

Kaw Valley Senior Monthly

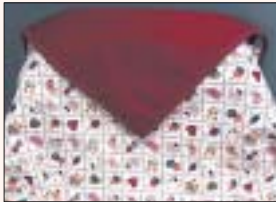
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June 2005

Serving Active Seniors in the Lawrence-Topeka Area

Vol. 4, No. 12

INSIDE



Heartland Hospice's Prayer Blanket Ministry brings comfort to area's hospice patients. - page 4



How much do you know about Kansas? Give the Kansas Journal of Military History's "Sunflower Stumpers" a try. - page 16

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FREE



SENIOR profile

Gary Rauckman, president of the Jayhawk Model Masters, during a May 14 "Fun Fly" event at the group's field near Clinton Dam

KEVIN GROENHAGEN PHOTO

Jayhawk Model Masters club offers fun for all ages

By Billie David

Look up in the sky! It's a bird...it's a plane...it's.....Snoopy flying through the air on his doghouse???

No, Snoopy is not really hoping to find the Red Baron in Lawrence, Kansas. He's actually a model airplane, the brainchild of an imaginative member of the Jayhawk Model Masters club.

And if that's not unusual enough, you are welcome to come by their field below the Clinton dam where, flying around with other, more normal-looking model airplanes, you can catch a glimpse of a flying lawnmower or a witch on a broomstick with black cape spread out like sails. Or perhaps you'd like to

visit when they're trying to crash their airplanes through the door of a cardboard outhouse set up in the grass.

Jayhawk Model Masters is built around camaraderie and fun. With a membership of around 75, at least 60 percent of whom are seniors, they find plenty of opportunities to meet.

"We get together on the third Saturday of every month for a breakfast meeting at the Eagles Lodge," said

club president Gary Rauckman of Rauckman Builders, who has been a club member since 1987.

The club leases their 12-acre field below Clinton dam from the city. The field includes a shelter house, bleachers, and a fenced-in area.

"It's right off County Road 458, three miles west of Highway 59," Rauckman said.

It is there that club members go for an evening or weekend to fly their

CONTINUED ON PAGE TWO

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Model Masters

CONTINUED FROM PAGE ONE

hand-built, radio-control airplanes. They also meet there on Tuesdays after their regular club meetings for a family night that includes a picnic. And they hold meets there three times a year, on the second Saturday in May and the first Saturday in October, and on or near the third Saturday in September.

"This year we are doing something a little bit special," Rauckman said. "We will hold a meet five miles south of Baldwin for a Float Fly—for any aircraft that takes off from the water. It's the first one, and it's on Saturday, June 25."

But if you really want to get extreme, you can join the club and go out with its members on January 1, when they have their Freeze Fly.

"It's a challenge because we have it no matter what the weather. If there's snow on the ground, we put snow skis on the airplanes," Rauckman said.

And of course there's the In The Can event, held in the spring and fall, where members set up a large box fixed up to look like an outhouse, and try to fly their airplanes through the door.

"Each contestant has three tries, and the winner is the person who gets the most of their airplane into the outhouse door," Rauckman explained.

Sound like fun? It's not unusual for seniors to sign up. "It's pretty common, actually," Rauckman said. "We encourage spectators to come out and ask questions. If the gate is open, they are welcome to come in and park and sit in the bleacher area. The best way to get started is to contact us at our web site at www.jayhawkmodelmasters.com. There are ways to contact us from there, or they can find the monthly newsletter on the web site and the phone numbers of all the officers appear on the front page. You can contact any of them for information, including me."

You needn't worry if you've never built a model airplane before. In the past, the club has offered classes to show people how. Last year they held classes from June through August, and when there's enough interest they plan to offer it again.

The emphasis of the club is on fun and fellowship. In the winter when there are fewer days to fly, they hold Model Talk meetings once a month. These meetings are held in members' houses. People sign up to host the meetings, which include supper and a visit to the shop where they

look at their host's latest project and see how he (or she, although most members have been men) is building it and what tools he is using.

"It builds a cohesiveness among club members," Rauckman said. "It's a rewarding experience. Different members get different things out of it. I enjoy the building aspect of it. I enjoy that more than flying, but we have other members who enjoy flying more than building."

Rauckman's preference for constructing the model planes is also reflected in his profession as a builder. A native of Hutchinson, Rauckman came to Lawrence in 1961 to attend the University of Kansas and graduated in 1966 with a mechanical engineering degree. He eventually found work with a contractor and in 1988 he started his own business, primarily building homes.

Rauckman's interest in building model airplanes dates back to the third grade, when he joined a model club in Hutchinson. Members there taught him how to build gliders and in 1987—the same year that he began taking flying lessons—he started building radio-control model airplanes. His primary interest is building Model Jet aircraft, including an F-16, F-15 and F-14. He also has two full-sized airplanes, a YAK 52 (a primary Russian trainer) and a 1941 J-3 Piper Cub. He flies an average of 50 or 60 hours a year "just for

fun," he said.

As for his model planes, perhaps his most unforgettable moment was when he was flying one over the club field and the door where the control was located swung open as he turned left, causing the battery to fall out. That meant that the controls were stuck in their position and there was nothing he could do about it. The plane started to loop back to the pit area where everyone was standing, watching and wondering what they should do. The plane swooped over them and

made two or three more loops over the pit before finally crashing to the ground.

"That destroyed it," Rauckman said laughing.

But his enthusiasm is still going strong. He is currently working on an 80-inch wingspan sport jet with an actual gas turbine engine that is designed to go up to 200 miles per hour.

For more information about the Jayhawk Model Masters, Rauckman can be reached at 785-843-3281 or rocketman200@juno.com.

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Lawrence resident receives Donna J. Kidd award

To help commemorate May as Older Americans Month, Estel M. Fyne of Lawrence received the Donna J. Kidd Award on May 26.

As executive director of Jayhawk Area Agency on Aging, Inc. from 1976 to 1997, Donna Kidd was a tireless champion for seniors and aging issues in the community. The Donna J. Kidd award recognizes an outstanding older person who is making a significant contribution to seniors in their community through employment and/or volunteer work.

According to Marsha Henry Goff, who nominated this year's winner, "Although Estel celebrated her 80th birthday in May, she continues to deliver Meals on Wheels on a weekly basis to Lawrence residents, a volunteer position she has held for 10 years. She's a wonderful example

that volunteerism has no age limit...nor does caring."
Jayhawk Area Agency on Aging,

Inc. advocates on aging issues, builds community partnerships and implements programs within Shawnee,

Douglas and Jefferson counties to help seniors live independent and dignified lives.

It may be just a bad case of heartburn, but why take chances?



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For more information on these trips or free trips to Harrah's (after rebates), you may call 354-8922 or, outside Topeka, 1-800-851-7037.

Look Who's 60

The following celebrities turn 60 in June:

- June 4 **Gordon Waller**, Peter and Gordon, "World Without Love"
- June 11 **Adrienne Barbeau**, actress, *Maude*
- June 20 **Anne Murray**, singer, "You Needed Me"

Compiled By Kevin Groenhagen,
Kaw Valley Senior Monthly

www.seniormonthly.net

Every year, thousands of people mistake the warning signs of a heart attack for something a lot less serious. That's why the staff of the Bob Billings Cardiac Evaluation Center at Lawrence Memorial Hospital's Emergency Department wants you to be "heart smart."

