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KEVIN GROENHAGEN PHOTO



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Constitution
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Tim Rues serves as administrator of Constitution Hall

By Kevin Groenhagen

During the morning of July 13, Tim Rues and Paul Bahnmaier heckled each other as they took turns speaking at the Territorial Capital Museum in Lecompton. Not only did they heckle each other, they encouraged young children to boo and cheer as they spoke.

Were Rues and Bahnmaier acting as intemperate adults teaching children how to behave badly? No, but they were acting. In this case, Rues was portraying Jim Lane, the anti-slavery militia leader during the Bleeding Kansas period that preceded the Civil War, while Bahnmaier was portraying Sam Jones, the pro-slavery sheriff of Douglas County. Joining Rues and Bahnmaier in the play *Bleeding Kansas* were T. Kevin Griffin, who portrayed John Brown, the radical abolitionist, and Deb Powell, who portrayed both Clarina I. H. Nichols, a Kansas editor crusading for abolition, suffrage, and temperance, and Mahala

Doyle, the wife and mother of three of John Brown's victims during the Pottawatomie Massacre of 1856.

Rues is the administrator of Constitution Hall in Lecompton, while Bahnmaier is the longtime president of the Lecompton Historical Society. Griffin is a retired major and historical researcher and Powell is a Lecompton Historical Society board member and volunteer at the Territorial Capital Museum. Together, Rues, Bahnmaier, Griffin, Powell, and several others make up the Lecompton Reenactors, "a skilled group of amateur historians with a theatrical bent who bring to life the dramatic political strife and guerrilla warfare which existed in Kansas Territory."

Seventeen children with a local School Age Child Care program were in the audience for the July 13 performance of *Bleeding Kansas*. Powell instructed the children to divide themselves into two groups, the "Free State Party" and the "Pro-Slavery Party," so they could participate in an interactive townhall meeting.

J. Howard Duncan wrote the plays *Bleeding Kansas* and *Kansas Territory Characters* for the Lecompton Reenactors.

"He probably wrote 25 monologues on both sides of the issue, from the radical pro-slavery to the radical abolitionists and everybody in between," Rues said. "Those monologues are based on historical facts. We've been performing those monologues for 25 years. There



Tim Rues portrays Jim Lane in a July 13 performance of the play *Bleeding Kansas* at the Territorial Capital Museum and Lane University.

have been about 50 members of the Lecompton Reenactors over the history of the group."

"We get a lot of middle school students from all over the state," Rues continued. "A lot of times they tie in a Kansas State Capitol visit in Topeka with a Territorial Capital visit here in Lecompton. "Ever since Governor Mike Hayden's administration, the Kansas State Board of Education has mandated that public school students in middle school study Kansas history.

The middle school students learn about Bleeding Kansas and Kansas during the Civil War. They learn about Jim Lane, John Brown, Governor Charles Robinson, and Sheriff Samuel Jones. We bring those characters to life on the stage."

Rues, who is originally from McCracken, Kansas, joined the Kansas State Historical Society (KSHS) upon graduating from Kansas State University in 1981. He became the curator of

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Kaw Valley Senior Monthly

Kevin L. Groenhagen
Editor and Publisher

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Tim Rues

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the General Frederick Funston Boyhood Home & Museum near Iola that year. The Funston house had suffered severe damage from a tornado during the mid-1950s. Rues oversaw the rehabilitation of the house and surrounding buildings on the site.

Rues later became the curator at the First Territorial Capitol at Fort Riley. While there, Rues created the first Territorial Day in September 1987 to recognize the limestone structure's significance as the first territorial capitol. About 2,000 people attended the event. In 1993, KSHS announced that it would soon close the First Territorial Capitol, which had served as the capitol for just five days in 1855, due to budgetary restraints. Fortunately, a \$10,000 grant from the State Legislature combined with funds raised by the Partners of the First Territorial Capitol kept the historical site open. However, funding remained an issue in subsequent years. For example, state officials in 2000 reclaimed the \$71,000 that the state had approved in 1997 to improve the limestone structure.

While Rues was the curator at the First Territorial Capitol at Fort Riley, several individuals began working to save Constitution Hall in Lecompton.

"Lecompton was the capital of the Kansas Territory in 1855," Rues said. "It was a boomtown. Sam Jones originally built the building in 1856 to be a rental hall for the government. The U.S. government had a land office of the first floor. I tell visitors that they are

standing on the original cottonwood floor where the first pioneers who came to Kansas stood. The territorial government rented the top floor. This is where the first territorial government was meeting, not only the pro-slavery majority, but, later on, a free state majority."

In October 1857, 45 men wrote a pro-slavery constitution at Constitution Hall. Just a few weeks later, a newly-elected legislature dominated by free-state representatives met at Constitution Hall to reform the laws of the Kansas Territory. In 1858, the assembly moved from Lecompton to the free-state town of Lawrence.

"The Lecompton Constitution split the national Democratic Party," Rues said. "Stephen Douglas, the U.S. senator from Illinois, came out vehemently against the Lecompton Constitution. He defied his president, James Buchanan from Pennsylvania, who, even though he was a northern man, sided with the South. The Democratic Party clashed over Lecompton and that split the party. Ultimately, Kansas defeated the Lecompton Constitution. Reverberations from the fight over the Lecompton Constitution splintered the party so, by 1860, Buchanan served one term and refused to be renominated. The Democrats basically had three conventions in 1860 and nominated three presidential candidates. The Republican Party was united and nominated Abraham Lincoln."

With the Democrats splitting their votes three ways, Lincoln won.

"That caused the Southern states to secede, which opened the way for Kansas to enter the Union on January 29, 1861," Rues said. "Lincoln was sworn in as president in March and, fewer than

KEVIN GROENHAGEN PHOTO



Built in 1856, Constitution Hall is where the Lecompton Constitutional Convention met and drafted a pro-slavery constitution in October 1857.

30 days later, South Carolina Militia attacked Fort Sumter, a Union garrison in Charleston, South Carolina, and the U.S. Civil War was on nationally. But if you go back seven years, May 30, 1854, when they opened this territory, we had pro-slavery and free-state civilians converge on Kansas. To me, the Civil War began right there and then."

After the assembly moved to Lawrence in 1858, Constitution Hall housed, at various times, a hotel, a college dormitory, a court building, and a funeral home. Odd Fellows Lodge number 413 later owned Constitution Hall and they shared their lodge room with the Grand Army of the Republic, the Masons, and the Modern Woodmen of America.

"In 1907, they did a major rehabilitation of the building to stabilize it," Rues said. "In 1916, a fire broke out on

the east side of Elmore Street, which is the business district of Lecompton. All the buildings on that side of the street burned to the ground. The brick buildings now there were built in 1918. Those old wood-frame buildings, they burned down, they fell down, or they tore them down. Somehow, by a minor miracle, Constitution Hall survived. It is still standing after 166 years. It has defied the odds. I always say that Constitution Hall has lived a charmed life."

Rebekah Lodge number 698 took over responsibility for the building in 1946. By the 1980s, Constitution Hall, which became a National Historic Landmark in 1975, was in extremely poor condition.

"The foundation was crumbling and the building was leaning," Rues said.

"The time has come when members

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Tim Rues

■ CONTINUED FROM PAGE FOUR

of the Rebekah Lodge are no longer physically or financially able to properly maintain this historic building,” said Ione Paslay, a spokeswoman for the lodge, in 1986.

State Senator Winton Winter, Jr., Lawrence, then announced that his father, former State Senator Winton Winter, Sr., would raise private contributions to buy Constitution Hall from the Rebekah Lodge.

“The Winter family has been in Kansas since the territory opened,” Rues said. “They have always been associated with the Lecompton area.

The elder Winter and State Senator Frank Gaines paid \$3,500 for structure and donated it to KSHS.

“KSHS then hired Dan Rockhill, a professor of architecture at KU and a preservation specialist, and he went in and put a new foundation under the building,” Rues said. “That basically saved the building.”

Once Rockhill and his team finished stabilizing Constitution Hall, which entailed lifting the building 18 inches to allow repair of the foundation, sills, floor framing, and first floor studs, KSHS began renovating the interior of the building.

KSHS opened the doors of Constitution Hall to the public on June 24, 1995, and Rues became the administrator of the Constitution Hall State Historic Site.

“When we dedicated the building in

1995, Wint Winter, Sr., was there and he talked about all the old families who were still in the Lecompton area,” Rues said. “At that time, his son, Wint Winter, Jr., was the state senator representing this area and he served as the master of ceremonies for the dedication and ribbon cutting.”

In 1997, Rues, with the help of the Lecompton Historical Society, began an annual Bleeding Kansas Program Series, which is “A series of talks and dramatic interpretations on the vio-

lent territorial and civil war history of Kansas, 1854-1865.” The first program of the six-part series always takes place on the second floor of Constitution Hall on the last Sunday in January to coincide with Kansas Day on January 29. Constitution Hall hosts the other five programs every Sunday through the first Sunday in March. The eight-page Lecompton Constitution was on display at Constitution Hall temporarily in February 2007 (the document’s 150th

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Tim Rues

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anniversary) as part of the 11th annual Bleeding Kansas Program Series.

