

# Kaw Valley Senior Monthly

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September 2003

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

Vol. 3, No. 3

## Hastings' hobby leads to wholesale business

By Billie David

Most people would consider painting snowmen on display boards to be fun, and so does Charlotte Hastings, but after painting them day after day, the Lawrence artist admits that she is getting a bit tired of it.

"And I still have to paint 48 of them," she said of the work she is doing to fill the orders that her wholesale dealer has obtained for her.

When Hastings took some samples of her artwork to a wholesale gift market in Kansas City 16 years ago, she had



no idea how popular her creations would become. But when she opened her mailbox and found a huge stack of orders waiting for her, she knew she would have to figure out a way to meet the demand—and fast.

Before that, Hastings sold her work at art fairs and taught classes locally. Although the Topeka native, who moved to Lawrence after her marriage to Roger Hastings, had no

formal training in art, she had always enjoyed creating things and eventually took a class at Dorita's Decorative Arts, a shop that used to be located on New Hampshire Street. After that, she taught classes at Dorita's for 12 years and also at Hobby Lobby back when it was located on Sixth Street.

Hastings also satisfied her creative side by selling her work, including landscapes and wildlife painted on saws, at the Baldwin City Maple Leaf Festival, Lawrence's Art in the Park, and other art sales.

Then Hastings hit the jackpot. "I made a Santa Claus pin," she said, "and it was real popular at the art shows. I wanted more time to stay home and do what I wanted to do. I was burnt out on the art shows."

So she took a sample of the pin to the Merchandise Mart in Kansas City. "The first people I showed it to said they loved it and they wanted to sign a contract on the spot," she said. "That's how I got started in wholesale."

COURTESY PHOTO



Charlotte Hastings

Hastings was making the pins out of clay in her home and baking them in her kitchen stove. She had no stu-

dio, computer, fax machine, or employees. So when she opened the

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KEVIN GROENHAGEN PHOTO

Kathi Holloway

## Topeka-based hospice opens Lawrence office

By Kevin Groenhagen

With the July 15 opening of a satellite office at 1311 Wakarusa, Suite 2121 in Lawrence, Kathi Holloway and other Heart of America Hospice team members believe they can better serve patients and family members in the Lawrence area.

"The Lawrence office gives us a sense of belonging to this great community, and affords us a lovely meet-

ing place for families and a base for our team members who live and work in Lawrence," said Holloway, a registered nurse with the agency.

Heart of American Hospice was founded in 1996 by Steve Parkey. Parkey was the chief executive officer of a large hospice in the Kansas City area when he decided to establish his own hospice program to meet the increased demand for hos-

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FREE

## Heart of America

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pice services.

"We looked at Lawrence and Topeka, and decided that there was an unmet need here," Parkey said. "At the time, there was only one hospice in Lawrence and one hospice in Topeka."

When Parkey opened the hospice's office in Topeka, he hired two nurses, one part-time chaplain, one part-time social worker, and one home health aide. Today, the Medicare-certified hospice has more than 18 employees and has cared for hundreds of Kansans.

Although Heart of America Hospice's home office is in Topeka, the hospice program has had a nurse dedicated to the Lawrence area since 1997. However, in an effort to meet the projected increase in demand for hospice services in the Lawrence area, Parkey began plans last year to open an office in Lawrence, a city that Parkey says has done much to promote a positive environment for hospice care.

"There are so many doctors now in Lawrence who really understand what end-of-life care is, and what palliative care is," Parkey said. "They treat the symptoms and the pain associated with a terminal illness instead of trying to cure it. There are a lot of initiatives in Lawrence, such

as the Kansas Living Initiatives for End-of-life Care Project, trying to get people to put in place living wills and to talk about DNR (do not resuscitate) orders before they go to the hospital, before they get in a debilitating state or, if they have a terminal illness, before they can't make their own decisions. Lawrence has really been forward thinking in this area."

While attitudes concerning hospice care are changing for the better, Lori Fisher, a registered nurse and Heart of America Hospice's clinical director, says some misconceptions remain.

"There's still the misconception that in order to receive hospice care, you have to have cancer and that you have to die within six months," Fisher said. "That's not true. There are several illnesses—such as heart disease, lung disease, and Alzheimer's disease—that qualify for hospice care."

Fisher also notes that there's a misconception about those who offer hospice care. "A lot of people think that it must be difficult working for a hospice because you see so many people die," she said. "But there's a very beautiful peace to this job. It's very fulfilling to work with these patients and their family members individually. You get to see people go through the issues. During our weekly team meetings with our hospice physician, we are able to talk

about any difficult deaths and receive support from one another."

According to Fisher, in order to meet physical, emotional and spiritual needs, staff members spend a total of four to six hours a week with each client. "The basic services a hospice client will receive are a nursing visit by a case manager twice a week, a home health aide visit twice a week, and social services and chaplain visits twice a month," Fisher said. "As a general rule, each staff member's visit lasts about an hour. If the client needs more attention, it's not uncommon for a nurse to stop by daily."

Parkey believes national and state trends will make hospice care a more attractive option for terminally ill patients.

"We're seeing that patients in their 60s and 70s are more apt to decide when to stop their treatments than patients in their 80s and 90s," Parkey said. "They're more likely to ask physicians if treatments will be effective, what quality of life they will have, how they will feel if they take treatments, and they want to know what the cure rate is. They want to be at home where they're comfortable and around people who love them."

Technology is also making hospice care easier to deliver.

"Today, with the wireless technology, pager systems, fax machines,

and e-mail, we're able to communicate well with our nurses," Parkey said. "If someone needs a nurse, they're going to have a response within 15 minutes."

In addition to opening an office in Lawrence, Heart of America Hospice recently signed a contract with Lawrence Memorial Hospital that makes it possible for hospice patients and their families to access the Medicare in-patient hospice benefit.

"With certain hospice patients who are having symptoms and out-of-control pain, we can admit them to either the hospital or a skilled nursing facility," Parkey said.

Although nine Heart of America Hospice employees currently work in the Lawrence area on a regular basis, Holloway notes that non-employees can also play a valuable role in helping hospice patients.

"We could always use more volunteers," Holloway said. "Volunteers can read to hospice patients, play cards with them, or just sit and visit with them. Our volunteers receive training from Robbin Reamer, the agency's volunteer coordinator."

A registered nurse is available seven days a week for informational visits and admissions by calling the Lawrence office at 785-841-5300 or the Topeka office at 785-228-0400. Outside the Lawrence and Topeka metropolitan areas, the toll-free number is 800-396-7778.

## Kaw Valley Wedding Planner

Distribution of the 2004 *Kaw Valley Wedding Planner* will begin in November.

If you would like to reserve ad space or request information, please call Kevin at 785-841-9417 before September 30.



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## Memory Walk 2003: Team up to fight Alzheimer's Disease

Mark your calendar for the 2003 Alzheimer's Association Memory Walk. This year's event will be held on Saturday, September 13, 2003 at the Hy-Vee parking lot (Clinton Parkway and Kasold Drive) in Lawrence. Registration begins at 9:00 a.m. and the walk starts at 9:45 a.m. The One-Mile Stroll, the Two-Mile Walk and the Five-Mile Challenge Walk will take walkers west on Clinton Parkway and return to Hy-Vee. Festivities will include food, live music, and entertainment.

Walkers are encouraged to collect donations and form teams with friends, family or co-workers. There

is no entry fee. A \$25.00 donation is requested to receive a 2003 Memory Walk T-shirt.

The Memory Walk is the premier national fundraising event for Alzheimer's disease, raising \$120 million for community programs and services since its inception in 1989. Every dollar raised stays in the community to fund essential care and support services.

Alzheimer's disease is an irreversible brain disorder that occurs gradually and results in memory loss, behavior and personality changes, and a decline in thinking abilities. It affects more than four million Americans. Unless we find a way to stop it, more than 14 million Americans will have the disease within 50 years.

For more information on the Memory Walk or the local Alzheimer's Chapter, please call the Alzheimer's Association at 913-831-3888 or log onto [www.kcmemorywalk.kintera.org](http://www.kcmemorywalk.kintera.org) and click on Lawrence walk.

### Kaw Valley SeniorMonthly

Editor & Publisher  
Kevin L. Groenhagen

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CONTACT US



MAIL

2612 Cranley St.  
Lawrence, KS 66046



PHONE

785-841-9417



E-MAIL

[kevin@seniormonthly.net](mailto:kevin@seniormonthly.net)



FAX

785-749-4691

# Hastings

CONTINUED FROM PAGE ONE

mailbox and found \$12,000 worth of orders, she began to wonder, "What have I gotten myself into?"

