafts. JUNCTION CITY, 785-238-2885 www.junctioncity.org

JUL 4

FOURTH OF JULY CELEBRATION

Independence Day celebration with games, kids' rides, good music, and spectacular fireworks. LANSING, 913-727-3233 www.lansing.ks.us

JUL 4

FOURTH OF JULY CELEBRATION

Picnic and fireworks extravaganza. LAWRENCE, 785-749-1504 www.visitlawrence.com

JUL 4

INDEPENDENCE DAY CELEBRATION

Celebration including dunk tank, water slide, kids' games, face painting, food, live band, fireworks display. BALDWIN CITY, 785-594-6466

JUL 4

SPIRIT OF KANSAS FIREWORKS

Fireworks display overlooking Lake Shawnee. TOPEKA, 785-267-1156

JUL 4

THUNDER OVER MANHATTAN

Race, pancake feed, rides, food booths, bicycle race, band, dance stage, fireworks display. MANHATTAN, 785-565-2000

JUL 7-11

OLD SETTLERS REUNION

Old-fashioned fun with peddle power tractor pull, carnival, street dance, parade, children/adult games, arts, crafts, food vendors. OSKALOOSA, 785-863-3072 www.visitjeffcounty.com

JUL 10

FARM HERITAGE DAY

Farm Town USA comes alive with old-time festivities, living history activities, train rides, and much more. BONNER SPRINGS, 913-721-1075 www.ahgalloffame.com

JUL 13-17

FIESTA MEXICANA WEEK

71st annual. Features authentic Mexican food, crafts, Grammy Award winning Latino entertainment, and carnival. Parade on Saturday. TOPEKA, 785-478-1562 www.olg-parish.org

JUL 15-18

FRANKLIN COUNTY FAIR AND RODEO

Pro-rodeo, exhibits, outlaw truck and tractor pull, 4-H displays, and livestock auction. OTTAWA, 785-242-1411 www.visitottawakansas.com

JUL 16-18

MERIDEN THRASHING BEE

Old-fashioned threshing bee, arts, crafts, quilts. Vintage farm equipment, steam engines, blacksmith shop, working general store in 1870s setting. MERIDEN, 785-863-3092 www.visitjeffcounty.com

JUL 21-24

GEARY COUNTY FREE FAIR

Exhibits, entertainment, 4-H open, auctions, pedal pull, tractor pull, barnyard Olympics, fun run, BBQ, pie bake-off, horseshoes. JUNCTION CITY, 785-238-4161

JUL 22-26

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 23-24

AMELIA EARHART FESTIVAL

Annual tribute to native daughter with music, dignitaries, aerobic performances, and spectacular fireworks. ATCHISON, 913-367-2427 www.atchisonkansans.net

JUL 26

BANNER CREEK ANTIQUE FESTIVAL

Enjoy shopping for antiques, collectibles, and vintage goodies at a beautiful lake setting. Good food, camping, skiing. HOLTON, 785-364-4727

JUL 29-AUG 1

SHAWNEE COUNTY FAIR

Features wonderful horse shows, livestock, competitions, exhibits, arts, crafts. TOPEKA, 785-232-0062

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 Washburn 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

CALENDAR

CONTINUED FROM PAGE 12

SECOND THURSDAY OF EACH MONTH MEDICATION CLINIC

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

SECOND THURSDAY OF EACH MONTH BLOOD PRESSURE AND HEALTH INFORMATION

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

THIRD TUESDAY OF EACH MONTH HEALTH SCREENING CLINIC

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

THIRD THURSDAY OF EACH MONTH NUTRITION CLINIC

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

JUL 7 CHOLESTEROL SCREENING

A fingerstick test providing a total blood cholesterol reading in five minutes. \$5 per person. No fasting or appointment necessary.
LMH HEALTH SOURCE ROOM
8:00-11:30 AM

JUL 8 MORNING MATINEE: CHANGING SLEEP PATTERNS AS WE AGE

Have you noticed changes in your sleep habits? Join Marianne Middleton of the LMH Respiratory Therapy Department, to discover some of the causes of these changes and possible treatments.
LMH MEETING ROOM D
9:00-10:00 AM

JUL 10-11 CHILDREN OF THE NEW EARTH FAMILY CAMP OUT

Experience Joey Klein, a 20-year-old "Awakened Indigo Child," who had an amazing opening in which he was paralyzed in brilliant light. Since that time Joey has done teaching and powerful healing work. Fee includes meals and camp out.
THE LIGHT CENTER, 785-255-4583

JUL 17 SWEATLodge CEREMONY

With Chief Leroy StandingCloud, a true Lakota chief since the age of five. Call to reserve your "seat." Bring drinking water, food to share and love offering.
THE LIGHT CENTER, 785-255-4583

MEETINGS

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
LAWRENCE, 1:30 PM

**THURSDAYS
OLDER KANSANS
EMPLOYMENT PROGRAM**
LAWRENCE WORKFORCE CENTER

2540 IOWA, SUITE R, LAWRENCE
10 AM-NOON

THURSDAYS GRIEF AND LOSS SUPPORT GROUP

For individuals caring for an aging loved one and dealing with the losses associated with their physical decline. Sponsored by Heart of America Hospice and Pioneer Ridge. Limited spaces available. Pioneer Ridge Assisted Living Library, 4851 Harvard, 7:00 p.m.
LAWRENCE, 785-841-5300

FIRST THURSDAY OF EACH MONTH LAWRENCE PROFESSIONALS IN AGING

Networking group. Call Kim or Laura at 785-842-0656 for more information. \$10 to attend (includes lunch).
ELDRIDGE HOTEL, LAWRENCE
11:30 AM-1:00 PM

