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December 2021

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Vol. 21, No. 6

INSIDE



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"Hubbub during the holidays can make deceased loved ones seem forgotten, while at the same time, empty chairs are painfully obvious. Evenings are dark, adding to the sorrow and loneliness we sometimes feel. For these reasons and more, grief can be especially emotional during the holidays," said Mitchell Skidmore, Midland Care's Center for Hope and Healing Coordinator.

The Memory Tree Services are open to the community. All of our services will be held at the Topeka Campus located at 200 SW Frazier Circle.

"Finding a way to honor loved ones during the holidays can be an important ritual that gives space to grief and allows it to move through us. Midland Care's annual Memory Tree event is a chance to dedicate time to the memory of your loved one," said Skidmore.

Prior to the event you have the opportunity to make a donation in memory of your loved one.

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Service Information:

- Saturday, December 11, 2021 | 2:00pm | 4:00pm
- Sunday, December 12, 2021 | 1:00pm | 2:30pm | 4:00pm
- Refreshments will follow the services
- RSVP: www.midlandcare.org/21tree

Service Location | 200 SW Frazier Circle Topeka, KS

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MIDLAND CARE

Daldorph teaches creative writing class at jail

By Kevin Groenhagen

When Brian Daldorph walked into the Douglas County Jail on Christmas Eve 2001, he had no idea that he would walk in and out of that jail many, many times during the next 20 years. No, he is not a repeat offender. Instead, Daldorph, a Senior Lecturer in the University of Kansas's English Department, visited the jail to teach a creative writing class.

Daldorph recently published *Words Is a Powerful Thing*, a book in which he discusses the story of his classroom experiences and the great writing produced by the inmates.

During his first visit to the jail, Daldorph was covering for Kirk Branch and Anna Neill, his colleagues at KU. Branch and Neill, both assistant professors at the time, had started a GED completion class soon after the jail had opened in 1999.

"Then when both of my colleagues

had to drop out of the program for various reasons, I took over the class," Daldorph said.

By the time Daldorph had taken over the class during the spring of 2002, it had morphed into a Creative Writing class.

Daldorph's journey to the jail was an unlikely one. He was born in the town of Harrogate in North Yorkshire, England, where his father worked. His family then moved south when he was three years old and lived about 30 miles north of London in the market town of Bishops Cleeve. He completed his undergraduate degree in England at the University of Kent at Canterbury.

"I came to the United States in 1983 to do graduate work," Daldorph said. "I went on to do my Ph.D. at the University of Illinois at Champaign-Urbana. My position at KU was the first job that I came to after I finished at Illinois. I originally came here for a three-year

■ CONTINUED ON PAGE FOUR

COURTESY PHOTO



Brian Daldorph in front of the Douglas County Jail

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Kevin L. Groenhagen
Editor and Publisher

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Brian Daldorph

■ CONTINUED FROM PAGE THREE

contract, but here I am years later. I think a lot of people have that story about Lawrence: they came here short term and stayed.”

When presented with the opportunity to teach at the jail, Daldorph didn't hesitate to take over the class.

“It's the sort of work that I wanted to do,” he said. “I had some experience working at what was called the Olathe Treatment Center, which was for adolescents with addiction problems. It was something that was really interesting to me because it tied together teaching and social activism. This is a good combination for me. I love doing it.”

Along with co-leader Mike Hartnett, Daldorph met with inmates at the jail every Thursday until COVID hit in March 2020. Since then, the jail has been on a strict lockdown and the Creative Writing class has been on hiatus. (Coincidentally, *Senior Monthly* profiled Hartnett and his book, *And I Cried, Too: Confronting Evil in a Small Town*, in the March 2020 issue.)

“During most of my time teaching at the jail, there was only one class,” Daldorph said. “That was great because we had more people and more energy. About two years before COVID, the administration decided they would no longer allow minimum-level inmates to mix with the medium-level inmates. So, Mike and I and the three other instructors started teaching two classes in the afternoon.”

Of course, there are some differences between Daldorph's classes at KU and the Creative Writing class at the jail. The inmates who participate in the Creative Writing class are there because they want to be there. They're not there to earn credits to graduate. The inmates also tend to be older and, of course, have gotten into trouble with the law.

“There's a whole world of people who are caught up in the corrections system and it's hard to get out of it,” Daldorph said. “It's mainly addiction that caused a lot of people to go the wrong way. Guys get out and then they

get into trouble again. It's hard to turn your life around. I saw people over and over again over the years.”

The most challenging difference between teaching at KU and teaching in the jail is the ever-changing nature of the jail population.

“We didn't know week to week who was going to be in the class,” Daldorph explained. “At the jail, guys come and go quite frequently. We taught the class in the same way every week so that everybody in the class could be involved. At the beginning of the class, we would read through what had been written in the previous class and that gave us some continuity. Then we would do writing together in the class. Everybody in the group wrote something and then, at the end of the class, we would all read what we had written. That was the basic format for the class.”

According to Daldorph, he has also had inmates take the class during more than one stint at the jail. For example, Jim left the jail and, after a long prison sentence, got married, had a son, and made a good life. However, Jim, who told Daldorph that he cooked meth for his mother to help her ease the pain of her arthritis, got into trouble again.

“Jim used to tell me that he was the best meth cook in the county,” Daldorph said. “He was a really bright guy. He had read a lot and was kind of a philosopher. He wrote really well. He disappeared for a while and then I saw him in the jail 10 years later.”

According to Daldorph, the Creative Writing class can act as a kind of safety valve for some of the inmates.

“We'll have some pretty tense scenes in the class because the jail is a pretty tense place,” he said. “People are wound up. They're dealing with a lot. It's a tough situation. The guys aren't doing well in their lives for all sorts of reasons. They have drug problems, family problems, and legal problems. The jail administration realizes that the classes are good for the inmates because sitting in a cell all day isn't good for anybody.”

“If they have to be incarcerated, the guys I work with like Douglas County Jail because it's progressive and they

■ CONTINUED ON PAGE FIVE



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Brian Daldorph

■ CONTINUED FROM PAGE THREE

have a lot of classes and programs,” Daldorph continued. “They have a lot of religious classes. They also have Alcoholic Anonymous, Narcotics Anonymous, and behavior classes. Some of the guys who are incarcerated see this as an opportunity to turn their lives around and that’s why they take the classes.”

As you might imagine, as far as the Creative Writing class is concerned, the creativity wasn’t limited to the classroom.

“The guys would talk about getting together in the pods, the living units, to read each other’s work,” Daldorph said. “So, the class had a life of its own outside of the classroom, too. Some of the guys really got into this. They were telling their stories. They were writing about stuff that was really important to them and they wanted to share it with each other. You might say we had a community. That was great.”

Daldorph is an author of six books of poetry, including *Kansas Poems* and *Blue Notes*. He is also the editor of the literary journal *Coal City Review*. In May 2021, The University Press of Kansas published *Words Is a Powerful Thing*.

“It was something that I had always wanted to do, but I didn’t know how to do it,” Daldorph said. “I had all this information and it was just a question of how to organize it and in what form to do it. I wrote most of the book during the summer of 2018. I had about 13 chapters written then. I added three chapters after that. During COVID, I did the editing since I was home a lot.”

The title of Daldorph’s book, *Words Is a Powerful Thing*, came from a young inmate who wrote this phrase in the writing class in May 2017.

Daldorph noted that some of the inmates have had their work published as well. Antonio Sanchez-Day is one of those inmates. In *Words Is a Powerful Thing*, Daldorph wrote that Antonio’s life was changed when Jail Program Director Mike Caron introduced him to Jimmy Santiago Baca’s poetry.

Words Is a Powerful Thing

Twenty Years of Teaching Creative Writing at Douglas County Jail



Brian Daldorph

“Many of these guys are down on their luck and it’s a big boost for them to get published and get that kind of validation,” Daldorph said.

While the Creative Writing class at the jail remains on hiatus due to COVID, Daldorph, who said going to the jail was a highlight of his week, has heard there is a possibility they will be able to do classes on Zoom sometime in the near future. Daldorph did Zoom classes at KU for a year before in-person classes resumed this fall. However, he’s not a big fan of Zoom classes.

“I learned some technical skills that I didn’t have before, but I really didn’t get to know the students,” he said. “We’re back in the classroom now at KU. We’re all wearing masks, but it’s been great. I’m really enjoying this semester and being back in the classroom.”

Words Is a Powerful Thing can be purchased from the University Press of Kansas (kansaspress.ku.edu). The book is also available at amazon.com and other online book retailers, and at *The Raven* bookstore in Lawrence.

“In *Words Is a Powerful Thing*, Daldorph includes the poems or parts of poems from at least 50 different inmates. He shares four of the selections below:

When you arrive, read the sign: “Leave all hopes
And dreams behind.” Forget all you have or had
In the free world, it no longer matters. It will only
Distract you and you’ll become prey to the lions
In this jungle. Trust no one, everyone is out for something
In this cut throat society . . .

•••

After so long in here
& so many hours upon days, upon weeks locked in a cell,
the more claustrophobic I’ve become. It’s a mental challenge
every time I step through that door & they think I’m
trying to be defiant . . .

•••

I watch as time slowly chews away on men’s
sanity, where confusion reigns supreme . . .

•••

Soon now the jail awakens to do its time;
it seems better at that than we.
I think it’s because the cold walls
got time down because they know
they will never be free . . .

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A checklist for good senior health and wellness

(BPT) - As you age, your health needs change. Staying on top of senior wellness activities is important, but it can sometimes feel overwhelming. Creating a list of health and wellness to-do's can help you stay organized, so you look and feel your best.

"Aging well is living well and it all starts with a combination of activities that can improve our mental and physical well-being," says Dr. Scott Kaiser, chief executive officer of Determined Health, member of the Tivity Health Healthy Aging Coalition and a physician specializing in geriatric medicine. "Although health and wellness may seem to get increasingly complicated with age, it doesn't have to be a struggle. A few simple—and fun—steps can keep us on the healthy aging path. By taking a proactive approach and prioritizing health, seniors can live their best life."

