

Kaw Valley Senior Monthly

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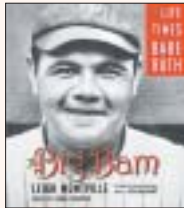
Serving Active Seniors in the Lawrence-Topeka Area

Vol. 6, No. 1

INSIDE



Wolfgang Puck serves up a recipe for grilled corn succotash just in time for the Fourth of July. - page 18



Book reviewer Margaret Baker takes us back in time with Babe Ruth, a former Knights Templar, Ulysses S. Grant and others. - page 10

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FREE



Bruce Osladil

KEVIN GROENHAGEN PHOTO

Insurance agent enjoys serving seniors

By Kevin Groenhagen

When he started in the insurance business, Bruce Osladil's mentor advised him not to focus on selling insurance to seniors since they would not be longtime clients. Twenty-six years later, the Ottawa insurance representative no longer follows that advice. "With the prescription drug plan, I'm dealing with the senior market more than ever before," Osladil explained. "More and more, my clients have been seniors."

Congress in November 2003 passed legislation to provide Medicare beneficiaries with assistance toward the purchase of prescription

drugs. Since January 1, 2006, everyone with Medicare, regardless of income, health status, or prescription drug usage has had access to prescription drug coverage under Medicare Part D.

With numerous reports about the new Medicare benefit confusing many seniors, Osladil says he can clear things up by working with seniors on a one-on-one basis.

"They go to meetings, get the materials, and then come to me and say they still don't know what's going on," Osladil said. "I understand. It has to be personalized for everybody. I tell people to get a list of their retail drugs, and then we can take a look at the best plan for them.

For most people, the less expensive plans are enough. However, if they spend over \$2,700 on prescription drugs each year, they need a more expensive plan because they'll hit the doughnut hole."

The "doughnut hole" occurs after a beneficiary's annual drug spending reaches \$2,250. At that point, most prescription drug plans stop paying for medications until the beneficiary's total out-of-pocket costs reach \$3,600. Only one plan offers gap coverage for brand-name drugs and Osladil offers that plan.

Fifteen insurance companies offer a total of 40 prescription drug plans in Kansas. Monthly premiums range

CONTINUED ON PAGE TWO

Bruce Osladil

CONTINUED FROM PAGE ONE

from \$9.48 to \$67.88. Osladil Insurance Service is licensed with four of the companies, including the company with the \$9.48 plan.

"That is less than half the cost of the nearest competitor," Osladil said. "All the drugs that are covered by the most expensive plan are also covered by that plan."

While the prescription drug benefit has been available for just a few months, Osladil says he has already seen his clients save thousands of dollars.

"I was just talking with one of my clients," Osladil said. "He and his wife are spending over \$21,000 a year on medications. With their prescription drug plan, they're saving over \$11,000 a year."

The open enrollment period for Medicare Part D ended on May 15. Individuals who become eligible for Medicare after May 15 can continue to enroll in a prescription drug plan. For all others, the next open enrollment period runs from November 15 until December 31 for coverage beginning on January 1, 2007.

"After December 31, enrollment will be closed for all of 2007," Osladil said. "Those who did not get in but could have, they're going to have a 1-percent-a-month penalty."

In addition to the new prescription drug plans, Osladil offers other products on the life and health side of the insurance business.

"The guy I broke in with said, 'I'm going to make you a health insurance specialist,'" Osladil said. "He did a lot of life insurance. I broke in with life insurance, but then moved more toward the health insurance side. I now concentrate on health insurance, life insurance, annuities, cancer insurance, Medicare supplement plans, and long-term care insurance. I do not do auto and homeowner's insurance. Unless you have a large staff, it's hard to keep up with everything, so I concentrate on the life and health side."

At 70, Osladil says he is at the point in his life where he is no longer knocking on doors and making cold calls to find new clients.

"Word of mouth is my biggest source of getting new clients," he said. "I get a lot of referrals. I've had people say, 'You're the first agent who's told me what I already have is good and I shouldn't change.' They appreciate that and tell others. Of course, if I have something that is better than what they currently have, I'll show it to them."

Osladil did not get into the insurance business until he was in his 40s. His first calling had more to do with ensuring the spiritual health of others rather than insuring their physical health.

"I went to Bible college in St. Louis and pastored churches around there for a number of years," said Osladil, who was born and raised in the Minneapolis, Minn., area. "I then came here and pastored for a number of years. That's how I ended up in Kansas."

Osladil's first church in Ottawa was the Ottawa Bible Church. After being out of the pastorate for three or four years, he later became the pastor of Homewood Christian and Community Church, a non-denominational church in rural Williamsburg.

"I was out there for about 15 years," Osladil said. "I had a stroke seven years ago. Thank God I'm fully recovered, but my doctor said I should slow down a bit. We have a great seminary professor there now from Calvary Bible College, but I still teach the adult Bible school class."

It was during his years out of the pastorate that an insurance agent his wife, Shirley, worked for approached Osladil about selling insurance.

Shirley, who has been licensed longer than Osladil, continues to help in the office as needed.

Bruce and Shirley celebrated their 50th wedding anniversary in Hawaii last March. Four of their five children were able to join them there to celebrate. The couple also has 17 grandchildren and one great-grandchild.

From time to time in the past, the Osladils have also volunteered to expand the size of their family.

"For several years we hosted high school exchange students," Osladil said. "In fact, we just got a card from our boy from Germany. He was here 10 or 11 years ago, and he's been back to visit. His father has also been here on business and we usually get together when he's in Kansas City. We've also had a girl from Hungary and a girl from Spain. I was an area representative, so I got to know a lot of kids from a lot of different countries."

The Osladils plan to visit their Spanish "daughter" in Spain some time in the near future.

For more information about Osladil Insurance Service, call Bruce Osladil at 785-242-6955 or toll-free at 800-606-6955.



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Editor and Publisher
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CONTACT US



MAIL
2612 Cranley St.
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PHONE
785-841-9417



E-MAIL
kevin@seniormonthly.net



FAX
785-749-4691

New Resource Guide For Seniors available

By Gordon L. Davis

Kansas Senior Press Service

A project of KU's Landon Center on Aging

A newly revised ninth edition of the *Resource Guide for Seniors* has been published by the Kansas Department on Aging. The guide contains information on legal issues, benefits, rights, and services.

An easy-to-read, 61-page book, the *Resource Guide* covers such areas as Social Security, Medicaid, Medicare, retirement, guardianship, living wills, supplemental security income (SSI), and home services. The publication is presented in a question-and-answer format.

The guide is divided into 10 sections, including General Information, Consumer Information, Your Rights, Financial Assistance, Health Care, Housing, Legal Assistance, Future Planning, and Taxes. The final section includes sample legal forms such as a Durable Power of Attorney for Health Care Decisions, a Living Will, and a Do Not Resuscitate (a pre-hospital DNR request

form, an advance request to limit the scope of emergency medical care).

Also included are a chart for recording personal and property records and a place to note business record locations. An order form for KDOA publications is included, along with important toll-free numbers.

The *Resource Guide for Seniors* is available online at www.agingkansas.org and may be downloaded free of charge. If you live in the Kansas City area, you may pick up a copy at the new Johnson County Area Agency on Aging office, 11811 S. Sunset Drive, Suite 1300, Olathe. (Inside the main entrance, walk straight back to the south glass walls. Turn left and proceed to the Human Services & Aging offices.)

Those who do not have computer access or who live elsewhere in Kansas may call toll-free (800) 432-3535 to obtain a copy of the guide.

- Gordon L. Davis is an aging information specialist with Johnson County Human Services and Aging.



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LOCATIONS . LOCATIONS . LOCATIONS .

HEALTH & FITNESS

Stroke prevention: The best medicine

Strokes are extremely common—they are, in fact, the third leading cause of death in the U.S.—but to many people they seem mysterious. They strike, it appears, like bolts from the blue, and there's no way for us to duck and cover.

Luckily, that isn't true. Just as you can reduce your risk of cancer and heart disease by improving your



Laura Bennetts

overall health, so you have a very good chance of preventing a disabling stroke. But you must take care of yourself properly.

Before I offer a few practical suggestions, let's review the basics.

Brainstorms

A stroke occurs when a blood vessel in the brain breaks or is blocked by a clot. This starves the brain of oxygen and cells die, causing an injury that can lead to death or disability, depending on which cells are damaged. If the speech center is affected, you lose all or some of your speaking ability. If the balance center is damaged, you lose the ability to walk with normal balance.

Since most strokes are caused by blood clots, the question is: Where do these rogue blood clots come from? The answer isn't just medical—though the physiology is interesting. What you need to know, above all, is that people with high cholesterol and high blood pressure are unusually likely to have blood clots. And these clots then travel up the bloodstream to the brain, with the oxygen your brain craves.

How it works

The heart pumps oxygen-rich blood to the head through a branching path of arteries. The blood carries oxygen a long way—through heart valves, through carotid arteries on each side of the neck, and through the small arteries that deliver blood directly to the brain. Without this oxygen, your brain cells would die in just a few minutes. The good news is that if you take care of yourself, you can reduce this risk sharply.

Clots be gone!

Strokes are caused primarily by three factors that are within your

control:

1. **Smoking:** The nicotine in cigarettes constricts your arteries. So if you stop smoking you can increase blood flow to your brain, and help prevent blood clots from forming in the first place.

2. **Cholesterol:** Lowering your cholesterol has similar positive effects.

3. **Blood pressure:** Lowering your blood pressure decreases the stress on your heart and blood vessels.

Get the help you need

Your doctor can help.

1. See your doctor every year for testing. If necessary, work out a master plan to improve your health.

2. If you smoke, your doctor can advise you on how to quit. Nicotine is very addictive and your doctor can prescribe medications that can help you break the addiction.

3. If you have high cholesterol, your doctor may prescribe medication to reduce your cholesterol. If you have clogged carotid arteries, you may need to have a stent placed to prevent clots from reaching your brain. This is a safe and effective surgery that does not require general anesthetic. Low cholesterol diets and exercise also help some people reduce their cholesterol levels.

