

Kaw Valley Senior Monthly

November 2006

Serving Active Seniors in the Lawrence-Topeka Area

Vol. 6, No. 5

INSIDE



Hundreds of seniors participated in the Kansas Senior Olympics between Sept. 21 and Oct. 1. We list winners from the Lawrence and Topeka area. - page 5



It's official. The U.S. has a population of 300 million. The Census Bureau shares how different things were when the country hit 100 million and 200 million. - page 26

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FREE



George Cooper

KEVIN GROENHAGEN PHOTO

Cooper also returned to the Philippines

By Kevin Groenhagen

As a Boy Scout, George Cooper's troop camped on the Philippine island of Corregidor. He could not have imagined at the time that he would one day drop bombs on the island.

Cooper's father graduated Phi Beta Kappa from the University of Kansas with a degree in journalism. He then traveled to the Philippines in 1907 as a "Thomasite." Thomasites were American teachers sent to the Philippines after the Spanish-American War. Their mission was to estab-

lish a public school system, to teach basic education, and to train Filipino teachers in the new U.S. colony.

According to author Raymond Bonner, "By 1910 nearly 1,000 teachers, the forerunners of the Peace Corps, had forsaken their relatively comfortable positions in America for the unknown dangers in a steamy tropical land an ocean away.... When the Spanish left, barely 5 percent of Filipinos could read and write; before the American teachers had been there long enough to graduate one generation of students, literacy had risen to nearly 50 percent."

It wasn't long before a young Filipina and the American educator took notice of one another.

"My father was superintendent of schools in northern Luzon," Cooper said. "My mother was teaching English in one of the schools that my father organized. The roads weren't all that great in those early days, and my father rode by horseback or in a carriage. My mother used to talk about seeing that dashing 'Americano' in his surrey with the fringe on top."

The new couple stayed in the Phil-

CONTINUED ON PAGE TWO

George Cooper

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ippines as they started a family. Cooper's father soon took advantage of his knowledge of languages—he spoke seven languages fluently—and went into business.

"He established the first Goodrich Tire Company branch office in Manila," Cooper said. "He later joined a company in the export-import business."

Goodrich, which entered the Philippines in 1919, shipped tires from the U.S. to Manila. The tires were then sold locally and transhipped to other agencies in Japan, China, the Dutch Indies, and other Asian countries.

Cooper stayed in the Philippines through high school and then came to the U.S. He had sent his high school credits to KU and planned to enroll in the fall of 1941. However, he decided to put his education on hold.

"I had an idea we would be in a war soon," he explained. "I was always interested in aviation. I had my first flight when I was 14 years old. I had heard of the exploits of the U.S. volunteers in the Eagle squadrons in England. I wanted to see if I could join up with them because I was so certain we'd be in a war. I was in Michigan at the time. I thought I'd just go over to Windsor, Ontario, and sign up with the Canadians and join the Eagle squadrons. I'm glad that didn't happen because I found out about the Army Air Corps Aviation Cadet Program. I applied for that and was accepted."

Cooper was called to active duty in January 1942, and graduated from advanced fighter pilot school at Victoria Army Air Base in Victoria, Texas, the following September.

Just hours after the Japanese hit Pearl Harbor on December 7, 1941, they attacked Clark Field in the Philippines, taking out the main base of the Army Air Corps in the western Pacific. Manila fell to the Japanese on January 2, 1942, while the Americans and Filipinos continued to fight on Corregidor and in Bataan for another four months.

Cooper's two brothers and older sister were in the U.S. at the time. However, his father, mother, and six-year-old sister were still in Manila. The Japanese interned them and other Allied civilians at the University of Santo Tomas in Manila. Cooper's mother and sister were released a few weeks later, but his father would remain in captivity until General MacArthur's forces liberated Manila in February 1945.

By the spring of 1943, Cooper was in New Guinea with the 499th Squadron of the 345th Bombardment Group.

"We flew the B-25, which was built in Kansas City," Cooper said. "It was built as a medium bomber. However, Pappy Gunn, an ex-pilot with the Army Air Corps, decided that the best tactic for that area was not medium-altitude bombing, but low-altitude strafing, skip bombing, and parafrag missions. Our aircraft were converted to strafers. I did fly five missions at medium altitude. I was grateful when they abandoned that and turned us into strafers."

Equipped with eight .50-caliber nose guns, the modified B-25 was used to attack airfields, shipping, and barge traffic on the coast of New Guinea. One tactic used by the B-25 was skip bombing, which entailed dropping bombs at a low altitude so they would skip across the water into the side of a ship. On one mission, Cooper learned just how high a bomb could skip.

"They wanted us to bomb supplies on an island with skip bombing," Cooper said. "We dropped the bombs before we hit the island because the supply store was on the shoreline. We were told during the briefing that we would meet little opposition. After I dropped my bombs, an explosion kicked my plane into the air. When I went back I told the intelligence officer, 'You were wrong. There's at least a 75mm cannon there.'"

A camera in the B-25 took photos as bombs were dropped. After the film was developed, Cooper saw that one of his own 500-pound bombs had skipped high into the air before it exploded. That's what kicked the "Jayhawk," his B-25.

Most of Cooper's targets were on land or the sea. However, his top turret gunner was credited with shooting down two Japanese Zeroes during raids in which they encountered Japanese fighter attacks. Most B-25 losses were from ground fire or naval ship weapons.

After flying 50 missions, crew members were eligible to be rotated back to the U.S. Cooper flew 55 missions so his bombardier/navigator, who had just 45, could go home with other members of his crew.

Cooper returned to the U.S., reunited with his wife, and saw his first child for the first time. He was then assigned to Greenville Army Air Base in South Carolina to serve as a flight instructor.

During June 1944, Cooper began flying the Douglas A-26 Invader, a twin-engined light attack bomber. With American forces closing in on the Philippines, Cooper contacted his former commander, Major General Jared Crabb, and requested reassignment to his command.

"I received orders to return to the South Pacific in January of 1945," Cooper said. "But I wasn't assigned to my old unit. I was assigned to the 3rd Attack Group as operations officer in the 90th Squadron."

The 90th Squadron moved to Leyte, Philippines, in November 1944, and then further north to the island of Mindoro. From here, Cooper flew A-20s against targets in the Philip-

ippines, including targets on Corregidor.

"I actually saw more of the Philippines during the war than I did growing up there," Cooper said.

Allied troops landed on Luzon in October 1944 and made their way towards Manila. General Yamashita withdrew to the mountains, but left enough Japanese troops in Manila to turn the city into a battlefield between February 4 and March 3, 1945. During that month, as many as 100,000 Filipinos were killed. However, Cooper's family survived the battle. Cooper, his father, mother, and sister were soon reunited.

Cooper in May 1945 became the squadron commander of the 8th Attack Squadron, which was also based on Mindoro. The squadron was later equipped with A-26s.

After the Battle of Okinawa ended in June 1945, American troops oc-

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George Cooper

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cupied that Japanese island. Cooper and the 8th Attack Squadron relocated to Okinawa, to prepare for attacks on mainland Japan. By August 1945, Okinawan-based bombers were striking numerous targets in southern Japan. One target of particular interest was Sasebo Naval Base. Sasebo is located on the island of Kyushu.

"Our last mission was to hit the naval base at Sasebo," Cooper said. "We were flying A-26s. When we went to the briefing, they started pointing out all the gun emplacements. We had to come over a rise of low mountains and then dive down to hit the naval vessels. You didn't want to return back over the mountains because that would slow down your speed, which would make you a better target. So we were going to go out through the mouth of the harbor. After the briefing, my gunner came up to me and said he didn't want to go on the mission. I told him if he could find a replacement, fine. I also told him that if he refused to go, he would no longer be a staff sergeant."

The gunner did find a replacement, but was demoted to a buck private.

"We got up and formed our formation," Cooper continued. "I don't think we were up more than 30 minutes before we received a call to return to base. The war was over. We were all glad about that since, from the briefing we had, we would have been going into one of the most heavily defended areas we ever would've attacked."

On August 28, 150 U.S. personnel flew to Atsugi and became the first Allied forces to land on the Japanese mainland. Cooper's unit arrived a few days later for the occupation.

Among Cooper's duties during the early days of the occupation was overseeing rebuilding efforts on the base. This included supervising 200 men from a local village.

"One day, a young man had stepped on a nail," Cooper said. "I sent him over to the dispensary, where they gave him a tetanus shot. I then sent him home in one of our jeeps. The next day a contingent from the village brought me kimonos, Japanese dolls, and other gifts. Through an interpreter, they told me that they had been told that Americans would rape the women, kill the men, and steal all their treasures. They said they were so amazed that I would be kind enough to not only treat this kid, but then to take him

back to his village in a jeep."

After two tours in the Pacific and a total of 75 missions, Major Cooper in December 1945 disembarked from a ship in Tacoma, Wash., and was reunited with his wife and child. The family returned to Kansas, bought a house just two blocks from KU, and Cooper began working on a degree in mechanical engineering.

"In June 1949, I walked down the same path my father walked down several years back," Cooper said.

Three of the Coopers' six children would also walk that path at KU.

His first job after graduating was with Bendix Aviation in Kansas City, Mo., where he worked on non-nuclear components for nuclear weapons. After three years with Bendix, Cooper joined Great Lakes Pipeline. He later spent 14 years with Procter & Gamble as a technical engineer.

"Procter & Gamble had a great financial program, but I wanted to progress more in responsibilities," Cooper said. "I went to headhunters and paid them to find a different management position for me. I got a job with Puritan Bennett. They were in the business of medical compressed gas. At the time, they had four plants that produced nitrous oxide for hospitals."

Cooper eventually became the general manager and vice president for Puritan Bennett's medical gases division. During his 20 years with the company, Cooper oversaw the expansion of the division, including the building of a plant in Pensacola, Fla., that extracted nitrous oxide from a waste-gas stream from Monsanto Company. According to Cooper, the Pensacola plant is the largest of its kind in the world, producing 20 million pounds of nitrous oxide a year.

While in the corporate world, Cooper continued to fly with the U.S. Air Force Reserves. He was called up for the second Berlin crisis in 1961, and had short tours of active duty during the buildup to the Vietnam War. After 29 years of service, he retired as a colonel in 1971.

A few years before retiring from the military, Cooper was flying a C-124 over Leavenworth County. He had a cousin who lived in Tonganoxie, so he was familiar with the area. However, from this new perspective, he fell in love with the countryside that surrounded the town. In 1969, he and his wife bought 160 acres of land near Tonganoxie. They finished a house on the property two years later. After Cooper retired from Puritan Bennett in 1986, he spent much of his time raising cattle.

During the past few years, Cooper has kept himself busy with, among other things, volunteer work.

"My daughter initially taught first grade in Tonganoxie, and is now teaching third grade," he said. "I've been going in for the last several years, spending two days a week in the morning working with the kids who need help."

Cooper is also the board chairman of the Tonganoxie Community Historical Society. Founded in 1982, the Society has 10 acres of land just outside of Tonganoxie, including 6.3 acres deeded to it from the Fairchild-Knox Dairy. That property came

with a barn and a milk house.

"The barn had termite infestation," Cooper said. "We had to do a lot of work to restore it. We converted the milk house into a museum, and that took a lot of work. We also moved an old one-room schoolhouse that a farmer donated. It was in bad shape, too, so we had to restore it. Also, the people who had been going to the Reno Methodist Church donated the church and raised \$10,000 to move it. They wanted to preserve it. Frankly, I think it's one of the best museums and clusters of buildings that you'll find in the whole state of Kansas."



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Kansans complete in Senior Olympics

Nearly 550 seniors from across Kansas and several other states participated in the Kansas Senior Olympics between September 21 and October 1. Due to space limitations, we are unable to publish all the results. However, we are publishing first-place winners from the Lawrence and Topeka area. Complete results can be found at www.topeka.org/pdfs/2006_kso_Results.pdf.

ARCHERY - COMPOUND RELEASE
Men 70-74: Erwin Hippen, Topeka
Women 65-69: Patricia Hippen, Topeka

BADMINTON - SINGLES
Men 50-54: Rajeev Trehan, Lawrence
Men 55-59: Charles Elkins, Topeka
Women 65-69: Susan Miller, Topeka

BADMINTON - DOUBLES
Men 50-54: Parush Dasaraju, Topeka
Men 60-64: Roger Nyfeler Topeka
Women 50-54: Sandra Bohnsack, Topeka
Women 55-59: Bernie Schuette, Topeka
Women 60-64: Susan Miller, Topeka,

BADMINTON - MIXED DOUBLES
50-54: Carolyn Foster, St. Paul, NE/Rajeev Trehan, Lawrence
60-64: Roger Nyfeler, Topeka/Suzanne Smith, Alta Vista
65-69: Benny Meyer, Topeka/Susan Miller, Topeka

BASKETBALL TEAM COMPETITION
Men 65+: Topeka Senior's -- Michael Swartz, Topeka (capt.); Erwin Hippen, Topeka; Richard Edington, Topeka; Donald Allegrucci, Topeka; Clark Hay, Overland Park; Dick Walker, Topeka
Women 50+: Vertically Challenged -- Arlene Marshall, Topeka (Capt.); Jane Greene, Topeka; Ann Ladd, Pueblo West CO; Char Lane, Topeka.
Women 55+: Kansas Thunder (Kansas) -- Phyllis Weber, Topeka (capt.); Ruby Brumley, Topeka; Jan Calvery, Topeka; Denise Johnston, Wichita.; Hedy Noland, Holton
Women 60+: Gazelles (Kansas) -- Diana Schultz, Topeka (capt.); Donna Althouse, Topeka; Jimmy Sue Sells, Reading; Ireta Werner, Meriden; Cheryl Workman, Silver Lake.

BASKETBALL FREE THROW
Men 70-74: Benny Meyer, Topeka, 10
Women 50-54: Denise Metzinger, Topeka, 10
Women 55-59: Ruby Brumley, Topeka, 1
Women 60-64: Diana Schultz, Topeka, 10

BOWLING - SINGLES
Men 50-54: Darrell Gwaaltney, Topeka, 595
Men 55-59: Joseph Mazur, Topeka, 640
Men 60-64: Russ Thomann, Topeka, 647
Men 65-69: Severo Reyes, Topeka, 645
Men 80-84: Dale Laird, Topeka, 456
Men 90-94 Claude McCune, Topeka
Women 50-54: Cheryl Abmeyer, Topeka, 540
Women 55-59: Connie Richardson, Topeka, 620*
Women 60-64: Clo McCarter, Oskaloosa, 509
Women 75-79: Marie Beuchat, Topeka, 482

Women 80-84: Mallie Laird, Topeka, 463

BOWLING - DOUBLES
Men 50-54: Darrell Gwaaltney, Topeka/Kenneth Hogue, Oskaloosa
Men 55-59: James Abmeyer, Topeka/Joseph Mazur, Topeka
Men 60-64: Thomas Roth, Topeka/Russ Thomann, Topeka
Men 75-79: Dale Laird, Topeka/Robert Pasley, Topeka
Women 50-54: Shirley Parker, Topeka/Sandra Schober, 1135*
Women 55-59: Mary Sexton, Lawrence/Judy Myers, Baldwin City, 1003
Women 60-64: Dottie Pokorney, Silver Lake/Rita Acker, Topeka, 1058*
Women 75-79: Marie Beuchat, Topeka/Peggy Dawson, Topeka, 804
Women 80-84: Virginia Moore, Topeka/Marion Lierz, Topeka, 785

BOWLING - MIXED DOUBLES
50-54: Darrell Gwaaltney, Topeka/Connie Richardson, Topeka, 1339*
55-59: Joe Mazur, Topeka/Judy Myers, Baldwin City, 1076
60-64: Larry McCarter, Oskaloosa/Clo McCarter, Oskaloosa, 1110
70-74: Paul Idol, Topeka/Betty Semon, Topeka, 1050
75-79: Robert Pasley, Topeka/Lora Burton, Topeka, 999
80-84: Dale Laird, Topeka/Mallie Laird, Topeka, 886

CYCLING - 5K TIME TRIAL
Men 65-69: Terry Knowles, Topeka, 11:05

Women 50-54: Glenda Taylor, Topeka, 9:49

CYCLING - 10K TIME TRIAL
Men 60-64: Gary Comstock, Topeka, 26:11
Men 65-69: Terry Knowles, Topeka, 29:12

CYCLING - 20K TIME TRIAL
Women 50-54: Glenda Taylor, Topeka, 38:01*

GOLF
Men 55-59: Joe Rose, Topeka
Men 65-69: Gary Guinty, Topeka, 75
Men 75-79: Donald Dew, Topeka, 79
Men 80-84: Thomas Murphy, Topeka, 93
Men 85-89: Archie Hawkins, Lawrence, 102
Men 90-94: George Corn, Lawrence, 109
Women 50-54: Christine Wurtz, Topeka, 90
Women 55-59: Diana Brian, Topeka, 92
Women 60-64: Charlotte Newman, Topeka, 99
Women 65-69: Virginia Starr, Topeka, 111
Women 75-79: Vera McFaddin, Topeka, 102
Women 80-84: Joann Wiley, Lawrence, 117

HORSESHOES
Men 80-84: Dick Mossman, Topeka, 17
Women 50-54: Lou Ann Thomas, Oskaloosa, 16
Women 75-79: Nadine Latham, Topeka, 23

RACQUETBALL - SINGLES
Women 50-54: Kathy Beck, Topeka
Women 70-74 Arlene Marshall, Topeka

RACQUETBALL - DOUBLES
Women 50-54: Kathy Beck/Linda Farlow, To-

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LOCATIONS . LOCATIONS . LOCATIONS .