But Hastings got to work. At first, she asked two close friends to come over and help her paint the pins at the kitchen table.

"That first year I was so busy that I couldn't handle it by myself, so my mom and dad helped me," she said. "They ended up working for me for five years—they were in their late 60s. My dad worked in the shipping department, which was on a pool table in the atrium, and my mother helped with all the molding, foundation and finish work."

Hastings remembers bringing her father to Merchandise Mart shortly after that to show him around. But when she introduced him to the people she was under contract with, they told her that they were writing so many orders for her products at their Atlanta branch that the two of them had better go home immediately and get busy.

"We got to the parking lot, and my father grabbed my arm and said, 'I'm so proud of you,'" she recalled.

But by the second year, Hastings couldn't keep up with the painting, even though she was known to put in 60-hour weeks, so she contracted with five girls to do the painting, training them first in her home.

As time went on, Hastings' parents became part-time help and one of her daughters came to work full-time.

In her studio, Hastings begins one of her clay designs—which include jayhawks, pumpkins, sunflowers, and

Christmas ornaments—by making a half-round reverse mold. Then she runs another piece of clay through an altered pasta press to make it the right thickness and presses the clay into the mold, which has been sprinkled with baby powder to keep the clay from sticking. Hastings then trims the clay by hand with a ceramic tool, which makes each piece a little different. The clay is then baked in a glass pan in a regular painted oven and then is hand-painted.

Hastings also makes incense burners from hand-painted wine bottles,

which allow the incense sticks to burn suspended into the bottle from the top, with the help of a hole she drills on the side for air.

One of her most popular items is the stand-up designer board, similar to those used for display in stores. They include flowers, snowmen, and other seasonal designs—"a little bit of everything," Hastings said.

With the economy slowing down, however, business has dropped off for Hastings, who now averages only 35 to 40 hours per week, but that's OK with her. "I don't want to work


all those hours anymore," she said. "At first, I worked day and night."

Now she has more time for her two favorite interests: colored pencils and her nine grandchildren. In fact, after having taken a class from artist Ann Kullberg in colored pencils in Chicago three years ago, and having had time to hone her skills, Hastings is excited about a new project: doing portraits of her grandchildren in colored pencils for a line of greeting cards.

For additional examples of Hastings' artwork, please see [www.incharlottesweb.com](http://www.incharlottesweb.com).


## Doing it Well...

# Healthy Living




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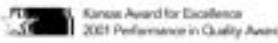


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## Nifty, Nifty Look Who's 50!

The following celebrities  
turn 50 in September:

- Sep. 4 **Lawrence Hilton Jacobs**, Freddie Washington on *Welcome Back Kotter*
- Sep. 10 **Amy Irving**, actress, *Yentl*, *Alias*
- Sep. 16 **Mickey Rourke**, actor, *Year of the Dragon*
- Sep. 29 **Drake Hogestyn**, actor, John Black on *Days of Our Lives*
- Sep. 30 **Victoria Tennant**, actress, *All of Me*, *LA Story*

# HEALTH

## Now you're talking!

**D**o you know someone with Alzheimer's or Parkinson's disease? Or someone who has trouble swallowing? Or someone recovering from a stroke or head trauma?

It may surprise you to learn that people in all these categories can benefit from the expertise of a speech pathologist. Speech therapy is a medical specialty, and speech therapists train in graduate-level medical programs. They treat people of all



Laura  
Bennetts

ages with problems in three areas—speech, cognition and swallowing.

### You Can Train Your Brain

Speech therapists, also known as speech pathologists, specialize in the extraordinarily complex physical and neurological processes that enable us to speak. The act of speaking is controlled by your nervous system, which sends messages from your brain to muscles in your face, mouth, tongue, and throat. This is a "cognitive" function in the strictest sense, since it depends on the brain's success in two activities: first, putting the right words in the right order to make sentences; and second, activating your muscles to form these words physically by using the right amount of air to make your vocal cords vibrate. This is a complex activity that we begin learning as infants.

Speech therapists often work with children. But they also focus on adults who have problems forming certain sounds or controlling the pace of speech. Such problems (including dysarthria and apraxia) may be caused by stroke, Parkinson's, and a variety of other ailments.

### Finding Our Voice

Speaking is a social activity. We use our voices so much to share our thoughts and ideas that we may take this ability for granted—until we lose it. But having difficulty finding words, or forming sentences, or being heard, is incredibly frustrating.

People with Parkinson's disease, for example, may have very soft voices because they have difficulty con-

trolling the volume of their breath. A person who has had a stroke may have difficulty finding the right word to say what they mean—what the French call the *mot juste*. In both of these cases, the brain has trouble processing or sending the information we need to speak. A speech therapist will evaluate the problem and give the patient mental and physical exercises to improve speech control. Speech therapists also treat people with voice problems that spring from throat cancer, accidents that damage the vocal mechanism, and hoarseness (say, from yelling too loudly).

### Speaking Your Mind

Speaking depends on the brain. Our mental (cognitive) abilities can be measured by a number of standard tests of memory, problem solving, judgment and knowledge. Speech therapists use these tests to find out what is limiting a person's ability to communicate. Once those tests are done, a plan of action is created by the therapist. Many adults with Alzheimer's and other forms of dementia, for example, are helped by speech therapists who offer strategies to compensate for memory loss and allow them to live in a safer environment. Solutions of this kind give people hope. Frustration yields to understanding, and people find that they have reasonable expectations of progress.

### Swallowing for Beginners

Swallowing is an activity we do automatically 24 hours a day—just like breathing. If you have difficulty swallowing it can be life threatening because you might inhale particles of food into your lungs when swallowing.

When you swallow, your throat muscles close the opening to your lungs so that food can descend only into your stomach through the esophagus. When your throat muscles are weak, you may accidentally aspirate (that is, breathe in) particles of liquid or food. These particles can

lodge in your lung tissue and cause an infection called aspiration pneumonia. Speech therapists help prevent this, by finding ways to keep your throat muscles as strong as they need to be.

### A Full Recovery

A woman recently came home from skilled rehab care with praise for the wonderful help she received from her speech therapist. At 89 years old, she is grateful for all the rehab and nursing help she received to return to her home to live independently. In reviewing the last few months she recalls that she had trouble with her teeth and related difficulties with eating. She gradually lost her energy and developed a fever. She went to the doctor and found that she had aspiration pneumonia caused by her difficulty swallowing. During her recovery, she worked with the speech therapist on exercises to stimulate her swallowing, to tuck her chin when swallowing, and to swallow twice with each swallow. She regained the ability to eat and drink safely, returning home confident that she can avoid getting aspiration pneumonia.

### Milkshake is Easy to Swallow

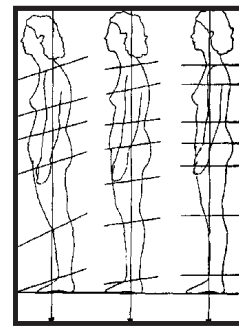
How can you tell if you have a "weak swallow"? Well, do you cough while drinking clear liquids? (Many people are surprised to learn that water is harder to swallow than a milkshake.) If so, or if you have other reasons to think you may have a swallowing problem for other reasons, medical tests can help. A video swallow test, for example, takes pictures of the path that food travels when you swallow. If particles of drink or food enter your lungs, speech therapy is needed to strengthen your swallowing muscles.

Speech therapy. It's not just talk. It's therapy. And it can be a life-saver.

- Laura Bennetts, MS RPT, is a physical therapist with 20 years' experience. She co-owns Lawrence Therapy Services LLC, 785-842-0656, and Baldwin Therapy Services, 785-594-3162. For answers to therapy-related questions, please write to Laura either at her e-mail address, [laurabennetts@hotmail.com](mailto:laurabennetts@hotmail.com), or via Senior Monthly. For consultation with this month's column, Laura thanks speech therapist Karen Flory.

## What is Rolwing?

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- People in high stress, tense, or physically demanding life styles.
- People who want more than a massage.
- People who feel they are living and working below their inherent potential.
- People who want to breathe and sleep better.
- People who want more harmony in their lives.
- People in every age group - infants to seniors.

## Want to learn more?

Call and make an appointment for a free consultation. We will talk about Rolwing and look at your posture and movement patterns. You will learn more about the limitations you feel in your body, why they are there and how to correct them.

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# HEALTH

## What are antioxidants and what can they do for you?

Your body naturally produces chemicals called free radicals that cause irreversible damage (oxidation) to cells. Free radicals are molecules that are missing one of their electrons. That makes them unstable and that replaces an electron from a neighboring molecule. The most common type of free radicals is often called oxidation.

