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INSIDE



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KEVIN GROENHAGEN PHOTO

C.E. "Sonny" Scroggins can be found most mornings at the downtown McDonald's in Topeka, where he enjoys discussing political, social and cultural issues with fellow Topekans.

Scroggins takes on 'gangsta rap'

By Kevin Groenhagen

A former disc jockey in Topeka enjoys many types of music. Growing up in Checotah, Okla., the hometown of American Idol Carrie Underwood, he learned to love country music. He also enjoys the blues, jazz, and rap. You might even catch Sonny Scroggins tapping his toe to Kenny Loggins. However, Scroggins doesn't care much about the negative influences of gangsta rap.

According to Answer.com, "gangsta rap" is "a genre of hip-hop that reflects the violent lifestyles of inner-city youth." Critics claim gangsta rap promotes homophobia, violence, profanity, promiscuity, misogyny, drug use, racism, and materialism. Scroggins, who calls himself a racial reformist, began his crusade against gangsta rap soon after Don Imus made disparaging remarks about the Rutgers University women's basketball team last April. At

the time, Scroggins was in Ypsilanti, Mich., demonstrating against the government of Sudan. "I saw it as an opportunity to level the playing field," Scroggins said. "I started protesting against both Sudan and gangsta rap at the state Capitol in Topeka." While protesting at the Capitol, Scroggins began visiting with Rep. Peggy Mast, R-Emporia. He persuaded her to introduce a resolution that

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Sonny Scroggins

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would condemn rap music.

"I can't say enough about Rep. Mast," Scroggins said. "She has the courage of her convictions. She's getting a lot of flack from some of her contemporaries.

Scroggins and Mast have also taken quite a bit of flack from some in the media. After acknowledging that he had not read the resolution, a blogger on the *Topeka Capital-Journal's* Web site claimed that the resolution could "create a chilling effect on freedom of speech and expression." He concluded his opinion piece by imploring Scroggins and Mast to "make like Spike Lee and do the right thing—either throw the resolution away or bring it back to the drawing board where you can erase anything that hints of condemnation of expression."

Spike Lee, of course, is the film director, producer, writer, and actor whose films include *Do the Right Thing*, which was nominated for an Academy Award in 1990. Apparently unbeknownst to the blogger, Lee, an "American of African descent" (Scroggins' preferred term), has spent much of the last few years condemning gangsta rap. For example, in a 2003 appearance at DePauw University, Lee lamented the popularity of best-selling rapper 50 Cent. "The reason why he's huge is because he's been shot 12 times," Lee said. "How more legitimate can you get? He got shot and lived to rap about it. This whole mythology and fascination with gangsta culture... look at the title of the CD, *Get Rich or Die Tryin'*. That's crazy. That is the motto of many of these young black kids.... It is crazy, insane. He's on the cover of *Rolling Stone* this week, and at the end of the article his mother comes in the dressing room proud as a peacock showing everybody who'll look the custom-made bulletproof vest she made for his five-year-old son. Bulletproof vest for a five-year-old kid and that's supposed to be hip, something we should strive for."

In an editorial, *The Hutchinson News* called the resolution "a waste of time" because "It won't do a thing to stem the popularity of the music, and it won't discourage a single teenager from purchasing the latest album from 50 Cent or Young Gunz." It is true that the resolution carries no legal force and is largely symbolic. However, as a wise person once observed, "Never underestimate the power of a symbol." Many symbolic gestures have led the

way towards positive social changes.

The *Pitch*, a Kansas City alternative publication, complained that Kansas is "embarrassing us all by opening its corn-filled mouth to decry an element of pop culture that appeals strongly to young people." Of course, Kansas is not the first state to address gangsta rap. The Associated Press reports that Connecticut's legislature has already condemned gangsta rap. In addition, last fall the U.S. Congress held a hearing to address the misogyny prevalent in rap music and videos. According to ABC News, academics stated during the hearing that "while First Amendment rights might protect rappers and other entertainers, Congress and society must do more for a culture that they believe is adversely affected by hip-hop, and is most especially hurtful to African-American women."

"Were not trying to infringe on people's First Amendment rights at all," Scroggins said. "I would like to see gangsta rap eliminated from mainstream America because of the ill affects associated with it, but it seems that would infringe on those rights. I do believe, however, that we can complain."

Regardless if the resolution condemning gangsta rap passes or not, it is very unlikely that Scroggins will drop the issue. If only one word could be used to describe Scroggins, it would be "persistent." He has persevered in circumstances that would crush the spirit of most people.

When he was 10, Scroggins' mother died while giving birth to his younger brother, leaving six orphans in Oklahoma.

"With the help of the welfare system at that time, my mom's mother and father, and her siblings, I learned children can get past life's hardships, from tragedy to triumph," Scroggins said.

Even with support from the government and family, the young Scroggins had to struggle to get by. To help make ends meet, he performed a variety of odd jobs, including picking cotton and burying people by hand. He also learned a great deal about life from his grandfather, Viteo P. Guest. Guest was the first black elected to public office in Checotah, Okla. After returning

from a trip to Memphis, Scroggins asked his grandfather why the restrooms there had signs with "White" and "Colored" in big, bold letters.

"He told me, 'It's only like that now, but one day things will change,'"

Scroggins said. "Right then and there I decided I didn't want to live as a second-class citizen and was sure that other blacks didn't either. I made up my mind that I would do

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Sonny Scroggins

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everything I could to improve the lives of people."

Scroggins graduated from Checotah High School in 1969 and soon moved to Topeka, where his aunt, the late Carol Ann Green lived. In addition to her own daughter, Green helped raise five nieces and five nephews.

A complete history of Scroggins' work as a racial reformist in Topeka during the past four decades would fill an entire book. Scroggins emphasizes that all of these accomplishments were made possible by God. Here are just a few of the highlights:

- He served as a VISTA volunteer.
- He served on Gov. Mike Hayden's Taskforce on AIDS.
- He organized early efforts to save Constitution Hall after the city approved its demolition in 1997.
- He worked to preserve the former all-black Monroe School, which is now a historic site dedicated to the historic 1954 *Brown v. Board of Education* decision and the civil rights movement. (Scroggins' son, Tracy Scroggins, a retired professional football player for the Detroit Lions, recently made a financial pledge to help Community First

Inc. founders Sandra Lassiter and Dr. Betty Horton acquire the former Summer Elementary School for a multipurpose community center that would include a school. Summer School is on the National Register of Historic Places and is also linked to the historic *Brown v. Board* case.)

- He founded Bias Busters, an organization striving for freedom, justice and equality. Bias Busters is a member of Rev. Al Sharpton's National Action Network.
- He lobbied the state of Kansas for an African-American Affairs Commission. That commission was established in 1990.
- Scroggins successfully lobbied to have dozens of Topeka parks, highways, streets, rooms, bridges, and gardens named after Americans of African descent.
- He ran as Dr. Isabel Masters' vice presidential running mate in 1992 on the Republican ticket.
- After noting that Americans of African descent were not represented on the walls of the state Capitol building in Topeka, Scroggins began lobbying to change that. In 1990, a portrait of Edwin P. McCabe, state auditor in 1883-87 and the first black statewide office holder, was displayed on the Capitol's second floor. Scroggins also lobbied for four

years to have a mural of the First Kansas Colored Volunteers added to the state Capitol.

"Hollywood and John Q. Public think that the 54th Massachusetts was the first African American regiment," Scroggins said. "*Glory* actually started here in Kansas."

Sen. James H. Lane began organizing the First Kansas Colored in August 1862. They fought in several Civil War battles, including the Battle of Honey Springs on July 17, 1863. According to Scroggins, the First Kansas Colored fought that battle just outside the back door of his childhood home in Oklahoma. Since 1996, he has reenacted the role of James Whitfield Ross, a First Kansas Colored soldier. He even represented the First Kansas Colored as a flag bearer at a 1998 dedication ceremony at Arlington National Cemetery in Virginia. That same year, state legislators pass a resolution endorsing the idea of a mural of the First Kansas Colored at the Capitol. That mural is scheduled to be added in 2010.

When asked about his future plans, Scroggins said he wants to retire by 2010 and volunteer full time with the AARP. He also wants to spend more time with his grandchildren. However, he plans to do some

more lobbying before then.

"I want to start lobbying to have George Washington Carver's birthday recognized in Kansas," Scroggins said, "A lot of people think that Martin Luther King, Jr. was the first black to have a holiday in his honor, but George Washington Carver was actually the first."

Carver was an African-American scientist who spent many of his earlier years in Kansas. He received the Roosevelt Medal in 1939 for saving Southern agriculture. President Harry S Truman signed a Joint Resolution on December 28, 1945, saying, "I do hereby call upon officials of the Government to have the flag at half staff on all government buildings on January 5, 1946 in commemoration of the achievements of George Washington Carver."

The 79th Congress passed Public Law 290, which designated January 5 of each year as George Washington Carver Recognition Day.

"I think some states observe George Washington Carver Recognition Day," Scroggins said. "But we don't do it in Kansas even though it's on the books."

If you would like to contact Scroggins about his lobbying efforts, he can be reached at biasbustersofkansas@yahoo.com.

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Health Care Access explores expansion options

By Billie David

Health Care Access is looking at its options for expansion, the fourth time in its 20-year history that the local health clinic for the uninsured has had to find a way to enlarge itself in order to accommodate a steadily growing patient base.

Health Care Access came into being in 1988 when a group of concerned individuals decided to do something about the people who were falling through the cracks of the health care system. The result was a clinic that they opened in a room at Babcock Place, where they saw patients for a couple of hours a week.

Within three years, the clinic outgrew its space and moved to a building on Moodie Road, where in 1999 the increasing number of people seeking help necessitated an expansion that doubled the building's floor space to 3,200 square feet.

Demands on the clinic grew and last year—in order to decrease patient wait time and increase privacy—Health Care Access staff converted

some of the building's office space into more clinic rooms. But even after claiming the office space and moving two desks into a hallway, staff members found that the wait time kept on increasing.

It soon became clear that an expansion on a larger scale could no longer be avoided.

"We have just started the exploration process," said Nikki King, Health Care Access executive director, referring to a committee meeting in February to explore three options that would enable the clinic to serve more people. Those options are adding on to the current facility, relocating, or expanding the clinic's hours.

"We still need more space," King said. "We've been fortunate enough to add another provider, allowing women to come in for annual exams, so that has increased the numbers. And more physicians are willing to

see patients at the Moodie clinic. On our busiest days we have four providers with four rooms, and we are bumping into each other.

In 2007, which was a record year for Health Care Access, the patient load increased 14 percent over the previous year, and with the recent economic problems, the numbers are expected to swell even more.

"The numbers increase when the economy's takes a downturn," King said. "That's when our business really booms."

Regardless of the growing numbers, Health Care Access officials want to take the time to consider their options carefully. One thing they do know is that they will be busy applying for financial help, especially in the form of grants. A rough estimate puts the expense of expanding Health Care Access at a possible half-million dollars.

"There are lots of grants available

for capital projects or expansions," King said, adding that the grants would take the burden off of the local population. "Lawrence and Douglas County have been tapped extensively in the last couple of years and we hope not to have to ask an exhausted donor base."

One of the first steps that committee members plan to take before settling on one of the three options is to look carefully at the numbers.

"There's lots of homework to be done before making a decision," King said.

For example, a primary data-gathering effort showed that of the patients who visited Health Care Access in 2007, 26 percent lived in the 66046 ZIP code area and 38 percent lived in the area with the 66044 ZIP code.

"We want to be accessible to those ZIP codes," King explained.

One option would be to move to a facility near Fourth and Maine streets, which would enable the clinic to be near the partners they confer with frequently, such as Bert Nash, the Lawrence-Douglas County



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■ CONTINUED ON PAGE SEVEN

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Health Care Access

■ CONTINUED FROM PAGE SIX

Health Department, and Lawrence Memorial Hospital.

"We could point patients to places across the street, where there is something visible to show them that there are other options besides the emergency room," King said.

Being near the hospital could also have an impact on the availability of physician volunteers, who are more familiar with that area.

"Moodie is a little bit off the beaten path—a little hard to find," King explained.

On the other hand, staying at the current facility would have a finan-

cial advantage.

"Being a city facility, we only pay one dollar a year to stay here," King said, "and we could expand that building."

