

Kaw Valley Senior Monthly

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

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INSIDE



According to Grand Master Ki-June Park, his students say they have experienced a variety of benefits, including lower blood pressure, increased vitality, weight loss, and increased flexibility and pain control. - page 4



Colonial Coastal Birding and Nature Festival to showcase beauty of Georgia coast in October. - page 18

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FREE



Rev. Harold H. Warren with "Our Daily Heroes"

KEVIN GROENHAGEN PHOTO

Retired Episcopal priest honors firefighters with painting

The Rev. Harold H. Warren vividly remembers Sunday, December 7, 1941.

"I was at a friend's house," Warren said. "His parents were having a Progressive Dinner with seven or eight couples. My friend, his brothers and sisters, and I were upstairs in the sitting room, and we learned about the attack on Pearl Harbor from the television. My friend was in uniform since he had already been drafted and was stationed at Great Lakes Naval Station in Chicago. He was home on a weekend pass, but had to report back to duty. I remember his parents being quite shocked. It really put a damper on the evening for the group."

Warren was a student at Seabury-Western Theological Seminary in

Evanston, Ill., at the time and had a draft exemption because he was in seminary school.

"I tried to volunteer during my last year of seminary school, but I didn't

make it because I had respiratory problems even then," Warren said.

Warren never again expected to experience the feelings of horror and

CONTINUED ON PAGE TWO

Grandparents Day is September 12

Grandparents Day was the brainchild of Marian McQuade of Fayette County, W.Va., who hoped that such an observance might persuade grandchildren to tap the wisdom and heritage of their grandparents. The first presidential proclamation was issued in 1978, with one issued each year since, designating the first Sunday after Labor Day as National Grandparents Day. In honor of the

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Rev. Warren

CONTINUED FROM PAGE ONE

helplessness he had on December 7, 1941. But then the morning of September 11, 2001 arrived.

"Physically, there wasn't much I could do to help the people who were hurt that morning," Warren said.

Out of frustration, Warren turned to the canvas for solace and began painting "Our Daily Heroes," which was inspired by a photograph of three firefighters raising an American flag over the ruins of the World Trade Center on September 11. The photograph, which is reminiscent of the Joe Rosenthal photograph of Marines raising the flag on Iwo Jima in 1945, appeared in hundreds of newspapers throughout the world the following day.

In Warren's painting, the firefighters' faces have been blurred slightly because he wanted the firefighters to represent all firefighters, including those in Kansas. A larger American flag makes up the background and is partially obscured by smoke from the ruins. The smoky haze provides a contrast to the bright colors in the flag being raised and makes that flag stand out more.

After finishing "Our Daily Heroes," Warren had copies called digital lithographs made and sold about a dozen for \$35 each. He also attempted to get a group to sell the copies for fundraising efforts.

"I tried to get the fire department, the auxiliary, or somebody to take the project because if you order more than 100 copies, there's a discount," Warren explained. "They then could have bought the copies from me and still sell them for \$35 and make more than I was making. It seemed logical to me."

Warren's interest in painting began at an early age.

"In grade school they gave us a spelling lesson each week," Warren said. "If we got that correct before Friday, we could paint while the others were taking their last crack at the lesson. So I did a lot of painting then. Later on, I did some painting at nights while I was in high school."

Warren decided to take his painting more seriously as he neared retirement age and began taking lessons when he was in his 70s. He

retired from the ministry after breaking a bone in his right leg when he was 80. At the time Warren painted "Our Daily Heroes," he was 88 and still taking lessons from Marge Suchsland at Hobby Lobby.

Unfortunately, "Our Daily Heroes" is the last painting Warren completed. He hasn't had a brush in his hands for 18 to 19 months because of arthritis.

"I'd like to paint again because it is something I enjoy doing," Warren said.

Warren was born and raised in Nevada, Mo. He graduated with a master's degree in education from Pittsburg State University and taught one year at Clayton Rural High School near Norton.

Warren later entered Seabury-Western Theological Seminary, which has roots in the Episcopal Church's 19th century missionary outreach to western America. Bishop Seabury University was founded in 1858 in Fairbault, Minn., to provide education from primary school through theological studies for both Native Americans and Euro-American settlers. In 1883, the Western Theological Seminary was chartered and built in Chicago. Western moved from Chicago to Evanston in 1929 at the invitation of Northwestern University and the Garrett Biblical Institute. The boards of Seabury and Western decided to combine their resources and the merged Seabury-Western Theological Seminary opened in 1933.

Last July 4, a party was held to honor Warren's 90th birthday and the 60th anniversary of his ordination to the priesthood.

Interestingly, Warren's birthday, Independence Day, was a turning point for the Episcopal Church, which was earlier known as the Anglican Church. Two-thirds of the signers of the Declaration of Independence were nominal members of the Church of England, but they did not want the colonies to be governed by bishops. American independence led to the disestablishment of the Anglican Church. A new ecclesiastical body was organized after the revolution and called the Protestant Episcopal Church. The church was renamed the Episcopal Church in 1967.



Rev. Harold H. Warren with "Tropical Night"

Warren, a resident of the Drury Place Retirement Community in Topeka since 1997, served at churches in Texas, Oklahoma and Kansas, including 25 years with the St. Philip's mission in Topeka.

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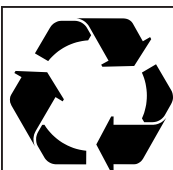


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Park sees important role for martial arts in the development of character

By Billie David

Grand Master Ki-June Park, chief instructor of the Lawrence Tae-Kwon-Do School, attests to the fact that Tae-Kwon-Do offers enormous physical benefits. But the most important benefit, he believes, is the character it builds, with compassion being the ultimate character quality.

"It's ironic. Teaching a vigorous and sometimes violent activity while teaching compassion doesn't make sense at all," Park said.

Comparing Tae-Kwon-Do to a sharp instrument, he continued, "A razor blade or knife can save or kill people. It depends on the human being who carries it. A black belt is a walking lethal weapon. They can hurt someone badly, so it is a responsibility to educate them not to be violent but to have compassion for all living things."

Park not only teaches Tae-Kwon-Do, which emphasizes kicking and punching and develops self defense skills along with physical conditioning, he also teaches Hap-Ki-Do, which includes falling and rolling, throws, and joint-locks to defend one's self against aggression. Students can also learn Kum-Do, a Korean martial art that emphasizes the connection between body and spirit through focused movement of the sword.

But perhaps the most important of the classes that the Lawrence Tae-Kwon-Do school offers is Sun-Do, a discipline of Taoistic yoga that is described as the root of martial arts as well as its ultimate end.

"Of the four martial arts programs, if I had only one choice I wouldn't hesitate to choose Sun-Do," Park said. "It has everything: physical, mental and spiritual power and strength."

Sun-Do is especially beneficial for older people, he added. "It slows the aging process," he explained. "In this martial art, those people who can diligently dedicate themselves to the practice can overcome their disabilities to some extent."

It is his belief in the importance of discipline and character building that persuaded Korean-born Park to turn down an offer to work with internationally respected political science professor Chae-Jin Lee. Park had been teaching Tae-Kwon Do on

the side to help pay his expenses while he studied political science at KUI. But after receiving his Ph.D., he decided that martial arts should be his main vocation instead of political science because of his conviction that martial arts offers Americans the kind of discipline they need to keep the nation strong so that it can meet serious future challenges.

"We are the greatest country in the world, but in the future our nation is going to face a grave challenge," Park said. "The challenge will be bigger even than World War I and World War II combined, not only in the military aspect, but across the board of our whole civilization. It will be just like a tsunami that could wipe us out completely. Our traditional values alone may not be enough to enable us to cope with this crisis. Martial arts in part can help prepare us for the challenge because its discipline and education system can build new character and can develop a different kind of leadership that America very much needs."

Park has been teaching martial arts in America since 1974. In 1998, he renovated a vacant church building and moved the school to its current location, which is across the street from Cordley Elementary School at 19th and Vermont streets.

The mission statement of the school reflects Park's belief in building character: "In martial arts, an untrained mind is dangerous. Therefore, we put our utmost efforts into helping students form a well-disciplined character which cherishes values and pursues goals."

There are physical benefits to be gained from martial arts as well, Park said. He has numerous testimonials from students who have experienced a variety of benefits that include lower blood pressure, increased vitality, weight loss, and for arthritis sufferers, increased flexibility and pain control. Students who have martial arts training also excel in other sports, such as basketball, baseball and soccer, he said.

In fact, one of his students, an Olympic swimming finalist, expressed regret to him that she didn't start Tae-Kwon-Do when she was younger because it compensates for the other weaknesses and likely would have made the difference so that she could have succeeded in the



Grand Master Ki-June Park

Olympic trials.

Martial arts also provide children with self-defense techniques they can use should they be attacked. "There's a critical time for someone who is kidnapped—three hours," Park said. "If they learn marital arts techniques, it dramatically increases their chance to survive. It's important for young girls to learn to defend themselves."

It's also ideal for helping children who are disobedient to their parents, who are on drugs, or who have behavior problems, he added. For example, students are promptly introduced to the tenets of Tae-Kwon-Do (courtesy, integrity, perseverance, self-control and an indomitable spirit) and to the ethical rules (loyalty to nation, obedience to parents, confidence in friends, never retreating in battle, and refraining from the sense-

less killing of living things). In addition, they repeat the student oath after each class, promising to respect seniors, never to misuse Tae-Kwon-Do, to be a champion of freedom and justice, and to build a more peaceful world.

The school also has a program to help these students put the character qualities they learn into practice. "I tell the students we're just talking too much," Park said. "We must put it into action. What does compassion look like?"

So 11 years ago they began to raise funds for charities. "Every year we raise an average of \$3,000," Park said, adding that much of the money is shared with elementary schools that have programs in place that encourage children to read books, and some of the money is also shared with Health Care Access.

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Grandparents Day

CONTINUED FROM PAGE ONE

nation's grandparents, the Census Bureau presents an array of data about these unsung caregivers.

CO-RESIDENT GRANDPARENTS

5.8 million

The number of grandparents who live with one or more of their grandchildren under 18 years old. Most of these grandparents (4.5 million) maintain their own household.

