

Kaw Valley Senior Monthly

FREE!

PRSR STD
U.S. Postage
PAID
Lawrence, KS
Permit No. 19

October 2008 *Serving Active Seniors in the Lawrence-Topeka Area since 2001* Vol. 8, No. 4

INSIDE



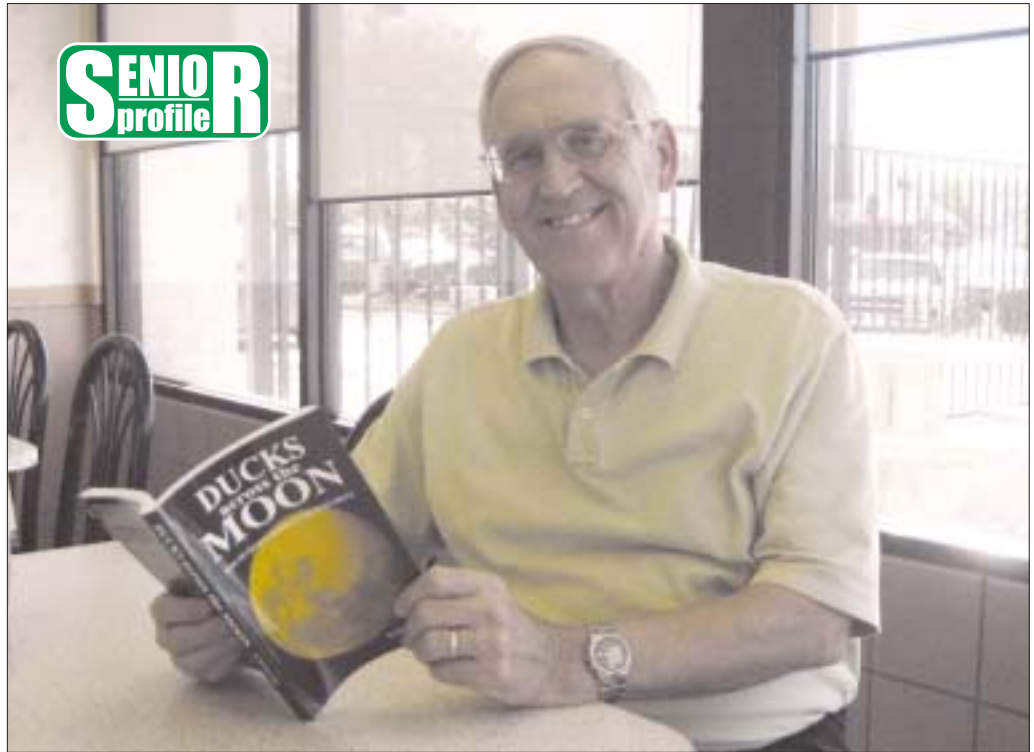
Douglas County residents now have access to a local facility that offers end-of-life care in a setting designed to be as much like home as possible. - page 4

I Luv Being a Senior!

Older Citizens Information and community partners in aging are sponsoring a fair for those 55 and older in Topeka on October 22. - page 6

INDEX

Bookshelf	24
Business Card Directory..	33
Calendar	18
Classifieds.....	35
Collectibles Marketplace..	30
Health & Fitness	14, 15
Humor	23
Medicine Cabinet, The	17
Monthly Thought.....	26
Mouse Call.....	11
Movie Review	25
Nostalgia Notebook.....	34
People News.....	8
Personal Finance.....	13
Pet World	27
Puzzles and Games	28, 29
Restaurant Guide.....	31
Retire Smart	16
Smart Collector.....	30
Wolfgang Puck's Kitchen....	31



KEVIN GROENHAGEN PHOTO

Dr. Ken Ohm of Topeka recently published *Ducks across the Moon: Life on Eighty Acres in the Flint Hills*, the second of two books about his childhood memories.

Ohm shares childhood memories in two books

By Kevin Groenhagen

As a child growing up on an 80-acre farm near Emporia, Kan., Ken Ohm says the only book in his family's home was the Bible. His first two schools, both one-room, rural schools, barely had the resources to stay open for only three or four students. The schools had no dictionaries or general reading books. His house had no electricity, indoor plumbing, or the modern appliances we take for granted today.

Much has changed for Ohm since those days. However, when he decided to write about his life, he chose to share stories about his childhood

days with readers. As he noted in the preface of his first book, *Spatzies and Brass BBs: Life in a One-Room Country School* (2004), "The accounts that follow are prominent in my memory. Even after 60 or more years, they are, to me, as real and factual as if they occurred yesterday. I hope this story will provide a glimpse into wartime lives in tiny one-room schools across the country. The years described here are just the beginning of my life story, but they still reflect an almost daily recall of one event or another from those impressionable times."

Spatzies and Brass BBs includes 60 chapters on topics such as the first

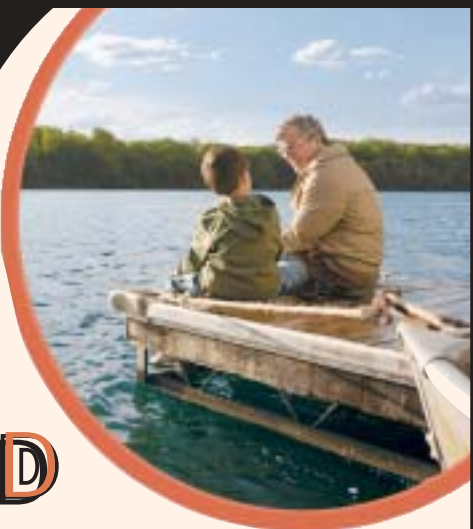
day of school, chores, and picnics on Sharpes Creek. The title of the book comes from Chapter 51. His parents and grandparents called sparrows "spatzies," which is the German word for the bird. According to Ohm, one of his jobs on the farm was to shoot sparrows. "Sparrows were a real problem around the farmhouse and the barn," Ohm wrote. "Besides depositing droppings on everything, they stole chicken feed as well as cattle feed."

Unfortunately, shooting sparrows came a bit more difficult during World War II.

"During the early part of the war,

■ CONTINUED ON PAGE THREE

60 Years of Trust From Miracle-Ear®



FALL HEARING AID REPAIR SPECIAL!

Bring your coupon into a participating Miracle-Ear® location listed below and receive great savings on repairs of any make, any model hearing aid! Of course, we always offer FREE cleaning and FREE instore repairs at all of our friendly Miracle-Ear® locations. Ask about our FREE Hearing Tests* and FREE Video Otoscope* exams while you are there. Also sign up for our FREE Hearing Aid Drawing! Get details at the store!

\$50 off

**Hearing Aid Repair
Any Make, Any Model!!**



Limit one coupon per customer. Can be used on up to 2 hearing aids. Coupon expires October 17, 2008.

BATTERIES!

**Buy One,
Get one Free!**



Limit one coupon per customer. Limit of 2 packs reg. price and 2 packs free. Coupon expires October 17, 2008.

WAL★MART®

1301 SW 37th St. • Topeka
785-228-1470
800-949-5321

SEARS

2727 Iowa St. • Lawrence
785-842-0880
800-522-1149



What will your miracle sound like?™

* Hearing test always free. Not a medical exam. Audiometric test to determine proper amplification needs only.

Dr. Ken Ohm

■ CONTINUED FROM PAGE ONE

everything was rationed," Ohm said. "Brass BBs were taken off the market. If you were lucky, the only thing you could get were lead BBs. Lead BBs were typically off-round to the point you could drop them down the barrel and they would only go halfway down. You could only fire them once since whatever they hit would flatten them. I had a cousin who was a little better off than the rest of us. Once in awhile he would manage to get a tube of brass BBs. He would shoot his BB gun when he came to visit us on the farm on weekends. We would count the number of times he shot his gun and then go search for the BBs. These recycled BBs were sometimes used over and over."

In July, Ohm published *Ducks across the Moon: Life on Eighty Acres in the Flint Hills*. Like *Spatzies and Brass BBs*, his second book also deals with his childhood memories. *Ducks across the Moon* also includes 60 chapters, including chapters entitled, "The Green Manure Spreader," "Squirrels and Sputnik," and "Skunk Hunting."

While writing his books, Ohm

said he would occasionally ask his mother, whom he visits every week in Emporia, to help him with his memories. She was not quite as eager to reflect on the past as Ohm was since the period covered by the books, the late 1930s to the mid-1940s, were tough times for the Ohms, as well as for many families in the country. He also called his childhood neighbor, Ralph Jones, a retired farmer who is now 95 and still living outside of Emporia, a few times for details.

Eventually, Ohm left the one-room schoolhouse to attend a school in town that was bigger than the family's barn. Interestingly, it may have been Ohm's last name that helped set him on his path towards a career in academia.

"In the eighth or ninth grade, I had a science class and my teacher, Mr. Martin, latched onto my last name," Ohm explained. "He said I was destined to be in science."

Of course, Ohm's teacher knew that the young student shared a surname with Georg Simon Ohm, the German physicist renowned for Ohm's Law. According to the American History Dictionary, Ohm's Law is "The law stating that the direct current flowing in a conductor is directly proportional to the potential difference between its ends. It is usually formulated as $V = IR$, where V is

the potential difference, or voltage, I is the current, and R is the resistance of the conductor."

Ohm would later learn that his family came from the same part of northern Germany as Georg Ohm, so they may be relatives.

It appears that Mr. Martin was right. Ohm majored in physics and mathematics at Emporia State University, and earned his master's in mathematics there as well. He received his doctorate in physics and education administration from the University of Wyoming. He then spent nearly 30 years at Sheridan College in northern Wyoming, where he was a professor of physics. He also served as the dean of faculty there for seven years.

Ohm and his wife, Ruth, decided to return to Kansas in 1992 when his mother became ill. His wife joined the faculty of Baker University's School of Nursing in Topeka, while Ohm began an extended, full-time lecturership in mathematics, astronomy, and education at Washburn University. Ohm notes that he walked into his first classroom during the fall of 1959 and will walk out of his last classroom next May, completing 50 years as an educator. Interestingly, he taught Ohm's Law during almost all of those 50 years.

Of course, Ohm has no intention of slowing down once he retires

from teaching next spring. In fact, he has a few ideas for other books. He is currently co-writing a fact-based novel with Donald Pady of Topeka. That novel is about a buried treasure in the Flint Hills and is scheduled to be released during late 2009.

Ohm is also thinking about writing a book entitled *MA104*, which is the mathematics course he has taught.

"It would be about my experiences, mostly with students and those unique happenings during 50 years of teaching that course," Ohm said. "I have a file of very interesting stories, mostly about the students' perceptions of the world, and why they were absent on a certain day, why they couldn't make up a test, and why they couldn't get their homework done."

Ohm estimates that he has had between 10,000 and 15,000 students during the past five decades, so that file is probably very thick.

Another book idea is *Jeers from the Crowd*.

"I'm a major baseball fan," Ohm said. "I have accumulated a number of comments members of the crowd made towards the players and the umpires. They're incredibly entertaining. My thought is to have a compilation, so if you're going to a ballgame you can provide the in-

■ CONTINUED ON PAGE SEVEN



Doctor Dave

Making "mouse" calls since 1990

Specializing in patient on-site residential computer repair and help

785-218-9676
www.calldrdave.com



DRURY PLACE

The wonderful lifestyle you will find at Drury Place offers you a satisfying, worry-free life at an affordable price.

TOPEKA ANDREA GRAHAM Director 785.273.6847	LAWRENCE SANDY NELSON Director 785.841.3962
---	--

Kaw Valley Senior Monthly

Editor and Publisher
Kevin L. Groenhagen

Kaw Valley Senior Monthly is published monthly by Groenhagen Advertising, L.L.C., Lawrence, Kansas, and is distributed at over 130 locations throughout the Lawrence-Topeka area. Any opinions expressed by our writers are not necessarily those of Groenhagen Advertising, L.L.C. Subscription rate is \$15 for 12 monthly issues.

C O N T A C T U S

 MAIL 2612 Cranley St. Lawrence, KS 66046	 PHONE 785-841-9417	 E-MAIL kevin@seniormonthly.net	 FAX 785-749-4691
--	--	---	---

Care Cottage employs 'aging in place' concept

By Billie David

Citizens of Douglas County now have access to a local facility that offers end-of-life care in a setting designed to be as much like home as possible.

The creation of Care Cottage was a classic case of serendipity: The Douglas County Visiting Nurses Association, Rehabilitation and Hospice Care was looking for a location and Hearth House, a Home Plus assisted living facility, was looking for a buyer.

"The timing was perfect," said Donna L. Flory, hospice social worker and Care Cottage supervisor. "The board had been thinking about a large facility down the road, and they had a vision of something smaller now, and this place was put up for sale."

The fact that Hearth House had already been adapted in a manner that would meet the needs of hospice patients was an especially convincing argument for purchasing the place. Considering that it would have taken four to six months to renovate a regular ranch-style house and then several more months to have it surveyed and licensed, the purchase of Hearth House had the potential to accelerate the hospice's opening by up to one year.

So the board made the decision to buy the house—a decision made possible thanks to the support of the Lawrence community through fundraiser donations.

Hearth House, located in a quiet neighborhood on the corner of 26th and Atchison, was purchased at the end of April. Two residents who were already living there were grandfathered in under the "aging in place" concept. There is room for a total of

four residents.

"It was win-win," said Judy Belome, VNA's chief executive. "It was good for the sellers and certainly it was good for the buyers."

Hospice services are available to people when their physicians have certified that the patient's life expectancy is six months or less.

"The concept is to offer people the ability to stay in a home-like setting," Flory explained.

Care Cottage is staffed 24 hours a day, seven days a week by Certified Nurses' Aides. Registered nurses are on call 24 hours a day. Employees at Care Cottage, as is typical of Home Plus facilities, are all universal workers, which means that each of them pitches in to do all of the work, including fixing meals and doing housework, laundry and personal care.

"Family members are welcome to visit whenever they want," Flory said, adding that Care Cottage can't accommodate pets, but that pets may be allowed to visit. Residents and family members can help prepare meals when they wish, and they have the choice of either doing their own laundry or having someone else do it.

Transportation is also arranged for residents for medical appointments, hair appointments and other errands.

In addition, residents are eligible for hospice benefits, which include a nurse case manager to supervise care and pain management and communicate with the patient's physician. They are also eligible for the services of a social worker, who can provide emotional support and help them explore other resources, and a home health aid to help with bathing and personal care. They can obtain dura-

KEVIN GROENHAGEN PHOTO



Care Cottage

ble medical equipment and obtain prescription medications related to their diagnosis through the Hospice Medicare benefit. In addition, they have access to a chaplain and to volunteers, who can drop in to visit, play cards, read, accompany the resident outside to see the birds at the bird feeder, or stay while a family member runs errands or takes a break.

The resident is charged \$125 per

day of private pay. Other expenses are covered by hospice.

"Our goal is to have one bed that can be available for an indigent person based on income," Flory said.

"It's all part of our vision to eventually have our own in-patient hospice facility in Douglas County," she added. "That's a larger investment and undertaking. In the interim we wanted to get started on a smaller

■ CONTINUED ON PAGE FIVE

Compassion and Service
...More Than
Just Words



Lawrence 843-1120 • Eudora 542-3030
www.warrenmcelwain.com



Private room
 available now!

785-250-0313

www.deerparkmeriden.com

Our Home Plus residence provides 24 hour supervised nursing care for 8 residents in a unique homelike setting.

Care Cottage

■ CONTINUED FROM PAGE FOUR

scale to provide options that people haven't had before."

The board is currently looking at land for the larger facility behind the United Way building, which is located at 2518 Ridge Court,

"One larger inpatient hospice will be a facility for people who need skilled care," Flory said.

Flory has been a social worker

in the Lawrence Community for 38 years. While she held a staff position at KU's health center, she became involved with hospice.

"When I retired from KU in 2003, I said, 'if you need help, let me know,'" Flory said with a laugh.

They let her know.

"That's just fine," she said. "I'll retire sometime down the road. It's a gift to be of service to people and their families at the end of life. To be able to help them on their journey is just a gift."

Care Cottage part of VNA's two-phase plan

By Billie David

Last April, 35 families in the Lawrence community invited friends and neighbors into their homes as part of the VNA's 3-D (Dine, Dance and Donate) fundraiser. After dinner, participants gathered at the Arts Center for dessert and dancing. The event raised \$100,000—ample evidence of the community's support for the idea of a local hospice facility.

Care Cottage, a four-bed facility that was purchased in April, is the first part of a two-phase plan to build a 12-bed facility on land located behind the United Way building.

"Phase 1 is to get residents in those beds," said VNA chief executive Judy Bellome. "We still have two rooms available."

Board members decided that starting on a smaller scale with Care Cottage was a more reasonable risk to take, she explained. They won't be on financially stable ground until at least three of the beds are filled. The fourth bed is for indigent patients. When Hearth House was purchased, two residents were grandfathered in, so that means filling at least one more bed.

But that may not be as easy as it sounds.

"People always want to stay home if they can," Bellome explained, adding that caregivers are willing to sacrifice even their own health rather than sending reluctant family members to another place for care.

The goal is to show physicians and community members how much like home the facility, with its four bedrooms, spacious living room, dining room and kitchen, and its patio with flower gardens and bird feeders, really is.

"The current residents and their family members have even come forward and said that they would be glad to talk to people and tell them what a great place it is," Bellome said.

Another plan in the effort to spread the word is to help physicians become more aware of the facility by holding an open house specifically for them.

As for Phase 2, which involves the actual construction of the 12-bed facility, the Douglas County Commission has already offered to rent the property behind the United Way to the VNA for \$1 per year for the next 99 years.

"We have a contract in hand, but we're not ready to begin a capital campaign until we complete Phase 1," Bellome said. "If we are able to be referred patients to fill the bed, the board would say that we are at the point where we can start."

As for fundraisers, this year's 3-D event will be held on Saturday, April 4, 2009.

"We're looking for 50 people this year who would agree to have friends and neighbors for dinner, and then everybody will go to Maceli's," Bellome said.

October is National Physical Therapy Month



Diane Bell
Physical Therapist



Laura Bennetts
Physical Therapist
Co-Owner



Evonne Cooper
Physical Therapist



Emily Gaston
Physical Therapist
Assistant



Dorian Logan
Physical Therapist



Erinn Golick
Physical Therapist



Traci VanDeWeerd
Physical Therapist
Assistant

- Pain management
- Fall prevention and Balance Training
- Lymphedema Management
- Stroke rehabilitation
- Orthopedic rehabilitation
- Worker's Compensation
- Anodyne® therapy
- Spine Rehabilitation
- Pediatric Rehabilitation
- Personal Exercise Development

Services available in-home or in one of our two clinic locations



842-0656

2200 Harvard Rd, Ste 101

Lawrence

www.lawrencetherapyservices.com

594-3162

814 High St., Suite A

Baldwin City



SkillBuilders

Education and Support for Widows, Widowers and Caregivers

Fall - 2008 Schedule

Sept 4	Estates & Legal Matters	Cheryl Trushkin, Barber Esquire LLC
Sept 8	Your Legacy: I to We to He	Jean Hensley, Johnson County SkillBuilder
Sept 15	Computer Skills Forum	Mary Gaudier, retired business teacher
Sept 25	Going on with Life	A panel led by Laura Reiser with Hospice Care
Oct 2	Brighten Your Home with Winter Gardening	Jennifer Smith, Douglas County Extension Office
Oct 9	Maintaining Your Home	Al Hayes, Hayes Remodeling
Oct 16	Car Care	Richard Belg, Westside Oil
Oct 23	Home Security and Personal Safety	Gary Spahr, Douglas County Sheriff's Office
Oct 30	Managing Your Money	Steve Hamilton, USF Financial Services
Nov 6	Healthy Eating for One	Discussion led by Rosemary Kay, Volunteer
Nov 13	Coping w/ Special Occasions	Dana Flory, Social Worker with Hospice Care
Nov 20	End of Session Potluck	All Welcome

Thursdays, Sept 4—Nov 20, 2008
LAWRENCE PUBLIC LIBRARY
 707 Vermont
 10:00am to 11:45am

Although sessions are designed for widowed persons and caregivers, anyone is welcome. No pre-registration necessary. No charge. Refreshments provided.

