

# Kaw Valley Senior Monthly

[www.seniormonthly.net](http://www.seniormonthly.net)

May 2005

Serving Active Seniors in the Lawrence-Topeka Area

Vol. 4, No. 11

## INSIDE



Body Boutique offers program for senior women who want to work on their balance and flexibility, and improve their cardiovascular fitness. - page 4



May is Older Americans Month and the Jayhawk Area Agency on Aging is sponsoring several events in conjunction with this celebration. - page 14

## INDEX

Bookshelf .....	24
Bridge .....	17
Business Card Directory .....	21
Calendar .....	12
Collectibles Marketplace .....	18
Cooking Light .....	15
Day Trips .....	22
Health & Fitness .....	6, 7
Humor .....	20
My Answer .....	25
Finance .....	8, 9
Pet Marketplace .....	11
Pet World .....	11
Puzzles .....	16
Restaurant Guide .....	26
Senior Forum .....	10
Smart Collector .....	18
Trivialities .....	16

**FREE**



Eldon Wood holds his photo from World War II while Frances, his wife, displays one of her pressed flowers designs.

KEVIN GROENHAGEN PHOTO

# Woods keep memories alive by recording the past

By Kevin Groenhagen

Everyone who is over 50 has an interesting story to tell. Sadly, few take the time to record their stories so they can be shared with their families. That makes the family of Topeka's Eldon and Frances Wood very fortunate.

According to Eldon, in 2000 he wrote about his World War II experiences while "most are clear yet in my memory." Eldon's story includes, among other items, a 10-page document that describes the highlights of his military service, enlistment re-

ords, a record of his combat missions, his own handwritten notes, and numerous photos.

Eldon had just turned 20 and was a Kansas University student and part-time employee at Lawrence's Poehler Mercantile Company when the Japanese bombed Pearl Harbor on Dec. 7, 1941. In June 1942, he drove

his Model T Ford from his home on Connecticut Street in Lawrence to Fort Leavenworth to enlist in the U.S. Army Air Corps Reserve. Since the training camps were full at that time, Eldon continued to work and attend KU until February 1943, when the Air Corps called him and several

CONTINUED ON PAGE TWO

PRSRST STD  
U.S. Postage  
PAID  
Lawrence, KS  
Permit No. 19

# The Woods

CONTINUED FROM PAGE ONE

other students into active duty.

"We reported to the Union Station in Kansas City, and were taken by train to Jefferson Barracks near St. Louis," Eldon said. "After some months of basic training, we were sent to Oshkosh, Wisconsin. At Oshkosh we had 10 hours of flying time in a Piper Cub to get us acquainted to being in the air."

After Oshkosh, Eldon was sent to Santa Ana, Calif., where he was classified for pilot training. He was later sent to Blythe, Calif., where he received training in a Stearman B-wing airplane and, after eight hours of instruction, was able to fly solo.

Eldon was later reclassified as a Bombardier Trainee, and received intensive training in navigation, Morse code, first aid, aircraft identification, and aerial gunnery. After training, he was assigned to March Field in Riverside, Calif., where his 10-man B-24 crew was assembled prior to going overseas. From March Field, the crew was sent to a base near San Francisco, where they received their sealed orders, which could not be opened until they were past the halfway point to Hawaii.

"When we opened the orders, we all gathered around to find out where we were actually going," Eldon said. "The orders said, 'Proceed to Biak.' None of us had ever heard of Biak, but the navigator found it on some maps. It's a small island off the northwest corner of New Guinea."

From Hawaii, the crew flew to Tarawa, then to Guadalcanal, and, finally, to Biak, where they were assigned to the 90<sup>th</sup> Bombardment Group, 400<sup>th</sup> Bombardment Squadron, which was called the Jolly Rogers. After five missions with the Jolly Rogers, Eldon's crew was transferred to the 22<sup>nd</sup> Bombardment Group, 19<sup>th</sup> Bombardment Squadron in New Guinea. They stayed with this group until the end of the war.

The 22<sup>nd</sup> Bombardment Group—the Red Raiders—moved from New Guinea to Palau Island, where they stayed just one week. From Palau, the Red Raiders moved to Samar Island in the Philippines.

"Samar was an extremely humid and muddy place," Eldon said. "This was the only place we slept under

mosquito nets. After probably a month or a month and a half, we moved to Clark Field on the Philippine island of Luzon. Clark wasn't too far from Manila, where the fighting was still going on, so we could hear the artillery fire. We posted guards at night around our planes to prevent the Japanese from destroying them."

From Clark, the Red Raiders flew missions within the Philippines, as well as to Formosa (Taiwan), Shanghai, and Borneo. The mission to Borneo required an extra gasoline tank in one of the four bomb bays to be able to get there and back. The round trip took 13 hours.

Eldon lived in a tent with three other officers while on Clark, and, since all four were teetotalers, they found a way to fix up their tent a bit.

"When a mission was flown and completed, if you wanted to, you could get a shot of whiskey," Eldon explained. "Since none of our officers drank, we got our shot of whiskey and put it in an empty whiskey bottle. It didn't take long to get a full bottle, which we traded with the Navy Seabees for enough plywood to make a floor for our tent."

The Red Raiders left the Philippines for Okinawa as the U.S. made preparations to invade mainland Japan. Fortunately, the war ended while 1<sup>st</sup> Lieutenant Wood was on Okinawa and he was able to fly home

after 41 months in the Air Force, 11 of which were overseas in a combat zone. He made 41 combat missions, including several in which the crew was on the receiving end of heavy anti-aircraft fire, logged 369 combat hours, and earned an Asiatic-Pacific Theater ribbon with eight battle stars, a Philippine Liberation ribbon with one battle star, and an Air Medal with two oak leaf clusters.

Eldon recently participated in the Veterans History Project and his photo is on display in the Robert J. Dole Institute of Politics at KU.

After the war, Eldon returned to KU, earned his degree in Business Administration, and spent 35 years with the Kansas Power & Light Company (KPL). Shortly after he was employed, KPL transferred him to Hiawatha, Kan., where Eldon met and married Frances King.

A few years after Eldon and Frances raised three daughters and began watching them start families of their own, Frances got heavily involved with the Woman's Christian Temperance Union (WCTU), which was organized in 1874 by women who were concerned about the problems alcohol was causing their families and society. In 1987, Frances was instrumental in forming the Capital City chapter of WCTU.

"The WCTU is what I consider my calling at this point in my life," said Frances, who serves as the Director of Legislation/Citizenship for the local,

state and national WCTU. "Eldon and I both decided we would work on this before we had a loved one killed in an alcohol-related accident. A lot of people get involved only after a loved one has been killed."

Three years ago, Frances produced a large graph on posterboard that outlined the number of deaths from several causes, including alcohol-related traffic deaths, the 9/11 terrorist attacks, the Murrah Building bombing in Oklahoma City, Severe Acute Respiratory Syndrome, and the Tylenol scare of 1982. According to the National Center for Injury Prevention and Control, during 2003, 17,013 people in the U.S. died in alcohol-related motor vehicle crashes, representing 40 percent of all traffic-related deaths. Alcohol-related traffic deaths far exceeded all other causes on Frances' chart, which she used when speaking before groups and talking with legislators.

Most recently, WCTU worked for a ban on Sunday liquor sales in Kansas. The Kansas Supreme Court in 2002 ruled that communities could opt out of the state Liquor Control Act, which banned Sunday sales, because the act wasn't applied uniformly. A statewide ban was offered last March in the Kansas Senate by Sen. Jim Barnett, R-Emporia, but it failed on a 15-19 vote.

Despite this setback, Wood hasn't given up on the cause. Next year she

CONTINUED ON PAGE THREE

*It is never true that nothing more can be done...  
Heart of America Hospice*



TOLL FREE: 1-800-396-7778

LAWRENCE LOCATION:

1311 WAKARUSA, SUITE 2121

LAWRENCE, KS 66049

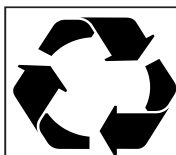
785-841-5300 FAX 785-841-5310

TOPEKA LOCATION:

3715 SW 29th STREET, SUITE 20

TOPEKA, KANSAS 66614

785-228-0400 FAX 785-228-9049



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

**Kaw Valley Senior Monthly**

Editor and Publisher  
Kevin L. Groenhagen

*Kaw Valley Senior Monthly* is published monthly by Groenhagen Advertising, L.L.C., Lawrence, Kansas, and is distributed at over 130 locations throughout the Lawrence-Topeka area. Any opinions expressed by our writers are not necessarily those of Groenhagen Advertising, L.L.C. Subscription rate is \$15 for 12 monthly issues.

CONTACT US



MAIL

2612 Cranley St.  
Lawrence, KS 66046



PHONE

785-841-9417



E-MAIL

kevin@seniormonthly.net



FAX

785-749-4691

# The Woods

CONTINUED FROM PAGE TWO

and WCTU will work on a bill to increase taxes on alcohol sales.

"Prohibition probably would never happen again in Kansas," Frances said. "But at least we can restrict the use of alcohol and get tougher on those who commit alcohol-related crimes, such as DUIs."

Frances, who maintains the "Citizenship" link for the national WCTU web site ([www.wctu.org](http://www.wctu.org)), prepared a report and table display last month for the midyear meeting of the Kansas WCTU, and will do the same for the national meeting in California in August.

When Frances isn't pressing for changes regarding alcohol-related laws, she spends much of her time pressing flowers. The hobby, which she began in the early 1990s after taking a class in Lawrence, eventually led

to Woodland Flowers, a home-based business Frances owned and operated for about 10 years. She dropped the commercial aspect of the business several years ago, and now does pressed flowers just for friends and family. She is also a member of the Artist's Associated, and occasionally puts her art on display.

"I grow and collect all the flowers I use," Frances said. "I don't buy any. We grow some, neighbors have given us access to theirs, and we have gathered some, such as Queen Anne's

Lace, from the roadside."

Frances uses phone books or a microwave press to press and dry her flowers. After the flowers have been pressed, she arranges them in intricate patterns. She bought a computer primarily so she can scan her designs and then use them to make her own greeting and sympathy cards.

While Frances spends many hours collecting flowers, pressing them, and arranging them for her cards, she doesn't hesitate to share credit.

"On the back of each card, I print,

'Flowers by God. Design by Frances,'" she explained.

Frances is also the secretary for the Southbrook Townhomes Association, won three gold medals in table tennis during last year's Kansas Senior Olympics, is a poll worker during elections, and taught Sunday school at the Wanamaker Woods Church of the Nazarene, where both she and Eldon are members. In addition, she is writing her memoirs, which she will share with her family next year.

## 24/7 Visiting Hours

[www.lmh.org](http://www.lmh.org)



### Employment Opportunities

Looking for a job at LMH? Search and apply online at one of the largest employers in Lawrence. Why drive when working for the best community hospital is right in your neighborhood?

### Events and Education Calendar

Our ConnectCare calendar can guide you to a variety of LMH educational resources and classes that pertain to you and your family's health. You can register and pay for the class without leaving your keyboard!

### Health Information

Search Healthwise® Knowledgebase for health information any hour of the day or night. A great place to find reliable, up-to-date health information explained in plain English and written by experts. Manage your health on your schedule.

### Gift Shop


Our online Gift Shop is always open! Choose from a wide variety of gifts that can be delivered right to your friend or family member's room. Point. Click. Purchase.

You can also send a free e-card!



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

325 Maine St  
Lawrence, KS 66044  
(785) 749-6100  
[www.lmh.org](http://www.lmh.org)

 Kansas Award for Excellence  
Recipient Since 1999.

## FOOT PAIN?



**Dr. Christi L. Gilbert, D.P.M., P.A.**  
*Foot Specialist And Surgeon*

3110 Mesa Way, Suite D  
Lawrence, Kansas 66049

**(785) 841-FEET (3338)**

Call This Number For An Appointment  
Extended Hours Available On  
Tuesday and Thursday

- Warts: Cryosurgery Therapy Available
- Bunions
- Hammer Toes
- Heel Pain: Endoscopic Surgery and Ossatron Available
- Sprains
- Injuries
- Fractures
- Comprehensive Diabetic Foot Care: Including Shoes and Orthotics, covered by Medicare
- Fungal Toenails
- Neuromas
- Ingrown Toenails
- Custom Orthotics
- Stress Fractures
- Pediatrics
- Athlete's Foot
- Improve Athletic Performance

*Foot Pain Is  
Treatable And  
Preventable  
Biomechanical  
Abnormalities Can  
Be Corrected*



**WALK AND BE HEALTHY**



# Body Boutique adds Seniorcise program

By Billie David

For senior women who want to work on their balance and flexibility and improve their cardiovascular fitness and strength, but who don't enjoy working up a sweat and trying to keep up with the younger ladies, Body Boutique has an exercise program tailored to their needs.

"We have a comprehensive program," said Seniorcise instructor Heather Moncher, who explained that when participants sign up as a Body Boutique member they first work with a personal trainer who determines their fitness levels and abilities, shows them how to use the equipment properly, and discusses goals and chronic ailments that Moncher should be aware of when she conducts the classes.

Moncher has a personal interest in working with senior clients, which began when her father was diagnosed with Alzheimer's. "The doctor sat us down and told us that exercise helps hold off the effects of Alzheimer's," she said, explaining that the activity requires people to use their minds to remember the moves

in a "use it or lose it" fashion.

"I was already an instructor," said Moncher, who is ACE (American Council on Exercise) certified. "I have pressured every member of my family to exercise, and I tell the seniors in my class, 'you need to do this.'"

So when Body Boutique owner Lorinda Hartzler called Moncher to ask if she was interested in working with the Seniorcise program, she agreed to observe the class.

"I fell in love with the ladies," she said. "There were four when I started in January and we are growing every week."

Moncher began by asking her class members what their exercise priorities were, and they informed her that they were especially interested in flexibility and balance. Moncher devotes 20 minutes of class time to these goals and has recently added cardiovascular training.

"The cardiovascular portion is low impact. We do 10 to 15 minutes of choreographed cardio, which is basically steps put to music," she said, adding that although they often work out to '50s music, they have



Heather Moncher leads a recent Seniorcise class

been known to do the Charleston.

The class has also been using weights and doing floor work for the lower limbs and abdominals. Especially popular are the pelvic tilts, which strengthen the hip area and help relieve pain there.

"We do 10 minutes of stretching afterward," Moncher said. "I change it every day. We do different moves every class because I don't want anybody to

get bored. It's a wonderful group of ladies. They're very energetic."

