



Kaw Valley Senior Monthly

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September 2007 Serving Active Seniors in the Lawrence-Topeka Area since 2001 Vol. 7, No. 3

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FREE



KEVIN GROENHAGEN PHOTO

John Studdard began representing Douglas County as a delegate in the Silver Haired Legislature last spring. He will attend his first Silver Haired Legislature session in October.

Studdard to attend Silver Haired Legislature session

By Kevin Groenhagen

When John Studdard, Lawrence, read about the Silver Haired Legislature (SHL) in the Fall 2006 issue of *Amazing Aging!*, the Jayhawk Area Agency of Aging's (JAAA) newsletter, it sounded like something he would like to try.

Studdard called Marsha Ridinger, program manager for JAAA, to learn more. He found out that the next SHL biennial election was scheduled for March 14, 2007, and that he would need to submit a petition with 50 signatures a month prior to

the election.

"I was able to get 50 signatures with no problem," Studdard said. "I went to my square dance group, my church, the American Legion, and the Endacott Society, which is an organization for retired Kansas University faculty and staff my wife belongs to."

When Studdard and Ridinger learned that the incumbent delegate for Douglas County did not wish to run for another term, Ridinger appointed Studdard to the position.

Formed in 1983, SHL is a unicameral legislature composed of 125 del-

egates. All delegates are at least 60 years old. Each of Kansas' 105 counties has a slot for a delegate. In addition, Wyandotte, Johnson, Shawnee and Sedgwick counties each has an additional five delegates. SHL is supported by the Kansas Department on Aging and the Kansas Agencies on Aging. The delegates represent 11 Planning and Service Areas (PSAs), which correspond to the 11 Area Agencies on Aging. For example, Studdard is a delegate from PSA 4, which includes Douglas, Jefferson, and Shawnee counties, the same

■ CONTINUED ON PAGE TWO





John Studdard

■ CONTINUED FROM PAGE ONE

countries covered by JAAA.

According to JAAA, the purpose of the Silver Haired Legislature is three-fold:

- **To Educate** – Participation provides experience in the political process.
- **To Inform** – Actions of the SHL inform the public and the Kansas Legislature on concerns of the elderly.
- **To Involve** – SHL provides over 412,000 Kansas seniors a way to become involved.

Each year SHL holds session in Topeka. This year's session, SHL's 25th, will take place on October 1, 2, and 3 at the Ramada Inn in Topeka.

"At that time, we will sit down and discuss issues and needs of senior citizens," Studdard said. "We'll try to bring together some proposed legislation that will then be forwarded to the Kansas legislature for their consideration when they start their 90-day session in Topeka next January."

After the 2005 session, SHL forwarded five bills and one resolution to the state legislature. After the 2006 session, SHL forwarded four bills and one resolution to the state legislature.

At this point, Studdard does not know what bills and resolutions SHL will forward to the state legislature next January. However, he does have an idea of some of the issues delegates will discuss.

"A major issue is grandparents raising grandchildren," Studdard said.

In July 2006, the Brookdale Foundation reported that 29,026 children were living in grandparent-headed households in Kansas. A total of 17,873 grandparents had grandchildren living with them.

Studdard also believes SHL will push for three additional long-term-care ombudsmen. According to SHL literature, "There are more than 300 nursing facilities in Kansas, and ombudsmen are desperately needed to ensure quality care of seniors in those facilities."

"Scams on senior citizens, for me, is also a big issue," Studdard said. "I'd like to see us address scams in some way."

Jim Snyder of Topeka currently serves as SHL's speaker pro tem, and will preside over the session, which could be anything but tranquil.

"I understand that the meetings can really be intense," Studdard explained. "People really go at it. As you have probably noticed, senior citizens can be very opinionated. They're not shy about expressing

their opinions."

Studdard brings a unique background to SHL. Originally from Kansas City, Kan., he graduated from Graceland University, a junior college in Iowa, in 1951. However, his plans for the future were put aside a few months later.

"In April of 1952, Harry Truman sent me one of his famous greetings," Studdard said. "He said he wanted me to join his military."

Studdard left for basic training at Fort Bliss, Texas, spent several months doing administrative work, and then, starting in February 1953, spent 14 months in South Korea.

"I was with an anti-aircraft artillery outfit at Suwon Air Base (K-13), which was about 20 miles south of Seoul," Studdard said. "Our mission was to protect the air base."

At his parents' urging, Studdard entered the School of Business at Kansas University (KU) in September 1954. He graduated two years later and accepted a position in Memphis, Tenn., where he also met his first wife. During the next 14 years, Studdard and his wife lived in Houston, Kansas City, Memphis, Cleveland, Columbus, Ohio, and Detroit.

In 1970, Studdard returned to Kansas, where he accepted a mid-management position at KU. He left that position in 1974 and, 20 years later, retired from Sallie Mae in Lawrence.

While serving as an AARP Tax-Aide volunteer in 2002, Studdard met his current wife, Audrey Kamb-Studdard, a fellow volunteer. Since getting married in 2003, the couple have done a lot of dancing with the Happy Time Squares square dance club, as well as with OURS, a senior dancing group at the senior center. They have also spent their time traveling and volunteering.

"We decided that we would keep traveling as long as we're physically able and have the resources," Studdard said.

Their 15 trips in four years include visits to Japan, Australia, New Zealand, Fiji, Egypt, St. Croix in the Virgin Islands (where Studdard's son lives), Niagara Falls, Branson, Mo., Alaska, and China.

"I climbed the Great Wall of

China," Studdard said. "I barely made it. I did a block and a half out of 3,000 miles."

Back home, the couple has volunteered as ushers at the Lied Center. Studdard, an ordained minister with the Community of Christ Church, has also served as the chaplain for the American Legion's Dorsey-Liberty Post #14 for 25 years. In addition, he has served on the board of directors for AARP Chapter 1696.

In November, the Studdards will combine their passion for travel with their devotion to volunteer service.

"We'll be going to the Philippines for an educational site visit with Outreach International," Studdard explained.

Since 1979, Outreach International has been working with the world's poor to help them build better lives for themselves. Outreach International employs a nine-step Participatory Human Development Process™

to "equip people with the necessary knowledge, skills and appropriate values and attitudes to act and manage their own development."

This will be Studdard's second visit with Outreach International. His first visit was in Nicaragua in 2000.

The site visit in the Philippines will be in Cabanatuan City, which is located north of Manila.

While the couple plans to continue traveling, Studdard says they'll try to avoid going on vacation while the state legislature is in session.

"Delegates to the Silver Haired Legislature may be called to appear before subcommittees, so I want to be available," he explained.

For more information about the Silver Haired Legislature, please visit www.jhawkaaa.org/silverhair.asp. Seniors in Douglas County may also call Studdard at (785) 843-5865 or e-mail him at studdard@ku.edu.

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Kansas Elder Care opens in Lawrence

By Billie David

When people ask Seth Movsovit, a former educator and owner of the new Kansas Elder Care on Bob Billings Parkway, how he managed to switch his focus from students to aging seniors, the answer is easy for him.

"I've always enjoyed working with other people," he said. "When people ask me, 'How do you go from working with six-year-olds to 86-year-olds?' I tell them that it all starts with respect. I showed respect to my students and I always show respect to my clients."

Movsovit places a high value on education. In fact, most of his office space is dedicated to helping the Lawrence community find the information they need on aging issues.

"We have an elder care resource center with books on Parkinson's, dementia, Alzheimer's, and other elder-care related issues," Movsovit said. "We want to get the word out that this is a resource for the community, a place to come and get answers to their elder-related questions."

The Kansas Elder Care office, designed by Steve Blanchard of The Blanchard Group, includes a growing collection of books, a lounge area, and a computer research center.

"For the computer center, we have bookmarked sites on elder-related issues," Movsovit said. "It is available for people who don't have computers at home or need assistance with the research. They can print out the information here, and take it home to share with their family members."

"Family members can come in and seek help with issues concerning their loved one's care," Movsovit continued. "We are familiar with many resources within the community that can help locals navigate the care for their aging parents. We want to provide families with viable options."

The family conference area can double as a seminar space where Movsovit plans to offer seminars every two months, covering topics such as home healthcare issues, estate planning, and working with trust officers, just to name a few.



Seth Movsovit

"One of our main goals is to be there if families need us, to help out with care that might be difficult for them to handle, so ultimately, fam-

ily members can spend more time with their loved ones," Movsovit said, adding that such services allow

■ CONTINUED ON PAGE FIVE

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Saturday October 20

12:30-4:00

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Schedule of Events:

12:30 – 1:30 pm Focus on Multiple Sclerosis – Dr. John Clark, MD
Focus on Spinal Cord Injury – Dr. Susanna Felice, MD
Focus on Stroke – Dr. John Zery, MD

1:30-3:00 pm: Resource Fair, Technology Demonstrations, & Screenings

3:00-4:00 pm Focus on Brain Injury – Dr. Nicole Golding, MD
Focus on Parkinson's – Dr. John Nazzari, MD

RSVP required, please call Leslie at 769-232-8524





Kansas Elder Care

■ CONTINUED FROM PAGE FOUR

the elderly to "age in place" and retain the maximum degree of independence for their particular circumstance. Often times, Movsovit explained, family members are in a survival mode, and if they take on long-term care without help, their health is at risk because they end up over exerting themselves, and are subject to burnout and exhaustion.

"For us, everything centers on safety," Movsovit said. "We visit every client in their home setting to assess if the care we are to provide is safe for the client and safe for our employees."

The employees who work for Kansas Elder Care are insured and bonded and are covered by the company's workman's compensation plan. This benefits clients because it covers liability issues that might otherwise fall on family members.

"If you hire someone on your own, you are the employer," Movsovit explained. "You would have to pay the employee's taxes and be responsible for workman's compensation if they are injured on the job. We're handling that burden so that the family can concentrate on other things."

Movsovit wants the community to know they are not alone when dealing with their families elder care issues. "There is a reason why Lawrence has been ranked so high as one of the nation's top retirement communities, and that credit goes to the existing aging resources that are in place. It is our hope that Kansas Elder Care can complement those that are already here and continue to assist families who are looking for help in caring for their aging loved ones.

You can visit Kansas Elder Care in the Morgan Stanley building just west of the corner of Bob Billings Parkway and Wakarusa Drive. The address is 1429 Oread Street West, 110-A. The phone number is (785) 856-5555 and the web address is www.kseldercare.com.

2007 Kansas Senior Olympics begin September 20.

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Kansans to select '8 Wonders of Kansas'

Inspired by the New Seven Wonders of the World initiative begun in 2001, the Kansas Sampler Foundation of Inman, Kan., in March invited Kansans to pick the eight wonders of Kansas.

After receiving more than 200 nominations from the public, the 12-member 8 Wonders Selection Committee whittled the list down to 24 finalists. The public is invited to vote on the finalists until midnight on December 31, 2007. Online voting is highly encouraged, but brochures and ballots can be obtained at the indoor finalist sites, printed from 8wonders.org, or by calling (620) 585-2374.

Two of the 24 finalists are located within *Senior Monthly's* distribution area.

Constitution Hall

Constitution Hall is a finalist for

the 8 Wonders of Kansas because the events that transpired inside the walls of this two-story, wood-frame building were, without a doubt, major events leading to the American Civil War.

Constitution Hall, in the small but historic community of LeCompton, has stood since 1856 as a testament to the Herculean struggle America waged to break the shackles of American slavery.

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8 Wonders

■ CONTINUED FROM PAGE SIX

promise of 1850, the Kansas-Nebraska Act, the Lincoln-Douglas Debates, the Dred Scott Decision, Harpers Ferry, and Lincoln's election.

Location: 319 Elmore, LeCompton.

Contacts: Constitution Hall State Historic Site, 785.887.6502; consthall@kshs.org

Hours and admission charge: March-November, Wednesday-Saturday 9:00 a.m.-5:00 p.m.; Sunday 1:00-5:00 p.m. \$2 adults; \$1 seniors and students. Children under 5 free.

John Steuart Curry murals

The John Steuart Curry murals are a finalist for the 8 Wonders of Kansas because Curry was one of the greatest American regionalist painters and, despite great controversy, he considered the murals in the State Capitol his greatest work.

In June 1937 John Steuart Curry, a famous Kansas artist from Jefferson County, was commissioned to paint murals in the Kansas Statehouse. Before Curry finished the second-floor murals in 1942, he received criticism from legislators and refused to sign and complete all the murals that he had planned.

The most famous of his finished

murals is the one called, "Tragic Prelude," Curry's interpretation of John Brown and the anti-slavery movement in Kansas Territory. Rich in symbolism, the painting depicts a fierce John Brown holding a Bible in one hand and a rifle in the other. Curry's critics disliked his color scheme and the over-all menacing effect of the mural.

Contact: State capitol, 785.296.3966; capitol@kshs.org. Kansas State Historical Society, 785.272.8681, ext. 262; bathon@kshs.org.