This program has been funded by the Community Impact Grant through the United Way of Douglas County and is presented by Douglas County Visiting Nurses, Rehabilitation and Hospice Care, the Lawrence Public Library and Douglas County Senior Services (DH 586).

A special thank you to all our presenters & their employers for volunteering their time & talent.

FREE COST TO BLOOD TRANSPORTATION PROVIDED BY BCLS 785-642-0543

Questions?—Call Sarah at Douglas County Visiting Nurses, Rehab & Hospice—785-642-3700

The Etc. Shop

The Look of Lawrence

- **Brighton® Leather Goods** •
 Handbags • Wallets • Belts • Briefcases
 Dayplanners • Shoes • Watches • Jewelry
 Brighton Sterling Charms, etc.
- **Sunglasses** •
 Ray-Ban, Brighton, DKNY
- **Gifts** •
 Inspired by Frank Lloyd Wright, Rennie Mackintosh
 Collection, Lamps, Art Glass, Ties, Clocks,
 Mica & Stained Glass Lamps.
- **Jewelry** •
 Huge Selection of Sterling Silver, Custom KU Jewelry,
 Hand-Crafted Designer Jewelry

THIS IS A FUN STORE!

928 Mass.
Lawrence, KS 66044

843-0611
www.theetshop.com

Senior fair to be held on October 22

"I've put in for good weather," said Loni Carroll, director of Older Citizens Information (OCI) in Topeka.

If the weather cooperates, Carroll expects a large turnout for the first "I Luv Being a Senior," a community fair for those 55 and older.

Through her position at OCI, Carroll realized that it would be beneficial to the senior community in Topeka to have an event where seniors could learn more about organizations and businesses in the area that deal with senior issues. That led her to start contacting other organizations to see if there was an interest in having a senior fair.

"It's been wonderful," said Carroll when describing the positive response she received from other community partners in aging.

OCI and those partners collaborate on the senior fair and will be the fair's sponsors on Wednesday, October 22.

According to Carroll, about 25 business and organizations will have booths in the Gage Park Shelter

House to share information about their services and/or products. In addition, several informational programs will be presented in the Clark Education Center at the Topeka Zoological Park.

OCI plans to distribute its latest "Older Citizens Book," which offers information about services and consumer issues for seniors. OCI also plans to share a preview of its new discount directory, which will be available next year.

The fair will also feature entertainment from, among others, a barbershop quartet and Topeka Civic Theatre & Academy's Senior Class, an improvisational comedy company made up of seniors.

There is no cost to attend the fair. OCI was founded 38 years ago and is a service of the Community Resources Council, a non-profit community agency that provides planning support and information services to non-profit and governmental agencies addressing health, human services and housing needs.

The goal of OCI is to help seniors stay in their homes longer by providing information about services in the community. As a member of several state aging associations, such as Older Kansans Information and Referral Services Association (OKIRSA)

and Midwest Information and Referral Service Alliance, Inc. (MIRSA), OSI is one of Shawnee County's best resources for seniors.

For more information about "I Luv Being a Senior" or OCI, please call Loni Carroll at (785) 232-9065.

I Luv Being a Senior!

'I Luv Being a Senior' Schedule

Clark Education Center

10:00 - 10:30	Maggie Kelly - "I Luv Being a Senior"
10:30 - 11:00	YWCA - Silver Sneakers
11:00 - 11:30	AARP - "Divided we Fail"
11:30 - 12:00	Jazzercise "Lite"
12:00 - 12:30	Topeka Civic Theatre's Senior Improv
12:30 - 1:00	Topeka Civic Theatre's Senior Improv
1:00 - 1:30	TBA
1:30 - 2:00	Rebound - Physical Therapy - Arthritis
2:00 - 2:30	Red Carpet Services - Reminiscing Program
2:30 - 3:00	Red Carpet Services - Reminiscing Program

Outside Tent

10:00 - 10:30	Band Set-up // Ruby Carson "I Luv Being a Senior"
10:30 - 11:00	Two Classics
11:00 - 11:30	Two Classics
11:30 - 12:00	Two Classics
12:00 - 12:30	Two Classics
12:30 - 1:00	KSU Extension - Bucket Gardens
1:00 - 3:00	TBA



Rumsey-Yost
FUNERAL HOME, INC.
& Crematory

"locally owned and operated since 1920"

"personalized care with dignity"

- pre-arrangements
- caring funeral service
- quality grief support
- monuments

601 Indiana
Lawrence, Kansas

785-843-5111

www.rumsey-yost.com



La Colonia
Retirement Community

- Complete maintenance
- Off street parking
- Emergency call system
- Utility allowance



- 24-hour security
- Staff on call 24 hours
- Water & trash paid
- Lawn care

- Rent is based on resident's income
- Lounge & recreation room
- Weekly shopping transportation
- In house laundry facilities

Call Tony Jaramillo at (785) 354-4225 for more information
331 NE Golden (Oakland Community) • Topeka



Reverse Mortgages

What is a reverse mortgage? It's a special type of loan that enables individuals, age 62 or older, to convert some of their home's equity into tax-free* cash.

Who is eligible? Homeowners, age 62 or older, who occupy the property as their principal residence.

* Consult a tax advisor. Loans subject to approval.

What are some of the benefits? Cash advances can be made for any purpose. Upon approval, the homeowner can elect to receive lump sum or monthly distributions, a line of credit, or a combination; all with no monthly payment.

For more information on the many advantages of a Reverse Mortgage, call Shelby Lathrom at 838-9400.



CornerBank
On your corner. In your corner. Member FDIC.

4621 W. 6th St.
www.cornerbanks.com

Medicare Advantage may not be an 'advantage' for seniors

Dear Editor:

Thank you very much for the excellent column in the September issue dealing with Medicare. Laura Bennetts did an excellent job in describing Medicare.

She also touched on Medicare Advantage plans. I sell quite a few Medicare plans and have found Medicare Advantage plans to be inadequate for many people. I do not see them as an "advantage" for seniors. For example, some doctors do not accept Medicare Advantage plans. Also, there are extra charges such as a charge when you go to the doctor or hospital. Skilled Nursing costs much more with a Medicare Advantage plan than compared to a "regular" Medicare plan.

Basically, Medicare Plan "F" will cover 100 percent of charges approved by Medicare. Medicare Advantage plans will not.

One clarification of the column is that it is not as easy to get off the Advantage plan and back to Medicare. In some cases you must wait until January 1 for the change-over and at best it is a real hassle. Also, you can get back to a Medicare plan with no medical questions only in the first 12 months.

One other problem: If you go directly to a Medicare Advantage plan when you first become eligible for Medicare, you cannot go back to a Medicare plan without medical questions being answered. Thus, if you find you do not like the Advantage plans, you may not be able to get on a Medicare plan and could be stuck with Medicare Advantage. I know that it is financially advantageous for an agent to sell the Advan-

tage plan, but I feel it is usually not an advantage for the consumer.

Bruce Osladil, Agent
Ottawa, Kan.

YOUR HEALTH COMES FIRST!

Use the Bankruptcy Law To Protect Your Health & Financial Well-being
Stop Bill Collectors, Repossessions & Foreclosures

Come see me and I'll show you how to get a fresh start!

HARPER LAW OFFICE, LLP

Topeka 354-8188 • Lawrence 749-0123

A Debt Relief Agency That Provides Legal Advice

Helping People File for Relief under the Bankruptcy Code for over 25 Years!

Theodore Wiklund DDS
Kent T. Peterson DDS
Matthew F. Krische DDS
Keith Van Horn DDS

Gentle &
Comfortable Care

Cosmetic Dentistry

Teeth Whitening

Insurance Processed

New Patients &
Emergencies Welcomed

Mention you saw this ad in Senior Monthly



(785) 842-0705
2210 YALE RD • LAWRENCE
www.wpksmiles.com

2008
Kansas City
**Renaissance
Festival**
1-800-373-0357
www.kcrenfest.com
August 30-October 13, 2008
Weekends, Labor Day & Columbus Day
FREE PARKING! Purchase Advance Discount Tickets At:
HyVee **Dillons** **Gerbes** **Baker's Walgreens**

Studdard to participate in Kansas Silver Haired Legislature session

John Studdard of Lawrence will go to Topeka, where he will participate in the 26th Annual Kansas Silver Haired Legislature as a delegate from Douglas County. The organization, established by the Kansas Legislature, consists of individuals, aged 60 and older, elected by their peers to develop bills and resolutions that are of interest to Kansas seniors and their families. The session will be September 1 to October 2.

The 2008 Kansas Silver Haired Legislature will consider and recommend legislation pertaining to:

1. Urging the Kansas Legislature to enact legislation during the 2009 regular session to help combat predatory lending practices and predatory practices by consumer loan agencies and income Tax Refund Advance lending practices that adversely affect elderly and other Kansas residents.

2. Support increased funding for Home and Community Based Services Programs and Nutrition Programs.

3. Requesting cities, counties, and other municipalities with traffic sig-

nals to adjust or otherwise provide for timing of traffic lights at crosswalks for seniors and individuals with disabilities to allow adequate pedestrian crossing times.

4. Provide mandatory reinstatement of certain insurance policies due to mental or physical situations.

5. Impose an excise tax on wind generated electricity with proceeds to the Senior Services Trust fund for senior services funding.

"The activities of the Kansas Silver Haired Legislature have evolved into an important Senior Advocacy force in Kansas," said Irv Hoffmann, Johnson County delegate and president of the Silver Haired Legislature Board. "We strive to speak for Kansas seniors of all needs and purposes."

OFF THE WALL

"You must learn from the mistakes of others. You can't possibly live long enough to make them all yourself." - Sam Levenson

© 2008 Tribune Media Services, Inc.



Staff members and Baldwin City Chamber of Commerce representatives look on as Kim Hoffman and Laura Bennetts (center), co-owners of Lawrence Therapy Services and Baldwin Therapy Services, cut the ribbon at an open house at Baldwin Therapy Services on September 17. The business recently expanded its facilities in Baldwin City.

RETIREMENT IS NO TIME TO STOP PLANNING FOR RETIREMENT.

You've spent years saving and investing for the day when you can put work behind you and enjoy the things you love. But the only thing that should change on that day is your strategy.

At Edward Jones, we can create a plan to help ensure the money you've saved will be there for you throughout your retirement. So you may look forward to a steady, stable income for years to come.

To find out why it makes sense to talk with Edward Jones about your retirement savings, call today.



Harley Catlin
4828 Quail Crest Place, Ste B
Lawrence, KS 66049
785-841-6262



Ryan Catlin
4828 Quail Crest Place, Ste B
Lawrence, KS 66049
785-841-6262



Jeff Peterson
1800 E. 23rd St., Ste J
Lawrence, KS 66046
785-843-1371

DON'T BUY A HEARING AID

until we check your old one!

Ear wax in the receiver is still one of the most common reasons a hearing aid doesn't work the way it should. Let us inspect your aid for wax buildup or corrosion. Service available for all hearing aids, regardless of where you bought it.

We offer:

- Hearing evaluations
- All types of hearing aids
- Service and repair
- Batteries

Come in for a hearing aid service and receive a **FREE pack of batteries.**

CALL 785-843-8479 TODAY!



Marston Hearing Center

Gerald Whiteside, Au.D., CCC-A

1112 West 6th Street • Suite 100 • Lawrence • www.marstonhc.com



Dr. Ken Ohm

■ CONTINUED FROM PAGE THREE

sult to the opposing team's batter or pitcher, or to the umpire. Or you could compliment your own team."

Ohm is quite an athlete himself. In addition to playing tennis, he is one of the top javelin throwers in the United States for his age group (70-74). He attributes his skill to throwing flintstones at fence posts while walking two miles to and from his one-room country school in the Flint Hills.

"I threw the javelin very well in

high school," Ohm said. "Then I stopped for many, many years. At age 55, I became eligible for the Senior Olympics. I was very surprised by how much I had lost in speed, strength, and technique. The experts believe that you lose 1.6 percent of your physical capability for every year you age. If you lose 1.6 percent on distance, that's a full yard. You can offset that 1.6 percent, or at least stay even, if you work really, really hard and watch your diet."

That work has paid off for Ohm. He

has won two national senior championships in the javelin throw, and plans on attending the 2009 Summer National Senior Olympics next August in the San Francisco Bay Area.

"I had a fellowship at Stanford during the 1960s," Ohm said. "So I'll kind of be returning to that campus."

Ohm and his wife have four children, including an adopted child and a foster child. They also have nine grandchildren and two great-grandsons.

Ohm will have book signings for

Ducks across the Moon at Barnes & Noble in Topeka on October 12 from 2:00 and 4:00 p.m., and at the Washburn Book Store on December 3 from 1:00-2:30 p.m. Both *Ducks across the Moon* and *Spatzies and Brass BBs* are available at Barnes & Noble in Topeka, Hastings in Topeka and Emporia, Town Crier in Emporia, and the Raven Bookstore in Lawrence. The books are also available online at, among other Web sites, Amazon.com, Barnesandnoble.com, and Target.com.



"AJ Davis: 95 Years of Love and Service"

Thursday, November 6,
Main Marvin Auditorium
101AB from 3:00-4:30 p.m.

The main premiere will be presented on Saturday, November 8, in the Main Marvin Auditorium 101BC from 2:00-4:00 p.m.

Topeka and Shawnee County Public Library

Does your business offer a senior discount?

We'll list your discount on our web site for free. Contact Kevin at kevin@seniormonthly.net or 785-841-9417 for more information.

Compassionate Care

We take it personally.

Choosing care for yourself or a loved one is a matter of trust. That's why we take what we do very personally. Our experienced, certified professionals provide skilled nursing care and rehabilitative services with a warm and compassionate touch.

You'll find this heartwarming approach throughout the Brandon Woods Health Center. Our comfortable setting with living rooms, activity areas and patios offer inviting places to spend time with friends and family. Enjoyable planned activities and amenities bring out the best of every day. Nutritious meals, scheduled transportation, housekeeping and laundry services ensure life's necessities are well taken care of.

If you or someone you know needs extended nursing care, specialized attention for dementia, or a short stay for rehabilitative therapy or family respite care, call (785) 838-8000 today.



We accept Medicare, Medicaid and private insurance. Admissions and services are provided without regard to race, color, national origin, disability or age.



Vaccines, disease prevention are important for senior wellness

Disease prevention is the key to public health. It is always better to prevent a disease than to treat it. Vaccines prevent disease in the people who receive them and protect those who come into contact with unvaccinated individuals. Vaccines help prevent infectious diseases and save lives. Vaccines are responsible for the control of many infectious diseases that were once common in this country, including polio, measles, diphtheria, pertussis (whooping cough), rubella (German measles),

mumps, tetanus, and haemophilus influenzae type b (Hib).

While the United States currently has record low, or near-record low, cases of vaccine-preventable diseases, the viruses and bacteria that cause them still exist. Even diseases that have been eliminated in this country, such as polio, are only a plane ride away. Polio and other infectious diseases can be passed on to people who are not protected by vaccines.

Even though vaccinations can reduce the risk for illness or its sever-

ity, one-third of people age 65 and older do not get regular influenza shots and more than one-third have never been vaccinated against pneumococcal disease, according to data from the Centers for Disease Control and Infection (CDC).

Vaccination rates for both vaccines are lower among persons who need the vaccines the most—those with chronic illnesses such as diabetes, heart disease, and kidney disease.

Health experts have long recommended both vaccines, and Medicare pays for both.

For more information about vaccines, contact your physician or public health department. The CDC is another credible information source concerning vaccines and other health-related topics. Visit www.cdc.gov or call 800-232-4636.

Source: Centers for Disease Control and Prevention

Martin Creek Place

- 1 & 2 Bedroom Apartments
- Townhomes
- Washer/Dryer Connections
- Emergency Monitoring System Available
- 24 Hour Emergency On-Site Staff
- Organized Activities & Day Trips
- Library Red Carpet Service
- Weekly Grocery Van
- On Site Storage
- Exercise Room

Age 62 & older.

4950 SW Huntoon • Topeka 785-273-2944

Trusted Care for the Senior You Care for.



Being able to live at home can be one of the most important comforts in a senior's life. Our carefully selected CAREGiversSM help make that possible, with a wide range of non-medical services, welcome companionship and a ready smile. At Home Instead Senior Care, we treat each senior as we would a member of our own family.



With a little help from a friend.

Call for a free, no-obligation appointment:

1.800.4SENIORS

Lawrence
785.856.8181

Topeka
785.272.6101

Each Home Instead Senior Care franchise office is independently owned and operated.

homeinstead.com

There is no rule that you have to do it all on your own.



If you had a headache, you'd take an aspirin, right? The physical and emotional burdens of caring for the aging and terminally ill can take its toll on a patient and their family and friends. Midland Care is here for you, offering a full spectrum of caring solutions, from Adult Day Care to Hospice. Call today or visit our website to learn more.



200 SW Frazier Circle | Topeka, KS 66606 | Phone: 785-232-2044 | www.midlandcare.org

Saving your computer from a watery grave

Liquids and electronics never get along well. Most people know never to use a hair dryer in the bath, or plug in an appliance with wet hands, and, of course, never drop a cell phone in the toilet. Nonetheless, at some point in your life you will

chase protection claim on your credit card. Don't rely on your extended warranty; unless clearly stated, extended warranties don't cover accidents!

Hopefully, you will not need any of this advice for long time (if ever) but if an accident occurs, you will

likely spill your favorite beverage on your computer. Here are some tips to minimize damage if such an accident happens.

Your first instinct will be to run and get paper towels to clean up the spill. That is not the best solution. As long as your hands are dry and water did not get near a power plug, go ahead and immediately unplug the computer from the wall or turn off your surge protector. Most of the damage done by liquid is when the components "short" out. If power is cut quickly, the damage might be minimal or not at all. For laptop users, you need to go through the additional step of removing the battery, since the computer can run on battery power as well. Sometimes removing a laptop battery can be tricky, so it's a good idea to know how to do it now. For desktop users, usually the damage is only to the part liquid was spilled on such as the keyboard or mouse. However, because laptops are all in one, spilling liquid on them has the potential to damage all the stuff inside the computer.

After power is cut, go ahead and clean up the spill. Be sure to "blot" and not rub as rubbing could push the water further. Paper towels do a great job of this. If it's a sticky liquid such as soda pop or orange juice, your task is much more difficult. Water dries out, but sugar stays and can melt when the computer heats up. Yuck! Sometimes rubbing alcohol will help clean off some of the non-liquid remains, so you can try that if you wish.

Your next task is to dry the wet part out best you can. There are many tales on the Internet about the best way to do that. I don't like using a hair dryer because the heat could damage components unless you are very careful. The best solution is to use a desiccant pack, which is often found in boxes of shoes or in pack-



Dave Greenbaum

ets of new clothes. Put whatever you want to dry out in an air-proof container with the desiccant. A sealed garbage bag works nicely. If you can't go out and get a desiccant pack, use good old fashioned rice (that's why restaurants put rice in the salt shakers—to draw out moisture). Wait at least a few days before using the device because you want to make sure it is completely dried out. In the summer when humidity is high, give it another day or so. Don't try and use the computer too early. Not only do you risk damage to the device, but you risk damage to yourself!

If your device still doesn't work, you are probably looking at replacement. Again, laptops usually require the whole unit need to be replaced. You might want to contact your insurance agent. Sometimes accidental damage like this is covered under your homeowners or business insurance policy. You can usually "schedule" your electronics on your insurance policy for just a few bucks a year and usually have to pay no deductible for replacement—check with your agent for details. Additionally, if the item is fewer than 90 days old, you can often make a pur-

chase protection claim on your credit card. Don't rely on your extended warranty; unless clearly stated, extended warranties don't cover accidents!

Hopefully, you will not need any of this advice for long time (if ever) but if an accident occurs, you will

be ready to do everything you can to save your computer from a watery (or soda-poppy) grave!

- DoctorDave has been servicing Northeast Kansas's onsite Macintosh, PC, and network needs since 1990 and may be reached at dave@calldrdave.com or 785-218-9676.

