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May 2008 *Serving Active Seniors in the Lawrence-Topeka Area since 2001* Vol. 7, No. 11

## INSIDE



May is Older Americans Month, a great time to bring attention to the issues that affect older adults. - page 6



Wolfgang Puck shares a recipe for bittersweet chocolate mousse, an easy treat for mom on her special day. - page 29

## INDEX

- Bookshelf ..... 20
- Business Card Directory.. 25
- Calendar ..... 16
- Classifieds..... 31
- Collectibles Marketplace.. 28
- Health & Fitness ..... 12, 13
- Humor ..... 24
- Movie Review ..... 21
- Nostalgia Notebook..... 30
- People News..... 31
- Personal Finance..... 10, 11
- Pet World ..... 22
- Puzzles and Games ..... 26, 27
- Restaurant Guide..... 29
- Retire Smart ..... 14
- Smart Collector..... 28
- The Medicine Cabinet..... 15
- Then and Now ..... 30
- Wolfgang Puck's Kitchen... 29

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KEVIN GROENHAGEN PHOTO

Maureen Steinbock and other volunteers will soon be preparing delicious food at Sacred Heart Church for Germanfest.

# Steinbock, Sacred Heart prepare for Germanfest

By Kevin Groenhagen

Maureen Steinbock says she and other volunteers will cook so many krautstrudels in June that it will be quite awhile before she wants to see another one.

What's a krautstrudel and why are they making thousands of them?

"A krautstrudel is hamburger, cabbage and onion with spices baked in a bread dough pocket," Steinbock explained. "People eat it like a sandwich."

Krautstrudel is just one of many food items that will be available at Germanfest on June 7 and 8. Steinbock has served as the kitchen chair-

woman for Germanfest for over 30 years.

Beginning in the 1930s, Sacred Heart Church, located at 312 NE Freeman Avenue in Topeka, hosted an annual ice cream social as a fundraiser for its school.

"Since the 1970s, Germanfest has grown every year into what it is today," Steinbock said. "We started out with making maybe 300 krautstrudels and now we make about 5,000 or 6,000. That's one of our biggest draws of the event."

Steinbock's mother was involved in the kitchen during the early years of Germanfest. In fact, many of recipes used for Germanfest came from

Steinbock's mother, grandmother, and mother-in-law. It only seemed natural for Steinbock to continue the tradition.

"Germanfest will begin with an outdoor Mass at 4:00 p.m. at Sacred Heart," Steinbock said. "We'll have the German buffet after Mass. We'll probably have four lines this year. Our buffet line last year was supposed to be open from 5:00 to 7:30 p.m., but it's usually 8:00 or 8:30 before we even try to shut it down. After the buffet, we'll have a deejay playing music and a dance. We'll also have a silent auction, different things for the children to do, such

■ CONTINUED ON PAGE THREE

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**Maureen Steinbock**

■ CONTINUED FROM PAGE ONE

as train rides and a moonwalk. The beer garden and a snack bar will also be open."

After a busy Saturday evening, Germanfest will continue the next morning.

"On Sunday morning, we will have a 9:00 Mass here," Steinbock said. "Following that, we'll open up the kitchen downstairs. The hall is always decorated in German décor. It's really elaborate. It looks like a German restaurant. A lot of people do a lot of work with the decorating. They do a marvelous job. We then start serving dinner and usually shut down around 3:00 p.m."

Sunday's buffet is quite different from Saturday's.

"We have sauerbraten on Sunday," Steinbock said. "We also have pork and kraut, and homemade noodles with German sage balls. For those who don't care for German food, we'll have fried chicken, mashed potatoes, and green beans."

If the kids prefer hamburgers and hot dogs, a snack bar will be open both days. There will also be many activities and games available for the kids.

An oral auction will begin at 2:00 p.m. on Sunday. In addition, there will be raffles for several items. The adult raffle items include a handheld GPS, a gas barbecue grill, a patio table and chairs, a laptop computer, a \$1,000 savings bond, and a gift certificate for The Barn Bed and Breakfast. The children's raffle items include a Nintendo Wii, an iPod Shuffle, a DVD player, a girl's bicycle, and a boy's bicycle.

This year's major raffle item will be a restored 1939 Ford two-door sedan.

Steinbock was born and raised in Topeka and her grandparents, parents, and husband's parents are all from either north Topeka or the Oakland community. Like many of the parishioners at Sacred Heart Church and St. Joseph Church at 227 SW VanBuren Avenue, her ancestors were Volga Germans who left Russia and settled in the United States during the last quarter of the 19<sup>th</sup> century. Topeka and St. Joseph Church eventually became home to more than 20,000 Volga Germans, many of whom found employment with the railroad.

According to the Sacred Heart-St. Joseph Catholic Parish Web site, "In 1916, discussion regarding the formation of a second national church was begun. This was due to the size of St. Joseph Parish and the distance

from it. Many of the parishioners had begun to settle in the Oakland community and had to walk the considerable distance to St. Joseph, a hardship for the elderly and the children. Father Henry called a meeting in January of 1917 and a committee was appointed to raise \$10,000 in favor of the movement."

Sacred Heart's combined church-school building was dedicated in May of 1921. The parishioners dedicated a separate church in 1967. The original church-school building continues to serve as a school with all three floors in use for educational purposes.

Sacred Heart and St. Joseph parishes were consolidated in 2006. That same year, the elementary schools at Sacred Heart and Our Lady of Guadalupe Church, a Topeka parish founded to serve Spanish-speaking Catholic immigrants from Mexico, merged and the school was renamed Holy Family School, with each church retaining a school building.

According to Steinbock, the planning stage for Germanfest usually starts in January, when committees are formed to take care of all aspects of the event. The preparation of the food begins a week in advance.

"Nothing is frozen, everything is fresh," she said.

Of course, with German food you might expect a little alcohol. Germanfest is no exception. Steinbock and the other kitchen volunteers cook the sauerkraut and German sausages in beer. They marinate the sauerbraten in wine and marinate the pork in gin. And, instead of using vinegar in the German potato salad, they use beer.

Of course, preparing all that food requires a large team of volunteers.

"In a week's time, we could have 100 to 125 volunteers in the kitchen. Some stay an hour, some stay two hours, and some might stay the entire day. The average age in the kitchen is probably 60 to 65. We have ladies in their 80s who are still going strong. However, we're getting some new faces in the kitchen and we need to. I am confident that the younger parishioners will join us in the future."

While Steinbock deserves recogni-

tion for her many years as the kitchen chairwoman, she also is quick to acknowledge the efforts of all the other volunteers, whether they work in the kitchen, set up tables and chairs, or clean up after the festival.

"We have a lot of volunteers in the wings that never, ever get recognized," she said. "That needs to be known. They're doing what they can do. We work hard, but we play hard. It really brings the community together."

Steinbock worked for Bell Telephone in Topeka for 37 years. After she retired in 1991, she worked with Sacred Heart's volunteer lunch program for 10 years. She currently works part-time—and occasionally full-time—at the Brennan-Mathena

Funeral Home.

Steinbock won't slow down much immediately after Germanfest.

"The weekend after Germanfest, we'll have the Sacred Heart Golf Tournament at Lake Shawnee," she said. "It's also a fundraiser for the school. After the tournament, we'll come to the church and have a steak dinner."

In addition to parking at Sacred Heart Church, trolley rides will be available to take guests to and from Germanfest from satellite parking at the BNSF parking lot at NE Seward and Chandler

For more information about Germanfest, please visit [www.sacredheartstjosephcatholic.org](http://www.sacredheartstjosephcatholic.org).

**GERMANFEST 2008 SCHEDULE**

Sacred Heart-St. Joseph Catholic Parish  
312 Ne Freeman Topeka, Ks

**SATURDAY, JUNE 7**

**4:00 p.m.** Outdoor MASS

**5:00 p.m.** GERMAN BUFFET: Serving authentic, homemade German sausage, Bratwurst, German potato salad, German coleslaw, Krautstrudels, Plain or Chili Dogs, Desserts, Snack bar & Refreshments

**5:30-9:00 p.m.** SILENT AUCTION

**7:00-11:00 p.m.** DANCE/DJ

Moonwalk, Train Ride, Basket Booth, Performance by The Hayden Marching Wildcat Drum Line

**SUNDAY, JUNE 8**

**9:00 a.m.** MASS celebrated in Church

**10:30 a.m.** GAMES (fish & duck ponds, toy walk, face painting, tattoos, basketball throw, golf ball throw, car smash and more)!!

TRAIN RIDES, BOOTHS (jewelry, country store, basket, cake walk, T-shirts & more!!), CRAFTS, FANCYWORK (embroidered tea towels, lap quilts, quilts & more!!)

GERMAN FOOD: 2 buffet lines in the Church Hall serving an authentic, homemade German MENU including Sauerbraten, Pork & Sauerkraut, Krautstrudels, German potato salad, Noodles & Sage Balls. ALSO serving delicious Fried Chicken, Mashed Potatoes & Gravy, Green Beans, Rolls, delectable Desserts!

**12:00-2:00 p.m.** BINGO (great prizes)!

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**2:00 p.m.** ORAL AUCTION ( we have some very talented wood craftsmen in our parish making beautiful wood pieces such as 2 awesome KU, K-ST clocks; cedar chest, entertainment center, hall tree w/mirror, bench w/cushion and other items. We will have a special handmade KU quilt as well as other beautiful quilts made by our own talented quilt makers. Other special items incl HAYDEN Class 4A Championship Autographed Basketball, dinner for 12 w/Fr. Haberkorn. Many other new and gently used items!

RAFFLES, including a 1939 Ford 2-door Sedan Street Rod. RAFFLE TICKETS available from Sacred Heart/St. Joseph parishioners, various places car is shown around town, or call 785-286-2696.

ADDITIONAL PARKING at BNSF lot NE Seward & Chandler St. with TROLLEY service to & from GERMANFEST. Trolley is air conditioned & handicap accessible.

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

**Kaw Valley Senior Monthly**

**Editor and Publisher**  
Kevin L. Groenhagen

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

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# Water-saving secrets for gardeners and lawn lovers

(ARA) - "Think green; save blue" will likely be the motto of environmentally aware gardeners and lawn lovers across the country this summer as drought conditions are expected to persist in many regions.

"Nothing shouts 'green' quite like a thriving garden or a lush landscape," says Susan Thayer, an irrigation and water conservation expert, "... except, perhaps, a beautiful yard or garden that's been nurtured with green practices that conserve precious blue water."

It is possible to grow a thriving garden and nurture a lovely landscape while minimizing water consumption. A combination of native-friendly plants, smart agricultural practices, alternative water sources and efficient irrigation can help keep gardens and lawns growing healthy throughout dry summer months.

Here are some tips for conserving water in your corner of the great outdoors:

- Choose drought-resistant native plants for your landscaping needs. Your options won't be limited to cactus, either. From ornamental grasses to shrub roses, many drought-tolerant native species also offer bright

color and visual appeal. Look for plants that do well in the driest conditions found in your geographic region. Your local Cooperative Extension office can help you identify plants that are right for your area. You'll also find plenty of ideas online at sites like [www.gardeners.com](http://www.gardeners.com).

- Groom soil for optimum water absorption and retention. The U.S. Department of Agriculture's Natural Resources Conservation Service recommends adding water-retaining organic material to your soil. You can also reduce evaporation by using mulch in landscaping beds.

- Look for alternative water sources other than the outdoor tap—such as recycling clean water used inside the house for cooking and other activities. Consider collecting roof runoff in a rain barrel for use in flower beds and vegetable gardens.

- Irrigate efficiently with low-volume irrigation systems and smart watering practices. In summer 2007, restrictions on lawn watering were widespread throughout the country. Many communities now require all new built homes to use low-volume irrigation in the landscapes. On average, micro sprinklers and drip ir-



During drought conditions, use micro sprinkler and drip irrigation products to keep your landscapes alive and thriving while using 80 percent less water.

rigation uses 80 to 90 percent less water than traditional irrigation systems.

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sprinkler and drip products that homeowners can easily install on their own. Mister Landscaper's Micro Sprinkler Starter Kits efficiently and slowly irrigate flower and vegetable gardens, as well as areas where

■ CONTINUED ON PAGE FIVE

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# Water saving

■ CONTINUED FROM PAGE FOUR

trees and shrubs grow. They are available in the plumbing department at Lowe's Home Improvement stores or online at [www.misterlandscaper.com](http://www.misterlandscaper.com). The system also offers a variety of retrofit products that allow you to replace or add on to an existing underground pvc sprinkler system so you can convert 120 gallons per hour (gph) heads to a 10 gph micro spray or 1-2gph dripper.

"The key is to apply water only exactly when and where it is needed," Thayer says. Drip and micro spray irrigation provide optimum efficiency with minimum waste and over spray.

- Design your landscaping to minimize evaporation. Windbreaks and fences slow the movement of the wind over the ground and the evaporation it causes, according to the Natural Resources Conservation Service.

To learn more about low-volume irrigation, visit [www.misterlandscaper.com](http://www.misterlandscaper.com). For more information on water conservation, go to [www.nrcs.usda.gov](http://www.nrcs.usda.gov).

