

Kaw Valley Senior Monthly

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May 2003

Lawrence Area News for Readers 50 and Better

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After years of travel, Days call Lawrence home

By Kevin Groenhagen

When Dr. Gale Workman, acting chair of the University of West Florida's Department of Communication Arts, nominated Larry Day for the Association for Education in Journalism and Mass Communication Distinguished Service Award in 2000, she noted that Day had worked "on diversity issues at KU before diversity was called 'diversity.'"

Day, who grew up in Preston, Idaho, probably didn't give much thought to diversity and foreign travel when, as an eight-year-old boy, he began helping a paperboy deliver the *Idaho Falls Post Register* on his street. However, throwing newspapers onto porches would ultimately

open the door to a much larger world.

Day eventually had his own paper route, worked nights as an inserter, and became the assistant bureau chief of the *Deseret News* bureau when he was a junior in high school.



When Day later left for Provo, Utah, to attend Brigham Young University (BYU), he naturally decided to pursue a degree in journalism.

As a member of The Church of Jesus Christ of Latter-day Saints (LDS), Day in 1955 left BYU during his sophomore year to serve on an LDS mission.

"My older sister, Merci, went on a two-year LDS mission to Uruguay

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Larry and Chris Day

Lawrence business helps clients stay mobile



The Horizon Mobility staff, left to right: Dale Huffman, CRTS, Peg Wessel, RN, Gene Razo, Chad Poindexter, Robin Smart, Joy Poindexter, Dave Norton, RCP, Cathy Hambrick, Gregg Uhrig, Ben Ubelaker, RT, Andy Wedermeyer, and Mike Poindexter.

By Billie David

For those who need extra help getting around, there are some exciting new developments in medical equipment, according to Joy Poindexter, owner of Horizon Mobility, a Lawrence business that provides area citizens with motorized and manual wheelchairs, lifts, scooters, oxygen systems and other equipment that can help people with physical challenges retain their independence.

For example, the XSENSOR pressure mapping system is a recent technological development that measures the human body to ensure that support surfaces precisely fit according to each patient's individual needs. This is achieved through the use of a flexible pressure sensing pad

that can map an individual's body and produce accurate measurements that can then be graphed, analyzed, correlated with movement, and formatted for analysis with computer software, which results in individual assessment, selection and adjustment of medical equipment to assure proper fit and postural alignment for the customer. This is especially important when it comes to preventing and healing pressure sores.

The XSENSOR pressure mapping system was purchased just last fall. "It's a very expensive system, and we're one of the very few companies that have it, so we have the ability to do high-end rehabilitation well," Poindexter said.

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FREE

The Days

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when she was 20 years old," Day said. "It was by happenstance that I went to the same mission my sister had served. I could have been sent to Casper, Wyoming. Merci smoothed the way for me. She wrote letters home and much of what I saw—and even the people that I met—were almost familiar to me because she had written so much about them."

Today LDS has 16 missionary training centers worldwide that provide missionaries with eight weeks of training, including language instruction. However, in 1955 no such training was available, so Merci's prior experience in Uruguay proved to be invaluable.

After two and half years in Uruguay, Day returned to BYU to complete his degree. While he was serving as editor of the university's newspaper in 1959, one of the paper's news editors arranged a date between a member of her sorority and Day.

"We met on a blind date," said Chris, Larry's wife of 42 years.

In September 1960, the couple became engaged.

"Larry had gotten an Inter-American Press Association scholarship to go to Argentina in May of 1961, and we were going to get married in April," Chris said.

As part of Larry's plan to become a foreign correspondent, he traveled to the University of Minnesota for a quarter as part of his work on an advanced degree.

"We got engaged on a Saturday, had a goodbye kiss on a Sunday, and Larry went to Minnesota while I stayed at BYU to finish my degree," Chris said.

However, Larry's departure date for Argentina was moved up, meaning the wedding date also had to be changed.

"We were not together at all during our engagement period," Chris said. "We had to move the wedding up so we could leave for Argentina in February."

The Days laugh today when they hear brides-to-be say they need a

whole year to plan a wedding.

"Chris planned a beautiful, beautiful wedding in her hometown," Larry said. "It was wonderful. She was going to school full-time, traveling back and forth from Provo to her hometown, and doing student teaching."

About a month after their wedding, the newlyweds were aboard a freighter to Argentina.

"Chris gets terribly seasick, so she was sick for about three weeks," Larry said. "It took nine weeks to get to Argentina. There was a dock strike in Santos, Brazil, which is the port for São Paulo. There were 26 ships waiting in the bay when we got there. The passenger ships went straight in, but we were on a freighter and we had freight to unload. We sat bobbing up and down for two weeks."

Shortly after arriving in Argentina, Larry was presented with a job offer from United Press International (UPI).

"While we were in Argentina, UPI had an opening for a correspondent," Larry said. "They hired me on full-time with the blessings of the Inter-American Press Association. Instead of going to the university, I started covering the aftermath of the Perón regime."

After leaving Argentina, the Days returned to BYU, where Larry worked on completing his master's degree and Chris prepared for the arrival of the couple's daughter, Stefani.

In 1963 the Days traveled to the University of Minnesota so Larry could work on his Ph.D. Chris, with a degree in education, started her first full-time job as a kindergarten teacher.

"We had 38 kindergartners in the morning and 38 in the afternoon," Chris said. "Each session was about three hours. You can imagine how much clothing the kids had on during a Minnesota winter."

"It took them one and half hours to take their coats and boots off," Larry added with a laugh.

As Larry pursued his doctorate,

Chris became the family's breadwinner.

"Chris was working full-time and making good money for a student's wife," Larry said. "She got us through financially."

While working on his dissertation, Larry joined the staff of the *Minneapolis Star and Tribune* as a copy editor. The Day's second child, David, was also born while the couple was in Minnesota.

"Our plan then was to stay in Minneapolis," Chris said. "Larry had a good job, and Larry's mom and dad helped us buy our first new car."

The Chevrolet Caprice station wagon had wood paneling, and was red with a black interior. But it lacked one thing the Days later wished they had added.

"Because we were staying in Minneapolis, and because Larry and his dad were tight, we didn't get air conditioning," Chris said. "A month or two after we bought the car, Larry accepted a job offer from KU. We

came to Kansas at the end of August in 1966, and it was hot. And every summer when school was out we would drive across western Kansas to go to Utah and Idaho. We kept that car until it had over 150,000 miles on it."

Larry would spend the next 22 years teaching journalism at KU. During that period, Larry also received the first of three Fulbright scholarships and traveled extensively throughout Latin America.

"My first Fulbright was a year-long scholarship in 1974," Larry said. "Chris, the kids, and I went to Argentina again. It was a great opportunity for Stefani and David because they learned to appreciate a different culture."

Larry's own appreciation for different cultures led him to work closely with Sam Adams on diversity issues at KU. At that time, Adams was one of a very small number of black faculty members at major U.S. universities. Larry would later work with Robert Throwers, the Poarch Creek

Indian Tribal Education Director at Atmore, Ala., and Jack Nelson, a BYU professor who uses a wheelchair, on issues involving mass media and the disabled.

While Larry taught at KU, Chris was a teacher in the Lawrence school district. In 1982 she received her master's degree in library science from Emporia State University. That same year, Larry returned to Argentina to cover the Falklands/Malvinas Island conflict.

The Days moved to Florida in 1988 when Larry transferred to the Department of Communication Arts at the University of West Florida (UWF) to work with Churchill Roberts. Roberts and his team were making television documentaries in Cuba and Central America, and Larry was the only member of the five-person team who was fluent in Spanish. When Roberts later moved his program to the University of Florida, Larry continued to teach at UWF.

The Days stayed in Florida until they received a call from their son in 2000.

"When David called and said I was going to be a grandma, I said to Larry, 'I don't know what you're going to do, but I'm going home,'" Chris said.

The Days had a house on the water where they could actually look out and see dolphins jumping and swimming, and both of them had good jobs. However, their first grandchild trumped all of that.

