

# Kaw Valley Senior Monthly

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October 2006

Serving Active Seniors in the Lawrence-Topeka Area

Vol. 6, No. 4

## INSIDE



Dorothy Hart celebrated her 101st birthday with friends and family in Topeka on September 9. - page 28



It's tailgate season. Wolfgang Puck shares a recipe for Italian sausage "grinders" with peppers and onions that is sure to score at your next party. - page 19

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**FREE**



Larry Montgomery with his herd of Belted Galloways

KEVIN GROENHAGEN PHOTO

## Montgomery pursues new ventures after 'retiring'

By Kevin Groenhagen

Larry Montgomery has seen much of the world during the past 50 years. However, he has always found his way back to Kansas.

Born in Stafford, Montgomery grew up in Garden City. After high school, he went Southwestern College, a private four-year liberal arts college located in Winfield. It wasn't long before he took his first trip abroad.

"When I was a freshman in college in 1956, another young man from Bethel College and I heard about the Heifer for Europe project," Montgomery said. "American farm families contributed heifers for people who had escaped from Eastern Europe. They would be given a heifer

with the condition that the first calf would be given to another farm family. Thereafter, they could keep all the calves that came along. This other young man and I started going around to get farmers to contribute heifers."

The two college students ended up putting 46 heifers on a train in Kansas City, and then traveled to New York, where they and the heifers boarded a Liberty ship bound for Europe.

"We distributed the heifers to farmers in Kassel, Germany," Montgomery said. "Then we bummed around Europe for two weeks before we came back."

Once back on American soil, Montgomery had a chance meeting with a future American president.

"The ship pulled into Boston in-

stead of New York," Montgomery said. "I made arrangements to fly to New York, where I needed to catch my flight back to Kansas. I was number one in the standby line and saw a guy come up to the ticket counter. He was dressed very nicely, but his hair was all disheveled. I took the empty seat next to this gentleman. I asked him where he was going, and he said, 'Washington, D.C.' I then asked him what he did there. He said, 'My name is Jack Kennedy and I'm a United States senator.' He asked me about my impressions of Germany. We had a good talk."

Montgomery returned to Southwestern College, but later took a year off from his studies to work in a clerical position with the FBI in Washington. He transferred from there

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# Montgomery

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to the security patrol in Portland, Ore. While Montgomery was with the FBI, Director J. Edgar Hoover autographed a book for his parents, but refused to autograph a book for his college professor.

Back at Southwestern College, Montgomery, now a senior, became one of just 24 American exchange students to go to the Soviet Union.

"That was just the second year of that program's existence," Montgomery said. "We spent most of our time at the University of Moscow. However, we participated in a Kiev Polytechnic Institute sports camp down on the Neva River. We helped build the camp for two days and then participated in sports on the third day. We did that for two weeks."

Not long after returning to Kansas, Montgomery graduated from Southwestern College. The commencement speaker was Loren Henderson, a Southwestern College alumnus who was then an undersecretary of state in Washington.

"I went up to him after his speech and said I was going to law school either at Washburn University or George Washington University," Montgomery said. "I asked him if could look him up if I decided to go back to Washington. Of course, he said yes."

When Montgomery and his new wife, Gwen, whom he met at Southwestern College, got to Washington, one of the first things he did was visit Henderson.

"I told him I'd like to find a part-time job in the State Department," Montgomery said. "He sent me over to a young man named John Thomas, who was the administrator of the Foreign Service Institute."

Montgomery eventually became the full-time director of personnel at the Foreign Service Institute and attended law school at night.

After graduating from law school, Montgomery drove to Juneau, Alaska, along with Gwen and their two young children. There he served as the legal counsel for the house and senate finance committees in the Alaska state legislature.

The Alaska governor at that time was a fellow Kansan and Golden Gloves champion named Wally Hickel.

"When Hickel graduated from high school, he wanted to go to Australia," Montgomery said. "He got to California, but didn't have enough money to go to Australia. So he went to Alaska instead. He started working as a bouncer in a bar, and then

got a job as a carpenter."

By the time he became governor, Hickel had amassed a fortune of more than \$14 million in hotels, land and natural-gas holdings.

"Richard Nixon became so enamored with Hickel and his business sense, he made Hickel his western regional campaign manager," Montgomery said. "When Nixon was elected president in 1968, he named Hickel his Secretary of the Interior."

Hickel left the Nixon administration in November 1970 after expressing dissent over the invasion of Cambodia and the subsequent student riots.

Shortly after Hickel became Secretary of the Interior, John Thomas, now assistant secretary of state, called Montgomery and asked him to work for him. The Montgomerys made the trip back to Washington.

The Montgomery family returned to Kansas in 1976 and purchased a 160-acre ranch west of Topeka. Montgomery accepted a position with the Kansas Department of Economic Development, which is now known as the Kansas Department of Commerce.

"I wore three hats at the Kansas Department of Economic Development," Montgomery said. "I was the assistant director for international trade, assistant director for tourism and conventions, and assistant director for publications."

In 1978, Bob Bennett was seeking a second term as governor of Kansas. However, his lieutenant governor, Shelby Smith, decided he did not want to run for another term.

"Bob Bennett asked me to run for lieutenant governor with him," Montgomery said. "We lost, of course, to John Carlin. But it was a pleasure to run with Bob."

Denied the opportunity to serve Kansas as lieutenant governor, Montgomery soon found himself in the running to become president of U.S. Wheat Associates.

Western Wheat Associates and Great Plains Wheat merged in 1979 to become U.S. Wheat Associates, and had begun a nationwide search for its first president. Montgomery submitted his application for the position after a friend suggested to him that, with his legal background, international background, and Kan-

sas background, he would be ideally suited for the position. U.S. Wheat Associates agreed. The Montgomerys would be returning to Washington yet again.

"While I was with U.S. Wheat Associates, one of the things we did was to go into Beijing," Montgomery said. "We weren't getting very much wheat sales into China. So we went into Beijing and built a model bakery. We did that so we could show them that if they blended some of our wheat with their Russian wheat, they would get a much better blend. That really helped. Sales of U.S. wheat to China started growing and growing."

Montgomery compares the effort in China to Great Plains Wheat's effort after World War II to introduce U.S. wheat to Japan.

"Great Plains Wheat introduced the concept of sandwiches to Japan," he explained. "There had never been

a school lunch program in Japan, and Great Plains Wheat helped start one. Today, and for the last 30 years, Japan has been the largest purchaser of U.S. wheat in the entire world."

Montgomery was ready to try another run for political office in 1986. He returned to Kansas to campaign for state treasurer.

"We didn't win," he said, "but we came the closest that anyone had ever come to beating Joan Finney."

Finney became state treasurer in 1975 and served in that office until 1991, when she became the first woman governor of Kansas.

The voters did not elect Montgomery in 1986, but they helped pave the way for a new position for him. Kansans that year approved liquor by the drink, pari-mutuel betting, and the state lottery. Gov. Mike Hayden asked Montgomery if he would consider setting up the

CONTINUED ON PAGE FOUR

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# Montgomery

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state lottery.

Montgomery became the first executive director of the Kansas Lottery in May 1987. Lottery ticket sales began statewide just six months later. In June 1988, the lottery repaid the initial \$2.8 million start-up loan to the state a year before it was due.

Montgomery left the Kansas Lottery in 1989 to serve as president of the Public Gaming Research Institute. That position led to an opportunity to join a company that would revolutionize the gaming industry.

"In 1990 I met Gordon Graves, one of the giants of the lottery industry," Montgomery said. "Gordon asked if I would come and work for his new company, TV Bingo Network. Gordon had this idea that we could take the lottery technology and set up nationwide bingo games. I came on board as the president of that company. We took it public in 1991 as Multimedia Games. The headquarters was right here at the ranch for about 10 years."

Multimedia Games' technology included electronic player stations. Soon, Indian tribes took notice of the technology.

"We had Indian tribes come to us and ask if we could do the same thing with high-speed bingo," Montgomery said. "We created MegaMania. MegaMania technology provided Indian tribes with Class II gaming the opportunity to be almost as financial solvent as those that had Class III casinos. We were playing a new bingo game every two and a half seconds at 92 Indian tribal locations from Massachusetts to California and from Florida to Oregon and Washington."

Multimedia Games in 1994 acquired MegaBingo from American Gaming and Entertainment and went from two employees to about 30 employees.

"MegaBingo was a million-dollar bingo game run once a night, 365 days a year," Montgomery explained. "The million dollars got hit, on average, about once a year."

By 2002, Graves and Montgomery began looking at their exit strategies from Multimedia Games.

"We decided that we would segue out," Montgomery explained. "I would leave my position as president and vice-chairman at the end of 2002 and he would leave in 2004. We would turn the company over to a new, younger generation that would be able to build and carry the

company forward. At the time we got out, the company was doing half a billion dollars worth of business each year."

In fact, Multimedia Games was the fastest-growing company on NASDAQ in 2001. As icing on the cake, Southwestern College in 2002 inducted Montgomery into its Business Hall of Fame.

Shortly after retiring in 2002, Montgomery started a herd of Belted Galloway cattle. "Belties" originated in Scotland and are generally all black except for a wide white belt running all around their middles. Perhaps the most famous herd of Belted Galloways belonged to Sir Winston Churchill at Chartwell Manor in Kent.

Montgomery's herd of 12 cattle now includes three generations of calves.

While Montgomery enjoyed working on his ranch, he soon felt the desire to start other business ventures.

"Gwen and I ended up buying the carwash at 6<sup>th</sup> and Branner in Topeka," he said. "We called it AmeriCarWash.com because we felt it could either be the beginning of a chain or a franchise opportunity."

"In addition to that, Jim Cates and I got together and started a company called World Class Promotions," Montgomery added. "We were doing a project in Laughlin, Nev., trying to bring people to the casinos there. We did this for about a year by working through talk-show hosts nationwide."

Cates is the host of KMAJ-AM 1440's "The Jim Cates Show," a former Kansas state legislator, and a former chairman of the Kansas Lottery Commission.

World Class Promotions' most recent project is its "Boomer Bonanza, Baby Boomer & Senior Expo." Boomer Bonanza will take place on October 21 and 22 at Topeka's White Lakes Center and will feature up to 130 exhibitors.

"We did market testing for Boomer Bonanza and got really positive feedback," Montgomery said. "We're anticipating more than 4,000 people from the 40+ population of Topeka and northeast Kansas."

For more information about Boomer Bonanza, please visit [www.boomerbonanza.com](http://www.boomerbonanza.com).

At the time of the interview for this article, the Montgomerys were preparing for a vacation to Scotland.

"The Montgomerys are from Scotland, so this will be primarily a roots trip," Montgomery said.

"However," he added with a grin, "we might just bring back some more Belted Galloways."

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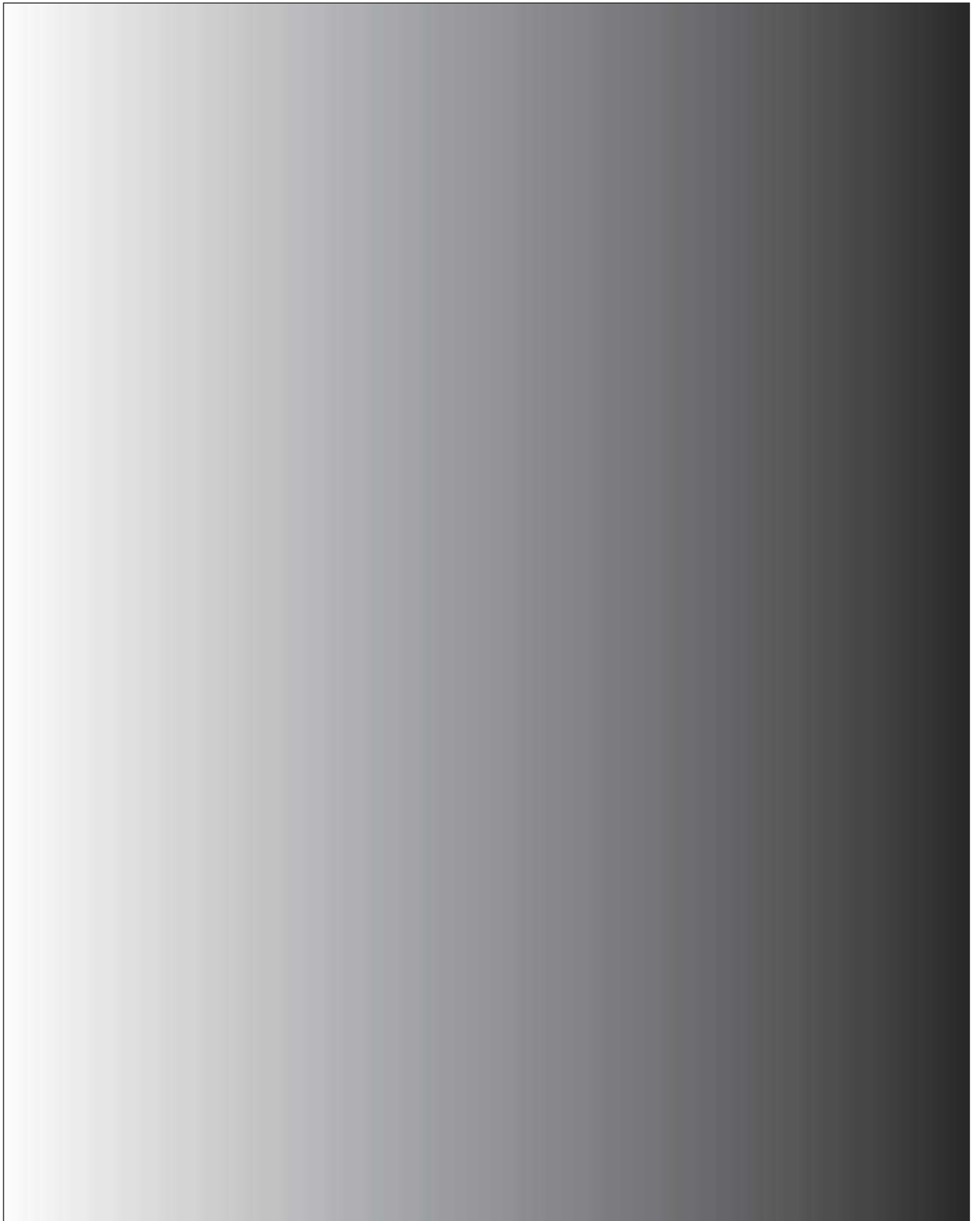
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# JAAA strives to keep seniors at home

By Billie David

**B**ack in college Miles Cleland was an athlete, and he later farmed in the Baldwin City area. When he was diagnosed with Parkinson's disease two years ago, it was quite a shock for both him and his wife, Nora.