4. You may have high blood pressure and not know it. Your doctor will help you determine this, and (if so) decide what you should do. You may need medication to lower your blood pressure. Losing extra weight, eating a healthy diet and exercising can also significantly control blood pressure for some people. You may want to learn to monitor your own blood pressure with a home blood pressure cuff.

Don't delay

If you or someone you know has symptoms of a stroke, go immediately to an emergency room. There are medications that can help dissolve the clot, but you need to take them in the first three to six hours for them to work. Symptoms of a stroke include: weakness on one side of the body; weakness in one arm or leg; a severe headache; double vision, or another kind of sudden vision change; weakness of face muscles; and slurred speech.

Recovery from a stroke is arduous and takes extensive therapy. You may need to see a speech therapist to relearn how to find and form sentences; you may need to see an occupational therapist to relearn the use of your disabled hand; and you may

need to see a physical therapist to relearn how to walk.

Pop quiz

Have you been paying attention, class? If so, you know by now that you can reduce the risk of stroke by improving your diet and health habits, and by scheduling regular check-ups with your doctor.

Prevention is always the best medicine.

- Laura Bennetts MS PT, is a

physical therapist and the co-owner of Lawrence Therapy Services LLC (785-842-0656) and Baldwin Therapy Services (785-594-3162). Both clinics offer Physical Therapy, Occupational Therapy, Speech Therapy, Massage Therapy and Marriage and Family Therapy throughout Douglas County. The clinics are also certified Anodyne Neuropathy Care Centers. If you have questions for Laura, please write to her c/o laurabennetts@hotmail.com.



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HEALTH & FITNESS

The benefits of bilberry

V*accinium myrtillus*, or Bilberry, is a common berry grown in various climates in damp woodlands and mountainous areas. It is a small branched shrub that has globular pink and white flowers. The fruit of the bilberry is blue-black or purple. Bilberry, also called the European



Dr. Farhang Khosh

blueberry or whortleberry, is a relative of the blueberry, cranberry and huckleberry. Bilberry has been used for nearly 1,000 years in traditional European medicine. It was commonly used to treat conditions of diarrhea or scurvy. Herbalists in the 16th century used bilberry to treat bladder stones, biliary disorders, scurvy, coughs, and lung tuberculosis. The ancients used bilberry, and Dioscorides, the Greek

physician, spoke of them. Bilberries were used in World War II to help improve the night vision of the fighter pilots. (Plant Flavonoids in Biology & Medicine II, Alan R. Liss, 1988, pp. 107-121). By the early part of this century, the dried berry tea was used as an astringent for diarrhea and dysentery, and to prevent scurvy (vitamin C deficiency). Bilberry is commonly used in cooking for jams, jellies, pies and pastries, liquor and wine. These berries have even been used as dyes.

Clinically Bilberry has been used to treat a variety of different ailments including menstrual cramps, night vision, eye problems, varicose veins, venous insufficiency, angina, nausea, indigestion, and diabetes. Bilberry has been used for mild inflammation in the mouth and throat. Bilberry has been used for the treatment of Chronic Fatigue Syndrome. Also, the berries have been used to lower blood pressure.

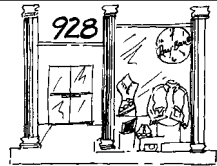
Bilberry contains flavonoids, anthocyanins and glucoquinine. Anthocyanin and flavonoids are natural antioxidants that can affect many

areas of the body, including the cardiovascular system, nervous system, eye (especially in a disorder called macular degeneration, a disease of the retina that can lead to blindness), gastrointestinal system or immune system. Anthocyanins increase rhodopsin production, a pigment that assists the eye's ability to adapt to light changes and enhances night vision. Studies of bilberry extract on individuals with retinitis pigmentosa and hemeralopia (inability to see distinctly in bright light) demonstrated a significant improvement in visual performance. In the late 1960s Italian researchers showed that both healthy individuals and patients with visual disorders had a significant improvement in night vision, more rapidly adapted to darkness, and had faster restoration of visual acuity following exposure to bright flashes of light after taking a bilberry extract. Bilberry anthocyanins also offer benefit in prevention of cataracts. Animal studies show diets high in anthocyanins flavonoids delayed the development of cataracts in rats. A clinical study in which bilberry extract (180 mg twice daily of a 25-percent anthocyanoside extract) was given with vitamin E demonstrated arrested cataract formation in 48 of 50 patients with senile cortical cataracts. In addi-

tion, anthocyanins may also be beneficial in prevention of retinopathy.

Remember: Do not take bilberry without first talking to your doctor if you have a bleeding or blood clotting disorder, or if you are taking a medicine to prevent blood clots.

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



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PERSONAL FINANCE

Federal education loan rates are on the rise—could it affect you?

If you currently take advantage of federal loan programs to borrow money for college—or intend to do so in the future—take notice. Rates on popular loan programs have been moving up in line with three-month Treasury bills, lifting the repayment rate on Stafford loans for student borrowers to 5.3 percent for the 2005-2006 fiscal year,



Steve Lane and Garth Terlizzi

while the rate on PLUS loans made to parents rose to 6.1 percent. Now, under legislation passed earlier this year, rates will increase even further starting July 1, when new Stafford and PLUS loans will be switched to fixed rates of 6.8 percent and 8.5 percent, respectively.

Meanwhile, higher education expenses have kept increasing at a faster pace than inflation. According to The College Board, a year at a four-year public college now costs an average of \$12,127 for tuition, room and board, and fees. The average bill at a private school has gone up to \$29,026. With costs likely to continue their upward trend, families with children or grandchildren headed to college will have to save diligently, adopt sound investment strategies and take advantage of tax incentives in order to minimize the need for loans.

Tax-Advantaged Options

If college planning is a priority for you or a loved one, it will be beneficial to learn about tax-advantaged investment vehicles that can be used, as well as family gifting opportunities that may help meet your savings goal. You might start by considering Coverdell Education Savings Accounts and Section 529 plans.

Parents and others can contribute up to \$2,000 (in after-tax dollars) annually per child to a Coverdell Education Savings Account (formerly an Education IRA). Earnings accumulate tax free, and withdrawals for qualified education expenses are tax free. With similar tax advantages, Section 529 plans may be especially

appealing if your goal is quite large. Total plan contribution limits often exceed \$200,000 per beneficiary. In addition to tax-deferred growth of earnings, qualified withdrawals from 529 plans are currently tax free—a provision that will expire at the end of 2010 unless extended by Congress.

Section 529 plans come in two versions:

- Prepaid tuition plans let participants pay for tuition at today's rates, essentially taking inflation out of the equation. These plans are generally available only to residents of the sponsoring state and may be intended for in-state tuition (participants may be able to use the money at out-of-state schools, but only a percentage of the balance in some cases).

- College savings plans let participants invest their contributions in mutual funds or similar managed financial instruments. Money in such a plan can be used for qualified undergraduate and graduate expenses at any accredited college or university, and many plans are open to residents of any state.

With both prepaid tuition and savings plans, the account owner generally maintains complete control over the account and may also change the beneficiary to another family member. Assets in both types of plans are treated as assets of the account owner, not the beneficiary, when computing federal financial aid eligibility. This is an advantage compared to assets held in custodial accounts, where the beneficiary is considered the owner.

If you decide that a 529 plan deserves further consideration, keep in mind that there are often important differences among plans. For example, lifetime contribution limits can vary widely from state to state. Also, some 529 college savings plans offer relatively few investment options, while others may provide a wide range of professionally managed investment choices. You will want to evaluate the per-

formance of the investment options offered in specific plans, as well as their fees and expenses. Also keep in mind that some states offer in-state residents a tax deduction when they make a 529 plan contribution.

If you decide to invest in a 529 plan outside of the state in which you pay taxes, you may lose any tax benefits offered by the state's plan. Withdrawals used for qualified expenses are federally tax-free. Federal income tax-free withdrawals from state sponsored 529 plans are for the years 2002-2010 unless Congress extends this law. Tax treatment at the state level may vary.

Gift-Giving Opportunities

Thanks to IRS rules, 529 plans can accommodate substantial gifts to college-bound children. Parents, grandparents, and anyone for that matter, can donate up to \$12,000 per year per beneficiary free of federal gift taxes, and couples filing jointly may give as much as \$24,000. Donors may also adopt an accelerated gift schedule by electing to make a lump-sum contribution of \$60,000 (\$120,000 for a couple) in the first year of a five-year period. In such a case, they would not be able

to make additional gifts to the same beneficiary during the five-year period.

If you are enlisting family and friends for help with college costs or are considering ways that you can help finance a child's higher education, there are other avenues you may want to explore. For example, an individual can make annual gifts of up to \$12,000 free of gift tax to a minor under the Uniform Gifts/Transfers to Minors Acts. And family and friends can pay any amount of a student's tuition and fees directly to an educational institution with no gift tax consequences. As with any tax-related moves, be sure to consult a tax professional before making a decision.

Finally, don't rule out the possibility of obtaining financial aid. As The Wall Street Journal reported in April, many of the nation's pricey private colleges recognize that putting a child through college can strap even high earners and are offering financial assistance to families with six-figure incomes.

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

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PERSONAL FINANCE

Build retirement saving — but don't forget income

Are you between the ages of 55 and 64? If so, you belong to a peer group that is apparently quite concerned about saving for retirement — but not at all sure how to convert those savings into a steady income stream. If this de-



Harley Catlin and Ryan Catlin

scribes your situation, you will need to take action to ensure that you have the financial resources available to enjoy the retirement lifestyle you've envisioned.

But before we look at how you can help take control of your retirement income scenario, let's look at some interesting statistics. A Prudential Financial, Inc. study of "near-retirees"

— those in the 55-64 age group — found the following:

- 83 percent of those surveyed think it is very important to generate an income that can provide a comfortable retirement lifestyle — but only 20 percent say they are well-informed on how to do so.

- 90 percent of near-retirees are either guessing how much income they will have in retirement or have no idea of how much income they will be able to generate during their retirement years.

