

Kaw Valley Senior Monthly

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Serving Active Seniors in the Lawrence-Topeka Area since 2001

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INSIDE



Midland Care Connection's new PACE program has the goal of helping the frail elderly stay in their own homes as long as possible. - page 4



Lawrence's new RSVP program is an outlet for seniors who want to serve their community by volunteering their time and abilities. - page 6

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FREE



Bev Wilson in Audio-Reader's sensory garden

KEVIN GROENHAGEN PHOTO

Wilson reads for the blind, print-disabled

By Kevin Groenhagen

Bev Wilson wanted to become an Audio-Reader volunteer immediately after she retired. However, her plans went slightly awry.

Wilson in 1987 joined the KU School of Business' faculty as an accounting and information systems professor. She first learned about the Audio-Reader program from a colleague in the School of Business who was a volunteer. The program sounded perfect for her.

"I love reading out loud," Wilson said. "I taught mostly college seniors and I used to read to my accounting

students when it was appropriate. I would read *The Wall Street Journal* and other popular business writings to them. But I would also read children's books to them if the message was appropriate. For example, when I returned a particularly dismal test, I would sometimes start out with *Alexander and the Terrible, Horrible, No Good, Very Bad Day*."

According to an Amazon.com review, "*Alexander and the Terrible, Horrible, No Good, Very Bad Day* is a great antidote to bad days everywhere, sure to put a smile on even the crabbist of faces."

Just as she was preparing to retire

in 1998, Wilson, now head of her department, discovered something that changed her plans for the next several months. Instead of reading for the blind and print-disabled, she would be reading the riot act to several university students.

"I retired with a major cheating scandal that took nearly a year after retirement to resolve," Wilson explained.

With the cheating incident behind her, Wilson could finally look forward to volunteering with Audio-Reader.

The Kansas Audio-Reader Net-

■ CONTINUED ON PAGE TWO

Bev Wilson

■ CONTINUED FROM PAGE ONE

work, generally called Audio-Reader, is a radio reading service for the blind and print-disabled. Anne "Petey" Cerf of Lawrence began exploring the feasibility of such a program during the 1960s. While at the Library of Congress, she discovered that Stan Potter and Bob Watson, two amateur radio operators, had developed the first radio reading service through Minnesota Public Radio in 1969. With Potter's help, Cerf worked to offer a similar service in Kansas. Cerf presented her proposal to KU with the offer to fund the program during its first two years of operation. In October 1971, KANU (now called Kansas Public Radio), KU's public radio station, began operating Audio-Reader, the second radio reading service in the United States.

Audio-Reader currently has more than 300 volunteers. The program provides about 6,000 registered clients with 24 hours of programming every day of the week. With 168 hours of programming each week, Audio-Reader's volunteers are able to share a large variety of publications and topics with clients. The volunteers read, among other items, newspapers, magazines, books, history selections, and *TV Guide* schedules.

"I started with reading the classified ads," Wilson said. "I then started reading books and agreed to do live broadcasts. For me, going live was the most challenging because I'm a perfectionist and I don't like to make mistakes. Of course, on air there's not much you can do if you mispronounce a name. I read regional newspapers with a partner on Monday afternoons. We take turns reading eight to 12 newspapers for two hours. We read local news and obituaries. We don't read the whole obituary—just the name, age, and where they died. At the end of the broadcast, people can call to have the entire obituary read to them."

Wilson has also read many books for Audio-Reader.

"If clients call us with a request, we do our best to fulfill that request, even if it is a single person asking to have it read," she said. "If the material is of really limited interest, we will record on tape and send the tape to the client. We have quite a few clients who receive tapes."

Volunteers typically pre-record books one hour at a time.

"The longest book I have read was *Collapse: How Societies Choose to Fail or Succeed* by Jared Diamond," Wil-

son said. "It took 30 hours. It was heavy reading. I didn't read the footnotes. If I had, I would still be reading. The longest book ever read at Audio-Reader was ... *And Ladies of the Club* by Helen Hooven Santmyer. That took 81 hours."

Wilson on Tuesdays enjoys pre-recording articles from the Monday edition of *The Christian Science Monitor*.

"One good thing about pre-recording is you can go back if you make a mistake," Wilson said. "I love *The Christian Science Monitor's* international news. However, you have all those names that are hard to pronounce. For example, it took me a long time to get the accent in the right place when pronouncing Mahmoud Ahmadinejad, the name of Iran's president. I'm very particular about doing it right. When I realize that I have goofed, I can go back and re-record."

Wilson also substitutes for other volunteers when they cannot make it to Audio-Reader to do live broadcasts.

When Wilson isn't at Audio-Reader, she spends part of her time serving on Habitat for Humanity's family selection committee.

Wilson also enjoys cooking (every Monday for several years she has shared her biscotti with fellow Audio-Reader volunteers) and spending Fridays with her pre-school-aged grandchildren.

"I read to them when I can," she said, "but we're usually on the road. We go and go and go. It's more of an active day. We go to Topeka, Kansas City, or to the museums in Lawrence."

In addition, Wilson occasionally takes her grandchildren to visit Audio-Reader's sensory garden. According to Audio-Reader's Web site, the garden is "filled with flowers, herbs, and accessories to delight the senses."

For more information about Audio-Reader's services, volunteer opportunities, or other ways to support

the program's efforts, please call (785) 864-4600 or (800) 772-8898, or visit <http://reader.ku.edu>.

Ways to Contribute to Audio-Reader

Here are several ways to contribute to Audio-Reader (AR):

- Buy a commemorative brick in the sensory garden, \$100
- Donate audio goods for the annual benefit sale FYEO
- Vehicles for Charity - donate a used car, truck, van, boat or motorcycle in AR's name
- Petey Cerf Legacy Society - planned giving program
- Cellfund - AR collects used cell phones and accessories
- Make a financial contribution on AR's Web site, reader.ku.edu
- Become a volunteer reader or garden volunteer
- Contribute to "For Your EARS Only (FYEO)," Audio-Reader's an-

nual benefit sale of all things audio. The next FYEO will occur September 21-22, Friday evening, September 21, will be "Opening Night" with free food and beverage items, live music, prizes and first pick of our extensive inventory for a modest admission fee. Saturday of the sale will be free and open to the public. Sale items will include: vintage records, LPs, CDs, turntables, speakers, receivers, amps, stereos, CD players, iPods, MP3 players, DVDs, books on tape and CD, musical instruments, home theater/entertainment systems, and much much more. (Donations of these items are accepted year round.)

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Editor and Publisher
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CONTACT US



MAIL

2612 Cranley St.
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PHONE

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E-MAIL

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PACE works to keep participants at home

By Kevin Groenhagen

A program developed by concerned citizens in California is now available in northeast Kansas through Midland Care Connection.

In 1972, On Lok Senior Health Services opened an adult day health center in San Francisco to provide an alternative for Chinese, Filipino, and Italian seniors who needed assistance to live at home.

"They were looking for a way to care for their parents without placing them in a nursing facility," said Heidi Pickerell, vice president of client services at Midland Care Connection.

On Lok in 1978 expanded its program to include complete medical care and social support for the frail elderly. In 1990 the first replication sites of On Lok's program received Medicare and Medicaid waivers as demonstration programs. The model became known as the "Program of All-inclusive Care for the Elderly," or PACE. The Balanced Budget Act of 1997 established PACE as a permanent part of the Medicare program and an option under state Medicaid programs.

Of course, concerns about caring for an aging population are not limited to the citizens of San Francisco.

"PACE is a beautiful concept for Kansas in particular," Pickerell said.

"We have a huge aging population. Midland Care Connection is a needs-responsive organization. We've been a hospice for many years and we had adult day care. However, we were still seeing people fall through the cracks. Other than nursing facilities, there are not a lot of alternatives, especially in the rural areas. We saw PACE as a way to encircle those individuals with services and avoid premature placement in a nursing facility."

"The idea of the PACE program is to encompass the individual with services to keep the frailest of the frail in their homes," Pickerell con-

tinued. "We do this through a team approach. That team consists of a physician, an advanced registered nurse practitioner, a home health coordinator, who is usually a registered nurse, home health aides, social workers, transportation drivers, physical therapists, occupational therapists, dietitians, life enhancement assistants, site directors, and any administrative assistance that's necessary. Those individuals come together with the goal of keeping participants at home as long as possible."



Conference room used by the PACE team to discuss participants' needs

According to Pickerell, the adult day center at 200 SW Frazier Circle in Topeka serves as the center of the PACE program. Midland Care Connection began an adult day care program in 1992 to enhance its hospice program and help frail el-


ders avoid isolation. The building that housed the program was recently renovated in order to accommodate the facilities required for the addition of the PACE program. The building now includes, among other amenities, examination rooms, a dental clinic, a health club, a quiet room, a recreation room, a dining room, and a conference room where professionals and caregivers can discuss a participant's needs.

Enrollment in the PACE program is voluntary. PACE enrollees must meet the following requirements to participate in the program:

- Be at least 55 years of age.
- Live in the PACE service area. (Midland's PACE program will initially serve elders within a 30-mile radius of Topeka, including Shawnee County and parts of Jackson, Pottawatomie, Jefferson, Douglas, Franklin, Osage, and Wabaunsee counties.)
- Be eligible for nursing facility care according to Kansas long-term care placement score.
- At the time of enrollment, be

■ CONTINUED ON PAGE FIVE

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PACE program

■ CONTINUED FROM PAGE FOUR

able to safely live in a community setting.

Once an enrollee meets the eligibility requirements and elects PACE, the participant signs an enrollment agreement. Enrollment continues as long as the PACE participant desires.

PACE offers and manages all of the medical, social and rehabilitative services needed by participants to preserve or restore their independence, remain in their homes and communities, and maintain their quality of life.

"We're responsible for the coordination of the care," Pickerell said. "The minimum services that we are required to provide are whatever Medicare and Medicaid provide. But we can go above and beyond that. We are responsible for, among other things, prescriptions, durable medical equipment, any specialties, eye-glasses, and hearing aids. We have several contracts in place for all the specialists."

Generally, these services are provided in the adult day health center setting.

"Individuals may choose to come to the adult day center any number

of days, particularly when they have caregivers who work during the day," Pickerell said. "In some cases, in-home services such as Meals on Wheels and home modification may be needed."

Since Midland's PACE program receives Medicare and Medicaid dollars, the State of Kansas must approve the number of slots available for participants. Currently, the state has approved 75 slots for Midland. As of mid-April, 14 of those slots had been filled. Midland has requested an additional 75 slots and anticipates growing to the point where the organization can open a second PACE site in Douglas County.

Midland Care Connection is the second PACE provider organization in Kansas. As of March of this year, 38 PACE and eight Pre-PACE programs were operating in the United States. The largest PACE program serves more than 2,000 enrollees, but most serve a few hundred.

For more information about Midland's PACE program, call (785) 232-2044 or visit www.midlandhospice.org. Publications, demographic information, and other statistics about the PACE program can be found on the National PACE Association's Web site at www.npaonline.org.



The PACE program includes many facilities for its participants, including a dental clinic and health club.

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Theresa and Ren
Newcomer

RSVP matches volunteers with agencies

By Billie David

In the short time since she accepted a job as director of Lawrence's new RSVP program, Stacey VanHouten has been hearing about some remarkable people. For example, there's the 92-year-old volunteer who gives museum tours to Spanish-speaking people. Or the 83-year-old who brings her camera with her when she helps the student she's working with do homework so that she can make a book for the child that will serve as a record of the things they did together.

Volunteers like these have an outlet for their talents through RSVP, a program for people 55 and over who want to serve their community by volunteering their time and abilities.

"It gives people an opportunity to explore new paths and pass on the skills they have," VanHouten said, noting that teaching those skills to others—for example, teaching someone to knit—can be a very meaningful experience for both teacher and student.

The RSVP program was established in 1971 by the Senior Corps and now has nearly 450,000 volunteers nationwide. A grant for the Lawrence branch was awarded to

the Roger Hill Volunteer Center last December partnership with United Way of Greater Topeka, and VanHouten began her job as director in March.

"I love having the opportunity to help organizations that have needs and to work to help the community," VanHouten said. "Volunteering makes me feel good. It lets me touch other people's lives in a way that's all positive. Every minute you spend doing that, you're going to be rewarded and someone out there is going to receive a tangible benefit."

And while it's true that a large number of people and organizations will benefit from the services that RSVP volunteers provide, perhaps the biggest benefit is what it does for the volunteers themselves. Responses from senior volunteers reveal that it gives them a way to meet new people and increase their social circles, to know they make a difference in other people's lives, and to be more active, which improves health, decreases dementia and lowers levels of depression.

As RSVP manager, VanHouten's job is to recruit public and non-profit agencies that would benefit from

the program. She also recruits volunteers.

"We go through a long interview process to match their interests, talents and skills with the best volunteer job available to them," she said.

One factor that she considers when making those matches is how much time volunteers want to spend on their assignments.

"We keep a list of volunteers who are only interested in doing a one-time job," VanHouten said, "because people in that age group may be busy and not want to be tied down."

So she might call someone and ask them to volunteer a few hours working with Audio-Reader, for example, or helping with the Humane Society's yearly Mutt 'n' Strut.

There's also plenty of work for people who want to make a deeper time commitment, with a wide array of volunteer opportunities available throughout Douglas County—from agencies as diverse as the Boys and Girls Club and the Lawrence Hu-

mane Society, or the Spencer Art Museum and the Douglas County Jail.

VanHouten can often be seen at various locations around town recruiting volunteers, including Lawrence Partners in Aging (LAPA), retirement communities and nursing homes, the public library, and even retirement seminars that large companies offer their employees.

