

Kaw Valley Senior Monthly

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Serving Active Seniors in the Lawrence-Topeka Area

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INSIDE



Lawrence volunteers organize Texas Hold'em Benefit for the Alzheimer's Association. - page 4



May is Older Americans Month. The U.S. Census Bureau shares statistics to illustrate the growing influence of the 65-and-older population. - page 20

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FREE



Maureen Waters

KEVIN GROENHAGEN PHOTO

Waters' exploration of wisdom guides her to novel authorship

By Kevin Groenhagen

According to Maureen Waters, she went to her chiropractor in Baldwin City for a back adjustment. However, what she got was a life adjustment. That adjustment was actually the culmination of a process that began several decades earlier.

Waters and her husband, Gerald, moved to Baldwin City in 1965 and, a few years later, she began working for Tut Richards, who published the *Baldwin Ledger*, the *Eudora Enterprise*, and the *Wellsville Globe*. She did the typesetting for all three newspapers and, during the final year of

seven years with the publications, served as editor of the *Globe*.

Waters left the newspapers in 1975 to serve as the registrar at Baker University. She left that position in 1982 to travel with her husband in conjunction with his business. After a couple of years, the couple returned to Kansas and settled in Overland Park.

"That's when I started my career in magazines," Waters said.

Over the next several years, Waters served as editor or managing editor for several trade publications, including *Greetings Today*, a publication for the greeting card industry. In addition, she began publishing

Mentor, a newsletter to promote and encourage the art and practice of mentoring.

While Waters was finding success in the publishing world, things were not going as well at home. She and her husband divorced in 1990, and Gerald soon remarried. However, his second marriage would prove to be short-lived.

"He came home on a Good Friday and the house was cleared out," Waters said. "So he called his daughters, he called me, and he asked if we could help him clean up the house and have Easter dinner together. He said he didn't think he could handle

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Maureen Waters

CONTINUED FROM PAGE ONE

it without his family. I didn't help clean up the house, but I did go for dinner. I then began going out on weekends to visit a few times. He had this really nice place south of Eudora and I really began to like the place. I spent more and more time there."

Waters in 1999 decided to retire from publishing and moved into her ex-husband's house.

"It wasn't a romantic relationship," Waters explained. "It was just two friends sharing a house together. I lived upstairs and he lived downstairs."

At about the same time, Waters says her focus shifted from mentoring to wisdom.

"Wisdom is a journey," Waters said. "It involves finding out who you are and how you use your talents to give back to others. I was reading, writing, and exploring wisdom when Gerald got ill. He started slowing down and I started taking on more and more of the outside chores. Of course, I wasn't paying attention to how difficult that work would be on a 65-year-old body and my back got out of whack."

With an injured back, Waters soon found herself in Dr. Jim Borgeson's office for the first time in 15 years.

"He was examining me and then he stopped," Waters said. "He said, 'You know, I have to tell you about my horse.' I don't know why he decided to tell me about Toby. Over the weekend prior to my visit, he had sat down and put together an outline for this novel about Toby. He wrote it because his friend and mentor, a retired Nazarene Church minister named Mark Moore, said he should write a book to raise money for his charity."

Borgeson, the son, grandson, and great-grandson of Nazarene Church ministers, in 2000 donated all the stud fees paid for Toby, an American paint horse, to Forest View Ministries, the home of the Lawrence First Church of the Nazarene.

Borgeson later teamed Toby with Wal-Mart to help those in need. Borgeson's charity obtained gift cards in the amount of \$100 from Wal-Mart. The charity then placed the cards in envelopes with a picture of Toby and notes explaining there were no strings attached to the gifts. "Agents" passed out the gift cards to people who may have had a financial need, or just needed to know that someone cared.

Book sales would be another way to raise funds for Borgeson's charity.

There was just one problem: Borgeson wasn't a writer.

"While he was talking about his outline for the novel, he said, 'I need a writer,'" Waters said. "I held my hand up. He kept talking. 'I need a writer who will do it for nothing.' Then I held my hand up really high and said, 'I'll do it.'"

Borgeson agreed to let Waters work with his outline.

"It was a really great outline," Waters said. "I took it and wrote 30 or 40 pages, went to Jim's office, and asked if he liked where it was going. He not only liked it, he copied it and started mailing it to people he knew. Everyone who read it asked, 'What happens next?' So I just kept writing more and more and more until I had worked my way through the outline."

In the novel, *Spirit Keeper*, 12-year-old Katie goes to live on her grandfather's dairy farm after an auto accident killed her parents. The accident also put Katie in a wheelchair and in a deep depression.

"At her grandfather's, Katie finds out that her family is in disarray," Waters said. "Her grandfather had seven sons and they all left. None of them stayed to take over the farm."

Katie is eventually brought out of her depression by a wild stallion, Toby, who takes her on a journey of healing. In addition, her grandfather's favorite son comes home at the end of the book, which Waters said sets up the possibility of a sequel.

The original book ended with Katie winning the national championship in barrel racing. However, Waters kept writing.

"I started writing Katie's journal," Waters said. "Then I wrote the journal of the grandfather. Then I wrote the journal of the great-grandmother. Then I wrote the journal of the grandfather's favorite son. Katie's father wasn't a writer, but he left behind audiotapes, so I included those as well. I brought the journals to Jim to read. We decided to take the journals and meld them back into the original story."

Waters completed *Spirit Keeper* last summer. At the same time, Gerald's battle with colon cancer was entering its final stages.

"While I was writing the book

and riding high on this experience, Gerald was dying," Waters said. "As soon as the book was finished last June, he went into hospice. He died in August. It was a really weird thing to have this wonderful experience at a time when he was dying. Now I'm thinking of writing about that experience of watching him die."

Waters signed copies of *Spirit Keeper* at last year's Maple Leaf Festival in Baldwin City, and Borgeson sold copies at the EquiFest of Kansas in Wichita in February.

Waters still cannot explain why Borgeson decided to tell her about his book idea.

"It's an unusual experience to write a novel from someone else's outline," she said. "I just feel that *Spirit* wanted to be written and it brought us together under the right circumstances. When you realize that your life does have meaning, you will be led to where you need to go if you listen to and rec-

ognize the guidance."

While *Spirit Keeper* is about a young girl, Waters stresses that the novel is for readers of all ages.

"I hope older adults read the book and not just children because it's not just a children's book," she said. "It's a family book. It's a book about what happens when you don't talk about the things you need to talk about."

Waters also has hopes *Spirit Keeper* will someday be more than just a book. Brad Moore, Mark Moore's son, just happens to be president of Hallmark Hall of Fame Productions and is responsible for the development, production, advertising, and publicity related to television's Hallmark Hall of Fame.

"Something may come of that, something may not," Waters said.

For more information about *Spirit Keeper*, please visit www.peopleshorse.com or call Dr. Borgeson at 785-594-3505.

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United Way offers 2-1-1 number as a crisis tool

By Lynn Anderson

Kansas Senior Press Service
A project of KU's Landon Center on Aging

QUESTION: I've heard people mention a new "2-1-1" phone number that works something like 9-1-1. What is it?"

ANSWER: United Way 2-1-1 of Kansas is an easy-to-remember telephone number that connects people with important community services and volunteer opportunities. It can be an important number for older adults to remember.

The program has just recently become activated. Statewide service will be provided initially from 7:00 a.m. to 7:00 p.m. Monday through Friday, but ultimately it will provide service 24 hours a day, seven days a week.

2-1-1 is a toll-free number that will offer many benefits to Kansans. It's an easy way through which to receive help or give help as a volunteer. One call gives people access

to thousands of community resources. And all calls are confidential and free.

The phone number has benefits as a crisis tool. During and after a community crisis such as a tornado or flood, 2-1-1 is a ready-to-use number. There is no need to wait for an information system to be set up. One call can connect people to needed human services during a crisis. One call also quickly connects volunteers to local needs in a crisis. Since 2-1-1 is a permanent number, people can find help whether their needs arise a week or several months after a crisis.

2-1-1 will help callers find resources such as these:

- Resources for basic human needs: food banks, clothing closets, shelters, rent assistance, utility assistance
- Support for older individuals and persons with disabilities: adult day care, congregate meals, Meals on

Wheels, respite care, home health care, transportation

• Physical and mental health resources: health insurance programs, Medicaid and Medicare, maternal health, crisis intervention, support groups

• Employment services: financial assistance, job training, transportation assistance, education programs

• Support for children, youth, and

families: child care, after-school programs, Head Start, family resource centers, summer camps, recreation programs

The 2-1-1 system also helps maintain the integrity of the 9-1-1 system, saving that vital community service for life-and-death emergencies.

For more information about the 2-1-1 program, visit www.211kansas.org.

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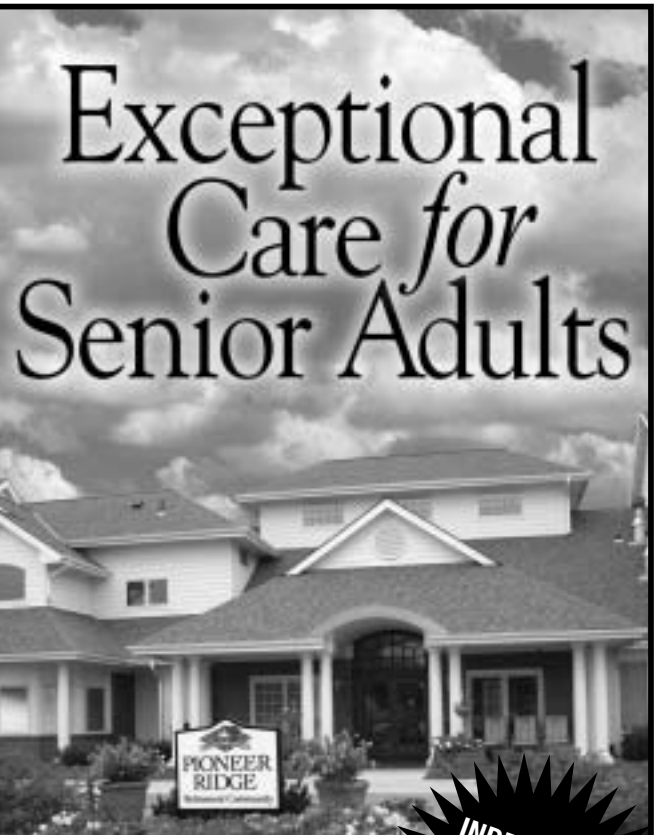
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Fundraiser to be held for Alzheimer's Association

By Kevin Groenhagen

Teresa Brown and a few of her friends are betting they can raise at least \$10,000 for the Alzheimer's Association-Heart of America Chapter.

Brown, a provider relations representative with Heart of America Hospice, realized several months ago that there was no annual fundraiser in Douglas County for the Heart of America Chapter, which serves 66 counties in Kansas and Missouri. She knew volunteers had organized Memory Walks, the chapter's signature fundraisers, in Overland Park and Topeka in Kansas, and in St. Joseph and Clinton in Missouri, and believed it was time volunteers also held a fundraiser in the Lawrence area.

Brown began contacting other professionals who deal with aging issues and found they were also interested in organizing a fundraiser. However, while the Memory Walks

have been successful fundraisers in other communities, the new group of volunteers wanted to do something that would better suit Lawrence.

"Lawrence has never had its own Alzheimer's Association fundraiser specifically for Lawrence, so we wanted something different and fun to raise awareness," said Seth Movsovit, owner Comfort Keepers in Lawrence.



Following a suggestion offered by Movsovit while drawing up plans for a fundraiser, the newly-formed Dealing with Alzheimer's Com-

mittee decided to hold a Texas Hold'em Benefit Tournament.

The tournament will be held at the Smith Center at Brandon Woods, 4730 Brandon Woods Terrace, on Saturday, June 10, from 7:00 to 11:00 p.m.

According to Movsovit, the committee has hired a Kansas City company to run the tournament. They plan to have 10 tables, each with

eight players, including a celebrity player at each table. Business sponsorship are available for businesses that would like to sponsor a celebrity.

Players can participate in the tournament for a contribution of \$100. Guests (non-tournament players) can enjoy the entertainment, live music, and hors d'oeuvres for a con-

tribution of \$25. All players and guests are eligible for a grand prize of two roundtrip tickets to Las Vegas on Allegiant Airlines out of Topeka.

"We also plan to raise funds through a silent auction," said Brown, who noted that the committee is making an appeal to business-

CONTINUED ON PAGE FOUR

About Alzheimer's Disease

Alzheimer's disease is a progressive degenerative brain disorder that attacks and slowly steals the mind of its victims. Symptoms of Alzheimer's disease include memory loss, confusion, impaired judgment, personality changes, disorientation and loss of language skills.

