



# Kaw Valley Senior Monthly

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July 2007

Serving Active Seniors in the Lawrence-Topeka Area since 2001

Vol. 7, No. 1

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Harbor House offers memory care in a peaceful, residential setting. - page 4



Got plenty of fresh produce? How about trying a chopped vegetable salad.?- page 24

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**FREE**



**SENIOR profile R**

KEVIN GROENHAGEN PHOTO

Max Yoho stands beside a mantel, which, like many items in his home, he built with his own hands. A retired machinist, Yoho has two novels on the Kansas Center for the Book's Favorite Kansas Books list.

## Yoho enjoys second career as author

By Kevin Groenhagen

To Topeka author Max Yoho, there is no contradiction between working with wood and metal and working with words and meter.

"I get a little offended when someone says it's kind of a stretch to be a blue-collar worker and a writer," Max said. "Of course, it's not. Both of my jobs involve creativity. As a machinist, I was creative and, as a writer, I'm creative."

Max worked as a machinist at Topeka's Goodyear plant until he

retired in 1992. He didn't start publishing books until after he retired, but writing was not new to him.

Max's family moved to Topeka in 1949. After graduating from high school four years later, he enrolled at Washburn University. It wasn't long before he discovered his talent as a writer.

"I was taking English 101," Max said. "I had a lovely, young teacher from New York. She liked my themes. We wrote a weekly theme. She asked me if I would write for *The Review*, which is Washburn's newspaper. So

I wrote some feature articles."

Incredibly, Max's teacher, Marilyn Jurich, continues to teach as an associate professor at Suffolk University in Boston.

"When I was through at Washburn, I didn't think anymore about writing at all," Max said. "I had a family to support. It wasn't until my first wife, Rosemary, died in 1988 that I got involved in writing, and that was an accident as well."

"Max did write a few poems before then," added Carol, Max's wife

■ CONTINUED ON PAGE TWO





# Max Yoho

■ CONTINUED FROM PAGE ONE

since 1996. "They were wonderful poems. I remember because I was a college student and Rosemary was a returning adult college student. We used to get together on weekends, and Max would read some of his poems."

"I wrote them for my own amusement, not ever thinking of publication," Max said.

Max had planned on retiring from Goodyear when he turned 55 in 1989. However, after Rosemary's death, he decided to continue working for a few more years. It was during these years that he became more serious about writing.

"A friend of mine in town had just had a book published," Max said. "We were having a party for her. Her editor flew in from Salt Lake City. I had written a one-page parody of her book. She asked me to read it to the editor, which I did. He damn near fell off his chair laughing. He said, 'Max, send me your manuscript,' which I did. They said they wanted to publish it."

Max's excitement over getting his book published would be short-lived.

"I got the galley proofs, cover and artwork, and approved them," Max said. "I then waited and waited, but didn't hear anything. It turned out that the publisher, who was a reputable publisher for 20-some years, had embezzled \$10.2 million from the company. The FBI swooped in and confiscated everything, including my work. Fortunately, the court returned all my materials."

"I was terribly embarrassed," Max continued. "My family and a lot of my friends knew that I was having this book published. At that point I was sick of the whole business."

I tossed everything behind the furnace and forgot about it. I didn't even want to think about writing or publishing."

If not for a broken bone, Max's writing may never have tickled another funny bone.

"I had a friend at the library who broke her ankle and was laid up in bed," Max said. "Carol suggested I give her a copy of my manuscript to read. One evening I got a telephone call from her husband. He was laughing and she was in the background screaming and laughing. When she finally got on the phone,

## Secret Underpants

By Max Yoho

I have Bill Blass's underpants,  
Sky blue with a bright white band.  
I wear them only rarely,  
And I wash them out by hand.

I guess when I was buying clothes,  
There in the fitting rooms,  
I picked Bill's pants up by mistake,  
And he got my Fruit of the Looms.

Now, Bill had put his name on his.  
I dropped the ball that time.  
He was sure more proud of his underpants  
Than I ever was of mine.

My pants must be quite loose on him.  
He's svelte—he's got to be.  
His underwear was not designed  
For my rotundity.

I don't wear Bill's briefs when I go out  
To walk around the square.  
—Get hit by a truck and the world would think  
That I wear blue underwear!

I fear to die in that attire,  
And face my Maker's whim.  
God would say, "You've got Bill's undies on!  
Go give them back to him!"

From *Felicia, These Fish Are Delicious*,  
Max Yoho, (Topeka: Dancing Goat Press,  
2004), page 3

she said, 'This book has to be published.'"

Burned by the previous experience with a publisher, Max decided to start his own publishing company.

The Yohos named their new company, Dancing Goat Press, after a cup of coffee they had in Lindsay, Kansas.

"Max has always liked goats," Carol said.

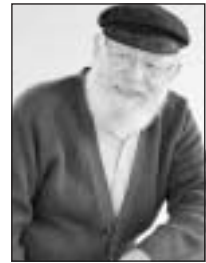
"Doesn't everyone?" Max responded.

The name actually has a deeper significance to the Yohos. The dancing goat comes from an Ethiopian legend in which the goats of a

goatherd named Kaldi failed to come home. Kaldi eventually found the goats dancing by a shiny green-leaved shrub with little red berries. Kaldi ate some of the berries himself, and was amazed at the sense of well-being and alertness that resulted. According to the legend, Kaldi

■ CONTINUED ON PAGE SIX

# The Novels of Max Yoho



## The Revival \*

A holy war in Epic, Kansas? You'd better believe it! It's Revival Week, and every man, woman, child and cocker spaniel—if it looks Methodist—is expected to be there.

There really is an Epic, Kansas, but you won't find it on a map. Perhaps it's the very town where you grew up. Perhaps you, like Edwin J. Stamford, at age eleven, lived there while coming to grips with one of the basic truths of life: "Always blame the boy!"

Growing up is never easy—and Edwin may not have been the first nor the last boy to cut his toe while trying to learn the manly art of shaving.



## Tales from Comanche County\*



In *Tales from Comanche County*, an old man with a hilariously skewed education in history and religion looks back to summers spent listening to stories told on the front porch of his Uncle Jack's Comanche County, Kansas ranch.

Cattle rustler Leepy Danfer lies amoldering in his grave. The Emperor of China has come to grief. A soft-shell Oklahoman met his maker while riding a unicycle. Why? Yoho will tell you "They just plain didn't get their dad-gum bob-waar over the crick before midnight."

## The Moon Butter Route

Twelve-year-old Wally Gant is growing up in the southeast corner of Kansas. This rich mining area, known as the "Little Balkans," has attracted immigrants from many countries. Used to having a little wine with their meals and their sacraments, these newcomers, along with many of their American neighbors, find the Kansas laws on prohibition unbelievable. There must be some mistake!

Still, as some wag said, "Kansas will vote dry as long as they can stagger to the polls."

At Strang Dairy, Wally's first paying job, he meets up with a bunch of moonshiners and bootleggers—some lovable and some not-so-lovable. In the Great American Tradition, Wally finds love and fortune in a part of the state that makes the rough Kansas cow towns seem like preschool.



\* Also available as unabridged audiobooks.

## Kaw Valley Senior Monthly

Editor and Publisher  
Kevin L. Groenhagen

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# Harbor House provides memory care

By Billie David

Every staff member at Harbor House Memory Care, Lawrence's new residential home for people with Alzheimer's disease and other types of memory impairments, has experienced what it is like to be close to someone with memory loss. For owner and operator Kitty Shea, it was her grandmother.

"My grandmother died of Alzheimer's back when they were called senile," she said, adding that her grandmother stayed at a care home where Alzheimer's residents were contained in the back part of a nursing home with a room and a TV and left to wander the hallways.

"That is no way to live," she said. Shea has worked in the senior housing industry for 18 years, where she became familiar with Alterra, a senior housing company that specializes in memory care. Working in one of their facilities, which housed 38 residents, she became convinced that when care is designed specifically for people with memory problems, it is a much better way to

provide for their needs than what she had previously observed.

"The seed was planted," she said. "I took that model and did it on a smaller scale."

The result was Harbor House, a home that can accommodate eight residents who have Alzheimer's disease or other types of dementia.

"It's called Home Plus by the state," Shea explained, comparing it to an assisted living facility but smaller and more homelike.

The house that she and partner Robert Wilson found, located in a residential neighborhood near Hillcrest School, was renovated to meet the needs of future residents and Kansas Department on Aging regulations, including adding bedrooms and bathrooms.

Special features were also added specifically to meet the needs of residents with memory loss. For example, a circular sidewalk was added to the back yard.

"Most dementia and Alzheimer patients have a need to pace," Shea said, "and they need a smooth surface to do it on."



Several members of Harbor House's staff and residents recently enjoyed a warm June morning in the home's peaceful backyard. Standing: Jan Prager and Mandy Thomas. Seated: Resident Gladys Burge, Kitty Shea, and resident Vince Van Sickle.

Steps were also eliminated.

"There are no steps at Harbor House," Shea said. "We raised the patio to the sliding glass doors, and built ramps where steps used to be."

Shea even did research on colors and their effect on Alzheimer's patients. The colors for Harbor House were chosen keeping the residents

■ CONTINUED ON PAGE FIVE

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# Harbor House

■ CONTINUED FROM PAGE FOUR

in mind. For example, yellow stimulates the appetite, red is avoided because it is a very emotional color, and dark colors on the floor—which people with Alzheimer’s see as holes—are nonexistent.

When the house was finished, Shea was ready to find people to staff Harbor House, and she did so with a high staff-to-resident ratio in mind.

“We are staffed 24 hours a day, seven days a week,” Shea said, “and we have an RN, an LPN, CNAs and medicine aides. Everyone here is certified, and the staff members all have training in memory care. Everybody who works here has “a story”—usually a family member or somebody close to them with a memory impairment.”

The staff and residents interact as a family, eating together in the kitchen or dining room and watching movies together, and staff members are careful to avoid “herding” the residents to meals and activities as can often be seen in larger facilities.

One skill that Shea finds particularly valuable among her staff is what she calls redirecting.

“The main thing is that the residents have purpose,” she said. “Our resident’s must feel that their life still has meaning. We all need to be needed, and with this population especially, that brings such joy.”

For example, sometimes Harbor House employees bring their children and they will also be “adopting” a class at Hillcrest and encouraging the residents to help them with activities such as art projects.

Harbor House recently obtained another member that residents can help take care of. “Lexie” is a shelter dog who is big enough so that residents won’t trip on her but who is also known for her gentleness.

Family members are welcome to join residents at Harbor House at any time. In fact, the family is invited to celebrate special holidays with residents a week before the actual event.

“That way they can celebrate with the resident at Harbor House and then also celebrate at home later without feeling a lot of guilt,” Shea explained.

Other features Harbor House offers include the following:

- Shea plans to add a day program for people with Alzheimer’s disease in the near future.

- Families of Harbor House residents don’t need to worry about eventually having to undertake an-

other move farther down the road. “We hope this is their last move,” Shea said. “We do welcome Hospice to come in.”

- Most long-term care policies will cover the type of care that Harbor House provides. And eventually Shea hopes to open a similar home that will be covered by Medicaid.

- Harbor House safety features include secured exterior doors and alarms, and fire alarms.

- Residents can engage in activities geared to both early and late-stage memory loss and all residents

living at Harbor House receive assistance with daily activities such as grooming, shaving and bathing and assistance with medication management. Home-cooked meals and

snacks, housekeeping and laundry are also provided.

Readers can obtain more information about Harbor House by calling Shea at (785) 856-5512.

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# Max Yoho

■ CONTINUED FROM PAGE TWO

had discovered coffee.

Coffee houses later opened throughout the Middle East, and customers would meet for conversation. However, rulers soon suspected that some conversations were of a subversive nature.

"They made meeting in coffee houses illegal," Carol said. "Many people who enjoyed meeting for coffee started an underground movement called the Dancing Goat Society. The subversiveness of that appealed to us."

While Max writes the books, Carol does the bookkeeping for the company. With a background in publishing and design, Carol also does all the artwork for Max's books.

"If it had not been for Carol, I would never have been published," Max said.

All three of Max's novels, *The Revival*, *Tales from Comanche County*, and *The Moon Butter Route*, take humorous looks at life in rural and small-town Kansas.

"I mostly write in a Kansas dialect or a Midwest dialect because I grew up with it," Max said. "I like the sound of it. So far, all my novels have been set in Kansas, but they can be transferred to Iowa, Nebraska, or anywhere else in the Midwest."

Max won the Kansas Authors Club's J. Donald Coffin Memorial Book Award for *The Revival* in 2002. The Kansas State Librarian in 2006 named *The Moon Butter Route* a Kansas Notable Book. Both of these novels are on the Kansas Center for the Book's Favorite Kansas Books list. In fact, Max is the only author to have two titles on the list, which includes titles such as Truman Capote's *In Cold Blood*, Robert Day's *The Last Cattle Drive*, and L. Frank Baum's *The Wonderful Wizard of Oz*.

Max has also written a book of poetry, essays and short stories entitled *Felicia, These Fish Are Delicious*.

"This book of poetry is really a gateway into the mind of Max Yoho," Carol said. "Some of it is very personal and very serious. Other poems are personal and funny."