First, know the warning signs of a heart attack, including these symptoms: Discomfort in the center of your chest; a shortness of breath; pain in shoulder, arm, jaw or stomach; and the sudden onset of



Scott Robinson, M.D.

nausea, cold sweats or light-headedness.

If you or anyone you know exhibit any of these symptoms, don't delay. Call 9-1-1 and get help fast. Studies show that clot-

busting drugs and other treatments work best to stop a heart attack when given within one hour of the start of symptoms.

So when it comes to your heart, use your head. To learn more about the warning signs of a heart attack visit us on the Internet at www.lmh.org.



The Bob Billings Cardiac Evaluation Center
The newest addition to Lawrence Memorial Hospital's Emergency Department

Blankets cover hospice patients in prayer

By Kevin Groenhagen

Shortly after Nancy Lacore became the volunteer coordinator for the Topeka branch of Heartland Home Health Care & Hospice last year, Lacore was approached by the former Hospice Administrator to consider the possibility of incorporating a Prayer Blanket Ministry at Heartland Hospice.

"When I sent requests to area churches for 'traditional' volunteers, I included a specific request for seamstresses for prayer blankets," Lacore said. "That request was sent to over 100 churches."

One of the seamstresses who answered the call is Lorene Bruntzel of Topeka, who has been sewing blankets since the ministry delivered its first blanket last September.

"My mother had broken a hip and was diagnosed with bone cancer," said Bruntzel, whose mother passed away last year. "Sewing the prayer blankets has been very therapeutic for me."

In addition to sewing prayer blankets, Bruntzel has also provided Heartland clients with walker bags and tote bags for the bereavement journaling group.

Bruntzel and the other seamstresses received training from Heartland, and have committed to pray anonymously for clients as they construct the blankets. After a blanket is delivered to a client, the name of the client is shared with the seamstress so she can begin to pray for the client by name.

Since the seamstresses do not know who will receive the blankets while they are constructing them, Lacore must match blankets with clients. She believes she receives help from above during the matching process.

"I firmly believe each blanket is made specifically for a particular person, and I make every effort to match the client with the right blanket," Lacore explained. "For example, the first blanket I delivered was made of a gorgeous musical print in

black, white, and gray colors with some 'glitter' interwoven. I delivered this particular blanket to a client who had taught music and had been very active in singing with the Sweet Adelaides for many years."

Lacore cited several other examples of possible matches, such as an American flag design for a veteran, a clover pattern for someone who is Irish, and a blanket with images of pheasants for someone who enjoyed hunting.

Bruntzel, who delivered a bag full of eight new blankets to Heartland on May 16, says each lap-size (one square foot) blanket takes an average of four hours to construct. She also makes handmade cards that are delivered with each blanket. Each card includes an image from a magazine that Bruntzel stitches onto cardstock.

Once Lacore matches a client to the right blanket, a Hospice staff member or a volunteer delivers the blanket and card to the Heartland Hospice patient.

Lacore keeps a prayer blanket journal in which she includes a photo of each blanket Heartland has delivered and photocopies of Bruntzel's cards.

The prayer blanket gives the patient something to hold for comfort, and serves as a reminder that many people are praying for them. However, Lacore has also found that the prayer blankets can provide comfort even after the client has died.

"One of our clients had been a



Lorene Bruntzel and Nancy Lacore

farmer his entire life," Lacore said. "He was forced to sell all his equipment after generations of farming in his family. His blanket had an incredible wheat design. After his death, his wife wrote a beautiful thank you card to let us know that he had spoke often about his blanket to visitors. She also told us that his blanket had become a 'survivor's' blanket for her."


While hospice has been an end-of-life option in Europe for more than a century, the very first hospice in this country was not established until 1974. A decade later, the number of

Medicare-certified hospice programs had grown to just 31. Today there are over 3,200 hospice programs in the U.S. In 2000, these hospice programs cared for nearly 700,000 patients.

Heartland, a subsidiary of HCR-ManorCare of Toledo, Ohio, was purchased from Stormont-Vail HealthCare in May 2003 and serves clients within a 60-mile radius of Topeka. The healthcare company has nearly 80 offices in 22 states.

For more information about Heartland's Prayer Blanket Ministry or other volunteer services, please call Nancy Lacore at 785-271-6500.

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



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MY ANSWER

Son should consider Christian college

By Billy Graham

Q: Our son is trying to decide what college to go to when he gets out of high school in a couple of months, but he just can't make up his mind. We didn't go to college so we can't help him much. What would you suggest to him? — Mrs. B.R.

A: The best advice I could give him is to seek God's will for this important decision. God knows all about him, and God also knows what's best for him. Could anything be better? The Bible says, "As for God, his way is perfect" (Psalm 18:30).

You see, God loves us — and

because He loves us, He not only knows what is best for us, but He wants us to have it. Encourage your son to pray about this decision and to seek God's leading. The Bible says, "Trust in the Lord with all your heart... and he will make your paths straight" (Proverbs 3:5-6).

You don't indicate if your son

is a Christian — if not, I pray he will make his commitment to Christ now. Yes, college is an important decision — but his decision for Christ is even more important, because it affects both his eternal destiny and his life right now. He will face many pressures in college, and I don't believe a young person can fully resist them without Christ in their heart.

As a footnote, I also would encourage your son to consider a Christian college. Yes, private schools can be

expensive but most have generous financial aid packages. But wherever he goes, urge him to put Christ first in his life. This is only the first of several major decisions he will be making, and God wants to help him.

(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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HEALTH & FITNESS

A stroll in the garden

I grew up in food heaven. My mom, and most of my relatives, cooked wonderful Italian-American meals. This was labor-intensive work, requiring hours in the garden to pick the berries and apricots and peel the tomatoes.

Most days, after dinner, we were driven by the stifling kitchen heat to take a walk outside, where we strolled through the grape vines.



Laura Bennetts

And while we walked, we weeded and watered—since there was always something growing.

All outdoor activities provide exercise, so gardening is great for strengthening your muscles and for keeping your joints limber. But, if you can't tend a garden, just walking yields many of the same benefits.

Luckily, we can stroll down the aisles at the grocery or the farmer's market—or at a park, a walking trail or the levee.

Stop to Pick the Fruit

Walking regularly improves your joint mobility, heart health, mental keenness, bone density and balance. And it can lower your blood pressure, lift your spirits, and reduce chronic pain. A program of walking is a fountain of youth—the foundation for a healthier, happier, and longer life. Follow your walk with a juicy plum and enjoy life's small satisfactions.

Whet Your Appetite

Here are some tips for starting up a walking program. These tips will whet your appetite for exercise and prepare you for a good walking workout.

1. Slow and steady wins the race. At first you may have a few aches and pains as you experiment to find the right walking pace and distance.

Remember, go slow and build your distance very gradually over days and weeks. Start by walking five minutes every day and then, every week, add another five minutes to your daily walk until you're walking 20 to 25 minutes per day.

2. Drink water, lots of it. Drinking plenty of fluids throughout the day is always a good idea, and be sure to

take some water with you on longer walks.

3. Eat healthy food. Eat fresh fruits, vegetables, proteins and grains.

These aren't just healthy, they're energy foods. And remember, you need to wait about an hour after a meal before taking a vigorous walk.

4. Walk with friends. If you walk with friends, you're more likely to stick with your program. Exercising, like dining, is social fun.

5. Wear the right shoes and use a cane if necessary. You should wear supportive walking shoes with non-slip tread soles. If your knees hurt when you take a walk, your shoes may not be right for you. Get advice from a physical therapist before buying new shoes. And a cane may help you walk farther and with better balance.