As his condition deteriorated, Nora knew that she needed more support in her efforts to care for him.

"Last November, I began to realize that we had to do something," she said. "He needed help almost all the time, and I needed help too. So I talked to a friend who told me about the Jayhawk Area Agency on Aging."

Like Nora, many people aren't aware of the Jayhawk Area Agency on Aging (JAAA) and the services it provides for people like Nora, who needed assistance in order to keep her husband out of a nursing home as long as possible.

"It's good to get the word out so that people know how to get help," said Dorothy Devlin, MSW, who is a case manager for JAAA.

"Home is always the first choice," she added. "It's familiar and comforting, it provides privacy, and it gives people some control."

For people like Miles and Nora, who are used to relying on themselves, making that first call to JAAA is a difficult thing to do.

"The hardest thing about it is for people who have been independent all their lives to open the door and talk to all these people," Nora said.

But her hesitancy didn't last long. "They were as gentle and unobtrusive as they could be," Nora said. "They were friendly, very helpful and very professional."

The caseworker sent from JAAA talked with both Miles and Nora to determine what kind of help they needed and how to meet those needs. And the agency still calls from time to time to see how they are doing, Nora said.

Nora's experience with her caseworker reflects JAAA's goal of treating people with respect and dignity, Devlin said.

"Within the area of realistic choices, we want them to have as many choices as possible," she explained.

The result of JAAA's involvement in the Cleland situation is not only that Miles has received help getting the care that he needs, but also that Nora gets a break from the demands and isolation that can result from taking care of a spouse who needs constant attention.

"They have helped us a great deal," Nora said. "A young lady comes out on Monday and Wednesday afternoons—we pay part of the cost—and on Wednesday I go shopping. Even though it is hurried, it is a great outlet to get out for four hours."

"I was in need of help," she continued. "It wasn't that I couldn't do what needed to be done. It was the constancy of it. Emotionally, JAAA gave me an outlet. I have things that I need to do, and it's wonderful to have somebody there that I can depend on."

It is equally helpful to have somebody there who will listen.

"I tell them how he is and what problems I'm having. I don't mean to complain; I just need someone to listen and give me suggestions,"

Nora said.

Devlin compares JAAA to the hub of a wheel that distributes services to seniors. It consists of several components, including Meals on Wheels, funding for access to Kansas Legal Services, assessment of the services needed to help individuals stay in their homes as long as possible, and help paying for it.

"It's much less expensive than nursing home care," Devlin explained.

People usually become aware of JAAA services because of some crisis, when their physicians, or perhaps somebody at the Senior Center, points them in that direction.

"These people know that there are case managers who can help them," Devlin said. "The person may need to help to put the groceries away, clean the bathroom, assist with bathing, or cook meals for weekends when Meals on Wheels is not available. The case worker has to be creative to meet individual needs."

Both sides benefit from the re-

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# JAAA

CONTINUED FROM PAGE SIX

relationship between the caseworker and the client, Devlin said.

"They grow to care about each other," she explained. "It's a caring kind of thing."

That's important for people who are coping with physical challenges, Devlin added. Depression and

loneliness can set in and it makes a difference for them to know that there is someone who cares about whether they get up in the morning.

On a personal level, Devlin, who has been with JAAA for three years, said, "Some folks are very wise and have lots of experience, and I have enjoyed getting to know them, to help them make decisions that will keep them comfortable."

The feeling is mutual. "I'm very grateful to them for their support

and their help because emotionally it was very draining," Nora said.

People who want to learn more about JAAA and whether they can avail themselves of its services can call the main office in Topeka at 1-800-798-1366. Someone from that office will then contact a caseworker in Lawrence about doing an assessment.

"We are a branch here in Lawrence, but everything starts in Topeka," Devlin said, "and it gets into the computer there."



Billie Fisher (left) with her daughter Sandy Phillips

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## PERSONAL FINANCE

# What can you expect if inflation heats up?

Inflation has been in the news quite a bit lately. After years of enjoying very mild inflation rates, we may be entering a period in which we experience more significant price increases on a broad



Harley Catlin and Ryan Catlin

range of products and services. As a consumer, you can easily see what increased inflation might mean to you. But will higher inflation hurt your investments?

Before you can answer this question, you need to be familiar with a little monetary policy, as set by the Federal Reserve, our nation's central

bank. If the Fed believes that we may be experiencing substantial increases in the cost of living, it will try to "cool off" the economy by raising short-term interest rates. And that's just what it has done over the past couple of years.

So, as you can see, there's typically a positive correlation between rising inflation and higher short-term interest rates. Now we can return to our initial inquiry: Will inflation harm your investments? Well, it depends. In the short run, when interest rates rise, it becomes more expensive for companies to borrow to finance their operations; consequently, their profit margins may be squeezed and their stock prices might fall.

Yet, even in an environment of higher inflation, there are reasons to be encouraged about the stock market. In the long run, inflation allows companies to raise prices, thereby

boosting the dollar value of their sales and earnings. And the threat of higher prices may spur people to buy sooner, rather than later, so some consumer-oriented businesses may actually benefit from inflation. If that happens, their profit outlook may improve, as will their attractiveness to investors.

In short, if you own stocks, the threat of inflation, by itself, is no reason to panic. However, you may want to look over your portfolio with your financial professional to see if you need to make adjustments, because different market sectors will respond differently to higher interest rates.

### Inflation: Bad news for bonds?

People can debate inflation's effect on the stock market, but when it comes to bonds, the evidence is pretty clear. If the Fed thinks inflation is creeping up, it will raise short-term interest rates, and that hurts bond prices. That's because people will not pay face value for your bonds if newer ones are available with higher interest rates. However, most investors buy bonds for the income they provide. So if you hold your bonds until maturity, or they are called, you will still receive interest payments along the way and receive your ini-

tial investment upon maturity.

There are other things you can do to help improve the long-term outlook for your fixed-income investments. For one thing, you can build a "bond ladder" by purchasing bonds of varying maturities—short-, intermediate- and long-term. Once you have established a bond ladder, you are prepared for both rising and falling interest rates. When rates are rising, the proceeds from your maturing bonds can be used to invest in new bonds at the higher levels. When market rates are falling, you may not be able to purchase new bonds at the previous rates, but you'll continue to benefit from the higher rates offered by your longer-term bonds.

### Review your options

Worries over inflation are real, but, in the long run, they may be overblown. As we've seen, the Federal Reserve is actively fighting inflation, and it has been pretty successful at doing so for the past couple of decades. But in any case, it's not a bad idea to be prepared for inflationary pressures by reviewing all your options with your financial professional.

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



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## PERSONAL FINANCE

### Who provides long-term care?

When independence is limited because of a chronic illness, many individuals find themselves requiring additional assistance. Depending upon the level of assistance required, care may be administered at home, in the community or within a facility.

#### Receiving care at home

When determining the appropriate



Joe B.  
Jones

ate plan of care, physicians often look to the client's home as the preferred location. Not only is it familiar to the patient, but it also promotes emotional well-being for the entire family.

The most common providers of home care are family and friends. However, their assistance is not always available on a 24 hour a day basis. When extensive care is required, the family may decide to hire third-party home health care providers.

Home health care providers can be divided into two main categories, and are typically provided through home health care agencies, or by qualified and independent care providers. Some examples include:

- **Professional Home Health Care Providers**- registered nurses, licensed practical nurses, licensed vocational nurses, occupational therapists, physical therapists and speech therapists, or

- **Personal Home Health Care Providers** - licensed social workers and nurses aides.

To assist those families whose adult children work during the day, and may be unable to provide ongoing care, adult day care facilities may be a practical alternative. Designed to promote social interaction while meeting the health care needs of long-term care recipients, adult day care offers caregivers the time necessary to meet their own day-to-day responsibilities at home and at work.

#### Moving to a facility

Moving a loved one into a facility can be stressful and time consuming. Is it the right thing to do? Is it the right facility? How will the bills be paid? Do you or your family member have the resources to cover expenses that are not covered by Medicare or

supplemental coverage? These questions are not easy to answer. To make an informed decision, it is important to know the choices of facilities available in your area.

Today, there are many types of facilities from which to choose. The levels of care available range from limited, or custodial, assistance to skilled nursing. The services and licensure needed by a facility is often determined by the state. However, some types of facilities may not be approved to do business in all states.

One type of facility is an alternate living facility. These facilities, known as residential care facilities in California or assisted living facilities in other states, are designed to meet a wide range of individual needs within a residential-type setting. A typical facility can accommodate anywhere from 5 to over 100 residents. Depending on an individual's needs, units may be adapted to facilitate physical activities like bathing and meal preparation.

Care delivered in nursing homes is also evolving. As the cost of hospitalization increases, many people complete their recovery in nursing

homes. Nursing homes offer a less expensive alternative to some types of care and therapies formerly available only in a hospital. Some nursing home residents receive therapy, which encourages them to regain their independence and then return home. Others may find they continue to need assistance throughout the day and remain at the nursing home for extended periods of time.

#### Planning Ahead

No one likes to think about a long-term care event, but considering your options while you're healthy is the best time to plan. First it is important to educate yourself about long-term care benefits through Medicare, Medicaid and Medigap supplemental policies.

Generally, Medicare doesn't pay for long-term care. Medicare pays only for medically necessary skilled nursing facility or home health care. However, you must meet certain conditions for Medicare to pay for these types of care. Most long-term care products are designed to assist people with support services such as activities of daily living like dressing, bathing, and using the bathroom. Medicare doesn't pay for this type of care called "custodial care".

One option to consider is to purchase long-term care insurance. Long-term care insurance enables

you to receive care in your home, the community, an alternate living facility (e.g., Alzheimer's facility), or in a nursing facility. It can protect you from depleting your assets and diverting your retirement income in order to receive the necessary care. Long-term care insurance offers a sense of independence - freedom from having to rely on your own assets, your children or the government to pay for care.

Buying a long-term care insurance policy is an important decision that shouldn't be taken lightly. Make sure that you buy from a reliable company that is licensed by your state to sell long-term care insurance. A good place to learn more about long-term care options and long-term care insurance is to visit [www.medicare.gov](http://www.medicare.gov) and go to the Long-Term Care section, or consult with your state's insurance department for additional information including a buyer's guide, which can further explain long-term care insurance.

- Joe B. Jones is a Financial Representative with Northwestern Mutual Financial Network in Lawrence. He is licensed and appointed to sell long-term care insurance for Northwestern Long Term Care Insurance Co., Milwaukee, WI, a subsidiary of Northwestern Mutual. To contact Joe, please call 785-838-9800 or e-mail him at [jjones@ebn-design.com](mailto:jjones@ebn-design.com).



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## Walking hints from a walking expert

Physical Therapists are walking experts. That may sound funny, but we study gait—which is another word for walking. If your foot hurts, you will limp differently than someone whose knee



Laura Bennetts

see if your hips move up and down when you walk. That's usually a sign of limping.

When you limp, you take a short step with your pain-free leg to ease the pressure on the sensitive leg. This way of walking causes a lot of movement in your hips and low back and can cause low back pain. Walking with a limp also increases your risk of falling and hurting another joint.

What's the solution? A cane, used in the hand opposite the painful leg, can decrease the weight on the painful leg and decrease the pain.

A walker gives you two-handed support and takes even more weight off your painful joint, giving it time to heal.

### 4. Numb and Number

Can you feel your feet make contact with the floor? Your feet may be numb and yet you've never actually noticed that you aren't sure of your footing. If your feet are numb, talk to your doctor. You may have peripheral neuropathy—a serious condition which can be treated and reversed with Anodyne Therapy. Until you regain the feeling in your feet, use a cane or walker to increase your awareness of the floor by placing pressure on your hands...and thus decrease your risk of falling.

### 5. Feets, Don't Fail Me Now

If you're weak from illness or a recent injury, you'll feel unsteady when you walk. You may have lost muscle mass from spending time in bed.

Using a walker will help you walk further and safely regain your leg strength. Relying on the furniture for support is dangerous when you're weak, because releasing your grip on a chair to reach for a nearby wall gives you just enough time (all it takes is two seconds) to lose your balance and fall.

### 6. Equipment Can Help...

...but you need the right equipment. Specifically, you need a cane or a walker that is just the right height—say, up to the top of your

thigh or the lower edge of your hip bone on the outer side of your leg.

### 7. Night Time is the Right Time

There are ideal times to use a walker including at nighttime to decrease your fall risk. Even if you use a cane in the daytime, you might want to use a walker at night when you walk to the bathroom.

### 8. Practice Good Habits

Above all, you need to use your equipment regularly, without fail, so that you acquire the habit of using it safely and expertly. You may be tempted to set your walker aside and hold someone's arm instead. But this ill-advised strategy puts both you and your helper at risk for a fall, because, if either of you trips and falls, the odds are good that you'll both fall.

