

Kaw Valley Senior Monthly

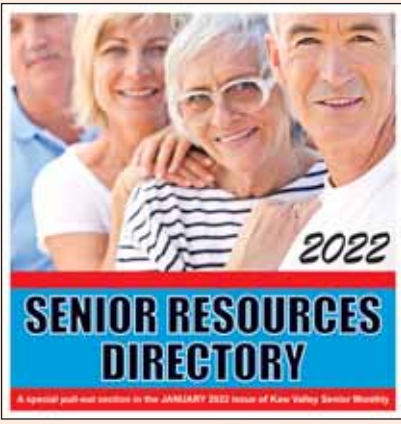
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Vol. 21, No. 7

INSIDE



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COURTESY PHOTO

Willie Dove: Serving God, country, and Kansas.

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Dove focuses on building relationships, getting things done

By Billie David

Willie Dove was standing on the Speaker of the House's balcony in Washington, D.C., overlooking the Washington Monument on Martin Luther King, Jr.'s birthday a few years ago. He was reminded of how, 50 years earlier, he had taken part in the Civil Rights March on Washington on March 28, 1964.

"The next day I took the opportunity to visit the area a little closer," Dove said. "Events that were tucked away and preserved became even clearer as I walked and talked to visitors paying tribute to the events of that historical day."

Dove was a teenager, 16 or 17 years old, when he witnessed Dr. Martin Luther King, Jr., deliver his "I Have A Dream" speech. He along with others were arrested and spent time in jail, but never more than a day.

Dove said he is often asked by his grandchildren about those events with

the same excitement of hearing it for the first time.

"They would say, 'Separate bathrooms—how ridiculous!' I don't get it PaPa," Dove said. "How can anyone hate or dislike another person because of skin color?' But that's what it was."

Looking back, Dove wonders how he could have been marching and singing, enjoying the camaraderie, and not be aware of the seriousness of what was going on at the time, but he was young and had a young person's perspective.

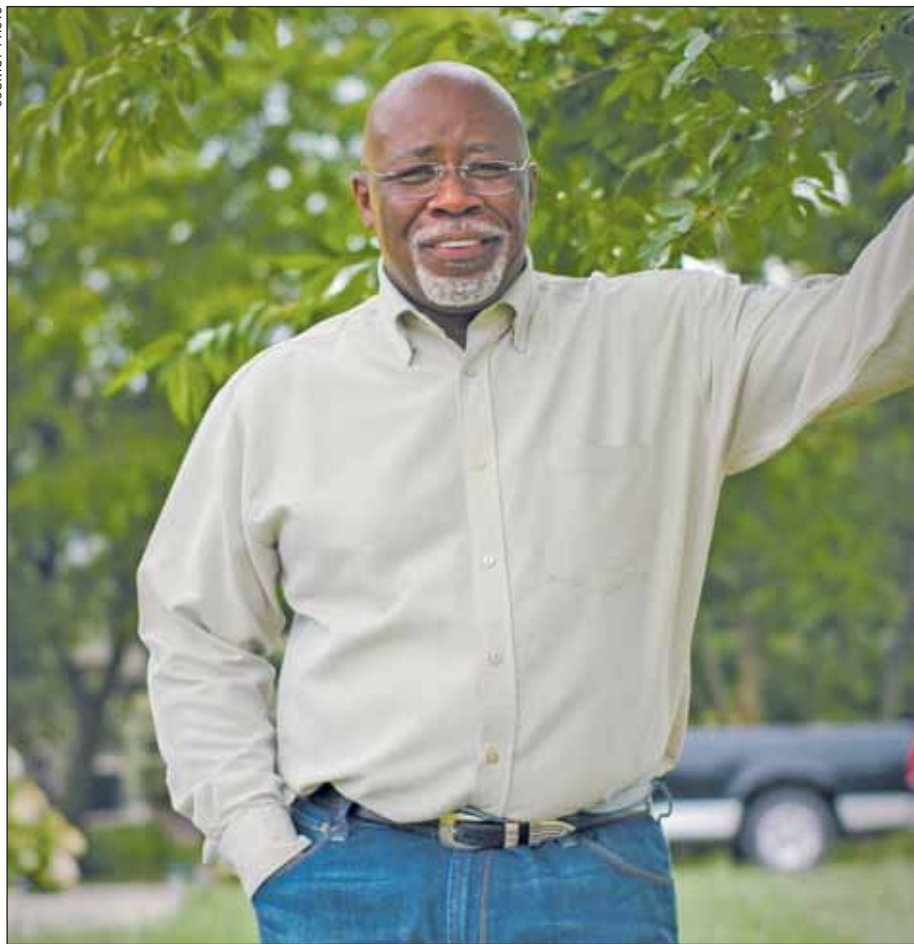
"At that age, you don't realize how that would play a big part of your life," he said. "In this society as a black man you are constantly reminded to arm yourself with tools of knowledge and understanding of the world you live in. With that in mind, never assume that everyone thinks the same as you until they prove otherwise."

Dove was raised by his grandparents. The oldest of seven children, five of whom are still alive, he grew up in New Bern, North Carolina, where he graduated from high school in 1964.

Dove recalls many lessons of understanding that he embraced because of his grandparents. It was his grandmother who made sure that he knew the benefits of good work ethics, which have served him well as an adult.

"As a kid, I didn't think much about what a difference it would make in my life," he said. "Grandma was very difficult at times, but she was also understanding."

COURTESY PHOTO



Willie Dove

Dove remembers a house fire that started in his bedroom from a wood stove. Hot sparks from the stove ignited the curtain to the closet where his most prize possessions were kept, including his Roy Rogers boots that he

received that Christmas.

"When I yelled 'fire,' my grandmother entered bedroom and pushed me outside," he said. "When I heard her scream, I went in the room while

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Kaw Valley Senior Monthly

Kevin L. Groenhagen
Editor and Publisher

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Willie Dove

■ CONTINUED FROM PAGE THREE

she was throwing the curtains out. My grandfather put the fire out while my grandmother attended to me because she mistakenly threw the curtains on me. I recall being in bed for a long time. I believe there were times that I got away things with her because of the accident.”

As for the burns on his face and chest, his grandmother had her own way of treating them.

“She was part Native American,” Dove said, “and she and a friend attended the wounds.”

It worked. There is little visible evidence that he still carries from that fire.

His grandmother was also a deeply religious Catholic who read the Bible every night.

“I remember crawling in her bed many nights listening to her,” Dove said. “When I asked her why there were two colors on some pages, she said that man’s words were in black and Jesus’s words were in red. I remember saying

I wanted to read the red words, so she would stop and let me read the red words.”

“I loved to read,” Dove continued. “My grandmother told me man can take away a lot of things, but he can’t take away what you have learned.”

Dove recalls being a bit rowdy as a child, but said that between grandparents, neighbors, and the nuns at Saint Joseph’s school, he always got caught.

Dove said the lessons he learned at an early age have served him well. That includes the hard work in the family’s garden. It was a big one where they grew all kinds of vegetables, such as peas, cabbage, watermelons, and collard greens.

“I was the oldest, so I had to help, and I hated it,” he said.

He also helped his grandmother pick blueberries to eat and to sell. The rows of blueberries were so long that they could go to the field together and, once they started picking blueberries, they would not see each other for the rest of the day.

But Dove wanted to play baseball instead.

COURTESY PHOTO



Willie Dove with Dr. Ben Carson at the 2016 Republican National Convention in Cleveland.

“Grandma knew I loved to play baseball,” he said.

So, one day when there was a game, Dove waited until his grandmother was

out of sight, and he set off to play in the game.

“I thought I could outmaneuver her,”

■ CONTINUED ON PAGE FIVE

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Willie Dove

■ CONTINUED FROM PAGE FOUR

he said. "This shows how smart I was."

So he hitched a ride and, when he reached the baseball field several miles away, he joined the team on the baseball field.

"When the game was over, guess who was waiting at the gate," Dove said. "She was so upset, but she said, 'Okay, if that's what you want to do,' and she let me do it all summer. My punishment was I could not have any blueberry pie unless I went to the field and worked for it."

After graduation from high school, Dove and some classmates joined the military with the intention of going to Vietnam.

"At that age, I didn't think of the seriousness of it," he said. "It was intense, to say the least."

Dove was sent to Fort Gordon, and then to Fort Leonard Wood, and then to Germany.

"It was a rewarding experience," he said. "I liked it."

He was honorably discharged in 1967, but he still hadn't gone to Vietnam.

