

Kaw Valley Senior Monthly

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

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Senior Olympian still having a ball

By Kevin Groenhagen

Many individuals dread reaching certain milestones as they grow older. However, Senior Olympian Arlene Marshall actually looked forward to turning 55.

"When I started participating in the Kansas Senior Olympics 12 years ago, you had to be 55," Marshall explained. "I was ready to start before I was 55 and was really looking forward to it."

Today the Kansas Senior Olympics are open to anyone who is 50 or older. Olympians compete against others in the same five-year age bracket. In this year's Kansas Senior Olympics, Marshall competed in the 65-69 bracket for individual contests.

Marshall, who lives five miles north of Highway 24 in Topeka, has participated in sports since she

was a child.

"When I was in high school, they didn't have women sports," Marshall said. "But I did intramural sports. I also began playing city league softball and basketball when I was 11 years old."

As a Senior Olympian, there are not many sports that Marshall has not tried.

"I've played softball, volleyball, basketball, tennis, table tennis, bowling, shot-put, and javelin," Marshall said. "I ran the 60 meter once. This year I'm doing volleyball and all the fun throws like the basketball, softball and football throws. I'm also playing table tennis."

In team competition, a team is placed in the age bracket that corresponds with the age of the youngest member on the team.

"In volleyball, our team is in



Arlene Marshall

the 50-54 age bracket because our youngest team member is 50," Marshall said.

After 12 years of competition as

a Senior Olympian, Marshall has placed in numerous competitions.

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Vintage Player Carole Peters directs Deerfield Elementary School second graders as they perform "The Three Billy Goats Gruff."

Vintage Players a hit with students, seniors

By Billie David

Members of Lawrence Community Theatre's Vintage Players not only bring laughter and entertainment to the community and help school children learn to read. They also have a great time doing it.

"It's for people who want to get out, meet people and be creative," said Mary Ann Saunders, director of the Vintage Players, the senior acting troupe that started three years ago with a group of seniors who shared a passion for theatre.

The level of involvement in the

troupe is up to the individual members, as is the type of work they want to do, from acting to designing sets to reading to second graders at Deerfield School.

"Most of the people who are involved with this are also involved with other things in the community," Saunders explained.

Saunders became director of the Vintage Players last January, but she has been involved with the Lawrence Community Theatre since 1994. "When I was asked to take over with the Vintage Players, I ac-

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FREE

Vintage Players

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cepted because I had worked with a lot of the people, it gave me more opportunity to direct and I enjoy that, and the folks here are really enthusiastic," she said.

Vintage Player members come from a wide variety of backgrounds: theatre people, retired KU faculty, secretaries and housewives. Also involved are two published playwrights, Don Mueller and John Clifford.

"John and Don have written things for this group, mostly five or 10 minutes long," Saunders said, adding that most of the pieces are comedy,

including her favorite about an elderly gentleman trying to get a date with a woman.

"They start commiserating about the problems of the dating scene at this stage in life," she said. "It's funny yet poignant. Another piece is about a man whose daughter wants him to stop driving into the city. It's a humorous approach to day-to-day situations that this age group faces, but that people of all ages can enjoy."

The Vintage Players usually perform with script in hand, even though they are quite familiar with their parts, so that fear of memorization doesn't have to be a problem. "Others feel that it will help them improve their memory," Saun-

ders added.

And each player also has a monologue so that if their partner is unavailable, they still have something they can do.

The Vintage Players often perform at clubs and nursing and retirement homes. This year they have performed at the Eudora Nursing Center, Colonial Manor, Leavenworth Co. Home Maker's Association, Endacott Society, Pairs 'N Spares, Watkins Historical Museum, and the OWL annual meeting.

Troupe members also enjoy the cast parties and get-togethers. "Sometimes we go out after a performance so that the cast can bond as friends and not just as performers," Saunders explained.

Some members of the Vintage Players choose to become involved with "Kids at Heart," which is the name of the reading program they share with Deerfield School.

"This is our intergenerational project," said director of development Maria Arnone. "There are kids we

work with who don't have grandparents or older contacts in this area, and it gives them the opportunity to interact. The interchange and building of relationships has been significant on both ends."

The troupe, which received a grant for the project, started by send-



Vintage Player Frank Day reads to students at Deerfield Elementary School.

ing members to the school once a week to work with students in the three second-grade classrooms for 30-minute sessions. The adults read fairy tales and nursery rhymes to the students, who then act out the stories.

"Often the kids don't know the classic fairy tales and nursery rhymes," Saunders said. "But there are common themes that run through them that

the kids are going to meet later on in other literature.

"The real wonderfulness of it is when we have them reenact the story. That's when the magic turns on because the kids learn to listen for the plot, visualize the story and listen so that they get the cue for their lines. It boosts their imaginations and helps them learn to turn words into colorful stories."

The Vintage Players, which is sponsored by Brandon Woods, Comfort Keepers, Elvira Angeletti Interiors, TherapyWorks, and a Lawrence Arts Commission grant, welcomes new members and venues. "Should readers of the *Senior Monthly* have a club and want the Vintage Players to perform, they can book a performance that lasts from 15 minutes up to an hour," Arnone said.

Performances can be booked by calling the Lawrence Community Theatre at 785-843-7469.

Readers who are interested in joining the Vintage Players can attend one of their meetings, held at 1:30 p.m. at the theatre building at 1501 New Hampshire Street every second and fourth Tuesday of the month (although it is good idea to call first because sometimes the date is changed to accommodate a holiday).

"Once you get involved with theatre, you start to see what people mean by 'the show must go on,'" Saunders said, "because the show becomes a living thing. I think everybody should do a show at least once in their lifetime because it shows them what it is like being on a team. And as age slows you down, unlike in sports, it doesn't matter if you're in a wheelchair. You can still be very involved."

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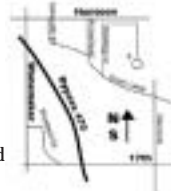
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Marshall

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"I have quite a few medals because there aren't a lot of people my age competing in Kansas," Marshall said with a laugh. "If I'm the only one competing, I get a gold medal. If there's someone else competing, I usually get a silver medal."

Marshall is being a bit modest. She also has medals from competing in the National Senior Games, which are held every two years.

In 1995 Marshall joined She-Ca-Go, a Chicago-based basketball team, and she has played with the team in every National Senior Games since then.

"The Chicago team came to Kansas to qualify," Marshall said. "They had just three players because they play 3-on-3 basketball. I was invited to join the team and we took the bronze medal at nationals. We won the gold medal at the next nationals in 1997."

The team failed to place in 1999, but won the bronze in 2001 and again in 2003. At the last National Senior Olympics, She-Ca-Go participated in the 60-64 age bracket.

The Illinois members of She-Ca-Go think highly of their Kansas teammate. Seventy-one-year-old Jackie Watson in a September 2002 interview with *The Elburn (Ill.) Herald* proudly noted that Marshall once played for the Hollywood Queens, a women's basketball team that opened for the Harlem Globetrotters.

While it is nice to win medals, Marshall stresses that that is not what she enjoys most about Senior Olympics.

"I enjoy being able to stay active and having fun with a lot of other people," Marshall said. "If it hadn't been for Senior Olympics, I never would have met my best friend, Jane Bus, who lives in Chicago. Senior Olympics is competitive, but everyone is very friendly. You don't see much poor sportsmanship at the Senior Olympics. It's a bit of a shock when you do see it."

Fortunately, Marshall also notes that you don't see many injuries during the Senior Olympics.

"I've been lucky," Marshall said. "I haven't had any major injuries. I broke my little finger while playing basketball the first year we won the bronze medal, but I still ended up making the winning shot."

