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May 2009 Serving Active Seniors in the Lawrence-Topeka Area since 2001 Vol. 8, No. 11

INSIDE



With the opening of the Midland Care Adult Day Program in June, Lawrence will once again have a freestanding adult daycare center. The center will follow more of a medical model, with the ability to dispense medicines and provide personal care. - page 4



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KEVIN GROENHAGEN PHOTO

According to Rick Garvin, who has owned and operated Rj's Auction Service for 16 years, "A Successful Auction Doesn't Just Happen—It is Planned."

Going once, going twice, going for fun

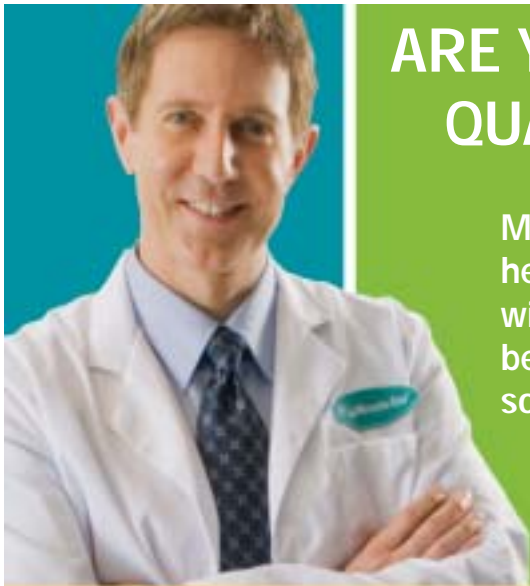
By Kevin Groenhagen

Millions of students throughout the United States will graduate from high school this month. For them, it's a time to celebrate and focus on their dreams for the future. For Rick Garvin, however, graduation day 16 years ago was a bit of a nightmare. "My wife, Phyllis, got into the business of buying bankruptcies, liquidations, and closeouts on a national level from major department stores," Garvin said. "We then opened a re-

tail store. We would always have some items that were hard to sell, so my wife suggested we have an auction. There was an auctioneer near our store, and he sold the items for us. The next time this situation arose, he wasn't available. So we had another auctioneer do it. However, he scheduled the auction on a weekend when every school in the area had graduation ceremonies. No one came to the auction. I told my wife I could do a better job myself." When Garvin later spoke to the gentleman who did their first auc-

tion, the auctioneer said he taught auctioneering at the Missouri Auction School. The school, dubbed the "Harvard of Auctioneering" by *Newsweek* magazine, is the oldest and largest auction school in the world. "The school had a class coming up, so the auctioneer suggested that I go," Garvin said. "I enrolled in the course with the idea that I would just auction things for my wife. However, it evolved into something bigger." After Garvin graduated from the

■ CONTINUED ON PAGE THREE



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Garvin

■ CONTINUED FROM PAGE ONE

Missouri Auction School in 1993, he and Phyllis initially started holding auctions at RJ's Discount Sales, which is Phyllis' business in Topeka.

"We would clear out part of the warehouse to hold our auctions," Garvin said. "At our first auction, we sold about \$1,700 worth of items and had 25 or 30 people show up. We then asked ourselves how we could get 40 or 50 people. After we got 40 or 50, we asked how we could get 60, 70, or 80 people. Now we average 241 registered bidders per auction. That equates to about 300 to 325 people who actually attend."

The growth of RJ's Auction Service eventually led to Garvin moving the business to an auction house in Scranton, Kan., nearly five years ago.

In addition to a change in location, technology has helped RJ's Auction Service change some of the ways it conducts business.

"When we started the business, everyone clerked by hand," Garvin said. "We were in the business only two or three years when our nephew, who is a computer whiz, said he could write a program for me. So we started clerking on a computer. We were probably the first in the area to do that."

The nephew wrote a new program when the business outgrew the first. Eventually, Garvin had to buy auction software to manage the increasing number of items. The business now requires several computers to conduct auctions.

"We probably average between 35 and 40 consignors per auction," Garvin said. "We auction 800 to 1,100 items per auction. We hold auctions on three Saturdays each month from 3:00 p.m. to as late as 1:00 the next morning."

In addition to computers, RJ's Auction Service uses several large-screen monitors in the auction hall so bidders can view larger items, such as furniture and appliances.

"We also audio record all our auctions in case there are any questions about the cost of an item," Garvin said.

RJ's Auction Service also holds coin auctions about once a month. In addition to in-house bidding, Garvin webcasts live audio and visual of coin auctions on the Internet through Proxibid. This allows the auctions to be open to a global audience of bidders.

Despite the new technology used

at RJ's Auction Service, what draws people to auctions has remained the same for decades.

"People come to auctions for three reasons," Garvin said. "First, they come to buy things. Second, they come to socialize. And third, they come to eat. Our concession area does great business every week. Not everyone has the same priority each week."

For Garvin, the people who come to the auctions are like family.

"You get to know the bidders and their families, and they get to know us," he said. "We were doing some remodeling here last year and we didn't have auctions for about six weeks. One of our regular ladies said she and her daughter got so lonesome that they just wanted to drive here and sit in the parking lot."

Garvin also likens auctioneering to being in the entertainment business.

"If you're going to keep people in their seats for 10 hours, you have to provide them with some entertainment," he explained. "This has to be fun. If I'm not having fun, then I'm in the wrong business."

Consignors usually pack up their items and bring them to RJ's Auction Service. However, Garvin's employees can also pick up items for the consignors.

"There are cases where someone might buy a lift chair and they need

to get rid of their recliner," Garvin said. "They need someone to pick up that recliner. We can do that. There's normally a fee for that since I have to pay guys to pick it up. In some cases, if someone is downsizing from a house to a retirement community, sometimes they have a lot of items. We're working on one right now where we'll move some items in a house to a gentleman's apartment in a retirement community. We'll bring the remaining items to the auction house and sell them for him. The guys will be there for four days. That's the exception. We can usually move items from a whole house in six hours."

Garvin stresses that he and his em-

ployees work for the sellers.

"Our responsibility is to get the sellers the most money for whatever we're selling," he said.

The items RJ's Auction Service sells include household items, furniture, coins, appliances, vehicles, and even frozen food. Garvin notes that he has even sold a few snakes.

In addition to running auctions for individuals, RJ's Auction Service runs auctions for the Topeka Police Department. Garvin also uses auctions to help charities. He auctioned seats in the auction house to the highest bidders to raise more than \$1,000 for St. Jude Children's Research Hospital. In addition, Garvin

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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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Midland Care Adult Day Program to open in June

By Billie David

One thing that enables us to leave home for the day is the knowledge that we can return in the evening. For older adults who need help with their daily necessities or who can't safely be left alone, that assurance is something that adult daycare can provide.

"Most individuals want to go home at the end of the day, and with adult daycare they can," said Heidi Pickerell, Midland Care Connections Vice President of Senior Services.

In fact, that's one of the things Pickerell appreciates most about her work with adult daycare. "When participants ask me when they can go home, I can honestly say that it won't be long," she said.

When the Midland Care Adult Day Program, located at 2200 Harvard Road, opens in June, it will be Lawrence's only freestanding adult daycare center.

Management staff with Midland Care Connection saw the need to expand from its base in Topeka when the Lawrence Senior Center's adult daycare closed.

Midland's Lawrence center will have a somewhat different focus than the Senior Center's, however, following more of a medical model, with the ability to dispense medicines and provide personal care in addition to offering social activities and meals.

"It provides all of the components related to the individual in terms of their frailties," Pickerell said.

The benefits of such a program are threefold: It helps the caregiver, the participant, and the community at large.

"It benefits darn near everybody," Pickerell said.

For example, it helps the caregivers because they can be reassured that their loved ones are being looked after. And when employees know that their loved ones are safe, it frees them to concentrate on their jobs, increasing productivity and benefiting their employers.

Adult daycare also benefits caregivers because it provides an alternative to placing a loved one in a nursing home.

"I've been in this business a long time, and I know that people want to keep their loved ones at home as long as possible," Pickerell said. "But it can be a full-time job and it can be stressful. If the caregiver can have relief, they can do it longer."

Another benefit to the caregiver is

the education that Midland offers. For example, if during the assessment phase the topic of incontinence is brought up, Midland staff can help with suggestions such as getting the client on a regular schedule.

"It can be face-to-face or more formal education," Pickerell said. "Last fall during one of our caregiver meetings we provided education on safe lifting."

And there's the caregiver support group, which not only can help reassure a caregiver whose parent has dementia, for example, that they are not alone but also provides opportunities to share with others the solutions that have worked for them.

But perhaps it is the clients themselves who benefit the most, because they can spend time in a stimulating, stress-free, failure-proof environment where trained staff members are on hand to meet individual needs.

The use that clients make of the daycare facility may differ according to the needs of the family, with participants attending anywhere from one to five times a week. One participant may stay for half a day while the caregiver keeps an appointment, socializes or takes a nap, while another participant may attend full time, five days a week, so that the caregiver can go to work.

A typical day for a participant may be a morning arrival followed by morning coffee and a continental breakfast, which provides opportunities to socialize and exchange pleasantries. Then there is an activity time that includes exercise, crafts and outings. Participants can engage in gardening, card games, dominoes, or volunteer activities, such as sewing, that benefit the community. In addition, people in the community are invited to give presentations, sing or provide other kinds of entertainment.

One important aspect in the Midland daycare experience is the failure-free environment. For example, participants may have trouble attending to any given activity for more than a minute or two at a time, which can create frustration on the part of the caregiver. But in a daycare setting, participants are allowed to move on to the next activity without disapproval.

"Here, there's no failure," Pickerell said. "It's designed so that they are not going to mess up."

When the Midland Care Adult Day Program opens, it will be licensed for 20 individuals. Some long-term care policies will pay for the servic-



With the opening of the Midland Care Adult Day Program in June, Lawrence will have its only freestanding adult daycare center.

es, which, Pickerell points out, is a more affordable alternative to nursing home facilities.

Pickerell, who grew up in Valley Falls and has a degree in long-term care administration and gerontology from Kansas State University, and who has been with Midland for 12 years, urges potential customers to check out the facilities and to keep an open mind.

"Don't have preconceived notions

about what adult daycare is. If you have any questions, come by and see," she said. "Do it as early as possible so you don't say 'I wish I had known about this years earlier.'"

Some individuals are already signed up for Midland's services and Pickerell said that they hope to have an open house in May. For more information, call (785) 232-2044 or visit the Web site at www.midlandcare.org.

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Garvin

■ CONTINUED FROM PAGE THREE

and bidders raised \$9,100 for the American Cancer Society. A dozen cinnamon rolls sweetened the bids for that auction. One gentleman bought the whole dozen, and then gave it back to be auctioned off again. By the time the last roll was sold, they had raised \$500.

According to Garvin, being an auctioneer is much less stressful and more fun than his former career as an air traffic controller in the United States Air Force.

"If I have one complaint, it's that some people believe an auction is a last resort," he said. "Most people don't realize that an auction should be your first choice because it's a competitive bid situation. You're not dealing one on one with the buyer. The buyer's ultimate goal is to buy what he wants at the lowest possible price. When you have more than one person who wants the item, each person has to offer the maximum amount he is willing to give for the item. Almost every record for an item, whether it's artwork, a coin, a car, or real estate, was realized through an auction.

In addition to being an Air Force

retiree, Garvin graduated from Washburn University with a degree in business administration in 1984. He was awarded the Certified Auctioneer Institute designation from the Auctioning Marketing Institute in 2000, the Graduate Personal Property Appraiser designation in 2000, the Certified Estate Specialist designation in 2003, and the Auction Technician Specialist in 2008. He is a member of both the Kansas Auctioneers Association and the National Auctioneers Association, and has served on the Kansas Auctioneers Association's board of directors.

The Garvins have six children. Four, including Robert Joseph, after whom both RJ's Auction Service and RJ's Discount Sales are named, work with Phyllis at her business. Robert also owns RJ's Discount Sales with Phyllis.

RJ's Auction Service is located about 13 miles south of Topeka at 15767 S. Topeka Avenue in Scranton. For more information about and upcoming auctions, please call (785) 793-2500 or visit www.rjsauctionservice.com.

SLAPSTIX

"If I asked for a cup of coffee, someone would search for the double meaning." - Mae West

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Older Americans Month 2009

Living Today for a Better Tomorrow

May is Older Americans Month, a great time to bring attention to the issues that affect older adults and create community-wide opportunities to help older Americans improve their quality of life. This year's theme is "Living Today For a Better Tomorrow," and we, as a nation, must work together to give older adults the tools they need to make healthy decisions.

By 2030, one in every five Americans will be age 65 or older. Although the risk of disease increases with advancing age, poor health is not an inevitable consequence of aging. Many illnesses, disabilities and even death associated with chronic disease are preventable.

Nearly 40 percent of deaths in America can be attributed to poor health habits such as lack of physical exercise, poor eating habits and smoking. Older Americans can prevent or control chronic disease by adopting healthy habits such as exercising regularly, maintaining a healthy diet and ceasing tobacco use.