### 9. Friends in Need

When you assist a friend who uses a walker, walk next to her or put a hand lightly on her back. Always walk beside or behind her to insure her safety. If you walk ahead of her, you won't see her struggling across bumps in the road and she may fall before you can reach her.

### 10. When the Rubber Hits the Road

Make sure your canes, walkers or crutches have good rubber tips to give you optimal traction. Other

kinds of tips, and tennis balls on walkers, wear out quickly causing the metal to come through and scratch your floor.

Check the walker by turning it over periodically to see if the tips are wearing out. And replace them, as needed, for safe walking -- ideally with rubber.

### Remember...

Walking is easy when you are strong, pain-free and have good balance.

But when you're unsteady for any reason, walking can be tiring and hard.

Using the right equipment and improving your gait will return you to your steady self. A walking expert...a physical therapist...can help you make the right decisions to be safe on your feet again.

- 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.

hurts. Your walk tells a story about how you feel today and about your past endeavors.

People who are unsteady on their feet can use equipment to walk better and more safely. But equipment alone cannot reduce your risk of falls.

You also need strategies to stay steady and upright. These strategies can include common-sense solutions such as using night lights or walking shoes.

Strategies can also be less obvious, like finding out why your feet are numb or why your ankle hurts.

Here are 10 steps you can take...to take more and better steps, with less risk of falling, even if you're unsteady:

### 1. Keep Your Eyes Peeled

Look at how you walk and ask a friend to watch you as well. You may not instinctively know why you're unsteady, but paying close attention may open your eyes and reveal the problem.

### 2. Don't Climb the Walls

If you're unsteady, consider how you ordinarily cope. Often, people who are unsteady will lean on furniture or reach for walls when they walk.

If you're a "furniture walker," you may find that a cane or walker will increase your safety with less effort. Furniture walking doesn't provide continuous support, and you're in always in danger of falling as you lurch from couch to chair.

### 3. Stop Limping

Is joint pain making you unsteady when you walk? If so, you might discover that, without even noticing it, you've begun to limp. Watch to

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## HEALTH & FITNESS

### Thyme, the cold season companion

**T**hyme (*Thymus vulgaris*) is a common seasoning in many household cupboards in the United States and abroad. There are many varieties of Thyme and the most common are as follows: 1. Winter or German Thyme. 2. Lemon Thyme which has a strong lemon

its medicinal aspects.

The medical aspects of the use of Thyme are as diverse as its culinary uses. Thyme was grown in the monasteries to be used as a treatment for parasites, cough or in digestive disturbances. One of Thyme's most active ingredients, thymol, has been used in the United States in many over-the-counter products available for consumers, such as mouthwashes and cough syrups, and against athlete's foot. Medicinal actions and uses for thyme are for it being used as an antiseptic, antispasmodic, tonic, and aromatic, bactericidal, antihelminthic, astringent, antifungal, expectorant and carminative. Thyme has been used in the treatment of whooping cough, digestive upset, colic, chronic gastritis, arthritis, headaches, as a local anesthetic, eczema, psoriasis, parasites, laryngitis, bronchitis, tonsillitis, dyspepsia, asthma, hypertension and sore throats.

Thyme, either alone or in combination with herbs such as sundew, continues to be one of the most commonly recommended herbs in Europe for the treatment of dry, spasmodic coughs, as well as whooping cough. Due to the low toxicity of this herb, it has become a favorite for treating coughs in small children. It's also worth mentioning that researchers who investigated the anti-microbial properties of 21 essential oils against five important food-borne pathogens, including *E. coli*, noted that thyme was among the top three at inhibiting the bacteria because of its essential oil thymol.

- 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

flavor. 3. Silver Thyme. 4. Caraway Thyme, which is commonly used in cooking to flavor meats. There are many references in the ancient literature to the use of this aromatic plant. The Ancient Greeks used Thyme in their baths and burnt it as incense in the temples. The Greeks believed that thyme was a source of great courage. In the Middle Ages, the herb was often placed beneath pillows to aid sleep and ward off nightmares. In medieval times, women would often give knights and warriors gifts that included thyme leaves to bring about courage, bravery and energy to the holder. Thyme, with its strong scent, has been used as perfume, in soaps, deodorants, insecticides and also as an essential oil. Culinary uses of Thyme are broad and have a long history. Thyme has been used as flavoring for many sauces, cheeses, pickles, soups, meats, chicken, fish and breads. The Romans used Thyme to give cheese an aromatic flavor. The Spanish have used it in pickling their olives. Thyme can be infused and drank as a tea for



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## RETIRE SMART

# You'd better sit down before reading this

**P**romise yourself you'll stay calm. Getting too agitated over what we are about to tell you could be bad for your health.

Here it is (please don't shoot the messenger): A couple retiring today at age 65 could need \$295,000 in savings just to cover premiums for



Humberto  
and  
Georgina  
Cruz

health insurance and out-of-pocket medical expenses in retirement.

And things could get worse, considering that at the current rate of spending, Medicare is on a pace toward insolvency in 2018 and benefits are likely to be reduced.

This sobering projection — the \$295,000 estimate for health care costs is the highest headline number we've ever seen — is based on a new study published by the Employee Benefit Research Institute, a respected not-for-profit and nonpartisan organization that focuses on health, savings, retirement and economic security issues.

If anything, the study underestimates potential costs. "If health care costs increase faster than projected, or if individuals live beyond aver-

age life expectancy (which is age 82 for a 65-year-old man and age 85 for a 65-year-old woman), retirees will need more money," said Paul Fronstin, director of the institute's research and education program and author of the health care cost study.

Now for some good news. The \$295,000 figure, as you would expect, has gotten attention but not always adequate explanation in news reports. But a closer look at the assumptions made to arrive at it shows the \$295,000 estimate is not that terribly different from a \$200,000 estimate put out by Fidelity Investments in March.

The main reason for the discrepancy is that the institute's \$295,000 estimate assumes that retirees will have access to private health insurance through their former employer, although they will have to pay the full premium.

The Fidelity estimate assumes retirees won't have access to such coverage (most don't have it now and the clear trend is that fewer will have it in the future, so the assumption by Fidelity strikes us as the logical one). Fidelity assumes retirees will rely on a so-called Medigap policy to supplement Medicare Part B (outpatient care, including doctors' services) and Part D (outpatient prescription drugs).

Assuming access to employment-based insurance actually increases projected costs because premiums

are generally higher than for Medigap policies and Medicare Part D. (In return for the higher premiums, you do get higher benefits).

For example, the institute's study assumed retirees would pay an annual premium of \$4,080 for an employment-based policy, based on a recent Kaiser Family Foundation-Hewitt Associates survey. That's more than double the average Medigap premium of \$1,800, although premiums for these Medicare supplement policies vary widely across the country.

"You can't compare the numbers," Fronstin said of estimates based on these different assumptions. Employment-based policies generally require lower out-of-pocket expenses while there is "much more uncertainty" as to what these costs will be with Medigap and Medicare prescription drug coverage.

And the richer benefits provided by employment-based policies may mean retirees who have them are more likely to seek care than retirees without such coverage. Fronstin said.

Most other assumptions in the institute's and Fidelity's estimates are similar, including a projected 7 percent annual increase in the cost of health care. Neither estimate includes what could be the catastroph-

ic costs of long-term care for those who are frail or suffer from cognitive impairment.

Regardless of whether we are talking about \$295,000 or \$200,000, the bottom line is the same: It's a big number.

"It's really an estimate" rather than a precise prediction of what health care costs will be in retirement, said Jenny Engle, a spokeswoman for Fidelity Investments. "Mostly what we are trying to do is educate people that this is a cost they should factor in their overall retirement financial plan," and the sooner the better. Fidelity has a free health cost calculator online at <https://powertools.fidelity.com/healthcost/intro.do?doWait=1> that lets you estimate your own costs based on different assumptions. (Please note that although this site hasn't been updated to reflect Fidelity's new numbers, it still provides useful information.)

(Humberto and Georgina Cruz are a husband-and-wife writing team who work together in this column. Send questions and comments to [AskHumberto@aol.com](mailto:AskHumberto@aol.com), [GVCruz@aol.com](mailto:GVCruz@aol.com), or c/o Tribune Media Services, 2225 Kenmore Ave., Suite 114, Buffalo, NY 14207. Personal replies are not possible.)

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## PET WORLD

# Owner puzzled by cat's ball fetching

**QUESTION:** I have one very playful cat. She loves to play ball, even catching it in her paws. She also retrieves. Sometimes, though, she'll catch the ball and drop it into her

the splash of the water when the ball drops.

"No matter, it sounds as if you and your cat are having a good time playing, and that's what really matters," LaBaron Michels adds.

**QUESTION:** My 16-year-old toy poodle mix has a bad, hacking cough; the doctor said the problem could be his trachea. Also, the dog has bad spasms; his hind legs will go out from under him and he yelps in pain. When this happens, we can't touch him until he calms down. The doctor took X-rays, which showed a herniated disc. We've given the dog painkillers and a short of cortisone, which seems to help a bit. Do you think the doctor is dragging his feet and it's time to find another vet? — P.T., Cyberspace

**ANSWER:** What's most important is to alleviate your dog's pain. Anyone who's suffered a herniated disc understands the pain involved. And dogs, of course, feel pain just as we do. Dr. Sheldon Rubin, of Chicago, says, "Indeed, it seems like your veterinarian is doing the right thing to use cortisone to reduce inflamma-

tion. A non-steroidal anti-inflammatory drug might also help, but be sure not to use (a NSAID drug) at the same time as the steroid. Your veterinarian may suggest you seeing a veterinary neurologist to determine if surgery is possible. Your dog being 16 might limit the possibilities."

Another option may be stretching exercises or underwater therapy, and seeing a veterinarian who can begin a regiment of physical therapy. Acupuncture is another possibility.

The coughing is likely unrelated to this disc problem, but due to the disc

problem, it might really, really hurt when your dog coughs. "If you determine the cause of that cough, first definitely rule out a cardiac problem," says Rubin. "A collapsing trachea is another real possibility, where the cartilage rings in the trachea collapse. Treating the cough, depending on the cause, will also make your dog more comfortable."

(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

water bowl, then bring the wet ball back to be. Why does she do this? — L.E., Homosassa, FL

**ANSWER:** It's terrific that you play fetch with your cat. It sounds like your talented pet is nearly as skilled at fetch as any Labrador. Jennifer LaBaron Michels, of Rochester, N.Y., certified by the International Association of Animal Behavior Consultants, explains, "The cat is taking back its ball to where it always eats, just as outdoor cats return with prey they've caught."

Or it could be your cat also enjoys watching the water ripple, or

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# BOOKSHELF

## Something old, something new

By Margaret Baker

**James D. Doss: *Stone Butterfly*** (St. Martin's Minotaur, \$24.95, ISBN 0-312-34054-0) *Mystery*

This is the 10th Charlie Moon mystery. Southern Ute Charlie's a part time tribal investigator, a full time rancher. And still being flummoxed by his Aunt, Shaman Daisy Perika. She wants him married to a Ute, and his lady love, Lila McTeague, is Anglo, and an FBI agent to boot.

Daisy has a dream—Sarah Frank, orphaned daughter of Moon's friends, standing over a dead man amidst a lot of blood. Daisy's dreams often foretell, so Moon isn't surprised when he learns of the death of Ben Silver, an old cranky bachelor in Utah, whose cleaning girl is Sarah, now living in very straitened circumstances with her cousin. Sarah, now 14, is missing, and may be heading to Daisy's place, where she was happy.

Also missing is an native artifact 5,000 to 7,000 years old, prized by both Ben and his despised half brother Ray. Ray puts up a large reward for finding Sarah (and recovering "anything she might have stolen from his dear departed brother").

A twisty plot with a bit of the supernatural. Readers who enjoy Tony Hillerman's Navajo mysteries should enjoy this!

**Claudia Bishop and Don Bruns, editors: *A Merry Band of Murderers*** (Poisoned Pen Press, \$24.95, ISBN 1-59058-301-9) *Musical mystery anthology*

Now for something brand new! Thirteen mystery writers who are also professional musicians (composers and/or performers) offer both an original short story and a bit of music themed around the story. The disc is included with the book.

In both story and music the range is enormous—cozy, noir, suspense; jazz, R&R, folk. Bishop starts with an essay on the role of the short story in mystery fiction, and Bruns adds an essay on people



who both write and compose.

Thirteen may be your lucky number!

**Willard Wyman: *High Country*** (University of Oklahoma Press, \$24.95, ISBN 0-8061-3697-9) *Western adventure*

During the Great Depression, Ty Hardin apprenticed at 15 to Fenton Pardee, Montana packer. Born with a gift for handling horses, he'll learn to pack horses and mules for trips into the mountains for hunting trips. And his family can stretch their meager supplies over one less person.

Over time, Ty learns his trade, grows up, does his stint in the Army, sustains a war injury, finds love—a turbulent time for Ty, the western mountain communities, and the nation.

Wyman has been a packer/wrangler/guide and a college professor of literature. He recreates for us the life of those who live their lives in the high country, and wouldn't have it any other way.

Readers who liked Terry Johnston's Titus Bass stories will recognize the similarities in this tale of the effect the wilderness has on those who love it.

**Mary Daheim: *Saks & Violins*** (Wm. Morrow, \$23.95, ISBN 0-060556651-5) *Mystery*

Daheim's Bed and Breakfast mystery series features Judith Monigle Flynn, co-owner of Hillside Manor B&B in Seattle, and her zany cousin Renie.

Renie's credit cards were stolen, possibly at the Hillside Manor reception for violin maestro Dolph Kluger who his visiting his Seattle virtuoso student Rudi Wittener, who lives near the B&B. Rudi, given to practicing in his birthday suit, has lost his violin bow, valued at \$350,000. Bad publicity.