4%

The percentage of people age 30 and over who live with grandchildren. The rate is much higher among American Indians and Alaska natives (8 percent), blacks (8 percent), Hispanics (8 percent) and Pacific islanders (10 percent).

7%

The percentage of grandparents in Hawaii who live with their grandchildren, highest of all states. North Dakota has the lowest percentage (1 percent).

3.9 million

The number of multigenerational family households in the United States; these are families where grandparents live under the same roof with two or more generations of descendants. They make up 4 percent of all households. In 2.6 million of these households, the grandparent is the householder and lives with their children and their grandchildren.

CAREGIVERS

2.5 million

The number of grandparents responsible for most of the basic needs (i.e., food, shelter, clothing) of one or more of the grandchildren they live with. These grandparents represent 43 percent of all grandparents who live with their grandchildren. Of these caregivers, 1.5 million

are grandmothers and 900,000 are grandfathers.

1.4 million

The number of grandparents who are in the labor force and also responsible for most of the basic needs of their grandchildren.

56% and 52%

The percentages among American Indian and Alaska native, and black grandparents who live with their grandchildren and are responsible for their care. These are higher rates than those of other racial and ethnic groups.

35%

The percentage of grandparent caregivers who are in their 50s. Seven percent are in their 30s and 1 percent, age 80 and over.

60%

The percentage among grandparents living with their grandchildren who are younger than 60 years of age. These grandparents are more likely to be responsible for their grandchildren (50 percent) than those age 60 and over (31 percent).

34%

The percentage of grandparent caregivers living in "skipped generation" households (i.e., those where neither parent of the grandchild is present). Among states, Hawaii has the lowest percentage of such households (22 percent).

GRANDCHILDREN

5.6 million

The number of children living with a grandparent; these children comprise 8 percent of all children in the United States. Of these children, 3.7 million lived in their grandparent's home and 1.8 million in their parent's home.

21%

The percentage of preschoolers who are cared for primarily by their grandparents while their mother is employed or in school.

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HEALTH

Gold medal therapy

An Olympic gymnast leaps, does a back flip, and lands on the beam with daring grace. She seems to have a sixth sense that allows her to move with superhuman balance and strength. In reality, of course, Olympic athletes are simply gifted people who work hard to perfect their routines. Like anyone else—except more so—athletes fight to overcome joint pain, muscle tightness,

chines to help you overcome pain: electrical stimulation, ultrasound, anodyne light therapy, joint mobilization, soft tissue massage, and guided exercise. These techniques and technologies work. With their help you can get stronger and move more freely even if you've suffered back and joint pain for years.

The main secret you'll learn from your therapist is how to take care of your own back, neck and extremities, both during and after treatment, with a home exercise program. The goal is to make you independent, not chronically dependent on a therapist. As a rule of thumb, if you aren't clearly progressing towards recovery after a few weeks of treatment, you probably need another kind of treatment. And your therapist should also teach you how to prevent pain and injury in the future.

Fully qualified therapists

If you consult someone who offers to treat your "aura" or asks you to wear a copper bracelet, beware. The science of healing is highly developed, and professional therapists complete rigorous programs of scientific education. Currently, the standard program for physical therapists is at the master's or doctoral level and includes not only many pure and applied science courses (in physiology, exercise physiology, and therapeutic exercise) but also classes in research methods and a research thesis.

PT students intern in varied settings (including hospitals, outpatient clinics and private practices) to learn clinical skills from experienced therapists; and they learn to collaborate with doctors, nurses, occupational therapists, speech therapists, respiratory therapists and social workers.

This rich education prepares physical therapy graduates to treat a wide variety of patients and problems once they pass a national exam and receive state licensure. But not everyone who advertises health or exercise services is this well educated. So pay attention: Are you being served by a licensed physical therapist? Ideally, you will be both evaluated and treated by a fully qualified physical therapist, or by a licensed physical therapist assistant under the direct supervision of a licensed physical therapist.

Others (personal trainers, massage therapists, etc.) may help you in

other ways, but only licensed therapists can provide full-fledged physical therapy.

Look for credentials!

Did you know that, in most states, physical therapists have a "practice act" that defines the services which only a licensed physical therapist can offer? This practice act distinguishes the practice of physical therapy from the services offered by other medical and fitness experts like doctors, nurses, chiropractors, massage therapists, and personal trainers. This is for the protection of the public, just as the licensing of electricians ensures the safety and quality of the electric wiring in your home. Thus only physical therapists can advertise, practice, and bill for physical therapy—and only physical therapy (and its sister discipline, occupational therapy) focuses exclusively and comprehensively on structural physical problems of strength, weakness, pain, and motion.

In Kansas, the Board of Healing Arts reviews the credentials of medical professionals to protect the public from those who might try to practice without full training and licensure. Licensure requires the review of all health-related degrees, scores from national board exams, and other pertinent documents.

Accept no substitutes

If you need physical therapy, you should seek help from a fully licensed physical therapist. This may seem self-evident, but it can be hard to guarantee. Some people (e.g., some personal trainers and other exercise coaches) say they practice "therapy" without saying exactly what they mean, and despite the fact that they haven't completed formal training from an accredited college physical therapy program and are thus not qualified to practice physical therapy either legally or medically. Others may advertise "rehab" or "therapeutic massage," but only licensed physical therapists and their fully licensed assistants are qualified to provide Physical Therapy as defined by the state.

PT 101

So, take heed. When you sprain your ankle, strain your back or twist your knee and need help, a physical therapist has the scientific training, expertise and skills to help you return to your prior level of health and strength. And physical therapy is covered by most health insurance plans, so you should feel free to ask your doctor for a referral. You won't regret it!

- Laura Bennetts, MS RPT, is a physical therapist with a masters degree from the University of Southern California and

22 years of professional experience. She co-owns Lawrence Therapy Services LLC (785-842-0656) and Baldwin Therapy Services (785-594-3162). If you have therapy-related questions, please e-mail Laura care of laurabennetts@hotmail.com.



Laura Bennetts

and injuries. Physical therapists help athletes and, indeed, anyone else with life-limiting pain and injury. How can a physical therapist help you? And what qualifications should you seek in a therapist?

Therapy to the rescue

Like athletes, health care practitioners have different levels of expertise. Not everyone who treats physical pain and injury is a fully qualified, Olympic caliber therapist. You've probably heard of many kinds of health and exercise specialists, who may sound vaguely alike—personal trainers, athletic trainers, massage therapists, therapy aides, and many others. But, in reality, therapists differ greatly in what they offer you. Some genuinely solve your problems, while others provide only temporary relief or advice.

To get the most effective help, you need to consult the most professional therapist you can find. There are two main criteria you should keep in mind: your hope for genuine recovery; and the therapist's scientific expertise.

Genuine recovery

Most people want to get better, not simply to feel better for awhile after treatment. So ask yourself when you see a rehab practitioner: Are you being guided towards the fullest and swiftest possible recovery, or are you being asked to settle for symptomatic relief? Physical therapists specialize in solving—not just "treating"—the problems that keep you from walking, running, biking, sitting, and stair climbing. We have a bag of tricks and a clinic full of ma-



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WALK AND BE HEALTHY

HEALTH

Stinging Nettle's medicinal properties

Stinging Nettle, or *Urtica dioica*, is a plant that has been used widely for its medical properties. Upon examining the plant in your backyard, it looks like an ordinary, hairy weed with attractive little flowers. However, it can be very bothersome when you touch the plant with your bare skin.

When you brush by the plant and it touches your skin, the tiny hairs break off and release an acid that irritates the skin and causes white itchy spots to appear, which can produce a painful sting. The sting from nettle is caused by the histamine and formic acid in the hairs that

sold as an herbal drug for prostate diseases and as a diuretic.

Nettles will strengthen and support the whole body systems. In cases of rheumatism and arthritis, it can be successful. Nettles' long-standing use as an anti-inflammatory aid for rheumatism and arthritis has been confirmed with clinical research. In several clinical studies (including randomized double-blind placebo trials), nettle leaf extracts were documented to have anti-inflammatory actions as well as to be beneficial at relieving arthritis pain and inflammation in humans.

Research studies have shown that this herb helps in relief of urinary difficulties associated with early stages of Benign Prostate Hyperplasia (BPH). It does not affect or decrease the enlargement of the prostate, but increases the urinary output and decreases the urge at night. Studies in people suggest that the root of the stinging nettle, in combination with other herbs especially saw palmetto (we will cover this herb in next article), may be an effective treatment for BPH, relieving urinary symptoms such as reduced urinary flow, incomplete emptying of the bladder, post urination dripping, and the constant urge to urinate. In more than 20 clinical studies, nettles demonstrated an improvement of clinical symptoms in BPH and prostatitis. However, other more recent research shows that on BPH nettles can interfere with or block a number these hormone-related chemical processes in the body that are implicated in the development of BPH. It may sound complex, but basically, most all of the intercellular processes required to trigger the prostate to grow new cells and enlarge seem to be inhibited by nettle. Human and animal studies have confirmed these effects and benefits. In one study, a nettle root extract was shown to inhibit the growth of prostate cells by 30 percent in five days; another reported it inhibited BPH in mice by 51.4 percent which suggests it could be used as a preventative as well as a treatment.

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



Dr.
Farhang
Khosh

trigger the allergic response. The degree and length of itchiness or stinging depends on the individual's skin sensitivity. The sting maybe painful enough to need a topical anesthetic cream. Some people suffer for several hours, while others only have the sensation for an hour or so.

Nettles is native to the United States and has been used traditionally in many ways such as a diuretic, astringent, blood builder, tonic, arthritis, allergies, prostatitis, prostate enlargement, and anemia. The plant has been widely used by herbalists around the world for centuries. The Greek physicians Dioscorides and Galen reported the use of nettles as diuretic, laxative properties and were useful for asthma, pleurisy and spleen illnesses. Bandages soaked in a leaf and stem infusion were used in early American medicine to stop the bleeding of wounds. In Brazilian medicine, the entire plant is used for excessive menstrual bleeding, diarrhea, diabetes, urinary disorders and respiratory problems. In Peru, nettles is used against a variety of complaints such as muscular and arthritis pain, eczema, ulcers, asthma, diabetes, intestinal inflammation, nosebleeds and rheumatism. Today in Germany, stinging nettles is



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FINANCES

Take steps to manage inheritance wisely

You may have read about a vast "transfer of wealth" that is taking place as baby boomers start to inherit money from their parents. While it's true that the wealth being transferred is enormous — in the billions of dollars — it may, or may not, have much of an impact on your personal life.