"I had the intention of reenlisting because I still wanted to go to Vietnam," Dove said. "However, my military commander said, 'No, you don't want to go there. Wait 90 days after your discharge. If you still would like to go, give me a call.' I got caught up in civilian life and I didn't look back."

Two weeks after his discharge, Dove started working for the Pinkerton Detective Agency in Newark, New Jersey. There were racial riots and civil

unrest at that time.

"It was a crazy, very uneasy time," Dove said.

He stayed with the detective agency for a couple of years, and then he was employed as a director of loss-prevention for a grocery store chain, where he oversaw four stores. He worked in that field for several more years and then decided that he wanted to do something else.

"I went into sales and I started selling insurance," Dove said, explaining that, back home, the family owned a mortuary business and his uncle needed someone to take over the insurance route for collections and selling of final expense plans.

"So, my aunt taught me how to drive and the insurance side of the funeral business," he said.

Dove then started selling cleaning solvents to various industries. He moved to Lakewood, New Jersey, and later the company transferred him to California, where he met his present wife, Sunday. They then moved from California to Atlanta and then to Houston.

"Sunday and I moved to Kansas because of cancer concerns and after I asked the doctor where we could go where there were fewer carcinogenic materials," Dove said. "She said the Midwest and, within 30 days, we left for Kansas, where we decided to stay. Kansas just felt like home. The people are so friendly. Besides, we have three grandchildren living in the area."

As for his wife's cancer, the doctor told them that she needed a second procedure. Before that procedure, they prayed. On the follow-up visit, the doctor's report was negative of any cancer.

When the Doves were members of Vista Baptist church in Olathe, Dove was notified that there was an invitation for local church pastors to attend a political meeting to discuss finding people to run for the Kansas House of Representatives in several districts. The church secretary notified Dove that, since the church was without a senior pastor, Dove, who was chairman of the deacons, should represent the church. Dove asked several people to consider running, but they ran the other way. When the church leaders and present legislators had their meeting, Dove volunteered to run for the 38th legislative district.

"I raised my hand and said, 'I'll do it,' and my wife kicked me under the table," Dove said. "I felt it was something I should do."

He lost that race for State Representative of the 38th district, but by fewer

than 100 votes.

When he did get elected in 2012, Dove served in the Kansas House of Representatives for eight years.

One bill he helped pass was meant to protect students from harassment. He referred to the time a young man was so distressed because he was being tormented mentally that he decided to commit suicide. Before he tried, he told his best friend, and his best friend told his mother, who, without delay, called the tormented student's parents. They prevented him from harming himself.

"Another bill I'm really proud of is the Industrial Hemp bill," he said, explaining that it will bring Kansas farmers into the global market.

In 2020, Dove decided to run for the Kansas Senate.

"When I lost the Senate race, that was very traumatic," he said.

■ CONTINUED ON PAGE SIX

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Willie Dove

■ CONTINUED FROM PAGE FIVE

Dove is now concentrating on selling insurance, including Medicare Advantage plans.

"I have been in the insurance business for most of my life and truly enjoy helping people with their choices," he said. "Many people think Medicare Advantage plans are not what's needed, but with the cost of health care going up, there are Medicare Advantage plans and Medicare Supplement plans for all walks of life. Both types of plans are available to help the Medicare population with excellent choices within the range to give people what they need. There are advantages to the Medicare Advantage plans, such as health memberships, eyeglasses, dental services, help with choosing diet plans, hearing aids, and low to no co-payments for medicine. There are even plans to help KanCare recipients. These plans are proactive, giving people opportunities to take care of themselves."

As for politics, Dove has some advice.

"I think one of the things voters don't realize is that we have to start in our own communities in order to make good decisions," he said. "Legislators who know everything know very little. We the voters get what we deserve when we do not speak up."

"You can't please everyone," he continued. "We are more together than what we believe, so we need to see what we agree on and then go from there."

Another issue that Dove sees as a growing concern is that the government wants to take advantage of our

lives through fear.

"When government officials give clear evidence that they are in charge of our lives, then they have the power to take away the God-given rights of freedom," he said. "When the government is the source of life essentials, they own you."

"It's easier to let someone pay you for something that you didn't earn instead of saying, 'I want to work for it,'" he continued, "It's better to give a man a worm for his fishing pole than to give him a fish. We have to be more in sync with the universal laws of nature."

Dove said that one of his goals for the future is to bring more young people into the party of self-reliance.

"It doesn't mean what party you belong to," he said. "Party isn't an end-all. It's citizenship. We need good citizenship to make our country better. People who come to this country legally must jump through a lot of hoops and take classes in citizenship to become a U.S. citizen. Those individuals who were born are under no obligation to know anything about this great country we live in."

And finally, Dove said, "One of the greatest stumbling blocks we have that keeps us from building relationships is the lack of love for our neighbors. Remember this: 'Love your neighbor as yourself.'"



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PAINTING WITH WORDS

The Year

Poem: The Year

Poet: Ella Wheeler Wilcox

Born in 1850 in Johnstown, Wisconsin, Ella Wheeler was the youngest sibling in her family. Her family then moved near Madison, Wisconsin,



Tom
Mach

when her father's business had failed. As a child, she read whatever literature she could find in her home. When she was eight, she turned to writing as an outlet. But it was years later, when she was 33, that she saw one of her poems, "The Way of the World," published in the prestigious *New York Sun*. She was motivated to write this poem when, on her way to attend the Governor's inaugural ball in Madison, she met a young woman grieving at the death of her husband. Wheeler tried comforting her, and later this experience inspired Ella to write the opening lines of her poem "Solitude":

*Laugh, and the world laughs with you;
Weep, and you weep alone.
For the sad oil earth must borrow its*

mirth

But has trouble enough of its own.

One of Ella's best poems is "The Year." It is a short poem that sums up all we experience from each passing year. This poem should be read aloud so one may appreciate the rhythm of the words. She begins the poem by asking her listener a hypothetical question. She wants the reader to wonder what new things can be said to be new each year. Her poem suggests that the things we think are new in a given year—life, death, happiness, and depression—are not new at all. Yet the paradox is that they seem to be new each year they occur.

Further down in the poem, Ella shows a bitter contrast with "laughing" and "light" compared to "weeping" and "night." Other opposing scenes come in play. She says "we hug the world until it stings" but then "we curse it" and "sigh for wings" in order to get away from the world.

Some senior citizens may have gone through such roller-coaster experiences. Maybe they remember how they lived, then loved, then wed. Perhaps they also remember how they "sheet our dead"—in other words, how they had to experience the death of people they loved.

Picture the emotions that Ella brings the reader in the next to the last line of

her poem—"we laugh, we weep, we hope, we fear." Life has given us all those emotions. But are those feelings the burden of the year," as Ella says in her last line of the poem? Maybe or maybe not. Perhaps those emotions are entwined in our memories, which hold onto us like precious gemstones.

Here, then, is Ella Wheeler Wilcox's poem:

The Year

By Ella Wheeler Wilcox

*What can be said in New Year rhymes,
That's not been said a thousand times?*

*The new years come, the old years go,
We know we dream, we dream we know.*

*We rise up laughing with the light,
We lie down weeping with the night.*

*We hug the world until it stings,
We curse it then and sigh for wings.*

*We live, we love, we woo, we wed,
We wreath our brides, we sheet our dead.*

*We laugh, we weep, we hope, we fear,
And that's the burden of the year.*

I would appreciate it if you would take the time to read my bio by clicking on www.Tom-Mach.com. You will find information about me and the books I've written. Among that collection of books there is one called *Persistence, Then Peace*. This is my memoir, which may give you insight into my life

If you have a comment or question, please send me an email at tom.mach@yahoo.com.

COURTESY PHOTO



The Bettys

The Bettys are 125 years old

The NSDAR Betty Washington Chapter (the Bettys) celebrated their 125th birthday with an official in-person and virtual presence birthday meeting on November 20 at American Legion Post 14 in Lawrence.

Almost since the beginning of the pandemic, the chapter held monthly Zoom meetings. To celebrate the lower incidence of Covid during the fall, they decided to host this hybrid birthday party. The group was encouraged to wear white gloves, hats, and

125th anniversary shirts.

Regent Mary Burchill said, "The members are excited to have this in-person option to meet."

The chapter meets during the academic year. Their mission is education, historic preservation, and patriotism. Any woman 18 years or older proving direct descent from an ancestor who aided the colonists during the American Revolution is eligible for membership. Visit www.bettywashingtonchaptersnsdar.org.

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MAYO CLINIC

Can medications and supplements interact with one another?