FRIDAYS TAKE OFF POUNDS SENSIBLY

Support group for weight loss. Meets 10:00-11:00 a.m., Centenary United Methodist Church.
LAWRENCE, 785-842-1645

SECOND MONDAY, SEPT-MAY LAWRENCE CLASSICS, GENERAL FEDERATION OF WOMEN'S CLUBS

Volunteer service club.
785-331-4575

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

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

SHHH is a non-profit, educational organization 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 EACH MONTH LAWRENCE PARKINSON'S SUPPORT GROUP

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

THIRD TUESDAY OF EACH MONTH GRANDPARENT/KINSHIP SUPPORT GROUP

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

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 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. Reservations required at least one week prior to meetings. No meeting is scheduled for July. Picnic will be held in lieu of meeting in August.
785-842-0446 or 785-865-3787

MISCELLANEOUS

**JUN 1-SEP 26
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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 attend.

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

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BOOKSHELF

Summertime—a good time to sit in the shade and read a good story! And lots of good new ones have come out.

Larry Bond: *First Team* (Forge, \$24.95, ISBN 0-765-30711-1) *Spy Adventure*

First Team is a (fictional) unit created to address unconventional threats in an unconventional manner, much like *Mission Impossible* and *A Team*. It has an unlimited budget, a CIA officer, two Special Forces commandos, and a Marine.

The problem: radioactive waste being shipped across the former Soviet Union to an incineration facility is arriving with small but significant losses. Accumulation would be enough for a “dirty bomb”—and terrorists would love to make American cities uninhabitable for centuries. As they start their assignment, First Team is unaware that terrorists have selected the first city: beautiful Honolulu.

Lots and lots of action, well-drawn characters and a plot that draws the reader right in.

Themed books seem to thrive in groups—there will no good historical mysteries for months, and then all of a sudden there’s a plethora of offerings.

Simon Hawke: *The Merchant of Vengeance* (Forge, \$23.95, ISBN 0-765-30426-0)

Hawke’s series features young William Shakespeare, writing and acting for the London stage with his fellow thespian Tuck (who, fortunately for their purses, is also a blacksmith). This time Will wonders what a Jew really looks like, talks like, and thinks like—he’s never met one. An acquaintance has had his engagement cancelled when his lady love’s father discovers his mother is Jewish, and the two friends head off to curtail an elopement (and discover the Jewish life).

Too much energy is expended in repeatedly pointing out the similarities between these characters and those in *The Merchant of Venice*, but all in all a nice presentation of a slice of life in Shakespeare’s time.

Michael Pearce: *Mamur Zapt* series. (Poisoned Pen Press, each \$24.95) Anglo-Egyptian Sudan in

1908 is the setting for this delightful series featuring Gareth Owen of the Secret Service (in Egyptian, Mamur Zapt). Cairo’s immense intermixture of nationalities, religions, and loyalties. In *The Mingrelian Conspiracy*, a visiting Russian potentate is targeted for assassination by the small but vocal minority of Mingrelians, whose presence in Egypt is the result of harassment in their native area of Russia. In *The Last Cut*, a shadowy group intends to cut the dam providing the essential control of the Nile’s irrigation waters. In *The Fig Tree Murders* the tree is a sacred place in which Mary and the infant hid from Herod’s men. Now it is too close to construction of an electric rail line. These delightful mysteries are being reprinted in this country by Poisoned Pen Press and readers here are discovering them.

In all cases, the Mamur Zapt must wend its way among the diverse groups, prevent further violence, and find the truth, often assisting a romance or a business proposition en route.

A sense of the ridiculous helps Gareth and reader cope.

Priscilla Royal: *Wine of Violence* (Poisoned Pen Press, \$24.95, ISBN 1-59058-088-5).

Leave Egypt and journey vicariously to 1270 and Jolly Old England. It’s not so jolly in the days of aging Henry III.

In the joint priority of Tyndal the Order of Fontevraud seethes with resentment at the appointment of young but politically connected Eleanor of Wynethorpe as prioress. Eleanor’s prayers for a peaceful transition are ruined when barely a day into her new office a monk is found murdered and mutilated in the cloister gardens. She must deal with violence, lust, and greed in her quest to earn the respect of the terrified and resentful flock.

Dark plot, exceptionally well-drawn characters, and a hint of the mystical should you need a shiver or two on a Kansas July day!

Judy Clemens: *Till the Cows Come*

Home (Poisoned Pen Press, \$24.95, ISBN 1-59058-0822-6). *Modern mystery*

Stella Crown has run the family diary farm since her parents’ death. She loves her independence, her farming life, and her Harley.

Her 29th birthday signals major changes. Longtime friend Abe shows up at a reunion with a new, very urban lass on his arm. A sleazy developer has plans for plats and strip malls. There are barn floodings, electrical outages. Children and oldsters start dying of a severe flu-like illness medical people can’t isolate, and some of her cows are dying as well.

Her way of life threatened, Stella must investigate to find the cause of all these calamities before they undermine her.

A bit of romance and a bit of bio-terrorism—all in one mystery plot!

Paperback Picks

Tamar Myers: *Statue of Limitations* (Avon, \$6.99, ISBN 06-053514-8) *Modern mystery*

Diminutive Abigail Timberlake Washburn runs Charleston’s Den of Antiquity when she isn’t investigating (unofficially, of course) crimes. This time she designs the interiors of a very upscale set of B&B cottages in

the best area of town, and her friend Wynette has finagled a similar position doing landscaping.