David, a Lawrence resident, earned a master's degree in journalism from KU, and is a corporate writer for Payless Shoesource. David's wife also received a degree in journalism. Their second child is due this summer.

The Days' daughter, Stefani, started out as a journalist and married a journalist.

"Stefani has her dad's gypsy blood, and she went on to do a lot of traveling and is fluent in Spanish. Now she's a doctor who treats Spanish-speaking patients in Salt Lake City."

In addition to their son's family in Lawrence, Chris' mother, who will be 102 in August, lives in Lawrence at Alterra Sterling House.

"Every July we put her on a plane and fly her back to Utah so she can spend a couple of weeks in her old family home," Chris said.

In January Larry once again set up office at Stauffer-Flint Hall and is teaching a section of Journalism 301 this semester. In his spare time, he writes, among other things, humor columns for *Kaw Valley Senior Monthly*.

Chris spends much of her time doing what she came home to do—being a grandma.

"When David called and said I was going to be a grandma, I said to Larry, 'I don't know what you're going to do, but I'm going home.'" - Chris Day

Kaw Valley SeniorMonthly

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Horizon Mobility

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Although the system was expensive to purchase, it helps reduce costs for the customer. "It's important to keep things cost-effective," said Dave Norton, a respiratory therapist who owns P.D.S. Medical and works with Horizon Mobility. "The health care dollar is shrinking, and that means getting the right equipment the first time. That's why assessment is so important."

Another new development is the personal oxygen system, which can enlarge the boundaries of patients needing oxygen therapy because its small size makes it portable. P.D.S. Medical has two licensed respiratory therapists on hand to help evaluate patients for the HELiOS system. "The higher the technology, the more careful you have to be," Norton explained.

The patient uses the system by putting the 3.6-pound device on and wearing it until it needs to be refilled, a process that takes about 40 seconds using the HELiOS reservoir. The system allows oxygen therapy patients the mobility they need to shop, do yard work, or perform other activities outside the home.

"It's a new idea in terms of a portable unit that offers eight hours of freedom and enables people to be a lot more independent," Norton said. "And we also carry more traditional respiratory equipment," he added.

The traditional equipment has also been tweaked for more customer convenience. "A lot of people need in-home oxygen, and the technology has changed," Norton said. "They are much quieter, produce less heat and require less electricity. They now use about the same amount of electricity as a refrigerator, and that's important for a person on a fixed income."

For customers with sleep apnea, the newer C-pap machines can now adjust the pressure to fit the customer's breathing pattern. "It's no longer a cookie-cutter answer," Norton said. "It adjusts for each patient."

Horizon Mobility also specializes in motorized wheelchairs, which now come in a wide variety of styles and colors. "There's always new things in mobility, including innovative ideas in motorized wheelchairs," Poindexter said.

One new innovation in wheelchairs is a programmable system that Poindexter describes as "a wheelchair with a brain." For example, if the chair's operator has a tremor, the

wheelchair can adjust by means of a computer so that it will go in a straight line, she explained.

"Motorized wheelchairs also look better now," Poindexter said. "And that's important because the wheel-

chair contributes to how a person is viewed and how that person feels

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Survey on health care shows a knowledgeable, wary consumer

Only about one-half of adult health care patients are "very satisfied" with their primary physician and the vast majority are nervous about going to the hospital, according to a new national e-mail survey of consumers.

These are a few of the core conclusions in The 2003 Consumer Health Care Attitudes and Practices Survey, a new Prerogative Pulse Survey published by Prerogative, a marketing firm that helps companies effectively market to women.

Common complaints about primary care physicians include: difficulties getting an appointment, the probability of a long wait for an appointment and physicians not spending sufficient time with patients or providing enough feedback regarding issues such as test results.

A wide variety of reasons were given for being nervous about hospital visits, with most concerning treatment—both on a personal level and in terms of the quality of care or competency of the staff. Other concerns included the possibility of catching infections, long waits and cost.

Among the highlights of the survey:

- Major complaints about physicians revolve around inconvenience and lack of communication.
- Less than one-third of families select their primary physicians as a result of a doctor referral. The top reasons for selection are recommendations by a family member or friend, location and ease of getting an appointment.
- Overall reputation is the top reason for selecting a hospital, followed by technological capabilities and physician recommendations.
- Information about hospitals is gleaned from friends and relatives (74.5 percent), doctors (71.6 percent) and various media sources.
- More than half of those who have been to a hospital for personal care say they were "very satisfied."
- Most people are uncertain or skeptical that hospitals are more interested in providing quality health care over making money.

"Health care marketers need to be aware that today's consumer is alert, constantly analyzing the treatment she is getting, and more demanding than ever in terms of personal and professional services," said Helen Thompson, Managing Director, Prerogative. "Even more importantly, an ever increasing number of doc-

tor and hospital referrals comes about as a result of women networking among their friends and colleagues."

The Prerogative Pulse Survey on health care was conducted in December 2002. The 707 respondents included 463 women and 244 men. More information regarding the complete results of this study can be found at www.prerog.com.

Prerogative Pulse is an e-mail panel formed by Prerogative (www.prerog.com), a strategic marketing consultancy that helps companies find smart solutions for acquiring and maintaining relationships with women consumers.

Hesseltine to discuss hearing loss, treatments

Hearing loss is one of the most prevalent chronic conditions in the United States. More than 9 million Americans over the age of 65 have a hearing loss. In addition, more than 10 million middle-aged Americans between the ages of 45-64 have a hearing loss.

Despite these numbers, over 50 percent of those with hearing loss do not use a hearing aid. There is a small window of opportunity between hearing loss and the realization of the degree of the loss to make a difference in the quality of treatment. The impact on the quality of life is affected.

Have you realized that you have difficulty understanding words when in a mall or restaurant? Is the television turned up higher than it used to be? Is using the telephone annoying because it seems that words disappear? Do you find yourself not wanting to attend group activities or meetings because it seems that people are whispering around you? All of these can be an indication of hearing loss. Treatments are sophisticated and discreet.

Come hear Scott Hesseltine from the Lawrence Hearing Aid Center talk on the different kinds of hearing loss and the variety of treatments that are available to counter these losses at 2:00-3:00 p.m. on Tuesday, May 6, in the Lawrence Public Library auditorium. For more information, contact Pattie at the library, 785-843-3833.

Prerogative is a business unit of Callahan Creek.

Callahan Creek (www.callahancreek.com) is a full-service, integrated agency serving a variety of regional, national and international clients in the areas of marketing, advertising, public relations, direct marketing, design, promotion, interactive, marketing re-

search and competitive intelligence. Callahan Creek is also the parent company of Prerogative®, a national brand consultancy that helps companies connect more effectively with female consumers.

For more information, contact Helen Thompson, Managing Director, Prerogative, (800-540-0647, hthompson@prerog.com).

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SENIOR FORUM

Avoid 'contentious matters' by prearranging funeral

By Kent S. Collins

DEAR SENIOR FORUM: I came back to my hometown for my father's funeral to find the family in a mess. Mom was alternating between fits of crying and periods of sitting like a zombie. My sister was trying to control everything. So was my dad's brother. One of my brothers-in-law was worrying about Dad's estate plan — read "inheritance."

Leading up to Dad's funeral there were all sorts of contentious matters for the family:

Should the service be held at the funeral home or the church? What prayers should be said, and what hymns should be sung? Should memorials be made to some charity, or should people send flowers? And did we want to have a reception at the house after the funeral or go off to grieve in private?

All these things kept us so agitated that we didn't have the time or the spirit to think much about Dad. There's got to be a better way. — Funeral Family

DEAR READERS: Don't wait to the end to make plans for the end of life. It is an old sermon frequently ignored. Funeral directors bare witness to it daily. And some are willing to profit mightily from this failure of families to prearrange the end.

But the steps to avoiding "contentious matters" and "sisters trying to control everything" are simple. Good planning honors the dead and comforts the living.

A new book, "You Only Die Once:

Preparing for the End of Life with Grace and Gusto" (Integrity Publishers, 2002) by Margie Jenkins, tries to make businesslike the business of preplanning the end of life. Of course, for some people, the subject may not call for a businesslike approach. But the ideas in the book are good ones. For example, the most obvious good idea: Share your wishes with at least a few friends and family.