Now retired, both Marshall and her husband, Dave, were school bus drivers for the Seaman school district for 25 years. In addition, Dave

retired from the Air Force after 20 years of service.

"Dave volunteers a lot when we go to the nationals, and he volunteers here, too," Marshall said. "He helps start the bicyclists and helps with the golf competitions. When we went to Florida in 1999 for the nationals, he even did the scorekeeping. Even if you don't think you can compete in the Senior Olympics, you can still have a lot of fun as a volunteer. You meet a lot of people and you get a free shirt. I think the volunteers have

as much fun as the people playing."

After this year's Kansas Senior Olympics, Marshall will continue to spend much of the next year playing drop-in volleyball for two hours on Mondays, Wednesdays and Fridays. However, she has something new planned for 2004.

"I'm going to try to start a 45+ women's softball league for next summer," Marshall said. "I want to get some of the women who played in the city league when they were younger. I'd like to see us start with

six teams, but if we get just four we'll go with it. We need at least four so we're not playing the same team all the time."

The teams will play in Topeka, but Marshall said anyone in the area can play in the league.

Marshall invites those interested in the new softball league to call her at 785-246-0355 or e-mail her at grarly@aol.com.

For more information about the Kansas Senior Olympics, please call Becky Sewell, Kansas Senior Olympics Director, at 785-368-3798.

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HEALTH

Get stronger, live longer

Newsflash! Exercise is good for you. And it is double-plus good for you when you're recovering from an injury or an illness.

Study after study has shown that exercise makes you feel better and live longer. But what exercise should you do, and how much? That depends on your starting point. If you're in good health to start with, you may be ready for relatively easy exercises almost immediately. But when you're recovering from an in-



Laura Bennetts

jury or an illness, it takes weeks to regain lost strength and stamina. And if you want to take up a demanding favorite sport again after years of inactivity (say, tennis or jogging), you will need to increase your strength and endurance gradually.

The key word here is "gradually." To regain lost strength, you need persistence and a program designed to help you achieve step-by-step progress.

But why do we have to go slow? To answer that question, we must explore others first. What happens to our muscles when we're inactive? What does it mean to "lose strength"? And how does our body rebuild lost strength?

Inactivity = Muscle Loss

Rule #1. If you spend 10 days sick in bed you'll lose about 20 percent of your muscle strength. That's 2 percent of your strength every single day. That's a lot.

What's happening is that, inside your muscles, your muscle fibers are getting smaller. Since your muscular activity has slowed down, the daily flow of oxygen, nutrients and protein to your muscle fibers has slowed down as well. In fact, your body is taking away protein from your muscle fibers and you are losing muscle mass. Truly, if you don't use your muscles, you will lose them.

Build Strong Muscles!

To rebuild lost muscle mass, you need to eat a balanced diet rich in protein. High-protein foods include meat, fish, eggs, cheese, milk, beans, and nuts. Fruits, vegetables and grains are also very important parts of a balanced diet.

If your appetite has declined, you should talk to your doctor. There are medications that will improve your appetite and protein drinks that you can take as diet supplements.

Build Endurance

Once you increase your protein intake, you'll be ready to gradually increase your activity level and your endurance as well. Walking is a good way to start. Begin with a short daily walk (say, 10 or 15 minutes) and then increase a bit each week—say, about 10 percent per week. If you're now walking comfortably 20 minutes a day, next week you should increase to 22 minutes a day. A good goal is to walk 30 minutes a day at least three to five times per week. This would be a good workout not only for your heart and lungs, but also to strengthen a great many of your muscles. When 30 minute walks have become comfortable, you can add difficulty by walking faster (or, on a treadmill, you can increase the steepness of your walk).

Build Strength and Muscle Mass

Next on the recovery agenda: strength training. This requires regular muscular exercise—such as walking, biking, swimming, and playing tennis—to increase the size and number of your muscle fibers.

Many exercises require you to use a large number of muscles. For example, when you walk, the muscles of your pelvis, hips, knees and feet rhythmically contract and relax. In fact, you're literally using muscles from your head to your toes when you walk. Walking faster and farther strengthens you even more, and works your muscles in groups.

Strength training creates new work for the muscle so it can begin to build muscle fibers. But take it slow, it takes four to six weeks for significant muscle strengthening. The body needs time to create new muscle tissue, so be patient—it will take time before you begin to feel the difference.

Strengthen The Weak

Another good approach is to selectively exercise a single muscle to make it work harder. An example would be sitting and tapping your toe. (Music is optional!) When you lift your toe, you're putting the muscle in the front of your calf to work. When you walk, you use that same muscle when your heel lands with each step. So you want that muscle

to be strong; otherwise, you might drag your toe and fall. To strengthen that muscle, you can attach a one-pound weight to the front of your foot and then sit and tap 30 times.

After a few days, as the muscle fiber begins to bulk up, you can increase the weight to two pounds.

You may also want to focus selectively on strengthening your grip. Without a strong grip, your hands are practically helpless. So to help you grip more firmly, occupational therapists will teach you how to use resistive putty and hand exercises to flex each finger and thumb, enabling you to regain hand strength that you may have thought was impossible to regain (say, after you've had ar-

thritis for years).

Exercise Works. So Will You.

Exercise is hard, people say. They're right. Exercise is hard. But disability and weakness are far harder. So...try it, you'll like it! And of course, you should consult your doctor and therapist before you try anything too strenuous.

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



Research at the University of Kansas:

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HEALTH

Treating diarrhea

Normal bowel habits vary considerably from person to person, being modified by age, individual physiologic factors, and dietary, social and cultural patterns. Acute diarrhea is an unpleasant digestive disorder that virtually everyone experiences at one time or another. People of all ages can get acute diarrhea. The average adult has acute diarrhea about four times a year. It is an inflammation of the bowel by a production of too much mucous secretion. The loose-stool consistency usually lasts a short period of time, usually a couple of days. Diarrhea



Dr.
Farhang
Khosh

often means more frequent trips to the bathroom and may mean your stool is greater in volume. The most common causes of loose, watery stools and abdominal cramps are infections from viruses, bacteria or parasites. Other causes include medications especial antibiotics, artificial sweeteners, nervous bowel, anxiety, psychosomatic disturbance, malfunction of the thyroid gland, food intolerance or dehydration. Looseness of the bowels may sometimes occur as an acute cleansing eliminative effort by Nature to expel wastes and impurities.

Chronic diarrhea lasts much longer than acute diarrhea. It can be a sign of a serious disorder. Chronic diarrhea can occur in the following conditions: Crohn's disease, Diverticulosis, Ulcerative Colitis, Irritable Bowel Syndrome or Dysentery.

Diarrhea may cause your bowel to lose significant amounts of water and salts causing dehydration. Dehydration means the body lacks enough fluid to function properly. Dehydration can be especially serious in children and the elderly, and it must be treated promptly to avoid serious health problems. General signs of dehydration include: 1) thirst 2) less frequent urination 3) dry skin 4) fatigue 5) light-headedness, and 6) dark colored urine.

When should you consult your doctor? Although diarrhea is usually not harmful, it can become danger-

ous or signal a more serious problem. You should see the doctor if: 1) You have diarrhea for more than three days. 2) You have severe pain in the abdomen or rectum. 3) You have a fever of 102 degrees Fahrenheit or higher. 4) You see blood in your stool or have black, tarry stools. Or 5) you have signs of dehydration. If your grandchild has diarrhea, do not hesitate to call the doctor for advice. Diarrhea can be dangerous in children if too much fluid is lost and not replaced quickly.

