

Kaw Valley Senior Monthly

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November 2004

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

Vol. 4, No. 5

INSIDE



Want more information about the Medicare Modernization Act and prescription drug cards? Several forums will be held throughout the month of November. - page 23



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FREE



Buster Jenkins

KEVIN GROENHAGEN PHOTO

Jenkins is not just fiddlin' around

By Kevin Groenhagen

When Buster Jenkins was just five years old, his father showed him how to play the three chords on a five-string banjo. He had no idea at the time that those lessons would help determine his "journey of life" for the next 70 years.

At the age of seven, Jenkins performed before an audience for the first time when he played and sang "The Wreck of the Old Number Nine" at a literary meeting at a school in rural Woodson County, Kan. According to Jenkins, when he finished playing, the whole school-house shook with applause.

"From that day on, I couldn't get enough of entertaining people," Jenkins said.

When Jenkins was 10, a new appliance introduced him to the sounds of another instrument.

"My Great-Uncle Green was an old bachelor and he got the first radio in our county," Jenkins said. "One Saturday night my father hitched the mules to the wagon and we went to Uncle Green's to hear the Grand Ole

Opry. I heard those Nashville fiddlers and I had never heard anything as beautiful. I decided that the fiddle is what I really wanted to play."

Jenkins' dream to become a fid-

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Veterans Day is November 11

Veterans Day originated as "Armistice Day" on Nov. 11, 1918. Its purpose: to commemorate the end of World War I. First proclaimed by Congress in 1926 and each year thereafter, Armistice Day became "Veterans Day" in 1954 as a result of legislation signed by President Dwight D. Eisenhower. The name was changed to honor all who served the nation in wars or conflicts. Veterans Day has been observed annually on this date since 1978, except for a brief period when it was celebrated on the fourth

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Buster Jenkins

CONTINUED FROM PAGE ONE

dler had to be put on hold until he graduated from the eighth grade.

"I heard about a music teacher at Buffalo High School who was supposed to be really good, and I really wanted to play the fiddle," Jenkins said. "I walked into his music room and told him I wanted to play the fiddle, and the first thing he told me was it was not a fiddle, it was a violin."

The music teacher, John Moore, told Jenkins he was at the high school to teach a course called Harmony, not to give music lessons to non-students. Jenkins' parents did not want the teenager to enroll in high school, but he eventually convinced them to allow him to enroll so Moore could teach him how to play the violin. In the fall of 1940, Jenkins started high school and spent the next four years learning to play classical music.

While learning to play classical music at school, Jenkins began playing country music at church functions, square dances, and other events outside of the classroom.

"The first time I played a fiddle at a square dance, I was 14," Jenkins said. "I played for seven hours and they gave me 50 cents. That wasn't a lot of money, but in those days you could get a big hamburger for 10 cents."

Jenkins also teamed up with two other musicians while he was in high school and started doing shows on KIND Radio in Independence, Kan. While working to fulfill his first dream, the Japanese attack on Pearl Harbor on December 7, 1941 would soon put Jenkins on the path towards fulfilling a second childhood dream.

"They had a Christmas or Thanksgiving dinner in Chanute when I was a small boy," Jenkins said. "After dinner, all the kids wanted to go to the movies. I didn't even know what a movie was. My dad gave me a dime, so I went and saw this movie about a huge ship out to sea. It was in a tremendous storm and the waves were crashing over the whole ship. After that, I wanted to go to sea really bad."

During the fall of 1944 Jenkins informed his father that he would shuck out all the corn and put it in the crib, and then, on his 18th birthday, he enlisted in the Merchant Marines.

"In those days I had this fire," Jenkins said. "I wanted to see and do things. I didn't want to sit around on a farm and let mold grow on me."

For the next seven years Jenkins

sailed to, among other places, Hawaii, the Philippines, Japan, Indonesia, China, England, France, and Belgium.

It was also during these years that Jenkins got a job with a radio station in Carthage, Mo. While in Missouri he formed a band, which later became the staff band on KFBI in Wichita. Unfortunately, a member of the band stole the station manager's pen and pencil set. While the band member took away Jenkins' first good job as a fiddler, he also gave Jenkins a gift he continues to carry.

"When I first started in radio in 1948, I started out as Frankie Kannerd and the Bluestem Boys," Jenkins explained. "No one could remember or spell my name. King said, 'I'll give you a good name—Buster Jenkins.'"

Jenkins couldn't see a future in Kansas, so he returned to the sea. While in Seattle in 1951, he received a letter from the draft board stating that he had to report for a physical examination for induction in the military. Jenkins thought a mistake had been made since Merchant Marine training and most aspects of Merchant Marine activity transferred to the newly created War Shipping Administration during World War II. In addition, when Franklin D. Roosevelt signed the GI Bill in 1944, he stated, "I trust Congress will soon provide similar opportunities to members of the merchant marine who have risked their lives time and time again during war for the welfare of their country."

Jenkins took his honorable discharge and a letter from Harry S Truman to the draft board, and was told, "You can use these papers of yours for toilet paper."

"I had to go to boot camp all over again and start as a private," said Jenkins, who soon found himself at the Marine Corps Recruit Depot in San Diego.

After his discharge from the Marines in December 1953, Jenkins held a variety of jobs throughout the country, but eventually ended up back in Kansas.

"I couldn't get anything going in the music business, so in 1956 I went to Topeka," Jenkins said. "I got a job in a grocery store and worked my way up to manager. While helping the produce man unload the produce truck one morning, I stepped in a little recess in the pavement and it threw me on the deck. I've been walking on a bum leg with a limp ever since."

Unable to return to the grocery business, Jenkins decided it was again time for a change in scenery. A phone call from a bass player who was in Fort Collins, Colo., came at just the right time.

"Apparently, there was a live show and radio broadcast in Denver called the 'Rocky Mountain Jamboree,' and he thought we had a chance to get on it," Jenkins explained. "That's when I really got into professional music. I went to Denver in 1960

and got a job as a disc jockey at KLAK in addition to running the 'Rocky Mountain Jamboree' for 10 years."

During his time at KLAK, Jenkins booked and got to know many of the big Grand Ole Opry stars, including Ernest Tubbs, Jimmy C. Newman, Freddie Hart, Claude King, and Tom T. Hall.

"When Tom T. Hall was working for me, I was furnishing him transportation around Denver, so after the show, my wife, Tom and I were out to his motel," Jenkins said. "He was singing some of his songs, and I was singing some that I wrote. He said, 'Here's one I just wrote,' and he sang 'Harper Valley P.T.A.' The only thing he didn't have in the song at the time was that 'Mama socked it to the Harper Valley P.T.A.' He added that later and it made his song even better."

In 1964 Jenkins helped a Denver teenager pursue her dream by taking her to Nashville to record a single. Donna Harris was signed to ABC Paramount and her "He Was Almost Persuaded" went to number one in *Record Works* and *Cashbox*, and number three on the *Billboard* chart.

Jenkins left KLAK in 1970 and organized High Country Travelers, a band that performed for fairs and other events throughout Colorado,

Wyoming and parts of western Kansas for the next several years. In addition, Jenkins started his own recording company, High Country Recording, a publishing company, High Country Publishing, and a radio show called *High Country Hoedown*.

Today Jenkins looks back on his life and cannot believe the kid from the cornfields of Woodson County accomplished as much as he did. He not only realized his dream of becoming a fiddler, he has been recognized as being one of the best in the country. In addition to winning nine fiddling championships, Jenkins was inducted into the Colorado Music Hall of Fame and the Mid-America Old-Timer Fiddlers Hall of Fame. In addition to playing with some of the biggest names in country music, Jenkins also played for President Gerald Ford in Vail, Colo., and First Lady Rosalyn Carter in Pine Bluff, Ark.

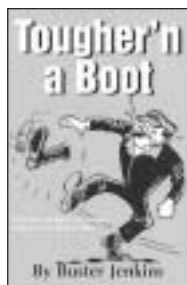
"In April 2002 they held a tribute for me in Denver," Jenkins said. "They usually do something like that right before you die. I hope that's not the case."

That same year, Leathers Publishing published *Tougher'n a Boot*, Jenkins' autobiography. The 117-page book is available at the Ottawa Community Art Council's gift shop in Ottawa, or online at Amazon.com, Barnes & Noble (www.bn.com), Wal-Mart (www.walmart.com), and Leathers Publishing (www.leatherspublishing.com). Last July *Tougher'n a Boot* was included on a list of books recommended by *Kansas City Star* and *KansasCity.com* readers along with, among others, Bill Clinton's *My Life* and Dan Brown's *Da Vinci Code*.

Jenkins turns 78 this month and doesn't have any plans to stop fiddling.

"I still do special events," he said. "I performed at the Echoes of the Trail Cowboy Gathering in Fort Scott last summer. I also played at the Kansas Authors Club's 100th-year celebration in Topeka last month. I do a lot of trick fiddling, fancy fiddling, and comedy. I'm a funny guy on stage."

As was the case when he was seven, Jenkins can't get enough of entertaining people.



Kaw Valley SeniorMonthly

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Kaw Valley Senior Monthly is published monthly by Groenhagen Advertising, L.L.C., Lawrence, Kansas, and is distributed at over 150 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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HEALTH

Tai Chi for fun and health

Perhaps you've seen videoclips of people in China exercising in groups, outdoors, in what looks like slow-motion dance. That, in all likelihood, is Tai Chi (pronounced ty chee)—an ancient form of exercise that originated in China and is now popular all over the world.

Like Yoga, Tai Chi has ancient roots. But in the United States, Tai Chi is most often taught for its very

your right leg. As you move (slowly) and as you feel your weight shift—through your trunk to your hips, thighs, knees, ankles and feet—you will feel your muscles and joints gently at work. Lift your arms slowly, sideways, as if they're floating into the air, taking a deep breath as they rise to shoulder height. As you breathe out, let your arms float down again, bending your knees slightly and feeling the ground beneath your feet.

Does this sound relaxing? After a while, Tai Chi becomes second nature.

And it can do you a world of good.

Health Benefits

The health benefits of Tai Chi for older adults, in particular, have been closely studied by medical researchers who wondered whether Tai Chi has positive and measurable effects. What they found is that older adults who practice Tai Chi gain flexibility in the spine, hips, and knees. That helps them reach, bend, and move more freely. And that improves their balance and their ability to catch themselves if they begin to fall.

Research has also shown that people who practice Tai Chi gain muscle power.

The use of the hip and knee muscles in Tai Chi builds and maintains strength for improved walking and balance.

Fear of Falling

We've all had spills and near-spills. Older adults know well how risky falls can be. And an increased fear of falling is normal and natural after a tumble. The good news is that Tai Chi can help us. A study of community-based older adults who did Tai Chi exercises for 15 weeks showed that they not only had a reduced fear of falling, but actually fell 47 percent less frequently than others of their age and stage. That's a huge drop—of the right kind!

Heart Health

Studies also show significant improvement in heart health after 12 to 16 weeks of Tai Chi. One study of sedentary older adults showed that 12 weeks of Tai Chi was as effective in reducing Stage I High Blood Pressure as moderate-intensity aerobic training. And the benefits increase every week thereafter.

