

Kaw Valley Senior Monthly

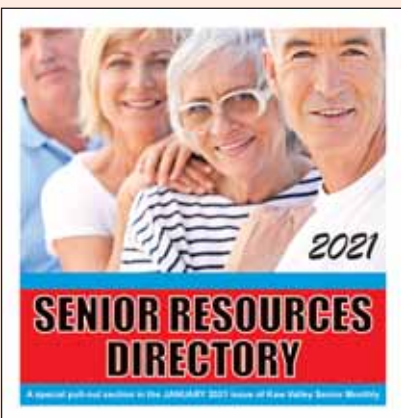
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Vol. 20, No. 7

INSIDE



KEVIN GROENHAGEN PHOTO



SENIOR
profile

This month's issue features a 12-page "Senior Resources Directory." See inside.

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People of the Year: Healthcare workers

By Kevin Groenhagen

The photo on the front cover of this issue of *Kaw Valley Senior Monthly* is a stock photo downloaded from a royalty-free website. The description reads, “Nurse Injecting Corona Virus Vaccine Shot To Older Woman.” There are no names and everyone in the photo is wearing a mask. We don’t know who they are. Given that we don’t know the names of the millions of healthcare workers who have battled the coronavirus during 2020, this photo seemed to be the best way to represent them.

The first COVID patient in the United States was admitted to Providence Regional Medical Center Everett in Washington State after testing positive on January 20. Fortunately, he returned home on February 3 after being considered fully recovered. As we know, many Americans were not as fortunate. As of the middle December, there were 16.8 million cases of COVID in this country and just over 300,000 COVID-

related deaths. Worldwide, there were 1.64 million COVID-related deaths recorded.

In March, hospitals in New York began reporting that they were overwhelmed with COVID patients and deaths. An emergency room physician at Brookdale University Hospital Medical Center characterized her hospital as a “medical war zone.” The spread of COVID slowed down during the warmer months, but has surged with a vengeance as the temperatures began dropping during the fall. By the end of November, a record number of Americans—90,000—were hospitalized with COVID. Hospitals are again overwhelmed.

On December 1, Mental Health America reported that the pandemic is taking a dangerous toll on the mental health of frontline healthcare workers. “Healthcare workers have been thrust onto the front lines, exposed to a deadly virus daily,” said Paul Gionfriddo, president and CEO of Mental



Health America. “With the skyrocketing number of COVID-19 cases, it is getting worse by the day and healthcare workers aren’t getting a reprieve. They are frustrated, anxious, overwhelmed,

burned out and worried about exposing their loved ones, nurses in particular. We need to make sure that we are taking care of healthcare workers so

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Kaw Valley
Senior Monthly

Kevin L. Groenhagen
Editor and Publisher

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People of the Year

■ CONTINUED FROM PAGE THREE

they can take care of us.”

A survey conducted by Mental Health America with funding from the Johnson & Johnson Foundation found the following:

- More than 90% of healthcare workers regularly experience stress, while nearly 90% regularly experience anxiety. Three-quarters of healthcare workers regularly feel overwhelmed. More than half of healthcare workers regularly feel unappreciated, fear, anger, loneliness, and powerless.

- Only 35% of healthcare workers believe they receive adequate emotional support. That percentage drops to just 30% among nurses.

- Work-related stressors for healthcare workers include “Uncertainty about when things will settle down/return to normal” (60.59%), “Burnout” (53.53%), and “Heavy/increased workload” (48.61%).

- During the last three months, more than 80% of healthcare workers

have experienced emotional exhaustion, while more than 70% have experienced trouble with sleeping. More than half have experienced, physical exhaustion, work-related dread, and compassion fatigue.

The compassion fatigue is understandable. During normal times, healthcare workers must display a great deal of compassion towards their patients. During the pandemic, they have had to display an even greater level of compassion. Those of us who have had loved ones admitted to hospitals during the pandemic know that in-person visits are largely out of the question. In many cases, healthcare workers provide the only face-to-face contact with patients. Many of us have seen the poignant photo of the Houston ICU physician embracing the elderly COVID patient on Thanksgiving. Thanksgiving marked the 252nd consecutive day of work for Dr. Joseph Varon. How can he not be fatigued?

We must also honor the healthcare workers who take care of older Americans in retirement communi-

■ CONTINUED ON PAGE FIVE



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People of the Year

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ties, assisted living residences, and nursing homes. I do all the deliveries of *Senior Monthly* and it breaks my heart to see a visitor standing outside a window at one of these communities, using a cellphone to talk to her loved one. Residents of some of these communities have died from COVID. I have spoken with healthcare workers and those deaths have greatly affected them.

In addition to the dangerous toll on the mental health of frontline healthcare workers, there has also been a dangerous toll on their physical health. On October 26, NBC News reported that 189,011 healthcare workers in the U.S. had been diagnosed with COVID, while 767 had died. The *American Journal of Epidemiology* reported that 48% of healthcare workers diagnosed with COVID were nurses, 25% were doctors, and 23% were other healthcare workers. Remarkably, as many nurses have died during this pandemic as died during World War I.

On December 13, the first truckloads of the COVID-19 vaccine left a Pfizer plant in Michigan en route to predetermined locations. The initial vaccine rollout in the U.S. will prioritize high-risk populations, such as hospital workers and nursing home staff and residents. Lawrence Memorial Hospital, which was among the predetermined locations, received nearly 800 doses on December 16. Shannon Fletcher, LMH Health Respiratory Care manager and a licensed registered Respiratory Therapist, received the first dose at LMH. "It means that we're moving closer in the right direction," Fletcher said. "It means that I'm going to have some level of extra protection when I care for COVID-19 positive patients and not worry about taking this home to my family. More

than anything, it means hope."

We ended 2020 with hope. We also ended 2020 with an immense amount of respect and gratitude for the millions of healthcare workers in this country and throughout the rest of world. While 2020 has come and gone, our healthcare workers will still be fighting COVID in 2021. Let's make sure that they receive the support they deserve.

If you are a healthcare worker and believe you are experiencing anxiety or depression, Mental Health America advises you to go to mhanational.org/frontline to be screened and find resources and support. If you are experiencing a mental health crisis, call

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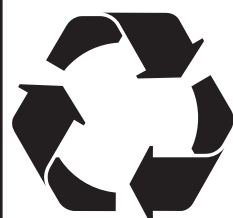
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HEALTH & WELLNESS

Well-being group: A collaborative effort to provide resources to support community during pandemic

By Jeff Burkhead

Bert Nash Community Mental Health Center

Worried about some of her friends, a Bert Nash Community Mental Health Center board member recently messaged the Center's CEO Patrick Schmitz and other staff members.

"I have friends who are just down and need some positivity," the board member said. "I have been asked if Bert Nash has any online resources/exercises/links that would help people who are experiencing low energy or light depression during these seasonal days of COVID. Thanks for any help."

Help is available.

Not only on the Bert Nash Center's website, but on a new community resource website hosted by Lawrence Douglas County Public Health: ldchealth.org/hope. The new resource is part of Douglas County's Unified Command Community Well-being Branch.

The Unified Command structure was developed to lead a comprehensive COVID-19 pandemic response, combining local government, health, education and business leaders. The Unified Command's goals are to minimize the spread and impact of COVID-19 while building resilience and recovery strategies for the community through unified, equitable and coordinated action.

In November, Unified Command formed the Community Well-being Branch. That group's purpose is, in collaboration with local community partners, to "identify, empower and develop equitable strategies and practical implementation to support the social emotional health of the essential workforce, individual community members and identified high-risk vulnerable populations."

"It was an offshoot of Unified Command because of the need to address

people's mental health and well-being during the pandemic," said Bert Nash Center CEO Schmitz. "Because of the pandemic, we face a mental health crisis unlike any we have seen before, where anxiety and depression are affecting our community at higher rates, while the resources of those needing help have diminished or disappeared entirely. So, they decided to form this Community Well-being group. We will help develop messages and information to send out to the community."

Schmitz is one of three co-leaders of the Well-being Branch, along with Margaret Morris, CEO of the Lawrence Arts Center, and Lee Ice, assistant director of Lawrence Parks and Recreation.