“The second floor is usually packed during the Bleeding Kansas Program Series,” Rues said. “Even this year on January 30, when the Chiefs played the Bengals for the AFC championship, we still had 50 people show up. We also have a closed circuit television downstairs for those who don’t want to go up the steps.”

When Rues isn’t acting with the Lecompton Reenactors, he enjoys sharing the history of Constitution Hall and the Lecompton Constitution with visitors.

“The neat thing about Constitution Hall is several times a year I’ll have folks come in and say, ‘I want to see where my ancestor wrote this constitution,’” he said.

In 2020, Rues received a We Kan! award. The Kansas Sampler Foundation presents We Kan! awards to indi-

viduals or organizations that have made outstanding efforts to help preserve and sustain rural culture in their area. In presenting the award, the Kansas Sampler Foundation described Rues as being “more than a curator.”

To Rues, Constitution Hall is more than a building.

“Constitution Hall is Lecompton,” Rues said. “The town has changed and evolved, but, if there is one constant in Lecompton, it’s Constitution Hall. It’s been here since the beginning.”

Constitution Hall, located at 319 Elmore Street in Lecompton, is open on Wednesdays through Saturdays from 9 a.m. to 5 p.m., on Sundays from 1 to 5 p.m., and is closed on state holidays. For more information about Constitution Hall, please visit www.kshs.org/p/constitution-hall/19562. For more information about Lecompton, please visit www.lecomptonkansas.com.

If your school or organization would like to schedule a performance by the Lecompton Reenactors, please call 785-887-6148, 785-887-6285, or 785-887-6520. You can also email lanemuseum@aol.com or consthall@kshs.org.



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Advena Living acquires Bonner Springs facility

By Billie David

“Advena” means “newcomer” in Latin, and Bonner Springs, Kansas, recently welcomed Advena Living as a newcomer to their community.

“We have seven communities throughout Kansas,” said Courtney Kabot, Advena Living’s Regional Director of Strategic Marketing and Public Relations. “There are three in the Wichita area, one in Topeka, one in Cherryvale in Southeast Kansas, one in Clay Center, and one in Bonner Springs.”

The community in Bonner Springs used to be the Bonner Springs Nursing and Rehabilitation Center before Advena acquired it in 2019.

“Advena Living was born of a need to help communities that require a little TLC,” Kabot said of the acquisition. “We reposition them to become more desirable places to live and work.”

Advena Living is a family-owned company, with Willie Novotny serving as owner and CEO and Michelle Novotny as co-owner and COO. Their therapy dog, Porter Novotny, serves as Vice President of Mood Enhancement, and has a reputation of being very comforting.

“Willie Novotny always had a vision

of owning and managing long-term care communities,” Kabot said. “He learned the ropes by starting from the ground up as a certified nursing assistant and working every aspect of skilled nursing and assisted living.”

“Advena was previously known as Cornerstone Healthcare Solutions. We rebranded in 2021 to better reflect the company’s goal of welcoming newcomers to a community where they can continue to enjoy full lives,” Kabot continued. “Our goal is to be different from traditional nursing homes by making care more compassionate and intentional. We ensure that each person in the community can live the lives they want and still have a say in their lives, like when to get up and what to eat.”

Advena Living also makes it a priority when they move into an area to connect with the local communities by sponsoring and participating in events and joining the Chambers of Commerce, Kabot said.

The 45-bed facility in Bonner Springs offers skilled nursing, short-term rehabilitation, and long-term care.

“It’s an older building, so we’ve tried to make it a more welcoming environment with community upgrades and a change in culture,” Kabot said, explaining that this includes upgrading the physical building and adding com-

munity projects such as gardening and painting. The facility itself has front and back patios, a gardening area, beauty and barber services, family gathering rooms, a common-area lounge with a large TV, a communal dining room, and free wireless internet and basic cable.

Advena Living in Bonner Springs is a licensed, skilled-nursing facility with licensed nurses on site 24/7. Advena Living offers in-house therapy services such as physical, occupational and speech therapies, and specializes in return-to-home plans. For individuals who require more assistance with routine activities, long-term care is also an option.

Skilled-nursing services include post

operative and restoration services, dialysis, IV therapy, wound care, diabetes and medication management, continence support, orthopedic recovery, and hospice care.

The facility also provides medication management, a full-time respiratory therapist, individualized care plans, help with activities of daily living, professional-led therapy programs, social activities, housekeeping and laundry services, and respite care.

Advena Living at Bonner Springs is located at 520 E. Morse Avenue. Their website is www.advenabonnersprings.com. They can be reached by telephone at 913-441-2515 or through their website.

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MAYO CLINIC

To brace or not to brace

By William (Chris) Fox, M.D.

Mayo Foundation for Medical Education and Research Mayo Clinic

DEAR MAYO CLINIC: I love being active, playing tennis, bowling, hiking and shooting hoops with my grandkids. I have arthritis in my ankle and wonder if wearing a brace would prevent injury and maybe even relieve the aches and pains I have after activities.

ANSWER: Braces, not only for the ankle, but also the knee and wrist, provide support, as well as compression and warmth. They also can help with pain and healing if you've experienced an injury. Often immobilizing and supporting a joint can calm it and relieve pain.

Studies have shown that ankle braces can reduce injuries and don't interfere with performance. You may have seen football defensive linemen wearing sleeves or even larger braces around their knees that are designed to prevent injury. A wrist brace can provide support and alleviate symptoms of carpal tunnel syndrome.

Any athletic trainer, physical therapist, or sports medicine or orthopedic health care professional can make recommendations for your situation. As with any joint issue, it's best to address it early to prevent further injury and let you continue participating in the activities you enjoy most.

Braces range from a simple neoprene sleeve to a complex hinged device. A wide variety of braces are available over the counter at pharmacies and sporting goods stores, and online. It's important to choose a brace that

meshes best with the level of activity you want to maintain or regain.

For example, a simple neoprene sleeve on your ankle would be a good solution for lower stress, everyday activities like going for a long walk. But if you're taking activity to the next level, such as yardwork or walking on uneven terrain, you may want to use a wrap-around ankle brace with Velcro straps that allow you to adjust the tightness. People involved in higher-intensity activities, such as basketball, volleyball or tennis, may find a lace-up brace with adjustable straps to be the best choice.

If you've injured your ankle, like twisting it as you step off a curb, wearing a brace after the accident can provide support and stability. It also will give you confidence that your ankle will support you. But as the injury heals, you should gradually work away from wearing a more supportive brace to a lighter brace and then to not wearing a brace at all or only occasionally. This lets the ligaments and muscles around your ankle naturally strengthen and heal through lower-intensity everyday activities.

You may want to continue bracing for more strenuous activities, like working out, shoveling snow or running. If you're an athlete, save the brace for competitions and practices.

Many of the same reasons to brace an ankle apply to the knee, too. However, injuries that cause knee pain often are related to muscle control at the hip or ankle, so bracing the knee potentially doesn't have the same effect on healing. That's why it's important to con-

sult with your health care team on the best way to treat a knee injury or pain.

If you have early onset, mild arthritis in your knee, a neoprene sleeve can provide support, compression and warmth. These simple braces can be worn as long as they continue to provide relief. Some athletes wear a sleeve or tights that go below the knee for compression and comfort.

However, if you've injured your knee, such as a sprained or torn ACL, rely on your surgeon's guidance. Typically, a complex knee brace is worn for the first year. After that, a brace usually isn't needed for less stressful activities. Keep in mind it can take up to two years to return to baseline stability following an ACL injury. Once you're back to full function, you can stop wearing a brace.

Wrist braces range from a simple Ace bandage or wrap to a hard plastic splint that stabilizes the thumb, as well. Basic braces provide support and compression for comfort and injury prevention. A hard-shell brace often is used for general sprains and pain. Those with carpal tunnel syndrome may wear one

of these braces at night to prevent them from curling their wrists under as they sleep. This prevents pressure on the carpal tunnel. Certain sprains or breaks might require a spica splint, which is a special type of orthopedic splint that immobilizes the thumb but allows the other fingers and wrist to move easily.

Braces can be used as part of your overall active lifestyle. Finding the right brace for your activity can relieve aches and pain, prevent injury and be the perfect complement to staying active. Combine the support of a brace with general strengthening to maximize your level of activity. -- Joel Luedke, Orthopedic Surgery and Sports Medicine, Mayo Clinic Health System, Onalaska, Wisconsin

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

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HEALTH & WELLNESS

Keep hydrated during the summer

It's summer in Kansas and the weather is hot and humid. Hot and humid weather brings the thoughts of cool ocean breezes, napping in the shade with a tall glass of ice-cold water. However, with the lazy days of summer, being especially careful of dehydration is a must. Dehydration

including increased heart rate and respiration, decreased sweating and urine output, increased body temperature as the body tries to cool itself down, nausea, headaches, muscle cramps, and tingling in the extremities. If dehydration continues after these symptoms, it can

result in shock and ultimately death.

Prevention of dehydration is key. The average person can lose around two to three liters of water a day through breathing, sweating, and urination. That number can increase depending on the person's daily activities and if they consume caffeinated beverages. To prevent dehydration, a person should simply replenish the liquids lost throughout the day. Experts say at least eight glasses of water a day and this may need to be increased depending on the person. It is also recommended to take a person's body weight and divide it in half and that is the amount of water a person needs to consume. By the time you feel thirsty, you are probably

already dehydrated. Please pay special attention to infants, children, and the elderly because they are more apt to lose water and not replace it, especially during these hot summer months.

