

Kaw Valley Senior Monthly

www.seniormonthly.net

March 2006

Serving Active Seniors in the Lawrence-Topeka Area

Vol. 5, No. 9

INSIDE



Senior Resource Alliance of Northeast Kansas to “surround” the senior community with a source of trusted solutions for their important decisions. - page 4



Now that Italian trattorias have popularized grilled cheese sandwiches as panini, they're not just for kids anymore. Wolfgang Puck presents Fontina cheese and prosciutto panini with fresh basil. - page 18

INDEX

Bookshelf	14
Bridge	25
Business Card Directory..	21
Calendar	16
Collectibles Marketplace..	19
Dear Pharmacist	11
Health & Fitness	6, 7
Humor	15
Nostalgia Notebook.....	30
Personal Finance	8, 9
Pet World	12
Puzzles	24
Restaurant Guide.....	18
Retire Smart	10
Smart Collector.....	19
Trivialities	24
Wolfgang Puck's Kitchen..	18

FREE



Robert Carey carves an African mask

KEVIN GROENHAGEN PHOTO

Carey's former students now leaders of Liberia

By Kevin Groenhagen

If you judge a teacher by the accomplishments of his students, Robert Carey must be an outstanding educator.

One of Carey's high school students during the 1950s, Ellen Johnson-Sirleaf, in January became Africa's first elected woman head of state. She was unexpectedly elected president of Liberia last November after using a slogan that referred to two bloody, civil years between 1989 and 2003: "All the men have failed Liberia; let's try a woman this time."

"She's really smart and articulate," Carey said. "Even back then she was one of the most articulate girls in the whole high school. She could stand up against the boys in any type of debate."

Johnson-Sirleaf's vice president, Joseph Nyuma Boakai, was one of Carey's 11th grade students in Liberia.

Exactly how does a man born in Fremont, Neb., find himself in Africa teaching two future leaders of Liberia?

Carey's father was an educator who served as a principal and super-

intendent at several schools in Nebraska, but the young Carey had a different career in mind. After attending community college, he entered the University of Nebraska in 1941 to pursue a degree in chemical engineering.

Several months into his studies, the Japanese bombed Pearl Harbor and the United States entered World War II.

"Some buddies and I went to join the Navy, but they wouldn't take anyone as tall as me," said Carey, who is over 6' 8". "I was really dis-

CONTINUED ON PAGE TWO

Robert Carey

CONTINUED FROM PAGE ONE

appointed when the Marines turned me away. Their cut off then was 6' 6".

While Carey could not serve in the military, he got his chance to join the war effort when he was recruited by Goodyear to go to Akron, Ohio, during the summer of 1944 to work in the area of synthetic rubber development.

When Singapore fell to the Japanese in February 1942, the U.S. and the Allies lost 95 percent of their source of natural rubber. President Roosevelt set up a new agency called the Rubber Reserve Company, which organized, planned, and financed the creation of a huge synthetic rubber industry. Through this effort, the U.S. synthetic rubber industry went from an annual output of just 231 tons of general purpose rubber in 1941 to an output of 70,000 tons a month in 1945.

"I had a really interesting summer there working with rubber chemistry geniuses," Carey said.

After that summer, Carey returned to his studies in Nebraska. While there, he attended a campus conference at Baker University in Baldwin City.

"I was a delegate for the University of Nebraska, and while at Baker I met the girl who became my wife," Carey said.

LaDonna Clemings was about to graduate from Baker, while Carey, at that time, was a bit less serious about his studies.

"We decided to set the date to get married and then we would go and set up our home in some exciting city," Carey said. "We chose Denver. I got a job there with the U.S. Rubber Company."

Carey earned a degree in Business Administration/Pre-Engineering in 1949 while in Denver. However, just a year later, his engineering career took a detour.

"We began to teach the high school Sunday school classes at Trinity Methodist Church in downtown Denver and became youth leaders in the district," Carey said. "We went to a national youth conference. There we saw 35 African youth on stage during one of the presentations. They were such a vibrant and articulate group. Our mission board made an appeal. They were looking for people interested in missionary careers in teaching in mission schools in Africa. LaDonna and I made a commitment right there. We had a chance to make a difference in Africa."

The Careys signed up and then attended Hartford Seminary in Connecticut for training in anthropology, African languages, culture studies, and health issues in the tropics. They then attended another seminary in Evanston, Ill., for Bible studies and counseling.

The Careys' first assignment was to teach at the College of West Africa in Monrovia, Liberia. That was in 1950.

"That part of Africa was called the 'white man's graveyard' because of malaria, dysentery, and other tropical diseases," Carey explained. "Our training at the Hartford Seminary was invaluable. It helped us survive in one of the deadliest parts of Africa."

The College of West Africa was established in 1833 by Rev. Melville B. Cox, the first Methodist missionary in Liberia. It serves students in grades seven through 12. Carey taught science, served as the business manager and, in 1967, became the principal of the high school. LaDonna also taught science and English.

While on furloughs back in the U.S., Carey earned a master's in Business Education/School Administration from Vanderbilt University's Peabody College in 1959, and a Ph.D. in Education Administration and Planning from Stanford University in 1970. Carey's doctoral research was on education and national development in Nigeria.

The Careys reared their daughter and son in Liberia.

In 1973 the family moved to Cuttington University College, which is located about 120 miles north of Monrovia in the interior of Liberia. Carey during the next three years served as the chairman of the education department of the coeducational, four-year, degree-granting institution. LaDonna served as the college's comptroller.

"She helped to save that institution from economic collapse," Carey said.

"We felt good when we left in 1976 because the Liberians had been trained to take our places," Carey explained. "That had always been the plan."

"Our son was nearly ready for high school at that time," Carey added. "We thought it was the appropriate time to come home and

stay home. We had already put our daughter in Baker University during our last furlough. When she got settled in the dormitory, she said, 'Mom and Dad, you can go back to Liberia now.' She was the first to stay home. That was a poignant moment."

Once back in the U.S., Carey accepted a position at Union College, a Methodist college in Barbourville, Ky.

"I was a professor of education and became vice president and, later, executive vice president," Carey said. "Union College is in Appalachia, which, in a sense, was a developing region. I developed a master's degree training program, got World Bank funding for it, and brought Liberian school masters to our college for a one-year master's degree program. Joseph Kortoe, a member of this group, has been appointed Minister of Education in the new Liberian government."

While at Union, the Careys hosted a conference of former mission-

aries who had served in Liberia.

"I met John Furbay at the conference," Carey said. "He had been the president of the College of West Africa during the 1930s, while I had served as president of the school in the 1960s and 1970s. He said, 'We should write a book about Liberia,' and I readily agreed. I thought we were going to write it together, but it turned out he didn't have that kind of energy anymore. He was already in his 80s. So he ended up financing my research."

In the meantime, LaDonna, who was Union College's financial aid director, was ready for a change.

"She felt God's calling to become a minister," Carey explained. "We pulled up stakes and she enrolled in Saint Paul School of Theology in Kansas City."

LaDonna eventually spent five years as a pastor at churches in southern Kansas. She continues to

CONTINUED ON PAGE THREE

Windsor Assisted Living



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

- Health monitoring by full time professional staff
- Assistance with bathing and dressing
- Medication assistance
- Special diets and nutritional supplements
- Weekly housekeeping & laundry
- Hot delicious meals daily plus snacks
- Scheduled transportation
- Social, spiritual & recreational activities

the
Windsor
OF LAWRENCE

(785) 832-9900 • 3220 Peterson Rd. • Lawrence, KS 66049

Respecting Values - Protecting Dignity - Supporting Independence

<p>Kaw Valley SeniorMonthly</p> <p>Editor and Publisher Kevin L. Groenhagen</p> <p><small>Kaw Valley Senior Monthly is published monthly by Groenhagen Advertising, L.L.C., Lawrence, Kansas, and is distributed at over 130 locations throughout the Lawrence-Topeka area. Any opinions expressed by our writers are not necessarily those of Groenhagen Advertising, L.L.C. Subscription rate is \$15 for 12 monthly issues.</small></p>	C O N T A C T U S	 MAIL 2612 Cranley St. Lawrence, KS 66046	 PHONE 785-841-9417	 E-MAIL kevin@seniormonthly.net	 FAX 785-749-4691
--	--	--	--	---	---

Robert Carey

CONTINUED FROM PAGE TWO

work part-time at Lowman United Methodist Church.

While LaDonna attended Saint Paul, Carey began writing his book on Liberia. Furbay provided Carey with a stipend while he conducted the research.

"I went to the Library of Congress, Northwestern University in Chicago, the University of Virginia, and Harvard," Carey said. "Harvard had early documents on the American Colonization Society that no other university had."

The American Colonization Society founded Liberia in 1822 and transported free black Americans to the new colony on the coast of West Africa.

Carey completed *Freedom Ships*, a 378-page historical novel about the creation of Africa's first black republic by freed slaves from America, in 1999.

"The support here has been marvelous," Carey said of Aldersgate Village, the Topeka retirement community the Careys have called home for nearly a decade. "When the book came off the press, we had a book signing here. Television stations in town came to cover it."

The Kansas Authors Club in 2000 awarded Carey with the J. Donald Coffin Memorial Book Award for the best book written by a Kansan. The novel is currently available at Amazon.com, Booksurge.com, a print-on-demand company acquired by Amazon.com last year, and at Hastings in Topeka.

Carey is currently conducting research for a historical novel about Hiram Scott. According to several accounts, Scott was a fur trader who lost his life on the North Platte River in Nebraska several years before the Oregon Trail became a key overland migration route for pioneers. Scotts Bluff National Monument in Nebraska was named for the unfortunate fur trader.

While the novel on Scott would be a significant departure from *Freedom Ships*, Carey is quite familiar with the topic. He lived eight years in Gering, Neb., which is located at the base of the monument.

At 82, Carey continues to be an educator. For several years he has taught a memoir-writing class and an AARP driver safety program at Lowman United Methodist Church. Several of Carey's students in the memoir-writing class actually started their own writers' group called The Write Stuff. The group published *In-sight Out*, an anthology of poetry



President Ellen Johnson-Sirleaf cuts the ribbon at a USAID-funded, county-government development project on February 21.

and prose, in 2003, and dedicated the book to Carey.

"It's just fantastic!" Carey exclaimed. "Some of the writing is truly outstanding. One person has already written and published his own book."

While there may not be a future president or vice president in The Write Stuff, it is clear that Carey is very proud of the accomplishments of these aspiring writers. He hopes to teach many more in the coming years.



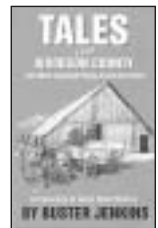
Buster Jenkins to Sign New Book at Hastings

Friday, March 24, 2006

Best-selling author **Buster Jenkins** will be signing his new book, "**Tales From Woodson County**," at Hastings Book Store in Lawrence on Friday, March 24, from 5:00-8:00 p.m.

Buster's new book has been highly rated among distributors and publishers. Many say they haven't read stories like these in 30 years. Buster has numerous aspects of his life to draw from.

Born during the depression on a farm in Woodson County, Kansas, he grew up poor and restless. During World War II he sailed for the Merchant Marines, and during the Korean War he served as a sergeant in the U.S. Marine Corps. He was a champion fiddler and professional musician for 45 years, playing for Presidents and First Ladies. Buster was also inducted into two Halls of Fame.



Buster will also be signing his first book, "**Toughern' A Boot**," on March 24th. "**Toughern' A Boot**" is a true story of his life and times. Buster tells of his life on the farm, sailing the high seas for 7 years, his experience in the Marine Corps, and, of course, all his years in Country Music.

Both books are highly rated and will be available at the signing. So make plans to just drop by and say, "Hi." Buster will be glad to see you.

Hastings Book Stores is located at 1900 W. 23rd in Lawrence, Kansas.

Lawrence Therapy Services is



Our Lawrence office is moving to 2200 Harvard Road—Spring 2006! Watch for details!

- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Massage Therapy
- Marriage and Family Therapy
- Balance and Fall Prevention Program
- In-Home Services
- Medical Equipment Sales
- Certified Anodyne Neuropathy Care Center

In-Home services available in Lawrence, Baldwin City, Topeka and surrounding communities.



842-0656
2721 W. 6th., Suite B
Lawrence, KS 66049

594-3162
814 High St., Suite A
Baldwin City, KS 66006



Alliance to serve seniors forms in Topeka

By Kevin Groenhagen

Thanks to the efforts of Jim Lord and Tim Roberts, seniors in Northeast Kansas have a new resource to help direct them to a variety of quality professional services.

Lord and Roberts, financial representatives with Topeka's Lord-Roberts & Associates, were introduced to the concept of Senior Resource Alliances (SRA) while attending a Society of Certified Senior Advisors conference in Kansas City. The concept involves creating an alliance of professionals who serve seniors. This alliance would then provide a wide range of senior services under one umbrella and would focus on solving senior problems instead of just trading leads or referrals.

"The Society is promoting the concept of SRAs around the country," said Lord, who noted that SRAs have already been formed in Denver, Colo., where the Society has its headquarters, Orlando, Fla., and other parts of the country.

Lord and Roberts specialize in working with retirees and those about to retire, and both financial professionals have earned their Certified Senior Advisor (CSA) designation from the Society of Certified Senior Advisors. CSAs must complete a rigorous course instruction in the concerns facing seniors and pass a comprehensive exam to demonstrate their knowledge of senior issues. In addition to financial representatives, those with the CSA designation include attorneys, senior housing professionals, doctors, nurses, social workers, funeral directors, and others who work with seniors. While SRAs must

be started by CSAs, non-CSAs can join SRAs.

Lord and Roberts last fall began contacting others to see if they were interested in forming an SRA for the Topeka area.

"There were people we knew who were involved in working with seniors, and we said, 'Come on in, we have an idea,'" Lord said.

After determining that there was indeed an interest in forming an SRA, Lord and Roberts secured the Northeast Kansas territory for an SRA and started signing up members. The Senior Resource Alliance of Northeast Kansas then had its official kickoff last November at Atria Hearthstone.

"We flew in Linley White of CSA Programs to be the guest speaker," Lord said. "We fed at least 100 people, most of whom work with seniors. We also invited a few centers of influence. I think it was a very successful kickoff."

"The centers of influence include people who think a lot of you, such as clients and others who know you well," Roberts added. "Every member of the alliance has centers of influence, and we plan on mailing a monthly newsletter to all our centers of influence. That's one way we'll let people know about the alliance. Another way is a pamphlet we're putting together that lists all the members of the alliance. The pamphlet will be distributed at hospitals, doctors' offices, retirement communities, and other places where seniors are so they will become more aware of the alliance."

Thus far, Lord and Roberts are pleased with the progress SRA of Northeast Kansas has made.

COURTESY PHOTO



Members of the Senior Resource Alliance of Northeast Kansas at the group's official kickoff. **Front row:** Ron Richardson, Re/Max Realtors; James Lord, Lord-Roberts & Associates; Penny Atchison, Atria Hearthstone; Lisa Becker, Lord-Roberts & Associates; Heidi Pickerell, Midland Hospice; Linley White, Certified Senior Advisors Programs. **Back row:** Tim Roberts, Lord-Roberts & Associates; Butch Gilkison, Accounting Center; Jared Holyrod, Atria Hearthstone; Steve Cornelius, Financial Freedom; Larry Haggood, Attorney.

"We've done things in the last 120 days in developing this SRA that Linley White tells us others that have been around longer haven't done yet," Lord said. "Evidently, we have grown and done things the right way. We're light years ahead of where many other SRAs are."

The SRA of Northeast Kansas already has 20 members, has its own Web site, and is preparing to hold monthly education meetings for its members.

"Our meetings will focus on learning what each member does in the senior arena so that when, for example, I have a client in my office who needs help with something, I can pick up a phone right then and there and call

an alliance member," Lord explained. "I don't ask a client if she would like me to refer her to someone. I ask, 'Would you like me to help you with that?' We want people to say you can depend on the alliance to give you the right information and to steer you in the right direction."

For more information about the Senior Resource Alliance of Northeast Kansas, please call 785-266-6017 or visit www.sraneks.com.

(Note: Just before press time, *Senior Monthly* learned that the Senior Resource Alliance/Jayhawk Area is beginning to sign up members in the Lawrence area. For more information, please call Seth Movsovitz at 785-550-1133.)

SRA's 360 Degree Concept

The concept of the Senior Resource Alliance is to surround the senior community with a source of trusted solutions for most of their important decisions. Membership is open to one representative from each type of business or organization that serves seniors. Those businesses and organizations include, but are not limited to, the following areas:

- Accounting Services
- Advanced Funeral & Cemetery & Marker Planning
- All Funeral Services
- Caregiver Resources
- Complete Hearing Aid Services
- Downsizing Services
- Durable Medical Equipment
- Elder Living Options
- Estate Planning/Probate
- Estate Sales
- Financial Planning
- Financial Services
- Home Care
- Home Health Care
- Home Maintenance/Repair/Services
- Hospice Care
- Insurance
- Long Term Care Insurance
- Media Representative
- Onsite Auto Service
- Real Estate Services
- Reverse Mortgages
- Senior Moving Services
- Social Needs Assistance



Serving Northeast Kansas Since 1978

- Hospice House Inpatient Facility
- Medicare/Medicaid Certified
- Individual & Group Grief Counseling
- Joint Commission Accredited for Children, Teens & Adults

1008 New Hampshire, Third Floor • Lawrence • 785-842-3627
200 SW Frazier Circle • Topeka • 785-232-2044
635 S. Main St. • Ottawa • 785-242-0002

www.midlandhospice.org

Bert Nash to hold 'Nash Dash'

The fifth annual Nash Dash fundraiser will take place on Saturday, May 13, 2006, on the levee in North Lawrence. A 5K fun run and 5K walk will begin at 8:00 a.m. with a one mile walk following at 8:30 a.m. All events begin and end at the Lawrence Visitors Center located at 402 N. 2nd.

