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Leslie Arnold produces fabric on her own loom.

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Leslie Arnold weaves her own fabric on a loom

By Kevin Groenhagen

Leslie Arnold has been a teacher since 1977. That's when she became a special education teacher in the Seaman School District in Topeka.

"I worked there for six years," Arnold said. "Then I moved down to the Sumner County area, where I was a teacher at Wellington public schools. I then became the director of special education. Because of my mother's health, I then moved to Poplar Bluff, Missouri, in 2000 and became the director of special services. When my mother's health further declined, she and I moved to New Berlin, Illinois."

While Arnold continues to be a teacher, she never stopped being a student. During her first year as a public school teacher, she learned how to spin under the direction of Virginia Robertson.

"Spinning goes back before the time of the Vikings," she said. "In spinning, you use fleece from the sheep, the

alpaca, the llama, or other fibers. Basically, you make that into yarn. You can knit with the yarn you have spun or you can weave with it."

Arnold also took a class in scuba diving during her first year of teaching.

During his second year of teaching, she learned how to quilt through a community education class at Washburn University in Topeka. Once again, Robertson was her teacher.

"She taught me all the basic skills I needed," Arnold said.

In New Berlin, Illinois, Arnold learned how to weave and became a member of the Prairie Weavers Guild of Springfield, Illinois. Even though she now lives in Kansas, she continues to serve as that guild's president.

Arnold's mother soon recognized how much Arnold enjoyed weaving and encouraged her.

"My mother bought my first loom for me about six months before she passed away," Arnold said. "That was in 2002. I have since graduated to a very large



KEVIN GROENHAGEN PHOTO

Leslie Arnold sits in her "Jayhawk" room, which includes many handwoven items she made using a loom.

loom."

A loom is a frame or machine for weaving threads or yarns to produce cloth. According to *Encyclopaedia*

Britannica, "The earliest looms date from the 5th millennium BC and consisted of bars or beams fixed in place

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Kaw Valley
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Kevin L. Groenhagen
Editor and Publisher

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Leslie Arnold

■ CONTINUED FROM PAGE THREE

to form a frame to hold a number of parallel threads in two sets, alternating with each other.” Further, “The fundamental operation of the loom remained unchanged, but a long succession of improvements were introduced through ancient and medieval times in both Asia and Europe.”

During the early 19th century, Frenchman Joseph-Marie Jacquard invented the Jacquard loom, which used interchangeable punch cards that controlled the weaving of the cloth so weavers could automatically obtain any desired pattern they wanted. Fearing this invention would cost them their jobs, silk weavers of Lyon burned Jacquard looms and even attacked Jacquard. Eventually, the Jacquard loom gained general acceptance and even led to the development of computer technology.

While a modern textile factory can turn out tons of fabric a day, it can take Arnold days to handweave enough fabric for a single project.

“I make my own hand towels and bath towels, throws, and tablecloths,” she said. “I have woven all my rugs, pillow shams, and bed covers. All my Christmas presents are hand-woven.”

She often gives woven gifts of throws, hand towels, and dish cloths. Since she also knits, some of her other gifts include socks, handwarmers, and scarves.

Arnold currently gets most of her fibers from the Yarn Barn in Lawrence, where she can find bamboo, cotton, wool, silk, soy silk, and Tencel. Tencel is natural fiber made from wood pulp.

However, she used to prepare her own wool.

“I knew a lady in Illinois who had llamas and she would shear every year,” Arnold said. “She would throw the fleece into great, big, 30-gallon garbage bags. She had so much at that time that she called me and said, ‘If you want this, come and get it, because I’m just going to burn it.’ I said, ‘I’ll be there!’” She had 15 or 16 bags. It took me a while to get through all of that.”

Preparing the fleece is a labor-intensive and time-consuming process.

“There’s a process called skirting, which means taking off all the bad stuff around the edges of the fleece,” Arnold said. “When you’re skirting, you’re taking out the parts from under the belly because it always gets a little bit tough down there as far as fiber goes.”

After doing the skirting, Arnold would degrease the fleece, card it, and rove it. Carding separates and straightens the wool fibers. After carding, the fibers lie roughly parallel in smooth bundles. These are drawn out and slightly twisted to form lengths suitable for spinning. These unspun strands of fiber are called rovings. Arnold would then use her own spinning wheel to spin the rovings into yarn. The process of skirting, degreasing, carding, and roving could take a couple of days.

Arnold now mails sheared fleece to mills and they process it for her. Readers can view a video tour of one of these mills, the Illinois Wool and Fiber Mill in Belvidere, Illinois, at youtube.com/watch?v=TQmtwxJQwSg.

Arnold also handweaves her own hand towels and bath towels, which are of a higher quality than store-bought towels.



Above and below: Using a loom, Arnold makes her own cotton hand towels and bath towels.



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Using her spinning wheel, Arnold can make yarn from fleece and other fabrics.

Leslie Arnold

■ CONTINUED FROM PAGE FOUR

“I always make hand towels and bath towels with cotton,” she said. “You can use linen, but it’s not a very forgiving fiber. When I was selling my towels, people would often balk at the price. I would take along one of the first towels that I wove. I would explain to people

that, even though I wove it 20 years ago, I’m still using it today.”

In addition to spinning and weaving, Arnold took up playing the harp after she moved to Lawrence about six years ago.

“I take harp lessons from Erin Wood, who is a harp instructor at KU and Washburn,” she said. “She’s a wonderful lady and a fantastic harpist. She is a great teacher.”

In addition to her hobbies, Arnold

continues to teach.

“I’m retired from teaching in the public school system,” she said. “However, I still teach two online classes for the University of Illinois at Springfield in the area of special education. The teaching is fun and it allows me to see where the newer teachers are going with education—the good things, their frustrations, and getting them energized.”

Arnold is a member of the Kaw Valley Fiber Guild, which meets the

second Tuesday of every month at the First Presbyterian Church at 2415 Clinton Parkway in Lawrence. The Kaw Valley Fiber Guild has a website at kawvalleyfiberguild.org and a Facebook page at [facebook.com/groups/685783889391040](https://www.facebook.com/groups/685783889391040). For *Senior Monthly’s* Topeka-area readers, the Topeka Handweavers and Spinners Guild has a website at topekahandweaversandspinners.wordpress.com and a Facebook page at [facebook.com/topekaweaveandspin](https://www.facebook.com/topekaweaveandspin).

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Hope Senior Living opens in Lawrence

By Billie David

Lawrence is now home to a brand-new Home Plus facility called Hope Senior Living.

“We decided to start a Home Plus because we believe the concept offers the best quality for seniors in need of personal care,” said Hope Senior Living’s director and operator Ephantus Mwangi.

Home Plus is an alternative for seniors who prefer the age-in-place option of living, which is defined as the ability to grow older in one’s own home or residence of choice with the goal of maintaining as much independence as possible while living in familiar surroundings. This can improve one’s quality of life as opposed to moving into a place with a

■ CONTINUED ON PAGE SEVEN



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Hope Senior Living

■ CONTINUED FROM PAGE SIX

more institutional setting.

Home Plus facilities, with a maximum capacity of 12 residents, offer both privacy and opportunities to socialize, and the smaller patient-to-staff ratio is also beneficial to the residents as their need for access to personal, supervised nursing care increases over time.

In keeping with the age-in-place ideal of 24-hour care with an emphasis on a home-like setting, Home Plus residences are often located in neighborhoods, which is the case for Hope Senior Living.

“We are located in a nice, beautiful, quiet neighborhood at 2303 Oxford Road,” Mwangi said. “It has capacity for 12 residents. The residence is located west of Iowa Street near the KU campus on a cul-de-sac.”

“We just got licensed this year,” he added. “We were building during the COVID pandemic, so we faced a lot of issues related to that situation.”

Mwangi said that he decided to open

Hope Senior Living because he saw a need.

“I have lived in Lawrence for 20 years,” he said. “I have a background in nursing, and I am interested in long-term care. It’s a good place to invest because there is a huge need for long-term care.”

“The Director and Management

team has over 20 years of experience in long-term care,” he added. “Hope Senior Living is now open and is taking applications. We are also open for tours.”

Hope Senior Living’s services include the following:

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Hope Senior Living’s website is <https://www.hopeseniorliving.com> and Mwangi’s e-mail address is director@hopeseniorliving.org. He can be reached at 785-749-4727.



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SAVVY SENIOR

Little known property-tax relief programs help seniors save

By Jim Miller

Dear Savvy Senior: I recently learned about a property-tax relief program for seniors in the county where I live. Apparently, there are hundreds of these programs across the country that many retirees, like me, are eligible for but don't know about. What can you tell me about this? - Overtaxed Eddie

Dear Eddie: Great question! Residential property-tax refund and credit programs exist in nearly every state, but unfortunately few people know about them. These programs can help retirees and many other Americans by reducing their property taxes. Here's what you should know.

Rising Property Taxes

Property taxes are a major source of income for local governments, but while they help fund key public services, they can be a financial drain for many homeowners, especially retirees, many of whom live on fixed incomes.

According to Attom Data Solutions, a property-data provider, the average American household paid \$3,785 in property taxes in 2021, but this amount varies widely depending on your state's tax rate and your home's estimated value. For example, New Jersey residents paid \$9,476 per year on average in 2021, while West Virginia residents paid \$901.