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# Older Americans Month 2008

*Working together for strong, healthy, and supportive communities*

The United States is nearing the start of a tremendous demographic shift. Beginning in 2011, the first of 78 million baby boomers (people born between 1946 and 1964) will start transitioning into retirement, kicking off an expansion in the number of elderly people that will continue for decades. According to the U.S. Census Bureau, one out of every nine baby boomers will live to be at least age 90.

Our Nation will benefit in many ways from a larger population of older adults, a group that constitutes one of our greatest resources. Older adults support our society by providing millions of hours of volunteer, community, and civic service through formal organizations and a variety of informal arrangements. They enhance our communities and personal lives by sharing and transferring knowledge of cultures, values, and life experiences among generations. Thankfully, the contributions of older adults will continue to flourish in the coming years, since older citizens of today and tomorrow promise to be among the most active and engaged older adult populations in our Nation's history.

An expanding older adult population also spotlights our responsibility to ensure the well-being of our older citizens. As a Nation, we are working diligently to address older adults' unique health and long-term care challenges. The thousands of professionals, caregivers, and volunteers that make up the National Aging Services Network have been collaborating in innumerable ways for decades to fulfill the mission of the Older Americans Act. Led by the U.S. Administration on Aging, the Network is now engaged in modernizing systems of care to provide consumers with more control over their lives.

May is Older Americans Month, a great time to bring attention to the issues that affect older adults. This year's theme is "Working Together for Strong, Healthy, and Supportive Communities," which speaks to the opportunities we have to create better care and reinforce healthier societies for all ages. Working together, our communities can improve older adults' overall quality of life by helping them:

- Obtain the tools they need to make informed decisions about, and gain better access to, existing health and long-term care options in their communities.
- Have more options to avoid placement in nursing homes and re-

main at home as long as possible

Americans of all ages and backgrounds can celebrate Older Americans Month. Contact your local Agency on Aging and volunteer for activities in your area, promote community, state and national efforts to

serve older adults, and find ways to enrich the lives of the older adults who touch your life. By working together we can improve the health and well being of our Nation's older adults and pave the way for future generations.

## Friday Night Alive!

**May 16, 7:00-9:00 p.m.**

**Bishop Seabury Academy, 4120 Clinton Parkway, Lawrence**

Starting on May 16 at 7:00 p.m., we will be holding our Friday Night Alive Services. During the summer months, these services will be held on the third Friday night of the month, starting in May through August at 7:00 p.m.



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**For more information about the Foursquare Church, call Pastor Eplee at 785-865-1549 or 785-979-0041, or visit [www.faithfoursquare.com](http://www.faithfoursquare.com).**



# Visioning applications coming in, more wanted

Heartland Visioning has gotten off to a great start. After the symposium held on March 24, with more than 600 individuals attending, more than 325 Applications for involvement had been received as of Friday, April 11.

"This is a good start," said William Beteta, executive director of Heartland Visioning. "And we want to see more. Now is the time for citizens of Shawnee County and the City of Topeka to be a part of this process. There are several ways for people to participate and the Application for Involvement is the first step in identifying individuals that want to serve on various visioning committees. Together we will decide what our community will look like in 10 to 20 years from now. It is an exciting time to live in our community."

To be considered for the Heartland Visioning committees, an Application for Involvement must be completed and submitted. The Application for Involvement is available on the Internet at [www.heartlandvisioning.org](http://www.heartlandvisioning.org) or by dropping by the Heartland Vision-

ing office at 120 SE 6<sup>th</sup>, Suite 100.

Shelly Buhler, chair of the Shawnee County Commission and Heartland Visioning Steering Committee member, would like as many residents as possible to sign up. "This is an open invitation to everyone living in Shawnee County. It is going to take ALL of us, from every city, township and neighborhood of this community, to come together to listen, learn and put into action our ideas for the future."

The planning phase of the Visioning project will be completed in November 2008. If you would like to participate or have questions contact the Heartland Visioning office at (785) 231-6066 or visit Heartland Visioning, 120 SE 6<sup>th</sup> Avenue, Suite 100, Topeka, Kansas 66603. Their Web site is [www.heartlandvisioning.org](http://www.heartlandvisioning.org).

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# Audio-Reader gives visually-impaired employees, volunteers access to speech-assisted technology

The jaw is integral to a person's ability to form speech. Now Audio-Reader has JAWS that will help machines speak, so that blind workers and volunteers can access computer technology.

Audio-Reader received a \$5,000 grant in March from the Douglas County Community Foundation to purchase new text-to-speech computer software, called JAWS. This software—to be installed in Audio-Reader's six recording studios—is an adaptive text-to-speech program utilized by individuals who are blind or visually impaired to access any text visible on a computer screen. JAWS for Windows reads information using synthesized speech.

Offered as a free public service by the University of Kansas, Audio-Reader is a reading and information service for blind and print-disabled individuals throughout Kansas and western Missouri.

JAWS will make it possible for Audio-Reader's Assistant Volunteer Coordinator, Susan Tabor, who is totally blind, to operate independently in the studios, record materials and

help volunteers with equipment.

"The arrival of JAWS will allow me to work autonomously and fully perform the functions of my job," Tabor said.

The man in charge of the building's technology sees JAWS as a way to widen the scope of what blind workers and volunteers can accomplish at Audio-Reader, 1120 W. 11th St.

"With the installation of this adaptive screen-reading program, Audio-Reader's blind and visually impaired volunteers and employees will now be able to access and maneuver our computer-based recording systems, opening up a whole new world to them," said Steve Kincaid, engineering director.

The grant and the JAWS software will help Audio-Reader fulfill its mission of offering print-disabled persons the opportunity for greater personal independence by providing access to the printed word and visual information, according to the agency's director.

"Thanks to this grant, Audio-Reader's blind employees, now and

in the future will have the ability to thrive in their positions. Audio-Reader is committed to maintaining a highly competent workforce that represents the diversity of our community," Janet Campbell, executive

director, said.

For more information about Audio-Reader, visit <http://reader.ku.edu> or call (785) 864-4600. Services are available free of charge, but donations are welcome.



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# Lawrence non-profit announces training opportunities

Kansas Advocates for Better Care (KABC) was awarded a Workforce Enhancement Grant from the Kansas Department on Aging. The purpose of the grant is to provide beneficial training to nursing home staff. "Promoting Resident-Centered Care and Restorative Care" sessions are scheduled at 15 nursing homes across Kansas. Isla Richards RN will make the presentations.

Resident-Centered Care and Restorative Care approaches attempt to break the cycle of dependency and functional decline in nursing homes by addressing individual resident needs. Led by human compassion, facilities are applying common sense approaches to living and caring for elders and to creating long-term care communities where elders choose to live their lives with staff who enjoy assisting them.

Upcoming presentations are:

Villa St. Francis, Olathe  
Wednesday, May 14, 2:00 p.m.

Cherryvale Care Center  
Monday May 19, 2:00 p.m.

Windsor Place at Iola  
Tuesday, May 20, 1:00 & 2:15 p.m.

Villa Maria, Mulvane  
Thursday, May 22, 2:00 p.m.

Mid-America Healthcare, Lincoln  
Friday, June 6, 9:00 am

Emporia Rehabilitation  
Tuesday, June 10, 2:00 p.m.

Wheatlands Health Ctr, Kingman  
Thursday, June 12, 1:30 p.m.

North Point Skilled, Paola  
Thursday, June 26, 2:00 p.m.

Lakewood Senior Living, Pratt  
Thursday, July 17, 2:00 p.m.

Lakepoint of El Dorado  
Tuesday July 22, 2:00 p.m.

Sunset Manor, Frontenac  
Thursday, July 24, 1:30 p.m.

Mt. Hope Nursing Center  
Tuesday, August 12, 2:00 p.m.

Elmhaven East, Parsons  
Thursday, September 11, 3:00 p.m.

KABC has been promoting quality long-term care since 1975, when Petey Cerf and several others decided

to turn a group of concerned citizens into a statewide non-profit called "Kansans for Improvement of Nursing Homes" which later became Kansas Advocates for Better Care. KABC maintains and distributes consumer information about all licensed adult care homes in Kansas, and is the only one-stop source of extensive information about assisted living homes and other licensed adult care homes. Visit our Web site: [www.kabc.org](http://www.kabc.org) for more information.

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# The changing landscape of retirement:

## *Are aging baby boomers ready for what's next?*

**R**eady or not, here they come. America's baby boomer generation—more than 78 million strong—is experiencing a new “coming of age” as the eldest of the baby boomers enters their 60s. While the age of Aquarius is giving way to retirement age, many are rethinking how they



Joe B.  
Jones

will spend their retirement years—and coming to grips with their long-term financial security.

The prospect of retirement for boomers is one that affects a considerable portion of America. In 2030, more than a quarter (26 percent) of the entire U.S. population will be aged 65 or older, compared with only 17 percent today. In addition to the sheer size of the group, these population projections get a boost from increasing life expectancies. Currently, a 65-year old man can expect to live to 81 and a woman of the same age is expected to live to 84.

Due, in part, to the fact that people are living longer and healthier lives, some 80 percent of boomers plan to work after retiring. In fact, the Bureau of Labor Statistics projects that the number of employed Americans ages 55 to 64 will increase by 51 percent between 2002 and 2012, while those ages 65 to 74 will increase by 48 percent. That means by 2012, about one in five American employees will be 55 or older.

### Retirement reality check

As extended life expectancies change the rules of retirement, those in their 50s and 60s must “get real” about their financial futures, whether they intend to work or not. The question remains, “Will my nest egg last throughout my retirement years?” As most experts estimate that retirees typically need at least 70-80 percent of their pre-retirement income for a secure retirement, statistics show that retiring Americans

could use a financial reality check:

- Forty-four percent of Americans age 55 and older have saved less than \$100,000, according to a Retirement Confidence Survey by the Employee Benefit Research Institute (EBRI).

- Only 13 percent of these Americans have saved \$250,000 or more; a discouraging 30 percent either didn't know or refused to answer the question.

- While previous generations depended on pensions, only about 20 percent of workers have traditional pensions, and that number is decreasing.

- Health is unpredictable and medical expenses are not always covered by health insurance. An estimated 73 percent of older persons do not have sufficient income and assets to be able to withstand a long-term illness or disabling condition totaling \$150,000 over three years.

- To top it off, the U.S. Department of Labor reports that the average American spends 18 years in retirement.

### Funding strategies

The good news is that boomers have options to help fund their retirement. First of all, continuing to work after age 65 can literally pay off. Those who retire at 65, work two days a week and earn 40 percent of their pre-retirement salary can increase their savings by 30 percent over five years.

It's also encouraging that 85 percent of boomers participate in 401(k) plans, the highest participation rate of all age groups. The key is contributing as much as possible into such plans. Likewise, putting money into an Individual Retirement Account (IRA) may gain tax advantages and grow one's nest egg, *but it's important to consult with a tax advisor for specific tax advice.*

In addition, Social Security may still be a strong retirement tool. Even the most pessimistic forecasts predict full payouts through 2041. Using a combination of Social Security and income from working—even part-time—may curb the urge to dip heavily into savings too soon.

While retirement today may take on different meaning than yesterday, it's wise for pre-retirees to prepare fi-

nancially. Whichever road one takes—a working or laid-back retirement—a secure financial future will make the ride much more enjoyable.

- Joe B. Jones is a Financial Representative with Northwestern Mutual Financial Network the marketing name

for the sales and distribution arm of The Northwestern Mutual Life Insurance Company (NM), Milwaukee, Wisconsin, its affiliates and subsidiaries. Financial Representative is an insurance agent of NM based in Lawrence, Kan.

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# Section 529 plan can help make graduation day a reality

It's that time of year when students across the country are graduating from college. It took a lot of effort to earn those degrees, but it took something else, too—money. It's this financial aspect of college that may concern you if you have children. How can you take some of the stress

several years, college costs have been rising faster than the general inflation rate, so you can expect to pay considerably more in the future.

How can you cope with these costs? You could tap into your Roth IRA or take a loan from your 401(k). But do you really want to potentially lower the resources you'll have available for retirement? Alternatively, do you want your children to start their working lives saddled with heavy student loans? (The average student loan debt is \$21,000, according to the Project on Student Debt.)

The best way to avoid either of these scenarios is to start saving for your children's college education when they are young—and to use a savings vehicle specifically designed for college funding.

One such vehicle is a Section 529 savings plan. With this plan, you put money in a specific pool of investments. Contribution limits are high—more than \$300,000 per beneficiary in many state plans, although special gifting provisions may apply. Plus, Section 529 savings plans provide you with a degree of flexibility, in that you can change your plan's beneficiary to another family member. This can prove quite useful if

you have one child who decides against college while another one wants to go. Furthermore, all withdrawals are free from federal income taxes, as long as the money is used for a qualified college or graduate school expense of your child or grandchild. However, Section 529 withdrawals for expenses other than qualified education expenditures may be subject to federal, state and penalty taxes. (Also, distributions will appear as income on the child's tax return, which could affect financial aid calculations.)

Not all Section 529 savings plans are alike; some have high fees and limited investment options. Because it's not always easy to compare the benefits of different plans, you may want to get some help from your financial advisor. As a (very) general rule, though, you may want to start by looking at your home state's plan, which might come with a tax deduction or a matching contribution, up to a certain dollar amount. And even if you sign up for your home state's plan, your child doesn't have to stay in state for college; you can apply the money to virtually any

accredited school.