DEAR MAYO CLINIC: As I have gotten older, doctors have placed me on more medications, such as for blood pressure and cholesterol. Also, as I age, I have chosen to take some supplements that are supposed to improve my memory, reduce cholesterol and prevent cancer. Should I worry about these supplements interacting with one another or my medications?

ANSWER: With age come more chronic health conditions. Also, some people may develop deficiencies in certain vitamins as they age. Thankfully, an array of prescription and over-the-counter medications, as well as dietary supplements and vitamins, are available to alleviate symptoms, slow the advancement of many age-related chronic health conditions and help people maintain good health.

Over the years, though, store shelves have become crowded with hundreds of herbal supplements and other nutritional enhancers that make various claims about supporting physical and mental health and function.

The word used by many to describe taking multiple prescription and over-the-counter medications, and dietary and herbal supplements, is “polypharmacy.” Although it has many definitions, the broadest definition of polypharmacy is the simultaneous use of multiple medications or supplements to treat one or more medical

conditions in one patient.

The challenge is that with age come more medical conditions. And with those conditions come more health care providers to treat them. Unless patients ensure every provider has an up-to-date medication and supplement list, providers may not accurately know what patients take or communicate about risks related to those medications and supplements. As people take more and more medications and supplements, the chances for interactions increase.

For example, consider a patient who was prescribed a statin to lower cholesterol. However, after seeing an advertisement that promotes red yeast rice as being good for managing cholesterol, she began taking it. Red yeast rice naturally contains lovastatin, a naturally occurring statin. Without realizing, this patient began duplicating therapy with the atorvastatin her health care provider had prescribed. She began experiencing leg cramping, muscle soreness and elevated liver function tests from this drug interaction.

While it is important to talk with your provider and pharmacist about what you take to avoid too much medication, it is also important to avoid a deficit.

Consider vegetarian or vegan patients who are newly diagnosed with Type 2 diabetes. Often these people take a B-12 supplement because they do not eat meat. However, standard therapy

for a Type 2 diabetic is a medication known as metformin, which can deplete B-12 in some patients. So now having started the metformin, these people require more B-12 supplementation than before. To complicate matters, if they were already taking or start an anti-reflux, anti-ulcer medication such as omeprazole, which lowers stomach acid production, B-12 deficiency can further worsen, since B-12 depends on stomach acid for absorption.

There are other examples of supplement or prescription interactions. For instance, taking calcium with a vitamin D supplement for osteoporosis, and a multivitamin containing vitamin D, may raise calcium in the urine enough to increase the risk of forming kidney stones. Taking a narcotic pain reliever for acute or chronic pain when already taking an anti-anxiety medication like alprazolam can result in a loss of consciousness. Even worse would be if people drink an alcoholic beverage having both alprazolam and a narcotic in their system.

Herbal supplements can pose a risk in polypharmacy patients because they also may affect the metabolism of a medication or other supplements. Resveratrol, which is found in grape skins, is often taken as an antioxidant supple-

ment. Some evidence suggests that it can slow the metabolism of certain common medications and cause side effects. Ginkgo biloba, which is used for memory, can have an anti-platelet effect, increasing the risk of severe bleeding in those patients already taking anticoagulants such as warfarin or apixaban.

When taking multiple prescription medications or over-the-counter drugs, and supplements, review them at least annually. Seeking out a specialty pharmacy or a polypharmacy pharmacist is ideal, as the pharmacist can identify possible drug interactions or adverse drug reactions caused by the various components and can partner with your health care providers to avoid future issues. Also, speak to the pharmacist anytime you are prescribed a new medication so you can review current prescriptions and supplements to identify any potential concerns. -- Michael Schuh, Pharm.D., Department of Pharmacy, Mayo Clinic, Jacksonville, Florida

- *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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HEALTH & WELLNESS

Medicinal plants for the respiratory system

It is that time of year again when everyone seems to have respiratory ailments. Respiratory ailments are divided into two broad categories: upper and lower respiratory problems. Upper respiratory problems usually have simple ailments such as a cold, runny nose, sinus congestion, laryngitis, earaches, and sore throat. Upper respiratory problems are typically bothersome, but are easier to treat.



Dr.
Deena
Beneda

Lower respiratory problems usually affect the lungs and the bronchi. Most people who suffer from lower respiratory ailments have a cough, difficulty breathing, chest pain, and wheezing.

Chronic respiratory problems can increase a person's chances of developing more serious conditions, such as pneumonia. Often people will be prescribed an antibiotic for respiratory infections, which has led to the overuse of antibiotics and has resulted in many antibiotic-resistant strains. Due to the antibiotic-resistant strains, many people are seeking out medical plants to treat upper and lower respiratory ailments. Medicinal plants that support the respiratory system can be classified into four main categories based on their actions:

1. Herbs that soothe and calm the irritated nasal passage ways.
2. Herbs that relax the muscles of the upper and lower respiratory system that are beneficial in getting rid of a cough and making breathing easier.
3. Herbs that boost the immune system by fighting bacteria, fungus or viruses that are in the lungs or other respiratory systems.
4. Herbs that are expectorants, which help to break up and expel chest congestion.

Lungwort has been used to promote

lung and other respiratory health. Lungwort is effective in clearing upper and lower respiratory congestion and to fight effectively harmful organisms affecting respiratory health. Eucalyptus isn't just for the Koala bears. This medicinal plant has been used for centuries for respiratory conditions. Eucalyptus soothes throat and lung passageways. It is often a favorite essential oil that is added to vaporizers in the winter months to help people breathe. It can be found in throat lozenges and cough syrups. It is an expectorant used to ease a cough, fight sinus congestion and supports the immune system to fight off a cold and other respiratory illnesses.

Chaparral is a medicinal plant commonly found in the southwest. This herb has powerful antibacterial, viral, decongestant and antihistamine effects on the lungs and respiratory system. It is very effective at clearing mucous from the upper and lower respiratory system.

Thyme and Oregano are similar in their action on the respiratory system. These are both powerful medicinal plants that everyone should have in their medicine cabinet. Both herbs are antibacterial, anti-viral and anti-fungal. These medicinal plants not only fight infection but also act as decongestants and an antihistamine. They can eliminate mucous, kill whatever bug is making you ill, aid in nasal passageways and aid in improving your lung health overall. Protect a person from bacterial pneumonia and boost up their immune system. Other medicinal plants that deserved to be mentioned are Elecampane, Peppermint, Ginkgo, Plantain Leaf, Turmeric, Osha Root, Coltsfoot, Echinacea, Lobelia, Mullein and Licorice. All of the above herbs are available in supplements, teas, tinctures, and essential oils. Plus, some of these herbs can be grown to consume as food.

When considering a medicinal plant for health issues please check with your health care provider.

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



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HEALTH & WELLNESS

The importance of knowing your family health history

By Isabel Ashley

LMH Health

As many people prepare to spend time with family during the holidays, it could be a great opportunity to talk with your relatives about family health history. Although it might feel like an intrusive subject, knowing your family health history is an important part of understanding your own health.



“Knowing your family health history can allow you to gather information to keep you healthy,” said Dr. Jodie Barr, an oncologist at the LMH Health Cancer Center.

What is family health history?

Simply put, family health history is the knowledge of what medical conditions may exist within your family tree and could potentially be passed on to you.

“When a condition seems to run in the family, it means that there might be a genetic component, such as a gene mutation, that allows a condition to be shared amongst family members and inherited by future generations,” said Dr. Benjamin Smith, a physician at LMH Health’s Internal Medicine Group.

A condition that “runs in the family” could exist amongst multiple generations of relatives or in just one relative, depending on the condition. Common conditions that patients should be aware of in their family’s health history include, but are not limited to, heart disease, high blood pressure, high cholesterol, heart conditions, diabetes and cancer, according to Dr. Smith.

Looking specifically at cancer, common hereditary cancers include breast, ovarian, pancreatic metastatic,

prostate, and colon cancer, according to Dr. Jennifer Hawasli, breast surgeon at LMH Health’s Women Center.

“When it comes to cancer, sometimes a single family member with cancer—such as pancreatic or ovarian cancer—or cancer at a certain age—like breast cancer under 45 years old or colon cancer under 50—makes us concerned that there could be a genetic mutation causing cancer and could be passed on to other family members,” said Dr. Hawasli.

Jean Shepherd, a Lawrence community member and LMH Health patient, received genetic testing to assess her risk for colon and breast cancer. Because her father had been diagnosed with both colon and breast cancer—with male breast cancer often denoting a genetic link to breast cancer—she decided it was best to get tested.