Olympics

CONTINUED FROM PAGE FIVE

peka

ROAD RACE 5K

Men 60-64: Larry Kietzman, Topeka, 23:23
Men 75-79: Paul Willis, Topeka, 32:10
Women 50-54: Vickie Rogers, Topeka, 26:43
Women 55-59: Lana Best, Topeka, 25:30

ROAD RACE 10K

Men 50-54: Frank Aleman, Lawrence, 39:19
Men 60-64: Larry Kietzman, Topeka, 47:38
Women 55-59: Lana Best, Topeka, 53:57

SHUFFLEBOARD - SINGLES

Men 70-74: Andy Gorman, Tecumseh
Men 75-79: Peter Latham, Topeka
Women 50-54: Denise Metzinger, Topeka
Women 55-59: Terry Baker, Topeka
Women 60-64: Bobbie Evans, Topeka
Women 70-74: Arlene Marshall, Topeka
Women 75-79: Nadine Latham, Topeka
Women 80-84: Velma Roose, Topeka

SHUFFLEBOARD - DOUBLES

60-64: Velma Roose/Diana Schultz, Topeka
75-79: Peter Latham/Nadine Latham, Topeka

SOFTBALL

Men 65+: Topeka Seniors (Kansas): Deane Burgess, Topeka (capt.); Robert Bardsley, Scranton; Robert Cordill, Shawnee; Orville Dodson, Onaga; Richard Edington, Topeka; Harold Harris, Topeka; Dave Labbe, Onaga; Dean Larson, Tecumseh; Fred Loseke, Topeka; Edward Mailen, Topeka; Howard Messer, Soldier; Paul Metzenthin, Topeka; Thomas Ortiz, Topeka; Duane Robison, Lyndon; Michael Swartz, Topeka; Richard Walker, Topeka; Jack Wyatt, Topeka; Benny Zarazua, Topeka

Women 50+: 1. Old Bats (Kansas) - BJ Guerrero, Topeka (capt.); Teresa Aitken, Topeka; Jeanne Bramblette, Wamego; Sandra Carter, Topeka; Eldonna Frazier, Topeka; Dianna Hillebert, Topeka; Pamela Lake, Topeka; Mary Leclere, Mayetta, Rita Mailen, Topeka; Donita Mattwaoshshs, Mayetta; Karen Schneller, Lawrence; Bernie Schuette, Topeka; Sarah Schurle, Alma; Sue Shreffler, Topeka; Bonnie Smoot, Topeka; Christine Wurtz, Topeka

Women 55+: 1. Kansas Kidz (Kansas) - Char Lane, Topeka (capt.); Bonnie Boutillier, Topeka; Dianne Brown, Topeka; Jan Calvery, Topeka; Marcella "Sally" Degand, Topeka; Pat Denzler, Silver Lake; Sara Denzler, Tucson, AZ; Viola "Pat" Gilbert, Topeka; Denise Johnston, Wichita; Ann Ladd, Pueblo West, CO; Arlene Marshall, Topeka; Lorraine "Belle" Neil, Blue Springs, MO; Rafalla Respress, Topeka; Chery Workman, Silver Lake

Women 60+: 1. Gazelles (Kansas) - Kathleen Ramonda, Topeka (capt.); Donna Althouse, Topeka; Frances Cofield, Kansas City, MO; Joeann Collins, Kansas City, MO; Marcia Dove, Meriden; Mary Jo Elston, Lawrence; Imogene Kilgore, Lawrence; Margaret Kincaid, St. Marys; Cecelia Muckenthaler, St. Marys; Diana Schulta, Topeka; Shirley Schumacher, Kansas City, MO; Pamela Seever, Belton, MO; Jimmy Sue Sells, Reading; Michaela Shaver, Topeka; Diane Thomas, Topeka; Mildred Toburen, Carbondale

SWIMMING - 50 YARD BACKSTROKE

Women 85-89: Marie Kreipe, Tecumseh, 1:26.97

SWIMMING - 100 YARD BACKSTROKE

Men 60-64: James McHenry, Topeka, 1:40.14
Women 55-59: Linda McHenry, Topeka,

1:28.58

Women 65-69: Susan Miller, Topeka, 1:46.87*
Women 85-89: Marie Kreipe, Tecumseh, 3:10.70

SWIMMING - 200 YARD BACKSTROKE

Women 55-59: Linda McHenry, Topeka, 3:11.45

SWIMMING - 50 YARD BREASTSTROKE

Men 80-84: Wayne Probasco, Topeka, 35.34*
Women 50-54: Connie English, Topeka, 51.79

Women 55-59: Linda Dandy, Topeka, 55.17
Women 65-69: Susan Miller, Topeka, 53.02*

Women 75-79: Carol Francis, Lawrence, 1:45.73

SWIMMING - 100 YARD BREASTSTROKE

Men 50-54: Allen Kossoy, Topeka, 1:32.87
Men 60-64: James McHenry Jr., Topeka, 1:43.56

Women 50-54: Connie English, Topeka, 2:00.60
Women 75-79: Carol Francis, Lawrence, 3:58.03

SWIMMING - 200 YARD BREASTSTROKE

Women 50-54: Connie English, Topeka, 4:23.68
Women 75-79: Carol Francis, Lawrence, 3:44.03

SWIMMING - 50 YARD FREESTYLE

Women 55-59: Linda McHenry, Topeka, 31.96
Women 65-69: Susan Miller, Topeka, 41.42
Women 85-89: Marie Kreipe, Tecumseh, 1:16.69

SWIMMING - 100 YARD FREESTYLE

Men 50-54: Allen Kossoy, Topeka, 1:17.45
Men 60-64: James McHenry Jr., Topeka, 1:17.56
Women 55-59: Linda Dandy, Topeka, 1:41.31

SWIMMING - 200 YARD FREESTYLE

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God let me be a person who holds up the fallen, and those that are discouraged and give me the wisdom to comfort those who are in need. God has not ordained us to Judge but He has commanded us to love each other. Let us lift up each other, and leave no room for the destroyer to work in our hearts, and do not let Satan have control of the tongue that can be a tool of destruction. It does not matter what you and I think, but the will of God is the tool the Christians should be a master of. Stop and think before you state your opinion about others, we might be destroying someone and the statement may not be repairable. God help us to lift up one another in the Holy Faith and never hurt those who have fallen.

LET US MAKE THIS OUR DAILY PRAYER:

John 15:

12. This is my commandment, That ye love one another, as I have loved you.
13. Greater love hath no man than this, that a man lay down his life for his friends.
14. Ye are my friends, if ye do whatsoever I command you.
15. Henceforth I call you not servants; for the servant knoweth not what his lord doeth: but I have called you friends; for all things that I have heard of my Father I have made known unto you.

Written By: Pastor Herbert Eplee If you need a friend call me at 785-865-1549 Cell 785-979-0041

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Olympics

CONTINUED FROM PAGE SIX

Men 50-54: Allen Kossoy, Topeka, 2:40.92
 Women 55-59: Linda McHenry, Topeka, 2:42.70
 Women 85-89: Marie Kreipe, Tecumseh, 6:31.66

SWIMMING - 500 YARD FREESTYLE

Men 50-54: Allen Kossoy, Topeka, 7:31.46
 Women 55-59: Linda Dandy, Topeka, 10:33.64

SWIMMING - 100 YARD INDIVIDUAL MEDLEY

Men 50-54: Allen Kossoy, Topeka, 1:33.99
 Women 55-59: Linda McHenry, Topeka, 1:26.52*
 Women 65-69: Susan Miller, Topeka, 1:51.90

TABLE TENNIS - SINGLES

Men 85-89: Eldon Wood, Topeka
 Women 50-54: Eldonna Frazier, Topeka
 Women 65-69: Susan Miller, Topeka
 Women 75-79: Frances Wood, Topeka

TABLE TENNIS - DOUBLES

Women 50-54: Eldonna Frazier, Topeka/
 Frances Wood, Topeka
 Women 60-64: Susan Miller, Topeka/
 Suzanne Smith, Alta Vista
 Women 65-69: Sandra Bohnsack, Topeka/
 Nadine Latham, Topeka

TABLE TENNIS - MIXED DOUBLES

50-54: Rachel Lyle, Lawrence/Jonathan Pa-
 retsky, Lawrence
 55-59: Clifford Metzger, Salina/Deborah

Plummer, Topeka
 60-64: George Taplin, Abilene/Sandra Bohnsack, Topeka
 65-69: Larry Stoker, Abilene/Susan Miller, Topeka
 75-79: Bob Clark, Oakley/Frances Wood, Topeka

TENNIS - SINGLES

Men 80-84: Wayne Probasco, Topeka
 Women 50-54: Margo Stewart, Topeka
 Women 65-69: Carolyn Weinhold, Topeka

TENNIS - DOUBLES

Men 70-74: Wayne Probasco, Topeka/Don Mathers, Topeka
 Women 50-54: Margo Stewart, Topeka/
 Patricia Huey, Topeka

TENNIS - MIXED DOUBLES

Age 55-59: Richard Walker, Topeka/Deborah Plummer, Topeka

VOLLEYBALL

Men 65+: Topeka Senior's (Kansas): Roger Yocom, Topeka; Sam Hutchinson, Topeka; Erwin Hippen, Topeka; Richard Walker, Topeka; Richard Edington, Topeka; Paul Metzenthin, Topeka; Richard Ward, Topeka; Clark Hay, Topeka
 Woman 55+: 1. Hot Flashes (Kansas): Pamela Lake, Topeka (capt.); Terry Baker, Topeka; Dianne Brown, Topeka; Jan Calvery, Topeka; Denise Johnston, Wichita; Arlene Marshall, Topeka; Martha Miller, Topeka
 Women 60+: 1. Gazelles (Kansas): Diana Schultz, Topeka (capt.); Donna Althouse, Topeka; Viola "Pat" Gilbert, Topeka; Imogene Kilgore, Lawrence; Kathleen Ramonda, Topeka; Velma Roose, Topeka; Ireta Werner, Meriden; Cheryl Workman, Silver Lake

CONTINUED ON PAGE 28

Don't be left out of conversations during the holidays!



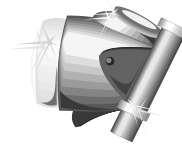
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PERSONAL FINANCE

Talk to your adult children about estate plans

What type of legacy would you like to leave to your adult children? Whatever you have in mind, share it with them. By making sure they understand what elements are in your estate plan, you can avoid a lot of confusion, hard feelings and family



Harley Catlin and Ryan Catlin

squabbles when it's time to settle your affairs.

Of course, it may not be as agreeable to discuss estate plans with your children as, say, talking about your granddaughter's soccer game or your grandson's role in the school play. And you may have to recognize that your children, even though they're adults, feel uncomfortable in discussing topics dealing with estate planning. Such feelings are not uncommon. In fact, fewer than one in three families has actually had a meaningful conversation on legacy-type issues, according to a study by Allianz Life Insurance Co.

Why are people of your generation more at ease in talking about these issues? It's difficult to say, but

it seems likely that greater maturity and a sense of perspective have a lot to do with it.

In any case, once you've decided it's time to bring up your estate plans with your children, how should you go about it? Consider easing into the subject by talking about things that may not be so emotionally charged. For example, you might want to discuss your grandchildren's college education and how you'd like to help pay for it. Or, you might want to talk about a charity you've already supported, and mention that you're

planning to remember it in "the future."

Once you've broken the ice by addressing these types of subjects, you should find it easier to move into the real nitty-gritty of your estate plans. Tell your children what's in your will, who helped draw it up and where a paper copy can be found. Better yet, give them a copy of it. If you've created a living trust, explain its benefits; i.e., your assets can pass directly to them and other beneficiaries without court interference, lengthy delays and public disclosure.

Just as importantly, let them know how you'd like matters to proceed if you should ever become incapacitated. Do you want to give one of your children durable general power of attorney to act for you? If so, which child? Explain your decision to all your children.

One final word: Make sure your beneficiary designations are updated—and let your children know that these designations are up to date and now take into account all births, deaths and remarriages in the family. Keep in mind that these designations—which will appear on your retirement plans, insurance policies and investment accounts—can supersede the instructions on your will.

At first, discussing estate plans with your adult children can seem awkward for everyone. But after a short while, both you and they will feel more and more comfortable in discussing these issues, which are of such great importance to your family.

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

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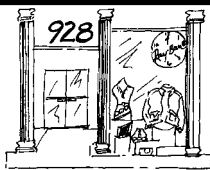
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PERSONAL FINANCE

Long-term care: Home- and facility-based care plans give families options

When independence is limited because of a chronic illness, many individuals find themselves requiring additional assistance. Depending upon the level of assistance required, care may be administered at home, in the



Joe B. Jones

community or within a facility.

In some areas, especially rural areas, there may be only one or two kinds of long-term care choices. Most areas, however, have more options and can provide a broad range of services available to individuals who have lost some level of independence and need help with daily activities that most healthy people take for granted. Your local area agency on aging coordinates a comprehensive range of services to promote the independence and dignity of older adults. This organization can help an older adult or their family access services that include in-home supportive services, nutrition services, transportation, elder rights and protection assistance, and care-

giver support services. When determining the appropriate plan of care, physicians often look to the client's home as the preferred location. Not only is it familiar to the patient, but it also promotes emotional well-being for the entire family. The most common providers of home care are family and friends. However, their assistance is not always available 24 hours a day. When extensive care is required, the family may decide to hire third-party home health care providers.

Home health care providers can be divided into two main categories, and are typically provided through home health care agencies, or by qualified and independent care providers. Some examples include:

- **Professional Home Health Care Providers** - registered nurses, licensed practical nurses, licensed vocational nurses, occupational therapists, physical therapists and speech therapists, or
- **Personal Home Health Care Providers** - licensed social workers and nurses' aides.

To assist those families whose adult children work during the day, and may be unable to provide ongoing care, adult day care facilities (also known as adult day health care facilities, adult day care centers, and adult day health care facilities in

Washington) may be a practical alternative. Designed to promote social interaction, while meeting the health care needs of long-term care recipients, adult day care offers caregivers the time necessary to meet their own day-to-day responsibilities at home and at work.

Moving a loved one into a facility can be stressful and time consuming. Is it the right thing to do? Is it the right facility? How will the bills be paid? There are many questions to ask, which are not easy to answer. To make an informed decision, it is important to know the choices of facilities available in your area.

Today, there are many types of facilities from which to choose; the levels of care available range from limited, or custodial, assistance to skilled nursing. The services and licensure needed by a facility is often determined by the state. However, some types of facilities may not be approved to do business in all states.

One type of facility is an alternate living facility. These are also known as assisted living facilities. These facilities are designed to meet a wide range of individual needs within a residential-type setting. A typical facility can accommodate anywhere from 5 to over 100 residents. De-

pending on an individual's needs, units may be adapted to facilitate physical activities like bathing and meal preparation.

Care delivered in nursing homes is also evolving. Nursing homes offer a less expensive alternative to some types of care and therapies formerly available only in a hospital. Some nursing home residents stay long enough to regain their independence and then return home. Others may find they continue to need assistance throughout the day and remain at the nursing home for extended periods of time.