Whether they relocate or stay on Moodie Road, one of the major requirements is that the clinic remain on a bus route, she added.

In the meantime, while they juggle the numbers and consider the alternatives, Health Care Access staff will soon take more steps to ease the patient wait time.

"We plan to add more clinic hours in the near future," King said. "The time is not urgent. Quarters for everyone are pretty crowded right now, but it's manageable."

Health Care Access seeks stories from former patients

By Billie David

As they prepare to celebrate 20 years of service to Douglas County residents, Health Care Access officials are looking for former patients who want to share their stories.

They shouldn't be too hard to find: Health Care Access has helped more than 13,000 people during the past two decades.

They also plan to have volunteer-appreciation gatherings for the people who have helped keep the clinic in operation, including board members and physicians, who number well over 100.

Executive director Nikki King, who has been with Health Care Access since 1998, has seen changes in the clinic's services over the years, the most notable of which is that, early on, most of the diagnoses were minor in nature, but today over half of the patients have chronic conditions such as diabetes and high blood pressure, which require more care.

That's because more people are falling through the cracks of the health care system's screening process, so that those who develop health problems aren't aware of it until symptoms develop, King said. Even then, many people don't want to ask for help so they wait as long as they can before contacting the clinic.

Asked how she keeps a positive attitude in the midst of so many problems, King said it's the knowledge that they are making a difference that keeps her going.

"It's a matter of hearing the success stories of people who have used our services at a difficult point in their lives. Many of them are doing well now and are able to give back themselves," she said.

Eligibility requirements for Health Care Access include living in Douglas County and being within 185 percent of the poverty level. Eligibility guidelines are posted on the Web site at healthcareaccess.org.



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Kansas Secretary on Aging visits Valley Falls assisted living facilities

When it's as cold as a Kansas winter can get, including a light blanket of snow, it's important that those who can no longer live alone enjoy the comforts of a comfortable, homelike setting.

Kansas Secretary of Aging Kathy Greenlee made a visit to the warm, family-oriented atmosphere of LinnWood Place and LinnWood Home Plus in Valley Falls on Wednesday, January 23.

Escorted by LinnWood's administrator, Ken Hartle, and Long Term Director for Kansas Department on Aging, Vera VanBruggen, Secretary Greenlee met with residents and staff to tour the small, intimate setting for seniors who are in need of moderate assistance.

"Resident-directed care is changing the dynamics of the 21st Century nursing home environment," Greenlee noted. "Thankfully, Kansas is recognized nationally as a leader in culture change in long term care and in providing settings that allow residents to remain independent and in charge of their own lives as much as their physical and mental capacities permit. Places like LinnWood Place enhance indepen-

dence, autonomy, dignity, privacy, and personal choice."

LinnWood Place provides housing for 15 individuals with private, fully appointed apartments, access to common living areas to share with other residents, and nicely landscaped grounds and exterior areas. The facility has served senior residents for over 10 years and prides itself on the warm, homelike common areas and multiple opportunities for residents to share cooking and entertainment plans.

LinnWood Home Plus offers more supervised care for individuals who can no longer remain independent. The eight-resident facility is staffed 24 hours a day with qualified and caring personnel and a nurse is always on site. Because of the intimate setting, staff members learn residents' daily routines and develop relationships of trust and companionship.

Both visitors commented on LinnWood Home Plus' spacious studios and committed nursing care. "Impressive facility!" Greenlee said. "LinnWood Place shows what can be done in long term care."

Learn more about LinnWood Place



COURTESY PHOTO

Ken Hartle, administrator of LinnWood Place and LinnWood Home Plus in Valley Falls, gives Kansas Secretary of Aging Kathy Greenlee a tour during her January 23 visit.

and LinnWood Home Plus at www.linnwoodplace.com. Ken Hartle also operates Deer Park Home Plus in Meriden.



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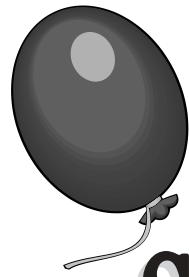
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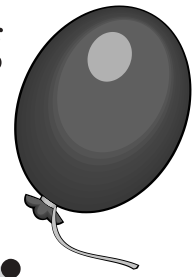
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3rd Annual Lawrence Area Partners in Aging



March Madness Senior Resource Fair

Tuesday, March 4, 2008 from 10:00 a.m.-2:00 p.m. • Hy-Vee at 6th and Monterey Way



- FREE! No cost to attend!
- FREE refreshments.
- Freebies, handouts, brochures. Over 40 door prizes will be given away, including two \$100 gift cards to Hy-Vee.
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- FREE balance screenings, memory games, blood pressure checks, oxygen level checks, spinal screenings including muscle and nerve evaluations, hearing screenings, chair massages, and much more!
- FREE Kansas "Yellow Dot" kits available.

Come by anytime between 10:00 and 2:00 to visit the booths and displays from local businesses and organizations that serve seniors in Douglas County.

- AARP Kansas
- Advanced Home Care LLC
- Baldwin Healthcare and Rehabilitation
- Blackwell Hearing Center
- Brandon Woods
- Caregivers Home Health
- CornerBank N.A.
- Criticare Home Health Services, Inc.
- Douglas County District Attorney
- Douglas County Senior Services, Inc.
- Douglas County Visiting Nurses, Rehabilitation and Hospice Care
- Harbor House Memory Care
- Heart of America Hospice
- Home Helpers
- Home Instead Senior Care
- Humana, Inc.
- Jayhawk Area Agency on Aging, Inc.
- John Clinger
- Kansas Elder Care
- Kaw Valley Senior Monthly
- KU Schiefelbusch Speech-Language-Hearing Clinic
- Lawrence Area Coalition to Honor End of Life Choices
- Lawrence-Douglas County Health Department
- Lawrence Presbyterian Manor
- Lawrence Public Library
- Lawrence Therapy Services
- Midland Hospice
- Richmond Healthcare and Rehabilitation
- RSVP of Shawnee and Douglas County
- Rumsey-Yost Funeral Home
- Sandcastles, Inc.
- Schroeder Chiropractic Wellness Center
- Susan Bonham ABR, CSA, GRI - Realtor
- Trinity In-home Care
- Vintage Park at Baldwin City
- Vintage Park at Ottawa

This is the third 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, or email partnersinaging@yahoo.com.

Lawrence Funeral Chapel adds on-site crematory

Lawrence Funeral Chapel, A Chapel Oaks Funeral Home, is pleased to announce the completion of their state-of-the-art, on-site crematory.

The construction of the crematory began on November 28, 2007, with Lawrence and the surrounding communities in mind. The funeral home's main goal is to provide comfort, convenience, and peace of mind to the families it serves. Having a cremation service at Lawrence Funeral Chapel means that your loved one stays in the care of the funeral director, who handles the service from beginning to end. This is just another way the funeral home is meeting the needs of its families. This is what families want.

"It is important to evolve with the industry and make sure that cremations are dignified," said Chris Hutton, owner of Lawrence Funeral Chapel. "The cremation process is equally as important as any other service. If a family wants to witness the cremation process, they can do it. We are making that possible as

well. We want to do whatever makes the families we serve comfortable and provide the very best quality care."

Lawrence Funeral Chapel is located at 6th & Monterey Way and offers an on-site monuments selection. In an effort to better serve their families, Lawrence Funeral Chapel has extended hours from 8:00 a.m. to 8:00 p.m., Monday through Friday, Saturdays from 8:00 a.m. to 12:00 p.m., or by appointment after hours if needed. Lawrence Funeral Chapel can be reached at (785) 841-3822.

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

Are you as protected as you think you are?



A recent survey indicates that only 42 percent of adult Americans have wills. Most people know that they need a will, but the American Heart Association suggests that all of us should actually have *three* wills. Our brochure "Heartfelt Thoughts About Your Three Wills" gives an overview of three types of wills – last will and testament, living will/healthcare directive, and ethical will – and illustrates the value of each.

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For this free brochure, call 913-652-1912 or fill out and mail this form to American Heart Association, Attn: Planned Giving, 6800 W 93rd St, Overland Park, KS 66212.

Please send me your free brochure *Heartfelt Thoughts About Your Three Wills*.

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Harley Catlin
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Smart portfolio moves for your retirement years

For most of your working years, your investment strategies, by and large, will probably revolve around achieving sufficient growth to help you meet your long-term goals, such as college for your kids and a comfortable retirement. But once you are retired, you can't just sit back

amount—the amount you can pass to your heirs, free of estate taxes—is \$2 million. This figure rises to \$3.5 million in 2009. Then, in 2010, the estate tax disappears—for one year only. And unless Congress changes the laws before then, in 2011 the exemption amount will revert to \$1 million, with a maximum estate tax rate of 55 percent.

How can you help your family

cope with a potential estate tax burden? You could make some “tactical” moves, such as rolling over your 401(k) to an IRA, which, when passed on to your heirs, could be “stretched” for years to reduce the tax bite. You could also reduce the size of your taxable estate by making gifts to family members and charitable organizations. Before making either of these moves, though, consult

with your tax and legal advisors.

Clearly, there are many portfolio considerations for retirees. So, when you're nearing retirement, start planning ahead. By making the right moves, you can make your “golden years” considerably brighter.

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



Harley Catlin and Ryan Catlin

and put your investment portfolio on “autopilot.”

What types of portfolio moves should you make as a retiree? Here are a few possibilities:

- **Generate Your Own Paycheck.**

When you're retired, you can collect Social Security and receive distributions from your 401(k) and IRA. But you'll also probably need to generate some income from your investment portfolio. Consequently, you'll need to own the appropriate mix of investments, including stocks that have the potential to pay dividends, bonds and Certificates of Deposit (CDs).

- **Protect against inflation.**

Even if you do need some of your investments to provide you with an income stream, you can't ignore the need for growth - because you'll have to contend with inflation. Consider this: Everything you buy today will cost about twice as much in 25 years, assuming a 3 percent annual inflation rate. In other words, if you need \$75,000 a year to retire comfortably now, you'll need about \$150,000 per year in 25 years to maintain your standard of living. And with advances in medical treatments leading to longer life spans, it's entirely possible that you could spend 25 years—or more—in retirement.

To fight inflation, then, you will need at least some exposure to stocks, which offer the potential to provide returns greater than the inflation rate. While it's true that by investing in stocks, you can lose some, or all, of your principal, you may be able to reduce your risk level by buying quality stocks and holding them for the long term. You can also help protect yourself against inflation through other investments. Your financial advisor can help you choose the investments that are appropriate for your needs.

- **Leave a legacy.**

As you may know, the estate tax laws are in flux. In 2008, the estate tax exemption

Lawrence Faith Foursquare Church

Bishop Seabury Academy, 4120 Clinton Parkway, Lawrence



Pastor Herbert Eplee



Assistant Pastor Alfonso Orantes

MY PRAYER TODAY

God let me be a person who holds up the fallen, and those that are discouraged and give me the wisdom to comfort those who are in need. God has not ordained us to Judge but He has commanded us to love each other. Let us lift up each other, and leave no room for the destroyer to work in our hearts, and do not let Satan have control of the tongue that can be a tool of destruction. It does not matter what you and I think, but the will of God is the tool the Christians should be a master of. Stop and think before you state your opinion about others, we might be destroying someone and the statement may not be repairable. God help us to lift up one another in the Holy Faith and never hurt those who have fallen.

If you are new to the area or just wanting to come see what God is doing at Lawrence Faith Foursquare Church, we welcome you to come worship with us. We hope you will make plans to join us this Sunday knowing that you will find a committed family of faith where you and your family can grow in the grace of our Lord Jesus Christ.

**Services held every Sunday 10:15am at
Bishop Seabury Academy, 4120 Clinton Parkway**

**Everyone
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to attend.**

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**Pastor Eplee is
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Funeral Officiant.**

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

Let there be...therapy! New treatment for Alzheimer's

Light therapy is the next best hope for people with Alzheimer's Disease. This important news comes from researchers led by Dr. Gordon Dougal at the University of Sunderland in Britain. Media reports on this discovery generally feature a black helmet, resembling a bike helmet with electrodes, which shines infrared light through the skull to stimulate brain cell activity. Research on mice suggests that this treatment can improve memory by improving cell growth. This holds out the hope of similar im-



Laura
Bennetts

provements in people suffering from memory loss—of whom people with Alzheimer's Disease are the most notable group. The next step, beginning later in 2008, is to test this infrared light therapy on people. Cross your fingers—the results could be positive.