Try Tai Chi!

Tai Chi is an ancient art that

builds health through deep breathing, gentle movement and concentration. In the U.S. we're just beginning to understand the benefits of this ancient exercise. As the graying of America continues, it is likely that more and more older adults will try Tai Chi—for health and well-being. They won't be disappointed.

- Laura Bennetts, MS RPT, is a physical therapist with a masters degree from the University of Southern California and 22 years of professional experience. She co-owns Laurence Therapy Services LLC (785-842-0656) and Baldwin Therapy Services (785-594-3162). If you have therapy-related questions, please e-mail Laura care of laurabennetts@hotmail.com.



Laura Bennetts

modern health benefits—most notably, the improvement of flexibility, strength, and balance. Tai Chi instructors teach their students a series of slow movements emphasizing relaxed breathing. Thanks to this safe and gentle form of exercise, many people have found an enjoyable way to improve posture, sharpen their mental alertness and enhance their agility.

Doing What Comes Naturally

It is thought that Tai Chi began in 13th century China and that it was inspired by nature—by the graceful movements of cranes as they spread their wings or trees as they wave in the wind. Another name for Tai Chi is "shadow boxing" because the exercises, which alternate assertive and yielding movements, give you the sense that you're dancing with your own shadow.

In essence, Tai Chi is a dance-like exercise of slow and relaxed gestures that match the rhythm of deep and easy breath, producing a feeling of control and concentration. Each of the many artful Tai Chi movements has a name—and often, a poetic image—of its own. And the exercises can easily be modified to accommodate the needs of people with physical limitations such as arthritis or joint pain.

In The Flow

Tai Chi is hard to describe in words, so what follows is an example of a typical exercise. Imagine...

You plant your feet firmly and bend your knees very slightly. You step once to the side with your right foot and slowly shift your weight to

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HEALTH

Essentials of Omega fatty acids in aging

Omega-3 fatty acids are polyunsaturated fatty acids that are considered essential because they cannot be synthesized by the human body. Dietary sources of omega-3 fatty acids include plants (particularly flax, canola, and walnuts) and fish. Since there are lots of controversies regarding the heavy metals contamination in fish, I will write about flaxseed's omega-3 fatty acids.

Flax seeds are rich in essential fatty



Dr.
Farhang
Khosh

acids (EFA's). Most Americans eat too much fat and oils and they are deficient in essential fatty acids. Surveys prove that around 80 percent of the population is deficient in EFA's. The reason the omega-3 oils are the most beneficial is that standard American diet is severely deficient in these beneficial oils. Flax seed oil contains both linoleic acid and alpha-linolenic acid, omega-6 and omega-3 oils. Flax seed oil is one of the richest sources of omega-3 EFA's. It has 57 percent more omega-3 fatty acids than fish oils. Several studies have shown that it can reduce the pain, inflammation, and swelling of arthritis. It also has been found to lower blood cholesterol and triglyceride levels, and to help reduce the hardening effects of cholesterol on cell membranes. These oils also improve the immune response, decrease prostaglandin levels aiding in the prevention of breast cancer and menstrual cramps, improve dermatological conditions such as psoriasis and eczema, and reduces the severity of migraine headaches. Fatty acids may have a significant impact on mood in the elderly, say researchers in the Netherlands. It is thought that low levels of dietary omega-3 are associated with low levels of a brain chemical called serotonin, which contributes to depression.

Omega-3 essential fatty acids are anti-lipogenic (which means they block fat storage) and increase beta-oxidation (fat burning), so no need to worry about weight gain on flax seed oil. There are some tips about flax seed oil. It should always be kept in the refrigerator in a dark bottle to maintain freshness. I always rec-

ommend adding few drops of liquid vitamin E into the flax seed oil to prevent oxidative damages. Never cook with flax seed oil, heat it on the stove, or in the microwave—those destroys the benefits of the oil. As the oil sits over time it loses its freshness, and smells and tastes stronger. Fresh flax seed oil has a pleasing, light, nutty flavor. Flax seeds oil can be mixed with water, any fruit, or vegetable juice. It can also be added to salad, soups, yogurt, cereals, or fresh juices.

These are some of my favorite recipes:

Basic Flax oil protein mixture

3 tablespoon fresh flax seed oil
7 tablespoon baker's cheese, yogurt or soft tofu

Mix thoroughly. This oil-protein mixture can be eaten as is, or can be eaten with a touch of maple syrup or honey, with nuts or seed, or with fresh fruit (strawberry, raspberry, apple, pear, peach, apricot, plum, blueberry, etc.).

Fruit Smoothie

½ banana
2 ice cubes
1 cup juice (try pineapple, apple, grape, etc.)

1 tablespoon yogurt
1 tablespoon flax seed oil
Add all ingredients together in a blender and mix. Try adding protein powder, fresh or frozen berries, cherries, or whatever fruit you like. Great for breakfast or a snack.

Ginger Dressing

3 tablespoon flax seed oil
1 to 2 tablespoon fresh lemon juice
1 teaspoon fresh grated ginger
1 garlic clove minced

Whisk ingredients together and store in the refrigerator in a dark bottle. Great as a light dressing over lettuce, grains, vegetables, etc.

Dill Dressing

1/3 cup minced fresh dill
¼ cup cider vinegar or lemon juice
1&1/2 tablespoon Dijon mustard
½ teaspoon honey or rice syrup
½ cup flax seed oil

In a bowl or blender mix everything except the flax oil. Trickle the oil in slowly while blending or whisking vigorously, until the dressing is thick and smooth. Keep extra dressing refrigerated in a dark bottle for later use.

Try it over salad, grain, vegetables, fish, etc.

- 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

Common investment mistakes — and how to avoid them

It is common for investors to express uncertainty over their ability to manage their portfolios during prolonged periods of market volatility. But prudent investors understand that making sound investment decisions shouldn't be based on the market's twists and turns. Rather,



Steve
Lane
and
Garth
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these decisions should stem from an understanding of investment fundamentals and an awareness of the mistakes others have made. Keeping a few common mistakes — and tips for avoiding them — in mind may help you achieve better results.

Mistake #1: Maintaining unrealistic expectations

There's nothing wrong with hop-

ing for the best from your investments — it's human nature. However, you could encounter serious long-term cash flow problems if you base financial plans for the future on unrealistic assumptions.

According to an August 2004 Gallup poll, nearly one third of 800 investors surveyed expected to generate profits of 10 percent or more in their portfolios during the next year. How does that anticipated return compare with actual historical returns? Based on data from Standard & Poor's and the Federal Reserve, from 1926 to 2003, a hypothetical portfolio divided equally among stocks, bonds, and cash would have had an average total return of 7.3 percent annually.* While the composition of your portfolio may be different from the portfolio in this example, it's important to maintain realistic expectations in order to have the best chance at reaching your goals.

Familiarize yourself with the his-

torical performance of appropriate investment indexes — or appropriate benchmarks — and use their average long-term returns to help maintain realistic expectations for your own investment returns.

**Past performance is no guarantee of future results. Stocks are represented by the annual total returns of the S&P 500. Bonds are represented by the annual total returns of long-term Treasuries (maturities of 10+ years). Cash is represented by the yields of 3-month Treasury bills. Indices are unmanaged and cannot be invested into directly.*

Mistake #2: Chasing "hot" investments and overtrading

Investors tend to convince themselves that recent investment performance represents the future. The problem with chasing today's winning stocks or mutual funds is that by the time you hear about the latest "hot" performers, you may have already missed out on all or most of the opportunity to participate in that price appreciation.

Chasing past winners is closely correlated with another potential investment mistake — overtrading. Shuffling your investments too often increases the chance that you'll buy high and sell low — a worst-case scenario for investment success. Overtrading also generates more

transaction costs and fees that cut into investment gains. One potential solution: work with a financial advisor. An experienced professional may be able to help you stay focused on your goals and avoid the urge to trade frequently. In fact, studies have found that investors who work with a financial advisor tend to hold on to their investments longer and realize better returns than do-it-yourselfers.

Mistake #3: Failing to keep your balance

You might be surprised to find that strong — or weak — returns in one area have caused a shift in your overall investment strategy that could affect your ability to reach goals or manage risk. Work with your financial advisor to review your asset allocation once or twice a year to make sure that it remains in line with your investment goals.

Of course, investment mistakes do happen, but many are avoidable. Learn from the missteps of others, start applying these lessons to your investment strategy, and make a point of working with a qualified professional.

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

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FINANCES

Time to consider dividend-paying stocks?

In 2003, dividend-paying stocks jumped into the limelight, following passage of legislation that lowered the tax rate on dividends. If you're thinking of tax-smart investments, should you be considering these dividend producers?



Harley Catlin and Ryan Catlin

Before tackling that question, let's review what happened this past year. Until the new tax laws were enacted, the dividends you received from stocks were taxed at your individual tax rate (e.g., the old tax rates of 27%, 30%, 35% or 38.6%). But now, the tax rate on dividends has been cut to 15%, retroactive to the begin-

ning of 2003. This new, lower rate is effective until 2009, when dividend taxes are scheduled to revert to your current income tax rate.

Now, let's look at two potential benefits you can get from adding stocks that have a history of paying dividends:

Greater diversification—If your equity holdings are dominated by growth-oriented companies, you can gain some important diversification by adding growth-and-income stocks.

Improved portfolio quality—Stocks that have a history of paying—and increasing—dividends are usually well-run companies, with strong management, good business plans, competitive products and a real concern for shareholders. These types of high-quality stocks can be a “plus” in your portfolio.

While it may be a good idea for you to invest in select dividend-paying stocks, you'll want to be careful about how you pay for them.

Specifically, think carefully before moving dollars out of fixed-income vehicles, such as bonds and certificates of deposit, into these stocks.

At first glance, such a move might look great; the income from bonds and CDs is still taxable at your current tax bracket, which is likely higher than the 15% rate assessed on dividends. But keep in mind that no dividend-paying stock, no matter how high the quality, will be as safe—from the standpoint of preservation of principal—as an investment-grade bond. Stocks are not fixed-rate investments—and there's no guarantee that the stocks you buy will distribute dividends. Also, stocks, by their nature, are subject to market risks, including the potential loss of principal invested. Therefore, if you switch from bonds to stocks, you will increase your overall level of investment risk.

New opportunities abound?

However you decide to incorporate dividend-paying stocks into your investment plans, you'll find that you have more attractive choices than you did just a year ago. In the months since the new tax laws have passed, many companies have increased their dividend payouts—and other companies have begun paying dividends for the first time.

Your investment professional can help you map a customized strategy for taking advantage of the expanded opportunities offered by the lower tax rate. So, make the right moves—your actions can certainly “pay dividends.”

—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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MY ANSWER

Reader seeks answers to cousin's arguments in support of atheism

By Billy Graham

Q: My cousin says he's an atheist and that only a fool would believe in God. What can I say to him to convince him that he's wrong? I am a Christian, but whenever we discuss religion I never know how to answer his arguments because he's very persuasive. — J.Y.

A: Don't let his arguments shake your faith or make you wonder if he might be right after all — for he isn't. Remember: The Bible tells us that "The fool says in his heart, 'There is no God'" (Psalm 14:1).

