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Vol. 21, No. 2

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**Mary Burchill:**  
*Promoting historic preservation, education, and patriotism.*

See story on page three

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# Hospice Myth vs. Fact

Myth: Enrolling in hospice means giving up on living.



Fact: Enrolling in hospice is choosing to focus on quality of life and focused care. People enrolled in hospice actually live, on average, 29 days longer.

Myth: To get hospice care, I will have to leave my home for an inpatient facility and give up my primary care doctor.



Fact: Hospice is not a place, it is a service. 67% of hospice patients receive hospice services in their own homes with their own doctor as part of the team.

Myth: Hospice care is expensive and my family won't be able to afford it.



Fact: Hospice is often available at little or no cost to the patient. Hospice is a covered benefit under Medicare and many private insurance companies.

Myth: Hospice care is just for people with a cancer diagnosis.



Fact: Hospice serves people of any age dealing with any life-limiting illness, and is not limited to those with a cancer diagnosis.

Myth: If it's time for hospice, my doctor will talk to me about it.



Fact: Many doctors wait for the patient to bring up hospice, leading to late enrollment. Families and patients often wish they had enrolled in hospice earlier.

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# Burchill serves as Regent of local DAR chapter

By Kevin Groenhagen

During the 1970s, Mary Burchill told her uncle that she thought she was eligible to join the Daughters of the American Revolution (DAR).

“He said, ‘Oh no, I don’t think you could be,’” Burchill said. “Well, that was the wrong thing to say.”

Presented with a challenge, Burchill set out to prove that she could belong to DAR.

DAR, which was founded in 1890, is a lineage-based membership service organization for women who are directly descended from a person involved in the United States’ efforts towards independence. The founders of DAR, including Eugenia Washington, a great-grandniece of George Washington, started the organization because the Sons of the American Revolution refused to allow women to join their organization. Eugenia Washington became DAR member

“number one.” Today, there are more than 190,000 DAR members and 3,000 chapters. Encompassing an entire city block, DAR Headquarters in Washington, D.C., is one of the world’s largest buildings of its kind owned and maintained exclusively by women.

No member of Burchill’s family had ever been involved with DAR, so she had to start doing the research to prove that she had a Patriot ancestor.

“At that time, we didn’t have all the online records,” Burchill said.

However, Burchill had an advantage over most people researching their genealogy before the internet. She had earned a degree in library science in 1979 and had started working at the KU School of Law’s library.

“We had a publication called the *Decennial Digest* at the library,” Burchill said. “It was a huge set of books and there was an index of all the court cases beginning during the 1600s. Of

■ CONTINUED ON PAGE FOUR



Mary Burchill

**Kaw Valley Senior Monthly**

**Kevin L. Groenhagen**  
Editor and Publisher

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# Mary Burchill

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course, I had to look up the surname 'Dresser.' There were several court cases and that led me to thinking my family went back that far."

Burchill would later learn that her Dresser ancestors came to America in 1638. Burchill's grandfather, Virgil Dresser, and his father, Joseph, moved from Maine to Leavenworth, Kansas, during the 1950s.

"I'm not sure if Joseph's wife, Eunice, came with them," Burchill said. "I'm sure they were poor people. I found in one census that Joseph sold pies."

Burchill eventually worked her way back from Joseph Dresser and discovered that Joseph's father, Wentworth Dresser, probably served during the American Revolutionary War. Wentworth was born in Massachusetts in 1761.

"I took my records to the ladies at DAR," Burchill said. "Every chapter has a registrar. That's the person who supervises new people getting in and helps them with their applications. We fiddled with that for years and I wasn't able to become a member until 1986. It took that long to confirm that I had an ancestor who served during the American Revolutionary War. I finally had to hire a person in Maine to track down the absolute lineage so I could provide the proof. By that time my uncle had died. I was so sorry because he would have enjoyed what I found. He would have been surprised."

Wentworth Dresser served as a private in the Cumberland County Militia in Maine. Through Wentworth Dresser's service, Burchill became DAR member #700022.

In addition to joining the National Society of the Daughters of the American Revolution, Burchill became a member of the Kansas Society of Daughters of the American Revolution and the Betty Washington Chapter of the Daughters of the American Revolution. The Betty Washington Chapter was formed in Lawrence, Kansas, on October 17, 1896. Betty Washington Lewis was the sister of George Wash-

ington. She and her husband, Fielding Lewis, contributed considerable amounts of their personal wealth and time towards the American Revolution. The organizing Regent (president) of the Betty Washington Chapter was Miss Mary Lawton Robinson, who was a niece of Charles Robinson, the first governor of Kansas. Miss Robinson had issued a request in the June 18, 1896, issue of the *Lawrence Daily Journal* to several interested women to form a local DAR chapter. Fifteen women met at the home of O.W. McAllaster, where Miss Robinson was authorized to secure the applications and forward them to Washington, D.C. At a meeting of the National Society of the Daughters of the American Revolution on October 1, 1896, DAR accepted several Lawrence women as members, including Lucy P. Estabrook, who was an "original daughter" since her father entered the Revolutionary army at the age of 17.

Today, Burchill is the Regent of the Betty Washington Chapter, which currently has about 60 members. Burchill also served as Regent of the chapter during 2004-2006. The chapter holds monthly meetings at the American Legion in Lawrence on the third Saturday of the month, September through May. The chapter will resume in-person meetings in September. Each meeting includes an interesting program.

"Interestingly, during COVID, we had our meetings using Zoom," Burchill said. "We had a better attendance then than we did with in-person meetings. Part of that was because associate members who live out of town could participate. We had members in Washington, D.C., Wisconsin, and Colorado, and, occasionally, one in New Mexico, who participated. So, now we're trying to figure out how to do Zoom from the American Legion. I have my techies working on it. They assure me it can be done."

■ CONTINUED ON PAGE FIVE



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# Mary Burchill

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"It's an interesting group of ladies," Burchill continued. "We all have different interests. We are beginning to have more professional-type women join. That is very helpful because they know technology. We're also getting younger members. Thank goodness!"

In addition to carrying out DAR's mission to "promote historic preservation, education, and patriotism," the Betty Washington Chapter actively supports the six schools that the National Society endorses on a national level, including, through its American Indians Committee, Bacone College in Muskogee, Oklahoma, and Chemawa Indian School in Salem, Oregon. The Betty Washington Chapter also supports local schools, especially Haskell Indian Nations University in Lawrence.

"The state chapter donates hygiene products and other things for students at Haskell to use," Burchill said.

The Betty Washington Chapter also supports men and women in the military by participating in programs for veterans in the region. In addition, the chapter participates in swearing-in ceremonies for new citizens, recognizes exceptional volunteer service to the community through the Community Service Award, and actively promotes History Week in the local schools.

Currently, Burchill and other members of the Betty Washington Chapter are busy planning for their chapter's 125<sup>th</sup> anniversary this October.

Burchill and her husband, Brower,

both retired from KU in 1995. By that time, Burchill was the associate director of the KU Law School library. However, neither one of them was ready to stop working.

"We applied to the National Park Service," Burchill said. "At that time, you had to put down two parks that you were interested in. Brower had done a postdoc at Los Alamos, so he knew about Bandelier National Monument. So, we put that down and Yellowstone. We didn't hear back right away, so I picked up a consulting job at the law school and Brower was looking at other things. Then Bandelier called. We locked up our house and went to New Mexico. It was a seasonal job. We went out in March and came back home in November. We did that for about 10 years."

While out west, Burchill's interests in libraries led to another job at another national park.

"One year we stopped at the Grand Canyon and I had to check out their library because that's what you do if you're a librarian," she said. "Most parks have a library of some sort. I went in to look at the library and asked the librarian if they ever hire people. She said she didn't have any money to hire people, but she needed volunteers, especially someone to catalogue. I told her I could catalogue. I gave her my résumé and didn't think anything more about it until at least a year later. One of the rangers from the Grand Canyon National Park called and asked if I could come out and work in their library. 'You bet I could!' I said. So, I

went there and Brower came along to be a volunteer in the visitor's center. We got out there and the ranger said, 'Oh, by the way, the librarian has quit. You're running the library.' That worked out just fine. It was a lot of fun."

More recently, Burchill has been working on a book.

"I wrote about a woman in Bandelier and it was such fun," she said. "I came back home and I thought there had to be some woman in Lawrence who I could write about. I settled on Elizabeth Watkins because her name comes up so often. She was so instrumental in many things in Lawrence, such as the Watkins and Miller Halls, the chancellor's residence at KU, and Watkins Hospital."

Watkins also provided the funding for the original, 50-bed Lawrence Memorial Hospital, which opened in 1929. She provided additional funding for an addition to the hospital, which added another 25 beds in 1937.



be some woman in Lawrence who I could write about. I settled on Elizabeth Watkins because her name

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# SRC 'superheroes' adapt in response to COVID

By Billie David

One commonly held belief that proved true during the COVID-19 pandemic is that not every superhero wears a cape and boots—although many of them apparently do wear masks. Many people have earned our gratitude—doctors, nurses, front-line workers—who donated their time and risked their lives to help keep the population safe. And we mustn't overlook the volunteers, the caregivers, those who helped the homeless or stood for long hours in the hot sun to direct traffic during the vaccination clinics.

Among those who directed traffic at these clinics, delivered groceries to the senior population, and helped people who were vulnerable because of the "digital divide," or seniors unfamiliar with how to use electronic media, were the staff at the Senior Resource Center (SRC) for Douglas County.

That was certainly not what SRC staff members were expecting when they celebrated their long-awaited move back into their location at 745 Vermont Street in September 2019 with an open house and plans for an exciting future after extensive renovations to the building were completed.

Scarcely had the guests gone home from the open house event than the pandemic hit and those plans had to be scrapped because everything had to be done remotely.

"Six months later we closed the doors because of COVID," said Megan Poindexter, SRC's executive director. "We had a mere six months back in this facility. There are many things we were looking forward to doing—things that this building gives us the opportunity to do."

That's where the staff's resourcefulness and ability to think outside the box came in handy.

"I am so grateful to what the staff did," Poindexter said. "They adapted to what people were needing and as far as we can tell, we have done a pretty good job."

During the first week of the pandemic, the center received calls from people who needed help getting food.

"There were individuals needing to get groceries, to get their nutritional needs met," Poindexter said. "We contacted grocery stores and worked with individuals who didn't have internet access and couldn't place orders online."

"That was the first big thing we added," she continued. "They would call us and tell us what they wanted, and we entered it into the system. Then our team picked up the groceries and delivered them to their homes. That has continued because we do have a handful of folks who still need help, and as the need is there, it is something we can do and are happy to do."

Another example of the SRC staff's resourcefulness was their response to Medicare's Open Enrollment.

"We assisted over 900 people last



KEVIN GROENHAGEN PHOTO

Douglas County Commissioner Michelle Derusseau, Senior Resource Center for Douglas County Executive Director Megan Poindexter, and Lawrence Mayor Lisa Larsen prepare to cut the ribbon at the Senior Resource Center for Douglas County on September 17, 2019. The SRC had returned to 745 Vermont Street after two and a half years of renovations.

fall," Poindexter said, adding that they weren't able to help people in person so they had to get creative again.

"We were able to give people help over the phone or over Zoom," she explained.

But many seniors weren't familiar with Zoom, so again they came up with a solution.

"Many of us hadn't used that platform before, so before the meeting we made a phone call to talk people through how

to do it. It went better than anticipated. It was exciting," Poindexter said.

Another example of how SRC staff adjusted their services to fit the need is Senior Wheels.

"Our Senior Wheels team never stopped," Poindexter said. "Our team was delightful and courageous, and they accepted unknown risks to get people to doctor appointments. They are true unsung heroes, particularly at

■ CONTINUED ON PAGE SEVEN



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# SRC

■ CONTINUED FROM PAGE SIX

the beginning when they didn't know what was going on."