"It's not just the importance of physical activity, it's the mental well-being of people," said Parks and Recreation Assistant Director Ice. "We've been fortunate this fall that the weather has been pretty good. People have been able to get on the trails and walk and bike and do those things. People have been very appreciative of whatever we could offer."

"The Unified Command recognized

we need to start thinking about people's mental health," Lawrence Arts Center CEO Morris said. "The way we're staying healthy at the Arts Center, the way I'm staying healthy, is to let go of the things we can't do right now and what we have lost, and instead look ahead to see what do we have right now and what we can build from this. That is what will make us stronger as people and as businesses and organizations, but it's also a huge opportunity to bring the community together in a time of crisis."

The Community Well-being group's objectives include:

Identify needs and resources to support the essential workforce responding to COVID-19.

Identify resources and outreach opportunities to support both those with pre-COVID-19 mental health needs as well as those who are currently experiencing mental health needs due to COVID-19 including isolation, depression, stress, anxiety, substance abuse, domestic violence, stigma, etc.

Create a communications strategy to aid the community in building / rebuilding hope.

Identify communications strategies to ensure all populations, including those most vulnerable, are aware of available programs for testing, vaccination, health and mental health services, mental wellness coping strategies and are able to access those resources.

Identify opportunities for collaboration with Housing and Human Services and Education Branches to support

community well-being.

And identify strategies, opportunities and recommendations that both encourage digital well-being as well as activities which combat personal isolation and provide personal connections and recreation in a safe manner.

Various community agencies have provided mental and physical well-being resources to share on the Community Well-being Branch's website.

One of those resources is myStrength, which provides digital self-care resources at no cost for Douglas County residents.

"COVID-19 has presented everyone with a unique set of circumstances that challenge our mental health, resilience, and well-being," said Bob Tryanski, director of behavioral health projects for Douglas County and a member of the Community Well-being group. "That's why we are encouraging every member of our community to subscribe to myStrength. MyStrength offers free, self-directed resources, tools, and evidence-based strategies for coping during the pandemic and thriving as we move forward. It doesn't matter if you're looking for tools to help you cope with anxiety, strategies for parents to navigate COVID-related challenges with your kids, or ideas for dealing with loneliness and managing loss and grief, myStrength has easy-to-access solutions for everyone."

Another resource is a class called Mental Health First Aid, which is now available to take virtually.

■ CONTINUED ON PAGE SEVEN



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Well-being group

■ CONTINUED FROM PAGE SIX

“Mental Health First Aid is a great class for people from all sorts of backgrounds to learn how they might support someone who is struggling,” said Julia Gaughan, Bert Nash Center prevention and education manager and a member of the Community Well-being group. “You learn about the signs and symptoms of mental health and substance use challenges as well as a framework for responding in a way that’s nonjudgmental and encourages professional help and self-care.

A link to a full listing of Mental Health First Aid (MHFA) courses is available on the Well-being Branch website: ldhealth.org/hope. There is a registration fee for MHFA and scholarships are available. For information, contact mhfa@bertnash.org.

The pandemic has been challenging not only for individuals and families, but businesses and organizations as well.

“It’s been difficult on our staff,” said Parks and Recreation Assistant Director Ice. “Our parks people do a tremendous job to build up community, you look at the Christmas lights downtown, you look at the flowers, the parks, we haven’t missed a beat. But with programming, it’s totally different. There’s so much planning involved, but with this pandemic, we don’t even know what we’ll be doing tomorrow.

“When we closed down on March 13, it took us another six to eight months before we opened our doors again for anything,” Ice said. “We got through the summer activities because they were outdoors. People could still walk and bike and go on the trails, but the programming part was still difficult. Now that we’re getting into the winter season, we’re trying to finish up activities through December. Then we’re going to revisit everything the first of January to see what we can offer. If anybody has a crystal ball on where we will be with all this come Jan. 15, then we could plan.”

The pandemic has also been rough on the business community.

“From the business community per-

spective, there have been so many ups and downs this year. It’s been an emotional roller-coaster for a lot of business owners. So many businesses have been diligently following the health orders, whether it’s to their detriment or not, because they want to keep our community safe. But that has taken its toll on a lot of business owners,” said Lindsey Slater, director of communications for The Lawrence Chamber of Commerce and a member of the Community Well-being Branch. “That mental health aspect for our entire community, including the business community, is such a vital piece to see us through until we can see the other side. Any support we can give to our business owners and their employees is very important, now more than ever. It’s been hard on a lot of businesses, but they have done an amazing job of adapting and switching gears and doing everything they can to keep everyone safe.”

Symbols are important, Arts Center CEO Morris said, especially during a pandemic and during this holiday season when families and friends can’t be together. One of those symbols is the hashtag #DGKS♥ which will be used on the group’s social media posts as well as yard signs that will be made available to the public.

“We, as a community, are all in this together,” Morris said. “We’re trying to get things out visibly into the community that remind us of that. Nobody is alone; we are all experiencing grief and sadness and difficulty of some kind. The added kicker is that people can’t be with their families. When all of this is over, I won’t have seen my parents for over two years, and I’m not the only one. A lot of us are in that situation. But we can all, also, be hopeful together. That’s what this group is born out of.”

-Jeff Burkhead is communications director at Bert Nash Community Mental Health Center.



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HEALTH & WELLNESS

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Dr.
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spread it throughout Europe. Cilantro was one of the first spices that was traded in the Americas. In Iranian folk medicine, cilantro was used to effectively treat anxiety and to relieve

insomnia. Cilantro is easy to grow and requires partial shade to full sun. Cilantro also does well with an enriched soil with good drainage.

Cilantro is one of my favorite medicinal plants and spices. It is used every day in our kitchen. Cilantro is a delightful addition to any meal as a seasoning or just by eating the fresh herb. "Cilantro" typically refers to the leaves of the plant and the term "coriander" refers to the seeds of the plant, which are typically ground up and used as a spice. Cilantro is an annual herb that is a part of the family of plants that also includes carrots, fennel, celery, parsley, and cumin. Coriander is a common herb that flavors many international dishes. It has been used in many dishes, such as

soups, salsas, curries, marinades, baked goods, pickled vegetables, lentil dishes, salads, noodle dishes, and roasted vegetables. It has been grown since the ancient times and typically is cultivated around the world in areas such as United States, India, Central and South America, Caribbean, and Mexico.

Cilantro has been used as a medicinal plant since ancient times. Many ailments have been treated with cilantro, including reducing tooth pain, removing toxins from the body, helping to lower blood sugar levels, decreasing inflammation, benefiting heart health, lowering cholesterol, stabilizing mood, helping with digestion, stimulating appetite, protecting the skin, especially from rashes, such as dermatitis, and sun damage, and improving the health of the gastro-intestinal system. Cilantro has also been used for its neuroprotective effects, especially for brain health. It is a powerful antioxidant and prevents cell damage caused by free radicals. Cilantro has powerful immune-boosting activities such as an anti-bacterial, anti-viral and anti-fungal agents.

As we sit down to enjoy those holi-

day meals, consider making something with cilantro or adding coriander to spice up a dish. The coriander seeds have a warm earthy flavor, while the fresh leaves tend to have a more pungent parsley and citrus flavor. Regardless if you choose the coriander seeds or the fresh cilantro leaves, you will not be disappointed in the dish you are eating. The year of 2020 has been unlike any other year. Please stay safe and have a Happy New Year!

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

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

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MAYO CLINIC

Treatment for Dupuytren's contracture depends on severity of condition

DEAR MAYO CLINIC: I was diagnosed with Dupuytren's contracture about nine months ago and have not been treated for it. How effective is needling, and what are the risks that this procedure will cause permanent injury? Would it be less risky to just have surgery if my condition is worsening quickly?

ANSWER: The treatment you need for Dupuytren's contracture depends on the severity of the condition and the specific parts of your fingers that are affected. In some cases, no treatment is necessary. If your symptoms are worsening, however, you should have a consultation with a hand surgeon to review your options. Needle aponeurotomy, also referred to as "needling," is one of the standard treatments typically used for Dupuytren's contracture. It is safe and effective when performed by an experienced surgeon, but it's not the right choice in all situations.