You see, the problem for most atheists isn't a lack of evidence for God's existence. In fact, the evidence is so overwhelming that anyone who honestly looks at it with an open mind will conclude that God must exist. As the Bible says, "Since the creation of the world God's invisible qualities — his eternal power and divine nature — have been clearly seen, being understood from what has been made, so that

men are without excuse" (Romans 1:20).

What, then, is the problem for most atheists? In my experience the problem is their will — that is, they don't want to believe in God. They know that if they admit God exists, then they can't go on living any way they want to but must humble themselves before Him. And that is something they refuse to do.

Pray for your cousin; only God can change his heart and show him his need of God. In addition, submit your own life more fully to Christ, and ask Him to help you be an example to your cousin. No one can argue with a changed life! Also, ask your local Christian bookstore to recommend books that answer the questions he is raising.

(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.)

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Westwood Manor

If someone you love needs more care than you can continue to provide, Westwood Manor is here. Our quiet, residential neighborhood provides a secure setting for your loved ones. Our round-the-clock professional care is delivered virtually one-on-one.



As a nursing care facility, we are dedicated to the promotion of the emotional well being and physical health of our residents. It is our objective to provide a home-like atmosphere for our residents.

Each resident is looked upon as an individual and is treated with respect and understanding. Westwood Manor has been serving the Topeka community for over 25 years.

Westwood Manor Provides:

- Private and Semi-private rooms
- 24 hour Nursing care
- Medicare/Medicaid Certified
- Medical Director on staff
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Restorative Services
- Hospice care
- Smoke-free environment
- Special diets
- Laundry services
- Beauty and Barber services
- Scheduled activities
- Adult Day Care
- Large outdoor patio

We're now accepting IV therapy patients!

Call today for a personal tour!

785-273-0886
5015 West 28th St.
Topeka, KS



"Committed to Caring!"



Reserve Your Space Today

For the "2005 Senior Resources Directory," a special pull-out section that will be available in the January 2005 issue of *Kaw Valley Senior Monthly*.

Please mail completed form to Kaw Valley Senior Monthly, 2612 Cranley St., Lawrence, KS 66046, or fax it to 785-749-4691.

Include Your Business or Organization's Listing for just

\$25⁰⁰

Deadline is December 15.

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

Business/Organization Category: _____
 Business/Organization Name: _____
 Address: _____
 Phone: _____ Fax: _____
 E-mail: _____ URL: _____
 Contact Names (up to 3): _____

Place Your Logo Here

Logo will run at a maximum width of 2.25" and a maximum height of 1"

Description of your services and/or products (up to 75 words)

Instead of, or an addition to, a directory listing, I would like to run a display ad at a special rate.

Veterans Day

CONTINUED FROM PAGE ONE

Monday of October.

24.9 million

The number of military veterans in the United States. (From the upcoming Statistical Abstract of the United States: 2004-2005.)

1.7 million

The number of veterans who are women. (From the upcoming Statistical Abstract of the United States: 2004-2005.)

9.7 million

The number of veterans who are age 65 or over. (From the upcoming Statistical Abstract of the United States: 2004-2005.)

2.4 million

The number of black veterans. Additionally, 1.1 million veterans are Hispanic; 272,000 are Asian; 159,000 are American Indian or Alaska native; and 30,000 are native Hawaiian and other Pacific islander. (The numbers for blacks, Asians, American Indians and Alaska natives and native Hawaiians and other Pacific islanders cover only those reporting a single race.)

8.2 million

Number of Vietnam-era veterans. Vietnam veterans account for more than 3-in-10 veterans, the largest share of any period of service. The next largest share of wartime veterans, 4.4 million or nearly 2-in-10, served during World War II. (From the upcoming Statistical Abstract of the United States: 2004-2005.)

16%

Percentage of Persian Gulf War veterans who are women. In contrast, women account for 5 percent of World War II vets, 3 percent of Vietnam vets and 2 percent of Korean War vets. (From the upcoming Statistical Abstract of the United States: 2004-2005.)

381,000

Number of veterans who served during both the Vietnam era and the Desert Storm era (August 1990 or later). In addition, 429,000 veterans served during both the Korean War and the Vietnam conflict. 143,000 served during three periods: World War II, the Korean War and the Vietnam conflict. 498,000 served in World War II and the Korean War.

6

Number of states with 1 million or more veterans. These states are California (2.3 million), Florida (1.8 million), Texas (1.7 million), New York (1.2 million), Pennsylvania (1.2 million) and Ohio (1.1 million). (From the upcoming Statistical Abstract of the United States: 2004-2005.)

\$20.8 billion

Aggregate amount of money received annually by the 2.5 million veterans receiving compensation for service-connected disabilities. (From the upcoming Statistical Abstract of the United States: 2004-2005.)

Lawrence Funeral Chapel
Mortuary and Cremation Services
841-3822 • 6th & Monterey Way
Locally Owned and Operated
www.lawrencefuneralchapel.com

24/7 Visiting Hours

www.lmh.org

Employment Opportunities

Looking for a job at LMH? Search and apply online at one of the largest employers in Lawrence. Why drive when working for the best community hospital is right in your neighborhood?

Events and Education Calendar

Our ConnectCare calendar can guide you to a variety of LMH educational resources and classes that pertain to you and your family's health. You can register and pay for the class without leaving your keyboard!

Health Information

Search Healthwise® Knowledgebase for health information any hour of the day or night. A great place to find reliable, up-to-date health information explained in plain English and written by experts. Manage your health on your schedule.

Gift Shop

Our online Gift Shop is always open! Choose from a wide variety of gifts that can be delivered right to your friend or family member's room. Point. Click. Purchase.

You can also send a free e-card!

LAWRENCE MEMORIAL HOSPITAL
Community Care—Community Pride

325 Maine St
Lawrence, KS 66044
(785) 749-6100
www.lmh.org

Kansas Award for Excellence
Recipient Since 1999.

SeniorMonthly, November 2004 9

CALENDAR

ART/ENTERTAINMENT

DEC 4

HOLIDAY ART FAIR

Holiday gift-buying opportunity features nearly 75 area artists in all media, music, and evening reception.
LAWRENCE, 785-841-2065
<http://www.lawrenceartguild.com>

BINGO

SUNDAYS

AMERICAN LEGION

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

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 & FRIDAYS

VETERANS OF FOREIGN WARS

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

WEDNESDAYS

PINECREST APARTMENTS

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

WEDNESDAYS & FRIDAYS

EAGLES LODGE

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

WEDNESDAYS & FRIDAYS

EDGEWOOD HOMES

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

THURSDAYS

BABCOCK PLACE

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

FRIDAYS

BALDWIN SENIOR CENTER

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

FRIDAYS

ARAB SHRINE

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

BOOKMOBILE

MONDAYS

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

TUESDAYS

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

WEDNESDAYS

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

BOOK TALKS

THIRD TUESDAY OF EACH MONTH

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

THIRD WEDNESDAY OF EACH MONTH

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

FOURTH WEDNESDAY OF EACH MONTH

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

CLASSES/LECTURES

ONCE A MONTH

AARP'S 55 ALIVE SAFE DRIVING COURSE

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

NOV 4-5

55-ALIVE

AARP drivers' refresher course will be presented at the Lawrence Public Library from 10:00 a.m.-3:00 p.m. in the library gallery room. Workbook charge of \$10.00 may be paid at the time of the class. Enrollment is limited. Registration may be made by calling Pattie Johnston.
LAWRENCE PUBLIC LIBRARY, 785-843-3833

NOV 7

THE FANS GUIDE TO KU MEN'S BASKETBALL

Local author, Mary Burchill, will talk about her new book, *The Fans Guide to KU Men's Basketball*. A long-time participant in cheering for the Jayhawks, Burchill will share her stories of past KU basketball games and traditions 7:00 p.m. Books will be available for purchase. Contact Pattie or Maria for further information.
LAWRENCE PUBLIC LIBRARY, 7:00 PM
785-843-3833

NOV 11

MORNING MATINEE: FUTURE PLANNING WITH TRUST SERVICES

How a trust officer can help you arrange for trust services to fit your level of need at various points in your life. Trustees can be given different levels of authority and involvement to fit your specific planning needs. We will discuss what might happen if you don't have an adequate plan in place and show how a corporate trustee will handle your financial affairs with your best interests or stated wishes in mind. It will also include information about "planning gone bad" how estate plans without a corporate trustee as a safety net can lead to misuse. There will be a Question and answer time available at the conclusion.
LMH MEETING ROOM D, 9:00-10:00 AM

NOV 14

SALUTE TO LOCAL VETERANS

Local veterans Richard Hewitt and Homer

Frank will share their experiences as an army pilot and a reconnaissance photographer during World War II in Europe. Archie Jameson will provide music prior to the program. The public is invited to attend. For more information, contact Pattie.
LAWRENCE PUBLIC LIBRARY, 2:30 P.M.
785-843-3833

EXHIBITS/SHOWS

NOV 13

HOMEMADE HOLIDAYS CRAFT SHOW

6th annual. Craft show featuring over 100 booths of handmade craft items.
OTTAWA, 785-242-8618

NOV 15-JAN 3

WRAP IT UP SALE AND EXHIBIT

Exhibit and sale of works by local and regional artists. New works added daily.
MANHATTAN, 785-537-4420
<http://www.manhattanarts.org>

FESTIVALS/FAIRS

NOV 1-7

FALL FESTIVAL

Corn mazes, corn cannons, bonfire, pumpkin patch, bands, pumpkin painting, Halloween hay rides.

GRANTVILLE, 785-863-3072

<http://www.visitjeffcounty.com>

NOV 5-6

VETERANS DAY CELEBRATION

A major living history display with a "Time Line" so visitors may experience a time capsule from 1776 to 2004 to enrich visitor's knowledge of and appreciation for those who have served in our armed forces. The second largest "Veterans Day Event" in Kansas and growing and are soliciting participation and ideas from any and all units. Encampment and display on Friday. Saturday starts with a parade and a WW II battle reenactment between the GI's and Germans. There will be a display of military equipment and vehicles including jeeps, dodge 1/2T, 3/4T, and 1 1/2T, ambulances, tanks, and halftracks. The Kansas National Guard will display and demonstrate the 105 howitzers with simulated rounds. Later in the afternoon and in the evening there will be a Civil War battle and/or skirmish with demonstrations, singing, and dancing from the Civil War days.
OTTAWA, 785-766-6962
<http://www.ottawavets.org>

NOV 6

CHILI & VEGETABLE SOUP SUPPER & BAZAAR

Will be held at the Bloomfield Church located on the Meriden Antique Engine & Threshers Association grounds, one-half mile east of Meriden on Highway 4. Serving will begin at 5:30 p.m., with auction of items at approximately 7:00 p.m. Chances are being sold by members for a quilt and afghan. All proceeds go to the Restoration of the Bloomfield Church.