Three other ideas from Jenkins:

- Don't bury your money — or the brother-in-law's inheritance, in the case of this letter writer — in the ground. Decide funeral costs well before the time of emotions.

- Say your goodbyes before it is too late. Tell family and friends, those close and those estranged, about your feelings, respect and love for them. Give away possessions with personal notes. In the case of the letter-writer, the son of the deceased can coax his mother to do this, since his father probably didn't.

- "Make sure others know what you stood for." The ideas and spirits you believed in should be clear to your loved ones before you die, not guessed at after.

Adult children can work through these ideas with their aging parents. Doing so is a show of respect.

If your question fits this space, send an e-mail to seniorforum@mchsi.com or write to The Senior Forum c/o Tribune Media Services, 435 North Michigan Ave., Suite 1500, Chicago, IL 60611.

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Today, many investors are seeking an in-depth approach to investing that goes beyond the traditional approach of buying one stock, fixed income security or mutual fund at a time.

Market volatility and the difficulty of staying abreast of the constant flow of economic and market news are causing more investors to assess the value of using a professional in-

vestment manager.

These investment professionals manage a portfolio of securities designed around a specific investment style, such as large-cap growth or small-cap value. They monitor market and business news, economic data and research, and can act quickly to adjust portfolio investments – relieving individual investors of the need to do so.

For individual investors, this means they receive a diversified portfolio managed in a consistent fashion using a well-defined investment discipline and strategy.

The end result is that individuals can benefit from the same kind of disciplined investment approach institutional investors have employed for decades in managing their investments.

If this approach interests you, talk with your Financial Advisor, who can help you select an investment manager, or managers, that are appropriate for your circumstances.

Your Financial Advisor will help you develop an investment policy statement and an asset allocation strategy suited to your needs and financial goals. Your investment policy statement provides overall direction to your investment plan, while the asset allocation strategy details the

mix of investments that will help you meet your goals.

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- Jason Edmonds, Vice President-Investments, Financial Advisor at the Lawrence office of Robert W. Baird & Co., can be reached by phone at 785-841-0041 or by e-mail at jedmonds@rwbaird.com.



Jason Edmonds

vestment manager.

These investment professionals manage a portfolio of securities designed around a specific investment style, such as large-cap growth or small-cap value. They monitor market and business news, economic data and research, and can act quickly to adjust portfolio investments – relieving individual investors of the need to do so.

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FINANCES

Investors: Understand your profile before you re-allocate

The bear market has brought several terms to the forefront of the minds of investors: geopolitics, volatility, asset allocation, and diversification. There is one thing that many financial advisors agree should be considered well before any of the oth-



Margaret Stenseng

ers: your personal investor profile.

What does it mean? Certainly, the meaning can be different for each investor and, advisors say, that is exactly the point. Before any investor can determine his or her proper strategy—and thus the proper allocation of assets in a portfolio—a map, of sorts, should be created, showing where that investor would like to go. If the map is the financial plan, the key to that map is the investor profile. Components of an investor's profile include:

- Goals: Are you saving for retirement? When would like to retire, at age 55, 60, 70? Will retirement include travel, a second home, recreational expenses? The answers to these questions help determine what kind of monthly and annual income you'll need in retirement and, thus, current investment strategies. Are there other goals, such as a child's

education, new home at some point, perhaps starting a business?

- Time horizon: This is the key component in reaching your goals and identifying what to do with portions of your assets. If you are 20 years or more away from your goal, time is an ally for you. You'll likely want to take advantage of the power of compounding and the longer-term growth potential of equity investments. If you're closer to your goal, say five or 10 years away, you'll likely want to protect your assets in more conservative vehicles.

- Risk tolerance: The two above

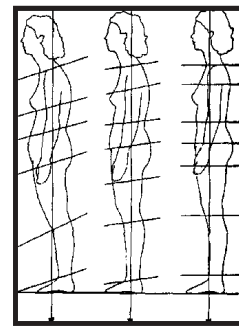
can help shape this component, but it also is affected simply by personal preference or outlook. Are you more conservative, preferring to protect existing assets and willing to accept slower growth? Are you more aggressive, willing to take some risk on certain equities, in return for potentially larger or more rapid growth? This, of course, is impacted by your time horizon, for as you get closer to a goal, you'll probably need to become more conservative in an effort to protect your assets.

If you're not sure of your personal profile, or of your long-term financial goals, talk to your financial advisor. It can be the first step on the road to your financial future.

- Margaret K. Stenseng serves as district manager and financial advisor with Waddell & Reed Financial Services, 2721 W. Sixth St., Lawrence. She can be reached at 785-841-7676.

What is Roling?

Through ten sessions of soft tissue manipulation, a Rolfer uses his hands to systematically stretch and guide the client's body to a place of easier and more efficient movement. The results are that people stand taller, straighter, and move more freely with better balance.



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- People who want more than a massage.
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- People who want to breathe and sleep better.
- People who want more harmony in their lives.
- People in every age group - infants to seniors.

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HEALTH

You can avoid neck pain

If you've ever been in a fender bender, you know that acute neck pain can follow even a minor car accident. But most people suffer neck pain for other and more easily preventable reasons.

The most common cause of neck pain is simply how we hold our heads when we work, drive, sleep, or relax. Sitting on an overly soft chair or watching TV at an angle or reclining on a stack of pillows can overstretch our neck and spine joints, causing pain.

This article is intended to help



Laura Bennetts

you avoid such pains.

Joint pain

A glance at a skeleton makes it clear that your spinal column consists of a long and gently curving string of vertebral bones. This column supports your trunk, limbs, and head. And when you stand or sit with good posture, the pressure on your spine is evenly distributed and unlikely to cause you pain. But bad posture can hurt you—above all, by putting undue stress on your joints. This is just as true in your neck as it is in your knee or lower back.

Your neck consists of seven vertebral bones that are stacked on top of each other, with gelatinous discs sandwiched in between them. Any skeletal model makes this clear. But a model doesn't show what actually happens inside your body every day. Your spine is more than just a chain of linked bones. Living bones are complex tissues, which work in harmony with muscles, tendons, ligaments, and nerves. The joints—the points of intersection where bones connect, and where bones meet muscles and other soft tissues—are the hinges which enable you to move. And since movement involves tension and pressure, your joints are especially vulnerable to pain.

In the neck your joints help you to rotate your head and to absorb the shock of movement when you flex your neck forward or bend backwards. Any abnormality in the way

you move or hold your head can cause a pain in the neck. That's because your spinal joints are full of nerves—motor nerves that spur movement and sensory nerves that communicate with your brain.

When you injure or stress a neck joint, a distress signal of pain flashes to your brain. Most commonly, this is caused by poor posture while standing, sitting, or sleeping.

Don't slouch!

If your head cranes forward, your neck joints are stressed by the effort of trying to hold the weight of your head in an awkward position. The soft tissues in your neck cry out for relief. This is common among people who sit for hours at computers, for example. In cases like this we experience postural fatigue, making it harder and harder to sit up straight.

In general, the longer your spine is overflexed, the harder it is for you to straighten up properly. For example, if you've ever driven non-stop for hours on end, I'm sure you recall how the joints in your back felt when you got out of your car—sore and tight.

What's the solution? Simple. Just get up and walk around with good posture at regular intervals (say, every 20 minutes when you're at the computer, or every couple of hours when you're driving). This will give your joints a rest and enable you to hold your head erect.

If this isn't enough—if your neck is still stiff and sore—you should check your posture to see what's wrong. Glance in the mirror to see if your shoulders are rounded and forward. (They shouldn't be.) Is it hard to pull your shoulders back or squeeze your shoulder blades together? (That's a warning sign.) Do you feel tightness under or across your collar bone or in the front of your neck? (Let's hope not.) Is your head slouched in front of your shoulders?

If so—if you answered "yes" to any of these questions—you may need stretching exercises to help correct your posture.