There are 1,500 individuals with Alzheimer's disease in the Lawrence area. In the Alzheimer's Association-Heart of America Chapter's bi-state service area, there are more than 50,000 individuals and nearly 200,000 family members suffering the emotional, physical, and financial challenges associated with this devastating disease.

Here are a few more facts about Alzheimer's disease:

- A person with Alzheimer's disease will live an average of eight years and as many as 20 years or more from the onset of symptoms.
- An estimated 4.5 million Americans have Alzheimer's. The number of Americans with Alzheimer's disease will continue to grow — by 2050 the number of individuals with Alzheimer's could range from 11.3 million to 16 million.
- Always fatal, Alzheimer's dis-

ease is the most common form of irreversible dementia.

- People over 65 have a 1 in 10 chance of developing Alzheimer's disease; however, Alzheimer's is increasingly found in people in their 40's and 50's.

- People over 85 are the fastest growing population and have a 50-50 chance of developing Alzheimer's.

- More than 7 of 10 people with Alzheimer's disease live at home and almost 75 percent of the care of Alzheimer's patients is provided by family members. The remainder is "paid" care costing an average of \$12,500 per year. Most expenses are paid out-of-pocket by the family.

- Half of all nursing home residents suffer from Alzheimer's disease or related disorders. The average cost for nursing home care is \$42,000 per year, but can exceed \$70,000 per year in some areas of the country.

- U.S. society spends at least \$100 billion a year on Alzheimer's disease. Neither Medicare nor private health insurance covers the type of care most patients require.

Source: Alzheimer's Association-Heart of America Chapter

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Fundraiser

CONTINUED FROM PAGE THREE

es and individuals to donate items for the auction.

In addition to Brown and Movsovitz, other members of the Dealing with Alzheimer's Committee include: Donna Bell, public relations director, Brandon Woods; Brian Roster, marketing director, The Windsor of Lawrence; and Linda Upstill, secretary, Lawrence Area Coalition to Honor End of Life

Choices.

"Community involvement is very important," said Debra R. Brook, executive director of Alzheimer's Association-Heart of America Chapter. "If anyone is interested in volunteering in the Lawrence area, they should call members of the Dealing with Alzheimer's Committee."

For more information about the Texas Hold'em Benefit Tournament, please call Teresa Brown at 785-841-5300 or Seth Movsovitz at 785-856-5555. For more in-

formation about the Alzheimer's Association-Heart of America Chap-

ter, please visit www.alz-heartofamerica.org.

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Avoid back pain

For most Americans, May is a very busy time—a chance to work in the yard, clean the garage and toss out old clothes. But if you suffer from low back pain, you may be unable to pursue spring cleaning without increasing your pain. Physical therapists see this all the time. Not everyone knows that physical therapists treat patients with back pain. But that's actually one of



Laura Bennetts

our main specialties. We see patients with all kinds of back pain, from mild and transient pains to severe sciatica problems requiring surgery. And we offer unique solutions designed, not merely to treat pain, but to help you recover so completely that you'll be pain free. You can get symptomatic relief from many sources. But physical therapists, working with your physician, aim to solve the underlying structural problems so that you will no longer need symptomatic relief. Our goal is to stop back pain at its source.

The Back Bone's Connected to the Leg Bone

Why do so many people suffer from back pain in the first place? Let me count the reasons. Back problems stem from falls, accidents, sedentary jobs, sports injuries, arthritis, spinal curvature, and poor posture (sitting, walking or sleeping). Pregnant women are especially prone to back pain because, in the second trimester of their pregnancies, their joints loosen a bit. Joint pain above or below your back can also cause back pain. For instance, pain in your foot, hip or knee can cause you to walk with a limp, which stresses your

back. Or you might neglect to bend your aching knees when you lift, which also stresses your back. The goal of physical therapy is to treat all these ailments together, holistically.

High-Impact Sports

A recent newspaper story claimed that aging baby boomers—some of whom are now entering their 60s—have begun to pursue joint surgery to resolve joint damage and help them continue to play tennis, golf, and run.

During the 1970s and 1980s many Americans took up jogging to increase their heart health. We all learned about the benefits of aerobic exercise, bought the latest running shoes and bounded down the road. Then exercise clubs began offering aerobics and step classes. Soon people began to feel the painful effects of such high-impact exercises. Running on hard surfaces, in particular, often causes back pain from compressed discs and vertebrae. Many people now consider this normal, and even inevitable. But back pain is not a natural part of aging. If your lower back hurts, you may need to re-evaluate your activities—and your priorities. That's where physical therapy enters the picture.

Avoiding Injury

The first thing is to figure out why you hurt. Back pain is at the center of your body. So physical therapists evaluate you from your feet up and from your head down to see how your joints align. We know biomechanics and anatomy. We know how your bones, joints, muscles, and senses work together to allow you to walk, run, jump and dance. So we begin by evaluating your strength, flexibility and joint alignment to find the problem areas that may be connected to your back pain.

For example, when I evaluate someone with back pain, I observe her walking to see if her arch flattens as she rolls from heel to toe. This

is called ankle pronation—an excessive rolling of the ankle that stresses every joint from with the big toe to the arch, the inside of the ankle and knee, the knee cap, the hip and the spine. I also test for muscle strength and joint flexibility throughout the body. Tight hamstrings are often a source of lower back pain because, if your hamstrings are tight, they will limit your ability to lean your trunk forward.

More Than Abs

"Core strengthening" is a buzz phrase that refers to strengthening of your trunk muscles—that is, your back and stomach. Lumbar stabilization exercises are an important part of physical therapy. Before the exercise program is started, therapists use varied techniques to reduce pain, including massage, electrical stimulation, manual therapy, ultrasound, and infrared light therapy. When your body is in pain, it will shut off the muscles surrounding the painful area to prevent further injury. As your pain recedes, exercises to improve flexibility and strengthening are gradually introduced over a number of treatments. Lumbar stabilization exercises are one key to strengthening your back, stomach and pelvic muscles so that you can move without straining your back.

For example, to lift your leg without straining your back your lower trunk has to be strong enough to keep your spine joints steady. If your core strength is not sufficient, the weight of your leg will cause movement and stress on your spine with increased pain.

Physical Therapists Do It Better

I may be biased, but I believe that physical therapy offers some of the very best options for people with back pain. Any good therapist will teach you to take care of your own back—without needing years and years of continuing weekly treatments.

If you want to stop the pain, learn to keep your back healthy, and gain the strength you need to prevent future bouts of pain, choose physical therapy.

- Laura Bennetts MS PT, is a physical therapist and the co-owner of Lawrence Therapy Services LLC (785-842-0656) and Baldwin Therapy Services (785-594-3162). Both clinics offer Physical Therapy, Occupational Therapy, Speech Therapy, Massage Therapy and Marriage and Family Therapy throughout Douglas County. The clinics are also certified Anodyne Neuropathy Care Centers. If you have questions for Laura, please write to her c/o laurabennetts@hotmail.com.

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HEALTH & FITNESS

Medicinal properties of the artichoke

The artichoke, or the Latin name *Cynara cardunculus*, is a common plant in many households. Other common names include Cardoon, artichoke thistle, and wild artichoke. Artichoke is used in soups, stews or sauces. Spinach and artichoke dip is a common menu item in many

restaurants. In some countries they use artichoke in making cheese.

Artichokes are a type of vegetable in the Asteraceae, or daisy family. The Cardoon has been found in archaeological ruins, which lead some to call this vegetable one of the oldest foods known to man. There are varieties of artichokes. The Jerusalem artichoke is really a member of the sunflower family, native to North America. The Indian name for artichoke was "sun roots," and the Pilgrims included artichokes as a staple food.



Dr. Farhang Khosh

The edible parts make up over 50 percent of the artichoke, which is rich in vitamins C, B, E and provitamin A, required for keeping the body's systems in healthy balance. Artichoke also has a high content of minerals and trace minerals, such as manganese, copper, magnesium, iron, potassium, zinc and calcium.

Therapeutic effects of artichoke are mainly on the liver and gallbladder. It is considered as a liver tonic. Cynara protects the liver against toxins and infections. It is bitter and will stimulate appetite. It has been shown to lower total cholesterol and lower blood sugar levels. Artichoke leaf stimulates digestive juices and bile secretion to help you digest your food. The bile secretion also inhibits the production of cholesterol and speeds its elimination from your body. The plant chemical called cynarin, found in artichoke leaves, is what stimulates the bile secretion. Doctors used synthetic cynarin preparations to treat high cholesterol from the 1950s to the 1980s (until more advanced drugs like statins were developed). In the 1970s, European scientists first documented cynarin's ability to lower cholesterol in humans. A more recent study, published in 2000, was a double-blind, randomized, placebo-controlled study that used an artichoke leaf extract for six weeks in 143 patients with high cholesterol; at the end of the test, results showed a decrease of 10-15 per-

cent in total cholesterol, low density lipoprotein (LDL), and ratio of LDL to high-density lipoprotein (HDL) cholesterol. Other studies have shown that artichoke is helpful in relieving gastrointestinal problems that result from an inability to adequately process fats, a result of poor bile secretion. Since it stimulates the liver to produce of this important gastric "juice," artichoke can help to ease upset stomach symptoms such as nausea, bloating, abdominal pain, and vomiting. The "Study Circle for the History of Medicinal Plant Science" at the University of Würzburg has selected the artichoke to be the Medicinal Plant of 2003. In this choice the committee recognized not only the delicate flavor of the plant, but also its health-promoting effect.

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and experimental trials have complemented each other. Both experimental and clinical effects have been verified through extensive biomedical herbal remedy research. Specifically, antioxidant, choleric, hepatoprotective, bile-enhancing and lipid-lowering effects have been demonstrated, which correspond with its historical use.

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



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PERSONAL FINANCE

Taking a closer look at dividend-paying stocks

During the 1990s, there was an intense focus on capital appreciation as companies sought to foster growth and keep up with an unprecedented bull market. Profits were often reinvested at the expense of dividends, which fell steadily. More recently, however,



Steve
Lane
and
Garth
Terlizzi

companies have been eager to demonstrate sound fundamentals and strong balance sheets and provide shareholders with tangible benefits in exchange for their commitment to a stock. The result has been a noticeable increase in dividend payments. Last year, 1,949 dividend increases were reported to Standard & Poor's Dividend Record, 11.7 percent more than in 2004 and 10.6 percent above the 10-year average. Is there a place for dividend-paying stocks in your portfolio?

Focus on Total Return

Even though dividends are not guaranteed, they can have a meaningful effect on investors' total return. Last year, for example, price appreciation was below the long-term averages of major U.S. market benchmarks, but dividends improved the results, contributing 1.9 percent of the S&P 500's 4.9 percent total return. It was a similar story for the Dow Jones Industrial Average. Without dividends, the Dow posted a loss of 0.6 percent in 2005. With dividends, it returned 1.7 percent.

Last year was not unusual. Historically, dividends have provided a significant contribution to equity returns, accounting for approximately one third of the total return of the S&P 500 since 1926. Even during the 10 years that included the height of the bull market ending in March 2000, dividends accounted for almost a fifth of the U.S. market's total return, despite the overwhelming focus on capital appreciation. Moreover, dividends have acted as a counterbalance in down markets, providing investors with a degree of positive return. Looking at only the

years since 1926 when the S&P 500 experienced a loss, the average return from dividends was 3.7 percent.

Growth in Long-Term Portfolios

Dividend-paying stocks have other attributes that you may want to consider. One of these is their potential for providing long-term growth in addition to a stream of income. This growth-income combination may be appropriate for investors anticipating long retirements. Longer life expectancies mean that many people who stop working around the traditional age of 65 face potentially 20 years or more of retirement. If their portfolios are to be in a likely position to generate sufficient inflation-adjusted income over lengthy payout periods, they may need to include the growth potential of stocks.

Diversification also enters the picture. Because they are income-producing investments, dividend-paying stocks may help diversify the in-

come-oriented portion of a portfolio. Keep in mind, however, that equities involve greater risks than fixed-income investments, such as bonds. The investment returns and principal value will fluctuate such that, upon redemption, your shares may be worth more or less than the original cost.

Further Considerations

Tax treatment is another point in favor of dividend-paying equities. Under current law, qualified dividends are taxed federally at a 15 percent tax rate. To qualify for the 15 percent rate, dividends must be distributed by a U.S. corporation or certain foreign corporations. In addition, investors must meet holding period requirements.

The 15 percent tax rate on qualified dividends is the same as that levied on long-term capital gains and is more favorable than the ordinary income tax rates charged on bond interest income. If you are consid-

ering investing in equity income securities, you should be aware that, unless extended by Congress, the 15 percent rate on qualified dividends will expire after December 31, 2008, and taxes will revert to rates in effect prior to 2003. Dividends would then be taxed as ordinary income up to a maximum rate of 38.6 percent.