But how, you might wonder, could this work? Aren't we told to wear hats and sun block precisely to reduce our exposure to light? How could light beamed into our brains work this apparent miracle?

Light Therapy

This good news isn't completely unexpected. For some years now, light from the infrared range of the light spectrum has been successfully used to speed wound healing, to reverse painful peripheral neuropathy, to restore feeling to numb limbs and extremities, and to heal cold sores. This is the principle behind Anodyne therapy, which is currently available to people who seek physical therapy for pain problems.

As you may recall, "infrared" light is the wavelength just below visible red light on the electromagnetic spectrum; at the opposite end of the spectrum, below visible violet light, is ultraviolet light. It turns out that, though invisible, infrared light has powerful and highly tangible therapeutic properties, as many people have learned in recent years.

A good example is the use of infrared therapy to reduce the incidence of mouth sores among children who receive bone marrow transplants. Applied to the outside of the cheek, infrared light permeates deeply to prevent sores from developing inside the mouth. This safe, non-inva-

sive treatment is also very effective for the treatment of common cold sores. But the idea that this same kind of treatment could help address major neurological problems as well, if borne out by further research, will be an unexpected breakthrough of major proportions.

Alzheimer's Next?

Currently, we have medications to slow the decline of brain functions caused by Alzheimer's Disease but not to reverse the damage to brain tissues. But the new research by Dr. Dougal's team shows that infrared light therapy improves brain processing for mice with poor memories. The follow-up study on human subjects will apply the same kind of therapy—using helmet-like "thinking caps"—daily for as little as 10 minutes a day for four weeks.

Will this work for people as well as it does for mice? It's too soon to say. But we know that infrared therapy addresses many other problems, and Dr. Dougal's study gives hope to people experiencing decline in memory and thought processing due to dementia.

Apply Directly to the Brain

How does this work physically? Repeat after me: "photobiomodulation." This is the term we use to designate the effects of light on our cells. Remarkably, light therapy can actually boost energy production by the microscopic power packs (mitochondria) inside each cell. This accelerates cell and tissue repair. In other words, light therapy acts on cells directly, making them stronger and better able to repair themselves.

Shedding Light on Alzheimer's

We do not yet have a reliable way to diagnose Alzheimer's Disease early enough to take effective preventive action. Researchers are exploring the uses of MRI and PET scans. Another promising approach is to bounce a pulse of infrared light off the lens of a person's eye to measure protein content. It has been learned that, in people with Alzheimer's Disease, cataracts often form with high levels of Beta-amyloid deposits. Non-invasive infrared scans enable us to determine whether deposits of this kind are forming, and may potentially make early diagnosis and treatment of Alzheimer's Disease available to people around the world.

Clarity Regained

Reversing the symptoms of Alzheimer's Disease would enhance and extend self-sufficiency for countless people and ease the lives of their family members. The emotional and financial cost of Alzheimer's is all too familiar to

those who have lost their parents and grandparents to this disease. In 2006 the global cost of Alzheimer's Disease was \$248 billion. By 2015, when the population of those over 65 in the U.S. doubles to 79 million, the cost of housing and caring for those with Alzheimer's will more than double. Early detection and treatment of Alzheimer's Disease with light therapy would help everyone who bears the

costs. Since these costs are physical, emotional, and financial, that means...just about everyone.

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

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Those 50 and older may need vitamin D supplements

Today researchers are excited about another nutrient—Vitamin D. Vitamin D is a vitamin that one hears little about but has much to it. It is often called the sunshine vitamin because the most abundant source of Vitamin D is from the sun's ul-



Dr. Farhang Khosh

traviolet rays. Research is showing that this vitamin is involved in many different conditions in the human body. What is Vitamin D? What are the various sources of Vitamin D? Who is at risk for having low Vitamin D levels?

Vitamin D is a fat soluble vitamin. It can be found in some foods, but the largest source is ultraviolet rays from the sun. Ultraviolet rays from the sun trigger Vitamin D synthesis in the skin. In the body Vitamin D exists in several forms. Calciferol is the most

active form of Vitamin D. Once Vitamin D is produced in the skin or consumed in food, it requires chemical conversion in the liver and kidney to form 1,25-dihydroxyVitamin D, or the physiologically active form of Vitamin D. Active Vitamin D functions as a hormone because it sends a message to the intestines to increase the absorption of calcium. By promoting calcium absorption, Vitamin D helps to form and maintain strong bones. Vitamin D also works in concert with a number of other vitamins, minerals, and the immune system.

Current literature suggests that a Vitamin D deficiency plays an important role in cancer, cardiovascular disease, autoimmune disease, osteoarthritis, osteoporosis, Rickets, depression, diabetes, muscle weakness

and wasting and autism. According to the UCSD Medical Center, 600,000 cases of breast and colorectal cancer could be prevented each year by adequate intake of Vitamin D.

What are the sources of Vitamin D? Most of us make about 20,000 units of Vitamin D after about 20 minutes of summer sun. This is about 100 times more Vitamin D than the government says you need every day. The only way to be sure you have adequate levels of Vitamin D in your blood is to regularly go into the sun. Other sources of Vitamin D are found in salmon, cod liver oil, mackerel, tuna, liver, eggs and it is fortified in milk and some cereals.

Who may need to supplement with Vitamin D? Those who have limited exposure to the sun or are

homebound. Those who live in the northern latitudes such as Alaska. Infants who are breastfed exclusively may need to supplement with a Vitamin D source. Older Americans age 50 and older because the skin will not be able to synthesize Vitamin D as effectively. Those who have problems absorbing fats such as Crohn's Disease, Cystic Fibrosis, Celiac Disease or liver disease.

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

Advertising deadline for the April issue of Senior Monthly is March 20. Call 785-841-9417.

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Think your home will fund your retirement? Think again

Quiz time. Is your home: a) A place to live, b) A piggybank for retirement?

For most homeowners, the answer is, "both of the above." Decades of rising residential real estate valuation have brought Americans to view their homes not only as shelter, but as important assets that will help fund



Mark
Miller

retirement. They've been encouraged by the financial services industry, which has aggressively marketed equity-to-cash products like home equity loans and reverse mortgages.

Even the current downdraft of the sub-prime mortgage crisis hasn't hurt housing values enough to shake our long-term confidence in real estate as a retirement savings vehicle.

"Most people tend to think past is prologue when it comes to home valuations," says Dowell Myers, a housing expert at the University of Southern California.

"Real estate surveys consistently show that people always expect whatever trend has been in place to continue for another 10 years."

Trouble is, market trends don't continue forever. And according to Myers, today's tough real estate market will be insignificant compared with the long-term downturn coming in housing. If his projections are right, you'll want to rethink the role of real estate in your retirement plan.

Myers is a professor of urban planning and demography at the University of Southern California who studies the impact of demographic trends on real estate. His most recent research study, "Aging Baby Boomers and the Generational Housing Bubble," looks at future supply and demand for housing.

Please note Professor Myers' use

of the dreaded B word there. Why a bubble?

Stepping back and looking at residential real estate over the past three decades, Myers concludes that the giant baby boom generation created a huge bubble of housing demand. Declining demand—coupled with too many sellers—will pop it.

"The most important factor that pushes prices up is when you have more buyers than sellers," Myers says. "The baby boom generation has pushed up housing prices over the past three decades, as they steadily moved up the ladder and bought housing. So people think the last three decades are normal. But at some point boomers will start to cash out."

Myers' calculates that the ratio of seniors to working-age residents—the people who buy homes—will rise 67 percent over the next two decades. That will mean a protracted period of falling housing prices. While the study doesn't forecast the actual price decline, Myers believes the downturn will start around 2010 and persist two decades or more.

But the downturn won't be equal in all parts of the country—and it

won't occur at the same time. That's because the change in the ratio of sellers to buyers won't be identical across all states and regions. The Northeastern U.S., for example, will have a relatively high number of boomers ready to sell and move to warmer climates. But the pool of buyers will be limited not only by the smaller number of young people—but also by the region's high home prices, which will put housing out of reach for many.

The Midwest also will have a high number of retiring boomers, but more affordable prices will create a somewhat larger pool of qualified buyers. "It could be a pretty big sell off in states that don't have enough buyers," Myers says. "The Northeast will be a basket case."

Meanwhile sunbelt states like Arizona, Florida and Nevada won't be hit as hard, because an influx of retirement-aged homebuyers will buoy the buyer pool.

The upshot: If your retirement is still some years away, don't make overly bullish assumptions about the value of your home in your financial planning. And be conservative about loading up your home with

too much mortgage debt. "For people around age 55, nearly half of their housing value is in debt," Myers says. "If prices drop 25 percent, you'd lose half of all your equity."

Myers does have some straightforward advice for would-be sellers: Don't be in such a hurry. "The most practical thing is to ask yourself is, 'Why should I sell?' Why not work to make your community more amenable to older people who want to stay in place?" he says. Myers urges communities to help aging residents stay in place with services such as dial-a-ride, activity centers and home maintenance programs.

How would a housing bubble burst affect your part of the country? I've posted a chart this week at <http://retirementrevised.com> showing Myers' predictions state by state.

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

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

Prednisone: Keeping weight down and bone strength up

By Diana Post, M.D.
Tribune Media Services

QUESTION: What is the most effective method for weight loss/management while taking prednisone?

ANSWER: Prednisone is a synthetic hormone commonly referred to as a corticosteroid or "steroid." (These medicines are not the same "steroids" as the drugs taken by bodybuilders.) Prednisone is used to treat many illnesses, especially those associated with inflammation. It is truly a remarkable and often life-saving medication.

Unfortunately, prednisone can stimulate the appetite, and weight gain is a common and unwanted side effect. Not everyone who takes prednisone will gain weight; in part it depends on how much drug you take and for how long you take it. But most people taking the medicine chronically will gain some weight.

There is no "magic" diet to prevent you from gaining weight with prednisone, or to make you lose the weight already gained. Like all weight-reduction diets, it is all about calories. You lose weight when you burn off more calories than you eat. To successfully lose weight while on prednisone, you need to reduce your caloric intake despite the appetite stimulation and try to increase your exercise to burn the calories. If you are just starting the prednisone, you want to make sure you do not increase your intake of food (and calories) right away, so you do not gain unwanted weight.

Some people on prednisone hold on to more water. Eating a low salt diet helps decrease water retention.

QUESTION: Will long-term use of a steroid medicine such as prednisone cause excessive bone loss?

ANSWER: Yes. Taking prednisone and other corticosteroids (often

called glucocorticoids or steroids) for more than a few months, even at relatively low doses, can indeed lead to significant loss of bone, or osteoporosis. Even using a high-dose corticosteroid inhaler (often prescribed for asthma) has been shown to sometimes lead to thinning of bones.

Corticosteroids are often life-saving medicines and may need to be taken for many years. It is important never to stop them without discussing it with your doctor. So prevention of osteoporosis in people who must take these drugs is very important. You need to be sure that you are getting adequate calcium in your diet (1,500-2,000 mg per day) and some form of vitamin D replacement. Weight-bearing exercise (such as walking or running) helps counteract the bone loss and is recommended. Drinking too much alcohol and any smoking accelerates the bone loss.

There are also prescription medications that might help prevent the development of thin bones in people taking corticosteroids. Clinical trials have shown that medications known as bisphosphonates, which include drugs like Fosamax and Actonel, are effective in preventing the

development of thin bones from corticosteroids. Another drug called calcitonin is an alternative for patients to prevent thin bones.

(Diana Post, M.D., is an assistant professor of medicine at Harvard Medical School and a member of the Department of Medicine at

Brigham and Women's Hospital, Boston, Mass.)

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

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Contact Kevin at kevin@seniormonthly.net or 785-841-9417.

CALLING IT AS THEY SEE IT

As a sports announcer for baseball, football and basketball, Bob Davis has made a career out of describing what he sees. So when his father, Les Davis, moved to Pioneer Ridge Assisted Living, Bob was pleased to observe the great teamwork provided to his father.

"The staff at Pioneer Ridge is great, the services are second to none, and the complex is close so I can easily visit my Dad."

Les, a former sports reporter, loves the staff and other residents at Pioneer Ridge. He enjoys having his own apartment with his own furniture, playing cards, and going on weekly trips out on the town.