By starting to save early, and by taking advantage of an appropriate college savings vehicle, such as a Section 529 plan, you can prepare to make that Graduation Day of the future a happy one for everyone concerned.

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



Harley Catlin and Ryan Catlin

out of paying the high costs of higher education?

To begin with, it pays to be informed about what college actually does cost. Consider these figures from the College Board's 2007-2008 Trends in College Pricing: The average total expense (including tuition, fees, room and board) is \$13,589 per year for in-state students attending four-year public colleges and universities; for students attending four-year private colleges and universities, the average total cost per year is \$32,307. And over the past

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# Heal Thyself! A checklist for recovery at home

Many surgeries no longer require extensive hospital stays. But even if you expect to stay just one night—to have your gall bladder removed or to have shoulder surgery—you need to get help to ensure a full recovery. Prepare a checklist of friends, family and service providers who can help in the event of illness. You will need more help than you might think not



Laura  
Bennetts

only in the hospital but at home. And you will have a variety of transportation needs, too. So you need to consider:

How can you be most effectively prepared?

#### Plan Ahead

You need detailed post-surgical plans before you enter surgery. If you have complications resulting from the surgery, you will have to stay in the hospital longer than you may have expected. If everything goes well, you may go home sooner than you anticipated, or even the day of the surgery. Or you may need to move to another unit or facility for your recovery once you no longer need in-hospital nursing care.

If you're lucky enough to return home promptly, you will still need help for a good long time (weeks or even months) with everyday tasks such as shopping, cooking and cleaning, and laundry. And if you have to stay in the hospital or a nursing facility for awhile, your friends or family should visit you regularly to ensure that your needs are being met fully. Even in excellent health care settings, patients can fall through the cracks; the nursing staff may be overwhelmed by a sudden influx of patients or there may be a moment when it isn't clear whether you're due home on Friday or Monday. So planning ahead to get help from friends and family will ease your mind and speed your recovery. And you can get non-medical help in-home, at hourly rates, from a variety of public and private agencies.

#### An Example

Say that you decide to have surgery to replace a degenerated knee with an artificial joint. Once you schedule your surgery date, you need to plan your recovery. An occupa-

tional therapist can help you make your home convenient and safe for post-surgical recovery, and a physical therapist can design a pre-surgery exercise program to improve your healing potential. Also, you are likely to have post-surgical mobility problems that may require you to get help at home. Both occupational and physical therapists help you solve such problems. For instance:

1. Since you're likely to use a walker for several days post-surgery, you won't be able to carry anything. Attaching a basket or a bag to your walker can help you solve that problem.

2. You'll be able to walk, but you'll be slow, off-balance, weak, and unable to handle stairs. If your bedroom is upstairs, you may need to arrange to sleep downstairs until you recover sufficiently to go upstairs.

3. Once your surgical incision is healed you can begin showering again, but you may not be able to step over the edge of your tub yet because your leg is weak and stiff. Learning from a therapist how to use a shower bench can help.

#### About the Incision

If you need help with an incision, your insurance may cover a visiting home-health nurse. But if not, you may need to learn to change a simple dressing yourself or have a family member do so. Discuss this possibility ahead of time with your surgeon and find out if dressing supplies will be provided or if you will need to buy something from a pharmacy. You can get disposable gloves from your pharmacy to wear when removing and putting on dressings to prevent infection.

#### Calling All Chauffeurs

You'll need someone to drive you to appointments in the weeks after surgery. You may be restricted from driving after surgery to allow healing or because you can't drive safely on your prescribed medications. But it's important to go to your scheduled appointments so that your doctor can monitor your recovery, reevaluate medications, and take needed blood tests. So be sure that you get as much transportation help as you will realistically need. Don't be self-effacing about this or reluctant to ask for help. You need what you need!

#### Your Responsibility

You're responsible for your own recovery and, when problems arise, you need to get appropriate medical advice and assistance. Many people tend to pooh-pooh their own concerns ("I'm sure this isn't important, the doctor has better things to

do than to listen to me"). That isn't productive—and, in fact, your doctor has nothing better to do than to help you. So, instruct your friends or relatives that you will need to call your doctor:

1. If you have any concerns about your medications.

When you get your medications, read the enclosed explanation of possible side effects. Call your pharmacist with any questions. Once you start taking your medications, take them exactly as recommended and for as long as instructed. If you have unpleasant or unexpected side effects, call your doctor immediately to find out what to do. Some side effects, like skin rashes, might seem minor, but they could precede a serious reaction.

2. If you notice anything wrong with your incision.

You need to follow your doctor's instructions in caring for your incision. If the doctor doesn't want you to open the dressing at all, leave it sealed until you see the doctor. If your incision doesn't feel right, call the doctor. If you are changing your own dressing, call if you notice redness or drainage of the incision that seems new.

3. If you have a question about how much you are allowed to do.

After surgery your doctor will give you guidelines indicating how much weight you can lift, how long to wear your arm sling, or how much weight you can put on your leg. If you see a therapist in the hospital, you may get program of beginning home exercises. It is best to follow all instructions until you get a referral for additional therapy (either in-home or at an outpatient clinic), or until your doctor gives you further instructions. If you are ready for more challenging exercises, you should consult your doctor and ask to see a licensed therapist.

#### Slow Down

Let your friends and family run errands for you. Avoid ambitious home projects while you're recovering. Be as active as you are allowed to be, but take time to rest and heal. You'll be fatigued because your body is putting a lot of energy into healing after surgery. And healing yourself is the most important home project you will ever have.

- Laura Bennetts, MS PT, is a physical therapist with 25 years experience. She co-owns Lawrence Therapy Services LLC (2200 Harvard Road, Suite 101, Lawrence 66049, 785-842-0656) and Baldwin Therapy Services (814 High St., Suite A, Baldwin City, 66006, 785-594-3162).

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# Understanding Vitamin K

Vitamin K is a very important nutrient that gets little attention. Vitamin K is a fat-soluble vitamin just like vitamin A, vitamin D and vitamin E. There are different forms of vitamin K. Vitamin K1 is a natural form of Vitamin K and is found

in 48 week doses significantly increased bone mass compared to women treated with a placebo. There is also some work that suggests that Vitamin K is involved in growth of the cell, preventing oxidative cell damage and cardiovascular disease. Vitamin K may be helpful in the prevention or treatment of the following conditions: cancer, heart attack, heavy menstrual flow, kidney stones, osteoporosis, and stroke. Vitamin K is found in green leafy vegetables; spinach, broccoli, asparagus, Swiss chard, watercress, cabbage, kiwi, cauliflower, green peas, carrots, beans, olives, canola oil, cottonseed oil, avocado, soybeans, meat, cereals, and dairy products. Kale, collard greens and spinach have the most vitamin K per food group. This is followed by turnip greens, beet greens, mustard greens, Brussels sprouts, broccoli, onions, dandelion greens, lettuce, parsley, asparagus and sauerkraut. Cooking does not remove significant amounts of vitamin K from foods. The best way to get vitamin K is by eating a balanced diet including the foods mentioned above.



Dr. Farhang Khosh

in plants. Vitamin K1 is also called phylloquinone and is the major form of vitamin K. Vitamin K2 is made by bacteria in the human gut. K3 is the water-soluble form of vitamin K.

Vitamin K plays an essential role in the blood clotting mechanism in our body. Vitamin K, or the clotting vitamin, is need for the blood to clot. Specifically, vitamin K is required for the liver to make factors II, VII, IX, X, that are necessary for blood to properly clot. Vitamin K deficiency is rare, but can lead to defective blood clotting, increased bleeding, nose bleeds or bruising. People at risk for developing vitamin K deficiency include those with chronic malnutrition, chronic diarrhea, celiac disease, liver disease, ulcerative colitis, cystic fibrosis, long-term treatment of certain antibiotics.

Vitamin K also appears to prevent bone re-absorption, and adequate dietary intake of vitamin K is likely necessary to prevent excess bone loss. Vitamin K helps promote strong bones by binding calcium and other minerals to the bone. A study by Japanese researchers found that "high dose" of vitamin K in postmenopausal women for 24 and

48 week doses significantly increased bone mass compared to women treated with a placebo. There is also some work that suggests that Vitamin K is involved in growth of the cell, preventing oxidative cell damage and cardiovascular disease. Vitamin K may be helpful in the prevention or treatment of the following conditions: cancer, heart attack, heavy menstrual flow, kidney stones, osteoporosis, and stroke. Vitamin K is found in green leafy vegetables; spinach, broccoli, asparagus, Swiss chard, watercress, cabbage, kiwi, cauliflower, green peas, carrots, beans, olives, canola oil, cottonseed oil, avocado, soybeans, meat, cereals, and dairy products. Kale, collard greens and spinach have the most vitamin K per food group. This is followed by turnip greens, beet greens, mustard greens, Brussels sprouts, broccoli, onions, dandelion greens, lettuce, parsley, asparagus and sauerkraut. Cooking does not remove significant amounts of vitamin K from foods. The best way to get vitamin K is by eating a balanced diet including the foods mentioned above.

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



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## Marc Freedman wants to abolish retirement as you know it

There's no shortage of bad news about aging and retirement. Whether it's ballooning Social Security and Medicare payments or the brain drain of millions of baby boomers leaving the workforce, the headlines all seem to focus on the increasing burdens of an aging population.



Mark  
Miller

There's not much we can do about aging; we're all doing it. But retirement? That's an idea that could be headed for the dustbin—if Marc Freedman has anything to say about it.

"For the last half century, we've had a cultural vision of success in later life that focused on liberation from work," says Freedman, founder and CEO of Civic Ventures, a think tank focused on engaging older adults.

That vision may have outlived its time—the result of financial need, expected labor shortages in certain areas of the workforce, and greater longevity. What's coming, Freedman thinks, will be longer working lives. The question is, working at what?

Freedman's answer: Create opportunities for older adults to start new careers—paid or volunteer—that allow them to make a positive social contribution in later life.

A national community has sprung up around this notion of "civic engagement" and Freedman's organization is, in many ways, at the hub. Civic Ventures has developed innovative programs like the Purpose Prize, a cash award given annually to social innovators over age 60. CV also funds innovative career re-training programs at community colleges

around the country.

Freedman co-founded a large non-profit national service program called the Experience Corps that preceded Civic Ventures. He also wrote "Encore: Finding Work That Matters in the Second Half of Life" (PublicAffairs Books, June 2007). The book focuses on how pathways can be created to help people transition into what he calls Encore careers.

Civic Ventures recently launched a free online community, [Encorecareers.org](http://Encorecareers.org), offering resources for career transitions.

"We want to help people make transitions into particular areas where there is a powerful need for people—areas like education, health, government and the non-profit arena," says Freedman.

Continued work, whether for pay or on a volunteer basis, is a win-win proposition, Freedman argues. It promotes individual well-being—especially in a rocky economy that threatens retirement portfolios and housing values.

"It starts with the bread-and-butter issues of income if people can genuinely get greater security with well-paying positions that have benefits," he notes. "Beyond that, we need to sell the idea of using the experiences you've had—that what you learn in life still matters—not just for yourself but also for the well-being of future generations.

Workers over 55 will be the fastest-growing segment of the labor force in the next decade, so the potential impact is not insignificant. "We need to acknowledge that it's not just a few people we're talking about, but tens of millions making this transition," says Freedman. "We need something like what we did with the GI bill."

The pent-up energy among boomers eager to re-focus on work that will leave a positive legacy is palpable. I sense it all the time in casual conversations with adults in their

50s, and surveys offer further evidence. A recent survey Civic Ventures helped sponsor found that over half of adults age 50 to 70 want to find ways to "contribute to the greater good" in retirement.

The starting point, Freedman says, is helping people with an instinct for new careers explore their options.

"We need to help people recognize they aren't alone—that they're part of a broader emerging movement," he says. What's more, he notes, opportunities are opening up in a number of key "helping" professions, including math and science teaching, nursing and non-profit management.

There's also a lot of ferment in higher education, with many colleges and universities creating new approaches focused on encore careers. Freedman is especially interested in the opportunity presented by the huge number of community colleges. Civic Ventures' pilot project at 10 such colleges will help develop expedited career re-training programs for boomers.

Freedman also advocates a new "social compact" between government and boomers: Fiscal and finan-

cial assistance would come in return for longer working lives in areas of high social need. That might include eliminating taxation of Social Security benefits to make the benefit more valuable, and plugging the "Medicare gap" years by making it possible for people in their 50s to buy into Medicare.

"We need to offer a deal for longer working lives that people would embrace—incentives that would get people looking forward to this stage of work not just to make ends meet but to be meaningfully engaged and use their experiences in ways they can be proud of," he says.

To learn more, check the online version of this column at <http://retirementrevised.com> for links to key resources you can use to research your own encore career.

(For millions of Baby Boomers, retirement is an opportunity for reinvention, rather than taking it easy. Mark Miller is helping write the play-book for the new career and personal pursuits of a generation. Mark blogs at [www.retirementrevised.com](http://www.retirementrevised.com); contact him with questions and comments at [mark@retirementrevised.com](mailto:mark@retirementrevised.com))

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# Topical Minoxidil — not just for men

By Rebecca Campen, M.D., J.D.  
Tribune Media Services

**QUESTION:** Does topical minoxidil (Rogaine) work for women? What are the side effects? What else can a woman do for thinning hair?