Dupuytren's contracture is a genetic condition that can lead to deformity of the hand. As it progresses, knots form in a layer of fascia that lies under the skin of the palm. Eventually, the knots create a thick cord that may pull one or more fingers into a bent position, or contracture. When that happens, those fingers can't be straightened without treatment.

Dupuytren's contracture commonly affects the ring and small fingers. The

condition can develop in both hands, though it usually affects one hand more severely than the other. The severity of Dupuytren's can vary a great deal. In some people, the condition may remain mild, with no finger contracture. In others, it continues to progress until the hand is significantly deformed, making it hard to perform daily tasks.

Treatment decisions are based on whether there is any finger contracture and, if so, to what degree. If the fingers are not affected, the condition can be monitored over time. No treatment is recommended at that stage because the condition is painless, and it does not interfere with functioning. In addition, performing surgery prior to the fingers becoming involved often can aggravate the condition, cause it to accelerate and potentially lead to development of a contracture.

If contracture of one or more fingers occurs, treatment is recommended. The three main methods of treatment include needle aponeurotomy, collagenase injection and open fasciectomy.

Needle aponeurotomy is a nonsurgical technique that uses a needle, inserted through the skin, to break the cord of tissue that's contracting the finger. The main advantages of needling are that there is no incision, it can be done on several fingers at the same time, and little physical therapy is needed afterward. The main disadvantage is that it can't be used in some places in the finger because it could damage a nerve or tendon.

Needling is safe if performed by an experienced surgeon and used for the right cord pattern. It tends to be most effective if used when a cord develops down the midline or central portion of a finger, and the contracture occurs in the joint at the base of the finger.

Collagenase injection involves injecting an enzyme into the cord to soften and weaken it. That allows your doctor to manipulate your hand in an attempt to break the cord and straighten your

fingers. The risks and benefits of collagenase injection are similar to needling.

Open fasciectomy is surgery to remove the tissue in the palm affected by the disease. Generally, this surgical procedure is best used when a cord develops on the side of the finger and the joint in the middle of the finger is contracted most.

If your condition seems to be progressing quickly, you should make an appointment to see a hand surgeon with experience treating Dupuytren's contracture. The surgeon can assess your condition, recommend treatment based on your circumstances, and review with you the risks and benefits of that approach. - Kevin Renfree, M.D., Orthopedic Surgery, 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. For more information, visit www.mayoclinic.org.

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Four Kansas adult care homes receive Level 3 PEAK 2.0 Award for 2019

Kansas Department for Aging and Disability Services (KDADS) Secretary Laura Howard is pleased to recognize four adult care homes in Kansas for their achievements in providing and sustaining person-centered care for residents by awarding them a 2019 Promoting Excellent Alternatives in Kansas Nursing Homes (PEAK) award.

“The management and staff of these outstanding facilities have committed to person-centered care and have worked hard to achieve this level of excellence,” Secretary Howard said. “They have made a positive change in the way nursing home services are provided to Kansans and in improving the quality of life for those who live in these homes.”

Facilities recognized for their work in Level 3: Person-Centered Care Homes in 2019 are:

- The Wheatlands Health Care Center – Kingman
- Bethel Home, Inc. – Montezuma

- The Shepherd’s Center – Cimarron
- Crestview Nursing and Residential Center – Seneca

Nursing homes that have successfully implemented positive culture change through the PEAK program have been recognized for the past 18 years. As a result, accommodating the personal preferences of nursing facility residents has become as important as providing the vital services and supports their residents need.

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GUEST COLUMN

Things to Think About

By Tom Mach

As I got older, I began to think of life in a larger canvas, like the universe itself. When you let your thoughts drift you would be awed by how awesome the universe is. We know that Earth is part of one solar system, and that this system of planets is within a galaxy of stars and other heavenly bodies, a galaxy we call the Milky Way. But scientists tell us there are two trillion galaxies in the universe. The Milky Way is about 100,000 light years in diameter, which means that if we were able to travel at the speed of light it would take us 100,000 years to go from one end to the other. Then as you sit back and let your mind try to comprehend the size of two trillion of these, you might get dizzy. Psalm 8:3-4 says “When I look at your heavens, and see the work of your fingers, the moon and the stars, which you have set in place, what is man that you are mindful of him, and the son of man that you care for him?”

In my book of poetry called *The Universe*, I said “A child once asked me what is space, and I laughed at my ignorance.” I had no idea how to

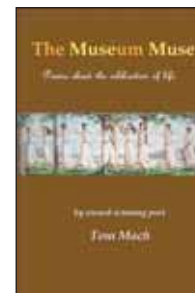
describe that. And in another line I say, “Great is space because I cannot grasp its emptiness.”



And you ought to consider this: God is bigger than the immense canvas of the entire universe, just as a creator is greater than his creation. This thought gives me the shivers, to think how insignificant I am, like a fruit fly to a giant. Yet God loves me and He loves you.

In my second poetry book, *The Museum Muse*, I wonder why “we put ourselves in display cases, categorized by our hidden thoughts, our words not spoken, our actions not taken, and the unfulfilled desires of our heart.” Then I suggest that “maybe we—as well as all creation, belong, instead, in museums of the soul, where we can truly study ourselves.” We all know that museums are places where we can see artifacts, a myriad of stuffed animals, statues depicting historical occasions, and paintings. These really give us the memories of others in different his-

torical settings. Yet, I ask the question, “if museums only purport to contain memories, does it not follow that memories cannot be housed in a brick-and-mortar building, that they cannot be checked off as if they were permanent,



or that they are only momentary and fleeting?” Later I add, “a fortunate few of us have memory bricks that build upon each other with the mortar of wisdom and strength.” It

brings to my mind that immortal movie “It’s a Wonderful Life,” where George Bailey finds himself destitute and wishes he had never been born. But an angel grants him his wish and George learns that everything he did in his life affected other people and that he had an important role to play in his life. It’s that kind of “memory brick” I’m referring to.

It was a few years later that I wrote my last poetry book, *So Runs the Water*. I’ve always wanted to live near the ocean and watch the rhythm of the sea, the way it swells, the way the roaring water splashes against the rocks. I even enjoy being near lakes and rivers

because there is something about water that fascinates me. At 10, I caught my first fish, at 19, I experienced the sea through the eyes of Captain Ahab, at 80, I take walks along the river. As I thought about water, I came up with



the first lines of my poem, “so runs the water, churning at times, forming white circles, foaming as if angry, pushing against craggy rocks...” When I surmised water

as having a life of its own, I wrote “so runs the water, stubborn in its decided direction, yet moving with gentle grace while holding an arrogant white swan with the care of a loving mother.” I end my poetry book with a summary of the most important attributes of this precious commodity: “Peculiar thing, this substance called water. It is more ancient than we are. We dive in it. We float in it. We sail over it. We drink it. Pilate washed in it to remove his guilt. The Baptist used it to remove sin. People bathe in it to remove grime. So runs the water, God’s gift to us.”

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JILL ON MONEY

Dow 30K: Should you care?

The post election stock market rally persisted throughout the month of November, culminating in a new milestone for the Dow Jones Industrial Average (DJIA): 30,000. While the Dow is the oldest of the major U.S. stock indexes, it is the least useful



Jill
Schlesinger

because it only captures 30 companies and the index itself is calculated in a screwy way.

The Dow is “price-weighted,” meaning that each of the 30 companies contributes to the value of the index based on its stock price. So Dow component United Health Group, whose stock trades for about \$350 per share, has 10 times the influence of Walgreens/Boots, which trades at about \$35 per share. The more relevant stock indexes are the Standard&Poor’s 500 or the Nasdaq composite, because both are “cap-weighted,” meaning the market capitalization (the price of the stock multiplied by the number of shares outstanding) of each component determines the impact on the bench mark.

