

Kaw Valley Senior Monthly

www.seniormonthly.net

July 2005

Serving Active Seniors in the Lawrence-Topeka Area

Vol. 5, No. 1

INSIDE



Debbie King uses hands-on therapy to evaluate and enhance the functioning of the body system. - page 4



Live music, carnivals, 4-H exhibits, demolition derbies, antique tractor pulls, parades and more! See our calendar section for fair events in the Kaw Valley area. - page 12

INDEX

Bookshelf	14
Bridge	17
Business Card Directory	21
Calendar	12
Collectibles Marketplace	18
Cooking Light	15
Health & Fitness	6, 7
Humor	20
Look Who's 50.....	3
Look Who's 60.....	15
My Answer	5
Personal Finance.....	8, 9
Pet Marketplace	11
Pet World	11
Puzzles	16
Restaurant Guide	22
Senior Forum	10
Smart Collector.....	18
Sunflower Stumpers.....	16

FREE



SENIOR profile

Jim Cates

KEVIN GROENHAGEN PHOTO

Cates talks the talk, walks the walk

By Kevin Groenhagen

It all started out innocently enough. The Kansas Koyotes, Topeka's professional indoor football team, was undefeated last year. Nevertheless, Jim Cates, the host of KMAJ-AM 1440's "The Jim Cates Show," suggested that the team's kicking game wasn't quite up to snuff.

Cates made the suggestion while interviewing the team's owner, Ralph Adams, who replied, "If you think you can do better, why don't you sign a contract."

The Koyotes feature a Media Kick and Pass Contest at halftime in conjunction with Father's Day. Cates, who had been secretly coached by

a Koyote kicker on how to kick the pigskin through the uprights, won the contest in 2003 and 2004, beating out much younger members of the media, believed he was up to the challenge.

"I signed a contract and for one game I was the legitimate kicker for the Kansas Koyotes," Cates said. "It was quite an experience. The other team really felt insulted that anyone would hire a 57-year-old kicker, and they had a bull's-eye on my chest. They were out to get me. Sure enough, they did during the second play of the game that I was in. The Koyotes then came to my defense and a full-scale brawl broke out on the field."

Cates said he was able to get in a few punches of his own, but didn't do quite as well with his kicks.

"I won't be resigned," Cates said with a laugh.

The stint as a professional football kicker wasn't the first time Cates found himself doing something a man in his 50s doesn't normally do. Three years ago, Cates was talked into jumping out of a perfectly good airplane in first (and last) try at sky-diving.

Cates in 2003 even posed "nude" for a calendar when the Topeka Civic Theatre & Academy launched its "Much Ado About Nothing" fund-raising event. Inspired by a similar

CONTINUED ON PAGE TWO

Jim Cates

CONTINUED FROM PAGE ONE

calendar done by the McLaughlin Foundation, a garden club in Maine, the calendar included 12 months' worth of local celebrities posing with strategically placed props to cover private areas. The calendar led one local columnist to quip, "And if you thought Jim Cates had a face for radio...."

While Cates has been called the dean of Topeka talk shows, he has spent a relatively short period of his life behind the mike. Raised in Liberty, Mo., Cates didn't leave that area until 1972, when he left his job with the Missouri Credit Union Association for a position in Wichita with the National Credit Union Association (NCUA). The NCUA moved Cates to Topeka three years later, where he has been ever since.

"I've had an opportunity or two to leave Topeka, but I really have no desire to go," Cates said. "This is a good community and I love Kansas. I'm here to stay."

While working for the NCUA, Cates served six months of an unexpired term in the Kansas Senate. A few years later he was elected and re-elected to serve the citizens of the 52nd District (southwest Topeka) in the Kansas House of Representatives.

"I was very ineffective," Cates said about his years as a legislator, "possibly one of the least effective legislators who's ever graced the Capitol. I'm not sure if I accomplished anything."

Out of a sense of frustration, Representative Cates began appearing on talk shows in the Kansas City area, Wichita, Salina, and Topeka to promote his issues.

"I discovered that I liked talk radio," Cates said. "I also discovered the power of talk radio. Phone calls started coming into Topeka. Listeners started calling their legislators, asking, 'Why aren't you supporting this guy on what he is saying?'"

Those listening to Cates on the radio included at least one executive at a Topeka radio station.

"I got a call out of the blue about eight and a half years ago from WIBW 580, asking if I wanted to host a morning show for three hours," Cates explained. "I had been with NCUA for 25 years, and that guaranteed a small pension and paid health insurance for the next 10 years. It was a sizable pay cut to go from NCUA to hosting a talk show in Topeka, but financially I was able to do it."

About four years ago, Cates left WIBW to host the 8:00-11:00 a.m.

slot on KMAJ-AM 1440.

Cates credits KMAJ management for giving him the freedom to talk about whatever he wants to talk about. He believes it's the variety of the topics he discusses with his audience that makes his show work. According to Cates, his core audience is 45 and older.

"We might spend an hour talking about state politics, the next hour might be about local politics, and the next hour we might have a celebrity in the studio," Cates explained. "If we have a nostalgia show, I'm always looking for the television, movie, and recording artists from the 50s, 60s, and early 70s. That's something a 25-year-old kid can't identify with. He has no clue who Bobby Vee is. That 55-year-old or 65-year-old listener certainly knows who Bobby Vee is. It's a lot of fun having that type of celebrity on the show."

Cates also has a lot of fun collecting the works of recording artists from the 50s, 60s, and early 70s. While he collects records in general, Cates has a special fondness for 45 rpm records, those seven-inch discs of vinyl first introduced by RCA Victor in 1948.

While Cates tells listeners that most 45 rpm records might be worth a dime, his listeners have helped him discover a few gems. Just last month Cates found that one listener had a 45 worth \$200, while another listener had one worth \$150. But there's one rare record that has eluded Cates and his record-collecting friends.

"We've put out an appeal over the air for a 45 record by Shamus McCool," Cates said. "American Dream' is the song. It charted in the early 80s and peaked at number 80 on Billboard. Obviously, to make it to Billboard's Top 100 there were a lot of copies of this record sold somewhere. A friend of mine who is a collector is trying to collect everything that has ever charted. He's missing Shamus McCool, as is another friend of his. We put out the appeal six months ago, offering to buy the record for \$1,500. The price is now up to \$2,500."

After discussing record collecting,

politics, and a wide variety of other topics for nearly nine years, Cates has created a radius of trust amongst both his listeners and advertisers. That trust, in turn, has created a special bond between Cates and his audience.

"Talk radio really becomes an extended family," Cates said. "We have our regular callers. If we don't hear from a regular caller for a couple or three weeks, then I start getting calls off the air. They ask, 'Whatever happened to so and so? Are they okay?'"

Cates does four live remote broadcasts a month, which gives regular listeners, callers, and advertisers a chance to meet each other.

And when Cates isn't with his regular "family," he occasionally finds himself being interviewed by other talk show hosts. For example, Cates, a former chairman of the Kansas Lottery Commission, in May appeared on Erskine Overnight to share gambling secrets the casinos don't want you to know. Erskine Overnight is a weekend call-in program aired nationwide in over 60 markets.

For more information about The Jim Cates Show, the show has a new web site available at www.jimcates.com.

"Talk radio really becomes an extended family." - Jim Cates


An Assisted Living Residence *The Windsor*
OF LAWRENCE

A Lifetime in Every Face, A Story in Every Smile.
Hear the Story, Share a Lifetime.

You will find what you are looking for at the Windsor of Lawrence. We have been serving the needs of Senior adults in the Lawrence community since 1990. Our unique approach to Assisted Living combines a warm residential setting along with caring and helpful staff providing you just the right answer for your housing and services needs.

Call (785) 832-9900
or visit us at
3220 Peterson Rd.
Lawrence, KS 66049.

*Respecting Values, Protecting Dignity,
Supporting Independence.*



Kaw Valley Senior Monthly

Editor and Publisher
Kevin L. Groenhagen

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

C O N T A C T U S


MAIL
 2612 Cranley St.
 Lawrence, KS 66046


PHONE
 785-841-9417


E-MAIL
kevin@seniormonthly.net


FAX
 785-749-4691

Jayhawk Legal Services to hold advance directives clinic

Jayhawk Legal Services for Seniors, a project of Kansas Legal Services, has experienced an increase in requests for assistance with Powers of Attorney and Living Wills. In response, an Advance Directives Clinic has been scheduled for Tuesday, July 19, from 9:00 a.m.-4:30 p.m. at Babcock Place in Lawrence.

The clinic is available, at no charge, to people age 60 and older. Appointments are required and can be made by calling 785-832-1692.

The advance directives will be completed and notarized during your appointment. If special circumstances exist, an additional consultation will be scheduled.

The clinic is designed to complete the necessary forms in one visit. Clients should bring the full names, addresses and telephone numbers of their designated agent. At least one alternate

agent should also be selected for the event that your agent is unavailable or unwilling when the time comes for decision making. These agents may be a relative, trusted friend or other adult. As these documents provide your agent with the legal right to act on your behalf, take the time to discuss your wishes and assure that they are willing to accept the role and act according to your goals and values.

Additional arrangements and in-

structions related to your individual situation may be discussed with Tom Stratton, attorney, during the clinic. An additional education program regarding the content of advanced directives will be offered by Midland Hospice on Monday, July 11 at 2:00 p.m. in the Babcock Place mealsite. This program will provide participants with guidelines for articulating your wishes to family and through the legal process.

Nifty, Nifty Look Who's 50!

The following celebrities
turn 50 in July:

- July 22 **Willem Dafoe**, actor, *Platoon, Spider-Man*
- July 25 **Iman Abdulmajid**, supermodel

HEARTLAND HOME HEALTH CARE & HOSPICE



Care rooted in quality.

Branches near you.

For expert home and hospice care, the choice is Heartland.

Heartland understands the unique needs of home and hospice care. For years, we've been providing comprehensive home care and hospice services, both to hospitals and nursing facilities – and direct to families like yours. We're proud of our reputation and passionate about what we do. We have maintained the qualities that make us your caring neighborhood agency. And now, we have more locations than ever.

For more information about Heartland's home care & hospice services, call today.

Topeka
Home Care 785-271-7400
Hospice 785-271-6500

Heartland 
HOME HEALTH CARE & HOSPICE

Serving Shawnee, Douglas, Jefferson, Osage, Jackson, Wabunsee, Pottawatomie and Riley counties

FOOT PAIN?



Dr. Christi L. Gilbert, D.P.M., P.A.
Foot Specialist And Surgeon

3110 Mesa Way, Suite D
Lawrence, Kansas 66049

(785) 841-FEET (3338)

Call This Number For An Appointment
Extended Hours Available On
Tuesday and Thursday

- Warts: Cryosurgery Therapy Available
- Bunions
- Hammer Toes
- Heel Pain: Endoscopic Surgery and Ossatron Available
- Sprains
- Injuries
- Fractures
- Comprehensive Diabetic Foot Care: Including Shoes and Orthotics, covered by Medicare
- Fungal Toenails
- Neuromas
- Ingrown Toenails
- Custom Orthotics
- Stress Fractures
- Pediatrics
- Athlete's Foot
- Improve Athletic Performance

Foot Pain Is
Treatable And
Preventable
Biomechanical
Abnormalities Can
Be Corrected



WALK AND BE HEALTHY

King launches massage, body therapy business

By Billie David

Debbie King enjoys helping people and she knows through experience the importance of human touch, especially for the elderly. So when she began looking for a way to supplement the income she receives from her faux and decorative painting business, it seemed only natural for her to turn to massage therapy.

"I wanted to be more helpful and to find meaning in what I did to meet my needs financially, and this is a good way to do both," she said.

King found that her painting skills kept her quite busy during the spring, summer, and pre-Christmas season, but in the fall she would end up looking for part-time work.

"I got tired of that, and I saw that PCI (Pinnacle Career Institute) had massage therapy training. It was a nine-month course, and it was convenient because there was no commute," she said.

One of King's first clients was her father, who has Parkinson's. "It was a tremendous help to him," she said. "It keeps him going."

King used CranioSacral therapy—which happens to be her favorite of the three kinds of therapy she offers—on her father. It was developed by osteopathic physician and professor of biomechanics John Upledger, who established the Upledger Institute in 1985 to train health-care workers in the technique.

CranioSacral therapy is based on Upledger's observation of a hydraulic-like movement in the craniosacral system, which is made up of the membranes and cerebrospinal fluid surrounding the brain and spinal cord. From his observations, he developed a method of detecting and correcting restrictions in the craniosacral system by using a light touch to find the problem areas and then by applying manual techniques to relieve pressure on the spinal cord and brain.

"It's a hands-on therapy used to evaluate and enhance the functioning of the body system," King explained, adding that she uses Upledger's 10-step protocol to improve the nervous system's performance.

King has also used CranioSacral therapy successfully for clients suffering from migraines and says that it is helpful for people with chronic fatigue, chronic neck and back pain, fibromyalgia, and central nervous system disorders as well, in addition to problems related to stress and

tension.

Another type of therapy King offers is therapeutic massage, which is a gentle (or more vigorous, depending on the needs of the client) massage applied to the entire body, which helps with relaxation and increases circulation, benefiting all parts of the body.

"It's not just for relaxation. It should be part of a whole-body health regime," King said, adding that people are increasingly coming back to holistic healing and are recognizing the importance of the healing touch.

The third type of therapy that King offers is Reiki, which focuses on the alignment of energy areas, or chakras. "It combines universal energy with your own energy and eliminates toxic energy," King explained. "I place my hands just above the body to align energy areas. It's very warm, relaxing and comforting, and it's great for people going through chemotherapy. It really feels good and can help ease pain and sickness."