MERIDEN, 785-945-3664

<http://www.meridentreshers.org>

NOV 11-14

VETERANS TRIBUTE

Founding city of Veterans Day, parade, memorial services, USO show, military field base, programs, and exhibits.
EMPORIA, 620-342-1803
<http://www.emporiaskchamber.org>

HEALTH

FIRST TUESDAY OF EACH MONTH

HEALTH SCREENING CLINIC

Lawrence-Douglas County Health Department.

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

TUESDAYS AND THURSDAYS

BLOOD PRESSURE CLINIC

Conducted at Stormont-Vail's outpatient lobby, just inside the doors of the Ninth and Washburn entrance, from 9 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
9-11 AM

SECOND THURSDAY OF EACH MONTH

MEDICATION CLINIC

Bring questions about your medications (prescription or over-the-counter), 1:30-2:30 p.m. Call for appointment.
HEALTHWISE 55 RESOURCE CENTER,
TOPEKA
785-354-6787

SECOND THURSDAY OF EACH MONTH

BLOOD PRESSURE AND HEALTH INFORMATION

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

THIRD THURSDAY OF EACH MONTH

HEALTH SCREENING CLINIC

Lawrence-Douglas County Health Department.
PINECREST II APARTMENTS, 924 WALNUT,
EUDORA, 9-10 AM

THIRD THURSDAY OF EACH MONTH

NUTRITION CLINIC

1:30-2:30 p.m. Call for an appointment.
HEALTHWISE 55 RESOURCE CENTER, TOPEKA
785-354-6787

NOV 3

CHOLESTEROL SCREENING

A fingerstick test providing a total blood cholesterol reading in five minutes. \$5 per person. No fasting or appointment necessary.
LMH HEALTH SOURCE ROOM
8:00-11:30 AM

NOV 6

SPIRITUAL PEACEMAKING WITH MARTI UKENA

Ukena is a graduate of James Twyman's training. Discover the eternal flame of your own inner peace that radiates peace to the world. Fee.
THE LIGHT CENTER, 785-255-4583

NOV 13

BONE DENSITY SCREENING

Are you at risk for osteoporosis? This quick and easy screening can indicate if further testing for this potentially debilitating disease is needed. A bare heel is necessary for the screening. Information about prevention of osteoporosis is also included as part of the screening process. Appointment required. Fee.
LMH HEALTH SOURCE ROOM
8:00-10:00 AM

NOV 13-14

HEALING TOUCH LEVEL ONE

With certified instructor Robin Goff. Learn and practice hands-on energy healing techniques. Fee (some scholarships available) 18. CE for massage or nursing. Lay people welcome.
THE LIGHT CENTER, 785-255-4583

NOV 20

SWEATLODGE PURIFICATION CEREMONY

With Lakota Chief Leroy Standing Cloud and potluck to follow. Love offering. 4:00 p.m. (arrive early). Overnight stay available.
THE LIGHT CENTER, 785-255-4583

CONTINUED ON PAGE 11

CALENDAR

CONTINUED FROM PAGE 10

DEC 1
CHOLESTEROL SCREENING
See Nov. 3 description.
LMH HEALTH SOURCE ROOM
3:30-5:30 PM

DEC 2
TAI CHI EXERCISE CLASS-WINTER SESSION
Taught by Steve Carrier. Tai Chi is a gentle exercise form that improves your strength, balance, concentration and coordination. Clearance from your doctor to begin any new exercise program is recommended. Class meets twice a week through December 30 and is held at Drury Place at Alvarado. Sponsored by Lawrence Therapy Services.
LAWRENCE, 785-842-0656

DEC 3
BONE DENSITY SCREENING
See Nov. 13 description.
LMH HEALTH SOURCE ROOM
9:00-11:00 AM

HOLIDAY EVENTS

NOV 20-DEC 31
WINTER WONDERLAND
Drive through Lake Shawnee's campground with a million lights on 30+ displays decorating the park. New displays annually.
TOPEKA, 785-267-1156
<http://www.tarcinc.org>

NOV 26
HOLIDAY CEREMONY AND SANTA'S ARRIVAL
The holiday season officially begins with the "rescue" of Santa off the rooftop of Weaver's Department Store.
LAWRENCE, 785-842-3883
<http://www.visitlawrence.com>

NOV 26-DEC 28
MEMORY LANE DISPLAY AND CHRISTMAS TREE FARM
View over 36 figures and scenes, some animated, while winding through the Christmas tree farm.
OTTAWA, 785-878-3793
<http://www.pleasantridge.com>

NOV 27-JAN 5
CHRISTMAS AT LANESFIELD
Discover a turn of the 20th-century holiday. Make an old-fashioned ornament, tour the historic schoolhouse decorated for the season.
EDGERTON, 913-893-6645
<http://www.jocomuseum.org>

NOV 27-JAN 5
CHRISTMAS HISTORIC LECOMPTON
Three floors of Christmas trimmings and decorations. Vespers December 5.
LECOMPTON, 785-887-6148
<http://www.lecomptonkansas.com>

NOV 27-JAN 2
A VERY FIFTIES CHRISTMAS
Visit the 1950s All Electric Home decorated for the holidays. Listen to 1950s crooners. Take home a special ornament to decorate.
SHAWNEE, 913-631-6709
<http://www.jocomuseum.org>

NOV 28-JAN 1
CHRISTMAS CARD LANE
Christmas decorated homes side-to-side.
OLATHE, 913-764-2913

NOV 30
CHRISTMAS PARADE
27th annual. One of the largest nighttime Christmas parades in Kansas, welcomes the holiday season and the arrival of Santa Claus.
EMPORIA, 620-342-1600
<http://www.emporiakchamber.org>

DEC 1-JAN 4
SEELYE MANSION CHRISTMAS TOUR
Trees, poinsettias, and beautiful decorations are used throughout the home. Featured on HGTV Christmas Castles in 2000.
ABILENE, 785-263-1084

DEC 3-4
HOMES FOR THE HOLIDAYS TOUR
3rd annual. Tour historic homes decorated for the holidays.
ATCHISON, 913-367-2427
<http://www.atchisonkansas.net>

DEC 4
COUNTRY CHRISTMAS
BURLINGAME, 785-654-3561
<http://www.skyways.org/towns/Burlingame>

DEC 4-11
HERITAGE CHRISTMAS
Step into 1880s Prairie Christmas. Enjoy holiday music, seasonal drama, storytelling and delicious refreshments in a beautiful historic setting.
LINDSBORG, 785-227-3595
<http://www.oldmillmuseum.org>

NOV 12
MAYOR'S LIGHTING CEREMONY, ELECTRIC PARADE, AND OPEN HOUSE
Family fun with cider, cookies, carolers, music, photos with Santa, carriage rides, and electric light parade.
OVERLAND PARK, 913-642-2222
<http://www.downtownop.org>

NOV 13-14
CHRISTMAS IN THE COUNTRY
Area antique shops open houses, homes tour including Historic Sage Inn, book signings by Kansas authors, jamboree, lunch, period dress.
TOPEKA, 785-256-6050
<http://www.historicsageinn.com/dover.html>

NOV 16-JAN 2
LEBOLD MANSION CHRISTMAS TOURS
Christmas décor of 1880s Victorian home.
ABILENE, 785-263-4356
<http://www.Lebold-Mansion.com>

NOV 20
CHRISTMAS IN THE DEPOT
Spectacular Christmas lighting of Historic Union Pacific Depot and 22 ft. themed Christmas tree. Pageantry, fireworks, cartoon characters, and Santa.
ABILENE, 785-263-2231
<http://www.abilenecityhall.com>

NOV 20
HOLIDAY BAZAAR
Kick off the holiday shopping season and discover creative handmade gifts, crafts, and baked goods.
LAWRENCE, 785-832-7930
<http://www.visitlawrence.com>

DEC 4
HOLIDAY ART FAIR
Holiday gift-buying opportunity features nearly 75 area artists in all media, music, and evening reception.
LAWRENCE, 785-841-2065
<http://www.lawrenceartguild.com>

DEC 4
ELDRIDGE HOTEL AND FREE STATE FARM OLD-FASHIONED CHRISTMAS PARADE
Features exclusively horse-drawn carriages, wagons, and coaches decorated for the season. Santa is the parade's grand finale.
LAWRENCE, 785-865-4499
<http://www.visitlawrence.com>

DEC 4
ARTS AND CRAFTS BAZAAR
Annual holiday event with homemade arts and crafts.
LAWRENCE, 785-865-4499
<http://www.visitlawrence.com>

DEC 4
CHRISTMAS COOKIES IN THE CABIN AND GIFT PREVIEW IN VINTAGE STORES
Sample cookies by the hearth, purchase holiday cookies, special sales in the stores.
TOPEKA, 785-368-3888
<http://www.topeka.org>

DEC 5
CHRISTMAS IN THE CABIN
Experience a pioneer Christmas with wagon rides, music, and old-fashioned pioneer hospitality.
ABILENE, 785-263-2681
<http://www.heritagecenterdk.com>

MEETINGS

FIRST AND THIRD MONDAY OF EACH MONTH
CAREGIVER SUPPORT GROUP
LAWRENCE SENIOR CENTER
2:15-3:45 PM, 785-842-0543

FIRST TUESDAY OF EACH MONTH
LAWRENCE CARING COMMUNITY COUNCIL
Works with 31 other Kansas communities to help all Kansas 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, 785-842-3627

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

THURSDAYS
GRIEF AND LOSS SUPPORT GROUP
For individuals caring for an aging loved one and dealing with the losses associated with their physical decline. Sponsored by Heart of America Hospice and Pioneer Ridge. Limited spaces available. Pioneer Ridge Assisted Living Library, 4851 Harvard, 7:00 p.m.
LAWRENCE, 785-841-5300

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).
JADE MONGOLIAN BARBEQUE, LAWRENCE
11:30 AM-1:00 PM

FRIDAYS
TAKE OFF POUNDS SENSIBLY
Support group for weight loss. Meets 10:00-11:00 a.m., Centenary United Methodist Church.
LAWRENCE, 785-842-1645

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

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

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

THIRD TUESDAY OF EACH MONTH
GRANDPARENT/KINSHIP SUPPORT GROUP
Strengthening family relationships and

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

FOURTH TUESDAY OF EACH MONTH
LAWRENCE PARKINSON'S SUPPORT GROUP
PIONEER RIDGE ASSISTED LIVING LIBRARY
4851 HARVARD, LAWRENCE, 6:30 PM
785-344-1106

FOURTH 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.
785-842-0446 or 785-865-3787

NOV 3
KAW VALLEY CHAPTER, OLDER WOMEN'S LEAGUE
"Giving Up The Keys." Panelists will explore safety considerations, legal criteria for safe driving, the financial aspect of keeping a car, and the personal decision-making process. Forums held at Lawrence Public Library
LAWRENCE, 2:00-2:30 PM

NOV 12
HOPE FOR THE HOLIDAYS: COPING WITH GRIEF & LOSS
Holidays are a difficult time for families who have suffered a loss. Heart of America Hospice and Brandon Woods Retirement Community are offering a support group to help manage grief during the holidays. The group is open to anyone in the community who would like to participate. Please call Jessica for further information at 785-841-5300.
BRANDON WOODS SMITH CENTER, 4730 BRANDON WOODS TERRACE, 9 A.M.-12 NOON

NOV 15
SELF HELP FOR THE HARD OF HEARING (SHHH)
"Owning Your Hearing Loss." Ruth Shadel, Aging Specialist from Bert Nash Center, will facilitate discussion. 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

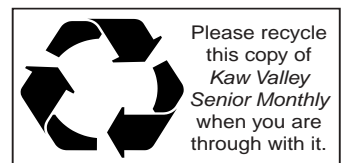
MISCELLANEOUS

NOV 27
THE LIGHT CENTER'S 10TH BIRTHDAY CELEBRATION!!!
Be a Spiritual Trailblazer! Arrive 3:00 p.m. to hike the back woods as we expand TLC to new territory! Potluck - 5:30 (bring your leftovers), music and party!
THE LIGHT CENTER, 785-255-4583

DEC 4
OLSBURG LUTHERAN CHURCH SWEDISH SUPPER
Traditional Swedish smorgasbord served on the first Saturday in December for over 45 years.
WAMEGO, 785-468-3341

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

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



BOOKSHELF

By Margaret Baker

Reginald Hill: *Good Morning, Midnight* (HarperCollins, \$24.95) ISBN 0-060-52807 *Mystery*

Yorkshire detectives Andy Dalziel and Peter Pascoe return for the 21st case in the series.