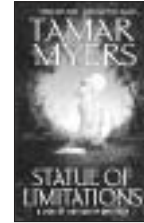
The landscaping project includes a rather unproportional small statue of David, looking more like a garden gnome than Michelangelo’s original. David used a slingshot to dispatch Goliath, but the police think Wynette used the tacky replica to fatally bean the obnoxious owner.

All the characters are back, including tall tale teller C.J., the Rob-Bob high-end antique dealers, Abigail’s pushy mom, and her bad-news brother Toy. Lots of action, lots of laughs.

Mindy Starns Clark: *A Quarter for a Kiss* (Harvest House, ISBN 0-7369-1293-2)

Christian mystery
Fourth in the Million Dollar mysteries. Callie investigates charities for a grant-providing foundation. She and Tom, found-

CONTINUED ON PAGE 15



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BOOKSHELF

CONTINUED FROM PAGE 14

er of JOSHUA Foundation, have fallen in love.

Callie is brought down to earth in a hurry when she learns that her mentor, Eli Gold, is in ICU after being shot. He's in a coma, his wife doesn't know who could have done it, and the police haven't made much headway. She and Tom fly down to St. John's to help Stella, pray for Tom, and uncover the culprit.

Teenage Books

Got teenagers this summer? Here are two new novels they might enjoy:

Daniel J. Hale and **Matthew LaBroit**: *Green Streak* (Top, \$8.95 trade paperback, ISBN 1-929976-28-3). *Sports/Mystery/Adventure*

Second in the Zeke Armstrong series.

Zeke Armstrong's physician and architect parents work for an international organization that builds hospitals and clinics in remote areas. Zeke has considerably more unusual learning experiences than the average 13-year-old.

Now he is living in Dallas with his Uncle Dane, a writer of thrillers, to attend regular school.

He and his best friend Richard Gao are in New York City to compete in an in-line skating marathon. After a trial run they assist an elderly lady when she is mugged and her purse taken—the mugger was on skates.

She's not the destitute crone she appears to be, and the boys wind up in the middle of a very serious situation—as always.

The authors are an uncle and nephew team, so the dialogue is not only crisp, it is appropriate to age and action. A good choice for a sports-minded youngster!

Katherine Ernst: *Betrayal at Cross Creek* (Pleasant Company, \$10.95, ISBN 1-58485-879-6)

Your youngster is an avid historian? Try this adventure/mystery in the American Girl series, set in 1775 at Cross Creek, North Carolina—just at the start of the Revolutionary War.

Elspeth Monro and her family have come from Scotland to North Carolina. Life is hard gaining a living from the forested land, but it is

an improvement on the harsh life in the aftermath of the 1745 Rising for Bonnie Prince Charles. She's got a best friend, Molly, and she is apprenticed to Molly's mom, a weaver who appreciates Elspeth's artist insights and industrious approach to the looms.

But the colonists who have been here longest are restless, missing the self-government they feel they are entitled. The Scots are still loyal to King George, and conflict is clearly on the horizon.

The Ears Have It (books on tape and CD's)

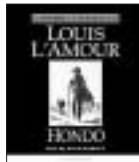
Louis L'Amour: *Hondo* (Random House Audiobooks, 6 hours, unabridged. Also available in Large Print edition)

David Strathairn reads L'Amour's classic western.

Hondo Lane rides dispatch for the army in Arizona during the Indian Wars. Delivering word of an imminent Apache raid, he encounters widowed Angie Lowe and her son.

Angie has worked too hard to give up her ranch, her gift to her son and the future. Hondo and Angie battle the Apache and a more ruthless, greedy enemy with the usual L'Amour flare for incorporating the Southwest's austere scenery into the story and action.

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



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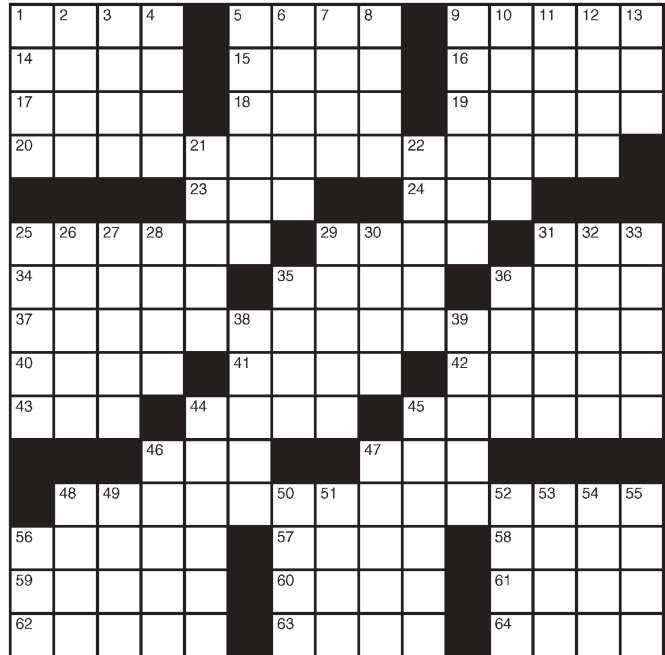
ACROSS

