

Kaw Valley Senior Monthly

Self-Improvement Month
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September 2005

Serving Active Seniors in the Lawrence-Topeka Area

Vol. 5, No. 3

INSIDE



KDOA will distribute *Explore Your Options: A Kansas Guide to Information and In-Home Services* in September. - page 3



The KU Osher Lifelong Learning Institute offers seniors the opportunity to go "back to school." - page 13

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FREE



SENIOR profile

June Dockery works on an afghan for a great-grandchild due in October

KEVIN GROENHAGEN PHOTO

The Patience of June

Topeka senior handles tragedies with grace

By Kevin Groenhagen

If you ask June Dockery's four daughters—Carol Allen, Sharon Hochstedler, Marsha Chavez and Linda Uhl—about their mother, they'll tell you she is a very good person who just happened to experience many bad things.

In 1959 June had just finished getting groceries for her family when she experienced one of those bad things.

"A guy was carrying my groceries to my car," June said. "I looked both ways before crossing the street and had almost gotten to my car when a car came flying around the corner. The kid driving hit me and knocked me clean across the street. They took me to the hospital. I had no broken

bones, but I was so sore."

A year later, June's husband, a Topeka filling station owner and musician with a penchant for swing music, lost his battle with lung cancer. Three days later, June delivered a stillborn baby.

"I was with my husband when he passed away and I think it was the shock that did it," June said.

The shock of losing both her husband of 20 years and her fifth daughter in less than a week was accompanied by the realization that she would have to raise three daughters—Sharon, Linda, and Marsha—by herself. June's eldest daughter, Carol, had already married and left home. At the time, the family lived in a house at 37th Street and Croco Road that had no indoor plumbing.

To support her family, June worked at a variety of jobs over the next several years. She worked as, among other positions, a seamstress, a furniture upholster, and a meat wrapper at Falley's supermarket. She also worked at the Dolly Madison thrift shop at 21st and California Streets for more than 13 years.

While at Dolly Madison, June had an accident while moving a rack of pies.

"I grabbed the rack wrong and it started to fall over," June said. "It hit me on the shoulder and knocked me down. I had to take some time off."

June added that she also broke her wrist after tripping over a pallet at another workplace.

CONTINUED ON PAGE TWO

June Dockery

CONTINUED FROM PAGE ONE

"You were pretty accident-prone, weren't you, mom?" Carol responded with a laugh. Carol, like June, lives at Mission Towers. She may have jinxed herself with that comment. Marsha called *Senior Monthly* with an update two days after our interview with June. June had found Carol on the floor while paying her daughter a visit. Carol had suffered a bad fall and had broken her hip, kneecap, and elbow.

June remarried a widower four years after her first husband's death. After a few years, June's second husband noticed pain in his knee while fishing. A bump on his knee turned out to be a malignant tumor. He had bone cancer. Doctors amputated his leg, but they were not able to stop the spread of the cancer. He died just nine years after he and June married.

"When I lost my first husband, someone advised me to keep busy," June said. She followed that sage advice after the deaths of both husbands. In addition to working, June attended church, sang with the Sweet Adeline Chorus, and did volunteer work, such as reading to a blind resident of a nursing home and taking

another resident on short trips outside of the nursing home.

Twelve years ago, June, then 73, decided to downsize and moved into Mission Towers. However, she did not "downsize" her busy schedule of volunteer work, hobbies, and church attendance three times a week.

June clearly remembers attending church during the afternoon of Sunday, March 14, 1999, but she doesn't remember much of the rest of that day.

"I parked my car in the back right behind Mission Towers," June said. "I had been to church and it was just beginning to get dark. I took my purse and Bible and got out of the car. I then walked from the parking lot to the sidewalk. I remember doing that, but that's all I remember."

June had been mugged and knocked unconscious. Another resident saw June through her window on the sixth floor, but did not recognize her on the ground.

"I guess there was blood everywhere," June explained. "There was a big gash on my head. They called an ambulance. I guess I was in rehab before I remembered anything."

June spent the first week after the mugging at Stormont-Vail Regional Health Center. She was then sent to Kansas Rehabilitation Hospital

for several weeks. Doctors initially thought June would need extensive speech therapy because no one could understand her when she first came to.

Fortunately, June did not require speech therapy. However, the beating affected her vision and she no longer could drive.

The police eventually found June's purse and billfold, but were unable to get fingerprints. All the contents were in them except for her cash.

"He could have killed me for just \$35," June said.

The mugging, a quadruple bypass in 2001, high cholesterol, osteoporosis, and degeneration of the spine have slowed June down a bit. For example, she stopped singing with the New Beginnings senior choir two years ago and now attends church just on Sunday mornings. However, she still keeps busy.

"I do a lot of things with my hands," June said. "I crotchet af-

ghans, make lap robes for nursing homes, and make prayer blankets for Heartland Hospice."

June continues to do her own cooking and cleaning, attends regular exercise classes with her friends at Mission Towers, and, perhaps most importantly, inspires her family, which now includes 10 grandchildren and numerous great-grandchildren.

"There are times when I look at my life and say, 'Woe is me,'" Linda said. "Then I look at my mother and I ask myself, 'Why am I complaining?' Look at what she has gone through."

"This lady holds our family together," Marsha added.

When asked how she maintains such a positive attitude after experiencing multiple tragedies, June gives credit to a higher power.

"The Lord," June responded. "He wants me here for some reason. I just haven't figured out what it is yet."

Tips for Protecting Yourself

Editor's note: June Dockery was mugged where most people would feel safe. However, it is important to remember that muggings can occur almost anywhere. Senior Monthly contacted the Topeka Police Department and asked what steps can be taken to minimize the chances of becoming a crime victim. We want to thank Sgt. Darin Scott, Crime Prevention Officer, and Dawn Maendele, Unit Coordinator for the Crime Victims' Assistance Unit, for providing us with this list of tips:

- 1) Keep your head up and be alert. Criminals are looking for quick and easy targets. They want victims that offer very little resistance, who are unable to identify them and who provide them with high profits.
- 2) Be aware of your surroundings. Always scan the area around you for potential hazards, suspicious activity and plan an escape route.
- 3) Walk like you have a mission.
- 4) Make eye contact.
- 5) If you carry a personal safety device, you must be willing to use it.
- 6) No piece of property is worth getting hurt over. If you are robbed do

- not fight or make cute comments.
- 7) Utilize a buddy system, do laundry, shopping or errands in groups.
- 8) Choose a safe, familiar and well-lit area or route.
- 9) Be alert for anyone hiding nearby.
- 10) Don't carry large amounts of cash.
- 11) Carry your wallet in a safe inside pocket or on a chain attached to your belt.
- 12) Leave your purse at home, if possible.
- 13) Don't use a purse with a shoulder strap—you could be thrown to the ground and injured if it's snatched.
- 14) Have your keys out and ready.
- 15) Don't enter an elevator alone with a stranger.



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KDOA helps seniors explore their options

By Kevin Groenhagen

Thanks to the Kansas Department on Aging (KDOA), 11 Area Agencies on Aging (AAA), and financial assistance from the Kansas Department of Social and Rehabilitation Services, Kansas seniors have a guide to help them maintain their independence.

First published in 1992, the 13th edition (2005-2006) of *Explore Your Options: A Kansas Guide to Information and In-Home Services* should be ready for distribution during the first week of September.

"This publication is designed to provide information and ways for people to advocate for themselves, and help keep them in their homes longer," said Wilda Davison, KDOA Aging Information & Assistance Program Manager. "We have tried to make the booklet easy to read, easy to understand and a comprehensive directory of community and area services."

There will be 11 different versions of *Explore Your Options*, or one version for each AAA in Kansas. The first half of every version is the same and includes an introduction and three parts: Services and Information That Help You Remain in Your Home; Housing and Long Term Care; and Contact Information & Eligibility Charts.

The second half of *Explore Your Options* includes a directory of area-specific information and in-home services. Each directory includes, among other categories, information on adult daycare, Alzheimer's care, companionship, emergency numbers, home health, hospitals, housing, Meals on Wheels, medical equipment, respite care, senior centers, support groups, transportation, and utility assistance.

According to Davison, who has

worked on *Explore Your Options* for nine years, the process of readying a new edition for publication usually begins on April 1. Davison performs some of the verification, especially for the front half, while the 11 Area Agencies on Aging verify

information for their areas. Davison says they must complete gathering and verifying information, which can take as long as three months, before she can begin handling it in the printing process.

Once the 92,000 copies of the 13th edition of *Explore Your Options* are printed, KDOA

and the Area Agencies on Aging begin the process of distributing the books.

"The majority of the books will be shipped directly from the printer to the 11 Area Agencies on Aging for distribution," Davison said. "We also mail out quite a few copies from here. However, we rely mostly on the area agencies to distribute them in their counties and areas. They take them to libraries, doctors' offices, and senior centers. Case managers also take them out to clients."

Jayhawk Area Agency on Aging will distribute *Explore Your Options* during an "Explore Your Options Day" on Friday, September 23. The event, which will be held from 9:00 a.m. to 3:00 p.m. at the Big Shelter House at Gage Park (next to the Topeka Zoo), will feature provider

exhibits, educational forums, and freebies.

KDOA plans on distributing *Explore Your Options* at the Kansas State Fair in Hutchinson September 9 through 18. The department will have an information booth in the



Wilda Davison

KEVIN GROENHAGEN PHOTO

Meadowlark Building. In addition to passing out *Explore Your Options*, KDOA will also distribute other KDOA publications, such as *Kansas Caregiver Guide*, *A Guide for Alzheimer's Disease and Related Disorders*, and *Resource Guide for Seniors*. KDOA staff also expect to field questions concerning the Medicare prescription drug benefit that begins in 2006.

Explore Your Options will also be available in September on the

KDOA's web site at <http://www.agingkansans.org/index.htm>.

Pamela Johnson-Betts serves as the secretary of KDOA, a department with 180 employees statewide. The department's goals and objectives are to promote:

1. Healthy aging with personal and financial independence.
2. A continuum of choices in services for seniors.
3. High quality services and supports at all levels of individual need.
4. Effective, efficient and affordable services and supports.

For more information about *Explore Your Options* or other senior issues, call: KDOA toll-free 800-432-3535; the Jayhawk AAA (Douglas, Jefferson, and Shawnee counties) at 785-235-1367 or 800-798-1366; the East Central Kansas AAA (Franklin and surrounding counties) at 785-242-7200 or 800-633-5621; the Johnson County AAA at 913-894-8811 or 888-214-4404; or the Wyandotte-Leavenworth AAA at 913-573-8532 or 888-661-1444.

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HEALTH & FITNESS

New hope for diabetics: Anodyne therapy

Every day thousands of people worldwide are diagnosed with diabetes. The signs of diabetes are subtle and diagnosis requires a test for elevated blood sugar. One striking symptom is leg numbness that starts in the feet and gradually moves to the knees over a period of months or years.

This numbness, which is called diabetic peripheral neuropathy (DPN), can lead to intractable pain, dif-



Laura Bennetts

iculty walking and standing, and increased risk of leg wounds. Countless diabetics have suffered acutely from DPN.

But we now have good news. A new technology called Anodyne monochromatic infrared light therapy is being used to successfully treat and reverse the progression of DPN. This offers new hope for diabetics with DPN.

Numb Feet

You might think that having numb feet would be only a minor problem, but in fact it can be life-threatening. When your feet are numb you are at risk for injury to the skin and nails of your feet. Numbness deprives you of protective sensations like hot and cold, pain and pressure. The nerve endings in the skin of your feet warn you that the bath water is too hot or that your shoes are too tight or that you're in danger of falling.

Without foot sensation a person with diabetes needs to physically inspect their bare feet to find an ingrown toenail or a heel blister. Because diabetics have poor blood flow to their legs, even a minor skin blister can progress to a non-healing wound and eventually to the loss of a limb. Anodyne therapy wakes up the nerves in your feet by increasing blood circulation to these nerves. This allows DPN sufferers to reverse the terrible symptoms that cause falls and injuries.

