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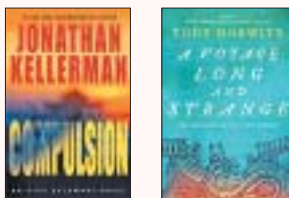
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Vol. 7, No. 12

INSIDE



After making the decision to stay home to care for her son, Arlene Pratt, a former systems analyst, started Elite Private Care to care for others. - page 4



From mysteries to histories, Margaret Baker shares a few book suggestions for your summertime reading. - page 20

INDEX

Bookshelf	20
Business Card Directory ..	25
Calendar	16
Classifieds.....	31
Collectibles Marketplace..	28
Health & Fitness	12, 13
Humor	24
Movie Review	21
Nostalgia Notebook.....	30
People News.....	30
Personal Finance.....	11
Pet World	22
Puzzles and Games	26, 27
Restaurant Guide.....	29
Retire Smart	14
Smart Collector.....	28
The Medicine Cabinet.....	15
Wolfgang Puck's Kitchen....	29

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KEVIN GROENHAGEN PHOTO

Maxine and Don Bryant selling vegetables, granola, hummus, and other items at the Lawrence Farmers' Market on Saturday, May 24.

Bryants stay active with farm, guest house

By Billie David

When Don and Maxine Bryant saw the farm that was for sale a few miles north of McLouth and about a 45-minute drive from Lawrence, they knew they had found what they were looking for.

That was 11 years ago. Now the Bryants take the vegetables they grow in their garden to sell at the Lawrence Farmers' Market. They also grow grapes on the farm, which they have named Jefferson Hill Vineyards and Guest House. The Guest House refers to the bed and breakfast they are preparing to open soon—after they put in the carpet and repair the

damage from the May windstorm that took part of the roof off one of their outbuildings.

"We always wanted a farm," Maxine said. "We looked for years for the perfect one."

Knowing that their enthusiasm wouldn't pay the bills, however, they set about planning the best way to use the farm.

"When we first moved here, we hadn't decided what to grow," Don said. "With hills, you need to raise cattle or grow something like grapevines. Grapevines like hills, lots of sunlight, and good drainage."

So the Bryants began reading, doing research and talking to other

people who grow grapes. In addition, they consulted with experts from institutions such as Kansas State University.

They planted the first group of vines seven years ago, and this year will be their third season for harvesting.

"It takes four or five years for grapevines to produce," Don explained.

They planted a second group of vines five years ago and a third group three years ago.

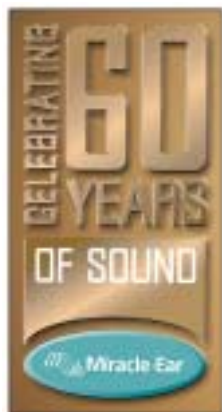
The Bryants make the wine downstairs in the new building that will soon house a bed and breakfast up-

■ CONTINUED ON PAGE THREE

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The Bryants

■ CONTINUED FROM PAGE ONE

stairs and offer private dining on the ground floor.

"Last year we did about 1,000 bottles of wine," Don said. "We will do more this year."

"We do it all by ourselves," Maxine added.

But she admits that they also get a little help from their friends. "When we pick the harvest, we have parties," she said. "Our partiers pick grapes and we feed them fantastic food and wine."

The Bryants also like to socialize at the local farmers' market held in downtown Lawrence.

"We love the farmers' market. There's such diversity there, and our customers are the nicest people," Maxine said.

The Bryants sell potatoes, garlic, onions—they planted 3,000 of them this year—heirloom tomatoes, fennel, cabbage, cucumbers, squash, beets and a wide variety of greens. They have also grown broccoli, but it is not on their list of produce this year.

"We're not organically certified, but we use organic principles," Don said. "All of our produce is chemical free."

Often the certified organic products that he finds on the Planet Natural Web site work better than the traditional chemicals anyway, he added.

At the farmers' market, the Bryants also sell baked goods, including their own recipes for trail mixes and granolas as well as biscotti, cookies and sometimes coffee cakes.

One of their newest products is the result of their collaboration with a neighbor vendor at the farmers' market.

The neighbor, known as Sleepy Jean, specializes in chocolate.

"She buys cocoa beans from around the world and they are all free-trade," Maxine said. "She roasts and shells them and makes her own chocolate. We have worked with her and have come up with two infusions."

The Bryant's wine is infused into Sleepy Jean's chocolates. Dark choc-

olate is infused with a red wine, resulting in a confection the consistency of frosting, which can be eaten straight out of the jar.

The other product is white chocolate infused with white wine, which is especially good over fruit.

The Bryants have also worked with Sleepy Jean on projects such as a benefit for the March of Dimes.

Don and Maxine first met in the library at Oklahoma State University when they were students there.

"That was 100 years ago," Don said.

He doesn't remember if he used a pickup line. What he does remember, he said, is that they were *suggested* to be studying.

They both went on to graduate—Maxine with a degree in education and Don in accounting and psychology. They have been married for 39 years.

Don worked as an accountant in the oil industry and then in purchasing and design. Maxine retired after 30 years of teaching in San Antonio, New Mexico and finally in Shawnee Mission, where she taught reading to elementary students.

The Bryants had some experience with gardening and with growing orchids in their greenhouse in San Antonio, but this was their first attempt at farming.

Both of them have ties with rel-

atives who were farmers, however. Maxine's father was raised on a sheep farm, and Don's grandfather had a farm near Sedan, Kansas.

"I spent a lot of time on my grandfather's farm in the summers," Don said. "I think the country is just in us."

So after looking for a farm in New Mexico they began working with 10 acres near the old Sunflower ammunition plant near De Soto. When they heard about plans to build a theme park there, they started looking elsewhere for their dream farm, this time in earnest.

"We decided it was time to do what we wanted to do," Maxine explained.

But they wanted to do it right, so they took their time and researched the possibilities.

Asked whether they found the prospect of jumping into the grape-growing and wine-making business, growing vegetables and opening a bed and breakfast a bit scary, they replied, "It still is."

But they also recall the advice of Dr. Frank Morrison from KSU, who visited the farm to talk about where to plant the grapevines.

"He said, 'whether you get there or not, enjoy the journey,' so we're taking it slow and it has evolved over time," Don said. "It's not as scary as if you do it all at once. We're just

taking our time and enjoying it."

"We love to be outdoors, and we like to be physically and mentally active," Maxine said.

There's plenty of hard work involved, and so far the Bryants have done it all themselves.

There are also moments of levity, often provided by their big golden retriever, who was once surprised by an over-friendly raccoon and another time carried a "dead" opossum to the backyard, where he laid it down and began digging a hole to bury it. To his surprise, when he turned back to where the opossum lay, the dog found out that it had disappeared.

There's also the beauty of nature to enjoy, including the rolling hills, deer that sometimes come right up to the house, and geese that fly low over the grapevines and serenade the Bryants with their honking on their way to a nearby pond.

But best of all, according to Don, are the special perks of living on a farm.

"Here you can eat whatever you want, get a suntan, a full body workout and a sauna, and it doesn't cost you anything," he said.

For more information about wine tasting, private dining, or the new bed and breakfast, the Bryants can be reached at (913) 796-6822 or jhfarmandwinery@myvine.com.

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Kevin L. Groenhagen

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Home health care business result of perseverance

By Billie David

Arlene Pratt, owner of Elite Private Care, learned about the needs of people requiring home health care through her own experience with her disabled son.

"I started Elite Private Care because I had some really terrible caregivers for my son," she said.

The California native had moved to Topeka to work as a financial systems analyst for the Hills Pet Nutrition company.

"My son was diagnosed with autism about a year after we moved here," she said. "It wasn't a difficult decision to stay home with him because it was hard to find suitable help."

Meanwhile, a friend who was doing caregiving asked Pratt if she would like to be similarly employed.

"I did and I never stopped," she said. "That was about six years ago."

Pratt enjoys her work more than punching numbers into a computer, she explained, because she knows she is doing something meaningful for someone else.

"I started caregiving for others and I enjoyed it so much that I wanted to continue doing it, so I never went back to the office," she said.

But it didn't stop there. One of the people she cared for over the course of four years kept encouraging her to start her own business.

"When she passed on, I decided to do it," Pratt said. "Her favorite word to me was 'persevere.' She told me, 'you can overcome all obstacles.'"

"At my company we say it a lot," she added. "It's one of my favorite words."

Elite Private Care was started in Topeka and now employs 35 people there. The business just opened a branch in Lawrence and is looking to hire 25 people from the Lawrence area.

"The business is new," Pratt said. "We started in Topeka in July and in February we opened the Lawrence office. We hope to be up and running in Lawrence by the end of the month."

Elite Private Care provides in-home care as well as care for people in nursing homes and assisted living facilities. One thing that makes

it different from some other caregiving businesses is that there is no 3-hour minimum. Clients can receive 24-hour care or help on a once-a-month basis, or they can ask for one hour of help if they want someone to assist with something like taking a bath.



"We get a lot of referrals because of the care that people receive," Pratt said. "It is the difference between someone caring for you and someone taking care of you."

More information is posted on Elite Private Care's Web site at

www.eliteprivatecare.com.

"Or if you call in at (785) 817-9489, we can send out packets with information. Or we can send Tricia Sawyer, our district manager. She can go out and meet with the family, provide information and try to determine which person to send," Pratt said. "We are really good at matching the right caregiver and client."

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For more information about the Foursquare Church, call Pastor Eplee at 785-865-1549 or 785-979-0041, or visit www.faithfoursquare.com.

OFF THE WALL

A fellow's mistakes always bother him, especially when he realizes he's too old to repeat them.

10 Kansas nursing homes receive PEAK awards

Kathy Greenlee, Secretary of the Kansas Department on Aging, handed out PEAK awards to 10 Kansas nursing homes at the Governor's Conference on Aging Services in Topeka. The 2008 winners are:

- Atchison Senior Village, Atchison, Peggy House, administrator.
- Brandon Woods Retirement Community, Lawrence, Teresa Moore, administrator.
- Brewster Place, Topeka, Linda Farrar, administrator.
- Brookside Retirement Community, Overbrook, Denise Hoback, administrator.
- Cheney Golden Age Home, Cheney, Teresa K. Achilles, administrator.
- Greeley County Long-Term Care Unit, Tribune, Todd Burch, administrator.
- Johnson County Nursing Center, Olathe, Kimberle Doty, administrator.

- Minneapolis Good Samaritan Center, Minneapolis, Dana Rice, administrator.

- Parkside Homes, Hillsboro, Judith Wineland, administrator.
- Village Shalom, Overland Park, Matthew Lewis, administrator.

"It's a pleasure to honor these homes for their strides in adopting person-centered care," Greenlee said. "If you visit any of these homes, you can see the advantages of this non-institutional approach to care on the faces not only of residents but also staff."

The PEAK awards program began in 2002 to recognize and encourage nursing homes to move away from the institutional model of care to a person-centered model with residents having more control over their activities and schedules. Since then, more than 40 homes have been honored, some more than once. Repeat

winners this year are Brewster Place, Greeley County LCU, Minneapolis Good Samaritan Center and Village Shalom.

Facilities must submit an application for consideration for the honor. The Secretary will make on-site presentations of the awards this summer.

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Pop culture makes mark on Social Security's most popular baby names list

Continuing a popular Mother's Day tradition, the federal government's top official for baby names, Michael J. Astrue, Commissioner of Social Security, in May jointly announced with *Parade* magazine the most popular baby names for 2007. *Parade* also highlighted the Social Security Administration's Mother's Day campaign to inform people with limited income about the extra help available with their Medicare prescription drug costs. That extra help is worth up to \$3,600 per year.

Please click on the Most Popular Baby Names link at Social Security's Web site—www.socialsecurity.gov—to see the top baby names for 2007. The top 10 boys and girls names for 2007 are:

Boys:	Girls:
1) Jacob	1) Emily
2) Michael	2) Isabella
3) Ethan	3) Emma
4) Joshua	4) Ava
5) Daniel	5) Madison
6) Christopher	6) Sophia
7) Anthony	7) Olivia
8) William	8) Abigail
9) Matthew	9) Hannah
10) Andrew	10) Elizabeth

Emily has topped the list since 1996. Jacob has done so since 1999.

Elizabeth returns to the top 10 after a two year absence.

In addition to a list of the 1,000 most popular boys' and girls' names for 2007, the Web site has a list of the top 100 names for twins born in 2007. Jacob and Joshua are again the most popular twin's names.

The Social Security Web site offers lists of baby names for each year since 1880. Social Security started compiling baby name lists in 1997.

Although "American Idol's" Sanjaya did not influence this year's list, other young celebrities influenced the naming of American children. The 2007 success of popular race car driver Danica Patrick undoubtedly inspired her first name moving from number 352 to number 307. Similarly, the name of the first pick in the 2007 NFL draft, Oakland Raiders' quarterback JaMarcus Russell, rose from number 914 to number 743 on the boys' list.

Shiloh, the youngest daughter of Brad Pitt and Angelina Jolie, debuted on the list at number 804. Maddox, the name of their oldest child, has seen steady gains since first appearing on the list in 2003 at number 583 and now ranking at number 226. Suri, the name of Tom Cruise and Katie Holmes' daughter, did not

make the list. But Britney Spears' second son is named Jayden, which ranked at number 18. Miley is new to the girls' list this year, entering fairly high at number 278, attributable to the popularity of teen sensation Miley Cyrus.

Experts also may be surprised by the extent to which American parents are naming their daughters after spiritual and philosophical concepts. One of the most popular names for girls (rising this year to number 31) is Nevaeh, which is "Heaven" spelled backwards. The variant Neveah came in this year at number 891 and Heaven is number 263. Also represented were: Destiny (No. 41); Trinity (No. 72); Serenity (No. 126); Harmony (No. 315); Miracle (No. 461); Char-

ity (No. 673); Journey (No. 692); Destini (No. 914); and Essence (No. 930). Cutting against this trend was Armani (No. 971).

