

Kaw Valley Senior Monthly

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September 2006

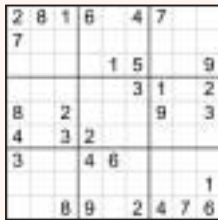
Serving Active Seniors in the Lawrence-Topeka Area

Vol. 6, No. 3

INSIDE



Kansas Rehabilitation Hospital plays host to a NeuroSymposium on September 23. - page 4



Senior Monthly now has Sudoku? Soo desu ka? (Is that right?) Yes, it is. We'll start you off with an easy puzzle. - page 25

INDEX

| | |
|----------------------------|--------|
| Bookshelf | 14 |
| Business Card Directory.. | 21 |
| Calendar | 16 |
| Collectibles Marketplace.. | 20 |
| Dear Pharmacist | 9 |
| Health & Fitness | 10 |
| Humor | 15 |
| Nostalgia Notebook..... | 28 |
| People News..... | 30 |
| Personal Finance | 8 |
| Pet World | 13 |
| Puzzles and Games | 24, 25 |
| Restaurant Guide..... | 19 |
| Retire Smart | 12 |
| Smart Collector | 20 |
| Wolfgang Puck's Kitchen.. | 19 |

FREE



Connie and Lloyd Northrop

COURTESY PHOTO

Northrops thrive on square dancing

By Kevin Groenhagen

If fun had a shape, it would definitely be square. Well, at least that would be the case for Lloyd and Connie Northrop and other members of the Lawrence Happy Time Square Dance Club.

According to the Northrops, presidents of the Happy Time Squares, they and seven other couples in August 2005 decided to form the club to "provide fun and fellowship through square dancing and related activities."

"Square dancing is a wonderful way to socialize, as we meet and

dance with folks from all over the Lawrence area," Lloyd said. "This is an excellent activity for senior citizens and empty nesters."

After forming last summer, the Happy Time Squares spent the next few months traveling throughout northeast and central Kansas to promote the newly-formed square dance club. They held their first dance, which attracted over 200 square dancers to the Douglas County Fairgrounds, in January. Vic Perry of Lawrence is the club's teacher and caller. Perry has been calling square dances for about 25 years.

"We have averaged over 100 square

dancers at each dance since January," Lloyd said. "The club has grown from the original 16 members in August 2005 to 126 members in just a year. Our members range in age from approximately 12 to 85, but they're predominantly 50 and older."

The Northrops say the club's members also come from diverse backgrounds.

"It's such a cross-mix of people," Connie said. "And they all blend nicely."

"They do because having fun is the common motivator," Lloyd added.

CONTINUED ON PAGE TWO

Northrops

CONTINUED FROM PAGE ONE

In addition to the fun and fellowship, the Northrops also enjoy the health benefits associated with square dancing.

"Square dancing is nothing more than walking set to music," Lloyd said. "We walk from two to three miles a night, listening to all types of music. The theme of our last dance was music from the 1950s. Several of the numbers that Elvis Presley made popular have been set to square dancing steps."

While the Northrops note that square dancing is very easy to get into, lessons are required for beginners.

"We started offering square dancing lessons at the end of January," Connie said. "Thirty-eight students graduated in June and are now members of the Happy Time Squares."

Many members of the club, including the Northrops, served as "Angels" during the lessons. Angels attend classes to fill out squares and to help the caller demonstrate the proper way to perform various movements.

The Northrops first started square dancing 35 years ago.

"We attended a church activity in 1971," Lloyd said. "Dr. Karl Edwards, a KU professor of education, was a caller for a square dancing club called the Barn Dancers. He invited all couples from our church to attend and participate in a square dance demonstration. From that, about five couples started taking square dance lessons and joined the club."

The Northrops would later join another square dance club called the Merry Mixers.

Prior to starting the Happy Time Squares, the twirlers spent much of their first few years of retirement as travelers.

"We traveled extensively," Connie said. "We put over 50,000 miles on a van as we conducted genealogy research, attended Elderhostel educational programs, and organized bicycle trips."

The couple continues to travel,

but today their trips are almost exclusively related to square dancing. They have attended National Square Dance Conventions in Denver, Colo., Portland, Ore., and San Antonio, Texas, and they plan on attending the national convention in Charlotte, N.C., in 2007 and Wichita in 2008. They also participate in the annual Kansas State Square Dance Convention in Salina, and have danced at weekend retreats in the Ozarks of Missouri and Arkansas.

Closer to home, the Northrops and other Happy Time Squares make frequent visits to Croco Hall. Located just east of Topeka on Highway 40, Croco Hall was especially built for square dancers. They have also visited clubs in Shawnee, Roeland Park, Osawatomie, Gardner, Atchison, and Ottawa. The Ottawa Promenaders club served as the role model for the Happy Time Squares. In fact, Perry has also been the caller for the Ottawa club for 20 years.

The Happy Time Squares will hold their anniversary dance on Saturday, September 9, at the Douglas County Fairgrounds' Building 21. Ken Bower, a national dance caller from California will be the guest caller. The club expects hundreds of dancers from the Greater Kansas City area, northeastern Kansas and central Kansas.

The club will also offer a new set of lessons beginning on Monday, September 18, at the Building 21.

"We invite everyone to come and give the first three lessons a try," Lloyd said. "Suspend your judgment until you've tried that many classes."

If you are interested in lessons, please call the Northrops at (785) 841-3826 or Bob and Rosalee Rain-

bolt at (785) 842-9799.

The Happy Time Squares typically dance on the second Saturday night of each month at either the fairgrounds or Prairie Park Elementary School. In addition to square dancing, the club also offers round dancing and

line dancing. Vernon Nelson is the cuer for the round dances, while Judy Haas leads the line dances.

For more information about the Happy Time Squares, please visit the club's Web site at www.HappyTimeSquares.com.

Other Clubs

The Lawrence Happy Time Square Dance Club is affiliated with the Kansas Square Dance Association (KSDA). The association is divided into six districts, including the Northeast District, which includes Lawrence, Topeka, and the surrounding area.

If you live outside of Lawrence and are interested in joining a square dance club closer to home, please call Diane Dukat, chairperson for the Northeast District, at (785) 271-5865 for more information. The KSDA also has a Web site at www.kansassquaredance.com.

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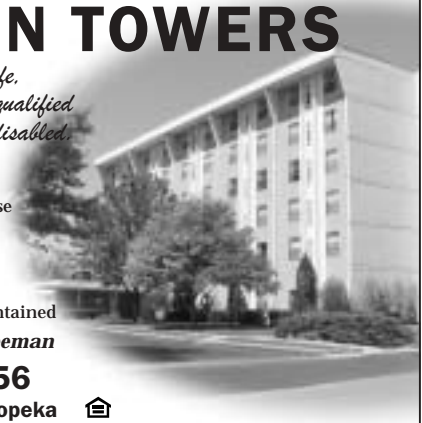
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Kansas Rehabilitation Hospital to host NeuroSymposium

By Kevin Groenhagen

According to Leslie Cunningham, Director of Marketing Operations at Kansas Rehabilitation Hospital, new technologies are rapidly expanding the rehabilitation industry.

"There are treatments available at Kansas Rehabilitation Hospital that we didn't have three years ago," Cunningham said. "If someone had a stroke five years ago and was told nothing could be done about their swallowing issues, well, maybe now something can be done. We want people to know the technology is there and more is on the way."

"If you've been diagnosed with MS, you know what MS is, you know what the long-term prognoses are, you know what your current symptoms are," Cunningham continued. "But you sometimes don't know what the interventions are to keep you as independent as possible as the disease progresses, or what's coming up on the horizon

that might benefit you like new pharmaceutical options or adaptive technology that is now available."

In an effort to inform clinicians, caregivers, patients and their families about new technologies and trends concerning the treatment of Parkinson's, stroke, brain injury, spinal cord injury, and multiple sclerosis, Kansas Rehabilitation Hospital on Saturday, September 23, will host a NeuroSymposium. The NeuroSymposium will be the capstone event for the 2006 National Rehabilitation Awareness Celebration.

"We have some awesome speakers lined up for the NeuroSymposium," Cunningham said. "These are people who have dedicated their careers to the research and treatment of these diseases. All of them were excited when they heard what we were going to talk about and how we were going to present that information."

The speakers include the following professionals:

• Dale Garrett, MD, MPH - "Ap-

plying Technology in the Rehabilitation of Neurological Disorders."

• Barbara M. Quaney, PT, Ph.D. - "Emerging Trends for Stroke - What is the Evidence?"

• Amy Parsons, BSN - "The Treatment of Parkinson's - Past, Present, and Future."

• Martha Badger, RN, BSN - "Breakthroughs in MS."

• Liz Zayat, OTR/L - "Spinal Cord Injury in the New Millennium."

• Janet Williams, MSW, Ph.D. - "Brain Injury Rehab - Changing the Model."

"In addition to the speakers, we'll have live demonstrations of some of the technology pieces that have been introduced in the market during the past five years or so," Cunningham

said. "We'll also be offering preventative screenings."

Screenings for stroke, abdominal aortic aneurysm, peripheral arterial disease, and osteoporosis are available for a fee, while screenings for physical therapy, occupational therapy, blood sugar, and blood pressure are free.

Sponsors of the NeuroSymposium will also be on hand to share information about their services so participants can learn more about resources available locally.

While the focus of the NeuroSymposium is on neurological disorders, Cunningham notes that those with other conditions should consider attending.

CONTINUED ON PAGE FIVE



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NeuroSymposium

CONTINUED FROM PAGE FOUR

"Anyone who believes they have a handicap or disability is welcome to come and hear what we're talking about," Cunningham said. "Some of the things we'll talk about can help people who have other problems. For instance, we had a gentleman at the hospital who had throat cancer. Radiation had caused him to lose the ability to swallow. Three physicians told him he would never be able to swallow again. He came to us and we did VitalStim, which is one of the technologies we'll be demonstrating. I now have a picture of him eating cheesecake and drinking tea."

VitalStim therapy uses small electrical currents to stimulate the muscles responsible for swallowing. At the same time, trained specialists help patients "re-educate" their muscles through rehabilitation therapy.

"Part of living with a debilitating disease is having hope," Cunningham said. "There's the hope for a cure and a hope for intervention. That's what I want this conference to be. I want people to understand that all the research is starting to pay off."

The NeuroSymposium will open with a keynote presentation at 10:00 a.m. At 11:00 a.m., participants are free to watch demonstrations, attend screenings, and break for free lunch. Breakout sessions will then start at noon.

Cunningham stresses that all NeuroSymposium participants must RSVP by September 18 by calling her at (785) 232-8551 or by e-mailing her at leslie.cunningham3@healthsouth.com.

"I'll need to know how many peo-

ple we'll have for each presentation," Cunningham explained. "Also, we're providing a free lunch, so we need to know how many lunches we'll need."

Participants can also contact Cunningham to schedule one or more of the free screenings. Participants who would like to set an appointment for stroke, abdominal aortic aneurysm, peripheral arterial disease, and osteoporosis screenings can pre-register by calling toll-free at 1-800-324-1851.

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INFA to sponsor legislative forum

By Billie David

Members of Douglas County's Interagency Network for Aging (INFA) have been busy preparing for their second Legislative Forum, which will be held on Wednesday, October 4, at the Lawrence Public Library, 707 Vermont Street.

"This will be the second year we've held the Legislative Forum," said Project LIVELY Coordinator and INFA Facilitator Sandra Kelly-Allen, explaining that INFA has invited Douglas County legislators and candidates to attend the forum and address three pre-determined key issues that are of particular interest to seniors.

"Legislators and legislative candidates will receive questions prior to the forum so that they have the opportunity to prepare their responses in advance," Kelly-Allen added.

The forum is open to anyone who wishes to attend and provides them with the opportunity to address issues of concern.

"Everyone has the opportunity to provide input," Kelly-Allen said.

After legislators and candidates have addressed the key issues, forum attendees will take a short break, after which legislators will address questions that audience members have previously written and submitted. This part of the program will be moderated by KU Professor and Director of the Office of Aging and Long Term Care, Dr. Rosemary Kennedy Chapin.

The forum will start at 2:00 p.m. and will last until 4:00 p.m. Although registration will begin at the library at 1:30 p.m., people are encouraged, in order to ensure a place for them, to pre-register by contacting Teresa Brown at (785) 841-5300.

"It's a real collaboration; that's what I like about working with INFA," Kelly-Allen said, referring to the various groups and agencies that get together to plan the forum and determine what the three key issues are.

INFA is a partnership made up of directors from local agencies that provide services to seniors. Membership is open to all aging service providers. For over two decades, INFA members have been working together to better meet the needs of seniors in our community.

"The organization started in 1982 as a steering committee for Project LIVELY, a case management program

at the Lawrence-Douglas County Health Department for seniors in the county," Kelly-Allen said.

Project LIVELY, which serves Douglas County citizens who are 60 and over and who have trouble meeting their health, social, financial and/or housing needs, helps elderly individuals meet those needs by coordinating community services to help them remain at home as long as they possible.

