

# Kaw Valley Senior Monthly

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April 2023

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Vol. 22, No. 10

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# TGS helps people research their family histories

By Kevin Groenhagen

One definition for “society” is “an organization or club formed for a particular purpose or activity.” Many organizations and clubs require members to meet certain requirements. For example, members of the Sons of the American Revolution and the Daughters of the American Revolution require members to be direct descendants of Revolutionary War patriots.

The Topeka Genealogical Society (TGS) is an example of a club that is open to everyone. After all, everyone has a family history. Even adoptees who don’t know their biological parents can now discover their family histories through their DNA. However, many people don’t know how or where to begin researching their family histories. Fortunately, TGS is there to help.

“The tagline on our mission statement is ‘Get to Know Your Ancestors - We’re Here to Help!’,” said Barb LaClair, president of TGS. “I’m really

serious about that. We’re always willing to help people. We would love to have people’s questions. We would love to have them reach out to us if they are confused about how to get started. That’s what we’re here for.”

Founded in 1965, TGS currently has about 200 members.

“It started with a small group of folks in the local community who were interested in family history,” LaClair said. “Our mission is twofold. First, we provide education and teach people good research skills. The second piece is to work to preserve and improve access to resources and source materials that are of interest or value to genealogists and historians. Over the years, our volunteers have done a tremendous amount of work compiling indexes, locating records, and transcribing records.

“TGS is an all-volunteer organization,” she continued. “All the work we are doing is done by our member volunteers. We are a 501(c)(3) nonprofit and we work on a very minimal budget. Our income comes from memberships and donations for the most part. If people believe what we are doing is important, we always welcome their contributions.”

LaClair has been a member of TGS for about 25 years, but has been involved in genealogy for about 40 years. She is currently in her third year as president of TGS and also served as president in the past.

COURTESY PHOTO



**Barb LaClair assists an attendee** at the 2022 Heartland Family History Conference in Topeka.

“When I started doing genealogy, you had to go to a library or a repository where you could access records, or you wrote a lot of letters and waited for people to write you back,” she said. “We

didn’t even have good census indexes at that point for most of the censuses. The National Archives in Kansas City had a complete set on microfilm. The

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Kaw Valley  
**SeniorMonthly**

**Kevin L. Groenhagen**  
Editor and Publisher

*Kaw Valley Senior Monthly* is published monthly by Groenhagen Advertising, L.L.C., and is distributed at over 160 locations throughout the Lawrence-Topeka area. Any opinions expressed by our writers are not necessarily those of Groenhagen Advertising, L.L.C. Subscription rate is \$9.50 for 12 monthly issues.

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# Barb LaClair

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Midwest Genealogy Center in Independence, Missouri, which was not as nearly as large as it is today, also had a complete set of census microfilm. If you were lucky, there were some books that published indexes for the time period and location you were looking in. It's so different now. The internet has made a huge impact and given us much better access to records. Those records have also been indexed, so it's a lot easier to find things. The world has certainly changed."

While millions of genealogy records can now be found online, LaClair offers a caveat.

"One thing we emphasize is you can't believe everything you find online," she said. "You can't believe everything in a published book, and you can't even believe everything you find in original source records because there are mistakes everywhere."

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■ CONTINUED ON PAGE FIVE

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# Barb LaClair

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people about genealogy, TGS sponsors classes and monthly programs.

"We have not had as many classes on our schedule since COVID as we previously had," LaClair said. "We did offer a 'Getting Started in Genealogy Research' class on March 4 and had a really nice turnout at the public library. That's encouraging, so we'll look at putting another one on probably in late summer."

"We have the monthly programs at the Topeka & Shawnee County Public Library," LaClair continued. "Starting this year, we offer the option to attend in-person or virtually. We've been sharing the programs on Zoom. The programs are free and open to the public. People are welcome to join us whether they're a member or not."

The next monthly program, "Researching Your Scots-Irish Ancestors," is scheduled for April 17 from 7 to 8:30 p.m.

In addition to the monthly programs, TGS has four special interest groups (SIG) that usually meet virtually through Zoom once a month:

- DNA SIG. This SIG concerns DNA testing, which has introduced science to the art of genealogy.
- Brick Wall SIG. According to LegacyTree Genealogists, the term "brick wall" is "often used to refer to tough research problems, apparent dead-ends that after many hours of searching still yield no answers."
- Computer Genealogy & Software SIG.
- Foundations of Human History SIG. LaClair leads this SIG, which is

intended to be an entry-level group.

TGS also publishes a monthly newsletter and a quarterly publication.

"Our newsletter has short items and time-sensitive news," LaClair said. "The quarterly is more like a journal and has traditionally included more genealogical data and information about unusual sources and where to find them."

TGS members and the general public can access the monthly newsletter online at [www.tgstopeka.org](http://www.tgstopeka.org). TGS limits access to the quarterly to members as a benefit of membership.

For the past 50 years or so, TGS has also hosted an annual conference.

"The conference format has changed over the years and it has expanded and contracted," LaClair said. "In 2020 we rebranded and tried to build a larger, more comprehensive, and more regional event and named it the Heartland Family History Conference. Then, of course, in 2020, just a few weeks before that conference was ready to launch, COVID hit. We had to quickly convert the conference from an in-person event to a virtual event. So, we have had some real ups and downs with the conference. Last year was our first year to actually be able to do the full-scale, in-person event. We had a wonderful conference last year, but the attendance wasn't what we had hoped for."

"This year we will be in-person,

but we will also add a virtual option," she continued. "I hope people will be comfortable getting out and about at this point. This conference is also a bit later in the year, so maybe we'll miss some of the conflicts with spring graduations. We would love to have people of all levels of experience. I think experienced genealogists and beginners will all find something interesting at the conference. You'll find people who are willing to help and answer questions. It's



Lauritzen

fun being around people who share your interest in family history. We'll have two days of programming. We'll have one day with breakout sessions. There will be four sessions on Friday, June 9, with each one having three choices, so there will be a total of 12 sessions to choose from for those at the conference in person. All of the sessions, plus

several extra sessions, will be recorded. On Saturday, June 10, we'll have a national speaker, Peggy Clemens Lauritzen, come in. She'll be presenting four lectures. Those lectures will also be recorded. The recorded sessions will be available online for on-demand viewing through August 15, 2023."

Lauritzen, an accredited genealogist, is a frequent lecturer at many local societies in Ohio. She has presented at Brigham Young University and has taught continuing education classes at several community colleges and Ohio State University. She is also a featured columnist in *Reminisce* magazine and has written several Legacy QuickGuides.

"We'll also have an exhibit hall and lots of time for socializing and networking with the in-person event," LaClair said.

If you would like more information concerning the 2023 Heartland Family History Conference, for which registration is currently open, and/or want to register for the conference, please visit [heartlandfhc.org](http://heartlandfhc.org). For general information about TGS, please visit [www.tgstopeka.org](http://www.tgstopeka.org).

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# Apollo Medical Services opens Lawrence branch

By Billie David

Lawrence's Apollo Medical Services, through a serendipitous set of circumstances, fits the description of a family business remarkably well.

"The store is owned by my father-in-law, Chuck Argo," said Logan Giefer, who, along with his brother-in law, is a market manager.

"It was started in the year 2000 by my father-in-law in Parsons, Kansas, and we joined in 2018," Giefer said, explaining that his father-in-law is a respiratory therapist, and the company he worked for, which sold respiratory equipment such as CPAP and BiPAP machines and home oxygen equipment, was looking for a buyer, so it was an exceptionally ideal match for Argo, and he purchased it.

In fact, it fits in with the occupations of other family members as well.

"All of my in-laws are either nurses or physical therapists or work in other areas of the medical field," Giefer said.

As for the name of Apollo, Giefer explained that the original company owned several different types of businesses, and the names of those businesses were all based on astronomy. When Argo bought the business, the name just stuck, he said.

Apollo Medical Services is a full-service durable medical equipment company that specializes in sleep, respiratory and mobility equipment, and in addition to CPAP and BiPAP machines, the business sells home oxygen management and portable systems, nebulizers, wheelchairs, walkers and lift chairs, so the purchase was

exceptionally suitable.

With the goal of making each transaction as convenient as possible for customers with services such as offering home delivery, the focus of Apollo is to specialize in service to rural areas and to make that service as easy to obtain as possible, and they attribute the success and expansion of their business to meeting that goal.

"Our success is because we are a small-town, family-owned company with a rural feel, while in general, the industry in that area of the medical field is not that way," Giefer said of the special niche the business fills.

Giefer is also quick to give credit for the success of the growing business to his employees, saying that the company has been blessed with people who are patient and who care about their customers.

"We have been fortunate," he said. "There's good people out there and that's what we strive to find."

Apollo Medical Services started in Parsons, Kansas, but it has since expanded to include the Kansas offices located in Pittsburg, Lawrence and Burlington, as well as Harrisonville in Missouri, and Grove in Oklahoma.

"We opened in Lawrence because there's not a lot of options there and we had started getting more business from Lawrence," Giefer said, referring to the rural and home-delivery focus of the business.

"It was a good fit for us because it gave us access not only to Kansas City, but also to the small towns in rural areas near Lawrence, including Ottawa, Tonganoxie, McLouth, Baldwin City, Wellsville, Eudora, and other towns within an

KEVIN GROENHAGEN PHOTO



**Apollo Medical Services' Lawrence branch** is located at Orchard Corners at 14th and Kasold streets, Suite A4.

hour's driving distance," he added.

That's important because much of Apollo's business consists of in-home setups for people who may not be able to come to Lawrence, who don't have transportation, or who don't want to travel far because of issues such as weather concerns, Giefer explained.

"We opened right in the middle of

COVID, so it was difficult, but we wanted to do it," Giefer said of the decision to locate an office in Lawrence. "Apollo offers same-day setup, in-home setup by appointment, and free delivery."

Apollo's Lawrence branch, located at Orchard Corners at 14th and Kasold streets, Suite A4, can be reached at 785-856-0226.



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Social Security achieved the highest score of any federal government agency on the Center for Plain Language's 2022 Federal Plain Language Report Card.

Our policies and programs can sometimes be complex and difficult to explain. That's why we always strive to use plain language that is clear, easy to understand, and useful.

The Center evaluated 21 Executive Branch agencies, including all 15 cabinet-level departments, and graded each between an A+ and F- for writing quality and organizational compliance.

Social Security received an A+ for organizational compliance and an A for

writing quality. This is an improvement over last year's high scores of A+ and B.

"An excellent model to follow is the Social Security Administration's 'Contact Us' page, the only one to earn an A+," the Center said in its key findings.

"The web page is clear in its intended purpose to provide information readers seek," the Center said. "The page

has clear and concise language and the reader is addressed directly," it noted.

The Center also cited "excellent use of links, colors, fonts, sizing, bolding, bullets, and imagery to highlight important information."

In addition, the Center recognized our Freedom of Information Act (FOIA) Request page as an excellent model for

other agencies. The 2022 Plain Language Report Card was released on January 10, 2023, at [www.centerforplainlanguage.org/2022-federal-plain-language-report-card](http://www.centerforplainlanguage.org/2022-federal-plain-language-report-card).

To learn more about Social Security's plain language efforts, please visit our Plain Writing page at [www.ssa.gov/agency/plain-language](http://www.ssa.gov/agency/plain-language).



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## SAVVY SENIOR

# How to choose an assisted living facility

By Jim Miller

**Dear Savvy Senior:** What's the best way to go about choosing an assisted living facility for my 86-year-old father? Since mom died last year, his health has declined to the point that he can't live at home anymore but isn't ready for a nursing home either. - Searching Susan



**Dear Susan:** If your dad needs help with things like bathing, dressing, preparing meals, managing his medications or just getting around, an assisted living facility is definitely a good option to consider.

Assisted living facilities are residential communities that offer different levels of health or personal care services for seniors who want or need help with daily living.

There are nearly 29,000 assisted living communities (also called board and care, supportive-care or residential-care facilities) in the U.S. today, some of which are part of a retirement community or nursing home. Most facilities have anywhere between 10 and 100 suites, varying in size from a single room to a full apartment. And some even offer special memory care units for residents with dementia.

To help you choose a good assisted living facility for your dad, here are some steps to follow.

