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Vol. 20, No. 8

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## June Meyer: An American success story.

See story on page three



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# Meyer credits her success to hard work

By Kevin Groenhagen

June Meyer is no stranger to hard work. Born Jaroon Pholsook in Thailand, June, the oldest of 12 children, quit school in Nonthaburi (about five minutes north of Bangkok) so she could work to help support her family.

June's entire family immigrated to the United States in 1972 and settled in Massachusetts, where June met and married Christopher Meyer.

"Christopher was in Special Forces at Fort Devens," June said.

Christopher spent 28 years in the Army and the couple moved several times as Christopher received orders for different duty stations. The duty stations included Fort Benning in Georgia, Fort Polk in Louisiana, West Point in New York, and, finally, Fort Leavenworth here in Kansas.

While the couple moved many times, June notes that one thing remained constant with all their moves.

"We had an antique and gift shop

everywhere we were stationed," June said. "We just picked up everything and moved the business somewhere else."

When the couple moved from West Point to Leavenworth in 1992, June opened June's Antiques on Delaware Street in downtown Leavenworth. She later moved the business to Cherokee Street and then again to 216 N. Broadway. At the Broadway address, the business was known as June's Cottage.

Leavenworth, the "First City of Kansas," was established in 1854 and has many tourist attractions. Tour buses would usually include the downtown area as one of their stops. June saw an opportunity.

"The tourists had to eat lunch," June said. "I said, 'If you bring your tour bus to June's, I'll give you free food.' So, I started with soup and sandwiches."

Of course, the lunch break also gave the tourists time to shop for antiques and gifts.

It wasn't long before June's soup and sandwiches grew into a catering sideline. In 2007, June's Cottage became June's Cottage & Café, with the business offer-



KEVIN GROENHAGEN PHOTO

June Meyer at June's Northland

ing meeting and dining options. During this time, Christopher, who retired from the Army 20 years ago as a colonel, was working in Iraq as a contract worker. He

was there for nine years. The couple's older son joined Christopher in Iraq and continues to be an overseas contract

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Kaw Valley  
**SeniorMonthly**

**Kevin L. Groenhagen**  
Editor and Publisher

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# June Meyer

■ CONTINUED FROM PAGE THREE

worker. Their younger son is a doctor in the Air Force.

June expanded her business in 2012 with the opening of June's Northland at 614 Pottawatomie Street. The 10,000-square-foot facility includes 5,000 square feet of event space. She still has a few antiques and gifts at June's Northland, but she can't have too many because she needs the table space.

"I can hold up to 300 people in one room," June said.

June's banquet hall hosts wedding receptions, baby showers, and meetings for many civic groups, including the Henry Leavenworth Chapter of the Sons of the American Revolution.

In addition to hosting events, June's Northland offers Sunday brunches and holiday brunches.

"When we do the Sunday brunch, we can serve a total of 1,200 people," June said. "We're open for brunch

on Christmas Day, Easter, Mother's Day, Father's Day, and Thanksgiving. Thanksgiving is a big day."

June plans to be open twice on Valentine's Day, which falls on a Sunday this year.

"We'll do our regular brunch hours from 9 a.m. to 3 p.m., clean up, and then open again for dinner from 4 to 8 p.m.," she said. "We'll have three meats: chicken, beef, and seafood."

June's Northland is also open from 11 a.m. to 5 p.m. on Thursdays, Fridays, and Saturdays for dine-in service. The menu includes sandwiches, salads, ribs, and fried chicken. There are also several Asian-inspired items, such as Crab Rangoon, spring rolls, and an Asian grilled chicken salad. However, June, who grew up in Thailand, doesn't serve much Thai food.

"We have just one Thai dish on the menu," June said. "Once in a while, we'll have a Thai dish as a special. But people don't come here for Thai food. If they want Thai food, they'll go to Thai restaurant."

■ CONTINUED ON PAGE FIVE

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# June Meyer

■ CONTINUED FROM PAGE FOUR

However, if diners want chicken salad on a croissant or bread pudding, which June calls her “cup of tea,” June’s is the place to go.

So, how did June learn to cook Reuben sandwiches and other menu items that are considered to be “American” fare?

“I never went to a cooking school,” she said. “I hire executive chefs. I pick up a little here and a little there from them. They also pick up things from me. Sometimes you have to learn from others.”

While the coronavirus forced many restaurants throughout the country to close permanently, June’s Northland survived and even thrived during the crisis.

“If people stay at home, what do they do?,” June asked. “They eat. Our carry-out orders are a lot more than they have ever been.”

June also gained business as a

result of the pandemic. From March to December of last year, June had a contract with the Federal Emergency Management Agency (FEMA) to provide breakfast, lunch, and dinner to those in quarantine at a local hotel. She also provided meals for members of the Kansas National Guard. The Kansas National Guard, which was supporting the COVID-19 response through the Joint Task Force Ready Guardian, presented June with an award in June.

June did not renew her FEMA contract, which was supposed to be for just three months, after December 31. She said preparing and delivering dozens of meals seven days a week for several months in addition to her regular business responsibilities had simply worn her out. Needing a break, she closed June’s Northland to the public between January 1 and 30. However, her business was still open for events and carry-out.

June, who dropped out of school at 11, is proud that she earned her GED in the United States. However, she credits her success to hard work and common sense more than she does to education.

“I work hard,” she said. “That’s how

KEVIN GROENHAGEN PHOTO



**June’s Northland can accommodate up to 300 people in one room.**

you make it. That’s why my business stays strong. Many restaurants come and go. If you walk into some restaurants at a quarter to nine, they are not going to serve you because they are getting ready to close. If people walk in here at closing time, you know what? Ching, ching, ching! That’s more money. Come on in.”

June hasn’t yet set a date for retiring.

“I feel healthy,” she said. “What am I going to do at home? When you work, you’re busy and forget about aches and pains. I’ll keep doing this as long as I can. When I don’t like doing this anymore, I’ll close.”

For more information about June’s Northland, please visit [junesnorthland.com](http://junesnorthland.com) or call 913-651-7000.

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# VCL offers sense of community

By Billie David

When the time comes to consider downsizing—your kids are grown and maintaining the yard and shoveling the walks has become a bit more troublesome—the last thing you want is to be surprised by a huge home repair bill that you haven't budgeted for.

That was definitely a major motivator for longtime Lawrence resident and former business owner Dee Bisel when she chose to buy a home in the Village Cooperative of Lawrence (VCL).

After her husband passed away seven years ago, Bisel followed the advice of experts, who say to wait at least a year before making any major decisions. But by the second year, she was feeling lonely, living in a big house that was filled with so many memories while dealing with issues like maintenance tasks and shoveling snow.

So she started looking around for a smaller home until she found herself asking, "What am I doing? This makes no sense. I will have the same problems, just on a smaller scale."

Then a pipe in her house burst.

"It was just a nightmare," she said, explaining that she had to stay in a motel while the contractors tore out the walls and fixed the pipes.

That's when she remembered the postcards about the VCL that she had been receiving in the mail and had consistently been throwing away.

"I decided to go by the office and find out about it," she said.

The decision to move into senior cooperative housing was a little different for Steve Grant, who is now president of the VCL board of directors.

"My wife and I raised our kids in a big house," he said, "and when they

moved out, we had a big, empty house."

But when they considered downsizing, they ran into the dilemma that even if they sold their house, they still wouldn't have enough money left over to buy a smaller home.

Remembering an ad about the VCL he had seen in a newspaper, Grant decided to attend a VCL presentation.

"My wife went with me and we made a snap decision," he said.

Both Grant and Bisel had to deal with the inconvenient fact that construction on the VCL stopped when the building contractor went bankrupt, changing the move-in date considerably and causing some residents who had already sold their homes in anticipation of moving in to stay at Spring-Hill Suites at 1 Riverfront Plaza, some of them for up to a year. But when they finally were able to move in, in July of 2019, they were glad they had made the decision.

"My wife and I really like it a lot," Grant said. "There are great people living there, and it is convenient. It's within walking distance of a lot of stores.

"Having a community, that's really the beauty of being where we are," he added. "Socialization is good. It heals a lot of ills—or prevents them."

The 52-unit building offers maintenance-free living for active seniors aged 62 and older, and it houses approximately 77 residents, with a ratio of about 50/50 in terms of couples and single people.

The units, which the occupants refer to as homes because they are owned by the residents themselves, differ in size, and range from one bedroom and one bath to two bedrooms and two baths, plus there is an option for a den as well.

"Ours is two bedrooms and two baths and is 1,400 square feet," Grant said.

COURTESY PHOTOVC



Ruby Shade, Dee Bisel and Barbara Lauter (left to right) make Super Bowl score predictions.

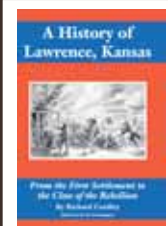
The way the maintenance-free living program works, he explained, is that residents pay cash when they move in to purchase a share of the co-op. Then they pay a monthly fee, which covers the building mortgage, taxes, insurance on the building (but not on the individual units), salaries of management company personnel, snow removal, lawn maintenance, small maintenance issues, major building repairs, general upkeep, and housekeeping for the common areas.

Residents elect five people to sit on the board of directors, and the board

members set a yearly budget to cover these costs.

The senior cooperative concept has grown in popularity in the United States, and the Village Cooperative company has built over 40 communities consisting of more than 2,200 homes across the West and Midwest, including Kansas locations in Lawrence, Lenexa, Olathe and Shawnee, and in Missouri there are locations in Lee's Summit and the Northland and Verona Hills cooperatives located in Kansas City.