Dr. Kaiser shares a simple senior-health checklist to help keep you or a loved one focused on wellness:

- **Annual physical:** Everyone's

health is different. Even if you see specialists for certain conditions, it's typically recommended to get an annual physical with your primary physician. This is an opportunity for important health screenings that may include tests to evaluate blood pressure, cholesterol, diabetes, bone density and more. It's also a good time for you to ask any questions and discuss concerns.

- **Vaccinations:** Staying current on recommended vaccinations can help you stay healthy and limit the spread of disease. Cold and flu season has arrived, so now is the time to ask your doctor about getting an influenza vaccine if you haven't already. The risk of severe illness from COVID also increases with age. COVID vaccines are safe and effective in preventing severe illness and you can help protect yourself and the people around you by getting vaccinated.

- **Physical activity:** The Medicare Advantage Annual Election Period (AEP) is now through Dec. 7, 2021. All

seniors eligible for Medicare benefits through a Medicare Advantage, Medicare Supplement or group retiree plan may be eligible to join SilverSneakers at no additional cost and have access to live and on-demand virtual workouts, including nearly 2,000 activities and classes per week in a variety of lengths and formats. Check eligibility at SilverSneakers.com.

- **Social connection:** Maintaining friendships and connecting with others is an important component to supporting physical, mental and emotional wellness. Set up coffee with friends. Join community groups. Check out social engagement opportunities through programs like SilverSneakers where working out with a group of

■ CONTINUED ON PAGE SEVEN

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Checklist

■ CONTINUED FROM PAGE SIX

peers can build friendships and community.

• **Mental health:** Although prioritizing mental health is now more widely accepted, it still can be a challenge for older adults to admit they need help. Talk with your doctor about how you feel and mental health concerns you may have. There are many ways to help with a variety of mental health concerns, including learning mindfulness techniques to reduce anxiety, seeing a therapist and medication.

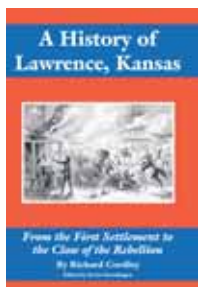
• **Mental enrichment:** Cognitive decline can occur as you age, so it's important to be proactive to help support brain health through mental stimulation. Read books. Join a weekly game group. Check out GetSetUp, new for SilverSneakers members in participating health plans. This program provides an online learning platform designed specifically for seniors with a wide range of live video classes—over 2,000 hours per week on more than 1,800 topics—to support mental enrichment.

• **Nutrition:** What you eat fuels your body and mind, so it's important to pack your pantry and refrigerator with wholesome foods. Stock up on

fruits, vegetables, lean meats, whole grains, beans and low-fat dairy. Then explore recipes you can try to experience new flavors and keep mealtime exciting. If you need help or have strict dietary concerns, consider working

with a nutritionist for additional guidance.

Doesn't it feel good to check a few things off your list? For more ideas on how seniors can stay active and connected, visit SilverSneakers.com.



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Social Security announces 5.9 percent benefit increase for 2022

Social Security and Supplemental Security Income (SSI) benefits for approximately 70 million Americans will increase 5.9 percent in 2022, the Social Security Administration announced today.

The 5.9 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 64 million Social Security beneficiaries in January 2022. Increased payments to approximately 8 million SSI beneficiaries will begin on December 30, 2021. (Note: some people receive both Social Security and SSI benefits). The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics.

Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$147,000 from \$142,800.

Social Security and SSI beneficiaries are normally notified by mail starting in early December about their new benefit amount. Most people who receive Social Security payments will be able to view their COLA notice online through their personal my Social Security account. People may create or access their my Social Security account online at [\[www.socialsecurity.gov/myaccount\]\(http://www.socialsecurity.gov/myaccount\).](http://www.socialsecu-</p>
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Information about Medicare changes for 2022, when announced, will be available at www.medicare.gov. For Social Security beneficiaries receiving Medicare, Social Security will

not be able to compute their new benefit amount until after the Medicare premium amounts for 2022 are announced. Final 2022 benefit amounts will be communicated to beneficiaries in December through the mailed COLA

notice and my Social Security's Message Center.

The Social Security Act provides for how the COLA is calculated. To read more, please visit www.socialsecurity.gov/cola.



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PAINTING WITH WORDS

'little tree'

Poem: "little tree"

Poet: e. e. cummings

Edward Estlin Cummings (who uses e. e. cummings as his byline) was born in Cambridge, Massachusetts, in 1894. At the age of 10 he began experimenting with writing poetry. But it was after he received his MA from Har-



Tom
Mach

vard that he began to show an interest in such well-known poets as Gertrude Stein and Ezra Pound. When he was 23, he published a selection of his poems in the anthology *Eight Harvard Poets*. At the outbreak of World War I, he became a volunteer ambulance driver, but five months later he was held captive in a prison camp by the French authorities on suspicion of espionage because of his outspoken anti-war convictions.

In 1920, Cummings had seven of his poems published in a prestigious magazine called *The Dial*. He had already met the artist Pablo Picasso and admired the way he could inspire others by the simplicity of color and the implied reference of certain emo-

tions in the objects and faces he created. Cummings was mainly interested in how poetry would play out from the standpoint of a particular person. In his poem "little tree," which was published in *The Dial*, he tried to envision himself as a little boy, enthralled by the beauty and joy of Christmas.

In "little tree" he describes a particular scene of deceptive simplicity. The little boy in this poem talks to a Christmas tree, recognizing it as something special because it would become an object of admiration, with ornaments and trimmings that will be set up for display so people would appreciate its beauty. Cummings imagines a little boy, perhaps himself as a child, asking the tree two questions, as if he were talking to a friend. First, he asks the tree who was the person who had found it in the forest. Then he asks if the tree was sorry to leave the other trees behind. Feeling sad for the tree, he promises that he will love it and hug it "just like your mother would." He doesn't want the tree to have any "single place dark or unhappy" branch and suggests he will do that by putting ornaments on each of those branches.

Cummings attained great popularity among young readers because of the simplicity of his language and his playful mode concerning a myriad of different subjects. At the year of his death in 1962, he was the second most widely

read poet in the United States, after Robert Frost.

Here, then, is his poem:

little tree

By e.e. cummings

little tree

little silent Christmas tree

you are so little

you are more like a flower

who found you in the green forest

and were you very sorry to come away?

see i will comfort you

because you smell so sweetly

i will kiss your cool bark

and hug you safe and tight

just as your mother would,

only don't be afraid

look the spangles

that sleep all the year in a dark box

dreaming of being taken out and

allowed to shine,

the balls the chains red and gold the

fluffy threads,

*put up your little arms
and i'll give them all to you to hold.
every finger shall have its ring
and there won't be a single place dark
or unhappy*

*then when you're quite dressed
you'll stand in the window for every-
one to see
and how they'll stare!
oh but you'll be very proud*

*and my little sister and i will take hands
and looking up at our beautiful tree
we'll dance and sing
"Noel Noel"*

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MAYO CLINIC

A discussion about diagnosing, treating a rare skin disorder known as morphea

DEAR MAYO CLINIC: About six months ago, a large, white dent appeared on my left buttock. I went to a dermatologist who performed a biopsy. I was diagnosed with morphea and prescribed methotrexate. The doctor said the condition is not systemic, but that the drug could prevent future skin lesions and possibly cure the morphea. Can you share more about the condition, and the risks and benefits of the treatment?

ANSWER: Morphea, which is a rare skin disorder, causes painless hardening and discoloration of the skin. In many cases, morphea affects only a few areas on the body. The condition usually goes away on its own within several years. In the meantime, treatment often can keep symptoms in check.

When morphea first develops, most people have just one or two lesions, usually on the abdomen, chest or back. The lesions tend to be round areas of whitened and hardened skin, sometimes surrounded by a faint lilac-colored border. Over time, the lesions fade away, but they may leave behind patches of discolored or darkened skin.

Depending on where it occurs, morphea can affect mobility, particularly if it forms on the arms or legs. In some cases, morphea can cause affected skin to atrophy, leading to depressions in the skin.

The specific cause of morphea isn't known. It is thought to be a type of

autoimmune disorder, in which the body's immune system mistakenly attacks healthy tissue, causing inflammation and leading to symptoms. Possible triggers for morphea can include radiation, skin trauma or a recent infection. Morphea itself is not an infectious disease, and it is not contagious.

Morphea affects only the skin. It doesn't involve other organs. When a health care provider suspects morphea, a blood test is performed to rule out scleroderma, a related and more serious autoimmune disorder. Scleroderma causes hardening of the skin and the body's connective tissues, and it can damage internal organs. A biopsy may be performed to rule out other concerns.

Although morphea eventually goes away on its own over time, treatment usually is recommended to decrease symptoms. Treatment works best when the condition is in its early stages, so the sooner a lesion is treated, the better.

The first step in treatment for morphea in a case like yours, where the condition is confined to one area, usually involves using a topical cream on affected skin. The cream may include medications such as corticosteroids, calcineurin inhibitors or calcipotriene to reduce the inflammation that's causing symptoms.

When morphea is extensive, if it does not respond to topical treatment, or if it involves deeper tissue, then systemic treatment, such as methotrexate, may

be the next step.

Methotrexate is a drug that suppresses the immune system. It often is prescribed in pill form for morphea, and it can reduce symptoms effectively. In dermatology, the medication typically is used in low doses. Because of the smaller dose, more severe side effects, such as extensive hair loss, which can be associated with methotrexate in other situations, are not usually a problem.

Other treatment options for morphea beyond methotrexate also are available. For example, phototherapy, which

uses ultraviolet light, can improve the appearance of skin affected by morphea. A class of medications known as tetracyclines also can help. If you are not comfortable with methotrexate or are interested in an alternative to treat morphea, talk to your health care provider about the treatment choices that may fit your situation. -- Jason Sluzevich, M.D., Dermatology, Mayo Clinic, Jacksonville, Florida

- *Mayo Clinic Q & A is an educational resource and doesn't replace regular medical care. E-mail a question to*



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HEALTH & WELLNESS

Coconut provides a nutritious source of meat, juice, milk, and oil

Consumers are becoming aware of the medicinal effects of coconut, or the scientific name *Cocos nucifera*, because of its numerous benefits to the human body. The early Spanish explorers called the nut coco, which means “monkey face,” because the three indentations (eyes) and the hairy nut resemble the head and face of a



Dr.
Deena
Beneda

monkey. Depending on which health expert you ask, coconut is either classified as a nut or a fruit or both.

