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Vol. 20, No. 6

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# Snyders' business offers military memorabilia

By Kevin Groenhagen

Karl Snyder has always had an entrepreneurial streak and a patriotic streak.

"I have been in business for myself since I got out of the Marines in 1976," Snyder said. "I have had tons of businesses, some good and some bad."

Among the good businesses, Snyder lists the Dugout Bar & Grill in Topeka and Custom Truck & Equipment in Kansas City. Snyder, who retired in 2006, no longer owns these businesses.

Snyder decided to come out of retirement after his daughter, Regan, graduated from high school.

"Regan said that she didn't want to go to college," he said. "I told her we ought to start a little company so she could learn how to keep books and talk to people."

Snyder, who is a disabled veteran, noticed that guys from St. Louis and Tulsa would set up tables at the VA Hospital in Topeka and sell hats and other military-related items to veterans. However, they didn't sell patches.

He saw an opportunity to combine his entrepreneurial and patriotic streaks.

"I told Regan that, with my background, I thought the VA would let us set up a table in the hospital to sell patches and other items," Snyder said. "So, I went to the chief of the VA in this area and he said, 'You know, we want someone local instead of bringing these guys from out of town because they can't stay very long.' The out-of-town vendors could come in for only a week at a time.

"When the vets go to the VA, they have to go there early in the morning to have their blood taken. And then they have to wait two hours for the results before they can get to their doctor appointments. Sometimes they wait three hours. There's not much for them to do while they wait, so our table gave them something to look forward to. In 2014, we started with just a little table with hat pins and hats, just like everyone else. But we also started bringing

■ CONTINUED ON PAGE FOUR

COURTESY PHOTO



The Synders, left to right: Megan, Karl, and Regan

## Kaw Valley SeniorMonthly

**Kevin L. Groenhagen**  
Editor and Publisher

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# Karl Snyder

■ CONTINUED FROM PAGE THREE

in the patches.”

The patches the Snyders offered included military unit patches and patches for the Army, Navy, Coast Guard, Marines, and Air Force.

While at the VA hospital, Gibby Ramirez noticed that the Snyders' table had no items for the Seabees. United States Naval Construction Battalions, better known as the Navy Seabees, form the U.S. Naval Construction Force. The Seabee nickname is a heterograph of the first letters “C B” from the words Construction Battalion.

“I told Karl that there are a bunch of Seabees in this area,” Ramirez said. “He found that out very quickly.”

Snyder, who has set up a table on the Marine Corps birthday celebration every November 10 for many several years, now sets up a table when the Seabees celebrate their birthday on March 5.

“Just like the Marines are proud of their service, we Seabees are proud of

our service,” Ramirez said. “We are proud of our logo.”

The logo for the “Fighting Seabees” features a machine-gun toting bee.

The Snyders also started doing gun shows and festivals, such as the Santa-CaliGon Days Festival in Independence, Missouri. The more shows they did, the more inventory they got in. Their two tables at gun shows eventually grew to 10 tables.

“At first, Regan didn't like this business,” Snyder said. “But then she started getting into it. She took care of all the shipping and receiving. She took all the logs for all the customers. Because we were doing all the patches, we started getting into leather. We started taking orders for honor vests and honor jackets. Regan learned how to do all of that.”

But then illness threatened the survival of the father-daughter business.

“Three years ago, I got pancreatitis and they thought that I was going to die,” Snyder said. “The business was my daughter's source of income. She said, ‘Dad, you're in the hospital. I can't do these shows by myself. I have

to get a regular job until you get well.”

So, the Snyders put all their inventory into storage and Regan went to work for Amazon.

“She went into shipping and receiving and, within three months, she was in management,” Snyder said. “She was only 18 years old and she had people working for her who were college graduates. Right now, she is in Memphis to set up a new warehouse.”

Once Snyder regained his health, he had to decide what he would do with all the inventory and equipment he and Regan had put into storage.

“We went to a flea market/antique mall in Topeka and had the largest booth there for several years,” Snyder said.

Unfortunately, Snyder and the flea market/antique mall had a falling out over the logo for the U.S. Army's 25<sup>th</sup> Infantry Division. The insignia of the 25<sup>th</sup> Infantry Division, which has the nickname “Tropic Lightning,” features a single lightning bolt. Another vendor complained, claiming, incorrectly, that the insignia was a Nazi logo. The Sny-

ders had to find a new home for their inventory.

“So, I decided to open up this store,” Snyder said. “I was here October 1 of 2018, but I wasn't going to open until the first of the year. I backed up my U-Haul and started hauling stuff in and setting up tables. I started putting stuff on the tables and, all of the sudden, I already had 10 people in here digging through stuff. I did about \$500 worth of business that day.”

Today, American Patriotic Supply has the largest selection military items and patches in the Midwest. The store, which is owned by Regan and managed by Snyder, is located in the Brookwood Shopping Center in Topeka. They now have over 5,000 different patches.

“I build my inventory on what customers want,” Snyder said. “If someone orders one patch, I buy two.”

In addition to items for those who have served or are currently serving in the military, American Patriotic Supply offers items for bikers.

“When we started this in the VA

■ CONTINUED ON PAGE FIVE



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# Karl Snyder

■ CONTINUED FROM PAGE FOUR

hospital, members of biker clubs, such as the Combat Veterans Motorcycle Association, would visit our table,” Snyder said. “They said, ‘You need to do one of our bike rallies.’ So, I went out to an ABATE function and I was bombarded. Bikers are the most patriotic group that you’ll ever meet. They really support the vets. We now go to a lot of biker rallies, where we sell leather for honor jackets. About every biker buys patches. They love our selection of patches.”

Some of the messages offered on biker patches include “Biker Clubs Are Not Gangs,” “Broken Bone Club,” and blood types.

“We’re a great gift shop,” Snyder said. “We do all the spirit bells. After Vietnam, bikers came up with guardian bells and put them on their bikes to protect them when they ride. Now there are more than 300 different bells. I have a lot of grandparents who come in to buy them for their grandchildren

to put on their bicycles. From their bicycles, the grandchildren can then put the spirit bells on their motorcycles or in their cars.”

American Patriotic Supply also sells women’s self-defense, security, and survival gear, including pepper sprays, stun guns, and personal alarms, offered by Be Safe Girl ([www.BeSafeGirl.com](http://www.BeSafeGirl.com)), a business owned by Snyder’s niece, Megan Snyder. Megan also helps set up gun shows.

Snyder, an unapologetic Donald Trump fan, also began offering Trump merchandise at American Patriotic Supply. The Trump items seem to pair well with the military items. After all, CNN exit polling in 2016 showed that Trump won 60% of the veteran vote, while Hillary Clinton won 34%. In addition, 22 Medal of Honor recipients endorsed Trump in 2016.

“We did the Trump 2020 rolling rally in October and I had the best day of sales in seven years,” Snyder said. “There were more than 1,000 people there. I did more business in four hours during the rally than I did in five days at the SantaCaliGon Days Festival.”

Snyder believes in helping fellow veterans.

“A portion of everything I buy from vendors goes to the vets,” he said. “We also have a fund here that I use to help homeless vets. I give the homeless vets five dollars to go to Dillons to buy a chicken dinner. When they come back after buying a dinner, I give them another five dollars to spend on whatever they want. That way I know the first five dollars was spent on food.”

Customers can add to the fund by placing money in a jar Snyder has placed near the cash register. Customers who contribute receive a free American flag pin. Snyder also gives flag pins to children who recite the Pledge of Allegiance.

Snyder is proud of the fact that American Patriotic Supply is community-oriented.

“It’s not about what we do,” he said. “It’s about what we can do for the people who come in here.”

Carrie Hagemann is an example of someone Snyder is helping. Hagemann’s father, Richard Hagemann, is a former Marine (1967-1969) who

served in Vietnam. Senator Pat Roberts, also a former Marine, helped Carrie get a list of her father’s military awards, which includes a Silver Star, the United States Armed Forces’ third-highest personal decoration for valor in combat. The citation for Cpl. Hagemann’s Silver Star is available at [valor.militarytimes.com/hero/40292](http://valor.militarytimes.com/hero/40292).

“Karl is helping me to prepare a shadowbox for my father,” Carrie said. “I have some of his original items from Vietnam and Karl is helping me get other items. He is helping me to gather all the medals and ribbons. Karl is going to help me lay out everything in the appropriate order and that the shadowbox looks nice.”

Once the shadowbox is completed, Hagemann will present it to her father as a gift.

American Patriotic Supply is located at 2910 SW Oakley Avenue, Suite H (the west side of the Brookwood Shopping Center). The business hours are Monday-Friday, 10:00 a.m. to 5:30 p.m., Saturday, 10:00 a.m. to 2:00, and by appointment on Sunday. For more information, call 913-850-2998.

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# Brothers launch Now in Heaven website

By Billie David

Theo Nikolakopoulos has strong family ties to his hometown of Melbourne, Australia, and he has also traveled to numerous countries and lived in many cities, including London, Edinburgh, Paris, Athens and Tokyo.

