

# Kaw Valley Senior Monthly

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March 2007

Serving Active Seniors in the Lawrence-Topeka Area since 2001

Vol. 6, No. 9

## INSIDE



Are you throwing away kitchen waste that could be used in your garden? Maybe you should try bokashi composting. - page 6



Baking breakfast at home. Wolfgang Puck shares a recipe for caramel-pecan cinnamon rolls. - page 24

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**FREE**



**SENIOR**  
profile

Judith Miller

KEVIN GROENHAGEN PHOTO

# Miller finds success writing historical fiction

By Kevin Groenhagen

Judith Miller used to think her husband's hobby was dull.

"When our children were little, I wanted to know what type of gifts to get Jim for Christmas and birthdays," Miller said. "He always wanted history books. When I started working in Topeka, I would go to the history museum next to the Landon State Office Building to get gifts for him. One year I bought him a subscription to *Kansas History* magazine. They then started selling back issues of the magazine, and one year I bought him a bunch of those. I eventually started picking them up

and looking at them. That sparked my own interest in history."

Still a resident of Junction City, Miller commuted to and from Topeka in a carpool. As a passenger, she always had a book to read. However, when she was the driver, her imagination went to work.

"I started thinking of this story of a young girl who came to Kansas during the 1800s," Miller said. "She was forced into an arranged marriage. I just couldn't get rid of the story. Jim said, 'I wish you'd write it and stop talking about it.' So I wrote it. I didn't write with the idea of publication. I just wanted to get the story out of my head and had fun

doing it."

At the time, Miller was working in the legal division of the Kansas Department of Administration. Through a mutual friend, she learned about Tracie Peterson, another Kansas Department of Administration employee who also happened to be a published author of historical fiction.

Miller and Peterson soon struck up a friendship. Peterson suggested that Miller send her book, *Threads of Love*, to Peterson's publisher, HeartSong Presents, a division of Barbour Publishing. The book was accepted for publication in 1996.

■ CONTINUED ON PAGE TWO

# Judith Miller

■ CONTINUED FROM PAGE ONE

Miller would eventually write a total of five books for Heartsong.

Meanwhile, Peterson had started writing books for Bethany House, a larger publisher whose titles are often found on the Christian best-seller lists. Peterson contacted Miller and asked if she would be interested in co-authoring books with her for Bethany House.

The co-authors spent the next several years writing three books in the "Bells of Lowell" series, and another three books in the "Lights of Lowell" series.

Both series are set in the 19<sup>th</sup> century and deal with the lives of characters in the mill town of Lowell, Massachusetts, which was a planned manufacturing center for textiles. Miller traveled to Lowell to do research, and found that Jim was an invaluable member of the research team.

"I have a lot of difficulty understanding machinery," Miller said. "Lowell still has some of the mill machinery that's still operational. I needed to see it for the book, but it's difficult for me to describe it on paper. Jim's very good at helping with that. I can also rely on him to collect information while I'm writing another book."

While finishing the "Lights of Lowell" series with Peterson, Miller began the first of three books in the "Freedom's Path" series as a solo effort.

Set in Nicodemus, Kansas, the "Freedom's Path" series deals with characters and events in the small town established by African Americans following the Civil War.

Miller is currently working on two new series of books.

She found her inspiration for the first series, "Postcards from Pullman," which is set in Illinois, while doing research in Kansas.

"My ideas for new projects frequently come while I'm doing research for another project," Miller explained. "While I was doing research for the Nicodemus series, a big issue I read about was getting the railroads for all the little, western towns. In researching that, I found a lot of references to the Pullman porters."

The Pullman Palace Car Company hired African Americans as porters for its sleeping cars. In fact, the Pullman Company was the largest em-

ployer of African Americans in the U.S.

George Pullman during the 1880s built the town of Pullman, Illinois, for his railroad car company. According to legend, Pullman's architect, Solon S. Beman, was so proud of his creation that he asked Pullman if the town could be named for him. Pullman responded, "Sure, we'll take the first half of my name and the second half of yours."

After the Panic of 1893 and the depression that followed, demand for Pullman cars slackened, causing the Pullman Company to lay off hundreds of employees. Despite the hard times, the company refused to cut the rents for those who lived in Pullman. That situation led to the Pullman Strike of 1894.

"Jim is researching the Pullman Strike," Miller said. "That will be covered in the final book of the series."

The first book of the "Postcards from Pullman" series, *In the Company of Secrets*, will be available next month. Christian Book & Gift



in Topeka's Fairlawn Plaza will host a book signing for Miller on Saturday, April 7, from 12:00-2:30 p.m.

Miller will also go on a book tour in the Chicago area and the Quad Cities later in April. While there, the Historic Pullman Foundation will host a Victorian tea for Miller at the Hotel Florence in Pullman. The hotel was named for Pullman's favorite daughter, Florence.

Miller is also working on another series of books with Peterson, who now lives in Montana.

"Thank goodness for computers and the Internet," Miller said regarding her long-distance collaboration with her co-author. "Tracie's daughter is still here in Topeka, so she comes back here frequently. We always get together to do a detailed synopsis and character sketches for our books. Once we have a detailed synopsis, we visit at least once the locale of where our story will be set so we can take notes together. I do the first draft and then e-mail it to

her. She works on it and then e-mails it back."

While many authors dislike working with another author, Miller enjoys writing with Peterson.

"Both of us love history, have similar writing styles, and are good friends," Miller said. "What is really fun about working with someone else is when I get stuck and can't get a character or situation worked out. I can call Tracie for ideas. That's really helpful."

Miller retired from her full-time position with the Kansas Insurance Department so she could become a full-time writer. This has given her more time to promote books at book signings, speaking engagements, and even teleconferencing with book clubs.

When Miller is writing, she typically sits down at the computer in her home office at 8:00 a.m. Her goal is to write 2,500 to 3,000 words

a day. When she's on deadline, she'll be at the computer until 9:00 or 10:00 p.m."

"When I'm on deadline, Jim doesn't even expect food," Miller said with a laugh. "He fends for himself."

Miller's books are available online, including at Amazon.com and Christianbook.com. However, Miller notes that some of her earlier books may not be available, which is inconvenient to readers who want to read all books in a series. Therefore, she likes to direct readers to Christian Book & Gift in Topeka. Readers in the Lawrence area can also find her books at the Christian Book & Gift in Olathe.

For more information about Miller and her books, please visit her Web site at [www.judithmccoymiller.com](http://www.judithmccoymiller.com). Clubs and groups can also reach Miller about speaking engagements by e-mailing her at [jamauthor@cox.net](mailto:jamauthor@cox.net).

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Kevin L. Groenhagen

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# Wood Valley offers arthritis exercise program

By Billie David

Among the many programs that Topeka's Wood Valley Racquet Club and Fitness Center offers, there's a free one that is specifically geared to meet the needs of people with arthritis.

"What we offer includes a free program in a handicapped-accessible facility," said fitness instructor Alba Blocker of the center's year-old Arthritis Foundation exercise program. "There are two class levels to choose from according to physical abilities."

The first level is geared toward people who need assistance to exercise. "It's all done sitting down, or if they do stand, they have a chair nearby to hold on to," Blocker said, adding that level-one classes last 30 minutes per session.

The second level of classes is for participants who can move around without assistance. These classes are 45 minutes long.

Blocker described level-two classes as fitting between level one and senior aerobics classes. Level two warm-ups are done while sitting on a chair.

"The actual routine is like a line dance, but it's slower-paced and repetitive, and it adds coordination, balance and a cardio-vascular workout," Blocker said of second-level exercises. "We change the routine every eight weeks."

At the end of each session, other exercises—such as those that pro-

mote eye-hand coordination—are introduced.

But it's not just the exercise that the regulars come for.

"It doesn't feel like you're coming just to do some boring exercise," Blocker explained. "Our group is a very fun, social and caring group. We really have a good time and have become like family. We laugh a

lot and share the unfortunate things that happen in our lives, and we care for each other. It's a very warm atmosphere."

Blocker, who was already a certified Pilates instructor, became interested in the program when she was asked to teach it by the instructor who started it. "I had heard about it and thought it might be a good match,"



■ CONTINUED ON PAGE FIVE

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"I'm going to try to build the church as large as I can for the Lord. I've said many times that I want a choir that goes clear around the church. We need people in our church who are willing to come in to be teachers. I believe in discipleship in the church. Jesus once said, 'Feed my lambs.' I see that as 'feed my babies.' Two other times he said, 'Feed my sheep.' When people come into the church and accept the Lord, they're babies. It takes them awhile to become sheep, or followers. We have to do this transition in time. We have to show the love of Christ, and the love of Christ is not about putting someone down for something they have done, but pointing out the good in a person and making them better. I don't care what nationality, creed, or race our members are. I just want them to hear the word of God. Everybody in this church is somebody. They are loved and appreciated."

- **Pastor Herbert Eplee**

\* From the February 2007 issue of Senior Monthly. To read the entire article, please visit [www.seniormonthly.net/Senior-feb07.pdf](http://www.seniormonthly.net/Senior-feb07.pdf)

**For more information about the Foursquare Church, call Pastor Eplee at 785-865-1549 or 785-979-0041, or visit [www.foursquare.org](http://www.foursquare.org).**

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# Wood Valley

■ CONTINUED FROM PAGE FOUR

she said. "A trainer came from Wichita and we trained all day. I really enjoy it, and the people who come are really grateful for the program."

Blocker said that she doesn't believe that exercise programs for people with arthritis are so much a new concept as that they are a growing concept because people are becoming more health-conscious and willing to do more about it.

"I think baby boomers have a lot to do with it, and there is a larger need now, so more programs are forming to meet those needs—or programs that have existed are stepping up to a higher level," she said.

The Wood Valley Racquet Club's Arthritis Foundation program is for anyone who has arthritis and has trouble exercising. It is open to the general public, but participants must first fill out applications from the St. Francis

Health Center and the Arthritis Foundation, which fund the program.

"The best way to learn more about the program is to show up during a class time to see what we do and then we can give them the information and the forms to fill out if they liked what they saw and want to come back," Blocker said. "They can also call Alba Blocker at (785) 267-5896."

Wood Valley Racquet Club and Fitness Center, located at 2902 SW 37<sup>th</sup> Street in Topeka, offers fitness class-

es, cardiac and weight machines and equipment, senior classes, tennis lessons and leagues, certified fitness professionals, a snack bar, a lounge room with a big-screen TV, a chil-

dren's nursery with an outdoor play area, hot tub, sauna, steam room, heated pool, and an outside area with an outdoor basketball court, tennis courts and a pond and picnic area.

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# Bokashi composting gains popularity

By Kevin Groenhagen

As an editor and publisher, I spend most of my workday at a desk. I realized last winter that I needed to find an activity to get me a way from the computer. I decided to take up gardening.

With a new garden in the yard, I started to think about soil amendments and composting. Living in the city, I didn't think the neighbors would care much for a large compost bin in my yard. Searching for an alternative, I learned about bokashi composting.

"Bokashi" is the Japanese word for "fermented organic matter." While it is relatively unknown in this country, it has been gaining popularity in Japan, Australia, New Zealand, and other countries. In the city of Pusan, South Korea, more than three million residents use bokashi composting since the city does not allow organics in its landfills.

With bokashi composting, you simply place your vegetable and fruit peelings, used tea bags, coffee grounds, and other organics in a bucket, cover each layer of organics with a handful of bokashi, and place

an airtight lid on the bucket. You repeat this process until you have a full bucket. Once full, you let the contents "ferment" for about two weeks.

After the organics have fermented, find a spot in your yard or garden to bury the fermented organics. When you remove the lid, you might notice a bit of mold growing on top of the organics. This is all right as long as your organics did not rot and there is not a putrid odor. The organics should have a sweet and sour fermented smell. The odor reminds me of silage.

Bury the organics at least six inches in the soil. Our neighbor's dog is attracted to the odor, so I place

cinder blocks on top of the buried organics to keep her from digging them up.

With the combination of microorganisms and worms, the organic waste usually breaks down after just two weeks.

During this winter, I have been burying my fermented organic waste in my 4' x 8' raised garden. When I plant in the garden this spring, I'll bury the waste in another spot in the yard. The composted soil from this spot can be dug up at a latter time and used in the garden or in plant containers.

Bokashi buckets are available online, but they can be costly. I checked on eBay while writing this article

and a bucket and three-pound bag of bokashi cost \$70 when shipping was included. In order to do bokashi composting, you really need to have at least two buckets so you have a second bucket to fill while the contents of the first, full bucket is fermenting. A 240 ml bottle of beneficial microbes to make bokashi costs about \$20 after shipping is added.

You can make your own buckets, mix your own bokashi, and "brew" your own microbes, and save money. At right, I have included instructions for making a bokashi bucket.

A good recipe for bokashi is avail-

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## Lawrence Funeral Chapel

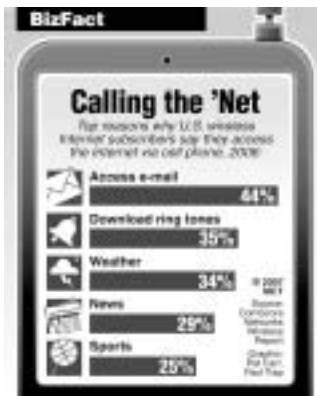
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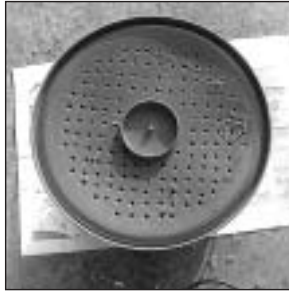
■ CONTINUED FROM PAGE SIX

able online at [www.cityfarmer.org/bokashi.html](http://www.cityfarmer.org/bokashi.html).