The coconut provides a nutritious source of meat, juice, milk, and oil that has fed and nourished populations around the world for generations. On many Pacific islands, coconut is a large part of the diet. Nearly one third of the world's population depends on coconut to some degree for their food and their economy.

For many cultures, the coconut has a long and respected history. Coconut oil is of special interest because it possesses healing properties far beyond that of any other dietary oil and is extensively used in traditional medicine in the Pacific populations. Pacific Islanders consider coconut oil to be the cure for many illnesses. The coconut palm is so highly valued by the Pacific Islanders that some consider it “The Tree of Life.” Only recently has western medical science looked into coconut oil's medical benefits.

Coconut was once thought to be unhealthy because of its high saturated fat content. It is now known that the fat in coconut oil is different from most all

other fats and possesses many health benefits.

There are many health benefits of coconut oil, including skin and hair care, stress relief, cardiovascular health, weight loss, increased immunity, upper respiratory infections, urinary tract infections, influenza, aids in stomach digestion, diabetes, cancer, IBS, dental care, bruises, constipation, stomach ulcers, Cohn's disease, chronic fatigue syndrome, and bone strength. Coconut oil is also effective on fungi and yeast that cause candidiasis, ringworm, athlete's foot, thrush, and diaper rash.

The benefits of coconut oil can be attributed to the presence of lauric acid, capric acid, and caprylic acid, and its properties, such as antimicrobial, antioxidant, antifungal, and antibacterial. The human body converts lauric acid into monolaurin, which is claimed to help kill viruses and bacteria that cause diseases. Finally, coconut oil is often preferred by athletes, body builders, and those who are dieting. The reason behind this is that coconut oil contains fewer calories than other oils and it provides a nutritional source of quick energy. Coconut oil content is easily converted into energy and it does not lead to accumulation of fat in the heart and arteries.

Unlike other vegetable oils, coconut oil does not form harmful by-products when heated at normal cooking temperatures. The oil is completely non-toxic to humans. However, even though there are many health benefits to using coconut oil, some people are allergic to coconuts. It is always advisable to check with your health care professional before consuming any supplement.

- 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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HEALTH & WELLNESS

Quit smoking now to help the future you

By Jessica Thomas

LMH Health

The American Cancer Society states that smoking causes an estimated 480,000 deaths every year, or about 1 in 5 deaths. On top of this, more than 16 million Americans live with a smoking-related disease. The third Thursday in November is the Great American Smokeout, a challenge for



all smokers to give up smoking for 24 hours. Though we've passed this year's date, we spoke with some of the experts at LMH Health about smoking and the importance of smoking cessation.

Dr. Krishna Rangarajan, a pulmonologist with Lawrence Pulmonary Specialists (LPS), said even if you feel fine now, the effects of smoking can last for up to 20 years and symptoms of something more serious may not be present right now. He said if you want to help the future you avoid lung cancer, shortness of breath, needing oxygen or other cancers, the sooner you quit, the better.

"It is never too late to stop," Dr. Rangarajan said. "It is also important to note that smoking does not just mean cigarettes. Smoking electronic cigarettes and vaping are maybe just as bad for you. The nicotine levels are high and e-cigarettes are highly addictive and hard to stop. Even if you are young and healthy, many diseases related to smoking like COPD and lung cancer do not show up until years later."

If you are not experiencing shortness of breath, lung cancer can remain a big concern. Other diseases such as colon cancer, head and neck cancer, osteoporosis, increased pregnancy compli-

cations, heart disease and, of course, increased complications if you contract COVID-19 can happen as a result of smoking. Dr. Rangarajan said the best way to avoid this is to quit.

"Deciding to take the step towards smoking cessation is often the first and most important step for someone to make," he said. "Getting to that step is hard and when you decide that, it is huge. Now how you quit is different from person to person and up to you. Some are more successful saying 'I am going to quit on that date' and they set a quit date. That is often a big first step. For some people, slowly reducing can work, but often the last couple cigarettes are hard to eliminate. Quitting cold turkey is good for some, but overall, setting that quit date is most important first step."

Dr. Rangarajan said that quitting can take months or even years. It can be hard to throw away those last few cigarettes. If you have a hard day that often is what someone turns to, but then it turns into two, three, then back to where they were before, and going back to old habits is more tempting than ever.

"Some helpers like nicotine gum, patches, inhalers with nicotine and some medications can be beneficial for smoking cessation," he said. "Not only that, but seeking counseling can also be beneficial. The combination of counseling and medication has been shown to lead to healthier results. There are free counseling programs through most states as well. In Kansas, we have the Kansas Quit Line at 1-800-quit-now or you can visit ksquit.org. We also have an incredible smoking cessation class offered at LMH Health."

Some of the leading factors to quitting Dr. Rangarajan said were, for some, to simply take the urge away and remove the cigarettes. For others, they may hold on to smoking for the

social aspect.

"Smoking can become extremely social for folks," he said. "People will take smoke breaks together or have it with a meal or in their car. It becomes a part of their routine and their lifestyle. This is why having a class or a way to help you quit is great. There are people in these spaces to help you not smoke and there is accountability there to help take away some of the excuses we tell ourselves to keep smoking. Accountability helps avoid making excuses and can serve as a great tool through the beginning or your quitting process which can be the hardest part."

Smoking cessation is tough, but we are here to help

Dr. Rangarajan said it is tough to quit smoking. It may take a few tries and it may be frustrating, but you are not alone. There are incredible resources to help you achieve your goals. Some of these resources include medications. LMH Health has outpatient pharmacists who work hand-in-hand with providers from LPS and all primary care clinics at LMH Health to help their patients quit smoking.

Taylor Smith, a pharmacist with LMH Health, said the pharmacists and physicians work collaboratively. This approach means they can work with patients who are interested in learning more about medicines that can help them quit smoking and serve as an additional resource to patients.

"When we see a patient who wants to work to quit smoking, there are a few options we can offer," Smith said. "The nicotine component in tobacco is of

course what is the most addictive. So, from a medicine standpoint, we may recommend nicotine replacement therapy (NRT), a nicotine patch, gum, lozenges, inhalers or nasal sprays. We can also offer a medication called Chantix, but like to meet with our patients first to see if they would be a good candidates."

Smith said there are certain characteristics to medicine, so some patients may be better candidates for one type of medicine over another. The pharmacists at LMH Health can assist by sitting down and talking about different medication options and helping to create customized treatment plans for patients.

"When we meet with patients, we work to select medications that are affordable.

We assess insurance coverage and cash price and work with patients to select an option that is realistic in terms of cost," she said. "We also talk about the importance of combining medications with behavioral counseling to help stop smoking. Studies show that the two together are more effective than either one alone. We talk about what barriers there have been in the past, previous attempts at stopping and take all the information we can into account to equip our patients with the best possible plan for success."

At the end of the day, medications to help quit smoking are temporary. Smith said the goal is that these medicines work to help with the transition period to reduce cravings, and help increase your chances of successfully

■ CONTINUED ON PAGE 13



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Quit smoking

■ CONTINUED FROM PAGE 12

becoming tobacco-free. They don't generally continue lifelong, but can be used for several months to a year to help be successful.

"We receive referrals from many different clinics," she said. "Of course we work hand in hand with LPS providers, but also with our OrthoKansas team as well if smoking becomes a barrier for a patient to move forward with surgery. Sometimes patients may not think about this aspect, but that is why our team at the pharmacy is ready to help."

Barriers to surgery

The surgeons at LMH Health strive to protect our patients in every possible way. Dr. James Huston, an orthopedic surgeon with OrthoKansas, said after surgery the nicotine in tobacco or vaping can constrict your blood vessels. As a result, smoking during your recovery can negatively impact the body's ability to heal a wound or a fracture.

"Our nicotine cessation policy is important, because wound healing and bone healing can be adversely affected by tobacco and nicotine," Dr. Huston said. "To perform a total joint procedure, we ask all our patients cease smoking for at least three weeks before your surgery and at least six weeks after your surgery to ensure proper healing and a good recovery."

He said it takes a minimum of three weeks for nicotine to fully clear the bloodstream. The six weeks after surgery is the time where the majority of the soft tissue and bone healing happens. Dr. Huston said smoking after the six-week mark can still harm your overall health and healing process in the long run.

"We treat patients with non-surgical methods first before discussing surgery," he said. "These treatments may include anti-inflammatory medications, lubricating injections, physical therapy, weight loss and more. If surgery ends up being the best option, we will work with and discuss smoking cessation with our patients."

Dr. Huston said the guidance for patients to cease smoking before a

procedure is not a choice they make arbitrarily. If it was not something that would impact the health, safety and recovery of our patients, they wouldn't ask.


"It's in the best interest of patients to give them the highest chance of success in a surgery or procedure," he said. "Many of my patients have quit smoking primarily to have a joint replacement but then have subsequently been successful in sustaining healthier habits. It is always exciting to see patients not only recover well from a needed procedure but then feel so much happier and pleased with how they feel because they stopped smoking."

Ready to quit?

Are you thinking about quitting? We can help! Join LMH Health for our "You can be smoke free" smoking cessation class. Our program is individualized, interactive and patient-centered. Work with a Certified Tobacco Treatment Specialist to help you develop a plan to quit. You will learn about:

- Addiction
- Strategies to help quit and stay quit
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This four session program meets by telephone and is \$75. Scholarships are available. Ready to sign-up? Register for your first session today at www.lmh.org/events.



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FINANCIAL FOCUS

What are your financial resolutions for 2022?

