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INSIDE



This summer, AARP Chapter 1696 members will be visiting other Douglas County towns, including Baldwin City, Eudora, and Lecompton, to recruit new members. - page 4



Senior Monthly publisher Kevin Groenhagen shows readers how he cooks chili in a refrigerator. - page 6



KEVIN GROENHAGEN PHOTO

Jack Fredricks spent many years as a preacher, an educator, and a volunteer. Recently, he authored "DNA," a novel that he started thinking about as a volunteer for the Court Appointed Special Advocates program.

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Fredricks authors true-to-life novel

By Kevin Groenhagen

During the past six decades, Jack Fredricks has gone from selling bologna to writing books. Of course, the path between the two activities was long and circuitous.

Shortly after World War II, Fredricks, a native of Sioux City, Iowa, became a salesman for Armour & Co. in South Dakota. He was such an effective salesman that Armour had decided to promote him to the position of general sales manager. However, Fredricks decided to take a different path.

"We lived in the Black Hills of South Dakota during the Korean War," said Arlene, Fredricks' wife of 64 years. "The churches were closing because the young men were not there to go to seminary. Jack was already a certified lay speaker with the United Methodist Church. He felt called to the ministry, so he decided to go back to school."

Fredricks earned a bachelor's degree at Mitchell's Dakota Wesleyan at the age of 40. After serving two small churches in South Dakota, the couple moved to Kansas City, where Fredricks entered St. Paul's Seminary.

"I only went to seminary for one year," Fredricks said. "I discovered that that wasn't what I wanted to do for the rest of my life. I finished the ordination through the conference course of study, and then I went to Emporia State University to get my master's. I kept a little church going for years after that. I told the bishop I only wanted to serve smalltown churches to keep them open."

With a master's degree in psychology and education, Fredricks became an educator.



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Jack Fredricks

■ CONTINUED FROM PAGE ONE

"I taught high school English, and then they asked me to develop and teach the special education program in the Washburn Rural District," Fredricks said. "After a few years there, I went to the state reform school and developed the special education programs for the boys in the locked units. Up until then they were just locked away."

After working with the state reform school, Fredricks joined the staff of The Menninger Clinic. Founded in Topeka in 1919 by Drs. C.F., Karl and Will Menninger, The Menninger Clinic represented the first group psychiatry practice. In 1926, the Menningers established Southard School for emotionally disturbed children. Fredricks was a teacher for those children. During most of the years he served as a teacher, he also served small churches on a part-time basis.

Fredricks retired from The Menninger Clinic at the age of 65. However, he was still young, full of energy, and wanted to contribute to the community. He first volunteered with the Topeka and Shawnee County Public Library to deliver books to the retirement communities. He then became one of the first volunteers for the Court Appointed Special Advocates (CASA) program in Topeka.

The first CASA program started in 1977 when a Seattle judge conceived of the idea of using trained community volunteers to speak for the best interests of neglected or abused children in court. This program was so successful that judges throughout the country began using citizen advocates. The U.S. Congress in 1990 encouraged the expansion of CASA programs with the passage of the Victims of Child Abuse Act.

Today, CASA is a network of more than 50,000 volunteers who serve 225,000 children in the foster care system through more than 900 local program offices nationwide.

CASA's goal is to secure a safe and permanent family for each child involved in abuse or neglect proceedings in the juvenile court system as quickly as possible. That family may be the child's actual family or an adoptive family. If the child is old enough, CASA can help the child prepare for independent living.

"When I was a CASA volunteer, we would make a family visit and determine what we thought was best for the child," Fredricks said. "We would determine if they needed to be moved or if they needed to stay

with their parents. Whenever possible, we left them with their parents because children tend to do better with their own family. Each case would report to the court twice a year. We would report what the child was doing, what the parents were doing, and what we recommended regarding whether to let the child stay at home or to send him to a foster home. Most of the time, I would recommend that the child stay at home. The judge would then make a decision."

Fredricks was a CASA volunteer for nearly 20 years. It was during those years that he began thinking about writing what would eventually become "DNA (Do Not Ask)," a true-to-life novel. Fredricks stresses that since CASA cases remain confidential, his novel is about a series of "Could haves," and not actual details of cases he had as a volunteer.

The title of Fredricks' novel refers to problems and situations that many families simply do not discuss or ask about. In "DNA," those problems include a boy who does not know if his father is dead or in jail, and a mother and father who do not ask questions about their daughter's drug abuse. In the end, the family realizes that things will be better when they finally confront their fears and begin to ask questions.

"It took a long time for me to mature the story," he said. "I'd write awhile and quit, and then write awhile and quit."

Fredricks also decided to hone his writing skills by auditing a creative writing class at Washburn University that Tom Averill taught.

"Every week Tom would have us write a page or two," Fredricks said. "I have a bachelor's degree in history and read history for my hobby. But Tom told me, 'Jack, your writing is great, you have a background that a lot of readers don't have, but I can tell you don't read widely enough.' He recommended that I read women writers. I went to my daughter's after that and told her that. She gave me a whole box of books by women writers. They do write differently."

Fredricks' historical novel follows the Sutherlins, an African-American family from an Ozark hill town, and a social worker's skill in drawing out the essential elements of information to help them.

"The significance of this adventurous tale lies in the values of its solution," Fredricks explained. "Unhealthy habits and negative thinking are transformed into heart-warming feelings for each family member's self realization. These same people eventually begin to act in accordance with a much higher apprecia-

tion for others, who, in turn, regard the Sutherlins with acceptance equal to other citizens in their community."

"For the longest time, I called the book 'The Drum,'" Fredricks continued. "I use a drum as a symbol of the Tower of Babel. The characters could hear the same drum, but interpret it in their own language."

Fredricks says he is fortunate to be married to Arlene, a fellow book lover who is also writing her own book and is encouraging Fredricks write a sequel to "DNA."

"I have three college degrees," Fredricks said. "I can hear and understand a voluminous amount of words. However, I have about a third-grade spelling vocabulary. Arlene spells for me."

"But you're getting better with your spelling," Arlene added.

"Yes, I'm probably up to the fourth-grade level now," Fredricks responded.

For more information about "DNA," please visit www.virtualbookworm.com, click "Bookstore," and then search for "Fredricks." You may also call Fredricks at (785) 478-4223 or e-mail him at sowsear@juno.com. "DNA" is also available locally at the Kansas University Library and the Topeka and Shawnee County Public Library.

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Local AARP chapter seeks new members

By Billie David

Thirty-five years ago, annual membership fees for the newly established Douglas County Chapter 1696 of the American Association of Retired Persons was a mere \$1.50.

Today, Douglas County citizens can become members of AARP for \$12, which is still a bargain when one considers how a multitude of seniors who combine their voices wield considerably more clout regarding issues that affect them directly.

There's another benefit as well. One of the goals of the AARP is to offer a wide range of products and services.

"I look at it as a big discount card," said Pattie Johnston, this year's president of the Douglas County chapter, adding that people can use their membership cards to obtain discounts at motels, restaurants and other places.

When the AARP first began, it was known as the American Association of Retired Persons. The organization was founded in 1958 by Dr. Ethyl Percy Andrus, a retired high school principal, and evolved from a previous organization she had started called the National Retired Teachers Association, whose goal was to promote productive aging. The AARP's founding principles were to promote independence, dignity and purpose for older people, to enhance the quality of their lives and to encourage them to serve. This is carried out through an approach of "information, advocacy and service."

Back in the beginning, members had to be retired and 62 years of age or older to join.

"But they realized that the issues had to be addressed at an earlier age, so they dropped the age to 50 and changed the name to AARP," Johnston said.

That change occurred in 1999.

The idea for forming local chapters arose not only from a desire to socialize at a community level but also from the realization that some issues facing older Americans need to be addressed locally as well as nationally, Johnston said.

Those issues include family affairs such as grandparents stepping up to raise their grandchildren, health matters, estate concerns, durable power of attorney, personal property, and the impact that growing older has on a person's life.

"So we said we need somebody who talks for us at a national,

state and local level," Johnston explained.

And as Lawrence becomes an increasingly popular place to retire, these issues have become more pressing.

"It's better to have these things in place rather than trying to catch up," Johnston said, adding that AARP plays a social, political and advocacy role for people who face such matters.

In Lawrence, some of the challenges older people find particularly pressing include transportation, personal property and taxes, and state-provided services.

"The Department on Aging has had to cut or rearrange services due to the state Legislature cutting the department's funds," Johnston explained, "and we need to say 'I don't think that is a good thing.'"

Especially important to senior citizens is the ability to remain independent and stay in their own homes, and they need transportation and other services in order to do so, Johnston said.

In addition, seniors want to be able to continue in their life-long learning efforts, and the Douglas



Several AARP Chapter 1696 members took items to the VA hospital on May 15. From left to right: Noreen Hein, Phyllis Cross, Suzanne McColl and Jane Pracht

County chapter meetings help them to do this by bringing in a variety of speakers at their monthly meetings.

"It's very broad as far as speakers go," Johnston said, adding that recent speakers have provided entertainment, have addressed political issues, and have focused on other topics of an informational nature. For example, state senators, the mayor, and a high-school choral

group have all been guests at the local meetings.

In addition, there is a Legislative Day in February, when members of all of the Kansas AARP chapters are invited to discuss issues with Kansas lawmakers at the State House in Topeka.

There is also a business side to the meetings, which includes commu-

■ CONTINUED ON PAGE FIVE



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AARP Chapter 1696

■ CONTINUED FROM PAGE FOUR

nity projects such as donating items to the Lawrence Community Shelter and collecting care packages that are hand-delivered to patients at the VA Hospital in Topeka.

This summer, Chapter 1696 members will be visiting other Douglas County towns, including Baldwin City, Eudora and Lecompton, to give out brochures and encourage people to join.

Johnston, who also oversees the Senior Outreach program at the Lawrence Public Library, said that she has observed a trend in recent years of people wanting to become more involved.

"There's an idea that what I say does count, and people are being more vocal or more prominent in saying 'I really want an answer,'" she said.

AARP is a vehicle to enable people to do that. An added benefit is that one's say can become more enlightened because socializing with other people can bring one into contact with those who have different perspectives that can help inform one's own outlook on issues.

"It does broaden your perspective on things," Johnston said. "Different people say things that make you think. People are staying active longer, and they are saying, 'I have something to say.' The more people are involved, the better off we all are.

"We want the community to become more aware," she continued, pointing out that this is especially important in view of the fact that this is an election year.

"We have 85 members right now," she said. "We would like to make it available to as many people who would like to join. There's plenty of room at the table."

Local AARP meetings are held on the fourth Friday of each month, ex-

cluding July and December.

The monthly gatherings are held at the Lawrence Country Club, with the exception of the first meeting of the AARP year, which is held in August at the Lawrence 4-H Fair-

grounds. This meeting is more informal, and lunch includes grilled hamburgers.

This year's August meeting will be held on the 22nd at the 4-H fairgrounds at 11:30 a.m. Everyone is

welcome to attend, and lunch is available to non-members for \$10. Reservations can be made by calling Suzanne McColl at 842-0446. Johnston is available to answer other questions at 749-2489.

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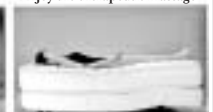
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Can you cook chili in a refrigerator?

By Kevin Groenhagen

Last year I decided I wanted to try to make a solar oven. I had seen one for sale in *Mother Earth News* for over \$200, and thought it would be a fun summer project.

Before I could head to the hardware store to buy materials for the oven, I noticed my neighbors had put their old mini fridge out on the curb. Since it was about the size of the oven I wanted to make, I thought I might be able to convert it into an oven.

I removed the plastic shelving inside, cut a square hole in the door, and replaced the plastic egg compartment unit on the door with plexiglass. I then made a wooden box big enough to hold a Dutch oven, painted it with flat black paint, placed it in the fridge, and surrounded the box with pieces of cardboard for insulation.

The next step was to make a reflector for the oven. I had an old Styrofoam cooler in the garage. I cut a square hole in the bottom, lined the inside with reflective foil, and attached the reflector to the oven with Velcro strips.

Now it was time to test the oven. I filled a Dutch oven with water and placed it in the solar oven with an oven thermometer. Within two hours, the temperature had reached the boiling point. Thus far, the hottest the oven has reached is 280° F. Since a typical slow cooker (crock pot) operates below the boiling point on the high setting, anything that can be cooked in an electric slow cooker can be cooked in my solar oven.

With just a little work, I convert-

ed two items designed to keep food cold—and which were headed to a landfill—into an oven that cooks without the need for electricity.

A Solar Dehydrator

I grew some Thai chile peppers in my garden last year to make Thai curry paste (panang). I read that a solar oven could also dehydrate food, so I threw a handful of chiles into the oven. Sure enough, at the end of the afternoon, I had dried chiles. However, at the higher temperature, I was afraid that the oven had also cooked them, and would cook anything else that I wanted to dehydrate.

