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November 2008 *Serving Active Seniors in the Lawrence-Topeka Area since 2001* Vol. 8, No. 5

INSIDE



Blue Plate Dinners, a meal-assembly business based in Lawrence, offers alternatives to cooking at home. - page 5



Hundreds of seniors from across Kansas and several other states participated in the 2008 Kansas Senior Olympics. Senior Monthly lists those who placed from the Topeka and Lawrence area - page 6

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KEVIN GROENHAGEN PHOTO

Willard Ratz, a radio operator with a B-17 bomber crew, spent several months as a prisoner of war during World War II. His wartime diary offers a detailed account of life as a POW during the final weeks of the war.

Ratz recorded time as POW in diary

By Kevin Groenhagen

Willard Ratz's mother died when he was in the fifth grade. While that tragedy made things much tougher for the boy, Ratz believes it did make things much easier for him when he became a young man.

"My dad couldn't take care of my sister and me, so my sister went to live with an aunt in Valley Falls, and I lived with an aunt and uncle in Ozawkie," Ratz said. "I went to school there, and then in my senior year I went to Texas. We were essentially orphans. Ever since then I have

been on my own."

Circumstances forced Ratz to learn how to take care of himself at a young age, and prepared him for the tough times during the Depression years. A straight-A student, Ratz received an offer to attend a university without having to pay tuition. However, he lacked the money to buy books and other supplies. Therefore, he became a truck driver. His usual route covered the Colorado-Wyoming border area to Galveston, Brownsville, San Antonio, and Dallas in Texas.

"Truck driving is no fun," Ratz

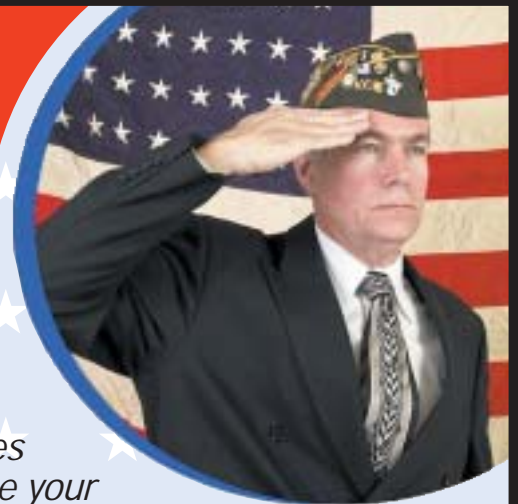
said. "The mountains are a pain in the neck in the winter time. There were no interstates in those days, so you had to drive through every little town along the way."

By 1940, Ratz understood that world events would soon change his life.

"I knew that we would be in the war," Ratz explained. "One time I was hauling cottonseed from McAllen to Brownsville. I was sitting on a dock with some other fellows when a train came by that was full of iron and steel. One of the guys said,

■ CONTINUED ON PAGE THREE

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Willard Ratz

■ CONTINUED FROM PAGE ONE

"There goes a load of steel to Japan. We're going to get it back. And we did."

Ratz enlisted in the Army Air Corps in March 1941.

"I figured I was going to be drafted," he said. "If you volunteered, then you got to choose which branch of the service you wanted. And, if you joined the Army Air Corps, you got to pick which air base you wanted. So I picked Sacramento."

Before going to Sacramento, Ratz went to Scott Field (now Scott Air Force Base) in Illinois, where he received training to become a radio operator. Just two weeks before he graduated from radio school, the Japanese bombed Pearl Harbor.

Ratz's duties kept him stateside until 1944. In September of that year, Ratz's unit arrived at Grenier Army Airfield in Manchester, N.H., where he received supplies, including his own "hack" watch. Hack watches allow pilots and radio men to synchronize several timepieces to a single time source. Ratz continues to wear a hack watch, which he synchronizes with a U.S. government atomic clock.

From Manchester, Ratz flew to Goose Bay Air Force Base in Labrador, Canada, a loading and refueling stop for the Atlantic air ferry route. His unit then flew to Holyhead, Wales, to prepare for missions over the war zone. From Holyhead, Ratz was transferred to his permanent base in England near the English Channel. He was later detailed to another bomber crew that was short a radio operator. He would soon go on his first—and last—mission.

"On Sunday, Oct. 15, 1944, while on a bombing mission in which our target was a factory in Köln, just as we arrived at the I.P. [initial point], our bomber, a B-17, was badly hit by enemy flak," Ratz wrote in the diary he kept during the war. "Two of our engines, three and four, had ceased running. The prop was gone from number three and number four had a feathered prop and was also blazing with fire. The order finally came over the interphone system for the crew to hit the silk."

"Hit the silk" is slang for parachuting out of the plane.

Most of the crew bailed out and landed in Köln, but Ratz stayed behind for awhile to help the tail gunner. Unfortunately, it appeared that the tail gunner was dead, so Ratz decided it was time to jump. However, he literally hit a snag.

"[W]hile I was crawling to the

door, the red handle on my chute pack snagged, and one end of my chute opened up and there I stood 10,000 feet in the air with the plane on fire, low on oxygen, and a parachute that was partially opened," Ratz wrote.

Ratz managed to stuff the parachute back into the pack and fastened it again. He then jumped. He writes that he was about 950-1,000 feet from the ground when he decided to open his chute.

"My reason for delaying the opening of my chute was to provide a harder target for the German soldiers to shoot at, and, also if the German soldiers had seen me bail out, I would have more time to hide before they could get to the spot where I had landed," Ratz wrote.

To his great relief, the parachute opened when he pulled the pin.

"That was the happiest moment of my life," he said. "The next happiest was when my feet were on the

ground."

However, happiness soon turned to apprehension when he realized that he had landed in "no man's land," between the German and American front lines.

"The heavy artillery of both armies were firing over my head," Ratz wrote. "The first evidence of artillery fire I saw there was trees over a foot in diameter being cut down by heavy artillery shells. After roaming around in the line dodging German soldiers, artillery fire, German dugouts, for 9½ hours, I was finally captured and taken prisoner of war."

At one point during that 9½ hours, Ratz actually walked into a German "pillbox." Pillbox is slang for a type of bunker.

"I walked into an underground pillbox right with the Germans," Ratz said. "That was exciting. I thought it was a cave. Once I realized where I was, I decided not to turn around right away since that might have at-

tracted attention. I just stood there with them, looked at them one by one like I was looking for someone, then walked out. They ignored me completely."

The Germans captured Ratz as he was heading for a haystack, where he planned to rest for the night.

"On the way to the haystack, two rifle barrels poked out at me," Ratz said. "I stopped and the first thing they asked was if I was American or English. I said, 'American,' and they said, 'That's all right.' If you were English, that would be bad. There was a gentleman's agreement that if you dropped your landing wheels after getting hit, the enemy would escort you to an airbase. Sometimes the English would feign being disabled and then would let the Germans have it."

The Germans interrogated Ratz, fed him, and then put him in a Volkswagen. They took him to a small town and held him prisoner in a civilian home. The next afternoon a German guard started marching Ratz into the interior of Germany. The first POW camp Ratz stayed at was in Euskirchen, which is located in North Rhine-Westphalia, Germany.

"It was nothing more than a blocked-off alley, and was, I believe, the dirtiest hole I have ever seen in my life," Ratz wrote. "We hardly

■ CONTINUED ON PAGE FOUR



Sgt. Willard Ratz

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Kaw Valley Senior Monthly

Editor and Publisher
Kevin L. Groenhagen

Kaw Valley Senior Monthly is published monthly by Groenhagen Advertising, L.L.C., Lawrence, Kansas, and is distributed at over 130 locations throughout the Lawrence-Topeka area. Any opinions expressed by our writers are not necessarily those of Groenhagen Advertising, L.L.C. Subscription rate is \$15 for 12 monthly issues.

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Lawrence, KS 66046

PHONE
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E-MAIL
kevin@seniormonthly.net

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Willard Ratz

■ CONTINUED FROM PAGE THREE

had enough water to drink and the food was very scanty. For breakfast we were given a cup of ersatz coffee, two slices of black bread, a small cube of Tafelmargarine, and a very small piece of sausage. For dinner we had a cup of very thin soup, if it could be called soup, and for supper, we had only a cup of ersatz coffee. There we slept on loose straw that was almost alive with fleas and lice."

Fortunately, Ratz stayed at this camp for just four days. The Germans then sent him and other POWs to another camp in Wetzler, where they were deloused, fed, and given Red Cross clothing and a Red Cross food parcel.

From Wetzler, the Germans shipped the POWs to Stalag Luft IV at Kiefhiede. When the Russian army neared this camp, the Germans on January 20, 1945 placed Ratz and several other POWs on a train headed for Stalag Luft I at Barth.

"We had free run of the train," Ratz said. "One German even brought us some beer, so we got to sample some German beer."

On February 3, 1945, the POWs arrived at Stalag Luft I, a POW camp for captured Allied airmen. Located on the Baltic Sea, Barth is just south of Sweden and Denmark.

Of course, living conditions were less than ideal at Stalag Luft I.

"For breakfast we got a cup of ersatz coffee and a slice of bread," Ratz said. "For dinner we got a cup of wormy soup. There were little white worms with black heads in the soup. Then we got a potato in the evening."

For supplies, the POWs received a pencil and notebook. Ratz also received a Bible, which he still carries with him.

While the food was bad and the supplies scant, Ratz said things could have been worse.

"In the air forces you got away with more than the POWs in the ground forces," he said. "You weren't put to work. They didn't want you outside the camp because you bombed too many homes and too many towns. That's why your best bet was to be captured by the military and not the civilians."

And, while Stalag Luft I was a far cry from the fictional Stalag 13 portrayed in the 1960s sitcom *Hogan's Heroes*, Ratz notes that the Germans often provided humor for the POWs.

"The camp commandant reminded me a bit of Colonel Klink on *Hogan's Heroes*," he said. "One cold morning the commandant was standing on ice when he gave the Hitler salute. When he clicked his heels together, he slipped on the ice and fell to the ground. We got a good laugh about that and he never did that again."

By the spring of 1945, the POWs knew the Russian army was nearing their camp and that the war was coming to an end. On the morning of May 1, the POWs looked out at the guard towers and noticed that Americans were manning them. Several hours earlier, the Germans had ordered Colonel Hubert Zemke, the senior Allied officer at Stalag Luft I, to prepare the POWs to evacuate the camp. According to the United States Air Force Academy Web site, "Toward the end of the war, Zemke realized the Germans might try to kill the 9,000 POWs in Stalag Luft I rather than allow them to fall into Allied hands. In preparation, Zemke prepared a force of commandos and stockpiled weapons (mostly home-made grenades), in order to wrest control of the camp. When the men of Stalag Luft I were ordered to leave the camp by the German commander, Zemke refused the order."

As Ratz noted in his diary, it would have been impossible for 45 Germans to guard 10,000 POWs, so the Germans ceded control of the camp

to the Allies. The POWs were once again free men.

On May 6, the Russians herded about 50 head of cattle into the compound.

"Looks like we'll have a lot of steaks," Ratz wrote.

The Russians brought in another 36 head of Holstein cattle the next day, and, on May 9, brought in 40-50 more head.

"We were told we could have more if we wanted it, and yesterday we were offered one thousand head of hogs if we wanted them to eat," Ratz wrote. "On May 8, the Russians brought in six truck loads of flour for us. We could ask for no better treatment than that received from the Russians. One good thing for us, they really intend to feed us and keep us filled."

On May 11, B-17s and C-47s began flying the POWs to France. On June 6, Ratz boarded the Liberty Ship William Few at Le Havre, France, and headed for Newport News, Virginia.

From there, he boarded a train for Fort Leavenworth, where he received shots, clothing, and a 60-day convalescence furlough. Ratz received a Purple Heart, a Bronze Star, a POW Medal, and the Good Conduct Medal.

After leaving the military, Ratz studied engineering at DeVry University and had a long career as a civilian purchasing agent with the U.S. Navy.

Ratz moved to the Ozarks when he retired and lived there for over 20 years. He returned to Kansas in 2001 and currently lives at Linnwood Place Assisted Living in Valley Falls.

At 93, Ratz enjoys surfing the Internet. However, the former radio operator is quick to note that he does not find computers as interesting as radios, especially the 1,000-watt transmitter he had shortly after the war.

"I could talk to people all over the world with that radio," Ratz said. "Most of the time it was people in Japan, but I also talked to people in Norway, France, and Germany."

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Blue Plate Dinners offers alternative to cooking

By Billie David

What do Lawrence, a flight magazine and parents whose children still expect them to cook a full-course Thanksgiving dinner have in common?

The answer is Lori Johns, who opened Blue Plate Dinners, a meal assembly business, at Sixth and Wakarusa streets.

"I read about the concept of meal assembly and I thought it might be a good thing to open one in Lawrence," said Johns, who co-owns the business with long-time friend Rachel Wydeven Oliverius.

But first Johns, who became interested in the idea after reading about it in a Southwest Airlines flight magazine, did her homework, visiting several established meal assembly businesses to see how they were run.

She then talked the idea over with Oliverius.

"I came up with the idea, but I knew I needed a partner," Johns said. "I have known Rachel for many years, and she loves to cook."

As for the name, the partners did some their homework and came up with some history related to the Harvey House restaurant chain that served passengers traveling on the nation's rail system.

"They served Blue Plate Specials to travelers," Johns said, explaining that train stops allowed passengers only 30 minutes to eat and get back on the train. The Blue Plate Specials provided speedy yet high-quality dinners that were already put together.

Likewise, Lawrence's Blue Plate Dinners provides busy customers with an alternative to cooking or eating out.

"It's a quick way to get dinner on the table," Johns said.

That's because Johns and Oliverius plan the menus, shop for ingredients, chop, slice and dice the food, and set the items out at food stations in their store, where customers can come in and assemble the dinners to their own liking, skipping not only the preplanning but the cleanup as well.

Customers sometimes invite friends to help them assemble the meals, and the business has even been the site of food-assembly parties.

For those customers who prefer not to come in, however, Johns and Oliverius can assemble the meals themselves, placing them in packages that serve four to six or the smaller half-sized packages that serve two

to three. Customers can buy eight to 12 meals at a time, or they can select only a few, and the meals can be stored in the refrigerator or freezer and heated up for dinner. There are even meals specially designed to be popped into a slow cooker before leaving for work. And for those who are too busy even to call in to request meal packages for pick-up, they can still stop by and select ready-made meals and side dishes from the store's refrigerator or freezer.

Johns and Oliverius make sure they include family-friendly dinners along with those that cater more to adult tastes. For example, October's menu included chicken and rice bake and Popeye pasta, which are favorites of children, along with vegetable curry with rice and shrimp with peanuts and pasta.

October's menu also included slow-cooked sauerbraten and spaetzle in honor of Oktoberfest.

"We always go for a combination of chicken, beef, pork, fish and one vegetarian," Johns said of their menu planning. "And we go for different cooking methods—oven, slow cooker and stovetop."

In the summer there are also salads, and one thing customers can count on no matter what the month is the popular calzone, which has proven itself to be a customer favorite.

"Most seniors have been cooking for a long time and are ready for a break," Johns said. "And it's hard to cook for two. We can work with special diets. And they can enjoy doing this with grown children and also grandchildren. It's hard to find something intergenerational that you can do together and really have fun."

As for Thanksgiving and Christmas, Blue Plate Dinners offers special holiday meals and side dishes—"so Mom doesn't have to do the whole thing," Johns said.

More information about Blue Plate Dinners is available on the business' Web site, www.blueplatedinners.com, or by calling (785) 856-2656.

Senior Monthly is also available online. If you would like to be notified when each new issue is uploaded, please send an e-mail to kevin@seniormonthly.net



Jayni Carey joins Rachel Oliverius and Lori Johns at Blue Plate Dinners to film a segment for "Jayni's Kitchen."