This case looks like either a suicide or a locked-door murder



mystery. At first glance, Pat Maciver locked himself in the study of his childhood home and fatally shot himself.

It is strikingly similar to the death of Pat's father decades earlier.

Pascoe finds his mentor, Andy, hovering as he investigates, in a manner those who have become acquainted with this detecting duo through books or TV realize is not normal. Andy's relationship to Kay, Pat's enigmatic stepmother is also a puzzle.

Kay was the Wicked Stepmother to Pat and his sister, youths at the time of the marriage, but the Perfect Mom to Helen, four when her mother died.

Wonderfully convoluted plot, series characterizations development, and that touch of dialect that moves the story along!

Billie Letts: *Shoot the Moon* (Time Warner, \$24.00, ISBN 0-446-52900-1)

Mark Albright, DVM, works in Los Angeles, tending the pets of the stars, in a clinic his father started. He's rather ordinary, rather prosaic, not hero material. His world turns upside down when his father dies. In going through his papers, Mark discovers he was adopted at 10 months.

Mark flies to Oklahoma to find his birth mother and to ask why she gave him away. In tiny DeClare he learns that Gayleen Harjo, an unwed Cherokee, was murdered about a week BEFORE he was adopted. The town has always assumed he died, probably in the river, when the exhaustive search didn't turn up the toddler. The murder was never solved, although a suspect died in custody.



Mark learns a great deal about

Gayleen, a blossoming artist, from the townsfolk, Gay's mother, grandmother, friends and especially her diary. Inevitably, he also learns a good deal about himself.

Subplots abound in this fast-paced book encompassing both the Oklahoma of a quarter century past and of the present. A book to treasure, to re-read at leisure.

Elaine Flinn: *Tagged for Murder* (Avon, \$6.99, ISBN 0-06-054580-1)

Molly Doyle returns in another mystery set in the world of antiques!

Her shop is in Carmel where the most common question is "Where's Clint Eastwood's home and restaurant?"

On the last day of the Carmel Antiques Show one of her antiquing friends has died in her booth. It looks like a heart attack, but the autopsy indicates the cause was an allergic reaction to penicillin—and everyone knew Trudy's allergy; she always wore the warning bracelet.

Trudy had no family, and to Molly falls the funeral arrangements, packing of her home, all those necessary details. In doing so, Molly takes the files home—files which prove more than one motive for the murder. Can Molly decipher them before the killer re-



turns to eliminate her?

On the plus side, Molly acquires two new roommates, whom readers will hope hang around in subsequent cases. 'Nuf said!

Lots of action with both a strong plot and equally strong characterizations. This series is receiving popular and critic acclaim, and all too soon we'll have to buy them in hardcover.

Elizabeth George: *A Moment on the Edge* (HarperCollins, \$24.95, ISBN 0-066-0588217)

Haven't time to read a book? Here Elizabeth George (herself a well-established mystery writer) presented her favorites of short stories authored by woman. The stories are presented in chronological order, beginning with Susan Glaspell's "A Jury of Her Peers" in 1917, through "English Autumn, American Fall" by Minette Walters in late 2001. The compilation is restricted to those whose first language was/is English.

An excellent short biography of each author precedes the tale. George's *Preface* is a succinct history of women writers of crime in America and the British Isles.

No too soon to think of upcoming gifting seasons, and this volume would make an excellent gift for an aficionado of mysteries.

Michael Bowen: *Unforced Error* (Poisoned Pen Press, \$24.95, ISBN 1-59058-109-1)

Rep and Melissa Pennyworth have come to Kansas City for a Civil War battle re-enactment. Rep, an intellectual property attorney, is also chasing a copyright case at Jackrabbit Press, publisher of romances.

What they find is a corpse. The editor, a known womanizer, won't be womanizing or publishing anything. Leading suspect is Peter Damon, a librarian and Civil War enthusiast. Peter's wife is a girlhood friend of Melissa who worked for the editor, and may have become a bit too involved with her boss. So Peter has possible motive and means (a very sharp civil war saber).

Good, swift plot, dry wit and snappy repartee, lots of the ambience of a re-enactment, and a surprising element of a much more recent conflagration make this an original storyline.

Sid Shachnow and Jann Robbins: *Hope and Honor* (Forge, \$24.95, ISBN 0-765-30792-8)

Sid Shachnow's autobiography grips the reader from the opening sentences describing the life of a 10-year-old in Lithuania as Europe erupted in the Second World War. As the German tanks and soldiers came in to the town of Kaunas in 1941, Sid and his Jewish family knew all too well their attitude toward members of his faith—he'd heard the words "Jew scum" in street name-calling the year before.

Soon his family was taken from their home (a non-Jewish family was waiting on the curb to move in) and sent to Kovno, a labor camp. His family managed to have "Schaja" and his younger brother escape, and miraculously both children and parents were still alive when the Russian troops entered. The Russians, too, despised Jews, and the family realized that they had better leave before the borders were sealed.

Eventually they entered the United States, and Sachow (now "Sid")

fulfilled the American dream, doing well academically, even enlisting in the army. Surprisingly, the worst prejudice he encountered was within his own family, when he met and married a young lady who was not Jewish.

A fascinating look at an aspect of the Holocaust, and at a determined lad, one who rose to become the Commander of the U.S. Special Forces.

The Ears Have It (Audio books)

Brian Herbert and Kevin J. Anderson: *Battle of Corwin* [Audio Renaissance, (\$49, 16 cassettes and \$59, 22 CDs, both unabridged) Read by Scott Brick]. *Science fiction*

Frank Herbert's *Dune* is a classic in science fiction, and his son Brian has collaborated with Kevin Anderson using his notes to produce a trilogy of prequels to that masterpiece. This is the final book.

The origins of the feud between the House Atriedes and House Harkonnen are exposed and explained. The world of thinking machines, meanwhile, battles the humans for control of *Dune*, and loose plague upon not only *Dune* but other planetary systems. All comes to the climatic battle, the *Battle of Corwin*.

Brian Herbert, recalling his father's fondness for oral tradition, writes a very lyric story that takes exceptionally well to being read aloud.

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

Nifty, Nifty Look Who's 50!

The following celebrities
turn 50 in November:

- Nov. 4 **Yanni Hrisomallis**, adult-alternative musician
- Nov. 8 **Rickie Lee Jones**, singer/songwriter
- Nov. 14 **Condoleezza Rice**, national security advisor
- Nov. 16 **Allison Anders**, director, *Gas, Food, Lodging*
- Nov. 19 **Kathleen Quinlan**, actress, *Apollo 13*
- Nov. 23 **Bruce Hornsby**, musician, *The Way It Is*

Canned soup drive to be held in November

Lawrence Professionals in Aging is sponsoring the Soup for Senior Canned Soup Drive during the entire month of November.

Donated cans of soup can be dropped off at either the Hy-Vee Supermarket at 4000 W. 6th St. or the Hy-Vee Supermarket at 3504 Clinton Parkway in Lawrence. Collected cans will be distributed by Douglas County Senior Services to help provide seniors nutritious meals during the winter months.

Lawrence Professionals in Aging is a networking group for friends, volunteers and professionals who work with seniors. Anybody with the goal of improving the quality of life for seniors and their families is invited to the group's meetings, which are held

the first Thursday of each month. This is the group's first canned soup drive and they hope to make it an annual event.

For more information about the canned soup drive, please call 785-856-5555 or visit www.SoupForSeniors.com.

For more information about Lawrence Professionals in Aging, please call 785-842-0656.



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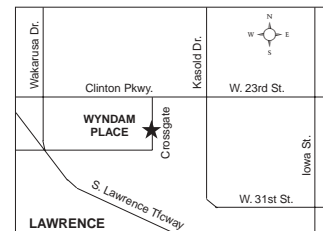
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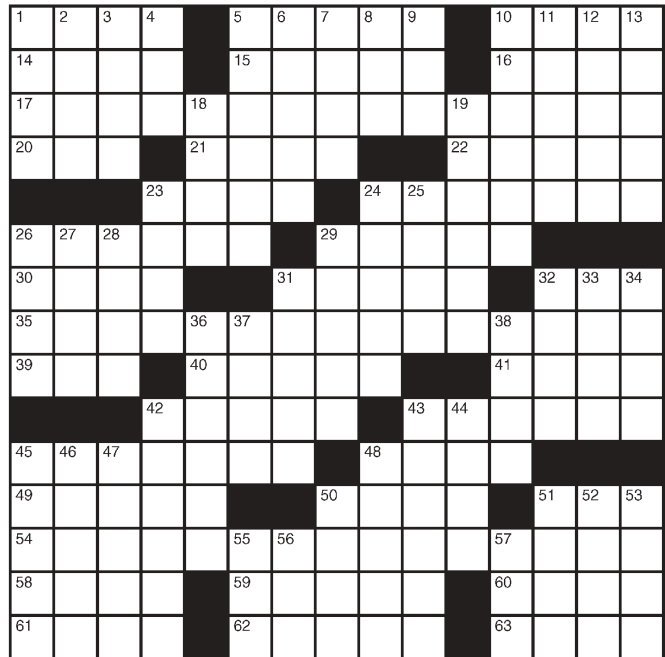
ACROSS

- 1 Pacific Ten sch.
- 5 Indian corn
- 10 Yearning
- 14 Symbolic cross
- 15 Dancer de Mille
- 16 ___ En-lai
- 17 Acts mulish
- 20 Craft of sci-fi
- 21 Demands payment
- 22 Green spot in sand?
- 23 Join the band
- 24 Offspring
- 26 Go lickety-split
- 29 Hanker for
- 30 Buckeye State
- 31 Dunne of "Magnificent Obsession"
- 32 Affirmative in Yokohama
- 35 Stands firm
- 39 Cereal grass
- 40 Natalie and Paula
- 41 "Do ___ others as..."
- 42 Eye shade
- 43 Clam's cousin
- 45 Nightclub
- 48 Held back
- 49 Baker or Ekberg
- 50 Aware of
- 51 Was left idle
- 54 Remains unmoved
- 58 Verge
- 59 Part of RFD
- 60 Pocket change

- 61 Stag, for example
- 62 Requirements
- 63 Candid

DOWN

- 1 Pakistani language
- 2 Hair arrangement
- 3 Trademark image
- 4 Junk mail, mostly
- 5 Handbook
- 6 Suffering
- 7 Travel stopovers
- 8 Alphabet conclusion
- 9 Seven before 8D
- 10 Time of glacial dominance
- 11 "We hold ___ truths..."
- 12 Bush appointee Powell
- 13 Strumpet
- 18 Wait on a red light
- 19 Former FBI head
- 23 Goad
- 24 Fourth estate
- 25 Chimed
- 26 Danish physicist Niels
- 27 Sailor's shout
- 28 Enrage
- 29 Angler's basket
- 31 Cove
- 32 Attila's horde
- 33 Pot contents
- 34 Religious statue
- 36 Beetle type
- 37 Percolate
- 38 Kick out
- 42 Tea-party host



By Diane C. Baldwin
Columbia, MD

Answers on page 16

- 43 Ore products
- 44 Current
- 45 Made crow sounds
- 46 Cathode's counterpart
- 47 Spree
- 48 Stretch and pound
- 50 Grimm beast
- 51 Use scissors
- 52 Zenith
- 53 Afterwards
- 55 Samovar
- 56 Owed
- 57 Bridal vow

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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.

