

# Kaw Valley Senior Monthly

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Serving Active Seniors in the Lawrence-Topeka Area

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## INSIDE



Group exercise instructor Fran Hopkins sees many improvements amongst participants in her aqua aerobics and water Pilates classes. - page 4



Gracing the city's downtown lakefront area, the Milwaukee Art Museum is a marvel of architecture and engineering. - page 18

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**FREE**



**SENIOR profile**

Gary K. Clarke of Cowabunga Safaris is known as "Mzee Shetani," or "The Old Devil" in Swahili-speaking countries. He earned his nickname 30 years ago after playing tricks on his drivers in Kenya's Tsavo West National Park

## Clarke fulfills dreams

### Former zoo director now leads safaris

By Kevin Groenhagen

Gary K. Clarke had two dreams when he was a child growing up in Kansas. The first was to work in a zoo. The second was to visit Africa.

When he was just 16, he decided it was time to fulfill the first dream. He went to the Kansas City Zoo and applied for a zookeeper's position. Unfortunately, the zoo required zookeepers to be at least 18, so Clarke reapplied two years later and got the job.

After serving as a curator at the Fort Worth (Tex.) Zoological Park,

Clarke in 1963 returned to Kansas to serve as director of the Topeka Zoo. At 24, he was the youngest zoo director in the country. At the time, the zoo had few attractions, but Clarke was determined to change that.

"The community was very responsive and we were able to bring in giraffes, hippos, and other animals," said Clarke, who organized the Friends of the Topeka Zoo (FOTZ) in 1964. FOTZ is a non-profit membership organization dedicated to the improvement and development of the Topeka Zoo.

In 1966 the zoo opened the An-

imals & Man building (formerly called the Large Mammal Building), which currently houses African elephants, hippos, giraffes, lemurs, storks, cranes and several smaller species. In 1974 the zoo opened the Tropical Rain Forest, which was one of the first walk-through tropical exhibits of its kind. This facility, which is approximately 100 feet in diameter and 35 feet tall, is home to more than 100 animals. Clarke also oversaw the addition of Lions Pride—a naturalistic display for African lions—in 1989.

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# Gary K. Clarke

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As interest in the zoo grew in Topeka, Clarke said many people started showing interest in doing photo safaris in Africa. In 1974 Clarke fulfilled his second dream when he led a group to Africa. The photo safari ended up becoming an annual event.

Eventually, other zoos began contacting Clarke for assistance in planning their itineraries for safaris. A few zoos even asked him to lead their safaris, and he used his vacation time to do so.

In 1989 Clarke fulfilled a longtime goal when he climbed Mount Kilimanjaro, which, at an elevation of 19,340 feet, is the highest mountain in Africa.

"I actually climbed Kilimanjaro twice—the first and the last time," Clarke said with a laugh. "I didn't do it for the standard reason, which is 'because it was there.' I did it because for once in my life I wanted to stand on the roof of

this magnificent continent. I turned 50 on the mountain. That's when I decided to leave the zoo. We were finishing up the Lions Pride exhibit at the time. At the end of 1989 I retired from the zoo and started Cowabunga Safaris."

A common question people ask Clarke is "What does 'cowabunga' mean?" According to Wikipedia, "cowabunga" is a slang word used as an expression of exhilaration when riding the waves. The word evolved from "kawabonga," a word used by the character Chief Thunderthud on the *Howdy Doody Show* in the 1950s. "Kawagoopa" meant "good," and "kawabonga" meant "bad." By the 1960s, surfers who had grown up watching *Howdy Doody* adopted it for surfing use, turning it to "cowabunga."

However, Clarke's use of "cowabunga" has nothing to do with *Howdy Doody*.

"Years ago for a zoo directors conference, I took a picture of baboons mating and put 'cowabunga' on it as

a joke," Clarke explained. "It caught on instantly. Cowabunga became a codeword among volunteers and zookeepers around the country for animals mating. For example, if a volunteer with a group of third graders met another volunteer with a group, he could warn him by saying, 'Zebra cowabunga.'"

Clarke says many people have a few misconceptions about modern-day safaris.

"A safari used to be such a far-fetched notion," he said. "But now it's achievable, accessible, and safe. It's not like *Mogambo* or *The Snows of Kilimanjaro*. You're not chopping through the hot, steamy jungle fighting insects. I use more insect repellent and fight more mosquitoes in Kansas than I do in Africa. I tell people to bring insect repellent, but half the time they don't use it. What's more important is sunscreen because you're at a high altitude and close to the equator."

The safaris Clarke leads take about two weeks and include a group of 10-12 people. The groups are usually a mixture of safari alumni and first timers.

"Typically, first timers have five reactions on their first day," Clarke said. "First, they say, 'Oh, my gosh, this weather is wonderful.' Second, they say, 'These people are wonderful.' Third, they say, 'The food is fantastic.' Fourth, they say, 'I didn't think I'd see this many animals during the whole trip.' Lastly, they say, 'If I had known it would be like this I would have come earlier.'"

According to Clarke, going to Africa is much like going to Colorado during the summer.

"When we go to Tanzania, the altitude averages 5,000 feet," Clarke

said. "It's pleasant during the day and cool at times. Sometimes it's cold at night. I had a group in Botswana last June and they had thermal underwear, gloves, stocking caps, and windbreakers. We're in open vehicles sometimes, so you get the wind chill."

The food on the safaris might surprise many people as well.

"It's not quite cruise ship cuisine, but it's more than people expect," Clarke said. "Some of the camps even train their chefs in Europe. They usually have a buffet and there's enough selection that I can take people who are on restricted diets. I take many diabetics. They also have lots of fresh fruits and vegetables."

Entrées offered on menus Clarke brought back with him include filet mignon, marinated chicken pieces and peanut sauce, roasted turkey, and cream of pumpkin soup with ginger.

Local foods are occasionally offered, but they're optional. The more adventurous can sample dishes such as chicken in curry sauce, a maize porridge known as *ugali*, and *irio*, a dish of mashed potatoes with corn and peas mixed in them.

Some camps actually have swimming pools. The huts often are designed to look like the huts of the Maasai and other tribes, but are furnished with beds, toilets, and showers with hot and cold water.

Then, of course, there are the animals, which can be seen during game drives, night drives, bush walks, canoeing, river safaris, and angling. Clarke notes that the animals in the national parks are not tame, but they have been habituated to know they will not be hurt. This situation often allows safarists to get up close and personal with some animals in what Clarke sees as a classroom.

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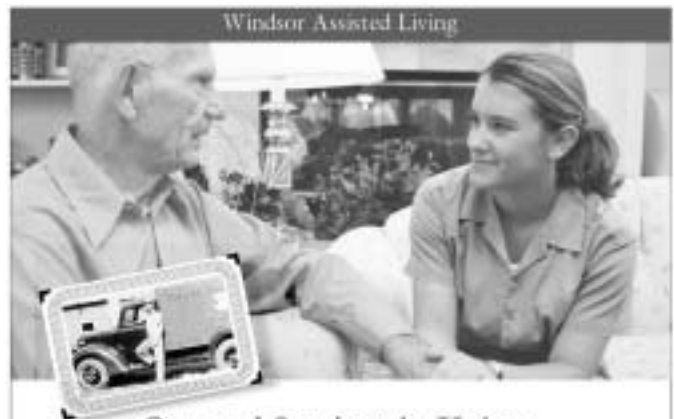
## JAMBO!

According to Clarke, he has to know the basics of about 20 African languages.

"I try to learn the four most important words and phrases in each of those languages," he said. "Those are 'hello,' 'thank you,' 'where's the toilet,' and 'beer.' I find I can get by in any African country if I know those four. You laugh, but it's true."

Here are those four words and phrases in Swahili, a Bantu language that has become a lingua franca for East Africa and surrounding areas.

Hello = Jambo  
Thank you = Ahsante  
Where's the toilet = Choo kiko wapi?  
Beer = Pombe



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Kevin L. Groenhagen

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# Gary K. Clarke

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"I view Africa as a classroom and the animals are the teaching aids," Clarke explained. "I'm just there to interpret."

Clarke's safarists have ranged in age from pre-teens to octogenarians.

"The oldest woman I took was 88," Clarke said. "She was a first timer and she was very small. The roads can be a little rough, so I was a little worried about her. She was also a little quiet. I wanted to make her a part of the group, so in front of the group I said, 'Julia, the most senior female member of an elephant family is called the matriarch, so I'd like to make you the matriarch of our safari group.' She looked up at me and said, 'And don't you forget it, either.'"

"One day we had a long drive to the next camp. We got there late in the afternoon to begin a three-night stay. I told the group, 'Don't worry about a game drive today because we'll be here for three days and there's plenty of time to see everything.' A game drive can take two, three or four hours. Julia came up to me and said, 'Game drives are my thing.' I said, 'Okay, Julia, I'm going to get a driver and the three of us will go.'"

Clarke stresses that it is not possible to see everything during a single safari.

"People will say they want to see Mount Kilimanjaro and Victoria Falls. That's like coming to North America for the first time and seeing all the highlights in Canada and Mexico and everything in between. Africa is so big that to fly from Dakar, Senegal, on the west coast to Nairobi, Kenya, in the east takes longer than to fly from New York to London."

Clarke also notes that Africa is larger than the United States, China, India, Europe, Argentina, and New Zealand combined. Because of the size of Africa, each safari is limited to a specific area of the continent. For example, last month Clarke's 135<sup>th</sup> safari was in Zambia, home to Victoria Falls. In February he will lead a safari in Tanzania, home to Kilimanjaro, the Serengeti, and the Ngorongoro Crater. The crater in the extinct volcano is actually twice as large as Topeka and supports up to 25,000 large mammals, including black rhinos and bull elephants.

Other Cowabunga safaris scheduled for 2006 include visits to Kenya, Botswana, and Zambia.

In 2001 Clarke published *I'd Rath-*

*er Be On Safari*, which offers reflections from his first 100 safaris. The book, which includes material from journals Clarke keeps on each safari, is available at Cowabunga Safaris' "main camp" at 2108 SW Fairlawn Plaza Drive in Topeka.

In addition to safaris, Clarke spends much of his time doing presentations before students and civic groups.

"I do a lot of programs," Clarke said. "I don't do slide shows, videos, or PowerPoint presentations. I

don't want it to be like everyone else's travelogue. Also, to reduce Africa to a flat, two-dimensional image on the screen doesn't do it justice. That's why I like to take along maps, hippo skulls, tusks, and other items. I want to share something tangible from Africa."

While Clarke's main camp is in Topeka, most of those who travel with Cowabunga Safaris are from other states. Many are from other countries. Often they want to know why Clarke does African safaris out

of Topeka.

"I tell them I have 10 good reasons why I stay in Topeka," Clarke said. "My grandchildren are here. They're not all in Topeka, but they're close by."

Clarke's three oldest grandchildren have made the trip to Africa with their grandfather.

For more information about Clarke and Cowabunga Safaris, including photos, newsletters, and frequently asked questions, please visit [www.cowabungasafaris.com](http://www.cowabungasafaris.com).

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# Seniors benefit from aqua workouts

By Kevin Groenhagen

**Y**ou know you need to exercise. However, walking gives you sore feet, jogging causes your joints to ache, and you're not comfortable lifting weights at the gym. What can you do?

Fran Hopkins believes there's a very good chance she can help you get fit and avoid many of negative aspects associated with some forms of exercise.

