

Kaw Valley Senior Monthly

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Serving the Lawrence-Topeka Area's 50 and Better Population

Vol. 3, No. 11

Ward enjoys being Meals on Wheels volunteer

By Kevin Groenhagen

As an employee of The Kansas Power and Light Company (KPL, now known as Westar Energy) for 37 years, Fred Ward, Topeka, spent much of his time in contact with many different people for one reason or another. After retiring in 1992, he worked for several months on a home addition and did some interior work, but he soon found himself yearning for contact with other people.

"I had to get out and do something," Ward said. "I had some friends who were volunteers with Meals on Wheels. They invited me to go on a route with them. I started volunteering once a week, then twice a week, then three times a week, and now four times a week."

Ward keeps one day during the week free to assist his wife—who had hip replacement surgery in late

2002—with doctor visits and other errands.

Ward normally arrives at Stormont-Vail HealthCare shortly after 10:00 a.m. to pick up the meals for the clients on his route. If he arrives before his clients' meals are ready, he helps the other volunteers load meals for their routes.

After loading his meals into his vehicle, Ward begins delivering to 11 clients (a twelfth is currently in the hospital) on Route 9. The route, which covers about 18 miles, takes a little over an hour to deliver. But Ward does more than merely deliver meals to homebound clients.

"I check on them," Ward said. "If no one comes to the door, I go to the next house on my route and call Meals on Wheels. They then call the responsible person. That's happened quite often."

Meals of Wheels volunteers are



Fred Ward

often the only people clients have contact with during the day, and there have been times when that contact has prevented potentially tragic incidents.

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Seniors should consider needs before making housing changes

By Billie David

If you are a senior citizen who is thinking about changing residences, two area specialists on housing for seniors have some advice for you: Before you look, consider carefully what your requirements are and then make sure the prospective home meets them.

"When you set out, you should be clear what your needs are," said Bev Bolton, who for the past seven years has managed Prairie Commons, a local independent living complex for

people who are 55 and older. "We tend to think we are younger than we are, but we need to look at our choices as long-term."

Another important decision is when you should move, she added. "People should make the decision earlier rather than later, or they may have to decide where to live based on a health crisis."

Local Realtor Teresa Ohlemeier, with Coldwell Banker McGrew Real Estate, agrees. "People need to think about whether the house is adapt-

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Bev Bolton

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FREE

Meals

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"One client said she couldn't move when I walked in," Ward said. "I knew she was a diabetic. The first thing you do with a diabetic is ask her what she needs. She told me to get some juice for her. I waited with her until her family arrived."

The client brought up the incident a few minutes later when we delivered her meal.

"My sugar was low, and I would have gone into a coma if Fred hadn't been here to get me some orange juice," she said. "Meals on Wheels is a fantastic program for those of us who can't get out."

After a decade of volunteering for Meals on Wheels, Ward has gotten to know his clients quite well through his many conversations with them. In fact, he even knows the names of all his clients' cats and dogs and addresses them as he delivers.

Meals of Wheels of Shawnee and Jefferson Counties, Inc. reimburses volunteers who use their own vehicles for mileage, but Ward donates his mileage back to the agency. In addition, he has also gotten Westar Energy to help Meals on Wheels through its Community Volunteers program. The program, which had 361 participants during 2003, recognizes employees and retirees and their spouses for volunteering. Volunteers with at least 100 service hours may designate a charity of choice to receive a \$100 stipend. Volunteers who serve additional hours may be eligible for a chance to have additional funds donated on their behalf.

"Every once in awhile, I win some money from Westar for Meals on Wheels," Ward said. "I've probably gotten \$2,000—maybe \$2,500—for them."

Since Ward has no plans to stop volunteering for Meals on Wheels, it is very likely that he will win more money for the agency.

Ward's service has also been honored by Meals on Wheels of Shawnee and Jefferson Counties. In 2002 he was the recipient of the agency's Karl and Irene Reuter Award. The Re-

uters' service to Meals on Wheels covered many years and about 40,000 miles.

Ward, the son and grandson of soldiers, was born on Ft. Leavenworth. He enlisted in the U.S. Army Air Force the same year the National Security Act of 1947 created the U.S. Air Force, and spent six years on active duty and three years in the reserves.

Ward's career with KPL began in Leavenworth and would lead to seven moves, including two stays to Hiawatha, two stays in Salina, and a move to Topeka, where he and his wife have lived since 1977.

"I came to Topeka to help set up the fleet maintenance program," Ward said. "I designed the trucks you see around town."

Ward also, among other things, helped set up fuel tanks for KPS in Kansas, Missouri, and Oklahoma.

Meals on Wheels of Shawnee and Jefferson Counties, Inc. was founded in 1972 as Mobile Meals of Topeka, Inc. The meals are prepared at Stormont-Vail HealthCare, which provides Meals on Wheels with office space, some office supplies, and telephone service.

A 24-member board of trustees governs the agency, while the agency's staff consists of six full-time positions, including an executive director, a fiscal manager, a dietitian, a social worker, a volunteer coordinator, and an administrative assistant. There are 24 part-time employees, including a transportation coordinator, a development director, meal site directors, meal van drivers, and

bus drivers.

Not including congregate meals, Meals on Wheels of Shawnee and Jefferson Counties delivered 77,411 meals to homebound clients during 2003, each of which cost Meals on Wheels \$5.45. Clients contribute according to their ability to pay, and the agency receives additional funding from the United Way of Greater Topeka, Jayhawk Area Agency on Aging, Kansas Department on Aging, City of Topeka, county mill levy, grants, and private contributions.

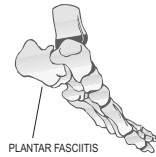
Currently, more than 20 corporations, more than 20 civic and government organizations, and one church deliver for Meals on Wheels. Groups interested in volunteer opportunities may call Executive Director Jane Metzger at 785-354-5420. In addition, information is available at www.meals-on-wheels-inc.org.



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CONTACT US



MAIL

2612 Cranley St.
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PHONE

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E-MAIL

kevin@seniormonthly.net



FAX

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Nifty, Nifty Look Who's 50!

The following celebrities
turn 50 in May:

- May 1 **Ray Parker Jr.**, Grammy-Award-winning guitarist, Raydio
- May 4 **Pia Zadora**, singer/actress, *Butterfly*
- May 8 **David Keith**, actor, *An Office and A Gentleman*

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Senior housing

CONTINUED FROM PAGE ONE

able in case changes are needed in the future," she said. "Will they have the resources to do it? And people should make sure they know about the neighborhood, how close the grocery is, and how much driving they will have to do."

Ohlemeier, who carries the designation GRI (Graduate Realtor Institute) after her name, is also certified as SRES (Seniors Real Estate Specialist), which she qualified for in January of 2003 after taking classes that focused on senior clients and how their needs differ.

"To seniors, selling a house is a huge thing," she said. "For them it can be a very emotional experience. For some, a spouse has died or they are moving into a different living situation where they are giving up some independence. And they have to decide what furniture to keep and what to give away. They may be dealing with 30 years of memories."

Ohlemeier believes that Realtors must be sensitive to the situation and needs of clients who are 50 or older. If a client's spouse has died recently, for example, Ohlemeier may advise them to wait before deciding to move. "They should not make a major decision for a year," she said, explaining that the person may not be ready to handle such a task. "Selling a house is in the top five stressors, so unless you absolutely have to do something immediately, don't add to the stress by selling your house."

Ohlemeier has other clients—typically baby boomers—who want to sell their homes and move for another reason. "It's not just retired people who are thinking about moving," she said. "It's also people middle aged and up. They are empty nesters looking to downsize. If they are buying to downsize, they will usually be very specific about their wants—like one-level living with room for visiting grandchildren."

"Trying to downsize—finding a property that has what they are looking for, like wider doors, walk-in showers and other features they need

to stay there long-term—is challenging," she continued.

Ohlemeier may at times surprise a client by suggesting that they consider staying where they are if they can adapt the home they already have. "I don't want to help people move is they'll be sorry later," she explained.

Ohlemeier recommended considering all the possibilities. "Call other places to see what they offer," she said. "Check your options. Sometimes townhomes can be a good choice."

"Before you decide to move, decide first what you require, then think about what you would like, and go from there. Keep an open mind on different options and locations. You might be surprised," she continued, adding that other issues that need to be tackled include getting the kids involved and being aware of your financial situation and the tax ramifications of the transaction.



Teresa Ohlemeier

that Ohlemeier can offer is a monthly newsletter put out by SRES, which people can obtain by getting in touch with her and asking to receive it. The newsletter, called *Real Estate Matters, Silver Edition*, contains articles such as "When It's Time to Move On," "Locating Housing Options for Seniors," "Asset Management Tips," "Considering a Reverse Mortgage," and "Eight Red Flags to Look for When Hiring a Moving Company."

Ohlemeier, who is herself a senior citizen, is a member of the Lawrence Professionals on Aging, a group of people involved with providing services for seniors. "It helps because I can provide referrals and get them started in the right direction," she said.

Bolton, of Prairie Commons, also recognizes the importance of the various resources available for seniors. "There are lots of services in Lawrence I can put my residents in touch with for help if they need it," she said. "The Senior Center is wonderful for help, Meals on Wheels delivers here, there's Trinity Respite, and the Visiting Nurse situation helps people stay independent as long as possible."

Prairie Commons also offers advantages that come with community-style living, such as an active social calendar and the ability to car pool to various events. (Prairie Commons has a van service so residents can reserve a ride to the grocery store, doctor appointments, and community events.) And seniors can get together for exercise sessions or join in many opportunities such as potlucks, bridge and various card games.

Prairie Commons offers discounts for people whose income falls under certain guidelines. Currently, if a single person's income is below \$26,100—or \$29,880 for two people—they can rent an apartment at a reduced price, which starts as low as \$455 for a one-bedroom apartment.

"We are a mixed tax credit building, so we have both income-qualified apartments and market-rate apartments," she said. "Qualification is based only on income, not your assets or medical expenses. It is strictly income, pension, Social Security and interest income."

