

Kaw Valley Senior Monthly

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June 2003

Lawrence Area News for Readers 50 and Better

Vol. 2, Issue 12

Glass strikes gold on PBA Senior Tour

By Billie David

For Lawrence resident Bob Glass, watching an old-time bowling show on his parent's TV set back in the 1950s and losing a job he'd held for over 20 years led to a series of bowling tournaments that earned him the title of the Professional Bowlers Association Senior Bowler of the Year for 2000 and 2001, as well as second place in 2002. He has also been named the Bowling Writer's Association's choice of Bowler of the Year for the past three years.



"When I was a kid, my mother bought a TV set and I saw and old championship bowling program," Glass said of how it all started.

His mother soon learned to regret it; Glass was so captivated that he set up his own bowling alley on the kitchen table, using Lincoln Logs as bowling pins that he knocked over with an old rubber ball.

"It drove my mother crazy," he said. "My parents finally took me bowling. They thought I would do terrible and that would be the end of it, but they were wrong. I did ter-

rible, and I loved it."

So when Glass was eight years old, he joined a junior bowling league.

"I bowled there two years," Glass said. "I have been bowling from the fourth grade on. I quit during my senior year in college, and I didn't bowl for seven and a half years, but I started up again in 1976."

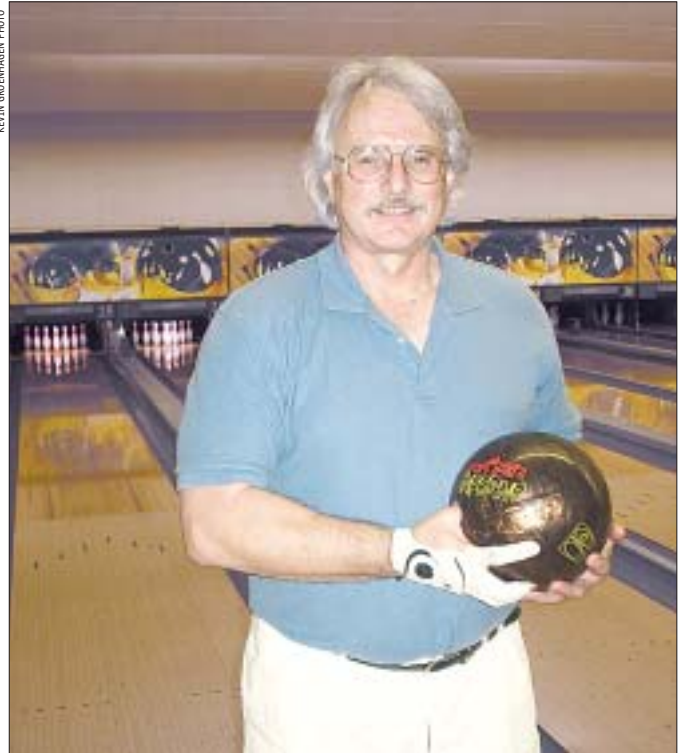
His bowling career was interrupted when he was drafted and spent two years in the Army. After that, he studied history in Florida and then returned to Kansas to study economics at the University of Kansas.

"I worked at the computer center, and I started saving quarters. I bought a bowling ball, and then I saved more quarters and bought bowling shoes," he said.

The first night that he walked into the bowling center at the Kansas Union on the KU campus with his less-than-adequate equipment, he may have raised some eyebrows, but he ended up with the high score.

"I was invited to be on the KU team, so I got a lot of free practice, and I kept getting better," Glass said.

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Bob Glass

Senior Monthly to expand distribution to Topeka

The "50 and better" population in the Lawrence-Topeka area is growing—and so is *Kaw Valley Senior Monthly*.

Beginning with the July 2003 issue—which kicks off the third year of its publication—*Senior Monthly's* distribution will be expanded to include Topeka.

Since July 2001, *Senior Monthly* has been distributed at more than

75 locations throughout Lawrence, Baldwin City, De Soto, Eudora, Lecompton, McLouth, Oskaloosa, Ottawa, Perry and Tonganoxie. Distribution in those cities will continue to be a total of 3,000 copies.

Three thousand copies of *Senior Monthly* will also be distributed in Topeka at approximately 75 locations. As with distribution in the Lawrence area, distribution locations

in Topeka will include senior centers, retirement communities, public libraries, clinics and restaurants.

"Our mission will remain the same," said Kevin Groenhagen, editor and publisher of *Senior Monthly*. "We will continue to offer features and information of interest to active seniors. However, with the expansion into Topeka, we'll be able to add features that will make *Senior*

Monthly a better publication for seniors in the Lawrence-Topeka area."

In addition to better serving its readers, Groenhagen said *Senior Monthly's* advertisers will also benefit from the expansion.

"Many of our current advertisers already do business in Topeka and hope to do even more business there," Groenhagen said. "Also, there

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FREE

LMH offers relief for patients with non-healing wounds

Within one month the sore on Harry Smith's foot went from a simple blister to a non-healing diabetic ulcer. His foot was swollen and very painful when he decided to visit his doctor. After assessing the wound, his physician referred him to the Wound Healing Center, a new service of Lawrence Memo-

rial Hospital.

"The technology is changing so quickly," said Dr. Scott Robinson, a physician with the Wound Healing Center. "Once a wound gets to the chronic stage, it is difficult to manage in the normal physician office setting. This is when the center becomes a great resource for

physicians and their patients with non-healing wounds."

During his first visit to the center, the caring nurses, physicians and staff members quickly began working on Smith's wound. "They got right down to the problem. They definitely know what they are doing," said Smith of Lawrence.

Smith has been visiting the center once a week for about two months. Thanks to the hardworking friendly staff at the center, he hopes to return to work in the next two weeks.

Harry Smith isn't alone. Approximately five million Americans suffer from chronic non-healing wounds that can become seriously infected when they do not respond to standard forms of treatment. Risk factors that may lead to chronic wounds include infection, aging, diabetes, hyperglycemia, arthritis, kidney disease, obesity, poor circulation and smoking.

The professional staff at the center works closely with the patient's primary physician to treat the wound. "Most patients with non-healing wounds have underlying health issues like diabetes or vascular disease," said Scott Miller, Director of the Wound Healing Center. "So it is critical for us to focus not just on the

wound, but on the underlying cause of the problem."

The treatment plans vary among patients. The Wound Healing Center team designs an individualized care plan based on each patient's unique needs. Some of the treatment plans could include:

- Hyperbaric Oxygen Therapy (HBOT): HBOT treats the entire body with 100 percent oxygen at increased atmospheric pressures, which increases the oxygen level within body tissue. High amounts of oxygen assist the body in killing germs, fighting infection and helping speed the healing process. In the majority of patients, treatment programs produce complete healing usually within a few months.

- Hyperbaric oxygen is administered to patients within a transparent cylindrical chamber. The state-of-the-art Hyperbaric Oxygen Chamber holds one patient at a time inside a spacious cylinder.

- Transcutaneous Oxygen Monitoring: TcPO2 helps determine the level of oxygenation available to the wound to promote healing.

- Doppler Evaluation of Pulses: This technology determines the blood flow available to transport nutrients and medications to the wound.

- Wound Dressings: Each wound care product is chosen based on the individual needs of the patient. The proper dressing promotes the correct environment the body requires to heal.

- Wound Debridement: This is a minor procedure that enhances the growth of healthy tissues in the wound.

Wounds that are typically managed by the Wound Healing Center include:


- Diabetic foot ulcers
- Lower leg ulcers
- Pressure ulcers
- Bone infection (osteomyelitis)
- Gangrene
- Skin tears or lacerations
- Radiation burns
- Post-operation infections
- Slow or non-healing surgical wounds
- Brown recluse spider wounds
- Failed or compromised skin/muscle grafts or flaps
- Any wounds present more than 30 days or failing to improve with multiple treatments or therapies

For more information on the Lawrence Memorial Wound Healing Center, contact Scott Miller at 785-840-9292.

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Expansion

CONTINUED FROM PAGE ONE

are many Topeka businesses that serve the senior population in Lawrence and the surrounding communities. A few of these businesses even have plans to open branches in Lawrence. This expansion will allow businesses to reach potential customers in both markets by placing ads in just one publication."

In addition to *Senior Monthly*, Groenhagen Advertising, L.L.C. publishes *Kaw Valley Small Business Monthly*, which serves Lawrence and the surrounding cities.

For more information on *Senior Monthly's* expansion, call 785-841-9417.

Kaw Valley Senior Monthly

Editor & Publisher
Kevin L. Groenhagen

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Bob Glass

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"A lot of guys have talent, but I like to practice. That's one of the advantages I have: it's hard to bore me."