Hopkins for the past two years has been leading aerobics and strength training classes at Lawrence Athletic Club (LAC). She took on aqua aerobics classes last year. While members of her classes range in age from teenagers to octogenarians, many of those who have benefited the most are seniors.

"Some of the women in the classes are over 80 years old," Hopkins said. "They climb down that ladder and get in the pool to exercise for an hour, and then climb up that ladder to get back out. They say it's helped their hips, their knees, and their flexibility and balance."

Hopkins notes that some of the

women in her classes actually have handicap stickers on their vehicles and would find it very difficult to exercise on land. However, in the water they're relieved of 90 percent of their body weight, so they become buoyant.

"You can do shallow-water movements that are basically like doing aerobics on land, but you've got the water holding you up so you're not putting pressure on your joints," Hopkins explained. "So you can do your jogging, knee lifts, kicks, hamstring curls, and other exercises. You can also go deeper into the water and the water holds you up entirely so you can do deep-water walking, deep-water jogging, and jumping jacks, and you don't have to move really fast to get a good workout."

"You don't have to get your heart rate as high as you do on land in order to get the cardio effect," Hopkins continued. "There's the hydrostatic pressure on your body in the water that actually causes your body to work harder with less exertion. The resistance is tremendous for toning your arms and legs. I tend to think that when you work out in the water, you'll find working out on



PHOTO BY KEVIN GROENHAGEN

**Fran Hopkins (left) leads a group of women** in her aqua aerobics class at Lawrence Athletic Club. Hopkins likens the class to a "long, long dance" in which participants exercise to disco, classic rock and roll, Broadway, and swing time music. The group even does a dance routine to Benny Goodman's "Moonglow."

land easier."

According to WebMD, water provides 12 to 14 percent more resistance than air, so moving through it is like having weights all around your body.

Hopkins, who has been a member of various health clubs during the past 20 years, is familiar with many physical fitness systems. She saw an opportunity to use the hy-

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## Aqua workouts

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drostatic pressure in water and introduced Pilates into her aqua classes last March.

Practitioners of Pilates use their own bodies as "weights" to improve strength, flexibility and balance. The exercise program focuses primarily on the core postural muscles.

"We concentrate on keeping your core strong," Hopkins said. "That's in Pilates, but we do it with the cardio, too. Keeping your core strong means you strengthen your abdominals and back. That, in turn, will improve your posture."

In addition to improving their posture, Hopkins notes that some of the women say they now have a "Fran waist."

As with any form of exercise, Hopkins says you should talk to your doctor before starting. In some cases, there have been those who came to her classes because their doctors encouraged them to attend.

"One woman had had a stroke and hip surgery," Hopkins said. "She started coming here after she had been in physical therapy for awhile. They actually told her that she no longer qualified for insurance since she wasn't making progress. She had forgotten how to walk. She got in the water, and stuck with it and stuck with it. One day she said, 'I finally figured it out. I've been watching and watching, and now I know how to walk.' She had tears in her eyes."

Hopkins is very flexible with her classes.

"My favorite saying is 'or not,' she said, "such as, 'Okay, we are now going to jump on one leg—or not. Some people may not want to do every exercise. When we do strength training or plyometric cardio, some people will opt out and go to the deep water to walk and talk until we are done. Some will come for half an hour and leave. Others will stay for the whole hour. Others might come late and join. That's okay. This class is for them, not me."

As far as equipment, Hopkins says participants will need aqua shoes.

"You'll need shoes because you want traction," she explained. "We move across the floor in the cardio part. You also need arch support and protection for the bottom of your feet."

In addition, LAC provides pool noodles and Styrofoam resistance weights, while some participants buy their own aqua belts and ankle cuffs.

Hopkins stresses that there is no reason for participant to be concerned about their appearance.

"Some people worry about what they look like, but it doesn't matter,"

she said. "There's not a single person who's going to be judgmental or critical about how you look. This isn't a beauty contest. It's all about feeling good. The locker room for the swimming pool is right by the pool, so people do not have to parade through the whole club in a bathing suit."

Hopkins is a certified group exercise instructor with the American Fitness and Athletic Association. In addition, she has a degree in theater and voice from the University of Kansas. She performed at the Apple Valley Barn Theater for 10 years, and

first performed in *The Ballad of Black Jack*, a musical performed during Baldwin City Maple Leaf Festival, 30 years ago. She will perform as Gloomy Aggie during this year's festival, which is always scheduled for third full weekend of October. When she isn't in the water or on stage, Hopkins is an independent agent with CEK Insurance.

Hopkins teaches aqua aerobics on Monday and Tuesday mornings from 7:30-8:30 a.m., and from 5:30-6:30 p.m. on Wednesdays. She teaches water Pilates on Wednesday and

Thursday mornings from 7:30-8:30 a.m., and from 5:30-6:30 p.m. on Mondays. Hopkins also leads a "Body In Motion" class from 9:00-10:00 a.m. on Saturdays. Body In Motion is a combination of free-style dance, traditional dance, and martial arts. All classes are for both men and women of any age.

For more information about these classes, please call LAC at 785-842-4966 and ask to speak with a membership representative. LAC offers a special rate for seniors, and also participates in the Humana "Silver Sneakers" program.

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# HEALTH & FITNESS

## Safety in emergencies

Those of us who live in Tornado Alley are well aware of the dangers of powerful storms. The vast damage and loss of life caused by Hurricane Katrina in the Gulf underscores the importance of preparing for emergencies.

Most of us already take some steps to assure safety in the home—putting up smoke alarms, keeping flash-



Laura Bennetts

lights handy, and so on. But other valuable ways to enhance home safety are available as well. In what follows, I will focus both on preparing for emergencies and on ensuring that regular daily problems don't become emergencies.

### Loss of Power

A common event in a storm is loss of power, often for hours or even days. To be ready for this dangerous eventuality you need flashlights, radios, blankets, and food at hand. The best flashlights are rechargeable by hand—by turning a manual crank—and radios are useful in situations where the electricity is off for more than just a couple of hours. You need to keep these items in easy-to-reach spots. It's a good idea to keep a flashlight and a phone on a nightstand near your bed, in the event that you need them in the middle of the night.

### Supplies for Emergencies

It's always a good idea to keep key items in emergency storage containers, just in case you need them. These items include: bottled water, nonperishable food (canned food, dry cereal, dried fruit, etc.), blankets, extra clothes, Band-Aids, medications, flashlights, a radio, and—if you have pets—pet foods and medications. Backpacks, which can be filled with emergency supplies, are excellent containers for many purposes. Or you may want plastic containers with easily gripped handles. Either way, if you need to evacuate quickly, you can grab your pre-packed backpack or plastic bin and leave without delay. You can also take your emergency container with you when you go on winter car trips, to increase your safety on the road.

### Agree on a Plan

Work with your family to develop an emergency response plan before a crisis hits. You need to decide, for example, how you can best exit your home in a hurry. Agree on the best path out of your home and your neighborhood, and where to meet after you exit your home. It's also wise to talk to your neighbors about how to handle prolonged power outages and other neighborhood crises. Having nearby support is important in a crisis.

And it is sensible to share phone numbers with your neighbors, including cell phone numbers. It's also wise and generous to offer shelter to neighbors without basements, and to share advice on preparedness. We all sleep better at night when we know that we're ready for whatever comes, and that we have friends and neighbors in our corner.

### Be Prepared at Home

Even routine problems can become emergencies if you aren't ready for them. Communication is crucial. What if you wake up with chest pain and need your phone—is it near and easy to reach? Cordless phones and cell phones are ideal for emergencies. Lifeline pendants can also be very handy because you keep them with you at all times, even in the shower.

You have your choice. You can have a Lifeline button either on a wristband or on a necklace. In an emergency, you push the Lifeline button, sending a signal to a receiver in your home or apartment building. An operator in the Lifeline system gets the message and calls a person you have designated to help you. Your designated helper will come quickly to your home and see if you need medical attention. If you do need to see a doctor, your friend will call 911. This friend needs to live nearby and to have a key to your home. To enroll in Lifeline or in a comparable service in your town, you can call the local Senior Center or the Jayhawk Area Agency on Aging (the JAAA).

### Be Safe in Your Home

The best way to stay safe is to prevent accidents. Preventing falls and injuries in the home is especially important. Common causes of household spills include loose throw rugs, bathroom carpets without the rubber undersoles that ensure a good firm grip on the floor, and large rugs with flapping, toe-catching edges. Poor lighting and excess clutter can also

cause a misstep or a fall. You can ensure safety in your bathroom by adding grab bars beside the toilet and in the tub or shower and non-slip strips on the floor of your shower or tub. The grab bars must be at the right height for you personally in order for you to use them effectively.

Occupational therapists are trained to assess your home to ensure safety. An OT can advise you on a great many safety measures—how to get and use the equipment you need, and how to prevent routine problems from turning into grave emergencies.

Remember, occupational therapy

isn't just for people at work—it's for people at home, too. Stay safe, be prepared, and get the help you need.

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

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## HEALTH & FITNESS

# Essential fatty acids

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in large quantities EPA and DHA by eating fatty fish.

There is an enormous amount of medical literature showing that EFAs may prevent or help to ameliorate atherosclerosis, angina, heart attack, congestive heart failure, arrhythmias, stroke, and peripheral vascular disease. Other literature cites EFAs as being a benefit to those with hypertension, arthritis, irritable bowel syndrome and Alzheimer's disease. It has also been shown to lower triglyceride levels, and there are some studies that use EFAs with certain types of cancers, including breast and prostate.

All cells in the human body are surrounded by a membrane composed of phospholipids made chiefly from EFAs. This membrane controls what goes in and out of the cell. Alterations in cell membrane is the

central factor of cell injury, mutation (which can result in cancer), and death.

Essential fatty acids also help make joint lubricants; increase oxidation rate, metabolic rate, and energy levels; help transport cholesterol; help our immune system fight infections by enhancing peroxide production; help prevent development of allergies; and important to the treatment of rheumatoid arthritis by producing prostaglandins.

EFAs are very crucial pregnancy since the brain is over 60 percent fat and very rich in both omega-3 and omega-6 EFA derivatives; so the baby needs essential fatty acids (EFAs) for brain development and brain function. These are drawn from the mother's body during pregnancy and breastfeeding. During pregnancy and breastfeeding the mother gets depleted of essential fatty acids, especially the omega-3 fatty acids. Each child gets less EFAs than the previous child, depleting the mother even further, UNLESS the mother augments her diet with EFAs, like flax oil and

oily fish.

Ernst Schaefer, M.D., of the Human Nutrition Research Center on Aging at Tufts University, has found that a low level of DHA is a significant risk factor for dementia, including Alzheimer's disease. He has discovered that the body may experience a decreased ability to make DHA as it ages. His data suggested that DHA may be an important therapeutic modality in some age-related conditions, including Alzheimer's and heart disease.

The processing and packaging of the fish oil are crucial. Low quality oils may contain significant amounts of mercury, pesticides, and undesirable products. Also fish oil may not be for everyone so you check with your doctor. Fish oil will thin your blood, so if you are on blood thinners or about ready to have surgery, you should not be taking fish oil.

- 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

fatty acids it is becoming increasingly clear that an excess of omega-6 fatty acids can have negative effects.

Many well-known scientists believe that a major cause of heart disease, hypertension, diabetes, obesity, arthritis and premature aging is the imbalance between our intake of omega-6 and omega-3 fatty acids. The generations before us had a diet with a ratio of omega-6 to omega-3 of about 1:1. Now our diet is more a ratio of 20:1.