The benefits of exercising for seniors are far-reaching, Moncher explained. In addition to strength, balance and flexibility, exercise is a mood lifter. "Even if you are in perfect health, if you are having a bad day, the endorphins alone will help your spirits," she said. "There are so

CONTINUED ON PAGE FIVE



## GRANDPARENTS

Give the Gift of Reading!

"Indicative of the kind of concern that grandparents have about their grandchildren's future, 60 percent buy books for their grandchildren as compared to just 38 percent who buy toys, although that adds up to grandparents buying one of every four toys sold in America each year." - David B. Wolfe, Ageless Marketing

We have the perfect books (and toys, too!) for your grandchild.

Gift certificates available!

**THE CHILDREN'S  
BOOK SHOP**

937 Massachusetts  
Downtown Lawrence

**785-838-3221**

www.kidsandteachers.com

**First Month FREE!**

**Spring Specials**

**Deposit \$99, not \$200! Savings \$101!**

## Shower You With May Savings

**Wyndam Place  
Senior Residences**  
2551 Crossgate  
Lawrence, KS 66047  
**785-749-4646**

Professionally  
Managed By  
Cohen-Esrey Real  
Estate Services

www.cohenesrey.com

- Excellent South West Lawrence Location
- Controlled Access Building
- Spacious 1 & 2 Bedrooms Floorplans
- All Electric Utilities
- 24-Hour Emergency Maintenance
- Emergency Call System

## Seniorcise

CONTINUED FROM PAGE FOUR

many other benefits. There's memory—I can't stress that enough. Everybody's prone to forget things. And it's a great way to make friends. We talk about the news and what we've done during the week while we are sitting on the stability balls for the first five minutes,"

Body Boutique had been in business for almost 20 years. First located west of Munchers Bakery in the Hillcrest Shopping Center, it was moved into the

new building at the far west end of the shopping center one year ago. The move tripled the space for the business.

Body Boutique is owned by Lorinda Hartzler. "She has extensive ex-

perience in the fitness industry. Her passion is to get her members as active as they can as soon as they can," said Tracey English, marketing and wellness director.

Next to Body Boutique, in the same building, is ColorStudio, a full-service salon and spa owned by Hartz-

ler's sister, Lavonna McAlister. "They work together," English said, adding that the concept is to provide a one-stop place where women can exercise, have their hair done, and even enjoy a massage and sit in a Jacuzzi or a steam room and relax.

The senior-friendly classes include WaterWorks, Yoga, Yogilates, Get Up & Move, Stretch it Out, Mat Pilates, Yoga Flow, Relaxation Yoga, and Ballet Pilates. For more information, visit [www.bodybofitness.com](http://www.bodybofitness.com) or call 785-749-2424.

Body Boutique not only has a new location; it is working on a new outreach goal as well. "We really are trying to become more community oriented," English said. "We want to help with philanthropic projects, and we can provide guest

speakers to talk with residents in senior housing and retirement communities about the importance of exercise."

The Seniorcise program is another response to community needs, she added. "Within the Lawrence area, there is a dire need, so we just jumped on. If there's a need, we want to fill it. It's really rewarding to see these women enjoying what they're doing and seeing so many benefits."

May 25 is National Senior Health and Fitness Day, and Body Bou-

tique is offering a special series of senior classes and personal trainers who will be available to answer questions, check blood pressure and test body fat. One of the three classes offered will cover cardiovascular training, one will focus on toning, and the third will deal with balance. In addition, a guest speaker will be discussing issues of special interest to senior women. Non-members who are interested in taking advantage of this special offer should call 785-749-2424, English said.

# Luther Place

## APARTMENT ♦ HOMES

*Topeka's Premier Retirement Community*

*We are so excited, we wanted to tell you about our completely modernized affordable 1 & 2 bedroom Apartment Homes!*

Beauty Shop • All Utilities Included • 24 Hour On-Site Staff • On City Bus Route  
Ample Laundry Facilities • Weekly Grocery Transportation

**Stop by or call today to schedule an appointment to reserve your new apartment home!**

**5000 & 4900 SW Huntoon • 785-273-2944**

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

## Resource DME provides reliable Professional Medical Equipment in your home to meet your specific needs:

- Medical Oxygen
- Oxygen Therapy
- Hospital Beds
- Wheelchairs and Scooters
- Lift Chairs
- Bathing Aids
- So much more

We work with physicians and family members to implement individualized plans.

Services available 24 hours.

Free delivery and setup throughout the state.

\*Resource DME helps with Funding Sources and Loan Programs for patients with disabilities. For more information

e-mail: [RDME@ResourceDME.com](mailto:RDME@ResourceDME.com) or call us at 888.963.7363 or 785.528.0144

**Resource**  
DME  
*Your Source for Medical Equipment*

# HEALTH & FITNESS

## Protect yourself against sunburn

As spring returns to Kansas, so does the warm weather and sunshine. With the sun shining upon us, which often brings happiness and joy, one needs to be aware of harmful effect of UV light.

Dr. Michael Holick, the author of *The UV Advantage*, states that some exposure to sunlight is very beneficial to overall health and well-being because it is the major source of



Dr.  
Farhang  
Khosh

our Vitamin D. We get our Vitamin D from exposing our skin to sunlight. Dr. Holick believes that certain cancers such as prostate and breast cancer can be caused because of Vitamin D deficiency. There are many related medical conditions that can be benefited from Vitamin D therapy. So it evident that some sun exposure is necessary and healthy for us

How much is sunlight is needed to get your Vitamin D dosage/per day? This can be defined as on average 15 minutes of moderate exposure per day. However, the effects of sunlight are not same in every person. It varies from person to person depending on the skin photo-type, race, occupation, lifestyle, geographic factors, age, and genetic make up of the person and any metabolic disorder.

The sun emits an ultraviolet light, also known as ultraviolet radiation. There are three types of ultraviolet radiation, UV-C, UV-B and UV-A. UV-C does not impact the skin, and is effectively screened by the atmosphere. On the other hand, UV-A is very harmful and penetrates not only the skin, but also the eyes. UV-A rays will penetrate the skin the deepest. It is estimated that approximately 90 percent of UV-B is absorbed by the epidermis, and approximately half of UV-A reaches the dermis and subcutaneous fat. Sunburn will accelerate the aging process, which is manifested by wrinkles and a pebble stone appearance in the skin. It is also a culprit in the increased risk of cataracts and skin cancer. It should be noted that UV-A does penetrate through glass, so when you are driving in your car you will not have

protection against sunburn. Also, for those vacationing in the Rockies this summer, for every 1,000 foot increase in altitude, the UV intensity increases by 10 percent.

The National Institutes of Health stated that sunburn and sun exposure should not be taken lightly. Deaths have resulted from acute sun exposure and significant temporary disability is experienced by millions of sunburned people each year. Unlike a thermal burn, sunburn is not immediately apparent. By the time the skin starts to become painful and red, the damage has been done. The pain is often worse between six and 48 hours after sun exposure. In severe sunburns there may be blistering, swelling, and fever is not uncommon. Skin peeling usually begins between three and eight days after exposure. The long-term consequences of years of overexposure to the sun are significant. One blistering sunburn doubles the likelihood of developing malignant melanoma. Skin cancer (basal cell and squamous cell cancer) is directly related to the amount of sun exposure.

Sunburns are better prevented. There are very effective sunscreens that have been developed that protect from UV-A and UV-B. Sunscreen, protective clothing, and ultraviolet-protected sunglasses are all recom-

mended to prevent excessive sun exposure. Wearing a sunscreen with high sun protection factor (SPF) is recommended. The higher SPF numbers indicate greater protection. Most doctors recommend a sunscreen SPF level of 30 or greater. The SPF of a sunscreen indicates the time period you can stay in the sun without burning based on your skin complexion. For example, the SPF 15 sunscreen allows a person to stay out in the sun 15 times longer. Sunscreen should be generously applied. If you are out in the sun for a prolonged period of time during the day, wearing a hat and other protective clothing is recommended. Light clothing reflects the sun most effectively. Taking antioxidants such as Vitamins C and A, Selenium, Lycopene, and zinc can be effective in treating and also preventing sun-

burn to some extent.

What to do if you do get sunburn:

1. Take a cool shower or bath or place wet, cold wash rags on the burn.

2. Avoid products that contain benzocaine, lidocaine, or petroleum (like Vaseline).

3. If your skin is not blistering, moisturizing cream may be applied to relieve discomfort.

4. Drink plenty of water

If you have a fever, fluid-filled blisters, dizziness or visual difficulties with sunburn, you should call your doctor immediately. So as the temperature increases and the sun comes out, remember your sunscreen.

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



**Serving Northeast Kansas Since 1978**

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

**1008 New Hampshire, Third Floor • Lawrence • 785-842-3627**

**200 SW Frazier Circle • Topeka • 785-232-2044**

**635 S. Main St. • Ottawa • 785-242-0002**

[www.midlandhospice.org](http://www.midlandhospice.org)



An Assisted Living Residence *the Windsor*  
OF LAWRENCE

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

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

Call (785) 832-9900

or visit us at

3220 Peterson Rd.

Lawrence, KS 66049.

Respecting Values, Protecting Dignity,  
Supporting Independence.



## HEALTH & FITNESS

### Sleep pain-free and drug-free

If you live with joint pain, you may have trouble sleeping. Joint pain can prevent you from falling asleep or wake you up when you turn over. Joint pain also causes many other pains (in the shoulder, neck, back and leg) which can disturb your sleep. When you sleep badly, you feel tired and achy.

How can you minimize the aches and pains that keep you up at night? Who can help you? Are there alter-



Laura Bennetts

natives to pain meds?

#### What If Pain Wakes You?

Is arthritis pain wrecking your sleep? Is sleep deprivation making you even more achy? That wouldn't be surprising. These afflictions tend to go together, sparking a vicious cycle of pain and sleep loss.

Joint pain is often worst at night. And if you try to adjust to sleep loss by napping in your chair the next day, you probably still won't feel refreshed and your joints will feel even stiffer than usual.

Pain medications, prescribed by your doctor, can help. But many meds have adverse side effects. Recent studies have shown that some of the major pain and anti-inflammatory meds, including Vioxx, Celebrex and Bextra, actually increase the risk of stroke and heart attack. So many people have begun to have doubts about relying as heavily on pain medications as they did before.

That's reasonable. To avoid possible long-term side effects, it's wise to keep the use of pain medications within sensible limits. And pain meds alone do not get to the root of your pain, or help you with the many long-term functional problems that chronic pain can cause.

#### What Else Can You Do?

For the best and most comprehensive overall improvement, early treatment with occupational therapy and physical therapy is often a good starting point. Therapy is the drug-free path to pain-freedom—a proven approach to strengthening your muscles, calming inflamed tendons, regaining your abilities, and reduc-

ing or eliminating the pain that keeps you awake at night.

There are many therapeutic techniques for managing chronic pain—and a good number are effective alternatives or complements to pain medications. These include: many kinds of massage, hands-on joint treatments, deep heat, ice, strengthening exercises, water exercises, deep breathing exercises, stress reduction, counseling, healthy diets, herbs, nutritional supplements, acupuncture, yoga, and tai chi.

Some techniques, like yoga and acupuncture, originated in other cultures centuries ago. Others, like icing painful joints, were handed down by our grandparents. All of them, in addition to being immediately helpful, can help you keep your pain medication dosage to a safe minimum.

#### Sometimes the Old Ways are Best

The fact that we can benefit greatly from non-drug remedies and therapies—massage, exercise, relaxation, and good nutrition—is both the latest research finding and, for many seniors, old news. Few seniors grew up taking pain medications. Now, we're learning all over again that old-fashioned remedies are sometimes the best. We can apply these techniques ourselves, and they not only treat our symptoms but improve our overall health and strength. Modern therapy incorporates many elements of these older remedies, most notably improved versions of old-fashioned exercises and hands-on treatments. We are here to help you learn to use these techniques to help yourself.

#### The Best of Both Worlds

One of the best things about therapy is that it helps you remain drug-free as well as pain-free. Therapists work closely with your doctor to help you reduce your pain so that you can sleep well and stay active.

Occupational and physical therapists evaluate the stresses that cause you pain and help you resolve them. Here's a typical example:

A patient reported that, since climbing a long staircase three months earlier while traveling, she had suffered right hip pain. She was told by her doctor that she has mild arthritis in both hips. And now, even though she takes pain medications daily, she still has severe pain in her right hip when she walks and sleeps.

I found, in my therapy evaluation, that this patient's inner thigh muscles were very tight, her hip muscles were very weak and she rated her hip pain as severe. So I started her on a regimen of physical therapy treatment which included the following:

1. Anodyne light therapy to reduce muscle spasms and decrease inflammation.
2. Gentle myofascial massage on the legs, hips and back.
3. Gentle stretching and strengthening exercises; and
4. Instruction in a home-exercise plan.

Within two treatments this patient's pain had been reduced to a minimum and she stopped her pain medication. Within two weeks her pain had vanished entirely and she was able to do advanced leg exercises, sleep and walk without pain. She

wished she had tried therapy sooner!

#### Refresh Yourself

Don't let pain catch you napping—or rather, keep you awake. Get help for the problem that keeps you up at night. If your physical problems disturb your sleep, they're grave enough to call for serious attention. Talk to your doctor and seek remedies that can help you sleep better and feel better. You'll wish you had done this sooner.

- Laura Bennetts, MS RPT, is a physical therapist with a masters degree from the University of Southern California and 22 years of professional experience. She co-owns Laurence Therapy Services LLC (785-842-0656) and Baldwin Therapy Services (785-594-3162). If you have therapy-related questions, please e-mail Laura care of [laurabennetts@hotmail.com](mailto:laurabennetts@hotmail.com).

### Revolutionary Mobility Breakthrough

The UltraLite Fold & Go and AutoGo vehicles from Electric Mobility will revolutionize the way you live your life.



\$200 off  
Coupon



Financing Available

Call Ken Lewis today for your FREE no obligation in-home demonstration.



785-249-4391 Topeka  
877-282-9635 Toll Free



**THE MERC!**  
NATURAL FOOD MARKET

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

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

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

**COMMUNITY MERCANTILE**  
901 IOWA, 785.843.8344. OPEN TUE-THUR 7 DAYS A WEEK  
[WWW.COMMUNITYMERCANTILE.COM](http://WWW.COMMUNITYMERCANTILE.COM)

## PERSONAL FINANCE

# When investing, use time to your advantage

Sports pundits often predict the big winners at the start of a season, only to see their forecasts fade away as their chosen teams lose. Similarly, market timers often try to predict big wins in the investment markets, only to be disappointed by the reality of unexpected turns in performance. While it is true that seasoned financial professionals can sometimes use market timing to

price gain of about 163 percent — by December 31, 2004. If the investment was cashed out two years earlier at year-end 2002, it would be worth only \$18,580.70. Impatience would have cost more than \$7,700 or almost half of the total price appreciation over the 10-year period, although past performance cannot guarantee future results.

