

Kaw Valley Senior Monthly

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October 2004

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

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INSIDE



Adaptive Fit, LLC helps clients stay in their own homes by, among other things, adding ramps, modifying bathrooms, and installing safety features. - page 4



Lawrence ArtWalk celebrates 10 years of community support for the arts. - page 20

INDEX

Bookshelf	12
Bridge	21
Business Card Directory	17
Calendar	10
Classifieds	23
Cooking Light	16
Finances	8
Health	6, 7
Humor	15
Look Who's 50.....	13
My Answer	9
Pet World	22
Puzzles	14
Restaurant Guide	18
Senior Forum	23
Travel	18
Trivialities	14

FREE



Wilma Elder

KEVIN GROENHAGEN PHOTO

SENIOR profile R

Elder leads fellow seniors in pursuit of fitness

By Billie David

Lawrence resident Wilma Elder exercises 14 hours a week. That's an admirable record for anybody, but considering the fact that she is 75 years old, it is remarkable.

Elder teaches strength training and aerobics to seniors. She teaches four hours each day on Mondays and Wednesdays, and on Tuesdays, Thursdays and Fridays she teaches for two hours, dividing her time among Holcomb Recreation Center, the Senior Center, her church group and Brandon Woods.

"I exercise the whole time," Elder said of the classes. "It helps me

more than anybody because I have to do it. Excuses don't work."

Elder began teaching exercise classes 25 years ago, in 1979. "When I started teaching I had a group of preschoolers, and we went to retirement homes and entertained," she said. "I had them take something like a rose to give the residents."

She's seen a lot of changes since then, both in attitudes and techniques. "When I first started, everyone had an image of a cute girl in a leotard," she said. "That turned older people off and they didn't think it was right for them. Also, they did things then that they don't do now. It's so much safer now."

Elder keeps up with those changes. "I have to renew my certification yearly," she said, adding that she is required to do continuing education, receives information in the mail about new ideas, and subscribes to exercise magazines.

But her favorite part is attending conventions. "I can do education by mail, and I do that partly, but it doesn't do what going to conventions does," she said. "When you do that, you meet other people and it revitalizes you."

The conventions are held all over the United States, and they bring in well-known speakers, including Jack

CONTINUED ON PAGE TWO

Wilma Elder

CONTINUED FROM PAGE ONE

LaLanne, who pioneered in televised exercise instruction half a century ago.

Elder's own entrance into exercise instruction was rather unplanned, although it seemed like a natural fit for her. "I have always liked physical things," she said, adding that she enjoys being with people, and teaching satisfies both inclinations while at the same time keeping her physically fit.

Although she kept her six children busy with physical activity such as games of tennis when they were growing up, it wasn't until her last child graduated from high school that she began taking exercise classes, and even then the reason was more to keep her daughter company.

Her daughter was attending school in Manhattan and working in Lawrence during the summers while taking evening classes at KU. "I didn't want her to be coming home from classes alone, so I started going with her and taking classes, too," she said. "That's when I figured out what I wanted to do."

So she started attending workshops, where she earned her certification to teach exercise classes. At that time, one of the ladies in her Bible study group who had enough space suggested that they all get together and exercise with Elder as the teacher. Then she taught in another building owned by her husband, after which she accepted a long-term substitute position.

"It was hit-and-miss until I went to work with the city," she said of her career.

Elder has taken special training classes from the Arthritis Foundation, zeroing in on flexibility and range of motion, which she teaches to seniors along with balance.

"If you use those muscles, they don't hurt so much," she said, adding that there's also a beneficial social factor for people with arthritis who exercise together. "If they have problems, they talk about them together and they can laugh about them together," she said.

In fact, Elder jokingly referred to one class that talks so much that she has threatened to bring a whistle to keep them on track.

She also teaches strength training, making sure that all areas of the body are worked in order to achieve balance.

Elder's aerobics class is 'pretty dancy,' and low-impact, with one foot always on the floor. She likes

to use music from the '30s and '40s. "It's from their generation, and it's therapeutic," she explained.

Exercise offers many benefits to both Elder and the people in her class, she said. It slows the aging process, increases bone density, helps control depression, improves range of motion and increases balance and mobility, which help prevent falls. It also diminishes pain from arthritis, decreases cholesterol, lowers blood pressure, strengthens the heart and improves lung capacity.

Elder suggests that beginners start slowly and find something that they enjoy doing, because they will have to keep it up to enjoy the benefits. It's also good to have some kind of support, like exercising with a friend or taking a class.

Elder grew up in Linwood and has spent her entire life here except for the time that, as a newlywed, she lived in Arizona for three years.

"I remember driving in to Lawrence and there was a sign on the highway that said 'Lawrence, population 10,000 and growing' so you know that was a long time ago," she said.

When she's not teaching, Elder likes to spend time with her family, which now includes six grandchildren and a great-grandchild.

As for the future, she said that we may not know how long we are going to live, but she wants to enjoy the time she has. "I want to live as long as I'm alive—to be on my feet and be active," she said.

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New business helps clients stay in their own homes

By Kevin Groenhagen

According to the National Center for Injury Prevention and Control, more than one-third of adults age 65 and older fall each year. A new Lawrence business, Adaptive Fit, LLC, is doing its part to see that percentage drop.

Candance Sedlacek, an occupational therapist and certified assistive technologist, has spent much of the past 27 years working with older clients in nursing homes and in their own homes in, among other places, Wichita, Great Bend, Topeka, Kansas City, and Lawrence.

"That's where I saw the struggles people have with the limitations associated with coming back into a situation that they felt very comfortable with, but were no longer capable of doing things they had done in the past," Sedlacek said. "Five years ago I was doing a lot of home health. I went into homes to work with people after they had gotten out of the hospital. I'd work with them to help them get back into their routines at home."

On her own initiative, Sedlacek would often purchase grab bars and install them in her clients' homes to make it easier and safer for them to move about their houses.

"I began thinking at that time that this would be a great business," Sedlacek said. "It would be a business that could help people stay in their own homes instead of a nursing home. People tend to be a whole lot happier when they can stay in their own homes."

During the next five years, Sedlacek worked on her plans to start Adaptive Fit, but one factor held back the launching of the business: Sedlacek realized she needed help.

Fortunately, Sedlacek had become friends with Sue Howig, who lives across the street from her, and shared her business plans with her neighbor.

"I've always been in business, usually in an administrative position," Howig said. "I've done a lot of book-keeping, setting up books for new small businesses, and I've been in small and large businesses. I've also owned businesses."

Howig eventually introduced Sed-

lacek to her cousin, Gordon Fitzsimmons, who has an extensive background in designing and building. Fitzsimmons said that an especially unpleasant episode of rheumatoid arthritis caused him to have empathy for those who cannot move around the house as well as they used to.

"I was immobile," Fitzsimmons said. "I had a two-story house and I couldn't even make it up to my bedroom. I told myself if I got better I'd help people."

Incredibly, when Fitzsimmons went to see the doctor about his arthritis, he was confronted with a regular doorknob on the door to the doctor's office. He had to wait for someone else to open the door. According to Fitzsimmons, an inexpensive doorknob turner could have solved his problem.

After determining that their skills and strengths complemented one another extremely well, the trio on January 15 launched Adaptive Fit.

However, before formally launching their business, they worked on what could be described as a test project.

"My mom is 88 years old, and she has had a couple of falls," Howig said. "She now lives with us."

Howig and her husband own a 100-year-old farmhouse with four staircases in Eudora. She and Fitzsimmons converted part of the first floor into a "mother-in-law suite." The separate living area includes a handicapped-accessible bathroom and other safety features. They also built a bathroom that showcases their innovative design and construction concepts and features many of the Adaptive Fit products.

"We wanted to prove that we could build a bathroom that could be beautiful as well as functional," Howig said. "And if you don't believe it, we would be happy to show it to you."

Adaptive Fit consults with clients and/or their families before starting a job.

"I look at the diseases or conditions the client has, determine if it will become progressively worse, then I look down the road to see what their needs are going to be," Sedlacek explained. "I ask them



Sue Howig, Gordon Fitzsimmons and Candance Sedlacek

what's important to them, what do they want to be able to do, and why do they want to stay at home. They may answer that they want to be able to dress themselves, use the bathroom by themselves, or prepare their own meals."

Once Adaptive Fit determines what the client wants to be able to do and if the client would be capable of doing those things if a few changes are made, they began to make those changes.

"We don't change the house around a whole lot," Sedlacek said. "We just want to make it easier for them to access everything they need in their houses. They need to be able to get to the bathroom and the kitchen, and we make sure they can get out if there's a fire."

The changes can be as simple as moving some of the furniture and adding inexpensive products such as shower benches, raised toilet seats, grab bars, and non-slip mats in the bathrooms.

"Thresholds also make a big difference," Fitzsimmons said. "We've had to change thresholds on every job we've done."

Adaptive Fit also, among other things, widens doorways, builds ramps, and installs elevators.

Thus far, the majority of Adaptive Fit's jobs have come through Independence, Inc., a Lawrence-based organization that serves anyone with a physical or mental condition that limits one or more of life's major

activities. In addition to these jobs, Adaptive Fit wants to begin doing more business directly with families.

"Our focus now is families who are worried about their mothers and fathers being home alone," Sedlacek said. "In many cases, they may not be aware of the struggles their parents are having."

According to Sedlacek, indicators of those struggles include family members who may have bruises, have soiled themselves, or may not appear to be as clean as they have been in the past.

"When we get older, I think we're reluctant to admit that we need to make a few changes," Sedlacek said. "Often, it takes a family member to realize that those changes need to be made."

In addition to working with families, Adaptive Fit would like to consult with construction companies before homes are built so bathrooms and other features do not have to be modified at a later date.

"A lot of the construction is not appropriate for older people," Sedlacek explained. "What if someone bought a new house today and six months later they were in a wheelchair. They wouldn't be able to get around their house."