I sat down at the computer and came up with a design for a solar dehydrator that would reach a lower temperature and circulate air. I'm not exactly Bob Vila, so I e-mailed the plans to my father in Illinois. He had built his own solar heater for our home during the late 1970s, so I thought he would enjoy working on this project.

He built the dehydrator and sent it to me to test out. After waiting a few days for a sunny day, I put zucchini slices on the trays to see how it would work. I tried a chopped onion a few days later.



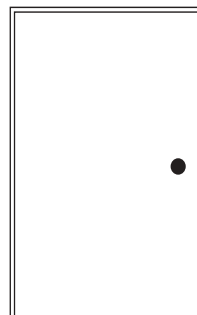
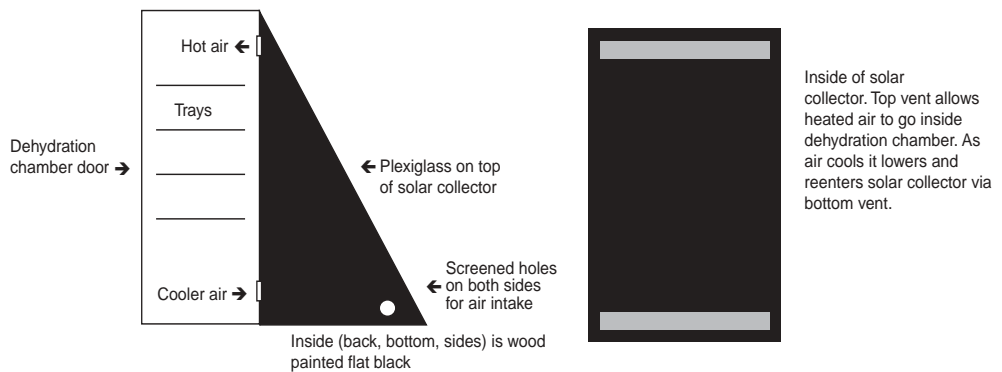
The author's solar oven

Remarkably, the solar dehydrator worked as well as my electric dehydrator. I'm currently trying to decide if I should add a solar fan to speed up the drying process.

I thought a few readers might like to try working on solar ovens and/or solar dehydrators with their grandchildren over the summer. I would

enjoy seeing what you came up with. Also, I would be interested in hearing from anyone who has any ideas on how to make the oven and dehydrator track the sun on their. Right now, I have to manually move them every other hour or so. Photos and suggestions can be e-mailed to kevin@seniormonthly.net.

SOLAR DEHYDRATOR



Dehydration chamber would have a door in order to place trays and fruit in the chamber. Chamber door would have to be sealed to limit the leakage of heat. Chamber probably wouldn't need to be any taller than a foot and a half.



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Secretary of Aging to hold budget meetings

Secretary of the Kansas Department on Aging Kathy Greenlee has scheduled three public meetings in July to gather input for shaping the agency's FY 2010 budget. The meetings are scheduled for:

- Topeka: Monday, July 7, at 2 p.m. in the third floor conference room at KDOA, 503 S. Kansas Ave.
- Hays: Tuesday, July 8, 7 to 8:30 p.m. at the Hays Senior Center, 204 East 8th.
- Wichita: Wednesday, July 16, 1:30 p.m. to 3 p.m., Sedgwick County Department on Aging and Central Plains Area Agency on Aging offices in the West River Plaza, 2622 W.

Central, Suite 500 (formerly Riverside Hospital).

Anyone unable to attend in person may participate by conference call at any of the three sites by calling toll free 1-877-278-8686; PIN 898286.

Participants also should provide a written copy of their comments, either at the meeting or electronically to Barbara Conant, KDOA

director of public affairs at barbara.conant@aging.ks.gov.

KDOA is committed to making these meetings accessible to all participants. Requests for accommodation should be made at least five working days in advance of the meeting by contacting Barbara Conant by e-mail or at 785-296-6154 or by calling 1-800-432-3535 or TTD at 1-785-291-3167.

LMH presents annual report

The community was invited to hear about past progress and future plans for Lawrence Memorial Hospital at the hospital's annual Report to the Community and Reception on June 2. Speakers included Lawrence Mayor Mike Dever, LMH Board of Trustees Chairperson Joe Flannery, Chief of Staff Dr. Mike Thompson, LMH Auxiliary President Joanne Hurst, LMH Endowment Association President Stan Zarembo and LMH President and CEO Gene Meyer.

The hospital's annual report, "Focus on the Future," which highlights 2007 accomplishments and programs, has been inserted in the July issue of *Kaw Valley Senior Monthly*.

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LMH announces July support group meetings

Lawrence Memorial Hospital is sponsoring several free support groups for the public throughout the month of July. The dates and times for the meetings are listed below. Unless specified otherwise, all meetings are at Lawrence Memorial Hospital, 325 Maine.

Diabetes Education Group

Wednesday, July 9, 6 to 7 p.m. in meeting room A. People with diabetes are invited to attend with a support person for advice and information about how to live with the

disease. This month's topic is stress management. For more information, please call the LMH Diabetes Education Center at 505-3062.

Bereavement Support Group

Mondays, July 7 and 21, 4 to 5 p.m. in LMH Chapel on the 2nd floor. The group provides help and advice for adults who are dealing with the loss of a loved one. Please contact LMH Chaplain Angela Lowe at 505-3140 for more information.

"Lung Works" – a COPD Support Group

Monday, July 21, 1 to 2 p.m. in meeting room E. Sponsored by LMH Respiratory Care Department, the group provides support for people with chronic lung disease. Family and friends are welcome to attend. For more information, please call 505-2850.

Stroke Support Group

Tuesday, July 15, 4 to 5:30 p.m. in meeting room E. The group provides information and support for people recovering from a stroke. Family and friends are welcome to attend.

For more information, please call the LMH Kreider Rehab Center at 505-2768.

Women's Cancer Support Group

Thursday, July 10, 6 to 7:30 p.m. in Suite 105 at the Lawrence Memorial Oncology Center, 330 Arkansas. Group normally meets the first Thursday of each month. Led by a cancer survivor, the group provides advice and support for women trying to balance a cancer diagnosis with a busy life. For more information, please call Dona Snead at 505-2768.

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'Custom Cowboy Boots' on display at the Great Overland Station

The Western heritage of the State of Kansas is strong, and the cowboy is the best-known symbol of that heritage. Kansas played a major role in the "wild, wild West," the place where lawmen such as Wild Bill Hickok and Buffalo Bill Cody battled outlaws such as Jesse James.

The advent of the railroads through Kansas after the Civil War greatly expanded trade opportunities and encouraged new immigrants to settle in Kansas. Along with agriculture, the cattle industry soon became a mainstay of the Kansas economy and culture.

An integral part of the cowboy's "uniform" was his custom-made pair of boots. The high-heeled, below-the-knee, custom-made cowboy boot took form in those post-Civil

War days, where cowboys bought their boots after collecting their pay at the end of the Chisholm Trail. Bootmakers in Kansas cowtowns responded to this market with footwear customized to the cowboy's individual foot and tastes.

The exhibit, "Custom Cowboy Boots," focuses contemporary custom bootmakers in Kansas who are working within a long-standing tradition. Actual work by Kansas bootmakers is included.

The exhibit, which will be on display from June 10 to August 31, was produced by the Kansas Historical Society with partial funding from the National Endowment for the Arts.

Museum hours are Tuesday-Saturday, 10:00 a.m.-4:00 p.m.; Sunday 1:00-4:00 p.m.

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Northwestern Mutual office earns honors

The Lawrence community has had a strong presence of representation from Northwestern Mutual for over 100 years. Corlett Cotton, Al Gallup, and Chuck McPheeters each served as financial representatives for more than 40 years. They wrote over 5,000 policies on the most prominent families and businesses in Douglas County. When McPheeters retired in 2006, a void was left to service all of those policies. Joe B. Jones, a Lawrence native and 20-year representative of Northwestern Mutual, decided to start a scratch district office in Lawrence.

Jones hired three additional financial representatives and began the process of combining his sales career with management and training. The month he started the office, a family crisis struck. His mother was hospital bound with an amputation and then passed away three months later. Returning to work full time after the funeral, two of the new fi-

ancial representatives, Nancy Jones and Bruce Scott, finished in the top 10 of the company for first-year financial representatives. The office finished first in the Southern Region in its market category.

Northwestern Mutual was named the top service company to sell for in 2007 by *Selling Power Magazine*, and was named the Most Admired Life Insurance Company for the 25th year in a row by *Fortune* magazine this year. Northwestern Mutual honors the Top 20 financial representatives every year at the annual meeting held in Milwaukee in July. This year, Joe B. Jones ranked number 18 in sales achieved for the entire company. In addition, the Lawrence office was ranked number one in its market category. This marks the first time in the company's 151-year history that both awards were achieved by one person at the same time for

sales and management.

"To be able to achieve this award competing against New York, Los Angeles, Chicago, and all the other major metropolitan areas while living and working in Lawrence is unbelievable," Jones said. "It is equivalent



Jones

to the Jayhawks winning the National Championship. It is also a testimony to the financial awareness of our community when it comes to providing financial security at the highest level. To be able to grow up in Lawrence with the great education our schools provide and raise a family here is something that I value more than the opportunity to work in a larger city where sales opportunities might be more abundant. We love this community and want to continue the great work that Messrs. Cotton, Gallup, and McPheeters started. We will be adding additional staff and financial representatives this year

and every year to help others achieve the goals they have for themselves and their families."

The office operates on core values of personal responsibility, service, and giving back. "We give a large percentage of our profits personally and corporately back to our community every year," Jones continued. "With all of the great work that is being done in health care, education, and through our religious community, we feel blessed to be able to donate our time, treasure, and talents to strengthen the community we serve. We hope that with continued focus and effort we can repeat this again in our career."

Jones finished with \$1,105,600 of personal premium production and the office placed \$1,722,500 of total premium for the year. The firm is in the process of purchasing a new building to handle the additional growth and expects to move before the end of the year.

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Should rising oil prices affect your investment strategies?

Every time you fill up your gas tank, you are painfully aware that oil prices are high—really high. And rising oil prices can affect the cost of many other goods and services, from food to airline tickets. So, as a consumer, you know the impact of an increase in the cost of oil—but how

Will these two factors continue to drive up the price of oil? It's hard to predict. However, as an investor, you do want to know how the current state of affairs—that is, elevated oil prices—will affect your investments. Specifically, in this environment, what market sectors will be influenced? And how?

Not surprisingly, the stocks of some energy companies tend to do well when oil prices are high. At the same time, the automobile and airline industries, and some elements of the retail sector, may be negatively affected.

Does this mean you should make some drastic changes to your investments? Not if you follow a strategy of buying and holding a diversified array of quality investments. (Keep in mind, though, that diversification, by itself, cannot guarantee a profit or protect against a loss in a declining market.) However, you may want to make some adjustments. For example, if the increased value of your energy stocks has caused your portfolio to become "overweighted" with these stocks, which can be volatile, you may want to consider some type of "rebalancing."

But rather than focus on how rising oil prices can affect individual market sectors, try to look at the "bigger picture." As we mentioned earlier, rising oil prices can lead to higher overall inflation—and, over the long term, inflation is a much more serious threat to your portfolio's health than a short-term spike in oil prices. Consider this: If inflation rises three percent a year—which has been the average increase over the past eight decades—then everything you buy today could cost twice as much in 24 years.

To protect yourself from the ravages of inflation, you need to own investments that offer the potential for rising income, such as quality, divi-

dend-paying stocks. By doing some research, you can find stocks that have paid—and increased—dividends for 20 or 25 straight years. (Be aware, though, that stocks are not obligated to pay dividends and can cut or discontinue them at any time.)

By making timely adjustments in response to events such as oil price "shocks" and by following a long-term strategy of owning an appropriate array of quality investments, you can continue working toward your financial goals—now and in the future.

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



Harley Catlin and Ryan Catlin

about as an investor? Should rising oil prices change the way you invest?

Before we look at this question, let's quickly review why oil prices have gone up so far and so fast. First, the price of oil is reflecting the law of supply and demand; the world's oil supply has stayed relatively tight recently, while demand has continued to rise. Second, oil is a commodity priced in dollars, so if the dollar falls in value—as has been the case lately—then the price of oil will rise.

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Meet Stephanie

Stephanie Stuhlsatz recently joined the staff of Lawrence Therapy Services as a Massage Therapist. Stephanie is a certified Massage Therapist of Lunaria Bodywork Institute and previously owned Mothering Massage for six years in Lawrence. Stephanie specializes in Swedish and prenatal massage, trigger point therapy, craniosacral massage, and in treating clients with chronic pain. Stephanie has advanced training in working with seniors and hospice clients.

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Healthy relationships require commitment to flourish

Relationships are much like gardens. If you want either of them to flourish, you must take action.

Pick a Fertile Plot

It matters where you plant. Seeds struggle to germinate and survive in rocky soil or in areas where there is not enough sunlight. So it is with relationships (dating, marriage, friend-



Vickie
Hull

ships, parent/child, sibling, etc.). If there is constant conflict or too many stressful times, or if there is not enough shared fun, it will be hard if not impossible to grow a connection between two people.

