

# Kaw Valley Senior Monthly

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June 2006

Serving Active Seniors in the Lawrence-Topeka Area

Vol. 5, No. 12

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**FREE**



Tom Pyle

KEVIN GROENHAGEN PHOTO

# Tom Pyle: From Oscar Mayer to Eudora's mayor

By Kevin Groenhagen

Tom Pyle started learning how to cut meat at a neighborhood grocery store in Kansas City when he was just 14. It is unlikely that he knew at the time that he would still be working with meat at the age of 76.

Pyle left Kansas City after marrying Alberta Schopper in 1950 and moving to her hometown of Eudora. However, the Pyles would soon move to Topeka, where Pyle became a franchisee for Oscar Mayer.

"I had what was called a peddler route," Pyle said. "I sold wieners, bologna, and other meat products, and had about 100 accounts in To-

peka, Tonganoxie, Perry, and as far west as Salina and the small towns in between."

While a franchisee with Oscar Mayer, Pyle learned the importance of selling quality over price. Oscar Mayer in 1906 became one of the first companies to voluntarily submit to the newly-created Food Safety Inspection Service (FSIS) for testing the purity of their products. The FSIS is part of the Federal Meat Inspection Act, which Congress passed shortly after the publication of Upton Sinclair's *The Jungle*. That novel dealt with the unsanitary conditions in the U.S. meatpacking industry. The Federal Meat Inspection Act celebrates its 100<sup>th</sup> anniversary on June 30.

"I had an experience as a young man when I was wholesaling meat in Topeka," Pyle said. "Another company came in and they were undercutting me quite a bit on my Oscar Mayer products. About that time we were having a big sales meeting in Kansas City, and I complained about our higher prices. One of the men leading the meeting said, 'If you put manure in an attractive bag and put it in a grocery store, it would sell.' The following Monday I went to a supermarket on my route in Topeka, and there sat bags on pallets with labels that said, 'Genuine Treated Cow Manure.' That guy was right."

After seven years in Topeka, Pyle

CONTINUED ON PAGE TWO

## Tom Pyle

CONTINUED FROM PAGE ONE

decided to buy the locker plant in Eudora.

"The business had been closed because of the age of the previous owner," Pyle said. "We cleaned it up and restarted it. We started butchering again and still had some lockers in here. The lockers were being phased out because people were getting freezers. We had state inspections in order to slaughter and sell our products to local restaurants. We did both wholesale and retail at that time. We also picked up the sororities and fraternities at Baker University in Baldwin City, and about 27 smaller restaurants in the area."

However, Pyle Meat Company eventually had to change direction to adapt to changes in the meat industry. Because of increased competition from larger wholesalers in Kansas City, Pyle phased out the wholesale side of the business. In addition, Pyle several years ago decided not to renew his slaughtering license.

"There used to be between 500 and 600 small slaughter plants in Kansas," Pyle said. "Now there are about 75. The regulations have gotten too stringent. It doesn't matter if you're butchering one cow or 1,000 cows. You've got the same regulations. We could meet the quality standards, but the paperwork is really a burden. It takes a lot of man hours not related to production. Our family decided to get out of butchering and begin specializing in beef jerky and sausage items. We now do wholesale to supermarkets and convenience stores. That's proven to be a very good business for us."

Pyle Meat Company's products include Hombré Beef Jerky and Beef Sticks, Pyle Smoke House Brand Sausages, and some steaks.

Unlike most jerky, Hombré Beef Jerky is cut into bite-size pieces. Hombré Beef Sticks differ from the major brands because they do not contain soy lecithin, the gummy material contained in crude soy oil. They also have no carbohydrates and are high in protein.

"Our beef sticks are like the old-fashioned beef sticks and are very good and nutritious," Pyle said.

Pyle credits his emphasis on quality to the lesson he learned during the Oscar Mayer sales meeting half a century ago.

"First thing I do is build a product," Pyle explained. "After I build the product and get the quality to where I want it, then I start studying what the product will sell for. I don't start by saying I want to sell something for

a dollar or two. Too many businesses build on price instead of on quality. We buy all of our meat from an independent wholesale house in Kansas City, Kansas. We buy just the primal cuts. We use only the eye of the round for jerky. In my opinion, it's the only piece of meat that makes good jerky. We also use primal cuts for our sausage products."

Pyle has so much confidence in the quality of his own products that he tends to seek them out when he's away from home.

"When I go to a football game or a county fair, I still buy our sausages for the simple reason that I know what goes into them," Pyle said. "I know I'm getting something good."

Pyle Meat Company delivers Hombré Beef Jerky and Beef Sticks every other week to about 160 accounts in Douglas County, most of Johnson County, Topeka, Tonganoxie, and Wellsville. Pyle Smoke House Brand Sausages are sold every year at fairs in Douglas, Johnson, Leavenworth, and Wyandotte counties and at Winfield's Walnut Valley Festival. All products are also available at Pyle Meat Company's storefront at 800 Main Street in Eudora. In addition, the jerky and beef sticks can be order from the company's Web Site at [www.hombrejerk.com](http://www.hombrejerk.com).

Pyle currently has six employees, including four of his seven children. In addition, his three other grandchildren and several of his 34 grandchildren have worked for the business.

The Pyles in 1967 left their home in rural Eudora and moved to a house within Eudora city limits. With the new residence, Pyle was eligible to run for a position on Eudora's city council, which he won in 1968. Since then he has served for more than a total of 22 years on the city council. Last year he was elected to his first four-year term as Eudora's mayor.

As mayor, Pyle sees many similarities between running a business and running a city. One of those similarities is adapting and responding to changes.

"The city superintendent just told me that at least 1,000 new homes will be started in Eudora during the next two years," Pyle said. "We'll have to annex land to do that. We're working on expanding our sewer system, we're talking about putting in

a new swimming pool, and we're going to build a recreation center with volleyball courts, a basketball court, and rooms for seniors to play checkers and cards."

In addition, the Lawrence Memorial Hospital Board of Trustees last December approved an agreement that could set the stage for the eventual establishment of a medical services complex on 21 acres of land off K-10 Highway in Eudora.

According to Pyle, Eudora's population is between 5,500 and 5,600 and is growing at a rate of 14 percent a year. As a long-time resident of Eudora, he welcomes that growth.

"You either grow or you close down," Pyle said. "I have a young city council. They have progressive minds. I try to give advice without getting preachy. There are times when experience helps."

In addition to being a business owner and mayor, Pyle is a very active member of Eudora's Holy Family Cath-

olic Church. Pyle served as the first president of the church council, and also served as chairman of the church's finance committee when the church was working to finance and build its school. He later served as the chairman of adult religious education.

In a 1994 interview, Pyle said that Oscar Mayer the man was his role model.

"Mr. Mayer would come in to the office every day, even into his 80s," Pyle said.

It is very possible that Pyle will do the same with his business and as a politician. Of course, he has less control over the latter.

"I'll be 79 at the end of my term as mayor," Pyle said. "If my health is good and I see things that need to be done, and if the people of Eudora want me, I might run for another term. If the city is running well and good people are running for office, I'll probably step aside and not run again."

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Editor and Publisher  
Kevin L. Groenhagen

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# Business provides mail-order diabetes supplies

By Billie David

When the company Lawrence entrepreneur Greg Schreck worked at went corporate, he decided it was time to start his own business. His business associate, Steve Jalowiec, convinced him that Lawrence was the perfect place to do it. So the two business associates partnered together and open Kindred Care, a mail-order provider of diabetic supplies with a local touch.

"I have been in the industry for 10 years," Schreck said, "and I like the idea of customizing services to meet the needs of individuals. With a small business, we can take an in-depth look at what those needs are, and we can make changes quicker than a bigger company can."

The idea behind Kindred Care is to provide direct-to-customer supplies with the added benefit of a call center staffed with trained personnel, or "care coordinators," who can help educate patients on the latest technological and medical advances.

"We want to have a relationship with the diabetic and their family, to help them better manage their diabetes and take control of their lives," Schreck said. "That's why there's no animated phone system."

Kindred Care also works with phy-

sicians, insurance companies, Medicare and Medicaid, serving as a link between them and the customer. Things are set in motion when the patient visits the doctor, who recommends blood sugar testing and insulin.

"We retrieve that documentation from the health care provider, we communicate with the patients and make sure they understand what has been recommended and why, and we ship the supplies and handle the insurance and documentation" Schreck said. "It's a one-stop shopping experience for the patient."

The supplies, which include high-quality products from Johnson & Johnson, Roche, Bayer and Abbott, Lilly and Novo Nordisk, are mailed directly to the customer's home, usually on a 90-day basis, with no up-front co-payment and no shipping costs.

"Our main goal is customer service," Schreck said. "That is our forte."

Kindred Care is located in the new strip mall just west of Don's Steak House on East 23<sup>rd</sup> Street. The Lawrence location allows the business easy access to customers in the Topeka-Lawrence-Kansas City area, Schreck explained, although they also ship supplies nationwide. The business can be reached at its toll-free number at (866) 351-2636.

KEVIN GROENHAGEN PHOTO



Greg Schreck

## Kindred Care to hold Diabetes Work Day

In keeping with its goal of helping people with diabetes stay abreast of the latest information on diabetic equipment and technological advances, Kindred Care is offering a Diabetes Work Day on Saturday, June 10, from 8:30 to 11:30 a.m. at its facility at 1918 East 23<sup>rd</sup> Street, Suite A.

Representatives from the manufacturers of glucose monitors will be there to provide information concerning their products, and those who attend the event will receive a free glu-

cose meter.

In addition, a representative of the Medtronic Minimed Insulin Pump will be available to discuss insulin-pump therapy.

"The insulin pump continuously injects insulin into your body," said Greg Schreck, who co-owns the new Lawrence business with Steve Jalowiec. "It's a breakthrough technology to help people manage their diabetes."

Certified diabetic educator Pat Hohman will also be on hand to answer questions concerning diabetes and nutrition.

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# Retirement communities: I'm not ready yet!

By Bev Bolton

This is a phrase we hear frequently in retirement communities. My first thought is always, "Not ready for what?" Hopefully, we're moving past the notion that retirement communities are only for the elderly and ill. It can mean someone to eat with instead of eating alone all the time. It means living with folks who have like interests, carpooling, or riding a van to an evening event instead of

staying home because we no longer like to drive at night. It means never having to replace the roof or buy a new furnace. We no longer have the worry of homeowner's insurance. We can go on vacation to a sunny climate and close up our apartment knowing things are being looked after. It's deciding to play bridge instead of weeding and mowing the lawn. It's a carefree environment and, therefore, healthier. Studies show that we stay healthier and

we live longer.

What exactly is independent living? We see this term a lot in senior housing. Like our vision of retirement centers changing, it is hard to know where to draw the line between dependent and independent living. The most important question to ask here is "Do I feel safe in my environment?" Many seniors can live independently with some help, such as housekeeping or in-home delivery of meals. As the pop-

ulation lives longer the description of "retirement living" changes to keep pace. Our best chance as senior citizens for a high quality of life is to educate ourselves and keep current with changes in order to make good decisions about where we will live. It is not the years we add to our lives that are important, but the life we add to our years.

- Bev Bolton is the manger of Prairie Commons Apartments. She can be reached at 785-843-1700.



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# 1951



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# MyStory series begins with food, fabric discussion

The library summer series for seniors, MyStory, will begin on June 5 with a program in the library's auditorium at 2:00 p.m.

The kick-off for the MyStory 2006: Telling Your Story Through Food & Fabric will be Susan Krumm from the Douglas County Extension Office. She will talk about how food and fabric are a source of family history and how it is a sense of community. Participants will be encouraged to share their family stories through recipes, special meals, quilts and other fabric items.

Food programs will be held at Babcock Place on Tuesday afternoons from 3:00-4:00 p.m. Guest speakers will talk about how food has historically reflected different cultural patterns and changes in society. Those

attending will be able to share their recipes and the stories that make them special. A cookbook will be compiled of the recipes.

In the Fabric sessions, participants will be encouraged to bring quilts, aprons, embroidered items or any item that is special. Members of the Kaw Valley Quilters Guild will show examples of items and how they give the stories of those who made

them. Participants will have the opportunity to show their items in a public display. These sessions will be held at Presbyterian Manor on Friday mornings at 10:00 a.m.

A session for those who would like to learn more about writing their stories will also be available. The date and time for this session will be announced.

Registration is not required for

any of the sessions but is suggested. For more information or to register for any or all of the sessions, contact Pattie Johnston at the library, 785-843-3833.

MyStory is presented by the Senior Outreach Services of the Lawrence Public Library, the Douglas County Senior Services, the Lawrence/Douglas County Housing Authority and Presbyterian Manor.

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# HEALTH & FITNESS

## Healthy hands in the garden

Gardening is an activity that many people enjoy. Not only does it provide our families with delicious tomatoes and brightly colored flowers, gardening gives us a link to nature and a way to be creative.

As people age, it can become more difficult to engage in gardening activities. Decreased mobility, stiff joints, injuries, disease and poor balance

you have lived in for many years.

People often stop gardening due to pain in their hands from arthritis. According to the Arthritis Foundation, 43 million people in the United States, aged 18 and older, had self-reported, doctor-diagnosed arthritis in 2002. Arthritis is the second most frequently reported chronic condition in the U.S. and the nation's leading cause of disability.

The prevalence of arthritis increases with age, and if you are one of the 48 percent of adults over the age of 65 who has arthritis, gardening tasks may be difficult to perform.