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Local residents excel in Kansas Senior Olympics

Hundreds of seniors from across Kansas and several other states participated in the Kansas Senior Olympics between September 24 and October 5. 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 <http://www.topeka.org/pdfs/2008ksoResults.pdf>

ARCHERY

COMPOUND RELEASE

Men 55-59

1 Hight, Bruce Wamego 864

Men 65-69

1 Watson, Ronald Wamego 857

Men 70-74

1 Moore, William Tecumseh 747

BADMINTON

SINGLES

Women 50-54

1 Werner, Diane Topeka

2 Moore, Terri Topeka

3 Phipps, Denise Topeka

Men 50-54

1 Trehan, Rajeev Lawrence

3 Dasaraju, Parush Topeka

Women 55-59

1 Schuette, Bernie Topeka

Women 65-69

1 Miller, Susan Topeka

3 Walder, Ferne Auburn

Men 65-69

1 DeSilva, Mahasen Topeka

2 Nyfeler, Roger Topeka

Men 70-74

4 Meyer, Benny Topeka

5 Feist, Leroy Topeka

DOUBLES

Women 50-54

1 Yang, Gefei Topeka

1 Stark, Anne Nevada, IA

2 Akerstrom, Liz Topeka

2 Werner, Diane Topeka

3 Schurle, Sarah Alma

3 Moore, Terri Topeka

Men 50-54

1 Dasaraju, Parush Topeka

1 Trehan, Rajeev Lawrence

Women 55-59

1 Schuette, Bernie Topeka

1 Walder, Ferne Auburn

Women 65-69

1 Miller, Susan Topeka

1 Smith, Suzanne Alta Vista

Men 65-69

2 Nyfeler, Roger Topeka

2 DeSilva, Mahasen Topeka

Men 70-74

1 Meyer, Benny Topeka

1 Milton, George Emporia

MIXED DOUBLES

50-54

2 Trehan, Rajeev Lawrence

2 Yang, Gefei Topeka

3 Ericson, Bob Omaha, NE

3 Werner, Diane Topeka

4 Phipps, Denise Topeka

4 Phipps, Bryan Topeka

55-59

1 Akerstrom, Michael Topeka

1 Akerstrom, Liz Topeka

65-69

1 Meyer, Benny Topeka

1 Miller, Susan Topeka

2 Nyfeler, Roger Topeka

2 Smith, Suzanne Alta Vista

BASKETBALL

Women 50+:

1 Gazelles

2 Kansas Thunder

Men 50+:

1 Midwest Crusaders

2 Clearwater

3 South Y Gym Rats

4 A & M Quarries

5 Unique Sweets

Women 55+

1 VC

Men 55+:

1 Ace Duece Trey

2 Angels

Men 60+:

1 ALR Systems of Omaha

2 Harmon Tire

Men 65+:

1 Topeka Seniors

2 Oldies But Goodies

2 Daubert-Butler

BOWLING

SINGLES

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1 Schober, Sandra Silver Lake, 479

3 Hogue, Vicky Oskaloosa, 419

4 Phipps, Denise Topeka, 377

5 Montgomery, Winona Valley Falls 368

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1 Gwaltney, Darrell Topeka 649

3 Hogue, Kenneth Oskaloosa 559

4 Pruitt, Jack Topeka 550

5 Chitwood, Douglas Topeka 542

6 Montgomery, Bobby Valley Falls 424

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1 Sawyer, Catherine Topeka 546

2 Schuette, Bernie Topeka, 496

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1 Uhl, Dennis Topeka, 590

2 Sherretts, Buzz Topeka, 567

3 Schober, Paul Silver Lake, 519

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1 Acker, Rita Topeka,

4 Parker, Shirley Topeka, 393

5 Preston, Sheryl Topeka, 357

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1 Charity, Jim Topeka, 621

2 Parker, Harry Topeka, 579

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2 Walder, Ferne Auburn, 417

3 Evans, Bobbie Topeka, 410

4 McCarter, Clo Oskaloosa, 401

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1 Fett, Carl Topeka, 635

2 Mountain, Charles Topeka, 586

5 Franklin, Jerry Topeka, 513

6 Larson, Dean Tecumseh, 515

7 McCarter, Larry Oskaloosa, 474

8 Walder, Clifton Auburn, 420

9 Evans, Paul Topeka, 376

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1 Pokorney, Dottie Silver Lake, 537

4 Robins, Bonita Topeka, 466

5 Kilgore, Imogene Lawrence, 464

7 Elston, Mary Lawrence, 431

12 Anno, Mercedes Topeka, 394

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2 Halseth, Hank Meriden, 583

12 Reyes, Severo Topeka, 456

13 Hippen, Erwin Topeka, 453

15 Gorman, Andy Tecumseh, 364

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1 Beuchat, Marie Topeka, 474

Men 75-79

1 Frank, Robert Silver Lake, 571

3 Idol, Paul Topeka, 483

3 Ward, Richard Topeka, 483

4 Barrand, Eugene Topeka, 464

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Senior Olympics

■ CONTINUED FROM PAGE FOUR

Women 80-84

- 1 Dawson, Peggy Topeka, 468
- 2 Rill, Lois Topeka, 433

Women 85-89

- 1 Moore, Virginia Topeka, 370

DOUBLES

Women 50-54

- 2 Parker, Shirley Topeka 895
- 2 Schober, Sandra Silver Lake 895
- 3 Montgomery, Winona Valley Falls 802
- 3 Hogue, Vicky Oskaloosa 802

Men 50-54

- 1 Gwaltney, Darrell Topeka 1184
- 1 Hogue, Kenneth Oskaloosa 1184
- 2 Parker, Harry Topeka 1033
- 2 Pruitt, Jack Topeka 1033

Women 55-59

- 1 Schuette, Bernie Topeka 1035
- 1 Walder, Ferne Auburn 1035

Men 55-59

- 1 Charity, Jim Topeka 1323
- 1 Uhl, Dennis Topeka 1323
- 2 Walder, Clifton Auburn 1029
- 2 Sherretts, Buzz Topeka 1029

Women 60-64

- 1 Pokorney, Dottie Silver Lake 965
- 1 Acker, Rita Topeka 965
- 2 Robins, Bonita Topeka 944
- 2 Preston, Sheryl Topeka 944

Men 60-64

- 1 Moreno, Gil Topeka 1246
- 1 Halseth, Hank Meriden 1246

Women 65-69

- 1 Kelch, Darlene Eskridge 981
- 1 McCarter, Clo Oskaloosa 981

Men 65-69

- 2 Fett, Carl Topeka 1203
- 2 Frank, Robert Silver Lake 1203
- 3 Hippen, Erwin Topeka
- 3 Kirk, Gary Topeka
- 4 Waggle, Ross Berryton
- 4 Mountain, Charles Topeka
- 6 Franklin, Jerry Topeka
- 6 Evans, Paul Topeka
- 7 McCarter, Larry Oskaloosa
- 7 Monaghan, Daryl Hiawatha

Women 70-74

- 1 Kilgore, Imogene Lawrence
- 1 Elston, Mary Lawrence

Men 70-74

- 3 Gorman, Andy Tecumseh
- 3 Reyes, Severo Topeka

Women 75-79

- 1 Beuchat, Marie Topeka
- 1 Dawson, Peggy Topeka

Men 75-79

- 1 Barrand, Eugene Topeka 1064
- 1 Ward, Richard Topeka 1064

Women 80-84

- 1 Moore, Virginia Topeka 819
- 1 Rill, Lois Topeka 819

MIXED DOUBLES

50-54

- 1 Hogue, Kenneth Oskaloosa 1301
- 1 Hogue, Vicky Oskaloosa 1301
- 2 Gwaltney, Darrell Topeka 1232
- 2 Richardson, Connie Topeka 1232
- 4 Chitwood, Jean Welda 1006
- 4 Chitwood, Douglas Topeka 1006
- 5 Montgomery, Winona Valley Falls 924
- 5 Montgomery, Bobby Valley Falls 924
- 6 Schober, Paul Silver Lake 919
- 6 Schober, Sandra Silver Lake 919
- 8 Phipps, Denise Topeka 772
- 8 Phipps, Bryan Topeka 772

55-59

- 1 Fett, Carl Topeka 1138
- 1 Sawyer, Catherine Topeka 1138
- 2 Schuette, Bernie Topeka 1106
- 2 Sherretts, Buzz Topeka 1106

60-64

- 2 Parker, Harry Topeka 913
- 2 Parker, Shirley Topeka 913
- 3 Dennison, Marvin Tecumseh 691
- 3 Dennison, Linda Tecumseh 691

65-69

- 2 Walder, Ferne Auburn 991
- 2 Walder, Clifton Auburn 991
- 4 McCarter, Clo Oskaloosa 904
- 4 McCarter, Larry Oskaloosa 904
- 5 Evans, Bobbie Topeka 875
- 5 Evans, Paul Topeka 875

70-74

- 2 Robins, Bonita Topeka 1091
- 2 Reyes, Severo Topeka 1091
- 3 Hippen, Erwin Topeka 1036
- 3 Hawkins, Velma Silver Lake 1036

75-79

- 1 Latham, Peter Topeka 887
- 1 Latham, Nadine Topeka 887

CYCLING

5K TIME TRIAL

Women 50-54

- 1 Taylor, Glenda Topeka 8:26:00

Men 50-54

- 1 Weinbeck, Dennis Topeka 7:12:00

Women 55-59

- 1 Jackson, Janet Topeka 9:58:00

Men 60-64

- 3 Ficke, Stephen Topeka 8:41:00
- 5 Lucero, Bill Topeka 9:21:00

Men 65-69

- 1 Douglas, Joseph Lawrence 7:56:00
- 2 Baker, Michael Topeka 8:09:00
- 4 Deeter, Mark Topeka 8:30:00
- 5 Kietzman, Larry Topeka 8:40:00

Men 70-74

- 2 Knowles, Terry Topeka 9:50:00

10K TIME TRIAL

Men 50-54

- 1 Weinbeck, Dennis Topeka 14:02:00

Women 55-59

- 1 Jackson, Janet Topeka 20:35:00

Men 60-64

- 5 Ficke, Stephen Topeka 18:13:00
- 6 Lucero, Bill Topeka 19:38:00

Men 65-69

- 1 Douglas, Joseph Lawrence 15:54:00
- 4 Baker, Michael Topeka 22:09:00
- 5 Deeter, Mark Topeka 27:16:00

Men 70-74

- 2 Knowles, Terry Topeka 18:37:00

20K TIME TRIAL

Women 50-54

- 1 Taylor, Glenda Topeka, 33:50:52

Men 50-54

- 2 Weinbeck, Dennis Topeka, 32:58:64

Men 55-59

- 1 Jackson, Janet Topeka, 42:00:18

Men 60-64

- 4 Ficke, Stephen Topeka, 35:25:79
- 5 Lucero, Bill Topeka, 37:21:17

Men 65-69

- 1 Douglas, Joseph Lawrence, 33:39:66
- 3 Kietzman, Larry Topeka, 39:47:17
- 4 Baker, Michael Topeka, 43:11:57
- 5 Deeter, Mark Topeka, 58:48:00

GOLF

Women 55-59

- 1 Wurtz, Christine Topeka, 91
- 2 Patty, Connie Topeka, 98
- 4 Thomas, Lou Ann Oskaloosa, K 113
- 4 Akerstrom, Liz Topeka, 113

Men 55-59

- 2 Seehorn, Steven Topeka, 90

Women 60-64

- 1 Wahwahsuck, Jeannette Lawrence, 98

Men 60-64

- 4 Akerstrom, Michael Topeka, 93

Men 65-69

- 2 Ramey, Robert Topeka, 93
- 4 Carter, John Topeka, 98

Men 70-74

- 1 Guinty, Gary Topeka, 81

Men 75-79

- 4 Halladay, John Lawrence, 102

Women 80-84

- 1 Wiley, Joann Lawrence, 130

Men 85-89

- 1 Petro, Robert Topeka, 95

HORSESHOES

Women 50-54

- 1 Lewis, LuAnn Topeka 43
- 3 Moore, Terri Topeka 34

Women 55-59

- 1 Baker, Terry Topeka 15

■ CONTINUED ON PAGE EIGHT

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Senior Olympics

■ CONTINUED FROM PAGE SEVEN

Women 60-64

1 Plummer, Deborah Topeka 78

Men 65-69

1 Metzenthin, Paul Topeka 10

Women 70-74

1 Robins, Bonita Topeka 127

Women 75-79

1 Latham, Nadine Topeka, 36

2 Wood, Frances Topeka, 16

Men 80-84

1 Latham, Peter Topeka, 28

RACQUETBALL SINGLES

Women 50-54

1 Aitken, Teresa Topeka

2 Beck, Kathy Topeka

Men 50-54

3 Andrews, Bruce Topeka

4 Phipps, Bryan Topeka

Men 55-59

1 Lee, Greg Topeka

2 Schmidt, Daniel Topeka

3 Purcell, Mike Topeka

Men 70-74

1 Feist, Leroy Topeka

3 Berendsen, Pieter Lecompton

DOUBLES

Men 55-59

1 Schmidt, Daniel Topeka

1 Symmonds, Robert Emporia

2 McCoy, Steve Topeka

2 Purcell, Mike Topeka

ROAD RACE

5K

Women 55-59

2 Wenger Sharon Topeka 26:39:00

Women 60-64

1 Best, Lana Topeka, 29:02:00

Women 65-69

1 Shipman, Norma Topeka, 33:05:00

Men 65-69

1 Brawner, Wally Tonganoxie 22:47:00

3 Kietzman, Larry Topeka 24:42:00

5 Lang Clay Topeka 25:39:00

6 Larios Delfino Ottawa 32:46:00

Men 70-74

1 Clark, Kirby Tonganoxie 28:08:00

3 Schonlaw, Terry Topeka 33:00:00

Men 75-79

1 Willis, Paul Topeka 32:04:00

10K

Women 55-59

1 Wenger, Sharon Topeka 56:52:00

Men 55-59

1 Wenger, Bob Topeka 47:28:00

Women 60-64

2 Phillips, Claire Topeka 1:08:33

Men 60-64

3 Watson, Leslie Topeka 1:16:41

Men 70-74

1 Weinhold, Frank Topeka 55:58:00

SHUFFLEBOARD SINGLES

Women 50-54

1 Phipps, Denise Topeka

Women 55-59

2 Schuette, Bernie Topeka

Women 60-64

1 Schultz, Diana Topeka

Women 65-69

2 Evans, Bobbie Topeka

Men 65-69

1 Evans, Paul Topeka

Women 70-74

1 Fitzgibbons, Jean Topeka

2 Bohnsack, Sandra Topeka

Men 70-74

3 Hippen, Erwin Topeka

4 Shutt, Jack Topeka

5 Gorman, Andy Tecumseh

Women 75-79

1 Latham, Nadine Topeka

Women 80-84

1 Roose, Velma Topeka

Men 80-84

1 Latham, Peter Topeka

DOUBLES (CAN BE OF MIXED GENDER)

50-54

1 Phipps, Denise Topeka

1 Phipps, Bryan Topeka

55-59

1 Hippen, Erwin Topeka

1 Schuette, Bernie Topeka

60-64

1 Roose, Velma Topeka

1 Schultz, Diana Topeka

65-69

2 Evans, Bobbie Topeka

2 Evans, Paul Topeka

70-74

1 Bohnsack, Sandra Topeka

1 Fitzgibbons, Jean Topeka

75-79

1 Latham, Peter Topeka

1 Latham, Nadine Topeka

SOFTBALL

Women 50+:

1 Hot Stkyx

2 Old Bats

3 Kansas Cougars

Men 50+:

1 Dugout

Men 55+:

1 Angels

Women 60+:

1 Gazelles

Men 60+:

1 Prime Time

2 EDP

Men 65+:

1 KC 65's

2 Topeka Seniors

Men 70+:

1 Antiques of KC

2 Wachovia Volunteers

2 Topeka Senior Seniors

3 Over the Hill Gang

SWIMMING

50 YARD BACKSTROKE

Women 50-54

2 Rose-Long, Jennifer Auburn 00:56.2

Women 55-59

1 Bauersfeld, Gay Topeka 00:45.0

Men 55-59

1 Creviston, James Auburn 00:34.4

Women 65-69

1 Miller, Susan Topeka 00:49.9

100 YARD BACKSTROKE

Women 50-54

2 Rose-Long, Jennifer Auburn 02:09.7

Women 55-59

1 Bauersfeld, Gay Topeka 01:43.8

Women 60-64

1 McHenry, Linda Topeka 01:30.5

Men 60-64

1 McHenry, Jr., James Topeka 01:39.6

Women 65-69

1 Miller, Susan Topeka 01:51.3

200 YARD BACKSTROKE

Women 60-64

1 McHenry, Linda Topeka 03:12.8

50 YARD BREASTSTROKE

Women 50-54

1 Rose-Long, Jennifer Auburn 00:54.3

Women 55-59

1 Starks, Joanie Lawrence 00:46.4

2 Bauersfeld, Gay Topeka 00:47.1

Men 60-64

3 Fryback, Larry Topeka 00:46.3

Women 65-69

1 Miller, Susan Topeka 00:56.5

100 YARD BREASTROKE

Women 50-54

1 Rose-Long, Jennifer Auburn 01:59.8

Women 55-59

1 Bauersfeld, Gay Topeka 01:47.6

■ CONTINUED ON PAGE NINE



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Senior Olympics

■ CONTINUED FROM PAGE EIGHT

Men 55-59

1 Kossoy, Allen Topeka 01:36.8

Men 60-64

2 McHenry, Jr., James Topeka 01:49.8

Women 70-74

200 YARD BREASTSTROKE

Women 55-59

1 Bauersfeld, Gay Topeka 03:48.7

50 YARD BUTTERFLY

Women 50-54

1 Werner, Diane Topeka 00:36.1

2 Fryback, Larry Topeka 00:41.1

100 YARD BUTTERFLY

Women 50-54

1 Werner, Diane Topeka 01:33.8

50 YARD FREESTYLE

Women 50-54

1 Werner, Diane Topeka 00:32.5

3 Rose-Long, Jennifer Auburn 00:46.5

Women 55-59

2 Starks, Joanie Lawrence 00:37.43

Men 55-59

1 Creviston, James Auburn 00:24.4

Men 60-64

3 Fryback, Larry Topeka 00:32.9

100 YARD FREESTYLE

Women 50-54

1 Werner, Diane Topeka 01:13.5

Women 55-59

1 Starks, Joanie Lawrence 01:22.3

Men 55-59

1 Creviston, James Auburn 01:01.7

Women 60-64

1 McHenry, Linda Topeka 01:15.3

Men 60-64

1 Fryback, Larry Topeka 01:20.4

2 McHenry, Jr., James Topeka 01:20.9

200 YARD FREESTYLE

Women 50-54

2 Werner, Diane Topeka 03:05.1

Women 55-59

2 Starks, Joanie Lawrence 03:01.6

Men 55-59

1 Creviston, James Auburn 02:37.9

2 Kossoy, Allen Topeka 02:40.6

Women 60-64

1 McHenry, Linda Topeka 02:45.4

Men 60-64

2 McHenry, Jr., James Topeka 03:07:1

500 YARD FREESTYLE

Women 50-54

2 Werner, Diane Topeka 07:49.8

Women 55-59

2 Starks, Joanie Lawrence 08:15.5

Men 55-59

1 Kossoy, Allen Topeka 07:24.7

Women 60-64

1 McHenry, Linda Topeka 07:41.3

100 YARD INDIVIDUAL MEDLEY

Women 50-54

1 Werner, Diane Topeka 01:25.6

Men 55-59

2 Creviston, James Auburn 01:09.1

4 Kossoy, Allen Topeka 01:36.7

Women 65-69

1 Miller, Susan Topeka 01:58.4

200 YARD INDIVIDUAL MEDLEY

Women 50-54

1 Werner, Diane Topeka 3:13.55

TABLE TENNIS

SINGLES

Women 50-54

1 Frazier, Eldonna Topeka

2 Yang, Gefei Topeka

Men 50-54

1 Trehan, Rajeev Lawrence

Men 60-64

1 Brown, Neil Lawrence

2 Gubanyi, James Topeka

Women 65-69

1 Miller, Susan Topeka

Men 65-69

5 DeSilva, Mahasen Topeka

6 Nyfeler, Roger Topeka

Women 70-74

1 Fitzgibbons, Jean Topeka

2 Bohnsack, Sandra Topeka

Men 70-74

2 Shutt, Jack Topeka

3 Schonlaw, Terry Topeka

4 Feist, Leroy Topeka

Women 75-79

1 Wood, Frances Topeka

2 Latham, Nadine Topeka

Men 80-84

2 Latham, Peter Topeka

DOUBLES

Women 50-54

1 Wood, Frances Topeka

1 Frazier, Eldonna Topeka

Men 60-64

1 Gubanyi, James Topeka

1 Brown, Neil Lawrence

Women 65-69

1 Miller, Susan Topeka

1 Smith, Suzanne Alta Vista

Men 65-69

2 Nyfeler, Roger Topeka

2 DeSilva, Mahasen Topeka

Women 70-74

1 Bohnsack, Sandra Topeka

1 Fitzgibbons, Jean Topeka

Men 70-74

1 Schonlaw, Terry Topeka

1 Latham, Peter Topeka

MIXED DOUBLES

50-54

1 Trehan, Rajeev Lawrence

1 Yang, Gefei Topeka

65-69

2 Nyfeler, Roger Topeka

2 Miller, Susan Topeka

70-74

1 Metzger, Clifford Salina

■ CONTINUED ON PAGE 10



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Senior Olympics

■ CONTINUED FROM PAGE NINE

- 1 Fitzgibbons, Jean Topeka
 - 2 McFarland, Robert Grand Island
 - 2 Bohnsack, Sandra Topeka
- 75-79**
- 1 Clark, Bob Oakley
 - 1 Wood, Frances Topeka