Other benefits of drinking water include increasing the ability to lose weight, preventing fatigue, flushing out wastes and toxins, improving skin texture, improving the ability to concentrate, and aiding in digestion.

During the hot sunny days of summer are here, don't forget to drink plenty of water.

- 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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is the lack of sufficient water in your body that can occur with losing as little as one percent of your body's water.

Water is an essential part of life. Whether it is the animal kingdom or the plant kingdom, all of us rely on water. The Earth itself needs and is surrounded by water. Drinking a healthy amount of water every day is vital to your health. What exactly does water do in our bodies? Why is it an essential part of our health? How much water should a person drink?

Two-thirds of the human body is water, which makes it the main component of the system. Some of the functions of water in the human body include: regulating body temperature, detoxifying the body's systems, providing moisture to organs and joints, and it helps to maintain the body's metabolism. Every cell in your body needs water.

When the body does not get an adequate amount of water you can show signs of dehydration which can include: being tired, constipation, muscle pain and cramping, dry skin, headaches, blood pressure problems, dark strong-smelling urine, weakness, chills, head rushes, hunger and being thirsty. If loss of water continues, you will see severe signs of



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HEALTH & WELLNESS

Remote patient monitoring program provides effective, preventative care – at home

By Courtney Bernard

LMH Health

LMH Health recently launched remote patient monitoring, an innovative new program to better serve patients with chronic and uncontrolled conditions at home.

Remote patient monitoring (RPM) is simple: Patients use a digital medical device at home to regularly capture their health data, such as weight, heart

rate, blood pressure or blood sugar. The device connects to an application on their smartphone, which sends this data in real time to the patient's provider to review—and intervene, if necessary.

The RPM program is another step toward the preventative healthcare model that LMH Health has been adapting over the past decade, said Janette Kirkpatrick, vice president of clinical excellence at LMH Health.

“RPM makes healthcare more accessible to patients,” said Kirkpatrick. “With regular monitoring of a patient's condition, providers are able to immediately recognize a problem and work with the patient to correct it. This will keep individuals out of more serious,

emergency-department situations—and, ultimately, lower an individual's healthcare cost.”

RPM is part of LMH Health's population health management program, which focuses on improving health outcomes of specific groups through patient engagement and care coordination.

LMH Health's RPM program currently focuses on patients with, or at risk for, chronic or uncontrolled conditions like diabetes, hypertension and heart failure. LMH Health plans to grow the program to monitor other diseases as more patients enroll in the program.

According to the Centers for Disease Control and Prevention, 6 out of 10 adults in the U.S. have a chronic condition, while 4 out of 10 adults have two or more chronic conditions.

To assist uninsured patients and those who are unable to pay the out-of-pocket cost for RPM, the LMH Health Foundation is providing donor funds to cover the cost.

“Through the pandemic, we realized the value of remote services,” said Kirkpatrick. “RPM is one vital way that LMH Health is ensuring access to quality healthcare for all community members.”

The health data collected by the devices is transmitted directly to the patient's record. Significant changes in health—like blood pressure measuring too high—trigger a notification to the

provider who can review the result in real time and call the patient to check in.

Caitlin Bowlin, RN, is the LMH Health nurse who actively monitors the patients enrolled in RPM. She reaches out to patients when their health changes and communicates with their primary care physicians or other specialists as needed.

Bowlin, who previously worked 10 years in emergency nursing, said that moving to a role that focuses on preventative care was a positive change for her.

“I'm used to caring for people who come to the hospital because they're sick,” said Bowlin. “Working on the RPM program is amazing—we are catching things early, and we are able to intervene when we see an individual's health trends going the wrong

way. We are hopeful this will decrease unnecessary visits and hospitalizations altogether.”

Although LMH Health's RPM program has only existed for a few months, Bowlin has already seen the benefits of the program.

“Patients feel cared about, knowing that someone is keeping an eye on their health,” Bowlin said. “People really like this one-on-one care and having an additional provider they can reach out to when needed.”

Dr. Gregory Sch-nose, a physician at IMG and director of population health at LMH Health, said

that RPM can make healthcare for chronic conditions more efficient and effective.

For example, patients with diabetes

■ CONTINUED ON PAGE 11



Caitlin Bowlin, RN



rate, blood pressure or blood sugar. The device connects to an application on their smartphone, which sends this data in real time to the patient's provider to review—and intervene, if necessary.

The RPM program is another step toward the preventative healthcare model that LMH Health has been adapting over the past decade, said Janette Kirkpatrick, vice president of clinical excellence at LMH Health.

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Monitoring

■ CONTINUED FROM PAGE 10

who regularly monitor their blood glucose level will write down their numbers in a log and review it with their physician at an appointment. However, appointments are usually at a three-month interval, which can be a long space of time.

“With RPM, the data is automatically sent to our care team and continuously reviewed,” said Dr. Schnose. “Questions are answered more quickly and adjustments to medication, diet or lifestyle can already be addressed ahead of the patient’s next visit. This way, the patient can get ahead of the game in terms of controlling their disease.”

Malwina Zastawna, population health manager at LMH Health, oversees the RPM program and believes that it engages patients in a new and meaningful way.

“We want patients to be their own advocate and at the center of their care team,” said Zastawna. “By enrolling in this program, people are saying, ‘Yes, I want to take a more active role in my healthcare.’”

LMH Health’s population health team sees RPM as a way to meet people right where they are. The remote care

that RPM provides helps address one important barrier to healthcare: transportation.

“Some patients have trouble getting to the doctor because of lack of transportation, or frailty,” said Dr. Schnose. “Others may just avoid the visit. RPM helps us address this issue and make it easier for patients to get the care they need.”

Kirkpatrick said that RPM is also a great resource for patients living further away from LMH Health or in rural locations.

“We talk a lot about our patients taking ownership or being actively involved in their healthcare,” said Kirkpatrick. “RPM allows them the ability to really be a partner in the care that our providers are delivering.”

To participate in the RPM program at LMH Health, a patient must have a primary care provider at one of LMH Health’s clinics. If you are interested in using RPM to help manage your health, please contact your provider.

“I hope that our national healthcare system will shift more toward preventative care, like we are doing at LMH Health,” Bowlin said. “RPM is one of the building blocks in this shift to preventative medicine.”

- Courtney Bernard is the development coordinator for the LMH Health Foundation.



Dr. Schnose



A Lifeline for Seniors

Carol Denton works at a local senior center to help distribute Meals on Wheels. She sees first-hand how many people the Meals on Wheels program helps. She calls the program a lifeline and an important chance for social interaction.

“The seniors at the Center either live alone or with their adult children. Some are isolated and restricted from participating fully in community life due to transportation or health issues. So this Center is a lifeline for them to interact with others of a similar age who “get” them,” said Denton. “Most of them admit to unhealthy eating habits on their own; either skipping meals or snacking on unhealthy food. Their Meals on Wheels are nutritious and research shows that eating together fosters better physical and emotional health.”

It is far more than just a meal they share together. It is comradery and a friendship that has turned into a family.

To learn more about volunteering or how to sign up for meals visit www.mowks.org or call 785-430-2186.



ENT

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JILL ON MONEY

The upside of a downturn

With prices high and recession fears swirling, Americans are nervous. Instead of feeling helpless, now is a good time to highlight six potential upsides of a downturn in both the economy and financial markets.

1. Emergency Reserve funds are cool again. A self-funded safety net can be the difference between tossing and turning and getting a good night's sleep.



Jill
Schlesinger

So, while the economy is still growing, make sure that your emergency reserve fund can cover 6-12 months of living expenses. If you're already retired, increase it to 1-2 years' worth of expenses, to avoid being forced to sell assets at lower levels just to pay the bills.

Keep this money in an accessible savings, checking, or money market account. It should be a little easier to make the leap into safe stuff now that the Federal Reserve has increased short-term interest rates.

2. Reducing credit card (or any high interest) debt may be the best investment of 2022. The idea of paying down a 15-20% credit card balance is even more compelling when financial markets are in disarray.

Instead of being lured into thinking that you will make more by investing than paying down debt, you will find that the guaranteed (and risk free) return that debt pay down delivers is not just good for your balance sheet, it will likely end up being your best investment of the year.

3. Dollar cost averaging makes you bold. It's tough to be brave about investing amid a market collapse. That's why putting a set amount of money into a portfolio (dollar cost averaging), like you do when you contribute to an employer-based retirement plan, can help you sock away your hard-earned dollars, even when you would really prefer to stash your cash under the proverbial mattress.

4. Roth conversions are more compelling. If you have a traditional (pre-tax) retirement account, market losses may make a conversion into a Roth a little less burdensome. As an example, if the account was worth \$10,000 at the beginning of the year and is now worth \$7,500, a conversion today would add less to your taxable income.

Ideally, whatever you convert keeps you in a reasonable tax bracket and for this to work, you need to have non-retirement funds available to pay the tax due.

Roth assets grow tax-free and when you retire and withdraw the money, there will be no tax due. Because Roth plans are not subject to Required Minimum Distributions (RMDs), you can use them to help control future taxation of Social Security benefits and/or increased costs of Medicare, which are income tested.

