

Kaw Valley Senior Monthly

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June 2004

Serving the Lawrence-Topeka Area's 50 and Better Population

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Billings' business entails pet projects

Lawrence artist Jude Billings likes ideas. What she really enjoys, though, is generating ideas in her own mind.

"One thing I excel at is creative thinking," Billings said.

That's how she came up with the name for her new business—creating portraits of people's pets. "The idea came to me when I was making up the business card: pedigree became PETi-gree Portraits," she explained.

Billings, who grew up in Kansas City, has been interested in art as far back as she can remember. "My mother was a wonderful, self-proclaimed artist and from the time I was a child I was drawing," she said.

But Billings put her aspirations as

an artist on hold as she studied business in college, married and had four children.

At that point Billings had no formal art training, but she did have a reputation as an artist and her church asked her to do some work for them which, through what she calls happenstance, led to a chance to study under three Hallmark artists and a desire to learn more.

"I devoured about 100 books on art, and since then my library has grown," she said. "I'm self-taught and I've studied with several very fine teachers. When the kids were in school, I took printing courses."

Billings' increasing skill led to a cottage industry, starting with calligraphy and pen and ink. "I was



Jude Billings

the manufacturer, production person, sales representative and artist," she said, adding that it often led to

16-hour workdays.

Her simple calligraphy designs

CONTINUED ON PAGE TWO



Maria Russo

Need help? JAAA is just one phone call away

Maria Russo, executive director of the Jayhawk Area Agency on Aging (JAAA), has two words for anyone with questions regarding senior issues: "Call us."

"When you don't know where to go or what to do, or you're dealing with some sort of senior issue for yourself, a neighbor, a parent, or a grandparent, we'll help you figure it out," Russo said.

"The focus of all Area Agencies of Aging is helping seniors remain in the living environment of their choice, helping them remain inde-

pendent, helping them make informed decisions, and helping them know what resources are available in the community," Russo continued. "And at the point of time someone needs to move to an apartment, assisted living, or even to a nursing home, we'll help them research that and make that transition when it's the right thing for them to do."

Those with questions about senior issues can call JAAA—which covers Douglas, Jefferson and Shawnee counties—and speak with an

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FREE

Billings

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turned into more involved designs, and then to incorporating pictures into her work.

"Now my love is pen and ink—it's a more structured style with more fine detail," Billings explained.

Her artistic endeavors were interrupted again for nearly a decade when she accepted positions with the Kansas City Art Institute and, later, with the Kansas City school system. However, an event beyond her control compelled her to re-examine what was most important in her life.

Billings was believed to have survived the hanta virus, though it was never officially diagnosed. "After a two-week coma, a near-death experience and long recovery, I did some mental searching," she said. "When you're stopped by something outside yourself that you have no control over, you realize it's time to do what you love. God, family, art and wonderful friends—that's how it goes in my life.

"I asked myself why did I survive," she continued. "Art isn't the prime reason, but it's something I truly love. I try to focus on upbeat messages. It's a spiritual avenue, and the florals and pets are an extension of that."

That's how her new business, PETi-gree, got its start. She thought about how much of her work has centered on animals, including a whimsical animal series that she is also currently working on, and she put two and two together.

"People love their animals, and since I love painting animals I decided that would be the more focused area of my art," she said.

Billings' pet portraits begin with a basic photograph, usually one she takes herself. She scans the photo into a computer to enlarge it and then she does a rough sketch. After adding the shadows, she is ready to finish it with watercolors.

She's also working on other projects involving pets. "I'm in the process of putting together dog and cat baby books that I'm having printed as scrapbooks," she said. "I also do puppy and kitten announcements and pet family trees."

Billings is also working on a series of whimsical prints, four of which are currently on display at Powell Gardens in Kingsville, Mo., where she is the featured artist for May and June.

"Four more whimsical animals

are coming out in fall. I'm trying to do all of the alphabet eventually," she said, adding that the paintings have names that combine animals and plants, such as Owls Love Oaks, Giraffes 'n Geraniums, Cats' Tails in Cattails, and Beary Blueberries.

Billings has shown her work at several Lawrence venues, including the Lawrence Public Library, Arts Center, and Chamber of Commerce. She's also taught adult education calligraphy classes at the University of Missouri in Kansas City and elsewhere, and has taught calligraphy to junior high students as a volunteer.

In addition to calligraphy, pen and ink and watercolors, Billings also designs logos and invitations, does illumination (enhancing art with gold and silver), and has a license to sell KU and K-State items that she has designed. Some of her acrylic and oil paintings are on display at Powell Gardens, but they make up only a small part of her work, she said. She's also working on an idea for Lawrence's sesquicentennial celebration, a Special Dates Keepsake Calendar, and has a patent pending on a unique bookmark.

Billings, who works out of her home, is looking forward to seeing her business grow and has plans to eventually convert her garage into a

studio. But most of all, she looks forward to more work.

"Art is ageless," she said. "If you love it, you can do it any time. When you get up in the morning, you don't

ask 'what am I going to do today;' but 'which one am I going to do.'"

Billings can be reached at her e-mail address at judesstudio@yahoo.com or by phone at 785-856-0862.



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JAAA

CONTINUED FROM PAGE ONE

information and assistance professional to determine what is needed and how to find the right services. However, there are times when more than information shared over the phone is required.

"Our case management program is more intense than just providing information," Russo explained. "Our case managers will go out and make an assessment of the individual's needs. It's really an interview to determine their needs, how well they are able to function within their environment, what supports are already in place to help them, or what informal supports could be put into place. If the informal supports are not enough, then we look to see if there are programs available to assist the client."

Currently, JAAA has 15 case managers and a total caseload of about 900. JAAA has a total of 38 staff members.

JAAA also sponsors forums to educate the community about senior issues. During May, forums on prescription drug facts, advanced planning and legal issues, fraud and the elderly, and Medicare modernization and prescription drug cards were held at JAAA.

According to Diane McDermed, JAAA volunteer coordinator, the forums concerning prescription drugs have been especially well-attended, with 53 people attending the May 11 forum on prescription drug facts. Because of the overwhelming response to that forum, an additional forum on prescription drug cards was added on May 28. In addition, McDermed notes that JAAA expects to hold more forums concerning prescription drugs during the coming months and that JAAA continues to receive quite a few requests to visit senior centers to discuss the Medicare Modernization Act (MMA) of 2003.

"We're educating seniors on the three parts of the act—the prescription drug discount cards, the \$600 credit, and the prescription drug coverage that will be in effect on January 1, 2006," McDermed said.

Starting on June 1, the prescription drug discount plan will allow eligible seniors to buy discounted prescription drugs with new Medicare drug discount cards. The cards are available through private providers, who can charge an annual fee of up to \$30. During open enrollment from November 15 to December 31, seniors can switch to a different card. Of the more than 40 million Medicare enrollees, 7.3 mil-

lion are expected to enroll in the drug card program.

Medicare will also provide a \$600 credit for the purchase of prescription drugs in 2004 and up to an additional \$600 credit in 2005 to people with incomes that are not more than 135 percent of the poverty line. Of the 7.3 million seniors expected to enroll in the drug card program, an estimated 4.7 million are expected to apply for the \$600 credit and save an estimated \$2.4 billion. This is in addition to the savings from discounts.

The third part of the act, the prescription drug benefits that are scheduled to be added to Medicare in 2006, will make all people with Medicare eligible to enroll in plans that cover prescription drugs.

According to McDermed, one of JAAA's goals is to help seniors navigate their way through MMA.

"We help them to make an informed choice about whether they should purchase a card, if they qualify, and to compare what types of cards are on the market right now to make sure it's the best fit for their needs," McDermed explained. "There are 41 cards out there, so it's pretty confusing. We refer clients to Medicare to get information to do a comparison. They can find out if a specific card covers their medications, what they would pay for those medications, and if there's actually a discount. A lot of the drug cards offer no discounts."

Seniors can contact Medicare to make card comparisons by calling 1-800-MEDICARE or through the Internet at www.medicare.gov. McDermed also notes that the comparison information is available at public libraries.

"After they get their comparison information, we ask clients to call us back if they need any help filling out applications," McDermed said. "We would be glad to help them with that."

McDermed notes there's a reason why only 7.3 million seniors are expected to enroll in the temporary drug card program.

"For a lot of seniors, it makes no sense at all for them to buy a card," she said. "If they're already covered under a veterans' program, TRICARE, or Medicaid, they wouldn't qualify for a prescription drug card. The ideal candidate for a prescription drug card would be the type of seniors that we serve, who are of lower-income levels. Many of them have Medicaid, but, for the ones who don't, the biggest advantage for them would be the \$600 credit that they would receive for their prescriptions."

While helping seniors understand the MMA is a more recent mission,

JAAA for the past two years has also been operating a prescription drug program in Shawnee County to help seniors access what prescription assistance programs are available through the pharmaceutical companies. There are currently four volunteers with the program and Russo stresses that JAAA would happily welcome additional volunteers.

In addition to being a service provider, JAAA is a funder.

"We receive roughly \$900,000 a year in federal funds through the Older Americans Act that we in turn allocate to other programs to support their services," Russo said. "We know that good programs already exist in the community, so we don't want to duplicate what they're doing. We want to support and strengthen these programs."

Examples of programs JAAA funds

include meal programs, information programs, and adult daycare programs. There are 15 different organizations that receive JAAA-allocated funds.

The 670 Area Agencies of Aging nationwide were created by the Older Americans Act of 1965. JAAA was founded in 1976 and is one of 11 Area Agencies of Aging in Kansas. JAAA is a not-for-profit organization and, although it receives its authorization as an Area Agency of Aging through the Kansas Department of Aging, it is not a government entity. In addition to federal funding, JAAA receives funds from the state of Kansas, Medicaid, local resources, donations, and grants.