As you know, 2021 was full of challenges. We were still feeling the effects of the COVID-19 pandemic when supply chains shut down and inflation heated up. So, if you're like many people, you might not be sorry to see the year come to a close. But now it's time to look ahead to a brighter



Derek
Osborn

2022. And on a personal level, you may want to set some New Year's resolutions. You might resolve to improve your health and diet, and possibly learn some new skills, but why not make some *financial* resolutions, too?

Here are a few ideas to consider:

- **Prepare for the unexpected.** If you haven't already created an emergency fund, now may be a good time to start. Ideally, you'd like to have three

to six months' worth of living expenses in this fund, with the money kept in a low-risk, liquid account. (If you're retired, you may want your emergency fund to contain up to a year's worth of living expenses.) Once you've got this fund established, you may be able to avoid dipping into long-term investments to pay for short-term needs, such as costly home or auto repairs or large medical bills.

- **Boost your retirement savings.** The pandemic caused many us to reevaluate our ability to eventually enjoy the retirement lifestyles we've envisioned. In fact, 33% of those planning to retire soon said they started to contribute even more to their retirement savings during the pandemic, according to a study from Age Wave and Edward Jones. This year, if you can afford it, increase your contributions to your IRA and your 401(k) or other employer-sponsored retirement plan.

- **Reduce your debt load.** The less debt you carry, the more money you'll have available to support your

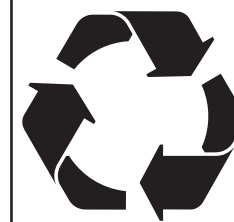
lifestyle *today* and save and invest for *tomorrow*. So, this year, resolve to cut down on your existing debts and avoid taking on new ones whenever possible. You can motivate yourself by measuring your progress—at the beginning of 2022, record your total debts and then compare this figure to your debt load at the start of 2023. If the numbers have dropped, you'll know you were making the right moves.

- **Don't overreact to the headlines.** A lot can happen during a year. Consider inflation—it shot up in 2021, but it may well subside in 2022. If you changed your investment strategy last year to accommodate the rise in inflation, would you then have to modify it again when prices fall? And inflation is just one event. What about changes in interest rates? How about new legislation coming out of Washington? And don't forget extreme weather events, such as wildfires and floods. Any or all of these occurrences can affect the financial markets in the short term, but it just doesn't make sense for you to keep changing the way you invest in response to the news of the day. Instead,

stick with a strategy that's appropriate for your goals, risk tolerance and time horizon. You may need to adjust this strategy over time, in response to changes in your own life, but don't let your decisions be dictated by external events.

These aren't the only financial resolutions you can make—but following them may help you develop positive habits that can help you face the future with confidence.

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



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JILL ON MONEY

Indexing is standing the test of time

When it comes to investing, I have long adhered to a simple acronym: KISS, which stands for “Keep It Simple, Stupid.” As a result, when I receive questions about how to select the “right” portfolio allocation, I usually end up recommending a mix of



Jill
Schlesinger

index funds or index-based exchange traded funds (ETFs), which track an established stock, bond, real estate or commodity index. Indexing allows investors to diversify their risk for a fraction of the cost that managed funds charge.

Though I have been a fan of indexing for decades, I did not know the origin story until I interviewed Robin Wigglesworth, the Global Finance Correspondent for the Financial Times and author of the new book, “Trillions: How a Band of Wall Street Renegades Invented the Index Fund and Changed Finance Forever.”

According to Wigglesworth, the

elegant investment solution that index funds provided can be traced back to a time before Vanguard founder Jack Bogle’s 1976 Vanguard First Index Investment Trust, or Charles Ellis’ 1975 article, “The Loser’s Game,” the famous missive that quantified active managers’ disappointing results versus passive investments. Wigglesworth explores the index fund’s roots all the way to a Depression-era analyst named Alfred Cowles III, a student of speculation and financial markets.

Building on the research of a turn-of-the-twentieth century French mathematician named Louis Bachelier, Cowles’ released a fundamental building block for the advent of indexing. His 1933 article was titled “Can Stock Market Forecasters Forecast?,” and the answer was “a terse, brutal three-word abstract: ‘It is Doubtful.’” Wigglesworth notes that Cowles’ calculations “indicated that only a minority of prognosticators managed to do better than the stock market as a whole, and blind luck might explain those.” Nearly 90 years later, the results are eerily consistent.

Wigglesworth told me that “the math around indexing is irrefutable,” a notion that S&P, the company that

licenses its indexes to various fund families, echoes in its annual analysis. While in any given year, a managed fund might beat its relevant index, over longer time horizons, those that survive rarely beat their bench marks.

When I have trotted out that kind of data to managed fund adherents, they have warned that the proliferation of index funds and index ETFs would mean that all investors would be subject to a dangerous and risky herd mentality. The theory was that when investors are riding high amid the good times, few would worry about being in a crowded trade. But the fact that so many would have piled into the same index could turn disastrous during a market collapse, as the once-confident herd of bulls would charge for the exit at the same time.

“The worry among some skeptics,” says Wigglesworth, is that struck with a barrage of withdrawal requests, especially in the more thinly traded bond market, an ETF sponsor “might be unable to sell its holdings to meet them, and collapse. That could in turn spark fears over fixed income ETFs at large,

leading to a frenzied rush for the exit that triggers a broader bond market collapse.”

This fear was put to the test amid the early days of the pandemic. March 2020 was perhaps the closest thing we have had to a stress test for passive investing. Instead of withering amid extreme volatility, Wigglesworth said that ETFs acted as a “shock absorber” to the system, not a trigger for collapse. “The turmoil in the broader bond market would likely have been worse had ETFs not existed to absorb the selling spree.”

The investment industry has long reacted to indexing with “a mix of indifference, snickering, snark, and outright hostility,” says Wigglesworth, which makes me a bigger fan of the strategy than ever.

- 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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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

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EDUCATION

DEC 2

FT. LEAVENWORTH: KENNAN AND NITZE: EARLY COLD WAR THEORISTS

Presented by Gates Brown and Dave Mills. Brown and Mills will discuss two of the most influential Cold War theorists George Kennan and Paul Nitze, who were exact opposites in strategy and outlook. Kennan was a realist who believed the U.S. should eliminate its arsenal of nuclear weapons. His guiding philosophy was that an individual or a nation that desired peace should act peacefully, although his opinions on dealing with the U.S.S.R. ironically led to the most aggressive foreign policy in American history. Nitze was a hawk who advocated a more assertive role in foreign affairs, believing that if a nation

desired peace, it should prepare for war. More than any other American, Nitze was responsible for the arms race between the two superpowers throughout the Cold War. Dole Institute, 2350 Petefish Drive, 3 p.m. Also available on the Dole Institute's YouTube channel. Free.

LAWRENCE, 785-864-4900

doleinstitute.org/events

DEC 6

NEW TO MEDICARE

Medicare advice from Jayhawk Area Agency on Aging for those about to turn 65. Topeka and Shawnee County Public Library, Learning Center, 1-2 p.m. Free.

TOPEKA, 785-580-4400

DEC 8

ADVANCE DIRECTIVES & ESTATE PLANNING

Have you considered who will make medical and personal decisions on your behalf if you become incapacitated? Learn about the importance of advance directives and estate planning basics. Topeka and Shawnee County Public Library - Marvin Auditorium 101BC, 1-5 p.m. Free.

TOPEKA, 785-580-4400

DEC 9

COMPUTERIZED GENEALOGY 2

Learn how to find online resources to build your family tree with your FamilySearch.org account. Register to receive the Zoom link. Topeka and Shawnee County Public Library - Virtual Room 01, 10-11:30 a.m. Free.

TOPEKA, 785-580-4400

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

DEC 13

NEW TO MEDICARE

Advice for those about to turn 65. Jayhawk Area Agency on Aging staff will explain the basics of Medicare. Topeka and Shawnee County Public Library - Marvin Auditorium 101C, 6-7 p.m. Free.

TOPEKA, 785-580-4400

<https://events.tscpl.org/event/5220127>

DEC 20

MEDICARE PART D DIY

Navigating the Medicare Part D website. Jayhawk Area Agency on Aging staff will help you navigate the Medicare Part D using your laptop or one of the library's laptops. Topeka and Shawnee County Public Library - Learning Center, 1-2 p.m. Free.

TOPEKA, 785-580-4400

JAN 3

NEW TO MEDICARE

Advice for those about to turn 65. Jayhawk Area Agency on Aging staff will explain the basics of Medicare. Topeka and Shawnee County Public Library - Learning Center, 1-2 p.m. Free.

TOPEKA, 785-580-4400

<https://events.tscpl.org/event/5788573>

ENTERTAINMENT

DEC 3-19

ELF: THE MUSICAL

Based on the cherished film, this beloved holiday comedy tells the hilarious tale of Buddy the Elf, in his quest to find his true identity. The show will have us all "spreading Christmas Cheer by singing loud both far and near." Theatre Lawrence, 4660 Bauer Farm Dr. Various times for live and streaming performances. Fee. LAWRENCE, 785-843-SHOW (7469) wp.theatrelawrence.com/events/21-22-season/elf-the-musical

DEC 10-12

THE NUTCRACKER, A KANSAS BALLET

It's back! Experience the sensation and charm of the Lawrence Arts Center's original production. A winter family favorite, this ballet is based on E.T.A. Hoffman's original story and set in Kansas during the civil war. Witness the magic and wonder of this story as Drosselmeyer and Clara defeat the Mouse King and liberate the Nutcracker from his enchanted form. Lawrence Art Center, 940 New Hampshire St. Dec. 10, 7 p.m.; Dec. 11, 2 p.m. and 7 p.m.; Dec. 12, 3 p.m. Fee.

LAWRENCE, 785-843-2787

lawrenceartscenter.org/event/the-nutcracker-a-kansas-ballet-4

DEC 17

SUMMER: THE DONNA SUMMER MUSICAL

Featuring choreography from Tony Award-winner (Ain't Too Proud) Sergio Trujillo, who won a Chita Rivera Award for Outstanding Choreography in the Broadway show for SUMMER, and directed by Des McAnuff, the Tony Award-winning director of Jersey Boys and The Who's Tommy, SUMMER takes us through her tumultuous life and tempestuous loves. The Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/calendar

JAN 14

STORY SLAM | WE'RE NOT IN KANSAS ANYMORE

Stories told live, MOTH-style, with a new theme each month. Never the same story, or evening, twice. Live music and social hour starting at 7 p.m.—slam starts at 7:30 p.m. Adults, 18+ only. November's Story Slam will take place offsite at Haskell Indian Nation University's Auditorium, E Indian Ave. Free (Encouraged donation \$10).