**ANSWER:** Yes, topical minoxidil (Rogaine) can potentially help women who have a certain type of hair loss called androgenic alopecia, the type of hair loss that occurs with aging. Minoxidil is thought to stimulate hair growth by increasing the blood supply that nourishes the hair follicles. It may take four to eight months to see results, and if treatment with minoxidil is stopped, the scalp will revert to its previous state of hair loss.

The results that can be seen with minoxidil vary from person to person. Minoxidil won't work for everyone. Side effects include unwanted facial hair growth and scalp irritation. Hives (itching) and swelling occasionally occur. Eye irritation can occur if the solution gets in the eyes. Excessive use of topical minoxidil can result in a drop in blood pressure.

Scientists in many laboratories are studying why hair grows and what signals the body sends to hair follicles to make hair grow. This research will result in new products in the future to stimulate hair growth.

If your hair is thinning, treat it gently. Avoid hairstyles with braids or other styles that result in hair pulled back tightly, since this causes stress on the hair follicles. Avoid scratching your scalp or twirling your hair. If your scalp is itchy, use a medicated shampoo. See a dermatologist if this problem does not resolve.

There are many reasons for hair loss other than aging, including certain medications, illness, stress and some disease states. For example, certain thyroid conditions can result in hair loss. Certain scalp infections can also result in hair loss. It is important to see your physician for treatment of any medical reasons that may be causing hair loss.

**QUESTION:** Is hair loss common with HIV?

**ANSWER:** Yes, hair loss occurs quite often in people with HIV infection. The hair loss could be related to the active viral infection. But there are many other possible reasons for hair loss.

Some medications used to treat HIV can cause hair loss.

People with HIV are susceptible

to a wide variety of viral, bacterial and fungal infections. Such infections can involve the scalp, causing hair loss. The infections can also involve other organs, stressing the body resulting in hair shedding.

In some cases, hair may thin over the temples as with aging. This type of hair loss is called "androgenic alopecia." In males, this is often referred to as "male pattern baldness." In other cases there may be circles of hair loss, similar to the condition called "alopecia areata," which also occurs in people who do not have HIV. In other cases there may be diffuse thinning over the entire scalp.

Also some people with HIV experience accelerated graying of hair.

There may be other reasons for the hair loss that are not related to HIV, including aging, non-HIV associated illnesses or infections, scalp conditions, stress, hormone changes, and other medications.

If you have HIV and hair loss, your first step is to discuss this with your doctor. Treatment depends on the cause for the hair loss. Underlying scalp conditions caused by fun-

gal or bacterial infection are treated with anti-infective agents.

For male pattern baldness in a man or a woman, Minoxidil (Rogaine) can be applied to the scalp. Another option, only for men, is finasteride (Propecia), a pill taken by mouth.

(Rebecca Campen, M.D., J.D., is an assistant professor of dermatology at Harvard Medical School. She divides her time between clinical practice of dermatology at the Mas-

sachusetts General Hospital and private practice in Savannah, Georgia. Dr. Campen is the author of two books for medical students and residents, "Going Into Medical Practice" and "Blueprints in Dermatology.")

(For additional consumer health information, please visit [www.health.harvard.edu](http://www.health.harvard.edu).)

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## CALLING IT AS THEY SEE IT



As a sports announcer for baseball, football and basketball, Bob Davis has made a career out of describing what he sees. So when his father, Les Davis, moved to Pioneer Ridge Assisted Living, Bob was pleased to observe the great teamwork provided to his father.

*"The staff at Pioneer Ridge is great, the services are second to none, and the complex is close so I can easily visit my Dad."*

Les, a former sports reporter, loves the staff and other residents at Pioneer Ridge. He enjoys having his own apartment with his own furniture, playing cards, and going on weekly trips out on the town.



Les says, "If it's time to move to an assisted living residence, the best option is Pioneer Ridge. What more could you ask for: good people, warm meals, and a soft bed at night." Les and Bob, a great team for calling it as they see it!

Pioneer Ridge Assisted Living • 7th and Wakarusa, Lawrence • 785-749-4200

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

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

## ART/ENTERTAINMENT

MAY 1

### MOVIN' OUT

Billy Joel's music and Twyla Tharp's dancing on Broadway. Drawn from the characters made familiar in Joel's multitude of pop hits, this blockbuster musical follows a group of friends through high school, into Vietnam and through the drama of their post-war lives. Joel's well-known music is performed by a pianist and band suspended on a platform above the stage while the rock ballet unfolds below. Lied Center of Kansas.  
LAWRENCE, (785) 864-2787  
<http://www.lied.ku.edu>

MAY 2-17

### THE FOREIGNER

Comedy performed by the River City Community Players. Presented in a 1930's Art Deco Theatre in historic downtown district, 5th & Delaware.  
LEAVENWORTH, (913) 682-7557

MAY 2-18

### MENOPAUSE THE MUSICAL

*Menopause the Musical* is set in a department store, when four women, with seemingly nothing in common but a black lace bra, meet by chance. This musical pokes fun at things such as hot flashes, memory loss, mood swings, wrinkles, night sweats and eating binges. Gage Park - Helen Hocker Performing Arts Center.  
TOPEKA, (785) 368-0191  
<http://www.topeka.org/parksrec/hocker.shtml>

MAY 4

### ART IN THE PARK

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

MAY 9

### JAZZ AT GRACE

An evening of Jazz music. Freewill offering. Begins at 7:30 p.m. Grace Episcopal Cathedral, 701 SW 8th Avenue.  
TOPEKA, (785) 235-3457  
<http://www.GraceCathedralTopeka.org>

MAY 17

### ART TOUGEAU PARADE

Parade of cars and other wheeled vehicles of various shapes, ages and engine sizes are given new identities by their owners ranging from clever to comical to just plain nuts. 940 New Hampshire, North along Massachusetts.  
LAWRENCE, (785) 843-2787  
<http://www.lawrenceartscenter.com>

MAY 9-24

### URINETOWN

*Urinetown* is set in a Gotham-like town when water is worth its weight in gold. *Urinetown* is the hilarious tale of greed, corruption, love and revolution. A government-enforced ban on toilets has forced citizens to use public amenities, regulated by a single malevolent company that profits by charging admission for one of humanity's most basic needs. Tickets go on sale April 29. Please call for tickets prices. Topeka Civic Theatre.  
TOPEKA, (785) 357-5211  
<http://www.topekacivictheatre.com>

MAY 23-JUN 14

### NOISES OFF

*Noises Off* is a brilliant depiction of anything and everything going wrong backstage during a performance. As actors dance on stage, tragedy and mishap reign supreme in the wings.

The audience is treated to an uproarious look behind the scenes as we travel to the wings of a theatre where insanity is the norm! Topeka Civic Theatre.  
TOPEKA, (785) 357-5211  
<http://www.topekacivictheatre.com>

JUN 4-JUL 16

### SUMMER BAND CONCERTS

Annual Summer Wednesday evening band concert. Pack up the family and bring your lawn chairs or blankets! Join the Lawrence City Band for a free concert in South Park.  
LAWRENCE, (785) 832-7930

JUN 5

### JERSEY BOYS, THE BROADWAY SHOW ABOUT FRANKIE VALLI AND THE FOUR SEASONS

Currently the hottest new show in New York. Inducted into the Rock and Roll Hall of Fame in 1990, Frankie Valli and the Four Seasons have produced 19 top ten hits, including the smash single, "Sherry." Topeka Performing Arts Center.  
TOPEKA, (785) 234-4545  
<http://www.tpactix.org>

## 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

3408 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

### BALDWIN 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 9

### THE NEW AGE OF DENTISTRY- FACTS AND FADS

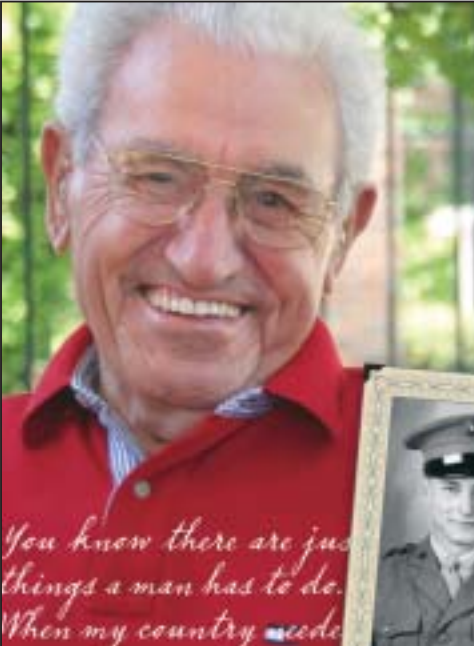
Cosmetics, sedation, implants and instant results. With all the choices being offered in today's dentistry, how are you the consumer, able to make the best decision? Come and hear Jim Otten, DDS as he discusses three critical factors you must know in order to make good choices.. An overview of contemporary cosmetics, TMJ therapy, sleep disorders and implants will be also discussed. A great lecture for anyone considering significant dental care or wanting to prevent it! Free but advance enrollment is requested. Lawrence Memorial Hospital, Auditorium.  
LAWRENCE, (785) 749-5800

JUN 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

■ CONTINUED ON PAGE 17



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Lawrence, KS 66049

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Supporting Independence.



■ CONTINUED FROM PAGE 16

will receive a pedometer to log their daily steps. Fee. Lawrence Memorial Hospital, Meeting Room E. 6:30-8:00 p.m. LAWRENCE, (785) 749-5800

**EXHIBITS/SHOWS**

APR 5-MAY 16  
**HENRI DONER-HEDRICK: OUT-OF-SIGHT, OUT-OF-MIND, THE HIDDEN CULTURE**  
 Henri Doner-Hedrick's paintings, drawings and multi-media installation address the issues faced by the elderly and their caregivers. Portraits of her mother and other residents of nursing homes narrate the rich history and the many stories of people who are too often forgotten. Topeka & Shawnee County Public Library, Main Gallery. TOPEKA, (785) 580-4516  
<http://www.tscpl.org>

APR 5-OCT 26  
**ALL ABOARD!!! A CENTURY OF RAILROADING IN JACKSON COUNTY**  
 See model trains and fashions from 1860 to 1960! Discover and learn about railroading in Jackson County, Kansas. Model trains and fashions on display! Roebke House Museum. HOLTON, (785) 364-4991  
<http://www.holtonks.net/jchs>

APR 26-JUL 15  
**2008 WASHBURN ART STUDENTS EXHIBITION**  
 Exhibition featuring artwork by Washburn University art students. Mulvane Art Museum. TOPEKA, (785) 670-1124

MAY 24  
**GLORY DAYS**  
 Annual Memorial Day car show. Event includes arts and crafts vendors. Downtown Holton. HOLTON, (785) 364-3963  
<http://www.holtonks.net/chamber>

**FARMERS' MARKETS**

APR 12-NOV 22  
**DOWNTOWN TOPEKA FARMERS' MARKET**  
 Variety of fruits, vegetables, flowers, meats and crafts. 10th and Topeka Blvd, State Parking Lot. TOPEKA, (785) 286-3515

APR 12-NOV 8  
**DOWNTOWN LAWRENCE FARMERS' MARKET**  
 The market offers fresh fruits, vegetables, baked goods, flowers and herbs, along with musical entertainment. Tuesdays and Thursdays, 1020 Vermont, 4:00-6:00 p.m. Saturdays, 824 New Hampshire, 7:00-11:00 a.m. LAWRENCE, (785) 331-4445

MAY 3-OCT 29  
**ATCHISON FARMERS' MARKET**  
 Community farmer's market Wednesdays afternoons and mornings on Saturdays. 500 Main St. ATCHISON, (913) 367-0050

**FESTIVALS/FAIRS**

MAY 3  
**MARBLE DAYS**  
 Marbles, sack races, hopscotch and more old fashioned games for kids to enjoy in beautiful downtown Bonner Springs, Exit 224 on the Kansas Turnpike. Playful games like your grandparents played before Nintendo, Webkins and iPods. K-32/Cedar & 2nd St. BONNER SPRINGS, (913) 441-1432  
<http://www.marbledays.com>

MAY 3  
**LANSING DAZE FESTIVAL**  
 This annual festival includes a variety of favorites: car show, craft show, art show, quilt show, carnival, games, children's entertainers, fireworks, live music, great food and much more. Lansing Towne Center. LANSING, (913) 727-5488  
<http://www.lansing.ks.us>

MAY 9  
**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  
<http://www.haskell.edu>

MAY 18  
**MAIFEST AT HOLY-FIELD VINEYARD & WINERY**  
 Holy-Field Vineyard & Winery's Maifest is a family friendly event featuring local jazz musicians, wonderful BBQ and of course Holy-Field Wines. Festivities are from 1:00-5:00 p.m. Maifest is a prelude to the Summertime Jazz Series and welcomes all to come and enjoy great music, food and Holy-Field wine. BASEHOR, (913) 724-9463  
<http://www.holyfieldwinery.com>