Nit picking indexes aside, does a milestone really matter? I know that “it’s just

a number,” but those big, round numbers can act as psychological markers—on both the upside and the downside. That’s why I encourage you to put away your rally caps and refocus your energy on your personal goals and objectives. My worry is that with indexes rising, some of you may be tempted to ratchet up the risk in your portfolios. Now more than ever, you need a systematic approach to your investing and a better way to make higher quality decisions.

I was reminded of why having a smart process is so important after I interviewed Annie Duke, author of the new book, “How to Decide: Simple Tools for Making Better Choices.” Duke, a former professional poker player and academic, drills down to explain why we make poor decisions and how we can create and adhere to a better system to improve our choices.

According to Duke, we tend to conflate the decision making process and the outcome of that decision, due to a concept called “resulting.” Resulting leads one to believe that if you get a positive result, you made a good decision. We do this because judging outcomes is easier than analyzing the decision making process. I asked Duke to explain resulting using the current backdrop of the pandemic.

She started with a simple premise: Any time you gather with others, especially indoors and unmasked, there is some probability that you could get

infected with the virus. If you do this a number of times and don’t get sick, was it a good decision to assume the risk? Absolutely not. “You can make horrible decisions and have a good outcome because the outcome is probabilistic,” says Duke. In fact, “there are only two things that determine how your life turns out: luck and the quality of your decisions. You have control over only one of those two things.”

Applying the concept to investing, consider this: If you pile into stocks only because markets are reaching new highs or you have a “gut-feeling” that the rally will continue, that’s a bad decision regardless of whether markets keep rising or if they drop. Instead, a robust decision making process would include contemplating various outcomes and weighing how they might

impact your overall financial plan.

Duke warns that without a smart process, the outcome of a decision can lead you “to overlook or distort information about the process, making your view of decision quality fit with outcome quality ... When you make a decision, you can rarely guarantee a good outcome (or a bad one). Instead, the goal is to try to choose the option that will lead to the most favorable range of outcomes.”

- 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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*Derek
Osborn*

But touching your 401(k) before you retire may not be a good idea, as it can lead to some unwanted consequences.

First, taking funds out of your 401(k) now could increase the risk of running out of money during retirement, which could last for decades.

Also, withdrawals taken from your 401(k) before age 59½ may be taxed as ordinary income and are generally subject to a 10% penalty for early withdrawal, although there are some exceptions. And a sizable taxable withdrawal from your 401(k) could bump you into a higher tax bracket.

Therefore, if you are facing a finan-

cial crunch, you may want to explore some options before tapping into your 401(k). For starters, see if you can cut your expenses where possible and explore financial assistance programs that service providers, such as utility companies, might offer.

Also, if you have an emergency fund, now may be the time to use it. For most folks, it's a good idea to keep three to six months' worth of living expenses in such a fund, with the money kept in a liquid, low-risk account. But even smaller amounts can help in a financial crunch.

You might also find another source of cash in your taxable investment accounts. Any uninvested cash in these accounts is an easy place to start. You might also look at selling investments to free up some cash. However, before making this decision, you may want to consult with a financial professional to discuss the pros and cons.

Another cash-generating option is a 401(k) loan, assuming your plan permits such loans. Unlike a direct withdrawal, a 401(k) loan is not taxable if it's repaid on time. (If it isn't, you could also incur penalties.) And, although the loan may have some fees, the interest on it will be paid to your account,

rather than to a bank. However, you won't earn investment returns on the loan balance, because you can't use this money to invest. And if you leave your job before you've fully repaid the loan, you'll likely have to come up with the remaining balance quickly.

You could also consider using your credit cards to generate cash, but these types of loans or advances can be quite costly. Instead, you may want to look at other possibilities, such as a home equity loan, the cash value of a life insurance policy, the "margin" on your investment accounts or a personal loan. Again, you should talk to a financial professional to discuss the tradeoffs of taking out these loans and to develop

a payoff strategy, if you decide to use any of them.

Your 401(k) is a long-term investment designed to meet a long-term goal: your retirement. So, if you think you might require these funds before retirement, explore all alternatives first to find the right decision for your needs.

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

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PAINTING WITH WORDS

Youth

Poem Title: Youth
Poet: Samuel Ullman

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



Tom
Mach

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

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

have the physical strength of a person decades younger than us, but we have our mind and we have our memories.

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

Here is Samuel Ullman's wonderful poem:

Youth
By Samuel Ullman

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

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

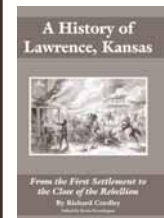
*Whether they are sixteen or seventy,
there is in every being's heart
the love of wonder,
the sweet amazement at the stars
and starlike things and thoughts,*

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

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

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

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



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by Richard Cordley

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OPINION

After Trump, what (and who) for the GOP?

Cal Thomas

Tribune Content Agency

At the 1980 Democratic National Convention in New York, Sen. Ted Kennedy (D-MA) delivered a speech following his defeat by Jimmy Carter for the presidential nomination. The speech was boilerplate liberalism. Kennedy criticized Republicans and Ronald Reagan for their ideas, which he said were from the past (today, the past is looking a lot better than the immediate future under Joe Biden and the Democrats).

A part of his closing line would be good for today's Republicans to consider following the abbreviated Trump era. Kennedy said, "...the work goes on, the cause endures, the hope still lives, and the dream shall never die."

Trump has contributed mightily to the GOP, giving the party a backbone it seemed to have misplaced following the Reagan years. He also has reminded people that conservative ideas work, including tax cuts, a reduction in regulations and constitutional judges. Add to these significant accomplishments his administration's brokering of four peace deals in the Middle East no one thought possible, much less achievable, and the development of a vaccine various "experts" said was not possible

by the end of the year.

As he leaves office, where will Republicans go in 2024? The president has hinted he may run again in four years. If he wins, he and his supporters could enjoy sweet revenge. But should he be a candidate? As much as he has done for the party and the country, should Republicans put all their faith and trust in him? A lot could depend on how President-elect Biden does in office. Biden almost certainly will not seek a second term when he is 82.

Last August, Trump was questioned at a White House press briefing about polls showing his popularity was declining. Asked to explain, he responded, "Nobody likes me. It can only be my personality. That's all." It was a rare moment of transparency for him.

There is still a remnant of old-fashioned values my grandparents' generation embraced and tried to instill in their descendants. One was not to belittle, demean, talk down to, or call other people names. Trump has consistently ignored that advice. While a large number of Americans still support him and the number who voted for him far outpaced any other Republican presidential candidate, or incumbent president, it wasn't enough.

The reason can only be his personality.

Most Americans expect a certain amount of dignity emanating from one who temporarily holds our highest office. Could Trump have achieved all he has without the name-calling? I think so. At a minimum he might have resurrected a quote from a man who knew plenty about enemies, all of them domestic.

I have referenced Abraham Lincoln's First Inaugural Address before, but it is worth remembering, even memorizing. At the dawn of the Civil War, Lincoln said: "We are not enemies, but friends. We must not be enemies. Though passion may have strained, it must not break our bonds of affection. The mystic chords of memory will swell when again touched, as surely they will be, by the better angels of our nature."

Could such an attitude have delivered a second term for President Trump? It might have swung enough votes to him from people who place a high value on deportment.

Republicans can continue to embrace Trump's policies while getting behind someone without his baggage. Who might that be? My view of the per-

fect candidate is Vice President Mike Pence, who has been loyal to the president without the name-calling, while preserving his own personality, dignity, Christian faith and kindness.

Republicans could do a lot worse than Pence, but not much better.

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

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DOUGLAS COUNTY STORIES

The changing face of Downtown Lawrence, part two

By Pat Kehde

Off the Main Drag

Storefronts on downtown's side streets were cheaper and therefore more appealing. George Paley opened Bokonon shop in 1972 at 819 Vermont. In 1974, George and Judy Gerling married and moved Bokonon to 12 East 8th St, buying out the inventory of Bash's head shop. On Vermont, next door to Bokonon was National Surplus owned by David and Susan Millstein. The Millsteins bought 804 Mass. in 1973 and moved their renamed business, Sunflower Surplus, and adding camping equipment and supplies. The next year the Millsteins bought 803 Mass and opened the Casbah, an art collective, which the first home for Silver Works, owned by Jim and Cara Connolly, who opened their own shop in 1986 at 715 Mass. In 1986, the Millsteins bought and renovated the old Opera House at 645 Mass. creating Liberty Hall.