Stretch and strengthen

Now, let's see how you feel. Is it hard to gently pull your head back to align your ears with your shoulders? Once you do align your head and shoulders, is it hard to maintain that posture?

If you answered "yes," you may need strengthening exercises—not only for your neck, but for your back and shoulders. Standing tall is easy, and relatively painless, when your body has the strength to support your head and trunk.

Therapy is better than a pain in the neck

Self-help can prevent and relieve neck pain. Try taking breaks and practicing good posture when you work at the computer, watch TV, drive, sew, knit, or read. But if you have trouble correcting your neck problems yourself, a physical therapist can help. PTs teach the exercises that help you achieve and maintain an optimal posture. It takes strength in your neck, shoulders, pelvis and trunk to gain good posture. Physical therapists can also treat your neck pain by applying deep heat to your soft tissues to increase your flexibility and decrease your pain.

So, if your neck hurts you acutely, you should see your doctor to find out why—and discuss whether you might need physical therapy. In most cases, the right therapy WILL speed your recovery.

- Laura Bennetts, MS RPT, is a phys-

ical therapist with 20 years' experience. She co-owns Lawrence Therapy Services LLC, 785-842-0656, and Baldwin Therapy Services, 785-594-3162. For answers to therapy-related questions, please write to Laura either at her e-mail address, laurabennetts@hotmail.com, or via Senior Monthly.

TRIVIALITIES

1. Who directed the 1979 film "Tess"?
2. What 1974 film starred Jack Nicholson, Faye Dunaway and John Huston?
3. The 1996 film "The Chamber" was adapted from whose novel of the same name?
4. In the 1995 film "Don Juan DeMarco," what actor portrayed the title character?
5. Mickey Roarke starred as Henry Chinaski in what 1987 film?
6. Alice Krige starred as Freda Sackville-Bagg in what 2000 film?
7. In what year did the film "Chariots of Fire" win the best picture Oscar?

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Answers on page 14

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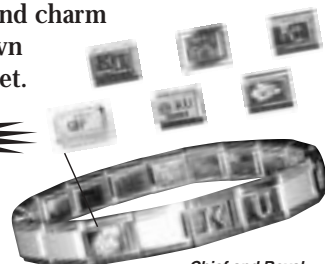
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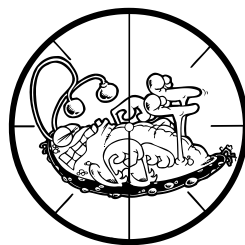
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HEALTH

It's hay fever time

Springtime is here! It is a wonderful time of the year for most people. It is a time when the weather becomes warm, the grass is starting to turn green, and the trees and the flowers are blooming and budding. A person enjoys being outside to work in the garden or enjoys a nice walk in the evening. However, for



Dr.
Farhang
Khosh

those who suffer from allergies, this can be the worst time of the year and going outside can be a death sentence. Hay fever is a common complaint not only in the spring, but also in the summer and fall. Windborne pollens generally cause hay fever. In the springtime hay fever is mostly due to tree pollens (oak, elm, maple, alder, birch, and juniper). In addition, airborne fungal spores can cause hay fever. These allergens cause the body to produce an excess of histamine, which will manifest as catarrh and nasal congestion.

How do you know that you have hay fever? One of the classical common complaints is the nose, roof of the mouth and eyes begin to itch gradually or instantly when the pollen season begins. Sneezing, watery eyes, clear watery nasal discharge, coughing and asthma can also develop. Common traditional treatment involves oral anti-histamines to relieve the symptoms of the hay fever. However, anti-histamines have some common side effects, including downiness, increased in blood pressure, fatigue, headache, nausea and throat irritation.

Alternative methods for treating

hay fever without using anti-histamines include diet. Avoiding dairy products because dairy products will cause nasal congestion and mucous. Eating lots of green or yellow vegetables can help build the immune system and at the same time contain Vitamin A, which helps hay fever. A person should eat a raw vegetable salad at least once a day. Supplementing with Vitamin A, C, and B complex will also help during the hay fever season.

A commonly used herb to treat hay fever is Stinging Nettles, or *Urtica Dioica*. The use of Nettles goes back to ancient times. According to tradition, Caesar's troops introduced the Roman Nettle into Britain because they thought they would need to flail themselves with Nettles to keep warm, and, until recently, "urtication," or beating with Nettle, was a standard folk remedy for arthritis and rheumatism. It also has been used for antiseptic, immune

builder and an exportant. Nettles

are loaded with many vitamins and minerals, including Vitamins A, B, and C. Nettles also contain a natural anti-histamine that makes it especially helpful for hay fever, but also other allergies.

Another commonly used herb is Myrrh or *Commiphora molmol*. It has also been used since ancient times. Myrrh has proven throughout history to be an effective antibacterial and antiviral agents. It helps to lower blood fats resulting in deposits of cholesterol and triglycerides in coronary heart disease. In addition to these properties, Myrrh also is an effective anti-inflammatory and carminative that is often helpful with allergies. The whole body seems to feel a positive influence after using Myrrh.

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

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CALENDAR

BINGO

SUNDAYS
KNIGHTS OF COLUMBUS HALL
2206 E. 23RD ST., LAWRENCE, 6:30 PM

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

TUESDAYS
VETERANS OF FOREIGN WARS
138 ALABAMA, LAWRENCE, 6:55 PM
785-843-2078

WEDNESDAYS & 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

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

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

EVENTS AND CELEBRATIONS

MAY 1-25
BIRGER SANDZEN MEMORIAL GALLERY—105TH MIDWEST ART EXHIBIT
Art exhibition unique to Kansas history for more than 100 years in conjunction with "The Messiah Festival," Bethany College.
LINDSBORG, 785-227-2220

MAY 3
HERB MARKET
Annual market and sale of herb plants and garden-related items and yard art.
LEAVENWORTH, 913-682-7759

MAY 3-4
CINCO DE MAYO
Taste of Cinco de Mayo Saturday. Mexican cuisine. Sunday fiesta program, dancers, music and car show.
EMPORIA, 620-342-2682

MAY 3-4
MEN'S RANCH RODEO
Cowboys from across the state and neighboring states demonstrate skills of ranching.
ABILENE, 785-263-2521

MAY 3-4
MILLFEST
Enjoy tours of the 1898 flour mill in operation, pioneer arts and crafts demonstrations, lively traditional music.
LINDSBORG, 785-227-3595

MAY 3
ART TOUGEAU
Sixth annual Art Car Parade.
LAWRENCE, 785-841-4598

MAY 3
FORT LEAVENWORTH HOMES TOUR AND FRONTIER ARMY ENCAMPMENT
Annual tour of several historic homes at Fort Leavenworth and Frontier army encampment and reenactment.
FORT LEAVENWORTH, 913-684-3186

MAY 3
KANSAS HEART AND SOLE CLASSIC
Attracts over 500 runners, includes a fun run, 5K run/walk, 10K run. Certified course.
OLATHE, 913-492-8360

MAY 4
ART IN THE PARK
Annual event. Area artists display and sell their works outdoors. Live music.
LAWRENCE, 785-865-5483

MAY 4
MAY DAY AT LANESFIELD
Make a May basket, dance around the Maypole. Live music and refreshments complete the festivities.
EDGERTON, 913-631-6709

MAY 9
HASKELL INDIAN NATIONS UNIVERSITY POW WOW AND COMMENCEMENT
Graduating students participate in the colorful ceremony, many attired in traditional dress.
LAWRENCE, 785-749-8404

MAY 10-11
TEAM ROPING
Roping teens from four-state area vie for recognition and points.
ABILENE, 785-263-2521

MAY 10
KIDS FISHING DAY
Kids and their parents or grandparents will enjoy catching the Big One!
TOPEKA, 785-267-1156

MAY 10-NOV 8
LAWRENCE FARMERS' MARKET
One of the oldest farmers' markets in Kansas, offering fresh fruits and vegetables, baked goods, flowers, herbs and crafts.
LAWRENCE, 785-842-3883

MAY 16-18
KANSAS CITY AMERICANA WEEKEND
Santa Fe Trails Bluegrass Festival, BBQ Cook-off, and Prairie Winds Kite Festival combine for a weekend of music and fun.
BONNER SPRINGS, 913-721-1075