These services, which are free of charge, include assessing in-home needs, arranging the necessary help, and monitoring the situation in order to help the clients meet future needs and solve whatever problems may arise.

The steering committee members, who discerned that continued community collaboration at the agency director level would benefit all Douglas County seniors, decided to continue this partnership. INFA endeavors to advocate on behalf of Douglas County's elderly, to facilitate coordination of senior services, to simplify

access to those services, to enhance interagency communication and coordination, and to encourage new ideas and long planning to meet the needs of the elderly.

INFA representatives meet four times a year. The organization's subcommittee meetings are interspersed in between. One of those subcom-

mittees has been busy recently planning the Legislative Forum.

INFA Members include Bert Nash Community Mental Health Center, Inc., Brandon Woods Retirement Community, Douglas County Senior Services, First Presbyterian Church Parish Nurse, First United Methodist

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PERSONAL FINANCE

New tax laws may aid your investment strategy

If you're an investor, you'll want to pay close attention to some of the provisions of a bill that President Bush signed into law on May 17.

The new legislation extends the lower tax rates on capital gains



Harley Catlin and Ryan Catlin

and stock dividends, temporarily removes restrictions on transfers from traditional to Roth IRAs and raises the exemption level on the alternative minimum tax (AMT). Clearly, the new laws can have a big impact on your investment strategies over the next few years.

Let's take a look at the tax law changes and see how they might affect you.

Extension of 15 percent rate on dividends and capital gains. Until a few years ago, dividends were taxed at your personal income tax rate. But changes in tax laws resulted in a 15 percent tax rate on dividends through 2008. This rate has now been extended through the end of 2010. Also, the maximum long-term capital gains rate will remain at 15 percent through 2010; this rate, too, was slated to expire at the end of 2008. For taxpayers in the 10-percent and 15-percent brackets, long-term capital gains will be taxed at 5 percent for the 2006 and 2007 tax years and at 0 percent for 2008-2010. Clearly, these

changes give you some incentives to look for high-quality, dividend-paying stocks and to hold your stocks for at least one year—long enough to receive the best capital gains rate when you sell. Some stocks have paid—and increased—dividends for 25 straight years, or more. These companies are typically well-run businesses that strive to reward their investors. (Keep in mind, though, that no company is obligated to pay dividends and may lower, or discontinue, dividends at any time.)

Removal of restrictions on conversions to Roth IRA. Starting in 2010, you can convert your traditional IRA to a Roth IRA, regardless of your income level. Currently, only taxpayers with adjusted gross incomes of \$100,000 or less can make this conversion. The amount you transfer will be included in your gross income, so you'll have to pay taxes on it, but you can spread the taxes out over two years if you make the rollover in 2010. This traditional-to-Roth conversion may benefit you in at least two important ways. First, qualified withdrawals from a Roth IRA are not taxable. And second, you won't have to start taking distributions from your Roth IRA at age 70-1/2, as you must with a traditional IRA and a 401(k).

Increased Alternative Minimum Tax (AMT) exemption. For many years, many taxpayers have been shielded from the AMT by its large exemption, but this exemption has not been adjusted for inflation, so, as wages and earnings rise each year, more and more people will be subject to the AMT. Recent cuts in in-

come tax rates also mean that more people may face the AMT. The new tax bill provides AMT relief by raising the amount of the exemption to \$62,550 for joint filers, \$42,500 for singles and \$31,275 for married persons filing separate returns. This new exemption level applies only to the 2006 tax year, so when 2007 rolls around, watch for the results of new

legislation.

So, there you have it—news you can use about the new tax laws. Consult with your investment professional and tax advisor to see how you can benefit from these changes.

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

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DEAR PHARMACIST

Grapeseed extract provides an array of benefits

By Suzy Cohen, R.Ph.
Tribune Media Services

QUESTION: I have diabetic retinopathy, high blood pressure and a few varicose veins that are getting worse. I take two medications and my doctor said to ask you what the best supplement would be for me with these conditions. — M.L., Coral Springs, Fla.

ANSWER: There are two that come immediately to mind. The first is lipoic acid (100 to 200 mg three times a day). It's sold commercially as alpha- or R-lipoic acid and research shows that it helps diabetics and reduces neuropathic pain.

Second, grapeseed extract. It's a nutrient that belongs to a group of incredibly powerful bioflavonoids called OPCs, or sometimes pycnogenol. OPCs come from various sources, most commonly grape seeds and grape skins. (Of course, you can eat grapes and drink grape juice and small amounts of red wine.) Some OPCs

come from pine bark. When buying formulas, look for a seal of authenticity to ensure purity and stability.

Grapeseed improves circulation in the body by delivering more oxygen to the cells. It builds up collagen and elastin, thereby improving the integrity of connective tissue, blood vessels, arteries and capillaries. Grapeseed helps make vitamin A, E and C work better. Folks, this means less wrinkling and lower risk of skin cancer.

What does all of this mean to you? You can prevent more varicose veins, improve vision and lower your blood pressure. Studies show that OPCs may reduce cholesterol and thin the blood (the way aspirin does), but without aspirin's side effects. Because grapeseed strengthens capillary walls and improves circulation, stroke victims, smokers, diabetics, women who take birth control pills, cardiac patients and arthritics can all benefit. Finally, grapeseed and other OPCs get into the brain so

they can snatch up gunk that would otherwise contribute to memory loss and senility.

QUESTION: Every night, I take Ambien for sleep. Now I have a sinus headache. Can I take two Benadryl tablets (diphenhydramine) along with the Ambien? — D.G., San Antonio

ANSWER: No, I wouldn't. Even though Ambien is a sleeping pill and Benadryl is an antihistamine, the two drugs act similarly and can cause excessive sedation. Ambien zanks you out because it produces more activity from a "sleepy chemical" called GABA; Benadryl does the same thing, so the two drugs together could cause excessive central nervous system depression, a condition that seriously slows the heart and breathing.

Your sinus headache will probably respond better to a pain-reliever (like Tylenol) plus a nasal decongestant rather than an antihistamine like

Benadryl. Decongestants come in the form of nasal sprays like Afrin or tablets like Sudafed, which contain pseudoephedrine, and both should be OK to take with the Ambien. Check with your doctor to be completely sure these are right for you.

READERS ALERT: The FDA has recalled Triaminic Vapor Patches, a cough suppressant in children. Apparently, some youngsters have swallowed or chewed their patch, developing serious problems from the ingredients: camphor, menthol and eucalyptus oil. To be safe, discard remaining patches and report problems to 1-800-FDA-1088.

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LOCATIONS . LOCATIONS . LOCATIONS .

HEALTH & FITNESS

Arthritis and Glucosamine Sulfate

Nearly a decade ago, in a famous book entitled *The Arthritis Cure*, Dr. Jason Theodosakis reported that osteoarthritis sufferers could decrease their symptoms and slow the progress of the disease by adding two supplements to their diets—glucosamine sulfate and chondroitin.

Since then, millions of people and



Laura Bennetts

their pets have used these nutritional supplements to treat their arthritis. What, on balance, can we say has happened?

Giving Mother Nature a Hand

Glucosamine and chondroitin (pronounced "kon-droy-tin") are vitamin-like substances that our bodies produce naturally. Both keep our joints healthy.

And just as adding extra iron or calcium to our diet enhances our overall health, taking extra glucosamine and chondroitin in tablet form is thought to augment this positive effect. It is hoped that these nutrients may be able to slow or stop wear and tear on our joints and reduce arthritis symptoms.

Supplement Solutions

The most common glucosamine and chondroitin supplements come from other species. Glucosamine is made from shellfish shells and chondroitin is made from cow cartilage. Respectively, they appear to stimulate cartilage growth and protect

cartilage from damaging chemicals. Chondroitin may also decrease joint inflammation. The promise of such beneficial effects is very attractive to arthritis sufferers. Say, for example, that you have a degenerative knee condition due to osteoarthritis. In such a case, the cartilage in the knee joint is likely to be worn away to the point that the two connected bones touch when you move or walk. Once this cartilage wears away altogether, the pressure on the joint surfaces at the ends of the bones grows acute, because the cartilage, which had previously cushioned these bones, vanishes. If a supplement can increase cartilage growth before the cartilage wears out, the joint will not degenerate and the pain may decrease. Those, obviously, would be wonderful developments.

Use It or Lose It

Research shows that, ultimately, exercise and medications remain the most effective treatments for arthritis pain and inflammation. The benefits of exercise are clear: decreased joint pain, increased leg strength, and less pressure on joints from excess weight. People with arthritis regularly report that exercise decreases pain and stiffness and allows them to move freely. And therapists use other anti-inflammatory modalities as well—ultrasound, infrared light therapy, heating pads, and whirlpools—to reduce joint pain and rebuild muscle strength. But glucosamine and chondroitin may be helpful as well. Scientific studies of the ultimate effects of these supplements have not yet yielded unambiguous results, but many people have performed their own research by giving glucosamine and chondroitin a try—and sometimes they

report symptomatic improvements. **Yes or No?**

Research on glucosamine and chondroitin has been encouraging, but, at the same time, frustratingly inconclusive. A large scientific study in 2006, using exemplary double-blind methods, did NOT find that these supplements reduced pain or stopped joint degeneration. Yet a major earlier study had found that the supplements DID relieve pain effectively, and without the troubling side effects of some medications. So we do not know for certain whether the supplements are as effective as advertised. But they have often seemed promising, and they have few negatives or risks. So many people are glad to try them.

Exercise Caution

Talk to your doctor about any supplements you might consider taking.

Interactions with medications are always a potential concern. And with respect to glucosamine and chondroitin in particular, there are certain things to keep in mind. Specifically, because glucosamine is produced from shellfish, people with shellfish allergies may not want to take glucosamine.

Diabetics should probably watch their blood sugar when taking these supplements, and people who take blood thinning medications (such as warfarin or coumadin) may want to avoid chondroitin because it can cause bleeding. But otherwise there are few known problems with either supplement—and especially for people who cannot take pain medications and have unsuccessfully tried other treatments, glucosamine and chondroitin appear to be safe alternatives.

Patience is a Virtue

Experience shows that, even when

they appear to have therapeutic effects, glucosamine and chondroitin are not fast-acting therapeutic agents.

Generally the positive effects of these supplements with respect to joint pain, stiffness and swelling take a while to show up—often as much as two months. Also, there are different forms of glucosamine and of chondroitin that you can take. Consulting with your doctor will enable you to pick the one that's best for you and to discuss any possible reasons you may have to avoid the supplements (like adverse interactions with medications).

Health Wanted

While the jury is still out on the ultimate effects of glucosamine and chondroitin, you may want to try them (together with therapeutic exercise) to see if they help reduce your arthritis pain and swelling. Remember to give both the exercise and the supplements about two months to work.

Many people feel that you should start with exercise first, and add a regimen of supplements. If that's what you and your doctor decide, you could exercise first for six weeks and then add the supplements for two months while you continue to exercise. This would be an interesting experiment...and if you try this, let me know the results, okay?

- 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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Midland Care Connection, Lawrence Public Library Senior Services to host 'How to Shape Your Future'

Midland Care Connection, in partnership with the Lawrence Public Library Senior Services, will be hosting a free seminar entitled, "How to Shape Your Future." This seminar is scheduled for Thursday, September 28, from 1:30-4:00 p.m.

This seminar will focus on both estate planning and advanced care directives. Being savvy about estate planning and your health care decisions are some of the most important steps individuals can take. Both of these areas are vitally important, for all individuals and their families, yet they are areas that many people find intimidating and too complex.

Presenters will include Julie Prideaux, Communications Coordinator for Midland, and Dwight Nichols, Vice President of Donor Relations for Midland.

Prideaux has received extensive training in Advance Directive document preparation from the Midwest Center for Practical Bioethics, Kansas Life Project and Gundersen Luther-

an. A Lawrence resident, Prideaux formerly served as Chairman of the Lawrence Coalition to Honor End-of-Life Choices (CHEC) and is currently on the board of CASA of Shawnee County.

Nichols has worked with non-profit donors and volunteers for sev-

eral years. He is past President of the Topeka Council on Philanthropy and currently serves on the board of the Mid-America Planned Giving Council.

They will present effective estate planning techniques that will enable you to take advantage of current tax

benefits, increase income and plan for distribution of your property in the most effective manner to whom-ever you wish. They will also present ideas on how you can take care of important health care decisions so that your values and wishes are understood.



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RETIRE SMART

Social Security proposals examined — calmly

By Humberto and Georgina Cruz
Tribune Media Services

For all the angst that debates about Social Security create among retirees and those approaching retirement, it is the young — actually, the yet unborn — who would be most affected by proposed changes in the system.



Humberto
and
Georgina
Cruz

That always seemed obvious to us, but now we have some figures to show it. We found them in a study by the Employee Benefit Research Institute, a not-for-profit, nonpartisan organization based in Washington, D.C. that conducts ongoing research on retirement, savings, health and economic security issues but does not lobby or take public-policy positions.

EBRI, as the institute is known for short, has published two recent reports examining how some of the proposed changes in Social Security would affect future benefits. "I tried to get the ones that were most discussed," said Craig Copeland, EBRI's senior research associate. (You can look up the full report at www.ebri.org.)