However, there are many ways to adapt gardening tasks to protect your hands and make activities easier for you to enjoy.

- Take time to warm up by stretching your hands and wrists. Your doctor or an occupational therapist can help you find appropriate stretches.

- Hand tools are available with large-grip handles to reduce the strain on your joints and to properly position your hands and wrists.

- Look for lightweight tools to reduce the strain on your hands and wrists.

- Limit your lifting. Use a cart or wagon to move items. A dolly or hand truck is even better because you can transport heavy items without having to lift them onto a wagon or cart.

- Avoid carrying large, heavy items in your hands. Use your arms and hug the item close to your body if you have to carry something.

- Wear gloves designed to support the joints of your hands. The Arthritis Foundation can recommend gloves designed for people with arthritis.

- Wear wrist supports to stabilize the wrist. Your doctor or an occupational therapist can help you pick out appropriate supports.

- Vary the tasks that you do. Alternate tasks that require the use of your hands with activities that use your legs.

- Change positions often to avoid becoming stiff.

- Cut open bags of mulch, dirt and grass seed. Struggling to pull them open can put a strain on the joints and muscles of your hands.

- Consider adapting where you garden. Plant your favorite items close to the house in large pots or window boxes. Purchase a small greenhouse or design raised beds for flowers and vegetables.

- Keep your tools and watering sources near your garden. Avoid pulling a hose hand over hand. Avoid carrying buckets of water from place to place.

- Mulch your plants to avoid having to water so much.

- Pace yourself. Plan out your tasks over a week's time. Don't try to do all your gardening activities in one day.

It is important not to overuse or strain the joints and muscles of your

hands and arms. If you feel significant pain, stop the activity and wait until you feel better to continue. If you feel pain the day after gardening, then reduce the amount of activity you do next time.

Please seek the advice of your physician if you have not been active in the garden for some time, or if pain, poor strength or decreased motion keeps you from performing gardening tasks independently and safely. You may benefit from a referral to an occupational therapist or physical therapist who can provide you with treatment, including pain management, stretching and strengthening exercises, to keep you safe and healthy in the garden.

- Jennifer Woerner is an occupational therapist with Laurence Therapy Services. She has worked with people of all ages as an OT in the Laurence area for the past six years. Jennifer's goal as an OT is to encourage people to be involved in purposeful and functional activities. She has presented at four national conferences and was awarded the Jane M.H. Underwood Award by faculty at the University of Kansas in 1999 as an OT who "demonstrates outstanding potential as an artful practitioner." She is a member of the Kansas Occupational Therapy Association. Jennifer currently lives on a 10-acre farm near Perry Lake, where she enjoys growing her own garden.



Jennifer Woerner

can keep us from visiting the garden. However, staying involved in this rewarding activity can have a wide range of health benefits. Consider the following:

- Gardening is a form of exercise that incorporates strength, flexibility, balance and endurance. Gardening exercises the whole body: your arms, hands, legs and back.

- Exercise prevents depression.
- Gardening burns calories.
- Gardening reduces stress and promotes relaxation by encouraging us to be active and outside in nature.

- Consistent participation in an activity that you enjoy, such as gardening, can help you deal with other changes in your life, such as retirement or moving from a home that



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## Calendula officinalis

**C**alendula officinalis, or Marigold, is one of my favorite medicinal plants. It is common plant with its yellow to orange flowers seen in many flower beds or

The Marigold is a hardy plant and grows easily in the Kansas climate. The plants usually begin to flower in June, and will continue flowering until the frost kills them in the fall. Marigolds will increase from year to year, if allowed to seed them-

selves. Traditionally, when gathering the plants it had to occur in bright sunshine, when the plants healing powers were at their strongest.

Medicinally, Calendula has been used traditionally as a stimulant and a diaphoretic (promotes sweating). It has been used in jaundice, stomach cramps and ulcers, inflammation of the eyes, sprains and wounds, fevers, cancer and cancerous growths, urinary tract infections, cracked feet, skin conditions and varicose veins.

Research has suggested it is the flavonoids in the herb which contribute to the wound healing properties. In a recent study (Nov. 1996) researchers isolated lutein from Calendula and found out that lutein has anti-tumour property.

When planning your gardens or flower beds this spring, consider planting Calendula.

- 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

gardens. Occasionally, you can see Marigolds growing in the wild.

For centuries, it was believed that the marigold opened in the morning and closed at night. This aspect of the plant has often been mentioned in literature, the most famous is by William Shakespeare in *A Winter's Tale*. Also, in earlier times, whether or not its flowering head was open at a certain time of the day would indicate whether it would rain. In very early times, Christians called this flower *Mary's Gold*, and placed it by the statues of the Virgin Mary. Calendula is also considered one of the most sacred flowers of ancient India.

Calendula has a long history dating back to ancient times. It has been used for centuries in cooking and for its medicinal aspects. Its flowers were used to give cheese a yellow color and to dye fabrics. The Romans mixed Calendula with vinegar and flavored their meat and salads. Currently, the dried flowers are used as a substitute for saffron. The Marigolds were used medicinally to draw the evil spirits from the head and strengthen the eyesight. It was used as a treatment for headaches, jaundice, red eyes, bee or wasp stings, indigestion, and warts, expel worms and toothaches. The flowers were known to strengthen and provide comfort to the heart.

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# PERSONAL FINANCE

## Retirement income planning: Why an appropriate withdrawal rate matters

**A**ccumulating enough assets for retirement may be the top priority for investors. However, the amount that is withdrawn from a portfolio each year during retirement is what may ultimately determine how long retirement assets will last. That is why calculating the annual withdrawal rate from personal savings and investments is so criti-

**Fluctuating Returns.** When considering how much your investments may return over the course of your retirement, you might think you could base your assumptions on historical averages, just as you may have done when projecting your retirement savings goal. But once you start taking income from your portfolio, you no longer have the luxury of time to recover from possible market losses.

Just imagine how long it would take to restore the value of a portfolio if it suffered a large loss due to a market downturn. For example, if a portfolio worth \$250,000 incurred successive annual declines of 12 percent and 7 percent during years one and two respectively, its value would be reduced to \$204,600. In order to restore its value to \$250,000, it would require a gain of nearly 23 percent in year three. When a retiree's need for annual withdrawals is added to poor performance, the result can be a much earlier depletion of assets than would have occurred if portfolio returns had not declined.

**Coming to a Decision.** While it's possible your portfolio won't experience any losses, it's likely that you will at some point. For this reason, it may be safer to assume some setbacks will occur. Although past performance can never assure future results, market history may give some insight into setting an appropriate withdrawal rate. For example, an analysis by Standard & Poor's found that 5.5 percent was the maximum annual withdrawal rate that could be sustained from a balanced portfolio during all 30-year holding periods between 1926 and 2005. The portfolios, which were adjusted for actual

consumer price inflation, were comprised of 60 percent stocks represented by the S&P 500 and 40 percent long-term Treasury bonds. During the period studied, sustainable withdrawal rates for the respective 30-year portfolios ranged from just over 3 percent to as high as 8 percent.

In view of the variability of investment returns and inflation, as well as the risk of living beyond your average life expectancy, you may want to err on the side of caution and

choose a conservative annual withdrawal rate. The goal, after all, is to crack your nest egg in such a way that it will provide a reliable stream of income for as long as you live. That may mean taking out less in the early years of retirement in the hope of having sufficient income in your later years.

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



Steve  
Lane  
and  
Garth  
Terlizzi

cal for retirees and people about to retire. It's also a helpful exercise for younger investors who would like to gauge how much they will need to accumulate in order to provide adequate income during retirement.

**Something to Consider.** Several factors will influence your choice of an appropriate withdrawal rate. These include your age, health, the potential impact of inflation on your assets and cost of living, and the likely variability of your investment returns. If you plan to leave a legacy to your heirs, you should also factor this into your withdrawal rate decision.

**Age and Health.** Although you can't predict for certain how long you will live, you can make an estimate. However, basing your estimate on average life expectancy for your age and sex may be unwise, particularly if you are healthy. Be sure to take into account your risk of living longer than a life expectancy table would indicate. As a rule of thumb, plan on your retirement portfolio needing to generate income for 30 years.

**Inflation.** As you think about inflation, bear in mind that inflation affects the real return on your assets as well as the cost of goods and services. For long-term planning purposes, you might assume that consumer price inflation would continue at its historical average of 4 percent a year. But also keep in mind that year-to-year variations in inflation may also dramatically impact your plans. Should inflation flare up above the level you assumed after you retired, you would need to revisit your withdrawal rate along with the inflation-adjusted return potential of your investment portfolio.



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## PERSONAL FINANCE

# Help your offspring become smart investors

To become a good saver and investor, you probably had to learn some hard lessons along the way. Wouldn't you like to save your children or grandchildren those troubles? You can — by teaching



Harley Catlin and Ryan Catlin

them, early on, about the basics and benefits of investing.

Here are a few ideas for getting young investors off to a good start:

- **Suggest a savings strategy.** If you give young children an allowance, suggest that they divided it into two pools — "saving" and "spending." And if they earn money babysitting or mowing lawns, offer to match whatever they put in to a savings account. They will be pleased to see how their balance grows, and, hopefully, they will be motivated to keep putting more in.

- **Make "stock-picking" fun.** A lot of adults believe their children or grandchildren would not be interested in something as "grown-up" as the stock market. But that's just not true: Kids are often fascinated by the idea of owning shares of a company. And the more they understand about

owning stocks, the more interested they become. So, consider playing a family "stock-picking" game. Have everyone in your family choose a stock to follow for a month or so. At the end of that time, award a small prize to the person whose stock has done the best. You also may want to add some "qualitative analysis" by examining the different factors that may have caused the winning stock to outperform the rest. Keep all explanations fairly simple, but don't underestimate your children's ability to grasp fairly sophisticated concepts. Children love to learn — and they're often better at it than adults.

- **Give stocks.** You can go beyond the stock-picking game and actually give shares of stock to your kids. Try to find companies that make products with which your children are familiar — provided, of course, that the stocks are of high quality and have good prospects. When you do give stocks to your kids, be aware of the "kiddie tax." According to the kiddie tax rules for 2006, the first \$850 in unearned income — interest, dividends and capital gains — is tax-free, and the next \$850 is taxed at the child's tax rate, which is typically 10 percent, or 5 percent for long-term capital gains. If your child has unearned income of more than \$1,700, he or she will be taxed at the rate that would apply to you if this money were added to your taxable income. Children 14 and over pay

taxes on all unearned income at their own rate.


- **Show the right behavior.** Children are great imitators — so if you show them how you are saving and investing for the future, it's likely to leave a strong impression. Let them know when you've reached a particular savings/investment goal — enough money for a new car, for example. Show them the statements for the accounts in which you are investing for their college education. Make sure

they understand the concepts of setting objectives, making regular contributions, delaying gratification, etc.

By following the above steps, you'll be providing your children or grandchildren with the knowledge and skills necessary to help them become savers and investors. And those lessons can last a lifetime.

- 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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# RETIRE SMART

## The great retirement hoax

By Humberto and Georgina Cruz  
Tribune Media Services

In his job as a financial planner, Michael Jones helps people prepare for retirement. More and more, he is doing it by exposing what he calls a great hoax: the "coast and play" mentality that a successful retirement means having a stash of money and leisure-filled life.

Instead, Jones said he finds himself "on a mission" to promote re-



Humberto  
and  
Georgina  
Cruz

tirement with a purpose.

"People concentrate on the financial aspects of retirement, and that's about it," said Jones, 48, president of Lifetime Financial Solutions in Louisville, Ky.

Most Americans, he said, "don't have a really clear idea of what they would like to do in retirement and very few spend any time seriously planning" this important part of their lives.

But then, consider the images of retirement we are bombarded with. Look at the cover of magazines when they run stories about retirement, or brochures for retirement communities or retirement-related financial

products. Although things are slowly changing, the typical image remains one of happy — and obviously well-to-do — seniors traveling to exotic places, lounging by the water's edge or swinging a golf club.

Result: The myth persists that without tons of money and leisure time, you will have "failed" at retirement.

"The financial media and financial planners sometimes are the culprit in perpetuating this idea, which is not realistic and may not be very healthy," said Jones, who has been giving talks and writing about this issue. We caught one of his articles, "Retirement With a Cause," in last month's issue of *Journal of Financial Planning*, a trade publication.

The magazine editors actually changed the title. Jones told us his original was "The Great Retirement Hoax," his way of saying that a retirement that's all about money and "good times" is not what it's cracked up to be. We wish the magazine had kept his original headline.

"Will a retirement of leisure and

relaxation add value to the world around us? ... What about those who will never be able to completely quit work because they must keep working to make ends meet? Should they feel like failures?" Jones wrote. "What I am proposing is the development of a retirement vision that encourages clients not only to dream about the home, car or leisure activity they desire but to clearly envision how they will continue to contribute to their family and community for as long as they can, physically and mentally."

Want some ideas? Here are just a sampling from Jones, who is active in his church and the Boy Scouts:

- Participate in reading programs for children in underprivileged neighborhoods.

- Contact a local church or synagogue to help the sick, elderly or disabled. Perhaps these people need transportation to doctors' appointments or other medical treatments.

- Use skills you developed in your prime career years to help mentor young people.

- Develop seminars and workshops in your areas of interest or expertise that could be delivered in community centers, churches, colleges or other venues.

- Contact local elementary, middle and high schools to see if they

could use "foster grandparents" to tutor students or assist teachers.