MAY 17-18
MAIFEST
Festival celebrating new vintage wine releases. Includes tasting, grand banquet, train rides, live entertainment, arts and crafts.
SALINA, 785-825-2515

MAY 17
TURKEY CREEK FESTIVAL
18th annual celebration. Arts and crafts show, 5K run, concerts, children's activities, and parade.
MERRIAM, 913-722-7750

MAY 20-AUG 31
CHILDREN'S MUSEUM CHAGALL TRAVELLING EXHIBIT
Exhibit introduces art to children through a unique approach that helps them understand and appreciate all forms of artistic expression.
KANSAS CITY, 913-287-8888

MAY 22-25
O'REILLY NHRA SUMMER NATIONALS
Witness as the fastest stars in motorsports cover the Heartland Park Topeka quarter-mile during the O'Reilly Summer Nationals.
TOPEKA, 800-437-2237

MAY 23-24
KANSAS CITY AREA ANTIQUE AIRPLANE FLY-IN
Gathering of antique, experimental, and modern airplanes.
ATCHISON, 816-363-6351

MAY 24-26
FRONTIER GARRISON LIFE
Experience pieces of our military past during an extended weekends of living history activities.
FORT SCOTT, 620-223-0310

MAY 24-26
TOPEKA JAZZ FESTIVAL
Three days of world-class artists playing incredible straight-ahead jazz.
TOPEKA, 785-234-9800

MAY 24-25
RIVERBEND ART FAIR
38th annual art fair with artists from a four-state area along the outdoor pedestrian plaza.

ATCHISON, 913-367-4278

MAY 30-JUN 7
SUNFLOWER MUSIC FESTIVAL
Chamber orchestra and chamber concerts performed by musicians from throughout the U.S. and Canada.
TOPEKA, 785-231-1010

HEALTH

MONDAYS THRU SATURDAYS
WATER CLASSES
Neu Physical Therapy Center. Call for appointment. Fee.
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TUESDAYS
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ASSEMBLY OF GOD CHURCH, LAWRENCE, 785-864-5168

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

THIRD TUESDAY OF EACH MONTH
HEALTH SCREENING CLINIC
Lawrence-Douglas County Health Department.
PINECREST II APARTMENTS, 924 WALNUT, EUDORA
9-10 AM

WEDNESDAYS
FREE CONSULTATION
Neu Physical Therapy Center. Call for appointment.
1198 FRONT ST, TONGANOXIE
913-845-2252, 1-888-784-1243

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 AM-12 NOON

CONTINUED ON PAGE 11

CALENDAR

CONTINUED FROM PAGE 10

THURSDAYS

FREE CONSULTATION

Neu Physical Therapy Center. Call for appointment.

1305 WAKARUSA DR, LAWRENCE
785-842-3444, 1-888-784-1243

MAY 7

CHOLESTEROL SCREENINGS

A fingerstick test providing a total blood cholesterol reading in five minutes. \$5 per person. No fasting or appointment necessary.

LMH HEALTH SOURCE ROOM
9:30-11:30 AM

MAY 9

SOBONFU SOMÉ: "RITUAL, HEALING & COMMUNITY"

Sobonfu of Burkina Faso's Dagara Tribe will share ancient African wisdom with African Drumming, Singing and Dancing. Love offering.

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MAY 10

SOBONFU SOMÉ: "RITUAL, HEALING & COMMUNITY"

Sent by her Dagara tribe to share their teachings, Sobonfu Somé shares ancient African wisdom in a full day of ritual, healing and community. Fee. THE LIGHT CENTER, 785-255-4583

MAY 17

HOLISTIC NURSING FORUM

Entrepreneurs, pioneers and adventurers! With Sharon Burch, Renee Roosa and Robin Goff. Sponsored by the American Holistic Nurses Association. 7.2 CE. Fee.

THE LIGHT CENTER, 785-255-4583

MAY 31

FEED YOUR BODY-FEED YOUR SOUL: CONSCIOUS EATING FOR HEALING

One day healing retreat at The Light Center. Includes energywork, massage, and yummy foods. Presented by Hilary Kass, Chris McDowell and Robin Goff. Fee.

MEETINGS

FIRST WEDNESDAY OF EACH MONTH

NOW OR NEVER CLUB BALDWIN SENIOR CENTER

1221 INDIANA, BALDWIN CITY
12 NOON-1:30 PM, 785-594-2409

FIRST AND THIRD MONDAY OF EACH MONTH

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

FIRST WEDNESDAY OF EACH MONTH,
SEPTEMBER-MAY

KAW VALLEY CHAPTER, OLDER WOMEN'S LEAGUE

Forums held at Lawrence Public Library
1:30 PM

WEDNESDAYS

OLDER KANSANS EMPLOYMENT PROGRAM

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

SECOND MONDAY, SEPT.-MAY

LAWRENCE CLASSICS, GENERAL FEDERATION OF WOMEN'S CLUBS

Volunteer service club.
785-331-4575

THIRD MONDAY OF EACH MONTH SELF HELP FOR THE HARD OF HEARING (SHHH)

SHHH is a non-profit, educational organization dedicated to the well-being of people of all ages who do not hear well.

BABCOCK PLACE, 1700 MASSACHUSETTS, LAWRENCE, 1 PM

THIRD TUESDAY OF THE MONTH

LAWRENCE PARKINSON'S SUPPORT GROUP

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

THIRD THURSDAY OF EACH MONTH

PROSTATE CANCER SUPPORT GROUP

The Prostate Cancer Support Group is for survivors, family members and anyone who is interested in learning more about prostate cancer.
RIEKE AUDITORIUM, KU MEDICAL CENTER, 7-9 PM

FOURTH FRIDAY OF EACH MONTH AARP CHAPTER 1696 LUNCHEON

Group meets fourth Friday of each month except in July, November and

December. Luncheon is held on third Friday in November.
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While every attempt has been made to ensure the accuracy of the events listed, some changes may occur without notice. Please confirm any event you plan to attend.

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Nifty, Nifty Look Who's 50!

*The following celebrities
turn 50 in May:*

- May 6 **Tony Blair**, British prime minister
- May 15 **George Brett**, Former Kansas City Royals player, 13-time All-Star
- May 16 **Pierce Brosnan**, actor, *Remington Steele*, *Die Another Day*
- May 24 **Alfred Molina**, actor, *Chocolat*, *Dudley Do-Right*
- May 30 **Colm Meaney**, actor, "Miles O'Brien" on *Star Trek: The Next Generation*

Have a "celebrity" you'd like to wish a Happy Birthday? Call Kevin at 841-9417 to place an ad for a relative or friend.

Former *Senior Monthly* columnist dies

M. Monteen Lucas died Sunday, March 30, 2003, at her home.

She was born in Atmore, Ala., on Oct. 13, 1928, the daughter of Tup and Leah (Vinson) Lucas. She graduated from Huntsville High School in 1944 in Huntsville, Ala.



Lucas

In 1960 Ms. Lucas received a bachelor's degree in nursing from the University of Houston. In 1976 she received a master's degree from Texas Woman's University with a double major in psychiatric-mental health nursing and community health nursing.

In 1987 she received her doctorate from Texas A&M University in health education and administration. Mrs. Lucas was certified in 1976 as an advanced practice clinical nurse specialist from the Texas Board of Nurse Examiners in Austin, Texas. In 1987 she received certification in allied health education and administration from the Baylor College of Medicine in Houston.

Ms. Lucas was a psychotherapist

from 1976 to 1987. From 1987 to 1997 she was a nurse educator and nursing specialist in geriatrics at Yale University.

She received the Outstanding Teacher Award in 1977 from Houston Baptist University; excellence in writing award from the American Journal of Nursing and Texas Nursing Assn. in 1983; the National Educator Award from the International Psychiatric Consultation Liaison Nursing Assn. in 1993; and Outstanding Nurse Leadership Award from Advanced Practice Psychiatric-Mental Health Nursing Leadership in 2003.