JAAA is located at 1720 SW Topeka Blvd. in Topeka. For more information about senior issues or volunteering opportunities, please call 785-235-1367 or 800-798-1366.

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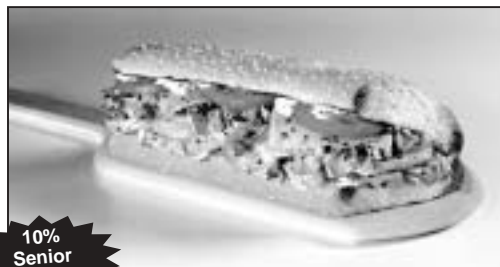


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Lawrence streets benefit from sign code

The warm weather and spring cleaning are likely to result in garage sales. One popular advertising tool is the garage sale sign. The City of Lawrence Neighborhood Resources Department provides the following tips to help select the location of signs:

- Do not place signs in the public right-of-way or on City property. To help avoid right-of-way, do not use areas in front of the sidewalk. Utility poles are in the public right-of-way and should not be used for sign posting.

- The sign should only be in place from 5:00 p.m. Friday until 5:00 p.m. Sunday.

- Get the consent of the property owner before placing signs.

- Signs should be placed on residential streets and not commercial streets such as 23rd Street, 6th Street, Iowa or Massachusetts.

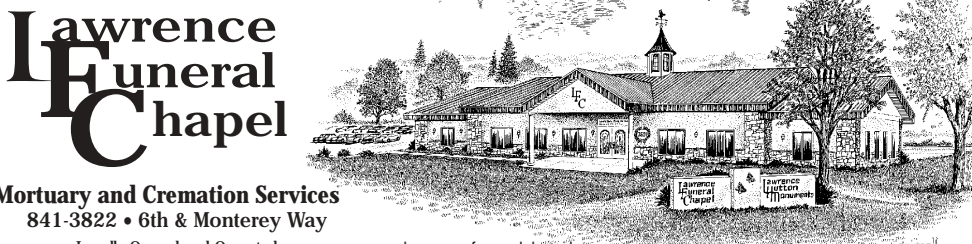
- Signs should be no larger than four square feet.

Inspection staff from the Neighborhood Resources Department may remove signs posted in right-of-way or on City property. The sign regulations are enforced during the week and on weekends.

“By complying with the sign code, you are helping the community to look clean and clutter-free. Driving hazards can also be created with improperly placed signs in the right-of-way surrounding intersections,” explains Barry Walthall, Codes Enforcement Manager in the Neighborhood Resources Department.

Article 7 of city code chapter 5 details the regulation on outdoor signage and is available on line at

http://web.ci.lawrence.ks.us/legal_services/citycode/chapter5.html. For more information on the sign code, contact the Neighborhood Resources Department at 785-832-3100.



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HEALTH

Pain-free hands: Carpal tunnel solutions

Thanks to the computer revolution, carpal tunnel syndrome is a famous disorder. The popular image of a carpal tunnel sufferer is someone who spends endless hours in front of a computer, hands glued to a mouse and a keyboard. But carpal tunnel syndrome affects many others as well.

An inflammation in the carpal tunnel in your wrist can cause pain, numbness or tingling in your hands. Night pain or numbness may be the



Laura Bennetts

first sign.

This pain can be so severe that it wakes you repeatedly. The numbness in your fingers may keep you from easily using your fingers to button your shirt or turn the pages of a book. Your hand can feel so weak that you are unable to write for very long or to cut up fruit. These are classic carpal tunnel symptoms.

The Troublesome Tunnel

The carpal tunnel is a sheathed area in your wrist made up of bones, ligaments, and soft tissue. The purpose of this tunnel is to provide a safe path for the nerves, arteries and tendons that control your hand. This tunnel is lined with a tissue called synovium which, moistened with synovial fluid, minimizes friction on the delicate nerves and tendons that guide your hand motions. If the lining of this tunnel becomes inflamed, the tunnel grows narrower, squeezing the median nerve whenever you move your wrist or forcefully grip an object. This pressure can rapidly weaken your grip and spark chronic pain and numbness.

What Should You Do?

There are two solutions when you have this problem—and the sooner you act, the better. The first solution is to stop or limit the activity that causes the irritation, and the second solution is to decrease the inflammation in the tunnel.

What causes carpal tunnel syndrome? By now, most people know that repetitive motions like typing,

assembly-line work, playing a musical instrument, and using a computer mouse or scissors can inflame the carpal tunnel. And some medical conditions, including diabetes, arthritis and thyroid problems, can spur carpal tunnel pain. Pregnancy and menopause are also risk factors.

Get Help From An Occupational Therapist

Occupational Therapists are hand specialists. So it's a good idea to get help from an occupational therapist, both to learn what activities are irritating your wrist and also to get treatment. The irritating activity, for example, might be driving your car with your wrists bent upwards, or sleeping with your hand curled under your pillow. Your therapist might ask you to hold your wrists in a neutral position when you drive or to wear soft splints at night.

For some people, these solutions may be enough to heal the carpal tunnel and stop the pain. But if simple adjustments of this kind aren't enough, there are other treatments that can help as well.

Special Healing Modalities

Other occupational therapy modalities that help decrease inflammation include ultrasound, Anodyne light therapy, and iontophoresis. Ultrasound is a technique that uses sound waves to increase circulation. Anodyne light therapy increases circulation by shining a light deep into the affected area. Iontophoresis decreases inflammation with electricity. And your doctor may also recommend anti-inflammatory medications.

Once the pain and swelling are reduced, the next step is to strengthen your arm and hand.

A Firmer Grip

Carpal tunnel syndrome can make your hand very weak. To determine how much strength you will need to regain, your occupational therapist can use a dynamometer to measure your grip strength and tell you how this compares to the normal strength of a person of your age, sex, and occupation. If you're a carpenter, for example, you may need 120 to 140 pounds of grip strength. If you work at a computer you may need 75 pounds of grip strength.

Carpal pain can reduce your grip strength to as little as five pounds.

To recover your normal strength can

require four to six weeks of exercise.

Your occupational therapist will guide you in a progression of exercises that will improve your strength without triggering pain.

If You Have Surgery

Sometimes carpal problems don't respond to therapy or medication. In extreme cases, surgery may be needed to enlarge the carpal tunnel to relieve the pressure on the median nerve. After surgery, to remedy any remaining muscle weakness or pain, the doctor will send you to a therapist to ensure full recovery. Prescribed exercise programs seldom take more than four to six weeks of effort, but during these weeks you need to push yourself, with an emphasis on home exercise. It can be hard to break the habit of relying just on your stronger arm. But if you're suffering, you can get relief for hand pain. See your doctor and get a prescription for occupational therapy.

- Laura Bennetts, MS RPT, is a physical therapist with a masters degree from the University of Southern California and 22 years of professional experience. She co-owns Lawrence Therapy Services LLC (785-842-0656) and Baldwin Therapy Services (785-594-3162). If you have therapy-related questions, please e-mail Laura care of laurabennetts@hotmail.com.

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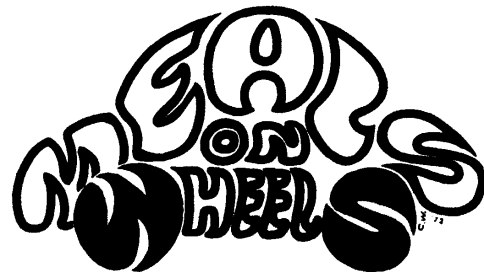
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HEALTH

Preventing canker sores

An aphthous ulcer, which is better known as a "canker sore," is an open sore in the mouth. It is a white or yellow ulcer usually surrounded by a bright red area or red "halo." Most commonly, canker sores occur by themselves, but occasionally they can occur in small clusters.

Canker sores are painful and usually appear on the inner surface of the cheeks, lips, tongue, throat or gums. They more often occur in women than in men. Between 20 and 50 percent of Americans suffer

ies, however, have shown that it may be responsible for canker sores in susceptible people. It is thought that the detergent may weaken the lining of the mouth making it susceptible to canker sore formation.

- No apparent reason.

Food Allergies that can trigger a canker sore include the following:

- Grains: buckwheat, wheat, white flour, oats, rye, barley, the gluten grains
- Fruits and vegetables: citrus fruits, apples, tomatoes
- Dairy: milk, ice cream, cheese
- Peanuts
- Sugar: chocolate
- Vinegar

How can you prevent canker sores?

The best way to prevent a canker sore is to focus on having a strong immune system and good oral hygiene. Good oral hygiene includes brushing and flossing after every meal. Regular visits to your dentist's office. The following ways to strengthen your immune system include:

1. Diet
2. Exercise
3. Relieve Stress
4. Herbs to strength your immune system include: Echinacea, Garlic, Lomatium, Astragalus,
5. Antioxidants for a strong immune system include: Vitamin A, Vitamin E, B vitamins, folic acid, calcium, zinc or iron.

Alternative treatments for canker sores include:

1. Antiseptic mouth wash.
2. Herbs: Calendula, Myrrh, Goldenseal, Echinacea, Taraxacum, Licorice, have proven to be effective. My favorite of all is Licorice powder known as DGL (Deglycyrrhizinated Licorice Extract, which doesn't cause hypertension) using to gargle. DGL can be used to speed up healing of painful canker sore. DGL appears to work by thickening the mucosal lining of your mouth, where canker sores often form.
3. Homeopathic: Natrum muriaticum

If you have a canker sore lasting longer than 2 weeks or are suffering from fever, fatigue and swollen lymph nodes, a follow-up with your physician is necessary for further evaluation. As always, consult with your physician before using any herbs.