“When I decided to have genetic testing done at the LMH Health Cancer Center, I really was not concerned for myself,” Shepherd said. “I have three sons who also have children and I wanted to be tested to be able to pass along the information to them.”

Why is family health history important?

According to Dr. Smith, family history can be one of the strongest influences in developing certain medical conditions. By checking your family health history for conditions you may be at risk for, you can take preventative measures to improve outcomes.

“If we suspect you inherited a condition from your family, we can change our strategy in screening and surgical management,” said Dr. Barr.

In the case of breast cancer, for example, there are tools that can calculate your lifetime risk of cancer, with family history being a big part of these calculations. A patient is considered to be at high risk for breast cancer if their assessed risk is over 20%, and these



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Health history

■ CONTINUED FROM PAGE 10

patients can take part in a high-risk screening program at LMH Health's Women Center. If a high-risk mutation is found, which carries an 80% lifetime risk of breast cancer, a patient might want to consider preventative surgery or medication.

For other forms of cancer, you can schedule a genetic risk assessment with the LMH Health Cancer Center via doctor's referral or self-referral. During this assessment, your oncologist will sit with you and go through your family history, drawing out a family tree with members and conditions. Then, your oncologist can make a recommendation based on your risk.

Shepherd received genetic testing at the LMH Cancer Center with Dr. Barr after learning that new genetic markers were available for testing and was recommended to be retested.

"Overall, the process was very easy," she said. "It was pain-free and all the testing was done at the Cancer Center. It was extremely fast and convenient. I would recommend being tested to anyone. It is easy, quick and can truly save a life or provide information you and your family may want to know."

Other preventative measures for inheritable conditions measures include regular exercise, a healthy diet, adequate sleep and stress management.

"Preventative medicine has, and always will be, a major cornerstone to optimizing one's health. Modern medicine and science are incredible tools

at our disposal, but the basics of being proactive about your health will always be important, and are truly unmatched," said Dr. Smith.

How to advocate for your health

Health history can be an uncomfortable subject to talk about, but this discussion not only impacts your health, but also the health of future generations. You can talk with your family members and gather information regarding medical conditions, causes of death, age of onset disease, and even permission to

review medical records if possible. Dr. Barr recommends to ask for pathology and imaging results as well.

"Try to explain that it is important to your health to know your family's health history and have an open line of communication. Be an advocate for your health," said Dr. Barr.

By learning about your family's health history, you can make more informed choices about your health and managing risks.

"You can't change your family's his-

tory. But you can be proactive about screening for early detection and reducing your own risk of cancer. Making healthy choices is a great first start," said Dr. Hawasli.

Talk with your doctor if you are concerned about your family health history. Schedule a genetic risk assessment with the LMH Health Cancer Center by contacting a nurse navigator at 785-505-2800.

- Isabel Ashley is an intern at LMH Health.

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FINANCIAL FOCUS

Give yourself some 'paychecks' for retirement

During your working years, you've probably met the costs of living through your salary. But once you retire, where will the money come from? Is there a way to give yourself a "paycheck" for retirement?



Derek Osborn

There is indeed—but you'll have to do a good job of managing your available income sources. Here are some moves that can help:

- **Accept dividends and interest payments.** Instead of automatically reinvesting all your dividends and interest payments into your portfolio—which is an excellent strategy for building wealth—you might want to begin receiving these payments as part of your income. Keep in mind, though, that companies can lower or discontinue dividends at any time. However,

it's also true that some companies have consistently paid, and even increased, dividends over many years, and even decades.

- **Choose an appropriate withdrawal rate.** Once you're retired, you'll likely need to begin withdrawing from your investment accounts. But you'll need to avoid taking out too much early in your retirement—you don't want to risk outliving your portfolio. For many people in their mid-60s, a 4% annual withdrawal rate is a good starting point, but everyone's situation is different, and your ideal rate will depend on several factors: your age, the size of your portfolio, other sources of income, and so on. Once you turn 72, you'll be required to take at least a minimum amount from your traditional IRA and 401(k), but you can choose to withdraw more, if necessary.

- **Maximize your Social Security.** You have significant control over the amounts you'll receive from Social Security. You can begin taking these payments at age 62, but they will be much larger if you wait until your full retirement age, which will likely be

between 66 and 67. (You will receive the maximum amount if you wait until you reach 70.) So, if you think you have enough income from other sources, you might decide to delay taking Social Security—but if you need the money, you may not be able to wait. And here's something else to think about: If your spouse had considerably higher earnings than you did, you may be eligible for spousal benefits.

- **Consider an annuity.** You might want to consider purchasing an annuity that provides lifetime payments. Some annuities are even indexed for inflation, meaning payments will increase or decrease each year, keeping pace with the Consumer Price Index. Annuities are not suitable for everyone, though, so, before investing in one, you should consult with a

financial professional who is familiar with your situation.

Finally, don't rule out the possibility of earned income. Just because you've retired from your full-time job doesn't mean you can't work in some capacity, perhaps by doing some part-time work or consulting or even opening your own small business.

Look at all these ideas when thinking about putting together an income plan for your retirement. You may find that your diligence will pay off.

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

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JILL ON MONEY

R.I.P. transitory inflation

A week ahead of the Federal Reserve's final meeting of the year, Chair Jerome Powell testified before the Senate Banking Committee and admitted what most economists had been saying for some time: the term "transitory" has overstayed its welcome, when it comes to describing inflation.



Jill
Schlesinger

For months, Fed officials have clung to the notion that the current surge in prices is transitory, or temporary. This belief allowed the central bankers to maintain two emergency measures put in place to combat the economic fallout from the COVID recession: \$120 billion dollars' worth of monthly bond buying, which was intended to prevent financial markets from freezing up; and zero percent short term interest rates, which would encourage borrowing and lending among consumers and businesses.

With US growth bouncing back after the surge of the Delta variant, Fed officials used their November policy meeting to outline the strategy for normalizing policy in the months ahead. The first step would be to reduce the amount of bonds that they were buying by \$15 billion a month. When that was done (mid-2022), officials would turn their attention to raising short term interest rates.

But during the Congressional testimony, just a few weeks after the Fed meeting, Powell said they could accelerate that timetable, which caught some by surprise. After all, what had really changed in three weeks? Perhaps the fact that inflation is running at the quickest pace in three decades. Or maybe it was dour readings of consumer sentiment. Or maybe Powell has concluded that the Fed's dual mandate, which is to ensure the economy grows enough to get people back into the labor market while not creating inflation, is out of whack.

Regardless of the reason, Powell's comments, coming on the heels of the WHO announcement of the new COVID variant, Omicron, threw investors for a loop. Considering the uncertainty that

abounds, some decided that they would rather sell their stock positions, while still sitting atop more than 20% returns for the year. Thomas Mathews of Capital Economics notes that inflation at these levels "historically, has coincided with very poor stock market returns ... in years of 6% or higher inflation since 1900, real returns from US equities have been negative, on average ... But so far, the stock market is showing no signs of being at any sort of inflation 'tipping point.'" Well, that's good news, but Mathews also warns that there is a chance that "inflation remains high enough to put the brakes on the stock market's gains."

Does this mean that you should abandon stocks and go to cash? Come on, you know the answer to that question. As always, the advice remains: stick to your game plan, which hopefully incorporates a diversified portfolio of holdings that can see you through various conditions. To that point, the folks at Vanguard have crunched the numbers on the historical risk and return among income, balanced and growth portfolios from 1926-2020 (<https://investor.vanguard.com/investing/how-to-invest/model-portfolio-allocation>). The results are a good reminder that you need not be a hero and select the best performing asset class—or specific security—in any given year. Rather, it's best to understand when you will need access to your investments and how comfortable you are with the gyrations of markets from year to year.

You may be the kind of person who believes that earning an average annual return of 10.3% for a 100% stock portfolio is totally worth the high-highs and the low-lows. Conversely, you might prefer to limit those ranges and be perfectly content with an average annual return of 9.1% for a portfolio with 60% stocks and 40% bonds. Whatever your decision, avoid allowing market movements to spook you into changing your plan.

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

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SENIOR CALENDAR

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

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

ARTS & CRAFTS

FIRST FRIDAY OF THE MONTH

ARTSCONNECT FIRST FRIDAY ARTWALK

During the ArtsConnect First Friday Artwalk, you will find every corner of Topeka filled with art, friends and exciting special events. It's an opportunity to shop local, buy art and see the best that Topeka has to offer. Every month is different - and every business is different, so please check our website at www.artstopeka.org for information each month, including an interactive map of First Friday Artwalk businesses and a guide to public art all across Topeka. Free.