In any case, if you get an inheritance, you'll want to make the right moves. Of course, you already know your situation and what you're likely to inherit, but it's useful to keep

money, see your tax advisor.

Consider "parking" your money — When you receive an inheritance, it may be an emotional time. But you want to make financial and investment decisions with your head — not your heart. So, don't rush into any decisions — it won't hurt you to "park" your inheritance temporarily in a money market account or a certificate of deposit. Later, when things have settled down, you can decide how to use the money to your best advantage.

Think twice about "splurges" — Once you're ready to take action, you may be tempted to spend some of your inheritance on a new car, a down payment on a vacation home or some other major purchase. You'll want to evaluate these choices very carefully before signing on the dotted line. Ask yourself some key questions: Do I really need this purchase? Will this move add to my debt load? There's certainly nothing wrong with using part of an inheritance for something that you may have wanted — just make sure you don't actually set yourself back by making the purchase.

Boost your savings and investments — If you were determined to cut down on debt before the inheritance, now you can do it even faster. But if you were already pretty much debt-free, and you wanted to help diversify your portfolio, now you've got more resources with which to work.

Review your long-term strategies — If your inheritance is particularly

large, you may want to re-evaluate all your long-term investment moves. For example, you may want to look at how you're allocating your investment dollars in your 401(k) or other employer-sponsored retirement plan. Or, you may need to look at the percentage return you need to get from your investments each year to achieve your retirement goals. You may even need to consider additional "tax-smart" investment moves. In fact, with so many issues

involved, you really should consult with your investment professional.

By following these suggestions, you can help yourself get the maximum benefit from your inheritance — and, perhaps just as importantly, you'll be showing respect for the people who left it to you in the first place.

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



Harley Catlin and Ryan Catlin

in mind that relatively few people in the "baby boom" category — just over 17 percent — have received any inheritance, according to a study by the AARP (formerly known as the American Association of Retired Persons). And the same study showed that the average inheritance has only been about \$48,000.

Still, even that amount of money could help you make progress toward your financial goals — if you manage it carefully. Here are a few steps you may want to follow:

See your tax advisor — Your inheritance may have tax implications, so, before you do anything with the

Compare Our CD Rates

Bank-issued, FDIC-insured to \$100,000

1-year 2.15% APY* Minimum deposit \$5,000

3-year 2.75% APY* Minimum deposit \$5,000

5-year 3.20% APY* Minimum deposit \$5,000

* Annual Percentage Yield (APY)—Interest cannot remain on deposit; periodic payout of interest is required. Early withdrawal is not permitted. Effective 8/23/04. Subject to availability and price change. The amount received from a sale of a CD at current market value may be less than the amount initially invested.

Call or stop by today.



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4828 Quail Crest Place, Ste B
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1800 E. 23rd St., Ste J
Lawrence, KS 66046
785-843-1371

www.edwardjones.com
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Kaw Valley Wedding PLANNER

Distribution of the 2005 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 October 10.

www.kawmall.com/weddings



MY ANSWER

Is Jesus already walking amongst us?

By Billy Graham

Q: Do you think it's possible that Jesus has already returned to earth and is living in secret somewhere? A friend of mine thinks this is likely, although I don't know what evidence he has. — S.R.

A: Your friend may be sincere, but I'm afraid in this case he is sincerely mistaken, nor is there any evidence for what he apparently believes.

The reason is because Jesus made it very clear that His second coming would be glorious and visible to all humanity. He taught, "For as lighting that comes from the east is visible even in the west, so will be

the coming of the Son of Man.... They (the nations) will see the Son of Man coming on the clouds of the sky, with power and great glory" (Matthew 24:27,30). His first coming went almost unnoticed; His second coming will be glorious and seen by all.

When Jesus comes again, He will rule with power and authority over all the earth. He will come to judge evil, and to establish His rule of perfect justice and love. While the Bible

doesn't answer all our questions, we should never forget that this present world system is only temporary, and that some day "the kingdom of the world has become the kingdom of our Lord and of his Christ, and he will reign for ever and ever" (Revelation 11:15).

Yes, some day Christ will come again. No, we don't know when — but until that time, make it your goal to live for Christ every day. Are you ready for His coming? If not, or if you aren't sure, make your decision for Christ today, before it is too late.

(Send your queries to "My Answer," c/o Billy Graham, P.O. Box 1270, Charlotte, N.C., 28201; call 1-(877) 2-GRAHAM, or visit the Web site for the Billy Graham Evangelistic Association: www.billygraham.org.)

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www.josephsmantels.com

Nifty, Nifty Look Who's 50!

*The following celebrities
turn 50 in September:*

- Sep. 9 **Jeffrey Combs**,
actor, *Re-Animator*
Sep. 12 **Peter Scolari**,
actor, *Bosom Buddies*
Sep. 30 **Barry Williams**,
actor, "Greg" on the
Brady Bunch

Like to wish your own "celebrity" a Happy Birthday? Place a 1/12-page or larger birthday ad for a relative or friend, and we'll include a one-year subscription to Senior Monthly for the birthday girl or boy!

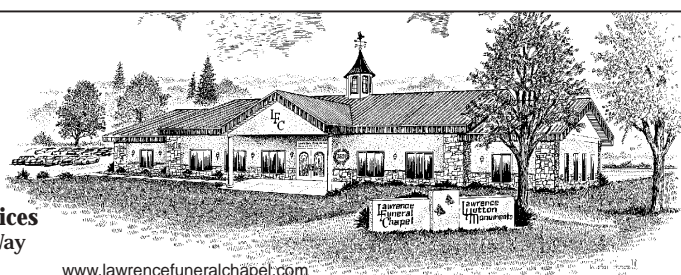
Lawrence Funeral Chapel

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BRAND NEW! NOW LEASING!

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Lawrence's Brand New Carefree Living For Seniors

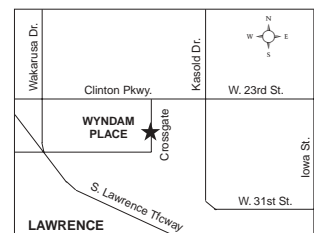


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CALENDAR

ART/ENTERTAINMENT

SEP 11-OCT 9

INDIAN ART SHOW

Juried competition featuring 2- and 3-dimensional artwork by contemporary Native-American Indian artists from across the U.S.
LAWRENCE, 785-843-2787
www.visitlawrence.com

SEP 11-12

HASKELL INDIAN ART MARKET

Two-day outdoor market featuring Native-American Indian artists from around the country. Also artist demonstrations, entertainment, and food booths.
LAWRENCE, 785-843-6830
www.visitlawrence.com

SEP 18

UNITE THE SACRED CIRCLE

Native American flute performance by TerryLee Whetstone. All tickets available in advance or at the door.
LAWRENCE ARTS CENTER
www.terrywhetstone.com

SEP 25

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 p.m. Show starts at 8 p.m.
TOPEKA, 785-357-5211
www.topekacivictheatre.com

OCT 2

CELEBRATING OUR LIVES THROUGH THE SPIRIT OF AFRICA WITH SOBONFU SOMÉ

Experience the magic of African ritual, drumming and dance! All ages. Fee.
THE LIGHT CENTER, 785-255-4583

BINGO

SUNDAYS

AMERICAN LEGION

HIGHWAY 92, 1/2 MILE EAST FROM OZAWKIE,
7:00 PM, 785-876-2686

SUNDAYS

KNIGHTS OF COLUMBUS HALL

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

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1

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

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 & FRIDAYS

VETERANS OF FOREIGN WARS

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

WEDNESDAYS

PINECREST APARTMENTS

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

WEDNESDAYS & FRIDAYS

EAGLES LODGE

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

WEDNESDAYS & FRIDAYS

EDGEWOOD HOMES

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

THURSDAYS

BABCOCK PLACE

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

FRIDAYS

BALDWIN SENIOR CENTER

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

FRIDAYS

ARAB SHRINE

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

BOOKMOBILE

MONDAYS

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

TUESDAYS

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

WEDNESDAYS

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

BOOK TALKS

THIRD TUESDAY OF EACH MONTH

COTTONWOOD RETIREMENT CENTER, 1029 NW
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

SEP 9

MORNING MATINEE: WHY PRACTICE YOGA?

