



Kaw Valley Senior Monthly

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June 2007

Serving Active Seniors in the Lawrence-Topeka Area since 2001

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INSIDE



Topeka's Thornton Place Retirement Residence offers a unique program for their residents who travel in the U.S. and Canada. - page 4



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FREE



Everett Cutsinger with his first carving, a razorback pig

KEVIN GROENHAGEN PHOTO

Cutsinger carved out his own business

By Kevin Groenhagen

If Everett Cutsinger's wife hadn't taken arts and crafts classes at a Topeka church, it is possible he would have continued delivering kegs of beer until he retired.

Everett and his wife, Vera, had their first date on October 5, 1942. On October 5, 1944, the couple exchanged vows and became man and wife. However, the honeymoon period was a short one. Everett, who was in the Army, soon found himself on a ship headed towards Asia.

Everett served in the Philippines

shortly after Allied forces captured Manila. He later served in the Army of Occupation in Japan.

After the war, Everett, a farmhand before serving in the army, decided to give farming a try. He bought an old tractor and put in some corn and beans. Unfortunately, the crops did not grow as well as he had expected.

The Cutsingers then moved to Topeka, where Everett got a job working at Crocker's at 29th Street and Topeka Boulevard. While with Crocker's, Everett worked in the company's dairy and meat lockers. The compa-

ny's owner also built a trailer court that catered primarily to those stationed at Forbes Field. Everett also took part in the building of the trailer park, which was located where a shopping center now stands.

Everett later left Crocker's and started working at the Bon Ton Cleaners on 6th Street, where he learned how to press clothing.

"I then went to A & R Cleaners at 21st and Gage," Everett said. "I did the deliveries and pressing, and then learned how to do cleaning and spotting. However, Vera and I want-

■ CONTINUED ON PAGE TWO



Cutsinger

■ CONTINUED FROM PAGE ONE

ed a cleaning business of our own." The couple learned about a shop for sale at 1307 SW Huntoon St. They decided to buy the shop, but, since they had to send the cleaning out, the services they offered were limited.

"We eventually bought a cleaning unit," Everett said. "I did all the cleaning, spotting, and pressing. I did jackets, coats, and trousers. Vera did all the dresses and alterations. We had deliveries, so I did that in the afternoon."

Unfortunately, chemicals used by dry cleaners and poor ventilation took a toll on Everett's health. After several years in the cleaning business, the Cutsingers in 1970 sold their business. They had bought 13 rental houses in 1966, so Everett spent time managing them. He also started working as a beer keg deliverer at the Schlitz Brewery in Topeka.

"That was good for my health since I was outside a lot," Everett said.

Everett's work with Schlitz eventually expanded to Lawrence, Leavenworth, and Kansas City.

Meanwhile, Vera started taking a woodcarving class at a Topeka church.

"They didn't do much," Everett said. "Just a few odds and ends. She wanted to learn more. They have a two-week seminar in War Eagle, Arkansas, every year. She wanted to go to that, so we went down there. She took the seminar, and I went down to the river to fish and watch the wildlife. I got tired of that after a week or so, so I went to the seminar and watched Vera carve. She was carving a razorback pig. I asked her to get me a blank so I could see what I could do. I took my pocketknife and carved a razorback pig. Vera did the finishing work on it."

The following year, both Everett and Vera took the seminar in Arkansas. He left there determined to make his own carving tool from a straight razor.

Vera eventually began teaching woodcarving classes and used one of Everett's homemade carving tools. It wasn't long before Vera's students began asking Everett to make tools for them as well. The couple soon realized that offering woodcarving classes and woodcarving tools could be an ideal business for them.

"Our son Larry and his business partner bought a property in Topeka," Everett said. "Larry said it would be a good place to open a shop. We

had been talking about opening a shop anyway, so we went to look at it. We began to tear up the carpet. They didn't even have their names on the property yet, but we knew the sale was going to go through. We spent a little over 18 years in the shop. Vera taught five or six classes a week. I cut all the blanks and made plaque boards. I was also the cashier. We had new students come in with no tools. I ordered tools for them, but they were backordered. So, I said, 'That's fine. I'll make my own tools.' I took a piece of paper and sketched a u-tool, a v-tool, and some of the flatter tools we needed."

Using a grinder, heat, and other tools, Everett makes his woodcarving tools from various sizes of drill bits, straight razors, and even cement nails.

"I take all the temper out when I heat the tools," Everett said. "So when I get done with a tool and get ready to sharpen it, I heat it up and douse it with oil to put the temper back in."

Everett first sold tools to Vera's students. Later, he began selling them at the seminar in Arkansas.

While in Arkansas, a gentleman with the newspaper in St. Louis told Everett that he should sell his tools at the Mid-West Woodcarvers Show in Belleville, Ill.

"At that time, they charged a dollar to get into the show," Everett said. "I wondered who would pay a dollar to get in to buy my tools. There was about eight feet between the rows of tables, and customers block up that whole space! They would buy two or three tools and take one of my catalogs. Well, I'd get back home and start getting orders after they saw how well the tools worked. So, when I went back to the show the next year, they would buy more tools."

The 37th Mid-West Woodcarvers Show will be held on November 3 and 4 in Belleville, Ill.

"This year will be our 30th year," Everett said. "But I think it will be our last year."

The Cutsingers' shop's days of operation essentially matched the schedule of the school year. However, they really didn't take a sum-



Everett Cutsinger with a variety of woodcarving tools he has made.

mer vacation.

"We would go to the woodcarving museum in Colorado," Everett said. "We would spend two weeks there and sell tools. Later, we also went into Montana and sold at different places there. I would pass out catalogs at the shows. I've gotten orders from all over the United States, including Alaska and Hawaii, from Canada, and from overseas."

At the shows and through his catalogs, Everett sells his tools individually or in sets.

According to Everett, customers

rarely return tools. Also, if properly maintained the tools can last for many years.

"Most people think when a tool gets dull, you have to put it on the grinder," Everett said. "In most cases, you just have to put it on the buffing wheel and buff it. That will put the edge back on the tool for several times. Unless you get a nick in the tool, you can go a long time before you need to put it on the grinder."

For more information about Everett's tools, please call him at (785) 266-5830.

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Thornton Place offers unique travel program

By Kevin Groenhagen

Imagine being able to live in a guestroom in Fresno, Calif., Tucson, Ariz., Pensacola, Fla., or even Victoria, British Columbia, and not paying a cent for rent.

If you're a resident of Thornton Place Retirement Residence in Topeka, you can do exactly that.

Thornton Place is one of nearly 300 retirement communities owned and operated by Holiday Retirement. The other communities are located in 39 states, six Canadian provinces, and the United Kingdom and France. As the largest owner and operator of retirement housing in the world, the Salem, Ore.-based Holiday Retirement is able to share a unique travel program with its residents.

"The travel program is an additional amenity we offer," said Julie Rowlette. Rowlette and her husband, Joe, are Thornton Place's managers. "Residents can go to any of Holiday Retirement's properties in North America and stay in a guestroom up to one week for free. That includes meals and activities."

A 2006 *Topeka Capital-Journal* article showed just how valuable this

program can be. According to the article, Thornton Place residents Juanita Eyman and Vernon Dickeson have taken several trips to Texas since 2000. By staying at sister properties along the way, they never had to stay in a hotel. They did buy one meal in a restaurant, but only because they wanted to eat out.

Thornton Place also has a guestroom available for family members who visit residents. The cost is just \$35 per night, and that price includes the luxuries of a fine hotel and one meal a day at the retirement community.

Of course, for most of the year, Thornton Place residents and their families are not traveling. However, you might have to remind some residents that they are not on vacation.

"Some of our residents have told me that living here is like being on a cruise," Rowlette said.

Sandy Vaught, Thornton Place's activity director, works hard to ensure that the residents have plenty to do. She shares an events calendar with residents every month to help them plan their schedules. Items on April's calendar included computer classes, a Bon Worth Fashion Show,



Thornton Place residents enjoy three warm meals a day in the community's dining room.

an Easter Egg Hunt, lunch at McDonald's, crafts, health checks and seminars, movie nights, a Red Hat Society meeting, and worship services. Residents could also go on trips

■ CONTINUED ON PAGE FIVE

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Thornton Place

■ CONTINUED FROM PAGE FOUR

to Harrah's Casino, Tulip Time at Binkley Garden, and to Kansas City to see the Dead Sea Scrolls exhibit at Union Station. The calendar also includes a list of residents' birthdays for the month.

With certain activities, such as exercise classes, bingo, and line dancing, residents earn "Thornton Bucks." Thornton Place holds a "General Store" every six weeks, and the Thornton Bucks can be redeemed for items such as laundry soap, toiletries, and snacks.

In addition to the activities listed above, Thornton Place has entertainment from performers such as the Sweet Adelines, gospel groups, jazz and swing bands, and Clay Hammond of The Drifters.

Thornton Place works to make things as convenient, care-free, and secure as they can for residents.

"Residents pay one rate a month for rent and that includes their room, all utilities except telephone service, three hot meals a day, weekly house-keeping and linen service, and basic cable television," Rowlette said.

As far as security, Thornton Place offers 24-hour security, an emergency call system, fire doors, and sprinkler and smoke detection systems. The Rowlettes, or co-managers Cal and Joyce Newman, are on the premises 24 hours a day. In addition, each apartment has an emergency alert call button that is connected

directly to the office and managers' apartments.

Thornton Place amenities also include an onsite massage therapist, a beauty and barber shop, personal laundry facilities, a lighted outdoor exercise path, and a library. If Thornton Place's library does not have a book a resident wants to read, the book can be brought to the resident.

"We get the Red Carpet Service here through the Topeka-Shawnee County Public Library," Rowlette said.

Volunteers and staff members with the Red Carpet Service visit about 50 sites throughout Topeka on a two-week rotation. They deliver large print books, magazines, magnifiers, and audio and video tapes to residents of retirement communities, assisted living centers, and multi-level care facilities.

Thornton Place's first resident moved in during June 1998. The community currently has about 130 residents who live in studio, one bedroom, two bedroom, and cottage apartments. The apartments range in size from 383 square feet to 1,070 square feet.

Rowlette encourages anyone who is interested in learning more about Thornton Place to call her at (785) 228-0555.

"We invite any individual or families interested in Thornton Place to drop by and join us for a complimentary meal," she said. "We can then stroll through the building and see the floor plans in our available apartments."

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SHICK to host Medicare Information Days

The Douglas County Senior Services Senior Health Insurance Counseling for Kansas (SHICK) Program will be hosting two Medicare Information Days in June. The public is invited to attend a Medicare Information day Thursday, June 14, at the Holiday Inn Lawrence Convention Center, 200 McDonald Drive from 9:00 a.m. to 3:00 p.m. Exhibitors will display pertinent Medicare related information, and SHICK will have counselors available to assist

with personal Medicare questions. Light refreshments will be provided.

Speakers are scheduled as follows: 10:00 a.m., Darrell Elliott from the Kansas Department on Aging will speak about fraud issues in Medicare; 11:00 a.m., Norm Franker from the Social Security Administration will talk about Medicare and Social Security; 1:00 p.m., Larry Martin, Jayhawk Area Agency on Aging board member, will speak on Veteran's Benefits in Health Care; and 2:00 p.m.,

Linda Brown, Director of Provider and Beneficiary Services, Wheatlands Administrative Services, will speak about Medicare appeals.

The entire Medicare Information Day will be repeated in Baldwin City on Thursday, June 28, at the Baldwin City Public Library, 800 Seventh Street. This event is free and open to the public. For more information, contact DCSS SHICK Coordinator/Caregiver Advocate Paula Haisch at (785) 842-0543.

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Tips for eating your way to prolonged youth

(ARA) - Baby Boomers seem willing to try anything to slow the physical aspects of growing older. A new survey reports that 25 percent of Boomers would even put off retirement five years if it meant they'd never have wrinkles. The survey, conducted by the Florida Department of Citrus, sheds light on Americans' top aging concerns.

According to Cheryl Forberg, an expert on anti-aging nutrition and consulting dietician to NBC's "The Biggest Loser" fitness reality show, the secret to prolonged youth is as close as the kitchen.

"Baby Boomers can beautify themselves inside and out by selecting foods rich in nutrients," says Forberg, who also authored "Stop the Clock! Cooking." "Envision the grocery store as a virtual medicine cabinet of vitamins and minerals. Have fun mixing and matching favorite items to create a tasty, versatile menu that provides benefits for the body inside and out." Forberg recommends the following nutrients for common aging concerns:

• **Get Glowing Skin** -- Keeping skin radiant is top of mind for Baby Boomers. Collagen breakdown in the skin may contribute to the formation of wrinkles. Vitamin C is an essential nutrient for the production of collagen. One serving of 100 percent grapefruit juice contains 72 milligrams of vitamin C, more than a full day's supply. For the 30 percent of Baby Boomers concerned about weight gain, this juice is fat free with less than 100 calories in each eight-ounce serving.