Max doesn't plan on becoming wealthy as an author, and that's all right with him.

"The greatest award for me has been the e-mails, snail mail, and phone calls that I get from—I guess I could say fans—telling me how much they have enjoyed my books. Carol got a call yesterday morning from an 83-year-old woman who said, 'Today I really needed a laugh, and Max made me laugh out loud.' She told Carol to tell me that she loved me."

"We've talked to a lot of people who said they embarrassed themselves while reading Max's books in public when they started laughing out loud," Carol added.

Max's books are available at many local bookstores and online at Amazon.com, Barnesandnoble.com, and Bamm.com. Readers can also visit [www.dancinggoatpress.com](http://www.dancinggoatpress.com) for additional information about Max's books.

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## Nutrition program benefits Kansas seniors, food producers

The Kansas Senior Farmers Market Nutrition Program is providing low-income seniors in 18 counties the opportunity to purchase locally grown fresh fruits and vegetables at local farmers markets and roadside stands again this year.

The program, established as a competitive grant in the 2002 federal agriculture bill, this year becomes a permanent program. The Kansas Department on Aging will receive nearly \$180,000 for the program, which will run from May 5 through September 30.

"This has been a popular program, both with the seniors and the producers," Secretary of Aging Kathy Greenlee said. "We are glad that it is being made a permanent program of the U.S. Department of Agriculture."

Designed to promote better nutrition among low-income seniors as well as to expand the revenue base for farmers marketing fresh, locally grown produce, the KFMSNP provides 15 checks totaling \$30 to eligible seniors to use to buy the fresh produce.

Seniors eligible to receive the checks are those who qualify to

participate in either the Emergency Food Assistance Program (TEFAP) or the Commodity Supplemental Food Program (CSFP). They must be 60 or older and have a household income below 130 percent of the federal poverty level. They also must be a resident of one of the participating counties: Atchison, Bourbon, Cowley, Dickinson, Douglas, Finney, Harvey, Johnson, Leavenworth, Lyon, McPherson, Reno, Republic, Riley,

Saline, Sedgwick, Shawnee and Wyandotte.

Checks will be distributed by the local food assistance programs.

Farmers wanting to participate in the program must be trained and sign an agreement with KDOA. For further information, contact Tamara Tiemann, program manager, at KDOA: (785) 296-6445 or [tamaratiemann@aging.state.ks.us](mailto:tamaratiemann@aging.state.ks.us).

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## MyStory to discuss trips, travel and family vacations

There is still time to take advantage of the opportunity to enjoy the programs in MyStory series. MyStory is sponsored by the Senior Services of the Lawrence Public Library, Leisure & Learning department of the Douglas County Senior Services and the Lawrence/Douglas County Housing Authority-Babcock Place. Plan to attend one or all of the following programs:

Tuesday, July 10, 2:00-3:30 p.m. Babcock Place, 1700 Massachusetts St.

### Slides: History On a 2x2 Card

It's been awhile since we've seen them. We have the Carousel projector. You bring the slides!

Friday, July 20, 2:00-3:30 p.m. Babcock Place, 1700 Massachusetts St.

### Telling Your Story

Memories can be preserved in

photo albums, scrapbooks, collages and other visible ways. Examples of these will be shown. Bring your own souvenirs or photos for suggestions on how to display them. Also, how to tell a story.

Friday, July 27 11:00 a.m.-12:30 p.m. Watson Park Gazebo, 7<sup>th</sup> & Kentucky

### Picnics & Family Reunions

We'll end this year's sessions with a picnic in the park. Bring a dish and one last story to share.

Registration is not required but is requested for the programs. More information on each session can be found on the library Web site, [www.lawrencepubliclibrary.org](http://www.lawrencepubliclibrary.org) or by contacting Pattie Johnston, Senior Outreach Services, (785) 843-3833 extension 115.



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Trena Rausch has joined the staff of Lawrence Therapy Services as a part-time speech-language pathologist. Rausch, with more than 11 years of experience, specializes in treating children and adults with speech and language delays, swallowing problems, and communication and memory issues. Rausch received a bachelor's degree in psychology and a master's degree in speech-language pathology from Kansas University. Her services are available in the Lawrence clinic, 2200 Harvard Road; in the Baldwin clinic, 814 High Street; or in homes.

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## PET WORLD

### Dog can be source of fun, comfort during difficult times

**QUESTION:** We have a 9-year-old mixed-breed dog. We just moved in with my elderly father. My father is hard of hearing and I'm constantly raising my voice to be heard. My dog is eating fine but not with his

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

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Steve Dale

usual gusto. He doesn't seem excited when we come home, and generally seems depressed. Could he be missing his old home? — J.S., Pekin, IL

**ANSWER:** The problem could be dental, or some other physical issue, so see your vet. If your pup checks out, he may simply be having difficulty adjusting to his new home.

Dog trainer Robin Bennett, of Woodbridge, VA, suggests, "Do your dog's favorite thing once a day at a predictable time. That may be a game of fetch, taking a walk, or even snuggling on the sofa. Give your dog his own time. All that yelling may disturb your dog. Try yelling something inane to no one in particular, and as you're doing it reward (the dog) with a treat. If your dad is capable, have him feed the dog or offer special treats."

Dogs do pick up on our emotions, and your dog may be—at least, in part—responding to what the people around him are feeling. If he can, your father might enjoy his "grand-dog" by calling the pet and asking for a "sit." If the pup complies, he receives a reward. Your dog may turn out to be a source of both fun and comfort at this difficult time.

**QUESTION:** You recently wrote most homes in America have a pet. What percentage of households are you talking about? — C.H., St. Paul, MN

**ANSWER:** According to the American Pet Product Manufacturers National Pet Ownership Survey, 63 percent of American households have a dog, cat, pet bird, pet fish, rabbit, ferret, hamster, gerbil, pet rat, pet lizard or snake, or some other companion animal.

(Write to Steve at Tribune Media

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## PERSONAL FINANCE

# Own your retirement

Retirement in the 2000's has taken on different meanings for everyone. For some, being retired is all about not working a regular job and finally enjoying "the good life." For others, it's a time for reinvention, a chance to pursue a new career, hobby or passion. Some may keep working because they prefer

ing a comfortable retirement can be a challenge. But by starting now, taking advantage of your company-sponsored retirement plan, maximizing your personal retirement savings, and examining all financial tools available, your finan-

cial future will come into clearer focus.

Saving for retirement may be the most important financial decision you will make. Make sure you plan for these years carefully to make your retirement dreams become reality.

To learn more about retirement solutions as well as find a variety of other articles available to you and your family, I encourage you to visit the article library found on my Web site at [http://www.nmfn.com/joejones/learnctr--articles--article\\_library](http://www.nmfn.com/joejones/learnctr--articles--article_library), or feel free to con-

tact me at (785) 856-2136 or [joe.jones@nmfn.com](mailto:joe.jones@nmfn.com) with any additional questions.

- Joe B. Jones is a Financial Representative with Northwestern Mutual Financial Network, Jayhawk Financial Group. He is licensed and appointed to sell long-term care insurance for Northwestern Long Term Care Insurance Co., Milwaukee, WI, a subsidiary of Northwestern Mutual Life Insurance Company—Milwaukee, WI. To contact Joe, please call (785) 856-2136 or e-mail him at [joe.jones@nmfn.com](mailto:joe.jones@nmfn.com).

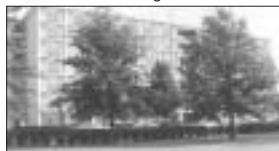


Joe B.  
Jones

to, while others need to keep working just to make ends meet.

No matter which scenario you desire, the key is to have the financial security to choose and shape your own retirement dream. By devising and implementing a sound strategy, you gain the power to "own" your retirement—whatever that may be.

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For more information about the Foursquare Church, call Pastor Eplee at 785-865-1549 or 785-979-0041, or visit [www.foursquare.org](http://www.foursquare.org).

## PERSONAL FINANCE

### Put (financial) Independence Day on your calendar

This month, we'll be observing the Fourth of July. But at some point in your life, you'll want to celebrate another type of Independence Day - Financial Independence Day. When will it occur? It's up to you. Here are a few suggestions for speeding it along:



Harley Catlin and Ryan Catlin

- **Feed those retirement plans.** The most important thing you can do to hasten your Financial Independence Day is to continually save and invest for retirement. Take full advantage of your 401(k) or other employer-sponsored retirement plan. Your earnings have the potential to grow on a tax-deferred basis and you can create an investment mix that reflects your risk tolerance, time horizon and retirement goals. Also, even if

you have a 401(k), you may be eligible to invest in a traditional or Roth IRA. A traditional IRA has the potential to grow tax-deferred, while a Roth IRA has the potential to grow tax free, provided you've had your account at least five years and you don't start taking withdrawals until you are at least 59-1/2. And you can fund your IRA with a wide range of investments, such as stocks, bonds and certificates of deposit (CDs).

- **Don't let your debts get out of hand.** You probably can't avoid all debts, and some of them—such as a mortgage—at least offer the possibility of tax write-offs. But the larger your debt payments, the less money you'll have to invest, so do what you can to live within your means.

- **Prepare for emergencies.** If you face some unexpectedly large medical bills, or if you need a new car or a major appliance, will you have the money available? If not, you may have to dip into your investments—and that can slow your progress toward your eventual financial freedom. To avoid this problem, build an emergency fund containing six to 12 months' worth of living expenses.

Put the money in a liquid vehicle—one with a lesser risk of loss of principal.

- **Be a "tax-smart" investor.** Taxes can eat into your investment returns, so you'll want to become a "tax-smart" investor. As we've already mentioned, your 401(k) and IRA offer tax advantages, so you'll want to contribute as much as you can afford to both these vehicles. Beyond that, perhaps the most important step you can take is to follow a "buy-and-hold" strategy. By purchasing stocks, and holding them for many years, you'll put off capital gains taxes until you sell. This technique also can help you hold down commissions and give your stocks a chance to appreciate. Another tax-advantaged move that could benefit you—particularly if you're in one of the higher tax brackets—is to invest in municipal bonds. Your interest payments will be free from federal taxes; if the municipality that issues the bond is in your state, your interest payments also may be exempt from state and local taxes. (However, some municipal bonds are subject to the alternative minimum tax, so do your research before you invest.)

By making the right moves, you can someday reach your own personal Financial Independence Day. So put it on your calendar of the future—and then do what it takes to reach that happy date.

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

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## HEALTH & FITNESS

### Worrying less about anxiety

Much has been said these days about depression. You don't have to wait very long when watching TV before a commercial for the latest antidepressant medication fills the screen. But anxiety, another rel-



Vickie Hull

atively common mental health concern, gets little press. Yet, millions of people will experience anxiety at some point in their lives.

#### Symptoms of Anxiety

Anxiety can be debilitating. It is primarily characterized by excessive worry, the kind that interrupts or prevents sleep and seems to take over your life. This worry occurs more days than not and is difficult, if not seemingly impossible, to control.

People with anxiety feel restless or "keyed up." They describe being "on edge." Because so much energy is needed to worry for weeks on end, folks with anxiety are often exhausted. This extreme fatigue leads to an inability to focus or concentrate and, in many cases, to irritability.

Anxiety also can cause nausea, jitteriness, racing heart, a "lump in the throat" feeling, and sweating. Escalating anxiety can lead to panic, accompanied by chest pains and a feeling of suffocation, because severe anxiety sufferers unconsciously tend to hold their breath or breathe too shallowly. They may even think they are having a heart attack—very distressing, indeed!

In addition to these symptoms, anxiety also causes muscle tension and achiness, leading people to think they might be physically sick with a flu or other illness. Anxiety is so stressful it taxes the immune system, which can lead to more actual sickness.

#### Causes of Anxiety

There is some evidence to suggest that anxiety may have a chemical or genetic basis. So if you have a parent with anxiety, you are more likely to have anxiety yourself. However, anxiety also can be a learned behavior. If you grew up seeing Mom or Dad fret a lot over life, you may have unconsciously adopted this way of being as your own.

Anxiety can be related to a medical condition, like hyperthyroidism. Or it can be linked to a medical event, such as an upcoming surgery or medical procedure. It also can be connected to a trauma—an assault, tornado, hurricane, house fire, serious car accident—any situation that threatens your life or the life of someone close to you.

#### Treatment of Anxiety

Unfortunately, too many people decide that anxiety is a condition to be endured. Still others think they are going "crazy" and fear the ramifications of disclosing how they feel. This is sad, because help is available.

Many of the anti-depressant medications on the market today also are used to treat anxiety. Other drugs, specific to anxiety, are available for short-term treatment. However, ac-

ording to recent research, drugs are not the best long-term solution.

It is vital that people learn to recognize their anxiety, deal with self-defeating thoughts and behaviors, develop coping strategies, and reduce stress. All of these can be accomplished with the help of a trusted mental health professional. There is tremendous therapeutic value in talking through your losses, traumas, and medical complications. A relationship-oriented therapist also can help your family members understand anxiety and learn ways to help you through it.

There is no need to continue to worry about anxiety. Likewise, there is no good reason to simply endure it. Anxiety can be reduced or even resolved when are emotionally supported and effectively treated.