■ CONTINUED ON PAGE SEVEN



## The History of Lawrence, Kansas

by Richard Cordley

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# VCL

■ CONTINUED FROM PAGE SIX

"I cannot think of any drawbacks, at least for my wife and me. We have more time without so many daily chores. We can pack up and go skiing with the kids in Colorado," Grant said, adding that before Covid-19 hit, many of the residents liked to get together to watch the Chiefs and

KU games together in the commons room, which is large enough to fit everyone.

Bisel agreed.

"Downsizing is hard work, but boy, does it feel wonderful when it's all done, and I don't have to worry about surprises. I know exactly what my expenses will be, so that I know how to budget," she said. "It's not a commune, and they don't have a social director, but we do have book clubs, gardening clubs, and crafts, woodworking and fit-

ness centers.

"We have an entire room for crafts, and the most amazing woodworking room you have ever seen," she added. "I love living here. The most important part to me is the community, where everybody looks out for everybody else. You can participate as much or as little as you want. Some people are always involved, and some you never see, and that's okay. The interesting thing is the professions that people come from: teachers, prin-

cipals, professors, doctors, business owners, preachers, social workers, a fireman and a business CEO. It's fascinating; it makes for interesting conversations. My experience has been nothing but positive, and I'm glad I moved here."

The Village Cooperative of Lawrence is located at 651 Branchwood Drive in Lawrence. More information can be obtained on their website at [www.villagecooperative.com/lawrence-ks](http://www.villagecooperative.com/lawrence-ks).

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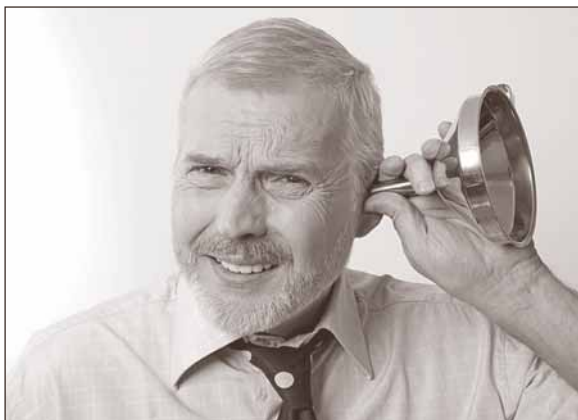
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## HEALTH & WELLNESS

# Lawrence Memorial Hospital celebrates centennial of commitment to community care

By Janice Early

LMH Health

One hundred years ago on January 17, Lawrence Memorial Hospital officially opened its doors. While that's a milestone worthy of celebration for any organization, it's the story of the founding of the hospital that deserves special recognition.



The story told through history is of an elderly man who had fallen in a seizure on a sidewalk near the Eldridge Hotel. There was no one around who knew the man, and Dr. Ralph E. Barnes was called to attend to him. He tried to take the man to a hospital. At the time, Lawrence was served only by small private hospitals owned by the physicians who operated them in connection with their practices. One of the hospitals was said to have a charity bed, but when the doctor called, it was occupied. The others said they had nothing available.

Dr. Barnes tried to find someone who might know the man and called on several homes, but no one was willing to take the man into their house, even for

a night. While Dr. Barnes drove around trying to find a bed, the man died.

Robert C. Rankin, the first chairman of Lawrence Memorial Hospital's Board of Trustees who eventually served the city as mayor, recalls this story in a pamphlet, "An Idea That Grew." It came from a paper read by him before the Old and New Club on April 5, 1945.

Rankin wrote that Dr. Barnes had told him very emphatically, that he was going to make it his business to create a place where a friendless old man could at least have a place to die, and he called attention to the fact that there was no publicly owned hospital in Lawrence where needy poor could be taken for treatment and care. Rankin said, "Would I help him promote something of the kind? My reply was that I was interested and would be glad to help in any way I could."

Eventually Dr. Barnes went to the Social Service League, which Rankin described as "a band of good women with a few men" who tried to help the very poor and needy. In 1910 the League operated a charity health clinic in a portion of the old county jail, which stood at 546 Vermont Street, and in 1914 they agreed to install a bed in a room that was formerly a cell



First LMH on Maine Street

house. The Metropolitan Insurance visiting nurse, who made her headquarters there and cooperated with the League in their social work, offered to help care for the patients. That was the humble beginning of our hospital in Lawrence.

The demand increased rapidly. They finally had five beds, all in one room. But it was not enough. After the end of World War I in 1918, the Douglas County Chapter of the American Red Cross found itself in possession of "a large sum of money belonging to the local chapter and without an objective for its use," according to Rankin, who was the chapter's president. The city needed a hospital, but Red Cross division officials said Red Cross money

could not be used for any hospital purposes. Instead, the local Red Cross Board of Directors organized the Lawrence Public Health Nursing Association, set up a first-class Health Department and endowed it with more funds than it could possibly use.

Rankin said it took some fancy financial footwork, but when the Public Health Nursing Association was firmly established, it gave the Social Service League \$2,500. In 1919, the Social Service League bought a frame house at Third and Maine streets from the George Barker estate and deeded it to the city for a hospital. The indenture document includes 13 rules adopted by

■ CONTINUED ON PAGE NINE

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# Centennial

■ CONTINUED FROM PAGE EIGHT

the Board of Trustees and approved by the City Commission. Among them:

Rule No. 1: "The said hospital shall be known as "THE LAWRENCE MEMORIAL HOSPITAL," and shall be managed and controlled by a Board of five Trustees, to be appointed as provided in Chapter 203 of the Session Laws of Kansas of 1913." and

Rule No. 9: "The said hospital shall be for the benefit of all inhabitants of the City of Lawrence, Kansas, and of any persons falling sick or being injured or maimed within its city limits, and none of such persons shall ever be excluded on account of race, or physical, social or financial condition . . ."

In this commitment, the hospital was already ahead of its time and set the course for the next 100 years. The first Board of Trustees included Rankin as

chairman; A.D. Weaver, vice chairman; William Docking, treasurer; Mrs. M.T. Sudler, secretary; and Mrs. J.H. Cohn, member.

Now that the city had a building, a public appeal was made for funds to repair and equip it as a hospital. City residents, clubs and businesses rallied to the cause, and about \$10,000 was raised.

After months of hard work repairing and remodeling the building, Lawrence Memorial Hospital opened to care for patients on Jan. 17, 1921. True community need and local support built the first hospital, and that spirit prevailed the next six years as efforts were made to improve and expand the facilities.

"But it was apparent that with all of our efforts, the hospital was inadequate and not what the city was entitled to have," Rankin said. But then a wonderful thing happened—a special person stepped up to make a lasting difference in health care in Lawrence.

Elizabeth Miller Watkins, a gener-



**LMH Health West Campus, which opened in 2020**

ous philanthropist who supported the University of Kansas and city of Lawrence in many ways, offered to give the money to build a new modern hospital building. After a trip to Chicago with Dr. M.T. Sudler to secure the best hospital architect they could find, Watkins donated \$200,000 to pay construction costs for a new brick building that held 50 beds. It opened in 1929 and became the pride of the community.

The thread of Watkins' philanthropy weaves conspicuously through LMH's history from those earliest days to the present. Watkins again funded construction when an addition was built on the hospital in 1937, increasing capacity to 75 beds. She also built a nurses' home, and upon her death in 1939 left the hospital an endowment which continues to generate annual income.

Vision and philanthropy have played prominent roles in the establishment and success of our community hospital.

It started with the dream of Dr. Barnes, the groundwork of the Social Service League, the leadership of Rankin, the generosity of Watkins, and the support of countless other individuals, businesses and organizations over the past 100 years, including the LMH Health Foundation which began in 1969.

LMH Health President and CEO Russ Johnson said that through expansion and community support the original "idea" of a modest place to care for anyone in need, has grown to include a 174-bed hospital with the latest diagnostic and surgical technology, the new LMH Health West Campus outpatient facility, and 28 specialty and primary care clinics in Douglas, Jefferson and Leavenworth counties served by 388 members of the medical staff, 1,843 employees, and hundreds of community volunteers, guided by a governing Board of Trustees of nine Lawrence residents.

■ CONTINUED ON PAGE 10



**LMH Health entrance (2009)**



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# Centennial

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Johnson said, "LMH Health has demonstrated our founding mission by increasing access to primary care and specialty services that wouldn't otherwise be available in our community, including world-class orthopedics, oncology, cardiology, robotic surgery and emergency care." He notes that today LMH Health serves as the largest safety net provider in the community, supporting thousands of patients and more than \$25 million in charitable care each year.

He continued, "Lawrence Memorial Hospital was founded upon a promise to serve all members of our community and a belief that all people deserve a place of safety, dignity and comfort in which to receive excellent medical care. I am incredibly honored to be a part of that purpose which has persevered and guided the organization for 100 years. I commend the passionate vision of those who have worked tirelessly to build a better future for all,

and on behalf of all our associates and medical staff, we pledge to continue to advance efforts that reaffirm our historical commitment to diversity, equity and inclusion."

## What's Up for 2021?

While the COVID-19 pandemic may delay some public celebrations of the hospital's centennial, look for the following throughout the year:

Permanent historical display at the hospital: Hospital staff and volunteers are planning to work with the Wat-

kins Community Museum and the KU Museum Studies program to develop a permanent display commemorating key milestones, dates and events in LMH history.