Another advantage is the emphasis he puts on being in good condition. In addition to practicing an average of 10 games, or two hours, a day when he's not bowling in a tournament, he works out.

"I have the advantage of being in good physical shape," he said. "The guys I beat now used to beat me 25 years ago."

One way that Glass practices is to use lanes with more difficult conditions than regular bowlers use, and Royal Crest Lanes, a local bowling alley, provides that for him. He also works on throwing different balls in different ways.

Back in the 1960s, he couldn't do that, Glass explained, because bowling alleys used lacquer on the lanes, which meant that the balls tended to stay in a groove. Before that, he added, the alleys used shellac, which resulted in a number of places blowing up.

But in the late 1960s and early 1970s, technology made bowling more exciting. "They came out with urethane lanes and plastic bowling balls, and that lets you play all over the lanes. You can hook the ball, and it's a lot more interesting," Glass said.

While improving his bowling game, Glass pursued a master's pro-

gram in economics, worked as a teaching assistant at KU, and helped design an introductory economics program for primary grade teachers in Bailey Hall.

Eventually, he was hired as an economics researcher at the Institute for Public Policy and Business Research (IPPBR) in Nichols Hall. He was originally hired to do a four-day project, he explained, but he ended up working there for 22 years before losing his job when the IPPBR was restructured in 2000.

Meanwhile, Glass was making a lot of money playing in tournaments on the weekends, so with the loss of his job, he decided to turn to bowling full time.

That means a lot of tournaments. "Last year I bowled 47 weekends," he said. "I have driven to Houston for weekend tournaments three times this year, and that's a 1600-mile trip. I have put 24,000 miles on my car so far this year, and over 50,000 miles last year just bowling. I never wanted to do it full time. I do it for the

money now."

At 55, Glass plays in the seniors division. "When I turned 50, I thought I'd do senior stops," he said. "I didn't know how well I'd do, but I earned \$15,000 during just three weeks of vacation."

Nevertheless, Glass would like to return to bowling as a hobby. "I think with the economy turning around and more jobs available, I would like to work and bowl on weekends again," he said of his goals for the future. "That would be more fun."

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HEALTH

Arthritis solutions: Start today

Spring seems to bring more aches and pain for people with arthritis than even the coldest winter days. That's what arthritis sufferers have always said, and surveys now show that people actually do suffer more pain and stiffness just before the weather turns cold or wet. That's because in the spring the weather often changes abruptly, causing the barometric pressure to drop. When the pressure drops, we can feel the change in our bod-

ies and can feel increased pain and stiffness in our hands, legs, and shoulders. The frustrating consequence is that people with arthritis tend to suffer varying levels of pain and stiffness every single day. But people with arthritis can and must adjust. The key is to manage your symptoms. That takes knowledge and a few easy steps.



Laura Bennetts

ies and can feel increased pain and stiffness in our hands, legs, and shoulders. The frustrating consequence is that people with arthritis tend to suffer varying levels of pain and stiffness every single day. But people with arthritis can and must adjust. The key is to manage your symptoms. That takes knowledge and a few easy steps.

Know Your Problem

Did you know that there are over 100 kinds of arthritis and that you can have more than one type? Rheumatoid arthritis, for example, affects the soft tissues of our bodies, including muscles and tendons. Lupus and fibromyalgia do the same. Osteoarthritis, meanwhile, destroys the cartilage in our joints, pressing the bones together. This is the most common form of arthritis—and it isn't caused by aging, as many people think. And did you know that it can be effectively treated?

So, ask yourself: Do I have arthritis? If so, what kind(s)? And what can I do to stop the pain and prevent joint damage?

Start with a Diagnosis

The first step is to see your doctor. Learning why your joints hurt is the most basic step you can take to prevent joint damage. And you should never ignore joint pain. This pain is the outward sign that your joints are under stress and may be deteriorating. Pain and stiffness can have other causes as well—for example, tendon irritation or injury—but they may be signs of arthritis. And either

way, you need to find out and seek treatment.

To learn the source of your pain, your doctor may order tests or refer you to a specialist. You may see an orthopedic surgeon to see if surgery is needed. But even if you have surgery, you'll still need to strengthen the rest of your joints to minimize the risk of future surgeries.

Once you know you have arthritis you can take steps to help yourself. These include a home program of safe exercise and joint care; medications to stop the pain and swelling; weight control to lower the pressure on your joints; splints and braces to improve the alignment of your joints; and possibly surgery.

Get Going

Ideally, your doctor will help you with each of these steps. You'll need to learn from your doctor how to use medications, and perhaps supplements like glucosamine, to control your swelling and get you moving again. No one wants to take a lot of medications, but knowing how to use medications to sleep well enough at night to be fresh during the day can be essential to your health.

To learn what exercise is best, ask your doctor to refer you to a physical therapist. Tell your doctor what activities your pain prevents you from doing. Have you stopped working, gardening, cooking, shopping, or driving? If so, this means that you need therapy, not only to regain your lost abilities but also to avoid muscle weakness, joint stiffness and weight gain from inactivity. These are problems that physical therapists are trained to handle.

Your doctor can prescribe therapy to get you started on a program of safe exercise, joint protection, and pain relief through deep heating, ultrasound, massage, and exercise. Something as simple as the proper use of a cane—which TV actors like *Frasier's* Martin Crane never quite get right!—can decrease the weight on a painful knee and enable you to walk twice as far with less pain. And it can help to begin therapy and medications simultaneously.

Strengthen Your Hands

If you have arm or hand pain, you may need occupational therapy, since OTs are experts in hand

therapy. Hand therapy—which can include paraffin baths for your hands (they feel great), followed by massage, stretching and strengthening exercises—will lessen your pain, increase your strength, and increase mobility in your hand, wrist, elbow and shoulder. If your fingers curve with joint deformities, you can benefit from an occupational therapist's instruction on how to keep those joints from deforming further. Or the OT might devise a splint to brace and align one of your joints.

Exercise, the use of splints, and hand saving equipment, like electric can openers, can keep your grip strong with reduced pain. And understanding how to ensure joint protection will enable you to further control stress on all of your joints.

Why Wait?

Millions of people suffer in silence, failing to ask why their joints hurt and what treatments are available. Stoicism of this type is not a virtue. The unhappy consequence is often joint swelling, damage, and destruction. But countless others have taken the simple steps described above, with positive results. You can, too! You won't regret it.

- Laura Bennetts, MS RPT, is a physical therapist with 20 years' experience. She co-owns Lawrence Therapy Services LLC, 785-842-0656, and Baldwin Therapy Services, 785-594-3162. For answers to therapy-related questions, please write to Laura either at her e-mail address, laurabennetts@hotmail.com, or via Senior Monthly.

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HEALTH

Adult onset diabetes

Diabetes is defined as a disorder of carbohydrate metabolism caused by absence or deficiency of insulin, insulin resistance, or both, ultimately leading to hyperglycemia.

People with diabetes cannot properly process glucose, a sugar the body uses for energy. As a result, glucose stays in the blood, causing blood glucose to rise. At the same time, however, the cells of the body are starved for glucose.



Dr.
Farhang
Khosh

Diabetes mellitus is typically classified into two subtypes: type-I or insulin-dependent diabetes mellitus, and type-II or non-insulin-dependent diabetes mellitus. Type-I is called juvenile onset diabetes, and type-II is called adult-onset diabetes.

In type-I, the pancreas can't make the insulin needed to process glucose as result of destruction to islet cells of pancreas which secrete insulin. With type-II, the pancreas makes enough insulin, but the body has trouble using the insulin.

Diabetes mellitus is a common disease affecting an estimated 4 percent of the population of which 90 percent of them are type-II, and is highly associated with western, industrialized cultures in which the refined and processed, rich, fiber-depleted diets are found there.

Although hereditary predisposition, viral and bacterial affliction of the pancreas, and auto-antibodies have their effect on the pancreatic islets and contribute to the development of this disease, diet, life-style, and obesity are by far the most significant risk factors for the development of diabetes.

In treatment of type-II diabetes diet is of utmost importance and can be very successful in its control. The focus is on eating High Complex Carbohydrate, High Fiber diet (HCF). The HCF recommends 70-75 percent of calories come from complex carbohydrate, 15-20 percent from protein, and 5-10 percent from fat. The carbohydrate portion of this

diet must be very best quality and does not include sugar or processed starches. This high fiber diet is highly recommended for diabetes. Guar gum and pectin fiber has also been shown to have a positive affect on blood sugar control.