Ms. Lucas was a member of the American Society on Aging, American Society on Aging Mental Health and Aging Network, Sigma Theta Tau, Delta Mu Chapter, Advanced Practice Psychiatric Mental Health Nurses Organization and Trinity Episcopal Church.

She was a founder of CT Advanced Practice Nurses in Geropsychiatry and a founding member of the American Holistic Nursing Assn.

Survivors include two daughters, Sherri Treadwell, Macon, Ga., and Charlotte Ostermann, Lawrence; and seven grandchildren.

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FOOD

Balsamic glazed pork chops with red pepper grits

By Lorrie Hulston Corvin & Robyn Webb

Steamed green beans go well with this dish.

3 cups water
3/4 teaspoon salt, divided
3/4 cup uncooked quick-cooking grits

2 tablespoons butter
1/2 teaspoon bottled minced garlic

1 (7-ounce) bottle roasted red bell pepper, drained and diced
Cooking spray

4 (4-ounce) boneless center-cut loin pork chops (about 3/4 inch thick)

1/8 teaspoon black pepper
1/4 cup balsamic vinegar
2 tablespoons honey

1. Bring water and 1/2 teaspoon salt to a boil. Add grits, butter, and garlic, stirring with a whisk. Reduce heat and simmer, uncovered, for 5 minutes. Remove from heat; stir in red pepper.

2. While grits cook, heat a large nonstick skillet coated with cooking spray over medium-high heat. Sprinkle pork with 1/4 teaspoon salt and black pepper. Add pork to pan; cook 4 minutes on each side or until done. Remove from pan. Stir in vinegar and honey, scraping pan to loos-

en browned bits. Bring to a boil; cook 1 minute or until thick, stirring constantly with a whisk. Return pork to pan; turn to coat. Serve pork and sauce over grits. Yield: 4 servings (serving size: 1 pork chop and 1 cup grits).

CALORIES 397 (30 percent from fat); FAT 13.1g (sat 6.7g, mono 3.2g, poly 0.6g);

PROTEIN 28.8g; CARB 40.5g; FIBER 0.8g; CHOL 88mg; IRON 2.2mg; SODIUM 592mg; CALC 26mg.

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Mussels in spicy coconut broth

By Lorrie Hulston Corvin & Robyn Webb

While broth mixture comes to a boil, scrub and debeard mussels. Slice basil while mussels cook.

1/2 cup light coconut milk
1/4 cup thinly sliced peeled fresh ginger

1 tablespoon sugar
2 tablespoons lemon juice
2 teaspoons red curry powder (such as McCormick)

Dash of salt
1 (14.5-ounce) can fat-free, less-sodium chicken broth

2 pounds mussels, scrubbed and debearded

1/4 cup chopped fresh basil

1. Combine first 7 ingredients in

a Dutch oven, and bring to a boil. Add mussels; cover and cook 5 minutes or until shells open.

2. Remove from heat; discard any unopened shells. Spoon 1 1/2 cups broth mixture into each of 2 soup bowls. Divide mussels evenly among each soup bowl. Garnish with chopped basil. Yield: 2 servings.

CALORIES 241 (27 percent from fat); FAT 7.1g (sat 2.8g, mono 1g, poly 1.1g);

PROTEIN 22.9g; CARB 20.3g; FIBER 1g; CHOL 46mg; IRON 7.8mg; SODIUM 940mg; CALC 66mg.

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Source: American Journal of Clinical Nutrition, Oct. 2001;
KRT Photo Service
Graphic: Jutta Scheibe



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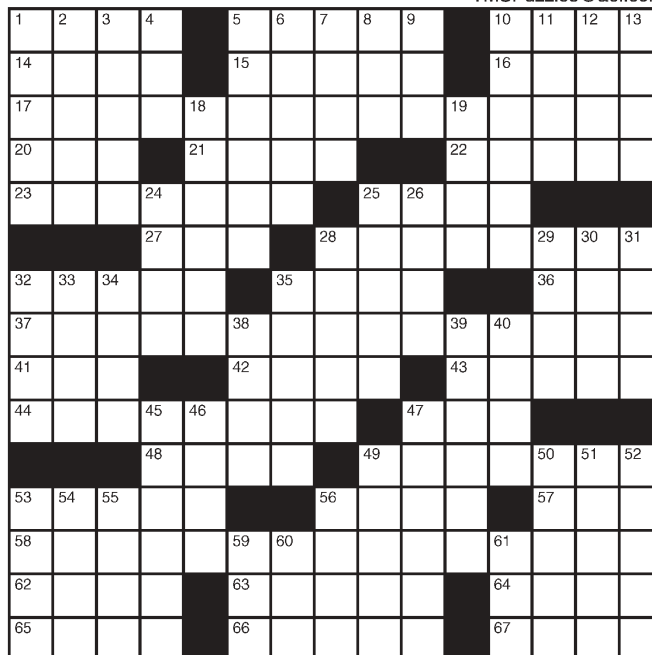
ACROSS

- 1 Prepare the salad
5 Weasel-like mammal
10 Perch for several
14 Suffering dull pains
15 Raptor's weapon
16 Jam-pack
17 Show of congratulations
20 Canoeing equipment
21 Bullfight bravos
22 Troy beauty
23 Subsidized
25 Did the butterfly
27 Loco
28 Blue-eyed cats
32 Senior
35 Poor-box contribution
36 Stout brew
37 Way to say "Well done!"
41 Hobo
42 Lulus
43 Gave the eye
44 George Lucas film
47 Pool tool?
48 Aperture
49 On the skids
53 Sound system
56 Mimics
57 Caviar base
58 Clapping upright
62 ___ Alto, CA
63 TV host Alistair
64 Intl. power, once
65 Females
66 Garden tool

67 Quaker's you

DOWN

- 1 Lake in the Sierra Nevada
2 Briny deep
3 Piece of broken pottery
4 Golan Heights claimant: abbr.
5 Fashioned
6 Exclaimed in pleasure
7 Alain-Rene Lesage novel, "Gil ___"
8 Chaney of "The Phantom of the Opera"
9 Limitation
10 Blueprint
11 Spoken
12 Counterfeit
13 Grace conclusion
18 Not long before
19 Deception
24 Portent
25 Fools
26 Stinging insect
28 Palm blows
29 First king of Israel
30 Otherwise
31 Kernel
32 Eyes, poetically
33 Oaf
34 Russian assembly
35 Ignited
38 Hyalite
39 ___ May Alcott
40 Elderly



By Diane C. Baldwin
Columbia, MD

- 45 Large-horned mammals
46 Lumber
47 Brainy
49 Verbalized
50 Type of setter
51 Lariat loop
52 Art category
53 Small vipers
54 Beehive State
55 Roy Rogers' wife
56 Keenly eager
59 Word before bag or box
60 Sign of assent
61 Disapproving sound

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Answers on page 19

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.

ROCK SHOW (sol: 7 letters)

A-Appear, Applause, Arena, Audio; B-Band; C-Cables, Cheer, Clap, Cost, Crew, Crowd; D-Dance, Drums; E-Encore, Engagement, Entertain, Exciting; F-Fans; G-Greet, Group, Guitars; H-Horns; K-Keyboards; L-Lights, Listen, Loud; M-Merchandise, Music; P-Perform, Piano, Play, Production; S-Security, Sing, Songs, Sound, Stadium, Stage; T-Theater, Tickets, Tour; V-Video, Vocals

This month's answer:

CONCERT

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

JUMBLE

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

KARCC

WETHA

GITHEY

TECHIC

Answer:

THAT SCRAMBLED WORD GAME
by Henri Arnold and Mike Argillon
www.jumble.com



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

Answers on page 19

TRIVIALITIES ANSWERS

1. Roman Polanski 2. "China-town" 3. John Grisham 4. Johnny Depp 5. "Barfly" 6. "The Little Vampire" 7. 1982.

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WORDS OF WISDOM

Time is not a great healer. It is an indifferent and perfunctory one. Sometimes it does not heal at all. And sometimes when it seems to, no healing has been necessary.

God made man, and then said I can do better than that and made woman.