Les says, "If it's time to move to an assisted living residence, the best option is Pioneer Ridge. What more could you ask for: good people, warm meals, and a soft bed at night."
Les and Bob, a great team for calling it as they see it!

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

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

ART/ENTERTAINMENT

FEB 22-MAR 9
ALL SHOOK UP

All Shook Up is based on the plot of William Shakespeare's *Twelfth Night*, this musical takes place during a 24-hour period in the summer of 1955, tells the story of a young girl with dreams of hitting the road, and a charismatic rebel who brings rock and roll to the town and changes it forever! Evening and matinee shows. Gage Park-Helen Hocker Performing Arts Center, 700 SW Zoo Pkwy. TOPEKA, (785) 368-0191
<http://www.topeka.org/parksrec/hocker.shtml>

FEB 28-MAR 9

THE COVER OF LIFE

North meets South and career meets home in this deeply affecting story. It's 1943 and three brothers have gone off to war while their brides have moved in with their mother-in-law. Life Magazine picks up the down-home story and sends a snappy New York writer on assignment. Lawrence Community Theater, 1501 New Hampshire St. LAWRENCE, (785) 843-7469
<http://www.theaterlawrence.com>

FEB 29-MAR 29

CABARET

Welcome to the Kit-Kat Club, a night club in Berlin, as the 1920's are drawing to a close. Political unrest wracks the country, the economy has been destroyed, and millions of unemployed roam the streets. The stories of all the characters weave together to create a tapestry that depicts the birth of the Third Reich. Topeka Civic Theatre, 3028 SW 8th Ave. TOPEKA, (785) 357-5211
<http://www.topekacivictheatre.com>

MAR 7 & 8

36TH 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, 1600 Stewart Dr. LAWRENCE, (785) 864-4264

MAR 8

SENIOR CLASS

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

MAR 9

TOPEKA SYMPHONY YOUTH ENSEMBLES

Topeka Symphony Youth Ensembles performs in concert at 2:00 p.m. in White Concert Hall at Washburn University. White Concert Hall-Washburn University, 1700 SW Jewell. TOPEKA, (785) 232-2032
<http://www.topekasymphony.org>

MAR 27-30

IT'S A DOG'S LIFE

The first musical for the Youth Players this season. It's A Dog's Life follows the adventures of a Golden Retriever named Bo, who has a secret: he is being chased by a mad dog mongrel named Spike and his motley pack of many misfits. Evening and matinee shows. TOPEKA, (785) 368-0191
<http://www.topeka.org/parksrec/hocker.shtml>

APR 3-13

THE WOMEN OF LOCKERBIE

A mother from New Jersey roams the hills of Lockerbie, Scotland, looking for her son's remains that were lost in the crash of Pan Am flight 103. She meets the women of Lockerbie, who are fighting the U.S. government to obtain the clothing of the victims found in the plane's wreckage. The women, determined to convert an act of hatred into an act of love, want to wash the clothes of the dead and return them to their families. Topeka Civic Theatre, 3028 SW 8th Ave. TOPEKA, (785) 357-5211
<http://www.topekacivictheatre.com>

BINGO

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1

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

SUNDAYS & FRIDAYS

CAPITOL BINGO HALL

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

MONDAYS & THURSDAYS

AMERICAN LEGION POST NO. 400

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

MONDAYS & SATURDAYS

LEGIONACRES

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

WEDNESDAYS, THURSDAYS & SUNDAYS

MOOSE CLUB

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

WEDNESDAYS & FRIDAYS

VETERANS OF FOREIGN WARS

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

WEDNESDAYS

PINECREST APARTMENTS

924 WALNUT, EUDORA, 12:30-1:00 PM, (785) 542-1020

WEDNESDAYS & FRIDAYS

EAGLES LODGE

1803 W. 6TH ST, LAWRENCE, 7:00 PM, (785) 843-9690

WEDNESDAYS & FRIDAYS

EDGEWOOD HOMES

1600 HASKELL, STE 188, LAWRENCE 10:30 AM-12 NOON, (785) 760-1504

THURSDAYS

BABCOCK PLACE

1700 MASSACHUSETTS, LAWRENCE 10:30 AM-12 NOON, (785) 842-6976

FRIDAYS

BALDWIN SENIOR CENTER

1221 INDIANA, BALDWIN CITY 12 NOON-1 PM, (785) 594-2409

FRIDAYS

ARAB SHRINE

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

BOOKMOBILE

MONDAYS

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

TUESDAYS

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

WEDNESDAYS

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

BOOK TALKS

THIRD TUESDAY OF EACH MONTH

COTTONWOOD RETIREMENT CENTER, 1029 NEW HAMPSHIRE ST., LAWRENCE, 2:00 PM BABCOCK PLACE, 1700 MASSACHUSETTS ST., LAWRENCE, 3:00 PM

THIRD WEDNESDAY OF EACH MONTH

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

FOURTH WEDNESDAY OF EACH MONTH

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

CLASSES/LECTURES

ONCE A MONTH

AARP'S 55 ALIVE SAFE DRIVING COURSE

Monthly classes are held at Stormont-Vail. Call to make reservation. TOPEKA, (785) 354-5225

MAR 12

UNDERSTANDING YOUR RISK OF VENOUS THROMBOLISM

Deep vein thrombosis and pulmonary embolism are very serious and sometimes fatal disorders. They occur in people who are predisposed to form blood clots, but also can form in people who are hospitalized for some medical and surgical conditions. Come and hear David Goering, MD, LMH Hospitalist, as he discusses important information to help know if you are at risk for venous thromboembolism, as well as the treatments that may prevent the occurrence of these deadly blood clots. Free but advanced registration requested. Lawrence Memorial Hospital, Auditorium, 6:30-7:30 p.m. LAWRENCE, (785) 749-5800

MAR 13

WOMEN, NUTRITION AND HEART DISEASE

Heart disease is a leading cause of death for women. Heart healthy nutrition is an important component in the prevention of heart disease. Come and hear Cass Ryan, RD, Ph.D., LMH Clinical Dietitian, as she discusses the unique nutritional issues of women related to heart disease prevention. Advance registration is required as class size is limited. Free. Lawrence Memorial Hospital, Meeting Room A, 6:30-8:30 p.m. LAWRENCE, (785) 749-5800

■ CONTINUED ON PAGE 17

An Assisted Living
& Memory Care Residence

the
Windsor
OF LAWRENCE

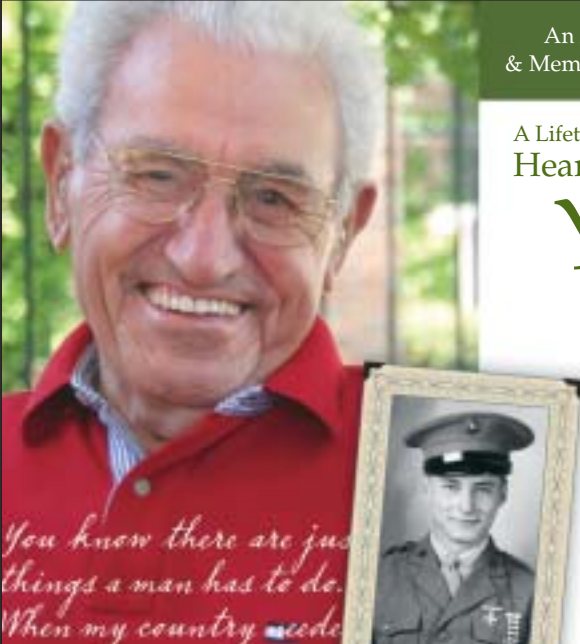
A Lifetime in Every Face, A story in Every Smile.
Hear the Story, Share a Lifetime.

Y

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

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

*Respecting Values, Protecting Dignity,
Supporting Independence.*



■ CONTINUED FROM PAGE 16

MAR 24
THE THREE FACES OF RHEUMATOID ARTHRITIS AND WHAT TO DO ABOUT THEM
 There are 200 varieties of arthritis. While 30 cause inflammation, two others are often confused with rheumatoid arthritis. Effective treatment requires distinguishing these from rheumatoid arthritis. One variety is related to calcium crystals and the other to the spine and sacroiliac. All can interfere with enjoyment of and participation in life activities. This lecture will share some solutions. Presented by Bruce Rothschild, MD, local rheumatologist. Free but advance registration is requested due to space limitations. Lawrence Memorial Hospital, Auditorium, 6:30-8:00 p.m. LAWRENCE, (785) 749-5800

MAR 25
UNDERSTANDING ADVANCE DIRECTIVES
 Come and learn more about why advance care planning is important, and review facts about Advance Directives including: Durable Power of Attorney for Healthcare, and "Living Will". There will be time for discussion. Those participants who wish to complete their documents will be provided assistance. This program is free and sponsored by the LMH Palliative Care Consult Team and C.H.E.C. Please register in advance as space is limited. Lawrence Memorial Hospital, Auditorium, 10:00 a.m.-12:00 p.m. LAWRENCE, (785) 749-5800

EXHIBITS/SHOWS

JAN 21-MAR 14
"CIVIL RIGHTS AND RACIAL TENSIONS" EXHIBIT
 The Museum houses one of the nation's remaining Native-American dugout canoes, a rare 1903 American la France Steam Fire Engine and the Trowbridge Research Library and Archives. 631 N 126th St. Wyandotte Co. History Museum. BONNER SPRINGS, (913) 721-1078

FEB 29-MAR 2
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, 2110 Harper. LAWRENCE, (785) 842-7058

FEB 29-MAR 2
SPRING ANTIQUE SHOW AND SALE
 Wide array of antiques are offered for sale during this show. Douglas County Fairgrounds, 2120 Harper. LAWRENCE, (785) 843-6219

MAR 7-APR 30
JOHANNA HANKS EXHIBIT
 "Spring Flowers." Water colors by Johanna Hanks on display at the Classic Bean in Fair-lawn Plaza. Open daily. TOPEKA

MAR 8 & 9
LEAVENWORTH'S HOME & GARDEN SHOW
 Home decor, garden, kitchen & bath, landscaping, home improvement, decks, hot tubs, stonework, etc. All your home and garden needs in historic downtown Leavenworth. Riverfront Community Center, 123 S Esplanade. LEAVENWORTH, (913) 682-2313 <http://www.leavenworthmainstreet.com>

APR 5 & 6
LEAVENWORTH'S ANTIQUE SHOW & SALE
 Annual show and sale. Antique dealers from several states. Furniture, jewelry, glassware, clocks and more. Riverfront Community Center, 123 S Esplanade. LEAVENWORTH, (913) 651-9643 <http://www.steviesantiques.com>

FESTIVALS/FAIRS

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

MAR 17
ST. PATRICK'S DAY PARADE & CELEBRATION
 Kick off the celebration with a parade, followed by an Irish street fair, activities and more. Downtown. TOPEKA, (785) 234-9336

HEALTH

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

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

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

■ CONTINUED ON PAGE 18

Harbor House Memory Care Open Now



HARBOR HOUSE
Memory Care Residence

"THE EXPERIENCE OF JOY"

Memory Day Care Program Respite

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

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

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



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

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

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

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

Life Begins at DRURY PLACE!

4200 SW Drury Lane • Topeka • 785-273-6847



At Drury Place you'll enjoy tours, group outings and social gatherings.

We'll take the burden off of you so you can live life to the fullest. You'll love it!

