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August 2020

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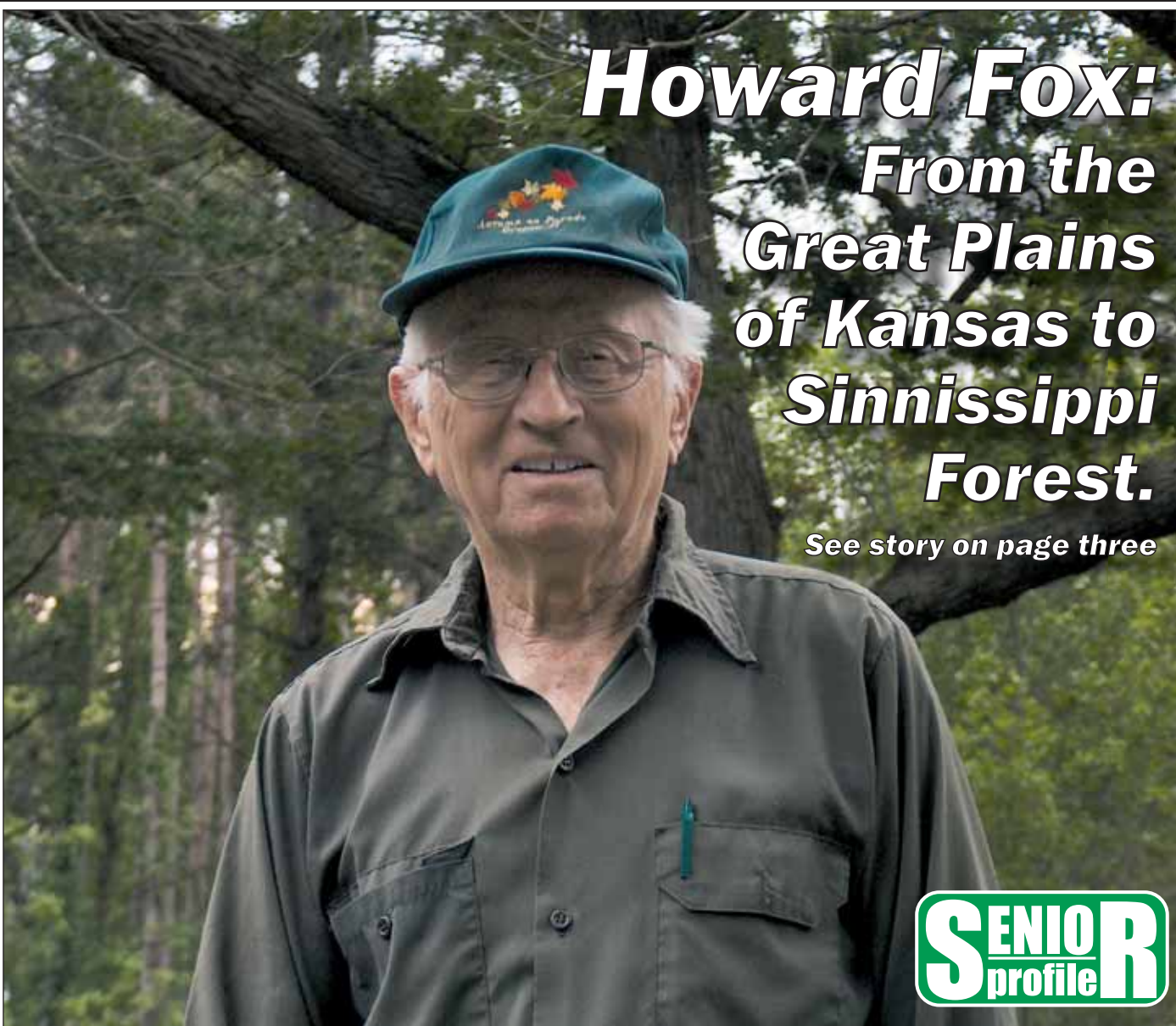


The Summer 2020 issue of JAAA's *Amazing Aging* is included in *Senior Monthly* copies distributed in Douglas, Jefferson, and Shawnee Counties.

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KEVIN GROENHAGEN PHOTO



## Howard Fox: From the Great Plains of Kansas to Sinnissippi Forest.

See story on page three



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# Kansan's legacy continues to grow in Illinois

By Kevin Groenhagen

*(Editor's note: Due to a medical issue, our scheduled Senior Profile subject for the August 2020 issue had to cancel his interview with Senior Monthly. It was too late to line up another interview, so this issue will feature a Senior Profile about Howard Fox that appeared in the August 2006 issue of Rock Valley Senior Monthly, which Groenhagen Advertising, LLC distributed in northwestern Illinois. Fox was a well-respected resident of my hometown of Oregon, Illinois. However, he was born and raised in Kansas. Howard's older sister was Bonnie Mae Fox Clutter. Two paroled ex-convicts murdered Bonnie, her husband, and two of their children in their home in Holcomb, Kansas, in November 1959. Howard and I did not discuss his sister and her family during the summer of 2006, but he had discussed his great displeasure with Truman Capote's portrayal of his sister with at least one other media outlet. Howard passed away on September 24, 2016, at the age of 100. — Kevin Groenhagen)*

While growing up on the Great Plains farm his grandfather had homesteaded in Rozel, Kansas, Howard Fox decided what he was going to do after finishing high school.

"Except for the fact that they planted trees around most homesteads, where I grew up was seven miles from the nearest tree," Fox said. "I decided I wanted to be a forester so I'd know what a tree is."

However, he had some personal business to take care of first.

"I couldn't leave Kansas without getting married to my girl," Fox explained. "So, after high school I got married and took off the next day for Michigan State College to study forestry."

Michigan State College of Agriculture and Applied Science was the first institution of higher learning in the United States to teach scientific agriculture. The Department of Forestry at Michigan State University (the name was changed in 1955) has the oldest, continuous undergraduate forestry pro-

■ CONTINUED ON PAGE FOUR



KEVIN GROENHAGEN PHOTO

Howard Fox

**Kaw Valley Senior Monthly**

**Kevin L. Groenhagen**  
Editor and Publisher

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# Howard Fox

■ CONTINUED FROM PAGE THREE

gram in the country.

After graduating, Fox spent two years as a forester in northern Michigan. Then he learned about a job opening in northwestern Illinois.

Former Governor Frank O. Lowden and his wife, the daughter of George Pullman, the manufacturer of sleeping train cars, in 1899 purchased more than 600 acres along the Rock River near Oregon, Illinois. They later changed the name of the property to Sinnissippi, the Sauk and Fox tribes' word for "rocky waters."

Since the property included several sandy hillsides that were unsuitable for conventional farming, Lowden began growing pine seedlings and transplanting them to the hillsides. He later explained his tree-planting efforts, which became the first large-scale reforestation project in the state.

When Lowden died in 1943, his family decided to continue his conservation-oriented forestry work. They

hired Fox to oversee that effort. However, the young forester nearly became a captain of a PT boat instead of the cultivator of pine trees.

"I was drafted at one point in time during World War II, but they cancelled it," Fox said. "I would have been a captain of a PT boat and probably wouldn't have come home alive. I was married and had a child, my oldest son, at that time. My wife was packed up and ready to go back to her family in Kansas. If I had left, she couldn't have stayed here alone."

For more than three decades, Fox managed all of Sinnissippi Forest's timberland, oversaw the planting of the trees, and even released the first turkeys in northern Illinois. He also set up the forest's sawmill and Christmas tree business. Sinnissippi's first Christmas trees were harvested in 1948.

According to Fox, most of what is now Sinnissippi Forest was pasture when he came to Illinois. By the time he retired in 1976, hardwood, conifer, and Christmas trees covered over 2,000 acres.

"The road that is now used as the loggers' trail was made with my jeep," Fox

said. "Where my tracks were is where we stopped planting trees."

In 1992 and 1993, Warren and Phillip Miller, Gov. Lowden's grandsons, sold most of the forestland to the State of Illinois to create the 2,225-acre Lowden-Miller State Forest. Warren Miller continued to own Christmas tree business.