• **Boost Your Energy** -- More than 40 percent of Americans find having less energy to be the most unpleasant aspect of aging. To stay energized, avoid processed foods and sugary soft drinks. Add foods rich in iron such as lentils, lean red meats in moderate amounts, and spinach. This mineral delivers energy to every cell in the body. Drink plenty of water and limit alcohol intake to one drink for women and two drinks for men.

• **Strengthen Your Disease Defenses** -- According to the survey, 54 percent of American adults are most worried about increased risk for diseases as they grow older. Look for foods rich in lycopene, vitamin C and potassium. Studies suggest lycopene may help in the fight against certain cancers and heart disease. Vitamin C neutralizes free radicals to help fight cell and tissue damage

that could lead to diseases. Potassium plays an important role in cardiovascular health, and a higher potassium intake has been associated with lower blood pressure and reduced risk of stroke. Load the grocery cart with foods like bell peppers, tomatoes, fresh grapefruit and kale.

• **Sharpen Your Mental Pencil** -- Baby Boomers commonly experience fading memory or slight changes in motor coordination skills. Spinach, onions and broccoli contain quercetin, a flavonoid found to promote brain function and prevent risk for stroke. Fresh Omega-3 rich fish, such as salmon and tuna, also contribute to improved blood flow in the brain.

• **Don't Forget Bone Health** -- Women are especially susceptible to postural changes or increased risk for osteoporosis after 40. To maintain bone strength, add calcium-rich foods and beverages to the grocery cart. In addition to milk, there are a variety of foods that contain calcium, including sesame seeds, leafy green vegetables and tofu. Dried plums and peanut butter contain boron, a mineral that strengthens bones to prevent osteoporosis through enhanced calcium absorption qualities.

Forberg says that while it's not realistic to stop the hands of time, it may be possible to stay youthful longer with smart eating habits and regular exercise.

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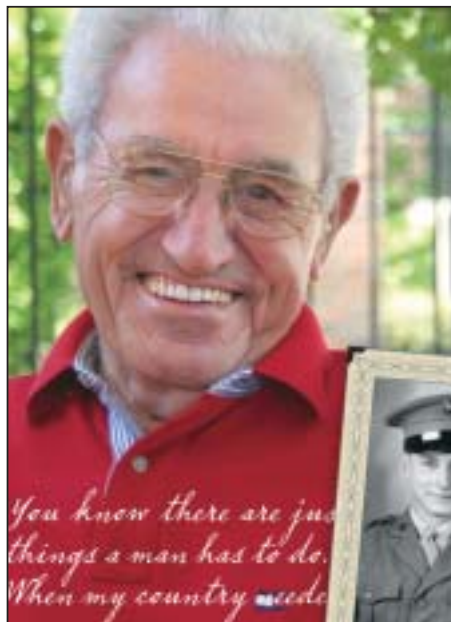
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'MyStory' to begin at Lawrence Public Library

MyStory is back for its fifth year. After five years of encouraging people to share their life stories, we haven't run out of things to share!\. The theme this year will explore *Trips, Travel and Family Vacations*. Come share stories of camping, the Grand Canyon or a memorable family reunion with others who will recall sunsets over the Rocky Mountains, motor courts and beaches. Do you remember reading the maps given by gas stations? Could anyone refold them correctly.

To celebrate the fifth anniversary, Charley Kempthorne, director of the Lifestory Institute, will return to encourage participants in writing their stories. Mr. Kempthorne presented the first workshop in 2002. The workshop will provide tips and techniques to preserve your memories in writing. Join us on Tuesday, June

5, from 10:00 a.m.-3:00 p.m. in the Lawrence Public Library Auditorium. A lunch break will be taken. Bring a packed lunch or enjoy one of the downtown restaurants. Registration is suggested as space is limited.

Other programs in the series will include a look at how travel has changed since the car became popular; postcards, including making your own with your own photographs; sharing slides; a road trip

and much more. A complete schedule will be available at the workshop, on the library Web site or by contacting Pattie at the library, Jessie in the Leisure & Learning Department of the Douglas County Senior Services, or Gayle at Babcock Place.

So look for those slides you packed away to bring and share. Find those souvenirs that meant so much of trips that were unforgettable. But, particularly, bring the sto-

ries to share.

For more information or to register, contact Pattie Johnston at the Library, (785) 843-3833. MyStory is presented by the Senior Outreach of the Lawrence Public Library, the Leisure & Learning department of the Douglas County Senior Services and the Lawrence-Douglas County Housing Authority-Babcock Place.



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PET WORLD

Questions still linger about pet food recall

Anna Marvis is at a Chicago pet superstore to purchase a toy for her Bichon frise, not pet food. "Absolutely, not pet food," she stresses. "How can I ever trust pet foods again?" She's now preparing food in her own



Steve Dale

kitchen with ingredients she purchases where she buys her own food for her fluffy friend, Ralphie.

No one knows how many pets died or were sickened as a result of the tainted pet food crisis, but clearly more pets were impacted than under any previous pet food recall.

Dr. Elizabeth Hodgkins, who testified in Washington, D.C., at the oversight hearing of the Senate Agriculture Appropriations Subcommittee April 12, has long expressed concerns about pet food safety. She points to previous recalls of pet food when fewer pets became sick or died, and as a result the recalls received less press coverage. "These were warnings that all is not right with our pet foods," she says. "In general, (commercial) pet foods are not safe."

Duane Ekedahl, executive director of the Pet Food Institute (which represents pet food manufacturers), argues, "People are surprised to hear how regulated pet foods really are. The ingredients that go into the foods are carefully analyzed, and the end products, unlike most human

foods, are subject to analysis by state departments of agriculture."

But just how vigilant are the FDA and state agriculture departments? Not very, according to U.S. Senator Dick Durbin (D-Ill.), who called for those Senate hearings. He says the Emporia, Kan., Menu Food facility, where over 90 brands were recalled, had never been inspected by the FDA.

Still, even if the plant had been inspected dozens of times, all involved agree that officials would not have likely found the contaminant. According to the FDA, melamine (used in fertilizers in Asia), which accompanied wheat gluten imported from China, tainted the pet food.. Hodgkins concedes, "I'm not arguing that we can look for every possible contaminant substance on earth, and (even if we did) melamine just wouldn't have been on the list; I know that."

Coincidentally, months before the recall, Durbin proposed an idea for a new agency to oversee food safety. With that suggestion—as usual—a political debate ensued. Durbin now says he'd likely want the agency to oversee pet foods, as well.

Meanwhile, Hodgkins, who once worked in the pet food industry and now runs an all-cat practice in Yorba Linda, Calif., says she's not surprised that following the recall, many pet owners are seeking alternative food sources.

Veterinary nutritionist Dr. Tony Buffington, a professor of clinical nutrition at Ohio State University College of Veterinary Medicine, says manufactured pet food remains his

personal choice for his own pets (although he says at least for now, he recommends avoiding foods with wheat gluten).

Web sites with recipes for homemade pet food are now proliferating on the Internet, and books on the subject are selling like hotcakes. Hodgkins is a fan of the idea and says, "It's simple with just a little education."

However, Buffington cautions, "To Michael Jordan, shooting a jump shot is simple. For me, a jump shot isn't as simple. Sure, home cooking can be done. But dogs and cats don't have the same nutritional requirements as we have."

Hodgkins thinks that point is continually overstated. "We send 18-year-old mothers and fathers home with new babies, and we don't say that children are in grave danger," she notes. "Yet, there's so much concern about us endangering pets."

Still, the fact is, pets aren't people—and the list of what can and does go wrong with homemade pet food is lengthy, says Buffington. "For most pet owners, the novelty wears off. It's just another chore—and when manufactured foods get it right, why is this chore necessary?"

But, according to Hodgkins, the pet food companies don't get it right. She wants transparency in labeling; any claims on pet food labels should be equivalent to claims made on human food packaging.

In response to the pet food crisis, Ekedahl says the Pet Food Institute has created a Pet Food Commission. The group, including experts from industry, veterinary medicine and government, will make recommendations concerning pet food safety, which could include changes in labeling. Ekedahl is quick to add, however, that "the problem was tainted food, not food that made pets ill because it wasn't nutritious."

Buffington says he understands consumer concerns, then recalls witnessing dogs riding in cars seated between the driver and front-seat passenger. "We're not always very good about assessing real risk compared to dealing with emotions. What's good is that we all want what's right for our pets," he notes.

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

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PERSONAL FINANCE

Accelerated death benefits *Easing the financial burdens for the seriously ill*

Serious or life-threatening illness is something that almost all of us or a family member will experience during our lifetime. To make matters worse, it often causes emotional strain and financial burdens for families. Yet there is one option many people may not be aware of that can help ease that burden. To



Joe B.
Jones

help seriously or terminally ill policy owners meet extraordinary living, medical or hospice expenses, many life insurance companies now make it possible for them to collect part of their policy's death benefit early through something known as an "accelerated death benefit."

Accelerated death benefits, sometimes referred to as "living benefits" or "early payment benefits," are life insurance proceeds that are, under certain circumstances, paid to life insurance policy owners *before* they die. The circumstances vary by company, but may include such things as the diagnosis of a terminal illness, the onset of a medically incapacitating condition, the need for long-term care or confinement to a nursing home.

Insurers first began offering accelerated death benefits only in recent years. Yet today, many companies offer this benefit in some form. As with any product, there are substantial variations in design, cost and coverage. For example, some insurers offer this option as part of a new policy; others make it available as a rider to a new or an existing contract.

While some companies charge an

additional premium for this benefit, usually computed as a percentage of a base premium, others offer it at no additional premium but impose an interest charge when the benefit is paid. The interest charge is deducted either from the "early" payment or the final death benefit and compensates the insurer for revenue lost as a result of the early payment of benefits. There may be a nominal service charge as well.

The amount of the death benefit that can be paid early varies by company and the payment methods available are specified in the insurance contract. Generally, the life insurance company will pay out an accelerated death benefit in monthly installments, as a lump sum or give the policy owner a choice. Some companies allow the policy owner to receive a specified amount provided a minimum death benefit remains. As with any insurance decision, remember to contact a qualified financial professional to discuss the

options available.

There are several things that to consider before purchasing a product with an accelerated death benefit. For example:

- When an accelerated death benefit is paid, it reduces the ultimate payment to the beneficiary. Therefore, before deciding to use a policy's death benefit early, carefully consider the financial needs of the survivors.

- An accelerated death benefit is just one option to consider when providing for the expense of long-term care or a catastrophic illness. It is not a form of health insurance, nor is it intended to replace the need for comprehensive health or long-term care insurance.

- Collecting accelerated death benefits may affect eligibility for Medicaid. The Health Care Financing Administration and the U.S. Department of Health and Human Services states that a policy owner cannot be forced to request or collect accelerated death benefits before qualifying for Medicaid benefits. But once accessed, those funds may be considered income which may affect Medicaid eligibility.

- Currently, any amount paid as an accelerated death benefit is fully

exempt from income tax if a physician certifies the insured as terminally ill. Benefits paid on behalf of individuals who are certified as chronically ill are also excluded from income. Specific questions about taxes should be directed to a tax adviser.

Accelerated death benefits are also available on roughly 30 percent of employer provided group life insurance policies. A human resources manager can determine if such a benefit is available.

Life insurance is a powerful financial tool that can help individuals and families achieve a lifetime of financial security. When faced with a terminal illness, an accelerated death benefit also has the potential to dramatically improve the quality of life in the insured's final days or months.

- Joe B. Jones is a Financial Representative with Northwestern Mutual Financial Network, Jayhawk Financial Group. He is licensed and appointed to sell long-term care insurance for Northwestern Long Term Care Insurance Co., Milwaukee, WI, a subsidiary of Northwestern Mutual Life Insurance Company—Milwaukee, WI.). To contact Joe, please call (785) 856-2136 or e-mail him at joe.jones@nmfn.com.

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PERSONAL FINANCE

Women must plan (extra) carefully for retirement

If you're a woman, you have to be actively involved in your financial preparations for retirement—and that's true whether you're single or married. As a woman, you have at least two special considerations as-



Harley Catlin and Ryan Catlin

sociated with your retirement planning:

You've got a longer life expectancy. Women typically outlive men by about seven years, according to the U.S. National Center for Health Statistics—and more years of life mean more expenses.

You may have less money in your retirement plan. Women drop out

of the work force for an average of 12 years to care for young children or aging parents, according to the Older Women's League, a research and advocacy group. This time away from the workforce results in women accumulating much less money in their employer-sponsored retirement plans, such as 401(k)s.