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PET WORLD

Dog should be tested for Cushing's disease

QUESTION: Whenever a fire engine goes by, my little dog, Ginger, starts crying. She yelps and howls. She keeps this up for as long as she hears the siren while running desperately from person to person. Our



Steve Dale

other dog is just as baffled by this behavior as we are. What's going on? — V.J., Rochester, NY

ANSWER: With hearing at least 10 times more acute than ours, imagine what sirens, trains, jackhammers and car alarms sound like to canines. Some dogs deal with these kinds of earsplitting distractions better than others.

Veterinary behaviorist Dr. Kelly Moffat, of Mesa, AZ, says you can desensitize your pup. "Get a tape recording (or CD) of sirens. Start to play at a very, very low level. If your dog is in any way paying attention, it's too loud."

Gradually, over time, pump up the volume. Play the tape or CD as Ginger is eating, so she associates the siren with something good. If at any time the sound annoys Ginger, lower the volume.

Depending on the pet and how often you work on this, the desensitizing process could take a few days or a week or more.

QUESTION: Baby Bear, our 12-year-old Pomeranian, is very sick. The vet believes he has Cushing's disease. Sometimes when we take Baby Bear with us, he'll just keel over. We shake him to bring him back to life. The vet has Baby Bear on Valium and numerous other meds, which come to \$75 a month. Baby Bear's liver and kidney numbers are high. We haven't had him tested for Cushing's because we understand

this is costly.

Also, Baby Bear's penis is constantly out and he's always licking it. The vet said we could put K-Y jelly on it. There's a little growth there that's bothering him. Our poor boy is miserable. Can you help? — V.N., Cyberspace

ANSWER: It sounds like poor Baby Bear may have several problems. "For starters, it's important to determine whether there is Cushing's disease (also called hyperad-

renocorticism — the production of too much adrenal hormone, in particular corticosteroids)," says Chicago veterinarian Dr. Sheldon Rubin. "In nearly all instances, Cushing's is treatable. However, if it's not treated, it very seriously affects organ function, or compounds other conditions." So, it's possible at least some of the other problems you indicate may be due to or worsened by Cushing's disease.

One test for Cushing's, the ACTH Challenge Test, is a blood test, and the fee averages \$100 to \$170. This is not cheap, but it's imperative to learn if your dog has Cushing's disease. Also, there should be an effort to diagnose the "keeling over" you describe. "It can be a heart problem common to toy breeds, seizures, or low blood pressure," Rubin says.

The fact that you mention giving your dog Valium is mysterious, since this drug isn't used for Cushing's or any of the potential problems described above.

As for the extended penis, Rubin says you're right to lubricate it, for now. However, this is something else which requires a diagnostic explanation. He's particularly concerned about the growth you describe.

If your regular veterinarian is unable to effectively handle what appears to be a complex case, consider asking for a referral to an internal medicine specialist.

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

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SeniorMonthly, September 2007 9

PERSONAL FINANCE

Life insurance claims: A checklist for moving forward

When a family member dies, life insurance often becomes the most important asset for the surviving family members because it can provide almost immediate cash to help pay for pressing liabilities such as funeral expenses and debts, as well as current and ongoing living



Joe B. Jones

expenses. No doubt, there is much to think about during such a difficult time, and filing a life insurance claim should be one of the first steps in order to get much needed cash as quickly as possible.

Filing a claim

The first step should be to contact the insurance representative or company that issued the policy. The representative who sold the policy can help you fill out the necessary forms and act as an intermediary with the insurance company. Many companies also allow you to initiate the claims process through their Web site.

Generally, the claims process is fairly simple. Most insurance companies require the beneficiary to complete and submit a claim form along with a certified death certificate. Some companies may also request the actual policy, a copy of the obituary and/or completion of additional forms depending on the situation. Your representative should know exactly what is required.

Locating the policy(ies)/company(ies)

If you cannot find a policy you think may have been in force at the time of death, there are a few things you can do:

1. Look through the past few years of checkbook registers and canceled checks for any payments that may have been made for life insurance premiums. Contact the company to determine if there is, in fact, a policy in force. Checking the mail for a year after their death as well as looking through old mail may also turn up an annual policy statement, premium notice or other helpful documentation.

2. If you have reason to believe a policy existed but cannot locate the insurance carrier, contract or policy number, you can try searching the internet. For a nominal fee, some Web sites such as the MIB Policy Locator Service (www.mib.com) or Unclaimed Money Search (www.unclaimed.com) will search for a lost life insurance policy.

3. If you suspect life insurance coverage exists from a previous employer but you cannot find any record of it, check with the employee benefits office at their latest and previous places of employment.

4. If you have no direct correspondence from the company and need help finding the life insurance company that currently services the policy, try contacting these two sources:

The state insurance department of the state in which the insured person resided at the time he/she purchased the policy.

Best's Insurance Reports, available in the reference section of larger libraries. This report is updated annually and lists insurance company names, addresses, phone numbers, Web sites as well as insurers' name changes, mergers and other changes.

Receiving the Proceeds

Once you submit the claim, you should receive a settlement soon. Most states require payment within of 30 days of receipt of the claim requirements. However, some companies process as quickly as 10 business days or less.

If the policy owner had not pre-selected a payment plan, you can choose to receive the death benefit as a lump sum or select from a variety of alternate payment plan options. You may also have the option of leaving the proceeds in a money market checking account. This option gives you the advantage of not having to make a rushed decision on how or where to invest the proceeds, allowing you to take your time, with the help of a financial professional if necessary, to determine the best use of the money. The money in the account will accrue interest until it is withdrawn.

The insurance company will handle the settlement as instructed. Typically, the company makes several settlement options available:

- An interest income option pays you the interest earned on your

proceeds while keeping your principal intact.

- A **specified amount/installment** option allows you to receive installments of principal and interest (for a specified amount or period of time) until the funds are exhausted.

- The **life income** option pays you an income (usually monthly) for the rest of your life or for a specified period of time, whichever is longer. The amount of the payment depends on the amount of the insurance proceeds, your gender and your age at the time the plan is elected.

- A **lump sum** payment gives you access to the proceeds almost immediately. It offers the most flexibility and may appeal to you if you are clear on how and where you want to invest any insurance proceeds not immediately needed.

Preplanning

It takes some thoughtful planning to protect one's family or business. A list of advisors, wills, trusts, insurance policies, bank accounts, stocks, bonds or other assets/investments is a tremendous help to family members trying to sort things out after one's death. Having an inventory of these items and where they can be found may save countless hours of headaches and frustrations. (To download a free copy of "A Guide

to the Future," a booklet for documenting important information for your beneficiary(ies), go to www.nmfn.com/joejones.)

It's also important not to store a life insurance policy or Will in a safe deposit box. In most states, they are temporarily inaccessible when the owner dies. Although an executor can obtain access to the box, it may take weeks to have one appointed by a probate court, which may delay your ability to collect the funds when they are needed most.

A trusted financial expert who knows and understands your needs can offer specialized and invaluable guidance, especially during such an emotional and difficult time. Don't be afraid to talk with your financial representative when you have questions. They are trained to help you precisely at a time when you need it most.

- Joe B. Jones is a Financial Representative with the Northwestern Mutual Financial Network (the marketing name for the sales and distribution arm of The Northwestern Mutual Life Insurance Company, Milwaukee, Wisconsin) and is based in Lawrence, KS. To contact Joe, please call (785) 856-2136, e-mail him at joe.jones@nmfn.com or visit his Web site at www.nmfn.com/joejones.

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PERSONAL FINANCE

Do all your stocks and mutual funds look alike?

Like most people, you probably gravitate toward things that you're familiar with and that you like. If you enjoy classical music, your shelves may be full of Beethoven and Ravel. If you love pasta, your cupboards

your investment statement. Keep this in mind: Different investments may respond differently to the same market forces. To give just one example, a steep rise in interest rates may hurt the stocks of financial services companies, but have

relatively little effect on pharmaceutical stocks. On the other hand, certain legal or regulatory changes can have a big impact on drug company stocks, but not cause a stir in the financial services industry. Consequently, if you spread your investment dollars among different types of stocks and mutual funds (as well as bonds, certificates of deposit and government securities), you'll be less vulnerable to those forces — all beyond your control — that may affect one particular class of assets. Diversification does not guarantee a profit

nor does it protect against loss. And here's one more reason to expand your investment horizons: You probably won't be able to achieve all your financial goals if you only own one type of investment, such as growth stocks or growth-oriented mutual funds. Over time, you will have other considerations, such as the need for income, so you'll need to address this in your portfolio.
- Harley Catlin and Ryan Catlin are with Edward Jones, 4828 Quail Crest Place, Lawrence. They can be reached at 785-841-6262.



Harley Catlin and Ryan Catlin

may be bulging with spaghetti and ravioli. In most parts of your life, there's nothing wrong with this type of devotion — but, if it's carried over to your investment portfolio, you could run into problems.

Specifically, you don't want to own too many of the same types of stocks or mutual funds — even if you like these investments and are generally pleased with their performance.

What's wrong with "the more, the merrier" approach to investing? Simply put, it's too risky. Suppose you own a bunch of stocks of companies that belong to the same industry, or to just a couple of related industries. If a particular set of economic or market forces hurt these industries, then your stocks are going to take a hit — and if most of your investment dollars are tied up in these holdings, your overall portfolio will take a hit, too.

You might think that you can avoid this problem of "over-concentration" by investing in mutual funds. After all, mutual funds may invest in dozens of different companies at any time, so you're protected from any industry-specific downturns, aren't you? Actually, it's not quite that simple. There are many different types of mutual funds available on the market, and some of them do concentrate in a particular market segment, such as technology. And when something happens that affects these segments, such as the bursting of the technology "bubble" in 2001, these types of mutual funds will be negatively affected. If, in 2001, you owned just one technology-heavy fund, your overall portfolio probably wasn't shaken up too much, but if you had several of these funds, you would definitely have felt some pangs of regret when you opened



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HEALTH & FITNESS

Coping with health care bureaucracy

Aging, they say, isn't for wimps. It also isn't for the disorganized. Navigating the shoals of advancing age requires nuanced insight into many complex institutional realities—the insurance industry, the health system, inheritance law, pharmacol-



Laura Bennetts

ogy, diagnosis, and much more.

So do you have to be a Renaissance genius to navigate the system successfully? Luckily the answer is no. But you have to learn the ropes. And few aspects of the aging experience are more perplexing or frustrating than dealing with bureaucracy. If there were a Global Positioning System for seniors, it would have to orient you in several dimensions of bureaucratic time and space. Rules, regulations, qualifications, medications...help!

The article below (the first of two) is an attempt to provide just such an orientation.

Aging as Voyaging

Sadly, there is no GPS system for seniors. There are, rather, gaps—in service, regulation, insurance. The result is that, since no one else is mapping your future, you have to plan for yourself. That requires careful thought and research—about housing, health, legal issues (estate planning, durable powers of attorney, living wills), mobility issues, and in-home services. The best way to proceed is to think ahead.

Most people wait for a crisis to decide how to handle a move, find a specialist, make a will, or hire help. But to weather a crisis with the least stress, planning ahead is always best. There are experts in your community who can help you devise plans to soften the inevitable bumps in the road and ease your fears about the future.

Paperwork Moon

The only certainties are death, taxes...and paperwork about death and taxes. Retirement may call a halt

to work, but paperwork? Never. Of course, in the twenty-first century, much "paperwork" is now online; but deadlines are deadlines. So, start by listing what you need at any age: a will, "durable power of attorney" plans, a living will, maybe a trust, life insurance, disability insurance, and long term care insurance. Some of these items you can arrange on your own, others require working with an expert. The help of the right expert is worth the cost if it brings you even one step closer to a lifetime plan.

Get Your Ducks In a Row

If you're overwhelmed by the idea of getting all this done, seek help from a financial planner or a social worker. The right expert can help you get an overview of your options and prioritize the decisions you need to make to proceed with planning. A financial planner, in particular, will refer you to other experts as needed, including an attorney, accountant, or loan officer.

Financial planners work for hourly or yearly fees, depending on your planning needs and financial constraints. Social workers are available through health departments and hospitals.

A Look Into Your Future

Once your legal and financial papers are ready, you need to look farther ahead. Above all, you need to plan your healthcare future. Healthcare has become a vast cost and challenge for aging Americans. Medication in particular has become a disturbingly large and unpredictable expense. This is true even for people on Medicare, despite the fact that Medicare D, a medication program, is supposed to address and resolve this concern. That's because Medicare D is "bureaucracy" spelled with

a D.

In Kansas alone there are 41 different Medicare D programs, each of which is free to change its medication rosters and prices monthly. On this shifting and uncertain bureaucratic terrain, you obviously can't assume that your particular Medicare D plan will continue to pay for your particular medications, or that the costs will remain stable and affordable. In other words, from month to month, you never know whether your medications will remain available to you.

Lost in the Doughnut Hole

There is also a tipping point in the Medicare D program, curiously and famously called the "Doughnut Hole," which at a certain point requires seniors to pay \$3,850 out-of-pocket to become eligible for further Medicare medication payments that year. In practice, this means that you may not have any further Medicare D eligibility at all.