Dietary Recommendation:

- Increase cereal grains like oats that are high in soluble fiber
- Increase legumes like lentils, peas, and navy beans which are high in soluble fiber.
- Increase root vegetables like yams.
- Increase fresh organic vegetables.
- Include onions and garlic on a daily basis.
- Avoid simple sugars, but whole organic fruit like pears and green apples are good.
- Decrease fat, avoid margarine because of trans fatty acids
- Avoid highly processed foods and flours.
- Don't eat foods or beverages containing sugar, whether added or natural. Don't eat sweet tasting foods or drinks.
- Read labels: Corn syrup, corn sweetener, sugar dextrose, glucose, fructose, brown sugar, cane sugar, beet sugar, turbinado sugar, date sugar, raisin syrup, maple syrup, are all sugar, and should be avoided in even the smallest amounts.
- Avoid the use of artificial sweeteners as a substitution for sugar. Research has shown that artificial sweeteners can cause aggravated hypoglycemia (low blood sugar), loss of diabetes control and precipitation of clinical diabetes in persons who were free from disease. In diabetics,

it has caused an aggravation of complications related to diabetes.

• Naturally sweet foods must also be avoided, such as honey, fruit juice, grapes, raisins, dried fruits, jams and jellies, and fruits.

• Avoid all the following: ice cream, cake, candy, soda (all carbonated beverages), pies, pastries, canned jellies, preserves, Jell-O, most cold breakfast cereals, fruit juice, punch, and drink, breakfast syrups, and similar processed food items.

Exceptions allowed include a maximum of one 4-ounce selection daily from the following list. Make sure the fruits are fresh and organic whenever possible: Apple, papaya, orange, melon, blueberries, fresh pineapple, banana, grapefruit and pear.

• Eat small to moderate amounts of food every few hours, particularly if your energy is low. For example, eat three moderate meals daily, and one, two, or three between meal snacks as desired, or as needed to keep your energy or concentration up.

Exercise program:

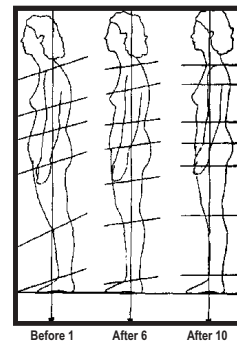
Maintain a regular exercise program such as aerobic exercise for 30 minutes at least 3-4 times a week. Exercise is necessary to reduce obesity, which is common in type II diabetes. Exercise also enhances insulin sensitivity, improves glucose tolerance, increases HDLs (good cholesterol), improves chromium metabolism (lowers blood glucose), and decreases cholesterol.

There are many dietary supplements and herbs that studies have shown to help with diabetes, but please be advised to talk to your physician before using them.

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

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FINANCES

Half full or half empty?

Is the glass half full or half empty? Some say all depends on your perspective—whether you're pouring or drinking. The same can be said for investing. If you're distracted by short-term events, the glass will seem half empty most of the time. However, by focusing on long-term goals, the glass can fill up over time.

In the short term, the forces driving the stock market can push prices



Harley Catlin and Ryan Catlin

es higher or lower; that's why you sometimes see big swings in price. But over the long term, these forces have historically pushed the market in one direction—higher. Remember, past performance is no guarantee of future results. Let's look at why we think the stock market performed so poorly in recent years and discuss where we go from here.

Earnings collapse

The start of the recession in 2001 resulted in a dramatic decline in corporate profits. This can be seen in the drop in earnings reported by the companies that make up the S&P 500. Many companies also had write-offs in 2002—about \$24.50 of the overall S&P reported earnings—which only added to one of the largest two-year earnings decline in recent history.

Although the recession has ended and a recovery is taking hold, growth has been modest and uneven so far. Corporate profits continue to reflect the slow pace of the recovery. S&P 500 earnings growth has fallen short of expectations in 10 of the past 11 quarters.

In addition, recent earnings growth has been driven primarily by cost-cutting instead of higher demand. Investors have noted this and continue to show limited interest in the market. A survey by the American Association of Individual Investors found that their members currently have less than half of their investable dollars in the stock market.

Expensive stocks

At the market peak, stocks traded at historically high prices relative to earnings (P/E). On March 24, 2000, the S&P 500 traded at 1527. This was 30 times operating earnings of \$50.96 reported for the full year 1999 and double the average P/E of the past 50 years. This means most stocks were extremely expensive based on the expected return.

Today, as stock prices have fallen, so have P/E's. The S&P 500 trades at 18 times estimated earnings for 2003. Although that figure is a bit above historical averages, we believe it seems reasonable given today's low interest rates and currently lower earnings. We expect high P/E's to be less of a drag on stock market returns going forward.

Investor psychology

At the peak of the market, we believe that investors were filled with "irrational exuberance." Enthusiasm for the stock market, especially Internet-related stocks, caused investors to throw caution to the wind and embrace what they believed was a "new economy" capable of continuous, rapid growth.

Investors today feel a little like a boxer in the late rounds of a fight. Investors are wondering how much longer the fight can go on and how many more hits they can take. Stock market losses, recession, corporate scandals, 9/11, the war of terrorism, Iraq and SARS have helped feed the bear and investor despair.

What next?

In spite of the challenges facing investors today, there are signs of a "return to normalcy." The economy appears to be coming back to life, as the uncertainties during the past three years are appearing to fade. Corporate profits are beginning to recover. Valuation is less inflated. And if we've learned anything over the years, it's that sentiment—or mood on Wall Street—can change very quickly.

What will happen next? No one knows for certain. However, we will continue to avoid short-term forecasts and suggest a long-term perspective combined with realistic expectations.

Assuming inflation is a little lower than it has been historically, and corporate profits growth is a little higher, we expect stocks to return 6 to 7 percent annually for the next several

years. That's an average return based on our own assumptions. A 6 to 7 percent return may not look very impressive compared to the profits of the 1990s, but it should provide good growth in a properly diversified portfolio.

It may be hard to stay invested sometimes. Instead of guessing about the right time to invest or

holding out until things look much better, talk to your investment representative about a portfolio review. This can help you better diversify your investments and develop a strategic long-term plan.

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

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FINANCES

Mutual funds offer diversification, professional management

Investors seeking an affordable way to diversify their portfolios should consider the convenience of mutual funds.

Mutual funds provide investors with a professionally managed investment that falls into three main categories: stock funds, bond funds and money market funds. Within each of these categories there are multiple investment styles and asset



Jason Edmonds

classes, enabling you to build a diversified investment portfolio to help meet your financial goals. There are also mutual funds that invest in two or even all three of these categories.

By purchasing shares in a variety of companies, mutual funds can reduce long-term volatility, or market risk. A well-rounded portfolio may include a number of different types of mutual funds. Working with your financial advisor, you can devise a mutual fund investment strategy that will work for you, bearing in mind your time horizon and the ability to withstand fluctuation in the value of your portfolio.

Advantages of investing in mutual funds include:

- Professional management: Mutual funds are run by investment companies that hire professional money managers to direct the funds. These money managers continually analyze the markets and the economy to decide which securities to buy and sell.

- Diversified portfolio: A mutual fund invests in a range of securities. A typical stock fund, for example, might own shares in more than 100 companies. You can get added diversification by buying several different funds with different investment styles.

- Low minimum investments: Most mutual funds have low minimum investments making them affordable and allowing you to make regular contributions. For most funds, initial investments range from \$500 to \$3,000. Additional purchases usually can be made in smaller

amounts, sometimes as little as \$25 to \$100, and can often be made by directly debiting a checking or savings account.

- Liquidity: Investors can cash in all or part of their investments at net asset value.

- Variety of investment styles available: Mutual funds are available in many different investment styles. Stock funds, for example, range from highly specialized, small-capitalization stocks in a particular sector to large-capitalization growth and income stocks. While bond and money market funds are available in two main categories—taxable and tax-free—they also are further diversified with different investment goals and strategies.

Whether your financial goals require growth through equities, current income or a combination of both, your financial advisor can help you build and manage a mutual fund portfolio suited to your investment goals.

Like other investment vehicles, there are fees and expenses associated with owning a mutual fund. Sales charges, also known as a load or sales commission, are charged by some, but not all, funds. In addition, all mutual funds charge an annual fund operating expenses. To understand which fee structure makes the most sense for you, it is important to consider how long you plan to own shares in a particular fund.

Principal value and investment returns will fluctuate so that an investor's shares, when redeemed, may be worth more or less than the original cost. Money market funds are managed to maintain a stable \$1 share price. Investments in these funds are neither insured nor guaranteed by the U.S. government, and there can be no assurance that the funds will be able to maintain a stable net asset value of \$1 per share.

