

Kaw Valley Senior Monthly

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March 2005

Serving Active Seniors in the Lawrence-Topeka Area

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INSIDE



The Shepherd's Center of Topeka provides seniors with fellowship, education opportunities through interfaith programs. - page 4



If five U.S. senators get their way, the reverse side of the Lincoln cent will get several new looks in 2009 to mark the 200th anniversary of the 16th president's birth. - page 3

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FREE



Albert Lollar: "People collect the darnedest things."

KEVIN GROENHAGEN PHOTO

Antiques and collectibles mall keeps Lollar busy

By Kevin Groenhagen

At an age when most Kansans are retired or thinking about retirement, Albert Lollar, 70, decided to open a new business.

"In December 2002, I was talking to Kent Lindemuth, who owned a vacant building in downtown Topeka," Lollar said. "I told him I always had a desire to have a big building to buy and sell things. We made a deal. The building was full of antique bookbinding equipment. It used to be the home of the Western Bindery Products Company. When he bought the building, he didn't realize that the equipment came with it. I gave all the machinery away for scrap iron, and then refinished the floors. We put 25 gallons of polyurethane on the first floor."

In April 2003 Lollar opened The Downtown Antiques and Collectibles Mall, also called Problem Solver, for business at 500 SW Harrison.

"The first floor was full within two or three months," said Lollar, who had about 20 dealers displaying their collectibles on shelves and in booths and display cases by the end of 2003. The 15,000-square-foot building now has items on all three floors.

"I try to keep the main floor for antiques and collectibles," Lollar said. "The basement has more garage sale or flea market items. I always laugh and say the upstairs is for 'other stuff'."

"We have a wide selection of products," Lollar continued. "It's not just antiques. There are a lot of collectible items such as Coca-Cola, Pepsi

Cola, and Mickey Mouse items. We also handle a lot of estates for families. We can actually go out to the house and have an estate and tag sale at the house. What we don't sell there we can bring back here and put it on consignment."

Lollar notes that some items take longer to sell than others, and that he usually doesn't like to keep consignment items for more than 90 to 120 days. Of course, there are exceptions. For example, last month Lollar finally sold an 1874 German piano. That same piano appeared in a photo taken of Lollar when the *Topeka Capital-Journal* featured his business in November 2003.

Remarkably, the mall is actually Lollar's first bona fide foray into the antiques and collectibles business.

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Albert Lollar

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"I've worked all my life," Lollar said. "I started stocking shelves at the grocery store for 15 cents an hour. I also gained a lot of experience working at a Gamble's store in Holton, Kansas. I learned a lot about merchandising and display. I did the window display when I was in high school."

After graduating from high school, Lollar took over a *Kansas City Star* newspaper route his father had had for many years. After two and half years, Lollar was offered a new opportunity.

"I knew the right people at *The Star* and ended up being a district manager for the newspaper when I was 21," Lollar explained. "I was with *The Star* for 24 years as a district manager, but my position was eliminated after *The Star* was bought out by a company in New York."

The Star was sold in 1977 to Capital Cities Communications Inc., a New York-based broadcasting and publishing company. The newspaper was bought by the Walt Disney Co. in 1996, and then sold again the following year to its current owner, Knight Ridder Inc.

After leaving *The Star*, Lollar got a real estate license, owned a retail liquor store for several years, and later worked for Safelite AutoGlass, where he was a sales manager for two shops in Topeka and another in Chanute. Lollar was with Safelite for 17 years, but his position was eliminated shortly after that company merged with rival Vistar Inc.

Not yet ready to retire, Lollar soon began giving serious thought to opening an antiques and collectibles mall. According to Lollar, there was a practical reason for starting such a business.

"One thing that got me started in this business was a desire to educate people that instead of throwing everything away, we can recycle items or find people who want them," Lollar explained. "We're a throwaway society. I recently visited a man in

the hospital. He sat on the side of his bed and just cried. His kids knew he was terminal and they took everything out of the house and threw it in the dumpster. He had a box of antique cookbooks. Family heirlooms sometimes just end up in landfills."

Lollar readily admits he doesn't know the value of some collectibles.

"I have no idea what a lot of stuff is worth," Lollar said. "It really boils down to an item being worth what somebody's willing to pay for it. Take marbles. As far as I'm concerned, marbles are just little,

glass balls. But I have a lady's name and phone number, and I call her whenever someone brings in marbles. I don't even look at them. I give her a call and she comes in to appraise the marbles. She then tells me what she'll give for them. She pays some good money for some marbles."

In addition to earning an income from the mall, Lollar sees another benefit from operating a business.

"I think it's important as we grow older to keep our minds active," Lollar said. "I manage to keep busy all of the time. Some of my dealers

here are also 60 and better. They can come here, sit in their area, and sell their stuff. And, of course, when they're not here, we can sell it for them."

Lollar's wife shares the same opinion about keeping active. She has owned and operated Darlene Lollar's Sewing & Cleaners at Gage Center for the past 31 years.

The Downtown Antiques and Collectibles Mall is opened Wednesday through Saturday from 11:00 a.m. to 5:00 p.m., and on Sunday from 1:00 to 5:00 p.m. The business' phone number is 785-354-1603.



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

Kaw Valley Senior Monthly

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Lincoln cent could get makeovers in 2009

U.S. Senators Dick Durbin and Barack Obama of Illinois, Jim Bunning of Kentucky, and Richard Lugar and Evan Bayh of Indiana introduced legislation on February 10 to issue a series of one-cent coins to mark the 200th anniversary of the birth of Abraham Lincoln.

The redesigned cents would be issued in 2009, the year of Lincoln's 200th birthday and would featured four different designs on the reverse side of the coins, each representing a different aspect of Lincoln's life.

The designs would depict Lincoln's birth and early childhood in Kentucky, his youth in Indiana, his professional life in Illinois, and his presidency in Washington, D.C.

The image of Lincoln would remain the same on the obverse of the coin.

"Abraham Lincoln is a true American hero, and his life can provide inspiration to Americans of any age and background," Durbin said. "From modest Midwestern roots, Lincoln rose to the presidency through his intelligence, integrity and commitment to the nation that he loved. To honor the 200th anniversary of his birth, this special se-

ries of coins will pay tribute to his life and work."

The Lincoln cent, featuring Victor David Brenner's likeness of the 16th president, is one of the most recognizable designs in American coinage. It was issued in 1909 on the 100th anniversary of Lincoln's birth.

In the nearly 100 years of the minting of the Lincoln cent, there have been just two designs on the reverse side. The original reverse fea-

tured two, simple wheatheads. The current representation of the Lincoln Memorial in Washington, D.C., was introduced to the public in 1959 to mark Lincoln's 150th birthday.

The Durbin bill would instruct the Secretary of the Treasury to issue four one-cent coins during the year 2009.

The designs will be chosen by the

secretary after consultation with the Abraham Lincoln Bicentennial Commission, the Commission of Fine Arts, and the Citizens Coinage Advisory Committee.

After December 31, 2009, the image on the reverse of the Lincoln cent would be changed to one that represents President Lincoln's preservation of the United States as a single, united nation.



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60 Look Who's

The following celebrities
turn 60 in March:

- Mar. 1 **Dirk Benedict**, actor, *The A-Team*
- Mar. 6 **Anna Maria Horsford**, actress, *Friday*
- Mar. 8 **Mickey Dolenz**, singer/actor, The Monkees
- Mar. 14 **Michael Martin Murphey**, guitarist/songwriter, The Lewis & Clarke Expedition
- Mar. 20 **Pat Riley**, 3-time NBA coach of the year
- Mar. 24 **Curtis Hanson**, director/producer, *L.A. Confidential*
- Mar. 30 **Eric Clapton**, guitarist/singer, Cream
- Mar. 31 **Gabe Kaplan**, actor, *Welcome Back, Kotter*

Compiled By Kevin Groenhagen,
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Shepherd's Center offers seniors education, fellowship opportunities

By Kevin Groenhagen

When Lawrence Brock returned from a trip to Tanzania in mid-February and learned that 153 people had registered for the Shepherd's Center of Topeka's Adventures in Learning winter session, he said he jumped in the air and clicked his heels.

"That's up about 15 to 20 percent from last winter," said Brock, who, in addition to serving as director of Senior Adult Ministries at the First United Methodist Church of Topeka, serves as director of the Shepherd's Center of Topeka. "We've had 150 register for the other sessions, but the winter session is usually the lowest session because we have a lot of snowbirds."

The Shepherd's Center of Topeka is one of over 80 Shepherd's Centers throughout the United States. The first Shepherd's Center was founded by Dr. Elbert C. Cole, the pastor of a large Methodist Church in Kansas City, Mo., in 1972. Dr. Cole began with six volunteers and 25 diverse congregations that collaborated to fill programmatic and service gaps for the aging citizens in the community. Soon the Center was serving nearly 4,000 people, and others began visiting the Center to learn how replicate the successful model in their own communities.

"In November 2002, the First Baptist Church mailed a letter to Topeka congregations and asked if those congregations would be interested in discussing an interfaith activity center for Topeka," Brock said. "Five congregations showed up and four agreed that it was something we wanted to investigate further. Our task force met every other week until September 2003. During that planning period, we visited other centers. Our model seed center was the East Wichita Shepherd's Center."

The East Wichita Shepherd's Center was founded in 1989 by a coalition of six congregations in the eastern part of Wichita, and its first Adventures in Learning session was offered in September 1990. Approximately 300 people enroll for each session.

When the Shepherd's Center of Topeka held its first Adventures in Learning session in the fall of 2003, Brock and the other volunteers were

hoping for 40 to 50 enrollees, but were pleasantly surprised when more than 110 enrolled for the session.

Adventures in Learning sessions typically are held on four consecutive Fridays. The Shepherd's Center of Topeka has Winter, Spring and Fall sessions. In addition, a "Summerized" session will be held on a single Friday in July. The schedule for the Spring 2005 session has been included with this article.

On the third Friday of the Winter session, enrollees met at the First Baptist Church at 3033 SW Macvicar, signed in and received their name tags (every name tag includes one sticker for each session the enrollee has attended), and gathered for coffee and conversation before the first classes began at 9:15 a.m. For those interested, blood pressure checks provided by Aldersgate Retirement Village were available prior to the beginning of the classes.