The apartments are all the same, Bolton added—one- and two-bedroom with one bath. There are 128 apartments in seven buildings. And pets that weigh 25 pounds or under are allowed.

"The most important aspect for us is that we are the only place in

town where you can live at this price and not live next to college kids, so you can take advantage of what Lawrence has to offer without the noise," she said.

Many of the residents at Prairie Commons are people who have moved here from out of state in order to live near their adult children. "That makes for an outgoing, friendly group of people from all over the place," Bolton explained. "The average age is 70 to the mid-70s, but we have folks 55 to 65 who are still working and just wanted to give up home ownership. We also have some 90-year-olds."



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Comfort Keepers to host open house at new location

Comfort Keepers on Friday, May 14, will host a daylong "Grand Opening" Open House, 77 years to the day after its new building in Lawrence first opened as a Marland Refining Co. Filling Station.

The open house will include an exhibit of memorabilia and photos highlighting the building's filling station history. The exhibit will also include old photographs of the building's original design, which will be used in the restoration of the building's exterior to its original appearance.

Built in 1927 by the Marland Refining Co. of Ponca City, Okla., the building at 900 Indiana served as a filling station until the early 1960s, when it was converted into office space for McGrew Realty. Though the station was built by Marland, it became a Conoco station two years later (in 1929) when the Marland Co. was bought by the Continental Oil Co. A garage was added to the right of the original façade some time between 1935 and 1954.

The open house will be held from 9:00 a.m. to 6:00 p.m. Catering will be provided by Comfort Keepers' new neighbor, Joe's Bakery. Local antique car clubs have been invited to display their 1920s-era automobiles on the front lawn during the open house.



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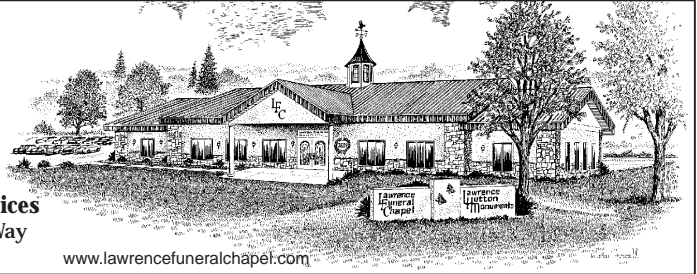
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HEALTH

Smoke gets in your eyes

Many of us recall a time when smoking was not thought to be hazardous.

We had inklings. I remember an old movie where the characters casually referred to cigarettes as "coffin nails." But we had no idea that smoking would ultimately be implicated in one of every five deaths nationally. Nor did we understand the range or seriousness of the illnesses associated with smoking. These illnesses include such cruel lung ailments as emphysema, lung cancer,



Laura Bennetts

and chronic obstructive pulmonary disease (COPD). Equally devastating are circulatory illnesses such as coronary heart disease, peripheral vascular disease, stroke, and heart attack, and many cancers, including cancer of the mouth, throat, pancreas, uterus, cervix, bladder and kidney.

As if all this weren't bad enough, it is now known that women who smoke have an increased risk of osteoporosis, infertility, stillbirths, low birth-weight infants, and infants at risk for sudden death syndrome (SIDS). And even those who do not smoke, but breathe second-hand smoke, can be seriously at risk as well. This includes children and the families of smokers.

Get Help, Stop Smoking

If you smoke, you can—and should—quit. This is far from easy, of course, since the main active ingredient in cigarettes (nicotine) is powerfully addictive. But with determination you can control your own destiny. Doctors have drugs that can ease withdrawal. Advice is readily available on how to quit, and many people now take this advice, to protect themselves and their families. The benefits are dramatic. Since smoking shortens life by an average of 14 years, quitting can extend your life significantly. And ex-smokers often comment on how much better they feel, how much stamina they have when they exercise, and how freely they breathe.

So, if you smoke, you owe it to

yourself and to your family to quit.

Cigarettes are deadlier, earlier in life, than smokers usually imagine.

And the illnesses they cause can be hideously painful. To learn more, consult your doctor.

Smoke Gets in Your Lungs

But it isn't just smokers who are at risk. In the past 30 years we have learned a great deal about the risks of cigarette smoke to those who inhale second-hand smoke as well. Second-hand smoke, also called environmental tobacco smoke (ETS), contains an astounding 4,000 chemicals—including 50 known cancer-causing chemicals. If you live and work in air polluted with 50 known carcinogens, you are taking needless, preventable health risks. Every year 38,000 adult nonsmokers in this country die from lung cancer or heart disease as a result of breathing second-hand smoke. As many as 26,000 new cases of childhood asthma are linked to ETS annually. Childhood ear infections, lung infections and sudden infant death syndrome are all related to ETS exposure. That's why officials at the Center for Disease Control in Atlanta call for the elimination of ETS in schools, work sites and public places.

We need protection in private as well. Just as we take precautions to protect ourselves from the damaging chemicals in pesticides, smog, and polluted water, so, too, we need to take precautions against exposure to cigarette smoke. People wash fruits and vegetables before eating them, they drink purified water, and they keep poisons away from children. In a similar spirit, we should avoid exposure to toxic fumes, including cigarette smoke at home and at work.

On the Job

Work environments are regulated by the federal government to protect people from health hazards on the job. Asbestosis, for example, is a major health hazard, a crippling lung disease, which is caused by exposure to asbestos at work. And just as second-hand smoke can injure nonsmokers, second-hand exposure to asbestos, which clings to workers' clothes, can cause asbestosis among the friends and families of those who work with asbestos. That is why there are now detailed guidelines regulating contact with airborne asbestos. A similar motive underlies the current trend to eliminate smok-

ing in public places. The goal is to protect everyone who visits or works in shared environments. If you smoke, taking your cigarettes outside will reduce the concentration of chemicals indoors, where the air is shared, and spare your colleagues' health. And if your colleagues smoke, they can spare your health by doing the same.

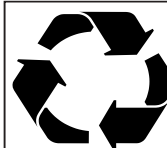
Where There's a Cough, There May be Smoke

What are the signs that smoke is affecting you, and what can you do to protect or heal yourself? If you have a chronic cough or shortness of breath, you should talk to your doctor. Smoking can inflame the upper airways of your lungs and reduce the amount of air you inhale with each breath, a condition which can be reversed with medication. Smoking can also destroy lung tissue by expanding small bubbles in your lung tissue into large bubbles. This is a condition called emphysema. Once emphysema begins, it cannot be reversed. But you can stabilize your

condition by giving up cigarettes and by taking medications to enhance what remains of your lung capacity. And to limit the silent risk of the many forms of cancer caused by the toxic chemicals in cigarette smoke, you can eat a balanced diet, exercise, limit your exposure to carcinogens, and get periodic cancer screenings from your doctor.

With our eyes wide open, we can take steps to preserve our health.

- Laura Bennetts, MS RPT, is a physical 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.



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HEALTH

Gingivitis (bleeding gums)

Gum disease is widespread among middle-aged people, although it can develop at any age. It is characterized by either inflamed, red gums (Gingivitis) or in more severe cases, the bone around the teeth becomes inflamed and swollen (periodontitis).

Gingivitis is the inflammation of the gums, around the teeth, due to improper cleaning of teeth. Gingivitis in all age groups is caused primarily by local irritants. The good news it is nearly always reversible. The usual signs of gingivitis are gums that are



Dr.
Farhang
Khosh

swollen and bleed on brushing.

Gingivitis is a progressive disease that in the early stages may go undetected. The first indications usually are bleeding when you floss, and puffiness in the gums. Because this may cause no pain, most people are unaware that they have a problem.

As the infection progresses, the body launches a stronger immune response against the invaders. This causes the characteristic swelling, pain, and redness of the gums. At this point, regular brushing and flossing can usually stop the infection; however, without a change in oral hygiene, often the bacteria will continue to overpower the body's immune system and may lead to periodontal disease. This is a potentially serious disease that may result in tooth loss. If left untreated, the toxic products produced by the bacteria can eventually eat away at the jawbone itself and the gums start to recede. Other factors such as poorly fitted amalgam fillings, nutritional deficiencies and smoking can also contribute to gum disease.

Periodontal disease is the main cause of loss of teeth in adults. About three in 20 children have periodontal disease, four in 10 20-year-olds, and over 50 percent of older adults suffer from periodontal disease.

How do you prevent gingivitis? How do you stop gingivitis and prevent it from developing into a severe periodontal disease? Diet, specific nutrients and herbs are all play an important role in managing gingivitis.

Although no specific diet has been developed for gingivitis the following recommendations should be followed:

1) Eat a high fiber diet, such as whole grains, vegetables and beans.

2) Eat whole nutrient dense foods vs. soft refined foods. This will exercise the teeth and provide a wide variety of nutrients.

3) Avoid sugar such as fruit juices, cookies, cakes, candies, soft drinks or syrups.

Specific nutrients to consider are as follows:

1) Vitamin C with Bioflavonoids—is important for the production of collagen and for a healthy immune system. Decreased Vitamin C levels can delay wound healing and increase chances for to infection.

2) Vitamin E and Vitamin A—for healthy gum tissue.

3) Multi-vitamin and mineral—is needed for overall supply of nutrients.

4) Folic acid—in mouthwash form may offer treatment for inflammation of the gums, or gingivitis.

5) Co-Enzyme Q10 (CoQ10)—is an essential factor in cellular energy production and for the health of tissues. CoQ10 deficiency has been reported in 60-96 percent of patients with gingivitis. Some recent research has shown that topical application of CoQ10 to affected areas may reduce bleeding.

6) Research as early as 1972 showed that individuals with periodontal disease who took one gram of calcium per day for six months improved the gum condition and tooth mobility.

Other things to do to manage the gingivitis are:

1) Change toothbrushes every month to prevent bacteria build-up.

2) Floss your teeth every day.

3) Brush teeth and gums gently with a soft brush.

4) Open a capsule of Vitamin E and rub onto the inflamed gums to help alleviate pain and healing of the gums.

5) Rinse mouth with a solution of water and essential oil of myrrh. DO NOT SWALLOW.