**Make a list:** There are several sources you can turn to for referrals to top assisted living communities in your area including your dad's doctor or nearby hospital discharge planner;

friends or neighbors who've had a loved one in assisted living; or you can do an online search at Caring.com.

**Do some research:** To research the communities on your list, put a call into your long-term care ombudsman. This is a government official who investigates long-term care facility com-

plaints and advocates for residents and their families. This person can help you find the latest health inspection reports on specific assisted living facilities and can tell you which ones have had complaints or other problems in the past. To find your local ombudsman visit LTCombudsman.org.

**Call the facilities:** Once you've identified a few good assisted living facilities, call them to see if they have any vacancies, what they charge and if they provide the types of services your father needs.

**Tour your top choices:** During your visit, notice the cleanliness and smell of the facility. Is it homey and inviting? Does the staff seem responsive and

kind to its residents? Also be sure to taste the food, and talk to the residents and their family members, if available. It's also a good idea to visit several times at different times of the day and different days of the week to get a broader perspective.

On your facility visit, get a copy of the admissions contract and the residence rules that outline the fees (and any extra charges), services and residents' rights, and explanations for when a resident might be asked to leave because their condition has worsened, and they require more care than the facility can provide.

Also, find out their staff turnover

■ CONTINUED ON PAGE NINE



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# Savvy Senior

■ CONTINUED FROM PAGE EIGHT

rate, COVID infection-control procedures and if and when medical professionals are on site. To help you rate your visit, Caring.com offers a checklist of questions that you can download and print at [Caring.com/static/checklist-AL-tour.pdf](https://www.caring.com/static/checklist-AL-tour.pdf).

**How to pay:** Monthly costs for assisted living ranges anywhere from \$2,500 to \$6,000 or more, depending on where you live, the facility you choose, and the services provided. Since Medicare does not cover assisted living, most residents pay out-of-pocket from their own personal funds, and some have long-term care insurance policies.

If your dad has limited financial resources and can't afford this, most states now have Medicaid waiver programs that help pay for assisted living. Or, if he's a veteran, he may be able to get funds through the VA's Aid and Attendance benefit. To find out about these programs, ask the assisted living facility director, or contact his local Medicaid office (see [Medicaid.gov](https://www.Medicaid.gov)) or the regional VA benefit office (800-827-1000).

**Dear Savvy Senior:** As a 68-year-old retiree, I'm interested in finding a fun part-time job that can occupy some of my time and generate a little extra income. Can you write a column on low-stress part-time jobs that are popular among retirees? - Part-Time Retiree

**Dear Retiree:** Working part-time in retirement can be a terrific way to occupy your time and earn some extra income. The key, however, is finding the right gig that's fun and satisfying for you. While there are literally hundreds of different part-time job opportunities out there for retirees, here are a few possibilities to explore.

**Pet Services:** If you love animals, consider pet sitting and/or dog walking. Pet sitters, who attend to a pet's needs when their owner is away, can earn \$15 to \$40 per visit. Dog walkers can make \$10 to \$30 for a 30-minute walk.

To find these jobs, advertise your services in veterinarians' offices or online at sites like [Craigslist.org](https://www.Craigslist.org) or [Care.com](https://www.Care.com).

Or, if you'd rather work for an organization that offers these services, visit [Rover.com](https://www.Rover.com).

**Teach or Tutor:** Depending on your expertise, you could substitute teach or tutor students privately on any number of subjects. Substitute teachers typically make between \$75 and \$125/day, while tutors can earn between \$15 to \$30 per hour.

To look for substitute teaching positions, contact your local school district to see if they are hiring and what qualifications they require. To advertise tutoring services, use websites like [Wyzant.com](https://www.Wyzant.com) and [Tutor.com](https://www.Tutor.com).

Or, if you have a bachelor, master or doctoral degree, inquire about adjunct teaching at a nearby college or university.

**Drive:** If you like to drive, you can get paid to drive others around using Uber or Lyft apps, or become a food delivery driver through Instacart or Uber Eats. Drivers make around \$15 per hour.

**Babysit:** If you like kids, babysitting can be a fun way to put money in your pocket. Hourly rates vary by location

and ranging anywhere from \$10 to \$40 per hour. To find jobs or advertise your services, use sites like [Care.com](https://www.Care.com) and [Sittercity.com](https://www.Sittercity.com).

**Tour guide:** If you live near any historical sites or locations, national parks or museums (anywhere that attracts tourists), inquire about becoming a tour guide. This pays anywhere from \$10 to \$40/hour.

**Write or edit:** Many media, corporate and nonprofit websites are looking for freelancers to write, edit or design content for \$20 to \$60 per hour. To find these jobs try [FreelanceWriting.com](https://www.FreelanceWriting.com), [FreelanceWritingGigs.com](https://www.FreelanceWritingGigs.com) and [Freelancer.com](https://www.Freelancer.com).

**Consult:** If you have a lot of valuable expertise in a particular area, offer your services as a consultant through a firm or on your own through freelancer sites like [Upwork.com](https://www.Upwork.com), [Fiverr.com](https://www.Fiverr.com), [Freelancer.com](https://www.Freelancer.com) or [Guru.com](https://www.Guru.com).

**Translator or interpreter:** If you're fluent in more than one language you can do part-time interpretation over the phone or translate documents or audio files for \$20 to \$40/hour. Try sites like [Translate.com](https://www.Translate.com), [ProZ.com](https://www.ProZ.com) or [Gengo.com](https://www.Gengo.com).

com to locate translation jobs.

**Public events:** Sporting events, festivals, concerts and shows need ticket takers, security guards, ushers, concession workers and more. The pay is usually \$10 to \$20/hour. Contact nearby venues to apply.

**Tax preparer:** If you have tax preparation experience or are willing to take a tax prep course you can find seasonal work preparing tax returns at big-box tax firms like H&R Block or Jackson Hewitt for around \$17/hour.

**Bookkeeper:** If you have a finance or accounting background you can find freelance bookkeeping gigs at sites like [Upwork.com](https://www.Upwork.com) and [Fiverr.com](https://www.Fiverr.com), or through firms like [BelaySolutions.com](https://www.BelaySolutions.com).

If you don't find these options appealing, try [FlexJobs.com](https://www.FlexJobs.com), which lists thousands of flexible work-at-home jobs from more than 5,700 employers. Membership fees start at \$10.

- Send your senior questions to: *Savvy Senior*, P.O. Box 5443, Norman, OK 73070, or visit [SavvySenior.org](https://www.SavvySenior.org). *Jim Miller* is a contributor to the NBC *Today* show and author of "The Savvy Senior" book.



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MAYO CLINIC

# What is lymphoma?

By **Muhamad Alhaj Moustafa, M.D.**

Mayo Foundation for Medical Education and Research

**DEAR MAYO CLINIC:** My sister recently noticed significantly enlarged lymph nodes in her neck. Her primary care physician said he thought she had lymphoma. What is lymphoma and what is her prognosis? Is it hereditary?

**ANSWER:** Lymphoma is a group of cancers that affect the lymphocytes. To better understand lymphoma, we have to start with the white blood cells.

White blood cells are one of the three main types of cells that circulate in the blood, the other two being red cells and platelets. White blood cells are produced in the bone marrow and serve as the main element of the immune systems that helps defend the body against infections, such as the flu, COVID-19 and other diseases.

There are five main types of white blood cells: neutrophils, eosinophils, basophils, monocytes and lymphocytes. In a normal state, these cells die and get replaced by new cells frequently.

The lymphocytes, which are a major type of white blood cells, could develop mutations in their DNA, preventing them from dying. The immortality of these cells is a defining feature of cancer. Cancer of the lymphocytes is called lymphoma.

Lymphoma could be regarded as a

cancer of the white blood cells, cancer of the immune system or cancer of the blood, in essence, because of the origin of the cells and not because of the location of the cancer.

Subsequently, these abnormal lymphocytes start dividing and creating copies. The accumulation of these cells builds tumors. Most often these tumors present as enlarged lymph nodes.

Lymphomas are very diverse cancers. There are more than 80 different types of lymphomas. They are broadly divided into two categories: Hodgkin lymphomas and non-Hodgkin lymphomas. These lymphomas may affect any part of the body, but they most frequently involve the lymph nodes, which are part of the lymphatic system. The lymphatic system is a network of tubes throughout the body that drain fluid, called lymph, which leaks from the blood vessels into the tissues and empties back into the bloodstream.

Depending on the subtype of disease, lymphoma could be a very slow-growing cancer that might not require treatment at all. Conversely, other lymphomas may be fast-growing and aggressive, requiring immediate treatment. Thus, it is important to visit with a specialist who can confirm the actual subtype of lymphoma at diagnosis since it will be significant to managing the cancer.

There are other causes of enlarged lymph nodes that should be considered,

such as viral and bacterial infections, autoimmune diseases, or other cancers.

In many cases, patients present to their primary care providers with enlarged lymph nodes and receive treatment with a course of antibiotics. However, if the lymph nodes do not respond to treatment, other causes, such as lymphoma or other cancers, should be considered.

A cancer diagnosis can be scary for anyone, but there is a lot of encouraging news in the lymphoma space. Although the main first-line treatment for most lymphomas is still chemotherapy and immunotherapy, many new advancements in recent years have improved the outcomes for many patients.

The most recent treatment advances for lymphomas include, but is not limited to:

- The introduction of chimeric antigen receptor-T cell therapy (CAR-T), which are T cells that are genetically engineered to attack cancer cells when reintroduced to the body. The addition of CAR-T, as well as other cellular based therapy, has significantly improved the outcomes of patients with relapsed or refractory diseases. A significant number of clinical trials are focusing on studying different CAR-T constructs and other types of cellular therapies in different lymphoma types. This is transforming the way we used to treat lymphoma, which was mainly based on chemotherapy.

- Targeted therapies have been approved for certain cancers and are being studied for others.

- A new class of antibodies is being evaluated and has shown good results in many types of lymphomas.

There are many other advances that

are expected to soon change the landscape for lymphoma and cancer treatment.

It is always advisable and strongly recommended to seek a second opinion with a lymphoma specialist when receiving a new diagnosis of lymphoma. A lymphoma specialist can partner with a local oncologist to deliver the best care to patients diagnosed with lymphoma. Establishing care at a cancer center with a lymphoma specialist who can guide your treatment plan and offer you appropriate clinical trials is of utmost importance and should be considered in all patients.

The risk of recurrence differs by the type of lymphoma, and follow-up after treatment should be individualized based on the type of lymphoma.

Patients who develop enlarged lymph nodes that do not resolve with antibiotic treatment should be evaluated for possible cancer. Biopsy of the lymph nodes to examine the tissue for cancer is the next step. Due to the complexity, a multidisciplinary cancer center that has a dedicated hematology or lymphoma practice is a great place to start to ensure all possibilities are reviewed. — Muhamad Alhaj Moustafa, M.D., Hematology/Oncology, Mayo Clinic Cancer Center, Jacksonville, Florida

- *Mayo Clinic Q & A is an educational resource and doesn't replace regular medical care. E-mail a question to [MayoClinicQ&A@mayo.edu](mailto:MayoClinicQ&A@mayo.edu). For more information, visit [www.mayoclinic.org](http://www.mayoclinic.org).*

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## HEALTH & WELLNESS

# Buckwheat is a nutritious, tasty alternative to grains

Buckwheat is also known by its Latin name, *Fagopyrum esculentum*, and is rising in popularity in the United States. Despite the word “wheat” in its name, buckwheat is gluten-free and is related to



Dr.  
Deena  
Beneda

Buckwheat is highly cultivated in other parts of the world. Its origins seem to have started in Southeast Asia and from there it spread to Central Asia, the Middle East, and Europe. The buckwheat seed got its name from “Buchswain,” German for “beech wheat” on account of the triangular seeds that look like small beech nuts.

In order for the kernel to be eaten, the outer hull of the buckwheat kernel must be removed, which is a process that requires milling due to its unusual shape. Buckwheat is either sold unroasted or roasted. The roasted form is often called “kasha” and has an earthy nutty flavor. The unroasted buckwheat has a soft, subtle flavor. The color of buckwheat ranges from tannish-pink to brown. Buckwheat is

the rhubarb plant. It’s a versatile grain that can be steamed and eaten in place of rice or other grains. The whole seeds of buckwheat can be grounded into fine flour. Buckwheat contains high levels of fiber and is a fabulous source of protein.

often served as a rice alternative, as porridge, or as a cereal. The flowers of buckwheat are very fragrant and attract bees that use them to produce a special, strongly flavored, dark honey.