- Recruit friends and neighbors to visit local nursing homes, bringing along pets or giving manicures. "I participated in one of these events and took my then 11-year-old beagle, Shadow," Jones said. "Two of the residents, who almost never responded to human interaction, engaged me and Shadow! Talk about touching — these contacts may seem trivial to the common daily grind, but think of what could happen if this were repeated many times over."

"Of course, the individuals making these kinds of contributions will personally benefit from their activities, too," Jones said. "All one has to do is recall the last time they did something constructive or charitable without seeking reward. The usual memory is that they came away feeling more content and blessed than perhaps those who were assisted."

(Humberto and Georgina Cruz are a husband-and-wife writing team who work together in this column. Send questions and comments to [AskHumberto@aol.com](mailto:AskHumberto@aol.com), [GVCruz@aol.com](mailto:GVCruz@aol.com), or c/o Tribune Media Services, 2225 Kenmore Ave., Suite 114, Buffalo, NY 14207. Personal replies are not possible.)

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## DEAR PHARMACIST

### Drug side effects could show up in minutes — or years

By **Suzy Cohen, R.Ph.**  
Tribune Media Services

**QUESTION:** When medicines have a list of possible side effects, how long does it take for them to occur? — V.V., Greeleyville, S.C.

**ANSWER:** All medicines have a list of possible side effects; some lists are longer than others. This is why people need to weigh the pros and cons for all their medications.

How long it takes for a side effect to appear depends on the medication and your individual response. Sometimes it's a matter of minutes. For example, some sleeping pills can induce nausea or dizziness within 15 minutes. And nitroglycerin, used for chest pain, can spark a headache within minutes.

People who take antibiotics for infection may experience diarrhea and abdominal cramps hours after their dose; a week later, they may be faced with a yeast infection or thrush. Dependence on and abuse of painkill-

ers, muscle relaxers and anti-anxiety medications could develop after several weeks.

Some medications take much longer to cause side effects — months or even years. For example, statin cholesterol-reducing medications may be the source of muscle pain, leg cramps or fatigue in some patients, but it could take six months to a year to see this. Statins, as well as the popular pain-reliever acetaminophen (Tylenol), have the potential to harm the liver, though this also may not be seen right away.

Birth-control pills or hormone-replacement patches and pills that contain estrogen may cause side effects of gallstones, blood-sugar problems or weight gain, but it doesn't happen right off. In fact, most women would not even connect these unfortunate consequences to their medicine. Cervical, breast and endometrial cancer deserve mention because they also have

been tied to female hormone use.

Men take medications that manipulate their hormones too. For instance, Proscar (finasteride) is used to shrink the prostate and help men with BPH, but some research suggests that it fuels the growth of tumors. Another popular drug for men is Propecia, which is prescribed for male pattern baldness. The drug also contains finasteride, but at a much lower dose. It's not that Propecia causes cancer — studies have not yet shown that. It's that the drug manipulates testosterone levels, and men need to weigh benefits against potential risk.

I feel that any time people of either sex manipulate their hormones or use synthetic, patentable hormones that are *not* bio-identical to the human body, they are opening Pandora's box.

How long does it take for cancer to manifest? Could be months, could be never. Use medications sparingly and see your physician for follow-up monitoring. Ask a local pharmacy for a drug insert, which has a list of possible side effects. Be aware of your body and don't ignore or tolerate weird changes. Become medication-savvy by talking to your pharmacist. In fact, there's nothing wrong with making him or her your

best friend.

**DID YOU KNOW?** Extracts of Maitake mushrooms (sold as supplements) may be helpful in reducing the side effects of chemotherapy, boosting immune system function and fighting cancer.

(This information is not intended to treat, cure or diagnose your condition. Suzy Cohen is a registered pharmacist. To contact her, visit [www.dearpharmacist.com](http://www.dearpharmacist.com).)

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## PET WORLD

# How do you make life more interesting for pets?

By Steve Dale

Tribune Media Services

**QUESTION:** You once wrote that when the world ends, fleas will be here to celebrate. Well, it's happening sooner than I thought. They're celebrating in my house. I'm using a monthly preventative, yet there's no stopping them. They've even bitten me and my son. Do you have any



Steve Dale

advice on how to end the fleas before they put an end to us? — S.C., Delray Beach, FL

**ANSWER:** I enjoy your sense of humor about what must be an untenable situation. Dr. Michael Dryden, veterinary parasitologist at Kansas State University College of Veterinary Medicine, Manhattan, guesses it's possible you used PROGRAM as your monthly preventative. PROGRAM really does work (to prevent flea eggs from hatching) but not if a dog spits out or throws up the pill. Another possibility is you're using an over-the-counter product not proven to work very well. If a product claims to kill 85 percent of fleas, this may look good on the packaging, but the remaining 15 percent will reproduce and party, which might be what's happening at your house.

Here's the good news: You can beat those buggers at their own game. Talk to your veterinarian about product choice. Dryden says one possibility is to combine Advantage or Frontline Plus (which kill adult fleas, as well as impacting their life cycles) with CAPSTAR (which quickly gives the adult buggers with a terminal TKO). For quicker action, you can consider an exterminator to get the invasion at your home under control.

Dryden says people make a mistake when they have a flea infestation and force their pets into the garage or outdoors. For one thing, there's the humane issue of separating the animals from their family, and a safety concern for cats forced outside.

"You actually want the pets there

(indoors) as a flea vacuum," Dryden notes. "The fleas are now hatching from your carpeting. If the pets are there and are treated with a product, the fleas will jump on the pets and die. If the pets aren't there, (the fleas will) jump on people and then jump off alive and well. And flea bites can cause a pretty bad rash (on people)."

**QUESTION:** I have a dog and a cat. I want to make their lives more interesting. Any ideas? — P.E., Tacoma, WA

**ANSWER:** This is my favorite question of the year!

As for cats, they should be kept indoors, where life is far safer. Admittedly, we often take cats for granted; many indoor cats are overweight and brain dead. But a cat's brain is a terrible thing to waste. When you leave the house, rotate your pet's toys every couple of days (the same toys become dull).

You can teach your cat many things, just as you might a dog. Cats can actually learn to come when called. And they can play games. For example, one family member can hold the cat and dog in one room, while another family member takes a dog treat and a cat treat and runs off to hide. As the pets seek out the hiding person, they get some exercise, and will sometimes even work together to find the person. Most cats enjoy this game, and I've never met a dog who didn't.

For your cat, when you receive a delivery, keep the box. One day, drop a ping-pong ball in there. On another day, sprinkle catnip inside. On a third day, relocate the box to another room, where it will become a completely "new" toy just because you moved it.

For your dog, hide Kong toys (hard rubber toys available at pet stores) with treats stuffed inside around the house or the back yard. About 20 percent of your cat's meal can be offered the same way — sprinkled on window ledges, or if you feed moist food, in plastic dishes on shelves or other spots above canine nose level.

Take the paper from your shredder (or rip up the daily newspaper; I'd be especially proud if you use this column) and on Monday spread it on the floor of a room with a door you can close. Mix some kibble

among the shreds, then let your dog inside to sniff out the food (assuming your pet isn't a paper chomper). On Tuesday, do the same thing, except this time let your cat in the room to hunt for food (again, assuming the pet doesn't chew paper).

Our cat, Roxy, has learned to ring a bell (the kind they'd ring in old

movies at hotels when they call for a 'bell man"). When Roxy rings the bell, our dogs come running.

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

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## Topeka resident receives Donna J. Kidd Award

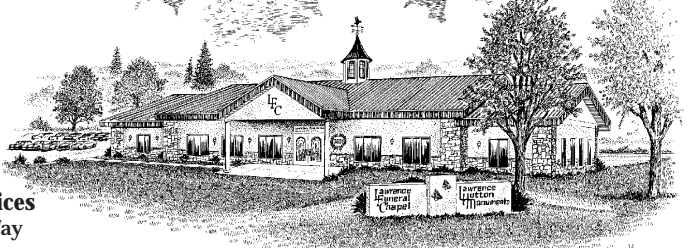
To commemorate May as Older Americans Moth, Cyrene Holt of Topeka on May 23 received the Donna J. Kidd Award.

As executive director of the Jayhawk Area Agency on Aging (JAAA) 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 JoAnn Mzhickteno, who nominated this year's winner, "During her tenure as chair of the Shawnee County Advocacy Council on Aging, Cyrene was able to increase funding for transportation for senior centers by \$20,000 and she also requested and received inflationary increases for service programs for elderly funding, which has benefited low-income seniors by increasing the funds available to agencies who serve them."

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*Billie Fisher (left) with her daughter Sandy Phillips*

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**- Sandy Phillips**

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# Area authors publish

By Margaret Baker

Tom Mach: *All Parts Together* (Hill Song Press, \$16.95, ISBN 0-9745159-4-9) *Civil War fiction*

Douglas County's Tom Mach has written the second in his planned trilogy with heroine Jessica Radford during and just following the Civil War.

*All Parts Together* (from Walt Whitman's poem) begins where the first book, *Sissy!*, ended—with the destruction of Lawrence, Kansas, by Quantrill's guerillas. Distraught by the carnage and the effect it has on her fellow citizens, she is glad to go to Washington with a family she has known well. The husband has been chosen for a government post, but his wife is too ill to take care of the children.

Jessica has a burning desire to write, to use her pen to protest the evil of slavery. So she is delighted to visit the poet Walt Whitman. A brief encounter with President Abraham Lincoln has her aching for his intense concern of human suffering the war has brought.

Several of Jessica's friends' harrowing battle experiences are hauntingly described. As are the hard decisions that must be made by those who love a soldier.

This middle volume ends shortly after Lincoln's death, leaving a lot of story lines dangling for the final book—predominantly several romances (Jessica included) and the issue of equality of sexes and races.

Nancy Pickard: *The Virgin of Small Plains* (Ballantine, \$23.95, ISBN 0-345-470990) *Mystery*

Kansas Citian Pickard sets this new novel in fictional Small Plains, where 17 years ago the body of a young woman was found in a pasture during a blizzard. Her face was too battered for identification, and the town buried her with as much dignity as they could. Over the years her grave has developed a reputation for miracu-



lous cures.

Now Abby Reynolds, driving home in a horrific snowstorm, sees a woman wandering in the cemetery. She recognizes Nadine Newquist, mother of her high school love, who suffers from dementia.

Seventeen years ago Abby and Mitch Newquist were very much in love and planning to marry after graduation. Mitch left town the day following the first victim's discovery. He did well in college and in his career, but he never returned, nor did he contact Abby. He did not return for his mother's funeral, but has, surprisingly, turned up all these years later for a short visit, no plans announced.

Just what actually happened all those years ago? Can the cleavage it rent in the lives of those involved be healed?

Our beloved Flint Hills is almost an additional character here in this dark and suspenseful tale.

Sujata Massey: *The Typhoon Lover* (Harper Collins, \$23.95, ISBN 0-06-076512-5) *Mystery*

This is the eighth in the Rei Shimura series, a Japanese-American antique dealer (and sometime spy) with a foot in both cultures.

This case is to find and authenticate a pitcher of great antiquity, which was taken from Iraq's national museum in the recent rioting and believed to be in the hands of an extremely wealthy Japanese collector, Takeo Kayama. Takeo values beauty, including Rei herself.

She is with Takeo when a typhoon hits Tokyo. Rei finds herself trapped along with Takeo and learns much more is at stake than she originally thought.

Witty dialogue and both suspense and humor in this intricately-plotted mystery.

Kathleen Hills: *Witch Cradle* (Poisoned Pen Press, \$24.95, ISBN 1-59058-254-3) *Mystery*

When a mighty tree is blown over in high winds, the exposed roots are known as Witch cradles.

Finnish immigrants, hardworking farmers and fishermen, settled Michigan's upper peninsula recently enough that the Finnish language was still spoken in many homes in the early 50s.

The Soviet Union had occupied

Karelia in the 30's, and appealed to the immigrants to sell up and bring their equipment and funds back to what was described as a workers' paradise. Many did, and were never heard from again.



Rose and Teddy Falk were believed to have gone with the others, but evidence hidden in the witch cradle makes Sheriff McIntire wonder. He finds bones in an unused cistern. One is Rose, but the other isn't Teddy.

Set in the 1951 Red Scare era, the investigation opens old wounds and inflicts new ones.

A taut plot set in an area of American history not widely known.

Maggie Sefton: *Knit One, Kill Two* (Berkley, \$6.99, ISBN 0-425-20359-X) *Mystery*

Kelly Flynn returned to Fort Connor, Colorado, to take care of her Aunt Helen's things after her murder. Aunt Helen had raised Kelly. The police report that it was a burglary gone bad. Kelly cannot imagine what a burglar would want from a frail but spunky woman.

When Kelly learns from the old family lawyer that Helen had recently re-mortgaged the home for \$20,000, she realizes there's something amiss. Kelly, an accountant, handled all Helen's financial affairs and knows they had to refinance the mortgage three years before to cover her dad's terminal illness.

Her refuge is the town's needlecraft store, where all of Helen's (and now her) friends spend time creating loving fabric masterpieces.

Well-plotted with a fresh motive, and a minimum of blood and gore. The loving and caring interactions of the knitters club gives this new series a special appeal.

Christine Matthews, Ed.: *Deadly Housewives* (Avon, 13.95, ISBN 0-06-085327-1) *Short story anthology*

Selection of 13 delightful (to mystery readers, that is) tales of housewives driven past their normal inhibitions concerning lethal force. Authors of the caliber of Nevada Barr, Sara Paretsky, Nancy Pickard and Marcia Muller have written these succinct tales.