Pick relationship "plots" where you can build on the ground of commonality. Do you like being with the other person? Are there things you like to do together? What do you have in common? Differences might attract, but they don't sustain a relationship. Instead, there needs to be an underlying friendship and a willingness for two people to partner together for common purposes.

Prepare the Soil

Once the plot has been chosen, there is work to be done. The ground must be prepared to host the seeds. Communication is the best tool available for preparing the soil of any long-term relationship. Be yourself. Share your thoughts, feelings, goals, and ideas. Don't assume things or

expect the other person to read your mind. Open up and let him get to know you and your interests.

A wise person once said, "If you want to be understood, first seek to understand." Listening is vital to healthy communication. Listening is not passive; it is very active and requires attention to be good at it. Make direct eye contact. Don't formulate mental responses while the other person is talking. Be willing to listen with both ears, an open mind, and a closed mouth.

Plant with Enthusiasm

Successful gardeners don't simply go into the backyard, toss a handful of seeds on the ground, and then walk away and hope for the best. Instead they make a commitment to the garden. Yes, gardening can be enjoyable and relaxing, but it also can be hard work. To think otherwise is to be naïve!

Likewise, relationships require enthusiastic commitment if they are to flourish and last. They need an investment of both time and energy in order to produce results. Connecting with another person demands that you commit yourself to that person come rain or shine, in both good and bad times. Neglecting the garden or your relationships is simply not an option if you expect them to grow and bloom.

Deal with Weeds and Pests

The garden begins to grow and it's starting to look great. But what's this? Weeds are popping up between the rows of vegetables, crowding out the plants. Aphids, beetles and grubs are gnawing on leaves and roots, and rabbits are eating the flower heads off. No faithful gardener would ever

stand for this!

Likewise, you must deal with the pests and weeds in relationships. Conflict is inevitable in any relationship, even healthy ones. Avoiding conflict is not the answer. Ignoring problems does not make them go away. The silent treatment will cause a relationship to die on the vine, as will damaging the other person with hurtful words, accusations, and violence. You must talk it through and work it out peacefully and completely. Conflicts must be resolved for relationships to move forward.

Sometimes, it is necessary to call in a "master gardener." There is no shame in seeking outside objective help—like with a relationship therapist—to resolve conflict and learn how to get back to growing an abundant relationship.

Feed and Water

What you feed will grow; what you starve will die. This simple principle applies to gardening as well as to relationships. You can produce a hearty relationship crop by watering and feeding it with respect, trust, acceptance, and forgiveness. When these are missing in any relationship, the crop will fail. When they

are present, the harvest will be plentiful.

- Vickie Hull, MS, LMFT, is a licensed marriage and family therapist at Lawrence Therapy Services LLC, 2200 Harvard Rd., Suite 101, Lawrence. As a mental health professional, Vickie specializes in relationship counseling and grief therapy. She can be reached at 785-842-0656 or vickie@lawrencetherapyservices.com.

WORDS OF WISDOM

"Be good, keep your feet dry, your eyes open, your heart at peace, and your soul in the joy of Christ." - Thomas Merton

"An intellectual is a man who doesn't know how to park a bike." - Spiro T. Agnew

"Better by far that you should forget and smile than that you should remember and be sad." - Christina Rossetti

"Every man, either to his terror or consolation, has some sense of religion." - James Harrington

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Horticultural therapy has cognitive benefits

By Loma G. Davies Silcott
Kansas Senior Press Service

Gardening has been an enjoyable pastime for older adults since the dawning of time, it seems. Besides enjoying the beauty of the garden and the process of caring for it, many people garden to relieve stress and rehabilitate the mind, body, and spirit.

"Horticultural therapy," as this field is known, has cognitive benefits, including the development of language, decision-making, and problem-solving skills. In addition, it has many health benefits. However, check with your physician before starting any new physical activity or using new gardening techniques or tools.

If you want to reap fully the benefits of gardening, adopt healthful gardening habits. When gardening, do the hardest tasks first. Then alternate those activities with easier jobs. Work at a comfortable pace and change tasks and positions frequently. Use correct body mechanics and take plenty of breaks to sit back and admire your garden.

If you organize your work area so all items are within easy reach, gardening will be easier. Using appropriate, well-maintained tools is a must. Knee pads, kneeling cushions, seeders, and watering wands are also a great help.

Because many people who would like to try horticultural therapy have physical limitations, there is help. The Chicago Botanic Garden offers ideas to make a "user-friendly garden." For example, the soil can be raised to a comfortable working level. And for those who are unable to bend easily or use a wheelchair, large containers can raise the soil level to make gardening easier.

As you plan your garden, determine the best type of paving for the walkways between areas. Avoid dead-end paths. Direct routes through the garden or circular routes that come back to the same starting point will help those who are easily disoriented and those with limited vision. For people with vision impairment, build in textural and visual contrasts using color or varying material textures as cues.

Having the right tools makes gardening easier and safer. Save steps by keeping a few hand tools in various locations in your garden. In addition, installing levers on gate latches, doors, and water faucets provides easier access.

"Vertical gardening" is especially helpful for gardeners with impaired balance or coordination or who use

a cane, walker, wheelchair, or scooter. The clearly defined gardening spaces are helpful for gardeners with limited vision and for those who have a problem bending.

"Container gardening" is an easy way to enjoy an instant garden, and it brings plants and gardening spaces within safe, comfortable reach. Fill large containers and raised beds with easy-to-work soil.

Large raised beds make gardening easier, too. You can garden even when your balance isn't good, you have limited mobility, or you use a wheelchair or scooter. The advantages of raised-bed gardening are realized when planting high-maintenance plants such as annual flowers, vegetables, and herbs. Raised beds also provide a larger growing area that is comfortably situated for the gardener.

For more information, contact the Chicago Botanic Garden: Write 1000 Lake Cook Road, Glencoe, IL 60022; call 847-835-0790 (847-835-8250 TDD); or visit www.chicagobotanic.org. You may also want to consult with your local Extension agent.

- Loma Davies Silcott, a former Kansas, is a free-lance writer living in Rapid City, S.D.

Friday Night Alive!

July 18, 7:00-9:00 p.m.

Bishop Seabury Academy, 4120 Clinton Parkway, Lawrence

During the summer months, we will be holding our Friday Night Alive Services. These services will be held on the third Friday night of the month, starting in May through August at 7:00 p.m.



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Wednesday Bible Class at Easy Living Clubhouse 6:30 p.m. 33rd & Iowa behind JC Penny's.

For more information about the Foursquare Church, call Pastor Eplee at 785-865-1549 or 785-979-0041, or visit www.faithfoursquare.com.

Social Security, rollovers and encore careers

QUESTION: I have eight more years to work until my retirement age (66). I plan on working as long as possible. What I want to know is, will I be able to still work full-time while collecting Social Security, or will I only be able to work so many hours? Although I still have a while until retirement, I'm trying to gather



Mark
Miller

as much information as I can now. - F.V., Norristown, Pennsylvania.

ANSWER: You can work while you receive Social Security retirement (or survivors) benefits. While you're working, your earnings will reduce your benefit amount only until you reach your full retirement age. Social Security (SSA) uses a formula to determine how much your benefit must be reduced.

If you're under full retirement age for the entire year, SSA deducts \$1 from your benefit payments for every \$2 you earn above the annual limit. For 2008, that limit is \$13,560. In the year you reach full retirement age, SSA deducts \$1 in benefits for every \$3 you earn above a different limit, but only counts earnings before the month you reach your full retirement age. For 2008, that limit is \$36,120 for the months before full retirement age. More information is available on this page at the Social Security Administration Web site: <http://www.socialsecurity.gov/retire2/index.htm>

QUESTION: My family just experienced the deaths of both parents within a 20-day period. In addition to other assets willed to the heirs, there exist IRAs worth a little over \$40,000. Our parents had made one brother the beneficiary to provide easy access to these IRA funds if needed. It was intended that upon their deaths, the funds remaining would be divided four ways. As it turned out, there was no need to access the money prior to their deaths, and there's no conflict over intent; the named beneficiary agrees to the division of funds.

Is there a way these IRAs can be rolled over into individual children/heir accounts, one for each heir, and allow them to accrue and grow, making withdrawals at a later time, as dictated by the age and retirement

schedule of each heir? - M.D.F., Denton, Texas.

ANSWER: Your problem sounded pretty complicated, so I turned to Jeff Maas and Briggs Matsko, of Lincoln Financial Advisors Corp., Sacramento, Calif., for advice. Briggs is a nationally-recognized retirement income distribution specialist. Their response:

Since there's only one named beneficiary, the IRAs cannot be split four ways, with the exception of the option below.

Your brother can take the required minimum distribution, or RMD, from the IRAs, as required by the IRS, over his life expectancy, which would accomplish your goal of deferring liquidation and taxation. He would divide the year-end value of the accounts by his age in the life expectancy table (following IRS rules) and take a distribution each year. He could then take the after-tax amount, split this money four ways and gift the three siblings the correct amounts. The other option would be for your brother to disclaim the IRAs, which would send them through the probate process or direct the account as stated in a pour-over will. An estate planning professional should be contacted about these options.

QUESTION: I just read your column about Civic Ventures and encore careers. Since my own "retirement," I've had eight part-time jobs, all chosen because I read something in the paper and thought the job might be fun, I could learn something and make a few dollars besides. I've been a security guard, real estate photographer, marketing data collector, shoe salesperson, and best of all, tasting room host at two small California wineries.

Most recently, I've been an instructor and District Coordinator for the AARP Driver Safety Program, the nation's first and largest refresher program for drivers over age 50.

I tell you all this not to brag, but to demonstrate that being active is the key to a mentally and physically healthy life after one moves from the daily working life to the life of opportunity.

I've been saying for years that the term "retirement" should be removed from our vocabulary as it relates to the world of work. To me, "retirement" only meant that because I was fortunate to work for 30 years in a setting that provided excellent benefits for the remaining years of my life, I could now explore new opportunities. Others are not so fortunate financially, but I don't

think that matters as much as finding fun and rewarding things to do, new worlds to explore, new challenges for the mind, new opportunities, and having a willingness to try new things just because they look interesting. - G.B.L., Spring Hill, FL.

ANSWER: Along with the benefits you mention, there's abundant evidence that staying active keeps the brain active and leads to greater lon-

gevity. Keep it up!

(For millions of Baby Boomers, retirement is an opportunity for reinvention, rather than taking it easy. Mark Miller is helping write the play-book for the new career and personal pursuits of a generation. Mark blogs at www.retirementrevised.com; contact him with questions and comments at mark@retirementrevised.com)

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Persistent rash?

By **Rebecca Campen, M.D., J.D.**
Tribune Media Services

QUESTION: I've been suffering from a skin rash for about 10 years. A large patch of my skin constantly itches, and the skin is thick and feels like leather. I've gone through almost every ointment on the market, and none works. I went to a new doctor and he said that my rash was neurodermatitis, and the best treatment would be an antidepressant to stop the scratching. Have you ever heard of using a mood-altering medication to treat a skin rash?

ANSWER: Neurodermatitis, or lichen simplex chronicus, is a chronic skin condition characterized by intense itching. Scratching the itch irritates nerve endings in the skin, resulting in more itching and more scratching. An "itch-scratch-itch cycle" sets in, and it is tough to break.

Anything that causes itching can start this cycle—an insect bite, an itchy scar, or a reaction to a skin product. Stress or habit can also start the cycle—unconsciously scratching your leg while studying, scratching your arm when you're nervous, or scratching as a chronic habit. But whatever the precipitating cause, continued scratching results in itchy, thickened, discolored skin.

Neurodermatitis is frequently seen on the arms or legs, but can occur on any area that can be reached. Once the skin is irritated and thickened, itching is intense. Scratching feels good and is hard to resist. It is usually worse at bedtime, when there are few distractions. The constant itching can result in anxiety, and scratching can result in skin erosion and infection.

To treat neurodermatitis, it is necessary to break the itch-scratch-itch cycle. Here are some tips:

- Use a mild, unscented soap for bathing.
- Avoid any perfumed products.

- Try soothing lotions and ice packs to relieve itching.

If itching persists, your doctor may want to evaluate you for underlying factors or conditions that may be contributing to the itching. Sometimes a skin biopsy is needed to confirm the condition. Also, allergy testing may be recommended.

Topical steroid creams and ointments prescribed by your physician can reduce itching and redness. But these alone will not be sufficient if scratching continues. Oral medications that can be helpful include:

- Antihistamines
- Certain low-dose antidepressant medications, such as doxepin
- A sedative to assist sleeping
- A mild tranquilizer to reduce anxiety associated with itching

Constant scratching can allow bacteria or other germs to get into the skin, causing a skin infection. If this occurs, your doctor will prescribe a topical or oral antibiotic.

Neurodermatitis is not a simple skin condition. It may have started with an itch, but scratching becomes a necessity, and causes stress and anxiety. Because of these associated factors, medications with anti-anxiety, anti-depressant, and mood-altering qualities may be very helpful in relieving itching and in breaking the itch-scratch-itch cycle.

