

# Kaw Valley Senior Monthly

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November 2007

Serving Active Seniors in the Lawrence-Topeka Area since 2001

Vol. 7, No. 5

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Sand Castles specializes in helping people navigate through life's sudden and unexpected change. - page 4



Kansas seniors competed in a wide variety of sports during the end of September. See who placed from the Lawrence and Topeka area. - page 6

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**SENIOR profile R**

KEVIN GROENHAGEN PHOTO

Marshall Clark of Topeka poses with a Dyak death mask he bought in Borneo. An image of the mask appears on the cover his 2005 book, *An Eclectic's Buffet*.

# Clark's life has been 'an eclectic's buffet'

By Kevin Groenhagen

Marshall Clark has always been a traveler. Most of his traveling has been for pleasure. However, a tragedy was responsible for his first trip away from home.

"My mother died while giving birth to me and my twin sister," Clark explained.

The twins then moved in with their grandmother, who had 12 children and was pregnant with another. Unfortunately, Clark's grandmother and her baby died just three months later.

This was during the Great Depres-

sion and Clark's father, a farm mechanic in Texas, knew he could not care for the children. He put them up for adoption, apparently believing it would be a temporary situation.

Clark and his sister initially went to New Orleans, and then traveled north to The Cradle, an adoption agency in Chicago.

"My adoptive mother was from Milwaukee," Clark said. "She went down to Chicago to adopt us because her college roommate ran that facility."

Clark describes his adoptive parents as well-to-do, but dysfunction-

al. In fact, they divorced shortly after adopting the twins. Although Clark's adoptive mother developed a lifelong love for the arts and culture in the young man, he was unhappy at home.

"At 18 I left home and joined the Navy," Clark said. "I did half my service as a company corpsman with a Marine Corps infantry company in Korea."

That unit was located near Libby Bridge, just south of where the demilitarized zone is today.

Before becoming a corpsman with the Marines, Clark spent a year and

■ CONTINUED ON PAGE TWO



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KAW

# Marshall Clark

■ CONTINUED FROM PAGE ONE

half on an escort aircraft carrier, where he ran sick call. Fifty-five years ago this month, Clark and his shipmates witnessed the world's first hydrogen bomb test. The device, codenamed *Mike*, was part of Operation Ivy, the eighth series of American nuclear tests.

After separating from the Navy, Clark took advantage of the GI Bill and entered the University of Wisconsin at the age of 23. He graduated with a BS in English eight years later.

"I joined a fraternity in which my grandfather had been a charter member," Clark said. "My mother's cousin was also in that fraternity, so I was a double legacy. We had beer on tap 24/7 and, after being in the military for several years, I wasn't getting out of that place any sooner than I had to."

While in college, Clark traveled to, among other places, Cuba.

"For \$22 you could fly roundtrip from Miami to Havana," Clark said. "However, this was when Castro was coming to power in Cuba. On May 8, 1959, my three buddies and I were the only passengers on the last Aerovías Q flight out of Havana to Miami."

After college, Clark went to work for a property casualty insurance company as an underwriter trainee. He eventually worked for four carriers in six different branch offices and became a major account underwriter.

It was the insurance business that brought Clark to Topeka in 1973.

"One of the companies I worked for in Milwaukee bought a mutual agency here in Topeka," Clark said. "They sent me down to retrain the underwriters. Within a year, I bought into a local agency."

Clark sold his interest in that insurance agency in 1981. He then took a position with Kansas Electric Power Cooperative, Inc. (KEPCo). KEPCo, a generation and transmission utility, owns 6 percent of the Wolf Creek Generating Station near Burlington. Among other duties, he served on committees that designed insurance coverage for the nuclear industry.

From that position, Clark became the lobbyist for the electric cooperatives of Kansas. This position included frequent trips to Washington, D.C.

While in Topeka, Clark and his first wife became involved in many community groups and organizations, including Friends of the Tope-

ka Zoo (FOTZ). In fact, Clark twice served as president of FOTZ. FOTZ, a non-profit organization dedicated to the improvement and development of the Topeka Zoo, was organized by Gary Clarke in 1964. At the time, Clarke was the director of the zoo.

During the late 1970s, Gary Clarke and Clark's ex-wife, Dolly, appeared in several television promotions for the zoo. Given the similar last names, many assumed that the two were married. According to Clark, the situation was similar to the reaction Mary Hartley received after appearing in several Polaroid commercials with James Garner. Garner and Hartley were so convincing as a bickering couple that viewers believed they were actually husband and wife. Hartley eventually had a T-shirt printed that said, "I am NOT Mrs. James Garner." Following Hartley's example, Dolly had a T-shirt made for Gary Clarke that read, "No, Dolly Clark is not my wife."

"After our divorce, I received a package with the T-shirt," Clark said. "Gary included a note that read, 'You may need this more than I do,'"

Gary Clarke retired from the zoo in 1989 and started Cowabunga Safaris. Clark and his wife, Katrina, have joined Clarke on eight trips to Africa and have never made the same trip twice.

Clark has been interested in anthropology for many years. An admirer of the Leakey family, he is particularly interested in Dr. Louis Leakey's role in fostering field research of primates in their natural habitats. Leakey had personally selected three female researchers, Jane Goodall, Dian Fossey, and Birute Galdikas, to conduct this research. Goodall studied chimpanzee social and family life in Gombe Stream National Park, Fossey studied several gorilla groups in the mountains of the mist, and Galdikas studied orangutans.

The Clarks were able to see chimpanzees and gorillas in Africa. However, they had to travel to a remote part of Borneo in Southeast Asia to see orangutans (literally "men of the forest") in their natural habitat. That trip also included visits to the islands of Java and Bali.

The Clarks also have an interest in archaeology, and have visited a number of Mayan and Aztec and Incan ruins in Central and South America.

The Clarks have been charged by elephants and frisked by an orangutan. They also had a scare when their raft overturned while on the whitewater of the Zambezi River. However, they have been a bit less adventurous during the past few years.

"We had to quit the hairy travels and are now doing more sedate things," Clark said. "For example, we just got back from 10 days in the Maritime Provinces in Canada."

Clark wrote about many of his travels and adventures in a 2005 book entitled *An Eclectic's Buffet*. The 325-page book also includes about 70 photos that Clark took over the years.

Clark did not know it at the time he published his book, but his interest in history would lead to a new chapter in his life.

After moving to Topeka, Clark joined the Civil War Round Table and, later, the Sons of Confederate Veterans. Since he could not confirm that he had Confederate ancestors, he could only be an associate member of the latter group.

Last year Clark received an envelope from his adoptive family's attorney containing his adoption papers, which included his birth parents' names. Clark thought he could use the new information to track down a Confederate relative. After doing research, he discovered that his great-grandfather, a private in Company A, 19<sup>th</sup> Texas Calvary, was indeed a Confederate soldier.

In addition, Clark learned that he had had four older siblings. Unfor-

tunately, these siblings had passed away. However, he later learned that he could have met one brother more than 50 years ago.

"My older brother, who was about three and a half years older than I, was in the same battalion I was with in Korea," Clark said. "I could have walked passed him and not known it."

Clark also discovered that his mother, Alma Wheeler, was buried in an unmarked grave in Mansfield, Texas. He wrote a letter to the Mansfield Historical Society to see if he could make arrangements to add a headstone to the grave. He soon received a phone call from a society member who said she had given his letter to his half-brother. Clark's father had remarried and had had six more children. With his three children and Katrina's three children, Clark had had a relatively small family. Now, all of the sudden, his family had grown much, much larger.

Last spring, the Clarks traveled to Texas for a family union. At 74, he met his blood relatives for the first time and discovered that his grandfather was three-quarters Cherokee.

A few of Clark's relatives have also visited Topeka, which has caused Clark to take another look at places to visit in his own backyard.

"We made a list of places to take my relatives to visit when they came to Topeka," Clark said. "There is so much to do in Topeka and Lawrence. It's unbelievable. There's tremendous history around here."

Clark said he may publish another book of short stories, including items about his birth family. He still has a few copies of *An Eclectic's Buffet* available, which can be purchased directly from him. Please call Clark at (785) 272-1849 for details.

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### Kaw Valley Senior Monthly

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Kevin L. Groenhagen

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CONTACT US



MAIL

2612 Cranley St.  
Lawrence, KS 66046



PHONE

785-841-9417



E-MAIL

kevin@seniormonthly.net



FAX

785-749-4691

# Sand Castles offers guardianship services

By Billie David

Living can be compared to standing on a sand bar, according to life coach and counselor Janis Miskimins. We may think we are standing on firm ground when in fact the sand might shift at any moment, leaving us bewildered and uncertain about how to continue on.

That's why she started Sand Castles.

"In life, there's nothing too big or scary that it can't be handled," she said. "If you can stay calm, there's something to be learned, love to be shared, and promise for tomorrow. There's not a setting I've ever been in where there's not a thread of hope."

The idea for her business, which specializes in helping people navigate through life's sudden and unexpected changes, came to Miskimins as a natural outgrowth of her work and her personality.

With a master's degree in educational counseling and a career in family and career counseling, Miskimins realized through a series of events that sometimes a non-traditional way of doing things works better.

"I liked working with crisis—not in an office setting, but going into the home," she said.

It was through a non-traditional approach that she succeeded in helping a married couple stay together by making changes in their physical environment. After a year of case managing for them, she became their guardian.

"Case managing and guardianship is all about advocacy," she said. "It took me into the world of advocating, helping people stay together and be as independent as their income would allow. My bottom line is, I want to help people maintain their dignity."

For the married couple who wanted to stay together, they had to make some changes in their lives, but they were able to keep what was important to them, she said.

Miskimins has also had success helping younger people deal with challenging situations by teaching them how to navigate their way through the difficulty and by bringing other people—parents, teachers and school counselors—on board.

It was through such experiences that Miskimins realized that she had the gift of being able to help guide people through difficult times in their lives.

"I could see past the problem to

the hope and to implement changes through education to bring about better behavior and conditions for people," she said.

For example, if a couple is having problems paying their bills, she can send someone to help them organize their accounts, encouraging them to participate as much as they are able. Eventually, the cli-

ents are able to transition to having their bills paid automatically. "That way they maintain their dignity and can let go a little at a time so that they are comfortable with it," she said.

The idea behind Sand Castles, Miskimins continued, is to offer case management and guardianship services. In case of illness it can provide

personalized advocacy to ensure that clients receive continuity of care.

For example, a person who lives alone may be sent home from the hospital with a list of instructions but may lack the means to carry them out.

"We work with the hospital and the person to coordinate care and set

■ CONTINUED ON PAGE FIVE

## Lawrence Faith Foursquare Church

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**Reverend Alfonso Orantes**

### Church Welcomes Rev. Alfonso Orantes

Pastor Herbert Eplee of the Lawrence Faith Foursquare Church is pleased to announce that Reverend Alfonso Orantes recently arrived in Lawrence to assist him with pastoral duties. Originally from Guatemala, Rev. Orantes spent 10 years serving in the largest Foursquare Church in Los Angeles, California.

We're still in the process of building our church in Lawrence. If you're currently searching for a church to attend, this is an ideal opportunity to join us and develop the skills to become a teacher and leader.

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**Pastor Eplee is also available to serve as a Wedding Minister or Funeral Officer.**

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

# Sand Castles

■ CONTINUED FROM PAGE FOUR

things up to facilitate it," she said. "We help them get what they need and eliminate what is not needed."

They can also work with the patient's family to help them come to terms with what is happening and learn how to deal with it.

Sand Castles is a private-pay organization. Miskimins prefers it that way, she said, because she can keep rates lower and because, by eliminating extensive paperwork, she is able to step in and provide immediate help.

"I chose to be a for-profit. Getting rich is not my goal, but this gives me more freedom and flexibility to help people," she said.

Sand Castles has been offering help to people for 16 years. Miskimins is now in the process of expanding and bringing others on board.

"I have been able to do some rewarding work to make a difference in people's lives," she said. "I decided to take the work and expand on it. There are some wonderful people out there who want to help."

Sand Castles launched a Web site—[www.sandcastlesonline.com](http://www.sandcastlesonline.com)—last February, providing people with the means to read about its offerings and to receive help online through an interactive component available on the Web site's e-mail address.

Miskimins also recently published a book called *Sandcastles and Sunsets*, which can be obtained by ordering it through bookstores or online.

"It's a short but powerful, easy-read book about a young boy and an older man who helps him navigate through life. It's about rebuilding your life with the help of mentoring," she said, adding that she is available to talk about the book with book clubs or through readings.



Janis Miskimins stands on the deck outside her office at Sand Castles. Miskimins' business, which specializes in helping people navigate through life's sudden and unexpected changes, has a woodland setting that offers a peaceful office environment.

## Words of Wisdom

I don't want a lawyer to tell me what I cannot do; I hire them to tell me how to do what I want to do.