### Long-term Benefits

If you're not a professional money manager, your best bet may be to buy and hold. Through a buy-and-hold strategy, you take advantage of the power of compounding, or the ability of your invested money to make money. Compounding can also help lower risk over time: as your investment grows, the chance of losing the original principal declines.

Buy and hold, however, doesn't mean ignoring your investments. Remember to give your portfolio regular checkups, as your investment needs will change over time. For instance, a young person who begins investing for long-term goals, such as paying for his children's college education or even his own retirement, will likely allocate a large portion of his portfolio to stocks. Even though they have the potential for loss and short-term volatility, history shows that investing in stocks offers the potential for long-term growth. Yet as the investor ages and gets closer to each goal, he or she will want to rebalance portfolio assets as financial needs warrant. Many experts say annual portfolio reviews are an essential step for helping to keep you on track to meeting your goals.

### Time Is Your Ally

Clearly, time can be a better ally than timing. The prudent approach to your portfolio is to arm yourself with all the necessary information, and then take your questions to a financial advisor to help with the final decision making. Above all, remember that both your long- and short-term investment decisions should be based on your financial needs and your ability to accept the risks that go along with each investment. Your financial advisor can help you determine which investments are right for you.

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



Steve Lane and Garth Terlizzi

their clients' advantage, for those investors who do not wish to subject their money to such a potentially risky strategy, time — not timing — could be the best alternative.

### What Is Market Timing?

Market timing is an investing strategy in which the investor tries to identify the best times to be in the market and when to get out. One of the biggest risks of this strategy is potentially missing out on the market's best-performing cycles. For instance, say that an investor, believing the market will go down, takes his or her money out of stocks and places it in more conservative investments. However, while the money is sitting on the sidelines, the market enjoys its best-performing month(s). In this case, the investor has incorrectly timed the market and missed those top months. Perhaps the best move for most individual investors — especially those striving toward long-term goals — might be to purchase shares and hold on to them throughout market cycles. This is commonly known as a "buy-and-hold" investment strategy.

History indicates that purchasing investments and then holding on through the market's ups and downs can potentially work to your advantage. For example, a hypothetical \$10,000 invested in the Russell 3000 Index, an unmanaged index that cannot be invested into directly and which measures the performance of the 3,000 largest U.S. companies, in December 1994 and held for 10 years, would have risen to \$26,329.71 — or a cumulative

## DIGITAL HEARING AIDS

as low as

\$ **38**

a month  
with approved credit

### Hearing Aid Center

Lawrence Topeka Ottawa  
749-1885 272-0011 242-7100

## JOSEPH'S MANTELS



Over 50 Mantels on Display

- Shelf Mantels
- Full Size Mantels
- We Deliver & Install

For FREE Brochure, call:

**785-256-4647**

[www.josephsmantels.com](http://www.josephsmantels.com)

## Rumsey-Yost FUNERAL HOME, INC. & Crematory

"locally owned and operated since 1920"

*"personalized care with dignity"*

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

601 Indiana  
Lawrence, Kansas

**785-843-5111**

[www.rumsey-yost.com](http://www.rumsey-yost.com)

## Westwood Manor

If someone you love needs more care than you can continue to provide, Westwood Manor is here. Our quiet, residential neighborhood provides a secure setting for your loved ones. Our round-the-clock professional care is delivered virtually one-on-one.



As a nursing care facility, we are dedicated to the promotion of the emotional well being and physical health of our residents. It is our objective to provide a home-like atmosphere for our residents.



Each resident is looked upon as an individual and is treated with respect and understanding. Westwood Manor has been serving the Topeka community for over 25 years.

### Westwood Manor Provides:

- Private and Semi-private rooms
- 24 hour Nursing care
- Medicare/Medicaid Certified
- Medical Director on staff
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Restorative Services
- Hospice care
- Smoke-free environment
- Special diets
- Laundry services
- Beauty and Barber services
- Scheduled activities
- Adult Day Care
- Large outdoor patio



We're now accepting IV therapy patients!

Call today for a personal tour!

785-273-0886  
5015 West 28th St.  
Topeka, KS



*"Committed to Caring!"*



# PERSONAL FINANCE

## Is it time to consolidate your assets?

If you're like many people, you keep investment vehicles in different places. You might have started traditional IRAs with two or three financial-services providers while buying some stocks from still another. And you may have purchased a fixed annuity from an insurance company. As long as you keep track of all these accounts, you might think



Harley Catlin and Ryan Catlin

it doesn't matter where they are "housed." However, if you scatter your investments here, there and everywhere, you could end up in uncharted territory when it's time to pull everything together.

What are some of the potential problems of keeping your investments at a variety of different institutions? For one thing, despite your best intentions, you could actually forget about one or more of your holdings. State treasurers' offices regularly advertise "unclaimed" property, including investments. People move, change jobs, divorce and undergo all sorts of changes in their lives — and sometimes, they leave their investment dollars behind. But if you consolidate all your holdings with one financial-services provider, you can keep tabs on them without much trouble.

Of course, you could be a highly organized person — someone who would never "misplace" financial assets, no matter how dispersed. But even so, your far-flung investments could slow your progress toward your important financial goals. If you maintain several accounts without a central focus or unifying philosophy, you could end up with redundant or inappropriate investments — a costly mistake.

To avoid this problem, consider keeping your investments with one firm and work with one financial professional — someone who knows your family situation, risk tolerance and investment preferences. This approach may help you make steady progress toward your long-term objectives. A qualified professional can look objectively at how all your in-

vestments work together and make recommendations as needed to improve your portfolio's performance within your stated level of risk.

### Required Minimum Distribution Issues

Consolidating your various investment accounts also can help you in the area of required minimum distributions (RMDs). As you may know, you need to begin taking RMDs — from traditional IRAs and 401(k)s or other employer-sponsored retirement plans — in the year in which you turn 70-1/2. You can take out more than the RMD, but, as the word "required" suggests, you can't withdraw less — and you could face tax penalties for taking less than the minimum or failing to take the RMD on time. Consequently, if you have multiple IRAs and employer-backed plans, you'll have to "reel them in" at the right times to make sure you're making the proper RMD moves.

If you do have IRAs, from various providers, you'll need to determine the RMD for each IRA separately.

You may, however, choose to aggregate your RMDs for any given year from a single account. Again, though, you will find it much easier to track your RMD options if all your IRAs are "under the same roof." Plus, your financial adviser can help you decide if the aggregate RMD route is the one to take. (Your 401(k) or similar employer-sponsored plan can-

not be aggregated with your IRAs to determine your RMD.)

So, there you have it — some reasons to consolidate your investment accounts. Consider taking this step soon to help simplify your life.

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

# Tai Chi

Gift Certificates Available



Steve Carrier  
Certified Instructor

**Improve Your Strength, Balance, Coordination, and Concentration!**

Tai Chi class meets Tuesdays and Thursdays, 6-7 p.m.

Location: Drury Place, Garden Level  
1510 St. Andrews Drive, Lawrence

Call 842-0656 for more information.

Free one-hour class per person with this coupon. No obligation to join.

**FREE**  
**Tai Chi Class**  
Exp 8/1/05



# Life Begins at Drury Place!

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

Ask about our Spring Specials

**Let us make it happen for you!**

A warm, loving community that enhances independent lifestyles.  
**1510 St. Andrews Drive • Lawrence • 785-841-6845**  
Executive Director - Sandy Nelson

**4200 S.W. Drury Lane • Topeka • 785-273-6847**  
Executive Director - Andrea Graham

## SENIOR FORUM

### Several steps can ease parent's move to a nursing home

DEAR SENIOR FORUM: Our 77-year-old mother cannot live in her house any longer. Soon my brothers and I will have to move her to an assisted living place or a nursing home. Can you give us guidance on how to make this change with the least amount of unhappiness?

— The sister & daughter

ANSWER: With all the diplomacy



*Kent S. Collins*

you can must, do not let it appear that the siblings are doing the moving. Make it appear that she is moving herself.

Step One: Determine if she needs an assisted living place or a nursing home. They are vastly different in services and atmosphere. You can determine this if you...

Step Two: Visit several of both and allow the administrator to talk to your mother. You and your siblings should hush-up. The administrator is a pro at determining the needs of older people, and thus in weighing placement in assisted living versus a nursing home. Also, visiting such places will remove some of the negative misconceptions and make your mother more at ease.

Step Three: Find some of her friends in such places and take your mother to go calling on them.

Step Four: Cost out these options so she feels a sense of command and control over her destiny. Even if the cost is greater than maintaining her home, she at least will have a sense of independence in the decision.

Step Five: Discuss with your brothers the great psychological changes that wash over someone moving into congregate living. Those changes are as traumatic as the loss of a family member. All sorts of bad things can happen to a new resident of assisted living and/or nursing home if not anticipated and resolved by family.

Here are the psychological changes and some possible resolutions:

— Loss of privacy. This is especially acute to people living alone, i.e., widows. She may have to share sleeping quarters, a bathroom and dining space. She will struggle to dress in private and to find the simple peace of mind of being alone some times.

— Loss of independence. People will be checking on her, telling her to take her meds, managing her daily routine, denying her some of the simple freedoms like leaving the facility and moving the furniture.

— Loss of emotional and intellectual stimulation. This is not universal, but some retirement homes, assisted living facilities and nursing homes can dull the senses and the spirit.

— Worry about security. Home, sometimes falsely, lends a feeling of security. Forever after you move your mother to a group living place you and she will worry about who is locking the door, how good is the quality of care and who is paying attention to her needs.

— Loss of identity. All of the above detract from self-esteem, ego and an understanding of who you are and who you will be tomorrow.

— Need for a new kind of socialization. Your mother will be thrust into a new social environment with people she does not know and activities she must learn. She may feel like a schoolchild arriving at mid-year when all the others have established social relationships. She will be a newcomer.

How will she fit in?

All of these steps and bulletin points are not to scare off you and your brothers from helping your mother move to a more convenient and controlled environment. But ignore them now and suffer them later. Here are things other families like yours have done to ease the transition from private home to group living:

— Put her in a private studio apartment or room if possible.

— Establish with her and be true to a routine of activities outside the

group residence.

— Allow her the chance to clean her own space and make her own breakfast.

— Bring visitors to her new "home."

— Redecorate the place to her liking.

— Surround her with key possessions from her old home.

— Get her a cellular telephone and security alarms.

— Visit regularly with the key

nurses and aides and administrators so they know you are watching.

— Visit her and engage with her in activities such as group meals, religious services, exercise and social events.

(Send your questions and/or advice to your fellow retirees via The Senior Forum c/o Tribune Media Services, 2225 Kenmore Ave., Suite 114, Buffalo, NY 14207, or to [seniorforum@mchsi.com](mailto:seniorforum@mchsi.com).)

© 2005 TRIBUNE MEDIA SERVICES INC.

## IF YOU'RE NOT AT YOUR LAST JOB, YOUR 401(k) SHOULDN'T BE EITHER.

Leaving a 401(k) with a previous employer could mean leaving it alone with no one to watch over it.

At Edward Jones, we can explain options for your 401(k) and help you select the one that's best for you. If you'd like to roll it over into an Edward Jones IRA, we can help you do it without paying taxes or penalties. So you can feel confident someone is looking out for you and your 401(k).

To find out why it makes sense to talk with Edward Jones about your 401(k) options, call today.



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



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



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



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

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



# PET WORLD

## Owners seek solution to fabric-chewing cat

Q: Our cat loves to chew. He's now kenneled to protect our furniture. When we let him out for a visit, he finds a blanket and chews holes in it. We've even tried covering blankets with black pepper to deter him. He can't remain in a kennel forever, but we're out of ideas. Any advice?



Steve Dale

— H.L., Oshkosh, Wis.

A: Most of the time, these chewers don't ingest. If your cat is actually eating fabric, then you have a true emergency. "However, if he isn't chewing and then swallowing, see if you can distract the cat with an interactive toy (fishing pole-type toy with feathers or fabric)," says Dr. Debra Horwitz, a veterinary behaviorist based in St. Louis, Mo.

You might also want a self-feeder, so when the cat wants to chew on kibble, he can. Also, some cats do need to graze, so provide cat grass (available at pet stores and many supermarkets). Some cats will chew on a small rawhide made for dogs (you'll have to soften it some by dabbing on some water and micro-waving the rawhide on low for a

few seconds). Another idea is to buy CET chews for cats from your vet. These fish-flavored yummys are actually healthy and good for their teeth. You can easily stuff one into a small-sized Kong toy (available at pet stores), so kitty has to work to get the food out. If your cat is chewing on any combination of cat grass, rawhide or CET chews, he won't likely have the time or inclination to bother with blankets or furniture.

However, if your cat is actually swallowing fabric (which could cause obstruction necessitating life saving surgery) or your pet just can't be distracted with alternative chewies, you'll need to consult a veterinarian who understands how to deal with anxiety issues.

Q: Maggie, our toy poodle, is barking too much. When she barks to be let outside, she'll run around the fenced-in area and bark at strangers. She barks at strangers who come by our door, too. We tried squirting her with water but it doesn't help. What can we do? — R.W.C., Des Moines, Iowa

A: You have quite the expressive dog. Ultimately, it sounds as though you'll benefit from the hands-on help of a professional dog trainer.

Deborah Wood, author of "Little Dogs: Training Your Pint-Sized Companion" (TFH, Neptune City, NJ, 2004; \$12.95), says dogs bark to communicate with us. "By hollering

back or squirting water, you don't teach the dog anything. It's like your dog is saying, 'But I'm trying to tell you, don't you get it? OK, you don't get it, so I'll be louder and bark more.' Most people actually do want their dogs to bark to warn when someone is there. So, I tell them to thank their dog. Then maybe have her sit for a treat. Teach her that alerting you is what you want. You might even show her, opening the door to show no one is there (be sure your dog doesn't bolt out the open door) or look out the window to see that person has passed by."

Barking outdoors is another matter; your dog has simply learned that it's fun to bark from her side of the barrier. Take her out on a leash to do her business for a month or so to get her out of the barking habit. When you do begin to allow her outside again without supervision, start off with only short periods of time. Keep her preoccupied with other tasks incompatible with barking, such as working to get treats stuffed inside a Kong toy.