THE KING OF QUEENS (sol: 11 letters)

A-Arthur; B-Basement, Blue-collar, Bowling, Buddies; C-Carrie, Comedy, Couple, Cousin; D-Danny, Deacon, Dog-walker, Doug; F-Family, Father, Food, Football; G-Golf; H-Heffernan, Holly, Husband, Hungry; J-Jets; K-Kelley; L-Laugh, Legal secretary, Life, Lou Ferrigno; M-Marriage, Mets; N-New York; R-Richie; S-Spence, Spooner, Stephanie, Suburb; W-Wife

This Month's Answer: **DELIVERYMAN**

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

JUMBLE

THAT SCRAMBLED WORD GAME
by Henri Arnold and Mike Argiron

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

TYJET

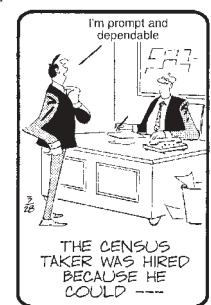
NENLI

TOOLEC

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www.jumble.com

Ans: BE



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

Answers on page 16

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14 SeniorMonthly, November 2004

TRIVIALITIES

1. Ron Howard directed what 1989 comedy starring Steve Martin and Mary Steenburgen?
2. Who starred as Emperor Commodus in the 2000 film "Gladiator"?
3. Who directed the 1999 film "8MM"?
4. Who starred as Madeleine "Maddy" Le Clerc in the 2000 film "Quills"?
5. Who wrote and directed the 2002 film "Signs"?
6. M. Night Shyamalan wrote and directed what 2004 film starring Adrien Brody and William Hurt?
7. Joaquin Phoenix starred opposite John Travolta in what 2004 film?

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Answers on page 16

HUMOR

Mancha Man

Ethan Pontleroy was as good a man as ever puttered through life on this sin-scarred old planet of ours. Ethan didn't quote the Golden Rule, he lived it. For him, the beatitudes were the Be Attitudes. Ethan didn't lie, cheat, steal, or crowd other drivers out of parking places that they had spotted first. And he was a merry old soul who laughed a lot. People liked having him around.

Boris Quigiddiddle hated his neighbor Ethan. Boris and Ethan lived side by side in a posh section of town called *La Mancha*, where the streets



Larry Day

were winding and the house numbers were hand painted on Spanish tile. Quigiddiddle had made a pile of money in the oil and gas business.

Ethan Pontleroy had lived hand-to-mouth all his life, until a long lost uncle died and left him a really big pile of money. Even after Ethan had given away most of his inheritance, he could still afford to buy a house on Rocinante Street in *La Mancha* next door to Boris Quigiddiddle. Right from the start, Boris had it in for Ethan. He called Ethan "easy money," and hated Ethan's kindly ways.

Nothing would have come of Boris's enmity toward Ethan if it hadn't been for Myndie Martineau's dumb idea. Everyone who lives in *La Mancha* has a pile of money, but Myndie has the biggest pile of all, so when Myndie has an idea, even if it's a dumb one, people usually go along with her. Myndie's idea was to have a Don Quixote Ball, and to elect someone The Man of *La Mancha*.

Boris had never heard of Cervantes, but as soon as he learned about the Don Quixote Ball, he was determined to win the title.

"Boris," he said to himself, "you are definitely going to be 'The Man.'"

Ethan Pontleroy had the opposite reaction. When Myndie called to tell him he'd been nominated, Ethan tried to invoke the Sherman Oath. That's the one that goes, "If nominated I will not run. If elected, I will not serve." But Myndie had never

heard of the Sherman Oath, and she told Ethan that it would be rude to refuse the nomination. Ethan didn't want to be rude, so Myndie put his name on the ballot.

Meantime, Boris had a very different problem. The folks who lived in *La Mancha* liked to think they had everything, so they invented subtle protocols to signal the desires and wants they couldn't speak about openly. When Boris spoke openly about wanting to be The Man of *La Mancha*, people were turned off.

But Boris didn't make a pile of money in the oil and gas business without recognizing a dry hole when he drilled one, so he immediately backed off, and began pretending that he didn't care who was elected to be The Man of *La Mancha*.

The only thing that folks who lived in *La Mancha* feared more than appearing not to have everything, was the fear that someone might drag a skeleton out of one of their walk-in closets. That gave Boris some traction. He quietly hired a couple of local private investigators to check Ethan out. Boris figured it would be a cinch to get some dirt on Ethan and circulate it discreetly around *La Mancha*.

Unfortunately for Boris, the local gum shoes came up with nothing.

"He's clean as a whistle, boss," said the lead detective. "Not even so much as a parking ticket."

Boris decided that the local detectives were a couple incompetent fat-heads, so he called in some big time private investigators from the East Coast.

"I want this guy's life history all the way to the butcher shop," Boris told the detectives. "If he so much as sassed a teacher in third grade, I want to know about it. If he jilted a girl in high school, find it out. If his Mama told him she loved him, check it out."

"And I want to know every move he makes. I want you to find out where Pontleroy's going before he knows it himself," Boris told them. "Now get out there and get me some dirt on this guy, dammit!"

The East Coast high rollers gave it their best shot, but in the end they couldn't pin any more dirt on Ethan Pontleroy than the local gumshoes had been able to. Which is to say zip, zilch, nada. They reported to Boris that Ethan was clean all the



A pluggler needs a new pencil not when it's too short, but when it runs out of eraser.

way back to his diaper days.

Meantime, a couple of other candidates saw the handwriting on the Spanish tiles, and dropped out of the race. Boris and Ethan were the only contenders for the *Mancha* Man title. And Boris knew that Ethan would win.

"Desperate times call for desperate deeds," Boris told himself, and he put through a call to Ima Molino. Ima was a high priced consultant whom Boris had used for a couple of jobs in one of the more seamy corporate takeovers he had pulled off during his days in the oil and gas business.

"I need you to do a job for me," said Boris when Ima answered her phone. It was secure line that not even the FBI or CIA could trace or tap.

"Just tell me where and when, darlin'," said Ima.

"I want you to set somebody up. I'll need a cat burglar, a beautiful girl, a fleet footed photographer with a digital camera, and a computer geek."

"Can do, darlin'," said Ima, "But it'll cost you."

"Whatever it takes," said Boris, and he filled her in on the details of his plan.

In the dead of night, a couple of days before the Don Quixote Ball, Ima Molino's crew parked their unmarked van in front of a house on Rocinante Street in *La Mancha*. They'd been briefed on the layout of the house and the sleeping quarters of their target. The cat burglar neutral-

ized the alarm system, slipped into the house, and opened the front door for the others. The girl and the photographer stole up the stairs to the bedroom. In a flurry of activity, the girl jumped into the bed and embraced the startled sleeper. The photographer shot 15 quick pictures and the three of them dashed to the van.

As the van sped away, the computer geek transmitted the telltale photos to a list of e-mail addresses that included Myndie Martineau, and other members of the Don Quixote Ball committee.

The operation was a rousing success. People in *La Mancha* were suitably titillated and disgusted by the risqué-looking photos. The problem was that Boris's house and Ethan's house were next door to each other, and all the houses in *La Mancha* looked alike.

Ima Molino's crew broke into Boris's house instead of Ethan's house. Boris was the man whose startled features stared out from the digital photos that radiated from the screens of the computers of *La Mancha* residents.

At the Don Quixote Ball, Ethan Pontleroy reluctantly but gracefully accepted the title of The Man of *La Mancha*.

Boris Quigiddiddle sold his house and went back into the gas and oil business.

- 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.

COOKING LIGHT

Italian sausage and fennel lasagna

By Lorrie Hulston Corvin

A slice of this saucy lasagna provides 428 milligrams of calcium — almost half the recommended daily amount.

- 2 teaspoons olive oil
- 2 cups chopped fennel bulb
- 1 1/2 cups chopped onion
- 4 1/2 cups fat-free spaghetti sauce
- 1/2 cup water
- 1 (10-ounce) package meatless Italian sausages (such as Boca), thawed and chopped
- 1 (8-ounce) can no salt-added tomato sauce
- 1 (12-ounce) carton 2 percent low-fat cottage cheese
- 2 large egg whites
- 1 cup fat-free ricotta cheese
- 1/2 teaspoon dried Italian seasoning
- 2 garlic cloves, minced
- 1 (8-ounce) package precooked lasagna noodles
- 1 1/2 cups (6 ounces) shredded part-skim mozzarella cheese
- Cooking spray
- 1. Preheat oven to 375 degrees.
- 2. Heat oil in a Dutch oven over medium-high heat. Add fennel and onion; saute 5 minutes or until tender. Add spaghetti sauce, water, sausage, and tomato sauce; cover, reduce heat, and simmer 5 minutes.
- 3. Combine cottage cheese and egg whites in a food processor; process until smooth. Place cottage cheese mixture in a medium bowl. Stir in ricotta, Italian seasoning, and garlic.
- 4. Spread about 1 1/2 cups sausage mixture in bottom of a 13 x

9-inch baking dish. Arrange 3 noodles over sausage mixture; top with about 3/4 cup ricotta mixture, about 1 3/4 cups sausage mixture, and 1/3 cup mozzarella. Repeat layers, ending with noodles. Spread remaining sausage mixture over noodles. Cover with foil coated with cooking spray. Bake at 375 degrees for 40 minutes. Sprinkle with remaining mozzarella. Bake, uncovered, an additional 20 minutes or until lightly browned. Let stand 10 minutes before serving. Yield: 8 servings.

CALORIES 388 (21 percent from fat); FAT 9.2g (sat 2.8g, mono 2.8g, poly 1.8g); PROTEIN 25.5g; CARB 46.7g; FIBER 5.3g; CHOL 16mg; IRON 3.4mg; SODIUM 1,078mg; CALC 428mg.