TENNIS SINGLES

- Women 50-54**
- 1 Werner, Diane Topeka
- Men 50-54**
- 2 Trehan, Rajeev Lawrence
- Women 55-59**
- 2 Stewart, Margo Topeka
- Women 65-69**
- 2 Weinhold, Carolyn Topeka
 - 3 Frieden, Janet Topeka
- Men 65-69**
- 4 DeSilva, Mahasen Topeka
- DOUBLES**

- Men 50-54**
- 1 DeSilva, Mahasen Topeka
 - 1 Trehan, Rajeev Lawrence
- Women 55-59**
- 2 Bauersfeld, Gay Topeka
 - 2 Allerheiligen, Jan Overland Park
 - 2 Hope, Anne Kansas City, MO
 - 2 Humphrey, Kathleen Topeka
 - 4 Stewart, Margo Topeka
 - 4 Huey, Patricia Topeka

- Women 60-64**
- 1 Miller, Susan Topeka
 - 1 Plummer, Deborah Topeka
- Men 60-64**
- 2 Bauersfeld, Jim Topeka
 - 2 Keller, Jim Topeka
- Women 65-69**
- 1 Weinhold, Carolyn Topeka
 - 1 Frieden, Janet Topeka
- Men 65-69**
- 1 Walker, Richard Topeka
 - 1 Metzenthin, Paul Topeka

MIXED DOUBLES

- 60-64**
- 1 Brian, Chris Topeka,
 - 1 Plummer, Deborah Topeka,
- 65-69**
- 4 Metzger, Cliffo Salina
 - 4 Miller, Susan Topeka

TRACK AND FIELD DISCUS

- Men 50-54**
- 5 Squires, Gary Lawrence 081'03.5"
- Women 55-59**
- 1 Schuette, Bernie Topeka 026'04.00"
- Women 60-64**
- 1 Schultz, Diana Topeka 048'01.5"
 - 2 Johnson, Arlyn Tecumseh 030'02.5"
- Men 60-64**
- 7 Woodard, Donald Auburn 085'06.00"
- Women 65-69**
- 1 Lane, Char Topeka 031'04.00"
- Men 65-69**
- 5 Woody, Elgino Topeka 061'05.5"
- Women 70-74**
- 1 Robins, Bonita Topeka 026'11.00"
- Men 70-74**
- 2 Wilson, Marvin Topeka 114'05.00"
- Women 75-79**
- 2 Ramonda, Kathleen Topeka 028'03.5"
- Men 80-84**
- 1 Green, Kelly Topeka 053'00.00"

HIGH JUMP

- Men 60-64**
- 1 Law, Larry Topeka 4'10"
 - 4 Woodard, Donald Auburn 4'00"
- Men 70-74**
- 1 Feist, Leroy Topeka 3'08"
- Men 80-84**
- 1 Green, Kelly Topeka 3'01"

JAVELIN

- Women 55-59**
- 1 Schuette, Bernie Topeka 032'09.0"

- Women 60-64**
- 1 Schultz, Diana Topeka 071'03.5"
 - 2 Johnson, Arlyn Tecumseh 034'06.5"
- Men 60-64**
- 6 Woodard, Donald Auburn 078'02.0"
- Women 65-69**
- 1 Lane, Char Topeka 044'02.0"
- Men 65-69**
- 5 Woody, Elgino Topeka 088'06.5"
- Women 70-74**
- 1 Robins, Bonita Topeka 039'10.5"
- Men 70-74**
- 1 Ohm, Ken Topeka 116'07.5"
 - 2 Christensen, Gerald Topeka 109'07.5"
 - 3 Adkins, Bill Topeka 064'05.0"
- Women 75-79**
- 2 Ramonda, Kathleen Topeka 022'07.5"

LONG JUMP

- Men 50-54**
- 6 Squires, Gary Lawrence 11'01.5"
- Women 55-59**
- 1 Schuette, Bernie Topeka 06'07.75"
- Men 55-59**
- 5 Oppitz, Lawrence Topeka 12'07.5"
- Women 60-64**
- 2 Johnson, Arlyn Tecumseh 06'04.25"
- Men 60-64**
- 5 Woodard, Donald Auburn 10'02.00"
- Men 70-74**
- 2 Adkins, Bill Topeka 08'06.00"

POLE VAULT

- Men 50-54**
- 2 Konrade, Ron Topeka 09'6"
- Women 65-69**
- 1 Lane, Char Topeka 03'00"
- Men 70-74**
- 1 Feist, Leroy Topeka 05'6"

SHOTPUT

- Women 50-54**
- 3 Lewis, LuAnn Topeka 25'06.00"
- Men 50-54**
- 4 Squires, Gary Lawrence 33'05.00"
- Women 55-59**
- 1 Schuette, Bernie Topeka 16'04.25"
- Women 60-64**
- 1 Schultz, Diana Topeka 23'11.5"
 - 2 Johnson, Arlyn Tecumseh 15'04.25"
- Men 60-64**
- 6 Wiechert, Stan Topeka 32'06.00"
 - 8 Woodard, Donald Auburn 31'06.00"
- Women 65-69**
- 1 Weinhold, Carolyn Topeka 19'06.5"
 - 2 Lane, Char Topeka 17'11.00"
- Men 65-69**
- 6 Woody, Elgino Topeka 33'00.5"
- Women 70-74**
- 1 Robins, Bonita Topeka 12'10.5"
- Men 70-74**
- 2 Wilson, Marvin Topeka 35'02.25"
 - 5 Adkins, Bill Topeka 25'02.5"
- Women 75-79**
- 2 Ramonda, Kathleen Topeka 12'09.5"
- Men 80-84**
- 1 Green, Kelly Topeka 23'11.75"

TRIPLE JUMP

- Women 55-59**
- 1 Schuette, Bernie Topeka 10'09.25"
- Women 60-64**
- 1 Johnson, Arlyn Tecumseh 13'01.5"
- Men 60-64**
- 5 Woodard, Donald Auburn 20'11.5"
- Men 65-69**
- 4 Woody, Elgino Topeka 07'04.5"
- Men 80-84**
- 1 Green, Kelly Topeka 06'04.75"

1500 METER RACE WALK

- Women 55-59**
- 1 Schuette, Bernie Topeka 15:40.69
- Women 60-64**
- 1 Perih, Nancy Topeka 11:20.01
- Men 60-64**
- 1 Comstock, Gary Topeka 13:56.17

5000 METER RACE WALK

- Women 60-64**
- 1 Perih, Nancy Topeka 42:19.18
- Men 60-64**
- 1 Comstock, Gary Topeka 40:52.48

100 METER DASH

- Women 50-54**
- 5 Kramer, Susan Topeka 00:17.56
 - 7 Phipps, Denise Topeka 00:21.89
- Men 50-54**
- 4 Beattie, Richard Topeka 00:13.18
 - 7 Phipps, Bryan Topeka 00:15.40
- Women 55-59**
- 1 Carter, Sandra Topeka 00:17.18
 - 2 Starks, Joanie Lawrence 00:19.16
 - 3 Schuette, Bernie Topeka 00:24.46
- Men 55-59**
- 4 Boehr, Douglas Topeka, 00:14.58
- Men 60-64**
- 6 Woodard, Donald Auburn 00:17.03
- Men 70-74**
- 2 Schonlaw, Terry Topeka 00:17.56
- Men 75-79**
- 1 Wilson, Larry Topeka 00:18.57
- Men 80-84**
- 2 Green, Kelly Topeka 00:21.41

200 METER DASH

- Women 50-54**
- 6 Kramer, Susan Topeka 00:37.03
- Male 55-59**
- 4 Beattie, Richard Topeka 00:28.28
- Women 55-59**
- 2 Schuette, Bernie Topeka 01:03.99
- Men 55-59**
- 4 Boehr, Douglas Topeka 00:27.19
- Men 70-74**
- 2 Schonlaw, Terry Topeka 00:41.26
- Men 80-84**
- 2 Green, Kelly Topeka 00:50.41

400 METER RUN

- Men 50-54**
- 3 Hertling, Keith Topeka 00:59.78
 - 6 Beattie, Richard Topeka 01:04.47
 - 7 Dowell, Keith Lawrence 01:04.49
- Men 55-59**
- 3 Boehr, Douglas Topeka 01:09.34
- Men 60-64**
- 2 Law, Larry Topeka 01:05.20
 - 7 Comstock, Gary Topeka 01:20.53
- Women 65-69**
- 2 Lane, Char Topeka 02:09.35
- Men 70-74**
- 3 Clark, Kirby Tonganoxie 01:53.15

800 METER RUN

- Women 50-54**
- 1 Kramer, Susan Topeka 03:54.04
- Men 50-54**
- 3 Dowell, Keith Lawrence 02:33.98
- Men 60-64**
- 2 Law, Larry Topeka 03:01.20
 - 5 Comstock, Gary Topeka 03:26.51
- Men 70-74**
- 2 Clark, Kirby Tonganoxie 04:06.19

1500 METER RUN

- Men 50-54**
- 1 Hertling, Keith Topeka 04:45.43
 - 3 Dowell, Keith Lawrence 05:02.1
- Women 55-59**
- 1 Starks, Joanie Lawrence
- Men 60-64**
- 2 Law, Larry Topeka 06:21.83

- 4 Comstock, Gary Topeka 07:17.59
- Men 65-69**
- 1 Brawner, Wally Tonganoxie 06:01.78
 - 3 Lang, Clay Topeka 07:11.24
- Men 70-74**
- 1 Clark, Kirby Tonganoxie 07:45.00

VOLLEYBALL

- Women 50+:**
- 1 Bumpin' Boomer Babes
 - 2 Sunflower Power
 - 3 Just Settin' Around
 - 4 Topeka Classics
 - 5 Ding Bats
 - 6 Volley Dolls
- Men 50+:**
- 1 Johnson County Blasters
- Women 55+:**
- 1 Hot Flashes
- Men 55+:**
- 1 59 is the New 60
- Women 60+:**
- 1 CC's Classics
- Men 60+:**
- 1 Social Security Club
 - 2 Boyz Night Out
 - 3 Don Bosco

- Women 65+:**
- 1 Gazelles
- Men 65+:**
- 1 Topeka Seniors

BASKETBALL FREE THROW

- Men 55-59**
- 2 Hall, Gary Lawrence 13
 - 2 Easterwood, Edward Eudora 13
- Women 60-64**
- 1 Schultz, Diana Topeka 5
- Men 60-64**
- 3 Henderson, Gary Leecompton 8
 - 4 Woodard, Donald Auburn 6
- Women 65-69**
- 2 Lane, Char Topeka 6
- Men 65-69**
- 4 Woody, Elgino Topeka 1
- Men 70-74**
- 2 Reyes, Severo Topeka 10
 - 3 Meyer, Benny Topeka 7
 - 4 Hippen, Erwin Topeka 4

SOFTBALL THROW-DISTANCE

- Women 50-54**
- 2 Kull, Stacy Carbondale 98'7"
 - 3 Phipps, Denise Topeka 84'2"
- Men 50-54**
- 1 Phipps, Bryan Topeka 137'5"
- Women 55-59**
- 1 Moore, Marsha Topeka 124'6"
 - 2 McDanel, Karen Topeka 99'3"
 - 4 Schuette, Bernie Topeka 77'10"
- Women 60-64**
- 1 Schultz, Diana Topeka 97'2"
 - 2 Marsh, Marty Lawrence 82'5"
- Men 60-64**
- 2 Woodard, Donald Auburn 165'8"
 - 4 McNeil, Terry Topeka 146'5"
 - 6 Comstock, Gary Topeka 133'
 - 7 Fox, Jim Topeka 131'2"

■ CONTINUED ON PAGE 11

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Senior Olympics

■ CONTINUED FROM PAGE 10

Women 65-69

3 Lane, Char Topeka 77'8"

Men 65-69

1 Woody, Elgino Topeka 87'6"

Women 70-74

1 Kilgore, Imogene Lawrence 62'11"

2 Elston, Mary Lawrence 58'

3 Fitzgibbons, Jean Topeka 39'8"

Men 70-74

1 Hippen, Erwin Topeka 139'2"

SOFTBALL THROW-ACCURACY

Women 50-54

2 Phipps, Denise Topeka 30

Men 50-54

1 Phipps, Bryan Topeka 40

Women 55-59

1 Schuette, Bernie Topeka 40

1 McDanel, Karen Topeka 40

2 Moore, Marsha Topeka 30

Women 60-64

1 Dennison, Linda Tecumseh 50

2 Schultz, Diana Topeka 30

3 Marsh, Marty Lawrence 20

Men 60-64

2 Comstock, Gary Topeka 90

3 McNeil, Terry Topeka 80

4 Woodard, Donald Auburn 60

Women 65-69

1 Lane, Char Topeka 40

Men 65-69

2 Woody, Elgino Topeka 20

Women 70-74

1 Kilgore, Imogene Lawrence 10

1 Elston, Mary Lawrence 10

1 Fitzgibbons, Jean Topeka 10

Men 70-74

1 Reyes, Severo Topeka 60

1 Swartz, Michael Topeka 60

2 Hippen, Erwin Topeka 30

Men 75-79

2 Hutchinson, Sam Topeka 30

FOOTBALL THROW-ACCURACY

Women 50-54

1 Phipps, Denise Topeka 50

1 Hammond, Lori Meriden 50

2 Moore, Rebecca Auburn 20

Men 50-54

1 Bruton, Bob Topeka 40

2 Phipps, Bryan Topeka 20

Women 55-59

1 Schuette, Bernie Topeka 20

1 Hudson, Janice Topeka 20

2 McDanel, Karen Topeka 0

Women 60-64

1 Schultz, Diana Topeka 40

3 Marsh, Marty Lawrence 10

Men 60-64

3 Reich, Warren Topeka 40

4 McNeil, Terry Topeka 30

5 Comstock, Gary Topeka 20

5 Woodard, Donald Auburn 20

Women 65-69

3 Lane, Char Topeka 10

3 Gilbert, Viola "Pat" Topeka 10

4 Dove, Marcia Meriden 0

Men 65-69

1 Woody, Elgino Topeka 70

Women 70-74

1 Kilgore, Imogene Lawrence 20

1 Elston, Mary Lawrence 20

2 Fitzgibbons, Jean Topeka 0

WASHERS

Men 50-54

1 Bruton, Bob Topeka 17

Women 55-59

1 Schuette, Bernie Topeka 16

Women 60-64

2 Marsh, Marty Lawrence 16

4 Dennison, Linda Tecumseh 10

Men 60-64

1 McNeil, Terry Topeka 22

Women 65-69

1 Evans, Bobbie Topeka 16

2 Dove, Marcia Meriden 12

Men 65-69

3 Metzenthin, Paul Topeka 15

3 Evans, Paul Topeka 15

Women 70-74

1 Fitzgibbons, Jean Topeka 22

2 Elston, Mary Lawrence 12

Men 70-74

1 Loseke, Fred Topeka 12

Women 75-79

1 Wood, Frances Topeka 9

Men 75-79

2 Hutchinson, Sam Topeka 15

BAGGO

Women 50-54

2 Diegel, Holly Topeka 23

3 Moore, Rebecca Auburn 13

Men 50-54

1 Bruton, Bob Topeka 21

Women 55-59

1 McDanel, Karen Topeka 22

2 Hudson, Janice Topeka 17

3 Schuette, Bernie Topeka 0

Women 60-64

1 Schultz, Diana Topeka 23

2 Dennison, Linda Tecumseh 22

3 Miller, Martha Topeka 21

5 Marsh, Marty Lawrence 3

Men 60-64

1 McNeil, Terry Topeka 21

1 Comstock, Gary Topeka 21

Women 65-69

1 Lane, Char Topeka 24

2 Evans, Bobbie Topeka 20

3 Dove, Marcia Meriden 8

Men 65-69

1 Metzenthin, Paul Topeka 21

2 Evans, Paul Topeka 17

Women 70-74

1 Fitzgibbons, Jean Topeka 21

2 Elston, Mary Lawrence 20

3 Kilgore, Imogene Lawrence 3

Women 75-79

1 Wood, Frances Topeka 17

Men 75-79

2 Hutchinson, Sam Topeka 11

Women 80-84

1 Roose, Velma Topeka 19

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Postal Service unveils new Alzheimer's Social Awareness stamp

Alzheimer's awareness was the focus of attention on September 18 when the U.S. Postal Service and the Alzheimer's Foundation of America unveiled a commemorative postage stamp at a ceremony at the Fairmont Hotel, 950 Mason St., San Francisco. The 42-cent Alzheimer's Awareness stamp is now available at post offices nationwide.