- Vickie Hull, M.S., LMFT is a master's level, licensed Marriage and Family Therapist at Lawrence Therapy Services, 2200 Harvard Rd. As a qualified mental health professional, she diagnoses and treats anxiety and other mental and emotional health concerns. In addition, Vickie specializes in relationships, as well as grief and loss. She can be reached at 785-842-0656 or at [Vickie@lawrencetherapyservices.com](mailto:Vickie@lawrencetherapyservices.com).

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## HEALTH & FITNESS

# West Nile virus

As the weather warms up, families are outside to enjoy the activities of the summer. However, whether you and your family find yourself camping, swimming, bicycling or simply barbecuing in your backyard,



Dr.  
Farhang  
Khosh

it is important to protect everyone from insects, including mosquitoes.

The West Nile virus (WNV) was first identified in 1937 in the West Nile district of Uganda in eastern Africa. Since then, the virus has spread throughout the United States. WNV was first detected in the United States in 1999 in New York. It is not entirely clear how the virus entered New York City. The most likely explanation is that the virus was introduced by an imported infected bird, or by an infected human returning from a country where West Nile virus is common. Before the 1999 New York outbreak, West Nile encephalitis had been identified only in Africa, Asia, the Middle East, and rarely in Europe.

It now has been documented in all 48 continental states, seven Canadian provinces, and throughout Mexico. In addition, WNV activity has been detected in Puerto Rico, the Dominican Republic, Jamaica, Guadeloupe and El Salvador. According to the CDC (Centers for Disease Control and Prevention) in 2006, the West Nile virus infected about 4,000 Americans, with 149 fatalities reported.

How is West Nile virus contracted? What is the mechanism for transmission? Who is at risk for contracting the virus? Overall, a person's risk of contracting the virus is very low.

Those at the highest risk for developing serious illness from the virus are the elderly, children, pregnant women, and those with lowered immune systems. However, those at all ages can develop the serious illness, so everyone needs to protect themselves.

In the United States, wild birds, especially crows and blue jays, are the main reservoir of West Nile Virus. The mosquitoes that spread the virus are the *Culex* species. When a mosquito bites an infected bird, the virus enters the mosquito's bloodstream and circulates there for a couple of days before going to the salivary glands. When the infected mosquito bites an animal or human, the virus will enter the host's bloodstream.

Once entering the bloodstream, the virus can move onto the brain and cross the blood-brain barrier, resulting in inflammation of the brain, called encephalitis or inflammation of the tissue that surrounds the brain and spinal cord. The incubation time from when you are bitten and start to experience symptoms usually ranges from two to 14 days. In rare cases, it is possible to spread West Nile virus through other routes, including organ transplantation, blood transfusion or breast milk. West Nile virus is not spread from person to person without a mosquito bite. Most cases of the West Nile virus occur during the warm months. Mosquitoes carry the highest amounts of virus in the early fall, which is when the rate of the disease increases in late August to early September. However, due to the mild climate in southern states, this will sustain the mosquitoes beyond August and September.

**Continued next month.**

- 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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## DEAR PHARMACIST

### NAC: The powerful nutrient that wears a lot of hats

**QUESTION:** I'm taking a medication called Acetylcysteine (600 mg, three times per day). What does this drug do? – R.N., Lincoln, NE

**ANSWER:** This substance, which is both a drug and a dietary supplement, makes me think of the Kentucky Derby because it wears so many hats! NAC (short for N-acetylcysteine) is best known as the antidote for Tylenol (acetaminophen) overdose, so it's saved many a kid's life. It's not just for poisonings, however. NAC is sold by prescription as "Mucomyst" and is an inhalable drug used as an expectorant to ease chest congestion; it also breaks up thick mucous secretions in the lungs so it's sometimes used in the treatment of COPD, cystic fibrosis, emphysema and pulmonary fibrosis.

NAC is sold over the counter at health food stores and natural supermarkets. Those of you with respiratory problems will be pleased to know that NAC improves lung function. Some people claim it eases allergies, improves bronchitis/asthma, and helps resolve irritation to dry air, pollution, dust and other irritants. NAC wears yet another hat, because it's known to improve liver health. It actually makes your liver break down foods, drugs and toxins properly so you can eliminate them safely.

NAC is a powerful antioxidant, penetrating our major organs and cleaning them up. In the cells, NAC goes on to form glutathione, a su-

per-amazing free radical scavenger and cancer fighter. Think of NAC like a magnet; it attracts bad metals that shouldn't be in our bodies (like mercury and arsenic) and removes them, a process technically termed "chelation." You could also take it at the first sign of a cold, or to reduce flu symptoms and their duration. Studies suggest NAC is so powerful that it increases the number of our CD4 immune cells, important in combating infections, cancer and HIV/AIDS, among others. Amazing,

isn't it? And very cheap to buy.

Dosages vary, usually 500-1,200 mg per day. NAC is well tolerated, but I should warn diabetics that it may raise your blood sugar. Everyone: If you take NAC, take about three times as much buffered Vitamin C (as NAC) along with it because NAC may increase your risk for kidney stones, and C protects you. Also, if you're constipated, don't take a chelating agent (like NAC) because you can't easily eliminate the toxins it collects. In fact, that's why my ground rule is that before starting any 'detoxification' program that includes a chelator (natural or prescribed), get your bowels in regular order!

Avoid NAC if you have peptic ulcer disease. I wouldn't combine NAC with seizure medications, ni-

trates or other chelating drugs. NAC is sold for about \$20 at many quality health food stores, natural supermarkets and online. Twinlab and Jarrow are two popular brands. Start low and go slow in dosing. I personally work my way through a bottle of NAC each year, kind of like insurance.

#### DID YOU KNOW?

Miralax just went over-the-counter; it was originally sold by prescription only for the treatment of occasional constipation.

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](http://www.dearpharmacist.com).

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## RETIRE SMART

# Immediate annuities adding new features

You decide.

One choice is between getting the most money to spend in retirement but leaving nothing to your heirs, or receiving less so they can get something when you die.

Another is accepting less money to spend at times so you can have



*Humberto and Georgina Cruz*

more at other times. Still another choice is settling for less money to spend in return for access to your principal.

These are just a sampling of the many options offered today by immediate annuities, which are insurance products designed to guarantee lifetime income.

In its most basic form, an immediate annuity pays you a fixed monthly or annual income until you die, in exchange for a lump-sum premium. While the lifetime income guarantee is attractive, consumers have had three major objections to these products.

First is giving up access to their principal. Second is the risk of dying shortly after buying the annuity, leaving nothing to their heirs. Third is the inability of the annuity's fixed-income payments to keep up with inflation.

In response, a growing number of insurance companies are adding features and guarantees—at a price, of course. "We realized the old immediate annuity wasn't flexible," said Michael Gallo, a senior vice president of New York Life Insurance Company.

To help readers gauge the cost-benefit tradeoffs, I asked New York Life to give us "quotes" on how much lifetime income a \$100,000 premium would provide under different scenarios.

We chose New York Life for the examples because of the company's financial strength and variety of products. You can learn more about immediate annuities and get quotes from other insurance companies at the Web site

[www.immediateannuities.com](http://www.immediateannuities.com).

At [www.vanguard.com](http://www.vanguard.com), you can get quotes for regular and inflation-adjusted immediate annuities with an optional cancellation option offered through The Vanguard Group. New York Life also offers annuities with death benefit and cash withdrawal options).

Here, in round numbers, are the New York Life quotes based on a \$100,000 premium:

A 65-year-old man would receive \$671 a month for life and a 65-year-old woman, \$619 a month. (The payments for men are higher because on average they die sooner than women, so insurance companies can afford to pay them more.) A married couple, both 65, would receive \$571 a month until both died.

By accepting less income, the man, woman or couple could add a "cash refund" feature so if they die before having received \$100,000 in payments (the size of the premium) the insurance company would pay any remaining amount in a lump sum to their beneficiaries.

With this feature, the man would receive \$623 a month, the woman \$591 and the couple \$555. Notice

the reduction of income is smallest for the couple. That's because the odds are higher that at least one spouse will live long enough for the company to have to pay \$100,000 in total monthly income anyway.

What if this couple wanted inflation protection? By accepting \$418 a month the first year (compared to \$571 without the inflation feature) they'd get a guarantee that payments would increase by 3 percent a year until they both died.

By age 76, their monthly income would exceed \$571, and if at least one of them lives beyond age 86, they'd come out ahead in total income received.

With both the inflation protection and cash refund features, the payments would be \$401 the first year.

Under a "changing needs" option (available so far only to individu-

als, not couples), the annuity buyer could have payments increase (up to five times the first-year amount) or decrease (as low as one-half the initial amount) at one particular time. For the \$100,000 premium, a 65-year-old man could choose to receive \$487 a month until age 85, when monthly income would jump to \$2,435 for life. Or he could choose payments of \$704 a month to start, decreasing to \$352 for life at age 85.

*(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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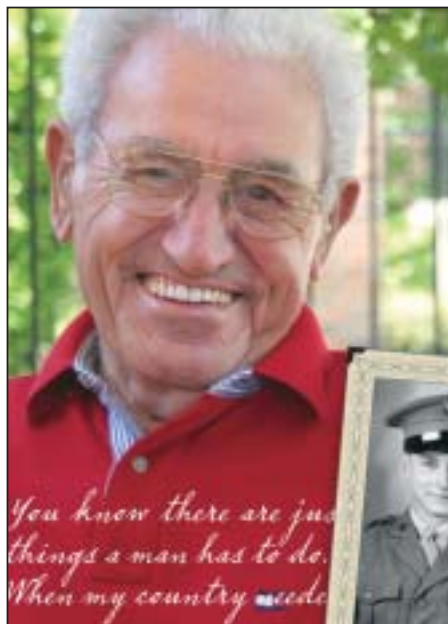
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*Respecting Values, Protecting Dignity,  
Supporting Independence.*

SeniorMonthly, July 2007 15



# CALENDAR

## ART/ENTERTAINMENT

**JUL 21  
SENIOR CLASS**  
A great offshoot from TCTA's widely successful company, LAUGHING MATTERS, SENIOR CLASS is another zany troupe of improv comedians. Only this time, the company is made up entirely of actors over 55 years old! This group defines life in the golden years as a terrifically fun-filled trip! Doors open at 7:00 p.m. Show starts at 8:00 p.m.  
TOPEKA, 785-357-5211  
<http://www.topekacivictheatre.com>

## BINGO

**SUNDAYS & TUESDAYS  
AMERICAN LEGION POST NO. 1**  
3800 SE MICHIGAN AVE, TOPEKA,  
6:30 PM, (785) 267-1923

**SUNDAYS & FRIDAYS  
CAPITOL BINGO HALL**  
Minis start at 6:00 p.m. on Sundays and 6:30 p.m. on Fridays. Regular sessions start at 6:30 p.m. on Sundays and 7:00 p.m. on Fridays.  
2050 SE 30TH ST, TOPEKA, (785) 266-5532

**MONDAYS & THURSDAYS  
AMERICAN LEGION POST NO. 400**  
3029 NW US HIGHWAY 24, TOPEKA,  
6:30 PM, (785) 296-9400

**MONDAYS & SATURDAYS  
LEGIONACRES**  
3408 W. 6TH ST, LAWRENCE, 7:00 PM, (785) 842-3415

**WEDNESDAYS, THURSDAYS & SUNDAYS  
MOOSE CLUB**  
Wednesdays, 6:30 p.m. Thursdays, 12:30 p.m.,  
Sundays, 6:00 p.m.  
1901 N KANSAS AVE, TOPEKA, (785) 234-6666

**WEDNESDAYS & FRIDAYS  
VETERANS OF FOREIGN WARS**  
3110 SW HUNTOON, TOPEKA, 6:30 PM, (785) 235-9073

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

**WEDNESDAYS & FRIDAYS  
EAGLES LODGE**  
1803 W. 6TH ST, LAWRENCE, 7:00 PM, (785) 843-9690

**WEDNESDAYS & FRIDAYS  
EDGEWOOD HOMES**  
1600 HASKELL, STE 188, LAWRENCE  
10:30 AM-12 NOON, (785) 760-1504

**THURSDAYS  
BABCOCK PLACE**  
1700 MASSACHUSETTS, LAWRENCE  
10:30 AM-12 NOON, (785) 842-6976

**FRIDAYS  
BALDWIN SENIOR CENTER**  
1221 INDIANA, BALDWIN CITY  
12 NOON-1 PM, (785) 594-2409

**FRIDAYS  
ARAB SHRINE**  
1305 KANSAS AVE., TOPEKA  
MINI BINGO 6:30 PM,  
REGULAR BINGO 7:00 PM  
(785) 234-5656

## BOOKMOBILE

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

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

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

## BOOK TALKS

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

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

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

## CLASSES/LECTURES

**ONCE A MONTH  
AARP'S 55 ALIVE SAFE DRIVING COURSE**

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

**JUL 31  
SAFETY TIPS FOR SENIORS**  
Falls and other preventable accidents are often the most common reasons for older folks to be admitted to the hospital. Plan to join us for an overview of how to safety-proof the home environment for the senior adult. Includes fall risk prevention strategies, information on medication safety, fraud prevention tips and general safety precautions. This program is free but advance registration is requested.  
Meeting Room A, Lawrence Memorial Hospital, 6:30-8:00 p.m.  
LAWRENCE, (785) 749-5800