(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.)

© 2005 TRIBUNE MEDIA SERVICES, INC.

ETC • ETC • ETC • ETC • ETC • ETC



**Brighton® Leather Goods**  
For Men & Women

- Handbags • Wallets • Belts
- Briefcases • Dayplanners
- Shoes • Watches • Jewelry

• **Sunglasses** •  
Ray Ban®, Brighton

• **Gifts** •  
Inspired by Frank Lloyd Wright.  
Rennie Macintosh Collection.  
Lamps, Art Glass, Ties, Clocks.  
Mica & Stained Glass Lamps

• **Jewelry** •  
Huge selection of Sterling  
Silver, Custom KU Jewelry,  
Nomination™ and Pandora™  
Bracelets and charms.  
**Etc., Etc., Etc.**

**928 Massachusetts**  
**785-843-0611**  
[www.theetcshop.com](http://www.theetcshop.com)  
FREE Parking in Garage Behind Store

ETC • ETC • ETC • ETC • ETC • ETC

## Pet Marketplace



**Home Fires Burning  
Pet Sitting Service**


Your pets' best friend when you can't be there.  
Don't leave your pets home without it.

Sarah Kuck  
Owner **785-234-8636** Bonded and Insured

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

## Carefree, Maintenance Free Living for People 55+

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



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



# CALENDAR

## ART/ENTERTAINMENT

MAY 1-28

**HOMAGE TO THE FLINT HILLS ART EXHIBIT**  
A gathering of Art inspired by the Tallgrass Prairie of Kansas. Manhattan Arts Center. MANHATTAN, 785-537-4420

MAY 1-AUG 14

**JIM MUNCE: PRINT ARTIST**  
2005 Friends of the Beach Museum of Art Gift print artist. Exhibition of work by Manhattan's Master printmaker. Beach Museum of Art. MANHATTAN, 785-532-7718  
<http://www.ksu.edu/bma>

MAY 1-7

**LION IN WINTER**  
Topeka Civic Theatre performance. TOPEKA, 785-357-5211  
<http://www.topekacivictheatre.com>

MAY 1-8

**PIPPIN**  
Book by Roger O. Hirson; Music and Lyrics by Stephen Schwartz. An evening of wonderful musical theatre the whole family will enjoy. Manhattan Arts Center. MANHATTAN, 785-537-4420  
<http://www.manhattanarts.org>

MAY 1

**ART IN THE PARK**  
Artists display and sell their original artwork in a beautiful outdoor setting, musical entertainment, children activities, and a supervised art tent. South Park. LAWRENCE, 785-832-7930  
<http://www.visitlawrence.com>

MAY 11

**42ND STREET**  
Come and meet those dancing feet. Timeless, inspiring tale of small-town girl's rise from the chorus line to Broadway star. Lied Center of Kansas. LAWRENCE, 785-864-2787  
<http://www.ku.edu/~lied/>

MAY 21

**ART TOUGEAU PARADE**  
Wheeled vehicles of various shapes, ages, and sizes are given new identities ranging from clever, and comical to just plain nuts. N on Massachusetts from 11th. LAWRENCE, 785-841-4598  
<http://www.visitlawrence.com>

MAY 21-SEP 17

**LAWRENCE ARTMARKET 2005**  
May 21, June 18, July 16, August 20 and September 17. The Lawrence ArtMarket features as many as 30 of the area's talented artists. Artwork of all kinds is expected to be on display, including ceramics, fiber, glass, jewelry, metalworks, mixed media, painting, photography, sculpture and wood. Artists interested in exhibiting should contact Lawrence ArtMarket. Lawrence Visitor Center (formerly, Union Pacific Depot), 402 N. 2nd St. Free. Accessible 9:00 a.m.-3:00 p.m. LAWRENCE, 785-865-4254  
<http://www.lawrenceartwalk.org>

MAY 27-JUN 18

**AFFECTIONS OF MAY**  
Topeka Civic Theatre performance. TOPEKA, 785-357-5211  
<http://www.topekacivictheatre.com>

MAY 28-29

**RIVERBEND ART FAIR**  
Outdoor art fair featuring artists from a six-state area with children's activities, entertainment, and food vendors. Downtown. ATCHISON, 913-367-4278

JUN 4

**SENIOR CLASS**  
A great offshoot from TCTA's widely successful company, LAUGHING MATTERS, SENIOR CLASS is another zany troupe of improv

**12 SeniorMonthly, May 2005**

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  
<http://www.topekacivictheatre.com>

## BINGO

SUNDAYS

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

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 & THURSDAYS

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

WEDNESDAYS & FRIDAYS

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

WEDNESDAYS

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

WEDNESDAYS & FRIDAYS

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

WEDNESDAYS & FRIDAYS

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

THURSDAYS

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

FRIDAYS

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

FRIDAYS

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

## BOOKMOBILE

MONDAYS

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

TUESDAYS

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

WEDNESDAYS

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

## BOOK TALKS

THIRD TUESDAY OF EACH MONTH

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

THIRD WEDNESDAY OF EACH MONTH

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

FOURTH WEDNESDAY OF EACH MONTH

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

## CLASSES/LECTURES

ONCE A MONTH

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

MAY 11

**LIVING WILLS AND HEALTH CARE DIRECTIVES**

Recent national events have again raised the issue of living wills and health care directives. There is confusion about the different forms and what each form means. The Lawrence Public Library and the Coalition to Honor End-of-Life Choices, the local chapter of the LifeProject, are sponsoring a program to address this confusion. Legal and health care professionals will explain living wills, advance health care directives, and powers of attorney documents, and their manner of implementation. It is an program intended to clarify different options that are available and to promote discussion between family and friends. Forms will be available to take home. It will be possible to fill out the documents at the program. Lawrence Public Library. 7:00-9:00 p.m. LAWRENCE, 785-843-3833

## EXHIBITS/SHOWS

MAY 21

**EMPORIA CAR SHOW**  
Open to all classes of vehicles in beautiful shaded park. EMPORIA, 620-342-0944

## FARMERS' MARKETS

MAY 1-OCT 29

**FARMERS' MARKET**  
Home and regionally grown vegetables, fruits, and flowers. 79th and 80th off Marty, Farmers' Market Pavilion. Sat. Apr-Oct 6:30 a.m. to sell out; Wed. Jun-Sep 7:30 a.m. to sell out. OVERLAND PARK, 913-642-2222  
<http://www.downtownop.org>

MAY 4-OCT 29

**OTTAWA FARMERS' MARKET**  
Twice weekly farmers market featuring fresh produce, plants, baked goods, fresh meat, and more. Orscheln Town and Country parking lot. Wed. 4-7 p.m., Sat. 8 a.m.-noon. OTTAWA, 785-242-1411  
<http://www.visitottawakansas.com>

MAY 7-NOV 12

**LAWRENCE FARMERS' MARKET**

One of the oldest farmers' markets in Kansas, offering fresh fruits, vegetables, baked goods, flowers and herbs. Tue. and Thu. 4-6:30 p.m.; Sat. 6:30-10:30 a.m. 1000 block of Vermont. LAWRENCE

## FESTIVALS

MAY 1

**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  
<http://www.jocomuseum.org>

MAY 7

**MAY FESTIVAL**  
May basket workshop for children ages 5-12, with May Pole dance exhibition. Hwy 92/59, Historic Old Jefferson Town OSKALOOSA, 785-863-3072

MAY 7-8

**CINCO DE MAYO**  
Come celebrate Hispanic culture with the whole family. Enjoy carnival rides, arts/crafts, folkloric dancers, food vendors, and live music. W South Ave, Las Casitas Park. EMPORIA, 620-344-5430

MAY 13-14

**KAW VALLEY FESTIVAL**  
Festival celebrating the Kaw Valley. Craft and food vendors, car show, tractor pull, carnival, parade, food, and good times. ST. MARYS, 785-437-2077  
<http://www.saintmarys.com>

MAY 14

**POTTAWATOMIE MASSACRE DAYS**  
Historical event about John Brown includes breakfast, kid's activities, re-enactments, historical readings, tours, and traditional games. OTTAWA, 785-242-9569  
<http://www.visitottawakansas.com>

MAY 27-30

**TOPEKA JAZZ FESTIVAL**  
Three days of world-class artists playing incredible straight-ahead jazz. Master class for high school students. Topeka Performing Arts Center. TOPEKA, 785-234-2787  
<http://www.tpactix.org>

MAY 28

**GLORY DAYS FESTIVAL AND CAR SHOW**  
Pancake breakfast, car show, parade, crafts, concessions, and games for kids. Small town Memorial Day celebration. Courtyard, downtown. HOLTON, 785-364-3963  
<http://www.holtontks.net>

JUN 3-5

**CELEBRATE 150! FESTIVAL**  
Entertainment/music in City Park will include storytellers, K-State stilt walkers, live music/bands/artists, the Fort Riley Mounted Color Guard, 1860 Campsite with reenactors, Reggie Moray-Nicodemus settlement and Buffalo Soldiers, and the Saturday night Grand Finale includes lots of fireworks. Manhattan City Park. MANHATTAN, 785-776-8829  
<http://www.celebrate150.org>

## HEALTH

FIRST TUESDAY OF EACH MONTH

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

TUESDAYS AND THURSDAYS

**BLOOD PRESSURE CLINIC**  
Conducted at Stormont-Vail's outpatient lobby, just inside the doors of the Ninth and Washburn entrance, from 9 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

CONTINUED ON PAGE 13

# CALENDAR

CONTINUED FROM PAGE 12

Terrace Cafeteria (before Senior Suppers).  
TOPEKA, 785-354-6787

## TUESDAYS AND THURSDAYS

### SENIORCISE PROGRAM

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

## WEDNESDAYS

### HEALTH SCREENING CLINIC

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

## SECOND THURSDAY OF EACH MONTH

### MEDICATION CLINIC

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

HEALTHWISE 55 RESOURCE CENTER, TOPEKA  
785-354-6787

## SECOND THURSDAY OF EACH MONTH

### BLOOD PRESSURE AND HEALTH INFORMATION

Sponsored by the West Ridge Mall merchants. Conducted in mall's food court. No appointment necessary.

WEST RIDGE MALL, TOPEKA  
8:15-9:15 AM

## THIRD TUESDAY OF EACH MONTH

### HEALTH SCREENING CLINIC

Lawrence-Douglas County Health Department.  
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

## APR 30-MAY 1

### HEALING TOUCH LEVEL ONE WITH ROBIN GOFF

Learn numerous hands-on energy healing techniques (comprehensive program can lead to international certification). St. Joseph's Hospital, Kansas City, 9:00 a.m.-6:00 p.m. both days. Fee.

THE LIGHT CENTER, 785-255-4583

## MAY 7

### CHOLESTEROL SCREENING

You now have a choice! You can choose to get a quick (5 minutes) fingerstick test providing a TOTAL blood cholesterol reading with no fasting involved. Or you can fast for 10-12 hours (water and medications ok) and get a TOTAL LIPID PANEL (includes cholesterol, HDL, triglycerides and calculated LDL) in about 10 minutes. The lipid panel is not available in the afternoon hours. Fee.  
LMH HEALTH SOURCE ROOM  
8:30-10:30 AM

## JUN 1

### CHOLESTEROL SCREENING

See May 7 description.  
LMH HEALTH SOURCE ROOM  
3:00-5:00 PM

## MEETINGS

FIRST AND THIRD MONDAY OF

## EACH MONTH

### CAREGIVER SUPPORT GROUP

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

## FIRST TUESDAY OF EACH MONTH

### LAWRENCE AREA COALITION TO HONOR END-OF-LIFE CHOICES

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

## WEDNESDAYS AND SUNDAYS

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

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

## THURSDAYS

### OLDER KANSANS

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

## THURSDAYS

### GRIEF AND LOSS SUPPORT GROUP

For individuals caring for an aging loved one and dealing with the losses associated with their physical decline. Sponsored by Heart of America Hospice and Pioneer Ridge. Limited spaces available. Pioneer Ridge Assisted Living Library, 4851 Harvard, 7:00 p.m.  
LAWRENCE, 785-841-5300

## 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). Note: May's meeting will be held on May 12.

JADE MONGOLIAN BARBEQUE, LAWRENCE  
11:30 AM-1:00 PM

## SECOND MONDAY, SEPT-MAY

### LAWRENCE CLASSICS, GENERAL FEDERATION OF WOMEN'S CLUBS

Volunteer service club.  
785-331-4575

## SECOND AND FOURTH WEDNESDAY OF EACH MONTH

### ALZHEIMER'S EARLY STAGE PATIENT SUPPORT GROUP

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

## SECOND THURSDAY OF EACH MONTH

### NAACP MEETING - LAWRENCE CHAPTER

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

## THIRD TUESDAY OF EACH MONTH

### LAWRENCE PARKINSON'S SUPPORT GROUP

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

## THIRD TUESDAY OF EACH MONTH

### GRANDPARENT/KINSHIP SUPPORT GROUP

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

## FOURTH TUESDAY OF EACH MONTH

### LAWRENCE PARKINSON'S SUPPORT GROUP

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

## LAST TUESDAY OF EACH MONTH

### GRIEF AND LOSS SUPPORT GROUP

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

## APR 6

### KAU VALLEY CHAPTER, OLDER WOMEN'S LEAGUE

April meeting will address the ways of dispersment of one's estate and personal property. "Tidying Up" will give helpful ideas on how to take action on the unfaced and postponed decisions that are too often left to family members upon illness or death. Molly Wood, local attorney who is well versed in senior issues, will be the speaker. Meeting will be in the Auditorium of the Lawrence Public Library at 2:00 p.m. Social gathering will be at 1:30 p.m. Public is invited.  
LAWRENCE, 785-832-1692

## MAY 16

### SELF HELP FOR THE HARD OF HEARING (SHHH)

During Better Speech and Hearing Month, the group will host an informational meeting with the newest equipment and resources for hearing loss. The meeting will include demonstrations, catalogs and guest speakers from Independence Inc. and the Telecommunications Access Program.  
BABCOCK PLACE, 1700 MASSACHUSETTS, LAWRENCE, 1:00 PM

## MAY 27

### 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.

Reservations required at least one week prior to meetings. May's luncheon Marvin Hunt, Director, Osher Lifelong Learning Institute.  
785-865-3787 or 785-832-9261

## MISCELLANEOUS

## MAY 7-8

### ANTIQUÉ AUTO SWAP MEET

Trade or sell antique autos or antique parts. 21st and Harper; Douglas County Fairgrounds. LAWRENCE, 785-843-4882  
<http://www.visitlawrence.com>

## MAY 13-15

### HASKELL INDIAN NATIONS UNIVERSITY POW-WOW AND COMMENCEMENT

Native American Pow-Wow. Graduating students participate in colorful ceremony, many attired in traditional dress. Haskell Indian Nations University.  
LAWRENCE, 785-749-8404  
<http://www.visitlawrence.com>

## MAY 15

### TEAM ROPING

Teams from across Kansas and neighboring states show their skills in the art of old-fashioned cowboys. Wild Bill Hickok Rodeo arena. ABILENE, 785-388-2650, 800-569-5915

## MAY 29

### ANTIQUÉ AIRPLANE FLY-IN

Static display of vintage aircraft in hometown. ATCHISON, 913-367-2427

*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.*

## Simplify Your Finances

Let us put our experience to work for you. Here are just some of the reasons to build a financial relationship with us:

- Personalized services tailored for you
- Comprehensive retirement planning
- Straightforward fee-based advising
- College planning
- Estate Planning
- Tax-reduction strategies
- Objective, independent advice



Stephen Lane,  
Investment Advisor  
Representative

Jodi Pendleton,  
Branch Operations  
Manager

Garth Terlizzi,  
Registered Principal

Call today to schedule a FREE one hour - no obligation investment consultation.