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

A warm, loving community that enhances independent lifestyles.

www.seniormonthly.net

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TUESDAYS AND THURSDAYS SENIORCISE PROGRAM

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

WEDNESDAYS

HEALTH SCREENING CLINIC

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

FIRST AND THIRD FRIDAYS OF EACH MONTH

HEALTH CHECKS

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

SECOND THURSDAY OF EACH MONTH BLOOD PRESSURE AND HEALTH INFORMATION

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

THIRD TUESDAY OF EACH MONTH HEALTH SCREENING CLINIC

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

THIRD THURSDAY OF EACH MONTH MEDICATION CLINIC

Bring questions about your medications (prescription or over-the-counter), 1:30-2:30 p.m. Call for appointment. Healthwise 55 Resource Center, 2252 S.W. 10th Ave. TOPEKA, (785) 354-6787

FOURTH THURSDAY OF EACH MONTH NUTRITION CLINIC

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

MAR 6

BONE DENSITY SCREENING

Advanced appointment required. Appointment takes about 20 minutes and includes education about osteoporosis prevention as well as the screening. Individual appointment times must be selected. Note: this is NOT the same as a DEXA scan which is ordered by a physician and is done through Radiology. Lawrence Memorial Hospital, Meeting Room D, 5:00-7:00 p.m. LAWRENCE, (785) 749-5800

MAR 11

BONE DENSITY SCREENING

See March 6 description. Lawrence Memorial Hospital, Meeting Room D, 9:00-11:00 a.m. LAWRENCE, (785) 749-5800

MAR 24

BONE DENSITY SCREENING

See March 6 description. Lawrence Memorial Hospital, Computer Room, 1:00-3:00 p.m. LAWRENCE, (785) 749-5800

APR 1

BONE DENSITY SCREENING

See March 6 description. Lawrence Memorial Hospital, Computer Room, 9:00-11:00 a.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

TUESDAYS

GRIEF & LOSS SUPPORT GROUP

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

TUESDAYS

GRIEF & LOSS SUPPORT GROUP

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

FIRST AND THIRD TUESDAY OF EACH MONTH

HEALING AFTER LOSS BY SUICIDE (HEALS)

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

FIRST WEDNESDAY OF EACH MONTH

OLDER WOMEN'S LEAGUE

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

FIRST WEDNESDAY OF EACH MONTH

GRIEF SUPPORT GROUP

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

FIRST WEDNESDAY OF EACH MONTH

BEREAVEMENT SUPPORT GROUP

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

WEDNESDAYS AND SUNDAYS

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

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

THURSDAYS

GRIEF & LOSS SUPPORT GROUP

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

FIRST THURSDAY OF EACH MONTH

LAWRENCE AREA PARTNERS IN AGING

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

FIRST AND THIRD THURSDAY OF EACH MONTH

LOSS AND GRIEF SUPPORT GROUP

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

FIRST AND THIRD THURSDAY OF EACH MONTH

GRIEF SUPPORT GROUP

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

FIRST FRIDAY OF EACH MONTH

STROKE SUPPORT AND RECOVERY GROUP

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

SECOND MONDAY, SEPT-MAY

LAWRENCE CLASSICS, GENERAL

FEDERATION OF WOMEN'S CLUBS

Volunteer service club. (785) 331-4575

SECOND MONDAY OF THE MONTH

CAREGIVER SUPPORT GROUP

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

SECOND TUESDAY OF EACH MONTH

NATIONAL ASSOCIATION OF RAILROAD

AND VETERAN RAILROAD EMPLOYEES

(NARVRE)

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

SECOND AND FOURTH TUESDAY OF EACH MONTH

LOSS AND GRIEF SUPPORT GROUP

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

SECOND AND FOURTH WEDNESDAY OF EACH MONTH

ALZHEIMER'S EARLY STAGE PATIENT

SUPPORT GROUP

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

SECOND WEDNESDAY OF EACH MONTH

MEMORY SUPPORT GROUP

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

SECOND WEDNESDAY OF EACH MONTH

LOSS AND GRIEF SUPPORT GROUP

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

SECOND THURSDAY OF EACH MONTH

NAACP MEETING - LAWRENCE CHAPTER

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

THIRD TUESDAY OF EACH MONTH

LAWRENCE PARKINSON'S SUPPORT GROUP

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

THIRD TUESDAY OF EACH MONTH

GRANDPARENT/KINSHIP SUPPORT

GROUP

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

THIRD THURSDAY OF EACH MONTH

WIDOW'S LUNCHEON

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

THIRD FRIDAY OF EACH MONTH

RETIRED GOVERNMENT EMPLOYEES

The Lawrence chapter of the National Active and Retired Federal Employees (NARFE) meets the third Friday of each month at the Plum Tree Restaurant at 2620 Iowa. A buffet lunch begins at noon and is followed by a program and business meeting. NARFE's mission is to defend and gain benefits that retired career government employees earned. Employees from all branches of government are welcome and encouraged to attend. For more information, please call John or Linda Surritte. LAWRENCE, (785) 856-0558

THIRD SATURDAY OF EACH MONTH

TOPEKA WIDOWED PERSONS BRUNCH

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

FOURTH TUESDAY OF EACH MONTH

LAWRENCE PARKINSON'S SUPPORT GROUP

PIONEER RIDGE ASSISTED LIVING LIBRARY

4851 HARVARD, LAWRENCE, 6:30 PM

(785) 344-1106

FOURTH TUESDAY OF EACH MONTH

GRIEF SUPPORT GROUP

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

FOURTH WEDNESDAY OF THE MONTH

CAREGIVER SUPPORT GROUP

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

FOURTH WEDNESDAY OF THE MONTH

TOPEKA GENEALOGICAL SOCIETY

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

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MAR 28

AARP CHAPTER 1696

AARP Chapter 1696 will meet at 11:00 a.m. at the Lawrence Country Club. Lunch served at 11:30. Andrea Bozarth, Associate State Director and Director of Community Outreach, will induct new officers and update the "Divided We Fail" campaign. New and interested members welcome. Please call Agnes for reservations. LAWRENCE, (785) 865-3787

MAR 28

KANSAS ADVOCATES FOR BETTER CARE ANNUAL MEETING

KABC presents "Building Blocks for Caregiving," skills to succeed at the hardest job you'll ever have. Space is limited. RSVP required. Fee includes lunch and refreshments. Noon to 3:00 p.m. Trinity Episcopal Church. LAWRENCE, (785) 842-3088

MISCELLANEOUS

MAR 4

MARCH MADNESS SENIORS RESOURCES FAIR

Third annual. The Senior Resources Fair is designed to introduce seniors and their families to the businesses that belong to the Lawrence Area Partners in Aging (LAPA). Will be held at Hy-Vee, 6th and Monterey, 10:00 a.m.-2:00 p.m. LAWRENCE, (785) 842-0656, (785) 856-5555

MAR 18-22

SCIENCE OF SOUND

School's out—and science is in at the museum during spring break. Join us and make some noise as we explore the world of sound through hands-on activities and live demonstrations. Discover what soundwaves look like, how they travel, how animals use sound and much more. Parking is available in the garage north of the Kansas Union. KU Natural History Museum. LAWRENCE, (785) 964-4173 <http://www.nhm.ku.edu>

MAR 22

EASTER DINNER AT OLD PRAIRIE TOWN

Old-fashioned Easter Dinner. Bring your family or friends and enjoy Easter dinner at Old Prairie Town. In addition to an old fashion Easter dinner, there will be live entertainment and shopping in the stores. Please make reservations. 6:00 p.m. Cost is \$20. TOPEKA, (785) 368-2437 <http://www.topeka.org>

MAR 22

EASTER HUNT SPECIAL

"Easter Hunt Special" on the Midland Railway. Trains are scheduled to depart from the his-

toric Santa Fe Depot at 11:30 a.m., 1:30 p.m. and 3:30 p.m. (Call to verify times). The train will take you from Baldwin City to Norwood for an Easter Egg Hunt for ages 0-12. Prizes will be awarded for the Most Eggs Found. Get your picture taken with the Easter Bunny! The train will then return to Baldwin City. BALDWIN CITY, (785) 594-3200 <http://www.baldwincitychamber.com>

APR 5-16

22ND ANNUAL AND LAST TULIP TIME AT BINKLEY GARDENS

In April over 25,000 tulips and 12,000 daffodils greet the visitor to this 3 1/2 acre garden with a diverse landscape which includes formal flower beds, informal gardens and mature woods. 4536 Elevation Lane. TOPEKA, (785) 478-4624

Luther Place
APARTMENT ♦ HOMES
Topeka's Premier Retirement Community
We are so excited, we wanted to tell you about our completely modernized affordable 1 & 2 bedroom Apartment Homes!
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Former KU professor pens forensic mystery

By Margaret Baker

Jefferson Bass: *The Devil's Bones* (Wm. Morrow, available in hardcover, large print, and audio books)

Dr. Bill Bass taught anthropology at K.U., 1960-71. The University of Tennessee lured him away. At both institutions, Dr. Bass was a consultant to the state bureaus of investigation, often asked how long ago a corpse had died. He developed "The Body Farm" where donated human corpses are placed in different environments to determine levels of decomposition. Gruesome but scientifically sound.

Jefferson Bass is the pen name of Dr. Bass and Jon Jefferson, and their works have included true cases solved by their research. They have expanded into fiction; this is the third with protagonist Dr. Bill Brockton.

Brockton's nemesis is Gerald Hamilton, a former medical examiner whose mind snapped when Brockton found an error in an autopsy report. On a rampage, he killed Brockton's love, and has been set to trial. Hamilton escapes, and Brockton knows he's targeted.

Brockton and his loyal crew are also working on two cases for the police. The first involves a body in a burnt car—was the victim killed before the fire? The second involves a crematorium whose owner has gotten rather behind in his work.

Fascinating plots with multi-faceted characters, witty dialogue, and a few red herrings along the way.

Hailey Lind: *Brush with Death* (Signet, \$6.99, ISBN 978-0-451-22179-7)

Want a mystery not quite so gruesome? Here's the second of a great new series about Annie Kincaid, granddaughter of the self-proclaimed world's best art forger. He's taught her a lot, but she's gone legit. If anyone will believe her. Now struggling with a faux-finish business in San Francisco, she is restoring art in a columbarium.

The chapel has a copy of a Raphael painting, but Annie gets a tip that it is the real thing. She wants

to check it out, of course, with the thought that if it is and she can return it to Italy, she'll be redeemed in the art world.

Both her life and her heart are endangered before the ending.

Robert R. Aeschliman: *Victory Denied* (Author House, np, ISBN 978-1-4343-4889-4)

Aeschliman is a major in the Army Reserves, and was called up from his position as Trust Officer at a Topeka bank. This is his diary of his training and deployment to a base on the perimeter of the Baghdad Airport. Most of this involved transporting diplomats, congressmen, NGOs, etc. from the airport to their destinations.

In addition to the role of the soldier away from the front lines, Aeschliman also gives insight into his efforts to improve the lot of impoverished Iraqis in a nearby small town.

Aeschliman's personal philosophy is, of course, part and parcel of his account. He believes that this war, however we got into it, is part of a larger battle between older and newer forms of acquiring and using power. And, despite media accounts to the contrary, in this arena we're winning.

G.M. Ford: *Nameless Night* (Wm. Morrow, \$23.95, ISBN 978-0-06-087442-1)

Paul Hardy is the name given to a disabled adult, found near death on a railroad car. He has no memory, and his extensive surgeries have changed his looks significantly. His mind does not retain much for very long. Still, he is a good worker and kind to his companions at the group home.

On an outing, one wheelchair careens out into a steep street, and "Paul" pushes it out of the way of a truck. Paul is again badly hurt. Surgery brings him back and with it, a few glimpses of what surely is his own past, if he can just grasp it.

Worse, pursuers obviously do not want him remembering a conspiracy of vast proportions.

In an interview, Ford said he had

watched self and friends forced to reinvent themselves following major events like birth, death, divorce, retirement. "I found it refreshing to write about somebody who only knew what he wasn't."

It's too early to say definitely, but this surely will be in the running for best thriller of 2008.

John Burnham Schwartz: *The Commoner* (audio by Random House, print edition by Doubleday)

Until the end of WWII, Japanese citizens thought their Emperor had descended from the Sun God. So when the Crown Prince insists on a commoner for his wife, the palace guard is highly displeased—she hasn't been raised to the standards of future empresses. Their "training" takes a toll on her physical and mental health. When her son also selects a commoner, and the palace guard continues its push to reform her into the accepted mold, she must do what she can.

A formidable tale of the intersection of old and new cultures at very basic levels, and eerily suggestive of the real life of the current Crown Princess.

Susan McBride: *Too Pretty to Die* (Avon, \$6.99, ISBN 978-0-06-084601-5)

Dallas societies have taken to "pretty parties" with new techniques demonstrated by plastic surgeon Dr. Sonja Madhavi. You wouldn't see "Andy" Kendrick at one on a bet, but there she is, as a favor to her friend, a social reporter in search of a "real" story.

And does she get one. Former beauty queen Miranda DuBois, drunk, crashes the party, and even fires off a shot or two. Madhavi's work on her went so badly she cannot return to her television position.