## EXHIBITS/SHOWS

**JUL 1-AUG 30  
EVERYTHING SHOWS**  
Paintings by Johanna Hanks. Watercolor, oil, etching. Open daily at the Classic Bean, 25 SW Fairlawn Plaza.  
TOPEKA, (785) 228-1450

**JUL 2-28  
3RD ANNUAL MINIATURE ART SHOW**  
Artists from all over the U.S. will exhibit in this annual miniature art show. For prospectus please send SASE to Jean Cook, 35357 W. 263rd Street, Paola, KS 66071.  
PAOLA, (913) 557-9112

**JUL 4  
WALTER P. CHRYSLER CAR SHOW**  
View more than 100 classic and show cars in beautiful City Park.  
WAMEGO, (785) 456-7849  
<http://www.visitwamego.com>

**JUL 21  
HEARTLAND ANTIQUE CAR SHOW**  
Annual antique car show. Visitors view an amazing group of beautiful, well maintained antique cars. Great evening! Great fun. Paola's Historic Park Square.  
PAOLA, (913) 557-2449

**JUL 27-29  
MULVANE WOMEN'S BOARD ANTIQUE SHOW & SALE**  
Thirty-three dealers from across the United States will have everything from furniture to fine glass, prints and pictures to vintage silver and clothing. Fee. 1900 SW Washburn Avenue.  
TOPEKA, (785) 272-5850

## FAIRS/FESTIVALS

**JUL 4  
FOURTH OF JULY**  
Join the July 4th fun. Bring a picnic and enjoy the music as you watch the fireworks extravaganza. Burcham Park.  
LAWRENCE, (785) 749-1504

**JUL 1-JUL 4  
SPIRIT OF KANSAS**  
An old-fashioned 4th of July celebration with a variety of food booths, arts, crafts, and entertainment. Events held throughout the day.  
3937 SE 29th St., Lake Shawnee.  
TOPEKA, (785) 267-1156

**JUL 4  
4TH OF JULY CELEBRATION AT FORT LEAVENWORTH**  
Annual full day of events with "Salute to the Union" at noon at Bell Hall, evening concert, concessions, and fireworks display over Merritt Lake. Grant Ave at Merritt Lake.  
FORT LEAVENWORTH, (913) 684-1724

**JUL 4  
4TH OF JULY PARADE**  
View one of the largest and longest running Independence Day parades in Kansas and stick around for the fireworks in the evening. Lincoln Ave.  
WAMEGO, (785) 456-7849  
<http://www.visitwamego.com>

**JUL 4  
JULY 4TH CELEBRATION**  
Evening disk jockey with fireworks at dark.  
500 E Santa Fe Trail, Jones Park.  
OVERBROOK, (785) 665-7653  
<http://www.overbrookks.com>

**JUL 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>

**JUL 6 & 7  
POMONA DAYS**  
Another small Kansas town proud of its heritage celebrates with a car show, BINGO, carnival and more. East B Street & Hwy K 68.  
POMONA, (785) 566-3192

**JUL 7  
JULY JUBILEE**  
Enjoy a day of fun in the sun. July Jubilee includes a fishing tournament, lighted boat parade, live music and a spectacular fireworks display! Banner Creek Reservoir.  
HOLTON, (785) 364-3963  
<http://www.holtonks.net:16080/chamber>

**JUL 11-13  
SALUTE: FESTIVAL OF WINE & FOOD**  
Every year, more than 600 people travel from near and far to attend this celebrated event. The fun begins with the Mass Street Mosey where attendees stroll through designated downtown businesses, sipping wine and sampling delicious foods. The festival continues with a gourmet Winemaker dinner and concludes with the highlight of the weekend-

■ CONTINUED ON PAGE 17

## MISSION TOWERS

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

- Rent Based on Income
- No Utility Bills
- 24 HR Emergency Response
- Close to Shopping
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- Card Games & Crafts
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**(785) 266-5656**

**2929 SE Minnesota • Topeka** 

16 SeniorMonthly, July 2007



## Hancuff Place

**Senior Community Living**

**\$225 to \$414 Based on income!**

1 & 2 BR Units & 1-BR Accessible Unit - Available now!

Credit for qualified medical expenses & rental assistance available.

*We rent to Seniors and Disabled Persons.*

**Call (785) 594-6996 for more info.**

**1016 Orchard Lane & 1119 Jersey • Baldwin City**





# CALENDAR

■ CONTINUED FROM PAGE 16

the Grand Tasting. More than 200 wines on hand, as well as gourmet treats from some of the best restaurants and caterers in town. Various locations  
LAWRENCE, (785) 842-0550

**JUL 14  
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 2007 lineup will be the best yet, featuring many of the top jazz musicians. 11th St and Leavenworth St.  
MANHATTAN, (785) 532-7326  
<http://www.k-state.edu/upc/jazzfest06.htm>

**JUL 16-18  
OSAGE COUNTY FAIR**  
Fairgrounds in SW part of town. Free evening entertainment. Monday - parade at 7:00 p.m. and "Big Woody Band" from Kansas City at 8:00 p.m. Tuesday - Talent Night at 8:00 p.m. Wednesday - Family Gospel Music by "Chosen Few" from Branson and "Sound Advice" Quartet from Topeka at 8:00 p.m.  
OSAGE CITY

**JUL 17-21  
FIESTA MEXICANA**  
Festival features authentic Mexican foods, crafts, the entertainment of Ballet Folklórico de Topeka and carnival excitement for all ages. Since 1933, this weeklong event has celebrated Topeka's Hispanic culture. Activities are held in the evenings. Our Lady of Guadalupe Church.  
TOPEKA, (785) 232-5088

**JUL 19-22  
FRANKLIN COUNTY FAIR & RODEO**  
One of the oldest fairs in Kansas, 2007 will mark the 142nd annual fair. Livestock and 4-H judging, annual community BBQ and youth rodeo, livestock sale, finals of the PRCA rodeo and demolition derby. View exhibits, enjoy the carnival and rides in the Midway, and sample the hearty fair food. Franklin County Fair Grounds.  
OTTAWA, (785) 229-3520  
<http://www.visitottawakansas.com>

**JUL 20 & 21  
AMELIA EARHART FESTIVAL**  
11th annual event honoring Atchison's favorite daughter. Friday evening lakeside concert features nationally-recognized country music artists. Activities throughout the day on Saturday include a 2K/8K Fun Run, arts and 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.  
ATCHISON, (913) 367-2427  
<http://www.atchisonkansans.net>

**JUL 22-28  
JACKSON COUNTY FAIR**  
Annual county fair complete with livestock shows, food and clothing exhibits, carnival rides and games! Bring your family for a night of fun and games!  
HOLTON, (785) 364-4125

**JUL 28-AUG 4  
LYON COUNTY FREE FAIR**  
This old-fashioned county fair provides a week of entertainment with something for everyone. 4-H and open class exhibits, along with 4-H livestock and other animal showings. Grandstand events include a mud-a-thon, ranch rodeo, buck, rumble & roll, 4-H rodeo, truck and tractor pull, and demolition derby.  
EMPORIA, (620) 342-5014

**JUL 29-AUG 5  
DOUGLAS COUNTY FREE FAIR**  
Live music, carnival, 4-H exhibits, demolition derby, antique tractor pull and a variety of races and contests. 2120 Harper St.  
LAWRENCE, (785) 843-7058

## FARMERS' MARKETS

**APR 28-NOV 10  
LAWRENCE FARMERS MARKET SATURDAY**  
Offering fresh fruits and vegetables, baked goods, flowers and herbs. With more than 80 growers, bakers and fine craftspeople, the Downtown Lawrence Farmers' Market is the place to go for the freshest and finest quality produce, meat and artisan crafts. Live music every Saturday morning.  
LAWRENCE, (785) 331-4445  
[downtownlawrence.com/farmersmarket.html](http://downtownlawrence.com/farmersmarket.html)

## HEALTH

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

**FIRST TUESDAY OF EACH MONTH  
HEALTH SCREENING CLINIC**  
Lawrence-Douglas County Health Department.  
FIRST METHODIST CHURCH, LECOMPTON  
9:30-10:30 AM

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

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

**WEDNESDAYS  
HEALTH SCREENING CLINIC**  
Lawrence-Douglas County Health Department. For individuals 60 years of age and older and their spouses. Minimal fees, but no one will be denied service because of inability to pay.  
BARCOCK 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](http://www.lawrencetherapyservices.com).  
LAWRENCE

**SECOND MONDAY OF EACH MONTH  
PRE-DIABETES CLASS**  
This free class is specially designed for those who are at risk for developing diabetes or have been told by their doctor that they have pre-diabetes. Topics covered include tools for preventing or delaying Type 2 diabetes, diet, exercise, weight loss, medication that can be given for pre-diabetes, and the potential complications that can develop with diabetes. No registration is needed; just drop into the LMH Auditorium. Taught by Certified Diabetes Educators. 12:00-1:30 p.m.  
LAWRENCE, (785) 840-3062

**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 appoint-

ment necessary.  
WEST RIDGE MALL, TOPEKA  
8:15-9:15 AM

**THIRD TUESDAY OF EACH MONTH  
HEALTH SCREENING CLINIC**  
Lawrence-Douglas County Health Department.  
PINECREST II APARTMENTS, 924 WALNUT, EUDORA, 9-10 AM

**THIRD THURSDAY OF EACH MONTH  
NUTRITION CLINIC**  
1:30-2:30 p.m. Call for an appointment.  
HEALTHWISE 55 RESOURCE CENTER, TOPEKA  
(785) 354-6787

**JUL 10  
BONE DENSITY SCREENING**  
Are you at risk for osteoporosis? This quick and easy screening can indicate if further testing for this potentially debilitating disease is needed. A bare heel is necessary for the screening. Information about prevention of osteoporosis is also included as part of the screening process. Lawrence Memorial Hospital, Meeting Room E, 1:00-3:00 p.m.  
LAWRENCE, (785) 749-5800

**JUL 11  
CHOLESTEROL SCREENING**  
No appointment needed. A fingerstick test providing a total blood cholesterol reading in five minutes. No fasting is needed for this test 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. Lawrence Memorial Hospital, Atrium (lower level of hospital), 8:30-10:30 a.m.  
LAWRENCE, (785) 749-5800

**JUL 23  
BONE DENSITY SCREENING**  
See July 10 description. Lawrence Memorial Hospital, Meeting Room D South, 9:00-11:00 a.m.  
LAWRENCE, (785) 749-5800

**AUG 1  
CHOLESTEROL SCREENING**  
See July 11 description. Lawrence Memorial Hospital, Meeting Room D South, 3:00-5:00 p.m.  
LAWRENCE, (785) 749-5800

**JUL 25  
BONE DENSITY SCREENING**  
See July 10 description. Lawrence Memorial Hospital, Meeting Room A, 5:00-7:00 p.m.  
LAWRENCE, (785) 749-5800

**AUG 4  
BONE DENSITY SCREENING**  
See July 10 description. Lawrence Memorial Hospital, Meeting Room D South, 9:00-11:00 a.m.  
LAWRENCE, (785) 749-5800

■ CONTINUED ON PAGE 18

## Life Begins at DRURY PLACE!

4200 SW Drury Lane • Topeka • 785-273-6847



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

Housekeeping, Home Cooked Meals, Van Transportation, Activities, Outings are all available at Drury Place.

*A warm, loving community that enhances independent lifestyles.*

**Rumsey-Yost**  
FUNERAL HOME, INC.  
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*"personalized care with dignity"*

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

601 Indiana  
Lawrence, Kansas

785-843-5111

[www.rumsey-yost.com](http://www.rumsey-yost.com)

SeniorMonthly, July 2007 17

# CALENDAR

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## HERITAGE/HISTORY

JUL 14

### FARM HERITAGE DAY

Festivities include living history activities, tractor pull, train rides, and more. 630 Hall of Fame Dr.  
BONNER SPRINGS, (913) 721-1075  
<http://www.aghalloffame.com>

JUL 27

### NATIONAL DAY OF THE AMERICAN COWBOY

Discover the rich heritage of the American Cowboy and the Western way of life. Kid's activities and live entertainment make this a fun-filled family event. Old Prairie Town at Ward Meade Historic Site.  
TOPEKA, (785) 368-2437

## MEETINGS

### FIRST MONDAY OF EACH MONTH GRIEF SUPPORT GROUP

6:30 p.m. - Heartland Hospice of Topeka, 1033 SW Gage Blvd. Call Terry Frizzell for information.  
TOPEKA, (785) 271-6500

### 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

TUESDAYS

### GRIEF & LOSS SUPPORT GROUP

Midland Hospice, 200 SW Frazier Circle.  
3:00-4:00 p.m.  
TOPEKA, (785) 232-2044

TUESDAYS

### GRIEF & LOSS SUPPORT GROUP

Midland Hospice, 200 SW Frazier Circle.  
5:30-6:30 p.m.  
TOPEKA, (785) 232-2044

### FIRST 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

### GRIEF & LOSS SUPPORT GROUP

Midland Hospice, 543 Lawrence Ave.  
1:00-2:00 p.m.  
LAWRENCE, (785) 842-3627

THURSDAYS

### GRIEF & LOSS SUPPORT GROUP

Midland Hospice, 543 Lawrence Ave.  
3:00-4:00 p.m.  
LAWRENCE, (785) 842-3627

THURSDAYS

### GRIEF & LOSS SUPPORT GROUP

Midland Hospice, 200 SW Frazier Circle.  
3:00-4:00 p.m.  
TOPEKA, (785) 232-2044

FIRST THURSDAY OF EACH MONTH

### LAWRENCE AREA PARTNERS IN AGING

Networking group. Call Kim or Laura at (785) 842-0656 for more information. \$11.50 to attend (includes lunch).  
JADE MONGOLIAN BARBEQUE, LAWRENCE  
11:30 AM-1:00 PM

FIRST AND THIRD THURSDAY OF EACH MONTH

### 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 (785) 841-5300 for more information. Located Pioneer Ridge Assisted Living 4851 Harvard Rd, Lawrence. 6:00 p.m.