Bad enough, but Dolph goes out for a walk and drops dead. He was overweight, but the autopsy reveals he died from ingesting rhubarb leaves.

Her "guests" are eating her out of house and home gratis, so Judith and Renie just simply must solve the murders and the thefts.

Lots of witty dialogue (mostly

between Judith and Renie) in this romp.

**Rhys Bowen: *Evanly Bodies*** (St. Martin's Minotaur, \$23.95, ISBN 0-3112-34942-4) *Welsh mystery*

There are so many men named Evan in the small Welsh community of Llanfair that they get hypenated—Evan-the-Post (mail), Evan-the-meat (butcher). Evan Evans, Evans-the-Law, is the constable and newly married to school-teacher Bronwyn.

Evans must go to the district for training and is assigned to the major crimes team. Just in time for someone to commit murder. It looks like a random shooting, but then two other cases follow. Nothing seems to connect the crimes, but the bullets all came from an antique gun.

Back in Llanfair, a Pakistani family is starting a grocery. Llanfair needs a grocery, but the townspeople are a bit leery of the dark-skinned outsiders. The collegiate son is a militant Muslim who wants his teenage sister married traditionally before she is contaminated by the non-Muslim community. Jamila turns to Bronwyn for help—and then disappears.

Bowen includes a short glossary of common Welsh expressions, so you may even learn a bit from this mystery!

**Linda Berry: *Death and the Icebox*** (Five Star, \$13.95, ISBN 1-4104-0185-5) *Mystery*

When a couple clean up a farm dump in rural Ogeechee, Georgia before building their dream home, an old refrigerator turns out to have an occupant. She's been dead for thirty years. No one of her description has been missing from time—or within memory.

Trudy Roundtree is the lone woman in the police department. She figures she'd best start by identifying the victim. How could anyone's disappearance have gone unnoticed in such a small town?

Snappy dialogue, well-drawn ambience of small towns everywhere.

touches of humor and romance—fans of Joan Hess' Maggody series will like this new author's work!

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

**Anne Tyler: *Digging to America*** (Random House Audio; 34.95, 7 discs; read by Blair Brown; ISBN 0-7393-3310-0)

The Donaldsons and the Yazdans would not have met under normal circumstances, but their respective adopted Korean babies arrive on the same plane. They decide to meet annually for an "arrival party" for the girls.

It is through these annual parties that the two families get to understand each other—and themselves, the Americans born here and the Americans who have chosen citizenship in a country not their origin. Funny, tender, introspective at times, boisterous at others! This delightful story is also available in print from Knopf.

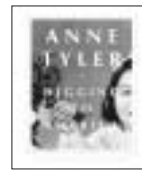
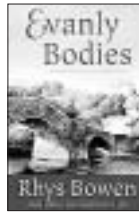
**Harlan Coben: *Deal Breaker*** (Random House Audio, \$19.99 on 7 discs, ISBN 0-7393-4094-8)

This is the first in the popular Myron Bolitar series, first published in 1999. Bolitar, a nascent NBA star, is permanently injured in practice, his career eliminated before it really starts. His skills help him become a sports agent. He is representing Christian Steele, quarterback with a very bright future.

The only thing holding him back from the biggest signing bonus ever is the whiff of scandal from the disappearance a year back of his fiancée. There's always the suspicion that he murdered her and buried the body. Then the girl's father is murdered. Christian gets a phone call from someone purporting to be the girl, and everything turns haywire.

More change of pace and direction than a driving Jayhawk point guard, this one will keep you guessing right along with Myron to the very end.

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



## SLAPSTIX

Clothes make the man. Naked people have little or no influence in society.

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# HUMOR

## The Clothes Mule

clothes horse, n. 2. a person regarded as paying too much attention to his clothes. *Webster's Universal Unabridged Dictionary.*

Over the past four decades my wife Emmaline has tried to do me and the world a favor by getting me to dress well. Emmaline loves clothes. I tell my buddies that Emmaline never met a high end



Larry Day

women's clothing store she didn't like. And that's okay. I'm very proud of the way Emmaline dresses. She has taste. She has style. She has an innate sense of which outfits look good on her and which outfits need to go back on the rack.

The Bible says that you can't make a silk purse out of a sow's ear. All our married life Emmaline has been trying to make a clothes horse out of a clothes mule. Now, she's pretty much given up the effort. She had her work cut out for her because mules are dumb and stubborn. A lot of people will say that definition fits me like a Gucci leather and cashmere Bluefly driving glove.

I was born during the Great Depression, but my indifference to stylish haberdashery didn't result from poverty. We weren't standing in breadlines, or putting cardboard soles in the bottom of our shoes. My dad had a decent job, and we lived in a small town where we could grow a lot of our own food. We were a "use it up, wear it out, make do" kind of family. We were a family that said, "If it's clean, even though it's patched, it's good to go."

In the 1950s boys in my town wore Levi's and tee shirts to high school. I wore my brother's hand-me-down suit to church. Most of my life I was oblivious to the fact that my clothes

weren't *au courant*. I didn't know, and frankly, I didn't care.

Emmaline came from a small town, too, but her mom always saw to it that her only daughter was dressed *à la mode* even if they had to drive a hundred miles to shop for clothing.

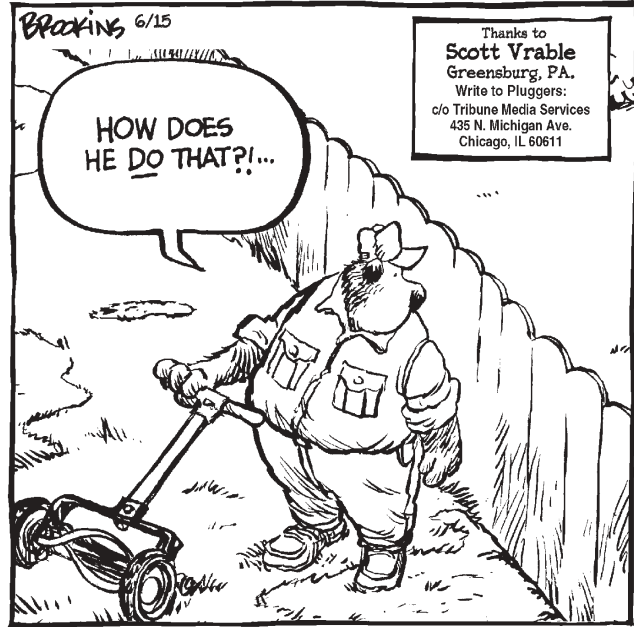
I fell in love with Emmaline almost from the first time I saw her. We were in college. I'm not sure why she didn't dump me after I had run through my two changes of dating attire, but she didn't. Maybe it was because we loved to do things together that didn't require us to be dressed up—like flying kites, hiking in the mountains, and riding bikes. We kept on dating and eventually got engaged and married.

It was after our marriage that Emmaline embarked on an effort to turn her mule of a husband into a clothes horse. But almost immediately she had to put her mission on hold because I decided to go to graduate school. Both of us worked full time and we had kids. We didn't have money for *haute courtier*. We barely had money for low courtier.

After graduate school and a stint on the copy desk of a newspaper, I got a job teaching at Letongaloosa Community Junior College, and Emmaline went back to trying to get me to be less of a mule.

I balked. "Just let me be me," I said. "I'm a good person. People don't care what I wear; they're interested in what I know." After a while I relented and agreed to cooperate.

Emmaline and I would go to men's stores and she'd pick out my clothes. We were still on a limited budget, but Emmaline knew how to



To a pluggger, the grass really is greener on the other side of the fence.

shop. She bought quality clothes for me for not much money. Over the years she built me a very nice wardrobe. But often her attempts to dress me well ended in frustration. Without trying to, I sabotage her best efforts. I wear mismatched slacks and sport coats. I choose the wrong shirt, the wrong tie, the wrong shoes, or the wrong socks.

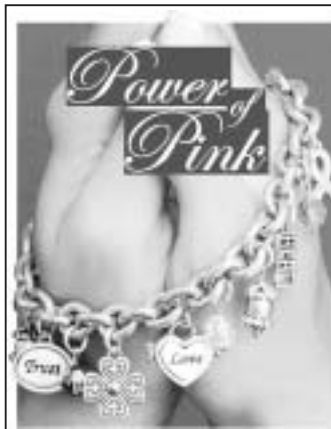
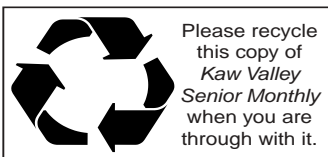
I'm not trying to be difficult; I just don't see that it makes any difference. Emmaline says it's uncanny that, even when she lays out my clothes, I manage to screw the outfit up.

And there's another problem. I wreak destruction on my wardrobe. Oh, the pain I cause Emmaline! I come home from work with a two-inch ink stain just below the pocket of a brand new sport coat or dress

shirt. I'll be talking or teaching and shove an uncapped ink pen into my front pocket. Time and again I've snagged a brand new pair of slacks on an open desk drawer and made a hole in the knee.

After all these years Emmaline knows that when it comes to clothing, I'm a mule, not a horse. So here we are, she and I, walking hand in hand toward the sunset, she beautifully dressed and coiffed, and I needing a hair cut and wearing an iron-on patch on the right knee of what used to be my nicest slacks. Ain't love grand?

- 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.



### SEPTEMBER 30<sup>TH</sup> THRU OCTOBER 31<sup>ST</sup>, 2006

Brighton will donate \$5 for each Bracelet\* sold to support Breast Cancer Research and Awareness. You can show your support by purchasing this Bracelet and wearing it to help raise awareness in your community.

\* Limited quantities, while supplies last.

Brighton.

October is Breast Cancer Awareness Month! To show our support, Brighton has created our 4th annual exclusive Power of Pink Bracelet, \$50.



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# CALENDAR

## ART/ENTERTAINMENT

OCT 1-7

### LAWRENCE INDIAN ART SHOW

Annual contemporary Native American artists exhibit and sale. Juried competition featuring two and three dimensional artwork by contemporary Native American artists from across the United States. Lawrence Arts Center. LAWRENCE, (785) 843-2787  
<http://www.lawrenceartscenter.com>

OCT 1-8

### CHAPS

Whoa, Britania! Panic at the BBC in 1944. Tex Riley and American's favorite singing cowboys are late for a special show. The resulting performance is one England will never forget. Lawrence Community Theatre, 1501 New Hampshire. LAWRENCE, (785) 843-7469  
<http://community.lawrence.com/CommunityTheatre>

OCT 4

### I CAN'T STOP LOVING YOU

Celebrating the music of the legendary Ray Charles. This smash-hit show rocks the house with the legendary music of Ray Charles. It's a non-stop party where the hits, such as Georgia and Hit the Road Jack, just keep on coming from an onstage orchestra and dazzling company of singers and dancers. Lied Center of Kansas. LAWRENCE, (785) 864-2787  
<http://www.lied.ku.edu>

OCT 6

### BAYANIHAN PHILIPPINE NATIONAL DANCE COMPANY

Amid the swirl of brightly colored costumes, the Bayanihan Philippine National Dance Company move with flawless grace as they blend the influences of native Philippine islanders, Chinese, Spanish, and Islamic traditions into one of the richest music and dance traditions in the world. Lied Center of Kansas. LAWRENCE, (785) 864-2787  
<http://www.lied.ku.edu>

## BINGO

SUNDAYS & TUESDAYS

### AMERICAN LEGION POST NO. 1

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

SUNDAYS & FRIDAYS

### CAPITOL BINGO HALL

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

MONDAYS & THURSDAYS

### AMERICAN LEGION POST NO. 400

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

MONDAYS & SATURDAYS

### LEGIONACRES

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

WEDNESDAYS & THURSDAYS

### MOOSE CLUB

Wednesdays, 6:30 p.m. Thursdays, 12:30 p.m. 1901 N KANSAS AVE, TOPEKA, (785) 234-6666

WEDNESDAYS & FRIDAYS

### VETERANS OF FOREIGN WARS

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

WEDNESDAYS

### PINECREST APARTMENTS

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

WEDNESDAYS & FRIDAYS

### EAGLES LODGE

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

WEDNESDAYS & FRIDAYS

### EDGEWOOD HOMES

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

THURSDAYS

### BABCOCK PLACE

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

FRIDAYS

### BALDWIN SENIOR CENTER

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

FRIDAYS

### ARAB SHRINE

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

## BOOKMOBILE

MONDAYS

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

TUESDAYS

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

WEDNESDAYS

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

## BOOK TALKS

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

THIRD WEDNESDAY OF EACH MONTH

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

FOURTH WEDNESDAY OF EACH MONTH

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

## CLASSES/LECTURES

ONCE A MONTH

### AARP'S 55 ALIVE SAFE DRIVING COURSE

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

OCT 9-30

### BRING LIFE TO OTHERS: HOSPICE VOLUNTEER TRAINING

Spent some of your time bringing your life into the days of a hospice patient and family. Heartland Hospice of Topeka is looking for more volunteers to provide friendly visits, relief sitting, and office work. Also, a new vigil program is getting started to train people to be a loving presence during the last hours of a patient's life. Trainings will be held at the Heartland Hospice Office, 1033 S.W. Gage

Blvd. Two separate training series are scheduled (10:00 a.m. and 6:30 p.m.) to accommodate your schedule. Vigil Volunteer training is scheduled for November 2, at 10:00 a.m. and 6:30 p.m. Call Terry Frizzell, Volunteer Coordinator for information or to register for training. TOPEKA, (785) 271-6500