Sources of omega-6 fatty acids are vegetable oils such as corn oil and soy oil. Omega-3 acids are found in flaxseed oil, walnut oil, and fatty fish. The main fatty acids found in fatty fish are eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).

Scientists were first alerted to the many benefits of EPA and DHA in the early 1970s when Danish physicians observed that Greenland Eskimos had an exceptionally low incidence of heart disease. Research soon discovered that they consumed



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# PERSONAL FINANCE

## Managing longevity risk — awareness may be the first step to making your money last

Mainstream financial media are beginning to focus on a new type of risk facing investors: longevity risk, or the risk of outliving your money. And these news stories are not without merit. A new study by Matthew Greenwald and Associates found that only 19 percent of pre-re-



Steve Lane and Garth Terlizzi

tirees and 16 percent of retirees were worried about running out of money during retirement. At the same time, statistics from the Society of Actuaries show that for a healthy couple aged 65, at least one spouse has almost a 50 percent chance of living to the age of 95. These statistics reveal that a 30-year retirement may be a distinct possibility, which begs the question, is the average investor's portfolio designed to last that long?

### Big Picture Planning

The first step in assessing your personal longevity risk is figuring out how much you can realistically afford to withdraw each year from your savings and investments. You can tap the expertise of your financial advisor to assist you with this task. Or, you can use one of the many online calculators to help you estimate how long your money might last.

One strategy for managing longevity risk is to withdraw a conservative 4 to 5 percent of your principal each year. However, your annual withdrawal amount will depend on a number of factors, including:

- The overall amount of your retirement nest egg
- Your estimated length of retirement
- Annual market conditions and inflation rate
- Your financial goals (For example, do you wish to spend down all of your assets or pass along part of your wealth to family or a charity?)

### Strategies for Minimizing Risk

No matter what your goals, there are ways to potentially make the

most out of your nest egg. As you review your own situation, consider the following strategies:

*Maintain a cash cushion for living expenses.* A common rule of thumb is to keep at least 12 months of living expenses in an interest-bearing savings account, though your needs may vary.

*Develop a diverse income strategy.* Responding to the current interest rate environment is one way to potentially squeeze more income from your savings and stretch out the money you've accumulated for retirement. For example, if rates are trending upward, you might consider keeping more money in short-term Certificates of Deposits (CDs). (CDs offer a guaranteed rate of return, guaranteed principal and interest and are generally insured by the Federal Deposit Insurance Corp., but do not necessarily protect against the rising cost of living.) The opposite strategy may be employed when rates appear to be declining.

*Use bonds to generate income.* Most retirees need their investments to generate income. Bonds may help fill this need. "Laddering" of bonds involves buying an assortment of bonds of different maturities along the entire maturity spectrum. This strategy can potentially create a steady income stream while helping reduce

long-term interest exposure. Bonds do contain risk, which you should consider carefully prior to purchase.

*Consider dividend-paying equities.* A retiree seeking income may also consider adding dividend-paying equities to his or her portfolio. These stocks potentially offer the opportunity for supplemental income by paying part of their earnings to shareholders on a regular basis. Plus, dividend-paying stocks are currently taxed at a maximum rate of 15 percent, rather than ordinary federal income tax rates, which can run as high as 35 percent (consult your tax professional; this rule is scheduled to expire after 2008 unless extended by Congress).

*Keep an element of growth in your portfolio.* Finally, try not to be overly conservative with your investments. Many people may live 30 or more years in retirement. Therefore, your portfolio may need a boost of stocks to outpace inflation over the years.

These are just a few ideas for developing an adequate income plan during retirement. Meet with your financial advisor to discuss these and other strategies that might be appropriate for your situation.

- Steve Lane and Garth Terlizzi are with LPL Financial Services in Lawrence. They may be reached at 785-749-1881.

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# PERSONAL FINANCE

## How will oil prices affect your investment plans?

Even before Hurricane Katrina caused its almost incomprehensible damage to the Gulf Coast, most of us shuddered when we had to fill our cars' gas tanks. With prices at \$3



Harley Catlin and Ryan Catlin

a gallon in some parts of the country, and crude oil hitting \$70 per barrel, we were already in uncharted territory. Then, Katrina temporarily knocked out about 12 percent of U.S. refining capacity, along with a significant part of the Gulf's natural gas and oil production. So, as a driver, you probably shouldn't expect too much relief at the pump any time soon. But how about as an investor? Do you need to adjust your investment strategy in response to high oil prices?

It's a difficult question. If oil prices and energy costs continue to remain high, it's probably not good news for some areas of the financial markets. Although businesses are looking for ways to offset higher energy costs, they will eventually be forced to pass on these expenses to consumers or accept lower profit margins - and either development could hurt stock prices.

On the other hand, some stocks or industries may actually benefit from high oil prices. You might hear that now is a good time to invest in energy companies. And it may be true that, in the coming months, some of these stocks will do well. But you need to be cautious about basing any investment decisions on short-

term trends.

So, what can you do to avoid being buffeted by forces and events that you can't control? Consider these suggestions:

**Diversify** - The more diversified you are, the less susceptible your portfolio will be to rising oil prices, higher interest rates, political turmoil or other factors. Spread your dollars among high-quality stocks, investment-grade bonds, Treasury bills and other securities.

**Know your risk tolerance** - If your investments are keeping you

up at night, then you are taking on too much risk. On the other hand, if "ultra-conservative" vehicles, such as certificates of deposit, dominate your holdings, you may be limiting your needed growth potential. You may want to work with an investment professional to create a diversified portfolio that accurately reflects both your risk tolerance and your long-term goals.

**Look at the "fundamentals"** - You'll find it much easier to avoid being influenced by short-term events if you become familiar with the fundamentals of an investment. For example, if you're considering a stock, you can take into account how it might be affected by rising energy prices, but don't stop there. Is it a stable company? Does it seem to be priced fairly? Do its products or services have good

long-term potential? Does it have a solid management team? And, perhaps most importantly, does it meet your specific investment needs? By digging deep into your reasons for investing in any security, you'll position yourself to make smart decisions.

### Focus on the future

Today, high energy prices, and their possible impact on the economy and the financial markets, are making big news. Next year—who knows? The fact is that there will always be "reasons" to shake up your investment strategies. But the smartest investors are the ones who find the course that's right for them - and stick with it.

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

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## RETIRE SMART

# Retired at 42, Tim Covell lives simple, but rich life

Tim Covell's idea of retirement is doing the things he likes, such as bicycling, reading, writing, traveling and spending time with friends. This fall, he plans a trip to Taiwan.

None of this is particularly newsworthy, except that Covell managed to retire at age 42. That was four years ago, eight years after setting course to what he calls a simpler life.

"I have enough money to live com-



Humberto  
and  
Georgina  
Cruz

fortably," said Covell, who built his nest egg by buying "fixer-upper" homes, remodeling them and selling them for a profit. "I go to bed when I am tired. I wake up when I am rested. I do not commute, dress up for work, or worry about pleasing the boss."

While Covell has all the possessions he needs, he lives modestly and doesn't waste time or effort trying to impress anyone. "I am not a millionaire, I do not have a pension and my highest annual salary was \$42,000," he said. Covell, who is single, drives a 1999 Mercury Mystique and lives in a 1,600-square-foot attached patio home in Albuquerque, N.M. He prefers his current home to the previous one, a 3,333-square-foot "mini-mansion" with a pool he sold for a nice profit.

"One can live simply without any sense of deprivation," Covell said, and you can see for yourself by looking at photos of his remodeled, mortgage-free patio home (with zero-maintenance landscaping) on Covell's Web site: [www.rationalsimplicity.com](http://www.rationalsimplicity.com).

"Rational Simplicity" has, in fact, become Covell's rallying cry, a philosophy of life he promotes through his web site and his writings, including a short book by the same title and bumper stickers with the slogan: "Less Stuff, More Time."

"I do not believe that you should eliminate purchases that bring you pleasure," Covell wrote in the 100-page

book. "I do not believe you should separate two-ply toilet paper to save money. But I do believe simple changes can improve your life."

Covell's own life began to change when he was 34 and, in his words, "living in a dump, driving a junk car and coping with \$30,000 in student loan debt" while holding a modest-paying job with state government.

From that realization came the resolve to pay down his debt as quickly as possible and to save for a house. His father died a year later and left him \$30,000, money Covell used to pay off his loans and start investing. From mutual funds, he moved to buying, remodeling and selling homes, an activity that brought him both profit and pleasure.

Along the way, Covell realized that happiness doesn't come from posses-

sions but from having time to do what he loves.

"One thing I came to enjoy was to buy houses that have great potential that is not obvious on the surface," he said.

"I did most of the (remodeling) work myself, and I enjoyed that, because there is a large creative element." Now, he says, he is "resigning" from real estate investing to pursue his dreams of traveling and writing.

"I have the time to do the things I care about, and writing the book ("Rational Simplicity") was my contribution to try to make the world a better place," Covell said.

His common-sense advice, which we endorse and live by, is to separate wants from needs; think of money as time (because you give up precious time in your life in exchange for making money); break the advertising chain (so you don't feel obligated to buy "stuff" in response to alluring advertisements); avoid consumer debt; know your net worth; understand the magic of compound interest; set goals; choose a path to simplicity, and pursue your dream.

"What do your kids need more, cell

phones, \$120 sneakers, or more time with you?" said Covell, who, like us, doesn't have a cell phone. "When I remodeled and sold houses, I had a great need for a cell phone," he said, "but since I've given that up, it is so liberating not to have the darn thing."

It's liberating also not to be surrounded by useless stuff.

Covell's astute observation: Many new homes today have closets bigger than a bedroom. The owners work extra hours to buy extra space to store things they don't need.

"I know I have an uncertain number of days left to pursue my dreams," Covell said, a thought that's particularly sobering for anyone older than his 46 years. "Rather than trading my time for more and fancier material goods, I choose to have all my time free to do what interests me."

(Send questions and comments to Humberto Cruz at [AskHumberto@aol.com](mailto:AskHumberto@aol.com), Georgina Cruz at [GVCruz@aol.com](mailto:GVCruz@aol.com), or c/o Tribune Media Services, 2225 Kenmore Ave., Suite 114, Buffalo, NY 14207. Personal replies are not possible.)

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# PET WORLD

## Cats and hypertrophic cardiomyopathy

Q: Gus is my three-year-old Maine Coon cat. He seems very healthy and he passed his last physical just over a year ago. However, I happened to find out that one of his littermates just died of heart disease. What does this mean for Gus? — S. P., Bangor, Me.

A: Since feline hypertrophic cardiomyopathy (HCM) is by far the most common heart disease in cats, and even more common in the Maine Coon, it's very likely that

any disease. Often a vet can detect the possible presence of HCM by listening to your cat's heart. The good news is that soon you may be able to swab any Maine Coon cat's cheek to determine if it is genetically susceptible to HCM.

Q: I saw on the Internet that a gene causing hypertrophic cardiomyopathy in Maine Coon cats has been identified. I had a domestic shorthair, your ordinary shelter cat, die of this disease a few years back. Does this discovery in Maine Coons really matter to those of us who don't have Maine Coons? — C. M., Marietta, Ga.

A: First, an explanation of the discovery. Dr. Kathryn Meurs, associate professor at Ohio State University College of Veterinary Medicine, just announced her finding that cardiac myosin binding protein C doesn't get

properly incorporated into the muscle of the Maine Coon cats with feline hypertrophic cardiomyopathy (HCM). She has successfully traced the gene responsible for this abnormality.