FIRST AND THIRD THURSDAY OF EACH MONTH

### GRIEF SUPPORT GROUP

3:00 p.m. - Brewster Place, 1209 SW 29th St. Sponsored by Heartland Hospice of Topeka. Call Terry Frizzell for information and specific location.  
TOPEKA, (785) 271-6500

### 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  
MEMORY SUPPORT GROUP

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Harbor House  
Memory Care  
Open Now

Memory  
Day Care  
Program  
Respite



## "THE EXPERIENCE OF JOY"

*Our mission at Harbor House Memory Care Residence is simple; We are in the business of creating extraordinary and joy-filled life experiences for our memory impaired residents.*

We accomplish this goal in many ways. The manner in which we 'deliver' our services like stimulating and specialized activities, great food, housekeeping and caring personal assistance are the essentials of our services. While these services are important and help to make us a "good" provider, at Harbor House these are very fundamental services. Similar to a hotel advertising air conditioning and color TV.

## At Harbor House 'the basics' are just the Beginning.



So what does it take to fulfill our commitment of providing our alzheimer's and dementia residents their rightful daily "Experiences of Joy?"

It requires many things. More than anything it requires commitment, enthusiasm, passion and ingenuity from each and every Harbor House associate. (A sense of humor, creativity and compassion are mandatory.)

**Let Harbor House put some laughter and joy back into the lives of those you love. Let us meet them in their world.**

**Call Today 785-856-5512**  
**1126 Hilltop Drive, Lawrence**  
Email: [harborhouse@sunflower.com](mailto:harborhouse@sunflower.com)

**Visit Us Online At**  
**[www.seniormonthly.net](http://www.seniormonthly.net)**

# CALENDAR

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Held at The Windsor of Lawrence, 3220 Peterson Rd., 2:00 p.m. For more information, please call Amy Homer.  
LAWRENCE, (785) 832-9900

**SECOND 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

**THIRD THURSDAY OF EACH MONTH WIDOWS' LUNCHEON**

11:00 a.m. - Paisano's Ristorante, Fleming Place, SW 10th St. & Gage Blvd. Dutch treat. Call Terry Frizzell at Heartland Hospice of Topeka for reservations.  
TOPEKA, (785) 271-6500

**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 TUESDAY OF EACH MONTH GRIEF SUPPORT GROUP**

10:00 a.m. - Manor Care Nursing & Rehabilitation Center, 2515 SW Wanamaker Rd. Sponsored by Heartland Hospice of Topeka. Call Terry Frizzell for information.  
TOPEKA, (785) 271-6500

**FOURTH WEDNESDAY OF THE MONTH CAREGIVER SUPPORT GROUP**

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

**FOURTH WEDNESDAY OF THE MONTH TOPEKA GENEALOGICAL SOCIETY**

TGS promotes and stimulates the education, knowledge and interest of the membership and the public in family history, genealogical records and research. Meets at 2717 SE Indiana Ave., 7:00 p.m. No meeting in April, November or December.  
TOPEKA, (785) 233-5762  
<http://www.tgstopeka.org>

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JUL 17

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AUG 3

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TOPEKA, (785) 234-4545  
<http://www.tpactix.org>

*While every attempt has been made to ensure the accuracy of the events listed, some changes may occur without notice. Please confirm any event you plan to attend.*

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

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SeniorMonthly, July 2007 19

## MOVIE REVIEW

# 'Miss Potter': A gentle movie for gentle people

By Esther Luttrell

"Miss Potter" starring Renée Zellweger, Phoenix Pictures & The Weinstein Company

**Recommendation:** A gentle movie for gentle people

The story of Beatrix Potter, author of the beloved and best-selling children's book, "The Tale of Peter Rabbit." I didn't know they still made movies like "Miss Potter," and I didn't know anyone would go see them if they did. But I went. And the friend who took me went. And so did about 10 other folks who were in the theater on that rainy Wednesday afternoon. My friend said he wasn't sure how he felt about it. I'm still trying to sort it out myself. However, I think I liked it. But here's how modern films have corroded the mind and made the spirit suspicious.

The story takes place in 1902, in the most incredibly beautiful English countryside. The film has exquisite horse-drawn carriages, and lovely costumes, and the sets are gorgeous. So far, so good, right? Beatrix Potter (Renée Zellweger) is a 30-year-old spinster who lives at home with a doting father (Bill Paterson) and a snooty, judgmental mother (Barbara Flynn). Beatrix spends her days creating sketches of bunnies in English garments around which she weaves wonderful children's stories. It takes some time and effort to find a publisher, and when she does, it turns out to be a sort of punishment assignment for the younger sibling, Norman Warne, in a family of publishers.

Beatrix and Norman (played by Ewan McGregor) manage to make a huge success of her books, and, of course, they fall in love. The social-climbing Potter parents disapprove, thinking Norman below their daughter's station in life, but she is determined to wed her beloved. Now, this is the place where I realize I've been terribly damaged by the caliber of films on today's market. Norman has a sister who is also a spinster. The first thing I notice is that she wears what appear to be

men's ties. *Oh-ho*, says I to me in the darkness of the theater, *here it comes. She's a lesbian.* Then she begins to adore Beatrix and now I'm sure I'm in for watching something I have no desire to see. But the writer and the producers surprise me. They treat me to a healthy, genuine friendship between two women. What a relief. And then they further treat the audience to a love story between Beatrix and Norman that is precious. If you have ever been in love, really in love, your heart will be touched by the depth of their adoration. If you have ever been in love, and you've lost that love, your heart will also break for them.

I don't know how patient we are any more with that kind of kindness and gentleness in our stories and in our movies. Things move so quickly today, and everything's so loud. Not so with this darling, beautifully crafted film. Today's audiences want to see a little blood and whole lot of flesh, it seems to me, so it's no wonder "Miss Potter" only made \$2,940,000 at the box office. That's not enough to keep the ticket-takers at their posts. You have to wonder if distributors lacked the faith to keep it in theaters and promote it, or if they knew their business by pulling it as quickly as they did (I saw it at the \$1.50 theater). If you missed it at the theater, and you long for a sweet story that doesn't drip with sweetness, but warms your heart, go rent the DVD. I've thought about it and I've made a decision: Yes, I liked it. Unless, with age and the times, you have grown a crust over your heart, I can't help but believe you will like it, too.

### DVD PICK OF THE MONTH:

After the death of Princess Diana, Her Majesty, Queen Elizabeth II, struggles with her reaction to a sequence of events no one could have predicted. "The Queen" is one of the best pictures I've seen in a very long time. It's an intimate glance at a very private woman who was very publicly scrutinized during those emotional days surrounding Diana's tragic car crash.

The role of the Queen is played by the lady who won the Academy Award for her outstanding performance (Helen Mirren). The struggle she faced with Prime Minister Tony Blair is one that you can understand, in fact, the best part of this movie is that you can identify with the Queen, the Prime Minister, and everyone else in the cast. They aren't just names and faces from the news; they are portrayed as frail, strong, flawed, caring human beings, and your heart aches for them. Audiences don't seem to share my high opinion of this picture. It only made \$56,000,000, a dismal failure in Hollywood terms. Even the DVD rentals of \$28,730,000 couldn't save it financially. Once again, no blood, no guts ... only heart and real drama.

**CLASSIC DVD OF THE MONTH:** "The Mouse That Roared" (1959). I don't know where I was in 1959 that I missed seeing this highly successful movie, but I managed to do just that. Since I thought I've seen everything that's on the library video shelves at least three times, I was surprised to run across this old film, and happily took it with me for a little home viewing. What a pleasure! This delightfully silly little movie, that only cost \$450,000 to make, is the tale of the Duchess Fenwick

(played by Peter Sellers) and the Grand Fenwick (played by Sellers) who come up with a brilliant plan to keep their country from going broke—by making war on the United States, losing the war, then collecting millions in American post-war aid. Their only mistake is not telling their invasion force leader (played by Sellers) that he's supposed to lose. Sellers lands in New York City during an air raid drill



and finds the streets empty. He then proceeds to capture a scientist and his daughter and their amazing new bomb. The U.S. is forced to surrender! Grand Fenwick then forms the League of Little Nations which presents the big nations with its terms—Peace Forever. I know it sounds dumb, but the chuckles are genuine and it's wonderful to remember when times really were much more gentle and our funny bone was still in working order. (Esther Luttrell is a writer who lives in Topeka after twenty years in the Hollywood film industry.)

- Esther Luttrell is a writer who lives in Topeka after 20 years in the Hollywood film industry.



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Gwen McClain, Art Therapist

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## MONTHLY THOUGHT

# God picks beauty

I love to walk out to my rose garden and look at the beautiful roses and all the different pretty colors that the Lord created. I look back over the years and I remember all the beauty I have seen, and one experience I



Pastor  
Herbert  
Eplee

will never forget.

I remember a little girl who at each church service would be at the altar praying and no one seem to think much about it. We often went to the front and prayed before each service and we prayed for the service we were about to have.

A terrible thing happened one day. This little girl passed away and the doctors never did know why. I never

could understand why a little child like her for no reason would just go home to be with the Lord. I am talking about a six-year-old child. I could not understand why a child this young would pass away.

She was the daughter of a pastor at our home church in little town called Stockton, Missouri. I thought for many years in my life, "Lord, why?" And one day it came to me: If you go into your rose garden would you pick a beautiful rose or would you take the wilted rose. I stopped and I said, "Lord, I would pick the rose with the most beauty there, and it was as if He said I pick beauty and she was that beautiful rose."

I then understood and never did ask God again because I felt I had the answer I was looking for. The rose He picked was beauty to Him. It makes no difference if we understand, but always remember God picks beauty and he knows what real beauty is. I have grown older and I am a senior today, but I understand

some things that happen are part of the plan of God and it is not for me to question.

If you feel you have a problem just give me a call and I am here to help who I can, this is my mission in life. If you are in an Adult Care Facility, just call and I will be happy to make a visit to you and pray for you. Please always remem-

ber that you may be God's beautiful rose.

- Herbert Eplee serves as the pastor of Lawrence Faith Foursquare Church. If you are in need of a friend, Pastor Eplee invites you to call him at (785) 979-0041, or e-mail him at herberteplee@sbcglobal.net. He would be happy to pray for you or just listen to you.

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# NOSTALGIA NOTEBOOK

## JULY 1947

### Births

**JULY 2:** Larry David, actor, writer, producer, and director, *Seinfeld*

**JULY 3:** Dave Barry, writer

**JULY 9:** O.J. Simpson, football player and actor

**JULY 10:** Arlo Guthrie, singer  
**JULY 17:** Camilla, Duchess of Cornwall

**JULY 19:** Brian May, English guitarist (Queen)

**JULY 20:** Carlos Santana, Mexican-born guitarist

**JULY 30:** Arnold Schwarzenegger, bodybuilder and governor of California

### Events

**JULY 5:** Downed UFO allegedly found in the Roswell UFO incident.

**JULY 26:** President Harry S Truman signs the National Security Act into United States law creating the Central Intelligence Agency and the National Security Council.

**JULY 30:** Thor Heyerdahl sails with Kon-Tiki.

## JULY 1957

### Births

**JULY 2:** Bret Hart, Canadian professional wrestler

**JULY 13:** Cameron Crowe, writer and film director, *Say Anything*, *Jerry Maguire*

**JULY 27:** Bill Engvall, comedian

### Events

**JULY 6:** John Lennon and Paul McCartney meet for the very first time, as teenagers, three years before forming the Beatles.

**JULY 16:** United States Marine Major John Glenn flies an F8U supersonic jet from California to New York in 3 hours, 23 minutes and 8 seconds, setting a new transcontinental speed record.



## VINTAGE AD

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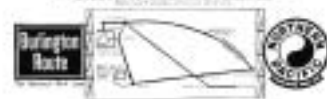
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## BOOKSHELF

# Mayhem in the Midlands

By Margaret Baker

A grand convention of mystery readers and writers takes place on Memorial Day weekend in Omaha, sponsored by the Omaha and Lincoln public libraries. Many of the mysteries reviewed this month I discovered there.