The Nash Dash is a fundraiser for the WRAP Program, which places mental health professionals from the Bert Nash Community Mental Health Center in schools in Baldwin City, Lawrence and Marion Springs Elementary. Donations will also provide scholarships for youth to attend Lawrence Parks and Recreation programs and activities.

Businesses, organizations and individuals who contribute \$100 or more in cash or in-kind goods/services will be recognized on the Nash Dash 2006 shirt and other promotional materials. Contact Scott McMichael at 785-830-1701 or smcmichael@bertnash.org for information on becoming a sponsor.

For more information contact Marilyn Sell at msell@bertnash.org or 785-830-1795 or register online at www.lprd.org/nashdash.shtml.



The First Apartments
Independent Community
Living for Seniors



Studio, One Bedroom & Expanded One Bedroom Apartments providing:

- Emergency call button w/24 hr. emergency staff
- 24 hr. emergency maintenance
- Individually controlled heat & air

Unique Service Coordinator Staff providing:

- General case management
- Referral services
- Links with community agencies & service providers
- Assistance with prescription drug & Medicare applications
- Resident advocate

- Laundry Room
- Exercise and Hobby Room
- Recreation room w/pool table, darts as well as a library
- Beauty/Barber shop
- Weekly transportation for shopping

Great location nestled in the Seabrook neighborhood and surrounded by area churches and local services.

3805 SW 18th St. • Topeka
(785) 272-6700

Hearing Aid SPECIAL!

\$995

Qualitone Digital ITE

Offer not valid with any other offers.

Offer expires 4/15/06



\$400 OFF!

All digital hearing aids.

New state-of-the-art technology produces the BEST sound quality!

Expires: 4/15/06

FREE HEARING CONSULTATION

Schedule a confidential appointment with our trained and licensed hearing professional to determine if you can benefit by using our advanced digital products.

Expires: 4/15/06

FREE Video otoscopic inspection!

Look inside your ear to look for excessive wax build-up or other condition which may make hearing difficult.

Expires: 4/15/06

BUY ONE PACKAGE OF HEARING AID BATTERIES AND GET ONE FREE!

Limit one per customer during our special event days!

Expires: 4/15/06

Experience the Digital difference for yourself!

Call today for a free demonstration of the rich, crisp, sound quality of Qualitone digitals. It may be just what you've been waiting for!

 QUALITONE



HEARING SCIENCES

1425 Oread West, Ste. 103 • Lawrence, KS

CALL TODAY! (785) 856-2250

HEALTH & FITNESS

News on therapy benefits

A dangerous new limit on Medicare benefits went into effect on January 1, 2006. All the basic outpatient therapies—physical therapy, occupational therapy and speech therapy—have been limited to just a few hours per year. Luckily, Congress added an exception process for 2006 that will allow many seniors to get the therapy they need.



Laura Bennetts

This may apply to you. I'll explain below how to find out. And I'll also discuss what we can do to repeal the limits after 2006.

Who Gets Hurt?

First, the bad news: the new limits adversely affect millions of Americans—everyone who is covered by Medicare, everyone whose Medicare is handled by a managed care plan, and everyone who will qualify for Medicare upon retirement. That probably means you!

What Are We Losing?

If you have never used your Medicare benefits you may not know that, since 1965, Medicare has provided outpatient therapy—including physical, occupational and speech therapy—to help you recover from illnesses or injuries. Until recently, you could receive as many hours of treatment as your doctor and your therapist agreed you truly needed. But now Medicare therapy coverage is limited to a not-so-grand total of about 30 hours per patient—PER YEAR!! That includes roughly 15 hours of occupational therapy and 15 hours of speech and physical therapy combined. Very, very few of the serious injuries that we commonly treat will truly heal in that brief amount of time. But Congress says that's all the time we're allowed.

Where Did The Therapy Caps Originate?

The Balanced Budget Amendment of 1997 introduced the caps. This was part of a wide-ranging cutback on Medicare benefits that put severe limits on home health, post-hospitalization nursing home care, and outpatient therapies. In 1999 the

caps went in effect, but there was so much uproar that Congress put a moratorium on the caps from 2000 until September 2003. The 2003 Medicare Drug Bill extended the moratorium until January 2006. But now the moratorium has lapsed, and the cuts are in effect once again.

Good News for 2006

This year, therapists are allowed to apply for "exceptions" for people who need more than 30 hours of treatment. Some exceptions will be automatically granted—for people with specified conditions—and others can be requested in writing.

Take Advantage of the Exceptions!

If you meet one of the conditions below, you automatically qualify for continued therapy beyond the cap.

- Anyone who needs therapy for one of over 90 different conditions, including arthritis, stroke, joint replacements, and many more. To see whether you qualify, contact your therapist.

- Anyone released from the hospital or a skilled nursing facility in the last 30 days.

- Anyone with a mental health problem that may slow recovery.

- Anyone requiring both speech and physical therapy for their condition. (Many people require all three therapies after a stroke.)

- Anyone needing therapy to be able to return to their previous place of residence.

- Anyone needing therapy to recover greater independence in daily activities like dressing and bathing.

- Anyone who used their 30 hours early in 2006 and now need therapy for a different condition.

- Anyone who either doesn't live near a hospital therapy department or would find it physically taxing to get to a hospital for outpatient therapy. This includes people who live in nursing homes and assisted living facilities.

If your situation does not automatically qualify you for 30+ hours of treatment, your therapist can still request up to 15 extra treatment visits beyond the limit. The therapist must submit an appeal in writing. Medicare will respond in writing as well.

Bad News for 2007

This exception process is messy, bureaucratic, and complicated—but at least it will allow many people who need treatment to get help. Next year, however, even this alter-

native will cease to be available—that is, unless we fight back now.

Here are key points to keep in mind:

Therapy Saves Money

Is therapy just too expensive for society to afford? Not at all. On the contrary, therapists save the healthcare system billions of dollars every year. How? Consider, for example, therapists in nursing homes. They provide patients in wheelchairs with pressure-relieving cushions to prevent pressure sores. If a patient develops a pressure sore, the cost of treatment is over \$10,000 per sore— money that is saved by therapy. Similarly, when therapists prevent falls, wounds, fractures, weakness, pain, disability and aspiration pneumonia, they save the health system the untold dollars that would be required to treat the injured and infirm in hospitals and long term care—the two most expensive parts of the health care system, by far.

What Can We Do?

Medicare cuts deprive older Americans of much-needed medical care.

What can we do? Congress is now considering options for 2007, including a bill that would repeal the therapy caps. This bill deserves your

support. Take the time to call your Congressional representatives to let them know that arbitrary capping of therapy benefits hurts those who need care most.

Ask your representatives to add their names to the bill that repeals the cap—HR 916/S. 438—and to urge a vote on this bill before the November 2006 elections. Americans want to know who in Congress really supports Medicare and healthcare for seniors. We want real leadership on the issue of funding care for seniors, not opportunistic cutbacks.

Sometimes, we need political therapy as well as physical therapy. Call your representatives to say that you care...and you vote.

- Laura Bennetts MS PT, is a physical therapist and the co-owner of Lawrence Therapy Services LLC (785-842-0656) and Baldwin Therapy Services (785-594-3162). Both clinics offer Physical Therapy, Occupational Therapy, Speech Therapy, Massage Therapy and Marriage and Family Therapy throughout Douglas County. The clinics are also certified Anodyne Neuropathy Care Centers. If you have questions for Laura, please write to her c/o laurabennetts@hotmail.com.

Rumsey-Yost
FUNERAL HOME, INC.
& Crematory

"locally owned and operated since 1920"

"personalized care with dignity"

- pre-arrangements
- caring funeral service
- quality grief support
- monuments

601 Indiana
Lawrence, Kansas

785-843-5111

www.rumsey-yost.com

Life Begins at DRURY PLACE!

4200 SW Drury Lane • 785-273-6847



At Drury Place you'll enjoy tours, group outings and social gatherings. We'll take the burden off of you so you can live life to the fullest. You'll love it!

Housekeeping, Home Cooked Meals, Van Transportation, Activities, Outings are all available at Drury Place.

A warm, loving community that enhances independent lifestyles.

HEALTH & FITNESS

Natural treatments can be used for rheumatoid arthritis

Rheumatoid arthritis (RA) is an autoimmune disease. An autoimmune disease is when a person's immune system mistakenly attacks the person's own body. It is a chronic disease that targets the



Dr.
Farhang
Khosh

joints. The joints that are most often affected include the wrists, fingers and feet. RA causes pain, swelling and stiffness in the joints. Rheumatoid arthritis affects people of all ages but mainly affects people between the ages of 30 and 50. Women are three times more likely to be affected as men. According to the National Institutes of Health, we know the following about RA:

1. RA usually occurs in a symmetrical pattern. For example, if one hand is affected, usually the other will be, too.

2. RA often affects the wrists and fingers, though it can affect other parts of the body.

3. RA is an autoimmune disease affecting the entire body. A person suffering from RA may feel tired, weak, lose of appetite, lose weight, or generally not feel well.

Conventional therapy for treating RA target to relief pain, reduce swelling in the joints, slow down or stop the damage to the joints and improve the person's ability to function. Common medications used in treatment include nonsteroidal anti-inflammatory drugs (NSAIDs), disease-modifying antirheumatic drugs, and corticosteroids. Alternative medicine offers a variety of treatments for RA, including medicinal plants such as ginger, feverfew, boswellia, curcumin or valerian. Vitamins and minerals, including fish oil, glu-

cosamine and chondroitin sulfate, can also be used, as well as dietary approaches, such as restricting the amount of nightshades in a person's diet. In addition, other treatments include homeopathy, Ayurveda medicines and acupuncture.

Fish oil is the only natural treatment for rheumatoid arthritis with significant documentation. According to the results of at least 13 double-blind, placebo-controlled studies involving a total of over 500 participants, supplementation with omega-3 fatty acids can significantly reduce the symptoms of rheumatoid arthritis. Recent research has identified boswellic acids, the active ingredients in boswellia, as showing anti-inflammatory effects. A pair of placebo-controlled trials involving a total of 81 people with rheumatoid arthritis found significant reductions in swelling and pain over the course of the months.

Since the 1980s, glucosamine sulfate has become the treatment of choice for many practitioners in the U.S. and Europe. Glucosamine, a sugar produced in the body and found in small amounts in foods, plays an important role in maintaining cartilage. When taken as a dietary supplement, glucosamine may help to relieve the pain, stiffness, and

swelling of joints. In recent years there have been many studies to confirm the relationship between the severity of RA and diet. Recently, there is mounting research evidence to confirm the relationship between intestinal health and inflammatory disease. Diets high in pro-inflammatory foods, such as sugar, refined carbohydrates, saturated animal fats, processed foods, and hydrogenated oils, may contribute to the expression of RA in people who are genetically inclined to the disease. Also, avoiding the food allergens can have a great impact in RA. Many people with RA do much better by eating gluten, adopting a dairy-free diet, and adding fresh fruit and vegetables.

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

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

COMMERCE'S HOT 4.00% 11-MONTH CD PAYS HIGH-OCTANE INTEREST!



Fuel your finances with Commerce Bank & Trust's high CD rate! Pump your money into our 11-month CD at 4.00% APY* and get extra mileage from your investment.

Visit any of the convenient Commerce locations for great CD rates. Plus, only Commerce offers longer hours and

in-store banking 7 days a week. You could drive all over town and never find a better combination of terrific rates, outstanding service and convenience.

Commerce Bank & Trust

Member FDIC • www.cbtk.com

Main Bank, 31st & S Topeka • 267-8900 • www.cbtk.com

*Annual Percentage Yield. Annual Percentage Yield is valid as of 9-23-05. This rate may change at any time without prior notice. Interest rates are fixed for term of CD. A penalty is imposed for early withdrawal. Fees could reduce earnings on the account. Special rates require a \$5,000 minimum deposit and cannot exceed \$250,000. Other restrictions may also apply.

LOCATIONS . LOCATIONS . LOCATIONS .

PERSONAL FINANCE

Why the Alternative Minimum Tax is not just for the wealthy

The alternative minimum tax (AMT) has been called the stealth tax, and with good reason: Although intended for the rich, the AMT is affecting more and more middle-income Americans in large part because it has only been adjusted for inflation twice since its intro-



Steve Lane and Garth Terlizzi

duction in 1969. If Congress does not act to limit the AMT's reach, even more taxpayers could face higher federal income taxes in 2006.

Whether or not Congress agrees soon to rein in the AMT, a general understanding of how the tax works may help you avoid it.

The Other Income Tax

The AMT truly functions as an "alternative" federal tax system. It has its own set of rates and rules for deductions, which are more restrictive than the regular rules. It operates in parallel with the regular income tax system in that if you're already paying at least as much under the "regular" income tax as you would under AMT, you don't have to pay it. But if your regular tax falls below this minimum, you have to make up the difference by paying the alternative minimum tax.

The AMT can be triggered in a number of different ways. Although those with higher incomes are more susceptible to the tax, many other factors such as the amount of exemptions or deductions can also prompt the tax. Even commonplace items such as a deduction for state income tax or interest on a second mortgage can set off the AMT.

Watch for Red Flags

Certain circumstances and tax items are likely to trigger the AMT:

- If your gross income is above \$100,000.
- If you have large numbers of personal exemptions.

- If you have significant itemized deductions for state and local taxes, home equity loan interest, deductible medical expenses or other miscellaneous deductions.

- If you exercised incentive stock options (ISOs) during the year.

- If you had a large capital gain.

- If you own a business, rental properties, partnership interests or S corporation stock.

If any of these apply to you, complete the AMT worksheet provided with the instructions to Form 1040 or fill out Form 6251, Alternative Minimum Tax — Individuals. Taxpayers who fail to pay an AMT liability are subject to penalties and interest.

AMT rates start at 26 percent, rising to 28 percent at higher income levels, compared to regular federal tax rates, which start at 10 percent and step up to 35 percent. Although the AMT rates appear to top out at a lower rate than regular federal income taxes, the AMT calculation allows significantly fewer deductions,

making for a potentially larger tax bite.

Unlike regular taxes, the AMT does not allow personal or dependent exemptions or the standard deduction. Moreover, there are no deductions for state and local tax, property tax and a number of other itemized deductions. For example, home-equity loan interest is not deductible if the loan proceeds are not used for home improvements. Accordingly, the more exemptions and deductions claimed, the more likely it is that an AMT liability will apply.

On the positive side, there is a special AMT exemption — \$58,000 for joint filers and \$40,250 for singles in 2005 — designed to prevent the AMT from applying to those with modest incomes. This exemption is reduced by 25 cents for each dollar of AMT taxable income above \$112,500 for singles (\$150,000 for couples). There's also an "AMT credit" in future years for some of the extra taxes paid under the AMT. However, this can only be used in a year when the AMT is not paid.

Avoiding the AMT

To avoid or minimize the impact of the AMT, consider these suggestions.

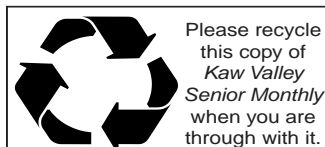
Time capital gains. You may be able

to delay an asset sale until after the end of the year, or spread a gain over a number of years by using an installment sale. If you're looking to liquidate an investment with a long-term gain, review the AMT consequences with a tax professional to determine what impact such a sale might have.

Time deductible expenses. When possible, time payments of state and local taxes, home-equity loan interest (if you don't intend to use the loan proceeds for home improvements) and other miscellaneous itemized deductions to fall in years when you won't face the AMT. Since they are not deductible for AMT purposes, they will go unused in a year when the AMT is paid. The same holds true for medical deductions, which face stricter deduction rules for the AMT.

Look before exercising. Exercising incentive stock options is probably the biggest red flag for triggering the AMT. Because the tax issues are complex and the AMT on option proceeds can be significant, you should consult with a qualified tax professional before exercising them.

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





Hutton
MONUMENTS, INC.

Serving Kansas since 1873

Complete Range of Styles for Your Selection

201 SW Topeka Blvd. • Topeka • 785-354-7005
E-mail: huttonmonuments@sbcglobal.net

Locations in: Lawrence, Hiawatha, Highland, Holton,
Horton, Hoyt, Meriden, Onaga & Oskaloosa



PERSONAL FINANCE

Is your estate plan in place?

Many of us don't like to think about estate planning, because the process reminds us that we are not going to live forever. Yet if you want something of yourself to live on, you should have a comprehensive estate plan. And the best time to start your estate planning is many years before it will likely be needed.

A good estate plan can help you



Harley Catlin and Ryan Catlin

answer many key questions: Who will make financial decisions for me if I become incapacitated? Who will take care of my kids if I die prematurely? How will my money and property be distributed? How can I avoid probate? Can I reduce, or eliminate, the estate taxes my heirs may face?