At 9:15 a.m., enrollees had the choice of attending "Pioneer Women of the Plains States: Community Caregivers," "My Favorite Verse from the Bible," or a discussion on current events. After an hour, enrollees had a 15-minute break and then could choose between "Veterans History Project," "The HDTV and DVD Player," or low-impact exercise in the church's gymnasium.

Between 11:45 a.m. and 1:00 p.m., enrollees had the option of meeting for a catered lunch in the Fellowship Hall and a luncheon program featuring the Shawnee Heights Choraliers. Enrollees who prefer to bring their own sack lunches are always free to do so.

The Shepherd's Center of Topeka has grown to 16 sponsoring congregations and the Adventures in Learning offerings have expanded as well.

"Our plans initially were to offer three, four-week sessions throughout the year with the realization that we would expand the program as membership grew and the needs became better known to the task force," Brock explained. "We began by offering two concurrent classes and we now have expanded that to three concurrent classes for each hour period. In our next expansion, we'll be offering board game activities following the lunch period. From talking to other centers, I know this will be a good after-lunch activity."



Kevin McFarland leads a group discussion on current events during the Shepherd's Center of Topeka Winter Session on February 18.

In addition, Brock expects the Shepherd's Center of Topeka to offer additional off-site activities—such as dance classes and bowling tournaments—in the future.

From visiting other Shepherd's

Centers, Brock knew that the focus of the centers would be on relationship building. However, he and other volunteers soon noticed an unexpected aspect of this focus.

CONTINUED ON PAGE FIVE

Adventures in Learning Spring 2005 Session Schedule

- April 1 Life Enrichment – "Personal Safety for You and Me": Friday, 9:15 AM - 10:15 AM. Presented by Sally Zellers.
- April 1 Health - "Live and Learn About Your Heart": Friday, 9:15 AM - 10:15 AM. Presented by Thomas Doyle M.D.
- April 1 Religion - "Intelligent Design": Friday, 10:30 AM - 11:30 AM. Presented by Dr. Robert Meissner.
- April 1 Our Changing World – "Galaxies, Telescopes, Asteroids & Stars": Friday, 10:30 AM - 11:30 AM. Presented by Dr. Darrell Parnell.
- April 8 Life Enrichment - "Identifying Your Antiques": Friday, 9:15 AM - 10:15 AM. Presented by Wayne Hunter.
- April 8 Health - "Let's Talk Cholesterol": Friday, 9:15 AM - 10:15 AM. Presented by B.D. Ehler.
- April 8 Our Changing World - "Religion & US Politics in the Middle East": Friday, 10:30 AM - 11:30 AM. Presented by Dr. Tom Prasch.
- April 8 Religion - "Tsunami & World Disasters: How the Church Helps": Friday, 10:30 AM - 11:30 AM. Presented by Linda Kemp.
- April 15 Life Enrichment – "The Trick of Rehab": Friday, 9:15 AM - 10:15 AM. Presented by Leslie Cunningham.
- April 15 Religion - "The Da Vinci Code: Truth in Fiction": Friday, 9:15 AM - 10:15 AM. Presented by Dr. Joe Kutter.
- April 15 Health - "Improving Trauma Patients Care": Friday, 10:30 AM - 11:30 AM. Presented by Christopher Bandy, M.D.
- April 15 Our Changing World – "Update: US & Foreign Trade Today": Friday, 10:30 AM - 11:30 AM. Presented by Dr. Gary Stark.
- April 22 Religion - "Understanding Your Grandchildren's Faith": Friday, 9:15 AM - 10:15 AM. Presented by Dr. Fred Ansel.
- April 22 Health - "How to Take Control of Your Weight the Rest of Your Life": Friday, 9:15 AM - 10:15 AM. Presented by David H. Fisher Jr.
- April 22 Our Changing World - "Life in China Today": Friday, 10:30 AM - 11:30 AM. Presented by Dr. Kirt Saville.
- April 22 Life Enrichment - "A Labyrinth Walk": Friday, 10:30 AM - 11:30 AM. Presented by Dr. Jesse Brown.

"Adventures in Learning" meetings are held at First Baptist Church, 3033 S.W. Macvicar Ave., Topeka, and are conducted by the Shepherd's Center of Topeka. The Shepherd's Center of Topeka is an organization of senior adults and a member of Shepherd's Centers of America, which is a non-profit, autonomous, interfaith community. For more information, please call the Shepherd's Center Office at 785-267-0248 or visit www.shepherdscentertopeka.org.

Shepherd's Center

CONTINUED FROM PAGE FOUR

"One of the pluses we hadn't counted on amongst some of the people who attend is as they grew older they have gotten out of touch with friends and neighbors," Brock explained. "We have had people whose kids grew up together, but, as time passed, they've moved to other parts of Topeka and lost contact. They come to the Shepherd's Center and they see people they haven't see seen for 20 or 30 years."

While Brock notes that about 95

percent of the enrollees in the Adventures in Learning programs are 60 and older, there is no age requirement for enrollees.

"We have some daughters who attend classes with their mothers," said Brock, who, ironically, has never attended a class at Shepherd's Center of Topeka. He and other volunteers are too busy working behind the scenes during the sessions, ensuring that everything runs smoothly.

For more information about the Shepherd's Center of Topeka, please call 785-267-0248 or visit www.shepherdscentertopeka.org.

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HEALTH & FITNESS

Stand up against pain

Improving your posture is a good way to reduce back, neck, hip and leg pain. Last month, in Part I of this article, I explained how to position yourself for good posture—how to achieve good body alignment by sitting and standing tall. This month, we'll focus on ways to strengthen the muscles that control posture.

Exercise is the key, and there are many good exercises that you may



Laura Bennetts

not know about yet—simple exercises that don't require jumping and jogging like a track star. Explaining these exercises is my goal in this column. But if you're currently experiencing pain, you should talk to your doctor before trying these exercises. If you need treatment for pain, ask for a referral to a physical therapist. She'll help you reduce your pain and adopt a suitable exercise program.

Strengthen the Trunk and Spine

To take painful stress off your joints and limbs, you need to strengthen the trunk and stomach muscles that keep your body in balance. You don't need to do sit ups—just tighten your stomach muscles when you move, stand, or walk.

Try the following when you stand up:

1. Sit up straight in a chair with armrests.
2. Pull in your stomach muscles and hold them in.
3. Place your hands on the armrests of the chair.
4. Lean forward until your head is over your thighs.
5. Push up to standing using your arms, legs, and stomach muscles.
6. Stand tall with your head up.

Every time you stand up or sit down, use your stomach muscles in this way to move slowly and with control. Your muscles will get stronger and more supportive of good posture. And you will suffer less joint stress and less pain.

Walk Tall

Walking is one of the very best ways to strengthen your trunk muscles and spine—especially if you properly use your stomach, back and

hip muscles while you walk. Here are some ways to do this:

1. As you walk, tighten your lower stomach muscles. You can feel your lower abdominal muscles by imagining you are zipping up a tight pair of pants. Keep breathing as you walk and notice these muscles working.

2. As you walk, to strengthen your hip muscles, squeeze your buttocks together as you take a stride. This helps give you more power when you need to walk upstairs or uphill.

3. While you're walking, pull your shoulders back and let your arms swing in a relaxed way. Remember to tuck in your chin and pull your head back over your spine as you pull your shoulders back. This helps you strengthen your neck and back as you walk with good posture.

Tight Muscles May Need Stretching

Over time, habitual poor posture shortens and tightens your muscles. For example: If, when you pull your shoulders back, you feel tightness and strain in the front of your shoulders and around your collar bone, the muscles are tight. These muscles need to relax and lengthen to allow you to easily move your shoulders back.

Try the following exercise:

1. Gently pull back your shoulders and let your shoulders relax, backwards and downwards.
2. Take a deep breath and exhale, letting your shoulders relax downwards.
3. See if you feel any tightness in your upper chest muscles. If you do, take another deep slow breath—in and out—to see if you can relax those muscles.

Other gentle techniques for stretching tight muscles include hands-on stretching and deep-heating modalities, administered by a fully licensed physical or occupational therapist. Your therapist can teach you a home-exercise program to stretch for good posture, relaxation and pain-reduction on your own.

Good Posture Comes from Within

Good posture can be practiced anytime and anywhere—and there's no time like the present. Why not start today? Just apply the principles explained above when you sit, stand and walk.

Becoming stronger is the key. You need to give your body four to six weeks of regular stretching and strengthening to feel and see signifi-

cant improvement. Seek help to exercise safely, if needed.

Improved posture will increase your balance, endurance and flexibility as you walk tall and confidently.

Stand up against pain!

- Laura Bennetts, MS RPT, is a physical therapist with a masters degree from

the University of Southern California and 22 years of professional experience. She co-owns Lawrence Therapy Services LLC (785-842-0656) and Baldwin Therapy Services (785-594-3162). If you have therapy-related questions, please e-mail Laura care of laurabennetts@hotmail.com.

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HEALTH & FITNESS

Mushrooms, medicine and food

Mushrooms a plant of immortality? According to the Hieroglyphics of 4,600 years ago, ancient Egyptians believed that mushrooms could make one immortal. The delicious flavor of mushrooms resulted in the pharaohs of Egypt decreeing that mushrooms were food only for royalty and that no commoner could ever touch them. In various other civilizations throughout the world, in-

cluding Russia, China, Greece, Mexico and Latin America, mushroom rituals were practiced. Many believed that mushrooms had properties that could produce super-human strength, help in finding lost objects and help lead the soul to the realm of the gods. Traditional Asian healers have used them for centuries to strengthen the immune system and promote longevity. Recently, the Chinese Olympic team reported that mushrooms were responsible for their recent successes at the games. In Europe, the mummified 5,000-year-old "Ice Man" was found with a medicine kit of dried mushrooms. In 1999, world production of mushrooms amounted to US\$18 billion, roughly equal to the value of coffee sales.

