

# Kaw Valley Senior Monthly

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October 2007

Serving Active Seniors in the Lawrence-Topeka Area since 2001

Vol. 7, No. 4

## INSIDE



Ella Schuler of Topeka recently received a gift of 110 roses for her birthday. Remarkably, each rose represents a year that has passed since she was born in 1897. - page 6



It's brunch season! Try Wolfgang Puck's Southwestern Strata with Sausage. - page 29

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**FREE**



KEVIN GROENHAGEN PHOTO

Shirley Berkley of Carbondale suffered multiple strokes earlier this year. Last month Kansas Rehabilitation Hospital named her Patient of the Year (stroke category).

# Berkley overcomes multiple strokes

By Kevin Groenhagen

If someone over 50 were to ask Shirley Berkley to share medical advice with her, she would certainly tell her to have a full checkup every year.

"For a long time, I have had cardiomyopathy," Shirley said.

According to the American Heart Association, cardiomyopathy is "a serious disease in which the heart muscle becomes inflamed and doesn't work as well as it should." In the most common form, dilated cardio-

myopathy, which Shirley had, blood flows more slowly through an enlarged heart, so blood clots easily form.

During her yearly checkup last year, Shirley's doctor determined that her condition had gotten much worse.

"He said, 'I think you need to see a heart doctor,'" Shirley said.

"That doctor did mother a big favor," added Vernon, Shirley's husband.

"So I saw Dr. Beard at the Cotton-O'Neil Heart Center in Topeka,"

Shirley continued. "He ran all these tests that I thought weren't necessary. I had them three years earlier, but I guess things can change in three years. After the tests, Dr. Beard was still concerned, so they did a catheterization. I had clogged valves and had to have five bypasses. Dr. Lutes did that."

Shirley had her surgery on January 23 and stayed at Stormont-Vail for seven days. Unfortunately, Shirley's recovery was complicated when she had multiple strokes affecting

■ CONTINUED ON PAGE TWO

## Shirley Berkley

■ CONTINUED FROM PAGE ONE

her left side and significantly affecting her brain's ability to process even simple thoughts. Unable to go home, she was moved to Kansas Rehabilitation Hospital in Topeka.

"I was out for weeks and weeks after the surgery," Shirley said. "I don't remember much of that, so that's why I can't tell you much about those weeks. People said they visited me and I talked to them, but I don't remember it."

"Like the old folks say, she was badder than a bedbug," Vernon added. "She was out of it for about 45 days. She doesn't even remember falling out of bed."

"But I remember that cage," Shirley said, speaking of the enclosed bed system the hospital installed to keep her from falling. "I hated that thing."

According to Vernon, when Shirley finally became fully alert, it was all at once.

And no one was as happy as Vernon. "Honestly, I had just about given up," Vernon said. "They said she would have to go to a nursing home."

Fortunately, that did not happen. With the help of the therapists at Kansas Rehabilitation Hospital and her family, Shirley went from being flat on her back to sitting in a wheelchair. She then went from using a walker to walking with a cane. Finally, she needed no assistance to get around.

Shirley and her therapists worked on physical and speech therapy two to three times a day.

"I got discouraged once in awhile because I couldn't walk well," Shirley said. "We have three children and they all were good about giving me encouragement. Today, my left leg still gives me a little trouble, but my left arm seems all right."

"Our three children live nearby in Lawrence, Scranton, and Maple Hill," Vernon said. "There was someone there with her every day and every night."

Since Shirley's surgery, all three of the Berkleys' children have had checkups.

"One has had a catheterization,"

Vernon said.

"He had had problems," Shirley added. "He knew something was wrong because he was running out of breath at work."

Finally, after 52 days in hospitals, Shirley returned to her home in Carbondale.

"Those therapists know what they're doing," Vernon said. "Mother got home two days before our anniversary. It was the best anniversary we ever had."

Shirley continued exercising three days a week at the Heart Center in Topeka for another 12 weeks. However, no longer wanting to make the trip to Topeka, she later started using the strength training and aerobic exercise machines at Carbondale's Osage County Chiropractic & Wellness Center.

The Berkleys married in 1951 while Vernon was in the Air Force. After the couple left Hawaii in 1953 and Vernon was discharged from the service, they lived in Tescott, Kan. In 1961,

they moved to Carbondale, where Vernon ran the grain elevator and farmed. Shirley took care of the kids as a homemaker and helped at the elevator during harvest time. She also worked in the Santa Fe Trail High School lunchroom for 10 years.

In conjunction with National Rehab Week (September 16-22), Kansas Rehabilitative Hospital last month named 12 patients as "patients of the year." The hospital selected one patient for each of 12 different categories. They selected Shirley for the "stroke" category. All 12 patients received certificates on September 17 at a ceremony held at the Topeka & Shawnee County Public Library. In addition, the patients will be featured in a 2008 calendar published by Kansas Rehabilitation Hospital.

## KRH's Patients of the Year for 2007

**Shirley Berkley** - Stroke  
**Donald Blanc** - Amputee  
**Frank Ediger** - Spinal Cord Injury  
**James Dodge** - Multiple Trauma  
**Carol Moreland** - Multiple Sclerosis  
**Jonel Bingham** - Fibromyalgia  
**Tom Shehi** - Workers Compensation  
**Paul Huss** - Parkinson's Disorder  
**Erma Fowler** - Neurological Disorder  
**Charles Fisher** - Brain Injury  
**Edith Gronquist** - Hip Fracture  
**Charles Schram** - Stroke (Outpatient)

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 Kevin L. Groenhagen

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# Baldwin Healthcare and Rehabilitation Center opens

By Billie David

**B**aldwin City residents no longer have to look to facilities outside of town for all of their therapy needs now that the Baldwin Healthcare and Rehabilitation Center has opened its new wellness wing.

"Lawrence is the place everybody in Baldwin City goes for therapy," said center administrator Kevin Bellinger. "Now they can come here."

The wellness unit is intended for short-term stays where people who have been discharged from hospitals can receive physical, occupational and speech therapy and then go home, he added.

The center includes a large rehabilitation gym furnished with therapy equipment, and there are physical, occupational and speech therapists on staff seven days a week. There's also a medical director on staff who follows patients who don't have an attending physician. The center can provide IV infusion and wound and pain management as well.

"Our main goal is to allow people to go home," Bellinger said. "A lot of them will need nursing care, and that is covered by Medicare."

The center provides 13 private rooms, 12 of which share bathrooms, and one with its own bath. Cable and phone services are provided, and each room has a brand-new flat-screen television, a bedside table and dresser, and large, built-in cabinets.

Three meals a day are also provided, and patients have the option of eating in their own rooms or joining others in the dining room.

The wellness center is self-contained, with its entrance located just inside the front door of the Baldwin Healthcare and Rehabilitation Center, which is located at 1223 Orchard Lane.

The wellness center became a possibility when the business was purchased three years ago by Skilled Healthcare, which owns other healthcare and rehabilitation centers with their own wellness or express recovery units in Richmond, Louisburg, Highland, Rossville, Wathena and Shawnee Gardens.

For more information, call director of nursing Lori Roberts or social worker Cheryl Schoenberger at (785) 594-6492 and schedule a tour.

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# Schuler celebrates her 110th birthday

(Editor's note: This article includes information that appeared in Aldersgate Village's newsletter.)

By Kevin Groenhagen

**A**melia Earhart was born in Atchison, Kan., during 1897. She disappeared somewhere in the Pacific 70 years ago. The world has changed much since then. Ella Schuler, born just a few months after Earhart, has witnessed many of those changes, and can still tell you about them.

On Sunday, September 2, about 50 family members and friends joined Ella at Topeka's Aldersgate Village to celebrate her 110<sup>th</sup> birthday. Topeka Mayor Bill Bunten even stopped by to wish Ella well.

Aldersgate Village presented Ella with a bouquet of 110 roses, one rose for each year that has passed since Ella was born.

"University Floral said they have done bouquets with 100 roses before," said Carleita Domann, director of sales and marketing for Aldersgate Village. "However, they said this is the first time they have ever done 110 roses."

Before opening gifts and watching

a slide presentation, Ella answered a few questions.

Of course, the first question Ella received was "What's your secret?"

"That's all God's will," Ella answered. "I eat just like you do. I drink a glassful of milk three times a day."

Ella, who owned and operated a meat market in Topeka with her late husband, John, said she also ate a lot of steak.

When Ella was asked what has been the biggest change during her 110 years, she quickly responded, "The rapidity. Everyone's in a hurry today. People used to go much more slowly. In fact, in Europe they still go much more slowly than here."

Born Ella Winkelmann in Fontenelle, Neb., Ella is the fourth child of German immigrants. She started working on the family farm as a young girl, including milking cows and driving horse-drawn farm equipment.

"If you don't want to work hard, don't go to a farm," Ella said. "If you want to succeed, you have to work."

Nearly hundred years later, Ella continues to have the same work ethic.

"If I don't have any work, I'm un-



KEVIN GROENHAGEN PHOTO

**Ella Schuler with several of her great-grandchildren.** Family members and friends joined Schuler on September 2 to celebrate her 110<sup>th</sup> birthday.

happy," she said. "I like to work. I work whenever there's work to do."

Ella married John Cecil Schuler in 1923. John dreamed of becoming a railroader, so he hired on with the Union Pacific Railroad. During the next decade, the couple would endure several railroad transfers and welcome three sons to the family.

In 1934, the Schulers left the railroad life and opened Schuler's

Grocery Store at 10<sup>th</sup> and Jewel in Topeka. The store offers canned goods, farmers' market fruit, and even gasoline at the station the Schulers purchased on an adjoining lot.

After the boys graduated from Topeka High School, Ella and John joined the Prime Time Campers and used the grocery delivery truck as a camper on some weekends.

■ CONTINUED ON PAGE SEVEN

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# Ella Schuler

■ CONTINUED FROM PAGE SIX

While in her 50s, Ella decided to finish her high school education. Undaunted by being the only adult in classrooms full on teens, she soon earned her diploma. She then went on to complete a two-year course at what was then called Washburn College.

Ella and John retired in 1978 and closed the Schuler Grocery Store. The building was sold, resold, and eventually donated to the Old Prairie Town at Ward-Meade Historic Site. The building has been refurbished and outfitted as the Mulvane General Store, a neighborhood grocery store and drugstore, complete

with a soda fountain and wrought-iron chairs and tables. The store also serves as the historic site's museum gift shop and visitor's center.

After John, her husband of nearly 60 years, died in 1983, Ella traveled throughout the United States and Europe and gave slide presentations on her experiences to church and women's groups.

At the age of 95, Ella finally moved into an assisted-living apartment after being injured from a fall on an icy sidewalk.

When asked by her granddaughter if she wanted to have another big celebration for her 115<sup>th</sup> birthday, Ella responded, "Well, it's up to you. I don't want you spending that much money."

## Schuler belongs to an exclusive club

Reaching her 110<sup>th</sup> birthday places Ella on an exclusive list of what experts have come to call "supercentenarians," individuals 110 years of age or older. As of September 18, the number of living supercentenarians in the world totaled 85, 76 of whom are females and nine are males.

Thirty-one of the supercentenarians, including the world's oldest person, 114-year-old Edna

Parker of Shelbyville, Ind., live in the United States.

Twenty-four of the supercentenarians live in Japan, including the oldest man alive, Tomoji Tanabe, who turned 112 on September 18.

Another dozen supercentenarians live in France and Italy, meaning that nearly 80 percent of all supercentenarians can be found in just four countries.



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# Brochure raises suicide awareness for elderly

Kansas ranks 16th among the 50 states for suicide rates, and many of those deaths occur in the over-65 population. A new brochure, produced cooperatively by three state agencies, aims to raise awareness to prevent suicide among seniors.

The brochure, Suicide Awareness for Older Kansans, was developed by the Governor's Mental Health Services Planning Council and the Sedgwick County Aging and Wellness Coalition. Support was provided by the Kansas Department on

Aging (KDOA), the Kansas Department of Social and Rehabilitation Services (SRS), and the Kansas Department of Health and Environment (KDHE).

For good mental health, the brochure advises people to:

- Use your mind and stay mentally active.
- Set goals for yourself and work toward goals.
- Be physically active every day.
- Eat and drink nutritious foods and beverages.

- Get adequate sleep.
- Develop and maintain good relationships.
- Learn to recognize the signs and symptoms of depression
- Get regular physical checkups.

The brochure is available on the KDHE Web site at: [http://www.kdheks.gov/idp/download/Suicide\\_and\\_Older\\_Adult\\_Brochure.pdf](http://www.kdheks.gov/idp/download/Suicide_and_Older_Adult_Brochure.pdf). It will also be available through the 11 Kansas Area Agencies on Aging or any local health department.



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## PET WORLD

# Cats not part of natural outdoor ecosystem

**QUESTION:** I love watching the birds from my dining room window and have put in several bird feeders. Recently, a very thin tabby showed up, and I foolishly fed him. He gained a few pounds. Unfortunately,



Steve Dale

he also caught a bird. I managed to get outside and miraculously made the cat drop the bird, but I've seen him catch two others. I have emphysema and can't always get outside fast. I don't want to harm this beautiful cat. I also don't want my beloved birds lured into a trap. What should I do? — L.T., Miami, FL

**ANSWER:** Your example illustrates why cats belong indoors in the first place. Apparently, before you added nourishment, this stray cat wasn't doing so well, as is often the case. Cats are not a part of the natural outdoor ecosystem. While they can help control vermin in barns, otherwise they don't belong outside. They can get hit by cars and catch infectious diseases from other cats. They can be chased and attacked by an assortment of critters from coyotes to other cats, and they impact the animals that do belong in the ecosystem, including songbirds.

If at all possible (if this cat is calm and friendly enough), consider confining the pet indoors. Of course,

before you do this, trap the cat and have it spayed or neutered and vaccinated. There are all sorts of ways to make life interesting indoors for previously outdoor-only cats by enriching their environment. Offer a view of the birds (from the safe side of the glass), rotate toys, offer an interactive toy a couple of times daily, and feed your cat by placing food in treat balls (which the cat must roll to get the food out) around the house to activate the cat's hunting instinct.