- Only 15 percent of survey respondents are focused on "generating retirement income," while the remaining 85 percent are still concentrating on building a retirement nest egg, preserving their savings or working toward better returns.

Generating Retirement Income

If the above statistics are indicative of the national populace, it seems clear that many near-retirees are going to have to start taking action to meet their retirement income needs. Here

are a few steps to consider:

- *Evaluate your available financial resources.* When you retire, you will probably be able to draw income from a variety of sources: Social Security, your 401(k) or other employer-sponsored plan, your Roth or traditional IRA and your other savings and investments. Well before you retire, you will want to estimate how much money you will likely have accumulated from these resources.

- *Calculate a withdrawal rate.* Once you know about how much money you will have available during your retirement years, you'll want to determine a suitable withdrawal rate — that is, you'll need to determine how much you can reasonably afford to take out each year. Of course, your age will help determine your choices. You typically must start taking distributions from your 401(k) or other employer-sponsored plan once you reach 70-1/2, and the size of your Social Security checks will depend on when you start taking them. Yet you have a great deal of latitude in deciding when, and how much, to withdraw from your investment portfolio. By working with a qualified financial professional, you can determine a rate of withdrawal based on your portfolio's expected growth and your individual needs.

- *Consider income-generating strategies.* If you are within a few years of retirement, you may want to consider shifting some — but certainly not all — of your growth-oriented investments into income-producing ones. Consequently, you might want to look at fixed-income vehicles, such as bonds, or even an immediate annuity, which can be structured to pay you an income stream you can't outlive.

By following these suggestions, and by constantly keeping "income" in your thoughts as you create an investment strategy for retirement, you can help create the cash flow you need to fully enjoy your "golden years."

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

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

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Lawrence Faith Foursquare is a place where everyone belongs and contributes their visions, talents and ideas. Comfortable dress is encouraged!

If you would like more information about the church or you would like prayer, please contact the pastor at 785-979-0041 or by e-mail at pastor@faithfoursquare.com.

www.faithfoursquare.com

RETIRE SMART

Ask questions — or face the consequences

Even when we don't understand something, many of us are often reluctant to ask questions because we don't want to be perceived as "dumb." Seniors in particular might feel that asking too many questions would not be considered "polite."

This reluctance to ask questions — and to demand the explanations we deserve — is bad enough when



*Humberto
and
Georgina
Cruz*

dealing with a slick salesman masquerading as a financial adviser who's trying to push a confusing high-commission product down our throats. And it can lead to needless frustration if we can never make sense of the technospeak of a computer or high-definition television salesman.

But it can be downright deadly if we don't understand what a doctor or other health care professional is trying to tell us.

That's what we are happy to see the emphasis placed on asking questions by a new package of health publications earmarked for seniors and available from the Federal Citizen Information Center (FCIC).

With the oldest of baby boomers turning 60 this year, the U.S. Department of Health and Human Services and the National Institute

of Arthritis and Musculoskeletal and Skin Diseases are offering a "Senior Health" package filled with tips for maintaining good health and dealing with age-related problems.

"If you're like many boomers, you may be worried about your cholesterol levels or blood pressure," read an announcement from the FCIC, which is part of the U.S. General Services Administration. "Or you may not be sure how often you should be screened for certain cancers. Having checkups and tests and getting shots can help prevent or control many diseases and conditions such as heart disease, diabetes, and osteoporosis," and the Senior Health package lists which ones we need and how often we ought to get them.

The centerpiece of the health package is "The Pocket Guide to Staying Healthy at 50 Plus," a 72-page brochure

that covers everything from cholesterol levels and cancer to shots and screening tests. The guide was developed by the Agency for Healthcare Research and Quality, part of the Department of Health and Human Services, in partnership with AARP.

The first section, right after the introduction, is the all-important "Your Doctors and Nurses — What To Ask Them and What To Tell Them." We suggest you always follow this common-sense advice, whether talking to a doctor or any other service provider.

"Ask questions," the guide recommends. "If you don't understand what your doctors or nurses say, ask them to explain. Always ask about any medicines or tests they say you need. If you don't ask, they may think you have all the information you want."

Likewise, "let your doctors and nurses know if you need more time to ask questions about your health. If the doctor doesn't have time that day, you may be able to talk to another doctor or nurse, schedule another appointment, or find out when you can call later to speak to someone."

Also, tell them what they need to know, including your health history

and any major diseases or operations you have had. Be sure to mention family history of diseases and conditions, such as high blood pressure. Remember: Only you know how you feel and whether you feel better or worse than before. And feel free to talk about your beliefs and concerns. You don't need to wait to be asked.

If you have Internet access you can get the Pocket Guide and a wealth of other health-related materials for free by going to the home page of the General Services Administration (www.pueblo.gsa.gov), clicking on the topic "Health" on the left side of the screen and accessing the publications that interest you. For a paper copy, you can call 888-878-3256 toll-free weekdays and ask for the Senior Health package. A charge of \$3.25 will be made to your credit card.

(Humberto and Georgina Cruz are a husband-and-wife writing team who work together in this column. Send questions and comments to AskHumberto@aol.com, GVCruz@aol.com, or c/o Tribune Media Services, 2225 Kenmore Ave., Suite 114, Buffalo, NY 14207. Personal replies are not possible.)

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Gerald Whiteside, Au.D.

Gerald Whiteside, Au.D., audiologist at Marston Hearing Center, recently earned the degree of Doctor of Audiology from the University of Kansas Medical Center School of Allied Health. Dr. Whiteside's field of study included hearing assessment, amplification management and central auditory processing. He continues to study perception and neuroscience and will continue to provide audiology services at Marston Hearing Center.

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PET WORLD

Dazed and confused cat could have inner ear infection

QUESTION: What would cause our 9-year-old cat to walk around with his head tilted? Sometimes he walks in circles. He digs at one ear and twitches his ears excessively. He sometimes seems dazed and confused when this happens. The vet



Steve Dale

says there's nothing wrong with his ear and can't figure this out. What should I do next? — H.P., Louisville, KY

ANSWER: A general description for what's going on is called vestibular syndrome, according to veterinary neurologist Dr. Jason Berg, of Yonkers, NY. Your vet could be right about the ear being just fine, but sometimes inner ear infections can

be difficult to diagnose. Your vet may want to try a dosage of antibiotics. If antibiotics don't help, yours may be an ideal case for a neurological specialist. Your veterinarian can provide a referral.

Before you see a neurologist, keep a written log of how often the symptoms occur, and under what circumstances. It's possible your dog has a tumor (benign or malignant), has suffered a stroke, or may be having seizures. If you can, videotape these episodes because they're unlikely to occur on cue at the vet's office. Your cat may need an MRI and/or CAT Scan.

QUESTION Give me the scoop on doggie treats. I want to know about rawhide, cow tails, pig's ears, Greenies and carrot stick chews. Are they acceptable to give my dog? — S.E., Novi, MI

ANSWER: "Rawhide has been given a bad rap," says nutrition expert Dr. Dan Carey, a veterinarian with IAMS pet food company, Dayton, OH. "In fact, there can be oral

health benefits to rawhide. And certainly many dogs love to chew on it, although too much rawhide can create stomach upset in some dogs. In general, with rawhide, you get what you pay for; look for rawhide that's made in America."

Pig ears seem to be more problematic concerning upset tummies in many dogs, though they are fun to chew on. Carey is concerned about bone fragments from cow tails getting stuck in throats, and advises against this treat.

"There's no nutritional value in any of these, but then there's no nutritional value to eating candy, and most people do that on occasion," Carey says.

For puppies and small dogs for sure, but for all dogs, really, it's best to make certain there's an adult nearby when you offer these treats. It's a rare occurrence, but dogs have choked on these sorts of chewies.

Carey says vegetable-based chews

are probably, overall, a better idea. Greenies, for example (available at pet stores), have chlorophyll, which is good for digestion, and are beneficial for teeth and gums. However, there is a concern about Greenies: Dogs have died as a result of these toothbrush-shaped green treats not being digested properly and creating intestinal blockages.

So-called carrot chews don't contain much, if any, real carrot; they're starch products but do no harm. Of course, Carey mentions Iams new chew sticks, called Iams tartar treats; they're fun to chew, good for gums, easily digested and do have at least some nutritional value. What's more, they even smell good because tapioca is an ingredient.

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

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Back in time

By Margaret Baker

One element of good writing is the ability to send the reader back in time, to “live” in a different era and place. Several recent historical novels do just that superbly.

Ariana Franklin: *City of Shadows* (Wm. Morrow, \$24.95, ISBN 0-06-081726-8)

Franklin’s suspenseful novel is set in Berlin in 1922. Defeated and humiliated by the Treaty of Versailles, Germany is home to Russians fleeing the communist revolution; its economy spiraling downhill like a plane that lost a wing.

Soviet refugee Esther is secretary for “Prince” Nicolas Potroskov, an amoral Russian émigré with gambling halls. Always on the lookout for a productive con, Nick has found a woman in an insane asylum who bears a resemblance to the late Czars. He plans to “market” her as Anastasia, the Czar’s daughter, shot but not killed. Much of the Russian royal treasury was abroad when the Bolsheviks murdered the family, and he plans on getting access to it.

As Esther coaches “Anna,” Nick begins to believe his own story.

The story has been told before, but the twist at the end is refreshingly original!

Hal Glatzer: *The Last Full Measure* (Perseverance Press, \$13.96 trade paperback, ISBN 1-880284-84-7)

The all-girl band Katy Green plays for finished its California gigs just before Thanksgiving in 1941. So they are delighted to get a job playing aboard the Hawaii-bound luxury cruiser Lurline as the Swingin’ Sarongs. Even better,

a Broadway producer is on board, looking for a new show. They’ll have some free time in Hawaii before the return trip, and one of their number is a native Hawaiian who offers to show them around.

The reader knows Pearl Harbor

lies ahead for the cast of characters—and for the nation and the world.

Insights into native Hawaiian unrest (loss of power and dignity) make this unforgettable.