(Rebecca Campen, M.D., J.D., is an assistant professor of dermatology at Harvard Medical School and a senior advisor to the Harvard/Massachusetts General Hospital Cutaneous Biology Research Center (CBRC). Dr. Campen divides her time between clinical practice of dermatology at the Massachusetts General Hospital and private practice in Savannah, GA.)

(For additional consumer health information, please visit www.health.harvard.edu.)

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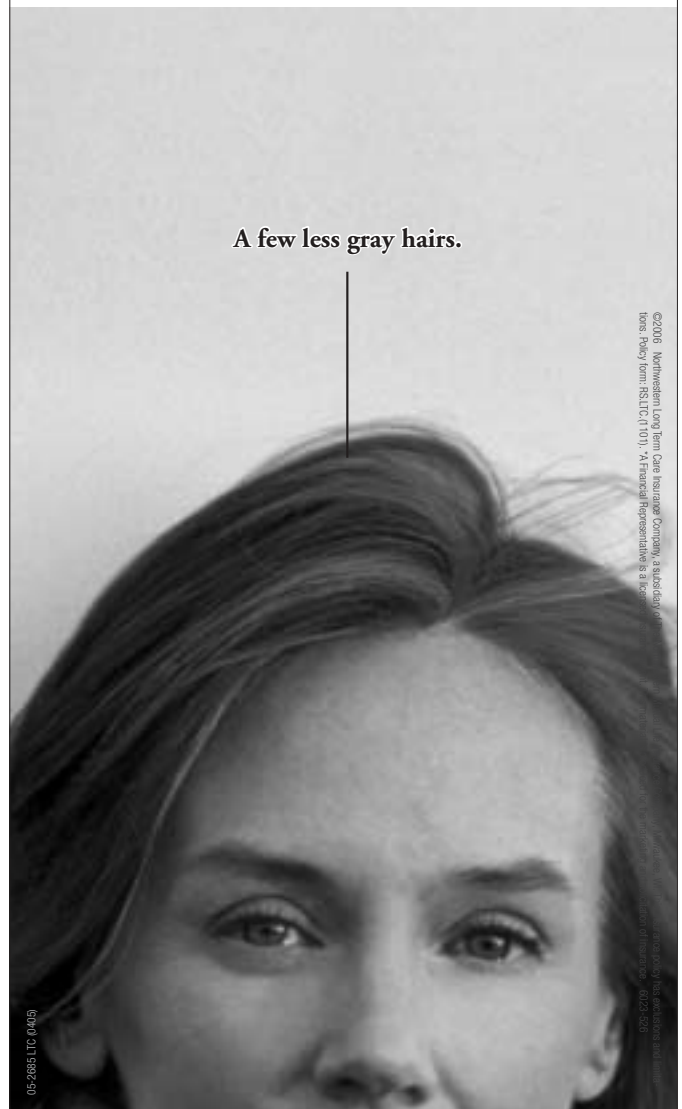
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Editor's Note: While every attempt has been made to ensure the accuracy of the events listed below, some changes may occur without notice. Please confirm any event you plan to attend.

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

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Annual Summer Wednesday evening band concert. Pack up the family and bring your lawn chairs or blankets! Join the Lawrence City Band for a free concert in South Park. LAWRENCE, (785) 832-7930

JUN 6-JUL 25

SUMMERTIME JAZZ SERIES

Spend your Friday nights listening to jazz at the vineyard. Holy-Field Vineyard & Winery hosts their annual Summertime Jazz Series. David Basse of City Light Entertainment has arranged another fantastic lineup of talented local Jazz musicians again this year so come early and stay late! Most people would agree that nothing goes better with Jazz than good barbecue and Cooks BBQ out of Lawrence keeps everyone satisfied with their mouth watering menu! Holy-Field Vineyard & Winery.

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JUN 27-JUL 6

THE SOMEWHAT TRUE TALES OF ROBIN HOOD

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JUL 11-AUG 9

THE SECRET GARDEN

This enchanting classic of children's literature is now a brilliant musical. Orphaned in India, an 11-year-old girl returns to Yorkshire to live with an embittered, reclusive uncle and his invalid son. The estate includes a magic locked garden. Flashbacks, dream sequences, a straining chorus of ghosts and some of the most beautiful music ever written. Topeka Civic Theatre.

TOPEKA, (785) 357-5211

<http://www.topekacivictheatre.com>

JUL 18-27

WILLY WONKA

This musical centers around Charlie, a poor boy who works hard helping his family make ends meet. His luck changes for the better when he unwraps a golden ticket from a chocolate bar, ensuring him a tour of a magical chocolate factory given by its reclusive owner Willy Wonka. Gage Park - Helen Hocker Center for the Performing Arts.

TOPEKA, (785) 368-0191

<http://www.topeka.org/parksrec/hocker.shtml>

JUL 19

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 11, 18, & 25

LAWRENCE BROWN BAG LECTURE SERIES

Vital information for healthcare consumers and providers. Sponsored by Midland Care in collaboration with and hosted by the Lawrence Public Library. July 11: Caring for the Caregiver, presented by Julie Mettenburg, owner and director, Home Helpers. July 18: Telling the Stories of Healing, presented by Karen Roberts, ARNP, author, artist and nurse practitioner, The Internal Medicine Group. July 25: Doc Talk, presented by Lisa Mitchell, RN, Sand Castles, Inc. The series is free and open to the public. Feel free to bring a brown-bag lunch. Drinks and dessert will be provided. Please call Midland Care for more information. LAWRENCE, (785) 842-3627

JUL 15

PRE-DIABETES CLASS

This free class is for those at risk for developing diabetes or who have already been told that they have pre-diabetes. Topics include preventing or delaying Type 2 diabetes, diet, exercise, weight loss, medications, and avoiding potential complications. Please call to enroll. Lawrence Memorial Hospital, Meeting Room A, 12:00-1:30 p.m. LAWRENCE, (785) 749-5800

JUL 15

THE SECRETS OF SUCCESSFUL AGING

Jerry Old, M.D., clinical assistant professor, Department of Family Medicine, Division of Geriatrics and Palliative Care, University of Kansas School of Medicine will present, "The Secrets of Successful Aging," from 9:15 to 10:00 a.m. at the Pozez Education Center, 1505 SW 8th. Coffee and rolls, 10:00 to 11:00 a.m. Open to the public. No charge, but reservations are required. This event is sponsored by McCrite's and Hospice Care of Kansas. TOPEKA, (785) 354-6787

EXHIBITS/SHOWS

APR 5-OCT 26

ALL ABOARRR!!! A CENTURY OF RAILROADING IN JACKSON COUNTY

See model trains and fashions from 1860 to 1960! Discover and learn about railroading

■ CONTINUED ON PAGE 17

An Assisted Living
& Memory Care Residence

the
Windsor
OF LAWRENCE

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

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

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

*Respecting Values, Protecting Dignity,
Supporting Independence.*

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in Jackson County, Kansas. Model trains and fashions on display! Roebke House Museum. HOLTON, (785) 364-4991
http://www.holtonks.net/jchs

APR 26-JUL 15

2008 WASHBURN ART STUDENTS EXHIBITION

Exhibition featuring artwork by Washburn University art students. Mulvane Art Museum. TOPEKA, (785) 670-1124
PAOLA, (913) 294-4940
http://www.miamicountykansashistory.org

JUN 10-AUG 31

CUSTOM COWBOY BOOTS

Kansas played a major role in the "wild, wild West," the place where lawmen such as Wild Bill Hickok and Buffalo Bill Cody battled outlaws such as Jesse James. This exhibit focuses on contemporary custom bootmakers in Kansas who are working within a long-standing tradition. The Great Overland Station, 701 N. Kansas Avenue. TOPEKA, (785) 232-5533

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 19

HEARTLAND ANTIQUE CAR SHOW

Annual antique car show. Visitors view an amazing group of beautiful, well maintained antique cars. Great evening! Great fun. PAOLA, (913) 557-2449
http://www.paolachamber.org

JUL 25-27

MULVANE WOMEN'S BOARD ANTIQUE SHOW & SALE

More than 30 dealers from seven states will have everything from furniture to fine glass, prints and pictures to vintage silver and clothing. Petro Allied Health Center - Washburn Campus. TOPEKA, (785) 272-5850

FARMERS' MARKETS

APR 12-NOV 22

DOWNTOWN TOPEKA FARMERS' MARKET

Variety of fruits, vegetables, flowers, meats and crafts. 10th and Topeka Blvd, State Parking Lot. TOPEKA, (785) 286-3515

APR 12-NOV 8

DOWNTOWN LAWRENCE FARMERS' MARKET

The market offers fresh fruits, vegetables, baked goods, flowers and herbs, along with musical entertainment. Tuesdays and Thursdays, 1020 Vermont, 4:00-6:00 p.m. Saturdays, 824 New Hampshire, 7:00-11:00 a.m. LAWRENCE, (785) 331-4445

MAY 3-OCT 29

ATCHISON FARMERS' MARKET

Community farmer's market Wednesdays afternoons and mornings on Saturdays. Demonstrations are often conducted on Saturdays. 500 Main St. ATCHISON, (913) 367-0050

FESTIVALS/FAIRS

JUL 10-12

SALUTE! A FESTIVAL OF WINE & FOOD

A three-day benefit that offers something for wine lovers of all levels and tastes. Every year, more than 600 people travel from near and far to attend this celebrated event. The fun begins on Thursday evening with the Mass Street Mosey. At the mosey, attendees can stroll through designated downtown businesses, sipping wine and sampling delicious foods. On Friday, the festival continues with a gourmet Winemaker Dinner and concludes Saturday with the highlight of the weekend-The Grand Tasting. More than 200 wines will be on hand, as well as gourmet treats from some of the

best restaurants and caterers in town.

LAWRENCE, (785) 842-0550

http://www.cwood.org

JUL 5

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!

HOLTON, (785) 364-3963

http://www.holtonks.net/chamber

JUL 5

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 2008 lineup will be the best yet, featuring many of the top jazz musicians.

MANHATTAN, (785) 532-7326

http://www.ksu.edu/upc

JUL 11

FIESTA MEXICANA PARADE

Fiesta Mexicana Parade and street party before and after the parade.

TOPEKA, (785) 232-5088

JUL 11 & 12

POMONA DAYS

Pomona Days celebrates with a car show, BINGO, carnival, 5K Run, Horseshoe Tournament and much more!

POMONA, (785) 566-3386

http://www.visitottawakansas.com

JUL 14-19

75TH ANNUAL FIESTA MEXICANA

Festival features authentic Mexican foods, crafts, the entertainment of Ballet Folklorico 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 15-18

BROWN COUNTY FAIR & PARADE

87th annual Brown County Fair Parade, 4-H exhibits, style review, livestock judging, carnival rides and entertainment!

HORTON, (785) 486-3721

http://www.hortonkansas.net

JUL 17-20

FRANKLIN COUNTY FAIR & RODEO

Come for the URA rodeo, exhibits, demolition derby, 4-H displays, carnival and livestock auction.

OTTAWA, (785) 255-4554

http://www.visitottawakansas.com

JUL 17 & 18

AMELIA EARHART FESTIVAL

12th 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.atchisonkansas.net

JUL 24-27

2008 SHAWNEE COUNTY FAIR

Come join us at the Shawnee County Fair. 4-H projects, horse shows, carnival rides, food vendors and much more. Kansas Expocentre.

TOPEKA, (785) 297-1000

http://www.ksexpo.com

JUL 27-AUG 3

DOUGLAS COUNTY FREE FAIR 2008

Live music, carnival, 4-H exhibits, demolition derby, antique tractor pull and a variety of races and contests.