To help ease this tax burden, most states offer a number of property-tax relief programs. But states aren't always proactive in letting people know. It's up to you, the homeowner, to find out what's available in your county

or city that you may be eligible for, and to apply.

Relief Programs

Property tax relief programs, sometimes called exemptions, release eligible homeowners from paying some or all of their property tax obligation. How long the exemption lasts can vary depending on where you live, and the reason you're applying for the exemption.

The tax-relief process varies by county, city or state. In general, you'll have to meet certain eligibility requirements, submit an application and provide documents that support your request. Most programs will either reduce, waive or freeze property taxes for seniors, veterans, surviving spouses, disabled and low-income residents.

But there are some counties that also offer basic homestead exemptions to homeowners regardless of age or income, and others that may provide exemptions to homeowners that have recently made energy-efficient improvements to their home.

Where to Look

The best way to learn about local property-tax relief programs and their eligibility requirements is to visit your county, city or state website that collects your property tax. Most of these sites also provide applications and instructions, and will allow you to apply either online, by mail or at your local tax office.

Another good resource for locating programs in your area is the Lincoln Institute, which has a property-tax

database that lets you to browse programs across the country. To access it go to ResidentialPropertyTaxReliefPrograms.org.

AARP may also be able to help through their Property Tax-Aide service—see PTAconsumers.aarpfoundation.org. This free program, which is available in 13 states (Arizona, Colorado, Florida—Miami Dade County, Illinois—Cook County, Kansas, Mary-

land, Michigan, Minnesota, Missouri, Nebraska, New Hampshire, New York and North Carolina) and the District of Columbia helps eligible homeowners and renters apply for relief.

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



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MAYO CLINIC

Is memory loss a sign of something more serious?

By Kari Mongeon Wahlen

Mayo Foundation for Medical Education and Research

DEAR MAYO CLINIC: My mom is in her 80s, and I've noticed that her memory seems to be slipping. Sometimes she forgets a person's name or can't recall what she did the day before. Is it normal to have these types of lapses at her age or should I be worried they are signs of something more serious?

ANSWER: It is understandable that you are concerned about changes in your mother's memory. Memory lapses and modest decline in thinking skills are common as people age. There's a difference, however, between normal changes in memory and memory loss

associated with neurodegenerative conditions such as Alzheimer's disease and Lewy body dementia. And some memory problems are the result of treatable conditions.

It may help to think of memory function as running on a continuum, with each person's memory and cognitive functioning falling somewhere along it. Some people have sharp memories and can recall even the smallest details, while others struggle to remember big events. Memory changes can be viewed as movement along this continuum.

Minor changes in memory as a person ages are considered normal. This includes misplacing reading glasses or occasionally having difficulty finding the right word. These situations are common and within the range of normal

memory changes. These types of lapses don't interfere with daily life and are not considered signs of dementia.

Mild cognitive impairment is a larger change along the memory continuum. This occurs if a person is experiencing memory changes in addition to cognitive changes, such as thinking or reasoning skills. Symptoms could include short-term memory problems, repeating conversations and questions, and increased reliance on lists. However, people with mild cognitive impairment usually can manage their own finances, medications and household chores, and drive without concern.

For some people, mild cognitive impairment does not worsen. Their

memory and function remain constant for the rest of their lives. For others, it is an early symptom of a neurodegenerative condition such as Alzheimer's disease.

You may be concerned that your mother is developing dementia. It's important to know that dementia is not a specific disease, but rather a group of symptoms that affects memory, thinking and social abilities severely enough to interfere with daily life. Unfortunately, dementia has a negative connotation. What it really means is that a person's brain function is impaired enough that the person cannot live alone and requires help with some

■ CONTINUED ON PAGE 10

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Memory loss

■ CONTINUED FROM PAGE NINE

daily tasks. Memory loss that disrupts daily life is one of the first and more recognizable signs of dementia.

Other early signs can include:

- Asking the same questions repeatedly.
- Forgetting common words when speaking.
- Mixing words up, such as saying “bed” instead of “table.”
- Taking longer to complete familiar, simple tasks, such as operating a microwave or washing machine.
- Being unable to perform complex tasks with many steps, such as following a recipe or playing a board game.
- Mislacing items in inappropriate places, such as putting a wallet in the refrigerator.
- Getting confused while walking or driving in a familiar area.
- Transposing numbers, such as when balancing a checkbook or dialing a telephone number.
- Limiting participation in conversations.

I recommend that you schedule an appointment for your mother with a memory care expert. Alzheimer’s disease and other neurodegenerative conditions cannot be diagnosed by completing a one-time memory test.

Regardless of diagnosis, here are a few things that you can do to help your mother’s memory:

- **Encourage independence and purpose.** Every person wants to feel purposeful, so help your mother remain active and perform daily activities for

as long as possible. You may need to modify some activities. For example, labeling cabinet doors or writing instructions for household appliances can provide a sense of independence.

- **Foster social interaction.** Research has shown that regular social interaction slows cognitive decline. However, when people start to have memory problems, they often pull back socially to avoid embarrassment. Schedule social time with a small, safe group who is familiar with your mother so she doesn’t need to worry or feel self-conscious about repeating stories or asking questions.

- **Talk about preferences.** Some people want to know if they have already asked a question or be gently reminded. This could agitate others. Ask her which option is preferred and recognize that this could shift as conditions change. Identify a way to confirm that she would like help. A simple nod or finger flick could signify that it is OK to lend support or assistance.

- **Create a predictable and soothing environment.** Establishing and strengthening routine habits and minimizing memory-demanding tasks can make life easier for all. Keep her keys,

purse and regularly used items in the same place. Post a large calendar in a common area to track daily schedules and appointments. Remove excess clutter to create a restful environment.

- **Encourage exercise.** Your mom may not be able to run a marathon anymore, but regular movement improves blood flow, moderates mood and improves sleep. Gardening, walking and dancing are low-impact, safe activities for many people.

- **Plan healthy meals.** People with memory concerns may forget to eat, lose interest in preparing meals or not eat a healthy combination of foods. Make every calorie beneficial by planning nutritionally dense meals that are rich in fruits, vegetables, whole grains and legumes, fish, healthier fats, and herbs or seeds.

It can be challenging to cope with cognitive and memory changes. Remember to surround yourself with a care team that includes neurology, neuropsychology and psychiatry, as well as other practitioners who can offer more advice. -- Kari Mongeon Wahlen, Neu-

rology, Mayo Clinic Health System, Mankato, Minnesota.

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

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It is that time of the year again when fall is leading the way into winter. This is also the time of the year when we gather to celebrate the holidays with friends and family. Any holiday celebration at this time of the year would



Dr.
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not be complete without cranberries. Cranberries are present in drinks, food, and candles. They are also found in decorations that celebrate the holidays.

Cranberries are a native fruit to North America. Cranberries, or the North American species, *Vaccinium macrocarpon*, are grown throughout the northern United States and Canada. Cranberries are related to blueberries, huckleberries, and bilberries since they are all in the subgenus *Vaccinium*.

Cranberries are typically harvested in the fall when the fruit has a distinctive deep rich red color. Berries that have had sunshine turn a deep red color when fully ripe, while those that do not fully mature are a pink or white color. Typically, cranberries are harvested in September through November depending on the temperatures. Fresh cranberries can be frozen in the freezer and will stay usable for up to nine months and can be used in recipes throughout the year.

Both Indigenous Americans and colonists valued cranberries. Both used cranberries for its medicinal and nutri-

tional properties. Indigenous Americans used cranberries in poultices for treating wounds and blood poisoning. American sailors and colonists used cranberries to prevent scurvy and as a dye. Cranberries and their leaves were also used for various ailments, such as blood disorders, swollen glands, stomach ailments, liver problems, fever, and mumps.

Today, cranberry is used medicinally primarily in treating conditions of the urinary tract system. Research indicates that cranberry juice may reduce the need for repeated antibiotic use in the treatment of recurrent urinary tract infections and, therefore, reduce side effects, such as candidiasis. Another medicinal benefit of cranberries is they are loaded with antioxidants. Antioxidants fight the build-up of free radicals and can help to reduce oxidative

damage and fight age-related conditions. Cranberries contain phytonutrients that reduce inflammation in the body, which may help to prevent the build-up of plaque inside blood vessels and improve heart health. Finally, proanthocyanidins in cranberries can help keep teeth healthy and offer protection against gum disease. In the United States, most cranberries are processed into edible products such as juice, jams, jellies, sauce, favorable drinks, and sweetened dried cranberries. In

baking, berries are often used in cakes, bread, muffins, and scones. In Mediterranean dishes, cranberries can be used in rice dishes. Cranberries and cranberry sauce are traditional dishes for Thanksgiving and Christmas dinners. So as you enjoy your holiday dinner make sure to get a heaping spoonful of those cranberries!

- 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

Clinical trials enhance treatment options at LMH Health Cancer Center

By Courtney Bernard

LMH Health

Last November, Rhonda Russell noticed something abnormal under her right rib. After visiting her primary care physician's office, which quickly led to a sonogram and an MRI, Russell received the difficult news: She had stage 4 renal cell carcinoma, also known as kidney cancer.



"They found spots in my lungs, there was an area on my spine that looked suspicious at the time, and there was a tumor on my right kidney that was the size of my fist," said Russell.

Russell, her husband, Randy, her son, Nathan, and daughter, Melanie, met with Dr. Jodi Palmer, an oncologist at LMH Health. Dr. Palmer discussed the options for treatment, including an immunotherapy clinical trial.

