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## Holding family reunions in a COVID-19 world.

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**SENIOR**  
profile

As Linda Lester, owner of The Etc. Shop, was preparing to celebrate her store's 40th anniversary, she was also battling cancer and working to run her business during a pandemic. She has faced both crises with a positive attitude. - page 6

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# Virtual reunions can help families stay connected during a pandemic

By Billie David

July is National Family Reunion Month, but this year the COVID-19 pandemic is putting a damper on the traditional gatherings, picnics and other popular reunion activities. Consequently, people are exploring other ways to reunite with family members via virtual get-togethers.

These meetings can be especially important for seniors who, because they face a higher risk of serious complications if they become infected with the coronavirus, need to observe more stringent precautions to keep them safe. Months of sheltering in place and other social distancing considerations have created a new problem for them that can also be a serious health threat—that of loneliness and isolation.

But seniors may also be more likely to be left out of virtual family gatherings because of the difficulties that people who grew up in a pre-technological age face when setting up the equipment and navigating the necessary social media outlets.

Dave Greenbaum, owner of Doctor-Dave Computer Repair in Lawrence, has some suggestions to help the virtual reunion run more smoothly, especially for those seniors who find themselves less technologically proficient or who may have age-related physical issues that make it more challenging to participate.

With 30 years of experience as well as practical suggestions garnered

from helping his own family members maneuver virtual family meetings successfully, Greenbaum offered suggestions to help the event run as smoothly as possible.

“I’ve heard of people doing a lot of innovative ways to fill the gap,” he said. “You can’t pass the fried chicken and potato salad that way, but virtual reunions make a lot of sense.”

One important issue to consider is

what kind of equipment to use.

“Cell phones and tablets are awesome for this,” Greenbaum said. “They are relatively inexpensive, easy to set up, and if you are using an older phone, you can still connect with Wi-Fi. I recommend that people use a cell phone because they have audio and video and less goes wrong with them.”

Another advantage to using a cell

■ CONTINUED ON PAGE FOUR

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**Senior Monthly is locally owned and operated.**

# Virtual reunions

■ CONTINUED FROM PAGE THREE

phone or tablet is that comfort and mobility are important considerations for some seniors, and laptops tend to be heavier, while towers limit mobility, plus most towers don't have cameras. Also, cell phones and tablets are less expensive.

Even if not everyone has a cell phone, someone might have an old mobile phone lying around, or they can buy an inexpensive cell phone online.

"They'll do Zoom and stuff like that," Greenbaum said.

Another issue to consider is the person's ability to hear.

"Especially if you're in a crowded room, make sure it's quiet and you're as close to the phone as possible," he advised.

Mute buttons and a pre-appointed facilitator who can help if the noise and confusion get out of hand can be useful as well.

As for which program to use, Greenbaum said he didn't have a specific

recommendation.

"One thing to consider is that everyone involved has to use the same system—Zoom, Google Meetings—and decide ahead what to use, and they should do a test run maybe a week before so they can work out the glitches," he said.

"If you already have Zoom installed because of work, use Zoom," he advised. "If everyone has Facebook, you can use that. The thing is to use what people are comfortable with."

For seniors who are not familiar with the program, someone can help them understand how to use it beforehand, even if they can't be physically present to do so due to social distancing.

"Have a family member with the same equipment, like an iPhone with Zoom, walk them through it step by step, because it's not intuitive," Greenbaum said.

"It can become a comedy of errors, because people did not grow up with this stuff," he warned. "It's important not to get frustrated. Remember to smile."

■ CONTINUED ON PAGE FIVE



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# Virtual reunions

■ CONTINUED FROM PAGE FOUR

After all, a frustrated person has a harder time paying attention, he explained.

Greenbaum also advised that people may become frustrated by technical issues during the actual virtual reunion.

“When people do things live, it can create a lot of problems,” he said.

One solution might be to have some photos of loved ones to display in case someone gets frustrated during the actual reunion, especially if that person is experiencing cognitive impairment.