This was also evident during the vaccination clinics.

Before people were even able to receive the vaccinations, they had to make appointments, and the most efficient way to do this was online, but many seniors didn't have access to computers to complete the process, so SRC staff helped them set up the appointments. Then they provided transportation to help them get to the appointments.

"Staff volunteered with the clinics, Senior Wheels helped, and there was outreach to the people who were extra vulnerable to get to the clinic," Poindexter said. "There was joy among the people who were involved in helping to get vaccines."

But the SRC isn't finished with that project yet and continues to provide rides for people who need to get vac-

inated, and those rides are free of charge.

The SRC is also addressing social needs through virtual programming, both for small groups and recreational groups.

As for the future, staff members are looking forward to the time when they can return to the normal activities, and as more people are vaccinated and the number of COVID cases goes down, hopefully the wait won't be too much longer.

But the center will take the time needed to move forward to more normal functioning with care.

"We will restart in a thoughtful and careful fashion," Poindexter said, adding that they are having conversations with the seniors involved to find out what they are comfortable with.

The best way to stay informed on that matter is to sign up for the e-newsletter by going to the center's website at [yoursrc.org](http://yoursrc.org) and signing up at the front page at the top, she advised.

"If you are not a computer user, call us at 785-842-8543 and we will send out a printed version," Poindexter said.



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# Are you ready for retirement? Social Security can help

By Norm Franker

Social Security District Manager in Lawrence, KS

Do you think you may be ready to retire and want to apply for Social Security benefits? We're here to help you make an informed decision about when to apply for benefits based on your individual and family circumstances.

Would it be better for you to start getting benefits early with a smaller monthly amount over a longer period? Or perhaps wait for a larger monthly payment over less time? The answer is personal and depends on several factors, such as your current and anticipated cash needs, your health, and your family history on longevity. You should consider other sources of retirement income including any plans you may have to work in retirement. Most importantly, you should study your future financial needs and obligations, and estimate your future Social Security benefit.

The easiest way to estimate your future Social Security benefits is with a personal *my* Social Security account. You can create your free account at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount). With your account you can see how much you might receive each month based on the age you want to start receiving benefits.

We encourage you to weigh all the factors carefully before making the crucial decision about when to begin receiving Social Security benefits. This decision affects the monthly benefit amount you will receive for the rest of your life, and may affect benefits for your survivors.

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benefits, our retirement portal makes it easy for you to find the information you need. How easy? You can do it from your computer, tablet, and even smartphone!

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- Find your Full Retirement Age.

- Learn about retirement benefits for a spouse and family members. You and your loved ones can discover all of these resources at [www.ssa.gov/benefits/retirement](http://www.ssa.gov/benefits/retirement).

## Top five fraud and scam prevention tools

By Ann Woodbury

Social Security Management Support Specialist in Lawrence, KS

Knowledge is power and having the right tools to fight fraud can

make a huge difference. Knowledge can also help those you love and want to protect. We put together a list of the five most important resources about Social Security scams you should know about:

- Read and share our fact sheet Beware of Social Security Phone Scams to learn how to spot fake calls and emails at [www.ssa.gov/fraud/assets/materials/EN-05-10535.pdf](http://www.ssa.gov/fraud/assets/materials/EN-05-10535.pdf).

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# Fraud prevention

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- Read our blog post at [blog.ssa.gov/protecting-your-social-security-number-from-identity-theft](http://blog.ssa.gov/protecting-your-social-security-number-from-identity-theft) to learn how to protect your Social Security number from identity theft.

- Create your own personal my Social Security account at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount) to help you keep track of your records and identify any suspicious activity.

- Visit our Fraud Prevention and Reporting page at [www.ssa.gov/fraud](http://www.ssa.gov/fraud) to understand how we combat fraud.

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## HEALTH &amp; WELLNESS

# Cinnamon: Is it the spice of life?

Available throughout the year, this fragrant, sweet, and warm-tasting spice has been used for centuries. Cinnamon has a long history of being used as both a spice and as a medicine. It is the brown bark of the cinnamon tree, which makes the cinnamon available in its dried tubular form, which is known as a quill, or as a ground powder.



Dr.  
Deena  
Beneda

Cinnamon is one of the oldest spices known in history. It was mentioned in the Bible and was used in ancient Egypt not only as flavoring agent, but also as medicine, such as it being used as an embalming agent. Literature also mentions the ancient Greeks and Romans using this spice and that it was so highly treasured that it was considered more valuable than gold.

In China, one of the earliest books on Chinese botanical medicine mentions cinnamon. Cinnamon's

popularity has continued throughout history. It became one of the most relied upon spices in Medieval Europe. Due to its demand, cinnamon became one of the first commodities traded regularly between the Near East and Europe.

Cinnamon was believed in ancient times to cure snake bites, freckles, kidney problems, common respiratory ailments including cough, depression, irritability, and to improve mood.

Cinnamon is a spice that comes from the branches of trees that belong to the genus *Cinnamomum* and are native to the Caribbean, South America, and Southeast Asia. There are different types of cinnamon:

- *Cinnamomum verum* (Ceylon cinnamon)
- *Cinnamomum burmannii* (Indonesian cinnamon)
- *Cinnamomum loureiroi* (Vietnamese cinnamon)
- *Cinnamomum cassia* (Chinese cinnamon)

As a food, cinnamon has been used as a flavor agent in many different beverages, baked items, including sweets and pastries, alcohol, as a preservative to meat, including fish, soups, and stews.

Modern research is showing that cinnamon might be the spice of life in many medical conditions. According to the United States National Library of Medicine, cinnamon has been used to treat the following conditions: muscle spasms, vomiting, diarrhea, common upper respiratory ailments, loss of appetite, and erectile dysfunction.

The National Institutes of Health states that cinnamon has a chemical compound in it that can be used to fight fungal and bacterial infections. Other research has shown promise of cinnamon in preventing Alzheimer's disease (Tel Aviv University study).

According to a neurological scientist at Rush University Medical Center, cinnamon may help eliminate or stop some of the destructive processes of multiple sclerosis. Other uses of this

spice include treatment for PMS, insect repellent, anti-microbial and antibacterial activity, irritable bowel syndrome, arthritis, weight reducer, in massage therapy to relax the muscles, candida and yeast infections, and to lower blood sugar.

Seasoning a high carbohydrate food with cinnamon can help lessen its impact on your blood sugar levels. Cinnamon slows the rate at which the stomach empties after meals, thus reducing the rise in blood sugar after eating.

So, this summer when you are enjoying that piece of apple pie, sprinkle some cinnamon on it. Not only is it good for you, it tastes wonderful.

- 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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# MAYO CLINIC

## Prostate biopsy may be suggested due to elevated PSA

**DEAR MAYO CLINIC:** I recently had a physical, which included a check of my PSA level. The doctor said my PSA level is elevated, as it has been in the past. I have undergone several biopsies that have not shown cancer. Do I need to continue with biopsies every year?

**ANSWER:** It may not be necessary for you to continue with annual prostate biopsies. But that depends in part on the overall level and rate of change of your prostate-specific antigen, or PSA, over time. Along with information about your PSA, your health care provider can use several other tools to determine if you need additional biopsies or if you can be monitored safely without further biopsies.

The PSA test measures the amount of prostate-specific antigen in your blood. PSA is a protein produced by both cancerous and noncancerous tissue in the prostate—a small gland that sits below a man's bladder.

When PSA is found to be above normal levels, a prostate biopsy may be recommended to check for cancer. Biopsies involve using a needle to collect several tissue samples from the prostate gland. Then the samples are examined in a lab to see if they contain cancer.

Although the PSA test is used primarily to screen for prostate cancer,

other medical conditions can cause PSA levels to rise, as well. One of the most common is benign prostatic hyperplasia, or BPH. Basically, this condition is enlargement of the prostate gland that doesn't involve cancer. Benign prostatic hyperplasia is common as men get older.

To see if benign prostatic hyperplasia could be causing your elevated PSA, talk with your health care provider about getting an imaging exam, such as an ultrasound or an MRI, to assess the size of your prostate gland and look for suspicious areas. Then the PSA can be viewed in the context of the overall size of the prostate, a concept known as PSA density.

When the prostate gland is significantly enlarged in men with higher-than-normal PSA, it is often the case that benign prostatic hyperplasia is the source of the elevation. That's particularly true for men in that group who have had multiple negative biopsies for prostate cancer.

In addition to imaging, several in-depth blood tests have been shown to be useful for evaluating prostate cancer risk in men who have elevated PSA. The tests include the prostate health index, or PHI; free PSA test; and 4K score. These blood tests look at other proteins, in addition to PSA, and use mathematical algorithms to predict the

likelihood of more aggressive forms of prostate cancer being present.

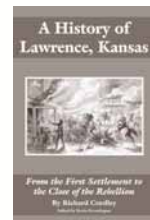
If it is determined that a man has an enlarged prostate and tests indicate that the risk for cancer is not high, it makes an elevated PSA less of an immediate concern. That allows the primary focus to shift from cancer detection to managing bothersome urinary symptoms that often accompany benign prostatic hyperplasia, such as frequent or urgent need to urinate, increased urination frequency at night, weak urine stream, difficulty starting urination or inability to completely empty the bladder. Treatment for these symptoms is available, including medication and, in some cases, surgery.

At this point, though, it's important that you be evaluated further to better understand your situation and guide

your care going forward. Although a prostate biopsy can be a valuable tool for detecting prostate cancer in its early stages, having unnecessary biopsies can needlessly expose you to health risks, raise health care costs, and cause unwarranted worry and anxiety. Planning for future tests and procedures in a way that will avoid unnecessary prostate biopsies is in your best interest. -- Chandler Dora, M.D., Urology, Mayo Clinic, 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 &amp; WELLNESS

# Get outside and enjoy the sun, just do it safely!

By Jessica Brewer

LMH Health

Who doesn't love a beautiful summer day filled with outdoor activities, a trip to the pool and, of course, a lovely tan? Bronzed skin has been a sign of a warm, sunny vacation or that post-summer break glow. However, tan skin means damaged skin and over time, damaged skin can inevitably lead to skin cancer.



Dr. Scarlett Aldrich with Plastic Surgery Specialists of Lawrence said sun protection is the easiest method of skin cancer prevention. She said a sunscreen that is SPF 30 or greater should be worn on a daily basis.

"It's a good idea to put it on daily because even brief outdoor exposures add up in the long run," Dr. Aldrich said. "If you are outdoors for a prolonged period, don't forget to reapply sunscreen at least every two hours. You can also wear protective clothing including long sleeves, hats and sunglasses. Some clothing is specially made to block UV rays while also keeping you cool in the hot summer. The summer isn't the only time to protect yourself either. UVB rays are strongest in the summer but UVA rays are consistent year-round. UVA rays can penetrate windows and windshields as well."

Another key to avoiding skin damage is to not have prolonged sun exposure during peak UV index times which are 10 a.m.–4 p.m. and definitely avoid tanning beds!

"Genetics can also play a role in skin cancer. If you have a family history of melanoma, you are at higher risk of developing it yourself," Dr. Aldrich said.

"There are also familial traits that may be passed down that put you at higher risk including fair skin, freckles, blonde or red hair and light colored eyes."

Though skin cancer can be removed when discovered early, Dr. Aldrich said that it can still absolutely be deadly, especially melanoma. Melanoma is the most deadly skin cancer and affects thousands of Americans every year.

"Melanoma can be curable if caught in the earliest stages," she said. "Another rare, but potentially fatal, skin cancer is called merkel cell carcinoma. This is typically a flesh colored or purplish colored nodule on the skin. This is why it is important to monitor and pay attention to your body and skin. The earlier you seek treatment, the better your chances of removal."