The grandsons and their mother, Mrs. C. Phillip Miller, in 1960 donated Camp Lowden to the Boy Scouts of America's Blackhawk Area Council in memory of Gov. Lowden and his wife. Phillip and Warren were both Scouts under Fox, a longtime Scout leader.

Soon after retiring, Fox began building a new house. He didn't have to look hard for the lumber for the framework, which he milled out of from standing trees.

"I got lumber in this house from trees that I planted," he said with a laugh.

A sheet of paper at the back of a photo album documenting the house's construction notes that 20 different wood species can be found in Fox's house. All but one, Douglas Fir, was grown in Sinnissippi Forest.

For Fox, retirement has been more

of a transition than a hard stop. Experiences from his childhood may have influenced part of that transition. In addition to being a wheat farmer, Fox's father was a part-time carpenter.

"My father would sell off the cattle after harvests and then had no reason to be on the farm," Fox said. "So, he would take the whole family to California. We'd travel in an old Model T Ford and camped as we traveled. We would generally take the southern route, but I remember going over the mountain passes, too. My dad was adventurous."

Fox's own adventurous side has led him to Churchill, Manitoba, to observe polar bears on Hudson Bay, and to the Caribbean to try scuba diving.

"I won't scuba dive again," he said. "I thought I was going to drown once, and that kind of took the fun out of it."

Fox has also found a way to combine his adventurous side with his love for carpentry by going on work missions, which are generally under the auspices of the Methodist Church. He has been

■ CONTINUED ON PAGE FIVE



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# Howard Fox

■ CONTINUED FROM PAGE FOUR

to Chile four times for various projects and has been invited to go again in December to help build a church there.

Fox has also gone on work missions to Kenya and Mozambique. On his first mission to Africa, his carpentry skills literally hit a brick wall while building a home for the staff of a university.

“There were seven of us from the United States,” Fox said. “All of us were carpenters. We went down to the job site the first morning and here was this great big pile of bricks. Not a stick of wood anywhere! We hired a bricklayer and his assistant to help us. We learned how to be bricklayers instead of carpenters.”

During a work mission on a reservation in South Dakota, the Lakotas made Fox an honorary chief because of his age. They also allowed him to participate in a portion of an important ceremony.

“They were cutting a ceremonial cottonwood tree,” Fox said. “They were going to cut this tree and move it to their ceremonial grounds. All the braves were around the tree while visitors watched. They called me down to the tree and gave me the axe. I took the first chop. Then the chief took the axe and he took a chop or two. Other braves took turns with the axe until the tree fell. It was no small tree, but the braves caught it as it dropped. There were at least 100 men. It never touched the ground. They carried the tree away and did not allow me to watch the rest of the ceremony.”

Fox appears to be describing a sun dance ceremony. The sun dance, which is the predominant tribal ceremony of

the Great Plains Indians, is practiced by numerous tribes today as a prayer for life, world renewal, and thanksgiving. The cottonwood tree, which is considered sacred, serves as the central focus for the dance.

At home, Fox uses his woodworking skills to make a part for a Personal Energy Transportation (PET) Project. PET is a hand-cranked or lever-powered wheelchair for those who have lost the use of their legs due to landmines, polio, and other diseases and injuries. The PET Project has sent the “gift of mobility” to thousands of people in poor and underdeveloped countries.

Fox learned about the PET Project through Dr. Sherwood Baker. Before being recruited by the Missouri University School of Medicine in Columbia, Missouri, Baker practiced medicine in Mount Morris, Illinois, for 17 years and delivered Fox’s children. Baker (1916-2009), who had returned to Mount Morris, was volunteering with the PET Project, which is based in Columbia, and contacted Fox to help with the project.

“I make the seat supports for the PET machine,” Fox said. “I’ve made over 6,000 of them.”

When he is not on work missions or making seat supports, Fox keeps busy with several hobbies, including marquetry. Marquetry is the craft of entirely covering a structural carcass with veneer and forming decorative patterns, designs, or pictures. Fox’s marquetry generally entails using different types of veneer layers of wood to make free-standing pictures.


Not surprisingly, Fox has found a way to turn his hobby into an opportunity to volunteer. He is currently teaching other seniors how to do marquetry at the Rock River Center in Oregon.

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# Waechter: Hospice is a life-affirming service

By Billie David

Back in the 1990s in Oklahoma City, the owners of a skilled nursing facility called Grace Living Centers saw a need to provide end-of-life care and opened Good Shepherd Hospice. That was 25 years ago and the hospice has since grown to include offices in Oklahoma, Missouri, Texas, and Kansas, where there are locations in Olathe, Garnett, Newton, Wellington and Wichita.

“They service over 1,100 people per day,” said Judy Waechter, regional director for the Kansas City metro area. “This includes not only patients needing end-of-life care, but also the bereavement population, which is nearly double that, as bereavement averages two family members per individual cared for.”

Because people are referred to hospice when a determination has been made that the patient’s life expectancy is six months or fewer and the focus is on managing pain and assisting in coming to terms with the inevitable, some people are hesitant to turn to hospice.

But rather than hastening the end, the services that hospice provides can actually lengthen a person’s life an average of two to four months.

“We don’t do anything to hasten the end of life,” Waechter said, explaining that hospice is actually a life-affirming service. “Our goal is to help you live as long and as well as you can.”

Waechter compared the hesitation to use hospice to putting an expiration date on a bottle of milk.

“We all know it will happen, but we aren’t looking forward to it,” she explained. “We can’t make it less sad, but we can make it less bad. We take care of what needs to be taken care of and help loved ones successfully go through it. We want to help people be able to determine their options, what matters most to them, and help them take care of it so the end is peaceful and gentle.”

In fact, it is the sense of sacredness that occurs at the end of life that inspires many people to work in hospice.

“It’s a personal experience that

guides us there,” Waechter said, adding that hospice focuses on what’s important to the patient rather than what’s wrong with them, a focus that doesn’t just take care of the patient’s physical needs, but also of their spiritual and emotional needs, helping the patient choose how they want the end of life to look and guiding them through the process.

This work requires a team that includes social workers and chaplains to provide emotional and spiritual support. It may also include a volunteer to visit with you and walk your dog, Waechter explained.

“It’s up to the patient what that looks like,” she said. “For example, whether or not to continue chemo. We all get to choose. It’s the patient’s bill of rights. We help them where they are at.”

As the world around them shrinks, that may include maintaining close relationships, spending time with a pet, playing cards with a neighbor, sitting on the patio with a dog or cat in their lap, and basically living mindfully, she added.

It also involves providing an additional layer of support by supplying additional care, teaching the patient

and caregivers how to manage the disease, providing RNs to case manage, a hospice aide to help with things like bathing, arranging someone to come in and fix breakfast, making sure that the patient is remembering to take their medicines, and assisting with activities that decrease the risk of pneumonia and skin breakdown.

“Hospice providers have good contact with other providers, so problems can be addressed immediately,” Waechter said.

Good Shepherd’s after hours and weekend on call provides a lifeline that is available 24 hours a day for questions or emergencies, providing triage and telehealth as well

as continuous care, staying with patients at home until they are stabilized. These services reduce the need to visit the emergency room of a hospital, where the average cost of one visit can equal the cost of home hospice care for a month.

In fact, hospice is a part of Medicare benefits, with no out-of-pocket cost to the patient. It includes the hospice medical team, durable medical equipment and medication delivered to the home so that there is no need to worry about going out and picking it up.

For Waechter, deciding to work in

hospice was a personal matter. At the time that her father went on hospice, her mother was going through treatment for her fourth cancer.

“We didn’t know who would go first,” she said. “Both were in hospice for five months, and both of them could stay at home. He never once had to go to the hospital, he could be where he wanted, eat cookies and ice cream, and have conversations with friends and family. His death was very gentle. My mother didn’t have to go to the emergency room, and it helped financially with routine visits, medications, and durable medical equipment.”

Waechter, who has been with Good Shepherd Hospice for one year and has worked in hospice for eight years, said she also had the good fortune to work with physician Dr. Gary Harmon, watching him care for patients at the end of their lives.