Taxes alone should never drive your investment decisions. Instead, the next time you look at the makeup of your portfolio, take a few minutes to review the role that equity-income investments play in total return and in dampening the effects of stock market volatility. If providing income for retirement is your priority, you may also want to think about using dividend-paying stocks to supplement fixed-income sources of income.

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

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PERSONAL FINANCE

Pension in trouble? Take steps to replace income

In recent months, some well-known companies — including Verizon, Lockheed Martin, Motorola and IBM — have “frozen” their pension plans. If your compa-



Harley Catlin and Ryan Catlin

ny freezes its plan — or if you think it might do so in the future — you’ll want to start thinking *now* of how to replace the potential lost income during your retirement years.

When a company freezes its pension, it discontinues contributions or additional benefits. Without a freeze, your benefits typically would have increased each year of contin-

ued employment. Generally, when you retire — or if you become disabled and can no longer work — distributions will be paid to you based on your plan’s distribution options.

Companies that freeze their pension plans may replace them with 401(k) plans, a move that gives you both opportunities and responsibilities. Now *you* must determine how much you need to save in your retirement plan. That means you need to calculate your retirement income needs and how your 401(k) might meet them.

Also, *you* must choose the right mix of available investments within your 401(k) to help meet your retirement goals, given your individual risk tolerance and time horizon. As time goes on and your situation changes, you may need to periodically adjust your investment mix, as well.

To manage your 401(k) correctly,

you may want to work with a qualified investment professional — because there’s a lot at stake.

Roth 401(k) May Be Available

If your company moves from a pension plan to a 401(k), it also may provide you with the option of putting some of your money into the new Roth 401(k). Distributions from a Roth 401(k) are always tax free, although these distributions must meet a “triggering event,” such as retirement, disability or death. Earnings also can be tax-free once you reach age 59-1/2 and have had your Roth 401(k) for five years. This tax-free feature can be valuable in helping you build resources for retirement.

Other Income-building Possibilities

Apart from actively managing your 401(k), you have other options to help replace some of the income you might lose from the freezing of your pension plan. Here are some possibilities:

- **Contribute to your IRA.** Try to fully fund your Roth or traditional IRA, both of which offer tax-advantaged savings and an almost unlimited array of investment possibilities.
- **Purchase an annuity.** If you can afford it, you might want to pur-

chase a fixed annuity, which offers tax-deferred growth of earnings and can be set up to provide you with a lifetime income stream.

- **Take Social Security earlier.** If your pension had not been frozen, you might have preferred to start taking Social Security at your “full” retirement age, which can be anywhere from 65 to 67. Now, however, you might need to start collecting your checks at age 62. Your monthly payments will be smaller than if you had waited, but if you need the money, it’s there for you.

- **Adjust your investment portfolio.** With the help of an investment professional, you might want restructure your portfolio to provide you with more income during your retirement years.

Don’t Get Frozen Out

Clearly, it can be upsetting to see your pension frozen. But by managing your 401(k) wisely, and by considering the other steps mentioned above, you may be able to attain sufficient retirement income to overcome the loss of what you once counted on.

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

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LOCATIONS . LOCATIONS . LOCATIONS .

RETIRE SMART

For the best trip, exercise cruise control

By Humberto and Georgina Cruz
Tribune Media Services

Curiosity and serendipity led to our first cruise 29 years ago. Driving over a drawbridge in Fort Lauderdale, Fla., we saw the cruise ships berthed at the port below and wondered what they'd be like. Some 134 cruises later — you can tell we like them — we



Humberto
and
Georgina
Cruz

are often asked for tips for first-time cruisers.

That's a big bunch. Nearly 10 million vacationers took a cruise in 2004, according to Cruise Lines International Association (CLIA), an organization of 19 member lines with 150 ships, and about half were first-timers, a proportion expected to hold steady for several years.

Our first tip is a basic one: Educate yourself. Read cruise guidebooks and magazines such as Cruise Travel (www.cruisetravelmag.com) and Porthole (www.porthole.com), newspaper travel sections and cruising sites such as www.cruisediva.com and www.cruisecritic.com. Peruse deck plans in cruise brochures for details (without marketing hype) on facilities and cabin location.

Ship size is important, and choices are plentiful.

At one end are huge, 3,000-passenger "floating resorts" with dozens of dining and entertainment venues, shopping malls, multilevel casinos and full-service spas that will likely appeal to those who like large hotels and resorts, said Charles Doherty, editor of Cruise Travel magazine. At the other end are intimate 100-passenger yacht-like vessels, "some with the refined elegance of an upscale boutique hotel, others with the casual, friendly ambiance of a bed and breakfast," Doherty said. Scores of ships fall along the spectrum between these extremes, each offering a unique experience, he said.

Who is on the ship matters, too.

"Set sail with people your own age," advises Linda Coffman, creator of the Web site www.cruisediva.com and author of Fodor's "The Complete Guide to Caribbean Cruises and Caribbean Ports of Call 2006." People who seek relaxing cruises but don't do their homework can end up being bombarded by conga lines and loud pool music, Coffman said.

While nobody can say for sure who will be on a cruise, retirees are generally attracted to traditional vessels such as those from Cunard Line and Holland America, and to longer voyages (they have the time and money for them), Coffman said. Young people are drawn to shorter cruises and adventure voyages like those of Windjammer Cruises. Families with children often cruise during school holidays, and seniors in the fall.

More tips: If you like spa treatments and big gyms, select ships with large health clubs, like those of Celebrity, Royal Caribbean and Carnival. If you are traveling with grandchildren, look into Disney Cruise Line ships. For dining variety, pick vessels with alternative restaurants, like Crystal ships and Cunard's Queen Mary 2. For enrichment programs, select one with guest lecturers and learning facilities like the ships of Crystal Cruises that feature a studio for Yamaha keyboard lessons and Berlitz language classes.

If seasickness concerns you, large ships ride the waves better in rough seas. Reserve a cabin midship and in the middle deck—the most stable location—and ask your doctor for a remedy.

In our first cruise 29 years ago, we told the travel agent what we could afford and she did the rest. Our cabin was fine but now we know not all cabins in the same price range are as desirable. Look over deck plans and avoid noisy areas near the children's club, elevators, disco, theater, over the engine room, near the anchor or under the jogging track.

Look for an itinerary that fits your schedule and includes your dream ports. Make sure the ship stays in port long enough for what you want to do. If the ship does not dock but disembarks passengers on launches

at some ports, it cuts into your time.

Travel agents specializing in cruises are usually abreast of specials — you may cruise for less than \$100 a day on budget lines like Carnival and moderately-priced lines like Royal Caribbean. You can look up CLIA-certified agents at www.cruising.org.

—Humberto and Georgina Cruz are

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

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DEAR PHARMACIST

A primer on cold sore relief

By Suzy Cohen, R.Ph.

Tribune Media Services

QUESTION: I get fever blisters sometimes, usually at the worst possible time. My prom date was very upset when he picked me up to find a lesion on my lip the size of a dime! Please tell me what ointment is best. — H.T., Birmingham, Ala.

ANSWER: Forget looks! These cold sores hurt and create tingling, blistering and itching. Experts say that certain substances trigger lip viruses, particularly foods high in the amino acid arginine, such as brown rice, coconut, oatmeal, raisins, nuts, chocolate and caffeine. A different amino acid called lysine can be used to prevent them. It is sold as a dietary supplement and occurs naturally in beef, fish, brewer's yeast, cheese, milk, eggs, potatoes, soybeans and yogurt. The body has to maintain a balance between arginine and lysine, so don't overdo either one.

As far as ointments go, it's impossible to pick the best because there are so many that are good. Abreva is a favorite of pharmacists, along with any of the other products used to numb or dry the lesion. Here's a rundown of the popular formulas:

— Abreva: This lip cream contains an FDA-approved substance, docosanol, which penetrates healthy cells surrounding the infected lesion. It arms these cells so they become a barrier and can't get infected too. This shortens duration.

— Neosporin LT: This lip ointment contains a skin protectant and pramoxine, which numbs the area. It also includes some vitamin E, olive oil and cocoa butter.

— Campho-Phenique: They have several formulas. One includes camphorated phenol to relieve pain and clean the lesion. Another formula provides "scab relief" from the ingredient petrolatum (similar to Vaseline), which softens the scab.

— Releev: This gel claims to be able to relieve symptoms after just one day of treatment. It contains benzalkonium chloride, which is used as an antiseptic to cleanse and dry up cold sores and fever blisters. You can't use it if you're allergic to the daisy family of flowers.

— Novitra: This cold sore cream (which goes on clear) contains zinc, a mineral known to shorten duration and severity of infections.

— Herpecin L: This lip balm con-

tains a skin protectant and a few sunscreens as its active ingredients. The formula includes a few vitamins, some lemon balm and lysine.

— Orajel: One of their products comes as a medicated swab that looks like a Q-tip. It contains benzocaine, which numbs the skin. It's

used for canker sores, as well as fever blisters and minor irritations of the gum and mouth.

— Blistex: One of their medicated lip ointments contains a skin protectant along with camphor, menthol and phenol. This will give you a cool sensation and relieve the pain and itching associated with cold sores.

— Zilactin: This cold sore gel forms a protective film on the wound, so don't peel it off or pick at it. Pain relief might last up to six hours. The active pain-relieving ingredient

is benzyl alcohol. Other ingredients include salicylic acid (related to aspirin), as well as boric acid.

DID YOU KNOW? One cigarette can rob the body of 25 to 100 mg of Vitamin C.

- This information is not intended to treat, cure or diagnose your condition. Suzy Cohen is a registered pharmacist. To contact her, visit www.dearpharmacist.com.

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SeniorMonthly, May 2006 11

PET WORLD

Could Labrador's aggressiveness lead to biting, death sentence?

By Steve Dale

Tribune Media Services

QUESTION: My chocolate Labrador retriever has tried to bite many people. When someone comes close to my house, he barks and barks. I thought these dogs were supposed to be hyper and friendly. Why is



Steve Dale

Meanwhile, Dr. Wayne Hunthausen, a Kansas City, MO-based veterinarian with a practice limited to behavior issues, suggests toning down your dog's agitation. "There's no way to tell, given this information, whether this is territorial aggression or fear, or most likely a combination of the two. For starters, close the blinds so your dog isn't always barking at everyone passing by. And a reminder to never allow your dog in the yard or anywhere without an adult supervising."

In answer to why your dog is the way he is, while there are breed tendencies, a dog's disposition is also directly linked to its individual parents. (This is why I always suggest that anyone seeking a purebred puppy visit the breeder to meet the parents.) However, there are various other possible influences, including the way a dog is raised. While sometimes abuse is the issue, more often the problem is simply a lack of socialization; the dog doesn't know

mine so aggressive? — K.M.B., Lawrence, MA

ANSWER: This is as serious as it gets. If your dog does bite someone, it may well mean a death sentence, not to mention an injury to a family member or friend. For starters, keep your dog and people safe. Don't offer your pet any opportunity to bite.

how to react to people, and also may be afraid.

The good news is, you can teach a new dog new tricks. When it comes to aggression, however, you do need hands-on training help from a veterinary behaviorist, certified applied animal behaviorist, or qualified behavior consultant (member of the International Association of Animal Behavior Consultants).

QUESTION: You recently reported in your column that grapes were dangerous for dogs. You did say that there was "no problem with one or two grapes," but cautioned against a moderate amount. That's up to interpretation.

I share my lunch with my 60-pound yellow Lab, which includes small bits from my fruit cup, yogurt and grapes. If grapes are bad, I assume raisins are worse. My conclusion is that drying the grapes into raisins concentrates the toxin, so one raisin should equal several grapes. Specifically, then, just how many grapes are acceptable? — D.R., Rochester, NY

ANSWER: One of the leading researchers on this topic is veterinary toxicologist Dr. Steve Hansen, director of the ASCPA Animal Poison Control Center. "We do tend to hear more complaints about raisins," he

says. "But I'm not sure if that's because they're more toxic or it's simply easier to leave out a box of raisins and the dog eats them all compared to leaving out a bunch of grapes that would equal the number of raisins in a box. Perhaps, the toxins are more concentrated in raisins. But there is, so far, no data to demonstrate that one raisin is any more dangerous than one grape, or that 20 raisins would be any more dangerous than 20 grapes."

Hansen continues, "We have no magic cut-off number as to how many raisins or grapes a dog may tolerate before becoming ill. There may be other variables, such as an individual dog's susceptibility. In general, a 60-pound dog can tolerate more than a 6-pound dog, and odds are that a few grapes a week won't matter to a larger dog. My concern is that now the dog enjoys raisins or grapes, and by accident if many are left out within a dog's access, that dog might now eat a large bunch of grapes or boxes of raisins. And now you could have a serious problem."