Veterinary cardiologist Dr. Paul Pion, co-founder and president of the Veterinary Information Network in Davis, Calif., says "This is a huge step in the right direction — a great breakthrough."

After all, this could mean that a simple cheek swab of Maine Coon kittens would determine if they have a genetic susceptibility to HCM.

Pion adds that since Maine Coons developed from ordinary barn cats,

which are the domestic shorthair, or the All-American cats you refer to, it's possible they may share the same genetic abnormality that causes HCM.

Meurs, who is now setting up a lab at Washington State University College of Veterinary Medicine-Pullman, as the Dr. Richard L. Ott Endowed Chair in Small Animal Medicine and Research, continues to pursue genetic links to HCM.

(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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Steve Dale

it's the kind of heart disease the littermate had. Dr. Mark D. Kittleson, cardiac veterinary specialist at the University of California-Davis School of Veterinary Medicine has been researching this disease for many years and says that getting an ultrasound of your cat's heart from a veterinary cardiologist would be prudent. Most often HCM is diagnosed in young adult cats.

HCM tends to be somewhat more common in males, and often times more severe. Being a Maine Coon, Gus is more susceptible. And family history is relevant.

HCM is kind of sneaky. Just because Gus may be absolutely clear of the disease this year, it doesn't mean he won't contract it. Annual ultrasounds could be advisable for a cat statistically at risk, as Gus is. However, for certain, twice annual physical exams by your veterinarian are the best way to get an early jump on



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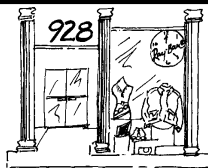
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According to Dutton and Floyd,

the end of cancer treatment is only the beginning of recovery. "After Cancer" is designed to be a confidential forum for people to discuss their experiences and process emotions in a safe, supportive environment.

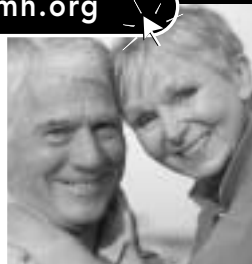
The first session will be held September 28 and for the next 11 weeks through December 21. The fee for the

12-week group is \$720.00 (\$65.00 per session) and space is limited to 10 participants. Participants have the option of paying in full by September 27 or may make two payments of \$360.00.

For more information, contact Judith Dutton at 785-331-2600 or Keith Floyd at 785-766-5147.

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**OCT. 30:** Henry Winkler, actor, director and producer. "Fonzie" on *Happy Days*

### Events

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**OCT. 23:** Jackie Robinson signs a contract with the Montreal Royals

**OCT. 24:** United Nations founded

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- Comprehensive Diabetic Foot Care: Including Shoes and Orthotics, covered by Medicare
- Fungal Toenails
- Neuromas
- Ingrown Toenails
- Custom Orthotics
- Stress Fractures
- Pediatrics
- Athlete's Foot
- Improve Athletic Performance

*Foot Pain Is  
Treatable And  
Preventable  
Biomechanical  
Abnormalities Can  
Be Corrected*



**WALK AND BE HEALTHY**

## OCTOBER 1955

### Births

**OCT. 7: Yo-Yo Ma**, French-born Chinese cellist

**OCT. 17: Mae Jemison**, astronaut

**OCT. 28: Bill Gates**, co-founder of Microsoft

### Events

**OCT. 7:** The last German prisoners of war are released from the Soviet Union

**OCT. 29:** The Soviet battleship Novorossiisk strikes a World War II mine in the harbor at Sevastopol



# CALENDAR

CONTINUED FROM PAGE 14

## FESTIVALS & FAIRS

OCT 1-16

**KANSAS CITY RENAISSANCE FESTIVAL**  
Enchanting outdoor fall festival depicting 16th-century English village complete with 13 stages of entertainment, food, and costumed characters. Held weekends only. 628 N 126th St. BONNER SPRINGS, 913-721-1075, 800-373-0357  
<http://www.kcrenfest.com>

OCT 1-NOV 6

**FALL FESTIVAL**  
Corn mazes and corn cannons. Bonfire, pumpkin patch, bands, pumpkin painting, and halloween hayrides. Weekends only. GRANTVILLE, 785-863-3072, 800-896-3198

OCT 1-2

**OCTOBERFEST**  
24th annual. Outdoor arts/crafts festival along the city's downtown pedestrian plaza with live entertainment and food vendors. ATCHISON, 913-367-2427  
<http://www.atchisonkansas.net>

OCT 1

**FALL FESTIVAL-CIVIL WAR REENACTMENT**  
Civil War reenactment with battle at 1 p.m. and skirmishes and drills through the out day. Parade and activities in the City Park. Kids activities. BASEHOR, 913-724-4022

OCT 2

**APPLE FESTIVAL**  
25th anniversary. Pioneer demonstrations, crafts, live entertainment, heritage food, and tours of historic buildings in park setting with botanical gardens. TOPEKA, 785-368-2439  
<http://www.topeka.org>

OCT 7-9

**SVENSK HYLLNINGSFEST**  
Celebration of Swedish heritage featuring a parade, artists and crafters, entertainment, and a traditional Swedish smorgasbord. LINDSBORG, 785-227-3706, 888-227-2227  
<http://www.lindsborg.org>

OCT 7-8

**CIVIL WAR DAYS**  
The Civil War comes to life with reenactors and authentic military hardware, mock battles, and cannon fire. TOPEKA, 785-862-1020  
<http://www.kansasguardmuseum.org>

OCT 13

**DWIGHT D EISENHOWER DAY**  
Celebrate the life and times of President Eisenhower with area students, featuring guest speakers, patriotic music, and special wreath laying. ABILENE, 785-263-4751, 877-746-4453  
<http://www.eisenhower.archives.gov>

OCT 14-16

**OZTOBER FEST**  
Ruby Slippers Come to Kansas... The OZ Museum will be having its first annual OZtober Fest. The festival features the rarely seen Ruby slippers worn by Judy Garland, the Wicked Witch's Hat, worn by Margaret Hamilton, and a Munchkin uniform hat and coat; all items owned by Hollywood's Michael Shaw. The Festival also features autograph signings by original munchkins as well as the Columbian Theatre's stage production of the Wizard of OZ, with cameo appearances by the Munchkins. WAMEGO, 785-458-8686, 866-458-8686  
<http://www.ozmuseum.com>

OCT 15-16

**MAPLE LEAF FESTIVAL**  
More than 350 arts/crafts booths, Saturday

morning parade, quilt show, music, train rides, food, and beautiful fall foliage. BALDWIN CITY, 785-594-7564  
<http://www.mapleleaffestival.com>

OCT 29

**FALL CRAFT FESTIVAL**  
Crafts, kid's costume contest, evening hayrack ride, ham and bean feed. MELVERN, 785-549-3447

## HEALTH

MONDAYS THROUGH THURSDAYS  
**FIT FOR LIFE**

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

FIRST TUESDAY OF EACH MONTH

**HEALTH SCREENING CLINIC**  
Lawrence-Douglas County Health Department.

FIRST METHODIST CHURCH, LECOMPTON 9:30-10:30 AM

TUESDAYS AND THURSDAYS

**BLOOD PRESSURE CLINIC**

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

TUESDAYS AND THURSDAYS

**SENIORCISE PROGRAM**

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

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 5

**CHOLESTEROL SCREENING**

No appointment needed. You may choose between a Basic Cholesterol Screening (No fasting needed) or a Total Cholesterol Screening with a lipid panel. The lipid panel offers a basic cholesterol screening as well as your HDL, LDL, and triglycerides. If you choose to have the Total Cholesterol Screening you will need to fast for 10-12 hours (water and necessary medications are OK). The Total Cholesterol Screenings are offered during morning hours only. Please note that these tests are not considered diagnostic of any disease process and those with results outside the normal range will be advised to see their healthcare provider for follow-up. LMH HEALTH SOURCE ROOM, 785-749-5800 3:00-5:00 PM

OCT 11

**BONE DENSITY SCREENING**

Are you at risk for osteoporosis? This quick and easy screening can indicate if further testing for this potentially debilitating disease is needed. A bare heel is necessary for the screening. Information about prevention of osteoporosis is also included as part of the screening process. Fee. LMH HEALTH SOURCE ROOM, 785-749-5800 9:00-11:00 AM

OCT 15

**COMING HOME TO OURSELVES**

A Day of Shamanic Breathwork™. 9:30 a.m.-5:30 p.m. THE LIGHT CENTER, 785-255-4583  
<http://www.lightcenter.org>

OCT 20

**BONE DENSITY SCREENING**

See October 11 description. LMH HEALTH SOURCE ROOM, 785-749-5800 1:00-3:00 PM

## MEETINGS

FIRST AND THIRD MONDAY OF EACH MONTH

**CAREGIVER SUPPORT GROUP**  
LAWRENCE SENIOR CENTER 2:15-3:45 PM, 785-842-0543

FIRST TUESDAY OF EACH MONTH

**LAWRENCE AREA COALITION TO HONOR END-OF-LIFE CHOICES**

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

WEDNESDAYS AND SUNDAYS

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

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

THURSDAYS

**OLDER KANSANS EMPLOYMENT PROGRAM**

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

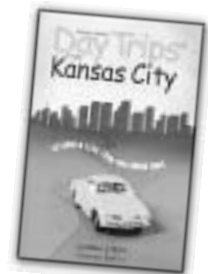
FIRST THURSDAY OF EACH MONTH

**LAWRENCE AREA PARTNERS IN AGING**

CONTINUED ON PAGE 16

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**Kansas City**



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# CALENDAR

CONTINUED FROM PAGE 15

Networking group. Call Kim or Laura at 785-842-0656 for more information. \$11.50 to attend (includes lunch).

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

**SECOND MONDAY, SEPT-MAY  
LAWRENCE CLASSICS, GENERAL  
FEDERATION OF WOMEN'S CLUBS**  
Volunteer service club.  
785-331-4575

**SECOND TUESDAY OF EACH MONTH  
NATIONAL ASSOCIATION OF RAILROAD  
AND VETERAN RAILROAD EMPLOYEES  
(NARVRE)**  
Meets at 9:30 a.m. at Coyote Canyon Buffet.  
TOPEKA, <http://www.narvre.com>

**SECOND AND FOURTH WEDNESDAY OF  
EACH MONTH  
ALZHEIMER'S EARLY STAGE PATIENT  
SUPPORT GROUP**  
For patients with early stage Alzheimer's.  
SEABROOK UNITED CHURCH OF CHURCH  
785-234-2523

**SECOND THURSDAY OF EACH MONTH  
NAACP MEETING - LAWRENCE CHAPTER**  
Meets at the Lawrence public Library Gallery  
Room at 6:30 p.m.  
LAWRENCE, 785-841-0030, 785-979-4692

**THIRD TUESDAY OF EACH MONTH  
LAWRENCE PARKINSON'S SUPPORT  
GROUP**  
FIRST PRESBYTERIAN CHURCH, 2415  
CLINTON PARKWAY, LAWRENCE, 2:00 PM

**THIRD TUESDAY OF EACH MONTH  
GRANDPARENT/KINSHIP SUPPORT  
GROUP**  
Strengthening family relationships and  
improving positive parenting skills. Meets  
from 6:30-7:30 p.m. Child care available.  
YMCA, 421 S.W. VAN BUREN, TOPEKA

**FOURTH TUESDAY OF EACH MONTH  
LAWRENCE PARKINSON'S SUPPORT  
GROUP**  
PIONEER RIDGE ASSISTED LIVING LIBRARY  
4851 HARVARD, LAWRENCE, 6:30 PM  
785-344-1106

**LAST TUESDAY OF EACH MONTH  
GRIEF AND LOSS SUPPORT GROUP**  
Brandon Woods Retirement Community in  
association with Heart of America Hospice  
invite individuals dealing with the pain  
of loss and bereavement to join us. Call  
785-838-8000 for information.  
1501 INVERNESS DR, LAWRENCE

**FOURTH FRIDAY OF EACH MONTH  
AARP CHAPTER 1696 LUNCHEON**  
Group meets fourth Friday of each month  
except in July, November and December. Lun-  
cheon is held on third Friday in November.  
Reservations required at least one week prior  
to meetings.  
785-865-3787 or 785-832-9261

**OCT 5  
OLDER WOMEN'S LEAGUE**  
The October meeting of the Older Women's  
League will highlight the topic of "Saving  
Medicaid". The speaker, Shannon Jones, executive  
director of the Statewide Independent  
Living Council of Kansas, will address the  
proposed national and state cuts in Medicaid  
benefits. She will also talk about the Taxpayer's  
Bill of Rights. The Statewide Independent  
Living Council is a Kansas City-based advocacy  
group for senior adults and the disabled.  
Refreshments will be served at 1:30 p.m. Meet-  
ing will begin at 2:00 p.m. The public is wel-  
come to join members at all meetings. For  
more information, call Gayle Sigurdson at  
785-832-1692.