To address these and other concerns, you will need to work with your tax and legal professionals to create an estate plan that is appropriate for your needs. You will also need to work with a financial professional to select any investments that may be needed within your estate plan. While working with these people, you may need to consider the following:

Ownership titles - When it's time for your estate to be settled, the ownership of all your assets—real estate, securities, retirement accounts, etc.—will be an important issue. Your tax and legal advisors can help you determine which forms of property ownership—such as joint tenancy, sole ownership and tenants in common—are suitable for your needs.

Beneficiary designations - It's obviously important to name beneficiaries on life insurance policies, annuities and other financial vehicles. But many people don't review their beneficiary designations periodically—and that's a big mistake. If you get divorced and remarried, or if you have a new child, you will want to change or add beneficiaries. If you forget, your family could go through some major headaches when it's time to settle your

estate.

Will - If you don't have a will, your wishes may never be fully honored, because state law will dictate how your assets are divided. And if you have no living relatives, and you die intestate (without a will), your estate will go to the state.

Living Trust - If you only have a will, your assets may have to pass through probate—which can be time-consuming and expensive. But with a properly established living trust, drafted by an experienced attorney, your assets can pass directly to your beneficiaries, without court interference, legal fees, lengthy delays and public disclosure. Also, a living trust can give you more precise control over how—and when—you want your assets

distributed.

Durable General Power of Attorney - When you create a durable general power of attorney, you can appoint another person to conduct your business affairs if you are physical or mentally unable to manage them yourself.

Health Care Directive/Living Will - By establishing a health care directive or living will, you are providing evidence of your wishes regarding the administration of life-prolonging procedures when you are no lon-

ger able to communicate.

Proper Planning Takes Time

It can take months, or even years, to get your estate plans in the shape you want—and you'll still probably need to make changes as you progress through life. So, don't delay. Get started on your estate planning soon. It can be a lot of work—but it's worth the effort.

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

Compassion and Service ...More Than Just Words

WARREN MCELWAIN
MORTUARY
Lawrence 843-1120 • Eudora 542-3030
www.warrenmcelwain.com



Proven healing.



Effectively treating wounds doesn't stop with the existing injury. Getting to the source of the wound is critical, and it's the only way to prevent it from happening again.

At Lawrence Memorial Hospital Wound Healing Center, you'll find the help you need. We offer advanced technology and medical care that helps heal wounds by starting with the underlying cause. Nine out of 10 patients treated at Lawrence Memorial Hospital Wound Healing Center have been successfully healed—that means a 90% chance your wounds will fully heal. Healing wounds is what we do.

Talk to your doctor or call 785-840-9292 today for an appointment.

Healing power with a human touch.
785-840-9292 / www.lmh.org

WOUND HEALING CENTER
A Service of Lawrence Memorial Hospital



RETIRE SMART

Boomer corps would harvest 'civic energy' of retirees

By Humberto and Georgina Cruz
Tribune Media Services

Here's one way to look at it (ours): Retirees with nothing to do can fritter away their lives in front of the boob tube — or they can get off their duffs, use their free time and often immense talents



Humberto
and
Georgina
Cruz

to help others, and gain a new sense of purpose at the same time.

Marc Magee puts it more delicately, but that's the basic message we get from an innovative proposal to create a "Boomer Corps" of retiring Baby Boomers.

"So far, the debate in Washington has focused on the money that will be necessary to meet the health and retirement needs of the growing number of older Americans, with a focus on ensuring the continued solvency of Medicare and Social Security," said Magee, director of the Center for Civic Enterprise of the Progressive Policy Institute, a not-for-profit think tank in Washington, D.C.

"This is obviously critical," he said, "but it is just as important to start thinking about how we can tap the growing resource that this better educated, healthier, and more active class of elders represents."

Here's how: A national large-scale service initiative that translates the "civic energy" of elder boomers into civic action.

"While millions of Americans continue to see their 60s as a time to bring their full-time careers to an end, there is also a growing number of Americans who are interested in a more active retirement mixing work, leisure and service," Magee wrote in an Institute policy report titled Boomer Corps: Activating Seniors for National Service.

This Boomer Corps idea is more than a pipe dream from a starry-eyed idealist group. The Center for Civic Enterprise has helped shape public policy and civic innovation for more than a decade, Magee said. Most recently, it was instrumental in get-

ting Sen. John McCain of Arizona, a Republican, and Sen. Evan Bayh of Indiana, a Democrat, to sponsor legislation signed into law in 2002 that, among other things, encouraged more young Americans to serve in the military by offering shorter-term enlistment options and the opportunity to combine military and civilian service.

"We like to focus on ideas that are politically viable," Magee said. "We put the ideas out there and try to team up with people who can make it happen."

As regular readers of this column know, we don't take public stands on political issues. (Magee says the Center advocates a progressive "Third Way" approach that transcends a "liberal" or "conservative" label.) The point is that the concept of a "Boomer Corps" extends beyond politics and can serve as a call for personal action for all of us even if Congress never considers the proposal.

The Boomer Corps the Institute is proposing — a "national network of grassroots projects, not a vast new bureaucracy centered in Washington" — would be made up of recent retirees 55 and older. These retirees would serve 25 hours a week for one year or more in projects focused on home care services and coordinated care for the elderly; tutoring and mentoring work and educational innovation initiatives, and efforts to organize and coordinate the volunteer activities of other community elders.

In return, members of the Boomer Corps would receive a tax-free stipend of \$400 a month to supplement their retirement income, plus the choice of a \$4,000 education award for their own continuing education or to send a child or grandchild to college, or a \$4,000 voucher for health-care related expenses, including long-term care.

To attract as many retirees as possible, the government would include a "Call To Service" card and information on how to join the Boomer Corps with every American's first Social Security check. By 2012, the Institute projects 1 million retiring Baby Boomers would have joined.

The plan also envisions the recruitment of 12 elder community volunteers for each Boomer Corps member, each volunteer continuing to serve five hours a week or more as

part of an active retirement.

Estimated cost of the program when fully implemented would be \$9 billion a year — less than the economic benefits the Institute sees from the senior volunteers' work, the reduced dependence on more formal and costly arrangements for continuing care for the elderly, and the participants' own improved health and well-being through "increased civic engagement and social connectedness."

Which brings us to our final point: Numerous studies show that retirees lead healthier and more fulfilling lives when they are so connected

and engaged. Yet, an estimated 40 million retirees in the United States while away 43 hours a week watching television. Spending so much time in front of the tube, Magee said, "is kind of frightening."

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

© 2006 Tribune Media Services, Inc.

There is a difference in retiring well and, well, retiring

If you're contributing the maximum to your 401(k) and IRA, you may want to consider supplementing your retirement income with a variable annuity.

Variable annuities provide:

- Tax-deferred growth potential;
- An income you can't outlive with monthly payments that can outpace inflation;
- A guaranteed death benefit;
- Tax-free transfer among sub-accounts; and
- Professional money management with broad diversification.

Edward Jones offers a number of variable annuities that have money managers with long, established track records.

For an analysis of your retirement income needs or a free copy of *An Investors Guide to Variable Annuities*, call or stop by today.



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



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



Liz Kundin
2449 Iowa St., Ste A-1
Lawrence, KS 66046
785-842-2450



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

www.edwardjones.com
Member SIPC
Edward Jones
Serving Individual Investors Since 1871

DEAR PHARMACIST

'It' happens ... and in different colors, too

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

QUESTION: Why does eating licorice strips cause some people to have green bowel movements? The first time this happens, it's scary! Many people would like to know if this is normal. — R.O., Venice, Fla.

ANSWER: I was told a long time ago that a columnist defines herself by the questions she publishes, and defecation is not one of my preferred subjects. With that said, I would like to put the world's eighth wonder to rest so that readers don't rush to the emergency room at the first sign of green poop, thinking they are deathly ill. Don't misunderstand: Green poop "could" be a sign of serious problems, but for most people it's just the result of food coloring. Doctors can evaluate stool discoloration and review symptoms and lab tests to rule out dangerous bleeding ulcers, pancreatic problems, jaundice or anal fissures. But the purpose of this column is to unload information on harmless, ordinary discolorations that are fleeting.

Researchers have actually studied poop color, although many of them are 13-year-olds without a better hobby. The evidence may get flushed but the science is solid, and poop researchers have determined that dyes contained in our foods alter the color of our waste.

For example, kids who eat purple Popsicles, blue frosting or black jellybeans will end up with blue tongues and green poop. Black licorice can do this too, as you have already noticed when you sneaked a peek before the flush. Kids get a chuckle out of this, sometimes striving for every color of the rainbow. Personally, I never recommend ingesting too much food with all these crazy dyes. For people who are allergic or suffer with leaky gut or celiac disease, food additives can be a problem.

Butt . . . there's no denying that many foods generate swirl art, including blue or purple corn chips, Gatorade, fruit drinks, Hi-C and Kool-aid. Blueberries can turn it blue or black. To achieve red or pink, that Chinese neon-colored red sauce is a good place to start.

It's not just food; medication can do it too. For example, white poop can happen if you drink one of those

barium milkshakes before an X-ray of the gut. Pepto Bismol can make it turn grayish-black and even cause a furry black tongue. Antibiotics like metronidazole or tetracycline can

cause bizarre end products too. Many anti-gas formulas produce bright orange, scaring new moms who use those infant drops. Lots of things influence human waste, even corn, but were not going there.

QUESTION: What are the side effects of lisinopril? Does it cause impotence? — J.H., Roanoke, Va.

ANSWER: Yes, impotence is possible. More often, people who take blood pressure pills usually experience orthostatic hypotension, that feeling of dizziness or light-headed-

ness, especially after resting for long periods of time. Fatigue, headache and a nonproductive cough are possible. So is the sudden inability to taste foods properly or a salty or metallic taste in the mouth.

- *This information is not intended to treat, cure or diagnose your condition. Suzy Cohen is a registered pharmacist. To contact her, visit www.dearpharmacist.com.*

© 2006 Dear Pharmacist, Inc. distributed by Tribune Media Services, Inc.

24/7 Visiting Hours

www.lmh.org



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!



**LAWRENCE
MEMORIAL
HOSPITAL** 
Community Care—Community Pride



Kansas Award for Excellence
Recipient Since 1999.

325 Maine St
Lawrence, KS 66044
(785) 749-6100
www.lmh.org

PET WORLD

Wife with 12 pets may need counseling

By Steve Dale
Tribune Media Services

QUESTION: My wife has 12 pets in our small home, mostly cats. I say this is too many but she has an unusual desire, almost a need, for multiple pets. I think she's trying to fill some kind of psychological void in



Steve Dale

senior director at the New York City-based American Society for the Prevention of Cruelty to Animals, concurs.

"Writing to a newspaper columnist is a cry for help. No matter what's going on in your home, it's affected your marriage and you're clearly very concerned," she comments. "This is reason enough to ask for help. I absolutely suggest counseling to sort through this."

An intervention by friends and family might include clipping this column to show your wife that an unrelated, unbiased and expert third party also suggests counseling. Asking a member of the clergy or your physician to intercede might also help. However, your wife might refuse to listen.

"If the cats are suffering in any way, it may be a case of hoarding," LaFarge comments. "Hoarders don't understand the reality that too many

cats in too small an area can be severely stressful, and these cats sometimes suffer from medical conditions which go untreated." How can you tell if the cats are stressed? One hint might be that some are missing their litter boxes.

If you remain unsure what to do, ask a local humane officer or veterinarian to visit your home. If your wife won't allow this, it's your obligation to call the police, not only for your wife's sake but also considering what's best for the cats. This could be the wake-up call your wife needs. At least it's a humane way to get the cats out of a situation that might be downright unhealthy.

QUESTION: I live in a city with a leash law, but someone in my neighborhood allows his dog to run free, defecating on my lawn. I really like dogs but I want this to stop. Do you know of any product I could spray on the lawn to deter dogs from going there? — H.D.M., Lighthouse Point, FL

ANSWER: I endorse designated off-leash places where dogs can run, Aside from being inconsiderate, what your neighbor is doing is illegal, which is why you can call the police.

I suspect you know the culprit. If so, first try having a reasonable conversation with him. Sometimes when people speak face to face, the results can be surprising. Perhaps you can strike a deal, allowing the neighbor's dog to run in exchange for the owner picking up the pet's droppings.

Even in public places where dogs can run, scooping their poop is required by law, and for good reason. Aside from the mess, dog feces can transmit worms to people and other dogs.

I congratulate you for understanding that the dog isn't really the problem. If your conversation with the owner goes nowhere, call the police.


There's no product you can spray on your lawn to deter dogs, but you could set up a motion detector to spray water at interlopers. This might or might not deter the dog in question; many dogs love to be sprayed by water!

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

© 2006 Tribune Media Services, Inc.

her life. Would you suggest counseling? — M.T., Rochester, NY

ANSWER: I admire your courage in seeking help. In my experience, when a spouse or family member suggests that a problem exists, they're usually right. Stephanie LaFarge,



Carefree, Maintenance Free Living for People 55+

- Gated Access
- 24-Hour Emergency Maintenance
- Refrigerator/Stove
- Dishwasher/Disposal
- Washer/Dryer Hookups
- Individual Controlled Heating & Air
- Enclosed Garages w/Automatic Openers
- Mowing & Snow Removal Provided
- Clubhouse w/Exercise Room
- Courtesy Van
- Special Activities

We are all electric and economically a great alternative to living in a home!

Apartments Available!
1 month free rent!



5121 Congressional Circle • Lawrence, KS 66049
785-843-1700
Due to street construction, please call ahead.



A Non-Profit Agency Providing In Home:

- Respite Care
- Homemaker Services
- Attendant Care
- HCBS Services

2201 W. 25th St., Suite Q (785) 842-3159
Lawrence, Kansas trc@trinityrespitecare.com
www.trinityrespitecare.com

MISSION TOWERS

Offering Clean, Safe, Affordable Housing for qualified seniors and non-elderly disabled.

- Rent Based on Income
- No Utility Bills
- 24 HR Emergency Response
- Close to Shopping
- Church Services
- Card Games & Crafts
- Exercise Group • Library
- Entertainment
- Well Maintained

Call Manager Karol Freeman
(785) 266-5656
🏠 2929 SE Minnesota • Topeka

New caregiver support group forming

A caregiver support group designed to be a safe place to assist and empower caregivers of seniors is now forming. The goal of the group is to support the caregiver by addressing their needs to ensure their own quality of life. The caregiver support group is being administered by Senior Outreach Services (SOS) in cooperation with Jayhawk Area Agency on Aging, Inc. (JAAA).

SOS is a mental health wellness and recovery program providing counseling and consultation for seniors and/or caregivers of seniors. SOS helps those people working with life transitions, grief and loss, stress management, and relationships surrounding aging issues. Teresa McQuinn, LSCSW, and Karen

Beckwith, LSCSW, will be the group's facilitators.

The caregiver support group will meet twice each month—the second Monday of the month at 11:00 a.m. and again on the fourth Wednesday of the month at 1:00 p.m. Caregivers may attend one of both meetings. All meetings are held at the Rose Hill Place Clubhouse, 3600 SW Gage Blvd., Ste. 97.

For more information and directions, please call Angi Heller-Work-

man, Caregiver Specialist with JAAA, at 785-235-1367, Ext. 130.

YOUR HEALTH COMES FIRST!

Use the Bankruptcy Law To Protect Your Health & Financial Well-being
Stop Bill Collectors, Repossessions & Foreclosures

Come see me and I'll show you how to get a fresh start!

JERRY HARPER LAW OFFICE

Topeka 354-8188 • Lawrence 749-0123

A Debt Relief Agency That Provides Legal Advice

Helping People File for Relief under the Bankruptcy Code for over 25 Years!



We're here when you need us.

YOU DON'T HAVE TO BE A BRANDON WOODS RESIDENT to take advantage of The Health Center at Brandon Woods – or The Arbor, a separate area dedicated to the special needs of those with Alzheimer's or other forms of dementia. We're here when you need us to provide a warm, neighborhood atmosphere, a fresh approach to skilled nursing care and a great value.

Our Resident-Centered Care approach encourages independence and greater satisfaction by offering residents more choices in their daily lives. For example, residents choose their own meal times and menus based on multiple selections and receive help with tasks such as bathing at times to suit individual preferences.

Our award-winning Health Center Nursing Director, Pam Hermon, has received statewide recognition the last three years. And, because a quality staff requires proper compensation, you can feel confident knowing Brandon Woods is one of the highest paying skilled nursing centers in the area.



If you or someone you love requires a short stay for rehabilitative therapy, extended skilled nursing or specialized dementia care, call (785) 838-8000 today.

 **The Health Center at
BRANDON WOODS**

1501 Inverness Drive • Lawrence, Kansas 66047

(785) 838-8000 or (800) 419-0254

Managed by  Life Care Services LLC

39627



**Theodore Wiklund DDS
Kent T. Peterson DDS
Matthew F. Krische DDS
Keith Van Horn DDS**

*Gentle & Comfortable Care
Cosmetic Dentistry
Teeth Whitening
Insurance Processed
New Patients &
Emergencies Welcomed*

Mention you saw this ad in Senior Monthly



(785) 842-0705
2210 YALE RD • LAWRENCE
www.wpksmiles.com

YOUNG AMERICA FILMS



Do any Acting as a Child?