I started brewing my own microbes for bokashi after reading a paper on Effective Microorganisms (EM) by Professor Teuro Higa. Higa's EM is a propriety formula. However, the formula includes yeasts and lactic acid bacteria, and the pH of the solution must be below 3.5. To me, this sounded very similar to "kombucha," which is a fermented, sweetened tea made with a kombucha "mushroom." The mushroom is actually a "Symbiotic Colony of Yeast and Bacteria," or a SCOBY. Millions of people in Asia drink kombucha, which supposedly has many health benefits.

I ordered my SCOBY on eBay, found a kombucha recipe online, and substituted molasses for sugar. I lacked the courage to drink the tea, but found that it worked quite well for bokashi. The only problem I had was I produced more tea than I needed. Therefore, if you brew your own tea for bokashi, you may want to do so in conjunction with several other families.

## Make Your Own Bokashi Bucket



Start with two 5-gallon buckets. Make sure one fits snugly into the other. Drill holes into the bottom of bucket #1.



Add a spigot no more than 1.5" from the bottom of bucket #2. See the barrel tap spigot at [www.usplastic.com](http://www.usplastic.com). I snip off part of the nozzle.



Place bucket #1 into bucket #2. An airtight lid must be used with bucket #1 and removed only when kitchen waste is added. I use gamma seal lids.



Add kitchen waste and cover each layer with a handful of bokashi until the bucket is full.



While the waste is fermenting, liquids will seep through the holes in the bottom of bucket #1. The liquids must be drained from bucket #2 as needed.



After about 10 days of fermenting, your compost can be buried in your yard or garden.

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# LMH implements new patient satisfaction

Supporting ongoing efforts to use patient feedback to improve operations and the quality of service, Lawrence Memorial Hospital (LMH) is implementing a new approach to improving the patient experience, using a nationally-recognized healthcare improvement firm.

The Jackson Organization will perform custom telephone surveys of recently discharged LMH patients. Compared with previous mailed surveys, the telephone survey provides more specific and actionable information about how patients felt about their experience at LMH, what they liked and where they see room for improvement. Calls will be made within approximately one week of discharge and will consist of 18 questions lasting roughly six minutes in length.

"We believe that the telephone survey will provide our patients and their families an efficient and user-friendly tool to provide us timely feedback on how we are doing," said Jeff Novorr, vice president and corporate compliance officer.

A representative sample of LMH

patients will be contacted via telephone by The Jackson Organization to maintain confidentially and measure their perceptions of the hospital experience. Novorr also said that the feedback from The Jackson Organization will be in a very user-friendly and easy to understand format allowing the results to be shared with physicians and staff on an ongoing basis.

"The Jackson Organization has a large database of more than 400 hospitals across the country that we will be benchmarked against in our quest to be the best community hospital in the country," Novorr said.

Patients who are randomly selected to participate in the survey will answer questions related to care from nurses, care from doctors, the hospital environment, admissions/discharge process, the overall rating of the hospital and other factors important to patients and their families. Patient satisfaction data is increasingly being sought after and publicized to meet consumers' demands for quantifiable information on health-care quality.

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## HEALTH & FITNESS

# Essential oils

An *essential oil* is a concentrated liquid containing volatile aromatic compounds from the plant. Essential oils are used to make perfume, cosmetics, incense, soap, flavoring for food and liquids, and



Dr.  
Farhang  
Khosh

in cleaning products. Essential oils are also used as medicine. The oil may be named from the plant material that was originally extracted. The term *essential* indicates that the oil is the fragrant essence of the plant from which it is extracted.

Medical use of vegetable oils has a long and distinguished history. Many oils that are used medicinally are essential oils, which are distilled

rather than cold pressed. Medical properties of essential oils are wide and variable

Common essential oils, such as lavender, peppermint, and eucalyptus, are usually distilled. Raw plant material, including the flowers, leaves, bark, roots, seeds in put into a distiller. As the water is heated the steam passes through the plant material, vaporizing the volatile compounds. The essential oils that are made from citrus peel are normally cold-pressed.

Interest in such uses of essential oils has enjoyed a revival in recent decades, with the popularity of aromatherapy. Aromatherapy is a form of medicine which healing effects are contributed to the aromatic compounds in essential oils and other plant extracts. Many common essential oils have medicinal aspects that have been used since ancient times and are still widely used today.

Medicinal aspects of aromatherapy are variable depending on the

essential oil that is being used. Common properties of essential oils contain the following: antiviral, antibacterial, antifungal, antiparasitic, immune system stimulant, neurotonic, muscle relaxant, expectorant or anticatarrh. Common therapeutic conditions that essential oils are used for are as follows: bronchitis, influenza, otitis, rhinitis, mononucleosis, laryngitis, sinusitis, whooping cough, fatigue, diarrhea, cystitis, dysentery, acne, hepatitis or insomnia.

The essential oils have many benefits but one must also use caution when using them. Due to essential oils being so concentrated, it should never be applied directly to the skin. The oil could cause the skin severe burning, blistering, irritation or it can cause an allergic re-

action. Essential oils should always be mixed with carrier oil such as olive, hazelnut, grapeseed, etc. It is important to buy only those essential oils that are produced organically because of the pesticide residues that can be in the plant. Essential oils can be toxic externally and should always be kept out of the reach of children. Also pet owner should keep their animal away from the oils that are potentially toxic. In addition, the smoke from burning an essential oil could contain potentially carcinogenic substances. It is always a good idea to check with your doctor before using any essential oil.

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

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# PERSONAL FINANCE

## Taking charge of finances before and after a spouse's death

Life is full of surprises—both positive and negative. When couples pledge to be married to one another, particularly at a young age, the thought of being widowed is the last thing on their minds. While the loss



Joe B. Jones

of a spouse is one of life's most devastating experiences, striving to live through it, especially financially, can be challenging and overwhelming. That's why proactive planning can make a world of difference when a spouse is faced with the death of his or her partner.

Women, in particular, would be wise to plan ahead financially.

Consider the following statistics:

- Women typically outlive men by an average of 5.3 years.
- One third of women between the ages of 65 and 74 are classified as widows.
- The percentage of women classified as widows over age 75 nearly doubles to 61 percent.

What's more is that women are more at risk to be at a financial disadvantage on several fronts when their spouses die. Statistically, they earn 76 cents on the dollar compared to men and the gap widens with age. Plus, women are more likely to work part-time, have shorter work tenure due to raising children or caring for aging parents. The result is smaller Social Security payouts and pension accumulation.

### Planning ahead

Early preparation can help a couple—and the entire family—have greater peace of mind now and down the road. Here are strategies to jumpstart the process:

- **Start the conversation** - The first

step is to begin a dialogue with one's spouse and family—as difficult as that conversation may be. It may help to schedule a consultation with a financial professional, a family or estate attorney. Their expertise can help you ask the right questions, identify your needs, define goals and make key decisions.

- **Focus the discussion** - The following are some questions to ask yourself and your partner: Does your financial outlook consider the possibility of the death of a spouse? Is there a will? How are your financial documents, wills and/or trusts organized? Where are key forms, policies and legal paperwork located? Is there a living will? What are the short- and long-term wishes of each spouse?

- **Develop a will** - Putting together a will can help couples think through and solidify financial and personal matters. Certainly, this can be a daunting task when all is well and life is good, which is perhaps why 55 percent of Americans don't have a will. Again, consider working with both a financial professional and an attorney to help the process.

- **Know what you have** - Familiarize yourself with all of your—and your spouse's—assets, even if

your spouse is the “financial decision maker” in the family. Learn about all bank accounts, retirement accounts, tax returns, insurance coverage, life insurance policies, etc.

- **Keep an orderly and easy-to-access system** - Store important documents and paperwork in a safe deposit box, locked file cabinet or other secure place that is easy to access. Be sure you and your spouse regularly update these materials.

In general, it's wise for couples to manage pre- and post-retirement finances very carefully, with short- and long-term goals and resources in mind. Adjusting to a spouse's death is never easy. However, early planning and working with experienced financial professionals can help a widow move a little easier through such an extraordinary transition

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

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## PERSONAL FINANCE

# Do you know where your investments are?

**Y**ou can lose your gloves. You can lose your keys. But you'd never lose track of your investments, would you?

Actually, you might be surprised at just how many people do forget about investments, or leave them behind when they move. Every state



Harley Catlin and Ryan Catlin

maintains unclaimed-property offices to deal with millions of dollars worth of stocks, bonds, bank accounts, un-cashed checks, pensions, 401(k)s and IRAs.

To avoid losing track of your financial assets, follow these suggestions:

Keep records of all bank accounts and investments. It would probably take just a few minutes for you to write up a list of all your bank accounts and investments. And you don't have to go into great detail, either—just include the type of account and where it's currently held. Make sure you share this list with a family member.

Inform banks and brokers when you move or change names. Notify your bank, broker, 401(k) administra-

tor, insurance company and any other financial service agency you work with when you move or if you change your name due to marriage or divorce.

Cash checks promptly. Whenever you receive stock dividends or distributions from a retirement plan, cash the checks promptly. The longer you leave these checks lying around, the greater the likelihood that you'll forget about them. Of course, in the case of dividends, if you don't need the income you are probably better off by automatically reinvesting them, as this builds the number of shares you own, but if you're going to accept the checks, take care of them right away.

Don't give up. Even if you do lose track of investments or bank accounts, it doesn't mean they are gone forever. Try to "retrace your steps" back to where you think you might have held your accounts. Most financial services providers will do what they can to help you. As an alternative, you might want to visit the web site of the National Association of Unclaimed Property Administrators ([www.unclaimed.org](http://www.unclaimed.org)). There are no guarantees, but this organization can at least help get you started in the process of finding your missing assets.

### Consolidate Your Accounts

Apart from the suggestions listed above, there's one more step you can take that can potentially help you keep close tabs on your financial as-

sets. Specifically, you might want to consider consolidating as many of your accounts as possible at one financial services institution. A full-service company can offer you access to investments, banking services, mortgages, credit cards - virtually any financial vehicle you might need. With all your account and tax statements coming from the same place, you should find it relatively easy to keep track of all your holdings.

Furthermore, by consolidating your assets at a single financial institution and working with a single financial professional who knows your needs and goals, you may actually end up improving your overall financial strategy. Why? Because if you maintain several accounts without a central focus or unifying philosophy, you could end up with redundant or inappropriate invest-

ments - a costly mistake. At the same time, you could end up paying more than what you need for a variety of services spread out among several providers.

So, keep track of your investments, stay organized and consider consolidating your accounts. You work too hard to build your financial assets to let them slip away.

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

## OFF THE WALL

The worst thing about the miracle of modern communications is the Pavlovian pressure it places upon everyone to communicate whenever a bell rings.

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## RELATIONSHIPS

# Value of grandparenting, near and far

I grew up near my grandparents, an experience that was fun, educational, and comforting. My grandpa taught me about fossils and gardening. I learned to make apple pie and to appreciate good story-telling from my grandma. My great-grandmother can be credited with my ability to sit still in church and to stretch a dollar. Each of them taught me to respect other people and to value my place in the world.



Vickie  
Hull

Not every child is so lucky to have grandparents living nearby. The average American family today moves households once every six years. People younger than 30 relocate every three years, while those over age 45 move once every 13-20 years (Statistical Abstract of the United States, 1999). Older Americans are on the move as well. Many are retiring to warmer climates like Florida, Texas, and Arizona—choosing to live among age-mates instead of being imbedded in extended family.

What all this moving and resetting means is that children today will not have the experiences I did of living near grandparents. They will not benefit from the wisdom of past generations, nor will they see the continuum of life (birth to death) naturally unfurling around them. That is, unless their grandparents make a concerted effort to stay connected.

Here are some ways you can stay close to your grandchildren even when they are physically far away:

### The mail is here!

Children love to get mail. When you correspond, be sure to write on their level of understanding. Send simple cards and notes for young children, relating an adventure or daily happening that might interest that particular child. Put it in story-form. Older children can benefit from this in a more elaborated way, like including your thoughts and feelings about the event. Ask a question or two, which invites a response

and keeps the communication flowing in both directions.

The computer is your friend when grandchildren live far away. Write a quick one or two line e-mail at the beginning of the day, letting your grandchildren know you are thinking of them. Older children will appreciate an inspiring quote or motto for the day. Learn how to use Instant Messaging (kids call it I.M.), which allows for immediate back and forth communication. You might even consider buying web cams for everyone in the family so that your grandchildren can see you sitting at the computer conversing with them.

Send a package once a month or so. Grandchildren love homemade treats (and so do their parents). Another idea is to send some crafting supplies (paper, stickers, lace, etc.) and invite them to make refrigerator art to send back to you. Mail trinkets of nature from your location (sea

shells, fall leaves, seeds from your garden) and invite them to do the same.

### Voice connections

Communication has never been easier than it is today with cell phones, camera phones, video cameras, and other hi-tech gadgetry. Arrange a particular night of the week when you call to tell your grandchildren a bedtime story. Record yourself reading a book or telling an adventure on videotape or audiotape, and then mail it to the grandchildren to enjoy over and over. Take and send photos of yourself to illustrate the stories.