As if that wasn't enough, there are some non-poisonous recipes and

very short personal biographies by the authors themselves. Not to be missed!

FOR YOUR EARS ONLY (Audio books)

Jonathan Kellerman: *Gone* (Random House Audio, read by John Rubinstein. 5 CDs, \$26.95)

Theater students Dylan and Michaela disappear after a rehearsal. Days later, they surface with a tale of abduction and torture. As the police investigate, they admit it was a hoax.

Case closed—until Michaela is brutally murdered and similar cases erupt across Los Angeles.

E. L. Doctorow: *The March* (Random House Audio, read by Joe Morton. 10 CDs, \$39.95)

Fictionalized account of Union general William Tecumseh Sherman's forces in 1864, from the burning of Atlanta to his march east to the sea and then north through the Carolinas.

Michael R. Gordon and Gen Bernard E. Trainor: *Cobra II* (Random House Audio, read by Craig Wasson. 8 CDs)

While it is too early to write a definitive history of the Iraqi war, this is a good beginning. Gordon is a military journalist (New York Times) with experience dating from the American invasion of Panama. Trainer is a retired Marine who was director of the National Security Program at Harvard's Kennedy School of Government.

The planning for Cobra II (the military shorthand for the Iraqi invasion) began quite a bit earlier than this reviewer realized. The authors do not hesitate to give their opinions on what went right and what went wrong.

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



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



## HUMOR

# Heavenly Spin

Horace Grover was one of the slickest, most talented media spin meisters who ever lived, so naturally when he died, the devil was there at the gates of hell to greet him personally.

"Welcome to Hades, Mr. Grover," said Satan.

"Call me Chip," said Horace. Then he kissed the devil's hoof.

Grover didn't have to stand in line at hell's induction center like

also afraid that if Hoover comes to hell, he'll get in touch with his old Mafia colleagues. With the help from hell's Mafia, Hoover could take over the whole place," said Grover.

"Boy, you sure don't pussyfoot around, do you?" said Alonzo.

"Only when I spin something for media consumption," said Grover. "When I spin something to the media, I'm the best pussyfooter who ever lived."

"That's why the chief picked you for this project," said Alonzo. "He wants you to come up with a scheme that will rehabilitate J. Edgar Hoover's image. Our secret surveys show that public opinion among the heavenly hosts is equally divided when it comes to Hoover. Half of the angels think he's terrific. The other half thinks he's a cross-dressing crook."

"Surveys never lie," said Grover.

"But liars take surveys," they shouted in unison, giving each other a high five.

"There's a Souls in Limbo Reduction Conference coming up soon," said Alonzo. "We want you to cook up something that will boost Hoover's acceptance rating among the anti-Hoover angels by 15 percentage points. If you succeed, the chief of heaven's Division of Limbo Affairs will beg me to let him take Mr. John Edgar Hoover straight to heaven," said Alonzo.

"Will you do that for us, Chip?" She asked seductively.

"Sure," said Grover. "It'll be a pleasure."

- 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.

## WORDS OF WISDOM

Love of learning is a pleasant and universal bond, since it deals with what one is and not what one has.

Look wise, say nothing, and grunt. Speech was given to conceal thoughts.

Literature is the question minus the answer.

Libraries are not made; they grow.

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Larry Day

all the others who arrived when he did. Instead, a curvaceous Demonette showed him to the VIP lounge, handed him a drink, and invited him to relax while four eager interns processed his paperwork for him.

After he was settled in his swank condominium overlooking the boiling sulphur pits, Grover had a visitor. Her name was Tanya Alonzo, former CEO of Mangldorf Mining and Smelting, Inc. Alonzo was chief liaison officer for hell's Division of Limbo Affairs. The Division of Limbo Affairs handled the cases of dead people who were caught between heaven and hell.

Grover offered Alonzo a drink, and after a bit of chitchat, they got down to business.

"Chip, we have a spin problem," she said.

"J. Edgar Hoover," said Grover.

"You really are good," said Alonzo.

"I do my homework."

"The chief liaison office of heaven's Division of Limbo Affairs is trying everything he can think of to make us take Hoover down here, but Satan won't hear of it. He says it's not fair to push Hoover off on us."

"Satan doesn't give a rotten red apple core about what's fair," said Grover. "The devil is frightened. He's worried about blackmail. Hoover was one of the best blackmailers in the business. He collected dirt on every U.S. president from FDR to Lyndon Johnson. Hoover had a "gotcha" file on every high-level public person in the country. The devil's



When pluggers play "Who Wants To Be a Millionaire?"



## CAN'T HEAR THE TELEVISION?

If your hearing aids have a T-coil or telephone position, you can hear a cleaner, clearer signal that is unaffected by ambient noise using a Phonic Ear field loop system. Marston Hearing Center has installed a field loop system and invites you to come in for a free demonstration. If you're having trouble hearing the television, this simple and inexpensive loop system can help you hear what you've been missing by sending the signal directly to your hearing aids. No appointment is necessary; just stop by our office and ask for a free demonstration.

## MARSTON HEARING CENTER

1112 W. 6th Street, Suite 100 • Lawrence, KS 66044

(785) 843-8479

# CALENDAR

## ART/ENTERTAINMENT

JUNE 3

### SENIOR CLASS

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

TOPEKA, 785-357-5211

<http://www.topekacivictheatre.com>

## BINGO

SUNDAYS

### AMERICAN LEGION

HIGHWAY 92, 1/2 MILE EAST FROM OZAWKIE, 7:00 PM, 785-876-2686

SUNDAYS & TUESDAYS

### AMERICAN LEGION POST NO. 1

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

SUNDAYS & FRIDAYS

### CAPITOL BINGO HALL

Minis start at 6:00 p.m. on Sundays and 6:30 p.m. on Fridays. Regular sessions start at 6:30 p.m. on Sundays and 7:00 p.m. on Fridays.

2050 SE 30TH ST, TOPEKA, 785-266-5532

MONDAYS & THURSDAYS

### AMERICAN LEGION POST NO. 400

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

MONDAYS & SATURDAYS

### LEGIONACRES

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

WEDNESDAYS & THURSDAYS

### MOOSE CLUB

Wednesdays, 6:30 p.m. Thursdays, 12:30 p.m. 1901 N KANSAS AVE, TOPEKA, 785-234-6666

WEDNESDAYS & FRIDAYS

### VETERANS OF FOREIGN WARS

3110 SW HUNTOON, TOPEKA, 6:30 PM, 785-235-9073

WEDNESDAYS

### PINECREST APARTMENTS

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

WEDNESDAYS & FRIDAYS

### EAGLES LODGE

1803 W. 6TH ST, LAWRENCE, 7:00 PM, 785-843-9690

WEDNESDAYS & FRIDAYS

### EDGEWOOD HOMES

1600 HASKELL, STE 188, LAWRENCE 10:30 AM-12 NOON, 785-760-1504

THURSDAYS

### BABCOCK PLACE

1700 MASSACHUSETTS, LAWRENCE 10:30 AM-12 NOON, 785-842-6976

FRIDAYS

### BALDWIN SENIOR CENTER

1221 INDIANA, BALDWIN CITY 12 NOON-1 PM, 785-594-2409

FRIDAYS

### ARAB SHRINE

1305 KANSAS AVE., TOPEKA MINI BINGO 6:30 PM, REGULAR BINGO 7:00 PM 785-234-5656

## BOOKMOBILE

MONDAYS

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

TUESDAYS

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

WEDNESDAYS

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

## BOOK TALKS

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

THIRD WEDNESDAY OF EACH MONTH

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

FOURTH WEDNESDAY OF EACH MONTH

PRESBYTERIAN MANOR, 1429 KASOLD RD., LAWRENCE, 9:45 AM  
SENIOR CENTER, 745 VERMONT ST., LAWRENCE, 1:30 PM

## CLASSES/LECTURES

ONCE A MONTH

### AARP'S 55 ALIVE SAFE DRIVING COURSE

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

JUNE 7-JULY 24

### ADVANCED CREATIVE WRITING

Taught by Dr. Bob Carey, author and publisher. Eight-week session will be held on Wednesdays from 4:00-6:00 p.m. at Lowman United Methodist Church, 15th & Gage Blvd., Topeka. Focus is on introduction to novel and play writing, with discussion and guided writing practice. No fee. This is part of Learning Ventures at Lowman. Writers can enjoy a round table meal afterwards for more discussion. To register call 785-272-8921 or e-mail [dcullley@lowmanumc.org](mailto:dcullley@lowmanumc.org)

JUNE 22 & 24

### AARP DRIVE SAFETY CLASS

This program is for those who are interested in improving their driver safety skills and reducing their current insurance costs. It covers the basics of defensive driving, age-related physical changes that can affect driving, protection from crime and road rage, and avoiding serious accidents. No testing; two four-hour classroom sessions only with an hour for lunch (on your own). Fee. Advance enrollment required. Meeting Room A, Lawrence Memorial Hospital, 10:00 a.m.-3:00 p.m. LAWRENCE, 785-749-5800

JUNE 27

### ADVANCE CARE PLANNING; MAKING SENSE OF ADVANCE DIRECTIVES

Representatives from the LMH Palliative Care Consult team will discuss why advance care planning is important, and review facts about Advance Directives, Durable Power of Attorney for Healthcare, OAH, and Living Wills. There will be time for questions and answers. Those participants who wish to complete their docu-

ments will have assistance available to them to do so. Refreshments served. FREE but advance registration is requested. Sponsored by the LMH Palliative Care Consult team. LMH Auditorium, 9:00-11:00 a.m. LAWRENCE, 785-749-5800

JUNE 24 & 25

### HEALING TOUCH LEVEL 2 & INSTRUCTOR TRAINING

Level Two doesn't come around very often. If you've had level one, be sure not to miss this weekend training at The Light Center!  
THE LIGHT CENTER, 785-255-4583

## FESTIVALS/FAIRS

JUNE 3-4

### GERMANFEST

Outdoor Mass, German buffet serving authentic German sausage, German potato salad, krautstrudels, and desserts, silent auction, outdoor dance, games, rides, booths, crafts, bingo, raffles, and more! Sacred Heart Catholic Church, 312 NE Freeman in the Oakland community.  
TOPEKA, 785-234-3338

JUNE 3-4

### MULVANE MOUNTAIN/PLAINS ART FAIR

14th annual. 90 artists invited. Works include painting, drawing, printmaking, photography. Also includes jewelry, and works in fiber, glass, wood, bronze, steel, ceramics, and textiles. 17 & Washburn. Washburn University.  
TOPEKA, 785-231-1124  
<http://www.washburn.edu/mulvane>

JUNE 10

### TONGANOXIE DAYS

Outdoor festival to celebrate the charm of the town with a variety of arts and crafts vendors. Features entertainment, games for the kids, arts and craft booths, an Art Fair, Country Cruisers Car Show, BBQ contest, Miss Tonganoxie Days Pageant and much more. Flag Day ceremonies are also a part of this event. Downtown, VFW Park, Historical Society Site. TONGANOXIE, 913-845-5183

JUNE 17

### PLANES, TRAINS & AUTOMOBILES FESTIVAL

Bring the entire family to a festival celebrating Dad's interests! Sign-in for the Antique, Classic, and Street Rod car show begins at 8:00 a.m. Antiques on the Prairie will be hosting a vintage motorcycle show. Interested in Trains? Dads ride FREE at Midland Railway with an adult paid fare or two children's fares. Experience a plane fly-in on the grass runway at Vinland Airport, located just north of Baldwin City, from 11:00 a.m.-1:00 p.m.. 720 High St. BALDWIN CITY, 785-594-3200  
<http://www.baldwincitychamber.com>

JUNE 22-25

### COUNTRY STAMPEDE

Country music and camping festival. The four days are fun-filled and action-packed with great performers, fantastic food, colorful crafts, a swinging saloon, and much, much more! Country Stampede is held at Tuttle Creek State Park, located approximately 5 miles north of Manhattan on US Highway 24/Tuttle Creek Blvd. 3003 Anderson. MANHATTAN, 785-539-2222, 800-795-8091  
<http://www.countrystampede.com>

JUNE 23-24

### ST. JOHN'S MEXICAN FIESTA

Authentic Mexican food, live entertainment, games, and more. 1204 Kentucky, St. John's Catholic Church.  
LAWRENCE, 785-843-0109

JUNE 23-25

### OLD WEST COWBOY DAYS

Sponsored by John Deere and Purina Mills, spectators can watch horsebreaking seminars, stock dog demonstrations and a Western fashion show; listen to authentic cowboy music and a cowboy gospel show; ride the mechanical bull; take part in an ice cream social and eat great western food. Shop for the latest tractors,

trailers and Western gear. Old West Cowboy Days kicks off with a parade and cattle drive down Main Street. 5th & Main St, City Park. OTTAWA, 785-242-1411  
<http://www.oldwestcowboydays.com>

JUNE 23-25

### TERRITORIAL DAYS

Celebrates Lecompton's territorial and national history. Tours, crafts, carnival, reenactments, pioneer skills, demonstrations, and historic museums.  
LECOMPTON, 785-887-6148  
<http://www.lecomptonterritorialdays.com>

JUNE 24

### BANNER CREEK ANTIQUE AND BLUEGRASS FESTIVAL

Annual antiques and bluegrass festival. Features antique vendors and bluegrass music. Bring your lawnchairs and enjoy a day on our beautiful downtown square. 400 New York. HOLTON, 785-364-4727, <http://goholton.com>

JUNE 24

### SUMMERFEST 2006

Fun for the entire family. Features Hiawatha Geocaching Poker Run. An opportunity for individuals, teams or families to participate in the international adventure game that has swept the nation and utilizes the Global Positioning System (GPS). 601 Oregon St. HIAWATHA, 785-742-7136  
<http://www.cityofhiawatha.org>

## HEALTH

MONDAYS THROUGH THURSDAYS

### FIT FOR LIFE

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

FIRST TUESDAY OF EACH MONTH

### HEALTH SCREENING CLINIC

Lawrence-Douglas County Health Department.