Chicken piccata

By Allison Fishman

- Substitute chicken breast tenders or veal cutlets, if you like. Serve over angel hair pasta or rice.
- 1 tablespoon olive oil
- 4 (6-ounce) skinless, boneless chicken breast halves
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/3 cup fat-free, less-sodium chicken broth
- 2 tablespoons dry white wine
- 1 1/2 tablespoons fresh lemon juice
- 1/4 cup chopped fresh parsley
- 1 tablespoon capers, drained
- 1. Heat oil in a large nonstick skillet over medium-high heat.
- 2. Place each chicken breast half

between 2 sheets of heavy-duty plastic wrap; pound to 1/2-inch thickness using a meat mallet or rolling pin. Sprinkle chicken evenly with salt and pepper. Add chicken to pan; cook 4 minutes on each side or until done. Remove from pan. Add broth, wine, and lemon juice to the pan; reduce heat, and simmer 1 minute. Stir in the parsley and capers. Spoon sauce over chicken. Yield: 4 servings

(serving size: 1 breast half and 1 tablespoon sauce).

CALORIES 227 (22 percent from fat); FAT 5.5g (sat 1g, mono 3g, poly 0.8g); PROTEIN 39.7g; CARB 1.1g; FIBER 0.3g; CHOL 99mg; IRON 1.6mg; SODIUM 505mg; CALC 27mg.
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JUMBLE ANSWERS

Jumbles: JETTY LINEN OCELOT UNLOAD

Answer: The census taker was hired because he could — BE "COUNTED" ON

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TRIVIALITIES ANSWERS

1. "Parenthood" 2. Joaquin Phoenix 3. Joel Schumacher 4. Kate Winslet 5. N. Night Shyamalan 6. "The Village" 7. "Ladder 49"

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Typical calorie density, in calories per 100 g (3.5 oz.)

Fast food at burger, fried chicken chains

263

Normal meal prepared at home

160

Healthy low-calorie diet

125



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SENIOR FORUM

Son worries about mother's transition in life

By Kent S. Collins

DEAR SENIOR FORUM: My mother is coming home from Florida to live with us or near us. She and Dad retired down there in 1993 and had a great life. But Dad died last year. Mom is getting a bit shaky both physically and emotionally. Travel back and forth to see us, my brother and all the grandchildren is harder — airports are more complicated and she is more easily fatigued.

I could use some advice on how to manage the coming transition in her life — not the physical move, but the lifestyle and family adjustments. — Son Paul

DEAR PAUL: The transition should begin before the packing. Try to delay the actual move until you and she have discussed her new life with or near you.

Some of that discussion is obvious — where to live, for example. But where she lives should be determined by what she wants to do and is capable of doing in her daily lifestyle. Some examples:

—Can she drive an automobile? Would she like to give it up, or should she be offered a living situation that makes it easy to give up her car? Some assisted-living places offer minibus service to town, doctor and supermarket. Some cities and neighborhoods are connected with good municipal bus service. Even if she is inclined to drive her own car now, should you help her move somewhere with transportation options for later?

—Is your mother a social self-starter? If she's good at getting out and making friends, then she can live alone and thrive. If she holds back at social engagement, then a group living situation — like assisted living — might cause her to mix. Such places offer group dining rooms for group meals, living rooms for games and reading, plus activities for mixing.

—Does she engage in volunteer work that might transplant from Florida to her new community? If she volunteers in Florida, then you can tell her about and connect her with like organizations before the actual move. Volunteer coordinators at some of the more volunteer-intensive places will make outreach telephone calls in search of new recruits.

You can encourage the volunteer coordinators to make such calls. That might be an early roll-out of the welcome mat.

—Moving your mother into your home first thing is generally not a good idea. Visiting her with your family for a week is not like living with each other. She may be overwhelmed by the pace and complexity of your family lifestyle. The lack of routine in many American households is frustrating for some elders. What seems like "organized chaos" to parents and three children can be frightening and frustrating to a grandmother. "Put her up" somewhere so that she can visit your home and sample your lifestyle before either side decides to merge households.

—Similarly, your family may not like all-Grandma-all-the-time. Relocate her outside your home for the first few months, if possible. Then evaluate the potential for a live-in relationship as she visits in your home frequently. The relatively new genre of stay-by-the-week modern hotel/motels might be a good temporary residence.

—Schedule as best you can a fast-paced introduction to your city — to get banking, utilities, medical, shopping and recreational activities in front of her as soon as possible.

More than all else, talk with your mother to get answers and to hear personality. During long and relaxed conversations — over the telephone before she moves and in person once she arrives — ask about the new life she wants to live. What's ahead of her — even without her husband — could be a rewarding and peaceful time of life. Question her about lifestyle, not moving mechanics.

(Send your questions and/or advice to your fellow retirees via The Senior Forum c/o Tribune Media Services, 2225 Kenmore Ave., Suite 114, Buffalo, NY 14207, or to seniorforum@mchsi.com)

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The Lightner Double

By Omar Sharif and Tannah Hirsch

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NORTH
 ♠ K 9 4 3
 ♥ A Q 10 4
 ♦ 2
 ♣ A J 9 7

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

The bidding:

EAST	SOUTH	WEST	NORTH
3♦	3♠	Pass	4NT
Pass	5♦	Pass	6♠
Dbl	Pass	Pass	Pass

Opening lead: Two of ♥

If the opponents bid to slam voluntarily and you double, for penalties, don't expect to get rich. Unless they have lost their senses, you cannot expect to gain more than 50 or 100 points. Therefore, about 75 years ago Theodore Lightner proposed a more useful purpose for the double, and it has since become almost standard. It asks for an unusual lead, different from any suit partner might have mentioned in the auction. Your first choice should be a suit bid by dummy, usually the first bid. If dummy did not bid a suit, lead declarer's second suit. And if only one suit has been bid, lead your longest suit. Partner is probably looking for a ruff on opening lead. Here's how it works.

On the given auction, if partner does not double, lead a diamond - his suit. Unless you clearly have a better lead, don't try to be a genius - partner will never forget if you make some other lead and give them a slam which could have been defeated by leading his suit.

After a Lightner double, however, a diamond lead is out. You have to choose between a heart and a club, with nothing to guide you. The lead of the king of clubs is appealing, but wrong. Partner is looking for a ruff, and it is most likely

in your longer suit. Partner will ruff the heart lead and cash the king of diamonds for down one. Lead anything else, and the slam rolls home.

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HISTORY

James Lane: Mystery Man of Kansas (Part 1)

By Tom Mach

James Henry Lane is an intriguing figure for Kansas and the country. Not only was he an active participant in battling proslavery factions during the "Bleeding Kansas" era, but, in my opinion, he was a controversial figure and somewhat of a mystery even to people who knew him.

Lane, born in 1814, became a U.S. representative, a U.S. senator, and (supposedly) a brigadier of the Union Army. I say supposedly because technically he was not legally permitted to hold a military rank and serve as a senator at the same time. William Connelly described Lanes as being tall, "and like Casius, bore a lean and hungry look." Some were undoubtedly uncomfortable with his nervous energy, dark and restless eyes, and his commanding presence. But it was his voice that captivated people, as he was one of the finest orators in Kansas.

Lane was born in Lawrenceburg, Indiana, but in later years he was to make his residence in a similar-sounding town: Lawrence, Kansas. Jim Lanes father, Amos, had paved the way for his son's political career so that by the time Jim was born, Amos had been serving as a legislator in Indiana. When Jim was two, Amos was elected to Indiana Speaker of the House.

Jim Lane followed in his father's political footsteps and began his career in Indiana by becoming the Lieutenant Governor of that state—but only after serving as a military commander in the Mexican War. He ran as governor in 1849 through 1853, and then became a U.S. Representative with the Democratic Party in 1853. While in office, he supported and voted for the passage of the Kansas-Nebraska Act.

I believe it was the challenge that Kansas offered him which convinced him to make his new home here in Kansas Territory. By April, 1855, when Lane entered Kansas, the debate over whether Kansas should become a free or slave state had heated

up, and Lane wanted to be a strong voice in its destiny. By June, Lane started on his mission against proslavery advocates by presiding at a Democratic Territorial convention. He became involved in the border disputes over the slavery issue, both through his active role in politics and through personal involvement in laying out a trail to help free-state immigrants entering Kansas Territory avoid proslavery settlements. This 136-mile trail, extending from Nebraska City to Topeka, eventually was used by the people in the Underground Railroad to help escort runaway slaves to Kansas.

I think it was a paradox that Lane was not—at first—a true abolitionist. In fact, one question that he had to resolve was whether or not black people, despite their being either slave or free, should be excluded from Kansas. A number of people feared that perhaps some blacks might actually prefer to be slaves once they settled in Kansas, giving unfair competition to those who did not use slaves to work their farms. A few Western territories already had such an exclusive black-law clause in their proposed constitutions. While Lane was originally a black-law supporter, he changed his mind when he realized adoption of such a clause for Kansas would result in the loss of support from such influential men as Seward or Chase.

Troubles pursued Lane on a more personal level. In 1841, at the age of 27, he married Mary Baldrige of Youngstown, Pennsylvania. But 15 years later, they were divorced—at a time when divorce was somewhat rare. The couple reconciled and remarried in 1857, but one could only speculate that Jim Lane's brash and outspoken nature and widely dispersed energy took a heavy toll on his personal life.

Lane apparently was also either part-owner or financier of the *Kansas Crusader of Freedom*. This paper, published in 1858 advocated Kansas Territory as the exclusive domain for

free soilers. This paper, founded by James Redpath, was termed by some as "the most brilliant paper in territorial Kansas. While John Speer's *Kansas Tribune* eventually earned that accolade from a growing list of subscribers, Lane again demonstrated his boundless energy in backing this paper as well as being engaged in many other pursuits.

In June, 1858, Lane was forced to take a break from his political aspirations after he killed a man named Gaius Jenkins in a duel over a land dispute. While Jim Lane had been acquitted before a local court and had legal right to the land, Jenkins continued to lay claim to it until things came to loggerheads and Jenkins was killed. Despite the public outcry at the time, Lane managed to override criticism of that event. His skills as an orator and his charisma helped get him a Senate seat once Kansas became a state in 1861.

However, Lane's "take charge" disposition resulted in his commanding a group of men called "Lane's Brigade." In attempting to drive out proslavery factions from Kansas, Lane went beyond simply protecting the borders. In September, 1861, Lane's Brigade invaded Osceola, Missouri, and, discovering rebel

military supplies, ravaged the town. Townspeople from Osceola were robbed of their goods before the town was set afire. Lane's fearless, ruthless actions helped earn him the nickname of "The Grand Chief-tain."

According to Todd Mildfelt, author of *The Secret Danites: Kansas' First Jayhawkers*, Lane belonged to the Danites, a secret society formed to protect free-state settlers and to rid Kansas of its pro-slavery government. Members of this group, of which Lane was the de facto leader, wanted more action than even Lane himself provided. The group raided communities in Kansas who had known proslavery leanings driving them into Missouri and even, sometimes, killing them. This group is said to have set the precedent for what later became the Jayhawkers in late 1858.

