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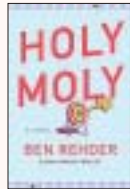
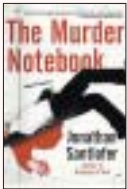
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Vol. 8, No. 3

INSIDE



Reverse mortgages, which allow homeowners 62 and older to borrow out of the equity of their homes, may be a great option for many seniors. - page 6



Margaret Baker suggests a few books for enjoyment and education. - page 24

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KEVIN GROENHAGEN PHOTO

AJ Davis of Topeka is profiled in a new docudrama entitled "AJ Davis: Husband, Father, Soldier." The docudrama will be premiered at the Topeka & Shawnee County Public Library in November.

Davis shares memories in new docudrama

By Kevin Groenhagen

"We are losing 1,000 veterans a day in the United States," said Ken Burns last September before the premiere of "The War," his PBS documentary on World War II. "We are losing among our fathers and grandfathers a direct connection to an oral history of that unusually reticent generation. And that if we, the inheritors of the world they struggled to create for us, didn't hear them out, we'd be guilty of a historical amnesia too irresponsible to countenance."

If not for his niece, AJ Davis' oral history about his service in World

War II, as well as his life as a husband and father, might have been lost at some point in the future.

"My niece in St. Louis is a manager with the newspaper there, and she wanted me to write about how I met her aunt and our lives together," Davis said. "My grandchildren used to love to come here from Kansas City. They would sit here all afternoon and ask me to tell them stories about my life. I decided I needed to do something for my family and my future family—granddaughters, grandsons, and great-great-grandchildren."

Davis said he had plenty of notes, but he is not a writer. Therefore, a

mutual friend introduced him to Esther Luttrell to see if she could offer advice on how to record his stories. Luttrell had written her own books. In addition, she had helped edit and score five major TV shows and motion pictures for MGM. (For more about Luttrell, please see the August 2007 issue of *Kaw Valley Senior Monthly* at www.seniormonthly.net.)

According to Davis, Luttrell said, "I've got an idea, AJ. Instead of writing a book, which will be handed out and put on a bookshelf to gather dust, why don't we do a DVD? A DVD will last for about 100 years. If they make copies, it will last for-

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AJ Davis

■ CONTINUED FROM PAGE ONE

ever. They will be able to see your smile, hear your voice, and watch your eyes light up when you remember all you've been through."

Luttrell told Davis that if she did the docudrama, she wanted to bring everything to the project that she learned while working at the studios. She would make sure that the DVD was a high-quality production, complete with music and visual effects.

Once Davis agreed to share his stories through a docudrama, Luttrell got to work as Heritage Classic Living Room Productions' executive producer, director, and music and film editor on the project. She enlisted Denise Hemmingway, a Washburn University student pursuing a BA in mass media (she has since graduated) as an intern. Hemmingway served as the computer technician, editor, and producer. Hemmingway's mother, Gloria, also contributed as a special photo effects artist. Brandon Trujillo, the camera operator, videotaped four hours of Davis discussing his experiences.

After eight months of work, Davis and Luttrell's team now has a one hour and twelve minute DVD entitled, "AJ Davis: Husband, Father, Soldier." Although Davis initially planned on sharing the DVD with just his family members, the docudrama will play to a larger audience at the Topeka & Shawnee County Public Library in November in conjunction with its Veterans Day tribute.

"I want people to see the DVD at the premiere at the library, so don't tell your readers too much," Davis cautioned during his interview with *Senior Monthly*. We'll honor his request and share just a few details about the DVD with the hope that the public will accept his invitation to watch the docudrama at the library.

The DVD opens with Davis talking about how he met his wife, Mae, at a dance in St. Louis in early 1943.

Davis then flashes back to his experiences at Pearl Harbor on December 7, 1941. He woke up on that day just a little before 8:00 a.m. The young soldier in the Army Air Corps

debated whether to get up to eat breakfast at the mess hall on base or sleep in a bit longer and then get breakfast downtown. He decided to sleep in.

At 7:55 a.m. the first wave of 183 Japanese warplanes hit American ships and military installations.

"It's a good thing I didn't go to breakfast that morning, Davis said. "If I had gone, I probably would have been killed because they dropped a bomb right on top of the building. Everyone who was in the mess hall was either wounded or killed."

Davis, who said the attack literally blew him into his pants, immediately started running to his duty station. Using a legal pad and pencil, he sketched out where he was forced to hit the deck as a Japanese

plane strafed the tree he was under. He then continued to explain how difficult it was for the Americans to mount a defense against the Japanese that day.

The death toll on that day ultimately reached 2,350.

Davis survived the surprise attack, and later returned to U.S. mainland, where he met and married Mae. Of course, World War II continued and Davis was still a soldier, so it was not long before he had to leave his new wife.

"They sent me to Natal, Brazil, which is a mile from the mouth of the Amazon River," Davis said. "Mae, who was then pregnant, went to live with her brother in St. Louis."

While with a medical squadron at Natal, Davis' squadron flew missions to Casablanca, Morocco, to

pick up patients who were injured in the North African campaign, and then fly them back to Natal. The planes in Davis' squadron were essentially flying ambulances.

"We would take care of them for a day or two and then fly them to Miami or, some times, New York City, where they would be classified and sent to other hospitals in the United States," Davis said. "We would then fly back to Natal with cargo."

From Natal, Davis was transferred to an air evacuation hospital in Wilmington, Delaware, where he helped distribute patients throughout the states. He was still serving in the Army when his first son, John, was born in 1944.

When World War II ended, Davis returned home and enrolled in an accounting course at St. Louis University.

"It was good to be home again," he said. "Good to be like a real family again and do things like go to the movies."

Davis also talked about his first bicycle ride after the war, which really has to be described by Davis to be fully appreciated.

It wasn't long before Davis reenlisted in the Army.

"I think I might have been born to be a soldier," he explained.



Davis in front of his barracks, Nagoya, Japan, April 1956



Davis in Korea, 1951

■ CONTINUED ON PAGE FOUR

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CORRECTION

Due to an editor's error, last month's article on Helen and the Watkins Community Museum had the incorrect by line. The article was actually written by Billie David, not Kevin Groenhagen.

Kaw Valley Senior Monthly

Editor and Publisher
Kevin L. Groenhagen

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AJ Davis

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Once again, the Army sent Davis overseas, this time to Leghorn (Livorno), Italy, headquarters of the Mediterranean Theater of Operations. Here he served in the Surgeon General's office for 14 or 15 months. According to Davis, he loved going to Florence, where he enjoyed the good food, history, and opera.

From Italy, Davis went to Fort Bragg, North Carolina, where he was assigned to the 82nd Airborne Division and promoted to sergeant major, the highest enlisted rank. Davis turned down his general's offer to give him a monthly bonus in he would go to jump school, which entailed jumping out of a perfectly

good airplane with a parachute. Instead, he transferred to the United States Air Force to serve as the sergeant major of a medical group in Greenville, S.C. From there he went to Turner Air Force Base in Georgia.

Unfortunately, war broke out once more, this time on the Korean Peninsula. Davis had to tell his family goodbye again. He traveled by train from Georgia to San Francisco, where

he boarded a troop ship bound for South Korea. Once in Korea, Davis joined the 607th Medical Group at the airbase at Kimpo, which is located between Seoul and where the demilitarized zone has been since 1953. Davis described the medical group as essentially a small Mobile Army Surgical Hospital (MASH) unit.

After 18 months in Korea, Davis

returned home again.

"After what I saw in Korea, it was good to be a family man again," Davis said.

And the Davis family would soon grow bigger, with the birth of Jim in 1955.

After another overseas tour in Japan, Davis received orders to Forbes Field in Topeka, where he

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AJ Davis

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spent the final four years of his Army career.

At the request of Luttrell and Davis, *Senior Monthly* will not give away the ending of the docudrama.

During the interview with Davis, he pulled out a copy of *The Topeka Daily Capital*. Dated December 7, 1959, the front page includes a photo of Davis in uniform and the headline read, "Pearl Harbor's Memories Linger."

"We should have included that in the DVD," Luttrell said.

Of course, it is impossible to cover everything about someone's life on a DVD or in a newspaper article, especially when the subject is 95 years old and

has done and seen so much. However, Davis has taken a giant step towards ensuring that his descendants will continue to hear many of his stories for many years to come. He may soon take another step—he and Luttrell are talking about doing another docudrama about Davis' earlier years while growing up in Texas.

Luttrell hopes to produce more docudramas

After a number of years in the Hollywood film industry, Esther Luttrell, author of *Murder in the Movies*, *The Last Hour of Revelations*, *Tools of the Screenwriting Trade*, and *Screen Writers Q & A*, moved to Topeka in 2003, intending to spend the rest of her life writing mystery novels. With the completion of the AJ Davis docudrama, however, she has added DVD productions to her future, "So that others may tell their forever stories," she explains. For further information on starring in a docudrama of your own, or creating one centered on a loved one, contact Luttrell at estherwrites@aol.com.

The public can view Luttrell's docudrama on AJ Davis at the Topeka & Shawnee County Public Library later this fall. On Thursday, November 6, the program "AJ Davis: 95 Years of Love and Service" will be presented in the Main Marvin Auditorium 101AB from 3:00-4:30 p.m. The main premiere will be presented at the library on Saturday, November 8,

in the Main Marvin Auditorium 101BC from 2:00-4:00 p.m.

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CornerBank offer reverse mortgages

By Billie David

If you have been following the news lately, you may be associating mortgages with sub-prime rates and foreclosures, but you may not be aware that there is a mortgage available that, instead of requiring monthly payments, actually pays you while promising that you will not lose your home as long as you live in it.

"It is totally the opposite of the traditional mortgage," said Dee Ledy, CornerBank's senior vice president of mortgage lending. "It's where you borrow out of the equity of the home and never make a payment."

That's why it's called a reverse mortgage, and it could be a godsend for some senior citizens.

Reverse mortgages are available to homeowners 62 years of age or older. The borrower receives the loan based on the equity (the value of the home minus what is owed on it) of a home, but he or she retains the title to the home and the loan doesn't have to be repaid until the borrower passes away, sells or moves out.

While the considerations of a traditional mortgage include income, credit scores and the ability to make payments, none of these factors applies in reverse mortgages, where the requirements are simply that there is equity in the home, you are 62 or older, and the home is your primary residence.

Although reverse mortgages have been around since 1990, many people do not know about them, said Shelby Lathrom, assistant vice presi-

dent and mortgage lender.

"CornerBank has been offering reverse mortgages since October of 2007," she said. "Our challenge is getting the information disseminated to those who would be eligible."

To this end, CornerBank offers seminars periodically and is working on scheduling one for this fall or winter. To receive information about the seminar, you can call Lathrom at (785) 838-9400.

This information could be especially useful for people who have retired and are living on a fixed income while inflation or perhaps an illness has taken away their ability to make tax or mortgage payments. As John and Jane Doe, for example, are faced with mounting bills that they

can't pay, they may decide that their only option is to sell their house and either move in with other family members or rent something cheaper. Even with these sacrifices and frugal living, it is quite possible that the couple will outlive the money they get from the sale of the house.

With a reverse mortgage, on the other hand, because of mandatory mortgage insurance, there is no possibility of outliving the loan. Even if John and Jane lived to be 115, they would neither lose their home nor owe more than the value of the house.

And part of the reverse mortgage would be used to pay any existing mortgage.

"The mortgage payments could be \$800 per month, so saving that \$800

per month is quite a big chunk," Ledy said, adding that in addition to relieving stress for those in danger of losing their homes or having to work way beyond the age of retirement, reverse mortgages can also reduce the stress of family members who want their parents to be able to remain in their own home but don't have the means to help them out.

"Having no payments is the biggest benefit of reverse mortgages—and the peace of mind it brings," Lathrom said.

The major drawback is that the closing costs are a bit higher than with a traditional mortgage because of the mandatory insurance, she added.

But because of that insurance, the

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borrower can be assured that neither they nor their heirs will have to come up with extra money to repay the loan.

John and Jane Doe, for example, received \$100,000 from a reverse mortgage transaction, and when they could no longer live independently in their home, they owed \$118,000, including interest. The house, however, sold for only \$100,000. They would not have to pay the remaining \$18,000, Ledy explained, because the insurance covers the difference.

If, on the other hand, the house sold for \$200,000, John and Jane or their heirs could keep the remaining \$82,000. Or if their heirs wanted to keep the house, they could take out a mortgage to repay what is owed on the reverse mortgage. In fact, they could have up to a year after John and Jane vacate the premises to work out a solution.

Other facts about reverse mortgages include:

- It takes approximately 30 days to close the deal after making initial contact with the lender.
- Because the minimum age for eligibility is 62, if a couple wants

to apply for a reverse mortgage, the younger person must be 62 in order to be eligible.

- Reverse mortgages are expected to increase in popularity as the Baby Boom generation ages.

- Loan proceeds aren't considered as income, so they won't affect Social Security or Medicare. There aren't any additional taxes on the loan, although the homeowner is required to pay taxes and maintain insurance coverage, as well as maintain the house.

- There is an out-of-pocket expense of \$350 in the form of a deposit toward the appraisal. If you decide not to go ahead with the transaction, the money is not refunded. If you proceed with the mortgage, however, the deposit is included in the amount of the loan.

- Reverse mortgages don't have to be taken out only for emergencies. If you are in good health and want to enjoy your retirement by building a vacation home or doing some traveling, you could still be a

good candidate.

- In order to guard against high-pressure sales, several steps are required in the process of applying for a reverse mortgage, including talking to a counselor from a government-approved agency, who will explain the cost of the loan and other alternatives available to you.

- You can receive the mortgage amount in a lump sum, in monthly payments, as a line of credit, or a combination of these methods of payment.

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Pinched by the economy, older adults put themselves at risk

Evidence is mounting that older adults are cutting everyday expenses to keep up with the economic downturn. Local senior-care experts warn families to be on alert to make sure seniors aren't cutting too deeply. Warning signs include skipping medications, pulling the plug on air conditioning, and canceling social outings.

In a report released in May by AARP titled "The Economic Slowdown's Impact on Middle-Aged and Older Americans," 59 percent of seniors 65 and older surveyed said they'd found it more difficult to pay for essential items such as food, gas and medicine. Nearly half (47 percent) said they found it more difficult to pay for utilities such as heating, cooling or phone service. Forty-six percent have reduced the number of times they eat out and 45 percent cut back spending on entertainment.

"Cuts of essential items such as food and medication should be of immediate concern to seniors' families," said Gail Shaheed, owner of the Home Instead Senior Care office serving Shawnee and Douglas County.

"Other reductions in spending can lead to less obvious issues. One of the biggest problems that we see is senior isolation, which has been magnified during this troubled time in our economy with the high price of gas," she added.

"When seniors' families live a distance from their loved ones, or when

Boomer children are busy trying to make ends meet themselves, an older adult can get in trouble very quickly. That's why it's so important that someone look out for the well-being of seniors to ensure they are safe in their homes and eating properly, taking their medications and able to maintain their appointments and social life," she said.