General notions are generally wrong.

Life is too short for a long story.

The strokes of the pen need deliberation as much as the sword needs swiftness.

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HUMOR

The Potty Professor

When the turkeys ganged up on my friend, Joe Balkanian, he paid them back good.

Joe was a professor at a small liberal arts college. He was a good teacher. He cared about his students. They'd come to his office at all hours of the day, and sometimes at night. For Joe, "office hours" were whenever he was in the office, and he was in the office whenever he wasn't in the classroom. Joe even put his telephone number on his course outlines so the students could call him



Larry
Day

at home.

Students liked Joe's classes because he demystified the material and made it relevant. Joe maintained high academic standards, but if the students didn't understand a concept, Joe would keep going over it until they caught on. Students made good grades in Joe's courses.

That made the turkeys mad. The college had a herd of turkeys who fantasized about being at Harvard. Turkey herd members wore monogrammed H's on their shorts or bras. One turkey even had an H tattooed on his right arm pit.

Every semester the turkeys issued a report card on their fellow professors. Professors were rank-ordered according to the grade point averages in their courses. Professors whose students got mostly C's, D's and F's were the good guys. Professors whose students got mostly A's and B's were the bad guys. Joe was one of the leading bad guys.

Unfortunately, the head turkey, Dr. Percival Zeke, was chair of Joe's department. The herd met at Dr. Zeke's house twice a month. Clothed in their academic robes, and wearing their square hats—to cover their square heads—they prostrated themselves before the sacred icon of turkeydom—the bell shaped curve.

When Joe came up for tenure, the turkeys blackballed him. Dr. Zeke put a note in Joe's file saying that "despite his apparent popular-

ity with the students," Joe's teaching was marginal. Joe's research, according to Dr. Zeke, was "derivative," and "conceptually conventional." That was the worst thing Zeke could have written, short of accusing Joe of subscribing to *Reader's Digest* under an assumed name.

Turkeys on the promotion and tenure committee concurred with Zeke, and the college denied Joe tenure. He was allowed to teach for one more year while the university conducted a search for someone to replace him.

Joe's academic career was in the toilet.

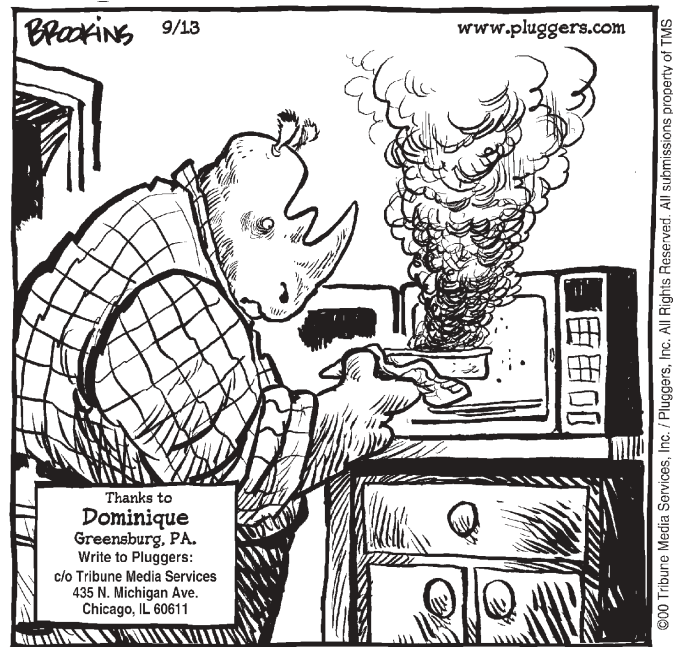
That's when he began collecting data in public bathrooms. Joe called it his "potty" research, and said it was definitely not going to be derivative or conventional.

Joe counted every stall and urinal in every public bathroom in Peabody County. He developed a linear regression analysis that plotted "comparative intermission wait time" for women and men at concert hall, theater and sports stadium restrooms. Joe also did content analyses of some of the riper loos located in gas stations and convenience stores on the outskirts of town.

One of Joe's studies turned up the fact that there are still 211 out-houses in the city. He prepared a monograph complete with density charts, chronological histories, and one-holer versus two-holer frequency tables. He even wrote a sidebar article titled: "Definitely Stacked: the Case for the Brick Out-house."

It was when Joe began doing "exit" interviews by standing outside restrooms in the city's upscale shopping mall that the fodder, so to speak, hit the fan at the college. A newspaper reporter saw Joe at the mall and wrote an article. The headline read, "Professor Peeks at Potties." The television stations jumped all over the story, and after that it was "Katie Bar the Bathroom."

Television crews from CBS, ABC, NBC, CNN and Fox swarmed onto the campus. The AP and Reuters picked up the story and spread it world wide. David Letterman did a Potty List on the *David Letterman Show*. Jay Leno's *Tonight Show* monologue was loaded with potty jokes.



You know you're a plugger if you can burn frozen food.

All the online services set up "Potty" web sites. Joe, who turned out to be marvelously articulate, told his story as a guest on nationwide TV, including Regis's morning show, and the *Rosie O'Donnell Show*.

The whole country was laughing—well almost the whole country. A conservative *New York Times* columnist wrote that people who laughed at potty jokes were congenital bedwetters, and the head of a national family values organization called for a boycott of companies that manufacture bathroom

fixtures.

Students at Joe's college began gobbling when they saw turkey professors walking on campus. But the ultimate insult came weeks later, after things quieted down.

Some dean called up Joe Balkanian and asked him if he'd be interested in a teaching job—at Harvard.

- 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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BOOKSHELF

By Margaret Baker

Dan Brown: *The DaVinci Code* (Doubleday, \$24.95, ISBN 0-385-50420-9) Fiction/mystery

American symbolologist Robert Langdon has an after-hours appointment with DaVinci expert Jacques Sauniere at the Louvre. When he arrives, Sauniere is dead. In his remaining moments of life he left a clue, if Langdon and Sauniere's granddaughter (a cryptologist) can unravel it.

DaVinci was fond of clues and puzzles; he wrote his journal in a code unbroken to this day. He was also a member of The Priory of Sion, the upper echelon of the Knights Templar, as was Sauniere. The Knights Templar was thought to be hiding a historic secret/treasure related to the Christian Church.

While this is a work of fiction, this will probably send the reader to a good art book to look for themselves at some of the potential clues. It may make you re-examine the elements of your faith as well.

Alan Cook: *Thirteen Diamonds* (Brekel Group, \$14.00, ISBN 1-929925-32-8) Fiction/mystery

Lillian Morgan, widowed professor emeritus (Mathematics), is bored by life in a retirement community. She gets more excitement than she wants when someone dies during the weekly bridge meet. Gerald Weiss died while holding a hand of 13 diamonds. He was allergic to shellfish, and someone slipped some into the tuna casserole.

Lillian's first motivation is the astronomical odds for holding all the cards of one suite. When she begins to suspect Weiss's death was murder, she must use her brains (and her granddaughter and fiancé) to solve the deadly puzzle.

Well-crafted plot with good characterizations. Puzzle fans will have special fun!

Richard S. Wheeler: *The Deliverance* (Forge, \$24.95, ISBN 0-312-87844-3) Fiction/historical western adventure. Thirteenth in a series

Trapper Barnaby Skye and his Crow wife are at Bent's Fort when they notice a Cheyenne woman at the gates. Standing Woman, they

learn, is trying to find her two children, stolen by Utes and sold into slavery.

It is foolhardy, but the three set out for Santa Fe and Taos to learn where the children might be. They meet with a Texas adventurer and are set upon by Apaches; Skye is captured as a Texas spy and set for execution.

A fast-action adventure with some long looks at the Indian slave market.

Bill Fitzhugh: *Heart Seizure* (Wm. Morrow, \$21.95, ISBN 0-380-97758-3) Fiction/mystery

Spence's mom Rose Taylor needs a heart transplant. Unfortunately, her blood type is the rarest, so it takes a long time for her to get to the top of the list.