Andy is able to calm her down, drive her home, and settle her down. She's dead of a gunshot in the morning, and the police are all too willing to call it suicide. Andy knows Miranda wouldn't have given up so easily—she'd survived all those beauty pageants, hadn't she?

Lively, witty, with McBride's signature deftly and deeply-drawn characters.

Peter Robinson: *Friend of the Devil* (Wm. Morrow, \$24.95, ISBN 978-0-06-147340-1)

20th in the series featuring Yorkshire detective Alan Banks and his sometime assistant Annie Cabot.

Annie, on loan to another district, draws the case of an older woman in a wheelchair out on the edge of the cliff, with her throat cut.

Alan draws a city case, a young woman bound, raped and stabbed in a warren of shops and storage. Like so many of her age group, she had been binge drinking, making her less aware of her surroundings, less careful. This time she has paid the price.

Alan has many suspects, but Annie draws a blank.

Each Banks police procedural mystery expands Alan's character. Robinson has won every award in the mystery field at least once, and readers of *Friend of the Devil* will understand why.

J.M. Hayes: *Broken Heartland* (Poisoned Pen Press, \$24.95, ISBN 978-1-59058-452-1)

Sheriff English of Benteen County, central Kansas, is up for re-election, and it looks as though he will be retiring. Greer, an Iraqi vet, is a religious fanatic who knows the only true faith and holds no brief with non-believers.

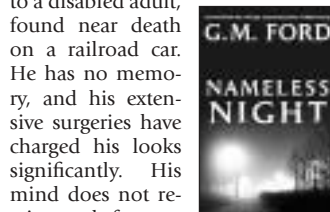
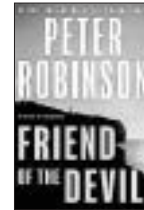
When his deputy, hoping for a bust of drugs, chases a suspicious car at 3:00 a.m. and crashes into a school bus carrying the school choir, Greer considers it the icing on the cake.

But the school has no choir, the school bus was not checked out, and now a student has taken hostages in the high school.

Just what is going on in quiet, rural Benteen County? Plenty!

Lots of action with zany, eccentric characters!

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



Reviewer sadden that 'Juno' reflects modern society

By Esther Luttrell

"Juno"

Starring Ellen Page, Jason Bateman, Allison Janney

Faced with an unplanned pregnancy, an offbeat young woman makes an unusual decision regarding her unborn child (Quote source: International Movie Data Base Pro)

By now, even those with zilch interest in movies probably know that this little independent film, made for just \$7.5 million, was written by a female by the unlikely name of Diablo Cody, who took a job as a pole dancer to keep her days free for writing, and came up with her first ever screenplay. The fact she got the script sold, that it was a success from the moment it left the start gate, has made her a celebrity. Released in December, it's earned over \$125 million in USA box office returns alone. My prediction: It will sweep the Academy Awards: best actress, best supporting actress, best screenplay. But the point of this review isn't to congratulate its investors. It's to tell you first of all about the movie and then to pontificate a bit.

Juno is played to perfection by Ellen Page. Her dad (J.K. Simmons) is great, her step-mom (Allison Janney) is equally wonderful (Janney was wonderful as the press secretary on *West Wing* and she's no less wonderful on the big screen). Juno is in love with a sweet and decent high school senior (Michael Cera) who also loves her. The conflict comes with Juno's choice of adoptive parents for their unborn child, an upscale, yuppie couple, played by Julie Roberts look-alike Jennifer Garner, and handsome Jason Bateman. In the end, Juno, whom the audience comes to love because she's a really likeable kid, does what amounts to a noble deed, causing her parents, her boyfriend, and audiences to love her even more.

Despite the teen pregnancy theme, the film is appealing on a number of levels. It's the language I found disheartening. It troubles me when

young people use profanity as casually as we say golly gee. I was reminded how teens seem to have lost that marvelous sense of wonder most of us knew at their age. Take the scene where Juno is enjoying a slash 'em movie with the adoptive dad. I thought about how those kinds of blood-soaked films really are seen by kids as fun. My spirits sunk even lower as I considered how we have allowed our youth to be desensitized to the point they kill as never before—others and themselves. For those who scoff that films can't influence to that degree, consider that businesses spend millions of dollars on learning videos and DVDs. If it didn't work, they wouldn't use them to train people. To train minds.

The acting in *Juno* is beyond reproach. The script is—real. The photography is excellent. But here's an irony: The theme is done in a little plain voice, as if Juno is talking it out. When she and her boyfriend sit in front of his house, playing guitars and singing, the melody is so adorable we older folks in the audience are thinking, "Ahhh, isn't that precious!" But then I stopped to really listen to the lyrics and she was singing, "That is why your s--- doesn't stink"...

It's so sad that this movie does indeed reflect society. The entertainment industry paved the way for this to be the norm—and now it is. And it breaks my old-fashioned heart.

DVD PICK OF THE MONTH

I have a producer friend in Hollywood who said to me on the phone recently, after seeing a current film, "I had to come home and wash my brain out with a Rita Hayworth video." I like that. My pick this month? Anything that stars Cary Grant, Jimmy Stewart, Ray Milland, Katherine Hepburn, Clark Gable, June Allyson, Humphrey Bogart, Ingrid Bergman, or Doris Day. They're available, free, at the Topeka Shawnee County Public Library.

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



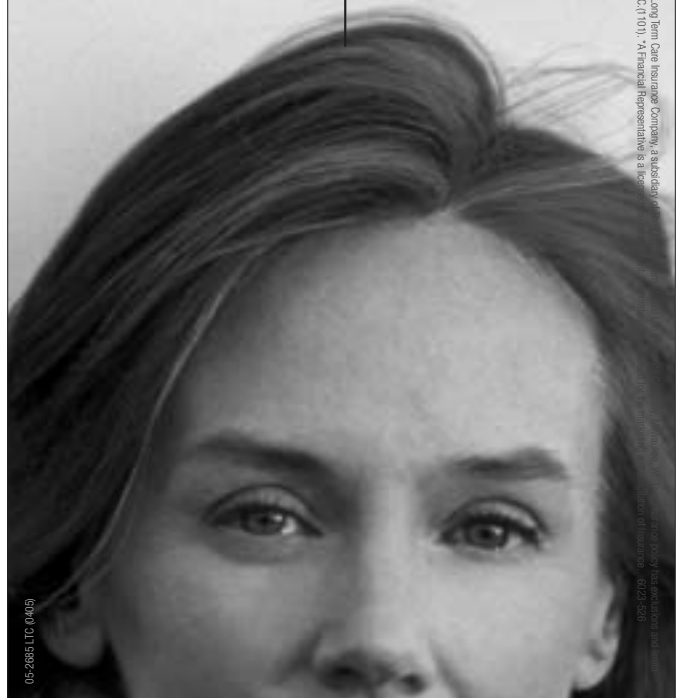
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Dog's black sore may be caused by food allergy

NOTE: The following query was translated from the original Spanish:

QUESTION: I like your column very much. My dog is 4 years old and he's had an allergy for almost



Steve Dale

three years. I can't find a medicine for it. The cortisone shots just calm the disease. The dog has a black sore on his paw, and his paws are very affected. He also has a fungus and a rash. What can we do? - C.U., Miami, Fl.

ANSWER: For starters, if that black sore is infected, seek immediate treatment.

While cortisone may be helpful, your vet can determine if the symptoms you're seeing are due to allergy or are side-effects of the cortisone, according to Chicago veterinary dermatologist Dr. Cecilia Friberg. For

instance, demodex mites, which unobtrusively live in small numbers on dogs, can proliferate and cause symptoms when a dog is treated with cortisone. If mites are present, they can be treated. As for the fungus, ask your vet about ringworm.

"The bad news is, there is no cure for allergies," says Friberg. "The good news is that there is a potential for successful treatment." Of course, it helps to understand what you're treating.

Your dog may have a food allergy. To determine this, ask your vet or a veterinary dermatologist about a food trial. A special hypoallergenic or novel diet could be used for 12 weeks. If the allergy symptoms go away, terrific. If not, your dog likely has environmental allergies. Just as with people, there's a long list of things your dog could be allergic to that are found in the environment, outside and/or inside your home. Skin testing might indicate what allergens bother your dog. Just as people can get allergy shots, they're available for dogs (through veterinary dermatologists).

QUESTION: What the heck is a poodle cat? Were dogs and cats ever

bred to develop a breed that exemplifies the best attributes of both? - C.Q., Montreal, Canada

ANSWER: Sometimes Cornish Rex cats are referred to as "poodle cats" because their short, wavy coats resemble those of some poodle varieties. The same is sometimes said of the Devon Rex. In Germany in 1994, a new kind of Rex breed was developed by crossing a Devon Rex with a Scottish fold to create a wavy-coat-

ed feline with short ears called the Pudelkatzen, or poodle cat.

Biologically, dogs and cats aren't capable of breeding. And I doubt cats would agree to this, even if they could!

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

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Three sources of food

Psalm 46/Matthew 4:1-4

It was one hour past midnight, and the car was traveling at high speed in the Nevada Mountains. Heavy rains had made the roads treacherous, but Ray Forbes felt that he had



Reverend
Alfonso
Orantes

to get home, so he kept on driving.

On one of the curves Ray lost control of his vehicle. The car went off the road, flying into the air. After rolling over several times it stopped at the bottom of a 45-foot embankment and Ray Forbes was pinned underneath the wreckage with both legs broken.

How did he survive? "I had three sources of food", declared Ray. "For water I dipped my shirt in a tiny thread of water that ran under the car. The solid food came from the reserves of fat from my own body. And my spiritual strength came from God, in whom I believe with all my heart."

There are moments in our lives when all human recourse is gone. What happened to Ray Forbes has, in one way or another, happened to many believers in God. And at those times through a miracle that defies all logic, divine strength and faith come into the believer's mind, and he is somehow delivered from an impossible situation.

Strong men can tolerate unbelievable hardships, but there is a point at which all strength gives out. Beyond that there are problems that are not physical but rather moral

and spiritual. How do we cope with these? What, friend, is our source of moral strength?

Throughout the ages men have called upon God in times of trouble. Abraham invoked God's help. David invoked God's help. Peter invoked God's help. Paul invoked God's help. George Washington invoked God's help. Abraham Lincoln invoked God's help. And today we see peoples of all strata of society not being ashamed of crying out to God in their times of trouble for when God is our God, and Christ our friend.

God is as real as the dawning of a new day. He is as close to you as the oxygen, which you breathe. He is as indispensable as the water you drink. God is not only all-loving, but He is all-powerful. Trust your problems to God. Trust your marriage to God. Trust your children to God. Trust your life to God. He will not let you down.

- Reverend Alfonso Orantes is with the Lawrence Faith Foursquare Church. For more information, please call (785) 979-0041,

WORDS OF WISDOM

If you think before you act, the other fellow gets in his joke first.

If variety is the spice of life, marriage is the big can of leftover Spam.

If you can't be just, be arbitrary.

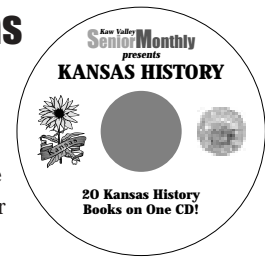
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And All that Trash

Bump! Crunch! "Oops! Sorry about that." Those sounds and those words were heard one day awhile back in La Mancha, the posh section of town where the streets are winding and the house numbers are hand painted on Spanish tile. Also frequently heard in response to those sounds and those words were such expressions as "@#%&*" and "()+!@.%%^.^"

The Bump! Crunch! "Oops! Sorry about that" came from Alfonso Solano Nunez, a multimillionaire trash collector. The cussing came from



Larry Day

La Mancha homeowners who happened to be in the front yards of their spacious mansions when the hulking blue Solano-Nunez, Inc. garbage truck stopped curbside on a fateful and historic day.

Alfonso Solano Nunez didn't strike one as a typical sanitation worker. He was tall, wiry and handsome, and he spoke with a well modulated voice. He had graduated from an exclusive prep school, Yale University, and had earned an MBA from Wharton School of Business.

Still, he encouraged people of high or low station to call him Alf. When he dressed up, which was seldom, Alf wore off the rack suits, \$12 white shirts, \$7 ties and \$18 shoes. The rest of the time he wore jeans, off brand tennis shoes, and charity event tee shirts with sponsor logos printed on the back. His couture endeared Alfonso Solano Nunez to everyday folks with whom he spent the majority of his time, but it alienated his neighbors in La Mancha.

