

# Kaw Valley Senior Monthly

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Serving the Lawrence-Topeka Area's 50 and Better Population

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## 'Hamming' it up for eight decades

By Billie David

When Addison Miller's friends introduced him to ham radios back in 1920, they introduced him to an activity that he would pursue eagerly over the next 80 years.

"It is an excellent hobby," said Miller, who will turn 100 in May. "It gives me something to do all the time."

Miller has a bulletin board full of cards his contacts have sent him from around the world, as well as a photo of a family in Poland. Miller lost contact with his Polish friend during the political unrest there and wonders what happened to him.

Miller's daughter, Sue Malloy, estimates that he has communicated with over 20,000 ham radio operators over the years.

In his closet are three boxes crammed full of calling cards, along

with his first radio, which he built himself. "It's still usable," Miller said. "I called Europe and other places with that little thing."

"When I first started, there were so many hams that they controlled the airways," he continued. "The government tried to stop it, but they weren't successful. They had to regulate it so that now you can only use certain bandwidths."

Miller's first license was issued when Herbert Hoover was Secretary of Commerce. "He was a ham, too," he said.

World War II had a negative effect on ham radio operations. "When the war came long, they closed all the hams down. We weren't allowed to operate," Miller explained. "We had to stay off the air for six years. We could listen to the government, though."

Miller was pleased to find that there are a number of ham radio



Addison Miller with his first radio

operators in Lawrence. "They're very active here," he said. "They helped me put up my antenna."

Malloy agreed. "The ham radio group here in Lawrence has been so

good to my dad," she said. "If he needs help getting things on line, he calls and they come over and help."

Miller's license plate bears his new

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Cheryl White and Carol Ball

## Changing workplace challenges older workers

By Kevin Groenhagen

Carol Ball has always loved her job. However, she says lately it's become a bit sadder.

According to Ball, an employment specialist and computer trainer with Let's Help, Inc., there has been a dramatic increase in the number of people seeking assistance through the Older Kansas Employment Program (OKEP).

"We're seeing a lot of people who are 69 plus, and 'plus' goes into the 80s," Ball said. "This past month I

had three cases where I worked with women who have basically come in and said they have no money, they've lost their home, or their business has gone bankrupt. What we are seeing is they have to go back to work to survive. For a lot of them, if they had money invested in the stock market, much of it is gone. They want to know what we can do for them. I get teary."

For many of those 55 and older, market and workplace forces have presented them with a "perfect

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FREE

# Older workers

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storm." First, as noted by Ball, the stock market downturn has changed the retirement plans for many older workers. In early 2000, the prospects for a comfortable retirement looked excellent as the Nasdaq and Dow Jones Industrial Average reached their peaks. However, after the tech bubble burst later that year, the subsequent recession in early 2001, the September 11 terrorist attacks, and the corporate accounting scandals, the market has lost several trillion dollars. That loss is reflected on the financial statements received by millions of seniors.

Another force affecting those 55 and older is the maturing of the baby boom generation. According to a 1996 study by the ERIC Clearing House on Adult, Career, and Vocational Education, "Between 2000 and

2010, the age group experiencing the greatest growth will be those aged 55-64; by 2005, people aged 55 and over are projected to be nearly 20 percent of the working age population, compared to 12.5 percent in 1990."

However, as these workers age, they are confronted with a third force. In an effort to become more competitive, ERIC notes that businesses are downsizing, using more technology, and adopting less-hierarchical work structures that use teams. Unfortunately, a higher proportion of older workers are laid off as firms focus on training new entrants.

In addition to technology changes, older workers are often let go from their jobs due to physical limitations.

"I have noticed recently that people had jobs but they couldn't pass the company physical," said Cheryl White, director of the Lawrence Workforce Center. "These people want to work, but a vision problem or a lifting restriction meant they couldn't pass the physical."

OKEP's mission includes retraining these older workers to make them more marketable in the modern workplace.

"We have always thought about preparing younger people for employment," Ball said. "But I'm a firm believer in thinking about employment and people who are older. Social Security was not meant for people to live on, and the golden age is tarnished at times because people outlive their money. We need to retrain older Americans for new jobs."

OKEP offers anyone 55 and older the opportunity to attend classes in which they learn how to use the Internet, Windows, MS Office 2000, and the CASA Technology Skill Levels I, II, III and IV. There is no charge for the training.

In addition to the computer class-

es, OKEP assists those 55 and older with preparing and starting an employment plan, preparing or updating a resumé, writing cover letters, filling out applications, interviewing skills, test taking skills, and job leads. OKEP and Lawrence Workforce Center also help older workers with GED preparation.

"I currently have several clients who are working on their GEDs," Ball said. "That's another thing were running into a lot. With some business closings, we're seeing older workers who do not have high school diplomas. They're not going to get a job without a GED."

"These are quality workers, but we help them become more marketable by getting their GEDs," White added.

For both Ball and White, the skills taught through OKEP and at the Lawrence Workforce Center are essential for those 55 and older.

"Coming to the Workforce Center is such an eye-opening experience," Ball said. "They're so customer-service oriented here. When you walk through the door they greet you immediately, and then they help you each step of the way. I don't think people know how to look for a job properly unless they've been through the Workforce Center."

"That's especially true nowadays when everything is Internet-based," White added.

While Ball does find her job a little sadder these days, she was recently pleased during the Annual Kansas Older Worker and Employer Awards Ceremony when one of her nominees, Dobski and Associates McDonald's, was honored as Outstanding Employer Large Business for having a total of 30 employees who are 55 or older at restaurants in several northeast Kansas cities, including Topeka and Lawrence.

Ball and White believe businesses of all sizes would benefit from hiring older employees. ERIC, citing several studies, notes that, "when compared to younger workers, older workers are viewed positively on a number of traits, including low absenteeism, low turnover, work attitudes and motivation, job skills, and loyalty."

Unfortunately, managers interviewed for a 1995 AARP study were more likely to rate older workers as "weak on flexibility, acceptance of new technology, and ability to learn new skills, all traits considered desirable for the changing workplace." However, according to ERIC, "No basis exists for the stereotypes surrounding the ability of older adults to learn new skills."

Ball, whose oldest client was 97 years old, agrees with ERIC.


"Some older adults are initially afraid of the computer," Ball said. "But I sit them down and tell them we have to learn these skills as if we're children again. There's only been a few that I've been unable to train."

OKEP offers computer classes on Mondays and Thursdays at Let's Help's office and computer lab at 234 Kansas Avenue in Topeka. Ball is also available for computer training at the Lawrence Workforce Center at least every other Tuesday. Last year, Ball assisted 262 clients.

In addition to services offered through OKEP, which is partially funded by the Kansas Department of Human Resources, Let's Help provides emergency food and clothing assistance, preschool education, and assists non-profit organizations with community food programs. Let's Help was designated the 181<sup>st</sup> "point of light" by President George H.W. Bush in 1990. For more information about OKEP and Let's Help, call 785-234-6208.

Located at 2540 Iowa Street, Suite R, the Lawrence Workforce Center is a "one-stop center" operated by a group of agencies dedicated to providing employment and job-training services to people in the Lawrence area. One-stop centers are the result of the Workforce Investment Act (WIA), which was signed by President Bill Clinton in 1998. The WIA mandated state governors to designate local "workforce investment areas" and oversee local workforce investment boards. Heartland Works, Inc. administers the WIA programs at one-stop centers in Atchison, Lawrence, Junction City, Manhattan, and Topeka.

For more information about the Lawrence Workforce Center, call 785-840-WORK (9675) or visit [www.workforcecenters.com/lawrence](http://www.workforcecenters.com/lawrence).

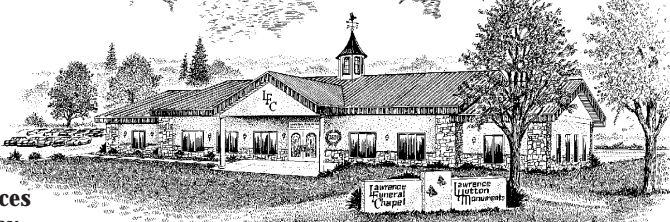


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# Miller

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call signal, which is WOHY. It used to be WODAC. When other ham radio operators see the license plates, there's an exchange of horn honks: "... \_ . \_", or "Hi."

Ham radio operating has changed over the years. Nowadays, some people even hook them up to their computers. But the change that has affected Miller the most is that many people prefer to talk rather than use the code, so that Miller, who can translate Morse code as quickly as other people can read words in a book and has a shorthand he uses to write his messages down, sometimes waits several days for somebody to answer his CQ—or a message that he is looking for someone to talk to.