The benefits of regular physical activity include weight control; healthy bones, muscles and joints; arthritis relief; reduced symptoms of anxiety and depression; and more. Exercise does not have to be strenuous and is safe for people of all age groups. In fact, it's healthier to exercise than eliminate it altogether. Older Americans can greatly benefit from a regular exercise routine that includes strength, balance, stretching and endurance exercises.

In addition to a regular exercise routine, good nutrition is vital in maintaining good health. Improving older Americans' diets can reduce the occurrence of chronic diseases, but most older adults over age 65 do not maintain a healthy diet. Reducing saturated fats and eating a balanced diet of fruits, vegetables, and grains can help out older Americans on the right track to staying healthy.

Tobacco use increases the risk of heart disease and cancer and is the single most preventable cause of death in the United States. Older adults who stop smoking will gain immediate and long-term health benefits.

While it's important for older Americans to have good physical health, it's equally important that they maintain good mental health. Nearly 20 percent of Americans age 55 and older experience depression and anxiety disorders.

Studies have shown that engaging in social activities within the community can greatly improve mental health. In fact, research has demonstrated a strong relationship between volunteering and mental health and that volunteering provides older adults with greater benefits than younger volunteers. Benefits include improved mental and physical health, greater life satisfaction, lower rates of depression and lower mortality rates.

The U.S. Administration on Aging and its National Aging Services Network support a number of successful programs throughout the country that are helping older adults live better today and in the future. These programs keep people independent and out of nursing homes through streamlined access to health and long term care information and options and provide home and community-based systems of services that include the support for family caregivers. These programs also encourage older people to remain active and make behavioral changes

through the increased use of evidence-based disease prevention programs under the Older Americans Act as well as the use of preventive benefits available under Medicare.

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 older adults who touch your life. Additionally, actively search out ways you can involve your community's older adults in volunteer efforts, allowing them to share their wisdom and energy.

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To close for comfort: Local senior care expert says intergenerational living presents special challenges

It's happening in the White House and in homes throughout Kansas. When President Obama's mother-in-law, Marian Robinson, settled in with her family in Washington earlier this year, they became part of a growing national trend.

The increasing number of seniors now living under the same roof with at least one other generation is more than just political news. According to a recent survey conducted for the local company Home Instead Senior Care, 43 percent of adult caregivers in the U.S. ages 35 to 62 reside with the parent, stepparent, or older relative for whom they or someone else in their household provides care. The Census Bureau confirms this growing trend: In 2000, 2.3 million older parents were living with their adult children; by contrast, in 2007, that number jumped to 3.6 million—a 55 percent increase.

The challenges that can arise from intergenerational living have prompted Home Instead Senior Care to launch a public education campaign to help families determine if living together is a good idea and to provide tips on how to make such an arrangement work well for seniors as well as their family caregivers if they do decide to combine households. This campaign will help adult children begin to address such issues as the stress of caregiving under one roof, adapting a home for two or more generations and merging household finances.

Several factors are driving this trend, according to Gail Shaheed, owner of the Home Instead Senior Care office serving Shawnee and Douglas County. "We see families coming together to share family caregiving duties for economic reasons and emotional support. Sometimes the seniors need care, but in other instances the older adults could be providing care to their own grandchildren. Seniors may feel they need the emotional support of an extended family and, in these difficult economic times, financial assistance. Regardless of the reasons, combining households is a big decision. Some families may decide that maintaining separate residences is the best alternative."

At the center of the campaign is a handbook which addresses the emotional, financial, and comfort and safety aspects of intergenerational living. A copy of the handbook is available free from the Home Instead Senior Care office in Topeka at (785) 272-6101.

The handbook was compiled with the assistance of three national experts: Matthew Kaplan Ph.D., Penn State Intergenerational Programs extension specialist; Adriane Berg, CEO of Generation Bold and a consultant on reaching boomers and seniors; and Dan Bawden, founder of the CAPS (Certified Aging in Place Specialists) program for the National Association of Home Builders (NAHB). A Web site www.makewayformom.com provides additional support and information, including a calculator that will help families compute and compare whether living together or maintaining separate residences is the best financial option. In addition, the Web site features a virtual

tour of an intergenerational home where visitors can hear from a real family and see firsthand how they've adapted their home.

Penn State's Matt Kaplan said that families should approach decisions of combining households from a partnership perspective. "Ask yourself, 'Can I get the whole family behind the idea?' When a decision is made to combine families, expecta-

tions must be set right away. Family members must listen and become engaged in conversation. The more the entire family buys in at the beginning, the more likely they will be to come up with great ideas," he noted.

"People need independence, but seeking interdependence and family unity are important as well, particularly in today's hectic and demanding world."

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are natural painkillers.

• Activities like pushing a wheelbarrow and carrying plants help to strengthen your heart and bones.

• Life can be stressful. Time in the garden can be meditative and calming. Research has shown that people who interact with plants recover more quickly from stress and fatigue.

• Growing plants—especially fruits, vegetables, herbs and other

edibles—gives a sense of accomplishment and improves nutrition. You're more likely to eat healthy foods you've grown and prepared yourself. If you're growing fruits and vegetables, make sure to grow a little more than you need and take the GroGood pledge to donate the extra harvest to your local food agency. Gardening is good for your health and giving is too.

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Gardening

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Gardening is Good for the Earth

* Test your soil to find out the pH and how much nitrogen, phosphorus and potassium it contains, and then use a fertilizer that contains the right nutrients for your soil type. Always be sure to sweep any loose fertilizer off sidewalks or driveways to prevent runoff.

- Keep an eye on your plants and pay attention to the bugs that you find. Not all bugs are pests. Some, like lady-bugs, are actually beneficial and eat the insects that would otherwise harm your garden.

- Many regions of the country experience droughts and water usage restrictions during the summer months. Use a rain barrel to collect water from the roof and gutters and you'll have a ready supply of water. If you're not sure when to water your plants or how much, try Miracle Gro Moisture Control Garden Soil. It improves existing soil to build strong

roots and is specially formulated to hold up to 25 percent more water than native soil. If your current soil condition is worn out, compacted and drained of its essential nutrients, Moisture Control Garden Soil mixed with your existing soil can turn bad soil into great soil.

- Pull weeds by hand as soon as you see them to eliminate the competition for space and water.

For more information on gardening and healthy soil, visit the Miracle-Gro Web site, and for addi-

tional information on the GroGood pledge, edible gardening resources or how to locate a local food agen-

cy that accepts fresh produce, please visit www.GroGood.com.
Courtesy of ARAcontent

Pioneer Ridge Assisted Living to host seminar

Pioneer Ridge Assisted Living is hosting the seminar "Outlook and Opportunities—Smart Decisions for Tough Markets," presented by Edward Jones Financial Advisor, Dru Hull, on Wednesday, May 6, at 6:30 p.m., 4851 Harvard Road, Lawrence.

Topics to be discussed include the current economic outlook, financial crisis, the recession and politics. This seminar is free and open to the public, but seating is limited. To reserve your seat, please call Ann Nuffer at (785) 841-0342.

POINT-COUNTERPOINT

Point: "We will restore science to its rightful place." - President Barack Obama during his inaugural address

Counterpoint: "Amongst the things that Barack Obama carries for good luck are a bracelet belonging to a soldier deployed in Iraq, a gambler's lucky chit, a tiny monkey god and a tiny Madonna and child." - *Time* magazine, June 2, 2008

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Financial literacy: What you don't know may hurt you

Most of us "get" the basics of financial management. While it may not be our favorite pastime, we generally know the gist of balancing our checkbook, paying credit card bills and identifying retirement funds. But, for many, that's the extent of our financial comprehension.

In fact, most Americans fail to make the grade when their financial knowledge is tested beyond the



Joe B. Jones

ABC's of financial literacy. According to a 2006 study commissioned by Northwestern Mutual, Americans have little grasp of important—and relevant—financial matters that can affect their financial futures. In response to the study's questions, which test financial knowledge, the vast majority of the more than 1,000 study participants failed to get 60 percent correct—that's an F in school terms.

The study found that Americans score well when they're presented with a list of answers to questions that ask them to identify terms like asset allocation, diversified portfolio and IRA. However, when asked questions that delve a little deeper, Americans don't make the grade with issues such as:

- **Bonds vs. stocks.** Most Americans erroneously say bonds provide better long-term protection against inflation and other adverse market conditions as opposed to stocks.

- **Group insurance.** Six in 10 wrongly believe they will be able to take their group life or disability policies with them should they leave their job.

- **Nursing home costs.** Most underestimate such expenses; while the average yearly cost is approximately \$75,000, most estimate the cost to be less than \$60,000. In addition, few protect themselves against these costs.

- **College savings programs.** Less than half know 529 plans are savings vehicles for funding education.

Yet these results raise another important concern that must be addressed: our children's knowledge of financial matters. Most parents know the importance of teaching their children how to manage money. In

fact, two-thirds of teenagers look to their parents, not teachers or peers, to learn how to make money and manage it. Yet according to a 2004 study by Northwestern Mutual on kids and money, nearly half of the parents surveyed admitted that they did not believe they were good financial role models for their children. So how's their financial future looking? Not good, according to Jump\$start.

Kids and money

The Jump\$start Coalition for Personal Financial Literacy has conducted national research underscoring that the average high school graduate also lacks basic personal finance skills and, therefore, struggle with everyday earning, spending, saving and investing.

The coalition's most recent biennial survey, released in April 2006, shows that nationally, 12th grade students are in trouble. Though they also understood fundamentals like asset allocation, at large, they correctly answered only 52.4 percent of the questions—or the equivalent of an F—a sure sign that students' lack of financial literacy remains an issue that affects all Americans.

The fact is that in today's complex world, it's not enough to know only the basics, and this holds true for both parents and kids. There is so much to understand about retirement, college saving, protecting our families with the right kind of insurance, and more that it's up to each of us to stop this cycle.

So where does the answer lie? If we aren't grasping financial knowledge beyond the basics, how will our children ever learn it?

Investing in education

The answer lies in education—both at home as well as at school. For Americans who want to take a proactive approach to building financial knowledge and change the cycle, utilize the wide array of financial resources available to get you on track. Look at financial statements on a monthly basis to better understand and track investments. Reading reliable financial publications, such as *The Wall Street Journal*, *Baron's*, and *Investor's Daily*, can also grow one's financial knowledge base. And don't forget to include your kids in the conversation so you can learn together.

The Web also offers a variety of resources: Northwestern Mutual offers a Learning Center at www.nmfn.com, which features articles on a range of topics, as well as a glossary of financial terms and calculators to help gauge fi-

ancial well-being. Moreover, parents and teachers can access information on teaching young kids about earning, saving, spending, investing and owing at www.TheMint.org, www.JumpStart.org and www.mymoney.gov.

Your children's school can also play a role, though it's best if they are learning the foundation at home from you. However, encouraging school officials to consider classes and curriculum on the importance of being money smart shouldn't be overlooked. There are plenty of free resources available to teachers through organizations like The National Council on Economic Education and The Northwestern Mutual Foundation to help get them started.

It also may be eye-opening to gauge your own financial knowledge by taking the Money Maladies Test at www.moneymaladiestest.com, a condensed, 14-question version of the 2006 study. See where you are strong and also identify some areas you may want to address.

While some may be born into money or great wealth, no one is born knowing how to save or to invest. Building a financially secure fu-

ture depends on learning the basic principles of earning, investing and saving. As Benjamin Franklin once said: "An investment in knowledge always pays the best interest."

- Article prepared by Northwestern Mutual with the cooperation of Joe B. Jones. 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 (Northwestern Mutual)(NM), Milwaukee, Wisconsin, its affiliates and subsidiaries. Financial Representative is an insurance agent of NM based in Lawrence, KS. Securities offered through Northwestern Mutual Investment Services, LLC, 627 Monterey Way Lawrence, KS 66049, member FINRA and SIPC. NM is not a broker dealer. To contact Joe, please call 785-856-2136, e-mail him at joe.jones@nmfn.com or visit his Web site at joe.jones@nmfn.com.

OFF THE WALL

"Golf is like eating peanuts. You can play too much or play too little." - Bobby Jones

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We're still the land of (investment) opportunity

Over the past several months, you may have become somewhat discouraged at the prospects of investing for your future. Every day, it seems, brings another piece of bad news: stock market volatility, a decline in manufacturing, housing prices in freefall, auto companies teetering on bankruptcy — the



Harley Catlin and Ryan Catlin

list goes on and on.

However, despite these distressing headlines, you are still living in a country that is home to the most powerful economic engines in recorded history — and while these engines may currently be stalling a bit, they still offer the power and the potential to successfully drive your investment vehicles.

To get a sense of this size and strength, consider the following: If the world population of 6.7 billion

people were represented by just 100 persons, only five of them would live in the United States — but these five would have some pretty big economic clout. In fact, they would own 34 percent of the world's equity market capitalization and 25 percent of the gross world product, according to Bloomberg News.