## LAWRENCE

**OCT 26  
TOPEKA GENEALOGICAL SOCIETY**  
Topic: My ancestor should have been stoned!  
Presented by Bill Warden . 2717 SE Indiana,  
7:00 p.m.  
TOPEKA, 785-233-5762  
<http://www.tgstopeka.org>

## MISCELLANEOUS

**SATURDAYS  
OSHER RADIO PROGRAM**  
Local news and talk radio station KLWN 1320  
AM presents the new program "Lifelong Learn-  
ing: Lively Encounters with KU's Best." Each  
show will feature an interview with a KU  
Osher class instructor. Tune in for a glimpse  
of what you can expect from upcoming Osher  
classes. 11:05 a.m.  
<http://www.kuce.org/lifelonglearning>

**OCT 1-31  
HAUNTED TROLLEY TOUR**  
Hour-long trolley tour of Most Haunted Town  
in Kansas narrated by costumed storyteller.  
200 S 10th St.  
ATCHISON, 913-367-2427, 800-234-1854  
<http://www.atchisonkansanet>

**OCT 1-8  
LAWRENCE PUBLIC LIBRARY  
FALL BOOK SALE**  
Large book sale that attracts bargain hunters  
and book lovers from across the state and  
beyond.  
LAWRENCE, 785-843-3833  
<http://www.lawrence.lib.ks.us>

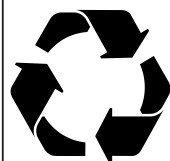
**OCT 5-NOV 9  
CREATIVE WRITING CLASS**  
A free Adult Learning Venture. Wednesdays  
from 4:30-6:00 p.m. at Lowman United Meth-  
odist Church, 15th and Gage, Topeka. Instru-  
ctor: Dr. Bob Carey.  
785-272-8921 or [lowman@lowmanume.org](mailto:lowman@lowmanume.org)

**OCT 9  
SECOND BAPTIST CHURCH ANNUAL  
HOMECOMING**  
Second Baptist Church will commemorate its  
127th anniversary. Homecoming will feature  
worship services at 11:00 a.m. and 3:00 p.m.  
An afternoon community dinner will be held  
for all guests. Both services include special  
musical performers from Pennsylvania and  
Georgia. The guest speaker will be Pastor M.C.  
Fletcher, Sr. from Pennsylvania.  
TOPEKA, 785-234-0331

**OCT 15-16  
WILLIAMS FOODS CHILI CHALLENGE**  
Over 60 teams compete in three divisions.  
Event includes live music, chili samples, and  
the Southwest Fair which includes craft booths  
featuring handmade items.  
LENEXA, 913-541-0209  
<http://www.ci.lenexa.ks.us>

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

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



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Senior Monthly*  
when you are  
through with it.

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# BRIDGE

## Strike Fast

By Omar Sharif and Tannah Hirsch

Both vulnerable. South deals.

NORTH		EAST	
♠ AJ984		♠ Q6	
♥ 94		♥ K106	
♦ J32		♦ KQ84	
♣ Q103		♣ 8762	
WEST		SOUTH	
♠ 1032		♠ K75	
♥ QJ832		♥ A75	
♦ 1095		♦ A76	
♣ 95		♣ AKJ4	

The bidding:

SOUTH	WEST	NORTH	EAST
1♣	Pass	1♠	Pass
2NT	Pass	3NT	Pass
Pass	Pass		

Opening lead: Three of ♥

There are usually telltale signs that

tell you when to defend passively or when to go for broke. Follow the yellow brick road to the Land of Oz.

The auction was routine. South's jump rebid showed a balanced hand of 18-19 points. North's raise to three no trump was eminently reasonable, although there are ways to check on a possible 5-3 spade fit.

West led a low heart to East's king, which was allowed to hold. East continued with the ten of hearts, which was also ducked. The ball was in West's court. The defender could see that there was no future in hearts - he could set up two winners but had no entry to them. Also, the spade suit in dummy meant that declarer had a source of tricks quickly available to him. It was time for drastic measures.

The only hope for fast tricks for the defense was to find East with a strong holding in diamonds, so West overtook the ten of hearts with the jack and shifted to the ten of diamonds. Declarer held up the ace to the third round of the suit and then turned his attention to spades. After cashing

the king he continued by taking the percentage play of finessing the jack. That lost to the queen - down two.

(Tannah Hirsch welcomes readers' responses sent in care of this newspa-

per or to Tribune Media Services Inc., 2225 Kenmore Ave., Suite 114, Buffalo, NY. 14207. E-mail responses may be sent to gorenbridge@aol.com.)

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We are always in need of volunteer drivers to deliver on a regular or substitute basis. Each route takes an hour or less. We also have volunteer opportunities that do not require delivering a route.

Please call Meals On Wheels at 979-1440 to inquire about our services or to start volunteering. We are a non-profit organization and all donations are appreciated.

### J.D.'s advice about home care... Choose Windsor Place At-Home Care the first time.



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- James "J.D." Carter

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## TRAVEL

# Milwaukee Art Museum a Wisconsin treasure

By Shifra Stein

It's a bright, clear day in Milwaukee. The downtown shoreline shimmers under the radiance of a sun that is dazzling in intensity. Its luminous glow lights up the visually stunning structure of gleaming steel and concrete that is the Milwaukee Art Museum. Gracing the city's downtown lakefront area, the Museum is a marvel of architecture and engineering that owes its existence to the imagination and ingenuity of its creator, Santiago Calatrava. His role in the Museum's monumental expansion project, completed in October 2001, has turned the Museum into a cultural cornerstone for national and international visitors to the Milwaukee community and region.

Calatrava, an internationally renowned architect, artist, and engineer, conceived and built the Museum's 142,050-square-foot Quadracci Pavilion as the first Calatrava-designed structure to be completed in the United States. The Calatrava-designed Reiman Bridge, a 250-foot-long suspended pedestrian bridge boasting an unusual 200-foot angled mast with cables, leads to the Museum's main entrance. The Museum's crowning glory is the elegant Brise Soleil, a moveable wing-like sunscreen that rests atop the parabolic-shaped, glass-enclosed Windhover Hall, with its 90-foot high ceiling. Comprised of 72 steel fins, the Brise Soleil has a wingspan of 217 feet at its widest point. The "wings" also "flap" (close and open) each day at noon creating a moving sculpture. *Time* magazine called the Calatrava-designed structures the "Best Design of 2001."

The vast complex sparkles with color and texture. Inside are permanent collection galleries, a large museum store and auditorium, and constantly changing feature exhibitions such as Rembrandt and His Time: Masterworks from the Albertina Museum, Vienna, which runs through January 8, 2006. The show was organized in conjunction with the 400<sup>th</sup> anniversary of the artist's birth and explores the pivotal and influential role of Rembrandt's art. Included are 27 of his drawings and prints along with some of the greatest art ever produced by Netherlands artists. To complement this display is the Milwaukee Art Museum's permanent collection of 17th century Dutch paintings and

18<sup>th</sup> century French paintings.

The Museum also boasts a large collection of 19<sup>th</sup> Century American paintings, furniture, ceramics, glass, silver, and other works as well as an extensive exhibit of modern American and European art, especially with regard to European modernism during the first half of the 20<sup>th</sup> Century. Important pieces such as Robert Henri's "The Art Student", and George Bellows' "The Sawdust Trail" can be found here

An unusual permanent collection of 22 paintings by celebrated artist Georgia O'Keeffe can be found in the museum's Bradley Galleries—making the museum a leading repository for the famed artist's paintings and the only dedicated Georgia O'Keeffe gallery east of Santa Fe, New Mexico.

Other important acquisitions include contemporary works by Mark Rothko, Andy Warhol, Alexander Calder, Robert Motherwell and Frank Stella. The Milwaukee Art Museum also holds an excellent photography collection that is a "must" for anyone who is a fan of modern and contemporary masters such as Henri Cartier-Bresson and the controversial Robert Mapplethorpe.

Strolling through the museum's many galleries, or stopping to watch the Brise Soleil open its wings to the sky at noon, you can't help but feel that you are experiencing something very different. The Milwaukee Art Museum is, itself, an extraordinary accomplishment that should be on the "don't-miss" list of every visitor to this city by the lake.

For more information see the museum's web site at [www.mam.org](http://www.mam.org) or call 414-224-3220 for information and brochures on hours, exhibits, and more.

To learn about what else there is to see and do in and around Milwaukee, or to get information on accommodations, restaurants, shops and attractions, go to the Visit Milwaukee web site at [www.milwaukee.org](http://www.milwaukee.org) or e-mail visitor@milwaukee.org; or phone: 800-231-0903.

- *Travel writer and author Shifra Stein has penned stories about travel, art, and creativity for over two decades. She is the creator of the Day Trips® series for Globe Pequot Press. See her books in print on [www.amazon.com](http://www.amazon.com) or visit her web site at [www.artforhealth.us](http://www.artforhealth.us). She may be reached at [shifra@artforhealth.us](mailto:shifra@artforhealth.us).*

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

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



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# SMART COLLECTOR

## Enjoy wood cabinet for what it is

Q: Anything on this antique window frame I bought several years ago? The dealer sold mainly Russian artifacts and furniture. — Myra, Ft. Lauderdale, Fla.

A: Constructed of rough wood crossed with bands of brass, with what seems to be checkerboard inlay and crude carving at the top, the piece has a definite Russian look about it. The piece has a back — a very crudely pieced wood back — so it is not a window frame. Made with narrow doors in front, this is a cabinet, a small wall cabinet.

Hmmmm. Cabinet. Russian looking. Seems homemade. Narrow



Danielle Arnet

doors. Could it have been made to hold a devotional item, such as an icon?

"Antiques Roadshow" appraiser Berj Zavian knows icons, so we asked him to take a look. A senior appraiser in the jewelry department of Doyle New York, Zavian specializes in antiquities and ancient gems, jewelry of all kinds, and, of course, icons.

Zavian immediately zeroed in on the machine-made nails used in construction of the back. The hinges are clearly machine-made. Without personal handling, one cannot see how wood in the piece was cut, but machine cuts would be another tip-off. All factors indicate that the piece is not antique.