The immunotherapy treatment felt like the right choice to Russell, who was familiar with oncology clinical trials. Her mother had undergone a successful clinical trial treatment 16 years ago at LMH Health that eradicated her breast cancer.

"Dr. Palmer mentioned other paths I could take, but the idea of a clinical trial—and my mom having done so well with her own—really appealed to me," Russell said. "Additionally, I would be doing something that could possibly help someone else down the road."

The LMH Health Cancer Center partners with the Masonic Cancer Alliance to provide patients with access to nearly 50 clinical trials and the latest advancements, while remaining close to home.

"Clinical trials are available at LMH Health for many different types of cancers, and all of our patients are evalu-

ated to see if they are eligible," said Dr. Palmer. "The MCA's goal is to make clinical trials available to as many Kansans as they can."

Dr. Palmer said that Russell was right about helping future patients by participating in a clinical trial.

"Improvements in cancer care are possible because of the people who volunteer to participate in these clinical trials," said Dr. Palmer. "You are contributing to our medical body of knowledge in your specific area. Rhonda's fantastic success in this trial will lead to a report on how much better patients may do on this regimen compared to the standard of care."

Russell chose LMH Health for its convenience. Research shows that patients who receive care close to home have better health outcomes, according to Dr. Palmer.

"I didn't want to drive to Kansas City, and I didn't want to impose on someone else to drive me there," said Russell. "And if anything happened between visits, I wanted to be close to my care team who knows exactly what's going on with me."

Russell started the clinical trial in December with two immunotherapy infusions. She said her treatment is working—in May, Dr. Palmer reduced her dose to just one infusion.

"My status is really good," Russell said. "At my last checkup, they said that the spots are diminishing and the tumor is still shrinking. I'm happy with everything."

Russell said that she has felt well throughout her months-long treatment at the LMH Health Cancer Center.

"People can't believe that there's even anything wrong with me," said Russell. "I go about doing every day activities pretty much as normal as before. I'm active with my family, five granddaughters, friends and congregation friends. It hasn't slowed me down."

Immunotherapy infusions are used

■ CONTINUED ON PAGE 13



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Clinical trials

■ CONTINUED FROM PAGE 12

for many different types of cancers at LMH Health and have provided incredible outcomes, according to Dr. Palmer.

“Rhonda has done remarkably well with her treatments, and her disease response has been impressive,” said Dr. Palmer. “That’s what’s amazing about immunotherapy—patients tolerate them well and their disease typically responds better than it would to traditional chemo therapeutics. It has really changed the outcomes for many of our patients, and I think it will continue to impress us moving forward.”

All clinical trials at the LMH Health Cancer Center follow strict guidelines monitored by the National Institutes of Health and the Food and Drug Administration. Clinical trials are optional, and patients can choose to receive the normal standard of care if they prefer.

“A patient will never be forced into anything,” said Dr. Palmer. “But if they are interested in a clinical trial, they may receive a drug that could improve their care and add to its research. If they choose not to, they will still receive excellent care.”

The LMH Health Cancer Center is home to physicians trained at NCI-designated cancer centers, as well as multidisciplinary care teams and strong regional partnerships. Cancer patients at LMH Health not only have access to clinical trials, but also to genetic testing, comprehensive support programs, lifelong survivorship resources, and a

cancer prevention program.

The need for cancer care in the Douglas County community and beyond has continued to grow, according to Rebecca Smith, executive director of the LMH Health Foundation and VP of strategic communications for the hospital. From 2020 to 2021, LMH Health Cancer Center appointments increased by 16 percent. And in the past year, appointments have increased again by 7 percent.

In 2021, LMH Health Foundation announced its intent to seek philanthropic support to update the LMH Health Cancer Center’s space and greatly expand its square footage.

More than \$6.1 million has already been given or pledged to date toward the Cancer Center initiative, Smith noted.

“Donor support is the real difference maker for this project, and it’s what will ensure our ability to provide the highest level of cancer care for years to come,” said Smith. “LMH Health has the providers, technology and facilities to provide care that’s not only exceptional for a community hospital—it’s among the best anywhere.”

Russell said she recommends others to have their cancer treatment at LMH Health.

“The LMH Health oncology team is great and very knowledgeable,” said Russell. “I know other friends who’ve had really great cancer journeys of their own at LMH Health. They were very happy with their doctors and nurses here.”

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

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JILL ON MONEY

Healthcare open enrollment for 2023

It's that time of year, when you are confronted by open enrollment packages for healthcare coverage from your employer and in some cases, from the government.

Rising coverage costs, along with near four-decade highs in inflation, means that this is the year you need to pay attention and spend the time to scour your options.



Jill
Schlesinger

Employer-based coverage

According to a recent survey from Voya Financial, 70% of employed individuals plan “to spend more time reviewing their benefit selections during open enrollment to help make the most of their benefit dollars because of inflation.”

That's good news because the combination of the pandemic and a tight labor market has prompted many employers to expand the menu of healthcare choices, which can be a blessing and a curse.

Before you throw in the towel and revert to whatever you chose last year, set aside time to review your current plan and determine whether there have been any changes.

For example, are your doctors and prescriptions still covered? If not, move on and start comparing replacement plans. You will need to determine what they cover and how much they cost, including co-pays and deductibles. The various plan types include:

- Health Maintenance Organization (HMO), which limits coverage to care from doctors who work for or contract with the HMO. It generally won't cover out-of-network care except in an emergency. An HMO may require you to live or work in its service area to be eligible for coverage.

- Preferred Provider Organization (PPO), which contracts with medical providers, like hospitals and doctors, to create a network of participating providers. You pay less if you use providers that belong to the plan's network. You can use doctors, hospitals, and providers outside of the network for an additional cost.

- Point of Service (POS) Plan, which usually costs less if you use doctors, hospitals, and other health care providers that belong to the plan's network. POS plans require a referral from your primary care doctor to see a specialist.



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

- Exclusive Provider Organization (EPO) Plan, a managed care plan where services are covered only if you go to doctors, specialists, or hospitals in the plan's network (except in an emergency).

- High Deductible Health Plan (HDHP), which has lower premiums in exchange for higher annual deductibles. These plans are paired with tax-advantaged Health Savings Accounts (HSAs), which can be an efficient way to save for current, as well as future health care expenses. For many, an HSA can serve as another retirement savings vehicle, because money in it can be used to offset costs of medical care after retirement.

Affordable Care Act (ACA)

For those who have exited the corporate world and are self-employed, are experiencing a gap in coverage between jobs, or are waiting to turn age 65, the open enrollment period for the ACA began November 1 and will run through January 15, 2023.

The main difference among the four plan types is each has a different method for sharing costs. The gov-

ernment notes that “plan categories have nothing to do with quality of care.” Costs vary depending on the plan you choose and your state of residence.

Medicare

If you are over 65, Medicare open enrollment has started—and it concludes December 7. During this period, you can join, switch, or drop a plan.

Because insurance companies often change what they cover from year to year, it behooves enrollees to update coverage.

Using the same analysis mentioned above, go to Medicare.gov to compare plans and select what's right for you. If you need financial assistance to help pay for coverage, consider Medicare Savings programs, which are administered through state Medicaid agencies.

- 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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BARK IRIS GENEALOGY

The B.I.G. Deal: A five-generation (yourself, a loved one or a friend, parents, grandparents, great-grandparents, and second great-grandparents) ancestor chart for just \$99. **A great gift idea!**



The *Bark Iris*. Kevin Groenhagen's third great-grandparents, Siebelt Kornelius Groenhagen and Grietje Harms Rade-maker, sailed from Bremen, Germany, to Baltimore aboard this ship in 1871.

The B.I.G. Deal includes the required research, a PDF version of the five-generation ancestor chart, and a color version of the chart printed on glossy paper stock.

Contact Kevin Groenhagen at groenhagen@sbcglobal.net or 785-841-9417 for more information.

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FINANCIAL FOCUS

Advice can help when making charitable gifts

Now that it's the holiday season, gifts are probably on your mind—and you might intend for some of those gifts to go to charities. Although your intentions are good, you could be



Derek Osborn

shortchanging both your recipients and yourself with your method of giving. But with some guidance, you can make choices that work well for you and those charitable groups you support.

Of course, you could simply give money to these groups. However, by donating other types of assets, can you increase the value of your gift and gain greater tax benefits, too?

It's certainly possible, but your ability to gain any tax advantages depends somewhat on whether or not you can itemize deductions on your tax return. Due to legislation passed a few years ago that significantly increased the standard deduction, many people may no longer be itemizing. But if you still itemize, you can generally deduct up to 60% of your adjusted gross income for

cash donations to IRS-qualified charities.

Another contribution strategy involves donating other assets, such as stocks. You could donate stocks directly to a charitable group, but you might gain more benefits by making an irrevocable contribution to a donor-advised fund (DAF). Again, assuming you can itemize, you can deduct the full fair-market value of the asset, up to 30 percent of your adjusted gross income, and your contributions can be invested in mutual funds or similar vehicles. The contributions have the opportunity for growth, and distributions to the charity are tax-free. You can then decide, on your own timetable, which IRS-qualified charitable groups you would like to receive the money. Furthermore, if you donate stocks that have risen in value, you won't incur potential capital gains taxes that you would have when you eventually sold the stocks. These taxes can be considerable, especially if you've held the stocks for a long time. (You'll want to consult with your tax advisor on how charitable gifts can affect your taxes, especially if you're thinking of using a donor-advised fund.)