LAWRENCE, (785) 843-7058



HARBOR HOUSE
Memory Care Residence

"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

www.seniormonthly.net

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JUL 28-AUG 1 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

AUG 2-9

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. Grand-stand 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

AUG 4-9

JOHNSON COUNTY FAIR

Let your imagination run wild and create scarecrows that resemble famous personalities, celebrities, TV or story book characters, sports figures, famous couples, even cowboys or cowgirls. The year's parade theme is "Westward Bound-Then & Now," so why not create scarecrows that represent early Johnson County Pioneers! This just might be the year that the scarecrows are everywhere on the fair grounds!
GARDNER, (913) 856-8860
<http://www.jocokansasfair.com>

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 Healthwise 55 office at 2252 S.W. 10th Ave., at the northeast corner of S.W. 10th and MacVicar, from 10:00 a.m.-1:00 p.m. No appointment necessary.
TOPEKA, (785) 354-6787

TUESDAYS AND THURSDAYS

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

WEDNESDAYS

HEALTH SCREENING CLINIC

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

FIRST AND THIRD FRIDAYS OF EACH MONTH HEALTH CHECKS

Blood pressure checks, glucose checks, skin checks, and education on nutrition and weight loss strategies BY Washburn University School of Nursing Mobile Health Unit. YWCA of Topeka, 225 SW 12th St., south entrance of the building, 9:00 a.m.-1:00 p.m.
TOPEKA, (785) 233-1750, EXT. 252

SECOND THURSDAY OF EACH MONTH BLOOD PRESSURE AND HEALTH INFORMATION

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

THIRD TUESDAY OF EACH MONTH HEALTH SCREENING CLINIC

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

THIRD THURSDAY OF EACH MONTH 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, 2252 S.W. 10th Ave.
TOPEKA, (785) 354-6787

FOURTH THURSDAY OF EACH MONTH NUTRITION CLINIC

1:30-2:30 p.m. Call for an appointment. Healthwise 55 Resource Center, 2252 S.W. 10th Ave.
TOPEKA, (785) 354-6787

JUL 2 CHOLESTEROL SCREENINGS

These screening events offer a total only cholesterol by fingerstick. No appointment or fasting necessary; just drop in. Please note there may be a wait involved. We are sorry but at this time we are not offering a full lipid panel test option. \$5/test. Lawrence Memorial Hospital, Atrium, 8:30-10:30 a.m.
LAWRENCE, (785) 749-5800

JUL 8

BONE DENSITY SCREENING

Advanced appointment required. Appointment takes about 20 minutes and includes education about osteoporosis prevention as well as the screening. Individual appointment times must be selected. Note: this is NOT the same as a DEXA scan which is ordered by a physician and is done through Radiology. Lawrence Memorial Hospital, Meeting Room D, 5:00-7:00 p.m.
LAWRENCE, (785) 749-5800

JUL 10

BONE DENSITY SCREENING

See July 8 description. Lawrence Memorial Hospital, Meeting Room D, 9:00-11:00 a.m.
LAWRENCE, (785) 749-5800

AUG 6

CHOLESTEROL SCREENINGS

See June 4 description. Lawrence Memorial Hospital, Atrium, 8:30-10:30 a.m.
LAWRENCE, (785) 749-5800

JUL 23

BONE DENSITY SCREENING

See July 8 description. Lawrence Memorial Hospital, Meeting Room D, 1:00-3:00 p.m.
LAWRENCE, (785) 749-5800

JUL 2

CHOLESTEROL SCREENINGS

See June 4 description. Lawrence Memorial Hospital, Atrium, 8:30-10:30 a.m.
LAWRENCE, (785) 749-5800

JUL 2

BONE DENSITY SCREENING

See July 8 description. Lawrence Memorial Hospital, Meeting Room D, 3:00-5:00 p.m.
LAWRENCE, (785) 749-5800

HISTORY/HERITAGE

JUL 5

LIFE ON THE FRONTIER

1840s military era brought to life. Weapons demonstrations and living history programs.
FORT SCOTT, (620) 223-0310
<http://www.nps.gov/fosc>

JUL 5-27

RUSSIAN HERITAGE MONTH

Displays of various costumes, artwork on black lacquered wood, nesting dolls and other Russian favorites. Tea room. Open Saturdays and Sundays. Strawberry Hill Museum & Cultural Center.
KANSAS CITY, (913) 371-3264
<http://www.strawberryhillmuseum.org>

JUL 6 & 7

HIGHLIGHTS IN HISTORY

Visitors have the opportunity to learn more about the role of Dragoons and Infantry in policing in the permanent Indian frontier and in our nation's westward expansion. They can explore the time known as "Bleeding Kansas" and the events and impacts of the Civil War that followed.
FORT SCOTT, (620) 223-0310
<http://www.nps.gov/fosc>

JUL 26

NATIONAL DAY OF THE AMERICAN COWBOY

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

JULY 4 EVENTS

JUL 4

4TH OF JULY CELEBRATION AT FORT LEAVENWORTH

Events start at 4:00 p.m. with concessions, games, concert, "Salute to the Union" at 8:00 p.m. and fireworks at dusk over Merritt Lake. In case of rain, fireworks at dusk on the 5th of July. Merritt Lake.
FORT LEAVENWORTH, (913) 684-1724

JUL 4

4TH OF JULY PARADE

136th annual. Line the sidewalks of Lincoln Avenue to view the parade. View one of the largest and longest running Independence Day parades in Kansas and stick around for the fireworks in the evening.
WAMEGO, (785) 456-7849
<http://www.visitwamego.com>

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 4

INDEPENDENCE DAY AT FOREST PARK

See Independence Day Fireworks at Forest Park.
OTTAWA, (785) 242-3901

JUL 4

JULY 4TH CELEBRATION

Evening disc jockey with fireworks at dark. Jones Park.
OVERBROOK, (785) 665-7653
<http://www.overbrookks.com>

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. Lake Shawnee.
TOPEKA, (785) 267-1156

JUL 4

ST. MARYS 4TH OF JULY FAMILY CELEBRATION

Fireworks extravaganza with entertainment, food and drinks and KSU Parachute Club. Riverside Park.
ST. MARYS, (785) 437-2077
<http://www.saintmarys.com>

MEETINGS

FIRST AND THIRD MONDAY OF EACH MONTH

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

FIRST AND THIRD MONDAY OF EACH MONTH

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

FIRST AND THIRD MONDAY OF EACH MONTH

CAREGIVER SUPPORT GROUP
Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders. Please join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services, Inc. Douglas County Senior Services, Inc., 745 Vermont St., 2:15-3:45 p.m.
LAWRENCE, (785) 842-0543

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

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

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 AND THIRD TUESDAY OF EACH MONTH

HEALING AFTER LOSS BY SUICIDE (HEALS)

For those who have lost a loved one by suicide. Fellow survivors offer an atmosphere of understanding and emotional support by encouraging families and individuals to share healthy ways of coping and grieving. Contact Steve Newcomer at for more information. Pozze Education Center, 1505 SW 8th St.
TOPEKA, (785) 478-4947 or (785) 296-8349

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

FIRST WEDNESDAY OF EACH MONTH GRIEF SUPPORT GROUP

Douglas County Visiting Nurses, Rehabilitation, and Hospice Care and Alterra (formerly Windsor of Lawrence) hold a grief support group open to all on the first Wednesday of each month from 2:00-3:00 p.m. at Alterra at 3220 Peterson Road. For any questions, call Steve Satterfield, Hospice Chaplain.
LAWRENCE, 785-843-3738

FIRST WEDNESDAY OF EACH MONTH BEREAVEMENT SUPPORT GROUP

Sponsored by Douglas County Visiting Nurses and Hospice and led by Chaplain Steve Satterfield. Meetings are held at the Windsor

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Assisted Living Center from 2:00-3:00 p.m. The public is welcome to join members at all meetings. The topic for the October 3 meeting is "Preparing for the Holidays." The topic for the November 7 meeting is "Remembering Our Veterans." For more information, call Sarah.

LAWRENCE, (785) 841-3738

**WEDNESDAYS AND SUNDAYS
OLDSTERS UNITED FOR RESPONSIBLE SERVICE (O.U.R.S.)**

Members of O.U.R.S. have met to dance since 1984. The group meets to dance from 2:30-4:30 p.m. on Wednesdays, and from 6:00-9:00 p.m. on Sundays at the Eagles Lodge.

LAWRENCE

**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.

**FIRST FRIDAY OF EACH MONTH
STROKE SUPPORT AND RECOVERY GROUP**

Providing an opportunity for learning and sharing experience. Shawnee County Health Agency Main Auditorium, 1615 SW 8th St. 1:00 p.m. For information, call Jan Dietrich in the Adult Field Services Office. TOPEKA, (785) 291-2490

**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 (NARVE)**

Meets at 9:30 a.m. at Coyote Canyon Buffet. TOPEKA, <http://www.narve.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 ones 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 TUESDAY OF EACH MONTH
CAREGIVER SUPPORT GROUP**

Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders. Please join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services, Inc. Douglas County Senior Services, Inc., 745 Vermont St., 6:30-8:00 p.m. LAWRENCE, (785) 842-0543

**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**

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 AND CAREGIVER SUPPORT GROUP**

Strengthening family relationships and improving positive parenting skills. Meets from 6:30-8:00 p.m. at St. Francis Hospital, 2nd floor meeting rooms. Child care available with 48 hours notice. TOPEKA, (785) 286-2329 or (785) 231-0763

**THIRD WEDNESDAY OF EACH MONTH
RETIRED GOVERNMENT EMPLOYEES**

The Lawrence chapter of the National Active and Retired Federal Employees (NARFE) meets the third Friday of each month at Conroy's Pub, located at 3115 W 6th in Lawrence. Lunch begins at noon and is followed by a program and business meeting. NARFE's mission is to defend and gain benefits that retired career government employees earned. Employees from all branches of government are welcome and encouraged to attend. For more information, please call John or Linda Surritte. LAWRENCE, (785) 856-0558

**THIRD THURSDAY OF EACH MONTH
WIDOW'S 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

**THIRD THURSDAY OF EACH MONTH
CAREGIVER SUPPORT GROUP**

Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders. Please join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services, Inc. Baldwin City Public Library, 800 7th St., 2:00-3:30 p.m. BALDWIN CITY, (785) 842-0543

**THIRD SATURDAY OF EACH MONTH
TOPEKA WIDOWED PERSONS BRUNCH**

For all widowed people. Meets at the First United Methodist Church, 6th and Topeka Blvd. in the red brick building, known as the Sweet Building on the Southwest corner of the campus. Please bring a covered dish to share. Beverages and table service provided. For more information about the Widowed Persons Service Program, please call Julie. TOPEKA, (785) 357-7290

**FOURTH TUESDAY OF EACH MONTH
LAWRENCE PARKINSON'S SUPPORT GROUP**

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

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

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

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

Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders. Please join us in one of our Caregiver Support

Groups. Sponsored by Douglas County Senior Services, Inc. Eudora Community Center, 1630 Elm, 1:00-2:30 p.m. LAWRENCE, (785) 842-0543

**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>

MISCELLANEOUS

**JUL 11-27
SUNFLOWER STATE GAMES**

The Sunflower State Games is a statewide amateur sports festival held annually at more than 30 venues around town. TOPEKA, (785) 235-2295 <http://www.sunflowergames.com>

**JUL 17
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Come early and shop the bargains galore as merchants slash prices on their inventory. LAWRENCE, (785) 842-3883

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Reviews of Mayhem in the Midlands offerings

By Margaret Baker

Every year the Omaha and Lincoln Libraries up in Nebraska sponsor Mayhem in the Midlands, a convention for readers, writers, agents, publishers, etc., of mysteries. Registration is limited to 200, so all panels have a cozy feeling to them. And the writers! Donna Andrews, Alex Kava, Jeff Abbott, Charlene Harris, Jan Burke, Marilyn Meredith were there this year. In previous years I've shared meals with the likes of Nancy Pickard, Dennis Lehane, Jeremiah Healy, Wm. Kent Krueger, and Laura Lippman! This month I'm reviewing books I learned about at Mayhem, either from the authors themselves or from my fellow attendees.

Michael Dymmoch: *Death in West Wheeling* (Five Star Thompson/Gale, ISBN 978-1-59414458-)

Get out the ham hocks and cornpone. Dymmoch writes a change of pace from her usual with a tale of a very rural (Appalachian?) community.

Ajax "Homer" Deters tells the tale in his Southern Appalachian dialogue. He's basically Boone's police department until the sheriff recovers from a severe stroke, and he's not above acting the country hick outsiders assume he is.

A fundamentalist church has a boarding school for disadvantaged youth, and one of their teachers has disappeared. There's a lot of that going on—in short order the P.I. looking for him, a pregnant teenager, and an ATF agent are missing, there's a circus tiger everyone wishes was missing, and a 23-car pileup.

Humor masks a very tight plot—devilishly fast paced.

Deborah Crombie: *Where Memories Lie* (Wm. Morrow, ISBN 978-0-06-12851-0)

Another Duncan Kincaid and Gemma James case in this long-running and fascinating British mystery (you won't believe the author is a Texan!). Their continuing romance is heating up.

Gemma's elderly neighbor Erika is a German Jew who immigrated to London just in time. She shows Gemma an art auction catalogue. The brooch pictured is the one her father, an extremely gifted artist, had

given her. She lost it during her escape.

People associated with the brooch start dying, and Gemma and Duncan need to discover the connecting thread to find the killer.

Crombie's highly nuanced characters and taut plotting have made this series one of the best of its kind—enjoy the latest!

F. M. Meredith: *Smell of Death* (Tigress Press, ISBN 978-09793857-5-9)

Remember TV's Barney Miller? Hill Street Blues? The unglamorous, realistic look at police work? Meredith captures that world in this trade paperback.

Each case is told through the eyes of the first officer on the scene (hence the title, although not all cases are homicide), giving a

different voice to each. Meredith's early married life was in a community of police and their families, explaining the air of authenticity permeating this slim volume. Sipping coffee with officers' wives gave her a good look at their lives, at what was the same and what different from her own.