Ann Parker: *Iron Ties* (Poisoned Pen Press, \$24.95, ISBN 1-59058-262-4)

Leadville, Colorado, 1880—the Cloud City is enjoying the prosperity brought by silver strikes and anticipating the arrival of the Denver & Rio Grande Railroad.

Mystery author Dana Stabenow, a native of Alaska, has pointed out that the frontier is where both the radical right and the radical left gravitate, and where people go to reinvent themselves. That truism carries both plot and characterization.

For Inez Stannert, co-owner of one of the 300 saloons in Leadville, one problem is keeping the wounds of the Civil War from reopening over a shot of whiskey. Since her con artist husband deserted her, she needs to earn a living and this is one of the few a respectable woman can find—although the church folk are predictably disdainful. Especially because the pastor has come courting.

Ulysses S. Grant is coming to Leadville on the first train. Every bit of red, white and blue cloth has been put up. He’s the President of the United States; but he is also the North’s victorious general. Killing him would pay back the South’s defeat.

Lindsey Davis: *See Delphi and Die* (St. Martin’s Minotaur, \$24.95, ISBN 0-312-35765-6)

Come back to 76 A.D. and the Roman Empire! Marcus Didius Falco. He’s been asked by a distraught father whose only daughter died while visiting Olympia in a tour group. Greek officials call it “an unfortunate accident” and want to sweep it under the proverbial rug—it would be bad for business, and the tourist industry keeps the economy going between Olympiads.

Another young woman has just died there, a new bride whose in-laws seem uninterested in her death. Falco’s beloved wife insists on going

with him to investigate both cases, at least partially because her brother has become interested in the cases and has stopped off instead of continuing on to law school.

The same tour group directed both women, and Falco follows in their footprints. While uncovering the clues, you’ll learn much about Greek and Roman life in the first century A.D. as well as Olympiad athletic training.

PAPERBACK PICKS

Michael Jecks: *The Abbot’s Gibbet* (Avon, \$7.50, ISBN 0-06-08456-9)

Fortunately for readers, Avon is reprinting Jeck’s series of medieval mystery.

Sir Baldwin Furnshill, former Knights Templar, has lost much of his faith in the horrendous aftermath of the destruction of that order. He and his friend Simon, bailiff of Lyford, are asked by their host, Abbot Champeaux, to investigate the headless

corpse found in the baker’s refuse pile at the start of the Tavistock Fair of 1319. Finding out who the victim is will help the investigation, especially because with the Fair ongoing there are a lot of out-of-towners; the city is full to bursting.

Jeck’s introduction should be read first, since knowledge of English common law at this time is essential to the plot.

Tamar Myers: *The Cane Mutiny* (Avon, \$6.99, ISBN 0-06-053519-9)

Here’s a fast mystery set in present day, but Abigail Timberlake Washburn deals in antiques. She bids on a lot of unclaimed storage goods and finds herself with a large collection of antique but rather ugly walking canes. Oh, and a gym bag. With a skull inside! Another, fresher corpse shows up.

Abby’s husband is retired from the police department (she met him on an earlier case) and is upset at her continually stumbling on to homicides. So Abby and her loquacious assistant have better find out what’s up before she’s hauled in as Suspect Number One. Again.

FOR THE EARS (audio books)

Leigh Montville: *The Big Bam* (Random House Audio, 5 compact discs, \$29.95; read by Adam Grupper)

Subtitled *The Life and Times of Babe Ruth*, Montville introduces readers to baseball’s original superstar.



One problem with researching Babe Ruth’s life has been the gaps with absolutely no information. Montville just honestly refers to these periods as a fog, allowing the reader to follow what is known from Babe’s horrid Baltimore childhood through his early days on the field, his courtship (and his many extramarital affairs), his life style, which eventually lead to his early death. A must for the baseball fan!

Louis L’Amour: *The Daybreakers* (Random House Audio, 5 compact discs, read by David Strathairn \$25.95)

The Sackett series is a Western classic set in the late 1800s in Santa Fe, a frontier town beset with both treasurer and violence.

The Sackett brothers differ essentially—Orrin avoids fights, Tyrel invites them. Both brothers intend to settle in Santa Fe where true justice has yet to come. Orrin takes on the position of marshal, a position often suddenly vacant. Tye doesn’t wear a badge, but he is an awesome figure backing Orrin. Especially when a figure from their past shows up.

Action and romance set against the southwestern mountains—nobody does it better than Louis L’Amour.

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

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HUMOR

The King's Clothes

Once upon a fiscally difficult day, the King sat dejectedly on his throne. The Royal Chancellor of the Exchequer had just left, and, according to him, the kingdom was going to be in debt up to the King's Adam's apple. The King took little comfort in the fact that he was not a tall man. And the King knew that he, and only he, was to blame for the impending fiscal crisis.



Larry Day

When the Royal Hopscotch team won the commonwealth championships the King threw a celebration the likes of which the kingdom had not seen in many a reign. During that victory celebration the King got plastered and announced that he was going to give every adult in the kingdom a new suit of clothes. Granted that the kingdom was a small one, but buying a new suit of clothes for every adult could bankrupt the royal treasury. It seemed to the King that he had but two choices: go forward into royal bankruptcy or go back on his royal word. Neither was acceptable.

In the midst of this gloom, the Royal Announcer sounded his trumpet.

"The Royal Tailor to see you, your Majesty," said the Royal Greeter. The King groaned then said: "Send him in we might as well get this over with."

The Royal Tailor smiled a very wide smile and said, "Your majesty, I've come to inquire about the clothes budget."

"What can you do with two hundred and eleven ducats?" asked the King.

The Royal Tailor smiled resolutely and said, Your Majesty, that sum would provide a fine handkerchief for every adult in the kingdom."

"That's what I was afraid of," said the King. He sent the tailor away without a budget.

"Do I have any more appointments?" the King asked the Royal Appointment Keeper.

"Just one, your majesty, it's the

kingdom's first Royal Scholar, just returned from studying abroad."

"A scholar, you say? All right, send him to my private chambers," said the King. "I hope he's a fiscal genius."

On being presented to the King, the Royal Scholar curtsied prettily.

"You're a woman," said the King.

"Yes, your majesty."

"And you're the Royal Scholar?"

"Yes, your majesty."

"What's your field?"

"Philosophy, your majesty."

"Oh, great!" said the King, making no effort to disguise his disappointment.

But the Royal Scholar said, "Your majesty, I've been briefed and I think I can help you with your problem. You have promised to provide a new suit of clothes for every adult in the kingdom. If you do the kingdom will be bankrupt. If you don't fulfill your promise, your royal subjects will be restive."

"Not restive, rebellious."

"That could be true your Majesty"

"And You think you can help?"

"Yes your Majesty."

"How?"

As the Royal Scholar outlined her plan the King began to nod, then to smile, then to laugh. The King hurried to the Royal Vault and brought back a purple bag containing two hundred and eleven ducats—the amount that the Chancellor of the Exchequer said was available for discretionary spending.

"Send for the Royal Tailor," ordered the king.

The following day the Royal Tailor and his assistants began measuring all the adults in the kingdom for a new suit of clothes. The actual manufacture of the clothes, according to rumor that spread around the kingdom, was outsourced to factories in the Grand Duchy of Magawilldenstein.

Finally, the great day arrived. The people of the kingdom gathered in the Royal Plaza. The king addressed them from the Royal balcony. Stacked high on a platform just below the balcony were clothing boxes tied with bright ribbons.

"My dear subjects," said the King. "Tomorrow each adult in the kingdom will receive by Royal Special Delivery a suit of new clothes."

Applause from the crowd.

"These are extraordinary clothes.



Pluggers' dining-out reservation.

Quite magical clothes. They are the most unusual clothes that anyone in the kingdom has ever owned."

Cheers and more applause.

The King continued. "These clothes are so magnificently woven that they can only be seen by the pure in heart. These magnificent garments will be invisible to anyone who is mundane, worldly or sinful."

The crowd in the plaza was now silent. The King went on, "Tomorrow at high noon you will all gather in the Royal Plaza wearing your new clothes. Together we will celebrate our miraculous new clothes."

The following day the Royal bells tolled the morning hours as they passed. At high noon the sun shown brightly on the Royal Plaza, and the

King paced nervously in his chambers. The palace was quiet. Everyone who worked there had been ordered to remain in their quarters.

At a quarter past noon there was a knock at the King's door. It was the Royal Scholar. She had just come from the balcony above the Royal Plaza.

"Well?" said the King.

"There's not a soul in the plaza, your majesty," she said. "As I predicted, nobody came."

"YES!" shouted the King. "YESSSSS!" Then the king hugged his new Secretary of State and gave her a Royal buss on each cheek."