You may be asking, so how will I know when to see a doctor? What should I be checking my skin for? Dr. Aldrich said the ABCDEs of skin cancer are always good to know. The ABCDEs stand for:

- A-Asymmetry (one half does not match the other)
- B-Borders (irregular or uneven borders)
- C-Color (uneven pigmentation, a variety of colors including brown, tan or black)
- D-Diameter (larger than a pencil eraser or 6mm)
- E-Evolution (change in size, shape, color or symptoms like itching, bleeding).

"If you have any new or concerning lesions, you should see your doctor right away," Dr. Aldrich said. "You know your body best, so trust your instincts if something seems off. Always remember you are NEVER too young to develop skin cancer. Although it is more common as we age, skin cancer can certainly affect young people as well. The way you protect your skin now, will influence your likelihood of getting skin cancer later! Ultraviolet

## The LMH Health Cancer Center

Did you know the LMH Health Cancer Center is home to physicians trained at NCI-designated cancer centers, as well as multidisciplinary care teams and strong regional partnerships? Our goal is always to put our patients, and their loved ones, first when being treated for their diagnosis. Patients at LMH Health have access to exceptional clinic trials, genetic testing, comprehensive support programs, life-long survivorship resources and

a cancer prevention program.

LMH Health holds official accreditation from the Commission on Cancer (CoC). This accreditation is a testament to the high-quality care that LMH Health offers our cancer patients. We know a cancer diagnosis is overwhelming and our providers are here to walk beside you every step of the way. To learn more about the LMH Health Cancer Center, visit our website at [www.lmh.org](http://www.lmh.org) today.

let (UV) rays can actually damage the DNA of your cells. Your body will try to repair this damage, but with repeated insults, it can't keep up and the damaged cells may turn into cancer cells."

Dr. Andrew Meyer, an oncologist with the LMH Health Cancer Center, echoed what Dr. Aldrich said. He said skin cancer has no mercy, no matter your age.

"Melanoma is actually quite common in younger adults," he said. "This can be due to UV light exposure, tanning bed use and intense sun exposure without protection. The two main types of skin cancer are melanoma and non-melanoma. Non-melanoma skin cancers are considered less aggressive."

■ CONTINUED ON PAGE 13



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# Skin Cancer

■ CONTINUED FROM PAGE 12

sive and primarily consist of basal cell and squamous cell carcinoma. When caught early and removed surgically, outcomes for non-melanoma skin cancers are typically quite good. However, melanoma behaves more aggressively and must be caught early to achieve high cure rates.”

Dr. Meyer said non-melanoma skin cancers can be found anywhere on your body, but often appear in sun exposed areas like the face, hands, arms, legs, scalp and ears. Melanoma can show up on the soles of your feet, under your fingernail beds and the palms of your hands.

“This is why it is important to monitor your skin closely and to check places that may seem strange or be hard to see, such as your hands and your back,” Dr. Meyer said. “If you have concerns, do not be afraid to contact your primary care provider.”

So what happens if you suspect you have one of these types of skin cancer? Dr. Meyer said the goal for all skin cancers is early detection and surgical removal. Most skin cancers are curable with this approach.

“Skin cancers can become more advanced if they go unnoticed, Dr. Meyer said. “It gets more complicated if it spreads to lymph nodes or other parts of the body. This may require a more extensive surgery and potential post-surgical treatment like radia-

tion or immunotherapy. We offer all of these services at LMH Health. With our excellent multidisciplinary care teams and clinical expertise, skin cancers can be managed very successfully at LMH Health.”

The LMH Health Cancer Center is a regional destination for progressive, integrated hematology and oncology care. Dr. Meyer and the whole team at the Cancer Center strive each day to provide the best care to their patients.

“The beauty of the LMH Health

Cancer Center is that we are able to partner with our patients and offer personalized cancer care close to where you live and play,” he said. “Our team has extensive experience treating a variety of cancers, including skin cancers, and we have the most up-to-date technology and facilities to provide exceptional care.”

Dr. Aldrich said her number one rule when it comes to skin safety and health is to remember that our skin is our greatest protector from the outside

world. You have to protect your skin so it can protect you!

“The sun is not the enemy,” she said. “There are so many health benefits related to sunlight. It fights off depression, helps you sleep better, reduces stress, keeps your bones strong and strengthens your immune system amongst many others. Get outside and enjoy the sun, just do it safely!”

- Jessica Brewer is the social media & digital communications specialist at LMH Health.

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## FINANCIAL FOCUS

# Grandparents: Consider these financial moves

Each year, on the first Sunday after Labor Day, we observe National Grandparents Day. Although it's not as widely recognized as Mother's Day or Father's Day, if you're a grandparent, you probably want to do whatever you can to help your grandchildren on their journeys through life. So, you might want to consider the following moves:



Derek Osborn

• **Contribute to their education.** If you want to help your grandchildren pay for college, you have a variety of options, including 529 plans. You could also simply set aside some money in an investment account earmarked for education. But you don't just have to stick to helping out financially—you might also want to do some research to see what scholarships are available.

• **Consider a UGMA/UTMA account.** The Uniform Gifts to Minors Act (UGMA) and Uniform Transfer to Minors Act (UTMA) are custodial accounts that provide a relatively easy way for you to give money to your young grandchildren. A financial advisor

can help determine if such a plan is right for you. However, once you put money into the UGMA or UTMA, you no longer have any legal access or authority over the funds unless you are the custodian managing the account.

After children reach the age of majority—typically 18 or 21—or the age of termination if the state where they live allows for the assets to be held until a later age, they will control the assets, and they may not want to use the money as you had envisioned, such as for college. (Also, tax issues for custodial accounts can be complicated, so, before opening an UGMA or UTMA, you'll want to consult with your tax advisor.)

• **Consider gifts to older grandchildren.** If you have older grandchildren, you might want to help them out if they're saving for a down payment on a home, or are between jobs, or perhaps are even having children of their own. You can give \$15,000 per year, per individual, without having to file a gift tax return. Your spouse can also give \$15,000 per year to the same individual, again without triggering the need for a gift tax return.

• **Review your will.** If you've already created your last will and testament, you may want to review it upon the arrival of grandchildren. You can include specific instructions, such as

requiring your grandchildren to turn a specific age before they can receive their inheritance. You could also codify the same requirements through the use of a living trust. Contact your legal advisor to determine if such a trust is appropriate for your situation.

• **Update beneficiary designations.** If you want your grandchildren to receive proceeds from various accounts, such as your 401(k), IRA and life insurance, you may need to update the beneficiary designations, which can even supersede the instructions on your will. Keep in mind that if you have grandchildren with special needs, you may want to designate a supplemental needs trust for your grandchild as the benefi-

ciary instead of naming your grandchild directly. Again, contact your legal advisor for more information.

These aren't the only steps you can take to help your grandchildren, but they should give you some options to consider. The world is an expensive place, and any assistance you can provide to your beloved grandkids can make a big difference in their lives.

- 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.

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## JILL ON MONEY

# How to spend in the second half of 2021

As we enter a post-COVID time, you likely have your mind set on connecting with friends and family and having FUN. Although I have worn the moniker of Debbie Downer at times, I promise to incorporate your need to unleash the pent-up spend-



Jill  
Schlesinger

ing that has built up over the past 16 months. Like the intermission of a show, you don't want to overdo it, or else you might miss the second act. Use these six tips to strike a balance between deserving some fun and being responsible.

**1. Spend mindfully:** The pandemic caused the savings rate to spike, leaving consumers with more than \$2 trillion of excess savings. Before you party, cover your basics. These are the basics, "Jill's Big Three:" Establish an emergency reserve fund of 6-12 months of living expenses, pay down

consumer debt and maximize your retirement plan contributions. With those tasks ticked off your list, allocate a portion of your savings to your post-COVID splurge.

**2. Prepare to repay student loans or any other debt:** Throughout the pandemic, many lenders provided borrowers with flexibility and in some cases, forbearance for loans. Many of those programs are concluding at the end of September, which means you need a plan of action. Start by creating a list of outstanding debt and put the highest interest rate debt at the top, followed by other loans, in descending order. Attack the highest interest loan first and once you whittle it down, shift the money toward the next highest one. To manage the process, establish automatic payments, even for a small amount, to help avoid or minimize penalties and fees.

**3. Refinance your mortgage:** If you missed the refinancing boat because your income was too low or you were laid off, you may want to try again. The government has introduced new programs, with looser requirements

and lower fees that target low-income borrowers. The new products could allow some 2 million homeowners to save an average of \$100-\$250 each month.

**4. Address the elephant in the room:** A year ago, I noted that the pandemic "made conversations about illness and death a necessity." If you have yet to overcome your fear and anxiety associated with this tough task, please use this time to create (or update) a will, a health care proxy, which allows you to appoint someone to make health care decisions on your behalf if you lose the ability to do so; and a durable power of attorney, which allows you to appoint someone to act as your financial agent in a variety of circumstances.

**5. Review your insurance coverage:** Homeowners, don't wait for a natural disaster to occur before you review your policy. The three biggest mistakes are: 1) under-insuring; 2) shopping for price only and not comparing apples to apples; and 3) not reading policy details. For auto if you have an old car worth under \$5,000, eliminate colli-

sion and comprehensive coverage and increase deductibles. As for life insurance your needs often decline as you age, so you may be able to get rid of an old policy or consider replacing an expensive permanent life policy with a cheaper term one.

**6. Re-calibrate your investments:** Did you start using an app to learn about investing? Did you make a pile of money in GameStop or Bitcoin? Has your company stock soared in value? If so, don't squander those profits, because they can evaporate before your eyes. Midyear is the perfect time for long-term investors to re-balance accounts so that allocations remain in check. If you want to maintain a "fun money" account, be sure to keep the amount to 5% to 10% of your total invested assets.

- 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. 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)

### 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)

## EDUCATION

### AUG 5 & SEP 2

#### COMPUTERIZED GENEALOGY - VIRTUAL ZOOM CLASS

Get started in genealogy and learn how to build your family tree online. Register to receive the Zoom link. Topeka and Shawnee County Public Library, 10 a.m.

TOPEKA, 785-580-4400  
<https://events.tsopl.org/events>

### AUG 12

#### COMPUTERIZED GENEALOGY 2

Learn how to find online resources to build your family tree with your FamilySearch.org account. Register to receive the Zoom link. Topeka and Shawnee County Public Library, 10 a.m.

TOPEKA, 785-580-4400  
<https://events.tsopl.org/events>

### AUG 12

#### IDENTITY THEFT: WHAT SHOULD YOU DO?

HCCI will talk about prevention and protection against identity theft and what to do if you are

a victim. It can happen to anyone. Register for Zoom link. Topeka and Shawnee County Public Library, 6 p.m.  
TOPEKA, 785-580-4400  
<https://events.tsopl.org/events>

## ENTERTAINMENT

### MAY 21-AUG 13

#### HOLY-FIELD WINERY SUMMERTIME MUSIC SERIES

Holy-Field Vineyard & Winery is pleased to introduce its 18th Annual Summer of Music. The vineyard is the perfect backdrop for relaxing or dancing to the sounds of some of the city's finest musicians. Once again, David Basse, ([www.davidbasse.com](http://www.davidbasse.com)) has scheduled only the best to perform. Mark your calendars now...you won't want to miss any of these professional musicians. Fee, children 12 and under free. Holy-Field Vineyard & Winery, 18807 158th St., 6:30-9:30 p.m.  
BASEHOR, 913-724-9463

### AUG 20-22

#### 40TH ANNUAL KANSAS STATE FIDDLING AND PICKING CHAMPIONSHIPS

After a most trying year (and the first ever online FidPick concert!) The Kansas State Fiddling & Picking Championships return to South Park IN PERSON for our 40th Annual event.  
LAWRENCE, 785-766-5135, [fidpick.com](http://fidpick.com)

## EXHIBITS & SHOWS

### THROUGH AUG 14

#### COMMUNITY CONSTRUCTION: THE PEOPLE AND COMPANIES THAT BUILT LAWRENCE

Early Lawrence city planners understood the importance of a planned city, but in many cases, the hard work of constructing the city fell to people who did not do the planning. The artisans, long-running construction companies, and individual laborers who carried out the planners' vision have been unsung in Lawrence's history. But their efforts built the city in its earliest days and shaped the city into the modern community it has become. Using photographs, documents, and artifacts from the Watkins collections, *Community Construction* traces the relationship between the community planners and the city builders, while highlighting the unique aspects of Lawrence's physical design. Watkins Museum of History, 1047 Massachusetts St., second floor. Free.