OCT 10

### DAILY LIVING WITH DIABETES

Presented by Stephanie Adams of Global Medical Direct, who will present an educational program concerning diabetes, proper foot care, alternative ways to check blood sugar levels, nutrition and other tips for daily living with diabetes. Eligible participants will receive a free blood glucose monitor as well as foot inspections. She will also provide sizing and fitting for diabetic shoes and orthotics. This is a free program and open to all interested persons. 7:00-9:00 p.m. in the Lawrence Public Library auditorium. Contact Pattie Johnston, Senior Outreach Services, for more information. LAWRENCE, (785) 843-3833

OCT 19-20

### THE AARP DRIVING SAFETY CLASS

Each session will be from 10:00 a.m.-3:00 p.m., with a lunch break. A \$10 workbook fee may be paid at the first class. Registration is suggested as space is limited. Insurance discounts may be available for those attending both days. Lawrence Public Library gallery. To register or for more information, contact Pattie Johnston at the library Senior Services. LAWRENCE, (785) 843-3833

OCT 30-31

### AARP DRIVE SAFETY CLASS

This program is for those who are interested in improving their driver safety skills and reducing their current insurance costs. It covers the basics of defensive driving, age-related physical changes that can affect driving, protection from crime and road rage, and avoiding serious accidents. No testing; two four-hour classroom sessions only with an hour for lunch (on your own). Meeting Room A, Lawrence Memorial Hospital, 325 Maine Street, 10:00 a.m.-3:00 p.m. Fee. LAWRENCE, (785) 749-5800  
<http://www.lmh.org>

## EXHIBITS/SHOWS

OCT 27-29

### FALL ANTIQUE SHOW AND SALE

Bi-annual antique show and sale. Wide array of antiques offered for sale during this show. Douglas County Fairgrounds. LAWRENCE, (785) 843-6219

## FAIRS/FESTIVALS

OCT 1-15

### KANSAS CITY RENAISSANCE FESTIVAL

Enchanting outdoor fall festival depicting 16th Century English Village. Festival features live entertainment, mouth-watering food, fun, and activities for the entire family. One of the top 100 events in North America. Weekends; Labor Day, and Columbus Day. Rain or shine. BONNER SPRINGS, (913) 721-2110  
<http://www.kcrenfest.com>

OCT 7

### OKTOBERFEST ARTS & CRAFTS FESTIVAL

Arts and crafts festival with food and entertainment along the downtown pedestrian plaza. 400-700 Commercial St. ATCHISON, (913) 367-2427

OCT 20-22

### OZTOBERFEST

A weekend filled with activities for everyone during Oztoberfest. Munchkins from the original movie will be on hand to sign autographs, catch a production of The Wizard of Oz at The Columbian Theatre, and visit The Oz Museum. There will be a Munchkinland inflatable play area for kids, along with food and craft vendors. Wamego's main street is closed during the festival. This several blocks-long festival for

Oztoberfest activities such as hilarious hijinks as Oz Jeopardy, Stuff a Scarecrow and Throw a Bucket of Water on the Witch. WAMEGO, (785) 458-8686  
<http://www.oztoberfest.com>

OCT 21-22

### MAPLE LEAF FESTIVAL

Festival with more than 350 arts and crafts booths, parade, quilt show, and train rides. There are carnival rides as well as a Kid's Zone complete with arts and crafts and a petting zoo. Midland Railway offers train rides to Nowhere during the weekend and tours of our historic sites are also available. BALDWIN CITY, (785) 594-7564  
<http://www.mapleleaffestival.com>

## HALLOWEEN EVENTS

OCT 20-28

### TERROR TRAIN

Midland Railway Terror Train. The Terror Train rolls down the tracks at 6:30 p.m., 8:00 p.m. and 9:30 p.m. on October 20, 21, 27, and 28. Tickets are available each evening at the depot. Advance reservations are not required. 1515 W High St. BALDWIN CITY, (800) 651-0388  
<http://www.baldwincitychamber.com>

OCT 28-29

### SPOOKTACULAR

Trick o' Treat with the animals. Celebrate Halloween with your animal friends at the Sunset Zoo. MANHATTAN, (785) 587-2737  
<http://www.sunsetzoo.com>

OCT 29

### HAUNTED HISTORY

A spooky Halloween event at the Museum! Features outdoor events—scary stories around the bonfire, costumed interpreters, and food vendors. Spooky flashlight tours of the gallery. Kansas History Museum. TOPEKA, (785) 272-8681  
<http://www.kshs.org>

OCT 31

### TRICKS AND TREATS AT THE BOO-SEUM

A Halloween event especially for children. This fun Halloween event especially for children includes cookie and mask decorating, photographs, and costumed interpreters. Kansas History Museum. TOPEKA, (785) 272-8681  
<http://www.kshs.org>

## 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

CONTINUED ON PAGE 17



# CALENDAR

CONTINUED FROM PAGE 16

## TUESDAYS AND THURSDAYS

### TAI CHI

Steve Carrier, instructor. Lawrence Therapy Services, 2200 Harvard Rd., Ste. 101. 8-class sessions. Fee. 6:00-7:00 p.m. Call (785) 842-0656 to register or visit [www.lawrencetherapyservices.com](http://www.lawrencetherapyservices.com). LAWRENCE

## 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

## SATURDAYS

### YOGA

Karen Johnson, RYT, instructor. Lawrence Therapy Services, 2200 Harvard Rd., Ste. 101. 8-class sessions. Fee. 8:00-9:00 a.m. Call (785) 842-0656 to register or visit [www.lawrencetherapyservices.com](http://www.lawrencetherapyservices.com). LAWRENCE

## 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 4

### CHOLESTEROL SCREENING

No appointment needed. A fingerstick test providing a total blood cholesterol reading in five minutes. No fasting is needed for this test 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 6

### 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 9:00-10:40 AM

roisis is also included as part of the screening process. Fee. LMH HEALTH SOURCE ROOM, (785) 749-5800 9:00-10:40 AM

## OCT 9

### PRE-DIABETES

This free class is specially designed for those who are at risk for developing diabetes or have been told by their doctor that they have pre-diabetes. Topics covered include tools for preventing or delaying type 2 diabetes, diet, exercise, weight loss, medication that can be given for pre-diabetes, and the potential complications

that can develop with diabetes. No registration is needed; just drop into the LMH Auditorium. Taught by Certified Diabetes Educators. LAWRENCE, (785) 840-3062

## OCT 19

### BONE DENSITY SCREENING

See October 6 description. LMH HEALTH SOURCE ROOM, (785) 749-5800 12:30-2:00 PM

## OCT 26

### EXERCISE FOR SENIORS

Join exercise physiologist Vic White from the LMH Kreider Rehab Center as he discusses the important things to know when exercising in the later years of life. Topics will include why exercise, the health benefits, special needs

(arthritis etc.) and how to adapt exercise, safety (ie indoor/outdoor, fluids, etc.), components of a complete exercise program (ie aerobics, flexibility, strength), and footwear. In addition Vic will discuss the LMH Fit for Life program. There will be time for questions and answers. Free but advance registration is requested. LMH Auditorium, 9:30-10:45 a.m. LAWRENCE, (785) 840-3062

## OCT 26

### BONE DENSITY SCREENING

See October 6 description. LMH HEALTH SOURCE ROOM, (785) 749-5800 5:00-7:00 PM

CONTINUED ON PAGE 18

**Huzzah and Cheers for Thirty Years!**

30th annual  
kansas city  
**Renaissance Festival**  
2006

September 2-October 15  
Weekends, Labor Day & Columbus Day  
Advance discount tickets available at:  
HuyVee Bakers

or purchase online at:  
[www.krenfest.com](http://www.krenfest.com) 1-800-373-0357

THE KANSAS CITY  
**Renaissance Festival**

# CALENDAR

CONTINUED FROM PAGE 17

NOV 1

## CHOLESTEROL SCREENING

See October 4 description.  
LMH HEALTH SOURCE ROOM, (785) 749-5800  
8:30-10:30 AM

NOV 1

## THE BEST FRIENDS APPROACH TO DEMENTIA CARE

Presented by David Troxel, MPH, in conjunction with National Alzheimer's Disease Awareness Month. Sponsored by Alzheimer's Association, Heart of America Chapter, Northeast Kansas Regional Office. Kansas History Museum.

TOPEKA, (785) 234-2523 or (800) 272-3900  
<http://www.alz-heartofamerica.org>

NOV 4

## BONE DENSITY SCREENING

See October 6 description.  
LMH HEALTH SOURCE ROOM, (785) 749-5800  
8:30-10:30 AM

## MEETINGS

### FIRST MONDAY OF EACH MONTH GRIEF SUPPORT GROUP

6:30 p.m. - Heartland Hospice of Topeka, 1033 SW Gage Blvd. Call Terry Frizzell for information.  
TOPEKA, (785) 271-6500

### FIRST AND THIRD MONDAY OF EACH MONTH

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

### FIRST AND THIRD MONDAY OF EACH MONTH

**CAREGIVER SUPPORT GROUP**  
For adults who have lost loved ones. Call LMH Chaplain Angela Lowe for more information.  
LAWRENCE MEMORIAL HOSPITAL  
4:00-5:00 PM, (785) 840-3140

### FIRST TUESDAY OF EACH MONTH LAWRENCE AREA COALITION TO HONOR END-OF-LIFE CHOICES

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

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

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

### 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

Networking group. Call Kim or Laura at (785)

842-0656 for more information. \$11.50 to attend (includes lunch).  
JADE MONGOLIAN BARBEQUE, LAWRENCE  
11:30 AM-1:00 PM

### FIRST AND THIRD THURSDAY OF EACH MONTH

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

### FIRST AND THIRD THURSDAY OF EACH MONTH

**GRIEF SUPPORT GROUP**  
3:00 p.m. - Brewster Place, 1209 SW 29th St. Sponsored by Heartland Hospice of Topeka. Call Terry Frizzell for information and specific location.  
TOPEKA, (785) 271-6500

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

### SECOND MONDAY OF THE MONTH CAREGIVER SUPPORT GROUP

Administered by Senior Outreach Services in cooperation with Jayhawk Area Agency on Aging, Inc. Designed to be a safe place to assist and empower caregivers of seniors. Rose Hill Place Clubhouse, 3600 SW Gage Blvd. 11:00 a.m.  
TOPEKA, (785) 235-1367, EXT. 130

### SECOND TUESDAY OF EACH MONTH NATIONAL ASSOCIATION OF RAILROAD AND VETERAN RAILROAD EMPLOYEES (NARVRE)

Meets at 9:30 a.m. at Coyote Canyon Buffet.  
TOPEKA, <http://www.narvre.com>

### SECOND AND FOURTH TUESDAY OF EACH MONTH

**LOSS AND GRIEF SUPPORT GROUP**  
Brandon Woods Retirement Community in association with Heart of America Hospice invite individuals coping with the loss of a loved one to join us. Call Gillian at 841-5300 for more information. Located in The Smith Center, 1501 Inverness Drive, Lawrence. 10:30 a.m.

### SECOND AND FOURTH WEDNESDAY OF EACH MONTH

**ALZHEIMER'S EARLY STAGE PATIENT SUPPORT GROUP**  
For patients with early stage Alzheimer's.  
SEABROOK UNITED CHURCH OF CHURCH  
(785) 234-2523

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

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

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

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

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

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

### THIRD TUESDAY OF EACH MONTH GRANDPARENT/KINSHIP SUPPORT GROUP

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

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

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

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

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

### FOURTH TUESDAY OF EACH MONTH GRIEF SUPPORT GROUP

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

### FOURTH WEDNESDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

OCT 25

### SHOW & TELL

All Topeka Genealogical Society members and their guests are invited. TGS Memorial Library, 2717 SE Indiana Ave.  
TOPEKA, (785) 233-5762  
<http://www.tgstopeka.org>

OCT 27

### AARP CHAPTER 1696

AARP Chapter 1696 will meet at 11:00 a.m. at the Lawrence Country Club. Scheduled Speaker: Kim Lowry of the Visiting Nurses Association. Please call for reservations.  
LAWRENCE, (785) 865-3787

## MISCELLANEOUS

MONDAYS

### OSHER RADIO PROGRAM

Local news and talk radio station KLWN 1320 AM presents the new program "Lifelong Learning: 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. 10:05 a.m.  
<http://www.kuce.org/lifelonglearning>

OCT 7-8

### KAW VALLEY FARM TOUR

Tour local farms. Christmas tree farms, pumpkin patches, and special activities for the family. How does the tour work? Charge per car provides you with entrance to farms on both days, tour and activity guidebook with maps for two days of fun and entertainment.  
LAWRENCE, (785) 843-1409

OCT 7

### CITYWIDE GARAGE SALE

Come spend the day with us and you're sure to leave with something special. Maps with sale descriptions available for your convenience.  
TONGANOXIE, (913) 845-9244  
<http://tonganoxiechamber.org>

OCT 7

### LANESFIELD REUNION

Listen to tales, make a craft, play games, and join in with your picnic lunch. Lanesfield School State Historic Site.  
EDGERTON, (913) 893-6645

OCT 13-15

### SCCA NATIONAL CHAMPIONSHIP RUNOFFS®

Annual championship event for the nation's top amateur road racing drivers. A signature event of the Sports Car Club of America. Regarded as the Olympics of motorsports. Heartland Park.  
TOPEKA, (785) 862-7223  
<http://www.scca.com>

OCT 28-29

### OFF THE BEATEN PATH: A HEART TO HEART WITH NATURE RETREAT FOR WOMEN

Join with other women to explore Nature's offerings to enhance your personal development. Push your edges... just a little... through the fears you might find while being in the great out of doors, while being in a comfortable setting. Held at The Light Center, you will have access to 34 acres of beautiful wildlife refuge and natural beauty.  
BALDWIN, (785) 255-4583  
<http://www.lightcenter.info/>

*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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# WOLFGANG PUCK

## It's tailgate season

By Wolfgang Puck

Tribune Media Services

I love it that football season is in full swing now. For me, it's the perfect excuse to throw a tailgate party.