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

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6:30 PM, 785-267-1923

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2050 SE 30TH ST, TOPEKA, 785-266-5532

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AMERICAN LEGION POST NO. 400
3029 NW US HIGHWAY 24, TOPEKA,
6:30 PM, 785-296-9400

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LEGIONACRES
3408 W. 6TH ST, LAWRENCE, 7:00 PM,
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MOOSE CLUB
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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

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12 NOON-1 PM, 785-594-2409

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MINI BINGO 6:30 PM,
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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

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JULY 1-24
ADVANCED CREATIVE WRITING
Taught by Dr. Bob Carey, author and publisher. Eight-week session will be held on Wednesdays from 4:00-6:00 p.m. at Lowman United Methodist Church, 15th & Gage Blvd., Topeka. Focus is on introduction to novel and play writing, with discussion and guided writing practice. No fee. This is part of Learning Ventures at Lowman. Writers can enjoy a round table meal afterwards for more discussion. To register call 785-272-8921 or e-mail dcullley@lowmanumc.org

EXHIBITS/SHOWS

JULY 4
WALTER P. CHRYSLER CAR SHOW
View over 100 classic and show cars at the beautiful City Park. Ash & 4th St.
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<http://www.visitwamego.com>

JULY 15-16
EUDORA QUILTING BEES ANNUAL QUILT SHOW
Annual quilt show. Visit and enjoy vendors, make it and take it, silent auction, quilt drawing, guild garage sale, kid's quilt corner, and large quilt exhibit. 2635 Church St., Eudora Middle School.
EUDORA, 785-542-1812

JULY 22-23
HEARTLAND ANTIQUE CAR SHOW
Annual antique car show. Visitors view an amazing group of beautiful, well maintained antique cars. Great evening! Great fun! 3 W Wea St., Paola's Historic Park Square.
PAOLA, 913-557-2449

JULY 28-30 MULVANE WOMEN'S BOARD ANTIQUE SHOW AND SALE

5th annual. Antique show and sale featuring quality vendors from across the Midwest. More than 30 dealers from the midwest; with porcelain, folk art, majolica, flow blue, fine Americana including coin silver, sterling, art deco, furniture, art nouveau, country, and varied objects de vertu. 8th St & Washburn Ave, Lee Arena, Washburn University.
TOPEKA, 785-670-1124
<http://www.washburn.edu/mulvane>

FESTIVALS/FAIRS

JULY 1
BONNER BLAST
Family event honoring area veterans. Annual festivities include ice cream social, live entertainment, activities for the entire family and gigantic fireworks display. Rain date: July 2nd, 2006. 2nd & Elm, Downtown, Kelly Murphy Park.
BONNER SPRINGS, 913-667-3323
<http://www.downtownbonner.org>

JULY 8
LITTLE APPLE JAZZ FESTIVAL
Jazz aficionados will certainly find a lot to like in Manhattan City Park when The Little Apple® Jazz Festival takes the stage. The lineup will be headlined by Kathy Kosins, the Queen City Jazz Band, the Doug Talley Quartet, Watermelon Slim, and the Bottom Line Band. The festival will run from 5 p.m. to 10:45 p.m. 11th St and Leavenworth St., Larry Norvell Band Shell.
MANHATTAN, 785-532-7326
<http://www.k-state.edu/upc/jazzfest06.htm>

JULY 11-14
BROWN COUNTY FAIR & PARADE
87th annual Brown County Fair Parade, 4-H exhibits, style review, livestock judging, carnival rides, and entertainment! 245 W 7th St.
HORTON, 785-486-3721
<http://www.hortonkansas.net>

JULY 11-15
FIESTA MEXICANA
Festival featuring authentic Mexican food, crafts, and local and national entertainment. Celebrating Topeka's Hispanic culture since 1933. 134 NE Lake, Our Lady of Guadalupe Parish.
TOPEKA, 785-232-5088
<http://www.olg-parish.org>

JULY 13-15
SALUTE! A FESTIVAL OF WINE & FOOD
Festival of Wine and Food offers something for wine lovers of all levels and tastes. Every year, more than 600 people travel from near and far to attend this celebrated event. The fun begins on Thursday evening with the Mass Street Mosey. At the mosey, attendees can stroll through designated downtown businesses, sipping wine and sampling delicious foods. On Friday, the festival continues with a gourmet Winemaker dinner and concludes Saturday with the highlight of the weekend-the Grand Tasting. More than 200 wines will be on hand, as well as gourmet treats from some of the best restaurants and caterers in town.
LAWRENCE, 785-842-0550
<http://www.cwood.org>

JULY 14-15
AMELIA EARHART FESTIVAL
10th annual event honoring Atchison's favorite daughter. The Friday evening lakeside concert features Trace Adkins and Jo Dee Messina. Activities throughout the day on Saturday include a 2K/8K Fun Run, arts & crafts fair, carnival rides, food vendors, two entertainment stages, speakers' symposium with women of distinction, award luncheon, aviation displays, riverfront activities including live music, aerobic performances over the Missouri River, and a spectacular fireworks display choreographed to music and staged over the river.
200 S 10th St.
ATCHISON, 913-367-2427, 800-234-1854
<http://www.atchisonkansas.net>

AUG 4
GRAPE ESCAPE
Food and wine festival with wines from around the world, gourmet hors d'oeuvres, and desserts. 214 SE 8th Ave. Topeka Performing Arts Center.
TOPEKA, 785-234-2787
<http://www.tpactix.org>

FOURTH OF JULY

JULY 4
4TH OF JULY PARADE
134th annual. View one of the largest and longest running Independence Day parades in Kansas. Lincoln Ave.
WAMEGO, 785-456-7849, 877-292-6346
<http://www.visitwamego.com>

JULY 4
COLLINS PARK PARADE
35th Anniversary of the 4th of July Parade in Collins Park.
TOPEKA, 785-233-4477

JULY 4
COORS FREEDOM RUN
10K run part of annual Independence Day celebration. 6th & Washington St., Heritage Park JUNCTION CITY, 785-238-6137, 800-551-6137
<http://www.sundownsalute.com>

JULY 4
FOURTH OF JULY
Join the July 4th fun. Bring a picnic and enjoy the music as you watch the fireworks extravaganza. 2nd & Indiana, Burcham Park.
LAWRENCE, 785-749-1504

JULY 4
LIBERTYFEST FIREWORKS DISPLAY
Largest fireworks display in Anderson County. Enjoy an evening of fireworks at Garnett's North Lake Park. Begins at dusk. Park Rd & N Lake Rd, North Lake Park.
GARNETT, 785-448-6767
<http://www.garnettchamber.org>

JULY 4
OLD-FASHIONED 4TH OF JULY & MUD VOLLEYBALL
Celebrates the 4th with a bang, mud volleyball and a variety of activities. The celebration has something for everyone. There is a Fun run, 3-on-3 basketball tournament, pedal power pull, kids' races and fireworks! 4th & Pine.
ABILENE, 785-263-7266
<http://www.abilenecityhall.com>

JULY 4
POWERADE FREEDOM RUN
5K and 10K race with over 1400 runners/walkers. 28th annual. Run starts in Old Town Lenexa makes for a full, fun day in Historic Old Town. 13420 Oak St.
LENEXA, 913-541-0209
<http://www.ci.lenexa.ks.us>

JULY 4
SPIRIT OF KANSAS
4th of July celebration includes arts and crafts, water ski show, golf tournament, and fireworks show. 3137 SE 29th St., Lake Shawnee.
TOPEKA, 785-267-1156
<http://www.co.shawnee.ks.us/parkandrec>

JULY 4
ST. MARYS 4TH OF JULY FAMILY CELEBRATION
Fireworks extravaganza with entertainment, food and drinks, and KSU Parachute Club. Lasley St, Riverside Park.
ST. MARYS, 785-437-2077
<http://www.saintmarys.com>

JULY 4
THUNDER OVER MANHATTAN
A fun-filled citywide event including kids' rides, food vendors, concerts, and fireworks. CiCo Park.
MANHATTAN, 785-539-7411

CALENDAR

CONTINUED FROM PAGE 12

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 TAI CHI

Steve Carrier, instructor. Lawrence Therapy Services, 2200 Harvard Rd., Ste. 101. 8-class sessions. Fee. 6:00-7:00 p.m. Call 785-842-0656 to register or visit www.lawrencetherapyservices.com. LAWRENCE

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

SATURDAYS

YOGA

Karen Johnson, RYT, instructor. Lawrence Therapy Services, 2200 Harvard Rd., Ste. 101. 8-class sessions. Fee. 8:00-9:00 a.m. Call 785-842-0656 to register or visit www.lawrencetherapyservices.com. LAWRENCE

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 5

CHOLESTEROL SCREENING

No appointment needed. You may choose between a Basic Cholesterol Screening (No fasting needed) or a Total Cholesterol Screening with a lipid panel. The lipid panel offers a basic cholesterol screening as well as your HDL, LDL, and triglycerides. If you choose to have the Total Cholesterol Screening you will need to fast for 10-12 hours (water and necessary medications are OK). The Total Cholesterol Screenings are offered during morning hours only. Please note that these tests are not considered diagnostic of any disease process and those with results outside the normal range will be advised to see their healthcare provider for follow-up. LMH HEALTH SOURCE ROOM, 785-749-5800 8:30-10:30 AM

MEETINGS

FIRST AND THIRD MONDAY OF EACH MONTH

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

FIRST AND THIRD MONDAY OF EACH MONTH

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

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

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

FIRST WEDNESDAY OF EACH MONTH OLDER WOMEN'S LEAGUE

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

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

**FIRST THURSDAY OF EACH MONTH
LAWRENCE AREA PARTNERS IN AGING**
Networking group. Call Kim or Laura at 785-842-0656 for more information. \$11.50 to attend (includes lunch).
JADE MONGOLIAN BARBEQUE, LAWRENCE
11:30 AM-1:00 PM

FIRST AND THIRD THURSDAY OF EACH MONTH

LOSS AND GRIEF SUPPORT GROUP

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

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

SECOND MONDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

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

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

SECOND AND FOURTH TUESDAY OF EACH MONTH

LOSS AND GRIEF SUPPORT GROUP

Brandon Woods Retirement Community in association with Heart of America Hospice invite individuals coping with the loss of a loved one to join us. Call Gillian at 841-5300 for more information. Located in The Smith Center, 1501 Inverness Drive, Lawrence. 10:30 a.m.

SECOND AND FOURTH WEDNESDAY OF EACH MONTH

ALZHEIMER'S EARLY STAGE PATIENT SUPPORT GROUP

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

SECOND WEDNESDAY OF EACH MONTH LOSS AND GRIEF SUPPORT GROUP

Heart of America Hospice invites individuals coping with the loss of loved ones to join us. Call Gillian at 228-0400 for more information. Located at The First Presbyterian Church on Topeka and 8th. 12:00 p.m.