These charitable donation methods are not secrets, and they are available to many people—you don't have to be

wealthy to employ them. Yet, here's an interesting statistic:

Those who work with a financial advisor on charitable strategies are more than three times as likely to donate non-cash assets such as stocks than those who contribute to charities but don't work with an advisor, according to an August 2022 survey from financial services firm Edward Jones and Morning Consult, a global data intelligence company. These findings suggest that many more people could be taking advantage of tax-smart charitable giving moves—if only they had some help or guidance.

Also, by getting some professional financial assistance, you may find it easier to implement your charitable giving decisions within your overall financial strategy, which is designed to help you meet all your important long-term goals, such as achieving a comfortable retirement.

Your instinct to help support chari-

table groups is a worthy one—and by getting some help, you can turn this impulse into actions that may work to everyone's benefit.

- 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.

Know an interesting senior citizen who would be a great subject for a Senior Profile? Call Kevin at 785-841-9417.



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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 and 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 1

FORT LEAVENWORTH: NATE JENNINGS: "COUNTERING DIVERSE THREATS IN THE REPUBLIC OF TEXAS"

From 1836 to 1845, after gaining independence at the Battle of San Jacinto, the Republic of Texas faced nearly insurmountable security dilemmas as it struggled to both protect and aggrandize territory across the lower Great Plains. While this included constant warfare against a variety of American Indian tribes that excelled in mobile raiding along expansive frontiers, it also featured conventional military threats from a much more powerful and vengeful Mexico to the south. LTC Nathan Jennings is a US Army officer and Assistant Professor at the US Army Command and General Staff

College. He is a graduate of the School of Advanced Military Studies and holds a PhD in History from the University of Kent. Robert J. Dole Institute of Politics, 2350 Petefish Drive, 3-5 p.m. Free. Hybrid event.

LAWRENCE, 785-864-4900

<https://youtu.be/DScRPsQw4-I>

DEC 1

INTERNET GENEALOGY CLASS - FOR BEGINNERS

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

TOPEKA

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

DEC 5

BEGINNERS COMPUTER NAVIGATION

Learn how to use a mouse, navigate a Windows 10 desktop, find & open apps & files. Share this with a friend or family member who needs help learning to use a computer. Call 785-580-4607 to register. Topeka and Shawnee County Public Library - Learning Center, 10-11 a.m.

TOPEKA

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

DEC 5

NEW TO MEDICARE - ADVICE IF YOU ARE ABOUT TO TURN 65

Get Medicare advice from Jayhawk Area Agency on Aging. Topeka and Shawnee County Public Library - Learning Center, 1-2 p.m.

TOPEKA

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

DEC 8

INTERNET GENEALOGY 2

Learn more about researching your family with this interactive class. You will learn how to locate local resources online and from libraries and repositories. Register for Zoom link. Topeka and Shawnee County Public Library - Virtual Room 01, 10-11:30 a.m.

TOPEKA

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

DEC 8

INTERNET INTRODUCTION - BEGINNING COMPUTER NAVIGATION

Learn about browsers, search engines and how to navigate websites to find information online. Share this with a friend or family member who needs help with the internet. Call 785-580-4607 to register. Topeka and Shawnee County Public Library - Learning Center, 10-11 a.m.

TOPEKA

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

DEC 12

NEW TO MEDICARE

Advice if you are about to turn 65. Topeka and Shawnee County Public Library - Marvin Auditorium 101C, 6-7 p.m.

TOPEKA

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

DEC 15

EMAIL FOR BEGINNERS - BEGINNING COMPUTER NAVIGATION

Using Google's free email Gmail learn how to log into email, open, delete, reply to and forward email messages. Please call 785-580-4607 to register. Topeka and Shawnee County Public Library - Learning Center, 10-11 a.m.

TOPEKA

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

DEC 19

MEDICARE PART D

Jayhawk Area Agency on Aging staff will help you navigate Medicare Part D to make sure you are getting the best prices for your medication. Topeka and Shawnee County Public Library - Learning Center, 1-2 p.m.

TOPEKA

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

JAN 2

NEW TO MEDICARE

Advice if you are about to turn 65. Topeka and Shawnee County Public Library - Marvin Auditorium 101C, 1-2 p.m.

TOPEKA

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

ENTERTAINMENT

SECOND & FOURTH SATURDAYS OF THE MONTH

GRAND OTTAWA OPRY

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

OTTAWA, 785-241-6762

NOV 25-DEC 22

MIRACLE ON 34TH STREET, THE PLAY

By chance, Kris Kringle, an old man in a retiree home, gets a job working as Santa for Macy's. Kris unleashes waves of good will with Macy's customers and the commercial world of New York City by referring parents to other stores to find exactly the toy their child has asked for. Seen as deluded and dangerous by Macy's vocational counselor, who plots to have Kris shanghaied to Bellevue Psychiatric Hospital, Kris ends up in a court competency hearing. Especially at stake is one little girl's belief in Santa. In a dramatic decision, the court confirms Kris as the true Santa, allowing Susan and countless other children to experience the joy of childhood fantasy. Topeka Civic, Theatre, 3028 SW 8th Ave. Fee. See website for show times.

TOPEKA, 785-357-5211

topekacivictheatre.com/miracle-on-34th-street-1

DEC 3

TIM O'BRIEN WITH JAN FABRICIUS

Multi-Grammy winner and multi-instrumentalist Tim O'Brien has traveled the world and delighted audiences since 1975 with his warm vocals, string wizardry and heartfelt original songs. His latest recording, *He Walked On*, maps a pathway through today's world. In duet with his wife Jan Fabricius on mandolin and vocals, you can expect rootsy acoustic instrumentation

and sweet harmony singing, interspersed with O'Brien's self deprecating humor. Lied Center of Kansas, 1600 Stewart Drive, 7:30 p.m. Fee. LAWRENCE, 785-864-2787

<https://lied.ku.edu/calendar>

DEC 7

NEARLY LEAR

What if the great and tragic story of King Lear were to be told by the King's closest companion? In this one-woman tour-de-force, actress Susanna Hamnett plays the Fool (who, in good Shakespearean tradition is actually Noreen disguised as a boy)—and every other character—to tell a very personal and poignant story that borrows from the words of “that guy William Shakespeare.” Lied Center, 1600 Stewart Drive, 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/calendar

DEC 8-11

THE NUTCRACKER, A KANSAS BALLET

Experience the sensation and charm of the Lawrence Arts Center's original production, The Nutcracker, A Kansas Ballet. This ballet is a winter family favorite based on E.T.A. Hoffman's original story, set in Kansas during the civil war. Witness the magic and wonder as Drosselmeyer and Clara defeat the Mouse King and liberate the Nutcracker from his enchanted form. Lawrence Arts Center, 940 New Hampshire St. Fee. See website for show times.

LAWRENCE, 785-843-2787

lawrenceartscenter.org/event

DEC 9

CANADIAN BRASS CHRISTMAS

Canadian Brass has truly earned the distinction of the world's most famous brass ensemble. The group is comprised of founding member Chuck Daellenbach (tuba), Brandon Ridenour and Caleb Hudson (trumpets), Achilles Liarmakopoulos (trombone) and Jeff Nelsen (horn). Lied Center, 1600 Stewart Drive, 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/calendar

DEC 14

LIGHTWIRE THEATER'S A VERY ELECTRIC CHRISTMAS

Follow the story of a young bird named Max and his family as they begin their journey South for the winter. When Max gets blown off course and ends up at the North Pole...his adventure begins! Dancing toy soldiers, caroling worms and performing poinsettias light up the stage in Lightwire Theater's *A Very Electric Christmas*. Audiences of all ages will treasure this magical and captivating tale of family, friendship and hope that's set to timeless holiday hits, including Nat King Cole, Mariah Carey and Tchaikovsky. Lied Center, 1600 Stewart Drive, 7 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/calendar

DEC 16 & 17

'TIS THE SEASON - A CHRISTMAS DINNER SHOW BY JOSHUA SHOCKEY & FRIENDS

Joshua Shockey & friends are back at the Heri-

■ CONTINUED FROM PAGE 16

tage Center to perform their Christmas show. 'Tis the Season! Enjoy live music and get in the holiday spirit. Dinner is at 6:30 p.m. and the show is at 7:30 p.m. \$25 for both dinner and the show or \$15 for just the show. Call to reserve your spot. Heritage Event & Arts Center 109 Delaware St., 6:30-10 p.m.
LEAVENWORTH, 913-682-2122

DEC 20

ASHLEY DAVIS – SONGS OF THE CELTIC WINTER II

In 2012, Ashley released *Songs of the Celtic Winter* here at the Lied Center for her hometown to hear first. A decade later, she will do the same with part two of this winter series of albums for one night only in the main auditorium. Joining her will be her band, including Dave Curley, Colin Farrell and Will MacMoran with special musical guest Nick Carswell on piano. Lied Center, 1600 Stewart Drive, 7:30 p.m. Fee.
LAWRENCE, 785-864-2787
lied.ku.edu/calendar