- 1 Family plan?
- 5 Spigots
- 9 Furnish
- 14 Male red deer
- 15 Hautboy
- 16 Thrust
- 17 Gobi's continent
- 18 Hold sway
- 19 Admit
- 20 Bertolucci film based on the life of Pu Yi
- 23 ___ Alamos, NM
- 24 Even one
- 25 Recorded books, e.g.
- 29 Ships' records
- 31 Research rm.
- 34 Off. skill
- 35 Capital of Peru
- 36 Make over
- 37 John Huston film based on a C.S. Forester novel
- 40 Checkers side
- 41 Bahrain leader
- 42 I give up!
- 43 Surgery rms.
- 44 "___ She Sweet"
- 45 Interlocks
- 46 List-ending abbr.
- 47 Buy the farm
- 48 Robert Rossen film based on a Robert Penn Warren novel
- 56 "___ Vice"
- 57 ___-pong

- 58 Ocean motion
- 59 Calculator
- 60 Israeli airline
- 61 Afresh
- 62 Core group
- 63 Tours to be?
- 64 Stooped

DOWN

- 1 Not this?
- 2 Imprudent
- 3 One of HOMES acronym & others: Lat.
- 4 Human trunks
- 5 Borders on
- 6 Fishing rod
- 7 Appear to be
- 8 Barkin and Glasgow
- 9 Express doubt about
- 10 "Do ___ others as..."
- 11 Composer Stravinsky
- 12 Writer's tool
- 21 Haughty
- 22 Heathen
- 25 "The Jetsons" dog
- 26 Father of King Arthur
- 27 Exploits
- 28 Claire and Balin
- 29 Permissible
- 30 Sharif of "Funny Girl"
- 31 Bloodsucker
- 32 Fred's dancing sister
- 33 Skeleton
- 35 Describe vividly
- 36 Baseball scores



By Vi Ganci
St. Petersburg, FL

Answers on page 21

- 38 Psychiatrist Wilhelm
- 39 Captain of the "Caine"
- 44 Garb
- 45 Circulate and schmooze
- 46 Animated Fudd
- 47 Kuwaiti money
- 48 Verdi opera
- 49 Alan of "Shane"
- 50 Fencer's foil
- 51 Scot's skirt
- 52 Wild try
- 53 Planted explosive
- 54 Churchill's successor
- 55 Salamander
- 56 Bub

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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.

BANKING (sol.: 11 letters)

A-Accounts, Accurate, Apply; B-Balance, Bonds, Borrow, Branch; C-Cash, Cents, Checking, Credit; D-Debit, Deposit, Dollars; E-Earn, Equities; F-Fees, Finance, Funds; I-Invest; L-Loan; M-Manage, Money; O-Online; P-Payroll, Privacy, Protect; R-Rates, Reserve, Retirement; S-Savings, Secure, Sign, Small business; T-Teller, Total, Trust; V-Verify; W-Withdraw

This Week's Answer:

TRANSACTION

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

JUMBLE

THAT SCRAMBLED WORD GAME
By Henri Arnold and Mike Argillon

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

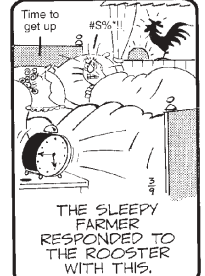
GADMO

THRAW

LOUTAW

LUFUES

Answer: "O O O O" "O O O O"



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

Answers on page 21

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

TRIVIALITIES

1. In the 1957 film "Will Success Spoil Rock Hunter," who played the title character?
2. Michael Gordon directed what 1959 film starring Doris Day and Rock Hudson?
3. Who starred as Carol Templeton in the 1961 film "Lover Come Back"?
4. Tony Randall starred as Hercule Poirot in what 1965 film?
5. Who directed the 1964 comedy "Send Me No Flowers"?
6. Gene Saks directed what 1968 film comedy based on a Neil Simon play?
7. Tony Randall won the Emmy for lead actor in a comedy series for what television program?

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Answers on page 21

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SENIOR FORUM

Takes notes after medical personnel take over

By Kent S. Collins

DEAR SENIOR FORUM: My husband died within an hour of arriving at a local hospital. He was having chest pains. Later, when I described the sloppy treatment in the emergency room, one of my neighbors — a lawyer — suggested I quickly write on my computer what happened. In the fog of my grief, I forced myself to remember and to write. It was therapeutic. I soon had written several pages.

I did not want to sue the hospital or anyone else. But I did want to save someone else from going through what I did with both the hospital and with the doctor. And I knew my husband would have wanted me to at least make some noise about how badly things were handled at the hospital. A malpractice lawyer suggested I file complaints with the state licensing boards against the doctor and the hospital.

A year after my husband died, I got the results of my complaints. The doctor — as best as I could understand the report — got a reprimand for poor judgment. The hospital rectified several problems — things like a locked emergency room door and staff not properly trained.

The lengthy complaint forms were easier to fill out since I had my pages of notes. I sensed that the information I provided added credibility to my claim. Later, one investigator implied that the details I provided helped ferret out the wrongdoing at the hospital. —C.C., via e-mail

DEAR MRS. C.C. and all readers with hospital emergencies in their future:

This is a complicated matter for families, the medical community and our economy. It is right to try to right wrongs. But fixing things costs money — which is charged back to the users of medical care.

Malpractice insurance policy premiums are one of the factors driving up the cost of medical care, which is handicapping individuals and the Medicare program.

You, Mrs. C.C., were smart to take the lawyer's advice and write about the specific circumstances of your husband's death while the details were still fresh in your mind.

Of course, sometimes recollec-

tions can be exaggerated in moments of intense grief.

You ended up writing "several pages." You found the exercise "therapeutic." Maybe you naturally and understandably mixed emotion into the recollections.

Still, it was those pages you wrote that allowed you to do a more complete report to those state medical review boards.