Theo, with the help of his identical twin brother, Nick, recently drew inspiration from both experiences to design a website that people can use to post a tribute to honor a loved one who has passed away.

The need for such a website became clear to Theo with the loss of his father in 2019.

“My father, Peter Nikolakopoulos, passed away last year on June 28 at the age of 90 after a long struggle with Parkinson’s disease,” he said. “My father’s loss affected the family deeply, and the absence continues to pain us all today. I am certain most families suffer immeasurably during such times.”

As Theo, Nick and their mother dealt with the pain of their loss, Theo and Nick realized that grieving individuals could benefit psychologically if they had access to a website where they could post a tribute honoring the friends and family members they have lost.

So Theo, relying on the computer skills that he had learned during his travels, created a website to address that need.

Theo had acquired a broad knowledge of computer software programming and website design after receiving a Bachelor of Science degree from La Trobe University in Mel-

bourne and a Master of Science degree from the University of London, having then spent 16 years teaching English in Japan while translating into Japanese a play that he and his brother had written called *Cucumber Sandwiches*.

Now back in Melbourne, where he helps to care for his 90-year-old mother, Theo set to work to create the website, called Now In Heaven ([www.nowinheaven.com](http://www.nowinheaven.com)) where people can post a tribute on the internet honoring the life and memory of a loved one or friend. The website design also allows them to express their grief publicly as a kind of catharsis to help them cope with their loss.

“The tributes can include a photo, biographical details, and any information that may illuminate your testament of the individual you are honoring,” Theo said.

“You can create a tribute on [www.nowinheaven.com](http://www.nowinheaven.com) by visiting the website and clicking on the link ‘Order,’” he continued. “You will then be asked for some details before being requested to provide a payment for the tribute through PayPal. A unique tribute password and your preferred tribute internet

web address, for example, [www.janedoe.nowinheaven.com](http://www.janedoe.nowinheaven.com), will be issued to you within 24 hours of your order, which will then allow you to customize your tribute with a photo and biographical details of the person you are honoring. Posting a tribute is a very simple process.”

The tribute, after it has been posted on the Now In Heaven website, can then be shared globally with friends and family

through social media and email. The tribute is available 24 hours a day, seven days a week, and once the post has been registered, it can be edited or updated at any time by the individual who originally posted the tribute.

In addition to the Now In Heaven website, Theo has created and operates another website called Toolbox at [www.toolbox.org](http://www.toolbox.org). This website

allows job seekers to create a resume or profile on the internet to share with prospective employers.

Toolbox operates in a manner similar to Now In Heaven. Job seekers are issued a unique web address, such as [www.yourname.toolbox.org](http://www.yourname.toolbox.org). This web address contains the job seeker’s unique resume or profile, and may also include a voice and video recording,

which gives the job seeker an advantage over other job applicants.

“Competition in the job market is fierce, and providing employers with an online résumé that employers can access immediately via a unique web address with up-to-date information may give a job seeker a significant advantage over the competition,” Theo said.

Theo says that his endeavors are the result of collaboration with his brother Nick, with whom he has collaborated on nearly everything he has done for the past 56 years.

“The day on which we discovered that our father was not immortal was perhaps the saddest day of our lives and led to the inspiration for Now In Heaven,” he said. “It is also extremely sad to consider that many, many people pass from this life without any family or even a friend to comfort them, and we would like to dedicate this article to their memory.”



The Nikolakopoulos twins

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# Social Security benefits set to increase in 2021

By Norm Franker

Social Security District Manager in Lawrence, KS

Nearly 70 million Americans will see a 1.3 percent increase in their Social Security benefits and SSI payments in 2021. Federal benefit rates increase when the cost-of-living rises, as measured by the Department of Labor's Consumer Price Index (CPI-W).

The CPI-W rises when inflation increases, leading to a higher cost-of-living. This change means prices for goods and services, on average, are a little more expensive, so the COLA helps to offset these costs.

January 2021 marks other changes that will happen based on the increase in the national average wage index. For example, the maximum amount of earnings subject to Social Security payroll tax in 2021 will be higher. The retirement earnings test exempt amount will also change in 2021. You can read our press release for more information at [www.ssa.gov/](http://www.ssa.gov/)

[news/press/factsheets/colafacts2021.pdf](https://www.ssa.gov/news/press/factsheets/colafacts2021.pdf).

We will mail COLA notices throughout the month of December to retirement, survivors, and disability beneficiaries, SSI recipients, and representative payees. Want to know your new benefit amount sooner? You can securely view and save the Social Security COLA notice online via the Message Center inside my Social Security

in early December without waiting for the mailed notice.

If you don't have an account yet, you will have to create your account by November 18, 2020 to receive the COLA notice online this year. my Social Security account holders can opt out of receiving a mailed COLA notice and other paper notices that are available online. You can choose text or email

alerts when there is a notice in Message Center by updating your Preferences at [www.ssa.gov/myaccount/opt-out.html](http://www.ssa.gov/myaccount/opt-out.html) so you always know when we have something important for you.

Be the first to know! Sign up for or log in to your personal account today at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount).

You can find more information about the 2021 COLA at [www.ssa.gov/cola](http://www.ssa.gov/cola).

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## GUEST COLUMN

### Safety precautions during the holidays

November and December usually bring feelings of joy and connection as friends and families come together to enjoy each other and their time together during the holidays. This year, amidst the COVID-19 pandemic, these months will look a lot different than they have in previous years. While it is still possible to connect with loved ones this season, there are steps you can take to help reduce the risk and the spread of COVID-19.

Below are some considerations when planning your holiday event this year (*This list is not all inclusive*):

- Celebrating virtually or with household members as this poses the lowest risk for spread.
- The size of a holiday gathering should be determined based on the ability of attendees from different households to stay six feet apart.
- Family and friends should consider the number of COVID-19 cases in their community, and in the community where they plan to celebrate. Information on the number of cases in

an area can often be found on the local health department website.

- The location of the gathering should be considered—indoor gatherings, especially those with poor ventilation, pose a higher risk than outdoor gatherings.

- In any setting, considerations should be made to provide extra supplies such as masks, gloves, and sanitizer.

- Adequate spacing is needed to ensure six feet of space between guests

- Clean and sanitize commonly utilized spaces in between use

- Remind guests to wash hands and use sanitizer often

- Require the use of masks at all times

The more precautions you take, the safer your gathering will be. No one measure is enough to prevent the risk of exposure and/or spread. If we all do our part, we can get through this pandemic more quickly. We are in this together!

- Column prepared by Good Shepherd Hospice, 913-322-3297.

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## HEALTH & WELLNESS

# Be aware of the warning signs that could mean lung cancer

By Jessica Brewer

LMH Health

There are approximately 230,000 cases of lung cancer diagnosed in the United States each year, resulting in over 135,000 deaths annually. It is the second most common type of cancer in both men and women and the leading cause of cancer death across the board. It's important to know the facts and bring awareness to the importance of lung health.



Dr. Luke Huerter, an oncologist with LMH Oncology & Hematology Center, said lung cancer deaths have started to decline because of a decrease in smoking, but cigarette smoking is the cause for approximately 90 percent of all lung cancer. For example, a current smoker who has smoked one pack per day for the past 40 years is 20 times more likely to develop lung cancer than someone who has never smoked.



Dr. Huerter

“Though smoking is the leading factor, radon exposure, which is naturally released from soil and can accumulate indoors, is the second leading cause,” he said. “Other risk factors include radiation, secondhand smoke and asbestos exposure.”

The most meaningful change people can make to avoid lung cancer is to stop smoking. Dr. Huerter says making this lifestyle change extends beyond just lung cancer risk, since tobacco use increases the risk of other cancers and other significant medical issues such as cardiovascular disease. It is also important to limit secondhand smoke exposure and have your home tested for

radon to lessen your risk.

“Lung cancer awareness is important for many reasons,” he said. “It is a cancer that affects many of us. It is the leading cause of cancer death, which means there is a lot we can do to improve the way we treat this disease, and it starts with education about risk factors. Smoking cessation education has come a long way, and because of this, we have seen the death rate from lung cancer decrease. Continuing education about the dangers of smoking will only help.”

Dr. Rashid Riaz, a pulmonologist with Lawrence Pulmonary Specialists at LMH Health, said early detection is paramount to curing lung cancer. Lung cancer screening with a low dose CT can reduce lung cancer mortality by



Dr. Riaz

up to 20 percent. He also said LMH Health offers lung cancer screening for those who qualify and is geared heavily toward those who have a heavy smoking history, and the LMH Health Foundation covers costs for patients who may not be able to afford these screenings otherwise.

The LMH Health Oncology & Hematology Center, an accredited Commission on Cancer (CoC) site, is a regional destination for progressive, integrated lung cancer care, plus many other cancer types, including breast cancer, head and neck cancer, neuroendocrine tumors, hepatobiliary cancers, prostate cancer, colon cancer, bladder cancer and kidney cancer, as well as lymphoma, leukemia and other blood diseases. Cancer patients at LMH Health have access to exceptional clinic trials, genetics program, comprehensive support programs, lifelong survivorship resources, and a cancer prevention program.