James Larkin, U.S. Postal Service Senior Plant Manager in San Francisco and special guest Patricia Garamendi, assistant general manager, California Exposition and State Fair and wife of Lt. Gov. John Garamendi unveiled the stamp during the luncheon keynote presentation, to recognize the importance of knowing more about Alzheimer's in an effort to help raise awareness.

"We believe this stamp will go a long way in helping spread the word about how important it is for everyone to know about this devastating disease," said Larkin. "The Postal Service is proud to continue its tradition as a community leader in highlighting health and social issues."

The stamp unveiling took place as part of the Alzheimer's Foundation of America's (AFA) National Concepts in Care Conference. The

conference, at which Garamendi delivered the keynote presentation, is open to the public and there is no registration fee.

Eric J. Hall, AFA's president and CEO, applauded the Postal Service's recognition of the need for awareness, noting: "The new stamp will help reduce the stigma that sur-

rounds Alzheimer's disease. The more we open up a dialogue about this disease, the more people will seek the treatment and care that can improve quality of life."

With the issuance of the Alzheimer's Awareness stamp, the Postal Service continues its long-standing tradition of raising awareness of so-

cial issues. Stamps such as Breast Cancer Research, Adoption and Children's Health have helped stimulate conversation about these serious topics in communities from coast to coast. These activities go hand in hand with the Postal Service's historic role as a community leader.



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Checklist for surviving a financial crisis

Over the past few weeks, the news has been almost incomprehensible. It's hard for many of us to make sense of the failure of major Wall Street firms and large banks and the \$700 billion bailout of the financial sector. And it's hard for investors



Harley Catlin and Ryan Catlin

to be calm when stocks have fallen almost 30 percent from their all-time high a year ago. What can you do to cope? Consider the following "checklist" for surviving a financial crisis:

- **Close your ears** — but open your eyes. These days, you may hear some so-called "experts" talking about end-of-capitalism scenarios. Try not to listen to these doomsayers. We still have the most powerful economy in the history of the world and we will recover from these setbacks. However, even if you close your ears, you should keep your eyes wide open. Specifically, look for opportunities. Stock prices are down now, but they won't always be — and, all else being equal, investors who buy into the stock market at lower prices are likely to earn higher returns than those who buy stocks when prices are higher.

- **Focus on things you can control.** During a financial crisis, your success at weathering the storm depends on your ability to stay calm

and concentrate on the things you can control. For example, you can control your emotions so that you aren't panicked into making unwise, short-term decisions, such as putting all your money under your mattress. And, to a certain extent, you can even control your portfolio's ability to withstand volatility. How? By diversifying your holdings as broadly as possible. The wider your range of investments, the less you'll be hurt by downturns that primarily affect one asset class. (Keep in mind, though, that diversification, by itself, cannot guarantee profits or protect against loss.)

- **Review and rebalance your portfolio.** During this market decline, some of your holdings have probably fallen more than others. As a result, you may now own a lower

percentage of a specific asset class than you had originally intended when you built your portfolio. Consequently, you may want to meet with your financial advisor to determine if you should rebalance your portfolio by adding more money to those asset classes that have fallen the most. You may also want to rebalance if your risk tolerance or long-term goals have changed.

- **Look for quality investments.** In this economic environment, it's more important than ever to focus on quality investments. If you buy stocks, look for those companies with strong balance sheets. If you're purchasing bonds, stick with those that receive high credit ratings. If we are entering a prolonged economic downturn, these types of investments will, in all likelihood, fare

better than lower-quality stocks and bonds.

- **Be patient.** No one can predict when a bear market will end, but history has shown that turnarounds can happen quickly and unexpectedly. So be patient. The most successful investors have the courage to stay the course and take advantage of opportunities while others are "bailing out" of the financial markets.

We may still have some rough roads ahead of us. But if you can check off every item on this list, you may be able to smooth out some of the bumps you'll encounter on your journey toward achieving your long-term goals.

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

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Maintenance, safety tips for your power mobility device

If you are one of the many people who use a power mobility device (PMD) like a scooter, electric wheelchair or power chair to move around in your home and community, there are many things you can do to maintain your device and ensure your safety. This column is the second article in a two-part series. The first column, printed in the October issue, reviewed the process a person may go through to get a power mobility



Jennifer
Woerner

device. One of the most important things a person can do before getting a PMD is talk to his doctor and get a formal assessment by an occupational therapist (OT). Occupational therapists are trained to assess an individual's skills and make recommendations on equipment based on a person's abilities.

If you already have a PMD, it is your responsibility to make sure you know how to use it safely! Although you are not required to take a driving test or demonstrate your driving skill, using and maintaining a PMD can be complicated. Read on for some ideas to ensure your safety using a PMD.

Know how to use your PMD

1. **Know how to use the options on your chair or scooter.** Make sure you have practiced using the controls on your PMD. Practice changing the speed, starting and stopping. If you control the PMD with a joystick, practice turning around, going through doorways and onto elevators.

2. **Read the operating manual.** The manual will give you valuable information about your PMD and instruct you on how to take care of it. Be sure you save all the information you were initially given about the device. Have easy access to information on how to contact the manufacturer and the medical equipment company you purchased the PMD from.

3. **Complete periodic maintenance.** The medical equipment company that you purchased the PMD from must complete maintenance on the device. Make sure you know what the agreement is on maintenance and when to call them to service your PMD.

4. **Do not change the options or devices on your chair once they have been established.** It takes a qualified person to safely adjust or change the options on your PMD. Call the medical equipment company or the manufacturer if something is not working on your PMD.

Mobility in the Home

1. **If you are considering moving to an assisted living facility or senior apartment complex, be sure to check with the management on policies pertaining to PMDs.** Some facilities have rules about how to use them and where you can park them. These rules are to ensure safety on the grounds of the facility or apartment complex.

2. **Make sure the power is off before getting on and off the PMD.** If you are getting off the PMD, even just for an instant, be sure to turn it off. You may hit the controls when moving around, causing the PMD to move. It could hit you, causing a fall or an injury.

3. **Make sure you have clear paths within your home.** Remove obstacles, such as furniture, that make it difficult to turn around or move safely on your PMD. Throw rugs should also be removed, as they can get caught in the tires of your PMD, causing you to lose traction. Make sure there are no extension cords in the pathways.

4. **It can be difficult to get through doorways with your PMD.** Often, there is a threshold that can be hard to get over. Talk with your doctor and request an occupational therapy (OT) evaluation. An OT can assess architectural barriers in your environment and help you figure out what to do about them.

5. **Familiarize yourself with your environment.** If you are planning to use your PMD around your apartment complex, practicing taking your PMD out and put some thought into the best routes to get from place to place. For instance, one route to the mailboxes may have three doors to go through, but another route may only have one. Some places have doors that open with the push of a button and they are easier to get through than a door you have to manually open.

6. **Do not let children play on your chair or scooter.** The child may accidentally turn on the device and move it, hitting another person and causing an injury. Do not let children ride on the back of your PMD. This could cause an injury to the child if the child falls off, but it also increases the wear and tear on your

PMD. Your PMD was chosen for you based on the size of your body, adding extra weight to it can decrease the safety of the device.

7. **Maintain your physical ability.** Keeping up your strength will enable you to use the PMD safely. If your legs are strong, you will be safer getting on and off the PMD. If your arms and hands are pain free and mobile, you will be more able to turn and use the controls of the device.

Community Mobility: Safety First

1. **Accidents do happen.** Make sure you take precautions to keep yourself and others safe when you are using your PMD in the community.

2. **Make sure you use your seatbelt.** If you hit a curb, crack or rock on the sidewalk, you could be jarred out of your seat. The seatbelt will keep your body safely in place, which will give you more control to respond to the hazard.

3. **Keep arms and legs within the PMD at all times.** Do not try to use your arm or leg to prevent from hitting a wall or door with the PMD.

4. **Travel at a speed that you feel in control with.** It is better to go slow and be safe than too fast and have an accident.

5. **Use a flag.** Try to travel on a sidewalk as much as possible. If you have to travel through a parking lot or on a street, make sure you have a flag on the back of your PMD. It may be difficult for car drivers to see you and a flag will draw attention to you.

6. **Some people have bags on the back or sides of the PMD.** These bags are handy if you are doing some shopping in your PMD. However, the bags placed on the side of the PMD will increase the width of the device when the bag is full. This could cause problems when you are trying to drive through a doorway and the bag catches on the doorframe.

7. **Use good etiquette!** Be sure to notify pedestrians if you are coming up behind them. A friendly "I'm coming up behind you!" will let people know you are nearby. Try not to surprise anyone, and realize that other people may have problems with vision or hearing and may not know that you are traveling nearby on your PMD. It is your responsibility to make sure the pedestrians around you are not injured by your PMD.

8. **If being transported in a wheelchair van, make sure your**

PMD is strapped to the floor correctly and make sure you are strapped to the chair. It is never safe to travel in a van with a PMD that is not secured to the floor.

Community Mobility: Emergency Planning

1. **Think through your route in the community.** One way to the store might involve crossing a busy street or going up a hill. Consider all the ways you can get to a destination and choose the safest route.

2. **Fully charge your batteries before leaving your home.**

3. **Avoid obstacles, such as stones, cracks and curbs. Avoid inclines.**

4. **Have an emergency plan.** Be sure that you take your cell phone if you are traveling in the community on your PMD. Go with a friend if you can or tell a friend that you are leaving and will call when you return home.

5. **Avoid rain and snow.** Rain and snow can cause your wheels to lose traction, making it unsafe for you to travel in your PMD. Snow may camouflage obstacles in the path. Rain can damage the electronics on you PMD.

Go Mobile

Staying mobile and active in the world requires creativity and support. If you want to try a scooter or a power chair, start by collecting information, talking to PMD drivers, checking on your building rules, visiting with your doctor and consulting with an OT. It is important to buy the right device for you and your home. An occupational therapist can provide the specialized individual training that you need to succeed as a safe driver. The goal is to keep you on the go. Don't hesitate to ask for help to go mobile!

- Jennifer Woerner is an occupational therapist (OT) with Lawrence Therapy Services. She has worked with people of all ages as an OT in the Lawrence area for the past eight years. Jennifer's goal as an OT is to encourage people to be involved in purposeful and functional activities. She has presented at four national conferences and was awarded the Jane M.H. Underwood Award by faculty at the University of Kansas in 1999 as an OT who "demonstrates outstanding potential as an artful practitioner."

OFF THE WALL

"The older generation thinks nothing of getting up at six in the morning—and the younger generation doesn't think much of it either."

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Coco for coconuts

The coconut is a wonderful food that is often overlooked. However, it has many medicinal properties that cause us to take a second look. Coconut, sometimes spelled cocoanut, is a fruit. The name coconut comes from the Spanish and Portuguese word "coco" which means "monkey face."



Dr. Farhang Khosh

The Spanish and Portuguese explorers thought that the coconut resembled a monkey's face due to the three round indented markings, or "eyes," found at the base of a coconut. Marco Polo often referred to the coconut as the "Pharaoh's nut" as he made his travels through India.

The coconut can be found anywhere from Norway to the Hawaiian Islands. The coconut grows on sandy soils where there is abundant sunlight and regular rainfall. Coconuts need high humidity and warm conditions to grow. Indonesia is the world's largest coconut producer followed by the Philippines then India. In the Philippines the coconut is commonly referred to as the Tree of Life.

The coconut contains a high amount of saturated fats. It is currently being debated whether or not the saturated fat in coconuts is healthier than the saturated fat found in other foods. The coconut also contains less sugar and more protein than other fruits such as bananas, apples or oranges. It also contains a high amount of minerals such as iron, phosphorus and zinc. The coconut water can be drank

fresh and should not be confused with coconut milk.

The culinary uses of coconut are widespread. The coconut milk that is made from the coconut is often used in curries. The coconut water can be used as an electrolyte balance drink. Some countries will use this coconut water as an intravenous fluid. Coconut cream is often used in soup, pastries and candies. Virgin coconut oil is used for cooking, cosmetics, soaps, toothpastes, sunscreens, medicines, perfumes, hair oils, candles, detergents and shampoos.

As with the culinary uses, the medicinal uses of coconut is also extensive. The numerous medicinal purposes of coconut include:

1. An herbal remedy to treat rat bites.
2. Feed to children suffering from intestinal disturbances.
3. Oral rehydration.
4. Coconut keeps the body cool, which is needed when the body has excess heat.
5. Kills intestinal worms.
6. Topically applied to heat rashes.
7. As a diuretic.
8. Used in some countries intravenously as an emergency fluid replacement.
9. Helps with malnourishment.
10. Helps kill viruses and bacteria.
11. Resolves diarrhea
12. Coconut oil is being used in the treatment of fungal infections.
13. Treatment of skin rashes such as eczema and psoriasis.

Next time you are buying your groceries remember the coconut. With all its medicinal properties it is must to have at home. Plus the children love to open them.

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



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How to deal with the bear market if you're retired or close to retirement

I believe firmly that retirement savers need to hang on tight through the stomach-churning roller coaster of a stock market we're all riding. Unless you think we're witnessing the end of the free enterprise system as we know it—and I don't—selling in a panic is the worst mistake you can make in this bear market.

But staying the course for long-



Mark
Miller

term gain is a lot easier for younger retirement savers, who don't need to tap their 401(k) accounts for some years to come. For anyone who's retired recently—or is very close to retirement—the questions are much more difficult.

Unfortunately, many of these folks appear to have been far too aggressive in the amount of equities they've held approaching retirement. According to the Employee Benefit Research Institute, 38 percent of 401(k) investors age 56 to 65 had more than 80 percent of their portfolios in equities as recently as 2006. Most financial planning pros advise reducing exposure to stocks as retirement approaches, to somewhere around 50 or 60 percent.

But that doesn't mean you're helpless if you retired recently and have been hammered by the bear market in stocks, or if you need to retire soon. Smart strategic options are available to you—although they're not painless.

The key is maintaining a long-term perspective, because the goal here is to make sure your retirement nest egg lasts many years into the future. So, the question isn't really what your portfolio looks like today—but how you'll manage it over what could be a 30-year period, assuming today's longevity rates.

T. Rowe Price recently analyzed possible outcomes for investors who had the bad fortune to retire into a bear market. The investment management company did a Monte Carlo probability analysis to determine which investment management decisions would allow investors to stretch their nest egg savings over a 30-year retirement.

The analysis looked at 10,000 simulated portfolio outcomes using actual stock performance data from 2000 to 2002—a bear market during

which the S&P 500 fell 42 percent. The analysis assumed a tax deferred portfolio invested 55 percent in equities and 45 percent in bonds.

Here's what they found:

The worst decision you can make: Sell off all your stocks at the market bottom and switch to an all-bond portfolio. With this emotion-driven approach, there is only a five percent chance that your retirement nest egg will last 30 years, according to the probability analysis. Not only do you suffer the losses of selling at the bottom, but with your money in bonds you miss out on the growth from equity investments when the market rebounds, and all the successive rallies that follow in succeeding decades.

The best decision you can make: Don't sell. Instead, adjust your plans for withdrawing funds—especially in the early years of retirement. Most financial advisors advise withdrawing four percent of a nest egg balance in the first year of retirement, and increasing annual withdrawals by three percent annually to keep pace with inflation.

But in one of T. Rowe Price's hypothetical scenarios, the retiree holds off on taking any inflation adjustments for several years, until the market rebounds. That decision has a huge, positive impact on portfolio longevity; in fact, it yields an 89 percent probability that the retiree's funds will last 30 years.

In a much more aggressive hypothetical, T. Rowe Price assumes that the retiree reduces planned withdrawals by 25 percent. That restores a 99 percent probability that the funds will last 30 years—but it's too draconian a cut for most people. Still, it does illustrate the potential available to you in holding back on withdrawals. (One caveat: Since tax-deferred accounts require that you take minimum distributions starting at age 70-1/2, T. Rowe price assumed that these distributions are re-invested in taxable equity accounts.)

No doubt, these scenarios represent belt-tightening. After all, we're talking about a bear market and likely a painful coming economic recession. But remember—the main objective is to maintain your nest egg to support a long life. And T. Rowe Price Senior Financial Planner Christine Fahlund—who did the analysis—points out that cutting back on spending in early retirement is feasible for many. "It works best if you can start with discretionary items, especially big-ticket expenditures. Don't re-do the kitchen, or don't buy a new car."

Another important option to consider is putting off retirement or going back to work, if that's an option. I've written frequently about the many benefits of working past the minimum retirement age—as defined by Social Security rules—of 62. Among others, working a few additional years most likely will fatten up your Social Security payments considerably over a lifetime, as the rules generally are written to pe-

nalize people who file for benefits early.

Just as important, every year you work is a year you won't drawing down any 401(k) savings; instead, you'll be making payroll contributions to your plan, buying stocks at bargain, bear market rates. Those investments will pay off down the road when you retire and the market rebounds.