The prospect of a long, underfunded retirement is not a pleasant one. Fortunately, there's much you can do to avoid this fate. For starters, know what's going on in your financial situation. If you are married, share the responsibility of making investment decisions. What are your retirement goals? Are the two of you investing enough to eventually achieve these goals? And where is the money going? You must know the answers to these questions.

You'll also need to know what you could expect to receive if your husband dies before you. As a sur-

living spouse, you will likely inherit all your husband's assets, unless he has specifically named other people—such as grown children from an earlier marriage—as beneficiaries. Nonetheless, you can't just assume that all sources of income that your husband receives will automatically roll over to you. For example, if your husband were to die before you, you wouldn't get his Social Security payments in addition to your own, although you could choose to collect his payments instead of yours. But if you both earned close to the same income, you might not get much of an increase in Social Security benefits.

In any case, whether you're married or single, here are some moves that can benefit you:

"Max out" on your 401(k). If you can afford it, invest the maximum amount into your 401(k) and increase your contributions every time

your salary goes up. Your 401(k) provides you with tax-deferred earnings and a variety of investment options.

Contribute to an IRA. Even if you have a 401(k) or other employer-sponsored retirement plan, you might be eligible to contribute to a traditional or Roth IRA. A traditional IRA offers the potential for tax-deferred earnings, while a Roth IRA potentially grows tax-free, provided you don't take withdrawals until you're 59-1/2 and you've had your account at least five years. You can fund an IRA with virtually any investment you choose.

Do whatever it takes to help ensure a comfortable retirement—and the sooner you start planning, the better.

- 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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HEALTH & FITNESS

Slow and steady wins the race

When people suffer an injury, they often make one of two mistakes—either they rush back into action before they recover fully, or they sit and wait, wishfully hoping that time alone will heal them. But neither rushing nor wishing will help you recover properly. What you need, for many injuries, is physical therapy.

That means, not only therapeutic exercise (though certainly that), but exercise supervised by a registered physical therapist. And not just any



Laura Bennetts

exercise will do. You might think that riding a stationary bike or even returning to bowling will do the trick. But different injuries require different exercises. The wrong exercise can hurt you, rather than helping you.

So, if you'd rather not aggravate your injury, you should get help from a pro. That means—a physical therapist.

Don't Just Sit There!

Wouldn't it be wonderful if time really did heal all wounds? But the truth is that many injuries worsen if we simply wait for them to heal on their own.

Stop me if this sounds familiar. You're stuck on the couch, waiting for a sore knee to stop hurting. But soon you discover that your leg is getting weaker and that your other leg is fatigued from doing all the work.

Your back isn't too happy, either. There may be a grinding feeling in your low back when you hobble around. After three weeks, you begin

to wonder and worry. Why is so hard to walk, why are you weaker rather than stronger, why is the pain still there? Now you not only have an aching knee, but your back hurts and your leg is so weak you can hardly lift it onto the couch.

Where is this all going?

Downhill, that's where. Unless, that is, you get up and get help.

It's PT Time

If two weeks pass after an injury and you haven't snapped back, you need expert guidance. Often people begin with anti-inflammatory medications, rest, ice and elevation. That's fine...but if you aren't better soon, you should seek expert guidance.

You lose strength in just 24 hours of immobility. And the longer you're immobile, the longer it takes to regain strength. There is no benefit in resting beyond a certain point unless your doctor has prescribed rest.

If you aren't healing properly, it may be time for therapy...to decrease the pain, increase your strength, and get you back in the game.

Physical therapists specialize in therapeutic exercise to strengthen weak muscles. Many forms of regular exercise can also help you. When you're well, walking and biking are great for your stamina and cardiovascular health. But when you're benched with an aching leg or back—when pain or injury has made you inactive—you need to exercise slowly, gradually, and expertly. You want to recover fully and avoid reinjury.

Start Here

Physical Therapists are scientifically trained in therapeutic exercise. We begin by evaluating the injured joint or muscle to:

1. Find the weakest link. Muscles work in groups and one muscle in

the group may be weaker than the others. The exercise program must activate the weak muscles.

2. Increase the demand on the weakest link. The therapist will ask you to do specific exercises that specifically strengthen the affected muscle. If that particular muscle isn't singled out, other, stronger muscles will continue to do all the work.

3. Teach you to exercise right. It's common for a patient in pain to use the wrong muscles when doing an exercise with the result of increasing the pain and joint damage. Some types of exercise can increase the forces in a joint, causing more pressure and pain. The right exercise will increase your strength while lessening the impact on your joint.

4. More isn't better. The therapist will help you progress by adding or subtracting exercises, increasing or reducing the number of repetitions, and altering the amount of weight you're asked to handle. Sometimes more weight and fewer repetitions are called for; sometimes, just the reverse.

5. Slow but sure. If you have been off your leg for a few weeks, it may take at least that number of weeks to get your strength back.

6. Patience will be rewarded. If

you keep your therapy appointments and exercise at home, as instructed, you give yourself the best possible chance of full recovery.

7. Act quickly after surgery. You need to begin therapy as soon after surgery as prescribed by your surgeon. Supervised exercise after surgery stops muscle atrophy, reduces your chance of blood clots, and gets you active sooner.

Keep Your Eye on the Ball

Last but not least: Remember, the point of therapy is to recover completely. Anyone who wants to treat you indefinitely—every week or month for years—is offering to treat your symptoms, not your underlying problems. And anyone who says you don't need care...doesn't care.

You can do better. The aim of physical therapy is to get you back on your feet, so that (with the right treatment) you won't need treatment forever.

Together we can do it.

- Laura Bennetts, MS RPT, is a physical therapist with 24 years experience. She is the co-owner of Lawrence Therapy Services LLC (785-842-0656) and Baldwin Therapy Services (785-594-3162). For answers to your therapy-related questions, please write to Laura at LTS_2000@hotmail.com.



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HEALTH & FITNESS

Carob is a healthy alternative to chocolate

Carob, or *Ceratonia siliqua*, is well known for its aromatic flavor. It has been commonly referred to as a chocolate substitute. In many market places you can find carob baking chips, carob cover nuts or raisins, carob drinks, even carob desserts.



Dr.
Farhang
Khosh

For years carob has been making its mark in the Cuisenaire field.

Carob is a member of the legume family and grows in Mediterranean areas. Its history dates back to ancient Greek times with the Greek Theophrastus recording in 4 BC that his contemporaries were referring to carob as the Egyptian fig. Ancient Egyptians used carob seed as an adhesive in binding mummies and the pods and seeds have been found in Egyptian tombs. Egyptians also used carob as a snack or treat. The Romans are said to have eaten the pods for their natural sweetness. Many scholars believed that John the Baptist consumed many carob pods, hence the term "St. John's bread." Dried carob fruit has been traditionally eaten on a Jewish holiday. Spanish missionaries were noted for introducing carob into Mexico and southern California.

There are many uses of carob.

Carob pods are crushed and used for drinks. Carob can be eaten fresh or put in cakes, cookies, puddings, muffins, pastries and frostings. It can also be used as a thickening agent, darkening agent, stabilizer, and emulsifier in ice cream and in salads. In the past, carob has been referred to as the "hippie chocolate" because of its similar taste to sweetened cocoa. However, it contains no amounts of theobromine and it resembles chocolate when mixed

with butter. Carob pods were considered an important source of sugar before sugarcane and sugar beets were available. Currently, the seeds are used in making paper and as feed for horses, cattle, pigs, goats and rabbits. Carob seeds have also been used in pharmaceutical products, ink, cosmetics, detergents, paint, ink, shoe polish, adhesives and insecticides.

Most of the carob used in the United States comes from the Mediterranean region.

Carob has been chosen as the healthy alternative to chocolate. Carob is free from the stimulants caffeine and theobromine found in chocolate. Caffeine and theobromine are stimulants and can be addictive. In addition, caffeine has many side-effects including anxiety,

nervousness, nausea and palpitations. Since carob is naturally sweet, most products will generally contain less sugar than chocolate. Carob powder can be substituted for cocoa powder in many recipes.

Medicinally, carob can have laxative properties. Carob contains protein and vitamins A, B1, B2, B3 and D. It also contains calcium, phosphorus, potassium and magnesium. Carob can be found to have iron, manganese, barium, copper and nickel. Even though carob has many nutrients and minerals, and it is a healthy substitute for chocolate, as with any food it should only be eaten in moderation and with a well-balanced diet.

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

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DEAR PHARMACIST

Staph infections can be deadly

By Suzy Cohen, R.Ph.

Tribune Media Services

QUESTION: My doctor says I have a "staph" infection and prescribed Bactroban cream (mupirocin). I'd like more information about staph. If you print this, please tell everyone that I'm a very clean person! - J.D., Birmingham, Ala.

ANSWER: Staph is commonly used to talk about Staphylococcus aureus, a bacteria that actually lives on you. It's normal to find it on the skin (or other places) of healthy people, even those who stay very clean. Any open wound or scratch on your skin could be an entry point for this deadly germ, so it's important to practice good hygiene, especially if you're a healthcare worker. Kids who play sports should exercise more caution because they come in contact with each other and often share equipment, towels and razors. Taking showers after physical activity will help, as will keeping your hands clean.

Staph infections are not uncommon, but staph bacteria can mutate into a virulent form called MRSA (pronounced mersa). A MRSA infection is dangerous because it can't be easily cured with common antibiotics like penicillin, amoxicillin or methicillin.

This season at my pharmacy, an alarmingly higher number of people have presented with staph infections. These look like either a pimple, a boil or ingrown hair; there's usually redness, sometimes pus or swelling. The wound doesn't always hurt. Staph infections are usually limited to the skin. The serious staph infections, including MRSA, can spark complications such as pneumonia, infections of the blood and toxic shock syndrome,

and even lead to death.

I'm not trying to frighten you, but my experience as a pharmacist has shown me that many people who develop a staph infection will "wait and see what happens," and this is dangerous. You should always see your doctor or dermatologist for adequate care. But there's good news now because Tec labs has just put out a new product called StaphAseptic and it seems to head off MRSA infections. It's better than Neosporin or Triple Antibiotic Ointment, according to studies. One lab study showed that StaphAseptic killed over 99 percent of MRSA. It's available over-the-counter, which gives you no excuse to ignore your wound. It's sold at Rite Aid, Eckerd, CVS, Walgreens, Brooks, Krogers and Kerr Drug. Learn more at www.staphaseptic.com.

QUESTION: My doctors switched my birth control pill from Ortho Cept to Yaz. My doctor said it will help with my emotions, too. Is that true? - E.D., New York

ANSWER: Yes, Bayer, the makers of Yaz, claim that this new oral contraceptive can not only prevent pregnancy, but also ease the tearfulness and anxiety sometimes associated with severe PMS. The drug is unique because it comes in packets of 24 active pills (not 21, like most pill packs), so after you take those 24 tablets, you go off for 4 days and that's it. Your period is very short and light. Yaz is also FDA-approved to treat acne.

•••

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.

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A Message for the Caregivers of those living with Dementia and Alzheimer's



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RETIRE SMART

Walking and running great forms of exercise at any age

When Georgina and I first visited Vero Beach, Fla., six years ago, one of the things I liked best was the one-mile exercise-jogging trail under the trees at the city's Riverside Park.

This winding trail, its soft running surface shaded by majestic oaks, was the clincher in our decision to move to Vero Beach, Georgina says. Since



Humberto and Georgina Cruz

then, I've jogged hundreds of miles there while listening to cardinals and blue jays and watching squirrels scamper up the trees.

But since late last year, I've been logging those miles as a walker, not jogger. I've switched to doing a fast walk — got my time down to 27 minutes for two miles — because my knees and back started to get achy from the jogs.

After 44 years of jogging — I took it up as a teen in 1962 to help me shed more than 40 unwanted pounds in six months — I first resisted the idea of giving it up to just walk. Isn't walking for wimps?

I now know that it isn't, and that a brisk walk can be as stimulating and challenging an exercise as a jog. And for me at least (and I suspect for

many other people 60 and older), walking is easier on the joints.

I am no medical or fitness expert, of course, and neither is Georgina, a lifelong walker. And before you start any exercise program, whether walking, jogging or doing anything else, always consult with your doctor about what he or she thinks is most appropriate.

But I do want to share my jogger-to-walker conversion and some of what I've learned about the value of exercise, both from personal experience and the extensive reading and research I did when I made the switch to walking.

The most important point: Both running and walking, if done properly and at your fitness level, can be great for your health, both physical and mental. Both can improve your blood pressure and cholesterol levels, as well as increase cardiac endurance, bone strength and muscle mass. And with both, you can set goals and work toward getting a bit farther and/or faster each week.

With running, you can work up a faster heartbeat and have a more intense workout. You can burn more calories, too, if that's your goal (mine isn't, because thankfully I've kept the excess weight off since my teen years). As a rule, the faster the speed, the more calories you burn.