Never judge a cover by its book.

Music was invented to confirm human loneliness.

Men are like wine. Some turn to vinegar, but the best improve with age.

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# Area residents place in Senior Olympics

Hundreds of seniors from across Kansas and several other states participated in the Kansas Senior Olympics from September 19-30. Due to space limitations, we are unable to publish all the results. However, we are publishing the names of athletes from the Lawrence and Topeka area who placed. Complete results can be found at [www.topeka.org/pdfs/2007\\_kso\\_Results.pdf](http://www.topeka.org/pdfs/2007_kso_Results.pdf).

## ARCHERY

### COMPOUND RELEASE

- Men 65-69:*  
2. Hermann, Robert, Topeka, 774
- Mens 70-74:*  
1. Hippen, Erwin, Topeka, 616  
*Women 65-69:*  
1. Hippen, Patricia, Topeka, 751

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### SINGLES

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- Men 60-64:*  
1. DeSilva, Mahasen, Topeka  
2. Akerstrom, Michael, Topeka  
3. Huntsman, Harold, Topeka
- Men 65-69:*  
1. Nyfeler, Roger, Topeka
- Men 70-74:*  
1. Meyer, Benny, Topeka  
*Women 50-54:*  
1. Yang, Gefei, Topeka  
*Women 55-59:*  
1. Schuette, Bernie, Topeka  
*Women 65-69:*  
1. Miller, Susan, Topeka  
*Women 70-74:*  
1. Bohnsack, Sandra, Topeka

### OU LES

### Men 50-54:

- DeSilva, Mahasen, Topeka
  - Trehan, Rajeev, Lawrence
- Men 70-74:*  
1. Meyer, Benny, Topeka  
1. Milton, George, Emporia

### Women 50-54:

- Yang, Gefei, Topeka
  - Dalton, Jean, Topeka
  - Douglas, Mary, Topeka
  - Bohnsack, Sandra, Topeka
  - Metzinger, Denise, Topeka
- Women 55-59:*  
1. Miller, Susan, Topeka  
1. Baenig, Kathi, Topeka  
2. Schuette, Bernie, Topeka  
2. Walder, Ferne, Auburn

### I ED OU LES

- 50-54:*  
1. Trehan, Rajeev, Lawrence  
1. Yang, Gefei, Topeka  
2. DeSilva, Mahasen, Topeka  
2. Smiley, Lee Ann, Burlingame
- 55-59:*  
1. Milton, George, Emporia  
1. Baenig, Kathi, Topeka  
1. Meyer, Benny, Topeka  
1. Miller, Susan, Topeka  
2. Nyfeler, Roger, Topeka  
2. Bohnsack, Sandra, Topeka

## BASKETBALL

### Men 50+:

- Herrington
- Angels 50
- Harmon Tire 50
- Ageless
- Unique Sweets

### Men 55+:

- Angels 55

### Men 60+:

- Harmon Tire
  - Ball Hogs
  - Old But Good
- Men 65+:*  
1. Topeka Seniors  
2. Daubert-Butler
- Women 50+:*  
1. Gazelles  
2. Kansas Thunder

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2. Pruitt, Jack, Topeka, 591  
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1. Moreno, Gil, Topeka, 673  
2. Schober, Paul, Silver Lake, 487
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2. Thomann, Russ, Topeka, 570  
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4. Parker, Harry, Topeka, 477
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6. Timmons, Gary, Topeka, 482  
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- Hippen, Erwin, Topeka, 461
- Gorman, Andy, Tecumseh, 405

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2. Mossman, Dick, Topeka, 396

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- Men 90-94:*  
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3. Pokorney, Dottie, Silver Lake, 465

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9. Anno, Mercedes, Topeka, 357

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3. Carter, Roseanne, Topeka, 376

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1. Dawson, Peggy, Topeka, 477
- Women 85-89:*  
1. Laird, Mallie, Topeka, 404  
2. Burton, Lora, Topeka, 399

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- Men 50-54:*  
1. Gwaltney, Darrell, Topeka, 1113  
1. Hogue, Kenneth, Oskaloosa  
2. Parker, Harry, Topeka, 918  
2. Pruitt, Jack, Topeka

- Men 55-59:*  
1. Moreno, Gil, Topeka, 1140  
1. Halseth, Hank, Meriden  
2. Sherretts, Buzz, Topeka, 1015  
2. Walder, Clifton, Auburn

- Men 60-64:*  
1. Roth, Thomas, Topeka, 1253  
1. Thomann, Russ, Topeka  
2. Fett, Carl, Topeka, 1155  
2. Frank, Robert, Silver Lake

- Men 65-69:*  
1. Hippen, Erwin, Topeka, 1104  
1. Kirk, Gary, Topeka  
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5. Monaghan, Daryl, Hiawatha

- Men 70-74:*  
2. Gorman, Andy, Tecumseh, 940  
2. Reyes, Severo, Topeka  
3. Barrand, Eugene, Topeka, 915

- Men 75-79:*  
3. Ward, Richard, Topeka
- Men 80-84:*  
1. Idol, Paul, Topeka  
1. Fahrendorff, Raleigh, Topeka

- Men 85-89:*  
1. Cooper, Robert, Topeka, 875  
1. Laird, Dale, Topeka
- Women 50-54:*  
1. Parker, Shirley, Topeka, 927

- Women 55-59:*  
1. Schuette, Bernie, Topeka, 1009

- Women 60-64:*  
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- Women 65-69:*  
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- Women 75-79:*  
1. Beuchat, Marie, Topeka, 971  
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- Women 85-89:*  
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- I ED OU LES 50-54:*  
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- 65-69:*  
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1. Walder, Ferne, Auburn  
2. McCarter, Clo, Oskaloosa, 954

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# Olympics

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3. Parker, Harry, Topeka, 926
3. Parker, Shirley, Topeka
4. Dennison, Marvin, Tecumseh, 860
4. Dennison, Linda, Tecumseh
5. Mailen, Edward, Topeka, 835
5. Mailen, Rita, Topeka

1. Hippen, Erwin, Topeka, 1129
1. Hawkins, Velma, Silver Lake
2. Evans, Bobbie, Topeka, 1093
2. Halseth, Hank, Meriden
3. Robins, Bonita, Topeka, 1049
3. Reyes, Severo, Topeka
8. Pokorney, Dottie, Silver Lake, 918
8. Franklin, Jerry, Topeka

1. Idol, Paul, Topeka, 898
1. Semon, Betty, Topeka
2. Latham, Peter, Topeka, 874
2. Latham, Nadine, Topeka

1. Laird, Dale, Topeka, 888
1. Laird, Mallie, Topeka

- 85-89:
1. Cooper, Robert, Topeka, 792
1. Burton, Lora, Topeka

## CYCLING

### 5K TIME TRIAL

- Men 50-54:
3. Dowell, Keith, Lawrence, 07:34.0
6. Roberts, Tim, Topeka, 10:00.0

- Men 60-64:
2. Kietzman, Larry, Topeka, 08:16.0
4. Lucero, Bill, Topeka, 09:14.0
- Men 65-69:
4. Deeter, Mark, Topeka, 12:46.0

### 10K TIME TRIAL

- Men 50-54:
5. Dowell, Keith, Lawrence, 16:05.0
7. Jacobsen, Jeffrey, Topeka, 18:29.0
- Men 60-64:
2. Dutton, William, Topeka, 16:18.0
- Men 55-59:
7. Jacobsen, Jeffrey, Topeka, 18:29.0
- Men 60-64:
2. Dutton, William, Topeka, 16:18.0
3. Lucero, Bill, Topeka, 19:32.0

### OK TIME TRIAL

- Men 50-54:
5. Dowell, Keith, Lawrence, 34:32.0
6. Roberts, Tim, Topeka, 42:52.0
- Men 55-59:
7. Jacobsen, Jeffrey, Topeka, 36:59.0
- Men 60-64:
3. Lucero, Bill, Topeka, 39:49.0

## GOLF

- Men 50-54:
1. Thurbon, David, Topeka, 100
- Men 55-59:
1. Seehorn, Steven, Topeka, 74
4. May, Bruce, Carbondale, 85
5. Griffin, Gary, Ottawa, 86
6. Schmitz, James, Lawrence, 94
- Men 60-64:
1. Akerstrom, Michael, Topeka,

- 82
2. Mitchell, John, Topeka, 89
- Men 65-69:
1. Guinty, Gary, Topeka, 79
4. Loseke, Fred, Topeka, 87
5. Hermann, Robert, Topeka, 88
7. Shutt, Jack, Topeka, 98
- Men 70-74:
5. Durkin, J. D., Carbondale, 103
- Men 75-79:
2. Halladay, John, Lawrence, 98
- Men 80-84:
2. Murphy, Thomas, Topeka, 93
3. Petro, Robert, Topeka, 100
- Men 85-89:
1. Hawkins, Archie, Lawrence, 98

- Women 55-59:
1. Lake, Pamela, Topeka, 86
2. Patty, Connie, Topeka, 97
3. Thomas, Lou Ann, Oskaloosa, 105
- Women 60-64:
1. Brian, Diane, Topeka, 90

## HORSESHOES

- Men 65-69:
1. Robins, Bonita, Paul, Topeka, 2
- Men 75-79:
3. Latham, Peter, Topeka, 2
- Men 80-84:
1. Mossman, Dick, Topeka, 21

- Women 65-69:
1. Robins, Bonita, Topeka, 43
- Women 70-74:
1. Bohnsack, Sandra, Topeka, 21
- Women 75-79:
1. Latham, Nadine, Topeka, 21

## RACQUETBALL

- I LE
- Men 50-54:

1. Andrews, Bruce, Topeka
- Men 55-59:
2. Schmidt, Daniel, Topeka
- Men 60-64:
2. DeSilva, Mahasen, Topeka
- Women 50-54:
1. Aitken, Teresa, Topeka
2. Beck, Kathy, Topeka
3. Farlow, Linda, Topeka
- Women 65-69:
1. Weinhold, Carolyn, Topeka

- LE
- Men 55-59:
1. Schmidt, Daniel, Topeka

## ROAD RACE

- 5K
- Men 50-54:
1. Estes, Tony, Topeka, 16:54.0
2. Dowell, Keith, Lawrence, 19:14.0
- Men 60-64:
2. Comstock, Gary, Topeka, 25:04.0
3. Liggatt, Larry, Topeka, 26:13.0
- Men 70-74:
1. Clark, Kirby, Tonganoxie, 27:12.0
3. Willis, Russell, Topeka, 35:00.0

- Men 75-79:
1. Willis, Paul, Topeka, 33:01.0
- Women 55-59:
1. Best, Lana, Topeka, 26:59.0
- Women 65-69:
2. Lane, Char, Topeka, 40:23.0

- 10K
- Men 50-54:
1. Estes, Tony, Topeka, 00:34.5
- Men 60-64:

2. Watson, Leslie, Topeka, 01:17.2
- Men 65-69:
1. Weinhold, Frank, Topeka, 00:53.3
- Women 55-59:
1. Best, Lana, Topeka, 00:57.0

## SHUFFLEBOARD

- I LE
- Men 65-69:
2. Metzenthin, Paul, Topeka
- Men 70-74:
1. Hippen, Erwin, Topeka
2. Gorman, Andy, Tecumseh
- Men 75-79:
1. Latham, Peter, Topeka

- Women 50-54:
1. Metzinger, Denise, Topeka
- Women 60-64:
1. Schultz, Diana, Topeka
- Women 65-69:
1. Gorman, Dolores, Tecumseh
3. Evans, Bobbie, Topeka
- Women 70-74:
1. Marshall, Arlene, Topeka
2. Bohnsack, Sandra, Topeka
- Women 75-79:
1. Latham, Nadine, Topeka
- Women 80-84:
1. Roose, Velma, Topeka

- LE A E M I E
- E ER
- 50-54:
1. Bohnsack, Sandra, Topeka
1. Metzinger, Denise, Topeka

- 60-64:
1. Smith, Suzanne, Alta Vista
1. Evans, Bobbie, Topeka
2. Roose, Velma, Topeka
2. Schultz, Diana, Topeka
- 65-69:

2. Gorman, Andy, Tecumseh
2. Gorman, Dolores, Tecumseh
- 70-74:
1. Marshall, Arlene, Topeka
1. Hippen, Erwin, Topeka
- 75-79:
1. Latham, Peter, Topeka
1. Latham, Nadine, Topeka

## SOFTBALL

- Men 50+:
1. KC Barons
2. Dugout
- Men 55+:
1. John's Gang
2. KC Thunder
3. Angels
- Men 60+:
1. KC 65's
2. Prime Time
3. Group O' Geezers
4. Ageless Wonders
5. EDP

- Men 65+:
1. Topeka Seniors
- Men 70+:
1. Antiques of KC
2. Topeka Senior Seniors
3. Silver Streaks
- Women 50+:
1. Old Bats
2. Hot Stykx
3. Kansas Ride
- Women 55+:
1. Kansas Kidz

## SWIMMING

- 50 AR A R E
- Men 50-54:
1. Creviston, James, Auburn, 00:32.9

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## HEALTH & FITNESS

# Needs and non-needs of the dying

One of my family members has been given two weeks to live. While the news is no surprise, it is still a shock. Watching someone die seems foreign to most of us, yet witnessing this natural unfolding of life is a universal experience and a privilege.