Falling interest rates, fixed incomes and seniors' fears of past hardships can influence how they react to the current economic slowdown, according to Sheryl Garrett, CFP®, author of *Personal Finance Workbook For Dummies®* and several other books on financial planning. "Some seniors may be running short on money but, for others, there's always that fear of running out because they lived through the Depression. They know how ugly it can get."

It's important also for seniors to guard against fraud and too-good-to-be-true offers, Garrett advises. "Seniors want to get the best that they can from their investments without falling for scams or overselling tactics," she said. Older adults also should beware of CDs and fixed annuities that can promise higher interest rates, but force seniors to lock in their money for longer time periods or otherwise put their investments at risk, Garrett noted. Always get a second opinion, Garrett advises.

Seniors at all income levels may be facing choices they haven't had to make in the past, Home Instead

Senior Care's Shaheed said. "They should know where to go for help before they put themselves or their health at risk. Area Agencies on Aging, for instance, offer both food and gas bill assistance, so seniors should contact their local offices if they can't make ends meet. And companies such as Home Instead Senior Care can provide transportation assistance and help around the home, and serve as a second set of eyes for seniors' families."

Families also can play an important role monitoring seniors who have decided to scale back because of the economy, said Shaheed. "Even seemingly innocent decisions, like cutting back a little on groceries or air conditioning, can have a damaging impact."

For more information about Home Instead Senior Care, call 785-272-6101 in Topeka, 785-856-8181 in Lawrence or outside the area 1-800-4SENIORS or visit www.homeinstead.com.

10 Cost-Cutting Warning Signs

Following, from Home Instead Senior Care and the National Association of Area Agencies on Aging, are ways that a downturn in the econo-

my could impact seniors. If you're a family caregiver, ask yourself the following questions. If you're an older adult experiencing difficulties because of the economy, contact your local Area Agency on Aging or Home Instead Senior Care office. Or, if you have a financial issue, contact the Garrett Planning Network.

1. Is your senior's home too warm in the summer and too cold in the winter?
2. Is the lawn not getting mowed nor is the sidewalk getting cleaned in inclement weather?
3. Is your loved one complaining about not being able to afford medications?
4. Are home repairs not getting made?
5. Is there a shortage of food in the house?
6. Is your senior skipping doctor's appointments?
7. Is your older adult staying home more and becoming isolated?
8. Is your senior cutting out entertainment?
9. Does your loved one eat out less?
10. Did your senior cancel a vaca-

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■ CONTINUED FROM PAGE SIX

tion?

For more information about the National Association of Area Agencies on Aging, log on to www.n4a.org or contact the organization's CEO Sandy Markwood at smarkwood@n4a.org. For more information about the Garrett Planning Network, visit www.garrettplanningnetwork.com or contact Sheryl Garrett at Sheryl@garrettplanning.com. For more about Home Instead Senior Care, visit www.homeinstead.com or call 785-272-6101 in Topeka, 785-856-8181 in Lawrence or 1-800-4SENIORS, if you're outside the area and to find a Home Instead Senior Care office near you.

10 Ways Seniors Can Stretch Their Dollars

Following, from Home Instead Senior Care and various senior and financial experts, are 10 ways that seniors can stretch their dollars:

1. Seek the services of an objective financial planner. Sheryl Garrett, CFP®, founder of the Garrett Planning Network, said it's important for seniors to seek the advice of an objective fiduciary. The Garrett Planning Network (www.garrettplanningnetwork.com) features experts throughout the country who offer their advice on a fee-only basis.

2. Get a second opinion on investments and financial purchases. If you're approached about changing your investments or making a purchase, make sure you get another opinion.

3. Contact your local Area Agency on Aging if you're having trouble paying for food and gas bills. For more information or an office near you, log on to National Association of Area Agencies on Aging at www.n4a.org.

4. Get back to gardening. The economic downturn is generating a resurgence in gardening, and the over 55 crowd traditionally has been among the most avid gardeners. The national seed and plant company Burpee has experienced unprecedented 40 percent growth this year, double its normal rate, according to CEO George Ball. With food costs up as much as 25 percent in places, gardening provides a 1 to 10 savings ratio, according to Ball. "In other words, for every \$100 you spend on garden plants, you'll get \$1,000 in produce. While \$100 in groceries may last for only a couple of weeks, a senior can eat for six months on the produce from \$100 in plants,"

Ball said.

5. Avoid convenience foods, which are more expensive. Watch for sales on fresh or canned fruits, vegetables and meats, which will be less expensive than convenience foods and better for you.

6. Look for deals on generic medications. Contact your pharmacist about ways to save money on your medications.

7. Walk when you can. If the gas prices are cutting into your social life, organize a walking club or walk

with friends.

8. Carpool when you can't walk. There's economy in numbers. If you can't afford to drive somewhere solo or in pairs, contact others you know going in the same direction or the same place and share costs.

9. Keep drapes drawn during the heat of the day, and minimize opening and closing doors in the cold of the winter. Close off parts of the house you're not using to cut down on utility costs.

10. Financial planner Sheryl Gar-

rett says that the ability of seniors to live at home helps cut costs as well. If you or a loved one needs assistance around the house, contact Home Instead Senior Care or visit the company's Web site at www.homeinstead.com.

OFF THE WALL

There's nothing new under the sun, but on the beach there's a lot more of it showing.

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Audio-Reader to host 'For Your Ears Only' sale

Event volunteers fondly refer to it as an "audio extravaganza." Now in its sixth year, Audio-Reader's annual "For Your Ears Only" benefit sale promises an eclectic assortment of audio products at bargain prices.

Proceeds from the sale fund Audio-Reader's services for the blind and visually impaired. This year's sale features more donated audio equipment than ever before, including stereos, receivers, amps, speakers, turntables, CD players, recorders and VCRs. Among the nota-

ble items is a large record collection produced in Canada that includes many popular Canadian and British pop artists - most in mint condition. As in the past, the inventory includes more than 12,000 vinyl records, thousands of CDs, DVDs, audio collectibles, books on CD and more.

"The sale wouldn't be possible without the generosity of people in the community. They've given us amazing music collections and high-end equipment because they care

about our cause," said Janet Campbell, director of Audio-Reader.

The sale takes place from 6:00 to 9:00 p.m. Friday, Sept. 19, and 9 a.m. to 4 p.m. Saturday, September 20, in building 21 at the Douglas County Fairgrounds, 2120 Harper in Lawrence. There is a \$10 entry fee Friday evening, which features live music by the Lonesome Hobos, free food, prizes and first pick of the extensive inventory. Advance \$7 tickets for Friday are available at Audio-Reader, 1120 W. 11th St. Admission

is free Saturday with bargains slashed to half price after noon.

"We look forward to this fundraiser every year and the public does, too," said Campbell. "It's a fun event and a great opportunity to find vintage records or get a new CD at a great price."

Most vinyl records sell for \$1 and CDs for \$3. All items have been donated throughout the year by individuals and businesses in Douglas County and the surrounding communities.



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Be prepared before calling for tech support

Getting good phone support from some computer companies is nearly impossible today. First, it takes forever to get to a live person after a dizzying array of voice mail prompts. Then, when you get a real person, it's like you are speaking two



Dave
Greenbaum

different languages. They don't understand you, and you don't understand them. Sometimes it's because they are in a foreign country, but even if they are right here in the Midwest, they're using terms that simply don't make sense to an average person. You just want it to work, right?

The key is to be prepared before you call. Go ahead and buy a small spiral notebook to keep beside your computer to write down information when problems occur. Do not use post-it notes or a scratch pad because those little pieces of paper tend to get lost, especially when you are on the phone with computer support. The key things to write in the notebook include the time the problem occurred, what you were doing when the problem occurred (including the programs running), what error messages were on the screen (be specific, write down the complete text of error messages), and what you may have tried to fix the problem. An example might be: "8:08 p.m. on 8/8/08 I was printing an envelope from Microsoft Word and a blue screen appeared that stated a fatal system error occurred at 0X123445X and I shut off the computer." The first time an error occurred it might be an isolated incident, or part of a pattern. Having these notes will help you and the support agent make that determination. The notebook will make sure you have all this information available when you call.

When you do eventually get through to a live person, be specific with your concern. Pull out your notebook and tell them exactly what happened, when it happened, and what you did to try to resolve it. Have paper and pen handy and write down all the suggestions the tech support agent makes. Remember these agents often answer phones for multiple companies, so telling

them your frustration with a product doesn't motivate them. Stick to the facts and stay calm. Get the name of the agent and write it in the notebook, but note some won't give you their full name, some might only give you an agent ID, and some might not give you any identifying info. For those "shy" agents, ask them which "call center" they are with because sometimes that might help identify them in the future. Writing down what the agent tells you helps you keep track of what you have already tried, so that if you are transferred to another agent, you don't have to do the same thing over and over again. More importantly, if they resolve your problem and you write down the fix, next time you'll know what to do and not have to call back. Always write down the phone number you called so you can reference it later.

Before you finish talking with an agent, always ask for a "case number" or "incident number." Case numbers are how the call centers track customer problems. This way if you call back or are transferred to another agent, they don't have to ask you to read your notes back. Even

if the problem is fully resolved, still ask for the case number, so if you find later that it didn't fix the problem you don't have to go through all the steps over again.

If, for some reason you get someone particularly unhelpful or just absolutely impossible to understand, don't frustrate yourself by continuing to talk with them. You might consider not asking for a supervisor, because that will just increase your wait and frustration. Politely

thank them for their "help," call back and you'll probably get another agent who is hopefully more helpful. While I can't make sure you'll always have a positive experience with phone support, these tips should at least give you a fighting chance when dealing with tech support.

- DoctorDave has been servicing Northeast Kansas's onsite Macintosh, PC, and network needs since 1990 and may be reached at dave@calldrdave.com or 785-218-9676.

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How to protect yourself from the potential costs of long-term care

It's easy to think that just by buying life insurance, you've provided for your loved ones once you're gone. But who pays the bill—which can be staggering—if you're still very much alive, and unable to take care of yourself?

Today, people are living longer,



Joe B. Jones

which dramatically increases the odds of developing a chronic illness that could require on-going care. Many of us play the odds, assuming the day will never come when we're unable to do such basic things as dress ourselves, get in and out of bed, eat a meal or go to the bathroom alone. Perhaps its denial, but many of us refuse to even think about how we'd pay the bill, should we need to pay others to take care of us.

But as health care costs escalate, an increasing number of people are protecting themselves by purchasing long-term care insurance, which typically covers some or all of the costs of care associated with a chronic illness such as Alzheimer's disease. Without long-term care coverage, how many of us can afford to pay out of our pockets for the care we might need? Though Medicare does cover skilled care for acute conditions such as heart attacks and broken bones, in general it does not cover the custodial care required for chronic medical conditions.

When making your plans for a secure retirement, it's important to consider long-term care insurance as a way of protecting your assets so they won't be exhausted by possible care costs. But there are quite a few factors to consider when choosing a long-term care insurance policy.

For this reason, it's important to work with a financial professional who understands your needs, and can design a plan that fits your needs. It's also important to look at the track record of the company providing the insurance. To ensure that coverage will be there when you need it most, make sure the company is well established, with a solid history of treating its policyholders well and choose a company that has

been given the highest possible ratings by at least three of the third party rating agencies.

Premiums will be lower if you buy long-term care insurance while in your 40s or 50s, instead of waiting until after you retire and face the health problems that often accompany aging. But all too often people wait, only to be shocked to learn that they are no longer in-

surable and that Medicare generally won't pay for the care they need. Denial is all too easy. The U.S. Department of Health and Human Services reports that people who reach age 65 will likely have a 40 percent chance of entering a nursing home, and about 10 percent of the people who enter a nursing home will stay there five years or more. These odds are simply too

high to ignore.

- Joe B. Jones is a Financial Representative with Northwestern Mutual Financial Network the marketing name for the sales and distribution arm of The Northwestern Mutual Life Insurance Company (NM), Milwaukee, Wisconsin, its affiliates and subsidiaries. Financial Representative is an insurance agent of NM based in Lawrence, Kan.

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MY PRAYER TODAY

God let me be a person who holds up the fallen, and those that are discouraged and give me the wisdom to comfort those who are in need. God has not ordained us to Judge but He has commanded us to love each other. Let us lift up each other, and leave no room for the destroyer to work in our hearts, and do not let Satan have control of the tongue that can be a tool of destruction. It does not matter what you and I think, but the will of God is the tool the Christians should be a master of. Stop and think before you state your opinion about others, we might be destroying someone and the statement may not be repairable. God help us to lift up one another in the Holy Faith and never hurt those who have fallen.

If you are new to the area or just wanting to come see what God is doing at Lawrence Faith Foursquare Church, we welcome you to come worship with us. We hope you will make plans to join us this Sunday knowing that you will find a committed family of faith where you and your family can grow in the grace of our Lord Jesus Christ.

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

Give smart financial gifts to your grandchildren

September 7 is Grandparents Day. If you are a grandparent, you probably like to help out your grandchildren. But if you're thinking of making a financial gift, take your time to explore the options.

For example, suppose you want



Harley Catlin and Ryan Catlin

to help pay for your grandchildren's college educations. You could open an investment account and designate it for college. But you will probably be better off by putting the money in a plan that is specifically designed for college.

Here are two possibilities:

• **Section 529 savings plan** —

In a Section 529 savings plan, you put money in specific investments, managed by an investment professional. You can give \$12,000 per year, without incurring gift taxes, to every grandchild. In fact, you can even combine five years' worth of contributions and give \$60,000 (or \$120,000 if it comes from you and your spouse) to a Section 529 plan in a single year. (However, if you do bunch the contributions in this manner, you won't be able to make another \$12,000 gift to the same grandchild for the next five years.)

All withdrawals from a Section 529 savings plan will be free from federal income taxes, as long as the money is used for the beneficiary's qualified college or graduate school expenses. (Withdrawals for expenses other than qualified education expenditures may be subject to federal, state and penalty taxes.) Also, if you participate in your own state's Section 529 savings plan, your contributions may be tax-deductible. Keep in mind, though, that a Section 529 savings plan could affect a beneficiary's ability to qualify for financial aid.

A Section 529 savings plan gives you, as the account owner, significant control over the money, so if the grandchild for whom you've set up the plan decides against attending college, you can transfer the assets to a different grandchild.

• **Coverdell Education Savings Account** — Depending on your income level, you can contribute up to \$2,000 annually to a Coverdell Education Savings Account (ESA). Your

Coverdell earnings and withdrawals will be tax-free, provided you use the money for qualified education expenses. (Any non-education withdrawals from a Coverdell ESA may be subject to a 10 percent penalty.) You can place your contributions to a Coverdell ESA into virtually any investment you choose—stocks, bonds, certificates of deposit, etc.