FIRST METHODIST CHURCH, LECOMPTON

9:30-10:30 AM

TUESDAYS AND THURSDAYS

### BLOOD PRESSURE CLINIC

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

TUESDAYS AND THURSDAYS

### SENIORCISE PROGRAM

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

WEDNESDAYS

### HEALTH SCREENING CLINIC

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

CONTINUED ON PAGE 17

# CALENDAR

CONTINUED FROM PAGE 16

## 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

## JUNE 1

### BONE DENSITY SCREENING

Are you at risk for osteoporosis? This quick and easy screening can indicate if further testing for this potentially debilitating disease is needed. A bare heel is necessary for the screening. Information about prevention of osteoporosis is also included as part of the screening process. Fee.

LMH HEALTH SOURCE ROOM, 785-749-5800  
9:00-11:00 AM

## JUNE 7

### CHOLESTEROL SCREENING

Basic Cholesterol Screening only (No fasting needed).

LMH HEALTH SOURCE ROOM, 785-749-5800  
3:00-5:00 PM

## JUNE 10

### BONE DENSITY SCREENING

See June 1 description.  
LMH HEALTH SOURCE ROOM, 785-749-5800  
8:30-10:30 AM

## JUNE 13

### BONE DENSITY SCREENING

See June 1 description.  
LMH HEALTH SOURCE ROOM, 785-749-5800  
1:00-3:00 PM and 5:00-7:00 PM

## JUNE 24

### CHOLESTEROL SCREENING

No appointment needed. You may choose between a Basic Cholesterol Screening (No fasting needed) or a Total Cholesterol Screening with a lipid panel. The lipid panel offers a basic cholesterol screening as well as your HDL, LDL, and triglycerides. If you choose to have the Total Cholesterol Screening you will need to fast for 10-12 hours (water and necessary medications are OK). The Total Cholesterol Screenings are offered during morning hours only. Please note that these tests are not considered diagnostic of any disease process and those with results outside the normal range will be advised to see their healthcare provider for follow-up.

LMH HEALTH SOURCE ROOM, 785-749-5800  
8:30-10:30 AM

## MEETINGS

### FIRST AND THIRD MONDAY OF EACH MONTH

#### CAREGIVER SUPPORT GROUP

LAWRENCE SENIOR CENTER  
2:15-3:45 PM, 785-842-0543

## FIRST TUESDAY OF EACH MONTH

### LAWRENCE AREA COALITION TO HONOR END-OF-LIFE CHOICES

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

## FIRST WEDNESDAY OF EACH MONTH

### OLDER WOMEN'S LEAGUE

Meetings are held in the Lawrence Public Library auditorium. Social time begins at 1:30 p.m. and the meeting begins at 2:00 p.m. The public is welcome to join members at all meetings. For more information, call Gayle Sigurdson at 785-832-1692.

## WEDNESDAYS AND SUNDAYS

### OLDSTERS UNITED FOR RESPONSIBLE SERVICE (O.U.R.S.)

Members of O.U.R.S. have met to dance at Douglas County Senior Services, 745 Vermont, since 1984. The group meets to dance from 2:00-4:00 p.m. on Wednesdays and from 6:00-9:00 p.m. on Sundays.

LAWRENCE

## THURSDAYS

### OLDER KANSANS EMPLOYMENT PROGRAM

LAWRENCE WORKFORCE CENTER  
2540 IOWA, SUITE R, LAWRENCE  
10:00 AM-NOON

## FIRST THURSDAY OF EACH MONTH

### LAWRENCE AREA PARTNERS IN AGING

Networking group. Call Kim or Laura at 785-842-0656 for more information. \$11.50 to attend (includes lunch).

JADE MONGOLIAN BARBEQUE, LAWRENCE  
11:30 AM-1:00 PM

## FIRST AND THIRD THURSDAY OF EACH MONTH

### LOSS AND GRIEF SUPPORT GROUP

Heart of America Hospice with association Pioneer Ridge Retirement Community invites individuals coping with the loss of loved ones to join us. Call Gillian at 841-5300 for more information. Located Pioneer Ridge Assisted Living 4851 Harvard Rd, Lawrence. 6:00 p.m.

## SECOND MONDAY, SEPT-MAY

### LAWRENCE CLASSICS, GENERAL FEDERATION OF WOMEN'S CLUBS

Volunteer service club.  
785-331-4575

## SECOND MONDAY OF THE MONTH

### CAREGIVER SUPPORT GROUP

Administered by Senior Outreach Services in cooperation with Jayhawk Area Agency on Aging, Inc. Designed to be a safe place to assist and empower caregivers of seniors. Rose Hill Place Clubhouse, 3600 SW Gage Blvd. 11:00 a.m. TOPEKA, 785-235-1367, EXT. 130

## SECOND TUESDAY OF EACH MONTH

### NATIONAL ASSOCIATION OF RAILROAD AND VETERAN RAILROAD EMPLOYEES (NARVRE)

Meets at 9:30 a.m. at Coyote Canyon Buffet. TOPEKA, <http://www.narvre.com>

## SECOND AND FOURTH TUESDAY OF EACH MONTH

### LOSS AND GRIEF SUPPORT GROUP

Brandon Woods Retirement Community in association with Heart of America Hospice invite individuals coping with the loss of a loved one to join us. Call Gillian at 841-5300 for more information. Located in The Smith Center, 1501 Inverness Drive, Lawrence. 10:30 a.m.

## SECOND AND FOURTH WEDNESDAY OF EACH MONTH

### ALZHEIMER'S EARLY STAGE PATIENT SUPPORT GROUP

For patients with early stage Alzheimer's. SEABROOK UNITED CHURCH OF CHURCH  
785-234-2523

## SECOND WEDNESDAY OF EACH MONTH

### LOSS AND GRIEF SUPPORT GROUP

Heart of America Hospice invites individuals coping with the loss of loved ones to join us. Call Gillian at 228-0400 for more information. Located at The First Presbyterian Church on Topeka and 8th. 12:00 p.m.

## SECOND THURSDAY OF EACH MONTH

### NAACP MEETING - LAWRENCE CHAPTER

Meets at the Lawrence public Library Gallery Room at 6:30 p.m.  
LAWRENCE, 785-841-0030, 785-979-4692

## THIRD TUESDAY OF EACH MONTH

### LAWRENCE PARKINSON'S SUPPORT GROUP

FIRST PRESBYTERIAN CHURCH, 2415 CLINTON PARKWAY, LAWRENCE, 2:00 PM

## THIRD TUESDAY OF EACH MONTH

### GRANDPARENT/KINSHIP SUPPORT GROUP

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

## FOURTH TUESDAY OF EACH MONTH

### LAWRENCE PARKINSON'S SUPPORT GROUP

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

## FOURTH WEDNESDAY OF THE MONTH

### CAREGIVER SUPPORT GROUP

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

## JUNE 8

### STAND BY YOUR MAN

Presented by Debra Goodrich. 7:00 p.m. Topeka Genealogical Society, 2717 SE Indiana Ave. TOPEKA, 785-233-5762  
<http://www.tgstopeka.org>

## JUNE 23

### AARP CHAPTER 1696

AARP Chapter 1696 will meet at 11:00 a.m. at the Lawrence Country Club. A representative from the LMH Foundation will be the guest speaker. Please call 785-865-3787 for reservations.  
LAWRENCE

## MISCELLANEOUS

### MONDAYS

#### OSHER RADIO PROGRAM

Local news and talk radio station KLWN 1320 AM presents the new program "Lifelong Learning: Lively Encounters with KU's Best." Each show will feature an interview with a KU Osher class instructor. Tune in for a glimpse of what you can expect from upcoming Osher classes. 10:05 a.m.  
<http://www.kuce.org/lifelonglearning>

### JUNE 2-3

#### NATURE RETREAT: JUST BECAUSE IT'S JUNE

Experience the inner quiet that comes from listening to the greatest teacher for your life, Mother Nature. Join Robin Goff for a meditative retreat in the country. Potluck supper 7 p.m. - ends by noon Saturday. Fee. Indoor or outdoor accommodations.  
THE LIGHT CENTER, 785-255-4583

### JUNE 10

#### SACRED DANCE WITH MAYA ZAHIRA

THE LIGHT CENTER, 785-255-4583

### JUNE 11

#### GRANT-BRADBURY PRAIRIE JAUNT

Join Kansas Native Plant Society and Grassland Heritage Foundation on Topeka's premiere prairie park. Grant-Bradbury is an 80-acre tall-grass prairie with at least 296 plant species. KNPS president and Board member will lead the tour. SW University Blvd / SW 65th St. TOPEKA, 785-864-3453  
<http://www.kansasnativeplantsociety.org>

### JUNE 16-25

#### KANSAS LAVENDER BUTTERFLIES & BEES

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# WOLFGANG PUCK

## Much ado about rhubarb (and strawberries)

By Wolfgang Puck  
Tribune Media Services

At some time or other, every cook feels like an alchemist, turning something humble into culinary magic. That is certainly the way I feel when I cook with rhubarb.

The vegetable, in season from winter through early summer, looks like red celery stalks, but is actually a member of the buckwheat family and a close relation of the leaf vegetable sorrel. Never eat rhubarb's green leaves, however; they contain high concentrations of the toxic chemical oxalic acid, and should be trimmed away completely.

The stalks, however, are perfectly safe. Not that you would ever want to eat them raw: They taste incredibly sour.

That sourness is an integral part of rhubarb's magical transformation. Cut up the stalks and cook them gently with sugar, and rhubarb seems to turn into a fruit, developing a pleasantly tart-sweet flavor while its texture turns soothingly soft, almost silken. The overall experience is wonderfully cleansing to the pal-

ate, which is why at Spago I love to prepare rhubarb this way to serve alongside the ultra-rich French-style goose liver known as foie gras.

Rhubarb reaches its pinnacle, however, when it is prepared for dessert.

My mother loves to stew chunks of rhubarb with sugar, cinnamon sticks and strips of lemon zest. She'll eat a bowl of the resulting compote

hot or cold for dessert, all by itself, although I've always thought it is even better when you add a contrasting scoop of good vanilla ice cream.

One more ingredient, however, truly completes rhubarb's magical transformation: early summertime's fresh strawberries. Cook rhubarb and berries together and they develop a beautiful pinkish-red color, their textures and flavors

intermingling to achieve a wonderful balance of sweet and sour, with each tasting becoming somehow more delicious than it is on its own.

I like to add a crumble topping to the rhubarb-strawberry mixture, turning it into a baked dessert without going to the trouble of making pie or cobbler dough. Top each serving with a scoop of vanilla or strawberry-swirl ice cream and you have

a dessert that you simply have to experience to believe.

When you go shopping for the ingredients in the recipe that follows, look for rhubarb stalks with a nice dark-red color, firm enough to snap in half when bent, with cut edges that still look fresh rather than dry or withered. Be sure that the rhubarb and strawberries bake together long enough for the rhubarb to become fully tender. After baking, let the crumble rest for 15 minutes, which will allow the little bit of flour and the juices to thicken slightly before you scoop out individual portions.

One taste of the resulting dessert, and you'll be convinced that you, too, are a culinary wizard.

### RHUBARB AND STRAWBERRY CRUMBLE

Serves 8

#### RHUBARB-STRAWBERRY FILLING:

1 pound rhubarb stalks (approximately 8 stalks), trimmed and cut into 2-inch pieces

2 pints large ripe strawberries, stemmed and quartered

2 tablespoons unsalted butter, cut into small pieces, plus extra for preparing baking dish

1/2 cup sugar, plus extra for preparing baking dish

2 tablespoons all-purpose flour

1/8 teaspoon ground ginger

1/2 vanilla bean, split and scraped

2 tablespoons lemon juice

#### CRUMBLE TOPPING:

2 ounces unsalted butter, at room temperature

1/2 cup all-purpose flour

1/2 cup light brown sugar

1/2 cup rolled oats

1/2 teaspoon ground cinnamon

1/8 teaspoon salt

1 quart good-quality vanilla or strawberry ice cream (optional)

First, prepare the rhubarb-strawberry filling: Trim away and discard any traces of leaves from the rhubarb stalks, then cut the stalks into 2-inch

chunks. Stem and hull the strawberries and cut them lengthwise into quarters. Set the berries and rhubarb aside.

With some butter, coat the bottom and side of a 10-inch diameter baking dish or casserole. Sprinkle some sugar over the butter all over the bottom and side, then tap out excess sugar back into the rest of the sugar.

In a nonreactive mixing bowl, whisk together the 1/2 cup sugar, flour and ginger. With a small, sharp knife, split the vanilla bean lengthwise in half and, with the knife tip, scrape the tiny seeds from inside the vanilla bean into the mixing bowl. Add the rhubarb, strawberries, lemon juice and 2 tablespoons of small butter pieces. Toss all the ingredients together and empty them into the prepared baking dish.

Preheat the oven to 350 degrees and place the oven rack in the center.