Centennial Children Scholarship Fund: LMH Health is investing in the future of our community. Babies born at LMH Health in 2021 will be eligible to apply for a post-high school scholarship toward their next step in education, whether it be college, trade school or other training.

Born at LMH? This will be an opportunity to share through social media and other channels what was happening at the hospital, city, state, country and world by profiling individuals born at LMH over the years.

City of Lawrence Recognition: Mayor Brad Finkeldei recognized January 17 as the official Centennial of Lawrence Memorial Hospital at the Jan. 12 City Commission meeting.

- Janice Early is the special projects leader for the LMH Health Centennial.

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## HEALTH &amp; WELLNESS

# Holiday weight gain

Due to the pandemic, this year's holidays celebrations were definitely different than they have been in the past. However, one thing that stayed the same is the abundant amount of fresh-baked treats, homemade candies, hot choco-

late, and rich foods that were consumed. New Year's Eve was celebrated with late-night snacks, chips, and bottles of bubbly. In addition, more time was spent this year at home on the couch versus in years past with people traveling over the holidays. Come January 1, that New Year's resolution to join a gym was put on hold this year. Hence, the reality hits us: The holiday weight gain.



Dr.  
Deena  
Beneda

you eat on a daily basis can increase your awareness of how much you're consuming. There are plenty of free apps you can download on your phone that make it easy to record every bite.

**3. Keep moving.** Exercise for both the mental and physical health.

**4. Find time to relax.** The day's stress and pressure can be a sure way to sabotage a diet. Find the things that you enjoy and allow yourself downtime.

Remember:

**1. There are no quick fixes.** Wanting to lose 25 pounds? Remember, there are no magic pills or miracle cures that can make it happen. Remember to be patient and avoid the temptations for drastic measures such as starvation diets, which cause problems for your metabolism and damage your weight-loss efforts in the long term. Remember that slow and steady weight loss—one to two pounds per week—is the best choice for keeping it off long term.

**2. Exercise cannot achieve all weight loss.** Exercise helps to lose weight and keep it off, but it is nearly impossible to lose weight from exercise alone.

**3. Diet pills and fad diets don't work.** Over the counter diet pills claim

to regulate your metabolism, but most do not. One study found that dieters following liquid diets, fad diets, and using over-the-counter diet pills did not show weight loss. What worked instead was eating healthier, eating less, and more exercise.

**4. One diet is not for everyone.** The diet that works is the diet that a person can follow, regardless if it is Keto, Mediterranean, South Beach, vegetarian, vegan, etc. The most important thing to remember is that it is not a diet, it is a lifestyle change that helps a person achieve weight loss.

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



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## MAYO CLINIC

# Most aortic aneurysms are small, develop slowly

**DEAR MAYO CLINIC:** What causes a thoracic aortic aneurysm? Does it always grow slowly, or do some develop more quickly?

**ANSWER:** A thoracic aortic aneurysm occurs when one or more areas along the wall of the aorta—the body's largest blood vessel—becomes weak or damaged. The aorta carries oxygen-filled blood from the heart to the body, including the brain. With time, the pressure of blood flowing through the weakened area can cause it to enlarge or bulge—typically without signs or symptoms.

Most commonly, bulges occur in the abdomen (abdominal aortic aneurysm). However, aneurysms also may develop closer to the heart in the chest area (thoracic aortic aneurysm).

The main concern with aortic aneurysms is a tear, or dissection, or, more seriously, a rupture that allows blood to leak into the aorta's lining or into the body. With a dissection or rupture, it's important to quickly recognize these symptoms: sharp, severe or sudden chest or upper back pain that radiates downward, or includes the jaw, neck

or arms; difficulty breathing or swallowing; and clamminess. Immediate emergency care, including open-chest surgery, is necessary for a dissection or rupture. Unfortunately, both dissections and ruptures are often fatal.

Most aortic aneurysms are small and develop slowly. They are discovered when imaging is performed on the chest or abdominal area for another reason.

A smaller aneurysm has a low risk of rupture—about 1% or less per year. For that reason, as long as it's not growing quickly, most health care providers will recommend a watch-and-wait approach. This means using imaging tests, such as ultrasound, at regular intervals to monitor the aneurysm's size and rate of growth. Health care providers also may prescribe medications such as beta blockers. These are used to treat high blood pressure, which is present in about 60% of people with thoracic aortic aneurysms.

Typically, an aneurysm grows slowly, although it can grow faster, particularly in people with a family history of

aortic aneurysms or with a genetic condition related to the body's connective tissues. If an aneurysm is larger or is found to be growing too quickly, elective surgery to repair the aneurysm may be considered. This usually involves open-chest surgery to remove the damaged section of the aorta and replace it with a synthetic tube, or graft. In select cases, repair with endovascular surgery using small incisions and surgical instruments inserted through catheters may be necessary.

Men are much more likely than women to develop a thoracic aortic aneurysm. Most commonly, the condition starts to occur in people in their 50s and 60s, although it may not be detected until decades later, if at all.

A family history of aortic aneurysm puts you at increased risk. Genetic connective tissue disorders—Marfan, Ehlers-Danlos and Loey-Dietz syndromes—dramatically increase your risk. Those born with just two, rather than three, leaflets (cusps) of the aortic valve—a condition called bicuspid aortic valve—are at increased risk.

Other factors that increase the risk of a thoracic aortic aneurysm include high blood pressure, smoking, undesirable cholesterol levels, and development of blood vessel hardening and clogging, or atherosclerosis.

People at highest risk—those with a family history plus one or more other risk factors—should ask their health care provider about having an echocardiogram to look for a thoracic aneurysm, even in the absence of signs or symptoms. Surgery is generally recommended for thoracic aortic aneurysms with a diameter of 5.5 centimeters or larger, and at smaller diameters depending on the underlying cause of the aneurysm. - Jay Shah, M.D., Cardiovascular Disease, Mayo Clinic, Phoenix

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

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## FINANCIAL FOCUS

# With ultra-low rates, should you still invest in bonds?

If you've been investing for many years and you've owned bonds, you've seen some pretty big changes on your financial statements. In 2000, the average yield on a 10-year U.S. Treasury security was about 6%; in 2010, it had dropped to slightly over



*Derek  
Osborn*

3%, and for most of 2020, it was less than 1%. That's an enormous difference, and it may lead you to this question: With yields so low on bonds, why should you even consider them?

Of course, while the 10-year Treasury note is an important benchmark, it doesn't represent the returns on any bonds you could purchase. Typically,

longer-term bonds, such as those that mature in 20 or 30 years, pay higher rates to account for inflation and to reward you for locking up your money for many years. But the same downward trend can be seen in these longer-term bonds, too—in 2020, the average 30-year Treasury bond yield was only slightly above 1.5%.

Among other things, these numbers mean that investors of 10 or 20 years ago could have gotten some reasonably good income from investment-grade bonds. But today, the picture is different. (Higher-yield bonds, sometimes known as "junk" bonds, can offer more income but carry a higher risk of default.)

Nonetheless, while rates are low now, you may be able to employ a strategy that can help you in any interest-rate environment. You can build a bond "ladder" of individual bonds that mature on different dates. When market interest rates are low, you'll

still have your longer-term bonds earning higher yields (and long-term yields, while fluctuating, are expected to rise in the future). When interest rates rise, your maturing bonds can be reinvested at these new, higher levels. Be sure you evaluate whether a bond ladder and the securities held within it are consistent with your investment objectives, risk tolerance and financial circumstances.

Furthermore, bonds can provide you with other benefits. For one thing, they can help diversify your portfolio, especially if it's heavily weighted toward stocks. Also, stock and bond prices often (although not always) move in opposite directions, so if the stock market goes through a down period, the value of your bonds may rise. And bonds are usually less volatile than stocks, so they can have a "calming" effect on your portfolio. Plus, if you hold your bonds until maturity, you will get your entire principal back (providing the bond issuer doesn't default, which is generally unlikely if you own investment-grade bonds), so bond ownership gives you a chance to pre-

serve capital while still investing.

But if the primary reason you have owned bonds is because of the income they offer, you may have to look elsewhere during periods of ultra-low interest rates. For example, you could invest in dividend-paying stocks. Some stocks have long track records of increasing dividends, year after year, giving you a potential source of rising income. (Keep in mind, though, that dividends can be increased, decreased or eliminated at any time.) Be aware, though, that stocks are subject to greater risks and market movements than bonds.

Ultimately, while bonds may not provide the income they did a few years ago, they can have a place in a long-term investment strategy. Consider how they might fit into yours.

- 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](mailto:Derek.Osborn@edwardjones.com). This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

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## JILL ON MONEY

# The financial resolution you should be making in 2021

As we attempt to put the dumpster fire of the year known as 2020 in the rear view mirror, it's time for the annual ritual of making—and more importantly—keeping resolutions. Despite a pandemic; a roller coaster stock market; and an emotional



Jill  
Schlesinger

election, the most common financial resolutions for 2021 remain the same, according to Fidelity Investments' annual survey: Americans hope to save more, pay down debt and spend less. The one obvious sign of COVID-19's impact was the fact that 38% of respondents said that they would be in "Survival Mode" in 2021.

For the survivalists, as well as everyone else, the start of the year is an ideal time to review what's coming in and more importantly, what's going out. To track your cash flow, download a free

app like Mint or Clarity Money or use your bank's app. The idea is to figure out where you stand now, how much money is available to help achieve your resolutions, and then you can create an actionable plan to fulfill them.