LAWRENCE, 785-841-4109

### AUG 14

#### 2021 CRUISIN' THE CAPITOL CAR SHOW

Polish your chrome and start your engines! It's that time of the year again in which Downtown Topeka comes alive with the surge of thousands of people and hundreds of cool cars. Are you car-arismatic? Then you don't want to miss the seventh annual Cruisin' the Capitol Car Show—one of Downtown Topeka's signature events.

Live entertainment, food trucks, and beer gardens will be located throughout the event site. Free admission. Fee for vehicle registration. 6-9 p.m.

### TOPEKA

[tickets.topekpartnership.com/e/cruisin2021/tickets](https://tickets.topekpartnership.com/e/cruisin2021/tickets)

### THROUGH AUG 20

#### TONJA TORGERSON | SUCCUMB

Reflections on vulnerability, death, and the impermanence of the body. Torgerson uses prints, cut paper, and collage to create a fallen Garden of Eden in which life-size figures grapple with the recognition of their mortality. These works provide an intimate pause in which to consider the frailty of the body; allowing us to dwell on uncomfortable truths. Cider Gallery, 810 Pennsylvania St., 1-5 p.m. Free.  
LAWRENCE, [lawrenceartscenter.org/event](http://lawrenceartscenter.org/event)

### THROUGH AUG 21

#### RUBEN CASTILLO | ONE WEEK FROM SPRING

*One Week from Spring* explores memory, records, observation, and narratives around what author Kathleen Stewart calls "ordinary affects" through the production of a new suite of intaglio prints and drawings. The imagery will circulate around softness and domestic intimacy to produce a space addressing collective desire and connection. Lawrence Arts Center, 940 New Hampshire St. Free.  
LAWRENCE, 785-843-2787  
[lawrenceartscenter.org/event](http://lawrenceartscenter.org/event)

### MAY 1-OCT 30

#### REMEMBERING RICHLAND

Richland, now extinct, served as an economic and social hub for rural families in the Wakarusa Valley as early as the 1870s. The U.S. Corps of Engineers began purchasing Richland property in 1967 for the Clinton Lake masterplan. The final two families vacated their homes in the fall of 1974. All remaining buildings were subsequently bulldozed. The exhibit's objective is threefold: to convey Richland's historical importance to the region; spotlight longtime resident Dr. Weed Tibbitts (medical doctor, veterinarian and dentist); and honor memories of former residents by justly representing their voice through quotes gathered via oral histories. Wakarusa River Valley Heritage Museum, 716 N. 1190 Rd. Saturdays, 1-5 p.m.  
LAWRENCE, 785-783-4420  
[wakarusamuseum.org](http://wakarusamuseum.org)

### JUN 11-OCT 15

#### FEELS LIKE FAMILY: LAWRENCE'S EARLY MEXICAN RESTAURANTS

In his 52 years of life, Chico Garcia created family-run businesses that anticipated Lawrence's growth as a city and community. Garcia and his family operated four restaurants, catered the concession stands at KU basketball and football home games, made lunches for Lawrence school students, created landscaping and cleaning companies, and fostered community appreciation for Mexican food and traditions through the annual Mexican fiesta now held at St. John's Catholic Church. The Garcia family's businesses were part of a transition many Mexican American families in Lawrence made in the mid-20th century. Learn more in this fascinating

and unique exhibit. Watkins Museum of History, third floor, 1047 Massachusetts St. Free.  
LAWRENCE, 785-841-4109

## FAIRS & FESTIVALS

### JUL 27-AUG 1

#### JOHNSON COUNTY FAIR

Celebrating all of the best in Johnson County while preserving the agricultural heritage of the community since 1939. The Johnson County Fair is a free fair except the carnival and nightly arena events. 2021 Theme: Heroes Unite. 136 East Washington.

GARDNER, 913-856-8860, [jocokansasfair.com](http://jocokansasfair.com)

## FARMERS' MARKETS

### APR 10-NOV 20

#### DOWNTOWN LAWRENCE FARMERS' MARKET (SATURDAYS)

As Kansas' oldest and largest producer market, the Lawrence Farmers' Market offers a festive, bustling atmosphere with the freshest, healthiest food grown within 50 miles of Lawrence. With more than 80 growers, ranchers, bakers, and fine craftspeople, the Lawrence Farmers' Market is the place to go for the freshest and finest quality produce, meat, wine, flowers, plants and baked goods. Saturday Market every Saturday from 7:30-11:30 a.m. at 824 New Hampshire Street.

LAWRENCE, [lawrencefarmersmarket.org](http://lawrencefarmersmarket.org)

### MAY 1-OCT 30

#### BONNER SPRINGS FARMERS' MARKET

The Bonner Springs Farmers Market has been formed to provide locally grown, fresh foods, farm products and local producer value-added products to the citizens of Wyandotte County and surrounding areas, and to encourage commerce, entertainment and trade in downtown Bonner Springs. Saturdays, Saturday: 8 a.m.-12 p.m.  
BONNER SPRINGS, 913-441-2665.

### MAY 4-OCT 26

#### TUESDAY EVENING MARKET

1141 Massachusetts Street (NW Corner of South Park), 4-6 p.m.  
LAWRENCE, [lawrencefarmersmarket.org](http://lawrencefarmersmarket.org)

### MAY 10-OCT 4 (MONDAYS)

#### MONDAY FARMERS' MARKET

Library parking lot, 10th and Washburn. Closed May 31 (Memorial Day) and September 6 (Labor Day), 7:30-11:30 a.m.  
TOPEKA

### JUN-OCT

#### EUDORA FARMERS' MARKET

The Eudora Farmers Market is a small local market, with all the selections of the larger markets. Our vendors/producers are all local with a great selection of locally grown fruits, vegetables, fresh eggs, farm raised meats, honey and wonderful homemade fudge and bake goods. Food Truck vendors are at the market every other Tuesday. Senior Farmers' Market Nutrition Program vouchers accepted. Tuesdays, Gene's Heartland Foods Parking Lot, 14th & Church, 4-6:30 p.m.

EUDORA



■ CONTINUED FROM PAGE 16

## HEALTH & FITNESS

AUG 7, 14, 21, 28 & SEP 4  
VIRTUAL CHAIR YOGA

Chair yoga is designed for everyone to develop strength and stability targeting hips, low back, glutes and quads. Registration required. Click the event name to get Zoom link. Topeka and Shawnee County Public Library, 10 a.m.  
TOPEKA, 785-580-4400  
<https://events.tscpl.org/events>

## HISTORY & HERITAGE

AUG 20-22

### CIVIL WAR ON THE BORDER

Douglas County's largest heritage festival returns for its 26th year! Civil War on the Border will feature talks with historians, bus and walking tours of local Civil War sites, family activities, and a moving memorial service for the victims of Quantrill's Raid. Check back to this page in the coming months for more details and tour tickets. Watkins Museum of History, 1047 Massachusetts St., 9 a.m.-7 p.m. Free.  
LAWRENCE, 785-841-4109  
[watkinsmuseum.org/cwb](http://watkinsmuseum.org/cwb)

AUG 20

### THE SLAVE'S CAUSE: A CONVERSATION WITH HISTORIAN MANISHA SINHA

Join for the Civil War on the Border 2021 Keynote Event: We'll talk with Dr. Manisha Sinha, one of the foremost historians of American slavery and author of *The Slave's Cause: A History of Abolition*. Join us on the Watkins Facebook page for this live online event. Watkins Museum of History, 1047 Massachusetts St., 7 p.m. Free.  
LAWRENCE, 785-841-4109  
[facebook.com/WatkinsMuseum](https://facebook.com/WatkinsMuseum)

AUG 21

### THE LIFE OF A CIVIL WAR SOLDIER

Don't miss this special two-part event. Our annual memorial to the victims of Quantrill's Raid will feature a public reading by Lawrence community leaders of the victims' names. This moving program will be followed by a special presentation by historian Will Haynes: Using original artifacts and authentic reproductions, he'll dive into the harsh reality of soldiers' experiences during the war. Can't attend in person? This two-part event will be shown live on the Watkins Museum Facebook page. Part of Civil War on the Border, Douglas County's largest annual heritage festival. Watkins Museum of History, 1047 Massachusetts St., 10 a.m. Free.

LAWRENCE, 785-841-4109  
[watkinsmuseum.org/lifesoldier](http://watkinsmuseum.org/lifesoldier)

AUG 27

### SAVING A BLEEDING KANSAS BATTLEGROUND

Black Jack Battlefield and Nature Park is the site of one of the crucial events of the Bleeding Kansas era, where John Brown defeated a band of proslavery fighters. Come to the Watkins and listen to Kerry Altenbernd of the Black Jack Battlefield Trust describe the

ongoing work to preserve and interpret this important local ground. Watkins Museum of History, 1047 Massachusetts St., 9 a.m.-7 p.m. Free.

LAWRENCE, 785-841-4109  
[watkinsmuseum.org/savingbattleground](http://watkinsmuseum.org/savingbattleground)

## 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

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

THIRD FRIDAY OF THE MONTH  
CAREGIVER SUPPORT GROUP

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

AUG 2

### CAREGIVER SUPPORT MEETING

Facilitated by Jayhawk Area Agency on Aging. 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. Topeka and Shawnee County Public Library - Anton Room 202, 2 p.m.  
TOPEKA, 785-235-1367

AUG 9

### CAREGIVER SUPPORT MEETING

Facilitated by Jayhawk Area Agency on Aging. 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. Topeka and Shawnee County Public Library - Anton Room 202, 3:30 p.m.  
TOPEKA, 785-235-1367

AUG 19

### CAREGIVER SUPPORT MEETING

Facilitated by Jayhawk Area Agency on Aging. 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. Topeka and Shawnee County Public Library - Hughes Room 205, 2 p.m.  
TOPEKA, 785-235-1367

## MISCELLANEOUS

JUL 31 &amp; AUG 1

### VINEWOOD MARKET

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TOPEKA, 785.260-6772  
[thehistoricvinewood.com/vinewood-market](http://thehistoricvinewood.com/vinewood-market)

SEP 14

### LAWRENCE AREA PARTNERS IN AGING SENIOR RESOURCE FAIR

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LAWRENCE, 785-766-9022

## MY PATRIOT ANCESTOR

By Kevin Groenhagen

Have you heard a family legend that you have an ancestor who served in the American Revolutionary War, but have not been able to prove that the legend is true? "My Patriot Ancestor," a new column in *Kaw Valley Senior Monthly*, might be able to help you.

The American Revolutionary War was fought from 1775 to 1783. Men between the ages of 16 and 60 may have served during the war in either the Continental Army, State Line Troops, or local militia mustered to help the

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LAWRENCE, 785-841-4109

Continental Troops. If you have an ancestor who was between the ages of 16 and during those years, he may have served during the American Revolutionary War.

If you would like help to establish if your ancestor served during the American Revolutionary War, please email Kevin Groenhagen at [kevin@seniormonthly.net](mailto:kevin@seniormonthly.net). All that we asked in return is that you allow us to publish what we find in this column space and that you consider joining the local Daughters of American Revolution or Sons of the American Revolution.