In addition to the Lawrence area, Adaptive Fit will bid on jobs in Jefferson, Johnson, Leavenworth, Shawnee, and Wyandotte counties. For more information about Adaptive Fit, please call 785-331-0860.

Somé to share ancient African wisdom about healing

"There is a deep longing among people in the West to connect with something bigger—with community and with spirit. People know there is something missing in their lives, and I believe that the rituals and ancient ways of the village offer some answers." These are the thoughts of Sobonfu Somé, who has taught in the U.S. and around the world, after leaving her home in West Africa in 1992. She and her husband, Malidoma Somé, travel and teach extensively about the ancient wisdom of their people who live in community in ways that are not familiar in our country. The Somés are of the Dagara tribe in Burkina Faso and believe their purpose is to bring the rituals and traditions of their people to other cultures. Before a baby is born, their people do ritual to learn the life purpose of the incoming soul, so that the name chosen for the child reflects that purpose. Sobonfu's name means "keeper of rituals" and she has the role of carrying the wisdom of her people throughout the world.

After having grown up in an African village of 200 people, life in the U.S. can be quite an adjustment and lonely at times. Sobonfu speaks of using rituals daily to help her to maintain a strong connection to the earth. She returns to Africa each year to reconnect with her people and receive assistance to shield and protect herself from the pressures she faces while traveling in other countries. It is her passion to keep the wisdom of her ancestors alive and help others to awaken to the voice of the spirit within.

Sobonfu is the author of three insightful books about community and relationships, *The Spirit of Intimacy*, *Welcoming Spirit Home*, and *Falling Out of Grace*. In her workshops she brings to the West the kinds of blessings of community life that she has found in her own village in Africa. She shares stories that

teach the ancient truths so that we can better understand the wisdom of African tradition and the universal dimension of it. She challenges us to be open to the essential universal need for ritual and a deep exploration of the true purpose and place of each individual in this life.

The Light Center, a holistic healing center near Baldwin, is happy to bring Sobonfu to this area to share her teaching and wisdom. Learning

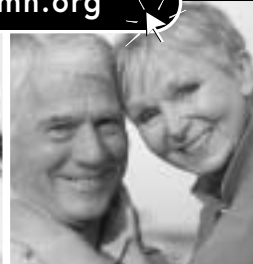
about healing from a cross-cultural perspective is a major part of The Light Center's purpose. Robin Goff, director of The Light Center, has brought Sobonfu to the area several times. The workshop experience was so powerful and rewarding that she is thrilled to welcome Sobonfu again in October. Sobonfu will be speaking and signing books along with Bird Fleming, local Africa drummer of the Traditional Music Society, at

Unity Temple on the Plaza, in Kansas City on October 1 at 7:00 p.m. For a more in depth experience of Dagara tradition and ritual Sobonfu will be at The Light Center on October 2, from 9:30 a.m. to 5:00 p.m. Gregory and Shaliah Ince will also present an African dance class in the afternoon.

Both of Sobonfu's appearances will benefit the children of South Africa and Sobonfu's water project for her village.

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HEALTH

Therapy for back pain

Back pain can cause chaos in your life. Every year, countless people miss workdays due to episodes of acute and chronic back pain. Daily tasks like raking, driving, grocery shopping, washing clothes, and even putting on socks, become next to impossible for someone with back pain. Some over-the-counter remedies can help mild cases of back pain. But when your pain is severe

and lasting, where do you turn for help? Pain relief is good, but what about genuine recovery? Can you get better? Can you remain well after recovery?



Laura Bennetts

and lasting, where do you turn for help? Pain relief is good, but what about genuine recovery? Can you get better? Can you remain well after recovery?

The answer to these questions, for many people, is a resounding "Yes." And physical therapy can be a big part of the solution.

Wanted: Pain Detectives

Back pains can be puzzling. Often it's hard to know what causes them. Sometimes they seem to come out of nowhere and then move around, starting on one side of your back and then moving up or down or to the other side.

If you have recurring pain of this type, you need to inspect your house and work space to identify the activities and postures that stress your back. Is your favorite chair too soft, your mattress too old or your computer chair too low? You can suffer a lot of strain from sitting in chairs that don't support you properly. (It helps to have chairs with arms, and to sit on surfaces which are no lower than your knees.) Do you bend repeatedly to bring firewood into the house? (It may help to store your firewood on an elevated surface or to use a wheel barrow to transport it.) Many other simple solutions are possible as well. Physical therapists are specialists in problem-solving of this type.

Seek Insight—and Treatment

If you have an episode of severe back pain, you need to think back 24 to 48 hours to figure out what happened. Did you move furniture, trip on the stairs, drive a long way, or

At the First Sign of Pain...

lift heavy objects? And what other factors may have contributed to this particular episode? If you move gingerly to accommodate other physical problems (knee or prior back problems, fatigue, etc.), you may need to learn other ways of moving about or conducting your daily affairs. And above all, you need to seek treatment. Try to understand what caused your problem, and then find help.

Before you see a doctor or therapist, you need to get your pain under short-term control, if you can. Immediate use of ice packs and pain medications can help reduce acute spasms. Most people begin with mild over-the-counter pain pills and anti-inflammatory medications. It is a good idea to use an ice pack over the painful area and on surrounding muscles.

The ice pack can be used for 20 minutes on and 20 minutes off to reduce muscle spasm and pain. Be sure to place a towel between the ice pack and your skin to avoid ice burns.

If your back hurts when you sit, you should lie down to apply the ice pack. This allows your spine to extend and relax. When you sit, the pressure on the discs between the low-back vertebrae is increased and may cause more pain. If you must sit, roll a small towel into a rounded cushion and place it between your low back and your chair. Sit in a firm chair with arm rests so that you can easily place the towel roll and use your arms to help you stand up. Stay away from soft couches and chairs

that cause your posture to slump when you sit down.

With any luck, if you avoid irritating your back and if you regularly use ice and pain medications, your back will feel 90 percent better in two to three days. But if you're severely injured, or if you take a turn for the worse, you need professional help to get better and get back in shape.

Getting the Help You Need

There are two paths that people usually take when they need professional back care. One route is to go directly to a chiropractor for hands-on treatment, often for symptomatic relief. The other route is to see your primary care physician or an orthopedic doctor (a specialist) who will generally prescribe medication, medical testing, and physical therapy.

Physical therapists treat back pain in a team effort with clients and doctors. Our main objective, which is the prime focus of our professional education, is always to seek full and lasting recovery through exercise and long-term pain reduction. We approach back pain with three goals: (1) to reduce pain, (2) to increase strength and flexibility, and (3) to teach you how to guard against further injury.

Physical therapists have a large bag of tricks to make back pain vanish: devices that apply ultrasound, electrical stimulation, and Anodyne infrared light therapy; weight machines, free weights, elastic bands, balance balls, and balance boards; individualized home exercise programs to strengthen your back, leg, and trunk muscles; joint mobilization and massage. Learning to do your back exercises properly will keep your back strong and limber to avoid new episodes of back pain. And your therapist can teach you how to lift, sit, and work in comfort, so that you eliminate stress before it

turns into pain.

Agile or Fragile?

The choice is yours. You don't have to suffer in silence, or resign yourself to an endless cycle of pain and relief. Back pain can be treated actively and effectively. Figure out how you're stressing your back and then take action to prevent this in the future. Seek not just relief, but recovery. You can (forgive the pun!) get back on your feet, back in the saddle, and back in business. Why settle for anything less?

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

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HEALTH

Ginseng and the elderly

There are many herbs that may be helpful to aging people, including ginseng root and Gingko biloba. Gingko was covered in earlier issue.

Ginseng has long been used in the Orient to relieve fatigue and strengthen people. Known as the "longevity" herb, it is used regularly by elderly Chinese men and women to slow the aging process. You might have heard two different names of

on the direct effects of an extract from Panax ginseng on lymphocytes of aged people. The study concluded that the extract stimulates and enhances the function of lymphocytes, restoring it to normal. In February 2003 BBC reported that the researchers have found herbal remedy ginseng to improve memory in stroke patients suffering from dementia. Stroke patients can experience a form of memory loss called moderate vascular dementia, which is caused by damage to the blood vessels leading to the brain. Forty patients, with an average age of 67, who had mild or moderate vascular dementia, took part in the study. Twenty-five were given a tablet of ginseng extracted from Chinese ginseng roots, leaves and an herb known as panax notoginseng three times daily. The rest were given a Duxil, (almitrine + raubasine), a drug which increases oxygen use in brain tissue. It has previously been shown to improve the memory of elderly patients with dementia. All 40 were given memory tests which focused on how well they could recall stories, words and other verbal and visual memory tests before and after the 12-week study. Those given the ginseng significantly improved their average memory function after 12 weeks.

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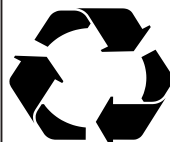
Please be aware that excessive use of ginseng root can elevate the blood pressure and possibly irritate the gastrointestinal mucosa. Consult with your physician before using this herb.