If you're unable to care for this cat yourself, perhaps you could contact a no-kill shelter (assuming the cat has the temperament to be considered adoptable).

If you're not able to take in this cat, stop feeding it for a week or two. Simultaneously, stop feeding the birds. Maybe the kitty will stop showing up. Then, you can again offer food to the birds. You might want to check out [www.catfencein.com](http://www.catfencein.com) for

fencing that makes it impossible for a cat to climb a bird feeder.

**QUESTION:** Max, our 7-year-old Coonhound mix, won't do his business in the back yard. Max will 'go' during walks but he's so stubborn he'll hold it all day if he doesn't get a walk. This all began after we got our puppy, Jasmine, who wants to run and bite at Max constantly. Jasmine is now a year old and still loves to play.

At one point, there were crystals in Max's urine, but after a change in diet, the vet says he's OK. People suggest a bee in the yard might have stung Max. What should I do? — K.K., St. Petersburg, FL

**ANSWER:** "It's hard to concentrate on going to the bathroom if you're going to be torpedoed," says Atlanta, GA-based dog behavior consultant Chris Redenbach. "I really wonder about the relationship between the two dogs. Certainly, give Max a place to get away from rambunctious Jasmine, a room where out of control puppies aren't allowed."

Redenbach suggests taking Max outside on a leash without Jasmine. If possible, enter your yard by an alternative route, such as through an alley. If possible, put Max in the car and actually drive to the other entrance so Max doesn't do his busi-

ness as you walk toward the yard.

Without knowing it, you may be encouraging Max's stubborn behavior. Redenbach says, "When you face a dog and pull on the leash, it's only natural for the dog to put on the breaks."

It's certainly possible Max did have bad back-yard experience. Perhaps while urinating, back when he had those crystals, he was in pain. A bee sting is another possibility. By entering the yard by an alternative route, Max will learn, over time, that the yard isn't so awful, after all.

However, Redenbach believes Max is being overwhelmed by Jasmine. Giving Max some peace and quiet, and the right to do his business without the other dog invading his privacy, might be enough to make a difference. You may also need hands-on help from a dog behavior consultant to teach Jasmine some manners and help Max to deal with her. To find an International Association of Animal Behavior Consultant, go to [www.iaabc.org](http://www.iaabc.org).

(Write to Steve at Tribune Media Services, 2225 Kenmore Ave., Suite 114, Buffalo, NY, 14207. Send e-mail to [PETWORLD\(at\)AOL.com](mailto:PETWORLD(at)AOL.com). Include your name, city and state.)

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## CALLING IT AS THEY SEE IT



As a sports announcer for baseball, football and basketball, Bob Davis has made a career out of describing what he sees. So when his father, Les Davis, moved to Pioneer Ridge Assisted Living, Bob was pleased to observe the great teamwork provided to his father.

*"The staff at Pioneer Ridge is great, the services are second to none, and the complex is close so I can easily visit my Dad."*

Les, a former sports reporter, loves the staff and other residents at Pioneer Ridge. He enjoys having his own apartment with his own furniture, playing cards, and going on weekly trips out on the town.

Les says, "If it's time to move to an assisted living residence, the best option is Pioneer Ridge. What more could you ask for: good people, warm meals, and a soft bed at night." Les and Bob, a great team for calling it as they see it!



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# Breast cancer symptoms and prevention tips

(ARA) - Breast cancer is the second leading cause of cancer death in American women. The good news is that women whose breast cancer is found early often go on to live long, healthy lives. Over 2 million breast cancer survivors are alive in America today.

The exact cause of breast cancer is not known. Factors that can increase a woman's risk include heredity, early puberty, late childbearing, obesity and lifestyle factors such as heavy alcohol consumption and smoking. But the biggest risk factor for breast cancer is age -- just growing older. Most breast cancers occur in women over the age of 50, and women over 60 are at the highest risk.

Breast cancer symptoms vary widely—from lumps to swelling to skin changes—and many breast cancers have no obvious symptoms at all. breastcancer.org, whose mission is to provide information and community to those touched by this disease, recommends that monthly

breast self-exams be part of your regular health care routine, and you should visit your doctor if you experience breast changes. If you're over 40 or at a high risk for the disease, you should also have an annual mammogram and physical exam by a doctor.

1-800-FLOWERS.COM is supporting the fight against breast cancer by donating a portion of the proceeds

from sales of its Pink Ribbon Bouquet. Visit [www.1800flowers.com](http://www.1800flowers.com) to

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# Lawrence Faith Foursquare Church

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Pastor Herbert Eplee [www.faithfoursquare.com](http://www.faithfoursquare.com)  
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**Sunday Services start at 10:15 a.m.**

**Lawrence Faith Foursquare Church**  
Bishop Seabury Academy, 4120 Clinton Parkway

Pastor Eplee is  
also available to serve as  
a Wedding Minister or  
Funeral Officiant.

## New church seeks leaders and teachers

"I'm going to try to build the church as large as I can for the Lord. I've said many times that I want a choir that goes clear around the church. We need people in our church who are willing to come in to be teachers. I believe in discipleship in the church."

- Pastor Herbert Eplee

"Churches provide an important incubator for civic skills, civic norms, community interests, and civic recruitment. Religiously active men and women learn to give speeches, run meetings, manage disagreements, and bear administrative responsibility."

-Robert D. Putnam, *Bowling Alone*

**If you're currently searching for a church to attend, this is an ideal opportunity to join a new church and develop the skills to become a teacher and leader.**

**For more information about the Foursquare Church, call Pastor Eplee at 785-865-1549 or 785-979-0041, or visit [www.foursquare.org](http://www.foursquare.org).**

### Words of Wisdom

Human beings are the only creatures who are able to behave irrationally in the name of reason.

How hard it is to make your thoughts look anything but imbecile fools when you paint them with ink on paper.

It is generally agreed that some people are wise and some otherwise.

Name the greatest of all the inventors. Accident.

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## INFA plans legislative forum

The INFA Legislative Forum will be held Wednesday, November 7, at the Lawrence Public Library, 707 Vermont. Seniors, this is your chance to hear what the Douglas County legislators for the Kansas Legislature have to say on issues of importance to you. Your involvement is important, so don't miss your opportunity to be heard.

All state legislators for Douglas County have been invited to participate and address specific topics affecting seniors. A question and answer session will follow. Dr. Rosemary Kennedy Chapin, Ph.D., KU

Professor and Director of the Office of Aging and Long Term Care, will be the moderator.

Registration will begin at 1:30 p.m. and the forum will be held from 2:00 to 4:00 p.m. Pre-registration is recommended due to limited seating. Contact Sandra Kelly-Allen at (785) 843-3060.

INFA is an aging partnership made up of directors from local agencies that provide services to seniors. The purpose is to work together to better meet the needs of seniors in our community.



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**KRH Neuro Symposium**  
Saturday  
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12:30-4:00

This a free program open to the public, patients, caregivers, and healthcare professionals  
Please RSVP  
CEU's available

#### Schedule of Events: -

12:30 - 1:30 pm Focus on Multiple Sclerosis - Dr. John Clark, MD  
Focus on Spinal Cord Injury - Dr. Susanna Wilson, MD  
Focus on Stroke - Dr. John Terry, MD

1:30-3:00 pm: Resource Fair, Technology Demonstrations, & Screenings

3:00-4:00 pm Focus on Brain Injury - Dr. Nicole Goldberg, MD  
Focus on Parkinson's - Dr. Jules Nazzari, MD

RSVP required, please call Leslie at 785-232-8524

A few less gray hairs.



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# RETIRE SMART

## Required minimum distributions can be confusing

Readers continue to have tons of questions about required minimum distributions — the money we must withdraw from tax-deferred retirement accounts after we turn 70 and a half. (If we don't take the money out, the Internal Revenue Service can slap us with a penalty of 50 percent of the amount we failed to withdraw.)



Humberto  
and  
Georgina  
Cruz

We addressed your most common questions on RMDs last month. But we also precipitated a slew of others.

To recap the previous main points:

— We must begin taking money out of traditional IRAs no later than April 1 of the year following the year we turn age 70 and a half. (We failed to specify that traditional IRAs in this context include SEP-IRAs and SIMPLE IRAs.) Subsequent withdrawals must be made no later than Dec. 31 each year.

— We must withdraw a minimum amount each time, based on the value of our traditional IRA as of the previous Dec. 31 and our life expectancy as measured by IRS tables.

— If we have more than one traditional IRA account, we use their combined value to calculate our required withdrawal. We can choose to take the money out of any one or combination of accounts we want.

A point we didn't cover, and you keep asking about, is what to do with some types of IRAs and tax-deferred employer-sponsored retirement plans. Here are some of the basic rules. (Our main source for this information is Ed Slott, a certified public accountant in Rockville Centre, N.Y. and nationally recognized expert on RMD issues.) See Web site [www.ira-help.com](http://www.ira-help.com).

— Distributions from SEP-IRAs and SIMPLE IRAs follow the rules that apply to traditional IRAs. In adding up the total value of your traditional IRAs to figure out your required distribution, you would include these SEP-IRAs and SIMPLE

IRAs if you have them.

But you would not include Roth IRAs or inherited IRAs. No distributions are required from your Roth IRAs as long as you live, and inherited IRAs have their own rules we won't get into here.

— Employer-sponsored 401(k) plans are subject to required minimum distributions, too. But compared to IRAs, the rules are different.

For example, unless you own more than 5 percent of the company that sponsors your 401(k) plan, you may delay taking money out after age 70 and a half if you're still working for that company.

Withdrawals must then begin no later than April 1 of the year after the year you stop working for the company. (If you're still working somewhere, but not for the company that sponsors your 401(k) plan, no delay for that plan is permitted and you must begin withdrawals after age 70 and a half.)

The minimum withdrawal from a 401(k) plan is calculated separately from any IRA withdrawal and must be taken from the 401(k) plan, not any IRA. Unlike the rules for IRAs, if you have more than one 401(k) plan, you must calculate and take a minimum withdrawal from each separately.

— So-called 403(b) plans, which are tax-deferred retirement plans for teachers, nurses, ministers and other employees of certain not-for-profit organizations, are also subject to required minimum distributions. Under an "old money" exception, no distributions are required until age 75 for any money that was in your 403(b) account as of Dec. 31, 1986. As with 401(k) plans, the rest must be withdrawn starting no later than April 1 of the year after you become 70 and a half or retire from the job offering the plan.

But unlike 401(k) plans, if you have more than one 403(b) plan, you can combine their values to figure your minimum required 403(b) distribution and may withdraw the money from whichever account or accounts you want. But you cannot satisfy your required distribution from your 403(b) plan by withdrawing from your IRA, or vice versa.

(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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## October is National Physical Therapy Month



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## PERSONAL FINANCE

### Retirees need regular—and the potential for rising—income

In all likelihood, the prices of goods and services will continue rising year by year. This may not be too much of a problem for you when you're working, because your salary is probably also going up over time.



Harley Catlin and Ryan Catlin

But when you retire, you may find that inflation becomes a bigger concern—and that's why you need to take steps to help provide some investment sources that have the potential for rising income during your retirement years.

Of course, as a retiree, you may feel that you need to invest more conservatively than you did when you were working. After all, you may think, you're no longer drawing a paycheck, so you can't really afford to take chances on investments that constantly fluctuate in value. Consequently, you may be inclined to stick with fixed-income vehicles, such as investment-grade bonds and certificates of deposit (CDs). When you purchase these securities you typically have the expectation that your principal will be preserved and you will receive regular interest payments. So, there's no risk involved, right?

Actually, that's not the case. Bonds, CDs and other fixed-income investments carry their own type of risk purchasing power risk. Suppose, for example, that your bonds and CDs provide you with interest income of \$1,000 a year. Even with a relatively mild inflation rate of 3 percent, your \$1,000 will only be worth \$863.00 in five years, and \$744.00 in 10 years. And if inflation picks up to 5 percent, the purchasing power of your \$1,000 will drop to \$774.00 in five years and to just \$614.00 in 10 years.

Those are big drops. And if you spend two or even three decades in retirement—a definite possibility—you could lose even more purchasing power if you invest solely in fixed-income vehicles. That's why you need to consider investments

that provide you with not just regular income, but the potential for rising income. That's why you may want to consider dividend-paying stocks.

You can now find dividend-paying stocks in a wide variety of industries, including financial services, food producers, consumer products, pharmaceuticals, technology, publishing and others. But in searching for stocks that pay good dividends, it's important not to be "short-sighted" and just go after those companies that seem to

be paying the highest dividends at the moment. You need to be sure that a company's earnings are sufficiently strong to support its dividend payouts. If a firm's earnings are weak, it may well cut its dividends, thereby jeopardizing your income stream.

By doing some research, you can find many stocks that have actually increased their dividends for 25 or more consecutive years. Although past performance is not an indication of future results, that's a pretty good track record, and it's an indicator of strong, well-run companies who seek to reward their investors.

Still, as a retiree, you do need to keep two points in mind about dividend-paying stocks. First, they are not obligated to pay dividends, no matter how good their history they

have the ability to increase, decrease or totally eliminate dividend payments at any time without notice. And second, they are stocks, which means their price can and will fluctuate so it is possible to lose some or all of your initial investment amount.

In short, dividend-paying stocks can be a valuable part of your portfolio during your retirement years - but you should also include bonds, CDs, government securities and other investments. By making the right moves, you can work to stay ahead of inflation without taking on an excessive degree of risk. And that's a winning combination.

- 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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## Navigating the system

Last month, we began our exploration of the health maze by probing the legal and financial obstacles to getting care—most notably, in connection with the “Doughnut Hole” in Medicare Part D where, as in a Black Hole, savings can vanish, never to be seen again. This month, I want to explore how we can enlist Medicare to serve our long term care needs. Next month we will conclude



Laura Bennetts

with final thoughts on further intricacies of the system. It's complex!

“Long Term Care” is a familiar but fuzzy phrase that designates either the place we receive care or the care we receive. Nursing homes, for example, are also called “long term care facilities” because people can stay there temporarily to receive skilled care after hospitalization. But the phrase also refers to the actual services we may need to maintain our health as we age. This is the meaning of the term here.