As distasteful as his clothing and choice of companionship were, Alf's avocation was beyond distasteful. It was intolerable to the La Mancha elite. Alf loved hefting trash cans

and jumping on the back of moving garbage trucks the way some men love acing first serves, breaking 80, or holding three kings against three jacks in an all-in game.

Alf bought his house in La Mancha from his widowed father, Don Luis Solano Nunez Ibarra, when that august gentleman moved to Spain's fabled Costa del Sol. Because it was a family acquisition, Alf's purchase didn't have to be vetted by the Council of Seven, La Mancha's homeowners association's governing board.

For a while after he moved to his home on Dulcinea Street, Alf carried out his trash collecting activities and his hobnobbing with common folk unnoticed. He quietly became an honorary trash collector with the city sanitation department in the same way people of means acquire honorary doctorates, he made a huge donation to the institution in question—in this case the Trash Collector's Benevolent Association. Alf was always welcomed by city trash hauling crews because he worked hard and always picked up everyone's bar tab.

Then Nellie Peebles discovered Alf's trash gathering proclivities, and hauled him before the Council of Seven on a charge of violating an article set forth in a three-inch thick tome titled Covenants of La Mancha. The article prohibits "proletarian activities" by people who own homes in La Mancha.

One must understand that at that time residents of La Mancha had their trash hauled away quietly in the dead of night by a private, bonded sanitation company. To speak of waste disposal, clogged toilets, crab grass or pest control would be as unthinkable to residents of La Mancha as to speak of raising taxes. After a hearing, the Council of Seven ordered Alf to desist or sell his house and move.

Alf responded with uncharacteristic asperity and surprising alacrity. He bought out the private sanitation company that held the La Mancha trash hauling contract and switched from night time to day time pick-up service. Moo-Moo Muggins drove

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INSIDE

Senior Monkey Awards
Nominations are in the mail for April 2008. The City Clerk is the judge. For and community page 17

Did nothing but drink, jerk, and fart in the apartment?
Champion Peak shows his simple steps using Peak ingredients. Page 4

Cheetah still swinging at 80

By Mark Shikhar

The yellow cheetah, *Acinonyx jubatus*, is one of the fastest land mammals in the world. It can run at a top speed of 60 miles per hour. The cheetah is the only big cat that can sprint from 0 to 60 mph in less than three seconds. It has a unique spotted coat and a long, slender body. The cheetah is found in the savannas and grasslands of sub-Saharan Africa. It is a solitary animal, but it does form a coalition with its mate. The cheetah is a predator of small to medium-sized mammals and birds. It is a highly skilled hunter and is known for its speed and agility.

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the truck and Hulk Harrison and Alf served as the pick up crew. When the members of the Council of Seven learned of Alf's powerful alliance with the formidable Trash Collector's Benevolent Association they threw in the towel.

Alf made them pay. He ordered Nellie Peebles to drive the garbage truck with Moo-Moo Muggins riding shotgun. Members of the Council of Seven had to take turns at the back of the truck emptying trash cans. During that historic trash pick

up, Alf walked beside the trash truck and apologized to La Mancha residents for his slow, inept crew. Night time trash pick up was resumed the next week, and nobody in La Mancha said a word about proletarian activities when Alf went back to work with his skilled pals down at the city sanitation department.

- 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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CROSSWORD

TMSPuzzles@aol.com

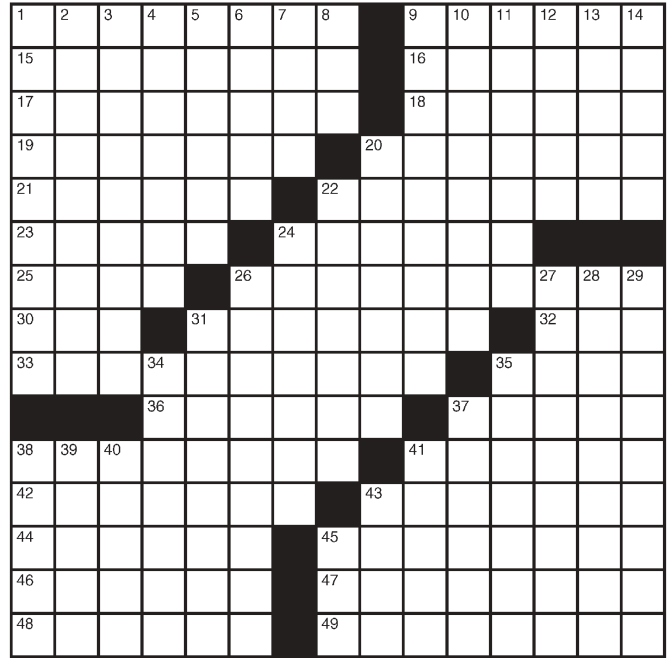
ACROSS

- 1 Degree of difference
- 9 Latin American Christmas festival
- 15 Able to be declared openly
- 16 Periods of boredom
- 17 Changed names
- 18 Expresses contempt
- 19 Darned
- 20 Ship's cargo capacity
- 21 Resentful
- 22 Superlatively willowy
- 23 Willow
- 24 Muse of comedy
- 25 Ancient Hebrew instrument
- 26 Cowardice
- 30 Beat a retreat
- 31 Footloose
- 32 Hwy. abbr.
- 33 Son or daughter
- 35 Queen's address
- 36 Tacking on
- 37 Small, pesky insect
- 38 Spruces up
- 41 Snake-bite toxins
- 42 Settling down
- 43 Skunk
- 44 Dieffenbachia and philodendron
- 45 Percolate
- 46 Debtor
- 47 Long-tongued predator

- 48 Set a tax on
- 49 Like the blackest nights

DOWN

- 1 Pressed paper pulp material
- 2 Print too many
- 3 Marginal writings
- 4 Chirrup
- 5 Working cat
- 6 More competent
- 7 Rosebud in "Citizen Kane"
- 8 Kennedy or Turner
- 9 Deadly
- 10 Approaching
- 11 Frosty, e.g.
- 12 Migraine precursors
- 13 Fender blemishes
- 14 Valuable resource
- 20 Toiling doggedly
- 22 Tribal healers
- 24 Buying and selling
- 26 Abridges
- 27 Tear up by the roots
- 28 Is quiescent
- 29 Academic divisions
- 31 Toxic ocean blooms
- 34 Cochineal pigment
- 35 Twenty Questions classification
- 37 Heat, e.g.
- 38 Stairway, in Milano
- 39 61-in-'61 guy



By Tom Pruca
Chicago, IL

Answers on page 30

- 40 Athol Fugard play, "A Lesson from ___"
- 41 Lake formed by Akosombo am

- 43 Quantity of blood
- 45 Notes in scales

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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.

SO COMPLICATED (sol.: 9 letters)

A-Arduous, Awkward; B-Baffle, Bewilder; C-Challenging, Clueless, Complex, Confusing, Convoluted; D-Dense, Details; F-Fine point; G-Grim, Grueling; H-Hard, Hindered, Hurdle; I-Intense; L-Lost; M-Minutiae, Mixed up, Mystify; N-Not simple; O-Obscure; P-Perplex, Problem, Puzzled; S-Stumped; T-Thorny, Too much, Tough, Tricky; U-Unaware, Unsure; V-Vague

This Month's Answer:

DIFFICULT

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

JUMBLE

THAT SCRAMBLED WORD GAME
by Henri Arnold and Mike Argirion

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

FEWRA
□ □ □ □ □ □

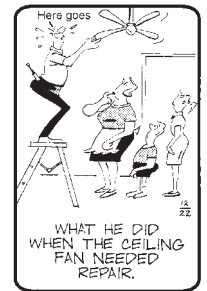
GAUVE
□ □ □ □ □ □

HELSIR
□ □ □ □ □ □

EWTING
□ □ □ □ □ □

www.jumble.com

Answer: □ □ □ □ □ □ IT A □ □ □ □ □ □



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

Answers on page 30

Need a Rate Card?

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

TRIVIALITIES

1. What Canadian actress was nominated for a best actress Oscar for her work in the 2007 film "Juno"?
2. Jennifer Garner has been nominated four times for an Emmy. How many Emmys has she won?
3. Who starred as Elle Woods in the 2001 film "Legally Blonde"?
4. James Mangold directed this 2005 biopic that starred Joaquin Phoenix and Reese Witherspoon. Name it.
5. Who starred as Paul Rusesabagina in the 2004 film "Hotel Rwanda"?
6. Nick Nolte has been nominated twice for an Academy Award. How many Oscars has he won?
7. The 1997 film "Affliction" was adapted from whose novel of the same name?

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Answers on page 30

BRIDGE

SUDOKU

Each trick in its time

By Omar Sharif and Tannah Hirsch

Neither vulnerable. North deals.

NORTH
 ♠ K 8 6 5
 ♥ K 9 8
 ♦ 10 7 6 2
 ♣ A J

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

SOUTH
 ♠ A J 10 9 2
 ♥ A 4
 ♦ A 5
 ♣ Q 7 5 3

The bidding:

NORTH	EAST	SOUTH	WEST
Pass	Pass	1♠	Dbl
2♣	Pass	4♠	Pass
Pass	Pass		

Opening lead: King of ♦

Overtricks and undertricks are the bread and butter of tournament bridge. Note the technique of Mark Itabashi of Murrieta, Calif., on this deal from the Edgar Kaplan Blue

Ribbon Pairs at the recent Fall North American Championships in San Francisco.

North's two clubs over West's take-out double of one spade by agreement showed an invitational raise, asking partner to bid game with a sound opening bid. South was happy to oblige.

West led the king of diamonds, taken by the ace. Declarer took a successful club finesse, cashed the ace of clubs and continued with a low spade, finessing the nine - the reason for this play will soon be apparent. When this held, declarer continued by ruffing a club low, came to hand with the ace of hearts and trumped his last club with the king of spades!

Another winning trump finesse allowed declarer to pick up the queen of trumps and declarer's only loser was a low diamond. Making 12 tricks earned most of the match-points on the deal.

(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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© 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.

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

HARD

Solution on page 30

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That old condom tin is worth a packet

QUESTION: We found an interesting tin box, about the size of a tin pocket Bayer Aspirin box. It is a Peacock condom box. Can you tell us the date and any info? -Mike, Tucson, Ariz.

ANSWER: Condoms have been used for centuries; before manmade products, there were animal membranes. Two famous innovators re-



Danielle Arnet

volutionized the modern product: Mackintosh, the maker of waterproof rainwear, and Goodyear, with the vulcanization of rubber.

Condom containers, particularly vintage tins, have been popular with collectors for decades. Smart collectors know that they are admired for the same reason that tins of other sorts are collected—for their fine lithography. There is even a book on the genre, "Remember Your Rubbers! Collectible Condom Containers" by G.K. Elliott, George Goehring and Dennis O'Brien

(Schiffer, \$29.95). The highly illustrated text covers the history of the product, plus many brands of tins and boxes.

From the 1930s through the '50s, Peacock, made by the Dean Rubber Mfg. Co. of North Kansas City, Mo., sold condoms in tins, boxes and foil packets. Early tins illustrated with the namesake bird are the ones collectors want. As with biscuit and household tins, early lithography on the tins was finer than that on later versions.

Tins in the 1930s and '40s came in round and squarish versions. There was also a paper sliding-top container. The round tin books at \$150, the reader's aspirin size tin at \$100. A look on eBay showed that a 1930s round sold at \$98, the small rectangle posted at \$28, and a damaged cardboard box posted at \$10.

Online is the place to sell the tin, as that's where many motivated buyers hunt. Find the right looker, and I'll bet that box—if in excellent condition with sharp color and lithography—could bring \$100!

QUESTION: Any info on my old SchickTwin Injector shaving system? -Derrell, Beggs, Okla.

ANSWER: So many types, some regional, were made by the compa-

ny that I cannot place the age. But I can tell you that vintage SchickTwin units sell on eBay. Look there for sample results. That seems the logical place to find a buyer for that particular item.

QUESTION: I have a large collection of pipes from the 1930s, '40s and '50s. I owned a pharmacy where these were merchandise, so they are unused. Are there collectors for them? -William, Delphos, Ohio

ANSWER: The reader adds, "This was the era of quality materials and craftsmanship." Amen to that!