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## OPINION

# Is Critical Race Theory in our public schools?

By Kevin Groenhagen

*We share the belief that education is the motor-force of revolution.* - Bill Ayers, Weather Underground leader, in a 2006 speech at the World Economic Forum in Caracas, Venezuela

*John Dewey suggested that schools must be the engine of social transformation.* - Glenn E. Singleton and Curtis Linton, *Courageous Conversations About Race: A Field Guide for Achieving Equity in Schools* (2006)

*Give me four years to teach the children and the seed I have sown will never be uprooted.* - Vladimir Lenin, first leader of the Soviet Union

Critical Race Theory (CRT) has been in the news a great deal this year. Several states have passed legislation that aims to ban the teaching of CRT in K-12 public school classrooms. Meanwhile, many on the left have claimed that such legislation is unnecessary because CRT is not in our public schools. “The truth is [critical race theory] is an academic theory that holds racism is embedded in our legal systems and our policies and it is not something actually being taught in K-12 schools,” said Abby Phillip, host of CNN’s *Inside Politics* on June 20. In a June 21 article, *The Lawrence Journal-World* reported, “Administrators who are focused on diversity and equity told the *Journal-World* that critical race theory is not being taught in classrooms.” “There is no evidence critical race theory is being taught in K-12 classrooms in the state,” *The Topeka Capital-Journal* reported on June 8.

Is it true that CRT is not being taught in K-12 schools? Before answering that question, let’s look at the origins

of CRT and how it is defined.

According to the Stanford Encyclopedia of Philosophy, “‘Critical Theory’ in the narrow sense designates several generations of German philosophers and social theorists in the Western European Marxist tradition known as the Frankfurt School.” An offshoot of Critical Theory, the Critical Legal Studies (CLS) movement, “dedicated itself to examining how the law and legal institutions serve the interests of the wealthy and powerful at the expense of the poor and marginalized.” CLS was the immediate precursor of CRT, which, according to Encyclopaedia Britannica, is an “intellectual movement and loosely organized framework of legal analysis based on the premise that race is not a natural, biologically grounded feature of physically distinct subgroups of human beings but a socially constructed (culturally invented) category that is used to oppress and exploit people of colour.” Further, “Critical race theorists hold that the law and legal institutions in the United States are inherently racist insofar as they function to create and maintain social, economic, and political inequalities between whites and nonwhites, especially African Americans.”

CRT was officially organized in 1989 at the first annual Workshop on Critical Race Theory. Kimberlé Crenshaw, then a professor at Harvard Law School, organized the first CRT workshop.

In 1995, Gloria Ladson-Billings and William F. Tate began applying the CRT framework in the field of education. This fact counters MSNBC’s Joy Reid and others who claim CRT is taught only in law schools.

As I noted in *Senior Monthly* in 2014, Ladson-Billings, a professor in curriculum and instruction at the University of Wisconsin-Madison, wrote the foreword to Glenn E.

Singleton and Curtis Linton’s *Courageous Conversations About Race*. USD 497 in Lawrence has used this field guide as part of its contracts with Singleton’s San Francisco-based Pacific Educational Group (PEG) for more than a decade. USD 501 in Topeka has been working with PEG for almost as long.

Now, the fact that Ladson-Billings wrote the foreword to a field guide used in both USD 497 and USD 501 doesn’t necessarily mean that CRT is being promoted in these school districts via their contracts with PEG. However, PEG’s program sure sounds like CRT. On May 4, 2013, the *Journal-World* reported that a consultant with PEG, which was paid \$10,300 for a two-day program (as of July 14, 2021, USD 497 has spent a total of \$754,673.45 on PEG contracts, supplies and materials, and staff travel and registrations), asked Lawrence school board members and a handful of administrators what they thought “whiteness as property” means. That phrase comes from the title of a 1993 Harvard Law Review article by Cheryl I. Harris. “Whiteness as property” is one of the five tenets of CRT. By the way, in 2000 Harris served on the Coordinating Committee of the Black Radical Congress (BRC). According to BRC leaders in a June 15, 1998, email, “It seemed to us the idea of bringing together the varied sections of the Black radical tradition—Socialists and Communists, revolutionary nationalists, and radical Black feminists and womanists—was long overdue.” Harris currently teaches Critical Race Theory at the UCLA School of Law.

Officials with USD 497 might argue that a PEG consultant discussing a CRT tenet with school board members and administrators does not mean that PEG promotes CRT. However, consider the description for a workshop entitled “White Privilege, White Responsibility: Deepening Our Commitment as White Allies in the Struggle for Racial Equity in Schools” at the PEG’s Summit for Courageous Conversation in 2015:

To achieve racial equity in schools, all educators must be able to identify and communicate where their own

personal whiteness plays out in classroom, school, and community systems. Deepen your ability to focus a critical lens on your own whiteness and privilege and see how they impact your life. Through the tenets of Critical Race Theory, analyze how society constructs whiteness as the dominant norm in the U.S. Explore what it means to be a white educator leading for racial equity without perpetuating a system of white dominance.

In addition to writing the foreword for Singleton and Linton’s book, Ladson-Billings wrote the foreword for Bill Ayers’ *To Teach: The Journey of a Teacher* (2001), and co-edited *City Kids, City Schools: More Reports from the Front Row* (2008) with Ayers. Yes, that’s the same Bill Ayers who was a leader of the Weather Underground, the radical left-wing militant organization founded in 1969.

In their 1974 political manifesto, *Prairie Fire*, leaders of the Weather Underground wrote, “We believe that radical teachers should work in schools in working class neighborhoods, in community or junior colleges. Radicalize other teachers, organize the parents, teach and encourage your students.”

Bill Ayers was among those signing for the Weather Underground at the end of the introduction of *Prairie Fire*. His opinion about radicalizing teachers was unchanged four decades after the publication of *Prairie Fire*. “Revolutionaries want to change the world, of course, and teachers, it turns out, want to change the world too—typically one child at a time,” he wrote about his journey from left-wing militant to educator in *Public Enemy: Confessions of an American Dissident* (2013). “It wasn’t as much of a reach as you might imagine.”

Ayers earned an Ed.D. from Columbia University’s Teachers College, which was founded by Dr. John Dewey. For Ayers, attending the Teachers College was a natural choice. Dewey was active in the League for Industrial Democracy (LID), while Ayers was a community organizer with Students for a Democratic

# CRT

■ CONTINUED FROM PAGE 20

Society (SDS) during the 1960s. SDS developed from the Student League for Industrial Democracy, the youth branch of LID. LID, which descended from the Intercollegiate Socialist Society, was founded in 1905 by notable socialists, including Upton Sinclair, Jack London, Clarence Darrow, and Norman Thomas. According to Mary Grabar, Ph.D., in *Bill Ayers: Teaching Revolution* (2013), “It is estimated that 25 percent of the SDS had careers in education.”

Ayers became a vice-president of the American Educational Research Association (AERA) in 2008. In addition, Ayers’ younger brother and fellow communist, Rick, served as the co-president of the National Association of Multicultural Educators (NAME). Conveniently, Bill was on the co-president nomination team.

AERA’s president in 2005-06, Ladson-Billings, was a keynote speaker at the PEG’s Summit for Courageous Conversation in 2009. Another keynote speaker at the PEG summit, Antonia Darder, was also a keynote speaker at a NAME event in 2011. Her speech was entitled “The Neoliberal Restructuring of Cities, Education Policy, and Possibilities for Social Transformation Through a Marxist Lens.”

In 2009, Bill Ayers and Bernardine Dohrn, his wife and fellow Weather

Underground leader, published *Race Course Against White Supremacy*. According to Ayers and Dohrn, “If you want fundamental change, tie your fate to the most oppressed.” To Ayers and Dohrn, the most oppressed in the United States are people of color.

At the beginning of *The Communist Manifesto* (1848), Karl Marx and Friedrich Engels wrote the following:

The history of all hitherto existing society is the history of class struggles.

Freeman and slave, patrician and plebeian, lord and serf, guild-master and journeyman, in a word, oppressor and oppressed, stood in constant opposition to one another, carried on an uninterrupted, now hidden, now open fight, a fight that each time ended, either in a revolutionary reconstitution of society at large, or in the common ruin of the contending classes.

As Christopher F. Rufo, the founder of director of Battlefront, a public policy research center, noted in a Hillsdale College lecture about CRT on March 30, “Abandoning Marx’s economic dialectic of capitalists and workers, [Marxist scholars in the West] substituted race for class and sought to create a revolutionary coalition of the dispossessed based on racial and ethnic categories.” If this is the case—and I believe it is—opposition to CRT is opposition to Marxist indoctrination and not opposition to teaching about slavery, Jim Crow laws, and other

racial injustices.

So, there is no question that Critical Race Theory is in our public schools through USD 497 and USD 501’s contracts with PEG. Administrators can deny this. However, a webpage associated with Cordley Elementary

Schools lists “examples of our professional development.” “Critical Race Theory” is included on that list ([www.usd497.org/Page/13346](http://www.usd497.org/Page/13346)). The only questions now are does CRT belong in our public schools and, if not, how do we remove it?



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## OPINION

# Will Black Lives Matter in the summer of 2021?

By Mary Sanchez

Tribune Content Agency

About a year ago in a June 2020 column, I posed this question: “Is the aftermath of George Floyd’s killing the beginning of a lasting tide or a mere moment in time?”

We’re about to find out.

To all those who were newly engaged in the Black Lives Matter protests of last summer, please stick around. This era’s work to combat racial bias and to realign policing in America in ways less violent for all has barely begun.

Perhaps your socially conscious high schooler wanted to march and you, the supportive parent, soon headed out to your first protest. Maybe it was your pastor who inspired you by preaching about being our brother’s keeper, regardless of skin color. Maybe your book club went all-in by reading “How to be an Antiracist” or “White Fragility: Why It’s So Hard for White People to Talk About Racism” for your June or July 2020 reading.

For some, these steps were conducted in earnest. For many Americans, these

actions were to a large extent performative. Or rather, they were preventative. Doing a quick bit of study on Black history and getting familiar with terminology about “oppression” was a way to avoid unwittingly uttering something racially offensive.

Whatever the motivation, last summer was a catch-up phase for many people new to the idea of racial and social justice, a time for learning history and gaining perspectives on issues that America should have reckoned with long ago.

Consider all of last year prep for what lies ahead in summer 2021. Brace yourself to be challenged as things are about to get rough across America. The next viral controversial police shooting will soon occur, if it hasn’t already.

Police shoot and kill nearly 1,000 people a year. Many cases are questionable under honest assessments. George Floyd’s murder stands outside of the so-called “gray area” of these tragedies—it was straightforwardly heinous and utterly preventable. However, the next case will likely be less clear.

The person, probably a Black man,

will be just as dead. His family just as devastated. Black activists, people who have spent their lives working to prevent such deaths, will be justifiably enraged. Will white gazes be averted, their attention less rapt this time around? Will they be able to sustain their fledgling activism through another protest-filled summer? We’ll see.

It’s unquestionable that many white Americans had their moral compass shaken by Floyd’s murder. To watch a man have the life literally choked out of him, that was a step too far to ignore. But generally, across the country, many white people are safely isolated from the brutal ways that policing looks different for people of color.

Systems don’t change quickly, even when everyone is aligned in the same direction. Sustained passion, pressure and cooperation from many diverse

voices will be necessary for many years to come.

The power of last summer’s marches was that they drew such a wide spectrum of America. The goal now will be to stay engaged, to lean into finding avenues beyond marching to be productive. This could be as small as donating to a group working on these causes or being the calm, informed voice among friends and family who continues conversations about policing and race whenever the next high-profile incident occurs.

Because we know that it will come.

People declared that Black Lives Mattered across America in 2020. They still do, and we need to continue to act like it.