What we want to know is how we can best obtain access to the services we may need over the long term. These services include: housekeeping help, meal preparation, medical and dental care, skilled nursing care, physical and occupational therapy, speech therapy, and access to equipment (including wheelchairs, walkers, canes, and hospital beds).

### Who Pays?

With planning and just a bit of luck, insurance will cover most of our long term care needs. Some insurance plans provide daily allowances for long term care services you might need as you age. Such plans vary in details, but they help cover medical and non-medical expenses at home, in assisted living facilities, or in nursing homes.

If you're shopping for a long term care plan now, pay close attention to these issues: the daily amount paid, annual cost of living increases in this amount, the waiting period, and how many years the plan covers. Careful shopping can make a big difference in what you receive in years to come. Eligibility and pay-

ment issues are complex, and you need to be properly prepared.

### A Word to the Wise

Repeat after me: Medicare does NOT pay to enable people to live in nursing homes. It is widely but mistakenly believed that Medicare will pay the cost of living in a nursing home. But actually, there are only two ways to pay the monthly cost of living in a nursing home: privately and by Medicaid insurance. And Medicaid is NOT Medicare. Nearly everyone is eligible for Medicare, but Medicaid is available only to the indigent. So unless you meet the following eligibility criteria, you are likely to pay out of pocket for an indefinite move into a nursing home, should this ever be needed:

Medicaid will pay if need to live in a nursing home because you have few or no assets, including a home. Medicaid is basically a safety net for the most vulnerable aging citizens, to ensure them a place to live when they are ill or infirm.

### Skilled Services and Medicare

Medicare covers your costs in a nursing home only on a short-term basis, as medically needed, after hospitalization. You are eligible if you received skilled nursing care and/or therapy in a hospital first. For instance, if you break your hip, your Medicare insurance will pay for your hospital stay and care and also for your ensuing recovery in a nursing home. Once you move to the nursing home, you are eligible for room and board for up to 100 days or maximum recovery, whichever comes first.

If you refuse or are unable to participate in therapy during a stay for skilled care, you may be notified that Medicare will not continue to pay for your stay—since Medicare is paying for your recovery, not just for your stay. In such a case, you would then choose: either to go home, pay the daily charge privately, or see if you qualify for Medicaid.

### Managed Care

Some private insurance plans available from managed care providers offer to “manage” your Medicare coverage. If you accept this offer and buy such a private plan, what this really means that you aren't on Medicare anymore. And you shouldn't confuse this kind of plan with Gap insurance plans which cover only the cost that Medicare does not cover for outpatient services.

The organization that offers a managed care plan may be called an HMO (a Health Maintenance Organization). These organizations offer plans which are specific to a state or region and aren't portable like regular Medicare. Many people join these plans because they need help covering their medication expenses.

If you are considering such a plan, look closely to see if there are co-pays for prescriptions or medical treatments that you can afford (Medicare has very limited co-pays). Also check to see if the medication plan is actually any different than the regular Medicare D plans that are already available. And finally, look at the home health benefits they offer. Some plans limit home health visits to a few per year, while Medicare provides as much home health treat-

ment as you medically need. Some plans also charge more for hospitalization, home health, and chemotherapy than regular Medicare.

It is obviously challenging to compare plans at this level of detail, but it is also important. You need to read all the details before you sign up with a plan. If you run across a patch of fine print...get out your magnifying glass. You need to know what you're buying. Your future health depends upon it.

- Laura Bennetts, MS RPT, is a physical therapist with 24 years experience. She is the co-owner of Lawrence Therapy Services LLC (785-842-0656) and Baldwin Therapy Services (785-594-3162). For answers to your therapy-related questions, please write to Laura at [LTS\\_2000@hotmail.com](mailto:LTS_2000@hotmail.com).

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## DEAR PHARMACIST

# Many drugs can ease chronic pain

By Suzy Cohen, R.Ph.  
Tribune Media Services

**QUESTION:** I live in chronic pain and would appreciate any information you can give on the different medications that my doctor can prescribe to help me. I've tried Vicodin and Darvocet but they don't really help. - J.A., Fort Myers, Fla.

**ANSWER:** Here are some possibilities:

**Ibuprofen:** An anti-inflammatory sold over-the-counter (OTC) and by prescription in higher dosages. Helps with arthritis, back pain, tennis elbow, carpal tunnel, TMJ, post-operative swelling, dental pain and PMS cramps. A similar drug "naproxen," is available OTC as Aleve and by prescription as "Naprosyn." Upset stomach, heartburn, ulceration and elevated blood pressure may occur, especially in seniors.

**Oxycodone:** An opiate narcotic analgesic that relieves moderate to severe pain by changing the way we sense pain. Percocet, Percodan and Roxicodone all contain oxycodone and/or other analgesics. Used to relieve all types of pain and headaches.

Don't combine opiate drugs with alcohol and never crush or chew extended-release forms of this drug (i.e. Oxycontin). Side effects include sleepiness, dizziness, upset stomach, constipation and slowed breathing. Can be habit-forming.

**Tramadol:** Brand name is Ultram. This analgesic works like an opiate and an antidepressant all at once, reducing pain and boosting mood. Also available in an extended-release form, Ultram ER for those with chronic pain. May cause sleepiness, dizziness, headache, itching, sweating and agitation. Grapefruit juice, St. John's wort and anti-seizure drugs

can interact with tramadol. Can be habit-forming.

**Lidoderm:** A prescription skin patch that delivers lidocaine, an anesthetic which numbs the skin if you are undergoing minor medical or cosmetic procedures. It also helps relieve certain types of back pain and the burning/stinging pain that can result from shingles, known as post-herpetic neuralgia or PHN. Never apply the patch more frequently than prescribed, as too much lidocaine is dangerous to the heart.

**Lyrica:** Chemically called "pregabalin," This is an anti-seizure drug but it also relieves the pain in the nerves caused by diabetes, shingles or PHN. The burning/stinging pain from a damaged nerve can shoot into the arms, legs, fingers, toes, ear and even the face, as with trigeminal neuralgia. Side effects include confusion, difficulty paying attention, sleepiness, shortness of breath and shaky hands. Can be habit-forming.

**Cymbalta:** Chemically called duloxetine, Cymbalta is an antidepressant drug which increases serotonin and norepinephrine, two chemical messengers in the brain that block pain signals and boost mood. It can be prescribed for any type of pain syndrome, including pain from

damaged nerves like diabetic neuropathy, painful neuralgias or PHN. Side effects include upset stomach, reduced appetite, muscle cramps, weakness, night sweats, dry mouth, cough and blurred vision.

**Capsaicin:** Available OTC, continued use of this "hot pepper" cream deadens painful nerve endings, making it an inexpensive solution for muscle aches, joint pain, neuropathies and PHN. Brand names include Zostrix, Salonpas and Capsaicin.

**Myobloc:** Botulinum toxin (yes, similar to Botox) is injected into the face, head or back to relieve cervical dystonia, migraines, back pain and other painful conditions. Effects can last several months.

**READERS:** It's that time again! Please send me your folk remedies for any ailment and I'll print a few in an upcoming column. Submit them online at my Web site, [www.dearpharmacist.com](http://www.dearpharmacist.com).

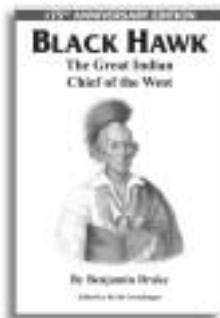
*(This information is not intended to treat, cure or diagnose your condition. Suzy Cohen is the author of "The 24-Hour Pharmacist." For more information, visit [www.dearpharmacist.com](http://www.dearpharmacist.com))*

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## BLACK HAWK

### The Great Indian Chief of the West

"A few summers ago I was fighting against you. I did wrong, perhaps, but that is past — it is buried — let it be forgotten. Rock river was a beautiful country — I liked my towns, my corn-fields, and the home of my people. I fought for it. It is now yours — keep it as we did — it will produce you good crops." - *Black Hawk*, Fourth of July toast delivered at Fort Madison, Iowa, in 1837



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

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

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## ART/ENTERTAINMENT

OCT 6

### "ALLEGRO CON BRIO" TCHAIKOVSKY SYMPHONY NO. 3

Topeka Symphony Orchestra performs "Allegro con Brio" Tchaikovsky Symphony No. 3 "Polish"; Liebermann Flute Concerto, Jasmine Choi, Flute; at 8:00 p.m. in White Concert Hall at Washburn University.  
TOPEKA, (785) 232-2032  
<http://www.topekasympphony.org>

OCT 6

### BLUES AND BAR-B-QUE

Bar-B-Que and live blues are featured during this annual event. 718 High St.  
BALDWIN CITY, (785) 594-3200  
<http://www.lumberyardartscenter.org>

OCT 16

### CLOUD GATE DANCE THEATRE OF TAIWAN

Wild Cursive, The final Chapter of Cursive: A Trilogy, is the result of a long journey into the ancient practices of the movement and spirituality. Setting a backdrop to the powerful performances of the dancers, streams of white rice paper cascade to the floor. Lied Center of Kansas.  
LAWRENCE, (785) 864-2787  
<http://www.lied.ku.edu>

OCT 18-21

### RINGLING BROS. & BARNUM BAILEY SHOW

The Greatest Show on Earth presents An Upside-Down World. Call for ticket prices.  
TOPEKA, (785) 234-4545  
<http://www.ksexpo.com>

OCT 19

### AHN TRIO

Born in Seoul, Korea, and educated at Juilliard, the Ahn Trio — sisters Maria, Lucia and Angella — are redefining the art and architecture of chamber music, breathing new life into classical standards. The Lied Center.  
LAWRENCE, (785) 864-2787  
<http://www.lied.ku.edu>

OCT 25

### HAIRSPRAY

John Waters' cult classic. It's Baltimore in 1962, and a big girl with big hair and an even bigger heart has only one dream: to dance! The Lied Center.  
LAWRENCE, (785) 864-2787  
<http://www.lied.ku.edu>

OCT 27

### SENIOR CLASS

A great offshoot from TCTA's widely successful company, LAUGHING MATTERS, SENIOR CLASS is another zany troupe of improv comedians. Only this time, the company is made up entirely of actors over 55 years old! This group defines life in the golden years as a terrifically fun-filled trip! Doors open at 7:00 p.m. Show starts at 8:00 p.m.  
TOPEKA, 785-357-5211  
<http://www.topekacivictheatre.com>

NOV 1

### SHAOLIN WARRIORS

Shaolin Warriors is a riveting kung fu performance that incorporates ancient philosophies and traditions from the original Shaolin monastery. Performed by Buddhist monks of the Shaolin Temple, the stunning synchronized rituals employ an array of traditional martial arts. The Lied Center.  
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 & SUNDAYS

### MOOSE CLUB

Wednesdays, 6:30 p.m. Thursdays, 12:30 p.m., Sundays, 6:00 p.m.  
1901 N KANSAS AVE, TOPEKA, (785) 234-6666

WEDNESDAYS & FRIDAYS

### VETERANS OF FOREIGN WARS

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

WEDNESDAYS

### PINECREST APARTMENTS

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

WEDNESDAYS & FRIDAYS

### EAGLES LODGE

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

WEDNESDAYS & FRIDAYS

### EDGEWOOD HOMES

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

THURSDAYS

### BABCOCK PLACE

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

FRIDAYS

### BALDWIN SENIOR CENTER

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

FRIDAYS

### ARAB SHRINE

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

## BOOKMOBILE

MONDAYS

PRAIRIE COMMONS, 5121 CONGRESSIONAL

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

TUESDAYS

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

WEDNESDAYS

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

## BOOK TALKS

THIRD TUESDAY OF EACH MONTH

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

THIRD WEDNESDAY OF EACH MONTH

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

FOURTH WEDNESDAY OF EACH MONTH

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

## CLASSES/LECTURES

ONCE A MONTH

### AARP'S 55 ALIVE SAFE DRIVING COURSE

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

OCT 4

### ESTATE & LEGAL MATTERS

Skillbuilders program for widows, widowers and caregivers. Programs are from 10:00-11:45 a.m. at the Douglas County Senior Center. Skillbuilders is sponsored by the Lawrence Public Library, Douglas County Senior Center, and Douglas County Visiting Nurses. Free. No registration is necessary. For more information, please call Pattie at the library.  
LAWRENCE, (785) 843-3833

OCT 6 & 13

### AARP DRIVER SAFETY

Program for those interested in improving their driving skills and reducing their current insurance costs. 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 test; two four-hour classroom sessions only. Fee, all materials included. Advanced enrollment required. Lawrence Memorial Hospital, Meeting Room A.  
LAWRENCE, (785) 749-5800  
[www.lmh.org](http://www.lmh.org)

OCT 11

### WINTERIZING YOUR CAR

Skillbuilders program for widows, widowers and caregivers. Programs are from 10:00-11:45 a.m. at the Douglas County Senior Center. Skillbuilders is sponsored by the Lawrence Public Library, Douglas County Senior Center, and Douglas County Visiting Nurses. Free. No registration is necessary. For more information, please call Pattie at the library.  
LAWRENCE, (785) 843-3833

OCT 18

### MANAGING YOUR MONEY

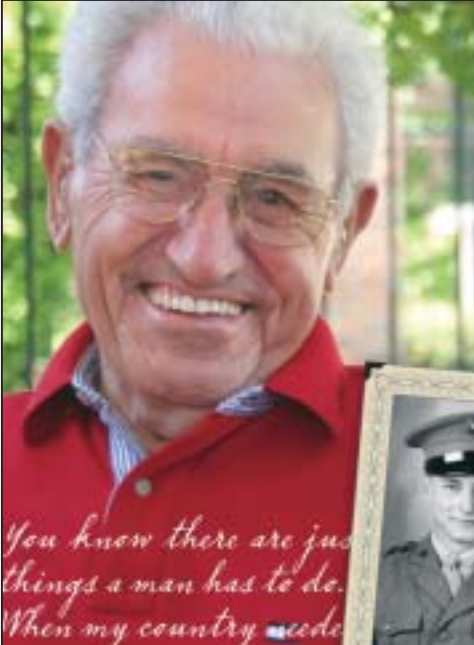
Skillbuilders program for widows, widowers and caregivers. Programs are from 10:00-11:45 a.m. at the Douglas County Senior Center. Skillbuilders is sponsored by the Lawrence Public Library, Douglas County Senior Center, and Douglas County Visiting Nurses. Free. No registration is necessary. For more information, please call Pattie at the library.  
LAWRENCE, (785) 843-3833

OCT 18 & 19

### AARP DRIVER SAFETY

This is a refresher course on driving tips, updates on state laws and techniques for adjusting to changes as one ages. A fee of \$10 may be paid at the first session. Insurance discounts may be available for those attending

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You know there are just things a man has to do. When my country needs

An Assisted Living  
& Memory Care Residence

the  
Windsor  
OF LAWRENCE

A Lifetime in Every Face, A story in Every Smile.  
Hear the Story, Share a Lifetime.