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



Dr.
Farhang
Khosh

from the pain of canker sores. Canker sores can show up at any age usually between 10 and 45. About one in five people regularly have canker sores. There is some evidence that shows that canker sores may have an inherited tendency because they can run in families. Canker sores are the most common type of mouth ulcer.

Canker sores are not cold sores or fever blisters, which are caused by the herpes simplex virus. Cold sores are contagious but canker sores are not.

Canker sores usually begin with a burning or tingling sensation, which is soon followed by a bright red bump that will ulcerate. The size of the ulcer can vary from 1 mm to 2 cm. Pain usually will decrease in 4 to 5 days and symptoms will resolve in 1 to 2 weeks. Occasionally a person may develop fever, swollen lymph nodes and fatigue.

What causes canker sores? The following have been linked to causing canker sores:

- A decreased immune system.
- Injury to the mouth such as a dental procedure or when a tongue or cheek is bitten.
- Emotional Stress.
- Dietary Deficiencies such as Vitamin A, Vitamin E, B vitamins, Folic acid, Calcium, Zinc or Iron.
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FINANCES

Here's what you should know about dividends

Up until last year, the topic of stock dividends may not have always enthralled investors. But when the new tax laws were enacted, a lot of people started thinking about dividends—and maybe you should, too.

Thanks to the tax legislation, dividends are now being taxed at a maximum rate of 15 percent (The new rate was effective Jan. 1, 2003, and



Harley Catlin and Ryan Catlin

expires on Dec. 31, 2008.). Previously, dividends were taxed at your individual income tax rate. As a result, companies are issuing more dividends—and some companies that never paid dividends before are now starting to do just that.

Of course, some investors have always known about the value of investing in companies that have a history of paying dividends—and that have increased their dividends over time. Typically, these companies are well run, with a strong interest in rewarding their investors. Furthermore, in addition to paying dividends, many of these stocks offer growth potential.

So, now that dividends are more tax-friendly, you have even more reason to learn more about them. For starters, dividends can be paid in various forms, but there are two major categories: cash and stock. Cash dividends are the most popular; they are typically paid to stockholders out of the corporation's current earnings or accumulated profits.

For example, suppose you own 100 shares of the fictitious ABC, Inc. Thanks to shrewd management and innovative marketing techniques, ABC has experienced continual growth, and, as a result, the company declares an annual divi-

dend of \$4 a share. You will then earn \$400 a year, or \$100 paid every quarter. But what if you don't need the income? Depending on where your shares are held, you may be able to automatically reinvest the dividends back into the company, thereby purchasing more shares.

If ABC, Inc. wants to pay a dividend, but doesn't have the necessary cash for all its shareholders, it could issue stock dividends. So, if ABC issues a dividend of 0.05 new shares for every existing share, you will receive five shares for every 100 shares that you own. Generally, stock dividends are tax-free, although you may incur taxes if you sell the shares.

A dividend's key dates

As an owner of a stock that pays dividends, you will want to become familiar with some key dates:

- **Declaration date**—On this date, the board of directors announces to shareholders—and the market as a whole—that the company will pay a dividend.

- **Ex-date (Ex-dividend date)**—On or after this date, the stock trades without its dividend. If you bought a dividend-paying stock one day before the ex-dividend, you still get the dividend; if you buy on the ex-dividend date, you won't. Alternately, if you want to sell a stock, but still receive a declared dividend, you'll have to sell on or after the ex-dividend date.

- **Date of record**—On this date, the company looks at its records to identify its shareholders. If you're an investor, you must be listed as a "holder of record" to guarantee the right of a dividend payout.

- **Date of payment**—Here's when the company mails out the dividend to the holder of record. The date of payment is generally a week or more after the date of record.

At first glance, you might think that you can make a nice profit by buying a stock just before the ex-dividend date. But it's not that simple. You aren't the only one who knows when the dividend will be paid - everyone knows about it. And because

"the market" sees a dividend payout as a giveaway of profits, it will "punish" the company by lowering its stock price by about the same amount of the dividend on the ex-dividend date. In other words, forget about those instant gains coming from "well-timed" investments. Also, keep in mind that stocks are subject to market risks, including the potential loss of principal invested; furthermore, stocks are not fixed-rate

investments and may not even distribute dividends.

Still, don't forget about dividends. When you buy high-quality, dividend-paying stocks, and place them in a well-diversified portfolio, you can help yourself make progress toward your important long-term goals.

- 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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**Our Line of Credit is a margin account. Borrowing against securities has its risks and is not appropriate for everyone. If the value of your collateral declines, you may be required to deposit cash or additional securities, or the securities in your account may be sold to meet the margin call.



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MY ANSWER

Can faith be regained?

By Billy Graham

Q: Is it possible for someone to get their faith back once they've lost it? Or has God given up on them? I know I need God, but He must be mad at me for the way I've treated Him. — W.W.

A: One of the devil's oldest tricks is to tell us God is so angry at us that He'll never forgive us. But this is not what the Bible says. God loves you and He wants to forgive you and welcome you back to Himself. Don't misunderstand me — sin is serious, and when we turn away from God, He hates what we have done. We have lost sight today of God's anger at sin, and the fact that some day sin will be judged. We think God is weak and sentimental, winking at sin and not willing to do anything that might hurt us. But God is holy and just, and He sees sin for what it really is: an act of rebellion against our Creator. The Bible warns, "It is a dreadful thing to fall into the hands

of the living God" (Hebrews 10:31).

But listen: One reason God hates sin so much is because of what it does to you and me! He loves us and He knows that sin destroys us. That is why Jesus Christ came into the world — to provide a way for us to be saved. God promises all who repent and turn to Him, "I will not carry out my fierce anger. ... For I am God, and not man — the Holy One among you" (Hosea 11:9). Don't let another day go by without Christ. Instead, tell God you are sorry for your sins and you want to turn from them, and then ask Christ to come into your life as your Lord and Savior. No, it isn't too late to make your peace with God. Give your life to Jesus Christ today.

(Send your queries to "My Answer," c/o Billy Graham, P.O. Box 1270, Charlotte, N.C., 28201; call 1-(877) 2-GRAHAM, or visit the Web site for the Billy Graham Evangelistic Association: www.billygraham.org.)

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Brown v. Board of Education 50th Anniversary Commemoration

Photos by Monte Mace



President George W. Bush speaks in front of the Monroe Elementary School as Cheryl Brown Henderson, daughter of the lead plaintiff in *Brown v. Board of Education*, the Rev. Oliver Brown, looks on.



Following his remarks, President Bush poses with members of the 16th Street Baptist Church Choir of Birmingham, Alabama. The 16th Street Baptist Church was the site of a Ku Klux Klan bombing in September 1963.



Rep. Elijah Cummings (D-MD), chairman of the Congressional Black Caucus, delivers an impassioned speech: "We must work every day to bring life and breathe life into the *Brown* decision. It is not enough to celebrate."



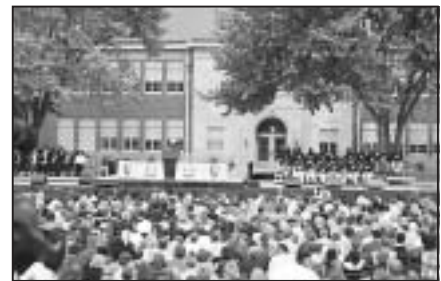
Air Force One flies above the crowd at 12:25 p.m. as the choir sings "Let There Be Peace on Earth."



President Bush shakes hands with Kansas Attorney General Phil Kline. Others on the stage include Gov. Kathleen Sebelius, Supreme Court Justice Stephen Breyer, former HUD Secretary Jack Kemp, and Senate Majority Leader Bill Frist.



Rev. Jesse Jackson talks with members of the media while waiting for President Bush's motorcade to arrive from Forbes Field.



Officials estimate that a crowd of 5,500 attended the grand opening of the *Brown v. Board of Education* National Historic Site.

We've all heard of a dream deferred. Today, behind us is a dream realized. - Cheryl Brown Henderson

Monte Mace
Photography
785-749-1668

West Nile virus season returns

The Lawrence-Douglas County Health Department is preparing for this year's West Nile Virus (WNV) season. Even though the chances of being bitten by an infected mosquito are small, West Nile Virus is serious and infected over 9000 people in the U.S. in 2003. WNV is transmitted when a mosquito bites an infected bird and then bites an animal or person. WNV is not transmitted from person to person or directly from birds.

Though anyone can be infected, people over 50 years of age and those with weakened immune systems are most at risk of developing severe illness. Most people infected with WNV have no symptoms. A small percentage of people infected with the virus may develop mild symptoms 3-15 days after being bitten. These symptoms are much like the flu including fever, headache, body aches, swollen lymph glands, and a body rash. Less than 1 percent of people infected develop more severe symptoms including neck stiffness, high fever, disorientation, tremors, convulsions, paralysis, and coma. There is no vaccine or specific treatment for West Nile Virus infection.

Insect repellents containing DEET should be applied sparingly to exposed skin and on thin clothing. Repellent containing 20-30 percent DEET is recommended for adults and less than 10 percent for children.

Nifty, Nifty Look Who's 50!

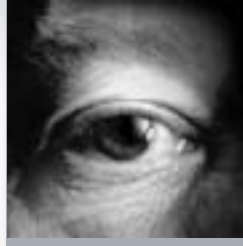
*The following celebrities
turn 50 in June:*

- June 2 **Dennis Haysbert**, actor, *24, Far From Heaven*
- June 3 **Dan Hill**, singer, "Can't We Try"
- June 14 **Will Patton**, actor, *Remember the Titans, The Punisher*
- June 28 **Alice Krige**, actress, *Chariots of Fire*

Like to wish your own "celebrity" a Happy Birthday? Place a 1/12-page or larger birthday ad for a relative or friend, and we'll include a one-year subscription to Senior Monthly for the birthday girl or boy!