Why do I love tailgating so much? Maybe it comes from the simple pleasure of eating outdoors with friends in the crisp autumn air. Maybe it's the fun, crazy atmosphere that develops in a stadium parking lot — or, for that matter, in front of your television — before the big game starts.

I know one reason for sure: I love to make the food for such a casual party, and I love to eat it.

My fellow chefs and I have been known to bring a charcoal grill along with us when we go to a game. One of my favorite things to make is my own fresh Italian-style turkey-and-pork sausages, which I precook, then brown on the grill and serve with sauteed bell peppers and onion, nestled in long toasted sandwich rolls.

Turkey is a great choice for making your own sausages, because its so lean and takes so well to Italian seasonings like garlic, cayenne pepper and whole fennel seeds (toast these beforehand, to develop their flavor, by stirring them in a small dry skillet over low heat until fragrant, 1 to 2 minutes). Nevertheless, I like to combine it with some pork to keep the sausages extra-juicy, and to add some of that meat's richness. But you could certainly use all turkey if you prefer.

The great thing about the following recipe is how easy it is to man-

age and serve in a parking lot. I know that your first reaction is that the recipe actually looks a bit long and complicated. But most of the instructions are for things you can and should do in advance, as early as the afternoon before, whether you're watching the game at the stadium or on TV: make the fresh sausage mixture; shape it using plastic wrap and aluminum foil; precook the sausages by poaching them in a simple Court Bouillon; and precook the pepper-and-onion mixture.

Then, just keep everything packed airtight and chilled in the refrigerator. If you're heading out for the game, transfer all the perishables to a cooler with lots of ice just before you set out. Be sure to bring along a battered old saucepan you can use on the grill to reheat the peppers and onions.

Before the game, all you have to do is preheat the grill; reheat the peppers and onions; split and toast the rolls; brown the sausages and slice them; and quickly assemble the sandwiches. Pass them around, enjoy them with your favorite pregame beverage, and you're certain to have a memorable day — no matter how many touchdowns your team scores.

### ITALIAN SAUSAGE "GRINDERS" WITH PEPPERS AND ONIONS

Makes 6 sandwiches

#### SAUSAGES:

1 1/2 pounds boneless, skinless turkey meat, trimmed and cut into

1-inch cubes

1 1/2 pounds boneless pork butt, trimmed and cut into 1-inch cubes  
3 tablespoons sugar  
2 tablespoons salt  
1 tablespoon whole fennel seeds  
1 tablespoon chopped garlic  
1 tablespoon sweet paprika  
1/2 teaspoon cayenne pepper  
1 teaspoon freshly ground black pepper  
2 cups chicken stock or good-quality canned chicken broth

#### PEPPERS AND ONIONS:

1/4 cup extra-virgin olive oil  
1 tablespoon chopped garlic  
3 bell peppers, halved, stemmed, seeded, and cut into 1-inch strips  
2 medium white onions, trimmed and cut into 1-inch wedges  
1 tablespoon sugar  
1 tablespoon paprika  
2 bay leaves  
3 tablespoons chopped fresh basil  
Salt  
Freshly ground black pepper

#### COURT BOUILLON:

2 carrots, peeled and trimmed  
2 celery stalks  
1 leek, trimmed, halved lengthwise, and thoroughly washed  
1 sprig fresh thyme or 1 pinch dried thyme  
1 bay leaf  
1 teaspoon salt  
1/2 teaspoon freshly ground black pepper  
2 quarts water  
2 cups dry white wine

#### GRINDERS:

6 submarine sandwich-style rolls  
Extra-virgin olive oil  
Dijon mustard

First, prepare the sausages: In a mixing bowl, combine the turkey, pork and seasonings. Toss well to distribute the seasonings evenly. Cover with plastic wrap and freeze for 30 minutes.

Push the chilled mixture through a meat grinder using the large-hole plate. (Alternatively, in batches, pulse in a food processor with the stainless-steel blade until coarsely but evenly chopped.)

Transfer to an electric mixer and, using the paddle attachment at lowest speed, mix for 1 minute; increase the speed to medium, slowly pour

in the stock, and mix 2 minutes more; then switch to high and mix 30 seconds. (Alternatively, in batches, pulse in the stock in the processor.)

To form a sausage, place a 12-by-16-inch piece of plastic wrap on a work surface. About 6 inches from one narrow end, place 1 cup of the mixture. Fold the 6 inches of wrap over it, and pat into an 8-by-1 1/2-

inch cylinder. Roll up tightly and knot the ends to seal in the meat. Securely wrap again in aluminum foil. Repeat with the remaining mixture to form 6 sausages. Refrigerate.

For the peppers and onion, heat the olive oil in a medium saucepan over low heat. Add the garlic and saute until translucent, about 5 minutes. Add the peppers, onions, sugar, paprika and bay leaves. Cover and cook over low heat, stirring occasionally, for 1 hour. Stir in the basil.

When the pepper-onion mixture starts cooking, prepare the Court Bouillon: Cut the vegetables into 1/4-inch slices and put them in a large saucepan. Add the remaining ingredients. Bring to a boil and continue boiling for 20 minutes.

Reduce the heat to a simmer and add the wrapped sausages. Cook until firm, 10 minutes. With a slotted spoon or wire skimmer, remove the sausages. Leave at room temperature until cool enough to handle. Carefully remove the foil and plastic wrappers.

Preheat a grill, broiler, heavy skillet, or griddle. Slice open each roll like a book. Brush the cut sides with olive oil and toast on the heated cooking surface. If you like, spread with mustard.

Brown the sausages, turning occasionally, about 5 minutes. On a cutting board and, cut each diagonally into 1-inch pieces. Divide half of the pepper-onion mixture among the bottom halves of the rolls. Add the sausage pieces and top with the remaining peppers and onions. 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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PHOTO BY BOB ALTA, CHICAGO TRIBUNE

Wolfgang Puck's Italian Sausage "Grinders" with Peppers and Onions

<h1>Restaurant Guide</h1>	
<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 Wahoo Grill</b></p> <p>Chicken fried steak, Salisbury steak, hamburgers, baby back ribs, grilled mahi mahi with spicy mango sauce, and fried catfish. Hours: 4:30-9:00 p.m., Seven days a week 425 S.W. 30th • Topeka • 785-266-5700</p>
<p><b>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.</b></p>	

# SMART COLLECTOR

## Choice of selling marks resale value

**QUESTION:** Can you comment on my Weller piece bought from an estate in 1995? It is 8 inches high, with raised flowers. — Nina, Pryor, Okla.

**ANSWER:** Photos show a bulbous, double-handled pottery vase



Danielle Arnet

with hand-painted floral decorations in white, blues and green. Matte glaze colors are shades of blues and tan. The half-round bottom mark reads Weller Pottery. Initials S.T. are hand painted toward the base.

Pottery collectors know that Weller is closely linked to Roseville and other pottery makers who operated along the Ohio River in the late 1800s to mid-1900s. Samuel Weller started his business in 1872. Ten years later, he moved to Zanesville, where he produced an art pottery line called Lonhuda. Louwelsa and Dickens Ware were other well-known Weller lines. Many Weller artists, including Fredrick Rhead, became famous for their decoration. The company stopped production in 1948.

Rago Arts, www.ragoarts.com, in Lambertville, N.J., specializes in 20th Century merchandise, including pottery, glass, Arts & Crafts, and yes, Weller. Denise Rago-Wallace viewed the photos sent and identified it as "a very nice Weller Hudson form."

The Hudson line, characterized by painted decorations under blended matte glazes, was produced during Weller's early and late periods. It was made until 1934. According to Rago-Wallace, this piece was made in the late teens or 1920s, when Hudson was one of the firm's most popular artware lines.

The initials indicate that it was painted by Sarah Timberlake. Another Timberlake, Mae, also decorated for Weller. The bottom mark, done with a rubber stamp in dark ink and known as mark #15, places it in Weller's "Middle Period," 1915 to 1936.

Value depends on how you choose to sell. Rago-Wallace pegs it at \$350-450 if sold on eBay, \$500-700 if sold at auction, and retail in an antique shop or show, \$600-800. The first two methods involve selling costs. A show or shop involves booth rent or consignment fees.

Some time ago, Rago Auctions sold a 15-1/2-inches high Hudson vase painted with blue and yellow irises for \$1,700.

**QUESTION:** A family member has a collection of B&W publicity pho-

tos from the 1960s, all signed by the star. Some were inscribed in her presence. How do I have them evaluated in preparation to sell? — Linda, Tucson, Ariz.

**ANSWER:** The writer lists 13 signatures, including Arthur Godfrey, Johnny Carson, Jimmy Dean and Robert Clary.

You've read it here before: Most celebrity signatures were done by secretaries or autopen. There is more fakery in this area than in most collecting areas. But, as stated, many of these were done in person.

Smart collectors know that autographs are one area where authentication is a must before selling. Daniel Cohen, www.danielcohenautographs.com, buys and sells celebrity signatures. If interested in the photos, he can check them out. A look at his book, "The Official Price Guide to Movie Autographs and Memorabilia" (\$20 from House of Collectibles) is very instructive.

Bear in mind that there is a fee for authentication. Also, some autographs are more sellable than others. As example, Godfrey and Clary will be a harder sell than the photo of The Platters, signed by all members. Buyers pay for what they relate to.

**QUESTION:** I have an old curling iron that my mom would put over the fire, then use to curl our hair. My sister and I had many burns on our ears, neck, etc., but we had curls! Is

it worth anything? — Gerry, Springfield, Maine

**ANSWER:** Only to someone who enjoys pain or has "fond" memories such as yours. Cast iron cookware sells. Curling rods, no. You can always post it on eBay and see what happens.

**QUESTION:** I have postcards from the 1907 Jamestown Exposition. With the 400th anniversary approaching, do you think these would have value to a collector? — Cynthia, Williamsburg, Va.

**ANSWER:** Certainly a local collector or historical society will be interested. Postcards of all kinds are collected, and a collector of cards related to historic events may also be interested.

Start thinking if you want to sell or donate. Then you can proceed. If selling locally does not work, I suggest reaching a motivated buyer on eBay. Remember to link your cards to the 400th anniversary. Generally, postcards sell for several dollars, if that. But time-related cards sell best and go higher as the date approaches.

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

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## Collectibles Marketplace



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# Helping seniors stay active and healthy

(ARA) – What a difference a few decades make. Today's seniors are living longer, healthier lives than their parents did.

According to the Centers for Disease Control and Prevention (CDC), the average life expectancy in America is now 77.9 years—the highest it has ever been. Back in the 1940s, when today's retirees were born, it was 62.9. When their parents were born around the turn of the century it was more like 50.

So what has changed? The introduction of new drugs and vaccines, improvements in living standards and advances in health care. There were 50,000 fewer U.S. deaths in 2004, the biggest single-year drop in mortality since the 1930s, with the largest reductions due to improvements in treating heart disease, cancer and stroke.

"We're doing more than ever before to help keep seniors healthy, including cancer screenings, managing multiple medications and providing counseling on ways to stay healthy, like how to quit smoking," says Dr. J. Edward Hill of the American Medical Association.

But seniors are in danger of losing wide-spread access to physicians because of drastic Medicare cuts. The Medicare Trustees Report, released earlier this year, projects that payments to Medicare physicians will be cut about 40 percent over the next nine years. At the same time, the government projects practice cost increases of about 20 percent.

"Doctors are stuck between a rock and a hard place as they try to

do more to improve the quality of medical care for seniors while being penalized with lower Medicare payments," notes Dr. Hill.

If Medicare payments don't keep up with increasing practice costs, doctors will be forced to make difficult decisions. Nearly half of the physicians polled in a recent survey say that next year's cut will force them to either decrease or stop seeing new Medicare patients. This is frightening news for the seniors who rely on Medicare now for health care, and for the baby boomers who will begin to age into Medicare in just five years.

"Seniors want to enjoy their retirement, and they're turning to physicians for advice on how to stay healthy," says Dr. Hill. "I love my senior patients, but it will be difficult for doctors to care for the nation's growing elderly population if the government keeps cutting Medicare payments."

For optimal health, Dr. Hill of the AMA advises seniors to:

- Keep a list of all your current medications, including prescriptions, over-the-counter and herbals to bring to medical appointments.
- An ounce of prevention is worth a pound of cure: Take advantage of preventive health screenings for vision, hearing and early screenings for diabetes, heart disease and cancer.
- Exercise regularly to stay fit and reduce arthritis pain and disability.
- Create a "living will" so your health care wishes are known if you can't speak for yourself.

- Talk to your doctor about safe driving skills.
- Quit smoking.
- Get an annual flu shot.
- Tell your members of Congress to preserve seniors' access to physicians by stopping Medicare physi-

cian payment cuts.

For more information on what's being done, log on to [www.patientsactionnetwork.org](http://www.patientsactionnetwork.org) or call your member of Congress at (888) 434-6200.

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# DEAR PHARMACIST

## Tips for relieving ear pain during takeoffs

By Suzy Cohen, R.Ph.  
Tribune Media Services

**QUESTION:** I have to fly a lot for my work but sometimes I get pain in my ears and it hurts. Can you tell me what to take to relieve this? — E.B., Dallas

**ANSWER:** The pressure and pain you experience are the result of air-pressure changes in the cabin. As the plane takes off, cabin pressure goes down, causing small pockets of air,

normally trapped in your sinuses or middle ear, to expand. When this happens, it's normal to feel mild a pressure or "popping" or "crackling" sound in your head. When the plane descends, cabin pressure increases and these sensations may re-occur.