Furthermore, these five people would be responsible for technological breakthroughs that resulted in electric lights, telephones, airplanes, television, computers, the Internet and much more. And they would produce the world's largest supply of electrical energy and sit on land that contained nearly half the free world's known coal reserves, according to the Energy Information Administration. For good measure, they would account for 37 percent of all Nobel Prize winners, according to the Nobel Prize Foundation.

Taken together, these and other factors reveal a robust supply of natural resources, intellectual capacity and entrepreneurial spirit — and these assets don't melt away in any bear market. Instead, they point to the long-term expansion of our economy.

And who owns the bulk of these corporations? More than 90 million American shareholders — and more often than not, their patience, discipline and confidence has been rewarded in the long term.

What new investment opportunities lie just around the corner? Some await our focus on "green energy." Others anticipate the reinvestment in our infrastructure, a key element of the Obama administration's economic stimulus plans. These areas may be promising, but they won't tell the whole story of the future of investing — because those chapters have yet to be written.

In the meantime, what should you do? Stick with these tried-and-true strategies:

- **Look for quality.** Seek out quality companies — those with long track records of profitability, strong management teams and competitive products.

- **Think long term.** We're likely to continue seeing volatility in the markets, though perhaps not to the extremes of the past year. You'll need to look past these short-term price movements and commit yourself to investing for the long term. Over

time, quality investments usually pay off.

- **Maintain adequate liquidity.** If you have a short-term goal — such as paying for college in two or three years — set aside an appropriate amount of money in liquid investments that are likely to preserve your principal.

- **Stay invested.** Don't take a "time out" from investing. The biggest rallies usually occur early in a bull market, and if you're on the sidelines, you'll miss out on these growth opportunities.

America's future is still bright, and yours can be, too — by investing wisely and patiently and by focusing today on your goals for tomorrow.

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

Advertising deadline for the June issue of Senior Monthly is May 20. Call 785-841-9417

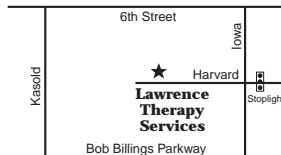
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Artist Louis Copt leading a tour of Topeka murals.

Take the right steps towards walking pain-free

Walking barefoot on a sandy beach feels relaxing. But if you walk barefoot too much, or on hard surfaces, you may develop pain in your heel, arch, or big toe. It may seem relaxing to kick off your shoes whenever you like, but that's often a recipe for discomfort—and the right shoes will feel as good as going barefoot.



Laura Bennetts

If you have sore feet, there are a few easy ways to help yourself. Getting the right shoes is a good start. And getting expert help is also a good idea.

Summertime Blues

Summer is dangerous for feet. We're tempted not only to go barefoot, but to wear sandals and flip flops—which often fail to provide arch support. This can cause your arches to flatten out and puts all your weight onto your big toes, which causes pain. Flip-flops have no support and are mainly to be worn poolside, to keep your feet from burning on the hot concrete.

A good rule of thumb is to wear walking shoes when you walk or hike for more than a block. You can relax in sandals afterwards, but you need to wear shoes with good arch support to walk comfortably and safely for more than a minute or two.

Styles and Miles

Women are traditionally expected to fetishize stylish footwear. But the shoe industry seldom makes stylish shoes that are actually good for your feet. For a night out, this isn't a big deal. But when you're on the go—especially when you're traveling—this is a problem. You don't want to hurt yourself, but you don't want to look bad, either. This is especially a challenge in the summer because walking shoes may not look right with shorts or a dress.

So, what's a girl to do? Start by looking for shoes that provide arch and heel support. Grip the shoe at both ends and try to bend the toe towards the heel. If the shoe bends in the middle it won't support you properly. As you know from experience, many stylish shoes fall into that category. But if you persist, you will find the right shoes.

One good idea is to find a pair of supportive sandals that you can wear with any outfit. If you plan to walk miles every day on a summer

trip, you will need two pairs of comfortable shoes, including a pair of sandals. This might cost you more than you like...but you really don't want to hurt yourself.

Also, remember to take breaks. When you trek across uneven surfaces or pavement or cobble stone streets, it's important to rest your feet. And if you develop arch pain when traveling, try rubbing the arch with ice for 15 minutes. Or you can roll your arch over a frozen water bottle for relief.

Feet, Don't Fail Me!

People with foot problems—bunions, curling toes, foot swelling, pain—should take immediate action to remedy the problem. If you have swollen feet that keep you from wearing shoes, you should get your doctor's help to resolve the swelling. If you have foot numbness from peripheral neuropathy, you can seek infrared light treatment from a doctor or physical therapist. And if pain or swelling prevents you from walking, there are options to get you moving.

What You Can Do

1. **See a podiatrist** (a doctor who specializes in feet). Ask why you're in pain and what parts of your foot are involved. For example, if you've ever broken your foot or ankle, you might have changed the alignment of your foot in a way that causes pain. And if you're diabetic you should see a podiatrist for nail care and foot care to prevent foot problems.

2. **See a physical therapist.** The therapist will work with your doctor to solve your problems and get you walking smoothly again. Physical therapists offer many treatments to help your feet recover, including deep heat, infrared light therapy, stretching, and exercise. If you have swollen feet, your therapist can help you reduce the swelling and measure you for compression stockings to keep the swelling down.

3. **Get the right gear.** Your podiatrist and therapist may tell you that you need customized inner soles for your shoes. These are called orthotics. You can be fitted for orthotics by your podiatrist, your therapist, or by a specialist called an orthotist. Be sure that you have your orthotics made by one of these medical professionals, not by a shoe salesperson. A medical professional will stay in touch to ensure that your orthotics fit correctly and don't hurt you.

You also need advice on which shoes to buy. Ask your doctor and therapist for recommendations. If you have diabetes, you may qualify for the Medicare Diabetic Shoe Pro-

gram. This program provides a pair of shoes with orthotic inserts every year. You should have these orthotics checked for you and fitted by a medical professional: a podiatrist, orthotist, or physical therapist.

4. **Ease the pressure.** If you have foot pain, consider using a cane or walking stick to take the weight off your foot while you're pursuing physical therapy. Unlike almost everyone you see using a cane on TV—will they never learn??—you need to hold the cane in the hand opposite the painful foot to ease the pain. It is better to walk short distances with a cane than to not walk at all. Sitting isn't a solution to pain problems because just waiting for the pain to go away will cause your legs and trunk

muscles to weaken, making walking even more challenging.

5. **Do your home exercises.** Once you start physical therapy, you should follow the therapist's instructions to exercise at home. You might also be asked to use ice.

Take the Right Steps

Preventing and relieving foot problems will keep you active and strong. If you support your feet, they'll support you, too.

- Laura Bennetts, MS PT, is a physical therapist with 27 years experience. She co-owns Laurence 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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Preparing for allergy season

Spring has come and it is time for many of us to do our spring cleaning or planting. The warm air and longer days makes most of us want to be outside enjoying the nice weather. With the increased time spent outside comes the unfortunate

drawback to those suffering from environmental allergies. To the seasonal allergy sufferer this can be the worst time of the year. With the trees and flowers blooming and new grass growing comes the running nose, cough, itching of the eyes, sinus congestion and lack of sleep.



Dr. Farhang Khosh

Environmental allergies are your body's reaction to a substance that you inhale in your environment. The particles from an environmental allergy are small and are in the air making it easy to inhale. Environmental allergies are very common. The environmental source of allergies can be in your home, school, church, workplace or even the department store. Environmental allergies include dust, mold, animal dander, fur, feathers, fabrics or pollen. A pollen allergy differs from the others because it causes problems in the spring or summer, while the others can cause problems all year around. Pollen is called a seasonal allergy. Approximately 35 million people suffer from seasonal allergies.

House dust is more than what most people think it is. The dust in your house is a mixture of particles from food, human skin scales and hair, and with the main ingredient of fabric fibers or flock, worn away

from carpets, clothes, upholstery and drapes. A house dust mite is a living organism and can be seen under a microscope, which looks quite frightening. Dust mites are found mainly in mattresses and pillows, but also are present in carpets, furniture, or anywhere the human skin scales fall since that is what it eats. The best way to deal with environmental allergies is to avoid them and boost up your immune system. Avoiding the allergies includes making your environment free of allergies by cleaning up the house to eliminate the dust, opening the windows to air out the house if the problem is mold, buying allergy-proof covers at bedding shops or department stores, vacuuming with a vacuum that has an allergy-proof filter, cleaning carpets and furniture and other places where the pets have been, buying an allergic filter for the central heating to cut down on dust and other allergens, etc. Ionizers and air-purifiers can also help to keep the air clean.

Allergy shots or desensitization shots may be available to help control the symptoms but this doesn't eliminate the problem.

Boosting one's immune system to manage the symptoms of the allergies includes taking natural antihistamines such as Vitamin C, bioflavonoids such as Quercetin, L-Histadine (L-Histadine is an essential amino acid in the body that can prevent excessive histamine production) or the medicinal plant Stinging Nettles. Homeopathy is also a great choice for dealing with allergies and their symptoms. So it is time to get out there and do the spring cleaning and decrease your chance of reacting to allergies.

- 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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401(k) investments in employer stock take a surprising jump

In the midst of economic calamity, retirement investors started 2009 by doing something surprising: they loaded up on their own employers' stock. In January, more new 401(k) fund dollars went into the stock of investors' employers than any other type of investment.

Hewitt Associates, the employee benefits consulting firm, reported that \$65 million was invested in company stock in January. It was the first time in seven years that



Mark
Miller

company stock topped other categories of investment, and it was a sharp departure from recent trends, which have seen employees diversifying their holdings away from their own employers' stock.

Hewitt speculated that employees may be looking at their employers' shares as a familiar, safe haven in the market storm. "Sometimes people look at the stock of their employer differently than they do the outside world," says Pamela Hess, Hewitt's director of retirement research. "It's close to them and they have trouble looking at it in an unbiased way." And in some cases where a particular company is doing well, company stock might look attractive compared with the market's broader performance.

But investing in company stock is a form of doubling-down on risk, especially during a recession. If your employer performs poorly, you can lose your job *and* your retirement savings. The risks were demonstrated most dramatically by the fall of Enron in 2001. At one point, more than 60 percent of Enron employee retirement holdings were tied up in the company's stock-fueled in part by a 401(k) match of Enron shares. Many Enron employees lost their savings when the stock collapsed when the company filed for bankruptcy.

The Pension Protection Act of 2006 (PPA) was passed—in part—in reaction to the Enron debacle (which, as a quick aside, looks trivial compared with what we've seen on Wall Street in recent months). The PPA law included provisions that ensure the right of employees to diversify out of employer stock.

If a company matches employee

contributions to a 401(k) plan using company stock, PPA mandates that an employee with three or more years of service can transfer the value of the stock into mutual funds or other kinds of investments—and companies are required to provide notice to workers when they are entitled to divest the stock.

About two-thirds of publicly held U.S. companies offer their own stock to employees. Proponents see it as an effective way to align the interests of employees with management and other shareholders. But overall percentages of portfolios tied up in company stock have been declining—due to PPA and reforms in company plans.

"It's been declining steadily, on average, for more than a decade," says Hess. "There has been a push for employees to diversify ever since Enron." Hewitt's data shows that 14 percent of average retirement assets were in company stock at the end of 2008.

A report issued by Fidelity Investments earlier this year showed that company stock made up about 10 percent of Fidelity's assets in workplace savings accounts at the end of 2008—down from over 20 percent in

early 2000.

But the Center for Retirement Research (CRR) at Boston College argues that the percentages of employee stock ownership actually are somewhat higher than they look. That's because employee stock is typically offered by larger companies; when CRR looked only at companies with more than 5,000 employees, it found company stock accounting for 26 percent of holdings at the end of 2007—compared with just 11 percent of all employee retirement assets.

Most experts advise investors to hold no more than 10 percent of company stock in their portfolios—and many advise keeping the figure at 5 percent or lower.

Some experts even argue that company stock has no place at all in employee savings plans. There's even some discussion of legislation that would mandate an automatic diversification feature, similar to the way target mutual funds work.

In any case, here's hoping the "no place like home" instinct is no more than a temporary blip on the retirement investing radar screen.

(Millions of Americans are re-inventing retirement, and Mark Miller is helping write the playbook for new career and personal pursuits of a generation. Mark blogs at www.retirementrevised.com; contact him with questions and comments at mark@retirementrevised.com)

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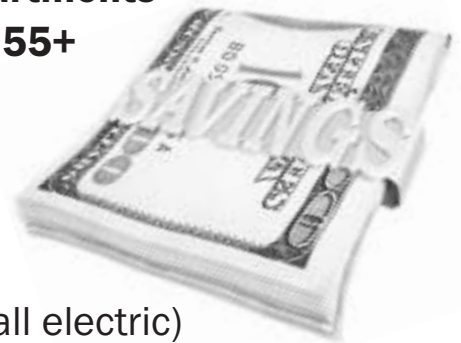
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There are many possible causes of lower back pain

By Robert Shmerling, M.D.
Tribune Media Services

QUESTION: According to my massage therapist, I may have over-stretched ligaments in my lower back that run from my lower lumbar spine onto my gluteus maximus. Can this be corrected through deep-tissue massage or would it require surgery?