JUN 5-8  
**WAKARUSA MUSIC & CAMPING FESTIVAL**  
 The Wakarusa Music and Camping Festival is a four-day foot-stomping party in the heart of the Midwest. Clinton Lake State Park. LAWRENCE, (785) 865-4499  
<http://www.wakarusa.com>

**HEALTH**

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

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

TUESDAYS AND THURSDAYS  
**BLOOD PRESSURE CLINIC**  
 Conducted at Stormont-Vail's Healthwise 55 office at 2252 S.W. 10th Ave., at the northeast corner of S.W. 10th and MacVicar, from 10:00 a.m.-1:00 p.m. No appointment necessary. 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

FIRST AND THIRD FRIDAYS OF EACH MONTH  
**HEALTH CHECKS**  
 Blood pressure checks, glucose checks, skin checks, and education on nutrition and weight loss strategies BY Washburn University School of Nursing Mobile Health Unit. YWCA of Topeka, 225 SW 12th St., south entrance of the building, 9:00 a.m.-1:00 p.m. TOPEKA, (785) 233-1750, EXT. 252

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*So what does it take to fulfill our commitment of providing our alzheimer's and dementia residents their rightful daily "Experiences of Joy?"*

*It requires many things. More than anything it requires commitment, enthusiasm, passion and ingenuity from each and every Harbor House associate. (A sense of humor, creativity and compassion are mandatory.)*

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 Email: [harborhouse@sunflower.com](mailto:harborhouse@sunflower.com)

■ CONTINUED ON PAGE 18

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



■ CONTINUED FROM PAGE 17

**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  
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, 2252 S.W. 10th Ave. TOPEKA, (785) 354-6787

**FOURTH THURSDAY OF EACH MONTH  
NUTRITION CLINIC**

1:30-2:30 p.m. Call for an appointment. Healthwise 55 Resource Center, 2252 S.W. 10th Ave. TOPEKA, (785) 354-6787

**MAY 5**

**CHOLESTEROL SCREENINGS**

These screening events offer a total only cholesterol by fingerstick. No appointment or fasting necessary; just drop in. Please note there may be a wait involved. We are sorry but at this time we are not offering a full lipid panel test option. \$5/test. Lawrence Memorial Hospital, Atrium, 8:30-10:30 a.m. LAWRENCE, (785) 749-5800

**MAY 6**

**BONE DENSITY SCREENING**

Advanced appointment required. Appointment takes about 20 minutes and includes education about osteoporosis prevention as well as the screening. Individual appointment times must be selected. Note: this is NOT the same as a DEXA scan which is ordered by a physician and is done through Radiology. Lawrence Memorial Hospital, Meeting Room D, 9:00-11:00 a.m. LAWRENCE, (785) 749-5800

**MAY 14**

**BONE DENSITY SCREENING**

See May 6 description. Lawrence Memorial Hospital, Meeting Room D, 1:00-3:00 p.m. LAWRENCE, (785) 749-5800

**MAY 16**

**ARE YOU AT RISK? STROKE EDUCATION  
AND SCREENING DAY**

Come for one event or stay for all. Advance enrollment is requested for this free event. 8:30-10:00 a.m.: Free fingerstick total cholesterol screening (no fasting necessary) and continental breakfast  
10:00 a.m.: Program: "Stroke: Prevention and Risk Factors." Craig Martin Ph.D., Professor of Biology at KU will share his personal experience after having a stroke and Sanjeev Kumar, M.D., neurologist with Lawrence Neurology Associates will discuss the risk factors and warning signs of stroke as well as prevention strategies.

11:30 a.m.-12:00 p.m.: American Stroke Association free stroke screening and blood pressure checks conducted by the LMH Acute Rehab Unit and LMH Community Education. Lawrence Memorial Hospital, Auditorium. LAWRENCE, (785) 749-5800

**MAY 22**

**BONE DENSITY SCREENING**

See May 6 description. Lawrence Memorial Hospital, Meeting Room D, 5:00-7:00 p.m. LAWRENCE, (785) 749-5800

**MAY 28**

**SENIOR HEALTH AND FITNESS DAY**

Join us for National Senior Health and Fitness Day. Plan to attend all activities or just come for one. The morning will begin with those

who wish to walk (weather permitting) meeting in the LMH Auditorium. This is a "health walk" where participants must walk a route and seek clues to answer a health challenge puzzle. The walk lasts about 30-40 minutes depending on your walking speed. Then come back to LMH for refreshments. Vic White, exercise physiologist from Kreider Rehab will present a short program entitled Senior Fitness 101: Being Smart about Staying Fit. He will then be available to take your fitness questions. This event is free but advance registration is suggested. Auditorium, 8:30-11:00 a.m. LAWRENCE, (785) 749-5800

**MAY 28**

**BONE DENSITY SCREENING**

See May 6 description. Lawrence Memorial Hospital, Meeting Room D, 9:00-11:00 a.m. LAWRENCE, (785) 749-5800

**JUN 4**

**CHOLESTEROL SCREENINGS**

These screening events offer a total only cholesterol by fingerstick. No appointment or fasting necessary; just drop in. Please note there may be a wait involved. We are sorry but at this time we are not offering a full lipid panel test option. \$5/test. Lawrence Memorial Hospital, Atrium, 3:00-5:00 p.m. LAWRENCE, (785) 749-5800

**HISTORY/HERITAGE**

**MAY 31**

**152ND ANNIVERSARY EVENT AT BLACK  
JACK BATTLEFIELD AND NATURE PARK**

Please visit our Web site for more information about the battlefield and the tours that are available. The Black Jack Nature Trail was dedicated and opened on June 2, 2007, and is available for use by the public when the Park is open. Admission to the Park and the Black Jack Nature Trail is free. It is located three miles east of Baldwin City. WELLSVILLE, (785) 255-4503  
<http://www.blackjackbattlefield.org>

**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 AND THIRD MONDAY OF  
EACH MONTH**

**CAREGIVER SUPPORT GROUP**  
Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders. Please join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services, Inc. Douglas County Senior Services, Inc., 745 Vermont St., 2:15-3:45 p.m. LAWRENCE, (785) 842-0543

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

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

**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 AND THIRD TUESDAY OF EACH MONTH  
HEALING AFTER LOSS BY SUICIDE  
(HEALS)**

For those who have lost a loved one by suicide. Fellow survivors offer an atmosphere of understanding and emotional support by encouraging families and individuals to share healthy ways of coping and grieving. Contact Steve Newcomer at for more information. Pozee Education Center, 1505 SW 8th St. TOPEKA, (785) 478-4947 or (785) 296-8349

**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

**FIRST WEDNESDAY OF EACH MONTH  
GRIEF SUPPORT GROUP**

Douglas County Visiting Nurses, Rehabilitation, and Hospice Care and Alterra (formerly Windsor of Lawrence) hold a grief support group open to all on the first Wednesday of each month from 2:00-3:00 p.m. at Alterra at 3220 Peterson Road. For any questions, call Steve Satterfield, Hospice Chaplain. LAWRENCE, 785-843-3738

**FIRST WEDNESDAY OF EACH MONTH  
BEREAVEMENT SUPPORT GROUP**

Sponsored by Douglas County Visiting Nurses and Hospice and led by Chaplain Steve Satterfield. Meetings are held at the Windsor Assisted Living Center from 2:00-3:00 p.m. The public is welcome to join members at all meetings. The topic for the October 3 meeting is "Preparing for the Holidays." The topic for the November 7 meeting is "Remembering Our Veterans." For more information, call Sarah. LAWRENCE, (785) 841-3738

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

Members of O.U.R.S. have met to dance since 1984. The group meets to dance from 2:30-4:30 p.m. on Wednesdays, and from 6:00-9:00 p.m. on Sundays at the Eagles Lodge. LAWRENCE

**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.

**FIRST FRIDAY OF EACH MONTH**

**STROKE SUPPORT AND RECOVERY GROUP**

Providing an opportunity for learning and sharing experience. Shawnee County Health Agency Main Auditorium, 1615 SW 8th St. 1:00 p.m. For information, call Jan Dietrich in the Adult Field Services Office. TOPEKA, (785) 291-2490

**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 TUESDAY OF  
EACH MONTH**

**CAREGIVER SUPPORT GROUP**

Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders. Please join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services, Inc. Douglas County Senior Services, Inc., 745 Vermont St., 6:30-8:00 p.m. LAWRENCE, (785) 842-0543

**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

■ CONTINUED ON PAGE 19

■ CONTINUED FROM PAGE 18

**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

**THIRD THURSDAY OF EACH MONTH  
CAREGIVER SUPPORT GROUP**

Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders. Please join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services, Inc. Baldwin City Public Library, 800 7th St., 2:00-3:30 p.m. BALDWIN CITY, (785) 842-0543

**THIRD FRIDAY OF EACH MONTH  
RETIRED GOVERNMENT EMPLOYEES**

The Lawrence chapter of the National Active and Retired Federal Employees (NARFE) meets the third Friday of each month at the Plum Tree Restaurant at 2620 Iowa. A buffet lunch begins at noon and is followed by a program and business meeting. NARFE's mission is to defend and gain benefits that retired career government employees earned. Employees from all branches of government are welcome and encouraged to attend. For more information, please call John or Linda Surritte. LAWRENCE, (785) 856-0558

**THIRD SATURDAY OF EACH MONTH  
TOPEKA WIDOWED PERSONS BRUNCH**

For all widowed people. Meets at the First United Methodist Church, 6th and Topeka Blvd. in the red brick building, known as the Sweet Building on the Southwest corner of the campus. Please bring a covered dish to share. Beverages and table service provided. For more information about the Widowed Persons Service Program, please call Julie. TOPEKA, (785) 357-7290

**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 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 EACH MONTH  
CAREGIVER SUPPORT GROUP**

Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders. Please join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior

Services, Inc. Eudora Community Center, 1630 Elm, 1:00-2:30 p.m. LAWRENCE, (785) 842-0543

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

**MAY 23  
AARP CHAPTER 1696**

AARP Chapter 1696 will meet at 11:00 a.m. at the Lawrence Country Club. Lunch served at 11:30. Dr. "Gery" Kauffman (Suzanne's chiropractor) will inform and educate about this therapeutic system of adjusting body structures. New and interested members welcome. Please call Suzanne at 842-0446 for reservations. LAWRENCE, (785) 842-0446

**APR 28  
TBI & EPILEPSY SUPPORT GROUP**

Lin Stearns and Lisa Bailey speak on PDA and GPS. Open to public. Refreshments provided. Lawrence Public Library, 4:30-6:00 p.m. Please call for more information. LAWRENCE, (785) 856-2370, ext. 344

**MISCELLANEOUS**

**MAY 2-4  
ANTIQUA AUTO SWAP MEET**

45th Annual. Kansas' Oldest 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 2 & 3  
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 <http://www.lansing.ks.us>

**MAY 22-24  
SHRINE RODEO**

Come to the Shrine Rodeo in beautiful Tonganoxie and see cowboys duking it out with bucking broncos and bulls! Meet the Rodeo queens and see America's fastest horse, the Quarter Horse, carry cowboys as they rope, ride, wrestle and run barrels during all three nights of the rodeo. For the little ones, a carnival opens at 6:00 p.m. on May 22 and 23 and at noon on May 24. There's something for everybody with a craft fair and car show, too. Vendors on the grounds. Leavenworth County Fairgrounds. TONGANOXIE, (913) 362-5300 <http://www.shrinerodeo.com>

**MAY 24  
VINTAGE & EXPERIMENTAL AIRCRAFT  
FLY-IN**

Aviation event in hometown of Amelia Earhart. 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 <http://www.atchisonkansas.net>

**MAY 30-JUN 1  
NHRA O'REILLY SUMMER NATIONALS**

Feel the speed and thunder of the top fuel, funny and pro stock cars. Heartland Park of Topeka. TOPEKA, (785) 862-7223 <http://www.hpt.com>

**MAY 31  
OTTAWA SIDEWALK & CRAFT SALE**

Find special deals in businesses all along Main Street. OTTAWA, (785) 242-1000

**JUN 5-7  
SALINA SENIOR GAMES**

Salina Senior Games is open to all senior athletes who will be 50 years of age by December 31, 2008. You need not be a Kansas resident. Competition will be divided by gender and age groups. Early deadline is May 9 and final deadline is May 23. Fee. SALINA, (785) 309-5765 [www.salina-ks.gov/recreation/seniors.htm](http://www.salina-ks.gov/recreation/seniors.htm)

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Midland Care PACE Services is a program of all-inclusive care for the elderly. Midland will coordinate, provide and supervise all the home and healthcare services needed to keep aging individuals safe and comfortable in their own homes and communities. Services include primary and specialty medical care, socialization, transportation, hospitalization and emergency services, meals, prescriptions, in-home support and care and physical and occupational therapies. Service area includes Douglas, Jackson, Jefferson, Osage, Pottawatomie, Shawnee and Wabauwsee counties. Call today or visit our website to learn more.



130 SW Frazier Circle | Topeka, KS 66606 | Phone: 785-232-2044 | [www.midlandcare.org](http://www.midlandcare.org)

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# The start of Baker University and Baldwin City

By Margaret Baker

**Katherine Burke Graziano: *Baker Lands*** (\$15.00 trade paperback), Mennonite Press, *History*

When local historian Katherine Graziano was researching the beginnings of land acquisition in Douglas County, she came across some gaps in the historical records. Nothing a historian likes better than filling up those gaps, and Ms. Graziano is no exception. This book is the result.