Medically mushrooms such as Maitake, Reishi, and Shiitake have been used for a variety of different conditions, including to strengthen the immune system, bronchitis, colds, flu, cancer, adrenals support, energy support, lower blood pressure, lower cholesterol, diabetes, weight loss, chronic fatigue syndrome or liver support. Maitake mushrooms, or "Hen of the Woods" or "*Grifola frondosa*," have a distinct aroma with a rich, woody taste. Its descriptive characteristics are that it has a cluster of dark fronds with firm base, large and fan-shaped, and it becomes slightly brittle and crumbly at the edges. In Japan, Maitake has long been recognized as the "King of the Mushrooms," and has held a special status among medicinal mushrooms. In fact, it was so valued in Japan that collectors would keep the forest locations of their mushroom-gathering grounds a secret. Maitake is also known in Japan

as "the dancing mushroom." It is said to have gotten that name because in feudal Japan when someone came across Maitake in the wild, they would dance for joy for they knew that the mushroom was so prized it was literally worth its weight in silver. In traditional Chinese medicine, Maitake is said to be the most cleansing of the medicinal mushrooms. Its targets are the liver and the lungs. Most Chinese health professionals agree that if liver function can be improved, overall health will benefit. This is because the liver is one of the largest organs and performs innumerable functions, including detoxification of internally and externally produced poisons. Maitake, like other mushrooms, is rich in polysaccharides. In this case, the active ingredient is the polysaccharides beta-glucans which is present in high doses, as well as other polysaccharides of all kinds, phospholipids, nucleotides, and unsaturated fatty acids. Maitake mushroom contains a unique beta-glucan, called D-fraction that sets it apart. This D-fraction is believed to be responsible for the many health benefits of Maitake.

Early research in the 1970s showed the benefits of shiitake mushroom in lowering cholesterol. Research conducted in Japan identified a specific amino acid in shiitake that helps speed up the processing of cholesterol in the liver. In that study 40 elderly individuals and 420 young women consumed nine grams of dried shiitake or the equivalent amount of fresh shiitake (90g) every day for 7 days. After a week, total cholesterol levels had dropped 7-15 percent in the older group, and 6-12 percent in the young women. Shiitake mushrooms like Maitake contain polysaccharide compound that have immunomodulating, anticancer, antiviral properties. The market values of Reishi-based natural healthcare products in 1995 were estimated as US\$215 million in Taiwan, US\$350 million in China, US\$600 million in Korea, and US\$350 million in Japan.

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



Dr.
Farhang
Khosh

cluding Russia, China, Greece, Mexico and Latin America, mushroom rituals were practiced. Many believed that mushrooms had properties that could produce super-human strength, help in finding lost objects and help lead the soul to the realm of the gods. Traditional Asian healers have used them for centuries to strengthen the immune system and promote longevity. Recently, the Chinese Olympic team reported that mushrooms were responsible for their recent successes at the games. In Europe, the mummified 5,000-year-old "Ice Man" was found with a medicine kit of dried mushrooms. In 1999, world production of mushrooms amounted to US\$18 billion, roughly equal to the value of coffee sales.

Medically mushrooms such as Maitake, Reishi, and Shiitake have been used for a variety of different conditions, including to strengthen the immune system, bronchitis, colds, flu, cancer, adrenals support, energy support, lower blood pressure, lower cholesterol, diabetes, weight loss, chronic fatigue syndrome or liver support. Maitake mushrooms, or "Hen of the Woods" or "*Grifola frondosa*," have a distinct aroma with a rich, woody taste. Its descriptive characteristics are that it has a cluster of dark fronds with firm base, large and fan-shaped, and it becomes slightly brittle and crumbly at the edges. In Japan, Maitake has long been recognized as the "King of the Mushrooms," and has held a special status among medicinal mushrooms. In fact, it was so valued in Japan that collectors would keep the forest locations of their mushroom-gathering grounds a secret. Maitake is also known in Japan



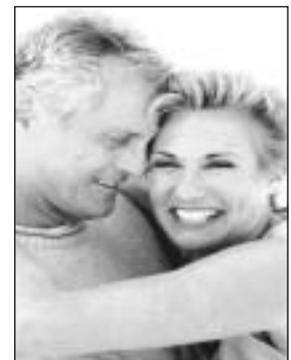
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* As of 7/03

PERSONAL FINANCE

Will new rules make you a Roth IRA convert?

Will you need the required withdrawals from an individual retirement account to cover living expenses once you retire? If the answer is "no," then you may be interested in a new rule passed by the IRS that makes it easier for traditional IRA owners to convert to a Roth IRA and thereby avoid distributions altogether. The rule, which went into effect January 1, 2005, states that



Steve Lane and Garth Terlizzi

individuals who have reached age 70½ and are already taking required minimum distributions from a traditional IRA no longer have to include that money as part of their modified adjusted gross income (MAGI). Why is this significant? Excluding IRA income from an individual's MAGI enhances the likelihood that more retirees will meet the \$100,000 eligibility threshold for converting to a Roth IRA.

This rule may be of interest to people in their 70s and older who don't need the IRA income and who'd prefer leaving the money to grow tax deferred for the benefit of their heirs rather than drawing it down through required minimum distributions. Keep in mind, however, one of the bigger drawbacks to converting from a regular IRA to a Roth IRA is the up-front tax payment that will be due on the money being converted.

If you are doing a little forward planning and like the idea of no required minimum distributions, be sure you understand how the Roth IRA — and a Roth conversion — might affect you.

The Rules of the Roth

Following is a summary of some of the features and relative benefits of a Roth IRA versus a traditional IRA.

Contributions & Eligibility — As with traditional IRAs, contributions to a Roth IRA are limited to \$4,000 in 2005, up from \$3,000 in 2004. Older Americans are allowed to make so-called "catch-up" contributions of \$500 this year. Contribution limits will increase to \$5,000 in 2008, after which they will be adjusted for inflation.

Unlike traditional IRAs, there are income restrictions imposed on the Roth IRA that limit an individual's eligibility. For instance, contribution limits begin to decline or "phase out" for single taxpayers with adjusted gross incomes (AGIs) of more than \$95,000 a year and for married couples filing jointly with AGIs of more than \$150,000. Individuals with AGIs in excess of \$110,000 (\$160,000 for married couples filing jointly) are not eligible to invest in a Roth IRA, nor are married couples that file taxes separately.

Distributions — As mentioned

above, one of the key advantages of the Roth IRA is that it does not require the account owner to take distributions during his or her lifetime. In addition, individuals can continue to make contributions to a Roth IRA beyond age 70½ as long as they have earned income. Another major benefit of the Roth IRA is that distributions taken by the owner, or the owner's beneficiaries, are generally tax free if the owner has held the account for at least five years and meets certain other requirements.

General Considerations

Putting the "convert or not to convert" debate aside, there are some general factors to consider before determining which IRA — the traditional or Roth — makes more sense for you:

- A Roth IRA may be more attractive the further you are from retirement. Why? Because the longer your earnings can grow, the more income you may have that is never taxed.

- If your regular IRA contributions are nondeductible, you may be better off with a Roth IRA. That's because the distributions of earnings from your regular, nondeductible IRA will eventually be taxed. The qualified distributions from a Roth IRA will not.

- Your current and future tax brackets will affect which IRA is best for you. For example, if you are currently in a high tax bracket and expect to be in a much lower tax bracket during retirement, a regular IRA could be the best option. Why? Because you may be able to claim a deduction on your contributions now and then pay taxes on future distributions at the lower rate later. Keep in mind that some experts say you could still come out ahead with a Roth IRA if you can fund it for at least 12 or 15 years before retirement.

As you can see, there is no easy answer to the question, "which IRA is best for me?" As with any major financial decision, careful consultation with your tax and financial advisors is a good idea before you make your choice. In addition to helping you with calculations and projections, your advisors are likely to understand how tax law changes may affect your retirement investments. Remember, your retirement could last 20 years or more. How you live tomorrow could depend on the choices you make today.

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

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PERSONAL FINANCE

Take advantage of all IRA opportunities

As you know, the tax-filing deadline is fast approaching. Of course, if you've already filed your taxes, April 15 is just one more day. But it's a significant date for another reason: It's the last day you can contribute to

may or may not be tax-deductible, but in any case, your earnings grow on a tax-deferred basis. Although Roth IRA contributions are not tax-deductible, your earnings will grow totally tax-free, provided you meet certain conditions. (Keep in mind, however, than if you take Roth or traditional IRA distributions before you reach 59 1/2, you may be subject to a 10 percent IRA penalty, along with ordinary income taxes.)

Do whatever it takes to fully fund your IRA, every single year. If you find it hard to come up with the entire amount in a lump sum, divide the contribution limit by 12 and make monthly payments. To make it even easier on yourself, set up a bank authorization, so that the money is taken directly from your checking or savings account and placed into your IRA.

Consider a "rollover"

You have more than one way to fund an IRA. For example, if you are plan-

ning to leave your job, you can roll over all or part of the taxable portion of your 401(k) distribution - pre-tax contributions, employer contributions, all earnings - into an existing traditional IRA. You can also roll over after-tax 401(k) salary deferrals, but transferring these after-tax contributions could lead to taxable consequences.

If you roll your 401(k) over to a traditional IRA, you can build the value of your existing account, and you can continue to make contributions. And you could eventually "convert" your traditional IRA into a tax-free Roth IRA, but you will have to pay the taxes that this conversion would trigger.

When you roll over your 401(k), you'll get some key advantages. First, you'll avoid all immediate taxes and penalties. Second, you'll continue to benefit from tax deferral. And third, your IRA may offer more investment options than a 401(k) plan.

While a rollover from a 401(k) to an IRA does offer some important benefits, it isn't your only choice when you depart a job. For example, you could leave your 401(k) assets with your old employer, if the plan permits. Or, if you are taking a new job, you might be able to move your 401(k) assets into a new plan. Also, you could just cash out your 401(k)

as a lump sum distribution, although you'd likely face a big tax hit, in addition to an immediate 20 percent withholding. Before deciding what to do with your 401(k), consult with your tax and financial professionals.

Hard to "overload" on IRAs

When it comes to investing in IRAs, it's hard to get too much of a good thing. So take full advantage of all your IRA opportunities - they could pay off nicely when you reach retirement.

- Harley Catlin and Ryan Catlin are with Edward Jones, 4828 Quail Crest Place, Lawrence. They can be reached at 785-841-6262.



Harley Catlin and Ryan Catlin

your IRA for the 2004 tax year. So, if you haven't "maxed out" your IRA yet, take action now.