What is the treatment for diarrhea? In a majority of the cases, replacing lost fluid to prevent dehydration is the only treatment necessary. Medicines that stop diarrhea may be helpful in some cases, but they are not recommended for people whose diarrhea is from a bacterial infection or parasite—stopping the diarrhea traps the organism in the intestines, prolonging the problem. Viral causes are either treated with medication or left to run their course, depending on the severity and type of the virus.

Naturopathic ways to treat diarrhea are include the following:

1) Preventing dehydration. Although water is extremely important in preventing dehydration, it does not contain electrolytes. To maintain electrolyte levels, you could have broth or soups, which contain sodium, and fruit juices, soft fruits, or vegetables, which contain potassium. Just make sure to choose fruits or fruit juices that are not high in

sugar because too much sugar can make the diarrhea worse.

2) Foods. Eat a bland diet. Avoid simple sugars, dairy products, greasy fatty foods. These foods tend to aggravate diarrhea.

3) Avoid caffeine and alcohol.

4) Avoid any gluten containing grains: wheat, rye, barley, oats

5) Avoid artificial sweeteners

6) Eat a high fiber diet, ripe mashed bananas, rice bran, acidophilus, applesauce or grated green apples, and carob powder.

7) Herbs and Homeopathic remedies are very effective in treating diarrhea. Consult with your doctor before taking.

The main points to remember are as follow:

1) Diarrhea is a common problem that can resolve by itself.

2) Diarrhea is dangerous if a person or child becomes dehydrated.

3) Causes to consider are viral, bacterial, parasitic infections; food intolerance; reactions to medicine; intestinal diseases; and functional bowel disorders.

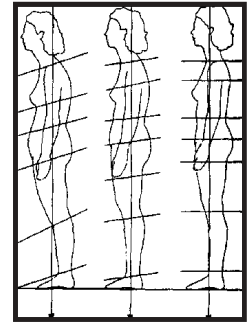
4) Treatment often involves replacing lost fluids and electrolytes. Depending on the cause of the problem, a person might also need medication to stop the diarrhea or treat an infection. Children may need an oral rehydration solution to replace lost fluids and electrolytes.

5) Call the doctor if you have diarrhea and severe pain in the abdomen or rectum, a fever of 102 degrees Fahrenheit or higher, blood in the stool, signs of dehydration, or diarrhea for more than three days.

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

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FINANCES

Two sides to every story

Six dividend myths explained

The Tax Relief Act of 2003 is good news for individual investors. Lower tax rates, capital gains and dividend taxes, as well as increased child tax credits and other provisions, have put more money into taxpayers' pockets. Although lower dividend taxes have gotten much of the attention, as the old saying goes, "there are two sides of every story."

Although stocks with a history of



Harley Catlin and Ryan Catlin

paying dividends may be more attractive today thanks to the tax law changes, many people are investing in them based on misconceptions. We explain some of the most common misconceptions below.

Myth #1 – Stocks with a history of paying dividends are good alternatives to bonds and CDs.

No, they're not. In years when the stock market falls, dividends often do act as a shock absorber, helping to cushion the blow of a market decline. For example, in 2002, when the S&P 500 fell 22 percent, stocks in the S&P 500 that paid a dividend fell 11 percent while stocks in the S&P 500 that did not pay a dividend fell 30 percent. But

even stocks that have a history of paying dividends carry more risk than quality bonds or CDs. When you look for income, remember to keep a proper balance among stocks, bonds and cash.

Myth #2 – Dividends should account for about half of your return on stocks.

Probably not. It's true that 44 percent of the return on stocks since 1926 came from dividend income, but that's because for much of the first half of the 20th century, the yield

on stocks was almost always above 4 percent and didn't drop below that until the 1960s.

Today, the yield on the S&P 500 is 1.7 percent. Unless we see a dramatic increase in payouts, or stock prices tumble to a level that boosts the yield to 3 percent to 4 percent, it's unlikely that dividends will account for 44 percent of your return anytime soon.

Myth #3 – The tax law favors dividend-paying stocks over growth stocks.

Not really. It treats both roughly the same. Specifically, dividends and long-term capital gains are taxed at a maximum of 15 percent. Plus, the capital gains taxes can be deferred until the stock is sold. Don't overload your portfolio with stocks that have high yields because you think dividends have greater tax advantages. Growth stocks may outperform more defensive, growth-and-income stocks in the months ahead if the economy shows signs of recovery. Well-diversified portfolios need to have an appropriate mix of investments.

Myth #4 – All utility stocks are a stable and growing source of dividend income.

Some are—many aren't. From 1984 through 2002, 54 electric utility companies cut dividends a combined total of 75 times. The real (inflation-adjusted) annual growth rate in utility dividends averaged about 2 percent per year over the past 30 years. This is a mature industry that is struggling to find growth opportunities. Be selective when investing in utilities and make sure this industry

is within our recommended 3 percent weighting for most investors.

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

High Yield = Low Total Return

From 1993 through 2002, higher-yielding stocks generally had lower total returns than stocks with lower yields.

Sector	Dividend Yield	Total Return
Information Technology	0.3	34.7
Health Care	0.9	15.0
Consumer Discretionary	1.4	9.1
Consumer Staples	1.8	7.6
Industrials	1.8	6.3
Energy	1.8	8.3
Materials	2.2	-1.6
Financials	2.3	10.4
Telecommunications	2.3	1.4
Utilities	4.8	1.5

Source: Goldman Sachs Portfolio Strategy, Compustat Firm year observations, S&P 500 firms, Jan. 1, 1993 to Dec. 31, 2002



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SENIOR FORUM

Tricks for developing good relations with grandchildren

By Kent S. Collins

DEAR SENIOR FORUM: After 11 years in a fine retirement resort, we've moved back to our home state and settled in a town halfway between the town where our son and his family live and the city where our two daughters and their families live. We are about 30 miles from each locale.

Now the trick is to get these families with our precious grandchildren to come visit.

What's the trick? — Grandma and Grandpa

DEAR GRANDMA AND GRANDPA: There are four tricks for grandparents developing good relations with their grandchildren.

1. You go to them. Do not expect them to come to you. They are too busy with piano and soccer, school performances and homework. They will promise to visit like renters promise the "check is in the mail." But the check is not and they won't.

2. Expect to be observers, assistants and participants in the activities of the family you visit. Do not expect to be the center of attention. They have plans. Join in those plans. Do not foist your plans on them. They are too busy for your plans.

3. Come to them bearing gifts. Oh, not toys and money. But come with the gifts of your appreciation, attention, interest, elbow grease and support. Do not expect these grandchildren — who have not seen you much for 11 years, possibly — to be anything more than polite to you. Their interest in you will develop only in reaction to your interest in what they do.

4. Keep it short. Quantity of time with grandchildren has little to do with quality of time. Go home early, before the activity leads to exhaustion for them and for you.

Here is a letter from a grandma in Maryland that describes well the kind of low-key, high-satisfaction arrangement that works best for many families.

"We have been grandparents for more than 25 years, and we have always tried to make ourselves available on an 'as needed' basis — for sleepovers, weeklong visits and child care.

"Our eldest grandson graduated from college, and we spent the weekend participating in the celebrations. Our eldest granddaughter is expecting her first baby soon. I am making maternity clothes and helping to host a baby shower.

"Our other grandchildren are ages 6, 8, 12, 14 and 15. I drive them to various events when their parents cannot. I meet them at the school bus when needed. And I cheer and encourage them through assorted activities. I mend their old clothes and sew them new ones.

"Since retiring from my job, I have designated Wednesdays as Grandmother/Grandkid Day for something special like a picnic, swimming in the lake at the state park, flying a kite. They begin asking about these outings even before school ends for the summer. I have a seven-passenger van.