There is a sense of checks and balances in human nature and in our society. If hospitals and doctors know you are taking notes, then they may be more exacting in their work.

That cuts both ways, of course. Studies have shown that doctors may sometimes call for additional tests and procedures that both delay actual treatment and run up the cost of care.

As written here before, partners, family members and friends should take notes moments after medical

personnel take over. The notes serve several purposes:

First, they help the family in the waiting room keep track of procedures and progress.

Thus they can better determine if the treatment delivered seems adequate, and they can ask better questions. This is especially helpful if the family is asked to choose between treatment options. Note-taking is part of the care process.

Second, notes also help to communicate with family and friends who visit or call.

And, third, notes taken during a medical episode — especially a person's last one — can be important recollections for family to read immediately and forever.

One last worry: Will that malpractice lawyer now use the state investigator's report to encourage you to file lawsuits against the hospital and doctor? That's another "cut both ways" aspect of the matter: You have the right and may have the need. But our society and economy pay for it.

(Send letters and comments to The Senior Forum c/o Tribune Media Services, 2225 Kenmore Ave., Suite 114, Buffalo, NY. 14207, or e-mail seniorforum@mchsi.com)

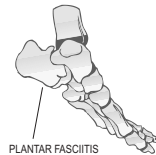
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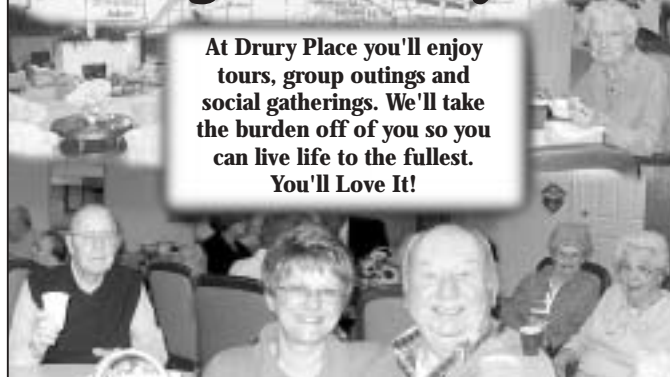
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BRIDGE

Analyze the possibilities

By Omar Sharif and Tannah Hirsch

East-West vulnerable. West deals.

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

The bidding:

WEST	NORTH	EAST	SOUTH
1♠	2♣	Pass	3NT
Pass	Pass	Pass	

Opening lead: ?

How do experts find those spectacular opening leads to defeat sound contracts? This deal, from the National Mixed Pairs Championship at the recent Spring North American Championships in Reno points the way.

Sitting West was Dr. George Rosenkranz, who these days divides his time between Mexico City and Palo Alto, Calif. After he opened with one spade, which might not be to everyone's taste, his opponents bounced into three no trump in short order, and he had to select an opening

lead.

With the opponents marked for some 25 high-card points and holding 12 himself, he could not expect more than 1 or 2 high-card points from partner. It seemed that the opponents were prepared for a spade lead, and clubs could be ruled out. Even if partner had as much as the king of diamonds, that might not produce enough tricks. However, just finding partner with the jack of hearts and some length in the suit could be enough.

Although it might cost a trick, Rosenkranz backed his analysis by leading the king of hearts. It struck gold. East signaled approval with the nine and declarer won with the ace. Since there were at least 10 tricks to be had with any other lead, thanks to a winning finesse in clubs, making nine tricks was not going to yield

a good result. Still, it was all that was available and declarer should have settled for the below-par result. Instead, he tried to get something back by leading a sneaky nine of di-

amonds, but West was having none of that. He shot up with the ace of diamonds and reverted to hearts - down two.

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HUMOR

Geezer Tales

"I love fairytales. They never change," says my wife Emmaline. She's right, of course. Decades ago Mom and Dad used to read fairytales to us kids. Huddled together under a bare light bulb that dangled on a wire from the slanted ceiling of the cramped attic where we slept, we kids listened eagerly as our parents read fairy tales from a raggedy, dog-eared book.

Nowadays Emmaline and I read modernized, colorized, digitalized fairy tales to our grandchildren. The kids love these stories as much as



Larry Day

we loved them. "Goldilocks and the Three Bears," "The Three Little Pigs," "The Gingerbread Man," and the "Little Engine that Could" are still around.

Nevertheless, when Emmaline said, "fairy tales never change," I was forced to disagree with her. I couldn't allow her statement to pass unchallenged. It would have been a violation of the Law of Machismo. In Section IV, Article 37, of the Law of Machismo it states, "Any husband who fails to challenge his wife's declarative statement—hypothetical or factual—has committed a class A misdemeanor, and is forbidden to brag at poker games, on the back nine of golf courses, on fishing and hunting trips, and while watching sports programs on television, that he wears the pants in his family." It's a law. You can look it up.

So now, reluctantly, I must do my manly duty, and contradict my beloved wife.

Fairytales, my dear Emmaline, DO change. Here's proof:

Silverilocks and the Three Suburban Bears

Just the other day, in the here and now, there lived three bears: Papa Bear, Mama Bear, and Clovis, their 45-year-old unmarried son. The Bears lived in a mansion in the middle of three acres on the far edges of suburbia. One Saturday morning as Momma Bear was preparing coffee, she realized that she didn't have

any low carb, high protein break-your-teeth-when-you-bite-them biscuits. "Let's all drive over to the Carb-Me-Not Shoppe," said Momma Bear.