It is important to consider how to spend those final days with a dying



Vickie  
Hull

loved one. It is vital to ponder what to say and do when any given visit could be the final one.

David Kessler has written a book called *The Needs of the Dying: A Guide for Bringing Hope, Comfort, and Love to Life's Final Chapter* (2000). The pages are filled with practical ways to interact with the terminally ill. Kessler, who has spent hundreds of hours with dying patients, describes the dying process from physiological, emotional, and spiritual terms. He emphasizes that dying people need to:

- Be treated as living human beings
- Maintain hope and be cared for by the hopeful
- Express feelings about death
- Participate in decisions about care
- Have compassionate, sensitive, and knowledgeable care
- Have medical care that evolves from "cure" to "comfort"
- Hear honest, complete answers to their questions
- Seek spirituality
- Be free of physical pain
- Express feelings about pain
- Participate in and understand their own death process
- Die in peace and dignity
- Not die alone
- Know that their body will be respected after death

Because of my own work with the dying and their family members, I would like to offer a few thoughts about what dying patients DON'T need:

- **Denial.** It is not helpful to pretend that death will not occur. "Now Mom, you know you're going to out-

live us all," may seem like a message of hope to the speaker, but it can be interpreted as disrespectful avoidance to the patient. When a terminal illness diagnosis has been given, denial serves no one.

- **Magic words.** People struggle to say "just the right thing" and worry about saying the "wrong thing." Speaking from your heart is always best. It is even okay to admit that you don't know what to say. There are no magic words that can stop death in its tracks, so just use real and honest words.

- **Absence.** Yes, it is awkward and emotional to visit a dying person. But avoiding the patient is hurtful to him. Remember, you may not get a chance to see your loved one again. Don't pass up this opportunity to create a defining memory. Presence speaks louder than words.

- **To be condescended.** Even if your spouse or parent is feeble and unable to care for herself, she is still your parent or your spouse and should be respected as such. This is not a time for lectures, scolding, shaming, domination, competition, or unrealistic expectations. Let there be no regrets stemming from your last conversations.

- **Silence about the funeral and other wishes.** Most people have ideas about how they want to be memorialized. Allow them the opportunity to express those wishes. Helping my grandmother write her own obituary and select poems and songs for her funeral is a sweet memory now, even seven years later.

- **Conflict.** Tension between people is exhausting even when you are healthy. The dying don't have the fortitude left to endure strife among family members. How could anything be more unsettling than going to your death knowing your children are in conflict or that someone is holding a grudge against you. Emotions run high when death is eminent. Seek professional help to resolve conflict and to learn to express and cope with powerful emotions like grief in healthy, productive ways.

- Vickie Hull, M.S., LMFT, is a licensed marriage and family therapist on staff at Lawrence Therapy Services, 2200 Harvard Rd. Her services include mental health diagnosis and treatment, grief counseling, medical family therapy, and all forms of relationship counseling.

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## HEALTH & FITNESS

### CoQ10 for aging hearts

**W**hat is CoQ10? Coenzyme Q10 is a vitamin-like substance that can be found in all human cells. It is responsible for making energy for the body and organs such as heart, lungs and liver. These organs have the highest concentration of CoQ10

The level of CoQ10 decreases as we age. For example, a person in his 70s has less than 50 percent of the CoQ10 concentration in his heart cells than a person in his 20s. The body's requirement for CoQ10 never diminishes and we will need to pro-

duce CoQ10 to stay alive. The level of CoQ10 not only decreases with aging, but also decreases in patients with some chronic diseases such as heart conditions, muscular dystrophies, Parkinson's disease, cancer, diabetes, HIV/AIDS, gum disease, kidney failure, and in migraine. Some prescription drugs may also lower CoQ10 levels.

CoQ10 is one of the most researched natural products, and found to be safe when taken as a daily supplement. It is naturally

present in small amounts in a wide variety of foods, but is particularly high in organ meats such as heart, liver and kidney, as well as beef, soy oil, sardines, mackerel, and peanuts. One should remember that it is difficult to get medicinal amounts of CoQ10 from dietary sources. Since CoQ10 is fat soluble, it is best to take it with dietary fat present.

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



Dr. Farhang Khosh

since they have highest energy requirements.

CoQ10 was discovered in 1957, but it was not until the 1990s that it reached its highest popularity. Until 2001 it was available only with a prescription in Japan. In 2002 CoQ10 accounted for more than \$200 million in sales in the United States alone. CoQ10 has been called the "most potent antioxidant." Antioxidants are substances that protect our cells against the effects of free radicals. Free radicals are molecules produced when our bodies break down food, or by environmental exposures and radiation. Free radicals can damage cells if they are left alone. Free radicals are believed to contribute to the aging process, and may play a role in heart disease, cancer and other diseases. Another crucial function of CoQ10 is to keep other antioxidants such as vitamins E and C in their active states. Therefore, as vitamins C and E perform their functions as antioxidants, they themselves become oxidized. CoQ10 recharges them to their active states by accepting electrons.

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# PERSONAL FINANCE

## The ins and outs of annuities

Annuities can be a powerful investment vehicle, providing a tax-efficient means to accumulate assets, secure a source of guaranteed income for life, or the means to realize other financial goals. Unfortunately, some who would benefit most from owning an annuity shy away from them simply for lack of understanding. The truth is, when you look at the basic design of an annuity, it's



Joe B.  
Jones

pretty simple. And, it may be just the thing to help make your retirement years more financially secure.

In a nutshell, an annuity is a contract you purchase from an insurance company. You put money in (either a lump sum or periodic payments) and your dollars accumulate on a tax-deferred basis. This means you don't pay taxes on your accumulated earnings until you start receiving payments, usually in retirement. In addition, the insurance company agrees to pay you (and/or your beneficiary) guaranteed payments either for a specific period of time or for your lifetime. Annuities are said to be "self liquidating" because in the payout phase they pay a steady stream of income every month, a portion of which is earnings and a portion of which is a "tax-free" return of the money you put in.

While annuities come in a wide variety of choices, there are basically

two types, *immediate* annuities, which start making payments as soon as you purchase the contract, and *deferred* annuities, which grow your assets over time, then start making payments sometime in the future.

With both immediate and deferred annuities, you decide how you want the money to be invested by selecting either a variable or fixed variety. With a *variable* annuity (available from registered representatives only), you control where the money is invested, typically in stock, bond or real estate funds, and you bear the investment risk. With a *fixed* annuity, the insurance company makes the investment choices and pays you a specified rate of return with a minimum guaranteed interest rate.

No matter what kind of annuity you choose, when the time comes for payments to begin, there are several basic options from which you can choose:

- A **specified period annuity** provides payments for a specified number of years. If you die before the end of the period, payments continue to your beneficiary for the remainder of the period.

- A **straight life annuity** provides payments for your entire lifetime. The downside is that payments stop when you die, regardless of how many (or few) payments you received.

- The payments from a **life and certain period annuity** also last your entire lifetime. In addition, if you die before a "certain" number of years (usually 10 or 20), payments are guaranteed to continue to your beneficiary for the remainder of that period. For this assurance, you receive a slightly lower payment than

offered by a straight life annuity.

- An **installment refund annuity** also provides somewhat lower payments than those offered by a straight life annuity, but will total at least the amount of money you paid into the contract, regardless of when you die. Any "refund" is paid to your beneficiary.

- A **joint and survivor annuity** provides an income for as long as either you or your designated survivor lives. You can also add a "certain period" to this payment option.

Before you buy an annuity, make sure you consider a number of factors that can vary from one annuity to the next. For example, are there contractual or income tax penalties for early withdrawals? How long do the surrender charges last? How much can you withdraw at any time without a surrender charge? You should also ask:

- What is the current interest rate and how often does it change?
- What is the guaranteed minimum interest rate?
- Are there "bail-out options" that permit you to cash in the annuity without withdrawal penalties (there may be tax penalties) for nursing home care or terminal illness?
- What are the sales loads or ad-

ministrative fees and how will they affect your return?

- What additional charges are deducted from your investment?

Annuities are a popular investment choice, providing an important source of retirement income for many Americans. Carefully consider your options when purchasing an annuity.

For questions about a specific annuity product, contact the insurance company directly or ask your insurance representative. You can also find general information about annuities and other investment products by going to the Northwestern Mutual Financial Network Web site at [www.nmfn.com](http://www.nmfn.com) or by visiting the Insurance Information Institute's Web site at [www.iii.org](http://www.iii.org).

- Joe B. Jones is a Financial Representative with Northwestern Mutual Financial Network the marketing name for the sales and distribution arm of The Northwestern Mutual Life Insurance Company (NM), Milwaukee, Wisconsin, its affiliates and subsidiaries. Financial Representative is an agent of NM based in Lawrence, Kansas. To contact Joe B. Jones, please call (785) 856-2136, e-mail him at [joe.jones@nmfn.com](mailto:joe.jones@nmfn.com) or visit his Web site at [www.nmfn.com/joejones](http://www.nmfn.com/joejones).

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# PERSONAL FINANCE

## Long-term financial moves in a short-term world

As a society, we have grown accustomed to instant gratification. You can lose 20 pounds in two months, learn a language in six weeks and download your favorite songs in seconds. The idea of waiting



Harley Catlin and Ryan Catlin

for what we want, it seems, has become a quaint relic of bygone days. Of course, in many walks of life, there's probably nothing wrong with having your desires fulfilled quickly - but the "get it now" attitude can actually have some negative consequences when it comes to spending, saving and investing.

Want proof? Consider the following:

- In the fourth quarter of 2006, families spent 14.5 percent of their disposable income to service their debt—the largest share since 1980, according to the Center for American Progress.

- The first quarter of 2007 marked the eighth quarter in a row with a negative personal savings rate, according to the U.S. Bureau of Economic Analysis.

- Almost half of workers who are saving for retirement say that their total savings and investments (excluding the value of their primary residence and any pension plan) is less than \$25,000, according to the Employee Benefit Research Institute's 2007 Retirement Confidence Survey.

What can you do to avoid some of the financial problems that may arise from short-term behavior? Here are a few suggestions:

- Delay purchases. Try to think about all purchases overnight and calculate how long you'd have to

work to pay for them. You might be surprised at how many items you can actually do without.

- Limit your borrowing. It's easier said than done, of course, but the fewer debts you have, the more you'll have available to save and invest. While it may not be possible for you to pay "cash" for everything you buy, it's nonetheless a worthy goal, and the closer you can come to achieving it, the better off you'll be.

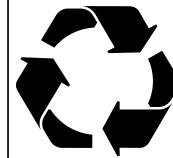
- Pay yourself first. If you wait until you've paid all your bills and other expenses each month before you save and invest for the future, you're probably going to make very slow progress toward your goals. If you can "pay yourself first" by putting money in a savings or investment account every time you get paid—even if it's just a nominal amount at first—you'll help yourself greatly over time.

- Be patient—and buy quality. From 1926 through 2006, large-company stocks provided an average annual return of more than 10 percent, while small-company stocks returned, on average, more than 12 percent, according to Ibbotson Associates, an investment research firm. Of course, past performance is not

an indication of future results and you can't assume that, for a given year, your stocks or other growth-oriented investments will return 10 percent, 12 percent—or anything at all. In the short term, all growth vehicles fluctuate in price so you shouldn't be shocked at losing principal over a single year, or perhaps a couple of years in a row. But if you buy an array of quality investments and hold them for the long term—at least five to 10 years—you can help increase your chances to achieve some growth.

In all likelihood, our tendency to want things quicker is only going to accelerate. But when it comes to making smart financial moves, you'll want to take a "slow and steady" approach.

- 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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EAD HLA 05/07

## RETIRE SMART

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*Humberto  
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Georgina  
Cruz*

These products make up only about 12 percent of our retirement savings and we don't see them growing beyond 20 percent. We have a variable annuity that guarantees a minimum annual withdrawal for life, and are looking to add an income annuity that will pay us lifetime income increasing 3 percent a year to guard against inflation.

Based on guidelines from a report by the Fidelity Research Institute that we discussed last week, however, we don't need guaranteed-income annuities at all and could simply rely on systematic withdrawals from our savings.

According to the Institute's research insights report, guaranteed-income annuity products "are not attractive from a cost/benefit perspective" for people like us who can get all the income they need by withdrawing 4 percent or less of their nest egg the first year in retirement, increasing the amount each year for inflation.