Another side street shop was Goldmakers at 9 E. 8th, where Peter Zacharius made and sold jewelry in his tiny shop with oriel bay windows. He later

moved Goldmakers to 723 Mass. Linda Lester opened The Etc. Shop in 1980 at 10 West 9th, in a space that was 150 square feet. That little shop was torn down in 1982 to make way for a parking lot. Linda moved The Etc. Shop to 732 Mass. in 1984 and then to 928 Mass. in 1986.

Down the Street

The small shops at the intersection of 14th and Mass. also attracted a number of new businesses. In 1968, Bob Werts began making and selling candles to his friends, who called him The Waxman. He got a big order from a cosmetic company in KC for 150,000 ping pong ball-sized candles, which he fulfilled by figuring out how to make a mold and then asking to ship the order in four installments so he could use the payment from one shipment to buy wax to make the next. He opened The Waxman at 1405 Mass. in 1972, moving to 609 Mass. in 1993.

Another business at that corner was Mick's Bike Shop opened by Mick Ranney in 1976. After he moved to his current location 1335 Mass., his girlfriend suggested he sell Birkenstock sandals. The sandals did so well

that he sold his bicycle inventory and Footprints was born in 1982. Mass. St. Music, Jim Baggett's guitar sales and repair shop, opened in 1983, at 1347 Mass. in a building he bought from Mick Ranney. Baggett first came to Lawrence in 1979 and a building at 7th and Michigan Street to build and repair guitars.

All of these entrepreneurs are still in business. Their stores and others, no longer in business, such as The Bay Leaf, Natural Way, Strawberry Fields, Primarily Leather, Lepidoptera, Gypsy Rags, Pendragon, King of Jeans, to name a few, were the first wave of local retail ventures that have made Downtown Lawrence unique.

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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.

TOPEKA, artstopeka.org/firstfriday

LAST FRIDAY OF THE MONTH FINAL FRIDAYS

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

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EDUCATION

JAN 25

HOW TO SIGN UP FOR MEDICARE PART D

Jayhawk Area Agency on Aging will help you navigate the complex world of Medicare.

Topeka and Shawnee County Public Library, Learning Center, 1515 SW 10th Ave., 1-2 p.m.
TOPEKA, 785-580-4400

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

ENTERTAINMENT

JAN 8

STORY SLAM: VIRTUAL EDITION | HERE WE GO AGAIN

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

LAWRENCE, lawrenceartscenter.org

EXHIBITS & SHOWS

THROUGH DEC 31

DAYS OF RAGE: THE 1970 CURFEW

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

LAWRENCE, 785-841-4109

THROUGH MAR 13

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

Toys—they're not just about fun and games! Children's toys tell us much about trends in history and daily life. This exhibit explores past eras of toys and games, from their enforcement of gender roles, how the industry responded to

community modernization, and the long-running debate over the effects of war toys. Watkins Museum of History, 1047 Massachusetts St., 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

JAN 23

BOOK AND MEDIA SALE (PUBLIC SALE)

Used books, DVDs, CDs, record albums, audio books, sheet music available at very reasonable prices. Bring your own totes, containers and luggage on wheels. Cash and credit card only. Topeka and Shawnee County Public Library, Marvin Auditorium 101BC, 1515 SW 10th Ave., 9 a.m.-3 p.m.

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INSIDE



Theo Nikolakopoulos, with the help of his twin brother, Nick, recently designed a website that people can use to post tributes to honor loved ones who have passed away. - page 6

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RICK STEVES' EUROPE

London on the cheap

By Rick Steves

Tribune Content Agency

London is one of the Europe's most expensive cities. But with fine public transit, many free museums, affordable plays, and fun food markets and pubs, the city becomes more affordable. Here are some of my tips for savings.

Take the Tube: London's black cabs are iconic, but for the cost of one ride, you can buy an Oyster card transit pass, covering a week's worth of rides on buses and the London Underground (a.k.a. the Tube).

Budget Sleeps: London is one of the few places I'd consider staying in a chain hotel. Target an appealing neighborhood and browse reviews at a hotel-booking website such as Booking.com. Check auction-type sites such as Priceline and Hotwire, which match

travelers with empty hotel rooms, often at prices well below normal rates. Or book through Airbnb or a similar company instead: I'd rather rent a palatial room or apartment a 20-minute Tube ride from downtown than pay the same for a grubby budget hotel a five-minute ride away.

Free Museums: My favorite museum in London—the British Museum—is free, as are these impressive sights: the British Library, National Gallery, National Portrait Gallery, Tate Britain, Tate Modern, Wallace Collection, Imperial War Museum, Victoria and Albert Museum, Natural History Museum, Science Museum, National Army Museum, Sir John Soane's Museum, and the Museum of London. About half of these museums request a donation of about \$6.50, but whether you contribute is up to you.

CAMERON HEWITT, RICK STEVES' EUROPE



Enjoy many of London's outstanding museums, including the Museum of Natural History, for the price of a voluntary contribution.

Free Churches: Smaller churches let worshippers (and tourists) in free, although they may ask for a donation. The big sightseeing churches—Westminster Abbey and St. Paul's—charge higher admission fees but offer free evensong services nearly daily (though

you can't stick around afterward to sightsee). Westminster Abbey also offers free organ recitals most Sundays.

Other Freebies: London has plenty of free performances, such as lunch concerts at St. Martin-in-the-Fields

■ CONTINUED ON PAGE 23



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Rick Steves

■ CONTINUED FROM PAGE 22

and summertime movies at The Scoop amphitheater near City Hall. There's no charge to enjoy the pageantry of the Changing of the Guard at Buckingham Palace, rants at Speakers' Corner in Hyde Park (on Sunday afternoon), opulent displays at Harrods department store, the people-watching scene at Covent Garden, and the colorful streets of the East End. It's free to view the legal action at the Old Bailey and the legislature at work in the Houses of Parliament. You can get into a bit of the Tower of London and Windsor Castle by attending Sunday services in each place's chapel (though you'll have chapel access only). And, Greenwich is an inexpensive outing: Many of its sights are free, and the journey by rail is cheap.

Good-Value Tours: The London Walks tours with professional guides are one of the best deals going (about \$16). Note that the guides for the "free" walking tours are unpaid by their companies, and they expect tips—I'd pay up front for an expertly guided tour instead. You'll also find reasonably priced tours by bus, boat, and bike.

Buy Tickets Online: Tickets for many of London's most popular and expensive sights, such as the London Eye Ferris wheel, St. Paul's Cathedral, Westminster Abbey, and the Tower of London, can be purchased online in advance, which will not only save you from standing in ticket-buying lines, but also will usually save you a few pounds per ticket.

Totally Pants (Brit-speak for Not Worth It): Skip the London Dungeon. It's gimmicky, overpriced, and a terrible value, despite what the long line at the door might suggest. And the cost of the ride to the top of The Shard, western Europe's tallest skyscraper, is unfortunately even more breathtaking than its view.

Theater: Compared with Broadway's prices, London's theater can be a bargain. Seek out the freestanding TKTS booth at Leicester Square to get discounts from 25 to 50 percent on good seats (and full-price tickets

to the hottest shows with no service charges). Buying directly at the theater box office can score you a great deal on same-day tickets. A \$6.50 "groundling" ticket for a play at Shakespeare's Globe is the best theater deal in town. Tickets to the Open Air Theatre at north London's Regent's Park start at about \$30.

Pubs, Street Markets, and Picnics: Pub grub is the most atmospheric budget eating option—reasonably priced hearty classics such as meat

pies and fish-and-chips served under ancient timbers. London thrives with street markets, many featuring the latest and trendiest food stalls—the perfect antidote to the city's high prices and interchangeable chain restaurants. For picnics, you'll find an array of carryout options, from Pret à Manger and Eat—selling fresh salads and sandwiches—to Marks & Spencer department stores (with a good deli) and their offshoot M&S Simply Food.