5. Your job may be a ballast against uncertainty. The current labor market remains strong, despite reports of some former growth companies pulling back on hiring.

In fact, there are still more than 11 million job openings and in many industries, bosses are making concessions to keep existing workers happy.

That said, if a slowdown is coming,

consider up-skilling yourself, either through free platforms, or see if your company will foot the bill for a certificate program. Don't forget to spend time on your network so that it can be activated if your situation changes.

6. Side hustles could come in handy. During the pandemic, many people found time to create another stream of income—on the side. These side hustles became a way to make a little bit of money, while also being a way to channel creative energy. Many who idled these projects should consider firing up their side hustles to bring in extra income and to exert some control over their financial lives.

- 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. Check her website at www.jillonmoney.com.

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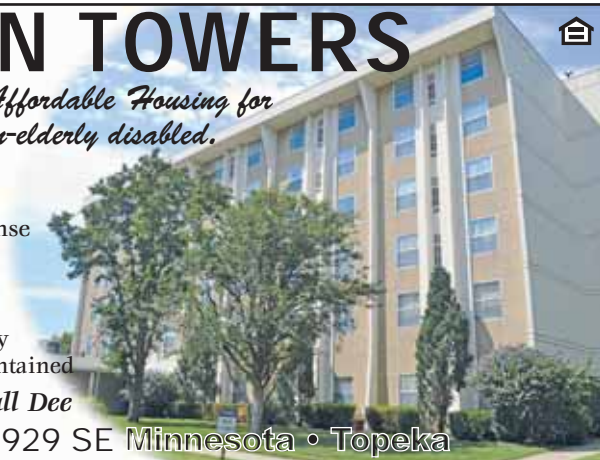
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FINANCIAL FOCUS

What to expect from a financial advisor

If you know how important it is to invest for your future, but you're unsure of the road to follow, you may want to get some guidance and direction from a financial professional. But if you've never worked with one before, what can you expect?



*Derek
Osborn*

Here are some things to look for:

- **Assessment** – A financial advisor will assess your current financial situation—assets, income, debts and so on—but that's just the start. These days, advisors recognize the need to view their clients' lives holistically. Consequently, you will see questions like this: *What are your feelings about investing? How would you judge your risk tolerance? What are your individual financial goals? What hopes and dreams do you have for your family?*

- **Recommendations** – Only after fully understanding your needs, goals and preferences will a financial advisor recommend any investment moves. There are no “one-size-fits-all” solutions. You may want to steer clear of individuals claiming to be financial advisors who “guarantee” big returns with no risk. In the investment world, there are few guarantees, and every investment carries some type of risk.

- **Communications** – Financial professionals communicate with their clients in different ways, but you should always feel free to reach out to an advisor with any questions or concerns. Most financial advisors will want to meet with clients at least once a year, either in person or through an online platform, to review their investment portfolios. During the review, the financial advisor will help you determine if any changes are needed. But financial advisors won't wait a full year to contact clients to discuss a

particular investment move that might need to be made. Also, depending on the firm you choose, you should be able to go online to review your portfolio at your convenience.

- **Technology** – A financial advisor can employ a variety of software programs to help clients. For example, a financial advisor can determine the rate of return you might need to attain specific goals, helping shape your investment strategy. But there are also a lot of “what ifs” in anyone's life, so an advisor can use hypothetical illustrations to show you where you might end up if you take different paths, such as retiring earlier (or later) than you had planned or putting in more (or less) money toward a specific goal, such as education for your children. Anyone's plans can change, so the ability to view different potential scenarios can prove valuable.

Above all, a financial advisor can help you feel more confident as you pursue your goals. Among investors who work with a financial advisor, 84% said that doing so gave them a greater sense of comfort about their finances during the COVID-19 pandemic, according to a survey conducted in 2020 by Age Wave and Edward Jones. And during times of market turbulence, such as we've experienced this year, a financial advisor can help you avoid overreacting to downturns. When unexpected events crop up, such as a lapse in employment, a financial advisor can suggest moves that may enable you to avoid major disruptions to your financial strategy. Conversely, when a new opportunity emerges, perhaps from an inheritance or some other windfall, your financial advisor can help you take advantage of it.

Navigating the investment landscape can be challenging—but the journey can be a lot smoother if you've got the right guide.

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



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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 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

SECOND SATURDAY OF THE MONTH

OPEN AIR ART MARKET

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

LAST FRIDAY OF THE MONTH

FINAL FRIDAYS

Final Fridays is a celebration of the arts that includes special exhibits, performances and demonstrations in Downtown Lawrence on the Final Friday of the month. See website for participating locations. LAWRENCE, 785-842-3883 unmistakablylawrence.com

EDUCATION

AUG 1

BEGINNERS COMPUTER NAVIGATION

Learn how to use a mouse, navigate a Windows 10 desktop, find & open apps & files. Share this with a friend or family member who needs help learning to use a computer. Call 785-580-4607 to register. Topeka and Shawnee County Public Library, Learning Center, 1515 SW 10th Ave., 9:30-10:30 a.m. TOPEKA

AUG 1

NEW TO MEDICARE

Jayhawk Area Agency on Aging staff will explain the basics of Medicare. Topeka and Shawnee County Public Library - Marvin Auditorium 101C, 1515 SW 10th Ave., 1-2 p.m. Register online. TOPEKA, 785-580-4400 events.tscpl.org/events

AUG 4

INTERNET INTRODUCTION

Learn about browsers, search engines and how to navigate websites to find information online. Share this with a friend or family member who needs help with the internet. Call 785-580-4607 to register. Topeka and Shawnee County Public Library, Learning Center, 1515 SW 10th Ave., 9:30-10:30 a.m. TOPEKA

AUG 4

INTERNET GENEALOGY CLASS

Get started in genealogy and learn how to build your family tree online. Learn how to use the print and online resources your library offers. Register to receive the Zoom link. Topeka and Shawnee County Public Library, Virtual Room 01, 10-11:30 a.m. TOPEKA, 785-580-4400 events.tscpl.org/events

AUG 4

FORT LEAVENWORTH: JOHN KUEHN: "VICTORY AT SEA: WORLD WAR 2 ON FILM"

Victory At Sea was one of the most celebrated television programs of its day when it was first aired on NBC beginning in 1952 and almost weekly for 26 episodes until May of 1953. Dr. Kuehn discusses its importance not only as a documentary of naval operations at World War II, but as a reflection of the United States need for a unifying narrative of victory for the protracted conflict that the Cold War had become and promised to continue being. Robert J. Dole Institute of Politics, 2350 Petefish Dr., 3-5 p.m. Hybrid event available live on YouTube. Free. LAWRENCE, 785-864-4900 youtube.com/watch?v=PRGmz6suyXk

AUG 8

BEGINNERS COMPUTER NAVIGATION

Learn how to use a mouse, navigate a Windows 10 desktop, find & open apps & files. Share this with a friend or family member who needs help learning to use a computer. Call 785-580-4607 to register. Topeka and Shawnee County Public Library, Learning Center, 1515 SW 10th Ave., 9:30-10:30 a.m. TOPEKA

AUG 8

EMAIL FOR BEGINNERS - BEGINNING COMPUTER

Using Google's free email or Gmail learn how to log into email, open, delete, reply to & forward email messages. Please call 785-580-4607 to register. Topeka and Shawnee County Public Library, Learning Center, 1515 SW 10th Ave., 2-3 p.m. TOPEKA

AUG 11

INTERNET INTRODUCTION - BEGINNING COMPUTER NAVIGATION

Learn about browsers, search engines and how to navigate websites to find information online. Share this with a friend or family member who needs help with the internet. Call 785-580-4607 to register. Topeka and Shawnee County Public Library, Learning Center, 1515 SW 10th Ave., 9:30-10:30 a.m. TOPEKA

AUG 11

INTERNET GENEALOGY 2

Learn more about researching your family with this interactive class. You will learn how to locate local resources online and from libraries and repositories. Register for Zoom link. Topeka and Shawnee County Public Library, Virtual Room 01, 1515 SW 10th Ave., 10- 11:30 a.m. TOPEKA <https://events.tscpl.org/events>

AUG 15

BEGINNERS COMPUTER NAVIGATION

Learn how to use a mouse, navigate a Windows 10 desktop, find & open apps & files. Share this with a friend or family member who needs help learning to use a computer. Call 785-580-4607 to register. Topeka and Shawnee County Public Library, Learning Center, 1515 SW 10th Ave., 9:30-10:30 a.m. TOPEKA

AUG 15

MEDICARE PART D DIY - NAVIGATING THE MEDICARE PART D WEBSITE

Jayhawk Area Agency on Aging staff will help you navigate Medicare Part D using your laptop or one of the library's laptops. Topeka and Shawnee County Public Library, Marvin Auditorium 101C, 1515 SW 10th Ave., 1-2 p.m. TOPEKA

AUG 18

INTERNET INTRODUCTION - BEGINNING COMPUTER NAVIGATION

Learn about browsers, search engines and how to navigate websites to find information online. Share this with a friend or family member who needs help with the internet. Call 785-580-4607 to register. Topeka and Shawnee County Public Library, Learning Center, 1515 SW 10th Ave., 9:30-10:30 a.m. TOPEKA