Since COVID-19 hit, delineating financial priorities has become more important than ever. In the past, I have turned to what I like to call "The Big Three" to help you think about your financial goals. The first is fund an emergency reserve that can cover 6-12 months of your living expenses (more than 8-in-10 Americans say this is their number one financial resolution for 2021). The second is to reduce credit card or other high interest debt. And the third of "The Big Three" is to fund retirement plans to the best of your ability, especially if you are entitled to a company match.

Until the pandemic hit, I had advocated giving "The Big Three" equal weight, but given the results of a Pew Research Center survey, which found that "one-in-four adults have had trouble paying their bills since the coronavirus outbreak started" and "a third have dipped into savings or retirement accounts to make ends meet," I think

focusing on funding the emergency reserve should take precedence over the other two.

You can use technology to help you out. Start by automatically transferring a set amount of money from your checking to your emergency reserve fund. Once you have accomplished that goal, you can direct the same amount of money and make automatic payments to accelerate your debt pay-down; and finally, use an employer based retirement plan or IRA to help jump start your long term retirement savings.

This is usually the paragraph where I try to guilt you into drafting your will, power of attorney and health care proxy. But if that process seems too daunting, you can start with an easy task: update your beneficiary designations. The basic idea behind naming a beneficiary is to make the transfer of money upon death quick, easy, and clear. Like a will, thoughtfully considering who will be your beneficiary allows you to have control over how your assets will pass to your heirs. While in most cases, a benefi-

ciary is a spouse, a child or another family member; you can also choose a trustee of a trust, an estate or a charity to be a beneficiary. The most common accounts that provide for the options of naming the person (or people) who will inherit the account value upon your death are: retirement accounts, pension plans, life insurance policies, and annuity contracts. Certain non-retirement accounts called "Transfer on Death" or "Payable on Death" also allow you to name beneficiaries.

Finally, the Fidelity study asked respondents who said they were able to keep their 2019 financial resolutions to share the secrets to their success, which included "setting clear, specific and achievable goals." Go get 'em!

- Jill Schlesinger, CFP, is a CBS News business analyst. A former options trader and CIO of an investment advisory firm, she welcomes comments and questions at [askjill@jillonmoney.com](mailto:askjill@jillonmoney.com). Check her website at [www.jillonmoney.com](http://www.jillonmoney.com).

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## OPINION

# Coming (hopefully) next summer: 'Indiana Jones and the Elusive, Affordable Meds'

By Greg Schwem

Tribune Content Agency

Please, Harrison Ford, don't do this. You're already 78 years old. You've proven to be one of the most bankable movie stars in history. You've survived numerous plane mishaps, some due to your, um, confusion while piloting your own aircraft. You're Jack Ryan, Dr. Richard Kimble and Han Solo, rolled up into one dude. Leave it at that.

But you're also Indiana Jones, the guy who found the Ark of the Covenant, and apparently, you're going to gulp down a whole lot of anti-inflammatories and reprise the character yet again. A fifth Indiana Jones movie, Disney confirmed earlier this month, will be released in July 2022. You will be 80 by then.

I know, 60 is the new 40 and 70 might be the new 50 but 80 is still 80. I can't imagine a scenario where an 80-year-old man, even one who has faced off against Nazis, would be in need of anything other than a comfortable chair. My mom just celebrated her 85th birthday and we got her everything on her wish list, comprised of an outdoor planter and a fanny pack.

"I need something to hold my phone when I get the mail," she said.

Also, Harrison, may I remind you that, in "Indiana Jones and the Last Crusade," you found the Holy Grail, which gives eternal youth to anyone who drinks from it. You gave it to your dad, a noble gesture for sure, but you took nary a sip. Had you done so, you could have made many more adventures. But you didn't and now I assume you're like most octogenarians; trying to stay active but also bemoaning how much it costs every time you pick up a prescription at the local CVS. That problem will, hopefully, be rectified in the Summer 2022 blockbuster, "Indiana Jones and the Elusive, Affordable Meds." How about this for a plot?

**OPEN:** While playing Pickleball at an undisclosed active retirement community, Indiana Jones is visited by his grandson, Michigan Jones (I'm thinking Chris Evans for this role). Michigan has grown weary of reading his grandfather's Facebook rants about the OUTLANDISH cost of Lisinopril, which Indiana takes daily to control his high blood pressure. This condition first appeared more than 30 years ago when he fell into a vat of poisonous snakes.

Michigan shows his grandfather how to download the GoodRx app. Together, they see that Lisinopril is available for a third of the price at a Costco but it's

60 miles away. Despite Indiana's complaints about Costco—"Why do I need 30 pounds of cashews at my age?"—Michigan offers to drive him. Indiana infuriates his Pickleball partners by leaving the game early to get ready for his latest adventure.

**CUT TO:** Indiana stubbornly tells Michigan that he needs his whip and sable fedora before leaving. The whip is in his nightstand; unfortunately, he sold the fedora at a yard sale while downsizing. Michigan says he could order a new one on Amazon, with one-day shipping, but Indiana doesn't want to wait. Whip at the ready, the two set out for Costco.

**CUT TO:** Indiana insists on stopping at Denny's for the senior discount breakfast. Indiana says it's his "God given right" to enter the establishment without a face covering but the Denny's manager has other ideas. Warily eyeing Indiana's whip, the manager also gestures to the "No Weapons Allowed" sign on the cash register. Furious, Indiana leaves, vowing never to spend another red cent at Denny's. Michigan texts his wife, saying, "Grandpa's

being Grandpa again."

**CUT TO:** They enter Costco, using Michigan's membership card. Indiana reluctantly dons a mask. They approach the pharmacy, where Indiana does indeed get his Lisinopril. Upon leaving, a Costco attendant asks to see Indiana's receipt.

"You think I stole this?" an enraged Indiana replies "The Temple of Doom has nothing on this place. Get the manager."

Michigan produces the receipt and leads his grandfather to the parking lot. They arrive home at 4 p.m., just in time for dinner.

### FADE OUT

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

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## PAINTING WITH WORDS

# How Do I Love Thee?

**Poet:** Elizabeth Barrett Browning  
**Poem:** Title: How Do I Love Thee?

Although we celebrate a holiday named Valentine's Day, few of us know of its origin. Legend tells us there was a saint named Valentine who was a priest during third century Rome. While the Roman emperor out-



Tom  
Mach

lawed marriage for young men because he felt single men made better soldiers, Valentine continued to perform marriages for young couples in love, and he was subsequently martyred for defying the emperor.

Among the many love poems written over the years, one poem deserves special attention: "How Do I Love Thee?" by Elizabeth Barrett Browning. Most literary scholars believe Elizabeth directed this poem to her husband. It is a wonderful testament of the depth of love for that one human being had for another.

We can analyze this poem in three different ways. First, it is an examination of the spiritual depth of love. The

poet's first lines say: "I love thee to the depth and breadth and height my soul can reach". It is her very soul that is expanding because of her love. And it's her love that helps her to feel "the ends of being and ideal grace," which is a gift from God, and that grace is what brings her closer to Him. The poet's mention of "lost saints" may refer to her earlier loss of faith, which has now been restored by love.

Another way to analyze this poem is to look at it as a conflict between love and reason. When she says she will "count the ways" of love, she is justifying her love in rational ways. But as she continues with her poem, she begins to understand that love is not a rational feeling and can't be explained in physical ways. She touches on the fact that her love exists even in the mundane routine of life by saying that "I love thee to the level of every day's

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most quiet need, by sun and by candle-light."

Browning's poem can also be understood as a free choice she has made based on what she sees in her lover. After all, she had lived at home until her late thirties with her controlling father. Thus, for her, love not only had a spiritual fulfillment and a source of inner joy, but a means of achieving freedom even under confining circumstances. Elizabeth makes it clear that she loves "freely" and had not based her love for him as an obligation. At a time when women did not have the opportunity to exercise agency over their personal lives, she speaks with authority that she can love someone whom her heart desires.

### How Do I Love Thee?

By Elizabeth Barrett Browning

*How do I love thee? Let me count the ways.*

*I love thee to the depth and breadth and height*

*My soul can reach, when feeling out of sight*

*For the ends of being and ideal grace.  
I love thee to the level of every day's  
Most quiet need, by sun and candle-  
light.*

*I love thee freely, as men strive for  
right;*

*I love thee purely, as they turn from  
praise.*

*I love thee with the passion put to use  
In my old griefs, and with my child-  
hood's faith.*

*I love thee with a love I seemed to lose  
With my lost saints. I love thee with the  
breath,*

*Smiles, tears, of all my life; and, if God  
choose,*

*I shall but love thee better after death.*

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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 FIRST FRIDAY ARTWALK

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

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### 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

### FEB 1 MEDICARE MONDAYS

Senior Health Insurance Counseling for Kansas helps you navigate the complex web of Medicare. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 1-2 p.m.  
TOPEKA, 785-580-4400

### FEB 4 COMPUTERIZED GENEALOGY - VIRTUAL ZOOM CLASS

Get started in genealogy and learn how to build your family tree online. Register to receive the Zoom link. Topeka and Shawnee County Public Library, 10 a.m. Register to attend online.  
TOPEKA, 785-580-4400  
<https://events.tscpl.org/events>

### FEB 7 COMPUTERIZED GENEALOGY 2 - VIRTUAL ZOOM CLASS

Learn how to find online resources to build your family tree with your FamilySearch.org account. Register to receive the Zoom link.