“We will offer to do lung cancer screening on patients who are long-standing smokers, meaning they have

smoked roughly a pack a day for over 30 years, they are between 55-80 years of age and either actively smoke or have stopped in the past 15 years,” Dr. Riaz said. “What this screening consists of is a low dose CT scan, which those who qualify will receive each year in an effort to catch the cancer early.”

It is important to be aware of the warning signs that could mean lung cancer. When signs present themselves, you may want to seek medical guidance from a pulmonologist or oncologist. LMH Health has the providers, technology and facilities to provide a level of care that's not only exceptional for a community hospital—it's among the best anywhere.

“Some of the most common warning signs are persistent cough, shortness of breath, coughing up blood, chest pain, reduced appetite or weight loss,” Dr. Riaz said. “However, often when symptoms are present, it is important to seek care immediately. Collaboration with the oncology team at LMH Health is very important and referral is almost always done very early in the process. If a patient has a very early stage lung cancer, we may refer that patient directly to surgery, but if there is any question at all about the treatment, we get oncology involved as soon as possible.”

If there is concern for cancer, bron-

choscopy, a diagnostic procedure can be performed. This procedure lets doctors look at lungs and air passages by sending a tube through the nose or mouth down into the lungs. Dr. Riaz said this is a way to see if there are any abnormalities in the airways or if there are any abnormally enlarged lymph nodes around the lungs and can be biopsied for a diagnosis.

“The biggest thing we can advise you to do is to stop smoking if you are an active smoker,” he said. “Doctors are here to help, but eliminating the biggest risk factor can help the most.”

Dr. Riaz emphasized that vaping is still considered smoking and is not an alternative to smoking, nor should it be used as a way to stop smoking. There are many dangerous substances in vapes, and the oils contain known carcinogens.

“I don't need years of data to tell me vaping is bad and will cause lung cancer,” he said. “I believe vaping will cause lung disease and cancer. I will never encourage vaping because we have no idea what are in those oils. Lung cancer can be treatable and curable when risks are avoided and steps are taken to catch cancer early.”

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



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## HEALTH &amp; WELLNESS

# The top three spices for the holidays

It is that time of year when cooking in the kitchen produces wonderful aromas and mouthwatering dishes. It is also a great time to use those spices that normally may not be used at other times of the year. Discussed below are the top three spices—cinnamon, cloves, and nutmeg—that every

it is often chosen to make ornaments to decorate for holiday celebrations.

The second spice is cloves. Oranges decorated with cloves are a common gift that children give their families this time of the year. Historically, cloves, cinnamon, and nutmeg were highly prized in ancient times. Cloves were traded and bought by merchants during the Middle Ages. In the

Middle Ages, cloves were used for bad breath and to preserve and flavor food and drink. Commonly, cloves have been used in dental emergencies to kill the pain of an infected tooth. Cloves are used today in a variety of foods and beverages and, recently, in a popular essential oil to be used in diffusers during the winter months. Other health benefits of cloves include helping with digestions, protecting the liver, as an agent to prevent oral diseases, improving respiratory health, helping with headaches, and relieving stress.

The third spice is nutmeg. Nutmeg is another ancient spice and is a favorite during the holiday season. This spice is found in many desserts, including baked cakes, cookies, and pies, and is a spice that is added to many beverages, includ-

ing lattes, hot chocolate, and apple cider. A favorite beverage at this time of the year is a glass of warm milk with a pinch of nutmeg added to it. Nutmeg is a potent digestive aid and antioxidant. Like cinnamon and cloves, diffusers often use nutmeg as an essential oil for their antiviral properties. Other medicinal properties include it being used as an anti-inflammatory agent, to control blood sugar, antibacterial and antifungal, and for heart health.

The holidays are here and enjoy them by using the above spices in those holiday meals. I hope everyone has a safe and healthy Christmas and New Year!

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




Dr.  
Deena  
Beneda


kitchen should have in their pantry. Not only do these spices make dishes tasty, but they are also good for you.

The first spice is well-known and the champion, cinnamon. Cinnamon has been a sought out spice since medieval times. Medieval physicians used cinnamon medicinally to treat all sorts of upper respiratory infections, including to treat cough, hoarseness, and sore throats. In literature, the Roman Emperor Nero ordered a year's supply of cinnamon be burnt after his wife died. It was often used to help alleviate indigestion and nausea. Cinnamon was used for its ability to preserve meat due to the phenols in it, which could inhibit bacteria growth and the aroma masked the stench of aged meats. Cinnamon is a wonderful addition to many warm drinks, desserts, breads, and meats. Also,

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## JILL ON MONEY

# Is the COVID recession over? Don't celebrate yet

Prior to the government's release of its first estimate of economic growth (GDP) for the third quarter, the consensus was that it was going to be a doozie—and for a change, a good one, which would be a welcome relief from the first half of the year. The COVID-



Jill  
Schlesinger

19 shut down caused second quarter output to plunge at a 31.4% annualized pace (9% on the quarter), which followed a 5% drop (1.3% for the quarter) in the first quarter.

The sudden stop in national output caused the U.S. economy to enter a recession in February, according to the Business Cycle Dating Committee of the National Bureau of Economic Research, the organization responsible for declaring the beginning and end of recessions.

In fact, the pandemic recession marked the end of big run for the US economy. The expansion began in June 2009 and lasted 128 months, the longest in the history of U.S. business cycles dating back to 1854. Now the big question that looms: is the recession over? As stay-at-home orders were lifted throughout the third quarter, activity bounced higher—by 33.1% on an annualized basis, which equates to a quarterly rate of 7.4%. It was the strongest quarterly growth since World War II (the previous record was 16.7% annualized in the first quarter of 1950).

In our lizard brains, we may think “30 down, 30 up—all's good, right?” Not so fast. The third quarter gains came off of a smaller base, so even though the number was impressive, it was not “enough to get us out of the hole we are still in due to COVID,” according to Diane Swonk, Chief Economist at Grant Thornton. The economy remains about 3.5% below its pre-pandemic level.

Part of the problem is that the report already feels stale because data released over the past couple of weeks suggests that the pace of recovery is losing some

of its Q3 steam. Estimates for the current quarter range from about 4-5% growth—that's good, but not enough to recoup the losses that the country has absorbed. For the US to achieve what China has achieved—that is, to almost fully return to the pre-COVID pace of economic growth, the government needs to better control the health pandemic and also needs to provide more money to stimulate growth and help those who are suffering.

The virus does not have a view on our collective mitigation fatigue—it continues to ravage the globe. In its most recent assessment of the worldwide impact of COVID-19, the International Monetary Fund (IMF) notes that the health and economic crisis is “far from over. Employment remains well below pre-pandemic levels and the labor market has become more polarized with low-income workers, youth, and women being harder hit.” While growth has improved from the dire worries in the spring, the world economy has clawed back about 60% of output lost from the pandemic and the IMF projects that the U.S. economy

will contract by 4.4% for the full year. Despite national governments injecting close to \$12 trillion into their local economies and their central banks cutting rates and making asset purchases, the IMF says there needs to be more action, including: greater international collaboration in developing tests, treatments and vaccines; more direct government help for workers and businesses; and worker retraining and reskilling.

“The next six months will be crucial,” according to Swonk. “The economy could easily stagnate or worse in the fourth and first quarters if Congress fails to deliver. What was hoped would be a short-term shock could metastasize into a more traditional and long lasting recession.”

- 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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# Get your new standardized benefit verification letter online

By Ann Woodbury

Social Security Management Support Specialist in Lawrence, KS

If you receive a Benefit Verification letter, sometimes called a “budget letter,” a “benefits letter,” a “proof of income letter,” or a “proof of award letter,” we have good news for you! A new standardized Benefit Verification letter is now available when you need proof of Social Security benefits, Supplemental Security Income, or Medicare.

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as proof of income for loans, housing assistance, mortgage, and other verification purposes.

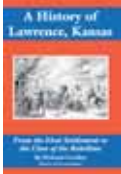
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account at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount), the Benefit Verification letter now contains a seamless look.



## The History of Lawrence, Kansas

By Richard Cordley

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# PAINTING WITH WORDS

## Youth

**Poem Title:** Youth  
**Poet:** Samuel Ullman

There was one poem I recently discovered that spoke to me personally. It was written by 78-year-old Samuel Ullman (1840-1924) and it challenged me with a question—What exactly is youth? In my mind, “youth”



Tom  
Mach

was that part of life when you were under 21 years of age. After that, you were no longer considered a youth but an adult.

Ullman's poem, “Youth,” made me rethink that. The poet claims that youth is a state of mind rather than mere youthful appearance. Ullman is telling us to rejoice over the passage of time. Yes, we get wrinkles and no longer have the physical strength of a

person decades younger than us, but we have our mind and we have our memories.