The buckwheat seeds contain starches, proteins, and minerals such as iron, selenium, zinc, and antioxidants. Buckwheat is becoming very popular for many good reasons in the United States:

1. Buckwheat is gluten-free.
2. It is not related to wheat or grains.
3. It is a highly nutritious and tasty alternative to grains such as wheat or rice.
4. It has easily digestible proteins that make it a wheat substitute.
5. Studies on buckwheat show that it may be effective in reducing cholesterol, asthma, cholesterol gallstones, decreasing body fat and obesity, and management of diabetes.
6. It can be used as an aid in digestion and has been used to treat dysentery and chronic diarrhea.
7. It may have beneficial effects on cardiovascular diseases such as atherosclerosis, high blood pressure, heart failure, and ischemic stroke.

8. Fiber from buckwheat may be protective against certain types of cancer such as breast and colon cancer.

So, the next time you are looking for a tasty substitution for wheat or need a gluten-free alternative consider buckwheat. It is not only good for your health but it tastes delicious.

- Dr. Deena Beneda, N.D., is a Naturopathic Doctor practicing at Natural Medical Care in Lawrence. She can be reached at 785-749-2255.

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Contact Kevin Groenhagen at [groenhagen@sbcglobal.net](mailto:groenhagen@sbcglobal.net) or 785-841-9417 for more information.



## HEALTH &amp; WELLNESS

# Mario's Closet: Instilling hope and healing

By Kade Han

LMH Health

It's the little things that matter. It's the friendly greeting on a bad day and the knowledge that you are not alone that can change the tides. For the patients and families that visit Mario's Closet, it is the volunteers and resources that matter.



"We don't just offer wigs, we offer support," said Lauren Cobb, LMH Health Volunteer Services manager. "When people are in the thick of it and have gone through hell and back, Mario's Closet is a place of support and comfort for them."

Mario's Closet was created from a \$25,000 donation to the LMH Health Foundation from the Mario V. Chalmers Foundation, created by former University of Kansas basketball player Mario Chalmers. His goal was to make cancer patients feel like themselves again. This desire stems from a longtime friendship with Paul Peterson whose mother was diagnosed with breast cancer in 1998. "Miss Pauline," who was like a second mother to Chalmers, lost her battle with the disease in 2006.

Mario's Closet opened at LMH Health in 2011, focusing on reviving hope and repairing the confidence of people receiving treatment for a cancer diagnosis or other major illness. The store, which stocks a diverse array of resources from wigs and hard to find items, serves patients and families in Lawrence and beyond, reaching into Topeka and Kansas City.

Mario's Closet partners with local vendors to offer additional products for patients and customers beyond what

is found in the shop. These vendors include Criticare, which offers durable medical equipment for patients needing items such as prosthetics or compression garments. Mario's Closet also partners with Shelly Hoggatt, a local cosmetologist and wig specialist, who professionally fits and special orders wigs for customers looking for a specific style or fit

## Mario's resources

The largest resource Mario's Closet provides in the shop is wigs. Each person who meets a specific set of requirements is allowed to receive one free wig every 12 months and up to three wigs in total. The primary requirement is that the person receiving the wig must have a medical condition that results in hair loss. These conditions range from hair loss due to medication, cancer treatment, alopecia and stress.

"Wigs are incredibly expensive, so it is a big deal to be able to offer them for free," Cobb said.

While the material items play a large part in the resources Mario's Closet offers, its most valuable resource is its volunteers. The volunteers tend to be cancer survivors and are able to provide emotional support alongside physical support.

"When I was going through cancer, there wasn't any place to go to get a wig," said longtime volunteer Mary Higgins. "It wasn't convenient and it was very stressful. There was no one-on-one connection like we have at Mario's Closet."

In the past, Mario's stock of wigs was reliant on donations from community members. Every once in a while, a cancer survivor or family member would donate their wigs to be refurbished and given to a person in need. However, the American Cancer Society recently donated a large quantity of new wigs in a variety of styles and textures.

EARL RICHARDSON PHOTO



**Mario's Closet is a shop that focuses on caring for patients receiving treatments for cancer diagnoses or other major illnesses.**

"Refurbished wigs can be a bit more worn and loved, but the American Cancer Society ones are new," explained Cobb. "The magical thing about the donation is it allows us to offer more."

In the past year, Mario's Closet has given 26 wigs to people in need and shifted their focus from being a gift shop to being a cancer support center and wig shop. They stock items for those who are grieving or going through a rough time in their life, as well as a few hard to find items, such as an Afro-textured wig line called "Coils to Locs," and items geared toward cancer patients, like PsiBands that help fight nausea. The goal is to be more than a one stop shop, and be a place that instills hope and healing for patients and community members that are going through a rough time.

"I've found that people don't realize that we are here. It's sharing our story and mission that helps people know that they are not alone," said Cobb.

Having the main focus of Mario's be on wigs can make it easier to understand and enter the space, but Mario's has much more to offer. Patients and community members are eligible to request assistance with additional resources through the Mario's Closet Assistance Fund. According to Cobb, the staff works closely with the LMH Health Cancer Center to identify those who have a need for prosthetics, medi-

cal equipment, a special order wig or also need financial assistance to cover the cost of these items.

Most importantly, Mario's Closet lends an ear to all who walk through its doors.

"I went in looking for something to buy for my friend in Mississippi who was diagnosed with cancer and the volunteer, Mary, was able to give me some information to share with them," said Jennifer Carter. "We looked around for a program like Mario's Closet for her, but they didn't have any in Mississippi. I went back and Mary was able to help me find a wig to ship to her."

Mario's Closet focuses on supporting not only the customer, but also their friends and family. Mary, the volunteer in Mario's Closet that day, helped Jennifer process and understand her friend's diagnosis.

■ CONTINUED ON PAGE 13

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



# Mario's Closet

■ CONTINUED FROM PAGE 12

“We are going to go to bat for you. If we don't have what you're looking for here, we will connect you to someone who does,” stated Cobb.

## Seeking assistance

Mario's Closet is open from 10 a.m. to 2 p.m., Monday through Friday,

based on the availability of volunteers. You can also make an appointment.

“We are open at certain times because we are volunteer based, but as long as the gift shop is open—we will be happy to let you in,” said Cobb.

To learn more about what Mario's Closet has to offer, request assistance or become a volunteer, please contact Lauren Cobb, LMH Health Volunteer Services manager, at 785-505-3141.



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## FINANCIAL FOCUS

# Should investors 'go it alone'?

If you're going to enjoy a comfortable retirement, you should know, among other things, how much money you'll need. And you may have a much better chance of knowing this if you get some professional help.



*Derek  
Osborn*

Consider these findings from a 2021 study by Dalbar, a financial services market research firm:

- Investors who worked with a financial advisor were three times more likely to estimate what they would have saved at retirement than "do-it-yourself" investors.
- More than two-thirds of investors with a financial advisor were satisfied with the amount they would have saved at retirement, compared to about 27% of the do-it-yourselfers.

How do financial professionals help their clients in these ways?

First, consider the issue of determining how much money will be needed for retirement. It's not always easy for individuals to estimate this amount. But financial professionals can help clients like you arrive at this figure by exploring your hopes and goals. How long do you plan to work? What kind of lifestyle do you anticipate enjoying in retirement? Where would you like to live? How much would you like to travel? Are you open to pursuing earned income opportunities, such as consulting or working part time?

Next comes the other key question: How much money will be available for retirement? This big question leads to many others: How much do you need to save and invest each year until you retire? About what sort of investment return will you need to reach your retirement income goals? What level of risk are you willing to take to achieve that return? What is the role of other income sources such as Social Security or any pensions you might have?

Having a financial professional help you gain a clear idea of your retirement income picture can certainly be reassuring. But there may be other reasons why "going it alone" as an investor might not be desirable.

For example, when the financial markets are down, as was the case for much of 2022, some investors make decisions based on short-term volatility, such as selling investments to "cut their losses," even if these same investments still have solid business fundamentals and good prospects for growth. But if you work with a financial professional, you might decide to stick with these investments, especially if they're still appropriate for your long-term strategy. Other times, of course, the advice may be different — but it will always be advice based on your goals, needs and time horizon.

Furthermore, if you're investing on your own, you may always be measuring your results against the major market indexes, such as the S&P 500 or the Dow Jones Industrial Average. But in reality, your portfolio should contain a wide range of investments, some

of which aren't contained in these indexes, so you might not be assessing your performance appropriately. A financial professional can help you develop your own, more meaningful benchmarks that can show the progress you're actually making toward your goals.

In some areas of life, going it alone can be exciting — but when it comes to investing for your future, you may benefit from some company on the journey.

*- Derek Osborn is with Edward Jones, 1311 Wakarusa Drive, Suite 2200, Lawrence. He can be reached at 785-371-1301 or Derek.Osborn@edward-jones.com. This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.*



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## JILL ON MONEY

# Inflation takes bite out of savings

“My beautiful pile of cash is slipping away,” lamented a recent caller to my podcast. She is not alone.

The personal savings rate, which is the amount of money people have after spending and taxes, dipped to 3.4 per-



Jill  
Schlesinger

cent at the end of last year. That’s a far cry from the COVID record high rate of 34% in April 2020 (as it turns out, it’s very hard to spend a lot of money on paper towels, disinfectant, and masks), and well below the pre-pandemic level of 8.8% for all of 2019.

The pandemic’s impact on the economy, combined with the government’s relief measures to combat it, has distorted the nation’s savings rate over the past three-plus years. It started with a much larger than anticipated pile-up of cash, due to lockdowns and stimulus checks flowing, which resulted in extra savings of \$2.7 trillion by the end of 2021, according to Moody’s Analytics.

But last year, as inflation breached 40-year highs, consumers confronted a protracted surge in prices at the pumps, at the grocery store and for services like those performed by barbers, plumbers, and lawyers. Many ate into their precious savings — and when those savings were gone, some turned to debt to make ends meet.

The Federal Reserve Bank of New York reported that credit card balances increased \$61 billion in the fourth quarter, and totaled \$130 billion in credit debt for all of 2022, those were the largest increases for either a quarter or a year in the history of the data, which goes back to 1999.

Do those higher debt levels mean that Americans are on the verge of cascading into a pernicious debt spiral?

Economists are hopeful that we are not there yet, because the labor market remains strong enough for people to keep making their payments. That said, the data are flashing some warning signs.

In its blog, the NY Fed pointed out that “there were 18.3 million borrowers behind on a credit card at the end of 2022 compared to 15.8 million at the end of 2019.” While they don’t see widespread defaults, for those individuals struggling to make those increasingly costly payments, “this financial distress is real.”

Whether you are digging out of debt or trying to replenish your savings to gather six to 12 months of living expenses, there is no better time than the present to track just how much your spending has increased due to rising prices, post-pandemic splurges, or some combination of both.

There are lots of apps that will allow you to track your cash flow or feel free to go old school and fire up a spread sheet to see where your money is going. (If you are carrying Federal student loans, don’t forget to factor in those payments for the second half of the year. If the Supreme Court rules that forgiveness can proceed, you will have extra dough, but if they knock it down, you will be prepared.)

If you are paying down debt, establish automatic payments, even for a small amount, and prioritize the highest interest accounts and work your way down.

If you are consumer debt free, try to focus on saving by establishing automatic transfers from your checking account into a savings account, money market account, a short-term CD

(check out web aggregation sites like Bankrate.com or DepositAccounts.com for the highest yielding accounts).

Once you have the emergency fund established, redirect what was going into savings and concentrate on retirement, either by increasing what you are contributing through work, or by opening a Roth or Traditional IRA account.

- Jill Schlesinger, CFP, is a CBS News business analyst. A former options trader and CIO of an investment advisory firm, she welcomes comments and questions at [askjill@jillonmoney.com](mailto:askjill@jillonmoney.com). Check her website at [www.jillonmoney.com](http://www.jillonmoney.com).

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# SENIOR CALENDAR

**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 you would like to include your event(s) in our monthly calendar, please call Kevin Groenhagen at 785-841-9417 or email [kevin@seniormonthly.net](mailto:kevin@seniormonthly.net). You may also add events on the Kaw Valley Senior Monthly Facebook page.