6) Make a tea with Echinacea, Hawthorne berries, chamomile or goldenseal. This will soothe sore gums and provide an anti-bacterial.

- 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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FINANCES

Consider growth-and-income funds for long-term goals

To work toward achieving your long-term goals, such as a comfortable retirement, you'll need to invest in growth stocks. Yet, you may be leery of the investment risk posed by these vehicles—after all, the stocks with the greatest potential for growth also carry the greatest potential for price volatility. So, what can you do? For one thing, you can consider adding some income



Harley Catlin and Ryan Catlin

to your growth.

Specifically, you may want to invest in income-oriented stocks—those that pay dividends to shareholders. The prices of income-producing stocks will certainly fluctuate, but generally not as much as the prices of growth stocks.

One of the best ways to mix income-oriented stocks in with your growth stocks is through growth-and-income mutual funds. As the name suggests, the primary objective of these funds is to grow your principal, with a secondary goal of providing income. Typically, these funds pay dividends on a quarterly

or semiannual basis.

When you invest in growth-and-income funds, you receive some key benefits:

- **Diversification** - As is the case with all mutual funds, growth-and-income funds are made up of dozens, or even hundreds, of individual securities. Growth-and-income funds may contain a diversified array of high-quality domestic and foreign stocks, corporate bonds and government securities. By spreading your investment dollars over these different vehicles, you can help protect yourself against market downturns that may affect one asset class particularly hard.

- **Professional management** - When you invest in a growth-and-income fund, you automatically get the services of an experienced team of investment professionals. A portfolio manager makes the day-to-day "buy" and "sell" decisions, relying on a variety of resources to maximize the performance of the fund. And financial analysts evaluate the suitability of all stocks and other investments that go into the fund.

- **Liquidity** - You can sell your shares at the current net asset value on any business day. (However, this value may be more or less than your original purchase price.)

Reinvesting income

Many people who invest in

growth-and-income funds don't actually need the money for their cash flow. Instead, they reinvest the dividends back into the fund.

Should you follow this dividend reinvestment plan? It depends on your individual needs. Reinvesting dividends is certainly a great way to build up more shares in the funds you own. However, at different stages in your life, particularly in retirement, you may want or need to take the dividends to supplement your income. In any case, dividends are now more attractive than ever. The maximum tax rate on dividends is now 15 percent, following the passage of tax law changes in 2003. Previously, dividends were taxed at your individual income tax rate.

Don't focus on "highest income"

When you're considering growth-and-income funds, you'll have no shortage of choices - there are hundreds available. If you are particularly interested in the "income" side of growth-and-income, your first inclination may be to look for those funds that are the biggest payers. But that may not be your best move. Keep in mind that the fund's dividends, like its share price, will move up and down.

Also, even if you're concentrating on income, you still need growth, so, as you evaluate specific funds, pay close attention to their prospects for capital appreciation.

If you're interested in growth-and-income funds, consult with your investment professional to find the ones that offer the asset mix, return and risk level that meet your individual needs. Make sure to review the prospectus carefully before investing - the more you know beforehand, the better off you will be.

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



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Medicare drug card

Starting June 1, seniors will be able to buy discounted prescription drugs, using a new Medicare drug discount card.

► **Discount card plan** is temporary, effective until Jan. 1, 2006, when the Medicare prescription drug benefit goes into effect

► **Discounts expected to range** from 10 percent to 25 percent

► **Cards will be available** through private providers, not Medicare; beginning in April, seniors can get help choosing the best card by calling 1-800-MEDICARE

► **Seniors can enroll** in a card plan in May; providers can charge annual fee of up to \$30; fees vary by state; can switch only once to a different card, during open enrollment - Nov. 15 to Dec. 31

Personal Finance

The numbers

Total number of Medicare enrollees, 2002 **40.5 million**

Number expected to enroll in drug card program **7.3 million**

Source: U.S. Centers for Medicare and Medicaid Services, AP
© 2004 KRT Graphic; Pat Carr

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MY ANSWER

Don't get trapped by debt

By Billy Graham

Q: Have you seen that ad on TV about the man who says he's in debt up to his eyeballs? That's the way we feel. I know it's our own fault, but it's too late to do anything about it and I guess bankruptcy is the only answer. I wish someone had warned us about this. — R.W.

A: I receive many letters like yours, and if my mail is any indication, most people today have far too much debt and spend far too much time worrying about money. We've lost sight of the Bible's admonition: "Keep your lives free from the love of money and be content with what you have" (Hebrews 13:5).

You see, money and debt aren't just practical problems; they're spiritual problems as well.

Behind them are deeper issues, including greed, pride, covetousness and materialism. We have made things and possessions our god, serving them and giving them first place

in our lives. When we do, we not only end up in debt, but our souls are impoverished.

Jesus warned, "No servant can serve two masters. ... You cannot serve both God and Money" (Luke 16:13). I pray that you will start again by turning your whole lives — including your money problems — over to Christ. God loves you, and He doesn't want you trapped by debt.

Instead, He wants you to put Him first in your lives — and when you do, you will begin to see your problems in a new light. Yes, seek practical advice for the problems you face, and avoid bankruptcy if you possibly can. But most of all, get your priorities straight by giving your lives to Christ.

(Send your queries to "My Answer," c/o Billy Graham, P.O. Box 1270, Charlotte, N.C., 28201; call 1-(877) 2-GRAHAM, or visit the Web site for the Billy Graham Evangelistic Association: www.billygraham.org.)

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TRAVEL

Rockport-Fulton, Texas, a haven for the arts

By Shifra Stein and Bob Barrett

At a time when the economy does not bode well for the arts, the coastal community of Rockport, Texas, seems to be offering shelter from stormy economic times. This small—but growing—area, located just 40 minutes north of Corpus Christi, was recently listed in John Villani's book *The 100 Best Small Art Towns In America*. According to the Texas Commission on the Arts, Rockport has the highest number per capita of artists compared to any other Texas city, with a colony of 100 professional fine artists living and working in the area.

As the hub of the arts community, the Rockport Center For The Arts has established a focus and direction that has helped put Rockport on the map as a welcome beacon for painters, potters, poets, and art lovers.

Professional and polished without being pretentious, The Rockport Center For The Arts is a gem of a place, providing a synergy between staff and visitors that's palpable. You can feel the energy of color surround you when you enter the brightly lit entrance leading to the exhibit areas. Coastal scenes and wildlife are depicted in much of the artwork shown here, since boats, and birds sell very well in this area.

Works by regional and national artists are on display, including well-known watercolorists such as Pat Deadman, Michael Atkinson, and others. There's a member's gallery, that offers the work of local artists, and juried shows such as the recent *Vitritied Clay International* show that featured works by noted ceramics artists. The center also acts as the host for performing arts events, a writer's group, weaver's guild, and international cooking group.



Rockport Center For The Arts

Incorporated in 1967, The Rockport Center For The Arts was organized in the beginning without any real notion that it would turn out to be so popular.

"The art center is not made up of smaller splinter groups" explains Mary Lucille Jackson, the art center's Executive Director. "Instead, it is one big organization that does it all. We can go from brainstorming to action in a short period of time. This gives us a lot of creative freedom and lets us serve our member artists well. We like to stretch their limits by bringing in other artists from around the world to share their techniques and visions with them."

According to Ms. Jackson, the art center's long-range goal is to improve and expand its offerings, eventually becoming an ongoing venue for the performing arts, as well as providing exhibits and art education for adults and children. Classes range from beginning watercolor and acrylic workshops, to oil painting, ceramics, basketry, and weaving. Included in this mix are programs for youngsters and classes for winter snowbirds who flock here in great numbers in January and February.

"The major industry in this area is tourism," says Ms. Jackson. "And we're a major contributor to that. Part of our goal is to attract people to the destination through the arts."

More fine art can be seen in Rockport's downtown gallery community, crowded together in and around the main drag of Austin Street. At Estelle Stair Gallery, the wooden floors and tall ceilings add a touch of class to what has become a well-known showcase for south Texas coastal artists. Featured artists change regularly here, and there are always new paintings, sculpture, and pottery on display and there's an excellent espresso

coffee bar here to boot. Just footsteps away is the St. Charles Art Gallery, where work by contemporary local, national and international artists is showcased. Several other galleries are open to visit in and around the Rockport area and you can see what's available by checking out the area Rockport Guide, available online at www.rockportguide.com.

WHO TO CONTACT: For more information: Rockport Center For The Arts, 902 Navigation Circle, Rockport Texas, 78382, 361-729-5519. www.rockportartcenter.org. Or contact: The Rockport-Fulton Chamber of Commerce at 800-242-0071; www.rockport-fulton.org.

WHERE TO STAY: There are many listings for places to stay through the Rockport-Fulton Chamber of Commerce web site at www.rockport-fulton.org. Below are a couple of best bets for artists, families and older adults:

• **Crane House Nature Retreat.** www.cranehouseretreat.com. This privately owned nature preserve is

a one of a kind find. The bed and breakfast borders the Aransas National Wildlife Refuge and a perfect place for artists, writers, birders, and photographers to relax and enjoy the natural setting. The upscale bungalow offers two bedrooms and a large screened in porch from which to view the wildlife. See the web site for more information.

• **Laguna Reef.** www.lagunareef.com. Just across the street from Aransas Bay, the pet-friendly hotel caters to winter Texans and families coming for summer and winter getaways. It features motel rooms along with one and two-bedroom suites with kitchens that are very nice. Daily seasonal activities free coffee all day long, plus continental breakfast is included in the stay. Check the web site for more information.

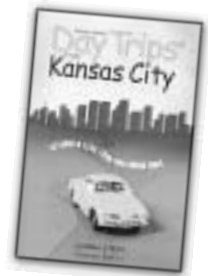
- Shifra Stein and Bob Barrett are a photojournalist travel team whose articles appear in newspapers, magazines, and online publications. Visit Shifra Stein's web site at www.shifrastein.com and see her books available on www.amazon.com.



BOB BARRETT PHOTO

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COOKING LIGHT

Thai beef salad

By Alison Lewis

The salad gets its heat from 2 tablespoons of chile paste. If you prefer milder food, use half.