Healing Light

Anodyne light therapy is a unique technology which in some circumstances can improve blood circulation by 400 percent or more. Many highly scientific double-blind studies show that Anodyne can be very effective in treating and reversing peripheral neuropathy. Anodyne re-

stores sensation and reduces pain in 98 percent of all cases of diabetics with DPN and in 85 percent of non-diabetics with DPN. One recent study of diabetics who have used a home Anodyne unit for a year found that they had a 79 percent decreased rate of wounds on their legs due to their home program.

This is Big News

Diabetics are beginning to hear the news about Anodyne therapy through support groups and online sources. If people with peripheral neuropathy decrease their risk for leg wounds, they also greatly reduce the chance of losing a limb or suffering other untoward consequences. So people are sitting up and taking notice—and indeed, standing up and taking notice.

Anodyne therapy is also big news for people with other kinds of pains and injuries. Anodyne is being used by Navy Seals and several professional sports teams to treat joint and soft tissue injuries for rapid return to the field. It is being used extensively by physical therapists and nurses in nursing homes to treat patients with wounds for rapid healing.

Occupational and physical therapists are also using Anodyne therapy to treat sciatic pain, bursitis, joint surgery recovery, neck pain, muscle spasm, reflex sympathetic dystrophy, lymphedema, carpal tunnel, tennis elbow, rotator cuff injury, scar treatment, tendon repair, ankle sprain, Reynard's syndrome, arthritis pain, Charcot joint disease and much more.

Anodyne at Home

Anodyne therapy units are available to pain and DPN patients in the home as well as in the clinic. They are widely used as part of in-home treatment regimens, whether brought in by a therapist or self-administered by the patient. Home units are available to patients who benefit from a physical therapy trial of Anodyne. Once patients have their own unit they pursue self-treatment two to three times a week to maintain the circulation in their legs. This continued treatment stops and indeed often reverses the progress of DPN.

Anodyne therapy units are provided directly by the manufacturer, Anodyne Therapy LLC (<http://www.anodynetherapy.com/>) which also handles insurance billing. Currently, among providers of health insurance, only Medicare contributes the cost of home units, with the patient paying \$500 out of pocket. Anodyne Therapy LLC has appealed to private

insurance companies to follow Medicare's lead in this respect, researching and explaining the effectiveness and cost savings possible with Anodyne therapy. Whether they will succeed in this effort remains to be seen.

Patient, Heal Thyself

Anodyne therapy is a major breakthrough—the greatest advance in healing technology that I've witnessed in my 23 years as a physical therapist. Anodyne therapy enables people to improve their body's healing power and prevent illness. In addition, reducing the rate of wounds and amputations for diabetics will

save the health care system in the U.S. literally billions of dollars. This is big news, indeed.

- Laura Bennetts MS PT, is a physical therapist and the co-owner of Lawrence Therapy Services LLC (785-842-0656) and Baldwin Therapy Services (785-594-3162). Both clinics offer Physical Therapy, Occupational Therapy, Speech Therapy, Massage Therapy and Marriage and Family Therapy throughout Douglas County. The clinics are also certified Anodyne Neuropathy Care Centers. If you have questions for Laura, please write to her c/o laurabennetts@hotmail.com.

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HEALTH & FITNESS

Acupuncture and chronic pain

Pain is a major complaint of an estimated one million U.S. consumers who use acupuncture each year, according to the National Institutes of Health (NIH).

Acupuncture is one of the most powerful pain-altering modalities in the world. Its practice for pain management has been used for centuries and goes back to ancient time. Acu-

acupuncture is one of the oldest and most commonly used forms of traditional medicine in the world dating back for at least 2,500 years. Introduction of acupuncture to the west had not been accelerated until recently. It was introduced into the United States as a direct result of President Nixon's trip to China in 1970. During

the trip, a member of the mission became ill and required an appendectomy. What made his surgery unique was the fact that it was performed while the patient was anesthetized with acupuncture as the only form of anesthesia. Impressed with what he learned of acupuncture, President Nixon helped to organize a cultural exchange of medical practitioners between the United States and China.

The general theory of acupuncture is based on the premise that there are patterns of energy flow called Qi (pro-

nounced "chee") throughout the body that are essential for optimal health. Adverse side effects of acupuncture are extremely low and often less than conventional treatments. They recommended that patients be fully informed of their treatment options, expected prognosis, relative risk and safety practices to minimize the risks prior to undergoing acupuncture 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

puncture being used for pain relief is well known and respected internationally. It may be practiced successfully with a variety of procedures, including needles, lasers or electronic and noninvasive stimulation devices. Western medicine's view is that the placement of acupuncture needles at specific pain points releases endorphins and opioids, the body's natural painkillers, and perhaps immune system cells as well as neurotransmitters and neurohormones in the brain.

Stimulating acupuncture points enables electromagnetic signals to be relayed at a greater rate than under normal conditions. This may increase the flow of healing or pain-killing natural chemicals to acupuncture site. The most well-known form of acupuncture involves penetration of specific anatomic locations on the skin, called acupuncture points, by thin, solid, generally metallic needles. In 1993 the Food and Drug Administration reported Americans were spending \$500 million per year and making approximately nine to 12 million patient visits for acupuncture treatments.

According to the National Institutes of Health (NIH), there is clear evidence needle acupuncture treatment is effective for post-operative and chemotherapy nausea and vomiting, nausea of pregnancy and post-operative dental pain. In addition, it was concluded that acupuncture may be an effective adjunctive therapy, an acceptable alternative or as a part of another treatment program in conditions including stroke rehabilitation, headache, menstrual cramps, tennis elbow, fibromyalgia (general muscle pain), low back pain, carpal tunnel syndrome and asthma.



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PERSONAL FINANCE

Global crises and the stock market

Nearly four years have passed since the devastating 9/11 attacks on the United States, and it appears that time and perspective may have helped investors learn difficult lessons about staying calm amid the uncertainty that terror generates. On July 7, when a string of bombings hit the London public transportation system, U.S. markets opened down but spent the rest of the day recovering, as major U.S. stock indexes finished the day on an upward trend.



Steve Lane and Garth Terlizzi

Overseas, major European markets were initially down but also had recovered by the next day's end. Moreover, the terror threat that continues to hover over London has had little to no adverse affect on the U.S. markets.

A Historical Perspective

There's no doubt that world crises of the magnitude of the September 11 attacks put significant stress on the global economy, financial markets and international political stability. While past performance is no guarantee for the future, consider these historic stock market comebacks:

Pearl Harbor. In the five months following the attack on Pearl Harbor — which ushered in the United

States' involvement in World War II — the S&P 500 declined almost 16 percent. However, by the time the war ended in 1945, the index had advanced 63 percent from its level on December 7, 1941.

Korean War. On June 26, 1950, the day after North Korea invaded South Korea, the S&P 500 fell 5.38 percent. When the Korean War ended in July of 1953, the index was almost 30 percent above its level the day of the invasion.

Iraq War. Considering a more recent example, from March 19, 2003 — the day the United States and its allies launched a military campaign against Iraq — until March 31, 2003, the S&P 500 fell 2.96 percent. One year after the initial invasion, the S&P 500 was 24.88 percent higher than it was on March 18, 2003.

(Historical market data are based on daily price returns, excluding reinvestment of dividends, for the S&P 500.

Past performance is no guarantee for future results. Indexes are unmanaged and cannot be invested into directly.)

Coping With Uncertainty

Dealing with crises requires more than just a historical perspective. You should also consider these suggestions:

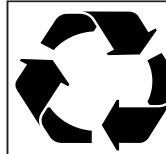
Practice buy-and-hold investing. The only certainty about the stock market is this: It will always experience ups and downs. That's why it's important to keep emotions in check and stay focused on your financial goals. A buy-and-hold strategy — making an investment and then holding on to it despite short-term

market moves — can help. The opposite of buy-and-hold investing is market timing — buying and selling investments based on what you think the market will do next. Market timing, as most investment professionals will tell you, is risky. If your predictions are wrong, you could invest when the market is on its way down or sell when it's on its way up. In other words, you risk locking in a loss or missing the market's best days.

Talk with your financial advisor before you act. He or she can help you separate emotionally driven decisions from those based on your goals, time horizon and risk tolerance. Researchers in the field of behavioral finance have found that emotions often lead investors to read too much into recent events even though those events may not reflect long-term realities. With the aid of your financial advisor, you can sort through these distinctions, and you'll likely find that if your investment strategy made sense before the crisis, it will still make sense afterward.

As experienced market watchers will tell you, time may just be an investor's greatest ally. Use it to your advantage by sticking to your plan and focusing on the future.

- Steve Lane and Garth Terlizzi are with LPL Financial Services in Lawrence. They may be reached at 785-749-1881.



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LEISURE TIME TOURS

Topeka, Kansas

DAY TRIPS TO CASINOS

Sun. Sept 4: COUNCIL BLUFFS, IOWA - Lv Garnett-7:20am, Ottawa-8am, Lawrence-8:30am, Topeka-9:15am: Visit HARRAHS & AMERISTAR-\$40 for round trip

Wed. Sept 7: SAC & FOX
Ottawa-8am, Osage County-9am, Topeka-9:30am - \$20/get \$10 for 4 hr stay

Tues. Sept 13: GOLDEN EAGLE
Ottawa-8am, Lawrence-8:30am, Topeka-9:15am. \$20/get \$10 for 4 hrs.

Sun. Sept 18: GOLDEN EAGLE
Ottawa-8am, Lawrence-8:30am, Topeka-9:15am. - \$20/get \$15 back for 6 hrs

Wed. Sept 21: HARRAHS
Ottawa-8am, Osage County-9am, Topeka-9:30am - \$20/get NOON BUFFET and \$10.

Wed. Sept 28: SAC & FOX
Ottawa-8am, Lawrence-8:30am, Topeka-9:15am - \$20/get \$10 for 4 hrs

OTHER TOURS

Sat. Sept 17: BRANDED B RANCH DINNER & SHOW. Ottawa-3pm, Lawrence-3:30pm, Topeka-4:15pm. \$40/get BUS + MEAL + Country Western Music Show featuring DAVE WELCH, the "SINGING BUS DRIVER" and B.J. FORGY.

Fri. Oct 7: DAY TRIP TO LINDSBORG, KS. SVENSK HYLLINGSFEST
Every 2 years the SWEDES put on their biggest FESTIVAL-SWEDISH COSTUMES, FOOD, DANCING, SPECIAL EVENTS- Arts & Crafts, \$40 for the round trip BUS and Festival Admission (Goodie Bag included). Ottawa-8am, Lawrence-8:30am, Topeka-9:15am. Back in Topeka about 6pm.

Sat. Oct 22, 23: OVERNIGHT IN FORT SCOTT, KANSAS.
Lv Topeka-1pm, Lawrence (Holiday) 1:30pm, Ottawa-2:15pm, Garnett-2:45pm. Stay at BEST WESTERN-\$86 per person, double occ/get Round trip Bus, Show admission, Hotel room. Dave Welch, the Singing Bus Driver, will be featured with the FORT SCOTT JUBILEE BAND.

Sun. Nov 27-29: BRANSON CHRISTMAS MUSIC SHOWS.
3 day, 2 night trip. "Showboat Branson Belle Dinner Cruise"; Acrobats of China; Doug Gabriel Morning Show; Daniel O'Donnell-the IRISH SINGER; Bobby Vinton; & the Brett Family Show. 2 Nights in GRAND OAKS HOTEL; 2 dinners-3 breakfasts-all for only \$395 per person, double occ.

Sun. DEC 4, 5: TRIP TO OMAHA, NE. 2 day, 1 night trip for CHRISTMAS IN GERMANY. Enjoy a full afternoon of fine German food, Music and Dancing. In the evening attend the Casino of your choice or visit OLD MARKET. \$107 per person, double occ.