If you do your homework and take advantage of London's many freebies and bargains, you'll leave with happy memories of your trip instead of a regretfully empty wallet.

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

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AMERICA'S TEST KITCHEN

Lighthouse Inn

Potatoes: A beloved dish

By America's Test Kitchen

Tribune Content Agency

Lighthouse Inn Potatoes—chunks of soft potatoes baked in a rich cream sauce and topped with golden bread crumbs—originated at an iconic hotel and restaurant located in New London, a popular seaside town in southeastern Connecticut. Executive Chef Leon “Wally” Walden, who worked there for nearly 50 years before his 1992 death, was known for many of his dishes, but Lighthouse Inn Potatoes was perhaps his most beloved offering.

One of America's Test Kitchen's test cooks grew up eating this dish at every holiday and was determined to make a version she—and everyone else—could make at home. To do so, she cooked starchy russet potatoes in light cream and butter and added a bit

of baking soda to neutralize the potatoes' tannins (and aid in creating a velvety, unbroken sauce). After topping the potato mixture with buttery cheesy bread crumbs, she baked the dish until the potatoes were bubbling and the bread crumbs were golden brown.

This homemade version is as good as the original—the potatoes are tender, the sauce is silky and rich, and the topping is salty, crunchy and satisfying. And based on the response from others who have made this recipe—now one of our most popular—we're confident it would make Chef Walden proud.

Lighthouse Inn Potatoes

Serves 8 to 10

2 ounces Parmesan cheese, grated (1 cup)

1 cup panko bread crumbs

4 tablespoons unsalted butter, melted,

plus 6 tablespoons cut into 6 pieces

Salt

Pepper

2 1/2 pounds russet potatoes, peeled and cut into 1-inch chunks

3 cups light cream, divided

1/8 teaspoon baking soda

1. Adjust an oven rack to the middle position and heat oven to 375 degrees. Combine Parmesan, panko, melted butter and 1/4 teaspoon salt in a bowl; set aside.

2. Bring potatoes, 2 1/2 cups cream, 1/8 teaspoon baking soda, 2 teaspoons salt and 1 teaspoon pepper to boil in a large saucepan over medium-high heat. Reduce heat to low and cook at a bare simmer, stirring often, until paring knife slides easily into potatoes without them crumbling, 20 to 25 minutes.

3. Off heat, stir the remaining 1/2 cup cream and remaining 6 tablespoons butter into the potato mixture until the butter has melted, about 1 minute. Transfer the potato mixture to a 13-by 9-inch baking dish. Sprinkle the Parmesan-panko mixture over top. Bake, uncovered, until bubbling around the edges and the surface is

golden brown, 15 to 20 minutes. Let cool for at least 15 minutes. Serve.

Recipe notes

To make ahead: After the potato mixture has been transferred to a baking dish, let it cool completely, cover with aluminum foil, and refrigerate for up to 24 hours. Before applying the topping, bake, covered, until heated through, about 35 minutes. Apply the topping and continue to bake, uncovered, 15 to 20 minutes longer.


A note on ingredients: We prefer the texture of light cream for this recipe, but heavy cream will also work. Do not use half-and-half; it has a tendency to break. Grate the Parmesan on a rasp-style grater. Our favorite panko bread crumbs are from Ian's.

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

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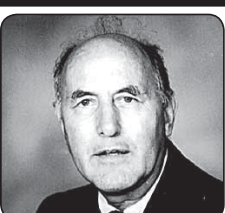
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HUMOR

Sir Jeremiah Teancrumpets loses his shirt

Given his extraordinary wealth, it would be hard to believe that Sir Jeremiah Teancrumpets could be penniless—or in his case, since he's British, tuppenceless. Long time readers of this column will remember Sir Jeremiah as a tightfisted billionaire who hooked up with Nosey Nelida Macamora to form a business in the United States.



Larry Day

He had been on the verge of a fatal heart attack when a physician friend, who lived on the next estate, taught Sir Jeremiah to laugh loudly instead of getting cranky when something enraged him. Everyone said that his laugh was scarier than his outrage.

Following an election, the new British government raised taxes, especially on the wealthy. Sir Jeremiah groaned, then laughed. That scared everyone within earshot.

After researching his options, Sir Jeremiah decided to move to the United States. In his research he came across Nosey Nelida Macamora's

name, reputation, and U.S. government connections.

Sir Jeremiah contacted Nosey Nelida and, after protracted and scary laugh-filled negotiations, hired her to obtain an immigrant visa and green card for him. Sir Jeremiah decided to travel incognito and crossed the Atlantic by ship. Nosey Nelida met him on Rick-er's Island and helped get him through customs. The landing fees nearly caused him apoplexy, but true to his therapist's counsel, he laughed instead of going into a rage. The sound of that cackle panicked dock workers, custom officials, and travelers.

Once in New York City, he had another siege of outrage and unloosed a cackling laugh that frightened everyone, including the pigeons picking up crumbs in the street. A cloud of pigeons flew away, never to return to that part of New York.

That fiendish laugh had frightened Nosey Nelida. But being resourceful, she recovered quickly. She had soon devised a plan to utilize that fearsome sound.

Within weeks, Sir Jeremiah Teancrumpets and Nosey Nelida Macamora had created a pest control company called N and T, Inc. The firm specialized in frightening pigeons and other pesky birds and animals away from hotels, businesses, and chic residential

neighborhoods.

Then they obtained a copyright on Sir Jeremiah's horrific laugh and developed a nationwide chain of pest control centers.

The company prospered immediately. Animal protecting organizations looked on N and T Inc. as a humane business that didn't hurt creatures. City Chambers of Commerce got on board because the method made them appear benevolent. The mass media picked it up as a good news story to help balance all the bad news they often published.

Soon Washington politicians took notice. Here, they realized, was a phenomenon that they could embrace—one that wouldn't come back to bite them.

At the White House the chief of staff put the matter on the president's agenda.

"Sir," he said, "we have a win-win situation here," and explained the situation.

"Get those people in here at once," said the President. "Give them a private tour, make them up a certificate and schedule a press conference. I'll sign it personally. Heaven knows we could use some good news around here."

That was the high point for Sir Jeremiah's visit to the U.S.

So how did "Sir Jerry" lose his shirt? It's complicated. During the tour of the White House, Sir Jeremiah visited the center where visitors buy mementos.

He asked the price of a trinket, and when he heard the price, he was about to go apoplectic, but recovered and followed his physician's protocol. Instead, Sir Jeremiah unloosed a frightening cackle. A member of the Secret Service heard it and came to investigate. The agent asked about "that British gentleman" and was told that it was Sir Jeremiah Teancrumpets, the British billionaire.

"Call Customs and the Internal Revenue Service," said the agent. The cackle had gotten Sir Jerry in trouble, again.

It turned out that Sir Jeremiah, true to his fight-fisted practice, had lied on his immigration form. The IRS smacked him with a fine the size of Manhattan Island. So, that's how Sir Jeremiah lost his shirt.

Fortunately for him, he still has a couple billion pounds lying around.

- 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

'Kangaroo pup' just needs a little obedience work

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

Dear Cathy: I have a very happy and sensitive 13-1/2-pound, long-legged poodle puppy. She's so excited when she sees other people that she jumps as high as my shoulders and sometimes the leash wraps around her legs and she falls hard on her back. I've tried commands, treating, and very short leashes but nothing has worked. I've considered a training buzz collar. Would you recommend this? - Lorraine, Wethersfield Connecticut

Dear Lorraine: Nix the buzz collar. Basic obedience training will help your "kangaroo puppy" keep all four paws on the ground. Get a "clicker" from a pet store and teach your dog her name. Say her name, and every time she looks at you "click" the clicker and give her a treat. Do this name training 25 times in each session, twice a day.

Next, using the same technique, teach her to "sit," "stay," "down" and "come" when called. When you ask her to sit and she sits, click the clicker, and give her a treat. The clicker marks the desired behavior when it occurs. Train her on all these commands until she is doing these things quickly and easily. (You also can use a reward word, like bingo, in place of the clicker to mark

the behavior and then give her a treat. But because clickers make a clear and concise noise, they often speed up learning.)