Y

ou will find what you are looking for at the Windsor of Lawrence. We have been serving the needs of Senior adults in the Lawrence community since 1990. Our unique approach to Assisted Living & Memory Care combines a warm residential setting along with caring and helpful staff providing you just the right answer for your housing needs.

Call (785) 832-9900  
or visit us at  
3220 Peterson Rd.  
Lawrence, KS 66049

Respecting Values, Protecting Dignity,  
Supporting Independence.



# CALENDAR

■ CONTINUED FROM PAGE 16

both days of the course. Consult your insurance agent for details. Due to space limitations, registration is needed for this course. Please call Pattie Johnston, Senior Outreach Services, at the library.  
LAWRENCE, (785) 843-3833 ext. 115

OCT 20

## 10,000 STEPS A DAY CLASS

The 10K a Day program is designed to increase your daily steps to 10,000 and to improve your health. Learn the basics of beginning a walking program, choosing footwear, and walking location suggestions. Each participant will receive a pedometer to log their daily steps. Fee: 9:00-10:30 a.m. Lawrence Memorial Hospital, Meeting Room A.  
LAWRENCE, (785) 749-5800  
www.lmh.org

OCT 23

## LOWERING CHOLESTEROL THROUGH DIET

It is not only your family but also food choices that affect your cholesterol level. This seminar, taught by a LMH Registered Dietitian, will discuss the dietary and lifestyle factors that can raise or lower cholesterol and triglycerides. Time included for questions. Please call to enroll in advance as space is limited. Free. LMH Auditorium, 6:30-8:30 p.m.  
LAWRENCE, (785) 749-5800  
www.lmh.org

OCT 24

## PRE-DIABETES CLASS

This free class is for those at risk for developing diabetes or who have already been told that they have pre-diabetes. Topics include preventing or delaying Type 2 diabetes, diet, exercise, weight loss, medications, and avoiding potential complications. Please call to enroll. LMH Meeting Room A, 6:00-7:30 p.m.  
LAWRENCE, (785) 749-5800  
www.lmh.org

OCT 25

## HOME SECURITY & PERSONAL SAFETY

Skillbuilders program for widows, widowers and caregivers. Programs are from 10:00-11:45 a.m. at the Douglas County Senior Center. Skillbuilders is sponsored by the Lawrence Public Library, Douglas County Senior Center, and Douglas County Visiting Nurses. Free. No registration is necessary. For more information, please call Pattie at the library.  
LAWRENCE, (785) 843-3833

OCT 30

## LOWERING CHOLESTEROL THROUGH DIET

See October 20 description. LMH Meeting Room A, 9:00-11:00 a.m.  
LAWRENCE, (785) 749-5800  
www.lmh.org

## EXHIBITS/SHOWS

SEP 8-OCT 28

### MILLENNIUM MADNESS

Quilts displayed Saturdays 10:00 a.m.-12:00 p.m. and Sundays from 2:00 p.m.-4:00 p.m.  
HOLTON, (785) 364-4991  
http://www.holtonks.net/jchs

OCT 6 & 7

### FORT LEAVENWORTH ANTIQUE SHOW & SALE

Annual show with furniture, jewelry, glass, primitives and more. Note: Picture ID required upon entering the fort. 350 Biddle Blvd.  
FORT LEAVENWORTH, (913) 683-4678

OCT 6 & 7

### MODEL TRAIN SHOW

Annual model train show with operating scale layouts. 819 Commercial St.  
ATCHISON, (913) 367-7536

OCT 26-28

### FALL ANTIQUE SHOW AND SALE

Wide array of antiques offered for sale during

this show. Douglas County Fairgrounds.  
LAWRENCE, (785) 843-6219

OCT 27-DEC 9

### SUDAN: THE LAND AND PEOPLE

An art exhibit about the land and people of Sudan. Mulvane Art Museum.  
TOPEKA, (785) 670-1124

## FAIRS/FESTIVALS

SEP 1-OCT 14

### 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 5

### OKTOBERFEST CELEBRATION

The 5th Annual Oktoberfest Celebration at Shawnee Town. The celebration will run from 5:30 p.m.-11:00 p.m. and feature the Alpen Spielers with Betty Jo Simon performing. Betty Jo and the Alpen Spielers are a German Polka Band featuring acoustical accordion and a wide range of lively music—from Polkas to folk songs. Blautaler Schuhplattler, a German Folk Dance group that performs internationally, will perform folk dance routines in authentic traditional costumes. 11600 Johnson Drive.  
SHAWNEE, (913) 962-0700

OCT 6

### CHISHOLM TRAIL FESTIVAL

A celebration of county and state history including pioneer demonstrations, old farm equipment, arts and crafts, and the carousel. Dickinson County Heritage Center.  
ABILENE, (785) 263-2681  
http://www.heritagecenterdk.com

OCT 6

### SCARECROW FESTIVAL

Festivities include a scarecrow contest, pumpkin carving contest, pumpkin pie contest, and activities for the kids. 11110 Johnson Dr.  
SHAWNEE, (913) 631-2500  
http://www.cityofshawnee.org

OCT 6 & 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 7

### APPLE FESTIVAL

Celebrating all things apple with live entertainment, annual quilt show, heritage food, petting zoo and lots more. 124 NW Clay, Old Prairie Town at Ward-Meade Historic Site.  
TOPEKA, (785) 368-2437

OCT 12-14

### SVENSK HYLLNINGSFEST

Swedish Honoring Festival held every other year brings visitors from across the globe. 104 E Lincoln St.  
LINDSBORG, (785) 227-3706  
http://www.lindsborg.org

OCT 13

### AUTUMN IN THE GROVE

This event includes a variety of fall favorites: pumpkin decorating, live music, scarecrow contest, apple cider, caramel apples, bon fire, farmers market, artisan demonstrations, apple dumplings, face painting, great food and much more. E Gilman Rd & Hwy 7.  
LANSING, (913) 727-5488  
http://www.lansing.ks.us

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Harbor House Memory Care Open Now



Memory Day Care Program Respite

**HARBOR HOUSE**  
Memory Care Residence

*"THE EXPERIENCE OF JOY"*

*Our mission at Harbor House Memory Care Residence is simple; We are in the business of creating extraordinary and joy-filled life experiences for our memory impaired residents.*

We accomplish this goal in many ways. The manner in which we 'deliver' our services like stimulating and specialized activities, great food, housekeeping and caring personal assistance are the essentials of our services. While these services are important and help to make us a "good" provider, at Harbor House these are very fundamental services. Similar to a hotel advertising air conditioning and color TV.

**At Harbor House 'the basics' are just the Beginning.**



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

It requires many things. More than anything it requires commitment, enthusiasm, passion and ingenuity from each and every Harbor House associate. (A sense of humor, creativity and compassion are mandatory.)

**Let Harbor House put some laughter and joy back into the lives of those you love. Let us meet them in their world.**

**Call Today 785-856-5512**  
1126 Hilltop Drive, Lawrence  
Email: harborhouse@sunflower.com

Visit Us Online At  
[www.seniormonthly.net](http://www.seniormonthly.net)

# CALENDAR

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OCT 13 & 14

**POME ON THE RANGE FALL FESTIVAL**  
Fun for the whole family to ride the horse-drawn wagon to pick apples off the trees or pumpkins from the patch. Kids' games, hands-on antique cider press, Grampa Pokey the balloon clown, fresh cooked kettle corn and great BBQ with homemade pies. 2050 Idaho Rd.  
WILLIAMSBURG, (785) 746-5492  
<http://www.pomeontherange.com>

OCT 20 & 21

**MAPLE LEAF FESTIVAL**  
Festival with more than 300 arts and crafts booths, parade, quilt show and train rides.  
BALDWIN CITY, (785) 594-7564  
<http://www.mapleleaffestival.com>

## FARMERS' MARKETS

APR 28-NOV 10

**LAWRENCE FARMERS MARKET SATURDAY**  
Offering fresh fruits and vegetables, baked goods, flowers and herbs. With more than 80 growers, bakers and fine craftspeople, the Downtown Lawrence Farmers' Market is the place to go for the freshest and finest quality produce, meat and artisan crafts. Live music every Saturday morning.  
LAWRENCE, (785) 331-4445  
[downtownlawrence.com/farmersmarket.html](http://downtownlawrence.com/farmersmarket.html)

## HALLOWEEN EVENTS

SEP 7-OCT 31

**HAUNTED ATCHISON TROLLEY TOUR**  
Narrated trolley tour featuring ghostly tales about Atchison's historic homes. 200 S 10th St.  
ATCHISON, (913) 367-2427  
<http://www.atchisonkansas.net>

OCT 6-28

**GHOST TOUR TOPEKA**  
Trolley tours of Downtown Topeka, North Topeka, or Dinner with a Ghost. Learn more about the haunts and history of Topeka. Reservations required. 118 SW 8th St.  
TOPEKA, (785) 383-2925  
<http://www.ghosttourstopeka.com>

OCT 16-28

**HAUNTED HOUSE TOUR**  
Haunted tours of the 23 room Victorian Mansion will thrill and chill you. Mix in a little humor, scary stories, and surprise visits from the unusual, makes for a shivering good time.  
ABILENE, (785) 263-4356  
<http://www.Lebold-Mansion.com>

OCT 19 & 20

**HAUNTED HOUSE WALKING TOUR**  
Guided tour of the haunted houses in Fort Leavenworth. Tickets sold at the Gift Shop of the Frontier Army Museum.  
FORT LEAVENWORTH, (913) 680-1841

OCT 19-27

**TERROR TRAIN**  
The Terror train rolls down the tracks with 3 evening trains on October 19, 20, 26, and 27. Advance reservations are not required. 1515 W High St.  
BALDWIN CITY, (800) 651-0388  
<http://www.baldwincitychamber.com>

OCT 24 & 25

**HAUNTED HOUSES PROGRAM**  
Program about the many reputed, haunted houses at Fort Leavenworth. Note: Picture ID required upon entering the fort.  
Fort Leavenworth, (913) 684-1724

OCT 27 & 28

**SPOOKTACULAR AT SUNSET ZOO**  
SPOOKtacular provides a safe daytime environment for children to trick-or-treat with their parents. Children and adults are encour-

aged to dress in costume.  
MANHATTAN, (785) 587-2737  
<http://www.sunsetzoo.com>

OCT 31

**DOWNTOWN LAWRENCE HALLOWEEN TRICK-OR-TREAT**  
Downtown merchants greet children with sweet treats and Halloween trinkets for an evening of family fun.  
LAWRENCE, (785) 842-3883

## 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 Healthwise 55 office at 2252 S.W. 10th Ave., at the northeast corner of S.W. 10th and MacVicar, from 10:00 a.m.-1:00 p.m. No appointment necessary.  
TOPEKA, (785) 354-6787

TUESDAYS AND THURSDAYS  
**SENIORCISE PROGRAM**

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

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

FIRST AND THIRD FRIDAYS OF EACH MONTH  
**HEALTH CHECKS**

Blood pressure checks, glucose checks, skin checks, and education on nutrition and weight loss strategies BY Washburn University School of Nursing Mobile Health Unit. YWCA of Topeka, 225 SW 12th St., south entrance of the building, 9:00 a.m.-1:00 p.m.  
TOPEKA, (785) 233-1750, EXT. 252

SECOND MONDAY OF EACH MONTH  
**PRE-DIABETES CLASS**

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. 12:00-1:30 p.m.  
LAWRENCE, (785) 840-3062

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  
**MEDICATION CLINIC**

Bring questions about your medications (prescription or over-the-counter), 1:30-2:30 p.m. Call for appointment. Healthwise 55 Resource Center, 2252 S.W. 10th Ave.  
TOPEKA, (785) 354-6787

FOURTH THURSDAY OF EACH MONTH  
**NUTRITION CLINIC**

1:30-2:30 p.m. Call for an appointment. Healthwise 55 Resource Center, 2252 S.W. 10th Ave.  
TOPEKA, (785) 354-6787

OCT 3

**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. Lawrence Memorial Hospital, Meeting Room A, 3:00-5:00 p.m.  
LAWRENCE, (785) 749-5800

OCT 6

**WOMEN'S HEALTH FAIR**

Health Care Access Clinic will host this event in partnership with the Breast Cancer Awareness group and Lawrence Memorial Hospital's Breast Center. The mission of the event is to bring as many new women to the clinic to introduce them to our services and see that there is no excuse for not getting an annual clinical breast exam, mammogram, or other medical care. 1920 Moodie Rd., 11:00 a.m.-1:00 p.m. Call the clinic for more information.  
LAWRENCE, (785) 841-5760, EXT. 212  
<http://www.healthcareaccess.org>

OCT 9

**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. Lawrence Memorial Hospital, Meeting Room D, 9:00-11:00 a.m.  
LAWRENCE, (785) 749-5800

OCT 11

**BONE DENSITY SCREENING**

See October 9 description. Lawrence Memorial Hospital, Meeting Room D South, 5:00-7:00 p.m.  
LAWRENCE, (785) 749-5800

OCT 12

**THE LAKOTA TRADITION OF THE SWEAT LODGE CEREMONY**

Join us as we present the Lakota Tradition of the Sweat Lodge Ceremony. Learn about the Fire Pit, the Sacred Mound, and the Womb of the Lodge. Following the presentation, you will experience the actual sweatlodge ceremony with the intention of the expansion of your spirit through connection with the Ancestors and Great Spirit. By releasing the physical discomfort of the heat, you release the physical body and allow your Spirit to grow without limitations. The Light Center, 7:00 p.m.  
BALDWIN, (785) 255-4583  
<http://www.lightcenter.info>