ANSWER: I hope those are not the only treatment choices you are considering!

There is little doubt that massage can make people with back problems feel better. Improvement may be temporary or long lasting. But, I would not consider deep-tissue massage a treatment that can "correct" over-stretched ligaments. Finding a fitness routine with a good balance of rest and exercise-and avoiding activities that may have triggered your symptoms-can often help the body heal such injuries on its own.

In considering various treatment options for back problems, it's important to be sure the diagnosis is correct. I'm guessing from your massage therapist's diagnosis that you have low back pain that radiates into the buttock. In this situation, a physician might diagnose sciatica or muscle spasm rather than over-stretched ligaments. However, the diagnosis depends on the details of your symptoms, the results of your physical examination, and, in certain cases, the results of tests such as x-rays.

Keep in mind that there are many causes of low back pain. Some of the most common include disc herniation or tear (a "slipped disc"), muscle spasm, sciatica, osteoarthritis and spinal stenosis.

Rarer and more serious causes of back pain include fracture (especially common among people with osteoporosis), infection, and cancer. Even after full evaluation, the cause of low back pain is often uncertain. However, your doctor can usually rule out serious causes of back pain with confidence. And, while the uncertainty can be frustrating, the good news is that the vast majority of new back pain resolves within a few weeks, regardless of treatment.

Most back problems (including lig-

ament injuries) do not require surgery. Surgery is generally reserved for a person who meets three criteria—has a condition that can be improved with surgery, such as disc herniation or spinal stenosis; has severe symptoms that are unresponsive to more conservative treatment, and is healthy enough to endure surgery and the recovery process that follows.

If you haven't done so already, I would recommend that you see your doctor for a detailed review of your symptoms and a complete physical examination. If your doctor suspects an unusual or serious cause of back pain, or believes your condition may require surgery, your doctor will likely order additional testing, such as x-rays or an MRI.

(Robert H. Shmerling, M.D. is associate physician at Beth Israel Deaconess Medical Center, Boston, Mass., and associate professor at

Harvard Medical School. He has been a practicing rheumatologist for over 20 years at Beth Israel Deaconess Medical Center.)

(For additional consumer health

information, please visit www.health.harvard.edu.)

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

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 you would like to include your event(s) in our monthly calendar, please call Kevin Groenhagen at (785) 841-9417.

ART/ENTERTAINMENT

APR 17-MAY 2

DEATH OF A SALESMAN

Arthur Miller's classic drama. Willy Loman's life is not going well and he cannot understand how he failed to win success and happiness. Through a series of tragic soul-searching revelations of the life he has lived with his wife, his sons, and his business associates, we discover how his quest for the "American Dream" kept him blind to the people who truly loved him. Topeka Civic Theatre.

TOPEKA, (785) 357-5211

<http://www.topekacivictheatre.com>

APR 17-MAY 3

MOONLIGHT AND MAGNOLIAS

When the screenplay for his new epic, *Gone With the Wind*, doesn't work, legendary producer David Selznick sends for famed screenwriter Ben Hecht and pulls formidable director Victor Fleming from the set of *The Wizard of Oz*. Summoning both to his office, he locks the doors, closes the shades, and on a diet of bananas and peanuts, the three men labor over five days to fashion a screenplay for one of the most beloved films of all time. Frankly my dear, hilarious fun! Lawrence Community Theatre.

LAWRENCE, (785) 843-7469

<http://www.theatrelawrence.com>

MAY 1

JEFF DUNHAM "SPARK OF INSANITY"

Breathing life into an elderly cumberdome or a purple humanlike creature, a self-effacing, talking jalapeno-on-a-stick or even a bumbling, skeletal dead terrorist, ventriloquist Jeff Dunham is straight man to some of the funniest partners in show business. And also a genuine cultural phenomenon who amassed legions of loyal fans throughout North America and abroad with his thousands of sold-out arena, theatre and comedy club performances, countless television guest spots and three top-rated specials on Comedy Central. Landon Arena. TOPEKA, (785) 234-4545

<http://www.Ksexpo.com>

MAY 3

ART IN THE PARK

Artists display and sell their original artwork in a beautiful outdoor setting. Musical entertainment and children activities in a supervised Art Tent. South Park.

LAWRENCE, (785) 979-7039

<http://www.visitlawrence.com/visitor/events/464/>

MAY 8-10

THE ELVES AND THE SHOEMAKER

Theatre at the Center presents the story of a tailor saved by elves who stitch in the night. Lawrence Arts Center, 940 New Hampshire. LAWRENCE, (785) 843-2787

<http://www.lawrenceartscenter.org>

MAY 18 & 19

"ENCORE"

The Topeka Festival Singers next concert of the season is "Encore." Concert begins at 7:30 p.m. White Concert Hall, Washburn University, 1700 SW Jewell. Fee. TOPEKA, (785) 267-3500

MAY 22-JUN 13

MOONLIGHT AND MAGNOLIAS

1939 Hollywood is abuzz. Legendary producer David O. Selznick has shut down production

on this new epic, *Gone with the Wind*, a film adaptation of Margaret Mitchell's novel. So what's an all-powerful movie mogul to do? While fending off the film's stars, gossip columnists and his own father-in-law, Selznick sends a car for famed screenwriter Ben Hecht and pulls formidable director Victor Fleming from the set of *The Wizard of Oz*. Summoning both to his office, he locks the doors, closes the shades, and on a diet of bananas and peanuts, the three men labor over five days to fashion a screenplay that will become the blueprint for one of the most successful and beloved films of all times. Call for dates, times and ticket information. Topeka Civic Theatre. TOPEKA, (785) 357-5211

<http://www.topekacivictheatre.com>

MAY 30

SENIOR CLASS

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

TOPEKA, (785) 357-5211

<http://www.topekacivictheatre.com>

JUN 3-JUL 1

SUMMER BAND CONCERTS

Bring your lawn chairs or blankets and join the Lawrence City Band for a free Wednesday evening concert in the park. South Park, 1150 Massachusetts.

LAWRENCE, (785) 832-7930

JUN 5-13

SUNFLOWER MUSIC FESTIVAL

Hear some of the world's best chamber and orchestra music from symphony musicians from the US and Europe. Concerts every evening. Washburn University, 1700 SW Jewell. TOPEKA, (785) 670-1511

JUN 5-21

CRAZY FOR YOU

From the stages of New York to the wilds of Deadrock, a 1930's playboy pursues a life in song and dance. It's high energy comedy with mistaken identity, plot twists, fabulous dance numbers and classic Gershwin music, including "I Can't Be Bothered Now," "Bidin' My Time," "I Got Rhythm," "Naughty Baby," "They Can't Take That Away from Me," "But Not for Me," "Nice Work if You Can Get It," "Embraceable You" and "Someone to Watch Over Me." Lawrence Community Theatre, 1501 New Hampshire St. LAWRENCE, (785) 843-7469

BINGO

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1

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

SUNDAYS, WEDNESDAYS & FRIDAYS

CAPITOL BINGO HALL

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

■ CONTINUED ON PAGE 17

Harbor House...where we celebrate life in the moment...at the moment...one simple, joy-filled moment at a time...

Harbor House caters to the needs of family members that can no longer be cared for at home due to Alzheimer's or dementia. We meet our residents right in their own world; right where they are—wherever that may be. We accomplish this with a team that is specifically trained in the most cutting edge methods of working with memory impaired individuals. With only 8 residents and always a minimum of 2 professional staff on duty, our residents (and families too) enjoy the individualized care and attention that can only be found in the small intimate home environment. Residents are quick to find Harbor House easy to call "home."



HARBOR HOUSE Memory Care Residence

For more information or appointment and tour call Kitty at
(785) 760-5508

Enjoy more information and pictures at our web location at
lawrencemarketplace.com/harborhouse

■ CONTINUED FROM PAGE 16

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

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

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

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 a.m.
 Babcock Place, 1700 Massachusetts St., Law-
 rence, 10:30-11:30 a.m.

WEDNESDAYS
 Brandon Woods, 1501 Inverness Dr.,
 Lawrence, 9:00-10:00 a.m.
 Presbyterian Manor, 1429 Kasold Dr., Lawrence,
 1:30-2:30 p.m.
 Drury Place, 1510 St. Andrews Dr.,
 Lawrence, 1:00-2:00 p.m.

FRIDAYS
 Vermont Towers, 1101 Vermont St.,
 Peterson Acres, 2930 Peterson Rd.,
 Lawrence, 11:15 a.m.-12:00 p.m.
 Lawrence, 1:30-2:30 p.m.

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

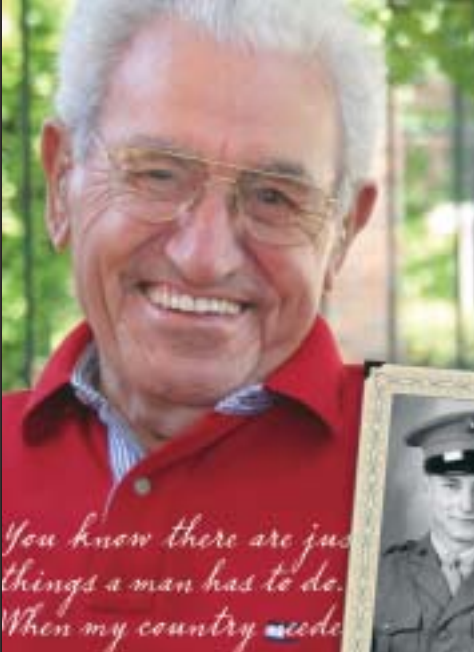
ONCE A MONTH
AARP'S 55 ALIVE SAFE DRIVING COURSE
 Monthly classes are held at Stormont-Vail.
 Call to make reservation.
 TOPEKA, (785) 354-5225

MAY 2
SEARCHING FOR PEACE
 Skillbuilders Program. Presented by Linda
 Upstill, Rumsey-Yost Funeral Home. Skill-
 builders is funded by the Community
 Impact Grant through the United Way
 of Douglas County and is presented by
 Dg.Co.Visiting Nurses, Rehabilitation & Hos-
 pice Care, Dg.Co.Senior Services and the
 Senior Outreach Services of the Lawrence
 Public Library. Free transportation is available
 by calling Douglas County Senior Services,
 842-0453. Refreshments will be served. Law-
 rence Public Library, 10:00-11:45 a.m.
 LAWRENCE, (785) 843-3833, ext. 115

MAY 4
10,000 STEPS A DAY CLASS
 This program is designed to increase your
 daily steps to 10,000 and, thus, improve
 your health. Learn the basics of beginning
 a walking program, choosing footwear, and
 walking location suggestions. Each participant
 will receive a pedometer to log daily steps.
 Only fee is \$10 for the pedometer. This pro-
 gram is also available to take out to groups of
 five or more. Enrollment required. 9:00-10:30
 a.m.
 LAWRENCE, (785) 749-5800

MAY 14
HEALTHY EATING FOR ONE
 Skillbuilders Program. Presented by Susan
 Krumm, Douglas County Extension Office.
 Skillbuilders is funded by the Community
 Impact Grant through the United Way
 of Douglas County and is presented by
 Dg.Co.Visiting Nurses, Rehabilitation & Hos-
 pice Care, Dg.Co.Senior Services and the
 Senior Outreach Services of the Lawrence

■ CONTINUED ON PAGE 18



You know there are just things a man has to do. When my country needs...