"Thursday is 19-cent banana day at Checkers, so I might be there on Thursdays, or maybe at HyVee. I try to think outside the box," she said.

Prospective volunteers can also contact VanHouten by calling her at (785) 865-5030 or by e-mailing her at rsvp@rhvc.org.

"Call me," she said. "We will have you come in and fill out an application and registration form, and you will do an interview with me. Then I will tell you about volunteer opportunities I have and see if we can make a happy match."

VanHouten has high hopes for RSVP's success in Lawrence. "I would hope at some point in the future that we will rival Reno County," she said. "They have 770 volunteers in a county with a total population of 60,000 people."



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The 2007 Governor's Conference on Aging Services will focus on healthy aging May 2 and 3 at the Kansas Expocentre in Topeka. In recognition of the 30th anniversary of the Kansas Department on Aging becoming a cabinet agency, the theme of the conference is Pearls of Aging.

Keynote speakers will be Thomas Perls, a physician and researcher in the study of aging at Boston University Medical School, and Dr. Bowen F. White, founder of the Department of Preventive & Stress Medicine for Baptist Medical Center in Kansas City, Mo., one of the first such departments in the United States.

Perls, who will speak at the Wednesday luncheon, has become one of a handful of the world's experts studying centenarians. For the past eight years he has directed the New England Centenarian Study, the largest genetic and social study of centenarians and their families in the world. His topic: "Can We All Live to 100? And If We Could, Would We Want To?"

White, who will speak at the general session at 4:00 p.m. Wednesday, has presented programs all over the

world emphasizing the need for individuals to take responsibility for their own health and well being. He also helps organizations create productive and healthy workplaces. His topic: "Why Normal Isn't Healthy."

The program for the Thursday luncheon will feature this year's PEAK award winners. PEAK, which stands for Promoting Excellent Alternatives in Kansas nursing homes, recognizes homes that have excelled at culture change. Secretary of Aging Kathy Greenlee will present the awards and talk about the importance of person-centered care, not just in nursing homes but for all seniors. A video showing the winners also will be shown.

The conference also will feature about 30 break-out sessions focusing on healthy aging. And a host of exhibitors will be displaying their goods and services.

For more information on the conference and on registration, check the KDOA Web site at www.agingkansas.org or call KDOA at 785-296-4986 or toll free at 1-800-432-3535.

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PET WORLD

Pet food recall tragic ... and darn confusing

QUESTION: Recently, I saw on TV that there's killer stuff in pet foods: wheat gluten, melamine and aminopterin. Please give me more information on this subject. — B.B., Pensacola, FL



Steve Dale

QUESTION: I thought the rat poison (in tainted food) was responsible for making pets sick. Now, I read that melamine is causing the problem. Which is it? — C.H., Aurora, IL

QUESTION: Is the FDA just not talking (about this pet food scare), or what? Why are our pets dying? — S.C., Bangor, ME

ANSWER: The entire pet food recall story has been tragic but also darn confusing. Wheat gluten is a derivative of wheat, and has been used as filler and a source of protein in pet food for many years.

Aminopterin is indeed "killer stuff," but there's now a question as to how much aminopterin really was in the tainted pet foods. On March 23, the FDA announced that the New York State Food Laboratory in Albany had identified a foreign substance — a rodenticide called aminopterin — in the tainted food.

Dr. Richard Goldstein, an internal medicine specialist and assistant professor of Small Animal Medicine at Cornell University College of Veterinary Medicine, Ithaca, NY, says that as far as he knows, the finding was genuine. (Mysteriously, however, his lab at Cornell and also the FDA could not reproduce the same finding.) Then, at a March 30 news conference, Dr. Stephen Sundlof, director of the Center for Veterinary Medicine at the FDA, said aminopterin was no longer being considered.

It was at this same news conference

that Sundlof and Dr. Donald Smith, dean of the College of Veterinary Medicine at Cornell, announced the identification of melamine in the tainted food, and also in the urine of sick pets who ate the food, as well as in a kidney of a cat who died as a result of eating contaminated food. Melamine, used as a fertilizer in Asia, was imported with wheat gluten from China. No one, as of this writing, understands how melamine got into the wheat gluten.

Numerous veterinary nutritionists I've spoken to have no problem with wheat gluten, per se. Those who favor 'all natural' pet food suggest there may be healthier options for pet owners than food containing wheat gluten. In any case, wheat gluten is not considered "killer stuff" under normal circumstances.

Confusing matters further, melamine has no history of being "killer stuff" when eaten by pets. Dr. Steven Hansen, a veterinary toxicologist and director of the ASPCA Animal Poison Control Center, Urbana, IL offers these guesses to possibly explain what's happening:

1. Melamine is interacting with some ingredient(s) in some pet foods to cause illness and death.

2. There's still another undiscovered toxic substance in the tainted foods.

3. Cats — who've been affected notably more than dogs by eating the contaminated foods — are somehow uniquely affected by melamine in a way previously unreported in veterinary literature. (This theory doesn't explain why some dogs have also become ill and died.)

Goldstein concedes he doesn't know (nor does the FDA) exactly what has killed some pets and made others ill. Additional reports are sure to be forthcoming.

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

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PERSONAL FINANCE

Give back with the gift of life insurance

After watching the powerful images and later learning about the economic and social impact of recent natural disasters here and abroad, many of us instinctively dug into our wallets and made donations. Ac-



Joe B. Jones

ording to Giving USA, charitable donations rose 6 percent in 2005 to more than \$260 billion, fueled by disaster relief giving.

Yet, if you're like many Americans, it probably seems as if whatever you donate won't be enough to make a real difference in these situations. Will your \$25 or \$50 or \$100 really help?

The answer is "yes." Although corporate foundations give millions each year, individual giving continues to be the largest single source of donations, accounting for over three-fourths of all charitable giving in 2005. Representatives from most charitable organizations would agree that even the most humble gift is appreciated and does help.

The good news is that you don't need to be wealthy to achieve your philanthropic goals and support a favorite non-profit organization or a cause that's close to your heart. One long-term strategy that can effectively reach your philanthropic goals is giving the gift of life insurance. The gift of life insurance is an affordable and flexible way to maximize your contributions to help you to leave behind a legacy for future generations.

There are several ways to structure a gift of life insurance, but the end result remains the same—the organization benefits. As the beneficiary of a life insurance policy, a charity receives proceeds on a tax-free basis upon the donor's death. In most situations, a donor applies for a permanent life insurance policy on his or her own life and names a charity as both the owner and beneficiary of the policy. The annual premiums are income tax-deductible since the

charity is the owner.

For those who want to maintain control and access to a policy's cash value without an income tax deduction, but still have the charity receive the insurance proceeds at death, a donor may retain ownership of the policy and simply name the charity as a beneficiary. Either way, you're able to leave your mark on a cause you believe in through life insurance.

Another more immediate strategy

to support a non-profit organization is to make a charitable distribution from your IRA. A recent tax law change allows tax-free "gift" distributions.

Previously, if an individual wanted to take funds from an IRA to give to a charity, he or she would be required to first take distribution of the funds, which were fully taxable as ordinary income. This could create quite a tax burden. The new law allows IRA owners age 70½ or older to gift up to \$100,000 directly to the charity in 2006 and 2007.

The bottom line is that supporting a charity or organization you believe in—either through the gift of life insurance or gift distributions from qualified retirement accounts—is an easy way for you to leave your mark. All it takes is a simple

call, a little paperwork, and a heart that wants to make a difference.

For some donors, these gift strategies may be the answer to "what else can I do?" Donating life insurance benefits or retirement account distributions to organizations and charities you believe in are easy ways to help further the organization's missions and contributions to society and to leave a legacy.

- Joe B. Jones is a Financial Representative with Northwestern Mutual Financial Network, Jayhawk Financial Group. He is licensed and appointed to sell long-term care insurance for Northwestern Long Term Care Insurance Co., Milwaukee, WI, a subsidiary of Northwestern Mutual Life Insurance Company—Milwaukee, WI.). To contact Joe, please call (785) 856-2136 or e-mail him at joe.jones@nmfn.com.

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PERSONAL FINANCE

Can you benefit from municipal bonds?

You've made it through another tax season. If you got a refund, you might be pretty satisfied with how things turned out. But if you'd like to see a somewhat different



Harley Catlin and Ryan Catlin

outcome in 2008, you may want to review all areas of your tax return, including your investment-related taxes. As you may know, some investments are more "tax-friendly" than others are—and municipal bonds might be some of the friendliest ones of all.

If you aren't that familiar with mu-

nicipal bonds, here are the basics: Municipal bonds, or "munis," are issued in two main categories: general obligation bonds and revenue bonds. General obligation bonds finance the activities of state and local governments, while revenue bonds pay for specific projects, such as airports, hospitals and other civic institutions.

So, when you purchase a muni, you're supporting a project or service, possibly in your state or community. And you will be rewarded for your civic-mindedness—through tax breaks. Specifically, your interest payments will be free from federal taxes; if the municipality that issues the bond is in your state, your interest payments also may be exempt from state and local taxes.

Municipal bond interest is free from federal taxes, but some munis—particularly airport and housing

bonds—might be subject to the alternative minimum tax (AMT). If you think you may have to pay the AMT—and a lot more people are subject to this tax now than in years past—you might want to avoid these types of bonds. Conversely, if you know you won't be assessed the AMT even if you bought some AMT-subject munis, you might be especially interested in these bonds, because their yields are typically higher than the yields on regular municipal bonds.

In any case, municipal bonds offer some benefits beyond tax-free interest. For one thing, munis can help you diversify a portfolio heavily weighted with stocks. Municipal bonds may not be affected by many of the factors—such as poor corporate earnings reports—that cause volatility in the price of stocks. So, municipal bond prices generally do not move together with stock prices.

Furthermore, municipal bonds are among the most secure investments you can own. The default rate on munis—especially general obligation bonds—is typically quite low.

Which types of municipal bonds are right for you? Your choice depends, to a great extent, on your

goals and investment personality. For example, longer-term munis—those bonds that mature in 10 years or more—will generally pay a higher interest rate than shorter-term bonds. Yet, prices of the longer-term offerings also may fluctuate more.

You may want to consider owning a variety of short-, intermediate- and long-term munis. This type of portfolio—known as a bond "ladder"—can help you in all types of interest-rate environments. When market rates are down, you'll benefit by owning long-term bonds, which generally pay higher rates than short-term bonds. But if market rates are up, you can use the proceeds of your maturing short-term bonds to reinvest in issues with higher rates.

Finally, when you're shopping for municipal bonds, look for quality—those bonds that are rated at least "A" or higher by the major rating agencies.

Municipal bonds occupy their own special niche in the investment world—and it's a niche that you may want to explore further.

- 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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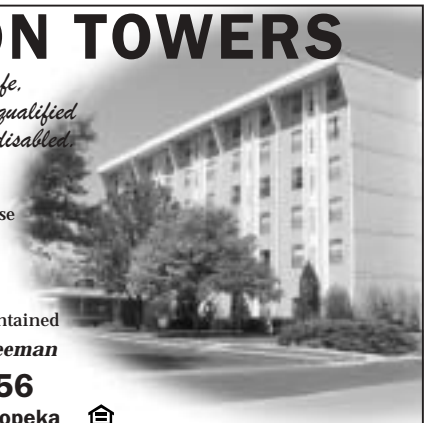
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HEALTH & FITNESS

Gadgets for baby boomers

If you're a Baby Boomer, you may have begun to suffer annoying memory blips or find that you have trouble pressing the tiny buttons on your cell phone.

Don't worry. These are just small signs of aging that—if you eat right, sleep right and exercise daily—won't keep you from working or playing. And now you can find additional support and comfort in a wide range of elder-friendly technologies—some low tech, some high tech, but all helpful.



Laura Bennetts

Ideas 'R' Us?

Post-Its are a familiar example of a low-tech invention that enables us all to be more organized...especially for those of us who are inveterate list-makers. And most of us have seen the new electronic devices that remind us (or our parents or patients) to take pills at designated times. Not all problems, of course, can be solved electronically. But the market for inventions to help aging boomers is expanding rapidly.

By 2017, the population of people over 65 will double in the United States, rising to a whopping 79 million. Once, people talked about inventing a better mouse trap. Now, the ideal is to invent something as revolutionary as Velcro or the microwave. Inventors who succeed in such endeavors will help countless people—seniors perhaps most of all?

Hipper Than Hip?

As many of us have learned to our regret, fall isn't just a season anymore—and not just leaves fall. Every year past 60, the risk of falling and breaking a hip rises. That's why physical therapists work to improve your balance, strength, and walking safety. But accidents happen, including falls. Luckily, there's a clever new invention that can reduce your risk of hip fractures. Research has shown that people at risk for falls can prevent hip fractures by wearing—brace yourselves, this sounds seriously uncool—hip protectors?

Hip protectors are underwear garments with pads sewn into the fabric at the hips and tail bone. They

come in two types: hard-shell and soft-shell.

If you fall onto your hip, the pads distribute the force of the impact over a larger area of their leg, preventing the hip from breaking. The same is true for the tail bone. And while this doesn't mean that people at risk for hip fractures should return to rugged sports or wilderness adventures, you probably won't be surprised to learn that hip protectors take their inspiration from sports—from safety equipment like elbow protectors for inline skaters, shin guards for soccer players, and padded racing shorts for cyclists?

Other Devices, Handy and Dandy?

You may know that low-cost pedometers are available that enable you to count your steps daily and monitor your heart rate, to ensure that you walk far enough to keep yourself healthy. Begin with 1,000 steps the first day and build up to 5,000 or more. All walking counts, even behind a grocery cart.