OCT 26

**BONE DENSITY SCREENING**

See October 9 description. Lawrence Memorial Hospital, Meeting Room D, 9:00-11:00 a.m.  
LAWRENCE, (785) 749-5800

NOV 3

**BONE DENSITY SCREENING**

See October 9 description. Lawrence Memorial Hospital, Meeting Room D, 9:00-11:00 a.m.  
LAWRENCE, (785) 749-5800

## HERITAGE/HISTORY

OCT 5 & 6

**KANSAS BOOK FESTIVAL-CELEBRATING BOOKS, ART AND KANSAS HERITAGE**

The festival will be a showcase of Kansas authors/illustrators and feature musician and performers. 1845 Fairmount, Koch Arena - Wichita State University.  
WICHITA, (800) 432-3919  
<http://www.kansasbookfestival.ks.gov>

OCT 7

**1860S LIVING HISTORY**

1860s Welsh farmstead comes alive. Enjoy house tours, music, and trades of the times. 315 E Logan Ave., Howe House & Welsh Farmstead.  
EMPORIA, (620) 340-6310  
<http://www.lyoncountymuseum.org>

OCT 13

**CIVIL WAR DAY & PANCAKE FEED**

Civil War Encampment and Reenactment. Pancake Feed from 7:30 a.m.-1:00 p.m. Other activities until 5:00 p.m. 6700 SW Topeka Blvd.  
TOPEKA, (785) 862-1020

## 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

TUESDAYS

**GRIEF & LOSS SUPPORT GROUP**

Midland Hospice, 200 SW Frazier Circle.  
3:00-4:00 p.m.  
TOPEKA, (785) 232-2044

TUESDAYS

**GRIEF & LOSS SUPPORT GROUP**

Midland Hospice, 200 SW Frazier Circle.  
5:30-6:30 p.m.  
TOPEKA, (785) 232-2044

FIRST AND THIRD TUESDAY OF EACH MONTH

**HEALING AFTER LOSS BY SUICIDE (HEALS)**

■ CONTINUED ON PAGE 19

# CALENDAR

■ CONTINUED FROM PAGE 18

For those who have lost a loved one by suicide. Fellow survivors offer an atmosphere of understanding and emotional support by encouraging families and individuals to share healthy ways of coping and grieving. Contact Steve Newcomer at for more information. Pozez Education Center, 1505 SW 8th St. TOPEKA, (785) 478-4947 or (785) 296-8349

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

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

## FIRST WEDNESDAY OF EACH MONTH BEREAVEMENT SUPPORT GROUP

Sponsored by Douglas County Visiting Nurses and Hospice and led by Chaplain Steve Satterfield. Meetings are held at the Windsor Assisted Living Center from 2:00-3:00 p.m. The public is welcome to join members at all meetings. The topic for the October 3 meeting is "Preparing for the Holidays." The topic for the November 7 meeting is "Remembering Our Veterans." For more information, call Sarah.

LAWRENCE, (785) 841-3738

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

Members of O.U.R.S. have met to dance 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 GRIEF & LOSS SUPPORT GROUP

Midland Hospice, 543 Lawrence Ave. 1:00-2:00 p.m.

LAWRENCE, (785) 842-3627

## THURSDAYS GRIEF & LOSS SUPPORT GROUP

Midland Hospice, 543 Lawrence Ave. 3:00-4:00 p.m.

LAWRENCE, (785) 842-3627

## THURSDAYS GRIEF & LOSS SUPPORT GROUP

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

TOPEKA, (785) 232-2044

## FIRST THURSDAY OF EACH MONTH LAWRENCE AREA PARTNERS IN AGING

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

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

## FIRST AND THIRD THURSDAY OF EACH MONTH

### LOSS AND GRIEF SUPPORT GROUP

Heart of America Hospice 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.

## FIRST FRIDAY OF EACH MONTH

### STROKE SUPPORT AND RECOVERY GROUP

Providing an opportunity for learning and sharing experience. Shawnee County Health Agency Main Auditorium, 1615 SW 8th St. 1:00 p.m. For information, call Jan Dietrich in the Adult Field Services Office.  
TOPEKA, (785) 291-2490

## SECOND MONDAY, SEPT-MAY LAWRENCE CLASSICS, GENERAL FEDERATION OF WOMEN'S CLUBS

Volunteer service club.  
(785) 331-4575

## SECOND MONDAY OF THE MONTH

**CAREGIVER SUPPORT GROUP**  
Administered by Senior Outreach Services in cooperation with Jayhawk Area Agency on Aging, Inc. Designed to be a safe place to assist and empower caregivers of seniors. Rose Hill Place Clubhouse, 3600 SW Gage Blvd. 11:00 a.m.

TOPEKA, (785) 235-1367, EXT. 130

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

Meets at 9:30 a.m. at Coyote Canyon Buffet.

TOPEKA, <http://www.narvre.com>

## SECOND AND FOURTH TUESDAY OF EACH MONTH

### LOSS AND GRIEF SUPPORT GROUP

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

## SECOND AND FOURTH WEDNESDAY OF EACH MONTH

### ALZHEIMER'S EARLY STAGE PATIENT SUPPORT GROUP

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

## SECOND WEDNESDAY OF EACH MONTH MEMORY SUPPORT GROUP

Held at The Windsor of Lawrence, 3220 Peterson Rd., 2:00 p.m. For more information, please call Amy Homer.

LAWRENCE, (785) 832-9900

## SECOND WEDNESDAY OF EACH MONTH

### LOSS AND GRIEF SUPPORT GROUP

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

## SECOND THURSDAY OF EACH MONTH

### NAACP MEETING - LAWRENCE CHAPTER

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

## 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

## FOURTH WEDNESDAY OF THE MONTH

### TOPEKA GENEALOGICAL SOCIETY

TGS promotes and stimulates the education, knowledge and interest of the membership and the public in family history, genealogical records and research. Meets at 2717 SE Indiana Ave., 7:00 p.m. No meeting in April, November or December.

TOPEKA, (785) 233-5762

<http://www.tgstopeka.org>

## OCT 26

### AARP CHAPTER 1696

AARP Chapter 1696 will meet at 11:00 a.m. at the Lawrence Country Club. Lunch served at 11:30. The subject of the program will be Personal Safety by a representative from the Douglas County Sheriff's Dept. Please call Agnes for reservations.  
LAWRENCE, (785) 865-3787

## MISCELLANEOUS

### OCT 1-31

#### SCHAAKE'S PUMPKIN PATCH

Great family entertainment on a working farm with live farm animals. Take a hayride to and from the patch. Walk through the hay maze and corn maze and jump in the straw romp. Visit the gift shop. Groups please call ahead. 1791 N 1500 Rd.

LAWRENCE, (785) 842-2459

<http://www.schaakespumpkinpatch.com>

### OCT 6

#### HOLTON CITY-WIDE GARAGE SALES

Annual garage sales throughout Holton. Contact the Holton Area Chamber of Commerce

for maps and listing of sales. 416 Pennsylvania.

HOLTON, (785) 364-3963

<http://www.holtonks.net/chamber>

### OCT 6 & 7

#### KAW VALLEY FARM TOUR

Discover specialized nurseries, unique artisans, Christmas tree farms, pumpkin patches, herbs and flowers and special activities for the family that are available only to Kaw Valley Farm Tour participants. 402 North 2nd.  
LAWRENCE, (785) 865-4499

### OCT 8

#### AUTUMN HOME TOUR

Tour five historic homes in the College Hill neighborhood.  
TOPEKA, (785) 234-4704

### OCT 13

#### FRANKLIN COUNTY FARM TOUR

Visit one of a dozen farms near Ottawa. Self-guided, farm tour. Tastings, demonstrations and more. 2011 E Logan.

OTTAWA, (785) 242-1411

<http://www.visitottawakansas.com>

### OCT 19 & 20

#### WILLIAMS CHILI CHALLENGE

The contest is held in Old Town Lenexa (the corner of Santa Fe Trail Drive and Pflumm Road). Chili contestants show up Friday afternoon and begin setting up their booth space. Then festivities begin with live music and activities for all. There will be chili to sample, games, music, and live entertainment.

LENEXA, (913) 541-8592

<http://www.ci.lenexa.ks.us>

### OCT 27 & 28

#### LAWRENCE ARTWALK

Features artwork in all media by over 50 Douglas County visual artists. Self-guided maps available at the Lawrence Arts Center and Lawrence Visitor Center.

LAWRENCE, (785) 865-4254

<http://www.lawrenceartwalk.org>

*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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## MOVIE REVIEW

# '1408' a terrible turkey

By Esther Luttrell

"1408"

Starring John Cusack and Mary McCormack. Produced and Distributed: Dimension Films.

Kim Novak had a line in the movie "The Mirror Crack'd" that I found offensive. She said, "I could have eaten a can of Kodak and puked a better movie." My apologies to Ms. Novak and the writer of that film. I realize now they had probably seen the movie "1408."

Taken from a Stephen King short story of the same name, Mike Enslin (John Cusack), an author of books dealing with the supernatural, checks into room 1408 in a New York City hotel to expose the myth of ghosts and other phenomena associated with that particular suite. Despite the warnings of the hotel manager (played by Samuel L. Jackson), hardheaded Enslin settles in and is immediately bombarded with the most tedious, most idiotic happenings I have ever endured in any movie theater, at any time in my life. And Lord knows, I've seen my share of turkeys. This one is not even good enough for the Thanksgiving table. It's a terrible turkey. What more can I say? The other 10 people in the \$1.50 theater were as underwhelmed as I was. As we all filed out, I approached a gentleman to ask his opinion of the film. His reply, "Welp, there wasn't nothin' any better playin' anywhere else in town. I guess for Hollywood, welp, I seen worse." Really? Where? When? I told my theater date that I would wager the filmmaker spent \$25,000,000 on the movie. When I checked my movie

database, guess what? Twenty-five million dollars was indeed the budget. Do you know how much *good* could be done with \$25,000,000? Do you have any idea how many teachers could be paid out of that? How many policemen could be hired in troubled cities? How many children it would feed? How many of my bills it would pay? Dear Heaven, who's in charge in Hollywood today, would someone tell me that? I'm so glad I live in Topeka.

**CLASSIC DVD PICK OF THE MONTH:** "Advise & Consent" (1962), starring Henry Fonda, Walter Pidgeon, Peter Lawford, Gene Tierney, Franchot Tone, Charles Laughton, Don Murphy. Based on Allen Drury's best selling, Pulitzer Prize-winning novel of the same name, producer-director Otto Preminger examines the power and procedure of the Senate: deals become extortion, closets hold skeletons, and careers are crushed. As the Senate conducts an investigation into the background of Robert Leffingwell (Henry Fonda), the Secretary of State nominee, secrets are revealed. Back in his early college days, Leffingwell had attended a couple of communistic meetings. Communism didn't have the same connotation then as it would have later and even though the meetings were innocent enough, Leffingwell found they held no interest for him and so he dropped out. A college buddy had attended with him. Once Leffingwell's secret comes to light, his now powerful Washington friend, the college buddy, is also in jeopardy of exposure. Southern Senator Seabright Cooley (Charles Laughton) is highly indignant that a former "commie" would be consid-

ered for such a lofty station as secretary of state and is determined to do everything in his power (which is considerable) to crush the effort, despite Leffingwell's friendship and loyalty to the president. Young Senator Brighton (Don Murray) is equally infuriated by the nomination, forgetting that he, too, has a secret. The play of power against power in this movie is fascinating. It's handled so skillfully that it is never beyond comprehension.

As I watched this 35-year-old movie, I couldn't help but compare it to the politics of today. I pondered the devotion of men like the one portrayed by Walter Pidgeon and wondered where they got off to. Maybe they are still here, but the spin given to politicians by the media makes it almost impossible to decipher who is real and what is fabrication on the part of a ratings-hungry news world. Wasn't it easy, once-upon-a-time, to distinguish the guys in the white hats from those who wore black? There is so much misinformation today that we hardly know what to make of the person running for office, much less what he or she stands for and believes in. The movie made me think, and

that's good. After all, it isn't really about what's up on that screen, it's about the people and situations they represent in real life. So ... if you'd like to think a bit, then I recommend this wise old movie that stands up very well under the test of time.

As an aside, in case you're interested, Preminger offered the role of the southern senator to Martin Luther King, Jr., believing that the casting could have a positive impact—despite the fact there were no black senators at that time. King declined after serious consideration, as he felt that playing the role could cause hostility, and hurt the civil rights movement.

Novelist Drury was, at the time he wrote the book, a congressional correspondent for the *New York Times*. Nearly every character is based on a real person: Peter Lawford's role is based on Drury's observation and impression of then Senator John Kennedy, Franchot Tone's role is patterned after President Franklin D. Roosevelt. Even the blackmail, and how it is resolved, is based on a real incident.

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

### Are you as protected as you think you are?

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EAD HLA 05/07

## New Movie - Old-Fashioned Fun!

If you can remember chuckling at the antics of Lewis & Martin, if you thought Abbott & Costello were the greatest things going, then you remember when movies were fun and the word entertainment meant just that.



Fred's ready to dive for treasure buried centuries before by Ponce de Leon, in the quirky, little film *Lithium Springs*

In "Lithium Springs," a man and his dog bring a smile to your lips and a glow to your heart. Perfect gift for your shut-in loved one, the grand kids, Mother's Day, Father's Day - or treat yourself to a sweet little chuckle. DVD. \$19.95+\$2 s/h. [www.lithiumsprings.com](http://www.lithiumsprings.com) or 4407 Oakglen Rd. Lakeland FL 33813

# MONTHLY THOUGHT

## Being a good shepherd

I want to be a good shepherd as a pastor to people. I want to do my best to meet the needs of all of God's people. If they need prayer or some little thing and I can do something to help them, it is my desire to do my very best. I see people every day who just need a friend, someone



Pastor  
Herbert  
Eplee

who cares about them, and to be a friend when they need one. I have to be a good listener to the people. I feel that sometimes we can talk too much and never know the person's needs because we fail to listen.