If you appeared in Centron Corporation education films during the 1950s, Senior Monthly would like to hear from you. Please call Kevin at 785-841-9417.

Gardens and murder

By Margaret Baker

Admit it, you've been reading those nursery catalogs, the ones with the vivid pictures of professionally-modeled flowers and vegetables. Indulge that urge indoors with container plantings you can take outdoors later:

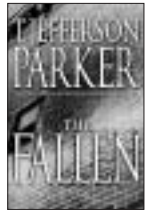
Peter Loewer: *Small Space Gardening* (Lyons Press, \$14.95) trade paperback

After describing what plant containers need for drainage and nutrition, author Loewer covers all the variants—the miniature orchards, ponds, Japanese gardens, vines, foliage, bulbs, succulents, herbs, mosses.

Chapters cover propagation if you want to start from scratch, and transplanting instructions. If you don't get nursery catalogs (you moved here from Antarctica?) there's a good list.

T. Jefferson Parker: *The Fallen* (Wm. Morrow, \$24.95) *Mystery (police)*

Parker's *California Girl* won the coveted Edgar as Best Mystery of 2005, and Avon has just published the paperback edition.



In *The Fallen*, Parker's new work, Robbie Brownlaw, a San Diego policeman, has miraculously survived a six-story fall with no permanent injury. What he has told no one is that he now has synesthesia, a neurological condition in which the senses are mixed. In Robbie's case, he "sees" emotions of others as colored shapes. For example, he "sees" lies as red rectangles. If he can verify this (to himself), he will be a walking lie detector.

That might help in his present case, the apparent suicide of a cop in the ethics department. He'd been depressed since the accidental drowning of his young daughter nine months earlier. Sounds like a motive, but Robbie's synesthesia spots inconsistencies in the testimony.

Taut plot, characters who will stay with you after the last page in turned!

Mindy Starns Clark: *The Trouble with Tulip* (Harvest House, \$11.95)

Mystery/Romance

Josephine "Jo" Tulip has a household hints column for the Mulberry Glen newspaper. She'll marry Bradford this week. Danny Watkins is the photographer doing prom and senior shots, and is on call for police work. All relationships change when Mulberry Glen gets its first homicide.



Lots of action, both romantically and solving the mystery. Included are Tulip's hints on everything from removing lipstick stains to securing the dog's water bowl. A good fun read!

Loren D. Estleman: *The Undertaker's Wife* (Forge, \$23.95) *Historical (American west)*

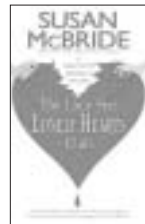
Richard Connable, innovative undertaker, met Lucy, his enigmatic wife, when preparing her twin brother's body during the Civil War.

In search of his own establishment, he and Lucy travel to San Francisco during the gold rush, Dodge City when Wild Bill Hickok was Sheriff, even Montana.

Estleman has won the Golden Spur four times; he's a master storyteller. Lots of information on a trade we'll all need to use sometime combines with a look at life in frontier towns.

Susan McBride: *The Lone Star Lonely Hearts Club* (Avon, \$6.99) *Mystery*

Andrea "Andy" Kendricks disappointed Cissy, her socialite mom, in refusing to "come out" at the Dallas debutante ball. Now she's a web master and into an occasional investigation, to her mother's distress.



This time it is her mother who wants the investigation. One of her bosom buddies has "passed" while at an elegant senior retirement village, and Cissy is positive that the death was murder. Bebe had just joined an exclusive dating service but hadn't met Mr. Right yet. Perhaps a Mr. Wrong is involved?

McBride has a sharp eye for authentic and witty dialogue which moves both the plot and character development. In lesser hands Cissy would be a caricature of snobbery, but McBride instead permits Andy and Cissy to develop naturally and multi-dimensionally.

Philip Freeman: *St. Patrick of Ireland* (Simon & Schuster, \$23.00) *Biography*

The Irish legendary St. Patrick comes to life in the writing of an acknowledged scholar of Celtic cultures.

Patrick was the hedonistic teenage son of Roman Christian leaders when captured by slave traders from his comfortable home in England; he found his religion during the six years he toiled as a slave in Ireland. As we all know, he escaped, to return as a Christian missionary.

Two of Patrick's letters survive to give us a glimpse into his life from his own eyes. Freeman also accesses the official (secular as well as religious) records, giving us an unusually deep biography of this remarkable man. For those wanting the study further, Freeman includes a time line, index, and bibliography.

Dana Stabenow: *Blindfold Game* (print, St Martin's Press; audio on 4 cds, Random House Audio) *Thriller, espionage*

International pirates arrange to smuggle in a team of mercenaries aboard a freighter leaving Russia. A CIA analyst hears of radioactive materials and military hardware being sold on Russia's black market. The trail isn't taken seriously by his superiors.

The analyst, worried about Alaska's vulnerability, arranges to get on a Coast Guard ship, the *Sojourner Truth*, on the Bering Sea. He's surprised, to say the least, when he realizes the second in command is his estranged wife, Sarah.

The chase is on, covered by the on-going commercial battle of Russian trawlers slipping into Alaskan waters.

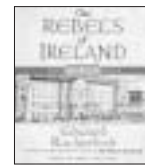
Stabenow gives readers a rapidly escalating plot, all the more terrifying in its plausibility. While mystery readers hope to see another Kate Shugak mystery, this stand-alone only enhances Stabenow's reputation as a storyteller *par excellence*.

AUDIO BOOKS

Edward Rutherford: *The Rebels*

of *Ireland* (Random House Audio, \$37.95, 8 CDs, read by John Keating) *Historical generational saga*

Rutherford's first saga, *The Princes of Ireland*, covered the first eleven centuries of Irish history and now gives readers the last four centuries.



Several generations of Irish families, intertwined among themselves and their nation's history, explode within the battle for Irish independence. Fighting, loving, winning, losing B all with exuberant determination!

Truman Capote: *Summer Crossing* (Random House Audio, \$22.95, three CDs read by Cassandra Campbell) *Romance, coming of age*

Grady McNeil's parents left her alone in their New York penthouse for the summer. Grady seems quite mature for 17.



They did not know Grady was secretly having an affair with a man they would certainly not have approved of, a Brooklyn Jewish war veteran.

The inevitable problems of class and religious differences arise, and Grady must find the inner strength to make decisions which will affect not only her life, but those around her.

Inevitably, there is foreshadowing of later strengths—irony, narrative, and insight into class distinction. Capote started *Summer Crossing* when he was 19. Never published, it was thought lost until it surfaced in an auction of the writer's papers in 2004.

Random House Audio has also brought out in 12 CDs Capote's true crime masterpiece, *In Cold Blood*.



The basic story should be well-known to Kansans. Four members of the Clutter family, farming near Holcomb, were slain. The family was the epitome of American virtues, seemingly without enemies.

Capote followed the victims and the killers through the year before (when the crime was planned and the family were involved in the mundane events of daily life). Capote then covers the investigation, capture, trial and execution.

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

HUMOR

Officer, arrest that man!

Cappy Kappenmorgan (Charles Elmsworthy Kappenmorgan III) had a limited understanding of the law. He was sure that the police arrested people for taking things that didn't belong to them. Beyond that legal certainty, the law was pretty hazy for young Cappy, aged 18. The son of Charles E. Kappenmorgan II and Cynthia Farragat Hamilton Kappenmorgan, Cappy grew up knowing that when daddy did something wrong, his lawyers fixed it, and when Cappy did



Larry Day

something wrong, his daddy fixed it. Cappy, his mom and dad lived in a posh section of town called *La Mancha* where the streets were winding and the house numbers were hand painted on Spanish tile.

During the recent holidays, Mom and Dad Kappenmorgan flew to a private island in the Caribbean for a few days rest and recreation. Cappy, who was home for the holidays from St. Andaver, a private school back East, decided not to join them on the trip. He said he wanted to stay home and hang out with his friends.

Cappy's parents made him promise not to hold any big raucous parties at the house while they were away. Cappy readily agreed because he had already been invited to several loud raucous parties at the homes of his friends whose parents were away.

Late one night, after a particularly enjoyable raucous party, Cappy invited a few of his friends back to his house for refreshments. That was not, technically, against the rules. His guests seemed impressed with the quality of Cappy's refreshments.

"Dude, this is good stuff. Where'd ya get it man," asked Rich. Rich was a 21-year-old college athlete who didn't live in La Mancha, but everyone liked him anyway.

"I've got a top drawer dealer back East," said Cappy.

"How'd you get it on the airplane, man?" asked Rich.

"I flew it home on my dad's private jet. He picked me up at school after a meeting he went to."

"Cool, man," said everyone.

"We've probably done your whole

stash," said Rich.

"Oh heck no," said Cappy.

"So show us your stash, Dude. Come on, let's see Cappy's stash," said Rich. But everyone else was otherwise occupied, so Cappy led Rich up to his room and pulled out a drawer.

"Whoa, that's nearly half a kilo of the world's finest, man. I'm impressed, Dude," said Rich.

When Cappy woke up the next afternoon it took him a while to clear his head. Then he looked around the house. Things were not in bad shape. Cappy was grateful. He went back to his room and pulled out the drawer to check his refreshments. The package wasn't there. Cappy pulled out the other drawers. Nothing. He looked in the closets and under the bed. His stash was gone!

Cappy flipped open his cell phone and dialed 911.

"Police Department."

"I want to report that someone stole something from my house," said Cappy.

"Just a moment, sir."

"This is detective Andrews. I understand you are reporting a robbery?"

"Somebody took a package from my house," said Cappy.

The detective asked Cappy's name and address, then asked him what was missing.

"He took a package from my bedroom," said Cappy.

"Do you know the person who allegedly took the package?" asked the detective.

"Yes. His name is Rich." Then Cappy supplied the detective with further details.

"What was in the package?" asked the detective.

"My personal property," said Cappy.

"You purchased it?" asked the detective.

"Yes."

There was a pause. "Did the package that's missing happen to contain an illegal substance?" asked the detective.

"Well....well...yes, as a matter of fact," said Cappy. "It's mine and he took it."

"I see," said the detective. "Thank you for this report. We'll try to recover your property and get back to you as soon as we can."

"Thank you," said Cappy and hung up.

A few hours later the telephone rang.



Pluggers seldom get their favorite color when buying a car.

"Mr. Kappenmorgan?"

"Yes."

"This is detective Andrews. We think we have located your package. We've also arrested someone. Can you come down to the station to make the identification?"

Looking through a one-way mirror into an interrogation room, Cappy said, "That's him. That's the guy who took my package."

The detective took Cappy to another room. "Is that your property?" he asked pointing to a package on the table. Cappy looked at the package carefully.

"Yes, that's it. But it's not all there. Some of it's gone," said Cappy.

"You are under arrest for posses-

sion of an illegal substance, possession of more than five ounces of an illegal substance, possession with the intent to distribute an illegal substance," said the detective. He added a few more "possession" phrases then said, "You have the right to remain silent...."

Over the next few months, Cappy would find out quite a bit about the law. He would find out that carelessness is no excuse under the law. He would also find out that Daddy couldn't fix everything.

- 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.

Martin Creek Place

- 1 & 2 Bedroom Apartments
- Townhomes
- Washer/Dryer Connections
- Emergency Monitoring System Available
- 24 Hour Emergency On-Site Staff
- Organized Activities & Day Trips
- Library Red Carpet Service
- Weekly Grocery Van
- On Site Storage • Exercise Room

1 Bedroom Apartment Specials!

Age 62 & older.



4950 SW Huntoon • Topeka 785-273-2944



CALENDAR

ART/ENTERTAINMENT

MAR 3
EILEEN IVERS & IMMIGRANT SOUL
 When you see her perform her blue, electric Zeta fiddle, you'll understand why Eileen Ivers is proclaimed as "the Jimi Hendrix of the violin." Her high-energy, heart-pumping performances continuously gather rave reviews and on-their-feet appreciation from audiences worldwide. Eileen Ivers & Immigrant Soul performs a fusion of African and Latin percussion, Irish instrumentals and American soulful vocals — a "united nations of Irish music" — whose signature sound is true to the heart of Irish music while embracing the multiculturalism of American life. From classic violin to electric fiddle, Eileen Ivers will change the way you think about the violin. Lied Center. LAWRENCE, 785-864-2787
<http://www.lied.ku.edu>

MAR 11
SENIOR CLASS
 A great offshoot from TCTA's widely successful company, LAUGHING MATTERS, SENIOR CLASS is another zany troupe of improv comedians. Only this time, the company is made up entirely of actors over 55 years old! This group defines life in the golden years as a terrifically fun-filled trip! Doors open at 7:00 p.m. Show starts at 8:00 p.m. TOPEKA, 785-357-5211
<http://www.topekacivichtheatre.com>

MAR 12
MOZARTEUM ORCHESTRA OF SALZBURG WITH STEPHEN HOUGH, PIANO
 Celebrate the 250th anniversary of Mozart's birth with a performance by the Mozarteum Orchestra of Salzburg, the pre-eminent keeper of the flame of Mozart's legacy. Lied Center. LAWRENCE, 785-864-2787
<http://www.lied.ku.edu>

MAR 15
WILL ROGERS FOLLIES, A LIFE IN REVUE
 A dazzling spectacle about America's first international multimedia sensation, whose wit and homespun wisdom still ring true today. Treat yourself to a remarkable evening at the theatre with a tribute to the man who lived by the words "I never met a man I didn't like," and put a smile on the face of America. Lied Center. LAWRENCE, 785-864-2787
<http://www.lied.ku.edu>

MAR 31
ALEXANDER KOBRIN, PIANIST
 A 25-year-old Russian pianist who was the first-prize winner of the 1999 Busoni Competition, is the gold medal winner of the Twelfth Van Cliburn International Piano Competition. Competition winners are selected every four years, and awarded cash prizes and three years of concert management services for international engagements. Recognized as the pre-eminent piano competition for launching new careers, the Van Cliburn International Piano Competition is dedicated to the discovery of the world's finest young pianists. Lied Center. LAWRENCE, 785-864-2787
<http://www.lied.ku.edu>

APR 2
EUGENIA ZUKERMAN, FLUTE & JACQUES THIBAUD STRING TRIO
 The trio will perform with flutist Eugenia Zukerman, who has enjoyed highly acclaimed performances with chamber ensembles for more than 25 years. The multi-faceted Zukerman, who also enjoys successful careers as an author and television commentator, will join the trio in this musical celebration featuring works by Beethoven, Mozart and Francaix, among others. Lied Center. LAWRENCE, 785-864-2787
<http://www.lied.ku.edu>

BINGO

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

SUNDAYS & TUESDAYS
AMERICAN LEGION POST NO. 1
 3800 SE MICHIGAN AVE, TOPEKA,
 6:30 PM, 785-267-1923

SUNDAYS & FRIDAYS
CAPITOL BINGO HALL
 Minis start at 6:00 p.m. on Sundays and 6:30 p.m. on Fridays. Regular sessions start at 6:30 p.m. on Sundays and 7:00 p.m. on Fridays.
 2050 SE 30TH ST, TOPEKA, 785-266-5532

MONDAYS & THURSDAYS
AMERICAN LEGION POST NO. 400
 3029 NW US HIGHWAY 24, TOPEKA,
 6:30 PM, 785-296-9400

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

WEDNESDAYS & THURSDAYS
MOOSE CLUB
 Wednesdays, 6:30 p.m. Thursdays, 12:30 p.m.
 1901 N KANSAS AVE, TOPEKA, 785-234-6666

WEDNESDAYS & FRIDAYS
VETERANS OF FOREIGN WARS
 3110 SW HUNTOON, TOPEKA, 6:30 PM,
 785-235-9073

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

WEDNESDAYS & FRIDAYS
EAGLES LODGE
 1803 W. 6TH ST, LAWRENCE, 7:00 PM,
 785-843-9690

WEDNESDAYS & FRIDAYS
EDGEWOOD HOMES
 1600 HASKELL, STE 188, LAWRENCE
 10:30 AM-12 NOON, 785-760-1504

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

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

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

BOOKMOBILE

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

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

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

LAWRENCE, 1:00-2:00 PM

BOOK TALKS

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

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

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

CLASSES/LECTURES

ONCE A MONTH
AARP'S 55 ALIVE SAFE DRIVING COURSE
 Monthly classes are held at Stormont-Vail.
 Call to make reservation.
 TOPEKA, 785-354-5225

MAR 1-22
MEMOIR WRITING CLASS
 A free Adult Learning Venture. Wednesdays,
 4:30-6:00 p.m., at Lowman United Methodist
 Church, 15th & Gage Blvd, Topeka. Instructor:
 Dr. Bob Carey. To register call 785-272-8921 or
 e-mail lowman@lowmanumc.org

MAR 16
**BUT HE WAS SUCH A NICE YOUNG MAN:
 HOW TO SPOT AND PREVENT FINANCIAL
 ABUSE"**

Financial abuse is a fast growing problem in our society. This is not surprising considering persons over the age of 50 own 70 percent of the wealth in the US. The first baby boomers turn 60 this year and this financial abuse is likely going to continue to grow unless we take steps to prevent it. Barbara Braa, Trust & Investment Office at Corner Bank, will discuss the different methods that are used in stealing from older adults and how to scams are done. She will provide tips in recognizing financial abuse and who to report suspicious actions. This program is free and open to all interested persons. 2:00-3:30 p.m.
 LAWRENCE PUBLIC LIBRARY, 785-843-3833