"Such individuals already have a high likelihood of successfully funding their retirement" through systematic withdrawals, the report said.

Annuities, on the other hand, scored higher than systematic withdrawals on meeting "behavioral goals," defined in the report as "a range of subjective benefits," such as peace of mind, that are unique to each person. We appreciate seeing an acknowledgment of these benefits, which are often ignored in purely number-crunching studies.

"You are weighing heavily the peace of mind you are achieving" by

including guaranteed-income annuities in our retirement income mix, Van Harlow, managing director of the Fidelity Research Institute, told us.

That peace of mind also extends to our ability to invest the rest of our savings a bit more aggressively.

In addition, we can think of two other "behavioral" benefits of income annuities not discussed in the Fidelity report.

Although we are mentally sharp now, we may lose both the interest and ability to manage our investments as we get older, preferring the simplicity of receiving an annuity check each month. And in the case of married couples, an annuity paying an income until both spouses die could ease concerns one of them may have of dying first and leaving the other to handle the finances.

For retirees who need to withdraw higher percentages from their nest eggs to meet expenses, committing

a portion of their assets to income products "can substantially increase the sustainability of their retirement income plans," the Fidelity report said, although at the cost of reducing possible bequests.

It's worth emphasizing that not even their most ardent supporters recommend putting all your money in income annuities. The more sensible advice is to include a variety of products in retirees' portfolios. For example, MassMutual's "Retirement Management Account" rollover IRA advisory program combines, at the clients' discretion, systematic withdrawals from a diversified mutual fund portfolio with periodic annuitization of some of their money into a single annuity specifically designed for this purpose and offering inflation protection.

"It can give clients more security than simply investing their savings and drawing on them year after year for income, and it can provide more flexibility than simply buying a lifetime annuity in a lump sum, which can limit options if unexpected needs or emergencies arise," said Jerry Golden, a MassMutual executive.

Retirees who want to mimic such strategy on their own can buy sep-

arate income annuities periodically, such as once a year or every few years.

Because lifetime annuity payouts are based on life expectancy and interest rates at the time you buy, spacing out annuity purchases avoids the risk of committing all your money when rates are low and also generally provides higher payments the older you are.

(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](mailto:AskHumberto@aol.com), [GVCruz@aol.com](mailto: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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## MOVIE REVIEW

# 'Stardust' a bit hazy

By Esther Luttrell

### Stardust

Starring Charlie Cox, Peter O'Toole, Michelle Pfeiffer  
Produced by Paramount Pictures

If you want pretty, this is the movie for you. If you want a film that makes sense, never mind.

In a countryside town bordering on a magical land, a young man named Tristan (Charlie Cox) makes a promise to his beloved Victoria (Sienna Miller) that he'll retrieve a fallen star by venturing into a realm forbidden to mortals.

I would love to tell you what happens from that point on, but from that point on my main objective was to stay awake. It was a very pretty movie; that I can report with great confidence. The production was awesome, but danged if I know what it was all about. It took too long to get where not many in the audience of 10 had gone before, and shouldn't bother going again.

Michelle Pfeiffer received a screen credit way down the list of actors, yet her part was quite large. She aged, she had fits, she did magic, and she was one of the bad guys, that much I'm sure of, but it certainly didn't make much sense storywise. Peter O'Toole, on the other hand, played a dying king. He dies very well, and he did so rather promptly at the beginning of the film, promising to pass the throne along to his one of his wayward sons who begin forthwith to kill off one another. Their ghosts appear throughout the movie in what I would suppose someone thought was a bit of comic relief. I don't find much humor in watching a gauzy figure with an axe buried in his skull. But then, maybe I'm just not much fun.

I do know that everyone onscreen seemed quite happy at the end. It's the business in the middle that's troublesome. Because of a couple of sexy scenes and the mild cursing, I

figure it isn't for children, though considering what's on television hailed as children's programming, maybe I'm wrong. Because of the enchanting and mystical beauty of the production, I deduced that it was probably for adults, but I'm still not sure.

I take very seriously this job of sniffing out good movies for you. Dollars are sometimes hard to come by and I, for one, need to be cautious where I toss them. I feel it's my duty to caution you to perhaps hang on to the dollar and a half it would cost you to rip nearly two hours out of your life span, and to use the sum—money and time—in a more worthwhile endeavor. Just a suggestion.

### DVD PICK OF THE MONTH:

"WWII: The Music Video, Volume 2." The songs we sang, the stars we loved. You don't have to remember "Loose Lips Sink Ships" to covet this World War II music video. Nineteen never-before-collected performances from an era when the stars and their songs really made a difference to the nation's morale. You'll sing (well, you'll at least hum, I bet). You'll dance (tap your toes?). Most of all, you'll love these wonderful wartime melodies performed by the most popular stars who helped American through its darkest hours. Dorothy Lamour's "I'm in the Mood for Love" stirs old memories, Betty Grable brings back some golden thoughts, Harry James' "You Made Me Love You" is just as beautiful as I remember from the years when I was a kid, and the Andrew Sisters still sound fine with their rendition of "Don't Sit Under the Apple Tree". Being a history buff (or maybe I'm just plain nostalgic), I especially liked the eight home front newsreel clips. I found this, and other volumes from the same series, at the library where the cost fits my pocketbook nicely: Free!

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



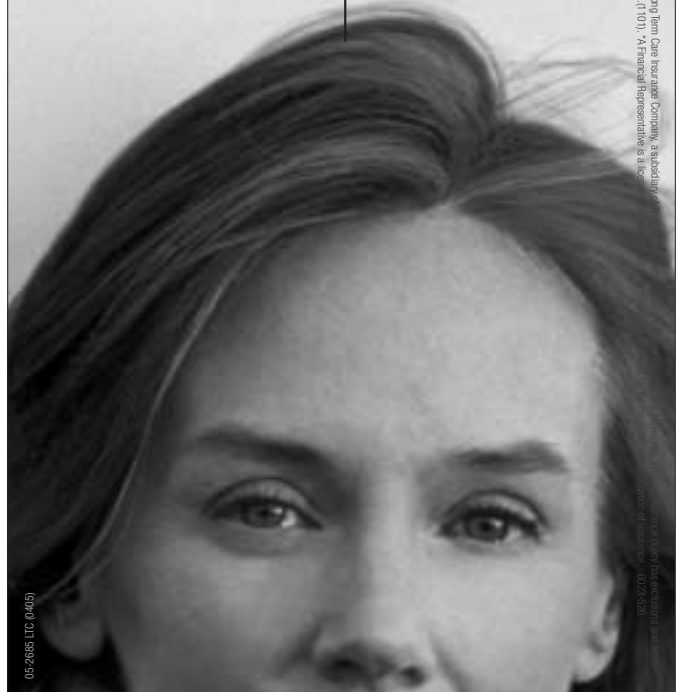
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# CALENDAR

■ CONTINUED FROM PAGE 16

**NOV 12  
BLOOD PRESSURE SCREENING**

The Douglas County Visiting Nurses will be holding a blood pressure screening in the Library Auditorium from 6:00-8:00 p.m. Screenings are free and open to the public. LAWRENCE

**NOV 27  
BONE DENSITY SCREENING**

See November 3 description. Lawrence Memorial Hospital, Meeting Room D North, 5:00-7:00 p.m. LAWRENCE, (785) 749-5800

**DEC 4  
BONE DENSITY SCREENING**

See November 3 description. Lawrence Memorial Hospital, Meeting Room D, 9:00-11:00 a.m. LAWRENCE, (785) 749-5800

## HOLIDAY EVENTS

**NOV 6  
FIFTY WAYS TO SIMPLIFY THE SEASON**

The holiday season often brings with it excitement and anticipation, but also for many people, increased stress and anxiety. Join us for a program that will share 50 tips to help minimize the stress and bring joy and meaning to this time of year. This program is free but advance registration is requested. Lawrence Memorial Hospital, Meeting Room A, 6:30-8:00 p.m. LAWRENCE, (785) 749-5800

**NOV 13  
FIFTY WAYS TO SIMPLIFY THE SEASON**

Morning version of November 6 program. Lawrence Memorial Hospital, Auditorium, 9:00-10:30-8:00 a.m. LAWRENCE, (785) 749-5800

**NOV 16-DEC 31  
TARC WINTER WONDERLAND**

A Topeka tradition featuring more than one million lights winding through a two-mile stretch at scenic Lake Shawnee. Runs nightly. Lake Shawnee Campgrounds. TOPEKA, (785) 232-0597

**NOV 17 & 18  
HOME TOURS FOR THE HOLIDAYS**

Tour of homes decorated by florist and artists for the holidays. Holliday Park. TOPEKA, (785) 232-1030

**NOV 18  
HOLIDAY BAZAAR**

Kick off the holiday shopping season and discover creative gifts. 115 W 11th St., Community Building. LAWRENCE, (785) 832-7920 <http://www.lprd.org>

**NOV 23  
HOLIDAY CEREMONY AND SANTA'S ARRIVAL**

The holiday season officially begins with the "rescue" of Santa off the rooftop of Weaver's Department Store. LAWRENCE, (785) 842-3883

**NOV 23-DEC 23  
SCROOGE**

This musical stage version of Dickens' classic "A Christmas Carol" will delight audiences of all ages. For the first time ever, the children of our youth academy will perform on the main-stage alongside our actors. With memorable songs including "I Hate Christmas," "Father Christmas," and "I'll Begin Again." Topeka Civic Theatre. TOPEKA, (785) 357-5211 <http://www.topekacivictheatre.com>

**NOV 23-DEC 30  
VICTORIAN CHRISTMAS AT THE LEBOLD MANSION**

See beautiful Christmas decorations and traditions of the 1880s in this historic house fully decorated from the parlor to the maid's room. 106 N Vine St. ABILENE, (785) 263-4356 <http://www.lebold-mansion.com>

**NOV 23-JAN 13  
CHRISTMAS AT THE SEELYE MANSION**

The charming Christmas filled 25-room Georgian mansion is decorated using many of the original ideas of Mrs. Seeley of the early 1900. As you wonder through the Christmas filled rooms of trees, poinsettias and colorful decoration the spirit of Christmas is enhanced. You leave with a Christmas Sparkle in your eye after visiting the 1905 mansion during the holiday season. 1105 N Buckeye Ave. ABILENE, (785) 263-1084

**NOV 24  
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 24  
MIRACLE ON KANSAS AVENUE PARADE**

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

**NOV 24-DEC 1  
SANTA CLAUS EXPRESS**

Get your picture taken with Santa in his Special Rail Car. Live Music supplied by the JACC Quartet. Children will have a chance to visit with Santa. Bring your cameras and take pictures of your children with Santa, or a photographer will be aboard each train to take those special moment photos for you. 1515 W High St. BALDWIN CITY, (913) 371-3410 <http://www.baldwincitychamber.com>

**NOV 25-29  
FESTIVAL OF TREES**

Local artists display their one of a kind Christ-

mas trees. Auction benefits Shelter Inc. Liberty Hall. LAWRENCE, (785) 843-2085 <http://www.visitlawrence.com>

**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  
THE OAK RIDGE BOYS CHRISTMAS SHOW**



They have the most distinctive and recognizable sound in the music industry. The Oak Ridge Boys will perform their Christmas Show at 7:30 p.m. Topeka Performing Arts Center. TOPEKA, (785) 234-4545 <http://www.tpactix.org>

■ CONTINUED ON PAGE 18


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**Meet Raunie**





**Raunie Wilson**  
Physical Therapist Assistant

Raunie Wilson, Physical Therapist Assistant, joined the staff of Lawrence Therapy Services and Baldwin Therapy Services in October 2007. Raunie received a BS degree in Kinesiology from Kansas State University in 1995 and an Associate of Science Degree as a Physical Therapy Assistant from Washburn University in 1998. Raunie has extensive experience in working with orthopedic injuries and is available to provide services in-home or in the clinic.