LIVING WITH

MACULAR DEGENERATION



IF YOU OR SOMEONE YOU KNOW HAS MACULAR DEGENERATION, you should attend this free informational seminar. You can learn to live better with macular degeneration.

LEARN ABOUT MACULAR DEGENERATION FROM DR.

Nelson, an optometrist who specializes in low vision. Discover the value of a low vision assessment. Learn about vision rehabilitation options from the experts at Envision. You can live better with orientation and mobility training, assistive technology, rehabilitation training and adaptive aids.



SEATING IS LIMITED, so call 316.682.4646 now to reserve your space. The seminar will be held from 9:30 a.m. to 12:00 p.m. on Fri, June 25th at the Holiday Inn, 605 SW. Fairlawn Rd, in Topeka.

This free event is sponsored by Jayhawk Area Agency on Aging and Envision.

Envision
Choices & resources for people who are blind or low vision

2301 South Water • Wichita, KS 67213
www.envisionus.com • envision@envisionus.com
316.682.4646 • 1.866.319.4646

CALENDAR

ART/ENTERTAINMENT

JUN 4-27

GYPSY

The ultimate stage mother, Rose, her daughters, and a host of show biz folks travel from Vaudeville to Burlesque.
LAWRENCE, 785-843-7469
www.community.lawrence.com/
communitytheatre/

JUN 5-AUG 26

ARTS IN THE PARK

Summer concert series featuring national, regional, and local musical groups/performers. Weekends.
MANHATTAN, 785-587-2757

JUN 11-13

JAZZ IN THE WOODS AT CORPORATE WOODS

Kansas City's largest jazz family event. Features local and regional talent.
OVERLAND PARK, 913-661-5475
www.jazzinthewoods.com

BINGO

SUNDAYS

KNIGHTS OF COLUMBUS HALL

2206 E. 23RD ST., LAWRENCE, 6:30 PM, 785-842-2699

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1

3800 SE MICHIGAN AVE, TOPEKA, 6:30 PM, 785-267-1923

MONDAYS & THURSDAYS

AMERICAN LEGION POST NO. 400

3029 NW US HIGHWAY 24, TOPEKA, 6:30 PM, 785-296-9400

MONDAYS & SATURDAYS

LEGIONACRES

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

TUESDAYS

VETERANS OF FOREIGN WARS

138 ALABAMA, LAWRENCE, 6:55 PM, 785-843-2078

WEDNESDAYS & 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

12 SeniorMonthly, June 2004

785-234-5656

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 1-31

MEMORIES OF THE PRAIRIE

A lecture series of Kansas history. Saturdays only.
ABILENE, 785-263-2681

EXHIBITS/SHOWS

JUN 1-SEP 30

VIETNAM EXHIBIT

Tribute to Vietnam veterans from Douglas County. Memories of the 1960s, as well as many artifacts, letters, clothing, etc. contributed by veterans. Watkins Community Museum of History, 1047 Massachusetts.
LAWRENCE, 785-841-4109
www.watkinsmuseum.org

JUN 1-OCT 10

ANCIENT AFRICAN CHRISTIANITY

Icons and sacred art from the long tradition of Christianity in Ethiopia, Egypt, and Northern Africa.
TOPEKA, 785-234-5993
www.orthodoxmuseum.org

JUN 1-OCT 1

TERRITORIAL KANSAS

SESQUICENTENNIAL EXHIBIT

Story of the bloody struggle between abolitionists such as John Brown and proslavery settlers in Kansas Territory.
TOPEKA, 785-272-8681
www.kshs.org

JUN 5

LAWRENCE SENIOR RESOURCE FAIR

Guest speakers and table displays on topics of interest to senior citizens. Join us for door prizes and refreshments. Pioneer Ridge Assisted Living, 4851 Harvard Rd., 1-5 p.m. Call for more information.
LAWRENCE, 785-749-4200

JUN 5

GARDEN TOUR

Enjoy six local gardens representing a wide variety of styles and purposes. Go home with new ideas and enthusiasm.
ABILENE, 785-263-1884

JUN 13-14

SKUNK RUN QUILT SHOW AND

MINIATURE QUILT AUCTION

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

JUN 19-20

PLANES, TRAINS, AND AUTOMOBILES

Vintage planes, trains, automobiles, tractors, hunting and fishing exhibit, historic tour throughout the city.
BALDWIN CITY, 785-594-3200
www.baldwincitychamber.com

FESTIVALS/FAIRS

JUN 3-6

OLD SHAWNEE DAYS

38th annual. Festival features parade, carnival, living history, crafts, musical entertainment, and more.
SHAWNEE, 913-248-2360
www.cityofshawnee.org

JUN 5-6

FIESTA BULLWHACKER

Celebration of the Santa Fe and Oregon Trails, demonstrators, Hispanic dancers, food, and

stagecoach rides.

OLATHE, 913-782-6972

www.mahaffie.com

JUN 5

KCBS SANCTIONED BBQ CONTEST AND COOKOFF

BBQ cook-off and contest with family events and entertainment.
MCLOUTH, 785-863-3072
www.visitjeffcounty.com

JUN 5-6

MULVANE MOUNTAIN PLAINS ART FAIR

12th annual. Juried art fair offering art, food, live music, and activities for the entire family.
TOPEKA, 785-231-1124
www.washburn.edu/mulvane

JUN 10-12

PRAIRIE LAKE PICKIN' PARTY

11th annual. Bluegrass music festival, band scramble.
HOLTON, 785-364-2749

JUN 11-12

TONGANOXIE DAYS

10K run, car show, art/craft booths, patriotic events, USAF flyover, BBQ contest, quilt show, food, music, and entertainment.
TONGANOXIE, 913-845-5183
www.TonganoxieDays.com

JUN 12-20

ATCHISON TERRITORIAL

SESQUICENTENNIAL

Celebration of Atchison's heritage. Corn carnival parade, heritage sharing, reenactors, contests for all ages, entertainment stage on June 19, and street dance.
ATCHISON, 913-367-2427
www.atchisonhistory.org/atchison150.html

JUN 12-13

HORSE POWER DAYS

Featuring horse-powered farm equipment and antiques, live demonstrations, arts, crafts, historic town setting, blacksmith shop, and working General Store.
MERIDEN, 785-863-3072
www.visitjeffcounty.com

JUN 12

IN THE GOOD OL' SUMMERTIME

Horseshoe throwing contest, 1800s clothing exhibits, box lunch supper, band concerts, ice cream social.
OSKALOOSA, 785-863-3072
www.visitjeffcounty.com

JUN 12-13

LANSING DAZE FESTIVAL

Annual festival with crafts, car show, carnival, parade, petting zoo, live band, various contests, great food, and entertainment.
LANSING, 913-727-3233
www.lansing.ks.us

JUN 13-14

SKUNK RUN ARTS AND MUSIC FESTIVAL

Arts and music festival.
OTTAWA, 785-242-1411
www.visitottawakansas.com

JUN 17-21

NATIONAL TEACHERS HALL OF FAME INDUCTION WEEKEND

Five of the nation's top career teachers are featured at community and statewide celebrations. Panel discussions and induction ceremony.
EMPORIA, 620-341-5660
www.nthf.org

JUN 18-19

DOVER HERITAGE DAYS

Festival includes both kiddie and adult tractor pulls, musical jamboree, parades, draft horse team pull, crafts, antiques, BBQ, and fire-works.
TOPEKA, 785-256-6050
www.historicageinn.com/dover.html

JUN 18-19

DOWNTOWN OVERLAND PARK DAYS

Street dance, kids' activities, music, and art.

OVERLAND PARK, 913-642-2222

www.downtownop.com

JUN 18-19

ST. JOHN'S MEXICAN FIESTA

Authentic Mexican food, live entertainment, games, and so much more.
LAWRENCE, 785-843-0109
www.visitlawrence.com

JUN 18-26

SUNFLOWER MUSIC FESTIVAL

An annual series of chamber orchestra concerts and chamber music of the highest level. Performances nightly.
TOPEKA, 785-231-1010

JUN 19

INTERNATIONAL FOREST OF FRIENDSHIP CELEBRATION

Annual event with induction ceremony for International Forest of Friendship honorees, children's activities, parade of flags, and banquet.
ATCHISON, 913-367-1419
www.ninety-nines.org/fof.html

JUN 19

MIDSUMMER'S DAY FESTIVAL

Swedish-American celebration to welcome the return of summer. Folk art, dancing, music, smorgasbord, and midnight swim.
LINDSBORG, 785-227-3706
www.lindsborg.org

JUN 23-27

JOHN BROWN JAMBOREE

City officials, saddle clubs, city and school bands, unique floats, cloggers join in the parade.
OSAWATOMIE, 913-755-4114
www.osawatomiaks.org

JUN 25-29

KANSAS CHAUTAUQUA

Experience portrayals of historical figures, youth programs, Elderhostels, educational workshops, history tours, reenactors, family learning and fun, and local entertainment.
LAWRENCE, 785-865-4499
www.visitlawrence.com

JUN 25-26

TERRITORIAL CAPITAL FESTIVAL

Reenactments, pioneer skills demonstrations, historic museums tour, rides, crafts, and carnival.
LECOMPTON, 785-887-6617
www.lecomptonkansas.com

JUN 26-27

BURLINGAME RODEO AND HERITAGE DAYS

Craft vendors and flea market, parade, bike rodeo, sand volleyball, pedal tractor pull, home and garden tour.
BURLINGAME, 785-654-2421

JUN 26-JUL 3

INDEPENDENCE DAY, 1904

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

HEALTH

FIRST TUESDAY OF EACH MONTH

HEALTH SCREENING CLINIC

Lawrence-Douglas County Health Department.
LECOMPTON COMMUNITY BUILDING
9:30-10:30 AM

TUESDAYS AND THURSDAYS

BLOOD PRESSURE CLINIC

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

CONTINUED ON PAGE 13

CALENDAR

CONTINUED FROM PAGE 12

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

SECOND THURSDAY OF EACH MONTH MEDICATION CLINIC

Bring questions about your medications (prescription or over-the-counter), 1:30-2:30 p.m. Call for appointment.