If you walk to strengthen your heart, use the pedometer's heart monitor to check your heart rate. Your goal is to achieve a heart rate equal to 75 percent of your maximum rate. Since your maximum rate is 220 minus your age, if you're 60 years old, the arithmetic is simple: 220 minus 60 = 160 and 75 percent of 160 = 120. Your walking goal, then, would be to walk fast enough to bring your heart rate to 120 beats per minute (and no higher).

Another option, for people with hand or wrist pains, is to use home paraffin baths. These units, which are roughly the size of toaster ovens, give people with hand arthritis to treat their hands daily with warm wax treatments that reduce pain and loosen your hand joints. An occupational therapist who specializes in hand therapy can advise you on a program of wax treatments and exercises that will keep your hands strong.

If, on the other hand (or knee), you ever need a knee support, you should use a brace that you can wrap around your knee without hurting your hands.

A wrap-around brace with Velcro closures allows people with hand arthritis to easily use a knee support. Regular slip-on braces are hard to grasp and pull up over the knee. With a wrap-around support, you

can place your knee over the brace and wrap the straps around your knee for a snug fit?

A Personal Favorite

Another home treatment option is Anodyne light therapy. The Anodyne home unit is, for many people in pain, the greatest thing since sliced bread. The electrode pads of the device beam warm gentle infrared light into sensitive spots—aching wrists, backs, ankles, feet, etc.—to stimulate circulation and reduce the pain and numbness caused by poor circulation. The units are as safe and easy to use as a heating pad; and they provide a self-treatment option that can supplement or replace the use of pain medications?

Design for a Big World

These devices address just a few of the design challenges that baby boomers will face as seniors. As we age, we can expect to have increasing trouble using our hands—to open containers, dress ourselves, clean, cook, and pursue our hobbies. As our knees age, we will find it ever harder to enter and exit cars, vans or buses (if the entry steps are more than eight inches high, and elevators (before the doors close).

Institutions will have to adjust as well. Newspapers should use larger

type, and restaurants should use at least 14-point type on their menus. Restaurants should also ensure that their restrooms are easily accessible and that their audio systems are quiet enough to allow older patrons to talk in peace. In an ideal restaurant—the restaurant of the future—each table would have an electronic console to let customers control the light, music and menu display?

Age Locally, Think Globally

The Boomers are the largest generation of aging Americans we have ever known. We can hope that the inventions which improve our lives will also help people worldwide. One part of our legacy could be to help everyone live longer and better. Many inventions are still needed. Maybe you have a big idea. If so, remember—the need and the market for both low- and high-tech inventions is vast, not only in the United States, but globally.

- Laura Bennetts, MS RPT, is a physical therapist with 24 years experience. She is the co-owner of Lawrence Therapy Services LLC (785-842-0656) and Baldwin Therapy Services (785-594-3162). For answers to your therapy-related questions, please write to Laura at LTS_2000@hotmail.com.

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HEALTH & FITNESS

Burdock has medicinal properties

Burdock, or its Latin name *Arc-tium lappa*, is a common medicinal plant. It has been used for over 3000 years to treat a wide variety of conditions. It is well known for its anti-inflammatory, antibacterial and antiviral effects. Burdock is na-

amounts of inulin and mucilage. The inulin can comprise up to 50 percent of the plant's total mass which is made up of many fructose chains that are responsible for burdock's hypoglycemic activities. Laboratory studies with animals have looked at the use of burdock

for bacterial infections. Other uses of Burdock medicinally include the following: acne, arthritis, psoriasis, diuretic, eczema, hair loss, dandruff, foot soak, hemorrhoids, burns, canker sores, kidney stones, measles, pneumonia, upper respiratory infections, warts, ringworm, ulcers, urinary tract infections, digestive aid because of its bitter constituents, gout and wound healing.

The burdock seeds are rich in vi-

tamins A and B and essential fatty acids. "In 100 grams of the fresh burdock root you can find 61 mg of calcium, 77 mg of phosphorus, 1.4 mg of iron, 0.03 mg of thiamine, and 0.05 mg of riboflavin."

You should always talk to your doctor before taking burdock or any medicinal plant.

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



Dr.
Farhang
Khosh

tive to Europe and Northern Asia, and can now be found in the United States. In Japan it is grown as a vegetable.

Burdock is a stout, common weed with burrs that stick to a person's clothing. It has dark green leaves that can get very tall. One can easily find burdock because the leaves are generally very large, coarse and oval with the lower leaves being heart-shaped. The leaves are generally wooly underneath. It has purple flowers that bloom between the months of June and October. You can find Burdock along streams in the shade. The plant grows well in the Kansas climate.

Burdock is documented for its benefits as early as the Middle Ages, when it was grown as a vegetable. Folk healers used burdock for as a blood purifying agent to clear the bloodstream of toxins. Burdock was also used for women during labor. Traditional Chinese Medicine used burdock for sore throats, coughing and colds. In the 20th century burdock was recognized for its culinary use in the macrobiotic diet. Burdock has been taken internally in tablets, capsules, essential oil, tincture, fluid extract, solid extract, in homeopathic preparations and as a tea. Topical applications of burdock have been used to treat a various amount of skin conditions.

Medicinally, burdock has been used in the treatment of a wide variety of ailments. Burdock has been used in as an ingredient in two different cancer herbal formulas, Essiac and Hoxey. Burdock fruit has been found to lower blood sugar levels in animals and human studies are examining its effects on diabetes.

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DEAR PHARMACIST

Relief for leg cramps comes in many forms

By Suzy Cohen, R.Ph.
Tribune Media Services

QUESTION: For years, I took quinine sulfate for terrible leg cramps. I can't find it anymore. I've checked three pharmacies. Where can I get quinine? — A.K., Denver, Colo.

ANSWER: Quinine is the most popular drug used for leg cramps in the United States, but it was never approved by the Food and Drug Administration for this use. It's actually for malaria, shocking as that sounds. To boot, an analysis of the substance showed only marginal improvements, like reduction by one leg cramp per week, and no effect on the duration of cramps. Nevertheless, some people swear by quinine and are upset that they can't easily find it now.

This is because the FDA is cracking down on drugs for which there

is little or no formal clinical testing, despite their popularity. Quinine's unapproved use for leg cramps came under scrutiny when officials looked at the side effects, such as: vision problems, ringing in the ears, chest pain, severe bleeding and an abnormal heartbeat are possible. Weigh those side effects against painful leg cramps and the decision to use quinine becomes blurred.

Because of more stringent FDA requirements for formal testing of drugs, quinine products will disappear after June 2007, with the exception of one product called Quaaliquin (quinine sulfate 324 mg). This pricey version requires a prescription and costs approximately \$120 to \$150 for a month's supply. For longer-lasting relief, why not consider simple interventions first?

Drinking a daily cup of Gatorade

(or any sports drink) and eating potassium-rich foods can help. Supplements such as B-Complex 50 once daily, magnesium chelate (200 mg once or twice daily), L-carnitine (250 mg twice daily) and Coenzyme Q10 (50-100 mg every morning) can reduce painful muscle cramps in some people. Give each of these a try for a month, or combine a few for enhanced results. Obviously, stretching should help, too.

QUESTION: I can't stop sneezing and it's only March! I have samples of Allegra (fexofenadine) and wonder if I can take it with atenolol (Tenormin) for blood pressure, hydrocodone (Vicodin) for pain, and Maalox for indigestion. — H.D., Port Charlotte, Fla.

ANSWER: We're coming into allergy season here in Florida (actually we never left it, since something's always blooming around here). Anyway, Allegra is a popular antihistamine that is dispensed by the hundreds each day in busy pharmacies. Allegra can be taken safely along with your atenolol and hydrocodone, but the Maalox needs to be taken separately.

Aventis, the makers of Allegra, advise that you space their drug two

hours away from indigestion remedies like antacids, which contain aluminum or magnesium. Antacids lower the amount of active drug that your gut absorbs, so your medication is less effective. Other over-the-counter meds that contain aluminum or magnesium are sold under such brand names as Phillips MoM, Mylanta, Gaviscon, Roloids and Pepcid Complete.

DID YOU KNOW? In sensitive people with asthma, ammonia-containing glass cleaners may trigger an asthma attack. Use a little white vinegar (1/2 cup) in a quart of water instead of commercial products.

•••

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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OFF THE WALL

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RETIRE SMART

Don't count too heavily on working after retirement

By Humberto and Georgina Cruz
Tribune Media Services

You're 55 or older, still working and have less than \$65,000 in household savings, including any 401(k), IRA or similar plan. But you can always keep working longer if needed, right, and don't expenses go



Humberto
and
Georgina
Cruz

down in retirement anyway?

If that sounds like your "retirement plan" — unfortunately, it does for the typical worker 55-plus in the United States — you're living in a dream world. And that dream may turn into a nightmare.

The reality, based on a "Research Insights" brief issued recently by the Fidelity Research Institute, is that many retirees have to quit work before they planned due to health problems.

In addition, contrary to their expectations, most retirees are spending just as much as before they retired, if not more.

Workers in this 55-plus age group and Americans in general "are relying on their ability to work longer to make up for their savings shortfall," said Guy L. Patton, executive director of the Institute, a research arm of the Boston financial services firm. "But this expectation of working longer may not be an effective plan because of health-related issues."

According to a survey of 793 retirees commissioned by the Institute, 55 percent left the workforce generally from one to five years earlier than planned, including 22 percent who did so because of poor health or a disability.

This is an important finding, considering that 68 percent of workers 55 and over and 63 percent of workers overall say they plan to work in retirement to supplement their income. "These findings suggest you cannot count on it," Patton said.

In addition, two-thirds of the retirees reported that their expenses

have gone up (39 percent said so) or stayed the same (28 percent), compared to what they were just before retirement.

Yet, based on the conventional wisdom — we call it a myth — 82 percent had expected their expenses to go down (48 percent thought so) or at least say the same (34 percent).

"That is a real disconnect between what people expected to happen and what actually happened" in terms of expenses in retirement, Patton said at a news conference announcing the Fidelity research findings.

From the results of a national online survey of more than 2,000 full-time workers 25 and over who earn \$20,000 a year or more, Fidelity estimates the typical working American household is on track to replace 58 percent of their pre-retirement income in retirement.

While this is an uptick from last year's figure of 57 percent and the 56 percent reported in 2005, it falls far short of even the 85 percent replacement rate Fidelity calls a "reasonable starting point" when planning for retirement.

"It is not nearly enough," Patton said. "We worry out loud that the personal savings rate is not higher." Based on their own estimates, American workers on average are saving 3.5 percent of their income. Those 55 and over report saving 4.1 percent, and Fidelity estimates they are on track to replace 61 percent of their pre-retirement income in retirement.

To achieve an 85 percent replacement rate, workers on average would have to save 12 percent of their income, according to the Fidelity study. Those 55 and older, with less time for their savings to grow, would have to save 18 percent.

But even an 85 percent replace-

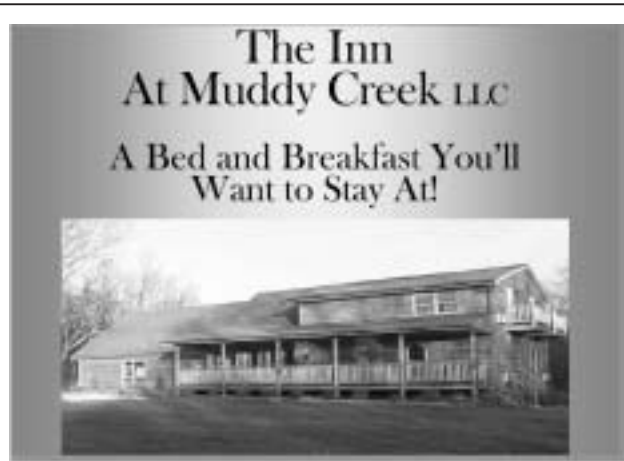
ment rate may not be enough, given the experience of current retirees and the escalating costs of health care. "At the end of the day, every individual really needs to plan what their individual expenses are going to be" rather than rely solely on rules of thumb, Patton emphasized repeatedly at the news conference.

Particularly for those 55 and over, "they should be in full planning mode determining specifically" how much they will need in retirement,

Patton said. At their age, "they still have a little bit of time and can take action."