American parents were far less likely to name their sons in this way, although the 2007 boys' list does include Sincere (No. 622) and Messiah (No. 723).

Finally, Commissioner Astrue expressed his approval that Elvis has risen 85 spots from number 761 to number 676 and noted, "It is further proof that Elvis is not dead." He further urged everyone who celebrated Mother's Day to "please go to www.socialsecurity.gov to find out more about prescription drug extra help, direct deposit and our easy-to-use online applications."

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The parent trap: Is it time for a senior home makeover?

There's no doubt where seniors want to live as they age. The majority of seniors polled in recent industry surveys—typically 90 percent—say they want to stay at home. In fact, one recent survey showed that seniors fear loss of independence more than death. But is "home" an accident waiting to happen?

"Adult children worry about their aging parents' ability to live on their own and it's a legitimate fear," said Gail Shaheed, owner of Home Instead Senior Care in Topeka, whose professional caregivers provide non-medical, in-home care and companionship to seniors in Shawnee and Douglas counties. "Many seniors and their families don't think about the fact that homes must adapt to the changing needs of seniors as they age until there's an accident."

There are a number of potential pitfalls in a home, she said. They run the gamut from accessibility to lighting to trip-and-fall hazards.

"We see many problems during the home-safety reviews we conduct for clients," said Shaheed. "We check 50 different items throughout a home including the entrance, living areas, kitchen, bedroom, bathroom and stairways."

For as many problems as there might be, there are just as many solutions and most are simple and inexpensive, experts say. Convincing seniors, on the other hand, is another story.

Dr. Danise Levine, assistant director of the IDEA Center at the SUNY (State University of New York) Buffalo School of Architecture, said that denial often comes into play with seniors.

"We see a lot of seniors who don't want to admit they're getting older so they don't want to make changes in their homes," Levine said. "Secondly, consumer education is an issue. If older adults do need help,

they often don't know where to go or how much things cost."

Those issues can result in seniors adapting behavior to their environment, creating potentially dangerous situations, said Levine, whose IDEA Center is dedicated to improving the design of environments and products by making them more usable.

"If a senior has problems getting off the toilet, he could develop a several-step process of using a window sill, shower curtain and towel bar to get up," she said. A window sill and towel bar will eventually pull away and break. A shower curtain will tear under the strain, creating the potential for an accident.

Unfortunately, many home-makeover changes are responsive rather than proactive, noted Peter Bell, president of the National Aging in Place Council, a Washington-based advocacy group dedicated to helping seniors remain at home.

"Too often changes aren't made until someone has had a stroke or other type of condition that begins to impair their mobility," Bell said. "It's a shame, too, because that's a difficult time to be making a renovation."

Bell said that it's important for a senior-care professional to conduct a home review to identify various safety pitfalls, from poor lighting to the need for adaptive devices in a home.

While many fixes are simple and inexpensive, others might involve a remodeling project to help a senior remain at home.

"That first, important step is to make an objective evaluation of what needs to be done to keep them at home," Shaheed said. "It's one of the most important services we provide."

For more information about the company's 50-item home checklist, contact Gail Shaheed at (785) 272-6101 or www.homeinstead.com/584.



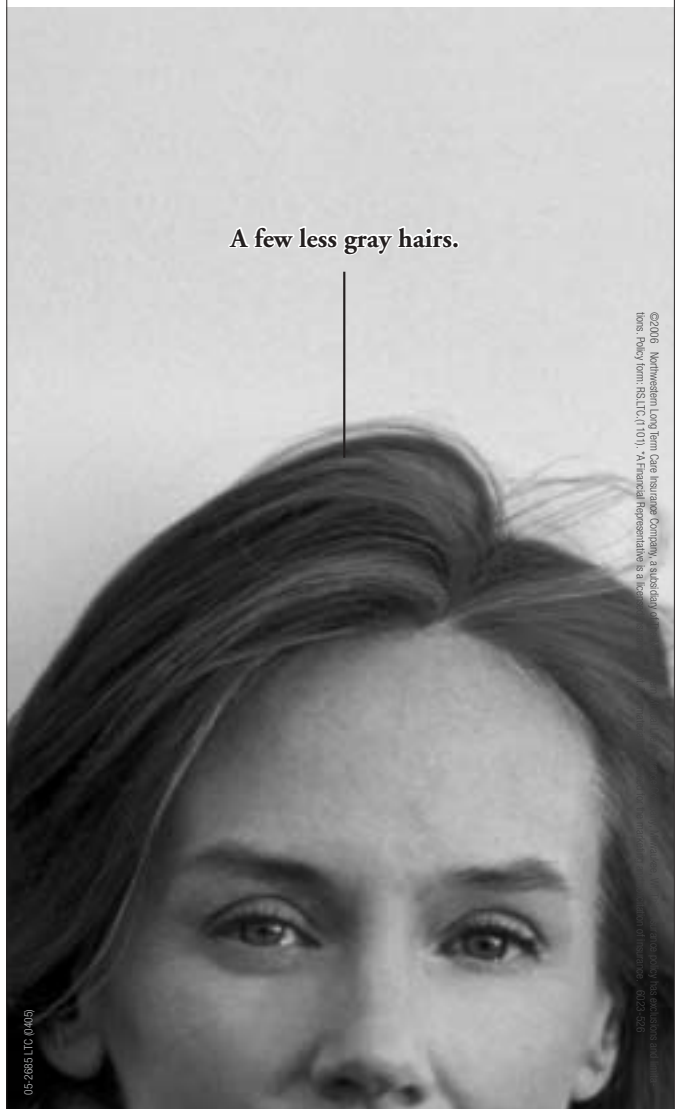
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Tips for boomers planning a 'senior road trip'

(ARA) – Baby boomers, the generation that has defined American culture for decades, are doing it again, rewriting what it means to be senior citizens as the first wave of boomers reach 65. And the generation that enjoyed greater mobility than any before it, is not even close to being ready to give up the car keys.

More Americans 65 and older are on the road than ever before, as still-working and retiring boomers continue to drive for business and pleasure. "Boomers grew up with the concept of the great American road trip, so it's no surprise that as they become seniors they're motor-ing more than their parents probably did at the same age," says Barry Glick of Traffic.com. "Plus, with their emphasis on health and fighting off old age by remaining active, boomers with a little money and time on their hands are rediscovering the pleasures of driving."

Still, experts say, our driving skills inevitably change as we age. With care and caution, older drivers can adapt to their changing abilities and continue to enjoy one of the most prized elements of the American

dream: their driving privileges.

Here are some tips for boomers looking to make the most of their driving enjoyment:

Keep Your Vehicle and Yourself Finely Tuned

Responsible driving calls for two well-cared-for machines—the vehicle and the driver. If you're planning a road trip, make sure your vehicle maintenance is up-to-date. Pay special attention to common problems that can cause roadside breakdowns, such as coolant systems and tire integrity. It's a good idea to get the vehicle serviced before taking it on a long trip.

Likewise, make sure you're in fine tune as well. Have your hearing and vision regularly checked—at least twice a year. If you wear glasses, avoid taking a long driving trip within the first few weeks of getting a new pair; you'll need time to adjust to how the new prescription affects your vision. Be sure you're well rested, not just the night before your trip but for several days prior. Check with your doctor or pharmacist to determine if any medications you're taking might cause fatigue or impair

your driving.

Plan and Prepare

No one enjoys sitting in traffic; it's annoying at best. To maximize your driving enjoyment, avoid high-traffic hours and locales where commuters fill the roads. Drive during quieter road times and avoid times when visibility is naturally poorer. Plan to get on the road after the morning rush ends—typically 9:00 a.m. in most urban areas—and wrap up your day's travels just before the evening rush starts. In most cities or suburbs, that can be as early as 4:00 p.m.

Pre-plan your route and use resources like Traffic.com to get the most up-to-date traffic information on your course of travel. Log on before leaving home (or your hotel room, since most hotels now offer guests free Internet access) and check driving conditions along your route. You can also access the Traffic.com mobile Web site from your Web-equipped cell phone at <http://mobi.traffic.com>, or by calling the (866) MY-TRAFIC (866-698-7232) traffic hotline.

Be sure to give your planned route

and schedule to a family member or friend who'll be staying home. Agree to regular check in times so that someone will always know where you are and how your trip is progressing.

Strength in Numbers

Avoid driving alone whenever possible. Sharing the journey with another driver can help you avoid driving fatigue, and make the trip more enjoyable. Caravanning with one or more other vehicles also enhances the road trip experience and you'll have a back-up vehicle in case of emergency.

Courtesy of ARAcontent

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Lawrence Memorial Hospital receives statewide award

Lawrence Memorial Hospital on April 29 received a statewide Community Connections Award from the Kansas Hospital Association for providing improved access to care to the communities they serve.

Lawrence Memorial Hospital supports Health Care Access, a primary care clinic, to provide care for residents of Douglas County who cannot afford private health care and are not covered by governmental assistance programs. Representatives from the Kansas Hospital Association presented the hospital with the award and a \$1,000 contribution to the program.

The Kansas Hospital Association established the Community Connections Award to recognize hospitals that have distinguished themselves through efforts to improve the health and well-being of their communities. Lawrence Memorial Hospital was one of seven hospitals to be recognized.

"Health Care Access is providing care to more than 1,600 individuals annually and coordinating over \$2.3 million in donated hospital services to improve the health and lives of

patients in Douglas County," said Tom Bell, President of the Kansas Hospital Association. "These statistics show that this community program is vital to serving the uninsured population which continues to be a financial challenge to hospitals across the state."

Gene Meyer, President and Chief Executive Officer of Lawrence Memorial Hospital, said the hospital is proud of its support of Health Care Access and other community programs, and that the timing of the recognition was especially fitting given April 27-May 3 was National "Cover the Uninsured Week."

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Mayor's initiative can benefit entire state

By Lynn Anderson
Kansas Senior Press Service

With the grass greening up, trees sporting lime-colored buds, and daffodils dressed in green leaves, it's a great time to talk about matters green—including issues about the environment.

A great place to start is with the city of Westwood Hills, Kan., and its mayor, Allen Roth. Roth, an environmental architect, has both skills and sensibilities when it comes to the environment, and he is putting those to work. The center of his focus is dissemination of helpful information about practices everyone can use to deal with climate change and energy conservation.

Roth's program is titled **GREEN Initiative: Growing and Recognizing Environmentally Effective Neighborhoods**. The nonprofit's mission is to inform and educate residents about ways to reduce energy consumption with the goal of reducing total carbon emissions in our neighborhoods and cities.

A Web site is in the works. Once it's active, all residents will be able to download a newsletter containing helpful tips. The site is not yet active, so watch the *Kansas Senior Press Service* for an announcement.

"I began the GREEN Initiative last summer, as an outgrowth of interest shown by individuals in my city of Westwood Hills," Roth said. "We worked through our Westwood Hills Foundation, presenting the idea that green 'citizenship' starts at home. I decided that if individuals in my city showed that kind of interest, I could do my part to promote that thinking to the broader community."

Roth's concept is to promote and

distribute environmental information and practices to municipalities, for distribution to their residents. He hopes that the information he circulates will be used by neighborhood organizations and city environmental or sustainability committees, as well.

Here is some information that the GREEN Initiative has already shared.

Maintaining your lawn equipment

Lawn-mowing season is here. Did you know that one hour of mowing with a gas-powered mower emits as much pollution as driving a car 200 miles? That's the equivalent of driving from Kansas City to Wichita! Change oil and air filters regularly to keep your motor running smoothly and emit fewer pollutants. Sharpen your blades after every 10 hours of use. A dull blade shreds the ends of the grass, causing them to dry out and appear whitish. A clean cut prevents disease pathogens from infecting the grass and gives a healthy appearance to the lawn.

Trying your hand at composting

Compost, which is simply decayed organic matter, is an excellent soil conditioner. Making compost is easy, fun, and a great way to improve your soil while reducing the amount of waste that goes into the landfill. Common materials for compost include kitchen scraps, leaves, and yard and garden waste. Here are two excellent online resources about composting:

- www.extension.umn.edu, See Gardening Information, then Soils and Composting

- www.gardeners.com, See Composting

Easy homeowner energy tips

- Turn off lights when leaving the

room. Urge others, especially children, to get into this habit. Green thinking can start at an early age.

- Provide "task" lighting over desks, work areas, and kitchen work tops. This eliminates higher-wattage general lighting.

- To reduce the frequency of light bulb changes in difficult-to-reach places, use energy-efficient compact fluorescent lights.

- Clean light fixtures regularly. Dust and grease buildup on lights decreases output and efficiency.

- Make sure heating vents and return-air ducts are not covered by furniture, drapes, or curtains.

- Clean or replace furnace filters about once a month.

- Make sure fireplace dampers are closed tightly when not in use or install doors over fireplace openings.

- Replace old thermostats with newer, programmable, models. Set thermostats to automatically adjust temperatures at night and return to comfort levels (both heating and cooling cycles) in the morning. Make

adjustments if the house is not used during the day.

- Adjust thermostats to minimum settings while you're away on vacation.

- Clean leaves and cottonwood fluff from the air-conditioning unit. These can impede air flow through the coils. Also cut back shrubs and grass to no closer than 12 inches from the unit.

Saving with compact fluorescent lamps

Realize big savings by switching from incandescent light bulbs to compact fluorescent lamps (CFLs). With an incandescent bulb, 90 percent of the energy is wasted as heat while only 10 percent is converted to light. CFLs use about one-fourth as much electricity, and last 10 times longer, than incandescent bulbs, which you won't have to replace for about five years. The EPA estimates that a typical household could save \$80 each year by switching to CFLs throughout the house.



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Know objectives of mutual funds before investing

With thousands of mutual funds on the market, how can you choose the ones that are right for your individual needs? For starters, you need to know the objective of each mutual fund in which you plan to invest.