Chester D. Campbell: *Deadly Illusions* (Durban House, ISBN 978-1-930754-65-5)

Greg McKenzie left the Nashville D.A. office after irritating the police in a case involving his wife's kidnapping. With Jill he's started McKenzie Investigations and is starting to get customers, starting with a restaurant chain with a cash flow problem. While discussing possible approaches over a lunch in the Opryworld elegant restaurant, the chairman of the Federal Reserve Board, in town for a speech, is assassinated.

A second case involves Molly Saint, who wants her husband investigated—no, not for possible philandering. It's just that she doesn't think she really knows him, and he is becoming violent. Background checks are easier in this day and age, especially with computer skills and friends in the right places. But the answers don't add up, and soon Molly can't be found.

The plot is plausible and taut. Campbell's real strength lies in his ability to show a married couple still in love after three decades—not gooey, goofy, but solid. Characters you'd love to have conversations

with, to have on your side in trouble.

Honora Finkelstein and Susan Smiley: *The Lawyer Who Died Trying* (Hilliard & Harris, ISBN 1-59133-191-9)

Adjunct English professor Ariel's dissertation was on the occult in Yeats, and she's been hired to provide expert testimony concerning the Kali worship, an ancient Eastern religion. Jessamine Steele's ex is a practitioner, and he is trying to get sole custody of their son. His form of Kali worship is a distorted one.

Jessamine has several very close friends from college days, known as the Loo Loo Girls, and the plot revolves around Ariel's meetings with these friends. That she's a psychic adds a dollop of the supernatural.

So begins a merry trip through the world of tarot cards, historical secret societies, black magic, the occasional ghost. Plus an investment scam to confuse issues.

You have to admire an author whose name really IS Honora Finkelstein and who doesn't use a pseudonym! The pair of friends' first mystery, *The Chef Who Died Sautéing*, was short-listed for the prestigious Agatha award for best first mystery.

Evelyn David: *Murder Off the Books* (Echelon Press, ISBN 978-1-59080-522-0)

Mac Sullivan retired from the D.C. Attorney General's office to set up his own investigation firm. His client is the insurance company covering Concordia College, whose accounts are missing half a million. Also missing is the head of the Comptroller's office and his assistant comptroller. The comptroller's body turned up on campus. Mac and his assistant are watching the house of Rachel Brenner, sister of Dan Thayer, the assistant comptroller, in hopes he can find Thayer and the money.

Except of course it isn't as simple as that. Mac's "assistant" is an highly communicative Irish Wolfhound with a fondness for fast food. There's a student who takes over Mac's threadbare office with organizing competence that makes Mar-

tha Stewart look mediocre. Twists and turns galore!

Toni McGree Causey: *Bobbie Faye's Very, Very, Very, Very Bad Day* (St. Martin's Griffin, ISBN 978-0-312-35448-0)

Bobbie Faye Sumrall is not having a good day, starting with the washing machine creating a flood at 4:00 a.m. on the day the social worker is coming to see if she is providing an adequate home for her five-year-old niece. It's also the day of the annual Contraband Days Festival in which she'll be the queen and wear the rather ratty iron crown—if she's not incarcerated.

The water rises, the floor collapses, her randy brother is kidnapped, the FBI is there, too. As Bobbie Faye puts it, a day without disaster would be a day in someone else's life.

Hilariously fast and furious! Language inappropriate for Sunday School teachers, though—and probably that Social Service lady.

Alison Weir: *The Lady Elizabeth* (Random House Audio Books, ISBN 978-0-7393-6850-3)

To keep this column on topic, it's a long drive up to Omaha. This audio book, a fictionalized biography read by Rosalyn Landon on 16 cds, was just right for the trip.

Elizabeth was three when she became The Lady Elizabeth instead of



Princess Elizabeth; she lost a title and her mother lost her head. Weir follows Elizabeth from the time of her birth through her mother's beheading, all her stepmothers, her half-brother

Edward's brief reign, half-sister Mary's reign (when Elizabeth nearly met her mother's fate) to the time she ascends the throne. Weir invents conversations to cover times when the official record gives sparse details. In the process she provides a possible reason for Elizabeth's reluctance to marry.

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

SLAPSTIX

"All men make mistakes, but married men find out about them sooner."

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The minute that is lost in eternity

The young lad started up the stairs. He was always restless, a dreamer, and quite adventurous. From his early years he was in love with the mystery of life.

The time came when he was given permission to climb the long stairs to



Reverend
Alfonso
Orantes

the tower of the church in his hometown, a little village in Holland. Up the stairs he climbed, step by step. Darkness filled the staircase, but the spirit of adventure nudged him on. The thought of seeing things from up high produced a huge knot in his throat. At last he reached the top where the sun was shining brightly in the tower. Then, all of a sudden,

the great wheels of the tower clock began to move. The needle lurched forward, and a remarkable thought went through his young mind, which later would be written in his autobiography, "Another minute was buried in eternity."

That child was Hendrick Van Loon, the great Dutch writer, and author of the masterful works, "A History of Humanity," and "A History of the Bible." The chiming of the clock bells in that church tower and the minute that was lost into eternity made young Hendrick aware of the elusiveness of time.

We all are constantly looking at our watches. The clock is man's most used tool. Without it the active person who conducts his business in this turbulent fast-moving world would be lost.

In reality, however, it's not the clock that enslaves us. It's how we choose to use our time. We all have exactly 24 hours every day. It's what we do with those 24 hours that than

makes the difference between frustration and serenity. How do we use our precious time each day?

King David's advice is: "It is good to praise the LORD and make music to your name, O Most High, to proclaim your love in the morning and your faithfulness at night." (Psalm 92:1,2)

A life of tranquility is ours when

we start and end the day with God. Something miraculous happens. Our daily schedule flows with ease and calm. Let's make God the center of our activities and our time will surely be well spent.

- Reverend Alfonso Orantes is with the Lawrence Faith Foursquare Church. For more information, please call (785) 979-0041,

Volunteers needed to help seniors navigate Medicare

Volunteer counselors are sought to assist seniors to navigate the Medicare system.

Jayhawk Area Agency on Aging, Inc. (JAAA), in cooperation with Senior Health Insurance Counseling for Kansas (SHICK), is currently recruiting volunteers to become trained counselors.

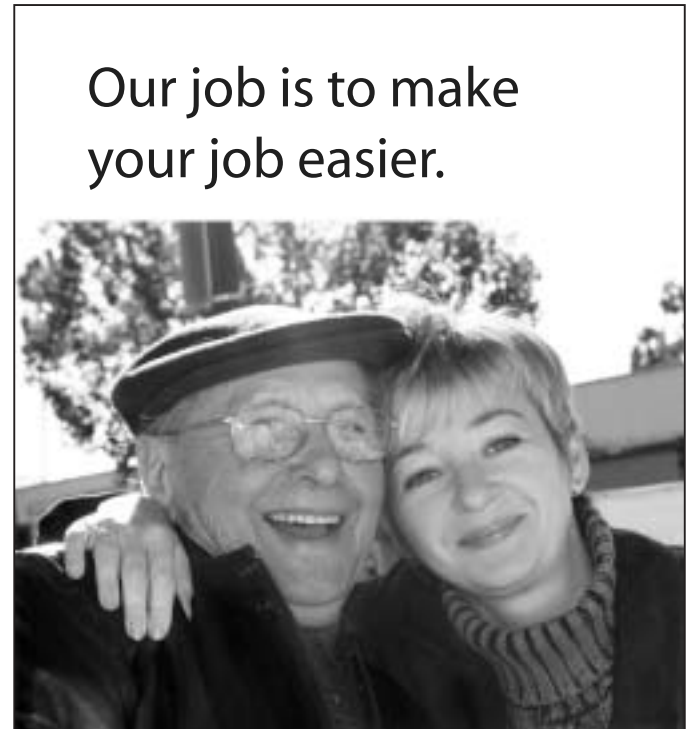
A full, three-day regional training session will be held on August 26, 27 and 28 at the JAAA offices, 2910 SW Topeka Blvd. in Topeka. Volunteers do not have to be seniors.

"This is a great opportunity for

anyone who wants to roll up their sleeves and make a difference in their community," said Janell Collins, SHICK Coordinator for JAAA.

Counselors will complete three days of training in order to confidentially counsel beneficiaries regarding Medicare supplemental insurance, prescription drug insurance, long-term care insurance and more.

To learn more about this volunteer opportunity, please contact Janell Collins at (785) 235-1367, 1-800-798-1366, or jcollins@jhawkaa.org.



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Try behavior modification with aggressive, threatening dog

QUESTION: Our two mixed-breed dogs are brother and sister, both about 15 months old. We adopted them as puppies. At about six months, the male became aggressive, growling and threatening the female after finishing his meal. Any advice? - M.M., Grove, OK

how to not push one another's buttons on their own, and the growling, which is normal dog behavior, will subside," she adds. "If you really feel someone may get hurt, feed (the dogs) in separate crates, or separate rooms."

Meanwhile, try some behavior modification. Have each dog do a 'sit, stay,' one on your left and another on your right. Feed the female first, one or two pieces of kibble at a time, and then the male. Keep going back and forth. Donaldson says the male dog will learn he only gets his food after his sister eats. If he growls, instead of getting food, he gets an immediate time out for five minutes or so in a bathroom. Or maybe you allow one or two growls, but no moving toward the female's dish. Draw the line where you want, but be consistent so the dogs know what to expect. Graduate to feeding them in the same room with the dogs in opposite corners.

One caveat: If the dogs display aggression at other times—aside from disputes over food—call in professional help from a veterinary behaviorist or dog behavior consultant.

they love me back on their terms. I don't believe you can train cats. I know you've written that this is possible but frankly, I don't believe it. - S.T., Bangor, ME

ANSWER: I have some amazing news. Not only can you train cats, you can also herd them. Think about it. You've seen cats in movies and on TV who are trained. So are cats herded through an agility course, once a sport reserved for dogs (participants are judged on speed and efficiency as they race through an obstacle course).

Now, a game show for cats, "The Meow Mix Game Show," will feature talented cats and people who have special bonds with their feline friends. The winner will get \$1 million! The first step is to find contestants. Auditions will be held in eight U.S. cities this summer. The fun begins in Chicago June 14-15, followed by New York tryouts June 21-22. The show is even endorsed by the American Humane Association. Learn more www.meowmix.com.

By the way, I know what I'm talking about. I personally taught my cat, Ricky, to play a toy piano, which he did at benefit concerts. He could

also jump through a Hoola Hoop, sit on command, and even come when called. As for our current cat, Roxy, I come when she calls.

Learn more about Ricky by searching on his name on my Web site, www.stevedalepetworld.com.

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

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Steve Dale

ANSWER: What you describe isn't too different than the argument I had this morning with my sister; we argued but got off the phone knowing we still loved each other. That's how sibling rivalry is. "Sometimes people don't need to intercede; in fact, by us getting involved, the aggression may escalate," says Jean Donaldson, director of the San Francisco SPCA's Academy of Dog Trainers and author of "Oh Behave" (Dogwise Publishing, Wenatchee, WA, 2008; \$19.95).

"Over time, the dogs will learn

QUESTION: I love my cats and

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The Comedian

After Jeremiah Teancrumpets, the British billionaire, acquired Worldwide Megadigital, Inc. in a crushing hostile takeover, he and two dozen of his contemporaries, some of the world's most powerful cutthroats, were invited to a sumptuous dinner party on an island in the Mediterranean. The host called in the world's finest chefs to prepare the meal, and hired the world's hottest entertainers for the after dinner show. He



Larry Day

brought in Midge Michelsen to do the finale.

Any multimillionaire can hire Jay Leno, David Letterman, or Jerry Seinfeld—or all three at the same time—to perform for a private shindig, but only a select group of the super rich and the super connected have ever seen Midge Michelsen—the psychic comedian—perform. In this most rarified of social circles you haven't really arrived until you've been skewered by Midge Michelsen in front of a select group of your peers.

By acquiring Worldwide Megadigital, Inc., Mr. T had been through hell week, so to speak, and had earned his place in the fraternity of knock down drag out world entrepreneurial finance. The party was to be an initiation—a rite of passage.

The host didn't tell Mr. T that Midge Michelsen was going to put him on the hot seat in front of the assembled guests. It seems that mega entrepreneurs haze their incoming plebes just as harshly as college fraternities do.

After an exquisite meal and show, the servants and the entertainers were dismissed and the doors to the ornate dining room were shut and locked. Then the host introduced Midge Michelsen, the psychic comedian. Midge was a gnome-sized man with large ears and a long face. He had begun reading people's thoughts and penetrating their innermost secrets when he was very young.

Nowadays Midge performs exclusively for the super rich, and he knew every secret sin and every dark crime of every person in the room.

Fortunately for the guests, Midge wasn't imaginative, acquisitive, or vindictive; he just liked hanging out

with rich people, and as long as they provided him with a handsome salary, a house, a car and an expense account, he was happy to keep his mouth shut and perform exclusively for them.

Midge's routine involved coming to the brink of revealing damning secrets about members of his audience, then pulling back and delivering an innocuous but hilarious punch line instead.