“His patients’ and their families’ end-of-life experiences were respectful, personal, calm, and gentle versus what I had seen before,” she said. “I was very grateful that I had the opportunity to learn from him. The critical care unit at Overland Park Regional Medical Center is named in memory of Dr. Harmon.”

Another source of appreciation for Waechter is the resourcefulness of the hospice employees.

“We are a creative bunch,” she said.

■ CONTINUED ON PAGE SEVEN



Waechter



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# Good Shepherd

■ CONTINUED FROM PAGE SIX

“If you have a need, we can make it happen,”

One factor in particular that has recently required resourcefulness and flexibility is COVID-19. Not only has the pandemic impacted resources like transportation and finances and required quarantine in some cases, but it has also made people more hesitant to go to a hospital setting or doctor’s office to receive care for fear of the virus. As a result, non-essential services are being put on hold, which causes delays in early detection and treatment.

“We are seeing people who have stopped chemo and the cancer is advancing at a faster rate, and they are coming to hospice because of that,” Waechter said.

Another factor that plays a role in how COVID-19 impacts hospice is technology. For example, employees can use telehealth where quarantine is an issue.

“When we are there during a visit, we can call the family and give them an update,” Waechter added. “If the patient is able, we can use a device for a visit through Zoom. We actually provide the device. We are spending an incredible amount of time helping patients and families in cases like that. We are available to provide all patients with all care in all circumstances.”

Hospice also helps caregivers through the availability of respite programs.

“We work with the patient and family where the individual receiving hospice services can be in a care facility with hospice-team visits for up to five days at a time to give caregivers a break,” Waechter said.

Respite gives caregivers time to attend a wedding or graduation or just to get a much-needed rest, she explained, adding that one caregiver whose husband with Parkinson’s Disease was on hospice and, after her monthly chemo treatments, she was too wiped out to care for him that first week following chemo. So, on her “off week” he would

go to respite and she could be assured that he was being taken care of while she recovered.

“He felt better because he felt it was at last something he could help her with,” Waechter said.

When the end does come, surviving family members receive help through Good Shepherd Hospice’s bereavement program.

“We take our bereavement program very seriously. It exceeds the requirement,” Waechter said.

The program includes social workers, chaplains, and outreach at specific time intervals and it uses a four-part series about grief and loss, acknowledging that grief is a process that people work

through in their own way and offering suggestions to choose from.

Volunteers also enhance hospice services, and they are welcome to help at Good Shepherd Hospice.

“Reach out to us, call or email, and we will explain the opportunities to you,” Waechter said. “It doesn’t have to be hands-on, end-of-life care. You can work in the office, help with activities, make things like blankets, shawls, pillows and holiday gifts, you can make phone calls—anything you have a skill set for, we can use.”

For more information, volunteers can talk to Heidi Masters at 913-322-3297, or they can email [judy.waechter@goodshepherdhospice.com](mailto:judy.waechter@goodshepherdhospice.com).



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# Social Security in plain language

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Everyone uses shorter versions of words nowadays. We do too. Social Security's acronyms function as shorthand in conversations about our programs and services. If you're nearing

retirement, you may want to know what PIA (primary insurance amount), FRA (full retirement age), and DRCs (delayed retirement credits) mean. These terms describe your benefit amount — based on when you decide to take it. If you take your retirement benefit at FRA, you'll receive the full PIA (amount payable for a retired worker who starts benefits at full retirement age). So, FRA is an age and PIA is an amount.

Once you receive benefits, you get a COLA most years. A COLA is a Cost-of-Living Adjustment, and that will usually mean a little extra money in your monthly benefit.

What about DRCs? Delayed retirement credits are the incremental increases added to the PIA if you delay taking retirement benefits beyond your full retirement age. If you wait to begin benefits beyond FRA — say, at age 68 or even 70 — your benefit increases.

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## HEALTH &amp; WELLNESS

# Emergency Meal Kits

**Jessica Brewer**

LMH Health

In January 2019, Just Food and LMH Health began discussing ways the organizations could collaborate to serve the community. When the conversations began, the link between food insecurity and many health conditions began to become increasingly obvious.



Elizabeth Keever, Just Food executive director, said that with the partnership at LMH Health, they wanted to create something that provides resources and a warm handoff at the same time.

“When patients were discharged from the emergency department (ED), we wanted to make sure they had a supply of food that could last them a couple of days and was heart-healthy food,” she said. “With LMH Health, we created the Emergency Meal Kits.”

The Emergency Meal Kits contain a supply of non-perishable items, providing patients who may be food insecure with healthy options to have for the days following discharge. These bags can provide support for those who may not have a food supply or may not have sufficient food to take with medications that require food.

“When patients leave the ED, we don’t want to just hand them a guide that says what food they should be eating, but show them and provide them with the foods they should be eating,” Keever said. “To date, LMH Health has provided 194 Emergency Food Kits to patients discharged from the ED. That is 194 people who we know went home with a supply of food that is healthy and sustainable for at least two days. They were given a warm handoff and most importantly, they were able to eat.”

Jan Wiebe, Emergency Department

director, said that the partnership has been truly amazing for the ED and LMH Health. When food is needed in the ED, Just Food is there to make sure that patients are cared for.

“There is a cabinet in the ED for the Emergency Food Kits,” she said. “When I see our supply is getting low, I reach out to Just Food and almost immediately they bring 10-15 more bags over to replenish our supply. It is truly amazing how quickly food is provided and how much Just Food cares for our patients and the Lawrence community.”

Wiebe said that the bags are great resources for the staff to give to patients who come in and could benefit from one of the food kits.

“We have provided these bags to members of the community who are homeless, elderly patients on a fixed income that may not have much money to spend on food and many others in the community,” she said. “Our physicians and nursing staff feel good handing out these bags because the food is healthy and not highly processed.

Wiebe said the need is there. The food kits can quickly go from fully stocked to only having a couple left.

“It has been a wonderful collaboration - we have come to rely on the food kits,” Wiebe said. “Our social workers give them to their patients in need as well. Many have been helped with these kits and it continues to amaze me the wonderful partnership we have with Just Food and the huge success these bags have been.”

Allison Koonce, LMH Health Community Outreach and Engagement supervisor, said that as this program showed success at LMH Health, it also grew in the community.

“LMH Health started the Food Pack Program in our Emergency Department and then expanded the program to our Social Work Department and the East Heights Clinic,” she said. “LMH Health was able to serve as a pilot for this Healthy Food Pack Program. As LMH Health and Just Food saw how

well the program was going, Just Food expanded the Healthy Food Program and now provides packs to the Senior Resource Center.”

Though screening services have temporarily stopped due to COVID-19, Koonce mentioned that LMH Health also partners with Just Food in other ways.

“LMH Health staff performed monthly screenings for blood pressure, blood glucose and cholesterol for the clients of Just Food,” she said. “The first year we administered over 115 screenings and had administered 20 this year before COVID-19 hit.”

Koonce said LMH Health wanted to provide a resource where it was convenient for community members and taking the screening program to Just Food was the first step. As we have grown together, we have put more


and more effort into continuing and advancing the partnership we have. As things change and develop over the years, Keever said Just Food looks forward to new and innovative ways to partner with LMH Health.

“Since COVID, many things have changed, but that doesn’t mean our vision and our mission have,” Keever said. “Our partnership has helped us to identify health concerns for those in our community who may not have been aware of medical conditions they are at risk for without the help of Just Food and LMH Health. The collaboration between these organizations has been wonderful and we are excited to continue helping clients and patients down the road.”

- Jessica Brewer is the social media and digital communication specialist at LMH Health.

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## HEALTH &amp; WELLNESS

# Plants for bumblebees

Let's face it. Bumblebees are on the endangered list and becoming extinct. Everyone needs to save these cute, fuzzy, little creatures. Bumblebees are larger than their counterpart the honeybees. Unlike the honeybees, the bumblebees don't produce honey.



Dr.  
Deena  
Beneda

However, they are very good pollinators. Without bumblebees, our food source will not grow. This is not good for anyone. So, it is in everyone's best interest to save these little creatures with short stubby wings.