One of the factors that influenced Miller to become a ham radio enthusiast in the first place was his knowledge of Morse code, which he learned as a Boy Scout. In fact, Miller and his twin brother were the first two Eagle Scouts in Nebraska, and when his great-grandson in New Jersey became an Eagle Scout two years ago, Miller donated his own pin, made of gold, and his merit badge sash for the ceremony, which stirred the memories of many of the older members of the audience.

Miller's family holds another "first" distinction. His father was the first doctor in Lincoln, Nebraska. Miller remembers riding with him in a horse-drawn carriage to make the rounds. "It took all day and all night," he said. "It was the Wild West back then, and we had to carry guns because wolves would follow behind the carriage."

Then there was the time that his uncle was helping lay tin on the roof of Lincoln's First Methodist Church when a tornado hit. The wind lifted the tin, rolled his uncle up in it like a rug, and rolled him down the street. The uncle survived.

Miller also remembers the Krit car he and his family took on a trip to Arizona. The Krit was one of the first cars ever made, and was very spindly looking. There were no roads back then, and the tires, which were more like bicycle tires, went flat so often that they had to carry 30 spare tires with them in the car.

Cars back then had no way to reverse, either, so the garage had a turntable in order that the car could be driven in and out.

Miller married in the early 1930s. With the master's degree he had in animal husbandry from the University of Minnesota, he worked on a Land O Lakes dairy farm until the

Great Depression hit and the farm was closed down. By 1937, he was able to find a job as a parole officer at Leavenworth Penitentiary, and his wife worked as a schoolteacher.

"Back then most people who were in the penitentiary were bank robbers, stole cars or took women over the state line," Miller said of his Leavenworth experience, which lasted until he retired in 1972. "Today most of them are young kids who use drugs."

Miller met some interesting people at the penitentiary. One was the

Birdman of Alcatraz—before he was sent to Alcatraz. Miller remembers him as an extremely violent and dangerous killer, very unlike the portrayal of him in the movie of the same name.

Miller also knew Machine Gun Kelly, who was on his caseload. He said he got along with Kelly and believes his mother was the instigator of his trouble with the law. Kelly turned down parole, preferring to remain in jail until his death, he said.

Miller, who later turned down a job offer at Alcatraz because his chil-

dren were none too thrilled at the prospect of living on the island, was honored at Leavenworth two years ago as the oldest retiree in the federal prison service. "I enjoyed working there," he said, adding that today, more money is spent on prisons than on education.

Miller and his wife had three children. The oldest, now in his 70s, lives in Paris, France. Miller lives in a Lawrence condominium next to Malloy, his youngest child. He also has five grandchildren and 12 great-grandchildren.

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# HEALTH

## Demand better Medicare

A very dangerous new limit on Medicare benefits went into effect on September 1, 2003. All of the basic outpatient therapies—physical therapy, occupational therapy and speech therapy—have been limited to just a few hours per year. Who does this affect? What does it mean for you personally? And what can you do about it?

### Who Gets Hurt?

This new limitation affects everyone who is covered by Medicare,



Laura Bennetts

everyone whose Medicare management is handled by a managed care plan, and everyone who will qualify for Medicare upon retirement.

That probably means you!

### What Are We Losing?

If you have never used your Medicare benefits you may not know that, since 1965, Medicare has provided outpatient therapy—including physical, occupational and speech therapy—to help you recover from illnesses or injuries. Until recently, you could receive as many hours of treatment as your doctor and therapist agreed you needed. But now Medicare therapy coverage is limited to a not-so-grand total of about 30 hours per patient per year. That includes 15 hours of occupational therapy and 15 hours of speech and physical therapy combined.

That's practically nothing. And it is certainly not enough to get Medicare-eligible seniors back on their feet after a serious injury or illness. Evidently, we are being told: Don't get hurt, because you won't get help.

For the moment, at least, this limitation does not apply to outpatient care in hospital clinics. But that exemption may not last, and it doesn't help the millions of those who need outpatient help in their homes or who lack ready access to hospital clinics.

### What Does This Mean for You?

Suppose that early in the year you have a stroke or that you need rotator cuff surgery. Well, you're out of luck. Within just weeks you will use up your outpatient benefits for the

entire year—despite the fact that, to recover, you actually need months of outpatient care. Your choice, once you hit the 30-hour therapy ceiling, will be to pay for your own therapy or, if you can't afford that, to suffer in silence. And if you break your hip in July, you won't be eligible for any more Medicare coverage for the rest of the year. So you will either pay an arm and a leg for therapy—or simply lose the use of your arms and legs.

That's quite a choice.

### Just Don't Get Any Older!

Older people need more physical therapy and take longer to recover than younger people. Yet, strangely, younger Americans now have significantly better therapy options than their elders.

What therapy does a younger person get when injured? Say that I break my ankle today. At 51 years old, I am still young enough to be eligible for a wide range of benefits to help me recover. These include: diagnostic testing (such as x-rays and CAT scans), surgery, a hospital stay with nursing and doctor care, medications, and physical therapy both in the hospital and as an outpatient. In the hospital I will learn how to get out of bed and walk with crutches and how to strengthen my hip and knee. After I go home and my surgery is healed I will get physical therapy either in a clinic or in my home to fully recover my ankle mobility, my ability to walk without pain, and my leg strength.

Since I'm otherwise healthy, it would ordinarily take about four months from the date of my injury to fully recover the use of my ankle. This is because it generally takes six to eight weeks for the broken bone to heal enough to bear weight, and then another four to six weeks of therapy to regain full strength.

Unfortunately, however, I won't always be 51. And as I look ahead, say, 25 years ahead, when I will be 76 years old, let's say that I break my ankle playing with my grandchildren. Will I be eligible for enough therapy to recover properly? Quite possibly not. Because I'll be older, I'll need longer to heal and maybe as much as five to six months of physical therapy to return to pain-free walking. But if the present miserly system is still in place, I won't even get a major fraction of the help I need. So walking freely may no longer be an option. That isn't pleas-

ant to imagine. And it's totally unnecessary. This amazingly wealthy society can afford to help the injured and the infirm. The question is whether we have the political will to say yes—to rehab and recovery.

### Therapy Saves Money

Is therapy just too expensive for society to afford? On the contrary, therapists save the healthcare system billions of dollars every year. How?

Consider, for example, therapists in nursing homes. They provide patients in wheelchairs with pressure-relieving cushions to prevent pressure sores.

If a patient develops a pressure sore, the cost of treatment is over \$10,000 per sore—money that is saved by therapy. Similarly, when therapists prevent falls, wounds, fractures, weakness, pain, disability and aspiration pneumonia, they save the health system the untold dollars that would be needed to treat the injured and infirm in hospitals and long term care—the two most expensive parts of the health care system, by far.

### What Can We Do?

Medicare cuts limit the availability of therapy and thus threaten the future of older Americans. What can we do? We must encourage our friends, family and healthcare providers to seek genuine health care

reform—reform that actually helps people and actually saves money.

Sometimes, we need political therapy as well as physical therapy. Call your representatives in Congress to tell them that you plan to voice your opinion with your vote.

- Laura Bennetts, MS RPT, is a physical therapist with 20 years' experience. She co-owns Lawrence Therapy Services LLC, 785-842-0656, and Baldwin Therapy Services, 785-594-3162. For answers to therapy-related questions, please write to Laura either at her e-mail address, [laurabennetts@hotmail.com](mailto:laurabennetts@hotmail.com), or via Senior Monthly.



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# HEALTH

## Canker sores/mouth ulcers

### What are canker sores?

Mouth ulcers are an extremely common condition, estimated to affect 20 percent of the population. These single or clustered, shallow, painful ulcers are found anywhere in the oral cavity (mouth). They are usually red or may sometimes have a white coating over them. They can appear inside of lips, the insides of cheeks or under tongue. Canker sores are not same as fever blisters, which usually are on the outside of lips or the corners of mouth. They usually resolve in seven to 21 days.



Dr.  
Farhang  
Khosh

### Causes

The cause of recurrent canker sores appears to be related to food and chemical sensitivities, stress, mechanical trauma and/or nutrient deficiency. No single factor is known to be responsible for the initiation of mouth ulcers. Therefore, addressing all the possible causes is highly recommended.

- Research suggests that a person's use of products that contain sodium lauryl sulfate, a foaming agent found in most toothpaste and mouthwash formulations can cause an increased recurrence rate of canker sores. Also, additives such as cinnamaldehyde (a flavoring agent), benzoic acid (a preservative) can cause canker sores.

- Food sensitivity: The oral cavity is the first site of contact for ingested and many inhaled allergens. A diet eliminating allergens has been shown to have good therapeutic results.