Harley Catlin and Ryan Catlin

Let's take a look at the investment objectives of some of the most popular types of mutual funds:

Growth funds - These funds invest in the stocks of growing companies, with the goal of providing investors with capital appreciation. In plain English, you invest in these funds for the potential to make your money grow. If you invest in these funds, you will almost certainly experience the "ups and downs" of the market, but if you hold your funds long enough, and they are well managed, you may in-

crease your investment's potential return.

Growth-and-income funds - As its name suggests, a growth-and-income fund is structured to provide the potential for both growth in value and current income payments, in the form of dividends. Generally speaking, these funds are less risky than growth funds yet offer lower growth potential. But if you are interested in adding an income stream to your portfolio, these funds may be suitable for your long-term investment goals. Dividends can be increased, decreased or totally eliminated at any time without notice.

International funds - You can choose from several types of international funds: global funds, which invest in both U.S. and international stocks; international funds, which invest primarily outside the U.S.; country specific funds, which focus on one country or region; and emerging market funds, which concentrate on small, developing countries. These funds generally invest for growth, but they involve special types of risk, such as currency fluctuations and the prospect of investments being affected by political or

economic turmoil.

Bond funds - When you invest in a bond fund, you are seeking current income, in the form of interest payments, and the chance to help stabilize a portfolio that might be heavily weighted toward stocks. You can choose from municipal bond funds, corporate bond funds, mortgage-backed securities funds and U.S. government bond funds. Although bonds funds generally contain less investment risk than stock funds, they carry a different type of risk: purchasing power risk. In other words, the interest payments you receive from your bond funds may not always keep up with inflation. Keep in mind that bond funds are subject to interest rate risk and fund values may decline as interest rates rise.

Money market funds - These funds invest in short-term debt instruments and are managed to maintain a stable net asset value of \$1 per share, however the value of fund can fluctuate and it's possible to lose money. Many people invest in money market funds if they want to "park" funds for a short time before investing it elsewhere. You might also use a money market fund as

an "emergency fund" containing six to 12 months' worth of living expenses. While these types of mutual funds have some obvious differences, they also share two important traits in common. First, financial professionals choose the investments, which is obviously a benefit to you. Second, mutual funds, by owning many different types of securities, offer the advantage of diversification. (Diversification, by itself, cannot guarantee a profit or protect against a loss in a declining market).

A financial advisor can help you choose those mutual funds that are appropriate for your needs. But it's still your responsibility to know about the funds in which you invest - so, before writing a check, read a fund's prospectus which can be obtained from your financial advisor. The prospectus contains more complete information, including the funds investment objectives, risks, charges and expenses that should be carefully considered.

- 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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Get moving, keep moving to spark your brain

Superheroes are in vogue. Everywhere we look, every time we watch TV, we see the signs: actors in spandex with existential dilemmas and computer-enhanced physiques. They have spider powers, iron wills, and hulking frames. But none of them, it seems, grew strong the old-fashioned way: by the sweat of their brows. Instead, like Godzilla, they



Laura Bennetts

glow with the incandescence of scientific accident or experiment.

Better living through science?

What actual science shows, however, is that nothing is more empowering than exercise. We may not become superheroes, but we can strengthen ourselves enormously, both physically and (just as significantly) mentally. That is the lesson reported by Harvard psychiatrist John J. Ratey, MD, in his new book *Spark*.

Brainiacs

Ratey opens with an amazing story about Naperville, Illinois, where the school district enrolled students in an ambitious district-wide exercise program. Before long, the Naperville students sharply improved not only their fitness but their scores on standardized tests—placing first on a worldwide science test and sixth on a global math test.

What made the difference? Exercise.

Studies show that an hour of daily exercise helps children focus, study and learn. That's what happened in Naperville. And regular exercise has similar benefits for adults, too.

Growing Brains

Your brain is a work in progress, an ever-changing organ that grows when nurtured and shrinks when ignored. A breakthrough study cited by Ratey shows that adults, like kids, retain the "neurogenic" capacity to grow new brain cells, which enhances memory and clear thinking. This study, by Dr. Scott Small at Columbia University in 2007, used MRI imaging to scan brains before and after an exercise program. Small found that just three months of exercise expands the hippocampus—which plays a major role in memory and spatial perception—by an astonishing 30 percent.

That's a fact worth remembering.

Super Brain

Another study cited in *Spark*, by Arthur Kramer, shows that inactive older adults who commit to six months of exercise can expand the problem-solving region of the brain (the prefrontal cortex) so much that it resembles the cortex of a person two to three years younger. Ordinarily, as we age, we lose valuable links between brain cells—and the less we move, the more brain shrinkage we experience. Exercise counteracts that tendency, not only increasing blood flow but releasing nutrients which enrich the brain. Ratey reports a study that showed that our heart releases a chemical, ANP, which has a calming effect on the brain. This may be one of the reasons that regular exercise reduces peoples' feelings

of anxiety and stress.

Mood Boost

Many everyday stresses are minor, but too much stress damages your brain cells. Luckily they can be replenished. Start by cutting back on stressors: stop smoking, drink less alcohol, and avoid fast food. But the best way to stimulate brain growth is exercise. Ratey believes, and shows, that exercise is essential to reduce the harm done by stress, to spur recovery from illness, and to boost brain functioning.

Forget Alzheimer's?

Memory loss, mood swings, and cognitive decline are familiar signs of dementia, including Alzheimer's Disease. But dementia is not necessarily inevitable, or incurable. Ratey reports that, in a Finnish study of 21 years, test subjects who exercised at least twice a week were just half as likely to develop dementia as those who exercised less often. Since, when the test concluded, these subjects were 65 to 79 years old—the age span when dementia occurs—this is an extremely promising finding.

Brain Adventure

By now you know that I'm a fervent *Spark* fan—and you should also

know that the book offers far more than I can summarize here. Ratey's bottom line is that science teaches us to get moving and keep moving—to spark our brains.

Of course, not everyone finds it easy to walk briskly to exercise the brain. Joint pain or shortness of breath may be inhibiting you. But don't be discouraged—with help, anyone can exercise. For example: If you can't ride an exercise bike, you can do a heart-stimulating chair exercise routine with your arms and legs moving to music. Consult a physical therapist to explain how to safely move to build your heart, body, and brain power.

Super You

You may think you hate exercise—but your brain loves it! Flexing your muscles won't make you a superhero, but it will make you smarter, stronger and happier. You have Dr. Ratey's word for it.

- Laura Bennetts, MS PT, is a physical therapist with 25 years experience. She co-owns Lawrence Therapy Services LLC (2200 Harvard Road, Suite 101, Lawrence 66049, 785-842-0656) and Baldwin Therapy Services (814 High St., Suite A, Baldwin City, 66006, 785-594-3162).



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Enjoy that glass of tea!

When the hot summer winds start to blow, don't hesitate to cool off with a glass of (unsweetened) iced tea. Currently, research is pouring in about the health benefits of drinking tea. Although tea has been consumed



Dr.
Farhang
Khosh

for centuries, it has only been recently studied for its health promoting benefits that may act to prevent a number of chronic diseases and cancers. The latest medical research is describing the potential healing powers in this ancient beverage.

Drinking tea is an ancient custom with origins in China. There are basically three types of tea manufactured green tea, black tea and oolong tea. Green tea, black tea and oolong tea are all infusions of dried leaves from the *Camellia sinensis* plant. Today approximately 3,000 varieties of tea are made from the leaves of the *Camellia sinensis* plant. The difference between the teas is how the tea leaves are processed. Black tea has the leaves fermented before they are dried, oolong tea has partial fermentation and green tea the leaves are not fermented. Black tea has the highest consumption. In the west the highest consumers of tea are Great Britain and the United States.

Depending on its strength, one cup of tea will contain approximately 50 milligrams of caffeine. Tea is loaded with tannins, trace elements, vitamins, polyphenols (catechins, anthocyanins and phenolic acids). Since tea contains caffeine, it is a stimulant that also acts as a diuretic increasing the flow of urine.

Tea is aromatic in nature and there are many other good reasons to enjoy a tea. The catechins in the tea leaves act as powerful antioxidants that can be useful in improving health and preventing disease. Here are some reasons to drink tea:

1. **Antioxidants** - The antioxidants in the tea protect your body from the effects of aging and pollution.
2. **Caffeine** - Tea contains less caffeine than coffee, thus causing less low blood sugars and insomnia.
3. **Bone health** - Recently evidence shows that tea may protect and promote stronger bones, which

many be related to the vitamins and polyphenols in the tea.

4. **Oral health** - Tea contains fluoride, which helps to prevent the plaque in your mouth, cavities and gum disease.

5. **Cardiovascular health** - Green tea consumption has been associated with lowering plasma concentrations of cholesterol and lowering blood pressure.

6. **Cancer** - Cancer-preventive effects of tea—especially green tea—are widely supported by clinical studies.

7. **Weight loss** - Tea increases your metabolism and has no calories.

8. **Arthritis** - Research suggests that tea drinkers are less likely to develop some arthritic conditions.

9. **Immune system** - You may be able to boost your immune system through drinking tea, which is a key in preventing disease.

10. **Minerals** - Tea does contain some zinc and folic acid.

With all these wonderful benefits of drinking tea, isn't it about time for everyone to brew up a cup?

- 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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Women's movement's new phase focuses on 'renewment'

The problem lay buried, unspoken, for many years in the minds of American women. It was a strange stirring, a sense of dissatisfaction, a yearning that women suffered in the middle of the 20th century in the United States. Each suburban wife struggled with it alone. As she made the beds, shopped for groceries,



Mark
Miller

ies, matched slipcover material, ate peanut butter sandwiches with her children, chauffeured Cub Scouts and Brownies, lay beside her husband at night—she was afraid to ask even of herself the silent question—“Is this all?”

With that question, the legendary feminist Betty Friedan ignited the women's movement in her landmark 1963 book, “The Feminine Mystique.”

Millions of women were inspired by Friedan and other feminist leaders to launch careers outside the home. They became the first generation of successful career women, identifying themselves as much through work as they did through family, friends or other activities.

Today these women are in their mid-60s or early 70s, and they're retiring. Many of them are again asking themselves Friedan's famous question—but with a new perspective.

For Helen Dennis, it's a fascinating question. An expert on aging, employment and retirement, she's the co-author-with marriage and family therapist Bernice Bratter-of “Project Renewment: The First Retirement Model for Career Women” (Scribner, 2008). The book explores the identity struggle career women face as they move into a new phase of life, based in part on the dialogue of Project Renewment support groups the authors have helped start in Southern California.

“This is a generation of women asking the hard questions,” Dennis

says. “After fitting into an established role, they are now finding there is no role model for where they want to go next. This is the first time in history that so many career women have faced a future that they haven't quite figured out.”

Dennis and Brattner wrote their book for the “Silent Generation”—women who were the first large group to enter the workforce—and for the 40 million Baby Boomer women coming along toward retirement right behind them. Dennis is the first to admit that men also struggle to redefine themselves after leaving their primary careers behind, but she believes the issues women face are unique and need to be addressed—urgently.

“Career women have not been on the radar screen,” she says. “I've worked with 10,000 employees through retirement education programs since the mid 1970s, and career women have not been a focus because the assumption is that they're the same as everyone else. The issues may be the same, but they go about it very differently than men.”

Project Renewment got its start as a series of meetings among women in Southern California close to retirement who were looking to connect with others asking themselves questions about their next phase in life. The authors made up the term “renewment” as an alternative to “retirement,” a word they believe conjures up negative stereotypes and clichés.

Other successful women's retirement networks also have sprung up; a notable example is The Transition Network, a group with more than 2,500 women as members, mainly in the New York City area but with chapters in a handful of other cities.

Dennis advises women to consider the following cornerstone themes of the Project Renewment model as

they weigh retirement decisions:

Change takes time. “It's unrealistic to think you'll leave your career and three days later it will be clear to you what the next chapter looks like,” Dennis says. “We work with women who highly identify themselves with work, and feel passionate about it. So, this takes time.”

Focus on finance. “Money is a keystone—you have to be able to afford the changes you want to make.” While her book really isn't a financial guide, it does address some high-level questions career women should be asking themselves about their financial preparation for life transition.

Find your identity. As professional identity melts away, the transition to a new self-image can be rocky. “This is the big one,” says Dennis. “What has been your identity and what will be your new one? Who are you without your business card?”

Redefine productivity. “We're a work-oriented society with a Puritan ethic. But productivity is only part of what we're worth. So when you leave the workplace, what does it mean to be productive? Do we let the external environment dictate

that or does the definition come from within?”

Relationships. “Say you are married, and your husband retires before you do. How does that work out? You might be reaching your peak because you entered the labor force later.

New friends. “If you've been busy with your career and driven by work, your best friends probably come through your job. How do you go about making new friends at age 64?”

Resources: I've posted a video interview with Helen Dennis this week at <http://retirementrevised.com>, along with links to Project Renewment and other transition network sites for women.

(For millions of Baby Boomers, retirement is an opportunity for reinvention, rather than taking it easy. Mark Miller is helping write the playbook for the new career and personal pursuits of a generation. Mark blogs at www.retirementrevised.com; contact him with questions and comments at mark@retirementrevised.com)

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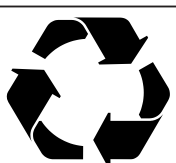
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Leg cramps and restless legs keeping you up at night?

By Robert H. Shmerling, M.D.
Tribune Media Services

QUESTION: I used to take quinine sulfate for nighttime leg cramps. I stopped because I didn't think it was really helping. What other medications do you suggest I try?

ANSWER: Unfortunately, I'm not convinced that any medication, including quinine, is effective for nighttime (nocturnal) leg cramps.

Although nighttime leg cramps are common, the cause is unknown. Besides aging, they are associated with flat feet, a sedentary lifestyle, dehydration and diabetes. Doctors tend to check electrolytes and minerals, including potassium, sodium, magnesium and calcium. However, a definite cause is rarely found.