LAWRENCE, 785-843-2787

lawrenceartscenter.org/event/story-slam-on-the-road-again

EXHIBITS & SHOWS

NOV 19-APR

LAWRENCE MEMORIAL HOSPITAL: A CENTURY OF CARE

In 2021, Lawrence Memorial Hospital passed its centennial anniversary. This milestone in the face of a continued medical crisis, paints a clear image of how our community has changed with

access to a public hospital. This exhibit chronicles the emergence of Lawrence Memorial Hospital from its origins in the early twentieth century all the way through the challenges of the 2020 Pandemic. Watkins Museum of History, 1047 Massachusetts St. Free admission. LAWRENCE, 785-841-4109 watkinsmuseum.org/century-care

FARMERS' MARKET

DEC 11

HOLIDAY MARKET | LAWRENCE FARMERS' MARKET

For 30 years, the vendors of the Lawrence Farmers' Market have been putting on a Holiday Market. With over 40 vendors bringing goods ranging from meats and produce to baked goods and wine, and local crafts, you are guaranteed to find something for everyone on your gift list. Douglas County Fairgrounds 1930 Harper Street, 9 a.m.-4 p.m.

LAWRENCE, 785-505-0117

HEALTH & FITNESS

DEC 29

COVID-19 VACCINE CLINIC

The Shawnee County Health Department will be offering FREE COVID-19 vaccines to the public. Topeka and Shawnee County Public Library - Marvin Auditorium 101AB, 10 a.m.-3:30 p.m. Free.

TOPEKA, 785-580-4400

HOLIDAY EVENTS

NOV 22-DEC 4

FESTIVAL OF TREES

A Topeka tradition for the last 44 years returns in 2021 to help us all ring in the holiday season! SLI's Festival of Trees is more than a fun, family-friendly holiday event - it supports critical supports and services for individuals with intellectual and developmental disabilities. Fairlawn Plaza Shopping Center, 2114 S.W. Chelsea Dr. Free.

TOPEKA, 785-233-2566

DEC 6

TOPEKA HIGH MADRIGALS

Hear Topeka High School students sing holiday and winter songs. Topeka and Shawnee County Public Library Rotunda - NE Corner, 12:30-1 p.m. Free.

TOPEKA, 785-580-4400

DEC 8

CAIR PARAVEL MADRIGALS

Hear students from Cair Paravel sing holiday and winter songs. Topeka and Shawnee County Public Library Rotunda - NE Corner, 12-12:30 p.m. Free.

TOPEKA, 785-580-4400

DEC 8

TOPEKA COLLEGIATE SCHOOL CHOIR

Listen to Topeka Collegiate students perform winter and holiday songs. Topeka and Shawnee County Public Library Rotunda - NE Corner, 1-1:30 p.m. Free.

TOPEKA, 785-580-4400

■ CONTINUED FROM PAGE 16

DEC 9

SANTA CLAUS AT THE ELDRIDGE

Santa Claus is coming to the Eldridge! He will arrive Thursday, December 9 from 4-6 p.m. He is making his list and checking it twice! Bring the kids. The Eldridge Hotel, 701 Massachusetts St.

LAWRENCE, 785-749-5011

DEC 10

EISENHOWER ORCHESTRA

Hear Eisenhower Middle School students play holiday songs. Topeka and Shawnee County Public Library Rotunda - NE Corner, 11:30 a.m.-12 p.m. Free.

TOPEKA, 785-580-4400

DEC 11

TOPEKA ACAPPELLA UNLIMITED

Hear holiday a cappella songs. Topeka and Shawnee County Public Library Rotunda - NE Corner, 10:30 a.m.-11. Free.

TOPEKA, 785-580-4400

DEC 11

KANSAS YOUTH CHORALE

Enjoy holiday songs performed by the Kansas Youth Chorale. Topeka and Shawnee County Public Library Rotunda - NE Corner, 12-12:30 p.m. Free.

TOPEKA, 785-580-4400

DEC 11

MUSICAL JOURNEY MUSIC STUDIO STUDENTS

Hear holiday tunes performed by Musical Journey Music Studio students. Topeka and Shawnee County Public Library Rotunda - NE Corner, 1-2 p.m. Free.

TOPEKA, 785-580-4400

DEC 12

HOLIDAY CONCERT WITH FREE STATE BRASS BAND

Free State Brass Band will get you in the holiday spirit! This 25-member brass and percussion ensemble is made up of local talent from around the area. Grace Cathedral, 701 S.W. 8th Street, 3-5 p.m. Free.

TOPEKA, 785-580-4400

DEC 13

MELODEARS

Hear holiday and winter songs. Topeka and Shawnee County Public Library Rotunda - NE Corner, 11:30 a.m.-12 p.m. Free.

TOPEKA, 785-580-4400

DEC 13

CORNERSTONE FAMILY SCHOOL CHOIRS

Hear students sing holiday and winter songs. Topeka and Shawnee County Public Library Rotunda - SW Corner, 12:30-1:15 p.m. Free.

TOPEKA, 785-580-4400

DEC 14

HERITAGE SINGERS

Part of Songs of the Season concert series. Topeka and Shawnee County Public Library Rotunda - NE Corner, 12:30-1 p.m. Free.

TOPEKA, 785-580-4400

DEC 14

LAWRENCE WOODWIND QUINTET

Hear live holiday music. Topeka and Shawnee County Public Library Rotunda - NE Corner, 1-1:30 p.m. Free.

TOPEKA, 785-580-4400

DEC 15

ST. MARYS SOUND

Hear holiday songs. Topeka and Shawnee County Public Library Rotunda, 11:30 a.m.-12 p.m. Free.

TOPEKA, 785-580-4400

DEC 15

CHASE MIDDLE SCHOOL ORCHESTRA

Part of Songs of the Season concert series. Topeka and Shawnee County Public Library Rotunda - NE Corner, 12:15-12:45 p.m. Free.

TOPEKA, 785-580-4400

DEC 16

EISENHOWER MIDDLE SCHOOL CHOIR

Hear students from Eisenhower Middle School sing holiday and winter songs. Topeka and Shawnee County Public Library Rotunda - NE Corner, 11:30 a.m.-12 p.m. Free.

TOPEKA, 785-580-4400

DEC 17

JARDINE ORCHESTRA

Hear Jardine Middle School students play holiday and winter tunes. Topeka and Shawnee County Public Library Rotunda - NE Corner, 11:30 a.m.-12 p.m. Free.

TOPEKA, 785-580-4400

DEC 18

SILVER WINDS FLUTE ENSEMBLE

Listen to beautiful holiday songs. Topeka and Shawnee County Public Library Rotunda - NE Corner, 11-11:45 a.m. Free.

TOPEKA, 785-580-4400

DEC 18

TOPEKA SUZUKI STRINGS

Hear Topeka Suzuki Strings students play holiday tunes. Topeka and Shawnee County Public Library Rotunda - NE Corner, 12-1 p.m. Free.

TOPEKA, 785-580-4400

DEC 18

HOLIDAY CONCERT WITH THE LAWRENCE CITY BAND

Get in the tinseling and latke making mood courtesy of the Lawrence City Band as they regale us with holiday classics. Lawrence Public Library, 707 Vermont St., 12-1 p.m. Free and open to the public.

LAWRENCE, 785-843-3833

MEETINGS**MONDAYS****GRIEF SUPPORT (VIRTUAL)**

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

TOPEKA, 785-232-2044

FIRST WEDNESDAY OF THE MONTH

CAREGIVER SUPPORT GROUP

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

BALDWIN CITY

THIRD FRIDAY OF THE MONTH

CAREGIVER SUPPORT GROUP

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

TOPEKA, 785-235-1367

DEC 6

CAREGIVER SUPPORT MEETING

Facilitated by Jayhawk Area Agency on Aging. Being a caregiver can be incredibly stressful. Meet and talk to others in the same situation. For more information call April Maddox at Jayhawk Area Agency on Aging. Topeka and Shawnee County Public Library, Hughes Room 205, 2-3 p.m. Free.

TOPEKA, 785-235-1367

DEC 13

CAREGIVER SUPPORT MEETING

Facilitated by Jayhawk Area Agency on Aging. Being a caregiver can be incredibly stressful. Meet and talk to others in the same situation. For more information call April Maddox at Jayhawk Area Agency on Aging. Topeka and Shawnee County Public Library, Hughes Room 205, 3:30-4:30 p.m. Free.

TOPEKA, 785-235-1367

DEC 16

CAREGIVER SUPPORT MEETING

Facilitated by Jayhawk Area Agency on Aging. Being a caregiver can be incredibly stressful. Meet and talk to others in the same situation. For more information call April Maddox at Jayhawk Area Agency on Aging. Topeka and Shawnee County Public Library, Perkins Room 201, 2-3 p.m. Free.

TOPEKA, 785-235-1367

MISCELLANEOUS

DEC 12-14

PULLING FOR A CHANGE: HORSE-DRAWN CARRIAGE

Enjoy a relaxing horse-drawn carriage ride through downtown Lawrence. A charity event to benefit the O'Connell Children's Shelter. \$10 per person. \$40 per family. Cash, Check, or Credit Card. Donations accepted. Eldridge Hotel, 701 Massachusetts St. Dec. 12, 12-5 p.m. Dec. 13 and 14, 4:30-8 p.m.

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AMERICA'S TEST KITCHEN

Fuel up with this simple snack

By America's Test Kitchen

Tribune Content Agency

Different types of food can give you different types of energy. Sweet foods such as cookies and candy give you a lot of energy, and fast—but that energy lasts for only a little bit of time, since sugar moves quickly through your body. But foods such as these energy bites that combine complex carbohydrates (oats!), protein (nut butters!), and fiber (oats and nut butters!), as well as some sugar give you longer-lasting energy. Power up!