You can contribute up to \$3,000 -or \$3,500 if you're 50 or older- to either a traditional or Roth IRA for 2004. (For the 2005 tax year, you can put in up to \$4,000 to your IRA, or \$4,500 if you're 50 or older.) Your traditional IRA contributions

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SENIOR FORUM

Humanistic, technical approaches to picking nursing home for aging parent

By Kent S. Collins

DEAR SENIOR FORUM: I no sooner get rid of the teenagers off to college — when my father comes along. He's too frail to live at home, but not willing to go to a nursing home. This is more bad fallout of my parents divorcing eight years ago. I



Kent S. Collins

never expected my dad to be on my doorstep, hat in hand. He is hinting he wants to live here.

My father simply cannot live at home any longer. He must go to a nursing home. Dad is getting too difficult to handle. He needs to go where professionals can handle him.

But researching nursing homes for Dad is a frightful chore. — W.E.

ANSWER: Your research job will be difficult. But acting hastily could cause a bad placement, which will cause you far more trauma than you suffer now.

Your question is how do you convince your father to move to a nursing home. You need to find one that does not offend or frighten him.

You should take two approaches to finding such a nursing home, and I'll explain them below. But I want to preface this discussion with a warning: Most people face up to this "frightful chore" two or three months too late.

There are approximately 19,000 nursing homes in the United States, caring for approximately 2 million people. How do you distinguish the good from the bad? The two approaches are these: humanistic and technical.

The humanistic approach is to go visit nursing homes. Do it first by making an appointment. Later, visit unannounced. Expect that security measures in place — or hope, anyway — will cause you and the staff some confusion. But you want to go in when you are not expected.

You want to see the place unadorned. Smell it. Look for mops

and messes. Observe residents needing help and note whether aides are helpful or going missing-in-action (because they are over-extended). Observe the home's activities and assess how they provide stimulation to the residents. Even the most feeble of mind need stimulation and interaction with others. Check for cleanliness in the dining room.

Then visit again at some organized event to interview visiting family and friends of other residents. Coax them to tell you about the good and

bad experiences they've had at the place. Finally, ask visiting clergymen what they see when they come to preach.

The technical approach involves viewing state documents. The best is Form 2567, also called the state inspection survey. It lists deficiencies found during unannounced visits by state officials. The nursing home industry complains that often these reports cite silly problems that have no impact on resident care. But these state inspection surveys can reveal real problems, too. Call your state capitol switchboard and ask for the office that inspects nursing homes.

(Send your questions and/or advice to your fellow retirees via The Senior Forum c/o Tribune Media Services, 2225 Kenmore Ave., Suite

114, Buffalo, NY 14207, or to seniorforum@mchsi.com.)
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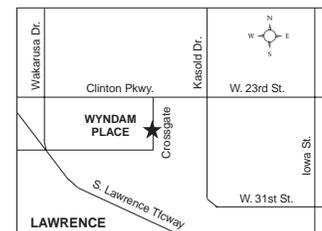
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PET WORLD

No evidence that changing diets can prevent dogs from having seizures

By Steve Dale

Q: Our 7-year-old Labrador is having two to three seizures a year. We've experimented with changing the dog's diet. The only common thread is that the seizures always occur between 10 p.m. and about 3 a.m. The vet says this is something we just have to live with. What do



Steve Dale

you think? — A.R., New London, Wis.

A: Veterinary neurologist Dr. Michael Podell, of Northbrook, Ill., says it's likely your dog has the most common form of epilepsy in dogs, known as idiopathic epilepsy, or epilepsy of an unknown origin. He explains when dogs are deep in sleep, their seizure threshold declines; as a result, most seizures occur overnight.

Podell says there's absolutely no scientific evidence to prove that changing diets can prevent seizures. He concedes, however, that some dog owners say seizures have disappeared after changing diets. If there's one thing certain about seizures, it's that nothing is certain.

If the seizures increase in fre-

quency—and they might — consider medication to hopefully thwart increasing episodes, Podell advises. However, dogs who have two or three seizures a year generally don't require medication.

Q: I realize dog shows dogs are judged based on breed standards. But I can't help but wonder, when I watch on TV, whether judges also consider showmanship, or dogs with an attitude. What do you think?— G.H., Atlanta, Ga.

A: Some dogs certainly seem to enjoy strutting their stuff at shows. David Frei will handle the broadcast of the 129th Annual Westminster Kennel Club show Feb. 14-15 (8 p.m. ET) on the USA Network. "Dog show judges are only human," he admits. "If a dog is out there, tail wagging, saying 'Pick me!' well, that has to matter some."

Michele Billings will judge the Best in Show competition at AKC/Eukanuba National Championship Jan. 15-16 (8 p.m. ET) on both Animal Planet and Discovery. Even Billings concedes that aside from the dog that mostly nearly matches the written standard, she looks for the one with that extra special something. Call it what you will — personality, attitude, or showmanship — it does matter.

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

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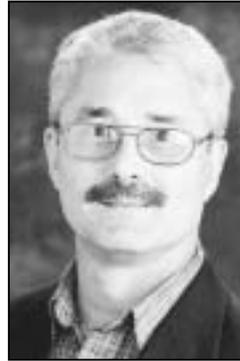
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Gerald Whiteside, M.A.

Gerald Whiteside, M.A., joined the staff at Marston Hearing Center in June, 2003. Mr. Whiteside, a graduate of the University of Kansas Medical Center, is certified as an Audiologist by the American Speech-Language-Hearing Association and licensed by the Kansas State Board of Hearing Aid Examiners. He continues to attend training sessions and product update seminars to keep abreast of the latest in hearing aid technology and fitting procedures.

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ART/ENTERTAINMENT

MAR 1-6

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MANHATTAN, 785-537-4420

<http://www.manhattanarts.org>

MAR 4

PHILADANCO

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LAWRENCE, 785-864-2787

<http://www.ku.edu/~lied/>

MAR 4-APR 2

MAN OF LAMANCHA

Topeka Civic Theatre performance. Topeka Civic Theatre & Academy.

Topeka, 785-357-5211

<http://www.topekacivictheatre.com>

MAR 6

DERVISH

From Northwest of Ireland, band has stood at the forefront of traditional Irish groups. McCain Auditorium.

MANHATTAN, 785-532-6428

<http://www.ksu.edu/mccain>

MAR 10

PRAGUE SYMPHONY ORCHESTRA

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MANHATTAN, 785-532-6428

<http://www.ksu.edu/mccain>

MAR 12

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

TOPEKA, 785-357-5211

<http://www.topekacivictheatre.com>

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SUNDAYS

KNIGHTS OF COLUMBUS HALL

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

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1

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

MONDAYS & THURSDAYS

AMERICAN LEGION POST NO. 400

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

MONDAYS & SATURDAYS

LEGIONACRES

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

785-842-3415

TUESDAYS

VETERANS OF FOREIGN WARS

138 ALABAMA, LAWRENCE, 6:55 PM,

785-843-2078

WEDNESDAYS & THURSDAYS

MOOSE CLUB

3110 WALNUT, EUDORA, 12:30 p.m. Thursdays, 12:30 p.m.

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

WEDNESDAYS & FRIDAYS

VETERANS OF FOREIGN WARS

3110 SW HUNTOON, TOPEKA, 6:30 PM,

785-235-9073

WEDNESDAYS

PINECREST APARTMENTS

924 WALNUT, EUDORA, 12:30-1:00 PM,

785-542-1020

WEDNESDAYS & FRIDAYS

EAGLES LODGE

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

785-843-9690

WEDNESDAYS & FRIDAYS

EDGEWOOD HOMES

1600 HASKELL, STE 188, LAWRENCE

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

THURSDAYS

BABCOCK PLACE

1700 MASSACHUSETTS, LAWRENCE

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

FRIDAYS

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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, 1501 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

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MAR 8

CAREGIVER PROGRAM

Sponsored by the Senior Services of the

Lawrence Public Library. Carol Ramsey from

the Jayhawk Area Agency on Aging will present

a program on the services provided through

the agency for Caregivers of family members

and friends. How to obtain the services,

options for the different services and when

services may be needed will be addressed.

There will also be a question and answer time.

The program will be held at 2:00 p.m. and at

7:00 p.m. in the Auditorium of the library. For

more information, call Pattie Johnston.

LAWRENCE, 785-843-3833

MAR 18

WHAT'S HOT AND WHAT'S NOT WITH

KATHLEEN GUZMAN

Luncheon and presentation with Guzman,

regular on Antiques Road Show, about what

collectibles are hot and what's not. Reservations

required. Washburn University Campus.

TOPEKA, 785-231-1124

<http://www.washburn.edu/mulvane>

MAR 18-20

HELEN YAMADA WORKSHOP:

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ENERGIES

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MAR 26-27

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<http://www.spiritwhisperonline.com/EMF.html>

EXHIBITS/SHOWS

MAR 1-27

ANGIOLO MAZZONI EXHIBITION

Architectural drawings, etc.

MANHATTAN, 785-532-7718

<http://www.ksu.edu/bma>

MAR 1-APR 10

PHOTOGRAPHS BY JON BLUMB

Landscape photographs by Lawrence, Kansas

photographer, Jon Blumb.

MANHATTAN, 785-532-7718

<http://www.ksu.edu/bma>

MAR 1-APR 30

LYNDA BARRY EXHIBITION

Exhibition by book artist, Lynda Barry. 701

Beach Ln., Beach Museum of Art

MANHATTAN, 785-532-7718

<http://www.ksu.edu/bma>

MAR 1-APR 10

GONE: PHOTOGRAPHS OF ABANDONMENT

ON THE HIGH PLAINS

Photographs by artist, Steve Fitch.

MANHATTAN, 785-532-7718

<http://www.ksu.edu/bma>

MAR 4-6

ANTIQUE SHOW AND SALE

Annual antique show with wide array of

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MAR 14

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QUILT SHOW

See a collection of quilts both old and new.

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quilts on display.

ABILENE, 785-263-2681

<http://www.heritagecenterdk.com>

MAR 15-APR 30

BUSY HANDS: A SHOWCASE OF

NEEDLEWORK

If you love to embroider, do counted cross-

stitch, or any other form of needlework,

this exhibit is for you. Watkins Community

Museum.

LAWRENCE, 785-841-4109

MAR 19-20

HOME AND GARDEN SHOW

Indoor and outdoor improvement ideas for

your homes, lawns, and gardens. Bluegrass

music, concessions, and auction on Sunday.