Free radicals can leave your body vulnerable to advanced aging, cancer, cardiovascular disease, and de-



Dr.  
Farhang  
Khosh

generative diseases like arthritis.

Free radicals can come from burning glucose and fat for energy in your body. Although your body has a natural antioxidant mechanism that protects you from most cell damage, certain environmental factors, like cigarette smoke, exhaust fumes, radiation, excessive sunlight, certain drugs, and stress, can increase the free radicals.

What to antioxidants do? Antioxidants donate an electron to stabilize a free radical. Antioxidants come from one of two places: your body makes some, and; food or supplements. Scientists have conducted studies, particularly on vitamins E and C, and the nutrient beta-carotene, to find out what role they play in protecting you.

It seems clear that people who consume diets high in antioxidant-containing foods are protected from many chronic diseases. The amounts of vitamin C and beta-carotene that seem to be protective are easily obtained from food. To get enough of these two vitamins, follow the United States Department of Agriculture's Food Guide Pyramid recommendations. Strive to eat three to five servings of vegetables and two

to four servings of fruit every day.

To get enough vitamin E, you need to eat foods rich in vegetable oils, like seeds, nuts, and wheat germ. Almonds are one of the best sources for vitamin E, and they also offer a good dose of bone-building minerals like calcium and magnesium. Brazil nuts are not only a good source of vitamin E, but also are the best sources of selenium, which is an antioxidant.

What are the best food sources? New research has found that one fresh apple has the antioxidant power of 1,500 milligrams of vitamin C, a dose more than 15 times higher than the recommended daily allowance for the vitamin. And they are also a good source of fiber. Berries are sources of lycopene, another antioxidant. The phytochemical prevents the cell damage. Blackberries also contain vitamin E. Broccoli contains a powerful antioxidant called lutein and is also rich in fiber, beta carotene, and vitamin C.

Kale provides all three of the vitamin antioxidants (i.e., beta carotene and vitamins C and E). The Human Nutrition Research Center on Aging at Tufts University determined that kale offers more antioxidant power than any other vegetable. It also contains lutein, calcium, magnesium, and folate.

If you still are not getting enough vitamin E, a supplement of 100 to 400 mg per day is adequate. Tomatoes contain the antioxidant lycopene. In 1995 a Harvard study found that men who ate more than 10 servings of tomato products a week had a 35 percent lower risk of prostate cancer than men who ate fewer than 1 1/2 servings. Fresh tomatoes contain other antioxidants, such as beta carotene and vitamins C and E.

The evidence weighs heavily on the side of eating exactly as we have always been told—with balance, variety, and moderation.

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

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# FINANCES

## Five timeless investing strategies

The more things change, the more they stay the same

If you're like many investors, the stock market's recent burst of energy may have caught you off guard. But, that's not a reason to make hasty investment decisions. Here are a few strategies that we think make sense no matter what the stock market is doing.

1. Base decisions on principles, not predictions. Basing decisions on predictions isn't part of a solid finan-



Harley Catlin and Ryan Catlin

cial plan. Instead, use investment principles, such as diversification, that don't depend on the latest wrinkle in the economy or stock market. Don't put off decisions because you think you've either missed the stock market bottom or stock prices will drop lower. In the short term, the stock market has always been unpredictable. But, long-term investment goals—such as retirement or sending your children to college—are probably inevitable. The longer you delay your investment decisions, the greater the odds are that you will fall short of your goals.

2. Development a plan, and stick to it. If you jumped out of the market, don't jump back in on your own. Meet with your investment represen-

tative to reach your goals. Regularly investing into the stock market is probably a better strategy than plunging back in all at once. In addition, don't try to play "catch up" by jumping up the investment pyramid from your money market account to aggressive-growth investments. Instead, consider moving up one level at a time, purchasing high-quality fixed-income and growth and income investments in appropriate amounts.

3. Look for opportunities. Market declines can be a long-term investor's best friend because they can provide an opportunity to buy quality investments at a lower price. Today, many high-quality investments are selling at significant discounts to previous peak values. If appropriate for your goals, consider adding equity investments to your portfolio when prices are well below recent peak values.

4. Maintain realistic expectations. The return on fixed-income investments should be roughly equal to the yield to maturity if they are held to the maturity date and don't default. A realistic long-term expectation for a properly diversified portfolio of quality stocks will probably be about 7 percent. Although this may seem low, it's higher than the current inflation rate of about 2 percent.

5. Focus on long-term company performance. When choosing stocks, focus on the performance of the company, not the stock.

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

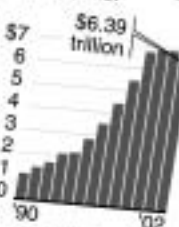
## Getting the best price Personal Finance

Steps suggested by experts for getting available discounts on front-end sales charges when you buy mutual funds:

- **Read the mutual fund prospectus**, check the company's Web site or ask your broker for information on terms, conditions of available discounts (called breakpoints)
- **Review your account statements** and those of family members to see total invested (at one or more brokerage houses) in a fund or family of funds; discounts are often based on accumulated investment
- **Tell your broker** about all your and your family members' current and prospective mutual fund holdings; if you think you did not get the right discount, tell your broker; the discount will usually be applied

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### The numbers



Source: NFI, Association of Securities Dealers, Investment Company Institute  
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# SENIOR FORUM

## Hard facts about early retirement

By Kent S. Collins

DEAR SENIOR FORUM: Everyone talks about "early retirement." But what are the hard facts? Who does it? Why do some people retire early? Do they live happily ever after — more so than most other workers — because of an earlier start? — A.W.

Who takes early retirement? People in three distinct situations: people forced out by the financial state of the employer; people hurting from health problems; and people with big dreams, even if only modest finances. For the most part, though, the numbers are vague and not well-researched.

That said, Charles Brown, an economist at the University of Michigan's Institute of Social Research, last year compiled a variety of worthwhile statistics for workers ages 55 through 59 from the 1990s about early retirement. For example:

— The frequency of early-retirement offers by employers peaked in the mid-1990s.

Then there were "five early-out offers per hundred workers ... in 1992-96." In the years 1990 and 2000, there were fewer than two such offers per hundred workers.

— About half the workers who got such an offer were not employed in 2000, but only 44 percent of workers who did not get an early-out offer were working in 2000.

— Workers who got early retirement offers from their employers were more likely to have higher pay, better pensions and more years of service than workers who did not get early-out offers.

— Forty percent of workers getting early-out offers had college degrees. But only 19 percent of workers who did not get such offers had college degrees.

— One third of the early-out offers were accepted.

— And about one-third who took an early retirement offer went back to work with another employer.

In the early and mid-1990s, the notion of early retirement was trendy. Magazines wrote tantalizing articles about it. Workers wondered wildly at the water cooler about it.

But now there is a new realization than longer life means a greater financial self-responsibility. Extra

years of work may be required for some folks to pay for chronic illness years down the road.

If you are tantalized by the notion of early retirement, ask yourself these questions:

1. Will your employer-sponsored health insurance plan go with you into the golden years?

2. Is the company pension plan strong or underfunded?

3. If you get fooled about health insurance and pension plan solvency, do you have a spouse who has backup health insurance and pension?

4. Can you imagine either or both of you returning to work — maybe work that is lower pay and less interesting — to pay the bills?

5. And most importantly, what will you do with the early onset of free time? Early retirement is not just a financial consideration; it is a lifestyle matter. Countless men and women coaxed or forced into early retirement by their downsizing employers have been frustrated by a lack of planning on lifestyle matters.

(If your question fits this space, write to The Senior Forum c/o Tribune Media Services, 435 North Michigan Avenue, Suite 1500, Chicago, Ill. 60611 or to seniorforum@mchsi.com.)

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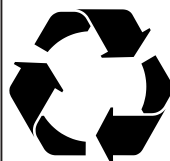
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4828 Quail Crest Place, Ste B  
Lawrence, KS 66049  
785-841-6262



**Ryan Catlin**

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



**Liz Kundin**

2449 Iowa, Ste A  
Lawrence, KS 66047  
785-842-2450



# Grandparents Day is a time to honor seniors

## Wal-Mart donates \$1.45 million to help bring generations together

(ARA) – Older adults have countless stories, traditions and talents just waiting to be shared. In many families, no one is a better companion or storyteller than grandmother or grandfather. But while older people overwhelmingly rate having family and friends as most important to a meaningful and vital life, many families live farther apart from each other than ever before.

What better way to honor seniors in your community and pay tribute to their memories and experiences than by undertaking a simple, enjoyable project involving older adults for Grandparents Day on Sunday, September 7.