If you'd like to give money to a grandchild, but you're not sure you want to designate your gift exclusively for education, you might want to consider opening a custodial account, commonly referred to as an UTMA or UGMA. You can fund an UTMA/UGMA with most types of investments, and, like the Section 529 plan, you can put in up to \$12,000 per year without incurring gift taxes. But once your grandchildren reach

the age of majority (usually 18 or 21, depending on the state of residency), they can do whatever they want with the money from the UTMA/UGMA.

You may want to consult with your financial and tax advisors to determine which gifting methods are most appropriate for your situa-

tion. But no matter which route you choose, your generosity may well ensure that Grandparents Day will always have special meaning in your family.

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



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Medicare: Still going strong after 43 years

Present and future Medicare users dodged a bullet last month. A presidential attempt to force a sharp reduction in Medicare payments, which would have severely limited treatment eligibility for a great many people, was averted at the eleventh hour by Congressional action. As the conflict



Laura Bennetts

unfolded, pundits from across the spectrum weighed in with commentary, some illuminating, some misguided. Among misguided comments, few were more prevalent than the claim that Medicare is a kind of charity. In fact, Medicare, like Social Security, is a fund that assists the very people who have most fully contributed to this fund. Far from subsidizing "undeserving" retirees who allegedly take money away from present-day workers, Medicare recipients are in fact older workers who have long paid a share of their wages into the Medicare system. In principle, what they receive from Medicare now is what they gave to Medicare earlier.

What could be fairer than that? Yet Medicare is often stigmatized, and even more often misconstrued. This matters a great deal, because most of us ultimately depend on Medicare, often when we are least well able to stand up for ourselves.

Best and Biggest

Here, I will explain how, in fact, Medicare became the largest and most successful health plan in America. American seniors have long enjoyed improved health and economic security thanks to Medicare. Yet, thanks to anti-Medicare bias on the part of federal officials, billions of dollars have been shifted from Medicare to private firms in the past five years, with very poor results. Private health insurance plans have failed to enhance care or cut costs by their supposedly superior methods of "managing" benefits. The reality, contrary to what apostles of privatization have said, is that the viability and cost effectiveness of health care is threatened, not by Medicare, but by private "alternatives" to Medicare. Yet the reigning myths about privatization remain powerful and are often used to undercut Medicare?

So, to probe these myths, let's pose a seldom-asked question:

What's So Great About Medicare?

Social Security began in 1935 as

an economic security plan in a time of crisis. At that time, many businesses did not provide retirement pensions for their workers. The Great Depression of 1929 depleted the savings of millions, many of whom lost their jobs as well; banks failed, businesses closed, and investments were lost. By 1935 joblessness remained high and over half of older Americans were mired in poverty. Social Security was created to help Americans retire in relative comfort and security. And, contrary to unfriendly myth, it succeeded.

Medicare is Part of Social Security

Today workers pay 6.2 percent of their income into Social Security (FICA) and their employers match that figure. We also pay 1.45 percent into Medicare, which our employers match, for post-retirement health benefits. The total individual payroll tax is 7.65 percent. Counting the employer's contributions, that means that 15.3 percent of your total salary goes into Social Security and Medicare. This is money deducted from your wages today, which pays for your health care later. How strange, then, that some people regard Medicare as welfare!

Medicare isn't Medicaid

Many people confuse Medicare with Medicaid. They sound alike, and both are, in fact, important sources of federally funded health care for Americans in need. But otherwise they differ greatly. Medicaid is a health insurance program for people who can't afford their own health insurance. Medicare, by contrast, is a system for people who pay for future health benefits with today's wages. Medicaid is entirely valid, too. But when critics call Medicare "welfare," they are most credible to people who simply don't grasp the difference between Medicare (health care you pay for in advance) and Medicaid (health care for the indigent). And confusion on this score obscures another essential difference, namely, that vastly more people are served by Medicare than by Medicaid. So undercutting Medicare has the potential to harm a great many people. The irony is that, in this case, anti-welfare feeling puts retired workers at risk.

Why Privatization?

Given Medicare's long record of helping the people who pay for it, the bias against Medicare may seem to be a mere anomaly. Yet for the past eight years, and with growing insistence, federal officials have pushed hard to "privatize" (really, to replace) Medicare. Privatization means that the government pays private insur-

ance firms to provide health plans for retirees. These private plans are called "Medicare Advantage" plans, which is misleading because these plans are not really Medicare plans at all. These are basically just plans provided by private insurance companies which defines the benefits provided much like the plans that people have through their jobs. It may be insurance, of a sort, but it isn't Medicare.

Since 2000, to encourage privatization, the government gave private firms billions of dollars to provide "Advantage" care for seniors. These companies were paid 12 percent more than the regular Medicare program. Advocates of private insurance had long claimed that the costs of caring for seniors would fall thanks to competition between private providers. But in fact the private plans significantly cost more and do not provide enhanced care. Any "advantage" they offer, it appears, is enjoyed neither by seniors nor by taxpayers.

Back to Medicare

Recognizing some of these facts, Congress in July 2008 shifted \$14 billion that had been promised to private insurance companies back to Medicare. Overwhelming support for Medicare from seniors, health providers and medical associations swayed Congress in favor of Medicare, despite presidential opposition. When the president vetoed this legislation, Congress overrode his veto.

The Debate Continues

Advantage advocates may have lost the last battle, but the war continues. Many policy-makers insist that privatization, pursued long enough, would ultimately benefit everyone, not just the insurance companies. But I would argue that there are several striking disadvantages to the privatization Medicare:

1. A private plan can dictate when and where you receive care. In the

case of a managed plan (HMO), you may receive care only in your own area because that is where the provider network is located. By contrast, people who are Medicare-eligible are entitled to receive treatment anywhere in the country.

2. Private health insurance companies are firms whose shareholders expect profit, over and above expenses, while Medicare is, and has always been, not-for-profit.

3. Private plans limit treatment options and control the amount of care provided.

4. Private health insurance plans spend three times as much on administration as Medicare does (9 percent vs. 3 percent).

Your Choices

Advantage plans will continue to receive federal support, but not, for the present, at levels that will drain Medicare. Still, you do have the choice of having a private plan manage your Medicare. If you find this interesting, you should read the plan carefully to determine how the benefit for special care compares to Medicare including: Intensive Care, Home Health, Medical Equipment, Therapies, and Post-Surgical Care.

Consider the choices your plan provides you when you are very ill or need surgery, not just when you need routine attention. Be aware of the changes in your health plan each January 1. Benefits that seem good one year may not be offered the next year. And if you do choose Advantage, remember that you can return to Medicare with just 30 days notice. So you do have a choice.

- Laura Bennetts, MS PT, is a physical therapist with 25 years experience. She co-owns Lawrence Therapy Services LLC (2200 Harvard Road, Suite 101, Lawrence 66049, 785-842-0656) and Baldwin Therapy Services (814 High St., Suite A, Baldwin City, 66006, 785-594-3162).



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Medicinal mushrooms

Every day, mushrooms are widely talked about in the newspapers, magazines and on television. Commonly, we hear that mushrooms are good for you. There are numerous over-the-counter products that broadcast that their contents include mushrooms. When we think of food, often we can visualize mushrooms



Dr. Farhang Khosh

in salads, pasta dishes, casseroles, and even on top of our pizza.

Medicinal mushrooms have been used for thousands of years. They have a long history of medicinal effectiveness, especially in the Asian countries. One of the first herbal medicines used in the Oriental world were mushrooms, which were used to inhibit many conditions, such as tumors. Recently, mushrooms have become popular in the United States. Mushrooms are full of protein, fiber, calcium, zinc, selenium and other minerals and vitamins B and C.

The three most common species of mushrooms are Maitake, Shiitake and Reishi. These three species have demonstrated enormous medicinal effects. These three mushrooms have many overlapping properties in that they all boost immune function, enhance cardiovascular health and are effective in cancer. They have also shown to kill viruses, bacteria and fungus, decrease allergies, decrease inflammation, and support the body's detoxification mechanisms.

Maitake mushroom is specifically recommended for the gastrointestinal system. It is very effective in aiding the digestive system of the stomach and intestines. The Maitake mushroom is well known for its cancer fighting properties. This mushroom contains grifolan, a beta-glucan polysaccharide. Research has shown that grifolan has activated cells of the immune system. Maitake mushrooms have been shown to help with the side effects of chemotherapy, such as nausea and vomiting, loss of appetite and hair. Recent evidence also points to the Maitake mushroom as being effective in Type II diabetes in helping to control blood sugar levels. Many doctors in Japan have used the Maitake mushroom to lower blood pressure and

lower blood lipids in cardiovascular patients.

The Reishi mushroom promotes respiratory health. This mushroom was well-regarded as the wellness tonic in ancient China. The Reishi mushroom recently in news is the Red Reishi. It has been shown to have a positive effect on lowering bad cholesterol without the side effects of the cholesterol lowering drugs.


Shiitake mushrooms are specific for the treatment of nutritional deficiencies and liver ailments. They have natural antiviral and immunity-boosting properties. Shiitake mushrooms are used nutritionally to fight viruses, lower cholesterol and regulate blood pressure. Shiitake mushrooms contain lentinan, an immunostimulant that has been used to treat cancer, AIDS, diabetes and chronic fatigue syndrome.

Mushrooms offer many benefits in maximizing immune health. In certain diseases mushrooms may offer the first line of defense. When taking mushrooms, remember the following:

1. Take the supplements twice a day.
2. Take the supplements morning and evening.
3. Always take the mushrooms on an empty stomach, which is consider 30 minutes before meals and two hours after.

As with any supplement or medicinal plant always check with your doctor before taking.

- 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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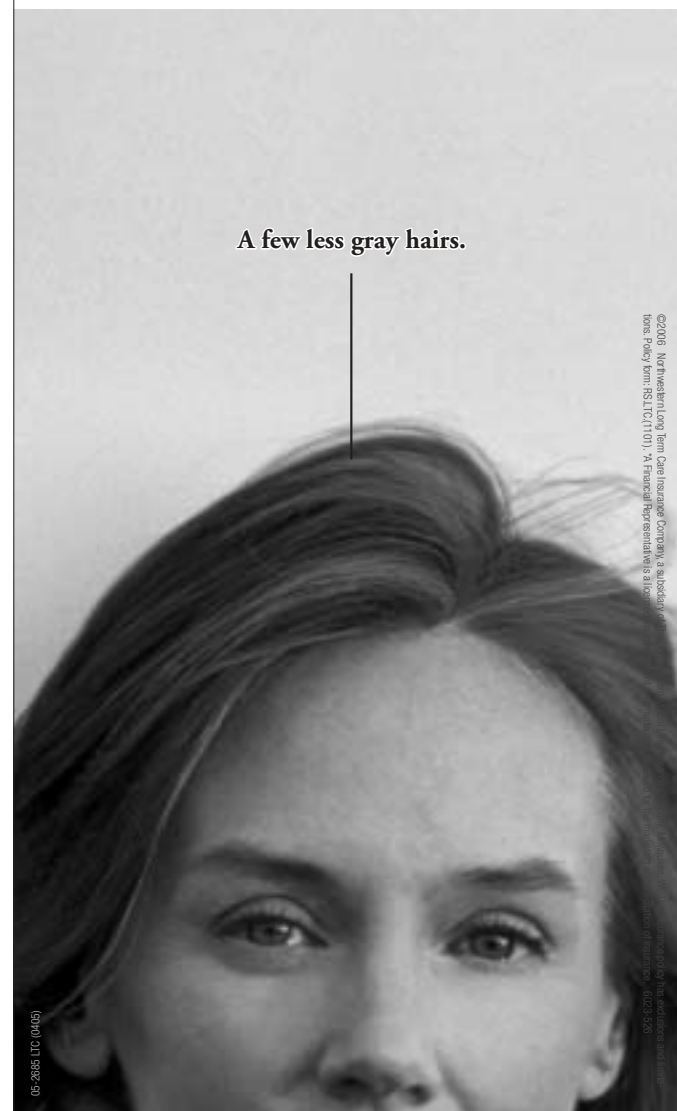


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08-2085 LTC (04/05)

Are you flunking your test on retirement planning?

Think you've got a pretty good handle on planning for retirement? I doubt it.

The MetLife Mature Market Institute recently published results of its Retirement Income IQ Test, and the results were just awful. Metlife-the insurance company's research and education arm-surveyed more than 1,200 people who are five years away



Mark
Miller

from retirement age on 15 multiple choice questions related to long-term retirement security.

Respondents answered 6.41 of the 15 questions correctly. I've been out of school quite a while, but to the best of my recollection, answering 43 percent of questions on a test correctly usually gets you an F.

So try your hand at the questions below, excerpted from the MetLife quiz. I've printed the correct answers at the bottom of today's column - no cheating!

QUESTION: What percent of pre-retirement income do experts think retirees need to use as a benchmark for determining the amount of annual income needed in retirement?

ANSWER: 20-30 percent; 40-50 percent; 80-90 percent; 90-100 percent

QUESTION: To help ensure that an individual has enough money to make savings last his or her lifetime, experts are now recommending limiting the percent they withdraw from their savings each year to:

ANSWER: 4 percent; 7 percent; 10 percent; 15 percent

QUESTION: At what age would a person who is age 55 in 2008 be able to collect full Social Security benefits?

ANSWER: 59; 62; 65; 66

QUESTION: How much do people older than age 65 spend annually, on average, on out-of-pocket costs for health care?

ANSWER: \$1,190; \$2,200; \$4,700; \$6,900

In the longer test, a fair number of the questions related to annuities, a financial product Metlife sells. But the results still offer a pretty good snapshot of our collective understanding of financing retirement security. And it's not a pretty picture.

Almost 70 percent of Metlife's test-takers overestimated the amount they can withdraw annually from their retirement savings without hurting their principal. An almost equal number couldn't identify Social Security, defined benefit pensions and annuities as sources of guaranteed income. Only 43 percent have a clear idea of what they'll need to spend out-of-pocket for health care in retirement.

One of the most interesting findings focuses on our understanding of the risk of outliving our savings. The good news is that 56 percent correctly identified longevity as the biggest risk to retirement security-up significantly from 23 percent when Metlife asked the same question in 2003. However, 60 percent underestimated their own chances of living beyond an average life expectancy: Just 34 percent correctly said that an individual has a 50 percent chance of living beyond age 85.

That misunderstanding of longevity risk may help explain why people think they can withdraw and spend more money than they should each year from their retirement accounts. An alarming 43 percent of quiz takers thought they could withdraw 10 percent or more annually while still preserving their principal-even though most experts suggest withdrawing far less in order to stretch savings to cover a retirement that could last 30 years.

A conservative approach-assuming a long life in retirement-would be withdrawing no more than 4 percent annually. Some situations might allow for a modestly higher rate of withdrawal-but nothing approaching 10 percent.

"People still don't know the basics," says Sandra Timmermann, the Institute's director. "We need to not only save a lot of cash but figure out how to make it last. And people underestimate their longevity, so the

problem is compounded."