6. Keep a walking diary. Your progress will be gradual, so you can keep a log to see how much you progress from week to week. Just write down how far you walk each day on your calendar.

Next, a Mixed Salad

Once you've been walking for awhile, you may encounter a problem or two.

Here are some home remedies that may help.

1. Don't rush yourself. If you experience increased pain a couple of hours after you take your walk, you're pushing yourself too hard. Slow down and go at a more relaxed pace.

2. Consider using a cane. If you find that your right hip or knee hurts when you walk, you can reduce the stress on that joint by about 25 percent when you use a cane in your left hand. (And vice versa—if you have a painful left hip, you should use the cane in right hand. Actors never get this right!). The cane won't slow you down. In fact, you'll go farther and faster with a cane in your hand.

3. Monitor your vital signs. Walk at a pace that allows you to talk comfortably without feeling out of breath. Check your heart rate after five minutes of walking. If it's higher than it should be, slow down. If it's lower, you can walk faster. The chart below shows how to judge the heart rate that's desirable for your age.

It helps to practice taking your pulse at rest. Take your first two fingers and place them on your right wrist below your thumb. Feel your pulse. Now use the sweep hand of your watch and count your pulse for 10 seconds,

Your Age

75+
65-74
60-64
55-59

Your Target Heart Rate

14-18 heart beats per ten seconds
15-19 heart beats per ten seconds
16-20 heart beats per ten seconds
16-21 heart beats per ten seconds

counting the first beat as zero.

At rest, your heart rate should be 60-to-80 beats a minute, or 10 to 13 beats every 10 seconds. That's a lower rate than when you exercise, as the chart above shows. If you're 75 or older, for example, you should aim for a rate of 14 to 18 beats per 10 seconds; if you're 55-to-59 the recommended range is 16-to-21 beats per 10 seconds. Try to stay inside the suggested range, so that you don't overdo. For example, if you're 74 you don't want to exceed 19 beats in 10 seconds.

And for dessert...

If all this math is wearing you out...well, that's exercise too. (Mental exercise, at least.) And the rule of thumb, all math aside, is that you want to walk, comfortably and enjoyably, at a pace where you can still talk without getting out of breath, and enjoy the view.

Bon appetit!

- 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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HEALTH & FITNESS

Benefits of Tai Chi

Tai Chi is a system of movements and positions believed to have developed in the 12th century in China. Tai Chi techniques focus on the body and mind as an interconnected system. It is traditionally believed to have many mental and physical health benefits like improving posture, balance, flexibility and strength. A recent study in "Journal

ments to Yin and Yang. Some of the techniques of Tai Chi were based on movements mimicking these animals.

In modern times, Tai Chi is a physical exercise that, when practiced regularly, may increase muscle strength. Preliminary scientific evidence suggests that Tai Chi can improve: 1) cardiovascular health 2) coordination and 3) balance if practiced regularly.

Other benefits of practicing Tai Chi may include:

- Reduces the risk of falls in older individuals.
- Improves the postural stability in individuals.
- Improves balance.
- Maintains strength.
- Alleviates depression and anger.
- Alleviates fatigue.
- Lowers blood pressure.
- Improves sleeping.
- Reduces stress or stress-related conditions.
- Improves concentration.
- Increases energy.
- Elevates mood.



Dr.
Farhang
Khosh

of the American Medical Association" found that Tai Chi can help improve the balance of the elderly and help reduce the risk of falling. In fact, in comparison to other exercises, including weight training, stretching, endurance training, and balance training, Tai Chi was the most beneficial exercise, reducing falls and their resulting injuries 25 percent

There have been many styles of Tai Chi that have developed since the original set of 13 postures. The modern practice of Tai Chi often includes sequences of slow movements coordinated with deep breathing and mental attention. Specific forms or poses may last anywhere from five to 30 minutes. Tai Chi is taught in classes or can be practiced alone. Classes are often limited to fewer than 20 people. Instructors guide students through movements, encouraging them to keep their bodies stable and upright while shifting weight. A high level of concentration is usually involved, and sessions are intensely focused and quiet. Exercises can also be practiced alone daily for 15 to 20 minutes.

In traditional Chinese medicine, illness can be viewed as the result of an imbalance between two opposing life forces, Yin and Yang. The practice of Tai Chi aims to: a) reestablish balance b) create harmony between body and mind and 3) create harmony between the individual and the outside world.

The story is told that in the 13th century, a Taoist priest Chang San Fang observed a crane fighting with a snake and compared their move-

Adverse effects of Tai Chi are rarely reported, but could include sore muscles or sprains. Tai Chi should be avoided if a person suffers from severe osteoporosis or joint problems, acute back pain, sprains, or fractures. Advancing too quickly while studying Tai Chi may increase the risk of injury. Many Tai Chi instructors sometimes recommend that practice be avoided during active infections, right after a meal, or when very tired. Some believe that visualization of energy flow below the waist during menstruation may increase menstrual bleeding. Straining downwards or holding low postures should be

avoided during pregnancy, and by people with inguinal hernias. Some Tai Chi practitioners believe that practicing for too long or using too much intention may direct the flow of chi in appropriately, possibly resulting in physical or emotional illness.

Individuals should consult a qualified healthcare provider if they experience dizziness, shortness of breath, chest pain, headache, or severe pain while practicing Tai Chi.

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

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PERSONAL FINANCE

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The benefits of teaching your children about money are both short- and long-term. They may develop strong saving habits, learn how to make smart purchases, begin to understand the true meaning of "in-



Steve Lane and Garth Terlizzi

vestment," and perhaps even learn why they can't always have everything they want. By teaching the value of saving for the future, you can help them plan for financial security and avoid potential debt accumulation.

An ideal time to begin teaching your children about the basics of money is when they first begin to notice money itself. In a child's world, money simply comes from Mom and Dad's pockets. When Mom and Dad are tapped out, a machine magically spouts more dollars after merely pushing a few buttons. It's natural for children to assume that money is readily available whenever it's needed.

Introduce an Allowance

Even very young children can begin to understand the concept of earning money. Explain to your children that money is earned by working and that you can only spend what you earn. To help them understand what it's like to get paid on a schedule, begin paying your children an allowance. Help them set goals for how they spend and save their allowance, making sure that you stick to the payment schedule. Otherwise, the lesson may be lost.

Take Advantage of Real-Life Learning Opportunities

You hear it every time you walk by a toy store: "I want this. Buy me that!" This situation presents a great opportunity to teach another important lesson about personal finance: savings and interest. Explain that people often save money for

items they want to buy, and encourage your children to save a portion of their allowance for their special goals. Use a piggy bank, shoebox or old peanut butter jar as their "bank." As they save money, you might reward them with a small additional amount, just like a bank pays interest. At the end of each month, calculate how much they have saved and chip in a certain percentage as interest.

To further encourage the learning process, you might consider plotting a visual chart of their savings (include the goal) so they can literally see their savings grow. Remember to keep it as simple as possible and geared toward each child's level of understanding.

Open a Bank Account

Once your children have saved enough to accumulate \$10 or \$20, take them to the bank to open their first savings account. Most community banks will allow children to open first accounts with low minimum deposits. Some even have ac-

counts specifically marketed toward kids to make the learning process fun. Make sure that your children receive a passbook so they can see the progress of their savings efforts, as well as the interest that accrues.