EXHIBITS & SHOWS

OCT 1-FEB 18

THE ORIGINAL KANSAS CITY, KANSAS

On October 22, 1872, Kansas City, Kansas was formally incorporated, but at that time it was far from the KCK we think of today. At the museum, we get many questions about our early maps and how the city evolved. The 150th Anniversary of KCK provides a great opportunity to share the story of "The Original Kansas City, Kansas" with the community. This exhibit will feature a series of early maps, facts, and images from the city's earliest years. Wyandotte County Historical Society and Museum 631 North 126th, 9 a.m.-4 p.m. Free.
BONNER SPRINGS, 913-573-5002

FARMERS' MARKET

THURSDAYS

COTTIN'S HARDWARE FARMERS' MARKET

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

HEALTH & FITNESS

DEC 7, 14, 21 & 28

MEDITATIVE YOGA

Have you ever been curious about the practice of meditation? There is so much more to it than just sitting still for a few minutes. This will be a great way to begin your own meditation practice or to expand your knowledge of your current practice. In person or on Zoom.
Topeka and Shawnee County Public Library,

Learning Center, 5:30-6:30 p.m.
TOPEKA, 785-580-4607
https://events.tscpl.org/events

HOLIDAY EVENTS

NOV 18-DEC 28

TOPEKA ZOO LIGHT

Ring in the Holiday season with Zoo Lights Presented by Evergy, Topeka Zoo's newest holiday tradition returning for its third year. Take a stroll around the zoo and experience twinkling lights, dazzling displays, festive activities, and of course, Santa Claus! Zoo Lights is a magical destination creating lasting memories and a new favorite tradition for our community.
Topeka Zoo and Conservation Center 635 SW Gage Blvd., 5-9 p.m. Fee.
TOPEKA

MEETINGS

MONDAYS

GRIEF SUPPORT (VIRTUAL)

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

FIRST WEDNESDAY OF THE MONTH

CAREGIVER SUPPORT GROUP

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

SECOND MONDAY OF THE MONTH

KLAH FUN LUNCHEON

Keep Living at Home is hosting a fun senior event every second Monday at 2 p.m. at Brandon Woods Independent Living, 1501 Inverness. KLAH will provide appetizers and wine. Call for more information or to sign up.
LAWRENCE, 785-294-5867

THIRD FRIDAY OF THE MONTH

CAREGIVER SUPPORT GROUP

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

DEC 5 & 15

CAREGIVER SUPPORT MEETING

Being a caregiver can be incredibly stressful. Meet and talk to others in the same situation. For more information call April Maddox at Jayhawk Area Agency on Aging (785) 235-1367. Topeka and Shawnee County Public Library - Hughes Room 205, 2-3 p.m.
TOPEKA, https://events.tscpl.org/events

DEC 12

CAREGIVER SUPPORT MEETING

Being a caregiver can be incredibly stressful. Meet and talk to others in the same situation. For more information call April Maddox at Jayhawk Area Agency on Aging (785) 235-1367. Topeka and Shawnee County Public Library -

Hughes Room 205, 3:30-4:30 p.m.
TOPEKA, https://events.tscpl.org/events

JAN 2

CAREGIVER SUPPORT MEETING

Being a caregiver can be incredibly stressful. Meet and talk to others in the same situation. For more information call April Maddox at Jayhawk Area Agency on Aging (785) 235-1367. Topeka and Shawnee County Public Library - Hughes Room 205, 2-3 p.m.
TOPEKA, https://events.tscpl.org/events

MISCELLANEOUS

SECOND AND FOURTH THURSDAYS

PITCH PALS

Join us for Pitch and fun. We play 10 point pitch, which is a fast-paced, partnership, trick-taking game. The goal is to capture cards representing at least the number of points bid. We will explain "house rules" and assist new players. Wellsville Senior Center, 6 p.m.
WELLSVILLE, 913-314-0819 or 785-248-9470

Healthy Living

The right temperature

Using a food thermometer is the only sure way to know if your food has been heated enough to kill bacteria.

Food is safe when it reaches this temperature

Temperature (°F)	Temperature (°C)	Applicable Meats
180°	82°C	Whole chicken, turkey
170°	77°C	Chicken, turkey breast
160°	71°C	Beef, veal, lamb (ground); Beef, veal, lamb (not ground), medium
145°	63°C	Beef, veal, lamb (not ground), medium rare

Source: U.S. Agriculture Department

HUMOR HOTEL

The world's most perfect food: Tater Tots

By **Greg Schwem**

Tribune Content Agency

Hey foodies! Pop quiz. Name a morsel that pairs equally well with red or white. A side dish that would be the hit of any dinner party even if the pretentious host were serving some unpronounceable main course featuring ingredients acquired from the Indian Ocean four hours ago. A piece de resistance with a taste that cannot be altered whether it is served in a silver chafing dish or on a paper plate.

No, it's not bacon. But it goes with bacon. As I just mentioned, it goes with EVERYTHING.

Behold ... Tater Tots.

The oval combination of potatoes, vegetable oil, corn flour and assorted chemical additives retained its "all around perfect food" title at a recent college football tailgate I co-hosted. As a longtime tailgate host, I ask only that my guests bring something other than themselves. Stop at the convenience store two minutes from the stadium for a bag of chips? Fine. Arise at 3:30 a.m. to slow cook ribs which you will bring to the 6:30 p.m. tailgate, along with your collapsible smoker? Also, fine.

As a result, my food table is a mish-mash of dips, junk food, desserts, sandwiches and casseroles. Some items would hasten a coronary incident via a simple whiff. Others are plant-based, gluten-free, dairy-free, soy-free, and, with apologies to the chefs, flavor-free.

One hour into a recent tailgate, after most of the food had been arranged—I use that word loosely—a guest arrived with Tater Tots.

His contribution included no fanfare; let's do a collective eye roll as we recall the annoying dinner party guest who arrives late and excuses her tardiness by stating her marrow roasted Brussel sprouts needed more simmering after she added some extra malt. Annoying guest spends the evening's remain-

der interrogating other guests with subtle lines like, "You tried my Brussel sprouts, right? What did you think?"

For the record, I hate Brussel sprouts and always will.

The Tater Tots provider did no such thing. His tots arrived in a Tupperware container, which he placed between the salsa and the vegan chicken wings. Grabbing a beer, he mingled among the other guests, but his anonymity was short-lived.

"WHO BROUGHT THE TOTS?" someone yelled, loud enough for participants from a nearby tailgate to stop eating their crawfish etouffee and glance jealously in our direction.

"Me," the tots chef replied, taking another sip of his beer.

"Awesome, dude!"



Can you trace your family tree back to a point of having an ancestor who supported the cause of American Independence during the years 1774-1783? If so, please consider joining the Sons of the American Revolution. Local contacts can guide you through the membership process.

Charles Robinson Chapter
(Lawrence)

John Saylor (President)
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Thomas Jefferson Chapter
(Topeka)

Brian Vazquez (President)
785-272-7647

Once word had circulated, other guests quickly migrated to the food table, anxious to partake before the morsel had disappeared. Luckily, the tots chef had planned accordingly; step one of his recipe was, "Stop at Costco to purchase two industrial sized bags."

As the tailgate was winding down and kickoff approached, a homeless man stopped by, asking for a monetary donation. Instead, my co-hosts offered him food. Hearing the conversation, I meandered over to participate.

Slightly embarrassed, he surveyed what was left of the spread as we listed the items. "We have seven-layer dip, pasta salad, smoked mac and cheese and some mini burgers," I said.

"Uh, that's OK," he replied and began walking away.

"Oh, and we also have Tater Tots."

The man did an about face.

"Tots? Well, all right then."

Using tongs, he speared about a dozen, placed them onto a paper plate and walked away content, popping individual tots into his mouth via his fingers. Another beauty of Tater Tots? No utensils required.

As my co-hosts and I disassembled the tailgate, we marveled at how such a simple food item could bring so much joy to so many. We recounted our own infatuations with Tater Tots. Mine extended back 40 some years to middle school, where the cafeteria menu always featured tots, no matter what nose-curling main course the lunch ladies had concocted that day. Ditto for high school. When I attended my 30-year reunion, the buffet spread included multiple trays of tots, satisfying our cravings for nostalgia AND sustenance.

And the best part? Tots do not, and will never, contain Brussel sprouts.

- *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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or groenhagen@sbcglobal.net.

HUMOR

Dean Irma Farseer Gets the Gold

Irma Farseer, dean of the Department of Et. Al.-Et. Al. at Letongaloosa Community Junior College, heard people talking about a federal financial supplement to be given to individuals and organizations that suggested novel ways to solve the national debt problem.



Larry Day

"I have a solution," she said to herself. "We return to the gold standard."

Dean Farseer was referring to a time when every paper dollar the government issued had to have a dollar's worth of gold on deposit in at Fort Knox, the government repository.

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Decades ago, the U.S. government started printing paper money without backing it backed by gold. The result was inflation.

Irma needed an appointment with the Secretary of the U.S. Treasury Department. Irma called Nosey Nelida for help. Readers will remember that Nosey Nelida had caused problems when she blew the whistle on an apparent scam in her neighborhood.

She had spotted a government sting operation, and to protect it, the government had invited her to Washington, D.C., to receive a "Good and Faithful Citizen" award.

"Just tell them that if I don't get an appointment with the Secretary of the

Treasury, you'll go back to Washington. They won't let that happen."

"Done," said Nosey Nelida, and she picked up her phone.

Dean Irma was escorted immediately into the office of the Secretary of the Treasury.

"Mr. Secretary," she said, "The United States needs to return to the gold standard."

"I'd love to do that, but there isn't enough gold in Fort Knox to cover the dollars that the various administrations have issued. It's been decades since that was possible."