Expand your knowledge of how this gentle technique can help with flexibility, balance, reduce stress, help with pain, high blood pressure, depression, and panic attacks. This class will be presented by Karin Seibel, who is an RN and certified Yoga instructor.
LAWRENCE MEMORIAL HOSPITAL

SEP 25

FOUNDATIONS OF HOLISTIC NURSING: GUIDED IMAGERY, MUSIC AND RELAXATION

With David Kleier, MD and Robin Goff, Nurse/chaplain. Experiential learning of techniques 8:30-5:30 (9 CE nurses). Fee.
THE LIGHT CENTER, 785-255-4583

SEP 30

FINANCIAL PLANNING SEMINAR FOR SENIORS

Co-sponsored by State Treasurer Lynn Jenkins and Jayhawk Area Agency on Aging, Inc. Free seminar is designed to help educate seniors in the areas of investing, insurance and estate planning. Call 785-296-3171 to pre-register.
KANSAS HISTORY CENTER, 6425 SW 6TH,
TOPEKA, 9:00 AM-NOON

EXHIBITS/SHOWS

SEP 1-30

VIETNAM: HEALING A NATION'S WOUNDS

Tribute to Vietnam veterans from Douglas County. Memories of the 1960s, as well as many artifacts, letters, clothing, etc. contributed by veterans. Watkins Community Museum of History, 1047 Massachusetts.
LAWRENCE, 785-841-4109
www.watkinsmuseum.org

SEP 1-OCT 10

ANCIENT AFRICAN CHRISTIANITY

Icons and sacred art from the long tradition of Christianity in Ethiopia, Egypt, and Northern Africa.
TOPEKA, 785-234-5993
www.orthodoxmuseum.org

SEP 1-OCT 1

TERRITORIAL KANSAS SESQUICENTENNIAL EXHIBIT

Story of the bloody struggle between abolitionists such as John Brown and proslavery settlers in Kansas Territory.
TOPEKA, 785-272-8681
www.kshs.org

SEP 1-6

150 YEARS OF FASHION ACCESSORIES

What were the hot fashion accessories in the late 1800s and throughout the 1900s? This exhibit focuses on the changes through the many years in belts, hats, purses, scarves, cravats, etc. Watkins Community Museum of History, 1047 Massachusetts.
LAWRENCE, 785-841-4109
www.watkinsmuseum.org

SEP 1-OCT 31

WILBUR NIEWALD RETROSPECTIVE

Exhibition from the Albrecht-Kemper Museum of Art.
MANHATTAN, 785-532-7718
www.ksu.edu/edu/bma

SEP 1-27

CHARLES MARSHALL SR. EXHIBITION

Works by Kansas artist.
MANHATTAN, 785-532-7718
www.ksu.edu/bma

SEP 10-12

POWER OF THE PAST ANTIQUE GAS ENGINE AND TRACTOR SHOW

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

SEP 18

COLLECTORS SHOWCASE

Farm toy collectibles, local memorabilia, collectors welcome.
OSKALOOSA, 785-863-3072
www.visitjeffcounty.com

FESTIVALS/FAIRS

SEP 3-5

LAKE SHAWNEE TRADITIONAL INTER-TRIBAL POW WOW

Traditional Native-American Indian pow wow with dancing, native crafts, food, educational seminars.
TOPEKA, 785-272-5889

SEP 4-OCT 17

KANSAS CITY RENAISSANCE FESTIVAL

Enchanting outdoor fall festival depicting 16th-century English village complete with 13 stages of entertainment, food, and 500 costumed characters.
BONNER SPRINGS/KANSAS CITY, 913-721-2110
www.kcrenfest.com

SEP 9-11

JOHNSON COUNTY OLD SETTLERS

A true Johnson County homecoming festival and a tradition since 1898.
OLATHE, 913-782-5551
www.johnsoncountyyoldsettlers.org

SEP 11

LENEXA SPINACH FESTIVAL

Celebrate the spinach capital with the world's largest spinach salad, Spinach Café, craft booths, and entertainment all day long.
LENEXA, 913-541-8592
www.ci.lenexa.ks.us/parks/

SEP 12

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 12

FIESTA

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

SEP 13-NOV 7

FALL FESTIVAL

Corn mazes, corn cannons, bonfire, pumpkin patch, bands, pumpkin painting, Halloween hay rides.
GRANTVILLE, 785-863-3072
www.visitjeffcounty.com

SEP 17-18

FRENCH MARKET ARTS AND CRAFT FESTIVAL

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

SEP 18

AQUAFEST

Celebrating water in our lives. Music, food, and water activities.
OLATHE, 913-782-2600
www.olathe.org

SEP 18-19

OL MARAIS RIVER RUN CAR SHOW

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

SEP 19

D.E.A.F. SUNDAY

A taste of Olathe restaurants supporting literacy programs.
OLATHE, 913-324-0600
www.ksdeaf.org

SEP 25-26

CIDER DAYS FALL FESTIVAL

A 2-day event that attracts thousands of visitors to its arts and crafts exhibits, pioneer demonstrations, food, and entertainment.
TOPEKA, 785-272-9290

SEP 25-26

CIDERFEST

28th annual. Fresh pressed apple cider, music, food, arts/crafts, petting zoo, pumpkins, and country store.
LOUISBURG, 913-837-5202
www.louisburgcidermill.com

CALENDAR

CONTINUED FROM PAGE 10

SEP 25-26

FALL FESTIVAL

Annual authentic 1800s setting, homemade sorghum and apple cider, blacksmith shop, working general store, stock garden tractor pull. MERIDEN, 785-484-3705
www.meridenthreshers.org

OCT 2

OZAWKIE SESQUICENTENNIAL FALL FESTIVAL

Parade, United Methodist Church quilt show, breakfast, lunch, afternoon and evening outdoor music, food, craft booths, music, kids games, hog roast, "The Legacy" dance band and street dance. 6:30 a.m. to midnight. OZAWKIE, 800-896-3198

HEALTH

FIRST TUESDAY OF EACH MONTH HEALTH SCREENING CLINIC

Lawrence-Douglas County Health Department. FIRST METHODIST CHURCH, LECOMPTON 9:30-10:30 AM

TUESDAYS AND THURSDAYS BLOOD PRESSURE CLINIC

Conducted at Stormont-Vail's outpatient lobby, just inside the doors of the Ninth and Washburn entrance, from 9 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 9-11 AM

SECOND THURSDAY OF EACH MONTH MEDICATION CLINIC

Bring questions about your medications (prescription or over-the-counter), 1:30-2:30 p.m. Call for appointment. HEALTHWISE 55 RESOURCE CENTER, TOPEKA 785-354-6787

SECOND THURSDAY OF EACH MONTH BLOOD PRESSURE AND HEALTH INFORMATION

Sponsored by the West Ridge Mall merchants. Conducted in mall's food court. No appointment necessary. WEST RIDGE MALL, TOPEKA 8:15-9:15 AM

THIRD TUESDAY OF EACH MONTH HEALTH SCREENING CLINIC

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

THIRD THURSDAY OF EACH MONTH NUTRITION CLINIC

1:30-2:30 p.m. Call for an appointment. HEALTHWISE 55 RESOURCE CENTER, TOPEKA 785-354-6787

SEP 1

CHOLESTEROL SCREENING

A fingerstick test providing a total blood cholesterol reading in five minutes. \$5 per person. No fasting or appointment necessary. LMH HEALTH SOURCE ROOM 8:00-11:30 AM

SEP 8-9

LEGS FOR LIFE

Legs for Life a national screening program to promote early detection of peripheral vascular disease (PVD), a common circulatory condition caused by blocked blood vessels in the legs. Along with the PVD screening participants will be screened for Abdominal Aortic Aneurysm (AAA) which is a weakening or ballooning of the aorta, the main vessel that delivers blood from the heart to the rest of the body. LMH, MEETING ROOM A 7:00 AM-4:55 PM

SEP 11

CHOLESTEROL SCREENING

See September 1 description. LMH HEALTH SOURCE ROOM 8:00-11:30 AM

SEP 18-19

BEGINNING INTUITIVE TRAINING

Presented by Patricia Anderson, gifted, clairvoyant spiritual teacher. Learn active energy and meditation tools to access the higher parts of yourself. Fee. THE LIGHT CENTER, 816-523-6439

MEETINGS

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 LAWRENCE, 1:30 PM

THURSDAYS

OLDER KANSANS

EMPLOYMENT PROGRAM LAWRENCE WORKFORCE CENTER 2540 IOWA, SUITE R, LAWRENCE 10 AM-NOON

THURSDAYS

GRIEF AND LOSS SUPPORT GROUP

For individuals caring for an aging loved one and dealing with the losses associated with their physical decline. Sponsored by Heart of America Hospice and Pioneer Ridge. Limited spaces available. Pioneer Ridge Assisted Living Library, 4851 Harvard, 7:00 p.m. LAWRENCE, 785-841-5300

FIRST THURSDAY OF EACH MONTH

LAWRENCE PROFESSIONALS IN AGING

Networking group. Call Kim or Laura at 785-842-0656 for more information. \$10 to attend (includes lunch). JADE MONGOLIAN BARBEQUE, LAWRENCE 11:30 AM-1:00 PM

FRIDAYS

TAKE OFF POUNDS SENSIBLY

Support group for weight loss. Meets 10:00-11:00 a.m., Centenary United Methodist Church. LAWRENCE, 785-842-1645

SECOND MONDAY, SEPT-MAY

LAWRENCE CLASSICS, GENERAL FEDERATION OF WOMEN'S CLUBS

Volunteer service club. 785-331-4575

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

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 EACH MONTH

LAWRENCE PARKINSON'S SUPPORT GROUP

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

THIRD TUESDAY OF EACH MONTH

GRANDPARENT/KINSHIP SUPPORT GROUP

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

FOURTH TUESDAY OF EACH MONTH

LAWRENCE PARKINSON'S SUPPORT GROUP

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

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. Reservations required at least one week prior to meetings. 785-842-0446 or 785-865-3787

MISCELLANEOUS

SEP 1-26

PASSPORT TO ADVENTURE

Hike the creatures feature trail and meet wild Kansas animals. OLATHE, 913-764-7759

SEP 1-28

PICKING SUNDAYS

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

SEP 10-12

HUFF 'N' PUFF HOT AIR BALLOON RALLY

Hot air balloon rally. 25 balloons, family-friendly entertainment. TOPEKA, 785-554-2003
www.huff-n-puff.org

SEP 10-11

LEAVENWORTH CHARITY BBQ COOK-OFF

Annual event. This BBQ cook-off is a declared Kansas State Championship. LEAVENWORTH, 913-651-6810

SEP 11

INTERNATIONAL LINEMAN'S RODEO

Rodeo attracts the best linemen from around the world competing in events based on traditional linemen tasks; activities from everyone. BONNER SPRINGS, 913-721-1075
www.powerlineman.com

SEP 14-17

TIRE RACK® SCCA SOLO NATIONAL CHAMPIONSHIPS

Annual event offers best of Solo competition and camaraderie to more than 1,000 drivers. TOPEKA, 785-357-7222
www.scca.com

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

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

Adventures in Learning September

- Sept. 17 Religion - Moral & Ethical Issues of Stem Cell Research: Friday, 9:15 AM - 10:15 AM. Presented by Cindy Miller.
- Sept. 17 Health - Dental Health over 50: Friday, 9:15 AM - 10:15 AM. Presented by Bruce Banks, D.D.S.
- Sept. 17 Life Enrichment - Animals of Africa: Friday, 10:30 AM - 11:30 AM. Presented by Gary Clarke.
- Sept. 17 Topeka at 150 - Remembering Topeka Businesses: Friday, 10:30 AM - 11:30 AM. Presented by Merle Blair.
- Sept. 24 Life Enrichment - Cuba Update: Friday, 9:15 AM - 10:15 AM. Presented by Pedro Irigonegaray
- Sept. 24 Health - Dizziness, Tinnitus & Hearing Devices: Friday, 9:15 AM - 10:15 AM. Presented by J. Manford Barber, III, Sc. D.
- Sept. 24 Topeka at 150 - Downtown, Stories from the Avenue: Friday, 10:30 AM - 11:30 AM. Presented by Douglass Wallace.
- Sept. 24 Religion - Inadequate Health Care, a Moral Issue: Friday, 10:30 AM - 11:30 AM. Presented by Judy Eyerly & Marian Clinic.