TOPEKA, artstopeka.org/firstfriday

SECOND SATURDAY OF THE MONTH

OPEN AIR ART MARKET

2nd Saturday of each month in East Lawrence Warehouse Arts District. Come see a local art market. Art Emergency, Delaware & E. 9th St., 9 a.m.-2 p.m.

LAWRENCE

LAST FRIDAY OF THE MONTH

FINAL FRIDAYS

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

LAWRENCE, 785-842-3883

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EDUCATION

JAN 3

NEW TO MEDICARE

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

TOPEKA, 785-580-4400

events.tscpl.org/event/5788573

JAN 6 & FEB 3

INTERNET GENEALOGY CLASS - FOR BEGINNERS

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

TOPEKA, 785-580-4400

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

JAN 11 & 18

DROP IN GADGET HELP

Stop in to ask questions and learn about the new laptop, tablet, smart phone or eReader gadget you got for the holidays. Topeka and Shawnee County Public Library - Learning Center, 1-2 p.m.

TOPEKA, 785-580-4400

events.tscpl.org/events

JAN 13

INTERNET GENEALOGY 2

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

TOPEKA, 785-580-4400

events.tscpl.org/events

JAN 19

GENEALOGY + LOCAL HISTORY: RESEARCH RESOURCES

Researching your house's history, delving into genealogy, or exploring Lawrence's storied past? Join us to get acquainted with the library's

digital resources for digging into local and family history, including Ancestry Library Edition, NewspaperARCHIVE, and Sanborn Maps. We'll wrap up with a brief tour of our local history room. Registration required. Lawrence Public Library, 707 Vermont St., 4-5 p.m.

LAWRENCE, 785-843-3833

lawrence.bibliocommons.com/events/search/index

ENTERTAINMENT

JAN 14

STORY SLAM | WE'RE NOT IN KANSAS ANYMORE

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

LAWRENCE, 785-843-2787

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

JAN 18

JAZZ AT LINCOLN CENTER ORCHESTRA WITH WYNTON MARSALIS

The Jazz at Lincoln Center Orchestra with Wynton Marsalis (JLCO) comprises 15 of the finest jazz soloists and ensemble players today. Led by Wynton Marsalis, Jazz at Lincoln Center Managing and Artistic Director, this remarkably versatile orchestra performs a vast repertoire ranging from original compositions and Jazz at Lincoln Center-commissioned works to rare historic compositions and masterworks by Duke Ellington, Count Basie, Thelonious Monk, Mary Lou Williams, Dizzy Gillespie, Benny Goodman and many others. Marsalis, world-renowned trumpeter and composer, has won nine Grammy Awards and was the first jazz artist to be awarded the prestigious Pulitzer Prize in music. He is also an internationally respected teacher and spokesman for music education. Lied Center of Kansas, 1600 Stewart Drive, 7:30 p.m.

LAWRENCE, 785-864-2787

lied.ku.edu/calendar

■ CONTINUED ON PAGE 15



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■ CONTINUED FROM PAGE 14

EXHIBITS & SHOWS

NOV 19-APR

LAWRENCE MEMORIAL HOSPITAL: A CENTURY OF CARE

In 2021, Lawrence Memorial Hospital passed its centennial anniversary. This milestone in the face of a continued medical crisis, paints a clear image of how our community has changed with access to a public hospital. This exhibit chronicles the emergence of Lawrence Memorial Hospital from its origins in the early twentieth century all the way through the challenges of the 2020 Pandemic. Watkins Museum of History, 1047 Massachusetts St. Free admission. LAWRENCE, 785-841-4109
watkinsmuseum.org/century-care

DEC 10-FEB 27

BLUE EXHIBIT

Explore the depths of the color blue in the Alice C. Sabatini Gallery exhibit BLUE! From a light robin's egg blue to the rich "new blue," you will discover how blue is made and how it's seen. This exhibit highlights the library's art collection of paintings, ceramics, photographs, glass, artists books and fabric. Alice C. Sabatini Art Gallery at Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave. Free. TOPEKA, 785-580-4400
events.tscpl.org/events

JAN 11-13

2022 TOPEKA FARM SHOW

The Topeka Farm Show will be bigger than ever in 2022. The Stormont Vail Events Center expansion, completed in 2020, provides the show with over 100 new booths. The Tradexpos team has been dedicated to producing this exciting, quality agricultural event in Topeka for over 30 years. The Stormont Vail Events Center, One Expocentre Dr. Free parking and admission. TOPEKA, 785-235-1986
tradexpos.com/topeka-farm-show

HISTORY & HERITAGE

JAN 27

CHANGES IN DEATH-RELATED PRACTICES AND RECORDS

Topeka Genealogical Society Monthly Meeting. Fred Holroyd from Mount Hope Cemetery will describe the organization of burial records at the cemetery, and how current trends in funeral services and obituaries may impact genealogy in the future. Topeka and Shawnee County Public Library - Virtual Room 02, 7-8 p.m. Free. TOPEKA, 785-580-4400
events.tscpl.org/events

JAN 30, FEB 6, 13, 20, 27 & MAR 6

BLEEDING KANSAS PROGRAM SERIES 2022 - "KANSAS DAY" FACES OF THE FREE STATE HOUSE

A series of talks and dramatic interpretations of the violent territorial and civil war of Kansas and the nation 1854-1865. By author and educator, Bill McFarland, and educator Tim Nedeau. Featuring a special unveiling of a group portrait identifying each member of the 1857-1858

Kanas House of Representatives, the first-ever antislavery majority to convene in Kansas at Lecompton in Constitution Hall. Constitution Hall State Historic Site, 319 Elmore St., 2 p.m. Suggested donation \$3 for adults. LECOMPTON, 785-887-6520
lecomptonkansas.com/category/events

MEETINGS

MONDAYS

GRIEF SUPPORT (VIRTUAL)

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

FIRST WEDNESDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

SECOND MONDAY OF THE MONTH KLAH FUN LUNCHEON

Keep Living at Home is hosting a fun senior event every second Monday from 11 a.m.-1 p.m. Join us at Perkins restaurant, 1711 W. 23rd St., for lunch (on your own) and a group activity. January event is bingo. Call for more information or to sign up. LAWRENCE, 785-294-3408

THIRD FRIDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

JAN 10

CAREGIVER SUPPORT MEETING

Being a caregiver can be incredibly stressful. Meet and talk to others in the same situation. For more information, call April Maddox at Jayhawk Area Agency on Aging. Topeka and Shawnee County Public Library - Hughes Room 205, 3:30-4:30 p.m. Free. TOPEKA, 785-235-1367

JAN 20

CAREGIVER SUPPORT MEETING

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



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AMERICA'S TEST KITCHEN

These fudgy, crinkly cookies are perfect for chocolate lovers

By America's Test Kitchen

Tribune Content Agency

These deep, dark, chocolaty cookies are also known as “earthquakes” because of all the cracks that break through their snow-white surfaces during baking. The key to creating these crinkly cracks is rolling the formed dough first in granulated sugar and then in confectioners’ sugar. The granulated sugar helps create that crackly, crusty exterior and keeps the confectioners’ sugar coating in place so you can see the fissures.

Microwave 101

Most microwaves have a power setting that lets you cook things at reduced power levels. It’s important to melt butter and chocolate at 50% of full power. The controls can vary from microwave to microwave, but often you have to set the power level before setting the time.

CHOCOLATE CRINKLE COOKIES

Makes 12 cookies
 1/2 cup (2 1/2 ounces) all-purpose flour
 1/4 cup (3/4 ounce) Dutch processed cocoa powder
 1/2 teaspoon baking powder
 1/8 teaspoon baking soda
 1/4 teaspoon salt
 3/4 cup packed (5 1/4 ounces) brown sugar
 1 large egg, plus 1 large egg yolk
 1/2 teaspoon vanilla extract
 2 ounces unsweetened chocolate, chopped
 2 tablespoons unsalted butter
 1/4 cup (1 3/4 ounces) sugar
 1/4 cup (1 ounce) confectioners’ (powdered) sugar

1. Adjust oven rack to the middle position and heat oven to 325 degrees. Line a rimmed baking sheet with parchment paper.

2. In a medium bowl, whisk together

flour, cocoa, baking powder, baking soda, and salt. In a large bowl, whisk brown sugar, egg and egg yolk, and vanilla until combined.