HEALTHWISE 55 RESOURCE CENTER,
TOPEKA
785-354-6787

SECOND THURSDAY OF EACH MONTH BLOOD PRESSURE AND HEALTH INFORMATION

Sponsored by the West Ridge Mall merchants. Conducted in mall's food court. No appointment necessary.

WEST RIDGE MALL, TOPEKA
8:15-9:15 AM

THIRD TUESDAY OF EACH MONTH HEALTH SCREENING CLINIC

Lawrence-Douglas County Health Department.

PINECREST II APARTMENTS, 924 WALNUT,
EUDORA, 9-10 AM

THIRD THURSDAY OF EACH MONTH NUTRITION CLINIC

1:30-2:30 p.m. Call for an appointment.
HEALTHWISE 55 RESOURCE CENTER, TOPEKA
785-354-6787

JUN 5

LAWRENCE SENIOR RESOURCE FAIR

Guest speakers and table displays on topics of interest to senior citizens. Join us for door prizes and refreshments. Pioneer Ridge Assisted Living, 4851 Harvard Rd., 1-5 p.m. Call for more information.
LAWRENCE, 785-749-4200

JUN 2

CHOLESTEROL SCREENING

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 5

SUBTLE ENERGY THERAPY

Presented by Laura Mead. Develop your intuitive and clairvoyant abilities for working with subtle energy realms of the body and meditation skills. Fee, 9:30 a.m.-5:00 p.m.
LAWRENCE, 785-841-4109

JUN 5

CHOLESTEROL SCREENING

See June 2 description.
LMH HEALTH SOURCE ROOM
8:00-11:30 AM

JUN 7

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.
LMH HEALTH SOURCE ROOM
9:00-11:00 AM

JUN 10

HYPERTENSION

Join the Lawrence Memorial Senior Care Services and their special guests for a free monthly program with informative topics of

interest to seniors. Programs are offered in the mornings at LMH. Classes are open to all.
LMH Meeting Room D
9:00-10:00 AM

JUN 12

BONE DENSITY SCREENING

See June 7 description.
LMH HEALTH SOURCE ROOM
9:00-11:00 AM

JUN 12 & 13

HEALING TOUCH LEVEL ONE

With Robin Goff. Get going with using your hands for healing! This program can lead to an international certification. Great, practical tools, good to add to a Reiki practice as well. Fee, some scholarships available. 9:00 a.m.-6:00 p.m. both days. 18 CE for nursing or massage.

THE LIGHT CENTER, 785-255-4583

JUN 24

BONE DENSITY SCREENING

See June 7 description.
LMH HEALTH SOURCE ROOM
1:00-3:00 PM

MEETINGS

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
LAWRENCE, 1:30 PM

THURSDAYS

OLDER KANSANS EMPLOYMENT PROGRAM

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

THURSDAYS

GRIEF AND LOSS SUPPORT GROUP

For individuals caring for an aging loved one and dealing with the losses associated with their physical decline. Sponsored by Heart of America Hospice and Pioneer Ridge. Limited spaces available. Pioneer Ridge Assisted Living Library, 4851 Harvard, 7:00 p.m.
LAWRENCE, 785-841-5300

FIRST THURSDAY OF EACH MONTH

LAWRENCE PROFESSIONALS IN AGING

Networking group. Call Kim or Laura at 785-842-0656 for more information. \$10 to attend (includes lunch).
ELDRIDGE HOTEL, LAWRENCE
11:30 AM-1:00 PM

FRIDAYS

TAKE OFF POUNDS SENSIBLY

Support group for weight loss. Meets 10:00-11:00 a.m., Centenary United Methodist Church.
LAWRENCE, 785-842-1645

SECOND MONDAY, SEPT.-MAY LAWRENCE CLASSICS, GENERAL FEDERATION OF WOMEN'S CLUBS

Volunteer service club.
785-331-4575

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

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 EACH MONTH LAWRENCE PARKINSON'S SUPPORT GROUP

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

THIRD TUESDAY OF EACH MONTH GRANDPARENT/KINSHIP SUPPORT GROUP

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

FOURTH FRIDAY OF EACH MONTH AARP CHAPTER 1696 LUNCHEON

Group meets fourth Friday of each month except in July, November and December. Luncheon is held on third Friday in November. Reservations required at least one week prior to meetings. June 25 meeting will feature WWII presentation by Richard Hewitt.
785-842-0446 or 785-865-3787

MISCELLANEOUS

JUN 1-SEP 26

PASSPORT TO ADVENTURE

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JUN 19

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www.visitottawakansas.com

JUN 25-27

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816-737-1425
Angelheartsong@kc.rr.com

JUN 27

AMELIA EARHART CENTURY BIKE RIDE

8th annual. Long-distance bike ride through scenic and rolling farmland in northeast Kansas.

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www.umacs.net/~macbike

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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TWO CLINIC LOCATIONS TO SERVE YOU

BOOKSHELF

By Margaret Baker

Don Coldsmith: *The Pipestone Quest* (University of Oklahoma Press, ISBN 0-8061-3612-X) *Historical American Indian adventure*

Thirty-first in Coldsmith's enduring Spanish Bit series, following Plains Indians from their first contact with Europeans.

Beaver, a young brave of the Elk-Dog band, is captivated by a pipe offered by a trader.



He learns as much as he can about his tribe's peace pipe, and about the place of the pipe in the traditions of all the North American Indians. He takes his quest with

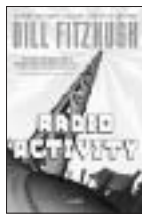
the trader to the place where all the pipestone is quarried (present-day Minnesota).

He does not know exactly what is driving him but he learns to trust his instincts as he learns from and about the tribes he meets along the way.

Bill Fitzhugh: *Radio Activity* (Wm. Morrow, \$23.95, ISBN 0 380 97759-1) *Mystery*

Rick Shannon, rock DJ down on his luck, gets a break—a job offer from a small station in Mississippi. The previous DJ just stopped coming in. The meager salary includes a small house way off in the woods.

Rick turns the station to classic rock. In cleaning up his new quarters, he finds audio tapes. Now he's got a clue as to what happened to his predecessor. He invents a "new" private eye, Buddy Miles (Jimi Hendrix's drummer) to disguise his investigation.



Scattered throughout, sometimes very heavily, is a lot of material about the classic rock of the 1970's.

Katherine Hall Page: *The Body in the Attic* (Wm. Morrow, \$23.95, ISBN 0-06-052529-0) *Mystery*

Thirteenth in the Faith Fairchild series.

Faith Fairchild's pastor husband Tom is experiencing burnout in his small New England village church, which seems more interested in gossip than the sermon. Accordingly, he

jumps at the chance for a sabbatical semester teaching at Harvard. Faith is a bit more reluctant as she and the children follow him to Cambridge. She volunteers at the local soup kitchen—where one of the hungry is the fellow she fell in love with long before she met Tom.

A large historic home is available for them, rented from a fellow professor who grew up in the home. It is reputed to have a ghost or two, but not a harmful one. The large third floor, Faith thinks, would make a splendid children's playroom. When she checks it out, however, it seems to have an air of unhappiness permeating the very walls. When she accidentally uncovers a diary, she begins to learn about the lady who lived there so unhappily.

As an added pleasure, some of Faith's recipes are included—Cambridge tea cakes and butternut squash soup, for instance.

Jane Finniss: *Get Out Or Die* (Poisoned Pen Press, \$24.95, ISBN 1-59058-075-3) *Historical mystery set in Roman Britain*



Roman Aurelia Marcella is an innkeeper, running Oak Tree Manio in the small town of Oak Tree, on the road to York.

In 91 A.D. Britain hasn't been a Roman colony for very long; memories of pre-Roman days linger. Some natives emulate the Romans while others resent them.

Almost inevitably, someone begins to organize the resistance with a call to the Druid Faith and the smaller tribal units. Combined with some treachery within the Roman Army, the situation is rapidly approaching chaos. Then Roman travelers on the road are found beheaded with the message "GET OUT OR DIE." This is definitely not good for an innkeeper's business.

A superb plot, great setting, natural dialogue—even a wee bit of romance.

Carolyn Hart: *Murder Walks the Plank* (Wm. Morrow, \$23.95, ISBN 0-06-000474-6) *Mystery*

It's been too long since the last Death on Demand book from Ms. Hart!

Annie Darling, owner of Death on Demand bookstore, has planned a

mystery cruise on the Atlantic just off Broward's Rock. All participants must dress as their favorite fictional sleuth. Just the thing to tune up jaded mystery readers!

The faux Sherlock Holmes, Peter Whimsey, Nero Wolfe, etc., set sail. Gaiety abounds until one passenger goes overboard. Max, Annie's husband, effects the rescue.



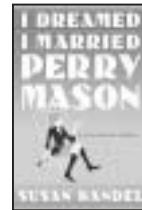
Unfortunately, this near-miss is followed by several more murders. Annie and Max and friends feel that there is a connecting thread, and that it must be found to prevent more corpses.

The plotting works, and the sea setting delightful. Ms. Hart has a wonderful grasp of characterization; you'll feel you know these people.

Susan Kandel: *I Dreamed I Married Perry Mason* (Wm. Morrow, \$23.95, ISBN 0-06-058105-0) *Mystery*

How can you pass up a title like that? I couldn't, and you shouldn't.