"You are right to write in your newspaper column that grandparents must make the effort to meet grandchildren for something fun. They will not be inclined to come off the freeway exit and through the woods to grandmother's house we go."

(If your "trick" for dealing with grandchildren can be explained in a letter or e-mail, write to The Senior Forum c/o Tribune Media Services, 435 North Michigan Avenue, Suite 1500, Chicago, Ill. 60611 or to seniorforum@mchsi.com.)

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Madame Hatter's Tea Room opens in Eudora

By Kevin Groenhagen

What do you do when you have an empty business space and there are women knocking on your door looking for tea?

For Lauren Smith and her husband, Thomas, the answer to this question was obvious. They would open a tea room.

The Linwood couple had been operating their business, Aspire Marketing, out of their home for several years when they decided that they needed more space. They moved the business to 702 Main Street in Eudora about a year ago.

"We ran the marketing business in the back office

space, but we weren't sure about what to do with the space in the front," Lauren said. "There was a tea room here prior to this, and we had ladies knocking on the door all the time asking what happened to the tea room. We asked ourselves, 'Why not open a team room?'"

Madame Hatter's Tea Room opened on July 23, and offers lunch, desserts and a variety of English, Canadian, and American tea.

"We offer an all-inclusive lunch," Lauren said. "We rotate our menu daily. Each customer gets a beverage, a garden salad or soup, a main

entrée, such as a sandwich, wrap, quiche, or a pasta dish, a side dish, and a choice of two desserts."

Lauren stresses that visiting Madame Hatter's for lunch is a bit different from visiting many restaurants.

"It's been kind of funny, but we almost have to retrain people," Lauren said. "We do things a little more leisurely. We don't want people to rush. We want you to enjoy your time here. We want this to be a gathering place where people come to spend time and relax with their friends."

To help customers relax and enjoy themselves, Madame Hatter's has a collection of hats, scarves, laces, feather boas,

jewels, and other vintage accessories visitors can wear while they drink their tea and visit.

Madame Hatter's even has a few men's hats available.

"When we first opened, I thought it would be a miracle if a man stepped within five miles of this place," Lauren said. "But I've been pleasantly surprised by the number of men who come in, including groups of men."

Madame Hatter's is available for private events in the evening. The tea room can accommodate up to 50 people, which makes Madame

Hatter's ideal for wedding rehearsal dinners, bridal and baby showers, birthday parties, holiday parties, and club meetings. One club that will be meeting at Madame Hatter's on a regular basis is a chapter of the Red Hat Society. Started by Lauren's mother, this new chapter will be known as the Madame Hatter's Red Hatters.

In addition to serving lunch and tea, Madame Hatter's sells tea and products made by local artists and companies.

"We sell tea, jams, jellies, vinegars, salsas, soaps, and jewelry," Lauren said.

Madame Hatter's is opened Tuesday through Friday from 11:00 a.m. to 5:00 p.m., and on Saturday from 11:00-3:00 p.m. The tea room recently launched a web site, at

www.madamehatterstearoom.com, which will soon include Madame Hatter's rotating menu.



Lauren Smith



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Ryan Catlin
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COOKING LIGHT

Spiced shrimp with peach salsa

By Elaine Magee and Marge Perry

If you use nectarines instead of peaches, don't bother with peeling.

Peach Salsa:

3 1/2 cups coarsely chopped peeled peaches

1 cup coarsely chopped red bell pepper

1 cup coarsely chopped green bell pepper

1/3 cup coarsely chopped red onion

1 jalapeno pepper, seeded and chopped

1/4 cup fresh cilantro leaves

1 tablespoon lime juice

1/4 teaspoon salt

Shrimp:

1/4 teaspoon salt

2 teaspoons brown sugar

1 teaspoon ground cumin

1/4 teaspoon ground black pepper

1 1/2 pounds large shrimp, peeled and deveined

1 tablespoon vegetable oil

1. To prepare salsa, place the first 8 ingredients in a food processor; pulse 8 times. Set aside.

2. To prepare shrimp, combine salt, sugar, cumin, pepper, and shrimp in large bowl; toss gently to coat. Heat oil in large nonstick skillet over medium-high heat. Add shrimp mixture; saute 4 minutes or until shrimp are done. Serve with peach salsa. Yield: 4 servings (serving size: 5 ounces shrimp and 1 cup salsa).

CALORIES 272 (23 percent from fat); FAT 6.9g (sat 0.8g, mono 2.5g, poly 2.2g); PROTEIN 35.7g;

CARB 16.1g; FIBER 2.5g; CHOL 259mg; IRON 4.8mg; SODIUM 612mg; CALC 110mg.

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Nifty, Nifty Look Who's 50!

The following celebrities turn 50 in October:

- Oct. 10 **David Morse**, actor, *The Green Mile*, *Hack*
- Oct. 14 **Greg Evigan**, actor, *BJ and the Bear*, *My Two Dads*
- Oct. 15 **Tito Jackson**, singer/guitarist, The Jackson 5
- Oct. 20 **Keith Hernandez**, baseball player, New York Mets

CALENDAR

ART/ENTERTAINMENT

OCT 1-NOV 2

FIRST NATIONS ART EXHIBIT

A contemporary art show co-sponsored by the Mid-America Indian Alliance. SHAWNEE, 913-631-6709

OCT 1-OCT 11

LAWRENCE INDIAN ARTS SHOW

15th annual juried competition featuring work by contemporary American Indian artists from across the U.S. Works include poetry, paintings, baskets, and textiles. LAWRENCE, 785-864-4245
www.visitlawrence.com

OCT 12-13

CARL SANDBERG'S PRAIRIE

Prairie Wind dancers perform works to music by composer Eugene Freiser and poetry by Sandberg with costume design by John Steuart Curry. LAWRENCE, 785-843-2787
www.visitlawrence.com

OCT 25

SENIOR CLASS

A great offshoot from TCIA's widely successful company, LAUGHING MATTERS, SENIOR CLASS is another zany troupe of improv comedians. Only this time, the company is made up entirely of actors over 55 years old! This group defines life in the golden years as a terrifically fun-filled trip! Doors open at 7 p.m. Show starts at 8 p.m. TOPEKA, 785-357-5211
www.topekacivictheatre.com

OCT 25-26

LAWRENCE ARTWALK 2003

9th annual self-guided tour of artists' studios, galleries, and other art spaces featuring artwork by over 50 local artists. LAWRENCE, 785-865-4254
www.sunflower.com/~lawrenceartwalk

BINGO

SUNDAYS

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

MONDAYS & THURSDAYS

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

MONDAYS & SATURDAYS

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

TUESDAYS

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

WEDNESDAYS

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

WEDNESDAYS

PINECREST APARTMENTS

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

WEDNESDAYS & FRIDAYS

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

WEDNESDAYS & FRIDAYS

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

THURSDAYS

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

FRIDAYS

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

FRIDAYS

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

CLASSES/LECTURES

OCT 1-NOV 11

THE STOCK MARKET GAME

The Stock Market Game Program is a computer assisted classroom simulation of Wall Street trading which involves participants in the investment of \$100,000 imaginary money in common stock, preferred stock and mutual funds listed on the NYSE, AMEX and NASDAQ over a 10-week period. Held at Douglas County Senior Center, 2:00-3:30 p.m. LAWRENCE, 785-842-0543

OCT 2

WINSTON CHURCHILL: THE GREATEST ADVENTURER OF MODERN POLITICAL HISTORY

Victor Bailey, Humanities Special Events. Spencer Museum of Art Auditorium, University of Kansas, 7:30 p.m. LAWRENCE, 785-864-4798
www.hallcenter.ku.edu