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

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Nash Dash to be held May 13

The fifth annual Nash Dash fundraiser will take place on Saturday, May 13, on the levee in North Lawrence. A 5K fun run and 5K walk will begin at 8:00 a.m. with a one mile walk following at 8:30 a.m. All events begin and end at the Lawrence Visitors Center located at 402 N. 2nd Street.

The Nash Dash is a fundraiser for the WRAP Program, which places mental health professionals from the Bert Nash Community Mental Health Center in schools in Baldwin City, Lawrence and Marion Springs Elementary. Donations will also provide scholarships for youth to attend Lawrence Parks and Recreation programs and activities.

Businesses, organizations and individuals who contribute \$100 or more in cash or in-kind goods/services will be recognized on the Nash Dash 2006 shirt and other promotional materials. Contact Scott McMichael at 785-830-1701 or smcmichael@bertnash.org for information on becoming a sponsor.

For more information, contact Marilyn Sell at msell@bertnash.org or 785-830-1795 or register online at www.lprd.org/nashdash.shtml.



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BOOKSHELF

Conning the con man

By Margaret Baker

Mary Kay Andrews: *Savannah Breeze* (Harper Collins, \$24.95, ISBN 0-06-056466-0) *Caper*

Mary Kay Andrews serves up another delightful tale of southern belles in trouble. This time it BeBe Loudermilk, best friend of Weezie (from her first Savannah book, *Savannah Blues*). BeBe's three disastrous marriages

should warn her, but she falls head over heels for a very charming younger man. When she wakes, she finds he's cleaned her out completely—her rental properties, her home and furnishings, the four-star restaurant that was her pride and joy. Even her grandparents' retirement savings, which BeBe was caring for.

The only thing left is a 50's motel, See Breeze, on Tybee Island. Lover Boy had bought it with her money but hadn't flipped it to developers when he sped off.

BeBe, Weezie, Granddad (who keeps having senior moments), the out-of-work head chef and the motel handyman combine to bring the motel up to running order—and plot revenge.

Great characters, witty and believable dialogue, fast plotting, deft combination of action and romance—a winner!

Michael Gruber: *Night of the Jaguar* (Wm. Morrow, \$24.95, ISBN 0-06-057768-1) *Ecology/adventure*

Moie, shaman of an Amazonian native community, is advised by his friend, a missionary priest, to go to Miami and confront the company who plans to harvest the timber from the Indian reserve. Illegally.

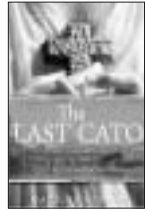
There's something not quite normal about Moie...

Cross between *The Gods Must Be Crazy* and *Stakkie Stookhouse*, but dead serious. An action-filled adventure of greed and conflicting cultures, with a touch of the supernatural.

Matilde Asensi: *The Last Cato* Translated from the Spanish by Pa-

mela Carmell. (Rayo, \$24.95, ISBN 0-06-08257-9) *Adventure/Religion*

Holy relics of the True Cross are disappearing. Dr. Octavio Salina, Vatican paleographer, is assigned to decipher strange tattoos on the body found by three splinters believed to be of the Vera Cruz, True Cross.



With the help of the Captain of the Swiss Guard and an Alexandrian archaeologist, Salina is able to solve the tattoos, which refer to the Seven Deadly Sins.

They also uncover an ancient brotherhood dedicated to retrieving all of the True Cross under their leader, designated the Cato.

If you liked Brown's *The DaVinci Code*, this will be right up your alley.

PAPERBACK PICKS

Roberta Isleib: *Final Four* (Berkeley Prime Crime, \$6.99, ISBN 0-425-20896-6) *Golf mystery*

Cassie Burdette is playing her first U.S. Women's Open golf tournament. She's also been asked to play in the Master's, not just because she's good, but to honor the memory of an esteemed caddy (she's been one herself). Someone feels she shouldn't venture there, and is sending threatening e-mails.

It isn't just putts that are dropping. Cassie's dad hires a bodyguard, but even that doesn't seem to offer enough protection. The rest of her rather dysfunctional family is distracting.

Fast-paced. Although based around golf, Isleib weaves a plot understandable for those of us who don't know a birdie from a mulligan.

Heather Webber: *Digging Up Trouble* (Avon, \$6.99, ISBN 0-06-072349-1) *Mystery*

Nina Quinn, landscaper, returns in a second gardening mystery. Her company, Taken By Surprise, offers one-day landscape makeovers similar to the television program *While You Were Out*. She often hires recently paroled ex-convicts, which usual-

ly works out. Sometimes it doesn't. Currently, one is often truant just when she's got a dilly of a project.

This yard needs massive work. The neighborhood association has given final notice and the fines may force the slovenly couple out.



Of course there's a complication. The couple paying Nina are not the owners, who are less than pleased. In fact, the man dies of a heart attack while berating Nina, and his spouse is threatening to sue Nina for every trowel and spade.

Was the neighborhood association hoping for this outcome? Nina and her crew are digging up more than dirt.

Some romance adds spice, and there's an addendum about inviting hummingbirds into your yard.

FOR YOUR EARS ONLY (Audio books)

Mark Fainaru-Wada and Lance Williams: *Game of Shadows* (Random House Audio, \$29.95, 5 CDs, read by Arnie Mazer. 0-7393-2380-6) *Sports Non-fiction*

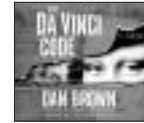
This is the book driving Major League Baseball and the Track and Field people to investigate charges of steroids, human growth hormones, and other drugs used to enhance sports endeavor past normal human range. Although press coverage has centered on McGuire and Bond, the track and field sports appear to have been the first to pursue this unethical course.

The authors, investigative reporters with the San Francisco Chronicle, name names, especially BALCO (the company producing the illicit

substances) and Olympic stars.

Dan Brown: *The DaVinci Code* (Random House Audio, 6 CDs, \$29.95, ISBN 0-7393-3976-8) Read by Paul Michael. *Mystery*

You've been meaning to read this so you can hold up your end of the conversation when this best-seller is discussed—and discussed it is—but haven't found the time? Listen instead, but keep in mind that this was written and published as fiction, though it certainly has a fascinating theme of religious interest.



Annette Mahon: *An Ominous Death* (Five Star, \$25.95, ISBN 1-59414-359-5) *Mystery*

The mature (certainly not elderly, just ask them!) ladies of the church quilting circle are distressed that one of their number, recovering in a rehabilitation facility because she broke both legs badly in a car accident, dies just as they visit. She was on the road to recovery, just unable to care for herself.

A gentle (despite the title) mystery with little gore and sensible amateurs.

Marek Halter: *Zipporah, Wife of Moses* (Random House Audio, 5 CDs, \$29.95) Read by Ellen Reilly. *Fictionalized biography*

Zipporah, an Cushite rescued as an infant by the Midianites, becomes the wife of Moses while he is a fugitive from the Egyptians. She encourages him to confront the Pharaoh and free the Hebrews enslaved there.

Lively writing style makes the time and place come alive.

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

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HUMOR

Packing Toy Heat

"If you can't keep up with the big dogs, then stay on the porch."

Thousands of readers of this column will remember that I got off the porch a couple of years ago and ran with the big dogs. At that time I published a presidential election scoop about Teresa Heinz Kerry. Well I'm getting off the porch again. I have another scoop—a battle is brewing in the Kansas Legislature.



Larry Day

I gleaned this reporting gem from chance remarks I overheard when my wife Emmaline was trying on clothes at a store downtown. A couple of guys in business suits, whose wives were shopping for bargains, were seated near the try-on booths. The two were arguing quietly, and I overheard them. They were out-of-state lobbyists who represented rival clients.

The men were talking about the concealed weapons law that is going into effect in Kansas. People in Kansas will soon be able to register and carry concealed weapons. In states where concealed weapons laws are already on the books, people get acquainted and then ask, "Are you carrying?" Some think it's cool to ask, "Are you packing heat?" The Kansas gun carry law passed despite the governor's two vetoes, so now we know that Kansans really, really want to pack heat.

But Kansans may not be ready for the political fight this law could produce. Two major players on the national economic scene are about to clash over issues related to the concealed weapons law. And, as the saying goes, "When elephants battle, the grass gets trampled."

The issue is pitting two unlikely combatants, the ubiquitous National Guns Are Good Association, and the powerful International Toy Maker's Guild, against each other in an epic behind-the-scenes legislative battle. The National Guns are Good Association lobbyists got the Kansas concealed carry law passed. Now the International Toy Maker's Guild wants to get in on the action. All

of this, of course, was being kept hush-hush. The conversation I overheard in the clothing store changed all that. I'm blowing the whistle: "Tweet. Tweet. Tweet!!"

Here's the deal. Utah has one of the most liberal (if one can use that term when writing about a state like Utah) concealed carry laws in the nation. Utahans like to keep up with the Joneses, but Utahans are also very thrifty folks who have lots of kids. Packing heat to keep up with the Joneses posed a serious economic problem for many workaday Utah couples. Guns are expensive. Then all of a sudden, a few months after the concealed carry law passed, gun sales in Utah leveled off and began to drop. The Guns Are Good Association was concerned. To get survey takers and focus group experts into Utah was, for the National Guns Are Good Association, the work of a moment.

Previously, however, major toy manufacturers had done their own high tech cultural and economic research. When those results were in, the toy manufacturers began marketing several lines of amazingly realistic toy handguns. The guns include .38 caliber PJ Walters and .45 caliber Boretta automatics, and .357 Bygum six cylinder revolvers. These are toys, but they look like real guns, and thousands of frugal, keep-up-with-the Joneses Utahans are now packing toy heat. Sales of real handguns have stalled.

Recent research by the National Guns Are Good folks found that Kansans are an awfully lot like Utahans. Kansans like to keep up with the Joneses. Kansans are frugal. Kansans have lots of kids. So when the concealed weapons carry law comes into effect in Kansas, the National Guns Are Good Association fears handgun sales will be sluggish instead of shooting through the roof as they had anticipated. Gun lobbyists fear that instead of packing real



Pluggers never need a baggage claim ticket to identify their luggage.

heat, thousands of Kansans will be packing toy heat.

So the National Guns Are Good Association has quietly brought big time lobbyists to Kansas. They are spending mega bucks to get a law passed in the Kansas Legislature that will ban the sale of realistic-looking toy weapons. The gun lobbyists are telling legislators that selling realistic toy guns is anti-family and un-American.

That's proving to be a hard sell because lobbyists from the International Toy Makers Guild are matching the gun lobbyists dollar for dollar and promise for promise in an attempt to get Kansas legislators to defeat the proposed anti-realistic-toy-gun sales bill.

Perhaps the National Guns are Good Association oversold the phrase, "Guns don't kill folks, folks kill folks." Utahans quietly took that reasoning a step further: "Toy guns

don't kill anybody, so we're keeping up with the Joneses and being safe at the same time." Gun lobbyists fear Kansans will follow the same logic.

Right now it's not clear who will win this quiet battle of the titans. Will the National Guns Are Good lobbyists convince Kansas legislators to pass an anti-toy heat sales bill? Maybe not. My research turned up an internal memo that says the International Toy Makers Guild will "use its considerable resources and all legal means necessary to ensure that Kansans will continue to be free to carry and enjoy their toys."

Whatever happens, dear readers, remember that you heard it here first. I'm going to go back up on the porch now.

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

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CALENDAR

ART/ENTERTAINMENT

MAY 20

ART TOUGEAU PARADE

Wheeled vehicles parade. Parade of cars and other wheeled vehicles of various shapes, ages, and engine sizes are given new identities by their owners ranging from clever to comical to just plain nuts. 940 New Hampshire, North along Massachusetts.

LAWRENCE, 785-843-2787

<http://www.lawrenceartscenter.com>

JUNE 3

SENIOR CLASS

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

TOPEKA, 785-357-5211

<http://www.topekacivictheatre.com>

BINGO

SUNDAYS

AMERICAN LEGION

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

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1

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

SUNDAYS & FRIDAYS

CAPITOL BINGO HALL

Minis start at 6:00 p.m. on Sundays and 6:30 p.m. on Fridays. Regular sessions start at 6:30 p.m. on Sundays and 7:00 p.m. on Fridays.

2050 SE 30TH ST, TOPEKA, 785-266-5532

MONDAYS & THURSDAYS

AMERICAN LEGION POST NO. 400

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

MONDAYS & SATURDAYS

LEGIONACRES

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

WEDNESDAYS & THURSDAYS

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

FESTIVALS/FAIRS

MAY 13

SQUARE FAIR CRAFTS FESTIVAL

34th annual. Over 100 craft exhibitors, entertainment, and food vendors. Vendors converge on Garnett's Town Square each year for this craft fair. 4th Ave & Oak St. Town Square. GARNETT, 785-448-6767

<http://home.earthlink.net/~bpwsquarefair/index.html>

MAY 20

MERRIAM TURKEY CREEK FESTIVAL

Summertime fun at the beautiful newly renovated Antioch Park. Choose from the many activities scheduled throughout the day: pancake breakfast, 5K run, parade, petting zoo, inflatable slides, moonwalk, free concerts, arts and crafts vendors, tons of festival food and much more! 6501 Antioch.