Teach the Benefits of Compounding

As your children get older and perhaps take on part-time jobs, their savings will likely amass at a quicker rate. Now is the time to review the lesson of compounding, which is the ability of earnings to build upon themselves. Explain how compounding can be more dramatic over time; the longer money is left alone, the greater the effect. This can lead to a discussion about investing and how certain types of investments can have a greater ability to compound than others.

Giving a gift of stocks of well-established or kid-oriented companies can be an ideal way to teach your children about investing. Most children would love to think of themselves as owners of Ben & Jerry's, Disney or Toys R Us. Some companies even have shareholder meetings directed toward children. Consider that stocks will fluctuate in value and may be worth more or less than their original purchase price when sold.

Remember, a Little Learning Can

Pay Off

Teaching your children about responsible savings and spending may seem daunting at first, but you can help put your child on the right track in the future by developing smart habits now.

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



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PERSONAL FINANCE

Is it time to consolidate your assets?

If you're like many people, you keep investment vehicles in different places. You might have started traditional IRAs with two or three financial-services providers while buying some stocks from still another.



Harley Catlin and Ryan Catlin

And you may have purchased a fixed annuity from an insurance company. As long as you keep track of all these accounts, you might think it doesn't matter where they are "housed." However, if you scatter your investments here, there and everywhere, you could end up in uncharted territory when it's time to pull everything together.

What are some of the potential problems of keeping your investments at a variety of different institutions? For one thing, despite your best

intentions, you could actually forget about one or more of your holdings. State treasurers' offices regularly advertise "unclaimed" property, including investments. People move, change jobs, divorce and undergo all sorts of changes in their lives — and sometimes, they leave their investment dollars behind. But if you consolidate all your holdings with one financial-services provider, you can keep tabs on them without much trouble.

Of course, you could be a highly organized person — someone who would never "misplace" financial assets, no matter how dispersed. But even so, your far-flung investments could slow your progress toward your important financial goals. If you maintain several accounts without a central focus or unifying philosophy, you could end up with redundant or inappropriate investments — a costly mistake.

To avoid this problem, consider keeping your investments with one firm and work with one financial professional — someone who knows your family situation, risk tolerance and investment preferences. This ap-

proach may help you make steady progress toward your long-term objectives. A qualified professional can look objectively at how all your investments work together and make recommendations as needed to improve your portfolio's performance within your stated level of risk.

Required Minimum Distribution Issues

Consolidating your various investment accounts also can help you in the area of required minimum distributions (RMDs). As you may know, you need to begin taking RMDs — from traditional IRAs and 401(k)s or other employer-sponsored retirement plans — in the year in which you turn 70-1/2. You can take out more than the RMD, but, as the word "required" suggests, you can't withdraw less — and you could face tax penalties for taking less than the minimum or failing to take the RMD on time. Consequently, if you have multiple IRAs and employer-backed plans, you'll have to "reel them in" at the right times to make sure you're making the proper RMD moves.

If you do have IRAs, from various providers, you'll need to determine the RMD for each IRA separately. You may, however, choose to aggregate your RMDs for any given year from a single account. Again, though, you will

find it much easier to track your RMD options if all your IRAs are "under the same roof." Plus, your financial adviser can help you decide if the aggregate RMD route is the one to take. (Your 401(k) or similar employer-sponsored plan cannot be aggregated with your IRAs to determine your RMD.)

So, there you have it — some reasons to consolidate your investment accounts. Consider taking this step soon to help simplify your life.

- 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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SENIOR FORUM

Living wills, advance directives give guidance at moment of crisis

DEAR SENIOR FORUM: I took my husband to the county hospital last week for surgery. Surgery is a big deal, but this was not life-threatening. The lady at the admissions desk asked if he had "an advance directive" should something go terribly wrong. When my husband replied, "No, I do not expect anything to go wrong — do you?" this admitting clerk got snooty, and said, "Don't

bad taste and ghoulishness on cable TV talk shows. You know that option if you have not yourself been in a coma in recent weeks.

An advance directive will define the situations in which artificial feeding with a tube should be used and in which it should be denied a patient — a loved one who cannot communicate and is not responsive.

Doctors and family often debate withholding or discontinuing life support. Dialysis and respiration equipment and some medications are included in this debate. Sometimes there is discussion of withholding new treatment from a dying patient who suffers a new setback — like a heart attack.

Of course, and obviously, all of these matters are layered with legal and ethical and faith-based issues. Each state has laws relating to the situations that need advance directives. And all religious faiths have philosophies and/or guidance and/or firm rules about these things. The legal and the spiritual advice will aid a person and a family beforehand,



Kent S. Collins

you watch the news?" She was referring to the sad story about Terri Schiavo in Florida.

We are retired, but not old. Tell us what we need to know to get an advance directive. I will get one for each of us after I write a letter to the hospital about the snooty clerk. — Mrs. J.

ANSWER: Skip the complaint letter about the snooty clerk. She did you a favor. Instead, put your time and energy to the delicate and complex issue of that advance directive.

Even surgery not considered life-threatening can go wrong. An accident can take most of your life on the drive home. And chronic disease can weaken you beyond self-control. The high-tech, superpharmaceutical medicine of today works wonders, but also complicates the question: What is the difference between prolonging life and prolonging the process of dying?

Certainly that question delves into life's most serious social and spiritual, legal and governmental considerations. But for individuals and families, living wills and advance directives give great guidance and comfort at the moment of crisis.

There are two basic procedures at issue: Artificial feeding and withholding medical treatment.

Artificial feeding has been in the news. All the moral and legal issues have been debated to the point of

but are complicated if first considered at the moment of crisis.

There are two basic types of advance directives: the living will and a medical power of attorney. Living will forms and instructions are easy to come by — ask the snooty clerk at the hospital. But the medical power of attorney is more complicated. Discuss both with two attorneys — most will give you a short lesson for free before you ask for the document to be drawn. Allow the attorneys to compete for your business. You will learn more that way.

This is not a subject only for el-

derly people. These matters get even more emotional and involved when a younger person, perhaps a child, is at stake. Retirees with family should start the discussion, ask adult children about it and then get advance directives drawn both for their own utility and as good example to the rest of the family.

(Send your questions and/or advice to your fellow retirees via The Senior Forum c/o Tribune Media Services, 2225 Kenmore Ave., Suite 114, Buffalo, NY 14207, or to seniorforum@mchsi.com.)

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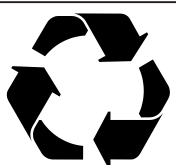
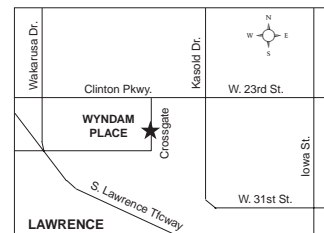
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PET WORLD

Felines' funky breath may be related to dental health

Q: Both my cats have the worst breath. They eat dry, quality food. If they yawn, their breath is unbelievable. What can I do? I'm concerned about the drawbacks of sedation of their teeth are professionally cleaned. Can you give me some direction? — C.G., Round Rock, Texas



Steve Dale

for feline dental health, and there are other choices. If you switch brands, do so gradually and under the guidance of your veterinarian. Hawkins adds that treats advertised as tartar control really do what they say. The American Veterinary Dental Society reports that 75 percent of cats have dental issues requiring special care.