## ARTS & CRAFTS

### FIRST FRIDAY OF THE MONTH

#### ARTSCONNECT FIRST FRIDAY ARTWALK

During the ArtsConnect First Friday Artwalk, you will find every corner of Topeka filled with art, friends and exciting special events. It's an opportunity to shop local, buy art and see the best that Topeka has to offer. Every month is different - and every business is different, so please check our website at [www.artstopeka.org](http://www.artstopeka.org) for information each month, including an interactive map of First Friday Artwalk businesses and a guide to public art all across Topeka. Free.

TOPEKA, [artstopeka.org/firstfriday](http://artstopeka.org/firstfriday)

### SECOND SATURDAY OF THE MONTH

#### OPEN AIR ART MARKET

2nd Saturday of each month in East Lawrence Warehouse Arts District. Come see a local art market. Art Emergency, Delaware and E. 9th St., 9 a.m.-2 p.m.

LAWRENCE

### LAST FRIDAY OF THE MONTH

#### FINAL FRIDAYS

Final Fridays is a celebration of the arts that includes special exhibits, performances and demonstrations in Downtown Lawrence on the Final Friday of the month. See website for participating locations.

LAWRENCE, 785-842-3883

[unmistakablylawrence.com](http://unmistakablylawrence.com)

### APR 28-MAY 11

#### USD 497 EXHIBITION

The annual USD 497 public schools show features works selected by art teachers of K-12 students from across Lawrence. Showcasing a cross-section of the diverse, excellent visual arts programming in Lawrence Public Schools, this exhibit spotlights the value of arts learning and the importance of fine arts programs in public education. Lawrence Arts Center, 940 New Hampshire. Free.

LAWRENCE, 785-843-2787

## EDUCATION

### APR 3

#### NEW TO MEDICARE

Get Medicare advice from Jayhawk Area Agency on Aging. Topeka and Shawnee County

Public Library, Marvin Auditorium 101C, 1515 SW 10th Ave., 1-2 p.m.

TOPEKA, 785-580-4400

<https://events.tscpl.org/events>

### APR 4

#### INTERNET GENEALOGY FOR BEGINNERS

Get started in genealogy and learn how to build your family tree online using the print and online resources your library offers. Register to receive the Zoom link. Topeka and Shawnee County Public Library - Virtual Room 02, 10-11:30 a.m.

TOPEKA, <https://events.tscpl.org/events>

### APR 6

#### ESTATE PLANNING SEMINAR

Can you avoid probate? How will your property be distributed at your death, and who will be in charge of the distribution? If you have minor children, who will become their guardian? How can you use a trust to ensure assets are safeguarded and used for the benefit of a beneficiary? How can you name the people to handle your finances and make medical decisions if you are alive but incapacitated? Fundamentals of Estate Planning answers these questions and more. Relevant to adults of all ages, the seminar is free, open to the public, and lasts about 1½ hours with time for questions. Eudora Parks & Recreation Community Room, 1630 Elm Street, 10:30 a.m.-noon.

EUDORA

### APR 6

#### DR. LOU DIMARCO "INCHEON 1950: THE US AMPHIBIOUS INVASION IN THE KOREAN WAR"

The Inchon landings in September 1950 turned the first months of the Korean War from a national disaster in US national security policy into a great military victory of the West over Communism. It was a brilliant feat of military strategy and operations and arguably General MacArthur's finest hour in his long career as a military commander. The Inchon operation demonstrated the incredible US military technical expertise at performing one of the most complex of all military operations: amphibious invasion. Dr. Louis A. DiMarco retired as a Lieutenant Colonel in the United States Army in 2005 after more than 24 years of active service as an armored cavalry officer. Robert J. Dole Institute of Politics, 2350 Petefish Dr., 3-4:15 p.m. Hybrid event.

LAWRENCE, 785-864-4900

[www.youtube.com/watch?v=bBYiNIH1JyU](http://www.youtube.com/watch?v=bBYiNIH1JyU)

### APR 11

#### INTERNET GENEALOGY 2

Learn more about researching your family with this interactive class. You will learn how to find local resources online and from libraries and repositories. Register for Zoom link. Topeka and Shawnee County Public Library - Virtual Room 02, 10-11:30 a.m.

TOPEKA, <https://events.tscpl.org/events>

### APR 17

#### MEDICARE PART D

Jayhawk Area Agency on Aging staff will help you navigate Medicare Part D to make sure you

are getting the best prices for your medication. Topeka and Shawnee County Public Library - Marvin Auditorium 101C, 1-2 p.m.

TOPEKA, <https://events.tscpl.org/events>

### APR 27

#### ESTATE PLANNING SEMINAR

Can you avoid probate? How will your property be distributed at your death, and who will be in charge of the distribution? If you have minor children, who will become their guardian? How can you use a trust to ensure assets are safeguarded and used for the benefit of a beneficiary? How can you name the people to handle your finances and make medical decisions if you are alive but incapacitated? Fundamentals of Estate Planning answers these questions and more. The seminar is relevant to adults of all ages, not just seniors. It is free and open to the public, and lasts about 1½ hours with time for questions. Those attending receive a free copy of the book Estate Planning Overview. Attendance is limited to 20 persons. To secure a seat, register online at [bit.ly/SRC\\_Estate\\_Planning\\_2023](http://bit.ly/SRC_Estate_Planning_2023) or call the SRC at 785-842-0543. Senior Resource Center, 745 Vermont Street, 2-3:30 p.m.

LAWRENCE

### MAY 1

#### NEW TO MEDICARE

Get Medicare advice from Jayhawk Area Agency on Aging. Topeka and Shawnee County Public Library - Marvin Auditorium 101C, 1-2 p.m.

TOPEKA, <https://events.tscpl.org/events>

### MAY 2

#### INTERNET GENEALOGY FOR BEGINNERS

Get started in genealogy and learn how to build your family tree online using the print and online resources your library offers. Register to receive the Zoom link. Topeka and Shawnee County Public Library - Virtual Room 02, 10-11:30 a.m.

TOPEKA, <https://events.tscpl.org/events>

### MAY 4

#### DR. JONATHAN ABEL: "THE INVASIONS THAT WEREN'T: FRENCH EFFORTS TO INVADE ENGLAND 1740-1805"

Between 1740 and 1815, France and England fought a Second Hundred Years War for hegemony in Europe and colonial spaces. During that period, France tried repeatedly to invade England, but its military could never manage to land troops in large numbers. Dr. Abel will discuss why this did not happen and its immense effects on European affairs. Dr. Jonathan Abel is an Associate Professor of Military History at the US Army Command and General Staff College, where he teaches courses on French history as well as Greece and Rome, and wargaming. Robert J. Dole Institute of Politics, 2350 Petefish Dr., 3-4:15 p.m. Hybrid event.

LAWRENCE, 785-864-4900

[www.youtube.com/watch?v=9iaN1n33FLI](http://www.youtube.com/watch?v=9iaN1n33FLI)

### JUN 9 & 10

#### 2023 HEARTLAND FAMILY HISTORY CONFERENCE

Hybrid Event - attend in person or online. Would you like to learn more about your family history, or how to research and preserve it. Join

us as presenters from across the U.S. share tips and tricks for where to look and how to find the answers to questions about your family's heritage and stories. Registration fee.

TOPEKA, <https://heartlandfhc.org>

## ENTERTAINMENT

### SECOND & FOURTH SATURDAYS OF THE MONTH GRAND OTTAWA OPRY

Enjoy our live Branson-style Old Country music shows! Ottawa Memorial Auditorium, 301 S. Hickory. The doors open at 4:30 p.m., the pre-show performance starts at 5:30 p.m., and the Grand Ottawa Opry begins at 6 p.m. Call for more info! Fee. Tickets available at the door.

OTTAWA, 785-241-6762

### APR 7

#### MARTHA REDBONE

Martha Redbone is one of the most vital voices in American roots music. A multi award-winning musician, the charismatic songstress is celebrated for her tasty gumbo of roots music embodying the folk and mountain blues sounds of her childhood in the Appalachian hills of Kentucky, mixed with the eclectic grit of her teenage years in pre-gentrified Brooklyn. With her gospel-singing father's voice and the spirit of her Cherokee/Choctaw mother's culture, Redbone broadens the boundaries of American Roots music with songs and storytelling that share her life experience as an Indigenous Black woman and mother in the new millennium. Redbone gives voice to issues of social justice, bridging traditions from past to present, connecting cultures and celebrating the human spirit. Lied Center of Kansas, 1600 Stewart Drive, 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

<https://lied.ku.edu/calendar>

### APR 14

#### FREE STATE STORY SLAM | SAVED

Real stories, live and uncensored. Stories are told live, MOTH-style, with a new theme each month. Never the same story or evening. Live music and social hour at 7 p.m. Slam begins at 7:30 p.m. \$10 suggested donation. Ages 18+ recommended. 10th & Mass Studios, 1000 Massachusetts St.

LAWRENCE, 785-843-2787

### APR 14

#### DANCING WHEELS COMPANY

If dance is an expression of the human spirit, then it is best expressed by people of all abilities. That is the fundamental belief behind the Dancing Wheels Company & School. Considered one of the premier arts and disabilities organizations in the U.S., Dancing Wheels is a professional, physically integrated dance company uniting the talents of dancers both with and without disabilities. Mary Verdi-Fletcher, the first professional wheelchair dancer in the U.S., founded the Dancing Wheels Company in Cleveland in 1980. Born with spina bifida, Mary wanted to offer others with disabilities full and equal access into the world of dance. Lied Center of Kansas, 1600 Stewart Drive, 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

<https://lied.ku.edu/calendar>

■ CONTINUED FROM PAGE 16

APR 21

### LAWRENCE BALLET THEATRE'S EMERGENCE

Join Lawrence Ballet Theatre for their 13th annual mixed repertory performance, Emergence. Original works by professional choreographers will feature contemporary and classical dance styles, delighting first-time audience members to balletomanes. Lawrence Arts Center, 940 New Hampshire, 7 p.m. Fee. LAWRENCE, 785-843-2787  
[lawrenceartscenter.org/calendar](http://lawrenceartscenter.org/calendar)

APR 22

### Laurie Berkner

Recognized as "the queen of kids' music" by *People* magazine, Laurie Berkner is a singer, songwriter, lyricist, author and founder of Two Tomatoes Records, LLC. As a leader and innovator in children's music and entertainment for the past quarter of a century, Laurie has released 14 bestselling, award-winning albums. Lied Center of Kansas, 1600 Stewart Drive, 3 p.m. Fee. LAWRENCE, 785-864-2787  
<https://lied.ku.edu/calendar>

APR 23

### ZOFO

Since joining forces as a professional piano duo in 2009, Eva-Maria Zimmermann and Keisuke Nakagoshi of ZOFO have electrified audiences from Carnegie Hall to Tokyo with their dazzling artistry and outside-the-box thematic programming for one-piano-four-hands. One of the few duos worldwide devoted exclusively to piano duets, this Grammy-nominated, prize-winning Steinway Artist ensemble is blazing a bold new path by focusing on 20th- and 21st-century repertoire and commissioning new works from noted composers each year. Lied Center of Kansas, 1600 Stewart Drive, 2 p.m. Fee. LAWRENCE, 785-864-2787  
<https://lied.ku.edu/calendar>

MAY 5

### Vanessa Thomas

Lawrencian Vanessa Thomas is a popular vocalist and performs regularly throughout the country, delighting audiences everywhere she is heard. Thomas is known for her seamless span of five octaves as well as her unique versatility and command of a variety of musical genres, including opera, traditional choral masterworks, jazz, blues, gospel and musical theatre. This event will serve as an album release concert for her first recording as a leader! Lied Center of Kansas, 1600 Stewart Drive, 7:30 p.m. Fee. LAWRENCE, 785-864-2787  
<https://lied.ku.edu/calendar>

## EXHIBITS & SHOWS

DEC 20-APR 29

### FROM THEN TO NOW: A STUDENT HISTORY OF HASKELL INDIAN NATIONS UNIVERSITY

In 1884, the Indian Industrial Training School, as it was then called, opened in Lawrence under control of the federal government. Over time, the same school, under the same government,

has adapted and evolved into an institution of higher education that encourages and celebrates the cultures it was established to eradicate. Recurring weekly on Tuesday, Wednesday, Thursday, Friday, Saturday. Watkins Museum of History, 1047 Massachusetts St., 10 a.m.-4 p.m. LAWRENCE, 785-841-4109  
[watkinsmuseum.org](http://watkinsmuseum.org)