October

- Oct. 1 Topeka at 150 - Neighborhoods & Historical Homes: Friday, 9:15 AM - 10:15 AM. Presented by Helen Crow.
- Oct. 1 Religion - Morality of Power: Friday, 9:15 AM - 10:15 AM. Presented by Rev. Kathy Timpany.
- Oct. 1 Health - Depression in Seniors: Friday, 9:15 AM - 10:15 AM. Presented by David Blakely, M.D.
- Oct. 1 Life Enrichment - Surviving the Holocaust: Friday, 10:30 AM - 11:30 AM. Presented by Eva Edmands

"Adventures in Learning" meetings are held at First Baptist Church, 3033 S.W. MacVicar Ave., Topeka, and are conducted by the Shepherd's Center of Topeka. The Shepherd's Center of Topeka is an organization of senior adults and a member of Shepherd's Centers of America, which is a non-profit, autonomous, interfaith community. For more information, please call the Shepherd's Center Office at 785-267-0248 or visits www.shepherdscentertopeka.org.

BOOKSHELF

By Margaret Baker

What a lot of really good new books this summer! Here are a few to choose from:

Mary Kay Andrews: *Hissy Fit* (HarperCollins, \$24.95, ISBN 0-06-056464-4) *mystery*

Keeley Murdoch's mother ran off with a car salesman when she was a little girl. She misses her mom and often wonders why she never called or wrote, but she and her dad have made a good life. She's an interior designer with her own company, and is about to be married.

That is, until she finds her fiancé dusting off a table in the back with her maid of honor during the rehearsal dinner. Understandably, she breaks off the wedding. Her would-be father-in-law, the town's banker, retaliates by pressuring companies not to use her company. The town gossips are having a field day.



Enter Will Mahoney, entrepreneur, who just bought the floundering Loving Cup factory. In its heyday, Loving Cup made top of the line bras; now they service the low end of the market. The few workers left fear even these jobs will depart for overseas.

Will has his sights on Mulberry Hill, a decaying antebellum mansion, and hires Keeley to oversee the restoration, no expense limit. He's planning it for his wife, an Atlanta broadcaster whom he hasn't actually met.

Everything—the revitalization of the factory and mansion, Keeley's insistent ex-fiancé who considers his actions just a little misdeed, Will's courtship, and the mystery of why her mother left no message—all come together far, far faster than a Southern drawl.

Exceptionally fine plot combines with powerfully-drawn characters (from the smallest bit player to the protagonist) to make this one of the year's best.

Steve Jackson: *No Stone Unturned* (Kensington, npg, ISBN 0-965-04187) *forensic science*

Fans of *CSI*, *Cold Case*, and various forensic shows should find *No Stone Unturned* a must-read. The squeamish should avoid it.

This is the story of Necrosearch, a forensic team who pioneered the

field of finding clandestine burials. It started with a dinner conversation (forensics is not for sissies) in 1988 concerning locating hidden burials, and the desire to combine detective



skills with new advances in scientific disciplines.

The emerging idea—burying dead intact pigs at different levels and ground, and observing the changes in vegetation, topography, etc.—earns them the sobriquet of The Pig People, but the advances they made has brought many killers to justice and the family to closure.

The midsection of the book contains photographs. The latter half of the book covers cases in which criminologists were able to find the victims' remains, sometimes after 20 years.

Twist Phelan: *Family Claims* (Poisoned Pen Press, \$24.95, ISBN 1-59058-110-5) *legal thriller*

Hannah Dain, lawyer with a family law office of Dain and Dain, does a very good job without emotional support from her father or older sister. When she graduated, her dad refused to change the name to Dain and Dain and Dain. Her mother having died early in her childhood, she has no idea why her Dad seems happier if she isn't around. She plans to take an offer in Boston at the end of the month.

Disaster is imminent when an IPO turns sour. If she's at fault, the firm will have to pay the investors two million dollars. With her career on the line, Hannah investigates and exonerates the firm. Dad and Sis don't even say thanks.

But another IPO having similar problems crops up, a car explodes in the firm's parking lot, and two people are murdered. Hannah enlists the aid of the firm's computer consultant to help her find out who has Dain and Dain in their sights—and why. The answer is a major plot twist.

The taut plot, psychology of family relationships, and authenticity of the desert setting make this a very enjoyable read.

New entries in Series

Mary Welk: *The Scarecrow Murders* (Hillard and Harris, \$16.95, ISBN 1-59133-086-6) *academic mys-*

tery, Carolyn Rhodes series

Registered nurse Carolyn Rhodes is housemother of the nursing dormitory of Bruck University where her youngest, Martin, is nearing his Ph.D. In a weird turn of events, he is also on the football team, drafted because the starter is out—he was a track star in undergraduate days. Team captain Trace Golden badgers him constantly; sadistic new coach Wade Wilkins regularly berates him.

The Bruins are being renamed the Freebies, and Homecoming is coming up.

Rhodes President wants a victory to loosen alumni pockets. In addition to the football game, he's arranged for a nationally-known women's rodeo to perform—in the football stadium. Football fans are furious at what that will do to the field.

Both sides picket the administration building. The president capitulates and cancels the rodeo, only to learn from the law department that the contract is valid. The animals are unloaded despite an attempt by Golden and friends to prevent it. Trace doesn't show up and the gang disperses.

Later Trace is found dead in the bucking bull pen, but the autopsy reveals he was strangled by human

hands. Since he and Martin had fought earlier, Martin becomes the prime suspect.

Trace isn't the first dead body. Why is a college town suddenly so deadly?

Collegians will enjoy the snippets of academic bickering as much as the good plotting of several subplots.

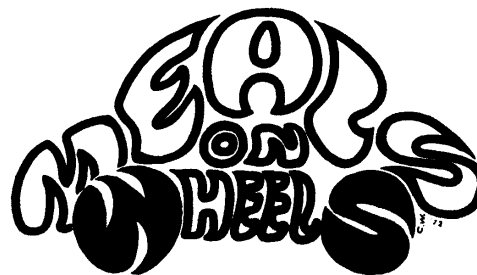
Mindy Starns Clark: *The Buck Stops Here* (Harvest House, \$10.99, ISBN 0-7369-1294-0) *Christian mystery, Million Dollar Mysteries series*

Widowed Callie Webber has the job most of us would love—chief investigator for a philanthropic foundation. She vets the grant requests, and hands over a check if they pass muster.

She's also in love with Tom Bennett, the head of his foundation, and they are making plans to marry. But she overhears him saying something that makes her wonder if he was involved two years ago in her husband's death.

Tom, also a NSA agent, says he

CONTINUED ON PAGE 13



DRIVERS NEEDED

LAWRENCE MEALS ON WHEELS delivers hot, nutritious meals to the elderly and/or disabled, Monday-Friday between 11:30 a.m.-1:00 p.m. Our only requirements for clients are that they are homebound and have a doctor ordered special dietary need.

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BOOKSHELF

CONTINUED FROM PAGE 12

can't discuss it, so Callie uses her investigative skills to unravel the complicated case.

This may be the final installment of the Million Dollar Mysteries. All the ends seem to be tied up. If so, her fans will treasure this last novel, and hope author Clark hasn't left the writing field completely.

Sharon Short: *Death by Deep Dish Pie* (Avon, \$6.50, ISBN 0-06-053797-3) *Josie Toadfern Series*

Josie Toadfern runs Paradise (Ohio)'s Laundromat. She's developed a reputation for removing darn near any stain.

Paradise's Big Day is the 4th of July Founder's Day, highlighted by the annual Breitenstrater Pie Company pie-eating contest. The pastry company is the main employer and its family heads the upper crust of Paradise society.

One of the bigwig drops dead after sampling a pie, and it isn't from clogged arteries. Josie, remembering that her last bit of a Breitenstrater pie didn't seem as full or as good as usual, investigates.

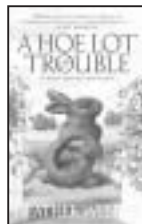
Paradise is her town, and she'll not permit a stain to smudge its honor.

Paperback Picks

Heather Webber: *A Hoe Lot of Trouble* (Avon, \$6.50, ISBN 0-06-072347-5) *Gardening mystery*

Nina Quinn owns Taken By Surprise, a gardening company which will do a day makeover of your loved one's weed patch. Business is good, which is more than can be said for her personal life.

Her husband's philandering has ruined the marriage, and her beloved but anti-social stepson's demeanor is demoralizing. And now



her tools, expensive top-of-line implements, are disappearing.

The death of the man who introduced Nina to the joys of horticulture is the last straw. Although terminally ill, his death was not from natural causes. His family, still on the farm on the edge of the city, is being harassed.

Something is more rotten than an unturned compost pile and earthworms won't solve it. Since the police are baffled, Nina investigates.

Intriguing plot—just when the reader thinks they know the motive and the killer, Webber surprises all.

For The Ears (Audio books)

Marek Halter: *Sarah* (Random House, audio edition \$25.00, ISBN 0-7393-1167-0) *Biblical fictionalized biography*

An engrossing fictionalized biography of Abraham's wife, Sarah, who conceived Isaac very late in her life.



The Biblical bits of the story of the early Israelites are expanded in a manner consistent with the period. The characters of

Sarah, Abraham, Lot, and Ishmael's mother are carefully drawn.