I think of the seven churches in Revelations and in the churches of Asia. I find something in common with all seven churches. It says he that hath an ear to hear let him hear

what the Spirit of the Lord has to say to the church.

I think to be a good shepherd you need to nurture the people of God, and not think upon your feelings, but the feelings of others. I want to treat other people better than they treat me, so I can show them that God will bless them if they do the same for others.

**John 10:27 and 28**

27. My sheep hear my voice, and I know them, and they follow me.

28. And I give eternal life to them, and they shall never perish: and no one shall snatch them out of my hand.

What a promise if we are children of God. We have the promise of eternal life and no one can snatch us out of the hand of God. I wish I could be that good of a shepherd, but I realize I am just a human. I can only do the best I can for the Lord, and tend his flock until I hear him say well done. I pray if you read this column that you will be a good friend, and help someone who is in need today.

- Herbert Eplee serves as the pastor of Lawrence Faith Foursquare Church. If you are in need of a friend, Pastor Eplee invites you to call him

at (785) 979-0041, or e-mail him at herberteplee@sbcglobal.net. He would be happy to pray for you or just listen to you.

### Decisions that only you should make

Advance funeral planning is a time you can express your personal wishes.



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## Reserve Your Space Today

For the "2008 Senior Resources Directory," a special pull-out section that will be available in the January 2008 issue of *Kaw Valley Senior Monthly*.

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

Include Your Business or Organization's Listing for just

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Deadline is  
December 10.

Call Kevin at 785-841-9417 for more information.

\* An online form is available at [www.seniormonthly.net/directory.html](http://www.seniormonthly.net/directory.html)

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# Nazi art looting

By Margaret Baker

**Heather Terrell: *The Chrysalis***. (Ballantine, Random House Audio Books, ISBN 978-7393-4412-5)

Terrell gives us a new twist on the Nazi art looting of Europe with this taut tri-fold plot.

The story unfolds in New York City, where Beazley's art auction house is preparing to auction, "The Chrysalis," a 17th century masterpiece by Dutch painter Johannes Miereveld. Helen Baum, daughter of its previous owner, is suing to regain it, and Mara Coyne has drawn the prestigious assignment



of defending Beazley's claim.

She needs to prove that Baum's father sent the painting to Switzerland for sale.

What she finds while checking the provenance is very troubling.

Terrell combines three plots—Miereveld painting the magistrate's daughter (with whom he is in love) as the Virgin Mary in a period when Catholicism is officially verboten; Helen Baum's parents, protestant but with Jewish ancestry, trying to get to safety; and the role of western art auction houses in the aftermath.

Riveting!

**Kerry Greenwood: *Earthly Delights*** (Poisoned Pen Press, ISBN 978-150958-393-0). Also available in large print.

Greenwood's earlier series featured Phryne Fisher, rags-to-riches Australian flapper. Her new series in set in present-day Australia.

Corinna Chapman ditched a controlling husband and a high-stress accountant's position to run her own bakery, *Earthly Delights*. Her bakery is beneath her apartment in Insula, an apartment complex built on the Roman model. In addition to be bakery, there are seven stores on the ground level, 16 apartments above. Each is named from Roman mythology.



The people inhabiting the apartments are no less eclectic. There's a retired classics professor, a Dutch

gardener, an elderly couple with an unpleasant dog, anorexic would-be starlets, Goths, even a witch.

There's also evil. The residents are getting notes and graffiti of a threatening nature. And junkies are dying from tainted drugs.

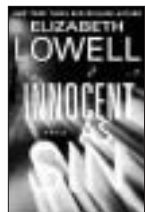
Corinna, with help from a man from the soup kitchen who collects the unsold goods, must untangle the mess. Kneads a solution!

Fine example of a good humorous mystery. Especially recommended for the description of her three cats!

**Elizabeth Lowell: *Innocent As Sin*** (Wm. Morrow, ISBN 978-0-06-082982-7)

Ready for something gritty? Try this adventure/suspense tale with a touch of romance.

Kayla Shaw is a private banker in Arizona, underpaid and underappreciated. She's assigned to a client who, unbeknownst to her, is laundering very dirty money. And makes it look like she's an accomplice.



Rand McCree is a Pacific Coast landscape painter with a violent past as a government agent. He is searching for the name of his twin's killer on a mission five years earlier.

When they first meet up, each is suspicious of the other. They must work together or, to paraphrase Ben Franklin, they will die separately.

Very fast action with believable characters.

**Kathy Lynn Emerson: *Face Down O'er the Border*** (Perseverance Press, ISBN 978-1-880284-91-9)

Susanna, Lady Appleton (widow, gentlewoman, herbalist, and sleuth) travels across the border to Scotland in response to an urgent plea from friend Catherine Glenelg. Catherine is suspected of killing her obnoxious mother-in-law. Fearful of Scottish law, she is fleeing.

She won't leave Scotland without her children. Her daughter, Cordell, 8, is there but her son Gilbert, 8, is in Edinburgh by royal decree to be schooled with

Scotland's King James VI, now 11.

Excellent historical mystery brings 1577 Scotland and England to life.

**Ruth Rendell: *The Water's Lovely*** (Random House Audio Books, ISBN 978-0-7393-4296-1)

Ismay and Heather's stepfather drowned in the bathtub while recuperating from a severe flu. No one really knows what happened, or why. It is a subject always avoided. As the years pass, their mother, never mentally stable, slips into dementia.

Meanwhile, the sisters have grown into young women, living in their childhood home. Ismay

is very protective of Heather, and harbors suspicions of her role. When Heather becomes seriously involved with a man for the first time, however, Ismay debates whether he should be advised.

Rendell weaves several plot lines together—the sisters, their men, the neighbors, all very different people portrayed realistically.

Very British!



**Casey Daniels: *The Chick and the Dead*** (Avon, ISBN 978-0-06-082147-0)

Pepper Martin has a gift she wishes she didn't. She became a tour guide for the Cleveland cemetery (many famous and notorious "inhabitants") when her family finances crumbled.

A fall on the uneven ground, a bump on the head from a tombstone, and Pepper wakes up in the hospital. When she returned to work, she "sees" Gus Scarpetti, mobster, whose tombstone she'd hit. He needs her to discover his killer, since he has no physical attributes. She does, and Gus goes wherever ghosts go when they are finally at rest.

That's that, Pepper thinks happily. But then Didi Bowman materializes, in full 1950's attire. She wants Pepper to uncover the truth from an old case...

Haunting!  
(Correction: Last month's "Bookshelf" noted that Hard Case Crime is republishing Mickey Spillane's *Dead Street* in October. *Dead Street* is actually a new book Spillane was working on when he died. His friend and fellow mystery author, Max Collins, finished it.)

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



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## HUMOR

# Soccer Grandpa

Sports prowess runs in our family. Way back in the mid 1800s my great grandpa Bill financed his family's trek across the plains to the Utah territory by winning impromptu horse races in and around Winter Quarters, Iowa. Brigham Young didn't like gambling, so my great grandpa quit racing. After that great grandpa just used his fleet steeds to get away from Indians, bad guys, and Johnson's Army during the Utah War of 1857-58.



Larry Day

My father worked as a blacksmith in Utah in the early 1900s. Henry Wadsworth Longfellow's poem describes my dad:

"The smith, a mighty man is he  
With large and sinewy hands.  
The muscles of his brawny arms  
Are strong as iron bands."

My dad used his brawny arms to win plenty of arm wrestling matches when he was young.

My mother, wearing long skirts and using gut-strung rackets, won many tennis matches against strong male and female opponents on the dirt courts of Tooele, Utah, between 1908 and 1916.

Sports prowess skipped me—unless you count 20 years of second-, third- and fourth-place finishes in 5K and 10K road races.

On my wife Emmaline's side of the family, sports prowess manifests itself in fandom. Her uncle Horace attended every home baseball game the Salt Lake Bees played between

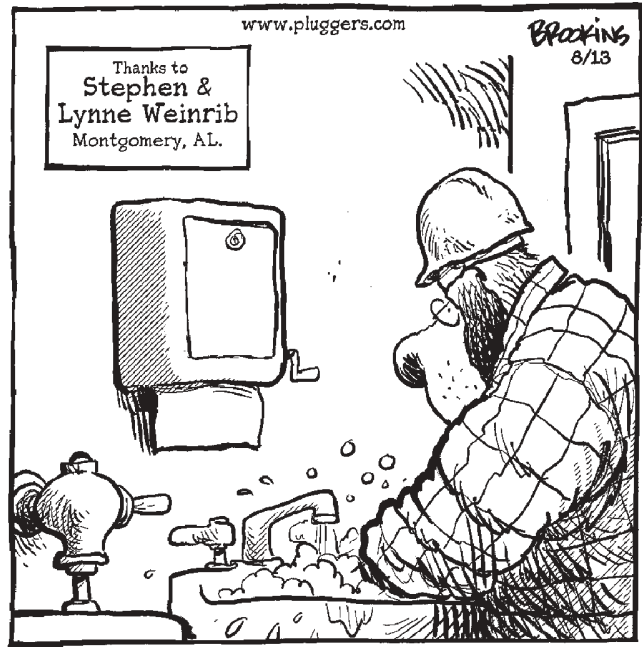
1920 and 1940, and he yelled himself hoarse at every one.

Emmaline is a serious sports fan. Once when we lived in northwest Florida, Emmaline forced me into the car to drive to Atlanta where the Kansas Jayhawks were playing in an NCAA sweet 16 basketball tournament. The reason she had to force me into the car was that a category four hurricane was steaming ashore right behind us. The hurricane came inland on the same course we were heading. Radio stations all the way north broadcast warnings: "get off the highways," "seek shelter, now!" We just drove on through the storm. When we finally made it to Atlanta we had to wade through ankle-deep water to get to the entrance of the field house. The Jayhawks lost, but because I got a chance to take her picture standing beside KU's mascot, the Baby Jayhawk, Emmaline considers that Atlanta trip a great success.

When we watch sports on television I strap a pad to my thigh because I know Emmaline will pound on it with her fist if the game is close. When we watch regular television programs the dog lies on the couch beside Emmaline. But when we watch sports events on TV, the dog hides under our bed—Emmaline's yelling scares her.

My daughter is a cross country skier, mountain bike rider and rock climber. My son is a softball player and épée fencer.

That brings me to the current generation. My grandkids Ariel, aged seven and Gorky, aged four, play soccer on Saturdays. That makes Emmaline and me soccer grandparents. It's wonderful! The concept of "victory, victory *uber alles*," doesn't apply to the kind of soccer they play on the kiddie fields of Letongaloosa.



Pluggers restaurants have Lava soap in the restrooms.

Gorky plays in the Hobbit League. The players, a dozen four-year-olds, wear green or yellow tee shirts that hit them at mid thigh, or sometimes at the ankle. Each player has his or her own ball. The players run around on mini soccer fields with mini soccer nets at each end.

Ardent, happy fans stand on the sidelines yelling encouragement to all the players:

"Great going, Turner, you actually kicked the ball!"

"Marvelous Gretchen, you got up off the grass really fast!"

"Hang in there, Thompson, lying on your stomach on the ground and pulling grass is lots of fun, too!"

There's a little more structure in the seven-year-old league that Ariel plays in. During the game there is only one ball on the field at a time. Seven-year-olds focus better and are a bit more

intense than the four-year-old players, but the fans are just as positive and supportive as the Hobbit League fans.

"Go Red team," they shout. "Go Blue team."

"Good job, Amelia, you kicked the ball right out of bounds."

When either team makes a goal, fans on both sides of the field applaud and yell "Good job!" When the games end, scores are seldom mentioned. The players all give each other high fives and then run to the sidelines to get healthful treats.

In an age when sports competition is very intense, Emmaline and I have learned a lot from being soccer grandparents.

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



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## PUBLISHER'S COLUMN

# A Sea of Middle Stupidity?

By Kevin Groenhagen

Regular readers of *Senior Monthly* know we usually avoid political issues. Our readers in Lawrence tend to be a bit more liberal. Our readers in Topeka and the smaller towns we distribute in tend to be a bit more conservative. Any position we take on a political issue has the potential of upsetting a large percentage of our readership.

Nevertheless, I'm going to delve into an issue that involves 9/11, the 2004 presidential election, and the war on terror. No chance of getting controversial with that, is there?

I'll preface my remarks by noting that I am not a Kansan by birth. I was born and raised in Illinois, returned there for college after completing four years in the Marine Corps, and settled in Lawrence after attending graduate school at the University of the Philippines at Diliman. After 17 years in this state, I am proud to call myself a Kansan and I have a great

deal of love and respect for those in this state.

Elizabeth Black, however, has a very different opinion of Kansans. In a September 17 column in the *Lawrence Journal-World*, Black, a "southwest Kansas native who attended Kansas University" and "recently returned to Lawrence after living in Chicago and then on the East Coast for more than 30 years," wrote that we in Kansas and the rest of Middle America (excepting Lawrence) exist "within the sea of Middle Stupidity."

How did Black come to this conclusion? "For the most part, New York has given up on Middle America," Black writes. "As well they should. When the 2004 election results were tallied, a sea of solid red covered the vast middle of the country. The vote was a resounding affirmation for the Texas team that brought us the trillion-dollar invasion of Iraq, even after the facts were known — no WMD, no al-Qaida connection. Yet somehow, Middle America bought

the notion that the Bush-Cheney-Rumsfeld War to impose American-style democracy on a land where tribal feuding between Sunnis and Shiites has been going on since the ninth century — that this was somehow a 'War on Terror.'"

According to Black's view, if those in the "sea of Middle Stupidity" were as intelligent as New Yorkers (Black apparently classifies herself as a "New Yorker" — she spent one summer there), George W. Bush would not have been reelected in 2004.

If Black's view is correct, we should have seen New Yorkers punishing Bush at the ballot box in 2004. Black must have seen a blue New York in 2004 and concluded that that was the case. However, New York was less blue in 2004 than it was in 2000. Bush received 35 percent of the New York vote in 2000 and 40 percent of that state's votes in 2004. (Bob Dole received 30 percent of the New York vote in 1996. If the trend continues, the GOP presidential candidate will receive half the New York vote in 2012.)