FEB 25-MAY 7

### SHADES OF GREATNESS

This stunning traveling art exhibit from the Negro Leagues Baseball Museum in Kansas City features works created by local artists inspired by Negro Leagues Baseball history. "Shades of Greatness" honors and celebrates African American history and sports. This exhibit is made possible by The Library Foundation through contributions from The National Endowment for the Humanities: Democracy demands wisdom. Topeka and Shawnee County Public Library - Alice C. Sabatini Art Gallery, 1515 SW 10th Avenue. Free. TOPEKA, 785-580-4400

MAR 11-SEP 1

### THE WAYBACK TO SCHOOL EXHIBIT: WYANDOTTE COUNTY SCHOOLS THROUGH TIME

This exhibit will feature memorabilia, photographs, and more from Wyandotte County High Schools. It will also include images and history of county elementary and middle schools. Visitors will also be able to search for relatives in school district records from 1899 to 1962. These ledgers include 8th grade graduation, attendance, county exam, teacher certificate, school officer records. There will also be a space for visitors to leave personal stories about their school year memories, that will be archived for future use. Wyandotte County Historical Society & Museum 631 North 126th. Free admission. BONNER SPRINGS, 913-573-5002

## FAIRS & FESTIVALS

APR 15

### CELTIC ROOTS FESTIVAL

Third annual Celtic Roots Festival. Music workshops begin at 1 p.m., followed by an evening of traditional Irish music and dance. Fees. Snacks and libations available for purchase inside. Saint Margaret's Episcopal Church, 5700 W. 6th Street. LAWRENCE

## FARMERS' MARKET

THURSDAYS

### COTTIN'S HARDWARE FARMERS' MARKET

April-September (Outdoors) Every Thursday from 4-6:30 p.m. The outdoor market has 15+ local vendors, live music, a hot food vendor, and Free State Beer each week. October-March (Indoors) Every Thursday from 4-6 p.m. The indoor market is located inside the store and has up to six vendors each week. Cottin's Hardware, 1832 Massachusetts St. LAWRENCE  
[cottinshardware.com/farmers-market](http://cottinshardware.com/farmers-market)

## HISTORY & HERITAGE

APR 5

### POTTER'S FIELD HISTORY HARVEST

Share your story at the next History Harvest for the Oak Hill Cemetery Potter's Field Remembrance Project. If you have a story, photograph, document, etc. about the Potter's Field or someone buried there and would like to share it, come to the Lawrence Public Library's Videocasting Studio, 10:30 a.m.-6 p.m. At 6:30 p.m. in the Library's auditorium, join Project Director Caleb Latas for a presentation on the Community Remembrance Project. LAWRENCE

MAY 3

### NICK CHILES AND THE TOPEKA PLAINDEALER

Local researcher Sonja Czarniecki, will talk about Nick Chiles, the owner and editor of the Topeka Plaindealer newspaper, the largest-circulating Black newspaper in the Great Plains 1900-1930. Topeka and Shawnee County Public Library - Learning Center, 6:30-7:30 p.m. TOPEKA, <https://events.tscpl.org/events>

## MEETINGS

MONDAYS

### GRIEF SUPPORT (VIRTUAL)

Join us for an online grief support group. This group is held weekly via Zoom. For more information about this group or to sign up contact our grief and loss department. Midland Care Connection, 4 p.m. TOPEKA, 785-232-2044

MONDAYS

### TOPEKA NEEDLEWORK GUILD

Join our needlework enthusiasts every Monday (except holidays) at the Topeka and Shawnee County Public Library, Menninger Room (second floor), 9-11 a.m. Bring a project to work on while we share our skills and ideas. Drop ins welcome. TOPEKA, 785-207-1165

FIRST WEDNESDAY OF THE MONTH

### CAREGIVER SUPPORT GROUP

Meet with other caregivers in the Baldwin area who may be struggling with some of the same issues you face while caring for your loved one. This support group is for caregivers of individuals age 60 or older. Baldwin Methodist Church, 704 Eighth St., 1-2 p.m. BALDWIN CITY

SECOND TUESDAY OF THE MONTH

### NATIONAL ASSOCIATION OF RAILROAD VETERAN EMPLOYEES

Meets at Grace Episcopal Church, 701 SW 8th Ave. (enter on NW corner), at 9:30 a.m. TOPEKA

THIRD FRIDAY OF THE MONTH

### CAREGIVER SUPPORT GROUP

Jayhawk Area Agency on Aging, 2910 S.W. Topeka Blvd., 12-1 p.m. TOPEKA, 785-235-1367

APR 3

### CAREGIVER SUPPORT MEETING

Being a caregiver can be incredibly stressful. Meet and talk to others in the same situation. For more information call April Maddox at Jayhawk Area Agency on Aging (785) 235-1367. Topeka and Shawnee County Public Library - Hughes Room 205, 1515 SW 10th Ave., 2-3 p.m. TOPEKA, <https://events.tscpl.org/events>

APR 10

### CAREGIVER SUPPORT MEETING

Being a caregiver can be incredibly stressful. Meet and talk to others in the same situation. For more information call April Maddox at Jayhawk Area Agency on Aging (785) 235-1367. Topeka and Shawnee County Public Library - Hughes Room 205, 1515 SW 10th Ave., 3:30-4:30 p.m. TOPEKA, <https://events.tscpl.org/events>

APR 20

### CAREGIVER SUPPORT MEETING

Being a caregiver can be incredibly stressful. Meet and talk to others in the same situation. For more information call April Maddox at Jayhawk Area Agency on Aging (785) 235-1367. Topeka and Shawnee County Public Library - Hughes Room 205, 1515 SW 10th Ave., 2-3 p.m. TOPEKA, <https://events.tscpl.org/events>

APR 20

### SIERRA CLUB OF TOPEKA

"Reducing Waste/Improving Soil." Presented by Elaine Gosselin with the Kansas Sierra Club staff. Topeka and Shawnee County Public Library, 1515 SW 10th Ave., 7 p.m. TOPEKA

MAY 1

### CAREGIVER SUPPORT MEETING

Being a caregiver can be incredibly stressful. Meet and talk to others in the same situation. For more information call April Maddox at Jayhawk Area Agency on Aging (785) 235-1367. Topeka and Shawnee County Public Library - Hughes Room 205, 1515 SW 10th Ave., 2-3 p.m. TOPEKA, <https://events.tscpl.org/events>

## MISCELLANEOUS

TUESDAYS

### 2023 VITA TAX PREPARATION ASSISTANCE

Volunteer Income Tax Assistance (VITA) will help people with their taxes by appointment only. Call (785) 969-9951 to schedule an appointment. VITA will not allow walk-ins.

■ CONTINUED ON PAGE 18

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



■ CONTINUED FROM PAGE 17

Topeka and Shawnee County Public Library - Team Room 02 (1st floor), Team Room 07 (1st floor), Team Room 08 (1st floor), 1515 SW 10th Ave., 5:30-8:30 p.m.

TOPEKA, <https://events.tscpl.org/events>

#### THURSDAYS

#### 2023 VITA TAX PREPARATION ASSISTANCE

Volunteer Income Tax Assistance (VITA) will help people with their taxes by appointment only. Call (785) 969-9951 to schedule an appointment. VITA will not allow walk-ins.

Topeka and Shawnee County Public Library - Team Room 02 (1st floor), Team Room 07 (1st floor), Team Room 08 (1st floor), 1515 SW 10th Ave., 9 a.m.-8:30 p.m.

TOPEKA, <https://events.tscpl.org/events>

#### SATURDAYS

#### LAWRENCE BRIDGE CLUB

The Lawrence Bridge Club plays party (a.k.a.: rubber) bridge. First visit free. Annual membership fee. 1025 N. 3rd St., Suite 120, 6:30-9 p.m.

LAWRENCE

#### SECOND AND FOURTH THURSDAYS

#### PITCH PALS

Join us for Pitch and fun. We play 10 point pitch, which is a fast-paced, partnership, trick-taking game. The goal is to capture cards representing at least the number of points bid. We will explain "house rules" and assist new players. Wellsville Senior Center, 6 p.m.

WELLSVILLE, 913-314-0819 or 785-248-9470

APR 13

#### CAREGIVER CONFERENCE

A one-day conference providing education on dementia and in-home care. Caregivers have the most difficult job when caring for someone with dementia. This forum will help you navigate in-home services and educate you on helping someone maintain independence for as long as possible. First Southern Baptist Church, 4300 W. 6th St., 9 a.m.-3 p.m. Registration begins at 8 a.m. To register To register for this free conference, call or email at Michele Dillon 785-235-1367 or mdillon@jhawkaaa.org.

LAWRENCE

APR 25

#### 17TH ANNUAL LAPA SENIOR RESOURCE FAIR

Sponsored by Lawrence Area Partners in Aging (LAPA). Freebies, handouts, and brochures. Gift card drawings, courtesy of LAPA. Exhibits featuring a wide range of businesses and organizations. Sports Pavilion at Rock Chalk Park, 6100 Rock Chalk Drive, 10 a.m.-1 p.m. No cost to attend.

LAWRENCE

APR 29

#### ANNUAL BAKER WETLANDS BIRD WALK

Join us for our yearly walk amidst the spring bird migration at Baker Wetlands, with Roger Boyd. Meet at the Discovery Center, 1365 North 1250 Road. 8-10 a.m.

LAWRENCE, [jvail@lplks.org](mailto:jvail@lplks.org)

## How we protect you from misleading advertising and communications

Social Security works with the Office of the Inspector General (OIG) to protect you from scams that use Social Security as bait. Section 1140 of the Social Security Act allows OIG to impose severe penalties against anyone who engages in misleading Social Security-related advertising or imposter communications. You can review Section 1140 at [www.ssa.gov/OP\\_Home/ssact/title11/1140.htm](http://www.ssa.gov/OP_Home/ssact/title11/1140.htm).

For example, the OIG may impose a penalty against anyone who:

- Mails misleading solicitations that appear to be from or authorized by Social Security.
  - Operates an imposter internet website or social media account designed to look like it belongs to or is authorized by Social Security.
  - Sends emails or text messages or makes telephone calls claiming to be from Social Security.
  - Sells Social Security's free forms, applications, and publications without our written approval.
  - Charges a fee for a service that Social Security provides free of charge without providing a clearly visible notice that Social Security provides the service for free.
- If you receive a misleading or suspicious Social Security-related advertisement or imposter communication, please let us know immediately. Try to capture as much information about the

communication as you can.

Here's what you can do:

- For suspicious websites or social media accounts, please take a screenshot of the page. Please note the website address or social media link – and how you came across it.
- For emails and text messages, please capture the entire message and any message links.
- For U.S. mail solicitations, please retain the complete communication, including the outside envelope and all inserts.
- For telephone solicitations, please note the caller identification phone number and any company name or call back number that the caller or recorded message provides.

You can help us stop misleading advertising and communications. We encourage you to report potential scams to the OIG at [oig.ssa.gov](http://oig.ssa.gov). You can also call our fraud hotline at 1-800-269-0271 or send an email to [OIG.1140@ssa.gov](mailto:OIG.1140@ssa.gov).

This information will help OIG locate the source of the suspicious solicitation or communication. You can also check out our publication, What You Need to Know About Misleading Advertising, at [www.ssa.gov/pubs/EN-05-10005.pdf](http://www.ssa.gov/pubs/EN-05-10005.pdf).

Please share this information with friends and family and help us spread the word on social media!



Can you trace your family tree back to a point of having an ancestor who supported the cause of American Independence during the years 1774-1783? If so, please consider joining the Sons of the American Revolution. Local contacts can guide you through the membership process.

**Charles Robinson Chapter**  
(Lawrence)

John Saylor (President)  
785-841-5756

**Thomas Jefferson Chapter**  
(Topeka)

Brian Vazquez (President)  
785-272-7647



If you think you might have ancestors who participated in the American Revolution, contact us. Let us help you find them and join the local chapter of Daughters of the American Revolution.