But walking at fast speeds — try a mile in 12 minutes, which I've come close to but haven't cracked — can

be just as strenuous if not more so than running, and can sometimes burn more calories, based on studies I've seen.

And walking clearly wins out when it comes to avoiding injury. With running, as both feet leave the ground and you come down on one, the impact on your joints can be more than three times your body weight, or triple the impact of walking, based on medical studies. With walking, regardless of the speed, one foot always stays on the ground so there's much less jarring of the bones.

In addition, it's generally easier to find time for walking, and it does not usually require special clothing other than proper shoes. (Georgina, for instance, takes "walking breaks" from her writings many mornings and afternoons, right in our neighborhood.) With running — or fast walking as

I do — you typically need gym-type clothes and a shower afterwards.

Both walking and running can clear the head, too. While I sometimes miss the "runner's high" of a long jog, I can find a great sense of peace — and sometimes time to think — during my walks. And walking is something you can more easily do with a partner. For Georgina and me, even when not done for exercise, a leisurely stroll in the park is one of our favorite activities.

(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, 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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Harley Catlin
4828 Quail Crest Place, Ste B
Lawrence, KS 66049
785-841-6262



Ryan Catlin
4828 Quail Crest Place, Ste B
Lawrence, KS 66049
785-841-6262



Jeff Peterson
1800 E. 23rd St., Ste J
Lawrence, KS 66046
785-843-1371



Hospice Care in Douglas County is truly the best choice you can make. We have been providing Hospice Care for the citizens of this community since 1982. Our services allow the patient to remain comfortable and independent in their own home as long as possible during a terminal illness.

- Long term community commitment
- Your non-profit hometown agency

"I will never forget the caring help I have received from your staff. Thank You!"

Unmatched:

- ✓ Quality
- ✓ Commitment
- ✓ Compassion

"Hospice is a wonderful organization in every way."



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200 Maine St., 3rd Floor • Lawrence, KS 66044
A United Way Agency



CALENDAR

ART/ENTERTAINMENT

JUN 6-27

SUMMER BAND CONCERTS

Wednesday evening band concert. Bring your lawn chairs or blankets and join the Lawrence City Band for a free Wednesday evening concert in the park. South Park, 1150 Massachusetts.

LAWRENCE, (785) 832-7930

JUN 9

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>

JUN 16

COUNTRY SINGER LORETTA LYNN

Country performer Loretta Lynn will be in Topeka. Topeka Performing Arts Center.

TOPEKA, (785) 234-4545

www.tpactix.org

BINGO

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1

3800 SE MICHIGAN AVE, TOPEKA,

6:30 PM, (785) 267-1923

SUNDAYS & FRIDAYS

CAPITOL BINGO HALL

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

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

MONDAYS & THURSDAYS

AMERICAN LEGION POST NO. 400

3029 NW US HIGHWAY 24, TOPEKA,

6:30 PM, (785) 296-9400

MONDAYS & SATURDAYS

LEGIONACRES

3408 W. 6TH ST, LAWRENCE, 7:00 PM, (785)

842-3415

WEDNESDAYS, THURSDAYS & SUNDAYS

MOOSE CLUB

Wednesdays, 6:30 p.m. Thursdays, 12:30 p.m.,

Sundays, 6:00 p.m.

1901 N KANSAS AVE, TOPEKA, (785) 234-6666

WEDNESDAYS & FRIDAYS

VETERANS OF FOREIGN WARS

3110 SW HUNTOON, TOPEKA, 6:30 PM, (785)

235-9073

WEDNESDAYS

PINECREST APARTMENTS

924 WALNUT, EUDORA, 12:30-1:00 PM, (785)

542-1020

WEDNESDAYS & FRIDAYS

EAGLES LODGE

1803 W. 6TH ST, LAWRENCE, 7:00 PM, (785)

843-9690

WEDNESDAYS & FRIDAYS

EDGEWOOD HOMES

1600 HASKELL, STE 188, LAWRENCE

10:30 AM-12 NOON, (785) 760-1504

THURSDAYS

BABCOCK PLACE

1700 MASSACHUSETTS, LAWRENCE

10:30 AM-12 NOON, (785) 842-6976

FRIDAYS

BALDWIN SENIOR CENTER

1221 INDIANA, BALDWIN CITY

12 NOON-1 PM, (785) 594-2409

16 SeniorMonthly, June 2007

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 NW

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, 145 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

JUN 11 & 12

AARP DRIVER SAFETY

Program for those interested in improving

their driving skills and reducing their current

insurance costs. 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 test;

two four-hour classroom sessions only. \$10,

all materials included. Advanced enrollment

required. Lawrence Memorial Hospital, Meet-

ing Room A, 10:00 a.m.-5:00 p.m.

LAWRENCE, (785) 749-5800

www.lmh.org

EXHIBITS/SHOWS

MAY 4-JUN 16

KANSAS MASTERS INVITATIONAL

The Kansas Masters' Invitational art exhibit

will feature 125 of the state's leading painters,

photographers, sculptors, fiber artists and

ceramicists. Participating artists include Phil

Epp, Steven Graber, Gail Gregg, Joe Lorusso,

Dean Mitchell, Jim Richardson and Roger Shi-

momura. Curated by Don Lambert, who also

curated the successful "Homage to the Flint

Hills" exhibit (2005-2006), the KMI demon-

strates the quality and diversity of artistic

expression in Kansas. Strecker-Nelson Gallery,

MANHATTAN, (785) 537-2099

<http://kansasmasters.com>

MAY 5-JUN 30

HOLTON SESQUICENTENNIAL QUILTS

Quilts displayed Saturdays from 10:00

a.m.-12:00 p.m. and Sundays from 2:00-4:00

p.m. 327 New York.

HOLTON, (785) 364-4991

www.holtonks.net/jchs

JUN 23 & 24

SUNFLOWER PIECEMAKERS QUILT SHOW

Sunflower Piecemakers' 23rd Annual quilt

show features quilts on display, vendors, dem-

onstrations, and a live auction of miniature

quilts. 13th & Ash, Ottawa Middle School.

OTTAWA, (785) 242-1411

www.visitottawakansas.com

JUL 2-28

3RD ANNUAL MINIATURE ART SHOW

Artists from all over the U.S. will exhibit in

this annual miniature art show. For prospectus

please send SASE to Jean Cook, 35357 W.

263rd Street, Paola, KS 66071.

PAOLA, (913) 557-9112

JUL 4

WALTER P. CHRYSLER CAR SHOW

View more than 100 classic and show cars in

beautiful City Park.

WAMEGO, (785) 456-7849

www.visitwamego.com

FAIRS/FESTIVALS

JUN 1-3

COLEMAN HAWKINS LEGACY

JAZZ FESTIVAL

Top-rated regional jazz festival. Festival featur-

ing Jazz, Blues and Latin music. Local and

regional artists, National headliner acts, Uni-

versity Jazz Programs, Grill-off contest and

dozens of arts and crafts as well as food ven-

dors. Topeka Harley-Davidson's Harley Town

Complex.

TOPEKA, (785) 234-6174

www.hawkinsjazzfest.com

JUN 1-3

OLD SHAWNEE DAYS

41st annual celebration is a family event fea-

aturing a parade, carnival, and concerts over

four days. Loads of great kids' entertainers,

including Professor Farquar, music and dance,

puppets, magicians, frog and turtle racing

games contests, and much more. Celebration

includes historical reenactors, vendors, and

craft booths with headline concerts including

The Little River Band, and Hotel California—a

salute to the Eagles. Shawnee Town & Herman

Laird Park (57th & Cody).

SHAWNEE, (913) 631-5200

www.oldshawneedays.org

JUN 2 & 3

GERMANFEST

Annual fundraiser for Sacred Heart-St.

Joseph Catholic Church and school. outdoor

German buffet serving authentic, homemade

German sausage, bratwurst, German potato

salad, German coleslaw, krautstrudels, chili

dogs, desserts. Dancing, bingo, raffles, chil-

dren's activities, and more.

TOPEKA, (785) 234-3338

www.sacredheartparish.us

JUN 6-22

OTTAWA SUZUKI STRINGS MUSIC

FESTIVAL

Attend music "camp" or enjoy performances

nightly from students of the Suzuki Institute.

The Ottawa Suzuki Institute is a 5-day Suzuki

music "camp" for students, parents and teach-

ers. Sound Encounters is a 10-day festival for

advanced players. Violin and Early Childhood

Education teacher training is also offered.

Concerts are performed nightly by students

participating in the "camp."

OTTAWA, (785) 242-0242

www.ottawasuzukistrings.org

JUN 6-10

BLUEGRASS FESTIVAL

14th annual bluegrass festival featuring

numerous local and regional bands and per-

formers. A must attend for the serious, or not

so serious bluegrass fan. 14824 246 Rd., Prai-

rie Lake.

HOLTON, (785) 887-6314

www.KPPAmusic.org

JUN 8 & 9

LANSING DAZE FESTIVAL

Crafts, car show, carnival, parade, dunk tank,

live bands, fireworks, various contests, trials,

great food, and entertainment.

LANSING, (913) 727-5488

www.lansing.ks.us

JUN 8-16

SUNFLOWER MUSIC FESTIVAL

Symphony musicians from United States and

Europe perform orchestra and chamber music.

White Concert Hall, Washburn University.

TOPEKA, (785) 670-1511

JUN 9

TONGANOXIE DAYS

Features entertainment, games for the kids,

arts and craft booths, an Art Fair, Country

Cruisers Car Show, BBQ contest, Miss Ton-

ganoxie 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

www.tonganoxiedays.com

JUN 16

INTERNATIONAL FOREST OF FRIENDSHIP

CELEBRATION

This annual event includes an induction

ceremony, parade of flags, aviation-related

activities for youth, and a formal banquet.

It often features nationally-recognized men

and women including astronauts and distin-

guished military officers. 17860 274th Rd.

ATCHISON, (913) 367-1419

JUN 16

PLANES, TRAINS & AUTOMOBILES

FESTIVAL

Father's Day celebration of planes, trains, and

automobiles (and vintage motorcycles). Bring

the entire family to a festival celebrating

Dad's interests. Antique, Classic, and Street

Rod car show and vintage motorcycle shows

are highlights of the festival. Dad's ride free

at Midland Railway with an adult paid fare

or two children's fares and plane rides will

be

CALENDAR

■ CONTINUED FROM PAGE 16

JUL 4

4TH OF JULY PARADE

View one of the largest and longest running Independence Day parades in Kansas and stick around for the fireworks in the evening. Lincoln Ave.

WAMEGO, (785) 456-7849
www.visitwamego.com

JUL 4

JULY 4TH CELEBRATION

Evening disk jockey with fireworks at dark. 500 E Santa Fe Trail, Jones Park. OVERBROOK, (785) 665-7653
www.overbrookks.com

JUL 4

ST. MARYS 4TH OF JULY FAMILY CELEBRATION

Fireworks extravaganza with entertainment, food and drinks, and KSU Parachute Club. Lasley St, Riverside Park. ST. MARYS, (785) 437-2077
www.saintmarys.com

FARMERS' MARKETS

APR 28-NOV 10

LAWRENCE FARMERS MARKET SATURDAY

Offering fresh fruits and vegetables, baked goods, flowers and herbs. With more than 80 growers, bakers and fine craftspeople, the Downtown Lawrence Farmers' Market is the place to go for the freshest and finest quality produce, meat and artisan crafts. Live music every Saturday morning. LAWRENCE, (785) 331-4445
downtownlawrence.com/farmersmarket.html

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 Depart-

ment. 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

SATURDAYS

YOGA

Karen Johnson, RYT, instructor. Lawrence Therapy Services, 2200 Harvard Rd., Ste. 101. 8-class sessions. Fee. 8:00-9:00 a.m. Call (785) 842-0656 to register or visit www.lawrencetherapyservices.com. LAWRENCE

SECOND MONDAY OF EACH MONTH

PRE-DIABETES CLASS

This free class is specially designed for those who are at risk for developing diabetes or have been told by their doctor that they have pre-diabetes. Topics covered include tools for preventing or delaying Type 2 diabetes, diet, exercise, weight loss, medication that can be given for pre-diabetes, and the potential complications that can develop with diabetes. No registration is needed; just drop into the LMH Auditorium. Taught by Certified Diabetes Educators. 12:00-1:30 p.m. LAWRENCE, (785) 840-3062

SECOND THURSDAY OF EACH MONTH

MEDICATION CLINIC

Bring questions about your medications (prescription or over-the-counter), 1:30-2:30 p.m. Call for appointment. HEALTHWISE 55 RESOURCE CENTER, TOPEKA, (785) 354-6787