HOLTON, 785-364-3963

<http://www.holtonks.net>

APR 1

ANTIQUE TELEPHONE COLLECTORS

SPRING SHOW

Telephone collectors from across the US meet

to buy, sell, trade, and exhibit telephones and

related artifacts.

ABILENE, 620-245-9555

<http://www.atcaonline.com>

APR 2

LEAVENWORTH ANTIQUE SHOW

6th annual. Historical setting. Antiques and

old collectibles.

LEAVENWORTH, 913-758-0193, 800-844-4114

FESTIVALS

MAR 17

ST. PATRICK'S DAY PARADE

Annual parade featuring a wide array of floats

and the St. Patrick's Day Queen and her court.

LAWRENCE, 785-749-6677

<http://www.visitlawrence.com>

HEALTH

FIRST TUESDAY OF EACH MONTH

HEALTH SCREENING CLINIC

Lawrence-Douglas County Health

Department.

FIRST METHODIST CHURCH, LECOMPTON

9:30-10:30 AM

TUESDAYS AND THURSDAYS

BLOOD PRESSURE CLINIC

Conducted at Stormont-Vail's outpatient

lobby, just inside the doors of the Ninth and

Washburn entrance, from 9 a.m.-1 p.m. No

appointment necessary. Also conducted on the

first, second, third, and fourth Tuesdays of

each month, 4:15-5:15 p.m., in the Sunflower

Terrace Cafeteria (before Senior Suppers).

TOPEKA, 785-354-6787

TUESDAYS AND THURSDAYS

CALENDAR

CONTINUED FROM PAGE 12

one will be denied service because of inability to pay.

BABCOCK PLACE, LAWRENCE
9-11 AM

SECOND THURSDAY OF EACH MONTH MEDICATION CLINIC

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

SECOND THURSDAY OF EACH MONTH BLOOD PRESSURE AND HEALTH INFORMATION

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

THIRD TUESDAY OF EACH MONTH HEALTH SCREENING CLINIC

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

THIRD THURSDAY OF EACH MONTH NUTRITION CLINIC

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

MAR 3

BONE DENSITY SCREENING

Are you at risk for osteoporosis? This quick and easy screening can indicate if further testing for this potentially debilitating disease is needed. A bare heel is necessary for the screening. Information about prevention of osteoporosis is also included as part of the screening process. Appointment required. Fee.
LMH HEALTH SOURCE ROOM
1:00-3:00 PM

MAR 5

BONE DENSITY SCREENING

See March 3 description.
LMH HEALTH SOURCE ROOM
8:00-10:00 AM

MAR 4-5

JOEY KLEIN INTENSIVE

Sun Do exercises in preparation for powerful group meditation work. Joey, at 20 years old, proves to be one of the most powerful teachers we have experienced. Fee.
THE LIGHT CENTER, 785-255-4583

MAR 11-13

CANCER HEALING RETREAT

With Michael Lerner, author of Choices in Healing. In depth experience of learning, sharing and relaxing deeply for men and women with cancer. Fee.
THE LIGHT CENTER, 785-255-4583

MAR 14

BONE DENSITY SCREENING

See March 3 description.
LMH HEALTH SOURCE ROOM
9:00-11:00 AM

MEETINGS

FIRST AND THIRD MONDAY OF

EACH MONTH

CAREGIVER SUPPORT GROUP

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

FIRST TUESDAY OF EACH MONTH

LAWRENCE CARING COMMUNITY

COUNCIL

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 health-care, pastoral care, senior citizens' services, funeral home care, library and educational services. Meets at 3:00 p.m. in Conference E of LMH.
LAWRENCE, 785-842-3627

THURSDAYS

OLDER KANSANS

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

THURSDAYS

GRIEF AND LOSS SUPPORT GROUP

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

FIRST THURSDAY OF EACH MONTH

LAWRENCE PROFESSIONALS IN AGING

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

FIRST WEDNESDAY OF EACH MONTH,

SEPTEMBER-MAY

KAW VALLEY CHAPTER, OLDER

WOMEN'S LEAGUE

Forums held at Lawrence Public Library at 1:30 p.m. March 2 forum will be "The Changing Face of Retirement." Retirement doesn't mean rocking days away knitting any more. Speakers will talk about retiring earlier than in years past, retiring at older ages than in years past, and how retiring may make you busier than ever!
LAWRENCE, 785-832-1692

SECOND MONDAY, SEPT-MAY

LAWRENCE CLASSICS, GENERAL

FEDERATION OF WOMEN'S CLUBS

Volunteer service club.
785-331-4575

SECOND AND FOURTH WEDNESDAY OF

EACH MONTH

ALZHEIMER'S EARLY STAGE PATIENT

SUPPORT GROUP

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

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 PM

THIRD TUESDAY OF EACH MONTH

GRANDPARENT/KINSHIP SUPPORT

GROUP

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

FOURTH TUESDAY OF EACH MONTH

LAWRENCE PARKINSON'S SUPPORT

GROUP

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

MAR 18

AARP CHAPTER 1696 LUNCHEON

Group meets fourth Friday of each month

except in July, November and December. Luncheon is held on third Friday in November. Reservations required at least one week prior to meetings. Mary Tritsch, Assoc. Director/ Communications & Community Service, will install new officers and give the program. Note: Due to Good Friday, the AARP luncheon for March is being held a week earlier.
785-865-3787 or 785-832-9261

MAR 21

SELF HELP FOR THE HARD OF HEARING (SHHH)

"Medical Advocacy for Hearing Loss." Communication is essential to quality healthcare, but the pace and activity of a hospital can be a challenge for those with hearing loss. Lawrence Memorial Hospital staff have been invited to discuss the experiences of group members and what everyone can do to assure understanding between providers and you.
BABCOCK PLACE, 1700 MASSACHUSETTS,
LAWRENCE, 1:00 PM

MISCELLANEOUS

MAR 15-MAY 15

SNAGGING DAYS

One of only three state locations to snag for Spoonbill Paddlefish.
OSAWATOMIE, 913-755-4384

MAR 19

ANNUAL SOUL FOOD DINNER

Sponsored by the Lawrence Branch of the NAACP. Proceeds from this popular event benefit the NAACP Scholarship Fund. This year's menu includes smoked brisket, fried chicken, red beans and rice, corn bread, and peach cobbler. First Baptist Church, 1330 Kasold, 11:00 a.m.-4:00 p.m. Tickets on sale now.
LAWRENCE, 785-841-0030, 785-979-4692

MAR 25-29

AMERICAN VETERANS TRAVELING TRIBUTE

Experience the power and emotion that comes with this impressive memorial for 58,000 Veterans who died in the Vietnam War.
EMPORIA, 620-342-2294

MAR 31-APR 9

LAWRENCE PUBLIC LIBRARY SPRING BOOK SALE

Large book sale that attracts bargain hunters and book lovers from across the state and beyond.
LAWRENCE, 785-843-3833
<http://www.lawrence.lib.ks.us>

MAR 31-APR 3

OVERBROOK ANNUAL SHOP HOP

In celebrating with other quilt shops in the area offering specialty designed quilt block and pass ports.
OVERBROOK, 785-665-7841, 888-665-7841
<http://www.overbrookquilts.com>

APR 2-OCT 29

FARMERS' MARKET

Home and regionally grown vegetables, fruits, and flowers. 79th and 80th off Marty, Farmers Market Pavilion.
OVERLAND PARK, 913-642-2222
<http://www.downtownop.org>

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

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



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BOOKSHELF

Mysteries for early spring

By Margaret Baker

John Mortimer: *Rumpole and the Penge Bungalow Murders* (Viking, \$24.95, ISBN 0-670-03356-1) *Mystery*
Readers of this marvelous British legal mystery series know that Horace Rumpole often mentions his first solo case, the Penge Bungalow Murders. Alas, these days when he mentions the case he finds that the younger law clerks have never heard of it. It is time to record it.

Two war heroes, flyers in WWII, are fatally shot after a reunion dinner, apparently by the son of one. C. H. Wynston, Head of Chambers, considers defending the son a formality—the evidence seems to indicate his guilt. Rumpole finds that evidence unsettling and does some research on his own.

Not only does he solve the case, but he wins the hand of Wynston's daughter Hilda, AKA She Who Must Be Obeyed. Or who won whose hand?

Lots of the witty asides we've come to love from Rumpole!

Tricia Martineau Wagner: *It Happened on the Oregon Trail* (Globe Pequot Press/Two Dot, \$9.95, ISBN 0-7627-2579-6) *American history*

Short vignettes of individual events that occurred from the early 1800's to 1996 along the Oregon Trail, which crosses the Kaw Valley on its way to the Northwest. Some, like the Donner Party, are oft-told tales. Most others are not known except to scholars with access to diaries, letters, early newspapers, etc.

Short enough to be a wonderful companion on trips to the dentist, waiting for the kids to emerge from school or sports, anyplace where you can anticipate having wee periods of time for reading, these stories are lively and succinct.

Carole B. Shumurak: *Deadmistress* (Sterling House, \$12.95 trade paperback, ISBN -156315-352-1) *Mystery*

Susan Lombardi taught at exclusive Wintonbury Academy for Girls. Headmistress Sabena Lazlo made life so miserable that she took a position at nearby Metropolitan University. She still has friends at WAG. When she learns that Lazlo has been shot, those friends discuss with her the whole situation, including John deHaviland, professor of histo-

ry, threatening her at the last faculty meeting. She planned to eliminate faculty housing, which permitted John to raise his son in better circumstances than a single father could achieve.

The poetry professor had affairs with several students, but Sabena couldn't have threatened to fire him when she had quite a reputation as husband-stealer herself. Professor Trout might have bored her to death; he's perilously close to doing so with students unlucky enough to draw him.

John looks, to the police, as the best candidate. So Susan and her friends fly into the investigation to clear John by finding the killer.

A pleasant romp (except for victim and shooter, of course) through academia, complete with teacher-student trysts, tenured faculty mentally rotting in place, cheating—only thing missing is a football team, unlikely at a women's college.

Allan Folsom: *The Exile* (Forge, \$25.95, ISBN 0-765-30946-7) *Foreign adventure*

Two plot lines converge in this spine-tingling account—those of John Barron, recently elevated to a Los Angeles elite police squad; and Raymond, a very deadly hit man and master of disguises.