Mr. T didn't laugh as hard as everyone else, and when Midge invited him, as the guest of honor, to come up on stage, Mr. T swaggered to the platform and stood imperiously beside the diminutive comedian. Mr. T had no use for psychics, funny or not, and he wasn't about to let this bozo put anything over on him.

But instead of asking him a question as Mr. T thought he would, Midge said, "I'm going to make a prediction. Mr. T, I predict that before you leave the stage tonight you will donate one-million dollars to UNISEF. I further predict that you will make that donation in a direct cash transfer by 11 a.m. Greenwich Mean Time tomorrow."

Mr. T's face became instantly livid, and he looked like he was going to explode. Jeremiah Teancrumpets never donated to charities, and he hated UNISEF almost as bad as he had hated the reds during the Cold War.

"Balderdash!" shouted Mr. T, and headed for the stairs.

With a quick movement, Midge Michelsen grabbed Mr. T's arm and swung him round.

"Please excuse us a minute, folks," Midge said into the microphone. Then with surprising strength he pulled Mr. T's head down to his lips and whispered something into the billionaire's ear.

Mr. T's face went from deep red to ashen gray in an instant. Midge released him and the two of them stood looking at each other. The room was deathly quiet.

Then Midge gave a preemptory nod and Mr. T walked to the microphone.

"Please smile," said Midge.
 "Ladies and gentlemen," said Mr. T, wearing the most anguished smile anyone has ever seen. "I wish to announce that tomorrow morning at 10 a.m. Greenwich Mean Time I will contribute one-million dollars in a direct cash transfer to UNISEF."

"That's a good boy," said Midge Michelsen.

The room exploded in laughter



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and applause. *paper reporter and journalism professor.*
 - Larry Day, B.A., M.A., Ph.D., is *He has written humorous fiction—some-*
 a former foreign correspondent, news- *times intentionally—all his life.*

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Paperback book: \$16.99 E-book: \$7.70



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.

Paperback book: \$15.99 E-book: \$7.54



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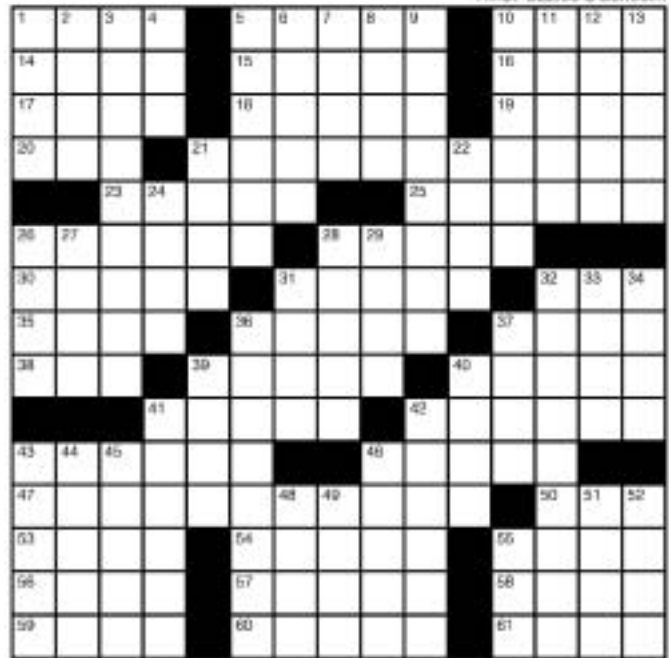
ACROSS

- 1 Myriad
- 5 Supped
- 10 Exploits
- 14 Romanian-born writer Wiesel
- 15 Delete
- 16 Dash
- 17 Epic tale
- 18 Noodles
- 19 Black-and-white cookie
- 20 Residue
- 21 Faux pas?
- 23 In that place
- 25 Horizontal beams
- 26 Way up
- 28 Ink stains
- 30 Vegetable dish
- 31 Hawaiian hi
- 32 Experimental place
- 35 Be adjacent to
- 36 Sing sentimental songs
- 37 Ali's last name
- 38 Tavern by a tube station
- 39 ___ Rouge, LA
- 40 Strength
- 41 Did modeling
- 42 Personal points of view
- 43 Useful qualities
- 46 Violent jerk
- 47 Entrechaf?
- 50 Zany Olsen
- 53 Perjurer
- 54 Osprey's claw
- 55 Gone
- 56 Starter chips

- 57 Three-wheeler
- 58 Hereditary unit
- 59 Dishonorable man
- 60 Sen. Kefauver
- 61 Memorable times

DOWN

- 1 City near Phoenix
- 2 Lamerter's lament
- 3 Endive?
- 4 Affirmative vote
- 5 Take off
- 6 Really angry
- 7 "The Face is Familiar" poet
- 8 Italian art patron
- 9 Last letter?
- 10 Dreamboat
- 11 Reiner and Jung
- 12 Buy a round
- 13 Packs away
- 21 Make an effort to resist
- 22 Scintilla
- 24 Miami team
- 26 Memo acronym
- 27 "The Thief of Baghdad" star
- 28 Dracula's drink
- 29 Daffy bird?
- 31 Johnson of "Laugh-In"
- 32 Coup de grace?
- 33 Help after a heist
- 34 Precludes
- 36 Tape
- 37 Constrictors
- 39 One and the other
- 40 Make arrangements
- 41 Small seabird



By Frances Burton
Summerville, GA

Answers on page 31

- 42 Urchin's defense
- 43 Muezzin's God
- 44 Type of fishing net
- 45 Condition
- 46 ___-on-Trent
- 48 Train units
- 49 Came down to earth

- 51 Cantrell or Turner
- 52 Only thing I have for you?
- 55 Live on

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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. Read the big words first. When letters of all listed words are circled, you'll have the great number of letters left over. They'll spell out your MAGICWORD.

RAINFOREST (sol.: 9 letters)
 A-Anaconda, Animals; B-Benefit, Biodiversity, Biomass, Birds; C-Canopy, Climate; D-Dense, Diversity; E-Engle, Ecology, Emergents, Extinct; F-Ferns, Frog; H-Humid; I-Important, Insects; K-King Cobra; M-Macro, Monkey, Mooses; N-Nature; O-Oxlet; P-Plants; R-Rainfall, Reptiles; S-Species, Survival, Swamp; T-Toucan, Trees, Tropical; U-Understory; V-Value; W-Warm

This Month's Answer: **ECOSYSTEM**

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

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

EBBIR
 NOUCE
 WEFTES
 ENSICC

Answer: _____

THAT SHAMBOLED WORD GAME
 by Peter Arnold and Miss Righter

I got caught & had to jumble.

HOW THE APERTISE LAND-LORE BOUGHT THE NEW PROPERTY.

Now arrange the circled letters to form the jumbled words, as suggested by the above context.

Answers on page 31

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TRIVIALITIES

1. Clint Eastwood has been nominated seven times for an Academy Award. How many times has he won?
2. For which films has Clint Eastwood won Oscars?
3. The 1968 film classic "Chitty Chitty Bang Bang" was adapted from whose book by the same name?
4. Who directed the 1967 film version of "Camelot"?
5. Who starred as Ann Lord in the 2007 film "Evening"?
6. Nicolas Cage starred opposite Julianne Moore in this 2007 sci-fi thriller. Name it.
7. In the 2007 film "I Now Pronounce You Chuck and Larry," which actors portray the title characters?

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 Answers on page 31

BRIDGE

Make your own luck

By Omar Sharif and Tannah Hirsch

North-South vulnerable. North deals.

NORTH

- ♠ A
- ♥ Q 7 6 2
- ♦ A K Q 7
- ♣ A K 7 3

WEST

- ♠ J 10 9 6 3
- ♥ A
- ♦ 9 8 6 4 2
- ♣ 8 4

EAST

- ♠ 7 5 4 2
- ♥ J 10 5
- ♦ 10 3
- ♣ Q 10 6 2

SOUTH

- ♠ K Q 8
- ♥ K 9 8 4 3
- ♦ J 5
- ♣ J 9 5

The bidding:

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

Opening lead: Jack of ♠

You are playing in a top-level team match. Going into the final session, your team is trailing by a fair amount when you are dealt this hand. How would you play six hearts after the lead of the jack of spades?

The auction is simple enough. As soon as South responded one heart, North was slam-bound. The

response to Key-Card Blackwood showed that either the ace or king of trumps was missing, so the auction ended in six hearts.

When dummy appeared, it was easy to see that the slam depended on holding the trump losers to one. There was no problem if hearts were 2-2, but what about a 3-1 break? If the ace was singleton, that could be handled if trumps were started from the right hand.

First South had to decide whether slam was a normal contract. Declarer decided that the opposing team would certainly be in slam. The normal way to play the hand would be to lead a heart from dummy after winning the spade lead with the ace.

In an attempt to create a swing, at trick two declarer came to hand with the jack of diamonds and led a trump. He was delighted when the ace appeared from West, and South could claim the rest of the tricks.

South's reading of the situation was perfect. The other team also reached six hearts and received a spade lead. At trick two declarer led a trump from dummy - down one. The match was a lot closer.

(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.

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

HARD

Solution on page 31

You've Heard Clinton Inc.'s Story.



But do you know what REALLY happened?

In *What Really Happened: The Story of Clinton Inc.'s Efforts to Rewrite Bill Clinton's Record on Iraq and Terrorism*, Kevin Groenhagen takes on, amongst others, the Clintons, Al Gore, Richard Clarke, Joe Wilson and Valerie Plame, Madeleine Albright, George Soros, Media Matters, MoveOn.org, and the liberal media. Groenhagen presents the facts (including nearly 500 footnotes and a companion web site) that outline Bill Clinton's actual record on Iraq and terrorism. That record shows that it was Clinton's policies vis-a-vis Iraq that ultimately led to 9/11 and other "messages with no words." Paperback, 189 pages, index.

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Farm collectibles getting more popular

QUESTION: My stone wheel sharpener is a sit-down model where you pedal to make the wheel rotate. I want to sell it, but have no idea of value. -Austin, Tucson, Ariz.

QUESTION: My dad and I used a Clinton air-cooled single-cylinder

ing wheel. There was a metal or plank seat on which the operator sat, and a foot pedal to turn the wheel.

For collectors, two things matter: Condition and maker. If the frame holding the wheel has a mark, and if that mark is from a major maker such as Keen Kutter (the company made knives and razors), the grinder has far more value than if there is no mark or one from a generic maker. A Kutter collector will pay a premium simply for the label.

Wheel units were often left in sheds or outdoors, so metal frames are often rusted or are missing parts such as the seat or pedal. Lacking a significant maker's mark, beat-up versions sell for far less. Top dollar of about \$250 is for an old, pristine Kutter set. Values then slide to \$25 or less, depending on condition.

Manuals for vintage small engines are a tough find. Until recently, there was an Internet collectors club for members interested in the preservation and restoration of small engines. Unfortunately, the club's URL is no longer functional. The best bet at this point is to Google the engine maker and number often, hoping to make a connection at some point.

QUESTION: We bought an older home and found, in the attic, a child's piano. It is in good condition. Can you tell me anything about

it? -Rita, Hampden, Maine

ANSWER: The wooden upright piano seen in a photo is 18 1/2 inches wide by 11 1/2 inches high. What looks like decals showing fanciful florals with blooms cover the front. "Flowers" are entered by children shown to the waist, playing instruments. Above the keyboard are Old English letters in gold reading "Bliss."

Founded in 1832 by Rufus Bliss, the R. Bliss Mfg. Co. of Pawtucket, R.I., began as a maker of wooden screws and clamps for cabinetmakers and the piano industry.

At some point, the company started making children's toys, particularly dollhouses. By 1900, Bliss was famous for its wooden toys. The company closed in 1914.

Early toy pianos are very collectible. The best known are Schoenhut, but toy makers including Bliss also made the instruments. Value on this piano, dating 1900 to 1914, is as an antique toy. In an appropriate auction, it could bring \$200 to \$300 or more.

QUESTION: My kitchen chairs belonged to a grandmother, born in 1852. A restorer told me they were made of "swamp wood." On the bottom of one, I can read Toledo,

Ohio. Can you give me any info? -Louise, Vaughnsville, Ohio

ANSWER: At one point, a vast "black swamp" covered northwest Ohio, reaching into Indiana and mid-Ohio. Thousands of square miles made life miserable for pioneers, but the oaks, sycamore and hickory trees found there provided wood for furniture.

It is impossible to tell anything about the chairs without seeing them. It would require a look in person to determine style, type of wood used, and whether hand or machine was used.

The reader plans to donate her chairs to a local historical society. Surely someone there—a staffer or interested volunteer—can at least determine the kind of wood, and see if "Toledo" is stamped on the chairs, which would indicate that they are machine made.

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

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Danielle Arnet

engine on our farm. Where can I find an operator manual and parts to restore it? Are there clubs for restorers of small engines? -Jim, Lansing, Mich.

ANSWER: Ah, nostalgia. At one time every farm and large workshop had a pedal grinding wheel. Ditto for vintage small engines. Electric grinding wheels and generators do the job now, but they're not as much fun.