**Marilyn Victor and Michael Allan Mallory: *Death Roll*** (Five Star, 25.95, ISBN978-1-59414-544-5)

The director of the Minnesota Valley Zoo is dead, presumably by Sebastian and Babe, the crocodiles in the Australian exhibit. Only it wasn't an accident.

L a v e n d a r "Snake" Jones, directing a TV series on zoo life, Zoolari, and her Aussie herpetologist hubby, get Sebastian and Babe exonerated only to learn that a good friend is the next main suspect.

Twists and turns abound (and not just from Boomer, a rapscaillon of a kangaroo) in this delightful first novel from two writers who do know the zoo world! Crikey!

**Elaine Viets: *Murder with Reservations*** (New American Library, \$21.95, ISBN 978-0-451-22111-7)

Viets continues her Dead-End Job mysteries with a stint as hotel maid—and you'll never look at a hotel/motel room the same!

Helen Hawthorne is on the lam, taking jobs which pay very little but leave little trace in the world of income taxes or police. The Fort Lauderdale hotel staff introduces her to the specifics—the cleaning routine, the bed making, the trashed room, even what nefarious newlyweds do with whipped cream in a Jacuzzi. The worse the room's condition, the lower the tip—if there is one at all.

The worst is always Room 323. That's where the drunkest drunks go, where the wife catches hubby with the other woman. It is also the room a bank robber stayed in while awaiting his accomplice. He died when the police cornered him, and the cash from the robbery was never found. All the employees keep checking on vents, back of drawers, etc.

And, of course, there's a murder or two (or three), an aging gigolo, and one of the sweetest cases of lit-

erary justice ever!

**Rick Shefchik: *Amen Corner*** (Poisoned Pen Press, \$24.95, ISBN 978-59058-411-8)

Sam Skarda is justifiably proud. The Minneapolis policeman on medical leave, golfing to rehab from a shooting until he won the Publinx—and with it the right to play in the Masters at Augusta National Golf Club.

When the rules committee chairman is found quite dead in a pond near the 12<sup>th</sup> green on the first morning, many think the killing could be related to that chairman's ruling that the Augusta would not admit women. Not now, not never. That theory evaporates when a nosy reporter is murdered two days later. The police want membership information.

The club president, aware of Skarda's expertise in homicide, asks him to find the answers.

A tautly plotted mystery in general, but a real find for a golfer; almost as good as a hole in one with an audience.

**Joan Hess: *Damsels in Distress*** (St. Martin's Minotaur, \$24.95, ISBN 978-0-312-31501-6)

Hess returns with another chapter in the life of widow Claire Malloy, independent bookseller in Farberville, a small Arkansas college town. It's summer. Her fiancé, Police Lt.

Peter Rosen, is at an FBI course and her teenage daughter Caron is at that age when they speak in capital letters when obliged to attempt to educate parents.

Upon this homey situation comes The Association for Renaissance Scholarship and Enlightenment (ARSE), a collection of college professors and graduate students planning a Renaissance festival. Caron's fall AP history teacher has suggested that her students partake of roles in the festival—or write a ghastly mid term paper (adjective by Caron and her best friend Inez).

Claire is already nervous; her marriage is coming up, her first one was not successful, and Peter will be visiting his ex-wife. Claire knows all too well Peter's mother harbors unsecret hopes of their resuming married life.

Add a few deaths, a grad student looking for his biological father, and assorted damsels in distress and you have a deliciously witty and humorous novel.

**June K. Cleland: *Consigned to Death*** ( St. Martin 's Minotaur, \$6.99, ISBN 978-0-312-94952-5)

Josie Prescott, antique dealer in coastal New Hampshire, is about the land her first really big account. Nathaniel Grant has asked her to make a bid on his houseful of antiques. Since she couldn't raise that kind of money, she suggests a consignment sale, to which Mr. Grant has agreed. Josie videotapes everything, and returns to finalize the arrangements. He doesn't answer the door. Police Chief Alvarez says Mr. Grant died about that time, making her a good suspect. Josie must clear herself.

En route to solving the case, we learn a great deal about Josie's crew (which may prove fertile ground for additional mysteries) and the workings of honorable antique dealers from tag sales to auctions. There's also a hint of romance which, hopefully, will continue in further cases.

Cleland's debut mystery is well written, well plotted, and very well peopled. Hope to see more!

**Lincoln Child: *Deep Storm*** (Random House Audio, \$29.95, ISBN 978-0-7393-3275-7, read by Scott Brick. Also available in print from Random House)

Dr. Peter Crane accepts an urgent summons to a remote oil platform in the Northern Atlantic. His assignment: discover the cause of bizarre medical conditions in very deep drilling, and effect cures.

The real problem, he suspects,

lies further down—two miles down, where Deep Storm, started as an oil drilling rig, is drilling into the Moho, the actual discontinuity between Earth's mantle and its core. At first he is told that they have discovered Atlantis, but he gradually realizes they are pursuing something quite different. And far more sinister.

A real spell-binder!!

**Sally Jenkins: *The Real All Americans*** (Random House Audio, \$29.95, ISBN 978-0-7393-4334-0, read by David Pittu. Also available in pint from Doubleday and in large print by Random House)

Your think the Ivy League dominated early college football? Think again! They may have been first, but the honors for many of the basics, the rules, the innovations now routine, and most certainly of sportsmanship, belong to Carlisle Indian Industrial School.

This is the fascinating account of that institution and its founder, Lt. Col. Richard Henry Pratt. Pratt, an ardent abolitionist, truly believed in the inherent equality of white, negro, and Indian and began Carlisle Institute to prove his theory. Football, a new phenomenon sweeping the collegiate scene, was one of the ways Pratt chose as the vehicle.

As the Indians lost power on the political scene, their sons proved themselves superior in intellect and honor on the playing field.

- Margaret Baker can be reached through Kaw Valley Senior Monthly or e-mailed at [glencoe@knetconnect.net](mailto:glencoe@knetconnect.net).

22 SeniorMonthly, July 2007

## HUMOR

# Press Zero

Folks this column goes back to the future. Let's say it's the year 2009. My friend lawyer Seymour Hershington is dean of the School of Legalistic Ramification and Manipulative Tergiversation at Letongaloosa Community Junior College where I teach.

Dean Hershington files a federal class action lawsuit to force corpo-



Larry Day

rations and other organizations to stop (cease and desist) using telephone answering machines that rely on automated menus. Hershington's suit catches business leaders by surprise because he has always been a go-to lawyer when corporations need magnificently worded legal gobble-dyook.

Now here Hershington is representing workaday people who say they want to talk to human beings on the telephone, rather than to humanoid computers who can't give a straight answer to a straight question if their diodes depend on it.

Some corporate CEOs think Seymour Hershington is just joking around. Other CEOs think his suit is so ludicrous that they tell their corporate law departments to ignore it.

Between the "Good old Seymour is just having himself a good time," crowd and the "let George do it," crowd, Dean Seymour Hershington's class action suit moves stealthily along and comes to the docket of a federal court in Gertzwater, Kansas.

The suit is tried in front of the only sitting federal judge appointed by Franklin Delano Roosevelt. His honor Judge Peter Paul Pawdaddy had been a 28-year-old Republican district attorney in 1936 when he switched parties and became a Democrat. Pawdaddy burned up the back roads of Kansas campaigning for FDR against Alf Landon. Roosevelt put him on the bench the next year.

When Hershington, *et. al. v. Corporate America, et. al.* comes before his court in 2009, Judge Peter Paul is 99 years old and fit as a fiddle—except for a slight hearing problem.

For the defense, corporate America sends Marcus Goldby, a first-year hire from a corporate law firm in Kansas City.

Sitting second chair at the plaintiff's table is Ilona Ladda, a runner up in the Miss Law Review Pageant. Ilona's charms aren't lost on defense attorney Goldby, who fails to use even one of his challenges to affect jury selection.

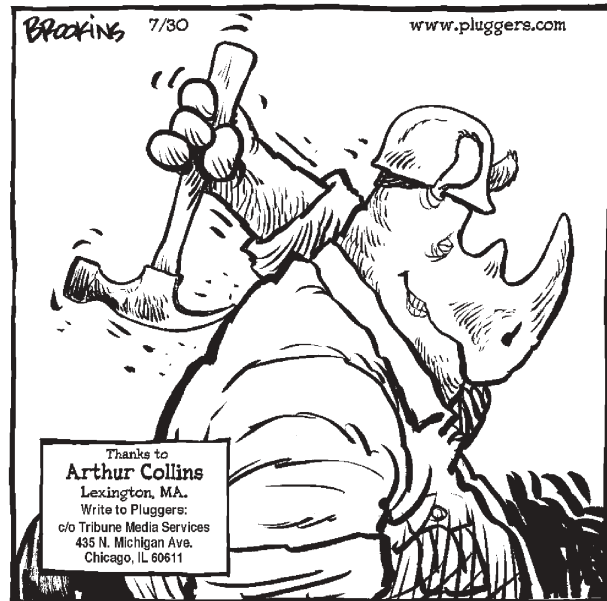
The jury consists of three elderly women who buy their prescriptions by telephone and have to deal with insurance companies by telephone; four middle aged men who have lost their jobs in mid-career as the result of corporate downsizing; three young people who are unemployed because corporations have closed Gertzwater's only factory, and outsourced their jobs; and two stay-at-home moms who buy a lot of stuff by telephone from catalogs. It's a plaintiff's jury if ever there was one.

At trial, plaintiff witnesses rivet the court with their testimony. Frantic mothers tell of fighting through 10-step department store phone menus trying to get to the complaint department while their children wail about their faulty toys; men choking with emotion describe spending hours on the telephone trying to get through electronic menus to access warranty service repair centers; retirees bring tears to the eyes of seasoned courtroom officers with testimony about dating clubs for seniors that use false advertising to lure customers, then hide behind telephone answer systems to avoid complaints.

Judge Pawdaddy hears very little of the defense case because, while his hearing is impaired, the judge's bottle-glass spectacles give him 20-20 vision of the plaintiff's table, and of Miss Ladda who wears more and more revealing clothing as the defense's case progresses. All she has to do is rise and the judge sustains her motions.

The jury is back in record time. It finds unanimously for the plaintiffs and strongly recommends that the court issue a "cease and desist" order on the use of menu-driven telephone answering systems nationwide. The jury wants everyone calling a business or big organization to be able to talk to a human being on the first try.

Until the jury comes in with the



The plugger back-scratcher.

favorable verdict, Seymour Hershington keeps news of the lawsuit quiet. It's not on the mass media radar screens, but when Judge Pawdaddy issues his federal injunction, Hershington unleashes Bulldog Jim Carver, a former nationally syndicated talk show host. As a media manipulator, Bulldog Jim has no peer.

One day defendant corporations are served with electronic "cease and desist" directives from Judge Pawdaddy's federal court, and the next they are inundated by a negative media blitz. The corporations spend enormous amounts of time

and money on damage control before their corporate spin doctors can mount a media counter attack.

By that time the fickle media are focused on the arrest and confinement of a nationally known entertainer for shoplifting an apple from a peddler's pushcart in New York City.

LCJC's Dean Seymour Hershington has won one for the Gipper.

- 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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# WOLFGANG PUCK

## Chopped vegetable salads

By Wolfgang Puck  
Tribune Media Services

In springtime and summer, when cooks enjoy their pick, literally, of the widest variety of wonderful produce, there's nothing I like better than starting dinner with a vegetable salad — or even enjoying a larger version as a lunchtime main course. Carrots, string beans, artichokes, celery, tomatoes, onions, corn and lettuces — I just can't get enough!

Which explains why, for more than 30 years, chopped vegetable salads have been some of my restaurants' most popular dishes. But that's not the whole story.

Of course, chopped salads have been around for a long time. So many Italian restaurants, for example, offer combinations of crisp lettuce, salami or ham, cheese, onions, garbanzo beans, pepperoncini and other ingredients. Though I love Italian food, and had a restaurant that served fancy pizzas and was named after the Italian slang for spaghetti, Spago, I'd never made a chopped vegetable salad myself.

Then, one day, during Spago's early days, I saw one of our waiters, Philippe, heading back to a prep station in the kitchen to chop up a mixture of tomatoes, onions and celery. He piled the mixture on a plate and returned to the dining room. I followed, intrigued.

Philippe delivered this simple chopped salad to one of our best customers, a major Hollywood mover

and shaker. I took the waiter aside and asked him to let me know the next time the man ordered it.

A few days later, Philippe caught my attention. "Another chopped salad," he said. I went to work immediately.

At the time, I'd just discovered the incredible organic produce from the family-run Chino Farm in Rancho Santa Fe, Calif., near San Diego.



Wolfgang Puck's Chino Chopped Vegetable Salad

I took 1/4-inch dice of fresh green beans, diced carrots and artichoke bottoms and blanched them — first plunging them into boiling water to cook them al dente, then into ice water to stop the cooking

and set their bright colors. Then I added more diced vegetables that were tender or flavorful enough to eat raw: sweet onion, white corn kernels, sun-ripened tomato, and radicchio for its purple-red color and refreshingly bitter taste.