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



Dr. Farhang Khosh

ginseng: Panax ginseng and Siberian ginseng (Eleuthero). Actually, there are approximately six species of ginseng native to Asia and two species native to North America. Panax Ginseng is one of Ginseng family but Siberian ginseng is not a true ginseng. Panax ginseng is native to China, Korea and Russia. Therefore, Panax ginseng is also referred to as Korean or Chinese ginseng. By the way, the name "Panax" means "cure all" in Greek. Panax ginseng has been used in China for a long time. The first record of the prescribing of ginseng as a medicinal herb appears in "Shen-Nung Pen-Ts'ao-Ching" (Shen-Nung Pharmacopoeia, A.D. 456-536). "Shen-Nung Pen-Ts'ao-Ching" is the most highly regarded book in Oriental medicine. Shi-Zhen Li's book, "Pen Ts'ao Kang Mu" (Encyclopedia of Herbs), indicates that ginseng was cultivated as early as the ancient Three Kingdom era of Korea. It is cultivated in China, Korea, Japan and Russia. The medicinal part is the dried root of ginseng. In folk medicine, Ginseng is used for a broad range of nutritional and medicinal properties. Several studies published show the anti-fatigue and anti-stress effects of ginseng. Ginseng is useful in treating male infertility. If a male's sperm count is low, ginseng can raise the count. In women, ginseng promotes an estrogenic effect, and has been used for menopausal symptoms. Ginseng is used as a tonic for fatigue or weakness. It strengthens the immune system and decreases fatigue. Scientists at the Beijing Institute of Geriatrics conducted a study



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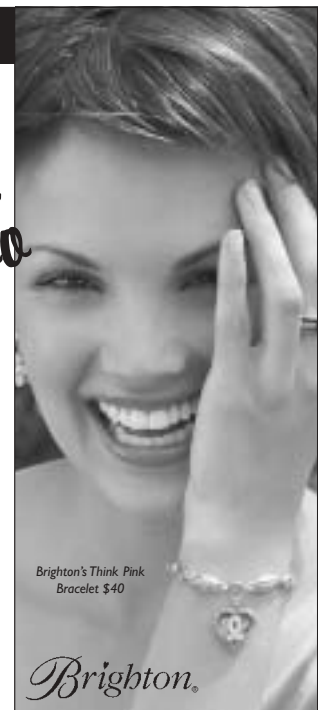
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Don't let election drive investment decisions

The campaigning and the commercials are just about over - and Election Day is upon us. As a citizen, you have something at stake in this election, and in every election. But as an investor, should you really be that concerned over who wins the presidency?

You might think so, if you listen to all the claims coming from both parties. And yet, many of these charges



Harley Catlin and Ryan Catlin

and counter-charges are just rhetoric. Here's the bottom line: Individual investors have done well and poorly under both Democrats and Republicans. Ultimately, the good health of the financial markets—and, by extension, your investment success—depends on a variety of factors having relatively little to do with who's in the White House.

Looking ahead

Does a presidential election have any impact on the markets? Yes. If an incumbent wins, the stock market typically has performed a little better over the next year—but that's often because the markets don't like the uncertainty caused by change. And this positive effect is really a short-term reaction.

Over the longer term, a particular administration's policies can have some effect on the economy, which in turn affects the markets. But it's far from clear just how much control any president has over economic forces. And not infrequently, an administration's actions may not even have the desired economic results.

So, as an informed investor, don't let Election Day determine your future moves. As you look ahead, then, what "big picture" factors should inform your decision-making? Here are two to consider:

Corporate profits - As a determinant of stock prices, corporate profits matter greatly—today, tomorrow, next year and next decade. Corporate profits are a key driver of the financial markets. If you want a fairly dramatic illustration of this point, you need only look back a few years, to the late 1990s, when "dot-com" stocks were all the rage. Investors couldn't get enough of these companies, which seemed fantastically full of potential. However, potential is not profitability—which is something many of these companies lacked. And in 2000, this problem caught up with these stocks: Their prices plunged, and the fall helped drag down the entire market.

Sustainable economic growth - If you want to see what might lie ahead for the financial markets, you might want to watch the progress of our economy. In general, a sluggish economy is not particularly good news for investors, particularly those who invest in stocks. At the other end of the spectrum, an economy that's too hot can lead to inflationary pressures and movements by the Federal Reserve to raise interest rates—events that may also bring mixed results to investors. Consequently, you and other investors might want to hope for a "Goldilocks" economy—not too hot, not too cold, but just right.

Vote your conscience

If you want to have a voice in how your government is run, you need to vote—it's that simple. The winner of the presidential election can play a huge role in shaping the issues of the day. But, as we've seen, other factors are likely going to be more responsible for determining the investment outlook for the next four years. So, when you enter the voting booth, let your conscience—not your brokerage statement—be your guide.

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

Visit Us Online At
www.seniormonthly.net



Meet Jennifer

Jennifer Williams is an Occupational Therapist with Lawrence Therapy Services and Baldwin Therapy Services. Jennifer received a Bachelor of Science in Occupational Therapy from the University of Kansas in 2000. Jennifer specializes in hand and upper extremity injuries, neurological disorders, pediatric rehabilitation, sensory integration, memory and cognitive declines in seniors, and adapting the home environment to improve safety and function. Jennifer's OT services are available in the clinic or in your home.



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

Westwood Manor Provides:

- Private and Semi-private rooms
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- Medical Director on staff
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- Speech Therapy
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We're now accepting IV therapy patients!

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MY ANSWER

Can you be certain about going to heaven?

By Billy Graham

Q: How can I be sure I'm going to heaven when I die? My aunt died not long ago, and it got me thinking about life after death. I've always tried to be a good person, but if someone were to ask me if I knew for sure that I am going to heaven, I'd have to say no, I'm not sure. — Mrs. L.K.

A: We can never be saved because of what we do; we can only be saved because of what Jesus Christ has already done for us. Let me explain.

Our greatest problem can be put in one word: sin. Sin cuts us off from God, and sin also keeps us out of heaven. But how can we get rid of our sins? We can't erase them or cause them to disappear by ourselves; we don't have the power. The only way we can get rid of our sins is for someone to come along and take them away for us.

And that is exactly what Jesus Christ did for us. We are weighed down by the burden of our sins — but Jesus took that burden upon Himself when He died on the cross for us. To put it another way, He took the punishment we deserve when He went to the cross in our place. The Bible says, "For Christ died for sins once for all, the righteous for the unrighteous, to bring you to God" (1 Peter 3:18).

What must you do? Simply believe that Christ has taken away your sins, and then receive Him into your heart

and life. The Bible's promise is for you: "To all who received him, to those who believed in his name, he gave the right to become children of God" (John 1:12). Become God's child today by asking Christ to come into your life.

(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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Be a **Local Hero!!**

We are recruiting new Senior Companions. You must be at least 60 years of age, meet income requirements and enjoy visiting homebound seniors. For information, call 785-291-2490.

Shawnee County Health Agency's Senior Companion Program

(Partially funded by the Corporation for National and Community Service)



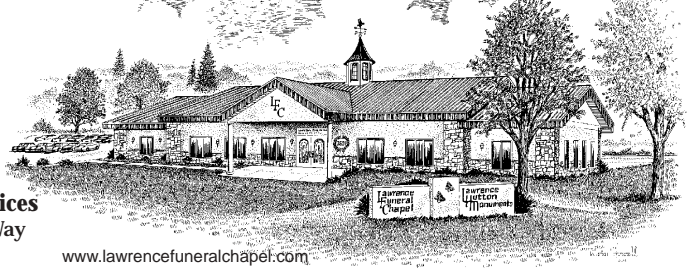
From left: Frances Schmidt, Joan Hicks, Margaret Rhodes, Mary Arellano, Correne Bowman, Doris Webb, Pearl Kelley, Vera Sturm, Loretta Watkins

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CALENDAR

ART/ENTERTAINMENT

OCT 1 VIRSKY UKRAINIAN NATIONAL DANCE COMPANY

The color, beauty, and folk tradition of the Ukraine are trademarks of this 85-member ensemble, which celebrates the spirit of a culture through dance.
LAWRENCE, 785-864-2787
www.visitlawrence.com

OCT 1-11 INDIAN ART SHOW

Juried competition featuring 2- and 3-dimensional artwork by contemporary Native-American Indian artists from across the U.S.
LAWRENCE, 785-843-2787
www.visitlawrence.com

OCT 2 CELEBRATING OUR LIVES THROUGH THE SPIRIT OF AFRICA WITH SOBONFU SOMÉ

Experience the magic of African ritual, drumming and dance! All ages. Fee.
THE LIGHT CENTER, 785-255-4583

OCT 4-31 HEALING THROUGH THE ARTS

The Lawrence Arts Center is hosting a month-long art exhibit as part of Healing Through the Arts: A Breast Cancer Awareness Project. Artists who have been cancer patients and artists who are interested in healing issues will be displaying their work in the lobby and hallways at the Lawrence Arts Center during Breast Cancer Prevention Awareness month. A percentage of sales will go to Lawrence Breast Cancer Action, Inc.
LAWRENCE, 785-843-2787
www.lawrenceartscenter.com

OCT 23-24 LAWRENCE ARTWALK

10th annual. Self-guided tour of Lawrence artists' studios and galleries featuring artwork in all media by over 50 artists.
LAWRENCE, 785-865-4254
www.sunflower.com/~lawrenceartwalk

OCT 30 SENIOR CLASS

A great offshoot from TCTA'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

BINGO

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

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

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

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

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

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

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

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

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

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

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

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

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

BOOKMOBILE

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

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

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

BOOK TALKS

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

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

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

CLASSES/LECTURES

ONCE A MONTH
AARP'S 55 ALIVE SAFE DRIVING COURSE

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

OCT 22-23
AWAKENING THE HEART OF THE
GODDESS
Workshop and slumber party. Goddess rituals,
nightwalk and dream incubation. For women.
With Marti Ukena and Sue Westwind. Fee
includes food and lodging.
THE LIGHT CENTER, 785-255-4583

EXHIBITS/SHOWS

OCT 1-10
ANCIENT AFRICAN CHRISTIANITY
Icons and sacred art from the long tradition of
Christianity in Ethiopia, Egypt, and Northern
Africa.
TOPEKA, 785-234-5993
www.orthodoxmuseum.org

OCT 1-31
WILBUR NIEWALD RETROSPECTIVE
Exhibition from the Albrecht-Kemper
Museum of Art.
MANHATTAN, 785-532-7718
www.ksu.edu/edu/bma