Cece Caruso, former New Jersey beauty queen, writes biographies of deceased mystery writers. She is researching her personal favorite, the legendary Earl Stanley Gardner, she is intrigued to learn that he founded a "lost causes" legal foundation to look into possible miscarriages of justice. One such man, whom Gardner actually spoke with shortly before his death, is still alive and a prisoner. She goes to interview him, still proclaiming his innocence 40 years after his conviction for murder.



No aficionado of mysteries could be expected to pass up the opportunity to investigate a very cold case that Gardner had actually considered. Cece certainly doesn't pass it up.

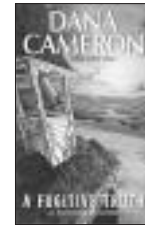
This is Susan Kandel's first novel, and it is a humdinger. A strong woman protagonist, lots of characters, main and secondary, and a bit of romance. Ms. Kandel, let's have more!

Paperback Picks

Dana Cameron: *A Fugitive Truth* (Avon, \$6.99, ISBN 0-06-055462-2) *Mystery*

Archeologist Emma Fielding has won a Shrewsbury Foundation Fellowship, allowing her to study the 17th century diary of Margaret Chan-

der. She's excavating the Chandler home, and all the material she can learn about its inhabitants will be immensely useful.



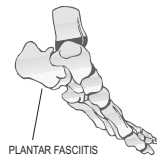
Madam Chandler (the term of the period) was tried and acquitted as a murderer and witch. Now, if Emma can just translate the code Margaret Chandler

used to disguise her inner feelings, she may learn more of the crime and the trial.

Meanwhile, in this century, Shrewsbury Fellows are turning up dead. Emma may be next if she can't figure out the who and why of the murders.

Judith Skillings: *Dead End* (Avon,

CONTINUED ON PAGE 15



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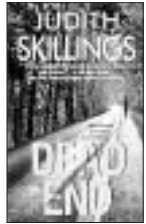
BOOKSHELF

CONTINUED FROM PAGE 14

\$6.99, ISBN 0-06-058298-7) *Mystery*

Rebecca Moore's lover took his own life in her bedroom, and so shakes Rebecca that she forsakes her job as an investigative reporter and flees back to rural Maryland to run her late Uncle Walt's classic automobile restoration shop.

Stress is not unique to big cities—there's plenty in the sticks. Rebecca also inherits her uncle's workmen. Walt hired ex-cons, who are grateful to Walt for giving them a second chance and not too sure of Rebecca.



There are also the customers, very demanding, often slow in payment.

When a sandblasted body is found in the shop, the local cop comes investigating. He's soon investigating Rebecca, too, for other reasons. But when the second body turns up, Rebecca realizes that the skills that made her such a good investigative journalist are needed to catch the killer before the shop goes under.

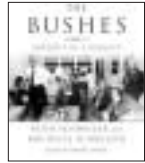
Author Skillings and her husband operate a Rolls-Royce and Bentley motorcar restoration facility in Pennsylvania, adding authenticity to that aspect of the novel. It's also Skillings' first novel, but not, we hope, her last.

The Ears Have it (Books on tape)

Peter Schweizer and Rochelle Schweizer: *The Bushes* (Abridgement, read by Harry Chase. Random House Audio, \$25.95. 4 cassettes/6 hours) *Biography*

The Bush family history is a remarkable one, a four-generation story of self-made men. Each generation has made its own way in

divergent fields. Some traditions developed, such as an Andover preparatory school and Yale (and Skull and Bones). Even these, however, were open to discussion and refusal.

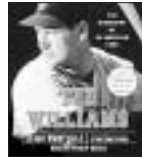


Starting with S.P. Bush in Ohio, the Schweitzers make each generation of Bushes more understandable. Since so many are or have been in public office, a warts-and-all family biography is helpful and needed.

Leigh Montville: *Ted Williams* (Read by Philip Bosco. Random House Audio, \$29.95. 5 CDs for 6 hours) *Biography*

Batter up! What better time for a biography of the great baseball slugger, Ted Williams. His .406 season high (1941) has yet to be equaled, let alone surpassed.

Montville provides an intriguing look at this complex man, from his difficult childhood to his death and



the tragic family conflicts over the disposal of his body. Equally engrossing are the accounts of his fighter pilot years in the Second World War, an important part in developing his unique character.

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



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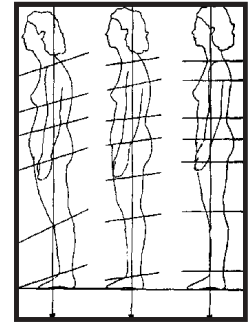
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- People who want more than a massage.
- People who feel they are living and working below their inherent potential.
- People who want to breathe and sleep better.
- People who want more harmony in their lives.
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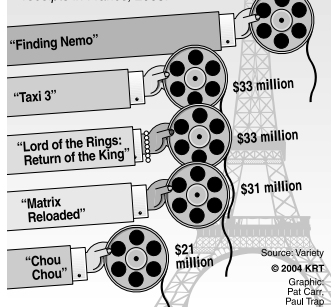
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BizFact

Cinema in France

Films with the highest box office receipts in France, 2003:



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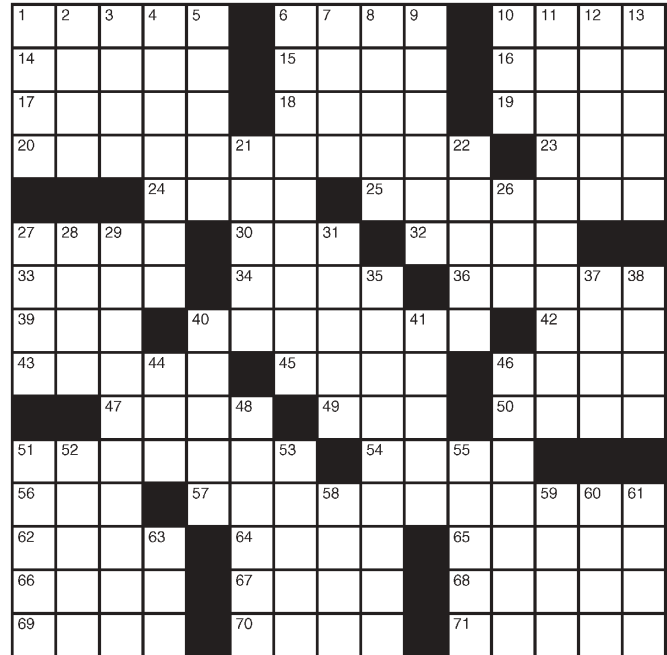
ACROSS

- 1 The Mothers of Invention leader
- 6 Pueblo people
- 10 Barak of Israel
- 14 French river
- 15 Irish island
- 16 Actress Olin
- 17 Frasier Crane's brother
- 18 Veal source
- 19 Butterfly about?
- 20 Designer-jeans pioneer
- 23 Leader of the Three Stooges
- 24 Presley's middle name
- 25 Bombastic
- 27 Sages
- 30 CSA soldier
- 32 ___-Chandon champagne
- 33 Hebrew month
- 34 Yeas
- 36 Spinach-and-bacon, e.g.
- 39 For instance
- 40 High-protein diet of the '90s
- 42 Chopping tool
- 43 Choreographer Alvin ___
- 45 Actress Moore
- 46 From the top
- 47 Having the skill
- 49 Drumstick
- 50 Repulsive
- 51 Islamic North Africans
- 54 ___ one's way (proceed)
- 56 Buddhist Thai
- 57 Polo founder
- 62 Writer Sholem

- 64 Painful point
- 65 Very chubby
- 66 Radar's soda
- 67 Abu Dhabi ruler
- 68 Van Dуйn and Washbourne
- 69 Skelton's Kadiddlehopper
- 70 Stadium top
- 71 Kashmir river

DOWN

- 1 White metal
- 2 One continent
- 3 Senator Claiborne ___
- 4 Triumph
- 5 Norse gods
- 6 Trite
- 7 By mouth
- 8 Ancient: pref.
- 9 Weak in body
- 10 Pixie
- 11 Austrian fashion designer
- 12 Labor group
- 13 Out-of-fashion
- 21 Novelist Lofts
- 22 Hangman's knot
- 26 Herbal drink
- 27 Tableland
- 28 Jai ___
- 29 Drakkar perfume man
- 31 Chisel's edge
- 35 Unspecified place
- 37 Figure-skater's jump
- 38 Freshly moist
- 40 Texas rose-growing center



By Verna Suit
Silver Spring, MD

Answers on page 21

- 41 Auto-racer Mansell
- 44 Flow back
- 46 U.S. ornithologist
- 48 Wiped out
- 51 Mel of cartoon voices
- 52 Atelier stand
- 53 Play replay, often
- 55 One Judd
- 58 Stiffly formal
- 59 Tear
- 60 Biblical twin
- 61 Capone's undoer
- 63 That guy

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MAGICWORD

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

WHAT'S IN YOUR FOOD? (sol.: 11 letters)

A-Acids; C-Calcium, Calories, Carbohydrates, Citric, Copper, Corn syrup, Curcumin; E-Enzymes, Extracts; F-Fiber, Flour, Folic acid; G-Grain, Grams; I-Iron; K-Kaolins; M-Maltol; N-Niacin, Nisin, Nutrition; O-Oxides; P-Potassium, Protein; R-Riboflavin, Rice; S-Salt, Sodium, Soybean oil, Starch, Sugar; T-Thiamin; V-Vitamins; W-Water, Wheat, Whole oats; Z-Zinc

This Month's Answer: **INGREDIENTS**

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

JUMBLE

THAT SCRAMBLED WORD GAME
By Henri Arnold and Mike Argirion

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

S A B S I

T A B E A

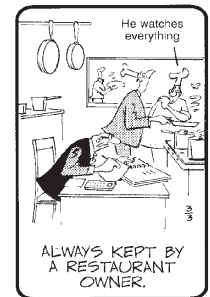
A L V A S S

T R Y P A N

Answer here:

ON THE

Answers on page 21



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

Answer here:

Answers on page 21

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

TRIVIALITIES

1. Who directed the 1998 film "Practical Magic"?
2. Who starred as Diane Farrow in the 1992 film "Love Potion No. 9"?
3. Peter Bogdanovich directed what 1993 film starring River Phoenix and Samantha Mathis?
4. In the 1993 film "Demolition Man," what actor portrayed the title character?
5. Sandra Bullock starred opposite Harry Connick Jr. in what 1998 film?
6. In what year was the film "The Net" released?
7. Michael Caine starred as Victor Melling in what 2000 film starring Sandra Bullock and Benjamin Bratt?