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Colonic irrigation remains controversial

By Howard LeWine, M.D.
Tribune Media Services

QUESTION: A friend of mine recently told me she was getting colonic irrigation. She is generally healthy but had been feeling run down. After three sessions, she felt much more energetic and believes that the treatment removes toxins from her body. Is this true? Is colonic irrigation safe?

ANSWER: Colonic irrigation, also called colonic hydrotherapy, is a variant of enema treatment, which involves flushing the bowel with water in different quantities, temperatures, and pressures. Through a tube inserted via the rectum, water may be introduced alone or with added enzymes, coffee, probiotics, or herbs. Treatment sessions usually last about one hour.

Colonic irrigation may have been used as early as ancient times in Egypt, China, India, and Greece. This practice gained some popularity in 19th century European spas.

Without scientific evidence to support the claims, colonic irrigation has been promoted in modern times to improve general well being and suggested as a treatment for cancer

and other diseases unrelated to the lower intestine.

Proponents of colonic irrigation claim that it can improve mental outlook, eliminate toxic substances that cause chronic diseases, and boost immunity. One theory is that intestinal flora (bacteria that normally live in the intestine) and waste products in our lower intestine somehow impede the function of the body's immune system. It is proposed but unproven that washing away these flora and waste products may have beneficial effects.

Colonic irrigation can potentially cause severe adverse effects and must be carefully administered. People receiving frequent treatments may absorb too much water, leading to electrolyte imbalances in the blood. If severe, this can lead to nausea, vomiting, abnormal heart rhythms, and, very rarely, coma. There is a risk of bowel perforation (breakage of the bowel wall), which is a serious problem.

Colonic irrigation should not be used in people with diverticulitis, ulcerative colitis, Crohn's disease, severe or internal hemorrhoids, or tumors in the rectum or colon. Un-

less directed by your doctor, it should not be used soon after bowel surgery. Regular treatments should be avoided by people with heart disease or kidney disease.

If you are not doing the cleansing yourself, be sure that the equipment used is sterile and that the practitioner is experienced.

Colonic irrigation should not be used as the sole treatment (instead of more proven therapies) for severe conditions, and it should not delay consultation with a qualified health care provider for a potentially severe symptom or illness.

In my opinion, the evidence to date does not support the use of colonic irrigation as a way to promote

better health and prevent disease. Although rare, serious complications can occur.

(Howard LeWine, M.D. is a clinical instructor of medicine at Harvard Medical School and practicing internist with Harvard Vanguard Medical Associates and Brigham and Women's Hospital in Boston, Massachusetts. He serves as Chief Medical Editor of Internet Publishing at Harvard Health Publications.)

(For additional consumer health information, please visit www.health.harvard.edu.)

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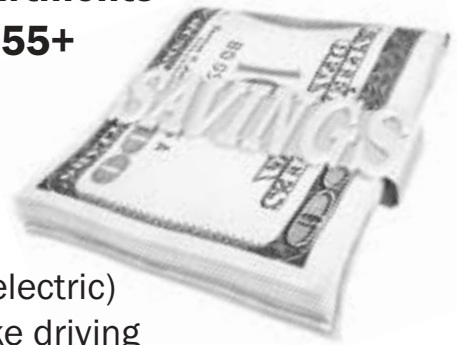


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Editor's Note: While every attempt has been made to ensure the accuracy of the events listed below, some changes may occur without notice. Please confirm any event you plan to attend.

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

ART/ENTERTAINMENT

NOV 1

THE 3 PIANISTS

"The 3 Pianists"; Inna Faliks, Marina Lomazov and Alexander Ghindin perform Ravel, Grieg and Rachmaninoff perform in White Concert Hall at Washburn University. Season tickets and single tickets available. Call for more information.

TOPEKA, (785) 232-2032

<http://www.topekasymphony.org>

NOV 9

SOWETO GOSPEL CHOIR AFRICAN SPIRIT

The choir is a 26-member vocal ensemble, performing in five of South Africa's 11 official languages. Lied Center, 1600 Stewart.

LAWRENCE, (785) 864-2787

<http://www.lied.ku.edu>

NOV 12

SWEENEY TODD THE DEMON BARBER OF FLEET STREET

The performance features a nine-member cast performing as both actors and the show's musicians. Lied Center, 1600 Stewart.

LAWRENCE, (785) 864-2787

<http://www.lied.ku.edu>

NOV 16

TOPEKA SYMPHONY YOUTH ENSEMBLE CONCERT

Topeka Symphony Youth Ensembles Concert in White Concert Hall at Washburn University. Call for more information.

TOPEKA, (785) 232-2032

<http://www.topekasymphony.org>

NOV 23

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>

NOV 28-DEC 1

ANNIE WARBUCKS

The world's favorite orphan returns in the sequel to the international smash hit *Annie*. The action begins as Child Welfare Commissioner Harriet Doyle arrives on the scene to inform Daddy Warbucks he must marry in 60 days so the newly adopted Annie can have a proper mother. In the end, Daddy Warbucks' whirlwind search for a fitting bride uncovers not only the plot by Doyle and her daughter to strip him of his fortune, but also his true feelings for Grace Farrell. Call for dates and times. Topeka Civic Theatre, 3028 SW 8th Ave.

TOPEKA, (785) 357-5211

<http://www.topekacivictheatre.com>

DEC 5-14

TOYLAND

ToyLand is a story of three squabbling sisters on Christmas Eve. Together, they take a magical journey leading them to Toyland, which is the place where toys go that are lost or mistreated...and where bad children are taken to be the "toys" of the Evil Toymaster! Gage Park - Helen Hocker Center for the Performing Arts.

TOPEKA, (785) 368-0191

<http://www.topeka.org/parksrec/hocker.shtml>

BINGO

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1

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

SUNDAYS & FRIDAYS

CAPITOL BINGO HALL

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

MONDAYS & THURSDAYS

AMERICAN LEGION POST NO. 400

3029 NW US HIGHWAY 24, TOPEKA,
6:30 PM, (785) 296-9400

MONDAYS & SATURDAYS

LEGIONACRES

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

WEDNESDAYS, THURSDAYS & SUNDAYS

MOOSE CLUB

Wednesdays, 6:30 p.m. Thursdays, 12:30 p.m.,
Sundays, 6:00 p.m.

1901 N KANSAS AVE, TOPEKA, (785) 234-6666

WEDNESDAYS & FRIDAYS

VETERANS OF FOREIGN WARS

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

WEDNESDAYS

PINECREST APARTMENTS

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

WEDNESDAYS & FRIDAYS

EAGLES LODGE

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

WEDNESDAYS & FRIDAYS

EDGEWOOD HOMES

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

THURSDAYS

BABCOCK PLACE

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

FRIDAYS

BALDWIN SENIOR CENTER

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

FRIDAYS

ARAB SHRINE

1305 KANSAS AVE., TOPEKA
MINI BINGO 6:30 PM,

REGULAR BINGO 7:00 PM

(785) 234-5656

BOOKMOBILE

MONDAYS

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

TUESDAYS

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

WEDNESDAYS

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

BOOK TALKS

THIRD TUESDAY OF EACH MONTH

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

THIRD WEDNESDAY OF EACH MONTH

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

FOURTH WEDNESDAY OF EACH MONTH

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

CLASSES/LECTURES

ONCE A MONTH

AARP'S 55 ALIVE SAFE DRIVING COURSE

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

NOV 2

ABC'S OF ALZHEIMER'S DISEASE

Presented by Michelle Niedens, Education

Director, Heart of America Chapter/
Alzheimer's Association. November is
Alzheimer's Disease Awareness Month. This
class will provide an overview of the disease
process, general disease information, stages,
risk factors and current interventions. First
Presbyterian Church, 9:40 a.m.
LAWRENCE, (785) 841-0770

NOV 5

THE IMPACT OF ONE PERSON

The Lawrence chapter of the Older Womens
League will meet to highlight opportunities
where one person can make a difference.
Speakers will include Meals-on-Wheels,
Habitat for Humanity, Dg.Co.Hospice, the
Kansas Adult Guardianship program and
the Lawrence Inter-Denominational Nutrition
Kitchen. Light refreshments will be served at
1:30 p.m. with the program beginning at
2:00 p.m. Auditorium of the Lawrence Public
Library. For further information on this pro-
gram or on O.W.L., please contact Gayle.
LAWRENCE, (785) 832-1692

NOV 5

HOME BLOOD PRESSURE MONITORING, A PRACTICAL APPROACH TO UNDERSTANDING

Join representatives from LMH and Cardiovas-
cular Consultants, P.A. to discuss issues related
to hypertension and control of this common
but serious medical problem. The American
Heart Association recently endorsed the role
of home blood pressure monitoring in control
of this disease, along with regular medical
monitoring by a healthcare provider.

Instruction and practice will be provided to
seminar participants in how to correctly take
their blood pressure. The seminar is free but
advance registration is recommended. Law-
rence Memorial Hospital, Meeting Room A,
6:00-8:00 p.m.

LAWRENCE, (785) 749-5800

NOV 6

HOME BLOOD PRESSURE MONITORING, A PRACTICAL APPROACH TO UNDERSTANDING

See November 5 description. Lawrence Memo-
rial Hospital, Meeting Room A, 10:00
a.m.-12:00 p.m.

LAWRENCE, (785) 749-5800

NOV 6

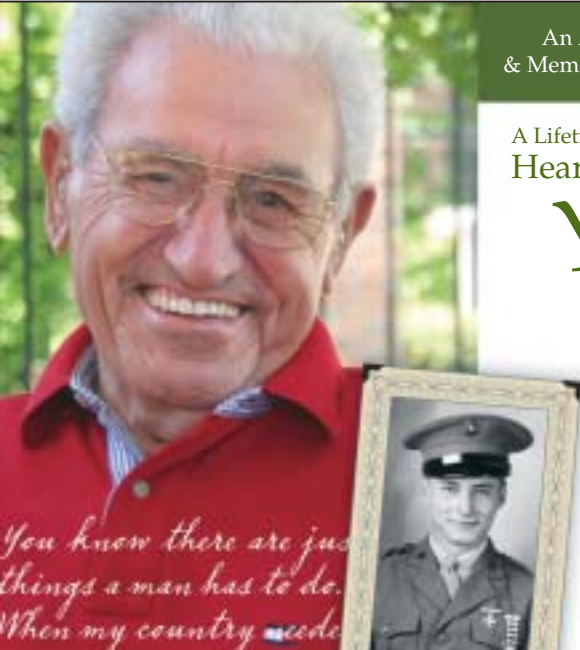
SKILLBUILDERS: HEALTHY EATING FOR ONE

Presented by Rosemary Kay, volunteer, sponsored by Douglas County Visiting Nurses,

■ CONTINUED ON PAGE 19

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■ CONTINUED FROM PAGE 18

Rehabilitation and Hospice Care, the Lawrence Public Library and Douglas County Senior Services, and funded by the Community Impact Grant through the United Way of Douglas County. Although session is designed for widows, widowers and caregivers, anyone is welcome. No pre-registration necessary. Free. Refreshments provided. Lawrence Public Library, 10:00 a.m. LAWRENCE, (785) 843-3738

NOV 10

OSTEOPOROSIS: FRAGILITY FRACTURES

Douglas Stull, MD from Lawrence Orthopedic Surgery, PA will present this informative program about osteoporosis—a devastating disease prevalent in both women and men. Dr. Stull will discuss the osteoporosis disease process particularly focusing on the resultant fractures that can occur. He will also discuss some of the newer medical and surgical treatment options. This program is free but advance registration is required please due to space limitations. Lawrence Memorial Hospital, Auditorium, 7:00-8:30 p.m. LAWRENCE, (785) 749-5800

NOV 13

SKILLBUILDERS: COPING WITH SPECIAL OCCASIONS

Presented by Donna Flory, social worker with Hospice Care, sponsored by Douglas County Visiting Nurses, Rehabilitation and Hospice Care, the Lawrence Public Library and Douglas County Senior Services, and funded by the Community Impact Grant through the United Way of Douglas County. Although session is designed for widows, widowers and caregivers, anyone is welcome. No pre-registration necessary. Free. Refreshments provided. Lawrence Public Library, 10:00 a.m. LAWRENCE, (785) 843-3738

NOV 14

UNDERSTANDING AND MANAGING DIABETES

Enjoy a complimentary lunch while exploring the latest trends in nutrition and diabetes care. Lawrence Memorial Hospital, Auditorium, 11:00 a.m.-2:00 p.m. To secure a lunch and a seat, it is recommended to pre-register. LAWRENCE, (785) 749-5800

NOV 20

SKILLBUILDERS: END OF SESSION POTLUCK

All welcome. Sponsored by Douglas County

Visiting Nurses, Rehabilitation and Hospice Care, the Lawrence Public Library and Douglas County Senior Services, and funded by the Community Impact Grant through the United Way of Douglas County. Although session is designed for widows, widowers and caregivers, anyone is welcome. No pre-registration necessary. Free. Refreshments provided. Lawrence Public Library, 10:00 a.m. LAWRENCE, (785) 843-3738

NOV 20

I CAN COPE® , THURSDAY NOV 20: "NUTRITION DURING CHEMOTHERAPY"

The American Cancer Society and Lawrence Memorial Hospital Oncology Center are co-sponsoring a free monthly program for those with cancer and their family and friends. Meets the 4th Thursday of each month. This program gives participants an opportunity to share their concerns with others having similar experiences and to design ways to cope with the challenges that arise from a cancer diagnosis. Lawrence Memorial Hospital, 5:30-7:30 P.m. LAWRENCE, (785) 749-5800

EXHIBITS/SHOWS

SEP 18-NOV 2

HALLOWE'EN HORRORS: FRANKENSTEIN, DRACULA, BATS AND GHOSTS!

"Monsterfully" displayed are the collections of area residents Cliff Alfrey, featuring Dracula and bats of all kinds—and Nick Clausen, displaying his Frankenstein items. Posters, autographed photos, games, mugs, statues, jewelry, and some tricky lighting offer chills and thrills for everyone. Plus, learn about the Ghosts of Topeka, featuring several of the best-known haunts of our area. Children can draw their favorite spook or monster and hang it on the "Children's Art Gallery" wall. They can play with creepy-crawlies at the children's Hallowe'en table and read lots of spooky jokes, riddles and poems. On the way out—treats for the youngsters! Great Overland Station. Fee, children under five free. TOPEKA, (785) 232-5533

<http://www.greatoverlandstation.com>

SEP 27-NOV 9

2008 WASHBURN ART FACULTY EXHIBITION

Exhibition featuring artwork by Washburn University art faculty. Mulvane Art Museum. TOPEKA, (785) 670-1124

■ CONTINUED ON PAGE 20

Harbor House Memory Care Open Now

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Similar to a hotel advertising air conditioning and color TV.

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So what does it take to fulfill our commitment of providing our alzheimer's and dementia residents their rightful daily *"Experiences of Joy?"*


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■ CONTINUED FROM PAGE 19

NOV 1-30

A CHOICE OF WEAPONS

To fight discrimination and social injustice, Gordon Parks chose the camera as his weapon. The exhibit of photos taken by the late Gordon Parks are on loan from the Gordon Parks Cultural Center in his boyhood home of Ft. Scott, Kansas. Brown v. Board of Education National Historic Site.

TOPEKA, (785) 354-4273
http://www.nps.gov/brvb

NOV 7-DEC 23

PAINTINGS AND LITHOGRAPHS BY ROBERT SUDLOW

Paintings and Lithographs by Robert Sudlow. Westboro Mart, 3113 SW Huntoon.

TOPEKA, (785) 233-0300

NOV 8-JAN 2

OAG MEMBER ARTS SHOW

Ottawa Art Guild is presenting the Member Art Show with a presentation at the Carnegie Cultural Center. This year's show will feature the theme of "Illusions." Each local artist will have two pieces of work on display, one representing an Illusions theme and the other their own choice. Carnegie Cultural Center, 515 S Main St.

OTTAWA, (785) 242-8478

FARMERS' MARKETS

APR 12-NOV 22

DOWNTOWN TOPEKA FARMERS' MARKET

Variety of fruits, vegetables, flowers, meats and crafts. 10th and Topeka Blvd, State Parking Lot.

TOPEKA, (785) 286-3515

APR 12-NOV 8

DOWNTOWN LAWRENCE FARMERS' MARKET

The market offers fresh fruits, vegetables, baked goods, flowers and herbs, along with musical entertainment. Tuesdays and Thursdays, 1020 Vermont, 4:00-6:00 p.m. Saturdays, 824 New Hampshire, 7:00-11:00 a.m.

LAWRENCE, (785) 331-4445

HEALTH

MONDAYS THROUGH THURSDAYS FIT FOR LIFE

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

LMH KREIDER REHABILITATION SERVICES
(785) 840-2712

TUESDAYS AND THURSDAYS

BLOOD PRESSURE CLINIC

Conducted at Stormont-Vail's Healthwise 55 office at 2252 S.W. 10th Ave., at the northeast corner of S.W. 10th and MacVicar, from 10:00 a.m.-1:00 p.m. No appointment necessary.

TOPEKA, (785) 354-6787

TUESDAYS AND THURSDAYS

SENIORCISE PROGRAM

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

LAWRENCE, (785) 749-2424

FIRST AND THIRD FRIDAYS OF EACH MONTH HEALTH CHECKS

Blood pressure checks, glucose checks, skin checks, and education on nutrition and weight loss strategies BY Washburn University School of Nursing Mobile Health Unit. WYCA of Topeka, 225 SW 12th St., south entrance of

the building, 9:00 a.m.-1:00 p.m.

TOPEKA, (785) 233-1750, EXT. 252

SECOND THURSDAY OF EACH MONTH

BLOOD PRESSURE AND HEALTH INFORMATION

Sponsored by the West Ridge Mall merchants. Conducted in mall's food court. No appointment necessary.