**842-0656** 2200 Harvard Rd., Ste. 101  
**Lawrence**

**594-3162** 814 High St., Ste. A  
**Baldwin City**

[www.lawrencetherapyservices.com](http://www.lawrencetherapyservices.com)

# CALENDAR

■ CONTINUED FROM PAGE 17

NOV 28

**HOLIDAY HAPPENINGS FAMILY NIGHT**  
Start a new family tradition. Kids get to meet Father Christmas, listen to a telling of the Night Before Christmas, drink hot cocoa, and have cookies by the fireside in the cabin, ride the handcar, make a holiday craft, and lots more. Call for reservations. Old Prairie Town at Ward Meade.  
TOPEKA, (785) 368-2437

NOV 29-DEC 1

**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. Old Prairie Town.  
TOPEKA, (785) 368-2437

NOV 29-DEC 2

**30TH ANNUAL FESTIVAL OF TREES**  
A benefit for Sheltered Living, Inc. Beautifully decorated tree and wreaths on display. Mistletoe Market: Handcrafted items for sale and baked goods. Signature candy, "Yuletide Toffee" for sale. Silent Auction, Candy Cane Lane (a children's craft area). Pictures with Santa, "Buy it Now" Wreath Display. Entertainment featuring Brent Dellinger (2002 Yo-Yo Champion) performance Saturday, December 1 at 1:00 p.m. Ag Hall-Kansas Expo-centre.  
TOPEKA, (785) 266-8686

NOV 20-DEC 1

**HOMES FOR THE HOLIDAYS TOURS**  
Christmas is a special time of year to visit historic and charming Atchison. Have a rare glimpse inside five private homes beautifully-decorated for the holidays by local designers. Also admire one of the Victorian home museums dressed in yuletide finery.  
ATCHISON, (913) 367-2427  
<http://www.atchisonkansans.net>

DEC 1

**COOKIES IN THE CABIN/HOLIDAY OPEN HOUSE**

Cookies to purchase for the holidays and drinks with sample cookies by the hearth in the cabin. Come early for the cookie sale before they sell out. You can also preview the new holiday gift items, ornaments, candle, etc and enjoy refreshments in the Mulvane General Store.  
TOPEKA, (785) 368-2437

DEC 1

**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.  
LAWRENCE, (785) 838-9400

DEC 1

**HOLIDAY ART FAIR**  
Local artists exhibit and sell their works. Lawrence Arts Center.  
LAWRENCE, (785) 843-2787

DEC 1-16

**FESTIVAL OF NATIVITIES**  
View over 300 nativity sets during this annual festival and shop the craft sale. Centenary United Methodist Church.  
LAWRENCE, (785) 843-1756  
<http://www.visitlawrence.com>

DEC 1-24

**GALLERY OF GIFTS**  
Shop for Kansas products during the holidays. Special shopping of handmade and artisan products from Kansas. Carnegie Cultural Center.  
OTTAWA, (785) 242-8478  
<http://www.ottawaarts.org>

DEC 2

**VESPERS**  
Holiday tradition featuring University of Kansas Symphony Orchestra and choirs performing seasonal music. Lied Center.  
LAWRENCE, (785) 864-2787  
<http://www.visitlawrence.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

TUESDAYS

**GRIEF & LOSS SUPPORT GROUP**  
Midland Hospice, 200 SW Frazier Circle.  
3:00-4:00 p.m.  
TOPEKA, (785) 232-2044

TUESDAYS

**GRIEF & LOSS SUPPORT GROUP**  
Midland Hospice, 200 SW Frazier Circle.  
5:30-6:30 p.m.  
TOPEKA, (785) 232-2044

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

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

**FIRST WEDNESDAY OF EACH MONTH OLDER WOMEN'S LEAGUE**

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

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

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

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

Members of O.U.R.S. have met to dance 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

**GRIEF & LOSS SUPPORT GROUP**  
Midland Hospice, 200 SW Frazier Circle.  
3:00-4:00 p.m.  
TOPEKA, (785) 232-2044

**FIRST THURSDAY OF EACH MONTH**

**LAWRENCE AREA PARTNERS IN AGING**  
Networking group. Call Kim or Laura at (785) 842-0656 for more information. \$11.50 to attend (includes lunch).  
JADE MONGOLIAN BARBEQUE, LAWRENCE  
11:30 AM-1:00 PM

**FIRST AND THIRD THURSDAY OF EACH MONTH**

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

**FIRST AND THIRD THURSDAY OF EACH MONTH**

**GRIEF SUPPORT GROUP**  
3:00 p.m. - Brewster Place, 1209 SW 29th St. Sponsored by Heartland Hospice of Topeka. Call Terry Frizzell for information and specific location.

**FIRST FRIDAY OF EACH MONTH**

**STROKE SUPPORT AND RECOVERY GROUP**  
Providing an opportunity for learning and sharing experience. Shawnee County Health Agency Main Auditorium, 1615 SW 8th St. 1:00 p.m. For information, call Jan Dietrich in the Adult Field Services Office.  
TOPEKA, (785) 291-2100

**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 MEMORY SUPPORT GROUP**

Held at The Windsor of Lawrence, 3220 Peterson Rd., 2:00 p.m. For more information, please call Amy Homer.  
LAWRENCE, (785) 832-9900

**SECOND WEDNESDAY OF EACH MONTH LOSS AND GRIEF SUPPORT GROUP**

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

**SECOND THURSDAY OF EACH MONTH NAACP MEETING - LAWRENCE CHAPTER**

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

**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

■ CONTINUED ON PAGE 19

## Life Begins at DRURY PLACE!

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# CALENDAR

■ CONTINUED FROM PAGE 18

## FOURTH TUESDAY OF EACH MONTH LAWRENCE PARKINSON'S SUPPORT GROUP

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

## FOURTH TUESDAY OF EACH MONTH GRIEF SUPPORT GROUP

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

## FOURTH WEDNESDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

## FOURTH WEDNESDAY OF THE MONTH TOPEKA GENEALOGICAL SOCIETY

TGS promotes and stimulates the education, knowledge and interest of the membership and the public in family history, genealogical records and research. Meets at 2717 SE Indiana Ave., 7:00 p.m. No meeting in April, November or December.  
TOPEKA, (785) 233-5762  
<http://www.tgstopeka.org>

NOV 16

## AARP CHAPTER 1696

AARP Chapter 1696 will meet at 11:00 a.m. at the Lawrence Country Club. Lunch served at 11:30. The program will be given by the Lawrence High School a cappella choir. Please call Agnes for reservations.  
LAWRENCE, (785) 865-3787

## VETERANS EVENTS

NOV 4-12

### ALL VETERANS TRIBUTE

A week full of events to honor all veterans. Student essay and poster contest open to all students in grades 5-12 in Lyon County and the surrounding counties. A World War II roundtable discussion, Business Salute to Veterans luncheon with advanced registration. Annual Veterans Recognition & USO Show includes acts typical of those in an actual USO Show with special recognition of all Veterans in the audience and a moment of silence for MIAs and KIAs. Luminaries honoring Veterans line Kellogg Drive before and after the show. Advanced tickets are required. Other events include the veterans breakfast, freedom run, parade, memorial service, ham and bean feeds, military exhibits and speakers, children's crafts, and other activities.  
EMPORIA, (620) 342-1803  
<http://www.emporiachamber.org>

NOV 10

### 6TH ANNUAL USO SHOW

Area Community Theatre (ACT Ottawa) will perform during Ottawa's Veterans Day Celebrations. The USO Show gives Ottawans a chance to say "Thanks for the Memories!" Revisit the humor, politics and classic songs of the World War II era as we honor those men and women who served our country. All proceeds are donated to Veterans Charities. Forest Park.  
OTTAWA, (785) 242-3535  
<http://www.actottawa.org>

NOV 11

### MILITARY APPRECIATION DAY AT SUNSET ZOO

Sunset Zoo invites you to Military Appreciation Day to honor those who serve or who

have served in the United States Military, especially soldiers currently in Iraq. Free admission will be offered to all guests.  
MANHATTAN, (785) 587-2737  
<http://www.sunsetzoo.com>

NOV 11

### VETERAN'S DAY PARADE

Oldest and largest parade in Kansas with bands, and floats in historic downtown.  
LEAVENWORTH, (913) 651-0410

## MISCELLANEOUS

NOV 2

### VETERANS POW WOW

Annual Inter-Tribal Pow Wow. The Awi Akta District Northern Cherokee Nation of the Old Louisiana Territory 7th Annual Inter-Tribal Pow Wow. Please bring your own chairs. Gage Park Zoo Shelter House.  
TOPEKA, (785) 266-8248

NOV 24

### BIZARRE BAZAAR

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LAWRENCE, (785) 843-2787

DEC 1

### ARTS & CRAFTS BAZAAR

Arts & Crafts Bazaar features a large array of local, regional homemade arts and crafts. Douglas County Fairgrounds.

LAWRENCE, (785) 865-4499  
<http://www.visitlawrence.com>

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

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



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# PET WORLD

## Homemade pet food

**QUESTION:** I need something funny that a famous comedian said about dogs for a junior high school project. Can you help? — A.K., Cyberspace



Steve Dale

**ANSWER:** I generally don't answer these sorts of questions for fear that teachers will slap my wrist for aiding and abetting needy students. Then again, this request was too much fun to pass up. Here's a selection:

"Outside of a dog, a book is man's best friend. Inside of a dog, it's too dark to read." —Groucho Marx

"My neighbor has two dogs. One of them says to the other, 'Woof!' The other replies, 'Moo!' The dog is

perplexed.

Moo? Why did you say, Moo? The other dog says, 'I'm trying to learn a foreign language.'" — Morey Amsterdam

"I have an American Legion dog. He stops at every post." — Milton Berle

"It looks like he was groomed by Don King's barber." — David Letterman

"There was once a dogcatcher with a wooden leg. He didn't have to chase the animals. The dogs came to him." — Milton Berle

**QUESTION:** I just adopted a cat. On the Internet, I see over and over that I should make my own food for her. How do I find recipes? What do you think of homemade pet food? — S.G., San Diego, CA

**ANSWER:** I'm still a fan of commercial pet foods. Doing it yourself is not an easy task. For example, cats require far more protein in their diets than people and require very specific amino acids in specific amounts.

While some argue that pet food companies need more oversight, there's no oversight at all on pet food recipes available on the Internet or in books. It's challenging to find information on home cooking that you know is accurate. The secret is finding a site or book with recipes formulated by a qualified nutritionist.

Making matters worse, lots of people call themselves nutritionists, when in reality they may have some knowledge and lots of opinions about pet nutrition but that's about it. You should be seeking a veterinary nutritionist or boarded nutritionist.

Once you find home cooking recipe(s), preparation can be a problem. Some people have the time or make the time, but for most us (me included), finding time to prepare

meals for ourselves is challenging. When I open a can of pet food for our pets, then cook a frozen dinner for myself and my wife, the pets are probably eating healthier than we are.

According to Sen. Dick Durbin (D-Ill.), the issues that triggered the tainted pet food crisis last spring could just as easily have impacted human food. Still, most of us are still buying human food from the grocery store. Having said that, my hope is that Durbin and others will follow through on their promises to consumers, which will make our own food as well as pet food safer.

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

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# BOOKSHELF

## Penguins in the basement?

By Margaret Baker

Donna Andrews: *The Penguin Who Knew Too Much* (St. Martin's Minotaur, ISBN 978-0-312-32942-60) 8th in Meg Langslow series

Meg and Michael are planning a wedding and contemplating elopement. They're renovating a charming but dilapidated huge farm house when Meg's eccentric dad comes upstairs to announce that he's found a body in the basement while digging a hole for a penguin pond.

Basement? Body? PENGUINS? Turns out that the Caerphilly Zoo is facing bankruptcy and Meg's dad has organized everyone within reach to foster a zoo critter or two. Or three... That explains the digging in the basement, but not the body.

As the unhappy residents bring by their zoo critters (and disappear swiftly), Meg's life becomes a series of encounters with penguins, hyenas, llamas, lions, and the native wild species, some two-legged.

There's a plausible plot within, but the joy of this is the decidedly zany characters, human and otherwise, and the situations author Andrews gets them in.

Brent Gheffi: *Volk's Game*. (Henry Holt, ISBN 9778-9-8050-8254-8).

Some readers have requested reviews of "blood and guts" adventure. Here is one definitely hard-boiled thriller of international intrigue with enough graphic violence to satisfy Vlad the Impaler.

The story is set in Moscow following the breakup of the Soviet Union. Protagonist Alexei Volkovoy "Volk" learned his skills fighting in Chechnya. He is intensely loyal to his military commander, called only the General. He's up against the Russian Mafiosi and the black market. With the gorgeous and lethal Valya, the General wants him to find and steal a da Vinci painting, *Leda and the Swan*, hidden away somewhere in the subterranean chambers under the Hermitage Museum.

Not for the queasy—very graphic

violence, mayhem, betrayals and more corpses than the final scene of Hamlet.

Mickey Spillane: *Dead Street* (Hard Case Crime, ISBN 0-8439-5777-8)

Yes, Spillane died recently. He was working on three books, and his good friend (and superb mystery writer in his own right) Max Allan Collins has completed this one.

Twenty years ago Jack Strang was a New York City cop deeply in love. His love was abducted; in the chase the driver crashed into the Hudson and Bette was never found.

Strang has proved faithful to her memory.

Now pensioned off, he learns that he has inherited a home in a gated Florida community from a man he never met. A man who found Bette in the Hudson, bruised and without memory. She's next door. Jack must court her anew, and protect her—the folks who abducted her still want what they think she has.