Q: I have a 7-year-old goldfish. What's the average life span of a goldfish? Is there a secret to a goldfish fountain of youth? — Y.C., Montreal, Quebec, Canada

A: Curt Hettiger, senior aquarist at

A: Veterinary dentist Dr. Jean Hawkins says, "Your nose is correct. The breath of cats' is never quite fresh as a flower in one hour because of their high-protein diet. Still, if it smells that bad, there's probably a reason for it."

Of course, a vet can't ask a kitty to "open wide," and expect full cooperation. So cats (and dogs) must be anesthetized to thoroughly clean their teeth. Hawkins says as long as your veterinarian uses a gas anesthetic (such as Isoflurane or Sevoflurane), the risk is minimal. "I suppose there's always some risk, but I really do believe the risk is greater leaving the cat's teeth untreated," Hawkins said. "Kidney, heart and liver problems in cats (and dogs) can be a result of poor dental hygiene."

Hawkins says Friskies Dental Diet and both Eukanuba and IAMS Dental Defense Diets are especially good

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the Shedd Aquarium in Chicago, Ill., explains that goldfish are a type of carp. Most are bred with little care; after all, they're only meant to be feeder fish created as food for another fish, or to sell at carnivals for a buck. They're not bred to live long, but with the right care and a little luck, goldfish can live a dozen years. Carefully bred goldfish can live 15 to 20 years in the right environment. That means providing aeration and filtration.

Goldfish aren't meant for life in a bowl (Beta fish are a better choice for living in a bowl). The No. 1 cause of death for these pets is kindness,

so don't overfeed. Hettiger says that since your goldfish has made it this far, odds are he'll enjoy a long life.

(Steve Dale welcomes questions/comments from readers. Although he can't answer all of them individually, he will answer those of general interest in his column. 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. Listen to Steve Dale's WEEKLY RADIO SHOW, "Steve Dale's Pet World" at www.wgnradio.com.)

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Summertime reading

By Margaret Baker

Summertime—time to pick out a book or two for the hammock, something to listen to in the car on the way to beach or mountains!

Lover, Stanley: Soccer Rules Explained (Lyons Press, \$12.95, ISBN 1-59228-620-8) *Sports Reference*

Succinct account of Soccer Law, its background and definitions, basic principles, many illustrated with informative drawings or photographs. Coaches and players already know these, but soccer moms (and grandmoms and soccer dads, too) will follow the game with better understanding. Absolutely essential for the new soccer fan!

Katherine Hall Page: The Body in the Snowdrift (Wm. Morrow, \$23.95, ISBN 0-06-052530-4) *Mystery, cozy, culinary*

Mysteries are often divided: police procedural, private investigator, and cozy. Cozies have amateur detectives and less gore, although to have a murder mystery you *do* have to have a murder.



Page has created an amateur detective in Faith Fairchild, caterer, wife and mother in a New England town. This is the 15th in the series. Reading them in order is not essential, though you will know the lead characters better.

Faith, no amateur athlete, has managed to avoid the Fairchild family's robust annual week at a Vermont ski resort until this year.

Things are not going well at the resort, culminating in the death of the resort's French cook, who is supposed to have fallen into the pond with the snow machine. Pink snow ensues.

The plot is plausible, the clues properly hidden, and characters well developed. In addition, there are some wonderful recipes. Try Llapngachos with salsa de milo, a Peruvian potato dish!

The 14th in this series, *The Body in the Attic*, has been reprinted in paperback by Avon (\$6.99, ISBN 0-06-0523531-2)

Donna Andrews: Owl's Well That Ends Well (Thomas Dunne, \$21.95, ISBN 0-312-32938-5) *Mystery, cozy*

Meg (lady artist/blacksmith), and Michael (collegiate Drama teacher

have purchased a huge old house on two acres. It was within their price range for two reasons: The house is dilapidated and 2) Every nook and cranny in the house, barn, and out-buildings is crammed to the rafters from the previous owner's hoarding tendencies. The heirs sold it low, "as is," with a proviso for 10 percent of funds from selling the junk.

Obviously, the answer is a huge yard sale. With various relatives' stuff/clutter, they advertise "30 family yard sale" and the buyers line up to get inside the fence. The barn Meg hopes to use as a smithy is off limits because its condition is unknown and also has resident owls, Meg's dad's most recent enthusiasm.

When a lady says she'll buy a trunk if they can find the key and unlock it, they find inside the body of a local snarky antique dealer. An awful lot of people wouldn't mind attending his funeral.

Andrews' wonderful wit provides at least a chuckle on every page (more if you're in academia) together with a taut plot and wonderfully wacky characters. Don't miss this one!

Elizabeth George: With No One As Witness (Harper Collins, \$26.95, ISBN 0-06-054560-7) *British police procedural*

Detective Inspector Thomas Lynley (member of the aristocracy) and partner Barbra Havers (school of hard knocks) pair up again in this series which has been a staple on BBC Mystery.

Four adolescent boys have been killed by a serial killer. Deaths have not been connected until Number Four, the only "white" victim. New Scotland Yard fears a charge of institutionalized racism since they didn't spot a pattern until this, and they deliver the case to Lynley, Havers, and the newly-promoted (over Havers) Winston Nkata, who, no surprise, is of African ancestry.

Suspenseful plotting both of the crime and detection and of office politics in the police ranks, and some very intriguing subplots which will keep Lynley/Havers fans speculating on the series' future.

Kathryn Casey: She Wanted It All (Avon, \$7.99, ISBN 0-06-056764-3) *True Crime*

Steven Beard, Jr., 74, was a self-made Texas millionaire. A recent widower, he was lonely when he met

divorce Celeste Martinez. She was half his age and beautiful. Soon they married.

Pathologically addicted to money, Celeste wanted more and more. When someone entered their fabulous home in an exclusive Austin suburb and fired a shotgun at Steve, sleeping in his separate bedroom, the police found Celeste's story troubling. Finding out what happened was very difficult.

Gripping account of police detective work.

Bill Fitzhugh: Highway 61 Resurfaced (Wm. Morrow, \$23.95, ISBN 0-0605976161-5) *Comedic mystery*

Rich Shannan, classic rock and blues radio DJ and part-time private investigator, undertakes to find Lollie Woolfolk's grandfather, blues producer Tucker. He does, she hires him again to find Tucker's partner. Then both men are murdered, and it is rumored the killer/thief hoped to find a legendary tape recording of the only session Blind Buddy Cotton, Crippled Will Jefferson, and Crazy Earl Tate ever made 'way back when Jim Crow ruled Mississippi.

Fitzhugh is known for his eccentric comedic mysteries, and for slyly inserting important concerns with the humor. This one is right up there with his earlier works, being reprinted in paperback by Dark Alley Trade Paperbacks: Pest Control, The Organ Grinders, Fender Benders and Cross Dressing.

FOR YOUR EARS ONLY (audio books)

Donald Westlake: The Road to Ruin read by William Dufres (Audio Partners, 6 cassettes, \$29.95, ISBN 1-57270-402-0) *Comedic Capers*

John Dortmunder tries yet again to have a plan come to fruition. A good friend has gone straight, taking care of the classic car collection of multimillionaire Monroe Hall. Hall has been nailed for looting his company treasury; he's under house arrest. He has hidden his assets while Dortmunder's friend is out salary and health insurance.

John and friends plan a beautiful caper to liberate the vintage cars. Stockholders are also after Hall for retribution. Will either side succeed? Will hapless Dortmunder finally win one?