Just like EBRI, we are not taking sides. We just want to pass the institute's findings along, hoping they contribute to a more educated pub-

lic debate — and calm fears among retirees who worry that the proposed changes would result in major cuts to their benefits.

"None of these proposals (examined by EBRI) would touch anyone already receiving benefits," Copeland said. The EBRI reports looked at the following proposals (again, we don't believe the general public really understands what they are):

- A gradual reduction in benefits — The oldest people to be affected would be those born in 1950, who are now scheduled to reach their full retirement age of 66 in 2016. The benefit reduction would continue until people born in 1998 reach their full retirement age of 67 in 2065, at which time the factors used to calculate the benefit would be 67 percent of what they are now.

- Additional gradual increases in the normal retirement age — Under current law, the age to qualify for unreduced benefits is rising gradually

until it becomes 67 for those born in 1960 or later. This proposal would continue to raise the retirement age two months every year until it becomes 70 for those born in 1978 and later.

- Progressive price indexing — Under this proposal, the general level of inflation rather than the typically higher level of wage growth would be used as part of the formula to calculate Social Security benefits, resulting in lower expected benefits. But this change in the formula would apply only to a worker's average earnings above a certain amount. As a result, only higher-income earners would be affected. This proposal would first apply to people reaching full retirement age in 2011 (those born in 1945).

- A combination of an increase in the normal retirement age and progressive price indexing — "The Social Security reform options examined would cut benefits," the most recent EBRI noted, but "more so for the young," because changes would be phased in gradually. For example, the estimated cuts for people born in 1962 would range from about \$300 a year for those with the smallest benefit to \$3,000 for those with the

largest. The size of the cuts would grow steadily the younger people are now, ranging from \$2,200 to \$10,370 for those born in 1997 and from \$3,790 to \$18,360 for those yet to be born in 2022.

This does NOT mean, we emphasize, that young people today will receive lower benefits when they retire than retirees do now. The figures in the EBRI studies compare what future benefits are likely to be if changes are implemented to what they would be if no changes are made. Because average wages are expected to continue to grow over time, and the formula to calculate benefits factors in those wages, many young people today would still get higher benefits than retirees do now even if the proposed changes are implemented. The benefits just wouldn't be as high as under current law.

(Humberto and Georgina Cruz are a husband-and-wife writing team who work together in this column. Send questions and comments to AskHumberto@aol.com, GVCruz@aol.com, or c/o Tribune Media Services, 2225 Kenmore Ave., Suite 114, Buffalo, NY 14207. Personal replies are not possible.)

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PET WORLD

Squealing dog, smelling cat

By Steve Dale

Tribune Media Services

HONOLULU — More than two thirds of your questions relate to your pets' behavior, which is why I sought veterinary behaviorists attending the 143rd Annual American Veterinary Medical Association Convention at the Honolulu Convention Center to answer selected questions.



Steve Dale

QUESTION: Each morning, our neighbor's Jack Russell terrier gets let outside in the yard. The dog barks — actually, it's almost like a squeal — for up to 45 minutes. How can we make this dog stop barking? It's impossible for us to sleep in the morning. — A.M., Las Vegas, NV

ANSWER: Dr. Debra Horwitz, of St. Louis, MO, president of the American College of Veterinary Behaviorists, says, "First, tell your neighbors. They may be unaware (of the problem) and be really upset to know that their dog is apparently distressed. You might even videotape the dog and show them."

If this doesn't work, consider gathering a group of neighbors together to offer a sort of petition, which you could mail to the neighbor. That way, the conflict becomes less personal, and isn't about you personally vs. the neighbor. At this point, you may warn that the community will take further action if need be.

If all else fails, call animal control or the police. There are laws in most communities about persistent noise.

And don't forget the dog. "In Las Vegas, it gets very hot; is there enough shade and water?" Horwitz asks. "If not, the dog most certainly should not be outside in the first place."

QUESTION: My 6-year-old cat smells my breath when I wake up, or even when I'm just sitting on my sofa. Why? — M.R., Providence, RI

ANSWER: "Your cat may be greeting you by going nose to nose, rather than actually smelling your breath," veterinary behaviorist Dr. Barbara Simpson, of Raleigh, North Caroli-

na, explains.

"It's also possible your cat is checking out your breath," adds Dr. Petra Mertens, assistant professor at the University of Minnesota College of Veterinary Medicine, St. Paul. "Cats are extremely olfactory, and your breath may be fascinating." Or perhaps, you recently ate tuna.

QUESTION: Do you have any idea why my two cats lick the plastic blinds in our kitchen? I find it weird. Both cats seem healthy, but do you think they need to see the vet? — K.F., Plantation, FL

ANSWER: Anytime there's a major change in a pet's behavior, it's a good

idea to contact your vet. It's best to see a veterinarian twice a year, regardless.

Assuming your cats are on a well-balanced diet, New York City-based veterinary behaviorist Dr. Ellen Lindell says it's important to figure out why they're licking the blinds. It's interesting that both cats are "into" this. Perhaps there was food stuck to the blinds, or something happening outside that attracted the cats to the blinds, and they happened to lick them. The licking were followed by a reward of some kind — perhaps you fed the cats or offered some attention. Now, they've determined that if they lick the blinds, something good happens.

"Still another idea that is this could be a displacement behavior," adds Lindell. "If the cats, for example, see a squirrel but they can't

get to the squirrel, they may lick at the blinds (instead). It's interesting that both cats could be offering the same displacement behavior, if indeed that's what's going on." The licking might also be a displacement response to anxiety.

Lindell says if the blind-licking bothers you, ignore the cats when they do this. You could raise the blinds so the cats can't reach them. However, they may find other blinds in your home to lick or pick a new surface to lick. Certainly, playing with your cats more often — increasing and enhancing their indoor activities indoors — couldn't hurt.

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

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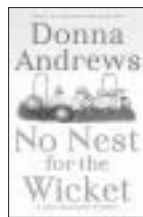
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Extreme Croquet?

By Margaret Baker

Donna Andrews: *No Nest for the Wicket* (St. Martin's, ISBN 0-312-32940-7)

Meg Langslow is playing in an Extreme Croquet match in sheep and cow pastures. The cream of town and gown are gleefully whacking away, and there's even a team from a Vermont college.



The game is tough enough until one of society's Grand Dame's sends Meg's ball hurtling into a briar patch—which contains the body of a former member of the college. Who majored in blackmail. Who was Meg's fiancé's date.

Andrews populates her Virginia countryside with zany characters, hilarious plots (which actually work) and snappy dialogue. Very hard to read without giggles, chuckles, and belly laughs!

Elaine Viets: *Murder Unleashed* (New American Library, ISBN 00-451-21840-X)

Ms. Viets' series follows Helen Hawthorne through several dead-end jobs. This time Helen is receptionist at Barker Pampered Pet Boutique, selling pricey dog clothes and cuisine. The top groomers are as temperamental as any opera star.

Helen drives a Yorkie home only to discover the wife by the pool, quite dead, a pair of ten inch grooming scissors in her chest

If that isn't enough, Barkley, the adorable labradoodle puppy whose contract as mascot for a major department store supports his owners in high fashion, has been kidnapped by an ex-spouse.

Helen feels her life is definitely going to the dogs.

Mark Billingham: *Lifeless* (Wm. Morrow, ISBN 0-06-084166-4)

Mark Billingham brings readers a much darker British police procedural, not surprising in an author who began writing as a way to deal with the trauma of being tied up, beaten and robbed in a hotel room by thugs while on tour as a comic.

Detective inspector Tom Thorne's life and career are at an all-time low. He father has died, and mourning

him has complications: His dad's Alzheimer's had destroyed half of the parent-child relationship long before death.



At work he overstepped his position in a major case. He has been taken off active duty and assigned a boring desk job. It's no secret the brass would like him to take early retirement.

Then three homeless men are kicked to death, a 20 pound note pinned to each. Thorne cannot pass on the case.

To find the killers, Thorne goes undercover, living "rough" on London's streets to uncover the connection, motive and identity of the murderer.

The suspense builds inexorably in a novel that invites the reader in and then doesn't let him/her leave.

Donna Andrews, Ed.: *Chesapeake Crimes II* (Quiet Storm, ISBN 0-977007006)

Don't have time to read a novel?



This collection of short mysteries may be just the ticket. All the authors live in the Chesapeake Bay area. The first compilation (Chesapeake Crimes) was enthusiastically received, and several of the short stories were nominated for national honors.

With 15 to choose from, you're sure to find some favorites!

PAPERBACK PICKS

Maggie Sefton: *Needled to Death* (Berkley, ISBN 0-425-20706-4) *Second in the Kelly Flynn series.*

Kelly is still in her aunt's Fort Connor, Colorado, home with her rottweiler Carl (whose hobby is stealing golf balls from the adjoining course).



Although she is still doing work assigned by her company back East, Kelly is slowly learning to love again the small, caring community in which she grew up. Life revolves

around the yarn shop, knitting lessons, and the attached cafe.

A group of out-of-town knitters is heading up the canyon for a tour of an alpaca ranch, the source of the wonderfully-soft yarns in the store. Vickie Claymore doesn't greet her guests; she's been murdered.

Kelly just can't help getting involved. Will she have any better luck with homicide than she's having with her first project knitting in the round?

Good tight plotting with deftly-drawn characters in a small-town setting.

Jo Dereske: *Bookmarked to Die* (Avon, ISBN 0-06-079082-2) *Fifth in the Wilhelmina "Helma" Zukas series.*

Seattle area librarian and compulsive organizer Helma Zukas finds lots



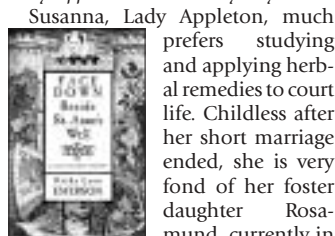
of trouble on her forty-second birthday.

She's organized a display of local authors' works, and discovered a hornet's nest of petty jealousies.

As if that isn't enough, her boss coerces her into group therapy—and two fellow participants turn up dead.

Trouble always comes in threes—her romance with Police Chief Wayne Gallant has hit a rough spot.

Kathy Lynn Emerson: *Face Down Besides St. Anne's Well* (Perseverance Press, IBN 1-880284-0) *Tenth in the Lady Appleton medieval mystery series*



Susanna, Lady Appleton, much prefers studying and applying herbal remedies to court life. Childless after her short marriage ended, she is very fond of her foster daughter Rosamund, currently in Buxton, highest of the Roman baths in Britain.

Rosamunde writes Susanna that she suspects her French tutor was murdered. Susanna senses that something is certainly not right. Mary, the imprisoned Queen of

Scots, is petitioning Queen Elizabeth to take the healing waters. Mary's adherents want to place her on the English throne, and spies for both sides are everywhere.

This trade paperback size is more comfortable to hold and permits larger print, compensating for the higher cost (\$13.95). And you'll learn a great deal about life in Elizabethan England!

FOR YOUR EARS ONLY (Audio books)

Both of these audio books have been made into movies currently showing in the area:

Philip K. Dick: *A Scanner Darkly* (Random House Audio, 8 compact discs, read by Paul Giamatti)

Science fiction writer Philip Dick's dark novel is a classic.

Bob Actor is a dealer of lethally addictive Substance D. Policeman Fred is assigned to tail him and eventually arrest him. Fred has taken on Actor's identity as well as his addiction, not realizing that one effect is the splitting of his brain into two personalities—he's narcing on himself.

This is considered to be the most autobiographical of Dick's works. Since Dick certainly used illegal drugs, (and was believed to have schizophrenia) his depictions are grounded in reality.

Laren Weisberger: *The Devil Wears Prada* (Random House Audio, 5 compact discs, read by Rachael Leigh Cook)

Recent college graduate Andrea lands the job as assistant to fashion dictator Miranda Priestly, editor of *Runway*, the fashion magazine capable of making—or breaking—any designer. It's the Boss from Hell, capable of producing ulcers in Pollyanna. The backbiting, gossipy world of fashion, sharper and more cruel than 6-inch stiletto heels, forms the backdrop for a story of how a job affects Andrea and her reaction to that change.

Your job should look much better by comparison.

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

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HUMOR

Dumping Grandma's Stuff

Beautiful, serene, and pastoral are words most visitors use to describe Bear Haven, the little mountain town where my wife Emmaline and her mother, Grandma Immadene, were born and raised.

Bear Haven was a sleepy village with 1,200 people when Grandma Immadene was born there back in nineteen ought something. Sheep outnumbered people 10 to 1. When my wife Emmaline was born, Bear

her sisters and her kids and grandkids. But we both knew that getting Grandma Immadene to part with her stuff would be a BIG problem.

Grandma Immadene never met a department store sale she didn't like. She also acquired stuff at estate auctions, going out of business sales, and from the neighbors' trash. If it was free, discounted, or simply not nailed down, Grandma Immadene found a way to get it home. She never left a restaurant, hotel room, dentist's office or casino without putting some bit of booty into her big leather handbag. At the Bear Haven pioneer day parade no kid in town ever grabbed more candy thrown from the floats than Grandma Immadene.