For a shorter massage treatment, clients may choose chair massage, which involves five to 15 minutes of massage to help relax and relieve tension. Chair massage can be done not only in King's office but in the workplace as well. In addition, King volunteers chair massage at Drury Place and other senior-oriented locations.

"I would like to do more volunteer chair massage, especially in assisted living," she said.

King also offers a spa service called body polishing, or exfoliating. "It removes dead skin cells, cleans pores, purifies, stimulates and improves general skin tone," King said. "It is done with a swimming suit on. I use a blend of sea salt and oils with a scent for aromatherapy."

Although King advertises in local publications, much of her clientele has been built through word of mouth. "I'm pretty easy to get along with," she said, "and my office is a warm, inviting place that I have decorated with my faux paintings. I'm especially drawn to seniors, but I have people from all ages, from 16 years old to 90 years old."

Certified just over a year ago, King has over 720 hours of training. She was able to open her business—which recently celebrated its first-year anniversary—right out of school when one of her teachers told her about a room that was for rent at 545 Columbia Drive, just north of Sixth Street in Lawrence.



KEVIN GROENHAGEN PHOTO

Debbie King with her father, David Carroll

King hopes to see her business continue to grow and would like eventually to work in a center with three or four other holistic wellness practitioners, each offering a different service. She believes that interest in holistic health will continue to grow because people are more open

to learning about natural, homeopathic-type healing. Meanwhile, for first-time clients, King offers a buy-one-get-one-free deal and there is also a 10-percent discount for senior citizens.

For more information, King can be reached at 785-764-2323.

Westwood Manor

If someone you love needs more care than you can continue to provide, Westwood Manor is here. Our quiet, residential neighborhood provides a secure setting for your loved ones. Our round-the-clock professional care is delivered virtually one-on-one.



As a nursing care facility, we are dedicated to the promotion of the emotional well being and physical health of our residents. It is our objective to provide a home-like atmosphere for our residents.

Each resident is looked upon as an individual and is treated with respect and understanding. Westwood Manor has been serving the Topeka community for over 25 years.

Westwood Manor Provides:

- Private and Semi-private rooms
- 24 hour Nursing care
- Medicare/Medicaid Certified
- Medical Director on staff
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Restorative Services
- Hospice care
- Smoke-free environment
- Special diets
- Laundry services
- Beauty and Barber services
- Scheduled activities
- Adult Day Care
- Large outdoor patio

We're now accepting IV therapy patients!

Call today for a personal tour!

785-273-0886
5015 West 28th St.
Topeka, KS



"Committed to Caring!"

MY ANSWER

Graham counsels against abortion

By Billy Graham

Q: Our daughter just told us she's pregnant, and it's really thrown us into a spin. She's barely 16, and to make matters worse the boy won't have anything to do with her. I've never been in favor of abortion, but I'm beginning to wonder if it might not be best. What would you advise?
— Mrs. E.S.

A: Almost every week I receive at least one letter from someone facing this problem, and my heart goes out to you during this difficult time. Perhaps your daughter's sad experience will make someone who is tempted to take the same path she took to stop and reconsider.

My prayer is that you and your daughter will not end the life of the little child who is growing within her. Yes, abortion sounds like an easy way out — but all human life is sacred, and should never be taken without just cause. Yes, it was wrong for your daughter to have sexual relations outside the commitment of marriage — but two wrongs don't make a right, and it would be wrong for her to end the life of this little child.

May you and your daughter carefully and prayerfully consider your alternatives. Every year, hundreds of thousands of childless couples yearn to adopt a baby, and I urge you and your daughter to consider this option. She then could have the satisfaction of knowing her baby will grow up in a loving, caring home.

Above all, may you and your daughter turn to Christ, and find in Him the forgiveness and peace He alone can give. God loves your daughter, and He wants to help put her feet on a different path in life.

The Bible's promise is true: In Christ "we have redemption, the forgiveness of sins" (Colossians 1:14).

(Send your queries to "My Answer," c/o Billy Graham, Billy Graham Evangelistic Association, 1 Billy Graham Parkway, Charlotte, N.C., 28201; call 1-(877) 2-GRAHAM, or

visit the Web site for the Billy Graham Evangelistic Association: www.billygraham.org.) © 2005 Tribune Media Services, Inc.

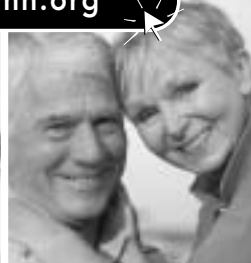
*Our Family...
Serving Your
Family*

WARREN-McELWAIN
MORTUARY
Lawrence 843-1120 • Eudora 542-3030
www.warrenmcelwain.com



24/7 Visiting Hours

www.lmh.org



Employment Opportunities

Looking for a job at LMH? Search and apply online at one of the largest employers in Lawrence. Why drive when working for the best community hospital is right in your neighborhood?

Events and Education Calendar

Our ConnectCare calendar can guide you to a variety of LMH educational resources and classes that pertain to you and your family's health. You can register and pay for the class without leaving your keyboard!

Health Information

Search Healthwise® Knowledgebase for health information any hour of the day or night. A great place to find reliable, up-to-date health information explained in plain English and written by experts. Manage your health on your schedule.

Gift Shop

Our online Gift Shop is always open! Choose from a wide variety of gifts that can be delivered right to your friend or family member's room. Point. Click. Purchase.

You can also send a free e-card!

Kaw Valley Senior Monthly accepts **INSERTS!**

We can insert your circulars or flyers for just \$45 per 1,000. Call 785-841-9417 for more information.



Kansas Award for Excellence
Recipient Since 1999.

LAWRENCE MEMORIAL HOSPITAL
Community Care—Community Pride

325 Maine St
Lawrence, KS 66044
(785) 749-6100
www.lmh.org

HEALTH & FITNESS

Life transitions are challenging at any age

"For Sale" signs were hammered into two different yards in my neighborhood. The estate sales of these retired folk followed. Both couples gathered up a lifetime of trinkets, affixed price tags that reflected neither true nor sentimental value, displayed them in hopes of attracting buyers, and watched as a parade of strangers picked them over.



Vickie
Hull

In a matter of hours, these possessions, that had taken more than 50 years to accumulate, disappeared from my neighbors' lives forever. Two elderly husbands and wives traded collectibles for cash, making their moving trucks lighter and their hearts momentarily heavier.

My two neighbor couples responded differently during their sales. One couple watched in silence and solemnity as their treasures were cashed out and carted off. The other couple attacked their sale with enthusiasm. The first couple barely spoke to anyone and seemed displaced by the experience. The second couple talked to everyone, selling a story along with every tool and knickknack. One husband and wife sat apart in separate rooms during the sale. The other husband and wife looked glued to the hip, propping each other up with smiles and hugs throughout the day.

Two similar estate sales. Two same-aged couples. Two common goals. Two unique responses.

Why was there this difference?

First, each person has his or her own unique personality. Some people naturally have a sunny disposition, while others view the cup half empty. Some live in the moment; others mull things over based on past history. Some people are sentimental and sensitive, while others don't attach meaning to everything. Personality is mostly static throughout life. How you view life at 25 is most likely how you will see things at 75.

Second, we must consider resiliency. Some people seem to take everything in stride. They can be knocked down, but never knocked out. They are like a rubber band. You can bend

and stretch them to the point of breaking, but let go and they will spring back to their original shape every time. People who are very resilient are able to feel the stretch, but then recover relatively quickly. Other people aren't as resilient and take longer to bounce back.

Family influence is a third factor. We are taught, in part, how to view our lot in life by how our parents viewed theirs. Through their example, families either show the next generation how to make the most of transition or that life is not fair and change is not to be trusted.

Hope is another factor. People who feel hopeful about the future will fare better than those who believe the best of life is probably over. Both my neighbors were selling their long-time residences and scaling down to smaller homes. One couple was moving closer to their children and grandchildren. The other couple was relocating to a retirement complex where they didn't know anyone. It may be easy to see why the first couple might have been hopeful.

But the second couple, too, could get excited about having less physical space to maintain and new friends to meet.

Let's face it: life's transitions are hard, no matter what your age. Change is difficult for everyone. Wean a baby and she will cry. A five-year-old will feel apprehensive about entering kindergarten. Changes that accompany puberty are no picnic. Many college freshmen get homesick. Brides and grooms get butterflies about making a lifetime commitment. Adding the responsibility of children to married life can be overwhelming. And certainly, when those children leave home, life will never be the same again.

Somehow we believe that because seniors have lived through all these other life transitions that they simply will go with the flow when it comes to selling their homes. And maybe some of them do, depending on factors like personality, resiliency, family influence, and hope. But it also is reasonable to see such a life change as challenging.

So both my neighbors were "normal" in their responses. One was not better prepared or more equipped than the other. However, if after three to six months, either of these

couples finds their sleeping or eating patterns significantly altered, or they feel irritable or excessively sad, or if they are anxious and continue to feel unsettled, or if they can find no pleasure in their new life, there may be cause for concern.

Then, it would be wise to work through their life changes and challenges with a licensed mental health specialist, particularly one who understands the life cycle and family transitions. Because it also is "normal" to process any change in life by talking about it, finding new ways for coping, and creating new reasons to hope.

- Vickie Hull, MS, TLMFT, is a Marriage and Family Therapist on staff at Lawrence Therapy Services (785-842-0656) and Baldwin Therapy Services (785-594-3162). She has a bachelor's degree from the University of Kansas in Psychology and Human Development and a master of science degree from Kansas State University in Family Studies and Human Services in Marriage and Family Therapy. Vickie is a former newspaper reporter, editor, and award-winning columnist, as well as a published author, national speaker, and a consultant for the Kansas All Hazards Behavioral Health Project. E-mail questions to Vickie at LTS_2000@hotmail.com.

Life Begins at Drury Place!

At Drury Place you'll enjoy
tours, group outings and
social gatherings. We'll take
the burden off of you so you
can live life to the fullest.
You'll Love It!

Ask about our
Summer Specials

Let us make it happen for you!

A warm, loving community that enhances independent lifestyles.

1510 St. Andrews Drive • Lawrence • 785-841-6845

Executive Director - Sandy Nelson

4200 S.W. Drury Lane • Topeka • 785-273-6847

Executive Director - Andrea Graham

HEALTH & FITNESS

Walking for health

As summer gets started, so do the outdoor activities. When a person is trying to start up a fitness program, walking is one of the best exercises for a beginner.

Walking is not only easy, but also one of the most beneficial forms of exercise. Basically, all you need is a good pair of shoes, comfortable clothing, and determination. These



Dr.
Farhang
Khosh

facts may encourage us to have a regular walking program:

- 60 percent of Americans lead completely sedentary lifestyles, and 40 percent are clinically overweight.
- Research conducted in 1999 by the Centers for Disease Control found that "obesity and overweight are linked to the nation's number one killer—heart disease—as well as diabetes and other chronic conditions." The report also states that one reason for Americans' sedentary lifestyle is that "walking and cycling have been replaced by automobile travel for all but the shortest distances."

- A recent Harvard study shows that walking at a moderate pace for up to 3 hours a week—or 30 minutes a day—can cut the risk of heart disease in women by as much as 40 percent.

How to get started? I always recommend starting out slow, even if that means just walking out to the mailbox and back or around the block. Start with once a week and then build to twice a week until you are walking every day. Once you have achieved walking every day, keep adding five minutes to your walk until you are walking at least 45 minutes a day. Scientists have proven the benefits of walking in the prevention of many diseases such as coronary heart disease, stroke, type two diabetes, falls, fractures and injuries, colon cancer, hypertension, osteoporosis, depression, and lower back pain. Walking also improves psychological well-being, metabolism, muscle strength and flexibility, strength and endurance, respiratory function, and concentration and

memory. Walking also strengthens the immune system, increases energy levels, and enhances weight management.

When walking, consider the following:

1. Think of your posture. Walk tall. Hold your head up and eyes forward. Your shoulders should be down, back and relaxed. Tighten your abdominal muscles and buttocks to fall into a natural stride.

2. During the summer months walk when the sun is not directly overhead. Either early in the morning or late in the evening.

3. Drink plenty of water. A person should be drinking water before, during, and after walking.

4. Incorporate a warm up, cool down and stretches into your routine. Start your walk with slow warm up pace. Then stop and do a few warm up/flexibility drills. At the end of your walk a person should return to a slower cool down pace and stretch after your walk. Stretching not only makes you feel good but will prevent injury.

5. Walking daily (a minimum of five days a week is a good goal).

6. You should walk fast enough to reach your target heart rate, but not gasping for air. Basically, you should be able to walk and carry on a conversation at the same time without difficulty.

7. Choosing a walking shoe. The best walking shoe is the shoe that fits you. A shoe should give you proper support, flexibility, cushioning, and compensates for any stride problems. Each person's feet are different. Take all the advice from shoe experts and find a shoe that is best for your walking distance, speed, style, walking surface, a person weight and stride.

Remember: If you have any health concerns or medical conditions, be sure to check with your doctor before starting any kind of exercise program.

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



Please recycle this copy of Kaw Valley Senior Monthly when you are through with it.

Martin Creek Place

- 1 & 2 Bedroom Apartments
- Townhomes
- Washer/Dryer Connections
- Emergency Monitoring System Available
- 24 Hour Emergency On-Site Staff
- Organized Activities & Day Trips
- Library Red Carpet Service
- Weekly Grocery Van
- On Site Storage • Exercise Room

1 Bedroom Apartment Specials!

Age 62 & older.