Random House offers this in audio form, read by Kate Burton, and also in regular and large print. If you liked Diamont's *The Red Tent*, you should like *Sarah*.

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

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October is Breast Cancer Awareness Month!

To show our support, Brighton has created an exclusive bracelet to help awareness as well as money for the cause. For each bracelet* sold, Brighton will donate \$5 to support Breast Cancer Research and Awareness. You can show your support by purchasing this bracelet of hope and wearing it to help raise awareness in your community.

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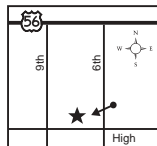
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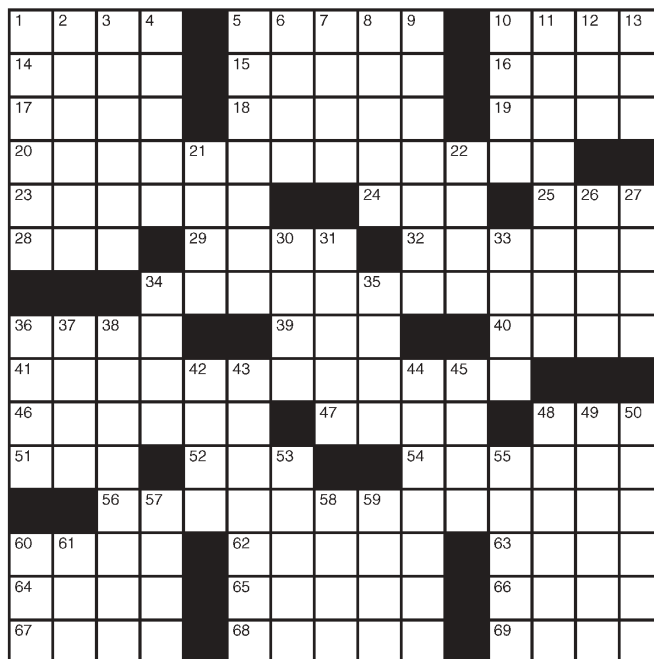
ACROSS

- 1 Coarse file
5 Bottom line
10 Pork product
14 Lowest parts of small intestines
15 Diminish
16 Lion's den
17 Tapered tuck
18 "Gianni Schicchi" soprano role
19 Weaponry
20 Mel
23 Encapsulate
24 ___ Na Na
25 Eminem's twins?
28 Former draft letters
29 Choir voice
32 ___ de corps
34 Mel
36 Therefore
39 ___ Dawn Chong
40 Consider
41 Mel
46 Blood component
47 Meg or Jeri
48 Org. of Couples and Toms
51 Poisonous evergreen
52 Possessive pronoun
54 Removes by scrubbing
56 Mel
60 Option for Hamlet
62 Nimble
63 ___ of Man

- 64 "___ Lang Syne"
65 Blush
66 Wallop
67 Birch or alder
68 Politico Kefauver
69 Middle of March

DOWN

- 1 Long, narrow elevations
2 Delon and Prost
3 Glacial pinnacles
4 City on the Ganges
5 Citrus fruit
6 German chief
7 "A ___ of Two Cities"
8 Map collection
9 Tanned hide
10 Louver
11 Ornamental garden with patterned paths
12 Intent
13 "___ Miniver"
21 Former Russian leader
22 Kiln
26 Imitate silently
27 Flower support
30 Wrongful act
31 Where lovers walk?
33 Pea containers
34 Teeth on a wheel
35 Squirmy
36 Spot
37 Anger
38 Like a rawhide chew-toy



By Eugene R. Puffenberger

Answers on page 21

- 42 Give off
43 Daily grind
44 Whip wielders
45 Andes people
48 Contracted, as lips
49 Decorative bars
50 Balance-sheet pluses
53 Some lilies
55 Pygmy antelope
57 Hand over
58 Delta base?
59 Gin flavoring
60 Create lace
61 "___ Miss Brooks"

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.

PLANNING A TRIP (sol.: 8 letters)

A-Airfare, Amenities, Anxiety; B-Beaches; C-Car rental, Choices, Choose, Confirm, Cost effective; D-Dates, Deals, Depart, Dining, Discounts, Drive; F-Food; G-Ground travel, Guide; H-Hotels; I-Itinerary; L-Leave, List; M-Maps, Money, Museums; P-Packages; R-Research, Reservations, Return; S-Schedule, Shop, Stay, Surfing; T-Think, Tickets, Time, Tourism; V-Visit

This month's answer: **VACATION**

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EVI RDSRESEARCHE
PACKAGESEHCAEBC
DISCOUNTSTEK CIT
IEMONEYRARENITI
NMSNOITAVRESERV
IIIOEDIUGCHOOSE
NTOURISMRIFNOCN
GROUNDTRAVELIST

JUMBLE

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

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LAGED
GYFFIE
SNIDUM

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www.jumble.com

Answer: HE WAS

Answers on page 21

THAT SCRAMBLED WORD GAME

by Henri Arnold and Mike Argirion



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

Answer: HE WAS

Answers on page 21

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14 SeniorMonthly, September 2004

TRIVIALITIES

- This "Kill Bill" supported player was once a judge on the Japanese cooking show, "Iron Chef."
- Which TV show or movie contains this statement: "It's when you start doing things for free, that you start to grow wings."?
- Brad Pitt chipped his tooth during the filming of this movie, but waited until after filming to have it capped because he felt it added to his character.
- Ashley Judd was originally scheduled for the lead role in this new movie.
- Who are the two boys who hand Spider-Man his mask on the train in "Spider-Man 2"?

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Answers on page 21

HUMOR

My Heinz Kerry scoop

Egotistical journalists take full credit for every scoop they publish. Other journalists call it luck when they get a scoop. Reverent journalists believe that the Muse of News takes their straw and spins it into gold. Somehow, by luck or by muse, I came up with this dandy scoop involving—hold your breath—Presidential Campaign Politics.

Late last July during the Democratic National Convention in Boston, a Pittsburgh political reporter questioned Teresa Heinz Kerry, the wife of Democratic presidential candidate John Kerry, about some point

eral languages, but English is not her first language. That fact, according to my source, is crucial in understanding the story.

According to Garganta Honda, Heinz Kerry didn't mean to say "shove it," at all. She wanted to tell the guy to go away. But in her frustration and irritation, Heinz Kerry said "Shove it" when she meant "Shove off."

My secret source told me that the Democratic Party chiefs met with Heinz Kerry moments after the incident and she told them that her remarks had been a slip of the tongue. She didn't mean to use naughty words, she said. She just wanted the guy to let her alone.

Younger party communication specialists came up with a way of spinning the remark. This team advised: "Let it all hang it all out."

They said, "Let's praise Teresa Heinz Kerry as an articulate, intelligent woman who misspoke herself in a moment of frustration." Admitting that Teresa, who is fluent in several foreign languages, had misspoken, they argued, would play well with hundreds of thousands of voters whose first language is not English.

But the senior Democratic Party spin doctors vigorously opposed the "hang out" approach.

They said, "People want Teresa Heinz Kerry to be smart and strong, not dumb and crabby." The senior party operatives prevailed, according to Garganta Honda.

Within an hour of the remark, Democratic Party writers and communications merchants were promoting the "smart and strong" version of the remark to all the media.

And so that's the story. But, how, you ask, was a nobody geezer humor columnist from Kansas able to come up with an unimpeachable source deep within the Democratic Party, and scoop all the big time media professionals?

I give credit to luck and the Muse of News. Truth is, I got my scoop because of a faulty hearing aid, a Paraguayan lapel pin, and my effort to help a friend.

Everyone knows that the Kerry-Edwards campaign was in Missouri. Then they boarded the train for an overnight trip to New Mexico. I was on that train.

A dear friend of mine, a super Democrat, took sick a few hours before he was supposed to work as a volunteer at a private Democratic Party soirée at a Kansas City hotel. He asked me to fill in for him. I agreed. Then my hearing aid broke. The only other hearing aid I had was an old behind-the-ear model with a wire that ran down to a battery in my shirt pocket. I stuck it on, and dressed in a navy blue blazer and khaki pants. On my blazer there was a red and blue rectangular lapel pin that I bought years ago in Paraguay.

I reported for duty at the late night Democratic Party soirée, and looked for the person who my friend said would give me a volunteer credential. As I wandered around, I noticed the Secret Service agents in blue blazers with spiraled plastic cords running up their necks and into their ears. They were wearing distinctive rectangular lapel pins. Kansas City Police plainclothes detectives, hotel security personnel, and Missouri Highway Patrol, were all part of the security system.

I never did get a volunteer credential to hang around my neck. For some reason people treated me like I was a member of the security detail. When the party was over, the guests were ushered out of the hotel suite. To my surprise, no one ushered me out. Then someone came up and handed me a large gift-wrapped package.

"Please get this aboard the train for me," said the person who was to become known as Garganta Honda. "Put it on the table in the boardroom of the conference car."

Garganta Honda hurried away before I could explain who I was. Then

the Secret Service herded everyone onto elevators, the elevators stopped in the basement parking garage, and we boarded a fleet of limos and SUVs. The next thing I knew I was on the train, and the train was pulling out of the station. I located the conference car and the boardroom. Garganta Honda was waiting.

"What kept you?" Garganta Honda asked.

"I don't know my way around the train," I said.

"Don't you work for railway security?" asked Garganta Honda.

"No, I'm a humor columnist for the *Kaw Valley Senior Monthly* in Lawrence, Kansas," I said.

"Oh my gosh. This is awful. I'm in big trouble."

"Look," I said, "No one needs to know about this."

"But you're a journalist," said Garganta Honda, "You'll have to write about it."

"That's true," I said. "But I never reveal my confidential sources, so no one will know it was you. And, anyway, who would believe such a cockeyed story from an obscure humor columnist in Lawrence, Kansas? So just get me quietly off the train, and everything will be fine."

"Is there anything else I can do?" asked Garganta Honda.

"You could tell me on deep background what really happened in that Heinz Kerry incident in Boston," I said,

So that's the scoop and how I got 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.