Options for treatment include:

- Stretching
- Regular exercise
- Drinking plenty of fluids, especially around the time of exercise
- Applying heat (before or just after a cramp)
- Changing footwear, including using arch supports and good cushioning

Although unproven, a number of medications are often tried:

- Quinine
- Muscle relaxants (such as cyclobenzaprine)
- Diphenhydramine (Benadryl and many others)
- Verapamil
- Gabapentin

The U.S. Food and Drug Administration took action in late 2006 to limit the use of prescription quinine so that it is only used as a treatment for malaria. That's because studies suggest it does little to improve night cramps and it has some serious potential side effects, including an unstable heart rhythm, low blood counts and allergic reactions. It can also cause trouble by interacting with other medicines.

Although nocturnal leg cramps are not dangerous, they are quite painful and they disrupt sleep, so see your doctor for an evaluation. Your doctor will look for a specific cause of your leg cramps and review treatment options with you.

QUESTION: I have restless legs, especially at night. My doctor prescribed clonazepam (Klonopin) for restless leg syndrome. It has not helped yet. Does this medicine have to be taken for a certain amount of time before it works?

ANSWER: Restless legs syndrome is a relatively common condition marked by a bothersome urge to

move the legs while resting or trying to sleep. Stretching or other movements of the legs can relieve this urge but only temporarily. People often describe the unpleasant sensation they feel in the legs as crawling, creeping or aching. These symptoms often make it quite difficult to sleep.

The cause is not known. It may be associated with other conditions such as:

- Iron deficiency
- Kidney disease
- Diabetes
- Parkinson's Disease
- Pregnancy
- Varicose veins
- Excess caffeine intake

Stretching before bed and avoiding alcohol, nicotine and caffeine may be helpful. Yoga, homeopathy and acupuncture are of uncertain benefit.

While a number of medications may be helpful, only one is FDA-approved: ropinirole (Requip) was approved in 2005 for moderate to severe symptoms of restless leg syndrome. Other medications that may help include:

- Pramipexole (a medicine that works in a similar way as ropinirole)
- Clonazepam (Klonopin), triazolam (Halcion), zolpidem (Ambien) or related sedatives
- Levodopa/carbidopa (Sinemet)
- Gabapentin (Neurontin)
- Opioids, such as codeine or propoxyphene (Darvon), though generally as an option only if other medicines have failed

• Combinations of one or more of these medicines may be needed to control symptoms.

The effects of clonazepam can

WORDS OF WISDOM

"True, a little learning is a dangerous thing, but it still beats total ignorance." - Abigail Van Buren

"There is a thin line between genius and insanity. I have erased this line." - Oscar Levant

"There is nothing impossible to him who will try." - Alexander the Great

"There is occasions and causes why and wherefore in all things." - William Shakespeare

"The truth is that all men having power ought to be mistrusted." - James Madison

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generally be assessed within a few days of starting the medication. If you've been taking it for a week or two without benefit, talk to your doctor about adjusting the dose or considering another treatment option.

(Robert H. Shmerling, M.D. is associate physician at Beth Israel Deaconess Medical Center, Boston, Mass., and associate professor at Harvard Medical

School. He has been a practicing rheumatologist for over 20 years at Beth Israel Deaconess Medical Center, Boston.)

(For additional consumer health information, please visit www.health.harvard.edu.)

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Our job is to make your job easier.



Midland Care PACE Services is a program of all-inclusive care for the elderly. Midland will coordinate, provide and supervise all the home and healthcare services needed to keep aging individuals safe and comfortable in their own homes and communities. Services include primary and specialty medical care, socialization, transportation, hospitalization and emergency services, meals, prescriptions, in-home support and care and physical and occupational therapies. Service area includes Douglas, Jackson, Jefferson, Osage, Pottawatomie, Shawnee and Wabaunsee counties. Call today or visit our website to learn more.



130 SW Frazier Circle | Topeka, KS 66606 | Phone: 785-232-2044 | www.midlandcare.org

Editor's Note: While every attempt has been made to ensure the accuracy of the events listed below, 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 Groenhagen at (785) 841-9417.

ART/ENTERTAINMENT

MAY 23-JUN 14

NOISES OFF

Noises Off is a brilliant depiction of anything and everything going wrong backstage during a performance. As actors dance on stage, tragedy and mishap reign supreme in the wings. The audience is treated to an uproarious look behind the scenes as we travel to the wings of a theatre where insanity is the norm! Topeka Civic Theatre.

TOPEKA, (785) 357-5211

<http://www.topekacivictheatre.com>

JUN 4-JUL 16

SUMMER BAND CONCERTS

Annual Summer Wednesday evening band concert. Pack up the family and bring your lawn chairs or blankets! Join the Lawrence City Band for a free concert in South Park. LAWRENCE, (785) 832-7930

JUN 6-14

SUNFLOWER MUSIC FESTIVAL

International symphony musicians perform orchestra and chamber music. Symphony musicians from United States and Europe perform orchestra and chamber music. (No concert on June 12). White Concert Hall - Washburn University. TOPEKA, (785) 670-1511

JUN 6-22

ANNIE GET YOUR GUN

"There's No Business Like Show Business" in this Wild West show-within-a show that frames the ageless love story of sharpshooters Annie Oakley and Frank Butler. The amazing Irving Berlin score features "Anything You Can Do I Can Do Better," "The Girl That I Marry," "You Can't Get a Man With a Gun" and many more hits. Lawrence Community Theater. LAWRENCE, (785) 843-7469

<http://www.theaterlawrence.com>

JUN 6-JUL 25

SUMMERTIME JAZZ SERIES

Spend your Friday nights listening to jazz at the vineyard. Holy-Field Vineyard & Winery hosts their annual Summertime Jazz Series. David Basse of City Light Entertainment has arranged another fantastic lineup of talented local Jazz musicians again this year so come early and stay late! Most people would agree that nothing goes better with Jazz than good barbecue and Cooks BBQ out of Lawrence keeps everyone satisfied with their mouth watering menu! Holy-Field Vineyard & Winery.

BASEHOR, (913) 724-9463

<http://www.holyfieldwinery.com>

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

FRIDAYS

ARAB SHRINE

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

BOOKMOBILE

MONDAYS

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

TUESDAYS

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

WEDNESDAYS

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

BOOK TALKS

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

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

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



HARBOR HOUSE
Memory Care Residence

"THE EXPERIENCE OF JOY"

Our mission at Harbor House Memory Care Residence is simple; We are in the business of creating extraordinary and joy-filled life experiences for our memory impaired residents.

We accomplish this goal in many ways. The manner in which we 'deliver' our services like stimulating and specialized activities, great food, housekeeping and caring personal assistance are the essentials of our services. While these services are important and help to make us a "good" provider, at Harbor House these are very fundamental services. Similar to a hotel advertising air conditioning and color TV.

At Harbor House 'the basics' are just the Beginning.



So what does it take to fulfill our commitment of providing our alzheimer's and dementia residents their rightful daily *"Experiences of Joy?"*

It requires many things. More than anything it requires commitment, enthusiasm, passion and ingenuity from each and every Harbor House associate. (A sense of humor, creativity and compassion are mandatory.)

Let Harbor House put some laughter and joy back into the lives of those you love. Let us meet them in their world.

Call Today 785-856-5512
1126 Hilltop Drive, Lawrence
Email: harborhouse@sunflower.com

www.seniormonthly.net

■ CONTINUED FROM PAGE 16

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 5
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. Fee. Lawrence Memorial Hospital, Meeting Room E. 6:30-8:00 p.m. LAWRENCE, (785) 749-5800

JUN 11
SCREENWRITING WORKSHOP
 Esther Luttrell will conduct a 6-week screenwriting workshop on Wednesdays, 7:00-8:30 p.m. at 1259 SW Jewell Ave. Also participating via open phone line will be "Miami Vice" and "Diagnosis Murder" writer/producer Donald Gold; Tom Hanks' and Brad Pitts former vice-president of development, Randi Cushnir; and International Creative Management, William Morris agent Barry Perelman. A copy of Luttrell's screenwriting book, "Screen Writers Q & A" is included in the workshop fee as well as unlimited, ongoing screenwriting counseling at no extra cost. Class size is limited. Contact Luttrell for more information. TOPEKA, (785) 234-5674, estherwrites@aol.com

EXHIBITS/SHOWS

APR 5-OCT 26
ALL ABOARRRD!!! A CENTURY OF RAILROADING IN JACKSON COUNTY
 See model trains and fashions from 1860 to 1960! Discover and learn about railroading in Jackson County, Kansas. Model trains and fashions on display! Roebke House Museum. HOLTON, (785) 364-4991 <http://www.holtonks.net/jchs>

APR 26-JUL 15
2008 WASHBURN ART STUDENTS EXHIBITION
 Exhibition featuring artwork by Washburn University art students. Mulvane Art Museum. TOPEKA, (785) 670-1124

JUN 1-30
LONE RANGER DISPLAY
 Memorabilia from the long-running radio and TV show. The masked Texas Ranger and his horse, Silver, are remembered the entire month of June. A great event for kids of all ages! Swan River Museum. PAOLA, (913) 294-4940 <http://www.miamicountykansashistory.org>

JUN 7
HEARTLAND MILITARY DAY
 World War II Re-enactments, D-Day Observation and WWI Equipment Displays. Admission is free. Forbes Field, 9:00 a.m.-5:00 p.m. TOPEKA, (785) 862-1020

JUN 7 & 8
SUNFLOWER PIECEMAKERS QUILT SHOW
 24th annual. Quilts on display, vendors, demonstrations and a live auction of miniature quilts. Ottawa Middle School. OTTAWA, (785) 242-1411 <http://www.visitottawakansas.com>

JUL 4
WALTER P. CHRYSLER CAR SHOW
 View more than 100 classic and show cars in beautiful City Park. WAMEGO, (785) 456-7849 <http://www.visitwamego.com>

FARMERS' MARKETS

APR 12-NOV 22
DOWNTOWN TOPEKA FARMERS' MARKET
 Variety of fruits, vegetables, flowers, meats and crafts. 10th and Topeka Blvd, State Parking Lot. TOPEKA, (785) 286-3515

APR 12-NOV 8
DOWNTOWN LAWRENCE FARMERS' MARKET
 The market offers fresh fruits, vegetables, baked goods, flowers and herbs, along with musical entertainment. Tuesdays and Thursdays, 1020 Vermont, 4:00-6:00 p.m. Saturdays, 824 New Hampshire, 7:00-11:00 a.m. LAWRENCE, (785) 331-4445

MAY 3-OCT 29
ATCHISON FARMERS' MARKET
 Community farmer's market Wednesdays afternoons and mornings on Saturdays. Demonstrations are often conducted on Saturdays. 500 Main St. ATCHISON, (913) 367-0050

FESTIVALS/FAIRS

JUN 5-8
WAKARUSA MUSIC & CAMPING FESTIVAL
 The Wakarusa Music and Camping Festival is a four-day foot-stomping party in the heart of the Midwest. Clinton Lake State Park. LAWRENCE, (785) 865-4499 <http://www.wakarusa.com>

JUN 6-8
COLEMAN HAWKINS LEGACY JAZZ FESTIVAL
 Festival featuring Jazz, Blues and Latin music. Local and regional artists, National headliner acts, University Jazz Programs, Grill-off contest and dozens of arts and craft as well as food vendors. TOPEKA, (785) 234-6174 <http://www.hawkinsjazzfest.org>

JUN 7
AMERICANA JUBILEE
 Held in downtown Olathe, this event features multicultural dances, instruments, educational events, children's interactive area, booths focused on culture and historical contributions, food vendors and more. OLATHE, (913) 764-1050 <http://www.olatheks.org>

JUN 12-14
KPPA BLUEGRASS FESTIVAL
 Bluegrass festival featuring numerous local and regional bands and performers. Held at beautiful Prairie Lake north and east of the City of Holton. A must attend for the serious or not so serious bluegrass fan. Prairie Lake. HOLTON, (785) 887-6314 <http://www.kppamusic.org>

JUN 14
PLANES, TRAINS & AUTOMOBILES FESTIVAL
 Enjoy live music, food & fun for the whole family in historic downtown Baldwin City. Children will read their Father's Day speeches at 10:00 a.m. on the main stage followed by live music throughout the afternoon. More events will be added soon! Please visit our Web site for current information. BALDWIN CITY, (785) 594-3200 <http://www.baldwincitychamber.com>

JUN 14
TONGANOXIE DAYS
 Outdoor festival to celebrate the charm of the town with a variety of arts and crafts vendors. Features entertainment, games for the kids,

arts and craft booths, an Art Fair, Car Show, BBQ contest, Miss Tonganoxie Days Pageant and much more. New in 2008: Chainsaw carving and auction! Flag Day ceremonies are also a part of this event. Downtown, VFW Park, Historical Society Site. TONGANOXIE, (913) 845-5183 <http://www.tonganoxiedays.com>

JUN 15
JUNETEENTH 2007
 Events include a family festival featuring food and live music, fun and games for kids, children's craft tent and Underground Railroad tours. Burcham Park. LAWRENCE, (785) 423-4508

JUN 18-21
JOHN BROWN JAMBOREE
 The John Brown Jamboree celebrates Osawatomie's rich history and heritage with a carnival, a street dance, a car show, children's activities, a vendor fair, food vendors and live music and many other fun activities for the entire family. OSAWATOMIE, (913) 755-4114

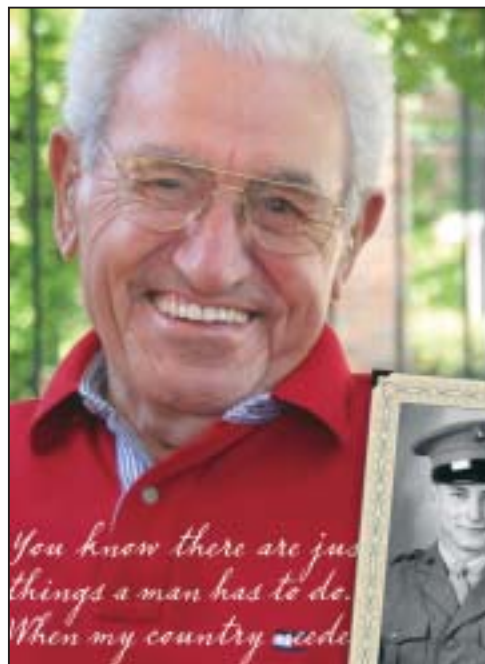
■ CONTINUED ON PAGE 18

Looking for that PERFECT Father's Day gift?