It's usually not uncomfortable, but some people experience excruciating pain — like an ice pick stuck in the ear. Toddlers in general and adults with sinus congestion, a head

cold or allergies tend to have more mucus in their passageways, so the air pressure doesn't equalize normally and they may experience pain during the flight.

Taking a decongestant like a Sudafed (pseudoephedrine) tablet or a squirt of some Afrin on flight day can head off potential symptoms. Adding a pain-reliever like ibuprofen or acetaminophen with the decongestant can help too, but be cautious and check with your pharmacist/physician when adding medications to your current regimen.

Most people need to do no more than yawn, chew gum or mints, or sip water — anything that causes them to swallow more frequently in order to relieve pressure. Another trick is to pinch your nostrils shut

and then blow hard, keeping your mouth closed to relieve some pressure in your ears. Babies can suck on a pacifier or a feeding bottle during takeoff and landing to ease their discomfort.

**DID YOU KNOW?** A new study shows that your cell phone may harbor more germs than the sole of your shoe, a door handle or the seat of your toilet! Clean your phone occasionally with an anti-bacterial wipe to be safe.

•••

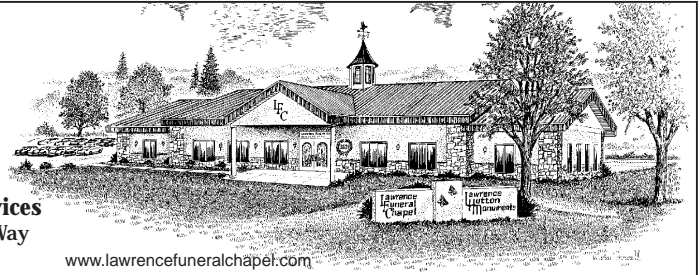
This information is not intended to treat, cure or diagnose your condition. Suzy Cohen is a registered pharmacist. To contact her, visit [www.dearpharmacist.com](http://www.dearpharmacist.com).

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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.

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# 1951



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**Q:** What do Jane Seymour, Kurt Russell, Kirstie Alley, Michael Keaton, Anjelica Huston and Mark Hamill have in common?  
**A:** All six actors were born in 1951 and turn 55 this year.

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# CROSSWORD

TMSpuzzles@aol.com

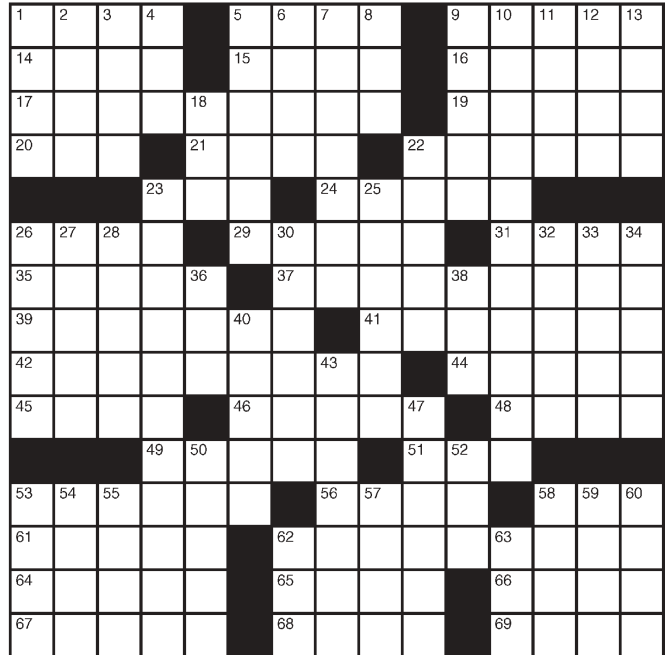
## ACROSS

- 1 Maiden
- 5 PB&J alternatives
- 9 Degrade
- 14 Muffin topper
- 15 Exclamations of wonder
- 16 Blasted cataracts
- 17 Way to board
- 19 Perjuring
- 20 Squirmy catch
- 21 Will of "The Waltons"
- 22 Ailment
- 23 Cranberry milieu
- 24 Cornhusker city
- 26 Greek portico
- 29 Selling feature
- 31 Immense
- 35 Water defenses
- 37 Parts of brains
- 39 Implant
- 41 More dreamy
- 42 Exhaust pipe, e.g.
- 44 Conform
- 45 Besides
- 46 French cash
- 48 Guessed figs.
- 49 Cut-price
- 51 Beatles hit, "And I Love \_\_\_"
- 53 Reflect
- 56 Old Thailand
- 58 Singer Janis
- 61 More aloof
- 62 Rainwater pool
- 64 Opera boxes

- 65 Lotion ingredient
- 66 Norwegian king
- 67 Plumber's aid
- 68 Hale and hardy
- 69 "Auld Lang \_\_\_"

## DOWN

- 1 Misplace
- 2 Out of the wind
- 3 Streamlined swimmer
- 4 Costa del \_\_\_
- 5 Latino grocery
- 6 Miner's quest
- 7 Bette Midler movie
- 8 Ukr. or Lith., once
- 9 God of Islam
- 10 West Indian fleshy shrub
- 11 Sikkim's continent
- 12 E-mail
- 13 Tense
- 18 Earlier
- 22 San \_\_, CA
- 23 Kellogg's Michigan home
- 25 Half-fish creatures
- 26 Inflict a heavy blow
- 27 Of musical sounds
- 28 Stop for a camel
- 30 Eyeball covering
- 32 Also known as
- 33 Caught some Zs
- 34 Jack of Hearts products
- 36 Liquid taste
- 38 Feathery scarf
- 40 Permanent prisoner
- 43 Apollo spacecraft



By Jim Page  
New York, NY

Answers on page 30

- 47 Sistine, for one
- 50 Cigar or Citation
- 52 Down Under bird
- 53 Wire measures
- 54 Laptop image
- 55 Latvian capital
- 57 Rocker Billy

- 58 In a sluggish way
- 59 Actor Thicke
- 60 Actress Campbell
- 62 Animal gullet
- 63 Hair fashions

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## MAGICWORD

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

### FROZEN TREATS (sol.: 8 letters)

*B-Baskin-Robbins, Ben and Jerry's, Breyer's, C-Carvel, Choose, Cold, Cone, Creamy, D-Dairy Queen, Dessert, E-Edy's, Enjoy, F-Flavors, Franchise, French, Freezer, Friendly's, Fruit, G-Gourmet, H-Homemade, L-Low fat, M-Melt, Milk, N-Nardini's, P-Parfait, Parlor, S-Shake, Scoop, Serve, Soda fountain, Soft, Spoon, Sorbet, Sugar, Sweet, T-Taste, Topping, Y-Yogurt*

This month's answer:

ICE CREAM

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

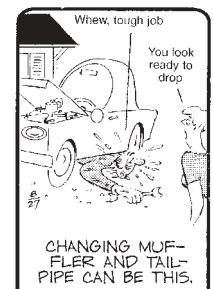
## JUMBLE

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

GYNIL  
OCTIX  
LAIHNE  
LURSEY

Answer: "OCTOPUS"

THAT SCRAMBLED WORD GAME  
by Henri Arnold and Mike Arginton



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

Answers on page 30

## Need a Rate Card?

If you would like a *Senior Monthly* rate card, please call Kevin at 785-841-9417, or e-mail rates@seniormonthly.net to receive an autoresponder message with rate information.

24 SeniorMonthly, October 2006

## TRIVIALITIES

1. Who directed the 2006 film "Invincible"?
2. In the 2005 film "Four Brothers" what actors portrayed the title characters?
3. Actor Andre Benjamin is also a member of what musical group?
4. Bryan Barber directed this 2006 film starring Terrence Howard as Trumpy. Name it.
5. Who starred as Jessica in the 2004 film "Cellular"?
6. Neil Burger directed this 2006 film starring Jessica Biel and Edward Norton. Name it.
7. Who portrayed the character of Armand in the 2005 film "The Legend of Zorro"?

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Answers on page 30



# BRIDGE

## The perils of duplicate

By Omar Sharif and Tannah Hirsch

North-South vulnerable. South deals.

**NORTH**  
 ♠ 2  
 ♥ 10 5  
 ♦ 10 8 7 5 2  
 ♣ 9 7 6 5 3

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

**SOUTH**  
 ♠ A 7 6 4  
 ♥ A K Q 3 2  
 ♦ J  
 ♣ A J 2

The bidding:

SOUTH	WEST	NORTH	EAST
1♥	Pass	Pass	1NT
Dbl	Pass	2♣	Pass
Pass	Dbl	2♦	Dbl
2♥	Pass	Pass	Dbl
Pass	Pass	Pass	

Opening lead: Three of ♦

For the next few weeks, we will be featuring hands from the Summer North American Championships, held in Chicago in July, including "Thinking Bridge" hands composed by Eddie Kantar. This deal is from the von Zedtwitz Life Masters Pairs. Sitting East was Alan Schwartz of Fairfax, Va.

A double in the balancing seat

would have located the 4-4 spade fit, but we must confess we would have taken the same action - what if partner responds to the double with two clubs? That led to East-West getting caught in a doubling syndrome, and two hearts doubled became the final contract.

West led a low diamond and East won with the ace. The danger of spade ruffs loomed, so shifting to a trump was critical. However, leading a low trump would not be good enough. Declarer would run it to the ten, come to hand with a spade to the ace and ruff a spade. A diamond ruff would give declarer four heart tricks, two ruffs and two aces - two hearts doubled and made.

Schwartz solved the problem by returning the jack of hearts! Declarer won in hand, cashed the ace of spades and ruffed a spade with the high ten of hearts. Declarer returned to hand with a diamond ruff and exited with a spade. East won the spade, cashed a spade trick and still had one more trap to avoid - allowing declarer to score his low trump. That was overcome when East exited with the queen of clubs. No matter what South did he had to surrender a trump trick for down one and a near bottom score - the magic -200!

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

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# SUDOKU

© Puzzles by Pappocom

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

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

MEDIUM

Solution on page 30



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# Help for those having trouble affording hearing aids

(ARA) – Are you all of a sudden having trouble understanding what people are saying to you? Do you often find yourself turning up the television to hear? If so, you may be one of the 31.5 million Americans who are considered hard of hearing.

Many people are aware that their hearing has deteriorated but are reluctant to seek help. Perhaps they don't want to acknowledge the problem, are embarrassed by what they see as a weakness, or believe that they can "get by" without using a hearing aid.

If your child broke an arm, you'd get a cast put on. If your mother could no longer walk, you'd get her a wheelchair. So why do millions of people—both young and old—choose to suffer in silence? Often, it's because they can't afford to get help.

The average hearing aid costs \$1800 and many people require two of them. While 95 percent of people with hearing loss can be helped with hearing aids, only 23 percent currently use them, according to a study published in *Hearing Review* in July 2005.

"Many people don't realize that hearing aids are not covered under Medicare, or under the vast majority of state mandated insurance programs," says Dr. Sergei Kochkin, executive director of the Better Hearing Institute. Private insurance plans sometimes cover them. But over 70 percent of hearing aid purchases involve no third party payment, so consumers often bear the entire burden.

If you look hard enough, it is sometimes possible to find financial aid to defray the costs, according to Kochkin. He advises people to turn to state and local departments of social services, fraternal organizations like the Kiwanis and Lions Club International, or one of the other sources listed on the Better Hearing Institute Web site. (<http://www.betterhearing.org>, go to Resources/Financial Assistance)

Many advocates for people with hearing problems are pinning hopes on legislation now working its way through both houses of Congress, the Hearing Aid Tax Credit Act (H.R. 414 and S.1060). The bill would give

a \$500 tax credit to people who buy hearing aids, if they are age 55 or older or are buying them for a dependent child. Identical versions were introduced by Representative Jim Ryun (R-KS) and Senator Norm Coleman (R-MN) in 2005.

Some say the bill is a good first step but much more needs to be done.

"We support it, but it's not nearly enough," says Brenda Battat, associate executive director of the Hearing Loss Association of America, the nation's largest membership organization for the hearing-impaired. "A lot of our members ask us, 'Why does it help only people who are 55 and

older?' They are 40-something or younger, in the workplace, and they also need help."

According to Kochkin, about 40 percent of people with hearing loss make less than \$30,000 a year. "A tax credit obviously isn't going to solve the cost problem completely but at least it will make a dent." The tax credit bill has picked up a growing number of sponsors in both houses of Congress but won't be voted on

before the summer recess.

If you or a loved one are dealing with hearing loss, but can't afford hearing aids, there are some things you can do proactively to deal with the problem.

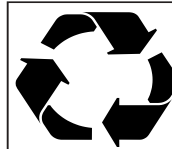
- Limit the amount of noise that enters the ear
- Maintain normal volume for music and other forms of entertainment
- Protect your hearing by wearing earplugs in noisy environments, such as when mowing the lawn or using power equipment
- Contact your local Congressman or Senator to support the pending tax credit legislation for hearing aids

For more advice on dealing with hearing loss, and to keep up with the latest on the pending legislation, log on to [www.betterhearing.org](http://www.betterhearing.org).

Courtesy of ARA Content



Rep. Jim Ryun



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# Good communication vital to auto repairs

(ARA) – When their car is in need of routine maintenance and repair, who is most likely to take it in to the shop? A poll of ASE-certified automotive technicians indicated that drivers over 60 were among the most conscientious when it comes to taking care of their vehicles. The experts at the non-profit National Institute for Automotive Service Excellence remind these consumers that good communication between shop and customer can help make the repair process go smoothly.

“Professionally run repair establishments have always recognized the importance of two-way communications in automotive repair,” notes Martin Lawson, ASE Publications Director. “It’s important that older consumers take an active role in the repair process. This doesn’t mean doing their own repair work; rather consumers should understand the repair process,” notes Lawson. Here’s advice that the experts at ASE say can make your repairs go smoothly:

Do a bit of homework before taking your vehicle in for repairs or service.