4950 SW Huntoon • Topeka 785-273-2944



Trinity Respite Care, Inc.
A UNITED WAY MEMBER AGENCY

A Non-Profit Agency Providing In Home:

- Respite Care
- Homemaker Services
- Attendant Care
- HCBS Services

2201 W. 25th St., Suite Q
Lawrence, Kansas

(785) 842-3159

trc@trinityrespitecare.com

www.trinityrespitecare.com

LOOKING FOR BUSINESS-MINDED PEOPLE TO HELP CHANGE THE WORLD - ONE LIFE AT A TIME



Reliv International, Inc.
A Food Science Company

An unequaled direct marketing business built around patented nutrition products that has brought hope to thousands of people

- CBS Market Watch named Reliv one of the top 10 best performing stocks of 2002
- Reliv is a member of the Direct Selling Association (DSA)
- Reliv was highlighted as part of the direct selling phenomenon in the 08/09/2004 issue of Fortune magazine
- Business Week ranked Reliv 13th on their list of one hundred "hot growth companies" in June of 2005
- Reliv is a member of the very influential Council for Responsible Nutrition
- Publicly traded on the NASDAQ - RELV



For more information call...

Paul And Dorothy De Joode
Independent Reliv Distributors
785-273-0331



PERSONAL FINANCE

Advance directives: Make your wishes known

The Terri Schiavo case brought the nation's attention to a difficult but important issue: Who will make critical decisions regarding your health care if you are unable to do so? Fortunately, there is a legal means of addressing this potential future concern — an advance directive. Generally speaking, an advance directive names someone to act on your behalf or outlines how you want medical decisions to be made if you are unable to speak for yourself. While advance directives are not financial



Steve
Lane
and
Garth
Terlizzi

documents, they are often part of the overall estate planning process, because they arrange for decisions to be made on your behalf that could ultimately impact your personal affairs.

A Living Will vs. Health Care Proxy

The two most common forms of advance directives are a living will and a durable power of attorney for health care (commonly referred to as a "health care proxy"). A living will can explain — in writing — the care you wish to receive (or avoid) if you are incapacitated by a terminal illness or serious accident. For instance, it can express your wishes for controlling pain, receiving nutrition or making life-support decisions. A health care proxy allows you to legally designate someone to make medical decisions for you. Organizations such as AARP, the American Bar Association (ABA) and the American Medical Association (AMA) have joined forces to create one document that combines both a health care proxy and a living will.

Your Role in the Process

Before you contact a lawyer about drafting an advance directive, you can save yourself time and trouble by understanding the types of issues the document should cover.

Start by talking to your family, doctor(s) and potential health care proxy about your medical wishes in as much detail as possible, outlining any information about the types of medical decisions that may come

up at a later time based on your current health. Then, have your attorney draw up your advance directive. You and several witnesses will need to sign it.

Once it is written, store the directive with other important documents and make sure your family and lawyer know where to find it. Also, give copies to anyone you've named as health care proxy, your doctor and health care facility (such as a nursing home). Make sure that you and/or your lawyer review this document at least once every five years.

A Proxy for Your Finances

As you devote time to setting up a health care proxy, you can also designate a durable (or "general") power of attorney for your financial affairs. As with a health care proxy, a durable power of attorney can specify how you want your financial affairs dealt with in case you become disabled or suffer a serious illness and designates someone who can make any financial decisions on your behalf.

A big advantage of this "financial proxy" is that it can help prevent your loved ones from having to go to court to request guardianship over your financial affairs if you become incapacitated. This arrangement can also give the person you designate the ability to pay your debts, manage investment transactions and even make charitable gifts that could help reduce your estate taxes.

As with an advance directive, it is important to update a financial proxy at least every five years — otherwise, some financial institutions may not accept the directive as valid. Some financial institutions may not accept the document regardless of the date, so it is best to check with each institution you deal with regarding their policy. (In these cases, you may need to work with your attorney to draw up a more binding agreement.)

Added Peace of Mind

Though you cannot anticipate an unexpected health crisis, you can prepare ahead of time to ensure that you and your finances are cared for in a manner that coincides with your intentions, even if you cannot make this decision for yourself.

- Steve Lane and Garth Terlizzi are with LPL Financial Services in Lawrence. They may be reached at 785-749-1881.

MISSION TOWERS

Offering Clean, Safe,
Affordable Housing for qualified
seniors and non-elderly disabled.

- Rent Based on Income
- No Utility Bills
- 24 HR Emergency Response
- Close to Shopping
- Church Services
- Card Games & Crafts
- Exercise Group • Library
- Entertainment • Well Maintained

Call Manager Karol Freeman

(785) 266-5656

2929 SE Minnesota • Topeka



Rumsey-Yost
FUNERAL HOME, INC.
& Crematory

"locally owned and
operated since 1920"

"personalized care with dignity"

- pre-arrangements
- caring funeral service
- quality grief support
- monuments

601 Indiana
Lawrence, Kansas

785-843-5111

www.rumsey-yost.com

Simplify Your Finances

Let us put our experience to work for you. Here are just some of the reasons to build a financial relationship with us:

- Personalized services tailored for you
- Comprehensive retirement planning
- Straightforward fee-based advising
- Objective, independent advice
- College planning
- Estate Planning
- Tax-reduction strategies



Stephen Lane,
Investment Advisor
Representative

Jodi Pendleton,
Branch Operations
Manager

Garth Terlizzi,
Registered Principal

Call today to schedule a FREE one hour -
no obligation investment consultation.

Securities offered through Linsco/Private Ledger Member NASD/SIPC

900 Massachusetts • Suite 602

Lawrence, KS 66044

(785) 749-1881



PERSONAL FINANCE

Shop around for low-fee variable annuity

It's hard to save *too much* for retirement. So, if you can afford to contribute the maximum amounts to your IRA and 401(k), and you still



Harley Catlin and Ryan Catlin

do, your efforts may be rewarded. have money left to invest, you might go searching for another good retirement-savings vehicle. And you won't have to search hard before you find a *variable annuity*. Annuities are long-term investments designed to provide tax-deferred savings and an income stream for retirement.

However, you might have been dissuaded from investing in this vehicle because of two key factors: *high annual fees* and *lack of liquidity*. But if you're willing to do some comparison shopping, you can find a lower-fee, more liquid version of the variable annuity — and when you

do, your efforts may be rewarded.

Before we explore the issues of fees and liquidity, however, let's see what benefits a variable annuity can offer you:

- **Tax-deferred earnings** — When you purchase a variable annuity, you place your money in various accounts that can be made up of stocks, bonds and other securities. You choose how to allocate your investment dollars, based on your risk tolerance and time horizon, and your earnings grow tax-deferred until you begin taking withdrawals. (Keep in mind, though, that this investment is called "variable" for a reason; your account balance will fluctuate along with the financial markets.)

- **Lifetime income stream** — You can structure your variable annuity so that it will provide you with an income stream that you can't outlive.

- **High contribution limits** — You can invest far more money to a variable annuity than you can to an IRA or your 401(k).

- **Guaranteed death benefit** — Your beneficiary is assured of a

minimum guaranteed death benefit, based on the claims-paying ability of the insurance company that issued the annuity.

The "A-share" Option

As you can see, a variable annuity offers some attractive features. But some annuities will charge you high fees for these benefits. When you add up the "insurance charges," asset-management fees and, in some cases, surrender fees (called "contingent deferred sales charges"), you might find that some variable annuities are just too expensive, relative to their hoped-for return. Plus, the surrender fees can take away liquidity by making it expensive for you to get money out of your annuity contract, should you need to do so.

That's why you need to look for variable annuities with low fees and low — or zero — surrender charges. And in recent years, some lower-cost options have emerged. Some variable annuities now assess a front-end sales charge, or "load," on consumers in exchange for lower annual fees. You may see this option referred to as an "A-share" annuity. The more you invest, the lower the up-front sales charge may be. To ensure your sales charge is as reasonable as possible, be sure to ask your investment professional whether any of

your current investments qualify as related accounts for breakpoint purposes. You'll typically get the greatest benefit from an A-share annuity if you hold it for at least seven years; at that point, your fee savings usually compensate you for the higher initial sales charge.

And the seven-year wait is not really a hardship, because variable annuities are unquestionably *long-term* investment vehicles. You should hold onto a variable annuity long enough to give the investments a chance to grow and to overcome any "down" periods that may occur as a result of market slumps.

Don't Rush Yourself

Variable annuities — even the ones with lower fees — are not for everyone. Variable annuities fluctuate in value, which means you may get back less than your original value. And withdrawals before you reach age 59-1/2 may be subject to a 10 percent IRS penalty and income taxes on earnings. Before making any purchase decisions, consult with your financial professional to make sure that a variable annuity is right for you.

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

Resource DME provides reliable Professional Medical Equipment in your home to meet your specific needs:

- Medical Oxygen
- Oxygen Therapy
- Hospital Beds
- Wheelchairs and Scooters
- Lift Chairs
- Bathing Aids
- So much more

We work with physicians and family members to implement individualized plans.

Services available 24 hours.

Free delivery and setup throughout the state.

*Resource DME helps with **Funding Sources and Loan Programs** for patients with disabilities. For more information e-mail: RDME@ResourceDME.com or call us at 888.963.7363 or 785.528.0144

Resource
DME
Your Source for Medical Equipment

SENIOR FORUM

Reentering the workforce

DEAR SENIOR FORUM: I am in retirement ricochet. Eight months after quitting my career, and I have to go back to work. I need the money. My wife wants me out from under foot. And I am, to be honest about it, a little lonely.

But my old career holds no interest for me. I never liked the work. And, besides, I am too far gone from it now to try to reconnect with old

about pay scales, younger bosses, work schedules, work related stress, office politics, respect from younger workers, reactions from family and friends. Human nature is such that they will talk. They will compare a current retirement job with their pre-retirement career work. They will engage in cross-talk and reactions to one another that should be valuable to you.

Some of this conversation might spark job-related ideas in you. You could hear information that will lead you toward some types of work and away from others. You might be reminded of things you liked and disliked about your career, thus to seek them or avoid them.

These same conversations will also give you insight into the best employers in your community — and the worst. Listen for these clues as retirees currently working talk about their jobs:

— Employers with a large population of retirees, 50-plus workers and part-time employees.

— Employers who are willing to adjust work shifts to accommodate workers' lifestyles.

— Pay scales.
— Health care benefits that supplement Medicare and other insurance policies.

— The pace of the workplace. A rush-rush style might be frustrating to you.

— Interaction with customers or clients — something to enjoy or something to tolerate.

— Frequency of call backs — are your shifts scheduled, or ruled by the whim of an unorganized boss?

Research local employers by logging on to newspaper archives to read recent company history.

Where to look for retirement ricochet jobs: The newspaper classifieds, with special attention to nonprofits and home health care and small businesses.

(Send your questions and/or advice to your fellow retirees via The Senior Forum c/o Tribune Media Services, 2225 Kenmore Ave., Suite 114, Buffalo, NY 14207, or to seniorforum@mchsi.com.)

© 2005 Tribune Media Services Inc.



Kent S. Collins

cronies and former clients.

So, where do I go to even begin the job search? The newspaper classifieds? — B.K.

ANSWER: No. Not yet. Don't begin scanning the classified advertising section of this newspaper until you have done some more preliminary research. The classifieds will be invaluable to your job search later.

Right now, you are in an excellent position to return to the job market. You are not shackled by the trappings of your former — probably, lifelong — career. You are, in fact, a free spirit in this endeavor. You are an explorer without a map.

You will find a career two ways:

1. By exploring the ideas of retirees currently or recently employed;.
2. By researching the best employers in your community.

The traditional suggestion for job-hunting retirees is to look back on your old career. But you've rejected that for good reason.

Quit the talk of sports and politics with your golden years buddies, and talk instead about their interests and experiences on the job.

Talk most with those who are working now. Talk to them at church, civic clubs and social events. This does not have to be an interview process.

Open the conversation door so they can brag — or complain. Listen to what they like about working in retirement. Listen to comments



Serving Northeast Kansas Since 1978

- Hospice House Inpatient Facility
- Medicare/Medicaid Certified
- Individual & Group Grief Counseling
- Joint Commission Accredited for Children, Teens & Adults

1008 New Hampshire, Third Floor • Lawrence • 785-842-3627

200 SW Frazier Circle • Topeka • 785-232-2044

635 S. Main St. • Ottawa • 785-242-0002

www.midlandhospice.org

Luther Place APARTMENT ♦ HOMES

Topeka's Premier Retirement Community

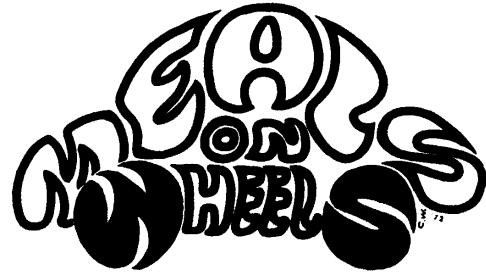
We are so excited, we wanted to tell you about our completely modernized affordable 1 & 2 bedroom Apartment Homes!

Beauty Shop • All Utilities Included • 24 Hour On-Site Staff • On City Bus Route
Ample Laundry Facilities • Weekly Grocery Transportation

Stop by or call today to schedule an appointment to reserve your new apartment home!

5000 & 4900 SW Huntoon • 785-273-2944

Some restrictions apply. Age 62 & older. Mobility Impaired.



DRIVERS NEEDED

LAWRENCE MEALS ON WHEELS delivers hot, nutritious meals to the elderly and/or disabled, Monday-Friday between 11:30 a.m.-1:00 p.m. Our only requirements for clients are that they are homebound and have a doctor ordered special dietary need.