There are many types of projects individuals, families or youth-oriented groups such as school groups, scout troops, social and service organizations can do with older adults, according to Betsy Reithemeyer, director of the Wal-Mart/SAM'S CLUB Foundation, which funds thousands of Grandparents Day projects. This year the Foundation is donating \$1.45 million to more than 2,900 local youth groups for projects benefiting seniors. "These intergenerational activities bring people together, nurture friendships, encourage volunteerism, and broaden understanding and support in a community," says Reithemeyer.

Here are a few project suggestions:

- Host a storytelling time for older adults to relate stories of their past.
- Visit an elderly resident of a nursing home. Many of these individuals never have a visitor and would greatly appreciate having someone stop by to share a smile and give them special attention.
- Make a cheerful card and take it to residents at a retirement center. Or stop by a Wal-Mart store to color and sign a special Grandparents Day card at no cost beginning September 2 while supplies last. Wal-Mart associates will deliver all decorated cards to local retirement centers to help spread the joy of Grandparents Day.
- Put together a family photo album complete with dates, locations and identifications of family members. Share stories about special events the family enjoyed together.
- Work on a memory book such as "My Family Memory Book," avail-

able at no cost beginning September 2 while supplies last at Wal-Mart stores nationwide. The book includes activities that encourage children to spend meaningful time with their grandparents and will help catalog memories to cherish in the future.

- Construct a family tree, giving children the opportunity to learn the ancestral line of their family. Strive to preserve particular ethnic or religious beliefs.

- Ask a senior to share special talents, such as cooking, sculpting or quilting, which can be passed on to interested young people.

- Volunteer at a nutrition center or with Meals-on-Wheels to prepare and deliver food to elderly shut-ins.

- Design a web page about a grandparent or favorite older adult.

- Videotape an interview with a senior about their life and memories. Show it at a meeting of the youth group and invite the star of the show to attend.

Companies like Wal-Mart, that focus their charitable giving on local communities, provide financial support to 501(c)3 youth groups for intergenerational projects every year. The stores' donations on Grandparents Day 2003 will fund projects like delivering fruit baskets to shut-ins, hosting a game day at a senior center, providing lunch for grandparents at a local food kitchen, conducting oral history projects with local centenarians, and visiting nursing home residents whose family members live far away.

"Older adults are a vibrant, contributing part of our communities," said Reithemeyer. "They have a great deal of wisdom and insight to share, and they deserve to be honored."

The Wal-Mart/SAM'S CLUB Foundation funds the many projects chosen by the company's associates through the Wal-Mart Good Works community involvement program.

Whether you choose to do a project in a youth group, as a family, or on your own, Grandparents Day is the perfect time to bring together youth and seniors in your community. Not only will you honor older citizens, but your kindness will give them a chance to share their love and guidance to your community's leaders of tomorrow.

Courtesy of ARA Content

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# COOKING LIGHT

## Sesame pork rice

By Elaine Magee and Marge Perry

This entree looks like fried rice — without the eggs. Serve it with a spinach and mushroom salad.

2 (3 1/2-ounce) bags boil-in-bag long-grain rice

1 pound boneless center-cut loin pork chops, cut into bite-sized pieces

1 1/2 teaspoons bottled minced garlic, divided

1 teaspoon bottled ground fresh ginger, divided

1 tablespoon dark sesame oil, divided

3 tablespoons low-sodium soy sauce

2 tablespoons hoisin sauce

2 tablespoons rice vinegar

1/2 cup chopped green onions

1 tablespoon toasted sesame seeds

1. Cook rice according to package directions; omit salt. Drain well; set aside.

2. While rice cooks, toss pork with

1/2 teaspoon garlic and 1/2 teaspoon ginger. Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add pork; saute 3 minutes or until done. Remove from pan; keep warm.

3. Heat 1 teaspoon oil in pan over medium-high heat; add 1 teaspoon garlic and 1/2 teaspoon ginger; saute 30 seconds. Add rice, soy sauce, hoisin sauce, and vinegar; cook 2 minutes, stirring constantly. Stir in pork; cook 2 minutes or until thoroughly heated.

Sprinkle with green onions and sesame seeds. Yield: 4 servings (serving size: 1 1/4 cups).

CALORIES 438 (25 percent from fat); FAT 12.1g (sat 3.1g, mono 4.8g, poly 2.4g); PROTEIN 30.1g; CARB 48.6g; FIBER 1g; CHOL 63mg; IRON 5.9mg; SODIUM 593mg; CALC 12mg.

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\*Contact Pioneer Ridge Assisted Living for details.

# CALENDAR

## ART/ENTERTAINMENT

SEP 1-NOV 2

### FIRST NATIONS ART EXHIBIT

A contemporary art show co-sponsored by the Mid-America Indian Alliance. SHAWNEE, 913-631-6709

SEP 4

### MODERNISM IN EXILE

Peter Gay, Humanities Lecture Series. Kansas Union Ballroom, University of Kansas, 7:30 p.m. LAWRENCE 785-864-4798 www.hallcenter.ku.edu

SEP 9 & SEP 23

### VINTAGE PLAYERS MEETING

At these meetings, the VPs rehearse and plan their regular performances at area club meetings, retirement homes, and other groups, to perform script-in-hand scenes and monologues. They also organize their readings at Deerfield School to the 2nd grade classrooms. New people are ALWAYS welcome. VPs meet at 1:30 p.m. at the Lawrence Community Theatre, 1501 New Hampshire. LAWRENCE, 785-843-7469

SEP 13-OCT 11

### LAWRENCE INDIAN ARTS SHOW

15<sup>th</sup> annual juried competition featuring work by contemporary American Indian artists from across the U.S. Works include poetry, paintings, baskets, and textiles. LAWRENCE, 785-864-4245 www.visitlawrence.com

SEP 13-14

### HASKELL INDIAN ART MARKET

American Indian artists across the U.S. display and sell original, traditional, and non-traditional artwork. Indian cuisine and demonstrations. LAWRENCE, 785-843-0141 www.visitlawrence.com

SEP 22

### RUSSIAN STATE OPERA IN TOSCA

The story of artist Mario Cararadossi, a Napoleon supporter, his love for Floria Tosca, and their struggles against Napoleon's opposer. LAWRENCE, 785-864-2787 www.visitlawrence.com

OCT 2

### WINSTON CHURCHILL: THE GREATEST ADVENTURER OF MODERN POLITICAL HISTORY

Victor Bailey, Humanities Special Events. Spencer Museum of Art Auditorium, University of Kansas, 7:30 p.m. LAWRENCE, 785-864-4798 www.hallcenter.ku.edu

## BINGO

SUNDAYS

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

MONDAYS & THURSDAYS

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

MONDAYS & SATURDAYS

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

TUESDAYS

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

WEDNESDAYS

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

## CLASSES

SEP 9-NOV 11

### THE STOCK MARKET GAME

The Stock Market Game Program is a computer assisted classroom simulation of Wall Street trading which involves participants in the investment of \$100,000 imaginary money in common stock, preferred stock and mutual funds listed on the NYSE, AMEX and NASDAQ over a 10-week period. Held at Douglas County Senior Center, 2:00-3:30 p.m. LAWRENCE, 785-842-0543

SEP 9 & 11

### FINANCIAL STRATEGIES FOR

## SUCCESSFUL RETIREMENT

Presented by Phillip A. Rademacher, CFP<sup>SM</sup>, president of Rademacher Financial, Inc. Topics include financial basics, retirement income, investments, risk management and estate planning. Course consists of four sessions and will be presented on four consecutive Tuesdays or Thursdays. Fee includes 182-page workbook and optional follow-up planning consultation at conclusion of seminar. LAWRENCE, 785-865-5308

SEP 24

### LDS RECORDS UPDATE

With Judy Crawford, director of the LDS Family History Center. Held at the Topeka Genealogical Society. TOPEKA, 785-233-5762 www.tgstopeka.org

OCT 4

### MEET YOUR ANGELS

Come and meet your very own angels, while learning more about the Angelic Realms. Strengthen your connection with the Angel Kingdom, fine tune your intuitive powers and understand the spiritual power of manifestation. You will learn your angel names, along with other techniques to receive more guidance and joy in your life! A channeled angel meditation will be given by Karmel Mangan, Energy Therapist. Registration is required. Fee. LAWRENCE, 785-840-9829

## FESTIVALS/FAIRS

SEP 1-OCT 13

### RENAISSANCE FESTIVAL

Outdoor festival depicting 1600s England. Full armored jousting, costumed characters, goods by artisans, food fit for a king. (Weekends only.) BONNER SPRINGS, 800-373-0357 www.kcrenfest.com