On a recent visit my wife Emmaline approached Grandma about her stuff.

"Mom, I think you should let us help you clean out the basement and the upstairs closets," said Emmaline.

"I've just been thinking the same thing," said Grandma Immadene.

"You have? That's wonderful."

"We'll start tomorrow," said Grandma Immadene.

"Oh dear!" said Emmaline, "I promised my old roommates I'd drive up to Tooterville tomorrow for lunch. I'll call and cancel."

"You'll do no such thing," said Grandma Immadene. "We don't need you. He can help me." She nodded in my direction. I've been a pronoun to Grandma Immadene ever since Emmaline and I got married.

The next morning Emmaline gave Grandma Immadene and me a cheery wave and drove away.

"Well let's get started," said Grandma Immadene.

Seven hours later we had been through all the upstairs closets and the cupboards in the basement. Grandma pulled out tons of stuff, showed it to me, and then put it back. As soon as Emmaline walked in she asked, "Where did you take everything? To Goodwill Industries? To the Thrift Store? To the landfill?"

"Come down stairs," I said. On the basement floor was a shoebox with some paper matchbook covers and a few packets of coffee sweetener.

"That's it," I said, pointing. "She says that's all she can bear to part with."

Emmaline stomped upstairs. She and Grandma Immadene yelled at each other for a while, then they wept, then they kissed and made up. Awhile later Emmaline took me aside.

"Tomorrow I want you to call the county sanitation department and have them put a dumpster in our driveway," said Emmaline. "Then you can go fishing. When you get back it will all be over."

It was late in the afternoon when I got back. There was a dumpster in the driveway near the garage door. On the driveway in front of the dumpster was a moving van. As I approached, a man pushed past me wheeling a dolly loaded with boxes. He pushed the dolly up the ramp into the moving van. Another man inside the van was stacking boxes. I walked passed the dumpster. It was empty.

"Show us all the fish you caught," said Emmaline when I walked into the kitchen. She and Grandma Immadene were sitting at the table having a cuppa.

"What's with the loaded moving van and the empty dumpster," I asked, ignoring Emmaline's fishy request.

"I've decided to share my treasures with you and Emmaline," said Grandma Immadene.

"You won't BELIEVE the marvelous stuff Mom has given us," said Emmaline. "As soon as we get back we're going to look for a bigger house."

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

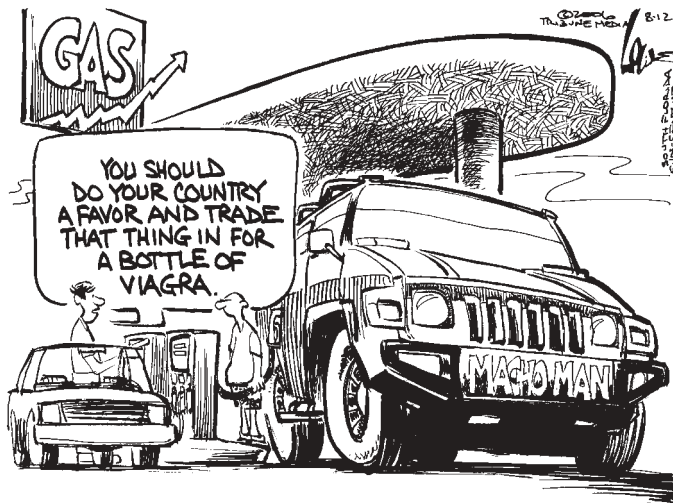


Larry Day

Haven was a sleepy village with 1,200 people. Sheep outnumbered people five to one. Today Bear Haven still has 1,200 residents but it is not sleepy any more because there are also 2,000 vacation home owners. Four wheelers and snowmobiles outnumber sheep 10 to 1.

Grandma Immadene calls people who moved to Bear Haven after 1926 "strangers," and as far as she's concerned vacation home owners are aliens from another galaxy.

Emmaline and I have talked about the time when Grandma Immadene will have to leave Bear Haven and come live near us. We figured that getting Grandma Immadene to leave Bear Haven wouldn't be a problem because she loves taking trips and making long visits to the homes of



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SEP 9-OCT 7

LAWRENCE INDIAN ART SHOW

Annual contemporary Native American artists exhibit and sale. Juried competition featuring two and three dimensional artwork by contemporary Native American artists from across the United States. Lawrence Arts Center. LAWRENCE, (785) 843-2787 <http://www.lawrenceartscenter.com>

SEP 17

ROCK BOTTOM FARM ART SHOW

Nestled into the countryside half between Lawrence and Topeka is the perfect place to meet your friends for an afternoon of beautiful art, refreshments, live music, activities for children, and shopping straight from the artists. Free admission. 12:00-5:30 p.m. 7541 SE 61st. TECUMSEH, (785) 379-0421 <http://rockbottomfarm.com>

SEP 22-OCT 8

CHAPS

Whoa, Britannia! Panic at the BBC in 1944. Tex Riley and American's favorite singing cowboys are late for a special show. The resulting performance is one England will never forget. Lawrence Community Theatre, 1501 New Hampshire. LAWRENCE, (785) 843-7469 <http://community.lawrence.com/CommunityTheatre>

SEP 23

LAWRENCE ARTMARKET

ArtMarket will feature artwork in a variety of media by local and regional fine artists and artisans. Mediums include ceramics, fiber, glass, jewelry, metalworks, mixed media, painting, photography, sculpture and wood. Artwork will be displayed outside in tents, under the Depot's trackside canopy and inside the Depot. 9:00 a.m.-4:00 p.m. LAWRENCE, (785) 865-4254 <http://www.lawrenceartwalk.org>

SEP 30

FIREWORKS IN CARTOON

From Bugs Bunny and Daffy Duck to Porky Pig and Elmer Fudd, Cartoon will highlight the zany creativity of Raymond Scott and Carl Stalling, the musical masters behind classic Looney Tunes and Merrie Melodies. Lied Center of Kansas. LAWRENCE, (785) 864-2787 <http://www.lied.ku.edu>

OCT 1

PACIFICA QUARTET

This prize-winning quartet brings its emotional, insightful, and exquisite performances to the Lied Center with a program including Mozart, Janáček, and Beethoven. Lied Center of Kansas. LAWRENCE, (785) 864-2787 <http://www.lied.ku.edu>

OCT 4

I CAN'T STOP LOVING YOU

Celebrating the music of the legendary Ray Charles. This smash-hit show rocks the house with the legendary music of Ray Charles. It's a non-stop party where the hits, such as Georgia and Hit the Road Jack, just keep on coming from an onstage orchestra and dazzling company of singers and dancers. Lied Center of Kansas. LAWRENCE, (785) 864-2787 <http://www.lied.ku.edu>

BINGO

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1

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

SUNDAYS & FRIDAYS

CAPITOL BINGO HALL

Minis start at 6:00 p.m. on Sundays and 6:30 p.m. on Fridays. Regular sessions start at 6:30 p.m. on Sundays and 7:00 p.m. on Fridays. 2050 SE 30TH ST, TOPEKA, (785) 266-5532

MONDAYS & THURSDAYS

AMERICAN LEGION POST NO. 400

3029 NW US HIGHWAY 24, TOPEKA, 6:30 PM, (785) 296-9400

MONDAYS & SATURDAYS

LEGIONACRES

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

WEDNESDAYS & THURSDAYS

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) 942-1020

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 MINT 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 7

CHOLESTEROL, "THE GOOD, THE BAD, AND THE UGLY"

High cholesterol is a major risk factor for cardiovascular disease. In recognition of Cholesterol Education Month, this is an informal yet informative presentation on the latest trends in identification and treatment of high cholesterol. Dr. Michael Zabel, MD, of Cardiovascular Consultants will discuss the various cholesterol including HDL, LDL, and triglycerides, and how elevations in these can effect your health. He will also discuss bringing elevated cholesterol levels into normal range. An essential program for good health! Free but enrollment is requested please. LMH Auditorium. LAWRENCE, (785) 749-5800

SEP 18

SQUARE DANCING LESSONS

Presented by the Happy Time Square Dance Club. A light-hearted, enjoyable atmosphere is maintained throughout the classes. Call to sign up in advance. LAWRENCE, (785) 841-3826, (785) 842-9799

EXHIBITS/SHOWS

SEP 8-10

POWER OF THE PAST ANTIQUE ENGINE & TRACTOR SHOW

The 12th annual show promises to be the largest ever. Approximately 500 tractors are expected on display for three full days. Events include threshing, rock crushing, hay baling, and corn shelling demonstrations, bean supper, hog roast, lots of homemade ice cream and daily "Power" parades at 1 p.m. The 2006 show feature tractor is John Deere. Forest Park. OTTAWA, (785) 242-2686 <http://www.powerofthepast.net>

SEP 15-17

OL' MARAIS RIVER RUN CAR SHOW

One of the premier car shows in the Midwest gets bigger every year. Last year almost 1,200 registered cars filled Forest Park for two full days. Cars from 1972 and older are invited to register. Show includes car awards, swap meet, vendors, and plenty of food. The highlight of the show every year is Saturday night, when the streets of historic downtown Ottawa are blocked off and only registered cars are able to cruise and park on Main Street. What a way to relive the past! Forest Park. OTTAWA, (785) 566-3419 <http://www.olmarais.com>

LEISURE TIME TOURS

Topeka, Kansas

CASINO TRIPS:

HARRAH'S, MAYETTA - \$20/ get NOON BUFFET & \$10 - Sept. 5, 10, 18.

GOLDEN EAGLE - \$20/ get \$10 - for 4 hr stay - Sept. 7, 12, 21, 28. **SAC & FOX** - \$20/ get \$10 for 4 hr stay - Sept. 14.

TAMA, IOWA, MESKAWI

HOTEL/CASINO/BINGO - 3 days, 2 nites for \$136.00 per person, double occ./ get \$60 cash back plus 3 - \$3 off meals, round trip BUS & 2 nights hotel.

COUNTRY MUSIC SHOWS (OPRYS)

HITCHIN POST OPRY, Quenemo, KS, featuring DAVE WELCH, our "SINGING BUS DRIVER." \$40/ get BUS, SHOW ADM. and DINNER - Sept. 16 and again Nov. 18.

BRANSON'S OZARK JUBILEE

with DAVE WELCH on tour to MUNICIPAL AUDITORIUM Ottawa, KS, 2:00 PM - Thurs OCT 12; BUS ride and show Adm - \$38.00.

ANNIE'S COUNTRY JUBILEE,

Tonganoxie, KS. Dec. 9. \$40/ get BUS, SHOW & MEAL.

SPECIAL TOURS

JAMESPORT, MO. "STEP BACK

IN TIME" on this AMISH FARM, SHOP & STORES TOUR to the largest AMISH settlement in Missouri. Included is an all you can eat FARM style lunch at GINGRICH DUTCH PANTRY. \$46.00/ Get Air-Cond BUS, Meal and a local step on guide for the 2 hour AMISH FARM tour.

SPRINGTIME IN THE BLACKHILLS

of SOUTH DAKOTA, plus BADLANDS and DEVIL'S TOWER in Wonderful Wyoming. 7 DAY - 6 NIGHTS SPENDING 3 NIGHTS in the HISTORIC FRANKLIN HOTEL in DEADWOOD where the OLD WEST Legend and Lore is alive and well, where gaming is legal like it was when WILD BILL HICKOK & CALAMITY JANE strolled the brick streets. 3 Nights hotel stops en route on INDIAN RESERVATIONS. See the best of the BLACKHILLS - MT RUSHMORE, CRAZY HORSE MONUMENT, CUSTER STATE PARK, Majestic landscapes, Towering Granite Peaks, Deep Canyons and wild-life. 8 meals, 6 nights hotel, round trip motorcoach all above for only \$595.00 per person, double occ.

For further information or to book: in Topeka call **354-8922**. Outside Topeka you may call TOLL FREE: **1-800-851-7037**.