Total time: 42 minutes

1/2 cup fresh lime juice
1/4 cup chopped fresh cilantro
2 tablespoons brown sugar
2 tablespoons Thai fish sauce
2 tablespoons chile paste with garlic
2 garlic cloves, minced
1 (1 1/2-pound) flank steak, trimmed

Cooking spray
1 1/2 cups vertically sliced red onion
4 plum tomatoes, each cut into 6 wedges

6 cups torn romaine lettuce
1 1/4 cups thinly sliced English cucumber
2 tablespoons chopped fresh mint

1. Prepare grill or broiler.
2. Combine first 6 ingredients, stirring until sugar dissolves; set half of lime mixture aside. Combine other half of lime mixture and steak in a large zip-top plastic bag; seal. Marinate in refrigerator 10 minutes, turning once. Remove steak from bag; discard marinade.

3. Place steak on grill rack or broiler pan coated with cooking spray; cook 6 minutes on each side or until desired degree of doneness. Let stand 5 minutes. Cut steak diagonally across grain into thin slices.

4. Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add onion; saute 3 minutes. Add tomatoes; saute 2 minutes. Place onion mixture, lettuce, cucumber, and mint in a large bowl; toss gently to combine. Divide salad evenly among 6 plates. Top each serving with 3 ounces steak; drizzle each serving with 1 tablespoon reserved lime mixture. Yield: 6 servings.

CALORIES 219 (35 percent from fat); FAT 8.6g (sat 3.6g, mono 3.3g, poly 0.5g); PROTEIN 24.1g; CARB 12.3g; FIBER 2.2g; CHOL 54mg; IRON 3.1mg; SODIUM 456mg; CALC 44mg.

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Please recycle this copy of *Kaw Valley Senior Monthly* when you are through with it.

Healthy Living

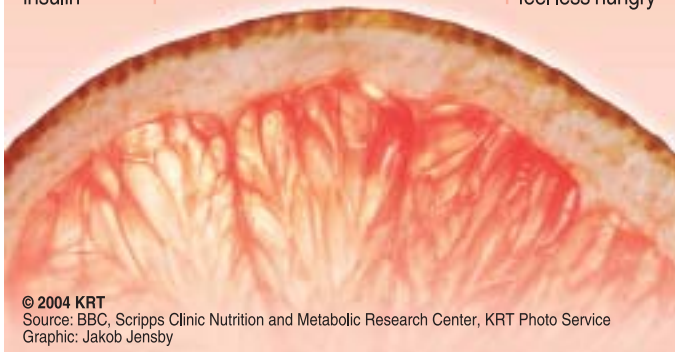
Grapefruit may help weight loss

Grapefruit and grapefruit juice may lower obese people's insulin levels and help them lose weight, a new study suggests.

How process is believed to work

Insulin is a hormone that regulates fat metabolism

- | | | | |
|---|--|--|---|
| <p>1 Consuming grapefruit lowers blood insulin</p> | <p>2 Body processes food into energy more efficiently</p> | <p>3 Body stores less of food consumed as fat</p> | <p>4 Lower insulin levels also makes person feel less hungry</p> |
|---|--|--|---|



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Source: BBC, Scripps Clinic Nutrition and Metabolic Research Center, KRT Photo Service
Graphic: Jakob Jenusy

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CALENDAR

ART/ENTERTAINMENT

MAY 1

BANG ON A CAN ALL STARS

Born out of the Bang on a Can Festival, six artists combine an intense performance approach with adventurous styles.
LAWRENCE, 785-864-2787
www.ku.edu/~lied/

MAY 1

ART TOUGEAU PARADE

Wheeled vehicles of various shapes, ages, and sizes are given new identities ranging from clever, comical to just plain nuts.
LAWRENCE, 785-841-4598
www.visitlawrence.com

MAY 2

ART IN THE PARK

Artists display and sell their original artwork in a beautiful outdoor setting. Musical entertainment, children's activities, and supervised art tent.
LAWRENCE, 785-832-7930
www.visitlawrence.com

MAY 23

DANCE WITH BORDERLINE COUNTRY

Good music, good food. Ages 50 and above.
Lawrence Senior Center, 6:00-9:00 p.m.
LAWRENCE

MAY 29

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 p.m. Show starts at 8 p.m.
TOPEKA, 785-357-5211
www.topekacivictheatre.com

MAY 29-30

RIVERBEND ART FAIR

39th annual. Outdoor art fair along the city's downtown pedestrian plaza, plus live entertainment and food vendors.
ATCHISON, 913-367-4278
www.atchisonart.org/artfair.shtml

BINGO

SUNDAYS

KNIGHTS OF COLUMBUS HALL

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

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1

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

MONDAYS & THURSDAYS

AMERICAN LEGION POST NO. 400

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

MONDAYS & SATURDAYS

LEGIONACRES

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

TUESDAYS

VETERANS OF FOREIGN WARS

138 ALABAMA, LAWRENCE, 6:55 PM, 785-843-2078

WEDNESDAYS & 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

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

MAY 1-MAY 10

MOTIVATING MOVES FOR OLDER ADULTS

Taught by KU Prof. Janet Hamburg, registered movement therapist and certified Laban movement analyst. Motivating Moves was designed to improve balance, walking speed and flexibility. Mondays, 9:00-10:00 a.m.
LAWRENCE SENIOR CENTER, 785-842-0543

MAY 11

AMELIA EARHART: FIRST LADY OF THE AIR

Ann Birney will portray the great aviatrix. This program is brought to Watkins Community Museum of History by the Kansas Humanities Council. 1047 Massachusetts, 6:30 p.m.
LAWRENCE, 785-841-4109
www.watkinsmuseum.org

MAY 12

AGING PARENTS SEMINAR

Presented by Seth Movsovit, Certified Senior Advisor. Topics covered include family dynamics, insurance, legal issues, health care, and financial planning. Free seminar will be held at LMH Meeting Room A and is open to the public. Seating is limited. Please RSVP.
LAWRENCE, 785-856-5555

MAY 15

ANOTHER PERSPECTIVE OF VIETNAM

John Musgrave, Vietnam veteran and resident of Baldwin City, shares his war-time experiences through original poetry. 1047 Massachusetts, 2:00 p.m.
LAWRENCE, 785-841-4109
www.watkinsmuseum.org

EXHIBITS/SHOWS

MAY 1-31

150 YEARS OF OFFICE SUPPLIES AND EQUIPMENT

Features the various supplies and equipment that have been used in offices throughout Douglas County over the past 150 years. Part of Watkins Community Museum of History's Sequicentennial Series.
LAWRENCE, 785-841-4109
www.watkinsmuseum.org

MAY 1-SEP 30

VIETNAM EXHIBIT

Tribute to Vietnam veterans from Douglas County. Memories of the 1960s, as well as many artifacts, letters, clothing, etc. contributed by veterans. Watkins Community Museum of History, 1047 Massachusetts.
LAWRENCE, 785-841-4109
www.watkinsmuseum.org

MAY 1-MAY 16

ERC DESIGNERS' SHOWHOUSE FLEMING MANSION

One of Topeka's historic homes, the Fleming Mansion, was moved and renovated at one of Topeka's newest aristocratic neighborhoods.
TOPEKA, 785-357-5171
www.ercefer.org

MAY 1-2

ANTIQUE AUTO SWAP MEET

Trade or sell antique autos or antique parts.
LAWRENCE, 785-843-4882
www.visitlawrence.com

MAY 2

CRUISE THE BURG CAR SHOW

Annual classic and antique car show with over 200 entries. Located in downtown.
LOUISBURG, 913-837-4591

MAY 8-OCT 10

ANCIENT AFRICAN CHRISTIANITY

Icons and sacred art from the long tradition of Christianity in Ethiopia, Egypt, and Northern Africa.
TOPEKA, 785-234-5993
www.orthodoxmuseum.org

MAY 15

EMPORIA CAR SHOW

11th annual. Car show open to all classes of vehicles in beautiful, shaded park.
EMPORIA, 620-342-0944

MAY 15-16

SHAWNEE INDIAN MISSION FORGOTTEN SKILLS REMEMBERED DAY

Make a felted llama hat, see how wool is made into clothing, and how paper is made from plants. Bring your own picnic lunch.
KANSAS CITY, 913-262-0867
www.kshs.org

MAY 29

ANTIQUE AIRPLANE FLY-IN

38th annual. Static display of vintage aircraft in hometown of Amelia Earhart.
ATCHISON, 913-367-2427

MAY 29-31

FRONTIER GARRISON LIFE

Experience pieces of our military past during an extended weekend of living history activities.
FORT SCOTT, 620-223-0310
www.nps.gov/fosc

MAY 29

GLORY DAYS FESTIVAL AND CAR SHOW

Memorial Day celebration, car show, parade, crafts, pancake breakfast.
HOLTON, 785-364-3963
www.holton.net/city/chamber/chamber.htm

JUN 1-OCT 1

TERRITORIAL KANSAS

SESQUICENTENNIAL EXHIBIT

Story of the bloody struggle between abolitionists such as John Brown and proslavery settlers in Kansas Territory.
TOPEKA, 785-272-8681
www.kshs.org

JUN 1

WOMEN'S RIGHTS OF PASSAGE

An exhibition of contemporary and historic textiles from Kansas State Department of Apparel, Textiles and Interior Design.
MANHATTAN, 785-532-7718
www.ksu.edu/bma

FESTIVALS/FAIRS

MAY 1-2

CINCO DE MAYO

Taste of Cinco de Mayo, food, music, singers, dancers, car show, and fun for all families.
EMPORIA, 620-342-2682
www.jalapenoproductions.org

MAY 1-2

MILLFEST

Enjoy tours of the 1898 flour mill in operation, pioneer arts and crafts demonstrations, lively traditional music, and great food.
LINDSBORG, 785-227-3595
www.oldmillmuseum.org

MAY 2

KAW VALLEY FESTIVAL

Festival celebrating St. Mary's. Craft vendors, car show, and food.
ST MARY'S, 785-437-2077