As Ullman beautifully states in his poem, youth “is a temper of the will, a quality of the imagination, a vigor of the emotions.” Being 80 myself, I have slowed down to appreciate the little things in life...admiring the way Canada geese honk as they sail across the Kansas river, the way a squirrel scampers up a tree when it sees me coming, the way grass and flowers brighten a spring day, and the way snow blankets everything like a soft mantle in the calm of winter. My mind can be a movie theater of sorts, replaying the times our children came with us for a trip to Hawaii, and how they came with us for our 50<sup>th</sup> anniversary in San Diego. As long as we have a mind that can appreciate the things that God gave us and our hearts which we can give to others to show our love, and memories that can never be taken away from us, we are still “youth” in our eyes and in God's eyes.

Here is Samuel Ullman's wonderful poem:

**Youth**  
By Samuel Ullman

*Youth is not a time of life - it is a state of mind,  
it is a temper of the will,  
a quality of the imagination,  
a vigor of the emotions,  
a predominance of courage over timidity,  
of the appetite for adventure over love of ease.*

*Nobody grows old by merely living a number of years.  
People grow old only by deserting their ideals.  
Years wrinkle the skin,  
but to give up enthusiasm wrinkles the soul.  
Worry, doubt, self-distrust,  
fear and despair - these are the long, long years that bow the head and turn the growing spirit back to dust.*

*Whether they are sixteen or seventy,  
there is in every being's heart  
the love of wonder,  
the sweet amazement at the stars  
and starlike things and thoughts,*

*the undaunted challenge of events,  
the unfailing childlike appetite  
for what is to come next,  
and the joy and the game of life.*

*You are as young as your faith,  
as old as your doubt;  
as young as your self-confidence,  
as old as your fear,  
as young as your hope,  
as old as your despair.  
When the wires are all down  
and all the innermost core of your heart  
is covered with the snows of pessimism  
and the ice of cynicism,  
then you are grown old indeed.*

*But so long as your heart receives  
messages  
of beauty, cheer, courage, grandeur  
and power from the earth,  
from man and from the Infinite,  
so long you are young.*

If you have any comments or questions you would like to share with me, I can be reached at [tom.mach@yahoo.com](mailto:tom.mach@yahoo.com).

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# MAYO CLINIC

## Association between oral health, heart disease not well-understood

**DEAR MAYO CLINIC:** Will taking care of my teeth help prevent heart disease?

**ANSWER:** Some research suggests that heart disease, clogged arteries and stroke could be linked to the inflammations and infections that oral bacteria can cause. Based on that evidence, there appears to be an association between oral health and heart disease. But the association is not well-understood. While taking care of your teeth isn't a proven way to prevent heart disease, removing bacteria from your teeth and gums through brushing, flossing and dental checkups is a sound investment in your health.

Potential links between oral health and the health of the rest of your body has been studied for decades. Over the years, investigators have found some evidence that people who have advanced periodontal disease—a condition that involves gum inflammation and infection—tend to have higher rates of diseases such as diabetes, head and neck cancer, heart disease and cardiovascular (coronary artery) disease. But the research has never established a clear cause-and-effect relationship between poor oral health and any of those diseases.

One recent study found that people who said they brushed their teeth at least twice a day for two minutes or longer had a lower rate of abnormal heart rhythms and heart failure than people who did not brush that often. While again there was no evidence that poor oral health caused those heart problems—or that good oral health habits prevented them—it could point the way to more focused research on this topic that may help explain the link.

For example, a bacterium called *Porphyromonas gingivalis*, commonly found in people with advanced periodontal disease, has been shown to raise blood cholesterol levels and affect blood pressure. This bacterium also has been linked to an increase in C-reactive protein, which rises when

there's inflammation in the body and is commonly found in people who have cardiovascular disease. A well-controlled clinical study may be able to shed more light on the connection among bacteria, oral health and heart disease.

Although there is no evidence that spells out the specific link between oral health and heart disease, good oral care is important to your overall health. Oral care starts with regular self-care at home, including brushing and flossing. Brush your teeth two or three times a day for at least two minutes each time. An electric toothbrush can be particularly useful in removing plaque from the gums, which can help improve gum health.

Floss your teeth at least once a day. Daily flossing is important because it removes plaque that you can't reach with the bristles of your toothbrush, particularly plaque that builds up on the sides of the teeth and in the trough between your teeth and gums. It's in those areas that bacteria such as *P. gingivalis* accumulate. If left unchecked, oral bacteria can lead to chronic inflam-

mation and potential tooth loss.

You also should get a professional dental cleaning and checkup at least once a year, including annual oral X-rays to assess the health of your teeth and the bone that supports them. An annual exam enables your dental provider to identify oral health concerns when they are still in the early stages and can be more easily managed and treated.

While there's no definitive correlation between taking care of your teeth and preventing heart disease at this point, there's no question that incorporating good oral habits into your daily routine is an integral part of a healthy lifestyle. - Thomas Salinas, D.D.S., Dental Specialties, Mayo Clinic, Rochester, Minn.

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

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## OPINION

# Bipolar America

By Cal Thomas

Tribune Content Agency

If Joe Biden survives recounts and several lawsuits filed by the Trump campaign into what Trump says has been widespread vote-counting fraud (we await proof), do not expect him to be hounded over his and Hunter Biden's business ties to China and Ukraine as President Trump has been over "Russian collusion" charges and numerous other attempts by Democrats, the left and the media to undermine his administration.

In an address to the nation on November 7, President-Elect Biden claimed he has been given a "mandate for action on COVID, the economy, climate change (and) systemic racism." He called for healing and unity.

Biden reportedly plans to issue a slew of executive orders, reversing those by President Trump. It is his right to do so, but how does that promote healing and unity? For Democrats, healing and unity often means bowing to their policy wishes. It never seems to work in reverse.

Does Biden have a mandate on COVID? Would Americans, including businesses owners, accept a national lockdown that could cripple the economy? In a Hill-HarrisX survey conducted in July, 53 percent of registered voters approved of President Trump's job on economy, which, despite COVID, is recovering, "albeit unevenly." A September Gallup poll found that 56 percent of registered voters believed they were better off under Trump than under the Obama-Biden administration.

What about open borders and lifting the ban on immigrants from nations that have experienced and, in some cases, promoted terrorism? Does Biden have a mandate for that? Will he be anti-Israel, as some believe Obama was? Will Biden undermine peace agreements brokered by Trump between Israel and three Arab/Muslim

states? Was Trump's impeachment by Nancy Pelosi's House a contribution to healing and unity?

The Biden economic plan includes tax increases and more spending. Biden also said, "the purpose of our politics isn't total, unrelenting, unending warfare." You wouldn't know it from the way Democrats behave, starting with their slander of Robert Bork during his hearing to become a justice of the Supreme Court—ditto Brett Kavanaugh—through the presidential election of 2000, which many Democrats then and now claim illegitimately elected George W. Bush, to the 2016 election when they claimed Hillary Clinton should have won based on the popular vote and mounted a four-year political assault against the president.

Biden's bromides sound comforting, but Democrats do not practice what they preach.

"We may be opponents, but we are not enemies. We're Americans," he said. No credit to Abraham Lincoln. An earlier comment that we are not "red or blue states, but the United States" was taken from President Obama.

Speaking of Lincoln, who Democrats like to cite as a great Republican president, I am re-reading Carl Sandburg's brilliant four-volume work on Lincoln called "The War Years." Sandburg quotes some of Lincoln's many critics, including Democrats and the press at a time when the nation was even more divided.

After the 1860 election and before he was sworn in, the owner and editor of the *New York Herald*, James Gordon Bennett, called on Lincoln not to assume office: "A grand opportunity now exists for Lincoln to avert impending ruin, and invest his name with an immortality far more enduring that would attach to it by his elevation to the Presidency."

Trump critics planned to impeach him before he was inaugurated and publicly said so.

Biden says he wants to bring us



together? On which issues would he be willing to compromise and find common ground with Republicans? To win the approval of Democrats and their media acolytes, Republicans must lose elections and forfeit their principles.

The mystery is why so many Americans vote for Republicans in one election and Democrats the next. Too many it seems vote mainly on personality and superficialities, not substantive policies.

It was the media's job to dig under the superficial and reveal the true Joe Biden (and Kamala Harris, who could likely become president sooner than later). They failed, becoming an extension of the Democratic Party and anti-Trumpers. If Biden's policies fail don't

expect Democrats to admit it; they will blame Republicans.

Meanwhile we are a bipolar nation, unlikely to unify.

- Readers may email Cal Thomas at [tcaeditors@tribpub.com](mailto:tcaeditors@tribpub.com). Look for Cal Thomas' new book "America's Expiration Date: The Fall of Empires and Superpowers and the Future of the United States"



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## DOUGLAS COUNTY STORIES

# The changing face of Downtown Lawrence, part one

By Pat Kehde

Massachusetts Street in the 1960s was lined by businesses for the middle class of post-World War II: car dealerships, furniture and carpet stores, realtors, abstract companies, hardware stores, lumberyards, tire companies, and five department stores. By the mid-1970s, the mix had changed. Perhaps it was the recession of 1973-75, or the 1972 beautification project that added trees, flower planters, and saw-toothed parking that narrowed Massachusetts Street and made it more pedestrian friendly.