- Readers can reach Mary Sanchez at [msanchezcolumn@gmail.com](mailto:msanchezcolumn@gmail.com) and follow her on Twitter @msanchezcolumn.

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# Local not-for-profit's hospice program celebrates 40 years of end-of-life care

Douglas County Visiting Nurses Association's (VNA) Hospice program will be celebrating its 40<sup>th</sup> anniversary this August. VNA has provided Home Health services to Douglas County and the immediately surrounding areas since 1969, but 40 years ago, in 1981, a need was recognized within the community for specialized care for the terminally ill. Hospice Care in Douglas County, the earliest form of VNA's Hospice program, was organized in August of 1981 to provide this necessary care.

"Just like our agency's 50<sup>th</sup> anniversary two years ago, our Hospice program's 40<sup>th</sup> anniversary represents an important milestone, not only for our organization, but for our community," said VNA C.E.O. Cynthia Lewis. "Our Hospice program was created to meet a need within the community 40 years ago and has met that need by providing compassionate end-of-life care since 1981."

For the last 40 years, VNA's Hospice program has provided quality, compassionate, end-of-life care for people in the local community, wherever they call home. VNA Hospice has touched the lives countless people in the Douglas County area. "I think one of the most impressive things about our Hospice program is the dedication and compassion that our team shows in the care and support they provide. They leave their heart and soul with each patient, loved one and family member," said Hospice Team Manager Monica Rose. "It is amazing to witness the impact that our team is having on people's lives now and to think about the impact our Hospice program has had on so many lives over the last 40 years."

VNA's Hospice program will be celebrating its 40<sup>th</sup> anniversary with an open house event on Wednesday, August 25, from 4-6 pm at Maceli's Banquet Hall, 1031 New Hampshire Street, Lawrence.

The event is open to the public and community members who have benefited from the services of VNA Hospice. Light appetizers will be served and there will be a cash bar.

If you are unable to attend, please feel

free to show your support by visiting our website and donating to VNA Hospice. For more information, please contact Jill Craft, VNA Community Outreach Specialist, at (785) 843-3738 or by email at [jill.craft@kansasvna.org](mailto:jill.craft@kansasvna.org).

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## INTERPERSONAL EDGE

# Staying calm through the storm of social revolution at work

By Dr. Daneen Skube

Tribune Content Agency

**Q:** My employer is mandating the vaccine. My co-workers are revolting against going back to the office as well as bringing up social change issues and mental health stressors. I'm just trying to keep my head on straight. How can I be productive while our society appears to be in the middle of a social revolution?

**A:** You can be effective in the middle of a social revolution if you trust that polarized conflict is how humans grow and find the eye of this hurricane so you can be a source of both calm and problem-solving.

As a mental health counselor and someone that has done decades of therapy, I've learned that chaos always proceeds progress. If you have been around children, you know that when they return to a younger level of functioning, this apparent deterioration precedes a burst of development.

Just like children, our society and we, as individuals, often regress to progress. From the outside, this progress looks like things are falling apart, but we have to fall apart to fall

together better.

When my clients tell me they feel like they are falling apart, I point out that this is how we grow up. The cliché, "It is always darkest before the dawn," is an observation of how darkness proceeds the dawn of new consciousness. If we insist rigidly on never falling apart, we also never mature.

During this time, avoid drama and power struggles. When people are scared of change, they often look for someone to battle.

The tools that will help you avoid conflict are:

1) Everyone is right. Whatever bold declarative statements your co-workers make, say, "You may be right."

2) Reserve your personal opinions for family and friends, not the workplace.

3) If office drama is unfolding, paraphrase or repeat back what you're hearing. Your ability to reflect both sides will help your co-workers listen and collaborate.

Be aware that during social revolution, your social environment will resemble a gasoline lake. One spark can become an inferno. We are struggling

to address important issues. How we treat each other, how we treat our environment and how we create reasonable standards of living without discouraging a work ethic. None of us have easy answers for these thorny challenges.

Revolutions are tough transitions because necessary change butts up against historical and institutional habit. I remember when I was young, we called firefighters firemen. Now it seems normal to say firefighters, but at the time, it never occurred to us that firefighters could be women.

Our reluctance to change is like getting out of bed. We hit the snooze button, roll over, hug our pillow and eventually get up. Most of us end up dressed and going about our day. Social revolution follows this same speed. Glacially slow for the impatient and way too fast for those that want to stay asleep.

As messy as your workplace may look to you, in this moment, we are growing up. In our workplaces, we have the opportunity to provide an eye of calm in this hurricane of necessary

social change for both ourselves and for others. Be a force for collaboration and finding solutions in your workplace, and both you and your team will thrive!

The last word(s)

**Q:** There are times in meetings when the group falls silent. I often feel as the manager I should chime in even though I don't have any new ideas. Should I fill the silence since I'm the leader?

**A:** No, even as the leader you should not break the silence if you cannot improve upon it.

- Daneen Skube, Ph.D., executive coach, trainer, therapist and speaker, also appears as the FOX Channel's "Workplace Guru" each Monday morning. She's the author of "Interpersonal Edge: Breakthrough Tools for Talking to Anyone, Anywhere, About Anything" (Hay House, 2006). You can contact Dr. Skube at [www.interpersonaledge.com](http://www.interpersonaledge.com) or 1420 NW Gilman Blvd., #2845, Issaquah, WA 98027. Sorry, no personal replies.

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# AMERICA'S TEST KITCHEN

## Bright, sweet and tart raspberries add pops of flavor and color to these muffins

By America's Test Kitchen

Tribune Content Agency

Looking for a sweet bite in the morning? Adding raspberries to your muffin batter yields a tasty bite the whole family will enjoy. And while you're snacking on these delicious muffins, you can teach the kids some fun facts about raspberries!

For example, even though raspberries are fruits, they are actually NOT berries. Scientifically speaking, berries are fruits whose seeds and flesh come from just one flower. A single raspberry is actually made up of lots of tiny round fruits, each with its own seed. Therefore, a raspberry is called a composite fruit. Look at a raspberry up close or under a magnifying glass, and you can see the individual fruits. How cool is that?

### WHOLE-WHEAT RASPBERRY MUFFINS

Makes 12 muffins

Vegetable oil spray  
3 cups whole wheat flour  
2 1/2 teaspoons baking powder

1/2 teaspoon baking soda  
1 teaspoon salt  
2 large eggs  
4 tablespoons unsalted butter, melted and cooled  
1/4 cup vegetable oil  
1 cup sugar plus 2 tablespoons sugar, measured separately  
1 1/4 cups buttermilk  
1 1/2 teaspoons vanilla extract  
2 cups fresh or frozen raspberries (do not thaw if frozen)

1. Adjust the oven rack to the middle position and heat the oven to 375 degrees. Spray a 12-cup muffin tin, including the top, with vegetable oil spray.

2. In a medium bowl, whisk together flour, baking powder, baking soda and salt.

3. In a large bowl, whisk eggs, melted butter, oil and 1 cup sugar until combined. Add buttermilk and vanilla to the sugar mixture and whisk until well combined.

4. Add the flour mixture and use a rubber spatula to gently stir until just combined and no dry flour is visible.

CHANTAL LAMBETH



Try these muffins for breakfast or as an after-school snack.

Gently stir raspberries into batter. Do not overmix.

5. Spray a 1/3 cup dry measuring cup with vegetable oil spray. Use the greased measuring cup to divide the batter evenly among the muffin cups. Sprinkle the remaining 2 tablespoons sugar evenly over the batter.

6. Place the muffin tin in the oven. Bake until the muffins are golden brown and a toothpick inserted in the center of 1 muffin comes out clean, 20 to 25 minutes.

7. Remove muffin tin from oven. Place muffin tin on a cooling rack and let muffins cool in muffin tin for 15

minutes.

8. Using your fingertips, gently wiggle the muffins to loosen them from the muffin tin and transfer them directly to a cooling rack. Let the muffins cool for at least 10 minutes before serving.

- For 25 years, confident cooks in the know 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. See more online at [www.americastestkitchen.com/TCA](http://www.americastestkitchen.com/TCA).

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## HUMOR HOTEL

# I'm no internet doctor and neither are you

By Greg Schwem

Tribune Content Agency

I swore I would never self-diagnose myself on the internet.

But the pandemic made us all do weird stuff.

A random sneeze, a cough or a meal that touched our palates but elicited no reaction from our taste buds sent us scurrying to our browsers, hoping for the best but fearing the worst. Was that sneeze the result of something in the air or was it the first sign of a COVID-19 infection? Should we head to the ER now? Would there be a ventilator available just in case? Should we "get our affairs in order"?

Thankfully, I experienced no COVID-like symptoms prior to being vaccinated in early February. But recent, and unexplained, lower back pain, coupled with a bizarre side effect, lead me to type the following into my Google search engine:

"My butt feels like it's trying to FaceTime me."

A frequent vibration coming from my lower right hip was the cause of the query. Multiple times daily, I found myself digging into my right pocket and pulling out my phone, only to discover nobody was trying to connect with me via phone, text

or any other method. When the buzzing showed no signs of abating, I went online, mostly for assurance that others may have experienced the same symptoms and I wasn't "patient zero." The last thing I need in my life is an email from the Centers for Disease Control and Prevention saying, "Mr. Schwem, we are perplexed by your condition. As a precaution, we have ordered the entire country back into lockdown."

My advice for anybody seeking online medical advice is to stick to sites that will only offer possible causes and solutions. Do NOT, under any circumstances, pose your query on sites that allow others to respond via the comments section. Choosing the latter will yield one of two results:

1. Verification that you are not alone
2. A plethora of diagnoses for your condition, ranging from "it's probably nothing" to "you are most likely terminal."

I quickly learned others had experienced "Phantom Cellphone Syndrome," my self-titled term for my condition. They were more than willing to offer helpful advice like "That is so WEIRD. I have that too!" and "Been dealing with that for about a week. It's driving me crazy!"

After reading more than 10 of these

comments, I started feeling like I was on a dating site for people with hip tremors. I was looking for solutions, not compatibility. If I ever came upon someone having a heart attack, I would offer help. What I would not do is say, "You know, my uncle had a heart attack. It hurts, doesn't it?" and walk away.

Those who were inclined to offer assistance theorized that I suffered from conditions ranging from prolonged cellphone use, to nerve issues to the beginning stages of Parkinson's disease or multiple sclerosis. I noticed all the responses listed the direst outcome at the end, as in, "It's most likely a pinched nerve, which is easily treatable. Then again, it could be multiple sclerosis."

Eventually, common sense won out. I turned off the computer and turned to a chiropractic physician who has treated other family members. She said my condition was most likely a combination of muscles, nerves and spasms, all working diabolically together to make my hip feel like an

iPhone demonstration. She prescribed myriad stretching exercises which appear to be having positive effects. I'm still experiencing minor hip and back pain but at least I've stopped trying to answer my butt.

As I finish this column, I am scratching a small red bump on my left wrist. I was barbecuing on my patio last night so it's most likely a mosquito bite and will disappear in a day or two.

Unless it's West Nile virus. Or Eastern equine encephalitis. Or lymphatic filariasis malaria. Or...

I'm logging off now.

- 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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## HUMOR

# Kaybe helps out again

My friend Kaybe 11.2, as you'll recall, is an alien from outer space. He looks like a giant tunafish can. Erector Set© arms sprout the curving sides of his body, and three spindly metal legs drop from the underside of his flat, stainless steel torso.



Larry  
Day

Decades ago, Kaybe saved my marriage by teaching me “Mujerspeak,” the language of women. My wife and I had gotten off to a rocky start before the wedding.

I came to the wedding rehearsal wearing my favorite—albeit ancient and flawed—tie.

“You aren’t planning to wear that tie to the wedding, I hope,” said Emaline.

“I certainly am. It’s my favorite tie.”

“Let’s forget the whole thing,” said Emaline.