John finds that his squad deeply involved in something his moral standards cannot accept, and knows that taking it to higher authorities will probably mean his death. He is the sole support of his sister, mute and hospitalized after a horrendous crime. When his "accidental in the course of pursuing the perpetrator" death approaches, he is able to fake his own death and flee to Europe, where he has had his sister transferred.

Under a pseudonym John isn't really free. He must look over his shoulder constantly, fearing discovery. Then he stumbles on Raymond's trail, his own family secrets, and a plot to change the course of European history.

Fast paced plot with all the action a reader could ask for—practically screams to be made into a movie!

Maggie Bishop: *Emeralds in the*

Snow (High Country Publishers, \$12.00 (trade paperback) ISBN 1-932158-56-1) *Romance*

Emerald Graham enjoys teaching at a small college in the Carolinian mountains, but she finds her first trip on the ski slopes a disaster. Ski patrolman "Lucky" Tucker rescues her and a romance develops. There are problems, of course; Emerald is from a wealthy family and Tucker's regular job is in closet carpentry.

In cleaning out her grandparent's closets preparatory to building in organizers, the pair comes across a map. Treasure? It's more like dynamite to their relationship.

Richard Aleas: *Little Girl Lost* (Hard Case, \$6.99, ISBN 0-8439-5331-9) *Private Investigator mystery*

John Blake, P.I., sees the picture of his high school sweetheart in the newspaper. The headline reads, "Stripper murdered...."

When he and Miranda separated after high school, she was going to become an ophthalmologist. She had the grades

and the drive. What went wrong in the 10 years between that dream and this grim reality?

The cover, the beatings, the tough talk, and the search for clues among the grimier aspects of city life should be balm to those who have missed Mike Hammer, Sam Spade, Peter Gunn and Magnum.

Joanne Pence: *Courting Disaster* (Avon, \$6.99, ISBN 0-06-050291-6) *Romance/mystery*

Thirteenth in the series of Angie Amalfi, San Francisco daughter of Italian-Americans.

Previous books in the series have been culinary mysteries, but this one branches out of the kitchen and into a nice mix of romance and mystery.

Angie has allowed her mother to put on the engagement party announcing her engagement to Paavo Smith, Finnish-American detective. Her mother is keeping it all secret; Angie can't get one squiggle of information about theme, color scheme, or even location.

Meanwhile her neighbor Sam has fallen hard for the pretty but worried pregnant wait person at the Greek restaurant. Something's up that isn't baklava and rouses Sam out of his I-me-mine mindset.

THE EARS HAVE IT (Audio books)

Tony Hillerman: *Skeleton Man* (Harper Audio, 6 CDs, \$29.95, ISBN 0-06-057907-2) *Mystery*

Lt. Joe Leaphorn teams up again with Sergeant Jim Chee for investigation that leads them into the Grand Canyon.

A trading post robbery has implicated a Hopi reservation friend of Jim Chee. Lt. Leaphorn is retired and regretting his inactivity.

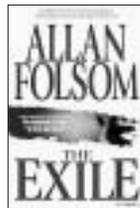
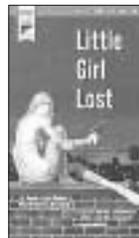
The Hopi is supposed to have to pawn a diamond for \$20. It is worth \$20,000, but more to the point is where a Hopi would find a brilliant cut loose diamond. He says he got it from Skeleton Man, the Hopi guardian of the next world, living near the bottom of the Grand Canyon, who exchanged it for a digging tool.

In the summer of 1956 two passenger planes collided over the Grand Canyon. Pieces of planes, luggage, and passengers rained down on the canyon. One of the passengers was a jewelry courier with a special case attached like a handcuff to his arm. Neither diamonds nor body remains were recovered.

Lots of people would like to find that case and those diamonds, which lie in an area sacred to the Hopi.

The plot builds up to a climax as dramatic as the Canyon itself. Hill-

CONTINUED ON PAGE 15



GRANDPARENTS

Give the Gift of Reading!

"Indicative of the kind of concern that grandparents have about their grandchildren's future, 60 percent buy books for their grandchildren as compared to just 38 percent who buy toys, although that adds up to grandparents buying one of every four toys sold in America each year." - David B. Wolfe, *Ageless Marketing*

We have the perfect books (and toys, too!) for your grandchild.

Gift certificates available!

THE CHILDREN'S
BOOK SHOP

937 Massachusetts
Downtown Lawrence

785-838-3221

www.kidsandteachers.com

BOOKSHELF

CONTINUED FROM PAGE 14

erman at his best! Available also in regular hardcover edition.

Ben Bova: Saturn (Audio Renaissance, 11 CDs, \$44.95, ISBN 1-59397-494-9) *Science Fiction*

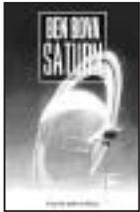
In the (hopefully) distant times, Earth finds itself controlled by fundamentalist political regimes, stifling freedom and opportunity. Needless to say, dissidents arise. Earth's response is to encourage them to join a one-way space exploration effort to Saturn.

Aboard the modern Arc Goddard, therefore, are idealistic individuals, each with their

own plans for Saturn. They do not know the real purpose of the expedition.

Ben Bova has won the Hugo Award in science fiction six times, and Saturn only confirms his excellence in this genre!

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



own plans for Saturn. They do not know the real purpose of the expedition.

Aboard the modern Arc Goddard, therefore, are idealistic individuals, each with their

Have you funded your 2004 IRA?
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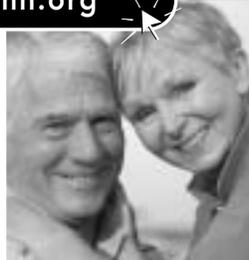
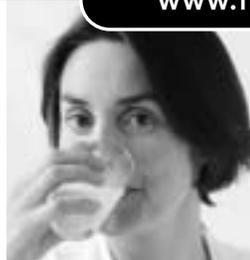
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- Fractures
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- Fungal Toenails
- Neuromas
- Ingrown Toenails
- Custom Orthotics
- Stress Fractures
- Pediatrics
- Athlete's Foot
- Improve Athletic Performance

Foot Pain Is Treatable And Preventable Biomechanical Abnormalities Can Be Corrected



WALK AND BE HEALTHY

Employment Opportunities

Looking for a job at LMH? Search and apply online at one of the largest employers in Lawrence. Why drive when working for the best community hospital is right in your neighborhood?

Events and Education Calendar

Our ConnectCare calendar can guide you to a variety of LMH educational resources and classes that pertain to you and your family's health. You can register and pay for the class without leaving your keyboard!

Health Information

Search Healthwise® Knowledgebase for health information any hour of the day or night. A great place to find reliable, up-to-date health information explained in plain English and written by experts. Manage your health on your schedule.

Gift Shop

Our online Gift Shop is always open! Choose from a wide variety of gifts that can be delivered right to your friend or family member's room. Point. Click. Purchase.

You can also send a free e-card!



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PUZZLES

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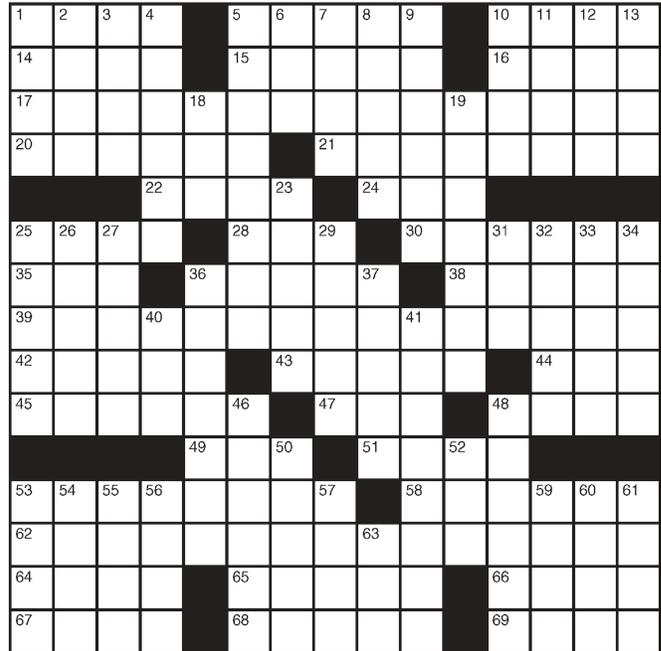
ACROSS

- 1 Computer input
- 5 Shoots the breeze
- 10 Break of day
- 14 Close to closed
- 15 Object from antiquity
- 16 Hodgepodge
- 17 Percussive blasts
- 20 Lauds
- 21 Plan of attack
- 22 Watches the kids
- 24 Stitch
- 25 Bouquet
- 28 ___ and outs
- 30 Tie in
- 35 Ready when you ___!
- 36 Nautical distances
- 38 Prescribed amounts
- 39 Storm blasts
- 42 Tribe on the move
- 43 Sleep soundly?
- 44 Epoch
- 45 Garland for the head
- 47 As well
- 48 Command to Fido
- 49 Brew house
- 51 London subway
- 53 Peacemaker
- 58 Net minder
- 62 Stadium blasts
- 64 Dynamic starter?
- 65 "The Waste Land" penner
- 66 Swelled-heads
- 67 Bread grains

- 68 Advances
- 69 Childhood taboo

DOWN

- 1 Roy's partner
- 2 Comet competition
- 3 Small pie
- 4 Large merchant ship
- 5 Forming whitecaps
- 6 Magic spell
- 7 Chalet locale
- 8 Pinball jars
- 9 Olympics official
- 10 Get something done
- 11 Lotion additive
- 12 Annex
- 13 Snoopy
- 18 Whitney known for his gin
- 19 Serration
- 23 "The ___ of Kilimanjaro"
- 25 Turkish title
- 26 "Prick Up Your Ears" subject
- 27 Spanish missionary Junipero
- 29 Job duration
- 31 Bodybuilder Ferrigno
- 32 Selling point
- 33 Colorful tropical fish
- 34 Test composition
- 36 Patella protector
- 37 Schnoz
- 40 Quirky
- 41 Dry spells
- 46 Clam cousin
- 48 Mariners
- 50 Charming miss



By James E. Buell
Edgewater, FL

- 52 Bronx cheer
- 53 Gelling agent
- 54 Quarry
- 55 Whittle
- 56 Son of Seth
- 57 Macy's Parade spoiler
- 59 Building block

- 60 Golf club
 - 61 Exxon, formerly
 - 63 Up-to-date, for short
- © 2005 Tribune Media Services Inc.