SECOND THURSDAY OF EACH MONTH

BLOOD PRESSURE AND HEALTH INFORMATION

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

THIRD TUESDAY OF EACH MONTH

HEALTH SCREENING CLINIC

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

THIRD THURSDAY OF EACH MONTH

NUTRITION CLINIC

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

JUN 2

BONE DENSITY SCREENING

Are you at risk for osteoporosis? This quick and easy screening can indicate if further testing for this potentially debilitating disease is needed. A bare heel is necessary for the screening. Information about prevention of osteoporosis is also included as part of the screening process. Lawrence Memorial Hospital, Meeting Room A, 9:00-11:00 a.m. LAWRENCE, (785) 749-5800

JUN 6

CHOLESTEROL SCREENING

No appointment needed. A fingerstick test providing a total blood cholesterol reading in five minutes. No fasting is needed for this test 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. Lawrence Memorial Hospital, Meeting Room D South, 3:00-5:00 p.m. LAWRENCE, (785) 749-5800

JUN 7

10,000 STEPS A DAY CLASS

The 10K a Day program is designed to increase your daily steps to 10,000 and to improve your health. Learn the basics of beginning a walking program, choosing footwear, and walking location suggestions. Each participant

will receive a pedometer to log their daily steps. Lawrence Memorial Hospital, Meeting Room A, 9:00-10:30 a.m. Fee. LAWRENCE, (785) 749-5800

JUN 7

10,000 STEPS A DAY CLASS

The 10K a Day program is designed to increase your daily steps to 10,000 and to improve your health. Learn the basics of beginning a walking program, choosing footwear, and walking location suggestions. Each participant will receive a pedometer to log their daily steps. Tonganoxie VFW, 900 East 1st St., 6:30-8:30 p.m. Fee. TONGANOXIE, (785) 749-5800

JUN 11

BONE DENSITY SCREENING

See June 2 description. Lawrence Memorial Hospital, Meeting Room D South, 9:00-11:00 a.m. LAWRENCE, (785) 749-5800

JUN 16

CHOLESTEROL SCREENING

See June 6 description. Lawrence Memorial Hospital, Meeting Room D South, 8:30-10:30 a.m. LAWRENCE, (785) 749-5800

JUN 27

BONE DENSITY SCREENING

See June 2 description. Lawrence Memorial Hospital, Meeting Room D South, 1:00-3:00 p.m. LAWRENCE, (785) 749-5800

HERITAGE/HISTORY

JUN 22 & 23

TERRITORIAL DAYS

Celebrate Lecompton's Territorial and national history. Tours, crafts, carnival, reenactments, pioneer skills, demonstrations, and historic museums. LECOMPTON, (785) 887-6148
www.lecomptonterritorialsdays.com

JUN 29-JUL 1

OLD WEST COWBOY DAYS

This is your chance to reconnect with a Western, rural lifestyle. Spectators watch horse-breaking 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 historic Main Street. 600 N Locust, Forest Park. OTTAWA, (785) 242-1411
www.oldwestcowboydays.com

MEETINGS

FIRST MONDAY OF EACH MONTH

GRIEF SUPPORT GROUP

6:30 p.m. - Heartland Hospice of Topeka, 1033 SW Gage Blvd. Call Terry Frizzell for information. TOPEKA, (785) 271-6500

FIRST AND THIRD MONDAY OF

EACH MONTH

BEREAVEMENT SUPPORT GROUP

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

FIRST AND THIRD MONDAY OF

EACH MONTH

CAREGIVER SUPPORT GROUP

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

FIRST TUESDAY OF EACH MONTH

LAWRENCE AREA COALITION TO HONOR

END-OF-LIFE CHOICES

Works with 31 other Kansas communities to

■ CONTINUED ON PAGE 18

SeniorMonthly, June 2007 17

CALENDAR

■ CONTINUED FROM PAGE 17

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

TUESDAYS

GRIEF & LOSS SUPPORT GROUP

Midland Hospice, 200 SW Frazier Circle. 3:00-4:00 p.m.
TOPEKA, (785) 232-2044

TUESDAYS

GRIEF & LOSS SUPPORT GROUP

Midland Hospice, 200 SW Frazier Circle. 5:30-6:30 p.m.
TOPEKA, (785) 232-2044

FIRST WEDNESDAY OF EACH MONTH OLDER WOMEN'S LEAGUE

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

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

GRIEF & LOSS SUPPORT GROUP

Midland Hospice, 543 Lawrence Ave. 1:00-2:00 p.m.
LAWRENCE, (785) 842-3627

THURSDAYS

GRIEF & LOSS SUPPORT GROUP

Midland Hospice, 543 Lawrence Ave. 3:00-4:00 p.m.
LAWRENCE, (785) 842-3627

THURSDAYS

GRIEF & LOSS SUPPORT GROUP

Midland Hospice, 200 SW Frazier Circle. 3:00-4:00 p.m.
TOPEKA, (785) 232-2044

FIRST THURSDAY OF EACH MONTH LAWRENCE AREA PARTNERS IN AGING

Networking group. Call Kim or Laura at (785) 842-0656 for more information. \$11.50 to attend (includes lunch).
JADE MONGOLIAN BARBEQUE, LAWRENCE
11:30 AM-1:00 PM

FIRST AND THIRD THURSDAY OF EACH MONTH

LOSS AND GRIEF SUPPORT GROUP

Heart of America Hospice with association Pioneer Ridge Retirement Community invites individuals coping with the loss of loved ones to join us. Call Gillian at (785) 841-5300 for more information. Located Pioneer Ridge Assisted Living 4851 Harvard Rd, Lawrence. 6:00 p.m.

FIRST AND THIRD THURSDAY OF EACH MONTH

GRIEF SUPPORT GROUP

3:00 p.m. - Brewster Place, 1209 SW 29th St. Sponsored by Heartland Hospice of Topeka. Call Terry Frizzell for information and specific location.
TOPEKA, (785) 271-6500

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

MEMORY SUPPORT GROUP

Held at The Windsor of Lawrence, 3220 Peterson Rd., 2:00 p.m. For more information, please call Amy Homer.
LAWRENCE, (785) 832-9900

SECOND WEDNESDAY OF EACH MONTH

LOSS AND GRIEF SUPPORT GROUP

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

SECOND THURSDAY OF EACH MONTH

NAACP MEETING - LAWRENCE CHAPTER

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

THIRD TUESDAY OF EACH MONTH

LAWRENCE PARKINSON'S SUPPORT GROUP

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

THIRD TUESDAY OF EACH MONTH

GRANDPARENT/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

THIRD THURSDAY OF EACH MONTH

WIDOW'S LUNCHEON

11:00 a.m. - Paisano's Ristorante, Fleming Place, SW 10th St. & Gage Blvd. Dutch treat. Call Terry Frizzell at Heartland Hospice of Topeka for reservations.
TOPEKA, (785) 271-6500

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 TUESDAY OF EACH MONTH

GRIEF SUPPORT GROUP

10:00 a.m. - Manor Care Nursing & Rehabilitation Center, 2515 SW Wanamaker Rd. Sponsored by Heartland Hospice of Topeka. Call Terry Frizzell for information.
TOPEKA, (785) 271-6500

FOURTH WEDNESDAY OF THE MONTH

CAREGIVER SUPPORT GROUP

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

FOURTH WEDNESDAY OF THE MONTH

TOPEKA GENEALOGICAL SOCIETY

TGS promotes and stimulates the education, knowledge and interest of the membership and the public in family history, genealogical records and research. Meets at 2717 SE Indiana Ave., 7:00 p.m. No meeting in April, Novem-

ber or December.
TOPEKA, (785) 233-5762
www.tgstopeka.org

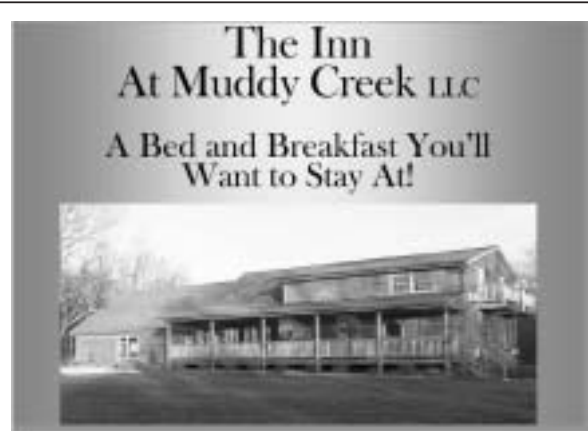
MISCELLANEOUS

JUN 2

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■ CONTINUED ON PAGE 19



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CALENDAR

■ CONTINUED FROM PAGE 18

JUN 2 & 3

2007 GARDEN TOUR

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DOUGLAS COUNTY, (785) 843-7058

JUN 16-24

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www.kansaslavender.com

JUN 22 & 23

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LENEXA, (913) 541-8592
www.ci.lenexa.ks.us

JUN 22 & 23

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LAWRENCE, (785) 843-0109

JUN 23

IRON HORSE 5K RUN

The Iron Horse 5k Run follows the Prairie Spirit Rail Trail. 135 W. Tecumseh, Old Depot Museum.
OTTAWA, (785) 242-1232
www.active.com

JUN 23 & 24

ANNUAL POND TOUR

16th annual self-guided tour of 10 water gardens in the Topeka area.
TOPEKA, (785) 364-3046

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

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

OFF THE WALL

The difference between a man kissing his sister and a pretty girl is about 55 seconds.

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SeniorMonthly, June 2007 19

MOVIE REVIEW

Lucky You is a dude dud

By Esther Luttrell

"Lucky You," starring Eric Bana, Robert Duvall, Drew Barrymore. Warner Brothers Pictures.

Recommendation: Hollywood's answer to Chick Flicks is this Dude Dud.

You are lucky indeed if you had sense enough to keep your six bucks in your pocket instead of encouraging Hollywood to do more of this kind of nonsense. First off, when a girl with a cute little innocent smile goes to bed with a guy she's just met under dubious circumstances, I don't see that she has much room to gripe when he doesn't behave as she thinks he should, so we're off to a rough start from the get-go.

Here's the situation: Huck Cheever (Eric Bana) is a hotshot poker player trying to win a tournament in Vegas, but he has a mountain of personal problems, primarily with his father and biggest competitor, L.C. (Robert Duvall). Not that Pop can be blamed for most of Huck's character flaws, like not having much of a life outside of seeing whom he can pressure, or con, into backing him in various betting endeavors.

I don't know about you, but I don't play poker and I had no idea what all of the knuckle rapping on tables was about. I do know that not a single eerie spirit materialized as a result, and when that failed to happen I was thrown for a loop. Then people kept wanting the dealer to lay down a "river." Added to that was a lot of gambling jargon that left me blank of mind, bleary of eye, and bored out of my tree. But back to the plot, if you're feeling generous enough to call it a plot.

Huck has someone else's money he's to use in a multi-million dollar, Vegas, poker tournament, but he loses it in a bet with his father. I have to tell you that watching those two play poker across a restaurant table was about as exciting as watching father and son shoot up together. Not exactly a heart-tugging occasion. Huck had just met Billie Offer (Drew Barrymore) who shares an apartment with her sister, Suzanne (Debra Messing), Huck's ex-wife (or maybe ex-girlfriend, I'm not sure). Billie's in town to make it as a singer in a tiny tavern, but don't think too much about that aspect. In fact, don't give this relationship thing too much mental energy at all since it's only thrown in to keep something happening on-screen be-

sides the constant shuffling of cards. I had to chuckle and shake my head in irony when tension-building, heart-in-throat music came up in the background—not when love scenes were in progress, but when the two Cheevers were playing cards. Which they did in 90 percent of the film.

Boy-gets-girl (that wasn't so hard to do), boy-loses-girl, boy-wins-girl-again, but believe me, it has little to do with the movie. If you love to gamble, if your mouth goes dry and your tongue gums up against the roof of your mouth when you see a royal flush (we're not talking the Queen Mother's toiletries here), if your stomach clutches in a knot when a Spearmint chewing female calls out, "I fold," then this film is for you. If that's not the case, spend your six bucks on something wiser ... like a dribble of gas at the gas pump, or a thimble of ice cream at a drive-thru. Either of them would be a much better bet. As an aside, and if you're interested in trivia, the movie made \$2.71 million on its opening May 4 weekend. It has gone on to make \$3.62 million as of May 10. Counting my money, and that of the other seven people in the Saturday matinee audience, Warners' is making a killing on this good-heavens-why-did-they-make-the-thing movie.

DVD PICK OF THE MONTH:

"Something's Gotta Give," starring Jack Nicholson and Diane Keaton. Warner Brothers Pictures.