We are always in need of volunteer drivers to deliver on a regular or substitute basis. Each route takes an hour or less. We also have volunteer opportunities that do not require delivering a route.

Please call Meals On Wheels at 979-1440 to inquire about our services or to start volunteering. We are a non-profit organization and all donations are appreciated.

Visit Us Online At
www.seniormonthly.net

PET WORLD

Indoor rabbits can live 10 to 12 years

Q: I have a question that I've not seen answered in your column. My son found a lop-eared rabbit that someone dumped at a football field. We took him to the vet and had him neutered. He's very friendly, loves to be held and to have his ears scratched. He gets along great with



Steve Dale

our two dogs and our cat. One dog even helps Thumper to clean his ears. He gets a bath once a month with dishwashing soap, which we were told would prevent fleas. Is this true? Our vet also said that since Thumper has the run of the house and he stays inside during cold spells, he could live longer. Is this true? And how long do rabbits live? — P. A.C., St. Petersburg, Fla.

A: While rinsing Thumper in dishwashing soap may wash off some fleas, this is not a very efficient means to deal with the little buggers. Margo Demello, president and executive director of the House Rabbit Society and author of "Stories Rabbits Tell: A Natural and Cultural History of a Misunderstood Creature" (Lantern Books, New York, N.Y.,

2003; \$22), warns that for starters washing rabbits in dishwashing soap isn't a good idea for the rabbits and may cause skin problems. Instead ask your veterinarian about Advantage, PROGRAM or Revolution products, they're all manufactured to fend off fleas in dogs and cats, but they may also be used on rabbits as well. Frontline — another popular flea preventative — however, is dangerous to use on rabbits.

Your veterinarian is correct about keeping Thumper indoors during cold spells. Continued exposure to cold weather can be rough on your rabbit's immune system. Demello says the same is true for hot weather.

She adds, "Your rabbit is safer where he can't hop into the street or be attacked by a predator." Since you live in Florida, it's a good idea to protect even indoor rabbits against fleas, but the parasites are less likely to find indoor rabbits.

If you feel your rabbit must go out, it's best to leash and harness train. Or build a pen that predators can't get into and your rabbit can't get out of. And be certain to take your bunny in at night. Indoor rabbits can live 10 to 12 years.

(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.)

© 2005 Tribune Media Services, Inc.

Carefree, Maintenance Free Living for People 55+



- Gated Access
- 24-Hour Emergency Maintenance
- Refrigerator/Stove
- Dishwasher/Disposal
- Washer/Dryer Hookups
- Individual Controlled Heating & Air
- Enclosed Garages w/Automatic Openers
- Mowing & Snow Removal Provided
- Clubhouse w/Exercise Room
- Courtesy Van
- Special Activities



5121 Congressional Circle • Lawrence, KS 66049

785-843-1700

Due to street construction, please call ahead.

Stay charged up this summer!

*During the entire month of July, buy three packs of 4 batteries at \$4.25 per pack (tax included) and receive a fourth pack free.**



Our Duracell Activair™ batteries are a proven source of reliable-long lasting power.

All of our batteries have expiration dates of March 2007 or later so you can stock up now and know that your batteries will be fully charged when you need them.

Marston Hearing Center also offers cleaning and minor repairs on all makes of hearing aids. Our hours are 9:00 a.m. to 4:00 p.m. Monday through Friday.

*Prices good for size 10, 13 and 312 batteries only.

MARSTON HEARING CENTER

1112 West Sixth Street, Suite 100

Lawrence, KS 66044

(785) 843-8479



Home Fires Burning Pet Sitting Service

Your pets' best friend when you can't be there.
Don't leave your pets home without it.

Sarah Kuck
Owner **785-234-8636** Bonded and Insured

To place your ad in the Pet Marketplace,
please call Kevin at 785-841-9417.

CALENDAR

ART/ENTERTAINMENT

JULY 1-31

LAWRENCE ART GUILD MEMBERS SHOW

Lawrence Public Library in the entrances, gallery, cases, and lower level. A public reception will be Friday, July 22, 7:00 to 9:00 p.m., in the Library Gallery. The Members Show and public reception will be on the Summer Downtown Gallery Walk, also on Friday, July 22, 7:00 to 9:00 p.m. An estimated 150-200 art works will be displayed in the Library.

JULY 1-AUG 14

JIM MUNCE: PRINT ARTIST

2005 Friends of the Beach Museum of Art Gift print artist. Exhibition of work by Manhattan's Master printmaker. Beach Museum of Art. MANHATTAN, 785-532-7718
<http://www.ksu.edu/bma>

JULY 1-SEP 16

ART WALK

Sidewalk art show promoting the arts and artists in local and surrounding areas. 8th & High St. BALDWIN CITY, 785-594-3366
<http://www.baldwinarts.org>

JULY 8-AUG 6

ONCE UPON A MATTRESS

Topeka Civic Theatre performance. TOPEKA, 785-357-5211
<http://www.topekacivictheatre.com>

JULY 16-SEP 17

LAWRENCE ARTMARKET 2005

July 16, August 20 and September 17. The Lawrence ArtMarket features as many as 30 of the area's talented artists. Artwork of all kinds is expected to be on display, including ceramics, fiber, glass, jewelry, metalworks, mixed media, painting, photography, sculpture and wood. Artists interested in exhibiting should contact Lawrence ArtMarket. Lawrence Visitor Center (formerly, Union Pacific Depot), 402 N. 2nd St. Free. Accessible. 9:00 a.m.-3:00 p.m. LAWRENCE, 785-865-4254
<http://www.lawrenceartwalk.org>

JULY 23

SENIOR CLASS

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

BINGO

SUNDAYS

AMERICAN LEGION

HIGHWAY 92, 1/2 MILE EAST FROM OZAWKIE, 7:00 PM, 785-876-2686

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 & THURSDAYS

MOOSE CLUB

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

WEDNESDAYS & FRIDAYS

VETERANS OF FOREIGN WARS

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

WEDNESDAYS

PINECREST APARTMENTS

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

WEDNESDAYS & FRIDAYS

EAGLES LODGE

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

WEDNESDAYS & FRIDAYS

EDGEWOOD HOMES

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

THURSDAYS

BABCOCK PLACE

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

FRIDAYS

BALDWIN SENIOR CENTER

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

FRIDAYS

ARAB SHRINE

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

BOOKMOBILE

MONDAYS

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

TUESDAYS

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

WEDNESDAYS

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

BOOK TALKS

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

THIRD WEDNESDAY OF EACH MONTH

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

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

CLASSES/LECTURES

ONCE A MONTH

AARP'S 55 ALIVE SAFE DRIVING COURSE

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

JULY 1-30

MEMORIES OF THE PRAIRIE

A lecture series of Kansas history. Saturdays only. 412 S. Campbell. ABILENE, 785-263-2681
<http://www.heritagecenterdk.com>

JULY 7, 14, 21

EMERGING TRENDS IN CONTEMPORARY ART

A three-week series including lectures at the Kemper Museum and a tour of select galleries in the Crossroads District. Free transportation from Lawrence provided. Thursdays, 2:00-4:00 p.m. UNIVERSITY OF KANSAS, OSHER INSTITUTE 785-864-5823, toll free 877-404-5823
<http://www.kuce.org/lifelonglearning>

JULY 13, 20, 27

THE HISTORY OF THE DEVIL IN RELIGIOUS TRADITION

A three-week series of lectures by Dan Breslauer, professor emeritus of religious studies at KU. Each session will focus on the history and definition of the devil in one of three religions. Lectures held at Brandon Woods, Lawrence. Wednesdays, 7:00-9:00 p.m. UNIVERSITY OF KANSAS, OSHER INSTITUTE 785-864-5823, toll free 877-404-5823
<http://www.kuce.org/lifelonglearning>

EXHIBITS/SHOWS

JULY 4

WALTER P. CHRYSLER CAR SHOW

All makes and models of cars, trucks, and vans. Classic muscle, antiques, and street rods. City Park. WAMEGO, 785-456-7849, 877-292-6346
<http://www.wamegochamber.com>

JULY 9

WIZARD RUN CAR SHOW

Custom car show featuring more than 250 custom makes and models. 21st and Harper, Douglas County Fairgrounds LAWRENCE, 785-865-4499
<http://www.visitlawrence.com>

JULY 9

MEMORIES & MILLSTONES

Old-fashioned threshing bee, arts/crafts, and quilts. Watch vintage farm equipment in action. Hwy 92/59, Historic Old Jefferson Town. OSKALOOSA, 785-863-3072, 800-896-3198

JULY 15-17

MERIDEN THRESHING SHOW

Old-fashioned threshing bee, arts/crafts, and quilts. Vintage farm equipment, steam engines, tractor pull, blacksmith shop, sawmill, flour mill, and general store. Live demonstrations in 1870s setting. 1/4 mile E on Hwy 4. Meriden, 785-945-3504
<http://www.meridenthreshers.org>

JULY 30-31

MULVANE WOMEN'S BOARD ANTIQUE SHOW AND SALE

Antique show and sale offering fine art, jewelry, glass, furniture, glass and china repair, and educational seminars. 18th and Jewell, Washburn University Campus. TOPEKA, 785-231-1124
<http://www.washburn.edu/mulvane>

FARMERS' MARKETS

JULY 1-OCT 29

FARMERS' MARKET

Home and regionally grown vegetables, fruits, and flowers. 79th and 80th off Marty, Farmers' Market Pavilion. Sat. Apr-Oct 6:30 a.m. to sell out; Wed. June-Sep 7:30 a.m. to sell out. OVERLAND PARK, 913-642-2222

<http://www.downtownop.org>

JULY 1-OCT 29

OTTAWA FARMERS' MARKET

Twice weekly farmers market featuring fresh produce, plants, baked goods, fresh meat, and more. Orscheln Town and Country parking lot. Wed. 4-7 p.m., Sat. 8 a.m.-noon. OTTAWA, 785-242-1411
<http://www.visitottawakansas.com>

JULY 1-NOV 12

LAWRENCE FARMERS' MARKET

One of the oldest farmers' markets in Kansas, offering fresh fruits, vegetables, baked goods, flowers and herbs. Tue. and Thu. 4-6:30 p.m.; Sat. 6:30-10:30 a.m. 1000 block of Vermont. LAWRENCE

JULY 1-NOV 12

TOPEKA FARMERS' MARKET

Every Saturday, 7:30 a.m.-12:00 p.m. Downtown Topeka, 10th and Topeka. TOPEKA

FESTIVALS & FAIRS

JULY 2-4

SUNDOWN SALUTE

Independence Day celebration. 10K run, parade, veteran's ceremony, fireworks, vendors, and music. 6th and Washington, Heritage Park. JUNCTION CITY, 785-238-4450
<http://www.jcks.com>

JULY 2-4

SPIRIT OF KANSAS

4th of July celebration with an art/crafts festival, golf tournament, waterski show, and the biggest fireworks show in northeast Kansas. TOPEKA, 785-267-1156

JULY 4

HOLTON'S 4TH OF JULY CELEBRATION

Sand volleyball, kid's games, picnic, entertainment, concessions, and evening fireworks display. Prairie Lake, 1 mile N 3 1/2 miles E. HOLTON, 785-364-3963
<http://www.holtonks.net>

JULY 4

FOURTH OF JULY CELEBRATION

Picnic and fireworks extravaganza. LAWRENCE, 785-749-1504
<http://www.visitlawrence.com>

JULY 4

THUNDER OVER MANHATTAN

Footrace, pancake feed, rides, food booths, bicycle race, band, dance stage, and fireworks display. CiCo Park. MANHATTAN, 785-565-2000

JULY 4

JULY 4TH CELEBRATION

Enjoy an afternoon of swimming followed by an evening program and fireworks display. 500 E Santa Fe Trail, Jones Park. OVERBROOK, 785-665-7988
<http://www.skyways.org/towns/Overbrook>

JULY 9

FARM HERITAGE DAYS

Farm Town USA comes alive with old-time festivities, living history activities, tractor pull, train rides, and much more. BONNER SPRINGS, 913-721-1075
<http://www.aghalloffame.com>

JULY 9

FESTIVAL OF WINE AND FOOD

Sample fine wines, spirits, and gourmet food in an elegant summer atmosphere. Live and silent auctions. 200 McDonald Dr., Holiday Inn/Holiday. LAWRENCE, 785-842-0550
<http://www.visitlawrence.com>

JULY 12-15

BROWN COUNTY FAIR

86th annual. Parade, 4-H exhibits, style review, livestock judging, carnival rides, and entertainment. Brown County Fairgrounds.