CONTINUED ON PAGE 17

CALENDAR

CONTINUED FROM PAGE 16

FAIRS/FESTIVALS

SEP 2-OCT 15

KANSAS CITY RENAISSANCE FESTIVAL
Enchanting outdoor fall festival depicting 16th Century English Village. Festival features live entertainment, mouth-watering food, fun, and activities for the entire family. One of the top 100 events in North America. Weekends; Labor Day, and Columbus Day. Rain or shine. BONNER SPRINGS, (913) 721-2110
<http://www.kcrenfest.com>

SEP 10

FALL ARTS & CRAFTS FESTIVAL
Annual festival presenting handmade crafts and original artwork. More than 150 artists and crafts people exhibit and sell their works. Food vendors, children's activities, music and so much more! South Park, 1120 Massachusetts. LAWRENCE, (785) 832-7940

SEP 14-17

RIVER FEST
Parade, food, crafts, entertainment, art, and quilt shows, Lewis & Clark encampment. Lewis & Clark re-enactors arrive on 13th. Open to the public on the 14th is the encampment, reenactment of the collection of the last plant specimen that was actually collected in the Leavenworth area, and a Native American flag dedication ceremony. Historic Riverfront Downtown. LEAVENWORTH, (913) 682-2313
<http://www.lvks.org>

SEP 15-16

FRENCH MARKET ARTS & CRAFT FESTIVAL
Arts and crafts, food, games, entertainment, and 5K run. Courthouse Square. HOLTON, (785) 364-3963
<http://www.holtonks.net/city/chamber/chamber>

SEP 23-24

CIDER DAY FALL FESTIVAL
Kansas Expo Centre. TOPEKA, (785) 272-9290

SEP 23-OCT 8

CIDERFEST
80 arts and crafts vendors, live music, food, apple cider, and donut making. Weekends only. Louisburg Cider Mill. LOUISBURG, (913) 837-5202
<http://www.louisburgcidermill.com>

OCT 1

APPLE FESTIVAL
Celebrate pioneer life in Kansas with sample fare from bierocks to barbecue to all things apple. Pioneer demonstrations, entertainment, arts and crafts in the Peddler's Village, and the Victorian mansion, log cabin, one-room school house, drugstore, and train depot are all open for viewing during the festival. Old Prairie Town at Ward Meade Historic Park. TOPEKA, (785) 368-2437

HEALTH

MONDAYS THROUGH THURSDAYS
FIT FOR LIFE

LMH Kreider Rehabilitation Services offers safe, nurturing environment with one-on-one instruction on aerobic and cardiovascular equipment. Especially helpful for those with osteoporosis, balance problems, post CVA/stroke, knee/hip replacement, arthritis. Fee. Mondays through Thursdays, 9:00-11:00 a.m. or 2:00-5:20 p.m. at LMH. Tuesdays and Thursdays 8:00-11:00 a.m. At LMH South. LMH KREIDER REHABILITATION SERVICES (785) 840-2712

FIRST TUESDAY OF EACH MONTH
HEALTH SCREENING CLINIC

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

TUESDAYS AND THURSDAYS

BLOOD PRESSURE CLINIC
Conducted at Stormont-Vail's 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

TAI CHI
Steve Carrier, instructor. Lawrence Therapy Services, 2200 Harvard Rd., Ste. 101. 8-class sessions. Fee. 6:00-7:00 p.m. Call (785) 842-0656 to register or visit www.lawrencetherapyservices.com. LAWRENCE

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

SATURDAYS

YOGA
Karen Johnson, RYT, instructor. Lawrence Therapy Services, 2200 Harvard Rd., Ste. 101. 8-class sessions. Fee. 8:00-9:00 a.m. Call (785) 842-0656 to register or visit www.lawrencetherapyservices.com. LAWRENCE

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 6

CHOLESTEROL SCREENING
No appointment needed. A fingerstick test providing a total blood cholesterol reading in five minutes. No fasting is needed for this test only. Please note that these tests are not considered diagnostic of any disease process and those with results outside the normal range will be advised to see their healthcare provider

for follow-up.
LMH HEALTH SOURCE ROOM, (785) 749-5800
8:30-10:30 AM

SEP 12

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 16

CHOLESTEROL SCREENING
See September 6 description.
LMH HEALTH SOURCE ROOM, (785) 749-5800
3:00-5:00 PM

SEP 20

BONE DENSITY SCREENING
See September 12 description.
LMH HEALTH SOURCE ROOM, (785) 749-5800
9:00-11:00 AM

SEP 30-OCT 1

HEALING TOUCH LEVEL 2
Level 2 is for students who have completed

Level 1 and wish to increase breadth and depth in the study of Healing Touch. The second level of study in Healing Touch includes and intake interview, back techniques and a one-hour healing sequence. Emphasis in the experiential learning is on developing healing sequences for specific client needs. Fee. THE LIGHT CENTER, (785) 255-4583
<http://www.lightcenter.info>

MEETINGS

FIRST AND THIRD MONDAY OF EACH MONTH
BEREAVEMENT SUPPORT GROUP
LAWRENCE SENIOR CENTER
2:15-3:45 PM, (785) 842-0543

FIRST AND THIRD MONDAY OF EACH MONTH
CAREGIVER SUPPORT GROUP
For adults who have lost loved ones. Call LMH Chaplain Angela Lowe for more information. LAWRENCE MEMORIAL HOSPITAL
4:00-5:00 PM, (785) 840-3140

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

CONTINUED ON PAGE 18

Adventures in Learning Fall 2006 Session Schedule

- Sept 8-29 **Walking To Rock'n Rhythm:** Friday, 8:15 AM - 9 AM (Weekly Event)
- Sept 8-29 **News & Views – A Current Events Discussion:** Friday, 9:15 AM - 10:15 AM
Presented by Kevin McFarland (Weekly Event)
- Sept 8 **Sharing Our Planet - Use It Again, Sam (Recycling):** Friday, 9:15 AM - 10:15 AM. Presented by Kim Nettleton
- Sept 8 **Religion – Humor - A Healing Act:** Friday, 9:15 AM - 10:15 AM
Presented by Chaplain Larry Hardin
- Sept 8 **Health – Pain Management:** Friday, 10:30 AM - 11:30 AM
Presented Ian Kucera, M.D.
- Sept 8 **Life Enrichment – The Wizard of Oz Museum and The Columbian Theatre:** Friday, 10:30 AM - 11:30 AM. Presented by Jim Ginavan
- Sept 8 **Art and You – Michelangelo's Sistine Ceiling:** Friday, 10:30 AM - 11:30 AM. Presented by David Hartley
- Sept 15 **Art and You – Heaven & Earth/15th & 16th Century N. European Art:** Friday, 9:15 AM - 10:15 AM. Presented by Reinhold-Janzen, Ph.D.
- Sept 15 **Religion – Celebration of Discipline: The Path to Spiritual Growth:** Friday, 9:15 AM - 10:15 AM. Presented by Rev. Janet Crowl
- Sept 15 **Health - Organ Donors:** Friday, 10:30 AM - 11:30 AM
Presented by Ginny Woods, B.S.N., R.N.
- Sept 15 **Life Enrichment – A Wealth of Opportunity: The Topeka & Shawnee County Library:** Friday, 10:30 AM - 11:30 AM. Presented by Gina Millsap
- Sept 15 **Sharing Our Planet – Animal Conservation:** Friday, 10:30 AM - 11:30 AM.
Presented by Mike Coker
- Sept 22 **Sharing Our Planet – Water on the Third Planet from the Sun:** Friday, 9:15 AM - 10:15 AM. Presented by Carl Nuzman
- Sept 22 **Art and You – Heaven & Earth/15th & 16th Century N. European Art:** Friday, 9:15 AM - 10:15 AM. Presented by Reinhold-Janzen, Ph.D.
- Sept 22 **Life Enrichment – Beginning Genealogy:** Friday, 10:30 AM - 11:30 AM
Presented by Scarlett Fisher-Herremann
- Sept 22 **Religion – What is Spiritual Guidance and Who Needs It:** Friday, 10:30 AM - 11:30 AM. Presented by Rev. Loretta Ross
- Sept 22 **Health - Meeting the Medical Needs of the Homeless:** Friday, 10:30 AM - 11:30 AM. Presented by Sharon Meissner, R.N.
- Sept 29 **Health – Your Body's Balancing Act:** Friday, 9:15 AM - 10:15 AM
Presented by Burt DeWeese, P.T.
- Sept 29 **Religion – Understanding the Charismatic Movement:** Friday, 9:15 AM - 10:15 AM. Presented by Rev. Bo Melin, Rev. Lloyd & Mary Muilenburg, and John & Betty Henderson
- Sept 29 **Life Enrichment - Researching the Kansas State Historical Society:** Friday, 10:30 AM - 11:30 AM. Presented by Pat Michaelis
- Sept 29 **Art and You - We Are the Topeka Art Guild:** Friday, 10:30 AM - 11:30 AM
Presented by Carol Hollis
- Sept 29 **Sharing Our Planet - Tribal Cultures:** Friday, 10:30 AM - 11:30 AM
Presented by Lori Tapahon

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

CALENDAR

CONTINUED FROM PAGE 17

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

FIRST AND THIRD THURSDAY OF EACH MONTH

LOSS AND GRIEF SUPPORT GROUP
Heart of America Hospice with association Pioneer Ridge Retirement Community invites individuals coping with the loss of loved ones to join us. Call Gillian at 841-5300 for more information. Located Pioneer Ridge Assisted Living 4851 Harvard Rd, Lawrence. 6:00 p.m.

SECOND MONDAY, SEPT-MAY
**LAWRENCE CLASSICS, GENERAL
FEDERATION OF WOMEN'S CLUBS**
Volunteer service club.
(785) 331-4575

SECOND MONDAY OF THE MONTH
CAREGIVER SUPPORT GROUP
Administered by Senior Outreach Services in cooperation with Jayhawk Area Agency on Aging, Inc. Designed to be a safe place to assist and empower caregivers of seniors. Rose Hill Place Clubhouse, 3600 SW Gage Blvd. 11:00 a.m. TOPEKA, (785) 235-1367, EXT. 130

SECOND TUESDAY OF EACH MONTH
**NATIONAL ASSOCIATION OF RAILROAD
AND VETERAN RAILROAD EMPLOYEES
(NARVRE)**
Meets at 9:30 a.m. at Coyote Canyon Buffet. TOPEKA, <http://www.narvre.com>

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

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

SUPPORT GROUP

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

SECOND WEDNESDAY OF EACH MONTH LOSS AND GRIEF SUPPORT GROUP

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

SECOND THURSDAY OF EACH MONTH
NAACP MEETING - LAWRENCE CHAPTER
Meets at the Lawrence public Library Gallery Room at 6:30 p.m. LAWRENCE, (785) 841-0030, (785) 979-4692

THIRD TUESDAY OF EACH MONTH
**LAWRENCE PARKINSON'S SUPPORT
GROUP**
FIRST PRESBYTERIAN CHURCH, 2415 CLINTON PARKWAY, LAWRENCE, 2:00 PM

THIRD TUESDAY OF EACH MONTH
**GRANDPARENT/KINSHIP SUPPORT
GROUP**

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

FOURTH TUESDAY OF EACH MONTH
**LAWRENCE PARKINSON'S SUPPORT
GROUP**

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

FOURTH WEDNESDAY OF THE MONTH CAREGIVER SUPPORT GROUP

Administered by Senior Outreach Services in cooperation with Jayhawk Area Agency on Aging, Inc. Designed to be a safe place to assist and empower caregivers of seniors. Rose Hill Place Clubhouse, 3600 SW Gage Blvd. 1:00 p.m. TOPEKA, (785) 235-1367, EXT. 130

SEP 22 AARP CHAPTER 1696

AARP Chapter 1696 will meet at 11:00 a.m. at the Lawrence Country Club. Scheduled Speaker: Judy Billings, Lawrence Chamber of Commerce and Convention & Tourism Bureau. Please call (785) 865-3787 for reservations. LAWRENCE

SEP 23 GRANDMOTHERS ORGANIZED IN GLOBAL ONENESS

Addressing African Orphan Crisis & Global Grandmother Empowerment. You are invited to a meeting of local professionals making a difference. THE LIGHT CENTER, (785) 255-4583 <http://www.lovelight.info>

SEP 27 IRELAND: HERE TO THERE

Presented by Maria Forsha and Suzanne Vinduska, historians, Mid-Continent Public Library. Sponsored by the Topeka Genealogical Society. 7:00 p.m. TOPEKA, (785) 233-5762 <http://www.tgstopeka.org>

MISCELLANEOUS

MONDAYS
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. 10:05 a.m. <http://www.kuce.org/lifelonglearning>

SEP 1-3 INTER-TRIBAL POW WOW

Join the celebration of Native American culture with dancing in full custom and food and crafts by Native Americans artisans. TOPEKA, (785) 272-5489

SEP 1-OCT 31 SCHAAKES PUMPKIN PATCH

Pick your own pumpkins. Great family entertainment on a working farm with live farm animals. Take a hayride to and from the patch. Walk through the hay maze and corn maze and jump in the straw romp. Visit the gift shop. Groups should call first. LAWRENCE, (785) 842-2459 <http://www.schaakespumpkinpatch.com>

SEP 8 25TH ANNIVERSARY PENNY JONES GOLF TOURNAMENT

Two- or four-person scramble format to be played in the morning or afternoon on both Alvarado Private and Public Golf Courses. Entry fee includes golf, cart, 25th Anniversary gift, refreshments and awards ceremony. Proceeds benefit Lawrence Memorial Hospital. Alvarado Golf & Country Club. LAWRENCE, (785) 840-3317 <http://www.lmh.org>

SEP 8 TAPAS & WINE PARTY

Pre Kaw Valley Farm Tour event. Cooking demo by Chef Paige Vendegrift. Pre-registration required. Kugler's Vineyard, 1235 N 1100 Rd. LAWRENCE, (785) 843-8544 http://www.visitlawrence.com/visitor/farm_experience/farm_tour_2006