WEST RIDGE MALL, TOPEKA, 8:15-9:15 AM

THIRD THURSDAY OF EACH MONTH

MEDICATION CLINIC

Bring questions about your medications (prescription or over-the-counter), 1:30-2:30 p.m. Call for appointment. Healthwise 55 Resource Center, 2252 S.W. 10th Ave.

TOPEKA, (785) 354-6787

FOURTH THURSDAY OF EACH MONTH

NUTRITION CLINIC

1:30-2:30 p.m. Call for an appointment. Healthwise 55 Resource Center, 2252 S.W. 10th Ave.

TOPEKA, (785) 354-6787

NOV 1

CHOLESTEROL SCREENINGS

These screening events offer a total only cholesterol by fingerstick. No appointment or fasting necessary; just drop in. Please note there may be a wait involved. We are sorry but at this time we are not offering a full lipid panel test option. \$5/test. Lawrence Memorial Hospital, Atrium, 8:30-10:30 a.m.

LAWRENCE, (785) 749-5800

NOV 5

CHOLESTEROL SCREENINGS

See November 1 description. Lawrence Memorial Hospital, Atrium, 8:30-10:30 a.m.

LAWRENCE, (785) 749-5800

NOV 7

BONE DENSITY SCREENING

Advanced appointment required. Appointment takes about 20 minutes and includes education about osteoporosis prevention as well as the screening. Individual appointment times must be selected. Note: this is NOT the same as a DEXA scan which is ordered by a physician and is done through Radiology. Lawrence Memorial Hospital, Meeting Room D, 9:00-11:00 a.m.

LAWRENCE, (785) 749-5800

NOV 10

BONE DENSITY SCREENING

See November 7 description. Lawrence Memorial Hospital, Meeting Room D, 5:00-7:00 p.m.

LAWRENCE, (785) 749-5800

DEC 3

CHOLESTEROL SCREENING

See November 1 description. Lawrence, Memorial Hospital, Atrium, 3:00-5:00 p.m.

LAWRENCE, (785) 749-5800

HOLIDAY EVENTS

NOV 1-DEC 24

CHRISTMAS AT THE CHARLES CURTIS HOUSE

Christmas at the Charles Curtis House, the 1878 Italianate Mansion will be decorated for the holidays. During this time, we will have antique toys on display and having Tea and tours or just a tour. Groups of 10 or more please call in advance. Fee. Hours: 11:00 a.m.-3:00 p.m. - Saturday only. 1101 S Topeka Blvd.

TOPEKA, (785) 597-5380
http://www.curtishousemuseum.com

NOV 3-DEC 23

STRAWBERRY HILL CHRISTMAS TREE FARM

During November and December families and friends experience a traditional Christmas opportunity to choose and cut their own Christmas tree following a hayride to the fields. The tree has its loose needles shaken on the tree shaker. The children are told the tree is getting to do the Hokey Pokey. It is then netted. The Barn Shop has numerous fresh wreaths, centerpieces, door and window swags and grave pieces. Crafts and gifts available along with hot cider and cookies. Group

tours available with reservations. 794 Hwy 40.

LAWRENCE, (785) 841-0916

http://www.strawberryhillchristmas.com

NOV 8

HOLIDAY OPEN HOUSES

Shopping, food and fun. The local shops have specials throughout the holiday season!

Downtown Holton & Hwy 75.

HOLTON, (785) 364-3963
http://www.goholton.com

NOV 8

HOMEMADE HOLIDAYS CRAFT SHOW

Get an early start holiday shopping with over 125 crafters featuring the finest in handmade crafts. 9:00 a.m.-4:00 p.m. no admission to the public. Ottawa Middle School, 1230 S Ash.

OTTAWA, (785) 242-8618

NOV 21-DEC 31

WINTER WONDERLAND

A Celebration of Lights. View one million lights while winding through a two-mile scenic drive at Lake Shawnee. Open nightly

6:00-10:00 p.m.

TOPEKA, (785) 232-0597

NOV 22-DEC 31

CHRISTMAS IN HISTORIC LECOMPTON

Three floors of old-time Christmas decorations and trimmings and Vesper music performance. 640 E Woodson.

LECOMPTON, (785) 887-6275

http://www.lecomptonkansas.com

NOV 23

ANNUAL HOLIDAY BAZAAR

Kick off the Holiday shopping season and discover creative handmade gifts, crafts and baked goods. Community Building, 11th & Vermont.

LAWRENCE, (785) 832-7920

NOV 27-29

OLD TIME HOLIDAY HAPPENINGS

Enjoy a vintage holiday celebration complete with a Victorian dinner, entertainment in the town square and turn-of-the-century decorations. Reservation are required. Call for details. Old Prairie Town at Ward Meade, 124 NW Clay.

TOPEKA, (785) 368-2437

NOV 28

HOLIDAY CEREMONY & SANTA'S ARRIVAL

The holiday season officially begins with the rescue of Santa off the rooftop of Weaver's Department Store. 900 Massachusetts.

LAWRENCE, (785) 842-3883

http://www.visitlawrence.com

NOV 30-DEC 4

FESTIVAL OF TREES

Annual display of uniquely decorated Christmas Trees. Auction benefits Shelter Inc. 10:00 a.m.-8:30 p.m., 10:00 a.m.-5:00 p.m. viewing, 8:00 p.m. auction.

LAWRENCE, (785) 843-2085

NOV 29

HOLIDAY LIGHT PARADE

The entire family thrills to the sights of the lighted floats and horses. Help welcome Santa, who arrives on an antique fire engine. Santa lights the community Christmas tree and passes out candy canes to the children.

BALDWIN CITY, (785) 594-3200

http://www.baldwincitychamber.com

NOV 29

MIRACLE ON KANSAS AVENUE PARADE

The Miracle on Kansas Avenue tradition began in 1995 as a project by the Leadership Topeka class. They designed MKA not only as part of the holidays, but to celebrate the accomplishments made in redeveloping downtown. The thought behind it was that for many, downtown Topeka harkens back to the holidays of their youth. Spending time in the shops, having a soda with their mother or father, and doing Christmas shopping.

TOPEKA, (785) 234-9336

NOV 29

SANTA CLAUS EXPRESS

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. The Depot Souvenir Shop will be open for Christmas Train gifts.

1513 W High St.
BALDWIN CITY, (913) 371-3410
http://www.baldwincitychamber.com

MEETINGS

FIRST AND THIRD MONDAY OF EACH MONTH

BEREAVEMENT SUPPORT GROUP

LAWRENCE SENIOR CENTER

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

FIRST AND THIRD MONDAY OF EACH MONTH

CAREGIVER SUPPORT GROUP

For adults who have lost loved ones. Call LMH Chaplain Angela Lowe for more information.

LAWRENCE MEMORIAL HOSPITAL

4:00-5:00 PM, (785) 840-3140

FIRST AND THIRD MONDAY OF EACH MONTH

CAREGIVER SUPPORT GROUP

Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders. Please join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services, Inc. Douglas County Senior Services, Inc., 745 Vermont St., 2:15-3:45 p.m.

LAWRENCE, (785) 842-0543

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.

Pozvez 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

GRIEF SUPPORT GROUP

Douglas County Visiting Nurses, Rehabilitation, and Hospice Care and Alterra (formerly Windsor of Lawrence) hold a grief support group open to all on the first Wednesday of each month from 2:00-3:00 p.m. at Alterra at 3220 Paterson Road. For any questions, call Steve Satterfield, Hospice Chaplain.

LAWRENCE, 785-843-3738

■ CONTINUED ON PAGE 21

■ CONTINUED FROM PAGE 20

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

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

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

Members of O.U.R.S. have met to dance since 1984. The group meets to dance from 2:30-4:30 p.m. on Wednesdays, and from 6:00-9:00 p.m. on Sundays at the Eagles Lodge. LAWRENCE

THURSDAYS**GRIEF & LOSS SUPPORT GROUP**

Midland Hospice, 200 SW Frazier Circle. 3:00-4:00 p.m.

TOPEKA, (785) 232-2044

**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 in association with 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) 291-2490

**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 TUESDAY OF
EACH MONTH****CAREGIVER SUPPORT GROUP**

Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders? Please join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services, Inc. 745 Vermont St., 6:30-8:00 p.m. LAWRENCE, (785) 842-0543

**SECOND AND FOURTH WEDNESDAY OF
EACH MONTH****ALZHEIMER'S EARLY STAGE PATIENT
SUPPORT GROUP**

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

**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

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

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

**THIRD TUESDAY OF EACH MONTH
LAWRENCE PARKINSON'S SUPPORT
GROUP**

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

**THIRD TUESDAY OF EACH MONTH
GRANDPARENT AND CAREGIVER
SUPPORT GROUP**

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

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

The Lawrence chapter of the National Active and Retired Federal Employees (NARFE) meets the third Wednesday of each month at Conroy's Pub, located at 3115 W 6th in Lawrence. Lunch begins at noon and is followed by a program and business meeting. NARFE's mission is to defend and gain benefits that retired career government employees earned. Employees from all branches of government are welcome and encouraged to attend. For more information, please call John or Linda Surritte. LAWRENCE, (785) 856-0558

**THIRD THURSDAY OF EACH MONTH
WIDOW'S LUNCHEON**

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

**THIRD THURSDAY OF EACH MONTH
CAREGIVER SUPPORT GROUP**

Do you sometimes feel overwhelmed with the

responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders. Please join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services, Inc. Baldwin City Public Library, 800 7th St., 2:00-3:30 p.m. BALDWIN CITY, (785) 842-0543

**THIRD SATURDAY OF EACH MONTH
TOPEKA WIDOWED PERSONS BRUNCH**

For all widowed people. Meets at the First United Methodist Church, 6th and Topeka Blvd. in the red brick building, known as the Sweet Building on the Southwest corner of the campus. Please bring a covered dish to share. Beverages and table service provided. For more information about the Widowed Persons Service Program, please call Julie.

TOPEKA, (785) 357-7290

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

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

**FOURTH WEDNESDAY OF THE MONTH
CAREGIVER SUPPORT GROUP**

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

■ CONTINUED ON PAGE 22

Our job is to make your job easier.



Midland Care PACE Services is a program of all-inclusive care for the elderly. Midland will coordinate, provide and supervise all the home and healthcare services needed to keep aging individuals safe and comfortable in their own homes and communities. Services include primary and specialty medical care, socialization, transportation, hospitalization and emergency services, meals, prescriptions, in-home support and care and physical and occupational therapies. Service area includes Douglas, Jackson, Jefferson, Osage, Pottawatomie, Shawnee and Wabunsee counties. Call today or visit our website to learn more.



130 SW Frazier Circle | Topeka, KS 66606 | Phone: 785-232-2044 | www.midlandcare.org

■ CONTINUED FROM PAGE 19

**FOURTH WEDNESDAY OF EACH MONTH
CAREGIVER SUPPORT GROUP**

Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders. Please join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services, Inc. Eudora Community Center, 1630 Elm, 1:00-2:30 p.m.
LAWRENCE, (785) 842-0543

**FOURTH WEDNESDAY OF THE MONTH
TOPEKA GENEALOGICAL SOCIETY**

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

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

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

**NOV 21
AARP CHAPTER 1696**

AARP Chapter 1696 will meet at 11:00 a.m. at the Lawrence Country Club. Lunch served at 11:30. The Lawrence High School Chorale will give the program. New and interested mem-

bers welcome. Please call Noreen for reservations.
LAWRENCE, (785) 842-6765

VETERANS DAY EVENTS

**NOV 7-9
VETERANS DAY CELEBRATION**

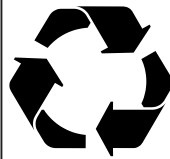
Celebrate Veteran's Day in Ottawa. It kicks off with a parade through downtown stopping at the Veterans Memorial, making its way to Forest Park.
OTTAWA, (785) 242-5419
<http://www.ottawavets.org>

**NOV 8
7TH 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. Fee.
OTTAWA, (785) 242-3535
<http://www.actottawa.org>

**NOV 11
VETERAN'S DAY PARADE**

Oldest and largest Veteran's Day Parade west of the Mississippi River. Starts at 10:30 a.m. on Delaware St. in historic downtown Leavenworth.
LEAVENWORTH, (913) 727-3271
<http://www.lvarea.com/cvb>



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

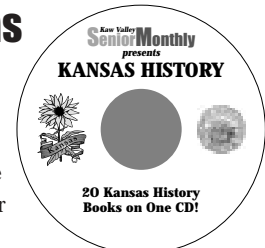
MISCELLANEOUS

**NOV 7
NORTHERN CHEROKEE AWI AKTA DISTRICT VETERANS POW WOW**
Northern Cherokee Awi Akta District Veterans Pow Wow. 6-11 p.m. Zoo Shelterhouse, 6th and Gage.
TOPEKA, (785) 272-5489

**NOV 29
BIZARRE BAZAAR**
Annual event featuring local artists. Shop one-of-a-kind, handmade works that range from contemporary to bizarre. Music by area musicians as you shop. 940 New Hampshire.
LAWRENCE, (785) 843-2787
<http://www.lawrenceartscenter.com>

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Shy Freddy and Salesman Sam

Freddy was smart and looked handsome with his dark hair and his horn-rimmed glasses. But Freddy was so painfully shy that he almost never spoke. Some people mistook Freddy's reticence for wisdom and admired him for it.

Freddy grew up as an only child on a farm a long way from town. His father and mother died unex-

pectedly when he was in his teens and Freddy came to live with an elderly aunt in Letongaloosa.

After he moved to town Freddy hardly ever went out. Occasionally Mrs. Chattermore or Mr. Buttinsky would see Freddy in the yard and force him into a conversation. That made Freddy panic, and when he panicked Freddy spoke gibberish.

Freddy read a lot and watched a lot of television. He had vast amounts of information from books and television stored in his head, but when he was forced speak, Freddy's shyness made him blurt out gibberish. Some people thought he was being clever; others may have thought he was high on something.

Freddy lived quietly and peacefully until Salesman Sam came along. Salesman Sam was very smart, but he looked really dumb. His beady black eyes and his pug nose were set right in the middle of a big flat pumpkin-pie face. Sam was hulking and rotund. His body sloped up toward his head and down toward his feet. He looked like a toy gyroscope.

Sam was the kind of salesman that makes people put "no solicitation" signs in their yards and on their porches. Sam ignored "no solicitation" signs and "Beware of the Dog," signs. He even ignored "Quarantined" signs. Salesman Sam was pushy and persistent. Once someone cracked the front door and Sam had inserted his number 14 shoe inside, it was all over. Sam had a sale.

Despite being pushy and persistent, Salesman Sam didn't get into many houses. His bulk and his ugly pumpkin-pie face were against him.

That hurt his sales, and he was looking for a partner who could get him in the door.

Fate, or destiny, or the Native American trickster gods brought shy gibberish-speaking Freddy and bombastic Salesman Sam together.

Salesman Sam was working Freddy's neighborhood and he was having a terrible day. People yelled at him from behind locked doors but they wouldn't let him in. Freddy's aunt was at her mahjongg club when Sam loomed onto the porch and pounded on the door.

"Open up. It's the F-I-B," he shouted.

That scary door approach was one Sam saved for times when he was desperate. It worked. Freddy opened the door and Sam clumped into the house.

"I have a really great deal for you, young man," said Salesman Sam.

"Stocks were mixed in mid-day trading when used as directed Duodib relieves symptoms within minutes," said Freddy.

"What did you say?" said Sam the Salesman.

Foster told sports reporters he was keeping his options open with this marvelous new double ply bathroom tissue," said Freddy.

"Huh?" said Sam.

By this time Freddy was trembling noticeably.

"Okay, son," said Salesman Sam.

"Just take it easy. Everything's going to be all right. Can I sit down?"

Freddy nodded. Sam lowered his bulk onto a sofa and motioned Freddy to sit beside him. Sam smiled. "You and me need to talk, kid," he said. "I need a partner. Do you want a job?"

Freddy nodded.

A year later Sam and Freddy were featured on the cover of *Neighborhood Sales*, the industry's leading magazine. They had won the magazine's annual sales award. People couldn't resist letting nerdy Freddy into their houses, and once they did, Sam never lost a sale.

Standing in behind a microphone at awards banquet Sam the Salesman said, "I couldn't a done it with-



Larry Day



The plugger paper shredder.

out Freddy."

A trembling Freddy said, "side effects are mild and may include headaches, sore throat, and much more sunshine over the next five days."

- 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.

Free Swallowing Evaluation

Thursday, November 13, 1-4 p.m.



Don't miss another holiday feast!

Join us at Kansas Rehabilitation Hospital as we host a Free Swallowing Evaluation and demonstrate some of our technology to treat Dysphagia.

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1504 SW 8th Avenue • Topeka • 785-232-8524

www.kansasrehab.com

SLAPSTIX

"Youth has been a habit with some so long they cannot part with it." - Rudyard Kipling

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Good stories come in small packages

By Margaret Baker

We've lots of good reading to report this month, many in the "smaller" category—short stories, paperbacks. Let's head right into the first one:

Vicki Myron with Bret Witter: *Dewey* (Grand Central, Hatchette Books Group, \$19.99, ISBN 978-0-446-40741-0)

During the 70-80's farm crisis, Vicki Myron, librarian in Spencer, Iowa, found a wee grey kitten in the library drop box. It had been 15 below overnight. He was so cold they bathed him in tepid water. Out emerged an orange tabby with an awesome purr.



Named (inevitably!) Dewey, the kitten just loved people, and people, including people who thought they didn't like cats, loved him back. What Dewey did to the hearts of the library staff and patrons, and to the town living through its own depression, makes this book so delightful.

Several short story collections are new on the bookstore shelves, just when you don't have time for a long novel, but need to do your reading in bits waiting for buses, dentists, etc.:

Laura Lippman: *Hardly Knew Her* (Wm Morrow, \$23.95, ISBN 978-0-06-158499-2)

Laura Lippman's novels have earned her all the coveted honors in the mystery field—Edgar, Anthony, Shamus, Agatha, more. Now she gives her readers a collection of short stories with her signature characterization and tight plotting.