Topeka and Shawnee County Public Library, 10 a.m. Register to attend online.  
TOPEKA, 785-580-4400  
<https://events.tscpl.org/events>

### MAR 4 COMPUTERIZED GENEALOGY - VIRTUAL ZOOM CLASS

Get started in genealogy and learn how to build your family tree online. Register to receive the Zoom link. Topeka and Shawnee County Public Library, 10 a.m. Register to attend online.  
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### MAY 7 & 8 HEARTLAND FAMILY HISTORY CONFERENCE (VIRTUAL EVENT)

Join other family history enthusiasts to learn new tips and tricks for discovering your family's unique stories, and to connect with one another through our shared interests. Participate from the comfort of your home. For questions, email [tgstopeka.conference@gmail.com](mailto:tgstopeka.conference@gmail.com).  
<https://heartlandfhc.org>

## ENTERTAINMENT

### FEB 19 STORY SLAM: VIRTUAL EDITION | DAZED & CONFUSED

Stay safe and stay home, slammers, as this time around, the stories are coming to YOU. Get your favorite beverage ready and join us for music, stories and community. Digital happy hour and music start at 7:15 p.m. Slam starts at 7:35 p.m. Free.  
LAWRENCE, [lawrenceartscenter.org](http://lawrenceartscenter.org)

## EXHIBITS & SHOWS

### THROUGH MAR 13 TRAINING WHEELS: CHILDREN'S TOYS & LAWRENCE'S HISTORY

Toys—they're not just about fun and games! Children's toys tell us much about trends in history and daily life. This exhibit explores past eras of toys and games, from their endorsement of gender roles, how the industry responded to community modernization, and the long-running debate over the effects of war toys. Watkins Museum of History, 1047 Massachusetts St., Tuesdays-Saturdays, 10 a.m.-4 p.m. Please wear a mask and give contact information when you visit.

LAWRENCE, 785-841-4109

### THROUGH APR 10 FIFTEENTH AMENDMENT RETROSPECTIVE

This exhibit will feature original artworks inspired by the 15th Amendment, created by local artists. Watkins Museum of History, 1047 Massachusetts St., Tuesdays-Saturdays, 10 a.m.-4 p.m. Please wear a mask and give contact information when you visit.  
LAWRENCE, 785-841-4109

## HISTORY & HERITAGE

### PREMIERES DEC 7 FREE HISTORY: THE MOTHER OF KU WOMEN'S ATHLETICS

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

## MEETINGS

### MONDAYS GRIEF SUPPORT (VIRTUAL)

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

### FIRST MONDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

THIRD FRIDAY OF THE MONTH  
CAREGIVER SUPPORT GROUP  
Jayhawk Area Agency on Aging, 2910 SW Topeka Blvd., 12-1 p.m.  
TOPEKA, 785-235-1367

## MISCELLANEOUS

### FEB 9 BLACK OSCARS: WHAT THE ACADEMY AWARDS TELL US ABOUT AFRICAN AMERICANS

Dr. Frederick W. Gooding Jr. analyzed decades of Oscar nominations and winners for his book *Black Oscars: From Mammy to Minny, What the Academy Awards Tell Us about African Americans*. For more than 90 years, Oscar winners have been considered the standard bearers of all things imaginable within American culture. Given the Oscars' presence and popularity, it begs the question of what do these awards reflect and reinforce about larger society, particularly when it comes to the public participation of African Americans. In the meticulously-researched book, we see how the Oscars are an indispensable guide to understanding race in mainstream Hollywood. Topeka and Shawnee County Public Library, Virtual Room 02, 7 p.m. Register to attend online.  
TOPEKA, 785-580-4400  
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# Get your Social Security benefit statement (SSA-1099 / SSA-1042S)

By Norm Franker

Social Security District Manager in Lawrence, KS

Tax season is approaching, and replacing your annual Benefit Statement has never been easier. The Benefit Statement, also known as the SSA-1099 or the SSA-1042S, is a tax form we mail each year in January to people who receive Social Security benefits. It shows the total amount of benefits you received from us in the previous year so you know how much Social Security income to report to the Internal Revenue Service on your tax return.

If you live in the United States and you need a replacement form SSA-1099 or SSA-1042S, simply go online and get an instant, printable replacement form using your personal my Social Security account at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount). A replacement SSA-1099 or SSA-1042S is available for the previous tax year after February 1.

If you don't have access to a printer, you can save the document to your

computer or email it to yourself. If you don't have a my Social Security account, creating one is very easy to do and usually takes less than 10 minutes.

With a personal my Social Security account, you can do much of your business with us online. If you receive benefits or have Medicare, your personal my Social Security account is also the best way to:

- Request a replacement Social Security number card (in most states and the District of Columbia).
- Get your benefit verification letter.
- Check your benefit and payment information.
- Change your address and phone number.
- Change your direct deposit information.
- Request a replacement Medicare card.
- Report your wages if you work and receive Social Security disability insurance or Supplemental Security Income benefits.

If you're a non-citizen who lives outside of the United States and you

received or repaid Social Security benefits last year, we will send you form SSA-1042S in the mail. The forms SSA-1099 and SSA-1042S are not

available for people who receive Supplemental Security Income benefits.

Visit [www.ssa.gov](http://www.ssa.gov) to find more about our online services.

## My Social Security, it's not just for retirees

By Norm Franker

Social Security District Manager in Lawrence, KS

You don't have to be retired or even close to retirement to benefit from a personal my Social Security account. Calling or visiting a local Social Security office probably is rarely necessary once you have one. You can do much of your business with us online.

With your personal my Social Security account, you can:

- Request a replacement Social Security card (in most states and the District of Columbia).
- Estimate your future benefits to compare different dates or ages to begin receiving benefits.
- Check the status of your Social Security application when you do decide to apply.

Review your work history. If you already receive benefits, you can also:

- Request a replacement Social Security card (in most states and the District of Columbia).
- Get a benefit verification or proof of income letter.
- Set up or change your direct deposit.
- Change your address.
- Request a replacement Medicare card.
- Get a Social Security 1099 form (SSA-1099).
- Opt out of receiving certain notices by mail and receive them in the secure Message Center.

Please help us spread the word. Let your family and friends know that they can create a *my Social Security* account today at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount).



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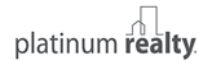
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# RICK STEVES' EUROPE

## Bruges: Pickled in gothic

By Rick Steves

Tribune Content Agency

As we've had to postpone our travels because of the pandemic, I believe a dose of travel dreaming can be good medicine. Here's one of my favorite European memories, from Belgium's most charming city, Bruges. It's a reminder of the fun that awaits us at the other end of this crisis.

With a smile, the friendly shopkeeper hands me a pharaoh's head and two hedgehogs. Happily sucking the liquor out of a hedgehog, I walk out of the small chocolate shop with a EUR3 assortment of Bruges' best pralines—chocolate treats with sweet fillings.

Belgian chocolate is considered Europe's finest. And in Bruges, locals boast that their chocolate is the best in Belgium. I'm always tempted by the treats in display windows throughout

town. Godiva's chocolate is thought to be the best big-factory brand, but for quality and service, I drop by one of the many family-run shops. (I pray for cool weather in Belgium because quality chocolate shops close down when it's hot.)

Free time to explore Bruges always puts me in a fun-loving mood. With Renoir canals, pointy gilded architecture, and stayawhile cafes, the marvelously preserved medieval town is a delight. Where else can you bike along a canal, munch mussels, drink fine monk-made beer, see a Michelangelo statue, and savor heavenly chocolate, all within 300 yards of a bell tower that rings out "Don't worry, be happy" jingles?

Right from the start, Bruges was a trading center. By the 14th century, it had a population of 35,000 (comparable to London's) and the most impor-

CAMERON HEWITT, RICK STEVES' EUROPE



The serene side of Bruges from a canal-boat tour.

tant cloth market in northern Europe. By the 16th century, silt had clogged the harbor and killed the economy. Like so many of Europe's small-town wonders, Bruges is well-pickled because its economy went sour. But rediscovered by modern-day tourists, Bruges thrives. The colorful heart of the city, Market

Square, is ringed by great old gabled buildings. Since 1300, it has been crowned by a leaning bell tower with a famous set of musical bells. Climbing its 366 steps rewards me with a commanding view and a chance to peek into the carillon room. I time my climb

■ CONTINUED ON PAGE 23

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# Rick Steves

■ CONTINUED FROM PAGE 22

to be there on the quarter hour. That's when the giant revolving barrel with movable tabs jerks into motion and mechanically rings the 47 bells to play the tune du jour.

Marveling at the medieval contraption doing its musical thing, I meet the carillonist, who explains how the adjustable tabs are moved one way to ring different bells and the other way to make different rhythms. For concerts, the barrel is disengaged, which then engages the manual keyboard. About to leave, I shake his hand . . . and realize it's deformed by a massive callous making his little finger twice the normal width. Noticing my reaction, he says, "That's from lots of practice . . . a carillonist plays the keyboard with fists and feet rather than fingers." Then he reminds me there's a free concert tonight at eight.

Scampering down the spiral steps, I realize I need to be quick to see the remaining sights and still have time for the brewery tour. Thankfully, everything's very close.

The Basilica of the Holy Blood is named for its relic of the blood of Christ, which, according to tradition, was brought to Bruges in 1150 after the Second Crusade. The City Hall has the oldest and most sumptuous Gothic hall in the Low Countries. The Gruuthuse Museum is a wealthy brewer's home, filled with everything from medieval bedpans to a guillotine. The Church of Our Lady has a brick tower that rockets high above anything else in town—standing as a memorial to the power and wealth of Bruges in its heyday. The church holds a delicate Madonna and Child by Michelangelo. Bought with money made from Bruges' lucrative cloth trade, it's said to be the only statue by the artist to leave his native

Italy during his lifetime.