MAY 2

MAY DAY AT LANESFIELD

Celebrate spring by making a May basket, dancing around the maypole, and visiting the decorated 1904 school. Live music and refreshments.
EDGERTON, 913-893-6645
www.jocomuseum.org

MAY 7

HASKELL INDIAN NATIONS UNIVERSITY POW WOW AND COMMENCEMENT

Graduating students participate in colorful ceremony, many attired in traditional dress.
LAWRENCE, 785-749-8404
www.visitlawrence.com

MAY 15

TURKEY CREEK FESTIVAL

19th annual. Celebration of Merriam's heritage, arts and crafts show, concerts, children's activities, parade, 5K run, concessions.
MERRIAM, 913-722-7750
www.merriam.org

MAY 29-30

RIVERBEND ART FAIR

39th annual. Outdoor art fair along the city's downtown pedestrian plaza, plus live entertainment and food vendors.
ATCHISON, 913-367-4278
www.atchisonart.org/artfair.shtml

MAY 29-31

TOPEKA JAZZ FESTIVAL

Three days of world-class artists playing incredible straight-ahead jazz. Master class for high school students.
TOPEKA, 785-234-2787
www.tpactix.org

HEALTH

FIRST TUESDAY OF EACH MONTH

HEALTH SCREENING CLINIC

Lawrence-Douglas County Health Department.
LECOMPTON COMMUNITY BUILDING
9:30-10:30 AM

TUESDAYS AND THURSDAYS

BLOOD PRESSURE CLINIC

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

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

SECOND THURSDAY OF EACH MONTH

MEDICATION CLINIC

Bring questions about your medications (prescription or over-the-counter), 1:30-2:30 p.m. Call for appointment.

CALENDAR

CONTINUED FROM PAGE 12

HEALTHWISE 55 RESOURCE CENTER, TOPEKA
785-354-6787

SECOND THURSDAY OF EACH MONTH BLOOD PRESSURE AND HEALTH INFORMATION

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

THIRD TUESDAY OF EACH MONTH HEALTH SCREENING CLINIC

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

THIRD THURSDAY OF EACH MONTH NUTRITION CLINIC

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

MAY 2, 9 & 16

INFANT MASSAGE CLASSES

With Shawna Saubers. Certified infant mas-
sage instructor from the French and Inter-
national Associations of Infant Massage.
Strengthen the bond between child and
parent/caregiver, laying the foundation for a
lifetime of trust, courage, confidence and love.
Fee. BYOBABY!
THE LIGHT CENTER, 785-255-4583

MAY 5

CHOLESTEROL SCREENING

A fingerstick test providing a total blood chole-
sterol reading in five minutes. \$5 per person. No
fasting or appointment necessary.
LMH HEALTH SOURCE ROOM
8:00-11:30 AM

MAY 6

BONE DENSITY SCREENING

Are you at risk for osteoporosis? This quick
and easy screening can indicate if further test-
ing for this potentially debilitating disease
is needed. A bare heel is necessary for the
screening. Information about prevention of
osteoporosis is also included. Appointment is
required. \$15/person.
LMH HEALTH SOURCE ROOM
1:00-3:00 PM

MAY 7-8

LIVING IN HARMONY WITH ALL LIFE

With Edie Skalitzyk. An enchanting Unity
minister who has been working closely with
angels, nature and the Holy presence in all life
for many years. Fee.
THE LIGHT CENTER, 785-255-4583

MAY 15

BONE DENSITY SCREENING

See May 6 description.
LMH HEALTH SOURCE ROOM
9:00-11:00 AM

MAY 19

BONE DENSITY SCREENING

See May 6 description.
LMH HEALTH SOURCE ROOM
9:00-11:00 AM

JUN 5

SUBTLE ENERGY THERAPY

Presented by Laura Mead. Develop your intu-
itive and clairvoyant abilities for working with
subtle energy realms of the body and medita-
tion skills. Fee, 9:30 a.m.-5:00 p.m.
LAWRENCE, 785-841-4109

MEETINGS

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
LAWRENCE, 1:30 PM

WEDNESDAYS

OLDER KANSANS EMPLOYMENT PROGRAM

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

FIRST THURSDAY OF EACH MONTH

LAWRENCE PROFESSIONALS IN AGING

Networking group. Call Kim or Laura at
785-842-0656 for more information. \$10 to
attend (includes lunch).

ELDRIDGE HOTEL, LAWRENCE

11:30 AM-1:00 PM

FRIDAYS

TAKE OFF POUNDS SENSIBLY

Support group for weight loss. Meets
10:00-11:00 a.m., Centenary United Method-
ist Church.
LAWRENCE, 785-842-1645

SECOND MONDAY, SEPT.-MAY

LAWRENCE CLASSICS, GENERAL FEDERATION OF WOMEN'S CLUBS

Volunteer service club.
785-331-4575

SECOND AND FOURTH WEDNESDAY OF
EACH MONTH

ALZHEIMER'S EARLY STAGE PATIENT SUPPORT GROUP

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

THIRD MONDAY OF EACH MONTH

SELF HELP FOR THE HARD OF HEARING (SHHH)

SHHH is a non-profit, educational organiza-
tion 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 EACH MONTH

LAWRENCE PARKINSON'S SUPPORT GROUP

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

THIRD TUESDAY OF EACH MONTH

GRANDPARENT/KINSHIP SUPPORT GROUP

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

FOURTH FRIDAY OF EACH MONTH

AARP CHAPTER 1696 LUNCHEON

Group meets fourth Friday of each month
except in July, November and December. Lun-
cheon is held on third Friday in November.
Reservations required at least one week prior
to meetings.
785-842-0446 or 785-865-3787

MAY 1

PRAIRIE PATCHES RED HAT SOCIETY'S MAY DAY

Make red hats, enjoy treats, and register
for door prizes. 10:00 a.m.-5:00 p.m. Prairie
Patches, 821 Massachusetts.
LAWRENCE, 785-749-4565

MAY 6

WOMAN'S CLUB

Douglas Kinsinger of the Greater Topeka
Chamber of Commerce will speak at 11:15
a.m. Lunch at noon. Reservations required.

TOPEKA, 785-273-6978

MAY 20

WOMAN'S CLUB

Lorna Dultmeier to speak at 10:15 a.m. Memo-
rial service at 11:15 a.m., lunch to follow. Res-
ervations required.
TOPEKA, 785-273-6978

MISCELLANEOUS

MAY 1-SEP 26

PASSPORT TO ADVENTURE

Hike the creatures feature trail and meet wild
Kansas animals.
OLATHE, 913-764-7759

MAY 1

SPIRITUAL PEACEMAKING

With Marti Ulken. Identifying the Peacemaker
within and affecting situation in the world
from our peace. Fee.
THE LIGHT CENTER, 785-255-4583

MAY 1

HERB MARKET

Annual market sale of herbs, plants, garden-
related items, and yard art held on the grounds
of the Carroll Mansion.
LEAVENWORTH, 800-844-4114
<http://leavenworth-net.com/lchs>

MAY 2

MEN'S RANCH RODEO

Cowboys from across the state and neighboring
states demonstrate skills of ranching.
ABILENE, 800-569-5915

MAY 21 & 22

THORTON PLACE TAG SHOW

Proceeds will go to sponsor the American Dia-
betes Association's annual walk in October.
Those wishing to donate items for the sale may
contact Tiffany Pelton. This event is open to
the public.
TOPEKA, 785-228-0555.

MAY 27-29

ABDALLAH SHRINE RODEO

PRCA rodeo, car show, craft show, carnival
midway.
KANSAS CITY, 913-362-5300
www.abdallah-shrine.org

MAY 28-31

O'REILLY NHRA SUMMER NATIONALS

National NHRA drag racing event. Over 700
cars racing to speeds of 330 mph.
TOPEKA, 785-862-4781
www.hpt.com

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

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

**JOSEPH'S
MANTELS**



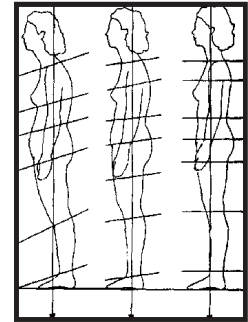
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better balance.



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physical injury, repetitive motion,
surgery or misuse of their bodies.
- People whose spines need frequent
adjustments.
- People involved in sports, aerobics,
yoga, dance and running who want to
improve performance and reduce risk
of injury.
- People in high stress, tense, or
physically demanding life styles.
- People who want more than a
massage.
- People who feel they are living and
working below their inherent potential.
- 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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talk about Rolwing and look at
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patterns. You will learn more
about the limitations you feel in
your body, why they are there
and how to correct them.

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BOOKSHELF

D.W. Buffa: *Star Witness* (Putnam, \$24.95, ISBN 0-399-15034-X)

There's a plot-within-a-plot in this intricately scripted legal thriller.

Stanley Roth is a legend in Hollywood. The Orson Welles-like director is part-CEO of a cinematic dynasty, Blue Zephyr, and stands accused of murdering his equally-legendary actress wife, whom he had lifted from obscurity. He had that innate skill to see the potential in the multitudes of wannabes in Hollywood.

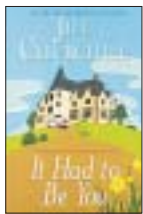
Both studio and marriage were in troubling times, giving him more than adequate motive. Roth asks his best friend to hire the nation's best defense attorney, Joseph Antonelli. Antonelli is the voice of the novel, an intense, ethical man with well-entrenched moral values.

As the relationship of Roth and Antonelli develops, Roth shows Antonelli the working script Roth thinks will not only bring Blue Zephyr out of financial straits but establish himself as the epitome of directors, the best of all time. However, the script bears a chilling resemblance to the ongoing murder investigation and trial.

Absolutely spell-binding!

Jill Churchill: *It Had To Be You* (Wm. Morrow, \$23.95, ISBN 0-06-052843-5)

Kansas City-area author Jill Churchill presents the fifth in the



Grace and Favor Series about Robert and Lilly Brewster, on their own after the stock market crash of 1929. They must live in Uncle Horatorio's estate up river from New York City for 10 years, earning their own living, to inherit it.