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■ CONTINUED FROM PAGE 17

Public Library. Free transportation is available by calling Douglas County Senior Services, 842-0453. Refreshments will be served. Lawrence Public Library, 10:00-11:45 a.m.
LAWRENCE, (785) 843-3833, ext. 115

MAY 21

CELEBRATION POTLUCK
 Skillbuilders Program. Skillbuilders is funded by the Community Impact Grant through the United Way of Douglas County and is presented by Dg.Co.Visiting Nurses, Rehabilitation & Hospice Care, Dg.Co.Senior Services and the Senior Outreach Services of the Lawrence Public Library. Free transportation is available by calling Douglas County Senior Services, 842-0453. Refreshments will be served. Lawrence Public Library, 10:00-11:45 a.m.
LAWRENCE, (785) 843-3833, ext. 115

JUN 6

10,000 STEPS A DAY CLASS
 This program is designed to increase your daily steps to 10,000 and, thus, improve your health. Learn the basics of beginning a walking program, choosing footwear, and walking location suggestions. Each participant will receive a pedometer to log daily steps. Only fee is \$10 for the pedometer. This program is also available to take out to groups of five or more. Enrollment required. 9:00-10:30 a.m.
LAWRENCE, (785) 749-5800

EXHIBITS/SHOWS

MAR 7-MAY 24
BRANCHING SYSTEMS & OTHER TREES
 Trees will bring to light the Spencer's rich collection of images and tree-centered works. Spencer Museum of Art.
LAWRENCE, (785) 864-4710
<http://www.spencerart.ku.edu>

APR 4-JUN 7
2009 WASHBURN ART STUDENTS EXHIBITION
 Exhibition featuring artwork by Washburn University art students. Mulvane Art Museum, 1700 SW Jewell.
TOPEKA, (785) 670-1124

APR 4-OCT 31
A CENTURY OF RAILROADING IN JACKSON COUNTY, KANSAS (1860 TO 1960)
 See model trains, train and depot pictures and fashions from 1860 to 1960! Hear railroad songs and stories of railroad life! Saturdays and Sundays. Roebke House Museum.
HOLTON, (785) 364-4991
<http://www.holtonks.net/jchs>

APR 18-JUN 21
2009 WASHBURN ART ALUMNI EXHIBITION
 Exhibition featuring artwork by Washburn University art alumni. Mulvane Art Museum.
TOPEKA, (785) 670-1124

MAY 15-JUN 30
IMAGES OF THE HEARTLAND
 New oil and acrylic paintings, watercolors and drawings by Mike Henry, Steve Denny and Colleen Gregoire. Beauchamp's Gallery, 1437 SW Huntoon.
TOPEKA, (785) 233-0300

FAIRS/FESTIVALS

MAY 2
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, (913) 727-5488
<http://www.lansing.ks.us>

MAY 8 & 9
HASKELL INDIAN NATIONS UNIVERSITY POW-WOW AND COMMENCEMENT
 Native American Pow-Wow. Graduating students participate in colorful ceremony, many attired in

traditional dress. Commencement is on May 8 at 10:00 a.m. and the Pow Wow is a two-day event spanning May 8 and 9. Friday, May 9, Gourd Dancing begins at 5:00 p.m. Grand Entry of dancers will take place at 7:00 p.m. May 10, Grand Entry of dancers will take place at 1:00 and 7:00 p.m. Gourd Dancing will begin at 3:00 p.m.
LAWRENCE, (785) 749-8404
<http://www.haskell.edu>

MAY 16 & 17
BURLINGAME RODEO DAY
 Parade, rodeo, Santa Fe Trail tractor ride, antique tractor display, pedal tractor pull, crafts, flea market and food.
BURLINGAME, (785) 654-2421
<http://www.burlingameks.gov>

MAY 23
GLORY DAYS
 Stroll beautiful downtown Holton and enjoy viewing over 100 antique and hot rod cars! Food vendors and shopping specials. Event runs from 10:00 a.m.-4:00 p.m.
HOLTON, (785) 364-3963
<http://www.holtonks.net/chamber>

JUNE 3-7
2009 CHAUTAUQUA DAYS
 2009 Chautauqua Days held in City Park in Ottawa. Workshops will be held in area locations.
OTTAWA, (785) 242-1411
<http://www.knchautauqua.org>

JUNE 6 & 7
GERMANFEST
 Authentic German food, games, entertainment, auctions, prize drawings. Sacred Heart-St. Joseph Catholic Parish. 312 NE Freeman.
TOPEKA
www.sacredheartstjosephcatholic.org

FARMERS' MARKETS

APR 15-NOV 17
DOWNTOWN TOPEKA FARMERS' MARKET
 Farm fresh vegetables, crafts, home baked goods, food, plants, herbs and wood products all handmade. Begins at 7:30 a.m. until noon. Every Saturday.
TOPEKA, (785) 234-9336
<http://www.Topekafarmersmarket.com>

APR 25-NOV 7
LAWRENCE FARMERS MARKET
 Offering fresh fruits and vegetables, baked goods, flowers and herbs. With more than 80 growers, bakers and fine craftspeople, the Downtown Lawrence Farmers' Market is the place to go for the freshest and finest quality produce, meat and artisan crafts. Live music every Saturday morning.
LAWRENCE, (785) 331-4445
<http://downtownlawrence.com/farmersmarket.html>

HEALTH

MONDAYS THROUGH THURSDAYS
FIT FOR LIFE
 LMH Kreider Rehabilitation Services offers safe, nurturing environment with one-on-one instruction on aerobic and cardiovascular equipment. Especially helpful for those with osteoporosis, balance problems, post CVA/stroke, knee/hip replacement, arthritis. Fee. 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

TUESDAYS, WEDNESDAYS AND THURSDAYS
JAZZCISE LITE
 Fitness that's invigorating, not intimidating! This 60-minute class pairs moderate aerobics with exercises designed to improve your strength, balance, and flexibility. 10:20-11:20 a.m. at 3115 W. 6th St.
LAWRENCE, (785) 331-4333

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

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

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 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
 Call for an appointment. Healthwise 55 Resource Center, 2252 S.W. 10th Ave.
TOPEKA, (785) 354-6787

MAY 6
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, 8:30-10:00 a.m.
LAWRENCE, (785) 749-5800

MAY 27
SENIOR HEALTH AND FITNESS DAY
 National Senior Health and Fitness Day is May 27. This free event includes blood pressure screening, information about fitness, refreshments, and an optional health challenge walk (for those able to walk one mile). Event to be held at Tonganoxie Family Care, 410 Woodfield Drive, Tonganoxie. Screening and information 9:30-10:00 a.m., health walk departs at 10:00 a.m. Cancelled in case of inclement weather. Advance enrollment requested.
TONGANOXIE, (785) 749-5800

MAY 28
STROKE AWARENESS PROGRAM
 Join us for our annual program to raise awareness of stroke. From 6:00-6:30 p.m., free stroke screenings by LMH nurses will be offered. At 6:30 p.m., John Clark, MD, neurologist from Lawrence Neurology Specialists, will present an overview of stroke including the definition of what a stroke is, risk factors, signs and symptoms, when to seek medical attention, and the diagnosis and treatment of stroke. In addition, a stroke survivor will share her experience. There will be time for questions. Refreshments served. Advance enrollment requested, please. Lawrence Memorial Hospital, Auditorium, 6:00-8:00 p.m.
LAWRENCE, (785) 749-5800

JUN 3
CHOLESTEROL SCREENINGS
 See May 6 description. Lawrence Memorial Hospital, Atrium, 3:00-4:30 p.m.
LAWRENCE, (785) 749-5800

HISTORY/HERITAGE

MAY 17
BROWN V. BOARD OF EDUCATION NATIONAL HISTORIC SITE 5TH ANNIVERSARY
 Five years ago on May 17, 2004, the Brown v. Board of Education National Historic Site first opened its doors to the public as part of a coast-to-coast commemoration of the 50th anniversary of the United States Supreme Court decision in Brown v. Board of Education. Since its grand opening tens of thousands have visited including people from over 20 countries around the globe. 1515 SE Monroe.
TOPEKA, (785) 354-4273
<http://www.nps.gov/bvrb>

MAY 18 & 19
2009 POTTAWATOMIE MASSACRE DAY
 Commemorate the 151st anniversary of the Pottawatomie Massacre with a special day full of events. View the video "Touched by Fire," explore the John Brown exhibit at the Old Depot Museum, trek to the three sites involved in the massacre, visit other sites of interest like Tauy Jones' home and Brown's Station, and visit the John Brown Museum in Osawatimie. Spend your day learning about one of the highlights of the Bleeding Kansas era. Lane Fairgrounds.
LANE, (785) 242-1411
<http://www.visitottawakansas.com>

MAY 30
153RD ANNIVERSARY EVENT AT BLACK JACK BATTLEFIELD AND NATURE PARK
 Enjoy tours of the Battlefield, Black Jack cabin and Ivan Boyd Prairie and explore the Black Jack Nature Trail.
WELLSVILLE, (785) 883-2106
<http://www.blackjackbattlefield.org>

JUN 1-30
DESEGREGATION AND CIVIL RIGHTS POLITICAL CARTOONS BY HERB BLOCK
 This exhibition celebrates the gift of the Herb Block Foundation and features a selection of original cartoons spanning the artist's remarkable career. He published his first political cartoon for a major U.S. daily newspaper shortly before the stock market crash in 1929, and drew his last in August 2001. The exhibit will feature editorial cartoons from Herb Block's series of desegregation and civil rights cartoons. Brown v. Board of Education National Historic Site, 1515 SE Monroe.
TOPEKA, (785) 354-4273
<http://www.nps.gov/bvrb>

MEETINGS

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
BEREAVEMENT SUPPORT GROUP
 Facilitated by LMH Chaplain Angela Lowe. Meets in the LMH Chapel, 2nd floor. Lawrence Memorial Hospital.
LAWRENCE, (785) 505-3140

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

■ CONTINUED FROM PAGE 18

**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

**FIRST TUESDAY OF EACH MONTH
LOSS AND GRIEF SUPPORT GROUP**

Heart of America Hospice invites individuals coping with the loss of loved ones to join us. For more information, call Heart of America Hospice at (785) 228-0400 or 1-800-396-7778. Aldersgate Village, Manchester Lodge, 7220 SW Asbury Dr., 2:00 p.m.

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. Pozez 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.

FIRST WEDNESDAY OF EACH MONTH

INVESTMENT UPDATES

Sponsored by Brian Casebeer, an Edward Jones financial advisor. Guest speaker. 634 S. Kansas Ave., 7:30-9:00 a.m.
TOPEKA, (785) 233-0366

FIRST WEDNESDAY OF EACH MONTH

GRIEF SUPPORT GROUP

Douglas County Visiting Nurses, Rehabilitation, and Hospice Care and Alterra 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. 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

THURSDAYS

CANCER SUPPORT GROUP

This group is open to anyone living with cancer. If you are interested or have questions, please call for more information. LMH Oncology Center. LAWRENCE, (785) 505-2768

FIRST THURSDAY OF EACH MONTH

LAWRENCE AREA PARTNERS IN AGING

Networking group. Call Ashley at (785) 842-0543 for more information. \$12.00 to attend (includes lunch).
JADE MONGOLIAN BARBEQUE, LAWRENCE
11:30 AM-1:00 PM

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. Meetings begin at 1:30 p.m. for blood pressure readings and at 2:00 p.m. for program. For information, call Jan Dietrich in the Adult Field Services Office. Health Agency Main Library. TOPEKA, (785) 232-7765

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

LOSS AND GRIEF SUPPORT GROUP

Heart of America Hospice in association with Pioneer Ridge Retirement Community invites individuals coping with the loss of loved ones to join us. For more information call (785) 841-5300 or 1-800-396-7778. Pioneer Ridge Assisted Living, 4851 Harvard Rd., Lawrence, 10:30 a.m.

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

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

■ CONTINUED ON PAGE 20



There's No Place Like Home
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■ CONTINUED FROM PAGE 19

**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
DIABETES EDUCATION GROUP**

The Diabetes Education Center provides a free monthly program for those with diabetes and their support persons, at 6:00 p.m. Lawrence Memorial Hospital, Meeting Room A.
LAWRENCE, (785) 505-3062

**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

**SECOND SATURDAY OF EACH MONTH
HAPPY TIME SQUARES SQUARE DANCE CLUB**

Meets at First United Methodist Church-West Campus, 867 Hwy 40 (1 block west Hwy 40/K10 Bypass). Plus: 7:30-8:00 p.m., Mainstream 8:00-10:00 p.m. Contact Frank & Betty Alexander.
LAWRENCE, (785) 843-2584
www.happytimesquares.com

**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 AND CAREGIVER SUPPORT GROUP**

Strengthening family relationships and improving positive parenting skills. Meets from 6:30-8:00 p.m. at St. Francis Hospital, 2nd floor meeting rooms. Child care available with 48 hours notice.
TOPEKA, (785) 286-2329 or (785) 231-0763

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

The Lawrence chapter of the National Active and Retired Federal Employees (NARFE) meets the third Wednesday of each month at Conroy's Pub, located at 3115 W 6th in Lawrence. 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 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 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. 11:00 a.m.-1:00 p.m. 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 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>

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

The Topeka chapter of the National Active and Retired Federal Employees (NARFE) meets on the fourth Friday of each month (except Nov. and Dec.) at Aldersgate Village, 7220 SW Asbury Drive, Topeka. Buffet lunch begins at noon followed by a program/speaker and business meeting. NARFE's mission is to represent government employees, active and retired, before Congress. Employees from all branches of federal government employment are welcome, and encouraged to attend. For information, call Jim Miller.
LAWRENCE, (785) 478-0651

MAY 28

I CAN COPE®: CELEBRATING LIFE - HOW TO LIVE WELL DURING AND AFTER TREATMENT

Presented by Dona Snead, LSCSW, and Janice Schwartz, RN, OCN. The American Cancer Society and Lawrence Memorial Hospital Oncology Center are co-sponsoring this free program for those with cancer and their family and friends. Meets the fourth Thursday of each month with a new topic each meeting. Participants will have an opportunity to share their concerns with others having similar experiences after a cancer diagnosis. Light refreshments served. Meeting Room A, 5:30-7:30 p.m.
LAWRENCE, (785) 505-2768
<http://www.lmh.org>