"Maybe I can help with that," said Dean Irma. "My favorite cousin is a park ranger in southern Utah. He called to let me know that he'd found a small vein of gold deep in a mine down there."

"We'd have to be very discreet in the mining and use of such a supply," he said.

"My cousin and I are very discreet," said Dean Irma.

"The next problem would be transporting the gold," said the Secretary of the Treasury.

"Let's just put the gold on a train north and label it pig iron," said Dean Irma.

"That might work," he said.

It was a chancy, successful move. The gold was mined, smelted, and shaped into bars labeled "pig iron." It was put on a northbound freight train that rolled peacefully to Fort Knox without anyone who might have preferred a different destination knowing about it.

Dean Irma didn't even have to apply for the financial supplement. The Treasury Secretary submitted a requisition and had the funds deposited directly with her bank.

Dean Irma used some of the money to help the ailing athletic department, and she designated a number of scholarships for students who needed them.

All in all, it was a very successful semester for the Department of Et. Al., Et. Al. and for Letongaloosa Community Junior College.

- 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.



If you think you might have ancestors who participated in the American Revolution, contact us. Let us help you find them and join the local chapter of Daughters of the American Revolution.

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William Shatner says bitter ‘Star Trek’ co-stars slam him for ‘publicity’

By Zack Sharf

Variety

William Shatner spoke out against his “Star Trek” co-stars in a recent interview with The Times UK while promoting his book, “Boldly Go, Reflections on a Life of Awe and Wonder.” Several “Star Trek” actors have criticized Shatner over the years, with the late Uhura actor Nichelle Nichols once telling Shatner the cast found him “cold and arrogant.” Shatner writes in the book that he was “horrified to learn this, ashamed that I hadn’t realized it.”

George Takei, who starred opposite Shatner’s Captain Kirk as Sulu, has criticized Shatner for decades, most recently by publicly mocking Shatner’s space flight on Jeff Bezos’ Blue Origin last year. “He’s boldly going where other people have gone before,” Takei told Page Six. “He’s a guinea pig...he’s not the fittest specimen of 90 years old, so he’ll be a specimen that’s unfit!”

“I began to understand that they were doing it for publicity,” Shatner told The Times UK about his co-stars slamming him. “Sixty years after some incident they are still on that track. Don’t you think that’s a little weird? It’s like a sickness. George has never stopped blackening my name. These people are bitter and embittered. I have run out of patience with them. Why give credence to people consumed by envy and hate?”

While Shatner is no longer close with Takei, he said the “Star Trek” television series continues to endure due to the healthy friendships and stories at its center.

“Here is a group of people you get to love going on an adventure that, although unusual, harkens back to things that happen on Earth,” Shatner said. “The futurist stories we told were really human stories with a twist. People loved the stories, they loved the characters.”

Shatner said he does not watch “Star

Trek” episodes regularly, but he does love to participate in fan events for the show. He added, “I enjoy the conventions when I am on stage fielding questions. I have acquired a way of doing this hour so that it becomes a kind of mutual distribution of information. The fans are interesting, it’s part of the reason why I go.”

“Boldly Go, Reflections on a Life of



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PAINTING WITH WORDS

little tree**Poem:** little tree**Poet:** e. e. cummings

Born in 1894, Edward Estlin Cummings began writing poems when he was 10 years old, later studying Latin and Greek at the Cambridge Latin High School. After receiving his BA and MA from Harvard, he began studying the poetry of avant-garde writers, such as Ezra Pound and Ger-



Tom
Mach

trude Stein. In 1917 he had a selection of poems published in the anthology *Eight Harvard Poets*.

Cummings served briefly in World War I as a volunteer ambulance driver. Three years later, *The Dial* published seven of his experimental poems. Cummings abandoned traditional techniques and structures for writing verse and used radically different techniques concerning form, spelling, and syntax. He was later criticized for settling into his signature style, using e. e. cummings for his name and not pressing his work toward further evolution. His poems, nonetheless, were very popular, especially among younger readers, because of the simplicity of his language, his playful mode and his attention to sensitive subjects such as war and sex.

Randall Jarell, an influential poet and critic noted that Cummings was “one of the most individual poets who ever lived—and, though it sometimes seems so, it is not just his vices and exaggerations, the defects of his qualities, that make a writer popular.” It was not always so. His earlier poems had a unique structure and his unconventional use of punctuation disturbed

others, such that while some people loved his poetry, others hated it.

Later, more poets also began using unconventional forms and techniques, and Cummings’s reputation improved. Soon, Cummings became recognized as one of the most influential poets of his time. He went on to receive several honors, including an Academy of American Poets Fellowship, two Guggenheim Fellowships, and a Ford Foundation grant. By the time he died in 1962, he was the second most widely read poet in the United States, after Robert Frost.

His poem “little tree,” published in 1920, personifies a Christmas tree as a small child. The poet is encouraging the tree to be fearless, because he is there to give comfort and love. There is nothing for the tree to fear since it is Christmas Eve and it (the tree) will be dressed in sparkling objects, diminishing all the darkness. After the Christmas tree is dressed, the poet and his sister dance and sing “Noel.”

The poet draws attention to the tree’s origin from the forest and says how it was transported to his house. However, the tree feels sorry to come away from mother nature. He tells the tree that it smells so sweet and emphasizes its sweetness by kissing its cool bark and hugging it “safe and tight” just as its mother would.

Readers will notice that Cummings uses a noticeable space after the verb “see” and the verb “look.” This was apparently used to make readers stop to consider his emphasis on “comfort” and later, his focus on spangles that are still hidden in a box after the tree is put up.

Next, the poet adorns the tree’s arms (twigs) with spangles, which he describes as “balls, the chains red, and gold the fluffy threads.” These spangles, used for decorating the Christmas tree and dresses, are kept in a box. When the occasion arrives, people take them out and adorn their dresses using them.

Here, Cummings personifies the spangles as children. They sleep throughout the year in a dark box, dreaming of being taken out one day. The spangles eagerly wait for the day when they are allowed to shine.

The utter simplicity of this poem and its personification of the Christmas tree as a small child make this verse exceptional. It certainly put me in the mood for the Christmas season!

Here, then, is Cumming’s 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"*

If you enjoyed the poems analyzed in this column, you will also enjoy Tom’s latest book, *Collected Poems* by Tom Mach. Many of his poems were previously published and some have even been honored by awards. These poems will give you a lot to think about and they are well worth reading. One of them, called “A Different Season” begins with a person getting older. “I once carried summer in my sandals and winter in my boots”. This poem ends with the person dying: “I hear a gentle voice of welcome and the sweet music of violins and cellos,” while another begins with “Love is like a kiss that never ends.”

This is available on Amazon, either as a paperback or as a Kindle version. Makes a wonderful gift!

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GOREN ON BRIDGE

WITH BOB JONES

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TOO CLEVER?

North-South vulnerable, North deals

NORTH

♠ A 10 8 7 5 3

♥ Q 10 9 7 3

♦ Void

♣ 9 5

WEST

♠ K 2

♥ 6

♦ K 10 8 7 6 4 3

♣ A 7 6

EAST

♠ 4

♥ K J 8 4

♦ Q 9 2

♣ K J 8 3 2

SOUTH

♠ Q J 9 6

♥ A 5 2

♦ A J 5

♣ Q 10 4

The bidding:

NORTH	EAST	SOUTH	WEST
Pass	Pass	1♠	3♦
4♦*	4♥	4♠	Pass
Pass	5♣	Db1	Pass
5♠	All pass		

5♠

*Spade raise

Opening lead: Six of ♥

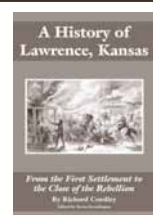
East, as a passed hand, could not be introducing a suit of his own at a high level. It is common in these situations for a new suit by a passed hand to be a lead-directing raise of partner's suit. East had a chance to make two such bids in this auction. East's

clever bidding resulted in a very rare "Double Lead Director" auction. It also gave partner a headache in deciding what to lead.

Had West led the ace of clubs and continued with another club, the defense would be able to wait for a certain heart trick and defeat the contract. West, however, could not resist the lure of leading his singleton heart. Declarer played dummy's 10, East covered with the jack, and South took the trick with his ace. South cashed the ace of diamonds to discard a club from dummy. He then took the spade finesse. When that worked, he drew the last trump and claimed 11 tricks, conceding a heart and a club to the defense.

This contract could have been defeated even with a heart lead. Can you spot how? East could have saved the day by not covering the 10 of hearts at trick one. Declarer would have been stuck in the dummy with no way to get to his hand. It turned out that East, instead of being too clever, was not clever enough.

(Bob Jones welcomes readers' responses sent in care of this newspaper or to Tribune Content Agency, LLC., 16650 Westgrove Dr., Suite 175, Addison, TX 75001.)