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Answers on page 21

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SENIOR FORUM

Making new dreams after corporate realities downsize current ones

By Kent S. Collins

DEAR SENIOR FORUM: I expect to be downsized out of a job late this year. And then my retirement dreams will be downsized, too. I had calculated my income and benefits for retirement in 2006 or 2009, when I will be 62 or 65, respectively. My wife and I have dreamed and schemed about places to live and trips to take.

But a multinational conglomerate has bought out my company. Now all the dreams and schemes are fouled up by "corporate realities" and by "protecting shareholder value." The new company is ready to squeeze long-time loyal workers in favor of faceless, short-term mutual fund managers.

What do I do now? — A.M.

DEAR A.M.: What you do now is quit fretting about the corporate realities and someone else's shareholder value. What you do now is realize you cannot manage those things — at least you can't manage them in time to fix your own retirement.

Instead, what you do now is act to protect yourself in the transition that will soon happen to you. Older workers who might be forced into early retirement should consider the following:

— Get friendly with recent retirees and anyone who was "downsized" before you. Find out what deal they got. Find out what misgivings they have about how they reacted to their own forced retirement. You need to know what you might be able to bargain for if faced with benefit options.

— Get friendly with your supervisors. They may not be able to stem the tide, but they might be able to show you consideration in the options noted above.

— Get friendly with vendors and associates outside your company. Those good relationships might translate into a new job when and if the ax falls on you. Ask to be put on mailing lists for job openings. Get Web site addresses for placement offices.

Telephone human resources managers to offer your resume.

— Get friendly with a small cell of employees who are worried like you. Steer all conversation past complaining about the company and toward options for new employment. Scheme also about separation benefits to negotiate.

— Get friendly with your spouse. A spouse's income and goodwill will sustain you in the transition and are not to be taken for granted. Your demeanor in the downsizing process will hurt the relationship. Do things now to balance the hurt.

— Remake your dreams. You've done that a dozen times during your career.

Developments at work and at home have given rise to new dreams and opportunities — and requirements, even if not to your liking. So do it again. Think about a downsized retirement that fits the new financial situation you expect.

— And, as is repeated here often, plan for part-time work. The great value of a part-time job begun shortly after career retirement is part financial, but also part intellectual.

You will need new ideas and challenges, new satisfactions and frustrations, to keep your mind active after leaving your current career.

Retirement in modern America is tricky because advisers always preach planning ahead. Fostered mostly by the need for long-term savings and investing, advisers preach to workers that the journey to the golden years is a slow-and-steady climb to a predetermined gold watch.

But it is not like that. The gold watch promised is elusive. Though opportunities are apparent, exact scenarios will be decided toward the end. And that confuses workers who try to make specific plans.

(If you've got tricks to salvaging a career after downsizing, share them here by writing to The Senior Forum c/o Tribune Media Services, 2225 Kenmore Ave., Suite 114, Buffalo, NY 14207, or e-mailing seniorforum@mchsi.com)

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BRIDGE

The Right Order

By Omar Sharif and Tannah Hirsch

North-South vulnerable. South deals.

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

The bidding:

SOUTH	WEST	NORTH	EAST
1♠	Pass	3♠	Pass
6♠	Pass	Pass	Pass

Opening lead: Ten of ♦

When you have lots of trumps in the combined hands, the natural tendency is to "get the puppies off the street," as the saying goes. Beware—there might be more important business to take care of first, as declarer learned to his regret.

One of the soundest principles in bidding is that a jump raise of partner's suit guarantees four-card support. With only three, even in support of a known five-carder, it behooves you to find some other

sequence, since there are many situations where the choice of the contract could hinge on how many trumps you will deliver. The knowledge that North held four trumps and some 11 points made it easy for South to commit to slam after the limit raise—it had to have good play and could easily be laydown. Imagine South's plight, though, if North might produce only three spades. Slam prospects would be dimmer and, on a bad day, even 11 tricks could be beyond the combined resources.

After the ten of diamonds lead, prospects looked good. If the king of spades was singleton, 12 tricks were there. If not, a successful heart finesse would still deliver the slam. Looking no further, South rose with dummy's ace of diamonds and immediately led a low spade to the ace, the percentage play to bring in the suit with no loser. When West discarded on this trick, the contract was beyond redemption.

There is a safety play to hold the spade losers to one regardless of the distribution—lead low to the queen. However, declarer cannot afford a safety play if there is a heart loser on the hand. A better way to tackle the problem is to lead a low heart from the table at trick two and finesse the queen! (It takes a brave West to hold up the king when you play the queen, but not if you finesse the jack.)

When the lady wins, it is reasonably safe to assume that the king is

with East, so continue by leading a low spade to the queen. When West shows out, it is a simple matter to get back to dummy with a club to take the marked finesse for East's

jack of spades. After drawing the last trump, you can return to the board with the fourth trump to repeat the heart finesse and claim your slam.

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HUMOR

Code Blur

When a store detective tried to arrest my pal Sam Goldfarb for shoplifting, the guy had no idea that within an hour the FBI, the CIA, the White House, and the national news media would get involved in the case.

Sam is a member of our Maridos Club, a social organization for people whose spouses drag them to the mall all the time.

As he plods through the department stores behind his wife, Molly, Sam keeps his eyes open for interesting displays that the department



Larry Day

store decorators prepare. Decorators at our mall create displays with stuff they find in flea markets, second hand stores and yard sales.

There are 1930-era gadgets, home appliances from the 1950s, and stacks of books with titles like, "The Economic Impact of Disk Plow Technology on Rural Platt County Kansas 1874-1876." The decorators arrange these treasures with swatches of fabric or set them beside sheaves of wheat and vases of pussy willow.

While your spouse is trying on clothes, you can contemplate a gadget or pick up a book from one of the displays and improve your mind.

On the day of the incident, Sam and Molly Goldfarb were in Blevins Department store in the mall. Molly was trying on clothes. While he waited, Sam wandered over to a pile of junk that the store decorator had artfully intertwined with some plastic bougainvillea.

There was a beat-up electric iron, a telephone circa 1937, and a gadget that looked like an old fashioned adding machine. The device was about half the size of a shoe box and was sitting in a black metal case. On the top of the machine were rows of typewriter keys with strange symbols on them.

"Sweet Matilda," cried Sam when he examined the apparatus. He couldn't believe his eyes. Lying there in plain sight was the top secret World War II Moncleef Cryptograph-

ic Codemaster.

Sam recognized the device immediately. In 1943, Sam, then a bright young Air Force first lieutenant with a Ph.D. in physics, was assigned to work with Weird Wendell Montcleef, the inventor of the Moncleef Cryptographic Codemaster.

Moncleef, who was Sam's age, was a hotshot young professor at the University of Chicago before World War II. He left academe for the corporate world, and during his stay with corporate America, Weird Wendell developed a prototype of the Moncleef Cryptographic Codemaster. Then, before he got the thing working, Weird Wendell abandoned the project, quit the corporation, and moved to Kansas City to play in a jazz band.

A couple of years after the war started, someone in Washington—rumor had it that it was President Roosevelt himself—appealed to Weird Wendell's patriotic nature, and convinced him to get back to work on the Codemaster device. The Codemaster, when it was perfected, was supposed to be able to encode, decode, slice, dice, fold, staple and spindle any message you threw at it.

Weird Wendell toyed with the government for months and months. He kept telling them he was days away from perfecting the Codemaster. Then he'd say there was a snag. Finally the government dispatched Lt. Sam Goldfarb to work with Wendell, and spy on him. Weird Wendell knew that Sam was a government spy, but he thought, egotistically, that he could fool Sam as well as the government.

Meantime, Weird Wendell, a bachelor, got involved with Ernestine Duval, a Kansas City jazz singer of great beauty and charm. Ernestine Duval was really Feda Von Gubler, one of Germany's top undercover agents.

Soon after he began working with Weird Wendell, Sam Goldfarb discovered that the Codemaster would never work. Sam realized that Weird Wendell had perpetrated on everyone. Sam sent a detailed report to his superiors. Two days later the government shipped Sam off to a remote weather station in Greenland where he spent the rest of the war.

A few weeks after Sam Goldfarb was banished to Greenland, Weird Wendell let it slip to Ernestine/Freda,

his German spy lover, that the Codemaster was operative and was being deployed to all Allied commands. That sent the Germans and the Japanese into a code-changing frenzy which fouled up their communications systems for weeks and hampered their ability to react to crucial Allied military initiatives.

Weird Wendell and his Codemaster device were a small, but significant footnote to the war effort. The prototype of the Moncleef Cryptographic Codemaster that Weird Wendell used to fool U.S. government bureaucrats and, through Ernestine/Freda the German high command, was placed in top secret storage at a site near Kansas City.

Somehow, decades later, it turned up at a local flea market where a decorator from Blevins Department Store bought it and put it on display, surrounded by fake bougainvillea.

And that's where Sam Goldfarb saw the device for the first time since the just before he was shipped off to Greenland during World War II. When Sam saw the Codemaster sitting there, he reacted instinctively and somewhat irrationally. He grabbed the machine, stuffed it into a shopping bag and covered it with a couple of blouses that Molly had just bought. Then he hustled Molly out of the store and out of the mall.