**MAY 22
AARP CHAPTER 1696**

AARP Chapter 1696 will meet at 11:00 a.m. at the Lawrence Country Club. Lunch served at 11:30. Kim Ens, RN, Lawrence-DG County Health Dept., will talk about emergency preparedness (pandemics, etc.). New and interested members welcome. Please call Noreen for reservations.
LAWRENCE, (785) 842-6765

MISCELLANEOUS

MAY 16

ART TOGEAU PARADE
Lawrence's own wheeled art parade featuring art cars and wheeled art creations from national, regional and local artists. Cars and other wheeled vehicles of various shapes, ages and engine sizes are given new identities by their owners ranging from clever to comical to just plain nuts. 940 New Hampshire.
LAWRENCE, (785) 843-2787

**MAY 21-23
SHRINE RODEO**

Come to the Shrine Rodeo and see cowboys duking it out with bucking broncs 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 3 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. Tendors on the grounds.
TONGANOXIE, (913) 362-5300
<http://www.shrinerodeo.com>

MAY 25

MEMORIAL DAY PROGRAM

Memorial Day Program at the All Veterans Memorial. The Great Overland Station.
TOPEKA, (785) 232-5533

JUN 4-7

KANSAS PRAIRIE SHOP HOP

The annual Kansas Prairie Shop Hop is sponsored by 11 quilt shops on the Kansas Prairie. At each shop participants view a unique quilt designed specifically for the year's theme. Patterns and kits for the quilts displayed at each shop are available. Attendees receive "goody bags" from each participating shop; plus raffles and door prizes are offered!
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<http://www.quiltingonthesquare.com>

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UPCOMING EVENTS

MAY 3 – Children's Railroad Activity Day, 1-3pm
MAY 24 – "At the Twilights Last Gleaming" Dinner & Dance to honor our military
MAY 25 – Memorial Day Ceremony

Visit our website for more information, tickets prices, dates & times.

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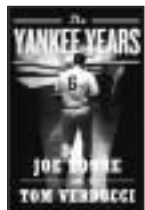
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Topeka, Kansas

Were Just Your Style!

Inside story of the New York Yankees

By Margaret Baker

Joe Torre and Tom Verducci: *The Yankee Years* (audio, Random House Audio Books, ISBN 978-0-7393-7077-3. Also available in regular and large print)



When George Steinbrenner tapped Joe Torre to manage the Yankees in 1996, sports writers hooted. Steinbrenner's temper was well known; he had fired 17 managers in the past 18 years. Torre's claim to fame was playing in the most games without appearing in a World Series.

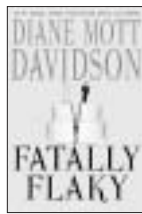
To everyone's astonishment, Torre led the Yankees for 12 years, including winning the World Series, and retired beloved by fans and those same sports writers.

Now the senior baseball writer for Sports Illustrated joins with Torre to tell the story of those years inside the dugout.

Definitely for the Boys of Summer and the fans of the National Pastime!

Diane Mott Davidson: *Fatally Flaky* (Wm. Morrow, hc. ISBN 978-0-06-134813-6) 15th in the culinary mystery series

Goldie Schmidt, caterer par excellence in a Colorado mountain resort town, does a number of weddings annually. This one, however, has been nothing but trouble. Billie has changed the date twice and the menu countless times. Now, 48 hours before the ceremony, she has added 150 guests and moved the site to the weight loss Gold Spa, Goldie's godfather Jack has retired to live across the road from Goldie, annoying his prissy son on the other side of town. Jack's best friend, a retired doctor, dies in a car accident—except it is no accident. Jack follows him in death.



Character-driven, with an all-too-plausible mystery to solve, and intriguing recipes—what's not to like?

David Grann: *The Lost City of Z* (audio, Random House Audio Books, ISBN 978-0-77393-7698-0. Also available in regular and large print)

Folks have always been fascinated with the thought of an ancient civi-

lization which disappeared—Atlantis, aliens, Dinotopia, Hogwarts, etc. In the early 20th century, the glare of publicity centered on accounts of a huge well-ordered civilization in the Amazon forest.



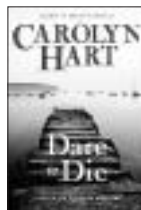
Percy Fawcett, Englishman, was hooked and led many searches for what he called The City of Z. He wasn't interested in treasure except as a means to further the scientific exploration.

In 1925 he made his last archeological trip, accompanied only by his son Jack and Jack's best friend. The party was never heard from again. For decades others have attempted to discover what happened to Fawcett's party.

Gramm was aided by discoveries of several old diaries. While Fawcett's remains haven't been discovered, Gramm has found remnants of an astonishing civilization, even considering it is not what Fawcett and fellow searchers expected.

Carolyn Hart: *Dare to Die* (Wm. Morrow, hc, ISBN 978-0-06-145303-4). Nineteenth in the Death on Demand mystery bookstore series.

Max and Annie are holding a party for friends on Broward Island, Georgia. It is also the 10th anniversary of a difficult graduation year—the star quarterback died of a drug overdose, his twin sister jumped off a pier to her death, and a third classmate dropped into drugs and out of sight.



Now that girl has returned after a decade of abusing drugs, aided by AA and NA and bound to try to make up for past mistakes. Quite a few of those left don't want that period brought up to date.

In the midst of everything, a cowardly attack leaves Max confined to a wheelchair during most of the investigation.

Tautly plotted, since the killer has to be one of their friends—and Max can't physically bail Annie out.

Janet LaPierre: *Run a Crooked Mile* (Perseverance Press, tpb, ISBN 978-1-880284-88-9)

Recently widowed Rosemary Mendes moves to Weaverville in California's remote Trinity Alps, a place where she can be as much of a her-

mit as she wants. She does get essentials in the small community, and learns of a similar woman much like herself. Almost obsessively self-supportive, she was apparently shot by mistake during deer season. Rosemary inherits her sad Lab Turk.

But was that an accidental shooting? No one came forward.

A very strong protagonist in a northern California forest setting, both beautifully depicted in LaPierre's usual style. Nice mix of romance and mystery, with mystery predominating.

Laura Lippman: *Life Sentences* (Wm. Morrow, hc, ISBN 9778-0-06-112889-9)

Laura Lippman's Tess Monaghan mystery series has earned her legions of fans of crisp dialogue and gritty action. Her stand-alones, like this one, also demonstrate her command of plot and characterization.



Cassandra Fellows' two memoirs have been best sellers, but her first novel has not sold as well. Her publisher wants her to continue her memoirs. Since she's back in her home town, she checks in with her school friends of whom she has written. She was the only Caucasian, but interracial friendship, she thought, wasn't unusual. Calliope, a shy white girl, was usually on the edge of their circle.

Calliope served seven years in jail for contempt of court when her infant son disappeared and she refused to answer any questions about him. Cassandra wonders if maybe if she told this story well, it would bridge the gap between memoir and novel.

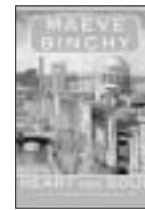
She learns that one's memories often differ from others; in fact, they may be contradicted.

An introspective look at memory, one that may have you wondering about yours.

Maeve Binchy: *Heart and Soul* (audio, Random House Audio Books, ISBN 978-0-7393-7723-9. Also available in print from Knopf)

Binchy's forte is examining the lives of people with a central meeting point. In this case it is a newly-created

cardiac care center being created from an unused hospital warehouse in Dublin. Dr. Clara Casey is in charge of establishing the clinic, and her life and those of the staff she assembles form the intertwining basic plots.



Binchy's characters change, grow, suffer hardships and learn their individual strengths—and that's hard to write this fluently. Their stories will tug at your heart and remain with you after the last page is turned.

Denise Dietz: *Strangle a Loaf of Italian Bread* (Five Star/Gale, hc, ISBN 978-1-59414-760-9).

Ellie Berstein, diet group leader in Colorado Springs, probably never eats Goldie's calorific specialties (Davidson's mystery, above). Against her cat's wishes, she agrees to dog-sit friend Rachel Lester's dog while she makes a swift visit to her sister.

Actually, rooster-pecked Rachel has checked herself into an isolated cabin to recover from her husband's abuse, culminating in his canoodling with Sara Lee, a waitress with a Barbara Streisand voice, at their favorite Italian restaurant.

There are recipes here (tasty even if diet-correct) but interwoven into the plot. Good-heartedly Ellie just can't help snooping in a mystery that involves her friends, and her circle of friends is large.

PAPERBACKS

Michael Crichton died this past year; he was only 66. In honor of his many achievements in suspense, medical thrillers, and science fiction, Harper has published paperback editions of his earlier works: *Eaters of the Dead*, *The Terminal Man*, *Congo*, and *State of Fear*. His last work was *Next*. There's another in the pipeline hopefully to be published later this year.

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

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

Doña Q de la Mancha

I think what initially drove Donna Pembrook around the bend was the fact that when the Age of Aquarius morphed into the Age of Anything-Goes-As-Long-As-I-Get-Mine, Donna morphed right along with it. But that doesn't account for her most recent erratic behavior.

In 1971, a 22-year-old Peacenik Donna Pembrook went to the campus of Letongaloosa Community Ju-



Larry Day

nior College to demand that the government "Make Love not War."

In 2004, a 55-year-old Wall Street executive Donna Pembrook went to Washington, D.C., to demand less government regulation of the financial industry.

In 2005 a prescient Donna Pembrook took her golden parachute and quit Wall Street. She bought a mansion in a posh section of Letongaloosa where the streets are winding and the house numbers are hand painted on Spanish tile. It is called La Mancha.

At first things went well. Donna is a seasoned corporate warrior and a clever political operator. Donna took her time and got acquainted with the arcane realities of La Mancha society and planned her hostile takeover carefully. She volunteered for tons of scut work on fringe committees of the all-powerful La

Mancha Home Owners Association. Little by little she worked her way toward obtaining a key to the executive washroom.

But after she reached the cusp of La Mancha's inner circle, Donna made a strategic blunder—she underestimated Myndie Martineau. Everyone in La Mancha has a pile of money but Myndie has the oldest and biggest pile of all. She seems to be a wooly headed cream puff, but in reality she's La Mancha's main maven.

The annual Don Quixote Ball and the selection of the Man of La Mancha had become over the years (see "Mancha Man," *Kaw Valley Senior Monthly*, November 2004, www.seniormonthly.net/mancha.pdf) Myndie Martineau's pride and joy.

Thinking to ingratiate herself with Myndie, Donna launched a quiet campaign to change the selection process so that Myndie Martineau would become Woman of La Mancha at the annual ball. Donna's ulterior motive was to prepare a way for her own ascension to the top of the La Mancha food chain by winning the title the following year. She even went so far as to suggest that the ball be re-titled the Don and Doña Quixote Ball.

Myndie didn't appreciate Donna's meddling. Quite the contrary. Myndie reacted to Donna's suggested changes with the ferocity of a mother grizzly bear defending her cubs from a marauding she wolf.

Donna responded to Myndie's attack by abandoning all pretenses of civility and decorum. She launched a no-holds barred hostile take over of the Man of La Mancha event and the Don Quixote Ball. Donna's at-

tack challenged Myndie Martineau's domination of all things social in La Mancha. The battle was intense but brief. Myndie's entrenched position and unlimited firepower prevailed. Like Boris Quigdiddle before her, Donna found herself on the verge of social extinction.

But Donna Pembrook didn't follow Boris Quigdiddle defiantly into exile. Instead she retreated into Miguel Cervantes's world of medieval fantasy. She bought herself a ludicrous suit of fake armor from a costume shop, and made herself a broomstick horse. The horse had a tomato can for a head and a frazzled rope for a tail. She called her horse Aunty Rosen.

With her maid Panzita trailing behind on a broomstick mule, Donna Pembrook sallied forth on the streets of La Mancha as Doña Q, a knight errant sworn to defend outlandish causes.

In her first quest Doña Q aligned herself with the Society for the Preser-

vation of Antique Slovenian Zithers. Wearing her ragtag armor and astride her spavined stick horse, and with Panzita in tow carrying an empty department store shopping bag to hold the booty, Doña Q galloped up to the doors of La Mancha's vaunted mansions demanding contributions for the Antique Zither Society.

Next she took up the plight of a man who claimed that the National Association of Illegal Computer Hackers had illegally denied him membership.

Members of the board of directors of the La Mancha Home Owners Association called an emergency meeting. They could find no clause in the bylaws covering solicitation by stick horse, so they appointed a committee to study the matter.