- Gluten (protein found in grains): Another possible factor with recurrent mouth ulcers is sensitivity to wheat gluten found in wheat family grains, buckwheat, wheat, oats, rye, and barley. Withdrawing gluten from the diet has shown positive effects in some patients.

- Stress: Stress is a precipitating factor in recurrent mouth ulcers, suggesting a breakdown in normal host protective factors, and therefore increased development of allergies. Many people who suffer from canker sores will frequently report that the timing of their ulcers coincide

with periods of stress.

- There is also evidence that some patients with recurrent mouth ulcers are deficient in Vitamin C, iron, folate, selenium, calcium, B-vitamins especially vitamin B12 and zinc or a combination of these nutrients.

- People will often recall some sort of trauma such as self-inflicted bite, irritation from a sharp tooth, poor-fitting dentures, rough fillings or possibly trauma from some type of food such as a crisp chip, preceding the formation of their canker sores.

### Dietary and supplemental recommendations for prevention of recurrent mouth ulcers

The diet should be low in animal products and high in complex carbohydrates as well as free of known allergens and all gluten sources. The following supplements are beneficial in treating and preventing canker sores:

- Vitamin C
- Zinc picolinate
- B vitamins
- Mixed bioflavonoids: Flavonoid compounds which are largely responsible for the color of fruits and flowers in plant life have been shown to be effective in the treatment of canker sores by inhibition of allergens and by strengthening connective tissues.

- Folic acid
- Hypo Allergenic Multivitamin and mineral

I should also add the benefit of licorice root in mouth ulcers, which is superior to any treatment. Licorice root that has had the glycyrrhizic acid removed is called deglycyrrhizinated licorice (DGL). Glycyrrhizic acid is the portion of licorice root that can increase blood pressure and cause water retention in some people. The wound healing and soothing components of the root remain in DGL. A mixture of DGL and warm water applied to the inside of the mouth may shorten the healing time for canker sores, according to a double-blind trial. This DGL mixture is made by combining 200-400 mg of powdered DGL and 2 ounces of warm water. It can then be swished in the mouth for two to three minutes, then spit out or swallowed. This procedure may be repeated each three times a day.

- 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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# FINANCES

## The bond market

### Falling Prices are No Cause for Alarm

On June 13, the bond market rally was at its height—meaning bond prices were high and interest rates were low. Since then, Treasury rates have risen faster than at any point since 1987—and bond prices have fallen dramatically.

If you own bonds, these events might seem discouraging. However, upon closer inspection, you may well realize that falling bond prices



Harley Catlin and Ryan Catlin

aren't such a threat to your financial goals.

Why is that? Read on.

### Stay the Course

Before you make any sudden moves—such as selling your bonds—ask yourself a basic question: Why do I own bonds in the first place?

If your situation is typical you own bonds because they can help provide:

- **Income**—You can use your interest payments to help meet your living expenses.
- **Diversification**—Bond and stock prices rarely move in the same direction.
- **Capital Preservation**—If you hold your bonds to maturity, you can expect to receive the principal amount back.
- **Portfolio Stability**—Bonds can help ease portfolio volatility caused by constantly fluctuating stock prices.

Now ask yourself: "Have any of these four reasons changed?" Probably not. And, if that's the case, there's no reason to sell your bonds.

Of course, you might still be wondering why interest rates spiked and bond prices plunged. We believe a key reason is fear of higher inflation.

### Fear of Inflation

Bond owners worry about inflation because it eats away at the value of their bonds. If inflation is high over the life of a bond, you can still expect to receive the principal amount back at maturity, but the

purchasing power of your dollars will be much less. As a result, investors will demand higher interest rates to compensate for the decline in purchasing power caused by inflation.

As rates increase, bond prices decline. To better understand the relationship between interest rates and bond prices, imagine that you purchased a bond last year that pays 5 percent, but newly issued bonds of the same quality pay 7 percent. Obviously, no one will want to pay you the full face value for your bond, so, if you choose to sell it at that time, you would have to offer it at a "discount." And that's why the price you see on your statement will have dropped.

Why the sudden fear of inflation? Because investors anticipate a stronger economic recovery. Back in March, people were afraid that the war in Iraq might trigger a "double-dip" recession and possible deflation (falling prices). At that time, interest rates were approaching 45-year lows.

Today, the economic outlook has changed. Most bond investors no longer believe deflation is a possibility. They're anticipating a strong economic recovery, which, they fear, may push inflation (and interest rates) much higher, causing bond prices to drop.

As we've seen, this has already started to happen: Interest rates have moved higher, and bond prices have moved lower. From June 13 to September 2, short-term interest rates, as measured by three-month U.S. Treasury bills, rose 0.32 percent. During this same time period, the rate on 10-year U.S. Treasury bonds—often referred to as the "benchmark" against which all other bonds are measured—jumped from 3.11 percent to 4.59 percent. Moody's Aaa Corporate long-term bond rates have risen from 4.76 percent to 5.93 percent.

### History Lesson

Historically, short-term rates rise during economic expansion, but long-term rates don't necessarily perform the same way. This means the prices of long-term bonds may remain more stable than you might expect.

Of the 15 economic expansions since the 1920s, there were only three instances when long-term rates

rose significantly. First, inflation rose in the 1960s because of heavy government spending on social programs and the Vietnam War. In the late 1970s—and again in the early 1980s—inflation was so severe that the Federal Reserve eventually pushed short-term interest rates to 14 percent, which helped push the "prime" rate to 21.5 percent. This led to the deepest recession since the end of World War II.

Long-term bond prices dropped quite a bit in all three cases. But we believe those three periods were exceptions to the general rule that long-term bonds can still be a good investment in periods of economic expansion. And today, we believe the outlook for inflation remains tame.

### Climb a Bond "Ladder"

We recommend that you combat interest-rate movements by building a "ladder" consisting of bonds of varying maturation. Bond ladders can help you in all interest-rate environments. Because you have money coming due periodically, when rates are high, you'll be able to reinvest proceeds from maturing shorter-term bonds; when rates are low, you'll still have your higher rates on, longer-term bonds working for you.

Ultimately, bonds provide current income, likely preservation of principal and portfolio diversification. In other words, bonds can help you reach your investment goals—so, don't let falling prices scare you away.

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



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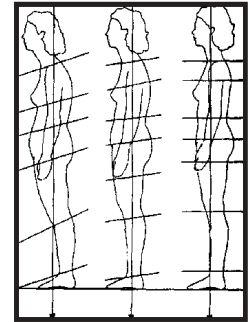
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## What is Rolwing?

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- People who want more than a massage.
- People who feel they are living and working below their inherent potential.
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- People who want more harmony in their lives.
- People in every age group - infants to seniors.

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# SENIOR FORUM

## More American communities are becoming retiree-friendly

By Kent S. Collins

DEAR SENIOR FORUM: We don't want to move to a retirement village, but we do want to live in a retiree-friendly community. If you understand the difference, can you recommend one? — Mr. and Mrs. C.B.

DEAR MR. AND MRS. C.B.: I do and I won't. Few recommendations are ever offered here — just ideas and shared experiences that retirees can evaluate in light of their own situations. But I can offer some examples of what you seem to be seeking.

Across the nation, small towns and cities are courting couples like you. These are not retirement villages or resorts, but ordinary American communities that offer something special to coax a few retirees their way.

In Alabama, for example, researchers and community leaders have found that retirees are more valuable financially than factory workers, and have launched campaigns to recruit them.

"Research and interviews with local officials by staff members of the Center for Economic Development at Jacksonville State University focused upon the retirement amenities which migratory retirees look for when assessing a community as a potential place to permanently retire," according to a JSU study.

The research on "retiree attraction" suggests an alternative to "smokestack chasing," referring to the relentless courting of new industry and manufacturing for rural Alabama communities.

The JSU researchers developed an economic model suggesting that "one affluent retiree locating in a community is the equivalent of three factory workers as far as economic development is concerned."

How can that be, you wonder?

— Factory jobs require infrastructure and tax breaks. Retirees don't need either one.

— Retirees boast more disposable income than most factory workers. With retirement, the demands or entitlements on income decline for many people. Meanwhile, factory workers are struggling with house and car payments and the cost of

sending children to college or otherwise launching them into adulthood. Retirees have left those expenses behind.

— Retirees bring with them investment accounts that are hassle-free assets for local bankers and brokers. Companies come with strings attached to the financial assets they bring to a community.

— Many Alabama towns and small cities offer amenities retirees want and the communities can offer in a "user-friendly" way. Think low crime rates, proximity to quality medical care centers, low cost of living, low taxes, low housing costs, convenient shopping, a mild climate, friendly neighbors, nearness to major cities, and an active social/cultural environment.