Betty Washington Chapter  
Kare Lyche, Regent  
785-749-6027



## PAINTING WITH WORDS

# The Waste Land

I first encountered who T. S. Eliot was and the poems he wrote when I was a high school junior in an English class. Thomas Stearns Eliot (better known as T. S. Eliot) was born in St. Louis, Missouri, in 1888. His distinguished family sent him to Smith Academy and then to Milton in Massachusetts. From



Tom  
Mach

there he went to Harvard in 1906 and received a B.A. degree. While there, he met the poet George Santayana and the critic Irving Babbitt, who influenced Eliot to develop an anti-Romantic attitude in his writings.

He went on to pursue four different careers—that of editor, literary critic, dramatist, and philosophical poet. His first important poem, “The Love Song of J. Alfred Prufrock,” represented a break with the poetry of his time.

Eliot’s “The Waste Land” is acclaimed by the literary community of our time to be one of the most important poems of the 20<sup>th</sup> century. It is essentially a dramatic monologue that shifts locations, speakers, and times about. In essence, it shows the futility

and alienation of modern life following World War I.

In a way, “The Waste Land” is a kind of eulogy to the culture that Eliot considered dead—even though the society of 1923 was involved with music like jazz and new dances like the Charleston. The literature at the time largely avoided the experiences of the recent war and Eliot felt like he was shouting into the wind with a different perspective for life.

April is typically when the season of spring appears. It generally is filled with happy thoughts, such as Easter, when we celebrate Christ’s resurrection from the dead. However, Eliot turns around and starts with April being “the cruellest month.” He talks about “lilacs out of the dead land” and “dull roots” to show us how unpleasant this month is, despite the fact that April should usher in springtime.

Actually, there is no springtime, according to Eliot, when he says “summer surprised us.” The word “Starnbergersee” refers to the Munich home of a countess named Marie Louise Larisch. She is in the poem because she was a symbol of Old World Europe, the kind that existed before World War I, the kind that suggested a decadence it once enjoyed.

The effect of World War I was to create a certain dullness in the lives of Europeans, and Eliot suggests this by

mentioning that their typical enjoyment now was to drink coffee and talk for an hour. The German line in the poem, “Bin gar keine Russin, stamm’ aus Litauen, echt Deutsch” means “I’m not Russian at all, I’m from Lithuania, I am a real German.” This shows the wide separation that existed between Germany and Russia still exists now, after the war.

Eliot seems to be focusing his poem not only on the obvious effects of the war in general, but on how the spiritual and cultural sectors of the world now lay forgotten. That is why the poet alludes to a line from the Book of Ezekiel where Eliot says “Son of man, you cannot say or guess.” He is imaging God speaking, telling us that while you observe “broken images” or that a “dead tree gives no shelter,” or famine because a dry stone has no “sound of water,” you need to be aware of something important. You need to know there is a mysterious shadow “striding behind you” or else “rising to meet you.” That shadow is the meaning of life, something you need to understand because otherwise you will be living in an empty world.

Since “The Waste Land” is a very long poem, I have included only the first 30 lines.

## The Waste Land

(the first 30 lines)

By T. S. Eliot

*April is the cruellest month, breeding*

*Lilacs out of the dead land, mixing*

*Memory and desire, stirring*

*Dull roots with spring rain.*

*Winter kept us warm, covering*

*Earth in forgetful snow, feeding*

*A little life with dried tubers.*

*Summer surprised us, coming over the*  
*Starnbergersee*

*With a shower of rain; we stopped in*

*the colonnade,*

*And went on in sunlight, into the Hof-*  
*garten,*

*And drank coffee, and talked for an*  
*hour.*

*Bin gar keine Russin, stamm’ aus Lit-*  
*auen, echt deutsch.*

*And when we were children, staying at*  
*the archduke’s,*

*My cousin’s, he took me out on a sled,*

*And I was frightened. He said, Marie,*

*Marie, hold on tight. And down we*  
*went.*

*In the mountains, there you feel free.*

*I read, much of the night, and go south*  
*in the winter.*

*What are the roots that clutch, what*  
*branches grow*

*Out of this stony rubbish? Son of man,*  
*You cannot say, or guess, for you know*  
*only*

*A heap of broken images, where the*  
*sun beats,*

*And the dead tree gives no shelter, the*  
*cricket no relief,*

*And the dry stone no sound of water.*  
*Only*

*There is shadow under this red rock,*  
*(Come in under the shadow of this red*  
*rock),*

*And I will show you something differ-*  
*ent from either*

*Your shadow at morning striding*  
*behind you*

*Or your shadow at evening rising to*  
*meet you;*

*I will show you fear in a handful of*  
*dust.*

- Tom Mach has written many books, including three historical novels, one memoir, a collection of short stories, a play, two children’s books, two Christian novels (one of which uses his pen name A. T. Christie), and three poetry books. If you want to learn more about these books please visit [www.TomMach.com](http://www.TomMach.com).

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## HUMOR HOTEL

# Remember when we talked, no, really talked to one another?

By Greg Schwem

The art of face-to-face communication took a huge hit due to the pandemic, and it has sadly also affected my favorite solo traveling game.

I've titled the game, "Walk Into a Bar and Get One Person Off Their Phone."

I often find myself alone in strange cities and, rather than ordering room service and bemoaning the fact that the hotel TV package doesn't include Netflix, I choose to explore my surroundings; trips that culminate in solo dining at restaurant bars. Brewpubs are my favorites, but I recently eliminated gluten from my diet and now must endure strange looks from brewmasters when I belly up to their establishments and order an apple-infused seltzer.

I choose a seat immediately next to, or if the bar is empty, one stool away from another patron. I prefer solo customers like myself, as they are usually scrolling their phones. I'll say this about the cellphone: It eliminated the scarlet letter that often comes with dining or drinking solo. Instead of projecting a sad, "I have no friends," vibe, you can pass yourself off as an important business person, albeit one with no friends and whose "business"

is watching funny cat videos.

From there, it's "GAME ON!" As an ice breaker, I might ask my intended targets what they are drinking or seek their reviews on whatever culinary dish has been placed before them. If they respond, I might make a comment about what is on the TV, although I have my limitations. Before I enter an establishment, I look at the screen and ensure the answer is "no" to the follow-

ing questions:

1. Is "Wheel of Fortune" on?
2. Are the patrons actively watching it?

Recently I dined at a Chicago-area tavern known, among locals, for having some of the best barbecue ribs in the city. I will not name the establishment, for the bar only contains 10 stools and my chances to snag one diminish if I reveal the identity. Seated next to me were two bros in their late 20s, alternating between scrolling their phones and glancing at the Buffalo Bills/Cincinnati Bengals playoff game. I pounced.

"Which one of you has a dog in this fight?" I said, gesturing at the TV.

"He does," said Jordan, gesturing to his friend Paul, who stopped scrolling.

"Are you from Buffalo or Cincinnati?" I asked.

"Neither," Paul said. "Just a die-hard Bills fan."

From there, the floodgates opened. I learned Jordan was cajoling Paul to move to Chicago; Jordan had just gotten married; Paul liked the idea of marriage but was content (like all Gen Z types) with his dog.

It was such a pleasant encounter, particularly because my last three attempts at this type of interaction resulted in the following:

1. A woman in the Houston airport thought her Instagram account was, apparently, more interesting than anything I had to say.

■ CONTINUED ON PAGE 21



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**YOUR LIFE. YOUR STYLE. YOUR HOME.**

# Humor Hotel

■ CONTINUED FROM PAGE 20

2. A guy in a Grand Cayman tiki bar falsely accused me of “hitting” on his male friend. His UGLY friend, I might add.

3. A 50-ish woman in Miami suddenly became a huge TikTok fan after my opening line was, “Since this is the Miami airport, let me ask you...how many days have you been delayed?”

I thought it was funny.

I so long for the days when most of society was friendly, inquisitive and curious. Now we hide behind our social media accounts and within our AirPods. We can always find somebody more intriguing on our phone than the person sitting next to us. It is both infuriating and depressing.

My favorite writer, David Sedaris, once wrote that teenage boys would never want to be seen talking to an old man. I agree with that. But teenage boys do not sit at bars. Full grown adults do; and, if you are reading this, rest assured that I want to hear your stories.

I can look at my phone whenever I want, but this will most likely be my only encounter with you and it will only last until my check arrives. So please indulge me, or other strangers who strike up conversations in public establishments. If the conversation turns uncomfortable or creepy, just put in your AirPods or FaceTime a relative. But you may begin a friendship, strike up a business deal or discover you grew up in the same town if you make a little eye contact and then take it one step further.

Hell, you may even learn where to find the best barbecue in Chicago.

- *Greg Schwem is a corporate stand-up comedian and author of two books: “Text Me If You’re Breathing: Observations, Frustrations and Life Lessons From a Low-Tech Dad” and the recently released “The Road To Success Goes Through the Salad Bar: A Pile of BS From a Corporate Comedian,” available at Amazon.com. Visit Greg on the web at [www.gregschwem.com](http://www.gregschwem.com).*

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**The B.I.G. Deal:** A five-generation (yourself, a loved one or a friend, parents, grandparents, great-grandparents, and second great-grandparents) ancestor chart for just \$99. **A great gift idea!**



The *Bark Iris*. Kevin Groenhagen's third great-grandparents, Siebelt Kornelius Groenhagen and Grietje Harms Rade-maker, sailed from Bremen, Germany, to Baltimore aboard this ship in 1871.

The B.I.G. Deal includes the required research, a PDF version of the five-generation ancestor chart, and a color version of the chart printed on glossy paper stock.

Contact Kevin Groenhagen at [groenhagen@sbcglobal.net](mailto:groenhagen@sbcglobal.net) or 785-841-9417 for more information.



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# PUZZLES & GAMES

## CROSSWORD

### Across

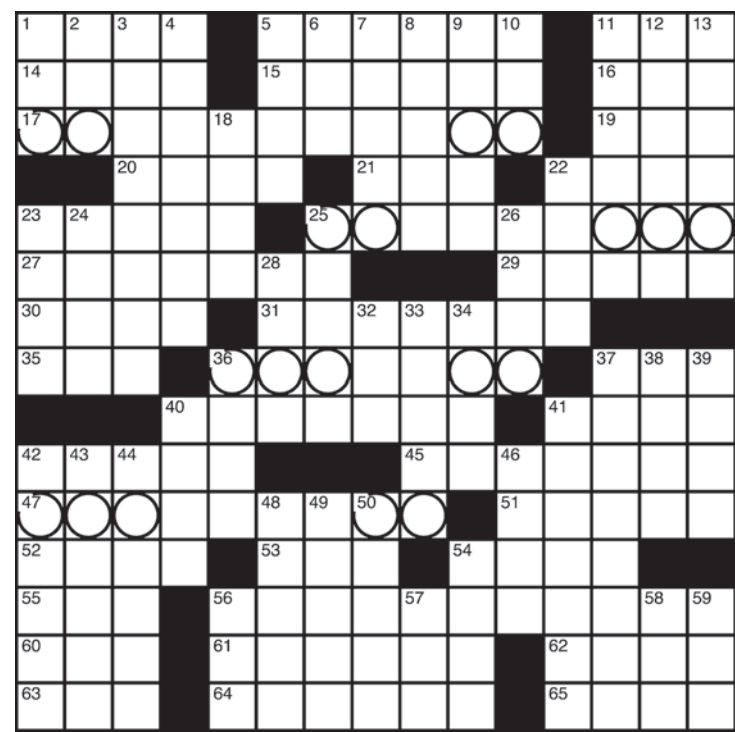
- 1 California wine region near Sonoma
- 5 Not quite
- 11 Zamboni surface
- 14 Nowhere to be seen, for short
- 15 Simple shelter
- 16 Prom rental
- 17 \*Performer who may wear harem pants
- 19 Lob's path
- 20 "Star Wars" heroine
- 21 Taylor Swift's "\_\_\_ Song"
- 22 If not
- 23 Tree frog sound
- 25 \*People in a love-hate relationship
- 27 Transmission choice for driving uphill
- 29 Stockpile
- 30 Chips \_\_\_!: cookie brand
- 31 Creme Egg candymaker
- 35 Hearty holiday drink
- 36 \*Body-lifting exercises
- 37 Spigot
- 40 Ambushed