According to an ecologist Rachel Winfree at Rutgers University, approximately two-thirds of the world's crops depend on pollinators and bees are one of the most important. When one looks at a bumblebee with its short body and tiny wings, it is a wonder that they can fly. However, research with the use of high-speed photography showed that the bumblebees flap their wings back and forth rather than up and down, which enable them to be very good at flying.

There are many species of bumblebees, so they are found all over the world. Bumblebees usually build their homes close to the ground under piles of wood, dead leaves, or even below the ground. Bumblebees are generally very social creatures and do not sting unless their nests are disturbed or provoked. A group of bumblebees is called a colony and they spend most of their days buzzing from flower to flower as they collect pollen. Fun facts about bumblebees are that bumblebees are larger than honeybees and generate more heat. This allows them to work during cooler weather. Unlike honeybees, bumblebees don't die

when they sting.

So, it is extremely important for us to plant plants that are bumblebee-friendly. There is much discussion as to why bumblebees are declining and it may have to do with the 6 P's: Pesticides, Pollution, Parasites, Pests, Pathogens, and Poor Nutrition. Many crops are well-suited to natural pollination by bumblebees, including cucumbers, peppers, berries, tomatoes, melons, and squash. They are especially attracted

to tube-shaped flowers and other plants native to the environment, including asters, *Echinacea*, lavender, dahlias, borage, lupines, bee balm, and foxglove. However, bumblebees are not fussy. Anything that produces nectar and pollen works for them! If you plant even a small area or a few containers with flowering plants, the bees will find them. Plan your garden to have a long growing season because bumblebees are able to fly in cooler temperatures. Eliminate pesticides from your garden. A group of insecticides called neonicotinoids have been shown to have a devastating effect on all types of bees. Buy organic whenever possible.

We are all in this together, so let's plant some beautiful flowers and save

the bumblebees

- 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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## FINANCIAL FOCUS

# What does an unplanned career transition mean for you?

The COVID-19 pandemic has unsettled the country's employment picture for months and will likely continue to do so for a while. However, the nature and terminology of this disruption varies greatly among individuals—some have seen their jobs disappear, others have been “furloughed” and still others have been

new reality?

- **Income** – Just how financially affected you'll be from an early retirement depends on several factors: how much you've already saved and invested, whether you're married and have a working spouse, whether you've paid off your mortgage, and so on. In any case, though, you'll need to answer several questions, including these: Do I need to start taking withdrawals from my IRA and 401(k)? If so, how much can I afford to take out each year without running the risk of outliving my resources? Should I adjust my current investment mix? If I haven't yet started collecting Social Security, should I do so now, or can I afford to wait until my monthly payments will be bigger? Are there any other sources of income I can leverage? You may want to work with a financial professional to address these and other key income-related issues.

- **Insurance** – If you received health insurance through your employer, an early retirement could present you with a dilemma, especially if you're not quite old enough for Medicare. You might be eligible for COBRA, which provides ex-employees and their dependents the option of continued health insurance for potentially up to 36 months, but this coverage can be expensive. As an alternative, you might be able to negotiate an extended severance package, which could pro-

vided you with health insurance for several months. Or, you might be able to get on the health insurance plan of your working spouse.

vided you with health insurance for several months. Or, you might be able to get on the health insurance plan of your working spouse.

- **Legacy** – Many people want to take care of their family while they're alive—and leave something behind when they're gone. If you take an early retirement, you might lose your employer's group life insurance. Of course, if this plan was not sufficient, you may have already supplemented it with your own policy, but, if you haven't, you may need to shop around for some coverage, particularly if you have children still at home. You also may want to take this opportunity to review your key financial accounts to make sure your beneficiary

designations still accurately reflect your wishes.

Going through an unplanned career transition is certainly challenging. But looking closely at the four areas describe above, and making the appropriate moves, may help you reduce some of the stress and can put you in a better position to start the next phase of your life.

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




Derek Osborn

offered an early retirement. If you're in this final group—those either offered, or feeling forced to accept, an early retirement, how should you respond?

Try to look at your situation holistically, rather than strictly in a short-term manner. Consider these four areas:

- **Retirement** – What does retirement really look like to you? Are you ready to fully retire or would you like to work part time? Are you confident that you can work somewhere else for a few years before retiring on your own terms? If you're not certain you can work elsewhere, how can you adjust your desired retirement lifestyle—what you planned to do, where you hoped to live, etc.—to meet your



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## JILL ON MONEY

# Has housing bottomed?

Housing data for the month of May paints a confusing picture: Existing Home Sales were off 9.7% from April and compared with a year ago, purchases were down 26.6%, the biggest annual slide since February 2008. But New Home Sales were up 16.6%



Jill  
Schlesinger

from April and were 12.7% higher from a year ago. The National Association of Realtor (NAR) Pending Home Sales Index was even more impressive, up 44.3% from April, the highest month over month increase since the series began in January 2001. However, the index was down 5.1% from a year ago, so the news wasn't all rainbows and unicorns.

What's going on? One issue is when the reports are compiled. Existing Home Sales are counted when transactions are closed; while New Home Sales and the Pending Sales Index are based on when contracts are signed,

which means those later two generally lead the former by a month or two. If we were not amid a health pandemic, then I would happily declare that the housing market likely bottomed in April. But as new cases of the virus spike in the South and West, it's too early to say that the worst is behind us.

While activity has been wobbly amid the lockdown, the pre-pandemic trend of high prices persists. You can blame the simple fact that there are not a lot of houses for sales. As of May, inventory for existing homes was down 18.8% from a year ago, the lowest level since at least the early 1990s. The lack of homes for sale has pushed up prices, with the median existing-home price at \$284,600, up 2.3 % from a year ago and the median sales price of new houses sold in May at \$317,900.

Does that mean you should put your house hunting on hold? Not necessarily. Although the economy has entered a recession, for those who have secure jobs and have run the numbers, there are compelling reasons to consider purchasing a home. The most important is that mortgage rates have dropped to all-time lows. According to Freddie Mac, a 30-year, fixed rate mortgage carries a 3.13% rate, while a 15-year is

at 2.59%. Those low rates have encouraged would-be buyers to emerge from lockdown to get back in the game.

While it took more than 10 years for purchase demand to rebound to pre-recession levels after the Great Recession, Freddie Mac notes, "In this crisis, it took less than ten weeks." The quick turnaround also may have something to do with the pandemic itself, as many urban dwellers headed out of their cities, seeking space and non-elevator living of the suburbs.

Analysis by the American Enterprise Institute found that during the four weeks from mid-May to mid-June, home purchases (as measured by interest-rate mortgage application locks) in non-urban areas increased by a third more than in urban areas compared to the same period last year. Economist Joel Naroff believes "the virus may be helping as people who were on the fence about where to live may be turning to less dense locations," but he also cautions that it will be a while before it becomes clear whether these moves were temporary or part of a longer-term trend.

Finally, many would-be buyers are reluctant to pull the trigger on a purchase, before their employers decide about work from home schedules. If more companies incorporate job sharing and remote working into their businesses, many workers could potentially live in cheaper areas that provide other benefits like more space or proximity to family, without sacrificing career advancement. That type of migration would be a game-changer for the real estate market.

- 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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# MAYO CLINIC

## Turmeric's anti-inflammatory properties may relieve arthritis pain

**DEAR MAYO CLINIC:** My friend says that her arthritis pain improved after she started taking turmeric. Can you tell me more about this supplement?

**ANSWER:** Although turmeric is a common spice in many home pantries, many people are not familiar with its purported health effects. Relieving arthritis pain is one of many such purported health effects.

Turmeric, a plant related to ginger, is grown in many Asian countries, as well as other tropical areas. It's a major ingredient in curry powders—common in many Indian and Asian dishes—and is used as a coloring for foods, fabrics and cosmetics. The underground portions of the plant can be dried and made into capsules, tablets, extracts, powders or teas. Or they may be made

into a paste to apply to the skin.