SEP 1-28

### PICKING SUNDAYS

Enjoy a day of grape picking as the harvest meets the wine cellar. Taste the fruit and juice. BASEHOR, 913-724-9463 www.allamericanwineries.com

SEP 4-6

### JOHNSON COUNTY OLD SETTLERS

A tradition since 1898, this festival fills downtown Olathe with nationally recognized musical entertainment, carnival rides, arts, crafts, and more. OLATHE, 913-782-5551 www.johnsoncountyoldsettlers.org

SEP 5-14

### KANSAS STATE FAIR

Ninety-one years of tradition. Ten days featuring concerts, rodeo, auto racing, entertainment, traditional crop and live-stock displays. HUTCHINSON, 620-669-3600 www.kansasstatefair.com

SEP 5-7

### HUFF 'N' PUFF HOT AIR BALLOON RALLY

Friday night view hot air balloons illuminated. Launch windows Saturday/Sunday. TOPEKA, 785-554-2003

SEP 7

### FALL ARTS AND CRAFTS FESTIVAL

Annual festival presenting handmade crafts and original artwork by more than 150 artists and crafts people. LAWRENCE, 785-832-7940 www.visitlawrence.com

SEP 7

### FIESTA

Coronation dance, parade, programs, games, competitions, and music. EMPORIA, 620-342-6899

SEP 12-14

### POWER OF THE PAST ANTIQUE GAS ENGINE AND TRACTOR SHOW

Nationwide exhibitors, displays and demonstrations. OTTAWA, 785-242-2686 www.visitottawakansas.com

SEP 12-14

### WHEATLAND CLUSTER DOG SHOW

Over 1,000 dogs from across America and foreign countries participate in an annual show certified by the American Kennel Club. SALINA, 785-826-7200

SEP 12-13

### LEAVENWORTH ANNUAL CHARITY BBQ COOK-OFF

Charity BBQ Cook-off in conjunction with River Fest, a declared Kansas State Championship. LEAVENWORTH, 913-651-6810

SEP 13-14

### LEAVENWORTH RIVER FEST

Throughout downtown, crafts, entertainment, parade, children's events, evening dance, and fireworks over the Missouri River. LEAVENWORTH, 913-682-3924 www.lvarea.com/mainst

SEP 15-NOV 2

### FALL FESTIVAL

Corn mazes, corn cannons, bonfire, pumpkin patch, Dixie Rose band, pumpkin painting, Halloween hay rides, and family fun. GRANTVILLE, 785-863-3072 www.visitjeffcounty.com

SEP 19-20

### FRENCH MARKET ARTS AND CRAFT FESTIVAL

Arts and crafts, games, entertainment, and 5K run. HOLTON, 785-364-3963

SEP 20-21

### HARVEST WINE FESTIVAL

Festival to celebrate annual vineyard harvest. Includes harvesting, grape stomp, tram rides, live entertainment, grand banquet, arts and crafts. SALINA, 785-825-2515 www.kansaswine.com

SEP 20-21

### OLE MARAIS RIVER RUN CAR SHOW

One of the Midwest's largest outdoor car shows. OTTAWA, 785-242-5799

CONTINUED ON PAGE 11

# CALENDAR

CONTINUED FROM PAGE 10

## SEP 20 MILFORD ANNUAL CAR SHOW AND LIP SYNC

Cars, crafts, and fun.  
JUNCTION CITY, 785-463-5490  
www.junctioncity.org

## SEP 20 WELLSVILLE DAYS

Annual fall festival, crafts.  
WELLSVILLE, 785-242-1411

## SEP 20 MIDWEST JAZZ FESTIVAL

The Midwest Jazz Fest is the largest contemporary jazz fest in the Midwest. The weekend of smooth jazz will feature some of the top marquee contemporary jazz artists, including Grammy Award winner Norman Brown, Brian Culberston, Steve Cole, Ken Navarro and many others.  
LAWRENCE, 785-842-8562

## SEP 21 HOLIDAY FESTIVAL

Annual festival with music, arts, crafts, and handmade Christmas ornaments and gifts by local artisans.  
NORTONVILLE, 785-863-3072  
www.visitjeffcounty.com

## SEP 27-28 CIDER DAYS FALL FESTIVAL

Fun for the entire family, with pioneer demonstrations, Wild West shows, entertainment, and arts and crafts show.  
TOPEKA, 785-272-9290

## SEP 27-28 CIDERFEST 2003

27<sup>th</sup> annual festival featuring fresh pressed apple cider, music, arts and crafts, magic shows, and petting zoo.  
LOUISBURG, 913-837-5202  
www.louisburgcidermill.com

## SEP 27-28 FALL FESTIVAL

Annual event with homemade sorghum and apple cider, blacksmith shop, working general store, and log cabin.  
MERIDEN, 785-863-3072  
www.visitjeffcounty.com

## SEP 27-28 GRINTER PLACE APPLEFEST

Annual family celebration of history and harvest offers handmade crafts, living history demonstrators, musical entertainment, and house tours.  
KANSAS CITY, 913-299-0373  
www.kshs.org

## SEP 27-28 OLD GLORY BLOWOUT AND 1800s WILD WEST SHOW

Buffalo Bill, Annie Oakley, Native Americans, trick riders, ropers, bandits, western music, cowboy vendors, stagecoach rides, and children's area.  
OLATHE, 913-782-6972

## SEP 27 AUTUMN AND THE ARTS

A celebration of the visual arts.  
LINDSBORG, 888-227-2227  
www.lindsborg.org

## SEP 27 OVERLAND PARK FALL FESTIVAL

Parade, arts, crafts, and entertainment.  
OVERLAND PARK, 913-642-2222

## SEP 27 SANTA FE DAYS

A celebration of the traditions and lifestyles of the pioneers who originally settled in Salina. Soapmaking, blacksmithing, and bed races.  
SALINA, 785-825-0535

## SEP 29-OCT 1 NASCAR WINSTON CUP SERIES AND NASCAR BUSCH SERIES

KANSAS CITY, 913-328-3300  
www.kansasspeedway.com

## OCT 4 OZAWKIE FALL FESTIVAL

Parade with horses, old cars, school bands, floats, etc. Quilt show, music, talent show, cake walk, kid games, crafts, flea market, farmers' market, food booths, hog roast, street dance.  
OZAWKIE, 785-876-2205

## HEALTH

### FIRST TUESDAY OF EACH MONTH HEALTH SCREENING CLINIC

Lawrence-Douglas County Health Department.  
LECOMPTON COMMUNITY BUILDING  
9:30-10:30 AM

### TUESDAYS AND THURSDAYS BLOOD PRESSURE CLINIC

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

### WEDNESDAYS HEALTH SCREENING CLINIC

Lawrence-Douglas County Health Department. For individuals 60 years of age and older and their spouses. Minimal fees, but no one will be denied service because of inability to pay.  
BABCOCK PLACE, LAWRENCE  
9 AM-12 NOON

### THIRD TUESDAY OF EACH MONTH HEALTH SCREENING CLINIC

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

### 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

### SEP 3 CHOLESTEROL SCREENINGS

A fingerstick test providing a total blood cholesterol reading in five minutes. \$5 per person. No fasting or appointment necessary.  
LMH HEALTH SOURCE ROOM  
9:30-11:30 AM

### SEP 6-7 HEALING TOUCH-LEVEL ONE

Practice a wide range of energy healing techniques (18 CE nurses/massage therapists). Lay people welcome! Fee. At Saint Joseph Health Center. Contact Jeanette.  
816-943-2508

### SEP 13 SACRED MEDICINE: A DAY OF GUIDED IMAGERY, SELF-DISCOVERY, AND NURTURING YOUR HEALING RESOURCES

With David Kleier, MD. A hands on experiential approach to harnessing your healing potential in the midst of health concerns or illness. Fee includes healthy meal and snacks massage and energy work.  
THE LIGHT CENTER, 785-255-4583

### SEP 17 SEATED EXERCISE CLASS FOR PEOPLE WITH PARKINSON'S AND THEIR CAREGIVERS

Wednesdays through December 10  
Assembly of God Church Gymnasium  
3200 Clinton Parkway. For additional information about this free class, call Janet Hamburg.  
LAWRENCE, 785-864-5168

### SEP 19 BALDWIN THERAPY SERVICES OPEN HOUSE

Help Baldwin Therapy Services celebrate its second anniversary. Meet BTS's therapists and enjoy refreshments and prizes. 5:00-7:00 p.m., 720 8th St. BTS will also be open from 7:00-9:00 p.m. for the Baldwin Art Walk.  
BALDWIN CITY, 785-594-3162

### OCT 1 CHOLESTEROL SCREENINGS

A fingerstick test providing a total blood cholesterol reading in five minutes. \$5 per person. No fasting or appointment necessary.  
LMH HEALTH SOURCE ROOM  
3:30-5:30 PM

### OCT 2 HEALTH FAIR: HOME SWEET HOME

Sponsored by Comfort Keepers, Knoll Patient Supply, and Lawrence Therapy Services. Join in for the fun: food, live music, door prizes, gift certificates and special health screenings. Guest speaker will Molly M. Wood JD. Health screenings by Lawrence Hearing Clinic and Lawrence Therapy Services. Chair mas-

sages provided by Christie Adrian of Bodyworks Downtown.  
LAWRENCE LIBRARY AUDITORIUM,  
1:00-4:00 P.M.