Meantime there was a 40-something web design consultant named Silverilocks who lived in a converted loft in the inner city. Silverilocks decided to ride her 10-speed bike out to the far edges of suburbia to look for a Democrat. As a child, Silverilocks, had believed in the tooth fairy. After she grew up Silverilocks believed that if she ever found a Democrat living in the far edges of suburbia, he would marry her and they would live happily and environmentally safe ever after.

Silverilocks turned her bike up the lane leading to the Bear mansion just as the Bears drove down it in their six-ton Cadillac Monte Carlo SUV.

"Clovis, call security," said Momma Bear, as soon as she saw Silverilocks's "I Love Democrats" T-shirt.

Clovis, who was a closet Democrat, looked back. Silverilocks had stopped and was waving at the SUV. It was love at first sight. Clovis dialed the number for time and temperature and spoke into his cell phone.

Then he said, "Security is on its way, Momma."

That was the three hundred fifty thousand, five hundred-eleventh lie Clovis had told Momma Bear in the past 25 years.

Silverilocks rode up to the Bears' mansion and rang the doorbell. No one answered. She tried the handle. It turned. Silverilocks pushed the door open and walked in.

"Hello, hello," called Silverilocks. There was no answer.

Silverilocks walked through the spacious foyer to the living room, then through the formal dining room to the kitchen. There were three steaming mugs of coffee standing on the Formica-topped, stainless steel-legged, 1950s-retro breakfast table. Silverilocks tried Papa Bear's coffee, a Colombia-Sumatra warrior blend. It was too strong. Momma Bear's coffee was a raspberry-hazelnut blend with a tiny dollop of Dreme Creme. It was, like, too pseudo-chic for words.

Silverilocks picked up Clovis's mug and tasted it. "Ah," she said, "A half caff., triple grande, two-pump vanilla, 2 percent, no whip, no foam,

extra hot mocha. My favorite." And she drank it all gone.

Silverilocks walked into the family room. There were three chairs. Papa Bear's chair was a Macho Guy recliner upholstered in zebra hide. Silverilocks sat down, but Papa Bear's chair reeked of gun oil. It was too stinky.

Momma Bear's chair was a shiny oak rocker. There was a thin, hand knitted cushion on the seat, and crocheted doilies on the arm rests. Momma Bear's chair was way too country.

Clovis's chair was a top-of-the-line, black leather Mackenzie Electro-Vibrator that gave deep tissue massages. It was just right. Silverilocks pressed some buttons. The chair began to whirl. But just as Silverilocks began to relax, the chair screeched and began to buck. Smoke rose from the control panel. Then there was a loud pop. Silverilocks jumped out of the chair just before a ceiling jet sprayed fire-retardant foam all over the chair.

She ran upstairs to Papa Bear's bedroom. Papa Bear had a king size footboard with no headboard and no footboard. The Navy Seal mattress was extra firm. Silverilocks lay down.

"Whoa!" she said. "This guy must have spent 20 years in a Soviet Gulag." Papa Bear's bed was too spartan.

She went down the hall to Momma Bear's bedroom. Momma Bear's bed looked like something out of *Gone with the Wind*. It had four posts, a canopy, and a goose down mattress from the Edge of the Earth catalog store. When she climbed onto it Silverilocks sank out of sight. Momma Bear's bed was most definitely too soft.

In Clovis's room Silverilocks found a round bed. The quilt was a giant on-stage photo of the Hamilton Submarine. The Hamilton Submarine was Silverilocks's favorite band. She pressed some buttons on the console beside the bed. The lights dimmed and gentle oriental music wafted from invisible digital speakers in the ceiling. "Cool," said Silverilocks, and promptly fell asleep.

The Bear family returned home with their biscuits.

Papa Bear said, "Somebody has been sitting in my chair."

Momma Bear said, "Somebody has been sitting in my chair."

Clovis said, "Someone has been sitting in my chair. Gee, I hope he or she wasn't injured."

In the kitchen, Papa Bear said, "Somebody's been tasting my coffee."

Momma Bear said, "Somebody's

been tasting my coffee."

Clovis said, "Someone has been tasting my half caff., triple grande, two-pump vanilla, 2 percent, no whip, no foam, extra hot mocha, and he or she drank it all up."

The Bears ran upstairs. "Somebody's been lying on my bed," said Papa Bear.

"Somebody's been sinking into my bed," said Momma Bear.

"Someone's been sleeping in my bed, and thank heaven she's still here," said Clovis, looking at Silverilocks's "I Love Democrats," T-shirt.

Clovis turned to his parents. "Mom, Dad, I'm a Democrat," he said.

Then Clovis leaned down and kissed Silverilocks lightly on the lips. She woke up and looked into his eyes.

"Hello love," she said.

"Let's get married," said Clovis.

"Deal," said Silverilocks.

Hand in hand they dashed from the mansion. Clovis and Silverilocks got married and lived happily ever after in Hoisington.

The end.

- 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

Topeka 39 years ago

By Kevin Groenhagen

Some friends of ours recently moved into a new home in Lawrence and found a box full of old newspapers and magazines. Amongst the contents was a three-part supplement to the *Topeka Capital-Journal* that was dated March 23-24, 1965 and entitled "New Horizons '65: Portrait of a City." Below are a few highlights:

- Laird Noller announced that its new facilities at 23rd and Topeka would open early in the spring.
- Ku-Ku Drive-In, which featured a large cuckoo bird and clock on the front, was one of several new businesses added to Fairlawn Plaza. Other businesses at Fairlawn Plaza included Hygienic Cleaners, Bible's IGA, Hudson Pharmacy, Hume Music, Color Mart, and Capitol Federal Savings. Clara Riedel was president of the Fairlawn Plaza Merchants Association.
- Van-T Chevrolet City announced it was opening at its new home at 3731 Topeka Blvd. Its former home was at 10th and Quincy.
- Gage Center had the same large sign, but businesses included Safeway, Woolworth's, Zercher Photo, Smak's Drive-In, and Gage Furniture. The center opened in October 1964.
- George's Jeep was preparing to open at its new building at 702 East 10th.
- The six-story Waterfront Apartments building was under construction at 1108 Topeka.
- WIBW TV was airing "the best programs from three networks..."