In Topeka call 354-8922.
Outside Topeka you may call TOLL FREE: 1-800-851-7037.

PERSONAL FINANCE

In investment world, gold doesn't always glitter

Gold has mesmerized human beings for thousands of years. In fact, we have an almost innate belief in the tremendous value of this shiny yellow metal. So, it's not surprising that when financial markets go through rough times, many people take on the attitudes of Olympic

Wars and financial crises make people very nervous about investing in the stock market. When that happens, stock prices can fall. As a result, many investors want to put their money in an alternative they view as more stable - such as gold.

Rising inflation—Many people look to gold - along with other "hard assets," such as real estate and art—as a "hedge" against inflation. In other words, these investors expect the price of gold to rise along with that of other goods and services.

But is gold really an appropriate alternative to stocks? And is it the best inflation hedge available?

The answer to both these questions is "probably not." In the first place, gold is a commodity, just like grains, livestock, oil and currencies. And like all commodities, gold will rise in value, sometimes quite dramatically, when demand for it increases, relative to supply. But gold prices, like stock prices, can also drop quickly.

Furthermore, although history doesn't always repeat itself, gold has a far worse performance history than that of some other investments, such as common stocks. In fact, on an inflation-adjusted basis, gold trades at roughly the same price as it did in 1833. By contrast, from 1926 through 2004, large-company stocks have recorded an average annual return of more than 10 percent, compared to the average annual inflation rate of around 3 percent for that same period, according to Ibbotson Associates, an investment research firm.

And even as an inflation hedge, gold is almost certainly not the best choice. As alternatives, you could invest in short-term Treasury securities or other short term alternatives money market accounts, both of which would could benefit from higher short-term interest rates if inflation starts picking up.

Skip the "gold rush"

Clearly, gold should not be looked at as a "cure-all" for investors who are nervous about political instability, shaky financial markets and rising inflation. So, instead of socking away those gold ingots, what steps should you take to improve your investment outlook during difficult times?

For starters, don't panic. The more

experience you gain as an investor, the more you will realize that there's very little new under the sun. Wars, elections, oil shocks and corporate scandals are all unsettling events - but they're also recurring ones. As a smart investor, you shouldn't rush to find a "quick fix," such as gold, every time a negative headline appears in the paper. Instead, follow tried-and-true principles: Diversify your holdings, buy quality, and hold your investments for the long term, or at least until your needs change.

These guidelines may not be as glitzy as gold—but, in their own way, they still sparkle.

- 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

athletes—in other words, they "go for the gold." Unfortunately, their dreams of wealth frequently get tarnished—because gold is not the "sure thing" that some might expect.

Some drawbacks to consider

Generally speaking, two key factors stir up investors' interest in gold:

Political or economic turmoil—

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

J.D.'s advice about home care... Choose Windsor Place At-Home Care the first time.



"I tried several other home care providers before Windsor Place and I just wasn't satisfied. The caregivers wouldn't show up, and when they did, they just did what they pleased with no regard to my actual needs. It's been a totally different experience with Windsor Place At-Home Care. My caregiver is very reliable. She does whatever I ask her to do. In fact, she usually knows exactly what to do so I don't have to give her much instruction. My care has been very good. From my experience, I can tell you Windsor Place At-Home Care provides the best service in Coffeyville.

- James "J.D." Carter

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SENIOR FORUM

Moving is a tricky proposition for retirees

By Kent S. Collins

DEAR SENIOR FORUM: To move or not to move, that is the retirement question. We live in the suburbs. We would like to live in the country. But we do not want to put too many miles between us and our children and grandchildren, who live here in the metro area. We want them



Kent S. Collins

to visit us. What do you advise? — M.L.D.

ANSWER: Move to a vacation area. Resort areas are more likely to stay that way. Country property close to family in the city gets gobbled up by developers and bankers for new suburbs.

Moving is a tricky proposition for retirees. They must get more in amenities and family-friendly attractions than they give up in the emotion of the old family place.

This letter from a retired couple may give you inspiration, even if not advice.

DEAR SENIOR FORUM: We are not rich retirees. Neither of us came to the golden years with fat pensions, because my husband did a lot of job-hopping, and I interrupted my employment to raise children. At retirement time we did not have the option to travel extensively or maintain two homes or live in a fancy resort.

But after a few years, we sold our suburban house and bought a condo on a Missouri lake. It is modest — two bedrooms and a small deck overlooking the marina and one finger of the lake. It costs about what our suburban house sold for. Most of the other owners in this development are weekend-types, but about 25-percent are permanent residents. Many of those are retirees like us.

We bought this place in hopes of luring our family members here for vacation. My husband has grown children and grandchildren from his first marriage. Together, we have a son and daughter, two in-laws and three grandchildren. Then we count

our brothers and sisters and their spouse. In all, some 30 people get invited to visit.

This area is located 20 minutes from a four-lane highway. There's a commuter airport with jet service

a 90-minute drive away. We keep a modest boat docked just outside the condo. And beginning after Christmas, we begin coaxing family members to make their vacation plans and to get on our "Condo Calendar." Most visit every year. Some visit two or three times a year, like our daughter who lives just three hours' drive time away.

The Condo Calendar is our retirement lifestyle. It is hectic in the busy summer months. It is messy with so many visitors in this small place.

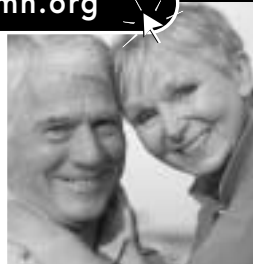
It is tiring, hosting one group after another. But it is important for us to be interesting and vital to people we love and like. I wonder if people would come to visit us if we still lived in the suburban subdivision? — Mrs. B.

(Send your questions and/or advice to your fellow retirees via The Senior Forum c/o Tribune Media Services, 2225 Kenmore Ave., Suite 114, Buffalo, NY 14207, or to seniorforum@mchsi.com.)

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24/7 Visiting Hours

www.lmh.org



Employment Opportunities

Looking for a job at LMH? Search and apply online at one of the largest employers in Lawrence. Why drive when working for the best community hospital is right in your neighborhood?

Events and Education Calendar

Our ConnectCare calendar can guide you to a variety of LMH educational resources and classes that pertain to you and your family's health. You can register and pay for the class without leaving your keyboard!

Health Information

Search Healthwise® Knowledgebase for health information any hour of the day or night. A great place to find reliable, up-to-date health information explained in plain English and written by experts. Manage your health on your schedule.

Gift Shop

Our online Gift Shop is always open! Choose from a wide variety of gifts that can be delivered right to your friend or family member's room. Point. Click. Purchase.

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PET WORLD

Bologna diet can harm dog

By Steve Dale

Q: Samantha only eats bologna. She's a great little Yorkie and I've tried everything, even cooking her burgers and a roast. She takes a nibble and then walks away. Dog food doesn't work at all. Is being on an all-bologna diet all that bad? I don't want to starve Samantha, but something has to be done. — J.H., Lexington, Ky.

A: Dr. Dan Carey, director Tech-

some yummy vegetable and/or fruit supplementation.

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

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Steve Dale

nical Communications, Research & Development, at Iams pet food company in Dayton, Ohio, says bologna is certainly not a well-balanced diet. Long term, your dog will suffer nutritionally.

Try to combine tough love with bologna. Ask your vet which food might be most palatable for your dog and mix it in her bowl with bologna by crushing the food (otherwise your dog will undoubtedly just pick out the bologna). Start off by using 90 percent bologna, and very gradually work down to about half and half. At this point, or if your dog balks along the way, try adding something extraordinarily palatable to spark her taste buds, like Iams Savory Sauce or a similar product. It might take a month or two to fully transition your dog to pet food, and you might always want to offer

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please call Kevin at 785-841-9417.

Images of Aging Photo Contest

The Landon Center on Aging sponsors a photo contest, each year, open to professionals and amateurs alike to bring attention to the many faces of older adults (age 60 or older). Photographers in Kansas and Jackson, Platte, Cass, and Clay counties in Missouri are eligible to send in entries. No entry fees are required to enter.

Awards for winning photos are:

- \$350 - First Place
- \$200 - Second Place
- \$150 - Third Place
- \$50 - Landon Center on Aging Staff Favorite
- \$15 each - 15 Honorable Mentions

The deadline for entering photo contest is January 31, 2006.

For complete contest rules and entry form go to the Landon Center on Aging website at:

<http://www2.kumc.edu/coa> (click on Images of Aging button)

or to receive by mail call Janet Cozza at (913) 588-1266 or e-mail jcozza@kumc.edu.

Winners from previous years can be viewed on our website.



THEO AND ALFRED M. LANDON
CENTER ON AGING

University of Kansas Medical Center
Mail Stop 1005
3901 Rainbow Boulevard
Kansas City, KS 66160

CALENDAR

ART/ENTERTAINMENT

SEP 1-16

ART WALK

Sidewalk art show promoting the arts and artists in local and surrounding areas. 8th & High St. BALDWIN CITY, 785-594-3366
<http://www.baldwinarts.org>

SEP 1-17

LAWRENCE ARTMARKET 2005

The Lawrence ArtMarket features as many as 30 of the area's talented artists. Artwork of all kinds is expected to be on display, including ceramics, fiber, glass, jewelry, metalworks, mixed media, painting, photography, sculpture and wood. Artists interested in exhibiting should contact Lawrence ArtMarket. Lawrence Visitor Center (formerly, Union Pacific Depot), 402 N. 2nd St. Free. Accessible. 9:00 a.m.-3:00 p.m. LAWRENCE, 785-865-4254
<http://www.lawrenceartwalk.org>

SEP 9

INDIAN ART SHOW

Juried competition featuring two- and three-dimensional artwork by contemporary American Indian artists from across the United States. 940 New Hampshire, Lawrence Arts Center. LAWRENCE, 785-843-2787
<http://www.visitlawrence.com>

SEP 10-11

HASKELL INDIAN ART MARKET

Two-day outdoor market featuring American Indian artists from around the country. Artist demonstrations, entertainment, and food booths. Haskell Indian Nations University. LAWRENCE, 785-843-6830
<http://www.visitlawrence.com>

SEP 16-OCT 29

ALL FEMME SHOW

An exhibit of women artists with a theme of the female perspective. Artists include Ann Piper, Barbara Waterman-Peters, Sheryl Pierson, Margaret Buie, Linda Ganstrom, Margo Kren, Jane Booth, Connie Ehrlich, Heather Smith Jones, Kathleen Shanahan, Nancy Morrow, Rachel Melis, Caroline Kahler, Teresa Shannon, and Abby Howe. MANHATTAN, 785-537-2099
<http://www.strecker-nelsongallery.com>

OCT 1

AVISHAI COHEN TRIO, JAZZ

The double bassist/composer whom Down-Beat refers to as a "jazz visionary of global proportions," was one of the first Israeli-born jazz musicians to make a big splash in the U.S. Formerly the bass man for legendary jazz musician Chick Corea, Cohen tours with his trio, which features Sam Barsh on piano and Mark Guiliana on drums. LAWRENCE, 785-864-2787
<http://www.lied.ku.edu>