If you'd like to test yourself on the full quiz, I've posted it this week-along with a separate answer sheet-at <http://retirementrevised.com>

CORRECT ANSWERS:

Pre-retirement income: 80-90 percent

Annual withdrawals: 4 percent

Social Security benefits: 66

Out-of-pocket health care: \$4,700

(For millions of Baby Boomers, retirement is an opportunity for reinvention, rather than taking it easy. Mark Miller is helping write the playbook for the new career and personal pursuits of a generation. Mark Miller blogs at www.retirementrevised.com; contact him with questions and comments at mark@retirementrevised.com)

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There is no rule that you have to do it all on your own.



If you had a headache, you'd take an aspirin, right? The physical and emotional burdens of caring for the aging and terminally ill can take its toll on a patient and their family and friends. Midland Care is here for you, offering a full spectrum of caring solutions, from Adult Day Care to Hospice. Call today or visit our website to learn more.



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Want to read additional articles about senior issues? Kansas Senior Press Service articles are now available at www.seniormonthly.net/KSPS

Benign prostatic hyperplasia progresses slowly in most men

By Harvey B. Simon, M.D.
Tribune Media Services

QUESTION: During the last couple of months, I've had a frequent urge to urinate and need to get up three times per night to empty my bladder. I just had a prostate checked and my doctor says prostate is getting larger. My PSA is normal. Do I need to start treatment immediately?

ANSWER: Benign prostatic hyperplasia (BPH) is severe enough in some men to require immediate treatment. But in most men, BPH progresses slowly. They can decide for themselves when and if they should be treated. Here are the options.

Watchful waiting is a safe choice as well as the only choice for men with low Symptom Index scores. It's also a reasonable choice for many others who find that simple adjustments in lifestyle reduce the daily nuisance-factor of BPH. Here are a few lifestyle changes to try:

- Reduce your intake of fluids, particularly after dinner.

- Limit your intake of alcohol and caffeine, and avoid them after mid-afternoon; both are diuretics that in-

crease urine flow.

- Avoid medications that stimulate muscles in the bladder neck and prostate, such as pseudoephedrine and other decongestants.

- Avoid medications with anticholinergic properties that weaken bladder contractions. Antihistamines such as diphenhydramine are the most common offenders. Various antidepressants and antispasmodics have similar properties.

- If you're taking diuretics for high blood pressure or heart problems, take it in the morning when you first wake up. Also ask your doctor if you can reduce the diuretic dose.

- Never pass up a chance to use the bathroom, even if your bladder does not feel full. Take your time, so you empty your bladder as much as possible.

- When you are in new surroundings, learn the location of the bathroom before you really need it.

- Make your nighttime trips to the bathroom easy and safe. Be sure there is enough light to see where you're going. Avoid bright light that jolts you awake, making it hard for you to get back to sleep. Be sure there are no electrical cords, telephone wires, loose rugs or stray ob-

jects that might trip you up.

If you can live comfortably with BPH, do it. But if your symptoms are too bothersome, you have a few medications to choose from:

- Alpha-blockers relax smooth muscle cells in the prostate and bladder. The older drugs, terazosin and doxazosin can cause dizziness by lowering the blood pressure too much in some men with BPH. The newer drugs, tamsulosin and alfuzosin have much less effect on blood pressure. All these medications act within weeks, and about 70 percent of men with BPH improve. Side effects may include nasal stuffiness, headache, dry mouth, and decreased ejaculation (less likely with alfuzosin).

- Hormone blockers, finasteride and dutasteride, actually shrink the size of the gland. These drugs work slowly—over six months or longer—

and they are only helpful for men with rather large prostates. Side effects may include decreased sexual function.

- Combination therapy with an alpha-blocker and a hormone blocker may reduce the risk of complications for men with moderate or severe BPH.

(Harvey B. Simon, M.D. is an Associate Professor of Medicine at Harvard Medical School and a member of the Health Sciences Technology Faculty at Massachusetts Institute of Technology. He is the founding editor of the Harvard Men's Health Watch newsletter and author of six consumer health books.)

(For additional consumer health information, please visit www.health.harvard.edu.)

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Fall—2008 Schedule

Sept 4	Estate & Legal Matters	Cheryl Trachten, Barker Emerita LLC
Sept 8	Your Legacy: I to Who to Me	Jean Humphrey, Johnson County SkillBuilder
Sept 15	Computer Skills Forum	Mary Gaudin, retired business teacher
Sept 25	Going on with Life	A panel led by Laura Kaiser with Hospice Care
Oct 2	Brighten Your Home with Winter Gardening	Jennifer Smith, Douglas County Extension Office
Oct 9	Maintaining Your Home	Al Hayes, Hayes Remodeling
Oct 16	Car Care	Richard Berg, Westside OE
Oct 23	Home Security and Personal Safety	Gary Spitzer, Douglas County Sheriff's Office
Oct 30	Managing Your Money	Steve Hamilton, KSR Financial Services
Nov 6	Healthy Eating for One	Discussion led by Rosemary Kay, Volunteer
Nov 13	Coping w/ Special Occasions	Doree Flary, Social Worker with Hospice Care
Nov 20	End of Session Potluck	All Welcome

Thursdays, Sept 4—Nov 20, 2008

LAWRENCE PUBLIC LIBRARY

707 Vermont

10:00am to 11:45am

Although sessions are designed for widowed persons and caregivers, anyone is welcome. No pre-registration necessary. No charge. Refreshments provided.



This program has been funded by the Community Impact Grant through the United Way of Douglas County and is presented by Douglas County Visiting Nurses, Rehabilitation and Hospice Care, the Lawrence Public Library and Douglas County Senior Services (DCCSS).

A special thank you to all of our presenters & their employers for volunteering their time & talent.

FREE ON-TO-BUS TRANSPORTATION PROVIDED BY BCS 785-242-0542

Questions? - Call Sarah at Douglas County Visiting Nurses, Rehab & Hospice - 785-242-2728

We're Celebrating 20 Years!



We will be having a **FREE** Bingo Birthday Party, including a **FREE** Balance Clinic on Tuesday, September 23, from 2-4 pm.

Please call 785-232-8524 or 785-506-3715 for more information.



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Editor's Note: While every attempt has been made to ensure the accuracy of the events listed below, 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 Groenhagen at (785) 841-9417.

ART/ENTERTAINMENT

SEP 6-27

OUTLAW, A WESTERN COMEDY

Saddle up your horses and return with us to the Pioneer West for a comedy unlike any we've ever produced before. A young Canadian homesteader traveling far from home finds himself accused of murder in the state of Kansas in 1871. With only his wits to defend himself, he turns the law of the land—and the men hell bent on enforcing it—upside down. This authentic western is a unique and quite funny take on the days when guns were the law. Topeka Civic Theatre.
TOPEKA, (785) 357-5211
<http://www.topekacivictheatre.com>

SEP 12

LAURIE ANDERSON "HOMELAND"

HOMELAND is a multimedia response to Anderson's own thoughts and reactions in post-Sept. 11 New York City. The work uses the synthetic language of technology and the sensuous language of song writing and poetry to capture Anderson's compound reply. Lied Center.
LAWRENCE, (785) 864-2787
<http://www.lied.ku.edu>

SEP 13

ENSEMBLE GALILEI WITH NPR'S NEAL CONAN

Unique performance examines personal experience of public accomplishment on a global level. Multimedia collaboration with narration by NPR's Neal Conan, Celtic and evocative music by Ensemble Galilei and projections and footage of National Geographic Image Collection. Features Conan reading excerpts from the journals of celebrated explorers including Jacques Cousteau, George Mallory and Charles Darwin and writers such as Jim Harrison. Lied Center.
LAWRENCE, (785) 864-2787
<http://www.lied.ku.edu>

SEP 21

THE VELVETEEN RABBIT

The Velveteen Rabbit, based on Margery Williams' 1922 classic tale about the enduring power of love. Lied Center.
LAWRENCE, (785) 864-2787
<http://www.lied.ku.edu>

SEP 26

ALEXANDER STRING QUARTET AND BRANFORD MARSALIS

Alexander String Quartet (ASQ) renowned for extraordinary interpretations of classic composers. Lied Center.
LAWRENCE, (785) 864-2787
<http://www.lied.ku.edu>

OCT 4

"BOLD, ELEGANT, SUBLIME" BRAHMS SYMPHONY NO. 2

"Bold, Elegant, Sublime" Brahms Symphony No. 2; Mozart Horn Concerto No. 3, David Everson, Horn; performed in White Concert Hall at Washburn University. Season tickets and single tickets available. Call for more information. White Concert Hall.
TOPEKA, (785) 232-2032
<http://www.topekasympphony.org>

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 NEW
HAMPSHIRE ST., LAWRENCE, 2:00 PM
BABCOCK PLACE, 1700 MASSACHUSETTS ST.,
LAWRENCE, 3:00 PM

THIRD WEDNESDAY OF EACH MONTH

BRANDON WOODS, 1500 INVERNESS DR.,
LAWRENCE, 10:30 AM
PRAIRIE COMMONS, 5121 CONGRESSIONAL

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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.)

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1126 Hilltop Drive, Lawrence
Email: harborhouse@sunflower.com

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■ CONTINUED FROM PAGE 18

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

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TOPEKA, (785) 354-5225

SEP 4
SKILLBUILDERS: ESTATE & LEGAL MATTERS
Presented by Cheryl Trenholm, Barber Emerson L.C, sponsored by Douglas County Visiting Nurses, Rehabilitation and Hospice Care, the Lawrence Public Library and Douglas County Senior Services, and funded by the Community Impact Grant through the United Way of Douglas County. Although session is designed for widows, widowers and caregivers, anyone is welcome. No pre-registration necessary. Free. Refreshments provided. Lawrence Public Library, 10:00 a.m.
LAWRENCE, (785) 843-3738

SEP 9
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. Lawrence Memorial Hospital, Meeting Room A, 9:00-10:30 a.m.
LAWRENCE, (785) 749-5800

SEP 11
ROADBLOCKS AND DETOURS IN RECOVERY AFTER STROKE
Gerontology Faculty Colloquium Series. Presented by Randolph Nudo, Director, Landon Center on Aging, KU Medical Center, 2094 Dole Human Development Center, University of Kansas, 4:00 p.m.
LAWRENCE, (785) 864-4130

SEP 11
SKILLBUILDERS: YOUR LEGACY - I TO WE TO ME
Presented by Jean Humphrey, Johnson County Skillbuilder, sponsored by Douglas County Visiting Nurses, Rehabilitation and Hospice Care, the Lawrence Public Library and Douglas County Senior Services, and funded by the Community Impact Grant through the United Way of Douglas County. Although session is designed for widows, widowers and caregivers, anyone is welcome. No pre-registration necessary. Free. Refreshments provided. Lawrence Public Library, 10:00 a.m.
LAWRENCE, (785) 843-3738

SEP 13
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. Lawrence Memorial Hospital, Meeting Room A, 9:00-10:30 a.m.
LAWRENCE, (785) 749-5800

SEP 18
SKILLBUILDERS: COMPUTER SKILLS FORUM
Presented by Mary Gauthier, retired business teacher, sponsored by Douglas County Visiting Nurses, Rehabilitation and Hospice Care, the Lawrence Public Library and Douglas County Senior Services, and funded by the Community Impact Grant through the United Way of Douglas County. Although session is

designed for widows, widowers and caregivers, anyone is welcome. No pre-registration necessary. Free. Refreshments provided. Lawrence Public Library, 10:00 a.m.
LAWRENCE, (785) 843-3738

SEP 25
I CAN COPE, TOPIC "LEARNING ABOUT CANCER"
Presented by oncologist Raonak Ekram, MD & oncology nurse Janice Schwartz, RN, OCN and sponsored by the American Cancer Society and Lawrence Memorial Hospital Oncology Center. This free program gives participants an opportunity to share their concerns with others having similar experiences and to design ways to cope with the challenges that arise from a cancer diagnosis. Guest speakers, videos, printed materials and class discussions provide up-to-date information. Light refreshments will be served. Lawrence Memorial Hospital, Meeting Room A, 5:30-7:30 p.m.
LAWRENCE, (785) 505-2768

SEP 25
SKILLBUILDERS: GOING ON WITH LIFE
A panel led by Laura Kaiser with Hospice Care. Sponsored by Douglas County Visiting Nurses, Rehabilitation and Hospice Care, the Lawrence Public Library and Douglas County Senior Services, and funded by the Community Impact Grant through the United Way of Douglas County. Although session is designed for widows, widowers and caregivers, anyone is welcome. No pre-registration necessary. Free. Refreshments provided. Lawrence Public Library, 10:00 a.m.
LAWRENCE, (785) 843-3738

OCT 2
THE TIMING OF RETIREMENT: LATER AND LATER AND WHY
Gerontology Faculty Colloquium Series. Presented by David J. Ekerdt, Director, Gerontology Center & Professor of Sociology, 2094 Dole Human Development Center, University of Kansas, 4:00 p.m.
LAWRENCE, (785) 864-4130

OCT 2
SKILLBUILDERS: BRIGHTEN YOUR HOME WITH WINTER GARDENING
Presented by Jennifer Smith, Douglas County Extension Office, sponsored by Douglas County Visiting Nurses, Rehabilitation and Hospice Care, the Lawrence Public Library and Douglas County Senior Services, and

funded by the Community Impact Grant through the United Way of Douglas County. Although session is designed for widows, widowers and caregivers, anyone is welcome. No pre-registration necessary. Free. Refreshments provided. Lawrence Public Library, 10:00 a.m.
LAWRENCE, (785) 843-3738

EXHIBITS/SHOWS

APR 5-OCT 26
ALL ABOARD!!! A CENTURY OF RAILROADING IN JACKSON COUNTY
See model trains and fashions from 1860 to 1960! Discover and learn about railroading in Jackson County, Kansas. Model trains and fashions on display! Roebke House Museum. HOLTON, (785) 364-4991
<http://www.holtonks.net/jchs>

SEP 4 & 5
LEAVENWORTH'S FIRST CITY ANTIQUES SHOW & SALE
Antique dealers from several states with furniture, jewelry, silver, glass and more. 123 S Esplanade. LEAVENWORTH, (913) 651-5273
<http://www.steviesantiques.com>

SEP 6 & 7
HASKELL INDIAN ART MARKET
Two-day outdoor market featuring Native American artists from around the country. Artist demonstrations, entertainment and food booths. Haskell Indian Nations University. TOPEKA, (785) 843-6830
<http://www.haskell.edu>

SEP 11-14
POWER OF THE PAST ANTIQUE ENGINE & TRACTOR SHOW
14th Annual Power of the Antique Engine and Tractor Show. Join us in Forest Park, located in Ottawa, Kansas; home of Warner Manufacturing and Union Foundry, a perfect site to see the gas and horse-powered farm implements of the past. Forest Park. OTTAWA, (785) 242-2686
<http://www.powerofthepast.net>

SEP 13
QUILT SHOW
Quilt show at the Heritage Center. LEAVENWORTH, (913) 682-2122

SEP 27-NOV 9
2008 WASHBURN ART FACULTY EXHIBITION
Exhibition featuring artwork by Washburn University art faculty. Mulvane Art Museum. TOPEKA, (785) 670-1124