CALENDAR

CONTINUED FROM PAGE 12

HORTON, 785-486-3721
<http://www.hortonkansans.net>

JULY 15-16

AMELIA EARHART FESTIVAL

Annual tribute to native daughter with music, dignitaries, aerobic performances, and spectacular fireworks.
ATCHISON, 913-367-2427, 800-234-1854
<http://www.atchisonkansans.net>

JULY 16-19

OSAGE COUNTY FAIR

4-H horse show and projects, bingo, carnival, car and antique tractor show, demolition derby, crafts, parade, and dance. Melvern City Park. MELVERN, 785-549-3447

JULY 21-24

FRANKLIN COUNTY FAIR

URA pro rodeo, exhibits, demolition derby, 4-H exhibits, carnival, and livestock auction. Franklin County Fairgrounds. OTTAWA, 785-242-1411
<http://www.visitottawakansas.com>

JULY 23

DOUGLAS COUNTY FREE FAIR

Live music, carnival, 4-H exhibits, demolition derby, antique tractor pull, and a variety of races and contests. 21st and Harper, Douglas County Fairgrounds. Lawrence, 785-843-7058
<http://www.visitlawrence.com>

JULY 23

MANHATTAN LITTLE APPLE JAZZ FESTIVAL - JAZZ TO THE CORE

Four different genres of Jazz performances are highlighted at this event. Manhattan City Park. MANHATTAN, 785-776-8829
<http://www.ksu.edu/upc>

JULY 28

RILEY COUNTY 4-H FAIR

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

AUG 2-4

4-H FAIR

Royalty parade, 4-H exhibits, booths, livestock show, and livestock auction. Fairgrounds. VALLEY FALLS, 785-863-3072, 800-896-3198
<http://www.visitjeffcounty.com>

AUG 3-6

OVERBROOK/OSAGE COUNTY FAIR

Carnival, 4-H and open class exhibits, demolition derby, 4-H livestock auction, horse show, and parade on Fri and Sat. Cedar St, Fairgrounds. OVERBROOK, 785-665-7532

HEALTH

MONDAYS THROUGH THURSDAYS FIT FOR LIFE

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

FIRST TUESDAY OF EACH MONTH HEALTH SCREENING CLINIC

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

TUESDAYS AND THURSDAYS BLOOD PRESSURE CLINIC

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

TUESDAYS AND THURSDAYS SENIORCISE PROGRAM

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

WEDNESDAYS

HEALTH SCREENING CLINIC

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

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

JULY 6

CHOLESTEROL SCREENING

You now have a choice! You can choose to get a quick (5 minutes) fingerstick test providing a TOTAL blood cholesterol reading with no fasting involved. Or you can fast for 10-12 hours (water and medications ok) and get a TOTAL LIPID PANEL (includes cholesterol, HDL, triglycerides and calculated LDL) in about 10 minutes. The lipid panel is not available in the afternoon hours. Fee.
LMH HEALTH SOURCE ROOM 8:30-10:30 AM

JULY 8-10

BLOOD PRESSURE TEST

Novartis Pharmaceuticals Corp. has partners with Simon Malls to conduct a free blood pressure testing. This program educates individuals on the immediate and real dangers of uncontrolled blood pressure. Learn about high blood pressure, including risk factors and lifestyle choices that impact on a healthy blood pressure. Sign up for a chance to win a \$250 Simon gift card.
WEST RIDGE MALL, TOPEKA

JULY 23

SWEATLODGE

With Lakota Chief Leroy StandingCloud. Arrive by 4:00 p.m. to help prepare and tend fire. Pot luck to follow. Love offering. Save your "seat."
THE LIGHT CENTER, 785-255-4583

JULY 23 & 24

HEALING TOUCH

With Robin Goff Learn effective energy healing techniques that everyone can do! Fee (scholarship help available), 18 CE for massage/nursing-open to all.
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 TUESDAY OF EACH MONTH LAWRENCE AREA COALITION TO HONOR END-OF-LIFE CHOICES

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

WEDNESDAYS AND SUNDAYS

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

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

THURSDAYS

OLDER KANSANS EMPLOYMENT PROGRAM

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

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). Note: May's meeting will be held on May 12.
JADE MONGOLIAN BARBEQUE, LAWRENCE 11:30 AM-1:00 PM

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

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

SECOND AND FOURTH WEDNESDAY OF EACH MONTH

ALZHEIMER'S EARLY STAGE PATIENT SUPPORT GROUP

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

SECOND THURSDAY OF EACH MONTH NAACP MEETING - LAWRENCE CHAPTER

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

THIRD TUESDAY OF EACH MONTH LAWRENCE PARKINSON'S SUPPORT GROUP

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

THIRD TUESDAY OF EACH MONTH GRANDPARENT/KINSHIP SUPPORT GROUP

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

FOURTH TUESDAY OF EACH MONTH LAWRENCE PARKINSON'S SUPPORT GROUP

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

LAST TUESDAY OF EACH MONTH GRIEF AND LOSS SUPPORT GROUP

Brandon Woods Retirement Community in association with Heart of America Hospice invite individuals dealing with the pain of loss and bereavement to join us. Call 785-838-8000 for information.
1501 INVERNESS DR, LAWRENCE

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.
785-865-3787 or 785-832-9261

MISCELLANEOUS

SATURDAYS

OSHER RADIO PROGRAM

Local news and talk radio station KLWN 1320 AM presents the new program "Lifelong Learning: Lively Encounters with KU's Best." Each show will feature an interview with a KU Osher class instructor. Tune in for a glimpse of what you can expect from upcoming Osher classes. 11:05 a.m.
<http://www.kuce.org/lifelonglearning>

JULY 1-3

INDEPENDENCE DAY 1904

Learn how our nation's independence was celebrated in 1904. Visit the decorated school and make a patriotic craft to take home.
EDGERTON, 913-893-6645
<http://www.jocomuseum.org>

JULY 6-10

OLD SETTLERS REUNION

Horse-powered farm equipment, antiques, live demonstrations, arts/crafts, historic town setting, blacksmith shop, and working general store.
MERIDEN, 785-863-3072, 800-896-3198

JULY 16

RED CROSS ADVENTURE RACE

Adventure racing which includes kayaking, mountain biking, and trail run. Fancy Creek State Park on Tuttle Creek Lake, Randolph, Kan. Manhattan, 785-776-8829
<http://www.havingfuninc.com>

JULY 25-29

ADVENTURES IN NATURE!

Camp for creative kids! Sweatlodge, Build a solar oven, Swimming, great crafts & DOWN time! One overnight July 28. Fee (includes meals).
THE LIGHT CENTER, 785-255-4583

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.

BOOKSHELF

More summer reading

By Margaret Baker

Bill Harris: *The Lives of the Mountain Men* (Lyons Press, \$27.95, ISBN 1-59228-624-0) *History*

This "coffee table book" details the life of the men whom American historians have dubbed "mountain men." Actually, they were very active in the Midwest and certainly in the Kaw Valley, until the decline in the supply of beavers.

Learn about fur trapping and trading, life among the Native Americans, rendezvous, and the effect the mountain men and the fur trade had on the nation's drive west!

Nancy Bell: *Death Splits a Hair* (Thomas Dunne Books, \$22.95, ISBN 0-312-32781-1) *Mystery*

Those readers who have missed the engaging series of Biggie Weatherford will be delighted to learn author Bell has a new series underway, also set in Texas.

Judge Jackson Crain dispenses justice in Post Oak. Widowed, he lives with his adolescent teenage daughter in the house of his childhood, and has his hair cut by the son of the barber who cut his father's hair. It's a small town where it is hard to hide secrets.

When that barber is killed in his home and the evidence points to an inside job, Judge Crain assists the sheriff (a high school chum) to figure out just what went on. Was he slain by his wife? His very rebellious son? The stranger in town who looks very much like the barber?

Bell captures the sense of small towns with characters so real you think you've had coffee with them in the corner booth of the cafe.

Margaret Dumas: *Speak Now* (Poisoned Pen Press, \$24.95, ISBN 1-59058-121-0) *Mystery/romance*

Orphaned "Charlie" Van Leeuwen has a really tough guardian,

Uncle Harry, who has bought off several would-be suitors for her very wealthy hand. Now she's returning from London with brand new husband Jack Fairfax, an ex-Navy meteorologist. She's wildly in love but apprehensive of Uncle Harry's reaction as they return to San Francisco and her ensemble theatre group.

14 SeniorMonthly, July 2005

Uncle Harry comes through as expected, but Jack turns out to be much, much more than anticipated, especially as the bodies start cropping up.

If you remember Nick and Nora Charles, Mr. and Mrs. North, or TV's Hart to Hart fondly, read this wonderful melding of romance and mystery, tautly plotted.

Lisa Scottoline: *Devil's Corner* (Harper Collins, \$25.95, ISBN 0-06-074288-7) *Mystery*

Devil's Corner is a section of Philadelphia where crime and poverty rule the tawdry streets. Prosecutor Vicki Allegretti and partner-mentor have set up a meeting with a confidential informant on a relatively minor case. Vicki's partner and the informant are suddenly slain in a burst of gunfire. Vicki, shaken to her core, needs to learn why.

A drug deal gone bad? Awful lot of that going on. Still, something doesn't seem right. She keeps checking, against department advice, until she uncovers an unusual twist.

Scottoline's background as a trial lawyer makes for the feeling of authenticity in this gritty story with two strong female leads.

Laura Lippman: *To the Power of Three* (Wm. Morrow, \$24.95, ISBN 0-06-050672-5) *Mystery*

Not another school shooting case story! Well, yes, but handled in a truly unique way.

Josie, Perri, and Kat have been best friends since third grade, the modern equivalent of The Three Musketeers, all for one and one for all. It is only a few days before graduation when two die and one is injured.

To learn what actually happened, and, more importantly, why, Lippman leads the reader through the psychology of schoolgirl friendships, the kind that last in many cases a lifetime. And it is her deft account of that friendship, and her empathy with the girls, that raises this book above the many following the Columbine tragedy.

Lippman is best known for her

series featuring Tess Monaghan, investigative reporter turned private investigator in Lippman's own Baltimore. She has won all the honors available in American mystery composition—the Edgar, Agatha, Shamus, Anthony and Nero Wolfe.

Paperback Picks

Susan McBride: *The Good Girl's Guide to Murder* (Avon, \$6.99, ISBN 0-06-056390-7) *Mystery*

Web designer Andea Kendricks refused to be a Dallas Debutante, a decision her mother has always regretted. Cissy is forever using guilt trips to get Andy at least near society's do's.

Domestic Diva Marilee Mabry came up the hard way, left with nothing when her husband dumped her and her daughter for a trophy wife. She used all those make-do ideas for a newspaper column, and then a hit television show. The new studio is being introduced to the public in a grand opening show, and Andy has the task of installing a live-action web site. In clothes selected by Cissy, of course.

The flaming dish goes awry and the whole place goes up, on screen, but who started the conflagration, and why, isn't shown. Andy vows to uncover the perpetrator even as a body is found in the rubble.

McBride has a believable plot and deeply-drawn characters. She is particularly adept at character development and avoids the black-and-white depictions inferior writers fall back on.

A series worth reading, and still in the less expensive paperback format!

Publishers sometimes reprint a popular hardcover book in paperback, often just before the release of the author's newest offering in hardcover. Folks on a budget may want to take this opportunity to add these recent reprints:

G. M. Ford: *Red Tide* (Avon, \$6.99, ISBN 0-06-055481-9) *Suspense*

Reclusive investigative reporter Frank Corso in a case involving bio-terrorists intent on inflicting catastrophic numbers of Seattle victims.

Ace Atkins: *Dirty South* (Avon, \$7.50, ISBN 0-06-000463-0) *Mystery*

Rock and Roll is the area of Jim McNamara's phi. work, and he is called in to find a missing rocker accused of killing a NBA star. The rocker has been staying on top for decades by reinventing herself, which is going to make catching her

very difficult.

Ears Only (audio books)

Gary M. Pomerantz: *Wilt, 1962* (Random House audio book \$29.95, ISBN 0-7393-1975-2). *Biography*

Pomerantz fashions his biography of basketball player extraordinary around the night of



March 2, 1962 in Hershey, Pennsylvania as Wilt scored 100 points in one game, a record still standing.

Wilt Chamberlain combined great size with grace, even in high school in Philadelphia. He played for the University of Kansas, including the 1955 national championship which the Jayhawks lost in triple overtime. He then played for the famed Harlem Globetrotters and then the NBA's Philadelphia Warriors.

Pomerantz's biography goes beyond the basketball court to show The Big Dipper's family background, cosmopolitan adult life, and the effect Wilt had on the nascent NBA. This audio edition includes a bonus of the last quarter of that fabled game. Crown has also published a print edition.

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



GRANDPARENTS

Give the Gift of Reading!

The idea of reading for pleasure during the summer doesn't have to be for adults only.

The long and hot days of summer are the perfect time for children to discover the many joys of reading.

We have the perfect books (and toys, too!) for your grandchild.

Gift certificates available!

THE CHILDREN'S BOOK SHOP

937 Massachusetts
Downtown Lawrence

785-838-3221

www.kidsandteachers.com

COOKING LIGHT

Thai basil beef with rice noodles

By David Bonom and Lisa Zwirn

Use kitchen shears or a knife and fork to chop the noodles into smaller pieces, which will make them easier to toss with the curry-lime juice dressing.

- 8 cups water
- 1 pound flank steak, trimmed
- 1/4 teaspoon salt
- 1 1/2 cups (11/2-inch-long) slices fresh asparagus (about 1 pound)
- 4 ounces wide rice stick noodles (banh pho)
- 1 tablespoon sugar
- 3 tablespoons fresh lime juice
- 1 tablespoon fish sauce
- 1/2 teaspoon Thai red curry paste

- 1 cup cherry tomatoes, halved
- 1/2 cup thinly sliced fresh basil
- 1. Heat a large grill pan over medium-high heat.
- 2. While pan heats, bring water to a boil in a large saucepan.
- 3. Add steak to grill pan; grill 5 minutes on each side or until desired degree of doneness. Sprinkle

steak with salt. Cut steak across grain into thin slices.

- 4. While steak cooks, add asparagus to boiling water; cook 2 minutes. Remove asparagus with a slotted spoon. Add noodles to boiling water; cook 3 minutes or until done. Drain; rinse well. Cut noodles into smaller pieces; place in a medium bowl.
- 5. While noodles cook, combine sugar, lime juice, fish sauce, and curry paste in a large bowl. Add one-half of lime mixture to medi-

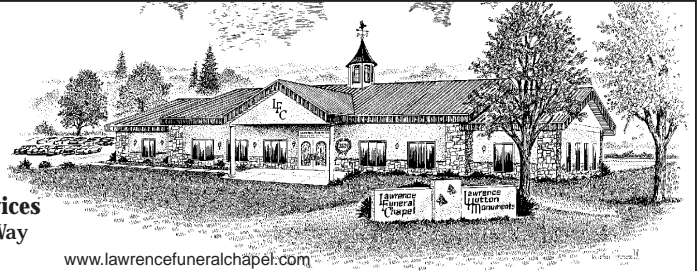
um bowl with noodles; toss to coat. Add steak, asparagus, tomatoes, and basil to remaining lime mixture in large bowl; toss to combine. Serve steak mixture over noodles. Yield: 4 servings (serving size: 1/2 cup noodles and 1 cup steak mixture).