OCT 2
1860s LIVING HISTORY
Welsh farmstead comes to life. Period dress,
farm chores, music, blacksmithing, cider
press, quilting, weaving, and Civil War
encampment.
EMPORIA, 620-340-6310
www.emporiachamber.org

OCT 9-10
KANSAS STATE RED POWER ROUNDUP
AND INTERNATIONAL HARVESTERS
REUNION
Annual event. International Harvester tractors,
equipment, collectibles, trucks, scouts on
display show and shine, swap meet, arts, crafts,
antiques, and vendors.
JUNCTION CITY, 316-746-2593

OCT 22-24
ANTIQUE SHOW AND SALE
Annual antique show and sale. Wide array of
antiques.
LAWRENCE, 785-843-6219
www.visitlawrence.com

FESTIVALS/FAIRS

OCT 1-17
KANSAS CITY RENAISSANCE FESTIVAL
Enchanting outdoor fall festival depicting
16th-century English village complete with 13
stages of entertainment, food, and 500
costumed characters.
BONNER SPRINGS/KANSAS CITY, 913-721-2110
www.kcrenfest.com

OCT 1-NOV 7
FALL FESTIVAL
Corn mazes, corn cannons, bonfire, pumpkin
patch, bands, pumpkin painting, Halloween
hay rides.
GRANTVILLE, 785-863-3072
www.visitjeffcounty.com

OCT 2
CHISHOLM TRAIL FESTIVAL DAYS
26th annual. A celebration of county history,
including pioneer demonstrations, antique
farm equipment, entertainment, arts, crafts,
and carousel magic.
ABILENE, 785-263-2681
www.heritagecenterdk.com

OCT 2-3
OKTOBERFEST ARTS AND CRAFTS
FESTIVAL
23rd annual. Outdoor arts and crafts festival
plus German foods and live entertainment
along the city's downtown pedestrian plaza.
ATCHISON, 913-367-2427
www.atchisonkansans.net

OCT 2
MAPLE LEAF FESTIVAL AND
HERITAGE DAY
Courthouse square hosts craft vendors, games,
entertainment, and food booths. Pioneer heri-
tage re-visited through demonstrations at Ag
Museum.
HIAWATHA, 785-742-7136
www.cityofhiawatha.com

OCT 2-3
HIDDEN GLEN ARTS FESTIVAL
A showcase of fine art, music, and a children's
hands-on art center.
OLATHE, 913-780-3540
www.hiddenglen.org

OCT 2-3
CIDERFEST
28th annual. Fresh pressed apple cider, music,
food, arts/crafts, petting zoo, pumpkins, and
country store.
LOUISBURG, 913-837-5202
www.louisburgcidermill.com

OCT 2-30
HARVEST FESTIVAL
10th annual. Thousands of pumpkins, horse-
drawn wagon rides, basket weavers, spinners,
homemade bread, saw mill, observation bee-
hive, locally-produced honey, jams and jellies,
and livestock associated with the typical 1940s
farm.
DE SOTO, 913-583-1811
www.desotoks.org

OCT 2
FALL FESTIVAL
Parade, kid's games, quilt show, and old car
display.
OZAWKIE, 785-863-3072

OCT 3
APPLE FESTIVAL
Historic Ward-Meade Park is the setting for
this celebration of pioneer life in Kansas.
Sample fare from bierocks to barbecue to all
things apple. Pioneer demonstrations, enter-
tainment, arts and crafts in the Peddler's Vil-
lage in the botanical gardens. The Victorian
mansion, log cabin, one-room schoolhouse,
drugstore, and train depot are all open for
viewing.
TOPEKA, 785-368-3888
www.topeka.org

OCT 14
DWIGHT D EISENHOWER DAY
Celebrate the life of President Eisenhower with
area students, featured guest speakers, patriotic
music, and special wreath laying.
ABILENE, 785-263-4751
www.eisenhower.archives.gov

OCT 16-17
MAPLE LEAF FESTIVAL
Annual fall celebration featuring over 200 arts
and crafts booths, local food, Kansas' oldest
quilt show, musical entertainment, and carnival.
BALDWIN CITY, 785-594-7564
www.mapleleaffestival.com

OCT 22-24
SESQUICENTENNIAL CELEBRATION
Historical re-enactors, children's programs,
unique displays, food, music, community
picnic.
OSAWATOMIE, 913-755-4384

HALLOWEEN EVENTS

OCT 22-31
HAUNTED LEBOLD MANSION
2nd annual. Tales of the haunted home.
ABILENE, 785-263-4356
www.Lebold-Mansion.com

OCT 22-31
HAUNTED TROLLEY TOUR
Hour-long trolley tour of Most Haunted Town
in Kansas narrated by costumed storyteller.
ATCHISON, 913-367-2427
www.atchison-kansas.net

CONTINUED ON PAGE 11

CALENDAR

CONTINUED FROM PAGE 10

OCT 24

TALKING TOMBSTONES

Spirit of Osawatomie's past comes alive through John Brown, Rev. Adair and others who will tell their stories.
OSAWATOMIE, 913-755-4384
www.osawatomiex.org

OCT 29

PAOLA HALLOWEEN PARADE

Annual parade with goblins, spooks, and ghosts.
PAOLA, 913-294-4335
www.paolachamber.org

OCT 30

HALLOWEEN FROLIC

Annual event since 1914, this oldest Halloween parade includes afternoon kiddie parade and coronation of queen before evening parade.
HIAWATHA, 785-742-7136
www.cityofhiawatha.org

HEALTH

FIRST TUESDAY OF EACH MONTH

HEALTH SCREENING CLINIC

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

TUESDAYS AND THURSDAYS

BLOOD PRESSURE CLINIC

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

WEDNESDAYS

HEALTH SCREENING CLINIC

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

SECOND THURSDAY OF EACH MONTH

MEDICATION CLINIC

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

SECOND THURSDAY OF EACH MONTH

BLOOD PRESSURE AND HEALTH INFORMATION

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

THIRD TUESDAY OF EACH MONTH

HEALTH SCREENING CLINIC

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

THIRD THURSDAY OF EACH MONTH

NUTRITION CLINIC

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

OCT 7-10

CLOSE TO YOUR HEART

A retreat for women living with cancer. Nourish your spirit in the embrace of nature. Expe-

rience Dr. Khosh, healers, massage and more! Fee includes all meals.
THE LIGHT CENTER, 785-255-4583

OCT 5

MACULAR DEGENERATION PROGRAM

Dr. Kevin Trummel from the Lawrence Family Vision Clinic will present a program on Macular Degeneration: what it is, what can be done and how to live with it. The Lawrence Low-Vision Support Group will also talk about their group. This program is presented by Lawrence Public Library's Senior Outreach. For more information concerning this program, contact Pattie Johnston.
LAWRENCE, 785-843-3833

OCT 21

FLU-X: A MASS IMMUNIZATION FIELD EXERCISE

Everyone is encouraged to participate in the Shawnee County Mass Vaccination exercise that will be conducted to practice and test our community's ability to respond to a public health emergency. Flu shots will be available for individuals as young as six months of age. Kansas Expocentre, Exhibition Hall, 11:00 a.m.-7:00 p.m. Free.
TOPEKA, 785-368-2180

OCT 23

FLU-X: A MASS IMMUNIZATION FIELD EXERCISE

Everyone is encouraged to participate in the Lawrence-Douglas County Health Department's Mass Vaccination exercise that will be conducted to practice and test our community's ability to respond to a public health emergency. Flu shots will be available for individuals as young as six months of age. Free State High School, 4700 Overland Drive, 10:00 a.m.-5:00 p.m. Free.
LAWRENCE, 785-843-3060

MEETINGS

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
LAWRENCE, 1:30 PM

THURSDAYS

OLDER KANSANS EMPLOYMENT PROGRAM

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

THURSDAYS

GRIEF AND LOSS SUPPORT GROUP

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

FIRST THURSDAY OF EACH MONTH

LAWRENCE PROFESSIONALS IN AGING

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

FRIDAYS

TAKE OFF POUNDS SENSIBLY

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

SECOND MONDAY, SEPT-MAY

LAWRENCE CLASSICS, GENERAL FEDERATION OF WOMEN'S CLUBS

Volunteer service club.
785-331-4575

SECOND AND FOURTH WEDNESDAY OF EACH MONTH

ALZHEIMER'S EARLY STAGE PATIENT SUPPORT GROUP

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

THIRD 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 EACH MONTH

LAWRENCE PARKINSON'S SUPPORT GROUP

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

THIRD TUESDAY OF EACH MONTH

GRANDPARENT/KINSHIP SUPPORT GROUP

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

FOURTH TUESDAY OF EACH MONTH

LAWRENCE PARKINSON'S SUPPORT GROUP

PIONEER RIDGE ASSISTED LIVING LIBRARY
4851 HARVARD, LAWRENCE, 6:30 PM

785-344-1106

FOURTH FRIDAY OF EACH MONTH

AARP CHAPTER 1696 LUNCHEON

Group meets fourth Friday of each month except in July, November and December. Luncheon is held on third Friday in November. Reservations required at least one week prior to meetings.
785-842-0446 or 785-865-3787

MISCELLANEOUS

OCT 6

GET ON BOARD FOR A MYSTERY TRIP

Space is available for area seniors to travel with independent living residents of Aldersgate Village for a Mystery Trip. The chartered bus will leave Aldersgate Village at 8:00 a.m. to a destination unknown and will return by 6:00 p.m. Fee. For more information, call Janet Clanan.
TOPEKA, 785-478-9440, EXT. 312

OCT 8

EXPLORE YOUR OPTIONS KICK-OFF

Jayhawk Area Agency on Aging, Inc. would like your help to empower seniors to explore their option. JAAA will hold a community outreach event to kick-off the release of the 2004-2005 Explore Your Options Guide, which is a guide to information and in-home services for Kansas seniors. The guide is published by the Kansas Department on Aging. Big Shelter House in Gage Park, 9:00 a.m.-3:00 p.m.
TOPEKA, 785-235-1367