Each fund's prospectus provides details about the fund, including its investment objective, fees and tax issues. Investors should read the prospectus carefully before investing.

- Jason Edmonds, Vice President-Investments, Financial Advisor at the Lawrence office of Robert W. Baird & Co., can be reached by phone at 785-841-0041 or by e-mail at jedmonds@rwbaird.com.

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SENIOR FORUM

Ask questions before remarrying

By Kent S. Collins

DEAR SENIOR FORUM: I think I am soon going to get a marriage proposal. When he asks, what should I ask back? I was married for 43 years and have been widowed for six.

I am out of practice in this game. — Mrs. L.

DEAR MRS. L.: Oh, if only love would guarantee truth. Then you should need only to ask, "Will you abide by the traditional wedding vows?"

But love at any age — even old age — does not guarantee truth. So, when he asks, here are things you should tell and ask him:

— I intend to keep my assets in

my name. All of them. Forever. Is that OK with you?

— I intend to contribute the bulk of my income to our joint bank account. Will you do likewise?

— Will you agree to those asset and income matters in writing, penned and witnessed by a lawyer?

— Do you promise to give me comfort — but never advice — when my adult children cause me grief?

— Can you agree that my children are welcome in our lives but neither yours nor mine will ever be welcome in our relationship?

— From time to time, I will give gifts from my assets and from the small amount of income that I do not deposit in our joint account.

Will you fuss about that?

— Can we discuss and then agree on where we will live?

— Do you think you can change my attitudes about spirituality, religion or sex? (Before asking, of course, you must explain the attitudes.)

— What activities and hobbies, friends and loyalties, in your bachelor life will you share with me after we are married?

— And what of the same will you prefer that I stay apart from?

— Can you agree to share and conversely stay apart from some of my activities and hobbies, friends and loyalties, as I might prefer?

— If this does not work out, how will we end it? Can we put that in writing?

You cannot imagine now — in the throes of love — how you could possibly ask these questions.

Well, ma'am, don't ask them point-blank. But beginning now and continuing until the wedding bells sound, ask these questions and do not accept evasive answers.

This is not to say that older people cannot manage these things as well as young people — who generally do not ask such questions. Instead, it is to warn that older people have so much more at stake. I'm not referring to simply financial assets. Older people have so much more heart and soul to lose in a marriage gone bad.

If you want to argue about all this — or brag you've done it better than this column contends — send an e-mail to seniorforum@mchsi.com or write to The Senior Forum c/o Tribune Media Services, 435 North Michigan Ave., Suite 1500, Chicago, IL 60611.

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2206 E. 23RD ST., LAWRENCE, 6:30 PM

MONDAYS & SATURDAYS

LEGIONACRES
3408 W. 6TH ST, LAWRENCE, 7:00 PM
785-842-3415

TUESDAYS

VETERANS OF FOREIGN WARS
138 ALABAMA, LAWRENCE, 6:55 PM
785-843-2078

WEDNESDAYS & FRIDAYS

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

WEDNESDAYS

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

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

EVENTS AND CELEBRATIONS

JUN 1-AUG 31 CATTLE DRIVE

Participate in a Texas Longhorn Cattle Drive, or enjoy watching as the cattle are driven past you. Free State Farm. LAWRENCE, 800-289-3988

JUN 1-AUG 31 CHILDREN'S MUSEUM CHAGALL TRAVELLING EXHIBIT

Exhibit introduces art to children through a unique approach that helps them understand and appreciate all forms of artistic expression. KANSAS CITY, 913-287-8888

JUN 1-7

SUNFLOWER MUSIC FESTIVAL

Chamber orchestra and chamber concerts performed by musicians from throughout the U.S. and Canada. TOPEKA, 785-231-1010

JUN 4-JUL 23

WEDNESDAY NIGHT SUMMER BAND CONCERTS

Bring your own lawn chairs or blankets and join the Lawrence City Band for a free concert in South Park. Concerts begin at 8:00 p.m. LAWRENCE, 785-832-7930

JUN 5-7

PRAIRIE LAKE PICKIN' PARTY

10th annual Bluegrass Music Festival. Band scramble. HOLTON, 785-364-4193

JUN 5-6

GOVERNOR'S CLASSIC FISHING TOURNAMENT

7th annual celebrity golf and fishing tournament featuring pro anglers and athletes. Youth from across Kansas participate in fishing events. BURLINGTON, 800-947-4796

JUN 6-8

OLD SHAWNEE DAYS

37th annual. Festival features a parade, carnival, living history, crafts, musical entertainment and more. SHAWNEE, 913-248-2360

JUN 7-JUL 26

MEMORIES OF THE PRAIRIE

A lecture series on Kansas history. Held every Saturday night. ABILENE, 785-263-2681

JUN 7-8

DOUGLAS COUNTY MASTER GARDENERS GARDEN TOUR

Tour of Lawrence's outstanding gardens. Varying sizes and styles. LAWRENCE, 785-843-7058

JUN 7-8

FIESTA BULLWHACKER

Highlights Santa Fe Trail cultural diversity; Mexican and European music, dance, and demonstrations. Expanded children's area and stagecoach rides. OLATHE, 913-782-6972

JUN 7-8

GOOD OL' DAYS

22nd annual. Street fair full of crafts, children's fair, and live entertainment in the heart of Fort Scott. FORT SCOTT, 620-223-2334

JUN 7-8

MULVANE MOUNTAIN/PLAINS ART FAIR

80 artists from 11 states offer art for show and sale. Live music, children's activities, and refreshments. TOPEKA, 785-231-1124

JUN 7-8

SKUNK RUN ARTS AND MUSIC

FESTIVAL

Art show, craft sale, music, duck race. OTTAWA, 785-242-1451

JUN 7-8

SKUNK RUN QUILT SHOW AND MINIATURE QUILT AUCTION

Annual event with beautiful quilts on display. OTTAWA, 785-242-1922

JUN 7

BBQ BLOW-OUT

BBQ contest and cook-off, family events, and entertainment. MCLOUTH, 785-863-3072

JUN 7

IRON HORSE 5K RUN

5K run and fun walk. OTTAWA, 785-242-1250

JUN 7

LANSING DAZE

Annual festival with crafts, car show, rides, games, fun, and entertainment. LANSING, 785-727-3233

JUN 8-JUL 13

OVERLAND PARK BAND CONCERTS

Enjoy music in the park every Sunday evening. OVERLAND PARK, 913-642-2222

JUN 13-15

CORPORATE WOODS JAZZ FESTIVAL

Music and entertainment. OVERLAND PARK, 913-451-4466

JUN 14-AUG 10

OVERLAND: THE CALIFORNIA IMMIGRANT TRAIL EXHIBIT

Explore the route immigrants traveled from Missouri into California. Sixty modern photographs, maps, and documentation. SHAWNEE, 913-631-6709

JUN 14-15

FARMER'S MARKET ART FESTIVAL

Music, arts, crafts, entertainment, sidewalk sale, and children's activities. OVERLAND PARK, 913-642-2222

JUN 14-15

HORSE-POWER DAYS

Featuring horse-powered farm equipment and antiques, live demonstrations, arts, crafts, histories town setting, blacksmith shop, and working general store. MERIDEN, 785-863-3072

JUN 14

ABILENE GARDEN TOUR

Tour the exotic gardens and fountains of six homes in Dickinson County. ABILENE, 785-263-1884

JUN 14

JUBILEE

Arts, crafts, entertainment, games, and old-fashioned fun. WINCHESTER, 785-863-3072

JUNE 14

TLC FAMILY PICNIC

An afternoon of volleyball and fun for all ages. "Sounds Good," one of Kansas City's best hip-hop groups, will perform. Begins at 1:00 p.m., Picnic supper at 5:00 p.m. THE LIGHT CENTER, 785-255-4583

JUN 15-16

ECHOES OF THE TRAILS

Share hilarious and touching stories and songs of the cowboy life the way it was in the early American West. FORT SCOTT, 620-223-0736

JUN 17-AUG 12

CHILDREN'S MUSEUM TALENT TUESDAYS

Children will be entertained while watching talented performers such as musicians, jugglers and more. KANSAS CITY, 913-287-8888

JUN 18-21

JOHN BROWN JAMBOREE

Ice cream social, parade, carnival, craft show, car show, fishing derby, and baby contest. OSAWATOMIE, 913-755-4114

JUN 19-22

NATIONAL TEACHERS HALL OF FAME INDUCTION WEEKEND

Five of the nation's top career teachers are featured at community and state-wide celebrations, panel discussions, and an induction ceremony. EMPORIA, 620-341-5660