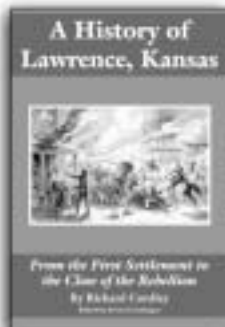
Farm collectibles are a big category today, but this is an area where collectors are choosy.

Consider the pedal-powered grindstone. Used to sharpen blades on knives, scythes and other tools, the sharpening wheel consisted of a frame holding a large vertical grind-

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Civil War: Where It All Started



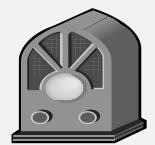
In 1895 Richard Cordley, a survivor of Quantrill's Raid, wrote *A History of Lawrence, Kansas: From the First Settlement to the Close of the Rebellion*. Groenhagen Advertising, LLC is offering a new edition of Cordley's book. In addition to Cordley's original text, this new edition includes an editor's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

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Stay cool as a cucumber with this recipe

By Wolfgang Puck
Tribune Media Services

Travel almost anywhere in central Europe, and you'll find that one of the most common side dishes is cucumber salad.

Order Wiener schnitzel or fried chicken and along with it will come a bowl of thinly sliced cucumbers tossed with sour cream or vinegar and sugar, plus whole caraway seeds. The little salad is a perfect accompaniment, its cool temperature, soothing flavor, and crunchy texture contrasting with the robust meat or poultry.

In the 1970s when I first started eating a lot of Japanese food in Southern California, I was delighted to discover that Asians love cucumber salads just as much. Sunomono, as the Japanese call their traditional version, plays the same role as its European cousins.

So, of course, I had to try making my own version. Pretty soon I was surprised to hear people referring to it as the Spago Cucumber Salad. And the name has stuck.

To tell you the truth, though, it's not really all that different from traditional recipes. Sometimes, it's smart to stick with a classic. My main contribution is to insist on starting with top-quality ingredients - and to make the salad part of a main course by adding broiled fish

marinated with the rich-tasting Japanese soybean paste called miso.

First, let's talk about ingredients. I like to make the salad with the long, slender Japanese-style cucumbers widely available in markets today. They aren't as watery as English-style cucumbers, so the results are a crisper texture. Their seeds

are also smaller, so they don't need scooping out. And you don't have to remove their mild-tasting peels, so you get more colorful results. But if all you can find is English cucumbers, just peel them, cut lengthwise in

half, and scoop out their seeds before slicing.

Buy your dressing and marinade ingredients in a Japanese market or in a supermarket with a good Asian foods section. Look for imported Japanese soy sauce, shoyu; unseasoned rice vinegar; and flavorfully toasted Asian-style sesame oil. You'll also probably find jars of pre-toasted Japanese sesame seeds; but, if not, get regular pale sesame seeds and toast them by stirring continuously in a small, dry skillet over low heat for about a minute, keeping a close eye on them so they don't burn.

Rich tasting, hot-from-the-broiler salmon makes a wonderful topping for the cool salad. Allow at least three hours to marinate the fish, though you can also leave it over-

night. Substitute another mild-tasting fish such as black cod or sea bass, increasing the cooking time for thicker fillets. Instead of the miso, try substituting your favorite teriyaki glaze.

If you like, you can also cook the fish ahead and serve it cold or at room temperature, making this an especially refreshing main course for a hot summer day or night.

BROILED MISO SALMON WITH SPAGO CUCUMBER SALAD

Serves 4

MISO-MARINATED SALMON:

4 salmon fillets, about 4 ounces each
1/2 cup mirin (Japanese rice wine)
1/4 cup white miso paste
2 tablespoons sugar
1 tablespoon soy sauce
1 teaspoon minced garlic
1 teaspoon minced ginger
1 tablespoon toasted Asian-style sesame oil

CUCUMBER SALAD:

2 cups thinly sliced Japanese cucumbers
1 teaspoon salt
1/4 cup rice vinegar
1 tablespoon sugar
1 tablespoon soy sauce
1 teaspoon toasted Asian-style sesame oil
2 teaspoons toasted sesame seeds
2 tablespoons thinly sliced scallions, for garnish

First, marinate the salmon: Put the salmon fillets in a shallow nonreactive dish large enough to hold them in a single layer. In a small mixing bowl, stir together the mirin, miso, sugar, soy sauce, garlic and ginger. Slowly stir in the sesame oil. Add this marinade to the salmon fillets, turning them to coat on both sides.

Cover the dish with plastic wrap and marinate in the refrigerator for at least 3 hours or as long as overnight.

About half an hour before serving time, preheat the broiler.

Make the cucumber salad: In a mixing bowl, combine the sliced cucumbers and salt and toss well. Add the rice vinegar, sugar, soy sauce, and sesame oil and toss well. Sprinkle with sesame seeds and toss again. Cover the bowl with plastic wrap and refrigerate until serving time, about 20 minutes.

Transfer the salmon fillets to a broiler pan or baking dish large enough to hold them in a single layer. Place them under the broiler and cook until nicely browned and barely cooked through in the center, 3 to 4 minutes per side depending on thickness, turning them carefully with a spatula.

To serve, mound the cucumber salad on 4 serving plates. Carefully place a salmon fillet on each plate, leaning against one side of the cucumber salad. Garnish with scallions 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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Know an interesting senior who would be a great subject for a Senior Profile? Please call Kevin at 785-841-9417.



PHOTO BY JOHN DZEMEK, CHICAGO TRIBUNE

Wolfgang Puck's Broiled Miso Salmon with Spago Cucumber Salad

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NOSTALGIA NOTEBOOK

JULY 1938

Births

JULY 4: **Bill Withers**, American singer and songwriter, "Ain't No Sunshine," "Lean on Me"

JULY 18: **Paul Verhoeven**, Dutch film director, *RoboCop* (1987), *Total Recall* (1990), *Basic Instinct* (1992)

JULY 20: **Diana Rigg**, English actress, Emma Peel in *The Avengers*

JULY 28: **Alberto Fujimori**, former president of Peru

Events

JULY: Building of the concentration camp Mauthausen.

JULY 3: The last reunion of the Blue and Gray commemorates the 75th anniversary of the Battle of Gettysburg.

JULY 3: Steam locomotive "Mallard" sets the world speed record for steam by reaching 126 mph.

JULY 14: Howard Hughes sets a new record by completing a 91-hour airplane flight around the world.

JULY 18: Wrong Way Corrigan takes off from New York, ostensibly heading for California. He lands in Ireland instead.

JULY 1948

Births

JULY 12: **Richard Simmons**, American television personality and fitness expert

JULY 21: **Cat Stevens**, English musician

JULY 21: **Garry Trudeau**, American cartoonist, "Doonesbury"

JULY 27: **Peggy Fleming**, American figure skater

JULY 28: **Sally Struthers**, American actress, *All in the Family*

Events

JULY 20: President Harry S Truman issues the second peacetime military draft in the United States amid increasing tensions with the Soviet Union (the first peacetime draft occurred in 1940 under President Roosevelt).

JULY 24: Marvin the Martian makes his debut in the Bugs Bunny cartoon "Haredevil Hare."

JULY 26: President Truman signs Executive Order 9981, ending racial segregation in the United States Armed Forces.

JULY 1958

Births

JULY 5: **William Watterson**, American cartoonist of "Calvin and Hobbes"

JULY 8: **Kevin Bacon**, American actor

JULY 16: **Michael Flatley**, Irish-born dancer

JULY 20: **Billy Mays**, American infomercial salesperson

JULY 31: **Mark Cuban**, American entrepreneur and basketball team owner

JULY 31: **Bill Berry**, American drummer (R.E.M.)

Events

JULY 7: President Dwight D. Eisenhower signs the Alaska Statehood Act into United States law.

JULY 7: First International House of Pancakes (IHOP) opens in Toluca Lake, Calif.

JULY 15: In Lebanon, 5,000 United States Marines land in the capital Beirut in order to protect the pro-Western government there.

JULY 29: The U.S. Congress formally creates the National Aeronautics and Space Administration (NASA).

KAW-ING CARDS: HISTORY THROUGH POSTCARDS



This postcard is postmarked May 9, 1908, and features downtown Topeka on Kansas Avenue. Tracks for the trolley run down the middle of the street. At left is a sign on the Davies Building that reads "James B. Hayden." According to the Folk's Kansas State Gazetter and Business Directory of 1912, James B. Hayden was a leading jeweler and optician located at 727 Kansas Avenue. His business was established in 1868.

Located at 725-727 Kansas Avenue, the Davies Building was built in 1888 in the Italianate architectural style. The building has been listing in the National Register since 1977. During the 1890s, Dr. and Mrs. Charles Menninger lived upstairs in three rooms and paid just \$35.00 per month in rent.

Placing flyers in Kaw Valley Senior Monthly couldn't be easier!

We'll design your flyer, have it printed in full color on 80# gloss text paper, and insert it in Senior Monthly for one low price.

3,000 flyers (one side)
(Lawrence **or** Topeka areas)
8.5" x 5.5"

\$275.00

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6,000 flyers (one side)
(Lawrence **and** Topeka areas)
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8.5" x 11"

\$600.00

We can also insert advertiser-provided flyers for \$50.00 per 1,000 flyers. Call Kevin at 785-841-9417 for more information.

Catlin of Edward Jones receives new designation

Ryan Catlin of the financial services firm **Edward Jones** in Lawrence, Kan., has achieved the professional designation of Accredited Asset Management Specialist®.

Catlin successfully completed the Accredited Asset Management Specialist, or AAMS®, Professional Education Program from the Denver-based College for Financial Planning. Those who complete the program, pass a final exam and sign a code of ethics and disclosure form earn the AAMS® designation.



Catlin

This advanced training offers investment professionals the hands-on information needed to provide comprehensive financial services. Study topics include understanding the asset management process to understanding asset allocation and strategies.

Edward Jones provides financial services for individual investors in the United States and, through its affiliates, in Canada and the United Kingdom. Every aspect of the firm's business, from the types of investment options offered to the location of branch offices, is designed to cater to individual investors in the communities in which they live and work. The firm's 10,000-plus financial advisors work directly with more than 7 million clients to understand their personal goals -- from college savings to retirement -- and create long-term investment strategies that emphasize a well-balanced

portfolio and a buy-and-hold strategy. Edward Jones embraces the importance of building long-term, face-to-face relationships with clients, helping them to understand and make sense of the investment options available today.

Edward Jones is headquartered in St. Louis. The Edward Jones interactive Web site is located at www.edwardjones.com, and its recruiting Web site is www.careers.edwardjones.com. Member SIPC.

Murder in the Movies



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Physical therapist attends conference

Evonne Cooper, a physical therapist with **Lawrence Therapy Services**, recently attended a continuing-education conference in



Cooper

Pittsburg. The conference's title: "The Lumbar Spine, Sacroiliac Joint, and Hip: Evaluation, Treatment, and Differential Diagnosis."

Cooper, who joined the staff at Lawrence Therapy Services seven years ago, has more than 35 years of experience as a physical therapist.

For more information, call 842-0656 or visit www.LawrenceTherapyServices.com.

SUDOKU SOLUTION

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

JUMBLE ANSWERS

Jumbles: BRIBE OUNCE FEWEST SCENIC

Answer: How the absentee landlord bought the new property - SITE UNSEEN

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CROSSWORD SOLUTION

M	A	N	Y	D	I	N	E	D	A	C	T	S		
E	L	I	T	E	E	N	H	A	S	E	D	A	R	T
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A	N	T	E		T	R	I	K	E		G	E	N	E
H	E	E	L		E	S	T	E	S		E	R	A	S

TRIVIALITIES ANSWERS

1. Twice 2 "Million Dollar Baby" and "Unforgiven" 3. Ian Fleming 4. Joshua Logan 5. Vanessa Redgrave 6. "Next!" 7. Adam Sandler and Kevin James

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CLASSIFIEDS

HANDGUN FOR SALE

WEBLEY "BRITISH BULLDOG" HANDGUN, probably .442. This caliber has not been manufactured for five decades, so this is a collector's gun only. Carried by railroad agents, riverboat gamblers, gold miners, soiled doves, and bank robbers. Below Blue-book at \$250 firm, cash or certified check, U.S. citizen 21 or older. Contact glencoe@knetconnect.net.

COLLECTABLES

I will list your antique or collectable on eBay for free. No charge unless your item sells for your price. I am an approved trading assistant registered with eBay to sell for others. I have been an AARP member since 1997, and I have been selling on eBay since 1998. We can purchase your items outright for cash, or handle your Estate Tag Sale. Call any time. Pat Kinde. 785-865-5049.

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Submit Your Senior Monthly Classified Ad

Just take the number of words in your classified ad (20 word minimum) times 15 cents times the number of months you would like your ad to run.

Example:

20 words x .015 x 4 mos. = \$12.00

Pick your own classified category (e.g., For Sale, Help Wanted, etc.), and mail your ad along with a check or money order to:

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2612 Cranley St.
Lawrence, KS 66046

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

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