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

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COOKING LIGHT

Warm tortellini and cherry tomato salad

By David Bonom and Lisa Zwirn

Extra virgin olive oil and two kinds of vinegar make an easy, classic dressing for this pasta-and-vegetable salad. You can also try this with chicken or mushroom tortellini or cheese ravioli.

2 (9-ounce) packages fresh cheese tortellini

1 1/2 cups (1 1/2-inch-long) slices fresh asparagus (about 1 pound)

3 tablespoons red wine vinegar

1 tablespoon balsamic vinegar

1 tablespoon extra virgin olive oil

1/4 teaspoon black pepper

4 cups trimmed arugula

1 1/2 cups halved cherry tomatoes

3/4 cup (3 ounces) pre-grated fresh Parmesan cheese

1/2 cup thinly sliced red onion

1/3 cup thinly sliced fresh basil

1 (14-ounce) can artichoke hearts, drained and quartered

1. Cook pasta according to package directions, omitting salt and fat. Add asparagus to pasta during last 2 minutes of cook time. Drain.

2. While pasta cooks, combine vinegars, oil, and pepper in a large bowl, stirring with a whisk. Add pasta mixture, arugula, and remaining ingredients; toss to coat. Yield: 6 servings (serving size: 1 1/2 cups).

CALORIES 403 (26 percent from fat); FAT 11.6g (sat 5.7g, mono 4.4g, poly 0.6g); PROTEIN 21.7g; CARB

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(Editor's Note: Got a recipe of your own you'd like to share with Senior Monthly readers? E-mail it to kevin@seniormonthly.net.)

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Nifty, Nifty Look Who's 50!

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- June 6 **Sandra Bernhard**, comedienne, *Roseanne*
- June 7 **William Forsythe**, actor, *The Untouchables*
- June 8 **Griffin Dunne**, actor, *An American Werewolf in London*
- June 10 **Andrew Stevens**, executive producer, *The Whole Nine Yards*
- June 15 **Julie Hagerty**, actress, *Airplane!*
- June 16 **Laurie Metcalf**, actress, *Roseanne*
- June 21 **Leigh J. McCloskey**, actor, *Dallas*
- June 27 **Isabelle Adjani**, actress, *The Story of Adele H., Ishtar*



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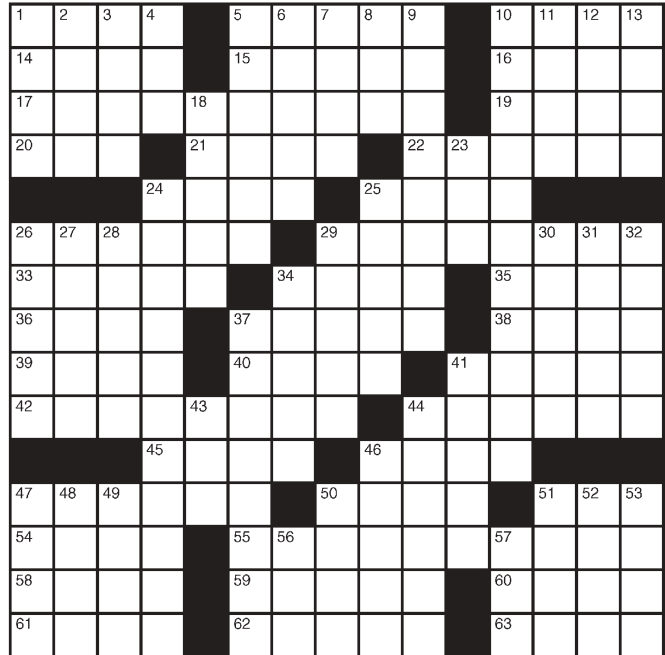
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Summerville, GA

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SUNFLOWER STUMPERS

- 1. Did Marshal Dillon ever kiss Miss Kitty?
- 2. Four soon-to-be famous generals lived in Kansas prior to the Civil War. Can you name one?
- 3. Kansas is known for tornadoes. What is the origin of the word "tornado"?
- 4. Despite world notoriety as the "Land of Oz," Kansas has only one museum devoted to this classic book and movie.

- 5. The only Native American Vice-President in U.S. history hailed from Kansas. Who was he?
- 6. Considered by many to be one of the greatest actresses of our time, this legendary beauty spent her first Christmas in Arkansas City, Kan. Who is she?
- 7. Kansas's neighbor, Boise City, Okla., holds this dubious World War II distinction. What is it?

- 8. The only known time that Abraham Lincoln and his assassin, John Wilkes Booth, spoke from the same stage (at different times) was in Kansas. Can you name the town?
- 9. Missouri native, Brad Pitt, is about to become the latest movie star to play Jesse James. How many others can you name?

- 10. The first law enforcement job held by Wyatt Earp was in this town, later made famous by a U.S. president. Name the town.
- Sunflower Stumpers questions and answers provided by the Kansas Journal of Military History, Debra Goodrich, Publisher. See www.ksjournal.com for more information. Answers on page 19.

MISSION TOWERS

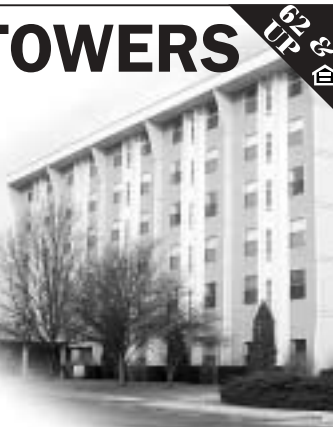
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By Omar Sharif and Tannah Hirsch

Both vulnerable. East deals.

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

The bidding:
 EAST 4♥ SOUTH 4♠ WEST Pass NORTH Pass

Opening lead: Jack of ♣

Some hands are open books. The bidding and play to the early tricks can draw a blueprint of the holdings and the play becomes almost a double-dummy exercise.

East's four-heart pre-empt is textbook. South's four spades is not a thing of beauty, but chances were that North would not have enough to be able to get into the act.

West led the jack of clubs, won in the closed hand with the ace. The ace of spades revealed the bad trump break, and it seemed there was no way for declarer to avoid losing a trick to the queen of trumps to go with three losers in the red suits. South had other ideas.

The fact that West did not lead a heart almost certainly marked him with no card in the suit. Also, it was likely that West was leading his longer suit. Those two tidbits were all South needed to find the winning combination.

Declarer continued with a club to the king and a club back. When East

discarded a heart, declarer sluffed a diamond! West won and could do no better than return a diamond. Declarer won with the king, cashed the ace and ruffed a diamond. Next came the king of spades and another trump to the queen, and West was trapped in an endplay. With nothing left but minor-suit cards, West

was forced to give South a ruff and discard. Declarer pitched a heart from dummy, conceded a heart and trumped his two heart losers on the table. South lost one trick in each suit except diamonds.

Send e-mail to gorenbridge@aol.com.
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Vickie Hull
MS, TLMFT

Meet Vickie

Vickie Hull has joined Lawrence Therapy Services as a Marriage and Family Therapist. Vickie has a Master of Science degree in Family Studies and Human Services in Marriage and Family Therapy from Kansas State University, and a Bachelor's degree in Psychology and Human Development from the University of Kansas. Her services include industrial, premarital, post divorce, family, intergenerational, grief, play, and group therapies. Vickie specializes in medical family therapy, is a trained mediator, and offers Employee Assistance program opportunities. As a systems-oriented therapist, Vickie works with all types of relationships to calm stress, resolve conflict and enhance communication.