3. In a small microwave-safe bowl, combine chocolate and butter. Heat in the microwave at 50% power until melted, 1 to 2 minutes. Stir chocolate mixture until well combined and shiny.

4. Add the chocolate mixture to the brown sugar mixture and stir until combined. Stir in flour mixture until no dry flour is visible. Let dough sit at room temperature for 10 minutes.

5. Place the sugar in 1 shallow dish and the confectioners’ sugar in second shallow dish.

6. Roll the dough into 12 balls (about 2 tablespoons each). Drop the balls directly into the shallow dish with the regular sugar, and roll to coat. Then transfer the dough balls to the shallow dish with the confectioners’ sugar, and roll to evenly coat. Place dough balls on the parchment-lined baking sheet, leaving about 2 inches between balls.

7. Bake cookies until puffed and cracked and the edges have begun to set but the centers are still soft (cookies will look raw in cracks and seem underdone), about 11 minutes. Place baking sheet on a cooling rack and let cookies cool completely on the baking sheet, about 30 minutes. Serve.

- 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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MARIE PIRAINO



The key is rolling the dough first in granulated sugar, then confectioners’ sugar.

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MY PET WORLD

How to help a dog that exhibits fears and phobias

By **Cathy M. Rosenthal**

Tribune Content Agency

Dear Cathy: We have an almost eight-year-old, 35 pound mixed-breed dog. We've had him since he was eight-weeks-old. He's a wonderful dog but has always had some psychological issues. For example, he refused to go near a new dog bed, and we had to return it. He shakes and shivers at my text alerts and during thunderstorms. For the past few weeks, he looks scared and refuses to eat or drink from his dog bowls. If I hold a bowl for him or move the bowls to a different room, he seems to eat or drink just enough stay alive. I haven't changed the location of the bowls, the bowl holder, or the mat underneath them. What do I do? -- Karen, Port Washington, New York

Dear Karen: While you can never fully rid your dog of all his fears and phobias, there are a few things you can do to temper his reactions.

First, get your dog a canine pheromone collar to wear, and place plug-in pheromones in the room where his food bowls are located. Pheromones provide a calming effect and can be helpful as we go through the next steps.

Second, rule out medical issues. I doubt he has any, but it's always good to check. Then talk to your veterinarian about anti-anxiety medication. Medication won't eliminate his fears and phobias, but it can quiet his brain and make it easier to train and counter-condition him.

Next, train your dog to make eye contact on command. Say your dog's name and when he makes eye contact, say a marker word (to mark the correct behavior), like "Bingo," and give him a treat. Use this same technique to teach him sit, stay and down. The more you train a dog, the easier it is to counter-condition him to ignore a trigger.

Now it's time to work on counter conditioning. Train your dog to get used to a similar sound to the phone alert, like the beep on the microwave. Every time the microwave dings, say his name so he makes eye contact and ask him to sit, using the marker word and treat. What you are trying to do is get his mind on other things and associate the sound with treats, so he will (eventually) ignore the trigger.

When you feel he has mastered the ding from the microwave, reintroduce the text alert sound and ask him

to make eye contact and sit, using the marker word and treat. Initially, he might shake, but he should learn that something good happens when he hears this sound. (You also can just change the alert sound on your phone.)

You can counter condition him to thunderstorms by letting him listen to a recording of a thunderstorm at a low-volume, accompanied by treats. Increase the volume over days (not minutes) to increase his tolerance. As for new dog beds, toss your unlaunched clothing onto them, so the scent is suddenly familiar.

Most of all, be kind and patient as you go through this process. It can take months to help a dog work through these fears.

Dear Cathy: How can I transport my cat by car for a two-day trip, allowing for "bathroom" episodes? She won't wear a leash so all I can depend on is using a litter box. I can't stop and put the box by my car for use because she would dart away. Please help. It's important. -- Tom, Winter Park, Florida

Dear Tom: Put the litter box in your car or trunk and keep it covered, so it

doesn't spill out. When it's time for your feline's potty break, put the litter box on the seat or in the cargo area of your SUV and remove the wrap. Let her out of her travel kennel and remain in the car while you wait to see if she will use it. Don't let other family members open and close car doors. She needs at least 10 minutes of quiet to feel safe using it. Cats don't pee on command so this could take a while. If she appears interested in the litter box, give her the time she needs to relieve herself. If she doesn't, then put her back in her kennel, and try again in a few hours. Most cats will use the litter box at least once a day during normal car travel. Otherwise, she will definitely use it when you get to a hotel and settle in for the night.

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

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RICK STEVES' EUROPE

A romantic breeze in Rome

By Rick Steves

Tribune Content Agency

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



Rick Steves

my favorite European memories from Rome—a reminder of the enchanting Italian ambiance that awaits us at the other end of this crisis.

A statue of Giordano Bruno marks the center of Campo de' Fiori—my favorite square in Rome. Five centuries ago, Bruno challenged the Roman Church and was burned at the stake right here. With each visit, I make a quiet little pilgrimage, staring into the eyes of brooding Bruno, pondering the courage of those early heretics.

When in Rome, I use Bruno as a meeting point. (I like to say, "I'll be sitting under Bruno.") Tonight, I'm waiting for my Roman friends Stefano and

Paola. With each visit, they take me on a quest for restaurants to recommend in my guidebook. They've promised to take me to a little restaurant they deem perfect. When they arrive, I say ciao to Bruno and we walk down a narrow cobbled lane to a classic, crumpled little piazza filled with scooters. On the far side, a single eatery is all lit up. The sign above the door says "Filetti di Baccala."

"Stefano, you're right. This is perfect." I walk ahead, navigating the gridlock of abandoned scooters to get into the restaurant. A long line of tables, covered with white paper tablecloths and crowded with locals, stretches to a neon-lit kitchen in the back. And there, two grease-splattered cooks are busy cranking out filetti di baccala . . . Rome's answer to fish sticks.

There's one table open near the back, past an old man in a black suit playing the violin. We limbo by the violinist and grab it. Above our table a weathered sign reads Specialita Filetti di Baccala 60 lire. The price has been revised over the years in response to the whims of the economy, peaking at 4,000 lire. Today, it's five euros. The harried waiter drops off a simple menu, listing a humble selection of appetizers and salads, but only one main course

CAMERON HEWITT, RICK STEVES' EUROPE



The heretic Giordano Bruno stands on the spot where he was burned.

(filetti di baccala) and, with his thumb hitchhiking into his mouth, asks, "Da bere?" ("To drink?").

Our fillet of cod is about what you'd expect at a top notch London fish-and-chips joint. We enjoy it along with some breaded and fried zucchini, a salad of

greens I'd never before encountered, and a carafe of white wine. Some people might think the meal is nothing special. But buried deep in the medieval center of the city, in a tarnished and varnished eatery without a tourist

■ CONTINUED ON PAGE 21

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Rick Steves

■ CONTINUED FROM PAGE 20

in sight, the ambience is intoxicating.

The violinist plays Sinatra's "My Way" to an appreciative crowd. Eventually he makes his way to our table, standing just beyond Paola's radiant face. It's a classic Roman moment. Her dark eyes, framed by little black glasses, are locked on Stefano's. Tiny rings of pearls set in gold swing from her ears. A gold necklace is the perfect complement to her smooth, olive complexion.

Like a hungry camera, my eyes compose the scene: carafe of golden white wine shimmering in the foreground, Paola's face looking lovingly at her husband in the middle, and the violinist—jaw tight on his instrument but still smiling—in the back. The happy chatter of dinner conversation rounds out the tableau.

As if only for Paola, the musician plays a Roman anthem to the night. Paola whispers to me, "This is Ponentino . . . a special wind, a sweet . . . brushing her hand gently along her cheek in search of the word, " . . . caressing Roman wind."

Then she and Stefano face the music, and with the entire room, sing the song: Rome, don't be foolish tonight.

Give me the sweet wind to let her say yes.

Turn on all the stars that you have . . . the brightest ones.

Give me a small flash of the moon, only for us.

Let her feel that springtime is arriving.

Give me your very best crickets to sing to her.

Give me the Ponentino.

Be a partner with me.

Paola translates for me. In verse two, the woman answers: "Rome, give me a helping hand to tell him no," and so on. But, in the final verse, of course, they get together, creating the love triangle: a man, a woman . . . and Rome.

With the room still singing, the elegant older couple at the next table look over at us. Seeming pleased that the three of us—a generation behind hers—are enjoying this traditional Roman moment, the woman says, "Bella."