BINGO

SUNDAYS

AMERICAN LEGION

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

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 & THURSDAYS

MOOSE CLUB

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

WEDNESDAYS & FRIDAYS

VETERANS OF FOREIGN WARS

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

WEDNESDAYS

PINECREST APARTMENTS

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

WEDNESDAYS & FRIDAYS

EAGLES LODGE

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

WEDNESDAYS & FRIDAYS

EDGEWOOD HOMES

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

THURSDAYS

BABCOCK PLACE

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

FRIDAYS

BALDWIN SENIOR CENTER

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

FRIDAYS

ARAB SHRINE

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

BOOKMOBILE

MONDAYS

PRAIRIE COMMONS, 5121 CONGRESSIONAL

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

TUESDAYS

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

WEDNESDAYS

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

BOOK TALKS

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

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

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

CLASSES/LECTURES

ONCE A MONTH

AARP'S 55 ALIVE SAFE DRIVING COURSE

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

SEP 6

MEDICARE PRESCRIPTION CHANGES

Katie Glendenning, Lawrence Douglas County Senior Service SHICK representative, will explain the upcoming changes to the Medicare prescription drug program. A question and answer period will follow. All persons eligible for Medicare are being asked to sign up for the new program by the Federal Medicare office. This presentation will explain the reasons for the changes and the options that will be available. Two presentations will be given. The first will be 2:00-4:00 p.m. The second will be held from 7:00-9:00 p.m. Both will be held in the Lawrence Public Library Auditorium. These presentations are sponsored by the Lawrence Public Library Senior Services, the Lawrence-Douglas County Senior Services and the Kansas Department on Aging. LAWRENCE, 785-842-0543, 785-843-3833

SEP 14

DEMYSTIFYING HOSPICE MYTHS

Many myths surround Hospice. What does hospice do? Why is hospice important? Who can request hospice? Teresa Brown, social worker with Heart of America Hospice, will answer these questions plus provide other information concerning this service. The program will be held in the Lawrence Public Library Auditorium on at 2:00 p.m. This program is provided by the Senior Services of the Lawrence Public Library and Heart of America Hospice. LAWRENCE, 785-843-3833

SEP 19

THE HIGH COST AND CHALLENGING ECONOMICS OF PRESCRIPTION DRUGS

Drug prices are rising faster than any other component of health care costs and are becoming out of reach for many consumers. Come and hear a discussion of this important national issue. 6:00-8:30 p.m., Lawrence Public Library Auditorium. Advance registration recommended due to limited seating. Sponsored by the Lawrence Public Library, Lawrence Memorial Hospital, The Health Care Access Clinic, and the Osher Lifelong Learning Institute at the University of Kansas. LAWRENCE, 785-843-3833, ext. 104.
<http://www.lawrence.lib.ks.us/forums/>

SEP 22

SENIOR FINANCIAL PRESERVATION SEMINAR

The National Senior Associates will present a workshop on how to understand the stock market and investments. It is presented by the National Senior Associates Company, a private company licensed by the state department of insurance. It is an informational workshop and is for educational purposes only. Nothing will be sold at this workshop. Registration is required. The Senior Services of the library is sponsoring this program. LAWRENCE, 800-413-4587

EXHIBITS/SHOWS

SEP 2-OCT 14

KEY INGREDIENTS: AMERICA BY FOOD

Traveling Smithsonian exhibit highlighting the history of food and cultural traditions around food. Several companion exhibits and programs. Old Depot Museum. OTTAWA, 785-242-1411
<http://www.visitottawakansas.com>

SEP 9-11

POWER OF THE PAST ANTIQUE GAS ENGINE AND TRACTOR SHOW

11th annual. Features IHC tractors and engines. Forest Park. OTTAWA, 785-242-2686
<http://www.visitottawakansas.com>

SEP 10-11

KAW VALLEY QUILT GUILD QUILT SHOW

The Guild is hosting its 28th annual quilt show "Picking Up the Pieces." Over 100 quilts made by members will be on display. This year's featured quilter is Joyce Colton. There will also be vendors of sewing machines, fabrics and quilt-related items. Lawrence Community Building. LAWRENCE, 785-748-0852

SEP 16-18

OL MARAIS RIVER RUN

Classic antique car show featuring over 1,000 cars, exhibits, crafters, food, and Saturday night downtown cruise. Forest Park and Main St. OTTAWA, 785-566-3419
<http://www.olmarais.com>

SEP 17

COLLECTORS SHOWCASE

Farm toy collectibles and local memorabilia. OSKALOOSA, 785-863-3072, 800-896-3198

SEP 17

LAWRENCE MODEL RAILROAD CLUB SHOW

5th annual. Operating model train layouts, many vendors, refreshments. Douglas County Fairgrounds, building 21, 2120 Harper St. 9:00 a.m.-5:00 p.m. Adults \$3, Kids 12 and under free. LAWRENCE, 785-843-2171

SEP 24-25

WILD WEST SHOW AND BULLWHACKER DAYS

Experience an old fashioned 1800s wild west show and celebrate the cultural diversity of the Santa Fe Trail. Period sutlers, demonstrators, food vendors, wild west reenactments, stagecoach rides, kid's area, and more. OLATHE, 913-971-5111
<http://www.olatheks.org/Visitors/Mahaffie>

FARMERS' MARKETS

SEP 1-OCT 29

FARMERS' MARKET

Home and regionally grown vegetables, fruits, and flowers. 79th and 80th off Marty, Farmers' Market Pavilion. Sat. Apr-Oct 6:30 a.m. to sell out; Wed. June-Sep 7:30 a.m. to sell out. OVERLAND PARK, 913-642-2222
<http://www.downtownop.org>

SEP 1-OCT 29

OTTAWA FARMERS' MARKET

Twice weekly farmers market featuring fresh produce, plants, baked goods, fresh meat, and more. Orscheln Town and Country parking lot. Wed. 4:00-7:00 p.m., Sat. 8:00 a.m.-noon. OTTAWA, 785-242-1411
<http://www.visitottawakansas.com>

SEP 1-NOV 12

LAWRENCE FARMERS' MARKET

One of the oldest farmers' markets in Kansas, offering fresh fruits, vegetables, baked goods, flowers and herbs. Tue. and Thu. 4:00-6:30 p.m.; Sat. 6:30-10:30 a.m. 1000 block of Vermont. LAWRENCE

SEP 1-NOV 12

TOPEKA FARMERS' MARKET

Every Saturday, 7:30 a.m.-12:00 p.m. Downtown Topeka, 10th and Topeka. TOPEKA

FESTIVALS & FAIRS

SEP 1-4

DE SOTO DAYS FESTIVAL

Food and craft vendors, live music, parade, custom car show, old car show, carnival, pancake breakfast, miscellaneous competitions, and interdenominational church service. 83rd and Ferry St, De Soto Park. DE SOTO, 913-585-1147
<http://www.desotoks.org>

SEP 3-OCT 16

KANSAS CITY RENAISSANCE FESTIVAL

CALENDAR

CONTINUED FROM PAGE 10

Enchanting outdoor fall festival depicting 16th-century English village complete with 13 stages of entertainment, food, and costumed characters. Held weekends only. 628 N 126th St. BONNER SPRINGS, 913-721-1075, 800-373-0357 <http://www.kcrenfest.com>

**SEP 5
LABOR DAY FESTIVAL**

4th annual. Parade, rally, cookout and music. Events will be held on the South Steps of the Capitol Building, 10:00 a.m.-2:00 p.m. TOPEKA, 785-232-3866

**SEP 8-10
JOHNSON COUNTY OLD SETTLERS**

Fun for the entire family. Arts/crafts, food, carnival, parade, and nationally recognized entertainment. Downtown, by Courthouse. OLATHE, 913-782-5551 <http://www.johnsoncountyoldsettlers.org>

**SEP 9-10
RIVER FEST**

Parade, food, crafts, entertainment, art and quilt shows in historic riverfront downtown ending with fireworks across the Missouri River. Delaware St, Historic riverfront downtown. LEAVENWORTH, 913-682-2313, 800-844-4114 <http://www.lvarea.com/mainst>

**SEP 9-11
FIESTA**
Coronation dance, parade, programs, games, competitions, food, and music. Las Casitas Park. EMPORIA, 620-342-5293 <http://www.emporia.com/eac>

**SEP 10
CHALK FEST & ART FEST**
Street painting and artist exhibition festival. Community wide, multicultural, intergenerational, celebration of the arts. EMPORIA, 620-343-6473 <http://www.emporia.com/eac>

**SEP 10
LENEXA SPINACH FESTIVAL**
World's largest spinach salad. Over 100 arts/crafts, and antique booths. Quilt show and petting zoo. 87th and Lackman Rd, Sar Ko Par Trails Park. LENEXA, 913-541-0209 <http://www.ci.lenexa.ks.us>

**SEP 11
FALL ARTS & CRAFTS FESTIVAL**
Annual festival presenting handmade crafts and original artwork by more than 150 artists and crafts people. 12th and Massachusetts, South Park. LAWRENCE, 785-832-7930

**SEP 12-NOV 6
FALL FESTIVAL**
Corn mazes and corn cannons. Bonfire, pumpkin patch, bands, pumpkin painting, and halloween hayrides. Weekends only. GRANTVILLE, 785-863-3072, 800-896-3198

**SEP 16-17
FRENCH MARKET ARTS AND CRAFTS FESTIVAL**
Arts/crafts, food, games, entertainment, and 5K run in downtown Holton. HOLTON, 785-364-3963 <http://www.holtonks.net>

**SEP 24-25
FALL FESTIVAL**
Featuring horse and steam powered engine farm equipment. Live demonstrations, arts/crafts, historic town setting, blacksmith shop, sawmill, flour mill, sorghum, and cider making. MERIDEN, 785-945-3504 <http://www.meridenthreshers.org>

**OCT 1-2
OCTOBERFEST**
24th annual. Outdoor arts/crafts festival along

the city's downtown pedestrian plaza with live entertainment and food vendors. ATCHISON, 913-367-2427 <http://www.atchisonkansanet>

**OCT 1
FALL FESTIVAL-CIVIL WAR REENACTMENT**
Civil War reenactment with battle at 1 p.m. and skirmishes and drills through the out day. Parade and activities in the City Park. Kids activities. BASEHOR, 913-724-4022

**OCT 2
APPLE FESTIVAL**
25th anniversary. Pioneer demonstrations, crafts, live entertainment, heritage food, and tours of historic buildings in park setting with botanical gardens. TOPEKA, 785-368-2439 <http://www.topeka.org>

HEALTH
**MONDAYS THROUGH THURSDAYS
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LMH Kreider Rehabilitation Services offers safe, nurturing environment with one-on-one instruction on aerobic and cardiovascular equipment. Especially helpful for those with

osteoporosis, balance problems, post CVA/stroke, knee/hip replacement, arthritis. Fee. Mondays through Thursdays, 9:00-11:00 a.m. or 2:00-5:20 p.m. at LMH. Tuesdays and Thursdays 8:00-11:00 a.m. At LMH South. LMH KREIDER REHABILITATION SERVICES 785-840-2712

**FIRST TUESDAY OF EACH MONTH
HEALTH SCREENING CLINIC**
Lawrence-Douglas County Health Department. FIRST METHODIST CHURCH, LECOMPTON 9:30-10:30 AM
**TUESDAYS AND THURSDAYS
BLOOD PRESSURE CLINIC**

CONTINUED ON PAGE 12

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Address _____

City _____ State _____ Zip _____

Phone () _____

Please mail this card to:
Penwell-Gabel's Cremation Association
520 SW 27th Street
Topeka, KS 66611

CALENDAR

CONTINUED FROM PAGE 11

Conducted at Stormont-Vail's outpatient lobby, just inside the doors of the Ninth and Washburn entrance, from 9:00 a.m.-1:00 p.m. No appointment necessary. Also conducted on the first, second, third, and fourth Tuesdays of each month, 4:15-5:15 p.m., in the Sunflower Terrace Cafeteria (before Senior Suppers).
TOPEKA, 785-354-6787

TUESDAYS AND THURSDAYS SENIORCISE PROGRAM

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

WEDNESDAYS

HEALTH SCREENING CLINIC

Lawrence-Douglas County Health Department. For individuals 60 years of age and older and their spouses. Minimal fees, but no one will be denied service because of inability to pay.
BABCOCK PLACE, LAWRENCE
9-11 AM

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 14

BONE DENSITY SCREENING

Are you at risk for osteoporosis? This quick and easy screening can indicate if further testing for this potentially debilitating disease is needed. A bare heel is necessary for the screening. Information about prevention of osteoporosis is also included as part of the screening process. Fee.
LMH HEALTH SOURCE ROOM, 785-749-5800
9:00-11:00 AM