CALORIES 328 (24 percent from fat); FAT 8.6g (sat 3.6g, mono 3.4g, poly 0.4g); PROTEIN 26.1g; CARB 34.9g; FIBER 3.6g; CHOL 54mg; IRON 3.2mg; SODIUM 615mg; CALC 50mg.

©2005 Tribune Media Services, Inc.

Lawrence Funeral Chapel

Mortuary and Cremation Services
841-3822 • 6th & Monterey Way
Locally Owned and Operated



www.lawrencefuneralchapel.com



GENUINE SINCE 1937



- aviators • predator
- caravan • wayfarer
- rimless • clubmaster

Come in and check out the latest styles!



928 Massachusetts
Downtown Lawrence
843-0611

www.theetcshop.com

Look Who's 60

The following celebrities turn 60 in July:

- July 1 **Deborah Harry**, frontwoman, Blondie
- July 6 **Burt Ward**, actor, Batman (Robin)
- July 26 **Helen Mirren**, actress, Calendar Girls
- July 28 **Jim Davis**, cartoonist, Garfield

Compiled By Kevin Groenhagen,
Kaw Valley Senior Monthly

www.seniormonthly.net

Proven healing.



Effectively treating wounds doesn't stop with the existing injury. Getting to the source of the wound is critical, and it's the only way to prevent it from happening again.

At Lawrence Memorial Hospital Wound Healing Center, you'll find the help you need. We offer advanced technology and medical care that helps heal wounds by starting with the underlying cause. Nine out of 10 patients treated at Lawrence Memorial Hospital Wound Healing Center have been successfully healed — that means a 90% chance your wounds will fully heal. Healing wounds is what we do.

Talk to your doctor or call 785-840-9292 today for an appointment.

Healing power with a human touch.
785-840-9292 / www.lmh.org

WOUND HEALING CENTER
A Service of Lawrence Memorial Hospital



PUZZLES

TMSpuzzles@aol.com

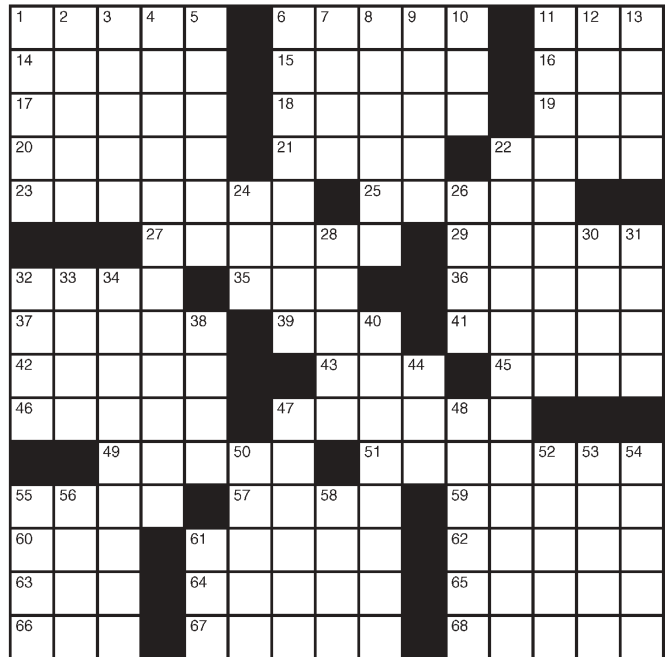
ACROSS

- 1 "It's a Wonderful Life" director
- 6 Enchilada amount?
- 11 Banned insecticide
- 14 Helps with the dishes
- 15 Esteem
- 16 Perfect game box score
- 17 Wedding tokens
- 18 Musical drama
- 19 Goopy mass
- 20 Port of Rome
- 21 Broad
- 22 Highest point
- 23 Strait off Sicily
- 25 Wind: pref.
- 27 Oodles
- 29 Like showers
- 32 Flatfoot's lack?
- 35 Summer at the Sorbonne
- 36 With 40D, other gig of 42A
- 37 Lube again
- 39 Part of a min.
- 41 Andean beast
- 42 With 55D, "Live" co-host
- 43 Definite article
- 45 Modern Persia
- 46 Slovenly people
- 47 Japanese religion
- 49 Woman in tears
- 51 Maltin or Nimoy
- 55 Bankruptcy
- 57 Allow to use
- 59 Bird in "Peter and the Wolf"
- 60 Part of TGIF

- 61 Be fond of
- 62 Located
- 63 Light touch
- 64 Pigs
- 65 Poetic Muse
- 66 Interjections of delight
- 67 Writer Chekhov
- 68 Break times

DOWN

- 1 Memory disc
- 2 Get up
- 3 Quart halves
- 4 "Live" co-host
- 5 Set upon
- 6 With 13D and 22D, other gig of 4D
- 7 Pueblo dweller
- 8 Once upon a time
- 9 Sophia of "A Countess from Hong Kong"
- 10 Period of history
- 11 Fido's choker
- 12 Tragic fate
- 13 See 6D
- 22 See 6D
- 24 Maiden name lead-in
- 26 Lat. list-ender
- 28 Pearly whites
- 30 Thompson of "Dead Again"
- 31 Actress Cannon
- 32 Large boats
- 33 Rod attachment
- 34 Settlers
- 38 Antibody prefix



By Edgar Fontaine
Dighton, MA

Answers on page 23

- 40 See 36A
- 44 Opposite of WSW
- 47 Think best
- 48 Flipper
- 50 Mishandled
- 52 Namesakes of a terrier
- 53 Butler of fiction

- 54 Carpenter's grooves
- 55 See 42A
- 56 Bryce Canyon's state
- 58 Kiddy prohibition
- 61 Youth org.

©2005 Tribune Media Services, Inc.

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.

MUPPETS & FRIENDS (sol.: 13 letters)

A-Alfredo, Ali Baba, Animal, Astoria; B-Beaker, Bert, Biff, Big Bird; C-Cookie Monster, Crazy Harry; D-Droop, Dr. Bob, Dr. Teeth; E-Ernie; F-Felix; G-Gaffer, Gladys, Gloat, Gonzo, Grover; H-Hilda; J-Janice, Jowls; L-Lefty, Lew Zealand; M-Mickey Moose, Mildred, Miss Piggy, Mutations; N-Nigel; O-Oscar; P-Pops; R-Rizzo, Robin, Rowlf; S-Scooter, Slimey; T-Thog;

This Month's Answer: **KERMIT THE FROG**
© 2005, Tribune Media Services

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

JUMBLE

THAT SCRAMBLED WORD GAME
by Henri Arnold and Mike Argilston

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

EGBIE

BATOB

NAMMDA

UNTAGO

www.jumble.com

Answer here: A

“ ”



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

Answers on page 23

SUNFLOWER STUMPERS

- 1) The first white man on record to reach Kansas was Coronado. What does his name mean?
- 2) How many flags have flown over Kansas?
- 3) Who said, "I am a 100% disbeliever in war"?
- 4) Nebraska borders Kansas to the north. What does "Nebraska" mean?

- 5) Valley Falls in eastern Kansas is one of the larger communities on the Delaware River. What were the original names of these two historic places?
- 6) In 1906, this earthshaking event occurred in Manhattan, Kansas. What was it?
- 7) Dorothy of "The Wizard of Oz" has become one of the more endur-

- ing symbols of Kansas. What was her last name?
- 8) State Representative Lee Tafa-nelli recently resigned his seat to serve with his unit in Iraq. Which Kansas governor resigned to go to war?
- 9) One of the most famous men to hail from Kansas was Dwight D. Eisenhower. His parents met, fell in love and married in which Kansas town?

- 10) Which of these are native to Kansas? a) Tumbleweed b) Ring-neck Pheasant c) Carp d) Pottawatomie Indians (e) Wheat.
- Sunflower Stumpers questions and answers provided by the Kansas Journal of Military History, Debra Goodrich, Publisher. See www.ksjournal.com for more information. Answers on page 23.

BRIDGE

Each trick in its time

By Omar Sharif and Tannah Hirsch

North-South vulnerable. East deals.

NORTH
 ♠ 9763
 ♥ 74
 ♦ K5
 ♣ AQJ72

WEST
 ♠ 42
 ♥ Q82
 ♦ 108762
 ♣ 1064

EAST
 ♠ 8
 ♥ K109653
 ♦ AQJ4
 ♣ K5

SOUTH
 ♠ AKQJ105
 ♥ AJ
 ♦ 93
 ♣ 983

The bidding:

EAST	SOUTH	WEST	NORTH
1♥	1♠	Pass	2♥
Pass	4♠	Pass	Pass

Opening lead: Two of ♥

Among the maxims that are the most questionable is that aces were made to capture kings - one that we have cited frequently. But, at times, aces do have more important functions.

South's hand is not strong enough to double and then bid spades; the one-level overcall is sufficient for the moment. North's heart cue-bid showed a limit raise or better in spades and, with seven playing tricks, South bounced into game.

West led a low heart to East's king and declarer won with the ace. Trumps were drawn and the club finesse was taken, losing to East's king. A heart was returned to West's queen and a diamond back netted the defenders two tricks in the suit and a one-trick set.

Declarer lost the contract at the first trick. The good book tells us there is a time for everything under the sun, and that was certainly not the moment to win the first trick with the ace. Since the East hand poses no threat to the contract, East

should be allowed to win the first trick. Declarer wins the heart return, draws trumps and takes the club finesse into the safe hand. The best East can do after taking the king of clubs is to cash the ace of diamonds to prevent the overtrick.

Send e-mail to gorenbridge@aol.com.

©2005 Tribune Media Services, Inc.



Over 50 Mantels on Display

- Shelf Mantels
- Full Size Mantels
- We Deliver & Install

For FREE Brochure, call:
785-256-4647
www.josephsmantels.com

We Make House Calls!

- Physical, Occupational & Speech Therapy
- Fall Prevention & Balance Training
- Hand & Shoulder Rehab
- Home Safety Assessments
- Chronic & Acute Pain Management
- Adaptive Equipment Assessment & Training
- Personal Exercise Program Development
- You don't have to be homebound

Bringing quality rehab to your front door!



Call 842-0656 or 594-3162

2721 West 6th., Suite B • Lawrence, KS 66049
 814 High St. • P.O. Box 368 • Baldwin City, KS 66006

Advertising in Senior Monthly is a Capital Idea

After distributing in the Lawrence area for two years, in July 2003 we doubled the press run of *Senior Monthly* from 3,000 to 6,000 copies and began distribution in Topeka. *Senior Monthly* advertisers can now reach customers in two markets for one low price.

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

SUPER HOT SAVINGS WITH COOL SPECIALS!



- Spacious 1 & 2 Bedrooms
- All Electric Utilities
- Controlled Access Building
- All Units have W/D Connections
- 24-Hour Emergency Maintenance

ONE MONTH FREE • \$99 DEPOSIT • NO APPLICATION FEE!

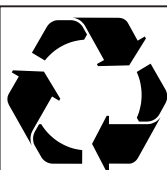
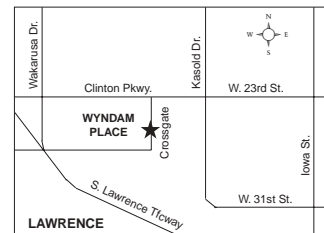
Wyndam Place
Senior Residences

2551 Crossgate
 Lawrence, KS 66047
785-749-4646

Professionally
 Managed By
 Cohen-Esrey Real
 Estate Services



www.cohenesrey.com



Please recycle this copy of *Kaw Valley Senior Monthly* when you are through with it.

SMART COLLECTOR

Where to go to sell

Q: If you have an object you want to sell and don't know the value, options seem to be go to the library or search for something similar online. But what if you have something that isn't that common and there aren't references? I've thought there would be a market for a service where someone would do an independent evaluation for a set fee but not big bucks. — Sean, Seattle, Wash.

A: Well, Sean, not too long ago, there were several versions of exactly that. Most notable was eppraisals.com, a concept from Chicago auctioneer Leslie Hindman.



Danielle Arnet

Launched in 1999, the site offered electronic appraisals of antiques and collectibles. The idea was to send a digital photo and fill out a few facts on the item. They'd bill your credit card \$20, and within 48 hours an independent appraiser would e-mail an estimated value and perhaps opinion on the item.

It was an ambitious idea, but as the industry newspaper *Maine Antique Digest*, www.maineantiquedigest.com, suggested, perhaps ahead of its time. The startup lasted a scant two years.

Your items are Eskimo handicrafts, and you live in an area where people know the genre. If you don't want to pay a credentialed appraiser (and some of their fees aren't that steep), take photos or the lot to an area seller of similar items and get an opinion. Be fair. Offer to pay for their time.

I'd certainly also take a thorough look online. If you can't find similar pieces on eBay or other auctions, Google the items and see what comes up.

FYI: To find a professional appraiser in your area, visit: www.appraisersassoc.org (AAA), www.isa-appraisers.org (International Society of Appraisers), or American Society of Appraisers (ASA) at www.appraisers.org.