Turmeric's main active component—curcumin—is what gives the spice its yellow color. Curcumin has anti-inflammatory properties, making it a potential treatment for a number of health conditions, including reduced pain and increased ease of movement in people with osteoarthritis. One study found that taking turmeric extract three times daily was comparable to taking a 1,200-milligram dose of ibuprofen daily. However, more research is necessary to confirm these effects.

Other research suggests that curcumin may reduce cholesterol and triglyceride levels. In addition, it may lessen some of the symptoms of rheumatoid arthritis, such as joint swelling and morning stiffness. Other areas of

investigation include curcumin's effect on Crohn's disease, certain cancers, depression, diabetes, joint pain and irritable bowel syndrome.

When taken by mouth or applied to the skin, turmeric—and the curcumin it contains—appears to be generally safe when limited to less than 8 grams a day. That said, different amounts often are recommended depending on the health condition being addressed, and higher doses have been used for limited periods of time. High doses or long-term use may cause gastrointestinal upset for some people. Ask your health care provider about taking turmeric if you have gallbladder disease, as it may worsen the condition. You

also should talk to your health care provider about turmeric if you take an anti-clotting medication or chemotherapy, as the supplement may interact with your medication. (Adapted from Mayo Clinic Health Letter) - Katherine Zeratsky, R.D.N., Endocrinology/Nutrition, Mayo Clinic, Rochester, Minn.

- *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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# KDADS completes statewide nursing facility surveys ahead of federal deadline; positioned for additional federal CARES Act funding

Secretary Laura Howard announced on July 17 the Kansas Department for Aging and Disability Services (KDADS) has completed focused infection control surveys (FICS) in all federally certified nursing facilities in the state as required by the Centers for Medicare and Medicaid Services (CMS) more than two weeks ahead of the deadline set by the federal agency.

On March 4, 2020, CMS suspended non-emergency surveys of nursing facilities and redirected states to conduct FICS, immediate jeopardy complaints and allegations of abuse and neglect. That directive was followed June 1, 2020 by the release of CMS document QSO-20-31-All that requires states to complete 100% of FICS by July 31, 2020 to maintain full FY 2021 Coronavirus Aid, Relief, and Economic Security (CARES) Act allocations. KDADS reached the July

31 mandate more than 2 weeks ahead of the deadline, ensuring the state will continue to receive its complete share of CARES funds to protect these vulnerable populations.

Since the March 4 directive was received from CMS, 57 full-time KDADS surveyors with support from contractor Healthcare Management Solutions, have completed surveys in all of the state's 326 certified, licensed facilities. QSO-20-29-NH All outlines specific enforcement actions for infection control citations facilities are subject to based on inspection results. To date, surveyors have:

- Completed 326 FICS
- Completed 90 Immediate Jeopardy (IJ) complaint investigations
- Written 26 IJ citations
- Written 39 infection control citations at D, E and F Level (citations at these levels could lead to financial penalty or require follow-up action(s) from

the nursing facility; Health Inspection Score: Weights for Different Types of Deficiencies)

- Written 16 IJ level infection control citations (citations at these levels could lead to financial penalty or require follow-up action(s) from the nursing facility; Health Inspection Score: Weights for Different Types of Deficiencies)

- Zero facilities not in compliance with QSO-20-31-ALL

"Since the pandemic started, KDADS surveyors have been on the frontlines conducting in-person inspections and investigations and have been essential to our successful compliance with federal directives that address the safety of Kansans in nursing facilities and the staff who care for them," Secretary Howard said. "Reaching the 100% requirement early is a reflection of the hard work of our dedicated team of surveyors."

To help track COVID-19 and its impact on nursing facilities across the state and to inform the public, KDADS has developed an online resource page that contains detailed information including FICS completed and infection control citations issued, reopening guidance, facilities reporting COVID-19 cases by county, and Kansas-facility specific data from CMS. Visit <https://kdads.ks.gov/covid-19/adult-care-home-covid-19-data>.

For more information on COVID-19, please visit the KDHE website at [www.kdhe.ks.gov/coronavirus](http://www.kdhe.ks.gov/coronavirus).



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## RICK STEVES' EUROPE

# Stockholm's delightful, diverse day trips

By Rick Steves

Tribune Content Agency

Stockholm is a highlight of any Scandinavian vacation, but don't discount the variety of fine day trips at the city's doorstep. Within an hour or so of the Swedish capital, you can bask in the opulence of a royal palace, swing through the home and garden of Sweden's greatest sculptor, see ancient rune stones in the country's oldest town, hang with students in a stately university city or island-hop through Stockholm's archipelago.

West of Stockholm, Drottningholm Palace is the queen's 17th-century summer castle and current royal residence. Though sometimes referred to

as "Sweden's Versailles," that's a bit of a stretch. But it is a lovely place to stroll the sprawling gardens and envision royal life. Visitors tour two floors of lavish rooms, filled with art that makes the point that Sweden's royalty is divine and belongs with the gods.

I find the tour at Drottningholm Court Theater even better than the palace's. Built in the 1760s by a Swedish king to impress his Prussian wife (who considered Sweden dreadfully provincial), this theater has miraculously survived the ages. Still intact are the Baroque scenery and hand-operated machines for simulating wind, thunder, and clouds. The pulleys, trap doors, and contraptions that floated actors in from the sky aren't so different from



RICK STEVES, RICK STEVES' EUROPE/TNS

The island of Grinda holds nostalgia for many Stockholmers, who fondly recall when this was a summer camp island. And it retains that vibe today.

devices used on stages today.

Another fine destination is Millesgarden, dramatically situated on a bluff overlooking Stockholm's harbor in the suburb of Lidingo. The 20th-century sculptor Carl Milles lived and worked

in this villa, and lovingly designed the sculpture garden for the public. Milles wanted his art—often Greek mythological figures such as Pegasus or Poseidon—to be displayed on pedes-

■ CONTINUED ON PAGE 19



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# Rick Steves

■ CONTINUED FROM PAGE 18

tals “as if silhouettes against the sky.” Milles also injected life into his work with water, which splashes playfully amid the sculptures.

Twenty years ago, I visited the historic town of Sigtuna (north of Stockholm) and wrote it off as a tourist trap. But I recently reassessed the place: It’s great. Established in the 970s, it’s the oldest town in Sweden—and the cutest. Visitors enjoy a lakeside setting and an open-air folk museum of a town, with ruined churches and a cobbled lane of 18th-century buildings.

Sigtuna is also dotted with a dozen rune stones. These memorial stones are carved with messages in an Iron Age language. Most have a cross, indicating that they are from the early Christian era (11th century). I even have a favorite stone here. Its inscription translates as, “Anund had this stone erected in memory of himself in his lifetime”—showing that his rune carver had some personality and perhaps that Anund had no friends.

A bit north of Sigtuna is Uppsala, Sweden’s fourth-largest city, known for its historic cathedral, venerable university, and as home to Carl Linnaeus, the father of modern botany. Uppsala’s cathedral—one of Scandinavia’s largest and most historic—boasts a fine Gothic interior, the relics of St. Erik, memories of countless coronations, and the tomb of King Gustav Vasa. Facing the cathedral is the Gustavianum museum, housing a collection of Viking artifacts, a cabinet of miniature curiosities, the first thermometer Anders Celsius made according to his own scale, and an anatomical theater—a temple-like room where human dissection was practiced before student audiences. Nearby are the Linnaeus Garden and Museum, where the botanist studied 3,000 species of plants and developed a way to classify the plant kingdom.

On a warm summer day, nothing beats a ferry trip through Stockholm’s archipelago, a playground of islands stretching 80 miles from the city. Locals love to brag that there are more than 30,000 islands—but that must count mossy little rocks, so I ignore that figure.

Ferries serve over a hundred

islands, such as Vaxholm, the gateway to the archipelago. This popular destination has a quiet and charming old town and well-preserved fortress just off its busy harborfront. The ramparts remain—manned not by soldiers but by sun worshippers enjoying Sweden’s long summer days. On Vaxholm, my favorite lookout post is the Hembygdsgarden Cafe. The coffee and pastry break is a Swedish ritual—embraced with all the vigor of a constitutional right. And here, savoring

life to its fullest just seems to come naturally.