In the 1930's and 1940's the "Aloha Shirt" became a universal symbol of Hawaii's warmth and spirit. Today, almost 70 years later, Paradise Found & Diamond Head Sportswear carry on the Hawaiian tradition by manufacturing the highest quality, most authentic versions of the island's favorite designs.



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An Assisted Living & Memory Care Residence

the Windsor
 OF LAWRENCE

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 Hear the Story, Share a Lifetime.

You will find what you are looking for at the Windsor of Lawrence. We have been serving the needs of Senior adults in the Lawrence community since 1990. Our unique approach to Assisted Living & Memory Care combines a warm residential setting along with caring and helpful staff providing you just the right answer for your housing needs.

Call (785) 832-9900
 or visit us at
 3220 Peterson Rd.
 Lawrence, KS 66049

*Respecting Values, Protecting Dignity,
 Supporting Independence.*

■ CONTINUED FROM PAGE 17

JUN 20 & 21

ST JOHN'S MEXICAN FIESTA

Authentic Mexican food, live entertainment, games and so much more. St. John's Catholic Church. LAWRENCE, (785) 843-0109

JUN 27 & 28

TERRITORIAL DAYS

Celebrate Lecompton's Territorial and National history. Tours, crafts, carnival, reenactments, pioneer skills, demonstrations and historic museums. LECOMPTON, (785) 887-6148
http://www.lecomptonterritorialdays.com

JUN 28

BONNER BLAST

Family event honoring area veterans. Annual festivities include ice cream social, live entertainment, activities for the entire family and gigantic fireworks display. Kelly Murphy Park. BONNER SPRINGS, (913) 667-3323
http://www.downtownbonner.org

HEALTH

MONDAYS THROUGH THURSDAYS FIT FOR LIFE

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

FIRST TUESDAY OF EACH MONTH HEALTH SCREENING CLINIC

Lawrence-Douglas County Health Department. FIRST METHODIST CHURCH, LECOMPTON 9:30-10:30 AM

TUESDAYS AND THURSDAYS

BLOOD PRESSURE CLINIC

Conducted at Stormont-Vail's Healthwise 55 office at 2252 S.W. 10th Ave., at the northeast corner of S.W. 10th and MacVicar, from 10:00 a.m.-1:00 p.m. No appointment necessary. TOPEKA, (785) 354-6787

TUESDAYS AND THURSDAYS

SENIORISE PROGRAM

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

WEDNESDAYS

HEALTH SCREENING CLINIC

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

FIRST AND THIRD FRIDAYS OF EACH MONTH HEALTH CHECKS

Blood pressure checks, glucose checks, skin checks, and education on nutrition and weight loss strategies BY Washburn University School of Nursing Mobile Health Unit. YWCA of Topeka, 225 SW 12th St., south entrance of the building, 9:00 a.m.-1:00 p.m. TOPEKA, (785) 233-1750, EXT. 252

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
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, 2252 S.W. 10th Ave. TOPEKA, (785) 354-6787

FOURTH THURSDAY OF EACH MONTH
NUTRITION CLINIC

1:30-2:30 p.m. Call for an appointment. Healthwise 55 Resource Center, 2252 S.W. 10th Ave. TOPEKA, (785) 354-6787

JUN 4

CHOLESTEROL SCREENINGS

These screening events offer a total only cholesterol by fingerstick. No appointment or fasting necessary; just drop in. Please note there may be a wait involved. We are sorry but at this time we are not offering a full lipid panel test option. \$5/test. Lawrence Memorial Hospital, Atrium, 3:00-5:00 p.m. LAWRENCE, (785) 749-5800

JUN 7

BONE DENSITY SCREENING

Advanced appointment required. Appointment takes about 20 minutes and includes education about osteoporosis prevention as well as the screening. Individual appointment times must be selected. Note: this is NOT the same as a DEXA scan which is ordered by a physician and is done through Radiology. Lawrence Memorial Hospital, Meeting Room D, 9:00-11:00 a.m. LAWRENCE, (785) 749-5800

JUN 12

BONE DENSITY SCREENING

See June 7 description. Lawrence Memorial Hospital, Meeting Room D, 9:00-11:00 a.m. LAWRENCE, (785) 749-5800

JUN 14

CHOLESTEROL SCREENINGS

See June 4 description. Lawrence Memorial Hospital, Atrium, 8:30-10:30 a.m. LAWRENCE, (785) 749-5800

JUN 24

BONE DENSITY SCREENING

See June 7 description. Lawrence Memorial Hospital, Meeting Room D, 1:00-3:00 p.m. LAWRENCE, (785) 749-5800

JUL 2

CHOLESTEROL SCREENINGS

See June 4 description. Lawrence Memorial Hospital, Atrium, 8:30-10:30 a.m. LAWRENCE, (785) 749-5800

JUL 8

BONE DENSITY SCREENING

See June 7 description. Lawrence Memorial Hospital, Meeting Room D, 5:00-7:00 p.m. LAWRENCE, (785) 749-5800

HISTORY/HERITAGE

JUN 18-22

KANSAS CHAUTAUQUA

Kansas Chautauqua, "Bright Dreams, Hard Times: America in the Thirties" is a five-day event that explores the critical changes in political and cultural life in the 1930s through the lives of five historical figures: President Franklin D. Roosevelt, Louisiana Governor Huey Long, Pentecostal leader Aimee Semple McPherson, Harlem Renaissance writer Zora Neale Hurston and Will Rogers. The event includes portrayals of these historical figures, a Youth Chautauqua camp and workshops and festivities. South Park (West side). LAWRENCE, (785) 865-4499
http://www.visitlawrence.com

JUN 27-29

OLD WEST COWBOY DAYS

Celebrate Western and cowboy heritage with Western music, parade, cattle drive and more. The event begins Friday night with a Western Art Show and reception featuring artist Earl Coon at the Carnegie Cultural Center. Tickets available for purchase at Carnegie Cultural Center (501 S. Main). OTTAWA, (785) 418-6047
http://www.oldwestcowboydays.com

JULY 4 EVENTS

JUL 4

4TH OF JULY CELEBRATION AT FORT LEAVENWORTH

Events start at 4:00 p.m. with concessions, games, concert, "Salute to the Union" at 8:00 p.m. and fireworks at dusk over Merritt Lake. In case of rain, fireworks at dusk on the 5th of July. Merritt Lake. FORT LEAVENWORTH, (913) 684-1724

JUL 4

4TH OF JULY PARADE

136th Avenue. Line the sidewalks of Lincoln Avenue to view the parade. View one of the largest and longest running Independence Day parades in Kansas and stick around for the fireworks in the evening. WAMEGO, (785) 456-7849
http://www.visitwamego.com

JUL 4

FOURTH OF JULY

Join the July 4th fun. Bring a picnic and enjoy the music as you watch the fireworks extravaganza. Burcham Park. LAWRENCE, (785) 749-1504

JUL 4

INDEPENDENCE DAY AT FOREST PARK

See Independence Day Fireworks at Forest Park. OTTAWA, (785) 242-3901

JUL 4

JULY 4TH CELEBRATION

Evening disc jockey with fireworks at dark. Jones Park. OVERBROOK, (785) 665-7653
http://www.overbrookks.com

JUL 4

SPIRIT OF KANSAS

An old-fashioned 4th of July celebration with a variety of food booths, arts, crafts and entertainment. Events held throughout the day. Lake Shawnee. TOPEKA, (785) 267-1156

JUL 4

ST. MARYS 4TH OF JULY FAMILY CELEBRATION

Fireworks extravaganza with entertainment, food and drinks and KSU Parachute Club. Riverside Park. ST. MARYS, (785) 437-2077
http://www.saintmarys.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 AND THIRD MONDAY OF
EACH MONTH

CAREGIVER SUPPORT GROUP

Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders. Please join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services, Inc. Douglas County Senior Services, Inc., 745 Vermont St., 2:15-3:45 p.m. LAWRENCE, (785) 842-0543

FIRST TUESDAY OF EACH MONTH

LAWRENCE AREA COALITION TO HONOR END-OF-LIFE CHOICES

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

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 AND THIRD TUESDAY OF EACH MONTH
HEALING AFTER LOSS BY SUICIDE
(HEALS)

For those who have lost a loved one by suicide. Fellow survivors offer an atmosphere of understanding and emotional support by encouraging families and individuals to share healthy ways of coping and grieving. Contact Steve Newcomer at for more information. Pozez Education Center, 1505 SW 8th St. TOPEKA, (785) 478-4947 or (785) 296-8349

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

FIRST WEDNESDAY OF EACH MONTH

GRIEF SUPPORT GROUP

Douglas County Visiting Nurses, Rehabilitation, and Hospice Care and Alterra (formerly Windsor of Lawrence) hold a grief support group open to all on the first Wednesday of each month from 2:00-3:00 p.m. at Alterra at 3220 Peterson Road. For any questions, call Steve Satterfield, Hospice Chaplain. LAWRENCE, 785-843-3738

FIRST WEDNESDAY OF EACH MONTH

BEREAVEMENT SUPPORT GROUP

Sponsored by Douglas County Visiting Nurses and Hospice and led by Chaplain Steve Satterfield. Meetings are held at the Windsor Assisted Living Center from 2:00-3:00 p.m. The public is welcome to join members at all meetings. The topic for the October 3 meeting is "Preparing for the Holidays." The topic for the November 7 meeting is "Remembering Our Veterans." For more information, call Sarah. LAWRENCE, (785) 841-3738

WEDNESDAYS AND SUNDAYS

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

Members of O.U.R.S. have met to dance since 1984. The group meets to dance from 2:30-4:30 p.m. on Wednesdays, and from 6:00-9:00 p.m. on Sundays at the Eagles Lodge. LAWRENCE

■ CONTINUED FROM PAGE 18

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.

**FIRST FRIDAY OF EACH MONTH
STROKE SUPPORT AND RECOVERY GROUP**
Providing an opportunity for learning and sharing experience. Shawnee County Health Agency Main Auditorium, 1615 SW 8th St. 1:00 p.m. For information, call Jan Dietrich in the Adult Field Services Office.
TOPEKA, (785) 291-2490

**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 ones 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 TUESDAY OF
EACH MONTH
CAREGIVER SUPPORT GROUP**
Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders. Please join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services, Inc. Douglas County Senior Services, Inc., 745 Vermont St., 6:30-8:00 p.m.
LAWRENCE, (785) 842-0543

**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 AND CAREGIVER
SUPPORT GROUP**
Strengthening family relationships and improving positive parenting skills. Meets from 6:30-8:00 p.m. at St. Francis Hospital, 2nd floor meeting rooms. Child care available with 48 hours notice.
TOPEKA, (785) 286-2329 or (785) 231-0763

**THIRD WEDNESDAY OF EACH MONTH
RETIRED GOVERNMENT EMPLOYEES**
The Lawrence chapter of the National Active and Retired Federal Employees (NARFE) meets the third Friday of each month at Conroy's Pub, located at 3115 W 6th in Lawrence. Lunch begins at noon and is followed by a program and business meeting. NARFE's mission is to defend and gain benefits that retired career government employees earned. Employees from all branches of government are welcome and encouraged to attend. For more information, please call John or Linda Surritte.
LAWRENCE, (785) 856-0558

**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

**THIRD THURSDAY OF EACH MONTH
CAREGIVER SUPPORT GROUP**
Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders. Please join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services, Inc. Baldwin City Public Library, 800 7th St., 2:00-3:30 p.m.
BALDWIN CITY, (785) 842-0543

**THIRD SATURDAY OF EACH MONTH
TOPEKA WIDOWED PERSONS BRUNCH**
For all widowed people. Meets at the First United Methodist Church, 6th and Topeka Blvd. in the red brick building, known as the Sweet Building on the Southwest corner of the campus. Please bring a covered dish to share. Beverages and table service provided. For more information about the Widowed Persons Service Program, please call Julie.
TOPEKA, (785) 357-7290

**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 EACH MONTH
CAREGIVER SUPPORT GROUP**
Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders. Please join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services, Inc. Eudora Community Center, 1630 Elm, 1:00-2:30 p.m.
LAWRENCE, (785) 842-0543

**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, November or December.
TOPEKA, (785) 233-5762
<http://www.tgstopeka.org>

**JUN 27
AARP CHAPTER 1696**
AARP Chapter 1696 will meet at 11:00 a.m. at the Lawrence Country Club. Lunch served at 11:30. Larry Woydziack, a member of the Kansas Explorers Club, will give the program. New and interested members welcome. Please call Agnes for reservations.
LAWRENCE, (785) 865-3787

MISCELLANEOUS

**JUN 5-7
SALINA SENIOR GAMES**
Salina Senior Games is open to all senior athletes who will be 50 years of age by December 31, 2008. You need not be a Kansas resident. Competition will be divided by gender and age groups. Early deadline is May 9 and final deadline is May 23. Fee.
SALINA, (785) 309-5765
www.salina-ks.gov/recreation/seniors.htm

**JUN 7
BALDWIN CITY WIDE GARAGE SALE**
Annual event featuring approximately 100 yard sales. Directories with information about each sale are available for purchase to assist you in your hunt for new treasures.
BALDWIN CITY, (785) 594-3411
<http://www.baldwincitychamber.com>

**JUN 12-23
KANSAS LAVENDER**
Take home fresh cut flowers or purchase lavender products. Join in a wand making demonstration and sample foods made with lavender. Bring your camera or your easel and paints. Take as much time as you like to savor the surroundings. A picnic area is available. Please call for scheduling. Evening tours are available by appointment only. Ingwerson Farms.
TOPEKA, (785) 478-3246
<http://www.kansaslavender.com>

**JUN 20
SUNSET ON THE PRAIRIE**
5th annual fundraising gala for the Great Overland Station. Enjoy Western singer Judy Coder, cowboy poet Jeff Dawson, and prime Kansas beef prepared by Chef Josh Hoy of the Flying W Ranch. Great Overland Station, 701 N. Kansas Ave., 6:00-10:00 p.m.
TOPEKA, (785) 232-5533
<http://www.greatoverlandstation.com>

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Suggestions for summer-time reading

By Margaret Baker

(Author's note: Many books are now brought out new in three forms simultaneously: print, large print, and audio, not necessarily by the same imprint. We will give the ISBN (International Standard Book Number) of the version we "read," so use the author and title when searching in the bookstore or library.)