Securities offered through Linsco/Private Ledger Member NASD/SIPC

900 Massachusetts • Suite 602

Lawrence, KS 66044

(785) 749-1881



# May is Older Americans Month!



## The History...

**W**hen Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthdays. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing, however. In April of 1963, President John F. Kennedy's meeting with the National Council of Senior Citizens served as a prelude to designating May as "Senior Citizens Month."

Thanks to President Jimmy Carter's 1980 designation, what was once called Senior Citizens

Month, is now called "Older Americans Month," and has become a tradition.

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since JFK has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs and other such activities.

***Come help the Jayhawk Area Agency on Aging (JAAA) celebrate Long-Term Living by attending all these events!***



**FRIDAY, MAY 6**  
**The Vintage Ball**

Lots of fun, food and fellowship await you at the Vintage Ball! Dance the night away to the sounds of the Fairlawn Road Swing Band. Capital Plaza Hotel, Maner Conference Center, 5:00-8:00 pm. Individual charge is \$2.00, couple is \$3.00.



**THURSDAY, MAY 12**  
**Strengthening Social Security**

Strengthening Social Security for Future Generations-A Discussion at the Topeka and Shawnee Public Library in the James C. Marvin Auditorium from 6:00 to 8:00 pm. Dr. Bill Roy, retired professor and former Democratic congressman has agreed to participate. Dr. Deb Altus Associate Professor of Human services at Washburn University will moderate. This will be a panel discussion on strengthening social security.



**FRIDAY, MAY 20**  
**Veterans' Benefits Forum**

The Veteran's Benefits Forum will be held at Jayhawk Area Agency, 1720 SW Topeka Blvd from 9:00-11:00 am. Learn about our services, meet the staff and gather valuable information on aging issues. There is no charge to attend this activity.



**FRIDAY, MAY 27**  
**Passion in the Later Years**

This will be held at Pozez Education Center at Stormont Vail Hospital from 9:00-11:00 am. Jane P. Fowler, a retired career journalist of 30 years, now is a public health educator and will be our speaker for the morning. Most recently, in April 2004, she appeared on the Oprah Winfrey show, and at the end of the year she was among those featured on a CNN prime time special. Possible CEU'S pending.

***To purchase tickets for The Vintage Ball and to register for Older Americans Month events, please call JAAA Information Specialist, Lacey Schlarman at 785-235-1367.***

Jayhawk Area Agency on Aging, Inc. (JAAA) advocates on the aging issues, builds community partnerships and implements programs within Shawnee, Douglas and Jefferson counties to help seniors live independent and dignified lives. JAAA is a 501(c)3 non-profit organization funded by tax-deductible contributions, federal funds, the Kansas Health Foundation, under state funds and funds through local governments. JAAA does not discriminate on the basis of race, color, sex, national origin, age, religion or disability.



## COOKING LIGHT

# Beef tenderloin steaks with creole spice rub

By Bruce Aidells

The kicky spice rub for the steaks is easy to make, and the results are dynamite. The steaks need to stand for a few minutes after cooking to allow their juices to reabsorb. Corn Maquechoux (mock-SHOE) is a traditional Cajun side dish. You also can serve it as a chunky salsa over meat strips in soft tacos. (Total time: 38 minutes.)

#### Creole Spice Rub:

- 1 teaspoon dry mustard
- 1 teaspoon garlic powder
- 1 teaspoon ground sage
- 1 teaspoon dried thyme
- 3/4 teaspoon salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground red pepper
- 1/2 teaspoon freshly ground black pepper

#### Remaining Ingredients:

4 (4-ounce) beef tenderloin steaks, trimmed (1 inch thick)

#### Cooking spray

1. Combine mustard and next 7 ingredients (through black pepper); rub evenly over steaks.

2. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add steaks to pan; cook 4 minutes on each side or until desired degree of doneness. Remove from heat; let stand 5 minutes. Yield: 4 servings (serving size: 1 steak).

CALORIES 155 (35 percent from fat); FAT 6g (sat 2g, mono 2.2g, poly 0.4g); PROTEIN 22.8g; CARB 1.4g; FIBER 0.5g; CHOL 52mg; IRON 2.1mg; SODIUM 490mg; CALC 31mg.

©2005 TRIBUNE MEDIA SERVICES, INC.

## Healthy Living

### Berries to protect memory

Eating certain berries and vegetables regularly may reduce a person's risk of age-related memory problems later in life.

#### Antioxidants

Chemicals that counter the cell-damaging effects of particles called **free radicals**

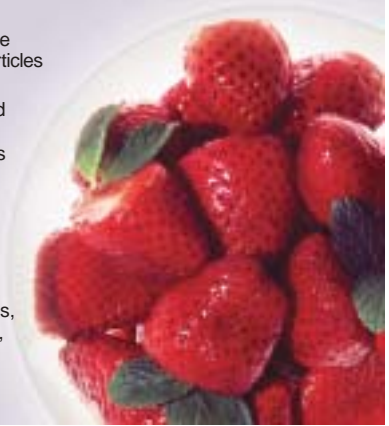
■ **Cell damage** is believed to be a significant cause of age-related memory loss

#### Some foods rich in antioxidants

**Berries:** Blueberries, blackberries, cranberries, raspberries, strawberries

**Vegetables:** Alfalfa sprouts, broccoli, brussels sprouts, kale, spinach

© 2004 KRT  
Source: Nutritional Neuroscience  
Graphic: Jakob Jensby



## No Cost, No Obligation, Retirement Income Analysis. Will you have enough? Call us today!

Robert F. Oyler  
Bismarck Investment Group, LLC  
2236 Killarney CT, Suite 101  
Lawrence, KS 66047-2061

875-842-2671  
Fax: 785-842-4397  
rfo@bismarckgroup.com  
www.bismarckgroup.com

Securities offered through Traderight Securities, Inc. Member NASD, SIPC

## 60 Look Who's

The following celebrities turn 60 in May:

- May 2 **Bianca Jagger**, social activist
- May 6 **Bob Seger**, rock singer, "Like A Rock"
- May 8 **Keith Jarrett**, pianist
- May 19 **Pete Townshend**, guitarist/songwriter, The Who
- May 23 **Lauren Chapin**, actress, *Father Knows Best* ("Kitten")
- May 24 **Priscilla Presley**, actress, *Dallas*
- May 28 **John Fogerty**, singer/songwriter, Creedence Clearwater Revival
- May 28 **Gary Stewart**, singer/songwriter, "She's Actin' Single (I'm Drinkin' Double)"

Compiled By Kevin Groenhagen,  
Kaw Valley Senior Monthly

[www.seniormonthly.net](http://www.seniormonthly.net)

## Country Living, Contemporary Style.... Hurry In! We're Almost Full!



### Spacious new 2 and 3 bedroom apartment homes

- **Washer/Dryer Hookups in apartments home and laundry facility on premises**
- **New appliances & frost-free refrigerators with icemakers**
- **Community center with computer lab, game table & treadmills**

- **Plenty of front door parking**
- **Senior activities**
- **Wheelchair accessible**
- **Sparkling fishing pond for your enjoyment**
- **Senior apartments all ground level**
- **Paved walking path**

**1 Month FREE with 12 month lease!**  
Expires May 31, 2005



Call Today for your personal tour!



**Phone: (785) 256-2980**



**Directions:** Take Auburn Rd. south to 85th St. (Auburn). Turn east on 85th, go 2 blocks to Hanover Rd. Follow the signs to the office at 1200 C Hanover.





# BRIDGE

## Hear the auction

By Omar Sharif and Tannah Hirsch

Both vulnerable. North deals.

NORTH

♠ A K Q 10 6 2  
♥ Q 10 9 7 5  
♦ A  
♣ 9

WEST

♠ Void  
♥ 6 4  
♦ K Q 10 7 5 4 2  
♣ A 6 4 3

EAST

♠ 7 5 4 3  
♥ 2  
♦ 9 8 6  
♣ K Q J 8 7

SOUTH

♠ J 9 8  
♥ A K J 8 3  
♦ J 3  
♣ 10 5 2

The bidding:

NORTH	EAST	SOUTH	WEST
1♠	Pass	2♥	3♦
6H	Pass	Pass	Pass

Opening lead: Six of ♣

The great Terence Reese remarked:

"There is no such thing as a blind opening lead. Just deaf opening leaders." West put the information obtained from the bidding to excellent use on this deal.

North's decision to jump to six hearts was a practical solution to a difficult bidding problem. It reached the optimum contract, but unfortunately paved the way for West to find the killing defense.

West decided that North would not have leaped to six hearts with two fast losers. Since West was looking at the

ace of clubs, that translated into North holding the ace or void in diamonds and second-round club control. West decided that the best chance to defeat the contract was a spade ruff and he knew how he might accomplish that.

West led the six of clubs. East was somewhat surprised to win the trick with the jack, but he knew what to do. He returned a spade and West's ruff was the setting trick.

Send e-mail to [gorenbridge@aol.com](mailto:gorenbridge@aol.com).

©2005 TRIBUNE MEDIA SERVICES, INC.

### Nifty, Nifty Look Who's 50!

The following celebrities  
turn 50 in May:

- May 6 **Tom Bergeron**, host, *America's Funniest Home Videos*
- May 8 **Stephen Furst**, actor, *Animal House* ("Flounder")
- May 8 **Alex Van Halen**, drummer, Van Halen
- May 12 **Kix Brooks**, country musician, Brooks & Dunn
- May 15 **Lee Horsley**, actor, *Matt Houston*
- May 16 **Debra Winger**, actress, *Terms of Endearment*
- May 17 **Bill Paxton**, actor, *Twister*
- May 18 **Chow Yun-Fat**, actor, *The Replacement Killers*
- May 29 **LaToya Jackson**, singer
- May 29 **Ken Schrader**, NASCAR driver



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

*A positive approach  
can help ease the pain.*



*Available only from Heartland Home Health Care & Hospice.*

Living with extended pain or illness can be a challenge. So Heartland developed Sincerus Care — a unique approach that tailors technology and treatment for your body, mind and spirit. Because we know that how you treat your body, what your mind thinks about and what you believe affect how you feel. Discover how the positive philosophy of Sincerus Care can enhance your life.

Ask for a referral to the Heartland agency nearest you:

Hospice Services 785-271-6500

Home Care 785-271-7400

*It's About Living.*  
**Sincerus Care**

**Heartland**  
HOME HEALTH CARE & HOSPICE

PAIN & SYMPTOM MANAGEMENT • PSYCHOSOCIAL SUPPORT & COUNSELING  
CARE MANAGEMENT • PERSONAL & FAMILY EDUCATION • ADVANCE CARE PLANNING



## SMART COLLECTOR

# Swimsuit Barbie may not be a true original

Q: I have the original Barbie doll, sold in a black-and-white swimsuit. She's in near-mint condition, but I pierced her ears when I was a child. I recently read that one like her sold for \$14,000. How do I find a buyer for mine? — Sherry, Lancaster, Pa.

A: I hope you're not planning a posh vacation based on selling that doll, Sherry. In one of those twists that make collecting so fascinating, the iconic black-and-white striped swimsuit Barbie doll is usually not what she seems to be. For your sake,



Danielle Arnet

I hope you're a lucky exception, but the odds are not good.

As Los Angeles Barbie specialist Joe Blitman, [www.joeslist.com](http://www.joeslist.com), put it, "Many people think they have the first Barbie because she is dressed in that swimsuit. Actually, there were six different versions of that doll issued in the first three years, 1959 to 1961." One version even sold with short "bubblecut" hair, not the dark ponytail of the original.

Only the very first Barbie is the real one, the doll worth \$10,000 or more (Blitman has sold one for \$16,000). The earliest version was available only from March to October 1959. Only 350,000 were made. Because she was so new, many toy buyers, notably Sears, took a pass on the Mattel product when they saw it at the New York Toy Fair that year. According to Blitman, lore has it that the Sears buyer was fired for not recognizing a winner.

A massive TV ad campaign aired on the "Mickey Mouse Club" in the spring of 1959, making the doll a must for little girls. By the time buyers wised up to demand and placed their orders, the first version was long gone.

Of course, it is that doll that is money in the bank. Smart collectors know that in the Barbie world, it is called #1, that it has black and white eyes, and eyebrows in the shape of an upside-down "V." Look for 1/4-inch wide holes drilled in the bottoms of the feet, to mount on

a two-pronged posing stand. Solid feet, blue eyes or curved eyebrows mean that the doll — swimsuit notwithstanding — is not #1.

Here's another collecting oddity: Some later versions, especially the second version, produced with the famous swimsuit but without holes in the feet, do have collector value. But since they were produced in the millions, value is nowhere near #1.

Criteria for judging #1 is "brand new Christmas morning condition," said Blitman. That means brand new condition, still in the box with stand, instruction sheet and booklet, plus shoes in the original cello bag. The upper and lower bands on the ponytail are original and intact, and the vinyl skin tone is still pink and even.

FYI: Joe Blitman's Fashion & Celebrity Dolls is at 5163 Franklin Ave., Los Angeles, CA 90027, (323) 953-6490. E-mail [joeblitman@aol.com](mailto:joeblitman@aol.com).

Q: My Vogue dolls, "Holland Boy" and "Holland Girl," still have the attached round Vogue tags and are in their original pink boxes. Value? — Carrie, Tucson, Ariz.