All top-notch, as we expect from Laura Lippman.

Tony Burton, ed: *Dying in a Winter Wonderland* (Wolfmont Press, \$12.00, ISBN 978-1-60364-005-3)

A baker's dozen covering lots of subgenres in the mystery field, something sure to please everyone. Another reason to purchase this anthology—a portion of the sales goes to the Marine Corps Toys for Tots.

Some new paperbacks for more

portable reading:

Sarah Atwell: *Through a Glass, Darkly* (Berkley Prime Crime paperback, \$6.99, ISBN 978-0-425-22047-4)

Tucson's Warehouse District is just right for glassblower Emmeline Dowell, who combines the workshop and a gallery on the first floor, and living quarters above. She sells her work in the gallery, and pursues her craft in the workshop, behind glass windows so she can be seen at work. She also gives classes.

When Allison, a waif-like newcomer to Tucson living on meager waitressing tips, shows an interest in glassblowing, soft-touch Em offers to let her work off lessons.

One night her dogs alert her to noises downstairs. She calls 911 and, when she hears the back door slam, goes down to see if anything was damaged. Looks as if someone was pushed headfirst into the glass furnace.

Allison tells the police she thinks it's her ex-husband. He hung around an Irish gang in Chicago, and the FBI has been quite interested.

Those gang members think Allison and Em have something they want. Allison and Em haven't the foggiest idea what they are supposed to have—a very sticky situation.

The characters, even players whose stay on stage is brief, are very well drawn, lifelike. Glassblowing is explained without taking over the plot line. And several romantic subplots will probably ensure sequels well worth waiting for.

Diane Mott Davidson: *Sweet Revenge* (Avon, \$7.99, ISBN 978-0-06-052734-1)

Colorado caterer Goldie Schultz is catering an elegant breakfast for the staff of the Aspen Meadow Library. Appetites diminish when Drew Wellington, former district attorney, checks out—permanently.

Wellington had an antique map from the library's collection hidden in his clothing.

A delectable "cozy" mystery combining antique map collecting and high cuisine. Includes 12 recipes for scrumptious dining.

Chris Bohjalian: *Skeletons at the Feast* (Random House, both print and audio editions, ISBN 978-0-7393-6623-3)

Bohjalian's earlier works include *Midwives*, selected as an Oprah's book club selection, and *Double Bind*, a New York Times Bestseller. This most recent work lives up to the promise of these.

Readers follow two German families seeking safety out of Eastern Germany in the last winter of World War II. A Jewish family is moved from one slave labor camp to another, during which one young man manages to escape off the train.

The other family is Prussian. As the Russian army approaches, they, too, gather what belongings they can and trudge westward to reach the British and American lines. In addition to the parents, their daughter (18) and youngest son (10), they have Callum, a Scottish prisoner of war, sent to work their farm while the older sons serve in the army.

If you don't feel you have anything to be thankful for this Thanksgiving, read this haunting, well-paced novel which proves, as if we didn't need further proof, that war is, indeed, Hell.

Elizabeth Zelvin: *Death Will Get You Sober* (St. Martin's Press/Tom Dunne Books, \$23.95, ISBN 978-0-312-37589-8)

Bruce Kohler, alcoholic, wakes on Christmas morning in the detox unit in the Bowery. As he goes through the remembered detoxification (he's been there before) he meets fellow addict Godfrey, who enjoys announcing that he is God. His family called him Guffy, and have washed their hands of him. A trust fund kid, he's in better health than most. Guffy dies in Bruce's arms after an extremely severe intestinal bout.

Bruce is disturbed by Guffy's death. Although Guffy had been on a pass he had returned sober and drug-free. The experienced nuns running the program would have caught any transgression.

Bruce's best friend from childhood (now a recovering alcoholic) and his counselor wife, are hoping that Bruce's desire to investigate Guffy's death will prove the impetus to stay sober.

Zelvin is a New York City psychotherapist who has directed addiction treatment facilities, including one in the Bowery, so she knows whereof she writes. She brings the life of the recovering addict vividly to the page in a taut plot with more than a few surprises.

Justin Scott: *Mausoleum* (Poisoned Pen Press, \$24.95, ISBN 978-1-59058-468-2)

Ben Abbot and the rest of New-

bury, Connecticut are celebrating the town's Tercentennial with an event in the cemetery "Gone But Not Forgotten." Citizens, most of whom descended from the founders, are in period dress portraying the ghosts of years past.

New Englanders tend to keep newcomers at bay, and their definition of "newcomer" can stretch for decades. A new arrival has built a very gaudy mausoleum on his grave site, derisively called McTomb by his neighbors.

Brian Grose needs that mausoleum a bit sooner than he anticipated; he's inside quite dead. He made a lot of enemies in a short time, so Ben has his hands full when the cemetery association hires him to find the killer. The police are looking at missing illegal immigrant recently stifled by Brian. While arresting an outsider would be all too convenient, Ben agrees that Charlie isn't a killer.

Carefully plotted with red herrings, local colorful characters, and a twist or two, this engaging tale will delight readers who like to keep the corpse count down.

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



"AJ Davis: 95 Years of Love and Service"

Thursday, November 6,
Main Marvin Auditorium
101AB from 3:00-4:30 p.m.

The main premiere will be presented on Saturday, November 8, in the Main Marvin Auditorium 101BC from 2:00-4:00 p.m.

Topeka and Shawnee
County Public Library

To dream the implausible dream

By Esther Luttrell

Indian Jones and the Kingdom of the Crystal Skull

Starring Harrison Ford, Cate Blanchett, Shia LaBeouf, John Hurt; directed by Steven Spielberg, story by George Lucas

Famed archaeologist/adventurer Dr. Henry "Indiana" Jones is called back into action when he becomes entangled in a Soviet plot to uncover the secret behind mysterious artifacts known as the Crystal Skulls. (Source: International Movie Data Base)

The world waited 20 years between Indy Jones adventures so maybe I got too old for comic books. Ford got old, too, but that isn't important. What's a few lines and character wrinkles? We all get them and who cares. It's more the silliness of Shia LaBeouf standing spread-eagle on two moving vehicles while sword-fighting, then swinging through the trees like Tarzan that made me yawn and groan. I know these kinds of movies are supposed to be implausible, but do they need to be ridiculous at the same time? There were so many flaws that I got caught up in trying to keep count. A major scene has Jones working with magnetic gunpowder. But gunpowder isn't magnetic. Then there's the matter of geography. The setting is supposedly Peru, on the Amazon (actually it was on Universal Studio's backlot, but that's beside the point), and yet Jones is after Inca artifacts. Whoa, says I. If they're after

Inca stuff, how come artifacts on the screen are Mayan? Mayans lived thousands of miles north of Peru. Then a map is supposed to depict Peru—but it's Mexico. The name "Belize" is on the map—but there was no place like that until 1973 (I read that in a review by Mark Leeper, who had it pointed out to him by his wife). Frankly, the whole ball of celluloid was just so much poppycock. Suffice is to say that when the film opened at the prestigious Cannes Film Festival, it received only lukewarm applause. So, save yourself a dollar or two, save the hour it takes to thoroughly numb your brain, and save yourself from the ludicrous spaceship ending. It was enough to embarrass even Captain Kirk and dear, pointy-eared Spock.

DVD PICK OF THE MONTH:

"The Bridge on the River Kwai." William Holden, Alex Guinness (1957). The winner of 7 Academy Awards. Ah, now we're talking movies! Loosely based on a true WWII incident, this remarkable film holds up beautifully across the years. Because of the little WWII docudrama I recently produced, I have been researching and watching films of that era so much that I find myself humming "When Johnny Comes Marching Home" while shopping at Wal-Mart. So trust me when I say this movie truly does continue today as one of the memorable cinematic experiences of all time. Available at the Topeka & Shawnee County Public Library.

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

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Big difference between 'similar' and 'identical'

QUESTION: My wife inherited her grandmother's 48-star flag. It may have been used in a post office in the 1950s. Does that give it value? -Roger, Hampton, Va.

QUESTION: Your column had a photo of valuable cotton flags with wooden poles. I pulled out three



Danielle Arnet

flags with a 1918 date that have the same fabric and wooden poles. Any info? -Lois, Tucson, Ariz.

ANSWER: Art with an earlier column showed several early U.S. parade flags sold at Garth's in Delaware, Ohio. There were two 38-star cotton flags on wooden poles, a pair of glazed cotton muslins with 36 stars, and a handful of small hand flags with 44 or 45 stars. Results ranged from \$764 to \$1,821.

Readers often see art similar to something they own and fire off a note that they have the exact same item that brought (fill in a dollar amount), as quoted in the column.

But there is a vast difference between similar and identical. Smart collectors know that all sorts of nuances affect value.

The flag owners above need to read www.jeffbridgman.com, the straight-talking Web site of early American flag dealer/collector Jeff Bridgman. The Pennsylvania specialist covers basics on value in American flags.

Image galleries show examples. Bridgman's site is very instructive; history buffs will love it.

The best and most desirable flags sell for \$15,000 and up; check Bridgman's pages showing levels of value.

"I tell people, 'Don't assume that all flags with a certain number of stars are alike,'" he told us. "All factors count. For example, fabrics can matter, but silk is not necessarily the best."

Forty-eight star flags made from 1912 to 1960 are considered "relatively recent," said Bridgman. When you consider that they were churned out by modern factories during a period that included three wars, the result is "tons of flags."

Depending on what a buyer will pay, value for most 48 star flags is \$25 to \$100.

FYI: Check the site for Bridgman's show calendar. Viewing his collection of fine flags is a special experience. One simply is not prepared for the size and beauty of many - not to mention the variety.

QUESTION: I've always enjoyed this, but I'm not familiar with the markings. Think a piece may be missing from the top. Any info? -Lissa, Tulsa, Okla.

ANSWER: Photos sent show a decorative footed pottery decanter. Round in shape with a gilded Ancient Greco-Roman relief on the front, it is missing a stopper. Originally sold with spirits inside, the decanter dates from the 1950s or '60s. Incised marks identify the pottery and mold number.

While not a Jim Beam container, it is of that type, in that the decant-

er was sold through liquor stores to consumers who fancied the containers as works of art.

I'm glad you enjoy the piece, because that's what collecting is all about. Retail value is whatever a buyer will pay.

QUESTION: We have many Jim Beam car and truck liquor bottles, also Precious Moments plates. How do we sell? -Robert, Tucson, Ariz.

ANSWER: Figural Beam whiskey decanters and PM plates have gone the way of all manufactured collectibles. Popular decades ago, the goods have plummeted in value as collectors aged or lost interest.

The Evergreen Club, www.jimbeamclub.com, bills itself as the largest Beam collector club in the world. The site has a club store, but no info on how to sell.

For the real story on prices, cruise eBay to see what bottles and plates similar to yours bring. "Jim Beam

Figural Bottles: An Unauthorized Collector's Guide, 2nd Ed." by Molly Higgins is \$29.95 from Schiffer. Remember, books are just a guide.

QUESTION: Any info on a platter marked Adam Antique by Steubenville? -Rita, Boca Raton, Fla.

ANSWER: To view an image of the platter, key www.replacements.com. Posted with a \$25.99 retail price, it is no doubt also available at other replacement sites. Try www.edish.com and www.setyourtable.com. Replacements is the biggest, but prices tend to be higher there.

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

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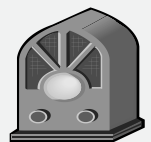
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Vet addresses questions about weed killer, Prozac

These questions about dangers to our pets from weed killer and human drugs are answered by veterinary toxicologist Dr. Steven Hansen, director of the ASPCA Animal Poison Control Center in Urbana, Ill.

Considered, the premier center of its kind, the APCC is open 24 hours



Steve Dale

patch put down weed killer. I've read that weed killer is linked to cancer in dogs. How does someone know if weed killer was used on any lawn? I have to take my dog somewhere and I have no way to know which lawns have been treated. - S.C., Miami, FL

ANSWER: Relax. There's no convincing evidence that weed killer is truly a danger to dogs, according to veterinary toxicologist Dr. Steven Hansen, director of the ASPCA Animal Poison Control Center. "We do suggest that you give weed killer about two hours to dry. Four days later is very safe, as far as we know," he commented.

Several studies have investigated a possible link between weed killers and either neurological or carcinogenic effects in dogs. This is definitely an issue in which Hansen says the ASPCA Animal Poison Control Center is interested—with one exception. While there's no conclusive evidence of any association between the use of weed killer and dog health, one study did demonstrate a connection between weed killers on grasses and an increase in bladder cancer in Scottish terriers. However, this type of cancer is over-represent-

ed in Scotties and other factors - including genetics—likely contribute to the problem.

The bottom line is that when weed killer is used as directed on the packaging, as far as veterinary medicine can discern—to date—there's no danger, particularly once the chemicals have dried.

QUESTION: Call me crazy, but what's the big deal if my dog gets into my Prozac? I know dogs are given this stuff. I realize the entire bottle would be a problem, but what's one or two pills? I ask because I dropped one pill on the bathroom floor and just couldn't find it. Sure enough, our beagle, Sadie, found it. Do I need to worry? - S.H., Cyberspace

ANSWER: You're not crazy, as far as I know. In fact, Prozac (fluoxetine) isn't a big deal; it happens to be a drug which dogs tolerate well and it has a liberal safety margin. Sometimes Prozac is actually prescribed for dogs for aggression or separation anxiety. "Still, if your dog had eaten half a bottle of Prozac, there may be a serious hazard," says Hansen. "And many other drugs are a potential danger."

For example, a drug called Efu-

dex, used to remove warts and other growths in people, can be deadly to pets. Tylenol (acetaminophen), a far more common drug, may kill cats.

(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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WORDS OF WISDOM

"He who establishes his argument by noise and command shows that his reason is weak." - Michel Eyquem de Montaigne

"It is after you have lost your teeth that you can afford to buy steaks." - Auguste Renoir

"Nothing is more despicable than a professional talker who uses his words as a quack uses his remedies." - Francois de Salignac Fenelon

"No passion in the world is equal to the passion to alter someone else's draft." - H. G. Wells

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a day, 365 days a year. There's always an expert available to handle general questions or emergencies. If you think your pet may have ingested a potentially poisonous substance, call 888-426-4435. A \$60 consultation fee may be applied to your credit card. Learn more at www.aspc.org.

QUESTION: Tell me about weed killer. We live in the city and my dog goes on this one area of grass to do her business. I just learned that four days ago, the family who owns this

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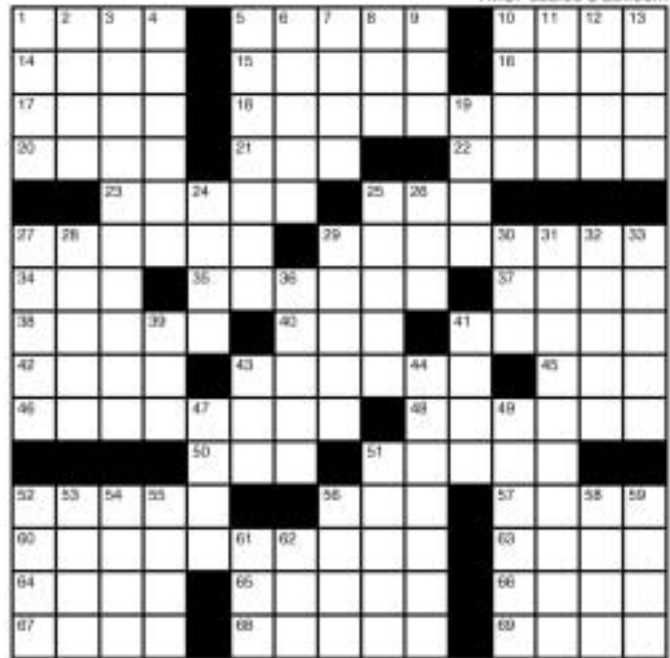
ACROSS

- 1 Webber hit
- 5 Poet Alighieri
- 10 Sudden pain
- 14 Stead
- 15 Messages by computer
- 16 Drunkard
- 17 Algerian port
- 18 Sidekick
- 20 Training rooms
- 21 T. Turner channel
- 22 Be as one
- 23 Mexican moola
- 25 Actor Cariou
- 27 Out of ___
- 29 Struggles for superiority
- 34 Balin or Claire
- 35 Get away
- 37 Flat-bottomed boat
- 38 Having radial stripes
- 40 Exist
- 41 Lake by Reno
- 42 Singletons
- 43 Religious holiday
- 45 Any ___ time
- 46 Translations
- 48 Wear out the welcome mat
- 50 PGA peg
- 51 Drive back
- 52 Humble
- 56 Performed
- 57 Writer Oz
- 60 Close pal
- 63 Tibetan priest
- 64 Author Bagnold

- 65 Customary practice & others
- 67 Yellow and Black
- 68 Howled
- 69 Fender damage

DOWN

- 1 Stop up
- 2 Breezy
- 3 Cooperative performer
- 4 Day's end
- 5 Creditors' opposites
- 6 Last words
- 7 Political cartoonist (1840-1902)
- 8 Small bird
- 9 Pixie
- 10 Gulp
- 11 Cake layer
- 12 ___ of Cleves
- 13 Augur
- 19 Go on a tirade
- 24 Parakeet staple
- 25 Runs at a steady gait
- 26 Compass pt.
- 27 Imperial Russian Ballet, today
- 28 Nonsensical
- 29 Has concern (for)
- 30 NASA's ISS partner
- 31 Fellow student
- 32 Worker's equipment
- 33 Sorenstam or Borg, e.g.
- 36 "Alfie" star
- 39 Double bend
- 41 Pack down
- 43 Opponent
- 44 Recolored irregularly



By Gerald R. Ferguson
Portland, OR

Answers on page 35

- 47 Bit of gossip
- 49 Rang
- 51 Narrow crest
- 52 Vigoda and Lincoln
- 53 Treat for Rover
- 54 Most land
- 55 Puts in grass

- 56 6/6/44
- 58 Muscat's country
- 59 Preserving substance
- 61 Fella
- 62 NATO member

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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. Circled 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 great number of letters left over. They'll spell out your MAGICWORD.