Medicare's Web site offers up-to-date information on long-term care resources including skilled nursing facilities. The *Nursing Home Compare Tool* provides detailed information about the past performance of every Medicare and Medicaid certified nursing home in the country. See www.medicare.gov/NHCompare.

- Joe B. Jones is a Financial Representative with Northwestern Mutual Financial Network in Lawrence. He is licensed and appointed to sell long-term care insurance for Northwestern Long Term Care Insurance Co., Milwaukee, WI, a subsidiary of Northwestern Mutual. To contact Joe, please call 785-838-9800 or e-mail him at jjones@ebn-design.com.



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HEALTH & FITNESS

Healing power: Anodyne therapy

The body heals itself through the power of its own chemistry. Your body works its healing magic by bringing oxygen and cell-repairing nutrients to grow new skin cells. The damaged cells are re-absorbed or washed away as the new cells flourish. The pain of healing reminds you to protect the injured skin to allow it to heal. If the wound



Laura Bennetts

doesn't heal quickly, it is time to figure out why it is not healing. What prevents a cut from healing?

What can you do to speed the healing magic of your body? How does Anodyne Therapy help with wound healing?

Healing Power

When our skin is damaged, the body rushes in with oxygen, protein, vitamins and other chemicals to get the repair job started. For instance, a very small paper cut on your finger can be very annoying until it suddenly heals. If you have good healing power, and the cut is protected, the cut will be healed in less than a week. This sounds easy, but it actually requires your body to provide the right combination of ingredients at the right time for successful healing.

Healing 101

There are several reasons why a wound doesn't heal or is slow to heal. A wound needs the following to heal:

1. Infection Free

If you get a cut, you want to wash it with water and liquid soap and apply a Band-Aid to keep out bacteria. It is best to avoid bar soap to clean a wound because bar soap can have bacteria from previous use. Before applying the Band-Aid you can apply antibacterial ointment to stop bacteria from growing in the wound. If you are concerned that a cut or wound is infected, you need to see a doctor. You may need to take an antibiotic medication to stop the infection. The infection can prevent new cell growth and stop the healing process.

2. Warm and Moist

You can speed healing by simply keeping a Band-Aid on the wound to keep the wound warm and moist. The Band-Aid is like a hot house that will encourage new cells to grow. If the cut or wound gets very dry, the new cells maybe damaged and stop growing. If a wound does get very dry, rinse it with soap and water, apply antibacterial ointment, and cover with a Band-Aid. Do not soak the wound in water in a tub or basin. The wound could become infected by bacteria that are in the tub from prior use.

3. Protein Building Blocks

A wound will not heal if you are not eating enough protein to aid healing.

Protein is a key ingredient in healing throughout the body. If you are recovering from any injury, wound or surgery, eating protein rich foods provides the building blocks for new cell growth. Good nutrition is vital to healing.

4. Good Circulation

If you have poor circulation to

your skin, the oxygen and nutrients may not reach the area that is trying to heal. For example, people with diabetes can have poor circulation to their lower legs and feet and difficulty healing even a small toe wound. Blood circulation to the skin can be blocked by swelling which slows circulation to the skin. This swelling can be caused by injury or due to chronic swelling or lymphedema. Increasing the blood flow to the skin reduces swelling and heals the wound. Physical therapy offers several ways to help increase blood circulation to the skin, including Anodyne Therapy, which I will discuss below.

Physical Therapy Healing

Physical therapists offer a number of treatments that assist with wound healing. As patients recover from injury or joint surgery, physical therapists treat patients with heat, cold, manual therapy and exercise to increase blood flow to tissues to speed healing. Exercise is very important for building strength, but it also increases blood flow and helps our tissues heal. Physical therapists also use electrical devices such as ultrasound, electrical stimulation and Anodyne Therapy to increase circulation for healing. Ultrasound and electrical stimulation have been used to help heal wounds with limited success. These two modalities increase healing, but cannot be used over a metal joint or with someone with a pacemaker.

Anodyne Therapy

The newest wound healing device used by physical therapists is Anodyne Therapy, and it is proving to be very successful for chronic wounds.

Anodyne Therapy is applied with a pad electrode that shines a light into the wound to increase the blood flow in and around the wound. The light increases blood flow in the wound and multiplies the healing power of the tissues. The Anodyne

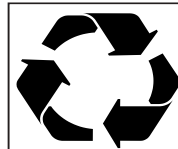
light is applied directly over the wound for 15 to 20 minutes daily. Anodyne does not actually heat tissue, but the patient feels warmth because the circulation to the wound is increased by more than 100 percent.

The Anodyne Therapy increases your own healing power by improving your circulation so you can heal yourself. It is safe to use over metal joints and with a person with a pacemaker. Anodyne offers new hope for diabetics and others who have difficulty healing wounds. It is also effective for treating conditions caused by poor circulation like peripheral neuropathy.

Heal Yourself

Most of the time you can take care of simple cuts and scrapes with careful washing and few Band-Aids. If you suspect a wound is infected, see your doctor immediately. If you need any help with your healing, physical therapy can treat you with Anodyne Therapy to add the boost you need to heal yourself. If you want more information on Anodyne Therapy, go to www.anodynetherapy.com

- Laura Bennetts MS PT, is a physical therapist and the co-owner of Lawrence Therapy Services LLC (785-842-0656) and Baldwin Therapy Services (785-594-3162). Both clinics offer Physical Therapy, Occupational Therapy, Speech Therapy, Massage Therapy and Marriage and Family Therapy throughout Douglas County. The clinics are also certified Anodyne Neuropathy Care Centers. If you have questions for Laura, please write to her c/o laurabennetts@hotmail.com.



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HEALTH & FITNESS

Save those pumpkin seeds

It is that time of year again when we enter fall and all the activities of the fall season. One of the main components of the fall and fall festivals are pumpkins. We see pumpkins everywhere from decorating our doorsteps to pumpkin pie or pump-



Dr.
Farhang
Khosh

kin bread being cooked and served at our Thanksgiving meal. Unfortunately, one of the healthiest components of the pumpkin—the pumpkin seeds—are often overlooked or even discarded. Pumpkin seeds, or *Cucurbitae peponis* are a great source of vitamins, minerals, protein, amino acids and unsaturated fats. Due to the positive benefits of eating pumpkin seeds a person should eat them all year long as opposed to an annual event.

Historically, pumpkins, and their seeds, were a notable food source of the Native Americans, who used them for both dietary consumption and medicinal aspects. The cultivation of pumpkins began to spread throughout the world when the European explorers brought them back to Europe from the New World.

Pumpkin seeds have a slightly sweet, nutty and chewy texture. Pumpkin seeds are commonly roasted and can be flavored with different spices to add to the flavor. Pumpkin seeds can also be sprinkled on top of salads or added as flavoring to breads or pantries. Pumpkin seed oil is a common oil to cook with when sau-

ting meats and vegetables. Pumpkin seeds can be ground up and added as a garnish to soups. Pumpkin seeds are in the same family as the cucumber, cantaloupe or squash.

Health benefits associated with eating pumpkin seeds are numerous. Pumpkin seeds are good sources of minerals, including selenium, zinc, phosphorus, magnesium, iron, copper and manganese. They are a valuable vegetable protein and a source of monounsaturated fat. Pumpkin seeds contain a rich supply of Vitamin E.

The medicinal aspects of pumpkin seeds are well known for male health. Benign prostatic hypertrophy or better know as BPH is a common condition that affects men 50 years old or older. BPH is when there is an enlargement of the prostate gland. Components in the pumpkin seeds may help in preventing the over-stimulation of the prostate cells that occurs in benign prostatic hypertrophy. In addition, to helping promote prostate health in men, it appears that the pumpkin seeds may also help maintain bone health. Pumpkin seeds are high in zinc, which is important in maintaining bone mineral density. The *American Journal of Clinical Nutrition* in September 2004 found that a diet low in zinc was correlated with osteoporosis of the hip and spine. Other research suggests that there are health benefits of eating pumpkin seeds, including lowering cholesterol and fighting arthritis.

So as you start to carve the pumpkins this year, remember to save the most important medicinal parts of the pumpkin—the pumpkin seeds.

- 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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RETIRE SMART

50-plus site places emphasis on goal-setting

Loss weight. Write a book. Travel to Hawaii. Take a cruise. Visit Australia. Travel to Europe. Stay healthy. Travel in Italy. Pay off the mortgage. Retire.

These are, in order, the top 10 goals among more than 50,000 submitted by thousands of Americans 50 and over logging in at the month-



Humberto
and
Georgina
Cruz

and-a-half-old www.Eons.com Web site.

"Our goal is to build the largest collection of dreams and adventures on the planet," said Jeff Taylor, founder of Eons.com (he also founded the popular job site Monster.com). "We are living 20 years longer than our grandparents and one of my questions is, what are your plans for the rest of your life?"

Part online social network for the 50-plus crowd and part database, Eons.com is at heart an inspiration and advice center, supported by advertising for products or services targeted to this age group, or geared to particular goals. Visitors are invited to submit up to 100 goals they want to accomplish in their lifetimes, and they can join groups that share similar interests.

"Already people are starting to plan trips with other people," Tay-

lor said. Through the site, visitors can also search for how to climb Machu Picchu, or have a more engaging relationship with my grandkids.

As a big believer in the value of goal-setting (writing down well-defined goals with a deadline), I was intrigued by the Eons.com concept when Taylor launched the new-media company July 31. And now I am pleased to discover that between Georgina and me, we have accomplished all top-10 listed goals (Georgina wrote the book, about cruises, in 2003. She has never had to lose weight, but I, as a grossly overweight teen-ager, shed 40 pounds in six months in 1963).

Since Georgina is a travel writer, meeting the travel-related goals has been admittedly easier for us. And while we take care of ourselves, we recognize that staying healthy can

also be a matter of luck.

Still, having accomplished all these popular goals got us thinking about the subject.

To be truly meaningful, a goal has to be personal. Among those that caught our eye on the Eons.com site were "take care of Mom the way she took care of me" and "finish knitting Christmas stockings for all 17 of my grandchildren."

Other goals reflect a personal passion (for example, "play blues harp in a band or stage") or a desire to help others, such as "make sure every child in our community has books, school and art supplies."

Taylor, whose own goals include following up on his parents' volunteer work and helping build a high school in a jungle village in Guatemala, said the site plans to add a "giving back" section next year.

Goal-setting is only the first step, though. You have to get it done. When I lost the 40 pounds, goal-setting meant writing down how many pounds I wanted to lose every week until I reached my desired weight. And "goal-getting" meant adhering to a low-fat balanced diet and exercising vigorously at least 30 minutes every day — a discipline easier to

maintain if you track your progress and keep a mental picture of your eventual goal, in this case a slimmer, healthier me.

Goals can also change. I used to want a high-end music system. Now I realize the music from my computer digital files and speakers satisfies all my needs. We've scuttled for now plans for a world cruise — it would take too long and we've seen most of the places where the cruise goes.

Now we enjoy sharing shorter trips and experiences with our family, including the grandchildren. Georgina has had her travel stories published throughout Central and South America, and I've been teaching a growing class of chess students. Our goals now?

Just to do more of the same — and keep having fun.

(Humberto and Georgina Cruz are a husband-and-wife writing team who work together in this column. Send questions and comments to AskHumberto@aol.com, GVCruz@aol.com, or c/o Tribune Media Services, 2225 Kenmore Ave., Suite 114, Buffalo, NY 14207. Personal replies are not possible.)

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PET WORLD

Ferrets banned in two states

QUESTION: Why do you argue against ferrets as pets? I have two ferrets, China and Java. I can't sign my name to this letter because I live in California, one of only two states in America where ferrets are illegal. I can't believe you take this position. — B.D., San Diego, CA



Steve Dale

ANSWER: You have the story backwards. I'm in full support of domestic ferrets as pets, and I'm on public record as saying so. In fact, this past week I flew from Chicago to California to attend a ferret rally in support of their legalization.

You're right, California is only one of two states (the other is Hawaii) which outlaw the 2- to 3-pound pets. The concern by California Fish and Game and the California Farm Bureau is that somehow ferrets will get outdoors, form colonies and impact native wildlife. Ill-equipped to hunt, they usually starve if their owners lose them outdoors. They're

also prone to being hit by cars and attacked by predators. They've not formed colonies anywhere in America, and have not impacted native wildlife anywhere.

In a column and again at the www.legalizeferrets.org ferret rally, I suggested a compromise: Make it a law for ferrets to be spayed or neutered (so they can't reproduce to form colonies if they do get out). By law, all ferrets would have to be vaccinated for rabies. Such a law would actually increase the number of ferrets vaccinated, since many owners are currently afraid to take their banned pets out in public. Also, microchipping of ferrets would become mandatory, which would identify any owners who irresponsibly repeatedly lose their ferrets outdoors.

Even Robert McLandress, president of the California Waterfowl Association and an ardent opponent of legalization of domestic ferrets, called these suggestions reasonable.

Last year, a proposal to legalize domestic ferrets was vetoed at the last minute by California Gov. Arnold Schwarzenegger. The reality is that ferrets are being kept as pets in the state despite the fact that they're illegal. I'm not suggesting

that's right, but ferrets have done no harm in California or anywhere else. I can't fathom any state outlawing dogs or cats, but what if that happened, and a real threat existed to take away your pet? Ferret owners must live that way daily, and they feel the same way about their furry family members as dog and cat owners do. In my view, Schwarzenegger

is a Girly Man, unwilling to stand up to Fish and Game, the Farm Bureau, and lobbies; but he's clearly willing to break the human/animal bond.

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

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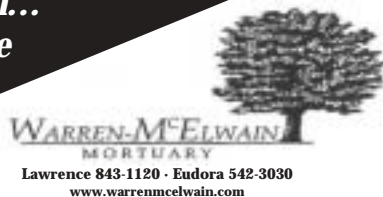
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BOOKSHELF

Sherlock Holmes, Cowboy

By Margaret Baker

Steve Hockensmith: *Holmes on the Range* (St. Martin's, \$22.95, ISBN 0-312-34780-4) *Historical mystery*

A fresh talent enters the mystery novel scene!

Two brothers hire out for range work in 1893 in Montana. Blizzards of the late 1880s have decimated the cattle herds and jobs are hard to come by. The BarVR is owned by an English titled family. The manager is secretive, and his hands are among the meanest in a mean land.

Since the brothers have bright red hair, they are known as Old Red and Big Red. Big Red tells the story. Since the family needed all hands to work, no one went to school until the youngest, Big Red. Old Red's favorite time is having Big Red read to him and his favorite stories are of Sherlock Holmes.

So when several mysteries crop up, Old Red wants to apply Sherlockian detective skills.

Who else could combine humor, mystery, Holmesian pastiche, and more twists and turns than a Jayhawk point guard? Hockensmith's debut mystery is hopefully the first of a string of historical mysteries.

James D. Hornfischer: *Ship of Ghosts* (Bantam Dell, \$26.00, ISBN 0-553-80390-5) *Non-fiction, World War II*

American cruiser U.S.S. Houston, the ship F.D.R. preferred for sea voyages, was on duty in the Pacific when the Japanese destroyed the major portion of the fleet at Pearl Harbor. Together with British and Dutch warships, the Houston sought to find and destroy Japanese convoys. They know they have no air cover, and a lot of dud ammunition.

At the Battle of Samar (part of the Java Sea) in February of 1942, the outgunned Houston went down fighting. Some of the crew were able to swim to land, where survivors were herded up by the Japanese and sent to horrific labor camps. Of the Houston's complement of 1,168



sailors, only 291 lived to returned home.

This well-researched book reads like adventure fiction—the Houston and her crew were a valiant lot whose story deserves telling.

Carol Lea Benjamin: *The Hard Way* (Wm. Morrow, \$23.95, ISBN 0-06-053903-8) *Mystery*

A New York City commuter is pushed in front of the subway train. Witnesses say a homeless man pushed him, but in the confusion the police cannot identify him.

P.I. Rachel Alexander is hired by the victim's daughter to find

the person responsible. She and her father run an exclusive fashion house; he provided the artistry and craftsmanship, she provided the business sense.

Rachel goes undercover twice simultaneously—as an assistant to the daughter to find any problems at work, and again to live among the homeless.

The two diametrically-opposed "jobs" are necessary to determine what really happened at that subway stop—and why.

Gripping drama, with some philosophical overtones.