AUG 22

BEGINNERS COMPUTER NAVIGATION

Learn how to use a mouse, navigate a Windows 10 desktop, find & open apps & files. Share this with a friend or family member who needs help learning to use a computer. Call 785-580-4607 to register. Topeka and Shawnee County Public Library, Learning Center, 1515 SW 10th Ave., 9:30-10:30 a.m. TOPEKA

AUG 22

EMAIL FOR BEGINNERS - BEGINNING COMPUTER NAVIGATION

Using Google's free email or Gmail learn how to log into email, open, delete, reply to & forward email messages. Please call 785-580-4607 to register. Topeka and Shawnee County Public Library, Learning Center, 1515 SW 10th Ave., 2-3 p.m. TOPEKA

AUG 25

INTERNET INTRODUCTION - BEGINNING COMPUTER NAVIGATION

Learn about browsers, search engines and how to navigate websites to find information online. Share this with a friend or family member who needs help with the internet. Call 785-580-4607 to register. Topeka and Shawnee County Public Library, Learning Center, 1515 SW 10th Ave., 9:30-10:30 a.m. TOPEKA

AUG 29

BEGINNERS COMPUTER NAVIGATION

Learn how to use a mouse, navigate a Windows 10 desktop, find & open apps & files. Share this with a friend or family member who needs help learning to use a computer. Call 785-580-4607 to register. Topeka and Shawnee County Public Library, Learning Center, 1515 SW 10th Ave., 9:30-10:30 a.m. TOPEKA

AUG 29

EMAIL FOR BEGINNERS - BEGINNING COMPUTER

Using Google's free email or Gmail learn how to log into email, open, delete, reply to & forward email messages. Please call 785-580-4607 to register. Topeka and Shawnee County Public Library, Learning Center, 1515 SW 10th Ave., 2-3 p.m. TOPEKA

SEP 1

INTERNET GENEALOGY CLASS - FOR BEGINNERS

Get started in genealogy and learn how to build your family tree online. Learn how to use the print and online resources your library offers. Register to receive the Zoom link. Topeka and Shawnee County Public Library, Virtual Room 01, 1515 SW 10th Ave., 10- 11:30 a.m. TOPEKA <https://events.tscpl.org/events>

■ CONTINUED ON PAGE 15



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■ CONTINUED FROM PAGE 14

SEP 1

FORT LEAVENWORTH: ANGELA RIOTTO AND DEREK MALLET: "PRISONERS OF WAR AS MILITARY INTELLIGENCE IN THE CIVIL WAR AND WORLD WAR 2"

During the Second World War, the US military interrogated over 3,000 German Prisoners of War at a secret facility at Fort Hunt, Virginia. These interrogations offer fascinating perspectives of the German situation in the final year of the war and allow us to evaluate how well American authorities knew its enemy at the time. Derek Mallett is currently an associate professor in the Department of Military History at the US Army Command and General Staff College, Fort Belvoir, Virginia satellite campus. His research interests include the Second World War, prisoners of war, military intelligence, war and public memory, and national security. Angela Riotta received her Ph.D. from the University of Akron. Her research examines the ways in which both U.S. and Confederate former prisoners of war discussed their captivity between 1861 and 1930. She currently teaches with the Department of Military History at the U.S. Army Command and General Staff College as an Assistant Professor. Robert J. Dole Institute of Politics, 2350 Petefish Dr., 3-5 p.m. Hybrid event available live on YouTube. Free.

LAWRENCE, 785-864-4900

[youtube.com/watch?v=U-RBKpC7_X8](https://www.youtube.com/watch?v=U-RBKpC7_X8)

SEP 2

CARFIT - CONTINUE DRIVING SAFELY AS YOU AGE

Learn how to adapt your driving skills to your physical condition and become a more confident and safer driver. Co-hosted by the Kansas Department of Transportation. Topeka and Shawnee County Public Library - Parking - East Lot, 2-4 p.m.

TOPEKA

<https://events.tsclp.org/events>**ENTERTAINMENT****SECOND & FOURTH SATURDAYS OF THE MONTH GRAND OTTAWA OPRY**

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

OTTAWA, 785-241-6762

AUG 6

THE GRAND OTTAWA OPRY AT THE HERITAGE CENTER

Come to the Heritage Center for a night of music from the Grand Ottawa Opry, featuring special guests, Duke Mason and Kathy Lynn. Dinner is at 6:30 p.m. and the show starts at 7:30 p.m. Fee. Call for reservations. Heritage Event & Arts Center 109 Delaware St. LEAVENWORTH, 913-682-2122

AUG 16

MOVIE: THE FOUNDER

Enjoy a screening of "The Founder" (2016),

story of turning an innovative fast food eatery, McDonald's, into the biggest restaurant business in the world. Then discuss the themes of the film. Topeka and Shawnee County Public Library, Marvin Auditorium 101C, 1515 SW 10th Ave., 5:30-8:30 p.m. TOPEKA

AUG 28

41ST ANNUAL KANSAS STATE FIDDLE & PICKING CHAMPIONSHIPS

This long-running event resembles a reunion as musicians form circles jamming under trees throughout the park. Former contestants return as professional performers. Some competitors are the second and third generations of their family to participate. Fans gather on blankets to enjoy music and cheer on their friends as they compete. Food vendors, artists and community groups fill the street and park paths. For many years, luthiers have joined the event to share their latest original handmade instruments. South Park, 1141 Massachusetts, 12-5 p.m. LAWRENCE, 785-727-0350, fidpick.com

EXHIBITS & SHOWS

FEB 25-AUG 19

CONFRONTING THE PAST: THE DOUGLAS COUNTY COMMUNITY-REMEMBRANCE PROJECT

Recurring weekly on Tuesday, Wednesday, Thursday, Friday, Saturday. In 1882, a violent mob took George Robertson, Isaac King, and Pete Vinegar, arrested under accusations of murdering a white man, from the Douglas County jailhouse and hanged them. Thirteen-year-old Margaret "Sis" Vinegar, the survivor of an assault that prompted Robertson, King, and Pete Vinegar's defense, was also arrested, and sent to Leavenworth penitentiary where she later died of illness. For years, the story of their deaths remained a quiet burden on the community, remembered among the Black citizens of Lawrence but largely forgotten in the telling of the city's history. The Community Remembrance Project, a group of community organizations — including Watkins Museum of History—working to install a marker near the site of the lynching held a soil collection ceremony in fall 2021. The event served as an opportunity for the public to mourn and created a tangible remembrance of the lynching's victims through the collected soil. Soil for each victim of the lynching, including Margaret Vinegar, is now part of the Watkins' permanent collection. The Watkins will partner with the Community Remembrance Project to create an exhibit on the 1882 lynching and remembrance efforts. Watkins Museum of History, 1047 Massachusetts St., 10 a.m.-4 p.m. Free.

LAWRENCE, 785-841-4109

watkinsmuseum.org/confronting

APR 1-OCT 11

MOTHERS OF INVENTION: THE ENTREPRENEURS AND INNOVATORS OF LAWRENCE

Lawrence's women business owners have shaped the community from its earliest days to today. These women used their businesses to survive hardships, pursue their passion, and build support networks in Lawrence. Their ingenuity, creativity, and drive helped them

navigate the unique challenges they faced as women business owners. Through photographs, documents, and artifacts, this exhibit explores the over 160-year history of women business owners, inventors, and social innovators in our community. Watkins Museum of History, 1047 Massachusetts St., 10 a.m.-4 p.m. Free. LAWRENCE, 785-841-4109 watkinsmuseum.org/mothers

FARMERS' MARKETS

MONDAYS

MONDAY FARMERS' MARKET

Shop high-quality, locally-grown produce, farm fresh eggs, baked goods, fresh cut flowers and bedding plants. Topeka and Shawnee County Public Library - Parking - East Lot, 7:30-11:30 a.m.

TOPEKA

THURSDAYS

COTTIN'S HARDWARE FARMER'S MARKET

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

LAWRENCE

cottinshardware.com/farmers-market

APR 9-NOV 19

LAWRENCE FARMERS' MARKET (SATURDAYS)

The Lawrence Farmers' Market hosts over 60 Lawrence-area farmers and producers, bringing fresh, local food and crafts to visitors. Downtown Saturday Morning Market (824 New Hampshire St.), 7:30-11:30 a.m.

LAWRENCE, 785-505-0117

lawrencefarmersmarket.org

APR 24-NOV 27

NORTH LAWRENCE FARMERS MARKET

Sundays. Across the bridge in lovely North Lawrence at 923 North 2nd St. and Riverfront Rd. (in the front parking of the Riverfront Business Park directly south to the Dollar General), 9 a.m.-1 p.m.