Cranberry-Almond No-Bake Energy Bites

Makes 12 bites

3/4 cup (2 1/4 ounces) old-fashioned rolled oats
1/3 cup peanut, almond, or sunflower butter
1/3 cup sliced almonds

1/3 cup dried cranberries
2 tablespoons honey
1/8 teaspoon salt

1. Stir all the ingredients in a bowl with rubber spatula until well combined.
2. Use your wet hands to roll the mixture into 12 balls (about 1 tablespoon each). Place the balls on a plate and cover with plastic wrap.
3. Refrigerate the balls until firm, at least 30 minutes.

Recipe notes: You can add 1 tablespoon of chia seeds or ground flax seed to oat mixture in Step 1, if desired. Energy bites can be refrigerated in an airtight container for up to three days.

- 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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ASHLEY MOORE



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MY PET WORLD

Dog struggling with family returning to work post-COVID

By **Cathy M. Rosenthal**

Tribune Content Agency

Dear Cathy: I have a seven-year-old male dog who just started marking in the house, mostly in my master bedroom. Yes, there are lots of things going on. A daughter moved out and is getting married. My husband was working from home a lot; now it's just one day a week. I was home more during the earlier days of the pandemic, but now am returning to normal workdays. I feel like these things are just "life," and he has been through our daughters going off to college, first daughter moving out, and many other changes before. So, why is he marking now and how do I make him stop? What can we do other than not let him upstairs? I can't supervise him constantly. Last time I brought him upstairs, I went into the closet for a moment, and he marked in the minute that I wasn't watching him.

- Margo, Yorktown, Virginia

Dear Margo: When a dog starts a new behavior, the first thing to do is take him to the vet to make sure there are no health problems. When animals have urinary infections and other illnesses, they can have accidents, so please rule out health problems first.

While your dog may be used to life changes, he can still get stressed,

and is likely stressed over you and your husband no longer being home all the time. Many dogs and cats are experiencing the loss of their families post-COVID-19 as their families return to offices and school. During this transition, maintain his COVID-19 routine as much as possible. If you were giving him a 30-minute walk every day, make time to work that walk in before or after work now. If you brushed him for 10 minutes every day, make sure that is still a part of his routine. You can slowly wean him off other activities you no longer can accommodate in your schedule, but keep playtime, walks and grooming a part of his everyday schedule as much as possible.

Next, get him a pheromone collar to wear and put a pheromone plug-in in your bedroom. Canine pheromones can

help dogs feel less anxious, which may reduce the marking.

Finally, while you don't need to monitor him 24/7, you must monitor him when he is in your room since that is where the problem is occurring. Don't ever punish him. Instead, distract him with a puzzle toy so he doesn't think about marking anymore. Clean up the urine with an enzymatic cleaner. By removing the scent, you

are removing his desire to remark in that place.

- *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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VARIETY

Harry Potter 'Return to Hogwarts' Special to Reunite Daniel Radcliffe, Emma Watson, Rupert Grint for HBO Max

By Todd Spangler

The original Hogwarts wizarding trio are reuniting to recount their adventures from two decades ago.

Daniel Radcliffe, Rupert Grint and Emma Watson will join filmmaker Chris Columbus and other cast members from all eight "Harry Potter" films for the first time in an HBO Max retrospective special to celebrate the anniversary of the franchise's first film, "Harry Potter and the Sorcerer's Stone," which premiered 20 years ago today.

"Harry Potter 20th Anniversary: Return to Hogwarts" will premiere on HBO Max on New Year's Day, Jan. 1, 2022. The feature will "tell an enchanting making-of story through

all-new, in-depth interviews and cast conversations," according to HBO Max. All eight of Warner Bros.'s original "Harry Potter" films are streaming on HBO Max.

The special also will air on WarnerMedia's TBS and Cartoon Network in spring 2022 ahead of the Warner Bros. Pictures theatrical debut of "Fantastic Beasts: The Secrets of Dumbledore."

Other alumni of the film franchise joining the tribute are set to include Helena Bonham Carter, Robbie Coltrane, Ralph Fiennes, Jason Isaacs, Gary Oldman, Imelda Staunton, Tom Felton, James Phelps, Oliver Phelps, Mark Williams, Bonnie Wright, Alfred Enoch, Matthew Lewis, Evanna Lynch and Ian Hart.

"It has been an incredible journey

PETER MOUNTAIN PHOTO



Daniel Radcliffe in the film "Harry Potter And The Sorcerer's Stone."

since the debut of the 'Harry Potter and the Sorcerer's Stone' film, and witnessing how it has evolved into this remarkable interconnected universe has been magical to say the least," Tom Ascheim, president of Warner Bros. Global Kids, Young Adults and Clas-

sics, said in a statement. "This retrospective is a tribute to everyone whose lives were touched by this cultural phenomenon—from the talented cast and crew who poured their heart and soul into this extraordinary film franchise

■ CONTINUED ON PAGE 23



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Hogwarts

■ CONTINUED FROM PAGE 22

to the passionate fans who continue to keep the Wizarding World spirit alive 20 years later.”

“Harry Potter 20th Anniversary: Return to Hogwarts” is produced by Warner Bros. Unscripted Television in association with Warner Horizon at

the Warner Bros. Studio Tour London - The Making of Harry Potter. The special is executive produced by Casey Patterson of Casey Patterson Entertainment (“A West Wing Special to Benefit When We All Vote”) and Pulse Films (“Beastie Boys Story”).

“There’s magic in the air here with this incredible cast, as they all return home to the original sets of Hogwarts, where they began 20 years ago,” Patterson commented. “The excitement is

palpable as they prepare to take their fans on a very special and personal journey, through the making of these incredible films.”

An exclusive first look at the special debuted during the premiere of bracket-style quiz competition “Harry Potter: Hogwarts Tournament of Houses” on Nov. 28 (8 p.m. ET/PT) on TBS and Cartoon Network. Hosted by Helen Mirren, the four-part event will feature fans competing to take home

the Tournament of Houses championship trophy and will feature cameos by “Harry Potter” film alumni Tom Felton, Simon Fisher-Becker, Shirley Henderson and Luke Youngblood, as well as superfans Pete Davidson and Jay Leno. “Hogwarts Tournament of Houses” also will begin streaming on HBO Max on Jan. 1.

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RICK STEVES' EUROPE

Civita di Bagnoregio: Italy's dead town

By Rick Steves

Tribune Content Agency

As we've had to postpone our travels because of the pandemic, I believe a weekly dose of travel dreaming can be good medicine. Here's one



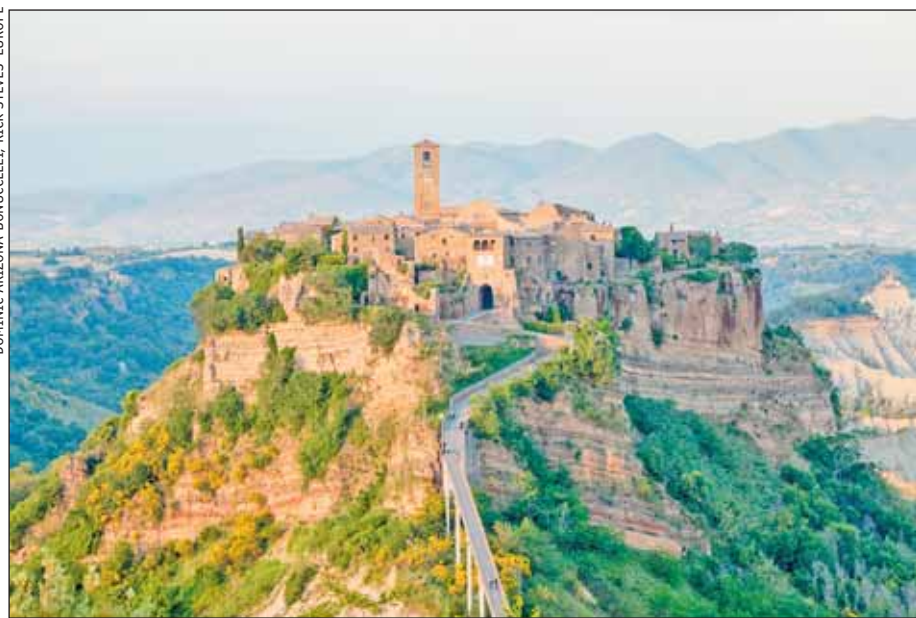
Rick Steves

of my favorite European memories from Italy—a reminder of the fun that awaits us at the other end of this crisis.

Of all the Italian hill towns, Civita di Bagnoregio was my favorite. But then it died. During 30 years of visits, I watched it wither. Its young people left, lured away by the dazzle of the city. Its elderly grew frail and moved into apartments in nearby Bagnoregio. Today, Civita (dubbed La citta che muore—the dying town) is being bought up by rich, big-city Italians for their country escapes. And, just like I had a lemonade stand when I was little, their kids sell bruschetta to a steady stream of gawking tourists.

As I enjoy the picture-perfect panorama of Civita from across the canyon, I get nostalgic, recalling this precious chip of Italy when it was a traffic-free community with a grow-it-

DOMINIC ARIZONA BONUCCELLI, RICK STEVES' EUROPE



Civita, perched on a pinnacle.

in-the-valley economy.

Civita teeters atop a pinnacle in a vast canyon ruled by wind and erosion. The saddle that once connected Civita to its bigger and busier sister town, Bagnoregio, eroded away, replaced by only a narrow bridge. On my early

visits, a man with a donkey ferried the town's goods up and down this umbilical cord connecting Civita with the rest of Italy. His son inherited the responsibility, doing the same thing, using a Vespa rather than a donkey.

■ CONTINUED ON PAGE 25

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Rick Steves

■ CONTINUED FROM PAGE 24

Entering the town through a cut in the rock made by Etruscans 2,500 years ago and heading under a 12th century Romanesque arch, I feel like I'm walking into history on the smooth, hubcap-sized cobblestones under my feet. This was once the main Etruscan road leading to the Tiber Valley and Rome, just 60 miles to the south, which feel a world away. Those searching for arcade tourism won't find it here: There are no lists of attractions, orientation tours, or museum hours.