“Pictures help bridge the gap in situations like that,” Greenbaum said. “Having a picture there helps them feel like a family member is right there.”

Then you can calmly and reassur-

ingly walk them through the problem.

Another idea is to have the participant pre-record a message a week or two before the reunion. That way, if things go wrong, you can play the pre-recorded message and they can still feel like they are participating. After all, for some seniors who experience fluctuating times of alertness and well-being, the agreed upon timing for the reunion may not turn out to be their best time to communicate.

Besides, that pre-recorded message can also be played later to family members who otherwise weren't able to participate, and it just might become an important family legacy later on.

Deciding on how many people should be involved in the meeting

will depend on the technology, with part of the decision depending on the size of the screen, because the more people there are, the smaller the picture, and fewer people on the screen



**Dave Greenbaum**

may decrease the level of confusion.

As for how long the virtual reunion should last, that depends on the stamina of the participants, the service used and the limits to the selected technology.

“On a practical level, doing it too long can be physically tiring,” Greenbaum said. “A half hour is a reasonable expectation because watching everything and holding the phone can be exhausting. And trying to have the phone run for a couple of hours, the batteries might run out.”

The most crucial element of all, however, is for people to maintain their composure.

“If there's one thing to take away, it's that everyone needs to be patient,” Greenbaum said. “Not everyone is used to this. If everyone is patient and takes things slowly and takes a break when they need to, they can figure things out.”

After all, the thing that really matters is that all of the participants see it as a positive experience.

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# The Etc. Shop celebrates its 40th anniversary

By Kevin Groenhagen

You never know where a cup of coffee might lead.

Linda Lester and her close friend, Linda Chaffin, were having coffee at Mass Street Deli one day in 1980 while discussing Lester's dream.

"When the last of my three kids left for school, I wanted to start a little business," Lester said.

Chaffin, who owned an antique store downtown that Lester helped run from time to time, encouraged Lester, but also offered a dose of reality.

"She said I'll never find a place downtown to start a business because most of the stores were taken up," Lester explained.

When one of the employees at Mass Street Deli overheard the two discussing Lester's dream, he mentioned that the owner of a hamburger stand at 10 W. 9th Street was redoing the space and that he didn't think the owner had leased it yet.

Lester and Chaffin immediately left to look at the space and then returned to Mass Street Deli for more coffee and discussion. Lester then called the owner, Judge Mike Elwell, and he joined the two on another walk to the space. After getting a better look at the 150-square-foot space and, deciding that it would be ideal, Lester wrote a check for the rent.

"Linda asked me, 'What are you going to name it?,'" Lester said. "And I said, 'The Etc. Shop and then I can do whatever I would like to do.' I wanted to start somewhere and work my way up."

When Lester asked Chaffin if she wanted to join her in the business, Chaffin replied, "Yes, I've been waiting for you to ask."

With Chaffin's experience at her antique store and Lester's love of antique jewelry, the partners decided to start with antique jewelry and then go from there. Lester also did a little searching around for other ideas.

"I met a man who had some vintage new merchandise and made some contacts," Lester said. "Vintage new was merchandise from the 30s, 40s, and 50s that had never been sold in a retail store because years ago they didn't have sidewalk sales. He put me in touch with some other people, so I also started with Bausch & Lomb sunglasses, Hawaiian shirts, and some vintage whites."

While Lester and Chaffin enjoyed their partnership and had a lot of fun at the store, their business relationship would prove to be short-lived.

"After we had been in business for about five months, Linda's husband decided he was going to buy a radio station in Missouri," Lester said. "So, Linda was going to have to leave."

Several months later, Lester received another shock.

"They said at the beginning I could be in the building for five years," Lester said. "I was in the building for two years when I learned that the city wanted to tear down my store and the nearby Standard service station to build a parking lot."

Lester then started the search for another space.