SEP 19

BONE DENSITY SCREENING

See September 14 description.
LMH HEALTH SOURCE ROOM, 785-749-5800
1:00-3:00 PM

SEP 24

BONE DENSITY SCREENING

See September 14 description.
LMH HEALTH SOURCE ROOM, 785-749-5800
8:00-10:00 AM

MEETINGS

FIRST AND THIRD MONDAY OF EACH MONTH

CAREGIVER SUPPORT GROUP

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

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

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

FIRST WEDNESDAY OF EACH MONTH OLDER WOMEN'S LEAGUE

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

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

Members of O.U.R.S. have met to dance at Douglas County Senior Services, 745 Vermont, since 1984. The group meets to dance from 2:00-4:00 p.m. on Wednesdays and from 6:00-9:00 p.m. on Sundays.
LAWRENCE

THURSDAYS

OLDER KANSANS EMPLOYMENT PROGRAM

LAWRENCE WORKFORCE CENTER
2540 IOWA, SUITE R, LAWRENCE
10:00 AM-NOON

FIRST THURSDAY OF EACH MONTH LAWRENCE AREA PARTNERS IN AGING

Networking group. Call Kim or Laura at 785-842-0656 for more information. \$11.50 to attend (includes lunch).
JADE MONGOLIAN BARBEQUE, LAWRENCE
11:30 AM-1:00 PM

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

Volunteer service club.
785-331-4575

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

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

SECOND AND FOURTH WEDNESDAY OF EACH MONTH ALZHEIMER'S EARLY STAGE PATIENT SUPPORT GROUP

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

SECOND THURSDAY OF EACH MONTH NAACP MEETING - LAWRENCE CHAPTER

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

THIRD TUESDAY OF EACH MONTH LAWRENCE PARKINSON'S SUPPORT GROUP

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

THIRD TUESDAY OF EACH MONTH GRANDPARENT/KINSHIP SUPPORT GROUP

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

FOURTH TUESDAY OF EACH MONTH LAWRENCE PARKINSON'S SUPPORT GROUP

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

LAST TUESDAY OF EACH MONTH GRIEF AND LOSS SUPPORT GROUP

Brandon Woods Retirement Community in association with Heart of America Hospice invite individuals dealing with the pain of loss and bereavement to join us. Call 785-838-8000 for information.
1501 INVERNESS DR, LAWRENCE

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.
785-865-3787 or 785-832-9261

SEP 26

SELF HELP FOR THE HARD OF HEARING (SHHH)

Rebecca Rosenthal, Executive Director of the Kansas Commission for the Deaf and hard of hearing will be our guest. She will explain the role of her agency and address the topic of personal public safety, including communication problems with law enforcement and emergency response personnel.
BABCOCK PLACE, 1700 MASSACHUSETTS, LAWRENCE, 1:00 PM

SEP 28

TOPEKA GENEALOGICAL SOCIETY

Topic: Which way to go - Follow the map! Presented by Bridgett Martinez. 2717 SE Indiana, 7:00 p.m.
TOPEKA, 785-233-5762
<http://www.tgstopeka.org>

MISCELLANEOUS

SATURDAYS

OSHER RADIO PROGRAM

Local news and talk radio station KLWN 1320 AM presents the new program "Lifelong Learning: Lively Encounters with KU's Best." Each show will feature an interview with a KU Osher class instructor. Tune in for a glimpse of what you can expect from upcoming Osher classes. 11:05 a.m.
<http://www.kuce.org/lifelonglearning>

SEP 1-28

PICKING SUNDAYS

Enjoy a day of grape picking as the harvest meets the wine cellar. Taste the grapes and the juice. 18807 158th St, Holy-Field Vineyard and Winery.
BASEHOR, 913-724-9463
<http://www.holyfieldwinery.com>

SEP 3-OCT 31

HAUNTED TROLLEY TOUR

Hour-long trolley tour of Most Haunted Town in Kansas narrated by costumed storyteller. 200 S 10th St.
ATCHISON, 913-367-2427, 800-234-1854
<http://www.atchisonkansanet.net>

SEP 9-11

HUFF 'N PUFF HOT AIR BALLOON RALLY

30th annual. Dozens of hot air balloons fill the skies during this family-friendly event. Tethered rides available. SE 29th and Croco Rd, Tinman Circle at Lake Shawnee.
TOPEKA, 785-554-2003
<http://www.huff-n-puff.org>

SEP 10

SERTOMA GREAT TOPEKA DUCK RACE

10,000 rubber ducks race to win great prizes. Games and children's activities, petting zoo, and entertainment. 29th and Croco area, Lake Shawnee.
TOPEKA, 785-233-8257
<http://www.topekaduckrace.com>

SEP 12-16

TIRE RACK® SCCA SOLO NATIONAL CHAMPIONSHIPS

The culmination of the year long competition, Road to Topeka. Forbes Field.
TOPEKA, 785-357-7222, 800-770-2055
<http://www.scca.com>

SEP 16-18

FRIENDS OF THE TOPEKA AND SHAWNEE COUNTY PUBLIC LIBRARY FRIENDS BOOK SALE

34th annual. The sale offers over 60,000 "gently-used" books, records, CDs, videos and magazines. Large quantities of children's books and paperback fiction are available at very reasonable costs. Funds from the Friends of the Library Book Sale are used to support library programs and activities. Kansas Expo-centre Ag Hall.
TOPEKA, 785-580-4445
<http://www.tscpl.org>

SEP 29-OCT 8

LAWRENCE PUBLIC LIBRARY FALL BOOK SALE

Large book sale that attracts bargain hunters and book lovers from across the state and beyond.
LAWRENCE, 785-843-3833
<http://www.lawrence.lib.ks.us>

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

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



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September is Self-Improvement Month

A special supplement to the September issue of Kaw Valley Senior Monthly

KU Osher Lifelong Learning Institute allows seniors to go 'back to school'

By Billie David

While the KU Osher Lifelong Learning Institute celebrates its first anniversary, its faculty members are preparing for a fall semester of classes in music, art, science, history and culture.

The KU Osher institute is a division of the University of Kansas Continuing Education department and one of a number of similar Osher institutes across the United States.

"Our goal is to offer high-quality, inexpensive, intellectually engaging courses for lifelong learners of all ages," said KU Osher director Marvin Hunt.

Although Osher classes are for lifelong learners of all ages, the main focus is on people 50 or older, who have developed specific interests over the years and who tend to have more time to pursue them.

"We hear from people who say that they would love to go back to school if there weren't any tests or homework," said Osher program manager Curtis Marsh.

Well, there is homework sometimes, he admitted, but there is also a noticeable difference in the atmosphere of Osher classes: students are taking those classes because they are interested in the content—not because they are required to in order to obtain a degree.

"The instructor often learns as much from the students as the students learn from the instructors," Marsh said.

The KU Osher Lifelong Learning Institute is the result of a grant from the Osher Foundation that businessman and philanthropist Bernard Osher established in San Francisco in 1977. KU Continuing Education last year received a three-year grant with the possibility of obtaining more funding in the future.

"We're starting into the second fall season, and we have already reached

several goals and then some," Hunt said, adding that one goal was to have 300 members signed up within three years, but the institute has already attracted 338 members within the first year.

One reason for this success is that the classes are affordable. When students used to sign up for classes with the program that Osher replaced—KU in Lawrence—they paid from \$40 to \$60 for each class they took. But when students sign up with Osher and pay the \$60 fee to become a member for one semester—or a \$170 yearly membership fee—they can take all the classes they want at no extra charge.

"They get the same quality for a lower price," Marsh explained.

In addition to free classes, members receive other benefits as well. For example, Osher members receive a 20 percent discount for adult art education classes that are offered by the Lawrence Arts Center. They also receive a KU online ID, which provides them with access to KU library services, computer labs and the Internet and KU network, and free computer workshops that were previously offered only to KU faculty and students.

Another attraction is that classes are available in a wide variety of subject areas, which are determined in part by the students themselves.

"We always like to have courses for members available in many communities of learning," Hunt said. "We focus on areas that they have said they're interested in."

In addition, the subject areas, which include history, theology, philosophy, culture, arts, globalization, science, technology, and health and well-being, are designed to provide continuity from one semester to the next.

For example, students who took the class on Emerging Trends in Regional Contemporary Art during the summer will be able to see some

of that art up close when they join other Osher members in bus tours of Kansas City art venues, including the Kemper and Spencer art museums, the Crossroads art district, and Johnson County Community College's art gallery.

"For the first time, we're doing actual educational tours as a format for the class," Marsh said, explaining that lecturers are provided with the tours and the bus serves as the classroom.

Leavenworth is the destination of another tour, where Osher members will spend half the day at the Fort Leavenworth and the other half in the historic area of downtown Leavenworth. Also coming up is a trip to Kansas City to view the Martin and Osa Johnson African artifacts collection, which will be on tour from the Safari Museum in Chanute, Kansas.

Other new services that the KU Osher Lifelong Learning Institute has added include an Internet discussion forum where members can join in on multiple-way conversations

about their classes and other topics of interest, and a three-month-old radio program on KLWN at 11:05 on Saturday mornings (which can also be downloaded from the Osher web site) during which Hunt and Marsh conduct half-hour interviews with Osher instructors.

KU's Osher courses are available to just about everybody because there are no prerequisites. Members aren't required to have taken any college classes or even to have high-school experience.

"The diversity makes the classrooms richer," Hunt said.

"We have lots of members who never went to college," Marsh added. "We have classes where 14-year-olds sit next to 90-year-olds."

One way Osher officials decided to include a variety of learners was to expand its services to other cities. "Since 1999, KU in Lawrence had been offering non-credit courses for lifelong learners, but the focus was on classes held in Lawrence," Hunt

CONTINUED ON PAGE 15



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- Adventures in Learning Fall Schedule 16

**COMMUNICATION TRAINING,
EMPOWERMENT, AND
STRESS MANAGEMENT**



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Contacts: Laura Bennetts, PT, and
Kim Hoffman, OTR, owners

Lawrence Therapy Services offers counseling to individuals, couples, and families. Vickie Hull, TLMFT, Marriage and Family Therapist, specializes in improving communication and addressing ways to deal with stress. Vickie also offers family support through a medical crisis, grief support, mediation, play therapy, and premarital, marriage, and post-divorce counseling. Mention that you read about us in Senior Monthly's Self-Improvement Month section to receive a FREE 15-minute Assessment Interview. Life can be hard, we can help.

HEALTH AND FITNESS



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E-mail: LTS_2000@hotmail.com
Contacts: Laura Bennetts, PT, and
Kim Hoffman, OTR, owners

Lawrence Therapy Services offers Physical Therapy, Occupational Therapy, Speech-Language Pathology, Massage Therapy, Marriage and Family Therapy, and community Tai Chi classes. We can customize an exercise program specifically for you. We specialize in helping individuals, regardless of their fitness level, achieve their highest level of independence and quality of life. Our rehabilitation services are available in the clinic or in your home and are covered under most health insurance plans.

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Lawrence, KS 66049

Phone: 785-842-0656
Fax: 785-842-0071
E-mail: LTS_2000@hotmail.com
Contacts: Laura Bennetts, PT, and
Kim Hoffman, OTR, owners

Lawrence Therapy Services offers Tai Chi classes to the community, taught by our certified instructor, Steve Carrier. Tai Chi can help you improve your balance, coordination, strength, flexibility, and concentration. Class sessions can be modified to fit a variety of fitness levels. Classes are held at various times and locations throughout the week. Please call for a class schedule. Mention that you read about us in Senior Monthly's Self-Improvement Month section to receive a FREE one-hour class session.