Q: We've collected a variety of interesting (and sometimes expensive) items. Our children have made it clear that they don't want the "junk" because it doesn't suit their lifestyles. What's the best way to sell off the

items? How do we find an honest broker? — Len, Delray Beach, Fla.

A: From the description sent (plates, bric-a-brac, etc.), the pieces don't seem terribly valuable. But to be sure, someone who knows the current market should take a look. Do you have a collecting neighbor or family member? Ask them to comment on the items.

You can consign the lot to a local auction, but first be sure they are reputable. Again, your best source is to ask someone you know who has dealt with them. Because auctions get a percentage of the price, it is in their interest to get the best price possible. It is in your interest to determine selling costs before signing.

Dealers are in business to make money. It is in their interest to buy low and sell high, and they will pick out the merchandise they think will sell best. Unfortunately, there are crooked dealers. But many are highly ethical. Again, you need to ask everyone you know if they have had a satisfactory experience with a dealer who buys.

MORE: Here are new caveats. After bidding for a painting on eBay recently, a friend was astounded to see it end in the high five figures. After the sale, he received an e-mail, supposedly from the seller, offering him the painting at his high bid — a fraction of the final, but still no chump change. Directions were to wire the sum to London. Contacting the seller, he learned that the painting had indeed sold online and was already paid for. Obviously, scam artists have a new trick.

In the May issue of *Maine Antique Digest*, a reader cautions about another ploy; a would-be buyer outbids the competition, says he will pay more than is due, and asks the seller to send the "refund" by wire.

The moral on both these tales is don't trust any buy/sell e-mails without checking them first, and thoroughly scope out feedback on both sellers and buyers. Smart collectors also know that e-mail requests to update PayPal info are a scam. Never, never pay for an online transaction by wire. You have no protection.

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

© 2005 Tribune Media Services, Inc.



Collectibles Marketplace



TOPEKA

Wheatland
Antique Mall

More than 6,000 sq. ft. of quality antiques & collectibles reasonably priced.

(785) 266-3266
2121 SW 37th St.

Mon.-Fri. 10-5:30, Sat. 10-5, Sun. 10-5

TOPEKA

BRICKHOUSE
ANTIQUES

Unique Furniture plus a general line of quality antiques.

BUYING-SELLING-FINDING
1/4 mi. N. of I-470 at Burlingame
Exit on the west side, Topeka.
Mon-Fri 10-5:30;
Sat 10-5; Sun. 12-5
785-266-6000
brickhouse3711@sbcglobal.net

THE ELECTRONIC AUCTIONEER

Free eBay Ad for AARP Members

I will list your antique or collectible on eBay for free. No charge unless your item sells for your price. I am an approved trading assistant registered with eBay to sell for others. I have been an AARP member since 1997, and I have been selling on eBay since 1998. I also sell surplus equipment and handle liquidations. I do purchase items outright for cash.

Call any time. Pat Kindle. 785-865-5049.

TOPEKA

DOWNTOWN Antiques and Collectibles Mall

Space and Cases for Rent.
We Take Consignments.

Furniture • Dishes • Linens • Tools • Pepsi • Coke • Jewelry • Bears • Mickey Mouse Collection & More

500 SW Harrison • (785) 354-1603
(One block east of 5th & Topeka) • MC/Visa/Discover • Layaways - We Buy • Sell • Trade

11am-5pm, Wed.-Sat., 1-5pm, Sundays; or by Appt.

LAWRENCE

Antique Bazaars II

840 Massachusetts
Downtown Lawrence

WANTED:

Old Toys, Old Advertising, Old Furniture, Glassware, Jewelry, Civil War, Military, Books, Knives, Swords, Prints, Paintings, Bottles, Pottery, Boxes, Tins, Fountain Pens, Cameras, Pictures, Old Kansas History, Frontier, Political, Sports, Lodge, Memorabilia, Watches, Clocks, Art Glass, Deco, Entire Estates.

Buying Daily
Call 785-550-0455

OTTAWA

ANTIQUE MALL

MALT SHOP

Great selection of merchandise. Some 60 dealers. Try a tasty soda treat at our soda fountain!

2nd & Walnut in Victorian downtown Ottawa, KS

Mall hours:
Tues.-Sat. 10 to 5:00
Sundays 11 to 5:00
Closed Mondays

www.ottawantique.com
785-242-1078



To place your ad in the next "Collectibles Marketplace," please call Kevin at 785-841-9417.

KANSAS! Magazine looks into the face of Kansas

The Summer 2005 issue of KANSAS! magazine takes a look at the ethnic makeup of the state—the immigrants who founded, shaped, and continue to enrich our culture. The four-color, quarterly periodical is published as the official state magazine by the Kansas Department of Commerce Travel & Tourism Development Division.

Mary Remboldt Gage takes readers on an ethnic tour of the state's six regions and finds that the face of Kansas reflects a strong and vibrant pioneering spirit. Writer Marti Attoun and Photographer Gerard Attoun discover the Little Sisters of Liberty—8-foot, 4-inch reproductions of the Statue of Liberty erected from 1949 to 1951—that are being restored in communities throughout the state.

Katie Copeland writes about the American Dream for a Lebanese restaurant family in Wichita in her debut with KANSAS! magazine. Fred Solis provides the accompanying photographs to the Toubia family. Marci Penner explores the ethnic restaurants in rural Kansas and Kelley Carpenter tells readers where to find a few Indian and Mexican restaurants in Topeka and Kansas City.

Our Agritourism series continues as Writer Jeri Clouston and Photographer David Clouston take a look at C&W Ranch in Smolan. The Wimer family offers the perfect setting for a country getaway, a special occasion, or the ultimate cowboy experience.

Photographer Jim Richardson travels the world to capture the right image for National Geographic, but he and his wife Kathy choose Lindsborg, Kan., for their home and gallery business. Writer Ann Parr and Photographer Dale Cole look into the Richardsons' world.

Fantastic summer photographs are featured in the gallery capping off an issue that brings Kansas' beauty to the forefront.

KANSAS! has been published since

1945 by the Kansas Department of Commerce. Individual copies for \$4 each may be purchased at area retail stores. For a complete list of retail

outlets, visit www.kansmag.com. Subscriptions to KANSAS! are \$15 per year and are available online or by calling 1-800-678-6424. For more informa-

tion, contact KANSAS! magazine, Kansas Department of Commerce, 1000 S.W. Jackson Street, Suite 100, Topeka, KS 66612 (785) 296-3479.

It may be just some shoulder pain, but why take chances?



Gary Calton, RN

Every year, thousands of people mistake the warning signs of a heart attack for something a lot less serious. That's why the staff of the Bob Billings Cardiac Evaluation Center at Lawrence Memorial Hospital's Emergency Department wants you to be "heart smart."

First, know the warning signs of a heart attack, including these symptoms: pain in the shoulder, arm, jaw or stomach; a shortness of breath; discomfort in the center of your chest; and the sudden onset

of nausea, cold sweats or light-headedness.

If you or anyone you know exhibit any of these symptoms, don't delay. Call 9-1-1 and get help fast. Studies show that clot-

busting drugs and other treatments work best to stop a heart attack when given within one

hour of the start of symptoms.

So when it comes to your heart, use your head. To learn more about the warning signs of a heart attack visit us on the Internet at www.lmh.org.



The Bob Billings Cardiac Evaluation Center
The newest addition to Lawrence Memorial Hospital's Emergency Department

Kaw Valley Senior Monthly
accepts
INSERTS!

We can insert your circulars or flyers for just \$45 per 1,000. Call 785-841-9417 for more information.

The Imposter

“Where is my husband? What have you done with him?”

These words came from my wife Emmaline, and they were disconcerting. At the time she said them, Emmaline was standing right in front of me, looking me in the eye.

“Emmaline?” I said, and moved toward her.

“Don’t touch me, you imposter,” she said. Then, inexplicably, she stepped toward me, and raised her hands as if to caress my face. But she didn’t caress my face. Instead, she dug her fingernails into either side of



Larry Day

my neck just under my chin. It felt like she was trying to rip my skin off.

“Ouch! Stop it, Emmaline! What are you doing?”

She stepped back, her eyes blazing.

“I was trying to tear the mask off,” she said.

“What mask?”

“I thought you were wearing one of those rubberized masks they use in the movies to transform people’s appearances,” she said.

“Well I’m not,” I said, rubbing my neck. “And that really hurt. What’s gotten into you?”

“If it’s not a mask, then you must be an alien who has the power to make himself *look* like my husband. Why have you kidnapped him? Is he in your space ship? Take me to my husband,” said Emmaline.

“You’re scaring me,” I said.

“And you’re scaring ME!” she yelled.

“What have I done to scare you? I drove in from a three-week workshop late last night, got up this morning and unloaded the car. What’s so scary about that?” I asked.

“Your clothes,” said Emmaline.

“My clothes? I asked.

“You unpacked a three-week supply of clothing—shirts, pants, underwear, socks, pajamas, and put them away in the closet and in your chest of drawers. You didn’t put one thing in the dirty clothes hamper.”

“I hung my clothes in the closet and put things away in my drawers because they were all clean. I washed

them all and hung or folded them yesterday before I left Keokuk to drive home.”

Emmaline burst into tears. “Oh please, please tell me where my husband is. What have you done with him? My husband has never washed so much as a pair of socks since I married him 44 years ago.” That was a slight exaggeration but I let it go.

“One of my meetings was cancelled, and I had free time before the final workshop session. There was a Laundromat across the street, so I...”

Emmaline cut me off. “Look at his car! The inside of my husband’s car looked like it was on the way to the landfill with a load of trash. Now there isn’t so much as a wadded up gum wrapper or a bent paper clip to be found.”

“Oh, that,” I said. “While my clothes were in the washing machine at the Laundromat, I decided to tidy up the inside of the car. I cleaned it out, and threw all the stuff away in a dumpster behind the Laundromat. It’s no big deal.”

“Oh, my poor husband,” wailed Emmaline. “You’ve kidnapped him, and now you’ve got him strapped to a surgical table in your fiendish space ship’s laboratory doing hellish experiments on him.”

“Emmaline, this is absurd,” I said. “It’s me, your loving husband, for goodness sakes. I expected you to be happy that I used a couple of free hours in Keokuk to wash my clothes and tidy up my car.

“I was suspicious even before my husband ever left on that trip,” said Emmaline, ignoring what I said.

“What did I do then to make you think I was an imposter?” I asked.

“Two days before the trip my husband called me from the office and said that he was finishing up his work and would be right home. He showed up at the house 10 minutes later.”

“Well, what does that prove?”

“The last time my husband called from the office to say he would be right home, and then CAME right home, was October 6, 1983. He NEVER comes right home after he calls to say he’s coming right home. Oh, my poor husband, my poor, poor husband,” wailed Emmaline. She sank onto the sofa, sobbing.

Desperate situations call for desperate measures.

I went out to the garage, opened the garbage can, and pulled out a black plastic trash bag that I’d put

there the night before. I opened the bag and pulled out a white dress shirt. The shirt had a big blue ink stain on the left breast pocket. Emmaline had bought the expensive shirt for me the day before I left for my trip. In a moment of distraction at the workshop, I put an uncapped fountain pen into the pocket of my new shirt. I have destroyed 27 dress shirts in the same way over the last 10 years. I was petrified. That’s why I washed my clothes and cleaned up my car in Keokuk before I drove home. I hoped to slip out and buy another dress shirt before Emmaline

discovered my crime, but imposter phobia intervened.

I carried the shirt to where Emmaline sat sniffing on the sofa.

“I’m your husband,” I said. “And I can prove it.”

“How?” she asked.

“Look at this,” I said, and held up the ink stained white shirt.

“My darling,” she shrieked, and leaped into my arms.

- 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.

There is a difference in retiring well and, well, retiring

If you're contributing the maximum to your 401(k) and IRA, you may want to consider supplementing your retirement income with a variable annuity.

Variable annuities provide:

- Tax-deferred growth potential;
- An income you can't outlive with monthly payments that can outpace inflation;
- A guaranteed death benefit;
- Tax-free transfer among sub-accounts; and
- Professional money management with broad diversification.

Edward Jones offers a number of variable annuities that have money managers with long, established track records.

For an analysis of your retirement income needs or a free copy of *An Investors Guide to Variable Annuities*, call or stop by today.



Harley Catlin
4828 Quail Crest Place, Ste B
Lawrence, KS 66049
785-841-6262



Ryan Catlin
4828 Quail Crest Place, Ste B
Lawrence, KS 66049
785-841-6262



Liz Kundin
2449 Iowa St., Ste A-1
Lawrence, KS 66046
785-842-2450



Jeff Peterson
1800 E. 23rd St., Ste J
Lawrence, KS 66046
785-843-1371



BUSINESS CARD DIRECTORY

Health Service at Home Since 1969



Certified Aides • Social Workers
Carelink Emergency Response Service
Hospice Care • Registered Nurses
Speech Language Pathologist
Physical & Occupational
Therapist
United Way Agency

785-843-3738

200 Maine, Suite C • Lawrence, KS 66044



LAWRENCE
**Landscape
Irrigation Systems**
Call **785-843-4370**



- Respiratory Equipment & Supplies
- Wheelchair
- Walker • Canes
- Mastectomy & Compression Products

Hospital Equipment with Home Comfort

1006 W. 6th St. • Lawrence
785-749-4878 • Toll Free 800-527-9596
www.criticarehhs.com

"For All Your Scrapbooking Needs"

Family
Memories
Scrapbooks



M, T, W, F 11-5
Thur 11-8
Sat 10-5

Owners:

Sandi Roberts
Barb Burkart

785-542-1727
(fax) 785-542-1728

familymem@sbcglobal.net

The Light Center



A quiet country retreat near
Baldwin ~Come explore & relax!
785 255 4583

Long Term Care Insurance

It's not a question of *if*. It's a question of *when* you decide to help protect yourself and your family from the hardship of uninsured Long Term Care costs.