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by Richard Cordley

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Senior Monthly



By David L. Hoyt and Jeff Knurek



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

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PUZZLES & GAMES

CROSSWORD

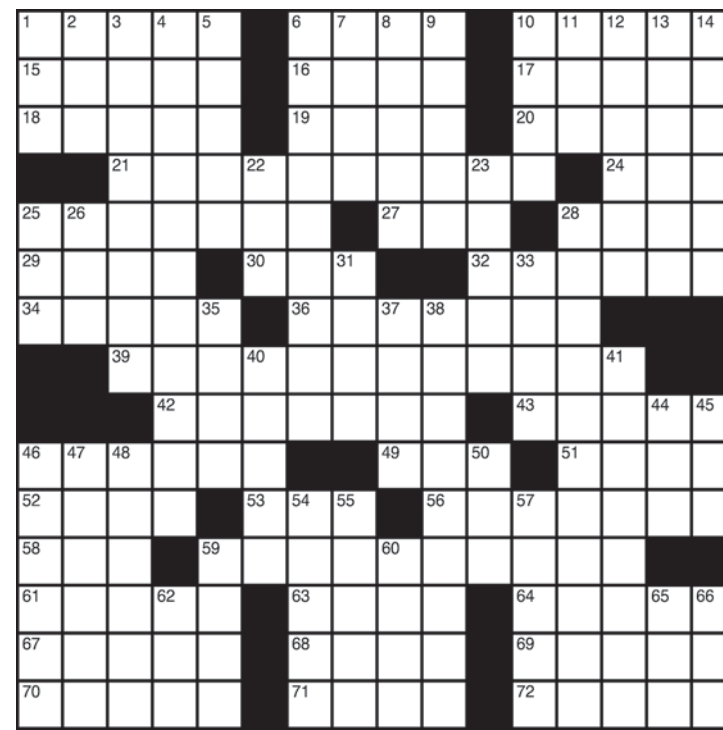
Across

- 1 Buckwheat porridge
- 6 Tears, as paper
- 10 Hobbyist's book
- 15 One submitting a tax return
- 16 Operatic solo
- 17 State bordering both Nevada and Canada
- 18 "Almost!"
- 19 Drink brand associated with NASA missions
- 20 Fight off
- 21 "Parking" image, on signs
- 24 "As I see it," to a texter
- 25 Stay alcohol-free
- 27 Ad that spreads awareness, briefly
- 28 Baseball's Musial
- 29 Princess from a galaxy far, far away
- 30 Society newcomer
- 32 Minnesota NFLer
- 34 Slacks
- 36 Second drop-down list,

- say
- 39 "Kosher" image, on labels
- 42 Garage floor blemish
- 43 Wabbit hunter Fudd
- 46 Forward, to Fellini
- 49 "Just a ___!"
- 51 "Count on me!"
- 52 Blubbers
- 53 "Pow!" relative
- 56 Potatoes often used for fries
- 58 Cape ___, Mass.
- 59 "Registered" image, on product names
- 61 Draw out
- 63 DIY furniture brand
- 64 Fridge forays
- 67 Diet-friendly
- 68 Blab
- 69 Boredom
- 70 Eccentric
- 71 Creative pursuits, with "the"
- 72 Yard-grooming tool

Down

- 1 Fast-food co. serving buckets
- 2 Feel sick
- 3 Aptly named clean-up basin
- 4 Speaker's ers or ums
- 5 Sports spot
- 6 Some rodent homes
- 7 Baghdad's land
- 8 Alluring poster
- 9 Long stories
- 10 Add to the staff
- 11 Poetic salute
- 12 Elk
- 13 28-Across nickname
- 14 Chinese tea
- 22 Help
- 23 Poetic bird of one word
- 25 Mont Blanc, e.g.
- 26 Arthur of "The Golden Girls"
- 28 King Kong's home
- 31 Patting-the-baby's-back goal
- 33 "Picnic" playwright
- 35 Petulant state
- 37 Book jacket blurbs
- 38 "His Dark ___": fantasy trilogy
- 40 Defendant's story
- 41 Hosting the roast
- 44 Use the feed bag



- 45 OR attendants
- 57 Stony debris
- 46 Go up
- 59 Count (on)
- 47 Ritualistic kind of doll
- 60 Gael or Breton
- 48 Kidnap
- 62 Lap-loving pet
- 50 Surly mutt
- 65 Past ___: late
- 54 Singer Baker with eight Grammys
- 66 ___ Loin of Beef: Bugs Bunny character
- 55 Manufacturer

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

JUMBLE

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

TICPH

○ ○ ○ ○

ROURB

○ ○ ○ ○

GIHYMT

○ ○ ○ ○

FITANN

○ ○ ○ ○

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

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

Check out the new, free JUST JUMBLE app

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

SCRABBLE GRAMS

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□	□	□	□	□	□	□	□	□	□	□	
A ₁	E ₁	E ₁	N ₁	B ₃	S ₁	H ₄				1st Letter Double	RACK 1
□	□	□	□	□	□	□	□	□	□		RACK 2
A ₁	A ₁	E ₁	Y ₄	D ₂	M ₃	R ₁					RACK 3
□	□	□	□	□	□	□	□	□	□		RACK 4
A ₁	A ₁	E ₁	E ₁	W ₄	T ₁	R ₁					RACK 5
□	□	□	□	□	□	□	□	□	□		RACK 5
A ₁	E ₁	O ₁	G ₂	N ₁	L ₁	G ₂				Triple Word Score	RACK 5

PAR SCORE 265-275 BEST SCORE 330 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.

AMERICA'S TEST KITCHEN

ELLE SIMONE

Looking for a last-minute holiday menu addition? This is the easiest side dish to make

By America's Test Kitchen

Tribune Media Content

Forget the ketchup. Serve roasted potatoes with either of these creamy sauces for a special holiday side dish.

Chive Sour Cream

In a small bowl, stir together 1/2 cup sour cream, 1 tablespoon minced fresh chives, and 1/8 teaspoon salt. For extra zing, stir in 1 minced garlic clove.

Garam Masala Yogurt

In a small bowl, stir together 1/2 cup plain yogurt, 2 teaspoons lemon juice, 1/2 teaspoon garam masala, and 1/8 teaspoon salt.

Roasted Fingerling Potatoes

Serves 4 to 6

2 pounds fingerling or small red potatoes, cut in half lengthwise
2 tablespoons extra-virgin olive oil
1/2 teaspoon salt
1/4 teaspoon pepper

1. Adjust oven rack to lowest position and heat oven to 450 degrees. Line a rimmed baking sheet with parchment paper.

2. In a large bowl, combine potatoes, oil, salt, and pepper. Use your hands to toss potatoes and coat evenly with oil and seasonings.

3. Transfer potatoes to the baking sheet. Turn each potato cut side down and spread potatoes into a single layer. Bake until skins are wrinkled and spotty brown, 30 to 35 minutes.

4. Place baking sheet on cooling rack and let cool for 5 minutes. Serve.

- For 25 years, home cooks 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. The family of brands—which includes *Cook's Illustrated*, *Cook's Country*, and *America's Test Kitchen Kids*—offers reliable recipes for cooks of all ages and skill levels. See more online at www.americastestkitchen.com/TCA.



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Source: Huffington Post, huffingtonpost.com/mark-bradbury/the-7-incredible-facts-about-boomers-spending_b_6815876.html

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MY PET WORLD

Rising veterinary costs

By **Cathy M. Rosenthal**

Tribune Content Agency

Dear Cathy: I had a loving Schnauzer named Lucy, who recently passed away. My complaint is with the veterinary industry and their pricing to care for a pet from birth to death. Lately, every time we bring one of our three dogs to the vet, the bills have exceeded what I had expected to pay. A typical visit five years ago with testing might have cost less than \$100, whereas now it's \$150. On top of things, my dog passed away this month. I felt they looked for every reason to generate a larger bill up until the end.

We were told to euthanize Lucy, but I refused since she was not in pain at the time. They gave me meds and an antacid to give her and said it would make the end easier. After 10 days, she showed signs of improvement but then started to whine and seemed very uncomfortable. That's when we decided to take her to the vet to end her life.

After filling out all the papers, they took her into a room and came out five minutes later to tell us they had put an IV in her, and we could see her. Before they did it, there were more forms to fill out. And by the way, could I give them my credit card? Once they returned to the room with the receipt for payment, the doctor gave her the final injection. I had never been so devastated at that moment, knowing that I had terminated her life. Something I knew in my heart was the right thing to do to end her suffering.

The cost was \$205, which covered an emergency exam, and \$107 for euthanasia services. Cremation services were an additional \$259. It seems they are taking advantage of us knowing we want to take care of our pets. -- Tom, Deer Park, New York

Dear Tom: I am sorry for your loss. It's always difficult to make the decision to end a pet's life, even when their death is imminent. Euthanasia is not a painful experience for animals, but it's an emotionally taxing one for their humans.

When handling euthanasia, veterinary offices will generally ask for payment before the procedure since asking afterward, when you are an emotional wreck, would seem insensitive.

An emergency fee would be charged if a vet had to be called into the office for the emergency or the office had to work you in at the last minute on a full day. I say this because I would feel taken advantage of as well if I was given an open appointment that day but

was charged an emergency fee because the pet was dying. It's a legitimate question to ask if you felt you were wrongly charged.

As for rising vet costs, everything has become significantly more expensive this past year. I recommend calling different veterinary offices and asking them what they charge for various services. You might be surprised at the differences.

This could help you decide if you want to stay with your current vet (who could actually be the least expensive vet in town) or go with another who might charge less for similar services. For example, my vet doesn't charge for routine nail trimming, but all the other vets in my area do. I chose her because I take my dog monthly for nail trims

and at \$20 each, this has saved me \$240 annually.

Even if you save on other costs and have healthy dogs, it's important to note that most veterinary expenses will occur in the pet's final year or years of life with multiple visits to the vet at the very end. It's just like with people. The older we get, the more medical care we tend to need.