Julie Hyzy: *Deadly Interest* (*Five Star*, \$25.95, ISBN 1-59414-494-X) *Mystery*

Alex St. James' elderly neighbor wants to talk to her about her bank's lending policies, but Alex is late for a meeting and postpones the conversation. When she returns home later, the police are there starting the investigation into the elderly woman's death. They think it is a burglary gone bad; Alex wonders about the financial problem.

Who says banking is dull?

Kyle Mills: *The Second Horseman* (St. Martin's Press, \$24.95, ISBN 0-312-33575-X) *Espionage*

Jewelry thief Brandon Yates is broken out of prison by the same FBI agent who framed him.

Why? Because one of the Ukraine Mafia is auctioning twelve nuclear



warheads, and Yates has the skills to find them and prevent multiple catastrophes. Don't start this one just before bedtime!

PAPERBACK PICKS

Sharon Short: *Hung Out to Die* (Avon, \$6.99, 0-06-079324-4) *Josie Toadfern Mystery Series*

Josie Toadfern, small-town laundry owner, writes a column for the local paper on stain removal. The stain this time is on her family, which abandoned her as a child.

They've ignored her for decades, and now suddenly want her to come to Thanksgiving Dinner. Neither the turkey nor the family comes out well.

Very intricate plotting, intertwined with memorable characters. Will make your Thanksgiving fiascos fade out of memory!

Michael Jecks: *The Leper's Return* (Avon, \$7.50, ISBN 0-06-084658-5) *Medieval mystery*

In 1320 leprosy was a mystery—what caused it (they guessed God, and/or sex), how to treat it. The Church had Leper Houses, to keep the sick away from the community until death mercifully released them. They can beg in the streets but not touch anyone.

There is a Leper House in Criterion, near Exeter, where Baldwin Furnshill has returned. After leaving the Knights Templar when it was destroyed. He is looking forward to a visit from the widow he hopes to marry when a neighbor, a cloth merchant, is killed. Rumors abound, centering on the leper colony. It takes all of Baldwin's skills to find the right culprit—and to get the lady's hand in marriage.

In addition to a good mystery, you'll learn a great deal about medieval England and leprosy.

FOR YOUR EARS ONLY (audio books)

Fannie Flagg: *Can't Wait to Get to Heaven* (Random House Audio,

5 compact discs, read by the author, \$29.95. Also available in print. ISBN 0-7393-0408-70)

There is a mystery involved, but it wouldn't be accurate to classify this gem only by that.

Widowed Elner Shimfaale is 89. (well, probably. She was born at home and her vain older sister hid the family Bible to keep her own age secret.) And doing quite well by herself, despite her anxiety-ridden great niece's worries.

She's up in the fig tree getting fruit for jam when she falls. She is rushed to the hospital (her small southern town is too small to have one itself), where she is mistakenly declared dead. She begins her journey to Heaven, which is not quite what she had expected it to be. When signs of life are detected, she's rushed back to the ICU where she recovers. Meanwhile, friends and relatives are remembering what she meant to them individually and collectively.

If you enjoyed Flagg's *Fried Green Tomatoes* and miss those endearingly eccentric characters, you will delight in this new arrival. You'll probably recognize some of the characters from your home town—or, maybe, family! And, of course, you'll want to learn about that trip to Heaven.

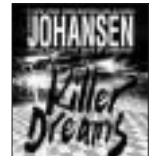
Iris Johansen: *Killer Dreams* (Random House audio, 5 compact discs, read by Jennifer Van Dyck, ISBN 0-7393-2483-7) *Thriller/Romance*

Brilliant Sophie had worked on a cure for night terrors, unexplainable nightmares that afflict some sleepers. Both her father and her young son are suffers. She's come up with a product that shows promise, allowing the dreamer to accept a pleasant scenario, a form of hypnosis, of influencing dream selection.

But the laboratory's chief is planning on using Sophia's medication for more evil purposes—think of the military uses alone! He wants Sophia's notes and her mind, and he doesn't care how he gets them.

A dilly of a thriller!

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



SLAPSTIX

It is better to have a little ability and use it well than to have much ability and make poor use of it.

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HUMOR

Faux Rogues

La Mancha is a posh section of town where the streets are winding and the house numbers are hand painted on Spanish tile. Everyone who lives in La Mancha has a pile of money, but only very special people can become members of La Mancha's inner circle.

Hannah and Peter Prentice longed to be a part of that group. The Prentices moved to La Mancha after they made a pile of money in a pyramid



Larry Day

marketing business. They got in on the ground floor of a company that marketed trendy health products.

Hannah and Peter recruited a couple of hundred down line salespeople, and their down line salespeople recruited hundreds of their own down line sales people. Hanna and Peter got a percentage of sales from each of their own down line salespeople, and a percentage of sales from the down line salespeople's down line salespeople—*ad infinitum*. That's how the Prentices made a pile of money, and were able to buy a house in La Mancha.

Once they were residents, the Prentices worked to join La Mancha's favored elite. Before they moved to La Mancha the Prentices acquired the solid family background they would need to be accepted by La Mancha's outer circle.

Peter and Hannah needed to be descended from old world royalty and nation-founding U.S. patriots, so they hired expensive genealogists. The best they could come up with was a baronet of questionable parentage, and a lady in waiting to an obscure duchess. The search in the U.S. was even more disappointing. Peter and Hannah's colonial ancestors turned out to have been working class Tories who supported King George.

Not good, but the Prentices didn't give up. They hired a genealogist who had special skills. The new genealogist was an expert forger of old documents. He was expensive but he produced excellent results. Before Hannah and Peter closed on their mansion in La Mancha they had pa-

pers to prove that they were related to royalty in Europe, and to U.S. colonial heroes. Hannah became a member of the Abigail Adams Patriot Women's Circle, and Peter joined the Bunker Hill Brigade.

After they moved to La Mancha, the Prentices paid their dues by hosting costly social gatherings, and volunteering to work on tedious projects for La Mancha's Homeowners Association. Hannah and Peter discreetly and adroitly let people know about their ancestral credentials. Soon they were members of La Mancha's exclusive outer circle.

Then one day the Prentices found out that there was an inner circle in La Mancha society. This group was so elite that most residents didn't know it existed. Peter and Hanna made discreet inquiries about admission requirements for the inner circle, and found that they once again needed the services of their master forger. This time he had to produce a very different set of documents.

Members of La Mancha's secret elite called themselves the Rogue Society of La Mancha. Membership was limited to people who could prove that their ancestors were big time swindlers, pirates, assassins, traitors, highwaymen and other noteworthy crooks. The Prentices's forger prepared documents showing that a number of Peter and Hannah's ancestors had been hanged, beheaded, garroted, and burned at the stake for a variety of heinous crimes.

The documents were turned over to the Rogue Society's super secret credentials committee. A few months later Hannah and Peter were kneeling before the Grand Rogue of La Mancha for an initiation ceremony that would make them members of La Mancha's elite inner circle.

The Grand Royal Rogue concluded the ritual by asking, "Does anyone have anything to say about these candidates?"

A man stepped forward. "As chairman of the credentials committee I declare that the documents these candidates submitted for membership are all clever forgeries," he said. "I certify further that these candidates are flagrant cheats and shameless frauds. Therefore the committee unanimously recommends that they be accepted for membership in this august society."

Kneeling in front of the Grand



When a pluggger vehicle reaches 100,000 miles, it's a "Kodak Moment."

Rogue, Hannah and Peter raised their heads and smiled. He reached out a scepter and touched them both, saying, "By virtue of the power vested in me as Grand Royal Rogue I declare Peter a Rogue of La Mancha and Hannah a Roguette of La Mancha. Arise and stand forth." The two new-

est members of La Mancha's inner circle stood and received the applause of their peers.

- Larry Day, B.A., M.A., Ph.D., is a former foreign correspondent, newspaper reporter and journalism professor. He has written humorous fiction—sometimes intentionally—all his life.

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CALENDAR

ART/ENTERTAINMENT

NOV 1-2

RATAN THIYAM'S CHORUS REPERTORY THEATRE IN NINE HILLS ONE

Ratan Thiyam is one of the most important and influential theatre makers at work in the world today. His India-based company rarely tours the U.S. and this will be the company's only Midwestern presentation of a new work, *Nine Hills One Valley*. 1600 Stewart Dr, Lied Center of Kansas.

LAWRENCE, (785) 864-2787
<http://www.lied.ku.edu>

NOV 4

MIAMI CITY BALLET IN DON QUIXOTE

Miguel de Cervantes' story of the knight-errant Don Quixote, who embarks on a journey of adventure and chivalry with his sidekick, Sancho Panza, comes to the stage in this lavish, evening-length production by the Miami City Ballet. With elements from 19th-century choreography (most notably Marius Petipa) and some lively enhancements by Edward Villella, founding artistic director of Miami City Ballet, *Don Quixote* features a cast of nearly 50 dancers, elegant costumes, sets, and music that are woven together in a spellbinding rendition of one of history's most famous tales. 1600 Stewart Dr, Lied Center of Kansas.

LAWRENCE, (785) 864-2787
<http://www.lied.ku.edu>

NOV 9

CANTUS - MEN'S VOCAL ENSEMBLE

Cantus' repertoire ranges from Gregorian chant to contemporary songs, Renaissance motets to folk music and spirituals. The ensemble, whose name means melody or song in Latin, is dedicated to "exalting the human spirit" through song. With rich textures, gorgeous harmonies and an impressive array of choral effects, these young men who came together as students at St. Olaf College deliver an evening of music that warms both heart and soul. The Minneapolis Star Tribune says that when Cantus performs, "Music and mirth swirl like stripe on candy cane." 1600 Stewart Dr, Lied Center of Kansas.

LAWRENCE, (785) 864-2787
<http://www.lied.ku.edu>

NOV 10

CLASSICAL SAVION

Performer, choreographer, and director Savion Glover, whose feet are a percussive instrument, performs tap dance magic that is a treat for both the eyes and ears. When the reigning virtuoso of tap dances to the music of an onstage, classical ensemble conducted by Robert Sadin, and the jazz group the Otherz, he performs the amazing feat of imbuing famous compositions with an energy that seems to transform them into something new. 1600 Stewart Dr, Lied Center of Kansas.

LAWRENCE, (785) 864-2787
<http://www.lied.ku.edu>

NOV 10-11

ED MCMAHON - MEMORIES OF THE TONIGHT SHOW STARRING JOHNNY CARSON

Enjoy a walk down television history lane as Ed reveals the unheard bloopers, behind the scene stories and magical moments that made up the world of Johnny Carson's *Tonight Show*. Johnny ruled late-night for 30 years with Ed by his side, and now with the help of unforgettable video clips on the big screen, Ed shares his memories in a hilarious and often moving look back. Don't miss Ed's memories as they come to life in an evening of comedy and conversation followed by questions from the audience. Carlsen Center of Johnson County Community College.

OVERLAND PARK, (913) 469-4445
<http://www.jccc.edu/CarlsenCenter>

NOV 10-12

ALL I EVER REALLY NEED TO KNOW I LEARNED IN KINDERGARTEN

Based on a Robert Fulghum's best selling book, *All I really need to know I learned in kindergarten*, is a gentle musical so full of heart and wisdom it will bring a tear to your eye one moment and make you giggle with delight the next. Told with all of the exuberance and joy of a Kindergarten class, *ALL I REALLY NEED TO KNOW...* talks about love, living for our dreams, laughing at ourselves, the meaning of life and the wisdom of never losing the child in ourselves. A must see for everyone who once was a child. 1520 Poyntz Ave, Manhattan Arts Center.

MANHATTAN, (785) 537-4420
<http://www.manhattanarts.org>

NOV 11

ULALI

Known for its unusual harmonies and wide vocal and musical range, Ulali's sound encompasses an array of indigenous music including Southeast choral singing (pre-blues and gospel) and pre-Columbian (before the borders) music. This First Nations women's group, which took its name from the Tuscarora word for songbird, sings music in the many styles and languages of its ancestors. With powerful, soulful voices. 1600 Stewart Dr, Lied Center of Kansas.

LAWRENCE, (785) 864-2787
<http://www.lied.ku.edu>

NOV 17-DEC 12

SEUSSICAL, THE MUSICAL

Many of the best loved characters from a bevy of Dr. Seuss books meet for the first time. When chaos erupts in the *Jungle of Nool*, it takes *The Cat in the Hat*, *Horton the Elephant*, *Gertrude McFuzz*, *Mayzie LaBird* and a gaggle of characters to bring back harmony to their world. 1501 New Hampshire, Lawrence Community Theatre.

LAWRENCE, (785) 843-7469
<http://community.lawrence.com/CommunityTheatre>

NOV 25

BIZARRE BAZAAR

Annual event featuring local artists. Shop one-of-a-kind, handmade works that range from contemporary to bizarre. Music by area musicians as you shop. 940 New Hampshire.

LAWRENCE, (785) 843-2787
<http://www.lawrenceartscenter.com>

BINGO

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

SUNDAYS & FRIDAYS

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

MONDAYS & THURSDAYS

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

MONDAYS & SATURDAYS

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

WEDNESDAYS & THURSDAYS

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

WEDNESDAYS & FRIDAYS

VETERANS OF FOREIGN WARS
3110 SW HUNTOON, TOPEKA, 6:30 PM, (785)

235-9073

WEDNESDAYS

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

WEDNESDAYS & FRIDAYS

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

WEDNESDAYS & FRIDAYS

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

THURSDAYS

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

FRIDAYS

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

FRIDAYS

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

BOOKMOBILE

MONDAYS

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

TUESDAYS

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

WEDNESDAYS

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

BOOK TALKS

THIRD TUESDAY OF EACH MONTH
COTTONWOOD RETIREMENT CENTER, 1029 NEW HAMPSHIRE ST., LAWRENCE, 2:00 PM
BABCOCK PLACE, 1700 MASSACHUSETTS ST., LAWRENCE, 3:00 PM

THIRD WEDNESDAY OF EACH MONTH

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

FOURTH WEDNESDAY OF EACH MONTH

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

CLASSES/LECTURES

ONCE A MONTH

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

NOV 13

HOME HEALTH-WHAT'S NEW AND WHAT'S COVERED

Presented by Kim Lowry, Douglas County VNA and Hospice Care. This program will explain what services are provided by home health care and how it is or is not covered by insurances and Medicare. Questions will be encouraged. It is a program that will ease the

concerns of those who may need the assistance and for the ones that love them. Refreshments will be served. This is a free program sponsored by the library Senior Outreach Services. Lawrence Public Library Auditorium, 7:00-9:00 p.m. For more information concerning this program, contact Pattie Johnston. LAWRENCE, (785) 843-3833

NOV 14

UNDERSTANDING INCONTINENCE: QUESTIONS AND ANSWERS WITHOUT EMBARRASSMENT

Presented by Dr. John Heeb. Dr. Heeb will explain the reasons for this condition and provide tips and techniques to adjust to living with it. This is a free program sponsored by the library Senior Outreach Services. Lawrence Public Library Auditorium, 7:00 p.m. For more information concerning this program, contact Pattie Johnston. LAWRENCE, (785) 843-3833

EXHIBITS/SHOWS

NOV 11

HOMEMADE HOLIDAYS CRAFT SHOW

Get an early start on holiday shopping with over 125 crafters featuring the finest in handmade crafts. 1230 S Ash, Ottawa Middle School. OTTAWA, (785) 242-8618

NOV 11

LAWRENCE TOY SHOW

Toy show and sale. Antique toys, new toys, cars, trucks, models, tin wind-ups, dolls, automobiles, and much more. Items on 140 tables in two buildings. 2120 Harper, Douglas County Fairgrounds. LAWRENCE, (785) 640-1808

NOV 11-12

LEAVENWORTH'S FIRST CITY ANTIQUES SHOW & SALE

Antique dealers from several states with furniture, jewelry, silver, glass, and more. 123 S Esplanade. LEAVENWORTH, (913) 651-5273
<http://www.steviesantiques.com>

DEC 2

ARTS & CRAFTS BAZAAR

Features a large array of local, regional homemade arts and crafts. 2120 Harper, Douglas County Fairgrounds. LAWRENCE, (785) 865-4499
<http://www.visitlawrence.com>

HEALTH

MONDAYS THROUGH THURSDAYS

FIT FOR LIFE

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

FIRST TUESDAY OF EACH MONTH

HEALTH SCREENING CLINIC

Lawrence-Douglas County Health Department. FIRST METHODIST CHURCH, LECOMPTON 9:30-10:30 AM