Douglas County Visiting Nurses Rehabilitation and Hospice Care



Comfort Care For Those With Terminal Illness

- Providing support for patients and families during terminal illness
- Serving Douglas County since 1982
- Your not-for-profit hometown agency
- Remain comfortable and independent in your own home or a nursing facility
- Make your own choice

Unmatched:

- ✓ Quality
- ✓ Commitment
- ✓ Compassion

Your Hometown Choice

785.843.3738

200 Maine St., 3rd Floor • Lawrence, KS 66044
A United Way Agency

BLACKWELL HEARING CENTER

Dispensers of Fine Hearing Instruments



Wendy Linton Blackwell M.A., CCC-A, F-AAA, Audiologist

- 20 years of experience
- Free professional hearing test
- Extended trial periods
- Extended warranties
- Free batteries & starter kit with hearing aid purchase
- State-of-the-art digital hearing aids for every lifestyle

We care about you and your hearing!

Call to schedule an appointment

Blackwell Hearing Center

3200 Mesa Way Suite D

Lawrence, KS 66049 • 785-841-HEAR (4327)

Making Medicare Make Sense

Answers to some of the most commonly asked Medicare questions

QUESTION: What is the new one-stop site on the Web at www.medicare.gov/caregivers titled Ask Medicare for family members and friends who help people with Medicare?

ANSWER: The Centers for Medicare & Medicaid Services (CMS), the federal Medicare agency launched a new caregiver initiative in September titled, Ask Medicare. This new initiative will help family caregivers, and those who help people with Medicare access valuable healthcare information, services and resources.

There are more than 44 million Americans, more than one in five adults who provide care to a loved one, friend or neighbor. The new Medicare initiative will provide a one-stop Web page for caregivers at www.medicare.gov/caregivers that provide easy access to useful information about Medicare and other essential resources to help with caregiving.

Caregivers are often overwhelmed. Ask Medicare will be a single, go-to place for help and information. The Ask Medicare Web site is the place to go to get credible and easy to use information and answers to a wide range of questions toward helping beneficiaries make better use of Medicare. The Ask Medicare Web site was designed with family caregivers in mind.

Most caregivers do not think of or identify themselves as caregivers; yet, so many of the resources available to them use that term. If a person helping someone on Medicare does not relate to the term "caregiver," they may miss a lot of resources.

Many family caregivers see their roles of providing help or service to someone they care about as simply "the right thing to do" because the person is a family member or a friend. Family caregivers provide help that includes: buying groceries; picking up prescriptions; taking someone to the doctor; helping an elderly parent navigate benefits and plan for the future; looking after someone with a disease or disability; or caring for a parent in their home.

The Ask Medicare Web site will provide links to key partner organizations that assist caregivers and beneficiaries, and present personal stories from caregivers in the

community. Support information and tools to help caregivers address common problems will also be available. As part of the initiative, CMS will launch an e-newsletter for caregivers that will deliver in-

formation into subscribers' e-mail boxes.

Through Ask Medicare and the new e-newsletter, CMS will help provide more information to caregivers, helping to streamline caring for

Medicare beneficiaries and ultimately improve their quality of life and that of their loved ones.

For more information about Medicare's new caregiver initiative, please visit: www.medicare.gov/caregivers.

Lawrence Faith Foursquare Church

Bishop Seabury Academy, 4120 Clinton Parkway, Lawrence



Pastor Herbert Eplee



Assistant Pastor Alfonso Orantes

MY PRAYER TODAY

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

If you are new to the area or just wanting to come see what God is doing at Lawrence Faith Foursquare Church, we welcome you to come worship with us. We hope you will make plans to join us this Sunday knowing that you will find a committed family of faith where you and your family can grow in the grace of our Lord Jesus Christ.

***Services held every Sunday 10:15am at
Bishop Seabury Academy, 4120 Clinton Parkway***

**Everyone
is welcome
to attend.**

**Wednesday Bible Class
at Easy Living Clubhouse 6:30pm
33rd & Iowa behind JC Penny's**

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

**For more information about the Foursquare Church, call Pastor Eplee at
785-865-1549 or 785-979-0041, or visit www.foursquare.org.**

Be aware of 'variables' when creating investment strategy

In almost any endeavor you can think of, your success depends on a number of different factors. And the same is true of investing. You can create a strategy to help you achieve your long-term goals, such as a comfortable retirement, but your results will depend a great deal on how you



Harley Catlin and Ryan Catlin

adjust some key "variables."

What are some of these variables? Consider the following:

- **Retirement age** - Clearly, the age at which you plan to retire can have a big impact on your savings and investment strategies. If you want to retire early, you will likely need to accumulate more financial resources than if you were to work well into your sixties. To build these additional resources, you might have to invest more aggressively—that is, include more "growth" vehicles in your portfolio—during your working years.

- **Lifestyle** - We all have different thoughts on the "ideal" retirement and these differences affect our investment strategies. For example, if you plan on spending your retirement traveling around the world, you'll likely need to accumulate more money than your neighbors, who plan on sticking close to home and pursuing inexpensive hobbies.

WORDS OF WISDOM

"I realize that I'm generalizing here, but as is often the case when I generalize, I don't care." - Dave Barry

"In university they don't tell you that the greater part of the law is learning to tolerate fools." - Doris Lessing

"It is not until you become a mother that your judgment slowly turns to compassion and understanding." - Erma Bombeck

"Some people are so fond of ill-luck that they run half-way to meet it." - Douglas Jerrold:

"If you do not think about the future, you cannot have one." - John Galsworthy

© 2008 Tribune Media Services, Inc.

Therefore, you may need to achieve more growth from your investments than your neighbors need from theirs.

- **Inflation** - If you're trying to calculate type of performance you might need from your investments to reach your goals, you should consider your "real" rate of return—that is, the return you get after inflation. If we experienced an annual inflation rate of three percent, you would lose about half of your purchasing power after 25 years. To stay ahead of inflation, you'll need to include some growth-oriented investments in your portfolio.

- **Life expectancy** - Obviously, you can't say exactly how long you're going to live. Still, if you consider your family's history of longevity and your own level of health, you

can probably make an educated guess. If you think it's entirely possible that you could spend two or three decades in retirement, as many people do, then you'll need to plan carefully so that you don't outlive your resources. This may mean that, during your retirement years, you'll need to structure your investment portfolio to provide you with both growth and income opportunities.

- **Taxes** - Many people assume that their tax burden will decrease significantly when they retire, but that's not always the case. Income from a variety of sources, such as retirement plans and individual investments, is going to be taxable when you retire, so you'll need to have the money available to pay these taxes.

- **Health care** - Health care costs continue to rise. When you retire,

you become eligible for Medicare, but this won't cover all your costs. So, as you save and invest for the future, you may want to factor in the need to have sufficient liquid resources to cover your doctors' visits, prescriptions and other health care expenses.

As you move ahead with your investment strategies, you may want to consult with a financial advisor—someone who can look at these factors and help you create a "big picture" solution that's right for your needs. But no matter how you proceed, don't wait too long to get started—because life, with all its variables, has a way of moving quickly.

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

Cremation can be a lasting tribute ... or a forgotten one.




Penwell-Gabel
 Cemetery & Mausoleum
 The Cemetery with the Ducks

3616 SW Sixth Ave • 234-6605
 www.PenwellGabel.com

When cremation is the choice, Penwell-Gabel offers a wide variety of memorial options at our cemetery and mausoleum -

Starting as low as \$350*

- Mausoleum Niches
- Ground Burial
- Scattering Garden
- Veteran's Garden

*Price does not include cremation.

Choose power mobility devices wisely

These days it seems that everyone is taking advantage of the technology that our world has to offer. People use the Internet to find out quick information and we send letters via e-mail. Cell phones keep us connected to our families no matter where we are, and global positioning systems in our cars give us directions when we are lost. We can open doors and turn off lights just by saying a word through voice activation



Jennifer
Woerner

electronic systems.

It is no surprise that older adults are taking advantage of the technology designed to make our lives easier. Many older adults are choosing to use power mobility devices, such as electric wheelchairs, power chairs and scooters to move about in the community. While wheelchairs, power chairs and scooters can help people get around, the decision to purchase one is a decision that should be made with thought and planning.

Often a person's insurance will assist with purchasing a power mobility device. However, it is necessary that the person purchasing the device demonstrate a medical need and a decline in mobility. Buyers should beware of companies advertising that they will help you get a power mobility device for free. The process to obtain a power mobility device is lengthy and buyers should consult their physician and an occupational therapist to help guide them through the process. Buying a power mobility device through a local company can be one way to be sure you have assistance easily available.

Consider Your Individual Skills

If you are thinking about getting an electric wheelchair, power chair or a scooter, it is important to work with your physician and an occupational therapist (OT) to ensure that you get a mobility device that is right for you. Your doctor and an occupational therapist will help you consider the following issues:

1 Mobility: What is your mobility level? Can you still walk? Will you be able to get on and off a scooter or power chair? If you have poor balance, you may require a power mobility device that is easy to get on and off, with a seating system that

provides a lot of support. An OT can help make sure you are safe to get on and off the device you choose.

2 Strength: What is your strength like? Are your arms strong enough to drive a mobility device? You need more arm strength to drive a scooter, so if your arms are weak a power chair or electric wheelchair may be more appropriate for you.

3 Flexibility: How is your range of motion? How much movement do you have in your arms, legs, hips and hands? If the range of motion in your arms is poor, you may not be able to drive a scooter. To drive a power chair, you need functional use of at least one hand to move a joystick. If you are unable to use either hand, an electric wheelchair provides you with other options of controlling the mobility device. The flexibility in your hips and legs will contribute to the type of seating you require.

4 Eyesight: What is your vision like? Do you have trouble seeing? Is your peripheral vision intact? Vision is important in considering how safe you will be to use a power mobility device. Your vision can also help guide what kind of controls you can use. Many devices have small controls that are difficult to see. An OT can help make sure you get controls that are easy for you to see and use.

5 Hearing: Can you hear others around you? Will you be able to hear a car honking at you? Can you hear a pedestrian calling out to you? Your hearing will affect your safety on a power mobility device.

6 Therapy: If you are having trouble moving around, could you benefit from physical therapy (PT) or occupational therapy (OT) to improve your mobility and strength, instead of getting a wheelchair or scooter? A PT can help strengthen your legs and improve your balance, so you may not need a power mobility device. An OT can help you improve the safety of your daily mobility within your home. A power mobility device is provided for a person as one of the last options. It is important to show that you have tried to strengthen your body and improve your skills.

Get the Right Power Mobility Device

Below is a brief explanation of the different types of power mobility devices, including electric wheelchairs, power chairs and scooters.

Electric Wheelchair: An electric wheelchair is a mobility device that is powered by a motor and controlled with an electronic device. This type of wheelchair may be con-

trolled with a joystick, but there are many options for controlling an electric wheelchair, depending on the skills and abilities of the user. An electric wheelchair is for long-term use and is a high-tech piece of equipment. It usually has four to six wheels and can usually be used both indoors and outdoors. There are a variety of seating options available with electric wheelchairs, which offer the most support for people who have problems with posture. There may be options to recline or tilt the wheelchair and there are also a variety of options for leg supports, including elevating leg rests and specialized foot supports. Electric wheelchairs are often very heavy, which makes them durable and stable, but which also makes them impossible to carry. These wheelchairs generally do not fold, which means they cannot be easily transported in a standard car.

Power Chair: A power chair is a mobility device that does not have as many options as an electric wheelchair. It is also powered by a motor and is usually controlled with a joystick. A power chair has a supportive seating system, but there is usually only one standard type of seating is available. The user sits in an upright position with his or her feet on a small platform. The seat usually does not tilt or recline. This type of mobility device cannot be folded and it is very heavy.

Scooter: A scooter is another mobility device that is available for people to use. There are several different types of scooters, some with three wheels, and others with four wheels. Some are designed specifically for

use outdoors and others are more easily used inside with a tighter turning radius. A scooter is usually controlled with handlebars similar to those found on bicycles. To use a scooter, a person must have more postural control in his back and abdomen and be able to sit upright comfortably.

Consult a Professional

There are many other differences between electric wheelchairs, power chairs and scooters, but one thing is the same for all mobility devices: *Electric wheelchairs, power chairs and scooters require that the driver quickly sense, recognize and react to each and every situation encountered, just as if the person is driving a car.* For this reason, power mobility devices are not appropriate for everyone.

If your doctor suggests that a mobility device is appropriate for you, an occupational therapist can complete a formal evaluation, assessing the above issues. Occupational therapists are specially trained to help a person get a mobility device to meet specific needs. The OT can work with you, your physician and a medical equipment company to ensure you get a mobility device that is right for you.

- Jennifer Woerner is an occupational therapist (OT) with Lawrence Therapy Services. She has worked with people of all ages as an OT in the Lawrence area for the past eight years. Jennifer's goal as an OT is to encourage people to be involved in purposeful and functional activities. She has presented at four national conferences and was awarded the Jane M.H. Underwood Award by faculty at the University of Kansas in 1999 as an OT who "demonstrates outstanding potential as an artful practitioner."

Celebrating
A Life

Transition...



Lawrence
Funeral
Chapel
& Crematory

is part of
our lives

A Chapel Oaks Funeral Home
With nine locations serving NE Kansas

Hutton Monuments Since 1873 on display.

On-Site Crematory

Discounted prices on all monuments for a limited time.

Open 8 a.m. - 8 p.m. • 841-3822 • 6th & Monterey Way
www.lawrencefuneralchapel.net • www.huttonmonuments.com

Best way to eliminate urinary tract infections is to prevent them

Urinary tract infections (UTI) are a serious health condition affecting millions of people every year. UTIs account for approximately 8.3 million doctor visits each year. The most common type of UTI is a bladder infection, which is called cystitis. Cystitis means an inflammation of



Dr. Farhang Khosh

the bladder. The other kind of UTI is a kidney infection, or pyelonephritis. Pyelonephritis can be very serious, but if treated properly there is rarely kidney damage.

Women are especially prone to UTIs. In women the urethra is much shorter and closer to the anus than in a male. One woman in five develops a UTI during her lifetime. In men UTIs are not as common but can be very serious when they do occur.

The urinary system consists of the kidneys, bladder, ureters and the urethra. The kidneys remove excess liquids and wastes from the blood in the form on urine. The narrow tubes called ureters carry urine from the kidneys to the bladder. Urine is stored in the bladder and emptied through the urethra. On average a person passes about a quart and half of urine every day. Nearly 85 percent of UTIs are caused by the bacteria *E. coli*. These bacteria will pass through the urethra, and get inside the bladder to cause an infection.

UTIs in men are often related to an obstruction such as a stone or an enlarged prostate. In children, symptoms of a urinary infection may be overlooked. A UTI should be considered when a child seems irritable, is not eating normally, has an unexplained fever that does not go away, has incontinence or loose bowels, or is not thriving.

Causes of UTIs can be related to a number of different things:

1. Poor toilet habits.
2. Holding urine.
3. Indwelling urinary catheters.
4. Increased sexual activity.
5. Allergies- certain foods can irritate the wall of the bladder and increase chances of a UTI.
6. Elderly individuals.
7. Pregnancy which often involves kidney infections.
8. Anatomical abnormality in

the bladder or urinary system.

9. Menopause.
 10. Diabetes.
- What are some of the symptoms of a urinary tract infection?

1. Urgent desire to empty the bladder.
2. Frequent urination.
3. Burning or painful urination.
4. Bladder spasms.
5. Feeling to have urination even though there is little or no urination.
6. Cloudy urine.
7. Foul-smelling urine.
8. Bloody urine.
9. Fever and or chills.
10. Nausea or vomiting.
11. Adnominal or back pain.
12. Tired, shakiness or feeling bad all over.
13. Need to urinate at night.
14. Bedwetting.

Treating a urinary tract infection can involve:

1. Antibiotics.
2. Medicinal Plants.
3. Diet of decreasing sugar and simple carbohydrates that the bacteria feed upon.
4. Increasing fluids including water and cranberry juice. Make sure cranberry juice is 100% juice.
5. Cranberry capsules.
6. Vitamin C.
7. Avoiding sexual activity until the infection has cleared.

Preventing a urinary tract infection is the best way to eliminate them. There are several ways to prevent UTIs.

1. After urination, females should wipe from front to back with toilet paper. After bowel movements, wipe from front to back to avoid spreading bacteria from the rectal area to the urethra.
2. Go to the bathroom frequently. Avoid holding your urine for long periods of time.
3. Males and females should keep the genital area clean and dry.
4. Take showers and avoiding bubble baths.
5. Avoid prolonged exposure to moisture in the genital area by not wearing nylon underwear or wet swimsuits.
6. If you are sexually active, urinate right after intercourse (or within 10 minutes after).
7. Acupuncture in preventing recurrent UTIs.
8. Increase fluid intake especially water.

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

FOUR WAYS NORTHWESTERN MUTUAL HELPS PUT THEIR CLIENTS' MINDS AT EASE.

1

CONSISTENTLY LARGER DIVIDEND PAYOUTS

For the last 10 years in a row, Northwestern Mutual has paid out more life insurance dividends than any company in the insurance industry.* In 2006 alone, the total payout is \$4.27 billion to our policyowners. That's the kind of consistent performance that can really help you sleep at night.**

2

THE HIGHEST FINANCIAL RATINGS

Best possible insurance financial strength ratings by all four rating agencies: A++ A.M. Best; AAA Fitch Ratings; AAA Standard & Poor's; Aaa Moody's Investors Service, September 2005.

3

INDUSTRY LEADER FOR ALMOST 150 YEARS

That's a long time to be in business. And we think it's a testament to sound business practices.

4

EVEN OUR COMPETITION RESPECT US

Northwestern Mutual has been named FORTUNE® Magazine's "Most Admired" life insurance company by our peers in the insurance industry for 23 years. And this year is no exception. March 6, 2006



Nancy Jones
Financial Representative
The Jayhawk Financial Group
627 Monterey Way
Lawrence, KS 66049
(785) 856-2136 • (913) 269-1109
nancy.jones@nwmf.com

 **Northwestern Mutual**
FINANCIAL NETWORK®
the quiet company®

*Source: A.M. Best Company, includes Ordinary and Group Life Insurance Dividends.
**The policy dividend and the underlying interest rate are not guaranteed beyond 2006. Dividends are returned annually and are subject to change by the Company's Board of Trustees.
©2006 Northwestern Mutual. Northwestern Mutual Financial Network is the marketing name for the sales and distribution arm of The Northwestern Mutual Life Insurance Company, Milwaukee, WI (NML), and its subsidiaries and affiliates, and "the quiet company" is a registered trademark. See Jones as an insurance agent of NML life insurance, annuities and disability income insurance. 8023-627

Roth IRAs, stopping Social Security and IRA withdrawals

QUESTION: I enjoyed your recent columns on Roth IRAs. I'm looking into converting my 401(k) to a Roth in 2010 (when rules on adjusted gross income for Roth contributions will be eliminated). I am 66. Does the five-year waiting period for withdrawing funds apply? - F.G., Palm Coast, FL

ANSWER: If you want to shift dol-



Mark
Miller

lars from your 401(k) to a Roth, you'll need to rollover the funds into the Roth and pay income taxes on that amount. Once you've done that, the five-year waiting rule would apply before you could begin taking tax-free distributions.

If you have the option of rolling over funds into an existing Roth, the five-year wait would be dated from the time you opened that account, notes Valerie Kupferschmidt, ERISA counsel at Hewitt Associates.

QUESTION: I retired too early due to health problems. My income was greatly decreased, but I kept on and survived. I took my Social Security at age 62 and then, miraculously, I made a lot of money on a matter I'd been handling for a number of years. I now have the money to pay back Social Security. Can I do this and put off my retirement? I believe I could work enough from my office at home that I could make more than what Social Security pays me anyway. Is it possible to change your mind about early retirement and wait to draw Social Security at age 65 or 66? I was born in 1945. - L.O., Oklahoma City.

ANSWER: Yes, you can change your mind about drawing Social Security benefits, and in your case, it's a very reasonable alternative. Contact the Social Security Administra-

tion and indicate that you want to withdraw your original application for benefits. You'll also need to fill out Social Security form 521, which can be downloaded here: www.ssa.gov/online/ssa-521.pdf. You will need to pay back the benefits you've earned to date.