OCT 4 & 5
MODEL TRAIN SHOW
Annual model train show with operating scale layouts. 819 Commercial St. ATCHISON, (800) 234-1854

OCT 5-31
"YOUR WORLD THROUGH MY EYES" A COLLECTION OF NEW WORKS BY: PHILLIP STEVENS
"Your World Through My Eyes" A Collection of New Works By: Phillip Stevens. Opening: First Friday Night Art Walk October 5, 5:00-8:00 p.m. Show runs through October 31. Gallery Hours: Wed. thru Friday 12:00-4:00 p.m., Saturday 10:00-2:00 p.m.. The Collective Art Gallery. TOPEKA, (785) 234-4254
<http://www.collectiveartgallery.org>

FARMERS' MARKETS
APR 12-NOV 22
DOWNTOWN TOPEKA FARMERS' MARKET
Variety of fruits, vegetables, flowers, meats and crafts. 10th and Topeka Blvd, State Parking Lot. TOPEKA, (785) 286-3515

APR 12-NOV 8
DOWNTOWN LAWRENCE FARMERS' MARKET
The market offers fresh fruits, vegetables, baked goods, flowers and herbs, along with musical entertainment. Tuesdays and Thursdays, 1020 Vermont, 4:00-6:00 p.m. Saturdays, 824 New Hampshire, 7:00-11:00 a.m.
LAWRENCE, (785) 331-4445

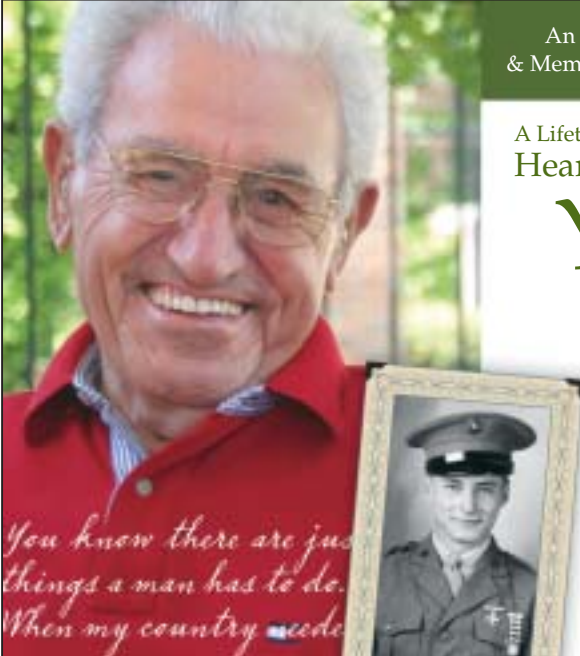
MAY 3-OCT 29
ATCHISON FARMERS' MARKET
Community farmer's market Wednesdays afternoons and mornings on Saturdays. Demonstrations are often conducted on Saturdays. 500 Main St. ATCHISON, (913) 367-0050

■ CONTINUED ON PAGE 20

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Supporting Independence.*

■ CONTINUED FROM PAGE 19

FESTIVALS/FAIRS

SEP 1-OCT 14

KANSAS CITY RENAISSANCE FESTIVAL
Festival features live entertainment, mouth-watering food, fun and activities for the entire family. Has been ranked as 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 5 & 6

GRINTER APPLE FEST
See how the Grinter family lived, and enjoy the many booths, food and fun things to do for the entire family. The Grinter House & Visitors Center. KANSAS CITY, (913) 299-0373
http://www.kshs.org

SEP 7

FALL ARTS & CRAFTS FESTIVAL
Annual festival presenting handmade crafts and original artwork by more than 150 artists and crafts. South Park. LAWRENCE, (785) 832-7930

SEP 12 & 13

FIRST CITY FESTIVAL
Celebrate with the founding of Leavenworth, the first city in Kansas. Food, children's activities, entertainment, art, quilt shows, music and fireworks over Missouri River. Historic Riverfront Downtown. LEAVENWORTH, (913) 682-2313
http://www.leavenworthmainstreet.com

SEP 19-21

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) 242-7181
http://www.olmarais.com

SEP 20

2ND ANNUAL TUSCANY HARVEST FESTIVAL
Our third Annual event features live music, light hors d'oeuvres and a grape stomp! Reservations required. HOLTAN, Campbell Vineyard & Winery
http://www.campbellwinery.com

SEP 20

PAXICO BLUES FESTIVAL
Small town festival with big city energy featuring Kansas City-based blues artists and great food! Downtown. PAXICO, (785) 636-5520

SEP 20 & 21

CIDER DAYS
This is a celebration of life long ago when things were simpler. Cider Days is one of NE Kansas' most popular arts and craft show. Plenty of freshly pressed apple cider and living history demonstrations. Kansas Expocentre. TOPEKA, (785) 235-1986

SEP 27

AARON DOUGLAS ART FAIR
Featuring Michelle Levian and other local artists, live music, food and children's activities. It is a celebration of the local artist, Aaron Douglas, and the community that he grew up in. Aaron Douglas Art Park. TOPEKA, (785) 234-1030

SEP 27 & 28

WELLSVILLE DAYS
Wellsville Days celebrates this great little town! From the parade to shopping all the booths, to fun entertainment from the very young to the not so very young, your family will be glad you came to visit! WELLSVILLE, (785) 883-4023
http://www.wellsvilledays.com

OCT 3-5

OZTOBERFEST
A weekend filled with activities for everyone during Oztoberfest. Munchkins from the original movie will be on hand to sign autographs,

catch a production of The Wizard of Oz at The Columbian Theatre and visit The Oz Museum. There will be a Munchkinland inflatable play area for kids, along with food and craft vendors. Wamego's main street is closed during the festival. This several blocks-long festival for Oztoberfest activities such as hilarious hijinks as OZ Jeopardy, Stuff a Scarecrow and Throw a Bucket of Water on the Witch. WAMEGO, (866) 458-8686
http://www.oztoberfest.com

OCT 4

NORDIC HERITAGE FESTIVAL
The sixth annual Scandinavian Festival features Kansas City Scandinavian Dancers, a National Costume Show, Scandinavian food, culture and entertainment. Douglas County Fairgrounds. LAWRENCE, (785) 843-7535

OCT 4 & 5

OKTOBERFEST ARTS & CRAFTS FESTIVAL
Arts and crafts festival with food and entertainment along the downtown pedestrian plaza. ATCHISON, (800) 234-1854

OCT 4 & 5

SANTA FE TRAIL DAYS
Come visit Santa Fe Trail Days in Historic Overbrook. There will be performances and displays of adopted BLM Mustangs from the Midwest Saddle and Burro Club. Crafters, Antique Car and Tractor show, kids activities and lots of food. Take a look at a historical Santa Fe Trail exhibit. The Mountain Men Gun Club will perform both days. Awesome music and entertainment. A Cowboy Mounted Shooting event will draw your attention to the wild frontier. Visit the Web site for more information. OVERBROOK, (785) 453-2185
http://Explore0sage.com

OCT 5

APPLE FESTIVAL
Apple festival celebrating all things apple with live entertainment, annual quilt show, heritage food, petting zoo and lots more. Old Prairie Town at Historic Ward Meade Park. TOPEKA, (785) 368-2437

HEALTH

MONDAYS THROUGH THURSDAYS
FIT FOR LIFE

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

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

FIRST AND THIRD FRIDAYS OF EACH MONTH
HEALTH CHECKS

Blood pressure checks, glucose checks, skin checks, and education on nutrition and weight loss strategies BY Washburn University School

of Nursing Mobile Health Unit. YWCA of Topeka, 225 SW 12th St., south entrance of the building, 9:00 a.m.-1:00 p.m. TOPEKA, (785) 233-1750, EXT. 252

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 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 3

CHOLESTEROL SCREENINGS
These screening events offer a total only cholesterol by fingerstick. No appointment or fasting necessary; just drop in. Please note there may be a wait involved. We are sorry but at this time we are not offering a full lipid panel test option. \$5/test. Lawrence Memorial Hospital, Atrium, 8:30-10:30 a.m. LAWRENCE, (785) 749-5800

SEP 6

BONE DENSITY SCREENING
Advanced appointment required. Appointment takes about 20 minutes and includes education about osteoporosis prevention as well as the screening. Individual appointment times must be selected. Note: this is NOT the same as a DEXA scan which is ordered by a physician and is done through Radiology. Lawrence Memorial Hospital, Meeting Room D, 9:00-11:00 a.m. LAWRENCE, (785) 749-5800

SEP 11

BONE DENSITY SCREENING
See September 6 description. Lawrence Memorial Hospital, Meeting Room D, 9:00-11:00 a.m. LAWRENCE, (785) 749-5800

SEP 15

BONE DENSITY SCREENING
Twenty minute screenings for Osteoporosis. Lawrence Memorial Hospital, Meeting Room D, 1:00-3:00 p.m. LAWRENCE, (785) 749-5800

SEP 20

LMH ANNUAL HEALTH FAIR
Free health screenings (may include vision, hearing, prostate physical exam, oral cancer plus more) are provided by members of our medical and hospital staff and other area health professionals. In addition, a comprehensive blood work profile is available for the nominal price of \$30 (\$40 for males who want the PSA test) if registered by 9/12. After that blood work is available for \$40 (\$50 with PSA). There will be refreshments and health related exhibits by many LMH departments and local not-for-profit support agencies. 7:30-10:30 a.m. LAWRENCE, (785) 749-6179

OCT 1

CHOLESTEROL SCREENINGS
See September 3 description. Lawrence Memorial Hospital, Atrium, 3:00-5:00 p.m. LAWRENCE, (785) 749-5800

HERITAGE/HISTORY

JUN 7-OCT 25

HISTORIC DOWNTOWN LAWRENCE WALKING TOURS
Downtown Lawrence, Inc. (DLI) is offering walking tours on Saturday mornings. The

walking tours will be led by KU School of Architecture and Urban Design students and will focus on the history and architecture of Downtown. Tours will depart from the Farmer's Market at 9:00 a.m. and return to the Farmer's Market at 10:00 a.m. Three different tours will be offered in rotation with each focused on specific aspects of Downtown history and architecture. Fee, children 12 and under free. Space is limited. Advance reservations are recommended. LAWRENCE, (785) 842-3883
http://www.downtownlawrence.com

SEP 26-28

6TH ANNUAL BALD EAGLE RENDEZVOUS
The Bald Eagle Rendezvous is a 19th century fur trade living history encampment at Lecompton's scenic Bald Eagle River View Park, located on the bluffs of the Kaw River. Modern day reenactors attired in period clothing portraying a mountain man, plainsman, and traders will do demonstrations while living in period lodges and tents. Demonstrations include campfire cooking, hide tanning, flint and steel fire starting, beadwork, scrimshaw, gunsmithing, and tomahawk and knife throwing. This free event is perfect for the whole family! LECOMPTON, (785) 887-6520
http://kshs.org/places/constitution

SEP 27 & 28

WILD WEST SHOW & BULLWHACKER DAYS
Wild West Show and Bullwhacker Days celebrates the Old West. Numerous kids activities, including panning for 'REAL' gold, an air gun shooting gallery, a rubberband gun gallery and leather stamping make this an event for the whole family. Meet cowboys as they tell their stories about what life was like on the trail. Activities may include 19th-century music, an old time photo gallery and performances recreating the excitement of the Old West. Mahaffie Stagecoach Stop and Farm Historic Site. OLATHE, (913) 971-5111
http://www.olatheks.org/Mahaffie/About

MEETINGS

FIRST AND THIRD MONDAY OF EACH MONTH

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

FIRST AND THIRD MONDAY OF EACH MONTH

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

FIRST AND THIRD MONDAY OF EACH MONTH
CAREGIVER SUPPORT GROUP

Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders. Please join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services, Inc. Douglas County Senior Services, Inc., 745 Vermont St., 2:15-3:45 p.m. LAWRENCE, (785) 842-0543

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

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

TUESDAYS

GRIEF & LOSS SUPPORT GROUP

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

■ CONTINUED ON PAGE 21

■ CONTINUED FROM PAGE 20

TUESDAYS

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

**FIRST AND THIRD TUESDAY 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 at for more information. Pozez 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

**FIRST WEDNESDAY OF EACH MONTH
GRIEF SUPPORT GROUP**

Douglas County Visiting Nurses, Rehabilitation, and Hospice Care and Alterra (formerly Windsor of Lawrence) hold a grief support group open to all on the first Wednesday of each month from 2:00-3:00 p.m. at Alterra at 3220 Peterson Road. For any questions, call Steve Satterfield, Hospice Chaplain.
LAWRENCE, 785-843-3738

**FIRST WEDNESDAY OF EACH MONTH
BEHAVIORAL SUPPORT GROUP**

Sponsored by Douglas County Visiting Nurses and Hospice and led by Chaplain Steve Satterfield. Meetings are held at the Windsor Assisted Living Center from 2:00-3:00 p.m. The public is welcome to join members at all meetings. The topic for the October 3 meeting is "Preparing for the Holidays." The topic for the November 7 meeting is "Remembering Our Veterans." For more information, call Sarah.
LAWRENCE, (785) 841-3738

WEDNESDAYS AND SUNDAYS

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

Members of O.U.R.S. have met to dance since 1984. The group meets to dance from 2:30-4:30 p.m. on Wednesdays, and from 6:00-9:00 p.m. on Sundays at the Eagles Lodge.
LAWRENCE

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 one to join us. Call Gillian at 841-5300 for more information. Located in The Smith Center, 1501 Inverness Drive, Lawrence. 10:30 a.m.