TUESDAYS AND THURSDAYS

BLOOD PRESSURE CLINIC

Conducted at Stormont-Vail's outpatient lobby, just inside the doors of the Ninth and Washburn entrance, from 9:00 a.m.-1:00 p.m. No appointment necessary. Also conducted on the first, second, third, and fourth Tuesdays of each month, 4:15-5:15 p.m., in the Sunflower Terrace Cafeteria (before Senior Suppers). TOPEKA, (785) 354-6787

CONTINUED ON PAGE 17

CALENDAR

CONTINUED FROM PAGE 16

TUESDAYS AND THURSDAYS

TAI CHI

Steve Carrier, instructor. Lawrence Therapy Services, 2200 Harvard Rd., Ste. 101. 8-class sessions. Fee. 6:00-7:00 p.m. Call (785) 842-0656 to register or visit www.lawrencetherapyservices.com. LAWRENCE

TUESDAYS AND THURSDAYS SENIORISE PROGRAM

Seniorise is a specialized program for women over 60 years of age, in January. The focus of the program is on balance, movement, low impact cardio aerobics, and strength training for toning. In addition, there's a strong emphasis on flexibility and range of motion to improve and/or increase joint mobility and quality of life. Senior classes are held at Body Boutique from 11:00 a.m. to noon. Fee. LAWRENCE, (785) 749-2424

WEDNESDAYS

HEALTH SCREENING CLINIC

Lawrence-Douglas County Health Department. For individuals 60 years of age and older and their spouses. Minimal fees, but no one will be denied service because of inability to pay. BABCOCK PLACE, LAWRENCE 9-11 AM

SATURDAYS

YOGA

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

SECOND THURSDAY OF EACH MONTH MEDICATION CLINIC

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

SECOND THURSDAY OF EACH MONTH BLOOD PRESSURE AND HEALTH INFORMATION

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

THIRD TUESDAY OF EACH MONTH HEALTH SCREENING CLINIC

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

THIRD THURSDAY OF EACH MONTH NUTRITION CLINIC

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

NOV 1

CHOLESTEROL SCREENING

No appointment needed. A fingerstick test providing a total blood cholesterol reading in five minutes. No fasting is needed for this test only. Please note that these tests are not considered diagnostic of any disease process and those with results outside the normal range will be advised to see their healthcare provider for follow-up. LMH HEALTH SOURCE ROOM, (785) 749-5800 8:30-10:30 AM

NOV 4

BONE DENSITY SCREENING

Are you at risk for osteoporosis? This quick and easy screening can indicate if further testing for this potentially debilitating disease is needed. A bare heel is necessary for the screening. Information about prevention of osteoporosis is also included as part of the screening process. Fee. LMH HEALTH SOURCE ROOM, (785) 749-5800

NOV 7

BONE DENSITY SCREENING

See November 4 description. LMH HEALTH SOURCE ROOM, (785) 749-5800 9:00-11:00 AM

NOV 9

NUTRITION FOR SENIORS AND MEAL PREPARATION FOR ONE OR TWO

Preparing meals when you are on your own can be challenging. In addition, there are special nutritional needs to keep in mind as one ages. Plan to attend this informative presentation by one of LMH's Registered Dietitians and learn more about the special nutritional needs of seniors, as well as tips to help make meal planning and preparation for one or two easier. Free but advance registration is requested. Meeting Room D South, Lawrence Memorial Hospital. LAWRENCE, (785) 749-5800 9:30-11:00 AM

NOV 9

BONE DENSITY SCREENING

See November 4 description. LMH HEALTH SOURCE ROOM, (785) 749-5800 1:00-3:00 PM

NOV 11

CHOLESTEROL SCREENING

See November 1 description. LMH HEALTH SOURCE ROOM, (785) 749-5800 8:30-10:30 AM

HOLIDAY EVENTS

NOV 1-DEC 23

STRAWBERRY HILL CHRISTMAS TREE FARM

During November and December families and friends experience a traditional Christmas opportunity to choose and cut their own Christmas tree following a hayride to the fields. The tree has its loose needles shaken on the tree shaker. The children are told the tree is getting to do the Hokey Pokey. It is then netted. The Barn Shop has numerous fresh wreaths, centerpieces, door and window swags, and grave pieces. Crafts and gifts available along with hot cider and cookies. Group tours available with reservations. Special orders are available. Photos may be taken earlier in the season for Christmas cards. 794 Hwy 40. LAWRENCE, (785) 841-0916 <http://www.strawberryhillchristmas.com>

NOV 17-DEC 31

TARC WINTER WONDERLAND

Drive-through park featuring more than one million lights along two miles of scenic Lake Shawnee. A Topeka tradition featuring more than one million lights winding through a two mile stretch at scenic Lake Shawnee. Runs nightly. 3434 SE East Edge Rd, Lake Shawnee Campgrounds. TOPEKA, (785) 232-0597

NOV 18-19

CASA HOME FOR THE HOLIDAYS TOUR

Tour four homes beautifully decorated for the holidays by area designers and florists. Holiday park. TOPEKA, (785) 232-2777

NOV 19

HOLIDAY BAZAAR

Kick off the holiday shopping season and discover creative gifts. Handmade gifts, crafts, and baked goods. 115 W 11th St, Community Building. LAWRENCE, (785) 832-7920

NOV 24

CHRISTMAS HOLIDAY KICK-OFF & PARADE

Kick off the holiday season and watch the annual Christmas Parade and lighting of Heritage Park. Santa leads the parade and turns the lights on, and visits with all the children. 6th & Washington St, Heritage Park. JUNCTION CITY, (785) 762-2632

NOV 24

HOLIDAY CEREMONY & SANTA'S ARRIVAL

The holiday season officially begins with the rescue of Santa off the rooftop of Weaver's Department Store. 900 Massachusetts. LAWRENCE, (785) 842-3883 <http://www.visitlawrence.com>

NOV 24-DEC 23

HOLIDAY OPEN HOUSE AT THE CURTIS HOUSE

Come see the holiday decorations, antique dolls and toys, and have some tea in a Victorian setting. Tour the home of the only Native American Vice President Charles Curtis. 1101 SW Topeka Blvd. TOPEKA, (785) 357-1371 <http://www.charlescurtishousemuseum.com>

CONTINUED ON PAGE 18

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- Trouble walking
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- FREE screening
- Done in the privacy of your own home.
- Determines the need for Inpatient, Skilled, Day Rehab, Outpatient, or Home Health services
- Evaluates insurance coverage

CALENDAR

CONTINUED FROM PAGE 17

NOV 25

LIGHTED CHRISTMAS PARADE & PARK LIGHTING CELEBRATION

Enjoy the beginning of the Christmas season with traditional parade and lighting of a wonderland. Downtown & City Park. WAMEGO, (785) 456-7849
<http://www.visitwamego.com>

NOV 25-DEC 31

A VERY FIFTIES CHRISTMAS

The 1950s All-Electric House is decorated for the holidays. Take home a special holiday memento after you're done rockin' around our aluminum Christmas tree and learning how the holidays were celebrated in the 1950s suburban community. Group reservations available Tuesday - Friday mornings by advance reservation only. 6305 Lockman Rd. SHAWNEE, (913) 631-6709
<http://www.jocomuseum.org>

NOV 25-DEC 31

CHRISTMAS AT LANESFIELD

Discover a turn-of-the-20th century holiday, make an old-fashioned ornament, and tour the historic schoolhouse decorated for the season. Lanesfield School State Historic Site. EDGERTON, (913) 631-6709
<http://www.jocomuseum.org/lanesfield>

NOV 25-DEC 31

CHRISTMAS IN HISTORIC LECOMPTON

Three floors of Christmas trimmings and decorations. Christmas Vespers. 640 E Woodson. LECOMPTON, (785) 887-6285
<http://www.lecomptonkansas.com>

NOV 26

MIRACLE ON KANSAS AVENUE PARADE

Recapture the nostalgia of Christmas past with a lighted holiday parade. Kansas Ave, Downtown. TOPEKA, (785) 234-9336

NOV 26-30

FESTIVAL OF TREES

Local artists display their one of a kind Christmas trees. Auction benefits Shelter Inc. 642 Massachusetts. LAWRENCE, (785) 843-2085
<http://www.visitlawrence.com>

NOV 30-DEC 2

OLD TIME HOLIDAY HAPPENINGS

A vintage holiday celebration complete with Victorian dinners, entertainment in the town square, and unique turn-of-the-century decorations. Reservations are required. 1247 N Fillmore. TOPEKA, (785) 368-2437

NOV 30-DEC 3

FESTIVAL OF TREES

Gorgeous one-of-a-kind decorated Christmas trees, baked foods, silent auction, entertainment, and craft boutique make this an extraordinary holiday event. Kansas Expoentre. TOPEKA, (785) 266-8686

DEC 1-3

YULE FEST WEEKEND

Celebrate the holidays in style in Franklin County by attending the annual Christmas parade, parade of homes, Holidays in Wellsville celebration, Williamsburg Christmas Parade, Ottawa University Vespers and more. Start it off by buying a box of cookies where you can choose from thousands of homemade cookies. OTTAWA, (785) 242-1411
<http://www.visitottawakansas.com>

DEC 2

DOWNTOWN LAWRENCE OLD-FASHIONED CHRISTMAS PARADE

Features exclusively horse-drawn carriages, wagons, and coaches decorated for the season. Santa is the parade's grand finale. 700 Massachusetts St. LAWRENCE, (785) 865-4499
<http://www.visitlawrence.com>

DEC 2

HOLIDAY ARTFAIR

Great place to find special holiday gifts. Strolling musicians add to the ambience of this event. 940 New Hampshire. LAWRENCE, (785) 843-2787
<http://www.lawrenceartscenter.com>

DEC 3

HOLIDAY LIGHT PARADE

The evening begins with dancers from Stacy's Dance Studio entertaining the crowd with a few selections before the parade, which begins at 6:00 p.m. The entire family will thrill to the sights of the lighted floats and horses! Help welcome Santa, who arrives on an antique fire engine. Santa will then light the community Christmas tree and pass out candy canes to the children. Photos are available with Santa as well! Enjoy hot cocoa and cookies provided by area businesses. Drawings for gifts donated by area merchants takes place throughout the evening. 720 High St. BALDWIN CITY, (785) 594-3200
<http://www.baldwincitychamber.com>

MEETINGS

FIRST MONDAY OF EACH MONTH

GRIEF SUPPORT GROUP

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

FIRST AND THIRD MONDAY OF EACH MONTH

BEREAVEMENT SUPPORT GROUP

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

FIRST AND THIRD MONDAY OF EACH MONTH

CAREGIVER SUPPORT GROUP

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

FIRST TUESDAY OF EACH MONTH

LAWRENCE AREA COALITION TO HONOR END-OF-LIFE CHOICES

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

FIRST WEDNESDAY OF EACH MONTH

OLDER WOMEN'S LEAGUE

Meetings are held in the Lawrence Public Library auditorium. Social time begins at 1:30 p.m. and the meeting begins at 2:00 p.m. The public is welcome to join members at all meetings. For more information, call Gayle Sigurdson at (785) 832-1692. LAWRENCE

WEDNESDAYS AND SUNDAYS

OLDSTERS UNITED FOR RESPONSIBLE SERVICE (O.U.R.S.)

Members of O.U.R.S. have met to dance at Douglas County Senior Services, 745 Vermont, since 1984. The group meets to dance from 2:00-4:00 p.m. on Wednesdays and from 6:00-9:00 p.m. on Sundays. LAWRENCE

THURSDAYS

OLDER KANSANS EMPLOYMENT PROGRAM

LAWRENCE WORKFORCE CENTER
2540 IOWA, SUITE R, LAWRENCE
10:00 AM-NOON

FIRST THURSDAY OF EACH MONTH

LAWRENCE AREA PARTNERS IN AGING

Networking group. Call Kim or Laura at (785)

842-0656 for more information. \$11.50 to attend (includes lunch).

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

FIRST AND THIRD THURSDAY OF EACH MONTH

LOSS AND GRIEF SUPPORT GROUP

Heart of America Hospice with association Pioneer Ridge Retirement Community invites individuals coping with the loss of loved ones to join us. Call Gillian at (785) 841-5300 for more information. Located Pioneer Ridge Assisted Living 4851 Harvard Rd, Lawrence. 6:00 p.m.

FIRST AND THIRD THURSDAY OF EACH MONTH

GRIEF SUPPORT GROUP

3:00 p.m. - Brewster Place, 1209 SW 29th St. Sponsored by Heartland Hospice of Topeka. Call Terry Frizzell for information and specific location. TOPEKA, (785) 271-6500

SECOND MONDAY, SEPT-MAY
LAWRENCE CLASSICS, GENERAL FEDERATION OF WOMEN'S CLUBS

Volunteer service club.
(785) 331-4575

SECOND MONDAY OF THE MONTH

CAREGIVER SUPPORT GROUP

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

SECOND TUESDAY OF EACH MONTH
NATIONAL ASSOCIATION OF RAILROAD AND VETERAN RAILROAD EMPLOYEES (NARVRE)

Meets at 9:30 a.m. at Coyote Canyon Buffet. TOPEKA, <http://www.narvre.com>

SECOND AND FOURTH TUESDAY OF EACH MONTH

LOSS AND GRIEF SUPPORT GROUP

Brandon Woods Retirement Community in association with Heart of America Hospice invite individuals coping with the loss of a loved one to join us. Call Gillian at 841-5300 for more information. Located in The Smith Center, 1501 Inverness Drive, Lawrence. 10:30 a.m.

SECOND AND FOURTH WEDNESDAY OF EACH MONTH

ALZHEIMER'S EARLY STAGE PATIENT SUPPORT GROUP

For patients with early stage Alzheimer's. SEABROOK UNITED CHURCH OF CHURCH
(785) 234-2523

SECOND WEDNESDAY OF EACH MONTH
LOSS AND GRIEF SUPPORT GROUP

Heart of America Hospice invites individuals coping with the loss of loved ones to join us. Call Gillian at 228-0400 for more information. Located at The First Presbyterian Church on Topeka and 8th. 12:00 p.m.

SECOND THURSDAY OF EACH MONTH
NAACP MEETING - LAWRENCE CHAPTER

Meets at the Lawrence public Library Gallery Room at 6:30 p.m.
LAWRENCE, (785) 841-0030, (785) 979-4692

THIRD TUESDAY OF EACH MONTH
LAWRENCE PARKINSON'S SUPPORT GROUP

FIRST PRESBYTERIAN CHURCH, 2415 CLINTON PARKWAY, LAWRENCE, 2:00 PM

THIRD TUESDAY OF EACH MONTH
GRANDPARENT/KINSHIP SUPPORT GROUP

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

THIRD THURSDAY OF EACH MONTH
WIDOW'S LUNCHEON

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

FOURTH TUESDAY OF EACH MONTH
LAWRENCE PARKINSON'S SUPPORT GROUP

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

FOURTH TUESDAY OF EACH MONTH
GRIEF SUPPORT GROUP

10:00 a.m. - Manor Care Nursing & Rehabilitation Center, 2515 SW Wanamaker Rd. Sponsored by Heartland Hospice of Topeka. Call Terry Frizzell for information. TOPEKA, (785) 271-6500

FOURTH WEDNESDAY OF THE MONTH
CAREGIVER SUPPORT GROUP

Administered by Senior Outreach Services in cooperation with Jayhawk Area Agency on Aging, Inc. Designed to be a safe place to assist and empower caregivers of seniors. Rose Hill Place Clubhouse, 3600 SW Gage Blvd. 1:00 p.m. TOPEKA, (785) 235-1367, EXT. 130

NOV 17

AARP CHAPTER 1696

AARP Chapter 1696 will meet at 11:00 a.m. at the Lawrence Country Club. The Lawrence High School Chorale will perform following lunch. Please call for reservations. LAWRENCE, (785) 865-3787

MISCELLANEOUS

MONDAYS

OSHER RADIO PROGRAM

Local news and talk radio station KLWN 1320 AM presents the new program "Lifelong Learning: Lively Encounters with KU's Best." Each show will feature an interview with a KU Osher class instructor. Tune in for a glimpse of what you can expect from upcoming Osher classes. 10:05 a.m.
<http://www.kuce.org/lifelonglearning>

NOV 3-5

GREAT MANHATTAN MYSTERY CONCLAVE

Native Kansas mystery writers Nancy Pickard and Mike Hayes are the keynote speakers at the Great Manhattan Mystery Conclave. The Conclave also features a look at Manhattan native-son Damon Runyon, as well as workshops with authors on the craft of writing great mysteries. Ramada Plaza Hotel. MANHATTAN, (785) 776-4862
<http://www.manhattanmysteries.com>

NOV 11

VETERAN'S DAY PARADE

Oldest and largest Veteran's Day parade in State. Throughout historic riverfront downtown. LEAVENWORTH, (913) 651-0410

NOV 11

VETERANS DAY

Special activities and programs honor veterans and current military. 6425 SW 6th Ave, Kansas History Museum & Library. TOPEKA, (785) 272-8681

NOV 11-12

VETERANS DAY CELEBRATION

Celebrate Veteran's Day in Ottawa. Kicks off with a parade through downtown stopping at the Veterans Memorial, making its way to Forest Park. There you'll find displays of World War memorabilia, Civil War, WWI & WWII reenactments, and later that night a USO show at the historic Ottawa Municipal Auditorium. OTTAWA, (785) 242-5419
<http://www.ottawavets.org>

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.