Mary Jane Yarrington, a senior policy analyst with the National Committee to Preserve Social Security and Medicare, notes that withdrawing your application carries a big potential benefit: Assuming you do work until your Full Retirement Age—which in your case is 66—you'll receive higher Social Security payments since you will have avoided the financial penalties of taking early benefits.

QUESTION: I have a traditional IRA with a balance of \$79,000. I'll be 71 this fall. Will I be contacted by someone about the amount I need to take out each month? - C.C., Rio Rancho, New Mexico

ANSWER: Your financial institution should alert you to the minimum distribution requirements for your IRA. But in the end, it's your responsibility. There are substantial IRS penalties if you don't begin to withdraw the minimum amounts after you reach age 70-1/2. Your financial institution or accountant should be able to provide guidance on how much you need to withdraw; there's also a very detailed page of information on this topic at the IRS Web site (www.irs.gov). I've posted links to several of the best resources on this issue with the online version of this week's column at <http://retirementrevised.com>.

QUESTION: What's the easiest way to nail down all the fees in a mutual fund? Is there a Web site to get information on investing? - K.R., via the Internet

ANSWER: Mutual funds charge two main types of fees and expenses—sales loads and ongoing expenses. Sales loads are one-time fees paid directly by you when you buy shares (front-end load) or when you sell (back-end load). Ongoing fund ex-

penses cover things like portfolio management and fund administration; these are paid from fund assets, so investors pay them indirectly.

The best and most reliable way to understand a fund's fees is to look at the fee table published at the front of a fund's prospectus. You can get a prospectus from the fund company, and in many cases you can download this document directly from

the company's Web site.

(For millions of Baby Boomers, retirement is an opportunity for reinvention, rather than taking it easy. Mark Miller is helping write the play-book for the new career and personal pursuits of a generation. Mark blogs at www.retirementrevised.com; contact him with questions and comments at mark@retirementrevised.com)

© 2008 Tribune Media Services, Inc.

Our job is to make your job easier.



Midland Care PACE Services is a program of all-inclusive care for the elderly. Midland will coordinate, provide and supervise all the home and healthcare services needed to keep aging individuals safe and comfortable in their own homes and communities. Services include primary and specialty medical care, socialization, transportation, hospitalization and emergency services, meals, prescriptions, in-home support and care and physical and occupational therapies. Service area includes Douglas, Jackson, Jefferson, Osage, Pottawatomie, Shawnee and Wabaunsee counties. Call today or visit our website to learn more.



130 SW Frazier Circle | Topeka, KS 66606 | Phone: 785-232-2044 | www.midlandcare.org

Need a Rate Card?

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

There is no 'best' remedy for arthritis

By Robert Shmerling, M.D.
Tribune Media Services

QUESTION: What's the best natural way to combat the aches and pains of arthritis?

ANSWER: That's a tricky question, for a number of reasons.

First, there are more than 100 types of arthritis. The best remedy-natural or otherwise-often depends on the type of arthritis a person has. In addition, many people with aches and pains have no arthritis; conditions such as tendonitis or bursitis can cause joint pains that mimic arthritis.

Second, what should be considered "natural"? Some people don't consider prescription medications natural even if they contain substances found in nature. Certain thyroid hormone supplements and digitalis are examples of prescription medicines that contain naturally occurring components.

Finally, there is frequently no best "natural way" to treat symptoms of arthritis. Unfortunately, we have no convincing evidence that natural remedies will reliably and effective-

ly treat symptoms of the most common types of arthritis.

That said, here's what I consider some of the best complementary remedies for symptoms of arthritis:

-Weight Loss. For most forms of arthritis, taking the load off a weight-bearing joint (such as the knee) by losing excess weight can be helpful.

-Exercise. Physical activity may provide significant benefits for many types of arthritis. Exercise can include land or water-based physical activities or other low-impact exercises that strengthen muscles around arthritic joints, improve balance, and enhance physical fitness.

-Vitamin D. Low blood levels of vitamin D are common, may cause achiness, and have been linked with an increased risk of osteoarthritis. While increasing your vitamin D intake (through foods or supplements) is unlikely to produce a prompt reduction in arthritis symptoms, it may prevent future arthritis and reduce bone pain in the long term.

-Glucosamine. Multiple studies suggest that glucosamine may reduce knee pain due to osteoarthritis. There is controversy about claims of

other benefits, including the possibility that it can prevent arthritis or heal established arthritis.

-Acupuncture. Well-designed studies suggest that acupuncture may be effective for osteoarthritis, fibromyalgia, and other chronic pain. Just how acupuncture improves symptoms of arthritis is uncertain.

-Diet. While recommendations abound regarding which foods to favor and which to avoid for various types of arthritis, the link between diet and arthritis is strongest for one particular type of arthritis, gout. Limiting alcohol and high purine foods (such as herring, anchovies, liver, and bacon) can reduce the frequency of gout attacks in some people. Recent studies have linked various dietary components (including meat, fish, and high fructose corn syrup) to an increased risk of newly diagnosed gout. Other foods (especially low-fat dairy products) seem to reduce the risk of gout. However, for people with established gout, the impact of changing the intake of these foods is uncertain. For rheumatoid arthritis, there is limited evidence that omega-3 fatty acids may

reduce joint inflammation; in my own practice, I haven't seen much benefit.

Keep in mind that as appealing as natural remedies may be, they can be just as dangerous as prescription medications. After all, toxic mushrooms are all-natural! And because the regulation of herbs, vitamin supplements, and other non-prescription "nutraceuticals" is less stringent than for prescription medicines, it can be difficult to know exactly what's in an all-natural remedy. Impurities, interactions with other medicines, and variable potency can cause significant problems.

(Robert H. Shmerling, M.D. is associate physician at Beth Israel Deaconess Medical Center, Boston, Massachusetts, and associate professor at Harvard Medical School. He has been a practicing rheumatologist for over 20 years at Beth Israel Deaconess Medical Center.)

(For additional consumer health information, please visit www.health.harvard.edu.)

© 2008 PRESIDENT AND FELLOWS OF HARVARD COLLEGE. ALL RIGHTS RESERVED. DISTRIBUTED BY TRIBUNE MEDIA SERVICES, INC.

Peace of Mind



As soon as you walk through the front door at Vintage Park Assisted Living you feel the warmth and friendly environment that residents here have come to expect. Living at Vintage Park provides them peace of mind so they can enjoy this time pursuing other hobbies and time with family and friends.

With Vintage Park's all-inclusive pricing and services tailored to each resident's needs, the residents are always top priority. Vintage Park Assisted Living has a location in Baldwin City and one in Ottawa, KS.

Call Us Today So We Can Tell You More!



Vintage Park at Baldwin City
321 Crimson Ave.
785-594-4255

Vintage Park at Ottawa
2250 S. Elm St.
785-242-3715

www.skilledhealthcare.com

Get the Right Care for Someone You Love!



Kansas Rehabilitation Hospital Home Referral Program

If you or someone you know has

- Increased Falls
- Decreased Strength or Endurance
- Decreased Balance
- Trouble walking
- Difficulty with daily activities like bathing
- Recent hospitalization

Call 785-232-8524

FREE screening. Done in the privacy of your own home. Determines the need for Inpatient, Skilled, Day Rehab, Outpatient, or Home Health Services

Kansas Rehabilitation Hospital

A joint venture of **HEALTHSOUTH** and Stormont-Vail HealthCare

1504 SW 8th Avenue • Topeka • 785-232-8524

www.kansasrehab.com

Editor's Note: While every attempt has been made to ensure the accuracy of the events listed below, 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 Groenhagen at (785) 841-9417.

ART/ENTERTAINMENT

OCT 4

"BOLD, ELEGANT, SUBLIME" BRAHMS SYMPHONY NO. 2

"Bold, Elegant, Sublime" Brahms Symphony No. 2; Mozart Horn Concerto No. 3, David Everson, Horn; performed in White Concert Hall at Washburn University. Season tickets and single tickets available. Call for more information. White Concert Hall.

TOPEKA, (785) 232-2032

<http://www.topekasympphony.org>

OCT 10

BILL T. JONES/ARNIE ZANE DANCE COMPANY

A Quarreling Pair is a vaudeville-structured theatre-meets-dance production that centers on questions about the world, our role and our participation in it. Choosing not to draw conclusions, the company uses sound as art, multimedia film images and the artifacts of activism to explore the subject matter. The Lied Center.

LAWRENCE, (785) 864-2787

<http://www.lied.ku.edu>

OCT 12

BRASIL GUITAR DUO SOUTH AMERICAN VIRTUOSITY

One of the world's pre-eminent guitar ensembles, the Brasil Guitar Duo has an unmatched virtuosity, expertise and musicianship well beyond their years. The Lied Center.

LAWRENCE, (785) 864-2787

<http://www.lied.ku.edu>

OCT 17-NOV 1

THE MOUSETRAP

A classical mystery by Agatha Christie, The Mousetrap has kept audiences guessing for five decades in the classic who-done-it by the master of murder mysteries. Call for dates and times. Topeka Civic Theatre.

TOPEKA, (785) 357-5211

<http://www.topekacivictheatre.com>

OCT 18

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>

OCT 24-NOV 9

RING OF FIRE

Ring of Fire from the songs of Johnny Cash comes a unique musical show about love and faith, struggle and success, rowdiness and redemption, home and family. Seen through the eyes of Jason, we glimpse into the world of Cash—of home and the land; of hard work and adversity and compassion for people leading hard live or are down on their luck. Gage Park - Helen Hocker Center for the Performing Arts.

TOPEKA, (785) 368-0191

<http://www.topeka.org/parksrec/hocker.shtml>

OCT 26

THE HARLEM QUARTET A SPHINX ENSEMBLE

The Harlem Quartet, an all-Black and Latino string quartet, is dedicated to advancing diversity in classical music while engaging young and new audiences through the discovery and presentation of varied repertoire. The Lied

Center.

LAWRENCE, (785) 864-2787

<http://www.lied.ku.edu>

NOV 1

THE 3 PIANISTS

"The 3 Pianists"; Inna Faliks, Marina Lomazov and Alexander Ghindin perform Ravel, Grieg and Rachmaninoff performed in White Concert Hall at Washburn University. Season tickets and single tickets available. Call for more information.

TOPEKA, (785) 232-2032

<http://www.topekasympphony.org>

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

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

www.seniormonthly.net

■ CONTINUED FROM PAGE 18

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 2
SKILLBUILDERS: BRIGHTEN YOUR HOME WITH WINTER GARDENING
 Presented by Jennifer Smith, Douglas County Extension Office, sponsored by Douglas County Visiting Nurses, Rehabilitation and Hospice Care, the Lawrence Public Library and Douglas County Senior Services, and funded by the Community Impact Grant through the United Way of Douglas County. Although session is designed for widows, widowers and caregivers, anyone is welcome. No pre-registration necessary. Free. Refreshments provided. Lawrence Public Library, 10:00 a.m. LAWRENCE, (785) 843-3738

OCT 5
YOU HAVE THE POWER TO DONATE LIFE
 Presented by Midwest Transplant Network. Organ and tissue transplants offer patients a chance at healthy, productive, and normal lives and return to families, friends and communities. We will explore the donation process, who receives donated organs and tissue, and why every organ and tissue donor can save and enhance the lives of up to 50 people. First Presbyterian Church, 9:40 a.m. LAWRENCE, (785) 841-0770

OCT 6 & 7
AARP DRIVING SAFETY CLASS
 A refresher course for seasoned drivers, the course will provide updated information on state and federal traffic laws, how to adjust to changes in hearing and vision as well as giving tips on avoiding serious accidents and maintaining your vehicle. There are no written or driving tests. Because the AARP Driving Safety Course is a state approved program, those completing the sessions will be able to receive vehicle insurance discounts. Fee will cover all needed materials and workbook. Lawrence Public Library. LAWRENCE, (785) 843-3833, ext. 115

OCT 9
SKILLBUILDERS: MAINTAINING YOUR HOME
 Presented by Al Negen, Negen Remodeling, sponsored by Douglas County Visiting Nurses, Rehabilitation and Hospice Care, the Lawrence Public Library and Douglas County Senior Services, and funded by the Community Impact Grant through the United

Way of Douglas County. Although session is designed for widows, widowers and caregivers, anyone is welcome. No pre-registration necessary. Free. Refreshments provided. Lawrence Public Library, 10:00 a.m. LAWRENCE, (785) 843-3738

OCT 12
CARING FOR THE CAREGIVER
 Presented by Mickey Dick, BSW, Trinity In-Home Care. You may not think of yourself as a caregiver. You are just caring for someone you love. While giving care, it is normal to put your own needs and feelings aside; however, doing this for a long time is not good for your health. Come learn about services for caregiver support. First Presbyterian Church, 9:40 a.m. LAWRENCE, (785) 841-0770

OCT 15
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. Enrollment requested. Lawrence Memorial Hospital, 6:00-7:30 p.m. LAWRENCE, (785) 749-5800, www.lmh.org

OCT 16
SKILLBUILDERS: CAR CARE
 Presented by Richard Haig, Westside 66, sponsored by Douglas County Visiting Nurses, Rehabilitation and Hospice Care, the Lawrence Public Library and Douglas County Senior Services, and funded by the Community Impact Grant through the United Way of Douglas County. Although session is designed for widows, widowers and caregivers, anyone is welcome. No pre-registration necessary. Free. Refreshments provided. Lawrence Public Library, 10:00 a.m. LAWRENCE, (785) 843-3738

OCT 18
10,000 STEPS A DAY
 This program is designed to increase your daily steps to 10,000 and thus, 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 daily steps. Only fee is \$10 for the pedometer. This program is also available to take out to groups of five or more. Fee. Lawrence Memorial Hospital, 9:00-10:30 a.m. LAWRENCE, (785) 749-5800

OCT 19
WHAT IS PALLIATIVE CARE?
 Presented by Teresa Sikes, RN, BSN, CHPN, Program Director and Nurse Consultant; Dr. Richard Sosinski, internal medicine physician in Lawrence. Palliative Care is an in-hospital health care program that focuses on pain and symptom management. Patients with advanced illness often have complex needs. Palliative Care allows time in the hospital for a care plan to be made that addresses those needs. Become well informed about the Lawrence Memorial Hospital program and the services provided. First Presbyterian Church, 9:40 a.m. LAWRENCE, (785) 841-0770

OCT 23
SKILLBUILDERS: HOME SECURITY & PERSONAL SAFETY
 Presented by Gary Squires, Dg.Co.Sheriff's Office. Sponsored by Douglas County Visiting Nurses, Rehabilitation and Hospice Care, the Lawrence Public Library and Douglas County Senior Services, and funded by the Community Impact Grant through the United Way of Douglas County. Although session is designed for widows, widowers and caregivers, anyone is welcome. No pre-registration necessary. Free. Refreshments provided. Lawrence Public Library, 10:00 a.m. LAWRENCE, (785) 843-3738

OCT 26
HOSPICE AND THE NEW HOSPICE VNA CARE COTTAGE
 Presented by Donna Flory, MSW, Douglas County VNA, Rehabilitation and Hospice Care. Hospice, in the earliest days, was a concept rooted in the centuries-old idea of offering a place of shelter and rest, or "hospitality" to weary and sick travelers on a long journey. This session will be dedicated to the philosophy of hospice and an overview of the new Hospice Care Cottage. First Presbyterian Church, 9:40 a.m. LAWRENCE, (785) 841-0770

OCT 29
A TOPIC TOO LONG AVOIDED: CANCER AND SEXUALITY
 Many cancer survivors have concerns or questions about sexuality and intimacy after their diagnosis and treatment. Healthcare providers may not always be able to adequately discuss these concerns that can so dramatically impact the survivor's life. Barbara Rabinowitz, clinical social worker, certified sex therapist and Direc-

tor of Oncology Services for Meridian Health in New Jersey will be here to provide an informative lecture as we discuss this topic that has too long been avoided. Advance registration is requested and CEU's will be provided to those with licensure credentials. Light refreshments, 6:00-6:30 p.m., program 6:30-7:30 p.m. Lawrence Memorial Hospital. LAWRENCE, (785) 749-5800, www.lmh.org

OCT 30
SKILLBUILDERS: MANAGING YOUR MONEY
 Presented by Steve Hamilton, VSR Financial Services. Sponsored by Douglas County Visiting Nurses, Rehabilitation and Hospice Care, the Lawrence Public Library and Douglas County Senior Services, and funded by the Community Impact Grant through the United Way of Douglas County. Although session is designed for widows, widowers and caregivers, anyone is welcome. No pre-registration necessary. Free. Refreshments provided. Lawrence Public Library, 10:00 a.m. LAWRENCE, (785) 843-3738

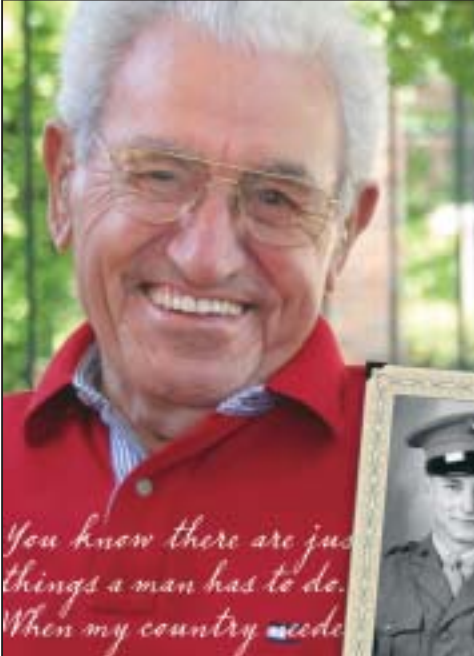
NOV 2
ABC'S OF ALZHEIMER'S DISEASE
 Presented by Michelle Niedens, Education Director, Heart of America Chapter/Alzheimer's Association. November is Alzheimer's Disease Awareness Month. This class will provide an overview of the disease process, general disease information, stages, risk factors and current interventions. First Presbyterian Church, 9:40 a.m. LAWRENCE, (785) 841-0770

EXHIBITS/SHOWS

APR 5-OCT 26
ALL ABOARD!!! A CENTURY OF RAILROADING IN JACKSON COUNTY
 See model trains and fashions from 1860 to 1960! Discover and learn about railroading in Jackson County, Kansas. Model trains and fashions on display! Roebke House Museum. HOLTON, (785) 364-4991
<http://www.holtonks.net/jchs>

SEP 18-NOV 2
HALLOWE'EN HORRORS: FRANKENSTEIN, DRACULA, BATS AND GHOSTS!
 "Monsterfully" displayed are the collections of area residents Cliff Alfrey, featuring Dracula and bats of all kinds—and Nick Clausen, displaying his Frankenstein items. Posters, auto-

■ CONTINUED ON PAGE 20



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.

You 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.*

■ CONTINUED FROM PAGE 19

graphed photos, games, mugs, statues, jewelry, and some tricky lighting offer chills and thrills for everyone. Plus, learn about the Ghosts of Topeka, featuring several of the best-known haunts of our area. Children can draw their favorite spook or monster and hang it on the "Children's Art Gallery" wall. They can play with creepy-crawlies at the children's Hallowe'en table and read lots of spooky jokes, riddles and poems. On the way out—treats for the youngsters! Great Overland Station. Fee, children under five free.