Jonathan Kellerman: *Compulsion* (Random House, ISBN 978-0-7393-0723-6)

Alex Delaware, psychologist, often works with gruff Milo Sturgis of the LA police. He is assisting with two "cold" cases involving an unsolved disappearance of a promising college student and a double murder in a small town, and several "new" cases with a tenuous connection—the killer likes to steal a black luxury car for each killing.

Like all Kellerman's Alex Delaware suspense/mysteries, this starts off fast and never lets up, an intriguing combination of police procedural and psychological thriller!

Jo Dereske: *Index to Murder* (Avon, ISBN 978-0-06-079086-8)

Wilhelmina "Helma" Zukas, librarian in the Seattle area, is just short of Monk's obsession with order. Her best friend from childhood is Ruth, avant-garde artist with absolutely no acquaintance with order. Ruth is getting over a busted romance and planning a gallery showing when someone steals two of the collages. The collages were of men she'd had short affairs with—but both died rather suddenly. Is there a clue into their deaths Ruth wasn't aware she was creating?

So Helma has to 1) help Ruth, 2) solve the mystery, 3) do her job efficiently despite a flower-child boss, and 4) maybe restart a romance with the Chief of Police. If you're Helma, a piece of cake.

This series is only available in paperback, a boon to the thrifty!

Carolyn Jessop: *Escape* (Random

House, ISBN 978-0-7393-5457-5)

Carolyn Jessop was born into Warren Jeff's polygamist community. She was married at 17, the third wife of a man holding a high position in Jeff's church. She bore eight children before escaping with those children. Others have escaped, but not with all their children.

This is her unvarnished account of the household life of this branch of polygamy, with emphasis on the role of women in it.

Barbara Delinsky: *The Secret Between Us* (Doubleday, Random House, ISBN 978-0-7393-3350-1)

Delinsky explores the relationship between mother and daughter and the damage a lie of omission can create in this character-driven modern day story.

There's quite an argument going on as Deborah and her daughter Grace drive home from what mom thought was a study group but seems more of a party. Grace is on a learner's permit and doing well despite the rain (and the argument) when a jogger suddenly appears and is struck. They rush to his aid. He's broken his leg, and they call for an ambulance. The policeman who responds assumes Deborah was driving, and Deborah allows him to think so in hopes of shielding her daughter from unpleasantness. After all, the accident was unavoidable.

The consequences of making a bad choice for a good reason makes this an unforgettable book, one you'll think about long after the last page.

Tony Horwitz: *A Voyage Long and Strange* (Henry Holt/Random House) ISBN 978-7393-1723-5)

At school we learned about Columbus's discovery of America (The natives weren't aware it was lost) and about the pilgrims stepping off the Mayflower onto Plymouth Rock.

Dimly a bit of the Spanish Conquistadors, perhaps.

But there's an awful lot of European activity in the American continents between 1492 and 1620 (and even a bit before 1492), as author Horwitz elucidates. Before 1620, Europeans had set foot in over half of the contiguous 48 states!

Horwitz chronicles the Norse settlements in the Canadian east, the English in Roanoke and Jamestown, the French in New Orleans, and several Spanish expeditions.

Who says history is dull? Not this book!

Evelyn Barker: *A Texas Journey* (Dallas Historical Society, ISBN 978-0-9800557-0-2)

Polly Smith was only 28 when she was selected to photograph Texas for the centennial of the Texas' independence from Mexico. She made the back of her pickup into a darkroom, and traveled across the state taking photographs.

Evelyn Barker, librarian with the University of Texas, has gathered these pictures from the Dallas Historical Society and prefaced the book with an enlightening essay. Relive 1935 Texas in these remarkable images!

Mary Reed and Eric Mayer: *Seven for a Secret* (Poisoned Pen Press, ISBN 978-1-59058-489-7)

This is the seventh in the John Lord Chamberlain mystery series, set in the sixth century in Constantinople during the reign of Justinian and his second wife Theodora.

John was a warrior when captured, emasculated, and forced into slavery. He's achieved his independence and worked his way up to Lord Chamberlain in the difficult maze of political intrigue in the court.

John's known to talk to the figure of a young girl in the mosaic in his home, whom he names Zoe. In real life her father was declared a traitor, his life ended, and she wound up on the streets, fates all too common in the era. While John searches for Zoe, he learns of plots, treason, murder, even magic.

A fascinating glimpse into the world of early Christianity, residual Paganism, and a very violent period

of history. Without the glossary, keeping the historical elements in mind would be heavy work. With the glossary the plot moves swiftly.

Mary Doria Russell: *Dreamers of the Day* (Random House, ISBN 978-0-7393-5839-9)

Agnes Shanklin, 40-year old school teacher, knows she isn't brilliant or beautiful like her older sister—her mother has told her so often. She doesn't expect much out of life, content with a drab existence.

The flu epidemic of 1918 takes Agnes' mother, sister, brother-in-law—even the children. It almost takes Agnes, but she survives and inherits a modest income.

She's always wanted to see Egypt, and now she can. She arrives Cairo in 1921 just as the International Peace Conference convenes. She is on the edge of the circle of historic importance, as the political luminaries of the day set up present-day Iran, Iraq, Syria, Lebanon, the volatile Middle East.

Charmingly diffident, Agnes is a delightful character to lead us into the hubris of the 1920s and the coming of the Great Depression.

Scott Sigler: *Infected* (Random House/Crown, ISBN 978-0-7393-2885-9)

Want some science fiction? Here's

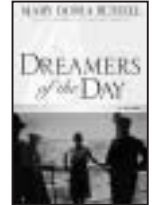
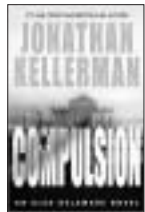
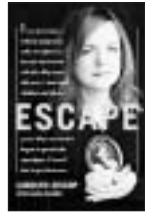
one with an intriguing central problem—a mysterious disease is turning its victims into paranoid creatures who kill their own loved ones. The disease also destroys the host, and

the CIA needs to find a victim with enough tissue remaining to find the cause, and thus the cure, of the man-made plague.

CDC epidemiologist Margaret Montoya discovers the source, a bio-engineered parasite. Perry Dawson finds the initial welts, and all involved know humanity's survival may well depend on the Perry's war with his own body.

Will make you wonder about that tick bite....

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



Dive into a great romantic action comedy

By Esther Luttrell

"Fool's Gold"

Starring Matthew McConaughey, Kate Hudson, Donald Sutherland

Ben Finnegan (Matthew McConaughey) is a good-natured bum-turned-treasure hunter obsessed with finding 40 treasure chests lost at sea in 1715. He sinks everything he owns, including his own rusty-but-trusty salvage boat and his marriage, in his quest. Ex-wife, Tess (Kate Hudson), takes a job aboard a yacht owned by billionaire Nigel Honeycutt (Donald Sutherland). Meanwhile, Finn discovers a clue vital to his finding the jewels and maneuvers his way onto the yacht and into the lives of Tess, Honeycutt and Honeycutt's airhead daughter. The hunt rekindles old affections for Tess and Finn, though they aren't the only ones after the treasure and therein lies the plot.

Once again, I can give you a positive report. This little movie is absolutely absurd, so don't look for deep meaning or much of anything, actually, except fabulous scenery (shot in Key West, Florida), great underwater shots, and a delightful romp

across the screen. When I say absurd, I mean it in the best sense of the word. This kind of absurd involves a likeable adventurer who should have croaked early in the film, but who keeps on ticking despite the licking. The humor is truly funny, written by someone clever. There's a bit of language, but it's mild and appropriately placed. All body parts stay, not only covered, but attached to their owner. Blood is minimal, no worse than a kid in need of a bandage (despite the use of really big weapons). And the love story ... ah, the love story.

Is it possible for two people to be absolutely right for one another? Personally, I think not. I think being "right" is finding someone who is honest with you and who allows you to be honest with them. That's what I liked about this movie. Like life itself, it is woven of much more than romantic moments and whispered nothings. The couple attack life with a sense of humor and a friendship that transcends the physical. That's what makes it so believable: the power of their friendship.

The movie pulled in terrible reviews from professional critics. I was reluctant to see it. Don't believe the



© WARNER BROS PICTURES

Kate Hudson, Matthew McConaughey and Donald Sutherland in the movie "Fool's Gold."

Big Guys. You and I know what real people like, and this little movie has all of those ingredients.

DVD PICK OF THE MONTH:

"Fog of War" (documentary). This telling by Robert McNamara of how the Vietnam war was crafted by those in power is fascinating, even if you aren't a history buff. The technical aspects are among the best I've ever seen, in any documentary. In my view, this compelling DVD should be required viewing in every school in

the country, seen by everyone who has voiced an opinion on government, McNamara and/or the Vietnam War. The inner-workings of our government, and the human elements that lie behind every life-changing decision, are presented in a way that will hold your attention from beginning to end. Available at the Shawnee County-Topeka Public Library.

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

Happy Father's Day!

To My Children:

You know you mean the world to me and I know on Father's Day I'm supposed to get the gift, but this year I am giving you one instead.

I know you worry about my independence and being able to stay in my own home. You want to know that I am strong and safe, and I want to be able to enjoy things with you and my grandchildren. So this year I am calling Kansas Rehab Hospital for a **FREE** evaluation. A little therapy might go a long way in keeping me healthy and that's the best gift there is.

Love, Dad



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Botched euthanasia a tragic departure from standard procedure

QUESTION: My dog had serious kidney disease, and rather than have him suffer long periods of not eating, we decided to put him to sleep. My vet hired a part-time veterinarian to euthanize my beloved Sheltie. It took 45 minutes, and seven needles in five places. I was shocked! My dog



Steve Dale

was in pain, throwing up and fighting on the leash. Please comment. - L.Z., Wethersfield, CT

ANSWER: You're not the only one who's shocked. I don't blame you a bit for your reaction. In fact, yours might be the saddest letter I've ever received,

Dr. Sheldon Rubin, a Chicago veterinarian, explains. "The goal is to create a peaceful death. Standard procedure is to first sedate the dog, using a catheter in a difficult-to-control dog or a dog where we feel finding the vein will be a problem. If the dog is aggressive or very anxious, we can start by putting a muzzle on the dog." What follows is a cocktail which first literally puts your dog to sleep, then soon stops the heart.

"Animals should never feel pain when they are euthanized," says Rubin. "I don't know what happened or why, but this is not at all what a euthanasia experience typically is. Most people are able to gently talk to their pet to say goodbye, and express their love. I am so sorry for you and for your dog that this happened."

You could certainly contact your state veterinary medical association and register a complaint. Perhaps, you'd prevent this apparent incompetence from occurring again. Saying goodbye to a beloved pet under the best of circumstances isn't easy. I can't imagine what you went through.

QUESTION: I feed various dog foods to my 10-year-old miniature dachshund. I also supplement her diet daily with a lunchtime combination of broccoli (flowers and 1/2

stalk), two very small carrots and other vegetables (such as diced cucumbers, brussels sprouts or green beans) and some cut-up melon, pineapple or cantaloupe. I'm British, so that's followed by tea time. I serve my dog tea with skim milk and two slices of banana. At dinner, I add one slice of tomato, two teaspoons of low fat yogurt and sliced fruit. Her only health problem is occasional constipation. How does this diet sound to you? - J.D., Montreal, Quebec, Canada

ANSWER: The good news is, it seems your pup is eating healthier than most of us. But you can overdo a good thing.

As for the tea, Dr. Amy Dicke, technical services veterinarian and pet nutrition expert at Dayton, OH-based Iams, warns that tea is high in oxalate, a natural chemical which can cause or contribute to kidney stones in dogs. Consider eliminating it from your dog's diet. Instead, offer your pooch biscuit or cookie as you sip your tea.

While some fruit and vegetable supplementation is fine, Dicke worries that given the small size of your dog and the amount of fruits and veggies you're offering, either you may not be feeding enough ordinary dog food (with nutrients and protein not found in fruits and veggies), or you might be giving your dog too much to eat all together. You didn't mail a picture of your dog, so it's just a shot in the dark, but be aware that dachshunds can grow nearly as wide as they are long, and obesity presents all sorts of potential health problems.

As for the constipation, Dicke says, "We think of fiber as assisting with constipation in people and dogs, and that's true. But in dogs, with their simple digestive systems, too much fiber may actually cause constipation."

QUESTION: In a recent column, you mentioned a cat was coughing, but your heart expert said coughing isn't typical of cardiomyopathy. Why, then, would a cat cough? My cat occasionally coughs for periods of 15 to 30 seconds. This is disturbing, but otherwise he seems fine. Why do you think he coughs? - T.C.B., San Diego, CA

ANSWER: To be clear, Dr. Mark

Kittleson, the cardiac specialist you refer to, from the University of California-Davis, responded to a question about a specific kind of heart problem (restrictive cardiomyopathy) for which coughing is not typically a symptom. However, Dr. Elizabeth Hodgkins, a feline veterinarian and author of "Your Cat: Simple New Secrets to a Longer, Stronger Life" (St. Martins Press, New York, NY, 2007; \$29.95), points out that it's indeed possible for coughing to be a sign of a heart problem of another nature.