A mall security man stopped Sam and asked him to open the bag. Sam smacked the guy in the jaw, and ran. Sam made it to his car and burned rubber out of the parking lot. He led police on a merry chase through the neighborhood until they ran him into a cul de sac.

When he saw he was trapped, Sam jumped out of his car, and, holding the Moncleef Cryptographic Codemaster above his head, threatened to blow the neighborhood to smithereens. Then he jumped back into his car and slammed the door.

At that point the whole thing turned into a made for TV movie scene: police cars, helicopters, bullhorns. The media from all over the area were giving feeds to national networks.

Sam's cell phone rang. He demanded to talk to the President.

A few minutes later Sam's cell phone rang again, and a familiar

drawl said, "Hello Sam. This is the President. Is it all right if I call you Sam?"

"Yes, Mr. President," said Sam.

"Good. Now, Sam, what can we do for you?"

"I want the government to apologize for shipping me off to Greenland to freeze my buns off for three years for just trying to do my job during World War II."

"Tell me about it, Sam," said the President, "I'll try to help."

Sam told him the whole story.

A few minutes later the phone rang in the office of a gray-haired spymaster at the Central Intelligence Agency.

"Wendell," said the President, "We've got a situation."

"Tell me about it, Mr. President," said Weird Wendell Moncleef, director the O.O.O., the CIA's super secret Office of Oddball Operations.

The government opted for what is known as a modified hang out—a damage control initiative perfected by the CIA.

That night the network news shows carried the story of a heroic World War II veteran who risked his life to save his fellow shoppers from a booby-trapped World War II device that had somehow turned up on display at a local department store. Print journalists crawled all over the story the next day, but the government's version held up long enough for the next "barn burner news event" to show up on the media radar screen. After three days the Codemaster incident was old news even in Kansas City.

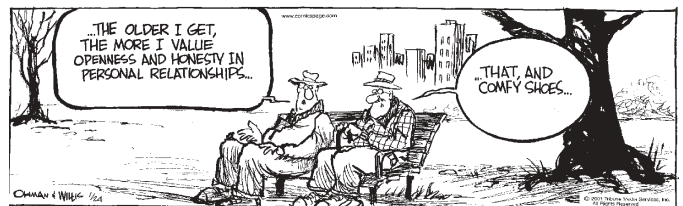
Sam and Molly can shop at the mall again without being approached for autographs.

- 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.

SLAPSTIX

Millions of Americans visit Washington yearly: some like to see the sights, while others like to be near their money.

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PET WORLD

Dogs and nail polish, cats and tuna

By Steve Dale

Q: Does it harm my dogs to paint their nails with nail polish? — S.L., St. Clair Shores, Mich.

A: "It's personally not my favorite thing to do to a dog, but using nail polish on your dog is not going to be harmful once the polish dries," says veterinary toxicologist Dr. Steve Hansen, director of the ASPCA Animal Poison Control Center in Urbana, Ill. "There are a lot of solvents in nail polish, so apply in a well-ventilated place."

Q: Is canned tuna unhealthy for cats because of mercury content? — P.O., Houston, Texas

A: "Certainly, there needs to be more research," says Kingston, Mass.-based veterinary nutritionist Dr. Ray Russo. "Too much fish may create (kidney) stone production. And your point is well taken, mercury could be an issue. Be we don't know the answer, or how much tuna may be too much. It does seem that tuna in moderation is not a problem."

Specifically, Russo says he's talking about no more than a tablespoon of tuna daily. But less is better. He says there are also potential behavior issues related to tuna. When fed mostly tuna, some cats demand the fish and will eat nothing else; in essence becoming addicted. Weaning them off tuna can be difficult; some stop eating all together and develop a serious liver problem as a result of anorexia.

Q: We adopted our cat, Rolly, from an animal shelter. I've never had a cat who yowls so loudly in the middle of the night. As an avid reader of your column, I learned to totally ignore her when she does this, but now the nightly yowling has been going on for 12 days! During the day, Rolly is the sweetest cat in the world and follows me from room to room, purring loudly and rubbing her face on everything. She's happy, but we're tired. Any advice? — P.G., Bloomfield Hills, Mich.

A: Test Rolly's hearing. You can try this yourself by clapping your hands or dropping something in back of her. What you describe is classic behavior of the deaf. If your cat's hearing is good, and if you haven't already done so, see your vet to insure Rolly has no physical problem.

Even after 12 days, Rolly may still be adjusting to her new home, and your clock. After all, for cats, being a night owl is perfectly normal. One solution might be to leave your bedroom door open and let Rolly snuggle with you.

You're nearly totally right about ignoring Rolly's yowling. I say, nearly, because you have to sleep, too. When your cat acts up, calmly but quickly take her away and gently deposit her in the basement or a bathroom. Don't talk to her, or even scold her. Knowing you might be giving your cat a time out, it's a good idea to have an available litter box already in that room. Or just hang tough and invest in earplugs.

It's important to play with Rolly before bedtime. Use an interactive toy, such as a fishing pole-type toy with fabric or feathers. Then, offer a generous bed-time snack. Hopefully, she'll do just what I do after a bedtime snack: loosen her belt buckle and snooze.

Q: Theodore, my pug, lies on his back on the carpet and twists back and forth like a snake, albeit a round one. When he rolls around like this, he makes a snorting sound. Why does he do this? — C.D., Indianapolis, Ind.

A: Teddy (if you don't mind my informality) is having fun. Dr. Nicholas Dodman, author of "If Only They Could Speak: Stories About Pets and their People" (W.W. Norton & Company, New York, NY, 2002; \$24.95), explains that dogs immerse themselves in the smells of their favorite things. Some dogs roll in dung, others in the sweat-laden laundry of their beloved people, so why not the carpet? After all, the carpet has all the smells of Teddy's favorite folks. Naturally, any fun-loving canine would snort for joy at such a hedonistic thrill. Dodman notes one more possibility: The texture of the carpet may offer a wonderful back rub.

Horse and cats find textures they like, then rub away, so why not your pooch? It's also possible that allergies are prompting the rubbing.

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

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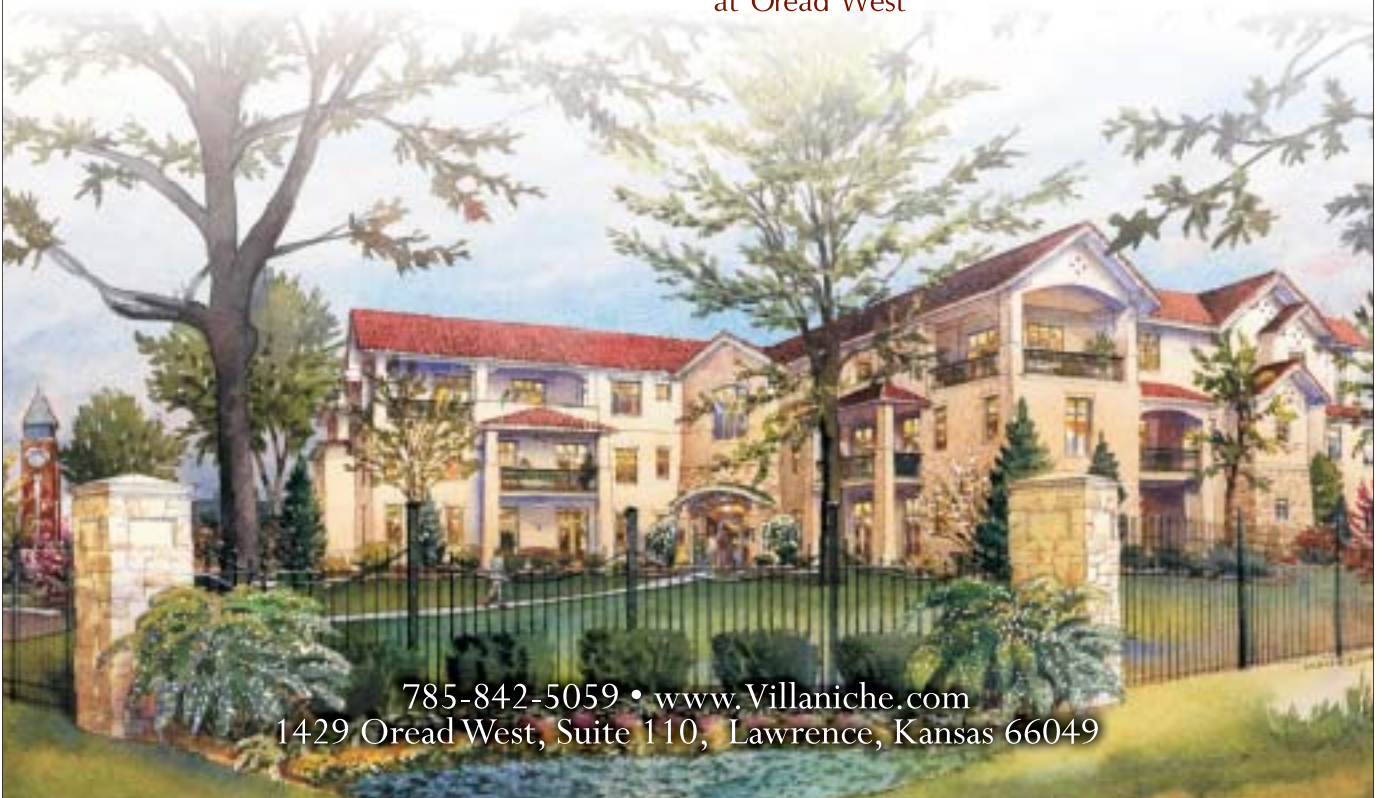
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