TOPEKA, (785) 232-5533
<http://www.greatoverlandstation.com>

SEP 27-NOV 9

2008 WASHBURN ART FACULTY EXHIBITION

Exhibition featuring artwork by Washburn University art faculty. Mulvane Art Museum. TOPEKA, (785) 670-1124

OCT 4 & 5

MODEL TRAIN SHOW

Annual model train show with operating scale layouts. 819 Commercial St. ATCHISON, (800) 234-1854

OCT 5-31

"YOUR WORLD THROUGH MY EYES" A COLLECTION OF NEW WORKS BY: PHILLIP STEVENS

"Your World Through My Eyes" A Collection of New Works By: Phillip Stevens. Opening: First Friday Night Art Walk October 5, 5:00-8:00 p.m. Show runs through October 31. Gallery Hours: Wed. thru Friday 12:00-4:00 p.m., Saturday 10:00-2:00 p.m.. The Collective Art Gallery. TOPEKA, (785) 234-4254
<http://www.collectiveartgallery.org>

OCT 24-26

ANTIQUÉ SHOW AND SALE

Wide array of antiques will be offered for sale during this show. Douglas County Fairgrounds, 2120 Harper. LAWRENCE, (785) 843-6219

NOV 1-30

A CHOICE OF WEAPONS

To fight discrimination and social injustice, Gordon Parks chose the camera as his weapon. The exhibit of photos taken by the late Gordon Parks are on loan from the Gordon Parks Cultural Center in his boyhood home of Ft. Scott, Kansas. Brown v. Board of Education National Historic Site. TOPEKA, (785) 354-4273
<http://www.nps.gov/bvrb>

FARMERS' MARKETS

APR 12-NOV 22

DOWNTOWN TOPEKA FARMERS' MARKET

Variety of fruits, vegetables, flowers, meats and crafts. 10th and Topeka Blvd, State Parking Lot. TOPEKA, (785) 286-3515

APR 12-NOV 8

DOWNTOWN LAWRENCE FARMERS' MARKET

The market offers fresh fruits, vegetables, baked goods, flowers and herbs, along with musical entertainment. Tuesdays and Thursdays, 1020 Vermont, 4:00-6:00 p.m. Saturdays, 824 New Hampshire, 7:00-11:00 a.m. LAWRENCE, (785) 331-4445

MAY 3-OCT 29

ATCHISON FARMERS' MARKET

Community farmer's market Wednesdays afternoons and mornings on Saturdays. Demonstrations are often conducted on Saturdays. 500 Main St. ATCHISON, (913) 367-0050

FESTIVALS/FAIRS

SEP 1-OCT 14

KANSAS CITY RENAISSANCE FESTIVAL

Festival features live entertainment, mouth-watering food, fun and activities for the entire

family. Has been ranked as 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.krenfest.com>

SEP 26-OCT 29

GARY'S FALL FESTIVAL

Gary's Fall Festival featuring 8-acre corn maize, pumpkin patch, haunted house, hay rides, 40' slipper slide, corn pit, etc. Fee. 5991 17th St. GRANTVILLE, (785) 246-0800

OCT 3-5

OZTOBERFEST

A weekend filled with activities for everyone during Oztoberfest. Munchkins from the original movie will be on hand to sign autographs, catch a production of The Wizard of Oz at The Columbian Theatre and visit The Oz Museum. There will be a Munchkinland inflatable play area for kids, along with food and craft vendors. Wamego's main street is closed during the festival. This several blocks-long festival for OztoberFest offers hilarious hijinks such as OZ Jeopardy, Stuff a Scarecrow and Throw a Bucket of Water on the Witch. WAMEGO, (866) 458-8686
<http://www.oztoberfest.com>

OCT 4

NORDIC HERITAGE FESTIVAL

The sixth annual Scandinavian Festival features Kansas City Scandinavian Dancers, a National Costume Show, Scandinavian food, culture and entertainment. Douglas County Fairgrounds. LAWRENCE, (785) 843-7535

OCT 4 & 5

OKTOBERFEST ARTS & CRAFTS FESTIVAL

Arts and crafts festival with food and entertainment along the downtown pedestrian plaza. ATCHISON, (800) 234-1854

OCT 4 & 5

SANTA FE TRAIL DAYS

Come visit Santa Fe Trail Days in Historic Overbrook. There will be performances and displays of adopted BLM Mustangs from the Midwest Saddle and Burro Club. Crafters, Antique Car and Tractor show, kids activities and lots of food. Take a look at a historical Santa Fe Trail exhibit. The Mountain Men Gun Club will perform both days. Awesome music and entertainment. A Cowboy Mounted Shooting event will draw your attention to the wild frontier. Visit the Web site for more information.

OVERBROOK, (785) 453-2185

<http://ExploreOsage.com>

OCT 5

APPLE FESTIVAL

Apple festival celebrating all things apple with live entertainment, annual quilt show, heritage food, petting zoo and lots more. Old Prairie Town at Historic Ward Meade Park. TOPEKA, (785) 368-2437

OCT 10 & 11

DE SOTO BLUES & BBQ FESTIVAL

Blues bands, KCBS sanctioned BBQ contest, food and beer vendors. Offsite shuttle parking available. De Soto Riverfest Park. DE SOTO, (913) 583-1585
<http://www.desotoks.org>

OCT 11 & 12

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 Poley the balloon clown, fresh cooked kettle corn and great BBQ with homemade pies. Pome on the Range Orchards. WILLIAMSBURG, (785) 746-5492
<http://www.pomeontherange.com>

OCT 18

CELEBRATION OF CULTURES

The Unity Council of Topeka is sponsoring its 9th Annual Celebration of Cultures Festival on October 18, 2008 from 10 a.m. - 3 p.m. at the

AG Hall. A diversity village, job fair, children's arts and crafts, diverse entertainment and food will be a part of this year's Cultural Festival. Admission is Free. AG Hall-Kansas Expo-centre. TOPEKA, (785) 273-5593

OCT 18 & 19

BALDWIN CITY MAPLE LEAF FESTIVAL

Festival with more than 300 arts and crafts booths, parade, quilt show and train rides. BALDWIN CITY, (785) 594-3200
<http://www.mapleleafestival.com>

HALLOWEEN EVENTS

OCT 10-18

HAUNTED HOUSE WALKING TOUR

Guided tour of the haunted houses in Fort Leavenworth on Oct. 10, 11, 17 and 18. Tickets sold at the Gift Shop of the Frontier Army Museum at Ft Leavenworth. Note: Picture ID required upon entering the fort. FORT LEAVENWORTH, (913) 680-1841

OCT 17-25

TERROR TRAIN

Spooks, goblins and all kinds of surprises are aboard the Midland Railway for "TERROR TRACKS 2008." Our cast of spooks and goblins will provide this special treat for the not-so-faint of heart of all ages during the two weekends prior to Halloween. 1513 W High St. BALDWIN CITY, (785) 594-3200

OCT 25

SCARY ON THE PRAIRIE

Trick or treat at the historic buildings, have cookies and cider near the witch's cauldron, hear not-so-scary, scary stories in the mansion and decorate pumpkins. Old Prairie Town at Historic Ward Meade Park. TOPEKA, (785) 368-2437

OCT 31

SILENTS IN THE CATHEDRAL

Silent movies with live organ music starting at 7:30 p.m. Short subjects with the feature film, The Headless Horseman. Free admission. Grace Episcopal Cathedral. TOPEKA, (785) 235-3457

OCT 31

DOWNTOWN LAWRENCE HALLOWEEN TRICK-OR-TREAT

Downtown merchants greet children with sweet treats and Halloween trinkets. This is 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

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

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 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 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 1

CHOLESTEROL SCREENINGS

These screening events offer a total only cholesterol by fingerstick. No appointment or fasting necessary; just drop in. Please note there may be a wait involved. We are sorry but at this time we are not offering a full lipid panel test option. \$5/test. Lawrence Memorial Hospital, Atrium, 3:00-5:00 p.m. LAWRENCE, (785) 749-5800

OCT 7

BONE DENSITY SCREENING

Advanced appointment required. Appointment takes about 20 minutes and includes education about osteoporosis prevention as well as the screening. Individual appointment times must be selected. Note: this is NOT the same as a DEXA scan which is ordered by a physician and is done through Radiology. Lawrence Memorial Hospital, Meeting Room D, 5:00-7:00 p.m. LAWRENCE, (785) 749-5800

OCT 16

BONE DENSITY SCREENING

See October 7 description. Lawrence Memorial Hospital, Meeting Room D, 9:00-11:00 a.m. LAWRENCE, (785) 749-5800

OCT 28

BONE DENSITY SCREENING

See October 7 description. Lawrence Memorial Hospital, Meeting Room D, 9:00-11:00 a.m. LAWRENCE, (785) 749-5800

NOV 1

CHOLESTEROL SCREENINGS

See October 1 description. Lawrence Memorial Hospital, Atrium, 8:30-10:30 a.m. LAWRENCE, (785) 749-5800

NOV 5

CHOLESTEROL SCREENINGS

See October 1 description. Lawrence Memorial Hospital, Atrium, 8:30-10:30 a.m. LAWRENCE, (785) 749-5800

HERITAGE/HISTORY

JUN 7-OCT 25

HISTORIC DOWNTOWN LAWRENCE WALKING TOURS

Downtown Lawrence, Inc. (DLI) is offering walking tours on Saturday mornings. The walking tours will be led by KU School of Architecture and Urban Design students and will focus on the history and architecture of Downtown. Tours will depart from the Farmer's Market at 9:00 a.m. and return to the

■ CONTINUED FROM PAGE 20

Farmer's Market at 10:00 a.m. Three different tours will be offered in rotation with each focused on specific aspects of Downtown history and architecture. Fee, children 12 and under free. Space is limited. Advance reservations are recommended.
LAWRENCE, (785) 842-3883
<http://www.downtownlawrence.com>

**OCT 11
CIVIL WAR DAY AND PANCAKE FEED**
Civil War Encampment, Civil War Battle Reenactments, Special Presentations. Free, 7:30 a.m.-3:00 p.m. Forbes Field.
TOPEKA, (785) 862-1020

**OCT 16 & 17
OLATHE HISTORIC CEMETERY TOUR**
Experience history brought to life by characters in the Olathe City Cemetery. Visit the graves of some of Olathe's founders and meet the people who rest as they come alive to tell their stories. You'll meet the members of the Mahaffie Stagecoach Stop and Farm Historic Site family and other notable citizens. 1100 Kansas City Rd.
OLATHE, (913) 971-5111
<http://www.olatheks.org/visitors/mahaffie>

MEETINGS

**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 AND THIRD MONDAY OF EACH MONTH
CAREGIVER SUPPORT GROUP**
Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders. Please join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services, Inc. Douglas County Senior Services, Inc., 745 Vermont St., 2:15-3:45 p.m.
LAWRENCE, (785) 842-0543

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

**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)**
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.
LAWRENCE

**FIRST WEDNESDAY OF EACH MONTH
GRIEF SUPPORT GROUP**
Douglas County Visiting Nurses, Rehabilitation, and Hospice Care and Alterra (formerly Windsor of Lawrence) hold a grief support group open to all on the first Wednesday of each month from 2:00-3:00 p.m. at Alterra at 3220 Peterson Road. For any questions, call Steve Satterfield, Hospice Chaplain.
LAWRENCE, 785-843-3738

**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 since 1984. The group meets to dance from 2:30-4:30 p.m. on Wednesdays, and from 6:00-9:00 p.m. on Sundays at the Eagles Lodge.
LAWRENCE

**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 ones 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 TUESDAY OF EACH MONTH
CAREGIVER SUPPORT GROUP**
Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders. Please join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services, Inc. Douglas County Senior Services, Inc., 745 Vermont St., 6:30-8:00 p.m.
LAWRENCE, (785) 842-0543

**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

**SECOND SATURDAY OF EACH MONTH
HAPPY TIME SQUARES SQUARE DANCE CLUB**
Meets at First United Methodist Church-West Campus, 867 Hwy 40 (1 block west Hwy 40/K10 Bypass). Plus: 7:30-8:00 p.m., Mainstream 8:00-10:00 p.m. Contact Frank & Betty Alexander. Fall Happy Time Squares lessons will begin at 7:00 p.m. Monday, Sept. 15 at Centenary United Methodist Church, 245 N. Fourth St. The first three lessons are free. For information, contact David and Barbara Neff, 843-8966, Frank and Betty Alexander, 843-2584 or e-mail dbneff@sunflower.com
LAWRENCE, (785) 843-2584
www.happytimesquares.com

**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 AND CAREGIVER SUPPORT GROUP**
Strengthening family relationships and improving positive parenting skills. Meets from 6:30-8:00 p.m. at St. Francis Hospital, 2nd floor meeting rooms. Child care available with 48 hours notice.
TOPEKA, (785) 286-2329 or (785) 231-0763

**THIRD WEDNESDAY OF EACH MONTH
RETIRED GOVERNMENT EMPLOYEES**
The Lawrence chapter of the National Active and Retired Federal Employees (NARFE) meets the third Wednesday of each month at Conroy's Pub, located at 3115 W 6th in Lawrence. Lunch begins at noon and is followed by a program and business meeting. NARFE's mission is to defend and gain benefits that retired career government employees earned. Employees from all branches of government are welcome and encouraged to attend. For more information, please call John or Linda Surritte.
LAWRENCE, (785) 856-0558

**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

**THIRD THURSDAY OF EACH MONTH
CAREGIVER SUPPORT GROUP**
Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders. Please join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services, Inc. Baldwin City Public Library, 800 7th St., 2:00-3:30 p.m.
BALDWIN CITY, (785) 842-0543

**THIRD SATURDAY OF EACH MONTH
TOPEKA WIDOWED PERSONS BRUNCH**
For all widowed people. Meets at the First United Methodist Church, 6th and Topeka Blvd. in the red brick building, known as the Sweet Building on the Southwest corner of the campus. Please bring a covered dish to share. Beverages and table service provided. For more information about the Widowed Persons Service Program, please call Julie.
TOPEKA, (785) 357-7290

**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 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 EACH MONTH
CAREGIVER SUPPORT GROUP**
Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders. Please join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services, Inc. Eudora Community Center, 1630 Elm, 1:00-2:30 p.m.
LAWRENCE, (785) 842-0543

**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>

**FOURTH FRIDAY OF EACH MONTH
RETIRED GOVERNMENT EMPLOYEES**
The Topeka chapter of the National Active and Retired Federal Employees (NARFE) meets on the fourth Friday of each month (except Nov. and Dec.) at Aldersgate Village, 7220 SW Asbury

■ CONTINUED FROM PAGE 19

Drive, Topeka. Buffet lunch begins at noon followed by a program/speaker and business meeting. NARFE's mission is to represent government employees, active and retired, before Congress. Employees from all branches of federal government employment are welcome, and encouraged to attend. For information, call Jim Miller. LAWRENCE, (785) 478-0651

OCT 24

AARP CHAPTER 1696

AARP Chapter 1696 will meet at 11:00 a.m. at the Lawrence Country Club. Lunch served at 11:30. The program subject will be Dwight Eisenhower and the speaker will be Dale Jirik from Topeka. New and interested members welcome. Please call Noreen for reservations. LAWRENCE, (785) 842-6765

MISCELLANEOUS

SEP 4-OCT 31

HAUNTED ATCHISON TOURS

Narrated trolley tour featuring ghostly tales about Atchison's historic homes. ATCHISON, (800) 234-1854
http://www.atchisonkansanet.net

OCT 1-31

SCHAAKE'S PUMPKIN PATCH

Hayrack rides through 15-acres of U-pick pumpkins, plus a wide variety of decorative fall items. 1791 N 1500 Rd. LAWRENCE, (785) 843-2459

OCT 1-31

FROM MICHEAUX TO MORRISON: LITERARY ADAPTATIONS TO FILM

This traveling exhibit from Separate Cinema's vintage movie posters archive, traces the changing images of African Americans in feature films. Brown v. Board of Education National Historic Site, 1515 SE Monroe. TOPEKA, (785) 354-4273
http://www.nps.gov/brvb

OCT 4

BLUES & BAR-B-QUE

Fifth annual "Blues & BBQ" will be held at the Lumberyard in downtown Baldwin City from 5-9 p.m.. You're invited for an evening of good food and fabulous live music. All proceeds benefit the building fund for The Lumberyard Arts Center. BALDWIN CITY, (785) 594-3200
http://www.lumberyardartscenter.org

OCT 4 & 5

KAW VALLEY FARM TOUR

Tour local farms. Christmas tree farms, pumpkin patches and special activities for the family. LAWRENCE, (785) 843-1409

OCT 11

FRANKLIN COUNTY FARM TOUR

Visit one or all of the farms on the Franklin County Farm Tour. Visit a dairy, pick pumpkins and apples, taste jams and jellies or view alpacas up close. OTTAWA, (785) 242-1411
http://www.visitottawakansas.com

OCT 12

WALK TO DEFEAT™ ALS

The ALS Association Keith Worthington Chapter is holding the 2008 Walk to Defeat™ ALS at the University of Kansas Student Union. The Walk will raise awareness of ALS and much-needed funds for local patient services and global research. The Walk is co-hosted by the University of Kansas' Chapter of Phi Delta Theta Fraternity. Registration-1:00 p.m. Walk-2:00 p.m. LAWRENCE, (785) 760-0175

OCT 25

LAWRENCE ARTWALK

Annual self-guided tour of Lawrence artists' studios featuring artwork in all media by over 50 Douglas County visual artists. LAWRENCE, (785) 865-4254

NOV 3-DEC 23

STRAWBERRY HILL CHRISTMAS TREE FARM

During November and December families and friends experience a traditional Christmas opportunity to choose and cut their own Christmas tree following a hayride to the fields. The tree has its loose needles shaken on the tree shaker. The children are told the tree is getting to do the Hokey Pokey. It is then netted. The Barn Shop has numerous fresh wreaths, centerpieces, door and window swags and grave pieces. Crafts and gifts available along with hot cider and cookies. Group tours available with reservations. 794 Hwy 40. LAWRENCE, (785) 841-0916
http://www.strawberyhilchristmas.com

**ADVANCED
HOMECARE**
MEDICAL EQUIPMENT RENTAL AND SALES

- Home Oxygen; CPAPS; BIPAPS
- Power Scooters, Wheelchairs, Walkers, Canes
- Seat Lift Chairs, Hospital Beds
- Free Delivery & In-Home Setup
- Mastectomy Products & Many Daily Living Needs
- We Bill: Medicare, Medicaid & Private Insurance



785-841-2200

2500 W 31st Lawrence
1 1/2 BLKS WEST OF 31ST & IOWA
EASY ACCESS FROM K-10 BYPASS

24 Hour Emergency Service 1-800-827-9406

**Ways to save money.....
Shop close to home!**

Live at Prairie Commons Apartments
1 & 2 bedrooms for age 55+

- Close to Dillon's and Hyvee
- Convenient banking
- Across the street from the new Walmart
- No water or gas bills (we're all electric)
- Van service when I don't feel like driving
- A cozy club house to entertain family & friends



**Move in by November 1 and
Receive one month free rent!**



5121 Congressional Circle
Lawrence • 785-843-1700

www.liveatprairiecommons.com



**Kaw Valley
Senior Monthly
accepts
INSERTS!**

We can insert your circulars or flyers for just \$50 per 1,000.*
Call 785-841-9417 for more information.

*10% discount when you do 6,000 inserts.

Straight Talk

If you send me to cover a pie-baking contest on Mother's Day, I'm going to ask dear old Mom if she used artificial sweetener or if she stole the apples.
- Sam Donaldson

Journalism largely consists of saying "Lord Jones is dead" to people who never knew that Lord Jones was alive.
- G.K. Chesterton

Journalism is caring where the fire engines are going. - Jim Lehrer



Larry Day

Seely Richins published the *Letongaloosa Weekly Plainsman*, and he never asked anyone a mean question. He never told his readers that Lord Jones or anyone else was dead, because the *Plainsman* never printed obituaries. Seely never put bad news in his paper. Back in 1972 a cigarette set a wastepaper basket on fire in the *Plainsman* newsroom. That was the first and only time that Seely gave a darn about where the fire engines were going, and the incident wasn't published in the *Plainsman*.

With Seely Richins at the helm, good news was the only news the *Letongaloosa Weekly Plainsman* published. The people of Letongaloosa liked it that way. They got enough bad news from radio reporters who said, "We're at the scene of the cave-in." From "if it bleeds it leads," television news shows, and headlines that blared: "two dead, four wounded in shooting spree."

The residents of Letongaloosa supported merchants and organizations that advertised in Seely's good news weekly newspaper.