WOLFGANG PUCK

Salad in autumn

By Wolfgang Puck

Tribune Media Services

A lot of people stop eating salad just at that time of year when they really need green vegetables to help keep them healthy during the colder months. It's not surprising, though. Who wants a plate of fresh, crisp, well-chilled greens when cold winds are blowing or snow is falling? Not me.

That's why I will always be thankful for the warm spinach salad craze that started sweeping America in the early 1970s. The qualities

of most leafy greens are better enjoyed with a cool, light or creamy dressing. Spinach, however, improves with the application of just a little heat.

Drizzle on a hot dressing and the leaves wilt slightly while retaining a pleasant contrasting edge of crispness; their flavor becomes richer and more well rounded, losing much of the sharp, astringent quality that turns some people off. When that dressing's warmth comes from a little sautéed bacon and some briefly heated white wine vinegar, well, spinach definitely meets its match in flavor.

Warm spinach salads seemed like the latest sensation when they first became popular, and now they are enjoying the kind of revival that sometimes comes to "retro" foods. In truth, however, there was nothing new about them; they were simply variations on a traditional salad from Lyons, France. That salad features frisée, the French term for what we call curly endive or chicory, leaves with a distinctively bitter flavor that, like sharp-tasting spinach,

gets softened by the warm dressing and complemented by its rich, tangy character.

Poached eggs traditionally top the French classic. Each person cuts up the egg to let its warm yolk intermingle with the leaves and dressing, forming a very satisfying lunchtime main course. Likewise, popular warm spinach salads usually include chopped hard-boiled egg. In the recipe that follows, however, I've taken a cue from the original, frying the eggs sunny side up instead of the more time-consuming poaching.

Feel free to substitute curly endive



Wolfgang Puck's Autumn Salad

for the spinach in my recipe. If you do, be sure to use only the paler, more tender and milder tasting inner leaves, tearing them into bite-sized pieces. If you make the salad with spin-

ach, look for prewashed bags of baby spinach, an ideal choice; otherwise, make sure you wash the spinach thoroughly, swishing it around in a sink of cold water, then lifting it out, draining and rinsing the sink, and repeating the process until you can't see or feel any more grit on the leaves or on the bottom of the sink.

Whichever type of leaf you use, you'll be amazed by the combination of flavors, textures, colors, and temperatures in this salad. If you like, add some crunchy croutons of your choice to each serving; or leave them out for a light, fresh-tasting

dish that will delight even today's most carb-conscious eaters.

WARM SPINACH SALAD WITH SUNNY SIDE-UP EGGS

Serves 6

- 6 cups loosely packed baby spinach leaves, thoroughly washed
- 3 rashers bacon, cut crosswise into strips 1/2 inch wide
- 6 eggs
- 1/2 cup good-quality white wine vinegar
- 1 teaspoon sugar
- Salt
- Freshly ground black pepper
- 3/4 cup croutons, optional

Put the spinach leaves in a large heatproof salad bowl and set aside.

Scatter the bacon strips in a nonstick skillet. Place the pan over medium-low heat. Cook the bacon, stirring occasionally, until the strips are evenly browned and crisp, 5 to 7 minutes. With a slotted spoon or spatula, remove the strips to paper towels to drain, then add them to the salad bowl with the spinach.

Pour all but 2 tablespoons of the rendered bacon fat into another nonstick skillet. Heat the fat in the second skillet over medium heat. One at a time, carefully crack each egg on the edge of the skillet and then open the shell just over the cooking surface, gently letting the egg fall into the skillet without breaking the yolk. Fry the eggs, in batches if necessary to avoid overcrowding, until the whites are firm and the yolks are heated through but still runny, about 3 minutes, spooning some of the hot fat over each egg to help it cook evenly.

While the eggs are cooking, raise the heat to medium-high under the first skillet with the 2 tablespoons of bacon fat. Add the white wine vinegar and, with a wooden spoon, stir

and scrape to deglaze the pan deposits. Simmer briskly until the vinegar reduces by half. Stir in the sugar and season to taste with salt and pepper.

Pour half of the hot bacon dressing over the spinach, add croutons if you like, and toss well. Divide the salad evenly among 6 serving plates, arranging it in a loose mound on each plate. With a spatula, transfer a hot sunny side-up egg to each mound of spinach. Drizzle the remaining hot dressing over the eggs and serve immediately.

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

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LEISURE TIME TOURS

Topeka, Kansas

CASINO TRIPS:

HARRAH'S, MAYETTA - \$20/ get NOON BUFFET & \$10 - Nov. 7, 12, 19, 30

GOLDEN EAGLE - \$20/ get \$15 - for 6 hrs - Nov. 5

SAC & FOX - \$20/ get \$10 for 4 hrs - Nov. 14

HIGH WINDS CASINO plus BUFFALO RUN CASINO - Miami, Okla., 2 days-1 night (hotel), all for only \$91 per person, double Occ. Nov. 25, 26 get cash rebates from both casinos plus discounted meals.

COUNTRY MUSIC SHOWS (OPRYS)

HITCHIN POST OPRY, Quenemo, KS, Nov. 18

ANNIE'S COUNTRY JUBILEE, Tonganoxie, KS, Dec. 9

BURLINGTON, KS OPRY, Jan. 6, 2007

Opry Bus trips, incl. meal and show adm. - \$40

SPECIAL TOUR

May 7-14, 2007

SPRINGTIME in the BLACKHILLS

7 days - 6 nights (hotel - 3 nights in the HISTORIC FRANKLIN HOTEL in DEADWOOD, SOUTH DAKOTA.) Also see BADLANDS, DEVIL'S TOWER, WYOMING, Mt. Rushmore, Crazy Horse, and overnight in 3 INDIAN RESERVATIONS enroute. \$595.00 per person, double occ.

For further information or to book: in Topeka call 354-8922. Outside Topeka you may call TOLL FREE: 1-800-851-7037.

Restaurant Guide

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Seniors dine out an average of 4-5 times per week! If you would like to add your restaurant to the Senior Monthly Restaurant Guide, please call Kevin at 785-841-9417 for details.

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

SMART COLLECTOR

Identifying a lamp

QUESTION: Any info on the lamp belonging to my husband's grandmother? It lights in the top and the base. It looks dull because she is afraid to clean and possibly ruin it. — Pam, Lima, Ohio

ANSWER: Images show a table



Danielle Arnet

lamp with a conical base (think bottom half of a lighthouse) and a shade made of a white metal open design that overlays blue slag glass.

This appears to be a very good, very early electric table lamp. Similar examples go back to 1910-1918. Of course, a definitive judgment requires a hands-on inspection.

This type is called a "silhouette" lamp, because when lit from behind, the cast metal form holding the glass has a silhouette effect. Collectors also call this lamp type a metal overlay.

Think of color swirled through opaque white and made streaky like marble; that is the effect of slag glass. Glass in caramel, green, blue, red, black and purple slag was used in overlay lamps.

Slag overlay lamps are ranked by maker, aesthetics and intrinsic quality; also the quality of casting and the metal used. Finely cast brass or bronze are good, ditto plated silver.

But most lamps were made of alloys, and alloys appear in all grades. Common alloys are called white metal or pot metal. These tend to become brittle with age, so until you know what metal you have, be careful.

Considering its age, you need to make sure that the lamp is safe to use. When was it rewired last? Since

such lamps can retail for \$1,200 or more, having it checked and cleaned at a good professional lamp shop in your area is a good idea. On the other hand, if someone in the family is handy with lamps, they can rewire. Your call.

Once the shade is removed from the base, look for a maker's name inside the metal frame of the shade. Until you know what the overlay metal is, a careful cleaning with mild soap and water is the best bet. Use cotton swabs and a little pressure on surfaces. The glass can be cleaned in the same way. Be sure to rinse well and dry completely. If you desire a higher shine, a professional polisher can do the job. Yes, your lamp is well worth the investment.

FYI: "Antique Lamp Buyer's Guide: Identifying Late 19th and Early 20th Century American Lighting: 2nd Ed." By Nadja Maril, \$29.95 from Schiffer Publishing, is an excellent intro to period lamps.

QUESTION: We have a number of inherited things. Can you direct us to a Web site that lists a variety of items with prices? Web searches don't tell us anything. — Bob and Lillian, Mathews, Va.

ANSWER: Web searches are useful when you know what you have and are searching for similar items. But many are not big on accurate information.

I sense that you need help with identification. You can do it on your own, or hire an appraiser. Appraisers are worth their fee when an item has serious value and you need documentation.

If you decide to be the sleuth, begin by examining your treasure to determine its attributes. If there is a maker's mark, start there. Otherwise, start with the genre.

When you don't have a clue, identification and price guides are a good place to start. In this case, a library can be your best friend. If your piece

is glass, look through likely glass books, and so on. Dealers also swear by general guides such as "Warman's Antiques & Collectibles: 40th Ed.", \$21.99 from Krause Publications, and "Schroeder's Antiques Price Guide 2007: 25th Ed.", \$17.95 from Collector Books.

With a grasp on what you have, a focused hunt for pricing is manageable. When you reach that point, completed sales on eBay are a good resource. Yes, research can be work.

QUESTION: I have several pieces of art found in homes being cleaned out. I found some on the Internet but I have trouble believing the prices. — Mike, Tucson, Ariz.

ANSWER: Among others, you listed a Thomas Hart Benson lithograph (online value \$2,700) and a Peter Hurd lithograph at \$1,650.

Question: Are your finds authentic? Are the signatures authentic? Are the prints in the same condition as those cited? What strike are they? Are they framed and mounted in the same manner? Do you see where I'm going with this?

A seller can price an item at any

point but, in the long run, it is worth only what someone will pay. If you think the finds are what you hope they are, pay a local gallery or appraiser to take a look.

QUESTION: Any info on the origin of my desk from the estate of a sea captain? — Alonzo, Ft. Lauderdale, Fla.

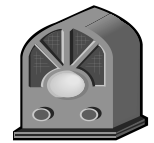
ANSWER: You call it a desk but in furniture terms, the drop writing surface topped with shelves behind glass doors and the long drawers beneath make it a secretary bookcase. The partitions and small drawer behind the fold-down desk surface are for storing paperwork and writing implements. The pediment on top is a crude version of that found on fine Early American pieces.

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

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HISTORY

How I made Lincoln come alive

By Tom Mach

I think every child in elementary school was taught about Abraham Lincoln. We all know the basic facts about the man, such as his being the 16th President, being a former lawyer, writing the Emancipation Proclamation, and being assassinated in Ford's Theater. However, although I thought I also knew him, I discovered far more about this unusual man when I did some intensive research for my novel, *All Parts Together*.

Lincoln was a complex individual, and while he seemed to project an image of being an awkward and crude individual, a kind of "country bumpkin," he wasn't that at all. He actually had a keen mind and quick wit and never stopped studying or learning. In fact, one lawyer who knew Lincoln well said he frequently saw him carrying school books. Noah Brooks, a Washington reporter, was impressed by Lincoln's "swiftness and the correctness of his intuitions, rather than by the originality and profundity of his reasoning." He was a deep thinker, preferring to sort things out carefully before making a pronouncement. Lincoln often used humor when he needed to make an important point. He described humor as "an emollient" because it helped him cope with dissension and stress. He agreed he made jokes even concerning serious matters, but he explained that "I laugh because I must not cry." Once, when walking with William Steward, his Secretary of State, he noticed a sign in a proprietor's shop that said "T. R. Strong." Lincoln turned to Steward and said "T. R. Strong, but coffee are stronger."

There's an old adage that says "truth is stranger than fiction." In *All Parts Together*, I describe a scene based on historical fact where Lincoln, on the day that the capital is being threatened by a Confederate onslaught, insists on stopping his carriage at Fort Stevens, one of many forts surrounding the city. Once at the fort, he meets General Horatio Wright and the two men exchange pleasantries. Finally, the general, grinning back the President's compliment on how fine a job he was doing at the fort, invited the President to watch the maneuvers. The

general had expected Lincoln to decline the invitation, and here's what happened next.

Without giving it another thought, Lincoln agreed and was escorted to a low wall where he could see the battle. "Please, sir," Wright said, following him there, "you will be putting yourself in danger. I didn't realize you would take my offer seriously."

"Nonsense, Horatio. I ought to know first hand how this battle is progressing."

"Don't do it, sir, or I will need to have you forcibly removed."

Lincoln ignored him and stood up, his long frock coat flapping in the breeze. After someone handed him a spyglass, he watched as Union troops drove the Confederates away from their positions in front of the forts. He heard the zing of flying bullets, one hitting the wall to his side. A cannon roared. More flying missiles. Another near miss. One soldier near the President screamed as he was shot in the leg.

All of a sudden, a voice called out to him, an angry, sputtering voice: "Get down, you damn fool, before you get shot!"

Lincoln got down immediately, shocked that someone had the audacity to address him in that manner. He took cover but poked his head up every so often to see more of the action.

"Are you all right, sir?" one of the men asked him.

Lincoln grinned. "Yes, but that man who shouted at me just then—is he a Democrat?"

"I don't know his politics, Mr. President, but that man's name is Captain Oliver Wendell Holmes."

"Well, Captain Holmes ought to be congratulated for speaking his mind. We need more men like that in our government."

Lincoln's stance on slavery changed over time. Initially, he would have allowed slavery to exist if it would mean the preservation of the Union. His attitude toward slavery changed, but he didn't swing toward full emancipation until sometime after he issued the Emancipation Proclamation. Actually, the Emancipation Proclamation was more symbolic than substantive since it freed slaves only in the rebel states. While the Confederates obviously paid little heed to this, it did send a signal

to France (which was weighing its options about joining the Confederate cause) that it ought not support the cause of states who supported slavery. In *All Parts Together*, Lincoln is consulting with Kentucky Governor Thomas Bramlette, who objected to the recruitment of colored troops in Kentucky. Lincoln admits to Bramlette as well as to former U.S. Senator Archibald Dixon and Albert Hodges, the editor of the *Frankfort Commonwealth*, that he had shifted from his policy of not interfering with his stance on slavery in his inaugural address to his later position of emancipation. But Lincoln leans forward in his chair and utters these words so that everyone knows where he now stands on the issue:

"What I am also saying, gentlemen," he goes on, "is that I am against slavery, and if slavery is not wrong, then nothing is wrong."

Ward Hill Lamon, the U.S. Marshall for the District of Columbia, as well as a self-appointed bodyguard of the President, feared for Lincoln's life. In *All Parts Together*, these fears surface in Lamon's mind.

Although a Southerner himself, Lamon knew it would not bother his conscience if he had to use a pistol or Bowie knife to protect the President from any Southerner who dared try to harm Mr. Lincoln. He only wished that the President was more concerned about his own safety. In 1860, while he was in his Illinois chamber in Springfield, Lincoln told Lamon of an eerie vision he had experienced while looking in a mirror. Lincoln mentioned seeing a double image of himself—one being a vibrant image and the other taking on a ghostly pale white. He told Lamon it concerned him a little. It seemed to convey the possibility that he would not complete his second term as President. But later, Lincoln dismissed the whole idea as an absurdity.

But it wasn't an absurdity. John Wilkes Booth, upon learning on the morning of April 14, 1865 that the President was to attend a play at Ford's Theater, quickly sprung into action. He spent a better part of the day planning the details and meeting with his co-conspirators. Initially, he wanted to also kill General Grant, but since Grant and his wife had changed their minds about attending the play, Booth altered his plans to a triple murder—Lincoln, Stanton, and Johnson. The deed was set to occur at 10:15 p.m. *All Parts Together* takes you to the theater

while the audience is laughing at the funny lines uttered in "Our American Cousin."