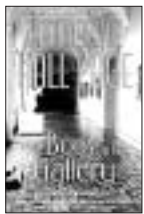
Among the hopeful settlers, Graziano follows two leaders of the period, Dr. Abraham Still and Jacob Hall. Dr. Still was one of the groups of abolitionists wanting to set up Methodist missionary schools for the native Americans. Jacob Hall was a Missouri slave owner who won the government contract to deliver mail along the Santa Fe Trail by stagecoach for an annual salary and 640 acres every 20-25 miles to maintain stations for changing horses.

Extremely competent research makes this slim volume a "must have"!

**Katherine Hall Page: *The Body in the Gallery*** (Wm. Morrow, \$23.95, ISBN 978-0-06-07367-1) *Mystery*

The 16<sup>th</sup> in Page's Faith Fairchild series, and she's not lost her edge. Her plotting, her setting, and her characters combine to keep the series fresh and superior.

Patsy Avery, trustee of the Ganley Art Museum, suspects some of the art may be forgeries and talks Faith



Fairchild, pastor's wife and caterer, to take over the museum café to be in place for a bit of forgery sleuthing. Catering is not in much demand because of the economic downturn, and the museum's café is developing a reputation for really awful food, so Faith signs on.

Of course, a murder or two slips in. Can't give away the basic plot, but you'll learn a bit about private museums given to communities, modern art and its defenders and critics, cyber bullying. Oh, and some good recipes!

**Declan Hughes: *The Price of Blood*** (Wm. Morrow, \$24.95, ISBN 978-0-06-082551-5) *Mystery, Modern-day Ireland*

Dublin private investigator Ed Loy

is asked by Father Vincent Tyrell to find Patrick Hutton, a jockey who rood for Vincent's brother. Even Sam Spade would be hard-pressed to find one person who's been missing since 1995, but Loy is down on his luck, has only one job and a lot of needs. The retainer will help a lot.

Loy's only ongoing job, identifying a garbage dumper, leads to finding a dead body. Not Hutton, but the man the widow hired to find Patrick several years ago.

Hughes is an Irish playwright (Dublin's Rough Magic, Abbey Theaters) and has mastered the theater's way of telling the story through dialogue.

The racehorse/steeple chase world in Raymond Chandler style!

**Jim Lehrer: *Mack to the Rescue*** (University of Oklahoma Press, \$24.95, ISBN 978-0-8061-3915-9) *Fiction/political satire*

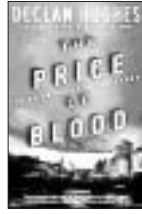
"One-Eyed Mack" (childhood accident) has risen as far as he wants—he's been Lieutenant Governor of Oklahoma for eons, having risen to being National Lieutenant Governor's Convention Vice President (program).

His wife and friends want him to run for Governor, especially when the sitting governor proclaims, on a far right wing radio program, that he will privatize all state functions. No exceptions—highway patrol, schools, road building, prisons—all. He's sure he can run what's left with a secretary.

Even for mild-mannered Mack this is just one step too far toward lunacy.

**Clea Simon: *Cries & Whiskers*** (Poisoned Pen Press, \$24.95, ISBN 978-1-59058-464-4) *Mystery*

Theda Krakow, music critic, is investigating the disturbing rise of a new designer drug, on the rise in the local club scene. She's also involved in cat rescue, a developer who'd like to dismantle her apartment build-



ing, and last but definitely not last, her romance, well past the budding stage.

When Gail, an animal rights advocate, is killed by a hit-and-run driver, Theda is concerned but hardly up in arms. Gail disapproved of animals as pets, and Theda's buddies are trying to catch the feral cats before a severe New England winter storm hits.

Lots of red herrings, city feral cat lore, drugs in the music scene, and the difference between animal rights and animal rescue make this an unusual mystery.

**Mari Jungstedt: *Unspoken***. Translated from Swedish by Tina Nunnally (St. Martin's Minotaur, \$23.95, ISBN 978-0-312-36377-2) *Swedish mystery*

Fanny Jansson, a very unhappy and lonely teenager in Gotland, Sweden, seems to have no friends except the horses she takes care of at a local stable. The child of an alcoholic Swedish mother and a Jamaican dad (long gone), she never fit in. Now she has disappeared.

At the track Flash has finally hit a big win. Once upon a time he was a prize-winning journalistic photographer, before he sank into the bottle. He still develops his film, but there's no one to buy them. His room searched, probably, think the police, by a buddy looking for the money.

Lots of twists in this Swedish police procedural, as dark as a Scandinavian winter.

**Jess Laurey: *Knee High By the Fourth of July*** (Midnight Ink, trade paperback, \$13.95, ISBN 978-0-7387-1035-8) *Midwest mystery*

Enough of winter! Here's a tale set in Minnesota in mid-summer. Battle Lake is looking forward to its annual Wenonga Days, three days of fun and merriment centering on Chief Wenonga, an Objibwe who defeated the Sioux at the site in 1795. A huge fiberglass statue, 25 feet high, stands in the town center. Except this year the chief appears to be on vacation.

Mira James, part-time reporter and

librarian, has a crush on the landscaper hottie, and a left-over one on Chief Wenonga. The only man in her life seems to be the dead one in her bed, and she doesn't know who the heck he is.

Light-hearted romp by an up-and-coming author.

**John Grisham: *The Appeal*** (available in print and audio book, Random House, read by Michael Beck on 10 CDs, \$44.95, ISBN 978-0-7393-1653-6) *Legal thriller*

A large chemical company in rural Mississippi has been dumping

its toxic effluence for decades ruining the water. Cancer deaths have skyrocketed.

A widow who has lost both her husband and only son takes the company to court and finds a young couple to handle the case. Carl Trudeau, CEO, has no fears—why does he have all these expensive lawyers anyway? He is flabbergasted when the verdict comes in—GUILTY.

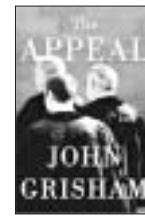
The appeal goes to the Mississippi Supreme Court. Trudeau feels he may not have all those justices. Judicial elections are due, and he decides to put a lawyer, his lawyer, on the bench. An unsuspecting candidate is found, groomed, marketed, and financed in a campaign of deceit.

Grisham, a lawyer himself, gives us a frightening glimpse at political and judicial intrigue. A book I hope will make you register and really learn the candidates and their views!

**The Pill Book** (Bantam, \$7.50, ISBN 978-0-553-58893-4) *Reference*

If the only pill in your medicine cabinet is a bottle of aspirin, skip on. If you have a prescription drug (or multiples) there, you need this thick paperback. Updated annually, it includes no advertising, just the name (or names if it is generic), what it does, what the potential side effects, medications and foods it should not be taken with.

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





# 'Charlie Bartlett' offers dark view of high school

By Esther Luttrell

## "Charlie Bartlett"

Starring Anton Yelchin and Robert Downey, Jr.

Wealthy teenager Charlie Bartlett (Anton Yelchin) is failing miserably at fitting in at a public high school run by Principal Gardner (Robert Downey, Jr.). As he begins to better understand the social hierarchy, Charlie's charm and likability positions him as the resident "psychiatrist," dishing out advice, and prescription drugs with his partner and fellow student, Murphy Bivens (Tyler Hilton). Along the way, he decides to take some of his own advice, finds romance with the principal's daughter, and learns to accept who he is ... a witty, dark comedy about the angst-filled years before collage. (Source: International Movie Data Base Pro)

If it were my job to title movies, I would have called this one "Juno: Chapter Two." The look and feel is similar. The setting is the same: a high school that more resembles an institute for misfits and the malcontent. Bartlett, like Juno, is a sweet-natured teen who does all the wrong things for all the right reasons, thus winning everyone's admiration.

It's been a couple of years since I attended high school, but it's difficult to imagine such a drastic change from then until now. The students on-screen are self-indulgent, undisciplined, spoiled/neglected, desperate, dirty, whiny, calloused, and foul-mouthed. World leaders of tomorrow. Scary.

If this is indeed an accurate portrayal of today's teen population, it speaks more to us as parents and grandparents than to the younger film-going audience. It reminds us that today's youth did not arrive on

the planet green-haired and spiked tongued. Someone in a position of influence and authority had to sanction such things, and a majority had to give their nod of approval in order for it to become the norm. That's really scary.

I sat in the theater with about 10 other folks, thinking more about my contribution to this sad state of affairs than I did about the movie itself. I watched in wonder, and maybe even guilt, as Charlie Bartlett dis-

bursed drugs on the school grounds, and became a hero, not because he sold drugs, but because he listened to their problems. The clear message to audiences is that society is what it is because nobody's listening.

My recommendation: Stay home and read a good book. Better yet, talk to your kids (or grandkids).

### DVD Pick of the Month

"The Net", starring Sandra Bullock. A freelance software analyst, Angela Bennett (Bullock), is inad-

vertently drawn into a dangerous conspiracy when a client asks her to de-bug a CD-ROM game. Soon the client turns up dead and Angela is next on the hit list. After the assassins obliterate her identity, Angela realizes hers is not the only life being destroyed. Like the best Hitchcock, "The Net" builds tension right up to its explosive ending.

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



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# Sagging economy pushing many pets out in the cold

Call it trickle down economics. The nation's economic woes have trickled down to impact family members with fur or feathers. In some places, there's a real crisis.

It all began with the home foreclosure wave. Suddenly, needing to



Steve Dale

move and economically strapped, many families began to seek out shelters to take their pets. In some cases, they moved out, leaving their pets behind. This phenomenon now occurs so frequently in neighborhoods where foreclosures are common that some real estate agents actually carry cat and dog food, prepared to be greeted by hungry or even starving pets.

The problem is accelerating. In Chicago, home foreclosures aren't as alarming an issue as in other cities, yet there's been an rising wave of people giving up their pets at city pounds, and worse yet, letting them out the door to fend for themselves.

The problem is urban as well as rural. Christine Robinson, president of the Board of Directors of Presque Isle, ME Aroostook Humane Society and owner of Center Hill Rescue, says that in her area, it's easy to let pets out into the woods.

The explanation in Chicago and rural Maine seems to be the same: It's the economy, stupid! Robinson says even a \$10 fee to give up a pet to her rescue organization is too much for some owners, so they drop off pets after hours, under cover of darkness. In Chicago, people report the economy and unemployment as the most prominent reasons for giving up pets.

Michael Mountain, president of

Best Friends Animal Society, an animal welfare organization based in Kanab, UT, says most owners consider their pets members of the family. But the human/animal bond only goes so far. "Hopefully, people aren't giving up their children or putting Grandma out on the street, but when times are tough—pets are, in truth, expendable," he notes.

Mountain says Best Friends conducted a survey of shelters in 1992 and determined that 15 million pets were euthanized nationwide that year. The good news is that due to spay/neuter programs, breed rescue and the no kill movement, that number is now down to 5 million annually. "I'm seriously concerned we're now moving in the other direction again," Mountain says.

Hopefully, people will take a breath and think their choices through, says Mountain. For starters, consider the impact on your children. For example, in the face of unemployment, "Kids are already scared—they know Mom and or Dad are no longer working, or they have to move to a small apartment, and understand something is wrong," Mountain notes. "Now, their best friend is given away, and experts tell me they actually do think, 'Am I the next to go?'"

"Pets also offer stability and unconditional love for children, and also, the adults," adds Jim Borgelt, president of the Chicago Animal Shelter Alliance and president of the board of directors at Lakeshore Animal Shelter in Chicago. "Maybe there's a benefit of keeping a pet that offsets the cost—if people can possibly afford it."

Obviously, there are costs associated with having a pet. Food is a fixed expense, but generic food can lower that cost. A few communities even boast pet food pantries. Veterinary care isn't free, but paying over time and with minimal interest is a real possibility, says Dr. Sheldon Rubin, a private practitioner in Chicago. "Veterinarians are amazingly

understanding, particularly when it's a long-term client who experiences a hardship."

Many community shelters offer low-cost veterinary care and vaccines to those who qualify. Pet stores periodically offer low-cost vaccinations.

Dr. Kimberly May, assistant director of professional and public affairs at the American Veterinary Medical Association, Schaumburg, IL, says, "Life circumstances are forcing people to make decisions they never thought they'd have to make. The best outcome for your pet and also for your family is to really think about a friend, relative or neighbor who can temporary take over care until you get back on your feet."

She continues, "As for dogs - some may be friendly, some may not be—causing a potential problem if they're roaming outside on their own. Your coddled family pet isn't a wolf or a tiger and it's not going to do well at all living outdoors. One reason people may let their pets go is because they don't want them to be euthanized by animal control. The

truth is, they'll be picked up as strays if you just let them out, if they survive long enough. And they'll likely be less adoptable than if you had just delivered the pet to a shelter yourself."

Additionally, many shelters are running out of space and euthanasia is a potential reality. Mountain implores, "Please don't rely on institutions (shelters). It's not in your pet's best interest and as this problem continues to intensify, the reality is that fewer (shelters) will have any space. Shelters can't be dumping grounds for unwanted animals more than they already are."