Whatever the reasons, downtown had lots of empty storefronts and cheap rent, which began to fill up with small locally owned stores: artisan-jew-

elry shops, used clothing stores, used record stores, head shops, unique yarn or fabric stores, and a cooperatively owned health food store. A little further south at 14th Street, there was a handmade candle store, a guitar store, and a bike shop that later sold Birkenstock sandals.

The proprietors of these new businesses were just out of college. They wanted to be their own boss. Some had a little money; some had prior retail experience. They all had ideas about making or selling products that they and their friends liked. Most of all, they took risks and had fun. Forty or more years later, many are still in business downtown.

### Small Start, Big Plans

The 600 and 700 block of Massachu-

setts Street, the quieter end of Mass. St. in those days, was a good location for businesses seeking cheap rents. Susan Bateman opened her fiber store, The Yarn Barn, in 1971 at 730 Mass., selling fiber to knitters and weavers, and offering classes. Even though Susan had worked at a bank for a year, she couldn't get a loan and she had to rely on financial help from her family.

At 710 Mass., Judy Gerling Paley and a group of friends opened a used and new record store, Lenny Zeros. In 1974, Judy moved across the street to help found Phoenix Art Glass at 615 Mass. The same year, Ernie Cummings bought out Armadillo Bead Company at 710 Mass., later moving the store to the Marketplace at 8th and New Hampshire, and later opening his own jewelry store, Kizer-Cummings, at 838 Mass.

The Community Mercantile opened in 1975 at 720 Mass., and moved several months later to 613 Mass. Chuck Magerl, one of its first paid staff members, founded a credit union to help finance the Mercantile Coop because cooperatively owned businesses

couldn't get loans from regular banks. About 10 years later, Chuck created and opened the Free State Brewery at 636 Mass.

Sarah Fayman started Sarah's Fabrics in 1973 in the former Pound's Fabric store at 925 Mass. She wanted to buy Pound's inventory and fixtures but couldn't get a bank loan. Her family helped a little, and the Small Business Administration gave her a loan, but her estranged husband had to co-sign it. Because Sarah took over an existing store, she is the only one of these entrepreneurs whose first store was in the higher rent part of Massachusetts St. Sarah's Fabrics is still in that space, which has been beautifully renovated and expanded.



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# SENIOR CALENDAR

**Editor's Note:** While every attempt has been made to ensure the accuracy of the events listed below, some changes may occur without notice. **Please confirm any event you plan to attend.**

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

## ARTS & CRAFTS

### FIRST FRIDAY OF THE MONTH FIRST FRIDAY ARTWALK

The artwalk takes place all across Topeka from 5:30-8:30 p.m. each first Friday of the month—and of course, some businesses open a little earlier or keep their doors open later, but please check individual Facebook pages for information about hours. Find the latest listing of gallery features on our home page—or pick up a printed copy of the artwalk map at any participating business. You can sign up for our monthly Art-

walk newsletter to get the updates in your email. 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

DEC 3

### 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 & Shawnee County Public Library, 10-11:30 a.m. TOPEKA, 785-580-4400 <http://events.tsctl.org/events>

DEC 10

### COMPUTERIZED GENEALOGY 2 (VIRTUAL ZOOM CLASS)

Now that you have started your family tree, move to the next level. You will learn how to locate online resources on your family. This class will focus on finding your ancestors where they may be hidden using resources online. Prerequisite: You will need an online account with [www.FamilySearch.org](http://www.FamilySearch.org) and your library card for online library databases. Register to receive the Zoom link. Topeka & Shawnee County Public Library, 10-11:30 a.m. TOPEKA, 785-580-4400 <http://events.tsctl.org/events>

## ENTERTAINMENT

DEC 10, 11, 12, 13

### 1940'S RADIO HOUR

For the safety of patrons, actors, volunteers, and staff Theatre Lawrence has made the decision to move 1940's Radio Hour to an entirely online platform. Streaming performances will be available on December 10, 11, 12 and 13 so you can enjoy from the safety and comfort of your own home. Purchase tickets at [www.showtix4u.com/event-details/42856](http://www.showtix4u.com/event-details/42856).

JAN 8

### STORY SLAM: VIRTUAL EDITION | HERE WE GO AGAIN

Stay safe and stay home, slammers, as this time around, the stories are coming to YOU. Get your favorite beverage ready and join us for

music, stories and community. Digital happy hour and music start at 7:15 p.m. Slam starts at 7:35 p.m. Free.

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

## EXHIBITS & SHOWS

THROUGH DEC 31

### DAYS OF RAGE: THE 1970 CURFEW

For several days in 1970, Lawrence held its breath as government and law enforcement clamped down on unrest. Experience this tumultuous time in a fiftieth anniversary exhibit at the Watkins, part of the Lawrence 1970 Project. Watkins Museum of History, 1047 Massachusetts St., Tuesdays-Saturdays, 10 a.m.-4 p.m. Please wear a mask and give contact information when you visit. LAWRENCE, 785-841-4109

THROUGH MAR 13

### TRAINING WHEELS: CHILDREN'S TOYS & LAWRENCE'S HISTORY

Toys—they're not just about fun and games! Children's toys tell us much about trends in history and daily life. This exhibit explores past eras of toys and games, from their enforcement of gender roles, how the industry responded to community modernization, and the long-running debate over the effects of war toys. Watkins Museum of History, 1047 Massachusetts St.

■ CONTINUED ON PAGE 19

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■ CONTINUED FROM PAGE 18

sets St., Tuesdays-Saturdays, 10 a.m.-4 p.m. Please wear a mask and give contact information when you visit.

LAWRENCE, 785-841-4109

THROUGH APR 10

### FIFTEENTH AMENDMENT RETROSPECTIVE

This exhibit will feature original artworks inspired by the 15th Amendment, created by local artists. Watkins Museum of History, 1047 Massachusetts St., Tuesdays-Saturdays, 10 a.m.-4 p.m. Please wear a mask and give contact information when you visit.

LAWRENCE, 785-841-4109

## HISTORY & HERITAGE

PREMIERES DEC 7

### FREE HISTORY: THE MOTHER OF KU WOMEN'S ATHLETICS

Visit the Freedom's Frontier YouTube Channel for an exclusive interview with Marlene Mawson, pioneer in opening intercollegiate sports to women and author of the new book *Mawson's Mission*. Part of FREE History, a series connecting history with the issues we face now! Free.

## HOLIDAY EVENTS

NOV 27-DEC 31

### WINTER WONDERLAND

The two-mile drive-thru holiday light display benefits TARC, Inc. in Topeka. TARC is a not-for-profit 501(c)(3) service organization that provides service, support and advocacy to 2,500 children, families and adults with developmental, intellectual and related disabilities and delays in the Greater Topeka area. Lake

Shawnee CampGround, 3435 S.E. East Edge Road, 6-10 p.m. (including holidays). Suggested Donation of \$10 per vehicle or \$20 per bus.

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DEC 5

### CHRISTMAS HOMES TOUR WITH A SMALL TOWN CHRISTMAS TO FOLLOW

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## 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 MONDAY 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.

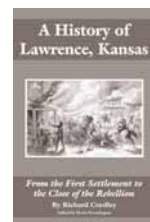
BALDWIN CITY

THIRD FRIDAY OF THE MONTH

### CAREGIVER SUPPORT GROUP

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

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## RICK STEVES' EUROPE

# Falling in love with the Matterhorn

By Rick Steves

Tribune Content Agency

On my two previous trips to Switzerland's tiny-but-touristy Zermatt, I failed to catch a glimpse of the glorious Matterhorn mountain that draws so many to the burg at its base for a peek at the peak.

My third try was the charm, and now I have a confession: I'm in love with the Matterhorn. Now I get why this mountain town of 5,800 people is so popular.

There's just something about the Matterhorn, the most recognizable mountain on the planet. Just seeing the Matterhorn is one of the great experiences in Switzerland. And hiking with that iconic summit as a background is even better.

Zermatt, which sits at 5,000 feet in the shadow of the 14,690-foot Matterhorn, is nestled at the dead-end of a long valley in Switzerland's remote southwest. While it's barely two hours from Bern and Interlaken by train, or about three from Zürich or Lausanne, it's not quite on the way to anywhere. Especially considering its inconvenient location, many travelers find it overrated. If you make the trek and find only cloudy weather, you may end up with a T-shirt that reads, "I went all the way to Zermatt and didn't even see the Matterhorn."

But in sunny weather, riding the high-mountain lifts, poking through lost-in-time farm hamlets, and ambling along on scenic hikes—all with that iconic triangular mountain nodding its white head in the background—make the trip worthwhile. And the town itself does have pockets of traditional charm, with streets lined with chalet after chalet and overflowing flower boxes.

Stepping out of the train station, you'll notice there are no gas-engine vehicles—only electric buses and taxis that slalom between the pedestrians like four-wheeled Vespas. (Drivers must park down in the valley and

ride the train into town.) Strolling up the town's main street, Bahnhofstrasse, is a joy: Even bikes are forbidden on the main drag; the street is reserved for people and, in summer, a twice-daily parade of goats. Sure, the town hosts plenty of fabulously wealthy visitors, but locals like to say that the "traffic-free" nature of the town is a great equalizer. Zermatt strives to be a high-class mountain resort ... but for active guests.