### Time together

Plan to visit your grandchildren as often as you can. Be willing to attend their games, concerts, recitals, and other events that are important to them. Be sure to invite them to visit your home and take them to places they might not have in their own area. If you can afford it, plan a vacation together with your children and grandchildren. This creates a multi-generational memory.

Be willing to learn modern technology, like video games, from your grandchildren. But grandkids can be taught games from your youth as well: marbles, jacks, card games, and

paper dolls. It is important to stay current so you can relate to children of all ages. It is equally important to offer your history so grandchildren can appreciate themselves through you.

### One more thing

Each grandchild is an individual blessing. Treat all your grandchildren as equals, but not as if they are all the same. Get to know each grandchild as a unique person—his or her hopes, dreams, skills, interests, thoughts, fears, and feelings. Each grandchild needs to feel special to grandparents and valued for being an individual.

Grandparents are powerful influences in children's lives. They keep history alive. They shape the future. And they participate in the definition of who a child can become by extending love, support, and encouragement. Even if that child lives far away.

- Vickie Hull, M.S., LMFT, is a licensed marriage and family therapist and specializes in all types of relationships. She is on staff at Lawrence Therapy Services, where she also practices medical family therapy and provides grief counseling. Vickie can be contacted at (785) 842-0656 or at [Vickie@lawrencetherapyservices.com](mailto:Vickie@lawrencetherapyservices.com).



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## PET WORLD

### Apartment dweller wants husky

**QUESTION:** I live in a small apartment and I want a Siberian husky. My cousin, who shows huskies, thinks I'm crazy. I do jog every day, and I realize these dogs need tons of exercise. Should I even attempt this? — S.H., Boston, MA

**ANSWER:** Take a husky who lives



Steve Dale

in a mansion but gets stuck in the back yard all day, without socialization or a chance to do anything except find a way to jump the fence — or take a husky living in even a small apartment but with a chance to get a daily run — which huskies love — and a chance to socialize with people and dogs along the way — which huskies relish — I'd choose your small place anytime. More importantly, so would any husky.

**QUESTION:** My granddaughter is expecting. I'm worried for my new great-grandchild because my granddaughter has a pit bull. I don't want anything bad to happen. What do you think? — F.M.R., St. Petersburg, FL

**ANSWER:** First off, congratulations! No breed or mix of dog breeds is inherently threatening to babies. But the breed of a dog, or at least some physical characteristics, can matter as toddlers begin to walk. For example, a golden retriever has long hair to pull and a tempting tail to tug. A rottweiler, on the other hand, has no long hair or tail to yank.

Colleen Pelar, author of "Living with Kids and Dogs Without Losing

Your Mind" (C&R Publishing, Woodbridge, VA, 2005; \$16.95), says kids like the idea of tying the ears of basset hounds together. That's why adults must always supervise when kids and dogs are together. With its ears tied together, an ordinarily mild-mannered dog may not be so even tempered.

I'm not certain if you're asking about all dogs with regard to babies, or whether you're worried because your granddaughter's dog happens to be a pit bull. I can understand your concern given the bad press about pit bulls. However, I believe pit bulls — like all dogs, or people, for that matter — are products of their environment. Sadly, when you adopt a dog, you may know nothing about the pet's early upbringing.

"Still, what matters most is how any dog — no matter what the breed happens to be — feels about running, jumping, screaming kids," says Pelar, of Springfield, VA. "The hope is that your granddaughter has previously exposed (her) dog to children, and those experiences have been positive. If so, you probably won't have a problem. However, if the dog is unsure about young kids, please ask your granddaughter to seek help from a trainer to begin to rectify the problem before the baby arrives. It may not be politically correct to say, but if the dog is very fearful or reactive around young children, I would think about re-homing," Pelar comments. "The dog will be happier without a child in the house, and your granddaughter's family won't constantly be on edge."

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

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## DEAR PHARMACIST

# A primer on vitamin B12, your nerve nutrient

By Suzy Cohen, R.Ph.  
Tribune Media Services

**QUESTION:** I have been taking a multivitamin because senior citizens need more vitamin B12 than younger people. I heard that I should take B12 separately, because the multivitamin doesn't contain enough. I find that hard to believe — the amount of B12 meets USRDA standards. — E.T., Schenectady, N.Y.

**ANSWER:** B12, also called cobalamin, is safe even at very high doses. Did you know it contains the mineral cobalt? You can get B12 from your diet by eating fish, dairy products, eggs, beef, pork and organ meats such as liver. Vegetarians will need supplementation to stay healthy. The USRDA (recommended daily allowance) isn't enough to advance optimal health or replenish you if you are deficient.

Seniors don't absorb B12 from their GI tract as well as younger folks do. A B12 deficiency may cause fatigue, pale skin, diarrhea, weight loss, numbness or tingling in the hands and feet, loss of balance, confusion, memory loss, sores in the mouth, depression and mood swings.

The scary part is that a B12 deficiency can "look" like any number of psychiatric and neurological conditions, so it's important to rule out a deficiency before you wind up on all sorts of drugs or have multiple surgeries.

Also, B12 is important in preventing heart disease, because it (along with folic acid) helps reduce inflammatory chemicals like homocysteine. See why I like it so much? Your physician's office can run a blood test to determine deficiency, but blood levels of B12 don't always reflect the levels of B12 in your nerve tissue.

The type of B12 matters and, yes, taking it separately in larger doses is better. The amount contained in multivitamins is too low to protect you from heart disease and way too low if you have central nervous system damage of any sort. It's your nerve nutrient. Let's talk about that, since some of my readers are in disabling pain.

If you have multiple sclerosis, spinal cord lesions, peripheral neuropathy, trigeminal neuralgia, ALS, Alzheimer's, Parkinson's, muscular dystrophy or any condition that causes aberrant nerve misfiring or demyelination (unraveling) of the nerve sheath, these conditions may be improved by injecting a special, active form of B12 called methylcobalamin. (You should take approximately 5,000 mcg daily for a week and then once weekly for a few weeks.)

Methylcobalamin helps insulate damaged nerve fibers and regenerate healthier neurons. Any physician can call a compounding pharmacy to order it. It's different from the cy-

anocobalamin vials you get by prescription from pharmacies. That type doesn't work as well for brain or spinal-cord problems.

Please be aware that whenever you take B12 in high dosages, you should take a full range of B-complex vitamins to maintain balance. Anyone with nerve damage should also consider DHA (essential fatty acids) to nourish and protect against more nerve damage.

If you take antibiotics, metformin for diabetes, seizure medications like phenytoin or Phenobarbital, or pretty much any acid-reducer or ulcer

medication, you could become deficient in B12.

**DID YOU KNOW?** You can buy potent oral and sublingual forms of methylcobalamin at most health-food stores and pharmacies, as well as online.

•••

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

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In our case, the \$730,000 is the



*Humberto  
and  
Georgina  
Cruz*

"present value" of the lifetime income streams from my pension and the Social Security benefits we are (or will be) entitled to receive.

In other words, it would take \$730,000 today to buy lifetime income annuities from insurance companies that would pay us as much.

For example, based on quotes from top-rated insurance companies, it would take a premium of about \$214,000 today to lock in "joint life" fixed annuity payments of \$1,097.83 a month, which is what my pension is paying us until we both die.

It would take a whopping \$342,000 premium today for me to replicate my projected Social Security benefits of \$1,501 a month, adjusted every year for inflation after I turn 62 in August.

And it would take Georgina \$174,000 to buy herself the lifetime payments of \$677 a month, adjusted each year for inflation, that she is already entitled to receive under Social Security on her work record. (We both actually intend to delay receiving benefits for reasons explained later. These numbers are used just as examples).

We always knew these benefits were valuable. But even I, a numbers-crunching junkie, was taken aback by the \$730,000 total. And that number actually understates the value of our benefits. For example, under Social Security rules Georgina's actual benefit will be half of mine, which is a higher amount than the benefit under her work record.

The value of your benefits may be higher or lower than \$730,000. We encourage you to get immediate-annuity quotes from insurance companies just so you can appreciate the true value of your benefits. (Just make sure the insurance company doesn't take the opportunity to sell you some-

thing you don't want or need.) Whatever the "present value" is for you, chances are it is significant enough so to deserve thoughtful planning.

Part of that planning involves the timing of the receipt of Social Security benefits, a subject we've touched upon. Our focus has been on maximizing lifetime income and the potential benefit of delaying the start of Social Security benefits so we can receive higher inflation-adjusted payments in the future. (That's our plan).

Today we want to address another area many of you ask about, the taxation of Social Security benefits and how to avoid it or at least minimize it.

We will discuss a strategy that may seem counterintuitive but, under the right circumstances, can greatly reduce your tax bill.

First a big disclaimer: Everybody's situation is different. A multitude of factors, including simply needing the money, will influence the decision of when to start taking Social Security benefits. We just want to make sure you are aware of a strategy you may not have considered because it calls for making taxable withdrawals from traditional individual retirement accounts before you are required to make them.

At the same time, you delay receiving Social Security benefits.

The reasoning: By drawing down your IRA little by little, you will be required to take out less after you turn 70 and a half, when minimum required distributions begin. Many retirees discover too late that their MRDs push their income above the threshold that triggers taxation of their Social Security benefits. By making well-timed IRA withdrawals before 70 and half and delaying Social Security benefits they can significantly reduce if not eliminate their overall taxes.

This strategy is explained in detail in a white paper by Prudential Financial available at [www.incomebridge.com](http://www.incomebridge.com). (In one example, a couple cuts their taxable income almost in half). Again, this may not work for everyone, but it is worth considering.

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

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# CALENDAR

## ART/ENTERTAINMENT

MAR 1

### KU SYMPHONY ORCHESTRA

Presented by the KU Department of Music and Dance. The KU Symphony Orchestra is one of the most outstanding collegiate orchestras in the country, presenting several performances each year. It performs well-known works from the standard repertory for orchestra as well as less familiar literature, from the baroque to the contemporary. Lied Center.  
LAWRENCE, (785) 864-3436  
www.arts.ku.edu

MAR 1-11

### THE CURIOUS SAVAGE

John Patrick's comedy is curiously funny and curiously touching, too. Mrs. Savage is an elderly lady with a fortune, who wants to spend her money enabling people to do the odd and impractical things for which they have always yearned. Lawrence Community Theatre.  
LAWRENCE, (785) 843-7469  
www.community.lawrence.com/CommunityTheatre

MAR 3-10

### THE MAIDS

KU Theatre presents Jean Genet's first play in the "theatre of the absurd" genre. "The Maids" is based on a true story of two maids, sisters, who killed their mistress. 1530 Naismith Dr., Stage Too!/Murphy Hall/KU.  
LAWRENCE, (785) 864-3982  
www.kutheatre.com

MAR 3

### 30TH ANNUAL KU JAZZ FESTIVAL

Presented by KU's Department of Music and Dance. Featuring the finest performers and ensembles who perform styles of music from the traditional to the adventurous. Lied Center.  
LAWRENCE, (785) 864-3436  
www.arts.ku.edu

MAR 9

### TOPEKA COLLEGIATE ALL-SCHOOL CONCERT OF THE AFRICAN DIASPORA!

Three hundred voice choir celebrating the music of the African Diaspora, co-conducted by Charles M. Owens of Lake Forest Academy, Chicago, IL, Kay Siebert, Director of Music, Topeka Collegiate and featuring the musical virtuosity of keyboardist Daniel O. Jackson. Free and open to the public. Topeka High School.  
TOPEKA, (785) 228-0490  
www.topekacollegiate.org

MAR 9-11

### MURDER IN THE CATHEDRAL

Drama of church against state. T.S. Eliot's compelling drama of church against state, cli-

maxed by the murder of Archbishop Thomas Becket at the Altar in Caterbury Cathedral, is performed by a talented cast drawn from the entire community. Grace Episcopal Cathedral. TOPEKA, (785) 235-3457  
www.gracecathedraltopeka.org

MAR 12-14

### LAWRENCE ART AUCTION

Presented by the Lawrence Arts Center, this auction preview culminates with the Art Auction on April 14th. 940 New Hampshire, Lawrence Arts Center.  
LAWRENCE, (785) 843-2787  
www.lawrenceartscenter.com

MAR 13 & 14

### RIVERDANCE

Experience the original Riverdance. Now in its 11th phenomenal year. The internationally acclaimed celebration of Irish music, song and dance that has touched the hearts of millions around the world, comes to Lawrence for the very first time. Lied Center, 1600 Stewart Dr.  
LAWRENCE, (785) 864-2787  
www.lied.ku.edu

MAR 31

### ARMITAGE GONE! DANCE

Lawrence native Karole Armitage brings her New York-based company to her hometown. This innovative ensemble performs excerpts from In This Dream That Dogs Me, which features live music composed by Annie Gosfield and performed by four musicians on sampler, guitar, cello, and percussion, and Ligeti Essays, with music by Gyorgy Ligeti. Lied Center, 1600 Stewart Dr.  
LAWRENCE, (785) 864-2787  
www.lied.ku.edu

APR 1-29

### THE ANT & THE GRASSHOPPER

Take a trip through the four seasons in this great Aesop's Fable for the very young. The Seem-To-Be Players are a professional troupe of actors, playwrights, directors, teachers and musicians who seek to expand the imagination, encourage creative thinking and promote an appreciation of human values through innovative productions and drama education for children, educators and families. 940 New Hampshire, Lawrence Arts Center.  
LAWRENCE, (785) 843-2787  
www.lawrenceartscenter.com