Mountain says Best Friends offers guidance and resources to owners convinced they must relinquish their pets. For more information, go to [bestfriends.org](http://bestfriends.org), e-mail [animalhelp@bestfriends.org](mailto:animalhelp@bestfriends.org), or call 435-644-2001.

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

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### Kings of Swing to perform at benefit dance

"There's No Place Like Home," a benefit dance for Jayhawk Area Agency on Aging, will be held Wednesday, May 7, from 5:30-9:30 p.m. at the Great Overland Station, 701 N. Kansas Ave., Topeka.

The Kings of Swing will provide music for dancing and listening with light hors d'oeuvres prepared by Aboud's Catering. Tickets are \$10.00 each and may be purchased at Jayhawk Area Agency on Aging, 2910 SW Topeka Blvd. in Topeka.

Proceeds from the No Place Like Home benefit dance will help JAAA

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For more information, please contact Jocelyn Lyons in Topeka, 785-235-1367 or Marsha Goff in Lawrence, 785-843-257.



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# Over Parking

Young Stanton Petetree Plover muttered to himself as he walked across the campus of Letongaloosa Community Junior College.

Stanton was a freshman transfer student at LCJC, and he had been placed on probation for parking violations. As a freshman Stanton was issued a Z sticker, the lowest form of parking life. He ignored his lowly Z status and parked in any spot he liked in any lot he liked.



Larry Day

Sophomores at LCJC are issued Y stickers. Y sticker owners park in lots no more than five miles from the campus. Junior faculty and staff receive J stickers. From their lots, on a clear day, they can almost see the buildings where they work or teach. Senior and emeritus faculty members are issued E stickers. Their lots are within the perimeter of the campus. Administrators get Triple-A stickers, and park next to or underneath their buildings.

Stanton accumulated dozens of parking tickets and two tows. He paid the fines and tow fees promptly, but LCJC still put him on probation and told him further violations would bring dismissal.

As Stanton walked across campus muttering out loud someone fell in to step beside him. It was an elderly professor.

"It sounds like you've got trouble with the parking department," said the professor.

"Yeh, I got a bunch of parking tickets and tows. I paid them off, but the parking department still put me on probation and threatened to kick me out," said Stanton.

"Those people gave me trouble too," said the professor. "They nearly got me fired back when I was young and didn't have tenure. I vowed I'd figure how to pay them back, and I did. Come on, I buy you a soft drink and tell you about my plan."

Seated in the commons cafeteria, the professor said, "Airlines book more seats, and hotels reserve more rooms than they have available... They bet that on any given day some of their customers won't show up.

The LCJC parking department does the same thing," he said. "They

oversell parking permits. Then they hire low-paid enforcers to write costly parking tickets. The department made a quarter of a million dollars on fines last semester alone."

"For years I made no progress on my vow, then a marketing colleague told me how the 'Gotcha' plan works. Some businesses make a lot of money by duping their customers with the 'Gotcha' plan. Stores do it when they use bait and switch advertising. Airlines and hotels do it by overbooking. They know in advance that many customers will be forced by circumstances to violate their draconian booking rules. Then the airlines say 'gotcha' and hit customers with big fees and surcharges. That's basically what the parking department does."

"So, what's your idea?" asked Stanton.

"We have to organize. We educate everyone on campus about the parking department's 'gotcha' plan, and get everyone to help fight it. We help each other instead of fighting each other for parking places. We do whatever it takes legally to keep the parking department from writing parking tickets—we carpool, we give each other rides, we refuse to violate parking regulations no matter how desperate we become. If we do that, the parking department will be in financial trouble before the semester's over."

"Do you really think so?" asked Stanton.

"You bet. The flaw in 'gotcha' plan is that companies that use it begin to depend on 'gotcha' revenue. If that money disappears, they go belly up."

With the zeal of zealots, Stanton and the elderly professor launched their "getcha back" campaign. Students, faculty and staff rallied behind them. Parking violations became rare. Parking department revenues plummeted. In less than six weeks the LCJC parking department administrators asked for a truce.

The parking department agreed to launch a fleet of free vans and buses to take students back and forth and issued free parking stickers to outlying lots. Over the years the department had built up a large cash surplus. The rebel leaders forced administrators to use the money to build parking terraces on campus. Then low cost close-to-campus parking permits were issued to students by lottery. Everyone had an equal chance at close-in parking.

Stanton was elected student body



When a plugger's suit bag rips, he just gets a new one.

president as a sophomore. The elderly professor was named "professor of the year."

Administrators still park next to their buildings.

- 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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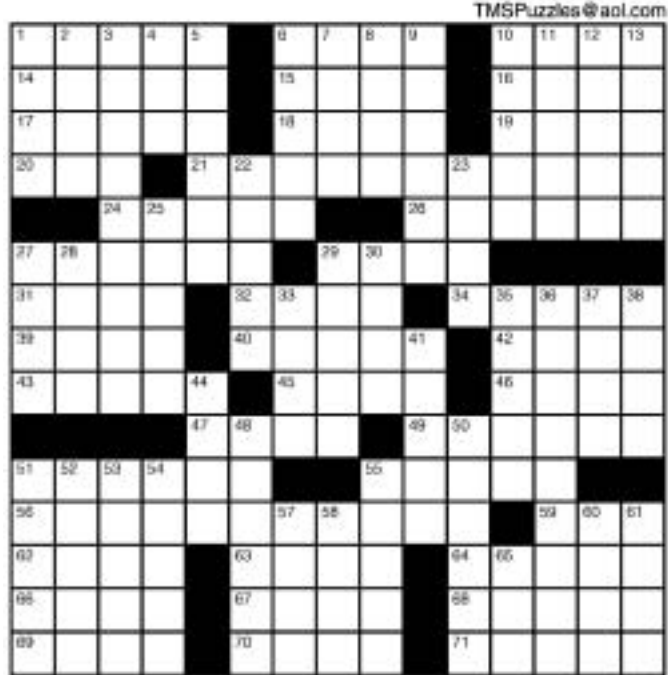
ACROSS

- 1 Sticks it out
6 \_\_\_ the tentmaker
10 Q-tip
14 Contribution
15 Call on the links
16 Romanian round dance
17 Enact
18 Stumble
19 Famous cookie maker
20 Atmosphere
21 Still in a movie
24 Impish
26 Sports venues
27 Sell direct
29 Distribute
31 Touched down
32 Throw out, as light
34 Puccini opera
39 Bog down
40 Prepared to take notice?
42 Subway station
43 Jury makeup
45 "Star Wars" princess
46 Fiddler in the sand
47 Lubricates
49 Characteristics
51 Spiral-shell mollusk
55 Bare
56 Ice cream and fruit treat
59 Significant period
62 Mid-month
63 Reprobate
64 Scout group

- 66 Rents
67 Compulsion
68 Former nit
69 Overdo TLC
70 Trial by fire
71 "\_\_\_ Laughing"

DOWN

- 1 Writer Alther
2 Against
3 Belly ring?
4 Harbor craft
5 Graf of tennis
6 Regularly
7 Extra
8 Neighbor of N.Mex.
9 Do over again
10 Portion
11 "Scent of a \_\_\_"
12 Scent
13 Military installations
22 Stirs to anger
23 Guitar increment
25 Subsequent
27 Cloverleaf part
28 Nobel Prize winner Wiesel
29 Minute arachnids
30 Ornamental case
33 Downtown's replacement
35 De la Hoya of boxing
36 Go down swinging
37 Surface layer
38 Police broadcast alerts: abbr.
41 Singer Page
44 Any day now



TMSpuzzles@aol.com

By Norma Steinberg
San Francisco, CA

Answers on page 31

- 48 Doing the same old same old
50 Noisemaker
51 Ford revival, briefly
52 Communication device
53 Clumsy
54 French cup
55 Fall as ice
57 Irritated
58 Snub-nosed dogs
60 Got up
61 Simon Says player
65 Actor Ely

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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...

FILL FLY AWAY (sol: 9 letters)

A-Airborne, Aircraft, Airplane, Airports, Air Tran, America West, American, Arrival; B-Baggage...

This Month's Answer: DEPARTURE

SNACIREMAIRTRAN
CONTINENTALDEYS
ORUSECURITYEDTG
CTSTSEWDIMOLDEN
KHAEHANGARGTUF
PWIKDWEPLARARAW
IERCAMERICAWEST
TSWIRTUSARCSEPF
ETATEULBTEJTYOA
RRYARRIVALWOAIR
MASTROPRIAEWLWC
IFUSELAGETRINER
NFEAGAGGABECPURI
AIRPLANENROBRIA
LCFLAPSPRENILTEJ

JUMBLE

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

Word puzzles: SAREE, SLUPH, COATEL, SNIFUE

THAT SCRAMBLED WORD GAME

By Herb Arnold and Miss Wright



FOR MANY SKINS TURNED WINTER INTO THIS.

Answers on page 31

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TRIVIALITIES

- 1. Who starred as Willy Bank in the 2007 film "Ocean's Thirteen"?
2. Who won the 1991 best actor Oscar for his work in the film "Reversal of Fortune"?
3. This Canadian actress was nominated for the best actress Oscar in 1970 for her role in Charles Jarrott's "Anne of the Thousand Days." Name her.
4. The 1978 film "Coma" starring Michael Douglas and Genevieve Bujold was adapted from whose novel of the same name?
5. In the 1999 film "Any Given Sunday," who portrayed the character Christina Pagniacchi?
6. Who directed the 1996 film "Ghosts of Mississippi"?
7. Jack Nicholson starred as Col. Nathan R. Jessep in this 1992 film, which also starred Tom Cruise and Demi Moore. Name it.

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Answers on page 31



BRIDGE

# Forced to surrender

By Omar Sharif and Tannah Hirsch

Both vulnerable. North deals.

**NORTH**  
 ♠ 10 8 4  
 ♥ K 6 4  
 ♦ A Q 10 4  
 ♣ K 7 5

**WEST**  
 ♠ A 6 3 2  
 ♥ Q J 10 8 3  
 ♦ 8 5  
 ♣ J 8

**EAST**  
 ♠ 5  
 ♥ A 9 7  
 ♦ 9 7 6 2  
 ♣ 9 6 4 3 2

**SOUTH**  
 ♠ K Q J 9 7  
 ♥ 5 2  
 ♦ K J 3  
 ♣ A Q 10

The bidding:  
 NORTH EAST SOUTH WEST  
 1♦ Pass 1♠ Pass  
 1NT Pass 3D Pass  
 3♠ Pass 4♠ Pass  
 Pass Pass

Opening lead: Queen of ♥

When you have length in the opponents' trump suit, or extreme shortness so that you can expect partner to have length, often an effective defense is to try to run declar-

er out of trumps by forcing him to ruff your long suit. A cardinal rule in a forcing game is for you to hold up a trump winner until dummy is out of trumps. This hand is typical.

North-South did well to stay out of three no trump. Note that, even if North declares, a heart lead from East will allow the defenders to score four heart tricks and the ace of spades.

Against four spades West had a natural heart lead, and declarer ruffed the third heart, reducing his trump length to that of West. Declarer started on spades, leading the king of trumps. West ducked, and held off again when declarer continued with the queen. There was now no way the contract could be fulfilled. West won the third trump lead with the ace and reverted to hearts. Declarer had to ruff with his last trump, and sooner or later West ruffed with his last trump and cashed a heart winner for down two.

(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.

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

HARD

Solution on page 31

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## Value of lithograph harder to pin down than that of original painting

**QUESTION:** I've been told this is an authentic Michael Parkes. It is uniquely framed and matted. The person who gave it to me has others, and claims they are each worth \$5,000 or more. I doubt that this one is authentic, but if it is, what is it worth? How do I verify it? -Michele, Tucson, Ariz.



Danielle Arnet

**ANSWER:** Parkes is a contemporary American artist. His works include sculpture, paintings and prints. Born in Missouri in 1944, he is sometimes called a "hippie" artist because he once lived that life in India and other outposts.

Now established and living in Spain, Parkes is known for his fanciful imagery of dreams and magic. Works often include gargoyles, either flying or static.

Several art databases list auction results for him. On [www.artprice.com](http://www.artprice.com), we see that oil on board paintings have gone to \$15,000 and change. Another sold for about \$8,000.

But—and this is a big but—Parkes is also sold as stone lithography. While his labor intensive paintings are rare and in high demand, lithographs produced in numbers are far more affordable. All savvy artists do this. Paintings go to the buyer with deep pockets; prints are for the masses.

Marketed under a registered name, Parkes' limited edition color stone lithographs are sold only by galleries that represent him.

The unique matting and framing mentioned in the query is typical of gallery-sold prints.

Smart collectors know that, in prints, "original" is a slippery concept. A painting is easier to pin down: only one is the real thing. Your gift print may indeed be an original licensed by Parkes, but it was produced as a multiple. See how it works?

To complicate matters, this print may be Parkes' work, but not autho-

riized by the artist. Deepening the plot, the shakeout on value for unauthorized works is uncertain when the artist is still living. At that point, value and demand depend on the buyer, and can be based on a number of variables.

Note the gold banding printed directly on the paper. Parkes may never have authorized this pretty touch. Maybe so, maybe not.