"It could be close to 100 years old, it could be 50 years old, it could be new," he told us. Probably made in Russia, Poland or Greece especially for export, this is neither an antique nor an authentically old, weathered piece.

Russia is rife with fakes; intent may have been to pass this off as an old icon holder, but Zavian explained that most icons are mounted on wood prepared with a specific backing that is missing here. Most likely, it is a flat-out fantasy piece. Enjoy the piece for what it is.

FYI: E-mail Zavian at his family firm, clusterjewelry@aol.com. Mail is 48 West 48th St., Suite 1501, New York, NY 10036.

Q: How do I determine value on

old 1978 jazz and blues records from the 1920s and '30s? Artists include Bix Beiderbecke, Bob Crosby, and Harry Horlick. — Joy, Tulsa, Okla.

A: We get a lot of questions on old records, so here goes. Only certain records, and very few at that, bring serious money. A good place to start checking value is the library or bookstore. "Official Price Guide to Records: 17th Ed." by Jerry Osborne, \$25.95 from House of Collectibles, is a good general guide. Visit [www.jerryosborne.com](http://www.jerryosborne.com) for specialized record guides, from rock to Elvis. Osborne also offers a link for selling.

Goldmine price guides by Tim Neely, published by Krause, are on [www.collect.com](http://www.collect.com), and in many record stores.

Osborne looked over the list sent and told us, "None are worth more than a few dollars each, and not worth fooling with individually. I'd put them all in one lot, list it on eBay, and let the market decide."

Q: What is value on my 2-volume set of books about the Lafayette Escadrille Flying Corps? — Charles, Madison, Miss.

A: As with records and replacement china, we receive many inquiries about books. Smart collectors know that almost all info needed on books is easily available on the Internet.

I always suggest that readers research and find books on [www.w.a.b.e.o.o.k.s.c.o.m](http://www.w.a.b.e.o.o.k.s.c.o.m), [www.biblio.com](http://www.biblio.com) or [www.bookfinder.com](http://www.bookfinder.com). If it is an antiquarian book, find a local seller on [www.abaa.org](http://www.abaa.org). Online, we discovered another printing of the reader's set offered by a Canadian seller for about \$800, USD. Of course, asking is not getting, but now you know how to find info on your own.

Q: My mom has a "Silvertone Crest" guitar that she thinks was bought at Sears around 1940. Is it worth anything? — Gail, Waterloo, Ill.

A: You are correct; Silvertone was a brand name used by Sears, but several different companies produced guitars under that name. Who made it does make a difference.

If you mail or upload photos of the instrument, George Gruhn of Gruhn Guitars in Nashville, [www.gruhnguitars.com](http://www.gruhnguitars.com), will help. Send to 400 Broadway, Nashville, Tenn. 37203 or [gruhn@gruhn.com](mailto:gruhn@gruhn.com).

When Mother Maybelle Carter's 1928 Gibson L-5 was given to the Country Music Hall of Fame, Gruhn addressed the crowd.

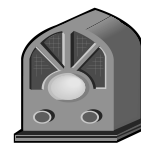
(Danielle Arnet answers questions of general interest in her column. Send e-mail to

[smartcollector@comcast.net](mailto:smartcollector@comcast.net) or write Danielle Arnet, c/o Tribune Media Services, 2225 Kenmore Ave., Suite 114, Buffalo, NY. 14207. Please include an address in your query. Photos cannot be returned.)

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## Collectibles Marketplace



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To place your ad in the next "Collectibles Marketplace," please call Kevin at 785-841-9417.

# PUZZLES

TMSpuzzles@aol.com

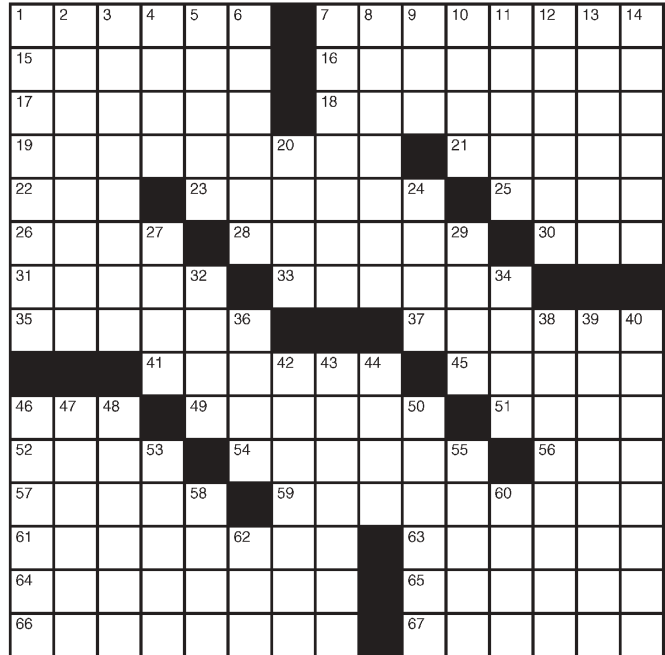
## ACROSS

- 1 Rang bells
- 7 Lose temporarily
- 15 Change calling cards
- 16 Successful mimic
- 17 Island west of Chile
- 18 Alternate entrance
- 19 Speculative scientist of old
- 21 Reese of song
- 22 Damage
- 23 Type of tire
- 25 Narrow, straight cut
- 26 Footnote word
- 28 Fixed firmly in place
- 30 RR depot
- 31 Nudge
- 33 Cuts fleece
- 35 Say again and again
- 37 Ingredient in glass
- 41 Made dirty
- 45 Printers' measures
- 46 Dot follower, often
- 49 Model Kim
- 51 Favorites
- 52 Part of U.A.E.
- 54 Holy
- 56 Ancient Egyptian deity
- 57 Kitchen occupant of song
- 59 Petty faultfinder
- 61 Reconditioned tires
- 63 Fly an aircraft
- 64 Signer-on
- 65 Second of two mentioned

- 66 Recognized authority
- 67 Looks of contempt

## DOWN

- 1 Softer and smoother
- 2 Capable of being cured
- 3 Write in a register
- 4 Alg. or trig.
- 5 Islamic ruler: var.
- 6 Servings of kishke
- 7 Handel composition
- 8 Mimic
- 9 South of France
- 10 Begged
- 11 Puts on, as cargo
- 12 Coral islands
- 13 Calm down!
- 14 List of mistakes
- 20 March 15th, e.g.
- 24 Meadows to a poet
- 27 AMA members
- 29 Plumbing problem
- 32 Slow down!
- 34 Blunder
- 36 Lubricates
- 38 Make figure eights
- 39 Drainage tube
- 40 Promise makers
- 42 Hero's lover
- 43 Cut out
- 44 Gossip
- 46 Core groups
- 47 Familiarize with new condi-



By Matthew Higgins  
Concord, NH

- tions
- 48 Mediator's formula
- 50 Calyx parts
- 53 German noble
- 55 Sofa
- 58 Detained

- 60 Quote as an authority
  - 62 In imitation of
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Answers on page 25

## 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.

### NYPD BLUE (sol.: 10 letters)

B-Bale; Case, City, Clark, Collar, Confession, Crime; F-Fancy, Floater, Force; G-Gritty; I- Informant, Irvin; J-Jones, Justice; K-Kelly; L- Lieutenant; M-Martinez, McDowell, Medavoy, Murphy; O-Officer; P-Police, Pursuit; R-Robbery, Russell; S-Shield, Simone, Sipowicz, Solve, Sorenson, Squad, Suspect; T-Tension, The job; U- Undercover, Urban; V-Volatile

This month's answer: **DETECTIVES**

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

## JUMBLE

THAT SCRAMBLED WORD GAME  
By Henri Arnold and Mike Argilston

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

NYMAG

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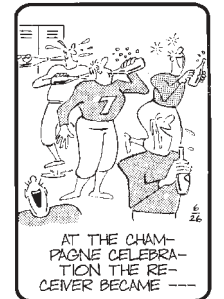
VALIT

DEGAMA

THACCY

www.jumble.com

Answer: A " " " " " "



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

Answers on page 25

## Advertising in Senior Monthly is a Capital Idea!

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

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



## TRIVIALITIES

1. Who starred as Dwight in the 2005 film "Sin City"?
  2. Oliver Stone directed this 2004 historical epic starring Anthony Hopkins and Angelina Jolie.
  3. Who directed the 1996 film "The Island of Dr. Moreau"?
  4. Michael Mann directed this 1995 film starring Al Pacino and Robert De Niro.
  5. In the 2005 film "Mr. & Mrs. Smith," what actors portrayed the title characters?
  6. Who starred as John Beckwith in the 2005 "The Wedding Crashers"?
  7. Who won the 1979 Oscar for best supporting actor? For what film?
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Answers on page 25

## HUMOR

# Garage sale cum laude

There was a stir last month at La Mancha, the posh section of town where the streets are winding and the house numbers are hand painted on Spanish tile. Everyone who lives in La Mancha has a pile of money. The people of La Mancha speak differently from the rest of us. The word stir, for example. What the people of La Mancha refer to as a stir is called a stink in my neighborhood.

The stir in La Mancha happened because Boris Quigdiddle was angry about having to move. Boris came



Larry Day

to live at La Mancha after he had slashed and gouged his way to a pile of money in the gas and oil business. Boris retired and moved to La Mancha so he could relax and enjoy life.

But Boris moved next door to Ethan Pontleroy, who is as good a man as ever pattered through life on this sin-scarred old planet of ours. Ethan Pontleroy had lived a hand-to-mouth existence until his long lost uncle, Lord Lucas Pontleroy, died and left him a really big pile of money.

Boris Quigdiddle hated his neighbor Ethan. Boris couldn't abide Ethan's good hearted ways. People liked having Ethan around. Boris called Ethan "easy money," behind his back, and tried to undermine Ethan's standing. But Boris's smear tactics failed and a nefarious scheme to discredit Ethan backfired. Boris was exposed. People in La Mancha labeled him as common, which is the worst thing one can be.

Boris realized he'd have to move,

but he resolved to embarrass La Mancha before he left by holding a garage sale at his mansion. It would be a flagrant act of commonness. To achieve maximum effect, Boris decided to advertise in the daily newspaper and electronic media.

To realize how grossly unacceptable it would be to hold a garage sale there, one must understand that La Mancha residents have their trash hauled away in the dead of night by a private, bonded, sanitation company. To speak to one another about waste disposal, clogged toilets, crab grass, or pest control would be as unthinkable to the residents of La Mancha as not supporting a tax cut. Boris's garage sale would make a big stir in La Mancha.

But Boris's ads for the garage sale never ran. The local media outlets were subtly but authoritatively warned that if they ran Boris's ads they would face devastating economic consequences.

In the meantime, La Mancha's governing board, the Council of Seven, called on Boris, bringing with them a three-inch-thick tome titled *The Covenants of La Mancha*. Boris had signed the covenants when he bought his mansion on Rocinante Street. Members of the Council of Seven read aloud clauses and stipulations in the *Covenants of La Mancha* that Boris would violate with the proposed garage sale. They pointed out the legally binding nature of the covenants. Furious, Boris agreed to cancel the garage sale.

That night Boris sat with a copy of the covenants on his lap and a red pencil in his hand, looking for loopholes. He found them. For instance, stipulations on advertising prohibited placing notices in the local and national media, but said nothing about advertising in international and overseas media. The covenants allowed La Mancha residents to, "transfer personal items to individu-

als who have been individually and expressly invited to view and acquire said items." There was no stipulation about how invitations to purchase could be communicated, or how many items could be "transferred." Boris cackled as he slammed the big book shut.