APR 3

### THE JOY OF SINGING

Presented by the KU Department of Music and Dance. The Joy of Singing is a mixed performance of university choirs and area high-school choirs. Lied Center.  
LAWRENCE, (785) 864-3982  
www.kutheatre.com

APR 4-12

### KEELY AND DU

KU Theatre presents Jane Martin's volatile drama about abortion. "Keely and Du" looks at two women's unlikely bond with a deeply felt humanity that refuses to become political. 1530 Naismith Dr., William Inge Theatre/Murphy Hall/KU.  
LAWRENCE, (785) 864-3982  
www.kutheatre.com

## BINGO

SUNDAYS & TUESDAYS

### AMERICAN LEGION POST NO. 1

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

SUNDAYS & FRIDAYS

### CAPITOL BINGO HALL

Minis start at 6:00 p.m. on Sundays and 6:30 p.m. on Fridays. Regular sessions start at 6:30 p.m. on Sundays and 7:00 p.m. on Fridays. 2050 SE 30TH ST, TOPEKA, (785) 266-5532

MONDAYS & THURSDAYS

### AMERICAN LEGION POST NO. 400

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

MONDAYS & SATURDAYS

### LEGIONACRES

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

WEDNESDAYS, THURSDAYS & SUNDAYS

### MOOSE CLUB

Wednesdays, 6:30 p.m. Thursdays, 12:30 p.m., Sundays, 6:00 p.m.  
1901 N KANSAS AVE, TOPEKA, (785) 234-6666

WEDNESDAYS & FRIDAYS

### VETERANS OF FOREIGN WARS

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

WEDNESDAYS

### PINECREST APARTMENTS

924 WALNUT, EUDDORA, 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

■ CONTINUED ON PAGE 17

# AARP Tax-Aide sites in Senior Monthly distribution area

SITE	ADDRESS	CITY	PHONE	OPEN DATE	CLOSE DATE	SITE SCHEDULE	HOURS	E-FILE
Baldwin City Library	800 7th St	Baldwin	785-887-6070	1-Feb	15-Apr	Wednesdays	9-11:45 a.m.	No
Lawrence Senior Center	745 Vermont St	Lawrence	785-887-6070	1-Feb	15-Apr	Mon., Tues., & Thu.	1-4 p.m.	Yes
Lawrence Senior Center	745 Vermont St	Lawrence	785-887-6070	1-Feb	15-Apr	Saturdays	9 a.m.-12 p.m.	Yes
Olathe Library	201 E Park St	Olathe	913-971-6888	1-Feb	15-Apr	Mon., Tue., & Wed.	11:30 a.m.-3 p.m.	Yes
Olathe Senior Center	311 E Park St	Olathe	913-782-1878	1-Feb	15-Apr	Tue. & Thu.	9 a.m.-3 p.m.	No
Jefferson County Library	315 Jefferson St	Oskaloosa	785-876-2991	1-Feb	15-Apr	By appointment		No
Court House Square Apts	235 S Main St	Ottawa	785-242-2235	1-Feb	15-Apr	Wednesdays	1-4 p.m.	Yes
Community Action	621 SE Swygart	Topeka	785-235-9296	1-Feb	15-Apr	Tues. and Wed.	9 a.m.-3 p.m.	Yes
First South. Baptist Church	1912 SW Gage Blvd	Topeka	785-272-0443	1-Feb	15-Apr	Fridays	9 a.m.-3 p.m.	Yes
First United Method. Church	600 SW Topeka Blvd	Topeka	785-233-8100	1-Feb	15-Apr	Wednesdays	9 a.m.-3 p.m.	Yes
Jayhawk AAA	2910 SW Topeka Blvd	Topeka	785-272-8616	1-Feb	15-Apr	Mondays	9 a.m.-3 p.m.	Yes
Lowman Methodist Church	4000 SW Drury Ln	Topeka	785-272-8921	1-Feb	15-Apr	Thursdays	9 a.m.-3 p.m.	Yes



# CALENDAR

■ CONTINUED FROM PAGE 16

FEB 7-MAR 28

## WRITING STORIES & PLAYS

An 8-week Creative Writing course for beginners. Meets every Wednesday at Lowman United Methodist Church, 15th & Gage Blvd. To register call (785) 272-8921 or e-mail dculley@lowmanumc.org. No fee. This course is part of Learning Ventures at Lowman. TOPEKA

MAR 1

## MAKING SENSE OF MORAL CONFLICT

Lecture by Kwame Anthony Appiah, the Laurence S Rockefeller University Professor of Philosophy at Princeton University, where he also holds an appointment at the University Center for Human Values. Kansas Union - Ballroom. LAWRENCE, (785) 864-4798  
www.hallcenter.ku.edu

MAR 3

## SUSTAINABILITY DAY

Learn about sustainable design and building, and alternatives for power. What can you do to make your own home more efficient? Learn about earth bag construction for your own use or to help with building in South Africa. Learn about solar greenhouse projects. The Light Center, 1542 Woodson Rd. BALDWIN, (785) 255-4583  
www.LightCenter.info

MARCH 12 & 13

## AARP DRIVER SAFETY

Program for those interested in improving their driving skills and reducing their current insurance costs. Covers the basics of defensive driving, age-related physical changes that can affect driving, protection from crime and road rage, and avoiding serious accidents. No test; two four-hour classroom sessions only. Fee. Advanced enrollment required. Lawrence Memorial Hospital, Meeting Room A. LAWRENCE, (785) 749-5800

APRIL 19 & 20

## AARP DRIVER SAFETY CLASS

A refresher course for all drivers, the class also informs of updates in driving laws and statutes. There is a \$10 workbook fee. To register or for more information, call Pattie at the Lawrence Public Library. LAWRENCE, (785) 843-3833.

## EXHIBITS/SHOWS

MAR 2-4

## LAWN, GARDEN AND HOME SHOW

See new, innovative and exciting exhibits and demonstrations to help plan your gardens, landscaping, and remodeling projects. Bring the entire family and enjoy the fun. Douglas County Fairgrounds. LAWRENCE, (785) 842-7058

MAR 2-4

## SPRING ANTIQUE SHOW AND SALE

Bi-annual antique show and sale. Wide array of antiques are offered for sale during this show. Douglas County Fairgrounds. LAWRENCE, (785) 843-6219

MAR 10 & 11

## LEAVENWORTH'S HOME & GARDEN SHOW

Home décor, garden, kitchen and bath, landscaping, home improvement, decks, hot tubs, stonework, etc. Riverfront Community Center. LEAVENWORTH, (913) 682-2313  
www.leavenworthmainstreet.com

MAR 17 & 18

## HOLTON HOME, GARDEN AND LEISURE SHOW

Annual Home, Garden and Leisure show. Vendors and displays. Jackson County 4-H Building, 5th & Hwy 75. HOLTON, (785) 364-3963  
www.holtonks.net/jchs/index.html

## FAIRS/FESTIVALS

MAR 6

## MARCH MADNESS SENIOR RESOURCES FAIR

Sponsored by Lawrence Area Partners in Aging. Freebies, handouts, screenings, entertainment, gift cards, and more. Hy-Vee at 6th and Monterey Way, 1:30-5:30 p.m. LAWRENCE, (785) 842-0656

MAR 10

## FLINT HILLS FESTIVAL OF WINES

Annual wine-tasting event. Manhattan Holiday Inn/Clarion Hotel. MANHATTAN, (785) 537-0688  
www.flinthillsfestivalofwines.com

MAR 17

## ST. PATRICK'S DAY PARADE

Join the fun and frivolity during the annual St. Patrick's parade featuring a wide array of floats and the St. Patrick's Day Queen and her court. Parade begins at 11th & Massachusetts, travels north through Downtown and across the Kansas River Bridge then turns east on Locust in North Lawrence. LAWRENCE, (785) 749-6677

## 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

### TAI CHI

Steve Carrier, instructor. Lawrence Therapy Services, 2200 Harvard Rd., Ste. 101. 8-class sessions. Fee. 6:00-7:00 p.m. Call (785) 842-0656 to register or visit www.lawrencetherapyservices.com. LAWRENCE

TUESDAYS AND THURSDAYS

### SENIORISE PROGRAM

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

WEDNESDAYS

### HEALTH SCREENING CLINIC

Lawrence-Douglas County Health Department. For individuals 60 years of age and older and their spouses. Minimal fees, but no one will be

denied service because of inability to pay. BABCOCK PLACE, LAWRENCE 9-11 AM

SATURDAYS

### YOGA

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

SATURDAYS

### CHAIR YOGA FOR SENIORS

Jen Nevegorle, certified yoga instructor. Lawrence Therapy Services, 2200 Harvard Rd., Ste. 101. First class is free. 9:30-10:30 a.m. Call (785) 842-0656 to register or visit www.lawrencetherapyservices.com. LAWRENCE

SECOND MONDAY OF EACH MONTH

### PRE-DIABETES CLASS

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

SECOND MONDAY OF EACH MONTH

### PRE-DIABETES CLASS

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

SECOND THURSDAY OF EACH MONTH

### MEDICATION CLINIC

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

SECOND THURSDAY OF EACH MONTH

### BLOOD PRESSURE AND HEALTH INFORMATION

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

THIRD TUESDAY OF EACH MONTH

### HEALTH SCREENING CLINIC

Lawrence-Douglas County Health Department. PINCREST 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 6-APR 10

## TAKE CONTROL OF YOUR ARTHRITIS AND FIBROMYALGIA

The Arthritis Foundation Self-Help Course is designed to help you learn and practice the skills needed to build your own self-management program, and gain the confidence to carry it out. Fee. Please register in advance by calling 749-5800 or register online. Lawrence Memorial Hospital, Meeting Room A, 11:00 a.m.-1:00 p.m. LAWRENCE, (785) 749-5800

MAR 7

## CHOLESTEROL SCREENING

No appointment needed. A fingerstick test providing a total blood cholesterol reading in five minutes. No fasting is needed for this test only. Please note that these tests are not considered diagnostic of any disease process and those with results outside the normal range will be advised to see their healthcare provider for follow-up. Lawrence Memorial Hospital, Meeting Room D South, 8:30-10:30 a.m. LAWRENCE, (785) 749-5800

MAR 10

## BONE DENSITY SCREENING

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

MAR 13

## BONE DENSITY SCREENING

See March 10 description. Lawrence Memorial Hospital, Meeting Room D South, 9:00-11:00 a.m. LAWRENCE, (785) 749-5800

MAR 27

## BONE DENSITY SCREENING

See March 10 description. Lawrence Memorial Hospital, Meeting Room D South, 5:00-7:00 p.m. LAWRENCE, (785) 749-5800

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## LEISURE TIME TOURS

Topeka, Kansas



### SPECIAL TOUR

May 7-14, 2007

### SPRINGTIME in the BLACKHILLS

7 days - 6 nights (hotel - 3 nights in the HISTORIC FRANKLIN HOTEL in DEADWOOD, SOUTH DAKOTA.) Also see BADLANDS, DEVIL'S TOWER, WYOMING, Mt. Rushmore, Crazy Horse, and overnight in 3 INDIAN RESERVATIONS enroute. \$595.00 per person, double occ.

### BINGO PLAYERS TAKE NOTE:

While we run several day trips to CASINOS (Harrhahs, Sac & Fox, Golden Eagle) all for \$20 and you get most back from the Casinos, we go to the GOLDEN EAGLE on some trips where you may play their afternoon BINGO SESSION or you can gamble in the casino.

### SUN., February 25 and March 4

Lv Ottawa-8am, Baldwin Jct-8:15am, Lawrence-8:30am. Stay 6 hrs (11am-5pm). Time for Bingo, \$20/get \$15.

For further information or to book: in Topeka call 354-8922.

Outside Topeka you may call TOLL FREE: 1-800-851-7037.

# CALENDAR

■ CONTINUED FROM PAGE 17

**APR 4**  
**CHOLESTEROL SCREENING**  
 See March 7 description. Lawrence Memorial Hospital, Meeting Room D South, 3:00-5:00 p.m.  
 LAWRENCE, (785) 749-5800

**APR 5**  
**10,000 STEPS A DAY CLASS**  
 The 10K a Day program is designed to increase your daily steps to 10,000 and to improve your health. Learn the basics of beginning a walking program, choosing footwear, and walking location suggestions. Each participant will receive a pedometer to log their daily steps. Fee. Lawrence Memorial Hospital, Meeting Room E, 6:30-8:00 p.m.  
 LAWRENCE, (785) 749-5800

## MEETINGS

**FIRST MONDAY OF EACH MONTH**  
**GRIEF SUPPORT GROUP**  
 6:30 p.m. - Heartland Hospice of Topeka, 1033 SW Gage Blvd. Call Terry Frizzell for information.  
 TOPEKA, (785) 271-6500

**FIRST AND THIRD MONDAY OF EACH MONTH**  
**BEREAVEMENT SUPPORT GROUP**  
 LAWRENCE SENIOR CENTER  
 2:15-3:45 PM, (785) 842-0543

**FIRST AND THIRD MONDAY OF EACH MONTH**  
**CAREGIVER SUPPORT GROUP**  
 For adults who have lost loved ones. Call LMH Chaplain Angela Lowe for more information.  
 LAWRENCE MEMORIAL HOSPITAL  
 4:00-5:00 PM, (785) 840-3140

**FIRST TUESDAY OF EACH MONTH**  
**LAWRENCE AREA COALITION TO HONOR END-OF-LIFE CHOICES**  
 Works with 31 other Kansas communities to 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

**THURSDAYS**  
**GRIEF & LOSS SUPPORT GROUP**  
 Midland Hospice, 543 Lawrence Ave.  
 1:00-2:00 p.m.  
 LAWRENCE, (785) 842-3627

**THURSDAYS**  
**GRIEF & LOSS SUPPORT GROUP**  
 Midland Hospice, 543 Lawrence Ave.  
 3:00-4:00 p.m.  
 LAWRENCE, (785) 842-3627

**FIRST THURSDAY OF EACH MONTH**  
**LAWRENCE AREA PARTNERS IN AGING**  
 Networking group. Call Kim or Laura at (785) 842-0656 for more information. \$11.50 to attend (includes lunch).  
**JADE MONGOLIAN BARBEQUE, LAWRENCE**  
 11:30 AM-1:00 PM

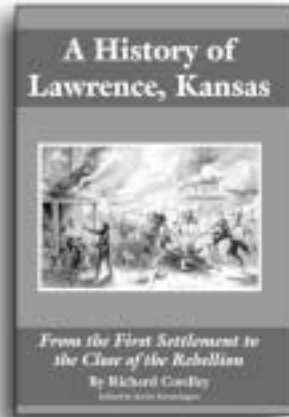
**FIRST AND THIRD THURSDAY OF EACH MONTH**  
**LOSS AND GRIEF SUPPORT GROUP**  
 Heart of America Hospice with association Pioneer Ridge Retirement Community invites individuals coping with the loss of loved ones to join us. Call Gillian at (785) 841-5300 for more information. Located Pioneer Ridge Assisted Living 4851 Harvard Rd, Lawrence. 6:00 p.m.