The Doughnut Hole is reminiscent of a Black Hole. Once you fall in, it's very hard to get out. Here's how it works. The issue is how much coverage you get in a year. Typically, Medicare D recipients pay the first \$250 in medication costs they incur at the start of a year (say, in the early weeks of January). After that, Medicare D shares the cost of the next \$2,400 worth of medications you purchase; Medicare pays 75 percent (in this case, \$1,800) and you pay 25 percent (here, \$600). At this point (which, for people with expensive medication needs, might be as early as spring), you fall into the Doughnut Hole.

This means that you're not eligible for further Medicare D co-pays until you've paid \$3,850 in additional medication costs—over and above the original \$250 and \$600—entirely on your own. If, before the year ends, you have spent this entire sum, you then become eligible for "cata-

strophic" Medicare D support. But by this time, you are likely to have paid nearly three quarters of your medication cost for the year (in this example, \$4,700, or 72 percent) while Medicare D has paid under a third (just \$1,800, i.e., under 28 percent). And many Medicare D beneficiaries finish the year entirely on their own, never having qualified for renewed Medicare benefits. And I haven't even mentioned the monthly premium!

Out of Pocket, Out of Luck

A wag once said that American health care is the best care you'll never get. The truth of this gibe has seldom been clearer. Once you slide into the Doughnut hole, you're on your own, often for many months, or indeed the rest of the year. If your medication needs are too great for you to afford, you're simply out of luck. Medicare D won't help.

A cynic might say that D stands for Doughnut, and Doughnut stands for "Do Nothing." But cynicism is cold comfort if you need costly medications every month for half a year with no Medicare help. A viable contingency plan is what you need. One partial solution is to anticipate the Doughnut Hole and, when you save for retirement, save an extra sum to cover unpredictable medication and equipment costs. But that is only a partial solution, and other steps can be taken as well. And there are also other issues to consider when you plan for your long-term future.

Those steps, and issues, are the topic of next month's column.

- Laura Bennetts, MS RPT, is a physical therapist with 24 years experience. She is the co-owner of Lawrence Therapy Services LLC (785-842-0656) and Baldwin Therapy Services (785-594-3162). For answers to your therapy-related questions, please write to Laura at LTS_2000@hotmail.com.

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

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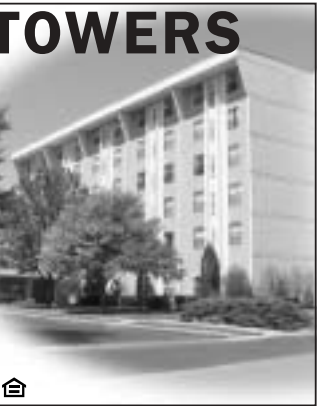
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HEALTH & FITNESS

Stress: The enemy within

Stress can be defined as the reactions of the body to forces of a nature, such as infections and various abnormal states that tend to disturb the body's normal equilibrium. Stress is a normal part of life, and can be daily or even mo-



Dr.
Farhang
Khosh

ment-to-moment. Stress can lead to health problems, including ulcers, back pain, migraines, high blood pressure, stomach disorders, and insomnia.

Reactions to stress can be varied and, most of the time, these reactions are not healthy.

The most common undesirable reaction to stress is anxiety. The amount of anxiety the person experiences is dependent more on the individual and less on the stressor. In other words, some people handle stress better than others. Common symptoms of anxiety are butterflies in the stomach, lump in the throat, and a rising sense of panic or insomnia.

Sometimes symptoms of anxiety are simply due to a vitamin deficiency, particularly the B and C vitamins, which are rapidly used up in times of stress. Sometimes anxiety can be caused by ingesting one of the minor toxins of everyday life, such as tobacco or caffeine. Using these items in excess can overwhelm the body's normal coping mechanisms.

We all need to take time out of our busy lifestyles and think about stress, and also plan strategies on how to deal with stress. Studies have shown that the average executive working 50 hours a week allows less than 19 minutes per week for thinking. A person needs to limit stress to a scheduled time and effectively deal with it during this time period. There are many ways to deal the stress that everyone faces.

Some other things you can do for yourself:

- Get enough sleep and rest.
- Regular vigorous exercise. Relaxed muscles results in relaxed nerves. For example, try hiking, bik-

ing, walking, jogging or swimming.

- Love more. Most people need to learn to love people and use things, instead of loving things and using people.

- Avoid coping mechanisms that involve alcohol or drugs that do nothing to solve the problem and only hide it.

- Identify your fears. Try to think of ways to cope with them. Seek information about the things you fear. Knowledge can bring runaway fears down to earth.

- Laugh more.
- Avoid self-pity. Self-pity is a poor response to situations and usually a waste of time and energy.

- Avoid loneliness. Reach out and take the initiative in finding friendship. Seek out compatible people.

- Meditation, yoga, Tai Chi, bio-feedback, and many other techniques have been used to alleviate stress.

Easy exercises that are designed specifically to relieve tension (from the book, *Triumph Over Tension*):

1. Stand or sit and extend your arms straight out from your shoulders. Then swing both arms around yourself in a hug, and then extend them out again. Alternate putting your right arm over your left in the hug and then your left arm over your right. Do this 10 times.

2. No matter where you are—in your desk, in a meeting, at home—you can do this exercise. Wiggle your toes, giving special attention to your big toes for one minute. Then circle your feet by rotating them on your ankles. Next tighten your buttocks, count to five, and relax. Inhale deeply into your abdomen and then exhale slowly. Not only will you relax, your shape will shape up. This is a good exercise to do every time a TV commercial comes on the screen.

3. Each time you feel yourself getting tense, squeeze your fists. Hold this for 5-10 seconds, and then let go. This is a terrific exercise if you get really angry with someone; it helps you maintain control.

4. Do this fast exercise whenever

OFF THE WALL

The trouble with being a leader today is that you can't be sure if people are following or chasing you.

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you can, wherever you are, whether sitting or standing. Look up at the ceiling or sky while raising both shoulders at the same time. This is also good for those prone to tension headaches, shoulder pains, and neck aches. Do this exercise five times whenever you feel yourself getting tense.

When your body shows signs of anxiety such as tension in your neck muscles, or the other symptoms we have discussed, seek the cause and

do something about it. DO SOMETHING POSITIVE AND REALISTIC. Dr. Hans Seyle, author of *Stress Without Distress*, points out that goals and objectives beyond our capabilities are a frequent cause of stress. Do the do-able, and avoid the undo-able. In effect, don't waste your time trying to befriend a mad dog.

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

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DEAR PHARMACIST

Antidepressants require close monitoring

By Suzy Cohen, R.Ph.
Tribune Media Services

QUESTION: My 16-year-old daughter has been taking an antidepressant drug for depression for 10 months. She was doing better and enjoying life but in the past few weeks her sadness has set back in. She isolates herself and I hear her crying all the time. She's irritable and refuses to participate in family activities. Her doctor wants to increase her drug dosage again. Do you think this will help? - K.T., Sacramento, Calif.

ANSWER: It's hard to say; this might work for a short time. Generally speaking, however, the higher the dosage, the greater her risk for side effects such as insomnia, headache, dizziness, low appetite and confusion. I'm not a psychiatrist, but it's clear that the doctor thinks your daughter is slipping backward, so he's prescribing a higher dosage again. This may very well be the case, but I have to warn you that this change in your daughter's behavior could be due to her medication, not a relapse into depression. I say that because antidepressants have been linked to suicidal thoughts (and yes, suicide!) in children and teens, although it's unusual. The U.S. Food and Drug Administration requires that antidepressant drugs carry a special 'black box' warning about the danger. Some of the signs and symptoms to watch out for include worsening depression, anger and thoughts or talk of suicide.

I offer natural ways to ease depression, as well as safety tips if you take prescribed antidepressants in Chapter 5 of my book, "The 24-Hour Pharmacist." As a caring mom, you need to ask your daughter whether or not she's experimenting with other drugs like alcohol or cocaine - another reason for emotional disorders. Combining these substances with antidepressants is extremely dangerous. Learn more about her lifestyle (could she be pregnant?) and also talk to her doctor(s). Finally, consider the following safe and natural remedies to take with her medication: essential fatty acids, magnesium chelate, B-complex, vitamin C, Panax ginseng and green tea.

QUESTION: I've been having hot

flashes so I bought a cream containing "wild yam" extract from a health food store to help balance my hormones, particularly progesterone. Will this do the trick? - T.E., Los Angeles, Calif.

ANSWER: No, that would not be my pick. The theory that wild yam converts to progesterone in the body is not bullet-proof. It sounds good, especially when you hear someone explain the biochemical reasoning, but according to some leading hormone gurus, wild yam extract is not the same as pure progesterone itself. Diosgenin (found in wild yam) has some activity in the body, and under strict laboratory conditions, along with solvents, it can convert itself into some steroid hormones. These lab solvents are not found in a woman's body, however - see

why I like USP pure progesterone better than wild yam extract? Because when you buy progesterone, you get progesterone. Period.

DID YOU KNOW? Eat Indian cuisine! Curry spice seems to curb symptoms of Alzheimer's disease, according to a new study.

(This information is not intended to treat, cure or diagnose your condition. Suzy Cohen is the author of "The 24-Hour Pharmacist." For more information, visit www.dearpharmacist.com)

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traditional IRAs and paying taxes on the withdrawals, whether we need the money or not.

Today's column addresses some of your many questions on these required minimum distributions, or RMD's for short. An important caveat: The answers are general in nature and if your tax situation is complex you may want to seek professional advice.

QUESTION: I have read numerous articles, including yours, about minimum required distributions from IRAs but they never really explain how to calculate how much has to be withdrawn. Could you do that?

ANSWER: After reviewing dozens of articles I've filed away on the subject, including some I wrote, I also didn't find any with the full explanation I'm about to give.

Required minimum distributions from traditional IRAs must begin after you reach 70 and a half. For your first distribution, you have a choice. You can take it no later than Dec. 31 of the year you turn 70 and a half, or you can wait up until April 1 of the following year. All subsequent distributions must be taken no later than Dec. 31 each year.

Example: I was born on Aug. 26, 1945, so I'll turn 70 and a half on Feb. 26, 2016. I can take my first required distribution by either Dec. 31, 2016, or by April 1, 2017. Regardless of when I take it, the distribution year will be considered to be 2016. I will have to take my second distribution for the year 2017 by Dec. 31, 2017.

For all distributions, I first must determine the value of my traditional IRA as of Dec. 31 before the distribution year. For my first distri-

bution, which will be for 2016, it will be the value of my traditional IRA as of Dec. 31, 2015.

Next, I divide the IRA value on that date by my life expectancy, based on an Internal Revenue Service uniform distribution table and my age. My age is how old I will be on my birthday during the distribution year. For my first distribution, I will be considered to be 71 because I turn 71 in 2016. For my second distribution, I will be considered to be 72, and so on.

Based on the distribution table (available from the IRS or at Web sites such as www.ira-help.com), a 71-year-old has a life expectancy of 26.5 years. (Most 71 year-olds actually don't live that long but 26.5 is the number to use.) I will divide the value of my traditional IRA on Dec. 31, 2015 by 26.5, and the answer will be how much I have to withdraw for 2016 (about 3.8 percent of the account value).

For my second distribution, I will divide the value of my traditional IRA as of Dec. 31, 2016 by 25.6, which is the IRS-given life expectancy of a 72-year-old. And I will keep repeating the process every year.

QUESTION: I have more than one IRA. Do I have to take a distribution for each?

ANSWER: For RMD purposes, the IRS considers all your traditional IRAs to be one. Therefore, you divide the combined value of all by your life expectancy. You then decide how to take the distribution (for example, something from each IRA or the whole distribution from just one).

QUESTION: I know that after age 70 and a half you must withdraw a minimum amount from your traditional IRA. My question is, is there a maximum amount?

ANSWER: No, you can take out as much as you want, including emptying the account. Of course, you will owe taxes on the entire withdrawal.

(Humberto and Georgina Cruz are a husband-and-wife writing team who work together in this column and communicate about their retirement plans. 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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Harbor House
Memory Care
Open Now

Memory
Day Care
Program
Respite

HARBOR HOUSE
Memory Care Residence

"THE EXPERIENCE OF JOY"

*Our mission at Harbor House Memory Care Residence is simple:
We are in the business of
creating extraordinary and joy-filled life experiences
for our memory impaired residents.*

We accomplish this goal in many ways. The manner in which we 'deliver' our services like stimulating and specialized activities, great food, housekeeping and caring personal assistance are the essentials of our services. While these services are important and help to make us a "good" provider, at Harbor House these are very fundamental services.
Similar to a hotel advertising air conditioning and color TV.

**At Harbor House 'the basics'
are just the Beginning.**

So what does it take to fulfill our commitment of providing our alzheimer's and dementia residents their rightful daily "Experiences of Joy?"

It requires many things. More than anything it requires commitment, enthusiasm, passion and ingenuity from each and every Harbor House associate.
(A sense of humor, creativity and compassion are mandatory.)