It's been a full day, but I'm not quite ready for my hotel room. Stopping by a waffle stand, I get a Belgian waffle to go. Grabbing a wooden bench in the little courtyard under the bell tower, I'm just in time for the evening carillon concert. As the bells ring, I imagine the musician's massive calloused hands hard at work. Eating the last sweet strawberry on my waffle, I ponder how, even though this Gothic town is a thousand years old, it makes me feel like a kid.

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

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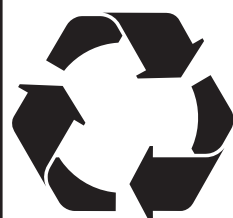
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## AMERICA'S TEST KITCHEN

## Your first food project of 2021

By America's Test Kitchen

Tribune Content Agency

Last year was all about baking bread. Let's make this year all about making our own cured foods, starting with gravlax.

Gravlax is an ancient salmon preparation. Fishing communities in northern Europe and Russia, surrounded by an abundance of salmon, acquired most of their catch during the time of year when the fish swim upstream to spawn. To preserve the fish for the rest of the year, they'd salt and bury it; this curing process gave them easy access to protein during the lean winter months.

Today the process relies on refrigeration rather than shovels. Instead of being buried in the earth, modern gravlax is made by "burying" salmon in a mixture of sugar and salt to extract liquid and cure the flesh. Depending on the cook, herbs, spices or even booze

are added to enhance flavor and preservation.

For our recipe, you simply coat a large piece of skin-on salmon evenly with a mixture of salt, brown sugar (we liked the deep flavor it gave the fish), dill and brandy. Using skin-on salmon makes slicing the cured fish easier and the brandy adds flavor, helps the cure adhere, and assists in the preserving process.

Pressing the salmon under the weight of a few cans helps it release moisture and gives the fillet a firmer, more sliceable texture. We baste the salmon with the released liquid once a day to help speed up the curing process and to keep it from drying out.

After the three-day cure, just remove the fish from the salt mixture and rinse off the excess salt. All that's left to do is slice it thin on the bias and enjoy; and decide on your next food project.

## Gravlax

Serves 6

- 1/3 cup packed light brown sugar
- 1/4 cup kosher salt
- 1 (1-pound) skin-on salmon fillet
- 3 tablespoons brandy
- 1 cup coarsely chopped fresh dill

1. Combine sugar and salt in a bowl.

Place salmon, skin side down, in a 13-by-9-inch glass baking dish. Drizzle with brandy, making sure to cover the entire surface. Rub salmon evenly with the sugar-salt mixture, pressing firmly to adhere. Cover with dill, pressing firmly to adhere.

2. Cover salmon loosely with plastic wrap, top with a square baking dish or pie plate, and weight with several large, heavy cans. Refrigerate until salmon feels firm, about 3 days, basting salmon

with liquid released into dish once a day.

3. Scrape dill off the salmon. Remove salmon from the dish and pat dry with paper towels before slicing. Gravlax can be wrapped tightly in plastic and refrigerated for up to one week; it should be left whole and sliced just before serving.


**Recipe note:** Dill is our flavoring of choice here, but you could experiment with other flavors such as coriander or juniper.

- For 25 years, confident cooks in the know have relied on America's Test Kitchen for rigorously tested recipes developed by professional test cooks and vetted by 60,000 at-home recipe testers. See more online at [www.americastestkitchen.com/TCA](http://www.americastestkitchen.com/TCA).


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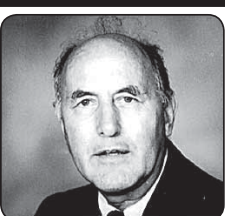
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## HUMOR

## 'No Good Deed...'

A citizen with laryngitis tried to do a good deed last week. It caused problems at first, but everything turned out all right. As Bob Jensen was walking by the Good and Solvent Regional Bank of Letongaloosa, he saw a backpack lying just outside the door. Bob figured that someone who had not wanted to take the backpack into the bank had forgotten to pick it up when he left.



Larry  
Day

Bob had a bad case of laryngitis. The best he could do was to write a note to the bank teller saying that someone had left the backpack outside. The teller didn't read the note. Bob was wearing a mask (doesn't everyone nowadays?). The teller assumed that Bob was there to rob the bank.

She shoved a wad of marked bills into the backpack along with a dye-pack that was set to explode in a moment or two.

A couple of hoodlums who had been

casing the bank saw Bob leave with the backpack. They figured it was full of cash. The hoods stuck a gun in Bob's ribs, grabbed the backpack, ran to their car, and screeched away.

Following protocol, the teller pressed a "bank robber" button under her counter to alert the local police and county sheriff. The authorities, shouting at each other over two-way radios, began to seek the fleeing robbers.

Two cars collided. One car carried police officers, the other, deputy county sheriffs. Both groups wanted to get credit for collaring the bank robbers. There has never been any love lost between the local police and the county sheriff's deputies.

A marvelous "Keystone Cops" episode ensued as the authorities slugged it out, and the robbers escaped.

Meantime, the dye pack exploded inside the backpack. It painted the robbers and the inside of their car bright red. The furious hoodlums turned their car into a mall parking lot, and, leaving the cash behind, jumped out and stuck a gun in the window of a car that had just parked.

The driver was Bob. He had stopped at the mall on his way home from having done his civic duty at the bank. One robber got in the front seat. The other jumped in the back.

Bob pointed to his throat and mouthed, "I can't talk."

"Shut up and drive," said the robbers.

"Where to?" Bob mouthed.

"Toward the metropolis. Take Highway 10. Merge onto 466."

Bob: "Lots of traffic!"

"Just drive."

The car sped along for a few miles, then sputtered, then sputtered again and rolled to a stop. The engine died. Bob pointed to the gauge. The car was out of gas.

"!#\$%^&\*()%^&\*," said one robber.

"&\*()\_)(\*%^&\*," said the other robber.

"Get out and flag down a car," the hoodlum in the front seat told the hoodlum in the back seat."

"We're painted red," said the other.

"No one will stop for us."

"Get out and flag down a car," a robber told Bob.

"I can't talk!" mouthed Bob.

"Just do it."

Bob got out and started waving. The eleventh car stopped.

"Got car trouble, Buddy?"

Bob leaned into the driver's side window and mouthed, "Bank robbers!"

The driver had heard about the bank robbery on his car radio. He jammed his foot on the gas pedal and screeched onto the highway.

The authorities had put out an All Points Bulletin for Bob's car.

A passing motorist spotted the car and called in with the highway number and direction the car was headed.

Meanwhile, a state trooper pulled up behind the robbers.

A red-painted arm emerged before the trooper got to the driver's side window. He pulled his service revolver and told the robbers to get out of the vehicle.


After a speedy trial, the robbers were convicted and sent up for long stretches in federal prison.

The media jumped on the story and made Bob its hero.

Bob got a big cash reward and a "Good Citizen" award.

The extra money pushed him into a higher tax bracket, so Bob owed most of his reward money to the IRS.

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



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## MY PET WORLD

# Training your large breed dog to use a ramp

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

**Dear Cathy:** My ten-year-old, 160-pound Malamute will not get in the car anymore. I bought a ramp and put her favorite treat the top of it, but she won't go up it. She's on Gabapentin for hip pain.

My vet has come here for home visits, but she always needs me to help hold her down and I can't do that anymore due to my health. She's intimidating because of her size. One vet that came to see her was afraid of her, so I didn't have her back again. I wish I could find a vet that wasn't afraid of her and could come to the house. Any suggestions? -Rita, Philadelphia

**Dear Rita:** I have several suggestions, but first I want to address your veterinarian's reactions to your big dog. Size shouldn't matter. Vets treat big dogs all the time. If your dog is growling or making them feel unsafe, then they would simply muzzle her during the exam. So, I am assuming the difficulty may be that these vets are coming to your home without an assis-

tant, and since you can't hold the dog anymore, they're unable to treat the dog without this help.

So, my first suggestion is to call veterinarians who make house calls and make sure they bring a vet tech with them. My second suggestion is to train your dog to tolerate a basket muzzle. Put the muzzle on her and use a clicker or reward word like "bingo" to acknowledge her tolerance, then give her a treat. Start at just one minute of training a few times a day and then build up to 15 minutes, once or twice a day until you are sure she is comfortable with it.

Third, work on ramp training. Put the ramp flat on your living room floor. Get a clicker (or use a reward word like "bingo") and click and treat every time your dog walks around, looks at, sniffs, or touches the ramp with nose or paw. Next, lure her onto the ramp by holding a treat at the beginning of it. Click and treat for "one paw" on the ramp, then "two paws," and so on. What you want is for her to be comfortable stepping on and walking across the ramp.

Once your dog is comfortable with the flat ramp, move the ramp to her dog

bed so there is a slight lift, and repeat the training process. Once she is comfortable with that, move it to a couch or low bed, and repeat the training process.

Eventually, take the ramp out to the car. The back of an SUV is too high and can cause the ramp to be too steep for most dogs to feel steady on. Instead, place the ramp at floor level with one of the backseat doors. It's lower and will give her a more secure, and less sloped way to step into the backseat of the vehicle. Repeat the training process. Click and treat for any and all contact with the ramp. At some point, she will be comfortable enough to walk up the ramp. You also can try collapsible stairs if you think she would like that better. This can take time though, so be patient. Until then, find a house call veterinarian who can arrive with a helper.