- 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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To get big bucks for sports memorabilia, authentication is imperative

QUESTION: This cardboard periscope signed by golf greats including Jack Nicklaus, Billy Casper and Tony Lema is from the 1964 PGA championship. Value, and how do I sell? -Eleanore, Ft. Lauderdale, Fla.

QUESTION: How do I find buyers for these tickets I saved? Two are for the Rose Bowl in 1947, one is for the

lectibles because they were never meant to be saved. Torn at the gate, most were discarded, making the desirable ones that survived valuable. Most collectible are whole tickets with the stub intact. Today's scanned tickets will not become as collectible because they are not torn.

Joe Orlando, president of PSA, www.psadna.com, a California sports authentication service (primarily trading cards and autographs, but also original photos, sports, entertainment and historical autographs) told us, "Certain ticket themes are more collectible."

Some collectors hunt World Series or All-Star tickets, or team or player-specific tickets, such as Joe Montana Super Bowl victories or Mickey Mantle ducats including the game where he hit his 500th home run. Rose Bowl tickets are a popular theme, especially from the first few years. "For whatever reason, 1978 tickets are hard to find," Orlando added. Tickets from all sports are collected.

Orlando estimates that more than 100,000 collectible items are submitted each month to PSA for a look. The firm does not sell or buy.

"There are only a handful of credible services," he told us. "Ask questions like: How many years have they been in business? How well known in the industry are they? How many major dealers and auction houses use them?"

A complete version of the 1968 Super Bowl ticket sold for \$19,922 at auction. The reader's, without the stub, could bring "well over \$1,000 if the condition is nice."

To sum it up, sports items won't bring big bucks without evaluation by a credible authenticator. After the

seller sees to the process, items can be shipped to sports auction houses or sold online.

FYI: Orlando's new book, "Collecting Sports Legends" (Zyrus Press), is available on amazon.com.

QUESTION: I lived in Wapakoneta, Ohio, and got an autograph from astronaut Neil Armstrong during the parade after his first space mission. I also have photos from the parade, including one of him signing the autograph for me. I want to sell, but having the signature authenticated means that I have to mail it off. Is this safe? -Terry, New Knoxville, Ohio

ANSWER: Early U.S. space material is extremely popular with collectors, and becomes more so every day. Interest is worldwide, with European collectors also on the hunt big time.

Now 78 years old, Armstrong was born in Wapakoneta. Best known for being the first to set foot on the moon, his first mission was as command pilot on Gemini 8 in 1966. The lunar landing in 1969 was his second mission.

Armstrong is such a seminal figure in space collecting that just about

anything linked to his NASA career is collectible. Good thing that you (or someone) had the foresight to photograph contact with the astronaut. That's a smart collector! The images place you, Armstrong and the signing together in a specific frame of time.

As covered above, authentication is critical in signatures. The material has to be handled to evaluate, and that means sending it to the proper authenticator.

All sorts of important documents and materials ship via USPS, UPS and Fed-Ex. Barring a disaster in transit (be sure to insure), it is safe. The unsafe part, according to Orlando, is not finding a credible authenticator.

Do your homework before you send.

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

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Danielle Arnet

1968 Super Bowl II. Two are 1966 Derby tickets. -Betty, Davie, Fla.

ANSWER: Regarding sports items, T.J. Favilla, auction director of Grey Flannel Auctions, a New York sports auction house, told us, "In the hobby today, authentication and provenance are vital in determining value."

Smart sports collectors do not buy anything unless it has been vetted by a specialist. And very smart collectors know that choosing the appropriate specialist is critical. Verifying that signatures are legit, grading, and seeing that items are what they are purported to be has created a huge business in authentication. Credibility matters, and very few authenticators are top rank.

For the scope with golf signatures, Favilla recommends James Spence Authentication (JSA) in New Jersey, www.spencelo.com. Even after authentication, he thinks the scope is worth \$500, tops, because the rarest signature is Lema's.

Vintage sports tickets are hot col-



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Heartworm prevention important to cat's health

QUESTION: My vet suggests I treat my cat, Sasha, with a heartworm preventative. Sasha is an indoor-only cat. I've never heard of this before. The vet explained that dogs were traditionally treated and now he's adding cats. Why? - S.C., Orlando, FL

ANSWER: "If there are dogs who get heartworm where you live - and in Florida heartworm in dogs cer-

tainly occurs—then there is bound to be heartworm in cats," says Dr. Sheldon Rubin, president of the American Heartworm Society. Often, heartworms don't survive long in cats since cats are not meant to be hosts. However, if they do survive for any length of time, symptoms may include coughing and shortness of breath (heartworm-associated respiratory disease). Sometimes the only

symptom is sudden death. In cats, heartworm disease isn't always detectable with current testing methods, and is never treatable. "That's why prevention is so important, potentially saving your cat's life," Rubin notes.

"Sure, if a cat lives on the 42nd floor of a high-rise and really never does go outdoors, you might as well play the lottery for the odds of that cat getting heartworm because a mosquito isn't likely to get inside," says Rubin. "But in a house, mosquitoes (which transmit heartworm) get in all the time. And what about cats who go outside on balconies, porches or gardens? Of course, they're very susceptible, particularly where mosquitoes are most abundant."

Depending on your cat's lifestyle and where you live, some vets may not suggest a heartworm preventative for cats. However, in Florida - where heartworm disease is common, your veterinarian is most certainly following the recommendation of the American Heartworm Society. Check it out yourself at www.heartwormsociety.org.

QUESTION: My Golden Retriever has itchy skin. I've been to three different vets and spent hundreds of

dollars, but nothing has helped. My dog has dandruff-like scales on the ends of her ears. And her ears are always dirty, though I clean them daily. After treatment, her ears get better and then they get bad again. I'm at the end of my rope. How can I take away the awful itch? - E.D., Steuben, ME

ANSWER: Veterinary dermatologist Dr. Karen Campbell, head of specialty medicine at the University of Illinois College of Veterinary Medicine, begins by pointing out that Golden Retrievers are particularly prone to inhalant allergies. As a result, there may be an overgrowth of bacteria and yeast in your dog's ears. Treatment will help for a time, but unless you treat the underlying cause, the problem will recur.

"I don't know which tests have been done, but seeing a veterinary dermatologist certainly seems the right thing to do at this point," Campbell says.

QUESTION: Can you remind people not to purchase a baby rabbit from a pet store just for Easter? - S.T., Cyberspace

ANSWER: I think you just did that. However, I do endorse buying

one kind of rabbit—at Easter or anytime—the chocolate variety. Learn more about an initiative to promote chocolate bunnies at www.makeminechocolate.org. Learn more about rabbit health and welfare at www.reddoorshelter.org, or www.rabbit.org

(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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Steve Dale

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Spinach and blue cheese salad

By Wolfgang Puck

Tribune Media Services

Blue-veined cheeses get their wonderful marbled appearance and combination of creamy, salty and tangy flavors from penicillin molds. This happens either naturally, in caves where they've been prepared for centuries, or artificially, in factories where manufacturers deliberately introduce those cultures.

Almost everybody who enjoys good food knows all about Europe's great blues. There's French Roquefort, a sheep's-milk cheese with a rich, sharp taste and creamy consistency; Gorgonzola, an almost spicy Italian cow's-milk cheese, that's soft and creamy when young, crumbly when aged; Danish blue, enjoyed for its milder flavor and semisoft consistency; and English Stilton, a rich, creamy blue with a sharp, complex flavor. That doesn't even include dozens of others.

Excellent blue cheeses are now being made on this side of the Atlantic, too. Our claims to blue cheese fame began in 1941 in Iowa, when Frederick Maytag II, whose father founded the washing machine company, introduced a process developed at Iowa State for manufacturing blue-veined cow's-milk cheeses at

his new Maytag Dairy Farms in Iowa. His son, Fritz Maytag, built creamy, tangy, almost citrusy Maytag blue to international renown.

But great American blues don't stop there. Our growing interest in artisanal foods has seen the rise of great products like full-flavored, tart Point Reyes Original Blue from northern California; creamy Great Hill Blue from Massachusetts; and Rogue Creamery's Oregon Blue, a Roquefort-style cheese that's cold-smoked with hazelnut shells.

You can buy all these cheeses online. I suggest, however, that you look, instead, for a good local cheese shop that will let you sample their products. I prefer blues that don't taste too salty, although some salt is inevitable since it's a natural preservative. But it's all a matter of personal taste.

Once you get the blue cheese home, the fun begins. I like it smeared on a grilled steak or burger, crumbled in a creamy pasta sauce or nibbled after a meal with pears or apples, nuts and a glass of Sauternes or other sweet wine.

One of my favorite recipes for blue cheese, though, is in a salad with spinach, apples and spicy caramelized pecans. I love the contrast of the sharp-tasting, creamy, salty cheese

with the crispy, sweet fruit, the astringent-tasting spinach and the earthy-sweet-spicy nuts. You get a classic combination of flavors, without having to open an expensive bottle of Sauternes.

Or just make my Spicy Caramelized Pecans on their own and eat them with blue cheese after your meal.

SPINACH AND BLUE CHEESE SALAD WITH APPLES AND CARAMELIZED PECANS

Serves 4

Spicy Caramelized Pecans:

1-1/2 cups (375 ml) peanut oil or vegetable oil
Water
1 cup (250 ml) shelled pecan halves
1 teaspoon salt
1/4 teaspoon cayenne pepper
1/2 cup (125 ml) confectioners' sugar

Spago House Dressing:

3 tablespoons balsamic vinegar
1 tablespoon sherry vinegar or red wine vinegar
1 tablespoon Dijon mustard
1 small shallot, minced
1/2 teaspoon minced fresh thyme leaves
1/2 cup (125 ml) extra-virgin olive oil
1/3 cup (80 ml) walnut oil
1/4 teaspoon salt
1/8 teaspoon white pepper

Salad:

1 apple, chilled
1 small lemon, juiced
8 ounces (250 g) baby spinach leaves, washed and thoroughly dried
1 small head radicchio, trimmed and cut crosswise into narrow ribbons
1/2 cup (125 ml) crumbled blue cheese
Salt
White pepper

About 1/2 cup of Spago house dressing (see separate recipe)
1 cup Spiced Caramelized Pecans (see separate recipe)

Prepare the Spicy Caramelized Pecans in advance. In a medium saucepan, heat the oil to 350 degrees F. (180°C) on a deep-frying thermometer.

Meanwhile, in a medium saucepan, bring 1 quart (1 l) of water to a boil. Add the pecans to the

water in 2 separate batches, boiling each for 2 minutes. Drain them in a strainer, shaking off all excess water, and leave them in the strainer. Holding the strainer over a plate, sprinkle the salt and cayenne pepper over the nuts. Then, a little at a time, sprinkle the confectioners' sugar over them, allowing the sugar to melt into the pecans; toss the nuts by shaking the strainer, adding a little more sugar each time, until all the sugar is used and the nuts are coated. Do not use your hands or a spoon to toss them, or you'll interfere with the even glaze.

Carefully add the glazed nuts to the hot oil, adjusting the heat if necessary to maintain the 350 degrees F. (180°C) temperature. Cook, stirring occasionally, until golden brown, about 3 minutes. Remove the nuts with a slotted spoon to a baking tray to cool. When they are completely cool, store in an airtight container until ready to use.

Before making the salad, prepare the Spago House Dressing. In a medium bowl, whisk together the vinegars, mustard, shallot and thyme. Whisking continuously, drizzle in the oils to form a smooth, thick emulsion. Season to taste with salt and pepper. This will make about 1 cup (250 ml); store extra in a covered container in the refrigerator for up to 3 weeks.

For the salad, use a sharp knife to cut the apple into quarters. Cut out the stem, seeds and core, then cut the quarters lengthwise into very thin slices. Put them in a salad bowl, sprinkle with the lemon juice, and toss gently to coat them and prevent oxidization.

Just before serving, add the spinach, radicchio and blue cheese and season lightly with salt and pepper. Briefly whisk the dressing and add 1/2 cup (125 ml) to the bowl. Toss gently to coat all the ingredients. Taste and, if necessary, adjust the seasonings.

Divide the salad among 4 chilled serving plates, mounding it attractively. Scatter the pecan over each salad and serve immediately.

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

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Making yogurt at home easy, inexpensive

By Kevin Groenhagen

I was shopping at the Community Mercantile in Lawrence a few weeks ago when I overheard two women talking about yogurt. "I tried making my own yogurt at home once," one woman said to the other, "but it was a disaster."

About 15 years ago, I also tried to make yogurt at home. My experiment also ended in disaster. However, I tried again a couple of years ago and haven't had "store-bought" yogurt since then. I thought I'd share how I make yogurt, just in case you have ever thought about making your own yogurt.

My first step was to buy a Salton yogurt maker. Actually, all this device does is keep your milk warm long enough to allow the cultures to turn it into yogurt. I've read that you can do the same thing with a thermos, but the Salton seems more convenient to me. And at about \$20 online, the Salton pays for itself after just a few weeks.