**Let Harbor House put some laughter and joy
back into the lives of those you love.
Let us meet them in their world.**

Call Today 785-856-5512
1126 Hilltop Drive, Lawrence
Email: harborhouse@sunflower.com

Visit Us Online At
www.seniormonthly.net

SeniorMonthly, September 2007 15

CALENDAR

ART/ENTERTAINMENT

SEP 8

IRENE BEDARD & DENI

Techno meets Native rock. The talents of singer-actress Irene Bedard and her husband, Deni Wilson, combine to create an exciting, progressive sound described as "A melding of Moby and Radiohead to perfection." Irene, an Alaska native who is Inupiat Eskimo and Cree, is best known for her role as the speaking voice and likeness of Disney's Pocahontas and her appearance in the cult classic Smoke Signals. Lied Center. LAWRENCE, (785) 864-2787 <http://www.lied.ku.edu>

SEP 21-30

MURDER MYSTERY TRAIN

A murder express mystery train at the Midland Railway. Seating is limited. Advance reservations are encouraged. 1515 W High St. BALDWIN CITY, (785) 594-7440 <http://www.baldwincitychamber.com>

BINGO

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1

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

SUNDAYS & FRIDAYS

CAPITOL BINGO HALL

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

MONDAYS & THURSDAYS

AMERICAN LEGION POST NO. 400

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

MONDAYS & SATURDAYS

LEGIONACRES

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

WEDNESDAYS, THURSDAYS & SUNDAYS

MOOSE CLUB

Wednesdays, 6:30 p.m. Thursdays, 12:30 p.m., Sundays, 6:00 p.m.

1901 N KANSAS AVE, TOPEKA, (785) 234-6666

WEDNESDAYS & FRIDAYS

VETERANS OF FOREIGN WARS

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

WEDNESDAYS

PINECREST APARTMENTS

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

WEDNESDAYS & FRIDAYS

EAGLES LODGE

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

WEDNESDAYS & FRIDAYS

EDGEWOOD HOMES

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

THURSDAYS

BABCOCK PLACE

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

FRIDAYS

BALDWIN SENIOR CENTER

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

FRIDAYS

ARAB SHRINE

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

BOOKMOBILE

MONDAYS

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

TUESDAYS

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

WEDNESDAYS

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

BOOK TALKS

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

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

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

CLASSES/LECTURES

ONCE A MONTH

AARP'S 55 ALIVE SAFE DRIVING COURSE

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

SEP 4 & 5

AARP DRIVER SAFETY

Program for those interested in improving their driving skills and reducing their current insurance costs. Covers the basics of defensive driving, age-related physical changes that can affect driving, protection from crime and road rage, and avoiding serious accidents. No test; two four-hour classroom sessions only. Fee, all materials included. Advanced enrollment required. Lawrence Memorial Hospital, Meeting Room A. LAWRENCE, (785) 749-5800 www.lmh.org

SEP 6

10,000 STEPS A DAY CLASS

The 10K a Day program is designed to increase your daily steps to 10,000 and to improve your health. Learn the basics of beginning a walking program, choosing footwear, and walking location suggestions. Each participant will receive a pedometer to log their daily steps. Fee: 6:30-8:30 p.m. Lawrence Memorial Hospital, Meeting Room D. LAWRENCE, (785) 749-5800 www.lmh.org

SEP 10

10,000 STEPS A DAY CLASS

See September 6 description. 9:00-10:30 a.m. Lawrence Memorial Hospital, Meeting Room D. LAWRENCE, (785) 749-5800 www.lmh.org

SEP 17

HAPPY TIME SQUARES DANCE LESSONS

If you have never square danced or if you used to square dance and would like to get back into square dancing, please come. Centenary United Methodist Church, 4th and Elm,

7:00-9:00 p.m. For information, call Frank/Betty Alexander at (785) 843-2584 or Lloyd/Connie Northrop at (785) 841-3826. LAWRENCE, www.HappyTimeSquares.com

SEP 26

UNDERSTANDING ADVANCE DIRECTIVES

Come and learn more about why advance care planning is important and review facts about the Advance Directives including: Durable Power of Attorney for Healthcare, and "Living Will". There will be time for discussion. Those participants who wish to complete these documents at that time will be provided assistance. This program is free and sponsored by the LMH Palliative Care Consult Team and C.H.E.C. Free but advance registration requested. Meeting Room A, 6:30-8:30 p.m. LAWRENCE, (785) 749-5800 www.lmh.org

EXHIBITS/SHOWS

SEP 7

QUILT SHOW

Quilt show at the Heritage Center, 109 Delaware St., 8:00 a.m.-7:00 p.m. LEAVENWORTH, (913) 682-2122

SEP 7

TRAVEL WITH HANK

Exhibit featuring oil and water color paintings by Johanna Hank. Freda and Maude's, 3129 SW Huntoon. TOPEKA, (785) 228-1450

SEP 7-9

POWER OF THE PAST ANTIQUE ENGINE & TRACTOR SHOW

13th annual antique engine and tractor show features over 500 on display. Forest Park. OTTAWA, (785) 242-2686 <http://www.powerofthepast.net>

SEP 8 & 9

HASKELL INDIAN ART MARKET

Native American artists from around the country exhibit and sell their art during this two-day outdoor market. Artist demonstrations, entertainment, and food booths. Haskell Indian Nations University. LAWRENCE, (785) 843-6830 <http://www.haskell.edu>

SEP 8-OCT 28

MILLENNIUM MADNESS

Quilts displayed Saturdays 10:00 a.m.-12:00 p.m. and Sundays from 2:00 p.m.-4:00 p.m. HOLTON, (785) 364-4991 <http://www.holtonks.net/jchs>

SEP 9

GREAT AMERICAN FLEA MARKET & CAR SHOW

Cars of various makes and models displayed with great treasures waiting to be found in over 100 booths. Commercial St. EMPORIA, (620) 340-6430 <http://www.emporiainstreet.com>

SEP 14-16

OL' MARAIS RIVER RUN CAR SHOW

Classic antique car show featuring over 1200 cars, exhibits, crafters, food and Sat night cruise. Forest Park. OTTAWA, (785) 566-3419 <http://www.olmarais.com>

FAIRS/FESTIVALS

AUG 31-SEP 2

DE SOTO DAYS FESTIVAL, INC.

Carnival, food booths, crafters, live music, parade, car show, and motorcycle show. 83rd St & Ferry St. DE SOTO, (913) 585-1147 www.desotoks.org

SEP 1-OCT 14

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 7-16

KANSAS STATE FAIR

Showcases Kansas agriculture, industry, and commerce, with a wide variety of entertainment, and a juried professional art exhibit. 2000 N Poplar, Kansas State Fairgrounds. HUTCHINSON, (620) 669-3600 <http://www.kansasstatefair.com>

SEP 8

LENEXA SPINACH FESTIVAL

The Spinach Festival celebrates Lenexa's earliest claim to fame as the "Spinach Capital of the World" during the 1930s. Sar-Ko-Par Trails Park. LENEXA, (913) 541-0209 <http://www.ci.lenexa.ks.us>

SEP 8 & 9

FIRST CITY FESTIVAL: "ROCKIN' ON THE RIVER"

Activities galore, fantastic foods, continuous entertainment and artisans. FREE Saturday evening "Brody Buster Band" show. Fireworks over the Missouri River both evenings and much more. Friday 10:00 p.m., Saturday 9:00 a.m.-10:00 p.m. Cherokee & Esplanade Streets. LEAVENWORTH, (913) 682-3924

SEP 9

FALL ARTS & CRAFTS FESTIVAL

More than 150 artists and crafts people exhibit and sell their works. Food vendors, children's activities, music and so much more! 1120 Massachusetts. LAWRENCE, (785) 832-7940

SEP 14 & 15

SANTA FE TRAIL DAYS

Santa Fe Trail Days festival. Crafts, history and youth activities. OVERBROOK, (785) 453-2185 <http://ExploreOsage.com>

SEP 22

2ND ANNUAL TUSCANY HARVEST FESTIVAL

Our 2nd Annual event features live music, light hors d'oeuvres and a grape stomp! Reservations required. HOLTON, (785) 872-3176 <http://www.campbellwinery.com>

SEP 22 & 23

CIDER DAYS FALL FESTIVAL

TOPEKA, (785) 272-9290

FARMERS' MARKETS

APR 28-NOV 10

LAWRENCE FARMERS MARKET SATURDAY

Offering fresh fruits and vegetables, baked goods, flowers and herbs. With more than 80 growers, bakers and fine craftspeople, the Downtown Lawrence Farmers' Market is the place to go for the freshest and finest quality produce, meat and artisan crafts. Live music every Saturday morning. LAWRENCE, (785) 331-4445 downtownlawrence.com/farmersmarket.html

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

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CALENDAR

■ CONTINUED FROM PAGE 16

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 Healthwise 55 office at 2252 S.W. 10th Ave., at the northeast corner of S.W. 10th and MacVicar, from 10:00 a.m.-1:00 p.m. No appointment necessary.
TOPEKA, (785) 354-6787

TUESDAYS AND THURSDAYS SENIORCISE PROGRAM

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

WEDNESDAYS

HEALTH SCREENING CLINIC

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

SECOND MONDAY OF EACH MONTH PRE-DIABETES CLASS

This free class is specially designed for those who are at risk for developing diabetes or have been told by their doctor that they have pre-diabetes. Topics covered include tools for preventing or delaying Type 2 diabetes, diet, exercise, weight loss, medication that can be given for pre-diabetes, and the potential complications that can develop with diabetes. No registration is needed; just drop into the LMH Auditorium. Taught by Certified Diabetes Educators. 12:00-1:30 p.m.
LAWRENCE, (785) 840-3062

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 MEDICATION CLINIC

Bring questions about your medications (prescription or over-the-counter), 1:30-2:30 p.m. Call for appointment. Healthwise 55 Resource Center, 2252 S.W. 10th Ave.
TOPEKA, (785) 354-6787

FOURTH THURSDAY OF EACH MONTH NUTRITION CLINIC

1:30-2:30 p.m. Call for an appointment. Healthwise 55 Resource Center, 2252 S.W. 10th Ave.
TOPEKA, (785) 354-6787

SEP 5

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. Lawrence Memorial Hospital, Meeting Room D South 8:30-10:30 a.m.
LAWRENCE, (785) 749-5800

SEP 5

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. Lawrence Memorial Hospital, Meeting Room E, 1:00-3:00 p.m.
LAWRENCE, (785) 749-5800

SEP 10

BONE DENSITY SCREENING

See September 5 description. Lawrence Memorial Hospital, Meeting Room D South, 5:00-7:00 p.m.
LAWRENCE, (785) 749-5800

SEP 20

BONE DENSITY SCREENING

See September 5 description. Lawrence Memorial Hospital, Meeting Room D South, 9:00-11:00 a.m.
LAWRENCE, (785) 749-5800

SEP 22

HEALTH FAIR

Join Lawrence Memorial Hospital staff for our annual Health Fair. Free health screenings (may include vision, hearing, skin cancer, oral cancer plus more) will be provided by members of our medical and hospital staffs, and some area health professionals. Lower Level of the hospital. In addition, a comprehensive blood work profile is available for the nominal price of \$25 (\$35 for males who want the PSA test) if registered by 9/14.
LAWRENCE, (785) 749-5800

OCT 3

CHOLESTEROL SCREENING

See August 1 description. Lawrence Memorial Hospital, Meeting Room A North, 3:00-5:00 p.m.
LAWRENCE, (785) 749-5800

HERITAGE/HISTORY

SEP 21-23

BALD EAGLE RENDEZVOUS

19th living history fur trade encampment at Lecompton's Bald Eagle Kaw River View Park. Territorial Democratic Headquarters
LECOMPTON, (785) 887-6520
<http://www.lecomptonkansas.com>

SEP 22 & 23

WILD WEST SHOW AND FIESTA BULLWACKER

Buffalo Bill, Annie Oakley, trick riders, and cowboy reenactors re-create the Wild West shows of the late 1800s in two arenas daily. Enjoy period music, living history demonstrations, and children's activities, including 19th century games, panning for gold, and air-gun and rubber-band shooting galleries.
OLATHE, (913) 971-5111
<http://www.olatheks.org/visitors/mahaffie>

MEETINGS

FIRST MONDAY OF EACH MONTH GRIEF SUPPORT GROUP

6:30 p.m. - Heartland Hospice of Topeka, 1033 SW Gage Blvd. Call Terry Frizzell for information.
TOPEKA, (785) 271-6500

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

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

TUESDAYS

GRIEF & LOSS SUPPORT GROUP

Midland Hospice, 200 SW Frazier Circle.
3:00-4:00 p.m.
TOPEKA, (785) 232-2044

TUESDAYS

GRIEF & LOSS SUPPORT GROUP

Midland Hospice, 200 SW Frazier Circle.
5:30-6:30 p.m.
TOPEKA, (785) 232-2044

FIRST TUESDAY AND THIRD OF EACH MONTH HEALING AFTER LOSS BY SUICIDE (HEALS)

For those who have lost a loved one by suicide. Fellow survivors offer an atmosphere of understanding and emotional support by encouraging families and individuals to share healthy ways of coping and grieving. Contact Steve Newcomer for more information. Pozze Education Center, 1505 SW 8th St.
TOPEKA, (785) 478-4947 or (785) 296-8349

FIRST WEDNESDAY OF EACH MONTH OLDER WOMEN'S LEAGUE

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

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

GRIEF & LOSS SUPPORT GROUP

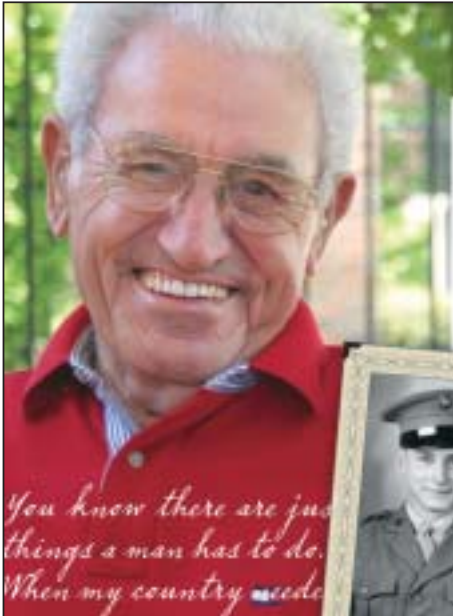
Midland Hospice, 543 Lawrence Ave.
1:00-2:00 p.m.
LAWRENCE, (785) 842-3627

THURSDAYS

GRIEF & LOSS SUPPORT GROUP

Midland Hospice, 543 Lawrence Ave.
3:00-4:00 p.m.
LAWRENCE, (785) 842-3627

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An Assisted Living & Memory Care Residence

the Windsor
OF LAWRENCE

A Lifetime in Every Face, A story in Every Smile.
Hear the Story, Share a Lifetime.