**Dear Cathy:** Last summer, a mama cat and four babies took up residence in my backyard. They eventually came into my house and I still have them today. They are all fixed. The mama cat has become very obese and I am not sure how to deal with it because the other four, are normal weight. I know I

should probably remove the dry food but the four babies nibble at it on a regular basis. Even the mama cat doesn't gorge on it. Any suggestions? -Frank, Catasauqua, Pennsylvania

**Dear Frank:** When there are multiple cats in the home, free feeding can often result in one cat getting more than the lion's share of food. One solution is a microchip feeder bowl for each cat. The bowl is paired with your cat's microchip (or a radio-frequency tag) and only opens when the cat assigned to that bowl is sitting in front of it. This can get a little pricey for five cats, but it does guarantee every cat gets their allocated food. It's also great if you need to feed the momma cat a lower-calorie food. If that's not affordable, then you will need to stop free-feeding and just feed them twice a day.

- Cathy M. Rosenthal is a longtime animal advocate, author, columnist and pet expert who has more than 25 years in the animal welfare field. Send your pet questions, stories and tips to [cathy@petpundit.com](mailto:cathy@petpundit.com). Please include your name, city, and state. You can follow her @cathymrosenthal.

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# JAY'S MUSICAL MEMORIES

## Happy Valentine's Day!

By Jay Wachs

Roses are Red  
Violets are Blue  
Fire up the Victrola  
Jay's got love songs for you!  
Valentine's Day is upon us.  
And with the holiday comes romance.  
Special dinners.  
Flowers.  
Chocolates.  
Candles.  
Greeting cards.  
And love songs. Lots of love songs.  
Growing up with two parents who were from the Big Band era, I often found myself awash in standards.  
When I think of love songs, I immediately think of Hoagy Carmichael and "Stardust."

As the years went on, other songs stood out to me, including Eric Clapton's "Wonderful Tonight" and, of course, Dolly Parton's version of "I Will Always Love You."

We all have our personal favorites, but I thought I would share our station's top love songs of the past decades.

You can "Google" them or perhaps just listen to "The Love Zone" Sunday through Thursdays from 10 p.m. to midnight on [www.lawrencehits.com](http://www.lawrencehits.com).

### 1940s

Doris Day's version of "Again" from the 1948 movie "Road House."

The lyrics included:

*Again, this couldn't happen again*

*This is that once in a lifetime*

*This is the thrill divine*

### 1950s

Nat King Cole's version of "When I

Fall in Love" released in 1956.

The lyrics included:

*When I fall in love...it will be forever  
Or I'll never fall in love*

### 1960s

The Righteous Brothers "Unchained Melody" from 1965.

This song found new popularity due to its inclusion in the movie "Ghost."

Who can forget the poetry of these words:

*Whoa, my love*

*My darling*

*I've hungered for your touch*

*A long, lonely time*

*And time goes by so slowly*

*And time can do so much*

*Are you still mine?*

### 1970s

The Bee Gee's "How Deep Is Your Love" 1977.

From the movie "Saturday Night Fever," this love song painted a picture of romance on a sunny day:

*I know your eyes in the morning sun*

*I feel you touch me in the pouring rain*

*And the moment that you wander far from me*

*I want to feel you in my arms again*

### 1980s

Lionel Richie & Diana Ross "Endless Love" 1981.

This song won a Grammy for record of the year in 1981 and its lyrics have been included in countless wedding vows.

It was also the title track to the movie by the same name.

It also has the distinction of being the most popular love song of all time according to Billboard Magazine.

*My love, there's only you in my life*

*The only thing that's bright*

*My first love,*

*You're every breath that I take*

*You're every step I make*

However you choose to celebrate love on Valentine's Day or any day, remember that the greatest gift we can give to anyone is kindness and selfless love.

See you next month.

- Jay Wachs is the owner and operator of [LawrenceHits.com](http://LawrenceHits.com), an APP and website based oldies streaming radio station that helps promote locally owned and operated Douglas County, Kansas businesses.



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# GOREN ON BRIDGE

WITH BOB JONES

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## OLD AND NEW

Both vulnerable, South deals

### NORTH

♠ Q J 7  
♥ A 6 5 2  
♦ J  
♣ K 9 8 6 5

### WEST

♠ 10 9 2  
♥ 10 4  
♦ K 10 7 5  
♣ A Q J 7

### EAST

♠ 8 4  
♥ K Q J 3  
♦ Q 8 6 3  
♣ 4 3 2

### SOUTH

♠ A K 6 5 3  
♥ 9 8 7  
♦ A 9 4 2  
♣ 10

The bidding:

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

Opening lead: 10 of ♠

Modern tournament players would no doubt have a fancy auction for the North-South hands in today's deal. The given auction is the likely way my grandmother would have bid it 50 years ago. Same result either way. As it was then and as it is now, the play's the thing.

The enterprising trump lead by West prevented more than one diamond ruff in dummy, so the only chance was to establish some club tricks. This would require a 3-2 trump split, a 4-3 club split, and the ace of clubs with West. Despite having such a clear view of the layout needed for success, the deal still required careful timing. Declarer won the opening lead with dummy's queen, crossed to his hand with the ace of diamonds, and led his club toward dummy. West rose with his ace and continued with a low spade to dummy's jack.

South ruffed a club in his hand, ruffed a diamond with dummy's last trump, and ruffed another club in his hand, this time with a high trump, the king. South was relieved to see that the clubs had split 4-3. The ace of trumps drew the last enemy trump and the ace of hearts was an entry to the established clubs. The king of clubs and the established nine of clubs were declarer's ninth and tenth tricks. Nicely played, Grandma!

*(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 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

#### Boggle BrainBusters Bonus

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

Find AT LEAST NINE EVEN NUMBERS in the grid of letters.

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# PUZZLES & GAMES

## CROSSWORD

### Across

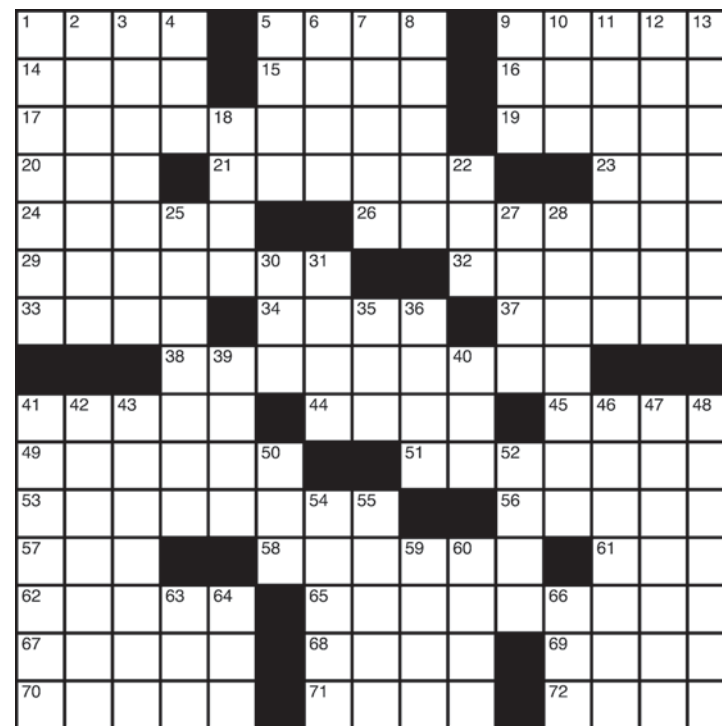
- 1 Incite
- 5 Modern "methinks"
- 9 Pink flowers in a van Gogh still life
- 14 Water-diverting feature
- 15 It's not optional
- 16 Brigham Young University city
- 17 \*Bargain on the last day of Oktoberfest?
- 19 Urdu for "palace"
- 20 Blunder
- 21 Barbarian in Dante's Seventh Circle
- 23 Butterfield of "Ender's Game"
- 24 Cartomancy deck
- 26 \*Singer Damone, vis-à-vis actor Morrow?
- 29 Starfleet school
- 32 Record holder
- 33 Ship
- 34 Accessories for a Red Hat Society lunch
- 37 Bond and Bourne
- 38 \*Snoopy's specialist?

- 41 Scratching post material
- 44 Jai \_\_\_
- 45 Its first version was egg-shaped
- 49 Spotted cat
- 51 Argentina's "City of Diagonals"
- 53 \*One who'll talk your ear off about osso buco and saltimbocca?
- 56 Norse group that fought the Vanir
- 57 Hypotheticals
- 58 Part of AC/DC
- 61 Minn. neighbor
- 62 A-listers
- 65 Basic auto maintenance, and how each answer to a starred clue was created
- 67 "Who's on First?" catcher
- 68 Composer Sibelius
- 69 While away
- 70 Note next to a red F, maybe

- 71 \_\_\_-Navy game
- 72 Downfall of many kings?