- Rick Steves (www.ricksteves.com) writes European guidebooks, hosts travel shows on public TV and radio, and organizes European tours. This

article was adapted from his new book, *For the Love of Europe*. You can email Rick at rick@ricksteves.com and follow

his blog on Facebook.

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HUMOR HOTEL

Seeking tranquility (and a bathroom) in Central Park

By Greg Schwem

Tribune Content Agency

When it comes to visiting New York City, my trip doesn't officially end until I have strolled through Central Park, regardless of the temperature or the condition of my feet.

I have walked alone and with friends who call New York home. I introduced my wife to the park by renting a carriage, piloted by a Russian gentleman who began every sentence with, "OK, guys."

"OK, guys, up ahead is where Jerry Seinfeld lives. OK, guys, here is where they filmed the kidnapping scene in 'Ransom.' OK, guys, don't forget, I work for tips," were just a few of his more memorable lines, the latter uttered numerous times during the ride.

I've observed stunning models in the midst of photo shoots, stumbled upon the filming of TV shows and music videos, and cried with other Beatles fans at Strawberry Fields, the John Lennon memorial site at the West 72nd Street entrance. See? Only a park veteran can equate destinations with map locations.

Unfortunately, that does not apply to what is becoming my most frequently visited Central Park attraction: a public restroom.

Like most men of a certain age, bathroom visits now occupy a good portion of my day planner. As a comedian used to standing on stage for an hour plus, I often wonder if, eventually, I'll have to be like those cool aging rock stars who "break" for 10 minutes during their shows. Sorry, Bruce Springsteen and James Taylor, but we all know the reason for your breaks. Nothing to be embarrassed about.

I try to plan accordingly. I use the facilities before entering the park, as if I'm a child about to embark on a long car ride. I shun liquids, even during summer visits. I apologize, fresh lemonade vendors; your product looks delicious, but I simply can't take the chance. Unfortunately, it doesn't help. It was only about 30 minutes into my most recent stroll when I began feeling the urge. And just like that, a sense of inner peace was replaced by one of desperation.

Anyone who has ever been to Central Park knows that it is an 843-acre labyrinth of gravel paths, bridges, tunnels and paved roads leading ... um, leading ... where exactly? Kevin McCallister had no problem finding a bird lady not once but TWICE during "Home Alone 2," but I have never been that lucky.

My sense of direction abandons me once I enter the park's bowels,

making the search for facilities even more difficult, even though 13 year-round restrooms lie within. And, as I have realized, there is no such thing as "help."

Ask a tourist? They have no clue. Ask a New Yorker? They are more concerned about urinary relief for their dogs. Follow a "restroom" sign with an arrow? Which way exactly is that arrow pointing?

I flagged down a park maintenance worker and inquired. "Uh, I think there's one..." was the beginning of his response.

I would have been more confident if he began the sentence with, "OK, guys..."

"I think there's one on the other side of Sheep Meadow," he said, gesturing to a 15-acre field that I would have to traverse on the CHANCE I would find relief. I elected to take his advice, as opposed to wandering aimlessly and cursing dogs who will never have this problem.

Luckily for my bladder, the worker was correct. I felt like the cast of "The

Wizard of Oz" upon reaching the Emerald City.


Over the years, I have seen Central Park walking tours, bike tours and even Segway tours. To park officials, may I now suggest a "Public Restroom Tour"? I don't need the backstories; if you want to tell me that Jackie Onassis would only frequent the restroom near the Delacorte Theater or Will Ferrell changed into his "Elf" tights in a stall at Tavern on the Green, so be it. I might even take a selfie. Just tell me the fastest path to all the toilets and then quiz me at the tour's end.

OK, guys?

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

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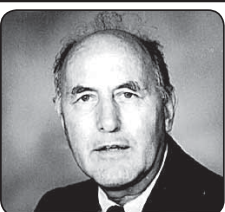
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HUMOR

Straight Talk

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

If you send me to cover a pie-baking contest on Mother's Day, I'm going to ask dear old Mom if she used artificial sweetener or if she stole the apples. - Sam Donaldson



Larry
Day

Journalism is caring where the fire engines are going. - Jim Lehrer

Seely Richins published the *Letongaloosa Weekly Plainsman*, and he never asked anyone a mean question. He never told his readers that Lord Jones or anyone else was dead, because the *Plainsman* never printed obituaries. Seely never put bad news in his paper. Back in 1972 a cigarette set a wastepaper basket on fire in the *Plainsman* newsroom. That was the first and only time that Seely gave a darn about where the fire engines were going, and the incident wasn't published in the *Plainsman*.

With Seely Richins at the helm, good

news was the only news the *Letongaloosa Weekly Plainsman* published. The people of Letongaloosa liked it that way. They got enough bad news from radio reporters who said, "We're at the scene of the cave-in" from "if it bleeds it leads," television news shows, and headlines that blared: "Two dead, four wounded in shooting spree."

The residents of Letongaloosa supported merchants and organizations that advertised in Seely's good news weekly newspaper.

Seely published agendas of civic meetings in advance so people could attend them, but the *Plainsman* didn't cover the meetings. The *Plainsman* reporter only came for the "ceremonial" part of the meetings—city proclamations of "Arbor Day" and such.. If controversy erupted in city council or county commission meetings the *Plainsman* didn't report it.

Here's what the *Plainsman* reported: "Erma Nelson was honored at the city council meeting this last Wednesday night after her begonias won first prize in the state begonia competition in Hendersonville." And, "Young Foster Charles was presented with a 'Good Young Samaritan' medal at the city council meeting Tuesday for rescuing Matilda Farnharsher's cat 'Socks' from a drainage ditch."

The public learned about civic rough stuff from Letongaloosa's gossip networks and its rumor mills. People in

Letongaloosa like to put their own spin on information, and few people let truth and factual information get in the way of their opinions.

No matter what the controversy, and no matter how long it lasted, the *Plainsman* could be counted on to step up and publish its weekly quota of "chicken soup for Letongaloosa's soul."

Seely never used fast-paced marketing techniques to boost his newspaper's circulation, and he kept advertising rates low so that marginal businesses could afford to place ads. His profit margin was razor thin. The *Plainsman*, in other words, was ripe for picking by the cutthroat brokers who run the newspaper consolidation business. But whenever these brokers showed up at the *Plainsman*, Seely ran them out of the office and chased them down the street waving a pica pole above his head.

Then a "perfect storm" of problems descended on Seely Richins and the *Plainsman*. The price of newsprint and printer's ink shot up, and the government jacked up the price of mailing the newspaper. The *Plainsman's* electronic typesetting system needed to be upgraded, and Seely's granddaughter needed braces on her teeth.

In this crisis Seely asked all the mon-

eyed people in town—the bankers, the merchants, the cyber tech professionals, and the yuppies who lived in town and commuted to jobs in the city, for a loan to save the *Plainsman*. Nobody would lend him a nickel.

The next week Seely tossed out the week's good news and revamped the *Plainsman's* front page. That week's edition of the *Plainsman* came out looking like a cross between the *National Inquisitor* and *Girlie Girl Magazine*. A garish 102-point page 1 headline declared: "BUYER FOUND!!" The story beneath the headline said that the *Plainsman* would be sold to Sir Reginald Rutter, the owner of a chain of sleazy London tabloids.

A week later, the main headline on Page One of the traditional looking *Plainsman* read: "Letongaloosa Hop Scotch Team Wins State Competition." Of course the gossip networks and the rumor mills were abuzz with speculation about who had loaned Seely the money, but true to tradition, the *Plainsman* never printed a word about the rumors.

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

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Opening lead: Four of ♥

South inserted dummy's jack on the opening heart lead, winning the trick. There was one certain club loser, so the contract depended on holding the spade suit to one loser. Technicians would tell you that the optimal play in the spade suit is to first lead low from dummy to

declarer's eight in case East started with jack-10-small, and if that failed to force out the king, lead a spade to the queen later. This sequence of plays, however optimal it might be, would not work in this deal. South in today's deal found a way to bring home his contract on any lie of the spade suit.

South led a diamond to his ace at trick two and then a diamond back to the queen. He led a low heart to his king and crossed back to dummy with a diamond to the jack. He cashed the ace of hearts and made the key play of discarding a low club from his hand rather than a low spade. This seemed unusual because the low club was not a loser – it could have been ruffed later in dummy – but then neither was his low spade a loser.

South ruffed a heart in hand to eliminate that suit and then exited with his remaining club. East won with his queen and had to lead a spade or yield a ruff-sluff. South ducked the spade shift to West's jack, and West had to surrender. Nicely played!

(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.)