(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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MAY 1

SYMPHONIC BAND

The Symphonic Band is an outstanding ensemble consisting of highly talented majors and non-majors from the Department of Music and Dance and throughout the university selected by audition. This ensemble performs a wide range of repertoire for large concert band including the finest band masterworks in a full schedule of concerts. Lied Center. LAWRENCE, (785) 864-3436 www.arts.ku.edu

MAY 2

MIDNIGHT OIL

Esther Luttrell's one-woman art show, "Midnight Oil," will open with a benefit for the Soroptimists Club of Topeka, at the New City Cafe in Gage Shopping Center. Wine tasting and hors d'oeuvres will be served from 4:45 until 6:00 p.m. Although she has resided in Topeka for the past four years, this will mark Luttrell's debut as a Kansas artist. A former California resident, her work has been carried by galleries throughout that state. Now a member of the Topeka Art Guild, she was formerly associated with California's Society of Western Artists and New York's National Museum of Women in the Arts. Luttrell's paintings will be displayed at the cafe for the entire month of May. TOPEKA

MAY 6

ART IN THE PARK

Annual outdoor art show. Artists display and sell their original artwork in a beautiful outdoor setting. Musical entertainment and children activities in a supervised Art Tent. South Park. LAWRENCE, (785) 865-4499

MAY 6

KU CAMERATA

The KU Camerata, formed in September 2003, it is a string chamber orchestra, to which additional winds and brass are added for specific repertoire. This ensemble fulfills the dual purpose of performing repertoire not heard in the larger orchestra, while giving players a thorough grounding in orchestral techniques. Most repertoire comes from the Baroque period and is conducted from the harpsichord, providing a true chamber music experience. Lied Center. LAWRENCE, (785) 864-3436 www.arts.ku.edu

MAY 8

UNIVERSITY BAND

Presented by the KU Department of Music and Dance. The University Band is a very fine ensemble available to all students at the University of Kansas and is an open admission ensemble. LAWRENCE, (785) 864-3436 www.arts.ku.edu

MAY 19

ART TOGEAU PARADE

Lawrence's own wheeled art parade featuring art cars and wheeled art creations from national, regional and local artists. 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. LAWRENCE, (785) 843-2787

BINGO

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1

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

SUNDAYS & FRIDAYS

CAPITOL BINGO HALL

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

MONDAYS & THURSDAYS

AMERICAN LEGION POST NO. 400

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

MONDAYS & SATURDAYS

LEGIONACRES

3110 W. 6TH ST, LAWRENCE, 7:00 PM, (785) 842-3415

WEDNESDAYS, THURSDAYS & SUNDAYS

MOOSE CLUB

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

WEDNESDAYS & FRIDAYS

VETERANS OF FOREIGN WARS

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

WEDNESDAYS

PINECREST APARTMENTS

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

WEDNESDAYS & FRIDAYS

EAGLES LODGE

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

WEDNESDAYS & FRIDAYS

EDGEWOOD HOMES

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

THURSDAYS

BABCOCK PLACE

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

FRIDAYS

BALDWIN SENIOR CENTER

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

FRIDAYS

ARAB SHRINE

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

BOOKMOBILE

MONDAYS

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

TUESDAYS

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

WEDNESDAYS

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

BOOK TALKS

THIRD TUESDAY OF EACH MONTH

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

THIRD WEDNESDAY OF EACH MONTH

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

FOURTH WEDNESDAY OF EACH MONTH

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

CLASSES/LECTURES

ONCE A MONTH

AARP'S 55 ALIVE SAFE DRIVING COURSE

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

MAY 14

PREPLANNING: THE GIFT YOU GIVE YOUR FAMILY

Larry McElwain, co-owner and director of Warren-McElwain Mortuary, will present a program on pre-planning funeral arrangements. He will talk about what can be arranged, how your wishes can be carried out and why it is important. This program will be at 7:00-8:30 p.m. in the Lawrence Public Library auditorium. For more information, contact Pattie Johnston, Senior Outreach Services. LAWRENCE, (785) 843-3833, ext. 115.

MAY 19 & 20

HEALING TOUCH LEVEL TWO

Level one students return for more Continuing Education credits and complete the next level of training. Learn new techniques and review what was learned in Level one. Contact us for early bird pricing. The Light Center. BALDWIN CITY, (785) 255-4583 www.LightCenter.info

EXHIBITS/SHOWS

MAY 4-JUN 16

KANSAS MASTERS INVITATIONAL

The Kansas Masters' Invitational art exhibit will feature 125 of the state's leading painters, photographers, sculptors, fiber artists and ceramicists. Participating artists include Phil Epp, Steven Graber, Gail Gregg, Joe Lorusso, Dean Mitchell, Jim Richardson and Roger Shimomura. Curated by Don Lambert, who also curated the successful "Homage to the Flint Hills" exhibit (2005-2006), the KMI demonstrates the quality and diversity of artistic expression in Kansas. Strecker-Nelson Gallery. MANHATTAN, (785) 537-2099 http://kansasmasters.com

MAY 5 & 6

ANTIQUA AUTO SWAP MEET

Trade or sell antique autos or antique parts. Sponsored by the Lawrence Region Antique Automobile Club of America. Douglas County Fairgrounds. LAWRENCE, (785) 843-2222

MAY 5-JUN 30

HOLTON SESQUICENTENNIAL QUILTS

Quilts displayed Saturdays from 10:00 a.m.-12:00 p.m. and Sundays from 2:00-4:00 p.m. 327 New York. HOLTON, (785) 364-4991 www.holtonks.net/jchs

MAY 19

EMPORIA FLATLAND CRUISERS CAR SHOW

14th annual car show open to all classes of cars, trucks, motorcycles and special interest vehicles. Enjoy a day of music, and other activ-

ities. 75 Soden Rd.

EMPORIA, (620) 342-0944
www.emporiaflatlandcruisers.com

MAY 26

GLORY DAYS FESTIVAL & CAR SHOW

Memorial Day celebration with car show, parade, concessions, and crafts. Courthouse Square. HOLTON, (785) 364-3963
www.holtonks.net:16080/chamber

FAIRS/FESTIVALS

MAY 11

HASKELL INDIAN NATIONS UNIVERSITY POW-WOW AND COMMENCEMENT

Native American Pow-Wow. Graduating students participate in colorful ceremony, many attired in traditional dress. LAWRENCE, (785) 749-8404

MAY 26 & 27

RIVERBEND ART FAIR

42nd annual outdoor art fair with live music and food vendors. Artists from a 5-state region display and sell their artwork in a variety of media, including painting, graphics, sculpture, ceramics, photography, jewelry, art in fiber glass, metal, wood, and paper. All artists must be juried into the show and are judged for cash awards to be presented at a ceremony on Saturday evening. Musical performances entertain throughout the weekend representing a cross section of styles including gospel and blues, classical, folk, Celtic, and soft rock. 500-600 Commercial St. ATCHISON, (913) 367-4278 www.atchison-art.org

JUN 1-3

COLEMAN HAWKINS LEGACY JAZZ FESTIVAL

Top-rated regional jazz festival. Festival featuring Jazz, Blues and Latin music. Local and regional artists, National headline acts, University Jazz Programs, Grill-off contest and dozens of arts and crafts as well as food vendors. Topeka Harley-Davidson's Harley Town Complex. TOPEKA, (785) 234-6174 www.hawkinsjazzfest.com

JUN 1-3

OLD SHAWNEE DAYS

41st annual celebration is a family event featuring a parade, carnival, and concerts over four days. Loads of great kids' entertainers, including Professor Farquar, music and dance, puppets, magicians, frog and turtle racing games contests, and much more. Celebration includes historical reenactors, vendors, and craft booths with headline concerts including The Little River Band, and Hotel California -- a salute to the Eagles. Shawnee Town & Herman Laird Park (57th & Cody). SHAWNEE, (913) 631-5200 www.oldshawneedays.org

FARMERS' MARKETS

APR 28-NOV 10

LAWRENCE FARMERS MARKET SATURDAY

Offering fresh fruits and vegetables, baked goods, flowers and herbs. With more than 80 growers, bakers and fine craftspeople, the Downtown Lawrence Farmers' Market is the place to go for the freshest and finest quality produce, meat and artisan crafts. Live music every Saturday morning. LAWRENCE, (785) 331-4445 downtownlawrence.com/farmersmarket.html

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.

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CALENDAR

■ CONTINUED FROM PAGE 16

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

SATURDAYS

YOGA

Karen Johnson, RYT, instructor. Lawrence Therapy Services, 2200 Harvard Rd., Ste. 101. 8-class sessions. Fee. 8:00-9:00 a.m. Call (785) 842-0656 to register or visit www.lawrencetherapyservices.com. LAWRENCE

SECOND MONDAY OF EACH MONTH PRE-DIABETES CLASS

This free class is specially designed for those who are at risk for developing diabetes or have been told by their doctor that they have pre-diabetes. Topics covered include tools for preventing or delaying Type 2 diabetes, diet, exercise, weight loss, medication that can be given for pre-diabetes, and the potential complications that can develop with diabetes. No registration is needed; just drop into the Lawrence Memorial Hospital Auditorium. Taught by Certified Diabetes Educators. 12:00-1:30 p.m. LAWRENCE, (785) 840-3062

SECOND MONDAY OF EACH MONTH PRE-DIABETES CLASS

This free class is specially designed for those who are at risk for developing diabetes or have been told by their doctor that they have pre-diabetes. Topics covered include tools for preventing or delaying Type 2 diabetes, diet, exercise, weight loss, medication that can be given for pre-diabetes, and the potential complications that can develop with diabetes. No registration is needed; just drop into the LMH Auditorium. Taught by Certified Diabetes Educators. 12:00-1:30 p.m. LAWRENCE, (785) 840-3062

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

CHOLESTEROL SCREENING

No appointment needed. A fingerstick test providing a total blood cholesterol reading in five minutes. No fasting is needed for this test 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. Lawrence Memorial Hospital, Meeting Room D South, 8:30-10:30 a.m. LAWRENCE, (785) 749-5800

MAY 5

10,000 STEPS A DAY CLASS

The 10K a Day program is designed to increase your daily steps to 10,000 and to improve your health. Learn the basics of beginning a walking program, choosing footwear, and walking location suggestions. Each participant will receive a pedometer to log their daily steps. Lawrence Memorial Hospital, Meeting Room A, 9:00-10:30 a.m. Fee. LAWRENCE, (785) 749-5800

MAY 8

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. Lawrence Memorial Hospital, Meeting Room A, 9:00-11:00 a.m. LAWRENCE, (785) 749-5800

MAY 10

FUNCTIONAL FOODS AND HEART DISEASE

Plan to attend this informative program about how food choices can decrease your risk of cardiovascular disease. Taught by LMH Registered Dietitians, you will learn about the heart protective factors that chocolate, plant sterols, red wine, and foods containing omega 3 fatty acids can provide. You will also learn about how to lower your cholesterol through diet and other lifestyle changes. There will be an opportunity to have your questions answered. Please call to enroll in advance or register on the Internet as space is limited. Lawrence Memorial Hospital, Auditorium, 9:30-11:30 a.m. Fee. LAWRENCE, (785) 749-5800

MAY 10

BONE DENSITY SCREENING

See May 8 description. Lawrence Memorial Hospital, Meeting Room D South, 5:00-7:00 p.m. LAWRENCE, (785) 749-5800

MAY 22

BONE DENSITY SCREENING

See May 8 description. Lawrence Memorial Hospital, Meeting Room D South, 9:00-11:00 a.m. LAWRENCE, (785) 749-5800

JUN 2

BONE DENSITY SCREENING

See May 8 description. Lawrence Memorial Hospital, Meeting Room D South, 9:00-11:00 a.m. LAWRENCE, (785) 749-5800

JUN 6

CHOLESTEROL SCREENING

See May 2 description. Lawrence Memorial Hospital, Meeting Room D South, 3:00-5:00 p.m. LAWRENCE, (785) 749-5800

MEETINGS

FIRST MONDAY OF EACH MONTH GRIEF SUPPORT GROUP

6:30 p.m. - Heartland Hospice of Topeka, 1033 SW Gage Blvd. Call Terry Frizzell for information. TOPEKA, (785) 271-6500

FIRST AND THIRD MONDAY OF EACH MONTH BEREAVEMENT SUPPORT GROUP

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

FIRST AND THIRD MONDAY OF EACH MONTH CAREGIVER SUPPORT GROUP

For adults who have lost loved ones. Call LMH Chaplain Angela Lowe for more information. LAWRENCE MEMORIAL HOSPITAL
4:00-5:00 PM, (785) 840-3140

FIRST TUESDAY OF EACH MONTH LAWRENCE AREA COALITION TO HONOR END-OF-LIFE CHOICES

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

TUESDAYS

GRIEF & LOSS SUPPORT GROUP

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

TUESDAYS

GRIEF & LOSS SUPPORT GROUP

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

FIRST 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-NOON

THURSDAYS

GRIEF & LOSS SUPPORT GROUP

Midland Hospice, 543 Lawrence Ave.
1:00-2:00 p.m.
LAWRENCE, (785) 842-3627

THURSDAYS

GRIEF & LOSS SUPPORT GROUP

Midland Hospice, 543 Lawrence Ave.
3:00-4:00 p.m.
LAWRENCE, (785) 842-3627

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Loretta Lynn
Live in Concert

**SUNDAY, JUNE 17
7:00 P.M.**

TPAC Box Office
ticketmaster
234-4545
www.tpactix.org
www.ticketmaster.com

COUNTRY LEGENDS 106.9

TOPEKA PERFORMING ARTS CENTER
The George Newman City Performance Hall

CALENDAR

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THURSDAYS

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

**FIRST THURSDAY OF EACH MONTH
LAWRENCE AREA PARTNERS IN AGING**
Networking group. Call Kim or Laura at (785) 842-0656 for more information. \$11.50 to attend (includes lunch).
JADE MONGOLIAN BARBEQUE, LAWRENCE
11:30 AM-1:00 PM

**FIRST AND THIRD THURSDAY OF EACH MONTH
LOSS AND GRIEF SUPPORT GROUP**
Heart of America Hospice with association Pioneer Ridge Retirement Community invites individuals coping with the loss of loved ones to join us. Call Gillian at (785) 841-5300 for more information. Located Pioneer Ridge Assisted Living 4851 Harvard Rd, Lawrence. 6:00 p.m.