### Down

- 1 Old Iberian coins
- 2 Grind
- 3 Exceeded, as a budget
- 4 Agnus \_\_\_
- 5 MIT center?: Abbr.
- 6 Substantial content
- 7 Sun: Pref.
- 8 The "O" in football's OBJ
- 9 Tach readout
- 10 60 minuti
- 11 "Me too"
- 12 Hard to follow
- 13 Says "There, there," say
- 18 Silver of FiveThirtyEight
- 22 Spots
- 25 Eccentric
- 27 "What \_\_\_ can I do?"
- 28 Snake, for one
- 30 MIT Sloan deg.
- 31 Class with mats
- 35 Entirely
- 36 Authenticating symbol
- 39 North Carolina university
- 40 Through
- 41 Khrushchev and Gorbachev
- 42 Baffin Bay hazard
- 43 Coastal region



- 46 Like some lodges
- 47 Goose-pimply
- 48 Price-fixing groups
- 50 "Chopped" host Allen
- 52 Way to go
- 54 Spanish red wine
- 55 Less rainy, as a climate
- 59 Oater actor Jack
- 60 Harlem sch.
- 63 Bagpiper's hat
- 64 London \_\_\_: Ferris wheel
- 66 Letters in an APB

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

## JUMBLE

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

ZORRA

○ ○ ○ ○ ○

TIHAF

○ ○ ○ ○ ○

COREKT

○ ○ ○ ○ ○

ROMMEY

○ ○ ○ ○ ○

○ ○ ○ ○ ○    ○ ○ ○ ○ ○    ○ ○    ○ ○ ○ ○ ○

Check out the new, free JUST JUMBLE app

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

## SCRABBLE GRAMS

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PAR SCORE 260-270  
BEST SCORE 291

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

2nd Letter Double

Double Word Score

Answers to all puzzles on page 30

## CROSSWORD SOLUTION

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

## SUDOKU SOLUTION

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

## BOGGLE ANSWERS

TWO, FOUR, EIGHT, TEN,  
TWELVE, TWENTY, THIRTY,  
FORTY, FIFTY

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## JUMBLE ANSWERS

Jumbles: RAZOR, FAITH,  
ROCKET, MEMORY

Answer: After realizing how much  
corn he had for sale, the farmer was  
grinning -- FROM EAR TO EAR

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SCRABBLE G R A M S SOLUTION															
G <sub>2</sub>	O <sub>1</sub>	D <sub>2</sub>	D <sub>2</sub>	E <sub>1</sub>	S <sub>1</sub>	S <sub>1</sub>	RACK 1 =	<u>60</u>							
A <sub>1</sub>	M <sub>3</sub>	N <sub>1</sub>	E <sub>1</sub>	S <sub>1</sub>	I <sub>1</sub>	A <sub>1</sub>	RACK 2 =	<u>62</u>							
B <sub>3</sub>	O <sub>1</sub>	O <sub>1</sub>	K <sub>5</sub>	L <sub>1</sub>	E <sub>1</sub>	T <sub>1</sub>	RACK 3 =	<u>63</u>							
F <sub>4</sub>	L <sub>1</sub>	O <sub>1</sub>	W <sub>4</sub>	A <sub>1</sub>	G <sub>2</sub>	E <sub>1</sub>	RACK 4 =	<u>64</u>							
A <sub>1</sub>	W <sub>4</sub>	K <sub>5</sub>	W <sub>4</sub>	A <sub>1</sub>	R <sub>1</sub>	D <sub>2</sub>	RACK 5 =	<u>86</u>							
PAR SCORE 260-270												TOTAL		<b>335</b>	

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## MY ANSWER

## Satan is under God's authority

From the writings of the Rev. Billy Graham

Tribune Content Agency

**Q:** Are God and Satan equals as far as power? -- G.S.

**A:** Satan is not omnipotent. He is not God's equal in power, in presence, or in any other way. He is a fallen angel, not a fallen god. Nothing can come into our lives without God's knowledge and permission. Satan is actually under God's authority. He had to receive God's permission to test Job, and the Lord's purpose is to produce good out of the trials and afflictions that Satan tries to put in the Christian's path.

The Gospels record an episode in Jesus' life in which He was in the midst of reading Scripture in a synagogue. Unexpectedly, a demon-possessed man jumped to his feet and

began yelling. You see, Satan was trying to disrupt the session, for he did not want Jesus' audience to learn about the kingdom of God and the truths of eternal life. Immediately Jesus cast out the demon, thus demonstrating His complete authority over the spiritual world. Those watching who had already been touched by Jesus' teaching, were completely overcome by His power (Mark 1:21-27). What Satan tried to do to hinder Jesus, actually served God's own purpose.

Satan must be the most frustrated personality in the universe! His army of demons is compelled to obey Jesus,

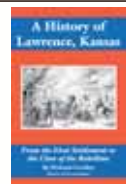
and whatever the devil does to discourage a Christian, God can use for the Christian's benefit. Sometimes He allows us to suffer so that we may grow spiritually.

Satan attempts to lure us from the path of spiritual progress, and He seeks to destroy our Christian witness. This is why the Bible warns us to not be ignorant of Satan's methods (2 Corinthians 2:11). Scripture goes on to encourage us with these words: "Thanks be to God who always leads us in triumph in Christ" (2:14). Therefore, we must pray that we will desire to be in the center of His perfect will.

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

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## The History of Lawrence, Kansas

By Richard Cordley

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

“The 50+ demo accounts for half of all consumer expenditures — yet a shockingly small 10 percent of marketing dollars are targeted toward 50+.

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

Source: Huffington Post, [huffingtonpost.com/mark-bradbury/the-7-incredible-facts-about-boomers-spending\\_b\\_6815876.html](https://www.huffingtonpost.com/mark-bradbury/the-7-incredible-facts-about-boomers-spending_b_6815876.html)

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## EVENING PROGRAMS

FEBRUARY <b>3</b>	<b>46: The Biden Presidency</b> <i>7:00 PM</i>
	Mark Zwonitzer will provide us with insight into what can be expected from President Biden's administration.

 PRESIDENTIAL LECTURE SERIES  
 RICHARD NORTON SMITH

FEBRUARY <b>10</b>	<b>The Republicans: The Reagan Playbook</b> <i>7:00 PM</i>
	Examining three successful Republicans, with a focus on Reagan who paved the way for a center-right nation.

FEBRUARY <b>17</b>	<b>FDR Revisited: Learning from FDR, Clinton &amp; Obama</b> <i>7:00 PM</i>
	President Biden's likely role models will be FDR, Clinton, and Obama. What can he learn from them?

FEBRUARY <b>23</b>	<b>Breaking Precedent: The Last Four Years</b> <i>7:00 PM</i>
	The last four years featured a most unconventional presidency. What has changed? What will go back to normal?

MARCH <b>2</b>	<b>What I've Learned; Plus "Ask Richard"</b> <i>7:00 PM</i>
	Smith will present his checklist for a successful presidency followed by an expanded audience Q&A session.

MARCH <b>9</b>	<b>Historians on <i>Hamilton</i>: How a Blockbuster Musical Is Restaging America's Past</b> <i>7:00 PM</i>
	Claire Bond Potter and Renee C. Romano examine what the hit musical got right, what it got wrong, and why it matters.

MARCH <b>16</b>	<b><i>UnRepresented</i> - Documentary Screening &amp; Filmmaker Q&amp;A</b> <i>7:00 PM</i>
	Following an exclusive viewing of the film, a panel of experts will discuss the problems highlighted in the documentary.

MARCH <b>23</b>	<b>Birch Bayh: Making a Difference</b> <i>TBA</i>
	Robert Blaemire will share insights from his biography of Senator Bayh, US Senator from Indian for over 25 years.

<b>TBA</b>	<b>A Conversation on Race</b>
	Additional installments of this series will continue the discussion of the important topics of racial justice and equality.

## AFTERNOON PROGRAMS

FEBRUARY <b>4</b>	<b>Ft. Leavenworth: ISIS, Abu Bakr Naji, and the Management of Savagery</b> <i>3:00 PM</i>
	Brian Steed

FEBRUARY <b>9</b>	<b>Congressman Dole's Kansas</b> <i>3:00 PM</i>
	Exhibit Preview Event with Virgil Dean and Audrey Coleman

MARCH <b>4</b>	<b>Ft. Leavenworth: John Boyd and Air Power Theory</b> <i>3:00 PM</i>
	Chris Johnson

APRIL <b>1</b>	<b>Ft. Leavenworth: Denis Mahan and the Foundations of American Theory</b> <i>3:00 PM</i>
	Ethan Rafuse

MAY <b>6</b>	<b>Ft. Leavenworth: Don Starry, Active Defense, and AirLand Battle</b> <i>3:00 PM</i>
	Lou DiMarco

## DISCUSSION GROUPS

Spring 2021 Dole Institute Fellow Patrick Tuohey will bring different facets of municipal public policy to light in discussion groups throughout the semester. As a co-founder of the Better Cities Project, he and his guests will speak to the challenges local leaders and civil servants face and the tools available to meet them.

*The Dole Discussion Groups are made possible by a grant from Newman's Own.*

Wednesdays, February 24; March 3, 10, 17, 24, 31; April 7 *4:00 PM*

## NEW EXHIBIT

**Voices from the Big First, 1961-1968**  
*Feb. 11 - May 16, Elizabeth Dole Gallery and Reading Room*

Featuring a selection of constituent letters written to then-Congressman Bob Dole from the collections of the Dole Archives, this original exhibit, curated by Kansas history scholar Virgil Dean, offers a window into the hopes and fears of everyday Kansans as they responded to change at home and conflict abroad.

*Funding for this exhibit is provided by Humanities Kansas.*

All programs are free to the public & will be live-streamed to our YouTube channel: [www.youtube.com/c/TheDoleInstituteofPolitics](http://www.youtube.com/c/TheDoleInstituteofPolitics)

*Program schedule is subject to change. Please check our website for the latest information*



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