"I was scared, of course," Lester

COURTESY PHOTO



Linda Lester and Max

said. "I went to two different men who had spaces for rent and they said that my husband, Robert, would have to

sign the lease. I said, 'No dice.' Just because I'm a woman doesn't mean

■ CONTINUED ON PAGE SEVEN

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# The Etc. Shop

■ CONTINUED FROM PAGE SIX

that my husband has to sign the lease. But that's the way it was then. There weren't that many women in business downtown."

Lester eventually found a new—and much larger—space on the 700 block of Massachusetts. The space, which the owners of Malott Hardware owned, allowed her to expand the selection of merchandise, including inventory that she had acquired from a formal wear store in Wichita. She was also able to increase the size of her costume business.

The Etc. Shop had its home on the 700 block for many years before circumstances yet again forced Lester to decide on closing the store or finding a new location. In 1990, the owners of her space told her that they had new plans for the building and that she would have to be out by September 1. At that time, Lester had a full-fledged costume business and she did much of her business at Halloween. How would she locate to a new space in time to be ready to do business in October?

Lester noticed a space at 928 Massachusetts that was boarded up and had a sign that said it was for rent. She was a bit wary because the 900 block was the premium block downtown and she knew that the rent would be higher than what she had been paying. She called the owner of the space, who happened to be a longtime customer of The Etc. Shop, explained her situation, and set up an appointment to look at the space.

Lester's husband, who is also her bookkeeper, toured the space with her and, while he expressed concerns

about the size of both the space and the rent, left the decision up to Lester. She said she thought that if it was meant to be, then it was meant to be, and decided to take the space. In fact, while Lester remains the sole proprietor of The Etc. Shop, she and Robert bought the building right after she signed the lease.

"We started calling customers who were in construction and we got everything done in 30 days," Lester said. "Everyone worked day and night."

Lester used the entire space upstairs for costumes, which were on display in time for Halloween.

Lester has always had a knack for hiring good employees, which allowed her to visit her Aunt Ellen in Wichita on Sundays and Mondays. When Aunt Ellen, who raised Lester, took a bad fall during the summer of 2001 and needed a hip replacement, Lester's employees managed to run the annual sidewalk sale while Lester visited her at a Wichita hospital.

"When Aunt Ellen was in the hospital, her doctor said it would be months before she would walk again," Lester said. "I said, 'No, it won't, doc.'"

Sure enough, Aunt Ellen made tremendous progress in just several weeks. She was back in her own home and able to get around with the aid of a walker just weeks after her surgery. Aunt Ellen passed away in 2007.

Over the past 40 years, some things have remained much the same at The Etc. Shop. For example, The Etc. Shop continues to carry antique jewelry, sunglasses, and Hawaiian shirts. However, Lester has been wise enough to make adjustments when needed. A sign on the front door lets customers know that The Etc. Shop sells antiques on the

second floor, which is called "Upstairs at 928 Antiques & Collectables."

The Etc. Shop also began its association with Brighton, which is a division of Leegin Creative Leather Products, in 1991 when Brighton launched its brand with a single collection of men's belts. As the Brighton brand expanded to include handbags, small leather goods, watches, footwear, fragrances, jewelry, home accessories, and eyewear, Lester added these items to her store. Because of Lester's focus on excellent customer service, The Etc. Shop became the only Brighton Heart Retailer in the Lawrence area.

As Lester and her employees were preparing to celebrate The Etc. Shop's 40<sup>th</sup> anniversary earlier this year, Lester received some bad news that The Etc. Shop shared with customers via email and on the store's Facebook page on February 3: "Linda would like everyone to know that she is battling cancer again. She is fighting hard and starting

radiation for lung cancer. Linda will be in and out of the store between treatments and rest. Please keep her in your thoughts and prayers."

Even before moving to Lawrence in 1976, Lester had been diagnosed with breast and ovarian cancer. Lester was again diagnosed with cancer a decade ago. However, surgeries and chemotherapy didn't stop her from traveling to Hong Kong with a Brighton Heart contingent during early 2011.