NORTH LAWRENCE

MAY 3-OCT 25

LAWRENCE FARMERS' MARKET (TUESDAYS)

The Lawrence Farmers' Market hosts over 60 Lawrence-area farmers and producers, bringing fresh, local food and crafts to visitors. 1141 Massachusetts Street (South Park), 4-6 p.m. LAWRENCE, 785-505-0117 lawrencefarmersmarket.org

MAY-OCT

BONNER SPRINGS FARMERS' MARKET

Saturdays, Centennial Park, 206 E. Cedar St., 8 a.m.-12 p.m. BONNER SPRINGS, bonnerfarmersmarket.org

MAY-OCT

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AUG 1

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Learn about African American history and genealogy with guest speakers. August's presentation DNA and Your Family Tree will help you to learn how to connect your DNA matches to your common ancestor. Topeka and Shawnee County Public Library, Virtual Room 02, 5:30-7 p.m. TOPEKA, 785-580-4400 events.tsclp.org/events

■ CONTINUED ON PAGE 22

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By Norm Franker

Social Security District Manager in Lawrence, KS

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A History of
Lawrence, Kansas



From the First Settlement to
the Clash of the Rebellion
by Richard Cordley

The History of Lawrence, Kansas

by Richard Cordley

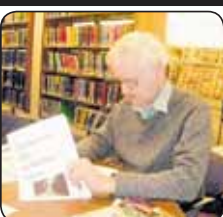
Available at the Watkins Museum of History,
1047 Massachusetts St., Downtown Lawrence.

PAINTING WITH WORDS

Summer Walk

Poet: Mark Scheel
Poem: "Summer Walk"

Mark Scheel, born and raised in Kansas, later served overseas with the American Red Cross, taught English at Emporia State University (ESU), and worked as an information specialist with the Johnson County Library. A member of the Kansas Authors Club and the Writers Place,



Tom
Mach

he served on the boards of directors with two literary magazines. In addition, he was a prose editor for *Kansas City Voices* magazine. Scheel is now retired and writes full time. His essays, short stories, poems and articles have appeared over a 40-year period in numerous periodicals.

A poetry class at ESU got him hooked on poetry, although fiction was his first love. His subjects vary widely and usually pertain to some life experience—the Vietnam war, childhood on the farm, love relationships—and, unlike his essays and short stories which are thought out before hand and carefully crafted, his poetry comes from sudden

explosive inspiration.

In "Summer Walk," a poem from his anthology *Star Chaser* (published by Anamcara Press), poet Mark Scheel describes a summer walk during an early evening at sunset. He uses the sonnet form of poetry which is 14 lines long, typically containing 10 syllables per line with the last two lines being a rhymed couplet. It's the poetic form which was used frequently by Shakespeare, as in his famous opening, "Shall I compare thee to a summer's day? Thou art more lovely and more temperate."

In Scheel's poem, the poet takes a stroll with his beloved life partner at dusk down a lane which goes past "drowsy homes and oaks and hills." He and his wife are catching this moment together when he says "our fingers intertwine" as they exhibit the delightful scenery with curiosity like children, "still discovering."

While we may have forgotten this path of joy because we have "toiled and failed and forgiven to stay the course" we are now back at this "time and place and view" to relive this indescribable moment we experience late in our lives.

Scheel seems to be describing not only the autumn of nature but the autumn of our own lives. Here and now we can experience the reds and golds of the beauty of life itself.

Here is Scheel's poem:

Summer Walk

By Mark Scheel

*The idle lane at dusk bends like a song
 whose melody enfolds the fading light
 so posing drowsy homes and oaks and hills
 along the way in shadow. The summer
 balm*

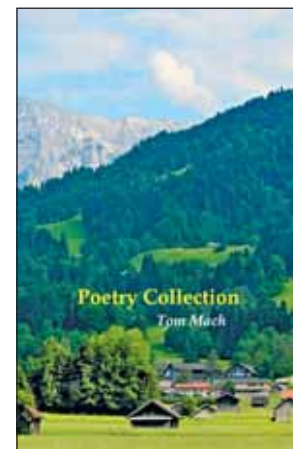
*invites us toward sky's dying flare, our
 fingers
 intertwine, words drift like dreams, our
 steps
 the steps of children still discovering.
 How long have we been thus?
 No less a generation*

*has been spawned beyond our door,
 cast its lot
 and scattered—let it go! We have fretted
 and toiled and failed and forgiven to
 stay the course
 that brought us to this time and place
 and view.*

*Now we anticipate through evening's haze
 the rusty reds and golds of autumn days.*

If you enjoyed the poems analyzed in

this column, you will also enjoy Tom's latest book, *Collected Poems* by Tom Mach. Many of his poems were previously published and some have even been honored by awards. These poems will give you a lot to think about and they are well worth reading. One of them, called "A Different Season" begins with a person getting older. "I once carried summer



in my sandals and winter in my boots". This poem ends with the person dying: "I hear a gentle voice of welcome and the sweet music of

violins and cellos," while another begins with "Love is like a kiss that never ends."

This is available on Amazon, either as a paperback or as a Kindle version. Click on Amazon to read a free sample.



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WITH BOB JONES

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LEGEND AT PLAY

East-West vulnerable, South deals

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

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

EAST
 ♠ 9 3
 ♥ K J 6 5
 ♦ 10 9 8 7 3
 ♣ 7 6

SOUTH
 ♠ A K 4
 ♥ A Q 3 2
 ♦ A Q 4
 ♣ A J 3

The bidding:

SOUTH	WEST	NORTH	EAST
2♣	Pass	2♦	Pass
2NT	Pass	3♥*	Pass
4♣	Pass	4♦	Pass
5♠	Pass	6♠	All pass

*Transfer to spades

Opening lead: Eight of ♥

Any discussion about the greatest bridge player of all time would certainly include Bob Hamman, from Texas. Hamman has won 12 World Championships and has been second

even more often. He was South in today's deal.

Hamman's four-club bid showed a spade fit and a maximum for his previous bidding. North, who had shown nothing with his first two bids, showed some signs of life by bidding four diamonds. Hamman made a general slam try by bidding five spades and North liked his hand enough to accept. Nice auction, but now he has to make it.

The opening heart lead went to East's king and Hamman's ace. Hamman cashed the ace and king of spades and then ruffed a heart. He crossed back to his hand with the ace of diamonds, cashed the queen of hearts to discard a club from dummy, and ruffed his last heart. The hearts had split 4-4, so Hamman began to cash his diamond winners. West could have ruffed anytime he wanted, but he would only have clubs remaining and he did not want to lead one. He was just postponing the inevitable.

Hamman discarded a club from his hand on the last diamond and exited with dummy's last trump. West was forced to win and lead a club away from his king. Nicely done!



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Boggle
BrainBusters!

By David L. Hoyt and Jeff Knurek



11-21-21

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B	U	P	H
W	O	I	S
C	O	K	E
A	G	L	M

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 10 COUNTRIES in the grid of letters.

_____	_____
_____	_____
_____	_____
_____	_____

PUZZLES & GAMES

CROSSWORD

Across

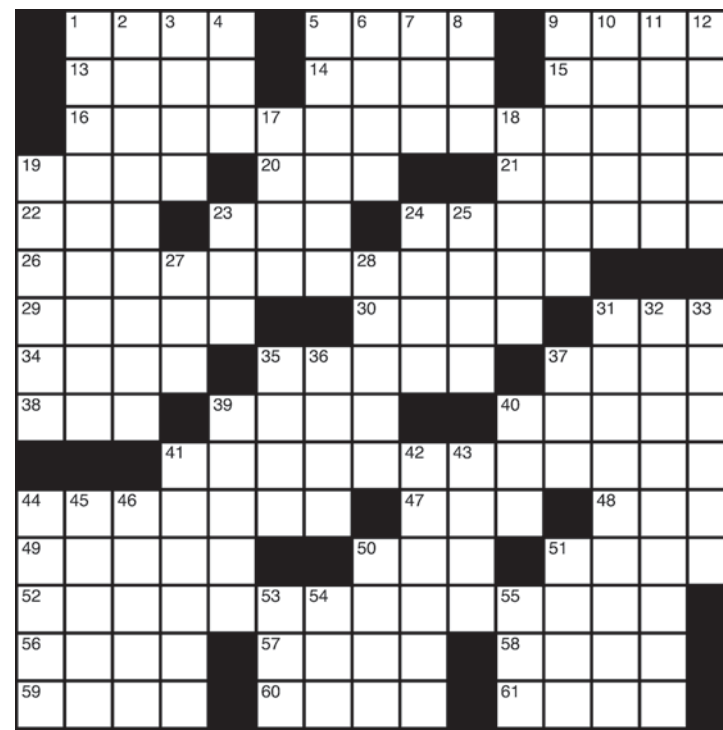
- 1 Flash
- 5 Hustle and bustle
- 9 Just
- 13 Lake near the Rock and Roll Hall of Fame
- 14 ___ rug
- 15 Bean sprout?
- 16 West Coast footballer on an RV vacation?
- 19 "As Good as It Gets" Oscar winner
- 20 Deer madam
- 21 Considerable
- 22 "Sex Education" actor Butterfield
- 23 Mischief maker
- 24 Used crayons
- 26 San Fernando counterfeiter?
- 29 Mystery writer's middle name
- 30 Emotional shock
- 31 Show stoppers
- 34 Times Square gas
- 35 Parking unit

- 37 Property attachment
- 38 Minnesota senator Klobuchar
- 39 Unctuous
- 40 Tailor's dummy, e.g.
- 41 Fisher who won't take advice?
- 44 Goal of regular exercise
- 47 Omaha Beach craft: Abbr.
- 48 Boiling blood
- 49 Disney princess with red hair and a green tail
- 50 Prefix with center
- 51 Colony members
- 52 Indecisive European?
- 56 Opposite of exo-
- 57 Spanish rivers
- 58 Big name in razors
- 59 Pond plant
- 60 Shortfin shark
- 61 More than half

Down

- 1 City near the Mount of Olives
- 2 Steel, e.g.