— Communities offering such amenities can grow their economies better than factory-hunting towns. Alabama boasts 25 or more such "great places to retire."

According to the researchers, "Surveys show that most retirees prefer small towns and rural areas as better places to make ends meet and to get in touch with more important values. These retirees see the overall quality of life as being better outside of larger cities, but want to be within a reasonable distance of one for the additional amenities it offers."

The Alabama story is just an example of what retirees can find in the fertile retirement ground between their hometowns and America's many well-advertised retirement resorts.

You don't need a university study to find these places. Just take a few day trips in your car.

Many such retiree-friendly towns are probably sitting off interstate highways several exits from your present community.

If you think you might enjoy living in a small community, don't move right away. Rent a house for a few months to see how you like the lifestyle.

(If you, like the readers above, have good stuff to share, write to The Senior Forum c/o Tribune Media Services, 435 North Michigan Avenue, Suite 1500, Chicago, IL 60611, or e-mail seniorforum@mchsi.com.)

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# COOKING LIGHT

## Cranberry-orange muffins

By Maureen Callahan

Orange rind and dried cranberries flavor a cake-style muffin that's easy to make and freezes well. Microwave at high for 20 to 30 seconds to thaw. When fresh cranberries are available, use them to add a pleasant tartness.

- 1 1/2 cups all-purpose flour
  - 3 tablespoons yellow cornmeal
  - 1 1/2 teaspoons baking powder
  - 1/2 teaspoon baking soda
  - 1/4 teaspoon salt
  - 3/4 cup sugar
  - 1/4 cup butter, softened
  - 2 teaspoons grated orange rind
  - 1 large egg
  - 1 large egg white
  - 1/3 cup fat-free buttermilk
  - 1/4 cup part-skim ricotta cheese
  - 2/3 cup dried cranberries, coarsely chopped
  - Cooking spray
1. Preheat oven to 375 degrees.
2. Lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next 4 ingredients (flour through salt), stirring

well with a whisk.

3. Place sugar and butter in a large bowl; beat with a mixer at medium speed until well blended (about 2 minutes). Add rind, and beat to combine. Add egg and egg white, 1 at a time, beating well after each addition.

4. Combine buttermilk and ricotta, stirring well with a whisk. Add flour mixture and buttermilk mixture alternately to sugar mixture, beginning and ending with flour mixture.

Fold in cranberries. Spoon batter into 12 muffin cups coated with cooking spray. Bake at 375 degrees for 20 minutes or until a wooden pick inserted in center comes out clean.

Cool in pan 10 minutes on a wire rack; remove from pan. Cool completely on wire rack.

Yield: 12 servings (serving size: 1 muffin).

CALORIES 184 (24 percent from fat); FAT 4.9g (sat 2.8g, mono 1.4g, poly 0.3g); PROTEIN 3.5g; CARB 31.6g; FIBER 1g; CHOL 30mg; IRON 1mg; SODIUM 225mg; CALC 63mg.

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## Scotch Share The Warmth® kicks off 17<sup>th</sup> annual drive

As the temperature begins to get cooler, once again Scotch Fabric Care is making sure that the less fortunate stay warm. Starting on Monday, October 20 through November 21, Scotch Fabric Care will be collecting coats — in good condition — for their 17<sup>th</sup> annual Scotch Share The Warmth® collection drive. In the past 16 years they have collected more than 126,000 coats for the needy in Lawrence and Topeka.

Anyone wishing to donate a coat may drop them off at the nearest Lawrence or Topeka Scotch location. Scotch cleans the coats and works with the Salvation Army to distribute them to those less fortunate. Groups interested in collecting coats for the program are encouraged to contact Scott Shmalberg, Scotch Industries at (785) 843-0639 or Marlen Showalter, Topeka Manager at (785) 235-3401 to make arrangements.



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# CALENDAR

## ART/ENTERTAINMENT

DEC 6

### 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 p.m. Show starts at 8 p.m. TOPEKA, 785-357-5211  
[www.topekacivictheatre.com](http://www.topekacivictheatre.com)

## BINGO

SUNDAYS

KNIGHTS OF COLUMBUS HALL  
2206 E. 23RD ST., LAWRENCE, 6:30 PM  
785-842-2699

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1  
3800 SE MICHIGAN AVE, TOPEKA,  
6:30 PM  
785-267-1923

MONDAYS & THURSDAYS

AMERICAN LEGION POST NO. 400  
3029 NW US HIGHWAY 24, TOPEKA,  
6:30 PM  
785-296-9400

MONDAYS & SATURDAYS

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

TUESDAYS

VETERANS OF FOREIGN WARS  
138 ALABAMA, LAWRENCE, 6:55 PM  
785-843-2078

WEDNESDAYS

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

WEDNESDAYS

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

WEDNESDAYS & FRIDAYS

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

WEDNESDAYS & FRIDAYS

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

THURSDAYS

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

FRIDAYS

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

FRIDAYS

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

## CLASSES/LECTURES

NOV 8

### TOPEKA GENEALOGICAL SOCIETY OPEN HOUSE

TGS was founded to promote the education and knowledge of the membership and public in family history and genealogical records and research. Open house will be held 2:00-5:00 p.m. at 2717 Indiana. TOPEKA, 785-233-5762  
[www.tgstopeka.org](http://www.tgstopeka.org)

NOV 18

### KNOW YOUR ANTIQUES: TOY VOLKSWAGEN

Show and Tell time for collectors of toy Volkswagens. Larry Gantenbein, guest speaker, will have several toy Volkswagens plus reference books. Watkins Community Museum of History, 1047 Massachusetts, 2:00-4:00 p.m. LAWRENCE, 785-841-4109

DEC 2

### IMPACT OF VIETNAM IN THE HEARTLAND

Jack Hofman, Professor of Anthropology at KLU, will present a program discussing the impact of the Vietnam War on a small area in western Oklahoma during 1965-1972. Connections between Oklahoma casualties and Kansas veterans will be noted. Watkins Community Museum of History, 1047 Massachusetts, 6:30 p.m. LAWRENCE, 785-841-4109

## EXHIBITS

NOV 1-NOV 3

### VIETNAM MOVING WALL

Moving wall set up for viewing 24/7. OTTAWA, 785-242-1411  
[www.visitottawakansas.com](http://www.visitottawakansas.com)

NOV 1-SEP 2004

### VIETNAM EXHIBIT

Tribute to Vietnam veterans from Douglas County. Memories of the 1960s, as well as many artifacts, letters, clothing, etc. contributed by veterans. Watkins Community Museum of History, 1047 Massachusetts. LAWRENCE, 785-841-4109

NOV 21-22

### CRAFT SHOW

25<sup>th</sup> annual. Crafters of all kinds will display their wares at this craft show. TOPEKA, 785-286-0676

NOV 22

### YWCA SEE AND SELL

Over 200 exhibitors! Annual hand-made crafts show including herbal soaps, furniture, antique flatware designs, candles, and holiday and home decorations. SALINA, 785-825-4626

## FESTIVALS/FAIRS

NOV 1-30

### WOODLANDS FALL FESTIVAL OF LIVE RACING

Live champion thoroughbred and quarter horse racing, Wednesday through Sunday. KANSAS CITY, 913-299-9797  
[www.woodlandskc.com](http://www.woodlandskc.com)

NOV 5-11

### ALL VETERANS TRIBUTE!

50<sup>th</sup> anniversary. Founding city of Veterans Day, parade, memorial services, USO show, veterans recognition, military field base, party, programs, and exhibits. EMPORIA, 620-342-1803  
[www.emporia.edu](http://www.emporia.edu)

NOV 7

### MARINE CORPS BIRTHDAY, VETERANS DAY CELEBRATION

Local veterans are invited to attend the celebration at the University of Kansas' Robert J. Dole Institute of Politics. 10:00-11:30 a.m. LAWRENCE

NOV 8

### LIGHT CENTER FALL FESTIVAL-WORLD WIDE MEDITATION: AWAKENING THE WORLD SOUL

Potluck and concert featuring Richard Mكدeci and Lesly Lewandowski. Love offering. Begins at 5:00 p.m. THE LIGHT CENTER, 785-255-4583  
[www.lightcenterks.org](http://www.lightcenterks.org)

NOV 22-FEB 22

### KANSAS CITY STAR QUILT SHOW

Feast your eyes on quilts created from the Kansas City Star quilt patterns. SHAWNEE, 913-631-6709

## HEALTH

FIRST TUESDAY OF EACH MONTH

### HEALTH SCREENING CLINIC

Lawrence-Douglas County Health Department. LECOMPTON COMMUNITY BUILDING 9:30-10:30 AM

TUESDAYS AND THURSDAYS

### BLOOD PRESSURE CLINIC

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

WEDNESDAYS

### HEALTH SCREENING CLINIC

Lawrence-Douglas County Health Department. For individuals 60 years of age and older and their spouses. Minimal fees, but no one will be denied service because of inability to pay. BABCOCK PLACE, LAWRENCE 9 AM-12 NOON

SECOND THURSDAY OF EACH MONTH

### BLOOD PRESSURE AND HEALTH INFORMATION

Sponsored by the West Ridge Mall merchants. Conducted in mall's food court. No appointment necessary. WEST RIDGE MALL, TOPEKA 8:15-9:15 AM

THIRD TUESDAY OF EACH MONTH

### HEALTH SCREENING CLINIC

Lawrence-Douglas County Health Department.