- Tom Mach is the author of *Sissy!*, an award-winning novel about Kansas (and particularly Lawrence) during 1862 and 1863. It is available at local bookstores, through www.amazon.com, or through Mr. Mach's informative web site, www.sissynovel.com.



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HISTORY

Through Fred Krebs, famous people become real again

By Bettie Turner
Kansas Senior Press Service

Fred Krebs, Professor of History at Johnson County Community College, makes history come alive as he "becomes" famous people of the past.

On a July afternoon last summer, Krebs brought his Stephen Douglas portrayal to the Gardner Museum and Historical Society. Krebs introduced Douglas by mingling with the audience before his speech and, as he said, "pressing the flesh."

"Hello, I'm Stephen Douglas," he said again and again, holding out his hand. The young lawyer was a senator from Illinois in the mid-1800s. He was nicknamed "the little giant" because he was only five feet, four-inches tall. But he enhanced his stature with well-made clothing and a top hat.

"He was an enormous orator and dressed the part," said Krebs.

As Douglas, Krebs wore a black frock-coat and top hat. He spoke as Douglas would have of "Bleeding Kansas" in the 1850s when pro- and anti-slavery activists maneuvered to gain political control of the territories as they became states.

Douglas proposed "popular sovereignty." His plan called for each territory to have the right to decide whether it would be a slave or free state.

In 1858, Douglas debated Abraham Lincoln when they were opponents for Illinois Senator. In the debates, Lincoln looked at slavery as a moral issue. Douglas considered it a legal problem to be settled

by compromise. The debates helped Douglas win re-election to the Senate and made Lincoln a national figure.

In 1860, the two were opposing candidates for President of the United States. This time, Lincoln won the race. At the inauguration, however, Douglas held Lincoln's hat. Later, he visited the President in the White House and pledged his support for the Union. Douglas was exhausted, and a few months later he died.

"He was worn out," Krebs said, "from traveling the border states urging citizens to preserve the Union." Douglas did not live to see the Civil War that almost destroyed it.

Hours of research and reading go into each characterization Krebs does. Others include Benjamin Franklin, Thomas Edison, William Allen White, Kit Carson and Carl Sandburg. His next may be Galileo. His wife, Barbara, says her favorite is William A. White. "My favorite is the one I'm doing at the time," Krebs said.

The Kansas Humanities Council is responsible for Krebs' public appearances. He is one of a dozen scholars who have "honoraria" from the Council to travel about the states patterns its programs after the traveling Chautauquas of the late 19th and early 20th centuries, which took their shows on the road to entertain and educate people throughout the nation.

During 2004, the Council's programs marked the 150th anniversary of Kansas becoming a territory. A show called "From Sea to Shining Sea" will be shown in several Kansas cities in 2005 and 2006.

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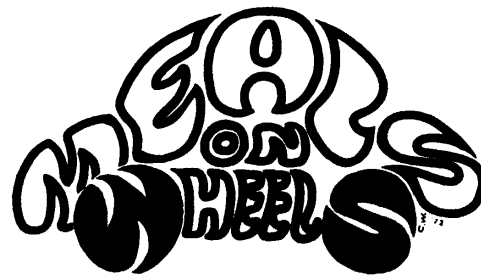
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PET WORLD

Terrier's a terror while owner's on the phone

By Steve Dale

This batch of reader questions are answered by Madison, Wis.-based certified applied animal behaviorist Patricia McConnell, author of *The Other End of the Leash* (Ballantine Books, 2002; \$13.95), recently released in paperback.

Q: My four-year old Yorkshire terrier barks when I'm on the phone. I've tried to spray her with water and use a shake can filled with coins. Nothing works. I even began to feed her to get her to hush, but that lasts only as long as the food does. Now, she's overweight. What do I do? — E.B., Ft. Lauderdale, Fla.

A: "You might be happy to learn you're not alone; this is a fairly common problem," McConnell says. Give the Yorkie a Kong toy (available at pet stores) stuffed with low-fat peanut butter or low-fat moist dog food. Just as your pup begins to work on getting the goodies from

the toy, use your cell phone or a second line to call yourself, or have a friend phone you. Just say "hi," and then hang up. When you hang up, take the toy away. Gradually, talk longer, 10 seconds, then 20 seconds, etc. Remember, the chew toy goes away when you're off the phone.

Meanwhile, the phone will undoubtedly ring in earnest when you're not prepared with the stuffed Kong. When that happens, calmly ask the caller to hold on while you take your dog into a far-off room, so any barking won't disturb you. Or pick up an extension in a far-away room and close the door, so your barking Yorkie can't impact your conversation.

Ask your veterinarian about placing your pup on a low-fat diet and increasing exercise. Feeding your dog from a Buster Cube, Talk to Me Treat Ball or another food-dispensing toy is fun for your pooch and also burns calories.

Q: I've been training dogs for 36 years, and I've studied with some of the best trainers and animal behaviorists in the world. But I'm totally stumped by my own dog. She's a German shepherd imported from Germany who I've raised since she was a pup. How is it that when she hears a doorbell on TV, she runs to the door and barks? We've never had a doorbell. So, how does she know to do this? — L.K., Margate, Fla.

A: This is a first for McConnell, too. She's guessing that your dog must have had real-life experience

with a doorbell, either as a very young pup before arriving from Germany or when you and your dog visited the home of a friend with a doorbell. "If there were other dogs barking away at the doorbell as dogs do, your dog would learn very quickly," McConnell says. "One experience would be enough for a lifetime."

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

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Saving Time & Money

Taking Fido and Felix along

If you are planning to take your cat or dog on a trip, here are some suggestions to make travel safe and pleasant:

Before you go

- Check with your veterinarian before taking your pet on a trip; if you are traveling to other states, get appropriate health certificates
- Call ahead to make sure the hotel allows animals; book a room on the ground floor for easy access; find out what restrictions or fees the hotel levies

What to pack

- Carrier, blanket or bedding
- ID tags, photo of pet, extra leash and collar
- Food, bottled water, dishes
- Grooming supplies, first aid kit for stops and cuts
- Proper scooper or litter supplies, carpet deodorizer

Travel by car

- If your pet is not used to traveling by car, take him or her on short day trips before you go
- Use a travel crate or car gate to confine pets in the rear of the car for safety
- Don't feed your pet a heavy meal or lots of water before you start out; some animals get car sick; plan stops every two hours or so to walk pet
- Never leave your pet in the car on a hot day; when driving, make sure your pet has ample fresh air or air conditioning

Travel by plane

- Check with the U.S. Agriculture Department and the airline for regulations and procedures

Source: *Traveling with Animals*, Society for the Prevention of Cruelty to Animals, ASPCA Bulletin Board, Vol. 10, No. 1, 1999



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Mail this completed form along with \$15.00 to:

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

Medicare Modernization Forums

Do You Need Help Purchasing a Prescription Drug Card or Determining If You Qualify for The \$600 Transitional Credit?



Note: All scheduled from 10:45 to 11:30 am, all locations in Topeka unless indicated

November 1, 2004—Asbury Mount Olive United Methodist Church—1196 SW Buchanan

November 3, 2004—Westside Christian Church—432 SW Lindenwood

November 5, 2004—Tyler Towers- 600 SW 14th Street

November 8, 2004—First Christian Church—1880 SW Gage Boulevard

November 12, 2004—Auburn Methodist Church—240 8th Street—11:15 am to 12:00 pm

November 15, 2004—Highland Park United Methodist Church - 2914 SE Michigan

November 16, 2004—LULAC Senior Center—1502 North Seward

November 18, 2004—Jayhawk Area Agency on Aging, Inc.—1720 SW Topeka Blvd—1:00 to 3:00 pm

November 19, 2004—East Topeka Senior Center—1114 SE 10th Street

November 22, 2004—Papan's Landing Senior Center—619 Paramore

November 23, 2004—Silver Lake Senior Center—404 East Lake—Silver Lake, KS

November 24, 2004—Rossville Senior Center—429 Pearl—Rossville, KS

November 30, 2004—Jayhawk Area Agency on Aging, Inc.—1720 SW Topeka Blvd—1:00 to 3:00 pm

Attend a prescription drug coalition forum to learn facts about the Medicare approved drug discount card and how it can possibly help you receive discounts on your prescription drugs of 10% to 25%

Find out if you qualify for a \$600 transitional credit on your prescription drugs that can be applied to 2004 and carried over to 2005, and in 2005 receive an additional \$600 credit

Our volunteers will complete a comparative analysis for you to help you determine which prescription drug card will provide the best savings for you

For information contact Diane McDermed at 235-1367



Sponsored by
Prescription Drug Assistance Coalition
Jayhawk Area Agency on Aging, Inc.
HealthAccess
Shawnee County Health Agency
Older Citizens Information

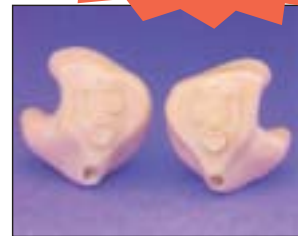
It's Your Turn to Hear Better.



What Have
You Been
Waiting For?

\$ **495** *

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Hurry in for exceptional savings!

We're making it easier to own a quality digital hearing instrument from Miracle-Ear®. For a limited time, our digital AudioChoice®, Contour style hearing aid is just \$495. We're also offering tremendous savings on these Miracle-Ear products:

ANY SIZE!

\$1,000 off

ME-1 Solution

Save \$1,000 off the regular list price of a ME-1 Solution hearing system (two instruments) or \$450 off the regular list price of one instrument.

Good only from participating Miracle-Ear® representatives. One coupon good per purchase. No other offers or discounts apply. Discount does not apply to prior sales. Cash value 1/20 cents.

Offer begins 11-15-04 and expires 12-18-04

ANY SIZE!

\$750 off

ME-2 Solution

Save \$750 off the regular list price of a ME-2 Solution hearing system (two instruments) or \$350 off the regular list price of one instrument.

Good only from participating Miracle-Ear® representatives. One coupon good per purchase. No other offers or discounts apply. Discount does not apply to prior sales. Cash value 1/20 cents.

Offer begins 11-15-04 and expires 12-18-04

ANY SIZE!

\$500 off

ME-3 Solution

Save \$500 off the regular list price of a ME-3 Solution hearing system (two instruments) or \$200 off the regular list price of one instrument.

Good only from participating Miracle-Ear® representatives. One coupon good per purchase. No other offers or discounts apply. Discount does not apply to prior sales. Cash value 1/20 cents.

Offer begins 11-15-04 and expires 12-18-04



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* The \$495 offer good on the AudioChoice AC7021 Contour model only. No other offers or discounts apply. All discounts do not apply to prior sales. Good only from participating Miracle-Ear representatives. Offer expires 12-18-04.

Hearing aids do not restore natural hearing. Individual experiences vary depending on severity of hearing loss, accuracy of evaluation, proper fit and ability to adapt to a hearing aid. Only your Miracle-Ear® representative can determine if the AudioChoice® or another Miracle-Ear® hearing aid is right for you.

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