Farther along is the car-free and largely forested isle of Grinda, a nature preserve that’s laced with walking paths, beaches, and slabs of glacier-carved granite sloping into the sea. There’s no real town, but there are a few hotels, a cafe on the marina, and busy ice cream stand. Other fine archipelago stops include the remote isle of Svartso (great for biking), and the sandy beaches of Sandhamn—the last

stop before Finland.

From royal palaces to a sculptor’s garden, lazy islands to towns big and small, the area around Stockholm has something for travelers of all stripes.

- Rick Steves ([www.ricksteves.com](http://www.ricksteves.com)) writes *European travel guidebooks* and hosts travel shows on public television and public radio. Email him at [rick@ricksteves.com](mailto:rick@ricksteves.com) and follow his blog on Facebook.

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# AMERICA'S TEST KITCHEN

## Make this bright, creamy charred corn salad without firing up the grill

By America's Test Kitchen  
Tribune Content Agency

If you're enjoying grilled corn only with butter and salt, you're missing out. Take just one bite of Mexican street corn, called elote, and you'll know why it has become wildly popular in the United States. A charred ear of corn is slathered with rich, tangy crema; coated with salty cotija cheese; sprinkled with chili powder; and finished with a squeeze of lime. This smoky, creamy, bright, salty ear has just one catch: It's messy to eat.

Some vendors offer elote in salad form (esquites), with charred kernels layered or tossed with the garnishes. You get the ideal ratio of flavors and textures in every bite but with the convenience of a fork. We wanted to make a recipe for this flavor-packed side dish even when we weren't firing up the grill.

To char the corn and give the salad its signature flavor, we turned to the stove. We cut the kernels off the cob so more kernels could come in contact with the heat, then cooked them in two batches, covered, to trap steam. After just a few minutes, the corn on the bottom was perfectly charred and the rest was juicy and tender.

It was time to dress the dish. Mexican crema can be hard to find, but a combination of mayonnaise, sour cream and lime juice produced a similar creamy tang and clung even better to the corn. To give our salad heat and bite, we stirred in some sliced serrano chile, chili powder, and garlic that we toasted in the empty skillet after cooking the corn. Finally, once the mixture had cooled, we tossed in cilantro, scallions, and some salty crumbled cotija cheese.

The next time we're craving our favorite way to eat corn, we can make

a batch in less time than it takes to fire up the grill.

### Mexican Corn Salad (Esquites)

Serves 6 to 8  
3 tablespoons lime juice, plus extra for seasoning (2 limes)  
3 tablespoons sour cream  
1 tablespoon mayonnaise  
1 to 2 serrano chiles, stemmed and cut into 1/8-inch-thick rings  
Salt  
2 tablespoons plus 1 teaspoon vegetable oil  
6 ears corn, kernels cut from cobs (6 cups)  
2 garlic cloves, minced  
1/2 teaspoon chili powder  
4 ounces cotija cheese, crumbled (1 cup)  
3/4 cup coarsely chopped fresh cilantro  
3 scallions, sliced thin

1. Combine lime juice, sour cream, mayonnaise, serrano(s) and 1/4 teaspoon salt in a large bowl. Set aside.

2. Heat 1 tablespoon oil in a 12-inch nonstick skillet over high heat until shimmering. Add half the corn and spread into an even layer. Sprinkle with 1/4 teaspoon salt. Cover and cook, without stirring, until the corn touching skillet is charred, about 3 minutes. Remove skillet from heat and let stand, covered, for 15 seconds, until any popping subsides. Transfer corn to the bowl with the sour cream mixture. Repeat with 1 tablespoon oil, 1/4 teaspoon salt and remaining corn.

3. Return the now-empty skillet to medium heat and add the remaining 1 teaspoon oil, garlic and chili powder. Cook, stirring constantly, until fragrant, about 30 seconds. Transfer garlic mixture to the bowl with corn mixture and toss to combine. Let cool for at least 15 minutes.

4. Add cotija, cilantro and scallions and toss to combine. Season salad with salt and up to 1 tablespoon extra lime juice to taste. Serve.

Recipe notes: If desired, substitute plain Greek yogurt for the sour cream. We like serrano chiles here, but you can substitute a jalapeno chile that has been halved lengthwise and sliced into 1/8-inch-thick half-moons. Adjust the amount of chiles to suit your taste. If

cotija cheese is unavailable, substitute feta cheese.

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## HUMOR

## Dean Ima Farseer and the press

Ima Farseer fulfilled one of her life goals when she became dean of the Department of Et. Al., Et. Al., at Letongaloosa Community Junior College. Ima had, from the time she was a child, wanted to be a faculty member at an institution of higher learning.



Larry  
Day

Her other long-held desire was to be a journalist. As a child, Ima had awakened early one morning to the sound of a newsboy out in the street shouting "Extra, extra!" From then on Ima thought that going about gathering information and writing it up in a newspaper would be exciting.

Aspiring to be a journalist and becoming one, Ima found, would require her to overcome a long-time fear of talking to reporters.

In her capacity as a college dean, Ima had no difficulty meeting and talking with students, parents, faculty members, and other educational professionals. That came with the job and she was comfortable with it. But when some event brought reporters to the campus and the president ordered her to "take care of the situation," Ima wasn't at all comfortable

Journalists seemed SO self-confident. In a group, they tended to be loud and pushy. Reporters asked far-fetched questions like "Dr. Farseer is it true that the president of Letongaloosa Community Junior College has been nominated for a Nobel Prize for literature?"

Ima had to answer such mush without demeaning her boss.

On the other side, some resourceful journalists who had obtained information from sources inside the institution created serious problems for LCJC. Those questions had to be answered truthfully (lying to the press always caused problems) but very diplomatically.

Responses to questions about the budget, issues of federal funding, and some things about diversity required very careful wording.

Being pragmatic by nature, Ima decided to take her questions about the press to the source itself—in this case the editor and publisher of the local newspaper, the Letongaloosa Challenger-Bulletin-Clarion-Journal-Post.

Ima had known the editor/publisher, Michael Stoneworthy, for years. They had served together as members of local boards of directors. Theirs was a case of mutual, if sometimes uncomfortable, need. LCJC needed newspaper coverage and the newspaper needed to cover the town's major institution of higher education appropriately.

Ima walked into Stoneworthy's

office at a time she knew he'd be the least busy.

"Mike, I need your help. I want to do what you do," said Ima.

"Why would you want to fight the rising cost of newsprint and be yelled at by everybody in town?"

"No. I don't want to run a newspaper. I want to be a reporter."

"Wouldn't we all?" he mused. "Those people have all the fun and have none of the headaches."

"So how do I do it? I'm afraid to ask strangers hard questions, and that's what reporters do all day long. I look at them—when I'm not talking about issues at LCJC, and I just dry up. They seem so formidable and self-confident with their notebooks and tape recorders."

Michael Stoneworthy paused, turned in his swivel chair and looked out the window of his office.

"A hundred years ago, when I was a cub reporter, I asked my publisher, Carlton James, the same question. He was a wise old duck, and he looked at me and said, 'Mike, what you need

to do is dethrone these bozos without their knowing you're doing it. You need to look at these formidable dudes and pretend that they're sitting there in their underwear. You try to see through to their boxer shorts, and the black sock-holders strapped around their shins. They're wearing their favorite frayed undershirt that they can't bring themselves to discard.' When you see them that way in your mind's eye you say to yourself, 'I'm not afraid of these bozos.' Then you just speak up and ask your questions."

"Did it work?"

"It worked for old James, and it worked for me."

"Mike, you're a lifesaver."

"Ima?"

"Yes."

"How would you like to go to dinner?"

"I'd love that, Mike."

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

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## MY PET WORLD

# Changes in the home can mean changes in behavior

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

**Dear Cathy:** I have three cats. Two cats, a male and female, are 18 months old. One cat is a male who is 6 months old. They are all fixed. The older male cat started pooping in an upstairs unfinished room in my house about two months ago. There were some changes at the time. The male cat couldn't go outside because his flea treatment was on back-order and we had just gotten the male kitten.