You will find what you are looking for at the Windsor of Lawrence. We have been serving the needs of Senior adults in the Lawrence community since 1990. Our unique approach to Assisted Living & Memory Care combines a warm residential setting along with caring and helpful staff providing you just the right answer for your housing needs.

Call (785) 832-9900
or visit us at
3220 Peterson Rd.
Lawrence, KS 66049

*Respecting Values, Protecting Dignity,
Supporting Independence.*

SeniorMonthly, September 2007 17

CALENDAR

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THURSDAYS

GRIEF & LOSS SUPPORT GROUP
Midland Hospice, 200 SW Frazier Circle.
3:00-4:00 p.m.
TOPEKA, (785) 232-2044

**FIRST THURSDAY OF EACH MONTH
LAWRENCE AREA PARTNERS IN AGING**
Networking group. Call Kim or Laura at (785) 842-0656 for more information. \$11.50 to attend (includes lunch).
JADE MONGOLIAN BARBEQUE, LAWRENCE
11:30 AM-1:00 PM

**FIRST AND THIRD THURSDAY OF EACH MONTH
LOSS AND GRIEF SUPPORT GROUP**
Heart of America Hospice with association Pioneer Ridge Retirement Community invites individuals coping with the loss of loved ones to join us. Call Gillian at (785) 841-5300 for more information. Located Pioneer Ridge Assisted Living 4851 Harvard Rd, Lawrence. 6:00 p.m.

**FIRST AND THIRD THURSDAY OF EACH MONTH
GRIEF SUPPORT GROUP**
3:00 p.m. - Brewster Place, 1209 SW 29th St. Sponsored by Heartland Hospice of Topeka. Call Terry Frizzell for information and specific location.

**FIRST FRIDAY OF EACH MONTH
STROKE SUPPORT AND RECOVERY GROUP**
Providing an opportunity for learning and sharing experience. Shawnee County Health Agency Main Auditorium, 1615 SW 8th St. 1:00 p.m. For information, call Jan Dietrich in the Adult Field Services Office.
TOPEKA, (785) 291-2490

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

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

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

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

**SECOND AND FOURTH WEDNESDAY OF EACH MONTH
ALZHEIMER'S EARLY STAGE PATIENT
SUPPORT GROUP**
For patients with early stage Alzheimer's.
SEABROOK UNITED CHURCH OF CHURCH
(785) 234-2523

**SECOND WEDNESDAY OF EACH MONTH
MEMORY SUPPORT GROUP**
Held at The Windsor of Lawrence, 3220 Peterson Rd., 2:00 p.m. For more information, please call Amy Homer.
LAWRENCE, (785) 832-9900

**SECOND WEDNESDAY OF EACH MONTH
LOSS AND GRIEF SUPPORT GROUP**
Heart of America Hospice invites individuals coping with the loss of loved ones to join us. Call Gillian at 228-0400 for more information. Located at The First Presbyterian Church on Topeka and 8th. 12:00 p.m.

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

**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

**THIRD THURSDAY OF EACH MONTH
WIDOW'S LUNCHEON**
11:00 a.m. - Paisano's Ristorante, Fleming

Place, SW 10th St. & Gage Blvd. Dutch treat. Call Terry Frizzell at Heartland Hospice of Topeka for reservations.
TOPEKA, (785) 271-6500

**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 TUESDAY OF EACH MONTH
GRIEF SUPPORT GROUP**
10:00 a.m. - Manor Care Nursing & Rehabilitation Center, 2515 SW Wanamaker Rd. Spon-

■ CONTINUED ON PAGE 19

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CALENDAR

■ CONTINUED FROM PAGE 18

sored by Heartland Hospice of Topeka. Call Terry Frizzell for information.
TOPEKA, (785) 271-6500

FOURTH WEDNESDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

FOURTH WEDNESDAY OF THE MONTH TOPEKA GENEALOGICAL SOCIETY

TGS promotes and stimulates the education, knowledge and interest of the membership and the public in family history, genealogical records and research. Meets at 2717 SE Indiana Ave., 7:00 p.m. No meeting in April, November or December.
TOPEKA, (785) 233-5762
<http://www.tgstopeka.org>

SEP 28

AARP CHAPTER 1696

AARP Chapter 1696 will meet at 11:00 a.m. at the Lawrence Country Club. Lunch served at 11:30. Janet Ikenberry, Community Service Manager, Douglas County Senior Services, will speak about the Yellow Dot Program. Please call for reservations.
LAWRENCE, (785) 865-3787

MISCELLANEOUS

SEP 7-9

HUFF 'N' PUFF BALLOON RALLY

Celebrate the sport of hot-air ballooning with night illumination and day flights. 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. Lake Shawnee, Tinman Circle.
TOPEKA, (785) 554-2003

SEP 7-OCT 31

HAUNTED ATCHISON TROLLEY TOUR

Narrated trolley tour featuring ghostly tales about Atchison's historic homes. 200 S 10th St. ATCHISON, (913) 367-2427
<http://www.atchisonkansas.net>

SEP 8

THE 12TH ANNUAL SERTOMA GREAT

TOPEKA DUCK RACE

Event is from 11:30 a.m.-5:30 p.m. Events designed include a children's carnival and fun activities and the duck race, which will begin at 4:30 p.m. 29th & Croco Road.
TOPEKA, (785) 862-3707

SEP 9

RETIRE TO THE SUNSET ZOO

All Grandparents will be admitted free of charge when accompanied by a paying child. Zookeepers will focus on the special care of Sunset Zoo's senior animals.
MANHATTAN, (785) 587-2737
<http://www.sunsetzoo.com>

OCT 1-31

SCHAAKE'S PUMPKIN PATCH

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LAWRENCE, (785) 842-2459
<http://www.schaakespumpkinpatch.com>

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

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

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MOVIE REVIEW

Sadly, Jolie film fizzles

"A Mighty Heart," produced by Brad Pitt, starring Angelina Jolie. Paramount Vantage Pictures.

Based on Mariane Pearl's account of the terrifying and unforgettable story of her husband, *Wall Street Journal* reporter, Danny Pearl's life and death. An event that shocked the world. The story you never heard.

Recommendation: *If you care more about the truth behind the story than you do about a movie, see it.*

Film critic Roger Ebert gave it three and a half stars (out of five), but he had positive things to say about the film. It is difficult to pan the movie because to do so might indicate that I don't care what happened to Wall Street journalist Danny Pearl, a decent young Jewish fellow trying to interview a terrorist who indicated he wanted his story known in the American press. It was a lie, of course. He wanted to kill a Jew. It was to have been the last day that Danny and his five-month pregnant wife, Mariane (Angelina Jolie) would be in the teeming, unstable city of Karachi, Pakistan. She was a French radio reporter (though we see none of that in the film) and Danny wanted this one last interview before their departure the next morning.

He left their house routinely enough on that fateful afternoon. Mariane gave Danny (Dan Futterman) a kiss on the cheek as he climbed into a taxi. She returned his goodbye wave. She would never see him again. Most movies today depend on spectacular action and stunt sequences. This one spares us that predictable monotony. This is about raw, human emotion. It's about the frustration of dealing with swarthy men who have an ideology so foreign to ours that we cannot comprehend their motives; motives that seem clear to them.

I wanted to like this movie. I remember the news accounts of Pearl's kidnapping, the brave and cool front his wife presented to the TV cameras, and the horrible beheading of this mild-mannered reporter released on video. I'm interested in history and this 2002 story is historic in that it is indicative of the 230 other journalists who lost their lives around the time of Pearl's kidnapping. I wanted to like it, but I just couldn't. It was too chopped up, too conflicting, and everyone seemed to look alike so that I had difficulty recognizing who was on our side and who wasn't.

As I sat in a theater that held an audience of two (myself and a fellow about 10 rows up), I was reminded that it was probably a convoluted story to try to tell onscreen. But then I remembered the Dustin Hoffman-Robert Redford movie, "All the President's Men" and realized that it's possible to unravel such a drama in a way that audiences can follow.

So, why does this movie fail? I believe the fault lies at the hand of the editor. But, in truth, a film editor is not allowed to make a single move without the director standing over his shoulder, ordering every frame to be cut just so. A little known fact, however, is that the final cut belongs to the producer, so it's hard to pinpoint who caused this potentially explosive film to fizzle. Too many scenes take us down packed streets that look like the one we just left. Cars are jammed with hazy figures, but who are they? People in the street whisper, but who are they? What are they saying? A child keeps appearing and reappearing until I wanted to order it to leave. Annoying as the devil. I still don't know who the little bugger was. Flashbacks and cuts between Danny meeting with terrorists, and Mariane at home having dinner with their friends, were oddly out of sync. I was never sure where we were in time, if we were looking back, or experiencing something in the present. Just when a motive or emotion was about to be developed, the scene changed, so you never have the opportunity to become fully involved in the plot. What you do know is that everyone suffered enormously, especially Mariane. Jolie portrayed her pain, and her courage, as convincingly as anyone I have ever seen onscreen.

For those who care, the movie cost \$16 million to make and was shot under the most trying conditions, I'm sure. I'm also sure the cast and crew were in constant danger. All of that is evident as you imagine camera crews in those winding, shadowed alleyways. The movie was released in May and to date has earned only a bit over \$9 million worldwide, which means it has peaked. A film must take in box office returns that equal from three to five times its cost just to break even. I saw it at the \$1.50 theater. When a film fades that quickly, it usually means that the distributor pulled it rather than sink more money into what they believed was destined to be a loser. It

could also mean that they never did believe in it, which is why, like me, you may never have heard the title, "A Mighty Heart." The distributor failed to promote it. Warner Brothers was originally set to produce and distribute it, but they pulled out and Paramount came in. Something was wrong from day one. We on the outside will probably never know what really happened, but we do know the result: An unsatisfying story told too raggedly to allow us to follow. Such a shame. The story and the young couple deserved better.

CLASSIC DVD OF THE MONTH:

"Harvey" (1950). I know everybody and their brother has seen "Harvey," either as a play or the motion picture—except me. I don't know why I missed it. I practically lived in movie theaters, and I adored Jimmy Stewart. Still, somehow, the notion of a grown man fancying that he had a 6-foot-tall, invisible rabbit for a companion just didn't grab me. So here it is, 2007, and every actor in the little movie is long since gone, and I'm looking at the video box over at the library, thinking it might be fun to share a memory or two with you (of course, if you saw "Harvey" it will be you, not me, who has

the memory).

To refresh you a bit, Stewart plays good-natured Elwood P. Dowd, and only he can see his rabbit friend. His sister, Veta (Josephine Hull won Best Supporting Actress for her role), thinks that her brother's obsession with Harvey is jinxing her plans to marry off her daughter, so she decides to commit Elwood to a mental hospital. A hilarious mix-up occurs and she finds herself committed instead. It's up to Elwood to straight out the mess with his kindly philosophy, and his "imaginary" friend.

I confess that it took me a while to warm to the subject. I stuck it out, though, and before too long I was enjoying the romp on my small screen. I did a little research and came up with a couple of fun items: A recent Internet poll determined this to be "One of the best movies ever made." Really? Amazing. That review from today's hyper, hipper viewers? Hollywood, are you listening? I don't think I remembered that it had won the Pulitzer Prize as a play before it was made into a movie, but I did recall that Stewart received the Oscar that year.