It's no fluke that Keaton won the Oscar, the Golden Globe Award, the Broadcast Film Critics Association Award, the National Board of Review Award, and the Screen Actors Guild Award as Best Actress in this 2003 film. She deserved all of that and more. But, then, so did Jack Nicholson. In fact, the entire cast was flawless. Nancy Meyers wrote, directed and produced the movie, and the co-starring role played by Keanu Reeves was without fault. If you missed it at the theater, rent or buy the DVD. Although it only made \$228 million in worldwide box office, it's superior to anything in the theaters today. I confess, I hate nudity on the screen. But I swear, Nicholson has the funniest rear-end I've ever seen. Don't judge it till you've seen it. The movie isn't for kids, but it doesn't make your face red to watch it with your grown-up friends. It's sweet, funny, serious, poignant, dramatic. It's simply terrific.

CLASSIC DVD OF THE MONTH:

"News at 11," starring Martin



Drew Barrymore and Eric Bana in *Lucky You*

Sheen. I was poking around the video selections at the library, trying to find something I didn't know by heart because I'd seen it so many times, when I spotted a video (not before a DVD) that I'd never noticed before. I always notice Martin Sheen because of a number of reasons. First, I really believed he was our president on "West Wing," and second because when I was with MGM Studios I had the pleasure of working for a writer/producer who had written a number of television films that had starred Sheen. I feel like Sheen is family, which isn't to say I

know him well. I've never met him. Nevertheless, I brought "News at 11" home with me and what a delightful surprise. Sheen was an excellent actor even when he was young, it appears. He plays a top television news anchor who becomes involved in an explosive story of sex abuse in a local junior high school. Beautifully written, sensitively portrayed, it addresses the question of truth versus sensationalism in the media. Highly recommended.

- Esther Luttrell is a writer who lives in Topeka after 20 years in the Hollywood film industry.



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MONTHLY THOUGHT

What is a friend?

A friend is someone who cares and is always there in the time of our needs. It always excites me when I think of what Jesus would reply: "I call you my friends; for all things, I have heard of my Father I have made



Pastor
Herbert
Eplee

known unto you" (St. John 15:15).

It is wonderful to know we have a friend that we can depend upon, by just saying help me Lord, whether you're in an adult-care facility or just at home and lonely. I have walked into many different places and heard the words, "Pastor, I need prayer." That is the time we pray. A friend is always there for you because they love you. There are times in our life we just need a friend who cares.

I would like to tell you a story

about a friend I once knew. He had holes in his pants and in his shoes, but his smile was still there. He barely had enough money to live on, but he had something that took everyone's eye. He wore a smile on his face and joy in his heart that made him a very joyful person. One day a man looked at my friend and said, "What makes you so happy? You always have that great, big smile." He looked at the man and this was his reply: "I found a brand-new friend. His name is Jesus and they told me he died for me. When I asked why, they told me Jesus loved me, so much so that he went to Calvary and died on a cross for all my sins. I thought I had no friends and to find out this good news thrilled my heart. That is why I smile so much. People have looked at me as a nobody, but now I am somebody because Jesus set me free. This is the secret to all my happiness, because now I have a true friend."

"Believe upon the Lord Jesus Christ and thou shalt be saved."
(Acts 16:31)

- Herbert Eplee serves as the pastor of Lawrence Faith Foursquare Church. If you are in need of a friend, Pastor Eplee invites you to call him at (785) 979-0041, or e-mail him at herberteplee@sbcglobal.net. He would be happy to pray for you or just listen to you.

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NOSTALGIA NOTEBOOK

JUNE 1947

Births

JUNE 6: Robert Englund, actor, "Freddy Krueger" in *A Nightmare on Elm Street*

JUNE 19: Salman Rushdie, Indian-born author

JUNE 21: Shirin Ebadi, Iranian activist, recipient of the Nobel Peace Prize

JUNE 22: David Landau, "Squiggy" on *Laverne and Shirley*

Events

JUNE 5: Secretary of State Gen. George Marshall outlines the Marshall Plan for U.S. aid to Europe.

JUNE 10: Saab produces its first automobile.

JUNE 20: Bugsy Siegel found shot in the Beverly Hills mansion of Virginia Hill.

JUNE 21: A Seaman named Harold Dahl claims to have seen six UFOs near Maury Island. The next morning Dahl reports the first modern Men in Black encounter.

JUNE 1957

Births

JUNE 8: Scott Raymond Adams, creator of the *Dilbert* comic strip and the author of several business commentaries, social satires, and experimental philosophy books

JUNE 12: Timothy Busfield, actor, *thirtysomething*

JUNE 23: Frances Louise McDormand, actress, known for her Academy Award-winning role of Marge Gunderson in *Fargo*

JUNE 27: Georgi Parvanov, President of Bulgaria

Events

JUNE 25: United Church of Christ formed in Cleveland, Ohio, by merger of Congregational Christian Churches and the Evangelical and Reformed Church.

JUNE 27: Hurricane Audrey demolishes Cameron, Louisiana, killing 400 people.

VINTAGE AD

Columbia Records



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BOOKSHELF

Cat on the case

By Margaret Baker

Carole Nelson Douglas: *Cat in a Red Hot Rage* (Forge, \$24.95, ISBN 978-00-7653-1401-7)



Feline P.I. Midnight Louie tells another tale of mayhem and mystery in Las Vegas. His favorite human, Publicist Temple Barr, has snagged a national Red Hat Ladies convention. When landlady and friend Electra (a red hatter) is accused of strangling another red hatter (with a Red Hat scarf, no less), Midnight Louie leaves his gustatory investigation of the strip's *koi* ponds to straighten things out.

Michael Norman: *The Commission* (Poisoned Pen Press, \$24.95, ISBN 1-59058-358-2)

Levi Vogue, chairman of the Utah Board of Pardons, is fatally shot in his own driveway. Needless to say, there are myriad suspects amongst the formerly incarcerated. Also, a routine investigation turns up an brief affair, which the powerful Vogue family does not want publicized.



Sam Kincaid, Chief of Special Investigations of Utah's corrections department, is assigned to help Salt Lake City homicide detective Lt. Kate McConnell. Since this is a high-profile case, the mayor and the police head are jockeying for position to take any credit.

And Sam and Kate do turn up a viable candidate for the perpetrator, a violent criminal with a grudge. Before they can slap the handcuffs on him, he is found dead in his car, apparently of suicide. C.S.I. quickly figures out it, too, was murder.

Politics and murder—a dangerous combination well plotted in this police procedural.

Sheryl J. Anderson: *Killer Deal* (St. Martin's Minotaur, \$23.95, ISBN 0-312-350055-8)

Molly Forrester's advice column is doing well, but she would like to move up journalistically to the

crime beat. If she could just stumble across a body.

Manhattan advertising maven Garth Henderson's body isn't in Molly's path, but she has an interview scheduled with Garth's less-than happy ex, Gwen. The interview is supposed to be about Garth's recent buyout of a rival firm associated with Gwen and her current man.

Gwen's a suspect. Gossip circles are also all a-twitter about Garth's "harem" of six gorgeous creative directors, all talented, all ruthless to advance.

Anthony Gagliano: *Straits of Fortune* (Wm. Morrow, \$23.95, ISBN 978-0-06-087809-2)

You've heard that true friends help you hide the body? Ex-cop Jack Vaughn, now a personal trainer in Florida, is asked by the wealthy father of an ex girl friend to take a yacht with two dead men on it and sink it out in the deep. For a hefty sum.

That's only the beginning of a dark novel involving double dealing, romance, and the underworld of Florida crime.

Nick Drake: *Nefertiti* (Harper Collins, \$24.95, ISBN 978-0-06-076589-7)

Nefertiti, wife of Pharaoh Akhenaten, lived in what the Chinese call "interesting times"—her husband has instituted a monotheistic religion (centering on the sun and not coincidentally, himself). The priests of the older pan-theocratic regimes, predictably, are unhappy at losing power and prestige.

Against this historical truth, author Drake sets a taut plot. Ten days before the newly built capital is officially opened, the Queen vanishes. The closest thing to a police department then is the Thebes Medjay, and Rahotep, the youngest chief detective, is assigned the task of locating the Queen in time for the festival. If



he fails, not only he but his entire family will be executed.

Really brings forth the time and place of ancient Egypt!

PAPERBACK PICKS

Mary Jane Maffini: *Organize Your Corpses* (Berkley Prime Crime, \$6.99, ISBN 978-0-425-21580-7)

Charlotte Adams is a professional organizer, and she's been hired by retired teacher Helen Hensley to organize the cluttered mass left by her deceased cousin. Actually, there is an elderly aunt ahead in line, but she is frail, senile and in a care facility.

Miss Hensley, "the meanest woman in the entire Hudson Valley," terrorized Charlotte in high school, and age has not mellowed her.

When her body is discovered under a fallen pillar the first day on the job, Charlotte is one of the many, many people who aren't using up oodles of tissues in grieving.

Charlotte goes from being a minor suspect to the main suspect, the result of some very careful framing. By whom? For what?

Maffini is a genius with dialogue—deft, witty, insightful, as she moves this original plot swiftly along.

Laura M. MacDonald: *Curse of the Narrows* (Walker, \$15.95, ISBN 13-978-0827-1510-4)

When you think you are having a bad day, stop and consider Halifax and Dartmouth, on opposite sides of The Narrows, Nova Scotia's harbor bay. On December 6, 1917, a munitions ship collided with another ship, creating a catastrophic explosion which destroyed much of the cities. It also created a tsunami which washed over the sides of the bay, destroying more but not put-

ting out the fires (in winter, most homes had wood-burning stoves at full blast). That evening the cold rain turned to a full blizzard.

Isolated from the rest of the world, Halifax and Dartmouth struggled to deal with this triple disaster, and MacDonald has researched extensively to bring us the account of the disaster, the community's initial response, and then the national recovery work.

Reminiscent of recent tragedies in New Orleans and Greensberg, MacDonald shows us the aftermath as much as the actual disasters.

Jo Dereske: *Catalogue of Death* (Avon, \$6.99, ISBN 978-0-06-079084-4)

Wilhelmina "Helma" Zukas, Bellehaven, Washington, librarian, returns for her fifth case.

She's gotten to the library on skies; a rare heavy snow is falling. Downtown Bellehaven is basically closed shut, power lines have snapped under the weight, and the library's antiquated heating system has failed. But Helma, characteristically, has gotten to work on time.

Local billionaire Franklin Harrington is there, too. He has generously donated a valuable piece of land to build a new, expanded library. He briefly came by the library and then went out to survey the new site, where dozing was starting. A very loud explosion is heard, and Franklin is dead. And Franklin's siblings want very much to use the plot of land for pricey condominiums.

Lots of twists and turns, and Cupid is still in the picture.

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

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HUMOR

Alien Boinks

My friend from outer space, MKB-11.2, was worried and out of sorts the other evening as he and I had a soft drink together at a dingy roadhouse north of here. The Enchantment is the kind of joint a college town like Letongaloosa must have to keep its academic accreditation.

My friend Kaybe isn't one of those



Larry Day

scary bug-eyed, green-skinned aliens that you read about. Kaybe looks like a giant tuna fish can. Erector Set® arms sprout from the curved sides of his body. Three spindly metal legs drop from the flat underside of his stainless steel torso. He has ball bearing wheels for feet, and three sensor-eyes wave at you from the ends of floppy antennae on the top of his lid.

Customers at The Enchantment don't even raise an eyebrow when Kaybe rolls in and joins me at one of the back booths. They're accustomed to seeing unusual folks around the place—people like Harry the Hulk and his diminutive pal Miniature Mike, and Four-Finger Fannie and Dogface McGee. It's a down home kind of place, and the alien KB-11.2

and I fit right in.

Kaybe wasn't himself the other night. He was distracted and preoccupied. When I was a young man, Kaybe saved my engagement and marriage by teaching me Muserspeak, the language of women. Kaybe has always been cool, kind, and methodical. Now he seemed feverish, and that's difficult for someone who has a tin can for a body. I put my hand on his rounded stainless steel torso. It was warm.

"Kaybe, you're feverish," I said.

"I know. I'm so worried that I've overloaded my diodes," he said. "I've fallen into the clutches of the Galactic Boinks. They're fiscally flagellating me."

"What are Galactic Boinks?" I asked.

"I don't know how to describe boinks," said Kaybe. "There's nothing here on earth to compare them to. Boinks are galactic institutions that serve as financial intermediaries. Originally, boink operations were simple and straightforward. You deposited your financial resources in a boink and drew them out as needed to pay bills, mortgages and for other living expenses," said Kaybe.

Then he described how a bunch of executive goons had taken over the galactic boinks. "These thugs added all kinds of products and complicated services that had very little to do with the boinking business," said Kaybe.

He said they also devised compli-

cated and draconian systems of fees that preyed on depositors. If their computers said your account was overdrawn the boinks began to manufacture penalty fees. Within microseconds they added nonpayment of penalty fees to the regular penalty fees. Your debt mounted hourly. Boinks didn't care that your records showed your account was solvent. The boink worker bees just said, "The Boink isn't responsible for keeping your account solvent, you are. We have no idea what has happened, but computers don't make mistakes, so this is YOUR error." That was it, end of story, and the penalty fees just kept mounting.