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Contacts: Laura Bennetts, PT, and
Kim Hoffman, OTR, owners

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PHYSICAL THERAPY

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patients back to work,
to play, to living!*

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Lawrence, KS 66047

Phone: 785-331-3783
Web: www.kansasrehab.com
Contact: Lori Warrender

We offer full service outpatient Physical and Occupational Therapy along with Therapeutic Massage, and Club LRC Fitness Membership. To coincide with Self-Improvement Month, Lawrence Rehabilitation Clinic is offering an Osteoporosis Screening (free of charge) to men and women 40 years old and above on September 22, 2005, 4-6 p.m. Call to reserve today.

RETREAT



THE LIGHT CENTER

1542 Woodson Rd.
Baldwin City, KS 66006

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Osher

CONTINUED FROM PAGE 13

said. "With Osher we have branched out. We took the idea from '99 and expanded on that into a larger geographical area."

Classes are now being held in Topeka and Kansas City as well as in Lawrence, and students have come from as far away as Emporia and Salina.

Osher provides transportation for some of the classes, and sometimes partners like Brandon Woods provide transportation for Osher members. For the other times, Osher officials hope to find a volunteer ride coordinator who can match people who are driving to class with people who need rides.

The Osher Lifelong Learning Institute will host an open house at 4:30 p.m. on September 7 in the KU Continuing Education Building at 1515 St. Andrews Drive (one block west of 15th and Kasold streets). In addition to posters that will be displayed containing information about each class, instructors will be invited to come and stand beside the posters to answer questions from prospective students. Snacks and entertainment will also be provided, and visitors

will have an opportunity to sign up for membership and classes.

People can obtain more information about the Osher institute by calling (785) 864-5823 or toll free

at (877) 404-5823.

"We would be happy to mail a catalog, or they can come to the building at 1515 St. Andrews Drive," Marsh said.

Or people can contact Osher via the Internet at www.kuce.org/lifelonglearning or by sending e-mail to kuce@ku.edu. Gift certificates are also available.



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LAGA to hold golf tournaments

The Lawrence Amateur Golf Association (LAGA) will hold its 2005 Senior/Super Senior City Open on September 17 and 18. The Super Senior division is new for 2005.

The format is a two-day tournament with 36 holes and stroke play competition. The tournament will be held at Eagle Bend Golf Course on Saturday, September 17 and Alvarum Public Golf Course on Sunday, September 18. Super Seniors may elect to play in either or both tournaments. A separate entry fee is required for those electing to compete in both tournaments.

Participants must be 50 or older on September 17 to play in the Senior tournament, while participants

must be 60 and older on September 17 to play in the Super Senior tournament. All participants must be residents of Douglas County, employed in Douglas County, or members of Alvarum Country Club, Alvarum Jayhawk Men's Club, Lawrence Country Club, or Eagles Bend Men's Golf League.

Entries are due by September 12 at 7:00 p.m., and may be mailed to or dropped off at Golf USA, 3320-A Iowa St., Lawrence, KS 66046. The entry fee is \$79, \$10 of which will be donated to Headquarters Counseling Center.

For more information, please call Golf USA at 785-832-9009 or visit www.lawrencegolf.org.

Adventures in Learning Fall 2005 Session Schedule

- Sept. 9 Life Enrichment - **"The Medicare Drug Card"**: Friday, 9:15 AM - 10:15 AM. Presented by Diane McDermed.
- Sept. 9 Religion - **"A Mission Trip to Nicaragua"**: Friday, 9:15 AM - 10:15 AM. Presented by First Baptist Church Mission Team.
- Sept. 9 News & Views - **"A Current Events Discussion"**: Friday, 9:15 AM - 10:15 AM. Presented by Kevin McFarland.
- Sept. 9 Health - **"Fighting Infectious Diseases"**: Friday, 10:30 AM - 11:30 AM. Presented by Larry Rumans M.D.
- Sept. 9 Proud to be an American - Friday, 10:30 AM - 11:30 AM. Presented by Rev. Tobias Schlingensiepen.
- Sept. 9 Rest of the Story - **"Life in China Today"**: Friday, 10:30 AM - 11:30 AM. Presented by Kirt Saville, Ph.D.
- Sept. 16 Life Enrichment - **"Opportunities for Seniors at the Y"**: Friday, 9:15 AM - 10:15 AM. Presented by Darren Falk.
- Sept. 16 Rest of the Story - **"The Digital Camera"**: Friday, 9:15 AM - 10:15 AM. Presented by Steve Wilde.
- Sept. 16 News & Views - **"A Current Events Discussion"**: Friday, 9:15 AM - 10:15 AM. Presented by Kevin McFarland.
- Sept. 16 Health - **"The Advances in Surgery"**: Friday, 10:30 AM - 11:30 AM. Presented by Regina Stuart, M.D., F.A.C.S.
- Sept. 16 Proud to be an American - Friday, 10:30 AM - 11:30 AM. Presented by Sarah Augusthy.
- Sept. 16 Religion - **"A Mission Trip to Mexico"**: Friday, 10:30 AM - 11:30 AM. Presented by Brookwood Covenant Church Mission Team.
- Sept. 23 Rest of the Story - **"Martin Luther King, Jr."**: Friday, 9:15 AM - 10:15 AM. Presented by Dr. Jesse Brown.
- Sept. 23 Religion - **"A Mission Trip to Poland"**: Friday, 9:15 AM - 10:15 AM. Presented by Dr. Maurice and Naomi Cashman.
- Sept. 23 News & Views - **"A Current Events Discussion"**: Friday, 9:15 AM - 10:15 AM. Presented by Kevin McFarland.
- Sept. 23 Health - **"Discussing Name Brand, Generic and Natural Medications"**: Friday, 10:30 AM - 11:30 AM. Presented by Jim Simonson R.Ph.
- Sept. 23 Proud to be an American - **"The 2005 British Elections"**: Friday, 10:30 AM - 11:30 AM. Presented by Bob Beatty, Ph.D.
- Sept. 23 Life Enrichment - **"Kansas Curiosities & Roadside Attractions"**: Friday, 10:30 AM - 11:30 AM. Presented by Susan Merchant.
- Sept. 30 Proud to be an American - Friday, 9:15 AM - 10:15 AM. Presented by Madan Rattan.
- Sept. 30 Rest of the Story - **"The DaVinci Code"**: Friday, 9:15 AM - 10:15 AM. Presented by Dr. Joe Kutter.
- Sept. 30 News & Views - **"A Current Events Discussion"**: Friday, 9:15 AM - 10:15 AM. Presented by Kevin McFarland.
- Sept. 30 Health - **"LifeStar: Emergency Medical Service Helicopter"**: Friday, 10:30 AM - 11:30 AM. Presented by Dan Hudson R.N.
- Sept. 30 Life Enrichment - **"The Hybrid Car"**: Friday, 10:30 AM - 11:30 AM. Presented by Richard Harmon.
- Sept. 30 Religion - **"The Mission Fields of Topeka"**: Friday, 10:30 AM - 11:30 AM. Presented by Rev. Barry Feaker.

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By Omar Sharif and Tannah Hirsch

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

The bidding:

SOUTH	WEST	NORTH	EAST
2NT	Pass	3D	Pass
3H	Pass	3NT	Pass
Pass	Pass	Pass	

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What if one of the defenders shows out on the second heart? Now you cannot afford to play another spade lest a defender can take three heart tricks and two spades. You must try for an even break in a minor, allowing you to collect seven tricks in the minors and two hearts. Tough luck.

Send e-mail to gorenbridge@aol.com.

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MY ANSWER

Bible warns against being a 'worry wart'

By Billy Graham

Q: My husband says I'm a worry-wart, but I can't help worrying about all the things that might go wrong. The world is a pretty scary place, and a lot can happen. Am I wrong to be concerned? — Mrs. J.L.

A: Yes, a lot can go wrong in life, and the Bible certainly doesn't tell us to close our eyes to its dangers. The Bible says, "A prudent man sees danger and takes refuge, but the simple keep going and suffer for it" (Proverbs 22:3).

But the Bible also warns us against becoming "worry warts" (to use your expression), or being filled with worry and anxiety over everything

that might go wrong. I suspect that if you made a list of all the things you worried about in the last year, almost none of them actually happened. And yet your worries robbed you of joy, and probably made your family miserable as well!

Instead, the Bible tells us to trust God for the future. You see, when we allow worries to overwhelm us, we're

actually saying to ourselves that God must not love us, and He must not be watching over us. But this isn't true! God loves you far more than you can ever imagine — and the proof is that He was willing to send His Son into the world to die for your sins. He loves you so much that He wants you to spend eternity with Him in heaven.

The Bible says, "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which tran-

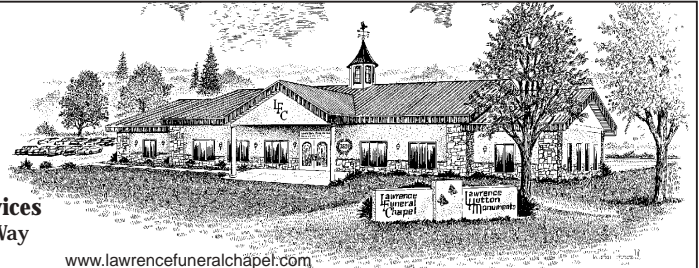
scends all understanding, will guard your hearts and your minds in Christ Jesus" (Philippians 4:6-7). I challenge you to put these words into action — for when you do, God's peace will begin to overcome your worries.

(Send your queries to "My Answer," c/o Billy Graham, Billy Graham Evangelistic Association, 1 Billy Graham Parkway, 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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Births

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SEP. 16: Robin Yount, Major League Baseball player, Milwaukee Brewers

Events

SEP. 16: A military coup in Argentina deposes Juan Peron.

SEP. 30: James Dean is killed in an automobile accident near Pasa Robles, California.

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SMART COLLECTOR

Coverlets are forms of folk art

Q: Can you tell me anything about an antique coverlet given to me by my mother? She saw an undated one like it in a museum. — Michael, Phoenix, Ariz.

A: The reader adds that his coverlet is marked "Wm Van Gordon 1840." Woven in dark blue, green and red on an off-white background, it is about the size of a double bed.

The antique hand-woven coverlet is a unique 19th-century American art form and a cherished form of folk art. Closely tied to the growth of America, coverlets often contain the name of the weaver along with themes such as the American eagle



Danielle Arnet

or flag, floral motifs, patriotic banners and sometimes even presidential faces. Many are in museums, especially local centers that feature a region's history.

Pre-dating the quilt, coverlets were both handicraft and utilitarian bed-covers. The earliest were home made; later versions were factory made. Some are two-sided, with dark and light faces. Made of homegrown wool fibers and woven on a jacquard loom, early coverlets reflected the skill and artistic vision of the maker. The earliest were two pieces of fabric sewn together in the middle to create a larger cover.

For a collector, the best were made pre-Civil War, before aniline dyes and improved looms that allowed seamless construction.

Pennsylvania coverlet specialist Melinda Zongor identified the coverlet's maker as William H. Van Gordon of Covington, in Ohio's Miami County. Perhaps you misread the date, as Gordon was born in 1824, which would make him only 16 in the year cited. Coverlets are tracked by maker, and others by Van Gordon, made from 1848-1853, have been documented.

Valuation without seeing the quilt is not possible, because multiple factors are involved. Beyond moth damage or discoloration, experts look

for quality of fringe and thinness or holes at the head end. A critical eye will catch when coverlets have been cut and re-hemmed because of damage. Hold the coverlet up to light to spot thinness or holes.

Zongor added this interesting fact: Ohio-made coverlets generally have fringe on three sides. If this one does not, value is dramatically affected. On the other hand, New York coverlets seldom had fringe.

Major exhibitions of coverlets have affected value. Several new books, including "Coverlets and the Spirit of America," \$69.95 from Schiffer, featuring an important collection and co-written by Zongor, have also boosted value.

"A coverlet can, with study, be read like a roadmap," she added. Even without a signature, a fancy coverlet can often be traced to maker, state and approximate date. Details are so critical that a color variant in the output of a known weaver is significant.