Answers on page 22

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.

OUR 40TH PRESIDENT (sol.: 12 letters)
A-Actor, Air Corps, American, Announcer;
B-Bel Air, Berlin Wall; C-California, Campaign,
Career, Changes, Communicator, Confidence,
Congress; D-Defend; F-Faith, Father, Figure;
G-Governor; H-Hollywood, Husband; I-Illinois;
N-Nancy; O-Office; P-Popular, Prosperity;
R-Radio, Ranch, Republican; S-Style; T-Taxes,
TV host; W-White House

This Month's Answer: **RONALD REAGAN**
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C A M P A I G N A C I R E M A
A E C N E D I F N O C D R S N
L L A W N I L R E B H N O I N
I Y G O V E R N O R A E N O O
F T R A L U P O P N N F A N U
O S C A R E E R C L G E H I N
R T S O H V T Y D R E D C L C
N E T A C O N G R E S S N L E
I C D N A B S U H B E L A I R
A C O M M U N I C A T O R S E
O E S U O H E T I H W F E E R
I D O O W Y L L O H T F H X U
D P R O S P E R I T Y I T A G
A A I R C O R P S G A C A T I
R E P U B L I C A N N E F F F

JUMBLE

THAT SCRAMBLED WORD GAME
by Henri Arnold and Mike Argirion

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

COLIG
□ □ □ □ □ □

LOFEN
□ □ □ □ □ □

ZURQAT
□ □ □ □ □ □

DEXENP
□ □ □ □ □ □

Answer here: □ □ □ □ IT □ □ □ □ □ □



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

Answers on page 22

Advertising in Senior Monthly is a Capital Idea!

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

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



16 SeniorMonthly, March 2005

TRIVIALITIES

1. Who starred as Emily Monroe Norton Kane in the 1941 film classic "Citizen Kane"?
2. George Ratoff directed what 1941 swashbuckler starring Douglas Fairbanks Jr. and Ruth Warwick?
3. In the 1947 film "Daisy Kenyon," what actress portrayed the title character?
4. Who directed the 1946 film "Song of the South"?
5. Who starred as the president in the 1979 film "Meteor"?
6. Who wrote the screenplay for the 1981 film "On Golden Pond"?
7. Charlton Heston, Edward Albert and Henry Fonda starred in what 1976 film?

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Answers on page 22

HUMOR

Executive Assistants

My wife Emmaline and I have a couple of dandy part time jobs. Emmaline is an assistant to a budding actress and artist, and I am factotum for a busy young executive. We're proud to be part of their talented and dedicated staff. Happily, Emmaline and I have much the same schedule. Our career training, our language skills, and a bit of nepotism, landed us these excellent positions.

Besides being gifted in music, drama, wardrobe design, and home decoration, Emmaline is fluent in Preskul, the language preferred by her young employer, Mademoiselle

to ignore corporate rules, I'm his accomplice.

As I mentioned, Emmaline and I work part time, usually a 10-hour shift on Wednesdays and a similar shift every other Friday. M. Constantinova and M. Evanofsky have two full-time employees, and another part-time person.

I mentioned that Emmaline and I have much the same schedule. We also work in the same building, so we go to work and come home together. Occasionally we fill in for the two full-time people at night or on weekends.

First I'll sketch a typical shift for Emmaline with M. Constantinova—I'm going to call her Arriella from now on. Then I'll outline some of my work with M. Evanofsky, whom I'll call Gorky to save time and printer's ink.

Arriella is usually in the corporate dining room when Emmaline arrives. Over toast and cereal they work out the morning's agenda. The day often begins with a rehearsal for Arriella's upcoming performances. She selects the work to be rehearsed, and gets into costume. She plays the lead and Emmaline plays all the other parts. Emmaline also serves as assistant set designer, director and producer. Arriella is always the leading lady.

Arriella Genevieve Constantinova. Emmaline's expertise in Preskul literature has been particularly helpful to M. Constantinova in selecting works to perform in concert and on stage. And Emmaline's knowledge of Preskul helps tremendously whenever M. Constantinova draws, paints and sculpts. Her genre is Postmodern Preskul, and her creations are redolent with images and symbols carefully and lovingly nurtured by Emmaline.

I'll write more about Emmaline, M. Constantinova, and their activities later. Right now I want to explain what I do for an energetic and peripatetic young entrepreneur named Gorky Evanofsky. My work with Monsieur Evanofsky involves a strikingly different set of job skills from those required of Emmaline. In the first place, M. Evanofsky speaks no English. He speaks only Tawdlor. I'm fluent in Spanish, and I know some French, Portuguese and Italian. As a young man I acquired a working knowledge of Tawdlor, and developed an appreciation of Tawdlor culture, but that was years ago. Because I didn't practice my Tawdlor, it became rusty. But I'm getting more fluent every day. M. Evanofsky is patient with my limited vocabulary and thick accent. Much of what I do requires action, not words. I am a butler, valet, chauffeur, personal secretary, and chef. I also serve, when on duty, as M. Evanofsky's consigliere. Now and then, when he chooses

By midmorning Arriella is usually ready to go to the studio and tackle some of her artistic projects. Emmaline readies the materials, depending on whether Arriella has decided to draw, paint or sculpt. Arriella is young, but she has an impressive oeuvre in the postmodern Preskul genre.

Lunch is often a working one in which Arriella keeps tabs on her contemporaries by watching video tapes or television. At 12:30 one of the full-time employees takes Arriella to the academy for formal instruction. Emmaline picks Arriella up at the academy and brings her back to the office by mid afternoon where she does graphic design on the computers until it's time for her to take the daily satellite television feed. That's usually the end of Emmaline's shift.

For M. Evanofsky and me, the day typically begins with grooming, and wardrobe selection. That can be problematical because like Bertie Wooster's butler Jeeves, I am quite particular about the clothes my boss

wears in public. I get the impression that Gorky would as soon run around in a loincloth as be fully dressed. That aspect of Tawdlor culture takes some getting used to. Gorky also has breakfast in the corporate dining room. Arriella and Emmaline are often there. My cooking skills are definitely limited, so I'm fortunate that Gorky pays as little attention to his cuisine as he does to his haberdashery.

Gorky doesn't like formal agendas. Mobility and spontaneity are the keys to success in his fast-paced world. But there are patterns in his behavior. He runs nearly everywhere he goes, and expects me to keep up. He spends several hours a day working on the gadgets that Corporate has given him to evaluate. Gorky's evaluation techniques are up close and physical. Some of the gadgets don't survive. He takes other gadgets apart piece by piece. If there is a way to unscrew something, Gorky will unscrew it—even if the manufacturer didn't mean for it to be unscrewed.

Corporate rules and regulations frustrate the heck out of Gorky. He keeps looking for gadgets that Corporate doesn't want him to evaluate. They think he's too rough on some of their equipment. Corporate puts a lot of stuff off limits, and tells me when I'm on duty not to let Gorky get a hold of them. Right.

You try telling your boss, "Gorky, Corporate doesn't want me to let you have that," in Tawdlor. That's pretty hard to do when he's stand-

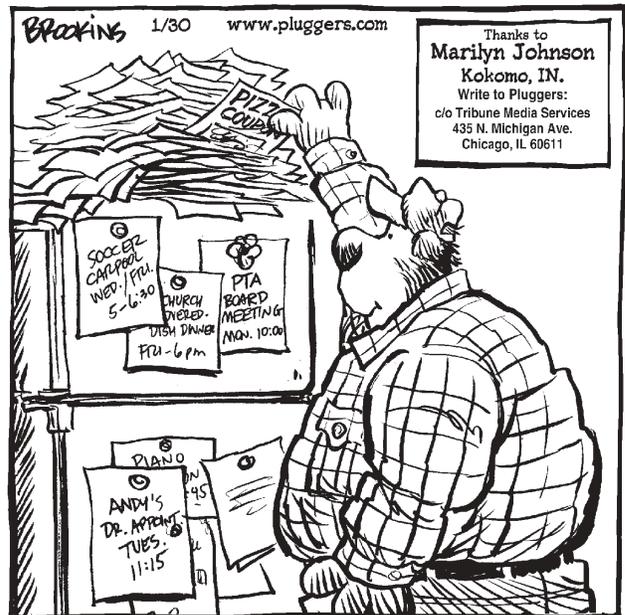
ing there yelling at the top of his lungs. And Gorky has a very colorful vocabulary in Tawdlor. So when I think I can get away with it, I just get into the lock-up and give Gorky whatever he wants so he'll quit yelling at me. I've gotten in trouble with Corporate doing that because sometimes, during a fast-paced shift, I'll forget to put the prohibited item back in the lock-up. When Corporate finds a banned item sitting out in the open, it knows that I'm to blame. I figure until someone in Corporate yells at me as loud or as long as Gorky, I'll just keep giving the banned stuff to him. I'm pretty sure that Corporate won't fire me over it. Gorky really likes me, and except when I try to enforce Corporate's banned equipment rule, he and I get along great. And it's not that easy to find someone who speaks Tawdlor who doesn't already have a full time job.

Well that's pretty much it. Emmaline and I love our work. It keeps us busy, and we learn a lot. It's fun working for Arriella and Gorky, especially at the end of our shift when five-year-old Arriella gives Emmaline a hug and a kiss and says, "Goodbye, Grandma, I love you," and 20-month-old Gorky stands in the door and waves at me and yells "Baa, Baa Bahpaaa!" in Tawdlor.

- 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.



Larry Day



The plugger filing cabinet.

MY ANSWER

What makes Jesus different from other religious leaders?

By Billy Graham

Q: What makes Jesus different from all the other religious leaders who ever lived, as you Christians say He was? I know He was a great man, and I respect His teachings, but other major religious leaders were just as great, in my opinion. — C.B.

A: Yes, Christians do believe that Jesus was different from every other religious leader who has ever lived or ever will live — and with good reason. Let me explain why.

You see, the Bible — which is our only reliable source of information about Jesus — makes it very clear that Jesus was more than just another religious teacher or prophet. It tells us instead that Jesus was unique — in other words, that He wasn't like any other religious leader who has ever lived.