**FIRST AND THIRD THURSDAY OF EACH MONTH
GRIEF SUPPORT GROUP**
3:00 p.m. - Brewster Place, 1209 SW 29th St.. Sponsored by Heartland Hospice of Topeka. Call Terry Frizzell for information and specific location.
TOPEKA, (785) 271-6500

**SECOND MONDAY, SEPT-MAY
LAWRENCE CLASSICS, GENERAL FEDERATION OF WOMEN'S CLUBS**
Volunteer service club.
(785) 331-4575

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

**SECOND TUESDAY OF EACH MONTH
NATIONAL ASSOCIATION OF RAILROAD AND VETERAN RAILROAD EMPLOYEES (NARVRE)**
Meets at 9:30 a.m. at Coyote Canyon Buffet.
TOPEKA, <http://www.narvre.com>

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

**SECOND AND FOURTH WEDNESDAY OF EACH MONTH
ALZHEIMER'S EARLY STAGE PATIENT SUPPORT GROUP**
For patients with early stage Alzheimer's.
SEABROOK UNITED CHURCH OF CHURCH
(785) 234-2523

**SECOND WEDNESDAY OF EACH MONTH
MEMORY SUPPORT GROUP**
Held at The Windsor of Lawrence, 3220 Peterson Rd., 2:00 p.m. For more information, please call Amy Homer.
LAWRENCE, (785) 832-9900

**SECOND WEDNESDAY OF EACH MONTH
LOSS AND GRIEF SUPPORT GROUP**
Heart of America Hospice invites individuals coping with the loss of loved ones to join us. Call Gillian at 228-0400 for more information. Located at The First Presbyterian Church on Topeka and 8th. 12:00 p.m.

**SECOND THURSDAY OF EACH MONTH
NAACP MEETING - LAWRENCE CHAPTER**
Meets at the Lawrence public Library Gallery Room at 6:30 p.m.
LAWRENCE, (785) 841-0030, (785) 979-4692

**THIRD TUESDAY OF EACH MONTH
LAWRENCE PARKINSON'S SUPPORT GROUP**
FIRST PRESBYTERIAN CHURCH, 2415 CLINTON PARKWAY, LAWRENCE, 2:00 PM

**THIRD TUESDAY OF EACH MONTH
GRANDPARENT/KINSHIP SUPPORT**

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

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

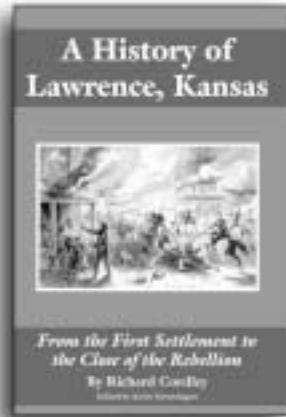
**FOURTH TUESDAY OF EACH MONTH
LAWRENCE PARKINSON'S SUPPORT GROUP**

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

**FOURTH TUESDAY OF EACH MONTH
GRIEF SUPPORT GROUP**
10:00 a.m. - Manor Care Nursing & Rehabilitation Center, 2515 SW Wanamaker Rd. Sponsored by Heartland Hospice of Topeka. Call Terry Frizzell for information.
TOPEKA, (785) 271-6500

**FOURTH WEDNESDAY OF THE MONTH
CAREGIVER SUPPORT GROUP**
Administered by Senior Outreach Services in cooperation with Jayhawk Area Agency on

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Learn About Lawrence's History, Subscribe to Senior Monthly, and SAVE!

Senior Monthly publisher Kevin Groenhagen has edited a new edition of Richard Cordley's 1895 classic, ***A History of Lawrence, Kansas: From the First Settlement to the Close of the Rebellion***.

Rev. Cordley's book begins with the founding of Lawrence in 1854 by anti-slavery settlers from New England, and ends with Quantrill's Raid of August 21, 1863. As both an early settler of Lawrence and a survivor of the raid, Cordley was able to describe events during those first 10 years of Lawrence with great detail and clarity.

In addition to Cordley's original copy, this new edition includes additional illustrations, recent photos, recent articles on the Eldridge Hotel and the House building, and a comprehensive index (the original lacked an index).

Printed: 288 pages, 6" x 9", perfect binding, 60# cream interior paper, black and white interior ink, 100# white exterior paper, full-color exterior ink

Send me Richard Cordley's ***A History of Lawrence, Kansas*** for \$16.99 plus \$3.00 for shipping and handling. (Total of \$19.99.)

I would like a one-year subscription (12 issues) of ***Senior Monthly*** for \$15.00.

SAVE \$10.00! I would like both ***A History of Lawrence*** and a one-year subscription to ***Senior Monthly*** for a total of \$24.99 (includes shipping and handling for the book.)

Please check ONE option at left, fill out your mailing information below, and send form and payment to Groenhagen Advertising, L.L.C.:

Name: _____

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Please mail check or money order to:

Groenhagen Advertising, L.L.C.
2612 Cranley St.
Lawrence, KS 66046

CALENDAR

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Aging, Inc. Designed to be a safe place to assist and empower caregivers of seniors. Rose Hill Place Clubhouse, 3600 SW Gage Blvd. 1:00 p.m. TOPEKA, (785) 235-1367, EXT. 130

FOURTH WEDNESDAY OF THE MONTH TOPEKA GENEALOGICAL SOCIETY

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

MAY 25 AARP CHAPTER 1696

AARP Chapter 1696 will meet at 11:00 a.m. at the Lawrence Country Club. Lunch served at 11:30. K.U. Professor Emeritus Robert McColl will speak on the topic, "Continuing Arab Traditions of Spain and the Spanish."
Please call for reservations.
LAWRENCE, (785) 865-3787

MISCELLANEOUS

MAY 3

STROKE & PARKINSON'S EXPO

Free demonstrations featuring new technology. Come and learn about the innovative treatment options available at Kansas Rehabilitation Hospital. Talk with patients who have excelled with KRH programs. 1504 SW 8th Ave., 5:30-7:30 p.m.
TOPEKA, (785) 232-8524

MAY 4

SWEATLODGE WITH KIM OURSLER

A student of Chief Phil Crazy Bull and others, Kim has studied extensively and brings her knowledge of the Priestess process and Goddess studies together with Native American tradition. The Light Center.
BALDWIN CITY, (785) 255-4583
www.LightCenter.info

MAY 4 & 5

BREW, BLUES & BAR-B-Q COOK-OFF

Annual Bar-B-Q Cook-off includes live entertainment from Kansas City Blues bands. Cooking demonstrations Saturday and the People's Choice event lets everyone taste the good food the participants are cooking up. Activities for the children. Lansing Towne Center.
LANSING, (913) 727-5488
www.lansing.ks.us

MAY 5

HERB MARKET

Annual sale of herbs, plants, and yard art on the grounds of the Carroll Mansion, 1128 5th Ave.
LEAVENWORTH, (913) 682-7759
www.leavenworthhistory.org

MAY 5

FAMILY ADVENTURES IN NATURE

Does your family need a remedy for Nature Deficit Disorder? Try a dose of time together in the country. Explore with Jeff Ruppelius, author of Conrad's Hiking Adventure. Create some fun crafts from nature and more. Sponsored in part by Menorah Legacy Foundation. The Light Center, 10:00 a.m.-4:00 p.m., donation.
BALDWIN CITY, (785) 255-4583
www.LightCenter.info

MAY 12

FAMILY ADVENTURES IN NATURE

Has your family been dealing with the impact of cancer? Maybe you need some good healing time in the country with others walking a similar path. Walks in the garden, petting horses, hold baby chicks, and more. Sponsored in part by Menorah Legacy Foundation. The Light Center, donation.
BALDWIN CITY, (785) 255-4583
www.LightCenter.info

MAY 12 & 13

SCENIC MIAMI COUNTY SPRING FARM TOUR

Farm sites open to the public with fun and educational activities for the whole family. Celebrate the diversity and bounty of the fresh farm products you find on the back roads of Miami County. Treat yourself to the tastes, smells, sights, and sounds of country living.
LOUISBURG, (913) 271-1832
www.miamicountytours.com

MAY 26

VINTAGE & EXPERIMENTAL AIRCRAFT FLY-IN

Annual event offers up-close views of vintage and experimental aircraft and the opportunity to meet and talk to the aircraft owners. Amelia Earhart Airport.
ATCHISON, (913) 367-2427
www.atchisonkansas.net

JUN 2

BALDWIN CITY WIDE GARAGE SALE

Annual event featuring approximately 100 yard sales. Directories with information about each sale are available for purchase to assist you in your hunt for new treasures.
BALDWIN CITY, (785) 594-3411
www.baldwincitychamber.com

JUN 2 & 3

2007 GARDEN TOUR

Douglas County Master Gardeners open their gardens to the public. View 7-8 gardens along with presentations.
DOUGLAS COUNTY, (785) 843-7058

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



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New Movie - Old-Fashioned Fun!

If you can remember chuckling at the antics of Lewis & Martin, if you thought Abbott & Costello were the greatest things going, then you remember when movies were fun and the word entertainment meant just that.



Fred's ready to dive for treasure buried centuries before by Ponce de Leon, in the quirky, little film Lithium Springs

In "Lithium Springs," a man and his dog bring a smile to your lips and a glow to your heart. Perfect gift for your shut-in loved one, the grand kids, Mother's Day, Father's Day - or treat yourself to a sweet little chuckle. DVD. \$19.95+\$2 s/h. www.lithiumsprings.com or 4407 Oakglen Rd. Lakeland FL 33813

MOVIE REVIEW

Sandler movie requires patience

By Esther Luttrell

"Reign Over Me," starring Adam Sandler, Don Cheadle. Sony Pictures & 3 Arts Entertainment

Recommendation: See it if you have a lot of patience.

A man (Sandler) lost his wife and three daughters in the September 11 attack on New York City and can no longer face reality. Escaping into a world of his own puts him on the edge of insanity. The unexpected appearance of his ex-college roommate (Cheadle) gives him a ray of hope.

This is a strange film, as many films coming out of Hollywood nowadays are apt to be. First off, it takes forever to get to the point. I sat staring at the movie screen for the better part of an hour before I had a clue what the film was about. It seemed disjointed and pointless. I marveled at the excellent acting, but couldn't imagine

what they were acting about. I'm not familiar with actor Don Cheadle, but then I'm not familiar with a lot of the new faces on today's movie horizon. I do know who Adam Sandler is, of course, but that didn't help matters because I'm not a Sandler fan. He was acting in a role that, 10 years earlier, would have been played to perfection by Dustin Hoffman.

Cheadle portrays a successful dentist named Alan Johnson, though he doesn't really like being a dentist. He's married to beautiful Janeane Johnson (Jada Pinkett Smith), but he's not thrilled about that either. Despite the negatives, these elements are portrayed



Don Cheadle and Adam Sandler

in a way that is almost lighthearted. One day Johnson runs across his ex-college roommate, Charlie Fineman (Sandler). Fineman rides a motor scooter around New York, listens incessantly to records (yes, records) from the sixties and seventies, and compulsively plays video games. In short, he lives in a fantasy world of his own making. Slowly (and I do mean slowly), we learn that Fineman's wife and daughters were killed in one of the planes commandeered by terrorists on September 11, and he does everything in his power to keep from thinking about them.

However, the root of his problem isn't revealed for a very long time. Then a funny thing happens; about half way through the picture, it suddenly gets interesting.

It's a Hollywood fact that if a bad movie has a terrific ending, audiences will walk away convinced they've seen a winner. And so it is with *Reign Over Me*. After a bumpy, confusing first half, you discover that you actually like the characters. Johnson gets Fineman to a psychiatrist played beautifully by Liv Tyler. Fineman continues to spiral downward emotionally until he ends up in a courtroom where his in-laws (Robert Klein and Melinda Dillon) are determined to have him committed to a mental institution. The judge (Donald Sutherland) is everything you want a judge to be—stern, filled with an understanding of the human condition, and fair. Where the first of the film rambled, the end of it barrels ahead full force, straight to a near-perfect ending. I was pleased that everyone kept their clothes on and that no dismembered body parts flew across the screen, but I could have

done without the language. Still, compared to what we hear today, even on television, it wasn't as objectionable as it could have been. *In summary:* If you asked me whether or not you should spend the money, or take the time, to see this movie, I'd probably end up giving it a reluctant thumbs-up.

DVD PICK OF THE MONTH:

"Rocky Balboa," starring Sylvester Stallone. If you missed this at the theater, I can't recommend it highly enough. It came out strong in its first week of release, then dipped dramatically from third place to sixty-third, and that's a shame. I suspect audiences were turned off by the dreadful last Rocky movies, which is the very reason Stallone made this one. I heard him in an interview say that he knew those last Rocky's were terrible and he wanted to send Balboa out on a high note. He succeeded. The acting is terrific. The script is more than entertaining. Stallone directed as well as wrote and starred in this beauty and, while it seems incredible that he could have reached such an advanced age, he does a magnificent job with each of these tasks. Rent it. You'll be glad you did.

CLASSIC DVD OF THE MONTH

"Manhattan Murder Mystery," starring Diana Keaton and Alan Alda. Okay, if I have to say it, yes, Woody Allen's in it, too, but I hesitate to tell you because you probably don't like him any more than I do. Fortunately, he's more or less a prop and the film belongs to those wonderful actors, Keaton and Alda. I bring this video home from the library (they're free) at least once a month. I never get tired of it. Keaton suspects a neighbor has murdered his wife and sets about to prove it with her old friend, played by Alda. The twists and turns are delightful, the pace excellent, and even Allen doesn't get in the way.

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

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NOSTALGIA NOTEBOOK

MAY 1947

Births

MAY 8: H. Robert Horvitz, American biologist, recipient of the Nobel Prize in Physiology or Medicine

MAY 13: Stephen Reeder Donaldson, American fantasy, science fiction and mystery novelist

Events

MAY 3: New post-war Japanese constitution goes into effect.

MAY 22: In an effort to fight the spread of Communism, President Harry S Truman signs an act implementing the Truman Doctrine. The act granted \$400 million in military and economic aid to Turkey and Greece.



MAY 1957

Births

MAY 3: William Clay Ford, Jr., American automobile executive

MAY 21: Judge Reinhold, American actor, *Fast Times at Ridgemont High*

MAY 26: Margaret Colin, American actress, *Independence Day*

MAY 28: Kirk Gibson, former Major League Baseball player

Events

MAY 2: Vincent Gigante fails to assassinate mafioso Frank Costello. Senator Joseph McCarthy dies.