"My account was in the black. I'd never been overdrawn. Now I owe penalty fees on top of penalty fees, and I'm in trouble with creditors and galactic merchants from here to Alpha Centauri," said Kaybe.

"You're right, Kaybe," I said. "There's nothing like that here. Stuff like that just doesn't happen on Earth. Is there anything I can do to help you? I'd be happy to lend you a few bucks."

"Thanks, but I'll just have to straighten this out by myself," he said. "When I get solvent again I'm going to hide all my resources in a cave on some derelict asteroid out beyond in Orion's Belt. I'll never trust a boink again."

Just then someone sidled up to our booth. It was Four Finger Fannie. She gazed at Kaybe in silence. Kaybe moved his three-eyed sensors toward her. They communicated telepathically. Then Kaybe gave a little bounce.

"Is it all right if I let my friend in on this conversation?" said Kaybe. The words came to me telepathical-

ly. There was no sound.

"Go ahead," said Fannie.

"Thanks," said Kaybe. "Say on, mademoiselle, this is great news." Fannie's words flowed silently into my head.

"Like I just told you, the Associated Galactic Press is reporting that the Supreme Governing Council has launched a full-scale investigation of the boinking industry. The council has apparently had it with complaints from all over the galaxies about people getting ripped off. The council has forced the boinks to cancel all overdraft charges, and has ordered them to refund all the other phony fees they've been charging," said Fannie.

Kaybe's telepathic "Whoopee," was so loud it gave me a headache.

- 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

Be slow in choosing a friend but slower in changing him.

If you don't see the bottom, don't wade.

Never let your feet run faster than your shoes.

Get what you can and keep what you have; that's the way to get rich.

When the heart is full the tongue will speak.

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SeniorMonthly, June 2007 23

WOLFGANG PUCK

Go wild with mushrooms

By Wolfgang Puck
Tribune Media Services

I'm wild about mushrooms of any kind — no vegetable satisfies me more. Promise me a steady supply of quality mushrooms and I could live a vegetarian life — well, almost.

My favorites are wild mushrooms. Don't misunderstand me, though. I'm not a big mushroom hunter or forager, and I strongly urge anyone considering traipsing through the woods in search of hidden mushroom treasures to be extremely careful lest they accidentally harvest a potentially toxic type. Leave such activities to the experts who always consult an authoritative guide, avoid any specimens in the least bit doubtful, and consult a mycologist (mushroom scientist) when necessary.

The only place you'll find me foraging is at a reputable produce provider who has reliable sources of the wild mushrooms that chefs prize. There are wonderfully chewy, rich-tasting morels; golden or black trumpet-shaped chanterelles; delicate oyster mushrooms; and the aromatic variety known alternately by the French ceps or Italian porcini (I'm partial to the latter name, which translates as "little pigs," a good description of both their plump shape and their sweet, meaty flavor).

Truth be told, most mushrooms today are cultivated commercially. Lumped in among them under the "wild" label are also two of my absolute favorites, not least because

they're now so widely available: Portobello mushrooms (the large, fully matured form of crimino mushrooms, the latter sometimes called "baby bellos"); and Japanese shiitakes. Both have such big, flat, round, flavorful caps that they're sometimes grilled and served on burger buns in place of beef patties.

Whatever type you buy, store them in your refrigerator in a paper bag and use them within a day or two. Before cooking, trim their stems with a small, sharp knife. Gently wipe the

mushrooms clean with a damp cloth or paper towel. If they're especially dirty, you might need to rinse them very briefly with cold water; but don't leave them in contact with water any longer than necessary, as they're as absor-

bent as sponges.

For the same reason, mushrooms are often at their best when cooked very quickly over high heat, as I do for the pasta sauce in the recipe that follows. They're also wonderfully flavorful when cooked for a long time to concentrate their flavor to an intense essence, a trick I also use in the recipe. My mushroom essence, which you can prepare well in advance, has such a rich taste that just a few spoonfuls make a big impression upon four servings of pasta. The rest of the essence refrigerates or freezes well, ready for another batch of pasta or to enrich sauces for meat or poultry.

So get ready, get set, and go foraging for mushrooms — in your market.



Wolfgang Puck's Tagliatelle with Shiitake Mushrooms and Asparagus.

PHOTO BY BOB HALL, CHICAGO TRIBUNE

TAGLIATELLE WITH SHIITAKE MUSHROOMS AND ASPARAGUS

Serves 4

MUSHROOM ESSENCE

2 tablespoons extra-virgin olive oil
6 garlic cloves, peeled and crushed
1/2 pound fresh shiitake mushrooms, stems trimmed, coarsely chopped
2 tablespoons each finely diced carrot, celery, and onion
2 teaspoons minced shallot
1 cup dry white wine
1 cup canned good-quality chicken broth
1/4 cup heavy cream
Pinch minced fresh thyme leaves
Salt
Freshly ground white pepper

MUSHROOM SAUCE

2 tablespoons extra-virgin olive oil
3/4 pound shiitake mushrooms, trimmed and cut into 1/4-inch slices
1 heaping tablespoon minced shallot
2 teaspoons minced garlic
2 tablespoons unsalted butter
1 1/2 cups good quality canned chicken broth
1/2 teaspoon salt
1/4 teaspoon freshly ground white pepper

PASTA

3/4 pound dried tagliatelle or fettuccine pasta
16 medium asparagus spears, trimmed and cut into bite-sized pieces
1/2 cup freshly grated Parmesan cheese
1/4 cup chopped fresh parsley leaves
2 tablespoons chopped fresh basil leaves

At least 1 hour before serving, or up to 1 month ahead, make the Mushroom Essence. In a large saute pan, heat the oil over medium-high heat. Add the garlic and saute until golden, about 3 minutes. Add the mushrooms, carrot, celery, onion and shallot and saute, stirring constantly, 2 minutes more. Reduce the heat to medium, add the wine, and cook until no excess liquid remains, about 10 minutes. Add the broth and cook, stirring occasionally, until about 1/4 cup liquid remains, about 8 minutes more. Stir in the cream, thyme and salt and pepper to taste.

Set the mixture aside to cool for 10 minutes. Transfer to a blender or food processor and puree. Set aside; or transfer to an airtight container and refrigerate for up to 4 days or freeze up to 1 month.

About 30 minutes before serving time, bring a large pot of salted water to a boil.

Meanwhile, make the Mushroom Sauce: In a large saute pan, heat the oil over high heat. Add the mushrooms and saute, stirring continuously, for 2 minutes. Reduce the heat, stir in the shallot, garlic and butter, and continue cooking just until the butter melts completely.

Stir in the broth and 3 tablespoons of the Mushroom Essence. As soon as the mixture comes to a boil, reduce the heat and cook gently for 3 minutes. Season to taste with salt and pepper. Cover and keep warm.

Meanwhile, put the tagliatelle or fettuccine into the boiling water. Cook until tender but still slightly chewy, following the manufacturer's suggested cooking time. About 2 minutes before the pasta is done, add the asparagus pieces to the water.

Pour the pasta and asparagus into a colander to drain. Add them to the sauce and gently toss to coat well. Remove from the heat and stir in the Parmesan. Taste again and adjust the seasoning if necessary.

Evenly divide the pasta, mushrooms, asparagus and sauce among 4 large heated serving plates, arranging some of the asparagus tips and mushroom slices attractively on top. Garnish with parsley and basil and serve immediately.

(Chef Wolfgang Puck's TV series, "Wolfgang Puck's Cooking Class," airs Sundays on the Food Network. Also, his latest cookbook, "Wolfgang Puck Makes It Easy," is now available in bookstores. Write Wolfgang Puck in care of Tribune Media Services Inc., 2225 Kenmore Ave., Suite 114, Buffalo, N.Y. 14207.)

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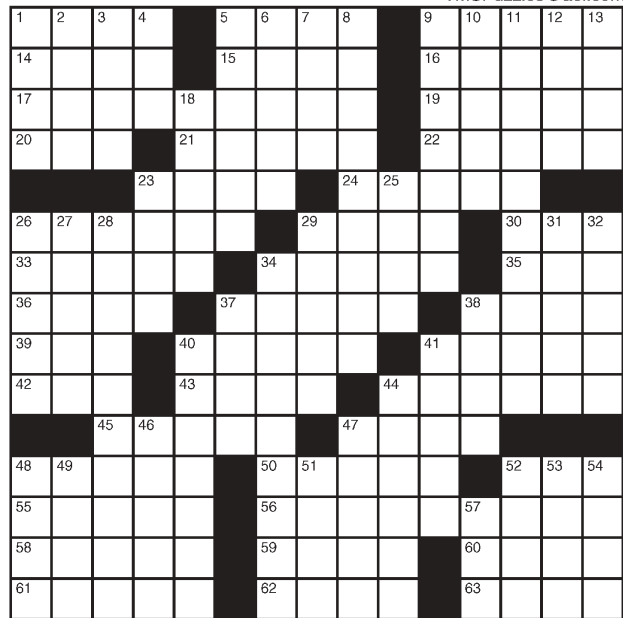
ACROSS

- 1 Accompanying
- 5 Wound mark
- 9 Eyeshade
- 14 Jacob's twin
- 15 Vaulter's need
- 16 Architect Jones
- 17 Aristocrat
- 19 Lubricated
- 20 Put in position
- 21 Terra firma
- 22 Adores
- 23 Reddish-brown horses
- 24 Coeur d'_, ID
- 26 Provokes
- 29 Contract in wrinkles
- 30 Hold up
- 33 Folkways
- 34 Choreographer Antonio
- 35 Armed conflict
- 36 Slant
- 37 Laundry appliance
- 38 European defense assn.
- 39 A place for: suff.
- 40 Mountain nymph
- 41 Batting champ seven times
- 42 Dreamer's letters
- 43 Stink a lot
- 44 Keep under control
- 45 One more time
- 47 Differ slightly
- 48 Gomez Addams on TV
- 50 Zatopek and Jannings
- 52 Pitcher's stat

- 55 Mark sale items
- 56 Anti-union contract
- 58 Dancing Castle
- 59 French she
- 60 Eye amorously
- 61 Pub missiles
- 62 6/6/44
- 63 Slippery fish

DOWN

- 1 Spider traps
- 2 Seagirt land
- 3 Showing strain
- 4 Tint or tone
- 5 Spreads apart
- 6 Beer company
- 7 Plenty
- 8 Holding a smoking gun
- 9 Shrinking flowers?
- 10 Skull bulge
- 11 Table-setting elements
- 12 S-shaped molding
- 13 Fishing poles
- 18 Grizzlies
- 23 Hive populace
- 25 City north of Brussels
- 26 "Forever _"
- 27 Bete _ (pet peeve)
- 28 Cranium innards
- 29 Whitewater vessel
- 31 Horse opera
- 32 Get tan
- 34 Jealous
- 37 German three
- 38 Dark blue



By James E. Hinich
Williamsburg, VA

Answers on page 31

- 40 Temples and navels
- 41 Guelph leader Donati
- 44 Ship's kitchen
- 46 Colossus
- 47 Summer residence
- 48 Very dry
- 49 Evening in Rome
- 51 Canasta display
- 52 Outer limit
- 53 Dice toss
- 54 Becomes mellow
- 57 Unhappiness

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MAGICWORD

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

PANCAKES (sol.: 9 letters)

A-Appetizing; B-Banana, Batch, Batter, Blueberries, Breakfast, Buttermilk; C-Cook; D-Delicious, Dinner; E-Eat, Eggs, Enjoy; F-Flapjacks, Flavor, Flip, Flour, Fluffy; H-Hotcakes; L-Ladle, Lunch; M-Maple syrup, Molasses, Mixing bowl; P-Pecans, Potato, Pumpkin; R-Round; S-Serve, Sift, Skillet, Spatula, Stack, Stove; T-Thick, Toppings; V-Vanilla; W-Whisk

This Month's Answer: **BUCKWHEAT**

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

JUMBLE

THAT SCRAMBLED WORD GAME
by Henri Arnold and Mike Argrion

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

YERME

USEAT

PERUSH

DEGLUC

Print answer here: "_____"



CUTTING DOWN THOSE BEAUTIFUL TREES LEFT THEM LIKE THIS.

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

Answers on page 31

Need a Rate Card?

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26 SeniorMonthly, June 2007

TRIVIALITIES

1. Who starred as Rosa Castaldi in the 1935 film "A Night at the Opera"?
2. Who starred as Wade Whitehouse in the 1997 film "Affliction"?
3. Mike Newell directed this 2003 film that starred Julia Roberts, Kirsten Dunst and Julia Stiles. Name it.
4. Liev Schreiber starred as Robert Thorn in this 2006 horror remake. Name it.
5. In the 2004 film "The Prince and Me," which actor and actress play the title characters?
6. Who starred as Rita Skeeter in the 2005 film "Harry Potter and the Goblet of Fire"?
7. Who directed the 2006 film "The Hoax"?