OCT 4

MEET YOUR ANGELS

Come and meet your very own angels, while learning more about the Angelic Realms. Strengthen your connection with the Angel Kingdom, fine tune your intuitive powers and understand the spiritual power of manifestation. You will learn your angel names, along with other techniques to receive more guidance and joy in your life! A channeled angel meditation will be given by Karmel Mangan, Energy Therapist. Registration is required. Fee. LAWRENCE, 785-840-9829

OCT 18 & 19

HAL ZINA BENNETT, PH.D., WRITING WORKSHOP

"Creative Writing, Personal Mythology, Intuition and the Creative Spirit." If you have ever wanted to enhance your abilities

as a writer, don't miss this extraordinary opportunity to explore with one of the most highly acclaimed writing coaches. He has coached such well known authors as Shakti Gawain, Jerry Jampolsky, Phil McGraw, Judith Orloff and numerous others. This workshop experience will help to mine your own creative consciousness for the rich inner resources that can make your work sing. Fee. THE LIGHT CENTER, 785-255-4583

OCT 29

HUMANITIES LECTURE SERIES: "KILLING INDIANS: MYTHS & EXAGGERATIONS"

With Sherman Alexie, Jr. Lied Center, University of Kansas, 7:30 p.m. LAWRENCE, 785-864-4798
www.hallcenter.ku.edu

FESTIVALS/FAIRS

OCT 1-OCT 13

RENAISSANCE FESTIVAL

Outdoor festival depicting 1600s England. Full armored jousting, costumed characters, goods by artisans, food fit for a king. (Weekends only.) BONNER SPRINGS, 800-373-0357
www.kcrenfest.com

OCT 1-NOV 2

FALL FESTIVAL

Corn mazes, corn cannons, bonfire, pumpkin patch, Dixie Rose band, pumpkin painting, Halloween hay rides, and family fun. GRANTVILLE, 785-863-3072
www.visitjeffcounty.com

OCT 4

OZAWKIE FALL FESTIVAL

Parade with horses, old cars, school bands, floats, etc. Quilt show, music, talent show, cake walk, kid games, crafts, flea market, farmers' market, food booths, hog roast, street dance. OZAWKIE, 785-876-2205

OCT 4-5

CIDERFEST 2003

27th annual festival featuring fresh pressed apple cider, music, arts and crafts, magic shows, and petting zoo. LOUISBURG, 913-837-5202
www.louisburgcidermill.com

OCT 4-5

HIDDEN GLEN ARTS FESTIVAL

A showcase of fine art featuring a regional juried art show, music, entertainment, and a children's hands-on art center. OLATHE, 913-780-3540
www.hiddenglen.com

OCT 4-5

MODEL TRAIN SHOW

11th annual. Northeast Kansas Railroaders' train show. ATCHISON, 913-367-7536

OCT 4-5

OKTOBERFEST ARTS AND CRAFTS FESTIVAL

Annual arts and crafts festival with entertainment along the downtown pedestrian plaza. ATCHISON, 913-367-2427

OCT 4-5

WILLIAM ALLEN WHITE CHILDRENS BOOK AWARD CELEBRATION

Book signings, readings, award ceremony, parade, fund raising dinner, silent auction, child-oriented activities. EMPORIA, 620-341-5208
www.emporia.edu

OCT 4

1860s LIVING HISTORY

1860s Welsh farmstead comes to life. Period dress, farm chores, live music, blacksmithing, cider press, quilting, weaving, and Civil War encampment. EMPORIA, 620-340-6310
www.emporia.com/eac

OCT 4

CHISHOLM TRAIL DAY FESTIVAL

A celebration of county history, including pioneer demonstrations, antique farm equipment, entertainment, arts and crafts, and carousel magic. ABILENE, 785-263-2681

OCT 4

MAPLE LEAF FESTIVAL AND HERITAGE DAY

Courthouse Square plays host to craft vendors, games, entertainment, yesteryear demonstrations of tasks and chores at Ag Museum. HIAWATHA, 785-742-7136
www.cityofhiawatha.org

OCT 5

APPLE FESTIVAL

Pioneer skills demonstrations, crafts, live entertainment, heritage food, and tours of history pioneer village. TOPEKA, 785-368-3888
www.topeka.org

OCT 9-11

EISENHOWER BIRTHDAY CELEBRATION

Thursday 9-11:30 a.m. local school children event, Friday—annual fundraiser dinner, Saturday—wreath laying ceremony. ABILENE, 785-263-4751
www.eisenhower.utexas.edu

OCT 10-12

ANTIQUE ENGINE SHOW AND TRACTOR PULL

Interactive exhibitions of wheat threshing, corn binding, and more. Demonstrations of agricultural and rural lifestyles. SALINA, 785-825-8473
www.centrankansasflywheels.org

OCT 11-12

SHAWNEE INDIAN MISSION FALL FESTIVAL

Enjoy living history re-enactments, craft booths, children's activities, quilt show, and building tours. KANSAS CITY, 913-262-0867
www.kshs.org

OCT 11

BURLINGAME FALL FESTIVAL

Harvest festival, games, adult and child activities. BURLINGAME, 785-654-2328

OCT 11

HOMECOMING REGATTA

Spend the day at Lake Shawnee enjoying the finest rowing from teams throughout the Midwest. TOPEKA, 785-267-1156

CALENDAR

CONTINUED FROM PAGE 10

OCT 11

OKTOBERFEST 2003

Aviation and beer memorabilia auction. Sampling of over 200 beers, foreign and domestic.

TOPEKA, 785-862-2203
www.combatairmuseum.org

OCT 12

BOSWELL SQUARE WALL OF FAME AND AUTUMN HOME TOUR

Former College Hill residents who impacted mankind are placed on the Boswell Square Wall of Fame. Historic homes tour follows.

TOPEKA, 785-234-4704

OCT 17-19

SVENSK HULLINGSFEST

Celebration of Swedish heritage featuring a parade, artists and crafters, entertainment, and a traditional Swedish smorgasbord.

LINDSBORG, 888-227-2227
www.lindsborg.org

OCT 17-18

WILLIAMS FOOD CHILI CHALLENGE

Taste-test chili samples at the competition. Enjoy live music, arts and crafts booths, and other games and contests.

LENEXA, 913-541-8592
www.lenexa.org

OCT 18-19

MAPLE LEAF FESTIVAL

Annual fall celebration including a parade on Saturday, arts and crafts show, carnival, quilt show, live country music, melodrama.

BALDWIN CITY, 785-594-7564
www.baldwincitychamber.com

OCT 18-19

SILVER NEEDLES QUILT SHOW

This annual show features star-studded quilts, classes, demonstrations, vendors, opportunity quilt, mini auction, fun, and more.

SALINA, 785-823-3447

OCT 18

INTERNATIONAL LINEMAN'S RODEO

This rodeo attracts the best lineman from around the world to compete in events. Activities for the whole family.

BONNER SPRINGS, 913-721-1075
www.powerlineman.com

OCT 19

CENTURY OF TOYS TOY SHOW

Kansas' largest antique toy and doll show! Also featuring banks and trains.

SALINA, 785-493-8069

OCT 22

TOPEKA'S "SPOOKY" SIDE

Topeka Genealogical Society meeting. Presented by Don Chubb, past president of Historic Topeka. Held at Topeka & Shawnee County Public Library, 1515 SW 10th St.

TOPEKA, 785-233-5762
www.tgstopoka.org

OCT 24-31

HAUNTED HOUSE TOURS

Annual trolley tour featuring "the most haunted town in Kansas."

ATCHISON, 913-367-2427
www.atchisonkansas.net

OCT 25

RAINBOW TROUT STOCKING—FALL

Join us as 7,000 pounds of beautiful trout are released into Lake Shawnee. Call for information on permits and regulations.