MAR 30 & 31
AARP DRIVER SAFETY PROGRAM
 Nation's first and largest classroom driver improvement course designed especially for motorists age 50 and older. 10:00 a.m.-12:00 p.m. and 1:00-3:00 p.m. both days. All eight hours required. Lowman United Methodist Church, 15th & Gage Blvd, Topeka. Instructor: Dr. Bob Carey. To register call 785-272-8921 or e-mail lowman@lowmanumc.org

EXHIBITS/SHOWS

MAR 13
IDA STOVER EISENHOWER MEMORIAL QUILT SHOW
 See a collection of quilts both old and new. The art of quilting is kept alive with over 70 quilts on display. Dickinson County Heritage Center. ABILENE, 785-263-2681
<http://www.heritagecenterdk.net>

FESTIVALS/FAIRS

MAR 3-4
FLINT HILLS FESTIVAL OF WINES
 Two-day event including a multi-course wine dinner and live auction as well as a grand tasting and silent auction. 530 Richards Dr, Manhattan Holiday Inn. MANHATTAN, 785-537-0688, 800-748-7474
<http://www.flinthillswinefest.com>

MAR 11
AGGIEVILLE ST. PATRICKS DAY PARADE & ROAD RACES
 Parade, breakfast, and running events for children and adults. Moro St. MANHATTAN, 785-776-8050
<http://www.aggieville.org>

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. Massachusetts St. LAWRENCE, 785-749-6677
<http://www.visitlawrence.com>

MAR 17
ST. PATRICKS DAY PARADE & CELEBRATION
 Kick off the celebration with a parade, followed by an Irish street fair, activities, and more. Kansas Ave., Downtown. TOPEKA, 785-234-9336

MAR 17
ST. PATRICK'S DAY PARADE
 Watch the parade as it marches through our charming downtown. After the parade there will be lots of fun things to do around town, including a traditional Irish supper at the Congregational Church. Wear your green and come visit us. Downtown. TONGANOXIE, 913-845-9244
<http://www.tongie.org>

HEALTH

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

FIRST TUESDAY OF EACH MONTH
HEALTH SCREENING CLINIC
 Lawrence-Douglas County Health Department.
 FIRST METHODIST CHURCH, LECOMPTON
 9:30-10:30 AM

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

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

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

SECOND THURSDAY OF EACH MONTH
MEDICATION CLINIC
 Bring questions about your medications (pre-

CONTINUED ON PAGE 17

CALENDAR

CONTINUED FROM PAGE 16

scription 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 1-13

MOTIVATING MOVES®

Motivating Moves® is an approach to exercise that emphasizes coordination, balance, flexibility, postural alignment, diaphragmatic breathing, spatial awareness and dynamic movement range. You'll learn how to improve your strength and reduce the risk of injury. You'll also learn practical movement tips to make sitting, standing, walking, reaching and everyday tasks feel easier to do. The program can be done seated, standing holding onto a chair or standing unassisted. Developed and taught by KU Professor Janet Hamburg, an Associate of the KU Gerontology Center. Mondays from 9:00 - 10:00 a.m., January 30-March 13. Free. Call Linda Fyler to register.
LAWRENCE PRESBYTERIAN MANOR,
 785-841-4262

MAR 1

CHOLESTEROL SCREENING

No appointment needed. You may choose between a Basic Cholesterol Screening (No fasting needed) or a Total Cholesterol Screening with a lipid panel. The lipid panel offers a basic cholesterol screening as well as your HDL, LDL, and triglycerides. If you choose to have the Total Cholesterol Screening you will need to fast for 10-12 hours (water and necessary medications are OK). The Total Cholesterol Screenings are offered during morning hours only. Please note that these tests are not considered diagnostic of any disease process and those with results outside the normal range will be advised to see their healthcare provider for follow-up.
LMH HEALTH SOURCE ROOM, 785-749-5800
 8:30-10:30 AM

MAR 6

BONE DENSITY SCREENING

Are you at risk for osteoporosis? This quick and easy screening can indicate if further testing for this potentially debilitating disease is needed. A bare heel is necessary for the screening. Information about prevention of osteoporosis is also included as part of the screening process. Fee.
LMH HEALTH SOURCE ROOM, 785-749-5800
 9:00-11:00 AM

MAR 12

MOTHER'S CRANIAL

With Lee Veal. For non-mother Massage Therapists, too! Babies welcome! The cranial concept recognizes the impact that birth trauma has on development. Mother's Cranial allows Baby Wisdom, the baby's natural momentum towards balance and release, full expression. Fee. 1:00-5:00 p.m.
THE LIGHT CENTER, 785-255-4583

MAR 16

BONE DENSITY SCREENING

See March 6 description.
LMH HEALTH SOURCE ROOM, 785-749-5800
 1:00-3:00 PM

MAR 18 & 19

HEALING TOUCH LEVEL I

With Robin Goff. 15 - 20 Continuing Education Credits! Fee, 9:00 a.m.-6:00 p.m. each day
THE LIGHT CENTER, 785-255-4583

MAR 30

BONE DENSITY SCREENING

See March 6 description.
LMH HEALTH SOURCE ROOM, 785-749-5800
 5:00-7:00 PM

MEETINGS

FIRST AND THIRD MONDAY OF EACH MONTH

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

FIRST TUESDAY OF EACH MONTH LAWRENCE AREA COALITION TO HONOR END-OF-LIFE CHOICES

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

FIRST WEDNESDAY OF EACH MONTH OLDER WOMEN'S LEAGUE

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

WEDNESDAYS AND SUNDAYS

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

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

THURSDAYS

OLDER KANSANS EMPLOYMENT PROGRAM

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

FIRST THURSDAY OF EACH MONTH LAWRENCE AREA PARTNERS IN AGING

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

SECOND MONDAY, SEPT-MAY

LAWRENCE CLASSICS, GENERAL FEDERATION OF WOMEN'S CLUBS

Volunteer service club.
 785-331-4575

SECOND TUESDAY OF EACH MONTH NATIONAL ASSOCIATION OF RAILROAD AND VETERAN RAILROAD EMPLOYEES (NARVRE)

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

SECOND AND FOURTH 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, 2:00 PM

THIRD TUESDAY OF EACH MONTH GRANDPARENT/KINSHIP SUPPORT GROUP

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

FOURTH TUESDAY OF EACH MONTH LAWRENCE PARKINSON'S SUPPORT GROUP

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

LAST TUESDAY OF EACH MONTH GRIEF AND LOSS SUPPORT GROUP

Brandon Woods Retirement Community in association with Heart of America Hospice invite individuals dealing with the pain of loss and bereavement to join us. Call 785-838-8000 for information.
 1501 INVERNESS DR, LAWRENCE

MAR 24

AARP CHAPTER 1696

AARP Chapter 1696 will meet on at 11 a.m. at the Lawrence Country Club. A local pharmacist will give a program on Medicare Plan D. Please call 785-865-3787 for reservations.
LAWRENCE

MISCELLANEOUS

MONDAYS

OSHER RADIO PROGRAM

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

MAR 22

TRACING ANCESTORS BY DNA

Presented by Frank Jacobs, past president, Northeast Kansas Chapter, AHSGR. Topeka Genealogical Society, 2717 SE Indiana Ave. TOPEKA, 785-233-5762
<http://www.tgstopeka.org>

MAR 30-APR 2

OVERBROOK ANNUAL SHOP HOP

Overbrook Quilt Connection participates with 11 other shops along the shop hop. Hoppers pick up their quilt block along the way. 500 Maple, Overbrook Quilt Connection.
OVERBROOK, 785-665-7841, 888-665-7841
<http://www.overbrookks.com>

APR 1

FORT LEAVENWORTH TOUR & FRONTIER ARMY ENCAMPMENT

Annual tour of several historic Fort Leavenworth homes, oldest fort west of the Mississippi River, and Frontier Army encampment. Grant & Kearney Ave, Fort Leavenworth LEAVENWORTH, 913-682-4113, 800-844-4114
<http://garrison.leavenworth.army.mil/sites.services/museum.asp>

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.

LEISURE TIME TOURS

Topeka, Kansas

DAY CASINO TRIPS:

Mar. 5: GOLDEN EAGLE

Pick-up - GARNETT-7:20am; OTTAWA- 8:00am; LAWRENCE- 8:30am; TOPEKA- 9:15am. \$20/ get \$15 cash back at Casino.

Mar. 7: HARRAH'S, Mayetta

OTTAWA- 8:00am; OSAGE CO- 9:00am; TOPEKA- 9:30am. \$20/ get NOON BUFFET plus \$10.

Mar. 9: GOLDEN EAGLE

OTTAWA- 8:00am; LAWRENCE- 8:30am; TOPEKA- 9:15am. \$20/ get \$10 for 4 hr. stay.

Mar. 11: HARRAH'S

GARNETT- 7:20am; OTTAWA- 8:00am; OSAGE CO-9:00am; TOPEKA- 9:30am. \$20/ get NOON BUFFET & \$10 cash.

Mar. 14: SAC & FOX

OTTAWA- 8:00am; LAWRENCE- 8:30am; TOPEKA- 9:15am. \$20/ get \$10 for 4 hrs.

Mar. 16: GOLDEN EAGLE

OTTAWA- 8:00am; OSAGE CO- 9:00am; TOPEKA- 9:30am. \$20/ get \$10 for 4 hrs.

Mar. 19: HARRAH'S

GARNETT- 7:20am; OTTAWA- 8:00am; OSAGE CO-9:00am; TOPEKA- 9:30am. \$20/ get NOON BUFFET & \$10.

Mar. 21: HARRAH'S

OTTAWA- 8:00am; LAWRENCE- 8:30am; TOPEKA- 9:15am. \$20/ get BUFFET & \$10.

Mar. 23: GOLDEN EAGLE

OTTAWA- 8:00am; OSAGE CO.- 9:00am; TOPEKA- 9:30am. \$20/ get \$10 for 4 hrs.

Mar. 28: SAC & FOX

OTTAWA- 8:00am; OSAGE CO.- 9:00am; TOPEKA- 9:30am. \$20/ get \$10 for 4 hrs.

OTHER TOURS

Mar. 25: MIDDLE CREEK OPRY, LOUISBURG, KS.

Featuring Dave Welch the "SINGING BUS DRIVER." Lv. TOPEKA 3:00pm; LAWRENCE (Wal-Mart) 4:00pm; OTTAWA- 4:30pm. \$40/ get round trip bus, dinner and show admission.

Apr. 15: COUNTRY PICKIN' OPRY RICHMOND, MO. AGAIN FEATURING DAVE WELCH.

TOPEKA 3:00pm; LAWRENCE (Holidome) 4:00pm; Dinner (included) in KC at 5:00pm. Then to the country music show in a BARN. \$40/ incl. Bus, DINNER and SHOW ADM.

APR. 23-25: 3 day, 2 night tour to TAMA, IOWA - MESKWAKI INDIAN HOTEL/CASINO.

\$136 per person - double occ. get/ BUS- 2 nights hotel - \$60 cash back & 3-\$3 off meal tickets. Trip originates in Topeka, picks up in LAWRENCE and OTTAWA.

SPECIAL

June 11-15: 5 days, 4 nights:

NASHVILLE, TN. \$437 per person - double occ; 1st night - METROPOLIS, ILLINOIS - 2 nights in NASHVILLE - 4th night at HARRAHS HOTEL in ST LOUIS, MO. Includes - NASHVILLE NIGHTLIFE DINNER THEATER; GENERAL JACKSON SHOWBOAT MUSIC CRUISE: 7 meals; WILDHORSE SALOON and much more.

In Topeka call **354-8922**.
 Outside Topeka you may call
TOLL FREE: 1-800-851-7037.

WOLFGANG PUCK

Grilled cheese sandwiches: Not just kid stuff

By Wolfgang Puck

Tribune Media Services

Grilled cheese sandwiches aren't just a convenient weekend lunch for kids anymore. Now that Italian trattorias have popularized them as panini ("little breads"), and French bistros as croques ("crunches"), they're gourmet fare, just the thing for a light, yet satisfying, meal or casual hors-d'oeuvres.

Start with the bread. Use a regular white loaf, sourdough, multigrain, rye, pumpernickel or fancier olive, rosemary or walnut bread. I prefer thin slices, which give crunchier results and a better bread-to-cheese ratio.



Wolfgang Puck's Grilled Cheese

PHOTO BY BOB FIALA, CHICAGO TRIBUNE

Gone are the days when the only filling option was American cheese. Use any cheese that melts well to seal the sandwich and form tantalizing strings with each cut or bite, including Swiss, provolone, Cheddar, mozzarella and Gouda, individually or in combination. Complement those with others that add intriguing flavors and textures, such as creamy, tangy blue or goat cheeses, or nutty Parmesan shavings.

Cheese and bread alone can make a perfect sandwich, but don't stop there. Add thinly sliced Black Forest ham, pepperoni, salami, smoked

turkey, crisp bacon or even seafood such as crabmeat or smoked salmon. Try sun-dried tomatoes, roasted garlic or julienned basil. And don't forget condiments, such as mustard, pesto or the black olive spread called tapenade.

One of my favorite combinations is Gruyere with truffle shavings on country white bread. The night before, I seal the sandwich in plastic wrap and refrigerate it overnight to let the truffle aroma permeate the bread. Then I grill it for lunch and pour a glass of red wine: Heavenly! Less extravagantly, I like sourdough with fontina cheese, Black Forest ham, sliced tomato, basil and freshly ground black pepper.

Whatever embellishments you choose, don't overstuff your sandwich or it may fall apart. Intermingle the additions with the cheese so they won't hinder sealing.

Once the sandwich is ready to cook, spread the exposed bread surfaces with softened butter, mayonnaise, or some olive oil to facilitate browning. I love to make my sandwiches in a countertop Italian panini machine, a hinged device that cooks them on both sides at once while pressing them together. You'll find good, reasonably priced versions in well-stocked kitchenware stores; or use a hinged coun-

tertop grill. Of course, you can pan-fry them over medium heat, pressing down with the back of a metal spatula to help seal and flatten them, or you can bake grilled cheese sandwiches in a 375 F oven.

For an informal party, put out platters of breads, cheeses, and other fillings, along with butter and olive oil, and let your guests get creative. Then enjoy the spectacle of a roomful of grown-ups rediscovering the pleasures of childhood.

FONTINA CHEESE AND PROSCIUTTO PANINI WITH FRESH BASIL

Makes 2 sandwiches

- 1 tablespoon Dijon mustard
- 1 tablespoon mayonnaise
- 4 slices sourdough or whole wheat bread, each about 1/3 inch thick
- 2 thin slices prosciutto or Black Forest ham
- 6 ounces thinly sliced Fontina, Swiss, or mozzarella cheese
- 1 firm but ripe Roma tomato, trimmed and cut crosswise into 8 slices
- 4 fresh basil leaves
- Freshly ground black pepper

In a small bowl, stir together the mustard and mayonnaise. With a basting brush or the back of a teaspoon or tablespoon, spread the mixture evenly over one side of each slice of bread. On a large, clean plate or platter, turn the bread slices plain sides up.

Evenly distribute half of the cheese over 2 of the bread slices. Place 2 basil leaves on top of the cheese on each of the 2 slices. Neatly drape a

slice of prosciutto on top of the basil leaves. Arrange 4 tomato slices on top of each slice of prosciutto. Generously season the tomatoes with freshly ground black pepper and then cover them evenly with the remaining cheese. Cover each sandwich neatly with another slice of bread, placing the slice with its mustard-mayonnaise side facing outward.

Preheat an electric panini maker or a hinged countertop grill, following the manufacturer's instructions, or heat a heavy skillet or griddle over medium-high heat. Depending on your appliance or cookware's size, carefully place one or both sandwiches into the panini maker, grill, or skillet, or on the griddle, and cook until the bread is deep golden brown and crisp on both sides and the cheese is melted. If using the skillet or griddle, press down occasionally with the back of a metal spatula to help seal the sandwiches. Cooking time should be about 4 minutes total in the panini maker or hinged grill; or 4 minutes per side with the skillet or griddle.

With a sharp knife, cut each sandwich diagonally in half if serving as a main dish; or cut it in quarters or eighths if serving as an hors-d'oeuvre.

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

©2006 Tribune Media Services, Inc.

Restaurant Guide

McFARLAND'S

Restaurant

Casual Dining, Private Parties

Over 70 years of serving fine food

4133 Gage Center Dr. • Topeka • 785-272-6909

Chic-A-Dee

CAFÉ

"Good Home Cooked Food"

Mon.-Fri. 6 am-8 pm, Saturday 7 am-8 pm

3036 SE 6th • Topeka • 785-233-0216

Serving Topeka Since 1969



Open 7 Days A Week
6:00 a.m.-3:00 p.m.

1034 S. Kansas Ave.
785-232-1111

THE ÉLAN GRILLE

Steaks and Seafood and Lounge

Mon.-Fri. 11 a.m.-10 p.m., Sat. 4-10 p.m.

1301 SW Gage Ave. • Topeka • 785-271-6276

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



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

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

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

Unmatched:

- ✓ Quality
- ✓ Commitment
- ✓ Compassion

"Hospice is a wonderful organization in every way."