OCT 15-16

WILLIAMS FOODS CHILI CHALLENGE

Chili competition with taste-tests, live music, arts and crafts booths, games, and contests.
LENEXA, 913-541-8592
www.lenexa.org

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www.warrenmcelwain.com

Adventures in Learning

October

- Oct. 1 Topeka at 150 Neighborhoods & Historical Homes: Friday, 9:15 AM - 10:15 AM. Presented by Helen Crow.
- Oct. 1 Religion - Morality of Power: Friday, 9:15 AM - 10:15 AM. Presented by Rev. Kathy Timpany.
- Oct. 1 Health - Depression in Seniors: Friday, 9:15 AM - 10:15 AM. Presented by David Blakely, M.D.
- Oct. 1 Life Enrichment - Surviving the Holocaust: Friday, 10:30 AM - 11:30 AM. Presented by Eva Edmands
- Oct. 8 Life Enrichment - State of Today's Military: Friday, 9:15 AM - 10:15 AM. Presented by David H. Fisher, Jr
- Oct. 8 Health - Results of Clinical Research & Trials on Diabetes: Friday, 9:15 AM - 10:15 AM. Presented by Allan Wynne, M.D
- Oct. 8 Topeka at 150 - Santa Fe Railroad's History in Topeka: Friday, 10:30 AM - 11:30 AM. Presented by David W. Calwell
- Oct. 8 Religion - Moral & Ethical Issues of War & Terrorism: Friday, 10:30 AM - 11:30 AM. Presented by Dr. Ronald Lee Cobb

"Adventures in Learning" meetings are held at First Baptist Church, 3033 S.W. MacVicar Ave., Topeka, and are conducted by the Shepherd's Center of Topeka. The Shepherd's Center of Topeka is an organization of senior adults and a member of Shepherd's Centers of America, which is a non-profit, autonomous, inter-faith community. For more information, please call the Shepherd's Center Office at 785-267-0248 or visits www.shepherdscentertopeka.org.

BOOKSHELF

By Margaret Baker

Away from the daily struggle with family, budget, politics! This month's books offer vicarious trips to early Rome and Constantinople, 1908 Egypt, 19th century American West—plus modern adventures in Florida and Washington—plus, a protagonist with a therapy dog.

Steven Saylor: *The Judgment of Caesar* (St. Martin's Minotaur, \$24.95). *Historical mystery*

In 48 B.C. Rome's two power-houses, Pompey and Caesar, vie for power. That shouldn't affect Gordianus the Finder. He's coming to Egypt in hopes of finding a cure in the Nile for Bethesda, his very sick wife.

Both Pompey and Caesar want to enlist the support of Queen Cleopatra, who has her own power struggle with her ambitious brother Ptolemy.

Gordianus is drawn into both conflicts when Meto, the son he once disinherited for treachery, is accused of poisoning one of Caesar's lieutenants, a wine taster for Caesar. Gordianus will need to find the true poisoner to free Meto.

As always, Saylor (A Roman history specialist) gives us a delightful insight into the Roman Empire while directing deeply-drawn characters in a taut and twisty plot.

Mary Reed and Eric Mayer: *Five for Silver* (Poisoned Pen Press, \$24.95) *Historical mystery*

It's 542 A.D. John the Chamberlain's elderly Christian servant claims an angel told him of a murder of an old army friend. John checks the charnel house and finds the corpse, stabbed as foretold by the heavenly messenger.

John investigates; officialdom has its hands full dealing with a devastating plague. What's one more death among thousands? Law and order have deserted Constantinople, and the various religions (this is set shortly after Constantine has declared Christianity the state religion; many other religions still are practiced in private) vie to provide safety from both disease and lawlessness.

Stunning descriptions of a major city in the throes of plague coupled with believable characters and plots!

Michael Pearce: *A Cold Touch of Ice* (Poisoned Pen Press, \$24.95) *Historical mystery*

Gareth Owen, of the British Chief's Mamur Zapt (Egypt's Secret Police in 1912), returns with this tale of intrigue.

Italian Morelli has been murdered in Cairo's back streets, and it looks

like a bit of ethnic cleansing may be underway. Morelli's warehouse houses illegal guns, and the possibility of civil war is omnipresent. Owen, as a Welshman not totally trusted by his British masters, must work carefully to solve the case while leaving undisturbed the political situation—a multi-ethnic Egypt figuratively ruled by its Khedive but in truth controlled by Britain.

Pearce's series (14 so far) is being republished in this country by Poisoned Pen Press, an independent publishing company in Arizona. His plots are as diverse and as connected as a spider's web. Pearce grew up in what was then Anglo-Egyptian Sudan and knows whereof he writes. As his bio says, he returned there to teach and followed "the standard academic rake's progress from teaching to writing to administration. He finds international politics a pallid imitation of academic ones"—which should intrigue anyone who has taught or studied in academia!

JoAnn Chartier and Chris Enss: *She Wore a Yellow Ribbon* (Two Dot, trade paperback, \$11.95) *Biographies*

Chartier and Enss tell the stories of twelve women who went West during frontier days, risking their lives in very difficult times.

The very diversity of the women picked for this collection makes it a lively read. Some of the women are well-known: Calamity Jane, Elizabeth (Mrs. George) Custer. Others are not so well known, though readers will agree with the authors that they should be. Native Americans, soldiers' wives, traders' families, frontier perils and unavoidable battles—all rose to the job history dealt them.

Engaging, well-written.

Carol Lea Benjamin: *Fall Guy* (William Morrow, \$23.95) *Mystery*



The New York City police contact Private Investigator Rachel Alexander, notifying her that officer Timothy O'Fallon has named her executor of his will. It looks like suicide, and his fellow police are trying to list it as a "cleaning the gun when it went off" accident.

Rachel has trouble remembering a Timothy O'Fallon, then remembers he attended one of her grief counseling groups following the World Trade Center tragedy. He bonded more with Dashiell, her therapy pit bull mix.

O'Fallon was a bachelor; his meager estate will go to his beloved sister. There is a brother who has distanced himself from the family, and a homeless drifter O'Fallon permitted to stay in his apartment. Conscientious Rachel needs to learn what she can of Tim and what actually happened the night he died.

The answers lie, of course, in Tim O'Fallon's life, past and present.

Rich, multi-faceted characters, taut

plot and a hint of romance makes this, the seventh in the series, a great reader. Benjamin, a New York native, has also authored several tomes on canine behavior and training, lending authenticity to the roles of both Dashiell and the September 11 tragedy.

PAPERBACK PICKS

Meg Chittenden: *Snap Shot* (Berkeley, \$5.99) *Mystery*

Diana Gordon retired from P.I. work in San Francisco after being seriously wounded working an insurance fraud case. She's working as a photographer in Port Findlay, Washington and being very close-lipped about her past.

She co-chairs the annual art photography show with Chiropractor Connor Callahan, a widower who is intrigued, and mildly frightened, by Diana's hidden past.

The Art Alliance sponsoring the show is run by President Rosemary Barrett, whom Connor refers to as Empress of Everything. The Empress was to open the reception hall, but instead she's been shot. If someone

CONTINUED ON PAGE 13



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BOOKSHELF

CONTINUED FROM PAGE 12

made a habit of shooting nuisances, wouldn't the world population decrease drastically?

Diana notices that Rosemary bore a technical resemblance to her—height, weight, hair, etc. Was Rosemary the intended victim, or did a hit man make a mistake? If so, what in Diana's shadowed past has brought her would-be killer to a quiet seaside town?

The mystery investigation and Diana and Conner's romance move ahead with Chittenden's unerring sense of suspense.

Jessica Speart: *Blue Twilight* (Avon, \$6.99) *Environmental mystery*

Rachel Porter has earned a reputation with the U.S. Fish and Game Department as someone who almost literally keeps discovering bodies and snooping (agency word)/investigating (her word). She's posted off to San Francisco where watching for butterfly kidnappers should keep her out of mischief.

Kidnapping butterflies? A writer desperate for a unique angle? No, there is quite a market for butterflies: Rare ones for collectors, and "common" ones for breeding to release at celebrations. No wild butterfly on park land can be legally harvested, but if the stakes are high enough, there are people who do not care if it is endangered.

THE EARS HAVE IT (Audio Books)

Carl Hiaasen: *Skinny Dip* (Random House Audio, \$25.00. 3 cassettes, 5 hours. Also available in

regular print and CDs) *Adventure/mystery*

Joey knows her husband Chaz is a womanizer, but she doesn't believe in divorce and when he's home, he's terrific. Chaz seems to love her (in between affairs) and is taking her on a romantic cruise to celebrate their second anniversary.

When he tips her over the railing, she successfully swims to shore—she was a collegiate champion. Mick Stranahan finds her on his retirement island, comatose and clinging to a bale of Jamaica weed.

She not only wants revenge, she also wants to know why. She is wealthy, but the prenuptial agreement prevents his inheriting anything.

Truly unique characters, great plotting, and a good look at Hiaasen's Florida make this a great choice for the commute—or doing the housework, wherever you listen to audio books.