Call Long Term Care Insurance Specialist:

John B. Gariglietti
Vermont St.
Lawrence, KS
785-856-5057
johnny_ltc@yahoo.com
Web Site: johnskeller.com



Insurance products underwritten by General Electric Capital Assurance Company



**Comfort
Keepers**

Comforting Solutions For In-Home Care™

785-856-5555

FIRST TIME CLIENTS: BUY 1, GET 1 FREE!



Debbie King, CMT, CRP
Massage & Body Therapy
Therapeutic Swedish Massage
Reiki, CranioSacral Therapy

*Therapeutically sharing that spark
of life, enhancing your well being!*

Ask about your senior discount!
545 Columbia Dr. • Lawrence
785.764.2323

**GREEN ACRES
Lawn Care**

- Landscaping
- Bush Removal & Trimming
- Seeding & Fertil
- Night Sweeping
- Leaf & Snow Removal
- Insect for Your Protection
- Power Washing
- Deck & Fence Building/Repair
- Stone Cleanings
- Property Maintenance

Residential & Commercial
(785) 842-2000
www.greenacreslawncares.net
William Mah - Owner

ATTENTION SENIORS:



Bruce Osladil

See how much we can
save you on your Medicare
Supplement. Call Bruce
today at (800) 606-6955.

OSLADIL INSURANCE SERVICE
411½ S. Main St. • Ottawa, KS 66067

Do You Suffer From

- FIBROMYALGIA? • ARTHRITIS?
- SPINAL • HEADACHE?
- DEGENERATION? • BACKACHE?

**Chiropractic: a drug-free, natural
approach to healthcare**

Amyotte Chiropractic
37th and Topeka Blvd • Topeka, KS
785-266-9064

"Chiropractic with a woman's touch"

★ **All Star** ★
Decks & Driveways

Power Washing • Sealing • Repairs
Staining • Resurfacing

Contact us for a **FREE** estimate

Toll Free **1-866-418-DECK (3325)**
or online at www.allstardecks.biz

★ **HOME SECURITY** ★



Teresa Ohlemeier
Seniors Real Estate Specialist
Office: 785-843-2055
Mobile: 785-979-3311
teresao@cbmcgrew.com

*There's more to selling
your home than signing
a listing agreement—
I do the rest.*



McGREW REAL ESTATE
1-800-530-5490
www.ColdwellBankerMcGrew.com

We're Just Your Style!



21ST & FAIRLAWN
We're Just Your Style!

Over 50
Unique Shops,
Restaurants
and Stores.

21st & Fairlawn
Topeka, Kansas



LOCKSMITHS &
SECURITY SYSTEMS

SINCE
1976

(785) 843-1426 • In Topeka call (785) 272-2772
3727 West Sixth Street • Lawrence

*Place Your
Business Card
Here for just
\$16.00 per month**

* With a six-month commitment. Call
785-841-9417 to place your ad.

Lawrence Therapy Services

- Physical Therapy • Speech Therapy
- Occupational • Massage Therapy
- Therapy • Tai Chi Classes

Treatment available in clinic or home.



842-0656
2721 W. 6th, Suite B
Lawrence

594-3162
814 High St., Suite A
Baldwin City



Natural

**Medical
Care**



Dr. Farhang R. Khosh, ND
Dr. Mehdi L. Khosh, ND

Member American Association of Naturopathic Physicians

4824 Quail Crest Place, Lawrence, Kansas 66049
Phone: (785) 749-2255



KEVIN GROENHAGEN PHOTO

Lawrence Memorial Hospital presented "Staying Healthy – Stepping in the Right Direction" on May 25. This free health education day featured healthcare topics of interest to mature adults and was made possible by The Sunflower Foundation. According to LMH, 105 individuals age 56 to 80+ attended.

Library offers MyStory series

The Lawrence Public Library is offering events for the summer reminiscing "MyStory" series. Co-sponsors of the programs are the Douglas County Senior Services, Watkins Community Museum of History and the Douglas County Genealogy Society. This year, the programs will center around local resources that are available in researching family stories and genealogy. The series will begin with a presentation about the library's access to the computer on-line genealogy web site "HeritageQuest."

Through the library, this subscription research site is available to the public. In this program, participants

will be shown what information is available and how to use the site to search for documents about family immigration, census records, vital statistics and other helpful areas. In next program, participants will be able to utilize the information from the first program. Two days of direct hands-on instruction at the Douglas County Senior Services' computer lab, will show how to find web sites that are available for genealogy searches and explain the various sites.

For dates and times of the programs in the "MyStory" series, contact Pattie Johnston, Senior Outreach Services, at the Lawrence Public Library, 785-843-3833.

Summer Special!

50% Discount!



Have *Kaw Valley Senior Monthly* delivered right to your home. Just

\$7.50

for 12 issues!

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Mail this completed form along with \$7.50 to:

Groenhagen Advertising, L.L.C.
2612 Cranley St.
Lawrence, KS 66046

Restaurant Guide

McFARLAND'S *Restaurant*



Casual Dining, Private Parties
 Over 70 years of serving fine food
 4133 Gage Center Dr. • Topeka • 785-272-6909

Chic-A-Dee **CAFÉ**



"Good Home Cooked Food"
 Mon.-Fri. 6 am-8 pm, Saturday 7 am-8 pm
 3036 SE 6th • Topeka • 785-233-0216

Serving Topeka Since 1969



Open 7 Days A Week
 6:00 a.m.-3:00 p.m.
 1034 S. Kansas Ave.
 785-232-1111

THE ÉLAN GRILLE

Steaks and Seafood and Lounge
 Mon.-Fri. 11 a.m.-10 p.m., Sat. 4-10 p.m.
 1301 SW Gage Ave. • Topeka • 785-271-6276

IMPERIAL GARDEN 紫 豐 園

Delicious Chinese Food. Eat In or Take Out.
 Mon.-Sat. 11 a.m.-9 p.m., Closed Sundays
 10th & Kansas Ave. • Topeka • 785-357-1688

Seniors dine out an average of 4-5 times per week! If you would like to add your restaurant to the Senior Monthly Restaurant Guide, please call Kevin at 785-841-9417 for details.



The 2005 Kaw Valley
 Wedding Planner is now available.

www.kawmall.com

Health department urges residents to prepare for West Nile Virus

The Lawrence-Douglas County Health Department is preparing for this year's West Nile Virus (WNV) season. Even though the chances of being bitten by an infected mosquito are small, West Nile Virus can be serious. WNV is transmitted when a mosquito bites an infected bird and then bites an animal or person. WNV is not transmitted from person to person or directly from birds.

Though anyone can be infected, people over 50 years of age and those with weakened immune systems are most at risk of developing severe illness. Most people infected with WNV have no symptoms. A small

percentage of people infected with the virus may develop mild symptoms 3-15 days after being bitten. These symptoms are much like the flu, including fever, headache, body aches, swollen lymph glands, and a body rash. Less than 1 percent of people infected develop more severe symptoms, including neck stiffness, high fever, disorientation, tremors,

convulsions, paralysis, and coma. There is no vaccine or specific treatment for West Nile Virus infection.

People who spend time outdoors should try to reduce their risk of being bitten. A few simple actions can help prevent infection such as using insect repellents with DEET, wearing light colored, long-sleeved shirts, and long pants if you are

going to be outside, and mosquito-proofing your home by emptying standing water and installing screens. Female mosquitoes lay their eggs on water or moist areas, so containers that hold water should be emptied and cleaned at least every three days. Limit outdoor activities at dawn and dusk when mosquitoes are most active.

CROSSWORD SOLUTION

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

JUMBLE ANSWERS

Jumbles: BEIGE ABBOT MAD-MAN NOUGAT

Answer: when the complicated watch didn't sell it became this - A TIME "BOMB"

©2005 Tribune Media Services, Inc.

SUNFLOWER

STUMPERS ANSWERS

1) The Crowned One; 2) Seven—Spain, Great Britain, France, Mexico, Texas, United States of America, and the Confederate States of America; 3) General Douglas MacArthur; 4) Otoe Indian for "Flat Water;" 5) Grasshopper Falls and Grasshopper River; 6) Earthquake; 7) Gale; 8) Samuel Crawford during the Indian Wars, 1868; 9) Lecompton; 10) None—a) Tumbleweed (Russia), b) Ringneck Pheasant (China), c) Carp (Eurasia), d) Pottawatomie Indians (Michigan), and e) Wheat (Turkey).

Editor's Note: Last month we incorrectly stated, in question 4, that there was only one Wizard of Oz-related museum in Kansas, i.e., Wamego. There is also Dorothy's House and the Oz Exhibit in Liberal, Kansas, on Hwy 54—the Yellow Brick Road.



Bringing Brighter Smiles to Lawrence for over 30 Years!

Free consultation with this ad.

**Theodore Wiklund
Kent T. Peterson
Matthew F. Krische
DDS**

**(785) 842-0705
2210 Yale Rd. • Lawrence**

THE MERC!
NATURAL FOOD GROCERY

Offering a 5% discount on all purchases everyday for shoppers 62 and older. Apply for your "Merc 62" card at any register—they're free!

Merc classes are a great learning experience and seniors receive a discount on all classes.

For details, stop by the store or visit our web site!

COMMUNITY MERCANTILE
901 30th Ave. 785.843.8344 OPEN 7AM-30PM 7 DAYS A WEEK
WWW.COMMUNITYMERCANTILE.COM

Country Living, Contemporary Style.... Hurry In! We're Almost Full!



Spacious 1 and 2 bedroom apartment homes

- **Washer/Dryer Hookups in apartments home and laundry facility on premises**
- **New appliances & frost-free refrigerators with icemakers**
- **Community center with computer lab, game table & treadmills**

- **Plenty of front door parking**
- **Senior activities**
- **Wheelchair accessible**
- **Sparkling fishing pond for your enjoyment**
- **Senior apartments all ground level**
- **Paved walking path**

Call Today for your personal tour!



Phone: (785) 256-2980

Directions: Take Auburn Rd. south to 85th St. (Auburn). Turn east on 85th, go 2 blocks to Hanover Rd. Follow the signs to the office at 1200 C Hanover.

Auburn Plains Valley Springs
Apartments
Country charm with a modern twist!

Miracle-Ear[®] Hearing Spectacular

Hurry!
Sale ends on
July 27, 2005!

Digital Hearing Aid Only \$995

During our Hearing Spectacular Event, get a fully digital, genuine Miracle-Ear personalized hearing solution for less than \$1,000. It features Miracle-Ear sound quality, a custom fitting and advanced features. *Hurry, this spectacular sale ends soon!*

Plus, for a limited time, take advantage of 0% financing. Why wait, when you can enjoy it today!

For a limited time, you can enjoy our advanced hearing aids - including our top-of-the-line hearing solutions - AND take advantage of our 6 Months Interest-FREE Payment Plan! You heard us right! Get it now - the best hearing aid and 6 months to pay until November 2005.

Get \$1,000 off msrp on our new top-of-the-line hearing solution package. ME-900.

For nearly sixty years Miracle-Ear has delivered the most advanced products and professional services. We continue this tradition with our NEW top-of-the-line family of hearing solutions. It's a breakthrough in better hearing! Now you can actually enjoy conversations (even in busy restaurants) without having to adjust your hearing aids.

It's the Miracle-Ear Hearing Spectacular Limited Time Offers

**Call for your appointment today!
Don't delay, sale ends July 27, 2005**

*Hearing aids do not restore natural hearing. Individual experiences vary depending on severity of hearing loss, accuracy of evaluation, proper fit and ability to adapt to amplification. A Miracle-Ear[®] representative can determine which models and options may be right for you.



Mary Rowden
Hearing Consultant

\$995

For a genuine Miracle-Ear fully digital hearing aid

Valid on ME-4 Solution model ME1081 Contour Style only (one aid). Valid at participating Miracle-Ear[®] locations. Limit one coupon per purchase. May not be combined with other offers and does not apply to prior sales. Cash value 1/20 cent. Offer expires 7/27/05.

Plus 0% Financing until November 2005*

*0% ANNUAL PERCENTAGE RATE (APR) FINANCING DETAILS: Available for qualified purchases when you use your Sears card. No finance charges are accrued or are assessed during the 0% APR period. Regular credit terms apply after 0% APR period. Finance charges and any required minimum payments will continue on existing balances. If you default under your Sears card agreement, the 0% APR will terminate and penalties, including the default rate will apply. Sears Card[®]/Sears Premier Card[®] fixed up to 25.99% and variable up to 28.15% as of 5/6/05. Sears Gold Mastercard[®] fixed up to 24.00% and variable up to 29.99% as of 5/6/05. Rates may vary. Minimum monthly finance charges of up to \$1 payable if any finance charge is due. See your specific account terms and conditions for your applicable rate and additional information. Sears cards are issued by Citibank USA, N.A. See store for further financing details.

OR

\$1,000 off
MSRP

ME-900

Our newest top-of-the-line personalized hearing solution package featuring breakthrough wireless technology

Sale price valid on the Miracle-Ear ME-900 Solution only (2 aids). Good at participating locations. No other offers or discounts apply. Discount does not apply to prior sales. Offer expires 7/27/05.

**Lawrence • Sears Hearing Aid Center • 2727 Iowa St
785-842-0880 • 800-522-1149**

**Topeka • Miracle-Ear Center at Wal-Mart • 1301 SW 37th St
785-228-1470 • 800-949-5321**