**FIRST AND THIRD THURSDAY OF EACH MONTH**  
**GRIEF SUPPORT GROUP**  
 3:00 p.m. - Brewster Place, 1209 SW 29th St.. Sponsored by Heartland Hospice of Topeka. Call Terry Frizzell for information and specific location.

TOPEKA, (785) 271-6500  
**SECOND MONDAY, SEPT-MAY**  
**LAWRENCE CLASSICS, GENERAL FEDERATION OF WOMEN'S CLUBS**  
 Volunteer service club.  
 (785) 331-4575

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

■ CONTINUED ON PAGE 19



## Learn About Lawrence's History, Subscribe to Senior Monthly, and SAVE!

*Senior Monthly* publisher Kevin Groenhagen has edited a new edition of Richard Cordley's 1895 classic, *A History of Lawrence, Kansas: From the First Settlement to the Close of the Rebellion*.

Rev. Cordley's book begins with the founding of Lawrence in 1854 by anti-slavery settlers from New England, and ends with Quantrill's Raid of August 21, 1863. As both an early settler of Lawrence and a survivor of the raid, Cordley was able to describe events during those first 10 years of Lawrence with great detail and clarity.

In addition to Cordley's original copy, this new edition includes additional illustrations, recent photos, recent articles on the Eldridge Hotel and the House building, and a comprehensive index (the original lacked an index).

Printed: 288 pages, 6" x 9", perfect binding, 60# cream interior paper, black and white interior ink, 100# white exterior paper, full-color exterior ink

Send me Richard Cordley's *A History of Lawrence, Kansas* for \$16.99 plus \$3.00 for shipping and handling. (Total of \$19.99.)

I would like a one-year subscription (12 issues) of *Senior Monthly* for \$15.00.

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# CALENDAR

■ CONTINUED FROM PAGE 18

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

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

**SECOND AND FOURTH TUESDAY OF  
EACH MONTH**

**LOSS AND GRIEF SUPPORT GROUP**

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

**SECOND AND FOURTH WEDNESDAY OF  
EACH MONTH**

**ALZHEIMER'S EARLY STAGE PATIENT  
SUPPORT GROUP**

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

**SECOND WEDNESDAY OF EACH MONTH  
LOSS AND GRIEF SUPPORT GROUP**

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

**SECOND THURSDAY OF EACH MONTH  
NAACP MEETING - LAWRENCE CHAPTER**

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

**THIRD TUESDAY OF EACH MONTH  
LAWRENCE PARKINSON'S SUPPORT  
GROUP**

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

**THIRD TUESDAY OF EACH MONTH  
GRANDPARENT/KINSHIP SUPPORT  
GROUP**

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

**THIRD THURSDAY OF EACH MONTH  
WIDOW'S LUNCHEON**

11:00 a.m. - Paisano's Ristorante, Fleming Place, SW 10th St. & Gage Blvd. Dutch treat.

Call Terry Frizzell at Heartland Hospice of Topeka for reservations.  
TOPEKA, (785) 271-6500

**FOURTH TUESDAY OF EACH MONTH  
LAWRENCE PARKINSON'S SUPPORT  
GROUP**

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

**FOURTH TUESDAY OF EACH MONTH  
GRIEF SUPPORT GROUP**

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

**FOURTH WEDNESDAY OF THE MONTH  
CAREGIVER SUPPORT GROUP**

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

**FOURTH WEDNESDAY OF THE MONTH  
TOPEKA GENEALOGICAL SOCIETY**

TGS promotes and stimulates the education, knowledge and interest of the membership and the public in family history, genealogical records and research. Meets at 2717 SE Indiana Ave., 7:00 p.m. No meeting in April, November or December.  
TOPEKA, (785) 233-5762  
[www.tgstopeka.org](http://www.tgstopeka.org)

**MAR 23  
AARP CHAPTER 1696**

AARP Chapter 1696 will meet at 11:00 a.m. at the Lawrence Country Club. Lunch served at 11:30. Paul Bahnmeier will speak about the Lecompton Heritage Area. Please call for reservations.  
LAWRENCE, (785) 865-3787

**MISCELLANEOUS**

**MAR 30  
WASHED OUT WEDDING**

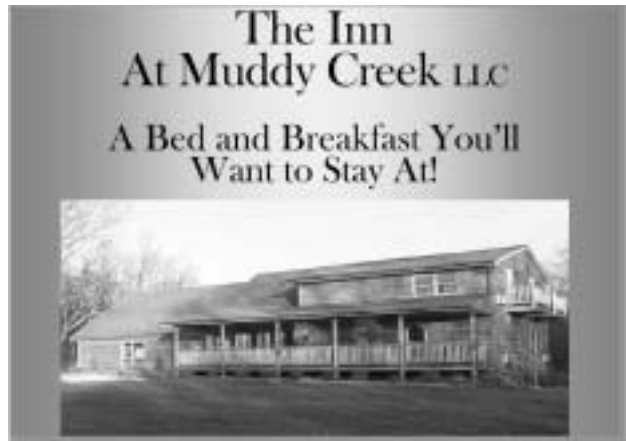
A mystery event. You are invited to the wedding of Bob & Mary or at least that's what the night was supposed to be until the body was found. And one of the guests is the murderer. Could it be you? The person you sat next to? Old Prairie Town at Historic Ward-Meade.  
TOPEKA, (785) 368-2437

**MAR 31  
CABIN FEVER CHALLENGE**

Come enjoy a bicycle ride in the Flint Hills with different mileage routes for all skill levels and ages to choose from. Great routes, food and people, this ride is just the ticket to kick off your spring bicycle riding. 1701 Kaw Valley Rd.  
WAMEGO, (785) 456-9776  
[www.ecodevo.com](http://www.ecodevo.com)

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

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



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# Franklin Grove building serves as Lincoln Highway Association headquarters

By Kevin Groenhagen

If you drove by the old building located at 136 N. Elm Street in Franklin Grove, Ill., prior to 1999, you probably knew little, if anything, about its history.

Built in 1860, the building originally housed a dry goods store. It later served as a post office. The *Franklin Reporter* also called it home. That newspaper ceased publication during the 1950s. With the exception of a dance studio and an arcade operated there for a few years, the building sat empty until 1999.

Ironically, it took a decades-old project to breathe new life into the building.

In September 1912, Carl G. Fisher invited a few friends to a dinner meeting. Fisher, an entrepreneur who, among other ventures such as creating the Indy 500 and turning swampland into Miami Beach, manufactured the Prest-O-Lite headlights used on most early cars. He proposed building the first transcontinental highway in the U.S. "Let's build it before we're too old to enjoy it," Fisher told the group.



Carl G. Fisher

Fisher estimated that the cost of building the 3,389-mile highway would be \$10 million. Within a month, Fisher's friends had raised \$1 million. However, Henry Ford squashed the dream of privately funding the highway when refused to contribute. Ford believed the government should pay for the construction of highways.

Lacking the funds to build large sections of the highway, the Lincoln Highway Association (LHA) started "seedling mile" projects to "demonstrate the desirability of this permanent type of road construction." LHA built the first seedling mile in 1914 about six miles west of the old DeKalb (Ill.) post office.

By 1916 LHA's *Official Road Guide* was promoting the transcontinental trip on "The Main Street Across America" as "something of a sporting proposition," taking 20-30 days from Times Square in New York City to Lincoln Park in San Francisco.

The last major activity of the original LHA was to mark the highway as

a memorial to Abraham Lincoln. On September 1, 1928, thousands of Boy Scouts installed concrete markers along the Lincoln Highway at an average of about one per mile.

Fisher's fortune of \$50-100 million was lost after the stock market crash of 1929. He died 10 years later, but not before construction on the final unpaved 42-mile segment of the highway was underway in 1938.

In 1992 a new Lincoln Highway Association was formed in Jefferson, Iowa, "...to identify, preserve, and improve access to the remaining portions of the Lincoln Highway and its associated historic sites."

"By 1995 LHA was looking for a location for a headquarters, mainly so they could be listed in the AAA guidebook," said Lynn Asp, volunteer director at LHA's headquarters. "You have to have a physical location to get listed, and LHA did not have one. Each state the Lincoln Highway runs through has an LHA chapter, and the chapters were asked to be on the lookout for someplace to be used as a headquarters."

That same year a group of 10 men who resided in and around Franklin Grove obtained the old dry goods store building. The group, Farm Heritage, Inc., was intent on restoring it to its former glory.

"They had already bought the building when they learned about the search for an LHA headquarters," Asp said. "But they hadn't done anything with it. There was no floor, no



The H. I. Lincoln Building

ceiling, and hardly any roof."

Nevertheless, Farm Heritage, Inc. invited LHA to Franklin Grove to take a look at the building. The group believed the building had a few good things going for it. First, it wasn't being used for anything else. Second, it was on the Lincoln Highway. Third, there was already a group that had formed and was dedicated to seeing the building used for something worthwhile. And, finally, Abraham Lincoln's cousin built the building.

Henry Isaac Lincoln came to what is now Franklin Grove in 1853 to open a dry goods store.

In March 1999, the H. I. Lincoln Building opened its doors as the national headquarters of the LHA. A sign next to the building notes that it is 999 miles from New York City and 2,390 miles from San Francisco. Those 3,389 miles run through 12 states and include 424 stops. However, anyone who wants to stop at LHA's headquarters will have to visit Franklin Grove.

According to Asp, the LHA headquarters take up the front half of the first floor.

"We have some Lincoln Highway

artifacts here," she said. "We also have back issues of LHA's magazine, *The Lincoln Highway Forum*, and other merchandise. In the back part we have a space for visitors and local people to have their coffee and snacks, and to sit and visit."

Asp is also proprietor of the H. I. Lincoln Store.

"Many European visitors were asking for antiques and things that were made in the area," she said. "So that gave us the idea to bring things in on consignment from the area or with a connection to the area."

The H. I. Lincoln Building is also the official information center for Franklin Grove. In addition, the building hosts a music program every fourth Friday of the month.

The H. I. Lincoln Building is open from 10:00 a.m. to 4:00 p.m. Monday through Friday, and from 12:00 to 4:00 p.m. on Sundays. Admission is free.

For more information about the H. I. Lincoln Building, visit [www.franklingroveil.org](http://www.franklingroveil.org) or call (815) 456-2340. For additional information about LHA, visit [www.lincolnhighwayassoc.org](http://www.lincolnhighwayassoc.org).

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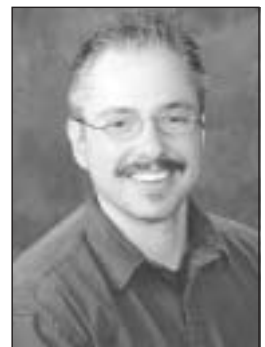
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## Answers to some of the most commonly asked Medicare questions

**QUESTION:** Is it true that one can still enroll in a Medicare Advantage Plan or switch Medicare Advantage Plans through March 31? Also, tell me a little about Medicare Advantage Plans.

**ANSWER:** Medicare Advantage Plans are health plan options that are approved by Medicare and run by private companies. They are part of the Medicare program and sometimes called, "Part C." When you join a Medicare Advantage Plan, you are still in Medicare. With some of these plans, you must get a referral before seeing specialists.

Medicare Advantage Plans provide all of your Part A (hospital) and Part B (medical) coverage and must cover medically-necessary services. They generally offer extra benefits, and many include Medicare prescription drug coverage. These plans often have networks which mean you may have to see doctors who belong to the plan or go to certain hospitals to get covered services. Some of these plans coordinate and help manage your overall care and can also result in savings to you.

Medicare pays an amount of money for your care each month to these private health plans, whether or not you use services. Medicare Advantage Plans also include options that provide specialized care for people who need a lot of health care services. Even if you are out of the service area of the plan, you are still covered for emergency or urgently needed care.