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



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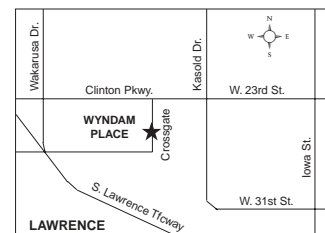


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The following celebrities
turn 50 in October:

- Oct. 2 **Lorraine Bracco**, actress, *Sopranos*
- Oct. 8 **Michael Dudikoff**, actor, *Bachelor Party*, *Tron*
- Oct. 15 **Tanya Roberts**, actress, *That 70's Show*, *Charlie's Angels*
- Oct. 23 **Ang Lee**, director, *Crouching Tiger, Hidden Dragon*
- Oct. 28 **Lauren Tewes**, actress, *The Love Boat*

PUZZLES

TMSpuzzles@aol.com

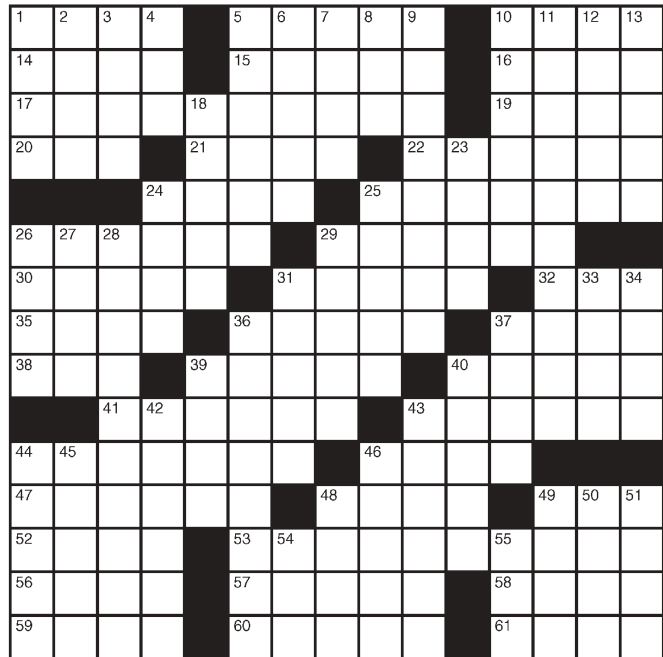
ACROSS

- 1 Tip one's hat
- 5 Pungent
- 10 Open a little
- 14 Fit
- 15 Puppeteer Lewis
- 16 Krakow native
- 17 Former Buckeye boss
- 19 Rose or Seeger
- 20 Born in France
- 21 Long times
- 22 Harvested
- 24 Finchley floozy
- 25 Nabs
- 26 Cheapen
- 29 Blue shade
- 30 Native Alaskan
- 31 Sanctuary
- 32 Curve type
- 35 Kent rental
- 36 Ice-cream holders
- 37 Three in Munich
- 38 Old salt
- 39 Pleasure trip
- 40 Skin cream
- 41 Out of focus
- 43 Actress Shields
- 44 Long steps
- 46 Spring ball
- 47 Some Eurasian herbs
- 48 Supper or dinner
- 49 Gridlock
- 52 Saudi

- 53 One-time Irish inspirer
- 56 Nevada's second city
- 57 Quantity of perfume
- 58 Always
- 59 Matched groups
- 60 Descartes and Levesque
- 61 Tibetan priest

DOWN

- 1 First light
- 2 Bassoon's kin
- 3 Icefield
- 4 Nourished
- 5 Off the liner
- 6 Singsong mode of speaking
- 7 Beams
- 8 Fury
- 9 Sheds apparel
- 10 Horrify
- 11 Nittany Lions' leader
- 12 Modify
- 13 Marsh grasses
- 18 Leavening agent
- 23 Dash
- 24 Showing strain
- 25 Wish for excessively
- 26 Silly
- 27 Ms. Fitzgerald
- 28 One-time Crimson Tide chief
- 29 Shrewd
- 31 Noon and midnight, e.g.
- 33 Endeavor to obtain
- 34 Beget
- 36 Looks after



By Matthew Higgins
Concord, NH

Answers on page 23

- | | |
|------------------------------|-------------------------|
| 37 Adverse fate | 48 Educator Horace |
| 39 Hardy hero | 49 Programming language |
| 40 Fairy-tale toll collector | 50 Hey! |
| 42 Dances low to the ground | 51 "___ Breckinridge" |
| 43 Stoppers | 54 Regret |
| 44 Constellation components | 55 Moray ___ |
| 45 Minimum crowd? | |
| 46 Pieces of pounds | |

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MAGICWORD

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

DVD (sol.: 8 letters)

A-Advanced, Angle, Audio; C-CD-size, Computer, Content, Control, Converter; D-Data, Digital, Disc; E-Edition, Encoding; F-Features, Format, Future; H-High capacity, Home theater; M-Medium, Menu, Model, Movies, Music; P-Player; R-Rate, Ratio, Record, Remote, Replay, Rewritable; S-Screen, Signal, Source, Support, Surround sound; T-Transfer; V-Video

This month's answer: **DEFINITION**

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DEFY TICAPACHGIH
INITELBATIRWERL
SEIVOMSUPPORTEA
UIMODELOITAROCN
RPLAYEREPLAYMOG
RETREVNOCsideri
OAHOMETHEATERDS
UEZISDCRETUPMOC
NMUIDEMLORTNOCO
DMUSICGEECRUOSN
SCREENRONFORMAT
OIDUAAANFUTUREE
UOEDIVTRANSFERN
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DIGITALSERUTAEF

JUMBLE

THAT SCRAMBLED WORD GAME
by Henri Arnold and Mike Argillon

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

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UNEEES

OETAGE

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www.jumble.com

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

Ans: " _____ "



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

Answers on page 23

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14 SeniorMonthly, October 2004

TRIVIALITIES

1. Ethan Hawke starred opposite Uma Thurman in what 1997 Andrew Niccol film?
2. Clint Eastwood directed what 1997 film starring John Cusack and Kevin Spacey?
3. In the 1999 film "The Talented Mr. Ripley," what actor played the title character?
4. Jean-Jacques Annaud directed and wrote what 2001 film starring Jude Law and Ed Harris?
5. Who starred as Michael Sullivan in the 2002 film "Road to Perdition"?
6. Who directed the 2003 film "Cold Mountain"?
7. In what year was Steven Spielberg's "Artificial Intelligence: AI" released?

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Answers on page 23

HUMOR

A child of lesser causes

It was lunchtime at Letongaloosa Community Junior College where I teach. The cafeteria was crowded with faculty members and students, as I stood with my tray looking for an empty one-person table. I wanted to read the *Times*, and eat my sardine sandwich in peace.

Then someone shouted my name—loudly. It was my old friend the Rev.

Matthew M.L. Anjohn, associate professor of techno-theological religiosity. He was sitting at a two-person table halfway across the cafeteria.

"Come on over and eat with me,"



Larry Day

he shouted.

"I thought you were in jail," I shouted back. I threaded my way to his table and sat down.

"What's that in your bowl? Bread and water?" I asked.

"No, it's soup and crackers, and it's much better than jailhouse fare," he said.

"When did you get out?" I asked.

"Actually, I didn't even see the inside of a jail cell this time. The authorities have mellowed so much that they just booked me and turned me loose on my own recognizance.

"I saw your picture in the paper," I said.

"I'm newsworthy," he said. "It's the 'man bites dog' factor."

The Rev. Anjohn and I have taught at LCJC for many years. Back in 1971 a bunch of students was arrested for protesting the Viet Nam War. In that same year a group of women were hauled off to the pokey for occupying a social welfare office as part of a women's rights protest.

At that time, Matt Anjohn was a divinity student, and he, too, got arrested. It happened right on Main Street in downtown Letongaloosa. But Matthew's arrest didn't have anything to do with Viet Nam or the women's rights movement. It had to do with pennies and parking meters.

A couple of weeks before Matt's first arrest, the city leaders needed a way to raise revenue without rais-

ing taxes. They voted to change the mechanism in the city's parking meters. The rejiggered meters would give you only six minutes of parking time for a penny instead of 12 minutes.

The city leaders tried to make the change quietly, but Matt got wind of their scheme and confronted them at the next city leaders' meeting. He demanded that they not rejigger the parking meters. The city leaders refused to back down.

I still remember the scene. Matthew M.L. Anjohn stood straight and tall and said, "You leave me no choice but to resort to penny ante civil disobedience."

After the meters were rejiggered, Matt would walk down the street ahead of the parking meter patrolpersons, and put pennies in all the parking meters whose time had expired. The city leaders didn't do anything about him for awhile, but when the number of tickets issued for overtime parking was down to practically zero, they ordered Matt's arrest. He was hauled in, booked, and stuck in a cell.

After he had paid his debt to society, Matt got his bachelor's degree. Then he went to seminary, majored in the minor prophets of the Old Testament, and was ordained. Later, he attended graduate school, earned a doctorate, and joined the faculty here at LCJC. Today, Prof. Matthew Anjohn is one of the nation's leading authorities on the Book of Habakkuk.

And all this time he has been at war with society's minor irritations.

He fights these ills with a lusty creativity that makes it a joy to pick up the local newspaper.

Once, for example, he chained himself to a vending machine in the LCJC Commons to protest increases in the cost of candy bars.

Matt hated it when cars behind him honked as soon as the traffic light turned green. One day, when someone honked a split second after the light changed, Matt turned off his motor, jumped out of the car, and let the air out of all four of his tires. Traffic was tied up for 45 minutes. The police came and hauled Matt's car away, and they hauled Matt off to jail.

Matt precipitated a dozen or so other such incidents over the years.

He was always being arrested and



Plugger cutting-edge technology is usually followed by tissue technology.

chastised for defending lesser causes with his creative, nonviolent protests. Reporters loved to cover his escapades.

"So tell me," I said the other day as we sat in the cafeteria. "What was all that business at the movie theater? The newspaper said you were arrested for trespassing. How can someone trespass at a theater? I know you wouldn't try to sneak into a movie without buying a ticket."

"No, no, it wasn't anything like that," he said. "It's just that you can't enjoy a movie nowadays because people talk out loud in the theater. They prattle on as if they were in a bar somewhere, or home in their kitchen eating supper and discussing the day's events."

"I know. I hate that," I said.