- 3 Italian automaker since 1899
- 4 Like the yin side: Abbr.
- 5 Xeroxed
- 6 Exhort
- 7 Flash
- 8 "So there!"
- 9 Funhouse fixture
- 10 Mystery writer's first name
- 11 Superman player
- 12 Like some jugs
- 17 Without thinking
- 18 Shoelace end
- 19 Caribbean metropolis
- 23 Dark time for poets
- 24 Nile threat
- 25 Eye rudely
- 27 Office PC nexus
- 28 "Love Train" group, with "The"
- 31 O'Hare arrivals
- 32 Former name of an arid-region Afro-Asian rodent
- 33 Sleeps soundly?
- 35 Poses
- 36 Furthermore
- 37 Captain's journal
- 39 Marks in ancient manuscripts
- 40 Dynamite stuff



- 41 Basis of monotheism
- 42 Westernmost Texas county
- 43 "Yeah, right!"
- 44 ___-Castell: office supply brand
- 45 Ryan of "The Beverly Hillbillies"
- 46 Piña colada garnish?
- 50 Furry Endor critter
- 51 Choir member
- 53 Equip
- 54 Actress Vardalos
- 55 Relatives, slangily

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

JUMBLE

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

NYALM

○ ○ ○ ○

DIYLO

○ ○ ○ ○

TFROGE

○ ○ ○ ○ ○ ○

TRATEO

○ ○ ○ ○ ○ ○

Print your answer here: ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

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

Poppy and Lee Lee love our tradition of decorating the tree together.

THEY SPENT THE DAY WITH THEIR DAUGHTER'S CHILDREN AND HAD A _____

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

SCRABBLE G.R.A.M.S.

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O₁ O₁ U₁ F₄ D₂ N₁ C₃

I₁ Y₄ N₁ L₁ B₃ D₂ L₁

A₁ E₁ E₁ D₂ L₁ M₃ R₁

A₁ E₁ I₁ K₅ G₂ N₁ S₁

A₁ A₁ E₁ U₁ P₃ H₄ C₃

○ ○ ○ ○ ○ ○ ○ ○

○ ○ ○ ○ ○ ○ ○ ○

○ ○ ○ ○ ○ ○ ○ ○

○ ○ ○ ○ ○ ○ ○ ○

○ ○ ○ ○ ○ ○ ○ ○

RACK 1

RACK 2

RACK 3

RACK 4

RACK 5

2nd Letter Double

Triple Word Score

PAR SCORE 260-270
BEST SCORE 343

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 26

www.seniormonthly.net

MY PET WORLD

Dog is anxious around the swimming pool, but seems 'ok' once in the water

By Cathy M. Rosenthal

Tribune Content Agency

Dear Cathy: We have an inground pool in our backyard. Our daughter and her family live two hours away, so they are not here often. She has a sweet, well-behaved Goldendoodle. When they visit during the summer, the dog gets very agitated/excited when people are swimming. She runs around, barking, and tries to jump in the pool on top of the kids. Once she is in the pool, she swims around ok, but she tries to paw if she gets near anyone. She has to be gently pushed away because her nails scratch. Sometimes someone will restrain her on the patio on a leash, but we would like to find a way to let her swim safely. -- Tom, West Hartford, Connecticut

Dear Tom: When kids play in the pool, they sometimes look like they are playing. A dog, whose instinct is to protect his family, may feel anxious and helpless or overstimulated in this environment. Since your granddog eventually gets into the pool (assuming this is on her own and she is never forced in), she is either stressed by being in the water or by the rambunctious activities around her. Her pawing everyone once in the pool is a sign of her continued

anxiety.

You can address this in several ways. First, don't let her run around and jump in the pool independently. Keep her on a leash, so at the very least, she won't jump into the water and cause injury to anyone in the pool.

Second, put a life jacket on her. Make sure it fits snugly as this will mimic an anxiety wrap, which can calm an anxious dog. At the same time, the life jacket also buoys her in the water. She may be pawing you because she doesn't feel stable. A life jacket removes that fear.

Next, teach her to step into the pool (not jump) using encouragement and positive reinforcement. Make sure everyone is out of the pool when you do this. I don't expect you to tell your grandkids to stop playing loudly in the pool. But you could institute a policy where the kids get to swim for 45 to 50 minutes, then they have to take a break (and eat popsicles) while the dog goes in for her training/water time.

Once she is in the water, let her know that she is doing a good job through positive language and tone. You might even put a floating toy in the pool to try to get her attention. If she gets over-excited or anxious and paws you, then

take her out of the pool and try again the next hour.

Finally, your daughter should teach her to "sit" and "stay." I am sure she has, but most dogs only learn to sit and stay in one or two environments (i.e., around the house or out in the back yard.) Dogs must be trained to listen to your commands in different environments with increasing levels of distraction.

Another way to reinforce "stay" is to train a dog to stay on a small carpet or towel, and then have your daughter always bring that carpet or towel to your house. Dogs will sometimes learn to "stay" more quickly if they are asked to stay on the same square of fabric each time.

Dogs are always on alert so it's important to teach and train the dog to relax as well. Train the dog to "stay" and then wait for what I call the "roll and sigh." When a dog first goes into a stay position, they usually drop on all fours. It's not a relaxed position, but one that allows them to pop up the first chance they get, which they always do when there's a distraction.

It's not until the dog rolls onto one hip and lets out a sigh that your dog is showing a relaxed state. Reward a relaxed state with praise or treats, regardless of whether you asked the dog to stay or not. If the dog feels any responsibility for the lives in the pool, helping her relax and letting her know you got this will help make for a more enjoyable experience for everyone.

If these things don't help, put her on a tie-down or trolley system, so she can remain outside, and doesn't require someone to hold onto a leash the entire time. Make sure she is in the shade and only out when you are out. If she continues to be anxious, you may have to keep her in the house until she receives more training.

- 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. Please include your name, city, and state. You can follow her @cathymrosenthal.

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By America's Test Kitchen

Tribune Content Agency

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Recipe tip: Make sure to use thinly sliced American cheese from the deli section of your grocery store in this recipe, not individually wrapped cheese "singles"—they are made from different ingredients.

Baked Macaroni and Cheese

Serves 4 to 6

2 cups elbow macaroni (8 ounces)
1 cup shredded mild cheddar cheese (4 ounces)
8 to 10 thin slices deli American cheese, torn into small pieces (4 ounces)
1 tablespoon cornstarch
1/2 teaspoon dry mustard
1/2 teaspoon salt

2 cups water
1 cup milk
1/2 cup frozen peas (optional)

1. **HEAT AND MIX:** Adjust oven rack to middle position and heat oven to 400 degrees. In an 8-inch square glass baking dish, toss together macaroni, cheddar, American cheese, cornstarch, mustard and salt.

2. **ADD LIQUID:** Pour water and milk over macaroni mixture.

3. **BAKE:** Cover dish with aluminum foil. Bake until macaroni is tender, about 35 minutes. Remove baking dish from oven and place on a cooling rack.

4. **STIR:** Uncover and carefully stir mixture together until it looks creamy (dish will be hot!), about 1 minute. Stir in peas (if using). Let cool for 10 minutes. Stir again 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.

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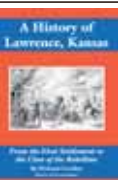
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The History of Lawrence, Kansas

By Richard Cordley

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Calendar

■ CONTINUED FROM PAGE 15

AUG 18-21

CIVIL WAR ON THE BORDER

Douglas County's largest annual commemoration of its heritage returns! The 27th annual Civil War on the Border will have the theme of intersections between natural and cultural history. This four-day festival will include annual favorites like bus and walking tours of local sites and a moving memorial service for the victims of Quantrill's Raid. This year, we'll also have talks with representatives from Haskell Indian Nations University and the University of Kansas on Native American history and other topics. Watkins Museum of History, 1047 Massachusetts St. LAWRENCE, 785-841-4109 watkinsmuseum.org/cwb2022

AUG 25

THE CIVIL WAR IN KANSAS

Will Haynes, the Director of Engagement and Learning for Watkins Museum of History in Lawrence, will present the story of Kansas during the Civil War. Topeka and Shawnee County Public Library, Virtual Room 02, Marvin

Auditorium 101B, 7-8:30 p.m.
TOPEKA, 785-580-4400
events.tsclp.org/events

MEETINGS

MONDAYS

GRIEF SUPPORT (VIRTUAL)

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

FIRST WEDNESDAY OF THE MONTH

CAREGIVER SUPPORT GROUP

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

SECOND MONDAY OF THE MONTH

KLAH FUN LUNCHEON

Keep Living at Home is hosting a fun senior event every second Monday at 2 p.m. at Bran-

don Woods Independent Living, 1501 Inverness. KLAH will provide appetizers and wine. Call for more information or to sign up.
LAWRENCE, 785-294-5867

THIRD FRIDAY OF THE MONTH

CAREGIVER SUPPORT GROUP

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

AUG 1, 18

CAREGIVER SUPPORT MEETING

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

AUG 8

CAREGIVER SUPPORT MEETING

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

MISCELLANEOUS

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RICK STEVES' EUROPE

Lessons from a schoolmaster on the Rhine

By Rick Steves

Tribune Content Agency

I'm thinking back on my favorite European memories, and my favorite Europeans, including Herr Jung, the German schoolteacher who passed away not long ago. When I close my eyes, I can still imagine Herr Jung walking me around his hometown ... and I still hear his caring teacher's voice.