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SMART COLLECTOR

Nostalgic toys making a comeback

Q: Hope you can help me. I'd give anything to obtain a toy from the early 1950s, a Panama Canal replica with working locks, etc. — Gary, Hayes, Va.

Q: I have a Lionel board game called "Double Crossing," probably from the 1980s. Does it have value for a Lionel collector? — Joe, Metairie, La.

A: Smart collectors know that both questions illustrate major truths about collecting.

The first is this: Once they have discretionary income, adults set out to buy back the toys of their youth. Perhaps there was the BB gun that



Danielle Arnet

parents wouldn't let you have, or the doll you so wanted but didn't get for Christmas. Or maybe it's re-finding a toy that gave you pleasure, but got lost in time.

This phenomenon explains why the hot vintage toys of today date back to the '50s through '80s. Collectors who were kids then are the buyers today. Older collectors, the retirement and pre-retirement bunch, are selling off their collections, or are now fine-tuning collections of rare and precious antique toys.

Note that both writers are male. The adage of "boys and their toys" is true. Women buy old toys, too, but the traditional buyer is generally male.

Gary Sohmers, the pony tailed collectible specialist of "Antiques Roadshow," helped these readers. The Panama Canal toy was made by Renwal Toys, but is not a water toy. It had a water area for filling, but the boats had wheels. According to Sohmers, "it is difficult to find one complete and unbroken, let alone with the original decorative box. Mint in box, it would sell for \$200 to \$300."

If MIB is not a priority, perhaps you can find one online. A MIB Renwal set just sold on eBay for \$255. In today's market, online is your best bet to track down the specific and elusive.

As for the Lionel game, Sohmers pointed out that Lionel collectors are train collectors. Period. A thematic board game could flesh out

a collection — assuming the buyer was into advertising and other ancillary items — but that's not how it works. According to Sohmers, the game is "worth about what you paid for it."

FYI: Reach Sohmers at www.allcollectors.com or wexrex@aol.com. A pop culture specialist known as WexRex, he does several antiques markets and shows; check the Web site for details.

Q: Can you give me an idea of the value of this piece and how to market it? — Bill, Tucson, Ariz.

A: Value: A lot. Where to sell: Read on. This late 1920s/early '30s elaborate horse and wagon will melt the heart of any adult kid who ever pressed their nose against an animated Christmas scene in a department store window.

Handmade for a Gimbel's window, it moved on a snow-covered track in the main window. Forty-six inches long and almost two feet high, with multiple figures, gifts, ornaments and a magnificent prancing horse, it is a beaut.

Because it is so special, the piece needs to be shopped carefully to toy specialists. Who knows what it might bring, until it is brought before the public? For that reason, a toy specialty auction should be considered. Bertoia Auctions in New Jersey (www.bertoiaauctions.com), Skinner (www.skinnerinc.com), and James D. Julia in Maine (www.juliaauctions.com), all hold toy auctions. Certainly, send them images and particulars. Suggestion: Find out who heads their toy departments and send to that individual. Please let me know what happens!

Q: I have two vases made from brass shells in World War I by my uncle. I believe it is called "trench art." Any info? — Terri, Tulsa, Okla.

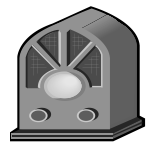
A: Check the photo with this column for similar examples, Terri. Fashioned by World War I soldiers during non-combat hours, the discarded shells are called trench art because that's where they were fashioned. The war, fought mainly in the trenches, was the last war that yielded such art.

Value depends on shell size and quality of decoration. The large dated shell in the photo, marked with the famed battle site, links it to a particular time and place, which adds value. Enjoy your interesting family heirloom.

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To place your ad in the next "Collectibles Marketplace," please call Kevin at 785-841-9417.

MyStory returns to Lawrence Public Library

Plans are being finalized for the summer "MyStory" Senior programs at the Lawrence Public Library. Local Resources and On-line Genealogy will be this year's focus.

Programs will illustrate using Internet based information and resources available at the library, the courthouse and the Watkins Community Museum.

Participants will use the Douglas County Senior Services computer lab for hands-on experience in searching the Internet. Access to HeritageQuest through the Lawrence Public Library will also be shown.

For dates and times of the programs in the "MyStory" series, contact Pattie Johnston, Senior Outreach Services, at the Lawrence Public Library, 785-843-3833.

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SUNFLOWER STUMPERS ANSWERS

1) No; 2) Joseph Johnston, J.E.B. Stuart, William Tecumseh Sherman, Robert E. Lee; 3) Derived from the old Spanish word *tronada*: thunderstorm; 4) Wamego; 5) Charles Curtis, 1929-1933; 6) Elizabeth Taylor; 7) Boise City was the only town in the United States to be bombed during World War II. Near midnight, July 5, 1943, a B-17 bomber accidentally dropped six practice bombs on the sleeping town. 8) Leavenworth; 9) Robert Duvall, James Keach, Kris Kristofferson, Rob Lowe, Clayton Moore, Audie Murphy, Tyrone Power, Dale Robertson, Roy Rogers, and many more, including Jesse's son, Jesse Edward James; 10) Lamar, Mo., birth place of Harry Truman.

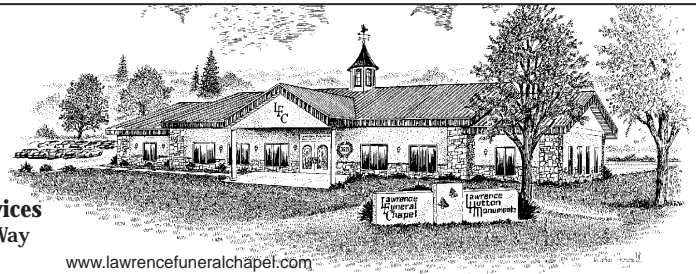
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HUMOR

Screw Ups

Highway K4Z is a gravel road that goes north out of Letongaloosa and dead ends at what used to be the Perkins farm. The U.S. government owns the place now.

Some years ago Old Jed Perkins's barbed wire fence was replaced by a 10-foot-tall industrial strength chain link enclosure that goes all the way around the property. Where the road ends, a big wrought iron gate stood between two square brick pillars. A small brass plate set in the right hand pillar read: "Clarington Center." Underneath are the words "Re-



Larry Day

stricted Entry."

People around town speculated quietly about what went on out there. No one who worked there ever came to town. Helicopters buzzed over the place now and again, and once in a while a couple of big black SUVs with opaque windows drove through town and out to the center.

One Saturday night five of the town's hellions got liquored up and drove out to the center in a pickup. It was a dark, moonless night. They jumped out and boinged the wrought iron gates with baseball bats. They shouted obscenities thorough the bars. Suddenly a deafening cacophony of sound blared from an unseen loudspeaker. Simultaneously scores of powerful strobe lights flooded the area. Blinded and disoriented, the five hapless drunks stumbled back to their pickup. A metallic voice came over the loudspeaker: "Leave this area immediately. Leave this area immediately. Leave this area immediately."

When word of that episode got around town, folks were pretty spooked. They even stopped gossiping about the place. Nobody in Letongaloosa would have ever found out what went on at the Clarington Center if it hadn't been for Gentle Jim Carver, director of the Institute for Techno-political Activism at Letongaloosa Community Junior College.