Shortly after The Etc. Shop announced that Lester was battling lung cancer, The Etc. Shop was forced to close its doors for several weeks due to the coronavirus. She responded to both the cancer diagnosis and the coronavirus shutdown with the positive attitude that has been her trademark for her entire life.

For more information about The Etc. Shop, visit the shop's website at [theetcshop.com](http://theetcshop.com) or its Facebook page at [facebook.com/TheEtcShopKS](https://facebook.com/TheEtcShopKS).

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# How to apply for Medicare online

By Norm Franker

Social Security District Manager in Lawrence, KS

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Some Medicare beneficiaries may qualify for Extra Help with their Medicare prescription drug plan costs. To qualify for Extra Help, a person must be receiving Medicare, have limited resources and income, and reside in one of the 50 states or the District of Columbia. Read [www.ssa.gov/pubs/EN-05-10508.pdf](http://www.ssa.gov/pubs/EN-05-10508.pdf) for more information on Extra Help.

Medicare also offers many online services where you can find out:

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- Where do I find forms for filing a Medicare appeal? [www.medicare.gov/claims-appeals/how-do-i-file-an-appeal](http://www.medicare.gov/claims-appeals/how-do-i-file-an-appeal)
- Where do I let someone speak with Medicare on my behalf? [www.medicare.gov/claims-appeals/file-an-appeal/can-someone-file-an-appeal-for-me](http://www.medicare.gov/claims-appeals/file-an-appeal/can-someone-file-an-appeal-for-me)
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• Where can I find out more about a Medicare prescription drug plan (Part D) and enroll? [www.medicare.gov/drug-coverage-part-d/how-to-get-prescription-drug-coverage](http://www.medicare.gov/drug-coverage-part-d/how-to-get-prescription-drug-coverage)

• Where can I find a Medicare Supplement Insurance (Medigap) policy in my area? [www.medicare.gov/medigap-supplemental-insurance-plans](http://www.medicare.gov/medigap-supplemental-insurance-plans)

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# Coronavirus-related Medicare scam alert

By Ann Woodbury

Social Security Management Support Specialist in Lawrence, KS

Since older Americans are particularly vulnerable to coronavirus (COVID-19), we want to remind Medicare beneficiaries to be vigilant and take precautions to avoid falling victim to healthcare fraud during this pandemic. We're warning Medicare beneficiaries that scammers may try to use this pandemic to steal their Medicare number, banking information, or other personal data.

Unfortunately, scammers take advantage of the most vulnerable people during times of uncertainty

and change. You must protect yourself by making sure you only give your Medicare number to your doctor, pharmacist, hospital, health insurer, or other trusted healthcare provider.

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Medicare cards no longer have Social Security numbers on them to reduce fraud and protect beneficiaries from identity theft. Even with this change, you should guard your Medicare card like you would a credit card. Be sure to check your Medicare claim summaries for errors and questionable bills.



If you suspect Medicare fraud, please report it by calling Medicare's toll-free customer service center at 1-800-MEDICARE (1-800-633-4227). You can also visit Medicare online at [www.medicare.gov/forms-help-resources/help-fight-medicare-fraud](http://www.medicare.gov/forms-help-resources/help-fight-medicare-fraud).

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## GUEST COLUMN

# Dispelling common hospice myths

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There is still a lot of mystery surrounding the word "Hospice." Our hope is to dispel some common hospice myths.

**Myth #1:** Hospice is a place where people go to die.

**Fact #1:** Hospice is a concept of care that generally takes place in the patient's home, whether that home is a private residence, a nursing home, an assisted living community or, if needed, an inpatient setting.

**Myth #2:** Hospice is about giving up.

**Fact #2:** Hospice doesn't mean defeat or giving up. In fact, hospice isn't about dying. Hospice is about life: some of the most important moments in life. Yes, hospice isn't intended to add time to someone's life but it IS about adding LIFE—quality of life to someone's final days, weeks or months.