The charms of Civita are subtle. It's just a lovingly crafted stone shell, a corpse of a town. Yet it's also an artist's dream. Each lane and footpath hold a surprise. The warm stone walls glow, and each stairway is dessert to a sketchpad or camera. Walking down a dead-end lane, I come to a surprise viewpoint—and realize the street used to continue until that chunk of this hill town crumbled into the valley floor far below.

The basic grid street plan of the ancient town survives—but its centerpiece, a holy place of worship, rotated with the cultures: first an Etruscan temple, then a Roman temple, and today a church. The round tops of ancient pillars that stand like bar stools in the square once decorated the pre-Christian temple.

I step into the humble church, the heartbeat and pride of the village for centuries. This was where festivals and processions started. Sitting for

a cool, quiet moment in a pew, I see faded paintings by students of famous artists, relics of hometown boy Saint Bonaventure, and a dried floral decoration spread across the floor.

Just around the corner from the church, on the main street, is Bruschette con Prodotti Locali, Rossana and Antonio's cool and friendly wine cellar. I pull up a stump and let them serve me panini, bruschetta, fresh white wine, and a cake called ciambella. After eating, I ask to see the cellar with its traditional winemaking gear and provisions for rolling huge kegs up the stairs. Grabbing the stick, I tap on the kegs . . . thimp, thimp, thomp . . . to measure their fullness.

The ground below Civita is honeycombed with ancient cellars like this one (for keeping wine at the same temperature all year) and cisterns (for collecting rainwater, since there was no well in town). Many of these date from Etruscan times.

Behind the church, at L'Antico Frantoio Bruschetteria, an olive press—the latest in a 2,000 year line of olive presses—fills an ancient Etruscan cave. Brothers Sandro and Felice sell bruschetta to visitors. Bread is toasted on an open fire, drizzled with the finest oil, rubbed with garlic, and topped with chopped tomatoes. These edible souvenirs stay on my breath for hours and in my memory forever.

As I walk back to my car to re-enter the modern world, I stop under a lamp on the donkey path and just listen. I listen to the canyon . . . distant voices . . . animals on humble farms . . . fortissimo crickets . . . the same sounds villagers heard here when their town was still alive.

- 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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HUMOR HOTEL

Metallica is going to help me start a band

By Greg Schwem

Tribune Content Agency

If there is one thing the pandemic has taught me, it's that it's never too late to learn a new skill, even one you will probably abandon when it's safe to go outside.

One month into quarantine, I downloaded a guitar "how to play" app, borrowed a relative's six-string, and convinced myself the instrument I discarded when I was 14 would return to my life and I would eventually sound like James Taylor. True, James Taylor doesn't stop in the middle of "Fire and Rain" to check his iPhone and make sure his fingers are in the correct positions when strumming a C chord, but I figured that would be temporary.

My second guitar career lasted about as long as a James Taylor concert.

I had more success with other ventures. My editor and web designer Brett, along with numerous YouTube teachers, taught me the basics of the popular video editing program Final Cut Pro. When I say "basics," it means I learned enough to know that editing video on your computer makes said computer run so slowly that you have time to teach yourself how to play guitar while a 30-second Instagram video uploads in the other room.

But now, as cold weather returns and I'm staying inside more, I have decided to start a band. Yes, my guitar skills are limited, and I can only sing in one, still yet to be defined key, but I have found four online instructors who will help me fulfill my dream.

Metallica.

I didn't seek out, nor do I have any connection to, the insanely popular thrash metal band. No, they came to me via a Facebook ad. A picture of the four guys, with looks ranging from "We will physically beat up any struggling student" to "We don't really

need the money, do we?" accompanied by the tagline: "MasterClass | Metallica Teachers Being a Band," was too intriguing to pass up.

MasterClass often enters my Facebook feed. Defined on its website as "the streaming platform that makes it possible for anyone to watch or listen to hundreds of video lessons taught by 100+ of the world's best," the site also features comedy classes courtesy of Steve Martin and Judd Apatow, cooking via Gordon Ramsay and ukulele taught by renowned ukulele expert Jake Shimabukuro. Yes, some classes do require Googling the instructors first.

For the record, I own no Metallica albums, could not name all four band

members, and probably could not identify a single Metallica song. Several years ago, I watched a Netflix documentary, "Metallica: Some Kind of Monster," that mostly featured the band members screaming at one another while simultaneously writing new songs. I have yet to discover whether that lesson is featured in MasterClass.

So far, I have only watched the class's trailer, which features bassist Robert Trujillo saying communication is key among band mates. "When you have a problem, talk about it with a level head," he implores MasterClass students.

Right now, my biggest problem is assembling the band. My physical therapist plays drums, and I believe his son plays bass; so that's two possibilities. Oh, and if he decides to take a break from his food marketing role, a neighbor plays guitar. If they play loud enough, my marginal vocals will suffice.

We will also need a rehearsal space. My kids are grown, so I can move their bikes and scooters out of the garage and use that. Yes, my garage faces a townhome development, mostly comprised

of seniors, but with Metallica behind my new band, my elderly neighbors may hear and witness greatness in its infancy. Provided they can stay up past 8 p.m.

I don't expect immediate success; it took Metallica five years and three albums to achieve commercial recognition. But, 40 years later, they are still together. It's nice to know I'll have a pastime that will accompany me into my late 90s.

After that, I'll probably be ready to purchase neuroscientist and psychology professor Matthew Walker's MasterClass:

"The Science of Better Sleep."

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

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HUMOR

The Big Bad Psyche

(Editor's note: The following Larry Day column was originally published in an earlier issue of Kaw Valley Senior Monthly.)

I dropped by my favorite animal juice bar the other night to unwind after a hard day. I took a stool next to a grey fox. I ordered a Farmer McGregor—that's carrot juice with a twist of radish, shaken, not stirred.



Larry
Day

The grey fox was a corporate lawyer from the look of him—trimmed claws, twenty-five hundred-dollar fur, tinted rimless glasses. On the other side of the fox sat a pudgy, disheveled-looking badger who was slugging down catnip zingers as fast as the bartender could set them up. The badger was a psychiatrist.

The fox and the badger were having a serious conversation, so like a good journalist, I listened in.

"It's not your fault, Sydney," said the fox. "You can't keep blaming yourself. Let it go."

"I should have known it was going to happen," said the badger. "When I went over my notes later the whole

thing jumped out at me: the absence of rational judgment, the penchant for impulsive behavior, the rote repetition of threatening phrases. It's all there and I missed it. I treated my patient as if he were a psychosomatic blowhard."

"Sidney, you're using 20-20 hindsight here," said the fox. "At best it was a very tricky diagnosis. The other individuals involved are as culpable for what happened as your patient."

"The victims, you mean," said the badger signaling the bartender for another catnip zinger. "You say they were lazy and shiftless. You say what happened was their own fault because they chose to build a substandard houses. You talk like he had a right to attack them. He stalked them, destroyed two of their dwellings and tried to destroy a third."

"You're missing the point, Sidney," said the fox, "It was a plot. They preyed on your patient's psychological weaknesses. They taunted him. They provoked him. Then when he got desperate and began acting irrationally, as they knew he would, they killed him. And they got away with it." The badger wasn't listening to the fox. He just talked on.

"I shoulda had him committed after that last session. I coulda saved his life. He came to me for help and I let him down.

"I remember the conversation vividly," said the badger. "He said I hate those little jerks, Doc."

"Sounds like you are very angry," I said with my best professional neutral tone.

"You're darn right I'm angry. You know what I'm gonna do, Doc? I'm gonna huff and puff and blow their darn house down. That's what I'm gonna do.

"You tried that twice before," I pointed out. "So what will you gain by that?"

"Darn it, Doc, don't you understand that these guys are provokin' the heck outa me."

"So you're going to blow their last house down, Then what?"

"Why, then I'll eat 'em up, that's what."

"Eat them up. That could get you into a lot of trouble," I said, and then I just let him get up and walk out the door," said the badger. "I'm responsible for his death."

"Hot water, Sidney," said the fox quietly, "Hot water is responsible for his death. Hot water, and three devious calculating pigs. That's what killed that poor old wolf. It's time for you to pull yourself together, my friend. It's time to put this one behind you. Believe me,

it's not your fault."

I quietly paid for my juice and walked out into the crisp night air.

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

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GOREN ON BRIDGE

WITH BOB JONES

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BRILLIANCE DENIED

Both vulnerable, South deals

NORTH

♠ K Q
♥ 6 5
♦ K J 5 3 2
♣ Q 9 4 3

WEST

♠ 10 8 5 4
♥ J 10 9 7
♦ Q 10 8 6
♣ K

EAST

♠ J 9 7 2
♥ Q 8 4 3 2
♦ 9
♣ A J 2

SOUTH

♠ A 6 3
♥ A K
♦ A 7 4
♣ 10 8 7 6 5

The bidding:

SOUTH	WEST	NORTH	EAST
1NT	Pass	3NT	All pass

Opening lead: Jack of ♥

The battle for overtricks can be a fascinating part of a duplicate pairs competition. It offers opportunities for brilliant play by the declarer and the defenders. Some of these brilliancies would be ignored by rubber bridge players or competitors in a team competition, where overtricks hardly matter.

South won the opening heart lead and counted seven winners. He needed two more and they could

only come from the diamond suit, as the defenders could set up their hearts before declarer could set up even one extra club trick. Accordingly, declarer cashed dummy's king and queen of spades to unblock his tricks in that suit, led a low diamond to his ace, and another diamond toward the dummy.

A declarer in a pairs game might play dummy's jack after West played low, hoping for a 3-2 split, which would provide an overtrick if the queen were onside and make his contract even if it wasn't. He would go down on this lie of the cards. A good rubber bridge player would play low from dummy rather than the jack, taking four diamond tricks and making his contract regardless of the split in diamonds.