The male cat is now able to go outside. All the cats get along fine, but the two males don't play with each other.

I have tried to put the older male cat in time-out when he poops upstairs and keep him in a room with the litter box all night. I have sprayed cat repellent in the room, but he continues to do this. It happens in the morning mainly. There are two litter boxes that get cleaned every morning and night. I'm not sure what to do to get this behavior to stop.

- Stacey, Bellevue, Ohio

**Dear Stacey:** Whenever there is a change in the home, there can be a change in behavior. In fact, change is what drives most litter box problems. Most likely the new kitten is the motivation for your male cat's inappropriate elimination.

Plug in pheromones around the

home for the next 60 days. This will help calm all the cats and reduce any stress the male cat may be feeling over the new kitten.

Close the unfinished bedroom to keep your male cat from entering. Be sure when you do that you also add one more litter box someplace else in the home. Ideally, the rule is one more litter box than number of cats, but at least one more box should help. Cats are territorial, even if they are fixed, and don't like to share.

Nix the time-out for the cat. He doesn't understand this at all, and it won't improve his behavior.

Keep sifting the litter boxes, twice daily, and add a litter box additive to each box to help attract the male cat back to one of them.

It may take another month for everything to return to normal. Given time, the two male cats may eventually become good friends, too.

**Dear Cathy:** Please don't think that because a dog has changed behavior in your presence, he isn't predatory anymore. I have cried for the last three days. I feel so guilty. My foster dog and my own large pit bull/lab mix that I have had for two years killed my beautiful 10-year-old cat. My Shih Tzu was terrified and hiding under the bed. My 12-year-old daughter is devastated.

I had separated the foster dog and

she didn't seem predatory in my presence anymore, but she broke out of the crate. The foster dog and my own dog had scratches on their faces. I rehomed the foster dog. I loved my pit bull mix. We went to the park and beach daily. But he is headed to the shelter. My Shih Tzu is still traumatized and no longer plays like he used to.

Please tell your readers to be careful with predatory dogs.- Dolores Wood, Tampa, Florida

**Dear Dolores:** What a heartbreaking story. I can't imagine anything more devastating than to have one animal in the house kill another animal in the house.

Some prey drives are mild and involve the puppy or dog chasing the cat and giving up when the cat is out of reach. That behavior can be addressed through training and management, which involves keeping the animals separated in rooms or crates or by using baby gates when you're not home.

If a prey drive is severe though, it can be difficult to manage. Training, counterconditioning and medication

often can't correct an overly aggressive prey drive. It requires constant supervision, and you can never safely leave the dog alone with other animals or kids, ever.

You did the right thing by putting the foster dog in a crate. When you left, you had the realistic expectation that he would still be in the crate when you returned home. There was no way for you to know he would break out. I don't think your other dog was prey-driven. He likely just got caught up in the encounter when it happened.

I understand your grief and the guilt you feel over the death of your cat. Sadly, the trauma of this event may linger in your heart. I hope with time you will forgive yourself.

- 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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## JAY'S MUSICAL MEMORIES

# The Whales of August

By Jay Wachs

Find August to be the most peculiar month of the year.

It used to be that August was the month for summer family vacations.

School ended in early June.

Summer camp and Little League dominated the months of June and July.

Summer was essentially divided into before and after the Fourth of July.

By August, all of that was over and we had a month with little to nothing going on.

School always started the Monday after Labor Day.

Things have changed.

Some schools now start their sessions in the first two weeks of August.

I'm sorry. Too hot!

To me, the thought of going back to school involves a light jacket and kicking around leaves.

Times have changed indeed.

Hopefully, we will have in person school again this year!

Musically, August marked a month where songs expected to crest in October would be released. These were what we called the "Whales of August" because they would go on to become monster hits within 4-8 weeks of being released.

In 1966, The Association released "Cherish," which reached its peak at #1 in October of 1966.

In 1976, Chicago owned the charts with their ballad "If You Leave Me Now"

In 1986, Janet Jackson had her mind on number one with "When I Think of You"

In 1996, Los Del Rio had a monster hit with "Macarena," which is still a staple at parties 22 years later

Each of these songs is still played

today on the radio somewhere in some capacity.

I thought it might be interesting to see what today's number one song would be as I write this on July 7, 2020.

Dua Lipa is #1 with "Break My Heart."

That's my daughter's music. I don't get it and I don't listen. Hence why she calls me old. I prefer seasoned and cultured.

Will we even remember Dua Lipa in 2040 or even 2023?

Will people in 2040 be singing to that song the same way we do our oldies?

The other day I was social distance patio eating and "Beast of Burden" came on by the Stones.

One of my all time favorite Rolling Stones songs.

I started singing to myself.

I caught the eye of a young lady about half my age across the restaurant who was also singing to herself.

It made me smile.

Good music is just good music regardless of the year it was released.

That song stood the test of time and will likely still be standing 20 years

from now as well.

School may be out for the summer but not for me.

Jay's School of Music is always open and my job at LawrenceHits.com is to make sure we remember all these great songs.

Maybe next month we can start thinking about the "Autumn Leaves" and an end to all this excessive heat!

- Jay Wachs is the owner and operator of LawrenceHits.com, an APP and website based oldies streaming radio station which helps promote locally owned and operated Douglas County, Kansas businesses.

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♥ Q 5

♦ A J 10 8 5

♣ 9 6

### WEST

♠ A 7 6 5 3 2

♥ 7

♦ Q 3

♣ K 8 5 4

### EAST

♠ J 9 4

♥ 10 8 6 3

♦ K 7 6 4

♣ 10 2

### SOUTH

♠ Void

♥ A K J 9 4 2

♦ 9 2

♣ A Q J 7 3

The bidding:

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

Opening lead: Three of ♦

North showed good judgment when he bid five hearts. He declined to cue bid five diamonds because he knew that he had wasted values in spades. The rest of his hand would not please his partner very much, either.

West was Canadian expert George Mittelman. The opening lead decision

was difficult. He was warned off the ace of spades by South's cue bid. A club lead into the four-club bidder seemed wrong, and a trump might damage his partner's trump holding. Mittelman decided on a diamond lead and chose the deceptive three. This looked like a singleton to declarer, who rose with dummy's ace and led a club to his queen and West's king.

West continued with a club to the nine, 10, and jack. Declarer made a good decision when he next ruffed a club with dummy's queen of hearts, but then had to decide what to do when he led a trump back to his hand. West had shown six spades in the auction and four clubs in the play. West was presumed to have a singleton diamond, so South didn't play him to also have a singleton heart. He won the first heart with his ace and could no longer make his contract.

West might have defeated the contract earlier by leading the queen of diamonds after winning the club. East could overtake and return the suit, assuring the defense of another trick. But would East have overtaken? He would be embarrassed if he overtook the queen and South ruffed. A deceptive lead fools all.

(E-mail: [tcaeditors@tribpub.com](mailto:tcaeditors@tribpub.com))



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BrainBusters!