This is noir, definitely hard boiled, but the language is surprisingly clean (a very few damns) and while the Jack and Bette go into the bedroom, the reader isn't invited to follow. A complicated plot keeps the action going, and Jack is the epitome of a Spillane protagonist.

D.B. Borton: *Eight Miles High* (Hilliard and Harris, ISBN 1-59133-210-9. Available in trade paperback and hard cover)

When her husband died, Cat Caliban decided to follow the dream she'd given up to be wife and mother—become a private investigator. Since the kids are grown, she combines the life insurance and the house sale to purchase an apartment building with four units, figuring the rent on the other three will keep her going while she learns.

One tenant, Moses Fogg, a retired policeman, gets his P.I. license to help Cat get the requisite two years' experience. Cat figures that parenthood has given her lots of unofficial experience interrogating suspects, gathering evidence, surveillance, lie detection, etc.

At Moses' family's Fourth of July picnic, festivities are enlivened by the nearby forced landing of a small plane. Pilot "Toots" Magruder was a WASP in WWII, and thinks her plane had been sabotaged. She hires

the detecting duo on the spot.

Toots and "Stretch" Livingston are building and flying small planes. They are concerned because from a squad of four WASPS, two have recently died of falls down basement stairs. People who served in WWII are considered elderly and more prone to ills, but it seems too much a coincident—especially considering the foreign matter in their gas tank.

In addition to a fast-moving tale, you'll learn a lot about the WASPS and the benign neglect with which this small but essential military unit was treated.

*Eight Miles High* stands on its own nicely, but if you want more Cat Caliban, Hilliard and Harris are reprinting the earlier seven.

Tess Gerritsen: *The Bone Garden* (Print edition from Ballantine, audio book edition from Random House Audio Books, ISBN 978-0-7393-4324-1)

Julia Hamill is recovering from a divorce from her verbally abusive ex. She's also renovating an old house in Massachusetts. When she tackles the back garden, her spade turns up a century-old skull. Is her house built over a cemetery? The house's first owner was on the medical faculty in Boston. Julia finds a descendant and begins researching the house's history.

Gerritsen then takes the reader back to 1830, to four young men in medical training. Medical training has made massive improvements since then—thank heavens!

A deft handling of two time periods, two sets of characters.

*Fast Glimpses – Books too good to overlook, but time and space constraints leave little option but short mention:*

Linda O. Johnston: *Fine Feathered Death* (Berkeley Prime Crime, ISBN 0-425-20374-3, paperback)

Kendra Ballantyne's law license has been restored in the first of this series (Sit, Stay, Slay) and she's assigned to work on a difficult case with elderly, cranky Ezra Cossner. He's died, and the only witness is his blue macaw, Gigi, who speaks only his name and sings 99 bottles of beer. Ezra isn't a lovable old coot, and the list of people who wouldn't cry at his death is extensive. If only Gigi could talk.

Kaitlynn Dunnett: *Kilt Dead*

(Kensington, ISBN 978-0-7582-1639-7)

Liss MacCrimmon has toured the country for 10 years as a Scottish dancer in Strathspey, the Scottish version Riverdance, until her knee gives out. She returns to her old home in Maine to run her aunt's Scottish goods store while the aunt tours Scotland. She finds her favorite old teacher, one corpse, one high school boyfriend, lots of small-town secrets, and, eventually, romance.

Like a highland dance, bonny, light and lilting.

Cindy Ladage: *Where Did Laura Go?* (Publish America, ISBN 1-422241-2019-5, trade paperback)

Lori Anne Bailey stopped a would-be store robber, and the resultant publicity almost destroys her—she's been in the witness protection program. Will it result in her Mafia husband finding her?

First adult novel from an author with experience in children's books and short stories.

Laura Crum: *Moonblind* (Perseverance Press, ISBN 1-880284-90-1, trade paperback)

Horse vet Gail McCarthy shouldn't be chasing bad guys; she's happily married and seven months pregnant. But her cousin, a horse trainer, is being stalked. There's something very rotten in the local horse racing scene.

Debut novel with taut plotting, well-drawn characters, and a fresh setting.

Stella Rimington: *Secret Asset* (print edition from Alfred Knopf, audio book from Random House Books, ISBN 978-0-7393-4377)

Liz Carlyle is a M15 intelligence agent well grounded in her job's moral complexities. She's especially good at reading people, and that is what her superiors need to uncover a terrorist cell. Worse, the evidence strongly indicates they have a mole.

Great espionage adventure from a writer with 30 years experience in Britain's premier intelligence agency.

Random House presents two new audio books, works of acclaimed western writer Louis L'Amour: *The Collected Bowdrie Dramatations*, Volume 5 (6 compact discs, ISBN 978-0-7393-2374-6) and *The Collected Short Stories from The Frontier Stories* (3 compact discs, ISBN 978-0-7393-4433-0). Not too soon to be thinking about Christmas!

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

## GUEST COLUMN

# Seniors losing power of choice regarding health care

By Sandra London-Leib

As a local business owner whose sole organization is built on providing the very best in healthcare equipment and services, I feel that it is imperative that I address what is happening in my industry and to my unaware patients.

We as Americans are brought up with the idea that we have the freedom to choose. Those choices start in childhood and grow as we do. We make thousands of choices every day. We believe that we have the power to choose how we are going to spend our lives and who we will spend those years with. Where we will live and how we take care of ourselves are choices that we make.

The American idea of choice is the basis of our economy and our lives in general. Now the seniors in our community and in this country are losing the American power of choice when it pertains to their healthcare.

Medicare was designed to provide our citizens peace of mind in their later years. It was designed to provide guaranteed healthcare when they needed it most. Indeed Medicare was designed to provide a higher quality of life and the ability to choose the solutions to their healthcare problems.

Medicare has been struggling for years and now it faces the biggest hurdle of all as the largest amount of seniors in our nation's history reach retirement age. Medicare is now panicking. They are looking for cost cutting measures and, in some cases, without understanding the results and damage of those measures. Reimbursements to healthcare providers have already been cut drastically. Medicare is now creating regulations that will make it nearly impossible for the average senior to qualify to obtain medical equipment. Unless, of course, they pay for the entire price out of their own pockets.

Medicare has also created a bureaucratic monster called Competitive Bidding. This program will actually cost the American taxpayers more to administrate than the actual proposed savings. Medicare will go into metropolitan areas and demand that medical equipment providers individually bid on their equipment. The lowest bid will win the Medicare contract for that particular item.

The choice of providers is automatically taken away from our seniors. People will no longer be able to go to a local provider and have Medicare cover the purchase. They will be required to go to whomever won the bid.

At first blush this doesn't sound so bad. But it is. What it really means is that the quality of equipment will be suspect. It is only logical to think that with low reimbursement rates and submission of the lowest bid, the provider is going to offer the lowest priced equipment out there. It is my belief that along with cheaper equipment, less service will also be part of the package. This conceivably could be horrific for the average oxygen patient that requires a high level of service and care just to survive.

This program will also demand that the patient go wherever the provider is located for that particular item. If the patient is in need of multiple items, say, for instance, a hospital bed, wheelchair, C-Pap and oxygen, then that patient may have to go to four different locations and providers to obtain what they need. This could be over a large geographic area and require a lot of time and travel.

This is only part of the picture. The economy is the second part. In America we have a fair market system. Now Medicare has stated that by the completion of the Competitive Bidding rollout in 2010, up to 50 percent of durable medical equipment providers will be gone. Thousands of jobs will be lost. Manufacturers that make the equipment will also be in jeopardy. Some of the major companies have already started laying off people and slimming down their staffs.

New technology and improved products will become a thing of the

past as more cost cutting is accomplished.

American seniors will also feel the economic pinch. If a person wants an upgrade of equipment or option, they will pay for it or just do without.

The most outrageous new Medicare plan will cut the length of time a person will have their oxygen equipment serviced and maintained by the provider. The new program states that oxygen equipment ownership will pass from the provider to the patient after 36 months. New provisions will cut even further, to 18 months or even 13 months. After this transfer, the patient is fully responsible for maintaining the equipment and servicing it. This needs to be done frequently to keep the operation of the equipment sound and limit the possibility of infection. The average oxygen patient does not

have the ability or strength to accomplish the type of maintenance required.

Now the House and the Senate have introduced bills to try and rectify this pending tragedy for our seniors. They are intended to either slow the competitive bidding program or modify it before it wreaks havoc on the American health system. Now is the time to speak up if you or a member of your family is on Medicare or is one of the many "Baby Boomers" that will need Medicare shortly. Contact your representatives in the House and Senate and let them know your ability to choose healthcare options are important to you. Let them know that as an American this is one freedom that cannot be taken.

- Sandra London-Leib is the Chief Executive Officer of Advanced Homecare, LLC.

## 4th Annual Soup for Seniors Soup Drive

Sponsored by Lawrence Area Partners in Aging



The Lawrence Area Partners in Aging's (LAPA) Soup for Seniors Soup Drive runs during the entire month of November. All of the cans we collect go to the local food pantries so seniors don't go hungry this winter. Next time you are at the store, pick up an extra can of soup and drop it off at any of the locations below:

### IN LAWRENCE

**Lawrence Therapy Services**.....2200 Harvard Rd.  
**Douglas County Senior Center**.....745 Vermont St.  
**Harbor House Memory Care**.....1126 Hilltop Dr.  
**Advanced Homecare**.....2500 W. 31st St.  
**Criticare**.....1006 W. 6th St.  
**Do. Co. Visiting Nurses Assn**.....200 Maine St., Ste. C  
**Community Mercantile**.....901 Iowa St.  
**Lawrence Public Library**.....707 Vermont St.

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**Vintage Park of Baldwin City**.....321 Crimson Ave.

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## HUMOR

# Bigger, Better Screw Ups

There's interesting news about that super secret U.S. government facility on Highway K4Z north of Letongaloosa. The facility—known as the Clarington Center—has been privatized.

The Clarington Center is surrounded by a 10-foot-tall industrial strength chain link enclosure that goes all the way around the property. Folks in town never went out there and Clarington Center employees never came in to town. People in



Larry  
Day

Letongaloosa thought of it as their own Area 51. Helicopters brought in supplies, and black SUVs with opaque windows brought in the center's clientele.

The Clarington Center was designed to rehabilitate screw ups—diplomats, judges, military officers, politicians, and other pooh-bahs who embarrassed the government.

People were sent to the Clarington Center for near-terminal dumbness—like the U.S. cabinet secretary who told a crude racist joke to a *Rolling Stone* reporter, and the U.S. ambassador who got caught putting a whoopee cushion on the seat of the chair of the Secretary General of the United Nations.

A while ago the government sold the Clarington Center to Bilgewater USA on a no-bid contract. Bilgewater USA runs a chain of luxurious screw up rehabilitation centers for the rich and famous.

The transition of the Clarington Center from a government to a private facility went smoothly until Ludicrous Lauramäkien, the multi-billionaire Finnish airplane manufacturer, checked in.

Mäkie, as he prefers to be called, misunderstood the words on an invitation he received to attend an exclusive wedding reception at a swank Budapest Hotel. The invitation was written in Hungarian, Russian and Farsi. There was a phrase that said "no gifts please." Mäkie thought the invitation said: "clown costumes please." To a Finn that sounded like a really fun party, so he walked in to the elegant white tie affair dressed

as Red Skelton's "Freddie the Free Loader."

The compliance committee of the Society for the Preservation and Dignity of Super Rich People fined Mäkie 40 million Euros and ordered him to report to the newly privatized Clarington Center for screw up rehabilitation.

Mäkie felt he'd been wronged. The Hungarian and Finnish languages have common linguistic roots, but they have very different syntax. Mäkie appealed the decision, arguing that he had simply made a translation error, but his appeal was denied.

Mäkie's first days at the center were marked by conflict. One of the Clarington Center rules was: "If you screw it up, you screw it up for everyone else, too." When Mäkie caused trouble, the staff withheld privileges from all the residents of his wing. If he repeated an offense, all the residents of the center lost privileges. It was then that Mäkie decided to apply the acumen that had made him one of the world's most powerful manufacturers. Overnight he became compliant, tractable and friendly.

The old Clarington staff members would have recognized Mäkie's new behavior as bogus. But those professionals had been fired. They had been replaced by individuals whose credentials wouldn't pass even cursory professional inspection, but whose salary demands suited the accountants in the Bilgewater USA corporate office just fine.

Mäkie used his vast financial resources, his considerable personal charm, and blackmail and extortion to convince the residents of the Clarington Center to join him in carrying out a quirky protest against Bilgewater USA and the Clarington Center. Mäkie bribed key security personal to cooperate with the protest.

When everything was ready, Mäkie contacted five world renowned photojournalists and two top flight cinematographers. They came to Letongaloosa in disguise and set up a super fast clandestine transmission facility.