Once you have a yogurt maker, all you'll need is some milk and starter cultures. You can either buy plain yogurt with live and active cultures

or buy the cultures in freeze-dried form (the Community Mercantile carries this item).

The Salton is designed to make a quart of yogurt, but it will accommodate five cups of milk. I heat up the milk to 185° F (use a candy thermometer) in a saucepan while stirring often so the milk does not burn. When the milk reaches that temperature, removed it from the heat and allow it to cool to 100-110° F. If you are using starter yogurt, let it sit at room temperature while you are waiting for the milk to cool. You can also plug in the yogurt maker so it begins to warm up.

When the milk has cooled, pour it into the yogurt maker and add two tablespoons of the starter yogurt or a packet of the freeze-dried cultures. After about seven hours, you should have yogurt with a custard-like texture. The longer you let the yogurt

sit, the thicker and tangier it will become.

Before moving your yogurt to the refrigerator, place two tablespoons in a container so that you'll have starter yogurt for your next batch.

You can make yogurt with whole milk, skim milk, half and half, cream, soy milk, goat's milk, or a combination of milks. I make my own soy milk and usually combine two cups of soy milk with three cups of 2% milk. This does not produce yogurt as thick as whole milk does, but I use cheesecloth to strain out the whey (and much of the carbohydrates) to

make "Greek" yogurt (or "yogurt cheese"). I save ¼ cup of the whey to use as my starter yogurt for my next batch. I usually eat this "Greek" yogurt with berries and homemade granola. It is also a great substitute for sour cream and cream cheese.

If you use low-fat milk and do not

wish to strain your yogurt through cheesecloth, adding about ¼ cup of nonfat dry milk when you add the starter yogurt will help thicken the yogurt.

I recently bought a gallon of milk at the supermarket for \$2.40. At this price, you can make a quart of homemade yogurt for just 60 cents. A quart of cultured plain yogurt can cost as much as \$4.00 at the supermarket. Even if you spent more for organic milk, your homemade yogurt would cost significantly less than store-bought yogurt.



Salton Yogurt Maker

WORDS OF WISDOM

"Things ain't what they used to be and probably never was." - Will Rogers

"To be or not to be is not a question of compromise. Either you be or you don't be." - Golda Meir

"If at first you don't succeed, failure may be your style." - Quentin Crisp

"Genius-worship is the inevitable sign of an uncreative age." - Clive Bell

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CROSSWORD

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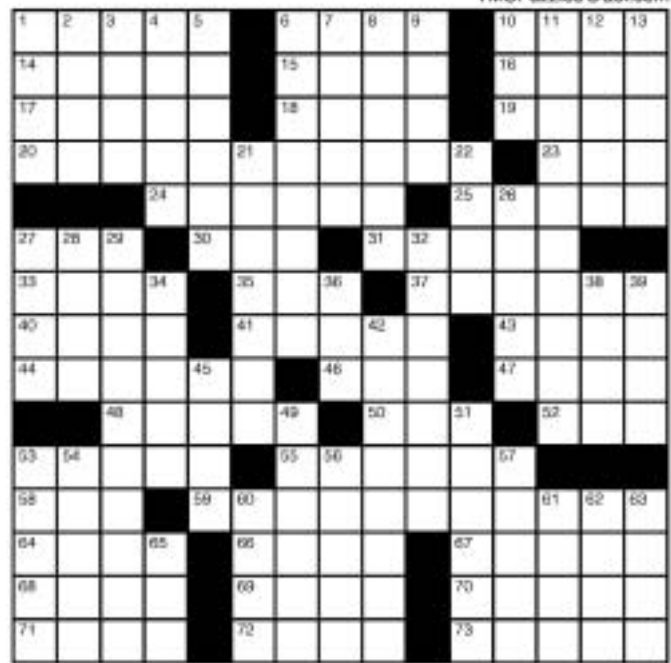
ACROSS

- 1 Cat weapons
- 6 "Death of a Salesman" character
- 10 Unfortunately
- 14 Spartan slave
- 15 For two, in music
- 16 Bonanza
- 17 Lead-in
- 18 Buster Brown's dog
- 19 Soft cheese
- 20 Ibsen's toy story?
- 23 Composer Rorem
- 24 Ustinov autobio
- 25 Island feasts
- 27 Simple bed
- 30 Sell-out letters
- 31 Yell at
- 33 Workplace watchdog grp.
- 35 Arab robe
- 37 Cleo's lover
- 40 Cordon ____
- 41 Bar for lifting
- 43 Cad
- 44 Rhythmic rock
- 46 Moreover
- 47 Singer Moffo
- 48 Director of "The Pawnbroker"
- 50 Aunt in Alicante
- 52 Finnish twins?
- 53 Madagascar primate
- 55 Laudanum, e.g.
- 58 Periphery
- 59 Caldwell's story of unhealthy travel?
- 64 Quiz

- 66 Book increment
- 67 Lethal snake
- 68 Black in Paris
- 69 "Ain't She Sweet?" songwriter
- 70 European boot
- 71 Remnants
- 72 Scads
- 73 Rods' partners

DOWN

- 1 Aromatic annual plant
- 2 Allow to use
- 3 Singing voice
- 4 Planet
- 5 Neckwear
- 6 Loungewear
- 7 Language nuance
- 8 Musical forms
- 9 Charges
- 10 Priest's robe
- 11 Blackmore story about a cookie?
- 12 So long, Yves
- 13 Burpee buy
- 21 Name on a cake
- 22 North Carolina college
- 26 To an extreme
- 27 Tommy Lee Jones film
- 28 Norse capital
- 29 Wharton's story about a card game?
- 32 Of the heart
- 34 Soothsayer
- 36 Gardner of "Mogambo"
- 38 Sam or Trevor
- 39 Positive votes



By Robert H. Wolfe
North Woodmere, NY

Answers on page 31

- 42 Lurers
- 45 Copy; abbr.
- 49 Trinidad's partner
- 51 Bomb type
- 53 Actress Ryan
- 54 Cynthia of "Sex and the City"
- 56 "Love Me Tender" co-star
- 57 Frost's Muse
- 60 Fiery birthstone
- 61 Arab sultanate
- 62 Ready, willing and ____
- 63 Time periods
- 65 "____ Robinson"

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MAGICWORD

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

MONTHLY BILLS (sol.: 9 letters)
A-Account, Amount; B-Balance, Bank; C-Cable, Calculate, Cash, Checks, Costly, Credit card; D-Debit, Dollars; E-Electric, Expense; F-Figure, Fund; H-Heating; I-Insurance, Invoice; L-Loan; M-Mail, Money, Mortgage; N-Number; O-Organize; P-Paid, Power, Price; R-Rate, Receipt, Repay, Rent, Revenue; S-Subtract; T-Tally, Taxes, Telephone, Total; W-Water, Wireless, Withdraw

This Month's Answer: **CHECKBOOK**

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CLATOTFWWATERGTG
HECIRPOINVOICEN
SKNABIRTDIAPLI
KTYEAEKGHEUSCOET
CALLLCADKHRABPA
EXTEAENRMONEYHE
HESCNRIAMOUNTOH
CSOTCOZWACCOUNT
EUCREZEWOPMTNER
SBTIBEDOLLARSLE
NTECNARUSNIOKBB
EREVENUEYLLATAM
PARATETALUCLACU
XCREDITCARDNUFN
ETREPAYEGAGTROM

JUMBLE THAT SCRAMBLED WORD GAME
By Peter Arnold and Mike Argenon

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

ROSTN
ULIQT
RUSSED
TAXHOR

At: [] [] [] [] [] of [] [] [] [] [] [] [] [] []

Just keep reading is

WHAT IT TAKES TO TURN A PUMPKIN INTO A PIE.

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

Answers on page 31

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TRIVIALITIES

1. What Oscar-nominated actor starred as Ed in the 1996 film "The Truth About Cats & Dogs"?
2. Who directed the 1997 film "Booby Call"?
3. Oliver Stone directed what 1999 film starring Al Pacino, Dennis Quaid and Cameron Diaz?
4. In the 2001 film "Ali," what actor played the title character?
5. Who directed the 2004 film "Collateral" starring Tom Cruise and Jamie Foxx?
6. Jamie Foxx was nominated twice in 2005 for Academy Awards. For what films was he nominated?
7. The 2004 film "Ray" depicts the life of what legendary singer?

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Answers on page 31

BRIDGE

SUDOKU

Famous Hand

By Tannah Hirsch

North-South vulnerable. South deals.

NORTH

- ♠ J 6 5
- ♥ A K
- ♦ J 9 8 7 6
- ♣ 10 3 2

WEST

- ♠ 10 9 8 2
- ♥ 10 9
- ♦ Q 10
- ♣ A 9 6 5 4

EAST

- ♠ K 7 4
- ♥ 8 7 6 5 3 2
- ♦ A 3
- ♣ J 7

SOUTH

- ♠ A Q 3
- ♥ Q J 4
- ♦ K 5 4 2
- ♣ K Q 8

The bidding:

SOUTH	WEST	NORTH	EAST
1♦	Pass	3♦	Pass
3NT	Pass	Pass	Pass

Opening lead: Five of ♣

"How would you rate the stars of yesteryear compared to today's players?" writes a reader. When it comes to the play of the cards, they more than hold their own. But bidding has made such great strides that they would be unlikely to reach the final in any of the many major team

events played each year.

Jean Besse, who made his name playing for France before he moved to Switzerland, where he became the key element in a powerful squad, was one of the great technicians of his day. He sat East on this deal from a world championship knock-out team event.

North-South were using weak no-trump opening bids, hence South's one-diamond opener. North's jump raise in diamonds was invitational, and South had a comfortable raise to game.

West led a low club, covered by the ten and jack and ducked by declarer. Besse returned a club, West captured South's queen with the ace and continued with a third club, on which Besse found the only discard to sink the contract—he sluffed the ace of diamonds!

There was no way for declarer to come to nine tricks without at least two diamond tricks. However, West's queen of diamonds was a sure entry and two more club tricks gave the defenders five tricks.

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

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

EASY

Solution on page 31

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NOSTALGIA NOTEBOOK

MAY 1939

Births

- MAY 1:** Judy Collins, American singer and songwriter
- MAY 7:** Jimmy Ruffin, American singer ("What Becomes of the Brokenhearted")
- MAY 13:** Harvey Keitel, American actor (*The Piano*)
- MAY 19:** Sonny Fortune, American jazz musician
- MAY 25:** Dixie Carter, American actress (*Designing Women*)
- MAY 26:** Brent Musburger, American sports announcer
- MAY 29:** Al Unser, American race car driver
- MAY 30:** Michael J. Pollard, American actor (*Dirty Little Billy*)

Events

- MAY 2:** *Batman*, created by Bob Kane (and, unofficially, Bill Finger) makes his first appearance in a comic book.
- MAY 7:** Spain leaves the League of Nations.
- MAY 7:** Pan-American Airways begins trans-Atlantic mail service with the inaugural flight of its Yankee Clipper from Port Washington, New York.

MAY 1949

Births

- MAY 4:** John Force, American race car driver
- MAY 9:** Billy Joel, American musician (*Piano Man*)
- MAY 18:** Rick Wakeman, English rock musician and songwriter (Yes)
- MAY 19:** Archie Manning, American football player
- MAY 20:** Dave Thomas, Canadian actor and comedian (*SCTV*)
- MAY 26:** Philip Michael Thomas, American actor (*Miami Vice*)
- MAY 26:** Hank Williams Jr., American country singer
- MAY 31:** Tom Berenger, American actor (*Platoon*)

Events

- MAY 11:** Israel is admitted to the U.N. as its 59th member.
- MAY 12:** The Soviet Union lifts its Blockade of Berlin.
- MAY 20:** The Kuomintang regime declares Taiwan under martial law.
- MAY 23:** The Federal Republic of Germany is established.

MAY 1959

Births

- MAY 5:** Brian Williams, American news anchor
- MAY 17:** Jim Nantz, American sports announcer
- MAY 20:** Bronson Pinchot, American actor (*Perfect Strangers*)
- MAY 22:** Steven Morrissey, British singer
- MAY 21:** Robert Smith, British rock musician (*The Cure*)
- MAY 29:** Adrian Paul, British actor (*Highlander*)

Events

- MAY 18:** The National Liberation Committee of Côte d'Ivoire is launched in Conakry, Guinea.
- MAY 24:** British Empire Day is renamed Commonwealth Day.
- MAY 28:** Two monkeys, Able and Miss Baker, are the first living beings to successfully return to Earth from space aboard the flight Jupiter AM-18.

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

JUMBLE ANSWERS

Jumbles: SNORT QUILT DURESS THORAX

Answer: What it takes to turn a pumpkin into a pie - LOTS OF "SQUASH"

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

TRIVIALITIES ANSWERS

1. Jamie Foxx 2. Jeff Pollack 3. "Any Given Sunday" 4. Will Smith 5. Michael Mann 6. "Ray" and "Collateral" 7. Ray Charles

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