785.843.3738

200 Maine St., 3rd Floor • Lawrence, KS 66044

A United Way Agency



SMART COLLECTOR

Watch repros on glass dishes

By Danielle Arnet

Tribune Media Services

QUESTION: I'll appreciate your opinion on what my glass dish might be. It is 6 in. high and about 2.5 in. diameter. Maybe it was once used as a candy jar? — Floyd, Long Beach, Calif.

ANSWER: The key to your cylindrical glass canister with frosted glass top is the frosted glass kneeling Indian at the top. Smart collectors recognize it as "Westward Ho,"



Danielle Arnet

a hugely popular pattern in pressed glass. Frosted relief panels on the bottom piece showing buffalo, a log cabin and a running antlered deer, echo the prairie theme.

Originally produced as tableware plus accessories, the pattern was first made in 1879 by Gillinder & Sons in Philadelphia under the original name of Pioneer. It is also known as Tippecanoe, but most widely as Westward Ho. The crouched Indian finial appears only on covered pieces.

Westward Ho is the most reproduced of all pressed glass patterns. Repros, dating as far back as 1936, are everywhere. Westmoreland Glass goblets are common, as are compotes and other pieces made by the L.G. Wright Glass Co. of New Martinsville, W.Va. Repros include milk glass, an oil lamp, a water pitcher and even purple carnival glass!

Because of the overwhelming number of repros, collectors tend to avoid the pattern. Originals are clear glass with smooth, non-chalky gray frosting. The deer's mouth is always a closed straight line. Pattern relief is crisp, and animal hair on originals is distinct (it is missing on repros).

The 2.5 in. diameter mentioned is puzzling. No listing of originals or repros has anything that narrow. On an outside chance, it could be a marmalade jar. A pressed glass specialist in your area needs to handle the piece. Only then can age or value be even guessed at.

FYI: "Identifying Pattern Glass Reproductions" by Jenks, Luna and Reilly (out of print) is an excellent guide to pressed glass repros. Per-

haps your library has a copy. Or try "Early American Pattern Glass: 2nd Ed." by Darryl Reilly & Bill Jenks is \$24.95 from KP Books.

QUESTION: My grandmother gave me a dinner plate about 50 years ago, and I'm wondering if it has collector value. The back reads, "Scenes from Coaching Days and Coaching Ways." — James, Grover Hill, Ohio

ANSWER: Several companies made and/or make a Coaching Days pattern, most notably Johnson Bros. of England. Others are Royal Doulton, and those other royals, Stafford and Winton.

From your description, this plate is an early version of the pattern made by Ridgway, another English potter. A later version is colored transferware on white china. The black transfer on a brown plate was inspired by the book "Coaching Days and Coaching Ways," published by Macmillan in England.

The pattern is not common, and retail value on the plate is around \$20.

QUESTION: I have several items that are collectible, including freeze-dried bomb shelter food, picture disc records, and a 1937 book. I've researched the library for prices and have some comparisons on eBay, but everything I have is unique. Several people tell me to open a booth at an antique shop. How do I price without paying a huge fee for an appraiser? — Cybercollector, Tucson, Ariz.

ANSWER: I hate to burst your bubble, but in this day of online sales where everything under the sun shows up, very, very few items are unique. Everything belongs to a genre.

I love it when "friends" suggest you open a booth. Are they willing to inventory and price it all, pay rent, clean, set up and make everything shop ready? Plus handle taxes, bookkeeping and monitor sales? Are you ready for that?

Hope is more powerful than a hurricane.



American Red Cross

1-800-HELP NOW
redcross.org



This message brought to you by the American Red Cross and the Ad Council.

Basically, you have a bunch of odds and ends that you want to sell. If you've researched the library and several online sales plus book sites, you should have some inkling on value. An appraiser is not called for with that kind of merchandise. Decide how you want to sell (direct to a dealer, online, auction, consignment) and just do it. If you can't face the work of posting online, check eBay for a trading partner in your area.

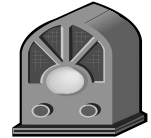
They'll do the job, for a fee. Yes, selling is work. No getting around it.

(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.)

© 2006 Tribune Media Services, Inc.



Collectibles Marketplace



THE ELECTRONIC AUCTIONEER

Free eBay Ad for AARP Members

I will list your antique or collectable on eBay for free. No charge unless your item sells for your price. I am an approved trading assistant registered with eBay to sell for others. I have been an AARP member since 1997, and I have been selling on eBay since 1998. I also sell surplus equipment and handle liquidations. I do purchase items outright for cash.

Call any time. Pat Kindle. 785-865-5049.

TOPEKA

DOWNTOWN Antiques and Collectibles Mall

Space and Cases for Rent.
We Take Consignments.

Furniture • Dishes • Linens • Tools • Pepsi • Coke •
Jewelry • Bears • Mickey Mouse Collection & More

500 SW Harrison • (785) 354-1603
(One block east of 5th & Topeka) • MC/Visa/Discover •
Layaways - We Buy • Sell • Trade

11am-5pm, Wed.-Sat., 1-5pm, Sundays; or by Appt.

TOPEKA

Wheatland
Antique Mall

More than 6,000 sq. ft. of
quality antiques & collectibles
reasonably priced.

(785) 266-3266
2121 SW 37th St.

Mon.-Fri. 10-5:30, Sat. 10-5,
Sun. 10-5

TOPEKA

BRICKHOUSE
ANTIQUES

Unique furniture plus pottery, linens
and lots more quality antiques.

Mon-Fri 10 a.m. to 5:30 p.m.; Sat 10 a.m. to 5 p.m.; Sun. 12 p.m. to 5 p.m.

BUYING-SELLING-FINDING 3711 SW
785-266-6000 Burlingame
Road
www.brickhouseantiques.com Topeka

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

Lawrence Memorial Hospital receives chest pain center accreditation

Lawrence Memorial Hospital (LMH) has been granted the designation of Accredited Chest Pain Center by The Society of Chest Pain Centers. LMH received full accreditation status and is the sixth accredited Chest Pain Center in Kansas and the 205th in the nation.

"This accreditation further demonstrates the hospital's dedication to improving the health of our community. We are proud to be recognized for our commitment to this lifesaving service," said LMH President and CEO Gene Meyer. "This recognition is shared with our excellent physicians and staff who deliver high quality cardiac care."

Heart attacks are the leading cause of death in the United States, with 600,000 dying annually of heart disease. More than five million Americans visit hospitals each year with chest pain. The goal of the Society of Chest Pain Centers is to significantly reduce the mortality rate of these patients by teaching the public to recognize and react to the early symptoms of a possible heart attack, reduce the time that it takes to receive treatment, and increase the accuracy and effectiveness of treatment.

LMH has demonstrated its expertise and commitment to quality patient care by meeting or exceeding a wide set of stringent criteria and completing on-site evaluations by a review team from the Society of Chest Pain Centers. Key areas in which the hospital demonstrates expertise include:

- Integrating the emergency department with the local emergency medical system
- Assessing, diagnosing, and treating patients quickly
- Effectively treating patients with low risk for acute coronary syndrome and no assignable cause for their symptoms
- Continually seeking to improve processes and procedures
- Ensuring Chest Pain Center personnel competency and training
- Maintaining organizational structure and commitment
- Having a functional design that promotes optimal patient care
- Supporting community outreach programs that educate the public to promptly seek medical care if they

display symptoms of a possible heart attack

Initial treatment of patients with chest pain begins in the Emergency Department. As part of the Emergency Department, LMH opened the Bob Billings Cardiac Evaluation Center in 2004. The latest expansion of cardiac care services at LMH includes the addition of an interventional cardiology program. Now patients no longer need to leave Lawrence

for a Percutaneous Coronary Intervention (PCI). PCI, also known as angioplasty or a balloon, is a life-saving treatment for those suffering from a heart attack.

The Society of Chest Pain Centers is a non-profit international professional organization focused upon improving care for patients with acute coronary syndromes and other related cardiac problems. Established in 1998, the Society

promotes protocol-based medicine, often delivered through a Chest Pain Center model to address the diagnosis and treatment of acute coronary syndromes, heart failure, and to promote the adoption of process improvement science by healthcare providers. To best fulfill this mission, the Society of Chest Pain Centers provides accreditation to facilities striving for optimum Chest Pain Center care.

 *Affordable. Simple. Professional.*

Plan Your Cremation Now and Save \$300 or More



Ren and Theresa Neuxxmer, Founders.

Warren J. "Ren" Neuxxmer and Theresa Neuxxmer founded the association because they believe that people who choose cremation should receive the same level of professionalism and trust as those who choose a traditional funeral.

Penwell-Gabel's Cremation Association offers a simple, dignified, inexpensive alternative to the traditional funeral. People choose cremation for many reasons including:

- Simplicity & dignity
- Financial considerations
- Environmental concerns (saves land for the living)
- Ceremonial flexibility

As a Cremation Association member, you can save hundreds of dollars on the cost of a simple cremation.



PENWELL-GABEL'S
Cremation Association

1-888-Penwell (1-888-736-9355)
www.PenwellGabel.com

Yes, I would like more information on simple cremation

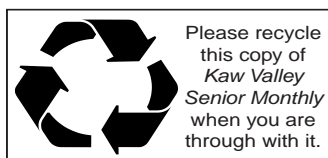
Name _____

Address _____

City _____ State _____ Zip _____

Phone () _____

Please mail this card to:
Penwell-Gabel's Cremation Association
 520 SW 27th Street
 Topeka, KS 66611



BUSINESS CARD DIRECTORY

AUTUMN ADULT DAY CARE

Quality care in a home-like environment for your loved one

Nurse Owned & Operated

3315 SW 6TH AVE. • TOPEKA, KS 66606
Phone: 785-232-0730

ATTENTION SENIORS:



Bruce Osladil

See how much we can save you on your Medicare Supplement. Call Bruce today at (800) 606-6955.

OSLADIL INSURANCE SERVICE
411½ S. Main St. • Ottawa, KS 66067

SERVING ALL OF YOUR FINANCIAL NEEDS

Nick Harper
Vice President-Investments
6342 SW 21st Street
Topeka, KS 66615
785-271-2492 • 800-633-4088



SECURITIES AND INSURANCE PRODUCTS
NOT INSURED BY FDIC OR ANY FEDERAL GOVERNMENT AGENCY • MAY LOSE VALUE
NOT A DEPOSIT OR GUARANTEED BY A BANK OR ANY BANK AFFILIATE
Wachovia Securities, LLC, Member NYSE and SIPC. ©2006 Wachovia Securities, LLC 69613 1/06



- Respiratory Equipment & Supplies
- Wheelchair
- Walker • Canes
- Mastectomy & Compression Products

Hospital Equipment with Home Comfort

1006 W. 6th St. • Lawrence
785-749-4878 • Toll Free 800-527-9596
www.criticarehhs.com

HEALING TOUCH LEVEL ONE

March 18 & 19 ~ 9 AM to 6 PM at:

THE LIGHT CENTER

~Near Baldwin, KS

~\$250-some scholarships

~18 CE Credit for nurses/massage!

Robin Goff, RN, Certified H.T. Instructor
785.255.4583 ltcenter@grapevine.net



Lawrence Landscape Fertilization
Call 785-843-4370

Long Term Care Insurance

It's not a question of *if*. It's a question of *when* you decide to help protect yourself and your family from the hardship of uninsured Long Term Care costs.



Call Long Term Care Insurance Specialist:

John B. Gariglietti
Vermont St.
Lawrence, KS
785-856-5057
johnny_ltc@yahoo.com
Web Site: johnskeller.com



Insurance products underwritten by General Electric Capital Assurance Company

Health Service at Home Since 1969



Certified Aides • Social Workers
Carelink Emergency Response Service
Hospice Care • Registered Nurses
Speech Language Pathologist
Physical & Occupational
Therapist
United Way Agency

785-843-3738

200 Maine, Suite C • Lawrence, KS 66044

Kansas Home Health Care

your home. your health. your choice

Lawrence Office
(785) 856-8585

Topeka Office
(785) 234-8993

www.kshomehealth.com



The perfect gift: A Simongiftcard!



Purchase yours today at the Simon Guest Service desk at West Ridge Mall. For more information contact Barbara at bbrammel@simon.com or at 785.271.5500.



Convert Your Videotape to DVD

We accept video from the following formats:
VHS, VHS-C, 8MM Video, Hi8 Video, Digital8.

\$15 for up to one hour.
\$20 for one to two hours.

Call Kevin at 785-841-9417 for more details

Place Your Business Card Here for just \$16.00 per month*

* With a six-month commitment. Call 785-841-9417 to place your ad.

We're Just Your Style!



Over 50 Unique Shops, Restaurants and Stores.

21st & Fairlawn
Topeka, Kansas

LAWRENCE THERAPY SERVICES

- Physical & Occupational Therapy
- Speech Therapy • Massage Therapy
- Tai Chi Classes
- Natural Childbirth Classes
- Marriage & Family Therapy

Our Lawrence location is moving in the Spring 2006! Watch for details.



842-0656
2721 W. 6th, Suite B
Lawrence

594-3162
814 High St., Suite A
Baldwin City



Natural

Medical Care



Dr. Farhang R. Khosh, ND
Dr. Mehdi L. Khosh, ND

Member American Association of Naturopathic Physicians

4824 Quail Crest Place, Lawrence, Kansas 66049
Phone: (785) 749-2255

YOUNG AMERICA FILMS



Do any Acting as a Child?

If you appeared in Centron Corporation education films during the 1950s, Senior Monthly would like to hear from you. Please call Kevin at 785-841-9417.

YOUNG AMERICA FILMS



National brain imaging study on Alzheimer's underway at KUMC

The National Institutes of Health (NIH) is seeking men and women in the Kansas City area between the ages of 55 and 90 to participate in the Alzheimer's Disease Neuroimaging Initiative (ADNI), a landmark research study. The study is being conducted locally at the University of Kansas School of Medicine, Department of Neurology, as part of a nationwide, \$60 million effort to identify brain and other biological changes associated with memory decline.

The five-year project was begun by the National Institute on Aging (NIA) at the NIH and is supported by more than a dozen other federal agencies and private-sector companies and organizations, making it the largest public-private partnership on brain research underway at the NIH. Investigators at 58 local sites across the United States and Canada are involved in the study. The study is led by Michael Weiner, M.D., San Francisco Veterans Affairs Medical Center and the University of California, San Francisco; Leon Thal, M.D., University of California at San Diego; and Ronald Petersen, M.D., Ph.D., Mayo Clinic, Rochester, MN.

The goal of the initiative is to

speed up the search for treatments and cures for Alzheimer's disease by seeing whether imaging of the brain, through magnetic resonance imaging (MRI) or positron emission tomography (PET) scans, every six months can help predict and monitor the onset and progression of Alzheimer's. In addition, samples of blood and, for some participants, cerebral spinal fluid will be collected and tested to determine if these biomarkers can predict and monitor the disease. It is hoped that imaging techniques and biomarkers will prove useful in testing the effectiveness of new therapies in slowing the progression of Alzheimer's or preventing the disease altogether.

Researchers are looking for 800 people who are in good general health with no memory problems, or are in good general health but have memory problems or concerns, or have a diagnosis of mild cognitive impairment or early Alzheimer's disease.

A special aspect of the project is the support of Dr. Maya Angelou, the eminent poet, author, educator, and historian. Dr. Angelou, a professor at Wake Forest University in Winston-Salem, NC, is working with

the researchers to ask the public to take part in the study. She will support the national ADNI recruitment outreach campaign, "Imagine Stopping the Progression of Alzheimer's Disease," by appearing in radio and print public service announcements. Dr. Angelou has a number of dear friends who have suffered the effects of Alzheimer's.

Alzheimer's disease affects one in

10 Americans over the age of 65. By the year 2050, 13 million Americans may suffer from the disease.

For more information about the study, please contact the NIA's Alzheimer's Disease Education & Referral (ADEAR) Center at 800-438-4380 or visit www.alzheimers.org/imagine. Spanish-language capabilities are available at some of the study sites.

Empowerment Through Choices

A three-part series on the primary life choices that affect individuals and families during the aging process



This series will cover a variety of topics related to housing and services available to older adults and will provide information on the practical, financial, and emotional issues involved. Guest speakers will include representatives from relevant agencies and service providers in Lawrence.

THURSDAY, MARCH 2

Exploring Housing Options in Lawrence:

Independent and Assisted Living facilities and agencies to help in this transition.

THURSDAY, APRIL 6

The Next Step:

Advance Directive Planning and Skilled Nursing Care

THURSDAY, MAY 4

End of Life Choices:

Hospice Care and Funeral Planning

All sessions will be at 6:30-8:30 p.m. at Wyndam Place Senior Residence, 2551 Crossgate, Lawrence.

Refreshments will be served at all of sessions.

For more information, please call Teresa Brown with Heart of America Hospice at (785) 633-8225 or Brenda Craig with Wyndam Place Senior Residence at (785) 749-4646.

Presented by:



CAN'T HEAR THE TELEVISION?