## MEETINGS

### FIRST WEDNESDAY OF EACH MONTH NOW OR NEVER CLUB

BALDWIN SENIOR CENTER  
1221 INDIANA, BALDWIN CITY  
12 NOON-1:30 PM, 785-594-2409

### FIRST AND THIRD MONDAY OF EACH MONTH

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

### FIRST WEDNESDAY OF EACH MONTH, SEPTEMBER-MAY

KAW VALLEY CHAPTER, OLDER  
WOMEN'S LEAGUE

Forums held at Lawrence Public Library  
1:30 PM

### WEDNESDAYS OLDER KANSANS EMPLOYMENT PROGRAM

LAWRENCE WORKFORCE CENTER  
2540 IOWA, SUITE R, LAWRENCE  
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### SECOND MONDAY, SEPT.-MAY LAWRENCE CLASSICS, GENERAL FEDERATION OF WOMEN'S CLUBS

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### THIRD MONDAY OF EACH MONTH SELF HELP FOR THE HARD OF HEARING (SHHH)

SHHH is a non-profit, educational organization dedicated to the well-being of people of all ages who do not hear well.  
BABCOCK PLACE, 1700 MASSACHUSETTS,  
LAWRENCE, 1 PM

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

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

### THIRD THURSDAY OF EACH MONTH PROSTATE CANCER SUPPORT GROUP

The Prostate Cancer Support Group is for survivors, family members and anyone who is interested in learning more about prostate cancer.  
RIEKE AUDITORIUM, KU MEDICAL  
CENTER, 7-9 PM

### FOURTH FRIDAY OF EACH MONTH AARP CHAPTER 1696 LUNCHEON

Group meets fourth Friday of each month except in July, November and December. Luncheon is held on third Friday in November.  
LAWRENCE COUNTRY CLUB  
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*While every attempt has been made to ensure the accuracy of the events listed, some changes may occur without notice. Please confirm any event you plan to attend.*

# BOOKSHELF

By Margaret Baker

Bill Brooks: *Pretty Boy* (Forge, \$24.95, ISBN 0-765-30473-2) *Fictionalized biography*

Charles "Pretty Boy" Floyd (1904-1934) grew up in dust bowl Oklahoma. He worked the cotton fields, but when a fellow cottonpicker suggested they team up to rob banks, he readily agreed.

This fictionalized biography follows him on his life of crime, and how he spent the funds thus obtained—fast cars, loose women, clothes and booze. No Robin Hood—he may have thought he was robbing the rich, but he didn't give it to the poor.

Brooks uses many point-of-views, but each is clearly identified. The technique does allow for a more complete view of the man who, like John Dillinger, became the F.B.I.'s Most Wanted.

J.A. Jance: *Exit Wounds* (Wm. Morrow, \$24.95, ISBN 0-380-97731-1) *Mystery*

Cochise County (N.M.) Sheriff Joanna Brady has a lot on her plate.

She's running for re-election against a former deputy, hubby Butch has his first novel in the agent's hands, daughter Jenny is preparing for her first barrel race at the local rodeo, the

county commissioners in cutting services have incorporated badly underfunded animal control into her department, there's one homicide and a multiple vehicular manslaughter—and she's pregnant.

The cutbacks in animal control coalesce with the homicide. Carol Mossman is a hoarder, a term used to describe people who take in more strays than they can take care of. She has 18 at present. The trailer has no electricity because she hasn't been able to pay the bill. So who shot her through her locked back door? Certainly not robbery! Further, forensics identifies the cartridge cases as manufactured at the Springfield Armory in 1917. The same case markings were found with two dead women in a nearby county.

The vehicular manslaughter case involves a SUV rollover, with 19 illegal immigrants on board, six dead, other deaths likely. The two hospitals nearest to the accident are

quibbling about who will pay the medical expenses.

Detailed plotting and characterizations, fast moving with a twist ending, and background material that will keep the little gray cells working long after you've finished.

Rick Blechta: *Shooting Straight in the Dark* (McClelland and Stewart, \$18.95, ISBN 0-7710-1534-8) *Mystery*

Kit Mason, 30, started losing her sight at 21, becoming totally blind at 24. She's got an unusual guide dog and the friendship of friends from her former softball team, the Ruthless Babes. She's trying to make it as a guitarist and songwriter, not an easy avenue even for the sighted.

With more than a wee bit of beer, the Babes decide to put an ad in a personal column of their Toronto newspaper to get Kit's social life started. Before the ad appears, one of the Babes is killed. It looks like the M.O. of an escaped serial killer, but the Babes suspect otherwise.

Blechta is a professional musician headquartered in Canada, and the music industry is, accordingly, authentically portrayed. The plot is superb, the characters fully dimensional. Kit's blindness, and her responses to it, are believable, as are her coping methods.

## Paperback Picks

Sharon Short: *Death of a Domes-*

*tic Diva* (Avon, \$6.50, ISBN 0-06-053795-7) *Mystery*

Josie Toadfern has a laundromat in tiny Paradise, Ohio, and has yet to meet her match in stain removal. She writes to TV's domestic diva, Tyra Grimes, to offer to share her knowledge. Imagine her surprise, to say nothing of Paradise's, when Grimes herself appears without warning, taking over Josie's humble apartment as well as the laundromat. The town gets prettified almost beyond belief. Two murders, however, really are hard to beautify.

Witty dialogue, eclectic characters, and a look at adult autism all make for a good choice for a little light summer reading.

Samantha Connolly: *A Real Work of Art* (Harlequin, \$5.99, ISBN 0-373-44170-3) *Romance*

The plot ploy of identical twins has been done before, but this is a fresh look. Megan writes travel books, twin Rachel has landed a position at an art gallery with an exhibition she hopes will develop into a permanent job. But misreading the facial mask instructions has left Rachel with blue skin—and Megan tries to cover. Fast moving, bright dialogue.

## The Ears Have It

George Bernard Shaw: *Pygmalion* (L.A. Theatre Works, 2 cassettes, running time 99 minutes ISBN 1-58081-032-2)

Prof. Henry Higgins is a linguistic expert in dialects; he brags that within three sentences he can identify the

language background of any speaker. He makes a tidy income tutoring the nouveau rich in acquiring the dialect of the upper class English. His ego permits, nay, forces him to bet with a friend that he can tutor Cockney flower seller Eliza Doolittle and pass her off as a Duchess to English society. He fails to consider Eliza as a person.

Shaw's play about English class relations was modified into the long-running Broadway musical comedy, *My Fair Lady*, and from that into the movie.

This adaptation of the original play was produced for a Chicago radio program, and features an excellent cast. Let your imagination produce the scenery, the facial expressions, the costuming of this classic!

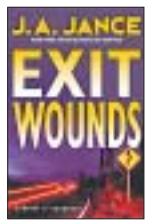
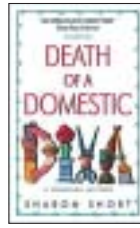
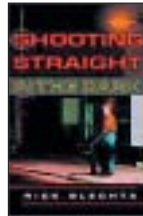
Louise Erdrich: *The Last Report on the Miracles at Little No Horse* (Harper Audio, \$39.95, ISBN 0-694-52408-5) Read by Anna Fields.

Erdrich tells the tale of Father Damien Modeste, a most unusual priest serving the Ojibwe on the isolated northern plain reservation of Little No Horse.

The book covers over fifty years of this priest's devotion to serving his God and the Ojibwes, concentrating at the end on the investigation of Sister Leopolda, under consideration for sainthood.

To tell more would be to leak the plot, which comes across much better as it is uncovered, bit by bit. But you'll never forget Father Damien!

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



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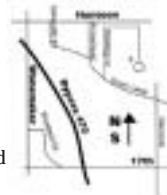
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## Belgian seeks World War I information

Dear Editor:

My name is Patrick Lernout. I live in Waregem, Belgium, at about one mile from the U.S. Flanders Field military cemetery. I am interested in the history of World War I, so this cemetery has my special attention. I started to write a book about the soldiers buried here and am looking for information about all those men. I think the book would be a great tribute to those young Americans who gave their lives for the free-

dom of my country.