A gallery that represents the artist can take a look and tell if it is an authorized print. Find one on Parkes' official Web site; they can work from your clear images. Offer to pay for the opinion. It's only fair.

As for the \$5,000 quote, that seems like a gallery tag price. At auction, color lithos by the artist recently brought \$491 and \$703. On new goods, retail and resale are often worlds apart.

**QUESTION:** You mentioned Bavaria. I have hand painted plates marked "MR Louvre Bavaria" and "JC&Louise Bavaria." Are they worth more than most? -Nona, Dublin, Ohio

**ANSWER:** Bavaria is a region of Germany where porcelain factories have operated for centuries. Hand painted porcelains, popular since the 19th century, are individually decorated by artists on plain white porcelain, called blanks. Your blanks came from the factories marked on the back.

Hand painted plates are valued by maker, shape and size of the blank, quality of the art, condition, aesthetics, and amount and quality of gold decoration. Hand decorated pieces from a larger set are priced by the same standards, plus demand. Their value is usually replacement grade.

Individual plates that rank high on all variables, are artistic, and are signed by a known studio painter retail into three figures. We're talking about the very best.

The factories mentioned are good, but not celebrated. At that point, everything falls on the art and artistry. Poorer quality blanks painted by a hobbyist sell for under \$100, sometimes far less.

To get a feel for pricing, I suggest you visit antiques shops and markets and key "hand painted Bavarian china" on eBay to see other exam-

ples. Check completed sales there as well.

**FYI:** "Hand Painted Porcelain Plates: Nineteenth Century to the Present" by Richard Rendall and Elise Abrams (Schiffer, \$59.95) shows the very best.

**QUESTION:** At auction years ago, I bought an oil on canvas painting by Oliver Houston that shows a Pilgrim family sitting down to a Thanksgiving dinner. How old is it, and does it have value? -Cindy, cybercollector

**ANSWER:** The only Oliver Houston with auction records was a California painter known for his 1930s marine scenes, many with battleships.

Since California art and artists are hot, check with a regional auction house—if intent is to sell. Or they can suggest an appraiser for the work.

If the artist is the one known for marine scenes, an atypical subject would sell for less.

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

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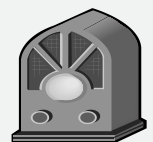
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# An easy treat for mom on her special day

By Wolfgang Puck

Tribune Media Services

Dads and children everywhere are discussing one of the season's most important decisions: What to cook on Mother's Day.

They're on an important mission, with many potential pitfalls - the biggest of which stems from the fact that many of them pick elaborate recipes that call for skills far beyond their capabilities.

And that doesn't begin to touch on the fact that few dads and kids stop to ask the most basic question: What does Mom really love to eat?

I can answer that: chocolate. And I'll share a secret that will help them achieve major success this Mother's Day: One of the most popular chocolate recipes is also one of the easiest.

I'm talking about chocolate mousse.

The French word mousse means, "foam." And the first secret of making mousse is to incorporate enough tiny air bubbles to make it really foamy. Classic chocolate mousses achieve this through two sources, beaten egg whites and whipped cream - both of which call for supervision from Dad so small fingers don't get too close to electric beaters.

To beat egg whites successfully, first separate the eggs without breaking the yolks; even a trace of fatty yolk will prevent air from incorporating fully into the whites. I separate the eggs one by one, cracking them against the side of a small, clean bowl, then gently breaking the shell in two and carefully passing the whole yolk back and forth between the shell halves until all the white has dripped into the bowl. Only then do I transfer the white into a larger clean bowl for beating. Finally, I use a stand mixer or handheld electric beater to whisk as much air as possible into them, while tak-

ing care not to overbeat them to the point of being stiff and dry. A little cream of tartar helps stabilize the foam.

For great whipped cream, start with well-chilled heavy cream, using the same appliance to beat it. I always beat the cream after the whites, so there's no risk of cream residue inhibiting the whites.

Then there's the chocolate. I use bittersweet, chopping it into small pieces and melting it in some hot cream - both tasks for Dad to do or supervise. My favorite is Valrhona, but any other respectable brand will do.

Once you've combined the ingredients, all that's left to do is chill the mousse. And I suggest making extra - even doubling the quantities. Why? Because, apart from serving it at the Mother's Day meal, you can freeze the rest in parfait glasses or in a mold lined with plastic wrap. Up to a week later, serve frozen chocolate mousse, maybe drizzled with hot chocolate sauce.

Now that's a Mother's Day gift that keeps on giving!

## BITTERSWEET CHOCOLATE MOUSSE

Serves 6

- 6 ounces good quality bittersweet chocolate
- 1 1/2 cups heavy cream
- 4 egg whites
- Pinch of salt
- 1/8 teaspoons cream of tartar
- 1/4 cup sugar
- Whipped cream, for garnish

With a serrated knife, carefully cut the chocolate into 1/4-inch pieces. Put the pieces in a medium-sized heatproof bowl.

In a microwave or in a saucepan over medium-high heat, bring half of the cream to a boil. As soon as it boils, pour the cream over the choc-

olate. Gently tap the bowl on your work surface so that all the chocolate is immersed in the cream. Wait 1 minute. Then, with a heatproof rubber or silicon spatula, slowly stir the chocolate and cream until the chocolate is completely melted and blended with the cream. Pour and scrape the mixture into a large mixing bowl and set aside.

In the bowl of a stand mixer fitted with the whisk attachment, or in a large mixing bowl with electric beaters, beat the egg whites at medium speed until they begin to foam. Add the salt and cream of tartar and continue to beat at medium speed until they form soft peaks that droop slightly when the beaters are lifted out. Still beating, sprinkle in the sugar and continue to beat just until the whites form stiff, but not dry, peaks.

Using the spatula, gently fold the egg whites into the chocolate mixture until fully blended, cutting down with the spatula through the center of the bowl and then up the side and back over to the center, turning the bowl with each fold.


In the same bowl in which you beat the egg whites, beat the remain-

ing cream at medium speed until it forms soft peaks when the beaters are lifted out, 1 to 2 minutes, taking care not to overbeat. Gently fold the whipped cream into the egg white-chocolate mixture.

Spoon the mousse into individual parfait glasses, wine glasses, ramekins, or small bowls. Cover with plastic wrap and refrigerate until well chilled and firmly set, at least 2 hours. Serve garnished with more whipped cream.

(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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# NOSTALGIA NOTEBOOK

## MAY 1938

### Births

**MAY 22: Richard Benjamin**, American actor, *Catch-22*

**MAY 26: William Bolcom**, American composer. Recipient of the Pulitzer Prize, the National Medal of Arts, three Grammy Awards, and the Detroit Music Award

**MAY 31: Peter Yarrow**, American singer, Peter, Paul and Mary

### Events

**MAY 5:** Vatican recognizes Franco's government in Spain.

**MAY 14:** Chile withdraws from the League of Nations.

**MAY 17:** Information Please debuts on NBC Radio.

**MAY 20:** Czechoslovakia orders a partial mobilization of its armed forces along the German border.

**MAY 25:** Bombing of Alicante, Spain, in the Spanish Civil War, with 313 dead.

## MAY 1948

### Births

**MAY 4: Tanya Falan**, American singer from *The Lawrence Welk Show*

**MAY 12: Steve Winwood**, English singer

**MAY 15: Brian Eno**, English musician and record producer

**MAY 19: Grace Jones**, Jamaican singer and actress

**MAY 21: Leo Sayer**, English musician

**MAY 26: Stevie Nicks**, American singer and songwriter (Fleetwood Mac)

### Events

**MAY 4:** Laurence Olivier's film version of Hamlet receives its world premiere in London.

**MAY 14:** Declaration of Independence of Israel.

**MAY 15:** Egypt, Transjordan, Lebanon, Syria, Iraq and Saudi Arabia enter Palestine and attack the nascent State of Israel.

**MAY 26:** The U.S. Congress passes Public Law 557 which permanently establishes the Civil Air Patrol as the auxiliary of the United States Air Force.

## MAY 1958

### Births

**MAY 3: May 3 - Kevin Kilner**, American actor, *One Tree Hill*

**MAY 10: Rick Santorum**, former U.S. senator from Pennsylvania

**MAY 12: Eric Singer**, American drummer (Kiss)

**MAY 23: Drew Carey**, American comedian and actor

**MAY 29: Annette Bening**, American actress

### Events

**MAY 15:** The Soviet Union launches Sputnik 3.

**MAY 18:** An F-104 Starfighter sets a world speed record of 1,404.19 mph.

**MAY 20:** Fulgencio Batista's government launches counteroffensive against Castro's rebels.

**MAY 30:** The bodies of unidentified soldiers killed in action during World War II and the Korean War are buried at the Tomb of the Unknowns in Arlington National Cemetery.



## THEN AND NOW

The top photo shows the Granada Theater and Union Bus Depot in downtown Lawrence in October 1938. The marquee is promoting the Marx Brothers' "Room Service." Lucille Ball also starred in the movie.

The photo was taken by John Vachon.

The bottom photo shows the Granada Theater today. The bus depot's spot is currently home to Einstein Brothers Bagels.

If you have old photos taken in the Lawrence and Topeka area that you would like to share with our readers, please let us know. Call Kevin at 785-841-9417 or send an e-mail to [kevin@seniormonthly.net](mailto:kevin@seniormonthly.net).

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

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# Luttrell to present talk on 'Dream Painting'

Esther Luttrell will give a talk on "Dream Painting" at Unity Church, 900 Madeline, in Lawrence at 10:00 a.m. on June 8. Her talk is based on personal experience, and yet the phenomenon is common enough that the University of California-Los Angeles teaches a course on the subject.

During Thanksgiving week in 1989, an authoritative male voice told Luttrell in a dream that she would paint the next day. She was then shown a visual of the work to be done. Luttrell replied in her dream, "I don't paint, I don't draw, and I'm not interested." The voice replied sternly, "You will paint, and this is what you'll paint."

Luttrell awoke then and sat up in bed, mulling over the power of the dream. Was it possible that she could paint just like that? In a snap? The following night the

dream returned, but the visual was different. A third dream repeated itself, though this time Luttrell told The Voice in no uncertain terms that she had no intention of painting. Yet within the next 12 months she had become a member of the Society of Western Artists, the American Council on the Arts, and the National Museum of Women in the Arts, and more than 80 of her paintings were in galleries throughout California, including the Matrix on Pier 36 in San Francisco.

Come to the talk to learn more about Luttrell's story. Thirty-three of her canvases will be on display at the Unity Gallery as a part of her solo show, "Midnight Oil," from May 31-July 12.

JUMBLE ANSWERS

Jumbles: ERASE PLUSH LOCATE INFUSE  
 Answer: For many, winter turns skiing into this - THE "FALL" SEASON

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TRIVIALITIES ANSWERS

1. Al Pacino
2. Jeremy Irons
3. Genevieve Bujold
4. Michael Crichton
5. Cameron Diaz
6. Rob Reiner
7. "A Few Good Men"

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## Murder in the Movies



"Oh, what a web she weaves. A must read for everyone who loves a good mystery." - Joe Franklin, WOR Radio talk show host, NYC Bloomfield Network

Now available in Hardcover! Esther Luttrell's thriller can be purchased through Amazon.com, Barnes & Noble, or directly through the publisher, Hilliard and Harris (www.hilliardandharris.com).

## CLASSIFIEDS

### FLEA MARKET

**FLEA MARKET:** May 17, Central Junior High School, Lawrence, 8 a.m.-3 p.m. Sell your own treasures and pocket the riches! Reserve a table \$10. 785-331-0421.

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## They just keep rolling

Martin Scorsese's new film, "Shine a Light" showcases the most enduring band, the legendary Rolling Stones.

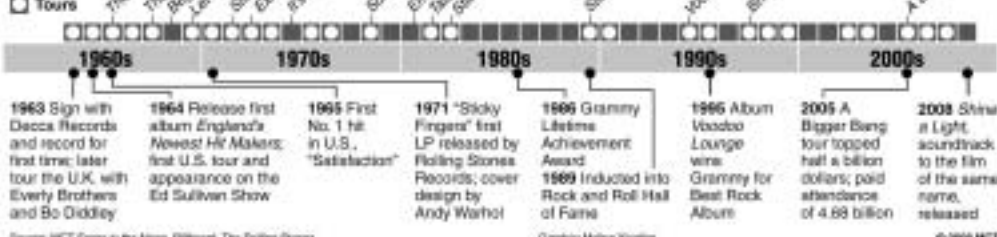


### Making the band

- 1961 Keith Richards and Mick Jagger classmates at Wernerseth Primary School
- 1960 Richards and Jagger meet again on commuter train
- 1962 Brian Jones forms band with Jagger, Richards, Bill Wyman, Charlie Watts; names band after the song "Rollin' Stone" by Muddy Waters
- 1968 Jones kicked out of band for heavy drug use, replaced by Mick Taylor; Jones drowns in swimming pool one month later
- 1974 Taylor leaves band
- 1975 Guitarist Ronnie Wood joins band
- 1985 Pianist Ian Stewart, known unofficially as the "Sixth Stone" dies of heart attack
- 1993 Guitarist Bill Wyman leaves band

### Notable albums

Tours



Source: NCT Faves in the News, Billboard, The Rolling Stones

Graphic: Melina Yingling

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