**SECOND AND FOURTH TUESDAY OF
EACH MONTH
CAREGIVER SUPPORT GROUP**
Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders. Please join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services, Inc. Douglas County Senior Services, Inc., 745 Vermont St., 6:30-8:00 p.m.
LAWRENCE, (785) 842-0543

**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

**SECOND SATURDAY OF EACH MONTH
HAPPY TIME SQUARES SQUARE DANCE
CLUB**
Meets at First United Methodist Church-West Campus, 867 Hwy 40 (1 block west Hwy 40/K10 Bypass). Plus: 7:30-8:00 p.m., Mainstream 8:00-10:00 p.m. Contact Frank & Betty Alexander. Fall Happy Time Squares lessons will begin at 7:00 p.m. Monday, Sept. 15 at Centenary United Methodist

Church, 245 N. Fourth St. The first three lessons are free. For information, contact David and Barbara Neff, 843-8966, Frank and Betty Alexander, 843-2584 or e-mail dbneff@sunflower.com
LAWRENCE, (785) 843-2584
www.happytimesquares.com

**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 AND CAREGIVER
SUPPORT GROUP**
Strengthening family relationships and improving positive parenting skills. Meets from 6:30-8:00 p.m. at St. Francis Hospital, 2nd floor meeting rooms. Child care available with 48 hours notice.
TOPEKA, (785) 286-2329 or (785) 231-0763

**THIRD WEDNESDAY OF EACH MONTH
RETIRED GOVERNMENT EMPLOYEES**
The Lawrence chapter of the National Active and Retired Federal Employees (NARFE) meets the third Wednesday of each month at Conroy's Pub, located at 3115 W 6th in Lawrence. Lunch begins at noon and is followed by a program and business meeting. NARFE's mission is to defend and gain benefits that retired career government employees earned. Employees from all branches of government are welcome and encouraged to attend. For more information, please call John or Linda Surritte.
LAWRENCE, (785) 856-0558

**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

**THIRD THURSDAY OF EACH MONTH
CAREGIVER SUPPORT GROUP**
Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders. Please join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services, Inc. Baldwin City Public Library, 800 7th St., 2:00-3:30 p.m.
BALDWIN CITY, (785) 842-0543

**THIRD SATURDAY OF EACH MONTH
TOPEKA WIDOWED PERSONS BRUNCH**
For all widowed people. Meets at the First United Methodist Church, 6th and Topeka Blvd. in the red brick building, known as the Sweet Building on the Southwest corner of the campus. Please bring a covered dish to share. Beverages and table service provided. For more information about the Widowed Persons Service Program, please call Julie.
TOPEKA, (785) 357-7290

**FOURTH TUESDAY OF EACH MONTH
LAWRENCE PARKINSON'S SUPPORT
GROUP**
PIONEER RIDGE ASSISTED LIVING LIBRARY
4851 HARVARD, LAWRENCE, 6:30 PM
(785) 344-1106

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

**FOURTH WEDNESDAY OF EACH MONTH
CAREGIVER SUPPORT GROUP**
Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders. Please join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services, Inc. Eudora Community Center, 1630 Elm, 1:00-2:30 p.m.
LAWRENCE, (785) 842-0543

**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>

**FOURTH FRIDAY OF EACH MONTH
RETIRED GOVERNMENT EMPLOYEES**
The Topeka chapter of the National Active and Retired Federal Employees (NARFE) meets on the fourth Friday of each month (except Nov. and Dec.) at Aldersgate Village, 7220 SW Asbury Drive, Topeka. Buffet lunch begins at noon followed by a program/speaker and business meeting. NARFE's mission is to represent government employees, active and retired, before Congress. Employees from all branches of federal government employment are welcome, and encouraged to attend. For information, call Jim Miller.
LAWRENCE, (785) 478-0651

**SEP 22
AARP CHAPTER 1696**
AARP Chapter 1696 will meet at 11:00 a.m. at the Lawrence Country Club. Lunch served at 11:30. The program topic will be "Should Kansas patients have access to new medical cures?" Guest speaker will be Brad Kemp from the Kansas Coalition for Life Saving Cures. Please call Agnes for reservations.
LAWRENCE, (785) 865-3787

MISCELLANEOUS

**SEP 5 & 6
LEAVENWORTH BBQ COOK-OFF**
Sanctioned BBQ cook-off. Also there will be a Backyard BBQ event put on by Ft Leavenworth. FT LEAVENWORTH, (913) 651-6810

**SEP 5-7
33RD ANNUAL HUFF-N-PUFF BALLOON RALLY**
This rally kicks off with a spectacular night illumination followed by two days full of various balloon flights and breathtaking races, which take place in the early morning and evening hours. Free admission, dozens of balloons and concessions. Proceeds benefit the Ronald McDonald Charities of Northeast Kansas. Lake Shawnee. TOPEKA, (785) 554-2003
<http://www.huff-n-puff.org>

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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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SEP 6

GREAT TOPEKA DUCK RACE

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

SEP 27

COMBAT AIR MUSEUM FAST 5K RUN/WALK

Flat course within Forbes Industrial Boundary. TOPEKA, (785) 862-3303

SEP 4-OCT 31

HAUNTED ATCHISON TOURS

Narrated trolley tour featuring ghostly tales about Atchison's historic homes.

ATCHISON, (800) 234-1854 <http://www.atchisonkansas.net>

SEP 7

RETIRE TO THE SUNSET ZOO

Celebrate Grandparents' Day at 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

Hayrack rides through 15-acres of U-pick pumpkins, plus a wide variety of decorative fall items. 1791 N 1500 Rd. LAWRENCE, (785) 843-2459

OCT 4

BLUES & BAR-B-QUE

Fifth annual "Blues & BBQ" will be held at the Lumberyard in downtown Baldwin City from 5-9 p.m. You're invited for an evening of good food and fabulous live music. All proceeds benefit the building fund for The Lumberyard Arts Center. Visit the Web site for more information. BALDWIN CITY, (785) 594-3200 <http://www.lumberyardartscenter.org>

OCT 4 & 5

KAW VALLEY FARM TOUR

Tour local farms. Christmas tree farms, pumpkin patches and special activities for the family. How does the tour work? A charge per car provides you with entrance to farms on both days, tour and activity guidebook with maps for two days of fun and entertainment. LAWRENCE, (785) 843-1409

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130 SW Frazier Circle | Topeka, KS 66606 | Phone: 785-232-2044 | www.midlandcare.org

The Vigilance Corps

Sheriff Beufford "Bo" Benson never found out how Tad Tidwell's Vigilance Corps scuttled his re-election campaign. Sheriff Benson had been Kigamee County's chief law enforcement officer for the past 16 years, and he wanted to make it an even 20 years before he turned in his badge.

Years before, Bo Benson had beat Sheriff Levi "Trot" Pepperdine by running a respectful campaign.

In his stump speech Bo Benson



Larry Day

said that Sheriff Pepperdine was a venerable lawman and a living legend who had put bootleggers in jail and helped keep Kigamee County dry for years after the rest of the state had authorized liquor by the drink. Young Bo Benson's words of praise made Sheriff Trot Pepperdine sound like a stodgy old has been. After he lost the election a bewildered Trot Pepperdine told the *Letongaloosa Weekly Plainsman* that Bo had never spoken a single word against him in the campaign.

For the first four years Sheriff Benson did a good job of law enforcement in Kigamee County. Then during his second term Bo acquired a ranch, some undeveloped suburban property, and an expensive new house in town. That wasn't possible on the salary the county paid him, but most folks said, "Oh, Bo's real frugal," and he won a third term.

Sheriff Benson's campaign for a fourth term went very well until the month before the election. He visited the old folks home and helped

serve lunch for the homeless. He arrested small time drug dealers and put ladies of the night in jail. Bo made news when federal officials let him take part in a sweep that picked up and deported a bunch of foreign farm workers.

Bo's opponent, Tad Tidwell, grew up in Kigamee County but he was considered an outsider because he and his folks had moved to town 25 years ago. Tad had earned an associate's degree in criminal justice from Letongaloosa Community Junior College and was a Letongaloosa police detective.

Late in the campaign, Tad Tidwell's Vigilance Corps turned the election upside down. The Vigilance Corps came about because Tad worked the over night shift and because he liked breakfast. When Tad came off his shift he'd eat breakfast at three or four locally owned cafés every day. In any given week he'd have visited every café in town. He met and talked to the same old guys in the same cafés day after day.

After he decided to run for sheriff he realized that his coffee buddies were a valuable resource. Most of them were veterans and members of fraternal organizations

For Tad it was Organizational Strategy 101. He concocted bylaws and invented secret handshakes and passwords for a society he called the Vigilance Corps. He recruited his pals and organized them into autonomous cells based on the cafés they frequented in the morning. He prepared "dead drops," for their reports. All this was done in secrecy. Tad did everything but provide those guys with secret decoder rings.

Vigilance Corps member Maximo Perez dealt the first serious blow to Bo Benson's campaign. Maximo had retired from the county registrar of



When a plugger gets down and dirty.

deeds office. He poked around and found some highly suspect paperwork on Bo Benson's ranch and suburban properties. He put that information in a Vigilance Corps dead drop. A week later Tad Tidwell presented Maximo with the Vigilance Corps' Order of the Purple Shaft award in a quiet ceremony in the back room of Henry's Diner.

Uncle Bob Mitford provided the *coup de grâce* to Sheriff Benson's campaign. Uncle Bob had been the janitor at the county jail for more than 30 years. In the awareness of Bo and his deputies, Uncle Bob might have been a straight backed chair. Sheriff Benson blamed everyone in the county except Uncle Bob for leaking details about under the table payoffs he had accepted. For his service Uncle Bob won the Vigilance Corps' highest honor, the Order of the Pie-eyed Platypus. When he be-

came sheriff Tad Tidwell made Uncle Bob a deputy.

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

WORDS OF WISDOM

"The best way to make your dreams come true is to wake up." - Paul Valery

"It takes a lot of time to be a genius, you have to sit around so much doing nothing, really doing nothing." - Gertrude Stein

"Since it doesn't cost a dime to dream, you'll never shortchange yourself when you stretch your imagination." - Robert Schuller

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Reverse

What is a reverse mortgage? It's a special type of loan that enables individuals, age 62 or older, to convert some of their home's equity into tax-free* cash.

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* Consult a tax advisor. Loans subject to approval.

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Mortgages

What are some of the benefits? Cash advances can be made for any purpose. Upon approval, the homeowner can elect to receive lump sum or monthly distributions, a line of credit, or a combination; all with no monthly payment.

For more information on the many advantages of a Reverse Mortgage, call Shelby Lathrom at 838-9400.



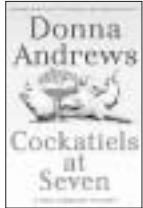
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History, mystery, art, music, and archeology

By Margaret Baker

As we settle into the fall schedules, there are some books for education and enjoyment!

Donna Andrews: *Cockatiels At Seven* (Thomas Dunne Books, 978-0-312-37715-1) *Mystery, modern* Avian pun in the title; a dust jacket that promises humor—YES! A new



Meg Langslow mystery from Donna Andrews! Meg and Michael have returned from their honeymoon when Meg's old friend Karen drops by and asks them to watch t w o - y e a r - o l d

Timmy "just for a little while." Karen doesn't return, and Meg wonders if Karen is fleeing bad guys—or is one of the bad guys.

Andrews can make zany characters seem plausible without being over the top. She, like her characters, is funny without being nuts.

Good plot, laugh-out-loud episodes—Andrews at the top of her game. And that's high enough to require a parachute.

Rick Blechta: *A Case of You* (RendezVous Press/Napolean & Company), 978-1-894917-68-1) *Mystery, modern jazz scene*

All right, life is real, life is earnest, as the poet said, so let's look at a darker work.

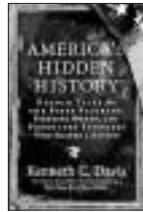
Andy Curran is a drummer in a struggling jazz trio. To boost the audience the Toronto pub has an open mike one night a week. Olivia Saint, apparently a street person, sings. Her voice seems to know your soul.

Their audience grows, but they know very little of their songster. Without warning, she isn't there. Andy feels responsible and begins to search. That search leads to a old unsolved murder.

Kenneth C. Davis: *America's Hidden History* (Random House Audio Books, ISBN 978-0-7393-3445-4) *History, read by Sam Field on 6 cds. Also in print form*

Here's a well-written history that may surprise you. For instance, who do you think established the first colony on the continent? Not military forces, but families establishing a sustainable community? French

Huguenots, whose community, Fort Caroline, predates both Jamestown and the St. Bartholomew massacre!



The Spanish literally exterminated the entire colony and renamed it in an early case of genocide.

This history covers the colonial period up to the establishment of our present constitution, and will be an eye-opener for all except those with doctorates in the field.

Mary Saums: *Mighty Old Bones* (St. Martin's Minotaur, ISBN 978-0-312-36064-3) *Mystery, modern*

You might want to stay in that historical mood when you read this, the second in the Thistle and Twig series.

Jane Thistle is a Welsh widow of an American OSS general who retires to Tallulah, Alabama. She's urban, a nature lover, and a bit psychic. Local Phoebe Twig, retired school teacher never saw a reason to go behind Tallulah. These two women "of a certain age" are opposites—which, of course, attract.

Jane has bought a home in the nearby woods bordering the national forest, considerably expanded by inheriting a much larger tract from a taciturn loner who knew Jane would defend his beloved land from tract developers and the like.

While on a walk, Jane and Phoebe find a site Jane recognizes as an ancient burial. Jane calls in an archeological friend. The bones are hundreds of years old—and they are Caucasian.

There is a good deal of paranormal activity which Saums makes quite believable as she develops the characters of these lovable, lively (well, sort of) people.

Mary Ann Shaffer and Annie Barrows: *The Guernsey Literary and Potato Peel Pie Society*. (Random House Audio Books, ISBN 978-0-7393-6843-5, read by five on seven cds. Also available in print from Random House) *Historical fiction, WWII, Britain*

The Nazi army captured the Channel Islands early in WWII. The islands were effectively cut off from the outside world for five years

An impromptu effort to avoid arrest after curfew results in the title reading group. Reading and discussing books becomes a way of retaining their equilibrium during an

increasingly harsh occupation.

Now, in the first year after the war, the children who had been sent away



for safety have returned home and life is slowly returning to normal.

Author Juliet Ashton has been in correspondence with the members. That correspondence on both sides results in the multi points of view and is the reason for five different readers on the audio version.

Funny, sad, heroic, these letters show the island's nature and the diverse personalities people bring to life's crises.

One of the best books of the year—or any year.

Marion Moore Hill: *Death Books A Return* (Pemberley Press, ISBN 978-0-9771913-6-9) *Mystery, modern*

Wyndham, Oklahoma, librarian Juanita Wills is researching local history when she comes across an unsolved murder from 1959. Racial tensions were high during initial desegregation when a black high school track star made the all-white team. Girls, even the white ones, admired him. That made him a target. His death has not been solved. Many townsfolk prefer it remain that way.

Racial tensions don't disappear overnight. Both sides of the racial divide distrust the other, making it difficult for Juanita Wills to complete her investigation.

A sensitive subject handled well.

Ben Rehder: *Holy Moly* (St. Martin's Minotaur, ISBN 978-0-312-35754-2) *Caper*

The backhoe operator preparing the ground for the televangelist's

new mansion uncovers a fossil. Not just any fossil, but the skull of a smallish dinosaur. Other bones have been found in other locations, but no skulls. Very valuable. Remember the one that brought \$7 million in auction?

Money like that brings out the greed in a lot of people, and when the backhoe operator is found dead under the machine, a lot of people want that skull. Where the dickens is it?

An author of lesser skill would have flat stereotypical characters. Instead, this is a fast-paced chase book, reminiscent of Donald Westlake's Dormunder series with a touch of Carl Hiaasen's Florida adventures!

Jonathan Santlofer: *The Murder Notebook* (Wm. Morrow, ISBN 978-0-06-088204-4) *Police procedural*

Nate Rodriguez, NYPD forensic artist (Santlofer is one in real life, and has examples of the skills interspersed throughout) is working on a murder case. He is looking for the commonality with some other cases when he comes upon a most unusual motive.

This novel examines the possibility of intentionally subjecting soldiers and/or prisoners to medical experimentation, a topic unfortunately true in the past. Thus, this book may be too gruesome for many readers. This book is fiction, but Santlofer adds an appendix with history of actual cases within our memory.