This one starts with the inauguration of Franklin D. Roosevelt. A home health care facility is short a worker, and Lilly and Robert have taken work there. The owner, workers, and patients all have their own peculiarities. A man in his last hours is suffocated. Since he would have died of natural causes before the day was out, why and by whom was he murdered?

The sense of time makes this Great

Depression novel more interesting and more than makes up for some improbabilities in the plotting.

Rhys Bowen: *For the Love of Mike* (St. Martin's Minotaur, \$23.95, ISBN 0-312-31300-4)

Molly Murphy, Irish immigrant in New York City at the turn of the century, strives to become a private detective. Not an easy task for anyone, let alone a woman in that day and place.

She's placed an ad in an Irish newspaper, hoping to reach those back home who have lost contact with an immigrant. An aristocratic family responds—their daughter eloped with a man they suspect is a scoundrel.

As she starts in her search, she gets a second assignment. The slimness of her purse makes her take it on as well. She'll be undercover in the garment industry, a seamstress piece worker, to undercover suspected industrial espionage.

Bowen's sure hand sets the time and place unerringly in the reader's mind. The two investigations plot along separately, showing the reader two aspects of life as an immigrant in New York City during a harrowing time.

Rhys Bowen writes another series set in present-day Wales. It is a tribute to her writing skills that each series stands apart, both excellent in different ways.

Harley Jane Kozak: *Dating Dead Men* (Doubleday, \$22.95, ISBN 0-385-51018-7)

"Wollie" Shelly manages a card shop, and hopes to rise to ownership on the next level. That requires a sizeable hunk of money up front, and to get it Wollie is doing research for a psychologist's next book. She must date 40 men in 60 days and report.

The standard plot would be for Wollie to fall in love with one of the 40, but Kozak has a different plot in mind.

Wollie receives a call from her beloved brother, institutionalized nearby with paranoid schizophrenia. He says he has seen a dead man. She dashes out, rescues him, and finds—gads—that there really is a dead man.

Worse, she is "sort of" kidnapped by a fake doctor, who is there to break

out his young and suddenly mute daughter.

While the plot escalates improbably, the characters are the real strength of Kozak's debut novel.

Paperback Picks

Mary Jane Maffini: *Little Boy Blues* (Rendezvous Press, \$10.95, trade paperback, ISBN 0-929141-94-6)

Canadian author Maffini brings another mystery in her Camilla MacPhee, victim advocate, series. MacPhee's Office Assistant from Hell, Alvin Ferguson, is almost catatonic when he learns of his brain-dam-

aged kid brother's disappearance.



Allie's family always blamed him for Jimmy's condition (the result of a near-drowning).

Camilla, nosey neighbor Violet and wanna-be boyfriend journalist

P.J. take Allie back to Sidney to find Jimmy. They must investigate because the police think Jimmy's involved in a recent hit and run fatality.

CONTINUED ON PAGE 15



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BOOKSHELF

CONTINUED FROM PAGE 14

Their investigation finds that Jimmy saw something at the Sidney Blues Festival that scared him and ran off. He can't take care of himself, so he must be found and soon.

Great plot, dialogue and characters!

Elaine Flinn: *Dealing in Murder* (Avon, \$6.50, ISBN 0-06-054579-8).

Molly Doyle, antique dealer, is re-establishing her career in Carmel, California. She's delighted to find an old desk at a yard sale; she wants one to serve as the cashier's station. Since she wasn't interested in it



as a "real" antique, she doesn't check the drawers. They're locked, so she returns to get the key, and the home owner staggers down the driveway and dies in her arms.

The new police chief came to Carmel for a restful change from homicide in L.A. He thinks Molly is a prime suspect, so Molly and her friends must find the real culprit.

Great blend of romance and mystery in a well-plotted first mystery.

Sunny Frazier, JoAnne Lucas, Cora Ramos: *Valley Fever* (Fithian Press, \$12.00, ISBN 1-56474-428-0)

Short stories from three writers living in California's San Joaquin.

You think the valley is peaceful, gentle, a lovely blend of contented folk? These delightful collection

of mystery tales will change your mind! A switcheroo in a restaurant (the penultimate paragraph will leave mystery fans giggling hysterically), a after-dinner speaker skewered through his boutonniere, a thief who runs out of time—literally—not a poor tale in the lot.

Trade paperback, which makes for easy-on-the-eyes. An excellent

choice for those times you won't be able to start a longer work, or for waiting in the car for the end of children's activities.

For Tired Eyes (Large Print Books)

Pillsbury: *The Best of the Bake-Off* (Random House, \$29.95, ISBN 0-3775-43333-3)

The best of the best—chosen from fifty years of America's beloved cooking contest.

In addition to the recipes, all in

nice large print and on coated paper so a sloppy (but marvelous) cook can wipe the sauce spill up, are stories of the bake-offs and a truly useful list of potential substitutes for ingredients and equipment.

No calories nor carbs for reading, assuming that you don't try to eat the wonderful pictures of the winning entries.

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



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PUZZLES

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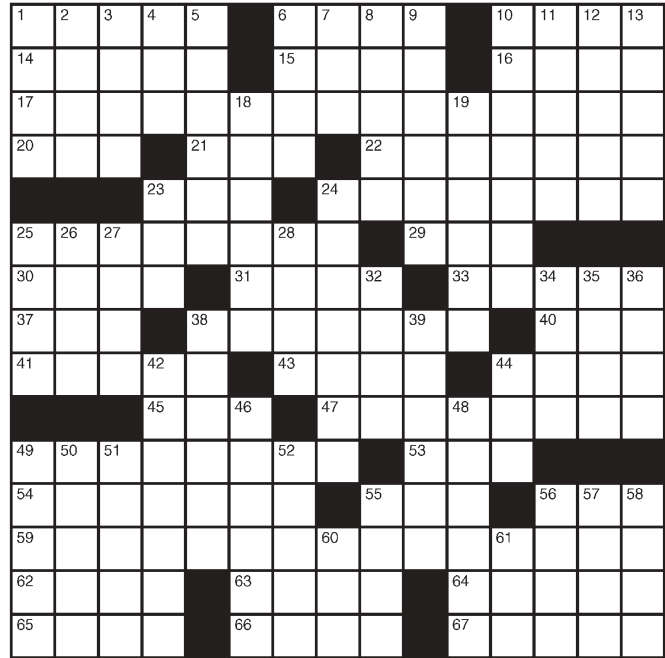
ACROSS

- 1 Dressed as a judge
- 6 Erwin and Gilliam
- 10 Existence
- 14 Exclusively
- 15 Powder ingredient
- 16 Blue dye
- 17 1969 "Time" honorees
- 20 Author of "The Gold Bug"
- 21 Part of GPA
- 22 "Vogue" singer
- 23 Opp. from SSW
- 24 Cunning
- 25 With 47A, 1982 "Time" honoree
- 29 ___-disant (so-called)
- 30 Eye part
- 31 Iditarod vehicle
- 33 Bea Arthur sitcom
- 37 Ex-QB Dawson
- 38 Lions, at times
- 40 11 of calendars
- 41 West Point freshman
- 43 Costa ___
- 44 Anger
- 45 GI's garb
- 47 See 25A
- 49 University in Waltham, MA
- 53 Sturdy cup
- 54 Means of ascent
- 55 For each
- 56 CIA forerunner
- 59 1988 "Time" honoree
- 62 Keenly eager
- 63 Mother of Brunhilde
- 64 Van Halen or Arcaro

- 65 Newcastle's river
- 66 Tight closure
- 67 Cabinet features

DOWN

- 1 Cloverleaf segment
- 2 Spicy stew
- 3 Be an omen of
- 4 Conclusion
- 5 Part of FDR
- 6 Men only
- 7 Highland cap
- 8 Muslim scholars
- 9 Strangles
- 10 Ancient Greek region
- 11 Vacuous
- 12 Helsinki populace
- 13 Lanchester and Schiaparelli
- 18 Nevertheless
- 19 Language quirks
- 23 D.C. advisory grp.
- 24 Pastors, rabbis et al.
- 25 "___ Fiction"
- 26 First name in daredevils
- 27 M. Descartes
- 28 Winglike
- 32 Art ___
- 34 Modular component
- 35 1996 candidate
- 36 At all times
- 38 Blush
- 39 Butted
- 42 Servitude
- 44 Obvious toupee
- 46 Twilled fabrics



By D.J. DeChristopher
Staten Island, NY

Answers on page 23

- 48 Used a blender
- 49 Sheep call
- 50 Long and lean
- 51 After-market item
- 52 Rhone tributary
- 55 Bell sound

- 56 Mass calendar
- 57 Provoke
- 58 "___ a Lady"
- 60 Vitamin letters
- 61 Fuss

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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.

THE WHITE HOUSE (sol.: 12 letters)

A-Address, Amenities; B-Blue Room, Business; C-Cabinet Room, China Room, Comfort, Cross Hall; D-Debates, Decor, Design, Domestic; E-East Room; F-First Lady; G-Gardens, Greet; H-Historic; L-Land, Levels, Library, Life; M-Main corridor; Music; O-Oval Office; P-Parlor, President; R-Red Room; S-Security, Sports, Staff; T-Tourism; U-Unique; W-West Wing

This Month's Answer: **WASHINGTON, D.C.**

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

JUMBLE

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

NAGLD
□ □ □ □ □

LAWRC
□ □ □ □ □

EPPUK
□ □ □ □ □

ARROUP
□ □ □ □ □

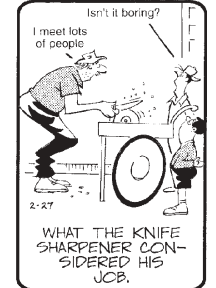
www.jumble.com

ARROUP
□ □ □ □ □

Answer here: "□ □ □ □ □" "□ □ □ □ □"

THAT SCRAMBLED WORD GAME

by Henri Arnold and Mike Argilion



WHAT THE KNIFE SHARPENER CONSIDERED HIS JOB.