MERRIAM, 913-322-5550

<http://www.merriam.org/park/Events/turkey-creek-festival.htm>

JUNE 3-4

GERMANFEST

Outdoor Mass, German buffet serving authentic German sausage, German potato salad, krautstrudels, and desserts, silent auction, outdoor dance, games, rides, booths, crafts, bingo, raffles, and more! Sacred Heart Catholic Church, 312 NE Freeman in the Oakland community. TOPEKA, 785-234-3338

HEALTH

MONDAYS THROUGH THURSDAYS

FIT FOR LIFE

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

FIRST TUESDAY OF EACH MONTH

HEALTH SCREENING CLINIC

Lawrence-Douglas County Health Department.

FIRST METHODIST CHURCH, LECOMPTON 9:30-10:30 AM

TUESDAYS AND THURSDAYS

BLOOD PRESSURE CLINIC

Conducted at Stormont-Vail's outpatient lobby, just inside the doors of the Ninth and Washburn entrance, from 9:00 a.m.-1:00 p.m. No appointment necessary. Also conducted on the first, second, third, and fourth Tuesdays of each month, 4:15-5:15 p.m., in the Sunflower Terrace Cafeteria (before Senior Suppers). TOPEKA, 785-354-6787

TUESDAYS AND THURSDAYS

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

MAY 2

BONE DENSITY SCREENING

Are you at risk for osteoporosis? This quick and easy screening can indicate if further testing for this potentially debilitating disease is needed. A bare heel is necessary for the screening. Information about prevention of osteoporosis is also included as part of the screening process. Fee. LMH HEALTH SOURCE ROOM, 785-749-5800 5:00-7:00 PM

MAY 3

CHOLESTEROL SCREENING

No appointment needed. You may choose between a Basic Cholesterol Screening (No fasting needed) or a Total Cholesterol Screening with a lipid panel. The lipid panel offers a basic cholesterol screening as well as your HDL, LDL, and triglycerides. If you choose to have the Total Cholesterol Screening you will need to fast for 10-12 hours (water and necessary medications are OK). The Total Cholesterol Screenings are offered during morning hours only. Please note that these tests are not considered diagnostic of any disease process and those with results outside the normal range will be advised to see their healthcare provider for follow-up. LMH HEALTH SOURCE ROOM, 785-749-5800 8:30-10:30 AM

MAY 4

BONE DENSITY SCREENING

See May 2 description. LMH HEALTH SOURCE ROOM, 785-749-5800 9:00-11:00 AM

MAY 16

BONE DENSITY SCREENING

See May 2 description. LMH HEALTH SOURCE ROOM, 785-749-5800 1:00-3:00 PM

JUNE 1

BONE DENSITY SCREENING

See May 2 description. LMH HEALTH SOURCE ROOM, 785-749-5800 9:00-11:00 AM

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

CALENDAR

CONTINUED FROM PAGE 16

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

FIRST WEDNESDAY OF EACH MONTH OLDER WOMEN'S LEAGUE

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

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

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

THURSDAYS OLDER KANSANS

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

FIRST THURSDAY OF EACH MONTH LAWRENCE AREA PARTNERS IN AGING

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

FIRST AND THIRD THURSDAY OF EACH MONTH

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

SECOND MONDAY, SEPT-MAY LAWRENCE CLASSICS, GENERAL FEDERATION OF WOMEN'S CLUBS

Volunteer service club.
785-331-4575

SECOND MONDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

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

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

SECOND AND FOURTH TUESDAY OF EACH MONTH

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

SECOND AND FOURTH WEDNESDAY OF EACH MONTH

ALZHEIMER'S EARLY STAGE PATIENT

SUPPORT GROUP

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

SECOND WEDNESDAY OF EACH MONTH LOSS AND GRIEF SUPPORT GROUP

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

SECOND THURSDAY OF EACH MONTH NAACP MEETING - LAWRENCE CHAPTER

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

THIRD TUESDAY OF EACH MONTH LAWRENCE PARKINSON'S SUPPORT GROUP

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

THIRD TUESDAY OF EACH MONTH GRANDPARENT/KINSHIP SUPPORT GROUP

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

FOURTH TUESDAY OF EACH MONTH LAWRENCE PARKINSON'S SUPPORT GROUP

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

FOURTH WEDNESDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

MAY 24

MY ELUSIVE AMOS
Presented by Elborn Mendenhall. 7:00 p.m. Topeka Genealogical Society, 2717 SE Indiana Ave. TOPEKA, 785-233-5762
<http://www.tgstopeka.org>

MAY 26

AARP CHAPTER 1696
AARP Chapter 1696 will meet at 11:00 a.m. at the Lawrence Country Club. The program speaker will be Susan Krumm, the Cooking Q & A columnist for the Journal-World. Please call 785-865-3787 for reservations. LAWRENCE

MISCELLANEOUS

MONDAYS

OSHER RADIO PROGRAM
Local news and talk radio station KLWN 1320 AM presents the new program "Lifelong Learning: Lively Encounters with KU's Best." Each show will feature an interview with a KU Osher class instructor. Tune in for a glimpse of what you can expect from upcoming Osher classes. 10:05 a.m. <http://www.kuce.org/lifelonglearning>

MAY 1-5

CELEBRATING AGE
Stormont-Vail HealthCare's HealthWise 55 and Jayhawk Area Agency on Aging are jointly sponsoring "Celebrating Age" during the first week of May in honor of Older Americans Month. See article on page 17 for more information.

MAY 5-7

SUMPTUOUS SETTINGS
15th annual. A fund-raiser for Meals on Wheels of Shawnee and Jefferson Counties,

Inc. Stroll through 17 room settings designed to entertain and please the eye. Afterward the Tea Room is open for a delectable luncheon of tea, finger sandwiches, fruit, and cookies served from silver tea services. 6425 SW 6th Ave, Kansas Museum of History. TOPEKA, 785-354-5420
<http://www.meals-on-wheels-inc.org>

MAY 6

HERB MARKET
Annual sale of herbs, plants, and yard art on the grounds of the Carroll Mansion. Annual sale of herbs, plants and yard art. 1128 5th Ave. LEAVENWORTH, 913-682-7759
<http://leavenworth-net.com/lchs/>

MAY 27

**EXPERIMENTAL AIRCRAFT
ASSOCIATION FLY-IN**
Annual event with displays of vintage and

experimental aircraft. Sponsored by EAA Chapter #967, this annual event offers up-close views of vintage and experimental aircraft and the opportunity to meet and talk to the owners. 16459 286th Rd, Amelia Earhart Airport. ATCHISON, 913-367-2427, 800-234-1854
<http://www.atchisonkansas.net>

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

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

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WOLFGANG PUCK

Cooking frugally with flavorful results

By Wolfgang Puck
Tribune Media Services

People working in restaurants can almost feel April 15 coming. Maybe it's my imagination, but guests seem to order less extravagantly. That's just one of the serious side effects that the looming federal tax-return deadline can have.

Home food budgets, too, can feel the pinch. Suddenly it's ground meat season, with casseroles and pasta sauces, meatloaves and burgers starring on the dinner table.

Of course, such behavior doesn't really make sense. Tax returns are all about last year. But they sure can make us all think about how we're spending our money right now, especially if we have to pay back taxes.

Which is why I feel that this is an important time to share a lesson I learned long ago, not just from my mother's humble kitchen but from those of the top restaurants where I apprenticed: Even the most inexpensive ingredients, when cooked with care and imagination, can be turned into meals that feel extravagant and taste luxurious.

Let's take ground turkey as an example. It's extremely popular now, not only because it doesn't cost too much but also because it provides a healthier, leaner alternative to red meat. You'll find lots of recipes for meat loaves and pasta sauces made with it instead of beef. But its most common form is the turkey burger, a hamburger alternative now featured in many restaurants.

So forgive me for saying that I find most turkey burgers boring.

The meat doesn't have much flavor, and if you cook it all the way through — after all, nobody wants rare turkey — it dries out.

Prepare it the right way, however, and your turkey burger will be moist and flavorful. The secret is to mix something with the ground meat before cooking to add interest and keep it juicy. My favorite addition is the classic French preparation called duxelles,

a mixture of chopped mushrooms formed into a thick, luscious paste. Then, all you need to complete a great sandwich is some sautéed onions, sliced tomatoes and a good bun (or, if you're watching carbohydrates along with your budget, two sturdy romaine lettuce leaves instead

of the bread).

Another trick is one that every good sandwich maker knows: Add a delicious condiment, which is as essential to meat served on a bun as it is to a fine plated entrée. As your base, you can use bottled products such as mayonnaise or ketchup. Then, make things more interesting by stirring in other piquant embellishments. For my turkey burger, I prepare a higher-class, but no more expensive version of the kind of condiment that burger joints sometimes call "secret sauce." The only difference is, I'm more than happy to share the secret with you.

TURKEY-MUSHROOM BURGER WITH WOLFGANG'S "SECRET SAUCE"

Makes 6 burgers

WOLFGANG'S SECRET SAUCE

- 1/2 cup good-quality bottled mayonnaise
- 1/4 cup tomato ketchup
- 2 tablespoons bottled tomato-based barbecue sauce
- 2 tablespoons finely chopped red onion
- 1 tablespoon chopped cornichons or sweet pickles
- 1/2 tablespoon chopped fresh parsley
- Juice of 1/2 lemon

TURKEY-MUSHROOM BURGERS

- 1 pound white mushrooms, wiped clean, stem ends trimmed
- 1/2 cup plus 2 tablespoons extra-virgin olive oil
- 1/4 cup chopped shallots
- 1 tablespoon chopped garlic
- Salt
- Freshly ground black pepper
- 1 tablespoon unsalted butter
- 3 tablespoons Dijon mustard
- 1 1/2 teaspoons chopped fresh thyme
- 2 pounds ground turkey
- 1 tablespoon chopped parsley
- 1 medium onion, cut into 1/4-inch slices
- 6 good-quality hamburger buns or sandwich rolls, split
- 1 beefsteak tomato, cut into 1/4-inch slices

First, make the Secret Sauce: In a mixing bowl, stir together all the sauce ingredients. Cover with plastic wrap and refrigerate.

For the Turkey-Mushroom Burgers, first prepare the mushrooms: With a chef's knife or in a food processor fitted with the stainless-steel

blade, finely chop the mushrooms. In a large saute pan over medium-high heat, heat 2 tablespoons of the olive oil. Add about one third each of the mushrooms, shallots and garlic and season with pinches of salt and pepper. Add a third of the butter and continue to saute, stirring frequently with a wooden spoon, until the mushrooms are tender and the liquid they give off has evaporated, about 10 minutes. Stir in a third each of the mustard and thyme. Transfer to a sheet pan and spread the mushrooms out evenly with the spoon to cool. Repeat the process with the remaining mushrooms in two more batches, using 2 more tablespoons of olive oil and a third each of the other ingredients for each batch.

When all the cooked mushrooms are completely cool, transfer them to a mixing bowl and add the turkey and parsley. With clean hands, mix the ingredients together thoroughly. Form six individual patties about 3/4 inch thick. Brush them generously on both sides with the remaining olive oil and season on both sides with salt and pepper.

Heat a large skillet over medium-high heat (or, if the weather is nice, prepare a fire in an outdoor grill). Cook the burgers until they are nicely browned and still look juicy, 4 to 5 minutes per side. Then, transfer to a heatproof platter and cover loosely with aluminum foil; the residual heat will continue to cook them to perfect doneness without drying them out.

Meanwhile, add the onion slices to the pan or grill and cook until lightly browned, about 3 minutes per side.

To serve the burgers, spread some of the sauce on the bottom half of each bun. Top with a layer of sliced tomato. Place a burger on top, then the grilled onion, more sauce, and the top half of the bun. Serve immediately.

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

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Turkey-Mushroom Burger with Secret Sauce.

PHOTO BY BOB FELD, CHICAGO TRIBUNE

<h1>Restaurant Guide</h1>	
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<p>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.</p>	

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

SMART COLLECTOR

Beer mugs depend on authenticity

By Danielle Arnet

Tribune Media Services

QUESTION: I have a Bird and Bottle beer mug dated 1805. The inn has been in operation since 1671. Any info? — Leonard, Lakewood, Calif.

QUESTION: About two months ago, you listed a book that told people about the value of old items. I have a few beer mugs that I believe were owned by German military men before WWII. — Delmas, Tombstone, Ariz.