But what if West brilliantly played the queen of diamonds rather than a low one on the second diamond? A duplicate player would jump on it with dummy's king, certain of an overtrick. Alas, down one. A rubber player or a declarer in a team game should duck in dummy anyway, eschewing the overtrick to guarantee his contract. West's brilliant play would go unrewarded.

(Bob Jones welcomes readers' responses sent in care of this paper or tcaeditors@tribpub.com)

Boggle[®]
BrainBusters!

By David L. Hoyt and Jeff Knurek



3-14-21

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BUPH
WOIS
GOKE
AGLM

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

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PUZZLES & GAMES

CROSSWORD

Across

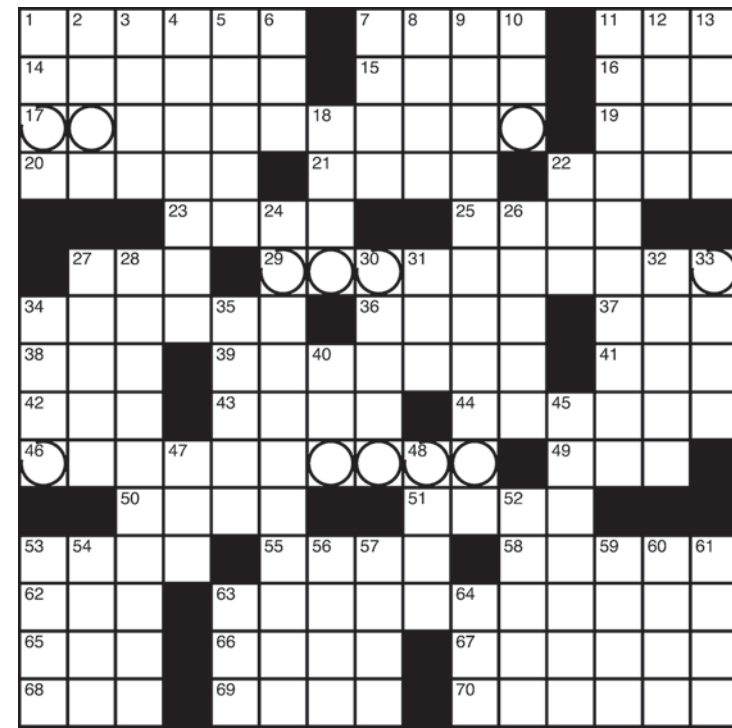
- 1 Smacked into
- 7 Window framework
- 11 Cabernet, e.g.
- 14 1998 PGA Player of the Year Mark
- 15 Snowman's smoke
- 16 Pitching stat
- 17 French national observance
- 19 Objective
- 20 Davis of "Dr. Dolittle"
- 21 Pitcher sans arms
- 22 MLB semifinal
- 23 Army NCO
- 25 Harold's "Ghostbusters" role
- 27 Humanities degs.
- 29 Disastrous path
- 34 PC take-out key
- 36 McCarthy lawyer Roy
- 37 Longtime label for Elton
- 38 Georgia airport code
- 39 Kind of lamp
- 41 Sitcom co-star of Betty

- and Estelle
- 42 Plan (out), as a route
- 43 Computer operator
- 44 Collect copiously
- 46 Start without hesitation
- 49 West end?
- 50 Coarse file
- 51 Burgundy brainstorm
- 53 Future junior
- 55 Bit attachment
- 58 Surrey town known for salts
- 62 Moody genre
- 63 Roughhouse, and a hint to each set of circles
- 65 "Fill 'er up" fluid
- 66 Knock about
- 67 Rummages (through)
- 68 Cal.'s northern neighbor
- 69 New newts
- 70 Turn down

Down

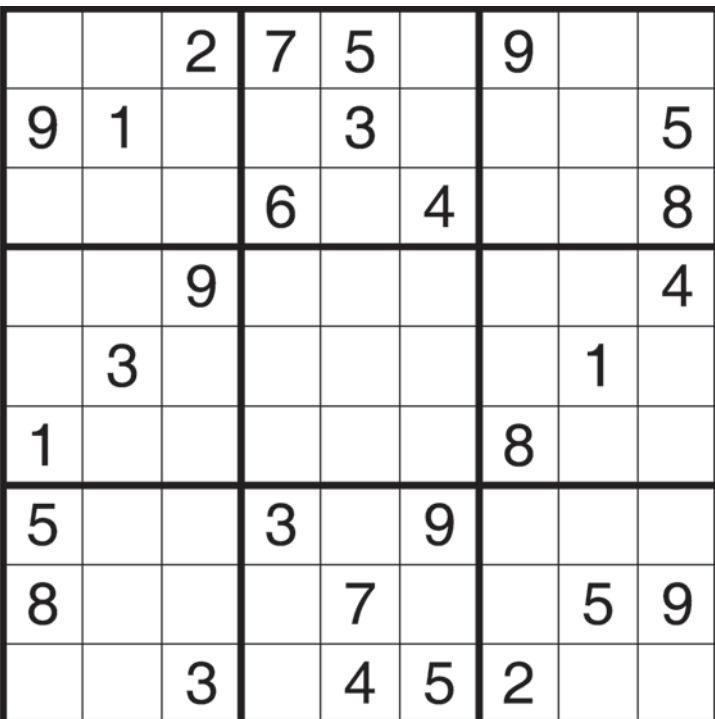
- 1 "__ Cop"
- 2 Reddit Q&A sessions
- 3 Handle carelessly, with

- 4 "with"
- 4 "La Danse" painter Henri
- 5 Natives for whom a Great Lake is named
- 6 NFL's Cowboys, on scoreboards
- 7 Gush forth
- 8 Adjutant
- 9 Eschew punishment, in an old saw
- 10 "Listen up!"
- 11 Integer, e.g.
- 12 Clapton who sang "Layla"
- 13 River blockers
- 18 Jared of "Dallas Buyers Club"
- 22 "__ any drop to drink": Coleridge
- 24 Like fat-repellent cooking paper
- 26 Fixin' to
- 27 Copper or nickel
- 28 Useful in many ways, as flour
- 30 Some kind of a nut
- 31 Collie or cocker spaniel
- 32 Strand at a ski lodge, say
- 33 Indian bread
- 34 Like many cellars
- 35 Tough guys



- 40 Floral necklace
- 45 Lawn warning
- 47 "Don't think so"
- 48 Utensil sticker
- 52 À la King?
- 53 Utah lily
- 54 "A Jug of Wine ..." poet
- 56 Q.E.D. word
- 57 Doctrines
- 59 "Star Trek" helmsman
- 60 Change for a five
- 61 Gds.
- 63 Charlemagne's domain: Abbr.
- 64 LAX listing

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

JUMBLE

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

WROGL

○ □ □ □ ○

TIDRH

○ ○ □ □ □

GRLAUF

○ □ ○ □ □ □

VFARLO

○ ○ □ □ □ □

Ans. " ○ □ ○ □ □ □ - ○ □ ○ □ □ □ "

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

AFTER EATING SO MUCH CANDY, THE SCARY-LOOKING TRICK-OR-TREATERS WERE ----

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

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A₁ A₁ O₁ U₁ B₃ M₃ R₁

A₁ E₁ T₁ N₁ W₄ N₁ S₁

A₁ E₁ E₁ U₁ L₁ B₃ S₁

A₁ I₁ I₁ K₅ N₁ N₁ T₁

I₁ I₁ U₁ V₄ L₁ N₁ C₃

RAK 1

RAK 2

RAK 3

RAK 4

RAK 5

PAR SCORE 255-265
BEST SCORE 315

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

www.seniormonthly.net

CROSSWORD SOLUTION



SUDOKU SOLUTION

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

BOGGLE ANSWERS

TIN, IRON, ZINC, LEAD, GOLD,
NEON, ARGON, RADON,
CARBON, COPPER

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JUMBLE ANSWERS

Jumbles: GROWL, THIRD,
FRUGAL, FLAVOR

Answers: After eating so much
candy, the scary-looking trick-or-
treaters were "FRIGHT-FULL"

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SCRABBLE GRAMS SOLUTION

M ₃	A ₁	R ₁	A ₁	B ₃	O ₁	U ₁	RACK 1 =	<u>61</u>
W ₄	A ₁	N ₁	N ₁	E ₁	S ₁	T ₁	RACK 2 =	<u>70</u>
U ₁	S ₁	E ₁	A ₁	B ₃	L ₁	E ₁	RACK 3 =	<u>59</u>
T ₁	A ₁	N ₁	K ₅	I ₁	N ₁	I ₁	RACK 4 =	<u>63</u>
U ₁	N ₁	C ₃	I ₁	V ₄	I ₁	L ₁	RACK 5 =	<u>62</u>

PAR SCORE 255-265 TOTAL 315

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MY ANSWER

Loneliness is the predominant attitude in our culture

From the writings of the Rev. Billy Graham

Tribune Content Agency

Q: In light of the horrible pandemic that drove people inward, locking themselves away from society, what does God say about isolation? Is there ever a time when it can be a good thing? - P.W.

A: Loneliness is the predominant attitude in our culture. A person can be lonely in the midst of a party, or lonely in a crowd. Loneliness may be experienced by the rich and famous or the poor and unknown. The kind of society we live in can contribute to loneliness. Mobility and constant change tend to make some individuals feel rootless and disconnected. Many withdraw from everyday life.

The Bible has a great deal to say about this. From the very outset of Scripture, it is written that God said it was not good for man to be alone, so He made a suitable companion for him (Genesis 2:18). From the book of Ecclesiastes, it states that two people are better off than one, for if one falls, another can reach out and help. If one is attacked, another can defend him.

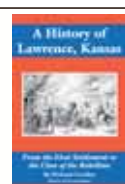
The Bible also speaks of showing hospitality to others. This is something that has been lost in today's culture.

But there are times when being alone can bring advantages. The Bible tells us that the Lord Himself withdrew from others in order to spend time in prayer to His Father in Heaven, and this is an example that we too should follow. We need the fellowship of others, but especially God. With Christ as our Savior and constant companion, we never really need to be lonely. Nothing dissolves loneliness like a session with God in Bible reading and prayer. For those who are lonely today, seek Christ and know the fellowship that He brings to the human heart.

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

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