MAY 3: Walter O'Malley, the owner of the Brooklyn Dodgers, agrees to move the team from Brooklyn, New York, to Los Angeles, California.

MAY 16: Elliot Ness dies.

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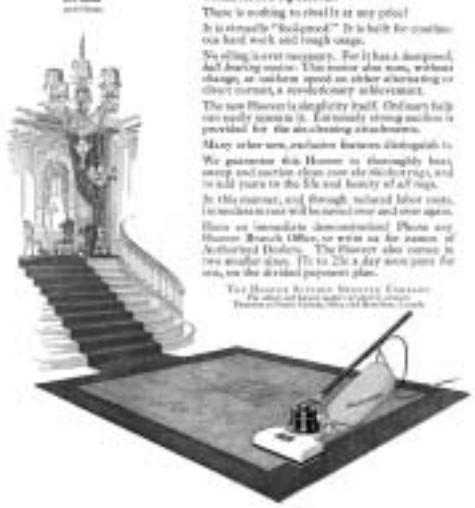
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BOOKSHELF

History, mystery and health – and a ghost or two

By Margaret Baker

Carolyn Hart: *Set Sail for Murder* (Wm. Morrow, \$23.95, ISBN 978-0-06-072403-0)

Retired journalist Henrietta O'Dwyer Collins (Henrie O to her friends) receives a call for help from Jimmy Lennox arousing old emotions—she'd turned down his proposal when they were young, and she has often wondered if she should have said yes.

Jimmy, now married to renowned documentary filmmaker Sophia, widow of wealthy Frank Riordan, thinks someone in the family is behind a number of near-fatal "accidents."

There's quite a motive. Sophia had no experience in parenting and didn't ask for advice. Riordan's will put her in charge of the trust funds, and she must decide this year if the heirs can receive control or wait 10 years. Sophia has decided the family will take a Baltic cruise and then she'll make the decision. Jimmy wants Henrie O. to come along and defuse the animosity and/or prevent Sophia's death.

Henrie O. discovers that love, once kindled, never burns to ashes. Could lead to an interesting next installment of this series featuring an intelligent older sleuth. Hart, an acknowledged master of mystery, at the top of her form!

Joe Hill: *Heart-Shaped Box* (Wm. Morrow, \$24.95, ISBN 978-0-06-114793-7)

Aging rocker Judas Coyne collects the macabre—sketches by John Wayne Gacy, a 16th century witch's "confession." So when he sees a haunted suit for sale on an Internet auction site, Jude automatically buys it.

It comes complete with a ghost determined to drive Jude to suicide. The ghost of Craddock McDermott blames Jude for his stepdaughter's death (Jude abandoned her after a brief affair.) Ditto for anyone who helps him.

A horrifying ride on a perpetual rickety mental roller coaster, *Heart-Shaped Box* is an amazing first book. Not until it climbed to the top of the best-seller lists was Joe Hill's true identity revealed as Stephen King's eldest son.

Don't start reading this on a dark

and stormy night.

Mignon Ballard: *The Angel and the Jabberwocky Murders* (St. Martin's Minotaur, \$23.95, ISBN 0-312-35419-3)

Some angels are ghosts with good intentions. Augusta Goodnight is a case in point. She's the guardian angel living with Lucy Nan Pilgrim in Stone's Throw, South Carolina.

The local college is a safe haven of intellectual pursuits. Or was until girls began disappearing. The third victim, D.C. Hunter, is found in disused shed by the edge of campus lake.

Lucy needs Augusta's help to uncover the murderer, especially considering why the word "Jabberwocky" keeps showing up amongst the clues.

If your mystery reading favorites include academia, angels, and/or small towns, head for this short and delightful book!

Taffy Cannon: *Blood Matters* (Perseverance Press, \$14.95, trade paperback, ISBN 978-1-880284-86-5)

Roxanne Prescott, fourth generation law officer, has returned to law enforcement and is the lowest-ranked detective in the San Diego Sheriff's office as they investigate Sam Brennan's death.

Brennan's ghosts are from his emotionally deprived childhood. He's tried to exorcize them by dedicating his life to twin projects: creating loving families through adoption and reuniting birth families. He's revered and loved.

Sam, like Jude in *Heart-Shaped Box* (above) is a collector. He collects the icons of happy childhood, the one he didn't have. But someone didn't love him; someone brained him with a statue of Michael Jackson.

PAPERBACK PICKS

Richard Cordley: *A History of Lawrence, Kansas from the First Settlement to the Close of the Rebellion*. Newly edited with additional material by Kevin Groenhagen.

Cordley's history of Lawrence's first years has long been valued for its accuracy. Here it is in trade paperback size with new material and photographs of both the period and of this day. A highly readable ac-

count of a town formed to prevent slavery and subjected to one of the country's worst massacres.

Includes an excellent and detailed index and such gems as the sheet music to James Clark's *Ho! For the Kansas Plains* and histories of buildings which survived Quantrill's Raid.

Highly readable account of a town formed to prevent slavery and subjected to one of the country's worst massacres.

Roberta Isleib: *Deadly Advice* (Berkley Prime Crime, \$6.99, ISBN 978-0-425-21474-9)

Author Isleib strikes out on a new course with Dr. Rebecca Butterman, a clinical psychologist with an advice column.

When the police tell Rebecca her neighbor has committed suicide, she wonders why she, a professional, didn't see warning signs. Madeline Stanton wasn't a patient, but Rebecca hadn't made much of an effort to make her welcome in the condo. And to know that Madeline's body lay in her bathtub for two days before anyone noticed she was gone.

Isabelle, Madeline's mom, asks her to help sort out Madeline's belongings and take care of the cat. In doing so, Rebecca discovers Madeline was heavily into the internet dating scene, especially the more exotic varieties.

Like Isleib's popular golf series, is well-plotted, with bits of humor to lighten the darkness associated with murder.

Each chapter starts with a letter to the advice column, so you may get some of your concerns settled while awaiting the conclusion!

FOR YOUR EARS ONLY (audio books)

Hampton Sides: *Blood and Thunder* (Random House Audio Books, \$19.95, ISBN 0-553-75681-8) Read by Don Leslie, on 5 compact discs.

Christopher Carson left school before learning to read when his dad died in a lumber accident. As soon as possible, he lit out for the life of a mountain man, a fur trader, and finally a scout. A decent and moral man, he was there when most events of the southwest flamed into headlines.

A rousing account of the history of the Southwest, primarily through the life of Kit Carson!

Tawni O'Dell: *Sister Mine* (Random House Audio, \$29.95, ISBN 978-0-7393-4201-5)

Read by Renee Raudman on 5 compact discs.

Shae-Lynn Penrose drives a cab in Jolly Mount, a coal town. She and her kid sister survived life with a brutal dad after their mother died. She's proud of her grown son (he's a straight arrow deputy) and has never divulged the name of the father.

Her sister skipped town her sophomore year and hasn't been heard from. That is, until she suddenly shows up on Shaw Lynn's porch, very pregnant and rather unrepentant. Followed by some very unconventional folk.

Unconventional in theme and characters, and a good look at small coal towns struggling with what life has dealt them.

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



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HUMOR

We did it for the grandkids

When the pup nuzzled my wife, Emmaline, under her chin and licked her cheek, I knew I my goose was cooked. We were standing in a farm yard on a sunny Saturday afternoon in October. The annual Fall Farm Festival was in full swing. By 4:30 p.m. we had driven around half the county. We had had the opportunity to purchase gargantuan pumpkins, art objects created by gluing



Larry Day

pieces of multicolored macaroni to the flywheels of defunct lawnmowers, necklaces made from gall stones, and broccoli-gingerbread chocolate chip cookies.

As tempting as this merchandise was, I had kept my wallet in my pocket. We turned up the short gravel road that led to the last farm listed on the Fall Farm Festival brochure. A Border collie ran along beside our car.

Emmaline had recently broached the subject of buying a dog that the grandkids could play with. The moment she brought it up I shouted "fire" and ran out the front door. A moment later Emmaline came through the door carrying a mop bucket full of cold water. She shouted "liar" and threw it all over me. The water short circuited my hearing aids. So much for diversionary tactics.

On the grass in the middle of the farm yard was a wire petting pen that contained two dachshund puppies, a couple of bandy roosters, a piebald bandy hen, and some bunnies.

Emmaline headed straight for the petting pen. The farm wife was on duty.

"Are the puppies male or female?" asked Emmaline.

"Male," said the farm wife.

"Oh, that's too bad. We wanted a girl dog."

No one heard my silent shout:

"Yes! Thank you. Bless you, ma'am, and bless the sex of your puppies." I smiled a 200-watt smile. The devious woman looked straight at me. "We have a cute little female dachshund in the barn. She has papers and everything," she said.

"Drat!" I said under my breath like the villain in a melodrama.

"Why is she in the barn?" asked Emmaline.

"She gets out of the pen and chases the turkeys," said the farm wife.

I realized that if I didn't do something right then, I'd be a goner. "If that female pup chases the turkeys she must be mean and ill tempered. She's probably pretty wild too." I said.

"No. She's a real sweetie, and she's great with kids," said this awful woman.

"I want to see her," said Emmaline.

I thought of yelling "fire," but knew that if I did I'd get a dog dish full of water in my face. I just said, "Honey, can we talk about this for a moment?"

"Of course we can," said Emmaline, "after I see the puppy."

"I'll get her," said the farm wife.

She came back from the barn carrying a ginger-colored dachshund pup and handed it to Emmaline. The pup and Emmaline came together as if they were both magnetized. Emmaline cooed. The pup licked and nuzzled her shamelessly—after all, they had just met.

"Having a dog will be a pain," I said. "She'll wet on the carpet and poop on the hardwood floors. She'll chew up your shoes and tear holes in the furniture. Think of the vet bills! She'll have to have shots and worm pills and flea treatments, and it'll cost a fortune to board her when we go on trips."

"I know," said Emmaline. "It will be awful."

"What?" I asked.

"I agree with you," she said. "It WILL be awful having a pup around the house."

"Really? Good girl, Emmaline," I said. "Now let's get out of here."

Emmaline turned to the farm wife. "How much do you want for her?"



Pluggers know the value of a good education.

"She has papers and everything," she said.

"How much?" I asked. I saw a ray of hope.

Then the wretched woman named a price that was exactly five dollars below what I knew would be a deal breaker for Emmaline.

"We'll take her," said Emmaline.

"You just said it would be awful having a dog," I said.

"And it will," said Emmaline, "but we have to sacrifice for Ariel and Gorky. You know that their parents will never let them have a dog. They've said so a hundred times. We HAVE to do this for our grandkids.

They'll love her dearly."

Gretchen has done everything bad that I predicted she would do, and more. But, as Emmaline predicted, our grandchildren, Ariel, seven, and Gorky, four, were wild about the pup.

You can't win. A month after Gretchen came to live with us our daughter-in-law phoned. "The kids love Gretchen so much that we've bought them a dog of their own."

- 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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WOLFGANG PUCK

Spring peas that please

By Wolfgang Puck

Tribune Media Services

I'll never forget the first time I tasted sugar snap peas. It was spring-time in the mid-1970s and I was visiting my new friends the Chino family, who run a marvelous organic vegetable farm in San Diego County. They offered me a plump, bright-green peapod, the sort I'd always shelled by splitting it with my fingertips along its seam and then sweeping my thumb inside to remove the edible peas.

Before I could do that, however, I was told to just quickly string the freshly rinsed pod, then pop the whole thing into my mouth and start chewing. I couldn't believe that they'd want me to eat a leathery peapod, but I didn't want to disobey such smart farmers. Imagine my surprise, then, when the pinkie-long pod was not only perfectly crisp and crunchy but also incredibly sweet and delicious.

I guess I could be forgiven my disbelief. After all, the sugar snap peas now widely available at this time of year are a 1960s hybrid of traditional English-style peas (the kind you have to shell) and the completely edible, flat, almost seedless peapods known as snow peas or Chinese peapods (or the charming French mange touts, "eat them all"). Although earlier,

similar hybrids existed, sugar snaps, as we know them, didn't gain widespread popularity until just about the time I enjoyed my first taste.

And I haven't stopped enjoying them since, in so many ways. You can eat them raw as part of a crudites assortment, accompanied dips or dressings. They're also good lightly steamed, sautéed, or stir-fried as a side dish. I've had them in salads, either raw or steamed and then quickly chilled; and also in soups, in which they can be one of many spring-time vegetables or the star of a beautiful puree.

One of my favorite ways to enjoy them is as the featured vegetable in Chinese-style fried rice. Quickly stir-fried until barely cooked, the sugar snaps maintain their bright-green color and crisp texture, and their sweet flavor contrasts wonderfully with those of onions, garlic and soy. I've included chicken as the featured protein in the recipe that follows; but you can use pork, ham, beef or shrimp instead, or prepare a meatless version as a side dish or vegetarian main course.

Whatever you do, look for sugar snap peas that are small, bright green and free of blemishes. Just before cooking, rinse and pat dry the pods and use your fingers to snap off the stem end of each one, pulling along



PHOTO BY BOB HILTA, CHICAGO TRIBUNE

Wolfgang Puck's Fried Rice with Chicken Breast and Sugar Snap Peas

the length of its seam to remove the strings. Preparation is that simple. You're ready to cook with sugar snap peas — if, that is, you can resist popping them into your mouth raw.