Now you are ready to train her to stop jumping. When she jumps for any reason, ask her to sit. She will struggle with the decision, but if she is trained well to sit, she should start to sit. When you see her start to go into a sit position, click the clicker, but wait until she is actually in the sit position before giving her the treat.

If she doesn't sit, then turn your back on her when she jumps. When you are no longer paying attention to her, she will likely drop to all fours. The moment she drops, click the clicker and give her a treat. You are rewarding her for keeping all four paws on the ground. When she gets the hang of it, pair the new behavior with a training word like "off." Use the word "off" like you would "sit" in asking her to not jump. When her four paws hit the ground, click the clicker and give her a treat.

Be consistent with training, and she will learn to stop jumping.

Dear Cathy: I read about the Yorkipoo that was relieving herself in the house even after being outside for a long walk and want to offer two house-training tips.

First, when there is an accident in the

house, wipe it up with a paper towel. Then place the paper towel in the designated relief area with a rock on top of it to keep it from blowing away. This puts the scent right where you want the dog to go, which is extremely helpful in training.

Second, verify your cleaner does not contain ammonia, which mimics the smell in urine. If you are spreading a urine smell on the floor, they won't understand the concept of peeing elsewhere. Dogs have amazing noses. By using olfactory clues, they can more easily succeed.- Angie, St. John, Indiana

Dear Angie: The ammonia tip is spot on. Cleaners with ammonia draw dogs and cats right back to the spot. Always use enzymatic cleaners to completely remove all traces of urine and fecal matter.

The tip on the rock and paper towel is new to me, but I don't discount anything if it does no harm and works. It seems similar to using a training pee pad, which is used to teach a dog to go in a designated area in the house. If one is training a dog to relieve himself

outside though, then removing all accidents with an enzymatic cleaner will help move that process along.

Thanks for sharing your tips.

Dear Cathy: I saw the query about natural flea remedies. If you're not familiar with Vet's Best spray, please look into it. It doesn't just kill fleas. I killed a wasp with it! I also spray it on myself against mosquitoes and my clothes against ticks. It smells great too. - Sharyn, Simsbury, Connecticut

Dear Sharyn: I actually use Vet's Best Flea and Tick Spray on a cat (who I walk in the backyard on a leash). It is natural and does require repeat applications to be effective. But it is another way to ensure a pet is free from parasites.

- 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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JAY'S MUSICAL MEMORIES

Goodbye, 2020!

By Jay Wachs

2020 is gone and good riddance I say with all the love and humility I have in my heart.

What a year this was.

To quote the Eastern Europeans: "Feh!"

I spent so much time in solitude in 2020 that I found myself literally living off memories.

Food has always been as big a part of my life as music.

As a toddler I sang "C is for Cookie" by Cookie Monster from Sesame Street and I still hum that tune every time I make a batch of cookies.

I grew up in Cleveland, Ohio, and we had a bakery with a branch at the corner called Hough Bakery.

The shop had a distinctive smell and

I can still hear the bell ring as I open the door in my mind.

The shop was pastry case after pastry case.

Breads, pies, cakes, cookies and all kinds of exotic deserts.

After 90 years in business, the bakery closed in 1993 and there was much sadness in the community.

Many of the recipes are published now online but, until last month, the recipe for almond butter loaf was not among them.

I found it and I intend to make it and see if I can recreate a delight from my youth.

Now while doing this, I will be remembering the January songs from yesteryear.

In 1968, the number one song in January was "Judy in Disguise (with

glasses)" by John Fred and his Playboy Band. My mother's first name was Judy and she was my bakery buddy. Every time she went to the beauty shop, she would stop at the bakery and bring home something wonderful.

In 1978, the number one song in January was "Baby Come Back" by Player.

In 1988, the number one song in January was "Got My Mind Set On You" by George Harrison.

All of these songs are played on Law-

renceHits.com which is now in its 9th year in operation playing classic hits from the 60s, 70s & 80s for Lawrence and Douglas County.

May your year be filled with health, happiness, sweetness and great music.

- Jay Wachs is the owner and operator of 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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USING WHAT YOU KNOW

Neither vulnerable, West deals

NORTH

♠ K 9
♥ A 7 6 4
♦ K 9 5 3
♣ K 10 2

WEST

♠ A Q J 2
♥ K 9 8 5
♦ Q J 2
♣ 9 3

EAST

♠ 10 7 3
♥ J 3 2
♦ 10 7
♣ Q 7 6 5 4

SOUTH

♠ 8 6 5 4
♥ Q 10
♦ A 8 6 4
♣ A J 8

The bidding:

WEST	NORTH	EAST	SOUTH
1♣*	Pass	Pass	1NT
Pass	3NT	All pass	
**"May be short"			

Opening lead: Nine of ♣

Most players would open the West hand one diamond. Some players, however, like to have a four-card suit when they open one diamond, and they will open one club instead when they have this precise distribution. ACBL laws required, until recently, that such players announce that their opening "may be short." They might

have any number of clubs, but they must announce this possibility. A bid of one no trump in the pass-out seat shows 11-14 points and was the correct action by South.

The opening lead made it look like West had, indeed, opened on a two-card suit. That meant that his original distribution was 4-4-3-2. How could declarer take advantage of that knowledge? He won the opening club lead with his jack and led a spade to dummy's king. West was sure to have the ace from the auction. He continued with another spade. West won with his jack and cashed two more spades before exiting with his last club.

South won with his ace and led a club to dummy's king. West, as expected, showed out and discarded a heart. South now cashed the ace and king of diamonds. He led a third round of diamonds, which West was sure to win. The diamonds were known to be splitting 3-2 with West having three. West was forced to lead a heart away from his king. South let it run to his queen and claimed his contract. Very well played!

(Bob Jones welcomes readers' responses sent in care of this paper. Please send your e-mail responses to tcaeditors@tribpub.com)



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Boggle®
BrainBusters!

By David L. Hoyt and Jeff Knurek

N	A	H	A	J
G	E	P	I	L
M	Y	T	M	A
E	I	N	A	B
L	Y	H	C	U

BUPH
WOIS
GOKE
AGLM

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

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 TWO-SYLLABLE COUNTRIES in the grid of letters.

3-29-20

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PUZZLES & GAMES

CROSSWORD

Across

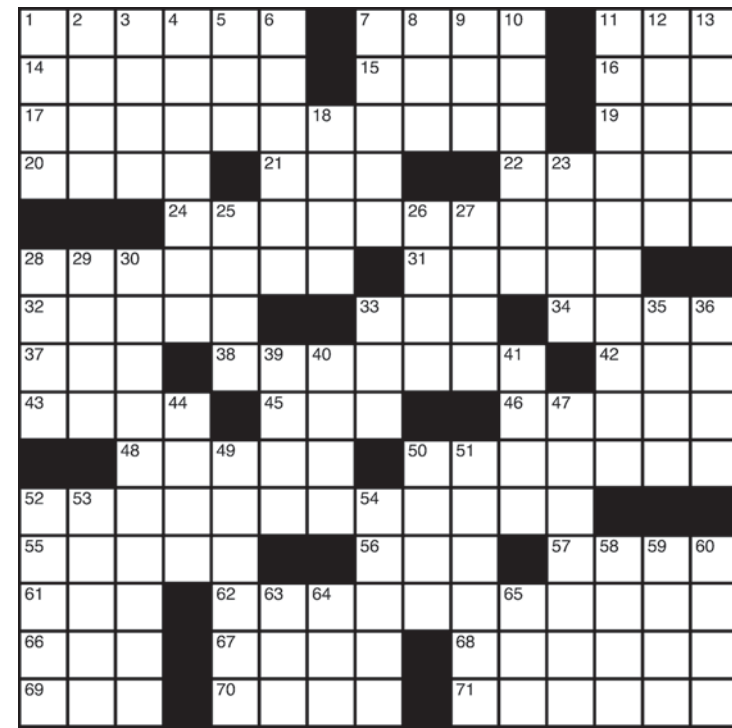
- 1 Mid-size Nissan
- 7 Ammo sold in rolls
- 11 By way of
- 14 Like many arcade games
- 15 Helter-skelter
- 16 Mantra syllables
- 17 What Dr. Frankenstein kept at his bar?
- 19 Fiddle player of rhyme
- 20 North-of-the-border gas
- 21 Zany trio member
- 22 "See if ___"
- 24 Sass from a therapist?
- 28 "SNL" castmate of Gilda and Jane
- 31 It "hath charms to soothe a savage breast"
- 32 Oak fruit
- 33 Marine mammal group
- 34 Bed foundation?
- 37 Specimen for 23-Down
- 38 Uncle Buck, perhaps?
- 42 Broadcasting pioneer