In the cemetery is a soldier named Lionel Anderson. He was from Lawrence, Douglas County. He died of disease on February 18, 1919. I would appreciate hearing from anyone who has information on or access to his history, addresses, photos etc.

Thank you very much in advance.

Patrick Lernout  
Drafstraat 15  
8790 Waregem  
Belgium

## Golden Eagle Casino operating as normal during water shortage

The Golden Eagle Casino, in Horton, Kansas, is open and doing business as usual. Due to recent media coverage concerning the water shortage on the Kickapoo Reservation, numerous patrons have called to see if the Casino is still operating.

Although the Casino is affected by the water shortage, extreme measures have not been necessary. The Casino has taken conservation steps, such as paper plates and plastic utensils in the restaurant, so a minimum of dishes need to be washed; bottled

water is being used for cooking and washing in the kitchen; and bottled water is being served in the Casino.

"The Kickapoo Tribe, and the Tribal Council, have always been adamant that the Casino management and staff service Casino patrons as our guests, and we will continue to do so," said Kickapoo Tribal Chairman Steve Cadue. "We ask that our guests be aware of our shortage, but no one will perceive a difference, except for some water saving measures such as dishes."



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# PUZZLES

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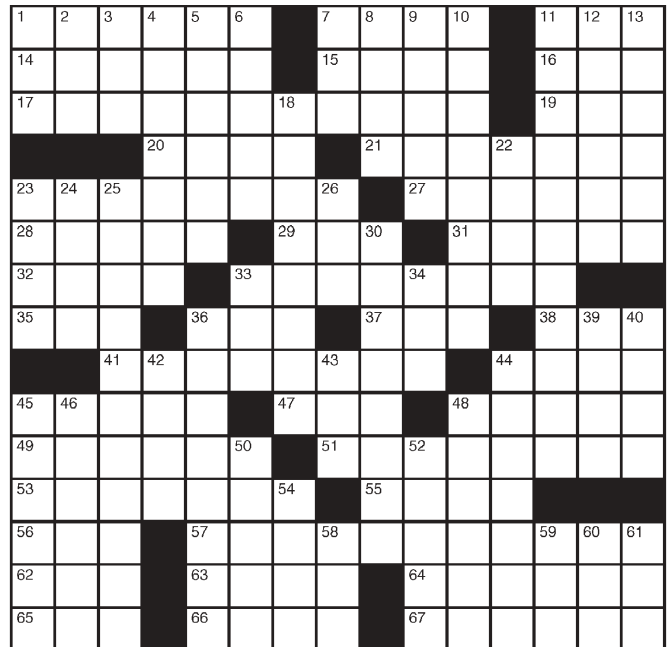
## ACROSS

- 1 Ocean bottom
- 7 ADC
- 11 Get-up-and-go
- 14 Lake near Rome
- 15 \_\_\_ bene
- 16 Tankard filler
- 17 Sleep restlessly
- 19 Actor Silver
- 20 Needle case
- 21 Football
- 23 Sinkerboll
- 27 Satisfy
- 28 Relating to a pelvic bone
- 29 Pekoe, e.g.
- 31 City or circle preceder
- 32 Madcap
- 33 Scrawny
- 35 "\_\_\_ Maria"
- 36 Wager
- 37 Give in to gravity
- 38 Cause friction
- 41 Mother-of-pearl sources
- 44 Shine's partner?
- 45 Sitcom pioneer Desi
- 47 Operated
- 48 Artist's subject
- 49 Gridiron blitz
- 51 And so forth
- 53 Endure, as a storm
- 55 Inner Hebrides island
- 56 Sailors' admin.
- 57 Spill details of private affairs

- 62 Strong desire
- 63 Yodeler's stage
- 64 "Mashed Potato Time" singer Sharp
- 65 Mine find
- 66 Hr. with a shrink
- 67 More likely than others to win

## DOWN

- 1 Took chairs
- 2 "Evil Woman" grp.
- 3 6-pack muscles?
- 4 Standard salary
- 5 Related on mother's side
- 6 Coffee-break snack
- 7 Hill worker?
- 8 Thick fog
- 9 Landing area
- 10 Getting snarled
- 11 Commuter's option
- 12 Plaza Hotel girl
- 13 Writer
- 18 Despot
- 22 Samoan currency
- 23 Judy's daughter
- 24 Norwegian king
- 25 Treat lavishly
- 26 Give the ax?
- 30 Vote in \_\_\_ (use a proxy)
- 33 Sis, bro or cuz
- 34 NATO cousin
- 36 Rocket launchers
- 39 Manipulator
- 40 Contemporary of Boris and Lon
- 42 Commanded, old-style



By Patrick McConville  
Manassas Park, VA

- 43 Dundee denial
- 44 Took turns
- 45 Water-carved gulch
- 46 "Stand by Me" director
- 48 Fixed
- 50 Artful deception
- 52 Housing unit

- 54 Cooking meas.
- 58 Draft letters
- 59 Wynn and Begley
- 60 August birth, usually
- 61 Ex-QB Dawson

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Answers on page 19

## 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.

GO CLIMB A MOUNTAIN (sol.: 12 letters)  
A-Adventure, Alpine, Anchor, Apex, Ascend; B-Base camp, Boulder; C-Careful, Cliff, Cord; D-Descent; E-Elevation, Expedition; F-Face, First aid; G-Gear, Gully; H-Harness, Height, Helmet, Hike, Hook; K-Knoes; L-Learn, Ledge; M-Mass; O-Outlet; P-Peak, Pursuit; R-Ravine, Restra, Rescue, Ridge, Rockies, Rope; S-Scale, Skills, Slab, Slack, Slope, Sport, Summit; T-Trek; V-View

This month's answer: MOUNTAINEERS

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

## JUMBLE

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

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

Print answer here: A

Answers on page 19

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## TRIVIALITIES

1. Who starred as Mrs. Victor in the 1987 film "Empire of the Sun"?
2. Who directed the 1992 film "Enchanted April"?
3. Neil Jordan directed what 1992 film starring Forrest Whittaker and Stephen Rea?
4. Jennifer Jason Leigh starred as Blondie O'Hara in what 1996 Robert Altman film?
5. Mel Gibson portrayed the character of Rocky in what 2000 film?
6. In the 2000 film "Get Carter," who played the title character?
7. Who directed the 2002 film "The Hours"?

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Answers on page 19

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# HUMOR

## The future imperfect

THE TIME: December 1, 2008.

Dear Readers, I'm writing to say: Adios, Farewell, Auf Wiedersehen, Adieu, and to introduce you to my successor—the person who will be doing the humor column from now on. Before I do that, I want to thank the publisher, Kevin Groenhagen, and all you wonderful *Kaw Valley Senior Monthly* readers for the marvelous years I've spent writing for you. It has been splendid fun.

I pride myself on being able to keep up with the times, whether as



Larry Day

a journalist, a professor or a humor writer. That's how I recognized the handwriting on the wall—or rather the pixels on the computer screen—quite awhile ago.

In the 1960s and 1970s U.S. corporations saw an abundance of inexpensive labor in the Third World, so they shipped their manufacturing jobs overseas. The textile industry is a prime example. These days you see clothing made in virtually every developing country of the alphabet, from Albania to Zaire. Then in the 1990s, corporations began sending—they called it outsourcing—their technical writing and computer programming projects to India and Southeast Asia.

What came next was inevitable. The salaries of U.S. entertainment personalities had become exorbitant. As a result, U.S. corporate managers began imposing the same cost-cutting measures on sports, movie, radio talk show, and television stars as they had on textile workers, technical writers, and computer programmers.

In 2005, the San Diego Padres became the Havana Azucareros. The Azucareros fielded an all-Cuban team with a total salary commitment of 200,000 pesos. Naturally, Fidel Castro demanded that the money be paid in U.S. dollars. The Azucareros were an instant box office success all over the U.S. They ended up taking second place in the National League West Division, and the major league owners made a bundle of money.

It was the same story with movie

making. In 2005 a major movie studio hired a Bolivian producer named Ricardo Salderon, and paired him with a director named Mongulu Egomata from Kenya, to remake "On the Waterfront." The movie starred Sergei Solvilinski and Mitsu Hiaguchi. "On the Waterfront II" cost \$1.2 million to make and it grossed \$110 million in the U.S. alone.