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

MARSTON HEARING CENTER

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

(785) 843-8479

Access Space to open apartments in Kansas

Accessible Space, Inc. and the National Multiple Sclerosis Society, Mid America Chapter, are pleased to announce the opening of two new wheelchair accessible, affordable apartment buildings in Kansas for adults with qualifying disabilities. Melissa Anne Hanger Apartments in Topeka will provide 21 barrier-free one and two-bedroom apartments, and Mid America Commons in Kansas City will offer 15 barrier-free one-bedroom apartments. Both sites are set to open this spring of 2006, and will provide accessible, affordable apartments to very low-income adults with qualifying disabilities. ASI is now accepting applications for housing admission and rental assistance.

The apartments are designed with an open floor plan and meet Americans with Disabilities Act (ADA) guidelines for wheelchair accessibility. Apartments include a full kitchen with roll-under counters and accessible ovens and range tops, and offer fully accessible bathrooms with roll-in showers and grab bars. Other features include raised electrical outlets, lowered light switches and lever-action handles on the doors, as well as central air conditioning and mini blinds on windows. One-bedroom apartments provide approximately 540 square feet of living space, and two-bedrooms provide approximately 800 square feet. Apartments designated for residents with a hearing impairment are also available. In addition, the apartments will provide ample community space for resident activities and on-site laundry facilities for resident use.

Both developments were sponsored by Accessible Space, Inc. and the National Multiple Sclerosis Society, Mid America Chapter in Mission, Kan., and are being developed by Accessible Space, Inc. (ASI), a St. Paul, Minn., based non-profit organization that will also manage the two new buildings. Primary funding for the apartments was provided by the U.S. Department of Housing and Urban Development (HUD) Section 811 Program for very low-income adults with disabilities. HUD will also provide rental assistance to qualifying households who will pay rent based on 30 percent of their adjusted gross monthly income.

Melissa Anne Hanger Apartments in Topeka is located at 2230 SE 28th Street. Mid America Commons in Kansas City is located at 1911 N.

77th Street.

For more information or to request a housing application, please

call ASI at 1-800-466-7722. There is no application fee, and applicants are not obligated to move in by applying.

More information and online applications can be found on ASI's Web site at www.accessiblespace.org.

[It may be just some shoulder pain, but why take chances?]



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



Gary Calton, RN

Emergency Department wants you to be "heart smart." First, know the warning signs of a heart attack, including these symptoms: pain in the shoulder, arm, jaw or stomach; a shortness of breath; discomfort in the center of your chest; and the sudden onset

of nausea, cold sweats or light-headedness.

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

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

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



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

PUZZLES

TMSpuzzles@aol.com

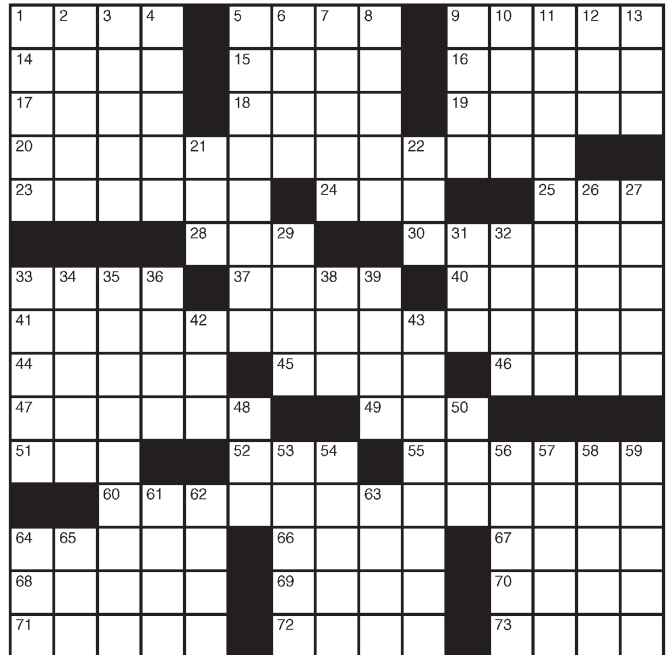
ACROSS

- 1 Turner of "Madame X"
- 5 I toppers
- 9 Painter of ballerinas
- 14 First person?
- 15 Daredevil Knieval
- 16 "Aida" or "Tosca"
- 17 City near Phoenix
- 18 Brummell or Bridges
- 19 God
- 20 Uplifting wear?
- 23 Oater bar
- 24 "Murder, ___ Wrote"
- 25 Hog haunch
- 28 Shriill bark
- 30 Created anew
- 33 Oxidation
- 37 Teheran's place
- 40 Libreville's country
- 41 Uplifting comment?
- 44 Oodles
- 45 Lock maker
- 46 Deli breads
- 47 Dawn-'til-dusk
- 49 "Over There" cont.
- 51 Like a little Scot
- 52 Clairvoyant's letters
- 55 Throws
- 60 Uplifting vehicle?
- 64 Giraffe relative
- 66 Quarter
- 67 Ethereal
- 68 Rhodes of scholarship
- 69 Vex
- 70 Playwright Simon

- 71 Youngsters
- 72 Brings to a close
- 73 Elder or alder

DOWN

- 1 Lanterns
- 2 Ms. Rogers St. Johns
- 3 Twangy
- 4 Socialist Italian P.M. (1992-93)
- 5 Suave and urbane
- 6 Above
- 7 Sides
- 8 Watery ice
- 9 Extinct bird
- 10 Fencer's weapon
- 11 Jerry Lewis comedy
- 12 Knack
- 13 For example
- 21 Eddie of vaudeville
- 22 His companion?
- 26 Worship
- 27 Fixes
- 29 Talk to God
- 31 Coop item
- 32 Bryn ___
- 33 Shorten a plank
- 34 I give up!
- 35 Reduce, as staff
- 36 "Sweeney ___"
- 38 ___ Khan IV
- 39 Sudan river
- 42 "Born in the ___"
- 43 Unengaged positions
- 48 Nod of the head



By Gerald R. Ferguson
Portland, OR

- 50 Kanga's kid
- 53 Fix one's gaze
- 54 Eva or Juan
- 56 Meager
- 57 Killy or Tomba
- 58 Chilling
- 59 Technique
- 61 Kid from Mayberry
- 62 Lubricates
- 63 Actress Beryl
- 64 Fall mo.

©2006 Tribune Media Services, Inc.

Answers on page 31

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.

GREAT INVENTORS (sol.: 7 letters)

A-Anderson, Archimedes; B-Baird, Bell, Braille, Bunsen; C-Calder, Carver, Caxton, Celsius, Cousteau; D-Da Vinci, Drew; E-Edison; F-Farnsworth, Ferris, Fleer, Ford, Franklin; G-Goddard; H-Howe; K-Kelvin; L-Land; M-Marconi, Morgan, Morse; N-Naismith; O-Otis; P-Pasteur; R-Ritty, Rotheim; S-Salk, Strauss; T-Tesla; W-Wakefield, Whitney, Wright, Wynne; Y-Yale; Z-Zamboni

This month's answer:

EASTMAN

© 2006, Tribune Media Services

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

JUMBLE

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

NULCE
□ □ □ □ □

GLUBY
□ □ □ □ □

YIR RAT
□ □ □ □ □

YANNCO
□ □ □ □ □

www.jumble.com

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

THAT SCRAMBLED WORD GAME
by Henri Arnold and Mike Argiron



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

Answers on page 31

Advertising in Senior Monthly is a Capital Idea!

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

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



24 SeniorMonthly, March 2006

TRIVIALITIES

1. Who directed the 1983 film "Rumble Fish"?
2. Who starred as Brian in the 1983 film "All the Right Moves"?
3. Herbert Ross directed this 1984 film starring Kevin Bacon, Lori Singer and Christopher Penn.
4. Who directed the 1985 film "Pale Rider"?
5. Beeban Kidron directed this 1995 film that starred Wesley Snipes, Patrick Swayze and John Leguizamo.
6. Who starred as Detective James Carter in the 1998 film "Rush Hour"?
7. In the 2001 film "Corky Romano," who played the title character?

©2006 Tribune Media Services, Inc.

Answers on page 31

BRIDGE

Famous Hands

By Omar Sharif and Tannah Hirsch

North-South vulnerable. East deals.

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

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

SOUTH
 ♠ K J 9 7 2
 ♥ Q 10 6
 ♦ Q 7
 ♣ A K 7

The bidding:

EAST	SOUTH	WEST	NORTH
1♥	1♠	Pass	2♠
Pass	2NT	Pass	3♣
Pass	3♠	Pass	3NT
Pass	Pass	Pass	

Opening lead: King of ♥

How would the bridge stars of yesterday match up with today's players? Bidding has made great strides, and even competent players today probably bid as well or better than the best of bygone days. But in the play of the cards, there is nothing that today's stars could teach the old-timers. Consider this defense by Morrie Elis of New York in the final round of the 1949 Vanderbilt Team Championship.

Today's players would reach the same contract in much shorter time. South would overcall one no trump with his

balanced 15 points and five-card spade suit and North's raise to three no trump would have ended the auction.

West led the king of hearts, and it did not take Elis long to find the winning defense. He overtook partner's king with the ace, and shift-

ed to a low diamond, covered by the queen and king and ducked in dummy. West returned the ten of diamonds and Elis unblocked the jack of diamonds. Now the best declarer could do was to make eight tricks with the help of a finesse for the jack of hearts, since East would lead another diamond as soon as he won the ace of spades.

How did East find the defense? Since the bidding marked South with the queen-third in hearts, Elis realized that if he left West on lead with

the king of hearts, any shift by West would only help declarer's cause. Diamonds was the only suit that offered any hope for the defense, and the result was highly satisfying.

The Elis team went on to win the event.

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

© 2006 Tribune Media Services, Inc.

1st Annual Lawrence Area Partners in Aging March Madness Senior Resource Fair

Tuesday, March 7, 2006 from 1:30-5:30 p.m. • Hy-Vee at 6th and Monterey Way

- ✓ **FREE!** No cost to attend!
- ✓ **Freebies, handouts, brochures, and over 20 door prizes!** Grand door prize, \$100 gift certificate to Hy-Vee.
- ✓ **Special screenings throughout the afternoon, including hearing, blood pressure checks, pulse and oxygen saturation checks, balance testing, and caregiver stress tests.**
- ✓ **Skits and entertainment throughout the afternoon from the Vintage Players.**
- ✓ **Free refreshments.**

Come by anytime between 1:30 and 5:30 to visit the booths and displays from local businesses and organizations that serve seniors in Douglas County.



Participating businesses and organizations include, but will not be limited to, the following:

Advanced Home Care	Comfort Keepers	Jayhawk Area Agency on Aging	Lawrence Therapy Services
Brandon Woods	Douglas County VNA and Hospice	Kansas Rehab Hospital	Midland Hospice
Bert Nash Mental Health Center	David Guth, CFP	Lawrence Area Coalition to	New England Financial
Better Hearing Solutions - Miracle Ear	Heart of America Hospice	Honor End of Life Choices	SouthernCare Hospice
CEK Insurance	Kaw Valley Senior Monthly	Lawrence Public Library	Wyndam Place

This is the first annual event that seniors and their caregivers will be talking about all year. Don't miss it!

For more information, call 842-0656 and ask for Kim Hoffman.

Kaw Valley Senior Monthly accepts **INSERTS!**

We can insert your circulars or flyers for just \$45 per 1,000. Call 785-841-9417 for more information.

Heart disease strikes women more than men

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

Hospitals across the nation are working to educate women that heart disease is their biggest health risk. More than 500,000 women will die this year in the United States from what many still consider a "man's disease," and countless others will needlessly overlook the greatest health threat facing American families today.

Heart disease is the No. 1 killer of American women, striking more women than the next seven causes of death combined. Unfortunately, studies show that most women—and even many health care practitioners—still associate heart disease so closely with men that the risk to women is often overlooked. In fact, more women than men have died of cardiovascular disease every year since 1984, and the mortality rate within one year of having a heart attack is greater for women than it is for men.

"It is important that we understand that heart attacks are a very real risk to women today, and that a woman's symptoms are often very different from those of a man," said Kristen Franklin, MD, a cardiologist with the Cotton-O'Neil Heart Center.

For example, women may experience indigestion, nausea, and pain in the back or between the shoulder blades in addition to the more common symptoms of chest pain and shortness of breath.

"I urge women to trust their instincts and talk with their doctor about their risks for developing heart disease," added Franklin.

Have you considered the major risk factors for developing heart disease? Some factors are not easily controlled, such as increasing age, family health history, ethnicity, or gender. But some risk factors can be controlled or modified to lower your risk. The major risk factors for heart disease are:

- Smoking
- Diabetes, a more potent risk factor for women than for men
- High blood pressure
- High cholesterol, including LDL (the "bad" cholesterol) and HDL (the "good" cholesterol) or high triglyceride levels, which are more potent risk factors in women
- Lack of physical activity
- Excess weight, especially weight centered at the waist
- Menopause before age 40
- Oophorectomy (surgical removal of the ovaries)
- Prior heart attack
- High levels of stress

Generally after menopause, women are also more apt to develop cardiovascular disease. As women get older, the body produces lower amounts of estrogen. Estrogen helps the female body maintain lower levels of "bad" cholesterol and higher levels of "good" cholesterol, and reduces blood pressure. So it is important to stay healthy, exercise, and eat properly throughout one's life to maintain good heart health. Franklin offers these additional suggestions to keep your heart healthy:

- Quit smoking.
- Eat more fruits and vegetables.
- Limit alcohol consumption.
- Check your blood pressure and cholesterol levels regularly.
- Maintain an appropriate weight.
- Limit stress.

Warning signs of heart attack for women:

- Indigestion
- Nausea

- Pain between shoulder blades, or back pain

Other warning signs

- Uncomfortable pressure, fullness, squeezing, or burning pain in the center of the chest that lasts more than a few minutes, or goes away and comes back

- Pain that spreads to the shoulders, neck, or arms

- Chest discomfort with lightheadedness, fainting, sweating, nausea, or shortness of breath

- Unusual chest, stomach, or abdominal pain
- Nausea or dizziness without chest pain

- Shortness of breath and difficulty breathing without chest pain
- Unexplained anxiety, weakness, or extreme fatigue

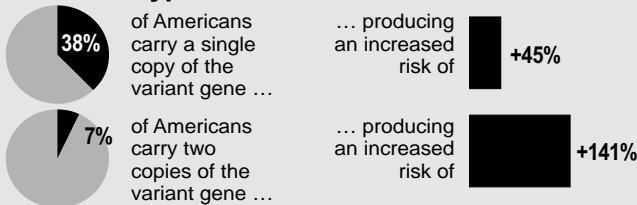
- Palpitations, cold sweats, or paleness

Source: "Healthy Times," Stormont-Vail HealthCare

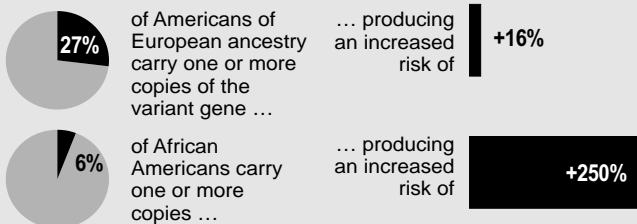
Genes and disease risk

Recent discoveries by DeCode Genetics have found links between variants of genes and increased risk for two major diseases.

Type 2 diabetes



Heart disease



Source: DeCode Genetics
 Graphic: John Duchneskie, The Philadelphia Inquirer

© 2006 KRT

THE MERC!
 OFFICIAL NATIONAL FOOD SERVICE

Offering a 5% discount on all purchases everyday for shoppers 62 and older. Apply for your "Merc 62" card at any register—they're free!

Merc classes are a great learning experience and seniors receive a discount on all classes.

For details, stop by the store or visit our web site!

COMMUNITY MERCANTILE
 901 10th Ave. 785.841.8344 OPEN 7AM-10PM 7 DAYS A WEEK
 WWW.COMMUNITYMERCANTILE.COM

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

Medicare: What to know before visiting the pharmacist

QUESTION: What would be helpful for people with Medicare to know when visiting their pharmacy for the first time after enrolling in Medicare's prescription drug coverage?

ANSWER: Since January 1, when Medicare's drug coverage began, millions of people with Medicare who are enrolled in a prescription drug plan have left pharmacy counters with their prescription drugs in hand, and with significant savings on the cost of their medicines.

At the same time, Medicare is making progress in fixing any problems that may be experienced at the pharmacy. One important way to reduce the chance of problems when you go to get your drugs for the first time after enrolling is to enroll earlier in the month.

If you enroll or change plans before the 15th day of any month, it is much more likely that things will go smoothly for you at the pharmacy counter than if you enroll later in the month. If you enroll after the 15th of the month you may find that you will need to spend extra time at the counter working out details.

The Centers for Medicare & Medicaid Services (CMS) expects the num-

ber of those to decline, who have difficulty at the pharmacy counter, as more and more people get and use their new prescription drug cards.

You should remember:

- After your prescription drug plan has processed your enrollment application, you should get an acknowledgement letter or confirmation letter from the plan you joined. This may take several days.

- If you need to fill a prescription
- Take your acknowledgement or confirmation letter with you to the pharmacy until you get a membership card.

- If you haven't gotten a letter yet, you might have one or more of the following to bring with you to the pharmacy: an enrollment confirmation number, (probably given to you online after you filled out the application) or a copy of an enrollment application signed by a plan representative.