Types of Medicare Advantage Plans include:

- Preferred Provider Organizations, (PPOs);
- Medicare Health Maintenance Organizations (HMOs);
- Medicare Private Fee-for-Service (PFFS) Plans;
- Medicare Special Needs Plans and
- Medicare Medical Savings Account (MSA) Plans

The Medicare Modernization Act (MMA) of 2003 contained legislation that expanded Medicare Advantage Plan options in almost every area of the nation.

You can join a Medicare Advantage Plan if:

- you live in the service area of the plan you want to join
- you have Medicare Part A and Part B.
- you don't have End-Stage Renal Disease (permanent kidney failure requiring dialysis or a kidney transplant),

You can enroll in a Medicare Advantage Plan when you first become eligible for Medicare. You can switch plans each year between November

15 and December 31, the same time frame for switching your Medicare Prescription Drug Coverage. You can also join or switch plans from January 1, through March 31 of any year, which is called the Medicare Advantage Open Enrollment Period,

or (MA OEP) but during this time frame you can't join or drop Medicare prescription drug coverage. You can only change prescription drug coverage during the annual enrollment period each year, which is November 15 through December 31.

So, now until March 31, if you are in a Medicare Advantage Plan you can switch to a different Medicare Advantage Plan. If your current Medicare Advantage Plan has prescription drug coverage through Medicare Part D and

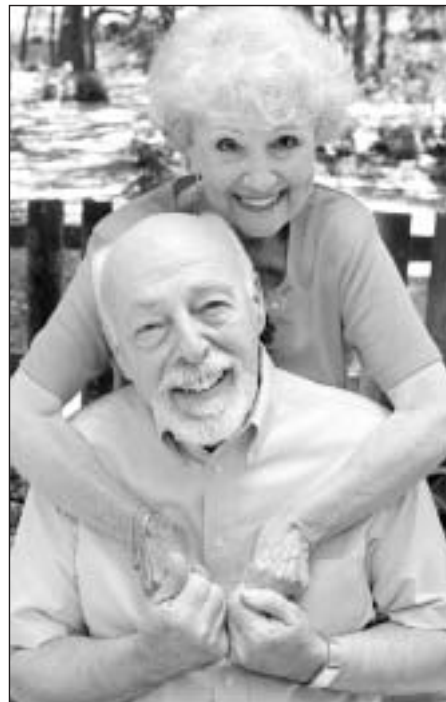
■ CONTINUED ON PAGE 31

# 2nd Annual Lawrence Area Partners in Aging March Madness Senior Resource Fair

Tuesday, March 6, 2007 from 1:30-5:30 p.m. • Hy-Vee at 6th and Monterey Way

- **FREE! No cost to attend!**
- **Freebies, handouts, brochures.** Two \$100 gift cards to Hy-Vee will be given away. Free canvas tote bags for first 100 seniors in the door.
- **Memory games/brain exercises, blood pressure checks, oxygen level checks, blood sugar checks, balance testing, free Kansas "Yellow Dot" kits available.**
- **Entertainment provided at 3:00 and 4:00 by the Vintage Players.** An additional drawing for two \$25 gift cards to Hy-Vee will be held for seniors who attend the performances.
- **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, LLC
- Baldwin Healthcare and Rehabilitation Center
- Bert Nash Mental Health Center
- CornerBank Trust
- Douglas County Senior Services
- Douglas County VNA and Hospice
- Drury Place at Alvarum
- Fit Plus 50 Personal Training
- Harbor House Memory Care
- Heart of America Hospice
- Humana Inc.
- Jayhawk Area Agency on Aging
- Kansas Advocates for Better Care
- Kaw Valley Senior Monthly
- Lawrence Area Coalition to Honor End of Life Choices
- Lawrence Community Theatre
- Lawrence Presbyterian Manor
- Lawrence Public Library
- Lawrence Therapy Services
- Long-Term Care Resources
- Midland Hospice
- Oxy-Med, Inc.
- Pioneer Ridge Assisted Living
- Richmond Healthcare and Rehab
- Trinity In-home Care
- Vintage Park of Baldwin City
- Vintage Park of Ottawa

**This is the second annual event that seniors and their caregivers will be talking about all year. Don't miss it! For more information, call 785-842-0656 and ask for Kim Hoffman.**

## Canadian debut a winner

By Margaret Baker

**Jo Bannister: *Requiem for a Dealer*** (St. Martin's Minotaur, \$23.95, ISBN 978-0-312-36211-9)

Here's a mystery set in Northern Ireland in the world of show horses—jumpers, hunters, dressage. Breeders, trainers, buyers. The dealer is the middle man. He keeps an eye on the market and finds the right horse for the right rider. In Ireland that includes the wider European horse world.

Allison Barker's father was a dealer but a run of bad luck cost him his business, the horses, and even their home. When Stanley Barker's body was found in a farm pond most people thought it was suicide—maybe an alcohol-induced accident.

Allie refuses to accept either as the cause. She goes to Brodie Farrell, local private investigator, for help.

The tight plot involves the interaction of the worlds of show horses and designer drugs, with a few telling glimpses of the aftermath of the recent sectarian conflict.

**Justin Scott: *McMansion*** (Poisoned Pen Press, \$24.95, ISBN 1-59058-063-X)

Ben Abbott is both realtor and private detective. He dislikes the relentless spread of oversized McMansions springing up in his New England town.

When the most egregious developer is found underneath a bulldozer with a known eco-activist at the controls, it looks like an open-and-shut case.

Ben's working for the defense lawyer (the eco-activist's absentee dad is a hip-hop music mogul) and he truly does not think the kid did it. Turns out the deceased was despised by many and practically everyone in town knows how to drive a bulldozer better than the kid.

The world of real estate and urban development is a relatively new one in mysteries and this is a welcome introduction. The likeable protagon-

ist is a guy you'll warm to.

**Steve Brewer: *Boost*** (Speck Press, \$24.00, ISBN 0-9725776-5-3)

Sam Hill boosts cars. He's good at it, and has worked his way up to the top of the line cars, the specials. He picked up a yellow Thunderbird on order.

Albuquerque is hot, and he pulled in to a 7-Eleven for a cool drink. A cell phone rings, and it seems to be coming from the trunk. Sam checks—the phone is there, along with a corpse. Worse, the corpse is wired.

Someone has set Sam up but good. And Sam plans to get even.

Sam is much like Trickster Coyote, and this novel turns into a caper with dark overtones (when he's mugged he hurts) and a touch of romance.

**Sandra Ruttan: *Suspicious Circumstances*** (TICO, \$26.95 US, ISBN 0-9777688-9-9)

Canadian author Ruttan debuts with this well-paced mystery, with plethora of clues, some red herrings, and multi-faceted characters.

Lara Kelly is the new reporter on Oakridge's weekly newspaper, eager to make her mark. Ty Farraday is a detective with a secret who's just been transferred in to the 14th Precinct, notoriously corrupt. They've gotten in the way of a bitter antagonism between their respective bosses.

A storm chaser brings Lara a camerawoman view of a woman either falling off a cliff or being pushed—lighting is bad. The police had refused to take it. This starts a long and circuitous path toward small town secrets involving evil-minded people in places of power.

Many subplots keep the storyline feeling authentic, and the characters are extremely well-drawn, major players to walk-ons. The plot accelerates rapidly as it braids the new lines into the major plot.

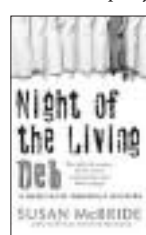
### PAPERBACK PICKS

**Susan McBride: *Night of the Living Deb*** (Avon, \$6.99, ISBN 978-0-06-084555-1)

Andrea "Andy" Kenricks dropped out of the Dallas debutante scene, much to Cissy, her widowed mother's dismay. Andy's happy with her life, and especially the new in her life, defense attorney Brian.

Socially-conscious Mom (Cissy) would not be pleased to know that

Andy is escorting Eleanor, Brian's best friend's fiancée, around Dallas in the company of Allie as a favor to Brian.



Allie works in the same law firm as Brian, and she is leading her charges on a tour of Chippendale's. To further complicate the evening, Brian is with Matty at a bachelor's party at a strip joint.

The picture gets darker when Brian disappears, apparently in the company of a blonde pole-dancer. Andy gets a demand for a ransom. Mom's boyfriend is an FBI agent, which proves to be rather handy.

McBride could have made Cissy a one-dimensional sidelight, but she has the insight, and the ability, to show mother and daughter as two strong-minded women developing their adult relationship.

Witty dialogue, great plot, and characters you remember long after the ending. Fourth in the series, all in paperback.

**Lisa Scottoline: *Dirty Blonde*** (Harper, \$7.99, ISBN 978-0-06-074291-1)

Scottoline both practices and teaches law. This is her thirteenth legal thriller.

Cate Fante is the newest judge on the District Court, and is leaving a lucrative private law firm to do so. She's bright, ambitious—but she is secretly living a double life.

Her first case is definitely getting attention. A top law TV show is set in Philadelphia, and a local policeman is claiming that his episode idea and script was stolen and used

without recognition or compensation. Reporters are in court daily.

When her sleazy secret life is made public, the press corps goes into a feeding frenzy, her upper-crust fiancé drops her, and her career looks headed for the dump. Worse, someone is after her, still unsatisfied and definitely homicidal.



**FOR YOUR EARS ONLY** (audio books)


**Dean Koontz: *Brother Odd*** (Random House Audio, \$44.95, ISBN 0-7393-3290-2. Read by David Aaron Baker on 8 company discs)

Brother Odd is, well, odd. He is recuperating from an earlier adventure in an isolated monastery in the California mountains, specially funded to provide to care for severely disabled children through adulthood.


Odd Thomas (his parents claim they intended to write Todd) has confided in a few of his compatriots that he sees what others cannot. The Lingerer Dead, for one—souls not ready to fully cross over, needing justice or to make amends. One such is Elvis Presley, fearful of his mother's reaction to his drug use. The dead can't speak, but they can communicate speechlessly as they float through walls. And then there are the awful demons, who assemble only when a mass death is about to occur. They are arriving in great numbers.

Surreal, other-worldly—a nail biter!

- Margaret Baker can be reached through *Kaw Valley Senior Monthly* or e-mailed at [glencoe@knetconnect.net](mailto:glencoe@knetconnect.net).



## Introducing The Novels of K. M. Swan



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## HUMOR

# Bib Overalls

Fashion designer Amanda Pershing stepped out of a limousine and walked to the door of an exclusive New York City restaurant. A doorman ushered her inside. The maitre d' bowed her to a table for two. A tall 30-something man wearing a \$7,000 Seville Row suit and \$1,200 Croc Italian oxfords stood as they



Larry Day

approached.

"Good evening Ms. Pershing. I'm Laurence Carpenter. Monsieur Mershonbom sends his deepest apologies. His jet was diverted to Boston on a flight from Paris. I'm vice president for marketing. Please sit down."

A rough hand shook Mandi's shoulder. It was cold and dark outside.

"Wake up, girl. Git dressed. Then git out there an' slop the hogs. Throw some hay down for the cows and milk 'em. After thet ya kin gather the eggs and make breakfast."

Mandi sat up shivering. "Them are Jimmie's chores, Pa. Ain't he gonna 'hep me?"

"Jimmies gonna rest in awhile. He gotta ball game t'night."

"I'll miss the school bus."

"Jimmie'll tell 'em yer sick. Ain't nobody gonna miss yew no how."

"Please, Pa, Miz Flowers said a pr'fessor from the U is comin' to talk to our art class. She's gonna intraduce me."

"Don' back sass me girl! Now git out there and slop them hogs." Pa whacked Mandi hard with his open hand.

The school bus and Jimmie were long gone by the time Mandi finished cleaning up after breakfast. Ma was over in Hopeville helping Ginger Anne with her new baby. Pa was out in the barn.

"I think there's a chance you could get a scholarship after Professor Ackermann sees your work," Miss Flowers had told Mandi the week before. "So whatever you do, don't miss class next Wednesday."

It was Wednesday and Mandi sat at the kitchen table, with her face

in her arms, weeping. Her art class came right after lunch and the Pershing place was 10 muddy miles from Letongaloosa. Then she raised her head.

"I'll walk," she said and stood up.

Pa came in from the barn.

"Where ya think yer goin'?"

"I'm gonna walk ta' school, Pa."

"An' whose gonna fix my lunch, Missy?"

"Please, Pa."

"You wanna walk ta school? Well git, then."

Mandi smiled and started up the stairs.

"No 'mam," said Pa. "If yer goin ta go, yer gonna go jist like ya look."

"I gotta change, Pa. The Pr'fessor's comin'."

"P'fessor be damned. Ya'll go as ya are or stay home," said Pa, and stomped out.

"Look! Here comes the Prom Queen," said Marilee Tompkins.

Students in the art class turned toward the door. Mandi was 10 minutes late. She had stopped to wash the mud from her knee high rubber boots in the girls' bathroom. Then she had pulled the legs of her pin striped bib overalls down over the boots. Her plaid men's long sleeved shirt was open at the neck. Mandi blushed and took her seat.

Professor Ackerman resumed talking about "Art in the Market Place." "Ms. Pershing, I took the liberty of ordering a bottle of Romane Conti," said Laurence Carpenter. "I hope you approve. The filet d'Rusindorf they serve here is superb. I thought we'd have that."

"Please call me Mandi," she said. "The filet d'Rusindorf will be fine. What Romane Conti did you order?"

"The 1978."

"Wonderful. That will be a treat. Thank you."