Larry Day

in a speech she had made to the Pennsylvania delegation. In the exchange that followed the question, Heinz Kerry told the reporter to "shove it." That remark was so important that it lived through four or five national news cycles. It was BIG news.

But there's a story behind the story. That story is about what Teresa Heinz Kerry meant to say, not what she actually said.

The instant the words "shove it" came out of Teresa Heinz Kerry's mouth, Republican and Democratic spin doctors leaped into action. The Democrats were playing the story on the fly, so when Senator Kerry, who was campaigning in another state, was told of the remark, he said, "Good for her." Heinz Kerry told the nation that she was standing up for a woman's right to defend herself.

On the Republican side, the speed with which Heinz Kerry's remark was captured, processed, edited and distributed to an eager public, rivaled the speed and efficiency with which the world learned about the U.S. moon landing. Dealing with the remark was easy for the Republican campaign team. All they had to do was put the remark out there, and keep it out there.

According to Garganta Honda, my unimpeachable secret source, the Democratic team faced much more difficult choices.

Teresa Heinz Kerry is fluent in sev-

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COOKING LIGHT

Blueberry-cranberry orange muffins

By Jim Fobel

We loved the mix of dried berries in this recipe, but feel free to use only one variety, if you prefer.

- 2 cups all-purpose flour
- 2/3 cup sugar
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 1/4 cups low-fat buttermilk
- 1/4 cup butter, melted
- 1/4 cup dried blueberries
- 1/4 cup dried cranberries
- 2 teaspoons grated orange rind
- 1 teaspoon vanilla extract
- 1 large egg, lightly beaten
- Cooking spray
- 1 tablespoon sugar
- 1. Preheat oven to 400 degrees.
- 2. Lightly spoon flour into dry

measuring cups; level with a knife. Combine flour and next 4 ingredients (flour through salt) in a large bowl; make a well in center of mixture. Combine buttermilk and next 6 ingredients (buttermilk through egg) in a bowl; add to flour mixture. Stir

just until moist. Spoon batter into 12 muffin cups coated with cooking spray, and sprinkle evenly with 1 tablespoon sugar.

3. Bake at 400 degrees for 18 minutes or until lightly browned. Remove muffins from pans; cool on a wire rack. Yield: 1 dozen (serving

size: 1 muffin).

CALORIES 197 (23 percent from fat); FAT 5.1g (sat 2.8g, mono 1.5g, poly 0.4g); PROTEIN 3.9g; CARB 34.5g; FIBER 0.8g; CHOL 29mg; IRON 1.2mg; SODIUM 221mg; CALC 75mg

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Spaghetti carbonara

Karen Levin

1 (9-ounce) package uncooked fresh linguine

3 slices precooked bacon (such as Oscar Mayer Ready-to-Serve bacon)

1/2 cup fat-free, less-sodium chicken broth

1/4 cup dry white wine

1 tablespoon butter

2 garlic cloves, minced

1/4 cup egg substitute

1/4 teaspoon salt

1/8 teaspoon black pepper

1/2 cup (2 ounces) grated fresh Parmesan cheese

1. Cook pasta according to package directions, omitting salt and fat.

2. Heat bacon according to package directions. Cool and finely chop; set aside.

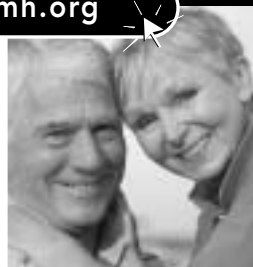
3. Combine the broth, wine, butter, and garlic in a large nonstick skillet; bring to a boil over medium-high heat. Reduce heat, and simmer for 1 minute. Remove from heat; stir in egg substitute, salt, and pepper. Add pasta; toss well. Stir in bacon and cheese; toss well. Yield: 4 servings (serving size: 1 cup).

CALORIES 363 (24 percent from fat); FAT 9.7g (sat 4.8g, mono 3.1g, poly 1.1g); PROTEIN 16.2g; CARB 48.9g; FIBER 1.6g; CHOL 20mg; IRON 3.1mg; SODIUM 526mg; CALC 163mg.

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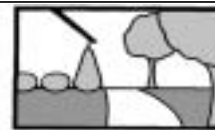
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TRAVEL

Colonial Coastal Birding and Nature Festival showcases beauty of Georgia coast

By Shifra Stein and Bob Barrett

You don't have to be a birder to enjoy the magnificent paradise that awaits visitors to Southeast Georgia's Colonial Coastal Birding and Nature Festival. Held October 8-10 this year, the annual event draws bird and nature lovers, artists, and others who come to birdwatch, hike, canoe, paint and photograph the shorelines, salt marshes, woodlands, and wetlands of this area.

The festival kicks off on Friday evening with a social gathering at the Rookery, interactive exhibition center located in the Jekyll Island Convention Center, where authors, artists and conservationists will be on hand to talk with visitors about birding, binoculars, outdoor habitats, and wildlife education. The remaining days will be filled with seminars, dinners, and unique coastal nature trips. If you have extra time, you can spend it visiting the historic Jekyll Island Club Hotel. Founded in 1866, the Club thrived as a grand and private retreat for some of America's wealthiest families such as the Rockefellers, and Vanderbilts who erected fabled residences on the grounds of what is now known as the "Millionaire's Village." Tours of this historic landmark start every hour from 10 a.m. to 3 p.m. at the National Historic District Welcome Center, which is located on Shell Road a short walk from the Jekyll Island wharf.

During the festival, visitors will journey east north and south of Jekyll Island to take in such birding hot spots as Melon Bluff Nature and Her-

itage Preserve, one of the last undeveloped pristine tidal basins on the Atlantic seaboard, and Harris Neck National Wildlife Refuge where 68 species of butterflies have been recorded. Guests will be led by naturalists and conservation experts on all the trips, and take advantage of these experienced guides on visits to some of Georgia's most beautiful and remote barrier islands that include Blackbeard, Sapelo, Little St. Simon's and Cumberland Island National Seashore, the state's southernmost and largest barrier island.

Daily events offer information ranging from bird and butterfly identification, to barrier island ecology, and creating a backyard haven for wildlife. There are photography workshops as well, including an unusual "digiscoping" class led by naturalists from Carl Zeiss Sports Optics and Swarovski Optik N.A. who will focus on digital cameras and special adaptors that enable you to capture unparalleled images of wildlife through binocu-

lars and scopes. There's even a family fun day, where youngsters can get acquainted with the rare, endangered loggerhead sea turtle, which nests on Georgia's coastline.

"Festivals are positive ways for us to reconnect with nature; it's a consciousness-raising event," says Lydia Thompson, Executive Director of the Georgia's Colonial Coast Birding & Nature Festival. The artist and conservationist feels an urgency to protect Georgia's fragile coastal environment. "Right now, we don't have to 'restore' it back to its original pristine condition, because it's already is untouched and unspoiled," she says. "Our goal is to

keep it that way."

Those such as Thompson who feel drawn to this unusual coastal setting will come to the festival for many reasons. Perhaps it might be the chance to kayak along a tidal basin during the Melon Bluff Kayak Birding/Nature tour. Here you can explore part of a ten thousand-acre scenic tidal marsh where birds, such as herons, osprey, wood storks, and egrets reside. Or maybe you'd prefer to experience bird banding at Jekyll Island's famed South Beach Station where hundreds of migrating birds pass through here each October to be captured, gently, in mist

CONTINUED ON PAGE 19



Tri-colored Heron

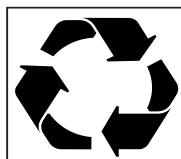


Pine Warbler

Jekyll Island

WHO TO CALL AND WHERE TO STAY: Jekyll Island is one of Georgia's Golden Isles, located just off the coast of the city of Brunswick, Georgia. For a list of area hotels, motels and bed & breakfasts, please contact the Brunswick & The Golden Isles Visitors Bureau at 912-265-0620 or 1-800-933 COAST, or visit them at www.bgivb.com or 1-800-933-COAST. To register for the 2004 Colonial Coast Birding & Nature Festival contact: Registration CCBN Festival c/o Savannah Coastal Refuges, 1000 Business Center Drive, Suite 10 Savannah, Georgia 31405 or see the web site at: www.coastalgeorgiabirding.org

To view artwork and information about Lydia Thompson see her web site at www.thebest.net/artworksbylydia/
GETTING THERE: Jekyll Island is located just minutes from Interstate 95, off of Exit 29 off the southeast coast of Georgia. The area is served by two international airports and one regional jetport. The Savannah International Airport is just 70 miles north up I-95, and the Jacksonville International Airport is also right off of I-95, 60 miles south. The Glynnco Jetport, located in Brunswick, Georgia, is just minutes from Jekyll Island and offers daily flights to and from Atlanta's Hartsfield International Airport.



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TRAVEL

CONTINUED FROM PAGE 18

nets to be measured and banded and weighed.

Volunteers involved in the art of bird banding know what an astonishing experience it is to hold a vibrant multicolored Painted Bunting or delicate Pine Warbler in your hand, and to know that, in some small way, you are helping to preserve the species by enabling scientists to understand its migration patterns and population trends. The loss of even one of the birds that migrate through in fall can signal possible danger to all. The Painted Bunting is one of 300 species found throughout the 18 sites

that make up Georgia's Colonial Coast Birding Trail. The coastal pathway stretches north along I-95 from Okefenokee National Wildlife Refuge and Cumberland Island to Fort Pulaski National Monument just 15 miles east of Savannah.

As an artist Thompson feels that there is no better way to paint birds than to get out and watch them in the field. She has used her talent to promote preservation by showcasing the beauty of the birds and wildlife of region in her hand pulled and intaglio prints that capture the feel of the region from an artist's perspective.

"I've watched birds all my life and I tried to grasp the spirit of the wildlife I paint, rather than just creating pretty pictures," says the talented printmaker. Having spent a year on the road working at various bird banding stations around the country, Thompson learned first hand the impact that development has had on bird populations. "We're losing birds at a rapid rate. So it's become important to educate people about what's happen-

ing. The Colonial Coastal Birding and Nature Festival can help people understand that we must become stewards of this land so that we can hold on to it for future generations to enjoy."