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

Answers on page 23

TRIVIALITIES

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

1. Who directed the 1954 film "Rose Marie"?
2. Who starred as Jean Tavernier in the 1954 film "The Diamond Queen"?
3. Robert Moore directed what 1978 film starring Peter Falk, Ann-Margret and Eileen Brennan?
4. Fernando Lamas directed what 1967 film starring Aldo Ray and Tommy Sands?
5. Who starred as Kim Halliday in the 1955 film "The Gold Rush"?
6. In what year was the film "The Merry Widow," directed by Curtis Bernhardt, released?
7. Where was Fernando Lamas born?

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Answers on page 23

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SENIOR FORUM

Joint tenancy a bad idea

By Kent S. Collins

DEAR SENIOR FORUM: I think I will soon be a rich widow with a lot of money problems.

My husband was married before we met. He and his first wife had a son. The son was at first a medical problem and later a behavioral problem. Today — at age 31 — he has not yet grown up or settled down. I don't know that he will ever fly right.

My husband's first wife died 17 years ago. We married 10 years ago. We have a beautiful relationship.

My husband is now sick, maybe on his deathbed. He wants to get his "affairs in order."

He wants to put everything he has in joint ownership between me and his son. What do you think of this? — Anonymous

DEAR ANONYMOUS: I think your husband's sickness is making him delirious. His idea is a bad one. Resist it.

Better would be for him to rewrite his will so that everything goes to you, and then solicit from you — you have that beautiful relationship — a deathbed promise to give everything to his son when you die.

Better still would be a trust document that is sometimes called a "generation skipping trust" that would give you all income from the assets until you die, and then pass the assets to his son.

But you do not — under any circumstances — want to be involved in joint ownership of anything with a 31-year-old fellow who does not fly right. Do not let your husband do this to you. In the worst-case scenarios:

— If the house in which you and your dying husband live is one of the assets, the son could move in and drive you to misery, sickness

and eventually death.

— The son could possibly cash out of some accounts and certificates and run off with the cash.

— The son could have creditors you do not know about; rather than break his thumbs, they will take control of half the assets you own in joint tenancy.

Joint tenancy with the right of survivorship is one of those quick-and-dirty estate-planning tools — quick now and dirty later. Guys at the golf course pro shop discuss it like they know what they are talking about. Though the complications of it can vary a bit from state to state, I do not believe it works well for the situation your sick husband faces.

The arrangement works best for spouses, legally and indisputably married. When one spouse dies, the other gets the assets without damage from probate. The surviving spouse simply takes a death certificate and re-titles the assets.

Troubles develop when that surviving spouse dies. There is, of course, no provision for children. There is, of course, no protection from probate.

But in plans like your husband's delirium has conjured up — with a person you do not trust and cannot control — joint ownership is a minefield. Some well-meaning people think these arrangements provide for dual control in which neither can take advantage of the other. The notion is that both will protect the assets from the misdeeds of the other.

Nothing could be further from the fact.

Bring an attorney to your husband's bedside. With both present, insist that your welfare come first. Insist that your husband's assets be

titled and put in trust in such a manner as to provide you with secure income until the day you die.

And maybe, if you have your own loved ones who will need care beyond your death, you can convince your husband and the lawyer to make such an arrangement. But first things first: You need income security, without the attachment of any joint owner.

If you cannot make this happen, then insist you get fully titled for half his assets, leaving the rest in the clutches of the son. At least your income security will not be at risk of the son.

(If your question fits here, write to The Senior Forum c/o Tribune Media Services, 435 North Michigan Avenue, Suite 1500, Chicago, IL 60611, or e-mail seniorforum@mchsi.com.)

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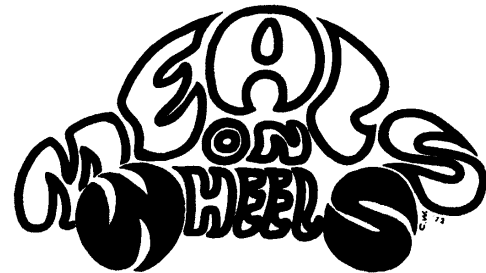
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BRIDGE

Tommy is terrific

By Omar Sharif and Tannah Hirsch

Both vulnerable. North deals.

NORTH
 ♠ K 7
 ♥ A K 4
 ♦ Q 8 7 6
 ♣ A 5 3 2

WEST
 ♠ J 10 9 5 2
 ♥ J 2
 ♦ K J 5 3
 ♣ K 9

EAST
 ♠ Void
 ♥ Q 10 7 6 3
 ♦ 10 9 4 2
 ♣ J 10 7 4

SOUTH
 ♠ A Q 8 6 4 3
 ♥ 9 8 5
 ♦ A
 ♣ Q 8 6

The bidding:

North	East	South	West
1NT	Pass	3♠	Pass
3NT	Pass	4♠	Pass
Pass	Pass		

Opening lead: Jack of ♥

It was time for the annual interclub championship and, since Trump Coup Tommy had contributed to winning the event in the previous two years, he was reluctantly invited to be a member of the defending team. He got his team off to a good start on the second board of

the match. With his unbalanced hand, Tommy was reluctant to play three no trump. Besides, he could not remember when last he had put a goodish six-card major suit on the table as dummy. Besides, how could there be a trump coup without trumps? As it happened, the bad spade break would have doomed three no trump.

The same contract was reached at the other table. At both tables the opening lead was the jack of hearts, taken with the king. At the other table, declarer cashed the king of spades and the 5-0 break now proved unmanageable. Try it.

At trick two Tommy led a trump to the ace, and was delighted when East showed out. Tommy continued by cashing the ace of diamonds, then used the king of trumps as the entry for a diamond ruff. After cashing the queen of trumps, the table's two aces were used as entries to ruff two more diamonds for 10 tricks.

Note that had West held one fewer diamond and one more club, permitting him to overruff the fourth diamond, the contract would still have succeeded. West would have to lead a club from the king, and the queen of clubs would have scored the fulfilling trick.

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HUMOR

Fear of falling

It was after he had attended a mandatory series of sensitivity training sessions that Professor Mullins started talking to potato chips.

Dr. Henry Mullins is a brilliant research engineer at Middeldorf University out in California. He has designed dozens of consumer products—everything from toothpaste tubes and razor blade dispensers, to burglar-proof storm window latches. Mullins is one of the university's most fiscally productive faculty members. He brings in big-money grants from blue chip corporations.



Larry Day

Gadgets are like close friends to Dr. Mullins. He understands them intimately. He communicates effortlessly with cogs and wheels, and angled pieces of sheet metal filled with punched-out screw holes.

Mullins, a confirmed bachelor, grew up on a ranch in Wyoming, and in spite of the fact that he holds degrees from three prestigious universities, and recently received an endowed chair at Middeldorf U., he sounds more like a trail boss than a university professor.

Over the years people at the university had made allowances for his speech patterns. They had come to think of "Good Old Henry," as just a colorful character.

Then one night at a reception, Dr. Mullins met Cynthia Rathbone-Rodriguez, who had just joined the faculty. Dr. R-R had recently been named chair of a newly formed university group called "What Is Right and Proper in Today's Society." The group's name didn't end with a question mark because its members knew they already had all the answers.

At the reception where he met Dr. Rathbone-Rodriguez, Dr. Mullins had had what he thought was a simple, pleasant conversation with a young colleague.

But early the next day Dean Amanda Weizenbrodder showed up at Dr. Mullins's laboratory.

"Good morning, Henry," said the dean. "How are you?"

"Mandy, I'm busier than a one-

legged man at a butt-kicking contest. How are you?"

"I'm well, thank you. Henry, I've come by to extend an invitation to you." Dean Weizenbrodder, is known on campus as the Duchess of Schmooz. She made it sound like she was inviting her old pal Henry to be first in line for an exciting new university program. What she was really doing was calling Mullins a lout and a lunkhead, and ordering him to sign up immediately for a newly instituted sensitivity training workshop run by the "What's Right and Proper in Today's Society" folks.

"Gee, Mandy, I'd love to participate, but I'm just too busy right now," said Henry. "I'm designing a three-stage zigfobber for the Gittanickle Corporation's new factory over in Wigginsville. Let's make it some other time."

It took the Schmoozmeister dean another 10 minutes to make Dr. Mullins understand that his presence was required, not requested, at the sensitivity workshop.

Well attending those sessions did raise the level of Dr. Mullins's sensitivity. In fact, his could be considered a textbook example of sensitivity enhancement. The only problem was that the workshop raised Mullins's sensitivity to objects, not people.

And that's what led to Middeldorf University's great potato chip crisis.

As Henry Mullins emerged from one of the sensitivity workshop sessions, he saw a student feed money into one of those machines that dispense cookies, candy, chips and chewing gum.

Henry heard a scream.

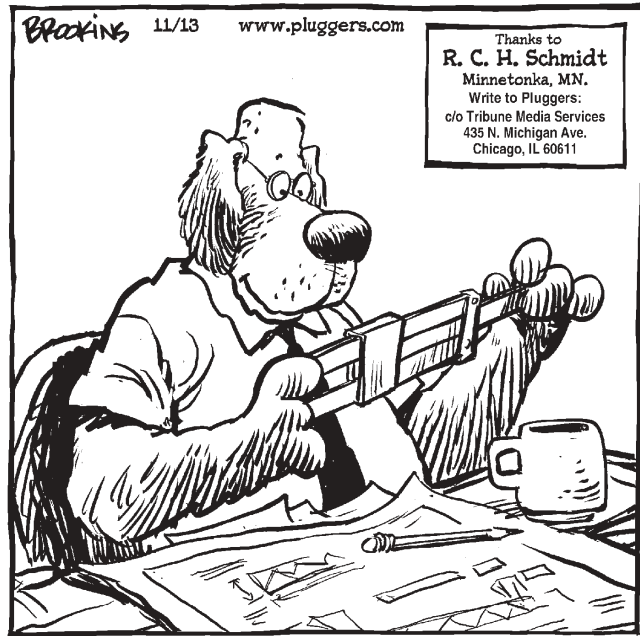
"Helpppppppppp!" cried a bag of potato chips as it plunged from the top shelf of the machine into the dispensing tray below.