FYI: For more info, see www.fineantiquecoverlets.com, the site of Melinda and Laszlo Zongor. Mail address is 4862 Bedford Valley Rd., Bedford, Pa. 15522. E-mail is coverlets@pennswoods.net.

Q: How do I know if the beer steins in the photo have value? We have had them a long time. — Sam, Pompano Beach, Fla.

A: You've read it here before: Age does not automatically confer value. Some antique items are valueless and some recent pieces bring huge prices. It's all in supply and demand.

Andre Ammelounx, owner of The Stein Auction Company, told us the steins were made in the last 20 to 40 years. Two are from German breweries and one seems to be from Japan. He's sold similar steins between \$5 and \$25.

FYI: Ammelounx is at P.O. Box 136, Palatine, IL 60074 or e-mail aapo136@aol.com.

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

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HUMOR

The Blah-Blah Blocker

Cell phones permit people everywhere to prove the adage "talk is cheap."

People talk on cell phones as they drive cars, shop, get their hair done, pump gasoline, and while they are standing in long lines waiting to buy season tickets to KC Royals games.

All that blah-blah can be nerve wracking for someone like Miss Minniferd Morningstar who taught English at Letongaloosa High School for 32 years. After she retired, Miss Minnie began interrupting people at social gatherings and town council



Larry Day

meetings to correct the defects in their speech. For her, correct grammar, diction, usage, and syntax had become sacred.

A lot of folks in town tolerated Miss Minnie's interrupting their conversations because they were awed by her knowledge of English. Others accepted her corrections because Miss Minnie inherited piles of money, and she was very generous with it.

Hearing people babble on cell phones brought a whole new dimension of frustration to Miss Minnie. She became obsessed with young cell phone users. Because they were young, many of them didn't know her by sight or reputation. When she interrupted their cell phone conversations on the street, in the park, or at the supermarket, these young people became downright rude.

"Get lost, you creepy old bag," is one of the printable responses she's been subjected to.

Nothing would have come of these encounters except frustration on both sides if it hadn't been for Dr. Henry Watkins, a brilliant research engineer at Middelorf University out in California. Dr. Watkins is Minnie's cousin. He has invented scores of electronic gadgets for cor-

porate clients and the U. S. government. Cousin Henry happened to call Miss Minnie the same day a young cell phone user had been particularly vituperative.

"He called you what?" Cousin Henry shouted.

"I just won't say it again," said Miss Minnie, "It would make me ill."

"I'm going to fly out there and horsewhip that young hellion," said Cousin Henry.

"Henry, you know you can't do that," said Miss Minnie.

"I guess you're right, but there must be something I can do," he said.

"Maybe you could invent a gadget that transforms those inane cell phone conversations," she said.

"I have made some secret gadgets for the government. I bet with a few adaptations I could make a dialect transformer. Will you supply me with the linguistic parameters?" he asked.

"Of course," she replied.

Some weeks later a package arrived for Miss Minnie. It was Cousin Henry's new blah-blah blocker. She could hardly wait to try it out.

Fifteen-year-old Tim was standing on a curb on Main Street dialing his cell phone. Vickie, his girlfriend, answered. Half a block away Miss Minnie lifted the blah-blah blocker to her ear. The device looked like a cell phone, but she was tapped into both sides of the conversation between Tim and Vickie.

Tim said: "Hey, S's me. Whatcha doin' 'saffernoon?"

Miss Minnie activated the blah-blah blocker.

Vickie heard: "Hello, it is I, Timothy. May I ask what you are planning to do this afternoon?"

Vickie said: "Wha'd yew say, dude?"

Tim heard: "I beg your pardon. I didn't understand what you said, Tim."

Tim said: "Like wow! Like Whadda yew bin smokin' girl? Yew sound like yer monkey-faced stoned, man. Whas up wid yew?"

Vickie heard: "Goodness! This

conversation mystifies me. Are you ill?"

Vickie said: "Bummer, dude. Yer all messed up. I'm outta here, a long, long ciao to you, man."

Tim heard: "Oh dear, you sound so strange. I must hang up. Goodbye forever, Timothy."

Tim said: "Bummer. So Whadda I care? Yew nuts, girl. Git loss. The big ciao to yew too."

Vickie heard: "Well, dear, if that's how you feel, this must be goodbye."

The young man stood on the sidewalk for a long time. He looked hurt and bewildered. Miss Minnie imagined the girl looking the same way.

That night Miss Minnie called Cousin Henry to report on the success of the blah-blah blocker.

"It worked then, did it?" he asked.

"Yes," she said, "Perhaps too well."

"How so?" asked Cousin Henry.

Miss Minnie described the conversation and told how the blah-blah blocker had come between the two young people.

"Henry, I thought I was doing them a favor by forcing them to speak correctly. But they were just bewildered and hurt. They broke up, right there, talking on their cell

phones. It was really sad. It taught me a lesson. From now on I'm going to let everyone say what they want to say, however they want to say it. I'm going to quit being a policeman."

After that conversation with Cousin Henry, people in Letongaloosa noticed a change in Miss Minnie. She stopped interrupting people's conversations to improve their grammar, usage and syntax, and she listened to young cell phone users prattle on endlessly without interrupting them.

Some months later, Cousin Henry called her.

"Do you still have the blah-blah blocker?" he asked.

"Yes, why do you ask?"

"I've been thinking. With a few modifications, that puppy would make a dandy device for making politicians sound like they're telling the truth. Elections are coming up. Wouldn't that be fun?" said Cousin Henry.

"Now you're talking," said Miss Minnie. "I'll send it to you right away."

"Thanks, and goodbye, Minnie."

"And ciao to you, Henry."

- 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.

WORDS OF WISDOM

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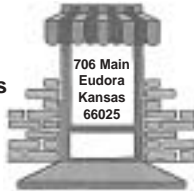
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Brandon Woods announces 2005 annual survey results

Brandon Woods Retirement Community on August 3 announced the outcome of their Kansas Department on Aging (KDOA) 2005 Annual Survey, which resulted in a report of ZERO Deficiencies in the Health Care Centers (Skilled Nursing Home) and Assisted Living Center.

State surveyors spent several days reviewing the more than 500 regulations that the health centers and assisted living center are required to comply with.

"Providing residents choice in their everyday lives, just like we have in our own homes, has been our collective focus since August 2004 when in a previous interview I said we will work hard to meet and exceed our resident, family and KDOA expectations," said Shannon Ruedlinger, executive director.

Leading this charge has been Terri Moore, Health Services Executive Director and Pam Hermon, RN, Director of Nursing.

"The survey team commented on the quality of the care our residents are receiving and complimented all the associates for the level of compassion, consideration and gentleness exhibited in our delivery of care," Hermon said. "This confirms the fact that we have a great team of dedicated associates, managers, therapists, physicians and families who are all committed to making Brandon Woods the best, not only in this region, but also in the State of Kansas."

"We embrace our journey and realize it is not complete," Moore added. "Beginning now and continuing over the next six months, Brandon Woods will undergo additional physical transformation as we renovate our existing buildings to better compliment our Resident Centered Care culture."

For more information about Brandon Woods Retirement Community, please Donna M. Bell at 785-838-8000.

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JUMBLE ANSWERS

Jumbles: CHUTE GRIEF HEIFER HANGAR

Answer: He refused the clerical position because he sought - A HIGHER HIRE

TRIVIALITIES ANSWERS

1. Gloria DeHaven 2. Richard Thorpe 3. "Step Lively" 4. William Powell and Myrna Loy 5. Judy Garland 6. "The Girl Rush" 7. "Out to Sea"

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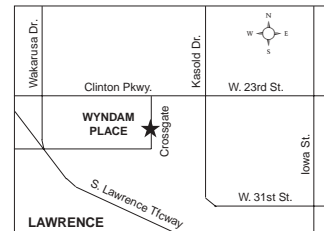
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Aldersgate Village discussion series to explore international women writers

Aldersgate Village invites the public to participate in a three-part book discussion series this fall on "Women Around the World." The discussions will take place in Parlor 203 in Manchester Lodge on the campus of Aldersgate Village, 7220 S.W. Asbury Dr., Topeka.

In this series, readers will have the opportunity to discover the voices of writers from Ireland, Chile and Mexico—some of the most powerful fiction today being published by women from the developing world. Each novel explores issues universal to women, such as marriage, coming of age, and mother-daughter relationships, within the context of a national history, politics and social

mores quite different from our own.

The first discussion is scheduled for 3:00 p.m. Sunday, September 18. Sandra Calvin Hastings of Johnson County Community College will lead a discussion of *The Country Girls* by Edna O'Brien, a trilogy which conveys the dreams of young women making their way in a troubled world.

Other novels in the series include: *The House of the Spirits* by Isabel Allende, discussion led by Thomas Prasch of Washburn University at 3:00 p.m. on October 9 in Parlor 203; and *Like Water for Chocolate* by Laura Esquivel, discussion led by Martha Sanchez of Wichita State University at 1:00 p.m. on Friday, November 4,

in Parlor 203.

To check out books or for information about this series please contact Janet McClanahan at Aldersgate Village, 785-478-9440, ext. 312.

The series is sponsored by the Kansas Humanities Council, a non-profit cultural organization, as part of its Talk About Literature in Kansas (TALK) series.

Group to celebrate Grandparent's Day

The Topeka Grandparent/Kinship Support Group will celebrate National Grandparent's Day on Sunday, September 11, at the Topeka Zoo, 635 SW Gage Blvd., from 11:00 a.m. to 3:00 p.m. The group will meet in conjunction with the City of Topeka Grandparent's Day at the Zoo.

The Topeka Grandparent/Kinship Support Group invites the public to

look for the Grandparent/Kinship banner under the Pavilion, and to join them for a picnic lunch between 12:00 and 1:30 p.m.

Grandparents will be admitted into the zoo free with one paid admission.

For more information, please call Sharla at 785-286-2329 or Sharon at 785-291-3806.



Meet Heather

Heather Hice has joined the staff of Lawrence Therapy Services and Baldwin Therapy Services as a Licensed Physical Therapist. Heather received her Master's Degree in Physical Therapy from the University of Kansas Medical Center and specializes in treating athletes with sports injuries, children with developmental delays, and seniors with mobility or balance problems. Heather's services are available in the clinic or in your home.



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WALK AND BE HEALTHY

Grandparents to be honored on September 11

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

How Many Grandparents?
5.5 million

The number of grandparents whose grandchildren under 18 live with them. Most of these grandparents (4.2 million) maintain their own household.

Grandparents as Caregivers
2.3 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 about 43 percent of all grandparents who live with their grandchildren. Of these caregivers, 1.5 million are grandmothers and 860,000 are grandfathers.

1.7 million

The number of grandparent-caregivers who are married.

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.

910,000

Number of grandparents responsible for caring for their grandchildren for at least the last five years.

5.5 million

The number of children living with a grandparent; these children comprise 8 percent of all children in the United States. Of these children, 3.8 million lived in their grandparent's home and 1.7 million in their parent's home.

About 3 million
 Number of Grandparents Day cards given, nationwide, each year.

[It may be just some shoulder pain, but why take chances?]



Gary Calton, RN

Every year, thousands of people mistake the warning signs of a heart attack for something a lot less serious. That's why the staff of the Bob Billings Cardiac Evaluation Center at Lawrence Memorial Hospital's

Emergency Department wants you to be "heart smart."

First, know the warning signs of a heart attack, including these symptoms: pain in the shoulder, arm, jaw or stomach; a shortness of breath; discomfort in the center of your chest; and the sudden onset

of nausea, cold sweats or light-headedness. If you or anyone you know exhibit any of these symptoms, don't delay. Call 9-1-1 and get help fast. Studies show that clot-

busting drugs and other treatments work best to stop a heart attack when given within one hour of the start of symptoms.

So when it comes to your heart, use your head. To learn more about the warning signs of a heart attack visit us on the Internet at www.lmh.org.