"And it doesn't do any good to complain," said Matt. "Once, when I asked an adolescent theater manager to do something about the noise, he told me, proudly, that popcorn sales were up 7.8 percent. He said that old folks like me shouldn't be so uptight. 'Life is a lot more casual now than it was in your day,'" he said.

"The next time I went to the movies, I was carrying a briefcase. When two blabbermouths began talking behind me, I turned around and asked them, politely, to be quiet. They stuck their tongues out at me, and kept on talking.

"So I reached into my briefcase

and took out a battery-powered, high-intensity, goose-necked reading lamp. I fastened the lamp to the back of my seat with a big alligator clip, positioned it over my shoulder, and turned on the light. Then I attached a small portable radio to the back of the seat in front of me with suction cups. I tuned the radio to a classical music station, and turned up the volume. Then I settled back in my seat, opened a book, and began to read.

"People in the theater got pretty surly. Some yelled at me. Others stomped out to complain. Pretty soon the adolescent theater manager came storming down the aisle. I asked him how popcorn sales were doing.

He yelled to the projectionist to stop the movie. The lights came on, and the cops arrived. Before they arrested me, the police let me fold up my stuff and put it back in the briefcase. They didn't even handcuff me. The authorities told them to book me and let me go. Those guys have really mellowed.

"I'll be in court some time between now and St. Jude's Day. You should come on down and watch the fun," he said.

"I wouldn't miss it," I said.

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

COOKING LIGHT

Vegetarian meat loaf

By **Lorrie Hulston Corvin**

Using heart-healthy meatless crumbles instead of ground round saves about 10 grams of fat per serving and adds almost 5 grams of fiber. Serve with mashed potatoes and sauteed green beans for a hearty dinner.

- 1 cup chopped celery
 - 1 cup sliced carrots
 - 1 medium onion, peeled and quartered
 - 3 garlic cloves, minced
 - 1 tablespoon vegetable oil
 - 3/4 cup ketchup, divided
 - 1/3 cup dry breadcrumbs
 - 2 large eggs
 - 1 (12-ounce) package meatless ground burger (such as Boca)
 - 1 (12-ounce) package meatless fat-free crumbles (such as Lightlife Smart Ground)
- Cooking spray

1. Preheat oven to 350.
2. Combine first 4 ingredients in a food processor, and process until finely chopped.

3. Heat oil in a large nonstick skillet over medium-high heat. Add onion mixture; saute 5 minutes or until tender. Place onion mixture, 1/2 cup ketchup, breadcrumbs, eggs, ground burger, and crumbles in a large bowl; mix well.

4. Place mixture in a 9 x 5-inch loaf pan coated with cooking spray. Spread the remaining 1/4 cup ketchup over top. Bake at 350 degrees for 35 minutes. Let stand 10 minutes before serving. Yield: 8 servings.

CALORIES 197 (16 percent from fat); FAT 3.7g (sat 0.7g, mono 1g, poly 1.3g); PROTEIN 20.5g; CARB 22.3g; FIBER 5.9g; CHOL 53mg; IRON 3mg; SODIUM 667mg; CALC 41mg.

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Scenes from the 2004 Lawrence Amateur Golf Association's (LAGA) Senior City Open. The tournament was held on September 18 at Eagle Bend Golf Course and September 19 at Alvarum Public Golf Course. All players had to be at least 50 years old on or before September 18. John Emerson was the tournament's champion. LAGA works with golf professionals, coordinates a volunteer staff, and establishes a healthy relationship with local businesses with the goal of running quality tournaments that are pleasing to competitors, sponsors and the community.

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TRAVEL

Great fall getaways take in Lewis and Clark history

By Shifra Stein

It's apple harvest season and time to hit the road, picking apples in Missouri or taking in lunch at a lovely river town crammed with historic homes and antiques shops. All this and more are within a 45-minute drive east of Kansas City on U.S. 24.

The first stop on your itinerary might be to visit the **Fort Osage National Historic Landmark** for a look at a fort that played an important role in the **Lewis and Clark** expedition. (Drive 14 miles northeast of Independence and take U.S. 24 east to Buckner. Turn north at Sibley Street and follow the signs.) When the explorers passed this bluff on the Missouri River in June 1804, William Clark noted in his journal that it would be a prime location for a military outpost. In 1808 he returned to supervise the building of this, the second outpost in the Louisiana Purchase. The museum offers exhibits of Osage Indian artifacts and numerous special activities and programs are planned during the bicentennial of the Lewis and Clark expedition. Closed Monday March through November; open Saturday and Sunday only December through February. Fee. The visitor center is handicapped accessible, but many of the buildings—to retain their authenticity—are not. 816-650-5737.

The next stop on your trip might be **Sibley Orchards**, located three blocks from historic Fort Osage. The orchard offers a bounty of apples, apple cider and pumpkins in fall. Evening hayrides that take visitors through the orchard are also offered. Open daily. 816-650-5535.

While you're in the area, don't forget to make a stop in the historic town of **Lexington, Missouri**, which lies along U.S. 24. Once one of the great river ports of this state, river trade made Lexington a fine commercial center and an outfitting point for those heading west. A U.S. land office was established in 1823, followed by a courthouse, a bank, churches, colleges, and more than 120 lovely antebellum and Victorian homes and buildings. The cannonball embedded in one of the courthouse columns is a relic of the Confederate victory in the 1861 Battle of Lexington. The Anderson House, built in 1853 and lo-

cated on the battlefield, was used as a field hospital and has been restored to its original elegance. For information: The Lexington Tourism Bureau, P.O. Box 132, Lexington, MO 64067; 660-259-4711; www.historiclexington.com.

Information: The Battle of Lexington SHS, P.O. Box 6, Lexington, MO 64067; 660-259-4654; www.mostateparks.com/lexington.

East of Lexington on U.S. 24 is **Waverly**, one of the Midwest's best fruit-producing areas, harvesting half the apple crop in Missouri. The Santa Fe Trail Growers Association promotes tourism in this area and can provide you with a brochure that lists 16 grower members that sell everything from "U-pick" and prepicked blackberries and asparagus to top-quality bedding and vegetable plants. If you would like an area map and a directory of the association members, or the association newsletter, send a self-addressed, stamped envelope to Santa Fe Trail Growers Association, 901 Dwight Drive, Waverly, MO 64096.

Peters Market, located 1.5 miles east of Waverly on U.S. 65 offers fall crops of Red and Golden Delicious apples, together with the popular Braeburn, Fuji, Granny Smith, and Staymen Winesap varieties. Peters holds a flea market in October that offers utility-grade apples at ridiculously low prices. During fall harvest season, free tours of the market and orchard are offered to organized groups by appointment only. 660-493-2368; www.petersmarket.com

Schreiman Orchards, two miles west of Waverly on U.S. 24 is a roadside market that features apples in fall, along with homemade apple butter, honey, jams, jellies, apple-wood chips, cookbooks, and Amish-made foods. The Schreiman family has been in business here for 75 years. Open daily from mid-June through mid-November. 660-493-2477 (pager).

Woelk's Blackberries, two miles west of Lexington on the south side of M-24 offers blackberries in season and apple in fall. You can pick them yourself or stop by for those already picked. Call ahead to see which crops are available. 660-259-2160.

For detailed information on Waverly, Lexington, and Fort Osage, plus information on other Missouri and Kansas attractions, bed and breakfasts, shops and restaurants, see Shifra Stein's *Day Trips*® From Kansas City available at all area booksellers.

- Shifra Stein and Bob Barrett are a photojournalist travel team whose articles appear in newspapers, magazines, and online publications. Visit Shifra Stein's web site at www.shifrastein.com and see her books available on www.amazon.com.



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

Retailer promotes breast cancer awareness

In conjunction with National Breast Cancer Awareness Month, Brighton, a division of Leegin Creative Leather Products based in City of Industry, Calif., has some very extraordinary bracelets that will be in stores during the month of October. Brighton will be donating



\$5.00 from the sale of each bracelet towards breast cancer research and awareness. In addition, Brighton and The Etc. Shop, an authorized Brighton Heart Retailer located at 928 Massachusetts Street in Lawrence, will donate 100 percent of the retail value of sales to the Breast Center at Lawrence Memorial Hospital.

This year the National Breast Cancer Awareness Month campaign celebrates 19 years of educating women about breast cancer, especially the importance of detecting the disease in its earliest stages through screening mammography, clinical breast examination, and for women 20 years of age and older, breast self-examination.

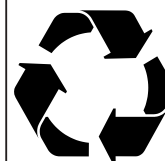
The National Breast Cancer Awareness campaign is comprised of 17 national public service organizations, professional medical associations, and government agencies working in partnership to raise awareness and provide access to screening services.

The third Friday in October each year is National Mammography Day, first proclaimed by President Bill Clinton in 1993. On this day, or throughout the month, radiologists provide discounted or free screening mam-

mograms (In 2002, more than 680 American College of Radiology (ACR) accredited facilities took part). In 2004, National Mammography Day will be celebrated on October 15.

For women age 40 and older, the American Cancer Society recommends an annual mammogram, an annual breast exam performed by a doctor, and optional monthly self exams.

For more information on National Breast Cancer Awareness Month, see www.nbcam.org.



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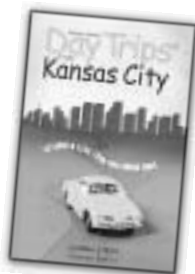
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COURTESY PHOTO

Lawrence ArtWalk celebrates 10 years of community support for the arts

One of the city of Lawrence's favorite art events is celebrating its 10th anniversary this year. What was started in 1995 by Lawrence artist Diana Dunkley and bookstore owner Pat Kehde as a weekend walking tour of downtown Lawrence galleries and studios has now blossomed into a city-wide showcase featuring the dazzling artistic talent of Douglas County. During this year's event, Lawrence ArtWalk 2004, the incredible artwork of over 90 artists will be exhibited either individually or as part of artists' groups or collectives at 41 locations in and around Lawrence.