A: Carol Stover, co-author with Judith Izen of "Collector's Encyclopedia of Vogue Dolls: Second Edition" (\$29.95 from Collector Books), told us that the dolls, released in 1951 and '52, were part of Vogue's "Frolicking Fables" series. They are strung, sleep-eye dolls, meaning limb movement happens because of interior bands, and the eyes close when the doll is reclining.

The dolls are "not considered rare," said Stover, who added approval that you have the pair. Alone, the boy is worth less than the girl. On a good day at auction, with dolls in top condition and wrist tags intact, they could sell for \$350 to \$450 each.

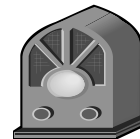
"Be sure to sell as a pair," she added. But don't count on top dollar for each. Remember, collectors tend to value the boy lower. Sorry, fellas. That's just the way it goes in the doll world.

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

© 2005 TRIBUNE MEDIA SERVICES, INC.



## Collectibles Marketplace



### Antique Bazaars II

840 Massachusetts  
Downtown Lawrence

#### WANTED:

Old Toys, Old Advertising, Old Furniture, Glassware, Jewelry, Civil War, Military, Books, Knives, Swords, Prints, Paintings, Bottles, Pottery, Boxes, Tins, Fountain Pens, Cameras, Pictures, Old Kansas History, Frontier, Political, Sports, Lodge, Memorabilia, Watches, Clocks, Art Glass, Deco, Entire Estates.

Buying Daily

Call 785-550-0455

OTTAWA



RESTAURANT

Great selection of merchandise, tasty soda treats—and Fri.-Sun. a terrific meal. Some 60 dealers.

2nd & Walnut in Victorian downtown Ottawa, KS

Mall hours:

Tues., Thur. 10 to 5:00

Fri. & Sat. 10 to 8:00

Sundays 11 to 5:00

Closed Mondays

Call for dining hours

[www.ottawantique.com](http://www.ottawantique.com)

785-242-1078

### THE ELECTRONIC AUCTIONEER

#### Free eBay Ad for AARP Members

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

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

### Wheatland Antique Mall

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

(785) 266-3266

2121 SW 37th St.

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



Furniture (primitive to Victorian, country to classic) plus a general line of quality and unique antiques.

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

1-470 at

BUYING-SELLING-FINDING

785-266-6000

[brickhouse3711@sbcglobal.net](mailto:brickhouse3711@sbcglobal.net)

### DOWNTOWN Antiques and Collectibles Mall

Space and Cases for Rent.  
We Take Consignments.

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

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

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

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

# LONG-TERM CARE

## Governors concerned about long-term care

By David Landwehr

The vast majority of baby boomers and senior citizens have not done long-term care planning and some governors are taking unprecedented steps to change that.

Governors are concerned because people who have not planned for long-term care costs will usually end up on Medicaid. Medicaid is a program jointly funded by state governments and the federal government. Medicaid is the second most expensive line item in states' budgets, exceeded only by education. While Medicaid covers healthcare for the poor, including large numbers of working age adults and children, most Medicaid spending is on the one third of recipients who are elderly or disabled.

Eyeing population trends, state governors are understandably nervous. Few residents have bought long-term care insurance, the most popular way for people who plan to pay for their care. Most people are not aware that special planning for long-term care is needed. A recent survey revealed that even among people who looked into buying long-term care insurance, 70 percent of those who did not buy said that they still needed the insurance but were unlikely to buy.

Whether due to the pervasive denial of aging in our society, disbelief in the importance of planning, competing priorities for limited dollars, or an aversion to insurance, most people have decided not to buy long-term care insurance.

So, the governors of five states (Arkansas, Idaho, Nevada, New Jersey and Virginia) are sending letters to all residents age 50-70 urging them to look into long-term care planning. In addition, the campaign includes radio announcements. Residents will be urged to order a long-term care planning tool kit (available by calling 1-866-PLAN-LTC).

Also, consider this: President Bush's federal budget includes an

above-the-line federal tax deduction for long-term care insurance. The message from government is clear: We can't afford to keep funding long-term care through the current Medicaid system. Is anyone

listening?

- David Landwehr is a Certified Senior Advisor and a Certified Long Term Care Specialist with LT Care Solutions, Inc. He may be reached at 316-945-2011 or [dlandwehr@landwehrltc.com](mailto:dlandwehr@landwehrltc.com).

*It may be just a bad case of heartburn, but why take chances?*



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

First, know the warning signs of a heart attack, including these symptoms: Discomfort in the center of your chest; a shortness of breath; pain in shoulder, arm, jaw or stomach; and the sudden onset of



Scott Robinson, M.D.

nausea, cold sweats or light-headedness.

If you or anyone you know exhibit any of these symptoms, don't delay. Call 9-1-1 and get help fast. Studies show that clot-busting drugs and other treatments work best to stop a heart attack when given within one hour of the start of symptoms.

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



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

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

# Prepies

My wife, Emmaline, is the real journalist in our family. Good journalists, they say, have a nose for news. Well Emmaline has an ear for news. At a restaurant Emmaline can follow an interesting conversation two booths away while the waitperson describes the specials of the day. Ten days later she can still give you a word for word replay of both the conversation and the list of specials.

The other day Emmaline and I were dining at a restaurant called Tellepachahirfordhaus. We don't usually eat at such upscale places, but we indulge ourselves on special oc-



Larry Day

casions. In this case we were celebrating my late uncle Foster's half birthday. He would have been 96 in September.

In a booth across the way sat Myndie Martineau and Suzanne Struthers. Myndie and Suzanne live in a posh section of town called La Mancha, where the streets are winding and the house numbers are hand painted on Spanish tile. Everyone who lives in La Mancha has a pile of money, but Myndie and Suzanne have the biggest piles of all.

As we were sipping our soft drinks, and waiting for our meal, I began to prattle, as I often do, about our grandchildren Ariella and Gorky. Abruptly Emmaline raised her index finger to her lips and shushed me. The folks in the booth behind us were in the middle of a loud tedious fight. That, and my prattle, made it difficult for Emmaline to hear what Myndie and Suzanne were saying. The conversation had to do hiring "prepies." I did some digging later and found out that prepie hiring is the one of the "innet" of "in" things. Hiring prepies is the way that our local very rich distinguish themselves from our local also rich

Before I report on prepie hiring, I must tell my eight readers that "prepie," with two, not three p's is the correct spelling for the practice I am about to describe.

It has nothing to do with "prepies," those wealthy young women and men who attend exclusive pre-

paratory schools, graduate from Ivy League universities, and go on to have careers in Blue Chip corporations and the Federal Penal System. Those "preppies" were poignantly described in Erich Segal's novel *Love Story*. They're not who I'm writing about here.

The prepies I am describing are a brand new sector of the U.S. workforce. Of course, British aristocrats would smile indulgently at the thought that we folks in the colonies were calling such employment "new."

The conversation between Myndie and Suzanne that Emmaline eavesdropped on at the restaurant had to do with the fact that they had both just hired prepies."

"We just hired two prepies for Luis Manuel, our gardener," said Myndie. "Luis is graduating this spring from Letongaloosa Community Junior College with an associate's degree in Residential Herbial Technology with a minor in Botanical Florioscopy. I knew he'd be snatched up by the county the minute he got his diploma, so I gave him a raise and hired Ong and Mohammed to do all the scut work for him. It worked. Luis Manuel said he'll stay on at least until he gets his bachelors degree."

"It's maddening," said Suzanne. "I saw Lissette, our cook, giving some of her things to the downstairs maid. I knew from experience what that meant—she was getting ready to give her two weeks notice. Lissette is a marvelous cook. I couldn't do without her, so she and I had a heart to heart. I found out she has aspirations. I ended up hiring two prepies, Hilda and Wong, to do Lissette's scut work. Now she has time to study for the master chef course she's taking on the Internet. I think we're safe for a few months anyway."

"You're so lucky," said Myndie. "The Van Morgansterns lost Bensonhurst, their British butler, last week. Some upstart corporate couple lured him away. They offered Bensonhurst the title of Household Oberfuehrer, and hired two German prepies, Horst and Johan, to do the scut work for him."

Emmaline filled me in on this conversation as we walked to the car after our meal. I was intrigued.

"Myndie and Suzanne called these new workers 'preppies?' I asked Emmaline.

"That's what they called them," she said.

"Very strange," I said. "That doesn't sound right to me."

"Are you questioning my hearing?" asked Emmaline.

"Never," I said. "I'd never, never, never do that."

When I got home I typed "prepie" into my Gaggle dot com. search engine. It gave me the traditional definition—rich kids who go to costly preparatory schools. Rather than allow my mind to be tempted to doubt Emmaline's hearing, I searched the Internet for another, whizzier, search engine. I found a site called *elitespeak dot.com*. I typed in the word "prepie," and got the traditional definition, but there was a boldface notation that said, "see also, 'prepie.'" I clicked on the word "prepie" and the following definition popped up:

*Prepy, prepie, n.; pl. prepies, a low level domestic who does scut work for fast rising domestic staff members to keep them from leaving the employ of very rich householders, who are trying to distinguish themselves from also rich householders."*

"Whoa," I said, "Emmaline really nailed that one."

The very rich have their code of silence, and it's hard for tabloid journalists like me to get juicy information out of La Mancha. But with my super eavesdropper, Emmaline, I am more successful than most of my colleagues. I started following up on the conversation between Myndie and Suzanne, and picked up several other interesting prepie hirings in La Mancha. Here are a couple:

Glenn Caballo made a pile of money trading Argentine wheat futures. Along the way he became an aficionado of polo. Four times a year Glenn loads his impressive Arabians, Rocinante and Dulcinea on a specially fitted cargo jet and off they fly to polo matches in Paris, Madrid, Buenos Aires and Singapore.

Last month Glenn hired three prepies to do the scut work for Aguinaldo, his aging trainer. Until last month Aguinaldo had done all the work alone. Then Glenn found out that Tom Percy, an also rich guy who owns a barely decent Arabian, and who drives to polo matches in Memphis and Denver, had hired a trainer. Obviously Glenn had no choice but to respond by hiring three prepies.

Janamaye Windsor's father Luther died a few years ago and left her a pile of money that he'd made in the auto rental business. Janamaye also inherited his fleet of vintage automobiles that are housed in a specially built garage some miles from

here. A stipulation in Luther's will requires Janamaye to keep all the cars and to maintain them in "tip top" driving condition, the way her mechanic father had always kept them. Janamaye hired some expensive lawyers to look for loopholes in the definition of "keep" and "tip top," but they were unsuccessful. "Darn," she said, "Those bozos probably couldn't find out what the definition of 'is' is."

Then, resigning herself to the inevitable, she hired Coche Camión, a master mechanic, to keep her autos in "tip top" driving condition. Late last year Janamaye found to her dismay that Beebie Pomaroy, an also rich, had acquired four antique automobiles and had hired a mechanic, part time, to keep them in good driving condition.

"Blast," said Janamaye, when she found out about it.

Then she promptly went out and hired two prepies to do the scut work for her head mechanic Coche Camión.

The other night I was looking over my prepie story and chuckling.

"The very rich folks at La Mancha sure do cause themselves a lot of problems trying to keep ahead of the also rich," I told Emmaline."

"They sure do," she said. "It's really humorous."

"By the way, do you remember Gertrude Nettles, the new woman in my Mahjong Club?"

"Yes, why."

"She just hired a woman to clean her house," said Emmaline.

"You have Nancy to clean our house," I said.

"I know, but now I have to hire someone to do Nancy's scut work," said Emmaline.

- 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.

**Kaw Valley Senior Monthly accepts**

**INSERTS!**

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



# BUSINESS CARD DIRECTORY



**Lawrence Landscape Fertilization**  
Call 785-843-4370

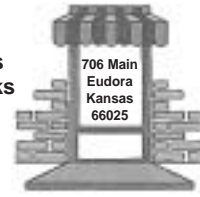
**FIRST TIME CLIENTS: BUY 1, GET 1 FREE!**



**Debbie King, CMT, CRP**  
**Massage & Body Therapy**  
Therapeutic Swedish Massage  
Reiki, CranioSacral Therapy  
*Therapeutically sharing that spark of life, enhancing your well being!*  
Ask about your senior discount!  
545 Columbia Dr. • Lawrence  
785.764.2323

**"For All Your Scrapbooking Needs"**

**Family Memories Scrapbooks**



M, T, W, F 11-5  
Thur 11-8  
Sat 10-5

Owners:  
Sandi Roberts  
Barb Burkart

706 Main  
Eudora  
Kansas  
66025

785-542-1727  
(fax) 785-542-1728

familymem@sbcglobal.net

**Health Service at Home Since 1969**



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

**785-843-3738**

200 Maine, Suite C • Lawrence, KS 66044

★ **All Star** ★  
**Decks & Driveways**  
Power Washing • Sealing • Repairs  
Staining • Resurfacing  
Contact us for a **FREE** estimate  
Toll Free **1-866-418-DECK (3325)**  
or online at [www.allstardecks.biz](http://www.allstardecks.biz) ★



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

*Hospital Equipment with Home Comfort*

1006 W. 6th St. • Lawrence  
785-749-4878 • Toll Free 800-527-9596  
[www.criticarehhs.com](http://www.criticarehhs.com)

**ATTENTION SENIORS:**



Bruce Osladil

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

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

Sent to Heal and Anoint  
The Use of Essential Oils With  
Energy Healing-A spiritual ministry  
The Light Center June 4 & 5

785 255 4583



**Long Term Care Insurance**

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



Call Long Term Care Insurance Specialist:

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



Insurance products underwritten by General Electric Capital Assurance Company

**HOME SECURITY**



LOCKSMITHS & SECURITY SYSTEMS

SINCE 1976

(785) 843-1426 • In Topeka call (785) 272-2772  
3727 West Sixth Street • Lawrence



**Comfort Keepers**

Comforting Solutions For In-Home Care™

**785-856-5555**



**Teresa Ohlemeier**  
*Seniors Real Estate Specialist*  
Office: 785-843-2055  
Mobile: 785-979-3311  
teresao@cbmcgrew.com

There's more to selling your home than signing a listing agreement—  
*I do the rest.*

**COLDWELL BANKER**  
MCGREW REAL ESTATE  
1-800-530-5490  
[www.ColdwellBankerMcGrew.com](http://www.ColdwellBankerMcGrew.com)

**Lawrence Therapy Services**

- Physical Therapy • Speech Therapy
- Occupational Therapy • Massage Therapy
- Tai Chi Classes

Treatment available in clinic or home.