FRIED RICE WITH CHICKEN BREAST AND SUGAR SNAP PEAS

Serves 4

- 1 boneless skinless chicken breast half
- 3/4-pound sugar snap peas
- 2 cups cooked and cooled white rice, preferably made a day ahead
- 2 garlic cloves, minced
- 1 small onion, minced
- 1 egg, lightly beaten
- 2 tablespoons soy sauce
- 2 tablespoons peanut oil or vegetable oil
- Salt
- Freshly ground black pepper
- 2 tablespoons coarsely chopped cilantro leaves or Italian parsley

With a sharp knife, trim away any fat or connective tissue from the chicken breast. Cut the meat into 1/2-inch cubes.

Rinse the sugar snap peas under cold running water. Pat them thoroughly dry with a clean kitchen towel or paper towels. With your fingertips, pinch off the stem end of each pod and pull lengthwise along the seam to remove the strings.

In a bowl, gently rub the cold rice between your fingers to separate it into individual grains.

Within easy reach close to the stove, arrange the chicken breast cubes, sugar snap peas, rice, garlic, onion, beaten egg and soy sauce.

Heat a nonstick wok or a large,

heavy nonstick skillet over medium-high heat.

Add the oil. When it is so hot that it is barely beginning to show slight wisps of smoke, add the garlic, onion and cubed chicken breast. With a stir-fry spatula or a long-handled wooden spatula or spoon, stir constantly until the chicken pieces begin to color slightly 2 to 3 minutes.

Add the sugar snap peas and stir-fry just until their color brightens, about 30 seconds. Then add the rice and stir-fry for 2 minutes more.

Drizzle the beaten eggs around the rim of the wok or skillet so that it cooks before it touches the rice. Stir the egg into the rice. Sprinkle in the soy sauce and stir well.

Season the fried rice to taste with salt and pepper. Transfer the mixture to a heated serving dish or individual plates, garnish with cilantro or parsley, and serve immediately.

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

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WORDS OF WISDOM

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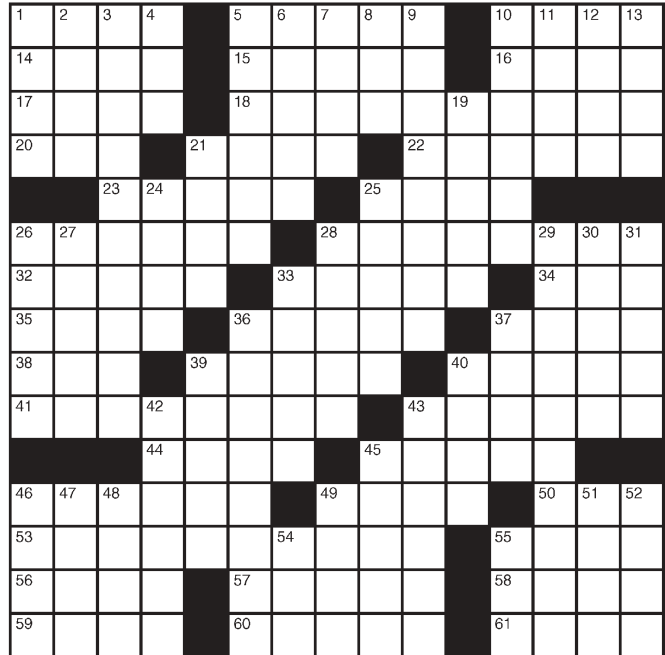
ACROSS

- 1 Went off
- 5 Expands
- 10 Guitar adjuncts, briefly
- 14 Garfield's buddy
- 15 Clear thinking
- 16 Part of a bow
- 17 Lahr or Lance
- 18 Heston movie
- 20 Opposite of WSW
- 21 Fabricated
- 22 Made insensitive
- 23 Old wagons
- 25 First murderer
- 26 Biases
- 28 Wedding ceremony
- 32 "48 Hrs." star
- 33 Groucho's brother
- 34 Debt letters
- 35 Signs on the dotted line
- 36 Stop for a camel
- 37 Stumble
- 38 Barely passing grade
- 39 Connecting rooms
- 40 Knowing
- 41 Off course
- 43 Wanderer
- 44 Solidifies
- 45 On edge
- 46 Flowering shrub
- 49 Fork prong
- 50 Skelton or Buttons
- 53 Costner movie
- 55 Stack

- 56 Bypass
- 57 Eat away at
- 58 Pinnacle
- 59 Track circuits
- 60 Talk out of
- 61 Stinging insect

DOWN

- 1 Ear part
- 2 Adam's garden
- 3 Norris movie
- 4 Hanoi holiday
- 5 Collects bit by bit
- 6 Highways and byways
- 7 Fairy-tale beast
- 8 Comic commentator
- 9 Dutch gin
- 10 Graduates
- 11 Land of Lot's descendants
- 12 Abrupt blow
- 13 Risked a ticket
- 19 Ecuador's capital
- 21 Small parasite
- 24 Pismires
- 25 Radioactivity unit
- 26 Maliciously derogatory
- 27 Solitary one
- 28 Yucky
- 29 Gibson movie
- 30 French river
- 31 Outstanding
- 33 Greets
- 36 Prohibited
- 37 "___ the night before..."
- 39 Look of contempt



By Frances Burton
Summerville, GA

Answers on page 31

- 40 First-rate
- 42 Lace tips
- 43 Produce a graphic image
- 45 Spanish diacritical mark
- 46 Truant GI
- 47 Hannibal's Waterloo?
- 48 Leaning precariously
- 49 Jogging pace
- 51 "Desire Under the ___"
- 52 Profound
- 54 Mineral in the raw
- 55 Manhandle

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MAGICWORD

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

HOME IMPROVEMENTS (sol.: 7 letters)

A-Addition, Appliances; B-Brick, Build; C-Carpentry, Carpet, Color, Cooling, Cost; D-Decide, Deck, Design, Doors, Drywall; E-Electrical, Engineer; F-Fix up; H-Hire; K-Kitchen; L-Landscape; M-Material, Molding; P-Paint, Plan, Plumbing; R-Remodel, Renovate, Repair, Roofing; S-Siding, Stairs, Structure, Style; T-Tile, Tools, Trim; V-Value, Vinyl; W-Walls, Windows

This Month's Answer:

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

JUMBLE

THAT SCRAMBLED WORD GAME
by Henri Arnold and Mike Arginton

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

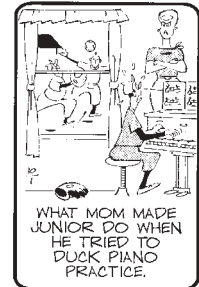
HITEL
□ ○ □ □ □

DAFEM
□ ○ □ □ □

BADCUT
□ ○ □ □ □

CHORCS
□ ○ □ □ □

Answer: THE



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

Answers on page 31

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26 SeniorMonthly, May 2007

TRIVIALITIES

1. What Oscar-winning actress made her big-screen debut in the 1955 musical "Oklahoma!"?
2. Who starred as Billy Bigelow in the 1956 musical "Carousel"?
3. Pat Boone starred opposite Shirley Jones in what 1957 musical?
4. Who wrote and directed the 1960 film "Elmer Gantry"?
5. Vincente Minnelli directed what 1963 film starring Shirley Jones, Glenn Ford and Ron Howard?
6. In what year did the film musical "The Music Man" premiere?
7. Shirley Jones won the best supporting actress Oscar in 1961 for what film?

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Answers on page 31

BRIDGE

Take it to heart

By Omar Sharif and Tannah Hirsch

North-South vulnerable. West deals.

NORTH
 ♠ 8 3
 ♥ J 7 4 2
 ♦ Q J 8 6
 ♣ Q 8 6

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

SOUTH
 ♠ Void
 ♥ A K 3
 ♦ A K 10 9 5 3 2
 ♣ A 10 7

The bidding:

WEST	NORTH	EAST	SOUTH
2♠	Pass	4♠	5♦
Pass	Pass	Pass	

Opening lead: King of ♠

Some contracts need a specific lie of the cards to get home. Others can be claimed at the first trick regardless of how the cards are divided. Believe it or not, this deal is one of the latter type.

East did well to raise West's weak two-spade opening bid to four spades, and South had to take action at the five-level. However, nothing could have kept South out of the auction.

West led the king of spades, and declarer ruffed. There was not much

in dummy outside of good trumps, but what was there was pure gold. Declarer ruffed the opening lead, drew the outstanding trumps and cleared the ace and king of hearts, crossed to the table with a trump and led the remaining spade, discarding the heart loser from hand. No matter which defender won would be trapped in an endplay.

Suppose West wins. Left with only black cards, a spade return would be ruffed in one hand and a club would be discarded, and a club trick would be the second and last trick for the defense. A club return would be ducked in dummy and no matter which card East played, declarer would win as cheaply as possible and surrender only a club. The same would be true if East won.

But what if the defender who won the spade returned a heart? If West was on lead, and returned a low heart, declarer simply covers with the jack. If it wins, that's the end of it. If it is covered by the queen, declarer ruffs and the table's 13th heart provides a parking place for the losing club. Similarly, if East wins the spade and returns a heart, declarer discards a club and either the jack will win or the fourth heart is established to take care of the remaining club loser.

(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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SUDOKU

© Puzzles by Pappocom

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1 through 9 with no repeats.

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

MEDIUM

Solution on page 31

SRA Senior Resource ALLIANCE of Northeast Kansas

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- CAREGIVER RESOURCES AND HOME CARE - Comfort Keepers
- COMMUNITY RESOURCES & ASSISTANCE - Jayhawk Area Agency on Aging, Inc.
- COMPLETE HEARING AID SERVICES - Ediger Hearing
- DISCOUNT PRESCRIPTION MEDICATIONS - Canada Drug
- ELDER LIVING OPTIONS - Atria Hearthstone
- ESTATE PLANNING/PROBATE - Attorney at Law
- ESTATE SALES - The Problem Solver
- FINANCIAL PLANNING, FINANCIAL SERVICES, INSURANCE, LONG TERM CARE INSURANCE - Lord-Roberts & Associates
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- MEDIA REPRESENTATIVE - KTPK Country Legends & Kaw Valley Senior Monthly
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SMART COLLECTOR

With rattan, the bands make a big difference to value

QUESTION: We have a rattan set consisting of a couch, two club chairs and a coffee table. It is all natural wood and was bought in 1947. What is current value? —Carmela, Boynton Beach, Fla.

ANSWER: Rattan sets are a signature look for warmer climates. Vintage sets, with large, comfy cushions often covered with tropical prints in a nubby period weave, invite lounging. Currently, sets made in the

Judging from images, this set, including a three-cushion couch, appears in good to excellent condition. Cushions seem to be replacement. Four joined bands or tubes of rattan form the chair and couch arms and legs.

Dan Alias, co-owner with Jeff Nelson of Broadway Antique Market (BAM) in Chicago, has sold a fair number of rattan sets. The large multi-dealer shop in Chicago specializing in 20th-century design is at www.bamchicago.com.

"It's all about the bands," he told us. The most desired pieces, then and still today, have six wrapped or stacked bands, or poles. Wrapping involves rattan strips wound in a decorative manner at points of juncture — where arms meet cross pieces, for example. Or they are simply used as decoration. Four band sets may be attractive, but not prime. This set has no wrapping. Joints are nailed with no covering.

In "Rattan: Tropical Comfort Throughout the House" (\$39.95 from Schiffer), author Harvey Schwartz agrees regarding bands. The text adds that intricate "pretzel" bends contribute to value, as do decorative and well-wrapped joints. Sets should have few dark spots or stem nodes. And the older the pieces are, the better.

"In the spring, people want rattan," Alias added. "By late summer, they are a tough sell — and certainly not top dollar." For that reason, Florida and other warm, coastal areas are best when it comes to resale. Alias pegged current retail for the 4-banded set at \$1,500 to \$1,800, depending on condition.



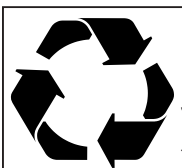
Danielle Arnet

1930s and '40s are in transition: The generation that bought them new is dying off or passing them on to children. Others want to sell.

Rattan is a tropical plant in the palm family. Most comes from the Philippines. Before it became a fashion statement in furniture, wicker predominated. But wicker designs were delicate and fussy, and the willow originally used was expensive. When furniture design became streamlined, rattan came into vogue.

Rattan furniture has been made for more than 100 years. Some "modern" pieces from the 1930s are stunning and very sought after. In the '40s, California embraced the tropical look. It then spread into warm coastal areas. After designer Paul Frankel created a signature arm design for rattan furniture, it went mainstream in a big way.

By the 1950s, America's building boom created homes with indoor porches, where rattan fit the look of blonde mid-century design. By then, several companies mass-produced all kinds of affordable rattan furniture from seating to screens, cabinets, home bars and so forth. Many were knockoffs of high-end designs.



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

QUESTION: I have two Vogue picture records I know must be valuable because I've had them since the late 1940s. —Laura, East Machias, Maine

ANSWER: Smart collectors know that age does not automatically confer value. Not even on vinyl records, knowing that they have gone the way of the Dodo. Many old items are valueless, while some pieces made last year are priceless. Value happens because of demand. Period.

Vogue picture records are so named because the company pressed a color image into the vinyl during production. As such they are novelties. Big money goes to the rare and unusual, such as early rock 'n' roll or rockabilly, or cuts made before an artist was famous.

You have record authority Jerry Osborne's word on this: The best

place to research realized prices for Vogue records is completed sales on eBay. He found your records there at \$61 and \$25.49. Online is also the best way (some say the only way) to sell those Vogues.

FYI: Watch for the 18th Edition of Osborne's "Official Price Guide to Records" (\$25.95 from House of Collectibles). Key www.jerryosborne.com for Jerry's "Rockin' Records 2007," a guide to records that count. Content is arranged by artist.

(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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PEOPLE NEWS

Catlin receives security license

Ryan Catlin of the financial services firm **Edward Jones** in Lawrence recently earned his Series 66 license, which enables him to maintain an Investment Advisor Representative (IAR) registration.