By David L. Hoyt and Jeff Knurek



BUPH  
WOIS  
COKE  
AGLM

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 FIVE SEVEN-LETTER MAMMALS in the grid of letters.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# PUZZLES & GAMES

## CROSSWORD

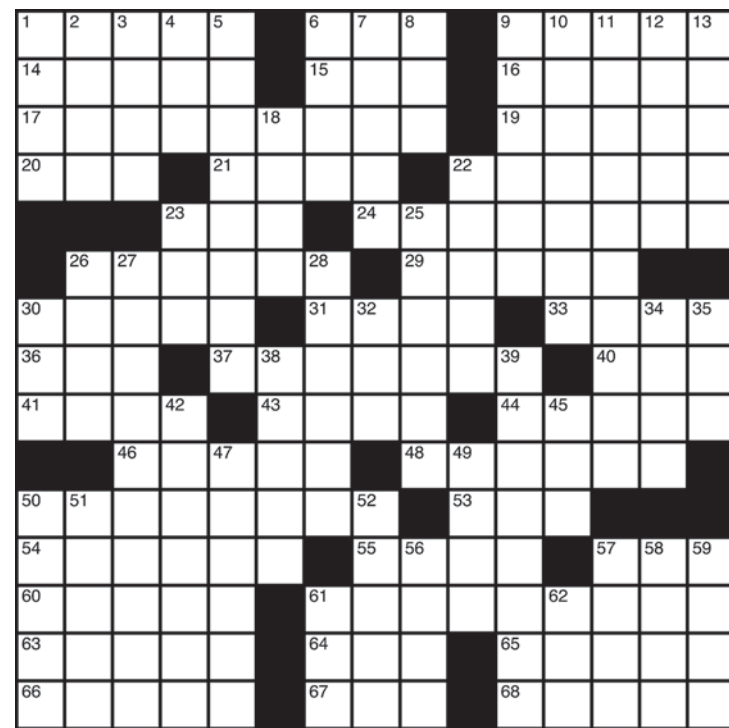
### Across

- 1 Host who says, "Solve or spin"
- 6 Possibilities
- 9 Apple remains
- 14 The Quakers of the Ivy League, briefly
- 15 \_\_\_-mo replay
- 16 Hairbrush target
- 17 \*TV screen film format
- 19 Biology dish eponym
- 20 \_\_\_ Enterprise
- 21 Very long periods
- 22 It may be carried in a boardroom
- 23 Sit-up targets
- 24 \*At-your-desk assignment
- 26 Out
- 29 Any'tizers Boneless Chicken Wyngz maker
- 30 Ben who plays an economics teacher in "Ferris Bueller's Day Off"
- 31 Mata \_\_\_
- 33 Put on the cloud, say

- 36 Luv
- 37 \*Summertime destination for kids
- 40 Cut of lamb
- 41 Redheaded sitcom kid
- 43 Pre-owned
- 44 Have credit from
- 46 Shaped like a kiwi
- 48 Sun Bowl city
- 50 \*Building inspector's concern
- 53 Braz. neighbor
- 54 Says "Hi, sailor" to, say
- 55 One-named Irish singer
- 57 Canonized Fr. female
- 60 Lo-cal brews
- 61 \*As sequenced in this grid, what the answers to starred clues form
- 63 Japanese dog
- 64 Plot device?
- 65 Hard-to-understand "South Park" character
- 66 Exams
- 67 Gives the nod
- 68 "Later!"

### Down

- 1 "Star Trek" role for Cho
- 2 Mirrors
- 3 New York team that plays home games in New Jersey
- 4 Carpenter \_\_\_
- 5 Plié, for one
- 6 Card catalog ID
- 7 Oral-B Glide, e.g.
- 8 Name on a Chicagocap
- 9 Big bills, slangily
- 10 Boxing combos
- 11 Bases
- 12 "Oops!" inciter
- 13 Sneak (away), as in shame
- 18 Wine choice
- 22 Actress \_\_\_ Bialik of "The Big Bang Theory"
- 23 "Aladdin" hero
- 25 Online investment service
- 26 At the summit
- 27 Ailment similar to spring fever
- 28 Course of action?
- 30 "Shameless" ainer, briefly
- 32 Versatile blackjack card
- 34 Presidential no



- 35 Swelled head
- 38 VW and BMW
- 39 Fizzy candy
- 42 '50s-'60s Illinois senator Dirksen
- 45 Tail movement
- 47 Steps in for
- 49 Touch down
- 50 E equivalent, in music
- 51 "Looking good!"
- 52 Reader's download
- 56 Mined finds
- 57 Of sound mind
- 58 Teensy-weensy
- 59 One-named Irish singer
- 61 "\_\_\_ cares?"
- 62 Half a giggle

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

## JUMBLE

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

TYHEM

TAIRO

TRAEAK

ARUBUE

Let's take a break and go back down after lunch.

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

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Check out the new, free JUST JUMBLE app.

## SCRABBLE G R A M S

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A<sub>1</sub> E<sub>1</sub> U<sub>1</sub> D<sub>2</sub> N<sub>1</sub> M<sub>3</sub> G<sub>2</sub> Triple Word Score

A<sub>1</sub> E<sub>1</sub> E<sub>1</sub> D<sub>2</sub> T<sub>1</sub> L<sub>1</sub> F<sub>4</sub>

A<sub>1</sub> E<sub>1</sub> O<sub>1</sub> N<sub>1</sub> R<sub>1</sub> R<sub>1</sub> V<sub>4</sub>

A<sub>1</sub> E<sub>1</sub> D<sub>2</sub> N<sub>1</sub> T<sub>1</sub> R<sub>1</sub> V<sub>4</sub> 2nd Letter Double

A<sub>1</sub> I<sub>1</sub> U<sub>1</sub> D<sub>2</sub> L<sub>1</sub> N<sub>1</sub> S<sub>1</sub>

RACK 1

RACK 2

RACK 3

RACK 4

RACK 5

PAR SCORE 250-260  
BEST SCORE 324  
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

Answers to all puzzles on page 26

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

## CROSSWORD SOLUTION

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

## SUDOKU SOLUTION

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

## BOGGLE ANSWERS

DOLPHIN, GAZELLE, GIRAFFE,  
LEOPARD, BUFFALO

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## JUMBLE ANSWERS

Jumbles: THYME, RATIO, KARATE,  
BUREAU

Answer: After scuba diving for  
hours, they were ready to -- TAKE A  
BREATH

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SCRABBLE G R A M S SOLUTION												
A <sub>1</sub>	G <sub>2</sub>	E <sub>1</sub>	N <sub>1</sub>	D <sub>2</sub>	U <sub>1</sub>	M <sub>3</sub>	RACK 1 =	<u>83</u>				
D <sub>2</sub>	E <sub>1</sub>	F <sub>4</sub>	L <sub>1</sub>	A <sub>1</sub>	T <sub>1</sub>	E <sub>1</sub>	RACK 2 =	<u>61</u>				
O <sub>1</sub>	V <sub>4</sub>	E <sub>1</sub>	R <sub>1</sub>	R <sub>1</sub>	A <sub>1</sub>	N <sub>1</sub>	RACK 3 =	<u>60</u>				
V <sub>4</sub>	E <sub>1</sub>	R <sub>1</sub>	D <sub>2</sub>	A <sub>1</sub>	N <sub>1</sub>	T <sub>1</sub>	RACK 4 =	<u>62</u>				
S <sub>1</sub>	U <sub>1</sub>	N <sub>1</sub>	D <sub>2</sub>	I <sub>1</sub>	A <sub>1</sub>	L <sub>1</sub>	RACK 5 =	<u>58</u>				
PAR SCORE 250-260								TOTAL <u>324</u>				

## MY ANSWER

# God wants obedient followers, not machines

From the writings of the Rev. Billy Graham

Tribune Content Agency

**Q:** When people say that God ordains something, doesn't that take away man's free will, something that God gave to man in the Garden of Eden? - F.C.

**A:** To ordain something is to set it apart as something special. This is what God did for mankind—setting them apart for fellowship with Him. But He also gave mankind free will that was put to the test. One tree in the luscious Garden of Eden symbolized the knowledge of good and evil, and God said, "You shall not eat." Adam and Eve ate and violated what they knew to be God's will (see Rom. 5:12-19; Gen.

3:1-8; 1 Tim. 2:13-14).

God could have created human robots who would respond mechanically to His direction. Obviously, this would be a response over which man had no control. But instead, God created us in His image, and He desires that the creature worship the Creator as a response of love. This can be accomplished when "free will" is exercised. Love and obedience which are [forced] do not satisfy. God wants obedient followers, not machines.

A pastor friend once told of his son who was attending a state university and becoming "very wise." "Dad," he said to his father one day, "I'm not sure that when I get out of school I will be able to follow you in your Christian faith." The father looked at him with

compassion and replied, "Son, that is your freedom—your terrible freedom."

Freedom to choose results in God's blessing or the consequences of disobedience to His will. We can exercise our freedom to love God with our obedience or we can rebel and build our lives without Him. Depending on our choice, it can be a glorious freedom or a terrible freedom. Choose to follow Christ.

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

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