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BOOKSHELF

Wolves, cookies & crime

By Margaret Baker

Douglas W. Smith and Gary Ferguson: *Decade of the Wolf* (Lyons Press, \$23.95, ISBN 1-59228-700-X) *Nature/environmental issues*

Few decisions by National Park Service were as controversial as the reintroduction of wolves to Yellowstone Park. Smith and Ferguson were part of the original team, and they recount the history of the debate, actual capture of Canadian wolves, release into the Park, and results.

Color photography combines with an easy reading style to make these animals, and their "shepherds," come to life.

Joanne Fluke: *Sugar Cookie Murder* (Kensington, \$16.00, 0-7582-0681-X) *Culinary Mystery*.

Hannah Swensen is at work on a town cookbook to be presented at the annual Lake Eden Christmas Buffet.

Everybody, but everybody, is there: Hannah's mother with a new beau, a genuine English Lord (really?); her sister (due any moment), even Martin Dubinski, recently divorced, who comes in with a big surprise—a Las Vegas showgirl wife.

The showgirl is found quite dead in the parking lot. A full-fledged blizzard is underway and no one can leave the community center. Minnesota in winter is not for sissies.

Lots of good practical recipes are included, unlike those exotic ones calling for hard-to-find ingredients like "4 oz. finely minced smoked lemmings."

Denise Swanson: *Murder of a Smart Cookie* (Signet, \$6.99, ISBN 0-451-21584-2) *Mystery*

School counselor Skye Dennison needs a summer job—her rental cottage is on the market. She had a job clerking at Cookie Caldwell's antique store, but was canned after preventing Cookie from cheating an elderly resident.

Since she needs a job, she takes

a short-time assignment with the mayor of Scumble River, even though she knows Uncle Dante is honesty-impaired and has a hair-trigger temper. To improve his image after some finagling became public, he suggests a 100-mile yard sale, starting in

Scumble River and extending to a series of small towns down Highway 66. Skye will organize it.

Yard sales often bring out oddballs in both buyers and sellers. The arrival of a television crew for Faith Easton's *Faith's Finds* only escalates tensions. Cookie Caldwell's body is found in old liquor cabinet—definitely not a bargain item.

Lots of plot twists, snappy dialogue. Yard salers, antique hunters, and mystery readers should vie to read this one!

Mary Anna Evans: *Relics* (Poisoned Pen Press, \$24.95, ISBN 1-59058-119-9) *Mystery*

Faye Longchamp, archeology graduate student, is asked to run a dig associated with the Sujosa people, an Alabama coastal island community of dark-skinned people with Caucasian features, rumored to be descendants of Portuguese sailors, Amerindians, and African slaves.

The close-knit Sujosa don't get AIDS, and the NIH study wants to learn where the tribe originated, and where they got their inherited immunity. In addition to Faye, the project has a linguist, oral historian, and technicians. It is headed by an archeology professor who clearly doesn't like Faye—and has sabotaged the original digs. When two deaths are labeled as accident and suicide, Faye feels obligated to investigate.

An intriguing mystery based on small communities who do not fit, genetically, their area, such as the Melungeons, Redbones and Ainu. The Sujosa are fictional, but the search to uncover the history of such groups is a fascinating mystery of its own, interwoven into this plot.

Christine Gentry: *Carnosaur*

Crimes (Poisoned Pen Press, \$24.95, ISBN 1-59058-150-4) *Mystery*

Gentry's second mystery following paleoartist Ansel Phoenix finds her at work in her Montana studio illustrating paleontology texts.

The Pangea Society's museum in Big Toe, leased from the Indian land, has wonderful dinosaur finds inside and *in situ* footprints outside. Also outside is a life-size model of an Allorasaurus for which Ansel had made and installed the "skin." Now it looks like it is holding lunch. Someone with a concrete saw, stealing the footprints, ignited his power supply.

The problem is that so many law agencies claim jurisdiction—Bureau of Land Management, Bureau of Indian Affairs, the city and county, and even the FBI. The sale of "hot" dinosaur artifacts (some are in highly radioactive rocks) is a nasty business indeed.

Larry Bond: *Dangerous Ground* (Forge, \$25.95, ISBN 0-765-30788-X) *Adventure/espionage*

USS Memphis, an older submarine, shows her age, but she is due to be decommissioned, her crew assigned to other vessels. Suddenly the commander learns that his ship is needed for one last assignment, directly on orders from the just-inaugurated President.

Shade of the Cold War—the Memphis is to explore and confirm leakage from Russian dumping of nuclear materials—well inside Russian waters.

The ship must be made Arctic water seaworthy, retrofitted with special equipment, space found for the two scientists—female—in 60 days.

A tightly-woven plot with twists, with internal personal confrontations competing with the military goals.

PAPERBACK PICKS

All trade paperbacks, which means a higher price but larger page and print.

Kathy Lynn Emerson: *Face Down Below the Banqueting House* (Perseverance Press, trade paperback \$13.95, ISBN 1-880284-71-5) *Historical mystery*

Susanna, Lady Appleton has always avoided royalty. She's never gone to court, content to help her community as an herbal healer, but it appears the court may come to her. Queen Elizabeth I announces plans to stay at Susanna's Leigh Abbey, on

her summer progress. A great honor, of course, but one that has bankrupted many a nobleman. The Queen should always feel she is in her own home, so a great deal of re-arranging and building is required.

Part of that will be a Banqueting House built among the sturdy limbs of a huge tree, a practice quite common in Elizabethan times. While the Queen's men are ordering everyone around, a local man is found under the House.

There's a missing royal ring, a charge of harlotry, and all manner of problems to be solved. Human nature hasn't changed with the years.

Emerson, an Elizabethan scholar, includes a cast of characters and a glossary of Elizabethan terms, both of which are immensely useful.

Maureen Jennings: *Night's Child* (McClelland & Stewart, trade paperback \$18.95, ISBN 0-7710-4370-0) *Historical mystery; Victorian Canada*

Toronto detective William Murdoch is a bit of an outsider as he investigates cases at the turn of the century, often by bicycle.

This time he is alerted to a missing person case by an idealistic school teacher. A search of Agnes Fisher's school desk reveals disturbing stereographic pictures of Agnes, only 13, in provocative poses. Incensed at the exploitation of so young a child, Murdoch searches not only for Agnes, but for the photographer.

Jenning's series is now on Canadian television in a series entitled *Murder 19C*, and we can hope it comes to our small screens at a later date.

Michael Connelly, Editor: *Murder in Vegas* (Forge, trade paperback \$14.95, ISBN 0-765-30740-5) *Mystery, short story collection*

Haven't the time for a long novel? Try this collection

of short stories, all based in Sin City, by established mystery writers like Jeremiah Healy, S. J. Rozan, Wendy Hornsby, James Swain. Cat-napping, cheating (at cards and at love)—lots of possibilities in a town where almost anything is available—at a price.

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



WOLFGANG PUCK

Peaches at their keenest

By Wolfgang Puck

I remember the first fresh peach I ever tasted. I was 7 years old. Until then, I thought peaches came out of a can, surrounded by thin syrup. But that summer, a well-to-do farmer who lived near our home in southern Austria came back from a driving vacation in Italy with a flat of the plump golden-orange fruit.

Their rich, sweet perfume practically hypnotized me. Our neighbor didn't give me a whole peach, though. They were too expensive and precious. Instead, he cut me a slice, which I popped into my mouth.

I'd never experienced such an explosion of juicy flavor. It was the most delicious fruit I'd ever tasted. Immediately, I started begging my mother to buy a peach tree for our garden. She finally gave in, even though she knew that our cool weather in the foothills of the Alps would keep its fruit from ever ripening completely. For years, I hoped that *this* summer would be the one when our tree gave us edible peaches!

Today, of course, good sweet peaches are easy to get, especially at the height of summer. But their pleasures — the sweet, slightly spicy aroma and flavor and the burst of juices that run down your chin — still have the power to turn us all into eager, hopeful children.

Let your nose lead you to good, tree-ripened peaches: You should be able to smell a peach's sweet perfume almost before you see it. If you want to eat or cook with the peaches the same day, buy them fully ripened, still firm yet soft enough to yield slightly to gentle pressure from your fingers. Buy them a little firmer than that if you want to keep them for a few days, they'll continue to ripen left in a bowl at room temperature. Never store them in the refrigerator. Always look for peaches with good color, ranging from pale yellow to deep orange, with a reddish blush on the side; this blush is where the fruit got the most sun.

I especially like freestone varieties, whose fruit, like the name implies, pulls away easily from the pit, unlike the also obviously named cling types. As for dealing with the familiar fuzziness of a peach's skin, you can if you wish look for some that have been processed before packing to rub off some of the fuzz; or substitute smooth-skinned nectarines.

Or just peel the peaches if you want to use them in recipes like the one that follows for my version of a classic summertime dessert named after the 19th-century Australian-born opera star Dame Nellie Melba. Bring a pot of water to a full boil and immerse each peach for no more than 20 seconds, just long enough to wrinkle and loosen the skin; then, with a slotted spoon, transfer it to a bowl of ice water. When the peaches are cool enough to handle, strip away the skin with your fingers and a small, sharp knife, before cutting the fruit from the pit.

One last word of advice: Try to resist cutting yourself little tastes of the peaches before you poach them for this recipe. They might just disappear.

Fresh Peach Melba with Fresh Raspberry Sauce

Serves 6

POACHED PEACHES:
3 large ripe, firm peaches
2 cups water
1 cup sugar
1/4 cup lemon juice
Grated zest of 1 lemon

FRESH RASPBERRY SAUCE:
1 pound raspberries
1 cup sugar
2 tablespoons lemon juice

FOR SERVING:
1 cup sliced almonds
1 1/2 pints good-quality vanilla ice cream
2 cups heavy cream, whipped to soft peaks

First, prepare the peaches. Bring a saucepan of water to a boil. Fill a mixing bowl with ice and water and put it on the counter near the stove. With a small, sharp knife, score a shallow X in the skin at the blossom end of each peach. Carefully add the peaches to the boiling water and boil until their skins start to wrinkle, about 20 seconds. With a slotted spoon, remove the peaches and transfer them to the bowl of ice water. When they are cool enough to handle, drain them and, starting at the X, peel away the skin, using your fingers and, if necessary, the knife.

In another saucepan, stir together the 2 cups water, the sugar, and the lemon juice and zest. Over medium-high heat, bring the mixture to a boil, then reduce the heat and simmer gently for 10 minutes. Add the peach halves to this syrup and con-

tinue simmering until tender, 7 to 10 minutes. Remove from the heat and let the peaches cool in the syrup; then transfer the fruit and syrup to a nonreactive bowl, cover with plastic wrap, and refrigerate until serving time.

Meanwhile, make the Fresh Raspberry Sauce. Put the berries, sugar and lemon juice in a blender or a food processor and process until pureed. Place a fine-meshed strainer over a nonreactive bowl and, with a rubber spatula, pass the puree through the strainer to remove the seeds. Cover with plastic wrap and refrigerate.

Before serving, put the sliced almonds in a small, dry skillet and toast them over low heat, stirring almost continuously, until they turn light golden, about 3 minutes. Trans-

fer immediately to a bowl to cool.

To serve, scoop the ice cream into six attractive chilled serving bowls. Remove the peach halves from their syrup and place them cut side down on top of the ice cream. Drizzle each serving generous with Fresh Raspberry Sauce, garnish with whipped cream and toasted almonds and serve immediately.



PHOTO BY BOB FILL, CHICAGO TRIBUNE

Wolfgang Puck's Fresh Peach Melba With Fresh Raspberry Sauce

(Chef Wolfgang Puck's TV series, "Wolfgang Puck's Cooking Class," airs Sundays on the Food Network. Also, his latest cookbook, "Wolfgang Puck Makes It Easy,"

is now available in bookstores. Write Wolfgang Puck in care of Tribune Media Services Inc., 2225 Kenmore Ave., Suite 114, Buffalo, N.Y. 14207.)

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