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Answers on page 31



BRIDGE

Famous hands

By Omar Sharif and Tannah Hirsch

Both vulnerable. West deals.

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

The bidding:

SOUTH	WEST	NORTH	EAST
2♥	2♠	2NT	Pass
3♦	Pass	3NT	Pass
4♦	Pass	4♠	Pass
6♥	Dbl	Pass	Pass
Pass			

Opening lead: Ace of ♣

Last week we featured a hand played at London's Acol Club by Maurice Harrison-Gray. Today's hand features another of the Acol System's originators, Leslie Dodds, also a former world and European champion.

The bidding is lost in time, but could have gone as above. The opening bid, in the Acol style, was a one-round force (two clubs was the stronger game force) and, with both partner's stretching a little, the slam was reached. It is known that Dodds ended up declar-

ing six hearts doubled.

West led the ace of clubs, and in response to East's encouraging nine, continued with the three, declarer ruffing. The ace of hearts was cashed, a trump to the queen revealed the 4-1 break and brought a club discard from East. The bidding and early play made it obvious to Dodds that he could not hope for East to hold the king of diamonds, so at trick three declarer led the ace of diamonds and great was the fall thereon!

There was still a losing diamond to handle. Declarer reverted to a high heart and East parted with his low spade, but when declarer next cashed the jack of hearts, East was ruined. East could not afford to part with a diamond and if he let go the queen of spades declarer would make the contract by taking the marked finesse against the king of spades. A club was no better - declarer would cross to the ten of diamonds, ruff a club to set up the queen, cash the high diamonds and then get back to dummy to score the last two tricks with the ace of spades and queen of clubs.

Note that a spade by West at trick two would have left declarer with no play.

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

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SUDOKU

© Puzzles by Pappocom

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1 through 9 with no repeats.

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

HARD

Solution on page 31

Parkinson's Wellness Clinic

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Parkinson's patient Paul Huss, at right, utilizes the Interactive Metronome during his therapy at Kansas Rehab to regain his balance and endurance.



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SeniorMonthly, June 2007 27

SMART COLLECTOR

With fishing lures, only the fine and unusual have value

QUESTION: I found a fly and bug lure-tying kit that is all original. The box reads Tack-L-Tyers. Is there collector value? —Robert, Glenburn, Maine

QUESTION: I have a very old fishing lure that's been on display in my home for years. I know that it is old, and I want to sell it. Any advice? —James, Tucson, Ariz.

ANSWER: Answers for both readers come from Debbie Ganung, who



Danielle Arnet

with her husband owns and operates Lang's Sporting Collectables, Inc., www.langsauction.com. Lang's bills itself as "The World's Leading Fishing Tackle Auction," and it is. Simply, when quality tackle brings sales results, it happens at Lang's.

According to Debbie, Tack-L-Tyers Fly & Bug-Tying Kits were widely sold in chain hardware and department stores in the 1940s through the '60s. Geared to the beginner, the kits supplied basic materials for the novice.

The reader added in his note that people collect fly fishing material and bamboo rods. Yes, they do. But those buyers are already competent at the endeavor and buy to upgrade their equipment or collection. In the tackle biz, it is the fine and unusual that brings big bucks.

Because it is neither, this kit is, regardless of age, virtually valueless. But it would be great for a child just starting to explore fly fishing.

FYI: Later this month, Lang's will sell a premier collection of American fly reels and bait casting rods. A classic Philbrook and Paine raised pillar trout reel has a pre-sale estimate of \$12,000 to \$15,000. Hundreds of casting flies of all descriptions are also up. See the Web site for details.

The story on the Pflueger Artificial Bait lure contains many lessons for smart collectors.

Called "Phantom" lures, the type has a metal, bullet-shaped head with metal "wings", trailing hooks and a long trailing body made of heavy canvas fabric. The lures were made by several different companies, in-

cluding lure makers in England.

The reader supplied a computer printout of a June 1908 patent application for the lure, but they were actually made from the late 1800s to the 1970s. Smart collectors know that patent date does not usually correlate with date of manufacture. Some items are produced long after the patent is granted. And with a long production run, there may be a series of patents granted.

With an item in such long production, especially one made by so many companies, there are bound to be variations. Some versions are more attractive than others, some are better made, some makers have a broader collector base, and so forth. This is critical in understanding the collector mindset. A really serious collector wants what is acknowledged by other collectors to be the best in his/her area of interest.

Debbie Ganung added that the early Pflueger Phantom was very well made, with a hand-painted body that gave a realistic look. Because the same design was produced for so long, discerning the oldest examples is difficult.

Paradoxically, this is another example where old is not necessarily better. The old Phantoms were produced in high numbers and, because they were high quality, many have survived in excellent condition. And that keeps value down.

So ancillary factors such as an intact original box in excellent condition become critical. Another dividing line is whether the use card packed into each box is present and in superior condition. There has to be a way to differentiate between the

many available and the best.

In very good condition, a Pflueger Phantom on its own retails at \$20 to \$40. The largest and rarest model of the Phantom, if in pristine condition with original card and marked box, would sell at \$200 to \$250.

FYI: The reader also asked about a creel. Creels are rated according to make, condition, type, and style of weave and material used. Refer to Lang's Web site for details and estimates on creels up for auction later this month.

QUESTION: My 20 model cars are 1:24 scale. How can I sell? I don't have a computer. —Manuel, Huntington Park, Calif.

ANSWER: Scale model cars come at all levels of desirability. Many sell

online auctions. Without a computer, your easiest options are to find an eBay trading partner in your community to post for you, or find a hobby scale model club that has swap meets.

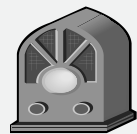
First, I advise a trip to your local library, where a librarian can help you look online at eBay sales for a general idea of how your cars fit into the market.

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

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Brandon Woods completes renovations just in time for its 20th anniversary

Renovations include a new main kitchen, four neighborhood kitchens, five new dining rooms, five new bathing spas, a new pub, three new living room/activity spaces and other common areas.



The Woodlands Restaurant in Brandon Woods' independent living wing. The area also includes a private dining room, which is ideal for visiting families.



The new pub. Residents can pay a small annual membership fee to belong to the Brandon Wood club and then take advantage of the pub's offerings.



The Dogwood Lounge. Residents can use this new living room in Assisted Living to watch movies, visit with friends, play games, and more.



Private room in the North Woods Health Center. The center is a healthcare neighborhood where most Medicare and short-stay rehabilitation and recovery takes place.



A nursing nook in Assisted Living. The nooks replaced the centralized nursing station so that nurses could be closer to the residents.



Residents can enjoy a modified, family-style dining atmosphere in The Arbor, Brandon Woods' neighborhood for individuals with Alzheimer's and other forms of dementia.

SeniorMonthly, June 2007 29





Lawrence ArtMarket returns this summer

Lawrence's newest art fair series, the Lawrence ArtMarket, returns in 2007 as a European-style car-boot-cum-art-booth bazaar featuring a mélange of funky crafts and exquisite arts. Located at one of Lawrence's most visible and historic landmarks, the Lawrence Visitor Center, the ArtMarkets will be held on every fourth Saturday between June-September, rain or shine. The dates are June 23, July 28, August

25 and September 22, and the hours are 9:00 a.m.-4:00 p.m.

As many as a hundred of the area's creative artists and artisans are expected to participate during the entire ArtMarket series, and will be exhibiting and selling their work outdoors from their tents or automobiles, under the venue's trackside canopy or indoors to create a bazaar-like atmosphere. A wide variety

of original arts and crafts will be showcased and will include ceramics, fiber, glass, jewelry, metalworks, mixed media, painting, photography, sculpture and wood. From the weird to the wonderful, the ArtMarket will have it all!

The Lawrence Visitor Center was originally used as the Lawrence Union Pacific Depot and completely restored in March 1996. The site features an

outdoor French-themed flower garden and the trains that come by every 15 minutes or so preserve the original atmosphere of the Depot.

For more information or to register as an exhibitor, visit www.thecenterforart.com or contact lawrenceartmarket@thecenterforart.com (John Wysocki, Director) or (785) 830-9050 (Paul and Deb Chaussee, Asst. Directors).

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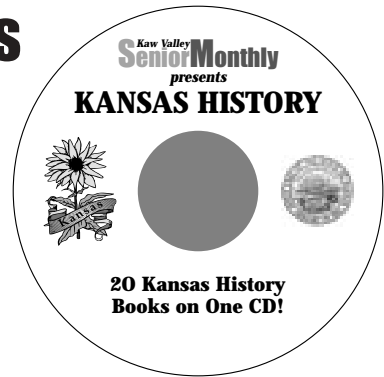
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Nine adult care homes receive awards for culture change

The Kansas Department on Aging has recognized nine Kansas adult care homes for their efforts to transition from the traditional institutional model of care to more person-centered care. Secretary of Aging Kathy Greenlee will present the Promoting Excellent Alternatives in Kansas (PEAK) awards May 3 during the Governor's Conference on Aging Services in Topeka.

The 2007 PEAK winners are:

- Bethel Health Care Centre, North Newton, Leigh Peck, Administrator.

- Brewster Health Center, Topeka, Linda Farrar, Administrator.
- Greeley County Health Services/Long-Term Care Unit, Tribune, Todd Burch, Administrator.
- Medicalodge of Kinsley, Janel T. Burr, Administrator.
- Pleasant View Home, Inman (for an unprecedented fifth straight year), Jalane White, Administrator.
- Salina Presbyterian Manor, Salina, Fran Paxton, Administrator.
- Schowalter Villa, Hesston (for the third time since 2003), James Krehbiel, Administrator.
- Village Manor, Abilene, Amy

Hock Altwegg, Administrator.

- Village Shalom, Overland Park, Mathew Lewis, CEO.

"Facilities that embrace resident-centered care feel different from the moment you walk in the front door," Greenlee said. "The purpose of culture change is to focus as much on quality of life as quality of care. For

residents, this change makes a world of difference."

KDOA began recognizing adult care homes through the PEAK Awards in 2002. Facilities must submit an application for consideration for the honor. The Secretary will make on-site presentations of the awards later this year.

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D	A	R	T	S	D	D	A	Y	E	E	L	S	

JUMBLE ANSWERS

Jumbles: EMERY SAUTE PUSHES CUDGEL

Answer: Cutting down those beautiful trees left them like this – "STUMPED"

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TRIVIALITIES ANSWERS

1. Kitty Carlisle 2. Nick Nolte 3. "Mona Lisa Smile" 4. "The Omen" 5. Julia Stiles and Luke Mably 6. Miranda Richardson 7. Lasse Hallstrom

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Do You Know Lawrence's History?

New street signs for Hanscom Road, Oliver's Court, and Anna Tappan Way have been put up in Lawrence. Those streets, as well as Haskell Avenue, are named after a few of Lawrence earliest settlers. To learn more about them and other founders of Lawrence, order a reprint copy of Richard Cordley's *A History of Lawrence, Kansas: From the First Settlement to the Close of the Rebellion* today!

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In the battle against breast cancer, we're with you every step of the way.

Breast cancer can be a terrifying illness to face alone. But the Lawrence Memorial Hospital Breast Center offers you strength in numbers with a multidisciplinary approach to treatment that is tailored to meet your specific diagnosis and personal needs.

Early Detection: The LMH Breast Center recommends regular mammograms because early breast cancer often has no symptoms. The Breast Center offers a friendly environment dedicated to your comfort and privacy. LMH also provides sophisticated diagnostic technology, including computer-assisted detection and minimally invasive biopsies.

Comprehensive Diagnosis and Treatment: The correct diagnosis and early treatment are paramount to the best possible outcomes. LMH has top breast care specialists in diagnostic imaging, pathology, medical and radiation oncology, surgery and breast reconstruction. Every week at an inter-disciplinary tumor conference at LMH, these specialists discuss selected cases, presenting expert opinions in an interactive forum while developing coordinated treatment programs. LMH also participates in national clinical research trials.

Compassionate Support: Specially trained cancer nurses and support staff are here to help you and your family in this battle. They are here to assist with genetic risk counseling, nutrition planning, patient and family research and resource library, social work and support groups.

To learn more about the LMH Breast Center's coordinated approach to patient care, visit www.lmh.org or call Jodi Carlson, BSN, RN, our Nurse Navigator, at 785.840.2767.



Sharon E. Soule, MD
Medical Oncology

Oncologists use the latest advances in breast cancer detection and treatment to deliver the highest level of quality care to you. Dr. Soule is recognized nationally for her research in developing new therapies for breast cancer and has been honored for her impact on breast cancer care regionally.