In a clean mixing bowl, combine all the ingredients for the Crumble Topping. With your fingertips, massage and press them together until the butter completely blends with the other ingredients to form a crumbly paste. Evenly crumble the topping over the rhubarb-strawberry mixture in the baking dish.

Put the baking dish in the oven and bake until the crumble is golden brown and the rhubarb-strawberry mixture is bubbling, 25 to 30 minutes.

Remove the dish from the oven and let it sit at room temperature for about 15 minutes. Then, with a large serving spoon, scoop the crumble into individual serving bowls. If you like, top each serving with a scoop of ice cream.

(Chef Wolfgang Puck's new TV series, "Wolfgang Puck's Cooking Class," airs Sundays and Wednesdays on the Food Network. Write Wolfgang Puck in care of Tribune Media Services Inc., 2225 Kenmore Ave., Suite 114, Buffalo, NY, 14207.)

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PHOTO BY BOB FINK, CHICAGO TRIBUNE

Wolfgang Puck's Rhubarb and Strawberry Crumble

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Seniors dine out an average of 4-5 times per week! If you would like to add your restaurant to the Senior Monthly Restaurant Guide, please call Kevin at 785-841-9417 for details.

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# SMART COLLECTOR

## Know your item — and your dealer

By Danielle Arnet

Tribune Media Services

**QUESTION:** I inherited a lot of silver coins from my mother. I have no idea what they are, but I want to sell. How do I find a reliable buyer in my area? — Joy, Joliet, Ill.

**QUESTION:** My stepfather was in the war around 1941, and he showed me some French, Belgian and German paper money and coins that



Danielle Arnet

they were paid. How do we find value? — Joyce, Cybercollector

**QUESTION:** I am writing to you regarding English coins from 1810-1879 that have been in my family. How or where do I go to find out if they have any value? This is my second e-mail. I hope I will be hearing from you soon. — Patricia, cybercollector

**QUESTION:** I have a note that was issued by the county of Philadelphia in the early 1800s for \$3.00, paying interest at the rate of 1 percent to the bearer. Is there any value? If so, can you direct me to someone who may be interested in purchasing it? — Ed, Elmer, N.J.

**ANSWER:** Sharp smart collectors have probably noticed that we rarely cover coins, notes or paper money. While we do get questions, the issues involved are too specialized for a general interest column.

Note to the third writer: We cover topics in the column only, as stated at the end of each column. No info is dispensed by e-mail.

However, the time has come. So readers, here's how to find reliable help on coins, etc., wherever you live.

As per most professionals, reliable numismatists belong to at least one professional organization. When it comes to coins and often paper money and notes, a major umbrella is the nonprofit Professional Numismatists Guild (PNG). To find a local member who can advise on inherited collections, found coins, etc., visit [www.pngdealers.com](http://www.pngdealers.com). Note that member listings include areas of specialization.

While looking, feel free to "visit" dealers in neighboring states, too.

With the use of digital images, it is easy to widen the search. Currency dealers belong to the Professional Currency Dealers Association, but they are listed in PNG, as well. Start there.

Readers without computer access can send \$1 for the latest PNG member directory, c/o Robert Brueggeman, PNG Executive Director, 3950 Concordia Lane, Fallbrook, CA 92028.

An industry spokesperson introduced us to a helpful guide titled "The Collector's Handbook" by James Halperin and Gregory Rohan. Geared to starting, maintaining, assessing and selling a variety of collectibles including coins, comics and baseball cards, it has contact info for a variety of professional organizations as well as grading services. Best of all, the text addresses common sense issues, such as getting the family involved in your collection, so no one is overwhelmed when it falls into their possession. A section on tips for heirs covers the perils of cleaning coins — many a collection has been ruined that way.

The book is \$13.50 from [www.heritageauctions.com](http://www.heritageauctions.com). The site also has interesting info on coin grading.

In sum, answers for readers are in their area, city or neighborhood. Are some reliable coin/currency specialists not affiliated? Perhaps. But my money is on those professional enough to join. As always, in all areas of collecting, if you do not know your item, know a dealer/collector who does. And do your research on them, first!

**Q:** Can you tell me how old my vase is, and market value? I bought it about 18 years ago at an auction. — Frank, Tulsa, Okla.

**A:** Let me put this as delicately as I can, Frank. Your "vase" with double handles is fashioned from a type of ceramic called sanitary ware. It was once part of a toilet set that sat atop a washstand before indoor plumbing. Crudely put, it was a slop jar where dirty water was poured from a basin after shaving, sponge bathing, etc., then discarded. The pattern is a common transferware; a decal applied before kiln firing. Note the absence of a quality maker's mark. That tells you something.

While some such wares do have good value today, this larger piece, if in mint condition, would probably retail for under \$40.

**FYI:** See [www.artfact.com](http://www.artfact.com) for rates

on short-term access to art/auction/artist databases.

(Danielle Arnet answers questions of general interest in her column. Send e-mail to [smartcollector@comcast.net](mailto:smartcollector@comcast.net) or write

Danielle Arnet, c/o Tribune Media Services, 2225 Kenmore Ave., Suite 114, Buffalo, NY. 14207. Please include an address in your query. Photos cannot be returned.)

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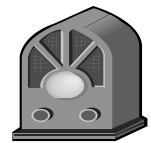
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## TRAVEL

# Bring the whole family along on this fun sunny getaway

By Shifra Stein and Bob Barrett

Imagine having your first cup of morning coffee on your private balcony overlooking the rugged cliffsides and blooming desert of Phoenix's 3000-acre North Mountain Preserve. If you're staying in an all-suite resort like the Pointe Hilton Tapatio Cliffs, you'll be right in the midst of this spectacular desert and mountain terrain. The Tapatio Cliffs Resort has the look and feel of a Spanish Mediterranean-style village and the natural areas that surround the property are perfect for taking nature walks with your grandchildren.

The family-friendly resort, and its sister property, the Pointe Hilton Squaw Peak Resort are within a short driving distance of each other. Shuttles run throughout the day and evening between both resorts, enabling guests to take advantage of amenities offered at either property—such as the award-winning children's programs, world-class spas, upscale restaurants, tennis, golf, and much more.

Bring your family along and tee off in the early morning at Tapatio Cliffs Lookout Mountain Golf Club and enjoy the beauty of this spectacular 18-hole course that winds through desert canyons and hill-

sides. Surrounded by scenic mountain views and multilevel greens, the course is a great way to start your day. There's also a golf academy onsite staffed by experts who can help you and your youngsters improve golfing skills.

Grandparents can relax or take part in the fun activities at Tapatio Cliffs Falls Water Village, a three-acre oasis of swimming pools, waterfalls, and a mega-waterslide for youngsters. There's also a complimentary children's arts and crafts program offered by the resort. If you're bringing infants along, consult the resort's concierge to see if baby-sitting services are available, prior to visiting.

For even more family-oriented attractions, you might think about staying at the Pointe Hilton Squaw Peak Resort.

There's the Hole-in-the-Wall River Ranch for dining, four acres of water adventure, a lazy river for families to go tubing together, a giant water slide, and the renowned "Coyote Camp" program for children ages four through 12. Half day, full day, and evening programs at Coyote Camp include an introduction to Arizona's culture, folklore, and geography, as well as outdoor activities, arts and crafts, and cooking. The teacher-supervised camp is open to children of all registered guests, but



PHOTO BY BOB BARRETT

Waterfalls help summer guests cool down

capacity is limited and advanced reservations are recommended.

Both resorts offer casual dining at modest prices. The more upscale Tapatio Cliffs features the award-winning Different Pointe of View restaurant. Perched on a mountaintop 1,800 feet above Phoenix, it offers superb French-Italian cuisine, excellent service, and a great wine list of 800 varieties ranging in price from \$35 to over \$9,000 a bottle. Children can be part of the experience or you can let them enjoy an evening at Coyote Camp.

If you decide to see even more of Phoenix, car rental is available at either resort at a moderate cost, or at the airport, where it's a little cheaper. Try driving at off-peak times, when it's not as congested with traffic. The Desert Botanical Garden at 1201 N. Galvin Parkway is a short drive from either resort. The Garden has educational exhibits throughout five thematic trails that illustrate topics such as conservation, desert living, plants and people of the Sonoran Desert, and desert wildflowers. It also has specialized tours and family activities. For more information go to: <http://www.dbg.org/> or call (480) 941-1225.

If you'd rather spend the time with your loved ones at the resort, it's a modest walk to the adjacent Phoenix North Mountain Preserve Visitor Center. The center offers educational classes and displays to interpret and understand the Sonoran Desert and a series of trails for hiking are right outside.

For more about what there is to see and do in Phoenix call (602) 252-5588 or visit the Greater Phoenix Convention and Visitors Bureau Web site at <http://www.phoenixcvb.com/>

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3. During this time, the resorts are offering a "Kid's Eat Free" meal for every adult entrée purchased for children under 12 years of age. For an additional fee you are welcome to bring your doggie with you on your desert excursion. Ask for the "Pampered Pet Package" where Fido gets a special gift bag that includes a feeding dish, doggy treats, a doggy leash, and more. Large and small pets are welcome, as long as they are housebroken, leash-trained, kid-friendly, quiet, and well behaved.

**Note:** You must book your own transportation from the airport to the hotel and back. There is no shuttle service, except between the two resorts. Depending on how much time you need to explore the Phoenix area, your best and cheapest bet is to use the car rental agencies at the airport. If you only need a car for the day, it's more convenient to book it through the resort. The lowest rates for economy cars run about \$20 per day through the airport car agencies, and about \$50 a day at the resort, plus tax.

For more information on the Pointe Hilton Tapatio Cliffs and Squaw Peak resorts go to: [www.pointehilton.com](http://www.pointehilton.com) or call 1-800-876-4683 for reservations.

- Shifra Stein and Bob Barrett are a photojournalist travel team whose stories appear in numerous print and online publications. For more information visit [www.shifrastein.com](http://www.shifrastein.com) to see her books in print, art, workshops, and seminars.

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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YOUNG AMERICA FILMS



# Unobtrusive statements can improve conversations

By Marguerite Perfett

Kansas Senior Press Service

A project of KU's Landon Center on Aging

Making small talk with older adults can sometimes make you wish your foot had stayed on the floor.

Well-meaning but ill-conceived inquiries can bring unendingly long responses, or responses that don't go anywhere. Try making an unobtrusive statement that does not tread upon sensitive issues or situations. Here are some examples of ill-fated questioning techniques and ways to improve them:

**QUESTION:** Did you have a nice weekend?

**ANSWER:** Yes, just fine.

The man lives alone, does his own questionable cooking, hasn't received any mail for weeks except credit card offers, has arthritis in his knees, doesn't have any family to visit him, is on a fixed income, and can't afford cable.

A better question would be: "This was certainly a great weekend for hibernating inside [or going outside to enjoy nature]. What's your favor-

ite kind of weather?"

**QUESTION:** Are you ready for Easter [or the Fourth of July or New Year's?]

**ANSWER:** Yes, I'm fine.

The woman's spring decorations were put away or given away years ago because they were too much trouble to put up, take down, dust, and store. Since her family lives out of state, her "celebration" involves only church activities. Frequent trips to her mailbox are disappointing as more and more friends and relatives have forgotten her or died. She gets too sleepy to welcome a new year at midnight, and fireworks irritate her peace of mind and terrify her cat.

A better conversation-starter: "It's interesting how different customs and traditions are observed on [Easter]. It's so fascinating to read about how they got started and how children celebrate. What are some customs you've enjoyed from a favorite holiday?"

**QUESTION:** Do you have children?

**ANSWER:** Yes, and they're fine.

This couple has a child who hasn't spoken to them since they disagreed



over a family matter in 1989. Another child married a person of questionable ethics and keeps a low profile. Their grandchildren are too busy to bother with Grandpa and Grandma, and believe older people don't know anything.

A better remark would be: "Watching and working with children can be so enjoyable, and there are so many who need an older person's loving touch. Thank goodness for

volunteer programs that can bring both groups together!" or "Would you like to tell me about a time in your children's life that was especially precious to you?"

Making senior-friendly conversation may take a little practice, but it's worth it. And your foot will feel a lot better far away from your mouth.

- Marguerite Perfett is a free-lance writer who lives in North Newton, Kan.

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# Wanted: World War II memories, stories

The Watkins Community Museum of History, in collaboration with the Lawrence Public Library, is collecting oral histories from citizens who lived in or entered the armed services from Douglas County, Kan., during World War II. If you served in one of the armed services, or were involved in the war effort on the home front, such as the Red Cross, worked to collect scrap metal, or employed at the Sunflower ammunition plant, we would like to re-

cord your story.

Participating individuals provide a valuable contribution for the documentation of Douglas County history during World War II and preserve important details for future researchers. Copies of the digital tapes and transcripts will be made available at Watkins Community Museum of History and the Lawrence Public Library.

The World War II Oral History Project is funded by the Kansas State

Historical Society. The project's primary goal makes certain that Douglas County veterans of World War II have a chance to significantly contribute to the understanding of the World War II experience. At the end of the project, all original recording (unedited versions), digital copies of transcripts, and release forms will be placed in the Kansas State Historical Society Library and Archives Division. The Kansas State Historical Society will also share a

copy of the recording and transcript with the Library of Congress' Veterans' History Project. Copies of the interviews will be deposited at the Kansas State Historical Society, Watkins Community Museum of History, and the Lawrence Public Library.

Interested veterans and those who experienced the home front should contact Helen Krische at the Watkins Community Museum of History at 785-841-4109 or e-mail [helenk@watkinsmuseum.org](mailto:helenk@watkinsmuseum.org).