Over dinner they discussed the weather, the Knicks, French cooking, the cost of chalets on the Costa del Sol, and skiing in Bariloche. After they had had dessert and the table was cleared Carpenter got out a mini laptop. He opened the lid and turned the screen so they could both see it.

"Monsieur Mershonbom loves everything you've designed for him. He's sure that your work will be the talk of the fashion world this season." Carpenter touched a key on the computer and the screen lit up.



How a plugger knows when it's time for a haircut.

"He's absolutely ecstatic about this line of high fashion bib overalls. He says the haut couture boutiques will go wild for them. Then he'll sell millions of down market knock offs in malls and department stores. The rubber boot accessories are pure gold. Where did you ever come up

with such a marvelous fashion concept?"

"It's a long story," said Mandi.

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

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# WOLFGANG PUCK

## Baking breakfast at home

By Wolfgang Puck

Tribune Media Services

On a cold winter morning, nothing beats waking up to the smell of cinnamon, caramel and roasted nuts. Many people still believe that a hearty breakfast of eggs and bacon is the perfect thing to start your day. But for me, nothing does the trick better than a wonderful sweet roll and a cup of cappuccino or hot chocolate.

One of the big trends right now in food is the rise of great boutique bakeries that sell outstanding breads, including fresh yeast-leavened sweet rolls and Danish pastries. Often, however, the intense pleasures of those baked goods is dampened by the high prices you have to pay, which cover not just the ingredients and the skill and expertise of the bakers but also today's astronomical rents for retail real estate.

So why not bake your own breakfast breads at home? You'll be surprised by how easy it can be.

Don't think otherwise when you look at the length of my recipe for Caramel-Pecan Cinnamon Rolls. All the steps are simple, especially if you have one of the stand mixers that are so popular in home kitchens today, which will speed the mixing of the rich butter-and-egg yeast dough.

And you don't have to wake up early to get the dough rising, either. Instead of leaving it to rise at warm room temperature as the recipe instructs, you can let it rise more slowly in a covered bowl overnight in the refrigerator, filling and topping them the next morning. The

rolls will only taste better for it. You can even bake them in advance, let them cool, wrap them securely in freezer-proof plastic, and freeze them; then, just thaw the rolls in the refrigerator or a microwave oven, as you would a frozen muffin, and transfer them to a baking sheet and put them in a 250 degree oven until they're good and warm, about 15 minutes.

Whatever time-saving strategy you use, there's one important rule to remember that is critical to serving the best cinnamon rolls you can possibly make. That is, don't undercook them. Too many home bakers make the mistake of removing rolls and other baked goods from the oven when they're barely yellow or light golden in color. The result is a floury, bland flavor. But if you leave them in the oven long enough to turn a deep, rich mahogany brown, the rolls themselves will have a rich, caramelized, nutty taste that complements the pecans, sugar and cinnamon.

Add a big steaming mug filled with your favorite morning drink and you have a breakfast worth waking up for. And when you realize how economical that breakfast was to make, it will open your eyes even more!

### CARAMEL-PECAN CINNAMON ROLLS

Make 12 rolls

#### DOUGH:

- 1 cup milk, heated to lukewarm (80-90 degrees)
- 2 1/2 teaspoons active dry yeast
- 1/3 cup sugar
- 4 cups bread flour

- 3 large eggs
- 1 teaspoon salt
- 8 tablespoons unsalted butter, at room temperature

#### TOPPING:

- 6 tablespoons unsalted butter
- 1/2 cup light brown sugar
- 2 tablespoons honey
- 1/2 vanilla bean, split, seeds scraped out and reserved
- 1 1/2 cups shelled pecan halves

#### FILLING:

- 4 tablespoons unsalted butter, melted
- 1/2 cup sugar
- 2 teaspoons ground cinnamon
- 1 cup coarsely chopped pecans
- 2 tablespoons milk, at room temperature

First, make the dough. In the bowl of a stand mixer, or a mixing bowl, stir together the milk and yeast. Stir in the sugar. Add 2 cups of flour and mix using the mixer's paddle attachment at medium speed, or stirring with a wooden spoon, until smooth. Cover with plastic wrap and leave at room temperature for 1 hour.

One at a time, using the mixer's paddle or a sturdy wooden spoon, beat in the eggs. Add the remaining flour and salt. Knead with the dough hook at low speed for 1 minute, then at medium until the dough comes away from the side of the bowl, about 5 minutes; or knead by hand on a lightly floured surface until smooth and elastic.

With the mixer at medium speed, or by hand, knead in the room-temperature butter 2 tablespoons at a time until fully incorporated. Shape the dough into a ball. Rinse and dry the bowl and oil it. Return the dough to the bowl and turn it to coat it evenly. Cover the bowl with plastic wrap and leave the dough at

warm room temperature to rise until doubled, 1 1/2 hours.

Meanwhile, make the topping. In a 12-inch round baking pan, combine the butter, brown sugar, honey and vanilla seeds. Stir over medium heat until the butter and sugar melt. Stir in the pecan halves. Spread evenly over the bottom of the pan and set aside.

To shape the rolls, lightly flour a work surface. With a floured rolling pin, roll out the dough to a 9-by-18-inch rectangle. For the filling, brush the dough with the melted butter, sprinkle evenly with sugar, cinnamon and chopped pecans, and roll up snugly, starting at a long edge. With a serrated knife, cut crosswise into 12 equal slices. Arrange them on top of the mixture in the pan. Spray plastic wrap with nonstick spray, cover the pan with it, and leave at warm room temperature to rise for 30 minutes. Meanwhile, preheat the oven to 400 degrees.

Uncover the pan. Brush the rolls with milk and bake for 10 minutes. Reduce the heat to 375 degrees and continue baking until deep golden brown, about 20 minutes more.

To unmold, invert a large heat-proof plate over the pan. Using oven gloves or pads, hold the pan and plate securely together and invert onto a work surface. Leave for about 30 seconds. Lift off the pan and use a spatula to dislodge any stuck, transferring it to the rolls.

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

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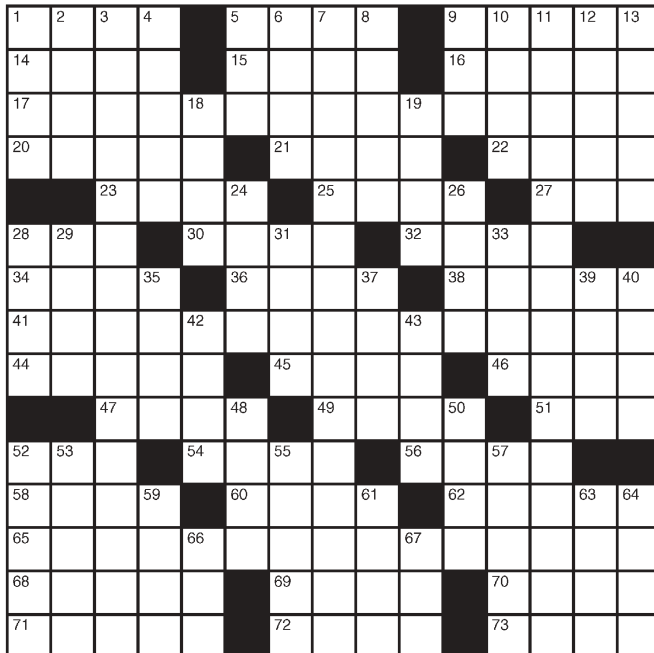
## ACROSS

- 1 Type of IRA
- 5 Dry run
- 9 Stand of trees
- 14 Taj Mahal site
- 15 Guitar adjunct
- 16 Month in Paris?
- 17 High-end threesome
- 20 Pac. pact
- 21 Equal
- 22 Observed
- 23 Actress Ward
- 25 Faded and dull
- 27 987-65-4321 grp.
- 28 Spinoff of "Alice"
- 30 Whitney and Wallach
- 32 Cobbler's form
- 34 McKellen and Fleming
- 36 Kett of the comics
- 38 Dustin in "Midnight Cowboy"
- 41 High-end threesome
- 44 French school
- 45 Unmannerly
- 46 Keen on
- 47 Gumbo veggio
- 49 Just about
- 51 End of auction?
- 52 Stag party attendees
- 54 Fender flaw
- 56 Rendered fat
- 58 Chip in chips
- 60 God of war
- 62 Sedate
- 65 High-end threesome

- 68 Monsoons
- 69 Morales of "Bad Boys"
- 70 Kiddies
- 71 Edmonton player
- 72 Dispatched
- 73 Thwack

## DOWN

- 1 Knocks
- 2 Beastly character
- 3 High-end threesome
- 4 Waste maker?
- 5 Fort Worth sch.
- 6 Lawman Wyatt
- 7 High-end threesome
- 8 Eiffel, for one
- 9 Small, low islet
- 10 Chooses
- 11 High-end threesome
- 12 Opposing teams
- 13 Actress Verdugo
- 18 One-and-only
- 19 Caspian's neighbor
- 24 One Baldwin
- 26 Trunk coverage
- 28 High-pitched flute
- 29 Secular
- 31 Roman way
- 33 Dress for Indira
- 35 Polio vaccine developer
- 37 Adjutant
- 39 Fill too much
- 40 Aroma
- 42 Nebbish
- 43 Close up



By Philip J. Anderson  
Portland, OR

Answers on page 31

- 48 Objectives
- 50 Headstrong
- 52 Large: pref.
- 53 Zhou \_\_\_
- 55 Thurmond and Archibald
- 57 Underground growth
- 59 Medieval slave

- 61 Flip through
- 63 Como \_\_\_ Usted?
- 64 Take a break
- 66 Ukr. or Lith., once
- 67 Caboodle's partner?

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# MAGICWORD

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

### NEW ZEALAND TOWNS (sol: 10 letters)

A-Akaroa, Albury, Auckland; B-Balfour, Blenheim; C-Chevoit, Cromwell; D-Drury, Dunedin; F-Foxton; G-Gore, Granity; H-Haast, Hamilton, Huntly; L-Leigh, Levin, Lower Hutt; M-Marton; N-Napier, Nelson, North Shore; O-Oamaru, Oban Ohoka, Otaki; P-Palmerston North, Porirua; R-Raglan, Ross, Rotorua; S-Sanson, Seddon, Stratford; U-Upper Hutt; W-Waitakere, Whitby

This month's answer: **QUEENSTOWN**

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

# JUMBLE

Unscramble three four-letter words, one letter to each square, to form four arbitrary words.



Ans: A " " " " " "



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

Answers on page 31

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26 SeniorMonthly, March 2007

# TRIVIALITIES

1. What Oscar-winning actress was born Caryn Elaine Johnson on Nov. 13, 1955?
2. The 1999 film "The Deep End of the Ocean" was adapted from whose novel of the same name?
3. Who starred as Titania in the 1999 film adaptation of "A Midsummer Night's Dream"?
4. In the 2005 film "Batman Begins," who played the title character?
5. Nora Ephron directed and co-wrote this 2005 that starred Nicole Kidman and Michael Caine. Name it.
6. Will Ferrell starred opposite Gary Cole in this 2006 film directed by Adam McKay. Name it.
7. Who directed the 2005 film "Sin City"?

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Answers on page 31

# BRIDGE

## Take it to heart

By Omar Sharif and Tannah Hirsch

North-South vulnerable. West deals.

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

The bidding:

WEST	NORTH	EAST	SOUTH
2♠	Pass	4♠	5♦
Pass	Pass	Pass	

Opening lead: King of ♠

Some contracts need a specific lie of the cards to get home. Others can be claimed at the first trick regardless of how the cards are divided. Believe it or not, this deal is one of the latter type.

East did well to raise West's weak two-spade opening bid to four spades, and South had to take action at the five-level. However, nothing could have kept South out of the auction.

West led the king of spades, and declarer ruffed. There was not much in

dummy outside of good trumps, but what was there was pure gold. Declarer ruffed the opening lead, drew the outstanding trumps and cleared the ace and king of hearts, crossed to the table with a trump and led the remaining spade, discarding the heart loser from hand. No matter which defender won would be trapped in an endplay.

Suppose West wins. Left with only black cards, a spade return would be ruffed in one hand and a club would be discarded, and a club trick would be the second and last trick for the defense. A club return would be ducked in dummy and no matter which card East played, declarer would win as cheaply as possible and surrender only a club. The same would be true if East won.

But what if the defender who won the spade returned a heart? If West was on lead, and returned a low heart, declarer simply covers with the jack. If it wins, that's the end of it. If it is covered by the queen, declarer ruffs and the table's 13th heart provides a parking place for the losing club. Similarly, if East wins the spade and returns a heart, declarer discards a club and either the jack will win or the fourth heart is established to take care of the remaining club loser.

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

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# SUDOKU

© Puzzles by Pappocom

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

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

MEDIUM

Solution on page 31

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# SMART COLLECTOR

## Etageres popular in parlors

**QUESTION:** We can't identify exactly what kind of furniture our grandmother gave us. She called it a "tasha" and said it came from France. — Connie, Tucson, Ariz.

**ANSWER:** I'm not familiar with grandmother's term, but the piece is an etagere from the Victorian era.



Danielle Arnet

Around the 1860s, most proper American parlors displayed an imposing etagere. How imposing it was depended on family finances.

Made in varying degrees of fancy, the unit was basically a tall open curio or whatnot holder. Some stood seven feet tall. Characterized by fret-cut wood curlicues or flat, pierced panels surrounding a mirror, etageres had a single low shelf or multiple shelves. Small shelves were usually placed at angles to display Victorian collectibles such as shells or porcelains. The etageres were machine made of mahogany, walnut, rosewood and other dark woods.