A week later ads and commercials were published or broadcast in the *Times*, of London, the *International Herald Tribune*, and *Le Monde*, of Paris, *Televisión Universal Internacional*, the *Newspaper*, *Granma* of Havana Cuba, *The Times of India*, the English edition of the *Manichi Daily News* of Tokyo, the *China Daily*, and *Kommersant*, Russia's Daily Online news medium.

In each ad or commercial Boris expressly invited an individual, or that person's representative, to acquire specific items at Boris Quigdiddle's home on Rocinante Street in La Mancha at 9:00 a.m. on Saturday, September 17, 2005.

Following are a few of the individuals and items involved: Bill Clinton (three mint condition copies of the first edition of *Playboy*); Fidel Castro (a personally autographed invitation to George W. Bush's second inaugural ceremony); Soichiro Honda and Takeo Fujisawa (a mint condition copy of the 1948 American Telephone and Telegraph Company's quality control manual); Dr. Manmohan Singh (an original 35mm reel from the 1935 film "King of the Bengal Lancers."); Wen Jiabao (a first edition copy of Karl Marx's *Das Kapital*); Vladimir Putin (a first edition copy of *The Godfather*).

Boris sent out a score of other "invitations" listing specific items via advertisements in foreign media—all to be acquired the same day, same time, at his home on Rocinante Street in La Mancha.

Two days before the event, scads of national and international network television vans and phalanxes of reporters descended on La Mancha. On Saturday, the 17<sup>th</sup>, limousines began arriving at 4:00 a.m. By 8:00 a.m. no vehicle could move on the streets of La Mancha or on any connecting road within 10 miles.

Limousines and shiny black SUV's choked routes for miles. Worst of all, hundreds of common people thronged into the sacred enclave. Boris Quigdiddle laughed himself silly.

- 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.

## LEISURE TIME TOURS

Topeka, Kansas

### CASINO TOURS:

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### OTHER TOURS

#### Fri. Oct 7: DAY TRIP TO LINDSBORG, KS. SVENSK HYLLNINGSFEST

Every 2 years the SWEDISH put on their biggest FESTIVAL-SWEDISH COSTUMES, FOOD, DANCING, SPECIAL EVENTS- Arts & Crafts. \$40 for the round trip BUS and Festival Admission (Goodie Bag included). Ottawa-8am, Lawrence-8:30am, Topeka-9:15am. Back in Topeka about 6pm.

#### Sat. Oct 22, 23: OVERNIGHT IN FORT SCOTT, KANSAS.

Lv Topeka-1pm, Lawrence (Holiday) 1:30pm, Ottawa-2:15pm, Garnett-2:45pm. Stay at BEST WESTERN-\$86 per person, double occ/get Round trip Bus. Show admission, Hotel room. Dave Welch, the Singing Bus Driver, will be featured with the FORT SCOTT JUBILEE BAND.

#### Sat. Nov 19: OUR MONTHLY DINNER/MUSIC SHOW

featuring Dave Welch, our "Singing Bus Driver," will be at Tonganoxie, KS, at Annie's Country Jubilee. Routing and price in next month's ad.

#### Sun. Nov 27-29: BRANSON CHRISTMAS MUSIC SHOWS.

3 day, 2 night trip. "Showboat Branson Belle Dinner Cruise"; Acrobats of China; Doug Gabriel Morning Show; Daniel O'Donnell-the IRISH SINGER; Bobby Vinton; & the Brett Family Show. 2 Nights in GRAND OAKS HOTEL; 2 dinners-3 breakfasts-all for only \$395 per person, double occ.

#### Sun. DEC 4, 5: TRIP TO OMAHA, NE.

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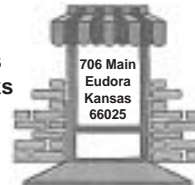


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## Simon Evening of Giving

"Call for Charities"  
West Ridge Mall

West Ridge Mall is seeking local charities or not-for-profit organizations interested in raising money by selling tickets to the event on November 20, 2005. And, your group will keep a portion of the proceeds. Contact Barbara at 785.271.5500 or bbrammel@simon.com for more information.

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# Health Department issues flu immunization reminder

The Lawrence-Douglas County Health Department wants to remind everyone that a flu immunization is the single most effective means of preventing infection from the flu virus and the complications associated with flu. An average of 36,000 flu-related deaths occur each year, mostly among people over age 65. In addition, each year about 200,000 people are hospitalized, especially children younger than 2 years and people over 65 years.

A yearly flu shot is necessary because the flu viruses change each year. The flu shot uses an inactivated or killed vaccine so it cannot give you the flu. However, you may experience a reaction that is usually mild, such as redness, soreness and swelling at the injection site. Some people may experience fever and muscle aches for a day or two.

Flu viruses spread from person to person through coughing and sneezing. Flu infection can cause a runny nose, dry cough, extreme fatigue, fever up to 104 degrees, and muscle and joint pain lasting 2 weeks or longer. Flu infection can also lead to pneumonia. People 65

years and older should receive a one-time pneumonia shot. Flu and pneumonia shots are covered by Medicare.

To ensure that enough vaccine is available for people at highest risk of serious illness from flu the Centers for Disease Control and Prevention (CDC) recommends the following get a flu shot during October:

- People 65 and older
- People 2-64 who have chronic/ongoing health problems like diabetes, heart or kidney disease, asthma or a weakened immune system
- Woman who are pregnant during flu season
- Children 6 months through 23 months
- Health care workers who provide direct patient care
- Household contacts and out of home caregivers of children less than 6 months of age

Watch for flu clinic announcements in October.

Contact your physician or the Lawrence-Douglas County Health Department at 785-843-0721 or check the Health Department web site at [www.kalhd.org/lhd/lawdoug](http://www.kalhd.org/lhd/lawdoug) for information.

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## Hearing Problems ... or maybe just earwax?



### SPECIAL GUEST!

Nationally Known Hearing Aid Expert, John G. Vash, will be at Hearing Sciences Oct. 11-13 for our special event!

### FIND OUT!

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# WOLFGANG PUCK

## Schnitzel — and potato salad — the easy and authentic way

By Wolfgang Puck

All through my childhood, if it was Sunday I knew that Wiener schnitzel or fried chicken was on the lunch menu. And boy, was I happy!

I've always loved fried foods, from their beautiful mahogany color to their crunchy coating to the tender, juicy meat inside.

Soon, I'll share with you my secrets for Austrian fried chicken. Right now, though, I want to tell you all about the famous Wiener schnitzel.

The dish gets its name from the Austrian for Vienna, "Wien," and for cutlet, "schnitzel." Basically, then, it means a thin meat cutlet that has been breaded and fried in the popular Viennese style. Traditionally, Wiener schnitzel is served with a warm potato salad fragrant with white wine vinegar, oil, onions, sugar and parsley.

In fancy restaurants, Wiener schnitzel is almost always made with veal. But in Austria, like here, veal is an expensive meat for special occasions. Home cooks commonly use pork.

The ideal cut is pork sirloin or pork butt. Ask your butcher to cut thin cutlet slices. At home, flatten the cutlets to about 1/4 inch by placing them one at a time between two sheets of heavy-duty plastic wrap and pounding them with the flat side of a meat mallet. This makes the meat even more tender and uniform, ensures the right ratio of meat to coating, and gives the cutlet dimensions broad enough to overlap the rim of its serving plate, a hallmark of a generous schnitzel. To keep the meat from curling when it cooks, be sure to snip any pieces of white connective tissue with the tip of a small, sharp knife.

Wiener schnitzel is ideal for today's leaner pork. Sealed inside its crisp coating, the meat stays moist and tender. And if you cook it correctly, it won't be at all greasy.

The secret here lies simply in coating the cutlets well and frying them properly. An even dusting of flour prepares a dry surface to which beaten egg adheres. The egg makes the breadcrumbs stick to the cutlet. To prevent the coating from separating, bubbling, or splitting during frying, tap each side of the coated cutlet in a crosshatch pattern with the blunt edge of a knife.

Finally, be sure to use enough oil to keep the cutlet submerged, about 3 inches in a deep, heavy skillet. Heat the oil to 375 F on a deep-frying thermometer; breadcrumbs more readily absorb cooler oil.

Viennese lore says that a gentleman wearing his best suit trousers should be able to sit down on a well-made Wiener schnitzel without it leaving a grease stain! I don't suggest you try that test. But I do urge you to try this delicious recipe.

Homestyle Pork Wiener schnitzel with Warm Potato Salad  
Serves 4

### WARM POTATO SALAD:

1 cup white wine vinegar  
1/4 cup peanut oil  
3 tablespoons sugar  
2 1/2 tablespoons kosher salt  
1/2 teaspoon freshly ground black pepper  
1 small yellow onion, finely chopped  
1 pound small, waxy potatoes such as fingerlings, washed  
1 tablespoon finely chopped fresh parsley

### PORK WIENER SCHNITZEL:

Peanut oil for deep-frying  
1 cup all-purpose flour  
2 eggs, beaten with 2 tablespoons cold water  
4 cups fresh dry white breadcrumbs  
4 pork cutlets, 8 ounces each  
Salt  
Freshly ground black pepper  
1 cup small springs parsley, rinsed and thoroughly dried  
2 lemons, each cut into 4 wedges

First, make the Warm Potato Salad: In a nonreactive mixing bowl, whisk together the vinegar, oil, sugar, 1/2 tablespoon of the salt and the pepper and onion. Set aside. In a large saucepan, combine the potatoes and remaining salt. Add enough cold water to cover completely. Bring to a boil over high heat. Reduce the heat to maintain a simmer and cook until the potatoes are just tender enough to be pierced easily with the tip of a sharp knife, 8 to 10 minutes.

Drain the potatoes. When they are cool enough to handle, cut them crosswise into 1/4-inch slices, add them to the bowl of dressing, and toss thoroughly but gently. Leave at

room temperature to marinate for at least 20 minutes.

Meanwhile, make the Pork Wiener Schnitzels. In a large, deep, heavy skillet or saucepan, heat about 3 inches of oil to 375 F on a deep-frying thermometer. Have several layers of paper towels on the counter nearby.

Put the flour, beaten egg and breadcrumbs in each of three large, shallow pie plates or soup plates, side by side. One at a time, put the pork cutlets between two sheets of heavy-duty plastic wrap and pound with the smooth side of a meat mallet until uniformly 1/4 inch thick.

Snip any white connective tissue or tendons in several places with the tip of a small, sharp knife. Season the cutlets on both sides with salt and pepper. Dredge a cutlet in the flour to coat it evenly on both sides, then gently tap off excess flour; dip both floured sides in the egg mixture; then immediately turn the cutlet in the breadcrumbs. Gently shake off excess crumbs. On a work surface, lightly score the breading four times in a crosshatch pattern with the blunt edge of a knife blade.

Carefully slip each schnitzel into the hot oil. Deep fry until golden-

brown on both sides, about 3 minutes.

While the schnitzels are frying, put the potato salad in a saute pan. Over high heat, quickly re-warm it, stirring gently. Stir in the chopped parsley and spoon the potato salad onto each of four warmed serving plates.

As soon as the schnitzels are ready, remove them with a wire skimmer to the paper towels to drain briefly. Immediately put the parsley sprigs into the hot oil and fry until dark green and crisp, 15 to 20 seconds. Remove with the skimmer or a slotted metal spoon and drain briefly on paper



Wolfgang Puck's Home-style Pork Wiener schnitzel with Warm Potato Salad.