Such an amazing assortment of bright flavors needed only the simplest of dressings. I combined balsamic vinegar, extra-virgin olive oil, Dijon mustard, salt and pepper, tossed everything together, and mounded it on a dinner plate.

Within moments, other guests saw my Chino Chopped Salad and asked for it themselves. We had a hit!

It remains so to this day, and varies only with what is freshest in the market. Sometimes we'll add a little grated or shaved Parmesan cheese. Other times, for a main-course salad, we'll top it with poached or grilled shrimp or lobster tail or grilled chicken breast.

In any version, it's a perfect way to celebrate the season's bounty.

### CHINO CHOPPED VEGETABLE SALAD

Serves 4

#### DRESSING:

- 1 tablespoon Dijon mustard
- 3 tablespoons balsamic vinegar
- 1/2 cup extra-virgin olive oil
- 1/2 cup almond oil or safflower oil
- Salt
- Freshly ground white pepper

#### SALAD:

- 1 large or 2 medium fresh artichokes
- 1/2 cup diced carrots
- 1/2 cup diced green beans
- 1/2 cup diced red onion
- 1/2 cup diced radicchio
- 1/2 cup corn kernels, cut fresh from the cob
- 1/2 cup diced celery
- 1 small vine-ripened tomato
- 1 small ripe Hass-style avocado
- 4 teaspoons grated Parmesan cheese
- Salt
- Freshly ground white pepper
- 1 cup mixed baby greens of your choice

First, make the vinaigrette: In a mixing bowl, stir together the mustard and vinegar. Whisking continuously, slowly pour in the oils. Season to taste with salt and pepper. Set aside.

For the salad, first prepare the artichokes. Starting at the broad base, break off the leaves by snapping them downward, working round and round until only a cone of tightly packed inner leaves remains halfway up from the base. With a sharp stainless-steel knife, cut off the top third to reveal the fibrous choke nestled inside the heart. With a sharp stainless-steel paring knife, peel off the remaining dark-green skin. Then,

with a small, sharp-edged spoon, dig out the choke to leave the cup-shaped heart. Cut the heart into 1/4-inch dice.

Bring a pot of salted water to a boil. Fill a mixing bowl with ice cubes and water. Put the artichoke, carrots and green beans in a wire sieve, lower into the boiling water, and cook until tender-crisp, 2 to 3 minutes; then, plunge into the ice water to stop the cooking. Drain well and add them to the artichokes, along with the diced onion, radicchio, corn and celery. Keep the water boiling and the ice water ready.

With the paring knife, core the tomato and score a shallow X in its skin. With the sieve, lower the tomato into the boiling water to loosen its skin, about 30 seconds, then remove it and plunge it into the ice water. Drain well. Peel off the skin. Cut the tomato in half, scoop out the seeds with your fingertip, and cut the tomato into 1/4-inch dice. Add to the other vegetables.

Halve, pit, peel and dice the avocado and add it to the vegetables. Briefly whisk the dressing again and add most of it to the vegetables, reserving a few tablespoons. Toss well, sprinkle in the Parmesan, and toss again. Adjust the seasonings to taste with salt and pepper.

Toss the greens with the reserved dressing, season to taste, and divide among 4 chilled salad plates. Mound the chopped salad on top and serve immediately.

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

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# CROSSWORD

TMSPPuzzles@aol.com

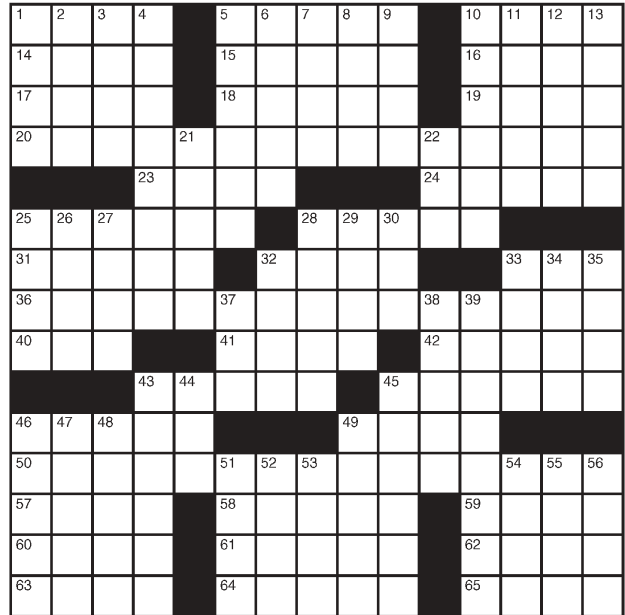
## ACROSS

- 1 Baronet's wife
- 5 Spring harbinger
- 10 Scoria
- 14 "Stride la vampa," e.g.
- 15 Muse of poetry
- 16 Twosome
- 17 Apple PCs
- 18 Alma \_\_\_
- 19 Sphere starter?
- 20 Mother said, don't...
- 23 Dust particle
- 24 Garden invaders
- 25 De la Renta and de la Hoya
- 28 So long, senorita
- 31 Excursions
- 32 One with regrets
- 33 Greek letter
- 36 Mother said, don't...
- 40 Elect (to)
- 41 Bard's river
- 42 Bring joy
- 43 Waterproof covers, briefly
- 45 Cured
- 46 Slobber
- 49 Puts down grass
- 50 Mother said, don't...
- 57 Polygonal projection
- 58 Oxen gear
- 59 San \_\_\_ Capistrano
- 60 Sense
- 61 News medium
- 62 Cinema pooch
- 63 Vietnamese holidays

- 64 "Bellefleur" author
- 65 Shed tears

## DOWN

- 1 Somewhat wet
- 2 Sea east of the Caspian
- 3 Complex silicate
- 4 Soft touch
- 5 Sends payment
- 6 Speak in a formal manner
- 7 Cleansing ritual
- 8 List unit
- 9 Mrs. Nick Charles
- 10 Empty spots
- 11 Woodworker's machine
- 12 Directed a weapon
- 13 144
- 21 Supremely bad
- 22 Deuce
- 25 Milanese eight
- 26 Cleansing agent
- 27 Quasi-religious group
- 28 Mercury and Saturn
- 29 Laura or Bruce
- 30 Writer Levin
- 32 Party letters
- 33 Shade of blue
- 34 Comic Johnson
- 35 Manipulated
- 37 Pole with a blade
- 38 Essentials
- 39 Boxer's Achilles' heel?
- 43 Tub hangers
- 44 Boxing great
- 45 Lifting devices



By Gerald R. Ferguson  
Portland, OR

Answers on page 28

- 46 Window leak
- 47 Indian money
- 48 Beginning
- 49 Act part
- 51 Secretarial error
- 52 Round dance
- 53 Theatrical sketch

- 54 River into The Wash
  - 55 Deserve
  - 56 Break sharply
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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.

### NAME BRANDS (sol.: 7 letters)

A-Adidas, Adobe, Akai, Alfa Romeo, Arby's, Avon; C-Canon, Comcast, Compaq; D-Datsun; E-Epson, Exxon; F-Fender, Fiat, Fuji; G-Google; H-Hasbro, Honda; K-Kodak, Korg; M-McDonald's, Minolta; N-Nike, Nissan, Nokia; P-Pepsi, Philco, Pixar, Porsche, Puma; Q-Quark; R-Reebok, Roland; S-Samsung, Seiko, Sharp, Shell, Siemens, Sony, Sprint, Suzuki; T-Tesco, Texaco, Toshiba; V-Volvo; X-Xerox; Y-Yoplait

This Month's Answer: **NABISCO**

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

# JUMBLE

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

RODOB

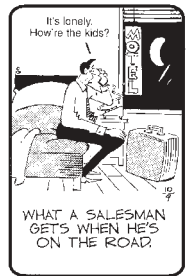
ACCOO

REDONP

BLOIME

Answer:  AND

THAT SCRAMBLED WORD GAME by Henri Arnold and Mike Argiron



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

Answers on page 28

# Need a Rate Card?

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26 SeniorMonthly, July 2007

# TRIVIALITIES

1. Who directed the 2007 film musical "Hairspray"?
  2. Who stars as Velma Von Tussle in the 2007 film musical "Hairspray"?
  3. Who starred as Daphne Reynolds in the 2003 film "What a Girl Wants"?
  4. Marc Forster directed this 2006 film that starred Queen Latifah, Emma Thompson and Will Ferrell. Name it.
  5. Susan Stroman directed this 2005 film musical that starred Will Ferrell, Nathan Lane and Matthew Broderick. Name it.
  6. The 2004 film remake of "The Stepford Wives" was adapted from whose novel of the same name?
  7. Nora Ephron directed and co-wrote this 2005 film that starred Nicole Kidman, Will Ferrell and Shirley MacLaine. Name it.
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Answers on page 28





## BRIDGE

# Easy does it

By Omar Sharif and Tannah Hirsch

North-South vulnerable. West deals.

NORTH  
 ♠ 10 7 3  
 ♥ A 4  
 ♦ A J 9 5 4 2  
 ♣ Q 6

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

SOUTH  
 ♠ A K 9 5  
 ♥ K J 10 8 5  
 ♦ 8  
 ♣ A K 4

The bidding:

WEST	NORTH	EAST	SOUTH
Pass	Pass	Pass	1♥
Pass	2♦	Pass	2♠
Pass	3♥	Pass	4NT
Pass	5♥	Pass	6♥
Pass	Pass	Pass	

Opening lead: Jack of ♣

For the next few weeks, we will be featuring deals from the recent Spring North American Championships held in St. Louis, including more of Eddie Kantar's "Thinking Bridge" series.

The trend these days, especially in tournament bridge, is for light opening

bids, and where North chose to open one diamond all slam tries were rejected and three no trump or four hearts was usually the contract. Here North, Pamela Granovetter of Cincinnati, Ohio, a believer in sound openings, held the North cards and passed and, once she took a preference to hearts her partner, Richard Katz of North Versailles, Pa., pushed on to slam.

West led the jack of clubs, taken in hand with the king. A diamond to the ace provided the entry for a diamond ruff as East let go a club. A club to the queen was followed by a trump finesse, which held. After discarding a spade on the ace of clubs, declarer cashed the ace and king of spades and ruffed his losing spade with the ace of hearts. Another diamond was ruffed in hand with the eight of hearts and, regardless of how the defense proceeded, declarer's K J of hearts scored the last two tricks - making six.

At one table a trump was led and declarer carelessly rose with the ace. Now when declarer tried to ruff with the third spade, West was able to ruff with the six of hearts and held declarer to 11 tricks.

(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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## SUDOKU

© Puzzles by Pappocom

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1 through 9 with no repeats.

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

HARD

Solution on page 28

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SeniorMonthly, July 2007 27



# SMART COLLECTOR

## Don't get hopes too high for value of pyrex bowls — especially used ones

**QUESTION:** Is my four-piece Pyrex bowl set from 1959 worth a lot of money? I read an article about Pyrex bowls that quoted \$125 for 1967 bowls. I use mine often, and they are in good condition. I have two yellow and two white bowls. —Carole, Washington, Maine

**ANSWER:** If you find someone willing to pay \$125 for those bowls, sell! I suspect the gist of the article was that vintage Pyrex is an emerging collectible. But that amount seems high.



Danielle Arnet

In "Pyrex: The Unauthorized Collector's Guide: 2nd Ed.," by Barbara Mauzy (Schiffer, \$29.95), a four-bowl Pyrex set from the late 1950s with original label quotes at \$55 to \$80. That set is in four differing colors — and is still vibrant.

Introduced in the late 1950s as the 400 Multicolored Mixing Bowl set, which included yellow, red, blue and green bowls ranging from 10 inches to 5.5 inches, the set remains the classic configuration for collectors. Produced in a variety of color combinations, the hardest to find and most pricey are sets in opal white (made in 1954 only) and one with a pink 4-quart bowl.

Smart collectors know that when items are still plentiful and easy to find, buyers are mighty picky about condi-

tion. Top dollar goes to new merchandise in its original box, or to what collectors call old store stock (for example, when a jobber buys stock from a store that closed or is out of business). In all cases, the bowls are basically new. Pyrex used and washed for over 40 years has surface wear and loss of color. At this point, collectors pass on second-rank merchandise, at any price.

Currently, 1960s shades such as green and gold are out of favor. Colors from the 1950s — pink and turquoise — are in, as are polka dots and stripes from that era.

**QUESTION:** Can you identify this piece for me? It is marked Bugetti and made in Italy. There is a lion with wings, too. —Mary, Racine, Wis.

**ANSWER:** The image sent shows small tongs with one traditional cupped serrated side. The other arm extends beyond the other and has a flat elongated end with a convex surface.

In the late 1800s, when a good hostess set a proper table with a bewildering set of implements, there was a table piece for every use, from sardine forks to crumb catchers. For example, different tongs were made for bonbons, sugar, sandwiches, asparagus and sardines.

With the elongated end and scoop surface, the reader's tongs appear to be a dessert lifter. Think of using them to daintily serve petits fours or a special chocolate.