The etagere seen in an image is probably European. The shape is lighter and less stolid than American Victorian of the period. The wood appears to be French oak (but must be seen to be confirmed), and the grace of the legs points to French design. Design features mix two Victorian design styles: Renaissance and Rococo revival. For all that, the piece is an etagere. Current retail could be \$1,500 to \$2,000.

**QUESTION:** This painting came

from my grandmother's sister who was a White House secretary and received it from President Ford. It has the White House seal on the back. Writing on the bottom has Christmas wishes from the Fords. I need to know value for insurance. Another print is a Freemasonry structure diagram. — Scott, Van Wert, Ohio

**ANSWER:** The photos sent are tough to decipher, but off the bat, White House mass gifts to staff don't involve paintings. My feel is that this is a nicely matted and framed print by an American artist, reproduced in multiple for gift giving. Note the printing at right below the art. It is probably the artist's name with more info. Note also that the presidential greeting is printed on the matt.

A White House seal makes it extra special, but value is modest. Your household insurance will easily cover the item.

The Freemasonry diagram is another matter. Because it has been, historically, a secret society, the graphic organizational chart is of interest to collectors. This is more unique and has more value than the White House print. Plus, it is attractively rendered and nicely framed. If it is hand-drawn, value is more. Again, household insurance will cover it. Only super-fine pieces need expensive separate policies.

**QUESTION:** You wrote about an old newspaper. Is my August 15, 1945 local paper with the headline "Japan Quits!" valuable? It is over 60 years old! — Sharon, Lincoln, Maine

**ANSWER:** The original question involved a Honolulu newspaper bannering the attack on Pearl Harbor. That issue was covered, but the column did not discuss the general

state of newspaper collecting.

Briefly, demand for old papers is down. The current market, such as it is, is for papers from specific birth dates (as a gift), and requests from writers or genealogists to back their data.

You are impressed by the age of the paper, but newspapers have been printed in this country since Plymouth Colony. Older papers age better, as they have a high rag content. Collectors are leery of more contemporary issues printed with acid-based inks and treated paper that cause the newspaper to become brittle with age.

You may remember the column stated that a paper from where an event happened is valued more than a paper remote from the action. For August 15, 1945, the date that President Harry Truman announced the war was over, a leading paper such as the New York Times or one running

an unusual color headline trumps a standard local paper.

Assuming your Bangor paper is in mint condition, perhaps a local or state historical society, or a local collector, will be interested in it.

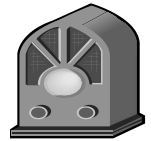
Finally, we supply contact info for reader use. The column quoted expert Timothy Hughes at length and suggested readers visit Hughes's Web site, [www.rarenewspapers.com](http://www.rarenewspapers.com), to seek papers from a specific date. Have you done so? Very instructive. Just remember that prices quoted are retail, and selling brings far less.

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

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Some restrictions apply. Age 62 & older. Mobility Impaired.



## PEOPLE NEWS

# Eakin leads LMH board of trustees

William "Lindy" Eakin, University of Kansas Vice Provost, Administration and Finance, recently was elected to a one-year term as chairperson of the Lawrence Memorial Hospital Board of Trustees. Eakin has served as an LMH Trustee since 1999 and held the office of treasurer the past three years. He is a board member of Kaw, Inc., a Lawrence technology transfer incubator, and served as a board member and presi-



Eakin

dent of Friends of the Lied Center. Joining Eakin in leading the LMH Board of Trustees during the next year are Vice Chairperson Donna Osness, who is retired from the Lawrence School District; Treasurer Joe Flannery, President of Weaver's Department Store in Lawrence; and Secretary Verdell Taylor, Pastor of St. Luke AME Church in Lawrence, who also works as a therapist for Christian Psychological Services.



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.

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"Hospice is a wonderful organization in every way."

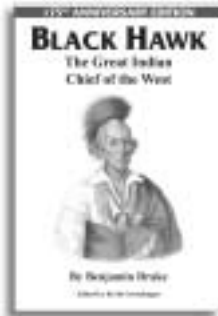


## 175<sup>TH</sup> ANNIVERSARY EDITION

# BLACK HAWK

## The Great Indian Chief of the West

"A few summers ago I was fighting against you. I did wrong, perhaps, but that is past — it is buried — let it be forgotten. Rock river was a beautiful country — I liked my towns, my corn-fields, and the home of my people. I fought for it. It is now yours — keep it as we did — it will produce you good crops." - *Black Hawk*, Fourth of July toast delivered at Fort Madison, Iowa, in 1837



Benjamin Drake first published this excellent history on Black Hawk and the war named after him just six years after that war ended. This new edition, edited by *Senior Monthly* publisher Kevin Groenhagen, marks the 175th anniversary of the Black Hawk War of 1832, and reproduces the 1856 edition of Drake's book. This paperback book includes 196 pages, 13 illustrations, an editor's introduction, and index.

**Black Hawk: The Great Chief of the West** (ISBN: 978-1-4303-0704-4) is now available at [www.Lulu.com](http://www.Lulu.com) for just \$15.99 plus shipping.

You may also purchase **Black Hawk: The Great Chief of the West** directly from Kevin Groenhagen. Just send a check for \$18.99 to cover the cost of the book and shipping expenses to: Kevin Groenhagen, 2612 Cranley St., Lawrence, KS 66046.

**50% of the profits generated through books sales during 2007 will be donated to the Rock River Center.**

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**Jeff Peterson**  
1800 E. 23rd St., Ste J  
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785-843-1371



# Fire safety information about nursing homes available

Kansas Advocates for Better Care (KABC) has added information about fire safety inspections, as well as other new pieces of information to their nursing home Consumer Information Reports (CIR). This new information is taken from the Centers for Medicare & Medicaid (CMS) Web site, [www.medicare.gov/nhcompare/](http://www.medicare.gov/nhcompare/)

home.asp

- Date of most recent Fire Safety Inspection.
- Sprinkler system status - none, partial sprinkler system, or full sprinkler system.
- Quality Indicator Survey (QIS) status.
- Immediate Jeopardy deficiencies

are now identified separately from Actual Harm deficiencies.

KABC encourages consumers to use this information for comparison purposes and not as the final indication of a facility's ability to provide good quality health care. Always visit facilities unannounced whenever possible, ask acquaintances

their opinions about the facility, and call KABC for guidance about choosing a long-term care home.

KABC is the only one-stop resource for information about all licensed long-term care facilities in Kansas. For additional information, call KABC toll-free: 800-525-1782.

## 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](mailto:rates@seniormonthly.net)



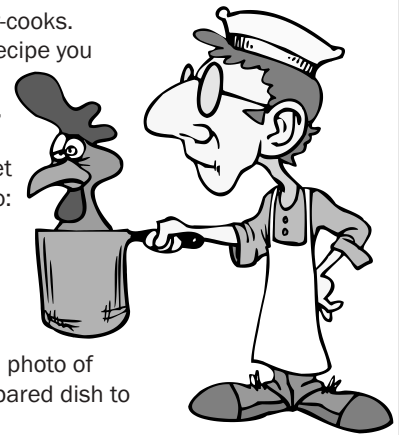
Visit Us Online At  
[www.seniormonthly.net](http://www.seniormonthly.net)

## Meet the Cook!

We're looking for reader-cooks.

If you have an original recipe you would like to share with *Senior Monthly* readers, please e-mail it to [kevin@seniormonthly.net](mailto:kevin@seniormonthly.net) or mail it (typewritten) to:

**Kevin Groenhagen**  
**Senior Monthly**  
**2612 Cranley St.**  
**Lawrence, KS 66046**



Don't forget to include a photo of yourself and/or the prepared dish to run with your recipe!

# NOSTALGIA NOTEBOOK

## MARCH 1947

### Births

- MARCH 6: Kiki Dee**, English singer, "Don't Go Breaking My Heart"  
**MARCH 6: Rob Reiner**, director, actor, comedian, and producer  
**MARCH 7: Matthew Fisher**, British singer, songwriter, and producer. Responsible for the organ sound in Procol Harum's "A Whiter Shade of Pale"  
**MARCH 8: Carole Bayer Sager**, composer, "A Groovy Kind Of Love"  
**MARCH 14: Billie Crystal**, actor and comedian  
**MARCH 19: Glenn Close**, actress  
**MARCH 25: Elton John**, English singer, pianist, and songwriter

### Events

- MARCH 1:** The International Monetary Fund begins to operate.  
**MARCH 12:** The Truman Doctrine is proclaimed to help stem the spread of Communism.  
**MARCH 25:** A coalmine explosion in Centralia, Illinois, kills 111.

## MARCH 1957

### Births

- MARCH 4: Rick Mast**, former NASCAR driver  
**MARCH 4: Jim Dwyer**, journalist and Pulitzer Prize winner  
**MARCH 5: Ray Suarez**, journalist, *The NewsHour with Jim Lehrer*  
**MARCH 9: Mark Mancina**, composer  
**MARCH 10: Osama bin Laden**, Saudi-born Islamic extremist  
**MARCH 20: Spike Lee**, film director and actor  
**MARCH 29: Christopher Lambert**, actor, *Highlander*  
**MARCH 30: Paul Reiser**, actor, *Mad About You*

### Events

- MARCH 7:** Congress approves the Eisenhower Doctrine.  
**MARCH 8:** Egypt re-opens the Suez Canal.  
**MARCH 13:** The FBI arrests Jimmy Hoffa and charges him with bribery.

## VINTAGE AD



Ideal Power Mowers do more than merely cut the grass. In the same operation they trim borders closely, roll the lawn to velvety smoothness and greatly retard the ravages of worms and other lawn pests. All this is done at a small fraction of the cost when done by hand.

An ordinary laborer can be trained with the simple, sturdy Ideal mechanism. He will do the work of from three to five men with hand mowers and rollers.

Interesting information on lawn care will be sent upon request.

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# IDEAL

Power Lawn Mowers

Ad source: [www.clipart.com](http://www.clipart.com)

# Medicare

■ CONTINUED FROM PAGE 21

you would like to switch to a different Medicare Advantage Plan you will have to choose another plan with Medicare Part D. Another option would be to switch to the Original Medicare Plan with a stand-alone Medicare Prescription Drug Plan. Again, the MMA legislation of 2003 does not allow joining

or dropping Medicare Prescription Drug Coverage anytime other than annual enrollment.

If you would like to find out about the Medicare Advantage Plans in your area, visit [www.medicare.gov](http://www.medicare.gov) and choose the link under Search Tools, "Compare Health Plans and Medigap Policies in Your Area." Just follow the simple steps to compare health plans in your area. Also, you can call 1-800-MEDICARE (1-800-633-4227), 24 hours a day, seven days a week. Finally, you can also contact your State Health Insurance Assistance Program or another local Medicare partner to get free help with your Medicare options. For this local free help, call 1-800-MEDICARE for your State's Health Insurance Assistance Program.

## Submit Your Senior Monthly Classified Ad

Just take the number of words in your classified ad (20 word minimum) times 15 cents times the number of months you would like your ad to run.

Example:

20 words x .015 x 4 mos. = \$12.00

Pick your own classified category (e.g., For Sale, Help Wanted, etc.), and mail your ad along with a check or money order to:

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## CLASSIFIEDS

### COLLECTABLES

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. We can purchase your items outright for cash, or handle your Estate Tag Sale. Call any time. Pat Kinde. 785-865-5049.

### SUDOKU SOLUTION

5	2	4	8	7	3	9	1	6
9	8	7	4	6	1	5	2	3
6	3	1	9	5	2	7	8	4
1	9	5	7	8	6	3	4	2
7	4	3	1	2	5	6	9	8
2	6	8	3	9	4	1	5	7
4	7	6	2	1	9	8	3	5
8	1	2	5	3	7	4	6	9
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R	O	T	H	T	E	S	T	C	O	P	S	E		
A	G	R	A	C	A	P	O	A	P	R	I	L		
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O	I	L	E	R	S	E	N	T	S	W	A	T		

### JUMBLE ANSWERS

Jumbles: PHOTO OXIDE EIGHTY GROUCH

Answer: What the mountain climbers paid to reach the summit - A "HIGH" PRICE

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### TRIVIALITIES ANSWERS

1. Whoopi Goldberg 2. Jacquelyn Mitchard 3. Michelle Pfeiffer 4. Christian Bale 5. "Bewitched" 6. "Talladega Nights: The Ballad of Ricky Bobby" 7. Robert Rodriguez

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## Need a Rate Card?

If you would like a *Senior Monthly* rate card, please call Kevin at 785-841-9417, or e-mail [rates@seniormonthly.net](mailto:rates@seniormonthly.net) to receive an autoresponder message with rate information.

## SRA Senior Resource ALLIANCE of Northeast Kansas

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- COMMUNITY RESOURCES & ASSISTANCE - Jayhawk Area Agency on Aging, Inc.
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- ESTATE SALES - The Problem Solver
- FINANCIAL PLANNING, FINANCIAL SERVICES, INSURANCE, LONG TERM CARE INSURANCE - Lord-Roberts & Associates
- HEATING & COOLING - Anchor-Robinson Aire Serv
- HOME MAINTENANCE/REPAIR SERVICES - The Carpentry Specialists
- HOSPICE CARE - Midland Hospice
- MEDIA REPRESENTATIVE - KTPK Country Legends & Kaw Valley Senior Monthly
- ONSITE AUTO SERVICE - JEM Mobile Oil Changing
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