JUN 20-21

INTERNATIONAL FOREST OF FRIENDSHIP CELEBRATION

27th annual celebration honoring men and women of aviation and aerospace. ATCHISON, 913-367-1419

JUN 20-21

ST. JOHN'S MEXICAN FIESTA

Authentic Mexican cuisine, live entertainment, games, and more. LAWRENCE, 785-842-5602

JUN 21-22

MIDSUMMER'S DAY FESTIVAL

Swedish American celebration to welcome the return of summer. Folk art, folk dancing, music, smorgasbord, and midnight swim. LINDSBORG, 888-227-2227

JUN 21-22

PAOLA TAPESTRY GARDEN TOUR AND TEA

Tour of gardens in the greater Paola area. Traditional as well as innovative gardening techniques. PAOLA, 913-557-9839

JUN 21

TOPEKA TINMAN THRATHLON

23rd annual. Lake Shawnee offers a

CALENDAR

CONTINUED FROM PAGE 10

beautiful setting to race. Event features short course, long course, and duathlon.
TOPEKA, 785-267-1156

**JUN 26-29
COUNTRY STAMPEDE**
Country music and camping. Festival featuring today's artists.
MANHATTAN, 785-539-2222

**JUN 27-28
THE GREAT LENEXA BARBECUE CHAMPIONSHIP**
175 teams compete to be Kansas State Barbecue Champion. Includes musical entertainment, contests, taste testing, and children's activities.
LENEXA, 913-541-8592

**JUN 27-28
TERRITORIAL CAPITOL FESTIVAL**
Re-enactments, pioneer skill demonstrations, historic museums, tours, crafts, rides, and carnival.
LECOMPTON, 785-887-3942

**JUN 28-JUL 6
INDEPENDENCE DAY 1904**
Learn how our nation's independence was celebrated in 1904. Make a patriotic craft to take home.
EDGERTON, 913-893-6645

**JUN 28-29
BURLINGAME RODEO AND HERITAGE DAYS**
Saturday—craft vendors and flea market, carnival rides, parade, bike rodeo, sand volleyball, pedal tractor pull. Rodeo both evenings.
BURLINGAME, 785-654-2372

**JUN 29
AMELIA EARHART CENTURY BIKE RIDE**
7th annual ride through northeast Kansas with 35-, 63-, and 100-mile routes.
ATCHISON, 913-367-4113

HEALTH

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

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

**WEDNESDAYS
HEALTH SCREENING CLINIC**
Lawrence-Douglas County Health Department. For individuals 60 years of age and older and their spouses. Minimal fees, but no one will be denied service because of inability to pay.
BABCOCK PLACE, LAWRENCE
9 AM-12 NOON

**JUN 2
BONE DENSITY SCREENING**
Are you at risk for osteoporosis? This quick and easy screening can indicate if further testing for this potentially debilitating disease is needed. A bare heel is necessary for the screening. Information about prevention of osteoporosis is also included. Appointment is required. \$15/person. Conducted in Health Resource Room from 4:30-6:10 p.m.
LAWRENCE MEMORIAL HOSPITAL
785-749-5800

**JUN 4
CHOLESTEROL SCREENINGS**
A fingerstick test providing a total blood cholesterol reading in five minutes. \$5 per person. No fasting or appointment necessary.
LMH HEALTH SOURCE ROOM
3:30-5:30 PM

**JUN 10
BONE DENSITY SCREENING**
See June 2 description, 9:00-10:40 a.m.

**JUN 12
WHAT DO YOU KNOW ABOUT AGING? FACTS AND FALLACIES.**
Theresa Gordon from the School of Social Welfare at KU will speak on the topic of aging, facts and fallacies. What does aging mean to you and is what you know based on fact or myth? Held in Meeting Room A from 8:30 a.m.-9:30 a.m. This program can also be attended without enrollment on Wednesday, June 11 at Prairie Commons from 1:00 p.m.-2:00 p.m., and Friday, June 13 at Brandon Woods from 10:30 a.m.-11:30 a.m.
LAWRENCE MEMORIAL HOSPITAL
785-749-5800

**JUN 14
CHOLESTEROL SCREENINGS**
See June 4 description.
LMH HEALTH SOURCE ROOM
9:30-11:30 AM

**JUNE 20
BONE DENSITY SCREENING**
See June 2 description, 11:30 a.m.-1:10 p.m.

**JUNE 21
EXPLORING HEALING PLANTS**
With Deena and Farhang Khosh, Naturopathic Physicians. Identify, harvest

and use some of the local healing plants for building your immune system. Fee: 9:00 a.m.-5:00 p.m.
THE LIGHT CENTER, 785-255-4583

**JUNE 21
SUMMER SOLSTICE SWEATLODGE CEREMONY**
With Cheyenne Chief Lee Yelloweyes. Potluck feast afterward. Overnight stay is welcome. Starts at 6:00 p.m. Call to reserve your seat.
THE LIGHT CENTER, 785-255-4583

**JUL 2
CHOLESTEROL SCREENINGS**
See June 4 description.
LMH HEALTH SOURCE ROOM
9:30-11:30 AM

MEETINGS

**FIRST WEDNESDAY OF EACH MONTH
NOW OR NEVER CLUB**
BALDWIN SENIOR CENTER
1221 INDIANA, BALDWIN CITY
12 NOON-1:30 PM, 785-594-2409

**FIRST AND THIRD MONDAY OF EACH MONTH
CAREGIVER SUPPORT GROUP**
LAWRENCE SENIOR CENTER
2:15-3:45 PM, 785-842-0543

**FIRST WEDNESDAY OF EACH MONTH, SEPTEMBER-MAY
KAW VALLEY CHAPTER, OLDER WOMEN'S LEAGUE**
Forums held at Lawrence Public Library
1:30 PM

**WEDNESDAYS
OLDER KANSANS EMPLOYMENT PROGRAM**
LAWRENCE WORKFORCE CENTER
2540 IOWA, SUITE R, LAWRENCE

10 AM-NOON

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

**THIRD MONDAY OF EACH MONTH
SELF HELP FOR THE HARD OF HEARING (SHHH)**
SHHH is a non-profit, educational organization dedicated to the well-being of people of all ages who do not hear well.
BABCOCK PLACE, 1700 MASSACHUSETTS, LAWRENCE, 1 PM

**THIRD TUESDAY OF THE MONTH
LAWRENCE PARKINSON'S SUPPORT GROUP**
FIRST PRESBYTERIAN CHURCH, 2415 CLINTON PARKWAY, LAWRENCE, 2 PM

**THIRD THURSDAY OF EACH MONTH
PROSTATE CANCER SUPPORT GROUP**
The Prostate Cancer Support Group is for survivors, family members and anyone who is interested in learning more about prostate cancer.
RIEKE AUDITORIUM, KU MEDICAL CENTER, 7-9 PM

**FOURTH FRIDAY OF EACH MONTH
AARP CHAPTER 1696 LUNCHEON**
Group meets fourth Friday of each month except in July, November and December. Luncheon is held on third Friday in November.
LAWRENCE COUNTRY CLUB
785-842-0446

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

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FOOD

Red snapper salad with green peppercorn-tarragon vinaigrette

By **Lorrie Hulston Corvin & Robyn Webb**

Use bagged prewashed baby greens to save on preparation time. Serve with baked breadsticks or focaccia from the bakery. We liked the green peppercorns, but you can also use a mixed peppercorn blend.

Cooking spray
 4 (6-ounce) red snapper or other firm whitefish fillets
 1 tablespoon olive oil, divided
 1/2 teaspoon salt, divided
 1 tablespoon minced fresh or 1 teaspoon dried tarragon
 2 tablespoons white wine vinegar
 2 tablespoons water
 2 tablespoons honey
 2 tablespoons Dijon mustard
 1 teaspoon dried green peppercorns, crushed
 6 cups mixed baby greens

1. Heat a large nonstick skillet coated with cooking spray over medium-high heat.

Drizzle fish with 2 teaspoons oil, and sprinkle with 1/4 teaspoon salt. Add fish to pan; cook 4 minutes on each side or until fish flakes easily when tested with a fork.

2. While fish cooks, combine 1 teaspoon oil, 1/4 teaspoon salt, tarragon, and the next 5 ingredients (tarragon through peppercorns), stir-

ring with a whisk. Drizzle 1/4 cup vinaigrette over greens; toss gently to combine. Arrange about 1 1/4 cups greens on each of 4 plates. Top each serving with 1 fillet; drizzle each serving with 1 tablespoon vinaigrette. Yield: 4 servings.