SEP 8-10 HUFF N PUFF BALLOON RALLY

20 to 25 balloons from all over the Great Plains take flight over Lake Shawnee. This rally kicks off with a spectacular night illumination followed by 2 days full of various balloon flights and breathtaking races, which take place in the early morning and evening hours. TOPEKA, (785) 554-2003

SEP 8-OCT 31 HAUNTED ATCHISON TROLLEY TOUR

Narrated trolley tour featuring ghostly tales about Atchison's historic homes. Atchison's distinction as the "most haunted town in Kansas" is revealed on this hour-long narrated trolley tour through historic neighborhoods to hear first-hand eerie tales of the ghosts who inhabit the city's historic homes. ATCHISON, (913) 367-2427 <http://www.atchisonkansas.net>

SEP 9 GREAT TOPEKA DUCK RACE

11th annual. 1,000 rubber ducks race to win great prizes. Games and kids' activities, petting zoo, and entertainment. Lake Shawnee. TOPEKA, (785) 267-1156 <http://www.topekaduckrace.com>

SEP 10
GRANDPARENTS DAY AT THE TOPEKA ZOO
The Topeka Zoo has invited Grandparents/Kinship Support Group to join them in celebrating National Grandparents Day. There will be lots of fun activities and lunch will be served from 12:00-1:30 p.m. TOPEKA, (785) 286-2329

SEP 21-OCT 1 KANSAS SENIOR OLYMPICS

The Kansas Senior Olympics are open to anyone who will be 50 or older by December 31, 2006. TOPEKA, (785) 368-3798 <http://www.topeka.org>

SEP 22-24 BALD EAGLE RENDEZVOUS

19th living history fur trade encampment at Lecompton's Bald Eagle Kaw River View Park. Modern-day reenactors will be attired in period clothing portraying Mountain Men, Plainsmen, and Traders' Row vendors for the event and living in primitive lodges on the grounds of the park. Demonstrations of old-time skills such as campfire cooking, hide tanning, flint and steel firestarting, beadwork, gunsmithing, and tomahawk and knife throwing. LECOMPTON, (785) 887-6520 <http://www.lecomptonkansas.com>

SEP 24 BOUNTY OF FALL ON THE GRANT- BRADBURY PRAIRIE

Join Kansas Native Plant Society and Grassland Heritage Foundation on Topeka's premiere prairie park. Grant-Bradbury is an 80-acre tallgrass prairie with at least 296 plant species. KNPS president and GHF Board Member lead the tour. SW University Blvd / SW 65th St. TOPEKA, (785) 864-3453 <http://www.kansasnativeplantsociety.org>

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

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WOLFGANG PUCK

Transforming supermarket staples

By Wolfgang Puck

Tribune Media Services

I've never really understood what modern shoppers and home cooks mean by the term "convenience foods." Of course, I know the products that those words refer to: package foods that you quickly prepare simply by adding water or heating. And I know that you can even get very creative with some of them.

That isn't what I don't understand, however. Instead, I wonder why so many home cooks rely largely on convenience foods for their home-cooked meals when, to me, so many basic ingredients are really convenient and simple.

Take fresh, in-season produce, for example. I find it exceptionally convenient to rinse and cut up a selection of greens and other vegetables and toss them with a dressing that takes just moments to prepare, resulting in a great salad. Or vegetables can be sautéed in hot olive oil, maybe with a touch of chopped garlic or some hot red pepper flakes, to make the perfect side dish in a matter of minutes.

And how about the summer fruit in markets right now? Choose up a freshly picked peach or nectarine, pass it under cold running water to wash away any dust from the orchard, and eat it. What could be more delicious, or more convenient? It doesn't take much extra effort, either, to turn such fruit into a more elaborate creation, maybe using a base of good-quality ready-to-bake puff pastry from the market's freezer case.

One of my favorite true convenience foods now widely available in markets is the cooked, ready-to-eat rotisserie chicken. Rubbing a whole chicken with seasonings and then cooking it on a slowly turning spit is an excellent way to produce juicy, flavorful meat. Those I've sampled from supermarkets deliver reliably good results, provided that you take some care to select one that seems to have finished cooking fairly recently, looking plump and juicy, with nicely browned skin.

Bring such a chicken home and you can serve it immediately to your family. Or, with very little extra effort, you can turn it into the perfect late-summer main course salad: Chinese Chicken Salad, a favorite at my restaurants. A straight-from-the-market rotisserie chicken is perfect for such a salad, as the still-warm meat will soak up the flavors of the Asian-style dressing in a way that cold chicken, the usual staple for salads, cannot. The trick works with other dressings as well.

Add a few leaves and vegetables that you also picked up at the market (if you're in a real hurry, you can even buy them already cut-up from the store's salad bar), and you have a truly spectacular salad. Now that's what I call convenient.

Serves two as a main course, four to six as an appetizer.

CHINESE MUSTARD VINAIGRETTE

1/4 cup (60 ml) rice vinegar
2 tablespoons light sesame oil
2 teaspoons dry Chinese or English (Colman's) mustard
1 teaspoon soy sauce
Salt

Freshly ground black pepper
2 to 3 tablespoons peanut oil

CHICKEN SALAD

2 small heads or 1 medium head napa cabbage

1 small head romaine or iceberg lettuce

10 snow peas

1 whole cooked hot rotisserie chicken

1 tablespoon black sesame seeds, or white sesame seeds toasted in a dry pan over low heat, stirring continuously, until golden, about 1 minute

First, make the Chinese Mustard Vinaigrette: Put the rice vinegar, sesame oil, dry mustard, soy sauce and a little salt and pepper into a blender or a food processor fitted with the stainless-steel blade. Blend or process until smooth.

With the machine running, drizzle in the peanut oil to form a thick, smooth dressing. Taste the dressing and adjust the seasonings if necessary with more salt and pepper. Transfer the dressing to a bowl and set aside.

Select 4 to 8 nice-looking leaves from the napa cabbage and set them aside to decorate each serving plate. With a sharp knife, cut the remaining napa cabbage leaves crosswise into 1/4-inch (6 mm) julienne strips.

Pull away the outer leaves of the

romaine or iceberg lettuce to reveal the paler, tender heart. With a sharp knife, cut the lettuce heart crosswise into 1/4-inch (6-mm) strips until you have 1 cup (250 ml) of shreds.

With the knife, cut the snow peas diagonally into 1/4-inch (6-mm) strips.

With your fingers, remove the skin from the still-warm rotisserie chicken. Pull off the meat from the breasts, thighs and drumsticks; tear the meat into bite-sized pieces.

In a mixing bowl, combine the chicken, shredded cabbage, shredded lettuce and snow peas. Toss with enough of the vinaigrette to coat all the ingredients well.

Arrange the whole napa cabbage leaves around the edge of a large serving plate or platter, or on individual serving plates, and mound the salad mixture on top. Garnish with sesame seeds and serve immediately.

(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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Wolfgang Puck's Chinese Mustard Vinaigrette

PHOTO BY BONNIE TRAFLET, CHICAGO TRIBUNE

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SMART COLLECTOR

Goldschneider birds do well online

By Danielle Arnet

Tribune Media Services

QUESTION: I hope my birds are interesting enough to make your column. My mother bought a pair of Goldschneider birds around 1948. I want to sell, but no one bought them in local consignment shops. There are a couple of small chips.



Danielle Arnet

How can I get fair price? — Mary Ann, Orono, Maine

ANSWER: Your birds are interesting, but it is your quandary that put them in the column.

Photos show a pair of pink ceramic crested cockatoos on white bases. The crests are black, as are the wing tips. Both birds have gold, hand-painted accents. No height is given, but they look to be about 12-inches tall.

To provide some history, the American branch of Goldschneider pottery operated in Trenton, N.J., during the 1940s. Austrian pieces, where the mark started, are more valuable. One shop value you were given, \$240, seems high. The other, \$110, is more on the mark.

The birds are handsome, and I'm sure there is a buyer for them. The problem is twofold: They have had limited exposure to the public, and in only one region of Maine, at that. Secondly, large pink crested cockatoos may not be in the Maine aesthetic. Miami or California, or in the home of a tropical bird lover, would be a more likely place.

In the ordinary realm of collecting, a Goldschneider fan would be your likely buyer. But these birds are so unusual and out there that your potential buyer is someone who simply likes the way they look.

Smart collectors know that once you target your likely buyer, you

must place the goods before as many as possible. For that, the Internet is unbeatable. Living where you do, I think your best bet is to post them online, set a reserve you can live with, and let the market take them where it will. Your concern about "fair price" is common, but the truth is that your fair and the current market's fair may be different.

Seriously, I do think you can sell well online. Let me know how you do!

QUESTION: You recently showed a cast iron bank called Professor Pug Frog's Great Bicycle Feat. I have one like it. How do I know if it is real or a fake? — Dana, Tulsa, Okla.

ANSWER: That cast iron mechanical bank sold for \$51,750 recently in a James D. Julia toy and doll auction.

Readers often write that they have something exactly like the big-ticket items in column photos. Whenever that happens, and if selling is the intent, I suggest you contact the auction house where that item sold. A specialist there can help.

Your bank needs a hands-on look before any opinion is rendered. Generally, cast iron repros are lighter, smaller and more poorly made than the original. Mold marks are machine ground, not hand filed. Details are less fine and paint is newer.

QUESTION: Here's a photo of my father, born in 1926, sitting in a chair. I still have the chair. I can't find anything like it on the Internet. Can you tell me anything? — Yvette, Columbus, Ohio

ANSWER: Since the photo was taken in 1927 or so — your father looks about a year old — and what I have is a B&W photocopy, details are tough to decipher.

The chair seems to be a pressed oak armchair of a style popular around 1900. The large gargoyle or grotesque face on the back was a popular ornament of the period. The rounded seat with high sides leading to chair arms is another clue, as Renaissance revival furniture was fashionable into the early '20s. The stretcher spindle under the seat,

from yet another furniture style, tells you that this is a machine made product incorporating several styles of the early 1900s.

QUESTION: Years ago, I found a Currier & Ives hand painted print of a Thomas Worth print done in 1883. What is it worth, and how can I sell? — Tom, Newport News, Va.

ANSWER: As readers know, Currier & Ives were printers. Skinner Inc., an auction house in Bolton, Mass., sold two lithographs by Thomas B. Worth (1834-1917) in 2000. One sold for \$2,400; the other for \$250. Obviously, variables such as subject and condition matter.

Your print, which falls into the

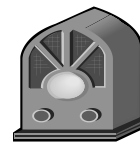
category of Black Americana, may do very well, depending on condition. I suggest you contact Skinner or a local auction house that carries period prints. The Old Print Shop at 150 Lexington Ave., New York, NY 10016. Or www.oldprintshop.com is another excellent source.

(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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Kansans reap healthy rewards through nutrition program

Low-income Kansans and growers across the state are reaping the benefits of good health through the Kansas Senior Farmers Market Nutrition Program (KSFMNP)—this year with a high-tech twist.

Traditional farmers' markets in Lawrence and Wichita are testing the use of wireless point of sale devices for transactions using Vision cards (food or cash assistance benefits) as well as debit and credit cards. Recipients, including those in the KSFMNP program, can use food stamp electronic benefits transfer (EBT) cards at the farmers' market information booth to get \$1 tokens that can only be used to buy eligible food items. Recipients using their cash assistance account receive \$5 tokens that can be spent at the vendors' tables like cash, and any item can be purchased.

The project began July 22 at the Downtown Lawrence Farmers' Market, 824 New Hampshire. Hours are 7:00-11:00 a.m. Saturdays. The market also operates from 4:00-6:00 p.m. Tuesdays and Thursdays at 1020 Vermont.

In Wichita, the project began on August 5. The Wichita markets op-

erate from 7:00 a.m. to noon Saturdays and 4:00-8:00 p.m. Wednesdays North 21st and Ridge Road and from 4:00-8:00 p.m. Tuesdays at 8141 East 21st Street.

Bringing the farmers' markets into the state's network of EBT retailers allows people who rely on food assistance to connect with nutritional fresh foods from local producers and expand the revenues at the markets through the use of other plastic currency options.

"We hope the use of EBT equipment will encourage Kansans to take advantage of locally grown fruit and produce," said KDOA Acting Secretary Kathy Greenlee. "Improving nutritional options is an important element in fighting chronic disease and illness, especially among our seniors."

The program for seniors, now in its fourth year, has expanded to operate through September in Atchison, Bourbon, Cloud, Dickinson, Douglas, Finney, Graham, Harvey, Johnson, Leavenworth, Lyon, Marion, McPherson, Reno, Republic, Riley, Saline, Sedgwick, Shawnee and Wyandotte counties. More than 180 farmers are participating in the program this year.

A grant from the U.S. Department of Agriculture (USDA) to the Kansas Department on Aging (KDOA), as well as a small appropriation of State Funds, allows approximately 7,000 low-income Kansans over the age of 60 to purchase fresh, locally grown fruits, vegetables and herbs at farmers markets and roadside stands in 20 counties. Qualifying home-bound seniors in Douglas, Graham, Riley and Wyandotte counties receive three \$10 bundles of fresh produce.