AUTHOR, AUTHOR! (sol: 11 letters)
A-Abbott, Austen; B-Baum, Beckett, Burroughs; C-Crowley; D-Dickens; F-Fitzgerald, Fleming, Forster, Frost; G-Geisel, Grisham; H-Hemingway; I-Irving; J-Joyce; K-Kapp; M-Melville, Miller, Milne, Moore; N-Nesbit, Nolan, Norton; O-Orwell; S-Sagan, Scott, Shaw; T-Tolkien, Tolstoy, Trotsky, Twain; U-Updike; V-Vonnegut; W-Wallace, White, Wilde, Wilson, Wyndham

This Month's Answer: **SHAKESPEARE**

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YOTSLOTELLIVLEM
LUEWPSYAWGNIMEH
EPCHPEROOMWILDE
SDYIADLAREGZTIF
IIOTKHAMHDNYWCL
EKJETTEKCEBAKKE
GEYKSTORTTOCSEM
VNORTONSWILSONI
OEYMEBURROUGHNS
NIEUSAGEMAHSIRG
NKLABNLIRETSROF
ELWBILLEWROPESR
GOOVINECALLAWHO
UTRMETIBSENAGAS
TICARENALONIAWT

JUMBLE

THAT SCRAMBLED WORD GAME
By Noel Arnold and Mike Angello

Unscramble these four Jumbles. One letter is each square. To form four ordinary words.

TOFUL
REQUE
MIRFIN
HATTOR

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

Ans: **SCRAMBLED** IN IT

Answers on page 35

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TRIVIALITIES

- Raja Gosnell directed this 2008 film, which offers the voices of Drew Barrymore, Andy Garcia and Jamie Lee Curtis. Name it.
- Who directed the 2007 film "Ocean's Thirteen"?
- Who won the 2006 best supporting actor Oscar for his work in the film "Syriana"?
- Tilda Swinton won the 2008 best supporting actress. For what film was she honored?
- The 2007 film "Atonement" was adapted from whose novel of the same name?
- Mark Herman directed this 1998 film, which starred Brenda Blethyn, Ewan McGregor and Jane Horrocks. Name it.
- Who starred as Wyatt Bose in the 2008 film "Deception"?

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Answers on page 35

BRIDGE

Pulling Through

By Tannah Hirsch

North-South vulnerable. North deals.

NORTH

- ♠ K 10 4
- ♥ J 10 3 2
- ♦ 8 2
- ♣ A Q 7 6

WEST

- ♠ 6
- ♥ K Q 9 7 6 5
- ♦ 10 7
- ♣ 9 8 5 3

EAST

- ♠ A 9 7 2
- ♥ Void
- ♦ K J 6 5 4 3
- ♣ K J 4

SOUTH

- ♠ Q J 8 5 3
- ♥ A 8 4
- ♦ A Q 9
- ♣ 10 2

The bidding:

NORTH	EAST	SOUTH	WEST
Pass	1♦	Dbl	2♥
Dbl	Pass	2♠	Pass
4♠	Dbl	Pass	Pass
Pass			

Opening lead: Ten of ♦

To execute the aptly named Dentist's Coup, you have to extract an opponent's safe exit cards. Here's a pretty example from a World Women's Team Championship between

Australia and Italy. Sitting South was Luciana Capodanno.

We don't know why South chose to double rather than overcall one spade. Apparently, North expected more from partner and jumped to game on a hand with invitational values.

An opening low heart would have defeated the contract, but that would have been a strange choice. Declarer won the opening diamond lead with the queen, cashed the ace and ruffed a diamond. The king of trumps was taken with the ace and the spade continuation went to the table's ten. Now came the key play of a low club. East's jack won, and declarer ruffed the diamond continuation. Declarer drew two rounds of trumps, on the second of which West, down to K-Q-9 of hearts and 9-8 of clubs, had to make a discard and was forced to sluff the idle club.

Declarer continued with a club to the ace, picking up West's safe exit card, then ran the jack of hearts to endplay West. Four spades doubled and made.

(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.

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

MEDIUM

Solution on page 35

There was no connection between Iraq and 9/11?



In 1995, the U.N. Food and Agriculture Organization estimated that 567,000 Iraqi children under five had died as a result of the sanctions placed on their country. In a CNN interview with Osama bin Laden in 1997, the al Qaeda leader said he would send Bill Clinton "messages with no words" in response to those deaths. Inexplicably, that interview, perhaps the most important bin Laden has ever granted, has been removed from CNN's Web site. Fortunately, CNN reporter Peter Bergen recorded the relevant paragraphs in his 2001 book, *Holy War, Inc.*

In *What Really Happened: The Story of Clinton Inc.'s Efforts to Rewrite Bill Clinton's Record on Iraq and Terrorism*, Kevin Groenhagen presents the facts (including over 500 footnotes and a companion web site at www.sinsofthehusband.com) that outline Bill Clinton's actual record on Iraq and terrorism. That record shows that it was Clinton's policies vis-a-vis Iraq that ultimately led to 9/11 and other "messages with no words." Paperback, 189 pages, index.

To order your copy of *What Really Happened*, please send \$12.50 plus \$4.00 for shipping and handling to: Kevin Groenhagen, 2612 Cranley St., Lawrence, KS 66046. *What Really Happened* is also available as a download at www.lulu.com/content/2723949.

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Pasta Puttanesca is an easy autumn dish

By Wolfgang Puck

Tribune Media Services

As autumn starts to settle in, one of my favorite ways to warm myself up is to eat a bowl of pasta. Especially when you use robust ingredients for the sauce and bite-sized pasta shapes or substantial ribbons or strands, this is food that really sticks to your ribs, making you feel like you've eaten well for very little effort in the kitchen.

Among the pasta recipes I make again and again, Pasta Puttanesca ranks very high. It's quick and simple to make, featuring just a few widely available ingredients, and it has an exciting yet down-to-earth flavor—all reasons, I'm sure, for its Italian name, which refers to women of very easy virtue.

The classic puttanesca sauce features a perfect balance of olive oil, garlic, red pepper flakes, tomatoes, anchovies, capers, olives, oregano, and basil—and this is one case in which I definitely don't mess around with a classic. To me, so much of Italian cooking is basic home cooking, and you want to prepare the dish simply, so that those ingredients shine.

Whenever possible, I try to use organic ingredients, especially for the tomatoes, so I can be sure I'll have a fresh-from-the-garden flavor. I even sometimes enjoy making the dish with organic whole-wheat

pasta, which is especially robust and matches up well with the sauce. Or I'll use organic pasta made from whole-grain spelt, wheat's ancient distant ancestor, which has a nutty, slightly sour taste that also goes very well with the puttanesca treatment. You'll find both kinds of pasta in well-stocked supermarkets or health food stores.

Whatever type of pasta you use for this recipe, or for any dish featuring pasta with a sauce, one of the main secrets for success is to cook your pasta at the last minute, just before

serving, timing it to be ready when the sauce is done. Cook the pasta until it's tender but still chewy, what Italians call *al dente*, "to the tooth," starting to check at the earliest moment in the suggested cooking time range given on the manufacturer's packaging.

And don't make the mistake of draining the pasta too much or leaving it stand around to turn cold and gummy, which will prevent the sauce from coating every bit of the pasta's surface with delicious flavor. I like to add the pasta while it's still dripping, and I even reserve a little of the starchy cooking water to help the pasta blend more easily with the sauce.

Finally, I pass freshly grated Parmesan cheese at the table, for each person to add to taste. It gently rounds out the dish's rough edges, pulling all the flavors together beautifully.



Wolfgang Puck's Pasta Puttanesca

PHOTO BY BOB HILAL, CHICAGO TRIBUNE

PASTA PUTTANESCA

Serves 4

4 pounds plum (Roma) tomatoes
4 tablespoons extra-virgin olive oil
2 tablespoons minced garlic
1/2 teaspoon crushed red pepper flakes
6 anchovy fillets, chopped
3/4 pound dried penne, spaghetti, or linguine
2 tablespoons capers, drained
1/4 cup pitted Nicoise olives
1 teaspoon minced fresh oregano leaves
16 fresh basil leaves, torn into pieces
2 tablespoons minced fresh parsley leaves
Salt
Freshly ground black pepper
Freshly grated Parmesan

Bring a large saucepan of water to a boil; on the counter nearby, place a large mixing bowl filled with ice cubes and water. With a small, sharp knife, core the tomatoes and score a shallow X on their opposite ends. Immerse the tomatoes in the boiling water and, as soon as their skins begin to wrinkle, after 30 to 45 seconds, remove them with a slotted spoon or wire skimmer and transfer to the ice water. When the tomatoes are cool enough to handle, peel off their skins. Cut each tomato in half, squeeze gently over the sink to remove the seeds, and use the knife to cut the tomatoes into 1/2-inch strips. Set aside.

Bring a large pot of salted water to a boil.

Meanwhile, in a large sauté pan, heat the olive oil over medium-high heat. Add the garlic and red pepper flakes and sauté until fragrant, about 1 minute. Add the anchovy fillets and three quarters of the tomatoes. Bring to a boil, then reduce the heat to low and simmer gently, stirring occasionally, for 15 minutes.

Once the sauce has simmered for a few minutes, add the pasta to the pot of boiling water and cook it until *al dente*, tender but still slightly chewy, following the manufacturer's suggested cooking time. As soon as the pasta is done, drain it, reserving about 1 cup of the cooking water in a heatproof measuring cup or bowl.

Immediately add the pasta, still slightly dripping, to the sauté pan along with the remaining tomatoes, the capers, olives, and oregano. Toss well to mix and coat the pasta with the sauce, adding some of the reserved water to help them mix well. Turn off the heat, toss in the basil and parsley, and season to taste with salt and pepper.

Mound the pasta on individual serving plates or in shallow pasta bowls. Serve immediately, passing freshly grated Parmesan cheese alongside.

(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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LMH announces new director of Radiology and LMH Breast Center

Lawrence Memorial Hospital recently hired Amy Alexander as the director of radiology and the LMH Breast Center.



Alexander

Alexander is in charge of the 24-hour management of all radiology departments, including ultrasound, diagnostic, magnetic resonance imaging (MRI), comput-

ed tomography (CT) and nuclear medicine. Her responsibilities include the management of quality patient care, and radiology and Breast Center employees.

Alexander has a master's degree in adult and continuing education from Kansas State University in Manhattan and a bachelor's degree in radiological science from Avila College in Kansas City, Mo. She previously worked as the radiology department manager at St. Joseph Medical Center, Kansas City, Mo.

Gall joins LMH as director of care coordination

Lawrence Memorial Hospital recently hired Linda Gall as the new director of care coordination.



Gall

In this position, Gall is responsible for the oversight of daily operations involving case managers, social workers and clinical documentation specialists. This

includes patient care coordination, discharge planning, documentation compliance, and resource utilization for these departments.

Gall is completing a master's degree in nursing administrative leadership studies from Washburn University in Topeka. She previously worked for more than 20 years at Stormont-Vail Healthcare Center in Topeka, including two years as the case management supervisor.

LMH announces new director of surgical nursing

Shelley Terrell has joined Lawrence Memorial Hospital as the new director of surgical nursing.



Terrell

Terrell is responsible for the overall management of the third surgical/orthopedic department. This includes coordinating the efforts of physicians, directing patient care and ancillary associates, and en-

suring quality care for patients.

Prior to coming to LMH, Terrell served as the nurse manager at Kansas Orthopedics and Sports Medicine, Topeka. She was also employed for more than nine years by Stormont-Vail HealthCare Center in Topeka. Terrell has a master's in business administration from Baker University School of Graduate and Professional Studies and a nursing degree from Washburn University, Topeka.

COURTESY PHOTO



Betty Fox with "Being Revisited"

Local artist wins statewide competition

Betty Fox, a 20-year Topeka resident, has taken first place in the nonprofessional division of the statewide competition, "Kansans Paint Kansas," sponsored by the Topeka Art Guild.

On October 19, Ms. Fox, along with several other Kansas artists, was honored at a reception held at the Topeka Art Guild Gallery in the Fairlawn Plaza.

A member of the Guild for as long as she has been in Topeka, Ms. Fox's painting, "Being Revisited," depicts a view of the backyard of a well-known Holliday Park bed-and-breakfast inn

near the artist's residence.

Originally from Washington, Missouri, a small town that finds prestige in being the only place in the world that makes genuine corn cob pipes, Ms. Fox began sketching cartoons at the age of 10. For 18 years she was Woolworth's Department Manager, though she still managed to paint in her spare time.

"Betty's work is a wonderful example of the caliber of work entered into our first statewide competition," said Marie Plinsky, president of the Topeka Art Guild. "We plan to make this an annual event."

Reprints offered by Groenhagen Advertising



A History of Lawrence, Kansas: From the First Settlement to the Close of the Rebellion

By Reverend Richard Cordley. Cordley's 1895 classic begins with the founding of Lawrence, Kansas, in 1854 by anti-slavery settlers from New England, and ends with Quantrill's Raid of August 21, 1863.

Paperback book: \$16.99 E-book: \$7.70



Black Hawk: The Great Chief of the West

In conjunction with the 175th anniversary of the Black Hawk War of 1832, Senior Monthly publisher Kevin Groenhagen has edited a new edition of Benjamin Drake's 1838 classic book on Black Hawk. Benjamin Drake first published this extremely detailed history just six years after the Black Hawk War ended.

Paperback book: \$15.99 E-book: \$7.54



Kansas and Nebraska: The History, Geographical and Physical Characteristics, and Political Position of Those Territories

Published in 1854, the year Kansas became a territory, Edward Everett Hale's *Kansas and Nebraska* is considered the first book ever written on Kansas.

Paperback book: \$14.99 E-book: \$6.00

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Benjamin Drake first published this excellent history on Black Hawk and the war named after him just six years after that war ended. This new edition, edited by *Senior Monthly* publisher Kevin Groenhagen, marks the 175th anniversary of the Black Hawk War of 1832, and reproduces the 1856 edition of Drake's book. This paperback book includes 196 pages, 13 illustrations, an editor's introduction, and index.

You may purchase *Black Hawk: The Great Chief of the West* directly from Kevin Groenhagen. Just send a check for \$18.99 to cover the cost of the book and shipping expenses to: Kevin Groenhagen, 2612 Cranley St., Lawrence, KS 66046.



Reserve Your Space Today

For the "2009 Senior Resources Directory," a special pull-out section that will be available in the January 2009 issue of *Kaw Valley Senior Monthly*.

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

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

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NOSTALGIA NOTEBOOK

NOVEMBER 1938

Births

NOVEMBER 2: Patrick Joseph Buchanan, American journalist and Presidential candidate
NOVEMBER 17: Gordon Lightfoot, Canadian folk singer
NOVEMBER 19: Ted Turner, entrepreneur
NOVEMBER 26: Porter J. Goss, American politician and Central Intelligence Agency director

Events

NOVEMBER 1: Seabiscuit defeats War Admiral by four lengths in their famous match race at Pimlico Race Course in Baltimore, Maryland.
NOVEMBER 9: Holocaust: Kristallnacht begins - In Germany, the "night of broken glass" begins as Nazi troops and sympathizers loot and burn Jewish businesses.
NOVEMBER 10: On the eve of Armistice Day, Kate Smith sings Irving Berlin's "God Bless America" for the first time on her weekly radio show.

NOVEMBER 1948

Births

NOVEMBER 14: Prince Charles of Edinburgh, now Prince of Wales
NOVEMBER 17: Howard Dean, American politician
NOVEMBER 20: John R. Bolton, former U.S. Ambassador to the UN
NOVEMBER 20: Barbara Hendricks, American-born soprano

Events

NOVEMBER 2: Harry S Truman defeats Thomas E. Dewey and Strom Thurmond for the US presidency.
NOVEMBER 12: In Tokyo, an international war crimes tribunal sentences seven Japanese military and government officials to death, including General Hideki Tojo, for their roles in World War II.
NOVEMBER 16: Operation Magic Carpet to transport Jews from Yemen to Israel begins.
NOVEMBER 17: Mohammad Reza Shah Pahlavi divorces his second wife, the former Princess Fawzia of Egypt.

NOVEMBER 1958

Births

NOVEMBER 2: Willie McGee, baseball player
NOVEMBER 16: Marg Helgenberger, American actress, *CSI: Crime Scene Investigation*
NOVEMBER 18: Laura Miller, Mayor of Dallas, Texas
NOVEMBER 19: Michael Wilbon, American sportswriter
NOVEMBER 22: Jamie Lee Curtis, American actress
NOVEMBER 28: Dave Righetti, baseball player

Events

NOVEMBER 3: New UNESCO building inaugurated in Paris.
NOVEMBER 10: Birth of the Bossa nova in Rio de Janeiro, Joao Gilberto records "Chega de Saudade".
NOVEMBER 23: *Have Gun, Will Travel* debuts on radio.
NOVEMBER 30: Gaullists win parliamentary elections in France.

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JUMBLE ANSWERS

Jumbles: FLOUT QUEER INFIRM THROAT

Answer: He refused to study history because he said there's - NO "FUTURE" IN IT

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TRIVIALITIES ANSWERS

1. "Beverly Hills Chihuahua" 2. Steven Soderbergh 3. George Clooney 4. "Michael Clayton" 5. Ian McEwan 6. "Little Voice" 7. Hugh Jackman

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