CALORIES 269 (23 percent from fat); **FAT** 6.8g (sat 1g, mono 3.2g, poly 1.4g);
PROTEIN 39.2g, **CARB** 12.9g, **FIBER** 2g, **CHOL** 67mg, **IRON** 1.7mg, **SODIUM** 583mg, **CALC** 117mg.

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Broccoli



Chicken



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- Broccoli
- Cabbage
- Sprouts
- Watercress

Selenium: Essential mineral; deficiency increases risk of many types of cancer

Good sources

- Nuts
- Poultry, eggs
- Fish
- Sunflower seeds
- Mushrooms

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Source: U.K. Institute of Food Research, KRT Photo Service

Graphic: Jutta Scheibe

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DAY TRIP

Atchison offers many attractions

By Shifra Stein

A picturesque drive north on U.S. 73 from Leavenworth takes you past green rolling hills and valleys that lead to Atchison. During the mid-19th century, Atchison was an important center of overland freighting. In 1859 the Atchison, Topeka, Santa Fe Railway Company was founded here. A renovated 1880s-era freight depot now houses the Santa Fe Depot Visitors Center, historical museum, and gift shop.

Atchison is filled with history, museums, antiques and specialty shops, and magnificent nineteenth-century mansions, many of which are located on the beautiful Missouri River bluffs. A walking-and-driving-tour brochure is available from the Atchison Chamber of Commerce, Santa Fe Depot Visitors Center, 200 South 10th Street, P.O. Box 126, Atchison, KS 66002. Guided tours for groups of 15 or more are available with advance notice. (800) 234-1854 or (913) 367-2427.

WHERE TO GO

Amelia Earhart Birthplace Museum. 223 North Terrace Street, Atchison, KS 66002. This historic home, where Amelia Earhart was born in 1897, is listed on the National Register of Historic Places. It was recently renovated and returned to its original turn-of-the-century elegance. Interpretive displays, newspaper and magazine clippings, and family belongings tell the story of the legendary aviatrix. Open daily May through October, afternoons and by appointment from November through April. Fee. (913) 367-4217.

Amelia Earhart Earthwork. Warnock Lake, Atchison, KS 66002. This one-acre portrait of Amelia Earhart is on a hillside near Warnock Lake. It comprises live plantings, stone, and other natural materials. It is the first perpetual crop artwork created by famed Kansas artist Stan Herd and was designed to commemorate Earhart's 100th birthday. A nearby viewing deck offers a good look at the earthwork and photographic displays that illustrate how the artist created his unusual portrait. Free. (800) 234-1854 or (913) 367-2427.

Atchison Trolley. 200 South 10th Street, Atchison, KS 66002. The trolley

offers hour-long tours of the city and its historic sites and attractions. Special themed tours are offered for fall, Halloween, and Christmas. Open May, June, July, and August. Dates vary. Fee. (913) 367-2427.

Benedictine College. 1020 North Second Street, Atchison, KS 66002. The college has been rated by *US News & World Report* as one of the best liberal arts colleges in the nation. Founded more than 135 years ago by the joint Catholic communities of Mount St. Scholastica and St. Benedict's Abbey, the entire Second Street complex is listed on the National Register of Historic Places. Visitors can tour the campus, which is located above a river bluff affording a breathtaking autumn view. Tours are given through prior arrangement and are free. (913) 367-5340.

Atchison Heritage Conference Center. 710 South Ninth Street, Atchison, KS 66002. The conference center is located on the spacious grounds and peaceful setting of Mount St. Scholastica. Minutes away from the heart of Atchison, it provides dormitory accommodations, meeting rooms, and catering facilities for business seminars and religious retreats. Fee. (913) 367-1162.

Muchnit Art Gallery. 704 North Fourth Street, Atchison, KS 66002. Monthly displays by regional artists are exhibited amid elegant furnishings of one of Atchison's most spectacular Victorian mansions. The interior features rich woodwork, fine hand-tooled leather, brilliant stained-glass windows, and elaborate fireplaces. Open Saturday and Sunday afternoons. Free (fee for tour groups). (913) 367-4278.

WHERE TO SHOP

Ball Brothers Gift Shop. 504 Commercial Street, Atchison, KS 66002. An old-fashioned lunch counter with a soda fountain is the centerpiece on the main floor of this always-busy drugstore. Downstairs is a gift shop specializing in housewares, Atchison souvenirs, and Precious Moments collectibles. Closed Sunday. (913) 367-0332.

Nell Hill's. 501 Commercial Street, Atchison, KS 66002. This large, upscale store specializes in furniture, prints, pictures, and home

accessories. Closed Sunday. (913) 367-1086.

"Once Again" Antiques and Books. 507 Commercial Street, Atchison, KS 66002. A nice selection of antiques and oak furniture, as well as hard-back and paperback books, can be found here. Closed Sunday. (913) 367-0056.

WHERE TO EAT

Marigold Bakery and Cafe. 715 Commercial Street, Atchison, KS 66002. This European-style cafe serves fresh-baked breads and breakfast goods. Lunches feature specialty sandwiches, soups, and salads, along with homemade pies, cakes, and cookies. Closed Sunday and Monday. (913) 367-3858.

The River House Restaurant. 101 Commercial Street, Atchison, KS 66002. American fare is served in an open, airy atmosphere amid the charm of a restored 1870 building that was the former headquarters and business hotel of the Atchison & Nebraska Railroad. Open daily. (913) 367-3330.

WHERE TO STAY

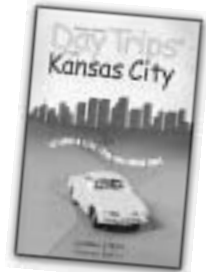
Glick Mansion Bed and Breakfast. 503 North Second Street, Atchison, KS 66002. Listed on the National Register of Historic Places, the mansion was built in 1873 and named after its owner, Governor George Washington Glick. In 1913 the home underwent renovation by Kansas City's most innovative architect, Louis Curtiss, who converted it from a Victorian-style structure to a Tudor Revival manor. Guest rooms feature private baths and queen-size beds. A full breakfast is served in the spacious dining room. (913) 367-9110.

- Artist, writer, and workshop presenter, Shifra Stein, is the author of "Day Trips® From Kansas City" (*The Globe Pequot Press*), from which this column was excerpted. She is available for speaking engagements. See more about her "Art For The Health of It" workshops, books, and presentations on her web site at www.shifrastein.com. For more information, please contact: shifra@shifrastein.com.



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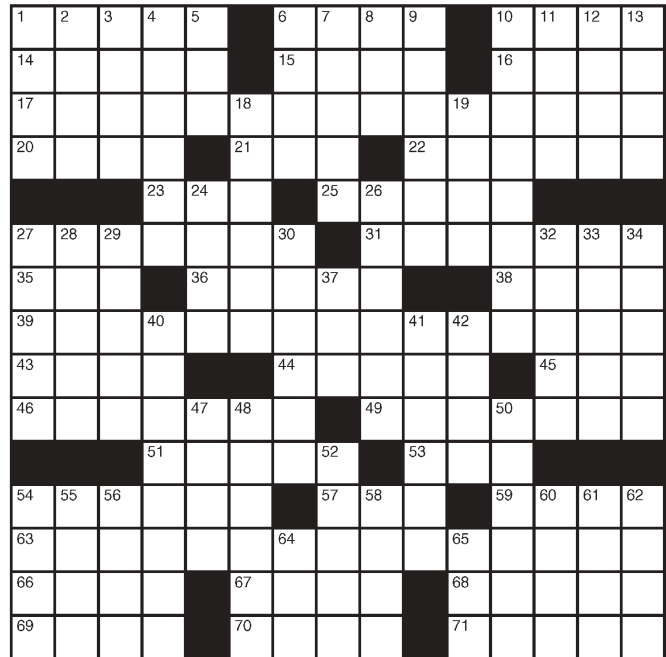
ACROSS

- 1 Czar's decree
- 6 Alternative to ahem
- 10 Left without words
- 14 Scoundrel
- 15 Rime
- 16 I-79 terminus
- 17 Insurance policy clause
- 20 4-string guitars
- 21 Boxing great
- 22 Temporary stops
- 23 USNA grad
- 25 Beet with thick stalks
- 27 Put in office
- 31 Boxed
- 35 Drunkard
- 36 Choir member
- 38 City south of Moscow
- 39 Mitchum movie
- 43 Truth twister
- 44 Implant snugly
- 45 Resident: suff.
- 46 Siren
- 49 Steinbrenner's team
- 51 Tilting match
- 53 Marsh or Murray
- 54 Within a building
- 57 Simian
- 59 Otherwise
- 63 Jekyll and Hyde, e.g.
- 66 "Of Mice and Men" character
- 67 Flying toy
- 68 Riot