To Mullins the scream was as real and wrenching as if it had come from a human throat. Instantaneously he calculated what a fall from the same relative height would do to a human being.

"Lord'amighty," cried Dr. Henry Mullins, and he took off on a dead run toward his laboratory.

Soon after that, Dr. Mullins missed the deadline for delivering his three-stage zigfobber to Gittanickle Corporation over in Wigginsville. He also missed deadlines on half a dozen other important projects. He was working feverishly on a new design.

Weeks later Dean Weizenbrodder was summoned to the office of the president of the university. When she arrived, the receptionist ushered her



A pluggger doesn't worry about his computer getting infected with an Internet virus.

into the board room. Seated at the long table were the university president, the vice president for research, and executives from three large corporations. The three had been dispatched to the university to deliver a corporate ultimatum. The executive from the biggest corporation, a portly, gray-haired man in his fifties, looked at the university president.

"If you don't get Mullins back on schedule, we're going shut down his projects and take back our funding," he said curtly.

Dean Weizenbrodder left the board room ashen faced. Passersby stared as she galloped across the campus toward Henry Mullins's laboratory. She arrived out of breath.

"Henry, I must talk to you," she gasped.

"Mandy," said Mullins, "jst calm down. You're pantin' like a brood sow."

The dean stopped and caught her breath.

"That's better. Now, be quiet and follow me. I wanna show ya somethin'." Dr. Mullins led the dean to a candy machine standing in the middle of his laboratory. He handed her two quarters.

"Stick 'em in the slot and press '1A,'" he commanded.

Dean Weizenbrodder inserted the coins and pushed the button. The machine whirred, and a bag of potato chips dropped off the top shelf. Instantly a tiny paper parachute popped out from the top of the bag, and the potato chips floated to a soft landing in the dispensing tray.

"Yippee and Yahoo!" whooped Dr. Henry Mullins, and he mimed spiking a football. Then he launched into a vigorous end zone strut.

"This is the best damned thing I ever made," he shouted.

"With this project I've solved design problems that have stymied me for years. I'm frisky as a colt."

"Henry that's WONDERFUL!" said the dean. "And now I'm sure you're eager to get back to your other projects."

"You betcher bloomers, I am," said Mullins. "From now on I'll be busier than a two-pronged stallion in a herd of mares. I'll git those other projects back on schedule quickern' snot."

"Henry, I can't tell you how happy this makes me. I'm absolutely thrilled. I'd love to stay and talk but I must run. I have some important phone calls to make."

Dean Weizenbrodder was halfway to the door when Dr. Mullins called to her.

"Mandy, now jst wait a goldarned minute." His voice was taut.

The dean stopped. She turned apprehensively.

"Mandy, I'm not gonna go to no more of them cottonpickin' workshops. I'm just flat not gonna do it."

"Henry don't you give those workshops another thought," said the dean.

- 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.

HISTORY

They rode together but thought apart (Part 2)

(Editor's note: This article continues the discussion of some of the members of the Quantrill gang and how they were both alike and yet quite different.)

By Tom Mach

George Shepherd was another guerrilla who supposedly had a weakness for either flowers or children. He is said to have "rescued a wounded man and two children from a burning house because one of the children had given him a rose."

Larkin Skaggs was a Quantrill man who showed no loyalty to anyone, including his leader. Skaggs, considerably older than Quantrill, was a middle-aged man, bald in the center with an outcropping of scraggly hair at the ends. He probably went on the raid strictly for the "thrill" of it, knowing he'd

be able to steal all of the whiskey he wanted. Skaggs drank to excess during the Lawrence massacre, and it was probably because

of his mental stupor that he stole a diamond ring from Lydia Stone. This was the ring Quantrill had given her years earlier when she nursed him back to health when he (under the alias of Charley Hart) lodged at a Lawrence hotel owned by the Stone family. Quantrill forced Skaggs to return the ring to the young woman, and Skaggs did. But he glared at Lydia Stone on his way out saying, "Miss, I'll make you rue this." He later made good on his threat by killing Lydia's father, Nathan.

Bill Anderson, a ruthless marauder with the Quantrill gang, seemed to have made a sport out of killing for killing's sake. It is easy to see why he was nicknamed "Bloody" Bill Anderson. He took great pleasure in keeping track of his victims. He made a knot in a long silk cord for each of his murders. By the end of 1863, he bragged about the enormously large number of silken knots that he had.

Frank James, Jesse's older brother, also rode with Quantrill. Although they were brothers, Frank and Jesse were very different. Frank was al-

ways serious, observant, and hardly ever laughed. Jesse, on the other hand, was light-hearted, reckless, and exhibited a devil-may-care attitude about things. Very likely, Jesse went on the raid for the adventure while Frank went because he was serious about fulfilling Quantrill's mission of revenge.

Colonel John Holt displayed more compassion for innocent citizens than did men such as Anderson or Todd. Henry Clarke, a Lawrence furniture store owner, realized he might be killed when he saw Holt approach him as the raiders ravaged the town. Nonetheless, Clarke struck up a friendly conversation with Holt, and Colonel Holt prevented other guerrillas from shooting him. In another instance, an officer, who many believe to have been Colonel Holt, spread the word to his men

that the house of Mrs. Fred Read was not to be molested further after he took pity on her.

William Quantrill was distinctly differ-

ent from his followers. He was young, intelligent, a former school teacher, and apparently had a charming smile. He loved roaming the woods by himself imitating bird calls. But appearances were deceiving; he was seething with abhorrence for abolitionists and Yankees. His hatred was particularly acute against the town of Lawrence—the home of his fiercest opponents, such as James Lane (the leader of the hated Jayhawkers), John Speer (the publisher of pro-abolitionist newspapers), and Reverend Hugh Fisher (a chaplain to Lane's Jayhawkers).

While it is believed that William Quantrill never personally killed a man during the Lawrence massacre, he perfectly fits the profile of a mass murderer. According to Antonio Mendoza, author of *Killers on the Loose*, mass murderers are "usually people who aspire to more than they can achieve... They feel excluded from the group that they wish to belong to, and develop an irrational, eventually homicidal, hatred of that group. Invariably, they choose

to die in an explosion of violence directed at a group they feel oppresses, threatens, or excludes them."

In summary, Quantrill and his men today might be considered "terrorists"—except for the fact they did not kill women and young children. Still, they murdered innocent men and teenage boys.

But things have changed since Quantrill's day. Or have they? Looking back at September 11, 2001, one realiz-

es that terrorism still exists, hatred still abounds, and peace is still elusive.

However, one thing has changed. The weapons have improved.

- Tom Mach is the author of *Sissy!*, an award-winning novel about Kansas in the Civil War era. It is available at local bookstores, through www.amazon.com, or from Mr. Mach's web site, www.sissynovel.com.



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PET WORLD

Bird-loving cat needs a new interest

By Steve Dale

Q: We live near the beach and our home is near a major hotel. Our cat loves to visit the hotel and the rare birds and ducks there. The management wants Gonzo to stop, fearing he'll attack the birds. The security guards think he's a great cat and are friendly to him. If the guards run Gonzo off, he'll get the idea. Any suggestions, aside from keeping Gonzo in the house all the time? — T.K., San Diego, Calif.

A: The hotel staff is right. Why should your cat be allowed to kill the birds they're apparently trying to encourage? This is the hotel's property, not yours. Certainly, if employees at the hotel encourage Gonzo, it's not going to help. You can ask the security guards to "shoo" him away but that won't solve everything. Gonzo will just go down the beach to another hotel, or somewhere else to find birds.

It's your responsibility to do the best you can to keep your cat safe. The No 1 threat to the life of any cat isn't cancer or kidney disease, but cars. Certainly, there are a lot of those four-wheeled predators near beaches. If you think Gonzo is so smart he just can't get hit by a car, you're kidding yourself. Maybe he'll never be hit by a car but why in the world would you take the risk?

In addition, another animal or stray dog could attack Gonzo, or he could get a feline disease spread cat to cat. And these are just a few of the hazards he faces. Not to mention the ethical issue involved; your cat is apparently threatening the birds at the hotel. I only hope and assume he is neutered, so he's not impregnating cats.

There is fencing you can buy (or make your own) to enclose a section of your yard so predators can't get in and Gonzo can't get out. For more information, check out www.catfencein.com or call 888-738-9099. Prices vary depending on what you want to fence. You can fence over an existing wooden fence, for example, to prevent a kitty from going up and over. You can fence around a tree so your cat won't climb it. You can create a play area protected by mesh fencing.

In addition, try making indoor life more interesting for Gonzo. Hide food treats he can 'hunt' for. Rotate toys, so he's not always stuck with the same old stuff. If you create a place in the yard as I suggest, Gonzo won't have much to complain about. Otherwise, he'll certainly gripe about being kept indoors. If you've ever had kids, you know they often protest your decisions, but when you make decisions for their safety, you stick to them. It should be no different for Gonzo.

Q: Our cockatiel began to breathe through his beak. We took him to a vet, who tested for bacteria and fungus, but tests proved negative.

The vet told us there was probably a growth in the bird's throat, and to take him home and enjoy what little time he had left. That was a year ago.

Our bird is still eating well and very active but continues to breathe through his beak. Do we have a serious problem, or should we do nothing? — J.C., via cyberspace

A: The problem most associated with open-mouthed breathing in cockatiels is obesity, according to avian vet Dr. Brian Speer, co-author of "Birds for Dummies" (IDG Books, New York, NY, 1999; \$19.99). If your bird is so overweight that its breathing is affected, this is dangerous. Ask a vet how to put your feathered friend on a gradual diet while simultaneously offering a birdie aerobics class. Beware: Crash diets can kill birds.

If your bird isn't chubby, then visit a vet with experience in treating birds. Speer recommends a good physical followed by a blood work up, x-ray and perhaps a repeat of bacterial cultures.

While a bacterial infection remains a possibility, a respiratory or heart problem is more likely.

While it's great that your bird appears in good spirits, the open-mouth breathing you describe is not normal.

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

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