Danielle Arnet

ANSWER: Andre Ammelounx of The Stein Auction Company looked over a photo sent and pronounced the B&B mug "from the recent past." As recent as post-1950s.

Granted, an item dated 1805 can make the heart race. But one must also understand reproductions. Smart collectors know that many, many items of value have been reproduced.

Here are the tip-offs on that mug: Detail is not sharp. Originals were hand-molded, with high relief and edges. According to Ammelounx, "details were more precise" on older versions. Even mugs mass-produced after WWII had more detail than this. This mug has the look of a churned-out commercial product. It seems to be, he added, American made.

Another giveaway is the colors. The blues and browns used are typical of 1970s ceramics. The lack of depth in the glazes indicates casual make. Ammelounx surmised that the mug might have been made in a ceramics hobby shop, when ceramic classes were the rage.

Finally, the base material seems more like chalk ware than quality stoneware or ceramic. Chalk ware is typical of carnival prizes and souvenir goods, not useable bar goods.

Those opinions were rendered without holding the mug for eyeball inspection. To be sure, someone who knows mugs needs to see it.

About the second query, we cover so many books in the column, of such variety, that I cannot imagine which book you seek.

On his Web site, Ammelounx sells several titles on steins and Black Forest collectibles. For a general starter book on all kinds of antiques and collectibles, "Schroeder's Antiques Price Guide: 24th Ed." (\$14.95 from Collector Books) is hard to beat. A specialty title will fill in the blanks.

The question on (possible) regimental mugs was too general for Ammelounx to address, but he offered to look over photos sent with supporting info.

FYI: Write to Ammelounx and the Stein Auction Company at P.O. Box 136, Palatine, IL 60074. E-mail is aapo136@aol.com. The Web site is www.tsaco.com. Ask about a mini-convention of beer stein collectors set for St. Louis in September 2006.

QUESTION: Can you give me info on this table, including value? — Cecile, Bangor, Maine

ANSWER: The photo sent shows a handsome walnut Federal style card table. I cannot tell if there are side drawers or if the top opens. Or if the Sheraton style decoration is inlay or applied.

The table needs to be seen. To my eye, it is not old, but it is quality. Most likely, this is a reproduction period piece from the 1920s to '40s.

It would probably do well at auction, particularly in an East coast sale. Maine has several very good auction houses with a national following. I'd send photos there and to other Eastern houses, and see what the experts think.

QUESTION: I'm trying to locate info on Coca-Cola cards from WWII that have warplanes on the front. I have 20 of them, all different. Any ideas? — Dennis, Warwick, R.I.

ANSWER: Allan Petretti is the specialist on all Coca-Cola collectibles. Your cards are covered in his "Petretti's Coca-Cola Collectibles Price Guide: 11th Ed." (\$47.95 from Wallace-Homestead Book Co.).

Known as "Airplane Hangars," the large cardboard hanging cards were

produced by the company starting in 1941 and were made until the end of the war. Four sets of large hanging cards showing American aircraft winning the war were issued. Set no. 1, issued in 1941-42, consisted of 12 cards. Sets no. 2, 3 and 4, issued in 1943/44 and '45, had 20 cards each.

Because the first in a series is more valuable, Petretti lists the first set, if complete and mint, at \$1,500. Successive sets, if still in their original printed envelope with original string hangars, retail for slightly less. Individual cards in the same condition retail at about \$50 each. The importance of condition cannot be stressed enough.

Your task is to ID which set you have. Petretti's book has photos of the cards in sets no. 2 and no. 3.

QUESTION: Would a book of S&H green stamps be a collector's item? — Barb, Lima Ohio

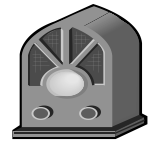
ANSWER: Nope. Ditto for 99 percent of all redemption stamp books.

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

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Older Americans Month to be celebrated in May

Older Americans Month originated with a presidential proclamation in May 1963 and has been proclaimed by presidents each year since. Last year, President Bush stated, "Older Americans teach us the timeless lessons of courage, sacrifice and love. By sharing their wisdom and experience, they serve as role models for future generations. During Older Americans Month, we pay tribute to our senior citizens and their contributions to our nation."

36.3 million

The number of people 65 and older in the United States on July 1, 2004. This age group accounted for 12 percent of the total population. Between 2003 and 2004, the size of this age group increased by 351,000 people.

86.7 million

Projected population of people 65 and older in the year 2050. People in this age group would comprise 21 percent of the total population at that time.

147%

Projected percentage increase in the 65-and-older population be-

tween 2000 and 2050. By comparison, the population as a whole would have increased by only 49 percent over the same period.

483 million

Current world population age 65 and older. Projections indicate the number will increase to 974 million by 2030.

\$108,885

Median net worth in 2000 of households with householders 65 and older. In contrast, householders under the age of 35 had a median household net worth of \$7,240.

\$24,509

Median 2004 income of households with householders 65 and older, statistically unchanged, in real terms, from the previous year.

9.8%

Poverty rate for people 65 and older in 2004, down 0.4 percentage points from the previous year.

39%

Percentage of total annual personal income of people 65 and older

that comes from Social Security payments.

9.1 million

Estimated number of people age 65 and older who are military veterans.

5 million

Number of people age 65 and older who are in the labor force.

73%

Proportion of people age 65 and older in 2004 with at least a high school diploma.

19%

Percentage of the population age 65 and older in 2004 who had earned a bachelor's degree or higher education.

47,000

Number of people age 65 and older enrolled in college in October 2004.

56%

Percentage of people age 65 and older who were married in 2004.

31%

Percentage of people 65 and older who were widowed in 2004.

79%

Percentage of citizens age 65 and older registered to vote in the 2004 presidential election, the highest rate of any age group. Seventy-one percent of people in this age group reported actually casting a ballot.

41%

Of all the votes cast in the 2004 presidential election, the projected percentage to be cast by people 65 and older. In the 2004 election, people in this age group cast 19 percent of the votes.

81%

Proportion of householders age 65 and older in 2005 who owned their homes. This compares with 43 percent for householders at the other end of the age spectrum — under age 35.

3.7 million

Number of U.S. foreign-born residents 65 and older in 2004.

72

Overall, the number of men age 65 and older on July 1, 2004, for every 100 women in this age group.

For those 85 and over, it drops to 45 men per 100 women.

4.9 million

The number of people 85 and older in the United States on July 1, 2004.

67,473

Estimated number of centenarians in the United States on Nov. 1, 2005.

580,605

Projected number of centenarians in the United States in 2040.

17%

Percentage of Florida's population that was 65 and older on July 1, 2004. Florida led all states in this category. West Virginia, Pennsylvania, North Dakota and Iowa followed closely, at 15 percent each.

4.2%

Percentage increase in the number of people age 65 and older in Nevada between July 1, 2003, and July 1, 2004 — the highest in the nation. Alaska closely followed at 3.8 percent.

3.8 million

Number of people 65 and older living in California on July 1, 2004, the highest total of any state. Florida, with 2.9 million, was the runner-up.

11.3 million

Number of people 65 and older who engage in exercise walking, by far the most popular sports activity for this age group, at least six times a year. The next most popular forms of exercise for this age group are exercising with equipment, net fishing, camping, golf and swimming. (People 65 and older are keeping up with younger adults; exercise walking was number one for them also.)

About 3-in-10

Of all mass market, or "pocket sized," books purchased in 2004 by adults, the proportion bought by people age 65 and older.

78%

Percentage of households with a householder age 65 and older who own a motor vehicle.

25%

Percentage of people 65 and older who use the Internet.

Source: U.S. Census Bureau



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YOUNG AMERICA FILMS



Guidebook for explorers is 'love letter to Kansas'

By Glenna Wilson

Kansas Senior Press Service

A project of KU's Landon Center on Aging

Author Marci Penner says that *The Kansas Guidebook for Explorers* has become her "love letter to Kansas." And to all its readers, especially those who love day trips and weekend getaways, it offers many new insights and a storehouse of information about the state.

Penner's book covers the state by region, then by counties within regions, and then by towns and cities within counties. We learn about churches, museums, galleries, military installations, parks, and much more. Every entry in the guidebook falls into one of eight elements: Architecture, Art, Commerce, Cuisine, Customs, Geography, History, and People.

A special feature is descriptions of locally owned eating places. The first is found on page 10; it's the Route 40 Sports Bar and Grill in Victoria, offering, along with other food, deep-fat-fried pretzels. The last appears on page 407; it's the Mustang Café in McCracken, population 203, which offers prime rib and rib eye steak on Saturday night and a buffet on Sunday. In between are dozens of other local cafes and restaurants.

The book begins with northwest Kansas and tells interesting things about its 15 counties. The highest point in the state is Mount Sunflower, elevation 4,039 feet, in Wallace County. Among things to be seen in Rawlins County are a buffalo statue by the courthouse in Atwood and a museum with a mural capturing the county's history.

The northeast section includes 19 counties and teaches us about the black squirrels in Marysville and the Old Depot Museum in Ottawa. The Johnson County section includes such well-known local sites as the Mahaffie Stagecoach Stop and Farm, Ernie Miller Nature Center, Deanna Rose Farmstead, Overland Park Arboretum and Botanical Gardens, and Legler Barn Museum. But it also encourages readers to shop at the Dolphin Song in Gardner, taste a Green River at the Gardner Pharmacy, or drop in at Jacky's Coffee House in Spring Hill.

The north central region covers 14 counties and describes the Eisenhower Museum and the one remaining Pony Express station on its original site, at Hanover.

Southeast Kansas covers 18 counties and features a tour of the Flint Hills on Kansas 177 between Council Grove and Cassoday. In Baxter

Springs you'll find the Little League Baseball Museum.

Next in the book is south central Kansas, with the state's biggest city, Wichita. But there are also the Cheyenne Bottoms and Quivira national wildlife areas, great places for birding. And in Florence, if you call ahead, you can have a Harvey House meal.

The fifth region in the book is the southwest, with intriguing plac-

es like Protection, where there's a Stan Herd Art Gallery; he was a native. At LaCrosse in Rush County is a barbed wire museum with 3,000 styles of wire, as well as a post rock museum, a county historical museum, and a 1916 bank museum.

These are just a few examples from different parts of the state, but on every one of the 407 pages are interesting things for the explorer to

learn about and visit. The book contains many colorful photos, as well.

The book was published in late 2005 by the Kansas Sampler Foundation. Penner gives credit to many others who helped her with the book; they've produced a real masterpiece about our state. For more information, please visit www.kansassampler.org.

- Glenna Wilson is a retired journalist who lives near Manhattan, Kan.



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MY ANSWER

Wife frustrated with retired husband getting in the way

By Billy Graham

Tribune Media Services

QUESTION: My husband is about to drive me crazy. He retired a year ago, and now that he's run out of projects to do around the house he's bored and constantly gets in my way. We always looked forward to his retirement but now I'm not so sure it was a good idea. Do you have any suggestions? — Mrs. C.D.

ANSWER: Your problem isn't unusual; almost every week I get at least one letter from someone (or their spouse) who has retired recently, and suddenly they feel useless, bored, frustrated — or even angry. But it doesn't have to be this way.

The key is to ask one simple question: What does God have in store for me during this stage of my life? In other words, what is God's will for my retirement years? Does He want me to spend my time doing nothing — or does He have something new for me to do? After all,

God hasn't abandoned you; He still loves you and still has a purpose for every day of your life. It may involve something different than what you've done in the past — but it can be just as fulfilling as anything

you've ever done.

Most people ask themselves, "What do I want to do when I retire?" It's not necessarily wrong to ask that, of course; God wants to give good things to us if our hearts are right. The Bible says, "Delight yourself in the Lord and he will give you the desires of your heart" (Psalm 37:4).

But the real question should be, "What does God want me to do when I retire?" Make sure of your relationship to Christ. Then ask Him

to guide you and your husband, and to open the door to some new opportunity to serve Him — in your church, your community, or even overseas.

(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.)