TOPEKA, 785-267-1156

OCT 30-NOV 3

VIETNAM MOVING WALL

Moving wall set up for viewing 24/7.

OTTAWA, 785-242-1411
www.visitottawakansas.com

HEALTH

FIRST TUESDAY OF EACH MONTH

HEALTH SCREENING CLINIC

Lawrence-Douglas County Health Department.

LECOMPTON COMMUNITY BUILDING
9:30-10:30 AM

TUESDAYS AND THURSDAYS

BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

WEDNESDAYS

HEALTH SCREENING CLINIC

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

BABCOCK PLACE, LAWRENCE
9 AM-12 NOON

SECOND THURSDAY OF EACH MONTH

BLOOD PRESSURE AND HEALTH INFORMATION

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

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

THIRD TUESDAY OF EACH MONTH

HEALTH SCREENING CLINIC

Lawrence-Douglas County Health Department.

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

SEP 17-DEC 10

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

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

LAWRENCE, 785-864-5168

OCT 1

CHOLESTEROL SCREENINGS

A fingerstick test providing a total blood cholesterol reading in five minutes. \$5 per person. No fasting or appointment necessary.

LMH HEALTH SOURCE ROOM
3:30-5:30 PM

OCT 2

HEALTH FAIR: HOME SWEET HOME

Sponsored by Comfort Keepers, Knoll Patient Supply, and Lawrence Therapy Services. Join in for the fun: food, live music, door prizes, gift certificates and special health screenings. Guest speaker will Molly M. Wood JD. Health screenings by Lawrence Hearing Clinic and Lawrence Therapy Services. Chair massages provided by Christie Adrian of Bodyworks Downtown.

LAWRENCE LIBRARY AUDITORIUM,
1:00-4:00 P.M.

OCT 3

BONE DENSITY SCREENING

Are you at risk for osteoporosis? This quick and easy screening can indicate if further testing for this potentially debilitating disease is needed. A bare heel is necessary for the screening. Information about prevention of osteoporosis is also included. Appointment is required. \$15/person.

LMH HEALTH SOURCE ROOM
9:00-10:40 AM

OCT 14

BONE DENSITY SCREENING

See October 3 description.

LMH HEALTH SOURCE ROOM
1:00-2:40 PM

OCT 25

BONE DENSITY SCREENING

See October 3 description.

LMH HEALTH SOURCE ROOM
8:30-9:10 AM

MEETINGS

FIRST WEDNESDAY OF EACH MONTH

NOW OR NEVER CLUB

BALDWIN SENIOR CENTER
1221 INDIANA, BALDWIN CITY
12 NOON-1:30 PM, 785-594-2409

FIRST AND THIRD MONDAY OF

EACH MONTH

CAREGIVER SUPPORT GROUP

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

FIRST WEDNESDAY OF EACH MONTH,

SEPTEMBER-MAY

KAW VALLEY CHAPTER, OLDER WOMEN'S LEAGUE

Forums held at Lawrence Public Library
1:30 PM

WEDNESDAYS

OLDER KANSANS EMPLOYMENT PROGRAM

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

FIRST THURSDAY OF EACH MONTH

LAWRENCE PROFESSIONALS IN AGING

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

SECOND MONDAY, SEPT.-MAY

LAWRENCE CLASSICS, GENERAL

FEDERATION OF WOMEN'S CLUBS

Volunteer service club.
785-331-4575

THIRD MONDAY OF EACH MONTH

SELF HELP FOR THE HARD OF

HEARING (SHHH)

SHHH is a non-profit, educational organization dedicated to the well-being of people of all ages who do not hear well.

BABCOCK PLACE, 1700 MASSACHUSETTS,
LAWRENCE, 1 PM

THIRD TUESDAY OF THE MONTH

LAWRENCE PARKINSON'S SUPPORT

GROUP

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

THIRD THURSDAY OF EACH MONTH

PROSTATE CANCER SUPPORT GROUP

The Prostate Cancer Support Group is for survivors, family members and anyone who is interested in learning more about prostate cancer.

RIEKE AUDITORIUM, KU MEDICAL CENTER,
7-9 PM

FOURTH FRIDAY OF EACH MONTH


AARP CHAPTER 1696 LUNCHEON

Group meets fourth Friday of each month except in July, November and December. Luncheon is held on third Friday in November.
LAWRENCE COUNTRY CLUB
785-842-0446

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

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

October is National Physical Therapy Month!



Laura Bennetts, PT
Co-Owner



Michele Buffkin, PT



Evonne Cooper, PT




Jacki Ibbetson, PT

Our Physical Therapy Services are available in our clinics or in your home.



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720 8th St.
Baldwin City, KS 66006

BOOKSHELF

Henriette Anne Klausner: *With Pen in Hand* (Perseus, \$15.95, ISBN 0-7382-0788-8) *Self-help.*

Author Klausner wrote the widely acclaimed *Writing on Both Sides of the Brain*, and follows that up with this volume on the therapeutic values of writing. Not the polished, "final draft" type of writing but the spontaneous writing from the heart, often almost bypassing mental effort.

Ms. Klausner developed this technique to help Oklahoma City residents deal with the horrors of the bombing of the Murrah Building in which 169 people died. The cathartic principles of her technique will help those suffering from grief to integrate the experience into their lives and thus begin the healing process. Not the forgetting process, she emphasizes, in truth, we cannot fully forget grief, though we can absorb it and move on. Klausner shows us how.

Jeanne M. Dams: *Sins Out of*

School (Walker, \$23.95, ISBN 0-8027-3379-4) *Mystery*

American widow Dorothy Martin decided to retire to the English countryside as she and her husband had intended. Since then, she's become an amateur sleuth and married Alan Nesbitt, the local equivalent of the Chief of Police.

She's planning to introduce her English friends to the American holiday, Thanksgiving, when the local school pleads for her to substitute for Amanda Doyle, who didn't show up nor call in.



Amanda's verbally abusive husband is found dead and Amanda is the chief suspect. Dorothy is asked to teach until a regular substitute can be found, and to care for the Doyle's troubled nine-year-old. Not, her husband informs her, to investigate John Doyle's death. But how can she avoid doing so?

As always, author Dams gives the reader a taut plot and fully-dimensional characters.

Jay Amberg: *Doubloon* (Forge, \$24.95, ISBN 0-765-30100-8) *Nautical adventure*

In 1642 the Spanish galleon Santa Maria Magdalena set off to Seville loaded with gold, silver, and a special, unidentified cargo. It sank in a hurricane off the Florida coast, becoming one of the many legends of lost treasure.

Nick Gallagher's company, Doubloon, thinks they have located the

shipwreck on the ocean floor. He has found three doubloons dated 1642, which if accurate will be the first European coins minted on this continent—a truly major find historically, and almost beyond price.

His ship sinks and Nick drowns. Nick's estranged son Jack suspects the sinking, and his father's death were not accidental. Jack teams up with his stepmother and half brother to find the treasure as the path to uncovering of the murderer.

The closer he gets the more obstacles arise. A former partner, a journalist, and even the government-

CONTINUED ON PAGE 13



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BOOKSHELF

CONTINUED FROM PAGE 12

tal oversight bureau seem intent on keeping Jack from his mission.

Fast moving with adventure and character development. Amberg's historical research adds a fascinating touch.

Mary Jane Maffini: *Speak Ill of the Dead* (Rendezvous Press, \$9.95, ISBN 0-929141-65-2) *Mystery*

Camilla MacPhee has thrown herself into her advocacy agency for victims of violent crime to get over the sudden death of her husband in a traffic accident. Her father has landed her an insouciant aide, a son of a friend in need of a job, in hopes to help her regain a life. Alvin is a heavy cross to bear.