- If you have both Medicare and Medicaid or have been approved for the low-income subsidy (extra help paying for prescriptions), bring a copy of your yellow automatic enrollment letter from Medicare, a Medicaid card, your approval letter from the Social Security Administration, or other proof

that you qualify for extra help.

- If you need to get a prescription before you get your acknowledgement or confirmation letter or membership card, let your pharmacist know your plan name and bring one of the items above to get your prescriptions - it just may take some extra time verifying the correct plan.

- As a last resort, if you pay out-of-pocket for your prescription(s), save your receipts and work with your plan to be reimbursed.

If you have any questions about your prescription drug coverage, you can call 1-800-MEDICARE (1-800-633-4227) or your plan's toll-free phone number.

And, remember that if you have not enrolled in a Medicare prescription drug plan you have until May 15, 2006 to join a plan without having to pay a penalty on your monthly premium for late enrollment. You can narrow down the plan choices in your region and enroll in a plan on the internet at www.medicare.gov and by choosing the Medicare Prescription Drug Plan Finder tool. You can call 1-800-MEDICARE, 1-800-633-4227, for help with enrollment or ask one of the customer service

representatives for your local State Health Insurance Information Program (SHIP) toll-free phone number so you can work with a Medicare counselor in your area, over the phone, or in person, free of charge. Also, you can visit the Web site www.eldercare.gov on the internet to find your local office on aging phone number for help with enrollment, or you can use this site to find other places to go in your community to get personalized assistance with comparing plan choices.

Kaw Valley Senior Monthly accepts **INSERTS!**

We can insert your circulars or flyers for just \$45 per 1,000. Call 785-841-9417 for more information.

Luther Place
APARTMENT ♦ HOMES
Topeka's Premier Retirement Community
We are so excited, we wanted to tell you about our completely modernized affordable 1 & 2 bedroom Apartment Homes!
 Beauty Shop • All Utilities Included • 24 Hour On-Site Staff • On City Bus Route
 Ample Laundry Facilities • Weekly Grocery Transportation
Stop by or call today to schedule an appointment to reserve your new apartment home!
 5000 & 4900 SW Huntoon • 785-273-2944
 Some restrictions apply. Age 62 & older. Mobility Impaired.

Lampe Avenue **NOW AVAILABLE!**
 The Etc. Shop now offers Lampe Avenue's line of Fine Fragrancing Lamps and Fuels. Lampe Avenue offers beautiful lamps that help purify and fragrance the air by converting the fuel to ozone, which removes unpleasant odors from the air, such as pet odors, cigar smoke, cooking smells, and stale odors.
The Etc. Shop
928 Massachusetts
785-843-0611
www.theetcshop.com
 FREE Parking in Garage Behind Store

HEARTLAND HOME HEALTH CARE & HOSPICE
Compassionate care straight from the heart
 For more information about Heartland's services, call **800.214.0282**
 1033 SW Gage Blvd.
 Topeka, KS 66604
Heartland HOME HEALTH CARE & HOSPICE
 - Specializing in pain & symptom management
 - Social workers
 - Pastoral care, grief support
 - Nurses: RN, LPN
 - Certified nursing assistants

Discipline: Appeal to the mind, not the behind

By Shirley Carson

Kansas Senior Press Service

A project of KU's Landon Center on Aging

As a grandparent who has accepted the responsibility of raising your grandchildren, you know that effective discipline is one of the biggest challenges you face daily. Because each child is different, you may need to use a different approach for each child. Also, the child's age and level of development need to be considered when we discipline the grandchildren in our care.

In dealing with childhood misbehaviors, we must "Appeal to the mind, not the behind!" a quote by Alonzo Owens Jr., who works in violence prevention. When using "time out" to discipline a child, Owens recommends focusing on how we take the child "out" of time out. He suggests we say things to the child that refer to the behavior, such as "Thank you for not _____." Also, encouraging the child to think about what he could have done differently is always a good idea.

Many books on discipline are available, if only we had time to read them. One of the best authorities on

childhood behavior and discipline is James Dobson, of Focus on the Family. He has written a number of books, including *Dare to Discipline*, *The Strong-Willed Child*, and *Bringing Up Boys*. These can be found at any of the Johnson County Libraries. Dobson also hosts a daily radio broadcast that contains subjects of interest to families.

The ultimate goal of discipline should always be to help the child develop self-control. This is a long-term goal, but consistency is vital as we discipline our grandchildren during their childhood and teen years. The following principles can be helpful in reaching this goal:

Begin teaching respect for authority while children are very young. We must establish our position as strong but loving leaders when our children are in the preschool years. We need to be the one in charge, holding the child accountable for respectful behavior.

Define the boundaries before they are enforced. Before disciplining a child, it's necessary to establish reasonable expectations and boundaries.

Distinguish between willful de-

fiance and childish irresponsibility. When accidents happen, patience and tolerance are the order of the day. But when the child defies parental authority in a blatant manner, this calls for a firm approach. The child may shout "I will not!" or "You shut up!" or "You can't make me!" These behaviors may be accompanied by violent temper tantrums and represent a willful, haughty spirit and a determination to disobey.

Reassure and teach after the confrontation is over. After a time of conflict during which a grandparent (who has assumed the parenting role) has demonstrated his/her right to lead, the younger child will probably want to be loved and reassured. Hold her close and tell her of your love. Tell her how she can avoid trouble next time.

Avoid impossible demands. Be absolutely certain that the child is capable of delivering what you require. Never punish a child for wetting the bed involuntarily or doing poorly in school if he is incapable of academic success.

Let love be your guide! A relationship that is characterized by gen-

uine love and affection is likely to be a healthy one, even though some mistakes by the grandparent are inevitable. All parents make mistakes, and we grandparents who choose to parent our precious grandchildren are no exception. But take heart, because our grandchildren know our love for them. And, like all children, they need limits and boundaries, guidelines and rules, to grow and develop into responsible and respectful adults. My thoughts and prayers are with you as you strive to influence the grandchildren in your care.

- Shirley Carson, RN, is a retired nurse who lives in Olathe, Kan., and is parenting grandchildren.

TAKE A SMALL STEP
TO GET HEALTHY

www.smallstep.gov

Ad
Council.org



**Don't let your memories
fade away!**

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

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

Call Kevin at 785-841-9417 for more details.



The 2006 Kaw Valley
Wedding Planner is now available.

www.kawmall.com

**Meals on Wheels
program available to
Kansas taxpayers**

By Gordon L. Davis
Kansas Senior Press Service
A project of KU's Landon Center on Aging

Kansas taxpayers and tax preparers are reminded that the 2005 individual income tax forms again allow for donations to the Senior Citizens Meals on Wheel Contribution Program. If you donate to the fund, 100 percent of your contribution will go to local programs serving home-bound meals to the elderly and people with disabilities.

The Senior Citizens Meals on Wheels Program is a fund that the Kansas Legislature created in 2002 to allow taxpayers to make a voluntary donation to support home-delivered meals. The program is a channel for people who want to support food programs for seniors but perhaps can't participate in ways such as meal delivery.

The intent of the fund is to supplement nutrition services for the elderly and people with disabilities in the community, making it possible for them to live independently in their homes as long as possible. The friendly visit with the volunteers is socially helpful, and the delivery process is an important link in learning of the client's changing needs or of emergencies.

If you will receive a state tax refund this year, indicate the amount you wish to donate in the designated space on the tax form. Taxpayers may contribute a dollar, a portion of their refund, or all of their refund to the Meals on Wheels fund.

If you owe state taxes, indicate the amount you wish to donate in the designated space and write a check for the tax balance plus the amount contributed to Meals on Wheels.

Tax forms are available at many city and county clerk offices, banks, libraries, and other convenient places. To obtain forms by mail, call the Kansas Department of Revenue voice mail system, (785) 296-4937. You will be asked to give your name, address, telephone number, and the forms desired. Allow about two weeks for delivery of your forms. Tax forms can also be found on the Department of Revenue Web site, www.ksrevenue.org.

For more information about the Senior Citizens Meals on Wheels Contribution Program, call your Area Agency on Aging.

- Gordon L. Davis is an aging information specialist with Johnson County Human Services and Aging.

2006 Senior Spring Gala Dinner & Dancing for Under \$20

Wednesday, April 26, 2006
6:00-10:00 p.m.
Semi-formal to Elegant Attire
The Ritz Charles
9000 West 137th St.
Overland Park KS

Featuring Steve Miller K.C. Band
Music and Activities Targeted to
Active Adults 50 and Above



Presenting Sponsors:



"A Senior Housing and Retirement Community"
15325 S. Lone Elm Road
Olathe, KS 66061
(913) 780-9916



"The Heart of High-tech Care"
www.ohsi.com • 913-791-4312

On Sale Now!

Ticket Prices

<p>Early Bird Special \$15 each or \$29 per couple if purchased by April 5, 2006</p>	<p>\$17 per person if purchased between April 5 through April 19, 2006</p>
<p>Group Discount \$14 per ticket (minimum of 8 per table)</p>	

Please call The Olathe News at 764-2211 ext. 112 for more information – or fill out the form below. Attach payment of check, cash or credit card and we will mail your ticket directly to you.

Name _____	Phone _____
Address _____	City _____ State _____ Zip _____
Guest Name _____	Phone _____
Address _____	City _____ State _____ Zip _____

All tickets must be purchased by 5:00pm, Wed. April 19. Mail this form and payment to
514 S. Kansas Ave • Olathe, KS 66061 • Attn: Spring Gala, 2006 Senior Gala

NOSTALGIA NOTEBOOK

MARCH 1946

Births

- MAR. 6:** David Gilmour, English musician (Pink Floyd)
MAR. 7: Peter Wolf, American musician (J Geils Band)
MAR. 12: Liza Minnelli, American singer and actress
MAR. 21: Timothy Dalton, Welsh actor

Events

- MAR. 2:** British troops withdraw from Iran according to treaty - Soviets do not.
MAR. 2: Ho Chi Minh elected the President of North Vietnam.



MAR. 5: In his speech in Fulton, Missouri, Winston Churchill talks about the Iron Curtain.

MARCH 1956

Births

- MAR. 11:** Rob Paulsen, American voice actor, *Cheers*, *Teenage Mutant Ninja Turtles*
MAR. 21: Ingrid Kristiansen, female Norwegian runner. Held the world record for marathon for over 10 years (2:21:06)

Events

- MAR. 2:** Morocco declares its independence from France.
MAR. 12: United Kingdom abolishes death penalty for murder.
MAR. 15: The Broadway musical *My Fair Lady* opens in New York City.
MAR. 20: Tunisia gains independence from France.

- MAR. 23:** Pakistan becomes the first Islamic republic.



VINTAGE AD

Hamilton Watch
The Watch of Railroad Accuracy™

What Do We Owe to Accurate Timing?

OUR Lincoln that took from city to city, on its sparkling pavement that shone on formerly long drives, and those that line-up on its remarkably exact that they about between the swift rushing blades of airplane propellers.

Each of such is an unaccompanied exhibit.

Each of our railroad watches is a watch as accurate that it is the most popular timekeeper in our today among railroad men.

Charles Hamilton, the efficient engineer whose father, was the Hanger Flyer - one of the largest watches in the U.S. He has been with the Hamilton & Watson of years. He wears the Hanger Flyer by a Hamilton Watch.

There are many types of Hamiltons, American from early railroad watches to the modern "cavalry" pocket watches. Prices run from \$10.00 to \$100.00. All Hamilton watches are made in the U.S.A. and are guaranteed for 10 years. The different Hamiltons are illustrated, and prices given.

HAMILTON WATCH CO., Lancaster, Pa.

Ad source: www.clipart.com

Like Vintage Commercials?

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

Just **\$9⁵⁰** for 12 issues!

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

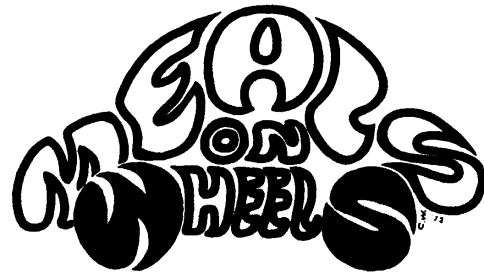
Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Mail this completed form along with \$9.50 to:

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



DRIVERS NEEDED

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

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

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

New exhibit at the Watkins Museum

The Watkins Community Museum of History is hosting a year long exhibit entitled *A Few of Our Favorite Things* in celebration of the Year of the Museum. Staff and volunteers will select their favorite 100 artifacts from the museum's 3-D and archival collections to display throughout the year. The first installment is open through April 2006. Among the first 25 objects are a fluoroscope, a window grate from a World War II POW camp, one of the first teddy bears, and transcripts from President Andrew Johnson's Impeachment Trial in 1868.

The Year of the Museum is part of the American Association of Museum's (AAM) 100th anniversary. Founded in 1906, AAM is the largest association dedicated to promoting excellence within museums. As part of its anniversary, AAM decided to honor museums across the United States by renaming 2006 the Year of the Museum.

The museum is located at 1047 Massachusetts Street In Lawrence. For more information call 785-841-4109.

The Watkins Community Museum of History is operated by the Douglas County Historical Society.

CROSSWORD SOLUTION

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

JUMBLE ANSWERS

Jumbles: UNCLE BULGY RARITY CANYON

Answer: What the overworked cook experienced – "BURN" OUT

©2006 Tribune Media Services, Inc.

TRIVIALITIES ANSWERS

1. Francis Ford Coppola 2. Christopher Penn 3. "Footloose" 4. Clint Eastwood 5. "To Wong Foo Thanks for Everything, Julie Newmar" 6. Chris Tucker 7. Chris Kattan

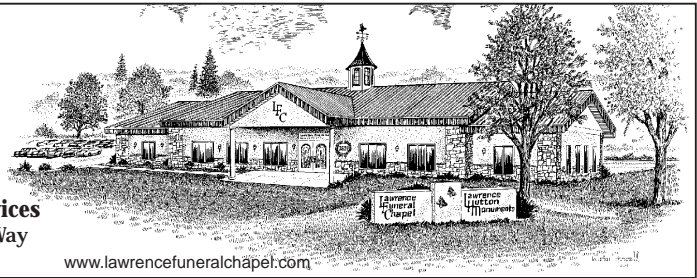
©2006 Tribune Media Services, Inc.

Lawrence Funeral Chapel

Mortuary and Cremation Services

841-3822 • 6th & Monterey Way

Locally Owned and Operated



www.lawrencefuneralchapel.com

The Fifth Annual Nash Dash

May 13, 2006



Finish For The Kids

8:00 a.m. 5K Timed Fun Run & 5K Walk

8:30 a.m. 1-Mile Walk

Lawrence Visitors Center

Help raise funds for the WRAP Program and youth scholarships at Lawrence Parks and Recreation!

The Nash Dash is an event that emphasizes fun and participation.

Adults: \$15 in advance or \$20 day of race (waived if entrant raises \$50 or more in donations)

Students: \$10 (waived if entrant raises \$10 or more in donations)

Ask friends, family, coworkers, and neighbors to donate!

Teams that raise \$250 or more are eligible for fun prizes!

Courses follow the Levee Trail in North Lawrence.

Businesses, organizations and individuals who contribute \$100 or more in cash or in-kind goods/services will be recognized on the Nash Dash 2006 t-shirt and other promotional materials. Contact Scott McMichael at 785/830-1701 or smcmichael@bertnash.org for more information on becoming a sponsor.

For more information or to register, contact Marilyn Sell at 785/830-1795 or to register on-line visit the Lawrence Parks and Recreation website at <http://www.lprd.org/nashdash.shtml>.

Bert Nash
Your Community Mental Health Center

LR LAWRENCE
PARKS &
RECREATION



It's Your Lucky Day!

Don't miss out on this incredible
2-for-1 offer!



Get 2 AudioChoice®*
custom made hearing aids
for the low price of 1!

Only **\$990!**

Exclusively from Miracle-Ear®

To take full advantage of this incredible 2 for 1 offer, just present this coupon and get two custom made AudioChoice Digital Contour style hearing aids for the price of one. KAW

Good only from participating Miracle-Ear representatives. One coupon good per purchase. No other offers or discounts apply. Discount does not apply to prior sales. Cash value 1/20 cents. Offer good on AudioChoice model (ACT02 I) only.

Hurry! Offer expires March 30, 2006



A value like this doesn't come along every day. In fact, we can't promise you'll see this 2-for-1 price again any time soon. So we urge you to call

Miracle-Ear®

or

Sears Hearing Aid Center

today for a **free hearing test***

If it turns out that you have a hearing loss**, use the coupon to purchase **TWO AudioChoice Contour Hearing Aids**

For the price of **ONE!**

JUST \$990.

That's right—your second hearing aid is **Absolutely FREE!**



Wally Shutt
BC-HIS, Owner

"I believe in Miracles, do you?"

WAL★MART®

1301 SW 37th St. • Topeka

785-228-1470

800-949-5321

SEARS

2727 Iowa St. • Lawrence

785-842-0880

800-522-1149

* Hearing test always free. Not a medical exam. Audiometric test to determine proper amplification needs only. Test listen available at most locations. Ask your Miracle-Ear representative for details. **Hearing aids do not restore natural hearing. Individual experiences vary depending on severity of hearing loss, accuracy of evaluation, proper fit and ability to adapt to amplification. ©2006 Miracle-Ear, Inc.