CBS, NBC and ABC," including nine of the 10 top-rated programs.

- Government was Topeka's largest employer. A total of 13,400 people were employed by government (federal, state, county and city) in Topeka, and most of them worked downtown. Topeka's second largest employer was the Santa Fe Railway with 4,000-plus employees.
- The Goodyear Plant was producing more than 23,000 tires a day and was celebrating its 20th anniversary.
- Lacy's McDonald's Drive-In, 3117 Topeka, ended its fourth year in Topeka with total sales of 3,200,000 hamburgers. Frank Lacy said the restaurant used three tons of ground beef, a ton and a half of potatoes, and

50 gallons of catsup each month. At the time, Lacy's was one of 665 McDonald's in 45 states. Today McDonald's has more than 30,000 restaurants in 119 countries.

- The Ramada Inn Motor Hotel on East 6th had just opened with 176 rooms.
- The new Shawnee County courthouse opened for business on March 15 at 7th and Quincy. It replaced the old courthouse at 5th and Van Buren.
- Tevi's Restaurant was preparing for its grand opening at 821 SW 6th St. The restaurant was established in 1950.
- Hal W. Gerlack was mayor. The City's annual operating budget was approximately \$12 million.
- Topeka's population was 125,000. John Harbes, director of the Topeka Urban Renewal Agency, said it appeared logical to expect that Topeka would have a population of at least 250,000 by the year 2000. The Topeka Chamber

of Commerce's population forecast for 1980 placed the population between 172,000 and 224,000. Topeka's current population is 123,993.

- Harbes also predicted that downtown shoppers would leave their cars on the perimeter of downtown and then use small, individually-operated vehicles provided for shopping convenience. Harbes may have envisioned a vehicle very similar to the Segway.
- Ronald L. Robb, president of the Home Builders Association of Topeka, said the extension of life expectancy to 80 years—plus ample social security and retirement systems—will mean more older residents will want to maintain their own houses and apartments.

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JUMBLE ANSWERS

Jumbles: DOGMA WRATH OUTLAW USEFUL

Answer: The sleepy farmer responded to the rooster with this — "FOWL" WORDS

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TRIVIALITIES ANSWERS

1. Tony Randall 2. "Pillow Talk" 3. Doris Day 4. "The Alphabet Murders" 5. Norman Jewison 6. "The Odd Couple" 7. "The Odd Couple"

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PET WORLD

Though rare, cats can have seizures

By Steve Dale

Q: My precious cat, Pooh Bear, had been feeling a little down for a few days. Then, suddenly, he started having a violent seizure. I put him in the carrier and took a cab to the emergency clinic.

On the way, he had more seizures, throwing himself around the carrier and growling. When we got to the clinic, Valium seemed to stop the seizures, but his temperature was off the charts. His liver and kidney were normal. And, now — even at 16 — he seems to be coming back.

What caused this problem? How can I prevent it from happening again? Could Pooh Bear suffer brain damage from such a violent incident? — M.W., Toronto, Canada

A: Seizures are relatively rare in cats. Michael Podell, a veterinary neurologist in Northfield, Ill., says that generally, seizures in young cats are identified as idiopathic epilepsy. There's no explanation for the seizures, although genetics may be a factor. In cats over age 10, the most often seen cause is a meningioma tumor. The good news is, these tumors are not malignant. The bad news is, they can cause extreme seizures, which is probably what occurred with your cat.

Depending on the general health of the cat and where the tumor is located, surgery is sometimes a good option. However, it's also conceivable such a cat may never have another seizure. It's also possible that seizures could, over time, become fre-

quent and just as intense as the first. Sadly, with such intense and repeated seizures combined with the high fever, brain damage is possible.

"Some cats are amazing and able to bounce back quickly," Prodell says. "However, the more often your cat goes through this, the tougher it will be." Podell recommends imaging of your cat to confirm a diagnosis. If surgery is not a practical option, see your vet or a board certified veterinary neurologist about medication. Perhaps, a long-term medication to hopefully tone down the number of seizures and their intensity might be helpful. You might also keep Valium on hand to dose the cat yourself if seizures occur.

Q: What exactly are fleas? My son needs to know for school. — S.H., Las Vegas, Nev.

A: Fleas are insects. There are over 2,000 species in the world. Rat fleas were responsible for the bubonic plague. Ultimately, we owe cats a great debt for killing off infested rats. Ironically, though, it's a species called the cat flea which most often infests dogs (as well as cats). Here are a few more flea facts:

A single flea can lay up to 50 eggs daily and 2,000 eggs in a lifetime.

A flea can suck more blood daily than a vampire bat.