Seely published agendas or civic meetings in advance so people could attend them, but the *Plainsman* didn't cover the meetings. The *Plainsman* reporter only came for the "ceremonial" part of the meetings. If controversy erupted in city council or county commission meetings the *Plainsman* didn't report. Here's what the *Plainsman* reported: "Erma Nelson was honored at the city council meeting this last Wednesday after her begonias won first prize in the state begonia competition in Hendersonville." And, "Young Foster Charles was presented with a

'Good Young Samaritan' medal at the city council meeting for rescuing Matilda Farnharsher's cat 'Socks' from a drainage ditch."

The public learned about civic rough stuff from Letongaloosa's gossip networks and its rumor mills. People in Letongaloosa like to put their own spin on information, and few people let truth and factual information get in the way of their opinions.

No matter what the controversy, and no matter how long it lasted, the *Plainsman* could be counted on to step up and publish its weekly quota of "chicken soup for Letongaloosa's soul."

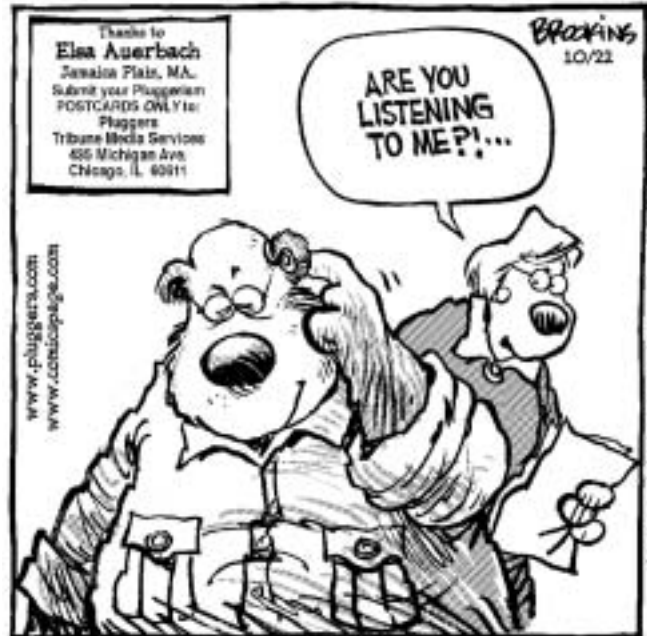
Seely never used fast-paced marketing techniques to boost his newspaper's circulation, and he kept advertising rates low so that marginal businesses could afford to place ads. His profit margin was razor thin. The *Plainsman*, in other words, was ripe for picking by the cutthroat brokers who run the newspaper consolidation business. But whenever these brokers showed up at the *Plainsman* Seely ran them out of the office and chased them down the street waving a pica pole above his head.

Then a "perfect storm" of problems descended on Seely Richins and the *Plainsman*. The price of newsprint and printer's ink shot up, and the government jacked up the price of mailing the newspaper. The *Plainsman's* electronic typesetting system needed to be upgraded, and Seely's granddaughter needed an expensive operation.

In this crisis Seely asked all the moneyed people in town—the bankers, the merchants, the cyber tech professionals, and the yuppies who lived in town and commuted to jobs in the city, for a loan to save the *Plainsman*. Nobody would lend him the money.

The next week Seely tossed out the week's good news and revamped the *Plainsman's* front page. That week's edition of the *Plainsman* came out looking like a cross between the *National Inquisitor* and *Girlie Girl Magazine*. A garish 102-point page 1 headline declared: "BUYER FOUND!!" The story beneath the headline said that the *Plainsman* would be sold to Sir Reginald Rutter, the owner of a chain of sleazy London tabloids.

A week later, the main headline on page 1 of the traditional looking *Plainsman* read: "Letongaloosa Hop Scotch Team Wins State Competition." Of course the gossip networks



A plugger turns off his hearing aid to save the batteries.

and the rumor mills were abuzz with speculation about who had loaned Seely the money, but true to tradition, the *Plainsman* never printed a word about it.

- 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.

MISSION TOWERS



Celebrating 30 Years of Offering Clean, Safe, Affordable Housing for qualified seniors and non-elderly disabled.

- Rent Based on Income
- No Utility Bills
- 24 HR Emergency Response
- Close to Shopping
- Church Services
- Card Games & Crafts
- Exercise Group
- Library
- Entertainment
- Well Maintained

Call Manager Karol Freeman

(785) 266-5656

2929 SE Minnesota • Topeka



Plots that don't need weeding or mowing

By Margaret Baker

Elizabeth Peters: *Laughter of Dead Kings* (Wm. Morrow, ISBN 978-0-06-124624-1)

After a 15-year absence, Elizabeth Peters brings us the next installment of the Vickie Bliss series, starting the beautiful and intelligent art historian (emphasis on Egyptology). Her paramour, John Tregarth, was an extremely resourceful art thief. He is, he assures her, now a law-abiding authentic art gallery owner.

The mummy of Tutankhamen, the best known artifact of the Age of Pharaohs, has been spirited out of its site by a con man with a suave British accent. Unfortunately, the authorities assume the theft has all the earmarks of Sir John Smythe (John's pseudonym). John enlists Vickie's help to clear his name uncovering the true thief. Museum Director (Vickie's boss) writes himself into the plot.

Peters' usual supreme characterizations, layered plot lines, and witty dialogue are all here, as are some tantalizing untangling of older plot lines, bringing this series into line—surprise! with the Peabody/Emerson story.

Alex Kava: *Exposed* (Mirax, ISBN 0-7783-2557-1).

Nebraska's Alex Kava pens the next act of FBI criminal profiler Maggie O'Dell. Maggie, fellow FBI profiler R.J. Tully and a mother and daughter are exposed to a little-known hemorrhagic virus for which little precious vaccine is available. The exposed quartet are confined in a special hospital unit, and Maggie must profile the killer from inside the isolation unit.

This killer likes random multi-killers, those without obvious motives—the Beltway Sniper, the Tylenol poisonings, the Unabomber, the anthrax letters. Some are still unsolved, and the killer uses bits of each to taunt the authorities.

Kava takes a frightening possibility head-on in this thriller.

Lisa Black: *Takeover* (Wm. Morrow, ISBN 978-0-06-15445-3)

Forensic scientist Theresa MacLean and her detective fiancé Paul are at the same scene, man bludgeoned his front lawn.

Later that same day would-be

bank robbers enter the Federal Reserve. Their plans seemingly go awry; they take hostages and hole up. One of the hostages is Paul, who was there because the earlier victim and his wife were both employed there.

It becomes apparent that the robbers' goal is the regularly-scheduled mass destruction of damaged bills turned in for replacement.

Chris Cavanagh, cocky negotiator, is brought in. When Paul is injured, Theresa offers to take his place. The rest of this extremely-carefully plotted thriller take place in a few hours, and you're in for each terrifying minute.

Don't start this one near bedtime!

Aaron Elkins: *Uneasy Relations* (Berkley Prime Crime, ISBN 0-425-22176-1)

Gideon Oliver, Anthropology professor who has earned the nickname "Skeleton Detective" is at the Rock of Gibraltar for an anthropological conference to discuss the recent astonishing find of fragments of a Homo Sapiens female holding a young child. The child seems to be mixed Neanderthal/human. The burial is obviously ceremonial. Press accounts immediately name them "First Woman" and "First Child." Does this find mean these two groups lived in harmony, at least once?

Many papers have been written on the subject since their discovery several years back in the Gibraltar cave. This conference is intended partially to hear papers and partially to give honors to the leader of the original digs. Oliver's paper was his study of some of the bones.

Seems as though a curse may be upon these bone fragments—two "accidental" deaths, and Oliver himself has two close calls.

The plot unravels inexorably in true Elkins style. The characters are deftly and deeply drawn, from the main performers to the bit players.

In addition to a great read, you get a virtual tour of the Rock as a bonus!

Poppy Adams: *The Sister* (Ran-

dom House Audio Books, read by Juliet Mills on 9 cds, ISBN 978-0-7393-6673-8)

GINNY and Vivian grew up together, daughters of famed moth specialists. Ginny followed her parents into Lepidoptera studies, Vivie went to London and became a secretary, married, and divorced. They haven't seen each other in decades, but now Vivie has come to share the crumbling family mansion in their old age. They have very different memories of their childhood, and resentments buried all these years rise.

GINNY has become quite reclusive; she's emptied the rooms as her need for them dwindles; her carefully regulated life a study in routine. Vivian will disrupt all that.

I would strongly recommend hearing this book in its audio edition. Juliet Mills is an extremely talented actress, and that is necessary to bring Ginny's troubling voice to life.

Haunting, chilling.

Bill Moody: *Shades of Blue* (Poisoned Pen Press, ISBN 978-1-59058-485-0)

Jazz pianist Evan Horne, recently back from a European tour, settles in California's Bay area and begins to connect with the local jazz scene and Angie Lawrence, an FBI agent. Life's great.

He is notified that his friend and mentor, Calvin Hughes, has died and named Evan his sole beneficiary. It's not a huge estate—a small house between two mansions in Hollywood, some funds, a basset hound named Milton.

Enigmatic Cal was a huge figure in Evan's life, teaching, introducing him early jazz greats. Among his papers Evan finds some manuscripts that make him wonder if Cal was the composer of several landmark jazz works, neither credited to Cal.

And taped to the underside of a drawer, a photograph of Cal with a young woman and a baby. Evan didn't know Cal has ever been married. Does Cal want him to find the lady or the baby? Cal's note to him is cryptic.

A fascinating musical mystery told in first person, present tense, an unusual voice which Moody handles well.

Jeffrey Cohen: *It Happened One*

Knife (Berkley Prime Crime, paperback, ISBN 978-0-425-22256-0)

Time for a mystery with a touch of humor? Here is Cohen's second in the Double Feature series.

Eliot Freed has taken his portion from the divorce (he's still in love with his wife) and fulfilled his life's dream: restored an old movie house

to show comedy exclusively—each time a double feature, a current comedy and an classic oldie. Cracked Ice is scheduled when he learns that Harry Lillis, half of the Lillis/Les Townes comedy duo, is living in a nearby retirement home. He'll come for a special presentation. Life couldn't get better—but it does. Les Townes is also still alive, mentally alert, and comes.

The two are no longer friends, apparently because they both loved the same girl. Townes married her, and Lillis still thinks he murdered her. One of the pair dies in a fire. Which one?

It's hard to say with a Cohen mystery—which is better, the plotting or the characters? They're both wonderful. As is the witty dialogue (especially Eliot's monologues).

DEFINITELY a keeper!

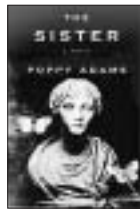
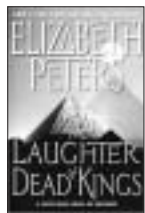
S.E. Hinton: *Some of Tim's Stories* (University of Oklahoma Press, ISBN 978-080613835-0)

At 18, Hinton stood the literary world on end by writing *The Outsiders*, still a Young Adult classic.

Here she presents 14 short stories about two double cousins (parents are siblings), best buddies whose lives go astray with missed connections. Terry goes to prison and Mike knows he should be there too. "Tim" the bartender is Mike's voice as the short tales slowly reveal the background story.

To magnify her discipline, Hinton intentionally wrote each chapter to 1,000 words (give or take three or five) and not in order. The second half of the book is an interview in which she explains her writing style—a must for would-be writers.

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



Get Smart - and avoid this movie

By Esther Luttrell

"Get Smart"

Starring Steve Carell, Ann Hathaway, Alan Arkin, Bill Muay, James Caan, Terrence Stamp

Plot (you can only call it that if you possess a very generous nature): Maxwell Smart (Steve Carell) works as an analyst at Control, a U.S. spy agency. The bad guys, KAOS, steal the names of Control's field agents and begin to pick them off, one by one, across the globe. Smart gets promoted (maybe because he's one of the few agents left alive, suppose?) and partnered with Agent 99 (Anne Hathaway). Smart thinks this is dumb. He doesn't want partnered with a beautiful young agent, he wants partnered with ugly ol' Agent 23 (Dwayne Johnson). Why? Who knows? Better yet, who cares. Anyway, Smart is given spy toys and gadgets which he and Agent 99 are to use in uncovering the location of KAOS top dog, Siegfried (Terrence Stamp), who is determined to take over the world.

I'm beginning to suspect that I'm no fun at all anymore. I used to laugh. Abbott and Costello were amusing as all get-out and Dean Martin (not Jerry Lewis) made me giggle over my matinee Milk Duds. But nowadays I'm a sourpuss who sits in the theater pouting over the cost of popcorn. "Get Smart" didn't help my mood in the least. Mainly because it isn't. Smart, that is. It's stupid, in my humble opinion. Well, all right, let's face it, the TV series was stupid too, though it had a certain amount of elusive charm. The movie version—what can I say? If you find stapling a note to a fellow's forehead funny, then you're going to double over with laughter many, many times in the course of the film. It was a running gag, and gag is what it made me do. Run is what I would have preferred to do, but I hung in, thinking any minute the movie would pick up, perk up, and come together.

I must admit, though, it did make me think. I thought about the television news story concerning an elderly man struck by a car in the thick of downtown traffic, and no one

stopped to help him. There is a connection, I'm convinced of it. One couple (and only one, I'm pleased to report) tee-heed each time that hapless fellow on the screen got smacked with another note stapled to his forehead, and I thought how movies like this, even ones passing themselves off as humorous—maybe especially those passing themselves off as humorous—help desensitize the public, particularly our young people.

Are there no movies out there worth our time, attention and dollars? Like Kit Carson moving through uncharted canyons in order to warn of danger, I will keep scouting those dark, dangerous theaters, waiting to turn in my seat and wave you in. Otherwise, until I give the signal, I recommend you stay back and amuse yourself with books, newspapers like *Senior Monthly*, and good conversation with loved ones.

DVD PICK OF THE MONTH:

"East Side, West Side" (1949); Barbara Stanwyck, James Mason, Van Heflin, Ave Gardner. Nancy Davis (First Lady Nancy Davis Reagan) also has a minor role. The catch-phrase on the DVD package reads: "Wife,



Anne Hathaway and Steve Carell as CONTROL's Agent 99 and Maxwell Smart in Warner Bros. Pictures' "Get Smart."

Mistress. Whose Side Are You On?", but that's just to get your attention. It's much deeper than that. The story revolves around Mason's character, who is married to Stanwyck. Stanwyck isn't a nagging witch of a wife. Mason isn't a flippant philanderer. He is honestly, and hopelessly, attracted to a woman played by Ava Gardner. Stanwyck adores her husband. Mason deeply loves his wife. The film is less a soap opera than it

is an examination of human frailty and a study in compassion. Another reminder that nothing is absolute, nothing is black and white, but that we are creatures capable of emotion at every level, very often with nothing but noble intent. Available at the Topeka Shawnee Country Public Library.

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

Hutton

MONUMENTS, INC.

Serving Kansas since 1873

**PATRIC HAMILTON, FORMERLY OF
MONUMENT DESIGN, NOW ON
STAFF AS ARTIST & DESIGNER.**

201 SW Topeka Blvd. • Topeka • 785-354-7005

Visit our new web site: www.huttonmonuments.com

Locations in: Lawrence, Hiawatha, Highland, Holton,
Horton, Hoyt, Meriden, Onaga & Oskaloosa



SLAPSTIX

A man seldom knows what he can do until he tries to undo what he did.

© 2008 Tribune Media Services, Inc.

Three sources of food

Psalm 46/Matthew 4:1-4

It was one hour past midnight, and the car was traveling at high speed in the Nevada Mountains. Heavy rains had made the roads treacherous, but Ray Forbes felt that he had

at which all strength gives out. Beyond that there are problems that are not physical but rather moral and spiritual. How do we cope with these? What, friend, is our source of moral strength?



Reverend Alfonso Orantes

Throughout the ages men have called upon God in times of trouble. Abraham invoked God's help. David invoked God's help. Peter invoked God's help. Paul invoked God's help. George Washington invoked God's help. Abraham Lincoln invoked God's help. And today we see peoples of all strata of society not being ashamed of crying out to God in their times of trouble for when God is our God, and Christ our friend.

to get home, so he kept on driving. On one of the curves Ray lost control of his vehicle. The car went off the road, flying into the air. After rolling over several times it stopped at the bottom of a 45-foot embankment and Ray Forbes was pinned underneath the wreckage with both legs broken.

God is as real as the dawning of a new day. He is as close to you as the oxygen, which you breathe. He is as indispensable as the water you drink. God is not only all-loving, but He is all-powerful. Trust your problems to God. Trust your marriage to God. Trust your children to God. Trust your life to God. He will not let you down.

How did he survive? "I had three sources of food", declared Ray. "For water I dipped my shirt in a tiny thread of water that ran under the car. The solid food came from the reserves of fat from my own body. And my spiritual strength came from God, in whom I believe with all my heart."

- Reverend Alfonso Orantes is with the Lawrence Faith Foursquare Church. For more information, please call (785) 979-0041,

There are moments in our lives when all human recourse is gone. What happened to Ray Forbes has, in one way or another, happened to many believers in God. And at those times through a miracle that defies all logic, divine strength and faith come into the believer's mind, and he is somehow delivered from an impossible situation.

Strong men can tolerate unbelievable hardships, but there is a point



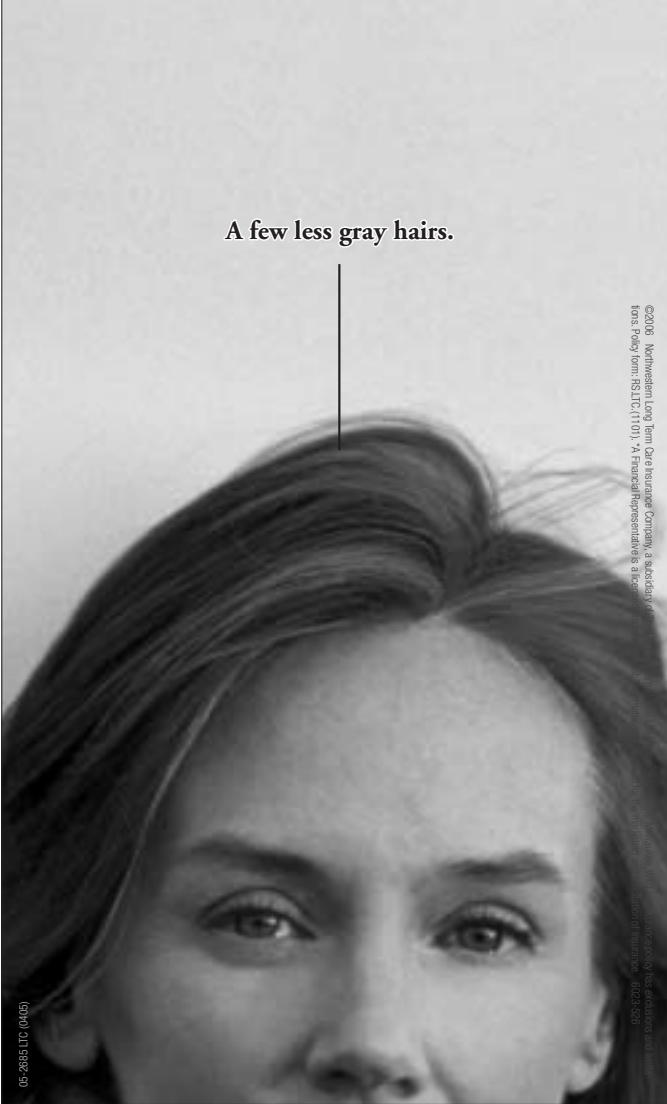
Joe B. Jones
Managing Director
The Jayhawk Financial Group
627 Monterey Way
Lawrence, KS 66049
(785) 856-2136
(913) 269-1109
joe.jones@nmfn.com

Northwestern Long Term Care Insurance Company™

A Northwestern Mutual Company

Long-Term Care Insurance can help protect your nest egg from the high cost of long-term care. You'll worry a lot less and look much younger than the rest of your book club. Visit www.nmfn.com for more information.

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



A few less gray hairs.

©2010 Northwestern Long Term Care Insurance Company, a subsidiary of Northwestern Mutual. All rights reserved. This advertisement is not a contract. Please refer to the actual policy for terms, conditions, coverages, exclusions, and limitations. A Financial Representative's actual performance does not constitute a prediction of future results. 10/2010

05-28395 LIT (04/05)



Save 5%
on vitamins, supplements,
body care products,
bulk herbs & bulk teas on
Wellness Wednesday, the first
Wednesday of every month.
Only at The Merc.