- *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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RICK STEVES' EUROPE

Barcelona: The spirit of Catalunya

By Rick Steves

Tribune Content Agency

Life in Barcelona is an engaging mix of Madrid-style love of life and Parisian elegance and taste. Spain's



Rick Steves

second-biggest city is one of the hottest tourist destinations in Europe, with more than 7 million visitors a year, so

its popular pedestrian boulevards can become human traffic jams.

Despite its notorious crowds, there's plenty to enjoy. Everywhere you go, you'll find the city's architecture to be colorful, playful, and unique. Rows of symmetrical ironwork balconies are punctuated with fanciful details: bay windows, turrets, painted tiles, hanging lanterns, flower boxes, and carved reliefs.

In its day, this proud city has been a Roman retirement colony, a maritime power, a dynamo of the Industrial Age, and an urban poster child for modernism. Today it cobbles together all these elements into a one-of-a-kind culture.

Barcelona is the capital of Catalunya—a proud “nation without a state”

DOMINIC ARIZONA BONUCELLI, RICK STEVES' EUROPE



Sagrada Família, under construction since 1883, is the culmination of Antoni Gaudí's wildly creative Modernista style.

and a region of Spain. The locals pride themselves on their different language and talk about independence. And with each visit, I hear more Catalan and less Spanish. Talking to my friends in Barcelona about the practicality of having their children learn Catalan—leaving them with a native tongue that less than 10 million people speak in an aggressive

and global world—none of them questioned the notion. Of course they speak Catalan...they are Catalans. And they speak Spanish and English as well—they're well-educated Europeans.

The iconic main square, Plaça de Catalunya, sits at Barcelona's center, dividing the older and newer parts

■ CONTINUED ON PAGE 29



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Rick Steves

■ CONTINUED FROM PAGE 28

of town. Below the square is the Old City, with the boulevard called the Ramblas running down to the harbor. This Catalan Champs-Elysees has long been a quintessential Barcelona experience. But with modern affluence and the rise of tourism (plus Airbnb-type short-term rentals allowing landlords to make more money while driving local tenants to the suburbs), the charm of the Ramblas is all but dead. The old men reading their newspapers, the bird and flower markets, and the local shops are now replaced by tacky low-end tourist shops.

Barcelona's most historic neighborhood is Barri Gotic, with a 14th-century cathedral as its navel. Today, the area is a tangled-yet-inviting grab bag of grand squares, schoolyards, Art Nouveau storefronts, musty junk shops, classy antique shops, and street musicians strumming Catalan folk songs. While the recent lifting of rent control has caused many of the old-time shops to fold, thankfully the character of this quarter survives.

For an edgier slice of the city, step just beyond the Barri Gotic into the neighborhood called El Born (a.k.a. "La Ribera"). This bohemian-chic district features funky shops, upscale cafes and wine bars serving artfully crafted tapas, a colorful market hall, unique boutiques, and one of Barcelona's top museums, Museu Picasso.

Above the Old City, beyond the bustling Placa de Catalunya hub, is the elegant Eixample district. Much of Barcelona's Modernista architecture is found here, especially a row of colorful facades built at the end of the 19th century that compete for attention: Casa Batllo, Casa Amatller, and Casa Lleo Morera. Because the mansions look as though they are trying to outdo each other in creative twists, locals have dubbed them the "Block of Discord."

The Eixample is also home to famed Catalan architect Antoni Gaudi's La Pedrera (a.k.a. Casa Mila), with its much-photographed roller coaster of melting-ice-cream eaves. This is Barcelona's quintessential Modernista building and Gaudi's last major work

before he dedicated his final years to the Sagrada Familia.

Sagrada Familia (Holy Family Church) is Gaudi's unfinished masterpiece. It boasts bold, organic architecture and decor inside and out—from its melting Glory Facade to its skull-like Passion Facade to its rainforest-esque interior. Gaudi labored on the Sagrada Familia for 43 years, from 1883 until his death in 1926. Since then, construction has moved forward in fits and starts. In 2010, the main nave was finished enough to host a consecration Mass by the pope. As I stepped inside on my last visit, the brilliance of Gaudi's vision made for lofty worship in the nearly completed nave.

Today's main challenges for this epic work-in-progress: construct the tallest church spire ever built, ensure that construction can withstand the vibrations from speedy trains rumbling underfoot, and find a way to buy out condo-owners to fulfill Gaudi's vision of a grand esplanade approaching the church. The goal to finish by the 100th anniversary of Gaudi's death, in 2026, may seem overly optimistic. But, with money from millions of visitors pouring in, it appears more obtainable as time goes by. I've long said, "If there's one building I'd like to see in Europe, it's Gaudi's Sagrada Familia church in Barcelona ... finished."

With attitude in its art, culture, and politics, Barcelona—in spite of its tourist crowds—is a place where you're likely to wave the local flag and declare, along with its residents, "Visca Catalunya!"

- 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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N	O	C	A	L	T	E	L	L	E	N	N	U	I
D	O	T	T	Y	A	R	T	S	E	D	G	E	R

SUDOKU SOLUTION

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

SCRABBLE GRAMS SOLUTION												
B ₃	A ₁	N ₁	S ₁	H ₄	E ₁	E ₁	RACK 1 =	<u>65</u>				
D ₂	A ₁	Y ₄	M ₃	A ₁	R ₁	E ₁	RACK 2 =	<u>63</u>				
P ₃	A ₁	N ₁	C ₃	A ₁	K ₅	E ₁	RACK 3 =	<u>65</u>				
T ₁	E ₁	A ₁	W ₄	A ₁	R ₁	E ₁	RACK 4 =	<u>60</u>				
A ₁	G ₂	E ₁	L ₁	O ₁	N ₁	G ₂	RACK 5 =	<u>77</u>				
PAR SCORE 265-275							TOTAL <u>330</u>					
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JUMBLE ANSWERS

Jumbles: PITCH, BURRO, MIGHTY,
INFANT

Answers: The pigs who put on the
musical loved to -- HAM IT UP

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MY ANSWER

Our lives should reflect the praise of the One who redeems lost souls

From the writings of the Rev. Billy Graham

Tribune Content Agency

Q: I'm a youth leader and want to help kids understand the purpose of praising and worshipping the Lord and not just singing repetitious lyrics. I'm afraid that people today believe that music is the essence of worshipping the Lord. - W.M.

A: Praising the Lord has become a cliché in many respects but it isn't something we're called to do just on Sunday morning. It's a way of life—praising God no matter what we do or where we are. It's relatively easy to sing

for an hour in church, but it's another matter to live day in and day out praising the Lord with our obedience.

The Bible does have a great deal to teach about worship—it's first about obedience. When we are discouraged, "praise Him" (Psalm 42:5). Praise to God is the antidote for every trouble. When we praise Him, we're worshipping Him by keeping our eyes on Him. Scripture speaks of praising the Lord continually.

The patriarchs praised the Lord throughout the generations. The prophets praised Him for deliverance. The apostles praised Christ in all of His glory, and the people praised the Mes-

siah who came and is coming again. The praise did not flow only in times of victory, but also in times of imprisonment, in times of despair, and in the face of death.

One of the most compelling passages is about Jesus praising His Father in Heaven for revealing the truth to the people whose ears and hearts had been opened to the Gospel. He had been preaching this message to Jewish leaders, but they rejected His message and sought to kill Him. He rebuked them for scoffing at those who had received His Word with gladness (Matthew 11:25). Our lives should reflect the praise of the One who redeems lost souls. It should be demonstrated in our lives because this will be the grandeur of Heaven, praising Him eternally.

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

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KDADS partners with Hy-Vee dietitians to offer free nutrition counseling sessions to Kansas residents 60 years of age and older

The Kansas Department for Aging and Disability Services on November 14 announced a partnership with Hy-Vee, Inc. and its team of dietitians to offer free nutrition counseling sessions, health screening tours, on-demand store tours, the Healthy Habits menu program, and group cooking classes to Kansas residents ages 60 and older.

The partnership launched on November 14 with free nutrition counseling packages that include a 60-minute initial session and (2) 30-minute follow-up sessions with a Hy-Vee dietitian. These nutrition counseling packages are available to the first 400 individuals who sign up at <https://www.hy-vee.com/health/hy-vee-dietitians/default.aspx> under Nutrition Counseling Services. Once an individual signs up for a session,

a Hy-Vee dietitian will contact them to schedule their appointment. Counseling sessions must take place before May 31, 2023.

Packages are limited to one per person and are conducted primarily via phone or virtually. In-person visits are available at select Hy-Vee locations. Virtual sessions are also available in Spanish. Counseling sessions can cover a wide range of topics, including (but not limited to): diabetes, heart disease, high blood pressure, high cholesterol, food allergies, healthy shopping, cooking for one, and many more.

These packages also include optional on-demand virtual store tours, Wellness Wednesday classes and a choice between a one-week Healthy Habits menu program or three freezer meal prep workshop classes at no cost.



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- Three warm meals a day
- Expanded cable hook up
- Activities, video and board games
- Exercises: Tai chi, Yoga, range of motion exercises.
- Escort to activities
- Coordination of transportation
- Specialized activities geared toward those with various levels of memory impairment
- Assistance with showering & personal care if needed
- Incontinence management

SERVICE PROVIDERS

Through staff members or partnership, we are able to provide services.

For more information, call 785-424-2785 or visit our websites.

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