- 41 Corn Belt tower
- 42 Storybook brutes
- 45 Tracks down
- 47 \*Veers from the straight and narrow
- 51 Pet rabbit's home
- 52 Wallop
- 53 Feel crummy
- 54 Carpenter's clamp
- 55 Source of milk for pecorino cheese
- 56 Dieting advice, and what the answers to the starred clues literally do
- 60 Time zone word: Abbr.
- 61 Dined at a bistro, say
- 62 Nerd
- 63 That lady
- 64 Tinkers (with)
- 65 Avant-garde

### Down

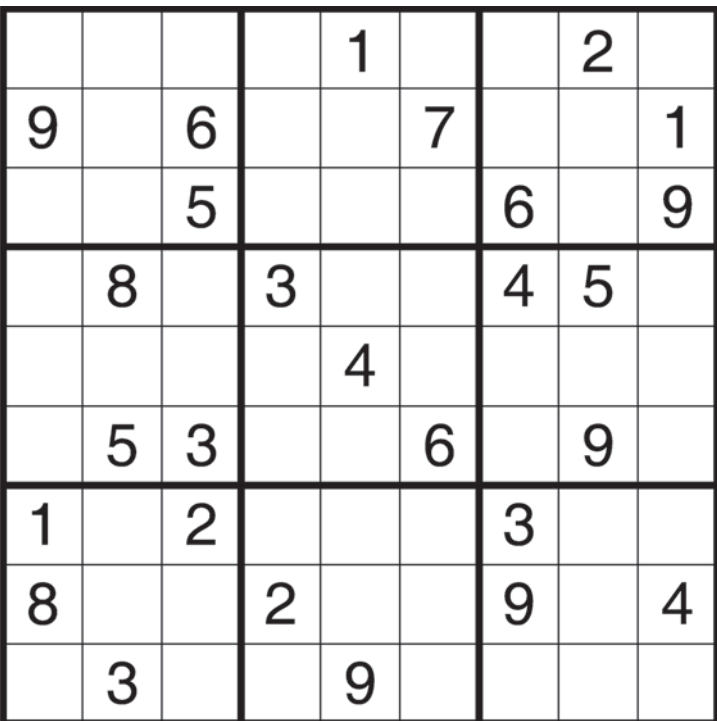
- 1 Capture
- 2 Knock the socks off
- 3 Tadpole
- 4 Hay fever, e.g.
- 5 "Marriage Story" actor

- Alan
- 6 Actress Thompson
- 7 Regal home
- 8 Promptly
- 9 Rudder's locale
- 10 Only Canadian MLB city
- 11 Firenze locale
- 12 Swear words
- 13 More than necessary
- 18 Cry of pain
- 22 Television award
- 23 Tartan-sharing kin
- 24 Santa's jolly syllables
- 25 Physically delicate
- 26 Disneyland hat pair
- 28 Sore
- 32 Genetic material
- 33 Construct
- 34 Bun, e.g.
- 36 Wine barrel
- 37 Giggled self-consciously
- 38 Smart \_\_\_: know-it-all
- 39 Swanky
- 40 Like disappointing coffee
- 41 McMuffin meat option
- 42 Think too much (about)
- 43 Old-\_\_\_ forest
- 44 Ebb
- 46 Rather smart
- 48 Cook in some olive oil, say



- 49 Tugs at a fishing line
- 50 Choir section
- 54 November honorees
- 56 Pic taker
- 57 Shade on a color wheel
- 58 Plead
- 59 Big \_\_\_ Country

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### JUMBLE

THAT SCRAMBLED WORD GAME  
By David L. Hoyt and Jeff Knurek

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

KEISR  
HOYAO  
SOLONE  
PRETIM

HE THOUGHT HE COULD PICK UP THE HEAVY BOX BY HIMSELF BUT WAS ---

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

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## SCRABBLE GRAMS

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[ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]	[ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]	RACK 1
A <sub>1</sub> E <sub>1</sub> I <sub>1</sub> J <sub>8</sub> N <sub>1</sub> S <sub>1</sub> B <sub>3</sub>	[ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]	RACK 2
[ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]	A <sub>1</sub> A <sub>1</sub> Y <sub>4</sub> K <sub>5</sub> W <sub>4</sub> R <sub>1</sub> P <sub>3</sub>	2nd Letter Triple RACK 3
[ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]	O <sub>1</sub> U <sub>1</sub> H <sub>4</sub> T <sub>1</sub> G <sub>2</sub> T <sub>1</sub> H <sub>4</sub>	Double Word Score RACK 4
[ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]	E <sub>1</sub> E <sub>1</sub> Y <sub>4</sub> N <sub>1</sub> C <sub>3</sub> C <sub>3</sub> D <sub>2</sub>	RACK 5
[ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]	A <sub>1</sub> I <sub>1</sub> O <sub>1</sub> P <sub>3</sub> R <sub>1</sub> R <sub>1</sub> D <sub>2</sub>	RACK 5

PAR SCORE 275-285  
BEST SCORE 340

FIVE RACK TOTAL  
TIME LIMIT: 25 MIN

DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 5th Edition.

For more information on tournaments and clubs, email NASPA - North American SCRABBLE Players Association info@scrabbleplayers.org. Visit our website - www.scrabbleplayers.org. For puzzle inquiries contact scrgams@gmail.com

10-30

Answers to all puzzles on page 30

# GOREN ON BRIDGE

WITH BOB JONES

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## CRISS-CROSS

East-West vulnerable, North deals

### NORTH

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

### WEST

♠ A K 8 4 3 2  
♥ 6 5 4  
♦ J 2  
♣ 10 5

### EAST

♠ 10 7 5  
♥ Q 10 8  
♦ 10 7 5 3  
♣ Q 6 4

### SOUTH

♠ Q 6  
♥ K 9 7 3 2  
♦ K Q 9  
♣ A 9 3

queen and shifted to a low diamond – nine, jack, ace. South cashed dummy’s ace of hearts, crossed to his hand with the ace of clubs, and cashed the king of hearts. Fortunately, that drew the trumps. South then cashed the king of diamonds, leaving this position:

### NORTH

♠ Void  
♥ Void  
♦ 8 6  
♣ K J

### WEST

♠ 4 3 2  
♥ Void  
♦ Void  
♣ 10

### EAST

♠ Void  
♥ Void  
♦ 10 7  
♣ Q 6

### SOUTH

♠ Void  
♥ 9  
♦ Q  
♣ 9 3

The bidding:

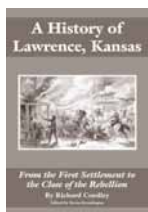
NORTH	EAST	SOUTH	WEST
1♣	Pass	1♥	2♠
Pass	Pass	Dbl	Pass
3♦	Pass	4♣	Pass
4♥	All pass		

Opening lead: Ace of ♠

North-South have the values for game, but what game? They ended up in four hearts. Could they make it?

West started with the ace, king, and another spade, trying to weaken declarer’s trump holding. South discarded a club from dummy, ruffed in his hand, and led a low heart to dummy’s jack. East won with his

South cashed the nine of hearts, discarding the jack of clubs from dummy, and East was helpless. A club discard and South would lead a club to the king, come back to his hand with the queen of diamonds, and cash the nine of clubs. A diamond discard would fare no better. East conceded and South had his contract after a beautifully played deal!



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by Richard Cordley

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By David L. Hoyt and Jeff Knurek



INSTRUCTIONS: Find as many words as you can by linking letters up, down, side-to-side and diagonally, writing words on a blank sheet of paper. You may only use each letter box once within a single word. Play with a friend and compare word finds, crossing out common words.

**BOGGLE POINT SCALE**  
3 letters = 1 point  
4 letters = 2 points  
5 letters = 3 points  
6 letters = 4 points  
7 letters = 6 points  
8 letters = 10 points  
9+ letters = 15 points

**YOUR BOGGLE RATING**  
151+ = Champ  
101-150 = Expert  
61-100 = Pro  
31-60 = Gamer  
21-30 = Rookie  
11-20 = Amateur  
0-10 = Try again

**Boggle BrainBusters Bonus**  
We put special brain-busting words into the puzzle grid. Can you find them?  
Find AT LEAST EIGHT FIVE-LETTER MAMMALS in the grid of letters.

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## MY PET WORLD

# 14-year-old dog no longer comes when called. Why?

By **Cathy M. Rosenthal**  
Tribune Content Agency

**Dear Cathy:** Our 14-year-old Cavalier King Charles Spaniel has been a wonderful pet her whole life. She exhibited alpha dog behavior early on, not wanting to come to us. In the last few years, though, she has become even more so and refused to come when called. She retreats into her crate if I even motion for her to come to me. She also will not tolerate being picked up and held and will not sit on our laps.

I don't expect her behavior to change, but why would she act like this? She's treated with love and respect. Of course, if we're holding food, that's a different story! - Lee, East Patchogue, New York

**Dear Lee:** A visit to your vet is your first chore. When dogs don't feel well or experience pain, they can become less engaged with their owners. For example, if your Cavalier King Charles Spaniel has arthritis, she may need glucosamine. She also may have cognitive issues that impact how she processes things. There are medications for that as well.

If the vet doesn't find any medical issues, the next step would be to re-train her. Your dog is 14 years old and re-training her may seem pointless, but she can still learn.

When it comes to coming when called, half the battle is getting her

attention. Introduce her to a clicker, as it will make training go quicker. They cost only a few dollars. Start by saying her name and wait for her to make eye contact. When she makes eye contact, click the clicker, which marks the desired behavior, and give her a treat. Repeat this about 20 times each session, three times a day.

When she knows to look at you every time you say her name, re-introduce the recall command. Wait until she is across the room, and say her name. When she looks at you, click the clicker.

Now, she has to come to you for the treat. Eventually, use her name and the word "come" together. In this instance, click the click when she begins walking toward you, so she makes the connection between coming to you and getting a treat.

Even if you find she has a health problem that is impacting her focus, re-training her can help restore the habit of coming when called.

**Dear Cathy:** I adopted three cats that were supposedly siblings. I discovered they were using my spare bedroom for a bathroom. I have shampooed the carpet three times. I even used Urine Begone®. I still cannot get that smell out of my carpet. What else can I do? - William, Hampton, Virginia

**Dear William:** Urine Begone is a good product. It's an enzymatic cleaner that eats up biologicals left in the

carpet. However, it's sometimes not just the carpet that needs to get cleaned, but the padding underneath it. Pull up the carpet, if possible, and clean the underside and padding as well.

Try a different enzymatic cleaner, like Simple Solution® or Nature's Miracle®, to see if that works better. Nature's Miracle also makes a deep-cleaning carpet shampoo that you can use in any carpet cleaning machine. After using an enzymatic cleaner or deep-cleaning shampoo, let the area dry. Then, sprinkle baking soda on the carpet and leave it on for several hours before vacuuming it.

Let me know if this resolves your issue.

**Dear Cathy:** I have a two-year-old Pomsy. He is the most lovable puppy. The only problem is, he marks inside the house. It's not a huge amount (of urine) each time, but it's enough for me to get upset about it. We have a doggie door, so he is in and out all day. Any suggestions? - Lori, Suffolk, New York

**Dear Lori:** If your Pomeranian/Siberian Husky mix is intact, it can be almost impossible to break this instinctive behavior to attract female dogs.

Neutering him can reduce his need to mark within weeks or months of the procedure.

Aside from that, it's all about interrupting the unwanted behavior. Use an enzymatic cleaner where he marks and use plug-in canine pheromones in those rooms. Limit his access to the entire house, so you can catch him when he tries to mark. Shake a can of coins, use a Pet Corrector®, or make a loud slap to startle and interrupt the unwanted behavior. Then, redirect him with a puzzle toy to keep his mind busy.

Discourage him from marking during a walk as well. Let him pee in your yard before and after, but not during the walk. If he tries to mark, interrupt him by walking in the opposite direction.

- Cathy M Rosenthal is a longtime animal advocate, author, columnist and pet expert who has more than 25 years in the animal welfare field. Send your pet questions, stories and tips to [cathy@petpundit.com](mailto:cathy@petpundit.com). Please include your name, city, and state. You can follow her @cathymrosenthal.

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## AMERICA'S TEST KITCHEN

# This cheesy bean bake is family-friendly

By America's Test Kitchen  
Tribune Media Content

On busy weeknights, there's nothing like a one-pan meal the whole family will love! You can even get the kids involved to help make this easy dish.