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

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



**We're Just Your Style!**



**21ST & FAIRLAWN**  
*We're Just Your Style!*

Over 50 Unique Shops, Restaurants and Stores.

21st & Fairlawn  
Topeka, Kansas

**GREEN ACRES Lawn Care**

- Landscaping
- Lawn Removal & Trimming
- Seeding & Soil
- Night Seeding
- Leaf & Snow Removal
- Aeration for Your Property
- Power Raking
- Ditch & Fence Installation
- Water Conduits
- Property Maintenance

**Residential & Commercial**

**William Mah - Owner**

**(785) 842-2000**

[www.greenacreslawn.com](http://www.greenacreslawn.com) Free Estimates

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

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



**Doctor Dave**

Dave Greenbaum  
dave@calitrdave.com  
AOL IM: DaveinKS  
(785) 218-8678  
Toll Free: (877) 889-3721

**Natural Medical Care**



**Dr. Farhang R. Khosh, ND**  
**Dr. Mehdi L. Khosh, ND**  
Member American Association of Naturopathic Physicians  
4824 Quail Crest Place, Lawrence, Kansas 66049  
Phone: (785) 749-2255

## DAY TRIPS

# Spring travel brings blooming fun

(Editor's note: The following column is excerpted from Shifra Stein's Day Trips® From Kansas City. Below Stein discusses just a few of the many year-around attractions and destinations that can be found in the new 13th edition of Day Trips®, which is now available at all local booksellers.)

By Shifra Stein

Spring is the perfect time to get in your car and go! Within a short drive of your home are plenty of places that about with flowers, fresh produce, and great food. If you are heading northeast from Kansas City, travel about four miles north of Smithville on U.S. 69 and turn left on M-16 you'll find 17 acres blooming with over 1,000 new types of Iris at **Comanche Acres Iris Gardens**. There is no charge to visit and enjoy the guinea hens, turkeys, and ducks that wander through the place. (816) 424-6436; [www.ccp.com/~comanche](http://www.ccp.com/~comanche).

While you're in the area, stop at **Lowman's Café**, 505 South U.S. 169, to sample the great selection of cream pies. The Lowman's special recipe barbecue sauce on the ham and beef sandwiches isn't bad either. (816) 532-9000.

Not far from here is the **Martha Lafite Thompson Nature Sanctuary** at 407 North LaFrenz Road (0.5 mile southeast of William Jewell College). This one-hundred-acre sanctuary houses deer, raccoons, foxes, squirrels, birds, and butterflies. The visitor center features educational exhibits for children, and has organized activities such as wildflower and full-moon hikes. Free. (816) 781-8598; [www.naturesanctuary.com](http://www.naturesanctuary.com).

A drive east on I-70 takes you to **Fort Osage National Historic Landmark**. Located 14 miles northeast of Independence, the landmark can be found by taking U.S. 24 east to Buckner. Turn north at Sibley Street and follow the signs. When the Lewis and Clark expedition passed this bluff on the Missouri River in June 1804, William Clark noted in his journal that it would be a prime location for a military outpost. In 1808 he returned to supervise the building of this, the second outpost in the Louisiana Purchase. It operated as Fort

Clark for several months but then became Fort Osage, until it ceased operation in 1827. The museum explores the renovation process as well as exhibits Osage Indian artifacts. Numerous special activities and programs are planned during the bicentennial of the Lewis and Clark expedition. Closed Monday March through November; open Saturday and Sunday only December through February. Fee. The visitor center is handicapped accessible, but many of the buildings—to retain their authenticity—are not. (816) 650-5737.

While you're in the area, visit **Sibley Orchards**, 4121 California Avenue. Located three blocks from historic Fort Osage, the orchard offers blackberries and peaches in summer, along with sweet corn, tomatoes, and other seasonal vegetables. Peaches and apples are sold here in July. In fall apples, apple cider, and pumpkins are available. Evening hayrides that take visitors through the orchard are also offered. Open daily. (816) 650-5535.

Missouri's Lafayette County, located east of Lexington, Mo., on U.S. 24 is dotted with numerous farms and orchards that lie along the site of the historic Santa Fe Trail. In spring, summer, and fall, roadside stands near the intersections of U.S. 24 and 65 sell delicious handpicked produce to passersby.

The town of Waverly is one of the Midwest's best fruit-producing areas, harvesting half the apple crop in Missouri. **The Santa Fe Trail Growers** Association promotes tourism in this area and can provide you with a brochure that lists sixteen growers. Send a self-addressed, stamped envelope to Santa Fe Trail Growers Association, 901 Dwight Drive, Waverly, Mo. 64096.

**Peters Market** is one of the largest in the area. Located 1.5 miles east of Waverly on U.S. 65 it sells homegrown yellow and white peaches, as well as nectarines in season, plus delicious fruit butters and locally grown farm produce. (660) 493-2368; [www.petersmarket.com](http://www.petersmarket.com)

**Schreiman Orchards**, two miles west of Waverly on U.S. 24, is another roadside market that offers peaches in summer and apples in

fall, along with homemade apple butter, honey, jams, jellies, apple-wood chips, cookbooks, and Amish-made foods.

**Woelk's Blackberries**, two miles west of Lexington on the south side of M-24, features blackberries in season, along with peppers, asparagus, and gooseberries. Pick them yourself, or purchase

them ready to go. Call ahead to see which crops are available. (660) 259-2160.

- 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](http://www.shifrastein.com) and see her books available on [www.amazon.com](http://www.amazon.com).



*Bringing Brighter Smiles to Lawrence for over 30 Years!*

Free consultation with this ad.

Theodore Wiklund  
Kent T. Peterson  
Matthew F. Krische  
DDS

(785) 842-0705  
2210 Yale Rd. • Lawrence

Ray-Ban®



*Come in and check out the latest styles!*

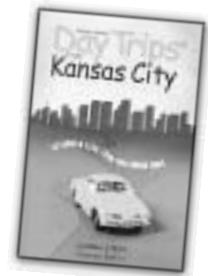


The Etc. Shop  
928 Massachusetts  
Downtown Lawrence  
843-0611

[www.theetcshop.com](http://www.theetcshop.com)

**Need to get away from it all?  
It's easy with ...**

Shifra Stein's  
**DayTrips®**  
from  
**Kansas City**



Enjoy a welcome change of pace and discover a world you may not know exists in your own backyard. DayTrips® describes hundreds of fascinating and exciting things to do (many free of charge!) and most within a two-hour drive of Kansas City.

**Each Day Trip Includes:**

Travel directions • Destination highlights  
Other places to visit along the way • Shopping  
Choice restaurants and lodging (including price ranges)

Available at many local bookstores or online at  
[www.globe-pequot.com](http://www.globe-pequot.com)



# Gathering your loved one's important information

By Lynn Anderson  
**Kansas Senior Press Service**

A project of KU's Landon Center on Aging

When a death occurs, particularly one that is sudden and unexpected, family members often find themselves scrambling to compile vital information about the deceased's life for the obituary.

Family also may have to plan a funeral or memorial service using their best judgment, rather than knowing what the deceased truly desired. This can be painful and cumbersome during a time of grief and confusion.

Help is available in the form of a Memorial Planning Guide from the State of Kansas Board of Mortuary Arts. Using the guide, which helps them record every question that might be needed for an obituary or for planning a funeral or memorial service, family can obtain key information now and have it safely tucked away until needed.

Information that the guide suggests gathering:

- Deceased's Social Security number
- Date of birth and birthplace
- Gender
- Marital and veteran status
- Spouse's name, and place and date of marriage
- Lifetime occupation with breakdown regarding employment history
- Educational history
- Parents' names
- Membership in lodges and other organizations, including church and public offices held
- Names of newspapers to whom the funeral home will provide an obituary
- Surviving relatives with names, addresses, and phone numbers
- Family who died before the deceased
- Whether durable power of attorney is on file, and where
- Whether a will is on file, and where


- Names of attorney or executor and location of safety deposit boxes
- Insurance companies and policy numbers
- Choice of funeral home
- Location of service and desired officiant
- Cemetery and whether a lot has been selected
- Music selections for funeral or memorial, with names of vocalist and organist
- Special readings desired and names of readers
- Preferences regarding flowers
- Disposition of deceased's jewelry
- Organizations to participate in the funeral or memorial and desired fraternal or military rites
- Pall bearers' names and phone numbers
- Honorary pall bearers' names and phone numbers
- Memorial contribution designation

To obtain a copy of this helpful guide, contact the Kansas State Board of Mortuary Arts: Mail 700 SW Jackson, Suite 904, Topeka, Kan. 66603; phone (785) 296-3980; fax (785) 296-0891; e-mail [boma1@ksbma.state.ks.us](mailto:boma1@ksbma.state.ks.us).

The guide may also be downloaded from the Web at [www.accesskansas.org/ksbma](http://www.accesskansas.org/ksbma). Under "What's New," click on "Memorial Planning Guide."

## Lawrence Funeral Chapel

**Mortuary and Cremation Services**  
 841-3822 • 6th & Monterey Way  
 Locally Owned and Operated



[www.lawrencefuneralchapel.com](http://www.lawrencefuneralchapel.com)

Start living life to the fullest.



Some challenging medical needs have come with age, but nothing you can't face with confidence and grace. Coping with wounds that won't heal has made living your energetic life difficult. If you find embarrassment, frustration and concern taking the place of your optimistic outlook, you're not alone.

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

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

---

Healing power with a human touch.  
 785-840-9292 / [www.lmh.org](http://www.lmh.org)

## WOUND HEALING CENTER

A Service of Lawrence Memorial Hospital



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



## A little springtime reading

By Margaret Baker

Yes, there's lots of yardwork to do—but take a wee bit of time to read a good book, especially when the sun is high!

**Donald L. Maggin: Dizzy: The Life and Times of John Birks Gillespie** (Harper Collins Entertainment, \$26.95, ISBN 0-688-17088-9) *Biography*

The subtitle says it all—the life of famed innovative jazz musician Dizzy Gillespie.

Maggin goes back to Dizzy's genealogy and childhood, proving that music did indeed run in his blood. Music was one of the few joys accorded to blacks in South Carolina during Dizzy's childhood, a childhood spent in penury after his father's death when Dizzy was only nine.

Jazz aficionados will especially appreciate the chapters on Dizzy's career, starting with weekly gigs in South Philadelphia. Many are the jazz greats who played with Dizzy, and those sessions, live, practice and recording, are written in a style that makes them come to life.

Ten days before his death from pancreatic cancer, a friends' four-year-old asked Dizzy if he was dying. He responded truthfully, "Yeah, but it's been a great gig."

It was indeed, and Maggin lets us take it all in.

**Stanley Newman and Daniel Stark: The Million Word Crossword Dictionary** (Harper Collins, \$17.95, ISBN 0-06-051757-3) *Reference*

1268 pages to help the dedicated crossword puzzle fan find the answer to 17 down! Arranged with a "base" word, and then the possible answers in order of the letters in the word. For example, *deliver* has possibilities ranging from three letters (*fax*, indicating that this volume is quite up to date) past 12 words with four letters, on up to the three possibilities with 10 letters.

**Elizabeth Peters: The Serpent on the Crown** (Wm. Morrow, \$25.95,

ISBN 0-06-059178-1). *Historical mystery*

Peters maintains the high level of writing in this, the 17<sup>th</sup> volume on the antics and actions of Egyptologists Amelia, Emerson, their son Ramses, and all the other players on the scene. The series is now up to 1922; the First World War is over but not forgotten.

A fellow archeologist's widow presents them with a gold statue from her husband's collection. She's a writer of gothic romances and seems to be using the statue to gain publicity for her next novel, claiming that the statue has a spirit that took her husband's life and is trying to take hers. Emerson simply must give an exorcism—preferably publicly.

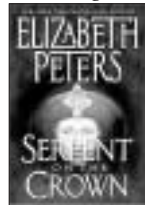
What the Emersons really want is to find where this magnificent item came from, since there is no record of it anywhere. Perhaps an undiscovered tomb?

Plot and characterization are superb, and the Egyptian scene comes to life. The witty dialogues, especially between such strong characters as Amelia and Radcliffe, Ramses and Nefret are a delight.

**Linda O. Johnston: Sit, Stay, Slay** (Berkley Prime Crime, \$5.99, ISBN 0-425-20000-0) *Mystery/Romance*

Kendra Ballantyne, discredited lawyer, can't figure out who fingered her for the scandal that forced her resignation from the prestigious law firm. In the meantime she's broke and desperate. She rents out her elegant home, moves into the maid's quarters, and becomes a pet-sitter with the same company that used to take care of Lexie, her Cavalier King Charles spaniel, when she was off working or vacationing.

Fortunately, she genuinely likes animals. Her first case is a live-in sitter for a P.I., taking care of the house as well as Odin, the Akita, while he is off working on security systems. Day jobs quickly follow, including caring for Pythagoras, the ball python pet of a mathematician.



It's when one of her clients is fatally stabbed and she's the primary suspect that she realizes things can, indeed, get worse. And then a second client....

Plotting is extremely good, and quite plausible. A subplot involving a dog in a divorce custody case is a jewel! The characters come to life (especially the critters) and the romance comes along naturally. Surely author Johnston will give us a second Ballantyne case?

**Janet LaPierre: Death Duties** (Perseverance Press, \$13.95, ISBN 1-880284-74-X) *Mystery*

Christina Larson has only vague memories of her grandfather, memories of a loving man who read to her. He committed suicide when she was quite young, the victim of rumors that he sexually abused little children.

Now a successful screenwriter, Christina returns to Port Silva following her dad's death, to clear the house and prepare it for sale. She has an additional agenda—she wants to hire Patience Smith Investigations to learn the truth behind the two anonymous calls that set her grandfather's life to horror so severe he took own way out.

Patience and her daughter, Verity, are the complete staff, and they are reluctant to take Christina's case. Finding the names of anonymous callers decades after the case will be well-nigh impossible, and although Christina emphasizes she wants to know the truth, the mother-daughter team wonder if she would actually accept proof that her grandfather was a pedophile.

This well-plotted mystery will keep you guessing both as to whodunit and as to motive. As always with author LaPierre, the characters are deeply drawn, the dialogue straight forward, and the Northern California landscape just right.

Mary Jane Maffini: Lament for a

**Lounge Lizard** (Rendezvous Press, \$11.95, ISBN 1-894917-02-2) *Mystery*

Fiona Silk, an aspiring romance writer in bilingual St. Aubaine, Quebec, has noticeably little romance in her own life when she finds her former lover, atrocious poet Benedict Kelly, in her bed. Clothed only in a broad smile, a box of truffles and a rose on the bedstand. And quite, quite dead. Her watchdog is snoring, victim of a sleep-inducing potion.