SECOND THURSDAY OF EACH MONTH NAACP MEETING - LAWRENCE CHAPTER

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

THIRD TUESDAY OF EACH MONTH LAWRENCE PARKINSON'S SUPPORT GROUP

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

THIRD TUESDAY OF EACH MONTH GRANDPARENT/KINSHIP SUPPORT GROUP

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

FOURTH TUESDAY OF EACH MONTH LAWRENCE PARKINSON'S SUPPORT GROUP

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

FOURTH WEDNESDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

MISCELLANEOUS

MONDAYS

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. 10:05 a.m.
<http://www.kuce.org/lifelonglearning>

JULY 8

FARM HERITAGE DAYS

Farm Town USA comes alive with old-time festivities. Festivities include living history activities, tractor pull, train rides, and more. 630 Hall of Fame Dr., National Agricultural Hall of Fame.
BONNER SPRINGS, 913-721-1075
<http://www.aghalloffame.com>

JULY 14

SUMMER FILM SERIES: RED RIVER (1948)

The first movie in the summer. 6425 SW 6th Ave., Kansas History Museum.
TOPEKA, 785-272-8681
<http://www.kshs.org/places/museum.htm>

JULY 21

SUMMER FILM SERIES: DODGE CITY (1939)

Presenting Dodge City (1939), as part of the Summer Film Series. 6425 SW 6th Ave., Kansas History Museum.
TOPEKA, 785-272-8681
<http://www.kshs.org/places/museum.htm>

JULY 28

SUMMER FILM SERIES: THE HARVEY GIRLS (1946)

Part of the Summer film series. 6425 SW 6th Ave., Kansas History Museum.
TOPEKA, 785-272-8681
<http://www.kshs.org/places/museum.htm>

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.

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HEARING

Why people avoid hearing instruments

More than 22 million people in the United States have never tried hearing instruments as a solution to their hearing loss. In one research investigation,



Rick Tibbils

low value, they mistakenly assume that "hearing instruments will not work for me" and, therefore, will not derive any benefit. Both consumers and some physicians have scant information regarding the potential benefit of hearing instruments. In recent years, large-scale research has been published on the impact on quality of life for people who use hearing instruments in the United States.

Hearing instruments have an impressive list of potential benefits,

including greater earning power, improved interpersonal relationships, reduced discrimination toward the person with the hearing loss, reduced difficulty in communicating, reduced anger, frustration, depression and anxiety, enhanced emotional stability, reduced social phobias, greater belief that you are in control of your life, increased self-esteem, improved perceptions of mental acuity, improved health status, greater level of outgoingness and the list goes on and on. When these findings were recently presented to a group of medical doctors, one prominent physician stated, "I was not aware of the seriousness of hearing loss and the potential for hearing instruments to alleviate the problem. Every doctor in the world must be made aware of these findings!"

Feeling Priced Out of the Market

Some people with hearing loss simply do not have the disposable income to afford today's modern hearing instruments. Based upon the known benefits of hearing instruments in improving quality of life, there is some effort to see if more government programs such as Medicare will cover hearing instruments. If the person with a hearing loss is a child, many local and state governments offer hearing instruments at no or reduced cost. In Kansas and Missouri, both states have Vocational Rehabilitation programs that supply hearing instruments for those whose ability to secure and keep employment is hampered by their hearing disability.

- Rick Tibbils, MA, CCC-A, is an audiologist with Hearing Sciences, He can be reached at 785-856-2250.

close to 3,000 individuals with self-reported hearing loss were polled regarding their reluctance to try hearing instruments. Here are some of the reasons why they have declined to pursue them.

Misbelief that Hearing instruments Don't Work

A significant number of people with hearing loss mistakenly believe that hearing instruments are not effective for what they are designed to do. Recent research, however, indicates that 76 percent of hearing instrument users report satisfaction (defined as satisfied or very satisfied) with the ability of modern hearing instruments to improve their hearing. The majority also reported the instruments improved their quality of life. A significant number of people report satisfaction with their hearing instruments in quiet situations (87 percent) as well as in very difficult situations such as restaurants, places of worship or large groups.

Failure to Trust in a Hearing Instrument Dispensing Professional

Another key reason some people hold off their purchase is: "I don't trust hearing healthcare providers who fit hearing instruments!" The data show, however, that nearly 90 percent of consumers are satisfied with their hearing instrument dispensing professional. It is certainly worth mentioning that the training, education and experience among dispensers of hearing instruments has greatly increased in recent years for both audiologists and hearing instrument specialists.

Unrecognized Value of Hearing Instruments

Many people who have avoided amplification tend to believe there is little value in hearing instruments. By

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New citizenship guidelines issued for Medicaid

By Lynn Anderson
Kansas Senior Press Service

A project of KU's Landon Center on Aging

QUESTION: I have received Medicaid for some time, and I heard a rumor that suddenly I'll need to prove I'm a U.S. citizen. Is that true?

ANSWER: Yes. The U.S. Department of Health and Human Services has issued guidelines in which states must implement a new requirement, effective July 1. The requirement is that all persons applying for Medicaid must document their citizenship.

The new documentation requirement is intended to ensure that Medicaid beneficiaries are citizens without imposing undue burdens on them or the states.

Recognizing the diversity of beneficiaries served by Medicaid, the guidelines provide for a range of ways that citizenship status and personal identity may be documented. If other forms of documentation cannot be obtained, documentation may be provided by a written affidavit, signed under penalty of perjury,

from two citizens, one of whom cannot be related to the applicant or recipient, who have specific knowledge of a beneficiary's citizenship status. These affidavits may only be used in rare circumstances. Additional types of documentation, such as school records, may be used for children.

Current beneficiaries should not lose benefits during the period in which they are undertaking a good-faith effort to provide documentation to the state.

American citizenship or legal immigration status has always been a requirement for Medicaid eligibility, but beneficiaries previously could assert their citizenship status by checking a box on a form. The Deficit Reduction Act of 2005, though, requires actual documentary evidence before Medicaid eligibility is granted or renewed, beginning July 1.

The provision requires that a person provide both evidence of citizenship and of identity. In many cases, a single document, such as a passport, will be enough to establish both citizenship and identity. But if second-

ary documentation, such as a birth certificate, is used, the individual will also need evidence of identity.

Once citizenship has been proven, it will not have to be documented again with each eligibility renewal unless later evidence raises a question.

Further information about this new eligibility requirement, including a fact sheet, can be found on the Web site of the Centers for Medicare and Medicaid Services, www.cms.hhs.gov. Other means of contact are phone, 202-690-6002, or e-mail, aaustin@cms.hhs.gov.

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



Liz Kundin
 2449 Iowa St., Ste A-1
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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.

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NOSTALGIA NOTEBOOK

JULY 1946

Births

- JULY 6:** George W. Bush, 43rd President of the United States
JULY 6: Sylvester Stallone, actor, *Rocky, First Blood*
JULY 13: Cheech Marin, actor and comedian, *Up in Smoke*
JULY 15: Linda Ronstadt, singer and songwriter, "Blue Bayou"
JULY 22: Danny Glover, actor, *The Color Purple, Lethal Weapon*
JULY 23: Sally Flynn, singer, *The Lawrence Welk Show*

Events

- JULY 4:** After over 425 years of Western dominance, the Philippines achieves full independence.
JULY 5: Bikinis go on sale in Paris.
JULY 25: At Club 500 in Atlantic City, New Jersey, Dean Martin and Jerry Lewis stage their first show as a comedy team.
JULY 25: In the first underwater test of the atomic bomb, the surplus USS Saratoga is sunk near Bikini Atoll in the Pacific Ocean.

JULY 1956

Births

- JULY 2:** Jerry Hall, American model and actress
JULY 9: Tom Hanks, actor, *Forrest Gump, The Da Vinci Code*
JULY 11: Sela Ward, actress, *Sisters, Once and Again*
JULY 16: Tony Kushner, American playwright, *Angels in America*
JULY 31: Michael Biehn, actor, *Hill Street Blues, The Terminator*

Events

- JULY 24:** At New York City's Copacabana Club, Dean Martin and Jerry Lewis perform their last comedy show together, which started on July 25, 1946.
JULY 26: Egyptian leader Gamal Nasser nationalizes the Suez Canal, sparking international condemnation.
JULY 30: A Joint Resolution of the U.S. Congress is signed by President Dwight D. Eisenhower, authorizing "In God We Trust" as the U.S. national motto.

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WOLFGANG PUCK

You won't suffer with succotash

By Wolfgang Puck

Tribune Media Services

I'll never forget my first Fourth of July barbecue. It was 1973, and I was chef at La Tour in Indianapolis. We ate grilled burgers and hot dogs, of course, accompanied by a classic potato salad slathered in mayonnaise. The meal was delicious. But, especially with that potato salad, it was so heavy that I felt like going to sleep instead of watching fireworks.

Don't misunderstand me. I love potato salad, both the familiar American kind and my favorite warm Austrian version with vinaigrette dressing. But I prefer to eat it when the weather is cold and you need good, solid, stomach-filling food to keep you warm.

So please let me suggest an alternative. It's a perfect companion to the celebration, because it's not only light and delicious but also because its all-American history actually pre-dates the Pilgrims.

I'm talking about succotash. Based on a mixture of sweet corn and fresh shell beans, the dish takes its name from *msikwatach*, a Narragansett tribal word for boiled corn kernels. Add not only the essential lima beans or fava beans but also maybe some roasted red bell pepper, diced sun-ripened tomato and even diced zucchini, and you have the perfect, colorful, flavorful expression of summer's bounty. It's all about the best

produce your market has to offer, with corn as the star.

Not being able to resist adding my own twists, I make succotash with kernels I cut from grilled corn on the cob. Grilling caramelizes some of the corn's natural sugars, giving the dish even richer flavor. It's so delicious and easy that I like to make extra. Besides serving it as a side dish, I'll spoon it atop slices of Italian bread rubbed with garlic, brushed with olive oil, and toasted on the grill, to make fantastic bruschetta. Or I'll replace the butter in the following recipe with olive oil and serve the succotash cold the next day as a salad, maybe topped with grilled chicken

or steak.

You'll find it easier nowadays to start with good corn, thanks to widespread super-sweet hybrids that don't turn starchy quickly after picking. Nevertheless, you'll ensure the best flavor and texture if you check the corn before you buy for signs of freshness. The husks should look firm and brightly colored rather than limp, the silk inside light golden rather than dark, and the cut ends of the stalks moist and white rather than withered and brown.

To keep the corn from drying out, soak the ears in ice water for an hour before cooking. That gives you plenty of time to build your fire. Grill the corn and bell pepper first, then assign someone to finish the recipe in the kitchen while you tend to the

burgers, dogs, steaks, ribs, chicken, or whatever else your own Independence Day demands.