- 69 Lacking: suff.
- 70 Assist, in crime
- 71 First Vice President

DOWN

- 1 Pakistani language
- 2 Weirdo
- 3 Malaria symptom
- 4 Group in a group
- 5 Sniggler's prey
- 6 Jackson or Silvers
- 7 Seattle hoopster
- 8 Morose
- 9 Rock-boring tool
- 10 Lay waste to
- 11 "Exodus" writer
- 12 Small parasite
- 13 Former Tunisian rulers
- 18 Spring holiday
- 19 Artist Chagall
- 24 1949 treaty creation: abbr.
- 26 Through this means
- 27 Pita fiber
- 28 Kind of vain situation
- 29 Summer ermine
- 30 Comes in
- 32 1957 hit, "Wake Up Little ___"
- 33 Raise spirits
- 34 Coolidge's VP
- 37 Resistance unit
- 40 Southwestern beans
- 41 Sailors
- 42 Novelist Ferber



By Stanley B. Whitten
Highwood, IL

- 47 Henhouse
- 48 Triumphant cry
- 50 ___ over (fainted)
- 52 Savor
- 54 Billy of rock
- 55 Use a microwave?
- 56 Raised platform
- 58 Pound or Frost, e.g.
- 60 Oscar winner Kedrova
- 61 Stalk
- 62 Observes
- 64 Meat cut
- 65 Docs' org.

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Answers on page 19

MAGICWORD

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

THE BEVERLY HILLBILLIES (sol.: 10 letters)

A-Animals; B-Banker; C-Cash, Cement pond, Chimp, Country bumpkin, Crestview Drive, Critters; D-Dogs, Drysdale, Duke; E-Elly May; F-Family, Feud; G-Granny; H-Hayseed; J-Jane Hathaway, Jed Clampett, Jethro; K-Kinfolk; M-Mansion, Matchmaker, Money; N-Nephew; R-Rich; S-Series, Silly, Simple, Sing; T-Tame, Tomboy, Truck, Tycoon; U-Uncle; W-Wacky, Wealthy

This month's answer

CALIFORNIA

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EUWEHPENKLOFN I K
VLNTEPMA LCDEJ N
IWACKYOBMOTAME I
RSMDLCSRETTIRCK
DEAASELLYMAYALP
WINYTYCOONDUEFM
ERSLGCRI CHSGODU
IEILINH DYLI MAFB
VSOICHIMPFMOWHY
TONSOBHSA C PNEAR
SRSLAMINAKLEAYT
EHYNNARGRNEYLSN
RTKCURTEKUDRTEU
CEMENTPONDIAHEO
R J ANEHATHAWAYDC

JUMBLE

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

ANCOP

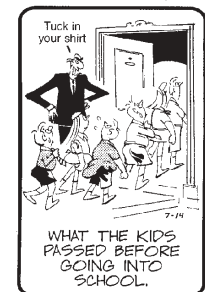
RYMEE

NAMORT

LEXNAF

Ans: AN

THAT SCRAMBLED WORD GAME
by Henri Arnold and Mike Argrion
www.jumble.com



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

Answers on page 19

WORDS OF WISDOM

One must still have chaos in oneself to be able to give birth to a dancing star.

Many a man fails as an original thinker simply because his memory

is too good.

The surest way to corrupt a youth is to instruct him to hold in higher esteem those who think alike than those who think differently.

A poem records emotions and moods that lie beyond normal language, that can only be patched together and hinted at metaphorically.

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HUMOR

The big bad psyche

I dropped by an animal juice bar the other night to unwind after a hard day. I took a stool next to a grey fox. I ordered a Farmer McGregor—that's carrot juice with a twist of radish, shaken, not stirred.

The grey fox was a corporate lawyer from the look of him—well trimmed claws, fifteen-hundred-dollar fur, tinted, rimless glasses. On the other side of the fox sat a pudgy, disheveled-looking badger slugging down catnip zingers as fast as the

individuals involved are as responsible for what happened as your patient."

"The victims, you mean," said the badger, signaling the bartender for another catnip zinger. "You say they were lazy and shiftless. You say what happened was their own fault because they chose to live in substandard housing. You talk like he had a right to attack them. He stalked them, destroyed two of their dwellings, and tried to destroy a third."

"You're missing the point, Sidney," said the fox. "It was a plot. They preyed your patient's psychological weaknesses. They taunted him. They provoked him. Then when he got desperate and began acting irrationally, as they knew he would, they killed him."

The badger wasn't listening. He just talked on.

"I shoulda had him committed after that last session. I coulda saved his life. He came to me for help, and I let him down."

"I remember the conversation vividly," said the badger.

"He said, 'I hate those little jerks, Doc,'"

"Sounds like you're very angry," I said with my best professional neutral tone.

"You're darn right I'm angry. You know what I'm gonna do, Doc? I'm gonna huff and puff and blow their darn house down. That's what I'm gonna do."

"You tried that twice before," I pointed out. "So what will you gain by that?" I asked.

"Darn it, Doc, you don't under-



Larry Day

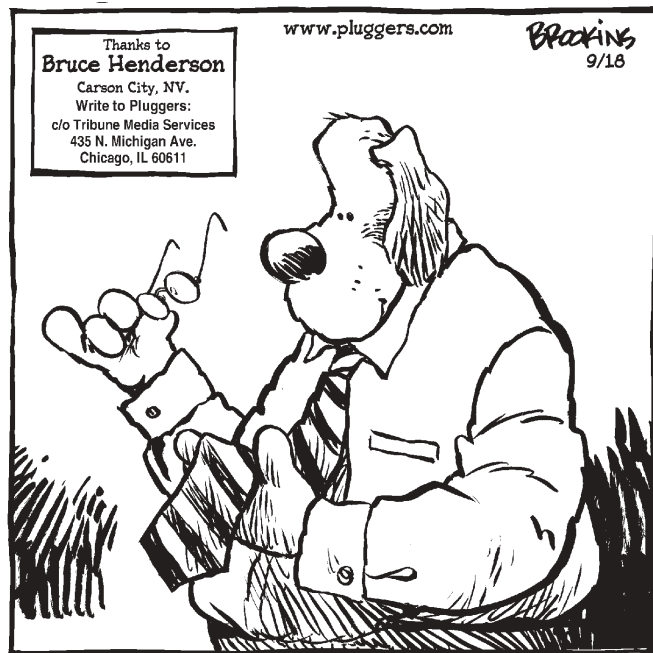
bartender could set them up. The badger was a psychiatrist.

The fox and the badger were having a serious conversation, so like a good journalist, I listened in.

"It's not your fault, Sidney," said the fox. "You can't keep on blaming yourself. Let it go."

"I should have known it was going to happen," said the badger. "When I read my notes the whole thing jumps out at me: the absence of rational judgment, the penchant for impulsive behavior, the rote repetition of threatening phrases. It's all there, and I missed it. I treated my patient as if he were just a psychosomatic blowhard."

"Sidney, you're using 20-20 hindsight here," said the fox. "At best it was a very tricky diagnosis. The other



The way a plugger sees it, the main reason to wear a tie is to clean his glasses.

stand. These guys are provokin' the heck outa me."

"So, you're going to blow their last house down. Then what?"

"Why, then I'll eat 'em up, that's what."

"Eat them up. That could get you into a lot of trouble," I said.

"And then I just let him get up and walk out the door," said the badger, disconsolately. "I'm responsible for his death."

"Hot water, Sidney," said the fox,

quietly. "Hot water is responsible for his death. Hot water and three devious, calculating pigs. It's time for you to pull yourself together, my friend. It's time to put this one behind you. It's not your fault."

I quietly paid for my juice and walked out into the crisp night air.

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

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BOOKSHELF

By Margaret Baker

Phillip Margolin: *Ties That Bind* (HarperCollins, \$25.95, ISBN 0-06-008324-7)

Margolin's legal thriller series follows Amanda Jaffe, still suffering from her near death in her last case. She agrees to defend the apparently indefensible Jon Dupre, owner of a call-girl service, accused of murdering a U.S. Senator up for his party's presidential nomination.

Dupre detests all women, Amanda included. He dismissed her; thinking his possession of proof of a sinister secret society is his hidden ace. Members of the secret group are more numerous and more powerful than he thought. Amanda is his only hope. Amanda has no illusions about her client, but she finds more and more evidence that he is telling the truth. Now she, too, will be targeted. Taut plot, characters fully dimensions, escalating suspense!