Fortunately, Fiona had been celebrating a friend's 45<sup>th</sup> birthday in a public bar at the time Benedict permanently quit writing poetry, not that that keeps the local constabulary from trying to poke holes in her alibi.

Benedict had just been named the Flambeau, a very prestigious literary prize seldom awarded, complete with a \$25,000 (Canadian) check awarded by a wealthy widow. Fiona is astonished—he wrote such awful poetry when she was with him eight years before.

Benedict achieved Lounge Lizard status in every category available. Lots of people must have thought his death would only provide an excuse for a town parade and festival. But who did the deed, and why leave him and his glued-on grin in her bed?

A rare frolic of a novel, truly witty writing, eccentric characters, and the feel of a small Quebec tourist town! Like *Death Duties*, the trade paperback format makes reading easy on the eyes. Not all bookstores carry Canadian authors, so try an independent bookstore first.

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



## Martin Creek Place

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

### 1 Bedroom Apartment Specials!

Age 62 & older.

4950 SW Huntoon • Topeka **785-273-2944**

# MY ANSWER

## Accepting Christ does not mean you have to turn your back on your friends

Q: Will I have to give up all my old friends if I become a Christian? I know I'll have to change my way of living, and that doesn't bother me much because I know I need to change, but I'd hate to turn my back on all my friends. — H.J.

A: No, you don't have to turn your back on all your old friends if you become a Christian — and in fact God may want to use you to point them to Christ.

After all, if you truly give your life to Jesus, you are going to find that you become a different person. The reason for this may sound strange to you right now, but I want to assure you it's true: God Himself will come to live within you by His Spirit. The Bible says, "Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!" (2 Corinthians 5:17). This is God's promise to you.

And if Christ does change your life, who will see it more clearly than your old friends? And who will they listen to more openly than you? Yes, some of them may laugh at you —

but down inside, most of them will respect you for what you've done, and they'll know they would be better people also if they'd give their lives to Jesus. Don't let them drag you down or tempt you into sin — but ask God to use you to tell them about Christ.

Don't delay giving your life to Christ. No matter what your past has been, God loves you, and He wants to forgive your past and change your future. He loves you so much that Christ was willing to suffer and die for you. He also loves you so much that He doesn't want you to drift through life without any purpose or direction. Christ wants to change your life — beginning today.

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

© 2005 TRIBUNE MEDIA SERVICES, INC.



### A Non-Profit Agency Providing In Home:

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

2201 W. 25th St., Suite Q  
Lawrence, Kansas

(785) 842-3159

trc@trinityrespitecare.com

[www.trinityrespitecare.com](http://www.trinityrespitecare.com)

## MISSION TOWERS

62 & UP

*Are You Looking for Clean, Safe, Affordable Housing for a Senior?*

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

Call Manager Karol Freeman

(785) 266-5656

2929 SE Minnesota • Topeka



HE THOUGHT  
HE WAS TOO YOUNG TO INVEST.  
NOW HE'S TOO OLD  
TO ENJOY RETIREMENT..

How well you live after retirement depends on how you invest today. Start now to make sure you'll have the financial resources to enjoy life.

The expert advisors at Commerce Investment Management Group



**Commerce Bank & Trust**  
INVESTMENT MANAGEMENT GROUP

Main Bank, 31st & S Topeka • 267-8402 • [www.cbtk.com](http://www.cbtk.com)

monitor your investments and make recommendations using the best research and analysis tools available. Achieve your retirement goals with personal attention and expert advice!

Not FDIC Insured	Not Bank Guaranteed	May Lose Value
Not Guaranteed By Any Government Agency	Not A Bank Deposit	

COMMERCE . CLEARLY THE LEADER .

## Bert Nash Center recognizes Donham

Sixty community partner employers and employees on April 1 joined the staff of the Bert Nash Community Mental Health Center to celebrate the successes of their Supported Employment Services program.

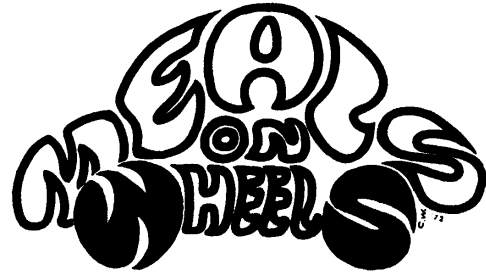
Joyce Donham, owner of Wild Territory, was recognized as the outstanding employer of the year, partnering with Bert Nash Supported Employment Services.

"Joyce has been a really great businessperson to work with," said Heather Jones, Bert Nash Supported Employment Services (SES) Team Leader. "She had a position to fill when she first opened her small business, and we were able to cut down on the lag time with the hiring process. She has now built a lasting relationship with our Em-

ployment Services and the employee she hired."

SES adheres to a highly successful, nationally recognized model developed and tested at Dartmouth University. It emphasizes competitive employment as a pathway toward recovery. Key elements of the program are rapid job search services, one on one employment career consultants, determination of work skills and career interests, matching employer's needs to job candidates qualifications, and post-hire follow up services.

For over 50 years, the Bert Nash Center has worked to improve the overall health of Douglas County residents by providing affordable, comprehensive and quality mental health services to children, adults and families.



## DRIVERS NEEDED

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

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

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

## Need a Rate Card?

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

## Restaurant Guide

**McFARLAND'S**  
*Restaurant*  
Casual Dining, Private Parties  
Over 70 years of serving fine food  
4133 Gage Center Dr. • Topeka • 785-272-6909

**Chic-A-Dee**  
**CAFÉ**  
"Good Home Cooked Food"  
Mon.-Fri. 6 am-8 pm, Saturday 7 am-8 pm  
3036 SE 6th • Topeka • 785-233-0216

**Serving Topeka Since 1969**  
HANOVER PANCAKE HOUSE  
Open 7 Days A Week  
6:00 a.m.-3:00 p.m.  
1034 S. Kansas Ave.  
785-232-1111

**THE ÉLAN GRILLE**  
**Steaks and Seafood and Lounge**  
Mon.-Fri. 11 a.m.-10 p.m., Sat.4-10 p.m.  
1301 SW Gage Ave. • Topeka • 785-271-6276

**IMPERIAL GARDEN**  
聚豐園  
Delicious Chinese Food. Eat In or Take Out.  
Mon.-Sat. 11 a.m.-9 p.m., Closed Sundays  
10th & Kansas Ave. • Topeka • 785-357-1688

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

### CROSSWORD SOLUTION

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

### JUMBLE ANSWERS

Jumbles: TWILL AWASH DRIVEL MOSAIC

Answer: Paying for a gourmet dinner can be this – HARD TO SWALLOW

### TRIVIALITIES ANSWERS

1. Yaphet Kotto 2. Steve McQueen 3. Guy Hamilton 4. "Brubaker" 5. "Alien" 6. Michael Douglas 7. "The Running Man"

©2005 TRIBUNE MEDIA SERVICES, INC.



The 2005 Kaw Valley Wedding Planner is now available.

[www.kawmall.com](http://www.kawmall.com)



# Older Americans Month by the numbers

Older Americans Month originated with a presidential proclamation in May 1963. It has been proclaimed by the president every year since then.

## 35.3 million

The number of people 65 and over in the United States. That is 12 percent of the total population. In the first 15 months after Census 2000, 300,000 people moved into this age group.

## Income

- 49: The percentage of married-couple families with a householder age 65 and over who had an income of \$35,000 or more.

- 10.1: Poverty rate for people 65 and over, statistically unchanged from its all-time low.

## Coming to America

- 3.1 million: Number of people age 65 and over who are foreign-born.

Almost two-thirds of the older foreign-born population have lived in the United States for more than 30 years.

Seventy percent of the older foreign-born population are naturalized citizens, almost twice the proportion as the citizenship rate for the entire foreign-born population.

Europe is the primary source of older foreign-born residents—39 percent began their lives there.

## Serving Our Nation

- 9.1 million: Estimated number of people age 65 and over who are military veterans.

## Jobs

- 18: The percentage of men 65 and over in the civilian labor force.

For women, the corresponding percentage is 10 percent.

## Education

- 70: The percentage of people 65 and over who have completed high school.

- 17: The percentage of people 65 and over who have a bachelor's degree or more education.

- **Marital Status and Living Arrangements:** Among the population 65-to-74 years old, 77 percent of men and 53 percent of women live with their spouses.

Among the population 75 years and over, 67 percent of men and only 29 percent of women live with their spouses. Of the women, 49 percent live alone and 22 percent are not currently married but live with relatives or nonrelatives. Only 21 percent of men live alone at this age.

## Voting

- 72: Percentage of citizens ages 65 to 74 who voted in the last presidential election; that is the highest rate of any age group.

## Homeownership

- 80: Proportion of householders age 65 and over who own their homes. This compares with 68 percent for all householders.

## Population Distribution (Nation)

- **More than 10X:** The size of the increase in the number of people age 65 and over during the 20th century. The 85 and over population increased more than thirtyfold over the century. The entire population, in the meantime, more than tripled.

- 2011: The year those born in the first year of the baby-boom genera-

tion reach age 65. Starting in 2011 and continuing through 2025, annual percentage increases in the older (age 65 and over) population will outstrip increases in the general population by three to four times. (During the first 15 months after Census 2000, the older population grew at a slower rate than the total population.)

- 2nd: The United States' rank among nations of the world in number of people 80 and over. (China ranks first.) Although the United States contains less than 5 percent of the world's population, it has 13 percent of its people 80 and over.

- 70: The number of men age 65 and over on July 1, 2001, for every 100 women in this age group. This ratio drops from 83 for those in the

65 to 74 age group to 42 for those 85 and over.

- 48,400: Estimated number of centenarians in the United States on July 1, 2001.

## States, Counties and Cities

- 72: The percentage growth in Nevada's 65-and-over population between the 1990 and 2000 censuses. Nevada led the nation in the rate of growth of the older population, followed by Alaska (60 percent), Arizona (39 percent) and New Mexico (30 percent).

- 18: The percentage of Florida's population that is 65 and over. Among states, Florida edged out Pennsylvania with the highest percentage of its population in this age group.

Compassion and Service

...More Than  
Just Words



WARREN MCELWAIN  
MORTUARY

Lawrence 843-1120 · Eudora 542-3030  
www.warrenmcelwain.com

It's Time  
to Get  
Hot Weather  
Protection for  
Hearing Aids!



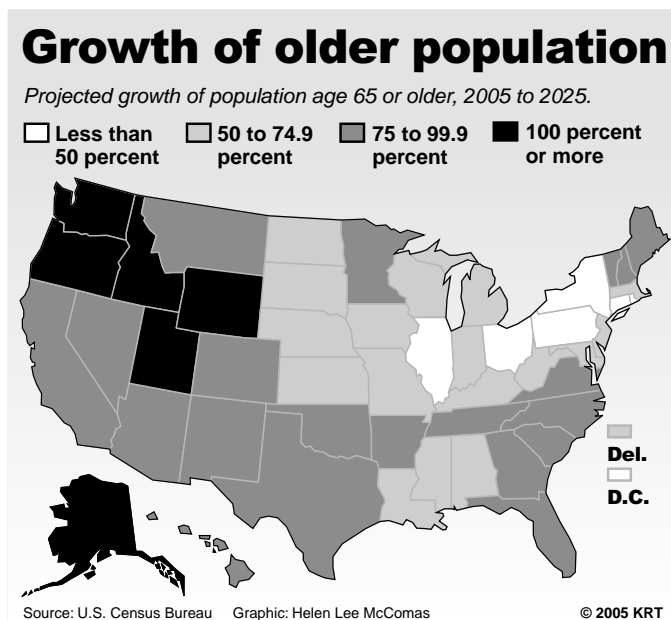
When humidity condenses inside your expensive hearing aid, costly repairs and poor performance are likely. Let Marston Hearing Center clean and dry your hearing aid to ensure satisfactory performance. We also have storage devices for sale that help dry your hearing aid when not in use. These dehumidifiers offer an inexpensive way to prevent moisture damage and prolong the life of your hearing instrument. Call us or drop in today for more details. Our hours are 9:00 a.m. to 4:00 p.m. Monday through Friday.

MARSTON HEARING CENTER

1112 West Sixth Street, Suite 100

Lawrence, KS 66044

(785) 843-8479



# GET YOUR BIGGEST SAVINGS *EVER* –

Up to  
**\$2000!**

*Now through May 25, 2005.*

You've never seen savings like this at Miracle-Ear® before! Through May 25, 2005, the ME-1 Solution Package, our most advanced digital hearing system, is available at savings of \$2000 off MSRP!\*

The Miracle-Ear ME-1 Solution Package includes:

Two top-of-the-line digital hearing aids that offer:

- 100% digital technology
- Your choice of size, including our smallest models
- Our best sound quality available today
- Comfortable listening in background noise

Take advantage of these additional limited-time offers:

The Miracle-Ear ME-2 and ME-3 offer many of the same features as the ME-1, plus special limited-time savings:

- Save \$1,500 off MSRP on the ME-2 Solution Package.
- Save \$1,000 off MSRP on the ME-3 Solution Package.



**FREE Hearing Test**  
Hurry into your local Miracle-Ear Center listed below and schedule your free no obligation hearing test\*\* today.

**Unheard of 60-Day Trial!!**

If not satisfied get a **FULL REFUND**  
**NO FITTING FEE - NO HIDDEN CHARGES. ONLY AT MIRACLE-EAR**  
Research tells us that it takes most people 60 days to fully adjust to hearing aids, so why only a 30-day trial?  
**TAKE 60 days with a GENUINE MIRACLE-EAR, you'll be glad you did!**

# MIRACLE-EAR

**SEARS**

**2727 Iowa St. • Lawrence**  
**785-842-0880 • 800-522-1149**

**WAL★MART®**

**1301 SW 37th St. • Topeka**  
**785-228-1470 • 800-949-5321**

\* Good only at participating Miracle-Aid locations. No other offers or discounts apply. Discount does not apply to prior sales. Offer expires 5-25-05. All sales prices are valid on two hearing instruments.  
\*\*Hearing test always free. Not a medical exam. Audiometric test to determine proper amplification needs only. Hearing aids do not restore natural hearing, individual experiences vary depending on severity of hearing loss, accuracy of evaluation, proper fit and ability to adapt to amplification. Only your Miracle-Ear representative can determine which Miracle-Ear hearing aid is right for you.  
©Miracle-Ear, Inc. 9672ROPA