PINECREST II APARTMENTS, 924 WALNUT, EUDORA, 9-10 AM

SEP 17-DEC 10

### SEATED EXERCISE CLASS FOR PEOPLE WITH PARKINSON'S AND THEIR CAREGIVERS

Wednesdays through December 10 Assembly of God Church Gymnasium 3200 Clinton Parkway. For additional information about this free class, call Janet Hamburg. LAWRENCE, 785-864-5168

NOV 4

### BONE DENSITY SCREENING

Are you at risk for osteoporosis? This quick and easy screening can indicate if further testing for this potentially debilitating disease is needed. A bare heel is necessary for the screening. Information about prevention of osteoporosis is also included. Appointment is required. \$15/person. LMH HEALTH SOURCE ROOM 9:00-10:40 AM

NOV 5

### CHOLESTEROL SCREENINGS

A fingerstick test providing a total blood cholesterol reading in five minutes. \$5 per person. No fasting or appointment necessary. LMH HEALTH SOURCE ROOM 9:30-11:30 AM

NOV 8

### CHOLESTEROL SCREENINGS

See November 5 description. LMH HEALTH SOURCE ROOM 9:30-11:30 AM

NOV 13

### BONE DENSITY SCREENING

See November 4 description. LMH HEALTH SOURCE ROOM 9:00-10:40 AM

NOV 15

### BONE DENSITY SCREENING

See November 4 description. LMH HEALTH SOURCE ROOM 8:30-10:10 AM

## HOLIDAY EVENTS

NOV 1-DEC 31

### SALINA COMMUNITY THEATRE PRESENTS—A CHRISTMAS CAROL

An annual tradition for the holiday season! SALINA, 785-827-6126  
[www.salinatheatre.com](http://www.salinatheatre.com)

NOV 15

### HOLIDAY COOKING WITH CHEF ALLI

Presented in cooperation with Food 4 Less and 94 Country. Join Chef Alli in the Marvin Auditorium where she will share her favorite holiday recipes and food preparation ideas with you. This program is free, open to the public, and no registration required. Topeka & Shawnee County Public Library, 2:00-4:00 p.m. TOPEKA, 785-580-4540  
[www.tsctl.org](http://www.tsctl.org)

NOV 15

### HOLIDAY BAZAAR

26<sup>th</sup> annual. Kick-off the holiday shopping season and discover creative handmade gifts, crafts, and baked goods. LAWRENCE, 785-847-0029  
[www.visitlawrence.com](http://www.visitlawrence.com)

# CALENDAR

CONTINUED FROM PAGE 10

NOV 21

**LIGHTING OF THE DEPOT**  
Christmas lighting of historic Union Pacific depot featuring Christmas parade, fireworks, Santa, cartoon characters, and more. ABILENE, 800-569-5915  
www.abilenecityhall.com

NOV 22

**BEING A GIFT OF PEACE FOR THE HOLIDAYS: A DAY OF HEALING AND RENEWAL**

Hilary Kass to prepare for a peaceful holiday. 9:00 a.m.-5:00 p.m. Fee. THE LIGHT CENTER, 785-255-4583  
www.lightcenterks.org

NOV 22-DEC 27

**WINTER WONDERLAND**  
Over 1 million lights will bring to life a variety of characters in this holiday display. TOPEKA, 785-267-1156

NOV 23-JAN 4

**CHRISTMAS HISTORIC LECOMPTON**  
Three floors of Christmas trimmings and decorations. Vespers Dec. 8, 2:00 p.m. LECOMPTON, 785-887-6285  
www.lecomptonkans.com

NOV 28-DEC 14  
**WONDERFUL LIFE**

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www.theatre.lawrence.com

NOV 28-DEC 31

**CHRISTMAS CARD LANE**  
Giant greeting cards and lights decorate an entire neighborhood. More than 200 homes participate. OLATHE, 913-764-1050  
www.olathe.org

NOV 28

**HOLIDAY LIGHTING CEREMONY AND SANTA'S ARRIVAL**

Downtown becomes ablaze with nine blocks of holiday lights. Santa's rescued off the rooftop of Weaver's Department Store. LAWRENCE, 785-842-3883  
www.visitlawrence.com

NOV 28

**TREE LIGHTING CEREMONY**  
Santa is welcomed and takes time to meet with all the children. Music is provided. PAOLA, 913-294-4335  
www.paolachamber.org

NOV 29-DEC 28

**A VERY 50s CHRISTMAS**  
Visit the 1950s all-electric model home decorated for the holidays, including an aluminum tree. SHAWNEE, 913-631-6709

NOV 29-DEC 28

**CHRISTMAS AT LANSFIELD SCHOOL**  
Discover what Christmas meant to school-age children in rural Kansas at the turn-of-the-century. Make/take old-fashioned ornament. EDGERTON, 913-893-6645

NOV 29

**GARNETT CHRISTMAS PARADE**  
33<sup>rd</sup> annual lighted Christmas parade. GARNETT, 785-448-6767

NOV 29

**HOMEMADE FOR THE HOLIDAY**  
Craft show with 55+ crafters with hand-made crafts and art. MANHATTAN, 785-293-5712

DEC 1

**CHRISTMAS IN WAMEGO**  
Lighted Christmas parade and park lighting celebration. Santa comes to town. Wamego City Park is truly a "Winter Wonderland." WAMEGO, 785-456-7849  
www.wamegochamber.com

## MEETINGS

FIRST WEDNESDAY OF EACH MONTH

**NOW OR NEVER CLUB**  
BALDWIN SENIOR CENTER  
1221 INDIANA, BALDWIN CITY  
12 NOON-1:30 PM, 785-594-2409

FIRST AND THIRD MONDAY OF

EACH MONTH  
**CAREGIVER SUPPORT GROUP**  
LAWRENCE SENIOR CENTER  
2:15-3:45 PM, 785-842-0543

FIRST WEDNESDAY OF EACH MONTH,

SEPTEMBER-MAY  
**KAW VALLEY CHAPTER, OLDER WOMEN'S LEAGUE**  
Forums held at Lawrence Public Library  
1:30 PM

WEDNESDAYS

**OLDER KANSANS EMPLOYMENT PROGRAM**  
LAWRENCE WORKFORCE CENTER  
2540 IOWA, SUITE R, LAWRENCE  
10 AM-NOON

FIRST THURSDAY OF EACH MONTH

**LAWRENCE PROFESSIONALS IN AGING**  
Networking group. Call Kim or Laura at 785-842-0656 for more information. \$10 to attend (includes lunch). ELDRIDGE HOTEL, LAWRENCE  
11:30 AM-1:00 PM

SECOND MONDAY, SEPT.-MAY

**LAWRENCE CLASSICS, GENERAL FEDERATION OF WOMEN'S CLUBS**  
Volunteer service club.  
785-331-4575

THIRD MONDAY OF EACH MONTH

**SELF HELP FOR THE HARD OF HEARING (SHHH)**  
SHHH is a non-profit, educational organization dedicated to the well-being of people of all ages who do not hear well. BABCOCK PLACE, 1700 MASSACHUSETTS, LAWRENCE, 1 PM

THIRD TUESDAY OF THE MONTH

**LAWRENCE PARKINSON'S SUPPORT GROUP**  
FIRST PRESBYTERIAN CHURCH, 2415 CLINTON PARKWAY, LAWRENCE, 2 PM

THIRD THURSDAY OF EACH MONTH  
**PROSTATE CANCER SUPPORT GROUP**

The Prostate Cancer Support Group is for survivors, family members and anyone who is interested in learning more about prostate cancer. RIEKE AUDITORIUM, KU MEDICAL CENTER, 7-9 PM

FOURTH FRIDAY OF EACH MONTH  
**AARP CHAPTER 1696 LUNCHEON**

Group meets fourth Friday of each month except in July, November and December. Luncheon is held on third Friday in November. Reservations required at least one week prior to meetings. LAWRENCE COUNTRY CLUB  
785-842-0446 or 785-865-3787

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

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# BOOKSHELF

Reginald Hill: *Death's Jest-Book* (HarperCollins, \$25.95, ISBN 0-06-052805-2) *British police procedural mystery*

The Master of Mystery returns with a brand new Pascoe & Dalziel mystery! Fans who have been introduced to this British police mystery via the PBS shows will enjoy catching all the nuances of the written work—and there are a lot of them in 558 pages.