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

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MONTHLY THOUGHT

Three things that never fail

Faith, Hope and Charity. In 1 Corinthians 13:13, we find Paul's writings on these three things:

1. Faith

We ask God for a need and hold on to the promises in God's word that he is going to answer. It is very easy in life to look at things as they



Pastor
Herbert
Eplee

are and believe this is the way it should be. It is important to realize that we serve a God who is able to do whatsoever we ask of him to do.

God knows our needs before we pray, but in all things there is a time and a season for God to answer. These things have been hard for me to learn and accept, and I still struggle with it. I want to say, "Lord would you do this right now for me and remove the problem?", but I look at Job in the Bible as an inspiration to my life. Job said, "Though God slays me, yet I will trust him."

2. Hope

We have great hope when we know the Lord. "Faith is a substance of things hoped for, but evidence of things not yet seen." We constantly live in hope for our loved ones that they might do better, but we should

realize it takes God in their life to receive the blessed hope that we have. We cannot allow ourselves to become discouraged because we expect more out of them; just maybe we are expecting too much.

I say Lord I am your child and I know that I am not what you expect me to be, and that I expect more out of others than they are capable of giving. I just pray and hope for them that God will do a good work in their lives.

3. Charity

Paul talks of Charity being the greatest gift of all. Love does no harm to anyone, but builds character in the weak and they will become strong. Charity does not look for faults in others; it comforts them. We do good things for our children because we love them. How much more do you think our Heavenly Father loves us and wants to do good thing for us? We are His children and He cares for you and so do I.

If you have a problem and you need someone to pray with, I will listen. However, God will answer the prayer. I will be happy to meet with you and be your friend; we all need a friend.

- Herbert Eplee serves as the pastor of Lawrence Faith Foursquare Church. If you are in need of a friend, Pastor Eplee invites you to call him at (785) 979-0041, or e-mail him at herberteplee@sbcglobal.net. He would be happy to pray for you or just listen to you.



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SeniorMonthly, September 2007 21



BOOKSHELF

Mayhem at the bridge table

By Margaret Baker

Honor Hartman: *On the Slam* (Signet, \$6.99, ISBN 978-0-451-22140-7) *Mystery*

Some people take bridge very seriously.

Emma Diamon, recently widowed, moves into a neighborhood to be



near her best friend, Sophie. She is immediately cornered into joining the local bridge club by the demanding homeowner association president.

President and petty tyrant Janet McGreevey is insensitive, rude and bossy. No one seems to grieve much when she chokes to death on a canapé. When the autopsy indicates poison all the suspects were right there. Sophie and Emma decide to play detective, using bridge games to start the tongues wagging.

Lots of bridge tips, but the mystery works for those who stick to Go Fish as well.

Mark de Castriq: *Final Undertaking* (Poisoned Pen Press, \$24.95m ISBN 1-590058-229-2) *Mystery*

Barry Clayton decided not to follow his dad into the family funeral parlor becoming instead a cop. A darn good one, too. When his dad develops Alzheimer's he returns to help his mom and uncle run the mortuary.

His small town has a summer weekly street dance and he's lining up for the first square dance when an elderly man charges up and begins firing. His target pushes his dance partner into the line of fire while the sheriff exchanges shots. When the smoke clears, the shooter is dead, two women and the sheriff are injured, and the intended target is nowhere to be found. His dance partner dies at the hospital and the sheriff, seriously injured, delegates Barry to head the case (with supervision from his hospital bed).

The shooter's wife died from an overdose of a prescription painkiller. The missing man was selling pre-

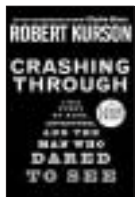


scription painkillers illegally after hooking vulnerable people, primarily the elderly and injured athletes, an all-too believable plot. Tentacles all over the medical world must be uncovered and it is hard to know who to trust.

Lots of action in this fast-paced mystery!

Robert Kurson: *Crashing Through* (Random House, available in print and in audio books on 5 compact discs, ISBN 978-0-7393-4315-9. Audio read by Christopher Evan Welsch) *True life adventure*

Mike May, blinded as a youngster, was fearless and curious. He



lead the world record in downhill skiing in his category, worked in the CIA, invented many devices to help the blind lead near-normal lives, and was starting a company to produce his latest invention.

He had no illusions about regaining sight when his wife's eye doctor told him he might be candidate for a new surgical program involving stem cells. He thought it over quite carefully—chances were high for failure, and he had established quite a life for himself and his family.

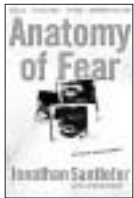
This is his true story of taking that risk, and its consequences. Amazing!

Jonathan Santlofer: *Anatomy of Fear* (Wm. Morrow, \$24.95, ISBN 978-0-06-088197-9) *Police procedural/forensics artist*

Nate Rodriguez, police sketch artist, is adept at getting details from witnesses. This time he's up against a serial killer who is also an artist, demonstrating yet gain that talent can be used for good or evil, totally dependent on the character of the artist.

Santlofer himself is an acclaimed artist. His sketches throughout the book move the plot along. His narrative gives the reader insight into the myriad factors controlling facial expression and body language.

Unique approach, and a real thriller!



Lee Child: *Bad Luck and Trouble* (Print edition from Delacourt, audio from Random House Audio Books on 10 compact discs. ISBN 978-0-7393-5726-2) *Adventure*

Jack Reacher headed a Special Forces Investigative team in the military; now civilians they've all gone their separate ways. When he learns that one of his team was pushed out of a helicopter at 3,000 feet over the desert, he reassembles the crew only to find that four are missing.

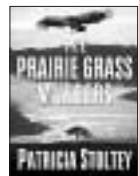
The clues lead to a terrorist attempt, so Reacher and the remains of his team must enact revenge and prevent a major catastrophe.

Reacher's a combination of Ranger and Dirk, a James Bond in a flannel shirt and working stiff approach who doesn't give a hoot if his Jack Daniel is stirred or shaken!

Patricia Stoltey: *The Prairie Grass Murders* (Thomson Gale, \$25.95, ISBN 978-1-59414-4) *Mystery*

Florida circuit court judge Sylvia Thorn goes to Illinois to spring her brother Willie. As a 'Nam vet with some lingering side effects, his tale of finding a body isn't taken seriously by the deputy. He thinks he's a vagrant with delusions and sends him straight to the county psychiatric ward, sans identification.

Sylvia and Willie grew up there.



As they start down memory lane they discover lots of things out of whack. Even the prairie grasses and brush piles seem to gang up on them. Returning to Florida does not put a stop the danger they are in.

Complicated plot with deftly-drawn characters, and enough twists, turns, clues and red herrings to keep the reader guessing.

Elaine Flinn: *Deadly Vintage* (Perseverance Press, \$14.95, ISBN 978-1-880284-87-2) *Mystery*

As fans of this series know, Molly Doyle has an antique shop in Carmel, near California's Monterey Bay. She's branching out into interior decoration (and personally into a romance with the Chief of Police), so she jumps at the chance to refurbish the wine tasting room at Bello Lago winery.

The job is lucrative, but she'll definitely earn every penny dealing with this dysfunctional family.

Reprinting Update: Harper is reprinting Lawrence Sanders' novels in paperback, including the Evan Tanner series (*The Scoreless Thai*, Tanner's *Twelve Swingers*) Bernie Rhodenbarr's burglar series (*The Burglar Who Traded Ted Williams*, *The Burglar in the Library*, *The Burglar in the Rye*) and *Hit Parade* (with hit man Keller). Random House Audio is bringing out Louis L'Amour's westerns, unabridged. The latest is *To Tame a Land*, read by Jason Culp. And for a trip to the past, *Hard Case Crime* is republishing Mickey Spillane's *Dead Street* in October.

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

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HUMOR

One if by Land

In the late eighteenth century Ruthless Von Simeon acquired several mines in California, Utah and Nevada. He made a pile of money. Ruthless V. had a son named Balderdash Von Simeon who acquired scads of newspapers, broadcast outlets and movie studios in the nineteen thirties and forties. Balderdash made a pile of money to go with his father's pile of money and that



Larry Day

made a heap of money.

So that they'd have a decent place to live, Ruthless and Balderdash Von Simeon bought two castles in Europe, tore them down and transported them stone by stone to America. They had the castles reconstructed on adjoining mountain tops overlooking the ocean and lived in them pompously ever after.

Balderdash had 11 wives, but he wasn't a polygamist. He married and divorced all 11 women. One of them was dark-eyed, black-haired Sippa Margarita, the internationally renowned movie star. Miss Margarita's media profile says that she was born and raised in Valencia. Her publicity packets contained photos of her residing in and around Valencia, Spain. Reality insists that Josipa Margarita Ruiz was born and raised in Valencia, Kansas.

Nevertheless, her accent was authentic. She spoke only Spanish

until she started elementary school at the age of eight. Miss Margarita was Balderdash Von Simeon's ninth or tenth wife—depending on which reference source one accepts. The couple had one son, Ruthless Ignacio Balderdash San Bernardino Cortez Ruiz Von Simeon. He was known all his life as Ribby.

Ribby Von Simeon was raised by his Latino grandparents in Kansas and lived there all his life. His mother had all she could handle with her fast-paced screen career and the fall out from her other four marriages. Ribby's one enduring childhood memory was of a voyage his mother took him on. He flew to Europe, met Sippa, and together they sailed back across the Atlantic in a luxury ocean liner.

The voyage was bittersweet for Ribby. On the one hand, he had his mother all to himself for the first and only time in his life. On the other, he was seasick from the moment he stepped on board until the day the ship docked in New York. He spent the whole voyage in his bunk in an upper deck luxury cabin being tenderly cared for—this is to her credit—by his mother. She brought him hard rolls and broth, she read to him, and she told him endless tales of adventure and derring-do. For the rest of his life Ribby loved ocean liners and hated the ocean. He never sailed again, not so much as on a ferry boat.

Ribby didn't come into his inheritance until he was in his late forties. By that time he was living simply but comfortably as an adjunct professor of horticultural dynotonics at Letongaloosa Community Junior College where I teach. The news that he had



Plugger tennis elbow.

inherited a pile of money came just a few months before Ribby read a newspaper article that said that the luxury liner he and his mother had sailed the Atlantic on, the *Santa Maria de la Valencia*, had been decommissioned and would be sold for scrap.

The thought of that dearly remembered old vessel ending up on a scrap heap infuriated Ribby. That thought transformed him from a diffident and taciturn academic into a man who was as rapacious as his Grandpa Ruthless Von Simeon and as vociferous and belligerent as his father Balderdash Von Simeon.

Ribby bribed, badgered and bulldozed lawyers, financial conservators, bureaucrats, politicians and shipping company executives in ways they'd never been bribed, badgered and bulldozed before. When it was over, Ribby owned the ship and had permission to do what he wanted

with it. He had it tenderly dismantled and transported piece by piece to Kansas. Once it arrived Ribby had the ship reconstructed, refurbished, and moored to the top of a hill on a large tract of land he had bought outside of Letongaloosa.

The 10-day re-christening "voyage" of the *Santa Maria de la Valencia de los Llanos* was high society's international event of the year. Rich and powerful people bribed and badgered and bulldozed anyone they had to, to obtain one of the 500 elaborately prepared boarding packets. Upper deck suites cost a king's ransom trebled, and a place at Captain Ribby's table on the final night of the "voyage" was literally priceless.

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



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Stir-fried vegetables for summer

By Wolfgang Puck
Tribune Media Services

Spring may be the season of rebirth, when we start enjoying gifts from the garden, and autumn the abundant harvest season, when markets are full of good things, but, if I had to pick one favorite growing season, it would be summer.

Summer is when so many vegetables are at their peak. Take a walk through a farmer's market or your supermarket and you'll find huge piles of vegetables as bright and colorful as the season itself, from bell peppers and eggplants to snow peas and asparagus — not to mention standbys like broccoli, the juicy-crisp Asian cabbage called bok choy, and the once-exotic mushrooms that are now so widely cultivated.

I want them all, and I know the perfect way to enjoy them: in a summer stir-fry.

I love stir-fried vegetables so much, I can't believe I haven't eaten them all my life. In fact, I didn't realize how popular they were until shortly after I opened my first Chinese restaurant, on Main Street in Santa Monica, back in 1983. Guests kept telling me they loved my Asian fusion cuisine, but they wanted to know why I had no stir-fried vegetables on the menu. I didn't know what they meant at first, but I asked and learned it was their favorite side dish in Chinese restaurants.

So I tried some restaurant versions. I was impressed by how beautiful, crisp, and bright the vegetables seemed. But I was also surprised by how bland they could be. So I set out to live things up.

As you'll see from my recipe, I do that by including generous spoonfuls of fresh garlic and ginger, as well as some hot red pepper flakes

(add more or less of these, depending on your taste). I also add a couple of teaspoons of sugar, which may surprise you; but it helps glaze the vegetables, while balancing their flavors and very subtly bringing out their natural sweetness.