It's almost to get away from Alvin that Camilla goes to meet best friend Robin at the hotel room of fashion



guru Mitzy Brochu, known as Mitzy Bitchy. Mitzy's column skewers the shape and fashion sense (or lack of same) of Canada's movers and shakers in the world of

entertainment, politics, and wherever she can cast a devastating curare-tipped line. What kind of person took such obvious pleasure in ridiculing others?

Mitzy was quite dead when Robin arrived. Not only dead but semi-cruelified, with a short doggerel written in blood above her. Robin, found in the room with the murder weapon, is the chief suspect. All those skewer-ees who wouldn't have been the least bit unhappy to attend Mitzy's funeral service need checking, but the police think Robin is the only candidate. It is up to Camilla to investigate.

Maffini was nominated for the Arthur Ellis award for Best First Crime Novel, the Canadian equivalent of our Anthony Award. While her plotting is superb, her characters are what readers will remember. Her writing is delightfully fresh and original, from dialogue to describing being the odd man out in family matters. In trade paperback, with the accompanying larger print.

Christine Gentry: *Mesozoic Murder* (Poisoned Pen Press, \$24.95, ISBN 1-59058-048-6) *Mystery*

Ansel Phoenix, paleontologist, makes most of her living drawing

accurate depictions of dinosaurs for books and museum displays. She still enjoys introducing geology students to the thrill (and hard work) of fossil hunting on rancher Pitts' Montana spread near the reservation where Ansel grew up.



When one of her students uncovers an all-too-recent skeleton, she recognizes paleobotanist Nick Capos—with whom she had a brief romantic encounter. He wasn't killed by a woolly mammoth, he had taken a needle full of strychnine. A very nasty death, and it isn't the last.

Complicating matters is the feud going on between Ansel's father and the authorities in a previous case, and anti-Indian prejudices. Fortunately, it is another trooper who is assigned the case (providing a wee bit of romance). She checks Nick's recent history and finds perplexing oddities—he had sold his excellent fossil collection, had a large deposit in his checking account, and had purchased a very large piece of amber. Can she connect the dots before the killer targets her as well?

The Ears Have It
Thomas Hardy: *The Mayor of Casterbridge* (BBC Radio, \$22.00, ISBN 0-553-47395-6) Four cassettes, 240 minutes.

BBC adapted Hardy's early nineteenth century classic for radio, and it has recently been produced on public television.

Michael Henchard, drunk at a country fair, sold his wife and daughter to a passing sailor for five guineas (to continue drinking). The next day he sobered up but his family is gone. In penance, he vows abstinence. Perhaps because he is no longer drinking to excess, he becomes very successful in grain trading, eventually rising to become the mayor of Casterbridge.

Decades later his wife and daughter return after the sailor is lost at sea. The family is reunited, but the character flaws that nearly destroyed him once are still with him.

This is a rich telling of Hardy's drama of guilt and revenge, spell-binding in its inexorable march toward self-destruction.

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

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- 9 Chose
- 14 Hodgepodge
- 15 Smidgen
- 16 Ashley and Wynonna's mom
- 17 Taking chances
- 20 Defames
- 21 Edible coarsely ground grains
- 22 Golly!
- 23 Moistens
- 25 Caches
- 27 Shallow notch
- 30 Longest period of time
- 32 Kathleen Turner movie, "Peggy ___ Got Married"
- 33 Fuss
- 34 Exploited a vein
- 36 Cereal grass
- 40 Taking chances
- 43 Genders
- 44 Commence
- 45 John ___ Passos
- 46 Exactly suitable
- 48 Loneliest number
- 49 Inclination
- 50 Legal eagle Johnnie
- 54 Poker-hand entrance fee
- 56 Even one
- 57 Privy to
- 59 Kidney-shaped nut
- 63 Taking chances
- 66 Acclamation

- 67 Succulent herb
- 68 Melody
- 69 Adolescents
- 70 Hankerings
- 71 Bump off

DOWN

- 1 Brewer's requirement
- 2 College grad
- 3 Get up
- 4 Hudson tributary
- 5 Honoree of element 99
- 6 Rin Tin Tin or Lassie
- 7 Molecule element
- 8 Lions' locks
- 9 Offensive barrage
- 10 Sidekick
- 11 Sturdy
- 12 Host
- 13 Levees
- 18 Wrath
- 19 Breaks bread
- 24 Melodies
- 26 Feudal peasant
- 27 Fuzzy textures
- 28 Run in neutral
- 29 Sweet-talk
- 31 Unfamiliar with
- 34 Typos
- 35 Ross of "The Wiz"
- 37 Adjutant
- 38 Household press
- 39 Egg place
- 41 Slangy affirmative

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By James E. Buell
Edgewater, FL

- 42 Ditches
- 47 Space juice?
- 49 Attacks
- 50 Military school student
- 51 In the cooler
- 52 Full course
- 53 Not a chance!
- 55 Bit

- 58 Longest river in the world
- 60 Transport
- 61 Sicilian volcano
- 62 Milk byproduct
- 64 Anderson of Jethro Tull
- 65 Avoirdupois unit

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Answers on page 19

MAGICWORD

HOW TO PLAY: Read the list of words. Look at the puzzle. You'll find these words in all directions—horizontally, vertically, diagonally, backwards. Draw a circle around each letter of a word found in the puzzle, then strike it off the list. Circling it will show a letter has been used but will leave it visible should it also form part of another word. Find the big words first. When letters of all listed words are circled, you'll have the given number of letters left over. They'll spell out your MAGICWORD.

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This Month's Answer:

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JUMBLE

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Ans: _____ IT

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WHAT DID THE BUSY EYE DO WITH HIS PAPER--WORK AT THE BEACH?

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

Answers on page 19

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TRIVIALITIES

- Who starred as Grace Santiago in the 1995 film "Money Train"?
- Who directed the 1996 film "Jack"?
- Jack Nicholson starred as Alex Gates in what 1996 film directed by Bob Rafelson?
- In what year did the film "Selena" premiere?
- Jennifer Lopez, Ice Cube, Eric Stoltz and Jon Voight starred in what 1997 film?
- George Clooney starred as Jack Foley in what 1998 film?
- Tarsem Singh directed what 2000 fantasy film?

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Answers on page 19

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HUMOR

It's a cane, it's a hearing aid, it's geezer prof

Teaching keeps me young, so I was delighted when I learned that there was a brand new community college in nearby Letongaloosa. I dialed the switchboard and, to my surprise, the call was answered by a human being, not a menu robot.

"Please put me through to your journalism and mass communication department," I said.

"We don't have one, sir," said the switchboard operator.

"I assume you have an English de-



Larry Day

partment." I said.

"No, sir," he said.

"Okay. Please tell me what academic units you do have."

"Yes sir. There are two, sir, the department of technology, et. al, and the department of et. al et al.

"Splendid. I'd like to talk to et. al et. al. please," I said.

He put the call through, and I had a very pleasant conversation with the et. al. et. al. department chairperson, Dr. Ima Farseer. Later that day I e-mailed my resume to Dr. Farseer, and before you could say, "click on," I was hired and preparing to teach a class on contemporary communications at Letongaloosa Community College.

The college had a retro academic calendar, apparently out of respect for the days when fall semesters began after the crops were harvested, rather than in the middle of the summer. Classes got underway in mid-September.

There was a faculty meeting the day before the first day of class.

I arrived a bit late. I walked in, looked around, said, "Excuse me," and started to leave. I thought I had entered a room full of students. Then someone called my name. It was Dr. Farseer. She may have been two ticks shy of 40, but she didn't look it, and she was clearly the oldest person in the room besides me.