But she's made it and is in the hospital, prepped when the President has a heart attack while jogging. The Powers That Be keep his condition a secret (the election is only three months away) and make plans to appropriate Rose's intended new heart.

Spence "kidnaps" Rose, the heart, and the surgical nurse, and heads out to find a surgeon.

High adventure, lots of action, intriguing characters, even some humor, with the many twists of the plot that a reader expects from Fitzhugh!

Peter Abresch: *Painted Lady* (Intrigue Press, \$24.95, ISBN 1-890768-47-2) Fiction/mystery

James Dandy and Dody Swisher met at an Elderhostel and now see each other at least annually. This time it's a coach tour of the Santa Fe area, and they meet in Denver as Dody has a book cover up for an award at a prestigious book conference.

Jim (a retired EMT) runs to the aid of a woman who has either jumped or been forced off a high building across from the host hotel, but she is beyond help. She was dressed as a shaman, and was researching a long-missing Indian artifact.

Someone thinks Jim found something that will lead to the valuable

artifact, and doesn't mind a wee bit of murder en route to getting it. Puzzling, too, is the shaman's continuing appearances in Dody's art—and she's not painting her.

Paperback Picks

Julia Spencer-Fleming: *In the Bleak Midwinter* (St. Martin's Minotaur, \$6.99, ISBN 0-312-98676-9) Fiction/mystery

Clare Fergusson is the new Episcopalian priest in a small town in upstate New York. Winters are harsh, so Clare is surprised to find a baby boy in a box on the church steps. A note asks that "Cody" be adopted by a couple in the church known to be searching for a child.

Clare and Russ Van Alstyne, the sheriff, search for Cody's birth parents, figuring that designating the prospective parents means the birth parents had connections to the church. Someone is willing to kill to keep that information forever missing.

Crackling with intensity, action mixed with Clare's introspective looks at her newly-acquired career, make this an unusual entry into modern mystery fiction. Amazingly, it's Spencer-Fleming's first work, and has already won the prestigious St. Martin's Malice Domestic award.

Jessica Speart: *Coastal Disturbance* (Avon, \$6.99, ISBN 0-380-82062-5) Fiction/mystery

U.S. Fish and Game field agent Rachel Porter aggravates her superiors,



which is why she is transferred to the Georgia swamps.

Water pollution, the endangered manatee, and political corruption fill the taut plot. The scenery is part of the action, and the characters are fully dimensional.

The Ears Have It (Books on Tape)

Laura Hillenbrand: *Seabiscuit, An American Legend*, read by Campbell Scott. 4 cassettes, 6 hours. (Random House Audiobooks, \$25.95)

Seabiscuit was the best race horse of 1938—and perhaps all time. A grandson of Man O'War, he didn't look great, and his gait was unorthodox. But trainer Tom Smith saw something in the horse and persuaded Charles Howard to buy him.

Smith signed up Red Pollard, a jockey on the downhill side. Seabiscuit set new records at all the California tracks, then took on the East Coast's fabled War Admiral. He was the underdog, and Americans, especially in the Depression years, loved the underdog.

This is the story, beautifully told, of the horse and the men who owned, trained, and rode him. It's also a look at the racing world, the rise of the automobile, and hard life of a jockey.

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



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Horizon Mobility

CONTINUED FROM PAGE THREE

about herself."

But it's also important that the wheelchair meets each individual's particular needs, she added, and at Horizon Mobility, there are specialists who actually go out to the customer's living situation to conduct personal evaluations in order to determine what the client's personal and environmental needs are.

For example, it's important to measure the doorways in the home to make sure the turning radiuses work, Poindexter explained.

Another service Horizon Mobility

provides is handling the paperwork for the customers with Medicare, Medicaid, the Medicaid Waiver program, and most other insurance companies. They also have a hard-ship policy to help those without full funding.

"We work with all insurance carriers," Poindexter said. "Medicare provides for motorized wheelchairs and we handle the paperwork and assessments free of charge."

It was Poindexter's earlier years of experience working in the insurance industry that inspired her to open her own medical equipment business in the first place. "I wanted to do things the right way, that would benefit the patient," she explained. "We're very

patient-oriented. When a person calls in, if we can't do something, we try to find a way it can be done. One call just about does it all."

And because Horizon Mobility is a small, family-owned business, employees don't have to go through multiple levels of management, Norton added.

The business recently expanded, however, with its purchase of the XSENSOR system and the hiring of a Certified Rehabilitation Technician Supplier (CRTS) last August who is qualified to work with the system. "Now we can also work with people who have cerebral palsy and head injuries," Poindexter said. "Dale Huffman is our CRTS; he's one of three

in the state of Kansas with that designation."

Horizon Mobility offers its services to a wide area, including Topeka, Kansas City and Emporia. "We can go almost anywhere in Kansas, and also part of Missouri, and we go out and serve the equipment so that people don't have to bring it in," Poindexter said.

Other services Horizon Mobility offers include free home delivery by trained technicians and 24-hour emergency service.

Horizon Mobility and P.D.S. Medical are both located in the Horizon Medical Plaza at 1400 W. Sixth Street. The phone number is 785-842-0150.

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SeniorMonthly, May 2003 17

PET WORLD

The straight poop on litter boxes, canine toilets

By Steve Dale

Q: My cat does his business in the litter box — but it's a stinky affair. He refuses to cover his "stuff." This has been an issue since he was a kitten. Naturally, we call him Stinky. You wrote in a column once that some cats just don't cover their droppings. Is there a pet-safe spray we can buy to make the room smell fresh? — S.C., East Bethel, Minn.

A: First, make certain that Stinky's feces aren't stinky because his stool is always loose (a potential symptom of disease). Talk with your vet about Stinky's stink.

There are lots of over-the-counter products to mask odors. Some do a better job than others. My only concern is that if the room with the litter box smells too much like "Daisy Do," "New England in Summer," or some other scent, your cat may avoid the room and the box. Don't overdo it with the spraying. Also, never spray while your cat is still in the room.

SeaYu Petrotech Odor Eliminator is a new unscented spray made of organic materials, specifically created for all sorts of pet odors, including the one you describe. Instead of masking odors, this spray encapsulates odors (giving them a sort of terminal TKO knockout punch). The manufacturer promises, "Satisfaction Guaranteed or Your Money Back!" right on the packaging. Call (877) 854-6624.

Q: I can understand most dog behavior. But this one stumps me. Why do dogs pick certain spots to poop in, then never poop in other spots? Sometimes they pick a spot and then change that spot for no apparent reason. To me, all those spots are the same. Can you explain? — S.W., Montreal, Quebec, Canada

A: Housebreaking goes fastest when dogs are repeatedly taken to the same place. Dogs like having their own toi-

let, which is not too different than many married couples I know.

New York City canine writer and trainer Carol Lea Benjamin, author of "Dog Training in 10 Minutes" (Howell Book House, New York, N.Y., 1997; \$14.95), explains that

dogs will give up their latrines if a more dominant dog comes along to exploit that same place.

They know who else has been there. Dogs are great conflict avoiders, gladly submitting and finding a new place to relieve themselves. However, there are other issues. Some other dogs develop a Felix Unger attitude, and simply move on when it becomes messy.

Sometimes circumstances determine where the toilet happens to move to. For instance, if your dog is let out into the yard and becomes

distracted by a squirrel, the excitement may prompt a bowel movement next to the tree the squirrel escaped to. The base of that tree may become the new toilet. Or maybe your dog will never defecate near that tree a second time.

"I'm not sure most dogs think about this issue in their entire lives as much as I just have in the past five minutes," Benjamin says.

Write to Steve at Tribune Media Services, 435 N. Michigan Ave., Suite 1400, Chicago, Ill., 60611. Send e-mail to PETWORLD(at)AOL.com.

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Middle age is that time of life when a woman won't tell her age, and a man won't act his.

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* Hearing test, cleaning, tune-ups and video otoscopic inspection are always free. Hearing test is an audiometric test to determine proper amplification needs only. There are not medical exams or diagnoses, nor are they intended to replace a physician's care. If you suspect a medical problem, please seek treatment from your doctor. Video Otoscope inspections available at participating locations.

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