Feel free to vary the mix to suit what's available and what you like. Note that harder vegetables like carrots should go in the wok or skillet first, since they need a little more time to cook. If you use eggplant, it also needs some extra time, since it's one of those few vegetables that has to be absolutely tender, not fashionably tender-crisp, to be palatable.

Stir-fried vegetables are a perfect side dish for summertime meals, since you can cut them up easily in advance and do the cooking quickly while your main course is on the grill. Or add tofu, as I do here, to provide the protein for a light but satisfying vegetarian main course you can serve over steamed rice.

STIR-FRIED SUMMER VEGETABLES WITH TOFU

Serves 2 to 4



Wolfgang Puck's Stir-Fried Summer Vegetables

PHOTO BY JOHN ZEREM, CHICAGO TRIBUNE

1 1/2 tablespoons peanut oil or vegetable oil

1/2 large slender Japanese or Asian eggplant, trimmed and cut into 1-inch chunks

1 tablespoon minced garlic

1 tablespoon minced fresh ginger
1/2 teaspoon crushed red pepper flakes

1/4 pound snow peas, trimmed and cut into 1-inch pieces

2 ounces oyster mushrooms, left whole or cut into bite-sized pieces, depending on size

2 ounces fresh shiitake mushrooms, stems removed, caps left whole or cut in half depending on size

1/2 small red bell pepper, stemmed, seeded, deveined, and cut into 1-inch squares

1/2 small green bell pepper, stemmed, seeded, deveined, and cut into 1-inch squares

1/4 medium bok choy, cut into 1-inch chunks

6 to 8 bite-sized broccoli florets
5 asparagus stalks, trimmed and cut into 1 1/2-inch pieces

2 teaspoons sugar
1/2 cup good quality canned chicken broth

1 tablespoon soy sauce
14-ounce package firm tofu, thoroughly drained and cut into 3/4-inch cubes

Salt
Freshly ground black pepper
1/4 cup thinly sliced green onions

In a large wok or a large heavy-

bottomed skillet, heat half of the oil over high heat. When it's almost hot enough to smoke, reduce the heat to medium-low, add the eggplant, and cook, stirring frequently, until tender and golden brown, 5 to 7 minutes. Remove the eggplant from the wok, transfer to a bowl, and set aside.

Add the remaining oil along with the garlic, ginger and pepper flakes and raise the heat to high. As soon as they are fragrant, after about 30 seconds, add the snow peas, oyster mushrooms, shiitake mushrooms, bell peppers, bok choy, broccoli, asparagus and the sugar. Stir briskly to coat all the vegetables with the oil, aromatics and sugar. Add the broth and soy sauce and continue stirring until the vegetables are brightly colored, about 1 minute.

Add the reserved eggplant and the tofu cubes and continue stirring, taking care not to break up the tofu, until they are heated through and well glazed and the other ingredients are perfectly tender-crisp, about 2 minutes more. Season to taste with salt and pepper, bearing in mind that the soy sauce is salty itself. Garnish with the green onions 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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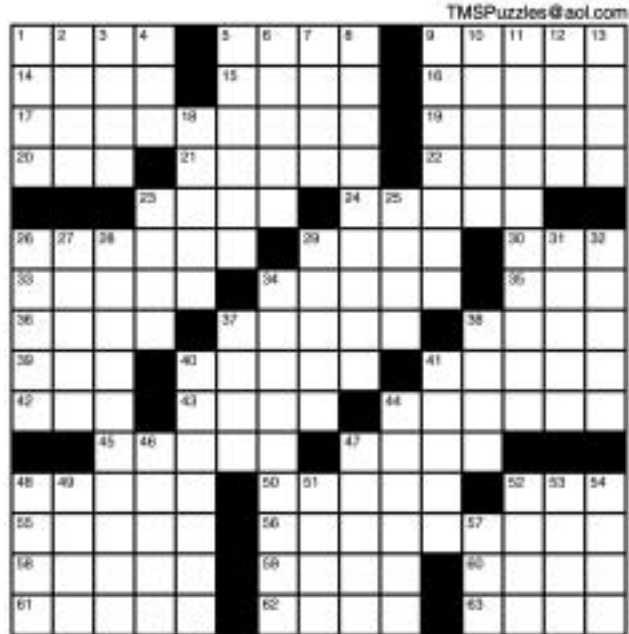
ACROSS

- 1 Gambling game
5 French islands
9 Respond to a stimulus
14 Grace ending
15 Church part
16 Mistake
17 Formal hair clip?
19 Picture border
20 Period
21 Relaxes
22 Fire remains
23 Walk worriedly
24 Arrivederci, Andre
26 Wretched
29 Bedazzle
30 Q-U span
33 Textile
34 Hotel workers
35 Actress Sandra
36 AahsO partners
37 Missile berths
38 M. Descartes
39 Flowed
40 Up and about
41 Salted meat
42 Final degree
43 Food scraps
44 Freely granted friendly acts
45 Sprite in "The Tempest"
47 Rank's partner?
48 Sixths of sets in tennis
50 Holliman and Scruggs
52 Dog tags, e.g.
55 Not fulfilled

- 56 Formal alley prowler?
58 Martin of "Roxanne"
59 Seep
60 Corn concoction
61 Employer, initially
62 Ogled
63 Medical school subj.

DOWN

- 1 Token value
2 Love of Don Quixote?
3 Singer McEntire
4 Any person
5 Unaltered
6 Gap in time
7 Actress Arden, casually
8 Physical feeling
9 Stays
10 Rub out
11 Formal Erte creations?
12 Dove home
13 Very in Giverny
18 Arrive at
23 Cocker spaniels and cocka-
toos
25 Flops
26 Potential oak
27 Become inflated
28 Formal groundbreaker?
29 Merchant's figures
31 Toledo man
32 Green years
34 Decorative Christmas sprig
37 Male parent
38 Great review



TMSPPuzzles@aol.com

By Frances Burton
Summerville, GA

Answers on page 30

- 40 Revel noisily
41 Lightweight wood
44 Caught on camera
46 "Still Me" writer
47 Stood stock-still
48 Flow freely
49 Against

- 51 Nautical shout
52 Religious image
53 Comic Carvey
54 Leave text as is!
57 Mineral spring

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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.

BASEBALL HALL OF FAMERS (sol.: 10 letters)

A-Aaron, Ashburn; B-Banks, Bench, Boggs, Brett, Brock, Bunning; C-Carew, Clemente, Cobb; D-Dean, DiMaggio, Doby, Drysdale; F-Feller, Fisk, Ford, Foxx; G-Gehrig, Gibson; H-Hornsby; J-Jenkins, Johnson; K-Kaline; M-Mantle, Mays, Mize; O-Ott; P-Perry; R-Reese, Rizzuto, Robinson, Ruth, Ryan; S-Sandberg, Schmidt, Seaver, Slaughter, Smith; T-Traynor; W-Walsh, Williams; Y-Young

This month's answer:

CAMPANELLA

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

JUMBLE

THAT SCRAMBLED WORD GAME
by Henri Arnold and Mike Arginton

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

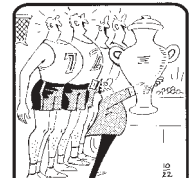
CLATH
O O O O

LIGUT
O O O O

Laisey
O O O O

LANNID
O O O O

A: O O O O O O O O O O



WINNING THE CHAMPIONSHIP LEFT THE BASKETBALL TEAM DOING THIS.

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

Answers on page 30

Need a Rate Card?

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26 SeniorMonthly, September 2007

TRIVIALITIES

- What Tony-winning actress starred as Kit Cavanaugh in the 1986 sitcom "The Cavanaughs"?
- Who stars as Nicky Parsons in the 2007 film "The Bourne Ultimatum"?
- John Moore directed this 2006 horror remake that starred Live Schreiber and Julia Stiles. Name it.
- In the 2005 film "Edmond," what actor played the title character?
- The 2005 film "Shopgirl" was adapted from whose novel of the same name?
- Nicolas Cage played the character of Edward Malus in this 2006 horror film. Name it.
- Nicolas Cage has been nominated twice for the best actor Oscar. How many times has he won the award?

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Answers on page 30



BRIDGE

A lesson in technique

By Omar Sharif and Tannah Hirsch

North-South vulnerable. North deals.

NORTH
 ♠ A K 8 6 3
 ♥ K 10
 ♦ A Q 10
 ♣ K 10 3

WEST
 ♠ 7
 ♥ 9 8 7 5 2
 ♦ 9 6 5 2
 ♣ J 9 7

EAST
 ♠ Q J 9 4 2
 ♥ A J 3
 ♦ K J 7 3
 ♣ Q

SOUTH
 ♠ 10 5
 ♥ Q 6 4
 ♦ 8 4
 ♣ A 8 6 5 4 2

The bidding:

NORTH	EAST	SOUTH	WEST
1♠	Pass	1NT	Pass
3NT	Pass	Pass	Pass

Opening lead: Five of ♣

To get home in his contract of three no trump, South had to apply two basic tactics: First, a holdup play; secondly, an avoidance play to keep the danger hand off lead.

South had just enough to respond to North's one-spade opening bid. With 19 high-card points, a goodish five-card suit and a host of intermediates, wild horses could not have stopped North from proceeding to game.

West led his fourth-best heart, de-

clarer inserted dummy's ten and East did well to cover with the jack. Declarer countered neatly by allowing East to hold the trick. The defender continued with ace of hearts and another, setting up two long cards in the West hand.

To succeed, declarer had to establish the club suit, and to do so while keeping West off lead. As is so often the case, once the problem was isolated the solution was apparent. Declarer led a club from hand and, when West followed with the seven, declarer played the ten from dummy. East won with the queen, and shifted to the queen of spades, taken in dummy. Declarer ran the clubs to make sure of nine tricks, and could afford the luxury of a diamond finesse in an attempt to score an over-trick.

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

HARD

Solution on page 30

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SeniorMonthly, September 2007 27

SMART COLLECTOR

Never buy collectibles as an investment unless you are prepared to take a bath on them

QUESTION: In the 1980s, my brother convinced me to buy Star Wars and Star Trek collectibles as a retirement plan. I have hundreds of items in original packaging. When I tried to sell, people wanted to pay less than I paid originally. I've tried



Danielle Arnet

Craigslist and eBay, but people aren't buying. Christie's did OK with the original stuff from the sets. —Lynne, Tucson, Ariz.

ANSWER: You have to feel for this reader. Following her brother's tip, she invested about \$10,000 in collectibles including Xena and Callisto (from Canada) figures, plus the Trek/Wars array.

Now she wants to sell and discovers that buyers aren't lining up.

Let me again stress the Smart Collector mantr**ANSWER:** Never buy to invest unless you are prepared to take a bath when the time comes to unload. Buy what you like, because if it does not sell, you will have something you can live with. We're not even going to address the issue of following investment advice from family. That's a real hot button.

Another caveat: When putting serious money into building a collection or buying a special item, do your research. Know all possible risks before you jump. If you don't know where to start, pay for professional advice from a reputable outside party. Do not automatically take the seller's word.

The reader needs to cut her losses. Since these are pop culture items, I'd consult a pop culture specialist who sells. Try Ted Hake, www.hakes.com, or Gary Sohmers at www.allcollectors.com. At his Wex Rex Collectibles, Sohmers holds regular pop items auctions — when he's not consulting on PBS's "Antiques Roadshow." Hake sells a variety of advertising and pop culture items in online auctions. He's also worked "Roadshow."

eBay and Craigslist are not the place to make money on mass collectibles, because the availability of merchandise is so vast that it keeps prices down. And, as an eBay store told our reader, buyers just aren't springing for that kind of material at this point. Collectors want only the best and most unusual, and that's true across the board.

Also remember, it is not guaranteed that collectibles — or anything — appreciate as they age. If that were true, I'd be precious. Seriously, collectibles are a volatile market subject to precipitous highs and lows.

Regarding that \$7 million Christie's sale, the 2006 event sold off 1000 lots from CBS-TV archives. Direct from the source and new to the market, the items were a collector dream, light years distant from mass-produced collectibles. No wonder the auction was 100 percent sold.

QUESTION: We have about 300 postcards from the U.S. and Europe, many from the 1970s. Most are not written on. How do I sell? I don't want to post them on eBay as indi-

vidual cards. —Anoel, Long Beach, Calif.

ANSWER: In our electronic age, hand-written decorative postcards provide windows into the past.

The Golden Age of postcards was 1898 to 1918 when the Grand Tour of Europe filtered down from the fabulously rich to the merely wealthy. Billions of cards were mailed to family and friends worldwide.

Cards from the 1970s are, in com-

■ CONTINUED ON PAGE 29

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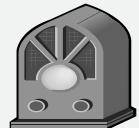
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Collectibles

■ CONTINUED FROM PAGE 28

parison, extremely recent. But smart collectors know that collectors amass by category, and that's what drives prices. Value is determined by how much demand there is for the theme of the card's art.