Lincoln had a premonition of his impending death. In *All Parts Together*, I describe what it must have felt like to the President:

At bedtime, Abraham Lincoln smiled to himself as he reflected on the day's events. Yesterday was Tad's twelfth birthday, and what better way to celebrate than by walking with him through the fallen rebel capital. Some newly freed slaves dropped to their knees before him, chanting "Glory, Hallelujah," but President Lincoln asked them to stand up. "Kneel only to God," he said, "and thank Him for your freedom."

With a satisfying sigh that Grant was on the verge of complete victory and the war would soon be over, he drifted off to sleep.

He found himself in stillness, a blackness not unlike death itself. Sobbing. He heard the sobbing of many people. What were they crying about? This was a happy time, a time for rejoicing, not sadness. He saw himself leaving his bed and wandering downstairs. The sobs grew louder but there was no one in sight.

Where are these folks who are crying? He wandered from one room to the next. No one. And yet the sobs, the wailing, the misery continued. He kept walking until he finally arrived in the East Room. Entering it, he saw a catafalque, and on it was a corpse wrapped in funeral vestments. Soldiers, acting as guards, stood nearby while a huge crowd gazed mournfully at the corpse.

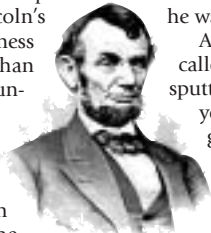
Lincoln looked about, confused. He grabbed the sleeve of one of the guards. "I demand to know who is dead here."

The guard looked at him with a face broken apart with sorrow. "The President. He was killed by an assassin." The wailing grew louder and Lincoln burst out of his dream.

He sat up at once, his heart pounding madly. It was only a foolish dream, he told himself. Still, as much as he tried, he could not return to sleep.

But he finally did sleep... forever... on the morning of April 15, 1865. Edwin Stanton, Lincoln's Secretary of War, said words that will live on for generations to come: "Now he belongs to the ages."

- Tom Mach is the author of the prize-winning historical novel entitled *ALL PARTS TOGETHER*, his second book of the *Jessica Radford Trilogy*.



DEAR PHARMACIST

Fruits, veggies are best source of antioxidants

By Suzy Cohen, R.Ph.
Tribune Media Services

QUESTION: I am basically healthy, but would like to take an antioxidant to help maintain my health. I am overwhelmed when I go to the health food store because there are so many. What should I look for when purchasing a formula? — V.W., New York City

ANSWER: The business of antioxidant therapy started booming a decade ago, when studies came out showing that major health conditions might have some connection to oxidative stress, a big word meaning damage to your cells from biological invaders called free radicals. Some studies showed that the damage done by these loose cannons can be minimized or eliminated by antioxidants, which stand guard in your cells, arresting free radicals before they are able to hurt you — by sparking a tumor, etching a wrinkle on your face or activating a dangerous gene.

Antioxidants are, in my opinion, an inexpensive way to buy health insurance. It's best to get them through fresh fruits and vegetables, which are far better for you than supplements. Your body understands how to digest naturally occurring antioxidants from food; utilizing a lab-created version is much harder.

It doesn't hurt to take a supplement, however. Some antioxidants come as a single tablet, combining vitamins and minerals known to deactivate dangerous free radicals. Formulas like this typically contain beta-carotene, along with vitamins C, E, D and probably some B vitamins like folic acid, B6, biotin and maybe even minerals like selenium or zinc. Prices range between \$10 and \$50, depending on the brand.

This discussion wouldn't be complete if I left out plant-based antioxidants, which are also powerful and effective tools in the fight against disease. Some examples of these are

milk thistle, known for its liver-cleansing abilities; grape-seed antioxidant (which protects your heart); green tea extract (anti-cancer); and bilberry extract (protects your eyes).

QUESTION: I looked on the Internet to learn about my medication, Lortab (hydrocodone), and one Web site said it could cause a heart attack. Is that true? Can a drug for pain really kill you? — W.E., Chicago

ANSWER: It's very rare, but possible. When I looked this up on Clinical Pharmacology — the pharmacist's gold standard reference — I found several hundred drugs that list cardiac arrest as a potential adverse "side effect." This catastrophe is much more likely to occur in people who have underlying heart problems or structural abnormalities, or who mix their medicine with alcohol.

There are many medications that carry this potential risk. They include: painkillers or cough syrups containing codeine (Tylenol No. 3), hydrocodone (Lortab, Vicodin) or oxycodone (Percocet, Oxycontin); Viagra (sildenafil); triptan drugs for migraines (like Imitrex); and diuretics that deplete potassium levels (such as furosemide). ADHD drugs are under the gun now. Since last May, the FDA has asked makers of these drugs to

strengthen warnings regarding serious heart consequences and sudden death. Just last week, the makers of Dexedrine were urged to place cautions on that medication, too.

DID YOU KNOW? Vitamin C acts like a natural statin cholesterol drug, but without the side effects.

This information is not intended to treat, cure or diagnose your condition. Suzy Cohen is a registered pharmacist. To contact her, visit www.dearpharmacist.com.

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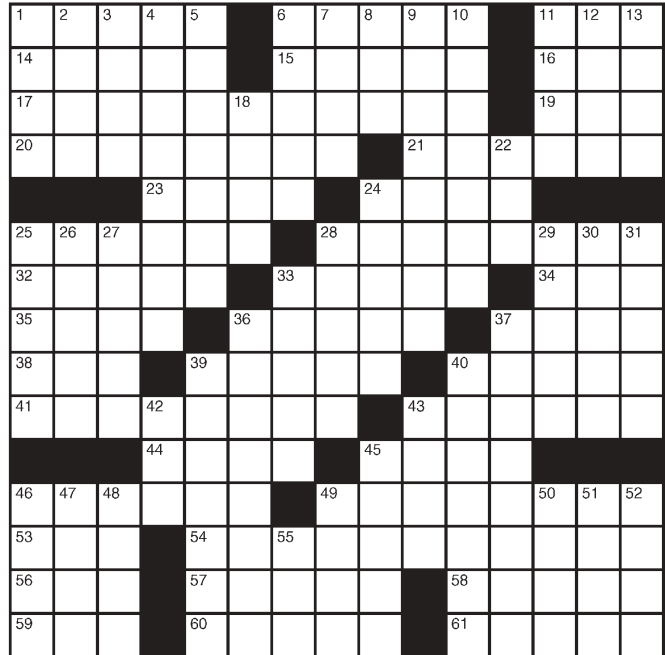
ACROSS

- 1 Volkswagen model
- 6 Something to plight?
- 11 Actress Ruby
- 14 Word with renewal or sprawl
- 15 Sun: pref.
- 16 Flock leader
- 17 Chinese gifts
- 19 Appendage
- 20 York's rank
- 21 With agility
- 23 Formerly
- 24 Watch winder
- 25 Gorge
- 28 Plucky
- 32 Activity area
- 33 Race type
- 34 ___ Dawn Chong
- 35 Circular instrument
- 36 Italian fashion center
- 37 Adorable
- 38 Drs.' group
- 39 Breadbasket
- 40 Confession of faith
- 41 Wages
- 43 Gathers with parallel stitches
- 44 Squarish
- 45 Create yarn
- 46 Zambia neighbor
- 49 Striking sharply
- 53 Writer Levin
- 54 Chinese gift recipient
- 56 Brown of music

- 57 Silly
- 58 Rock full of crystals
- 59 ___ Palmas
- 60 ___ on (incited)
- 61 Stranger

DOWN

- 1 Moonshine containers
- 2 Buffalo's lake
- 3 Slope conveyance
- 4 Dancing a ballroom dance
- 5 Insect's feeler
- 6 Macbeth title
- 7 Cloth tear
- 8 Over the hill
- 9 Chinese gift's name
- 10 Stockings
- 11 Dreary
- 12 British peer
- 13 TV award
- 18 Walk the floor
- 22 # of Kubrick's movie?
- 24 Spread wide
- 25 Hindu tunes
- 26 Smell
- 27 Corruptible
- 28 Markets
- 29 Less a lie?
- 30 Muncher
- 31 Title papers
- 33 Hoosier poet James Whitcomb
- 36 Chinese gift's name
- 37 Rustled
- 39 Camera type



By Verna Suit
Silver Spring, MD

Answers on page 31

- 40 Home of the Bulls
- 42 Lawyers' org.
- 43 Breadth
- 45 Furnished with footwear
- 46 Eliot novel, "The ___ on the Floss"
- 47 Locality
- 48 Girl of the Highlands
- 49 Sommelier's concern
- 50 Alligator-logo brand
- 51 Protuberance
- 52 Church or movie follower
- 55 Playground game

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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.

HAPPY HALLOWEEN (sol.: 10 letters)

A-Annual, Autumn; B-Black cats; C-Candy, Carve, Cauldron, Costumes, Creepy; D-Demons; E-Eerie; F-Funny; G-Gargoyles, Ghastly, Ghostly, Ghouls, Graveyard; H-Howl, Hayride; L-Laugh; M-Makeup, Masks, Midnight; O-October, Orange; P-Pretend, Pumpkins; S-Safety, Scare, Skull, Spooky; T-Theme party, Traditions, Trick or treat; W-Warlocks; Z-Zombies

This Month's Answer: **MASQUERADE**

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

JUMBLE

THAT SCRAMBLED WORD GAME
by Henri Arnold and Mike Arginton

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

COUFS
[] [] [] [] [] [] [] []

SHURC
[] [] [] [] [] [] [] []

CHABLE
[] [] [] [] [] [] [] []

SARATY
[] [] [] [] [] [] [] []

Answer: A



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

Answers on page 31

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24 SeniorMonthly, November 2006

TRIVIALITIES

1. Barry Levinson directed this 2006 film in which Robin Williams plays the president of the United States. Name the film.
2. In the 2005 film "The Exorcism of Emily Rose," who portrayed the title character?
3. Who portrayed doomed queen Marie Antoinette in the 1938 film "Marie Antoinette"?
4. Who many Oscars has John Barrymore won?
5. Who won the best actor Oscar in 1931 for his role in "A Free Soul"?
6. This actress was nominated four times for the best actress Oscar. She finally won it in 1945 for her work in "None But the Lonely Heart." Name her.
7. Who directed the 2003 film "Duplex"?

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Answers on page 31

BRIDGE

The right finesse

By Omar Sharif and Tannah Hirsch

East-West vulnerable. South deals.

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

The bidding:
 SOUTH WEST NORTH EAST
 INT Pass 2♣ Pass
 2♦ Pass 3NT Pass
 Pass Pass

Opening lead: Ten of ♥

We continue with a hand from Eddie Kantar's "Thinking Bridge" series, written for the Daily Bulletin at the recent Summer North American Championships held in Chicago.

With a ruffing value in hearts, North uses the Stayman Convention to check for a 4-4 spade fit. When

there is none, he settles in three no trump.

"With two equal-length suits, both majors, the sequence suit is the preferred lead. East wins with the ace of hearts and returns the four, original fourth best. It is now clear (or should be) to East-West that they are ready to run - if they can just get in!

"As South, you start with eight sure tricks: Four spades, one heart, two diamonds and one club. Two finesses are available for extra trick(s), one in a suit missing the queen (diamonds), one in a suit missing the king (clubs). Which finesse to take?

"The one that works! Kidding. When two finesses are available, one suit missing a queen, the other a king, play the ace-king of the missing-queen suit. If the queen does not drop take the finesse in the missing king suit. It's like having the best of both worlds."

(Tannah Hirsch welcomes readers' responses sent in care of this newspaper or to Tribune Media Services Inc., 2225 Kenmore Ave., Suite 114, Buffalo, NY. 14207. E-mail responses may be sent to gorenbridge@aol.com.)

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WORDS OF WISDOM

Some men are born mediocre, some men achieve mediocrity, and some men have mediocrity thrust upon them.

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Healthy Living

Two popular low-carb foods

A comparison of two protein-rich foods often relied on by people who are following a low-carbohydrate weight loss diet:

	Hard-boiled eggs, 2 large	Tuna, packed in water, 3.5 oz. (35 g)
Calories	310	115 g
Carbohydrate	2.2 g	None
Protein	25 g	26 g
Fat, total	21 g	0.8 g



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 Source: U.S. Agricultural Research Service
 Graphic: Helen Lee McComas, Lee Hulting

SUDOKU

© Puzzles by Pappocom

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

						3	8	9
			8	2			6	7
	8							
7		1				6		
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HARD

Solution on page 31



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U.S. population reaches 300 million

According to the Census Bureau, the U.S. population reached 300 million last month. To help spotlight this occasion, the Census Bureau steps back in time by comparing contemporary life and statistics to those in the time periods in which the nation reached other noteworthy population milestones in 1967 (when the population reached 200 million) and in the year 1915 (when it reached 100 million). America, how you have grown and changed:

President

2006: George W. Bush
1967: Lyndon B. Johnson
1915: Woodrow Wilson

Price of a new home

2006: \$290,600
1967: \$24,600 (\$149,147 in 2006 dollars)
1915: \$3,200 (\$64,158 in 2006 dollars)

Cost for a gallon of regular gas

2006: \$3.04 (as of Aug. 7)
1967: 33 cents (\$2.00 in 2006 dollars)
1915: 25 cents (\$5.01 in 2006

dollars)

Price of milk

2006: \$3.00 gallon
1967: \$1.03 gallon (\$6.24 in 2006 dollars)
1915: \$.36 gallon (\$7.22 in 2006 dollars)

Cost of a first-class stamp

2006: 39 cents
1967: 5 cents
1915: 2 cents

Notable Events

2006: The 20th Winter Olympic Games take place in Turin, Italy.
1967: Dr. Christiaan Bernard performs the first heart transplant; the first Super Bowl is played.
1915: World War I continues in Europe.

Pop Culture

2006: iPods and "American Idol" reign supreme and cell phones are the rage.
1967: Color TV is the rage. "The Lucy Show," "Andy Griffith" and "Gomer Pyle" are the top-rated television shows.

1915: The "Model T" and silent movies are the rage. Raggedy Ann, aspirin in tablet form and processed cheese are introduced. The milk carton is invented.

World Population

2006: 6.5 billion
1967: 3.5 billion
1915: 1.8 billion

Tying the Knot

Median age at first marriage for men and women, respectively.
2006: 27.1 and 25.8
1967: 23.1 and 20.6
1915: 25.1 and 21.6

Coming to America

2006: 34.3 million
Number of foreign-born people. They comprise 12 percent of the total population. Mexico is the leading country of origin.
1967: 9.7 million
Number of foreign-born people. They comprised 5 percent of the total population. Italy was the leading country of origin.
1915: 13.5 million
Number of foreign-born people.

They comprised 15 percent of the total population. Germany was the leading country of origin. Data pertain to 1910.

Our Incredible Shrinking Households

Average household size.
2006: 2.6 people
1967: 3.3 people
1915: 4.5 people

Tuberculosis

Death rate from this disease per 100,000 population.
2006: 0.2
1967: 3.5
1915: 140.1

Homeownership . . . the American Dream

Percentage of the nation's households who owned the home in which they lived.
2006: 68.9%
1967: 63.6%
1915: 45.9%

Our Aging Nation

Number of people age 65 and

CONTINUED ON PAGE 27



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Population

CONTINUED FROM PAGE 26

older.

2006: 36.8 million
1967: 19.1 million
1915: 4.5 million

Median Age of the Population

2006: 36.2
1967: 29.5
1915: 24.1

Living Longer

Life expectancy at birth.
2006: 77.8 years
1967: 70.5 years
1915: 54.5 years

Working Women

Percentage of women in the labor force, age 16 and older (10 and older for 1915).

2006: 59%
1967: 41%
1915: 23%

Education

Percentage of the population, age 25 and older, who had at least a high school diploma.

2006: 85.2%
1967: 51.1%
1915: 13.5%

Earnings

2006: \$34,926 and \$23,546
Median wage and salary income in 2005 for male and female wage and salary workers, respectively.
1967: \$5,974 and \$2,295 (\$29,589 and \$11,367 in 2005 dollars). Median wage and salary income for male and female wage and salary workers, respectively.
1915: \$687 (Constant dollar figure not available.) Average annual earnings for workers (excluding farm labor).