"Everyone," said Dr. Ima, "I'd like you to meet a new member of our adjunct faculty."

All the professors smiled and said "hi." No one said "Hi Gramps," but it was clear that I was coming on board as the faculty's designated geezer. That didn't bother me at all. It felt good, in fact.

But I realized I might have a serious problem in the classroom. I figured that the faculty members might think it was cool to have a colleague who was old enough to be their grandpa. But, how would the students react to a professor whose shoes were older than they were? Would they listen to someone who was taking Geritol before they began eating Gerbers?

I decided to meet the problem head-on. I had two things going for me: humor, and a great deal of respect for today's students.

On the first day of class I put a big pile of reference books on one table, and a big pile of humor books on another table, at the front of the room. The reference books included almanacs, books of world records, summaries of history, literature, politics, et. al. The other books included anthologies of humor with the writings of people like Mark Twain, H.L. Mencken, E.B. White, James Thurber, Ring Lardner, Booth Tarkington, et. al. Then there were books by and about more recent humorists like Erma Bombeck, Paula Poundstone, Molly Ivins, et. al. There were books by and about such funny guys as Russell Baker, Garrison Keillor, Calvin Trillin, Dave Berry, et. al.

The class was scheduled to meet for two hours. I dispensed with the usual introductory rigmarole and tap dance. I divided the students into groups of four, and wrote this assignment on the erasable board:

Medium of communication: humor

Topic: My old professor

Time to work: one hour

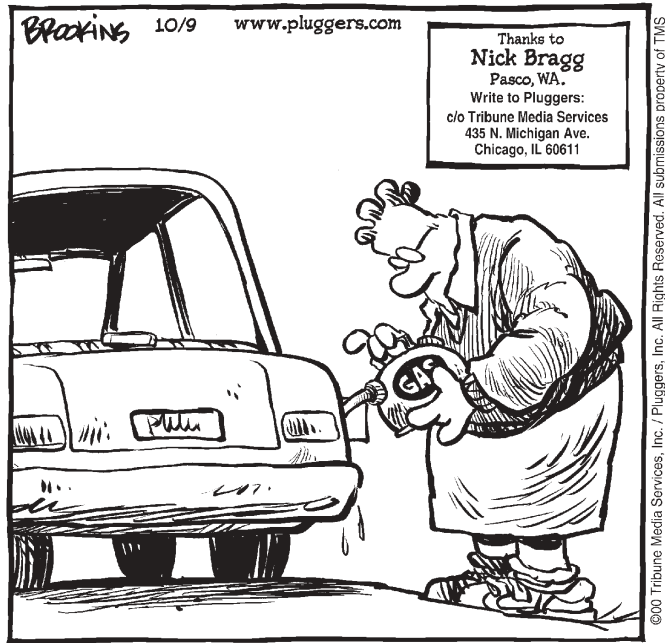
Reports to be presented: orally before the end of class

Then I turned them loose. They made me proud. Here are a few things these students came up with:

"My professor is so old that Adam was his advisor in graduate school."

"My professor is so old that he taught a semester at sea on Noah's Ark."

"My professor is so old that his



Plugger fuel-injection system.

master's thesis had no footnotes or reference works."

"My professor is so old that his all-time favorite movie is *Citizen Geezer*."

"My professor is so old that his favorite comedy is *Some Like It Luke Warm*."

"My professor is so old that his favorite historical novels are *Gone with My Hair*, and *War and Polydent*."

"My professor is so old that his fa-

vorite inspirational saying is: "Give me liberty or give me Tums."

There were a whole bunch more, all funny and vibrant. I may share them later. Meantime, it's now early October and me and my students are doin' real good.

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

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PET WORLD

Budgie could use a buddy

By Steve Dale

Q: We found a star tortoise near our home. We realize this is a land animal and it doesn't prefer water. But we're not sure about the needs of a tortoise or what it eats. No one in our city seems able to help. Can you offer any tips? — S.T., Bangalore, India

A: Star tortoises, native to Sri Lanka and India, are endangered.

"They are the most beautiful of tortoises," says herpetologist Ron Humbert, of Lombard, Ill. "Their shell resembles a star burst.

"Sadly, their habitat is disappearing so they wander onto farms and eat squash or beans, so they're considered pests and killed," Humbert continues. "In truth, they're just as happy grazing on grasses where there are still grasses. They don't especially prefer farms. If it grows on the ground, the star tortoise will eat it. In captivity, that's pretty much how the diet goes; if it's yellow or green, a star tortoise will love it. Sweet potatoes are a favorite too."

Humbert says adopting a star tortoise can mean a lifetime commitment. These animals can live well over 100 years.

If this tortoise appears to be in good health and just ambled onto your property from the forest, simply return him to where he came from.

Q: My 13-year-old daughter has had a parakeet (budgie) for six months. He chirps all the time but we still wonder if he'd be happier with a feathered companion. Or would he be traumatized by the arrival of another parakeet? — J.B.C., Davie, Fla.

A: If your bird hardly ever leaves his cage, and really has little rela-

tionship with the family, avian veterinarian Dr. Margaret Wissman, of Wesley Chapel, Fla., says, a second bird would be a good idea.

"Birds are flock animals and need companionship," she says.

It's another matter, however, if your bird spends daily quality time with your daughter and/or other family members. If the budgie is hand trained and spends time every day outside the cage, your daughter and other family members have become his 'flock.' In fact, adding a second bird could distract from that intense relationship.

However, family members can't stay home every day, all day. A second bird could be a part-time pal for your budgie. Keep the second bird in a separate cage, and at least to start with, in a separate part of the house. When you leave for the day, place the two cages at opposite ends of the same room. Day by day, inch them closer together.

Meanwhile, your daughter will have to spend private time daily with each bird, without the other bird present. Eventually, many months from now, the birds can likely spend most of the day together and still remain bonded to their human family. But they will have to remain in separate cages, and each will need to spend time with their people each day, without the other bird present. While two birds are better than one, such an arrangement means a time commitment which is not practical for all households, Wissman notes.

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

Nothing good comes from being angry

By Billy Graham

QUESTION: How do you get over being angry with someone who has hurt you in the past? I know I shouldn't feel this way because it's been so long ago, but every time I see this person I just have to leave the room because I get so upset. What makes it harder is that he doesn't even seem to care. — D.W.

ANSWER: Have you ever asked yourself what good it does to stay angry with this person? The answer is simple: Nothing good comes from it.

In fact, you are only hurting yourself by allowing this anger to fester like an infection in your soul. It doesn't seem to be hurting him; it's only hurting you. Why not give it up? The Bible warns, "Do not be quickly provoked in your spirit, for

anger resides in the lap of fools" (Ecclesiastes 7:9).

But anger isn't just unwise — it is also a sin. And that's why the true remedy for your anger against this person is a spiritual remedy — the remedy of the cross. You see, on the cross Jesus took upon Himself every sin you ever committed — including your anger. Now He offers to forgive you — freely and fully. By a simple prayer of faith confess your sins and ask Christ to come into your life and cleanse you of every sin — including your anger.

Then ask God to help you forgive this person for the hurt he caused you. Yes, you may think this is impossible — but it isn't, once you realize how much God has forgiven you. Then pray for him, that he too will realize his need of Christ and turn to Him. It is impossible to pray

for someone and still hate them.

(Send your queries to "My Answer," c/o Billy Graham, P.O. Box 1270, Charlotte, N.C., 28201; call

1-(877) 2-GRAHAM, or visit the web site for the Billy Graham Evangelistic Association: www.billygraham.org.)

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