Hodgkins says that based on your description, it's likely your cat's coughing is actually what's referred to as reverse sneezing, which mimics a cough. The cat lowers its head and honks, desperately attempting to relieve nasal passages. At its worst, the reverse sneezing is so frequent that nasal passages become inflamed. Certainly, this can't be comfortable for a cat, but it's more frightening to watch than what a cat actually feels.

"I've never seen a cat pass out or have a life-threatening problem as a result," says Hodgkins. "When this occurs very frequently, antihistamines typically help. If this reverse

sneezing only occurs once every few weeks or less, then we usually don't treat."

Absolutely, because true coughing may be a symptom of heart disease, bronchitis or heartworm-associated respiratory disease, please see your veterinarian.

QUESTION: My husband always washes the dogs' bowls right after they eat. Is this necessary? - K.P., Peoria, IL

ANSWER: "I want to borrow your husband; I have lots of dishes sitting in my sink right now," says Dr. Karen Halligan, author of "What Every Pet Owner Should Know: Prescriptions for Happy, Healthy Cats and Dogs" (Harper Collins, 2007; \$15.95). "It's a good idea to wash ceramic or stainless steel bowls once or twice a week. Daily is fine, but more often is, truthfully, a tad excessive. Plastic bowls are not the best choice, but if you use them, washing after every meal is probably a good idea."

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

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Heaven Wants to Wait

Horace “call me Chip,” Grover sat in the back booth of a dingy backwater tavern in hell. He had ordered a Coke because he was short of cash.

“One outa money Coke,” belowed the barmaid to the bartender.

Chip Grover slumped in the booth as the woeful denizens of hell’s “Brimstone Bar and Grill,” craned their necks to look at him. Incredibly it had come to this for Chip Grover who in life had been one of the



Larry Day

slickest, most prosperous, and most talented spin meisters to ever call a fake news conference or engineer plausible deniability for a crooked politician.

Satan himself welcomed Chip to Hades and set him up in a swank condominium overlooking the boiling sulfur pits. Later the devil sent the sultry Tanya Alonzo to enlist Chip’s help with an important project—getting the heavenly hosts to accept former FBI chief J. Edgar Hoover into heaven. Hoover was, at the time, in limbo and the devil was afraid that if Hoover were assigned to Hades he would subvert the demons and take over the place.

Chip Grover mounted a marvelously successful spin campaign, and in a short time had the heavenly hosts clamoring for the opportunity to usher J. Edgar Hoover through the pearly gates.

Chip Grover’s earthly talents descended to hell with him but, unfortunately, his failings, foibles and addictions accompanied him too.

Chip is a compulsive gambler, and Hades’ casinos are terribly cruel to gamblers. The roulette wheels are rigged, and all the playing cards are stacked so that no matter how many times they are shuffled, the house always wins. Hell’s gamblers play on and on condemned by the hope that their luck will change, but it never does. That’s the hell of it.

So Chip Grover ended up in hell’s seedy Brimstone Bar and Grill ordering an outa money Coke soon after his fabulously successful spin campaign had sent J. Edgar Hoover to heaven.

As he slouched in his booth Chip

heard the bar patrons whistle and howl. Undulating toward his booth was Tanya Alonzo, Satan’s sultry assistant.

Tanya, in mortality, had been the “take no prisoners” CEO of Mangledorf Mining and Smelting, Inc. Now she was hell’s chief liaison for the Division of Limbo Affairs. Tanya and her counterparts among the heavenly hosts dealt with cases of dead people caught between heaven and hell.

Tanya stopped in front of Chip’s booth and with a piercing look silenced the howls and whistles.

The waitress arrived with Chip’s Coke.

“Put it on the boss’s tab,” said Tanya. Then, “Chip, Satan has another serious problem.”

“Baby boomers are swamping limbo,” said Chip.

“You ARE the best,” said Tanya

“How many of these birds are we talking about?”

“There are millions, and the heavenly host team is conflicted. They can’t make up their minds which limbo baby boomers are sheep and which are goats,” said Tanya. “A lot of the boomers thought they could have their cake and eat it too. They found innovative ways to sin and creative ways to do good.”

“Sorting it out can’t be all that difficult,” said Chip.

“That’s what I thought,” said Tanya. “But the heavenly host team quibbles over every borderline case, and in the meantime, more and more cases pour into limbo.”

“They are getting pressure from the executive suite,” said Chip. “Somebody up there has crunched the numbers and has realized that Satan is going to get a lot more than his share of baby boomer souls, so heaven’s management is putting pressure on your limbo counterparts to strain at gnats, swallow camels, and agonize over every jot and tittle of these borderline decisions. Their strategy is to make the whole process take eons. They hope that Satan will blink first. If he does he’ll lose a ton of borderline baby



The plugger 401(k).

boomer souls.”

“Right on,” said Tanya.

“So my job is to mount a spin campaign that makes borderline sheep look like certified goats,” said Chip.

“Can you do that for us, Chip?”

“You bet,” said Chip. “It’ll be easy,”

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



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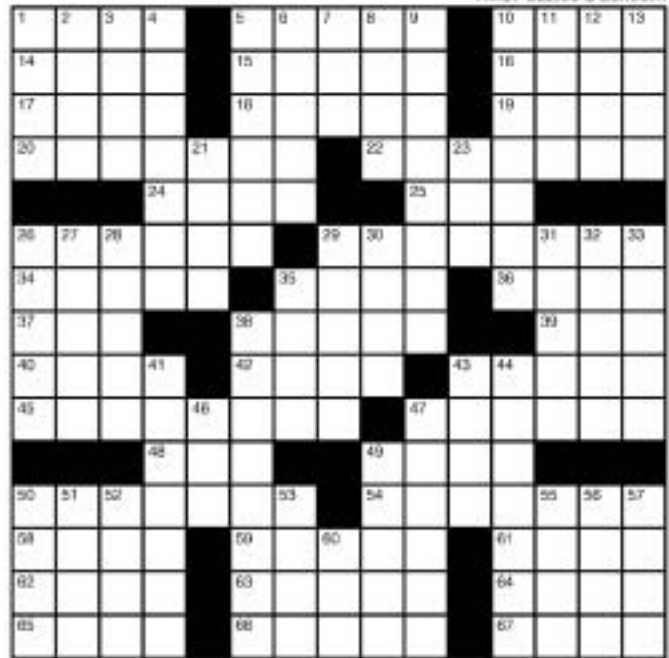
ACROSS

- 1 Charity
- 5 Setting
- 10 Jolts
- 14 Violent melee
- 15 Leslie of "Gigi"
- 16 Toward shelter
- 17 Land unit
- 18 Anxiety
- 19 Third power
- 20 Best Actor, "Life is Beautiful"
- 22 Best Actor, "The French Connection"
- 24 Understands
- 25 Negatives
- 26 Unattractive
- 29 Best Actress, "Room at the Top"
- 34 Separated
- 35 Gloomy effect
- 36 St. Petersburg river
- 37 D.C. VIP
- 38 Best Actor, "It Happened One Night"
- 39 Combine
- 40 H.S. dance
- 42 Sale caveat
- 43 Swiftly
- 45 Best Actress, "Dead Man Walking"
- 47 Flora
- 48 Joke
- 49 Verbal
- 50 Best Actor, "The King and I"
- 54 Best Actor, "Lilies of the Field"
- 58 Pelee spew
- 59 Poison

- 61 Eternal City
- 62 All tied up
- 63 Regretting
- 64 Mr. Redding
- 65 Lucy's husband
- 66 Affirmatives
- 67 Power unit

DOWN

- 1 Semite
- 2 Parasites on people
- 3 Dawn 'til noon
- 4 Best Actor, "In the Heat of the Night"
- 5 Meager
- 6 Celestial dog
- 7 Work unit
- 8 Snack
- 9 Complicate
- 10 Best Actress, "Women in Love"
- 11 Grad
- 12 Ms. McEntire
- 13 Observed
- 21 Yiddish money
- 23 Lifer
- 26 Simple locks
- 27 Met fare
- 28 Landed estate
- 29 Noted virologist
- 30 Woes
- 31 Staff again
- 32 Dislodge
- 33 Levies
- 35 El __, TX
- 38 Contraptions
- 41 Best Actress, "The Rose Tattoo"
- 43 Jai __



By Roger Jurgovan
Potomac, MD

Answers on page 31

- 44 Best Actress, "Shakespeare in Love"
- 46 Bobbsey twin
- 47 Tines
- 49 Spout thoughts
- 50 Ran in the wash
- 51 Spout nonsense
- 52 Designer St. Laurent
- 53 Lecher
- 55 Jot
- 56 Radiate
- 57 Break
- 60 Greek letters

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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.

BORN IN JANUARY (sol.: 7 letters)
A-Alka, Aldrin, Asimov; B-Baer, Bogart, Bolger, Borge; C-Caruso, Couric, Croce; D-Dixon, Duvall; F-Fillmore; G-Gale, Gibson, Goldwater, Gretzky; H-Hackman, Hancock, Hoover; J-Judd; K-Kenton, King, Kitt, Kovacs; L-Lagarias; M-Milne, Mondale, Moss, Mozart; P-Parson, Pavich, Presley; R-Road, Ross; S-Sales, Salinger, Sandburg, Stewart, Stills; V-Van Halen; W-Winfrey, Wyman; Y-Yukor

This Month's Answer: **BELUSHI**

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

JUMBLE THAT SCRAMBLED WORD GAME
by Herb Aschad and Miss Agrippa

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

CHIRB
SCABI
RAFTLE
FRIDAT

At THE " " " " " " " " " " " "

Now arrange the circled letters to form the scrambled answer, as suggested by the arrow outside.

Answers on page 31

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TRIVIALITIES

- Who starred as Jennifer Cavalleri in the 1970 film "Love Story"?
- Larry Peerce directed what 1969 film starring Richard Benjamin, Jack Klugman and Ali MacGraw?
- Clint Eastwood directed and starred in what 1971 thriller that also starred Jessica Walter?
- Who directed the 2002 film "Blood Work"?
- Who starred as Little Bill Daggett in the 1992 film "Unforgiven"?
- Charlie Sheen starred as David Ackerman in what 1990 film?
- The 1995 film "The Bridges of Madison County" was adapted from whose novel of the same name?

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Answers on page 31

BRIDGE

Winning Defense?

By Omar Sharif and Tannah Hirsch

East-West vulnerable. East deals.

NORTH
 ♠ 8 6
 ♥ A 6 4 3
 ♦ Q 10 7
 ♣ Q 10 5 3

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

SOUTH
 ♠ K Q J 9 7 5 2
 ♥ 9
 ♦ K 5 4
 ♣ A 7

The bidding:

EAST	SOUTH	WEST	NORTH
INT	Dbl	Pass	2♣
Pass	2♠	Pass	3NT
Pass	4♠	Pass	Pass
Pass			

Opening lead: Two of ♥

In this column, we constantly remind you to count - both distribution and points. So if you go down at four spades, you can blame us.

The auction was simple enough. After East's 15-17 point no trump and South's double, North's two clubs, by agreement, asked partner

to describe his hand, and the rest of the auction was natural.

Declarer won the opening lead in dummy, ruffed a heart in hand, led the king of spades to the East's ace and ruffed the return of the queen of hearts. Another high trump fetched both outstanding trumps. Declarer continued with the ace of clubs and another, West winning with the king and exiting with a heart, East producing the king as South trumped.

Declarer, one of the country's top players, now needed to hold his diamond losers to one. The only high cards missing were the ace and jack of diamonds and jack of clubs and East had shown up with nine points (ace of spades and king-queen of hearts). Ergo, he had to have them all for his 15 points.

Declarer continued with a diamond to the queen, losing to East's ace. Back came a diamond and declarer had no problem. He played low - down one when West produced the jack of diamonds.

But don't give up on counting. It works on all hands where your opponents have what they promised!

(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.

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

MEDIUM

Solution on page 31

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Market for Hummel figurines not what it once was

QUESTION: Dad was a Navy pilot in World War II and bought a Hummel nativity collection of 10 pieces in Germany. The mark is a "V" with the bee inside. Value? -Kurt, Bangor, Maine

ANSWER: There is good news and bad news on Hummels. On the down side, the market is nowhere



Danielle Arnet

as flush as it was decades ago. Tastes change, and original buyers are aging and selling off. Unfortunately, they discover that younger buyers find zero appeal in "cute," including Hummels.

On the plus side, you have a Nativity scene, and as long as Christmas is collectible, those Hummels will be desirable. If selling is a goal, your task is to find a motivated buyer.

I could quote book value, but book prices do not reflect market reality. A highly regarded source on Hummels is "No. 1 Price Guide to M.I. Hummel Figurines, Plates, Miniatures and More" by Robert L. Miller. Now out of print, versions from 2000 to 2003 are on Amazon.com. "Luckey's Hummel Figurines and Plates: 12th Edition" by Carl F. Luckey is another source. Luckey's lists individual pieces in the 214 (a mold number) Nativity set, first designed in 1951, at \$85 to \$3,000. Clearly, some pieces are more desirable than others, and therefore pricier. Certain

sets are more sellable because buyers pay for pieces they want. With Hummels, it is important to consider size, markings, color and the date of issue.

A book can be especially useful in identifying marks. There are multiple versions of the stated mark, spanning 1940 to 1979. Nuance matters.

A Hummel dealer buys back (if they buy) at half retail or less. Often a lot less. Unless in a targeted auction, Hummels often sell in box lots. The most accessible, true measure of value is online sale results.

Completed sales on eBay show that an 11-piece 214 set sold at \$600. Others sold at about \$300. A 21-piece set with stable brought \$1,272.50. A 1996 Berta Hummel/Goebel set sold for \$1,636.99.

If price is curiosity only, you now have ballpark figures. Before selling, evaluate comparable sets by size and color, characters, etc.

QUESTION: We paid something like \$5,000 for a painting in 1950. I cannot read the signature. I want it appraised, and took it to a gallery owner who offered me \$2,000 for it. I cannot find a professional appraiser here. Are there any in my area? -David, Tucson, Ariz.