Then in 2006 radio talk show host Rush Limbaugh was fired for refusing to take a pay cut. He was replaced by a 27-pound female cockatoo from the jungles of Borneo. The bird was named Diddot. And she could say "Stick it in your ear, you tree-hugging commie weirdo," in 10 languages. The show's producers pocketed Limbaugh's \$15-million-a-year salary. Diddot was paid chicken feed—literally.

But it was in television that we saw the most innovative outsourcing:

At the beginning of the 2006 television season, "CSI Miami" aired as "CSI Singapore," with an all Asian cast whose cumulative salary was \$10 million less than David Caruso's. And the Singapore government paid all production costs. When the new CSI slipped to number two in the ratings, the network executives wept all the way to the bank.

That was also the year that outsourcing hit the daytime soaps. After more than three decades at the network, "All My Children" was replaced by "Adios Mi Querida," a Mexican soap opera that they dubbed into English using digital voice simulation technology. "General Hospital" was dropped in favor of "Kingston General." Older viewers had a rough time understanding the actors' Jamaican accents, but the program really caught on with the 21-to-32-year-old demographic.

Another network transformation was "The Young and the Restless," which became "The Proud and the Powerful," a saga of sex, intrigue, and glamour among upscale professionals in Calcutta. As you may remember, that show sparked a fashion frenzy that included the "San Francisco Sari," and a retro version of the Nehru jacket. They taped "The Proud and the Powerful" on a makeshift sound stage in an abandoned warehouse in Tijuana. The production crews were all from Third World countries, and the cast members



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were out-of-work Actors Guild performers who wore rubberized masks to conceal their identities. The show cost \$200 per episode to produce, and grossed \$8,000 per episode even before syndication.

You, dear readers, know the rest of the story. After "Live with Regis and Kelly," moved to Cairo and became "Live with Anwar and Maheeli," outsourcing television shows became hotter than the dot com-mania of the 1990s.

I knew my days were numbered when I turned on the television to catch Jay Leno's monologue. The an-

nouncer said, "And now, Live from Mogadishu, it's the Tonight Show, starring Mbabweh Mbeele."

So, now dear readers, let me present your new *Kaw Valley Senior Monthly* humor columnist, Maria Celestina Vibaldira Garibaldi de Ortiz. Doña Maria will be e-mailing her column from the offices of "El Esplendido," of Bucaramanga, Colombia. Welcome aboard, "Veebi." Break a leg.

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

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# HISTORY

## Kansas and Mexico: 500 years of shared history

(Editor's note: The following article was first published by the Kansas State Historical Society in September 2002 and is reprinted with the Society's permission.)

By Bobbie Athon

When Kansas became a state in 1861, the boundary lines were set as we know them today. But long before that time, Kansas shared a border with Mexico. In fact, part of today's Kansas was once in Mexico.

Until the 1500s, the land we now call Kansas was home to many American Indians who farmed and built grass lodges or hunted and moved across the prairie with the seasons. When Spanish explorers arrived in

North America, they settled in the southern territory of Mexico, ruling over the American Indians who lived there. In 1539, the governor of Mexico, Francisco Vazquez de Coronado, journeyed north with an army to search for treasure. The small group of men and horses came to "Kansas" in 1541.

French explorers worked and settled along the Mississippi River in the late 1600s. They claimed the land west of the river, much of the same land claimed by Spain. In 1762, France relinquished its claim to Spain and "Kansas" was considered Spanish territory, as was Mexico. In 1800, France reclaimed the land. "Kansas" was again a French territory, neighboring Mexico. France

## Hall Center at KU receives grant for history web site

The Hall Center for the Humanities at the University of Kansas has received a \$10,000 grant from the Kansas Humanities Council for the project "This Day in Kansas History: An Online History of the State of Kansas."

The web site will be a date-driven, easily accessible site that will focus on key events in the history of Kansas. Visitors to the site will be able to view a daily compilation of key events in Kansas history, read original articles illustrated with archival materials and access an electronic collection of primary source documents. The site will provide detailed information about Kansas museums, heritage tourism destinations and special events, an annotated list of recommended readings and links to related web sites.

The Kansas Humanities Council's generous grant will support research, writing, editing and final preparation of articles for the web site that will focus on the territorial Kansas period. The articles are being written by KU history department Ph.D. candidates and will be reviewed for accuracy by leading historians from KU and other institutions of higher education. Many pieces will relate to the subjects and locations of the Kansas Humanities Council's

2004 Chautauqua programs including: Clarina Nichols, Abraham Lincoln, John Brown, Stephen Douglas, Frederick Douglass, and David Rice Atchison, as well as Lawrence, Fort Scott, Junction City and northwest Kansas.

"This Day in Kansas History" represents a major contribution to humanities outreach programming and will enhance the quality, scope and usefulness of historical content available on the Internet. Victor Bailey, Hall Center director and professor of history at KU, is responsible for the overall direction of the project.

"We are trying to do something new in state history: to create a body of work that bridges the divide between academic writing that appeals to a limited audience and popular work that too often verges on the celebratory," Bailey said.

Henry Fortunato, who completed a master's degree in American history at KU after a 20-year career in magazine journalism, is the project's editor-in-chief. The web site project is a joint undertaking of the Hall Center for the Humanities and the Kansas State Historical Society.

The official launch of "This Day in Kansas History" will coincide with the sesquicentennial of the Kansas Territory in 2004.

sold the land in 1803 to the United States government in a transaction known as the Louisiana Purchase, making "Kansas" part of United States territory. A border drawn in 1819 between Spanish and U.S. lands left the southwestern corner of "Kansas" under Spanish rule.

To explore the shared history of Kansas and Mexico, see the August/September 2002 issue of *Kansas Kaleidoscope*. "The Mexican History of Kansas" provides stories on the Santa Fe Trail—how children traveled the trail and things to do today along the trail. Written for an intermediate audience, grades four through six, the issue also features vaqueros, the first cowboys; Mexican immigrants to Kansas, traditions such as Las Posadas, Quincea Zeras, and Cinco de Mayo; fiestas; mariachi music traditions; History Lab; and a *Kaleidoscope* Challenge. The magazine is published five times during the school year at \$7 for an individual subscription, or \$5.50 for 10 issues or more to the same address. For more information call 785-272-8681, ext. 419.

The Kansas State Historical Society is headquartered at 6425 SW Sixth Avenue, Topeka KS 66615-1099;

785-272-8681; TTY 785-272-8683; www.kshs.org.

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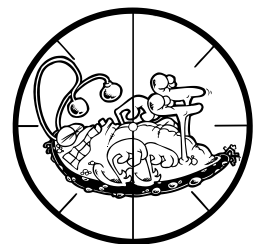
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# PET WORLD

## For small tank, one betta fish is better than two

By Steve Dale

Q: I have a small fish tank, 11 inches tall by 6 inches wide. Right now, only my female betta fish is living there alone. Can I add a roommate? — E.G., Cyberspace

A: If you don't have a filtration system, the answer is "no," says George Parsons, director of the aquarium collection at the Shedd Aquarium in Chicago, Ill. "Betta fish really do just fine living alone," he notes.

The betta is one of the few fish that does not require a water filtration system. If you do have an under gravel filter, your betta should get along fine with a small catfish, such as corydoras catfish. Parsons notes that betta fish, also called Siamese fighting fish, are very territorial.

Q: My 17-year-old gray tabby had perfect litter box behavior until we built our house.

The year before, we moved four times. She has been almost exclusively an indoor cat.

While the house was being built, we moved into a rental for six months. When we came here, the cat began defecating and urinating outside the litter box. The vet said the problem was not physical. I began putting the cat out at night. I also put her outside when I'm gone for long periods. This works fine, except when she hides. Meanwhile, we've acquired another cat and a dog. What else can we do to help this tabby? — C.R., Magnolia, Texas

A: You certainly have rocked this cat's world. While I realize you can't control your need to move so often, please consider how this upsets the cat.

"From your cat's point of view, it's the case of the disappearing litter box," says feline behaviorist Pam Johnson-Bennett, of Nashville, Tenn. "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 erodes what little stability 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 does like being outdoors, there are so many dangers. 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 its 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 this 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 go by, two litter boxes (at least until she begins to solely use one), toys, her food and water. Visit as often as possible and reminisce about the good old days before all that moving. Unless the dog or new cat are truly best friends, they must keep out.

If this does not work, please see your vet yet again to ensure that the old gal is physically OK. If she checks out, show your vet this column, and have a conversation about anti-anxiety medication.

(Write to Steve at Tribune Media Services, 435 N. Michigan Ave., Suite 1400, Chicago, Ill., 60611. Send e-mail to PETWORLD@AOL.com. Include your name, city and state.)

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### WORDS OF WISDOM

There is nothing new except what has been forgotten.

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