Peter Pascoe has thrice wrongly accused Francis Roote of criminal activity, so he is incensed when he begins receiving longish letters from the inveterate joker upon his release from prison. Frannie had applied himself to the academic offerings in prison, earning a master's and being accepted as a doctoral student under Sam Johnson. Johnson is working of Beddoe's 1808 *Death's Jest Book*. Although Franny claimed both innocence and absolutely no thoughts of revenge, the people between him and his newly found career have a tendency to die unexpectedly.

With author Hill you expect taut main and sub plotting, deft, developing characterization, and a sense of Yorkshire (This time at Christmas and New Years). And you won't be disappointed!

E. Paul Wilson: *Sims* (Forge, \$25.95, ISBN 0-765-30551-8) *Science Fiction*

In the not-so-distant future, an enterprising genetic engineering firm has experimented with the chimpanzee, altering its genome and adding some human genes to increase brain size and language capacity. The result, *Sims*, occupy a grey world between man and chimp. SimGen holds the patent on the sim genome, resulting in a lock on production (sims do not reproduce). SimGen leases sims for dangerous and boring jobs.

Patrick Sullivan, labor lawyer, is asked by a group of sims to help them unionize. They want to be able to stay with their friends, who constitute their family.

As Patrick wades into the internal structure of SimGen, he finds secrets beyond patent and proprietary processes. Secrets worth killing to keep secret.

Author Wilson is a practicing physician as well as novelist, giving this work authenticity. The plot is taut, the dialogue crisp, the characters

well drawn, (sims included). And since medical science is progressing so fast in the field of genetics, it isn't hard to believe.

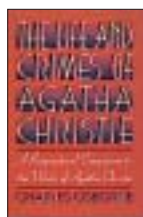
Charles Osborne: *The Life and Crimes of Agatha Christie* (St. Martin's Minotaur, \$25.00, ISBN 0-312-28130-7) *Biography*

Osborne gives the many fans of mystery's Grande Dame a chronological account of her life as she wrote each of her novels and plays. Since Christie's life was definitely not one of smooth waters and quiet contemplation, her life alone would be worth reading. When it is combined as Osborne has with her literary legacy, both her life and her works are enhanced.

Several sections of black and white photography show Agatha, her family, and the actors and actresses who spoke her lines on stage and screen.

First published in 2001, this book is, and will remain, ageless. If you

CONTINUED ON PAGE 13



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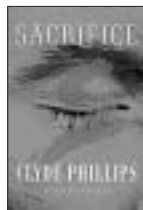
# BOOKSHELF

CONTINUED FROM PAGE 12

have a mystery fan on your Christmas list, this would be an excellent choice.

Clyde Phillips: *Sacrifice* (Wm. Morrow, \$24.95, ISBN 0-06-621237-5) *Suspense*

San Franciscan Philip Iverson, a self-made billionaire, is beloved for his major acts of philanthropy. He is fatally shot in the parking garage of the elegant hotel, leaving after receiving the city's gratitude for a huge donation for a new cancer wing at Children's Memorial Hospital.



A homeless man dies about the same time down by the piers. His killer chose a swift knife stroke and left a special mark on his victim's eyelids. He's identified, finally, from a meal coupon to a mission soup kitchen as Willie Temple.

Lt. Jane Candiotti and her husband and partner Ken draw both cases. Guess which death has the Police Chief emphasized? Which one of the newspapers cover on page 1?

Jane wants equal justice, and starts both investigations with quite thorough police procedures.

She's relatively new at her position (which puts her over her younger husband) and the relationship with the Chief is a bit testy.

When other homeless men are found stabbed with the same sign, Jane knows she is dealing with a serial killer. And serial killers interest the newspapers much more than a solitary killing of homeless beggar.

The suspense builds as Jane and Ken draw the facts from the two scenes, under increasing pressure to find the perpetrators. Finding the motive would help a lot, but when they get close to that they find themselves under attack—and not from the newspapers.

Great plot and characters, dialogue that moves the plot, and a nifty twist near the end!

## Paperback Picks

M. E. Cooper: *Key Confrontations* (Padlock Press, \$9.95 trade paperback, ISBN 0-9662020-6-6) *Historical mystery*

Widowed Avisia Baglatoni learned the locksmith trade from her husband before his tragic death. In 15<sup>th</sup> century Bologna, a wealthy Papal State in what is now Italy, this left her with a

trade and membership in the Guild, a means to earn her own living.

When Avisia's beloved father-in-law is killed and Avisia charged with the murder, she feels alone, frightened. She did have a motive (Her father-in-law was about to marry and presumably would change his will) so a temporary release from prison may be just that—temporary. She retires to a convent to marshal her thoughts, but can't avoid trying to identify the killer.

Cooper's research gives an authenticity to this time period, and she does so naturally and simply, not pedantically. The trade paperback is very easy on the eyes as well, and there are even authentic recipes doable in today's kitchens!

Taffy Cannon: *Guns and Roses* (Perseverance Press, \$12.95 trade paperback, ISBN 1-880828434-0) *Mystery*

Roxanne, former policewoman, is learning the travel business from her aunt Maureen. Maureen has Irish Eyes Travel, specializing in group education tours. This one is titled "The History and Gardens of Virginia," and Roxanne has been looking forward to it for months. Maureen comes down with chicken pox, and Roxanne directs the tour by herself.

Accidents and pranks seem to be following the group. The problems escalate as the tour group gets to Williamsburg.

This is a classic "village mystery" in that the perpetrator must be involved in the tour. Follow the characters and see if you can find the motive and the killer before Roxanne does!

Pat Mattaini Mestern: *Magdalena's Song* (High Country Publishers, \$16.95 trade paperback, ISBN 0-9713045-8-0) *Supernatural*



Daniel Vincent Cudzinski arrived without warning in Millbrook, a small industrial town in Ontario Province with a reservation at Theresa Inachio's boarding house. He's researching one of the town's two founders, the Andersons, saying he may have a connection. Theresa's daughter Sharona and grand-daughter Pense also live there, and it is a regular stop on the gypsy's trail.

There is something *different* about Daniel. Just what is he looking for? More to the point, who is he?

An intriguing novel, part romance, part supernatural, all enjoyable!

## The Ears Have It

Tom Brokaw: *The Greatest Generation* (Random House Audiobook, 3 cassettes, approx. 4 hours). *Abridgement approved by author*

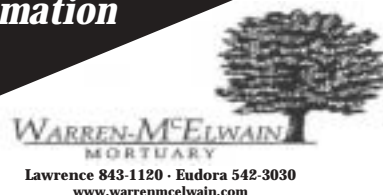
Brokaw uses the stories of the ordinary men and women whose generation came of age during the Great Depression and the Second World War. When the war ended, they returned to

rebuild both their own lives and the America they had saved. Brokaw lets their individual lives exemplify their common purposes and values.

Tom Brokaw says of his research, "I became more and more moved by their everyday excellence—and more and more convinced that this is the greatest generation in our country's history."