In New York City, the voting was even more dramatic. Bush received roughly 400,000 votes in New York City in 2000. However, in 2004,

Bush received 543,000 votes in New York City, an increase of 35 percent. John Kerry received 9,000 fewer votes in New York City in 2004 than Al Gore received in 2000. Bush also won the New York City borough of Staten Island 57 percent to Kerry's 42 percent. Bush was the first GOP presidential candidate to win that borough since his father did so in 1992.

In Brooklyn, Bush's vote total grew from 96,000 in 2000 to 156,000 in 2004, an increase of 63 percent.

Here in Kansas, smack-dab in the "sea of Middle Stupidity," Bush increased his vote total by just 18 percent between 2000 and 2004. Percentage-wise, that's barely half the increase Bush experienced in New York City.

We can debate whether or not Bush should have been reelected in 2004. However, what cannot be debated is the fact that, contrary to Black's claim, New Yorkers were far more supportive of Bush in 2004 than they were in 2000. Given that, shouldn't Black offer an apology to Kansans in her next column for suggesting that Kansans in particular, and Midwesterners in general, are in a sea of Middle Stupidity?

## Lawrence ranked among 10 'Best Places to Retire'

By Kevin Groenhagen

The October 1 issue *U.S. News & World Report* confirms what many seniors in Lawrence already know: Lawrence is a great place to retire.

The magazine started with a database of 2,000 American places with a population of at least 15,000. They then winnowed that list down to a little over 1,000 places "using criteria that included cost of living, climate, crime rate, access to healthcare, educational opportunities, and cultural and recreational amenities." From there, the editors picked the 10 Best Places to Retire.

"Lawrence has everything we wanted," Lawrence resident Larry Gadt, 65, told the magazine. While still living in Washington, D.C., Gadt and his wife, Jacqueline, listed the features they wanted in a retirement spot. Those features included a college town with a population less

than 100,000, a good hospital, and convenient transportation.

The magazine noted that Kansas University offers performances at the Lied Center, art at the Spencer Museum of Art, and speakers at the Robert J. Dole Institute. In addition to what KU has to offer, Lawrence has "an active community arts center and theater, a vibrant downtown, and a farmers' market three days a week."

The other nine cities profiled in *U.S. News & World Report's* list of 10

"Best Places to Retire" include:

- Bozeman, Montana
- Concord, New Hampshire
- Fayetteville, Arkansas
- Hillsboro, Oregon
- Peachtree City, Georgia
- Prescott, Arizona
- San Francisco, California
- Smyrna, Tennessee
- Venice, Florida

The magazine's longer list of best

places to retire includes 10 other Kansas cities: Derby, Great Bend, Hays, Lenexa, Manhattan, Newton, Olathe, Overland Park, Prairie Village, and Shawnee.

Lawrence's appearance on a "Best Place to Retire" list is not new. For example, the November 2002 issue of *Kiplinger's Personal Finance* noted that "Senior citizens are flocking to college towns to enrich their retirement." *Kiplinger's* included Lawrence as one of three towns profiled to give readers "a taste of this new

trend." The article featured a full-page photo of Carolyn and Lew Phillips, who grew up in Lawrence and later moved to Atlanta. When it came time to retire, they chose Lawrence because of the city's cultural activities.

According to *Kiplinger's*, Lawrence is an "cultural oasis smack in the middle of the country."

For more information on *U.S. News & World Report's* feature on the "Best Places to Retire," see the magazine's Web site at [www.usnews.com](http://www.usnews.com).



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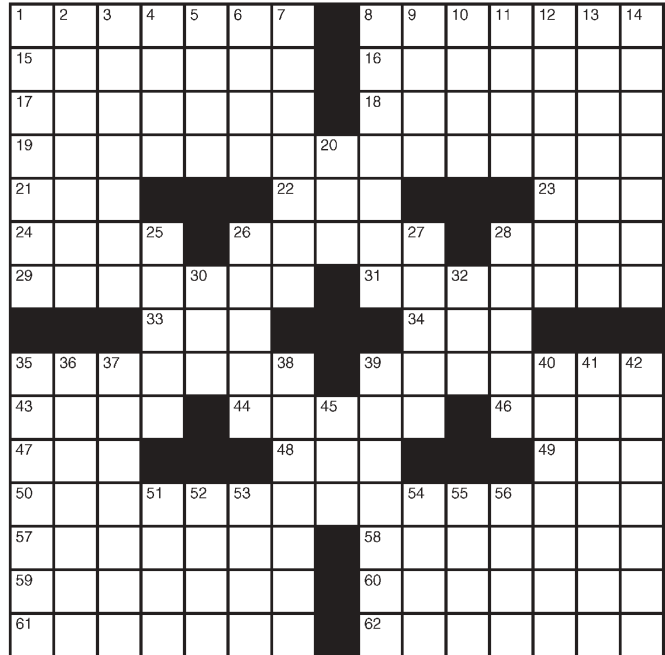
## ACROSS

- 1 Biggest ape
- 8 Property manager
- 15 Means of access
- 16 Clip before the flick
- 17 Is a member
- 18 Unit of flight distance
- 19 Recaps events for a latecomer
- 21 Peak on Crete
- 22 Auto pioneer's initials
- 23 Bother persistently
- 24 Sisters
- 26 Aquarium favorite
- 28 Singer Feliciano
- 29 Become informed
- 31 Got hold of
- 33 \_\_\_ de vie
- 34 "My Gal \_\_\_"
- 35 Attacked from the air
- 39 Inorganic
- 43 Host before Carson
- 44 Scimitar's cousin
- 46 Chilean currency
- 47 Massachusetts cape
- 48 Amalgamation
- 49 Muscle spasm
- 50 Does skunk parenting?
- 57 Brushes off
- 58 Thermal unit
- 59 Server's environment
- 60 Sustenance

- 61 Total takes
- 62 Unbeatable foe

## DOWN

- 1 Yakking
- 2 Late
- 3 Dependent
- 4 Fully versed about
- 5 Breathing organ
- 6 Supports for stools
- 7 Guaranteed
- 8 Fixed parts of electric motors
- 9 Middle of a minuet
- 10 Jug handles
- 11 Weaking
- 12 One who transfers property
- 13 Letting go
- 14 \_\_\_ up (unearthed)
- 20 Indulged one
- 25 Utter oaths
- 26 False alternatives
- 27 Odin's milieu
- 28 Sweet syrupy drink
- 30 LummoX
- 32 Give the ax to
- 35 Granting clemency to
- 36 Woodland songbird
- 37 Happened upon
- 38 Twilled table linens
- 39 \_\_\_ jumping bean
- 40 Hits the hay
- 41 Foolhardy



By James E. Buell  
Edgewater, FL

Answers on page 30

- 42 Keepsake cases
- 45 Dribble catcher
- 51 Disseminates
- 52 Aphrodite's child
- 53 Withered
- 54 Very strong wind

- 55 Slender
  - 56 Scholarly volume
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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.

### NEW HORIZONS (sol: 6 letters)

A-Atlas rocket; D-Data, Detect, Discover, Distant planet; E-Educate, Efficient, Experiments, Explore; F-Flyby; G-Gravity assist; L-Learn, Lockheed Martin; M-Maneuver, Mission; N-NASA; O-Observe, One-way journey; P-Payload, Pluto, Probe; S-Science, Signals, Solar system, Sophisticated, Study; T-Thrusters, Track, Transmit; U-Unmanned

This Month's Answer:  
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M P I L U N M A N N E D A N I  
S H S A D I S C O V E R V R T  
N I T R Y Y B Y L F N T S U R  
A S A S L A N G I S E H T O A  
R T N Y O D A P K K V R N J M  
T I T S T A S R C O R U E Y D  
N C P T U T A O A Y E S M A E  
O A L E L A R B R A S T I W E  
I T A M P S G E T E B E R E H  
S E N P A Y L O A D O R E N K  
S D E L E C N E I C S S P O C  
I E T A C U D E R O L P X E O  
M A N E U V E R T C E T E D L

## JUMBLE

THAT SCRAMBLED WORD GAME  
by Henri Arnold and Mike Argirion

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

DESTE

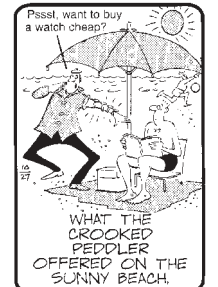
LAVEE

VAHDL

PHATAY

www.jumble.com

Answer: A " " " "



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

Answers on page 30

## Need a Rate Card?

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26 SeniorMonthly, October 2007

## TRIVIALITIES

1. Who co-wrote and directed the 2007 comedy "Hot Fuzz"?
2. Who starred as Richard Hart in the 2006 film "Notes on a Scandal"?
3. Who won the 1999 best supporting actress Oscar for her work in "Shakespeare in Love"?
4. Who played the young Iris Murdoch in the 2001 film "Iris"?
5. Who won the 2002 best supporting actor Oscar for his work in the film "Iris"?
6. Who portrayed the character of Sarah in the 2002 film "In America"?
7. Who directed the 1999 film "Man-Of-Arms"?

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Answers on page 30

# BRIDGE

## Watch those entries

By Omar Sharif and Tannah Hirsch

Both vulnerable South deals.

NORTH

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

WEST

♠ 10 5  
♥ 6 3  
♦ Q 9 8 3 2  
♣ Q 10 9 5

EAST

♠ 9 8 7 4 3  
♥ 5 4 2  
♦ K 10  
♣ K 8 7

SOUTH

♠ J 6 2  
♥ A K J 10 9  
♦ A 7 5 4  
♣ A

The bidding:

SOUTH	WEST	NORTH	EAST
1♥	Pass	2♣	Pass
2♦	Pass	4♥	Pass
5♣	Pass	6♥	Pass
Pass	Pass		

Opening lead: Three of ♥

There are hands where the defense might force you into adopting a line you would not have chosen given another lead. Here's an example.

North bid the hand very well. His two-club response followed by a jump to game in partner's suit showed a forcing raise to game but with only three-card trump support. When South made a slam try by cue-bidding clubs, North decided that his major-suit values had to offer

play for slam.

West's trump lead was troublesome. With any other lead, declarer would simply have conceded a diamond and ruffed two diamonds in dummy. That would not do now because the defense would lead a second trump on gaining the lead, stranding declarer with a diamond loser. A dummy reversal was the only hope.

Declarer won the opening lead in hand with the ace, cashed the ace of clubs and crossed to dummy with the queen of spades to ruff a club with the king, and used the king of spades for another club ruff. To guard against a defender holding two cards in each major, declarer overtook the jack of hearts with the queen and ruffed another club to set up the jack. A spade to the ace allowed declarer to draw the remaining trump with dummy's eight, and the table's long club and declarer's ace of diamonds brought South's total to 12 tricks.

(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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### OFF THE WALL

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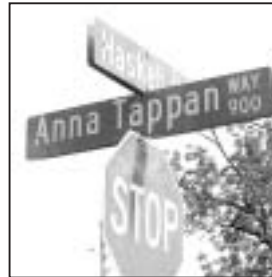
© Puzzles by Pappocom

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

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

MEDIUM

Solution on page 30



## Do You Know Lawrence's History?

New street signs for Hanscom Road, Oliver's Court, and Anna Tappan Way have been put up in Lawrence. Those streets, as well as Haskell Avenue, are named after a few of Lawrence earliest settlers. To learn more about them and other founders of Lawrence, order a reprint copy of Richard Cordley's *A History of Lawrence, Kansas: From the First Settlement to the Close of the Rebellion* today!



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# SMART COLLECTOR

## Tiffany pin from 1889 Paris Expo may be worth a bundle

**QUESTION:** I hope you will tell me I have something of great value. The parents of a friend attended the 1889 Paris Exposition and were given this Tiffany orchid pin. —Dorothy, Blue Hill, Maine

**ANSWER:** Does it help if I tell you that you may have something of value?



Danielle Arnet

You are one smart collector for saving a 1994 Wall Street Journal article mentioning the Tiffany orchid pins. Readers know that whenever one finds documentation on, or mention of, something you have, save it.

In 1889, Tiffany produced 25 Orchid brooches for the Paris Exposition. There, the company won the gold medal for jewelry, largely due to the pins, which were exact duplicates of a natural orchid. Nature has long been a signature inspiration for Tiffany designs.

Produced as a limited edition, the Expo brooches disappeared into private collections or have been lost with time. Several of the originals are in the permanent Tiffany & Co. collection. In 1993, an orchid brooch from the Expo sold at Sotheby's for a record \$415,000.

Measuring about 2 inches by 1 1/2 inches, the reader's pin has no maker's mark, but is marked "sterling silver."

Carol Elkins, senior vice president and jewelry specialist at Sotheby's New York, told us that if the brooch is the real thing, it would be "exceedingly rare." But it must be seen and studied to determine if it is one of the fabled 1889 orchids.

Following the Exposition, Tiffany and other companies made many versions. "Some look very, very similar," remarked Elkins. The later orchids were made in varied sizes. Some later versions sell for as much as \$100,000, which is not shabby.

According to Elkins, condition, authenticity and provenance will determine value. Contact her at Sotheby's (1334 York Ave., New York, NY

10021) to have her examine the pin. Then you will truly know if you have something valuable!

**FYI:** Acting president of the American Society of Jewelry Historians, [www.jewelryhistorians.com](http://www.jewelryhistorians.com), Elkins invites readers to visit the site and learn about membership.

**QUESTION:** I want to sell a museum quality 1885 crazy quilt. A secondary road show quilter told me it was similar to one on display at the Smithsonian and should fetch \$6,500 to \$25,000. How do I sell at the best price? —Lillie, Tucson, Ariz.

**ANSWER:** I don't have a clue what a "secondary road show quilter" is. Plus, that price range is uncharacteristic for a specialist from the PBS production, "Antiques Road Show." They give narrower ranges. A quilter, not an experienced appraiser, probably provided the figure.

"Crazy" quilting, a manner of piecing unmatched bits of cloth together to form a surface, dates from colonial times when it was a necessary way to re-use and make do. It reached its height as a decorative technique during Victorian times, when quilts were assembled using randomly placed fancy fabrics covered with elaborate embroidery on seams and patches. In the late 1800s, many became records of family history, with a christening garment fragment placed next to a uniform remnant, and so forth. World War I marked the end of the crazy quilt era, and the last examples were far plainer.