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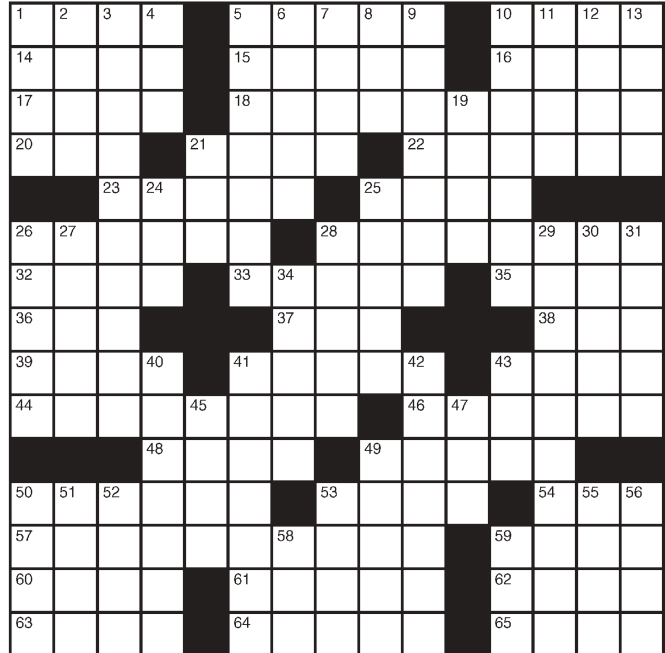
ACROSS

- 1 Standstill
- 5 Sound of a wet impact
- 10 Harebrained
- 14 Preside at tea
- 15 Computer critter?
- 16 Emerald Isle
- 17 Culturally showy
- 18 Falling apart
- 20 In addition
- 21 Sole curve
- 22 Moves in neutral
- 23 Odd event
- 25 McCartney's instrument
- 26 Fall guy
- 28 Spine piece
- 32 Acidic
- 33 Window leak
- 35 Dull time
- 36 Wind up
- 37 MacGraw of "Love Story"
- 38 Wallet bill
- 39 Pulitzer winner of 1958
- 41 Weight-loss plans
- 43 Related by blood
- 44 Ethics teacher
- 46 Most up-to-the-minute
- 48 Pinkish table wine
- 49 Bridge expert
- 50 Cuba's Fidel
- 53 Ocean ice
- 54 Rabbit mama
- 57 Not working
- 59 Exercise discipline
- 60 List end, sometimes

- 61 Spooky
- 62 Leather punches
- 63 Hold back
- 64 Alps warble
- 65 Patella's location

DOWN

- 1 Minor quarrel
- 2 Spanish bull
- 3 Broken down
- 4 Be nosy
- 5 Smiled smugly
- 6 ___ de Leon
- 7 Luxuriant
- 8 Cinder
- 9 Serving trolley
- 10 Corrupted
- 11 Feels poorly
- 12 Succumb to worry
- 13 "___ of the d'Urbervilles"
- 19 More than 50 percent
- 21 Summer mo.
- 24 Destiny
- 25 Be suitable for
- 26 Power for Fulton
- 27 Latin dance
- 28 Male servant
- 29 Busted
- 30 Indian royalty
- 31 Emissary
- 34 Pay hike
- 40 Of this world
- 41 Skirt the regulations
- 42 Breathing device
- 43 Reverent wonder



By Diane C. Baldwin
Columbia, MD

- 45 Traditional knowledge
- 47 Unit of work
- 49 Spirit in a bottle
- 50 University student
- 51 Feed the kitty
- 52 Musial or Kenton
- 53 Feathered friend
- 55 Eye covetously
- 56 Leisure
- 58 Zodiac cat
- 59 Shaggy-haired ox

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Answers on page 30

MAGICWORD

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

LET'S PAINT THE HOUSE (sol.: 8 letters)

A-Acrylic, Apply; B-Banister, Brushes; C-Ceilings, Clean up, Coat, Color; D-Drip; E-Enamel, Exterior; F-Finish, Flat; G-Gallon, Gloss; H-Hallway; L-Ladder, Latex, Lid; O-Odor; P-Paint, Pole, Pour, Prepare, Primer; R-Roller, Rooms; S-Satin, Semi-gloss, Scraping, Smooth, Spackle, Spill, Sponge, Sprayer, Stain, Stir, Stripping, Surface; T-Tint, Tools, Tray, Trim; W-Walls

This month's answer:

INTERIOR

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

Ans: A

“ ”

THAT SCRAMBLED WORD GAME
by Henri Arnold and Mike Argirton



Stay awake, it's getting better

WHAT HE HOPED THE MOVIE WOULD TURN INTO.

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

Answers on page 30

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24 SeniorMonthly, May 2006

TRIVIALITIES

1. Who directed the 2003 film "In the Cut," which starred Meg Ryan and Jennifer Jason Leigh?
2. Taylor Hackford directed this 2000 film starring Meg Ryan and Russell Crowe.
3. Who starred as Lowell Bergman in the 1999 film "The Insider"?
4. What directed made his directorial debut with the 1971 film "Jaun-puri"?
5. Who starred as Gay Perry in the 2005 film "Kiss Kiss Bang Bang"?
6. What Oscar-nominated actress was born on Jan. 22, 1965 in New York, N.Y.?
7. Who directed the 1984 film "The Cotton Club"?

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Answers on page 30

BRIDGE

The Right Duff

By Omar Sharif and Tannah Hirsch

Tribune Media Services

North-South vulnerable. South deals.

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

The bidding:

SOUTH	WEST	NORTH	EAST
1 ♥	2 ♣	2 ♥	Pass
4 ♥	Pass	Pass	Pass

Opening lead: King of ♣

You might think that ruffing a loser is a routine play. Sometimes, however, it is not easy to spot which loser should be ruffed. Consider this deal.

Count us among those who would open two no trump with the South hand. However, we understand the reluctance of those to do so when holding a good five-card major. Here, it led to a difficult four-heart contract rather than a cold game at no trump.

West led the king of clubs, declarer holding up, and shifted to a trump. Declarer won in hand with the ten as East followed with the eight, cashed the ace of clubs and tried to ruff a club on the table. That spelled the end of the contract. If declarer ruffed low, East would over-ruff; if he ruffed high, he would have a sure trump loser. Since there were still two spade losers, declarer could not collect more than nine tricks.

Declarer should have realized the possibility of an overruff. He could

get home by arranging to ruff a spade instead.

After winning the heart shift, declarer should lead a low spade from hand. West wins and can exit safely with a diamond. South wins, cashes the aces of clubs and spades, and exits with the ten of clubs, discarding the table's remaining spade. No matter what the defenders do, de-

clarer can ruff his remaining spade loser low and loses only two club tricks and a spade.

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

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Bowling a remedy for recliner seduction

By Victor Drueten

Kansas Senior Press Service
A project of KU's Landon Center on Aging

When I retired, I excitedly sought out new places and new experiences. I knew that if I wanted to avoid mental/physical "rusting," it was imperative to keep learning and keep moving.

But every year, the keep-me-going excursions slowly dwindled, and I found myself gravitating to my new best buddy: the softest, most comfortable, plushest recliner in existence. Curled up in this body-enveloping piece of furniture, I felt warm, safe, secure, and temporarily free from oh so many aches and pains. Now I find that I'm starting to "live" in that chair more and more hours. If something feels this good, there is going to be a price to pay.

What's wrong with having a spot that frees my mind from worry and outside distractions—and cuts down on my use of ibuprofen? 186 pounds, that's what! If I weighed 172, 173, even 174, that would be sufferable, but the laconic laziness that has accompanied these rising numbers is, well, aging me. Shame on you, Mr. Recliner! My oh-so-cozy companion was sending me a bill, and its total included "extra weight" and "cranky joints."

Time to call a sympathetic friend, put on our top hats, and find some-

thing active to do.

"Bowling?" Ron asked. "You call that exercise?"

"Well, Ronny, we aren't spring roosters any more, and if I remember right, there is some bending, squatting, and swinging involved. I say we give it a shot."

We found a bowling center near us. We went early (10:00 a.m.), in the middle of the week, to avoid the crowds we seniors seem to have no tolerance for—and were pleasantly surprised to discover that we had the whole place to ourselves. The woman in charge also informed us about a senior discount and easy-to-put-on shoes that use Velcro!

Five minutes later, we were ready to go. Neither of us had participated in this activity in more than a decade, and we were trying to recall how to score. No problem; computers keep score! An employee had to spend two minutes showing us how to push two buttons on the console, but even we could handle that much technology.

"What? No practice throws?" I groused. "It's been over 10 years!"

I felt clumsy, awkward, out of balance, inept, frail, nervous, and vulnerable, lacking the self-confidence I'd taken for granted in my youth. I threw a gutter ball (blamed the slick floor), then downed four pins; instant improvement! My buddy followed with a duplicate gutter (said

the sun got in his eyes) and then picked off three pins. The screen showed Vic 4/Ron 3. We both laughed; the excitement of remembered fun was just beginning. And we couldn't get any worse.

Both being ex-super jocks (that's how we remember it, anyway), we immediately started to dissect our "game." We quickly learned, however, that no amount of discerning coaching was going to help these bodies. Our recliner-loving tendons and ligaments were on their own. First game: Vic 102/Ron 100. We had busted the century mark. All was well with the world.

Did we improve? Absolutely! With each game, our scores slowly ascended. Tidbits of coordination and self confidence became evident as our bodies adapted to the unusual positions we were putting them through. And we both learned very quickly to take small steps on those slick, waxed alleys. We decided that if we did fall, we would pretend to be break dancing—a strategy to preserve our stud images. We took our time, critiqued, laughed, talked trash, and bowled five games in two hours.

During our last game, a league of 30 women settled down at alleys at the other end of the room. They seem to be having a super time, so I went down to get some advice. I met Louella, a beautiful woman in

her 70s who carries a whopping 137 average (out of Ron's and my league). She told me that the exercise and companionship of bowling were priceless. I asked whether the physical aspects of bowling made her stiff. With a huge grin, she replied, "Honey, at my age I'm stiff all the time."

What I noticed most was that everyone in that group was smiling. Fun + friends + getting out = winners before the first ball was rolled.

A caveat: I go to the gym three times a week, Ron claims an athletic childhood, and we both consider ourselves pretty energetic for guys getting Social Security. But five games was way too much bowling for first timers. We were having so much fun that we temporarily forgot we weren't occupying our bodies of the 1960s (or '70s or '80s or '90s). We didn't notice any specific pains while bowling, but were both a little more stiff than usual the following week. Okay, make that a lot stiffer.

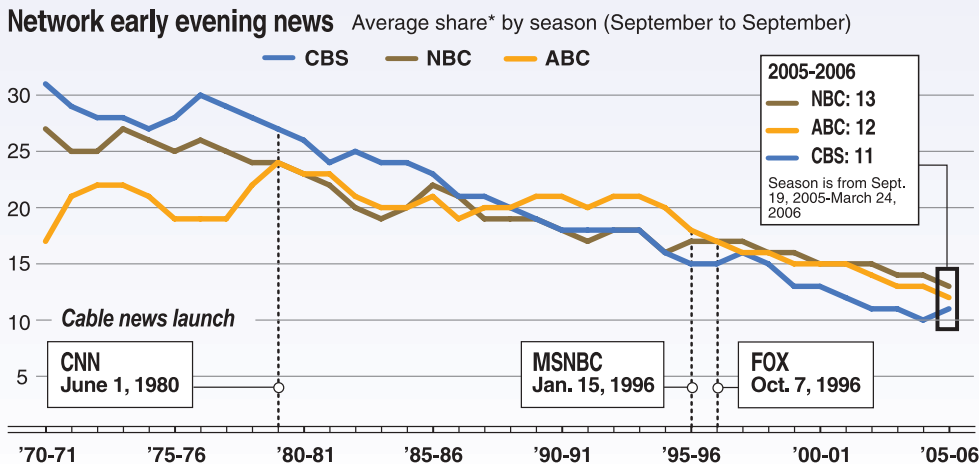
I've started doing lunges with a hand on a chair. Why? Well, Ron called to demand a rematch with the champ; we're heading back next week. No, you may not call "American Funniest Home Videos" and tell them where we will be.

PS: Head to the lanes now. You'll have a couple of months before the kids get out of school for the summer.

- Vic Drueten is a retired teacher who lives in Shawnee, Kan.

Decline of the nightly news

The viewership Katie Couric inherits at the "CBS Evening News" is substantially different than her predecessors' audience. The proliferation of 24-hour news networks has been one factor in that decline.



*Share is the percentage of households watching television that are tuned to a specific program or station at a specified time; early evening news time period is 6:30-7 p.m.

Source: Nielsen Media Research Graphic: Gentry Sleets and Marty Bach, Chicago Tribune

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Rise of HDTV

Units shipped in North America of the three major high-definition TV technologies:

Plasma
2004: 754,000
2005*: 1.59 million

LCD (liquid crystal display)
2004: 2.7 million
2005*: 5.9 million

DLP (digital light processing)
2004: 453,000
2005*: 791,000

*Estimate

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Source: Riddhi Patel, senior television analyst for iSupply
Graphic: Fort Worth Star-T elegram

Kansans start saving with Medicare prescription drug coverage

By The Centers for Medicare & Medicaid Services

More than 210,000 people with Medicare in Kansas have already joined Medicare drug plans that meet their needs, either on their own, or with help from one of the thousands of counselors and volunteers across the country. Medicare data shows that people are choosing plans with low premiums, low deductibles, fixed co-pays, no coverage limits, and broad formularies. On average, these people are saving \$1,100 a year on their prescription drug costs compared to people without drug coverage.