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

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# PUZZLES

TMSpuzzles@aol.com

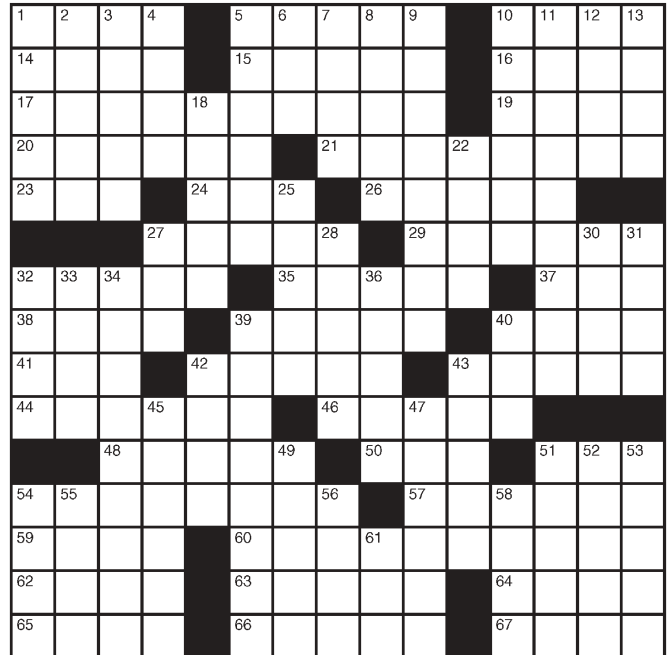
## ACROSS

- 1 Recedes
- 5 Garlic-basil sauce
- 10 Mimic
- 14 Cambodian currency
- 15 Fall flower
- 16 Foal's mom
- 17 Russian-born violinist
- 19 Sch. orgs.
- 20 Universe
- 21 Superlatively wee
- 23 Picnic pest
- 24 Unruly crowd
- 26 Take the helm
- 27 Guadalajara bread?
- 29 Worked for
- 32 Separate
- 35 Carols
- 37 Actress Lupino
- 38 Vault
- 39 Gardner's Mason
- 40 Move
- 41 Adherent's suffix
- 42 "Two Women" star
- 43 Senior member
- 44 Inscribed monuments
- 46 Gets up
- 48 Of an ancient alphabet
- 50 Center starter?
- 51 Cry of discovery
- 54 Implies an additional meaning
- 57 Banded chalcedonies
- 59 In a tizzy
- 60 Apprentice period

- 62 Blackthorn
- 63 Missouri feeder
- 64 Ripped
- 65 Biddies
- 66 Roman tyrant and others
- 67 Org.

## DOWN

- 1 Author Jong
- 2 Buffalo
- 3 Beauty's beau
- 4 Criticize severely
- 5 John Dos \_\_\_
- 6 Cornerstone abbr.
- 7 Fr. rel. figures
- 8 Conditions
- 9 Showily
- 10 More spacious
- 11 Fatherhood
- 12 Historic times
- 13 Take a breather
- 18 Celestial transient
- 22 Poetic meadows
- 25 Stupid mistake
- 27 Tense beginning?
- 28 More tender
- 30 Singer Brickell
- 31 Phooey!
- 32 Buyer-beware phrase
- 33 Gone by
- 34 "The \_\_\_ of a Faun"
- 36 Sergeant Bilko
- 39 Status
- 40 Mayday!



By Roger Coburn  
Summerville, GA

- 42 Late-night Jay
- 43 Vouchsafe
- 45 Sudden thrusts
- 47 Items in reserve
- 49 Use a thurible
- 51 Porthos' pal
- 52 Will's names
- 53 Colorado ski resort

- 54 Alternative to plastic
- 55 Eye amorously
- 56 Night light
- 58 Cinematic pooch
- 61 Conceit

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Answers on page 19

## 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.

### SPACE STATION (sol: 13 letters)

A-Alpha, Ambitious, Assemble, Astronauts; B-Build; C-Canada, Cargo, Cosmonauts, Costly, Crew; D-Dock; E-Effort, European; F-Flights; J-Japan; L-Laboratory, Learn; M-Microgravity, Modify; N-NASA; O-Orbit; P-Payload, Permanent, Ports; R-Robot arm, Russia; S-Science, Segments, Soyuz, Spacewalk; U-Unique, United States; V-Venture, Visitors

This month's answer: **INTERNATIONAL**

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

## JUMBLE

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

USTEA  
NASPY  
ZEEMAC  
FLORGE

Ans: A

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WHAT THE INVESTOR GOT WHEN HE BOUGHT THE ICE RINK.

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

Answers on page 19

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## TRIVIALITIES

1. What actor made his big-screen debut in the 1992 film remake of "Wuthering Heights"?
2. The 1993 film "Schindler's List" was adapted from whose novel of the same name?
3. Robert Redford directed what 1994 film starring John Turturro and Rob Morrow?
4. Who starred as Hana in the 1996 film "The English Patient"?
5. In what year was the Gillian Armstrong film "Oscar and Lucinda" released?
6. Anthony Hopkins starred opposite Edward Norton in what 2002 thriller?
7. Ralph Fiennes has been nominated twice for a best actor Oscar. How many Oscars has he won?

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Answers on page 19

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# HUMOR

## Caught in the act

My wife's bloomers caused some trouble the other day. I'm using an archaic word for the underwear in question because I don't want anybody sticking a "parental discretion" advisory notice on this column. This isn't about sex. It's about two perfectly acceptable topics—crime and violence.

You've probably seen the news reports about a female robber who's been hitting the shopping malls in Kansas City. The news media call her the Boutique Bandit because she sticks up dress shops and women's



Larry Day

clothing outlets rather than convenience stores and gas stations. She's mean. She punches the sales clerks, and pulls their hair.

No one has seen the robber's face because she always wraps a scarf around her head. After a stick-up, the Boutique Bandit whips off the scarf, runs out of the shop and mingles with the shoppers in the mall.

My wife, Emmaline, shops at the mall boutiques in Kansas City, but she'd never heard of the Boutique Bandit. The other day Emmaline was in a small shop called Sophie's On the Mall. She had just taken a powder-blue blouse to a dressing booth to try on.

Now here's where I have to supply some information for the shopping challenged. When you try on a pullover blouse in one of those pricey boutiques, you have to cover your head with something to avoid getting make-up on the garment. If you get make-up on the shop's expensive clothing, the sales ladies get very testy. My wife is scrupulously careful about such things. She keeps a pair of bloomers—along with 26 pounds of other vital necessities—in her purse.

In the booth, Emmaline pulled the blouse over her bloomer-covered head and down over her torso. Suddenly there was a scream from the front counter. My wife ran out of the dressing booth with the bloomers still on her head. The cash register was spitting out white tape by the yard and making weird electronic noises.

The sales clerk was jumping up

and down, screaming, "My boss is going to fire me. My boss is going to fire me."

My wife picked up the electronic price zapper. It looks like a pistol. As soon as Emmaline picked up the zapper, the cash register stopped spitting out tape. The saleslady quit screaming.

Just then a mall security guard burst through the door and yelled, "Freeze! Drop that weapon and get down on the floor." My wife dropped the zapper.

The saleslady slumped to the floor in a dead faint.

My wife got face down on the floor with the bloomers still on her head.

"Don't move," said the security guard. Then he yelled into his walkie talkie (my wife's term). "Metro Mall Central. Metro Mall Central. This is Zero Zero Six Wombat, I have a Code Purple at grid location...ahh.. lemme see...ahh...at grid location Bravo Apple Nine."

There was some static, then a voice said, "This is Metro Mall Central. Please identify yourself."

"This is Zero Zero Six Wombat. I say again, I have a Code Purple...."

"This is Metro Mall Central. I say again, please identify yourself."

"This is Zero, Zero Six Wombat," yelled the security guard.

"This is Metro Mall Central. You're using an expired protocol. Please identify yourself using the current protocol."

"Dammit all to hell, this here's Gilbert Peabody. I'm working mall security for Big Brother Incorporated. I've caught the Boutique Bandit red-handed here at Sophie's on the Mall, and I'm tellin' you to get some back-up the hell over here right now, you dumb jackass."

Then my wife, still cringing on the floor, heard an the walkie talkie squeal, and a new voice broke in.

"I heard that! I heard that!" said the voice. "I'm ordering that man to state his name and give his frequency. I've got this on tape, so don't try to sign off."

"This is Metro Mall Central. Who is that? What's going on?"

"This is Malcomb Meatwater," said the new voice. "I'm monitoring this frequency for the Citizen's Commission on Clean Airways. That man used profanity. I'm going to report this violation to the FCC. I want that man's name and badge number."



Plugger labor and management.

"Mr. Bedwetter, this is Metro Mall Central. Please quit interrupting this transmission."

"The name's Meatwater, not Bedwetter."

"Mr. Meatwater, this is police business and..."

"Bedwetter," screamed Gilbert Peabody into his walkie talkie, "you can take your Citizens Commission for Clean Airways and drop it into your mother-in-law's cast iron bird bath. Metro Mall Central, you dumb jackass, you can stick your current protocol down a purple-beaked pelican's throat. And Big Brother Incorporated can take this job and shove it into the nearest haystack. That's it. I'm done. I'm outta here." Then Gilbert Peabody hurled the walkie talkie

into a rack of 40-percent-off cocktail dresses and stomped out the door.

My wife picked herself up and walked shakily back to the dressing booth. She carefully removed the powder-blue blouse and put on her own. She took the bloomers off of her head, and picked up her purse. Back at the cash register, the saleslady was leaning on the counter, shaking the cobwebs out of her head. "That blouse just wasn't the right color for me," said my wife. Then she walked out and mingled with shoppers in the mall.