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Community Service



**Tel: 291-2490**



# PUZZLES

TMSpuzzles@aol.com

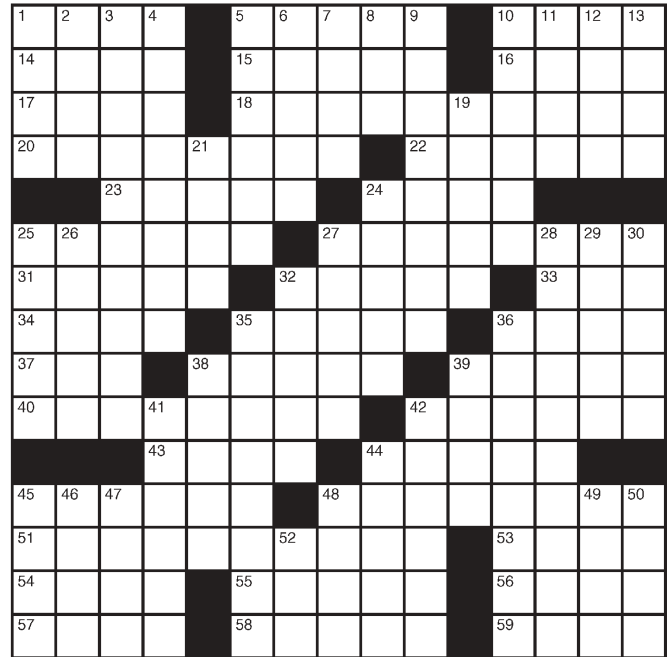
## ACROSS

- 1 Glaswegian guys
- 5 Temporary shelters
- 10 Not for
- 14 Plenty
- 15 Neighbor of Washington
- 16 Stand by
- 17 Walt Kelly's comic strip
- 18 Parking officers
- 20 Italian ewe's-milk cheese
- 22 Sharpshooter Annie
- 23 Dershowitz and Greenspan
- 24 Runny French cheese
- 25 Locating
- 27 Install again
- 31 Shaped like a rainbow
- 32 Put in loose stitches
- 33 Theater-sign letters
- 34 Collegiate cheers
- 35 Spiteful
- 36 Fed
- 37 Broke bread
- 38 Painful places
- 39 Urbane
- 40 Common food fish
- 42 Steeples' toppers
- 43 Pot sweetener
- 44 Oodles
- 45 Worshiper
- 48 Classy headwear
- 51 Wildlife officer
- 53 Author of "Bed Riddance"
- 54 Raw minerals
- 55 Glinted

- 56 Asp victim, briefly
- 57 Fella
- 58 Willful injuries
- 59 Jacob's brother

## DOWN

- 1 Northern Scandinavian
- 2 African lily
- 3 Canine officer
- 4 Squealers
- 5 Art of pace
- 6 Sir Anthony and Barbara
- 7 Eur. defense assn.
- 8 Word ignored when alphabetizing
- 9 College organization
- 10 Roused
- 11 Claw
- 12 Powerful trend
- 13 \_\_\_-bitsy
- 19 Battleship to remember
- 21 Author of "The Fountainhead"
- 24 Outdoes
- 25 Actress Bernhardt
- 26 Really miffed
- 27 Deserves
- 28 Federal officers
- 29 Hunger for
- 30 Shadings
- 32 Erie Canal transport
- 35 Light-dark difference
- 36 Counseling
- 38 Tendon
- 39 Support for rigging
- 41 Most uncommon



By Gerald R. Ferguson  
Portland, OR

- 42 Act parts
- 44 Used credit cards
- 45 All aflutter
- 46 Challenge
- 47 Augury
- 48 Aroma
- 49 Cruising
- 50 Gee
- 52 Pi follower

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Answers on page 30

## 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.

### ARTS & CRAFTS (sol: 11 letters)

A-Adhesive, Artistic, Assemble, B-Beads, Brush; C-Candles, Canvas, Clay, Collage, Color, Crochet; D-Decoupage; E-Embroidery, Engrave; F-Foam, Form; G-Glue; K-Knit; M-Markers, Measure, Mosaic; P-Paint, Paper, Pottery, Project; R-Ribbon, Ruler; S-Scissors, Scrapbook, Silk flowers, Stickers, Supplies; T-Thread, Tools; W-Wall decor; Watercolor; Y-Yarn

This month's answer: **CALLIGRAPHY**

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

## JUMBLE

THAT SCRAMBLED WORD GAME  
by Henri Arnold and Mike Arginton

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

UGLLY  
□ □ □ □ □

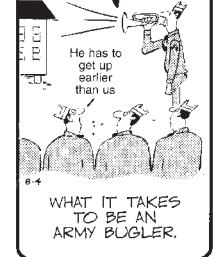
INYAR  
□ □ □ □ □

DAILNG  
□ □ □ □ □

BANACA  
□ □ □ □ □

Print answer here: A " □ □ □ □ □ □ □ □ "

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WHAT IT TAKES TO BE AN ARMY BUGLER.

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

Answers on page 30

## Advertising in Senior Monthly is a Capital Idea!

After distributing in the Lawrence area for two years, in July 2003 we doubled the press run of *Senior Monthly* from 3,000 to 6,000 copies and began distribution in Topeka. *Senior Monthly* advertisers can now reach customers in two markets for one low price.

To learn more about advertising opportunities with *Senior Monthly*, call Kevin at 785-841-9417 or send an e-mail to rates@seniormonthly.net



24 SeniorMonthly, June 2006

## TRIVIALITIES

1. Who directed the 2005 film "Munich"?
2. Who starred as Rudy Mackenzie in the 2005 film "The Jacket"?
3. In the 2003 film "Sylvia," who portrays the title character?
4. Who starred as Dina Byrnes in the 2004 film "Meet the Fockers"?
5. Barbra Streisand has won two Oscars. For what films was she honored?
6. Who directed the 1996 film "The Mirror Has Two Faces"?
7. Who starred as Marie "Slim" Browning in the 1944 film "To Have and Have Not"?

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Answers on page 30

# BRIDGE

## Rubber bridge v. duplicate

By Omar Sharif and Tannah Hirsch

Both vulnerable. North deals.

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

The bidding:

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

Opening lead: Ten of ♣

Suppose you reach six no trump with the North-South cards and receive the lead of the ten of clubs. How would you declare the hand at duplicate? Would you play the same way if you were playing for hard cash?

South was delighted to hear partner open the bidding. After North's heart rebid, four no trump was key-card Blackwood with hearts as the agreed suit. North showed two key-cards and the queen of trumps and, when South discovered the king of clubs was missing, he settled in six no trump.

West led the ten of clubs, covered by the queen and king and taken with the ace. Declarer cashed the king of hearts, crossed to the ace of diamonds and cashed the ace and queen of hearts. No luck. Next, declarer led a diamond to the king and, when West showed out, there was no way to 12 tricks. Declarer had to surrender a trick to the jack of diamonds and East cashed the jack of hearts for down one.

It was an excellent slam and an overtrick would have been made

had either red knave fallen, and 12 tricks were there if each defender had length in one red suit. Is that the right way to play the hand at rubber bridge?

The overtrick is of no importance now. After cashing the king of hearts at trick two, declarer should lead a low diamond and duck it! As long as diamonds are no worse than 4-1,

declarer coasts home with two spade tricks, three hearts, five diamonds and two clubs.

(Tannah Hirsch welcomes readers' responses sent in care of this newspaper or to Tribune Media Services Inc., 2225 Kenmore Ave., Suite 114, Buffalo, NY. 14207. E-mail responses may be sent to gorenbridge@aol.com.)

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## SLAPSTIX

"A widow is fortunate: she knows all about men, and the only man who knows all about her is dead."

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## Luther Place APARTMENT ♦ HOMES

Topeka's Premier Retirement Community

We are so excited, we wanted to tell you about our completely modernized affordable 1 & 2 bedroom Apartment Homes!

Beauty Shop • All Utilities Included • 24 Hour On-Site Staff • On City Bus Route  
Ample Laundry Facilities • Weekly Grocery Transportation

Stop by or call today to schedule an appointment to reserve your new apartment home!

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Care and Services As Unique As Each Resident's Needs.

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Our menu includes chicken fried steak, Salisbury steak, hamburgers, baby back ribs, grilled mahi mahi with spicy mango salsa, and fried catfish.

**BUILD YOUR OWN LUNCH**  
Choose from 4-5 entrées and add 2 sides.  
**Just \$5.95!**  
We also offer a 10% Senior Discount.

Relax while you listen to Caribbean music.

**425 S.W. 30th**  
(Just off Topeka Blvd., behind Blockbuster Video)  
**(785) 266-5700**  
Hours: 4:30-9:00 p.m.  
Seven days a week

**BUY 1 MEAL AND 2 BEVERAGES AT FULL PRICE, GET SECOND MEAL AT HALF PRICE.\***  
\*With this ad. Not valid with any other offers.

## WINGING IT

# Attracting hummingbirds

By Ron Marteney

Kansas Senior Press Service

A project of KU's Landon Center on Aging

A couple of birds, no matter how often I see them, give me a thrill. One is the bald eagle and the other is the hummingbird. While there's not much you can do as a homeowner to persuade bald eagles to visit your yard, there are several things you can do to make it more attractive to hummingbirds.

Before we talk about enticing these little guys, let's look at some interesting information about hummingbirds. First, about 20 species of hummingbirds are found in the United States and 17 species are known to breed here. Some are rather common in certain parts of the country, and a few are rarely seen this side of the Mexican border.

The species that is by far the most common in eastern Kansas and western Missouri is the ruby-throated hummingbird. In fact, if you're anywhere east of the Rocky Mountains (except along the Rio Grande River

on the Texas border) and you see a hummingbird, the chances that it's a ruby-throated are extremely high. The origin of their name is the brilliant, iridescent red throat feathers on the males, which absolutely glow when the light strikes them.

Like most other hummingbird species, the majority of ruby-throats winter in the tropics and arrive back in our part of the country about the time the flowers are really beginning to bloom, usually in mid to late April. It's not surprising that their arrival corresponds with flowers blooming, because the nectar from those flowers is their primary food source.

And, believe me, hummingbirds are eating machines! They have to be. Because they do everything at a frantic pace, their bodies burn energy nearly as fast as they can acquire it. When flying, they flap their wings at around 53 beats per second and their heart rate is around 1,260 beats per minute. To power that kind of activity, they need to feed about every 10 minutes and will consume one-half to two-thirds of their body weight daily!

That's why hummingbirds respond so readily to feeders. By providing a simple mixture of sugar and water, homeowners can increase the likelihood that hummingbirds will regularly visit their yard. The goal when making this mixture is to come up with a solution that closely resembles natural flower nectar. Here's the recommended recipe.

1. **Mix one part granulated sugar with four parts water.**

2. **Do not add red food coloring.** Because hummingbirds are sight feeders, they will investigate anything that might be a potential food source. Red is the color they find most attractive. By adding red food coloring to the mixture, you might make your feeder more noticeable, but some experts believe that red food dye may be toxic to the birds. A good feeder should have enough red to be attractive.

3. **Boil the solution and allow it to cool before filling your feeders.**

You can make a small reserve supply and store it in your refrigerator for a couple of weeks. One other word of caution, though. Don't use feeding solutions that contain honey, bee pollen, or artificial sweeteners. Honey and bee pollen can cause a fungus to grow on hummingbirds' tongues.

Now that you know what mixture

to use in your feeder, you still need to decide what kind of feeder to purchase. There are hundreds of styles and models available at your local retail store, birding shop, or garden center. You'll find them made of glass, plastic, or ceramic.

Hummingbird feeders come in two basic styles. It really doesn't matter to the hummingbirds which type you use. The first is the dish or basin style. I prefer these because they generally don't require as much sugar solution, aren't as likely to leak when it gets hot outdoors, and are easier to disassemble and clean.

The second type is the bottle feeder, in which a bottle or other vessel is filled and then inverted, allowing the mixture to fill a small feeding container. This type is, in my opinion, harder to keep clean, and cleanliness is important to maintain the health of "your" hummingbirds.

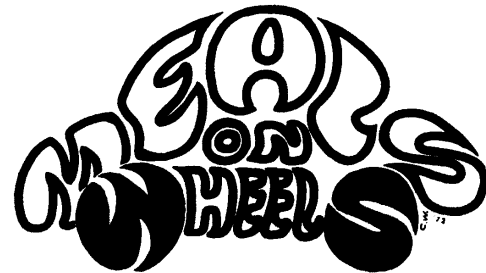
Speaking of health, if you decide to start feeding hummingbirds, remember that you're responsible for providing fresh food. I've had a number of people tell me that, after they hung their feeder in the spring, no birds visited it or they stopped visiting after the first week or so. Further questioning usually revealed that the feeder was never refilled and

CONTINUED ON PAGE 27



The 2006 Kaw Valley  
Wedding Planner is now available.

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



## DRIVERS NEEDED

**LAWRENCE MEALS ON WHEELS** delivers hot, nutritious meals to the elderly and/or disabled, Monday-Friday between 11:30 a.m.-1:00 p.m. Our only requirements for clients are that they are homebound and have a doctor ordered special dietary need.

We are always in need of volunteer drivers to deliver on a regular or substitute basis. Each route takes an hour or less. We also have volunteer opportunities that do not require delivering a route.

Please call Meals On Wheels at 979-1440 to inquire about our services or to start volunteering. We are a non-profit organization and all donations are appreciated.