Gentle Jim used to be known as Bulldog Jim, back when he was a

combative talk show host. But the network dropped his show, and Dr. Irma Farseer, the dean of the Department of et. al., et. al. brought him to LCJC. Jim soon realized that his combative Eastern Establishment behavior was counterproductive in bucolic Letongaloosa. That realization, as Shakespeare said, "gentled his condition."

But it didn't shut down his curiosity. Gentle Jim was as fascinated by the Clarington Center as the rest of the folks in Letongaloosa. But, unlike them, Jim had the connections to do something about his curiosity. Jim started calling his contacts in Washington, D.C. and asking them about the center. He got no where. That just piqued Jim's interest, and he started calling in markers and favors, of which he had many. Finally someone agreed to tell him about the Clarington Center on "deep background." That meant that Jim couldn't identify his source, even obliquely. And the person pleaded with Jim not to tell anyone in the media.

"Agreed. No media," said Jim, "but I'm going to tell a pal of mine who writes a humor column for a senior monthly."

"I have no problem with that," said Deep Throat, "just so long as you keep it out of the media."

"You got it," said Jim.

Jim called me the next day.

So here, dear readers, is the scoop on the government's super secret Clarington Center: It's designed to rehabilitate diplomats, judges, military officers and politicians who screw up and embarrass the United States of America. We're not talking about felons here. Felonious behavior gets you sent to jail or gets you whitewashed, depending on which way the political winds are blowing. Either way you don't end up at the Clarington Center.

People get sent for rehabilitation at Clarington for near-terminal dumbness. Let's see, there was the U.S. cabinet secretary who told a crude racist joke to a *Rolling Stone* reporter who was interviewing him. There was the U.S. Ambassador to the United Nations who never outgrew his fraternity boy penchant for practical jokes. Security cameras caught him placing a whoopee cushion on the Secretary General's chair.

Then there was the White House

chef who, in last minute burst of culinary creativity, substituted pork for lamb at a state dinner for the president of Israel. And no one behind the scenes can forget the writer who sent the president of the United States off to Oregon to declare in a speech that trees cause air pollution. Nor will they forget the four-star general who told his troops, "Hell, go ahead and tell, fellas, I don't care."

Something had to be done, so an upper echelon bureaucrat who had read George Orwell's *1984*, created the Clarington Center. From *1984*'s pitiable character, Winston Smith, languishing in the bowels of the Ministry of Love to the creation of a government center to treat systemic stupidity was just one small step for bureaucracy, and one giant leap for

public relations.

Letongaloosa was chosen over Beehive, Utah, and Mulligan's Fork, Tennessee, for reasons that would take too long to explain here. But it didn't matter. Letongaloosans didn't make a dime off the secretive goings on at the Clarington Center anyway.

Now, Jim tells me, they're going to shut the place down. The way Jim explained it, the Clarington Center either had to be drastically expanded to handle the current level of near-terminal dumbness, or be shut down altogether. To his or her credit, somebody in Washington chose the latter.

- 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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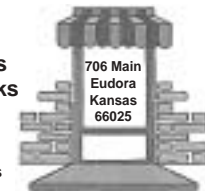


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KDOA receives grant to continue senior farmers' market program

Kansas seniors again will have access to homegrown fruits and vegetables this summer thanks to a grant from the U. S. Department on Agriculture. The Kansas Department on Aging Secretary Pamela Johnson-Betts announced that Kansas is among the 47 states and tribal organizations receiving grant funds for the 2005 Senior Farmers' Market Nutrition Program (SFMNP).

Kansas will receive \$175,986 in federal grant funds to continue providing low-income seniors with pre-printed "cheques" or coupons that can be exchanged for fresh produce at farmers' markets, roadside stands and community-supported agriculture programs. Kansas has participated in the program since 2003.

Continued funding for the pro-

gram will allow more than 6,000 low-income Kansans over the age of 60 to receive a total of \$30 worth of cheques that can be used to buy fresh, Kansas-grown fruits, vegetables and herbs at farmers' markets and roadside stands in 10 counties. The program began in early May and will operate through September in Douglas, Johnson, Riley, Sedgwick, Shawnee, Wyandotte, Atchison, Reno, Saline and Lyon counties. The cheques are available through local food aid agencies.

"This truly is a 'win-win' program," said Secretary Johnson-Betts. "It creates an important relationship between seniors and their local food producers. Seniors tell us they enjoy the 'outings' and the social interaction as much as they appreciate access

to affordable fresh food. The producers appreciate the opportunity to provide nutritional food to the seniors in their communities as well as benefiting from the additional sales."

Secretary Johnson-Betts also praised the nutritional information provided to seniors through the Kansas State University Cooperative Extension Service, one of the program's partners. "The nutritional informa-

tion adds an important educational benefit for participating seniors," she said.

Last year, 150 farmers participated in the Senior Farmers' Market program. The program expanded to include nine roadside farm stands. The eligible farmers and roadside stands were authorized to accept the \$2 coupons, which could then be cashed or deposited at their local bank.

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Keep the grandkids coming back

By Judith Bader Jones

Kansas Senior Press Service

A project of KU's Landon Center on Aging

Creative play with the grandchildren comes naturally for most grandparents, but a little back-up in the idea department puts zip into routine visits. Here are ways to tickle your grandkids' fancy and jump-start the bonding process with children of all ages—ideas guaranteed to keep them coming back.

Play store

Gather packaged items from your own kitchen cabinets, such as rice, salt, cereal, tea, sugar, raisins, Jell-O, and pudding. Choose unbreakable items that aren't too heavy. Add canned foods. Arrange the "store" on a low table or cardboard box. Purchase play money or borrow some from an old Monopoly game. Use a shoebox for a cash register and you have the beginnings of a store. A basket or paper bag will work fine for the shopper. This game takes two: an eager child and a patient grandparent. I play store with my own two- and five-year-old grandchildren. The shopper assumes various identities, including that of a mother, baby-sitter, friend, or child. The store-keeper chooses a name and announces when the store is open for business.

Chalk word fill-ins

For this you need chalk, a sidewalk, and a child who is learning to read and recognizes simple words. The grandparent writes a word in chalk on the sidewalk or driveway, omitting one underlined letter. The child fills in the missing letter. Hints can be given if the child is stumped. A more advanced version of this game uses two blank spaces.

Walk and find

The grandparent makes a list of things a child can look for during a walk through the neighborhood. The list might include such things as an oak tree, a curved driveway, a colored leaf, a flat stone, a house address that includes the number five, and other objects that might be spotted as you walk. Items are marked off as they are located. At the end of the walk, simple treats satisfy everyone.

Garden project

Let the children take part in planting vegetables. Onion sets are large enough for them to handle and get into the ground in the spring. You will have to prepare the soil, but they can plant the bulbs and harvest the mature onions with a bit of guidance. If you plant potatoes in early spring, let the children do the digging with you in the summer. It's a bit like an Easter egg hunt!

Bedtime sing

After the bath, a story, and a kiss, kiddies snuggle in and the bedroom light is turned off. A grandparent can sit by the child in the dark and sing a few songs before the last good-night. You don't need a fine voice to sing to a child. Sing the songs from your own childhood, or perhaps a few refrains from an old hymn, such as "Come to the church in the wild-wood." This nighttime ritual puts the cap on a day's visit and helps provide an unconditional bond between a child and a grandparent.

- Judith Bader Jones is a poet and essayist whose background includes working as a registered nurse in both child and adult psychiatry. She is the proud grandmother of Skyler and Leah.

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

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