Once upon a time, Zermatt was a humble village of farmers, but with the first ascent of the Matterhorn in 1865 and the arrival of trains in 1891, Zermatt found itself on the Grand Tour of Europe. Over time, its residents learned it was easier to milk the tourists than the goats, and mountain tourism became the focus. Aside from the stone quarries that you'll pass on the way into town, tourism is Zermatt's only industry.

This little town is capable of entertaining about two million guests each year, hosting more than a hundred modern chalet-style hotels and a well-organized and groomed infrastructure for summer and winter sports. From town, countless lifts head to all sorts of hikes, ski slopes, and incredible views. But really it all comes back to the star of the show: the Matterhorn.

High summer into early fall is the best time to come to Zermatt (I finally saw the Matterhorn during an August trip). Visiting in spring is generally a bad idea—most trails, lifts, and restaurants are closed—but on the plus side, there are no crowds. Early fall also works, as most lifts and trails remain open until the snow returns. (In winter, skiers take over the town, and prices jump even higher than in summer.) Zermatt has earned its reputation for untrustworthy weather—the valley can get completely soaked in at any time of year. While two good-weather days are enough to experience the highlights,

RICK STEVES, RICK STEVES' EUROPE



Hiking trails near Zermatt, Switzerland take you through evocative alpine farm hamlets.

add at least one buffer day to your itinerary as insurance against rain.

The Zermatt region has three high-mountain summit stations linked by lifts and hikes: Matterhorn Glacier Paradise (closest to the Matterhorn), Gornergrat (a historic cogwheel train

that goes to 10,000 feet), and Rothorn (farthest up the valley from the Matterhorn). While prices are steep, the community has invested hundreds of millions of dollars in their mountain lifts in recent years. They're absolutely

■ CONTINUED ON PAGE 23

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# Rick Steves

■ CONTINUED FROM PAGE 22

state of the art and experiencing them is unforgettable.

Gornergrat is my pick if you can fit in only one high-mountain excursion, simply because it's a best-of-all-worlds experience: sweeping views from the top station, and my favorite hike in the region between the Rotenboden and Riffelberg train stops. Whichever excursions you opt for, pay close attention to the weather—the lifts aren't cheap, and none of them is worth the cost if the Matterhorn is shrouded by clouds.

That said, don't wait for perfectly clear skies to head into the hills - even in bright, sunny weather, the Matterhorn loves playing peek-a-boo behind the clouds. If it's at least sunny-ish, get up the mountainside. Like me, you may find love at first sight of the Matterhorn.

## IF YOU VISIT...

**SLEEPING:** Hotel Jägerhof has 49 homey rooms and 7 apartments with lots of rustic charm, just a 10-minute walk from the center (moderate, [www.jaegerhofzermatt.ch](http://www.jaegerhofzermatt.ch)). Hotel Bahnhof is a respectable no-frills option with tidy alpine-style rooms across the street from the train station (budget, [www.hotelbahnhofzermatt.com](http://www.hotelbahnhofzermatt.com)).

**EATING:** Whymper-Stube specializes in raclette and meat-and-cheese fondue in a cozy space with friendly staff (splurge, Bahnhofstrasse 80, [www.whymper-stube.ch](http://www.whymper-stube.ch)). Stadel is a small restaurant that dishes up home-made Swiss specialties with a smile (moderate, Bahnhofstrasse 45, [www.stadel-zermatt.ch](http://www.stadel-zermatt.ch)).

**GETTING AROUND:** Cars are not allowed: Drivers park in a pay lot and take a shuttle train into town. You'll do a lot of walking, but handy buses make several stops.

**TOURIST INFORMATION:** [www.zermatt.ch](http://www.zermatt.ch).

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

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# AMERICA'S TEST KITCHEN

## Pantry staples and a familiar kitchen tool are the keys to this smooth, flavorful, quick-cooking soup

By America's Test Kitchen

Tribune Content Agency

Red lentils are an ideal legume. For one thing, they're quick to prepare, cooking up in less than 20 minutes, with no presoaking or brining required. But the best thing about cooking red lentils is that unlike other beans and legumes, you don't need to worry about getting the interiors of the beans to soften before the skins rupture. With no skins to contain them, red lentils disintegrate when you cook them. In countries like Egypt and Morocco, cooks embrace this inevitability by turning their red lentils into soup. They add them to sauteed aromatics, stir in some warm spices, and then simmer it all in broth or water. Less than half an hour later, they have a satisfying soup.

To develop our own recipe, we started by sauteing onions in butter and used the warm mixture to bloom fragrant spices, like coriander, cumin, ginger and a pinch of cayenne, found

in North African versions of this soup. We used tomato paste and garlic to complete the base before adding the lentils, which we cooked in a mix of chicken broth and water to give the soup a full, rounded character.

After only 15 minutes of cooking, the lentils were soft enough to be pureed, but hauling out the blender or food processor seemed like overkill for such a simple soup. Instead, we swapped the wooden spoon we'd been using for a whisk. Thirty seconds of whisking did the trick: We had a coarse puree that was homogenous from top to bottom.

Following the lead of North African cooks, we added 2 tablespoons of lemon juice to the pureed soup. The effect was like adjusting the focus on a manual camera: All the flavors were instantly more vibrant and defined. A drizzle of spice-infused butter and a sprinkling of cilantro was all we needed to complete the transformation of commonplace ingredients into an exciting yet comforting soup.

### Red Lentil Soup with North African Spices

Serves 6

4 tablespoons unsalted butter  
1 large onion, chopped fine  
Salt  
Pepper  
3/4 teaspoon ground coriander  
1/2 teaspoon ground cumin  
1/4 teaspoon ground ginger  
1/8 teaspoon ground cinnamon  
Pinch cayenne  
1 tablespoon tomato paste  
1 garlic clove, minced  
4 cups chicken broth  
2 cups water  
10 1/2 ounces (1 1/2 cups) red lentils, picked over and rinsed  
2 tablespoons lemon juice, plus extra for seasoning  
1 1/2 teaspoons dried mint, crumbled  
1 teaspoon paprika  
1/4 cup chopped fresh cilantro

1. Melt 2 tablespoons of butter in a large saucepan over medium heat. Add onion and 1 teaspoon salt and cook, stirring occasionally, until softened but not browned, about 5 minutes. Add coriander, cumin, ginger, cinnamon, cayenne and 1/4 teaspoon pepper and cook until fragrant, about 2 minutes. Stir in

tomato paste and garlic and cook for 1 minute. Stir in broth, water and lentils and bring to a simmer. Simmer vigorously, stirring occasionally, until lentils are soft and about half are broken down, about 15 minutes.

2. Whisk the soup vigorously until it is coarsely pureed, about 30 seconds. Stir in lemon juice and season with salt and extra lemon juice to taste. Cover and keep warm. (Soup can be refrigerated for up to three days. Thin the soup with water, if desired, when reheating.)

3. Melt the remaining 2 tablespoons butter in small skillet. Remove from heat and stir in mint and paprika. Ladle soup into individual bowls, drizzle each portion with 1 teaspoon spiced butter, sprinkle with cilantro and serve.

Recipe note: Pair this soup with a salad and bread for lunch or a light supper.

- 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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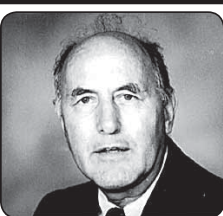


## HUMOR

# One if by Land, Two

Some years ago I wrote a column titled, "One if by Land." That column is reproduced below:

In the late 1800s, Ruthless Von Simeon acquired several mines in California, Utah and Nevada. He made a pile of money. Ruthless V. had a son named Balderdash Von Simeon who acquired scads of newspapers, broad-



Larry  
Day

cast outlets and movie studios in the 1930s and 1940s. Balderdash made a pile of money to go with his father's pile of money and that made a heap of money.

So that they'd have a decent place to live, Ruthless and Balderdash Von Simeon bought two castles in Europe, tore them down and transported them stone by stone to America. They had the castles reconstructed on adjoining mountain tops overlooking the ocean and lived in them pompously ever after.

Balderdash had 11 wives, but he

wasn't a polygamist. He married and divorced all 11 women. One of them was dark-eyed, black-haired Sippa Margarita, the internationally renowned movie star.

Miss Margarita's media profile says that she was born and raised in Valencia. Her publicity packets contain photos of her residing in and around Valencia, Spain. Reality insists that Josipa Margarita Ruiz was born and raised in Valencia, Kansas.

Everyone called her son, Ruthless Balderdash Von Simeon, Ribby. Sippa Margarita made movies in Valencia, Spain, and one time she flew Ribby to Spain with her and they traveled back to the U.S. by ship.