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

Kansas History Book Reprints



Richard Cordley's ***A History of Lawrence, Kansas: From the First Settlement to the Close of the Rebellion*** (1895)



Edward Everett Hale's ***Kansas and Nebraska: the History, Geographical, and Physical Characteristics, and Political Position of those Territories; an account of the Emigrant Aid Companies and Directions to Emigrants*** (1854)



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Mamma Mia! Why doesn't somebody take a breath!

By Esther Luttrell

"Mamma Mia!"

Starring Meryl Streep, Pierce Brosnan, Julie Walters, Christine Baranski, Amanda Seyfried.

The tale of a bride-to-be trying to find her real father, told in songs made popular by the '70s musical group, ABBA.

To quote Roger Ebert in his review of this movie made from the hit Broadway (actually worldwide) play of the same name, "I may sound like a grouch at a party, but—"

It's that "but" business we need to talk about.

I keep begging for decent movies, then I review one and I'm grumpy because they are, for the most part, simply awful. "Decent" does not necessarily equate to "good movie viewing."

The plot isn't too hard to follow. Donna (Meryl Streep) has lived the life of a single mom, raising a daughter, Sophie (Amanda Seyfried), and running an inn on a Greek Island. Matronly by this stage of her life, she was a wild one in her younger years, evidenced by the fact that her 20-year-old daughter has no idea who her father is—though she intends to find out. Aided by the discovery of her mother's old diary, she invites three likely candidates to attend her wedding. Her mother has no idea she's done this, of course. The quest-to-find-poppa is conveyed in song, and the whole thing bored me from my brain to the portion taking up a theater seat in a crowd of about 10 attending the movie's opening night.

The film will make a fortune. A multitude of ticket buyers will flood theaters and come out grinning ear-to-ear. I'm happy for them. But for me, from the moment Sophie met her girlfriends at the dock, as they ar-

rived for her wedding, I cringed. Sophie's eyes popped, her mouth made a gigantic "O" (that's about 10 feet of "O" up there on the screen). The frantic effort to demonstrate what a wonderful time they were having had begun. Streep sang her heart out, but she looked too antiquated to behave like a loopy teen. Her women-friends, whose features were nearly obliterated by a ton of make-up, mugged and pranced around in a whirl of maneuvers designed to prove how vivacious they still can be. It was exhausting. No matter that Pierce Brosnan can't sing; a screen filled with senior citizens suffering ADD does not make for merry movie going, in my view. Mostly I was disappointed by the lack of chemistry between the characters. They simply bounced and hopped, jumped and soared, shouting out songs strung together like BVDs snapping around on a clothesline. Which brings me to the subject of costuming. Let me just tell you words like gaudy and rhinestones and belly-buttons. Old belly-buttons. Maybe I don't need to say more.

Some may say, "Well, it's a musical; there's no real depth in a musical." But I counter with reminders



(L to R): Julie Walters as Rosie Rice, Meryl Streep as Donna Sheridan and Christine Baranski as Tanya Chesham-Leigh

of "Fiddler on the Roof" and even "Yankee Doodle Dandy." Musical or no musical, "Mamma Mia!" wore me out.

DVD PICK OF THE MONTH:

Once again, this month's DVD is a videotape. If you still have a machine that can play tapes, I highly recommend "Command Decision" from 1949, starring an all-male cast

that includes Clark Gable, Van Johnson, Walter Pidgeon and Brian Donlevy. No ordinary WWII movie, this one examines war from the point of view of those in high command. One of Gable's strongest performances.

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

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Relationship with God grows with communication

Several years ago a doctor asked an old Christian woman, "If I requested money from God, would he give it to me?" The old woman responded with another question: "If they introduced the president of the nation to you, would you request

spoke to God with the same words of God as they are in the writing. This is the language of the sentence that God delights in answering.

Jorge Müller conversed with God like very few men have in history. Through Müller God took care of thousands of orphans. In spite of the tremendous financial responsibilities that he had, Müller never talked to other people about his necessities. As the economic pressures were carried to an extreme, they only further motivated Müller to pass more time in intimate conversation with God. Consider what Müller said about his moments alone with God: "I begin to meditate in the new early Testament in the morning. I invariably encounter that after some minutes of meditation, my soul is guided to confession, to action of thank you, to intercession or petitions."

The communication is the key of all relationships. Our relationship with God can only grow when in prayer we communicate to our God by adoration, confession, petitions, intercession and action of thankfulness, and when we listen to his voice through the daily study of the Bible.

How well do you know God? How intimate is your relationship with Him? Müller could go to God like a great friend and request from Him for his necessities, knowing that somehow God would replace them. Would you be able to make the same thing, are you a friend of

God or only an acquaintance? Make friends with God—I assure you that it is a touching experience. Why not attempt it?

- Reverend Alfonso Orantes is with the Lawrence Faith Foursquare Church. For more information, please call (785) 979-0041,



Reverend Alfonso Orantes

money from him immediately?" "No, I would wait to know him better," the doctor answered. "Good," the woman concluded, "you will have to know God better before hoping He will answer your request."

In the Bible God speaks to us. In prayer we speak to God. The reading of the Bible and the prayer are like braided threads that form the cord of the intimate communion between God and us.

I advise you to read the huge prayers of Moses, Nehemiah, Esdras and Daniel. In their petitions they



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Readers share their thoughts with Pet World

Some of you "purr," while others "hiss." Here's a sampling of your recent comments via e-mail and snail mail:

"Many thanks for your column and for speaking out on the protection of the cat nation. They are truly mistreated animals, disposed of at



Steve Dale

whim, mutilated for the convenience of their owners (declawed). It's just wonderful to find a spokesperson for these voiceless victims. Just wanted you to know we rescuers appreciate your standing up for them. I do cat rescue, which is trap, neuter, return of feral cats. I remove any kittens and cats that seem tame for adoption by working with Connecticut's shelters." - B.S., Windsor, CT

S.D.: It's true there are more cats than dogs. Yet, according to a recent survey from the American Veterinary Medical Association, the average dog sees a vet 1.5 times a year. Cat vet visits have fallen to less than one trip to the vet per year. Shelters are generally filled with cats, not necessarily with dogs. We don't microchip pets often enough in the first place, but when we do, we chip dogs but rarely consider cats. I'm proud to report that I serve on the board of directors of CATalyst, a coalition of veterinary, animal welfare and industry leaders. Our mission is to elevate the status of cats.

"Thank you supporting microchipping for all animals—cats and dogs. Living through the fires here, I

might have lost our pets. Microchipping them may have saved us from being separated forever." - S.C., San Diego, CA

S.D.: You're right. Most pets recovered in emergencies and disasters are reunited as a result of identification. A microchip is permanent and can't fall off or be removed, as a collar and ID tag may be. Of course, cats rarely wear collars anyway.

Also, indoor cats do get out. If you microchip your cat this summer (through August), and register with HomeAgain, you can help all cats. For each cat chipped, HomeAgain will donate money to the Winn Feline Foundation, which supports health research. Learn more at www.winnfelinehealth.org.

"You can make us cat haters look as bad as you want. Face it, the real truth is dogs are man's best friends. Cats don't save people from burning buildings or lead the blind. Cats have minds of their own (and are) deceitful and conniving. Of course, they're not very bright in the first place." - S.G., Cyberspace

S.D.: If I were a betting man, I'd bet you've never been lucky enough to share your life with a cat. It beats me why cats need a PR makeover, but I'll admit you're not alone in your views. Perhaps more dogs have rescued people from burning buildings, but there are many documented instances of cats risking their lives to save people. Indeed, I've yet to witness a 'guide cat,' but just as dogs are good for our health, recent research demonstrates that cats are, too. As for cats being deceitful and conniving, I'm afraid those are traits shared only by humans and other primates. Only an observer ignorant of cats would attribute these characteristics to felines.

"I think you hit the nail on the

head about cats. I have two dogs and one old-lady rescued kitty (14 years old). She is delightful to have around, very unlike the dogs. The dogs chew up our stuff, pee on my patio, or dig in the grass, despite the fact they have full run of the house and a huge back yard with grass, etc. Both have had tick-borne diseases (we got them from the pound) and have cost us tons of money. My kitty, on the other hand, stays strictly indoors, lies at our feet in the evening, meows when she's hungry and does her potty right where she should. She goes to the vet for her shots and checkups but has not cost us until recently when she had her teeth cleaned, and that was not much. She's easy to care for compared to the dogs. Save your money and get a kitty. 'He who dislikes the cat was in his former life a RAT!' Confucius." - W.B., Tucson, AZ

S.D.: Confucius says: Those who rescue animals are heroes. Or, at least I say that. Confucius also says, talk to your veterinarian about an appropriate product to protect your dogs from ticks. While there's no guarantee that tick-borne disease won't occur, using an appropriate product will lessen the odds.

"A few weeks ago, a person wrote in about her dog refusing to sleep on its bed. We found that when our

dog refuses to go on his bed there's a tick someplace on the bed. He somehow either smells the tick or something; he'll sometimes sniff at it while walking/pacing around the bed. We've learned to look for ticks whenever he won't go on his bed." - L.G., Somerset, MI

S.D.: Interesting.

"Can you believe our vet bill for prescription food these days? Listen, at a time when it's getting to be a challenge for us to pay our own food bills—never mind filling our gas tank—the pet food companies are going overboard. At some point soon, something's gotta give. Sadly, it will be the prescription pet food first." - B.D., Fort Lauderdale, FL

S.D.: I understand what you're saying. This is not the only letter I've received expressing anxiety about the increasing cost of prescription diets. One can argue that pet food manufacturers have the same issues to deal with as manufacturers who've hiked prices on our own food. Depending on the reason for the prescription food, another brand might be acceptable but less expensive. Ask your veterinarian.

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

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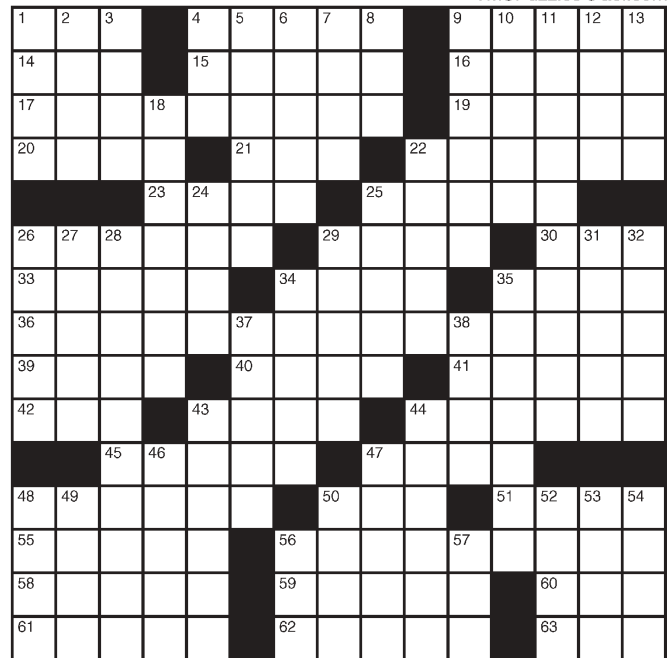
ACROSS

- 1 Night flyer
- 4 Before, before
- 9 Assassinated Israeli P.M.
- 14 Period
- 15 Exhorted
- 16 Wear away
- 17 1989, '90 and '96 Masters champion
- 19 Edible root
- 20 "Little Man ___"
- 21 Recent prefix
- 22 Filled in
- 23 Wild oxen
- 25 Spindrift
- 26 Organic compounds
- 29 ___ corner
- 30 Black shade
- 33 Move smoothly
- 34 British gun
- 35 Actress Spelling
- 36 Masters course
- 39 Profound
- 40 Narrow margin
- 41 Invitee
- 42 Lat. or Lith., once
- 43 1988 champion Sandy
- 44 Hold your ___!
- 45 Wallops
- 47 Persian fairy
- 48 Comic Plaza resident
- 50 Little legume
- 51 Gulp
- 55 City on the Rhone
- 56 1987 champion

- 58 Rock shelf
- 59 Discernment
- 60 Quayle or Forsman
- 61 Curvy letters
- 62 Frock or gown
- 63 Before, before

DOWN

- 1 Grass for greens
- 2 Operatic song
- 3 Diplomacy
- 4 ___ Wiedersehen!
- 5 Nobilo and Beard
- 6 Eyes lasciviously
- 7 Make over
- 8 Tokyo, formerly
- 9 Come back
- 10 Antilles island
- 11 Co-founder of the Masters
- 12 ___ fixe (obsession)
- 13 Dweeb
- 18 Excited
- 22 Dog-tired
- 24 Bellicose deity
- 25 Slander
- 26 Zounds!
- 27 Turns on a pivot
- 28 Youngest Masters champion
- 29 Four-time champion Palmer
- 31 Rub out
- 32 Pinball infractions
- 34 False gods
- 35 Travel industry
- 37 Aromatic herb
- 38 Borodin's prince



By Edgar Fontaine
Dighton, MA

Answers on page 35

- 43 Young girls
- 44 Major suit
- 46 Flexible joint
- 47 As such
- 48 French she
- 49 Caustic substances

- 50 Host before Carson
- 52 Broad
- 53 Star in Bootes
- 54 1935 champion Sarazen
- 56 Inc. in Islington
- 57 Affirmative response

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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 used, you'll have the green number of letters left over. They'll spell out your MAGICWORD.

IN THE REAL WORLD (sol: 10 letters)

B-Balance, Behavior, Being, Bills, Burnout; C-Care, Chores, Competitive; D-Demand; E-Excess, Ethics, Exist; F-Future, Family, Free will; H-Helpful, Human nature; I-Income tax; K-Kindness; L-Life, Live; M-Mortality, Mortgage; R-Reality, Respect, Responsibility; S-Social, Soul, Spiritual, Stress, Study, Survive; T-True, Trust; U-Unselfish; W-Work.

This Month's Answer: **COMPASSION**

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VHCTIEVIVRUSKTT
IOBFUHELPPULIRI
LREFEDNAMEDLNL
HEHROUYEMPAIDSA
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MGVEGAGTROMSEOR
ANIWCTUONRUBSCE
NIOIYMONOCESIS
NERLHSIFLESNUAP
ABALANCETHICSLE
TSIXEVITITEPMOC
UWORXXATEMOCNIT
RYLIMAFAILUREON
EYTLIBISNOPSER

JUMBLE

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

CLAWR
CHUWO
DESEEC
WHERDS

THAT SCRAMBLED WORD GAME
by Henri Ancelet and Miss Angier



WHAT SHE HAD TO DECIDE WHEN SHE SPOTTED THE CHOCOLATE CAKE.

How strange the coded letters to form the surprise dessert. As suggested by the above cartoon.