Under the traditional program, local food aid agencies distribute \$30 "checks" to participants at least 60 years of age with a household income below 130 percent of the poverty level if they are a customer of The Emergency Food Assistance Program (TEFAP) or Commodity Supplemental Food Program (CSFP). They must be below 100 percent of the federal poverty income guidelines if they receive services through the Older Americans Act (OAA) Congregate Nutrition Program. Kansas is one of 46 states and tribal organizations to receive SFMNP grants. The USDA estimates the grants serve more than 800,000 low-income seniors across the nation. The Kansas

program is a joint initiative involving both public and private partners, including six state agencies including the Departments of Agriculture, Transportation, Commerce, Health and Environment and Social and Rehabilitation Services. Others partners in the project are K-State Research and Extension, the Kansas Rural Center, the Kansas Fruit Growers Association, Kansas Vegetable Growers Association and the Kansas Coordinated Transit District Council.

The 2006 Electronic Benefits Transfer Demonstration Project is funded in part by the Kansas Rural Center, Catholic Campaign for Human Development, Kansas Department on Aging and Kansas Department of Social and Rehabilitation Services. Partners also include the Kansas Departments of Agriculture, Commerce, Health and Environment and the Kansas State University Cooperative Extension Service.

For more information, contact Tamara Tiemann, KDOA nutrition and community services manager, at (785) 296-6445 or visit the KDOA Web site at www.agingkansas.org.

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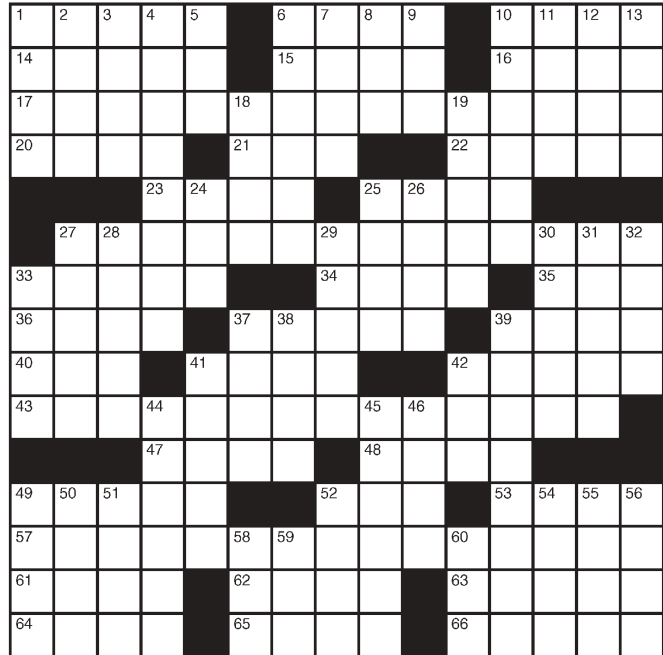
ACROSS

- 1 Irreligious
- 6 Kaplan of "Welcome Back, Kotter"
- 10 Conflagration
- 14 Philosopher Mach
- 15 Med. sch. subject
- 16 River to the Caspian Sea
- 17 Persist like a meteorologist?
- 20 Overfill
- 21 Jackie's second
- 22 Evergreens
- 23 Upslope
- 25 Hockey score
- 27 Gab like a meteorologist?
- 33 Sully
- 34 Bullring bravos
- 35 Unruly group
- 36 Animal fat
- 37 Domineering
- 39 Site of Christ's first miracle
- 40 High peak
- 41 Smarting
- 42 Foreign
- 43 Vacillate like a meteorologist?
- 47 Sailors' drinks
- 48 Features of faces
- 49 Groom oneself
- 52 Female sheep
- 53 Roush and Hall
- 57 Be hot like a meteorologist?
- 61 Oodles
- 62 Superman's girlfriend
- 63 Red Bordeaux
- 64 Netting

- 65 Bit of data
- 66 Proficient

DOWN

- 1 Church benches
- 2 Vicinity
- 3 Pesky insect
- 4 Planetoid
- 5 Ultimate degree
- 6 Attic
- 7 Not for
- 8 ___ humbug!
- 9 French summer
- 10 Unavailing
- 11 Links' club
- 12 Few and far between
- 13 Shade trees
- 18 James Dean film, "___ of Eden"
- 19 Tunes up for a bout
- 24 Charged atom
- 25 Solidifies
- 26 Follow orders
- 27 Buy time
- 28 Groucho's brother
- 29 Minor prophet
- 30 WWW messages
- 31 Divided into sectors
- 32 Israeli Abba
- 33 Broad, thick piece
- 37 Flourish vigorously
- 38 Food scraps
- 39 Behind closed doors
- 41 Railroad switch
- 42 Sleeve card?



By Philip J. Anderson
Portland, OR

Answers on page 27

- 44 Holiday decoration
- 45 Latest
- 46 Hair colorist
- 49 Chelsea carriage
- 50 Hold sway
- 51 Adam's grandson
- 52 Historic tale

- 54 City slicker
- 55 Plummet
- 56 Fringe group
- 58 Pixie
- 59 Extinct bird
- 60 Docs' group

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MAGICWORD

HOW TO PLAY: Read the list of words. Look at the puzzle. You'll find these words in all directions—horizontally, vertically, diagonally, backwards. Draw a circle around each letter of a word found in the puzzle, then strike it off the list. Circling it will show a letter has been used but will leave it visible should it also form part of another word. Find the big words first. When letters of all listed words are circled, you'll have the given number of letters left over. They'll spell out your MAGICWORD.

YO HO!

A-Ahoy, Armed, Attack; B-Buccaneers; C-Cannons, Cargo, Caribbean, Command, Crew; D-Daggers; E-Enemy, Eye patches; F-Fear, Fighting, Flag; G-Gold; H-High seas, Hooked hands; J-Jolly Roger; K-Knives; L-Looting; M-Maps, Motley; O-Ocean; P-Peg legs, Piracy, Pirates, Pistols, Plank, Plunder, Prey; S-Ship, Shore, Silver, Swords; T-Treasure; V-Vessel, Voyages

This Month's Answer:

SEAFARING

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

JUMBLE

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

DITIO
○ ○ ○ ○ ○

HOTOT
○ ○ ○ ○ ○

DROFEK
○ ○ ○ ○ ○

VACTAR
○ ○ ○ ○ ○

A: ○ ○ ○ ○ ○ THE "○ ○ ○ ○ ○ ○ ○ ○ ○ ○"

THAT SCRAMBLED WORD GAME by Henri Arnold and Mike Arginton



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

Answers on page 27

Need a Rate Card?

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

24 SeniorMonthly, September 2006

TRIVIALITIES

1. Who directed the 2006 thriller "Lady in the Water"?
2. In the 2006 film "Lady in the Water," who played the title character?
3. Who stars as Cleveland Heep in the 2006 film "Lady in the Water"?
4. Neil Burger directed this 2006 film starring Edward Norton as Eisenheim and Jessica Biel as Princess Sophie. Name it.
5. Who directed the 2005 film "Elizabethtown"?
6. What big-screen heartthrob was born on Jan. 17, 1977 in Canterbury, Kent, England?
7. In the 2003 film "Ned Kelly," directed by Gregor Jordan, who played the title character?

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Answers on page 27

BRIDGE

A Suitable Line

By Omar Sharif and Tannah Hirsch

Both vulnerable. South deals.

NORTH

♠ A 9
♥ A Q 4
♦ K Q 8 6 5 2
♣ K J

WEST

♠ 5
♥ 10 9 7 6 3 2
♦ 9
♣ 10 7 6 5 4

EAST

♠ Q 8 3
♥ 8 5
♦ J 10 7 4
♣ A 9 8 3

SOUTH

♠ K J 10 7 6 4 2
♥ K J
♦ A 3
♣ Q 2

The bidding:

| SOUTH | WEST | NORTH | EAST |
|-------|------|-------|------|
| 1♠ | Pass | 2♦ | Pass |
| 4♠ | Pass | 4NT | Pass |
| 5♦ | Pass | 6♠ | Pass |
| Pass | Pass | | |

Opening lead: Ten of ♥

It is not always obvious how the principle of assumption can help in the play. Consider this deal.

Once South jumped to game in spades, showing a near-solid suit, North checked for aces. On finding one missing, he settled in the small slam.

West led the ten of hearts. Declarer won in hand with the jack, crossed to the ace of spades and returned a spade to the king. West's heart discard was a blow, but not necessarily fatal since two clubs could be discarded on red-suit winners. Declarer overtook the king of hearts with the ace and continued with the queen. Unfortunately, East ruffed and cashed the ace of clubs - down one.

To make the slam, you must assume that East holds at least two diamonds—if not he will ruff the second round of diamonds and cash the ace of clubs. Therefore, you should cash the ace and king of diamonds before taking a discard on the hearts. If both defenders follow suit, you revert to hearts and make the slam if East has three hearts.

When West shows out, however, you continue with the queen of diamonds, discarding a club, and ruff a diamond to set up a long card. Get back to dummy with a heart and lead a good diamond, discarding your queen of clubs, as East ruffs with the master trump.

(Tannah Hirsch welcomes readers' responses sent in care of this newspaper or to Tribune Media Services Inc., 2225 Kenmore Ave., Suite 114, Buffalo, NY 14207. E-mail responses may be sent to gorenbridge@aol.com.)

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KABC to sponsor 'Investigate Before You Invest'

The public is invited to attend a free event sponsored by Kansas Advocates for Better Care (KABC). Dr. Bonnie Lynch, an Investor Education Specialist with the Kansas Securities Commission, will present "Investigate Before You Invest."

Although Dr. Lynch has made many presentations across the country, this will be her first time in Lawrence. Her presentation will help consumers avoid being targets of financial abuse, and will help them learn how to protect vulnerable family members and friends. A short vignette by The Vintage Players about Financial Scams or Con Artists will precede Dr. Lynch's talk. After her presentation, a panel of local experts —Barbara Braa, Trust Officer; Margaret Farley and Molly Wood, Attorneys; and Deanne Bacco, KABC Executive Director—will join

Dr. Lynch to answer questions.

This multi-part free event will be held Tuesday September 12, 2006 from 5:30-7:30 p.m. at the Lawrence Community Theater, 1501 New Hampshire. KABC will provide light sandwiches, drinks, and cookies. Please RSVP to KABC by Thursday September 7th by phone (in Lawrence) at 842-3088, toll-free (outside Lawrence) at 800-525-1782, or via e-mail info@kabc.org.

Kansas Advocates for Better Care is a statewide consumer advocacy group with the mission of "Advocating for Quality Long-Term Care" since 1975. KABC is also interested in and presents programs to help consumers avoid abuse, neglect, and exploitation of all types. For more information, please visit the KABC Web site, www.kabc.org.

SUDOKU

© Puzzles by Pappocom

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

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 2 | 8 | 1 | 6 | | 4 | 7 | | |
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| 4 | | 3 | 2 | | | | | |
| 3 | | | 4 | 6 | | | | |
| | | | | | | | | 1 |
| | | 8 | 9 | | 2 | 4 | 7 | 6 |

EASY

Answers on page 27

Stay charged up this fall!

*During the entire month of September, buy three packs of 4 batteries at \$4.25 per pack (tax included) and receive a fourth pack free.**



Our Duracell Activair™ batteries are a proven source of reliable-long lasting power.

All of our batteries have expiration dates of March 2008 or later so you can stock up now and know that your batteries will be fully charged when you need them.

Marston Hearing Center also offers cleaning and minor repairs on all makes of hearing aids. Our hours are 9:00 a.m. to 4:00 p.m. Monday through Friday.

*Prices good for size 10, 13 and 312 batteries only.

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Grandparents Day is September 10

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, and one has been issued each year since — designating the first Sunday after Labor Day as National Grandparents Day. In honor of our nation's grandparents, the Census Bureau presents an array of data about these unsung role models and caregivers.

About 56 million

Number of grandparents in the United States.

5.7 million

The number of grandparents whose grandchildren under 18 live with them. (Source: American FactFinder)

2.4 million

The number of grandparents responsible for most of the basic needs (i.e., food, shelter, clothing) of one or more of the grandchildren who live with them. These grandparents represent about 42 percent of all grandparents whose grandchildren

live with them. Of these caregivers, 1.5 million are grandmothers and 880,000 are grandfathers. (Source: American FactFinder)

1.7 million

The number of grandparent-caregivers who are married. (Source: American FactFinder)

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. (Source: American FactFinder)

920,000

Number of grandparents responsible for caring for their grandchildren for at least the last five years. (Source: American FactFinder)

460,000

Number of grandparents whose income is below the poverty level and caring for their grandchildren. (Source: American FactFinder)

700,000

Number of grandparents with a disability — yet caring for their grandchildren. (Source: American FactFinder)

320,000

Number of foreign-born grandpar-

ents responsible for caring for their grandchildren.

(Source: American FactFinder)

270,000

Number of grandparents who speak English less than "very well" and are responsible for caring for their grandchildren. (Source: American FactFinder)

28%

Among preschoolers with employed mothers, the percentage regularly cared for by their grandparent

during the hours their mom spends employed outside the home. No other type of child care arrangement was more prevalent than by grandparents.