At this point, Kaybe telepathically translated Emaline’s words: “Look this is important to me, I would appreciate it very much if you would choose a different tie.”

I understood Kaybe’s translation and turned to the best man and said,

“Give me your tie.” Without a word he removed his tie and handed it to me. I put on the best man’s tie and asked, “Will this work?”

“It’s perfect,” said Emaline. A disaster was averted.

Later Kaybe helped Dr. Morris Amraduks, a Letongaloosa Community Junior College professor, to speak in short, clear sentences.

Morrie was extremely verbose. He would use 23 words when three would suffice.

Into his class room one day walked Sally Beeglesdorph-Hannraty, wife of the late George Henry Hannraty, DDS.

Sally moved to Letongaloosa to run a flower and gift shop after the untimely death of her husband.

Sally and her spouse had lived for 40 years on the East Coast, where people talk loud and straight and have funny accents.

When Sally moved to Letongaloosa she talked loud and straight and had a funny-sounding accent.

Sally caused cultural shock among the locals who speak quietly and usually beat around the bush a lot.

Her social life was straightened and her flower and gift shop business suffered as a result of her directness.

She realized that Letongaloosa was not the East Coast and that Letongaloosans weren’t going to adapt to her. So, Sally decided to adapt to Letongaloosa.

Sally enrolled in an elocution class at LCJC. Well before the semester ended, she had lost her East Coast accent, toned down her loud voice, and learned to put “at” on the end of sentences, as in “Where at did you buy that blouse at?”

The next time they met, Morrie was feeling ebullient. He took a long time to explain the use of euphemisms as a deflection technique.

Sally flamed back with: “What a bunch of crap!”

The words sliced through the air like a laser. There was a collective intake of breath. Dozing students’ eyes popped open and people sat up and looked to see who had spoken. The voice had been as quiet and well-modulated as they had been rude and combative.

“I beg your pardon?”

“I said that’s a bunch of crap,” said Sally.

“Euphemistic model my hind leg. Where do you get that baloney at?”

Her words were as quiet and well-modulated as with the first outburst.

All of a sudden Morrie and Sally

were going at each other with what can best be described as a dogfight between a feisty rat terrier and an aloof Purebred Afghan.

As an Afghan hound, Morrie’s eloquent compound-complex sentences soared with erudition.

Sally flamed back with four-letter zingers strong enough to peel paint.

It was at this point that my alien friend Kaybe entered the conversation—telepathically.

To lower the temperature Kaybe sent quiet phrases into Morrie’s mind.

“Wow! That’s a zinger!” said Morrie, out loud.

To which Sally replied, “Your kind articulation of my words is much appreciated.”

At the wedding, Sally answered the “Wilt thou” question with four long sentences.

Morrie answered, “Yep!”

- 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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## RICK STEVES' EUROPE

# Strolling Cordoba's back streets

By Rick Steves

Tribune Content Agency

As we've had to postpone our travels because of the pandemic, I believe a weekly dose of travel dreaming can be good medicine. Here's one of my favorite European memories in Andalucia—a reminder of the fun that awaits us at the other end of this crisis.



Rick Steves

Wandering the Art Deco streets of Cordoba in southern Spain, I'm drawn to a commotion on a square. It's almost midnight and everyone's out, savoring a cool evening. The short men around me all seem to have raspy tobacco voices and big bellies they call *curvas de felicidad* (happiness curves). As the men jostle and bark, parents gather,

nodding with approval, as a dozen little schoolgirls rattle a makeshift stage . . . working on their sultry. Even with a very modern young generation, flamenco culture thrives.

Cordoba is known mostly for its Mezquita, a vast mosque with a cathedral built into its middle. The Mezquita, one of the glories of Moorish Spain, is surrounded by a zone of shops and restaurants that seems designed for big tour groups. Beyond that, there are almost no crowds. And late at night there are even fewer tourists.

Avoiding tourist crowds is important these days, especially when traveling in peak season. Because I eat late and don't mind the smoke, I'm surrounded only by happy locals. I've noticed that in Spain, a restaurant recommended in all the guidebooks is filled with Americans at eight or nine o'clock, but by 10 p.m., the tourists head for their hotels and the locals retake their turf. Suddenly, "touristy" restaurants are filled with eager local diners. I've also noticed that some restaurateurs are

■ CONTINUED ON PAGE 29

RICK STEVES, RICK STEVES EUROPE



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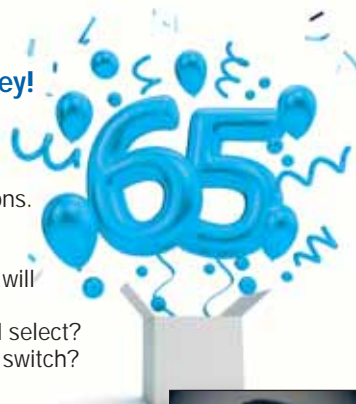
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# Rick Steves

■ CONTINUED FROM PAGE 28

pleased to have their best eating zone be the smoking zone. The intended result: a hardy local following . . . with very few tourists.

Just wandering the back streets leaves me all alone with the town. Exploring the residential back lanes of old Cordoba, I catch an evocative whiff of the old town before the recent affluence hit.

Streets are narrow—designed to provide much-appreciated shade. To keep things even cooler, walls are white-washed and thick, providing a kind of natural air-conditioning. To counter the boring whitewash, doors and windows are colorful. Iron grilles providing security cover the windows—a reminder of the persistent gap through the ages between rich and poor. Stone bumpers on corners protect buildings from crazy drivers. As elsewhere in Andalucia, they're made from scavenged ancient Roman pillars. Lanes are made of river-stone cobbles: cheap and local. In the middle of lanes are drains, flanked by smooth stones that stay dry for pedestrians. Remnants of old towers—the stubs of lopped-off minarets—survive, built into today's structures. Muslim Cordoba peaked in the 10th century with an estimated 400,000 people . . . and lots of now-mostly-gone neighborhood mosques.

In Cordoba, patios are taken very seriously. That's especially clear each May, when a fiercely competitive contest is held to pick the city's most picturesque. Patios, a common feature of houses throughout Andalucia, have a long history here. The Romans used

them to cool off and the Moors added lush, decorative touches. The patio functioned as a quiet outdoor living room, an oasis from the heat. Inside elaborate ironwork gates, roses, geraniums, and jasmine spill down white-washed walls, while fountains gargle and caged birds sing. Some patios are owned by individuals, some are communal courtyards for several homes, and some grace public buildings like museums or convents.

Today, homeowners take pride in these mini paradises, and they have no problem sharing them. As I stroll Cordoba's back streets, I pop my head through any wooden door that's open.

The owners (who keep their inner black iron gates locked) enjoy showing off their picture-perfect patios.

Well after midnight, my cultural scavenger hunt is over and the city finally seems quiet. I climb into my bed. Just as I doze off, a noisy and multigenerational parade rumbles down the cobbled lane that I thought promised a good night's sleep. Standing in my underwear and wrapped in the drapes, I peer secretively out my window. Below, a band of guitars and castanets with a choir of those raspy tobacco voices funnels down my narrow alley. Grandmothers—guardians of a persistent culture—make sure

the children pick up their Andalusian traditions. I feel like a Peeping Tom . . . until one woman looks up at me, catches my eye, and seems to nod, as if satisfied that I am witnessing the persevering richness of their traditional culture.

- 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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## MY PET WORLD

# Why dogs pee in their owner's beds

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

**Dear Cathy:** I have a 6-year-old Cavalier King Charles spaniel named Remy. He's housebroken and never used training pads. When my grandkids come over, Remy is fine with the girls, but Remy seems anxious when my boyfriend's two-year-old grandson is around. The other day, he was running around the house with Remy's favorite toy animal. The next day, Remy urinated in his bed and then a few days later, he urinated in mine. Do you think it could be because the grandson had his toy? -- Kathy, Sea-ford Island, New York

**Dear Kathy:** If your dog doesn't have a urinary tract infection, then he is likely urinating in the beds because he is feeling stress or anxiety, which definitely can be related to your boyfriend's grandson running through the house and/or messing with his toys.

There is actually a simple fix for this. When Remy is around, teach the child to be respectful of Remy by giving him space and leaving his things alone. He should not be able to run off with Remy's toys or mess with his bed or touch his food or water dishes unless he is helping to feed or provide water

for the dog. This is not intended to be a punishment for the child, but a learning experience on how to be respectful around animals.

Also, please teach the grandson how to be calm when Remy is around, but don't expect the grandson to be calm all day. He is only 2, after all, which means Remy may need to be put in a room for a bit so the grandson can engage in normal play.

As for the bed wetting, use an enzymatic cleaner to remove all biological traces of the urine so Remy is less likely to pee on the bed again, and put plastic covers on the mattress to protect it. You also can buy him a pheromone collar to wear to soothe him. If Remy no longer feels stressed and can't smell where he peed on the bed, he is less likely to do this again.

**Dear Cathy:** We adopted a beautiful 3-month-old calico kitten with a strange litter box habit. She sprays the sides of the litter box as if she is marking her territory. The only difference is she doesn't stamp her feet and cover what is in the box. She has always used the box, never sprayed the house, and has been perfect except for this one thing. She was spayed at 6 months old, and we were hoping that would stop the behavior. She is now 8 months old and

still spraying about half the time. Our vet said she had never heard of such a behavior and she too hoped the spaying would stop it. It's a nuisance because of the extra cleaning needed to keep the litter box clean and odorless. Do you have any ideas for us? -- Myra, Abingdon, Virginia

**Dear Mary:** Many cats spray inside their litter boxes, and while spaying and neutering can help this behavior, it's not a guaranteed fix. Cats sometimes do this when they have urinary infections or other health problems, when something is bothering them—or just because they do.

While I understand it's a hassle to clean the inside of the litterbox more frequently, the good news is, she is spraying inside the box and not anywhere else in your house. Any attempt to discourage this behavior could actually result in her developing litter box problems since you would be discouraging her in the very place she actually needs to go to relieve herself.

You can, however, reduce the odor by using a litter box with charcoal filters and changing those filters out

every three months (or as needed). Of course, continue wiping down the sides of the litter box daily. Use an enzymatic cleaner to remove the urine smell completely, which may discourage her from spraying the box over and over again. She is still a kitten though, so she may stop this behavior eventually, especially if she is doing it less and less each day already.

If I misunderstood your question and the cat is actually spraying the outside of the litter box, she may not like where the litter box is currently located. In which case, buy an additional litter box and put it in a second location to see if that helps. Finally, even though we don't know the reason for her doing this, she may also benefit from wearing a feline pheromone collar for a few months.

- *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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## DOUGLAS COUNTY STORIES

# Memories of a special place, preserved

By Nora Murphy

A new window on the history of Douglas County is now open to casual and serious researchers. Original tape recordings of residents who grew up in or near “La Yarda” in East Lawrence are newly accessible, thanks to funding by the Natural & Cultural Heritage Grant Program, run by the Douglas County Heritage Conservation Council.

It all began in 2005 when one of the early residents of La Yarda, Pedro “Pete” Romero, led a friend from church into the woody thicket located a little east of 8th and Pennsylvania. Pedro showed his friend, Buddy Lang-

ford, a spot in the woods marked with cement foundations and a water pump, which, many decades ago, he had called home.

Mexican families who came to Lawrence to work for the Santa Fe railroad in the 1920’s housed either in boxcars or in this humble settlement known as La Yarda located east of the railroad tracks in East Lawrence. La Yarda is a childhood home to Pedro. For many, their childhood home disappeared with the flood of ’51.

St. John the Evangelist Catholic Church at 1234 Kentucky Street is a nexus for many of the La Yarda descendants. The annual Mexican Fiesta unites them every summer in a common

effort. Buddy Langford married into this community and is has been active on the Mexican Fiesta committee for over forty years.