- Read the owner’s manual to learn about the vehicle’s systems and components.
- Follow the recommended service schedules.
- Keep a log of all repairs and service.

The technicians may be the experts, but don’t ignore what your vehicle is telling you. Just as you need to describe your symptoms to your physician, be prepared to discuss your vehicle’s aches and pains once you are at the repair shop. Look for:

- Unusual sounds, odors, drips, leaks, smoke, warning lights, gauge readings.
- Changes in acceleration, engine performance, gas mileage, fluid levels.
- Worn tires, belts, and hoses.
- Problems in handling, braking, steering, vibrations.
- Note when the problem occurs and whether it is constant or periodic. During braking, under acceleration, when the vehicle first starts up or after a few miles of driving?

Once you are at the repair establishment, stay involved; communicate your findings:

- Be prepared to describe any symptoms. In larger shops you’ll probably speak with service consultant rather than with the technician directly.
- Carry a written list of the symptoms that you can give to the techni-

cian or service consultant.

- Ask as many questions as you need. Do not be embarrassed to request simple definitions of technical terms.
- Ask to be called and apprised of the problem, course of action, and costs before work begins.
- Before you leave, be sure you understand all shop policies regard-

ing labor rates, guarantees and acceptable methods of payment.

- Leave a telephone number where you can be called.

The National Institute for Automotive Service Excellence (ASE) was founded in 1972 as a non-profit, independent organization dedicated to improving the quality of automotive service and repair through

the voluntary testing and certification of automotive technicians. ASE-certified technicians wear blue and white ASE shoulder insignia and carry credentials listing their exact area(s) of certification. Their employers often display the blue and white ASE sign. Visit [www.ase.com](http://www.ase.com) for more information.

Courtesy of ARA Content

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### MY PRAYER TODAY

God let me be a person who holds up the fallen, and those that are discouraged and give me the wisdom to comfort those who are in need. God has not ordained us to Judge but He has commanded us to love each other. Let us lift up each other, and leave no room for the destroyer to work in our hearts, and do not let Satan have control of the tongue that can be a tool of destruction. It does not matter what you and I think, but the will of God is the tool the Christians should be a master of. Stop and think before you state your opinion about others, we might be destroying someone and the statement may not be repairable. God help us to lift up one another in the Holy Faith and never hurt those who have fallen.

### LET US MAKE THIS OUR DAILY PRAYER:

**John 15:**

12. This is my commandment, That ye love one another, as I have loved you.
13. Greater love hath no man than this, that a man lay down his life for his friends.
14. Ye are my friends, if ye do whatsoever I command you.
15. Henceforth I call you not servants; for the servant knoweth not what his lord doeth: but I have called you friends; for all things that I have heard of my Father I have made known unto you.

Written By: Pastor Herbert Eplee If you need a friend call me at 785-865-1549 Cell 785-979-0041

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

# Hart celebrates 101st birthday

By Kevin Groenhagen

When asked on her 101<sup>st</sup> birthday if there was a secret behind her longevity, Dorothy Hart promptly pointed to the sky and declared, "Jesus is my secret!"

Several dozen well-wishers on September 9 joined Hart and her family at Mission Towers in Topeka to celebrate, reminisce, and eat cake and ice cream.

At one point during the celebration, Hart was asked to lead the group in singing "This Is The Day That The Lord Has Made." She quickly popped up from her chair, walked to the front of the room, grabbed the microphone, and sang away.

Hart is no stranger to performing before a crowd. More than 70 years ago, Hart was a member of the Harmony Maids, a quartet that performed spirituals and sacred songs in Salina. At one point, the Harmony Maids even performed on R. Nathaniel Dett's weekly radio program. Hart continues to sing with the choir at Asbury-Mount Olive United Methodist Church in Topeka.

Hart's first husband, Edward Thompson, died in 1936 at the age of 32. She married Alvin E. Hart three years later. The Harts owned and operated Al Hart's BBQ, which was located on old Highway 40 in Salina. The restaurant closed after I-70 opened and diverted traffic from Highway 40. Alvin died several years later in 1969.

While in Salina, Hart also worked as a seamstress at St. John's Military School. She continues to sew and does some alterations.

Hart moved to Topeka in 1999 to be closer to her family, all of whom continue to be amazed by her good health.

"She has outlived all of her doctors in Salina," said Jennifer Gordon's, Hart's granddaughter.

According to Gordon and Hart's daughter, Peggy Harrison, Hart takes Tylenol for her arthritis and a pill once a week for osteoporosis. Other than that, she takes no medications. She has avoided high blood pressure, diabetes, cardiovascular diseases, and other health problems the plague others decades younger than she. Hart continues to do her own



Dorothy Hart (center) with her grandson, Rick Rodgers, daughter, Peggy Harrison (seated, right), and granddaughter, Jennifer Gordon (standing)

cooking and banking, goes shopping with her family, and even mowed her own lawn and shoveled her own sidewalk well into her 90s. She exercises three days a week with other Mission Towers residents, plays bingo, and, of course, participates in Bible studies.

"She's an inspiration to all of us," Gordon said.

While Hart came from a family with 13 children, Harrison is her only child. She has three grandchildren, eight great-grandchildren, and five great-great-grandchildren.

## NOSTALGIA NOTEBOOK

### OCTOBER 1946

#### Births

- OCT. 16:** Suzanne Somers, actress, *Three's Company*, *American Graffiti*
- OCT. 26:** Pat Sajak, game show host, *Wheel of Fortune*
- OCT. 30:** Andrea Mitchell, journalist, NBC News
- OCT. 31:** Stephen Rea, Northern Irish actor, *The Crying Game*

#### Events

- OCT. 2:** Communists take over in Bulgaria.
- OCT. 13:** France adopts the constitution of the Fourth Republic.
- OCT. 15:** Nuremberg Trials: Founder of the Gestapo and recently convicted Nazi war criminal, Hermann Göring, poisons himself hours before his scheduled execution.
- OCT. 23:** United Nations' first meeting in Long Island.



### OCTOBER 1956

#### Births

- OCT. 17:** Mae Jemison, astronaut
- OCT. 18:** Martina Navratilova, Czech-born tennis player
- OCT. 23:** Dwight Yoakam, country singer/musician and actor
- OCT. 28:** Mahmoud Ahmadinejad, Iranian president

#### Events

- OCT. 8:** Don Larsen of the New York Yankees throws the first, and only perfect game in World Series history in Game 5 of the 1956 World Series against the Brooklyn Dodgers.
- OCT. 15:** Fidel Castro and Che Guevara depart from Tuxpan, Mexico enroute to Santiago de Cuba aboard the yacht Granma with 82 men.
- OCT. 26:** Red Army troops invade Hungary.
- OCT. 29:** Suez Crisis begins: Israel invades the Sinai Peninsula and push Egyptian forces back toward the Suez Canal.

### VINTAGE AD

Ad source: www.clipart.com

# OPINION

## The moderate Moore myth

By Kevin Groenhagen

In an article written after the August 1 primary election, *Lawrence Journal-World* reporter Scott Rothschild wrote that incumbent 3rd District Congressman Dennis Moore "is viewed as a moderate to conservative Democrat."

Viewed "as a moderate to conservative Democrat" by whom? Certainly not Americans for Democratic Action (ADA), "America's oldest independent liberal lobbying organization."

Each year ADA ranks members of Congress and assigns each member a Liberal Quotient (LQ). ADA considers scores from 40-60 as "moderate" ratings. ADA has never assigned Moore an LQ within that range.

Moore has been in the House since 1999. During that year, ADA declared Moore a "House Hero" after the organization assigned him a perfect LQ of 100. Meanwhile, the overall average LQ for Democratic

House members in four of the seven years ADA has rated his votes.

Moore's average LQ for the seven years ADA has rated his votes is 85. The overall average for all Democratic House members during those seven years is 85.7. In other words, Moore is just as liberal as the average Demo-

cratic House member. His lifetime LQ is just five points below Sen. Ted Kennedy's lifetime LQ of 90 (as of 2002).

How does Moore's LQ compare to other Democrats who have represented Kansas in the U.S. House of Representatives? Jim Slattery represent the Kansas 2nd from 1983 to 1995. His lifetime LQ was 56, which was within ADA's "moderate" range. Dan Glickman represented the Kansas 4th from 1977 to 1995. His lifetime LQ was 64, just four points above ADA's "moderate" range.

### Dennis Moore's Liberal Quotient (LQ)\*



	Dennis Moore's LQ	Overall Average LQ for House Democrats
1999	100%	88.0%
2000	65%	77.0%
2001	85%	84.6%
2002	85%	85.5%
2003	90%	89.2%
2004	90%	85.0%
2005	80%	90.7%
Cumulative Averages	<b>85%</b>	<b>85.7%</b>

\*ADA releases an annual voting record based on 20 issues it considers to be the most important each year. Each Member of Congress receives 5 points for each vote on which he/she voted with us, and does not receive 5 points if he/she voted against us or was absent for the vote. The total possible score is 100%, a perfect Liberal Quotient.

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LOCATIONS . LOCATIONS . LOCATIONS .

# Lawrence Memorial Hospital now tobacco-free

Effective September 1, Lawrence Memorial Hospital campuses are tobacco-free. This includes all grounds and vehicles parked on LMH grounds.

LMH joins hospitals across Kansas and Missouri in demonstrating a commitment to improving health by restricting the use of tobacco products on their campuses

and facilities.

The new policy applies to employees, patients, physicians, volunteers and visitors at the LMH main campus, LMH South, and LMH-affiliated physician practice locations.

LMH Hospitalist Charles Yockey, M.D., who specializes in pulmonary care, has taught "The Nitty Gritty of Smoking Cessation" for years.

He and the hospital's pharmacy department have been offering stop smoking education and tobacco replacement aids for LMH staff who have decided to quit since the announcement in April.

"I have worked with many patients who have quit over the years. I want to emphasize: quitting is worth it," Dr. Yockey said. "Smokers will

be surprised at the many benefits to quitting, including easier breathing, more energy, an increased ability to taste your food, and more."

LMH offers a free community education program, "Fresh Start," to help smokers quit the habit. The next program will be held on November 4. For more information, call (785) 749-5800.

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## 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)



### SUDOKU SOLUTION

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

### CROSSWORD SOLUTION

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

### TRIVIALITIES ANSWERS

1. Ericson Core 2. Mark Wahlberg, Tyrese Gibson, Andre Benjamin and Garrett Hedlund 3. OutKast 4. "Idlewild 5. Kim Basinger 6. "The Illusionist" 7. Rufus Sewell

### JUMBLE ANSWERS

Jumbles: LYING TOXIC INHALE SURELY

Answer: Changing muffler and tailpipe can be this - "EXHAUSTING"

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## SRA Senior Resource ALLIANCE of Northeast Kansas

- ACCOUNTING SERVICES - Accounting Center
- ALL FUNERAL SERVICES, ADVANCED FUNERAL & CEMETERY & MARKER PLANNING - Penwell-Gabel Midtown
- CAREGIVER RESOURCES AND HOME CARE - Comfort Keepers
- COMMUNITY RESOURCES & ASSISTANCE - Jayhawk Area Agency on Aging, Inc.
- COMPLETE HEARING AID SERVICES - Ediger Hearing
- DISCOUNT PRESCRIPTION MEDICATIONS - Canada Drug
- ELDER LIVING OPTIONS - Atria Hearthstone
- ESTATE PLANNING/PROBATE - Attorney at Law
- ESTATE SALES - The Problem Solver
- FINANCIAL PLANNING, FINANCIAL SERVICES, INSURANCE, LONG TERM CARE INSURANCE - Lord-Roberts & Associates
- HEATING & COOLING - Anchor-Robinson Aire Serv
- HOME MAINTENANCE/REPAIR SERVICES - The Carpentry Specialists
- HOSPICE CARE - Midland Hospice
- MEDIA REPRESENTATIVE - KTPK Country Legends & Kaw Valley Senior Monthly
- ONSITE AUTO SERVICE - JEM Mobile Oil Changing
- REAL ESTATE SERVICES - Remax Associates
- REVERSE MORTGAGE - Financial Freedom
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# Reconnecting with old friends brings opportunities

(ARA) - The holidays bring people together, whether it's extended families or groups of old high school friends. These impromptu reunions can be a time of second chances, wonderful new memories and renewed friendships.

Thanks to the Internet, it can be easy to find friends from your school days according to Classmates.com, a top Web site for reconnecting and planning reunions. Informal get-togethers with old classmates can be life changing. Friendships can be refreshed and romances can sometimes be rekindled.

While not everyone will reconnect with their former best friend or the love of their life over the holidays, according to a poll from Classmates.com, a large percentage of people said they would like to be contacted by an old flame.

## A Few Ideas for Reconnecting

- Check out online communities, such as Classmates.com, where you can look up friends among its 40 million members. You can also join a message board and post your own information to start enjoying new connections and conversations. Basic memberships are free and invaluable for finding out who's doing what and where.

- Spend some time with your old yearbooks to reacquaint yourself with those old friends you'll be seeing again.

- Send an e-mail to people you care the most about so you can make plans to enjoy quality time together while you are home during the holidays catching up over drinks or a meal. Sometimes smaller groups are better.

- If you missed seeing someone, see if you can track them down via an online service such as Classmates.com which offers a search function as well as a way

for members to forward information they might have about someone. E-mail those you connected with to stay in touch throughout the year.

- Create and share a photo album or Web site with easy-to-use online services such as PhotoSite.com and MySite.com. This is a fun way to show those no-shows what a fabulous time was had and encourage others to attend next time.

For more ideas on how to find old friends and make the most of re-

unions, visit [www.classmates.com](http://www.classmates.com).  
Courtesy of ARA Content

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