THE FRESH FOOD YOU LOVE

COMMUNITY MERCANTILE MARKET & DELI

9TH & IOWA • LAWRENCE • 785 843 8544 • 7 AM - 10 PM

www.TheMerc.coop

Dachshund needs house training encouragement

QUESTION: Shannon is the most stubborn dog in the world. She's a six-month-old Dachshund mix who goes outside to piddle. Well, sometimes she does, sometimes she doesn't. Then she comes back in the house and pees whenever she feels like it. We clean up with a recom-

mendation to your relationship moving forward. Start by giving your dog credit, and positive connotations for being smart."

Palika continues, "At this point, your dog is house-trained to the carpet. Obviously, we have to change that. When you take your dog out and she does her business, stay outside and play for five minutes or so. It's possible she just hasn't learned to completely empty her bladder, so she has to go again. That's fine, but let's make sure she does that outside. When she does go, be sure to give her a treat and praise. If you're unsure she's completed all her business, when you take her back indoors, put her in a confined place (such as a crate) or tether her to you so she can't sneak off and go to the bathroom inside the house."

Meanwhile, Palika also suggests professionally cleaning the carpet since there have apparently been so many accidents in the house.

QUESTION: My 17-year-old gray tabby had perfect litter box behavior until we built our house. She has almost been exclusively an indoor cat. We moved out of our former home into a rental for six months, then came to the new house, where she began to defecate and urinate outside the box. The vet said the prob-

lem is not physical. Now, I've started putting her out at night and when I'm gone for long periods. This works fine, except when she hides. Meanwhile, we've acquired another cat and a dog. What can we do to help this cat? - C.R., Magnolia, TX

ANSWER: You certainly have rocked this cat's world. Feline behaviorist Pam Johnson-Bennett of Nashville, TN, says, "From your cat's point of view, it's the case of the disappearing litter box. It's crisis after crisis, and finally your cat just couldn't cope. On top of everything else, you added new pets to the household. That further eroded what little stability in your cat had left. If your cat wasn't previously sensitized to dogs or other cats, the new pets might even terrify her."

Johnson-Bennett, author of "Think Like A Cat" (Penguin Books, New York, NY, 2000; \$16.95), adds, "I do understand your frustration dealing with litter box lapses, but putting the cat outside is the worst thing you can do. Even if she likes the outdoors, there are so many dangers. But I suggest she doesn't like it a bit; that's why she's hiding. Certainly, no 17-year-old cat should ever be outside on her

own for long periods of time. Your house is too much territory for your cat to handle. Adding more territory is an absolute overload."

What your cat needs is a private sanctuary - assisted living for a cat in her golden years. Take a room in your house that the cat seems to spend time in. Place a cozy bed there, a window perch where she can safely watch the world, offer two litter boxes (at least until she begins to solely use one), toys, food and water. Visit her as often as possible and reminisce about the good old days before all that moving. However, unless the dog or cat are truly best friends, they must keep out.

If this does not work, please see your vet—yet again—to insure that the old gal is physically OK. If she checks out, show your vet this column, and have a conversation about anti-anxiety medication and/or consult a veterinary behaviorist or cat behavior consultant.

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

© 2008 Tribune Media Services, Inc.



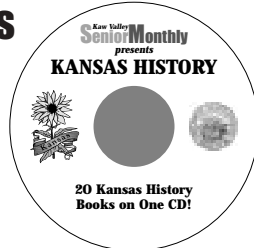
Steve Dale

mended product, and take Shannon out on a leash, as I know you suggest. We reward her when she goes outside, but then she goes again inside. My vet called the problem hard-headedness. That doesn't really help us. Any advice? - L.D., Tacoma, WA

ANSWER: "Well, your dachshund is at least smart enough to motivate you to write a newspaper columnist," says Oceanside, CA dog trainer Liz Palika, author of 'Housetraining Your Dog: Quick and Positive Results You Can Count On' (Alpha Books, New York, NY, 2007; \$9.95). "You don't want to continue with this negative approach; it's not ben-

The Ultimate Kansas History Collection

20 books on one CD*! More than 6,300 pages! Books are searchable and can be read on your computer monitor or printed.



Now available at the Great Overland Station, 701 N. Kansas Ave., Topeka.



Hancuff Place

-Senior Living Offering the Best of Both Worlds-
A Peaceful Country-like setting, At Rates That Can't Be Beat!

1 and 2-BR Apartments \$245 to \$434

(Ask about our medical expense credits & rental assistance program!)

We rent to Seniors and Disabled Persons.

Call (785) 594-6996 for more info.

1016 Orchard Lane & 1119 Jersey • Baldwin City



A Non-Profit Agency Providing In Home:

- Light Housekeeping
- Meal Preparation
- Companionship
- Caregiver Relief
- Overnight Care
- Local Transportation

2201 W. 25th St., Suite Q
Lawrence, Kansas

(785) 842-3159
trinity@trinityinhomecare.com

www.trinityinhomecare.com

Luther Place APARTMENT ♦ HOMES

Topeka's Premier Retirement Community

We are so excited, we wanted to tell you about our completely modernized affordable 1 & 2 bedroom Apartment Homes!

Beauty Shop • All Utilities Included • 24 Hour On-Site Staff • On City Bus Route
Ample Laundry Facilities • Weekly Grocery Transportation

Stop by or call today to schedule an appointment to reserve your new apartment home!

5000 & 4900 SW Huntoon • 785-273-2944

Some restrictions apply. Age 62 & older. Mobility Impaired.



CROSSWORD

TMSpuzzles@aol.com

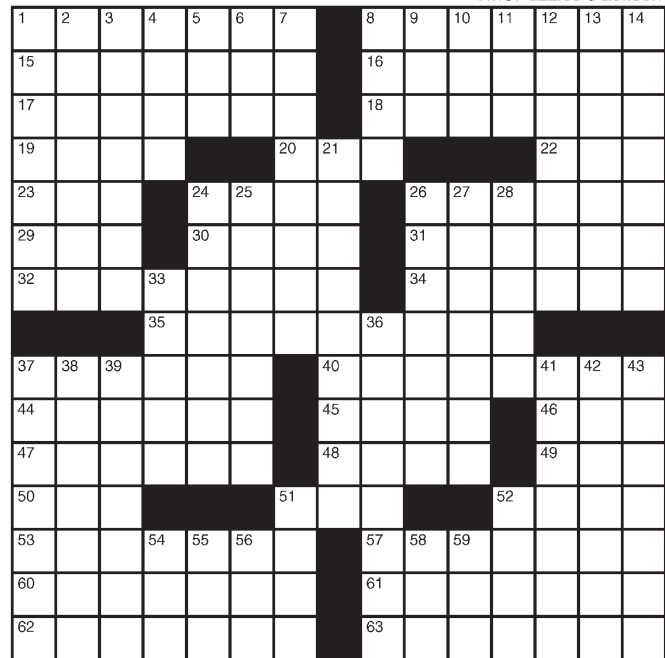
ACROSS

- 1 Revives
- 8 Indian bean tree
- 15 Creamy whites
- 16 Spiny trees
- 17 Pope's emissaries
- 18 Quintets
- 19 Gershwin and Levin
- 20 Shuttle destination: abbr.
- 22 Anger
- 23 Branch
- 24 High-pitched instrument
- 26 Add herbs
- 29 Can opener?
- 30 Work group
- 31 Forte
- 32 Declares formally
- 34 Gets up
- 35 Vacillating
- 37 James of "The Magnificent Seven"
- 40 Pinon seeds
- 44 Line of Hondas
- 45 Impersonator
- 46 Tug's responsibility
- 47 Side of the forehead
- 48 Crimson and scarlet
- 49 Wallach of "The Magnificent Seven"
- 50 Flap lips
- 51 Inc. in Piccadilly
- 52 African antelopes
- 53 Disengage
- 57 Diffusions

- 60 Colorizes, '60s-style
- 61 Kiev's country
- 62 Stable seats
- 63 Iotas

DOWN

- 1 Having hairlike growths
- 2 Went past
- 3 Ava Gardner movie
- 4 Memorable periods
- 5 Brood
- 6 Golfer's starting point
- 7 Changes into bone
- 8 Berets and beanies
- 9 Marksman
- 10 Sunbather's color
- 11 Dissemblance
- 12 Acts as the go-between
- 13 Italian innkeeper
- 14 Nods
- 21 Isolates
- 24 Burial procession
- 25 Madden
- 26 Discolored
- 27 Profit makers
- 28 Make straight
- 33 Overthrow
- 36 Obliterated
- 37 Tennis strings
- 38 South Pacific region
- 39 Struggled awkwardly
- 41 Implement
- 42 High-octane fuel ingredient
- 43 Alpine cheese choices



By Tom Pruce
Chicago, IL

Answers on page 35

- 51 Fewer
- 52 Patsy
- 54 Uneven?
- 55 Popeye's Miss Olive
- 56 "I Can __ Clearly Now"

58 Enjoy Chamonix
59 A-Team member
© 2008 Tribune Media Services, Inc.

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!

THE SIMPSON'S WORLD (sol.: 8 letters)
A-Abigail; B-Barney, Bart, Benjamin, Blinky; C-Carl; D-Disco Stu, Doug, Dr. Hibbert; E-Edna, Eric; F-Fat Tony, Flanders; H-Homer; Hutz; I-Itchy; K-Kent, Krusty; L-Lega, Lenny, Lewis, Lisa, Lovejoy, Luigi; M-Maggie, Marge, Martin, McClure, Millhouse, Mr. Burns; N-Nelson; O-Otto; R-Roscoe; S-Scratchy, Selma, Skinner, Snowball; T-Terri, Tibor, Todd; W-Warren, Wendell, Wiggum, Willie

This Month's Answer: SMITHERS

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

JUMBLE

THAT SCRAMBLED WORD GAME
by Henri Arnold and Mike Argirion

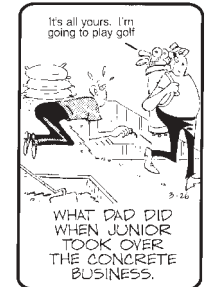
Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

UPDYM
□ □ □ □ □

ETTEW
□ □ □ □ □

UMCAUV
□ □ □ □ □

TADWYR
□ □ □ □ □



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

Answer here: □ □ □ □ □ THE □ □ □ □

Answers on page 35

Need a Rate Card?

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

TRIVIALITIES

1. Who starred as Beatriz in the 1992 film "Christopher Columbus: The Discovery"?
2. Who directed the 1998 film "The Mask of Zorro"?
3. Jon Amiel directed what 1999 film starring Sean Connery and Catherine Zeta-Jones?
4. The 1999 remake "The Haunting" was based on whose novel of the same name?
5. Who starred as Javier Rodriguez Rodriguez in the 2000 film "Traffic"?
6. Julia Roberts starred as Kathleen "Kiki" Harrison in what 2001 film also starring John Cusack and Catherine Zeta-Jones?
7. Catherine Zeta Jones won the best actress in a supporting role Oscar for what film?

© 2008 Tribune Media Services, Inc.
Answers on page 35

BRIDGE

Finesse For Safety

By Omar Sharif and Tannah Hirsch

Both vulnerable. North deals.

NORTH
 ♠ A J 9 5 3 2
 ♥ A 5 2
 ♦ K 7 3
 ♣ 6

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

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

The bidding:

NORTH	EAST	SOUTH	WEST
1S	Pass	2C	Pass
2S	Pass	2NT	Pass
3NT	Pass	Pass	Pass

Opening lead: Queen of D

Most finesses are taken in an attempt to win an extra trick. Others are designed to improve your chances of making the contract, regardless of whether they win or lose. Consider this deal.

South's two-club response created

a game force, so there was no need to do more than rebid two no trump at his second turn. Since North's two-spade rebid on this auction virtually guaranteed a six-card suit, he could infer that South had only one spade, leaving North with a clear-cut raise to three no trump.

West led the queen of diamonds, and it was obvious that the contract was cold if clubs broke 3-3. But what if they were 4-2 or 5-1? Declarer found a neat solution to his problem.

The opening lead of the queen of diamonds was won in dummy and the six of clubs was played. When East followed low, declarer finessed the nine! West took the ten, but declarer was in control. West found the best defense of shifting to a spade, but South rose with the table's ace, came to hand with the king of hearts and forced out the ace of clubs. No matter how the defenders continued, South could not be stopped from collecting four club tricks, two in each red suit and the ace of spades.

(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.)

© 2008 Tribune Media Services, Inc.

SUDOKU

© Puzzles by Pappocom

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

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

HARD

Solution on page 35

There was no connection between Iraq and 9/11?



In 1995, the U.N. Food and Agriculture Organization estimated that 567,000 Iraqi children under five had died as a result of the sanctions placed on their country. In a CNN interview with Osama bin Laden in 1997, the al Qaeda leader said he would send Bill Clinton "messages with no words" in response to those deaths. Inexplicitly, that interview, perhaps the most important bin Laden has ever granted, has been removed from CNN's Web site. Fortunately, CNN reporter Peter Bergen recorded the relevant paragraphs in his 2001 book, *Holy War, Inc.*

In *What Really Happened: The Story of Clinton Inc.'s Efforts to Rewrite Bill Clinton's Record on Iraq and Terrorism*, Kevin Groenhagen presents the facts (including over 500 footnotes and a companion web site at www.sinfofthehusband.com) that outline Bill Clinton's actual record on Iraq and terrorism. That record shows that it was Clinton's policies vis-avis Iraq that ultimately led to 9/11 and other "messages with no words." Paperback, 189 pages, index.

To order your copy of *What Really Happened*, please send \$12.50 plus \$4.00 for shipping and handling to: Kevin Groenhagen, 2612 Cranley St., Lawrence, KS 66046. *What Really Happened* is also available as a download at www.lulu.com/content/2723949.

Guaranteed rate of 4.60%*
for the next two years...

...and 2.00% thereafter.



Steven Shanks
 1217 Biltmore Dr Suite
 200
 Lawrence, KS
 (785) 843-2395

Call today to learn more about locking in this great fixed annuity rate.



FARM BUREAU FINANCIAL SERVICES
 Insurance • Investments
www.fbs.com

*Based on the Company's 7.11% declared interest rate for the Single Premium New Money 2 option of the participating annuity (Subject to Fixed Annuity). This rate assumes a premium payment of \$100,000 or higher. For premium payments between \$25,000 - \$99,999, the rate is 4.35%. For premium payments between \$0 - \$24,999, the rate is 4.00%. \$10,000 initial premium requirement. The current rate is guaranteed for 2 years. *The guaranteed rate is the guaranteed minimum for the life of the contract. A minimal 2-year surrender charge. Any surrender of the policy is subject to a surrender charge. The surrender charge is 4% of the policy's value in the first year, 2% in the second year and 0% in the third year. Farm Bureau Life Insurance Company (West Des Moines, IA). Company of Farm Bureau Financial Services. © 2008 FBS Financial Group, Inc. 4314 8-08 Policy 8434-080 series.

China from 'Occupied Japan' is plentiful

QUESTION: My inherited Capodimonte vase marked "Ardalt" with a number was broken and artfully glued together at some point. Does the repair affect value? - Elinore, Pembroke Pines, Fla.

ANSWER: In the mid-1700s, a porcelain factory was established at



Danielle
Arnet

the Capodimonte palace in Naples to produce small decorative pieces for the court. The original factory, using a Bourbon mark, closed in the early 1800s.

Today, Capodimonte is used as a generic term for a style of ceramic. Think high-relief ceramic urns, vases, ewers, plaques, plates, steins and more, covered with baroque hand-painted fancy cherubs, draped figures, pastoral scenes, fruit garlands, etc.

One of the most widely copied and reproduced porcelain styles, Capodimonte is made to this day.

The "Ardalt" mark on the reader's vase indicates that it was made in Occupied Japan. Sometimes marked "Made in Occupied Japan" and commonly known as OJ, some bore only the stamp of an exporter. The number is a production or catalog number.

China made in Japan during the 1945-52 U.S. occupation expressly for sale in the USA was a staple of the time in dime stores. Loads of it also came into this country with returning GIs following WW II.

Most OJ china was poorly made. It was produced in poor conditions, in factories damaged by the war. Qualified workers and decent raw materials were hard to come by. The object was to rebuild the Japanese economy, not to produce outstanding wares.

Enough OJ is still around that collectors are choosy. Some large, finely made pieces sell well into three figures. But they are rare.

When items are plentiful and low priced, condition becomes critical. Some damage and careful repair is tolerated in the very old and rare. Not so in recent wares.

The repaired vase is a decorative piece, worth whatever a buyer will pay. If it is unusually large and/or fine, value may be more.

QUESTION: How do I find discontinued plates by Nikko in the "Gracious" pattern? I've bought everything Replacements had, and everything I could find on eBay. Surely someone's Aunt Lucy had these dishes and they need to find a buyer. Any ideas? - Emily, Tucson, Ariz.

ANSWER: This reader is one smart collector. Needing a replacement service (a business that carries discontinued patterns) that carries her pattern, she checked www.replacements.com, a major source for discontinued dinnerware, silver and glassware. And she looked on eBay.

To cast nets wider, I suggest a Google search. Using Nikko + Gracious, I found multiple references, including a complete set for sale on Craigslist in the Tucson area!

Results are not always that accommodating, so I also suggest www.setyourtable.com and www.edish.com. The first is a replacements (all kinds of tableware) router that sends users to dealers that carry the specific maker they want. Keying Nikko brought up five sources, including Replacements and eDish (both replacement services).

Completing that set may take some work, but multiple replacement businesses are ready to help.

QUESTION: Our old cast iron cobbler's pedestal has six differing shoe molds. Any value? A person from Texas told us yes, especially in that area. - Cybercollector, Rock Island, Ill.

ANSWER: Imagine a stand with sole-shaped protrusions sticking straight up on posts. Readers who have visited a shoe repair shop or seen an old-fashioned shoe shine stand will know the look.

Considered a primitive antique, such iron stands are admired as much for their look as for historic impact. Appreciation is universal, not regional. On the other hand, an art fancier may pay more for visual appeal while a primitives collector considers aesthetics a bonus, but not critical. Depending on size, condition, marks, where/how sold and other variables, the unit could sell for \$150 to \$400 or more.

QUESTION: Any info about age of an old sad iron from the Jas. Smart Mfg. Co. of Ontario, Can-

ada? The company operated from 1854-1967. - Angela, Ottawa

ANSWER: Before electric irons, homemakers heated small heavy metal irons on a wood-burning stove to heat the metal. The hot surface was then pressed to the fabric; that's why it is called iron - ing!

"Sad" refers not to the washday burden on women, but is an old-fashioned word for heavy. You can imagine.

Jas. Smart sad irons are quite common. Placing age depends on the iron's size, technical refinements (is anything sandwiched between the

iron plates?), handle and more.

For an informational site with a link to the Pressing Iron and Trivet Collectors of America, a collector club, key www.irons.com. Perhaps a local chapter can fill you in on the fine points of dating a sad iron.

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

© 2008 Tribune Media Services, Inc.

**NON-MEDICAL
IN-HOME CARE**

*Home
Helpers®*

For A Few Hours...
A Whole Day... Once A Week... Or Everyday

**Named #1 In Senior Care By Entrepreneur
Magazine Two Years In A Row**

- Personal Care • Light Housework • Meal Preparation
- Companionship • Medication Reminders • Laundry
- Transportation/Errands/Shopping • Respite Care
- Recuperative Care • Up to 24 Hours/Day
- Bonded, Screened and Insured

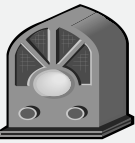
Making Life Easier!
Serving Douglas, Johnson, and Franklin counties

CALL 785-856-2292 www.HomeHelpers.cc





Collectibles Marketplace



Electronic Auctioneer

MOONWINKS


IN LAWRENCE

SINGLE ITEMS OR HOUSEHOLDS
ESTATE & BUSINESS LIQUIDATIONS

I will list your antique or collectable on eBay for free. No charge unless your item sells for your price. I am an approved trading assistant registered with eBay to sell for others. I have been an AARP member since 1997, and I have been selling on eBay since 1998. We can purchase your items outright for cash, or handle your Estate Tag Sale.