If you or a loved one has Medicare, you owe it to yourself to learn more about how you could save money, too. In Kansas there are more than

402,100 people with Medicare eligible to enroll in a prescription drug plan. The sooner you join, the sooner you'll start saving on prescription drugs. Join by May 15 to make sure you won't have to pay a higher premium that includes a penalty.

Here's where you can get more information about Medicare prescription drug coverage and the plans in your area:

- Speak with a live operator 24 hours a day; 7 days a week at 1-800-MEDICARE (1-800-633-4227) TTY users should call 1-877-486-2048.

- Visit www.medicare.gov to see a list of all the plans in your area and use the Medicare Prescription Drug Plan Finder to help narrow down your options.

- Find places to get personalized assistance in your community by going

to your local Office on Aging, or visit www.eldercare.gov on the Internet.

- Call the state health insurance information program or SHIP program. In Kansas it is the Senior Health Insurance Counseling for Kansas program or SHICK and their toll-free number is: 1-800-860-5260.

- Or, attend one of these enrollment events listed here, for one-on-one assistance with choosing and enrolling in a plan.

Join by May 15 and don't let this opportunity for savings and peace of mind pass you by!

This information prepared by the U.S. Department of Health and Human Services.

AARP, JAAA to hold Medicare seminars

To continue to educate seniors about Medicare Part D, AARP Kansas and Jayhawk Area Agency on Aging (JAAA) are holding a series of informational sessions for anyone wanting more information or an appointment to enroll in the new Medicare Prescription Drug coverage. The drug coverage, known as Part D, is available to anyone who is

eligible for Medicare and began January 1, 2006.

"It's extremely important that people find out what the new Medicare prescription drug coverage has to offer," said AARP State Director Maren Turner. "We're pleased that we can partner with JAAA to make sure this information is available."

"We encourage anyone who has questions about, or needs to enroll in, Medicare Part D to attend one or more of these informational sessions," added Jocelyn Lyons, Program Manager for JAAA.

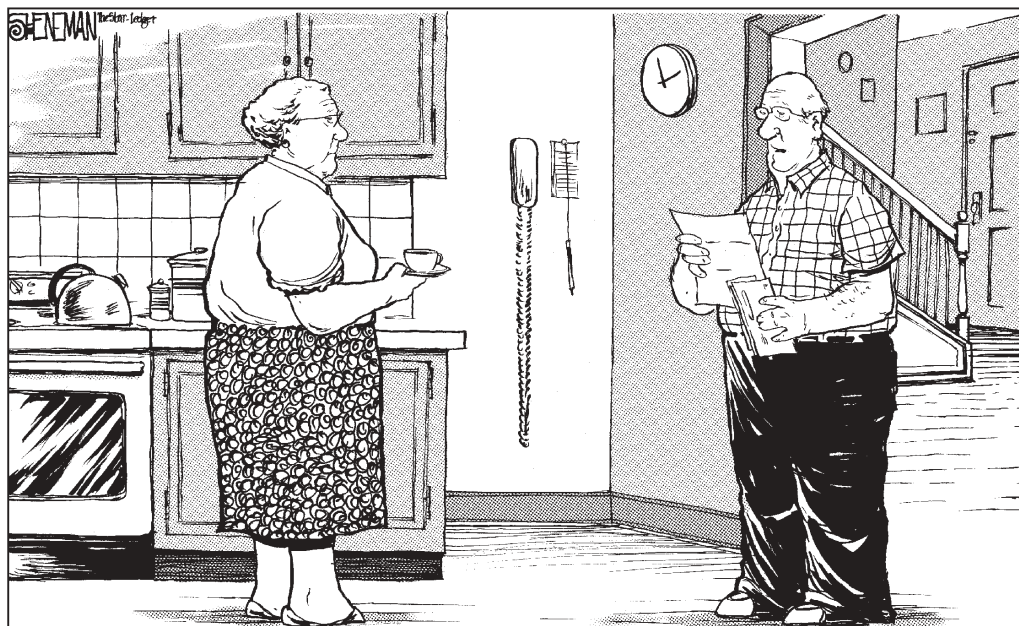
The final Medicare Prescription Drug Program seminar in this series will be held on May 9 from 10:00 a.m. to noon at JAAA, 1720 SW Topeka Blvd., Topeka.

When enrolling in Medicare Part D, you must schedule an appointment and bring the following information:

- Medicare Card or Medicare Number
- A complete list of medications, including monthly dosage and cost
- Any correspondence from Medicare or Social Security Administration regarding Medicare Part D is also helpful, but not mandatory.

Medicare Part D Enrollment Events

Date	Time	Location	Address	Appt needed	Contact Name/Phone #
5/1/2006	10 am - 11:30 am	Douglas County Senior Services	745 Vermont, Lawrence	N	Katie Glendening (785) 842-0543
5/4/2006	9:00 am - 3:30 pm	West Shepherd Center	Wichita	Y	Jenell Smith (316) 722-7721
5/8/2006	10 am - 11:30 am	Douglas County Senior Services	745 Vermont, Lawrence	N	Katie Glendening (785) 842-0543
5/15/2006	10 am - 11:30 am	Douglas County Senior Services	745 Vermont, Lawrence	N	Katie Glendening (785) 842-0543



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NOSTALGIA NOTEBOOK

MAY 1946

Births

MAY 9: Candice Bergen, actress
MAY 11: Robert Jarvik, physicist and inventor
MAY 18: Reggie Jackson, baseball player
MAY 20: Cher, actress and singer

Events

MAY 7: Tokyo Telecommunications Engineering (later renamed Sony) is founded with about 20 employees.
MAY 21: Radiation accident in Los Alamos laboratory; Dr Louis Slotin saves his coworkers but receives a fatal dose of radiation. Incident is initially classified.

MAY 2: Six prisoners unsuccessfully try to escape from the Alcatraz prison island.



MAY 1956

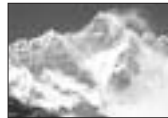
Births

MAY 15: Dan Patrick, anchor, ESPN's *SportsCenter*
MAY 16: Olga Korbut, Russian gymnast
MAY 17: Sugar Ray Leonard, boxer
MAY 17: Bob Saget, actor, *Full House*
MAY 23: Buck Showalter, professional baseball player and the current manager of the Texas Rangers

Events

MAY 8: Austria and Israel form diplomatic relations.
MAY 21: Bikini Atoll is nearly obliterated by the first airborne explosion of a hydrogen bomb.

MAY 18: First ascent of Lhotse (main), fourth highest mountain.



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The "invading horde" has arrived! If your business is not currently marketing to those 50 and older, Kaw Valley Senior Monthly can help you get started.

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Call Kevin at 785-841-9417 or e-mail rates@seniormonthly.net for more information.

Former surgeon general to address aging conference

Former U.S. Surgeon General Dr. M. Joycelyn Elders headlines the keynote speakers for the 2006 Governor's Conference on Aging Services that will be held May 3-4 at the Capitol Plaza Hotel and Maner Conference Center in Topeka.

Elders, who started college at age 15 and now is a Distinguished Professor of Public Health at the University of Arkansas, will speak on "Healthy Aging in the 21st Century" at the luncheon on May 3.

Other keynoters are Dr. Jerry L. Old, who left his private practice in Arkansas City after 25 years to teach in the Department of Family Medicine at the University of Kansas School of Medicine; and Tim Bays, a

songwriter and humorist from Nashville, Tenn.

Old, board certified in both family practice and hospice and palliative medicine as well as author of *Vintage People: The Secrets of Successful Aging*, will speak on "Paradigm Shifts in Natural Aging" at the afternoon general session on May 3.

Bays will combine humor, insight, stories and songs in his "Everyday Magic" presentation at lunch on May 4. Pointing out the

extraordinary in the ordinary, he suggests that the resources to lead successful and abundant lives are often sitting right in front of us.

In addition, more than 30 break-out sessions will focus on a variety of aging issues and topics for both the elderly and their caregivers, including Medicare, fitness, culture change in nursing homes and health issues. A number of exhibitors will be displaying their goods and services as well.

Early registration is due April 15. For more information or a registration form, check the Kansas Department on Aging Web site at www.agingkansas.org or call KDOA at 785-296-4986 or 1-800-432-3535.



Elders

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MyStory 2006: Sharing Stories Through Food and Fabric

The theme of this year's summer series will be how we share our family traditions and stories through

recipes, meals, and quilts and other cloth items.

Susan Krumm will open the series

on Monday, June 5, at 2:00 p.m. in the Lawrence Public Library Auditorium with a program on how our

family traditions surrounding food and fabric reflect our ethnic backgrounds, cultural ideas and community. Each session will encourage participants to share recipes, quilts, embroidered items and other treasures plus the stories that make them special. Recipes will not only be talked about, but made.

Sponsored by the Senior Outreach Services of the Lawrence Public Library, Douglas County Extension Office, Lawrence/Douglas County Senior Services and the Lawrence/Douglas County Housing Authority, the series will begin June 5 and run through July 25. Come bring your family's favorite dish, your grandmother's quilt or the pillowcases that you received as a wedding gift.

For more information concerning MyStory 2006, contact Pattie Johnston, Lawrence Public Library Senior Outreach Services, 785-843-3833.

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D	E	N	Y	Y	O	D	E	L	K	N	E	E

JUMBLE ANSWERS

Jumbles: GORGE ELITE LATEST BURLAP

Answer: What he hoped the movie would turn into – A REAL "SLEEPER"

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TRIVIALITIES ANSWERS

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- "Proof of Life"
- Al Pacino
- Michael Mann
- Val Kilmer
- Diane Lane
- Francis Ford Coppola

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**Know an
interesting senior
who would be a
great subject for
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HEARING

Hearing loss is serious business

By Rick Tibbils

Many people are aware that their hearing has deteriorated but are reluctant to seek help. Perhaps they don't want to acknowledge the problem, are embarrassed by what they see as a weakness, or believe



Rick Tibbils

they can "get by" without a hearing instrument. Unfortunately, because of these, many people wait years, even decades before seeking treatment.

But, time after time, research has show the substantial negative social, psychological, cognitive and health effects of untreated hearing loss... with far-reaching implications that go well beyond hearing alone. In fact, those who have difficulty hearing can experience such distorted and incomplete communication that

it seriously impacts their professional and personal lives, at times leading to isolation and withdrawal.

Studies have linked untreated hearing loss to:

- Irritability, negativism and anger
- Fatigue, tension, stress and depression
- Avoidance or withdrawal from social situations
- Social rejection and loneliness
- Reduced alertness and increased risk to personal safety
- Impaired memory and ability to learn new tasks
- Reduced job performance and earning power
- Diminished psychological and overall health

Hearing loss is not just an ailment of old age. It can strike at any time and any age, even childhood. For the young, even a mild or moderate case could bring difficulty learning, developing speech and building the important interpersonal skills necessary to foster self-esteem and succeed in school and life.

- Rick Tibbils, MA, CCC-A, is an audiologist with Hearing Sciences, He can be reached at 785-856-2250.



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For more information or tickets, contact Stormont-Vail's HealthWise 55 office, (785) 354-6787 or Jayhawk Area Agency on Aging, (785) 235-1367.

Celebrating Age

Celebrate Older Americans Week April 30-May 5, 2006

Join us for a week of activities brought to you by Stormont-Vail HealthCare's HealthWise 55 and Jayhawk Area Agency on Aging

Sunday, April 30: TCT Performance

"A Midsummer Night's Dream" by William Shakespeare • Topeka Civic Theatre and Academy • 3028 S.W. 8th Ave. • 2 p.m. Advance tickets for \$9 available from Stormont-Vail HealthWise 55 or Jayhawk Area Agency on Aging.

Monday, May 1: Bingo at the Moose

Bingo at the Loyal Order of the Moose • 1901 North Kansas Ave. • 1:30 to 3 p.m. No ticket needed.

Tuesday, May 2: Get Fit at the YWCA

Enjoy a morning of getting fit at the Topeka YWCA, 225 S.W. 12th Street. Activities run 8 a.m. through 1 p.m. They include aqua exercise class, tai chi and exercise equipment demos. No ticket needed.

Friday May 5: Senior Prom

Senior Prom • Ramada Inn Ballroom Dance the evening away to the music of "The Fairlawn Road Swing Band," from 6:30 until 9 p.m. Tickets are \$5 per person to dance and listen to the music. Drinks and hors d'oeuvres included. Tickets available at Stormont-Vail HealthWise 55 or Jayhawk Area Agency on Aging.

Jayhawk Area Agency on Aging



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**Hearing aids do not restore natural hearing. Individual experiences vary depending on the severity of hearing loss, accuracy of evaluation, proper fit and ability to adapt to amplification.
** See store for warranty details. † Hearing tests always free. Not a medical exam. Audiometric test to determine proper amplification needs only.
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