ANS TO: [] [] [] [] OR [] [] [] [] [] [] [] []

Answers on page 35

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TRIVIALITIES

- 1. Who starred as James Bond in the 2006 film "Casino Royale"?
- 2. Nicole Kidman has been nominated twice for the best actress Oscar. How many times has she won?
- 3. Who won the best actress Oscar in 2003 for her work in "The Hours"?
- 4. Who directed the 2001 film "Moulin Rouge," which starred Ewan McGregor and Nicole Kidman?
- 5. In the 2006 film "Miss Potter," what actress portrayed the title character?
- 6. For what film did Renee Zellweger win the 2004 best supporting actress Oscar?
- 7. Who starred as Velma Kelly in the 2002 film musical "Chicago"?

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Answers on page 35

BRIDGE

The punishment fits the crime

By Omar Sharif and Tannah Hirsch

North-South vulnerable. West deals.

NORTH
 ♠ Q 5
 ♥ Q 7 6
 ♦ Q 9 8 4 2
 ♣ J 10 7

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

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

The bidding:
 WEST NORTH EAST SOUTH
 Pass Pass 2♠ 2NT
 Pass 3NT Pass Pass
 Pass

Opening lead: Two of ♠

Easley Blackwood was wont to say: "If I had a nickel for everyone who misused my convention, I would have been a multimillionaire!" Today, the same thing holds true for weak two-bids at tournament bridge. This deal is from the Bermuda Regional. Sitting South was Mexican internationalist Dr. George Rosenkranz, who won two events, finished second in two others and placed in two more.

Since East held defensive values

and there was no reason why a spade lead would not do more harm than good, we can think of no earthly reason for anyone to want to open two spades at any vulnerability. The rest of the auction was routine.

West led the deuce of spades, and when East failed to cover dummy's queen, the location of the king of spades was marked. Rosenkranz false-carded by dropping the jack of spades. A low diamond to the jack and king was followed by another diamond to the ten, queen and ace. Declarer now had eight tricks, and a ninth came in a most surprising fashion.

East reverted to spades, leading the nine. That should have told partner that declarer held the ten, but the West defender could not believe that East had started with five spades headed by the nine. Apparently reading the return as some sort of suit preference signal, West jettisoned the king of spades when declarer rose with the ace! Suddenly, the ten of spades had become the fulfilling trick!

If William S. Gilbert was looking down from above, he would surely have appreciated the moment.

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

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Solution on page 35

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Scratch is a serious flaw to antique porcelain

By Danielle Arnet

Tribune Media Services

QUESTION: I believe my fruit bowl is at least 100 years old. It is in pretty fair condition. The gold is unworn. Is it sellable? -Ruth, Tucson, Ariz.

ANSWER: Marked "Germany," the



Danielle Arnet

scratches across the surface, probably caused by a utensil scraping the surface. Smart collectors know that scratches of that magnitude are serious flaws.

Buyers assess such bowls by quality of the blank and artistry of decoration. A Dresden blank with hand painted decoration in excellent condition is top-rank, compared to a generic blank with center decal.

Rich color at the edge overpainted with stenciled gold makes this an attractive bowl. Retail, it might sell at \$50 or more. Even with the damage seen, it could go for around \$20.

The problem is finding a motivated buyer. As tastes change, younger buyers view fruit bowls as a "don't need" commodity. To find that buyer, sell online.

QUESTION: My Wyler watch dates back to 1943. It keeps perfect time. Any value? -C.A., Glenburn, Maine

ANSWER: Wyler wristwatches were mid-market items in the late 1930s and '40s. With gold-filled cases and stainless backs, they were utilitarian, as opposed to fashion or luxury.

When it comes to mid-market watches, today's buyer demands all original, from dial to band, case, crystal and back.

About 15 years ago, vintage watch-

es such as this were selling at inflated prices. Now, luxury watches rule and collectibles are not as popular. If in clean, excellent condition and all original, a gold-filled wristwatch retails from \$100 to \$125. This is another case where online is the place to find a motivated buyer.

FYI: "Complete Price Guide to Watches 2008" by Gilbert, Engle and Shugart (Tinderbox Press, \$29.95) has thousands of photos to help ID pocket and wristwatches. Key www.tinderboxpress.com.

QUESTION: When the stage play "Gigi" opened, a friend gave me the original poster from the theater entrance. How can I sell it? -Gloria (Gigi), Rock Island, Ill.

ANSWER: To buy or price posters online, separate film vs. stage. Some sellers handle both, others sell just one kind. Keying www.moviegoods.com, we found both versions for "Gigi." Audrey Hepburn starred in the 1951 Broadway version, Leslie Caron in the 1958 MGM movie. The site offers lobby posters for both, with two versions of the original Broadway poster retailing at \$14.99 each.

But our reader saw the stage play in Chicago, where the cast differed. If the Chicago cast featured popular entertainers of the time with standard careers, value is less than the

Hepburn poster. But if the poster features the very early appearance of someone who went on to become a major star, say a young Gwen Verdon, value zooms. Then the poster might make it into a movie memorabilia auction.

(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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deep bowl seen in an image is indeed from around 1880 to 1900. The factory name on the bottom is from a small pottery, long since defunct or absorbed into a larger firm. Historically, towns and principalities competed in establishing porcelain factories. Bavaria, Frankenthal, Meissen and Bayreuth are but a few.

Fruit bowls were used to serve just that. Hostesses also used them whenever a larger bowl was needed.

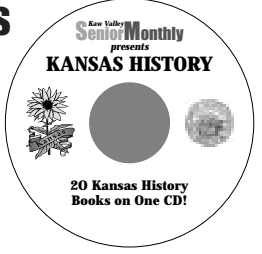
The most desirable were hand painted on quality porcelain blank. In this image, roses covering the bowl inside appear to be a decal. One rose looks to have significant

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To place your ad in the next "Collectibles Marketplace," please call Kevin at 785-841-9417.

A classic sandwich re-imagined on the grill

By Wolfgang Puck

Tribune Media Services

At this time of year, people are always asking me for fresh new ideas they can use to make their outdoor cooking more interesting. Enough weeks have passed since the start of summer that they've grown tired of the same old hamburgers, hot dogs, steaks, chicken breasts, and fish fillets.

So I tell them to grill a BLT sandwich.

When you mention a sandwich off the grill, almost everyone instantly pictures a burger or dog and stop at that. But the same qualities that we all love about those standards, their juicy meat and smoky-tasting exteriors, also make other sandwich fillings - including steak, boneless chicken, and seafood - extra delicious when grilled.

Which brings me back to the story of that bacon, lettuce, and tomato sandwich.

When we first opened Postrio restaurant in San Francisco back in 1989, we had no sandwiches on the menu, because at the time I didn't think they were appropriate for such an upscale dining setting. But our guests kept asking me why, so I began to reconsider.

I knew how popular shrimp dishes were there. We featured them in many pastas and main-course salads. So we began to think about translating elements from some of our most popular shrimp pastas and salads into a sandwich format. We took a few slices of good San Francisco sourdough bread, piled on some baby lettuces, sliced sun-ripened tomato, and crispy smoked bacon. Then we added some quickly grilled shrimp. The result, we realized, had all the appeal of a classic BLT, with the addition of sweet, succulent, smoky grilled shrimp. And along with the mayonnaise that usually makes a BLT taste extra moist and rich, we added a quickly made lemon butter sauce, the perfect complement for the shrimp.

Summer is the perfect time to make this sandwich. You'll find the best tomatoes, firm yet juicy and full of sweet-tart flavor. Of course your grill will be out, ready to fire up and cook the shrimp. (If you like, you can even toast the bread on the grill before you cook the shrimp.)

But even after summer's grilling season has gone, you can still make this sandwich easily. A two-sided electric countertop grill can be used

to prepare the shrimp in half the time, since it cooks them on both sides at once. Widely available fresh Italian-style plum (Roma) tomatoes are generally reliable enough to use at any time of year. And as long as you use a good quality bacon (I like the Applewood-smoked variety), you'll get enough good smoky flavor in every bite.)

So, even in deepest winter, I hope you'll try this recipe and let it bring you a bright taste of summer.

GRILLED SHRIMP BLT WITH LEMON BUTTER SAUCE

Serves 4

LEMON BUTTER SAUCE

- 1 teaspoon vegetable oil
- 3 ounces shallots, peeled and sliced
- 1/2 cup dry white wine
- 1 tablespoon Champagne vinegar
- 1/2 cup cream
- 1/2 cup unsalted butter, cut into small pieces
- Juice of 1/2 lemon
- Salt
- White pepper

SHRIMP BLT

- 1/2 pound fresh medium shrimp (about 20)
- 3 tablespoons vegetable oil
- Salt
- Freshly ground black pepper
- 1/2 cup mayonnaise
- 12 thin slices sourdough bread
- 2 cups mixed baby lettuces
- 1/2-pound sun-ripened tomato, cut into 12 thin slices
- 12 thick slices smoked bacon, pan-fried until crisp, then drained

Preheat an outdoor or indoor grill.

Meanwhile, make the Lemon Butter Sauce. In a medium saucepan, heat the oil over medium-low heat. Add the shallots and sauté until they start to turn opaque without browning, about 2 minutes. Add the wine and vinegar, raise the heat, and simmer until the liquid reduces slightly, 3 to 4 minutes. Stir in the cream, bring back to a brisk simmer, and cook, stirring occasionally, until the liquid has reduced by half, 7 to 10 minutes. A few pieces at a time, whisk in the butter. Pour the sauce through a sieve into a clean pan. Season the sauce with lemon juice and salt and white pepper to taste. Cover and keep warm.

For the sandwiches, peel and de-

vein the shrimp, removing their tail fins as well. Toss the shrimp with the vegetable oil and sprinkle

lightly with salt and pepper. If you like, toast the bread on the grill, no more than about 1 minute per side, taking care not to burn it. Grill the shrimp until they turn pink, opaque, and plump, about 1 1/2 minutes per side, taking care not to overcook them. Cut each shrimp in half lengthwise. Put the shrimp in the reserved warm lemon butter sauce.

For each sandwich, spread a little mayonnaise on one slice of bread and arrange some lettuce on top. Top with three slices of tomato and season with a little salt and pepper and then arrange bacon strips on top of the tomatoes. Top with the second slice of bread, spread it with

a thin layer of mayonnaise, and then add some more lettuce. Neatly arrange a quarter of the shrimp in lemon butter neatly on top of the bed of lettuce. Top with the third slice of bread. If you like, secure the sandwich with a couple of toothpicks. Repeat to make the remaining sandwiches.

Serve immediately, cutting each sandwich diagonally in half with a sharp knife.

(Chef Wolfgang Puck's TV series, "Wolfgang Puck's Cooking Class," airs Sundays on the Food Network. Also, his latest cookbook, "Wolfgang Puck Makes It Easy," is now available in bookstores. Write Wolfgang Puck in care of Tribune Media Services Inc., 2225 Kenmore Ave., Suite 114, Buffalo, N.Y. 14207.)

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Wolfgang Puck's Grilled Shrimp BLT with Lemon Butter Sauce

PHOTO BY BOB HALL, CHICAGO TRIBUNE

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The Verdict is in.

Judge Paula B. Martin deemed unreasonable by her peers.

Proposition A: "We conclude no reasonable person would have departed from the presumptive sentence to such an extent when considering only the valid departure factors stated within."*

Proposition B: Judge Paula Martin departed from the presumptive sentence to such an extent when considering only the valid departure factors stated within.

Conclusion: Judge Paula Martin is not a reasonable person.

* The Kansas Court of Appeals on August 5, 2005 when it rejected Judge Paula Martin's lightened sentences for two men who raped a 13-year-old girl. Judge Martin's sentences, the appeals court said, "constituted an abuse of judicial discretion."

Vote "No" on retaining Judge Paula B. Martin on November 4

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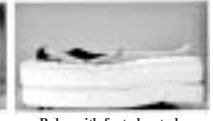
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NOSTALGIA NOTEBOOK

SEPTEMBER 1938

Births

- SEPTEMBER 3:** Ryoji Noyori, Japanese chemist, Nobel Prize laureate
- SEPTEMBER 8:** Kenichi Horie, first person to sail solo across the Pacific Ocean (1962)
- SEPTEMBER 22:** Gene Mingo, American football player
- SEPTEMBER 23:** Tom Lester, American actor and evangelist, Eb Dawson in the television series *Green Acres*
- SEPTEMBER 28:** Ben E. King, American singer, "Stand By Me"

Events

- SEPTEMBER:** European crisis over German demand for annexation of Sudeten borderland of Czechoslovakia.
- SEPTEMBER 21:** A large hurricane (the New England Hurricane of 1938) strikes Long Island and southern New England, killing over 300 along the Rhode Island shoreline and 600 altogether.
- SEPTEMBER 30:** Neville Chamberlain returns to Britain from meeting with Adolf Hitler and declares, "Peace In Our Time."

SEPTEMBER 1948

Births

- SEPTEMBER 2:** Terry Bradshaw, American football player
- SEPTEMBER 2:** Nate Archibald, American basketball player
- SEPTEMBER 10:** Bob Lanier, American basketball player
- SEPTEMBER 10:** Margaret Trudeau, ex-wife of former Prime Minister of Canada
- SEPTEMBER 26:** Olivia Newton-John, Australian singer and actress
- SEPTEMBER 29:** Bryant Gumbel, American television broadcaster

Events

- SEPTEMBER 11:** Death of Quaid-e-Azam Muhammad Ali Jinnah, Founder and first Governor General of Pakistan (b. 1876). Pakistan is in a state of shock as it mourns the departure of the father of the nation.
- SEPTEMBER 12:** Invasion of the State of Hyderabad by the Indian Army on the day after the Pakistani leader Jinnah's death to assist damage control. Operation Polo led to the deaths of an estimated tens of thousands of Hyderabad Muslims.

SEPTEMBER 1958

Births

- SEPTEMBER 6:** Jeff Foxworthy, American comedian, actor, author
- SEPTEMBER 6:** Michael Winslow, American comedian, actor, voice actor (*Police Academy*)
- SEPTEMBER 10:** Chris Columbus (filmmaker), American film director/writer/producer
- SEPTEMBER 14:** Michael Bollner, German actor, Augustus Gloop in the 1971 film *Willy Wonka & the Chocolate Factory*
- SEPTEMBER 16:** Orel Hershiser, baseball player
- SEPTEMBER 25:** Michael Madsen, actor, Thelma & Louise

Events

- SEPTEMBER 14:** Two rockets designed by German engineer Ernst Mohr (the first German post-war rockets) reach the upper atmosphere.
- SEPTEMBER 25:** U.S.S.R. performs nuclear test at Novaya Zemlya U.S.S.R.

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

JUMBLE ANSWERS

Jumbles: CRAWL VOUCH SECEDE SHREWD

Answer: What she had to decide when she spotted the chocolate cake - TO CHEW OR ESCHEW

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CROSSWORD SOLUTION

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

TRIVIALITIES ANSWERS

1. Daniel Craig 2. Once 3. Nicole Kidman 4. Baz Luhrmann 5. Renee Zellweger 6. "Cold Mountain" 7. Catherine Zeta-Jones

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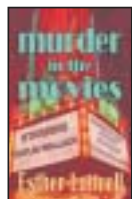
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