Names

The most popular baby names for boys and girls, respectively.
2006: Jacob and Emily
1967: Michael and Lisa
1915: John and Mary

Our Love Affair with the

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

Motor Vehicle

Number of motor vehicle registrations.
2006: 237.2 million
1967: 98.9 million
1915: 2.5 million

Safer on our Roads

2006: 42,643
Number of traffic fatalities in 2003. This amounted to 1.5 fatalities per every 100 million vehicle miles traveled.
1967: 51,559
Number of traffic fatalities. This amounted to 5 fatalities for every 100 million vehicle miles of travel.

1915: 6,779
Number of traffic fatalities. This amounted to 35 fatalities for every 100 million vehicle miles of travel.

The Military

Active-duty military personnel.
2006: 1.4 million
1967: 3.4 million
1915: 174 thousand

Down on the Farm

Number of farms.
2006: 2.1 million
1967: 3.2 million
1915: 6.5 million

MISSION TOWERS

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Opening Spring 2007



Olympics

CONTINUED FROM PAGE SIX

TRACK & FIELD

DISCUS

Men 60-64: Stanley Wiechert, Topeka, 125'7"
 Women 60-64: Diana Schultz, Topeka, 54'6.3"
 Women 65-69: Bonita Robins, Topeka, 29'2.8"
 Women 70-74: Kathleen Ramonda, Topeka, 30'5.3"

HIGH JUMP

Men 65-69: Roger Nyfeler, Topeka, 4'3"
 Men 70-74: Charles Newman, Lawrence, 4'1"
 Men 80-84: Kelly Green, Topeka, 3'5"

JAVELIN

Men 50-54: John Ellison, Topeka, 106'3.5"
 Men 70-74: Ken Ohm, Topeka, 107'11.4"
 Women 60-64: Diana Schultz, Topeka, 68'7"
 Women 65-69: Char Lane, Topeka, 37'8.8"
 Women 70-74: Kathleen Ramonda, Topeka, 20'11.9"

LONG JUMP

Men 80-84: 1. Kelly Green, Topeka, 8'2"
 Women 65-69: Char Lane, Topeka, 10'0.75"

POLE VAULT

Women 65-69: Char Lane, Topeka, KS, 3'6"

SHOTPUT

Men 80-84: Kelly Green, Topeka, KS, 29'5"

Women 60-64: Diana Schultz, Topeka, KS, 22'7"
 Women 65-69: Char Lane, Topeka, KS 19'7"

TRIPLE JUMP

Men 50-54: John Ellison, Topeka, 26'8.5"
 Women 60-64: Diana Schultz, Topeka, 11'8"
 Women 65-69: Char Lane, Topeka, 16'7"

100 METER DASH

Men 55-59: Kevin Davis, Topeka, :13.44
 Men 80-84: Kelly Green, Topeka, :18.34
 Women 55-59: Sandra Carter, Topeka, :16.66
 Women 60-64: Cheryl Workman, Silver Lake, :19.47
 Women 65-69: Char Lane, Topeka, :18.22

200 METER DASH

Men 55-59: Kevin Davis, Topeka, 28.66
 Men 80-84: Kelly Green, Topeka, 42.84
 Women 55-59: Sandra Carter, Topeka, 43.67
 Women 60-64: Cheryl Workman, Silver Lake, 47.38
 Women 65-69: Char Lane, Topeka, 40.16

400 METER RUN

Men 65-69: Kirby Clark, Tonganoxie, 1:51.16
 Women 65-69: Char Lane, Topeka, 1:36.15*

1500 METER RUN

Men 60-64: Gary Comstock, Topeka, 6:21.75
 Women 65-69 Shirley Seminoff, Baldwin City, 8:37.15*

50 METER DASH

Men 55-59: Kevin Davis, Topeka, 7.19
 Men 65-69: Roger Nyfeler, Topeka, 8.28

Men 70-74: Russell Willis, Topeka, 8.87
 Men 75-79: Peter Latham, Topeka, 9.82
 Men 80-84: Kelly Green, Topeka, 9.69
 Women 55-59: Sandra Carter, Topeka, 8.66
 Women 65-69: Char Lane, Topeka, 9.00

FUN EVENTS

SOFTBALL THROW FOR DISTANCE

Men 70-74: Erwin Hippen, Topeka, 137'5"
 Men 75-79: Sam Hutchinson, Topeka, 84'5"
 Women 50-54: Denise Metzinger, Topeka, 92'2"
 Women 55-59: Sandra Carter, Topeka, 113'7.25"
 Women 65-69: Char Lane, Topeka, 100'5"

SOFTBALL THROW FOR ACCURACY

Men 70-74: Erwin Hippen, Topeka, and Lyle Pfaff, Topeka, 60
 Men 75-79: Sam Hutchinson, Topeka, 60

Women 70-74: Mary Elston, Lawrence, 70

FOOTBALL THROW FOR ACCURACY

Men 70-74: Erwin Hippen, Topeka, 60
 Men 75-79: Pete Latham, Topeka, 10
 Women 50-54: Denise Metzinger, Topeka, 30
 Women 65-69: Char Lane, Topeka, 40

BAGGO

Men 75-79: Sam Hutchinson, Topeka, 8
 Men 80-84: Eldon Wood, Topeka, 16
 Women 60-64: Marcia Dove, Meriden, 13
 Women 70-74: Mary Elston, Lawrence, 17
 Women 75-79: Nadine Latham, Topeka, 11

WASHERS

Men 65-69: Paul Evans, Topeka, 27
 Women 55-59: Marty Marsh, Lawrence, 13
 Women 60-64: Bobbie Evans, Topeka, 25
 Women 70-74: Mary Joe Elston, Lawrence, 9
 Women 75-79: Nadine Latham, Topeka, 9

Advertising in Senior Monthly is a Capital Idea

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

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



NOSTALGIA NOTEBOOK

NOVEMBER 1946

Births

NOV. 4: Laura Bush, First Lady of the United States
NOV. 6: Sally Field, actress, *The Flying Nun*, *Norma Rae*
NOV. 10: Alaina Reed Hall, actress, *Sesame Street*, 227
NOV. 20: Judy Woodruff, television news anchor and journalist

Events

NOV. 6: Senate and House elections in the United States both give majorities to the Republicans.
NOV. 27: Indian Prime Minister Jawaharlal Nehru appeals to the United States and the Soviet Union to end nuclear testing and to start nuclear disarmament, stating that such an action would "save humanity from the ultimate disaster."



NOVEMBER 1956

Births

NOV. 18: Warren Moon, NFL quarterback. Only player ever to be enshrined by both the Pro Football Hall of Fame and Canadian Football Hall of Fame
NOV. 26: Dale Jarrett, American race car driver
NOV. 27: William Fichtner, American actor, *Prison Break*

Events

NOV. 6: Dwight D. Eisenhower is reelected by defeating Democrat challenger Adlai E. Stevenson in a rematch of their contest four years earlier.
NOV. 7: The United Nations General Assembly adopts a resolution calling for the United Kingdom, France and Israel to withdraw their troops from Arab lands immediately.



VINTAGE AD

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We make specialists of our workmen; our desire for the highest grade of construction can be realized only by men especially trained in the particular operation by which the character of the piano is determined; and we therefore, train each man to a special part of the work and set a standard to be attained.

We use only the best materials available in the greatest quantities required in piano and organ manufacturing; we construct frames by choosing the choicest materials, actually the kind that pass the most critical inspection to meet in making the Conover Piano.

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WEB SIGHTINGS

Top 10 retirement sites

By Marco Buscaglia

Tribune Media Services

RETIREMENT GLOSSARY

<http://retireplan.about.com/cs/retirement/a/glossary.htm>

From "Annuity" to "Will," you can find many of the terms often associated with retirement at this excellent site by about.com. The information is easy to understand and presented in a logical manner, meaning you'll only start worrying about your retirement once you finish reading.

MISSING PENSIONS

www.bankrate.com/brm/news/sav/20030114a.asp

Unfortunately, the occasional horror story about missing pension funds is becoming more commonplace. Read Bankrate's story by Laura Bruce about missing pension funds for some new ideas about tracking down your money.

RETIREMENT PLANNING

http://www.aarp.org/money/financial_planning/

How much you spend on your retirement is up to you. The last thing you want, though, is to be caught short when the time to stop working has arrived. The AARP has a robust section on retirement options on its Web site.

401(k) INFORMATION

<http://www.401khelpcenter.com/>

Since 401(k) plans are such a huge part of most people's investment plans today, you should make sure you're using your 401(k) to its maximum potential. This Web site sums up the current plans and considers changes in the law and economy when determining the stability of the 401(k) market.

SOCIAL SECURITY BENEFITS

<http://www.ssa.gov/planners/calculators.htm>

Calculate your Social Security benefits at the agency's Web site. You can find out when you can begin collecting your benefits, as well as how much you'll be receiving based on years of employment.

INVESTMENT TERMS

<http://investopedia.com/dictionary/>

Many people tie up their investment funds in the stock market. This isn't a decision that should be made without careful consideration. Once you enter the world of stocks, you may find yourself speaking a language that may have once seemed foreign to you. Brush up on the new vernacular with some help from investopedia.com.

BEST RETIREMENT LOCATIONS

<http://money.cnn.com/best/bpretire/index.html>

Once you decide to give up the job, you might as well go for a change in scenery. Check out Money magazine's report on CNN.com for some information on the best places to retire. And no, "Away from your kids" is not an option.

RETIREMENT STORIES

http://www.retirement-living.com/articles_main.asp

Whether you're retiring or helping a parent work through the process, there are many aspects of life to consider, including housing, medical services and more. Retirement Living has compiled a nice selection of stories to help you sort out the decisions you'll have to make.

U.S. DEPARTMENT OF LABOR

www.dol.gov/dol/topic/retirement/consumerinfpension.htm

Like it or not, the government plays a pretty large role in your retirement. Stay current with the Department of Labor's Web site by checking out the wide range of pension and retirement topics available.

PENSION BENEFIT GUARANTY CORPORATION

<http://www.pbgc.gov/>

According to the Web site, "PBGC is a federal corporation created by the Employee Retirement Income Security Act of 1974. It currently protects the pensions of 44.1 million American workers and retirees in 30,330 private single-employer and multiemployer defined benefit pension plans." In other words, if you think the government can help your situation, check out this site.



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Hitting retirees and baby boomers where it hurts most

(ARA) - An estimated 20 million baby boomers and retirees in the United States are bearing the brunt of recent major corporate employers' moves to eliminate or drastically reduce healthcare benefits promised to their employees during their working careers.

Those either at or nearing retirement age, who claim these are earned benefits, have been shocked to find out that federal law finds it perfectly legal for a company to take away such benefits, even if mandated by employment contract.

C. William Jones, a retiree from NYNEX, now a part of Verizon says, "Millions of people from my generation dedicated a lifetime to one employer with the promise that if we accepted lower pay scales in our working years, we would be provided health benefits in retirement."

Early in 2006, Jones, a Maryland resident, got together with retiree leaders from Florida, Massachusetts, New Jersey, New York, Pennsylvania and Virginia, to form a nationwide legislative and lobbying organization they appropriately named ProtectSeniors.Org.

The organization, which has attracted over 43,000 members in the

first six months since its founding, is advocating for emergency federal legislation that would help tens-of-millions of affected older Americans.

ProtectSeniors.Org is advocating in Congress for the Emergency Retiree Health Benefits Protection Act (HR 1322) which would amend the ERISA pension laws to make it illegal for an employer to either reduce or cancel earned health benefits after an employee has retired. It would also require corporations who have already slashed these earned benefits to reinstate them to their former workers.

In recent years, many of the largest and most well-known American corporations have been canceling or drastically reducing those health benefit protections for their current and retired employees, citing cost and global competition.

Yet while millions of retirees have cried foul, even the courts have rejected their call for help. The U.S. Supreme Court has previously upheld a decision against employees at General Motors, allowing the company to rescind benefits for retired GM managers and their spouses.

In an attempt to turn the tide, ProtectSeniors.Org opened a Wash-

ington, D.C. office and hired its own lobbyist to work the halls of Congress. All in an effort to regain ground they say has been lost to lawyers and lobbyists representing deep pocketed corporate interests. Jones says the group's goal is to harness the voting clout of baby boomers and retirees to change unfavorable rules which allow corporations to take advantage of retirees.

Jones, who serves as chairman of ProtectSeniors.Org says, "The goal of the ProtectSeniors.Org campaign is to let CEOs and elected officials know that the time has come to reverse the national trend and make it illegal to steal retirees' earned benefits. Retirees are now the single largest voting block in America, we are getting stronger and we are determined to make sure that our benefits are protected."

Just this fall, the group launched a 2,000-mile retiree pilgrimage to travel through dozens of cities and towns in seven states and the nation's capitol to raise public awareness of retirees' plight.

The caravan's visible presence starts with a giant 16 foot long by 8 foot tall mobile billboard that reads: "Members of Congress, Amer-

ica's Retirees Are Watching... Pay Attention! We Vote!" Along the travel route retirees are holding local events to highlight for Members of Congress and the public how unjust the rules are, thus the dire need to change current retirement laws.

Jim Casey, who spent his career at C&P Telephone and is president of ProtectSeniors.Org, notes, "Retiree healthcare benefits, an important component of the compensation package, were a benefit earned and already paid for throughout careers spanning 20, 30 or even 40 years and are not a gift from a benevolent employer as CEOs today try to suggest."

He goes on, "ProtectSeniors.Org is focusing on organizing the national over 55 and retiree populations, especially those who use the Internet, to take on a greater ownership stake and effort in the protection of their own economic future. ProtectSeniors.Org is open to anyone concerned about the protection of their earned retiree benefit rights."

To find out more about programs and campaigns run nationally by ProtectSeniors.Org call (800) 398-3044 or visit www.protectseniors.org.

Courtesy of ARA Content



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- DISCOUNT PRESCRIPTION MEDICATIONS - Canada Drug
- ELDER LIVING OPTIONS - Atria Hearthstone
- ESTATE PLANNING/PROBATE - Attorney at Law
- ESTATE SALES - The Problem Solver
- FINANCIAL PLANNING, FINANCIAL SERVICES, INSURANCE, LONG TERM CARE INSURANCE - Lord-Roberts & Associates
- HEATING & COOLING - Anchor-Robinson Aire Serv
- HOME MAINTENANCE/REPAIR SERVICES - The Carpentry Specialists
- HOSPICE CARE - Midland Hospice
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- ONSITE AUTO SERVICE - JEM Mobile Oil Changing
- REAL ESTATE SERVICES - Remax Associates
- REVERSE MORTGAGE - Financial Freedom
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Our Mission is to provide one source where seniors can find competent trustworthy service for all of their needs. If you or a loved one needs help with a problem, please contact us.

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PEOPLE NEWS

Erinn Golick has joined **Lawrence Therapy Services LLC** as a physical therapist. Golick received her Doctor of Physical Therapy in 2001 from Creighton University in Omaha, Neb. Her specialty



Golick

areas include pediatric physical therapy, fall prevention and balance training, pain management, orthopedic rehabilitation, sports injuries, and spasticity management.

Lawrence Therapy Services is an outpatient rehabilitation clinic licensed in the state of Kansas to treat clients in the clinic or in the privacy of their homes.

SUDOKU SOLUTION

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TRIVIALITIES ANSWERS

1. "Man of the Year"
2. Jennifer Carpenter
3. Norma Shearer
4. None
5. Lionel Barrymore
6. Ethel Barrymore
7. Danny DeVito

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JUMBLE ANSWERS

Jumbles: FOCUS CRUSH BLEACH ASTRAY

Answer: You might call that fine student drama this – A "CLASS" ACT

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Reserve Your Space Today

For the "2007 Senior Resources Directory," a special pull-out section that will be available in the January 2007 issue of *Kaw Valley Senior Monthly*.

Please mail completed form to Groenhagen Advertising, 2612 Cranley St., Lawrence, KS 66046, or fax it to 785-749-4691.*

* An online form is available at www.seniormonthly.net/directory.html

Include Your Business or Organization's Listing for just

\$25⁰⁰

Deadline is December 10.

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): _____

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

Place Your Logo Here

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You don't have to travel far for outstanding surgical care.

Lawrence Memorial Hospital and the Lawrence Surgery Center have teamed up with the area's best surgeons to provide you a comprehensive array of high quality surgical care.

Staying close to home means better communication between your doctor and surgeons, less hassle with traffic or follow-up visits, and easy access to friends and family. Ask your doctor to arrange for surgery in Lawrence. It's the shortest route to better surgical care.



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