- 43 Religious offshoot
- 45 Meddle
- 46 City near the Golden Spike
- 48 Veronica of "Hill Street Blues"
- 50 Spurred on
- 52 Dracula's haul in the poker game?
- 55 Orchestras tune to them
- 56 One of Venus de Milo's two that are conspicuous for their absence
- 57 Drink brand with a lizard logo
- 61 Leave in ruins
- 62 Big cat's belly?
- 66 Take advantage of
- 67 Parrot
- 68 Tater Tots maker
- 69 Sniggler's quarry
- 70 It may be cracked open
- 71 Sweat inducer

Down

- 1 Highest point

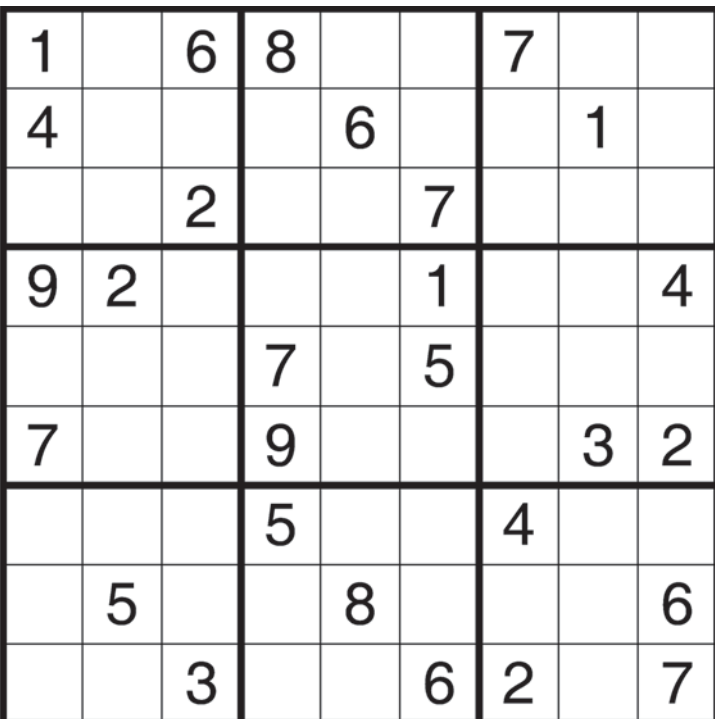
- 2 Restrooms for blokes
- 3 Metal containers
- 4 To such an extent
- 5 Bon ___
- 6 So-called missing links
- 7 Checked out before a heist
- 8 GP's gp.
- 9 D.C. figure
- 10 Knitter's supply
- 11 They help one speak one's mind
- 12 Japanese porcelain
- 13 ___ in the right direction
- 18 Scoundrel
- 23 Forensic TV episodes
- 25 Melon feature
- 26 Reassurance after a fall
- 27 A4 automaker
- 28 Youths
- 29 Teen malady
- 30 Black Flag product
- 33 Humanities subj.
- 35 Cold drink brand
- 36 Come down
- 39 Letters near zero
- 40 Creator of Perry and Della
- 41 Kindle rival
- 44 Scotch roll
- 47 Hangman player, e.g.
- 49 Took for a ride



- 50 First razor with a pivoting head
- 51 Force (through)
- 52 Popularity
- 53 Treat badly
- 54 Flavor
- 58 Andy's catfishing partner

- 59 Beefcake features
- 60 Flight deck data, briefly
- 63 Prefix with conscious
- 64 "I see it now!"
- 65 R&B group ___ Hill

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

JUMBLE

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

OMESO

○ ○ ○ ○ ○

NITUP

○ ○ ○ ○ ○

BNLIEB

○ ○ ○ ○ ○

RLAMYW

○ ○ ○ ○ ○

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○



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

SCRABBLE GRAMS

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A₁ A₁ L₁ T₁ S₁ P₃ H₄ 3rd Letter Triple

O₁ O₁ I₁ L₁ D₂ B₃ G₂

I₁ O₁ U₁ T₁ R₁ R₁ B₃

A₁ A₁ A₁ N₁ L₁ S₁ G₂

A₁ I₁ U₁ H₄ C₃ F₄ S₁ Double Word Score

RACK 1

RACK 2

RACK 3

RACK 4

RACK 5

PAR SCORE 255-265
BEST SCORE 326

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

08-16

Answers to all puzzles on page 30

CROSSWORD SOLUTION

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

SUDOKU SOLUTION

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

BOGGLE ANSWERS

MALI, CUBA, HAITI, CHINA, CHILE, JAPAN, EGYPT, NEPAL, YEMEN

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JUMBLE ANSWERS

Jumbles: MOOSE, INPUT, NIBBLE, WARMLY

Answer: The wheel hadn't quite been invented, but the wheels -- WERE IN MOTION

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SCRABBLE G R A M S SOLUTION												
A ₁	S ₁	P ₃	H ₄	A ₁	L ₁	T ₁	RACK 1 =	<u>68</u>				
G ₂	L ₁	O ₁	B ₃	O ₁	I ₁	D ₂	RACK 2 =	<u>61</u>				
B ₃	U ₁	R ₁	R ₁	I ₁	T ₁	O ₁	RACK 3 =	<u>59</u>				
L ₁	A ₁	S ₁	A ₁	G ₂	N ₁	A ₁	RACK 4 =	<u>58</u>				
F ₄	U ₁	C ₃	H ₄	S ₁	I ₁	A ₁	RACK 5 =	<u>80</u>				
PAR SCORE 255-265							TOTAL	<u>326</u>				

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MY ANSWER

Hearts not attuned to God become catch basins for every device of the devil

From the writings of the Rev. Billy Graham

Tribune Content Agency

Q: When I was growing up there was little said about narcissism, but if it was mentioned it was generally looked down on. Why is society drenched in puffing up self through lies, or at the least embellishments—not recognizing its destructive power? Why do these people not feel the guilt and the shame? - E.N.

A: The Bible teaches that guilt is inescapable. It says that all have broken God's laws. Therefore, guilt rests upon the entire human race. Some people may feel it more intensely than others, but the guilt is there whether in the conscious or in the subconscious realm. It must be dealt with before we can become

normal, fulfilled personalities. This is why Jesus died. He died on the cross to take our guilt away. He shed His blood to purge our dead conscience. So guilt is not all bad. Without it there is nothing to drive a person toward self-examination and toward God's forgiveness.

Everywhere today hearts are empty. Hearts not attuned to God will become catch basins for every device of the devil. Yes, Satan is at work in our world (Job 1:7). This is what the Bible says. Satan exists and has control over multitudes whose

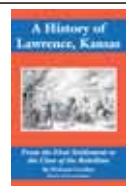
hearts have never been captured by Jesus Christ. The devil has hundreds of agents polluting human minds. He has intellectuals in high positions teaching a hedonistic and permissive philosophy.

The culture has had great success in infiltrating people's minds by centering thoughts on themselves. But is there hope to change? The answer is absolutely. The Bible is filled with testimonies of those who, by God's grace, were victorious over Satan's power. No one is beyond the reach of God who declares: "I will put My laws in their minds and write them on their hearts" (Hebrews 8:10).

- 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

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From Arbor Court's Top 10 Social Distancing Pickup Lines:

#7 – You can't spell Quarantine without "U R A Q T"

#6 – Without you, my life is as empty as the supermarket shelf.

And #5 – I saw you from across the bar. Stay there.

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