One special year, 2006, the Mexican Fiesta was celebrating its 25th anniversary. Buddy, having visited La Yarda with his friend Pedro, imagined spotlighting La Yarda as the crown of the celebration. He found a welcome conspirator in historian Helen Krische, whose daughter he coached in basketball, and who worked at Watkins Museum of History.

In short, Helen Krische interviewed the “children” of La Yarda, who were now well into their mature years. She recorded interviews on audiotape and VHS which vividly described family and community life in Lawrence in the early twentieth century. Helen eventually created an exhibit celebrating La Yarda for the 25th annual Mexican Fiesta at St. John Church. (The exhibit was reimagined and made portable by Jacinta Hoyt, Buddy’s daughter, in 2015, with grant funds from the Douglas County Natural & Cultural Heritage

Grant program.)

Fast forward to 2020! Originally captured on cassette and VHS, concern about the fragile nature of aging tapes led to a new effort to protect the interviews. With financial help from the Douglas County Heritage Conservation Council, the tapes were professionally digitized, then transcribed. Today these interviews are newly minted in digital form, with electronic transcriptions easing the task of discovery. Deposited at the Watkins Museum, collections manager Brittany Keegan is eager to team up with the Lawrence Public Library to make the interviews available on its Oral History portal.

This special place in Lawrence is now preserved through memories of those who resided there.



Please recycle this copy of *Kaw Valley Senior Monthly* when you are through with it.



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# GOREN ON BRIDGE

WITH BOB JONES

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## ITALIAN DECEPTION

East-West vulnerable, West deals

### NORTH

♠ K 9 5  
♥ K 6 4  
♦ 5 4 3  
♣ K Q 8 5

### WEST

♠ 7  
♥ Q J 9 3 2  
♦ A K J 9  
♣ 9 6 4

### EAST

♠ 4 3  
♥ 10 8 7  
♦ 10 7 2  
♣ A J 10 3 2

### SOUTH

♠ A Q J 10 8 6 2  
♥ A 5  
♦ Q 8 6  
♣ 7

The bidding:

WEST	NORTH	EAST	SOUTH
Pass	Pass	Pass	1♠
Pass	2♠	Pass	4♠
All pass			

Opening lead: Ace of ♦

South in today's deal was Benito Garozzo, a mainstay of the famed Italian Blue Team from the '50s, '60s, and '70s.

West's ace of diamonds lead held the first trick. East played a discouraging card in diamonds so West shifted to the queen of hearts at trick two. The contract seemed to depend on West holding the ace

of clubs. Garozzo could win this heart shift with his ace, draw trumps, and lead a club toward the dummy. West could take his ace and another diamond, but that would be it for the defense.

Garozzo, however, knew that East held the ace of clubs! How? West, a passed hand, had already shown up with the ace-king of diamonds and the queen-jack of hearts. West could not also hold the ace of clubs or he would have opened the bidding. So Garozzo went for deception and he played low from both hands on the queen of hearts!

West might have shifted to a club, of course, but why should he? It looked like he was onto a good thing with his heart shift and he led another heart. Garozzo won in hand with his ace, cashed the ace of spades, and led a spade to dummy's king. He discarded a club on the king of hearts and led the king of clubs. East covered with the ace, so Garozzo ruffed high and led a spade to dummy's nine. A diamond went away on the queen of clubs and Garozzo had 10 tricks.

*(Bob Jones welcomes readers' responses sent in care of this paper. Please send your e-mail responses to [tcaeditors@tribpub.com](mailto:tcaeditors@tribpub.com))*

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# Boggle®

BrainBusters!

By David L. Hoyt and Jeff Knurek



BUPH  
WOIS  
GOKE  
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 EIGHT TWO-SYLLABLE BIRDS in the grid of letters.

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# PUZZLES & GAMES

## CROSSWORD

### Across

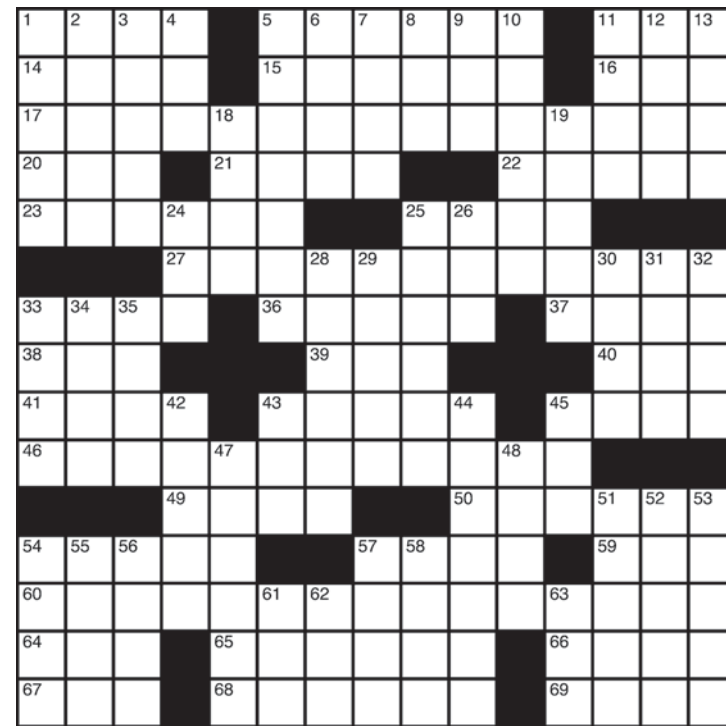
- 1 Ancient beverage
- 5 Dinner beverage
- 11 Cooking meas.
- 14 Part of a pot
- 15 On a smaller scale
- 16 Bit in a horse's mouth
- 17 Air Force Academy city
- 20 Abbr. between names, perhaps
- 21 Gulf of \_\_\_
- 22 Starkers, on this side of the pond
- 23 Not fooled by
- 25 City blight
- 27 Driver's aid, once
- 33 Sneeze syllable
- 36 It's a wrap
- 37 Bond was kicked out of it
- 38 Fireplace shelf
- 39 Berkeley sch.
- 40 Effort
- 41 ESPN MLB analyst
- 43 Drive

- 45 Fountain beverage
- 46 "Give me time to collect myself"
- 49 Animal rights gp.
- 50 Make more powerful
- 54 Gut feeling?
- 57 Simon Says player
- 59 That, in Oaxaca
- 60 Balancing act
- 64 Artist Yoko
- 65 Filling out forms, often
- 66 After-dinner beverage
- 67 Make a dent in
- 68 Drove off
- 69 Costner role

### Down

- 1 Rainforest parrot
- 2 Mushroom in Asian cuisine
- 3 World record?
- 4 "Gloria in Excelsis \_\_\_"
- 5 Demands loudly, with "for"
- 6 Helen of Troy's mother
- 7 John Irving's "\_\_\_ of the

- 8 \_\_\_ feed: online news aggregator
- 9 Medium gift
- 10 Ripped to shreds
- 11 Honky-\_\_\_
- 12 Wise one
- 13 Condition once called "shell shock," for short
- 18 Membership list
- 19 "You found the right guy," formally
- 24 Novelist Umberto
- 25 Go this way and that
- 26 Actor Cariou
- 28 City near Seattle
- 29 Muse for Shelley
- 30 "The Simpsons" bus driver
- 31 North of Paris
- 32 One-named New Ager
- 33 Spiced tea
- 34 Cornucopia shape
- 35 Bassoon kin
- 42 Profundity
- 43 Welcome \_\_\_
- 44 Mended, in a way
- 45 "Rugrats" dad
- 47 \_\_\_-head: Hell's Angels insignia
- 48 Romance novelist Roberts who writes mysteries as J.D. Robb



- 51 Tea variety
- 52 Computer operators
- 53 Labor go-with
- 54 Tiny bit
- 55 Carano of "Deadpool"
- 56 Horror movie assistant
- 57 Lhasa \_\_\_
- 58 Soccer great
- 61 "Go team!"
- 62 Spanish bear
- 63 Hosp. staffer

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

## JUMBLE

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

ENZOO

LUFFF

NRRUNE

WORND A

Check out the new, free JUST JUMBLE app

10  
11

WHEN EACH OF THEM HIT ONTO THE NEXT FAIRWAY, THE GOLFERS WERE ---

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

" [ ] [ ] [ ] [ ] " [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]

## SCRABBLE GRAMS

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10  
11

WHEN EACH OF THEM HIT ONTO THE NEXT FAIRWAY, THE GOLFERS WERE ---

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

PAR SCORE 260-270  
BEST SCORE 328

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

Answers to all puzzles on page 34

## CROSSWORD SOLUTION

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

## SUDOKU SOLUTION

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

## BOGGLE ANSWERS

EMU, RAVEN, EGRET, ROBIN,  
HERON, EAGLE, FALCON  
CONDOR

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## JUMBLE ANSWERS

Jumbles: OZONE, FLUFF,  
RUNNER, ONWARD

Answers: When each of them hit  
onto the next fairway, the golfers  
were -- "FORE" FOR FOUR

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SCRABBLE G R A M S SOLUTION												
G <sub>2</sub>	R <sub>1</sub>	A <sub>1</sub>	V <sub>4</sub>	E <sub>1</sub>	S <sub>1</sub>	T <sub>1</sub>	RACK 1 =	<u>61</u>				
S <sub>1</sub>	T <sub>1</sub>	O <sub>1</sub>	M <sub>3</sub>	A <sub>1</sub>	C <sub>3</sub>	H <sub>4</sub>	RACK 2 =	<u>66</u>				
T <sub>1</sub>	W <sub>4</sub>	E <sub>1</sub>	E <sub>1</sub>	D <sub>2</sub>	L <sub>1</sub>	E <sub>1</sub>	RACK 3 =	<u>61</u>				
H <sub>4</sub>	O <sub>1</sub>	G <sub>2</sub>	L <sub>1</sub>	I <sub>1</sub>	K <sub>5</sub>	E <sub>1</sub>	RACK 4 =	<u>80</u>				
T <sub>1</sub>	E <sub>1</sub>	A <sub>1</sub>	W <sub>4</sub>	A <sub>1</sub>	R <sub>1</sub>	E <sub>1</sub>	RACK 5 =	<u>60</u>				
PAR SCORE 260-270							TOTAL	<b>328</b>				

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## MY ANSWER

## Parents can prevent heartaches for their families by planning ahead

From the writings of the Rev. Billy Graham

Tribune Content Agency

**Q:** I have just buried my father who had been widowed for many years. My father had always been a good businessman, but he had not put his personal affairs in order. My wife and I are beginning to think of "putting our house in order," to prevent our children from going through the same difficulties, but we aren't quite sure how to do it. -- P.D.

**A:** A young minister asked his wife, "What if I died suddenly, what would you do?" He didn't ask how she would deal with the grief but how she would go through the mechanics: Whom she would call, where important documents were kept, and what arrange-

ments she would make. This may not be a very enjoyable exercise, but both the husband and the wife said this mock rehearsal gave them a peace of mind and an openness of communication they hadn't experienced before they set their "house in order." In their 30s, they took care of what many people leave until old age.

Parents can prevent heartaches for their families by planning ahead and taking care of the business of life.

More important, the Bible speaks of planning in this life and for the

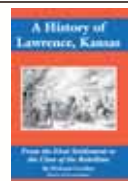
afterlife. The Old Testament prophet delivered a tough message from God to King Hezekiah, "Put your house in order, because you are going to die" (Isaiah 38:1, NIV). That crisp command brings into sharp focus the most vital aspect of life: preparing for life after death -- eternity. Everything else should be secondary. Everyone someday will die.

Jesus Christ was the Master Realist when He urged people to prepare for death, which was certain to come. Do not worry, said the Lord, about the death of the body, but rather concern yourself with the eternal death of the soul.

- 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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