- 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.



# PET WORLD

## Purring elephants and mourning canines

By Steve Dale

Q: Do elephants purr? I need to know. — J.L., Red Deer, Alberta, Canada

A: Aside from the wide assortment of trumpet-blowing sounds which most people are at least vaguely familiar with, elephants communicate in two other ways.

While dolphins "speak" using high-pitched ultrasonic frequencies, elephants use infrasonic communication, which is at the other end of the sound scale. Carol Buckley, founder/executive director of the Elephant Sanctuary in Hohewald, Tenn., says, "The elephants communicate at a pitch so low people can't hear it. But we can feel it. When the elephants communicate this way, they vibrate at where the base of their trunk meets their head. If you happen to be standing close to the elephant, you can really feel it."

Elephant infrasonic communication can travel 30 miles, a kind of elephant version of long-distance calling. Best of all, elephants have unlimited minutes.

When elephants are content, they may do exactly what your cat does. That's right, elephants purr. Scientific journals usually call this vocalization a rumble rather than a purr, but it's all the same thing. Buckley says elephants purr most often when greeting old friends or when they eat.

While it's perfectly wonderful for a kitty to leap into your lap to snuggle and purr, it's not so great when an elephant tries to do the same thing.

Q: Our six-year-old golden retriever was euthanized two weeks ago because of cancer. We have two other dogs, both goldens, one age 9 and another 16 months old. Both dogs have had a difficult time dealing with her loss. The older dog won't eat, and the puppy wants to sleep in our bed. We're trying to keep things as normal as possible, but the dogs are moping around. Can we help them through this? — C.C., Bradford, Mass.

A: I'm so sorry about your dog. Some scientists claim that animals don't mourn. However, as you now know, that's just not true.

However, what your dogs are thinking at this time is likely not the same as what you're experiencing, according to Dr. Myrna Milani, author of "Preparing For the Loss of Your Pet" (Prima Publishing, Roseville, CA, 1998; \$15.95). "The dog pack in your home is constantly evolving," she says. "But when an animal dies, the survivors must adjust overnight, figuring out where they stand with one another, and what their new roles might be. That's a lot of pressure on the surviving dogs."

Also, without question, these survivors are picking up on your emotions. If you're upset, the (surviving) dogs will be affected.

"We tend to do the opposite of what we should do by being very emotional and solicitous," says Milani. "We cry to the surviving animals, and lean on them. We wouldn't do that with children, and we shouldn't do that with our animals, either. If you do, you're sending the surviving animals all the wrong messages. You're being subordinate and in need. Also, this is a time to maintain the status quo, so don't change the rules, like allowing the dog into your bed."

Milani concedes one great thing about surviving pets is their ability to console us. You can certainly pet the surviving dogs; take time to massage and/or brush them. It will help you and your dogs. Most important, have fun; force yourself to play a game of fetch in the park. It will relieve some of your anxiety, and your dogs'. However, if there's one magic answer, it's time. In time, the dogs will adjust, just as you will. Though I'm sure you'll never forget your treasured pet.

(Write to Steve at Tribune Media Services, 435 N. Michigan Ave., Suite 1400, Chicago, Ill., 60611. Send e-mail to PETWORLD@AOL.com. Include your name, city and state.)

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# MY ANSWER

## Helping those with AIDS

By Billy Graham

QUESTION: I was appalled the other day to learn how many people are dying of AIDS in Africa and other places in the world that most Americans don't pay much attention to. Don't we have a responsibility to try to do something to help them? — Mrs. F.D.

ANSWER: Yes, I strongly believe we do — and I'm encouraged that this is beginning to happen. Jesus said, "I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me" (Matthew 25:40).

Just recently, my son Franklin returned from Africa, where his organization, Samaritan's Purse, is working with other Christian organizations to bring hope and help to those suffering from AIDS. They also are seeking to help some of the millions of children orphaned because of this tragic epidemic. His stories have deeply touched my heart.

His experiences also have strengthened my conviction that the only

lasting cure for AIDS and other sexually transmitted diseases is God's teaching on sexual purity. This is one reason why I believe Christians and Christian organizations have a special responsibility to get involved. Only Christ can give hope in the face

of such widespread disaster — hope for this life, and hope for the world to come. How can we remain silent?

When Jesus walked on earth, He reached out to people who were suffering from all kinds of problems, no matter the cause. May we be like Him, who "When he saw the crowds, he had compassion on them" (Matthew 9:36).

(Send your queries to "My Answer," c/o Billy Graham, P.O. Box 1270, Charlotte, N.C., 28201; call 1-(877) 2-GRAHAM, or visit the Web

site for the Billy Graham Evangelistic Association: [www.billygraham.org](http://www.billygraham.org).)  
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## Nifty, Nifty Look Who's 50!

The following celebrities  
turn 50 in November:

- Nov. 2 **Alfre Woodard**, actress, *St. Elsewhere*, *Scrooged*
- Nov. 3 **Roseanne Barr**, comedian/actress, *Roseanne*, *She-Devil*
- Nov. 3 **Dennis Miller**, comedian/actor, *Saturday Night Live*, *The Net*
- Nov. 15 **Beverly D'Angelo**, actress, *Vacation*, *Annie Hall*
- Nov. 18 **Kevin Nealon**, comedian/actor, *Saturday Night Live*
- Nov. 19 **Robert Beltran**, actor, *Star Trek Voyager*
- Nov. 27 **Curtis Armstrong**, actor, *Moonlighting*, *Revenge of the Nerds*

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# HEALTH CARE

## Demand for services contributes to rising costs

Like other forms of insurance, health insurance was first created to protect people from catastrophic financial loss. However, through the years, our expectations have changed regarding health insurance. We don't expect our auto insurance to pay for new tires, tune-ups or minor repairs; but we do want our health insurance to pay for every office visit, drug, test and procedure. The premiums that

health care coverage through their employer, and employers pay the majority of the premiums, consumers have been sheltered from the true cost of health care. This has resulted in an over-utilization of medical services.

Another reason is our aging population. As people reach middle age and older, they tend to require more medical services. One formula suggests that a 64-year-old person requires nearly \$4,500 more a year in health care services than an 18-year-old. That is of concern in Kansas because nearly one in three people is age 45 or older, including the large generation of Baby Boomers. The number of medical services Kansans will need in the future is going to increase greatly as our population continues to age.

A fourth reason patient demand

is increasing is simply because we all want the latest test or the newest drug. Our own insatiable desire contributes to the rising cost of health care.

There are steps that we all can take to curb our demand for services, thereby controlling health care costs for everyone:

- Prevent chronic conditions, or properly manage them, by eating a balanced diet and exercising regularly.
- Make informed choices of when, how and from whom you receive medical care.
- Learn which ailments you can self-treat at home, and which require the care of a medical professional.
- Avoid unnecessary medical tests and treatments. Talk with your doctor to make sure you have a clear understanding of what each procedure costs and how it will help you.
- Avoid hospitalizations when outpatient services are available.
- Don't repeat tests unnecessarily. For example, if you change doctors or visit a specialist, ask to have your records and test results forwarded to your new health care provider.
- Don't expect a prescription for medicine each time you visit your

doctor. If you do need medication, ask whether a generic version or an over-the-counter drug is available.

Kansans will use more medical services as we age, and the medical community will continue to find more advanced and more effective ways to treat illnesses. We will all share in the increased cost of better health care, so we all have a role to play in keeping it affordable. That means doing what we can to stay healthy and avoid chronic diseases, and working with our doctors to understand the costs and benefits of all treatment options.

- Ralph H. Weber, MD, is vice president of medical affairs for Blue Cross and Blue Shield of Kansas. He spent 10 years in private practice in Salina before joining the health insurer in 1988. He was promoted to vice president in 1990.



Ralph H. Weber, MD

Kansans pay today are a reflection of what it costs to receive all those everyday medical services as well as protection from catastrophic loss.

As we demand more services, the premiums we pay go up because insurance companies must charge enough to pay for all the claims they receive. There are many reasons why health care costs are rising due to an increase in patient demand for services.

One reason is the rapid increase in rates of chronic diseases like obesity, diabetes, congestive heart failure, asthma and their associated health problems. As more Kansans live with these and other chronic diseases, they will require more services to diagnosis and treat those conditions.

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## JUMBLE ANSWERS

Jumbles: SAUTÉ PANSY ECZEMA GOLFER

Answer: What the investor got when he bought the ice rink - A FROZEN ASSET

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## TRIVIALITIES ANSWERS

- Ralph Fiennes
- Thomas Keneally
- "Quiz Show"
- Juliette Binoche
- 1996
- "Red Dragon"
- None

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