Call any time. Pat Kindle. 785-865-5049.

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



Please recycle
this copy of
*Kaw Valley
Senior Monthly*
when you are
through with it.

Getting the most from mushrooms

By Wolfgang Puck

Tribune Media Services

Mushrooms of all kinds are one of autumn's signature flavors, rich and woody, every bite reminding me of a walk through the forest.

Of course, I like ordinary cultivated mushrooms, also called button mushrooms because of the neat little way they look when immature, their caps still tightly closed. I also go for wild mushrooms like porcini, chanterelles and



Wolfgang Puck's Cream of Mushroom Soup

PHOTO BY BOB FLYA, CHICAGO TRIBUNE

black trumpets, foraged by expert hunters and prized for their exotic shapes, flavors, texture and colors. (For safety, always leave mushroom hunting to the experts.) And then there are the many rich-tasting varieties that are still called wild even though they're cultivated commercially, including varieties like Portobello, cremini (young Portobellos), and Asian types, including shiitake, matsutake and oyster mushrooms.

Whichever you use, some simple rules will help you buy, cook and eat mushrooms at their best. First, seek out good quality mushrooms, organic if possible, that appear fresh, plump, and blemish-free but also have dry-looking surfaces; if they look moist and feel heavy for their size, they may have been soaked in water, and they'll have little flavor and will spoil quickly. Store them unwashed and loosely wrapped in your refrigerator, where they'll keep for several days.

Before cooking, clean the mushrooms in a way that suits their type. While many people tell you not to get them wet, firm mushrooms with closed caps and no exposed gills can be rinsed quickly in cold water, lightly rubbed to remove dirt, and then patted completely dry. Those with exposed gills, such as chan-

terelles, trumpets, shiitakes, Portobellos and mature cultivated mushrooms, should just be wiped clean with a damp towel. Some true wild mushrooms such as porcini can be very sandy, so you have no choice but to wash them; just do it very quickly, and never leave them sitting in water.

Now it's time to cook them. Start them in a big preheated pan with butter or oil—along with shallots, garlic, or onion, all of which complement mushrooms' flavor. Preheating is important to help brown the mushrooms, especially since all types will render water to some degree once they start cooking. Once the liquid emerges, keep cooking until the liquid evaporates, so the mushrooms will re-absorb their essence.

Doing this is especially important when you make the mushroom soup recipe I share here, so you'll wind up with a really rich flavor. You can make the soup with cultivated mushrooms alone; or partially substitute fresh shiitakes, chanterelles, or oyster mushrooms for a more complex flavor. If you like, add a dash of dry sherry to each bowl before serving. Or make the soup a complete meal with some cubes of roast or grilled chicken or duck meat.

Now that's a real, satisfying autumn soup!

CREAM OF MUSHROOM SOUP

Serves 4

1 pound (500 g) firm cultivated mushrooms, cleaned, stems trimmed

Juice from 1 medium lemon
1 tablespoon unsalted butter
2 tablespoon minced shallot

1/4 teaspoon dried thyme
1/2 bay leaf
2 cups heavy cream
1 1/2 cups good quality chicken broth or vegetable broth
1 teaspoon salt
1/2 teaspoon freshly ground black pepper
1 teaspoon cornstarch, dissolved in 1 tablespoon cold water
1 tablespoon minced parsley

Sprinkle the mushrooms with the lemon juice. Working in batches, if necessary, to avoid overcrowding, put the mushrooms in a food processor fitted with the stainless-steel blade and pulse the machine until the mushrooms are coarsely chopped.

Melt the butter in a heavy saucepan over medium heat; add the shallots and saute them for about 1 minute. Add the mushrooms, thyme, and bay leaf, raise the heat slightly, and saute for about 10 minutes, stirring occasionally, until the liquid given by the mushrooms

evaporates and the mushrooms look dark in color and have a soft, paste-like consistency, about 10 minutes.

Add the cream, broth, salt and pepper and bring to a boil. Quickly reduce the heat and simmer for 10 minutes.

In a small bowl, stir the cornstarch and water mixture until smooth. Stir the mixture into the pan and cook, stirring continuously, until the soup is thick and creamy, about 5 minutes more.

Ladle immediately into heated bowls and garnish each serving with minced parsley.

(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.)

© 2008 Tribune Media Services, Inc.

Ideal Retirement Living!



- Rent Based on Income
- Inside Mail Boxes
- Inside Trash Collection
- Close to Shopping

- Grocery Bus Once a Week
- Library Bus Twice a Month
- Community Room
- Weekly Wellness Clinic

Call Manager Theresa Grennan at (785) 272-5660

Plaza West Apartments

5260 SW 22nd St. • Topeka

62-50 UP

Restaurant Guide

McFARLAND'S Restaurant



Casual Dining, Private Parties
Over 70 years of serving fine food
4133 Gage Center Dr. • Topeka • 785-272-6909

Chic-A-Dee CAFÉ



"Good Home Cooked Food"
Mon.-Fri. 6 am-8 pm, Saturday 7 am-8 pm
3036 SE 6th • Topeka • 785-233-0216

Serving Topeka Since 1969



Open 7 Days A Week
6:00 a.m.-3:00 p.m.
1034 S. Kansas Ave.
785-232-1111

Jax DRINKS & EATERY

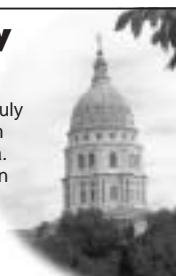
4121 SW HUNTOON (GAGE CENTER) 273-1595
Steaks-seafood-pastas-chicken-burgers-salads
Great Food-Friendly Service-Great Prices
Lunch & Dinner • Patio dining • Full Bar


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

Advertising in Senior Monthly is a Capital Idea!

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


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





There's an awful lot riding on your vote.

"As a twelve year member of the Shawnee Heights School Board and with three family members who are teachers, I have a life-long dedication to our public schools."



Dr. Bob MEISSNER
Kansas State Board of Education

an experienced education LEADER

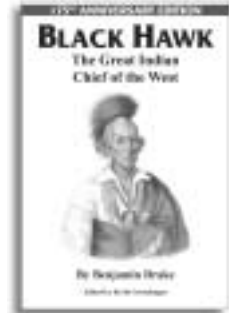
- ☛ 12 Year Member of Shawnee Heights School Board
- ☛ Father of three - two daughters and one son-in-law are teachers in Kansas schools
- ☛ Married to Sharon for 34 years
- ☛ Volunteer dentist for handicapped citizens
- ☛ Dentist in private practice for 31 years

Fid. for by Missouri for State Board of Education, Larry Haggard, Treasurer.

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.



The Verdict is in.

Judge Paula B. Martin deemed unreasonable by her peers.

Proposition A: "We conclude no reasonable person would have departed from the presumptive sentence to such an extent when considering only the valid departure factors stated within."*

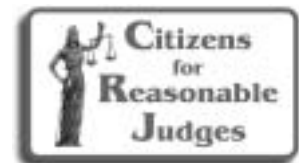
Proposition B: Judge Paula Martin departed from the presumptive sentence to such an extent when considering only the valid departure factors stated within.

Conclusion: Judge Paula Martin is not a reasonable person.

* The Kansas Court of Appeals on August 5, 2005 when it rejected Judge Paula Martin's lightened sentences for two men who raped a 13-year-old girl. Judge Martin's sentences, the appeals court said, "constituted an abuse of judicial discretion."

Vote "No" on retaining Judge Paula B. Martin on November 4

www.reasonablejudges.com



Pol. Ad paid for by Citizens for Reasonable Judges. Kevin Groenhagen, Treasurer

HALLOWE'EN HORRORS:

Frankenstein, Dracula, Bats and Ghosts!
"Monsterfully" displayed are the collections of area residents Cliff Alfrey, featuring Dracula and bats, and Nick Claussen, displaying his Frankenstein items.



Sept. 18-Nov. 2, 2008

Hours:
Tues-Sat 10-4;
Sun 1-4
(785) 232-5533
Great Overland Station
701 N. Kansas Ave., Topeka
www.greatoverlandstation.com

Placed on National Historic Register

"APARTMENTS OF DISTINCTION SINCE 1928"
THE GEM BUILDING
510 SW 10TH, TOPEKA • (785) 233-9930
www.gemapartments.com

Certified Massage Therapists
The Healing Place
Therapeutic Massage Clinic
785-633-0697
Topeka
Therapeutic, Swedish, Deep Tissue, Geriatric, Chair Massage, Heated Stone, Hand and Foot Massage
\$10 discount for new clients

Simplify Your Senior Move!
Real Estate Senior Specialist

- Listens, Understands, & Guides
- Resources from packing to getting settled
- Moving Seniors since 1998
- Visit CarolRealtor.com - Senior Move Tools
- Free Home Evaluation!

Your Realtor!
Carol Ronnebaum
785-271-0341
CarolRealtor.com



GRIFFITH & BLAIR

Little House on the PERRY
A Cottage Retreat
8851 Hickory Lane, Ozawkie, KS 66070
(within Lakewood Hills)
Call: 785-876-2992 or 816-896-0662
Daily, Weekly and Weekends Rates Available
website: www.littlehouseontheperry.com

Douglas County Visiting Nurses
Rehabilitation and Hospice Care
Health Service at Home Since 1969
Registered Nurses • Certified Aides
Physical & Occupational Therapists
Speech Therapists • Social Workers
Spiritual and Bereavement Care
CareLink Emergency Response Service
Telemonitoring • Anodyne Therapy
785-843-3738
200 Maine, Suite C • Lawrence, KS 66044

• Respiratory Equipment & Supplies
• Wheelchair
• Walker • Canes
• Mastectomy & Compression Products
Hospital Equipment with Home Comfort
1006 W. 6th St. • Lawrence
785-749-4878 • Toll Free 800-527-9596
www.criticarehhs.com

ATTENTION SENIORS:
See how much we can save you on your Medicare Supplement. Call Bruce today at (800) 606-6955.
Bruce Osladil
OSLADIL INSURANCE SERVICE
411½ S. Main St. • Ottawa, KS 66067

Caring for You, Personally
Comforting Solutions For In-Home Care™
♥ Companionship ♥ Meal Preparation
♥ Recreational Activities ♥ Respite Care
♥ Light Housekeeping ♥ Clothes Shopping
♥ Errand Services ♥ Grocery Shopping
♥ Incidental Transportation ♥ Laundry
♥ 24-Hour Care Available ♥ "TLC" calls
For a Free In-Home Consultation Call:
785-267-8200
topeka@comfortkeepers.com
www.comfortkeepers.com
Each office independently owned and operated

Easy, delicious, ready-to-cook meals from \$3 per serving.
Menus change every month!
Mention this ad for 10% OFF all ready-made meals!
6th and Wakarusa (by Salty Iguana)
856-2656 • www.blueplatedinners.com

Enriching Life
Heartland
Hospice Care
2231 SW. Wanamaker Road
Topeka, KS 66614
785-271-6500
www.heartlandhospice.com

Farms, Ranches & Hunting Land
Representing Sellers & Buyers in Eastern Kansas
Do you want to just "list your land for sale" with some company?
OR would you like me to "Sell it for You".....there's a difference.
785-229-5547
Crown Realty
336 S. Main
Ottawa, KS 66067
Dean Goodell
Real Estate Professional

LAWRENCE THERAPY SERVICES
• Occupational Therapy
• Physical Therapy
• Speech Therapy
• Massage Therapy
• Marriage & Family Therapy
Services available in the clinic or in-home.
842-0656 2200 Harvard Rd, Ste 101
594-3162 814 High St., Suite A
Lawrence Baldwin City
www.lawrencetherapyservices.com

Casual Dining Private Parties
Walt McFARLAND'S
Walt 785-272-6909
McFarland 4133 Gage Center Drive
Owner Topeka, Kansas 66604
Over 70 years of serving fine food

Place Your Business Card Here for just \$17.00 per month*
* With a six-month commitment. Call 785-841-9417 to place your ad.

The perfect gift: A Simongiftcard!
Purchase yours today at the Simon Guest Service desk at West Ridge Mall. For more information contact Belinda Bomhoff at bbomhoff@simon.com or at 785.271.5500.

Natural Medical Care
Dr. Farhang R. Khosh, ND
Dr. Mehdi L. Khosh, ND
Member American Association of Naturopathic Physicians
4824 Quail Crest Place, Lawrence, Kansas 66049
Phone: (785) 749-2255

We're Just Your Style!
Over 50 Unique Shops, Restaurants and Stores.
FAIRLAWN PLAZA
21st & FAIRLAWN
We're Just Your Style!
21st & Fairlawn Topeka, Kansas

Civil War: Where It All Started



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.

To order your copy, please mail \$19.95 (postage paid) to:

Kevin Groenhagen
2612 Cranley St.
Lawrence, KS 66046

Kansas History Book Reprints



Richard Cordley's *A History of Lawrence, Kansas: From the First Settlement to the Close of the Rebellion* (1895)



Edward Everett Hale's *Kansas and Nebraska: the History, Geographical, and Physical Characteristics, and Political Position of those Territories; an account of the Emigrant Aid Companies and Directions to Emigrants* (1854)



Now available at **The Raven Book Store**

6 East 7th Street • Lawrence • 785-749-3300
www.ravenbookstore.com

Open Monday-Wednesday & Saturday 10-6,
Thursday & Friday 10-8, and Sunday 1-5

NOSTALGIA NOTEBOOK

OCTOBER 1938

Births

OCTOBER 22: Christopher Lloyd, American actor, *Taxi, Back to the Future*
OCTOBER 28: Anne Perry, English-born novelist
OCTOBER 29: Ellen Johnson-Sirleaf, President of Liberia

Events

OCTOBER 1: German troops march into Sudetenland.
OCTOBER 4: The Republican forces in the Spanish Civil War begin withdrawing their foreign volunteers from combat as agreed on July 5.
OCTOBER 16: Winston Churchill, in a broadcast address to the United States, condemns the Munich Agreement as a defeat.
OCTOBER 24: Minimum wage established by law in the United States.
OCTOBER 27: Du Pont announced a name for its new synthetic yarn: "nylon."
OCTOBER 30: Orson Welles's radio adaptation of *The War of the Worlds* is broadcast, causing panic in various parts of the United States.

OCTOBER 1948

Births

OCTOBER 2: Avery Brooks, American television actor, *A Man Called Hawk*
OCTOBER 6: Gerry Adams, Northern Irish politician
OCTOBER 7: Diane Ackerman, American poet and essayist
OCTOBER 9: Jackson Browne, American musician
OCTOBER 13: John Ford Coley, American musician, England Dan & John Ford Coley
OCTOBER 16: Leo Mazzone, American baseball coach
OCTOBER 17: George Wendt, American television actor, *Cheers*

Events

OCTOBER 5: The 1948 Ashgabat earthquake kills 100,000.
OCTOBER 11: Cleveland Indians defeat the Boston Braves to win the World Series, four games to two.
OCTOBER 16: The 57th Street Art Fair, the oldest juried art fair in the American midwest, is founded.

OCTOBER 1958

Births

OCTOBER 14: Thomas Dolby, English musician
OCTOBER 16: Tim Robbins, American actor, *The Shawshank Redemption*
OCTOBER 17: Alan Jackson, American country singer and songwriter
OCTOBER 20: Viggo Mortensen, American actor, *Lord of the Rings*
OCTOBER 27: Simon Le Bon, English musician (Duran Duran)
OCTOBER 31: Brian Stokes Mitchell, American actor and singer

Events

OCTOBER 1: NASA starts operations and replaces the NACA.
OCTOBER 4: BOAC uses new Comet jets to become the first airline to fly jet passenger services across the Atlantic.
OCTOBER 9: Pope Pius XII dies.
OCTOBER 11: Pioneer 1, the second and most successful of three project Able space probes, became the first spacecraft launched by the newly formed NASA.
OCTOBER 28: Pope John XXIII succeeds Pope Pius XII as the 261st pope.

Placing flyers in Kaw Valley Senior Monthly couldn't be easier!

We'll design your flyer, have it printed in full color on 80# gloss text paper, and insert it in Senior Monthly for one low price.

3,000 flyers (one side)
(Lawrence **or** Topeka areas)
8.5" x 5.5"

\$275.00

3,000 flyers (one side)
(Lawrence **or** Topeka areas)
8.5" x 11"

\$350.00

6,000 flyers (one side)
(Lawrence **and** Topeka areas)
8.5" x 5.5"

\$475.00

6,000 flyers (one side)
(Lawrence **and** Topeka areas)
8.5" x 11"

\$600.00

We can also insert advertiser-provided flyers for \$50.00 per 1,000 flyers. Call Kevin at 785-841-9417 for more information.

www.seniormonthly.net

Introducing The Complete Hearing Health Care Program...



Karen Andregg M.A., CCC-A
Angela Loucks M.A., CCC-A

For further information, call
to schedule an
appointment today!

(785)841-1107 Lawrence
(785)242-0550 Ottawa

Free Batteries

for the life of your hearing aid

Complimentary Appointments

for the life of your hearing aid

And...

As our gift to you, bring the below coupon to your appointment to receive \$500.00 off the purchase of a pair of hearing aids from Phonak's Savia line.

**\$500.00 off a pair of
Phonak Savia hearing aids**

In order to receive the Savia discount, appointment must be held prior to 10/30/08. Offer good for any hearing aids in the Savia line. The Complete Hearing Health Care program offer will not expire.

Lawrence Otolaryngology Is "hear" For You

SUDOKU SOLUTION

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

JUMBLE ANSWERS

Jumbles: DUMPY TWEET VACU-UM TAWDRY

Answer: What Dad did when Junior took over the concrete business - PAVED THE WAY

© 2008 Tribune Media Services, Inc.

CROSSWORD SOLUTION

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

TRIVIALITIES ANSWERS

1. Catherine Zeta-Jones 2. Martin Campbell 3. "Entrapment" 4. Shirley Jackson 5. Benicio Del Toro 6. "America's Sweetheart" 7. "Chicago"

© 2008 Tribune Media Services, Inc.

Submit Your Senior Monthly Classified Ad

Just take the number of words in your classified ad (20 word minimum) times 15 cents times the number of months you would like your ad to run.

Example:

20 words x .015 x 4 mos. = \$12.00

Pick your own classified category (e.g., For Sale, Help Wanted, etc.), and mail your ad along with a check or money order to:

Groenhagen Advertising
2612 Cranley St.
Lawrence, KS 66046

CLASSIFIEDS

COLLECTABLES

I will list your antique or collectable on eBay for free. No charge unless your item sells for your price. I am an approved trading assistant registered with eBay to sell for others. I have been an AARP member since 1997, and I have been selling on eBay since 1998. We can purchase your items outright for cash, or handle your Estate Tag Sale. Call any time. Pat Kinle. 785-865-5049.

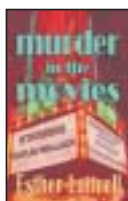
GOT A WAITING ROOM?

Let us drop off fresh copies of Senior Monthly every month for your patients/clients to read.

Contact Kevin at kevin@seniormonthly.net or 785-841-9417.

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

Murder in the Movies



"Oh, what a web she weaves. A must read for everyone who loves a good mystery." - Joe Franklin, WOR Radio talk show host, NYC Bloomfield Network

Now available in Hardcover! Esther Luttrell's thriller can be purchased through Amazon.com, Barnes & Noble, or directly through the publisher, Hilliard and Harris (www.hilliardandharris.com).

NEW ER

State-of-the-art
Technology.

Look at us now. At LMH, your emergency is our emergency—that's why we've moved and expanded our **ER** to offer you the latest life-saving, state-of-the-art technology...when you need it most.

The way we see it, providing exceptional quality health care is vital to our community, so keep an eye on us as we continue to grow to meet the needs of our patients. To take a peek at the new **Simons Center for Emergency Medicine**, or to get a free copy of our Quick Care Guide for adults and children, visit www.lmh.org.



325 Maine

Lawrence, KS

785-749-6100

www.lmh.org