## Winging It

CONTINUED FROM PAGE 26

contained the original mixture all summer long!

Would you want to eat something that had been rotting in the sun for weeks? Well, neither do hummingbirds! Hummingbirds will starve rather than eat spoiled sugar mixture from a feeder. To avoid this, feeders should be cleaned and refilled whenever the mixture gets cloudy, or every three to four days. During late summer, as outside temperatures get into the 90s, it might be necessary to clean and refill your feeders every couple of days.

You may have to deal with some aggravating pests: ants and bees or hornets. If you have a feeder that drips, it will almost certainly attract ants. To prevent them from getting into your feeder, install a simple little gadget called an ant guard. Some feeders even come with ant guards built in. They are small, cup-like devices that go between the feeder and its hanger. Ants climbing down from the hanger encounter this water-filled moat and are prevented from getting to the feeder. A word of caution: Even though some books suggest using cooking oil in your ant guard, I wouldn't recommend it. While the oil won't evaporate and nearly eliminates the need to periodically refill the ant guard, I've seen a number of songbirds drinking the water that I use in my ant guard.

Bees and hornets can be a more annoying and potentially dangerous problem. This is especially true if you are allergic to bee stings. The first thing you can do is paint the little yellow plastic flowers that come on some feeders. Nail polish works great. Bees are attracted to the color yellow and hummingbirds are attracted to red, so eliminating the yellow and painting them red makes sense to me.

Some feeders come equipped with "bee guards," but I suspect they're more hassle than they're worth. The best way to avoid bees is to use a type of feeder that prevents them from getting to the feeding solution. That's another reason I prefer dish feeders. The mixture is too low for the bees to reach, yet within easy reach of the hummingbird's bill.

If you follow the above advice, I won't guarantee that you'll attract hummingbirds to your yard. I will, however, promise that your chances will be greatly improved.

- Ron Marteney is a fisheries biologist with the Kansas Department of Wildlife and Parks and an unstoppable birder who at this time of year can be found squeezing eggs out of walleye. When that's over, he's eager to return to birding.

*It's comforting to  
have world-class cancer care  
in your back yard.*



If you or a loved one are facing a diagnosis of cancer, consider this: Why travel out of your way for treatment when you can get outstanding cancer care closer to home?

The Oncology Center at Lawrence Memorial Hospital offers you everything you'd expect in a world-class cancer center...and then some. Including the finest board-certified cancer specialists. A specially trained clinical staff. A complete range of oncology services. Fifteen private treatment rooms, each equipped with a recliner, TV/VCR and other amenities. A courteous support staff. And a dedicated group of volunteers. All in a caring and comfortable environment.

So be sure to ask your primary care physician about the Oncology Center at Lawrence Memorial Hospital. And take comfort in knowing that outstanding cancer care is right around the corner. For more information, call 758-840-2800 or visit [www.lmh.org](http://www.lmh.org).

**The**  
**Oncology**  
**Center**  
**Regional Cancer Care**  
**at Lawrence Memorial Hospital**  
*The Right Care. Right Here. Right Now.*

# NOSTALGIA NOTEBOOK

## JUNE 1946

### Births

**JUNE 2:** Peter Sutcliffe, English serial killer  
**JUNE 14:** Donald Trump, American real estate magnate  
**JUNE 15:** Noddy Holder, vocalist and rhythm guitarist with 1970s rock music group Slade

### Events

**JUNE 6:** The Basketball Association of America is formed in New York City.  
**JUNE 8:** In Indonesia, Sukarno incites his supporters to fight Dutch colonial occupation.  
**JUNE 9:** In Thailand, king Rama IX accedes the throne.

**JUNE 10:** Italy declared a republic.



## JUNE 1956

### Births

**JUNE 6:** Björn Borg, Swedish tennis player  
**JUNE 11:** Joe Montana, American football player  
**JUNE 23:** Randy Jackson, American musician, *American Idol* judge

### Events

**JUNE 8:** General Electric/Telechron introduces model 7H241 "The Snooz Alarm," first snooze alarm clock ever.  
**JUNE 14:** President Dwight D. Eisenhower authorizes the phrase "under God" should be added to the Pledge of Allegiance  
**JUNE 23:** Gamal Abdel Nasser becomes the second president of Egypt.  
**JUNE 29:** Actress Marilyn Monroe marries the playwright Arthur Miller.  
**JUNE 29:** President Dwight D. Eisenhower signs the Federal-Aid Highway Act, creating the Interstate Highway System,

## VINTAGE AD

**The Memorable Function**

WHERE temperature is greatest—where good spots are unobtainable—where there is pollution and where COMFORT is impossible.

How much depends upon the simple fact of search to maintain the proper temperature for light and good.

The heat rays from the IDEAL Type A Heat Machine are evenly distributed in all directions. They are not concentrated in any one spot. They are not concentrated in any one spot. They are not concentrated in any one spot.

With the unique built-in thermostat of efficient and accurate.

**The IDEAL Type A Heat Machine**

**AMERICAN PARALLEL COMPANY**

1000 N. 10th St. Lawrence, KS 66044

Ad source: www.clipart.com

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Have *Kaw Valley Senior Monthly* delivered right to your home every month.

Just **\$9<sup>50</sup>** for 12 issues!

And receive a **FREE DVD** with dozens of commercials from the 50s and 60s!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Mail this completed form along with \$9.50 to:

**Groenhagen Advertising, L.L.C.**  
 2612 Cranley St.  
 Lawrence, KS 66046



## We Were Warned!

"Already, the travel, health care, insurance, banking, and financial services industries are actively marketing to those fifty and older. You should consider doing the same if possible." - Jay Conrad Levinson, *Guerrilla Marketing Attack* (1989)

"As powerful as they are today, consumers over 50 have an invading horde at their backs. Within a decade, the boomers will make the over-50 group the fastest-growing and most powerful buying block of our times." - Ken Dychtwald, *Age Wave* (1990)

**The "invading horde" has arrived! If your business is not currently marketing to those 50 and older, Kaw Valley Senior Monthly can help you get started.**

**Kaw Valley SeniorMonthly**

Call Kevin at 785-841-9417 or e-mail rates@seniormonthly.net for more information.

# HEARING

## Better hearing will change your life!

At times, we as a visually oriented modern society seem to consider hearing a "second-rate" sense compared to vision. But there is nothing second-rate about the consequences of untreated hear-



Rick Tibbils

ing loss. We know today through research, that our awareness of our environment is fed more through HEARING than through all of the other senses combined. Good hearing is essential for health, safety, social relationships, mental development aesthetic skills and over-all life function.

In fact, many people with hearing loss delay getting help because they are unaware that receiving early treatment for hearing loss can literally transform their lives!

People struggling with hearing loss

deal with many subtle but strongly negative outcomes. Discrimination and exclusion from gatherings, conversations and meetings, frustration, anxiety depression and social isolation are among them.

Although nearly 30 million people in the US have hearing loss, the majority have not received treatment. Yet extensive research demonstrates that treatment with modern hearing instruments brings measurable improvement in social, emotional, psychological, and physical well being, for both patients and their spouses.

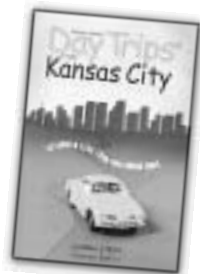
With treatment, those suffering even mild hearing loss can gain:

- Greater effectiveness on the job and better earning power. (An estimated 65 percent of people with hearing loss are younger than retirement age.)
- More participation in group activities like church services.
- Improved interpersonal relationships, greater intimacy and a better sense of control in professional, social and family gatherings.

- Rick Tibbils, MA, CCC-A, is an audiologist with Hearing Sciences, He can be reached at 785-856-2250.

Need to get away from it all?  
It's easy with ...

Shifra Stein's  
**DayTrips®**  
from  
**Kansas City**



Enjoy a welcome change of pace and discover a world you may not know exists in your own backyard. DayTrips® describes hundreds of fascinating and exciting things to do (many free of charge!) and most within a two-hour drive of Kansas City.

### Each Day Trip Includes:

Travel directions • Destination highlights  
Other places to visit along the way • Shopping  
Choice restaurants and lodging (including price ranges)

Available at many local bookstores or online at  
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## Don't let your memories fade away!

Videotapes deteriorate after 8-15 years.  
A DVD will last a lifetime!

We accept video from the following formats:  
VHS, VHS-C, 8MM Video, Hi8 Video, Digital8.  
\$15 for up to one hour. \$20 for one to two hours.

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where seniors can find competent  
trustworthy service for all of their needs.

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a problem, please contact us.

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# Veterans' personal data stolen in home burglary

The Department of Veterans Affairs (VA) last month learned that an employee, a data analyst, took

home electronic data from VA, which he was not authorized to do. This data contained identifying informa-

tion including names, social security numbers, and dates of birth for up to 26.5 million veterans and

some spouses, as well as some disability ratings. Importantly, the affected data did not include any of VA's electronic health records nor any financial information. The employee's home was burglarized and this data was stolen.

Appropriate law enforcement agencies, including the FBI and the VA Inspector General's office, have launched full-scale investigations into this matter. Authorities believe it is unlikely the perpetrators targeted the items because of any knowledge of the data contents. It is possible that they remain unaware of the information which they possess or of how to make use of it. However, out of an abundance of caution, VA is taking all possible steps to protect and inform our veterans.

VA is working with members of Congress, the news media, veterans service organizations, and other government agencies to help ensure that those veterans and their families are aware of the situation and of the steps they may take to protect themselves from misuse of their personal information. VA will send out individual notification letters to veterans to every extent possible. Veterans can also go to [www.firstgov.gov](http://www.firstgov.gov) or [www.va.gov/opa](http://www.va.gov/opa) to get more information on this matter.



## A TEXAS HOLD'EM BENEFIT TOURNAMENT

a fundraiser for the  
**alzheimer's association**

# SHALL WE DEAL YOU IN?

**Saturday**  
**June 10, 2006**  
**7:00 to 11:00 p.m.**  
**The Smith Center**  
**4730 Brandon Woods Terrace**  
**Lawrence, KS**

**\$100 per tournament player**  
**\$25 per guest/non-tournament player**

Local Celebrities • Entertainment • Silent Auction • Live Music • Hors d'oeuvres

**For more information or to register,**  
**please call 785-838-8000**  
**or logon to [www.alz-heartofamerica.org](http://www.alz-heartofamerica.org)**

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**TWO PAIR • HIGH CARD • THREE-OF-A-KIND**

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

### JUMBLE ANSWERS

Jumbles: GULLY RAINY LADING CABANA

Answer: What it takes to be an Army bugler – A "CALLING"

### TRIVIALITIES ANSWERS

1. Steven Spielberg
2. Daniel Craig
3. Gwyneth Paltrow
4. Blythe Danner
5. "A Star is Born" and "Funny Girl"
6. Barbra Streisand
7. Lauren Bacall

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*Kaw Valley*  
**Senior Monthly**  
**turns 5 in July!**



**To celebrate, we're offering special advertising rates for our July issue.**

**Call Kevin at 841-9417 or e-mail [kevin@seniormonthly.net](mailto:kevin@seniormonthly.net) for details.**

# 2 are better than 1 (Especially when 1 is **FREE**)

Get two Miracle-Ear® personalized hearing aids for the price of one.

## Now is the time!

For a limited time we're offering 2-for-1 savings on our ME-3. (They're our most popular personalized hearing aid.)

*This is the time to improve your hearing—and take advantage of this great offer!*

Our ME-3 delivers:

- Superior 100% digital sound quality
- Automatic adjustments for different environments and sound levels
- 2-year warranty,\* complete after-care program

## Experience America Trusts

At Miracle-Ear®, we've been helping people hear better for nearly 60 years. So when you visit any one of our 1,200 locations across America, you're sure to receive the friendly, professional service and the personalized hearing aids we're famous for.

## Free Hearing Test

Call or visit your local Miracle-Ear® or Sears Hearing Aid Center today to schedule your free, no-obligation hearing test.\*\*

## 2-for-1 Savings!

Get two Miracle-Ear® personalized hearing aids for the price of one! Simply present this coupon to receive two custom made ME-3 Contour style hearing aids for the price of one.



**Don't delay!**  
**Offer ends June 28, 2006**



Good only at participating Miracle-Ear locations. Limit one coupon per purchase. No other offers or discounts apply. Discount does not apply to prior sales. Cash value 1/20 cent. Offer good on ME-3, Contour style only (2 aids). Offer expires June 28, 2006.

### Miracle-Ear at Wal-Mart

Topeka • 800-949-5321  
Dodge City • 800-308-5191  
Hays • 866-540-4327  
Derby • 316-788-6583

### Sears Hearing Aid Centers

Lawrence • 800-522-1149  
Garden City • 888-422-0013  
Hutchinson • 800-235-7886  
Wichita Towne East • 888-681-4005  
Wichita Towne West • 800-235-7886  
El Dorado • 888-681-4005

### Miracle-Ear Centers

Salina • 888-579-2954  
Newton • 800-235-7886

### SERVICE CENTERS

Concordia, Abilene • 888-579-2954



\*See store for full warranty details. Hearing aids do not restore natural hearing. Individual experiences may vary depending on severity of hearing loss, accuracy of evaluation, proper fit and ability to adapt to amplification. Only your Miracle-Ear representative can determine which Miracle-Ear hearing aid is right for you.

\*\*Hearing test always free. Not a medical exam. Audiometric test to determine proper amplification needs only.

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