We've said it before—now that smoking is unfashionable, smoking paraphernalia has become collectible. Sharp collectors hunt for good cigarette lighters and holders, unusual ashtrays, smoking stands and the like. That includes smoking pipes. By the way, collectors are careful to speak of smoking pipes, instead of the umbrella term, "pipes."

As a general rule, smoking pipe collectors go for specific types or makes. That means unusual or fine materials and/or makers. Drugstore pipes tended to be generic and mass mar-

ket. But there will be buyers for those pipes, even if only for nostalgia.

Your best bet is contact with a pipe collectors' group. The North American Society of Pipe Collectors (NASPC) is active in Ohio. Their swap/sell show is set for August 2008 in Columbus. Contact is www.naspc.org, or write to them at P.O. Box 9642, Columbus, Ohio 43209. Readers can ask about regional chapters and membership.

Online sale is another option, but I'd stick with a collector group.

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

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OFF THE WALL

No one would object to the meek inheriting the earth if we could be sure they would stay meek after they got it.

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Try fresh artichokes while they're in season

By Wolfgang Puck

Tribune Media Service

Until my early 20s, artichokes for me were one of those vegetables that only grew in jars. You need a warm, sunny climate to grow these big edible buds of a variety of thistle, which—although available almost year-round—are just now entering their peak of season, which lasts through May.

In Austria, we had to be content with small edible hearts of artichokes, pickled in vinegar or preserved in oil. Fortunately, my mother was a chef, and she always had a jar or two at the ready.

Imagine my surprise, though, when, as a young chef in the Provençal town of Les Baux, I saw for the first time the fresh, softball-sized thistle buds. At first I thought they were some sort of exotic flower. Of course, being an inquisitive chef, I had to taste them raw, so I cut one open and tried a small slice. It was so bitter that I really puckered up. Then I set about to learn how to cook artichokes properly.

My favorite way is to steam or boil them whole until their hearts are tender. Often, for an impressive appetizer, I'll add a breadcrumb-based stuffing that I pack in between each artichoke's leaves.

However you cook artichokes whole, you eat them the same way. Starting at the bottom, pull the leaves out one by one, dipping their fleshy bases in a sauce—warm lemon butter, a vinaigrette dressing, Hollandaise sauce, or the buttery sauce I make with the cooking liquid in my recipe here—and then scraping the flesh from the leaf between your teeth. Finally, you'll expose the fibrous, inedible choke in the center. Use a spoon to scrape it out and discard it. What remains is the completely edible heart, which you can cut and eat with a knife and fork, dipping each bite into the sauce.

Some people complain that cook-

ing artichokes takes too long—up to an hour for a good-sized specimen. That's why I like to use a pressure cooker. To adapt this recipe to that convenient appliance, stuff the artichokes before cooking. Following the manufacturer's instructions, secure the lid and bring the pressure cooker to high pressure. Set the timer, reduce the heat to low, and cook the artichokes for 10 minutes, at



PHOTO BY BOB FALA, CHICAGO TRIBUNE

Wolfgang Puck's Artichokes Stuffed with Fresh Herbs

which point they'll be tender. Then, follow instructions to release the pressure safely before proceeding with the final recipe steps.

Whichever cooking approach you take, I'm sure you'll be delighted and will want to make them again. Try varying the stuffing recipe—adding different herbs, incorporating more Parmesan into the stuffing, or elaborating it with minced anchovies or chopped ham—to give you plenty of fresh artichoke experiences during the next several months.

ARTICHOKE STUFFED WITH FRESH HERBS, BREADCRUMBS AND PARMESAN

Serves 4

- 2 cups chicken broth or vegetable broth
- 2 tablespoons lemon juice
- Salt
- 4 jumbo artichokes
- 2 garlic cloves
- 1 cup fresh breadcrumbs
- 2 tablespoons chopped fresh mint or basil
- 1 teaspoon freshly ground black pepper
- 2 tablespoons extra-virgin olive oil

2 tablespoons freshly grated Parmesan cheese

4 tablespoons unsalted butter, cut into pieces

In a saucepan large enough to hold the artichokes side by side, combine the chicken broth, lemon juice and a pinch of salt. With a sharp stainless-steel knife, cut off the artichoke stems flush with the bases and cut off the top third of each artichoke. With kitchen scissors, trim off the sharp tips of the remaining leaves. Once each artichoke has been trimmed, place it upside down in the liquid, where the lemon juice's acidity will keep the cut surfaces from discoloring.

Bring the liquid in the pot to a boil over high heat. Reduce the heat to a simmer, cover, and cook 30 to 35 minutes. With a slotted spoon, lift them from the pan to a plate and leave them until they are cool enough to handle, put the pot of liquid aside.

While the artichokes are cooling, make the stuffing. In a food processor with the stainless-steel blade, chop the garlic and scrape down the sides of the bowl. Add the breadcrumbs, mint or basil, pepper, and 1 teaspoon salt. Pulse several times to combine the ingredients. Carefully remove the blade and put it aside, leaving the mixture in the bowl.

Place the cooled artichokes upright on a work surface. With your fingers, spread the leaves apart and distribute the stuffing mixture between the leaves and inside the middle of each artichoke, packing it in tightly. Return the artichoke to the pan of cooking liquid, stuffing side up. Bring to a boil over high heat; then, reduce the heat, cover tightly, and simmer until the artichokes are tender enough for you to pull out a leaf easily, about 10 minutes.

Meanwhile, preheat the oven to

200 degrees. Carefully transfer the artichokes to an ovenproof platter. Brush them with the olive oil and sprinkle with the Parmesan. Put them in the oven to keep warm while you complete the sauce.

For the sauce, strain the cooking liquid through a sieve into a small saucepan. Over high heat, bring the liquid to a boil and continue boiling until it has reduced by half, about 10 minutes. Reduce the heat to medium and whisk in the butter piece by piece. Continue simmering a few minutes more, until the sauce is syrupy.

To serve, remove the artichokes from the oven and transfer to individual serving plates. Spoon the sauce over and around each artichoke and serve immediately.

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

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NOSTALGIA NOTEBOOK

MARCH 1948

Births

MARCH 1: Burning Spear, Jamaican singer and musician
MARCH 12: James Taylor, American musician
MARCH 14: Billy Crystal, American actor and comedian
MARCH 20: John de Lancie, American actor, "Q" on *Star Trek*
MARCH 22: Wolf Blitzer, American television journalist
MARCH 22: Andrew Lloyd Webber, English composer
MARCH 26: Steven Tyler, American singer (Aerosmith)
MARCH 31: Al Gore, former Vice President of the United States
MARCH 31: Rhea Perlman, American actress

Events

MARCH 8: The United States Supreme Court rules that religious instruction in public schools did not violate the U.S. Constitution.
MARCH 17: Hells Angels founded in California.

MARCH 1958

Births

MARCH 4: Patricia Heaton, American actress, *Everybody Loves Raymond*
MARCH 8: Gary Numan, British singer
MARCH 10: Sharon Stone, American actress, *Basic Instinct*
MARCH 14: Albert II, Prince of Monaco
MARCH 20: Holly Hunter, American actress, *The Piano*
MARCH 21: Gary Oldman, English actor, *JFK*

Events

MARCH 8: USS Wisconsin is decommissioned, leaving the United States Navy without an active battleship for the first time since 1896
MARCH 24: The U.S. Army inducts Elvis Presley.
MARCH 26: The United States Army launches Explorer 3.
MARCH 27: Nikita Khrushchev becomes Premier of the Soviet Union.

VINTAGE AD



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

JUMBLE ANSWERS

Jumbles: WAFER VAGUE RELISH
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 Answer: What he did when the ceiling fan needed repair - GAVE IT A WHIRL
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C	A	L	M	I	N	G	P	O	L	E	C	A	T
A	R	O	I	D	S	F	I	L	T	R	A	T	E
L	I	E	N	E	E	A	N	T	E	A	T	E	R
A	S	S	E	S	S	S	T	A	R	L	E	S	S

TRIVIALITIES ANSWERS

1. Ellen Page 2. None 3. Reese Witherspoon 4. "Walk the Line" 5. Don Cheadle 6. None 7. Russell Banks
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LMH employees win heroes in healthcare awards

Matt Harms, MD, a hospitalist at Lawrence Memorial Hospital (LMH), and Debbie Miers, LMH director of food and nutrition services, will be recognized by *Ingram's Magazine* as 2008 Heroes in Healthcare. This awards program, now in its fifth year, honors extraordinary individuals for their dedication to health care and their ongoing service to mankind.

Winners will be showcased in the February 2008 edition of *Ingram's*

Magazine and will be honored at an awards banquet in the spring.

Dr. Harms received the Hero in Healthcare award in the category of Volunteer in Healthcare, which recognizes an individual's dedication to his or her profession and ongoing service to humanity.

Miers was awarded in the category of Auxiliary Staff Achievement. According to *Ingram's*, this award recognizes staff members whose performance on the job is considered

exemplary by their peers and managers.

As a committed volunteer, Dr. Harms' résumé includes medical mission trips to Haiti, Honduras and Brazil. Currently, Dr. Harms volunteers as a physician at Health Care Access, which offers medical care to the uninsured in Douglas County. Dr. Harms also serves meals at the Lawrence Interdenominational Nutrition Kitchen, LINK.

LMH Hospitalist Service Director Charles Yockey, MD, has noticed Dr. Harms' commitment to outstanding service.

"As part of the Lawrence Memorial Hospital hospitalist team, Dr. Matt Harms has managed the care of many homeless and disadvantaged patients. He will go the extra mile to help with these patients and assist with their complicated discharge plans," said Dr. Yockey.

For more than three decades, Miers has been making a positive impact on the LMH community. Named Employee of the Year in 1997, Miers' initiative and desire to please the palates of employees and members of the community have once again led to her recognition.

From inviting outside chefs to cook at the hospital during lunch hours to planning theme days such as a Hawaiian luau, it's clear that Miers understands the benefits of extra amenities in a stressful environment.

"Employees only have 30 minutes for lunch in a high-stress job market. Let's make that 30 minutes fun and include those working the later shifts," said Miers.

Dr. Harms has been a hospitalist at LMH since December 2005, and Miers has been with LMH for more than 35 years.

Audio-Reader awarded \$14K Rice Foundation grant

Thousands of blind and visually impaired individuals across the state will continue to receive free program guides, closed circuit radios and now web radios thanks to a \$14,000 grant from the Ethel and Raymond Rice Foundation.

The web radios will be the newest addition to a wide range of free services provided by Audio-Reader. The web radios plug directly into a telephone line or broadband connection, without the need for a computer, and will have a custom play list streaming Audio-Reader programs. Ten web radios will be distributed to a select group of Audio-Reader users to evaluate its usefulness and operation before widespread distribution.

"We're very excited about the new web radios, because a number of our listeners aren't comfortable using computers, and others are out of range for our radio broadcasts," said Janet Campbell, executive director.

Campbell hopes that the web radio will fill in any gaps in service for individuals struggling to keep up-to-date in a world with constantly evolving technology.

The radios feature simple controls, built-in speakers with home stereo compatibility, a remote control, and internet connectivity ranging from a dial-up modem to WiFi. The technology was developed by Solutions Radio, an award-winning Dutch company with customers in Europe, Canada and the US. Content offered through the radio will be remotely managed by Audio-Reader.

For more information about Audio-Reader, visit <http://reader.ku.edu> or call (785) 864-4600.

SLAPSTIX

"Some tortures are physical and some are mental, but the one that's both is dental."

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PART-TIME DIRECTOR sought by interfaith organization to supervise development and presentation of informational and inspirational classes for senior adults. Administrative experience in a non-profit faith-based field highly preferred. Requires proven ability working with senior adults and volunteers. Résumé should be sent to Search Committee, Shepherd's Center of Topeka, 3033 SW MacVicar St., Topeka, KS 66611.

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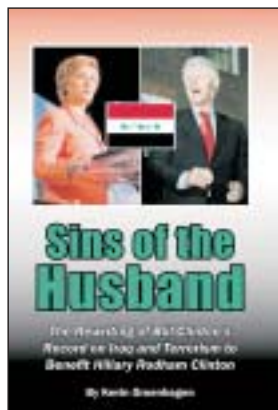
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