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

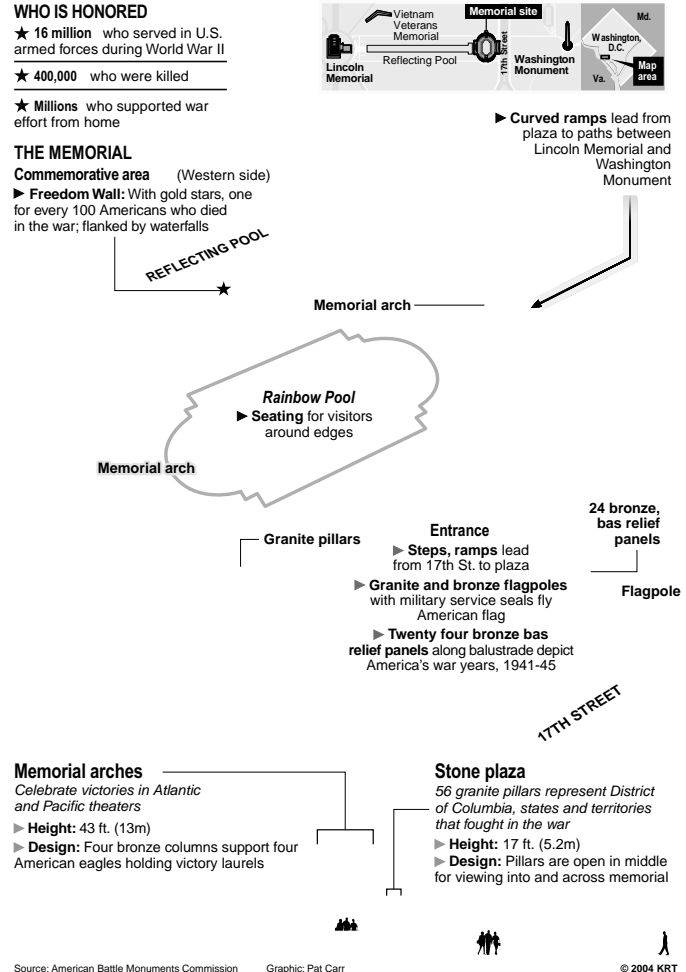
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"From the Ashes," a new memorial honoring Douglas County veterans, has been installed at the Lawrence Visitor Center. The 19-foot sculpture was created by Lawrence artist Jim Brothers. Dedication of the memorial is scheduled for July 3.

FOR THOSE WHO SERVED ★ IN WORLD WAR II ★

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To learn more about advertising opportunities with *Senior Monthly*, call Kevin at 785-841-9417 or send an e-mail to rates@seniormonthly.net

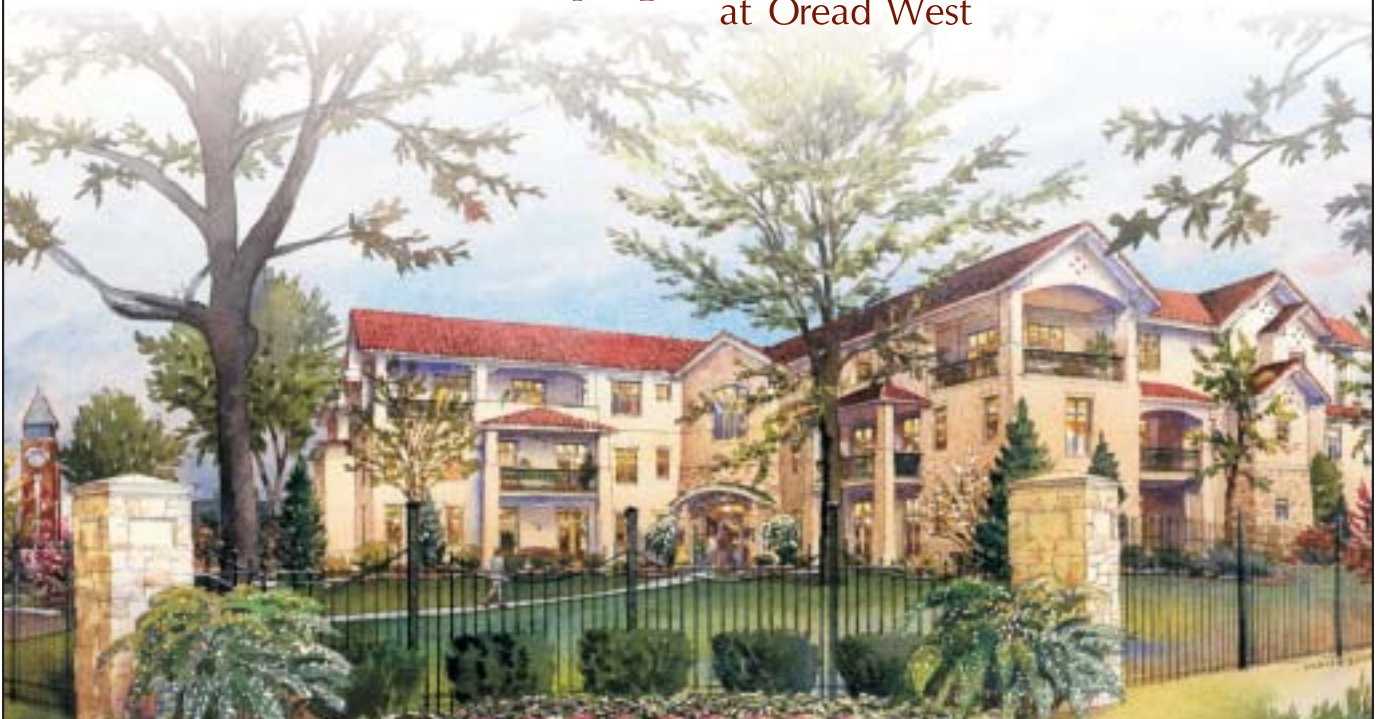
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