The Smithsonian quilt may be there for varied reasons. Museum items are not always the most valuable of their kind. Consider the institution and the intent of the display. Perhaps the quilt was donated, or is the work of a noted quilter or region. Or it is a stellar example of the type, or tells a particularly notable story. Its purpose may be to teach, rather than to be an artistic exemplar.

I'd take the value comment with a grain of salt, send images of the quilt to auction specialists, and hope for the best. Doyle New York holds regular sales of couture and textiles, and all major auction houses sell good Americana. Remember, fabrics must be assessed first hand for a definitive judgment. A specialist will tell you if they are interested.

**QUESTION:** Does anyone buy Jim Beam collector bottles? We have

three boxes to sell. —Roxanna, Milinocket, Maine

**ANSWER:** Briefly, figural Beam whiskey decanters have gone the way of all manufactured collectibles. Popular decades ago, the porcelain decanters have plummeted in value as collectors aged or lost interest.

Billing itself as the largest Beam collector club in the world, [www.jimbeamclub.com](http://www.jimbeamclub.com), home page of the Evergreen Club, has links to membership and the club store. There is no info on how to sell.

For the real story on prices, cruise eBay to see what bottles similar to yours bring. Or consult "Jim Beam Figural Bottles: An Unauthorized Collector's Guide: 2nd Ed." by Molly Higgins (Schiffer, \$29.95). Remember, books are just guides. Anything is worth only what someone will pay for it.

(For a private consultation, please visit [www.mysticstars.net](http://www.mysticstars.net). To reach Lasha by mail, please send c/o Tribune Media Services Inc., 2225 Kenmore Ave., Suite 114, Buffalo, NY 14207.)

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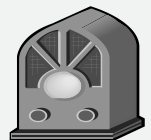
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# WOLFGANG PUCK

## An easy way to do brunch

By Wolfgang Puck

Tribune Media Services

With children back in school, autumn a week away and the holidays — hard to believe — suddenly just around the corner, now is the time when many cooks start to think again about brunch entertaining.

Since this is a time of year when people start cooking meals at home more often, I like to think of it not only as the start of brunch

season but also the beginning of leftovers season. It seems like our refrigerators now more often contain tiny parcels of cooked meat, poultry or vegetables, along with odd chunks of cheese; and the

pantry is more likely to have in it the slightly stale, but still delicious, unfinished half of a good loaf of bread from the local boutique bakery.

All these factors give me a good reason to make one of my favorite easy brunch dishes: strata. The name comes from the Italian word for "layer," and perfectly describes the way you assemble the dish by arranging layers of sliced meat, vegetables and bread along with shredded, grated or crumbled cheese in a baking dish, then soak it in a seasoned mixture of beaten eggs before baking. Think of it as a savory version of the popular dessert bread pudding and you'll be exactly right.

Like bread puddings, stratas offer endless opportunities for creativity. Start with the bread. You want to use a flavorful loaf with a firm crumb and sturdy crust for the best taste and texture. I like sourdough bread, Ital-

ian ciabatta or something interesting like a rosemary loaf. Just stay away from pre-sliced commercial breads, which will only give you gummy results.

Different cheeses can contribute lots of variety to your strata. Sharp cheddar, rich and round-tasting Gruyere, piquant Parmesan, tangy and cream goat cheese or even blue-veined Stilton or Roquefort make good choices, whether used singly or in combination.



Wolfgang Puck's Southwestern Strata with Sausage

PHOTO BY JOHN DZEMKA, CHICAGO TRIBUNE

Use precooked chopped or sliced meats and vegetables to elaborate the strata even more. You can thinly slice last night's roast and layer it with the bread. Or add julienne strips of ready-to-eat deli meats like salami

or prosciutto. Or sauté some sausage or bacon, drain well, and crumble before adding it. As for vegetables, some of my favorite options are sautéed mushrooms, roasted bell pepper strips or grilled eggplant slices.

The whole strata takes only minutes to assemble, from beginning the layering to pouring in the mixture of eggs, milk and seasonings. You can even do most of the assembly in advance and refrigerate the dish, covered, for up to several hours. Then, just add the beaten egg mixture and pop it into a preheated oven to bake. Add a simple salad with a light vinaigrette dressing and brunch is ready to serve.

### SOUTHWESTERN STRATA WITH SAUSAGE

Serves 4 to 6

3/4 pound mild to spicy Southwestern-style pork, turkey or chicken sausage, or chorizo, casings slit and removed

1/2 pound stale sourdough bread, ciabatta or rosemary bread, cut into slices 3/4 inch thick

1 garlic clove, cut in half

1 cup shredded pepper Jack cheese

6 eggs, lightly beaten

2 cups milk

3/4 teaspoon salt

1/2 teaspoon powdered mustard

Freshly ground black pepper

1 cup fresh tomato salsa, for garnish

Heat a large, heavy nonstick skillet over medium-high heat. Add the sausage and sauté it, breaking it up into bite-sized chunks and stirring with a wooden spoon, until thoroughly cooked and lightly browned, 5 to 7 minutes. With a slotted spoon, transfer the sausage pieces to several layers of paper towels to drain and cool.

Lightly oil or spray with nonstick cooking spray a 12-by-10-inch baking dish or gratin dish. Rub the bread slices on both sides with the cut sides of the garlic clove halves.

Arrange all the slices in an even layer on the bottom of the baking dish. Sprinkle half the cheese over the bread. Arrange all the sausage pieces evenly on top, and then cover with the remaining cheese. Cover with plastic wrap and refrigerate until ready to bake.

Before baking, preheat the oven to 350 degrees. Remove the baking dish from the refrigerator and uncover it. In a mixing bowl, beat together the eggs, milk, salt, mustard powder and a little black pepper. Pour the mixture evenly over the ingredients in the baking dish.

Bake the strata until its top is slightly puffed like a soufflé and golden brown, about 45 minutes. Remove from the oven and transfer onto individual heated serving plates. Pass the salsa separately for each person to add to taste.

(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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In 1895 Richard Cordley, a survivor of Quantrill's Raid, wrote *A History of Lawrence, Kansas: From the First Settlement to the Close of the Rebellion*. Groenhagen Advertising, LLC is offering a new edition of Cordley's book. In addition to Cordley's original text, this new edition includes an editor's introduction, additional illustrations from the Library of Congress, recent articles on the Eldridge Hotel and House Building, and a comprehensive index. Paperback, 288 pages, 6" x 9", perfect binding.

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# NOSTALGIA NOTEBOOK

## OCTOBER 1947

### Births

**OCTOBER 13:** Sammy Hagar, American singer  
**OCTOBER 16:** Bob Weir, American guitarist (Grateful Dead)  
**OCTOBER 17:** Michael McKean, American actor and comedian (*Laverne & Shirley*)  
**OCTOBER 24:** Kevin Kline, American actor  
**OCTOBER 26:** Hillary Rodham Clinton, Senator from New York  
**OCTOBER 29:** Richard Dreyfuss, American actor

### Events

**OCTOBER 14:** American test pilot Captain Chuck Yeager flies a Bell X-1 faster than the speed of sound, the first man to do so in level flight.  
**OCTOBER 20:** The Indo-Pakistani War of 1947 begins.  
**OCTOBER 30:** The General Agreement on Tariffs and Trade (GATT), which is the foundation of the World Trade Organization (WTO) is founded.

## OCTOBER 1957

### Births

**OCTOBER 5:** Bernie Mac, stand up comedian and actor  
**OCTOBER 25:** Nancy Cartwright, American voice actress - (Known among others, as the voice of Bart Simpson in *The Simpsons*)  
**OCTOBER 29:** Dan Castellaneta, American voice actor - (Known among others, as the voice of Homer Simpson in *The Simpsons*)

### Events

**OCTOBER 2:** David Lean's film *The Bridge on the River Kwai* opens in England.  
**OCTOBER 4:** The Soviet Union launches Sputnik I, the first artificial satellite to orbit the earth.  
**OCTOBER 21:** The U.S. military sustains its first combat fatality in Vietnam, Army Capt. Hank Cramer of the 1st Special Forces Group.  
**OCTOBER 31:** Toyota begins exporting vehicles to the U.S., beginning with the Toyota Crown and the Toyota Land Cruiser.

## VINTAGE AD

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## JUMBLE ANSWERS

Jumbles: STEED LEAVE HALVED  
 APATHY  
 Answer: What the crooked peddler offered on the sunny beach – A "SHADY" DEAL  
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## TRIVIALITIES ANSWERS

1. Edgar Wright 2. Bill Nighy 3. Dame Judi Dench 4. Kate Winslet 5. Jim Broadbent 6. Samantha Morton 7. Patricia Rozema  
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## PEOPLE NEWS

# LMH welcomes four new physicians

Lawrence Memorial Hospital recently welcomed the following four physicians to its active Medical Staff:

### Vance R. Burns, M.D.

Dr. Burns has joined Lawrence Hospitalist Physicians. He received his undergraduate degree from the University of Kansas and his medical degree from the University of Kansas Medical Center. He completed his internship and residency in internal medicine at the University of Iowa, and his fellowships in critical care and in pulmonary diseases at the University of Kansas. Prior to joining the LMH Medical Staff, Dr. Burns was an assistant professor of general and geriatric internal medicine at the University of Kansas Medical Center where he was a Hospitalist. He also served as medical director of inpatient services at KU Med.



Burns

Dr. Burns is board certified in pulmonology and internal medicine, and is board eligible in critical care. In 2005, Dr. Burns received the annual University of Kansas School of Medicine's Rainbow Award. The Rainbow Award is a student-nominated award that recognizes and honors a physician who cultivates outstanding attributes in professionalism and excellence in medical students.

Dr. Burns is board certified in pulmonology and internal medicine, and is board eligible in critical care. In 2005, Dr. Burns received the annual University of Kansas School of Medicine's Rainbow Award. The Rainbow Award is a student-nominated award that recognizes and honors a physician who cultivates outstanding attributes in professionalism and excellence in medical students.

### Darin J. Elo, M.D., FACEP

Dr. Elo has joined Lawrence Emergency Medicine Associates. He received his undergraduate degree in psychology from the University of Colorado in Boulder. He completed his medical degree with high distinction from the University of Kentucky College of Medicine in Lexington, Kentucky and completed his residency in emergency medicine from the University of Missouri-Kansas City where he was Chief Resident. Dr. Elo is board certified in emergency medicine and is a Fellow of the American College of



Elo

Emergency Physicians. Dr. Elo previously worked as an Emergency Physician for Providence Medical Center in Kansas City, Kansas, where he was Associate Chair of Emergency Medicine from 2000-2004, a member of the Medical Staff Quality Management Committee for three years and a member of the Utilization Review Committee for a year. He also worked at St. John's Hospital in Leavenworth and Liberty Hospital in Liberty, Missouri.

Emergency Physicians.

Dr. Elo previously worked as an Emergency Physician for Providence Medical Center in Kansas City, Kansas, where he was Associate Chair of Emergency Medicine from 2000-2004, a member of the Medical Staff Quality Management Committee for three years and a member of the Utilization Review Committee for a year. He also worked at St. John's Hospital in Leavenworth and Liberty Hospital in Liberty, Missouri.

### Lisa M. Gard, M.D., FACEP

Dr. Gard has joined Lawrence Emergency Medicine Associates. She received her undergraduate and medical degrees from the University of Missouri-Kansas City School of Medicine. She completed her residency in emergency medicine at the University of Missouri-Kansas City School of Medicine through Truman Medical Center. Dr. Gard is board certified by the American Board of Emergency Medicine and a Diplomate of the National Board of Medical Examiners.



Gard

Prior to joining Lawrence Emergency Medicine Associates, Dr. Gard practiced at North Kansas City Hospital and Salina Regional Health Center where she worked as the Director of the Emergency Department for two years. Dr. Gard is a fellow with the American College of Emergency Physicians and has previously served on the Emergency Physicians Advisory Board of Kansas City, Emergency Physicians Foundation of Kansas City, the Metropolitan Medical Society of Greater Kansas City, the Kansas City Chapter of the College of Emergency Physicians, the Missouri State Medical Association, Clay-Platte County Medical Society and the Kansas Medical Society.

Prior to joining Lawrence Emergency Medicine Associates, Dr. Gard practiced at North Kansas City Hospital and Salina Regional Health Center where she worked as the Director of the Emergency Department for two years. Dr. Gard is a fellow with the American College of Emergency Physicians and has previously served on the Emergency Physicians Advisory Board of Kansas City, Emergency Physicians Foundation of Kansas City, the Metropolitan Medical Society of Greater Kansas City, the Kansas City Chapter of the College of Emergency Physicians, the Missouri State Medical Association, Clay-Platte County Medical Society and the Kansas Medical Society.

### Christopher Jenson, M.D.

Dr. Jenson has joined Lawrence Emergency Medicine Associates. He received his undergraduate degree, magna cum laude, from the University of Notre Dame. He completed his medical degree from Loyola

KEVIN GROENHAGEN PHOTO



Pattie Johnston, Senior Outreach Coordinator at the Lawrence Public Library, was named the "Professional of the Year for Excellence in Senior Advocacy" by the Lawrence Area Professionals in Aging (LAPA). Johnston received the award during LAPA's first annual mixer on September 20. LAPA was started in November 2003 by Kim Hoffman and Laura Bennetts of Lawrence Therapy Services and Seth Movsovitz of Kansas Elder Care. LAPA is for professionals and volunteers who work with seniors in Lawrence and surrounding communities.

University Stritch School of Medicine and his residency in emergency medicine from Northwestern University McGaw Medical Center. Dr. Jenson is board eligible in emergency medicine.



Jenson

Dr. Jenson recently won the Clinical Excellence and Humanism award for the senior class of residents at Northwestern. In 2006, he

was awarded Best Procedure Teacher by the Northwestern Emergency Medicine Residency program. During his residency, Dr. Jenson was a member of the Quality Control Committee, Resident Selection Committee and Administration College Committee. He was part of a multidisciplinary task force to ensure patient understanding and compliance with discharge planning, and collaborated in a study on patient safety in the Emergency Department while at Northwestern.

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