Blank cards do not bring a premium. Interesting messages often do. Written messages from celebrated people add value, as do messages significantly tied to the art, such as personal observations from a news-worthy site.

This is one collecting area where finding a desirable graphic within a collecting area is more important than condition. Within reason, of course.

That's the factor that may make the '70s cards appealing. If art can be linked to events of the era, or to places or buildings that no longer exist, collectors may jump. Cards by artists, sports, political or cultural events of the era also qualify.

Most postcards sell for \$1 to \$3, though the rarest sell well into three figures and more. Collectors are picky.

I'd bundle them by theme, several at a time, and try online. Or take the lot to a local postcard collecting show (most areas have clubs with shows) and shop them around.

FYI: Key www.postcard-city.com/postcard_clubs.html for a partial list of U.S. postcard clubs and auctions.

QUESTION: Are six drinking glasses from the Ruth Lyons show worth saving? I can't find them in any book. —Connie, Lima, Ohio

ANSWER: Long before Oprah, Ruth Lyons was goddess of the airwaves. Her 90-minute show, "The Fifty-Fifty Club," broadcast from Cincinnati (with an audience of white-gloved ladies) in the 1950s and '60s, drew 7 million viewers throughout Ohio and neighboring states, making her the highest-rated daytime television program in the country.

Tied to a region, the glasses are worth whatever a motivated buyer pays. I'd post them online, explain their history and how long you've had them, and see what happens.

(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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- Pastor Herbert Eplee

"Churches provide an important incubator for civic skills, civic norms, community interests, and civic recruitment. Religiously active men and women learn to give speeches, run meetings, manage disagreements, and bear administrative responsibility."

-Robert D. Putnam, *Bowling Alone*

If you're currently searching for a church to attend, this is an ideal opportunity to join a new church and develop the skills to become a teacher and leader.

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



NOSTALGIA NOTEBOOK

SEPTEMBER 1947

Births

SEPTEMBER 14: Sam Neill, New Zealand actor, *Jurassic Park*
SEPTEMBER 21: Stephen King, American author,
SEPTEMBER 22: Norma McCorvey, American abortion plaintiff
SEPTEMBER 27: Meat Loaf (born Marvin Lee Aday), singer and actor

Events

SEPTEMBER 4-21: A hurricane in southeast Florida, Louisiana, Mississippi and Alabama leaves 51 dead.
SEPTEMBER 13: Nehru suggests transfer of 4 million Hindus and Muslims between India and Pakistan.
SEPTEMBER 18: The United States Army Air Forces, along with some components of the United States Navy's air arm, becomes the United States Air Force.
SEPTEMBER 18: The National Security Act creates the Central Intelligence Agency, or CIA.

SEPTEMBER 1957

Births

SEPTEMBER 1: Gloria Estefan, Cuban-born singer
SEPTEMBER 12: Rachel Ward, British actress, *Against All Odds*
SEPTEMBER 30: Fran Drescher, American actress, *The Nanny*

Events

SEPTEMBER 1: 175 die in Jamaica's worst railway disaster.
SEPTEMBER 4: Orville Faubus, governor of Arkansas, calls out the US National Guard to prevent African-American students from enrolling in Central High School in Little Rock.
SEPTEMBER 4: The Ford Motor Company introduces the Edsel on what the company proclaims as "E Day."
SEPTEMBER 5: The first edition of Jack Kerouac's *On the Road* went on sale.
SEPTEMBER 23: Academy Award-winning *The Three Faces of Eve* is released.

VINTAGE AD

The true portrait of Rachmaninoff's art



When you hear a Victor Record of Rachmaninoff's art played on the Victrola, you hear the great composer-pianist exactly as he wishes you to hear him. Only the Victor process of reproduction can bring out all the wonderful beauty of tone which the Victor process of recording put into the record.

Rachmaninoff knows this from his own experience. That is why he has chosen to associate himself with the other famous artists of the world who make records for the Victor.

Victrolas \$25 to \$1500. Victor dealers everywhere. New Victor records demonstrated at all dealers on the 1st of each month.

Victor Talking Machine Co., Camden, N.J.

Ad source: www.clipart.com



We would like to thank Lawrence Therapy Services and Baldwin Therapy Services for being in all 75 issues of Kaw Valley Senior Monthly!



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Baldwin City



www.lawrencetherapyservices.com

SUDOKU SOLUTION

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

CROSSWORD SOLUTION

P	A	R	O	I	L	E	S	R	E	A	C	T
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JUMBLE ANSWERS

Jumbles: LATCH GUILT EASILY IN-LAND

Answer: Winning the championship left the basketball team doing this – STANDING TALL

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TRIVIALITIES ANSWERS

- Christine Ebersole
- Julia Stiles
- "The Omen"
- William H. Macy
- Steve Martin
- "The Wicker Man"
- Once

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Advertising in Senior Monthly is a Capital Idea!

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

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



PEOPLE NEWS

Barnett becomes funeral director

Lawrence Funeral Chapel welcomes Jake Barnett as our new Funeral Director as the company continues to grow. Jake and his wife Beth along with their family live in Lawrence and are active, valuable assets to the Lawrence community and surrounding areas.

Lawrence Funeral Chapel is a Chapel Oaks Funeral Home—one of nine located in Oskaloosa,



Jake Barnett and family

Holton, Hoyt, Horton, Highland, Meriden, Onaga, and Hiawatha. Chapel Oaks offers full service funerals, cremation services, pre-need planning for all faiths, monuments and other memorial tributes.

Chapel Oaks is also pleased to announce that Katie Cox has accepted an out-of-town promotion, and wishes her the best on her new position.

Buxton to perform during Penny Jones tournament

Lawrence native Sarah Buxton performing; proceeds to benefit LMH Endowment Association's Penny Jones tournament.

Lawrence native Sarah Buxton will perform on Thursday, September 6, at Abe & Jake's Landing beginning at 7:30 p.m.

General admission tickets are \$25; VIP tickets are available and are \$100. VIP tickets include a meet and greet from 5:30-6:30 p.m., food, drink tickets and reserved seating.

Tickets are available at Abe & Jake's Landing, The Eldridge and the Gift Shop at Lawrence Memorial Hospital.

Sarah Buxton's digital, downloadable-only EP titled "Almost My Record" was released on July 10 and includes:

"American Daughters"

"Innocence"
"Stupid Boy"

Over the last 26 years the Penny Jones tournament has raised \$588,000 and helped thousands of people in the community.

About the tournament:

Held at Alvarado Country Club; Format: 4 person or 2 person scramble; morning or afternoon tee times available.

The funds raised in the Penny Jones golf tournament fulfill the mission of the Lawrence Memorial Hospital Endowment Association by continuing to enhance the quality of health care in Douglas County.

For more information about the Penny Jones golf tournament, contact Sarah Smith, LMH Endowment Association at 785.840.3317 or sarah.smith@lmh.org.

Need a Rate Card?

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

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SPECIAL NEEDS ASSISTANCE - St. Francis Health Center-Physical Rehabilitation

Our Mission is to provide one source where seniors can find competent trustworthy service for all of their needs. If you or a loved one needs help with a problem, please contact us.

(785) 266-6017 • www.sraneks.com

Adventures in Learning Fall 2007 Session Schedule

- Sep. 7-28 **Walking To Rock 'n Rhythm:** Friday, 8:15 AM - 9 AM (Weekly Event)
- Sep. 7-28 **News & Views – A Current Events Discussion:** Friday, 9:15 AM - 10:15 AM
Presented by Kevin McFarland (Weekly Event)
- Sep. 7 **Life Enrichment – The U.S. Coast Guard in Topeka: Where Is the Ocean:** Friday, 9:15 AM - 10:15 AM. Presented by Captain Vince Weber
- Sep. 7 **Health - Did My Pain in the Neck Give Me a Headache?:** Friday, 9:15 AM - 10:15 AM. Presented by Burt De Weese
- Sep. 7 **Women Making a Difference – Ethel May Miller:** Friday, 10:30 AM - 11:30 AM. Presented Mary Ann Keating
- Sep. 7 **Religion – The Books of the Pentateuche:** Friday, 10:30 AM - 11:30 AM. Presented by Rev. Dr. Andrew Grosso
- Sep. 14 **Health – Am I Getting Enough Sleep:** Friday, 9:15 AM - 10:15 AM. Presented by Teresa Genenbacher
- Sep. 14 **Our Neck of the Woods – Those Scenic Flint Hills:** Friday, 9:15 AM - 10:15 AM. Presented by Linda Craghead
- Sep. 14 **Women Making a Difference – The Success of a Woman in the Military:** Friday, 10:30 AM - 11:30 AM. Presented by General Deborah Rose
- Sep. 14 **Life Enrichment – I Saw What Hurricane Katrina Did:** Friday, 10:30 AM - 11:30 AM. Presented by Rev. Leon Hayden
- Sep. 14 **Religion – The Law and the Prophets: Hosea:** Friday, 10:30 AM - 11:30 AM. Presented by Richard Menninger, Ph.D.
- Sep. 21 **Health – Honoring Everyday Losses As We Age:** Friday, 9:15 AM - 10:15 AM. Presented by Alice Brand-Bartlett, M.L.S.
- Sep. 21 **Life Enrichment – Kansas Army National Guard:** Friday, 9:15 AM - 10:15 AM. Presented by Colonel John Andrew
- Sep. 21 **Women Making a Difference – Superintendent of USD 437:** Friday, 10:30 AM - 11:30 AM. Presented by Dr. Brenda Dietrich
- Sep. 21 **Our Neck of the Woods – Cottonwood Falls and Chase County:** Friday, 10:30 AM - 11:30 AM. Presented by Deb Zeiner
- Sep. 21 **Religion – The Law and the Prophets: Jonah:** Friday, 10:30 AM - 11:30 AM. Presented by Rev. Janet Crowl
- Sep. 28 **Life Enrichment – We Don't Just Put Out Fires:** Friday, 9:15 AM - 10:15 AM. Presented by Chief Howard Giles
- Sep. 28 **Health – The Later Years:** Friday, 9:15 AM - 10:15 AM
Presented by Nolan Brohaugh, M.S.W.
- Sep. 28 **Our Neck of the Woods – A Unique Learning Experience in Atchison, Kansas:** Friday, 10:30 AM - 11:30 AM. Presented by David Butler
- Sep. 28 **Religion – King David and His Prophet, Nathan:** Friday, 10:30 AM - 11:30 AM. Presented by Rev. David E. Watson
- Sep. 28 **Women Making a Difference – ERC Resource and Referral:** Friday, 10:30 AM - 11:30 AM. Presented by Marilyn Ward

"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.shepherdscenertopeka.org.



**Saturday, September 22, 2007
7:30-11:30 a.m.
Lawrence Memorial Hospital
325 Maine St.
Lawrence, KS**

**Free Health Screenings & Exhibits
on Many Health Topics & Resources**

Offered by several LMH departments, local physicians, dentists, health organizations, and agencies. Screenings may include foot, oral cancer, skin cancer, prostate cancer, hearing, vision, bone density, and blood pressure. Screening options are dependent on the availability of the volunteer screeners. No registration is needed for screenings or exhibits. Please note - lines may be long for some screenings. Therefore you may not be able to be accommodated at all screenings prior to fair closing at 11:30 a.m. Plan to come early!

Blood Chemistry Profile

Includes a total lipid profile and several other blood tests to assess healthy body functioning. Available for \$25 (\$35 for males who also want the prostate screening antigen test/PSA), with registration received by September 14th, or \$35 (\$45 with PSA) at the door. Note: no discounted registrations will be processed if received after 9/14. After 9/14, just bring your registration to the fair but your fee will be assessed at the higher amount. Please be aware that it will take 3-4 weeks after the fair to receive your blood results. We are sorry but we cannot supply these any sooner nor mail results to individual physicians. For the blood chemistry profile, DO NOT eat or drink anything for 12 hours prior to having your blood drawn, (water, black coffee/tea and necessary medications excepted).



2007 LMH Health Fair Blood Chemistry Profile REGISTRATION

Complete **ONE** form per participant. Additional forms are available at the LMH West Information desk, by calling (785) 749-5800, or you can register on-line at www.lmh.org. Mail completed forms to LMH Connect Care, Lawrence Memorial Hospital, 325 Maine St., Lawrence, KS. 66044.

We are sorry, but no refunds can be issued if you pre-register and cancel less than 48 hours in advance of the Fair. This is a health screening; LMH will not bill Medicare, Medicaid or third-party payers.

Please complete **ALL** requested information and **PLEASE PRINT**.

Last Name _____		First Name _____	Date of Birth _____
Gender c Male c Female	Males, please check box if PSA wanted c		
Mailing Address _____			
City _____	State _____	Zip _____	
Day Phone _____	Evening Phone _____	E-mail _____	

Make checks payable to Lawrence Memorial Hospital for \$25 (\$35 if including PSA for men) per participant. Please do not send cash. No advance registrations accepted after September 14th.

Cost is \$35 (\$45 with PSA) per person at the door. No fee or registration is needed to take part in the other health screenings or exhibits. Males, please check box if PSA wanted.