The voyage was bittersweet for Ribby. On the one hand he had his mother all to himself for the first and only time in his life. On the other, he was seasick from the moment he stepped on board until the day the ship docked in New York. He spent the whole voyage in his bunk in an upper deck luxury cabin being tenderly cared for—to her credit—by his mother. She brought him hard rolls and broth, she read to him, and she told him tales of adventure and derring-do. For the rest of his life, Ribby loved ocean liners and hated the ocean. He never sailed again. Not so much as on a ferry boat.

Ribby didn't come into his inheritance until he was in his late 40s. By that time he was living simply but comfortably as an adjunct professor of horticultural dynotomics at Letongaloosa Community Junior College where I teach.

The news that he had inherited a pile of money came just a few months before Ribby read in a newspaper article that the luxury liner he and his mother had sailed the Atlantic on, the Santa Maria de la Valencia, had been decommissioned and would be sold for scrap.

The thought of that dearly remembered old vessel ending up on the scrap heap infuriated Ribby. That thought transformed him from a diffident and taciturn academic into a man who was as rapacious as his Grandpa Ruthless Von Simeon and as vociferous and belligerent as his father Balderdash Von Simeon.

Ribby bribed, badgered and bulldozed lawyers, financial conservators, bureaucrats and shipping company executives in ways they'd never been bribed, badgered and bulldozed before. When it was over, Ribby owned the

ship and had permission to do what he wanted with it. He had it tenderly dismantled and transported piece by piece to Kansas. Once it arrived Ribby had the ship reconstructed, refurbished and moored to the top of a hill on a large tract of land he had bought outside of Letongaloosa.

The 10-day re-christensening "voyage" of the Santa Maria de la Valencia was society's international event of the year. Rich and powerful people bribed and badgered and bulldozed anyone they had to, to obtain one of the 1,900 elaborately prepared invitation packets. Upper deck suites cost a king's ransom and a place at Captain Ribby's table on the final night of the "voyage" was literally priceless.

**And here's the latest:** Ribby used his bribing, badgering and bulldozing powers to have the Santa Maria de la Valencia placed permanently on the Federal Registry of Historic sites.

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

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## MY PET WORLD

# What to do when your 'Nervous Nelly' overreacts to noise

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

**Dear Cathy:** We rescued a miniature Shih Tzu, and have had her for over a year now. She gets extremely nervous when we use the dishwasher or our washer and dryer. Is there something we can do to help her? - Nervous Nelly's Mom, Marysville, Washington

**Dear Nervous Nelly's Mom:** Dogs can be sensitive to noise; de-sensitizing them can help them better cope. I recommend getting a canine pheromone collar for your Nervous Nelly to wear, and maybe give her an over the counter anxiety supplement to calm her and set the stage for the desensitization training. For the short-term, get a sound machine and turn it on to mask the sound of the appliances when they run to reduce her reaction to them. When you turn on the sound machine, call her over to you, say a reward word, like "Bingo," so she knows she did something right, and give her a treat. You also can give her something to do, like a Kong to chew on, if it will help distract her. Long-term, she will need to get used to the sounds she is afraid

of hearing. Use your cell phone to record the sounds of your appliances as they turn on and run. Keep the volume low to start and play the sounds for her. As you do this, say her name, say her reward word, and give her a treat. If she looks upset at any point, turn the volume down more, if possible, and add the sound machine on low. If that doesn't work, stop playing the sounds altogether and try again later. If she tolerates or ignores the sound, that's good. Repeat the name, reward word, and treat every five to ten seconds building on the volume and the time in between for treats as she progresses. The goal is to get her to listen to your entire recording at a decent volume while resting quietly the entire time. She can learn to settle down around the sounds, but desensitization training takes time, so be patient.

**Dear Cathy:** I have a cat who meows incessantly between midnight and 1:00 a.m. every night to go out. She wakes me up and it upsets me because I have to get up for work the next morning. I don't know what to do. If it were not for this waking me every night, I could live with her. I have tried putting her

out before I go to bed, but most of the time she doesn't want to go out then and I can't catch her to make her go out. Do you have any suggestions? - Sue, Chino Valley, Arizona

**Dear Sue:** Lack of sleep can make you feel crazy, so here are a few things you can try to get her worn out and on your sleeping schedule. First, enrich her environment. Make sure there are boxes or baskets to hide in, toys to play with, and tall cat trees to climb. Place a cat tree near a window and leave the blinds open, so she has a bird's eye view of the outside world. Cats need a lot of physical and mental stimulation.

Second, be sure to spend time playing with her, especially in the evening. There are all sorts of wire, feather and laser toys that will get her moving and tire her before bedtime. Third, cats like to hunt for their food. Give her some mental stimulation by moving her food around the house so she has to find it. Keep it simple. Don't make it hard for her to find or she will meow at you to find it for her. For example, move the food bowl from the floor to a windowsill or from the kitchen to the

family room, putting it in a different place each night. Don't hide it. Keep it in the open, so she can find it. Feed her before bedtime to give her something to do during the night. Finally, get an indoor kitty fountain and use it only at night. Cats like to drink from moving water, and this will distract her. I don't advocate for cats to be outside, since there is so much that can hurt or kill them. Some outdoor cats adjust well to being "walked" around the backyard on a harness or spending time in a patio, both of which can help tire her.

Changing a cat's routine takes time. Until then, buy some ear plugs to drown her out so you can get some sleep.

- *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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SHAWNEE

# JAY'S MUSICAL MEMORIES

# Happy Holidays!

By Jay Wachs

It's that time of the year again, friends, and for us it is truly the most wonderful time of the year. It's a time to reflect on family, friends and occasions past and present. It's a time for hope and peace and happiness. And it's also time for holiday music. We thought we would share our top 10 favorite holiday songs as chosen by the staff of [www.santastation.net](http://www.santastation.net)

1. Bing Crosby, "White Christmas"
2. The Carpenters, "Merry Christmas Darling"
3. Johnny Mathis, "It's The Most

Wonderful Time of The Year"

4. Nat King Cole, "The Christmas Song"

5. Paul McCartney, "Wonderful Christmas Time"

6. Eartha Kitt, "Santa Baby"

7. Gene Autry, "Rudolph The Red Nosed Reindeer"

8. Donny Hathaway, "This Christmas"

9. Ella Fitzgerald, "Sleigh Ride"

10. Burl Ives, "Frosty The Snowman"

"White Christmas" originally appeared in the 1942 movie "Holi-

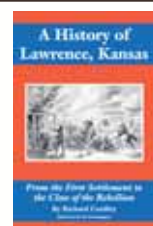
day Inn," which featured Bing Crosby and Fred Astaire. It appeared again in the 1954 movie "White Christmas," which



featured Crosby and Danny Kaye. The song was written by Irving Berlin and is widely considered to be one of the most popular holiday songs of all time.

- Jay Wachs is the owner and opera-

tor of [LawrenceHits.com](http://LawrenceHits.com), an APP and website based oldies streaming radio station that helps promote locally owned and operated Douglas County, Kansas businesses.



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# GOREN ON BRIDGE

WITH BOB JONES

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## LARRY'S DECEPTION

Neither vulnerable, North deals

### NORTH

♠ 8 2  
♥ K 9 7  
♦ A J 10 8  
♣ K J 9 2

WEST  
♠ 10 4 3  
♥ Q 8 4 2  
♦ Q 3 2  
♣ A Q 5

EAST  
♠ Q J 9 7 6  
♥ A J 10 5  
♦ Void  
♣ 8 7 6 4

### SOUTH

♠ A K 5  
♥ 6 3  
♦ K 9 7 6 5 4  
♣ 10 3

The bidding:

NORTH	EAST	SOUTH	WEST
1♦	1♠	2♠*	3♠
Pass	Pass	3NT	All pass

\*Diamond fit, invitational or better

Opening lead: Three of ♠

The club's Saturday night duplicate had just started when Hard Luck Louie ran into this deal. He was South.

The opening spade lead went to East's jack and Louie's ace. Louie decided to run six diamonds at his opponents, hoping to reach an ending where they would have to give him one of dummy's kings.

He handled the diamonds expertly, starting with the king and unblocking dummy's 10. When East showed out, Louie continued with a diamond to the jack, cashed the ace, and led a diamond back to his hand to continue diamonds. East defended beautifully, discarding the queen, nine, and seven of spades, along with three low clubs.

East's discards drew a roadmap of the hand for West. When Louie finished the diamonds and led a club, West had no trouble rising with the ace and shifting to the queen of hearts for down one. "Well done, guys," said Louie. "Just my luck to play this deal against opponents who were capable of this defense."

Lucky Larry also won the opening spade lead, but he decided to make a play for his ninth trick right away, before the opponents knew how many diamond tricks he had. He led the 10 of clubs at trick two. To defeat the contract, West had to rise with his ace and shift to the queen of hearts. How many of us would find that defense? West did rise with his ace, but he continued with another spade. Larry handled the diamonds the same way Louie did and had nine tricks. Nicely played!

(Bob Jones welcomes readers' e-mails: [tcaeditors@tribpub.com](mailto:tcaeditors@tribpub.com))

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# Boggle

BrainBusters!

By David L. Hoyt and Jeff Knurek



BUPH  
WOIS  
COKE  
AGLM

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

#### BOGGLE POINT SCALE

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

#### YOUR BOGGLE RATING

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

#### Boggle BrainBusters Bonus

We put special brain-busting words into the puzzle grid. Can you find them?