On C-day a tour bus pulled up the Clarington Center. The bribed guards opened the gates and Mäkie and the residents climbed aboard. Then everyone but Mäkie changed into clown costumes. Each had a sign that read, "I'm a Bilgewater USA Screw Up."



You're a plugger if you consolidate your consolidations.

When the bus stopped on Main Street in Letongaloosa 65 high profile clowns—men and women—got off and began walking around town carrying their signs.

Digital cameras rolled and electronic feeds flashed images of the clowns' antics to newspapers, magazines, and television networks throughout the world. U.S. and Latin American, European, Asian, and African media ran scores of photos and hours of footage of the Great Clown Caper.

The headquarters of the Society

for the Preservation and Dignity of Super Rich People is in Madrid. Madrid's largest newspaper, *El Diario Magnifico*, ran an exclusive front page photo of a Mäkie in a business suit standing on the steps of the Letongaloosa City Hall with 25 clown clad Clarington Center celebrities. They were all holding their "I'm a Screw Up" signs. Mäkie was smiling.

- 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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# MONTHLY THOUGHT

## Which will arrive first?

Grant Kemmerer, a boy from Miami, Florida, was bitten in the calf by his mascot, a cobra. This is one of the most poisonous vipers known.

It began as a terrible competition to see which would arrive first to the heart of Grant: the poison of the

the poison has arrived to the heart.

That antidote is the gospel of Jesus Christ, of which the apostle Paul said he was not embarrassed "because it is power of God for the salvation of all those that believe" (Romans 1:16).

The logical questions that we ask ourselves are: "Where is that antidote?"; "How much does it cost?"; and "How can you get it?" The answers are very simple. The gospel is everywhere. It is preached with sincerity. It is absolutely free. Jesus Christ ordered to preach it to the whole world, without charging a cent. And it is received in the simplest way: believing in Christ, accepting him as our Savior, and requesting him to be the owner of our life.

The sin is a mortal poison; the gospel is the perfect antidote. The clearest formula to be saved from it is to believe in the Lord Jesus Christ. Let us open our heart today.

- Reverend Alfonso Orantes is with the Lawrence Faith Foursquare Church. For more information, please call (785) 979-0041,



Reverend  
Alfonso  
Orantes

cobra or the antidote (sent by air from the city of Sanford, Florida). Fortunately for the young man, the antidote won the contest.

Our errors, lacks and defects resemble the poison of the cobras—ascending slowly and targeting the heart.

But there is an antidote to the poison of the wrong. It is totally effective and it neutralizes all their effects. Cleansing and restoring, it saves the one poisoned, even when

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# CROSSWORD

TMSpuzzles@aol.com

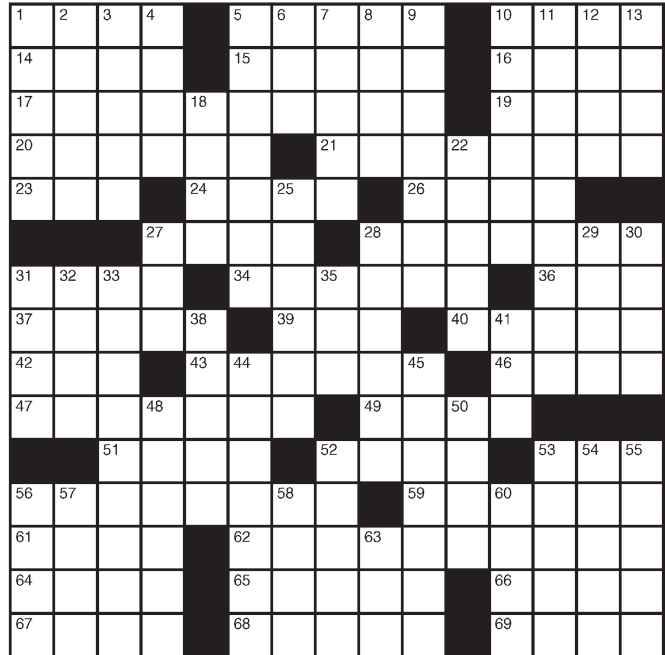
## ACROSS

- 1 Woe is me
- 5 Embers
- 10 Part of B.A.
- 14 Rational
- 15 Accounts inspection
- 16 "Two Mules for Sister \_\_\_"
- 17 Far-reaching
- 19 Created, as a cocoon
- 20 Beast
- 21 Land and the buildings on it
- 23 Born in Bordeaux?
- 24 Slug ending?
- 26 Snack
- 27 Miguel's coin
- 28 Cocktail dash
- 31 Mulgrew of "Star Trek: Voyager"
- 34 Mate
- 36 Needle hole
- 37 Modify for new use
- 39 Possesses
- 40 Beelzebub
- 42 Tibetan beast
- 43 John and Bonnie
- 46 Money \_\_\_ everything!
- 47 "The Bartered Bride" composer
- 49 "Das \_\_\_ von der Erde"
- 51 Voucher
- 52 Fast period
- 53 Lincoln or Burrows
- 56 Winter wheel
- 59 Tree knots
- 61 Vesuvian flow
- 62 Party pooper

- 64 Declare with certainty
- 65 Hit by the Rolling Stones
- 66 Pitchfork prong
- 67 Bouncy
- 68 Haley book
- 69 Remnants

## DOWN

- 1 Egyptian dam
- 2 Frankie or Cleo
- 3 Actress MacDowell
- 4 Appear to be
- 5 Lacking a lid
- 6 Thornton Wilder play, "\_\_\_ Town"
- 7 Expert
- 8 Baloney manufacturer?
- 9 Choreographer Ruth
- 10 Help out
- 11 Police records
- 12 Factual
- 13 Without: Fr.
- 18 Out of danger
- 22 Jots
- 25 Loren of "The Black Orchid"
- 27 Energy
- 28 Move busily
- 29 Jeri of "Star Trek: Voyager"
- 30 Transmitted
- 31 Kyser and Lenz
- 32 Dalgliesh of P.D. James
- 33 Find shelter
- 35 Livestock tidbit
- 38 Characteristic
- 41 Lend a hand



By Norma Steinberg  
San Francisco, CA

Answers on page 30

- 44 Dovish
- 45 Unmarried people
- 48 Effectively oppose
- 50 Sicilian volcano
- 52 Release
- 53 Alan or Adam
- 54 Amalgamation

- 55 Sen. Kefauver
  - 56 Smack
  - 57 Central part of a church
  - 58 Clinton's A.G.
  - 60 Feed the kitty
  - 63 Took the bait
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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.

### HAUNTED MANSION (sol.: 10 letters)

-Ballroom, Bride; C-Corpse, Creak; D-Dark, Deathly still, Decay, Dusty; E-Echo, Endless hallway; F-Flicker, Flora, Foolish mortals; G-Gallery, Ghost host, Ghoulish, Gloomy, Goblins, Gothic, Griffins, Grim; H-Happy haunts, Hearse; L-Library; M-Manor, Master Gracey; P-Parlor, Portraits; S-Screams, Serpents, Spiders, Spirits, Spooky

This Month's Answer:  
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L D A R K T R R U T A L O L F  
I D E C A Y I O D O R R S O I  
T M R O N A M C B G Y O C R R  
S T N U A H Y P P A H O R G G  
Y E C A R G R E T S A M E A O  
L D R E K C I L F L O R A L B  
H I E S R A E H S T O N M L L  
T R A G H O U L I S H E S E I  
A B K S T I A R T R O P S R N  
E N D L E S S H A L L W A Y S  
D S T N E P R E S T I R I P S

## JUMBLE

THAT SCRAMBLED WORD GAME  
by Henri Arnold and Mike Argirion

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

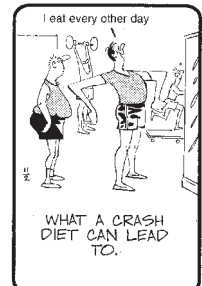
HIWSS

PRIGE

SLAVIE

NIFTIE

Ans: "C O O L E S"



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

Answers on page 30

## Need a Rate Card?

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26 SeniorMonthly, November 2007

## TRIVIALITIES

1. In what year did Ethel Waters star in "Cabin in the Sky"?
  2. In the 1948 film "The Pirate," what actor played the title role?
  3. What do "Cabin in the Sky" and "The Pirate" have in common?
  4. Judy Garland, Margaret O'Brien and Mary Astor starred in what 1944 Minnelli musical?
  5. What was Vincente Minnelli's real name?
  6. For what film did Vincente Minnelli win the Best Director Oscar?
  7. How many times was Vincente Minnelli nominated for the best director's Oscar?
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Answers on page 30

# BRIDGE

## Test your play

By Omar Sharif and Tannah Hirsch

Both vulnerable. North deals.

**NORTH**  
 ♠ A J  
 ♥ K Q 7 4  
 ♦ A J 6 5  
 ♣ K 9 6

**WEST**      **EAST**  
 ♠ K Q 5 3 2      ♠ 10 9 7 6 4  
 ♥ 8 3            ♥ 9  
 ♦ 9 4            ♦ Q 10 7 2  
 ♣ Q 10 5 2      ♣ 8 7 3

**SOUTH**  
 ♠ 8  
 ♥ A J 10 6 5 2  
 ♦ K 8 3  
 ♣ A J 4

The bidding:

NORTH	EAST	SOUTH	WEST
1♦	Pass	1♥	Pass
4♥	Pass	4NT	Pass
5♣	Pass	6♥	Pass
Pass	Pass		

Opening lead: King of ♠

Here's a chance to test your declarer play. How would you tackle your contract of six hearts after the opening lead of the king of spades?

The auction is typical of the modern style. The North hand is too strong for an opening bid of one no trump or for a jump raise to three hearts after South's one-heart response. After Key-Card Blackwood

elicits the information that North holds three of the five key cards (the king of trumps counts as an ace), South settles for the small slam.

West has a normal opening lead of the king of spades. If you are a dedicated finesser, you will draw trumps and take the diamond finesse. That loses and, on regaining the lead, you continue by cashing the ace and king of diamonds trying for a 3-3 break. When that doesn't work, try the club finesse. Your combined chances are better than 85 percent but your slam fails.

Correct technique is to win the opening lead, draw the outstanding trumps and then cash the king and ace of diamonds in an attempt to drop the queen. When that doesn't work, lead the jack of spades and discard your remaining diamond, and West is trapped in a deadly endplay.

If West returns a diamond, insert the jack. If East has the queen, you ruff and the 13th diamond takes care of your club loser. A spade return yields a ruff-sluff and a club return is into your tenace. No matter what, the slam is home.

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

© Puzzles by Pappocom

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

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

HARD

Solution on page 30



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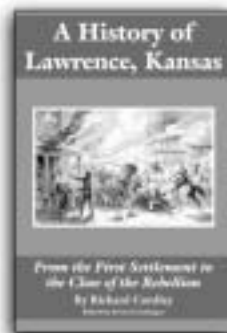


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# SMART COLLECTOR

## To get best price on edition Picasso pitcher, it pays to do research

**QUESTION:** We want to sell this numbered Picasso pitcher, but need to find the right path on value and how to sell. We contacted a gallery having a Picasso sale, but they weren't interested since this is an "edition" piece. —Janice, Tucson, Arizona



Danielle Arnet

**ANSWER:** The reader is a smart collector to plan how best to sell that piece. She's also smart to have written anecdotal records on how and where the pitcher was bought.

First, readers need to know that "edition" means the piece is one in a series. It is not one of a kind. Hand painted on the bottom, the number 99 atop a diagonal slash, with 300 underneath, indicates that the pitcher is 99th out of 300 identical pieces made. The specific blank with that exact surface design was limited

to 300. Readers are more familiar with edition marks in printmaking, where an edition is the number of prints struck from one plate, usually all in one timeframe.

Picasso was a canny businessman; allowing multiples provided a way for his art to reach more buyers. Of course, originals sell higher — in the aftermarket, as well.

Images sent show a ceramic pitcher with a somewhat slender handle and a Picasso blue line face on the front below the spout. At the top, back and over the handle, there is red-brown painted "hair" with decorative accents.

You've read it here before: When you think you have something special, it pays to ante up for limited access to an art database, the kind that auction houses use to research prices realized for similar pieces. In this case, [www.artfact.com](http://www.artfact.com) (where one-day access is under \$30) provided sale results on a variety of original and edition Picasso face pitchers.

Just this year, edition pitchers sold at auction for \$3,500 (with receipt), \$5,700 and \$3,600. All had, as does

the reader's, raised stamping on the bottom authenticating the piece.

Bonhams & Butterfields in California sold several, probably a collection. Since the firm has a track record with the pitchers, that would be a good place to start planning the sale. Contact other houses as well before you consign.

You only have one chance to make an advantageous sale.

**QUESTION:** This beautiful rocker was given my husband by a 92 year-old woman. We've tried to find age, value and maker, but no success. There can't be too many books we have not combed through. Can you help? —Marie, Greenville, R.I.