- Shifra Stein and Bob Barrett are a photojournalist travel team whose articles appear in newspapers, magazines, and online publications. Visit Shifra Stein's web site at www.shifrastein.com and see her books available on www.amazon.com.

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Vinyl and plastic

■ **Wash with soap and water**

■ **Turn vinyl- or plastic-lined bags** inside out, then wash lining with soap and warm water

■ **Store in protective bags** away from heat

Leather

■ **Deep or old stains** should be professionally cleaned; check that the cleaner uses solvents that preserve the natural oils

■ **Fresh stains** from food can be wiped with a damp cloth; for oil or grease stains, sprinkle bag with ground-up blackboard chalk, let sit for 24 hours, then remove powder with a leather-care brush

■ **Dry wet leather** away from the heat to avoid cracking; stuff with paper to help retain shape

■ **Follow manufacturer's instructions** for keeping bag supple; store in breathable (not plastic) bags in a cool, dry place to prevent growth of mildew

Source: Fodor's How To Pack, L.L. Bean Traveler Guide, KRT Photo Service
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By Omar Sharif and Tannah Hirsch

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

The bidding:

SOUTH	WEST	NORTH	EAST
2 ♣	Pass	2 ♦	Pass
2 ♠	Pass	3 ♠	Pass
4NT	Pass	5 ♣	Pass
5NT	Pass	6 ♦	Pass
6 ♠	Pass	Pass	Pass

Opening lead: : King of ♥

A key difference between rubber bridge and duplicate is that the former offers the opportunity for safety plays even when the odds in favor of success are overwhelming. In duplicate you often cannot afford to sacrifice a possible overtrick just to secure the contract.

South's opening bid was an artificial game force. North's two diamonds was negative, and the rest of the auction was natural. When North showed only one king, South was satisfied with a small slam since there appeared to be a club loser and there was no guarantee that North possessed the queen of trumps.

West led the king of hearts, and it was obvious that only a 4-0 trump split put the contract at risk. In a pair event it would be right to cash a high trump after winning the ace of hearts, and that would inevitably lead to the contract's defeat on this lie of the cards. Try it.

If West has all the trumps, a dummy reversal is required to land 12 tricks. At trick two declarer must lead the eight of spades! West can do no better than rise with the queen and return a trump. Now declarer can use the high trumps in hand for ruffing hearts while dummy's J 10 9 of trumps will pull the enemy's teeth.

The trump return is taken on the table with the nine and a heart is ruffed high. A trump to the nine permits another heart ruff with declarer's remaining spade honor. Declarer now crosses to the king of clubs to draw the outstanding trump, discarding a club from hand, and five more tricks in the minors bring declarer's total to 12.

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Hundreds of visitors helped Aldersgate Village, Topeka, and United Methodist Homes Inc. celebrate their 25th and 100th anniversaries, respectively, on August 11. The two-hour party included an art show, self-guided tours featuring a history of UMH, a musical program and dinner.

SHICK call center in Lawrence receives \$4,000 in funding

Secretary of Aging Pamela Johnson-Betts announced on August 17 that the Senior Health Insurance Counseling for Kansas (SHICK) Call Center in Lawrence will receive \$4,000 in funding to assist Kansas Medicare beneficiaries with the changes brought about by the Medicare Modernization Act (MMA).

Johnson-Betts made the announcement at Douglas County Senior Services, which houses one of two SHICK Call Centers in Kansas. Katie Glendening is director of the Lawrence Call Center. Another Call Center is located in Wichita.

SHICK has received a supplemental grant from the Centers for Medicare and Medicaid Services (CMS) to support education and outreach efforts related to the Medicare Modernization Act, including the Medicare-Approved Drug Discount Cards that are currently available, and Medicare Part D which will be available in January 2006. In addition to the two SHICK Call Centers, thirteen SHICK Sponsoring Organizations located across the state will receive funds from the grant.

Johnson-Betts stressed the need for volunteers to help in the effort. "SHICK is a volunteer-driven orga-

nization," she said. "The number of calls to SHICK has increased dramatically since the passage of the Medicare Modernization Act, and the need for volunteers to handle those calls has increased as well. Call Center volunteers provide information about Medicare through our toll-free hotline. Volunteer counselors with our Sponsoring Organizations provide face-to-face assistance."

In addition to answering questions about Medicare, SHICK counselors also can help people with Medicare claims and appeals, supplemental policies, long-term care options and finding assistance with prescription drug costs. SHICK volunteer counselors go through a three-day initial training. The counseling they provide is free, unbiased and confidential.

SHICK has more than 300 volunteers statewide. Last year, SHICK counselors helped more than 14,000 Kansans save more than \$6 million in insurance and prescription drug expenses.

Anyone interested in becoming a SHICK volunteer should call the SHICK Call Center at 1-800-860-5260 or Glendening at Douglas County Senior Services, 785-842-0543.

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PET WORLD

Free 'buffet' entices lizard house guests

By Steve Dale

Q: Anole lizards run into my apartment. I have a strip at the bottom of my door that prevents the cold air from coming in — but that doesn't stop the invading lizards. I see them outside in the bushes, but why are they coming up to visit me on the fourth floor? I don't like it. I'm told there's no spray that'll repel them. I've tried to chase them — but they're too fast.

I'm stumped. How can I rid my apartment of these lizards? — A.B., Pompano Beach, Fla.

A: I'm going to tell it like it is, and you won't like my answer — which, by the way, I verified with several "lizard authorities." The anole lizards are feasting. They're in your apartment because you're offering a free buffet of six-legged critters. Even if you don't see the insects — they must be there.

Even if somehow, somehow I'm wrong, and the anoles are just hanging out in your apartment because they like you, what harm are they doing? In fact, living in Chicago, I'm personally jealous. You see, I like lizards.

Q: Three weeks ago, my husband and I had a baby. Since we brought her home, my 11-year-old cat has been angry with me. I had a cesarean section, so for the first two weeks, I could not allow him to jump on my lap. He weighs 15 pounds. I try to give him attention, but he's pooping and peeing on our good couch. He has never done this before. What can I do? — J.K., Coral Springs, Fla.

A: Cats (especially old cats) generally detest change. You can't do much to change that new living thing that's incredibly loud and offensively smelly. But you can minimize other changes. If you've moved the litter box (because its previous location is now in the baby's room), be sure to choose a suitable new location that offers some privacy. Also, be as diligent as you can about scooping.

Stephen Zawistowski, a certified applied behaviorist and senior vice president/science adviser at the American Society for the Prevention of Cruelty to Animals, New York City, says now that you're able to, spend as much time as you can doing whatever your cat enjoys most — brushing, playing or simply being

petted as you watch TV.

Incidentally, play is a great stress-buster. Use an interactive toy (such as a fishing toy with feathers or fabric) and play with kitty at least once daily. I understand, you have other things to do, like caring for a newborn. From now on, whenever that baby appears so does the heavy-duty artillery, like tuna or moist cat food (assuming your cat isn't on a special veterinary diet). If your baby's fussing seems to disturb the cat, offer more of these yummys while your baby wails. Be careful not to feed too much, though. It's the quality that counts, not the quantity.

The idea is for your cat to associate an incredibly amazing treat with your baby. In fact, I like the idea of putting a tartar-control snack or two in the baby's hand, and then saying "hooray," as the treats drop to the floor. The goal is to convince your cat the treats are actually being dispensed by the baby.

Grandma will love this Zawistowski suggestion: Place plastic covers over the furniture at risk. Most cats don't like the feel of this plastic. However, unless you deal with what's stressing kitty, he'll merely find a new place to go — and it may not be the box. To further encourage him to use that box, it may be a good idea to close him off in his room with the box, toys and water bowl when you're unable to supervise. You'll be better off if this room is not carpeted.

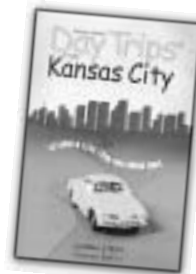
Not only is your cat stressed by the baby, but also by a house load of visitors and by the stresses you and your husband now feel — which your cat picks up on. As things in your house settle down, your cat will, too. Meanwhile, spoil the cat and spare the child.

- Steve Dale welcomes questions/comments from readers. Although he can't answer all of them individually, he will answer those of general interest in his column. 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. Listen to Steve Dale's WEEKLY RADIO SHOW, "Pet Central," on the World Wide Web at www.wgnradio.com, using RealAudio.

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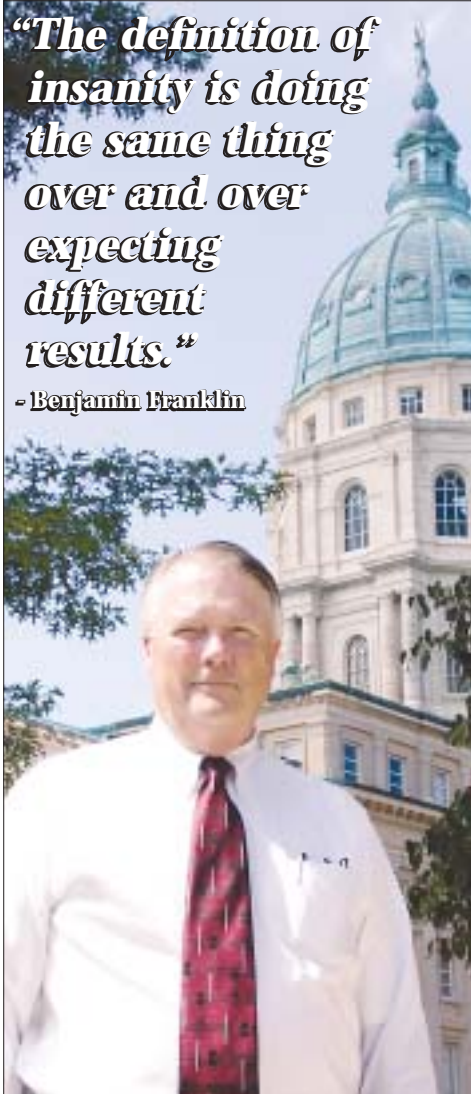
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