Tony Hillerman: *The Sinister Pig* (HarperCollins, \$25.95. ISBN 0-06-019443-X).

Navajo tribal policeman Jim Chee has a gunshot victim, nattily dressed but carrying no identification, near the labyrinth of pipelines under the San Juan Basin. His investigation has barely begun when the FBI takes over and shuts him out. Chee wonders if the man had anything to do with the pipelines carrying gas and oil from Indian lands, perhaps siphoning off to avoid paying royalties, and takes his concern to his friend, retired Lieutenant Joe Leaphorn.

Meanwhile, Bernadette Manuele has transferred to INS, thinking Chee does not return her affections. Her first assignment is checking for illegal immigrants and drug carrier paths. In doing so, she comes across an old ranch outfitted for exotic game animals, a hunting preserve. Some of her photographs tell Chee she's found something more dangerous to her than she realizes.

The Southwest is as much a character as the people inhabiting it, and

Hillerman brings it all out.

Rett MacPherson: *Blood Relations* (St. Martin's Minotaur, \$23.95, ISBN 0-312-30171-5)

Torie O'Shay, genealogist, wife, mother and docent at New Kissel, Missouri's Historical Society, is right there with the rest of the town when, during a drought year, the Mississippi River drops low enough to reveal the sunken wreckage of the riverboat *Phantom*. Several passengers drowned when it went down, and there is a legend that a wealthy passenger had a suitcase of diamonds. Needless to say, the media and historians descend upon the town. One, the great grandson of the ship's captain, dies on the *Phantom*—was he looking for the diamonds?

Enough of a problem for Torie, who cannot let a chance for a spot of investigation pass—why else would she be such a good genealogist? And then to have a young lady announce that she is Torie's half-sister—her father was perfectly capable of cheating on his wife, but he is still alive and would surely have told her?

Lots of twists and turns in this mystery.

Paperback Picks

Bob Greene: *Once Upon a Town* (HarperCollins, trade paperback, \$13.95, ISBN 0-06-008197-X) Reprint of the hardcover edition of 2002.

The folks of North Platte, Nebraska, met every troop train that passed through—six million young men, most away from home for the first time, lonely and fearful of what awaited them.

The trains stopped for but 10 minutes, but the ladies of the town (and surrounding towns, who also participated) made them welcome with sandwiches, baked goods, magazines. Names of local girls were placed inside popcorn balls, giving lads someone to write to (quite a few marriages resulted!). The soldiers were shown how much their efforts were appreciated, and a bit of what they were fighting to preserve.

Bob Greene knew the story, and went back to North Platte to interview those survivors of the North Platte Canteen, the ladies and girls

who worked there, the young soldiers who passed through.

The trains no longer go through North Platte, and the people of the Canteen are crossing over themselves. Bob Greene brings back the memories of wonderful aspect of the best of American spirit, hopefully not lost in time.

Denise Swanson: *Murder of a Snake in the Grass* (Signet, \$5.99, ISBN 0-451-20834-X)

Fourth in the Skye Denison mystery series.

Skye, now a school psychologist in Scumble River, Illinois, has the usual school problems to deal with (some of which involve the administration).

Meanwhile, Scumble River is planning its bicentennial, and has unearthed and brought in from Canada the descendant of fur trader Pierre Scumble, the town's founder. And back into Skye's life is charming but deceitful Luc St. Amant, the fiancé who ditched her when she unearthed a nasty case of child molestation in one of Luc's prominent social circle.

Gabriel Scumble won't cause any problems; he's dead, with a historically proper pickaxe imbedded..

Why would anyone kill Gabriel, who had never before evinced any interest in wonderful Scumble River? And just what does Luc St. Amant want?

This series has it all—smooth plot line, slightly eccentric characters, and small town atmosphere.

The Ears Have It (Books on Tape) Sara Paretsky: *Total Recall* (Bril-

liance Audio, read by Sandra Burr, unabridged, 10 cassettes 14 hours, \$34.95)

Eudora native Sara Paretsky spins another Private Eye V.I. Warshawski mystery. V.I.'s mentor and friend Dr. Lottie Herschel was sent to London

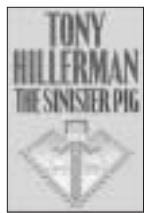


as a child when Hitler began moving against Jews in Europe; her parents never made it out. Those memories come back when a young man at a national convention on the status of Jews in America tells of having his repressed memories of a similar childhood come to life through the assistance of a psychologist/hypnotist. He claims to have been brought to this country by a German SS officer who needed a Jewish child to get in, and then badly abused. The name he says he was born with affects Lottie strongly; she will not see him even when he insists he is a relative.

Warshawski is also working on an insurance case; a hardworking man who paid in his weekly amount but on death the company insists it paid that claim ten years ago, and has the death certificate on file. As the two plot threads start moving together, the pace intensifies.

Paretsky always tells a great story, and *Total Recall* is no exception. Convoluted plots, characters who leap off the tape with all their foibles, a very electrifying listen!

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



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SeniorMonthly, June 2003 17

PET WORLD

Dogs also have memories

By Steve Dale

Q: My husband died seven months ago, and my toy poodle has started growling and barking in the evening toward the bedroom where my husband died. He'll also get up from sleeping to do this, or just bark for several seconds and then go back to sleep. The dog also barks in his sleep, and sometimes he goes to the bar stool where my husband used to sit. What is he sensing? — P.J., Houston, Texas

A: The good news: Your dog is not seeing a ghost. Take it from Stanley Coren, professor of psychology at the University of British Columbia-Vancouver and author of "The Pawprints of History" (Free Press, New York, NY, 2003; \$14), who has researched sleep patterns and disorders in dogs. Coren has logical explanations for what's going on.

"Episodic memory is when I'm driving along and I hear Kenny Rogers sing, 'The Gambler.' It triggers a memory of breaking up with a girlfriend," he said. "When this dog is seeing the bar stool, or looks into the bedroom, it triggers a memory of your husband."

Coren continues, "We do know dogs dream. We can also guess that dog dreams are based on memories, just as our own dreams are. What happens is, your dog may actually be envisioning your late husband in his dream at a specific place, such as where the bar stool is. He responds by barking, or actually going to that place he sees in his dream."

In the overwhelming majority of dogs, a profound sense of loss diminishes over time, so your dog will

eventually stop barking at the bedroom door or obsessing over the bar stool. Then again, there are stories of dogs who lament their lost people for a lifetime.

While it's perfectly appropriate to comfort your dog, you could actually make matters worse by lavishing the pet with too much attention

when he acts agitated. Please accept my condolences on your loss, and while you provide comfort for your dog, I suspect he also gives you comfort at this difficult time.

Q: Chad is my boyfriend of eight months. He despises cats. I don't really know why, but he says he won't visit anymore as long as I have Molly. I really like Chad, but Molly, a Maine Coon cat, has been my friend for 10 years; I've had her since she was a kitten.

A: I guarantee that Molly will be devoted to you for the rest of her life. I'm not sure the same can be said for Chad. If he really cared for you, would he be asking you to relinquish your best friend? Keep the cat and you'll learn just how much you really mean to your boyfriend.

Write to Steve at Tribune Media Services, 435 N. Michigan Ave., Suite 1400, Chicago, Ill., 60611. Send e-mail to PETWORLD(at)AOL.com. Include your name, city and state.

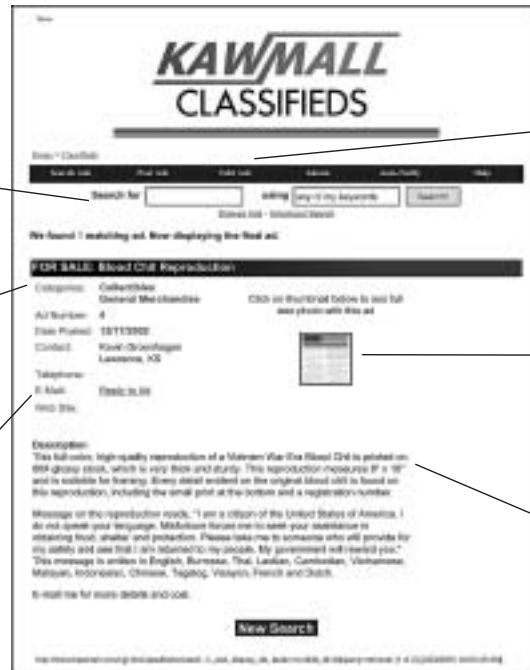
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