GRILLED CORN SUCCOTASH

Serves 6

4 ears white corn, soaked in ice water for 1 hour
1 red bell pepper
1 cup shelled fresh fava beans or lima beans
4 tablespoons unsalted butter
2 medium stalks celery, pale parts only, cut into 1/4-inch dice
1 medium white onion, cut into 1/4-inch dice
1 tablespoon minced garlic
1 tablespoon brown sugar
1/2 tablespoon minced fresh thyme leaves
1 bay leaf
Juice of 1/2 lemon
Pinch of cayenne
Kosher salt
Freshly ground black pepper
1 tablespoon chopped parsley

Build a fire in an outdoor grill or preheat a broiler.

Strip off the husks and remove the silk from the ears of corn. Cook the corn on the grill or under the broiler, turning it frequently with tongs, until the kernels are uniformly golden brown, 5 to 7 minutes. At the same time, cook the bell pepper on the grill or over the broiler, turning it frequently, until its skin is evenly blistered and browned, about 5 minutes. Transfer the bell pepper to a heavy-duty sealable plastic bag to cool for about 5 minutes. Set the corn aside until it is cool enough to handle.

Steadying the stem end of an ear of corn on a stable work surface and holding it with one hand by its tip, slanting down and away from you, use a sharp knife to cut off the kernels close to the cob in strips, cut-

ting down and away from you and rotating the ear slightly after each cut. Transfer the kernels to a mixing bowl and repeat with the remaining ears of corn.

With your fingertips and, if necessary, a paper towel, remove the charred skin from the bell pepper. With a small, sharp knife, carefully slit open the pepper, taking care to avoid any steam, and remove and discard the stem, seed cluster, veins and any stray seeds. Cut the pepper into 1/4-inch dice and add to the corn.

Bring a small pan of water to a boil and fill a mixing bowl with ice cubes and water.

Add the fava beans or lima beans to the boiling water and cook them until just tender, about 2 minutes. Drain and immediately transfer them to the ice water, leaving them to chill for about 2 minutes. Drain well. If using fava beans, peel off and discard their leathery skins to reveal the pale green beans inside. Set aside.

In a heavy sauté pan over medium-low heat, melt the butter. Add the celery, onion and garlic and sauté gently, stirring frequently, until tender but not browned, about 10 minutes. Stir in the brown sugar, thyme, bay leaf, lemon juice, cayenne and salt and pepper to taste and continue to cook for 3 minutes more. Stir in the corn kernels and cook for 3 minutes more. Stir in the fava beans or lima beans and cook until the mixture is uniformly heated through, about 2 minutes. Garnish with chopped parsley and serve.

(Chef Wolfgang Puck's TV series, "Wolfgang Puck's Cooking Class," airs Sundays on the Food Network. Also, his latest cookbook, "Wolfgang Puck Makes It Easy," is now available in bookstores. Write Wolfgang Puck in care of Tribune Media Services Inc., 2225 Kenmore Ave., Suite 114, Buffalo, N.Y. 14207.)

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PHOTO BY BOB FELD, CHICAGO TRIBUNE

Wolfgang Puck's
Grilled Corn Succotash

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PEOPLE

Gerald Whiteside, Au.D., audiologist at Marston Hearing Center recently earned the degree of Doctor of Audiology from the University of Kansas Medical Center



Whiteside

School of Allied Health. Dr. Whiteside's field of study included hearing assessment, amplification management and central auditory processing. He continues to study perception and neuroscience and will continue to provide audiology services at Marston Hearing Center.

Lawrence Memorial Hospital intensive care unit nurse Sheri L. Rosenstengle, RN, BSN, CCRN has been awarded the Critical Care Registered Nurse (CCRN) credential. Rosenstengle joins an elite nursing community; there are only 50,000 CCRN certified nurses prac-



Rosenstengle

ting worldwide.

The certification is sponsored by the American Association of Critical Care Nurses, a national organization which offers professional accreditation, education and recognition for nurses who care for critically ill patients

"I wanted to obtain the certification to expand upon my clinical knowledge and demonstrate that I am committed to the patients and their families who visit the intensive care unit," Rosenstengle said.

Corey Koester, MSPT, was recently appointed as the director of the Center for Rehabilitation at Lawrence Memorial Hospital. The center is a rehabilitation and acute care unit for patients requiring intensive physical, occupational and speech therapies.



Koester

Koester was the first associate to begin working on the unit when it opened in December 1999. He graduated with a bachelor's degree

in education with honors from the University of Kansas in 1997. While attending graduate school at KU, he earned his master's degree in physical therapy in 1999.

Within three years of working at the Center for Rehabilitation, Koester was promoted to Clinical Coordinator and most recently served as the interim program director.

Koester said, "I am honored to have this opportunity and I look forward to the challenges of the position. We will continue to provide the highest quality of rehabilitation services to our clients and customers."

Shari Kretzschmer, RN, MSN, ARNP-C, OCN, has been promoted to surgical unit director at Lawrence Memorial Hospital.



Kretzschmer

Kretzschmer's duties include managing the 28-bed surgical unit, leading the department's 57 employees, and assuring the delivery of quality nursing care and service to surgical patients.

Kretzschmer had been assistant director of the surgical unit since May

2005. She came to LMH in 2000 and served as clinical coordinator for the LMH Oncology Center, after working at the KU Medical Center Breast Cancer Unit.

She received her master's degree in nursing from the University of Missouri-Kansas City in 1997 and has nearly 10 years of nursing management experience.

Kretzschmer has served as the LMH team captain for the American Cancer Society's Relay for Life for five years and on the Hospice Care in Douglas County Advisory Board. In 2003 she was honored with the Wellspring Professional Award, presented by Breast Cancer Awareness, Inc. each year to an outstanding female volunteer and an outstanding female health professional.

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



1951



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Q: What do Jane Seymour, Kurt Russell, Kirstie Alley, Michael Keaton, Anjelica Huston and Mark Hamill have in common?

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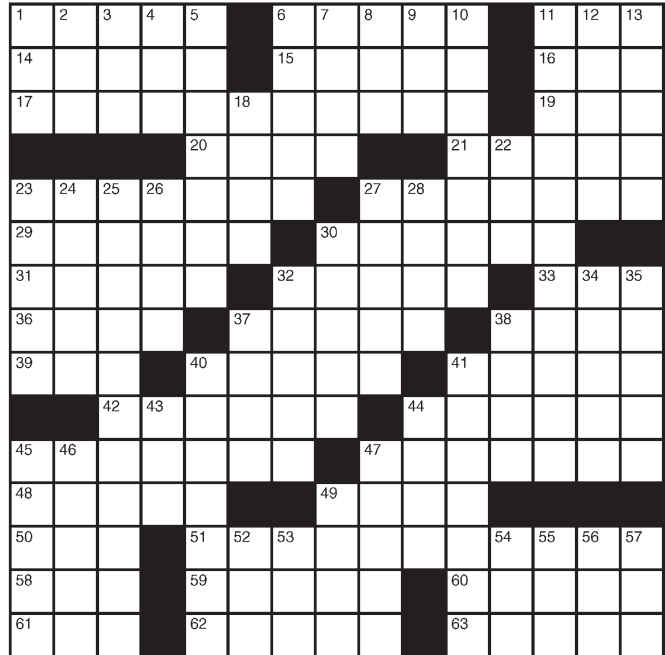
ACROSS

- 1 ___ Carta
- 6 Flightless flock
- 11 Forbid
- 14 Ta-ta, Therese
- 15 First ship on the moon
- 16 Pridefulness
- 17 Short-order cook
- 19 Jackie's second husband
- 20 Dispatch
- 21 Windmill blades
- 23 Spangles
- 27 Bride-to-be
- 29 Entertains
- 30 Without delay!
- 31 Claude of "Casablanca"
- 32 Indicate soundlessly
- 33 Thurman of "The Truth About Cats and Dogs"
- 36 Mojave monster?
- 37 Bake-sale items
- 38 Elitist
- 39 Building wing
- 40 Wise ones
- 41 Trajan's tongue
- 42 Emerged
- 44 Austere
- 45 Groups of buyers
- 47 Tailor, at times
- 48 Chilling
- 49 Glaswegian
- 50 Tenth of CXL
- 51 Dentist
- 58 Social follower?

- 59 Jockey Arcaro
- 60 Africa's largest city
- 61 Acoustic organ
- 62 Gets closer
- 63 Bring to bear

DOWN

- 1 ___-jongg
- 2 Clare of "Bleak House"
- 3 PX patrons
- 4 O.T. book
- 5 Down Under bunch
- 6 Bridal straps
- 7 Deck worker
- 8 Nest item
- 9 Alternative to lager
- 10 Valet
- 11 Accountant
- 12 Think the same way
- 13 Cacophony
- 18 Part of a camera
- 22 Picnic gatecrasher
- 23 Casual military address
- 24 Messages by computer
- 25 Writer
- 26 Annapolis sch.
- 27 Fast-food order
- 28 Charged particles
- 30 Jabbed
- 32 Congress staffers
- 34 Watered silk
- 35 L'il man of comics
- 37 "White Men ___ Jump"
- 38 Rescue
- 40 Add sugar



By Gregory E. Paul
Scottsdale, PA

Answers on page 22

7/3/01

- 41 Part of BLT
- 43 Dog-breeders' org.
- 44 Sty fare
- 45 Spirited defiance
- 46 Ekberg or Loos
- 47 Painful points
- 49 Mix

- 52 Keats opus
- 53 Harem room
- 54 Lenient
- 55 Stretch the truth
- 56 Do wrong
- 57 Decompose

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MAGICWORD

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

WELCOME TO WISCONSIN (sol.: 7 letters)

A-Alma, Antigo, Appleton, Avoca; B-Baldwin, Berlin; C-Cambridge; E-East Troy, Elm Grove, Elroy; F-Fox Lake; G-Genoa, Green Bay; H-Hancock, Hewitt; K-Kenosha; L-Lancaster, Linn; M-Marion, Milwaukee; N-Neshkoro; O-Oak Creek, Omro; P-Plover; R-Racine, Roberts, Rome; S-Silver Lake, Sister Bay, Slinger, Stella; T-Thorp; V-Vienna; W-Wayne, West Allis, Wilson, Woodville; Y-York

This month's answer: **OSHKOSH**

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NAKEERCKAOGITNA
OOVANNEIVSTELLA
SMIOIFOXLAKEMIH
LKRRCYORTTSAENS
IROOAAOROKHSENO
WOSBRMELMGROVEN
EYWEHGREENBAYE
SAOREKKEETHORPOK
TBOTNMKSLINGERS
ARDSOUAKCOCNHR
LEVRACELROYIWE
LTIWNIWDLABLAWV
ISLAPPLETONRYIO
SILVERLAKEHENTL
MSEGDIRBMACBETP

JUMBLE

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

ROWEB
□ □ □ □ □

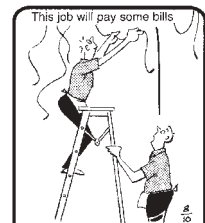
MERRA
□ □ □ □ □

YUBOED
□ □ □ □ □

NIRGIF
□ □ □ □ □

A: "□ □ □ □ □" FOR "□ □ □ □ □"

THAT SCRAMBLED WORD GAME
by Henri Arnold and Mike Arginton



WHAT THE YOUNG ELECTRICIAN DID WHEN HE WAS BROKE.