PHOTO BY BOB ILLIA, CHICAGO TRIBUNE

towels.

Transfer a Wiener schnitzel to each plate, partly overlapping the potato salad. Garnish with fried parsley and lemon wedges and serve immediately.

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

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## Restaurant Guide

<p><b>McFARLAND'S</b> <i>Restaurant</i></p> <p>Casual Dining, Private Parties Over 70 years of serving fine food 4133 Gage Center Dr. • Topeka • 785-272-6909</p>	<p><b>Chic-A-Dee</b> <b>CAFÉ</b></p> <p>"Good Home Cooked Food" Mon.-Fri. 6 am-8 pm, Saturday 7 am-8 pm 3036 SE 6th • Topeka • 785-233-0216</p>
<p><b>Serving Topeka Since 1969</b></p> <p>Open 7 Days A Week 6:00 a.m.-3:00 p.m. 1034 S. Kansas Ave. 785-232-1111</p>	<p><b>THE ÉLAN GRILLE</b> <b>Steaks and Seafood and Lounge</b></p> <p>Mon.-Fri. 11 a.m.-10 p.m., Sat. 4-10 p.m. 1301 SW Gage Ave. • Topeka • 785-271-6276</p>
<p><b>IMPERIAL GARDEN</b> 聚豐園</p> <p>Delicious Chinese Food. Eat In or Take Out. Mon.-Sat. 11 a.m.-9 p.m., Closed Sundays 10th &amp; Kansas Ave. • Topeka • 785-357-1688</p>	<p>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.</p>

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# Love From Lawrence to hold Katrina benefit

Love From Lawrence, a non-profit group in the Lawrence area, is organizing and sponsoring a community event and concert to raise funds for hurricane victims.

The benefit will be held on Saturday, October 22, from 10:00 a.m.-6:00 p.m. in downtown Lawrence's South Park. The benefit will include seven bands, games and activities for the kids, bake sale, prize drawings and food of all sorts.

Shocked and horrified by the devastation wrought by Hurricane Katrina, a single mother in Lawrence sought a way to help. As she began to organize, more and more people began to be involved, thankful for a chance to help fellow Americans as they attempt to rebuild their lives. Each day the benefit participation grows in number and size,

and promises to be a huge success thanks to the support and help from many individuals and businesses in our area. Concert bill will be an-

nounced later, but promises to have both large and small groups of all music types.

For more information or to help

with this endeavor, please call the group's chairpersons at 785-749-2742 or 785-842-9761, or e-mail [LoveFromLawrence@msn.com](mailto:LoveFromLawrence@msn.com).

*[ It may be just some shoulder pain, but why take chances? ]*



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## JUMBLE ANSWERS

Jumbles: MANGY VITAL DAM-AGE CATCHY

Answer: At the champagne celebration the receiver became – A "TIGHT" END

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## TRIVIALITIES ANSWERS

1. Clive Owen 2. "Alexander" 3. John Frankenheimer 4. "Heat" 5. Angelina Jolie and Brad Pitt 6. Owen Wilson 7. Christopher Walken. He won for "The Deer Hunter"

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

Every year, thousands of people mistake the warning signs of a heart attack for something a lot less serious. That's why the staff of the Bob Billings Cardiac Evaluation Center at Lawrence Memorial Hospital's



Gary Calton, RN

Emergency Department wants you to be "heart smart." First, know the warning signs of a heart attack, including these symptoms: pain in the shoulder, arm, jaw or stomach; a shortness of breath; discomfort in the center of your chest; and the sudden onset

of nausea, cold sweats or light-headedness.

If you or anyone you know exhibit any of these symptoms, don't delay. Call 9-1-1 and get help fast. Studies show that clot-

busting drugs and other treatments work best to stop a heart attack when given within one hour of the start of symptoms.

So when it comes to your heart, use your head. To learn more about the warning signs of a heart attack visit us on the Internet at [www.lmh.org](http://www.lmh.org).



**The Bob Billings Cardiac Evaluation Center**  
The newest addition to Lawrence Memorial Hospital's Emergency Department

# BOOKSHELF

## Convention features mysteries

By Margaret Baker

Just back from Bouchercon, the world mystery convention, so there will be more mysteries, including a magazine, this month than normal! Let's start with this column's first review of a magazine:

**Crimespre** is a bimonthly magazine devoted to the mystery genre. There's a lot to read here—articles, interviews with authors, original fiction, reviews of books, television, and movies. A real bargain at \$20.00 a year! See [www.crimespremag.com](http://www.crimespremag.com).

**Pip Granger: *Trouble in Paradise*** (Poisoned Pen Press, \$24.95, ISBN 1-59058-131-8) *Mystery*

Granger sets her series in London just after the Second World War, when Londoners' memories of doodlebugs were as fresh as the resultant tombstones.

Zelda's family shares a victory garden, Paradise Gardens, a source of much neighborhood conflict. Her nephew Tony is hanging around the area's bad boy, Zelda has discovered she's married to a very abusive man, her boss is extremely unpleasant (and her income is what keeps food on the table), and a healer from Scotland lives in the back yard.

Eccentric characters speaking cant are very believable, and the plot moves swiftly to its conclusion, the birth of Rosie, the child who narrates the other two books in the series.

**J. A. Konrath: *Bloody Mary*** (Hyperion, \$22.95, ISBN 1-4013-0089-8) *Thriller*

Chicago cop Jacqueline "Jack" Daniels is investigating the unexplained arrival of extra body parts at the morgue. One set of arms wears her handcuffs, so she has a personal interest.

Her life is already in turmoil. Her mom is showing

signs of dementia, her ex is demanding, her cat is out of control, her partner is having a mid-life crisis—not the time for a major psychotic killer who has her in his/her sights.

The reader follows both Jack and the killer, making this a thrilling, suspenseful read full of violence. For you hardboiled detective fans!

**John Harvey, Editor: *Men From Boys*** (Dark Alley, trade paperback \$13.95, ISBN 0-06-076285-3) *Short story collection*

Harvey, whose *Lonely Hearts* made the 100 best mysteries of the 20<sup>th</sup> century, has selected 17 tales from authors like Mark Billingham, Lawrence Sanders, Michael Connelly, Dennis Lehane, loosely bound together by the passage from boyhood to manhood. You really can't miss finding one to meet your every mood!

**Tom Kelly: *Tenth Legion*** (Lyons Press, trade paperback, \$12.95) *Turkey hunting*

Lyons Press is introducing a new cohort of turkey hunters to this classic volume, first published in 1973. Not just another book of tips on getting the bird Benjamin Franklin nominated for national emblem, but a wonderful collection interspersed with humor and insight into what is almost a cult. Just in time, since October starts the Kansas turkey season.

**Chris Ess, Editor: *Hearts West*** (Globe Pequot Press, trade paperback \$10.95, ISBN 0-7627-2756-X) *Memoirs*

Internet dating services are not intrinsically new; they just use modern

technology. In the American frontier period, men homesteading or searching for gold found themselves outnumbering the women 12 to 1. Even those who thought one reason for going west was to get away from women began missing female companionship. At the same time on the eastern seaboard, many women were constrained by their social culture in positions where courtship was un-

likely.

The obvious solution was to bring these groups together. Single women seldom had funds necessary to move West nor the means to support themselves while there. Courtship by mail provided a chance at meeting "Mr. or Miss. Right," a system often called "mail-order brides." This is a collection of true stories of some of these women, often in their own words.

**James Moloney: *Black Taxi*** (HarperCollins, \$15.99, ISBN 0-06-055937-3) *Mystery*

Australian teenager Rosie Sinclair isn't typical. Her best friend Glenda is now an exotic dancer, and her beloved grandpa Paddy Larkin is doing six months for a burglary she's pretty sure her no-good Uncle Bruce put him up to.

Grandpa asks her to take care of his pride and joy, a big black 60's Mercedes, purchased at a funeral home's bankruptcy auction. (Her grandma faints often and her mother had two accidents while taking the driving test.) He includes a cell phone, a delight for a teenager.

Usually it rings with Grandpa's elderly friends expecting rides to appointments and grocery stores. Then nasty phone calls start. A major jewelry store heist the same night as Grandpa's mistaken soiree into crime has every thief in town convinced the car was involved, and may be the place an expensive ring was stashed. One villain advises Rosie that if she can't find and turn over the ring, Grandpa's prison stay is going to be extra unpleasant.

HarperCollins' Australian company printed the first edition in 2003. It is marketed as "Young Adult," probably because 1) no one dies, 2) the protagonist is a teenager, 3) she solves the problem by herself. Consequently, it's priced lower. Kids shouldn't have all the fun!

**PAPERBACK PICKS**

**Leslie Cain: *False Premises*** (Bantam Dell, 6.99, ISBN 0-440-24176-6) *Mystery*

Erin Gilbert has an interior decora-

tor's dream—a very wealthy client and a free hand. However, when she visits client Laura Smith she discovers that all those priceless antiques she got for Laura have been replaced with forgeries.

**Rick Mofina: *The Dying Hour*** (Pinnacle, \$6.99, ISBN 0-7860-1697-3) *Thriller*

Jason Wade is one of six interns at the Seattle Mirror, only one of which will get the permanent position. He's

assigned the crime beat, usually a cul-de-sac on a journalistic career.

A missing person case intrigues him. Karen Harding, a college student, has a fight with her boyfriend

and drives to Seattle to see her sister. Her car is found by the side of the road with a flat tire, and the assumption is someone stopped to "help" her and did the opposite.

Since the reader knows the identity and motivation of the abductor, the plot moves from Jason to Karen to the psychotic killer at an increasingly fast pace. Jason's character deepens as the plot advances, and we can hope that Canadian author Mofina will continue following Wade.

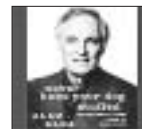
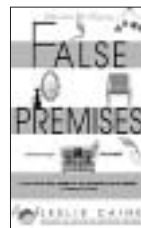
**FOR YOUR EARS ONLY** (audio books)

**Alan Alda: *Never Have Your Dog Stuffed (and other things I learned)*** (Random House Audio, 4 CDs, \$27.50, ISBN 0-7393-2277-X) *Autobiography, read by author.*

Any biography that starts "My mother didn't try to stab my father until I was six" alerts the reader that this is no ordinary life, no ordinary biography.

Alan was the only child of a mentally-ill mother and a comic who went from vaudeville to movies—hardly a normal childhood. Alan learns that change and uncertainty are inevitable and should be embraced all with that low-key sense of humor "I'm just telling you what happened" style.

- Margaret Baker can be reached through *Kaw Valley Senior Monthly* or e-mailed at [glencoe@knetconnect.net](mailto:glencoe@knetconnect.net).



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## Legislative forum to be held in November

Douglas County legislators have been invited to address specific topics affecting seniors and to answer your questions.

Legislators Paul Davis, Ann Mah and Roger Pine have already agreed to participate and Kelley MacMillan, University of Kansas Office of Aging and Long Term Care doctoral student, will moderate. Your participation is important, so don't miss your

opportunity to be heard.

The Interagency Network for Aging (INFA) Legislative Forum will be held Wednesday, November 2, at the Lawrence Public Library auditorium, 707 Vermont. Registration will begin at 1:30 p.m. and the forum will be held from 2:00 to 4:00 p.m. Registration is recommended due to limited seating. Contact Sandra Kelly-Allen, LMSW at 785-843-3060.

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**Mary Gariglietti**  
Hearing Consultant

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