Italians were not celebrated for their silver work, and the Bugetti stamp seems a play on Bugatti, the celebrated family of artists and designers. Add the generic cipher, and the piece is identifiable simply as a decorative 20th-centu-

ry serving utensil.

**FYI:** "Yesterday's Silver for Today's Table: A Guide to Elegant Dining," by Richard Osterberg (Schiffer, \$49.95), shows a huge variety of period dining implements.

**QUESTION:** I can't find any info on Stangl pottery birds. At one time they were popular collectibles. I want to sell mine, or make sure my family is aware of their value. I also need info on Carnival glass. —Marilyn, Tucson, Ariz.

**ANSWER:** The New Jersey based Stangl Pottery made dinnerware and giftware, novelties and artware.

Introduced in 1940, the firm's "Birds of America" was based on the series by John James Audubon. The series resulted in 58 different pottery birds before it was discontinued in 1955. Copies of existing birds were made until the pottery closed in 1978.

Hand-decorated in natural colors, Stangl birds were known for quality. Artist-signed, each figurine depicted the

bird perched on a nature base. Products ranged from the goldfinch to warbler, duck to turkey. In the late 1950s, hand-applied gold became a design option.

"Collector's Encyclopedia of Stangl: Artware, Lamps and Birds, 2nd Ed.," by Robert C. Runge Jr. (Collector Books, \$29.95), shows many birds, quoting values from \$60 to over \$1,000. For a more realistic range, check completed sales on eBay. Some bring big bucks there as well.

"Standard Encyclopedia of Carnival Glass: 10th Ed." (Collector Books, \$29.95) is an excellent guide to identification.

(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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### SUDOKU SOLUTION

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

### JUMBLE ANSWERS

Jumbles: BROOD COCOA  
PONDER MOBILE  
Answer: What a salesman gets when he's on the road — ROOM AND BORED

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### CROSSWORD SOLUTION

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

1. Adam Shankman 2. Michelle Pfeiffer 3. Amanda Bynes 4. "Stranger Than Fiction" 5. "The Producers" 6. Ira Levin 7. "Bewitched"

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## National award recognizes LMH for outstanding cardiac care

Lawrence Memorial Hospital again has been recognized nationally for excellence in cardiac care. VHA, Inc., a national health care provider alliance based in Irving, Texas, in May named LMH as one of 98 VHA member hospitals nationwide to receive its 2006 Leadership Award for Clinical Excellence. The hospital was recognized with the same award in 2005.

"This award validates the dedicated focus of our clinical staff and physicians to improve the care we provide cardiac patients," said LMH President and CEO Gene Meyer.

The VHA 2006 Leadership Award for Clinical Excellence in Cardiac Care is based on the latest set of measures that has been nationally accepted as indicators of quality.

Karen Shumate, Vice President for Clinical Services, said "The award is based on the hospital's performance measured against a set of nationally accepted standards that have been shown to improve the quality of care and, more importantly, outcomes for cardiac patients."

These evidence-based measures are being used by the Centers for Medicare and Medicaid Services (CMS) and the Joint Commission on Accreditation of Healthcare Organizations (JCAHO) for public reporting.

"By including them as a standard part of a cardiac patient's plan of care at LMH, we are able to monitor and measure the overall rate of improvement in outcomes," Shumate said.

Meyer pointed out that the focus on clinical improvement has been a team effort. "What is most gratifying is that by focusing on implementing these standardized treatment protocols, we have found a common rallying point for physicians and staff. This award recognizes that patients are benefiting from our continuing efforts to deliver high quality care.

"Those in the community who depend on us for their health care can be assured that we will continue to seek ways to enhance care and improve their well-being."

The best practice standards for cardiac care are according to the cardiac problem that is being treated. LMH earned recognition for the care of patients being treated

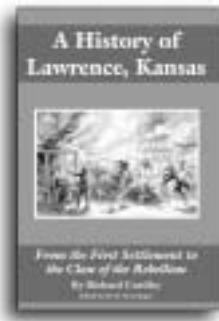
for acute myocardial infarction and heart failure. LMH earned at least a 90 percent compliance with all rate-based indicators to qualify for the award.

LMH began offering interventional cardiology services, which includes angioplasty, in November 2005. LMH is also nationally accredited as a Chest Pain Center.

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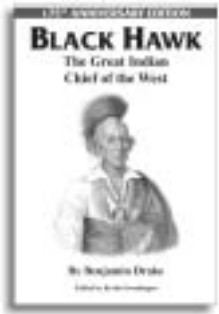


### A History of Lawrence, Kansas: From the First Settlement to the Close of the Rebellion

By Reverend Richard Cordley. Cordley's 1895 classic begins with the founding of Lawrence, Kansas, in 1854 by anti-slavery settlers from New England, and ends with Quantrill's Raid of August 21, 1863. As both an early settler of Lawrence and a survivor of the raid, Cordley was able to describe events during those first 10 years of Lawrence with great detail and clarity. In addition to Cordley's original copy, this new edition includes additional illustrations, recent photos, recent articles on the Eldridge Hotel and the House building, and a comprehensive index (the original lacked an index).

Printed: 288 pages, 6" x 9", perfect binding, 60# cream interior paper, black and white interior ink, 100# white exterior paper, full-color exterior ink.

Cost: \$16.99

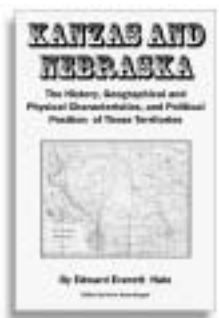


### Black Hawk: The Great Chief of the West

In conjunction with the 175th anniversary of the Black Hawk War of 1832, Senior Monthly publisher Kevin Groenhagen has edited a new edition of Benjamin Drake's 1838 classic book on Black Hawk. Benjamin Drake first published this extremely detailed history just six years after the Black Hawk War ended. This new edition reproduces the 1856 edition of Drake's book, which included 13 woodcut illustrations. In addition, *Black Hawk: The Great Chief of the West* (ISBN: 978-1-4303-0704-4) includes an editor's introduction, illustrations from other sources, recent photos, and a new index.

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### Kansas and Nebraska: The History, Geographical and Physical Characteristics, and Political Position of Those Territories

Published in 1854, the year Kansas became a territory, Edward Everett Hale's *Kansas and Nebraska* is considered the first book ever written on Kansas. Hale writes about the early explorers in the territory, the various tribes found in the territory, and the efforts to settle Kansas as a territory free of slavery. This new edition includes illustrations added from other sources and a comprehensive index (the original lacked an index).

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## PUBLISHER'S PICK

# The Inn at Muddy Creek offers relaxing atmosphere

By Kevin Groenhagen

Senior Monthly is a free publication, which means the vast majority of our revenue is generated from advertising. Therefore, I do my best to do business with our advertisers.

In many cases, this is not yet possible. For example, since I am just 44, it will be some time before I can move into one of the many retirement communities that advertise in Senior Monthly. I also continue to have good hearing, so I haven't found the need for hearing aids yet.

With The Inn at Muddy Creek coming on board as a new advertiser in January, I saw the perfect opportunity to do business with an advertiser.

I always try to surprise my wife with something different for our anniversary. So, a few weeks ago, we dropped the kids off at grandma's and then headed west to Topeka. We then headed north on Highway 75 for about 15 miles. My wife still had no idea where we were headed. Seeing a sign for Harrah's Prairie Band Casino, she guessed, incorrectly, that we were headed there.

I soon turned onto 126th Road and headed east. After no more than a quarter mile, she commented on the beautifully log home tucked away in the woods. We passed that home and pulled into the driveway of another beautiful log home. There we were greeted Pam Cole, one of the innkeepers at The Inn at Muddy Creek. Pam and her husband, Randy, live in the first log home we passed.

Pam led us to the Casablanca

Room, one of five themed rooms at the bed and breakfast. The Casablanca Room is on the first floor and features beautiful toile furnishings, gorgeous wall treatments, and a private door to the hot tub (all guests are free to use the hot tub).

The other rooms include

- **The Cowboy Room:** This room, which is on the second floor and is identified by its name above the door in barbed wire, includes a map of the Ponderosa and a whisky barrel sink. Randy, who also builds log furniture, plans to build a hedge post headboard for the bed.

- **The Frontier Room:** Also located on the second floor, this room features a décor inspired by Lewis and Clark. Like the Cowboy Room, the Frontier Room includes a balcony where you can sit and relax.

- **The Presidential Room:** Located on the first floor, this room has an Americana theme and features interesting painting techniques, a custom-made fan, and a beautiful, antique walnut dresser.

- **The Alamo Room:** This room can accommodate up to six people and is located on the second floor. It features a private outside entrance, and has its own coffee pot, microwave oven, and seating area.

In addition to Pam and Randy, the other two innkeepers are Vicki and Rodney Roy. As it turns out, the Roys came to Topeka from Winnebago, Ill., which is fewer than 30 miles from my hometown of Oregon.

We wanted to go to Topeka for dinner and a show (although you can have dinner in your room if you make prior arrangements). Pam rec-

ommended an excellent restaurant on Wanamaker.

In the morning, my wife and I took a hike on a trail near the inn. Almost as if on cue, near a bench place beside the trail in the woods, a deer ran passed us.

The trail passed the creek, which, at the time visited, was as clear as it could be.

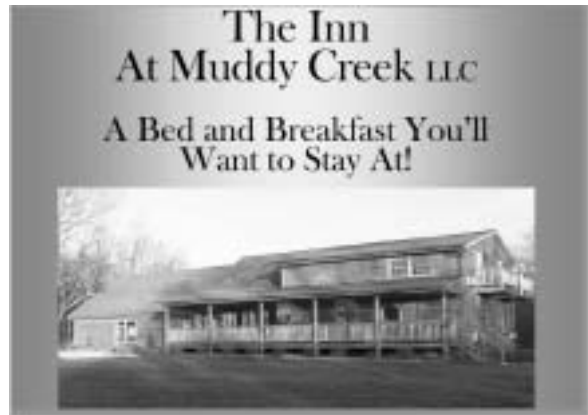
After the hike, we joined another couple in the dining room. The young couple was from Nebraska

and learned about The Inn on Muddy Creek on the Internet.

Pam soon came out from the kitchen with coffee, juice, fruit, and ramekins that contained the best frittatas we have ever had. I have tried in vain to duplicate the recipe at home.

According to the innkeepers, they chose a log cabin design over a Victorian design when they built the bed and breakfast in 2004 because

■ CONTINUED ON PAGE 31



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## Civil War: Where It All Started



In 1895 Richard Cordley, a survivor of Quantrill's Raid, wrote *A History of Lawrence, Kansas: From the First Settlement to the Close of the Rebellion*. Groenhagen Advertising, LLC is offering a new edition of Cordley's book. In addition to Cordley's original text, this new edition includes an editor's introduction, additional illustrations from the Library of Congress, recent articles from the Eldridge Hotel and House Building, and a comprehensive index. Paperback, 288 pages, 6" x 9", perfect binding.

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## The Inn at Muddy Creek

■ CONTINUED FROM PAGE 30

the latter design tends to be a little more stuffy.

My wife and I did stay in a Victorian-style bed and breakfast when we were first married. It was nice, but I felt a bit uncomfortable at breakfast after being reprimanded by the hostess. I made the mistake

of asking my wife if she would like an English muffin. "Those are *not* English muffins," the hostess said with a stern look. "They are crumpets."

I don't believe that would ever happen at The Inn at Muddy Creek. The inn is tastefully furnished with antiques and other beautiful items, the rooms are elegant and spacious, and the food is simply outstanding. This may be the case with most bed and breakfasts. However, not all bed and breakfasts offer the relaxing at-

mosphere we enjoyed at The Inn at Muddy Creek. The innkeepers do their best to ensure that guests are comfortable, and the surroundings cannot do anything by promote relaxation.

Of course, if you do need a break from relaxing at The Inn at Muddy Creek, the casino is just a few miles away.

For more information about The Inn at Muddy Creek, please call (785) 989-6356 or visit [www.innatmuddycreek.com](http://www.innatmuddycreek.com).

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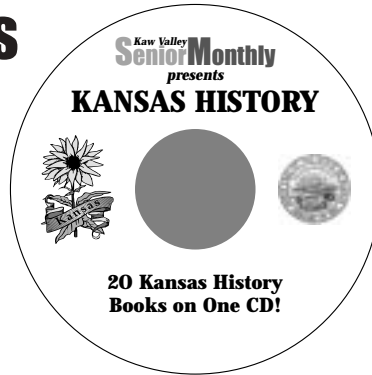
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### BOOK FOR SALE

"The History of Lawrence, Kansas" by Rev. Richard Cordley. Edition is a 1976 reproduction of the original 1895 edition, reproduction sponsored by the Douglas County Genealogical Society. Hardcover, 269 pages. \$25. Call Kevin at 785-841-9417.

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**COMPASSIONATE SUPPORT.** Specially trained cancer nurses and support staff are here to help you and your family in this battle. They are here to assist with genetic risk counseling, nutrition planning, patient and family research and resource library, social work and support groups.

To learn more about the LMH Breast Center's coordinated approach to patient care, visit [www.lmh.org](http://www.lmh.org) or call Jodi Carlson, BSN, RN, our Nurse Navigator, at 785.840.2767.



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