To prepare for the Series 66 exam, which is administered by the NASD, Catlin completed a study program. The 100-question test, which must be completed in 2.5 hours, covers everything from rules in the securities industry to advising clients.

In addition to being Series 66 licensed, Edward Jones financial advisors are required to receive their Series 7 and insurance licenses, enabling them to offer clients a variety of investment products.

Edward Jones provides financial services for individual investors in the United States and, through its affiliates, in Canada and the United Kingdom. Every aspect of the firm's



Catlin

business, from the types of investment options offered to the location of branch offices, is designed to cater to individual investors in the communities in which they live and work. The firm's 10,000-plus financial advisors work directly with more than 7 million clients to understand their personal goals—from college savings to retirement—and create long-term strategies for their investments that emphasize a well-balanced portfolio and a buy-an-hold strategy. Edward Jones embraces the importance of building long-term, face-to-face relationships with clients, helping them to understand and make sense of the investment options available today.

Edward Jones is headquartered in St. Louis. The Edward Jones interactive Web site is located at www.edwardjones.com, and its recruiting Web site is www.edwardjonesopportunity.com.

Home Helpers opens in Douglas County

As more senior citizens are encouraged or desire to stay in their own homes, a new service in the Douglas County area can help them do so with maximum independence, dignity, and safety.

Home Helpers provides the extra help that people need to manage their everyday lives during challenging times—such as aging or recovering from illness or surgery. Home Helpers' non-medical care services can be arranged to fit individual needs, from morning "perk-ups" to evening "tuck-ins," meal preparation and laundry, plus a variety of services in between. Conscientious and reliable Home Helpers caregivers can take seniors to doctors' appointments or social outings, shop for groceries, help with bathing and

grooming, and much more.

In addition to senior citizens remaining independent in their own homes, Home Helpers also offers loving care to expecting/new parents and people living with disabilities. Overnight and 24/7 care is also available.

"In these times, when family members may live hundreds of miles from each other, Home Helpers can step in to provide much-needed help," said Julie Mettenburg, director. "Even in situations where family and neighbors can help out, Home Helpers provides relief and allows families and friends to enjoy quality time together, while knowing they have care they can trust."

All Home Helpers caregivers are employees of the company, not con-

tractors, and have been thoroughly screened, background checked, bonded, insured and trained to meet each client's specific needs.

Mettenburg, a business and health care journalist, opened Home Helpers this spring after experiencing a number of care needs in her own family. "Falls, transitions from home to skilled nursing, cancer, end-of-life decisions and new babies—you name it, we've faced it," she said. "Families today are stretched to the max—we're all in the 'sandwich generation.' I wanted to bring my varied experiences together in a service that could help."

Home Helpers provides support for the entire family, from a bi-monthly family newsletter to free personal consultations and help with setting up other services that may be needed, such as home health

or lawn care. "It's already a time of intense stress and vulnerability; whenever we can ease that burden, we try to do so," said Mettenburg.

A national organization based in Cincinnati, Ohio, Home Helpers is the top-ranked senior care service and number 53 overall on the Entrepreneur Top 500 franchises for 2007. Going with the franchise allowed Mettenburg to launch a business with fully developed systems and support, ensuring the highest quality care, she said. "I've been able to greatly shorten the 'learning curve' and go straight to providing a reliable service that's greatly needed in this area."

Home Helpers also serves Franklin and Johnson counties. For more information about care or employment with Home Helpers, please call (785) 856-2292.

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Local events for Older Americans Month

Jayhawk Area Agency on Aging has a strong tradition of caring for seniors in our community. Established over 30 years ago by the Older Americans Act, our purpose is to make it easier for persons 60 years and older in Shawnee, Jefferson and Douglas



Making Choices
for a Healthier Future

Counties to live independently in the comfort of their own surroundings. Common sense and an extensive body of research indicate that a higher quality of life is sustained by remaining in our own homes for as long as possible, and JAAA has the relationships, tools, and resources necessary to accomplish this whenever it is feasible and best for the individual.

In America during the last century we experienced one of the greatest demographic changes in history: a thirty-year increase in longevity. A recent government report says that almost one out of every five Americans, or 72 million in total, will be 65 years or older by the year 2030. It is estimated this age group will grow 22% in number by 2010. By the year 2030, the largest age population in the state of Kansas will be individuals aged 60 and older.

The twenty-first century promises to add even more years. National Institute on Aging founder Dr. Robert Butler states, "What used to be the distinct advantage of the few has become the destiny of many."

While it may be our destiny to live longer, the quality of our old age is up to us. JAAA is here to help today and, with your help, far into the future.

In keeping with the 2007 theme for Older Americans Month: "Making Choices for a Healthier Future," JAAA is busy organizing educational seminars on issues facing seniors and those who love them today in order for individuals to take a proactive strategy for their future. Please watch for news on upcoming seminars on issues affecting seniors. In the meantime, here is a preview of attractions in the month of May:

May 2007 Older Americans Month Calendar of Events:

Wednesday-Thursday, May

Governor's Conference on Aging, at the ExpoCenter

Tuesday, May 8

Ribbon-Cutting and Open House for our new location at 2910 SW To-

peka Blvd. All are welcome to attend!

Friday, May 11

Our Senior Prom! Dance the evening away to the sounds of the Fairlawn Road Swing Band at the Ramada Inn, Topeka from 7:00 p.m. to 11:00 p.m.

Friday May 18

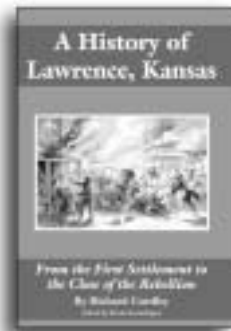
Annual Donna Kidd Award to

honor an outstanding senior volunteer

Please call JAAA at 785-235-1367 to order tickets for the Senior Prom, or for more information on the other exciting events we have planned to celebrate and honor our Older Americans!

Thank you for your support of Jayhawk Area Agency on Aging, Inc.!

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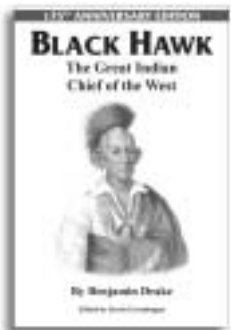


A History of Lawrence, Kansas: From the First Settlement to the Close of the Rebellion

By Reverend Richard Cordley. Cordley's 1895 classic begins with the founding of Lawrence, Kansas, in 1854 by anti-slavery settlers from New England, and ends with Quantrill's Raid of August 21, 1863. As both an early settler of Lawrence and a survivor of the raid, Cordley was able to describe events during those first 10 years of Lawrence with great detail and clarity. In addition to Cordley's original copy, this new edition includes additional illustrations, recent photos, recent articles on the Eldridge Hotel and the House building, and a comprehensive index (the original lacked an index).

Printed: 288 pages, 6" x 9", perfect binding, 60# cream interior paper, black and white interior ink, 100# white exterior paper, full-color exterior ink.

Cost: \$16.99

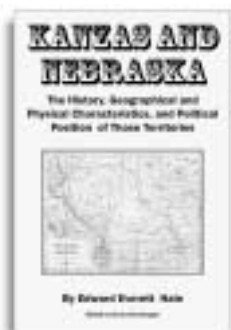


Black Hawk: The Great Chief of the West

In conjunction with the 175th anniversary of the Black Hawk War of 1832, Senior Monthly publisher Kevin Groenhagen has edited a new edition of Benjamin Drake's 1838 classic book on Black Hawk. Benjamin Drake first published this extremely detailed history just six years after the Black Hawk War ended. This new edition reproduces the 1856 edition of Drake's book, which included 13 woodcut illustrations. In addition, *Black Hawk: The Great Chief of the West* (ISBN: 978-1-4303-0704-4) includes an editor's introduction, illustrations from other sources, recent photos, and a new index.

Printed: 196 pages, 6" x 9", perfect binding, 60# cream interior paper, black and white interior ink, 100# white exterior paper, full-color exterior ink

Cost: \$15.99



Kansas and Nebraska: The History, Geographical and Physical Characteristics, and Political Position of Those Territories

Published in 1854, the year Kansas became a territory, Edward Everett Hale's *Kansas and Nebraska* is considered the first book ever written on Kansas. Hale writes about the early explorers in the territory, the various tribes found in the territory, and the efforts to settle Kansas as a territory free of slavery. This new edition includes illustrations added from other sources and a comprehensive index (the original lacked an index).

Printed: 180+ pages, 6" x 9", perfect binding, 60# cream interior paper, black and white interior ink, 100# white exterior paper, full-color exterior ink

Cost: \$14.99

Shipping Rates:

1 book = \$2.48	4 books = \$4.21
2 books = \$3.06	5 books = \$4.79
3 books = \$3.64	6 books = \$5.36

Please mail check or money order to:

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Lawrence, KS 66046

MyStory begins in June

The MyStory 2007 summer series will celebrate its fifth year with the theme of memories of family vacations, special trips and travel stories. This popular program encourages the sharing of personal history. Many participants write their stories but others use photography, art or textiles to tell their stories. The series will begin on Tuesday, June 5, with a workshop given by Charley Kempthorne, director of the Lifestory Institute. Mr. Kempthorne gave the first MyStory workshop in 2002.

The workshop will be from 10:00 a.m.-3:00 p.m. in the Lawrence Public Library Auditorium.

Registration is not required but is encouraged. Other programs will be offered in June and July. Come

make your own postcards, share slides of trips, discuss how travel has changed and participate in a "family reunion". Bring your souvenirs of little known places, the slides that show the hairdos we wish we could forget and the photos of the trips we can never forget. They all have a story that needs to be told. MyStory is presented by the Senior Outreach of the Lawrence Public Library, the Leisure & Learning department of the Douglas County Senior Services and the Lawrence-Douglas County Housing Authority-Babcock Place.

For more information on the MyStory programs or to register for the workshop, call Pattie Johnston at the Lawrence Public Library, (785) 843-3833.

Submit Your Senior Monthly Classified Ad

Just take the number of words in your classified ad (20 word minimum) times 15 cents times the number of months you would like your ad to run.

Example:

20 words x .015 x 4 mos. = \$12.00

Pick your own classified category (e.g., For Sale, Help Wanted, etc.), and mail your ad along with a check or money order to:

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CLASSIFIEDS

COLLECTABLES

I will list your antique or collectable on eBay for free. No charge unless your item sells for your price. I am an approved trading assistant registered with eBay to sell for others. I have been an AARP member since 1997, and I have been selling on eBay since 1998. We can purchase your items outright for cash, or handle your Estate Tag Sale. Call any time. Pat Kin-dle. 785-865-5049.

BOOK FOR SALE

"The History of Lawrence, Kansas" by Rev. Richard Cordley. Edition is a 1976 reproduction of the original 1895 edition, Reproduction sponsored by the Douglas County Genealogical Society. Hardcover, 269 pages. \$30. Call Kevin at 785-841-9417.

SUDOKU SOLUTION

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

Jumbles: LITHE FAMED ABDUCT SCORCH

Answer: What Mom made Junior do when he tried to duck piano practice – FACE THE MUSIC

CROSSWORD SOLUTION

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L	A	P	S	D	E	T	E	R	W	A	S	P

TRIVIALITIES ANSWERS

1. Shirley Jones 2. Gordon MacRae 3. "April Love" 4. Richard Brooks 5. "The Courtship of Eddie's Father" 6. 1962 7. "Elmer Gantry"

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



Advertising in Senior Monthly is a Capital Idea

After distributing in the Lawrence area for two years, in July 2003 we doubled the press run of *Senior Monthly* from 3,000 to 6,000 copies and began distribution in Topeka. *Senior Monthly* advertisers can now reach customers in two markets for one low price.

To learn more about advertising opportunities with *Senior Monthly*, call Kevin at 785-841-9417 or send an e-mail to rates@seniormonthly.net



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Call Kevin at 785-841-9417 for more details.

In the battle against breast cancer, we're with you every step of the way.

Breast cancer can be a terrifying illness to face alone. But the Lawrence Memorial Hospital Breast Center offers you strength in numbers with a multidisciplinary approach to treatment that is tailored to meet your specific diagnosis and personal needs.

Early Detection: The LMH Breast Center recommends regular mammograms because early breast cancer often has no symptoms. The Breast Center offers a friendly environment dedicated to your comfort and privacy. LMH also provides sophisticated diagnostic technology, including computer-assisted detection and minimally invasive biopsies.

Comprehensive Diagnosis and Treatment: The correct diagnosis and early treatment are paramount to the best possible outcomes. LMH has top breast care specialists in diagnostic imaging, pathology, medical and radiation oncology, surgery and breast reconstruction. Every week at an inter-disciplinary tumor conference at LMH, these specialists discuss selected cases, presenting expert opinions in an interactive forum while developing coordinated treatment programs. LMH also participates in national clinical research trials.

Compassionate Support: Specially trained cancer nurses and support staff are here to help you and your family in this battle. They are here to assist with genetic risk counseling, nutrition planning, patient and family research and resource library, social work and support groups.

To learn more about the LMH Breast Center's coordinated approach to patient care, visit www.lmh.org or call Jodi Carlson, BSN, RN, our Nurse Navigator, at 785.840.2767.



Marilee K. McGinness, MD Surgery

In years past, having breast cancer meant surgical removal of the breast (mastectomy). In many cases, this is no longer true. Depending on the stage of your cancer, you may have a choice of surgery to remove just the cancer from the breast (breast-conserving surgery, or lumpectomy) or mastectomy. Dr. McGinness helps you learn all about breast cancer and its treatment options so you can make the choice that is right for you.