Hosted by a city recently ranked 12th by the National Endowment for the Arts among cities in the United States with the largest percentage of professional artists in the workforce, the Lawrence ArtWalk promises something for everyone. The ArtWalk features a diverse range of media, styles and prices; and includes ceramics, drawing, fiber, glass, jewelry, metalworks, mixed media, painting, photography, printmaking, sculpture and more!

With the University of Kansas adding to Lawrence's relaxed, college-town vibe, the ArtWalk is also known for being an easy-going and friendly experience. People can wander comfortably into private artists' studios, become more familiar with their artwork, and possibly buy work after meeting the artist in person. "This experience is something that adds to the joy of purchasing and collecting art," said John Wysocki, Lawrence ArtWalk Director.

To celebrate the ArtWalk's milestone the event has been reintroduced by Wysocki as a month-long celebration, starting with a special preview exhibition featuring participating artists' works between Octo-

ber 2-24 at ad astra eclectica galleria, which is located downtown at 205 W. 8th St. The preview exhibition kicks off with a special opening reception between 6-9 p.m. on October 2 at the gallery, and includes a retrospective display of promotional artifacts from the ArtWalk's first nine years. The reception is followed by a concert featuring one of Lawrence's favorite folk-rock bands, Uncle Dirty Toes, whose lead singer and songwriter—Maria Anthony—has participated as an ArtWalk artist herself.

Even though one can start the tour of ArtWalk studios at any location, a good place to start is the ad astra eclectica galleria. Samples of artists' work may be reviewed at the gallery—and even purchased—which also has guidebooks and maps available that identify the locations of artists' studios.

To make it easier to get around town on Saturday's ArtWalk day, the day has been designated as a free ridership day by the city's T bus system! Many artists' studios are located either on or within a block of T bus routes while the gallery hosting the preview exhibition is located just a block away from the T's main Downtown stop.

Whereas in past years the Lawrence ArtWalk has also featured art galleries, the ArtWalk now focuses on individual artists and their creative work environments. However, art lovers can warm up for the weekend's main event by enjoying the Fall Downtown Gallery Walk on the Friday evening immediately preceding the ArtWalk (October 22, 7-9 p.m.). About a dozen galleries and other venues will hold opening receptions, artists' demonstrations and special events in what has become a tradition during each season of the year.

The ArtWalk's 10th anniversary

year is also marked with a new logo that was illustrated by Lawrence artist and ArtWalk regular Dale Martin. The logo features an art buyer-type character named Ar-

thur Walker, Esq. Art Walker is sold on art. Are you?

Further details about Lawrence ArtWalk 2004 may be viewed online at www.lawrenceartwalk.org.

Lawrence ArtWalk 2004 Calendar of Events

LAWRENCE ARTWALK 2004 PREVIEW EXHIBITION: OPENING RECEPTION

Saturday, October 2, 6-9 p.m.
Featuring a public reception for the artists participating in the annual Lawrence ArtWalk and the Lawrence ArtWalk's 10th anniversary birthday celebration.
Location: ad astra eclectica galleria, 205 W. 8th St., Lawrence (785-856-4653). Upstairs.

October 2-23, Wed-Sat 1-9 p.m.;
October 24, Sun noon-6 p.m.
Featuring representative samples of artwork by artists participating in the annual Lawrence ArtWalk as well as a retrospective display of promotional artifacts from the event's first nine years.
Location: ad astra eclectica galleria, 205 W. 8th St., Lawrence (785-856-4653). Upstairs.

UNCLE DIRTY TOES

Saturday, October 2, 10 p.m.
Concert featuring one of Lawrence's favorite folk-rock bands, Uncle Dirty Toes, whose lead singer and songwriter—Maria Anthony—has participated as an ArtWalk artist herself.
Location: ad astra eclectica galleria, 205 W. 8th St., Lawrence (785-856-4653). Upstairs.
Admission Charge: \$

DOWNTOWN LAWRENCE GALLERY WALK

Friday, October 22, 7-9 p.m.
Downtown art galleries stay open late for the Fall occurrence of what has become a seasonal tradition. About a dozen galleries and other venues will hold opening receptions, artists' demonstrations and special events. Guide maps available at downtown galleries.

LAWRENCE ARTWALK 2004 PREVIEW EXHIBITION

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Saturday, October 23, 10 a.m.-6 p.m.; Sunday, October 24, noon-6 p.m.

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BRIDGE

Rubber bridge vs. duplicate

By Omar Sharif and Tannah Hirsch

Both vulnerable. South deals.

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

The bidding:

SOUTH	WEST	NORTH	EAST
INT	Pass	2♣	Pass
2♥	Pass	3NT	Pass
Pass	Pass		

Opening lead: Five of ♥

At rubber bridge, if you can make your contract you go ahead and cash out your winners and don't worry about overtricks. At duplicate, to make one overtrick fewer than the rest of the field can be as bad as going down. That can produce some odd results at times.

The auction was routine. When North's Stayman inquiry revealed that South held four hearts rather than four spades, his jump to three no trump closed the auction.

West led a low heart, dummy's 10 winning. The king of clubs was led, losing to West's ace, and a heart was returned to the king. Declarer came to hand with the queen of clubs and the prospect of several overtricks loomed on the horizon. The jack of diamonds was run, East allowing it to win. Convinced that at least the queen of diamonds was with West, declarer repeated the diamond finesse—down two as East cashed five diamonds to go with the ace of clubs.

The irony of the situation is that rubber bridge players would have scored 11 tricks after a heart lead. When the Q 10 of spades drop under the ace-king, declarer can take a finesse for the nine of spades and rack up four spade tricks, four hearts and three clubs.

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On November 2, Remove Judge Paula Martin from the Bench

Shortly after Douglas County District Judge Paula Martin sentenced two 19-year-old men to just 60 days in jail and probation for participating in the gang rape of a 13-year-old girl, the girl had an emotional breakdown and mutilated her arms and wrists with broken glass.

The presumed penalty for rape under Kansas law is at least 13 years.

After the sentencing, the *Lawrence Journal-World* editorialized, "The outcome of these two trials may make it easier to understand why many rape victims are hesitant, or even unwilling, to come forward to report and aid in the prosecution of their assailants."

WHAT OTHERS ARE SAYING ABOUT THIS RAPE CASE



"It was very difficult for the victim to go through all of these proceedings, and we feel that this significant of a departure was not warranted." - Douglas County Dist. Atty. Christine Kenney

"We're just deflated. We need to regroup and think about how we can have an effect on the judicial system in a positive, proactive way." - Sarah Jane Russell, executive director of Douglas County Rape Victim-Survivor Service

"When something like this happens, it affects all women," said Sylvie Rueff, treasurer of the local chapter of the National Organization for Women. Rueff said she feared Martin's rulings would discourage other victims from coming forward.



"Increasingly, judges view themselves as one-person legislatures, disenfranchising the will of the electorate and harming the rights of the parties in their own courtrooms." - Kansas Attorney General Phill Kline

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- Oct. 19 **Jeanne C. Riley**, singer, "Harper Valley PTA"
- Oct. 25 **Jon Anderson**, lead singer for YES
- Oct. 28 **Dennis Franz**, actor, *NYPD Blue*
- Oct. 31 **Sally Kirkland**, actress, *ED TV*, *The Sting*

Compiled By Kevin Groenhagen, Kaw Valley Senior Monthly

www.seniormonthly.net

PET WORLD

Cats often need reason to like one another

By Steve Dale

Q: When we added energetic Squeeky to the household about two years ago, our cat Eartha Kitty, one of two siblings that we adopted, began to miss the litter box. I isolated her for a year. When we let her back out, she hid all day, even though Squeeky is now older and calmer.

Eartha Kitty has also begun to urinate on the floor. I added a second litter box, which may be helping. My vet says Eartha Kitty is healthy. I read your columns because my 97-year-old friend, Maurine, in Clearwater, Fla., sends them to me. Can you help? — J.S., Tucson, Ariz.

A: Johnson-Bennett says isolating a cat for a year isn't necessary; usually a few weeks to a few months is plenty. You've done well, except that when you brought the cats back together you didn't give them a reason to like one another.

Separate them again, Johnson-Bennett advises. This time, however, place Squeeky in the second bedroom or den, with food, toys and a litter box. Choose a room you can spend time in with your cat, so being there doesn't become a jail sentence.

Meanwhile, Eartha Kitty will gain confidence ruling her own domain in peace. After a week, place Eartha Kitty in a special room for a few

hours daily, and allow Squeeky out to explore and sniff the rest of the house where Eartha Kitty has been. Rotate the cats' bedding and toys so they're continually exposed to each other's scents.

Now, here's the step you missed last time: When you finally bring the two cats back together, enlist a family or friend member to help. Offer Eartha a treat on one side of the room, while your friend gives Squeeky the same treat on the other. After treats, take Squeeky back to his sanctuary room. Both cats will learn that they only get treats when they're together. (At first, keep the cat together only a few moments.)

Continue offering treats as many times a day as you can, and gradually increase the time the cats are together. Once both have eaten their treats and can still tolerate each other, use an interactive cat toy to distract them with play.

When you can leave Eartha Kitty and Squeeky together, be sure an adult is home to supervise for a week or two to insure they generally get along, and prevent the relationship from degenerating yet again.

(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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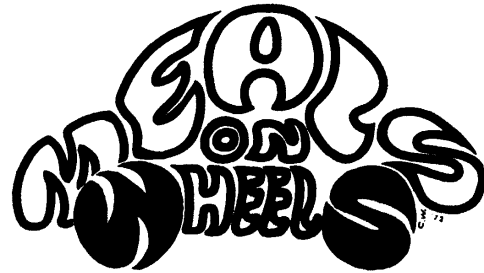
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