How was Jesus unique? First, He was unique in His person. He wasn't just an unusually spiritual individual. He was more than that: He was God in human flesh. Yes, He was fully man — but He was also fully God. The

Bible puts it this way: "For in Christ all the fullness of the Deity lives in bodily form" (Colossians 2:9). This is what we celebrated at Christmas.

Second, Jesus was unique in His purpose. Why did He come to earth? He came for one reason: to save us from our sins. As Jesus Himself said, "For the Son of Man came to seek and to save what was lost" (Luke 19:10). He did this by becoming the final sacrifice for our sins through His death on the cross.

How do I know this is true? I know it because Jesus did something no other person has ever done: He rose from the dead. I invite you to look at Jesus as He is presented in the pages of the New Testament — and then to commit your life to Him.

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

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COOKING LIGHT

Olive-tomato grilled cheese sandwiches

By Karen Levin

Tomato, basil, and olives are surrounded by melted cheese in this update of a classic lunch or light dinner.

8 (1/2-ounce) slices provolone cheese

8 (1 1/2-ounce) slices sourdough bread

2 tablespoons olive spread (such as Lindsay Olivada)

16 large basil leaves

8 (1/4-inch-thick) slices tomato

Cooking spray

1. Heat a large nonstick skillet over medium heat.

2. To prepare each sandwich, place 1 cheese slice on 1 bread slice.

Spread 1 1/2 teaspoons olive spread over cheese. Top with 4 basil leaves, 2 tomato slices, 1 cheese slice, and 1 bread slice. Repeat procedure with remaining bread, cheese, olive spread, basil, and tomato.

3. Lightly coat outside of bread with cooking spray. Add 2 sandwiches to pan; cook 3 minutes on each side or until golden brown. Repeat procedure with remaining sandwiches. Yield: 4 servings (serving size: 1 sandwich).

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BRIDGE

Take both shots

By Omar Sharif and Tannah Hirsch

Both vulnerable. North deals.

NORTH

♠ A 8
♥ J 10 5 2
♦ K 6
♣ A K Q J 3

WEST

♠ 9 7 6 3 2
♥ A Q 3
♦ 10 8 5 2
♣ 6

EAST

♠ K 10 4
♥ 6
♦ Q J 9 7
♣ 9 7 5 4 2

SOUTH

♠ Q J 5
♥ K 9 8 7 4
♦ A 4 3
♣ 10 8

The bidding:

NORTH	EAST	SOUTH	WEST
1♣	Pass	1♥	Pass
4♥	Pass	Pass	Pass

Opening lead: Six of ♣

West, defending against four hearts, needs to find a quick entry to partner's hand to obtain a ruff. Is there any clue to which suit West should tackle first?

The bidding is simple enough. After South's one-heart response to the one-club opening, North's five-loser hand is easily worth a jump to game. South is just short of making a move toward slam.

Depending on the location of the king of hearts, West will have to find

two or three more defensive tricks to defeat the heart game. It is unlikely that East holds sufficient high cards to produce those tricks, so West elected to try for a club ruff by leading his singleton. Declarer won in dummy and immediately ran the jack of hearts, losing to West's queen.

The hand was at the crossroads. West had to find an entry to the East hand for a club return, and the only possible cards were the king of spades and ace of diamonds. Is there a reason to prefer one over the other?

Yes! Possession of the ace of hearts gives West the luxury of testing both possibilities providing he does so in the right order. Suppose West tries the quick route and shifts to a diamond. Declarer wins, forces out the ace of hearts, rises with the ace on West's spade return, draws the outstanding trump and runs clubs to coast home with an overtrick.

Now suppose West shifts to a spade after winning the first heart. If declarer plays low, East wins and reverts to clubs to beat the hand. If declarer rises with the ace, East signals with the ten of spades and, when West wins the second trump, a spade to East's king and a club return nets the defenders four tricks.

Send e-mail to gorenbridge@aol.com.

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- Mar. 17 **Gary Sinise**, actor, *Forrest Gump*
- Mar. 28 **Reba McEntire**, singer/actress, *Reba*



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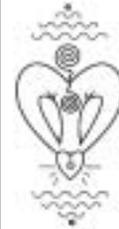


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Everyone needs to eat well—even singles

By Kansas Senior Press Service
A project of KU's Landon Center on Aging

Nearly 26 percent of Americans (73 million people) live alone. These people, whether single, widowed, or divorced, tend to eat home-cooked meals less often than people who live with others.

According to a U.S. Department of Energy study, more than 42 percent of all singles do not cook even one meal per day at home. Figures from the U.S. Bureau of Labor Statistics indicate that singles spend 47 percent of their food dollar on food prepared away from home compared to 42 percent for households of two or more and 37 percent for households of five or more.

The grab-and-go eating pattern of singles puts them at risk of weight gain and long-term health problems. For these reasons, the American Institute for Cancer Research (AICR) recommends that singles take meal preparation into their own hands more often. Preparing more meals at home with healthful ingredients

allows people greater control over their body weight and health.

Take back control

To help singles start cooking more, AICR has published a new brochure titled "Cooking Solo: Homemade for Health." The brochure explains how to purchase, store, and prepare foods for the single household, with tips for fitting healthy meals into a busy life.

For convenience, many singles eat out, take out, or order out. Unfortunately, commercially prepared meals can have too many calories, too much fat and sodium, and too few vegetables and fruits to maintain a healthy weight and protect a person against chronic disease.

With "Cooking Solo," singles should find it easier to make healthy meals for themselves regularly. The brochure lists the basics singles should have or follow: simple kitchen tools, smart grocery shopping tips, safe food storage, and healthful cooking methods. It tells singles how to choose the most nutritious frozen dinners and supplement them with vegetables and whole grains.

A tasty table for one

The brochure also contains 13 easy and delicious recipes, including a white bean soup, a sweet potato side dish, and an enchilada casserole. By having a few standard recipes like these and a few staples on hand, singles can get started in the kitchen. By cooking two recipes on the weekend and storing individual servings in the refrigerator or freezer, there will be healthy meals to warm up throughout the week.

The new brochure highlights the

central goal of making meals nutritious. For their well-being and lower cancer risk, singles—like everyone else—should fill their plates with two-thirds or more vegetables, fruits, whole grains, and beans, and limit meat and dairy products to one-third or less.

A panel of physicians and registered dietitians reviewed and approved "Cooking Solo." To order a free copy, call toll-free 800-843-8114, ext. 111.

Source: The American Institute for Cancer Research

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JUMBLE ANSWERS

Jumbles: LOGIC FELON QUARTZ EXPEND

Answer: Letting his partner fall did this to their relationship – PUT IT ON ICE

TRIVIALITIES ANSWERS

1. Ruth Warrick 2. "The Corsican Brothers" 3. Joan Crawford 4. Harve Foster and Wilfred Jackson 5. Henry Fonda 6. Ernest Thompson 7. "Midway"

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SMART COLLECTOR

Figuring out what's hot, what's not, online

By Danielle Arnet

Q: I'm a rookie e-Bayer, trying to educate myself on collectibles. How do I find out what's hot, what's not? — Dick, Tulsa, Okla.

A: Collectibles are a different mar-



Danielle Arnet

ket than antiques. Made in quantity to be collected, collectibles constitute a volatile market. They will

never pay off with value that lasts. In the event of a bubble (Beanie Babies, the original Cabbage Patch Dolls), value soars. Then it plummets. The collectibles market, tainted by manipulation, may never rebound from the Beanie fiasco and others of that ilk. In this market, it's the wild card that usually amounts to money, some out-of-the-ballpark factor. Five or so years ago, a specific action figure with mis-stamped freckles was all the rage. Everyone was beating the bushes for a faulty superhero! Happily, buyers are a lot wiser now.

Antiques, in all price ranges, are another market. Tastes may change and cycles happen, but here, you probably will not lose money —

provided you buy the best of any kind. When buying with an eye to value, spend the most you can afford on the best you can find. Second-rate or damaged goods are always a mistake. Unless you love the piece, bargains are usually a waste of money. Only the savviest smart collector can spot the diamond in a pile of mediocre goods. Legions of Hummel and cottage collectors will also tell you: Don't fall for trends.

Here's a priceless piece of advice reinforced by every experienced collector and dealer: Buy what you like. Do not buy for investment. The market is fickle, and you may have to live with your treasures a long while. In today's market, only the best quality and top condition brings top dollar. The middle just sits.

If tracking the market price-wise, follow on-line auction catalogs. All major houses have them. After the sale, compare pre-sale estimates with prices realized, and you'll see what sold big on that day. Read the summary info on site for an analysis.

Start educating the eye. Go to antique shows and talk to sellers. Most love to educate. Watch PBS's "Antiques Roadshow" and any of its clones. Visit museums to see the best. For responsible reporting, including trend spotting on traditional American antiques, the "Maine Antique Digest,"

www.maineantiquedigest.com, is tops. A disclosure: I am a contributor. That paper covers top Americana; a wider range of collecting interests is on www.collect.com, the Krause publications site.

I wish you all success. You're embarking on a never-ending learning experience. Welcome to the circle!

Q: Any value on a 1975 Star Trek book and record set, "Passage to Moauv?" — Judy, Glendale, Ariz.

A: About \$15, retail.

Q: Who will buy all ten "Monster Inc." characters from McDonald's Happy Meals? Still in original packages. — Camilla, Cathedral City, Calif.

A: I'd post them on eBay and be happy with anything up to \$20. If you get more, great!

BOOK IT!

"Tiffany Timepieces" by John Loring (\$60 from Abrams) covers a category of design and innovation from a company more widely known for fashion baubles. From photos in company archives (in 1901, after a gent best known as The Sundance Kid bought his lady a \$40.10 lapel watch at Tiffany, a photo of the pair, with her wearing the watch, was used on "Wanted" posters), to artist renderings for designs, the book is a sparkling, visual history. The variety of Tiffany watch and clock design, past and present, is astounding. Attractively slip-cased, the book is a jewel.

(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.)

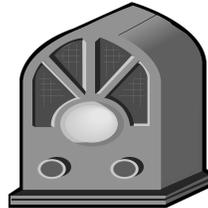
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SeniorMonthly, March 2005 23



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