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

By David L. Hoyt and Jeff Knurek



Boggle BrainBusters Bonus

We put special brain-busting words into the puzzle grid. Can you find them? Find AT LEAST 10 MAMMALS ENDING WITH A VOWEL in the grid of letters.

ENT

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PUZZLES & GAMES

CROSSWORD

Across

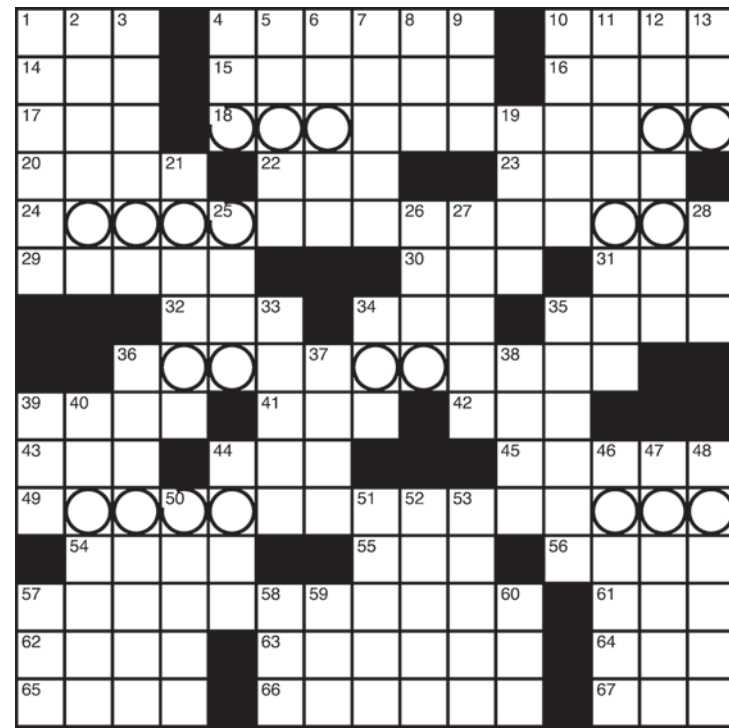
- 1 Playground game
- 4 Theatrical backdrops
- 10 Academic pds.
- 14 4-Down may be added to it
- 15 Tour
- 16 Prose-fixing job
- 17 Expert
- 18 Settlement for prisoners
- 20 Iberian river
- 22 Countless years
- 23 One with cinco dedos
- 24 Place to display tchotchkes
- 29 Die down, as a storm
- 30 Type
- 31 "What was ___ think?"
- 32 High-level H.S. classes
- 34 Prefix with cycle
- 35 Linseed oil source
- 36 She voices Elsa in "Frozen" films
- 39 PC connections
- 41 Little rascal

- 42 "MASH" milieu: Abbr.
- 43 Slippery swimmer
- 44 Pre-1868 Tokyo
- 45 Like Stout's Nero Wolfe
- 49 Approximately 247 acres
- 54 Govt. agency with an Informed Delivery service
- 55 Cry from a crib
- 56 Distant relative of the emu
- 57 Pocket money ... and what's in the puzzle's circles?
- 61 Supergirl's symbol
- 62 Wheel cover
- 63 "That's unnecessary"
- 64 GPS indication
- 65 Soap since 1965, familiarly
- 66 Like plans yet to be finalized
- 67 Grass in a roll

Down

- 1 Capital east of Denver

- 2 Site with many home pages?
- 3 Name spelled out in a Van Morrison song
- 4 "The Racer's Edge"
- 5 Golf course hazard
- 6 Used as fuel
- 7 Donald Jr.'s mom
- 8 Many-voiced Blanc
- 9 Capital WNW of Denver
- 10 Psalm instruction
- 11 Three-time "Modern Family" Emmy nominee
- 12 Company that merged with Konica
- 13 Oinker's digs
- 19 Siberian city
- 21 Eightsomes
- 25 French military cap
- 26 French film
- 27 "Hogan's Heroes" colonel
- 28 Sly critter
- 33 Derogatory
- 34 Decision maker at home
- 35 "Show Boat" author
- 36 Apparent
- 37 Wild way to run
- 38 New way for many to meet
- 39 ___ Moines



- 40 Giant redwood
- 44 Scots Gaelic
- 46 Old anesthetics
- 47 Makes sure of
- 48 Took off the board
- 50 Altar areas
- 51 Start of a demand
- 52 Bowling sites

- 53 "Well, shucks!"
- 57 Bygone Ford
- 58 Current events TV channel
- 59 "Woo-__!"
- 60 Savannah summer hrs.

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

JUMBLE

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

PHECR

○ ○ ○ ○

BLAFE

□ □ ○ □ ○

RASPIN

○ □ ○ □ ○

VIRTHE

○ □ □ □ ○

Answer here: □ ○ □ □ □ □ □ □ □ □

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

Check out the new, free JUST JUMBLE app.

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TO RECEIVE HER GIFTS IN PERSON, SHE NEEDED TO _____

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

SCRABBLE G.R.A.M.S.

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A₁ O₁ U₁ U₁ C₃ R₁ S₁ 2nd Letter Double

A₁ E₁ N₁ N₁ T₁ T₁ G₂

I₁ O₁ Y₄ F₄ T₁ R₁ M₃ Triple Word Score

A₁ O₁ U₁ Y₄ T₁ B₃ N₁

RACK 1

RACK 2

RACK 3

RACK 4

RACK 5

PAR SCORE 250-260
BEST SCORE 332

FIVE RACK TOTAL
TIME LIMIT: 25 MIN

DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 5th Edition.

For more information on tournaments and clubs, email NASPA - North American SCRABBLE Players Association info@scrabbleplayers.org. Visit our website - www.scrabbleplayers.org. For puzzle inquiries contact scrgams@gmail.com

Answers to all puzzles on page 26

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

CROSSWORD SOLUTION

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

SUDOKU SOLUTION

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

BOGGLE ANSWERS

APE, GNU, MOLE, MULE, HARE, MOUSE, MOOSE, ZEBRA, PANDA, ANTELOPE

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JUMBLE ANSWERS

Jumbles: PERCH, FABLE, SPRAIN, THRIVE

Answers: To receive her gifts in person, she needed to -- BE PRES-ENT

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SCRABBLE GRAMS SOLUTION										
R ₁	A ₁	U ₁	C ₃	O ₁	U ₁	S ₁	RACK 1 =	<u>60</u>		
T ₁	A ₁	N ₁	G ₂	E ₁	N ₁	T ₁	RACK 2 =	<u>58</u>		
U ₁	N ₁	L ₁	E ₁	A ₁	R ₁	N ₁	RACK 3 =	<u>57</u>		
M ₃	O ₁	R ₁	T ₁	I ₁	F ₄	Y ₄	RACK 4 =	<u>95</u>		
B ₃	U ₁	O ₁	Y ₄	A ₁	N ₁	T ₁	RACK 5 =	<u>62</u>		
PAR SCORE 250-260							TOTAL 332			
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MY ANSWER

Christians believe God's every word

From the writings of the Rev. Billy Graham

Tribune Content Agency

Q: Why do Christians believe that they have the only religion that leads to heaven? - H.B.

A: Christians believe God's every word. Jesus said, "For the Son of Man has come to seek and to save that which was lost" (Luke 19:10).

Who doesn't want to be saved? Some years ago, a man's plane crashed into the ocean. He survived the crash, but had blood on his forehead that attracted the sharks; he spent 10 hours kicking at the sharks to survive. Finally, he spotted an aircraft and waved his orange

life vest. The pilot saw him, dropped a smoke canister, and radioed a Coast Guard cutter that was 12 minutes away, saying: "Hurry! There's a man down there surrounded by sharks." The Coast Guard swooped in and rescued him. The man did not need a new swimming technique in order to be saved; he needed outside intervention.

We all need outside intervention if we're going to live eternally with God in Heaven someday. This is why God sent His Son on a rescue mission.

It isn't narrow-minded to claim that there is only one way of salvation or that the Christian message leads to the right way. Do we fault a pilot for being narrow-minded when he or she follows the instrument panel while landing in a rainstorm? No, we want the pilot to remain narrowly focused! Millions of people today want salvation and the hope of Heaven, but on their own terms. Christians do not proclaim salvation in any other but Jesus Christ; "for there is no other name under heaven given among men by which we must be saved" (Acts 4:12). The Christian hope is that everyone will come to know Jesus as their Savior. The greatest act a Christian can perform is to tell others about Him.

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

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- Raeanne Mayer, *Generational Marketing*

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