All it takes is stirring white beans into a quick-cooking tomato sauce, topping the mixture with cheese and bread crumbs, then baking until it's creamy and crunchy!

This recipe uses two types of cheese — mozzarella and Parmesan — so one way to get the kids involved in the cooking process is to have them taste each one and compare the different flavors and textures before sprinkling bits of cheese on top of the dish.

And while the kids are snacking, you can spill some facts about these key ingredients: Firm Parmesan has been aged, sometimes for more than a year, giving it a stronger flavor because it loses water through evaporation. Soft mozzarella isn't aged at all, meaning it's full of water and

melts into gooey goodness.

And just like that, in about an hour you'll have made a scrumptious meal with your family. And because it's in one pan, there's minimal cleanup! No one has to fight over whose turn it is to clean a mountain of dishes.

## Cheesy Bean and Tomato Bake

Serves 4 to 6

- 2 (15-ounce) cans white beans, drained and rinsed
- 1 tablespoon plus 2 tablespoons extra-virgin olive oil, divided
- 1 small onion, chopped fine
- 3/4 teaspoon table salt
- 3 garlic cloves, minced
- 1 teaspoon dried oregano
- Pinch red pepper flakes (optional)
- 1 (28-ounce) can crushed tomatoes
- 1/3 cup water
- Pinch sugar
- 1/4 cup grated Parmesan cheese (1/2 ounce)
- 1 cup shredded mozzarella cheese (4 ounces)
- 1/2 cup panko bread crumbs

TNS PHOTO



### Cheesy bean bake

1. Adjust oven rack to middle position and heat oven to 475 degrees. In a 12-inch oven-safe skillet, heat 1 tablespoon oil over medium heat until shimmering, about 2 minutes (oil should be hot but not smoking).

2. Add onion and salt and cook, stirring often, until onion is softened, about 5 minutes. Add garlic, oregano and pepper flakes (if using) and cook, stirring constantly, for 30 seconds.

3. Stir in tomatoes, water and sugar. Bring to a boil. Reduce heat to medium-low and simmer, stirring occasionally, until slightly thickened, about 10 minutes.

4. Add beans to skillet and stir to coat with sauce. Cook, stirring occasionally, until beans are warmed through, about 5 minutes. Remove from heat.

5. Stir Parmesan and half of mozzarella into beans. Spread beans into an even layer. Sprinkle remaining mozzarella evenly over top.

6. In a small bowl, combine panko and remaining 2 tablespoons oil. Stir until panko is coated with oil. Sprinkle panko evenly over top of cheese.

7. Transfer skillet to oven. Bake until cheese is melted and panko is well browned, 5 to 8 minutes. Transfer skillet to a cooling rack (skillet will be VERY hot). Let beans cool for 5 minutes. Serve.

- For more than 25 years, home cooks have relied on America's Test Kitchen for rigorously tested recipes developed by professional test cooks and vetted by 60,000 at-home recipe testers. The family of brands—which includes *Cook's Illustrated*, *Cook's Country*, and *America's Test Kitchen Kids*—offers reliable recipes for cooks of all ages and skill levels. See more online at [www.americastestkitchen.com/TCA](http://www.americastestkitchen.com/TCA).

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Source: Huffington Post, [huffingtonpost.com/mark-bradbury/the-7-incredible-facts-about-boomers-spending\\_b\\_6815876.html](http://huffingtonpost.com/mark-bradbury/the-7-incredible-facts-about-boomers-spending_b_6815876.html)

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## Sons of The American Revolution



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## RICK STEVES' EUROPE

# The Zugspitze: Germany's breathtaking rooftop

By Rick Steves

Tribune Content Agency

One of my favorite places to be in Europe is atop the Zugspitze—the highest point in Germany. Standing on this 9,700-foot peak, you can't help but marvel at the thought that you're the highest person in the entire country—number one out of 82 million.



Rick Steves

From here, facing south, I feel like a maestro conducting a symphony of snowcapped peaks as the mighty Alps stretch seemingly forever to the right and left.

The Zugspitze also marks the border between Germany and Austria. Before Europe united, you had to show your passport just to walk across this mountaintop.

Lifts from both countries meet at the top. As if waging an epic battle of alpine engineering, just a few years after the Austrians built a cable car to their Zugspitze station, the Germans drilled through the mountain in 1931 so that a cogwheel train could deposit nature lovers on a glacier just below their side of the summit.

Today, whether you ascend from the Austrian or German side, you can straddle the border between two great nations while enjoying an incredible view. Restaurants, shops, a small museum, and telescopes await you at the summit.

There are two separate terraces—Bavarian and Tirolean—connected by a narrow walk which was the border station. Crossing used to be a big deal—you'd get your passport stamped at the little blue house and shift your currency from shillings to marks. While the border formalities are long gone, regional pride still shines here. You'll notice no German or Austrian national banners but regional ones instead for "Freistaat Bayern" and "Land Tirol."

The views are equally breathtaking

RICK STEVES' EUROPE



A golden cross marks the top of the 9,700-foot Zugspitze – the highest point in Germany. The mountain straddles the border between Germany and Austria, and lifts from both countries whisk visitors to the top.

on either side of the border. On the German side, the Zugspitzplatt glacier stretches before you. Is it melting? For many summers, a vast reflector was spread out on the ice to try to slow the glacier's shrinking due to global warming. From here, ski lifts fan out as if

reaching for the ridge that defines the border between Germany and Austria.

Below you in the snow stands the "Hochzeitskapelle"—wedding chapel—which was consecrated in 1981 by Cardinal Joseph Ratzinger

■ CONTINUED ON PAGE 29

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# Rick Steves

■ CONTINUED FROM PAGE 28

(a.k.a. the retired Pope Benedict XVI).

The German side has the oldest building up here—the rustic, tin-and-wood weather tower, erected by the Deutscher Wetterdienst (German weather service) in 1900. The first mountaineers' hut was built in 1897 but didn't last. The existing one—entwined with mighty cables that cinch it down—dates from 1914. In 1985, observers clocked 200-mph winds up here—those beefy cables were necessary.

Also on the German side is a golden cross that marks the highest point in the country. A priest and his friends hauled it up in 1851, but the historic original was shot up by American soldiers who used it for target practice in the late 1940s. What you see today is a modern replacement. And, on this side, the highest dining available is at a sleek, modern restaurant that comes with lofty views.

World War II left its mark on the summit as well. The Austrian side was higher until the Germans blew its top off during the war to make a flak tower that targeted Allied airplanes.

Both Germany and Austria use this rocky pinnacle for communication purposes. The square box on the Tirolean Terrace provides data for Innsbruck airport's air traffic control system. A tower nearby is for the Katastrophenfunk (civil defense network), harkening back to the stressful years of the Cold War.

The Austrian station (which is much more visitor-friendly than the German one) has a fine little museum that tells the story of how the Zugspitze was first climbed in 1820. The museum also includes three interesting videos: a six-minute, 3-D mountain show; a 30-minute, making-of-the-lift show; and a 45-minute look at nature, sport, and culture of the region. Looking down the valley from the Tirolean Terrace, you can see the Austrian towns of Erwald and Lermoos in the distance and the valley that leads to my favorite overnight stop in the

region, Reutte.

In the summer, it's easy to actually "summit" the Zugspitze as there are steps and handholds all the way to the golden cross. Or you can just feed the birds from the lounge chairs of "the highest beer garden in Germany." The yellow-beak ravens—who get chummy with anyone who shares some pretzels—seem to enjoy the views here as much as the humans. While the Germans glory in the Zugspitze, their nation's highest point,

their neighbors are less impressed. There are many higher mountains in Austria.

- Rick Steves ([www.ricksteves.com](http://www.ricksteves.com)) writes European guidebooks, hosts travel shows on public TV and radio, and organizes European tours. This article was adapted from his new book, *For the Love of Europe*. You can email Rick at [rick@ricksteves.com](mailto:rick@ricksteves.com) and follow his blog on Facebook.

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## BOGGLE ANSWERS

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## JUMBLE ANSWERS

Jumbles: SKIER, YAHOO, LOOSEN, PERMIT

Answers: He thought he could pick up the heavy box by himself but was -- SORELY MISTAKEN

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## MY ANSWER

## Every person has a soul

From the writings of the Rev. Billy Graham

Tribune Content Agency

**Q:** My wife and I are of another generation but have a heart for young people who have little guidance and direction. We're so discouraged to see the rise in suicide and are stunned to see the rising unbelief in God. The younger generations have great faith in the art of communication technology, yet are the least able to communicate. Couldn't God be communicating with them and they aren't listening? We're praying that He will use us to communicate His message to today's generation and that God will reveal Himself to this lost generation. – S.P.

**A:** No matter how advanced its progress, any generation that neglects its spiritual and moral life is going to disintegrate, but generations need

regeneration. Life isn't meant to be lived according to man's ways, but God's ways. The Bible teaches that every person has a soul — the part of us that lives forever. If a person commits suicide that doesn't end it. What ends is the life of the body, but the soul lives on forever. Some people turn to drugs and alcohol to escape. Millions of people are depressed that life does not turn out the way they had hoped.

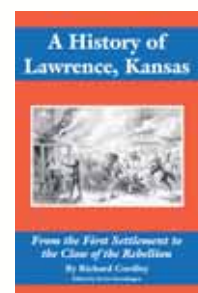
While no one can prove God's exis-

tence, it doesn't mean that He isn't real. God reveals Himself to man in nature, in conscience. The Bible says, "He has spoken to us by his Son, whom he appointed heir of all things, and through whom he made the universe" (Hebrews 1:2, NIV). God is a holy God and the Lord is righteous in all His ways — loving toward all He has made (see Psalm 145:17). Those who trust in Him will find their needs met according to God's Word and they will find contentment in living God's way.

- This column is based on the words and writings of the late Rev. Billy Graham.

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## The History of Lawrence, Kansas

by Richard Cordley

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## VARIETY

# ‘Bob Fosse’s *Dancin’*” Review: A rapturous Broadway homage to a great choreographer

By Marilyn Stasio

Variety

It’s hard to believe, but Bob Fosse’s definitive signature musical “Dancin’” has never been revived on Broadway since its Tony Award-winning debut in 1978. Huge kudos, then, to director-choreographer Wayne Cilento, for creating a new Broadway revival that both honors its source and shares his own inspirational ardor.

Although it famously has no plot, Fosse’s groundbreaking show does, indeed, have a story. It’s the love story of a dancer and his dance. This production even has a backstory, because Cilento also performed in the original production. This is Cilento’s rapturous—and extremely personal—homage to a great showpiece by a great choreographer.

But what you really want to know is: Does this revival preserve the familiar Fosse moves, or does it monkey around with them? As a matter of fact,

the show, which originated at the Old Globe in San Diego, faithfully honors them all, from the teacup-fingers and the tip-of-the-bowler to the sexy hip swivels and the gravity-defying back kicks. And here’s the thing: They still make us swoon.

After a short-and-sweet prologue delivered by Manuel Herrera and quickly followed by the company number “Crunchy Granola Suite,” the show gets down to business with “Mr. Bojangles.” Jacob Guzman really puts his heart into the immortal role of that old dancing man, William Jefferson Williams

There’s a wonderful suite of “Big City” dances in Act I featuring “Big Noise from Winnetka” (with Tony d’Alelio, Mattie Love and Nando Morland) that builds to the “Big Spender” we’ve been dying for. Costumers Reid Bartelme and Harriet Jung deliver the appropriately tacky-sexy rags for this and other Big Bad City numbers that find the dancers leaping from a book-



Choreographer-director Bob Fosse is surrounded by some of his dancers as they celebrate the second anniversary of “Dancin’,” Fosse’s musical on Broadway in New York City on March 27, 1980. Fosse, center, is shown with performers, from left, Eileen Casey, Katherine Meloche, Gail Mae Ferguson, Gail Benedict, original cast member, and Christine Colby.

store to a massage parlor and all the funky backstreets in between.

Benny Goodman opens Act II with a rousing “Sing, Sing, Sing” that gives the band a chance to work its chops, as and gives dancer Kolton Krouse a chance to show off, too. And on it goes to the driving “Big Deal” suite that

ends the show.

For some magical, mystical reason, the dancers at the end of the show still look as fresh as daisies, despite the incredible workout they get in this jam-packed act. This is one rock-solid company of dancin’ fools. Fosse would be proud.

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