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

Answers on page 22

Advertising in Senior Monthly is a Capital Idea!

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20 SeniorMonthly, July 2006

TRIVIALITIES

1. Who starred as Captain Jack Sparrow in the 2006 film "Pirates of the Caribbean: Dead Man's Chest"?
2. The 2005 film "Charlie and the Chocolate Factory" was adapted from whose book of the same name?
3. Danny DeVito directed this 1996 film that starred Mara Wilson and Rhea Perlman.
4. Who directed the 2003 film "Big Fish"?
5. Who won the best actress Oscar in 1995? For what film?
6. Bill Murray was nominated for a best actor Oscar in 2004 for what film?
7. Andy Garcia directed this 2005 film starring himself and Dustin Hoffman.

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Answers on page 22

BRIDGE

Hoist on his own petard

By Omar Sharif and Tannah Hirsch

North-South vulnerable. South deals.

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

The bidding:

SOUTH	WEST	NORTH	EAST
Pass	1♦	1♠	Pass
1NT!	Pass	Pass	Pass

Opening lead: Jack of ♦

Zia Mahmood, a Pakistani now resident in London and New York, would rank high on anyone's list of the world's best players, and probably first on a list of the most imaginative and charismatic. He is a difficult man to play against, since he will seize any opportunity to sow doubt in the minds of his opponents. But that can backfire as this deal from the recent Spring North American Championships testifies, as the chief perpetrator confessed.

If the auction seems unusual we will try to explain. There are those of us who would open the South hand, but we won't quibble with a pass especially since that would spoil a wonderful story. The one-di-

among opening bid and the one-spade overcall, followed by East's pass, were all normal, and you or we would probably have settled for a jump to four spades with the South cards. However, Zia elected to roil the waters with a bid of one no trump, hoping to get doubled in some number of spades somewhere along the line. It succeeded beyond his wildest expectations - everyone passed!

West led a fourth-best diamond - under some circumstances the recommended lead. It puzzled declarer for the moment, but only until West remarked: "This is one you won't make." Nine tricks later, and -300 for a bottom score, Zia was left to contemplate on the unfairness of it all!

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

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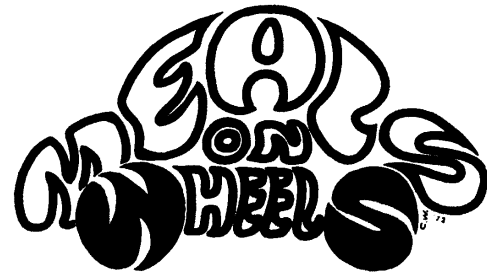
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DEAR PHARMACIST

Heart-stressing stimulants are risky weight-loss aids

By Suzy Cohen, R.Ph.
Tribune Media Services

QUESTION: I've been taking the prescription drug phentermine every day to help myself lose about 30 pounds. What exactly does this pill do inside me to reduce weight? Is it harmful? Does it affect the heart? — C.W., Orland Park, Ill.

ANSWER: You know that feeling you get when you're in imminent danger or a heated argument? Your heart beats in your throat, you get dry mouth and shallow breaths. It's called the "fight or flight" response and you can almost feel the adrenalin surging through your body. People who experience panic attacks know this feeling well. Certainly it is not a time for hunger.

Phentermine tricks your body into reacting to brain chemicals (including adrenalin), which effectively triggers this fight-or-flight response. In normal doses, it's a mild reaction that speeds your heart up and gives you energy, while reducing appetite.

Some scientists theorize that phentermine also raises leptin, one of our "feel full" substances, so we eat less. The drug does affect the heart rate and

can occasionally cause PPH (primary pulmonary hypertension), a dangerous cardiac problem, especially if combined with other medicine.

Is it harmful? Yes, it can be. Stimulants are my last suggestion for overweight people, who already have a serious burden on their heart from the extra weight. Why further tax the heart with drugs? The risks just don't seem to be worth it. Typical side effects include dizziness, headache, insomnia, hypertension, irritability, tremor and dependence. If you get chest pain, psychosis, swelling in the hands or feet or lightheadedness, skip your dose and call your doctor or 911.

QUESTION: Will taking red yeast rice reduce my high cholesterol? My sister-in-law suggested this instead of statin drugs. I asked my doctor, but he didn't know about it. Do you feel it's safe? — A.R., Seaford, N.Y.

ANSWER: Yes, it's safer than statins — popular ones are Lipitor, Zocor, Pravachol, Lescol, Advicor, Crestor and Mevacor. Statins reduce chole-

sterol well, but I doubt they improve lifespan. I'm not a fan of statins — they have dangerous side effects and the ability to compromise heart health, the very reason people take these drugs.

Statins deplete nutrients like CoQ10, which your heart needs to in order to beat. This is why some experts, including cardiologists, suggest red yeast rice. It's nature's statin and even though CoQ10 is affected, the depletion is very subtle. You can easily supplement with CoQ10. Red yeast rice works just like a natural statin, but it's milder, so there's less risk of muscle wasting, achiness, weakness, memory loss, joint pain, rhabdomyolysis, or heart or liver failure. In combination with other nutrients, the effect can be wonderful. Always continue with doctor visits to check liver health and cholesterol ratios. Consider going vegetarian for a couple of months to really drive the numbers down fast.

DO YOU KNOW? You should go through your medicine cabinet at least once a year and dispose of old medicine. Throw out old tablets and capsules in the toilet, not the trash.

(This information is not intended to treat, cure or diagnose your condition. Suzy Cohen is a registered pharmacist. To contact her,

visit www.dearpharmacist.com.)

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E	A	R		N	E	A	R	S	E	X	E	R

JUMBLE ANSWERS

Jumbles: BOWER REARM
BUOYED FIRING

Answer: What the young electrician did when he was broke — "WIRED" FOR MONEY

TRIVIALITIES ANSWERS

1. Johnny Depp 2. Roald Dahl 3. "Matilda" 4. Tim Burton 5. Jessica Lange. "Blue Sky" 6. "Lost in Translation" 7. "The Lost City"

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

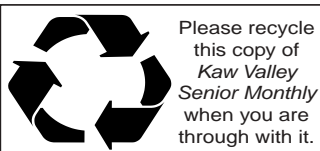


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SMART COLLECTOR

Contact clubs interested in older items

QUESTION: You wrote about companies buying back early products for their archives. A friend was given a radio table by a relative who reached the age of 102. It is a Bendix. Would the company want to buy it? — Helen, Ft. Lauderdale, Fla.

ANSWER: True, companies often buy pieces that represent significant phases in their history, or design or even a technological advancement.

The radio you write about is different, but not a watershed in Ben-

dix history. Made in 1946, it is a wood drop leaf end table with a radio built in. A 6-tube model, it currently retails for about \$100 to \$150, depending on condition.

QUESTION: In the 1940s, my father collected cups and saucers for me. Do any have value? — June, Tulsa, Okla.

ANSWER: Your father bought attractive English sets of fine porcelain that appear to be in excellent condition. Several have heavy gold.

Such cups and saucers are collected, particularly in England. That's why many sell online. But you don't mention selling; you're curious about value.

Jim and Susan Harran have produced three books on collectible sets. "Collectible Cup & Saucers," published by Collector Books, is most recent with Books II (\$19.95) and III (\$24.95), having 2004 values. You may well find examples similar to yours. Check completed sales on eBay for today's actual values.

QUESTION: Am sending a photo of a cameo passed down through my family. There is damage on the left side, to both the cameo and the gold setting. I realize that monetary value is down because of this, but is their historical or rarity value? Local jewelers have been no help. — Virginia, Tucson, Ariz.

ANSWER: The reader's photo shows what appears to be a small

oval shell cameo showing the head of Christ in profile, wearing a crown of leaves and thorns.

Cameos are collected by base matrix (shell or stone) and by subject. Most commonly seen as portraits of women, cameos also appear as scenery, groups, animals, flowers, and scenes from myth or the Bible. Traveling Victorians typically shopped in Italy for shell cameos depicting Greek or Roman gods and goddesses.

Religious images, particularly heads, were not made as often, because they were, and still are, less popular. Aesthetics counts in cameos, and a pleasing subject rendered skillfully wins every time. Men, un-

less gods of myth, are a tough sell. Today's cameo buyer seeks skillful hand carving, a pretty or interesting subject, exquisite detail, and an attractive frame or bezel.

Simply carved, and damaged to boot, this cameo needs to find a motivated buyer. For that reason, I suggest selling online.

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

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Danielle Arnet

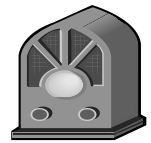
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