6.1 million

The number of children living with a grandparent; these children comprise 8 percent of all children in the United States. Of these children, 4.1 million lived in a grandparent's home and 1.9 million in a parent's home.

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Open House!

The Windsor of Lawrence will be honoring National Assisted Living Week September 10th-16th

In honor of National Assisted Living Week we are extending an invitation to the public to join us on September 14th from 5:00 p.m. to 7:00pm for an open house. We will have scheduled tours and refreshments will be provided.

To honor National Assisted Living Week we will have a September special that enables you to reduce your first month's rent by \$500.



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

Faith Foursquare

Where everybody is somebody and Jesus Christ is LORD!

Pastor Herbert Eplee and his wife, Carol, would like to personally invite you to worship with us at the Lawrence Faith Foursquare Church! Sunday Services are being held at 10:30 a.m. at Bishop Seabury Academy, 4120 Clinton Pkwy., Lawrence. Wednesday Bible Studies at 6:30 p.m. each week are being held at 3323 Iowa St. Lawrence, at the Easy Living (mobile home park) Club House/office, behind JC Penny's.

Lawrence Faith Foursquare is a place where everyone belongs and contributes their visions, talents and ideas. Comfortable dress is encouraged!

If you would like more information about the church or you would like prayer, please contact the pastor at 785-979-0041 or by e-mail at pastor@faithfoursquare.com.

www.faithfoursquare.com

Light Center to hold benefit for AIDS orphan crisis

The Light Center of Baldwin, Kan., will be holding a charity event, October 14, benefiting the Lovelight Project serving in the AIDS orphan crisis. The event, a Benefit Concert is being held at the Unity Temple on the Plaza, and will begin at 7:00 p.m. The event is co-sponsored by The Light Center, Unity Temple on the Plaza, Unity Church of Overland Park and Trailwood Elementary School in Prairie Village.

The evening will be a time of celebration, generosity, inspiration, and joy as we welcome Francois leRoux, an extremely entertaining and gifted cellist from South Africa. Francois creatively blends vocals, keyboard and whistling with the cello while improvising on stage. Talented vocalist Teri Wilder will join Francois as well as the Trailwood Elementary Choir. The Aurora Consort a local Kansas City ensemble will provide an exciting opening act, featuring Natalie Twigg. Natalie Twigg is award winning oboist who has played with

such musical greats as Ravi Shankar and Paul McCandless.

Members of the public who are interested in obtaining more information on the benefit or to purchase tickets should contact The Light Center at (785) 255-4583 info@lightcenter.info Tickets can also be purchased for \$25 in advance at Unity on the Plaza, or The Light Center and at the door.

The Lovelight Project's volunteers are providing support programs for children orphaned and abandoned in the AIDS pandemic in South Africa. The Light Center is training and sending volunteers from the Kansas City area into South Africa to assist the grandmothers who are caring for the children through an alliance called GOGO: Grandmothers Organized in Global Oneness. (GOGO is Zulu for grandma) Currently there are two Overland Park women serving in the Soweto area for a full year.

For more information, visit The Light Center Web site at www.Lovelight.org.

SUDOKU SOLUTION

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

CROSSWORD SOLUTION

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| M | E | S | H | | F | A | C | T | | A | D | E | P | T | | |

JUMBLE ANSWERS

Jumbles: IDIOT TOOTH FORKED CRAVAT

Answer: What the CEO did when the loan was approved – TOOK THE "CREDIT"

TRIVIALITIES ANSWERS

1. M. Night Shyamalan 2. Bryce Dallas Howard 3. Paul Giamatti 4. "The Illusionist" 5. Cameron Crowe 6. Orlando Bloom 7. Heath Ledger

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Kansas Rehabilitation Hospital NeuroSymposium



Saturday, Sept 23
10AM-1PM
Topeka, Kansas

Keynote Address

Applying Technology in Rehabilitation

Dr. Dale Garrett, MD.

Screenings, Demos, & Lunch

Breakouts

Treatment of Parkinson - Past, Present & Future
Amy Parsons, RN, BSN

Breakthroughs in MS—
Martha Badger, RN, BSN

Emerging Trends for Stroke -What's the Evidence?-
Dr. Barbara Quaney, PT, Ph.D.

Spinal Cord Injury in the New Millennium
Liz Zayat, OTR/L

Brain Injury Rehab—Changing the Model
Janet Williams, MSW. Ph.D.



The public is invited

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NOSTALGIA NOTEBOOK

SEPTEMBER 1946

Births

- SEP. 1:** Roh Moo-hyun, President of South Korea
- SEP. 15:** Tommy Lee Jones, actor, *Love Story*, *Space Cowboys*
- SEP. 15:** Oliver Stone, film director, *Platoon*, *Born on the Fourth of July*

Events

- SEP. 8:** Bulgaria declared a People's Republic after a referendum - King Simeon II leaves.
- SEP. 28:** George II of Greece returns to Athens.

Christine Todd Whitman, former governor of New Jersey, turns 60 on September 30



SEPTEMBER 1956

Births

- SEP. 16:** David Copperfield, American illusionist
- SEP. 20:** Gary Cole, American actor, *Midnight Caller*, *The Brady Bunch Movie*
- SEP. 26:** Linda Hamilton, American actress, *The Terminator*, *Beauty and the Beast*

Events

- SEP. 25:** Submarine Transatlantic telephone cable opened.



Ricky Rudd, NASCAR race car driver, turns 50 on September 12. Rudd is the "Ironman" of NASCAR, holding the record for most consecutive starts. (U.S. Air Force photo by Senior Airman Brian Ferguson)

VINTAGE ADS



Ad source: www.clipart.com

PEOPLE NEWS

Edward Jones ranks highest in investor satisfaction by J.D. Power and Associates

The financial-services firm Edward Jones ranks highest in full-service investor satisfaction for the second consecutive year, according to the J.D. Power and Associates 2006 Full Service Investor Satisfaction Study(SM), the firm announced today.

The J.D. Power and Associates study found that strong customer service representative performance, convenience, account set-up/offerings, account statements and product and service offerings combined with competitive investment performance drive Edward Jones first-place finish. Edward Jones does particularly well serving its more affluent clients, the survey found.

"As a firm, all of us are committed to providing outstanding client service," said James D. Weddle, managing partner of Edward Jones. "Our clients are the true judges of our service, and these surveys show that our clients think highly of the firm

and their relationships with their local investment representatives and branch office administrators. Their satisfaction is reflected by the fact that they would recommend Edward Jones to their friends, as reported in the study results."

According to the study, satisfaction translates into advocacy, and Edward Jones clients recommend their investment representative more often than other firms, according to the survey.

Meeting face-to-face with one's investment professional is the best way to increase satisfaction, the survey found.

"We believe that individual investors prefer to conduct business face to face in offices that are conveniently located," Weddle said. "We treat our clients the way we would want to be treated, and we appreciate the honor that they bestow upon us."

Edward Jones ranked highest by J.D. Power and Associates in 2005, and highest in 2002, when the study began. Recently, Edward Jones in Canada announced the firm's highest ranking in J.D. Power and Associates' Canadian study.

The six Lawrence Edward Jones

investment representatives are Ryan Catlin, Harley Catlin, Liz Kundin, Jeff Peterson, Todd Walker, and Julie Thornton.

LMH nurse attends end-of-life education course

Dorothy Kurtz, RN BSN CHPN clinical coordinator for skilled nursing, rehabilitation and Palliative Care at Lawrence Memorial Hospital, recently attended a three-day course on end-of-life care held in Kansas City, Mo. The training program, "End-of-Life Nursing Education Consortium," was developed by the American Association of Colleges of Nursing and the City of Hope Cancer Center and was for nurses who conduct continuing education courses for other healthcare providers.

Kurtz was one of more than 100 nurses from across the United States to attend the program topics included nursing care at the end of life; pain and symptom assessment and management; cultural considerations; ethical issues; communication; loss, grief and bereavement; preparation for and care at the time of death; and achieving quality care at the end of life.

Kurtz is a member of the Lawrence Memorial Hospital Palliative Care Consultation Team. The team's mission is to provide compassionate patient and family centered care that supports quality of life and promotes comfort and the relief of suffering. For more information about Palliative Care and Lawrence Memorial Hospital log on to www.lmh.org.

Need a Rate Card?

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



DRIVERS NEEDED

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

We are always in need of volunteer drivers to deliver on a regular or substitute basis. Each route takes an hour or less. We also have volunteer opportunities that do not require delivering a route.

Please call Meals On Wheels at 979-1440 to inquire about our services or to start volunteering. We are a non-profit organization and all donations are appreciated.

SRA Senior Resource ALLIANCE of Northeast Kansas

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 ALL FUNERAL SERVICES, ADVANCED FUNERAL & CEMETERY & MARKER PLANNING - Penwell-Gabel Midtown
 CAREGIVER RESOURCES AND HOME CARE - Comfort Keepers
 COMMUNITY RESOURCES & ASSISTANCE - Jayhawk Area Agency on Aging, Inc.
 COMPLETE HEARING AID SERVICES - Ediger Hearing
 DISCOUNT PRESCRIPTION MEDICATIONS - Canada Drug
 ELDER LIVING OPTIONS - Atria Hearthstone
 ESTATE PLANNING/PROBATE - Attorney at Law
 ESTATE SALES - The Problem Solver
 FINANCIAL PLANNING, FINANCIAL SERVICES, INSURANCE, LONG TERM CARE INSURANCE - Lord-Roberts & Associates
 HEATING & COOLING - Anchor-Robinson Aire Serv
 HOME MAINTENANCE/REPAIR SERVICES - The Carpentry Specialists
 HOSPICE CARE - Midland Hospice
 MEDIA REPRESENTATIVE - KTPK Country Legends & Kaw Valley Senior Monthly
 ONSITE AUTO SERVICE - JEM Mobile Oil Changing
 REAL ESTATE SERVICES - Remax Associates
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Making Medicare Make Sense

Answers To Some of The Most Commonly Asked Medicare Questions

QUESTION: What Preventive Benefits Are Available Through Medicare?

ANSWER: For more than 40 years, Medicare has been there for older and disabled Americans when they get sick. But many serious illnesses and diseases can be prevented, or treated early before complications develop, with the use of Medicare's Preventive Services. Medicare has expanded its list of preventive benefits and now covers or helps pay for a variety of preventive exams, tests, screenings and services that can help you stay healthier longer.

For example, since January 1, 2005, the "Welcome to Medicare" preventive physical exam is available to everyone within the first six months that they have enrolled in Medicare Part B. It's a great way to get up-to-date on your screenings and shots, and talk with your doctor about staying healthy.

Medicare now covers cardiovascular screenings, to check your cholesterol and blood fat levels. Also newly added to the list of covered services

is diabetes screening. In both cases, there is no cost to people in the Original Medicare Plan.

There are many other Preventive Services available to people with Medicare. All women age 40 and over can get a screening mammogram every 12 months. A Pap test and pelvic exam for cervical and vaginal cancer screening are also covered for all women every 24 months.

Colorectal cancer screening is covered every 12 to 48 months depending on the type of procedure involved, and whether you are at high risk. And all men are covered for prostate cancer screening every 12 months, after the age of 50.

Medicare's Preventive Services also extend to testing for glaucoma (every 12 months), and osteoporosis (every 24 months) for those at risk. In some cases, testing can occur more often, if medically necessary.

And, of course, Medicare covers an annual flu shot for all beneficiaries, and a lifetime pneumococcal shot, without charge. Even Hepatitis B shots are covered if your doctor

says you need them.

By taking charge of your health, you can make the most of the benefits Medicare provides. More important, by taking advantage of these preventive services, you can help yourself stay healthy, and help your doctor treat any illness or disease sooner – when treatment is most effective.

Medicare's preventive services are covered no matter what kind of Medicare health plan a person has. However, the amount one pays out of pocket for these services varies de-

pending on the type of health plan – some services may be subject to a co-pay like 20% of the total costs, co-insurance or a deductible, such as the \$100 Part B deductible. Beneficiaries should call their plan for more information. People with Medicare can also visit My.Medicare.gov to keep track of the preventive benefits they've used and the services they need, or learn more about Medicare's Preventive Services by visiting www.medicare.gov on the web, or calling 1-800-MEDICARE (1-800-633-4227).

Forum

CONTINUED FROM PAGE SIX

Church Parish Nurse, Heart of America Hospice, Independence, Inc., Jayhawk Area Agency on Aging, Inc., Kansas Legal Services, Inc., Lawrence-Douglas County Advocacy Council on Aging, Lawrence-Douglas County Health Department, Lawrence-Douglas County Housing Authority,

Lawrence Memorial Hospital, Lawrence Therapy Services, Meals on Wheels, Midland Hospice Care, Social and Rehabilitation Services, Trinity In-Home Care, Pioneer Ridge Retirement Community, and the Visiting Nurses Association.

For more information about the Legislative Forum, contact Kelly-Allen, INFA Facilitator at the Lawrence-Douglas County Health Department at (785) 843-3060.

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