**ANSWER:** Photos show a handsome machine-made variation on a Windsor chair. It appears to be maple, in excellent condition.

I'm going to fill you in on one of the truths of collecting: Sometimes, it is impossible to learn where an item was made and/or who made it.

Consider this chair. It is factory made, probably between 1850 and 1900. At that time, many, many factories churned out production furniture for the burgeoning middle class. Most of those factories closed within decades, leaving no records. Unless

the chair was stamped or marked or labeled in some way, finding a maker is like the proverbial needle in a haystack. A search through original catalogs might yield info, but most small factories did not have catalogs, or they are now lost.

The chair does yield clues, though. The 12 turned spindles in the back, the quality wood and the heavily turned cross-stretcher underneath (not a usual Windsor characteristic) indicate that this was not a shoddy product. The wide saddle seat follows that theme. The solid pressed wood crest rail across the top back is a giveaway to mass production. It allows the chair to be armless, saving time and materials.

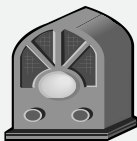
A mish-mash of styles, the chair would not sell to a purist. It is, however, an attractive piece for what it is, and might retail for between \$175 and \$250.

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

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# WOLFGANG PUCK

## Eat your vegetables

By Wolfgang Puck

Tribune Media Services

I'm convinced that people don't eat vegetables more often because so many vegetable dishes are boring. The vegetables are usually boiled until they have no color, texture or flavor. And, to make matters worse, they're served too often without any kind of seasoning or complementary ingredients. No wonder people leave them on the plate!

The first step in making vegetables more exciting is to start with an exciting vegetable. That's why I like broccoli rabe. Also known as rapini, this traditional Italian vegetable — now available in well-stocked food stores, greengrocers and farmers markets, and abundant at this time of year — has an assertive, pleasantly bitter flavor and deep green color. Its edible stems and tiny florets resemble a very skinny version of its much more widespread (and, to me, less interesting) cousin, broccoli.

To enjoy broccoli rabe at its best, you've got to cook it quickly, so it retains some of its crunch and bright color. In Asian kitchens, where it's also popular, you'll sometimes find it stir-fried with a little garlic and crushed chili flakes, or briefly steamed and doused with soy sauce and sesame oil.

In my restaurants, we'll often include it among the toppings for pizzas or pastas. When we do that, we'll first briefly precook the broccoli rabe in lots of boiling salted water, then

immediately plunge it into ice water, a process that preserves the brightness of its color and ensures that its flavor and texture are perfect at serving time. The cheese that joins it in the pizza or pasta dish adds a rich flavor and smooth consistency that wonderfully complements the vegetable.

You can get the same effect by making broccoli rabe the star of the Italian-style toasted sandwiches known as panini. The combination of slightly crunchy, mustardy-tasting greens, crunchy toasted bread, melted fontina or Gruyere cheese, and sweet-tart, sun-dried tomatoes, makes an irresistible combination.

To make the panini, you can use one of the relatively inexpensive countertop panini makers available at reasonable prices, which press the sandwich together and cook it from both sides at once; or, instead, employ one of the popular two-sided countertop electric grill machines found in so many kitchens today, or even an old-fashioned electric waffle iron. Don't worry, though, if you don't have any of these gadgets. You'll get the same effect in about twice the cooking time by making the sandwiches on the stovetop in a heavy skillet over medium heat, pressing them by placing the bottom of another skillet on top; just remember to flip them over to cook on both sides.

The panini make a perfect family weekend lunch. One bite, and you'll never again have to be told to eat



PHOTO BY BILL HOGAN, CHICAGO TRIBUNE

Wolfgang Puck's Broccoli Rabe and Fontina Panini with Sun-

your vegetables!

### BROCCOLI RABE AND FONTINA PANINI WITH SUN-DRIED TOMATOES

Serves 4

1 bunch broccoli rabe, or thin asparagus, trimmed and rinsed with cold running water

8 thick slices crusty country-style bread, French brioche loaf, or other good quality white or egg bread

3 tablespoons softened unsalted butter

1 cup shredded fontina or Gruyere cheese

1/2 cup oil-packed sun-dried tomatoes, cut into strips 1/4-inch wide

Bring a large pot of generously salted water to a boil. Meanwhile, fill a mixing bowl with ice and cold water and place it on the countertop nearby.

When the water has reached a full rolling boil, add the broccoli rabe. Cook until tender but still firm, 3 to 4 minutes. With tongs or a wire skimmer, immediately transfer the broccoli rabe to the ice water to cool. Drain the broccoli rabe in a colander. With your hands, squeeze out all excess moisture. Coarsely chop the broccoli rabe and set it aside.

Preheat a panini maker or a double-sided electric countertop grill. Put all the bread slices on a work surface and spread half of the butter over the tops of each slice. Turn the slices over and spread with the remaining butter; top 4 of the slices with half of the fontina cheese. Distribute the chopped broccoli rabe and the sun-dried tomatoes evenly over the cheese, and then cover them with the remaining cheese and the other 4 bread slices.

Place as many sandwiches in the panini maker or countertop grill as will fit comfortably side by side, working in batches if necessary. Close the machine and grill until the cheese has melted and the bread is nicely browned and crusty, 3 to 4 minutes. Repeat with any remaining sandwiches.

With a sharp knife, cut each finished sandwich diagonally in half or quarters. 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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# NOSTALGIA NOTEBOOK

## NOVEMBER 1947

### Births

**NOVEMBER 14:** P. J. O'Rourke, American journalist and satirist  
**NOVEMBER 16:** Joe Walsh, singer, songwriter, guitarist (Eagles)  
**NOVEMBER 24:** Dwight Schultz, American actor, *The A-Team*  
**NOVEMBER 25:** John Larroquette, American actor, *Night Court*  
**NOVEMBER 30:** David Mamet, American playwright, *Wag the Dog*

### Events

**NOVEMBER 2:** Howard Hughes performs the maiden flight of the Spruce Goose, the largest fixed-wing aircraft ever built.  
**NOVEMBER 16:** The British begin to withdraw their troops from Palestine.  
**NOVEMBER 30:** The U.S. House of Representatives votes 346 to 17 to approve citations of contempt of Congress against the so-called Hollywood 10 after the 10 had refused to cooperate with the House Un-American Activities Committee.

## NOVEMBER 1957

### Births

**NOVEMBER 7:** Christopher Knight, Peter Brady on *The Brady Bunch*  
**NOVEMBER 15:** Kevin Eubanks, jazz guitarist, *The Tonight Show*  
**NOVEMBER 30:** Colin Mochrie, Scottish-born comedian, *Whose Line Is It Anyway?*

### Events

**NOVEMBER 1:** The Mackinac Bridge, the world's longest suspension bridge between anchorages at the time, connects Michigan's two peninsulas.  
**NOVEMBER 3:** The Soviet Union launches Sputnik 2.  
**NOVEMBER 6:** Elvis Presley's *Jailhouse Rock* opens nationally.  
**NOVEMBER 13:** Invention of the laser by Gordon Gould.  
**NOVEMBER 16:** Killer Edward Gein murders his last victim, Bernice Worden of Plainfield, Wisconsin.  
**NOVEMBER 25:** U.S. President Dwight D. Eisenhower has a stroke.

## VINTAGE AD

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## SUDOKU SOLUTION

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

## JUMBLE ANSWERS

Jumbles: SWISH GRIPE VALISE FINITE  
 Answer: What a crash diet can lead to – "FAST" LIVING  
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## CROSSWORD SOLUTION

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

## TRIVIALITIES ANSWERS

1. 1943 2. Gene Kelly 3. They were both directed by Vincente Minnelli 4. "Meet Me in St. Louis" 5. Lester Anthony Minnelli 6. "Gigi" 7. Twice. Once for "Gigi" and once for "An American in Paris"  
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# THANK YOU!

Lawrence Funeral Chapel would like to say thank you to everyone who attended our open house. We hope that everyone who attended found it informative and beneficial. Understanding the needs of the Lawrence Community is our priority. Lawrence Funeral Chapel invites those who were unable to attend the open house for a personal tour. Please call to schedule your tour 785-843-2484.

## SRA Senior Resource™ ALLIANCE of Northeast Kansas

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## PEOPLE NEWS

### Kansas Authors Club announces 2007 statewide book awards

Kansas Authors Club, a statewide organization for Kansas writers founded in 1904, announced the winners of its 2007 Book Awards on October 6 at the Kansas Authors Club Convention held in Wichita.

The winner of the J. Donald Coffin Memorial Award for best book published by a member was *The Moon Butter Route* by Max Yoho of Topeka. The judge was Darren De-Frain, Ph.D., Director of the MFA and Writing Programs at Wichita State University.



Yoho

Dancing Goat Press published *The Moon Butter Route* in 2006. This humorous novel, set in southeast Kansas near the end of World War II, tells of 13-year-old Wally Gant, who takes a job at a small local dairy and finds himself involved in a bootlegging operation.

DeFrain stated, "My chief criterion was excellence, but if I'd settled for that you'd have a shelf of winners here. The work that ultimately

convinced me of its singular worthiness, though, demonstrated that peculiar dry sense of Kansas humor and the kind of attention to character that reflects both the skill of the author and the essence of the small, Kansas town.... This year's winner is in the spirit and mold of that great Mid-western classic Huckleberry Finn and I plan to recommend it with as much gusto as the original."

*The Moon Butter Route* was also designated as a Kansas Notable Book in 2006 by the Kansas Center for the Book. More recently, it was voted among the all-time top 12 "Favorite Books" about Kansas or by Kansas authors, along with Yoho's first novel *The Revival*, winner of the Kansas Authors Club J. Donald Coffin Memorial Award in 2002.

Yoho's novels are available from online booksellers and also can be ordered by any bookstore. For more information, visit [www.dancinggoatpress.com](http://www.dancinggoatpress.com)

Kansas Authors Club welcomes writers of all genres and those who are interested in writing. For more information about Kansas Authors Club, visit [www.kansasauthors.org](http://www.kansasauthors.org).

### LMH nurse earns CEN

Allison Nichols, a registered nurse at Lawrence Memorial Hospital, recently earned the credentials of Certified Emergency Nurse (CEN). To do this, she successfully completed



Nichols

the CEN exam administered by the Board of Certification for Emergency Nursing (BCEN). This certification validates Nichols' expertise in emergency nursing and assures patients that she is competent and responsible. Nichols has been with LMH since 1985 after earning a BSN from Washburn University in Topeka. She works as a staff nurse and a relief charge nurse in the Emergency Department.

According to the BCEN, their mission is "to certify nurses who provide emergency services across the health care continuum." Nichols says, "In the Emergency Department we care for all types of patients, including medical, surgical, orthopedic, cardiac, pediatric, geriatric, obstetrical, gynecological, trauma, and psychiatric. This certification

validates the body of knowledge that I practice every day in emergency nursing."

### Studdard participates in Silver Haired Legislature session

John Studdard recently returned from Topeka, where he participated in the 25th Annual Kansas Silver Haired Legislature session as a delegate from Douglas County. The session was held October 1-3.



Studdard

The organization, established by the Kansas Legislature, consists of individuals, aged 60 and older, elected by their peers to develop bills and resolutions that are of interest to Kansas seniors and their families.

The 2007 Kansas Silver Haired Legislature considered and recommended legislation pertaining to:

1. Enactment of the geriatric mental health act and establishing a geriatric mental health service program administered by the Kansas Department on Aging.

2. Provisions for mandatory reinstatement of certain insurance policies.

3. Provision for certain amounts of casino revenues for a Senior Services Fund and a new health care for seniors fund.

4. Resolution commending Kansas Legislature to provide cost of living adjustment for retirees.

5. Resolution for Kansas Legislature to help combat predatory lending practices on Income Tax Refund Advances that adversely affect the elderly and other residents of Kansas.

### Non-profit welcomes new executive director

The KABC Board is pleased to announce that Mitzi McFatrach of Lawrence has been named KABC's new executive director. McFatrach brings with her more than 25 years of experience in business management, advocacy, communications and fund development in non-profit and small business. Over half of those years have been in health-care arenas. In addition, she has hands-on experience with aging relatives. McFatrach most recently held the position of executive director for the Foundation on Aging in Mission, Kan.

After nearly 10 years as executive

director of Kansas Advocates for Better Care (KABC), Deanne Bacco has retired. Bacco's tenure was a period of organizational stability, outreach and growth for KABC. Bacco was instrumental in maintaining KABC's organizational reputation, its professional board of directors, and the quality of KABC's staff.

KABC is the only "one-stop resource" offering summarized and detailed reports about every licensed care home in Kansas. Call toll free: 800-525-1782 or in Lawrence: 785-842-3088 for additional information or to order reports.

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## Employment Opportunities

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

## Events and Education Calendar

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

## Health Information Search Healthwise®

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