Rick Steves

When cruising down the romantic Rhine River in Germany, I always stop in my favorite town along that fabled river: Bacharach. This pleasant half-timbered village with vine-covered hillsides was once prosperous from its wine and wood trade, and now works hard to keep tourists happy.

The riverfront scene is laid back. Retired German couples, thick after a lifetime of beer and potatoes, set the tempo at an easy stroll. I gaze across the Rhine. Lost in thoughts of Bacchus and Roman Bacharach, I'm in another age...until two castle clipping fighter jets from a nearby American military base drill through the silence.

The Rhine Valley is stained by war. While church bells in Holland play cheery ditties, here on the Rhine they sound more like hammers on anvils. As the last of the World War II survivors pass on, memories fade. The war that ripped our grandparents' Europe in two will become like a black and white photo of a long gone and never known relative on the mantle.

I pause at Bacharach's old riverside war memorial. A big stone urn with a Maltese cross framed by two helmets,

it seems pointedly ignored by both the town and its visitors. Even when it was erected to honor the dead of Bismarck's first war in 1864, its designer sadly knew it would need to accommodate the wars that followed: Blank slabs became rolls of honor for the dead of 1866, 1870, and 1914-18.

Bacharach is probably my favor-

■ CONTINUED ON PAGE 25

DOMINIC ARIZONA BONUCELLI, RICK STEVES' EUROPE



Herr Jung leads a group through Bacharach, Germany.



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Rick Steves

■ CONTINUED FROM PAGE 24

the Rhine Valley town because of my friendship with Herr Jung, the town's retired schoolmaster, who takes me on a thought-provoking walk with each visit. He joins me at the memorial and I ask him to translate the words carved on the stone.

"To remember the hard but great time..." he starts, then mutters, "Ahh, but this is not important now."

Herr Jung explains, "We Germans turn our backs on the monuments of old wars. We have one day in the year when we remember those who have died in the wars. Because of our complicated history, we call these lost souls not war heroes but 'victims of war and tyranny.' Those who lost sons, fathers, and husbands have a monument in their heart. They don't need this old stone."

As I ponder the memorial, he quotes Bismarck: "Nobody wants war, but everyone wants things they can't have

without war."

Herr Jung looks past the town's castle, where the ridge of the gorge meets the sky and says, "I remember the sky. It was a moving carpet of American bombers coming over that ridge. Mothers would run with their children. There were no men left. In my class, 49 of the 55 boys lost their fathers. My generation grew up with only mothers."

"I remember the bombings," he continues. "Lying in our cellar, praying with my mother. I was a furious dealmaker with God. I can still hear the guns. Day after day we watched American and Nazi airplanes fighting. We were boys. We'd jump on our bikes to see the wreckage of downed planes. I was the neighborhood specialist on warplanes. I could identify them by the sound."

"One day a very big plane was shot down. It had four engines. I biked to the wreckage, and I couldn't believe my eyes. Was this a plane designed with a huge upright wing in the center? Then I realized this was only the tail section. The American tail sec-

tion was as big as an entire German plane. I knew then that we would lose this war."

The years after the war were hungry years. "I would wake in the middle of the night and search the cupboards," he says. "There was no fat, no bread, no nothing. I licked spilled grain from the cupboard. We had friends from New York and they sent coffee that we could trade with farmers for grain. For this I have always been thankful." He then gently had me look into his eyes and finished his story: "When I think of what the Nazis did to Germany, I remember that a fine soup cooked by 30 people can be spoiled by one man with a handful of salt."

Standing there with military jets soaring overhead and Herr Jung dedicating his life to sharing Germany's hard history so other nations (like mine) can learn from it, I recommit myself to sharing the lessons travel can teach us as widely as I can.

- Rick Steves (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 and follow his blog on Facebook.*

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BOGGLE ANSWERS

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JUMBLE ANSWERS

Jumbles: MANLY DOILY FORGET
ROTATE

Answers: They spent the day with
their daughter's children and had a
-- GRAND TIME

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MY ANSWER

The secret of purity is God

From the writings of the Rev. Billy Graham

Tribune Content Agency

Q: It has been sad to watch the entertainment companies go from family entertainment to vile entertainment. How is it possible to keep a pure mind? - M.P.

A: We live in the most permissive society since pagan times. Movie marquee, covers of magazines, and billboards scream sensual messages. "If it feels good, do it" has become a national motto. Yet, if you talk with people who have come to Christ out of deep sin, they'll tell you of their regret and torment. They'll tell you they wish they had never fallen into such deep sin. Purity is probably the least appreciated of all the Christian virtues.

Christian books tell of men and women who committed terrible

crimes or were obsessed with sensual pleasure. We rejoice with them that Christ has redeemed and forgiven them, but the best testimony is never to have fallen into such sin in the first place. The secret of purity is God. Receive a pure heart from God, and you can be supremely happy no matter what the circumstances and no matter what is going on around you. The psalmist asked and answered an age-old question: "Who may ascend into the hill of the Lord? Or who may stand in His holy place? He who has

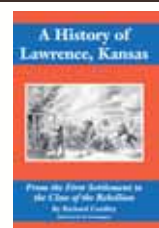
clean hands and a pure heart" (Psalm 24:3-4).

When we feed on sensual things and evil acts, and invite such entertainment into our lives, we invite the deeds of darkness. We must feed on the things of God and not the things of the world. By the power of the Lord, we can ask Him to purify our hearts and minds, to sweep away the worldly desires that crowd in around us. He will do this for those who repent of sin and seek His salvation. Oh, that we would fix our eyes on Jesus, the sinless One who died for us.

- 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

Available at the Watkins Museum of History,
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Source: Huffington Post, [huffingtonpost.com/mark-bradbury/the-7-incredible-facts-about-boomers-spending_b_6815876.html](https://www.huffingtonpost.com/mark-bradbury/the-7-incredible-facts-about-boomers-spending_b_6815876.html)

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SAVVY SENIOR

Cheap basic cell phone plans for penny pinching seniors

By Jim Miller

Dear Savvy Senior: A few months ago, I read a column you wrote on extremely cheap smartphone plans for budget-conscious seniors. Can you do a similar column for those of us who still use basic flip phones? My old 3G



flip phone is about to become obsolete, so I'm looking for the cheapest possible replacement. I only need a simple cell phone (no data) for emergency calls when I'm away from home. - Penny Pincher

Dear Penny: For many seniors, like yourself, who only want a simple basic cell phone for emergency purposes and occasional calls, there are a number of super cheap plans available from small wireless providers you may have never heard of. Here are some of the best deals available right now.

Cheapest Basic Plans

For extremely light cell phone users, the cheapest wireless plan available is through US Mobile (USMobile.com),

which has a "build your own plan" that starts at only \$2 per month for 75 minutes of talk time. If you want text messaging capabilities, an extra \$1.50/month will buy you 50 texts per month.

US Mobile runs on Verizon's and T-Mobile's networks and gives you the option to bring your existing phone (if compatible or unlocked) or purchase a new device, while keeping your same phone number if you wish.

If your flip phone is becoming obsolete, as you mentioned in your question, you'll need to buy a new device, which you can do through US Mobile if you choose their plan. They offer the "NUU F4L" flip phone for \$39 for new customers. Or you can purchase an unlocked phone through retail stores like Walmart or Best Buy, or online. One of the best value flip phones right now is the (unlocked) "Alcatel GO FLIP 4044 4G LTE," available at Amazon.com for \$80.

Some other super cheap wireless plans worth a look are Ultra Mobile's "PayGo" plan (UltraMobile.com/PayGo), which provides 100 talk minutes, 100 texts for only \$3 per month. And Tello's (Tello.com) "build your own plan" that starts at \$5 per month for 100 talk minutes and unlimited texting.

Both Ultra Mobile PayGo and Tello also run on T-Mobile's network and

will let you use your existing phone (if compatible or unlocked) or buy a new one.

Senior Targeted Providers

In addition to these super cheap plans, there are several other wireless companies that cater to older customers and offer low-cost basic plans and simple flip phones. One of the least expensive is through TracFone (Tracfone.com), which offers a 60-minute talk, text and web plan for \$20 that lasts for 90 days. That averages out to \$6.66 per month.

Three other providers that are popular among seniors are Snapfon (Snapfon.com), which offers a 100 minutes and unlimited texting plan for \$10. Consumer Cellular (ConsumerCellular.com), which provides an unlimited talk plan or \$15 per month. They also give 5 percent discounts to AARP members. And Lively (Lively.com), maker of the popular Jitterbug Flip2 senior-friendly flip phone. Their cheapest monthly plan is 300 minutes of talk and text for \$15.

Subsidized Plans

You also need to know that if you're on a government program such as Medicaid, Supplemental Security Income or

food stamps/SNAP. Or, if your annual household income is at or below 135 percent of the Federal Poverty Guidelines—\$18,347 for one person, or \$24,719 for two—you might also qualify for free or subsidized wireless plans from various carriers via the federal Lifeline program. To find out if you're eligible or apply, visit LifelineSupport.org.

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

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