Find AT LEAST SIX FIVE-LETTER MAMMALS in the grid of letters.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# PUZZLES & GAMES

## CROSSWORD

### Across

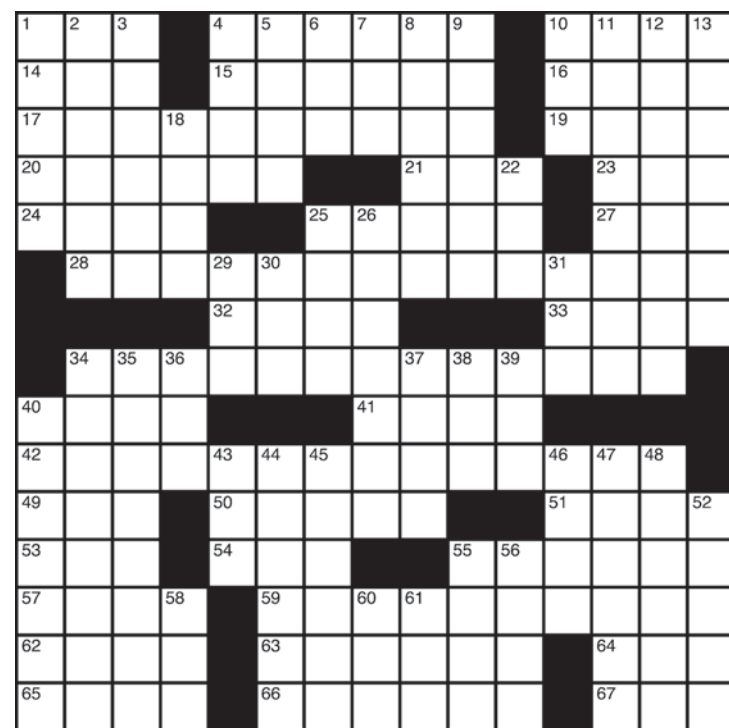
- 1 \_\_\_ Plains: Chicago suburb
- 4 J. Edgar Hoover Building org.
- 10 Catch
- 14 Suffix with hero
- 15 Sea between Greece and Turkey
- 16 Dutch South African
- 17 They're ominous
- 19 Decent-sized lot
- 20 "No more, thanks"
- 21 End of many long weekends: Abbr.
- 23 Ad \_\_\_ committee
- 24 Many a "Twilight" character
- 25 Gulf State native
- 27 That, in Oaxaca
- 28 They're luminous
- 32 Word in a January song
- 33 Wood strip
- 34 Song first sung by Ethel Waters at Harlem's Cotton Club

- ... and a hint to four other long answers
- 40 Flat-bottomed boat
- 41 "Sesame Street" pal of Zoe
- 42 They're clamorous
- 49 "Jingle Bells" contraction
- 50 Last Supper question
- 51 "Ivy and \_\_\_": kid-lit series by Annie Barrows
- 53 Infamous Amin
- 54 More than unfriendly
- 55 Breed of sheep
- 57 Astrological transition point
- 59 They're ruinous
- 62 Wasatch Mountains resort
- 63 "Twilight" vampire
- 64 Suffix with Brooklyn
- 65 For fear that
- 66 Trounces
- 67 Some NFL blockers

### Down

- 1 Finished a job

- 2 Dental layer
- 3 Composer Rachmaninoff
- 4 Food truck fare
- 5 Believed
- 6 Swelled head
- 7 Pot-au-\_\_\_: French stew
- 8 Outlaw
- 9 Happy way to break out
- 10 Abbr. in an unfilled TV slot
- 11 New \_\_\_, NY: home of Iona College
- 12 Ford's first minivan
- 13 Like some concrete
- 18 Big ape
- 22 Bird's beak
- 25 Sole
- 26 Corn Belt region
- 29 Guffaw syllable
- 30 Rum \_\_\_ Tugger: "Cats" role
- 31 \_\_\_Kosh B'gosh
- 34 Bus kiosk posting
- 35 Ones seeing things
- 36 Dominate
- 37 K-12, in education
- 38 Latin lover's word
- 39 Parking violation risk
- 40 Showing no emotion
- 43 502, in old Rome
- 44 Steer clear of
- 45 Saudi Arabian capital



- 46 Iberian river to the Mediterranean
- 47 Carl with nine Emmys
- 48 Most sensible
- 52 Snoops (around)
- 55 Car sticker no.
- 56 Postings at an airline gate, for short
- 58 Vanna's partner
- 60 \_\_\_ Jima
- 61 Quick flight

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

## JUMBLE

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

GORRI

PRAGH

WUTOIT

TAUDEP

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

Check out the new, free JUST JUMBLE app

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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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A<sub>1</sub> A<sub>1</sub> A<sub>1</sub> C<sub>3</sub> N<sub>1</sub> L<sub>1</sub> M<sub>3</sub>

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

A<sub>1</sub> E<sub>1</sub> I<sub>1</sub> T<sub>1</sub> G<sub>2</sub> R<sub>1</sub> M<sub>3</sub>

A<sub>1</sub> I<sub>1</sub> O<sub>1</sub> L<sub>1</sub> N<sub>1</sub> N<sub>1</sub> M<sub>3</sub>

A<sub>1</sub> E<sub>1</sub> O<sub>1</sub> L<sub>1</sub> R<sub>1</sub> H<sub>4</sub> M<sub>3</sub>

RACK 1

RACK 2

RACK 3

RACK 4

RACK 5

PAR SCORE 260-270  
BEST SCORE 323

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 30

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

## CROSSWORD SOLUTION

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

## SUDOKU SOLUTION

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

## BOGGLE ANSWERS

TIGER, WHALE, HYENA, OTTER, DINGO, ZEBRA

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## JUMBLE ANSWERS

Jumbles: RIGOR, GRAPH, OUTWIT, UPDATE

Answer: The nursery that sold bamboo was experiencing -- RAPID GROWTH

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SCRABBLE GRAMS SOLUTION									
A <sub>1</sub>	L <sub>1</sub>	M <sub>3</sub>	A <sub>1</sub>	N <sub>1</sub>	A <sub>1</sub>	C <sub>3</sub>	RACK 1 =	61	
D <sub>2</sub>	E <sub>1</sub>	F <sub>4</sub>	I <sub>1</sub>	A <sub>1</sub>	N <sub>1</sub>	T <sub>1</sub>	RACK 2 =	69	
M <sub>3</sub>	I <sub>1</sub>	G <sub>2</sub>	R <sub>1</sub>	A <sub>1</sub>	T <sub>1</sub>	E <sub>1</sub>	RACK 3 =	60	
N <sub>1</sub>	O <sub>1</sub>	M <sub>3</sub>	I <sub>1</sub>	N <sub>1</sub>	A <sub>1</sub>	L <sub>1</sub>	RACK 4 =	59	
A <sub>1</sub>	R <sub>1</sub>	M <sub>3</sub>	H <sub>4</sub>	O <sub>1</sub>	L <sub>1</sub>	E <sub>1</sub>	RACK 5 =	74	
PAR SCORE 260-270							TOTAL	323	

## MY ANSWER

# God wants to give hope for the future

From the writings of the Rev. Billy Graham

Tribune Content Agency

**Q:** It's been shocking to witness the events of the past several weeks. I would have never guessed that a virus could sweep across the world and essentially close it down. Is it possible that God has sent the recent problems to turn our attention from what's important to us, causing us to look to Him? - A.C.

**A:** Life is a journey - although sometimes we forget it. Life becomes so hectic, and we become so preoccupied with our immediate concerns that we don't step back and see the whole picture. For many people life is a constant

struggle just to survive. Others have everything they could ever want, yet remain unsatisfied and unfulfilled.

Some see their own life's journey as a series of unrelated events—some good, some bad—strung together like beads on a string. Others feel trapped like a leaf in a rushing stream, tossed about by circumstances beyond control. Many people may never have stopped to think about the road they are traveling.

But God didn't intend for our journey through life to be this way. Instead, He meant for it to be filled with purpose, whether in good times or bad times. He also wants to guide us as we make decisions and to give us hope for the future. Most of all, He desires to make

this journey with us.

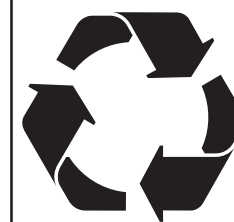
Sometimes we get tired of the burdens of life brought on by sickness, isolation, or despair in the midst of overwhelming problems. Sometimes life touches one person with a bouquet and another with a thorn bush. But the first may find a wasp in the flowers and the second may discover roses among the thorns.

If you will believe in the Lord Jesus and follow Him, you will learn that He goes before you every step of the way. "A man's heart plans his way, but the Lord directs his steps" (Proverbs 16:9).

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

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Clearly, the numbers don't add up, and overlooking the 50+ demographic is a major marketing mistake. Targeting the 50+ demo, marketers will see serious payoff when it comes to benefitting their bottom line.”

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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