ANSWER: Several issues are at play. First, values do not automat-

ically appreciate with age. If that were true, anyone with old furniture, clothes, art and so forth would be sitting pretty. Tastes change, as does the market. That's what makes collecting so interesting.

Five thousand dollars was a lot of money in 1950. Did the seller provide a letter of authentication? Smart collectors always demand a signed statement warranting that the item is what the seller claims it is. For a painting, the dealer's letterhead note includes the artist's name and a description of the work, plus a money back guarantee if the piece is not as represented. The buyer has the right to demand certification or an attorney's approval. Put the paper in a lock box. That way, one never "loses" a signature. It's also documentation for heirs.

Have you contacted a professional appraisal organization? I'm sure at least one will list a qualified, certified art appraiser in your area. If the painting is so esoteric that it needs evaluation in, say, New York, you can consider shipping it fully insured.

FYI: To find a professional appraiser in your area, key: www.appraisersassoc.org, www.isa-appraisers.org or www.appraisers.org.

QUESTION: I'm curious about

my hutch and epergne. Any info? I don't want to sell. -Rita, Yorktown, Va.

ANSWER: The items seen in photos are very good. The "hutch" is actually a combination called a side-by-side. Late Victorian or turn-of-the-century, it appears to be oak, with shelves behind a glass door on one side and a curved front sideboard with drawers below and shelves above on the other side. Claw feet plus beveled and curved glass are nice touches. Other examples are heavy looking and graceless; this one is nicely proportioned. Similar large cabinets retail for \$2,000 to \$2,500 or more, depending on where and how sold.

The cranberry and clear glass epergne with three 8-inch drop baskets and a large center cone plus a fluted base is also of the period. Similar epergnes retail for \$600 to \$1,200, depending on condition and where sold.

(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.)

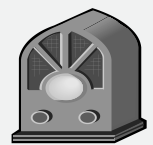
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Treat dad to some pancakes on Father's Day

By Wolfgang Puck
Tribune Media Services

Let's face the truth about Father's Day cooking: Dad usually winds up standing over the grill.

It seems that most men have a genetic need to sear food over open flames, and most of us don't want to be deprived of our right to do that.

But it's sad that not as many men get cooked for as do the cooking on Father's Day. The women in their lives have every right not to cook; after all, they probably do most of it most of the time. And you can't necessarily expect the kids to cook on their own.

That's why I think pancakes are a perfect special treat to cook for Dad. They're easy and quick to make; the results are almost always good (as long as you keep an eye on them so they don't burn); and children enjoy preparing them, preferably with the help of a responsible adult. And, of course, just about everyone loves to eat them.

When making pancakes, most home cooks today rely on boxed or bagged mixes or even cartons of pre-mixed batter. But it's really just as easy to make them from scratch - and you get the satisfaction of truly doing it yourself, and the results are delicious.

Try my recipe here for Sour Cream Pancakes, originally developed many years ago by the chefs at my Postrio restaurant in San Francisco. You'll see how easily it comes together, and how rich and tender they taste thanks to the inclusion of sour cream, beaten egg whites, and some pastry flour.

A few tips will help you get the best possible results: Make sure you don't overmix the batter, blending the wet and dry ingredients together only just enough to combine them. Then fold in the beaten egg whites just enough without deflating the

batter. It's also important to let the batter rest a bit (while you preheat the oven to keep the first cooked pancakes warm), which gives the baking powder time to release the carbon dioxide gas that lightens the batter even more.

I love to serve these with real maple syrup, slightly warmed. Or I'll make a simple fruit syrup by combining one part sliced fresh strawberries, peaches, or plums - or chopped apple lightly sauteed in a little butter - with three parts maple syrup. Lightly sweetened whipped cream is a nice bonus. Or, if I feel like savory pancakes instead of sweet, I'll top them with smoked salmon and a little sour cream mixed with grated lemon zest and chopped fresh chives.

Any way you eat them, the results are so delicious that everyone in the family will have a happy Father's Day - even if Dad has to get up early to make them himself!

SOUR CREAM PANCAKES

Makes 12 pancakes, each about 3 1/2 inches

- 2 eggs, separated
- 1/2 cup sour cream
- 1/2 cup nonfat milk
- 4 ounces unsalted butter, melted
- 1/2 cup pastry flour
- 1/2 cup all-purpose flour
- 1 tablespoon sugar
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- Fresh berries, for garnish (optional)
- Warmed maple syrup or fruit syrup, for serving

In a small mixing bowl, whisk together the egg yolks, sour cream, milk, and melted butter.

In a larger mixing bowl, sift together the pastry and all-purpose flours, sugar, baking powder, and salt. Make a well in the center, pour

in the egg-yolk mixture, and whisk just enough to blend the wet and dry ingredients.

In a clean bowl with the clean beaters of a hand-held electric mixer at medium speed, beat the egg whites until they're shiny and firm but not dry. Stir a dollop into the batter; then, with a rubber spatula, fold in the remaining whites until just a few streaks of white show.

Preheat the oven to its lowest setting while you leave the batter to rest for about 15 minutes.

Heat a nonstick griddle or a large nonstick frying pan over medium heat. Brush the surface lightly with butter. Using a 1/4-cup measure, pour the batter onto the griddle. When each pancake is golden brown on one side and its surface is covered with small bubbles, after 1 to 2 minutes, use a wide spatula to turn it over; cook the other side until golden brown. As the pancakes are done,

transfer them to a tray lined with a clean kitchen towel and keep them warm in the oven.

To serve, arrange the pancakes stacked or overlapping on individual warmed serving plates. Garnish with fresh berries if you like. Serve with your choice of warmed maple syrup or fruit syrup.

(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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SLAPSTIX

He who makes the same mistake over and over again learns to do at least one thing well.

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Wolfgang Puck's Sour Cream Pancakes

PHOTO BY JOHN DEBERNARDI, CHICAGO TRIBUNE

Happy Retirement, Jim Cates!



Senior Monthly would like to wish you much success in all your future endeavors. We'll greatly miss hearing your voice on the radio.

Senior Monthly interviewed Jim Cates for our July 2005 issue. That article has been posted on Senior Monthly's blog at <http://seniormonthly.blogspot.com>

Restaurant Guide

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

Self-publishing grandma offers 'One Touch from the Maker'

Pat W. Kirk says, "The times are dangerous and stressful. Traffic, crime, our jobs and illness sometimes make us wonder why we shouldn't call in sick. For the rest of our lives.



Kirk

When life feels like one day too many, we can find the God of the Universe walking among us." She compiled 21 true stories of His intervention in the book *One Touch from the Maker*.

Kirk wanted to retire in 2002, but not for the usual reasons. Quietly knitting in a rocking chair had no interest for her. Traveling hurt her feet. She wanted to publish a book. She published a newsletter in 1995. And she published a magazine for singles years before that. So at 62, Kirk applied for her Social Security and her very small pension from the federal government. She only had 10 years with them, so she didn't get much. She quit her full-time job with Pearson Government Solutions. She replaced it with a job with fewer hours for about nine months a year, also with Pearson.

The money for the temporary job was better than the money for the full-time job. A door opened. She had time and money at the same time.

The mission statement for *One Touch from the Maker* is to "Tell of all His wonderful acts." These 21 stories are a few of them.

The baby was an innocent victim of the radiation treatments her mother received. But the doctors insisted the baby could be brain damaged. Could a recently paralyzed mother deal with such a disabled child? They wanted to abort. Wasn't that the only sensible answer?

This is only one story appearing in *One Touch from the Maker*. Every story is unique. Each one represents a person who felt God's personal touch. He or she experienced salvation; healings, though not of the jump-out-of-my-chair variety. The unbearable became bearable. People near soup-kitchen poverty find provision; and others. The authors range from a Navy officer/professor

to a Messianic Jew to a man rescued from a life in prison.

For more information readers may go to <http://makerstouch.typepad.com> and link to a sample story, the Preface and/or the Contents page. *One Touch from the Maker* is also on Amazon.

LMH vice president appointed Baldrige examiner

Jeff Novorr, Vice President/Corporate Compliance & Privacy Officer for Lawrence Memorial Hospital, has been appointed to the 2008 Board of Examiners for the Malcolm Baldrige National Quality Award. The award, created by public law in 1987, is the highest level of national recognition for performance excellence that a U.S. organization can receive.



Novorr

As an examiner, Novorr is responsible for reviewing and evaluating applications submitted for the award. The board is composed of approximately 500 leading experts selected from industry, professional

and trade organizations, education and health care organizations, and government.

Novorr, a graduate of the Leadership Lawrence program, has worked for LMH for seven years and has 12 years of experience in health care administration.

Those selected meet the highest standards of qualification and peer recognition. All members of the board must take part in a preparation course based on the Baldrige Criteria for Performance Excellence and the scoring and evaluation processes for the Baldrige Award.

Awards may be given annually in each of five categories: Manufacturing, Service, Small Business, Education and Health Care. Baldrige Awards have been presented to 74 organizations.

NOSTALGIA NOTEBOOK

JUNE 1938

Births

JUNE 7: Goose Gosoulin, American football player. Gosoulin was a Sporting News AFL All-League player in 1960, 1962, and 1963, and an AFL Western Division All-Star in 1961, 1964 and 1966.

JUNE 15: Billy Williams, baseball player. In 1999, he was named as a finalist to the Major League Baseball All-Century Team.

Events

JUNE: Action Comics issue #1 is published, presenting the first appearance of Superman, considered the first superhero.

JUNE 15: László Bíró patents the ballpoint pen in Britain.

JUNE 19: Italy beat Hungary 4-2 to win the 1938 World Cup.

JUNE 22: Heavyweight boxing champion Joe Louis knocks out Max Schmeling in the first round of their rematch at Yankee Stadium in New York City.

JUNE 24: A 450 metric ton meteorite strikes the earth in an empty field near Chicora, Pennsylvania.

JUNE 1948

Births

JUNE 2: Jerry Mathers, American actor, *Leave it to Beaver* (1957-1963)

JUNE 19: Phylcia Rashad, American actress, *The Cosby Show*

JUNE 28: Kathy Bates, American actress, won Academy Award for Best Actress for her role as Annie Wilkes in *Misery*

JUNE 29: Ian Paice, English drummer (Deep Purple, Whitesnake)

Events

JUNE 3: Palomar Observatory telescope finished in California.

JUNE 18: State of Emergency declared in Malaysia for communist insurgency - Malayan Emergency begins.

JUNE 21: The Deutsche Mark becomes official currency of the future Federal Republic of Germany.

JUNE 24: The Berlin Blockade begins.

JUNE 24: The first World Health Assembly of World Health Organization is held in Geneva.

JUNE 28: Earthquake hits Fukui, Japan killing 3,895.

JUNE 1958

Births

JUNE 3: Prince, American musician

JUNE 8: Keenen Ivory Wayans, American comedian, actor, and director

JUNE 12: Meredith Brooks, American singer

JUNE 17: Jello Biafra, American musician and activist

JUNE 24: Curt Fraser, American ice hockey coach

Events

JUNE 1: Charles de Gaulle is brought out of retirement to lead France by decree for six months.

JUNE 16: Imre Nagy is hanged for treason in Hungary.

JUNE 27: Peronist party becomes legal again in Argentina.

JUNE 29: Brazil beats Sweden 5-2 to win the 1958 World Cup.

NBC's 'Last Comic Standing' coming to Topeka

Enjoy an evening of great stand-up comedy with the finalists from NBC's popular laughfest "Last Comic Standing," as the official NBC tour comes to Topeka. The tour will make a stop at the Topeka Performing Arts Center on Thursday, October 9, at 7:30 p.m. Tickets began going on sale Thursday, May 22, and can be purchased at www.ticketmaster.com, available at TPAC Box Office, 214 SE Eighth Ave, and all Ticketmaster Ticket Centers, or charge by phone at (785) 234-4545.

The sixth season of "Last Comic Standing"—hosted by Bill Bellamy ("Def Comedy Jam," "Any Given Sunday")—will air this summer on NBC. The "Last Comic Standing Live Tour" will feature the finalists from the popular series. For the first time ever on the series, a parade of NBC comedy stars from past and present hit shows will join "Last Comic Standing" as talent scouts this season. Helping to "find the funny" are talent scouts Angela Kinsey, Oscar Nunez, Brian Baumgartner and Kate Flannery ("The Office"), Dave Foley ("Thank God You're Here!" "Newsradio"), Neil Flynn ("Scrubs"), George Wendt and John Ratzenberger ("Cheers"), Richard Belzer ("Law & Order: SVU"), Steve Schirripa ("The Tonight Show With Jay Leno"), Kathy Najimy ("Veronica's Closet") and French Stewart ("Third Rock From the Sun"). Josh Gomez ("Chuck"), Lonny Ross and Keith Powell ("30 Rock") also serve as talent scouts, along with Richard Kind and Fred Willard ("Mad About You") and Alfonso Ribeiro ("The Fresh Prince of Bel-Air").

Top comedians from 20 countries, including England, Australia, Scotland, Sweden, South Africa, India, New Zealand, Norway, Japan and Israel, audition during the international search, which will take talent scouts to LA, NY, Toronto, Minneapolis, Houston, Tempe, San Francis-

co, Nashville and Miami.

America will vote to decide who will be the "Last Comic Standing" and win a \$250,000 grand prize, in-

cluding an exclusive talent deal with NBC, a brand new Honda, and a starring appearance in Jubilee! at Bally's Las Vegas.

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

JUMBLE ANSWERS

Jumbles: BIRCH BASIC FALTER ADRIFT

Answer: What he turned into when his wife left him -THE "BITTER" HALF

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CROSSWORD SOLUTION

A	L	M	S		S	C	E	N	E		J	A	R	S
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D	E	S	I		Y	E	S	E	S		W	A	T	T

TRIVIALITIES ANSWERS

1. Ali MacGraw
2. "Goodbye, Columbus"
3. "Play Misty For Me"
4. Clint Eastwood
5. Gene Hackman
6. "The Rookie"
7. Robert James Waller

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