**Myth #3:** Hospice is for patients who are actively dying or close to death.

**Fact #3:** Hospice is intended as a six-month benefit through Medicare or other insurance. The length of stay

can be more or less depending on the patient's condition. Patients and families can benefit the most from receiving the support and guidance that the hospice team provides for weeks and months. The team of hospice professionals helps make the individual more comfortable while also helping loved ones prepare for their loss.

**Myth #4:** Hospice is only for cancer patients.

**Fact #4:** Hospice care is available for patients with a wide range of life-limiting illnesses, including but not limited to cancer; stroke, heart, lung, liver, and kidney disease, Multiple Sclerosis, ALS, Alzheimer's Disease and AIDS.

**Myth #5:** Hospice is only for the wealthy.

**Fact #5:** Hospice is an all-inclusive benefit, covered by Medicare, Medicaid and most private insurance. There are no co-pays for physician visits, nursing care, medications, hospital equipment and medical supplies that are related to the patient's primary illness. Hospice simply relieves many of the financial burdens uncertainties that accompany incurable illness.

- For questions or more information about hospice, please call Good Shepherd Hospice at 913-322-3297. More information regarding hospice can be found at [www.nhpco.org](http://www.nhpco.org). Information regarding how to begin speaking with loved ones about their wishes through "Caring Conversations" can be found at [www.practicalbioethics.org](http://www.practicalbioethics.org).



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## HEALTH & WELLNESS

# What is a patient advocate?

**Autumn Bishop**

LMH Health

Being a patient or having a loved one in the hospital can be a stressful experience. Tests and procedures happen quickly and emotions run high. What do you do if you aren't getting the information you'd like or you feel that your voice isn't being heard? Turn to

communication bridge when patients or their families are seeking additional information," she said. "They may have concerns about care, want to recognize those involved in their care or need additional resources and don't know where to turn."

Whether you have questions about the care you're receiving or you're having trouble making an appointment or getting a prescription filled, the patient advocate works to help provide answers, resolve your concerns and make your voice heard.

"My first priority is to the patient's safety," Bowlin said. "If a patient is calling about a medical issue that needs immediate attention, I handle those first and foremost. I work with the patient to determine what we can do to help resolve their concern."

Patients aren't the only people that contact the patient advocate for assis-

tance. Nearly half of the calls that Bowlin receives are from concerned friends, family members or other support persons in a patient's life. There may be times when the patient advocate can't discuss the patient or their care with those persons.

"With Lawrence being a college town, I often get calls from parents who are out-of-state and have questions about their child's visit. I am very transparent about the limitations in releasing details relating to a patient's care if I don't have proper authorization," she said. "We can work together to explore how we can get that authorization or how I can reach out to the patient directly to hear first-hand details about their experience."

People seeking assistance from the patient advocate can visit [lmh.org/contact](http://lmh.org/contact) or email [patientadvocate@lmh.org](mailto:patientadvocate@lmh.org) to submit feedback related to their experience. They can also be reached at 785-505-3152, though the line is not always staffed, due to the nature of their work.

Advocates may be visiting the hospital floors or clinics, speaking with a patient or providing education for staff.

While you may not be able to speak with someone directly, voicemails are returned by the next business day.

"The patient advocate isn't available 24 hours per day, but LMH Health always has a resource in-house for those patients who are here receiving care," said Bowlin. "Our house supervisor is amazing at listening and helping to resolve concerns."

LMH Health encourages patients or their support persons to contact their healthcare team or the patient advocate when they have concerns or simply want to share information about their visit to LMH Health.

"The best part about being advocate is the people," said Bowlin. "I have a long-standing relationship with LMH Health as an employee, a patient, family member and as a friend to those who routinely receive care here. I take pride in the organization and know that there are opportunities to better serve those who need care. I love that I'm the one who gets to hear those and carry them forward."

- Autumn Bishop is the marketing communications manager for LMH Health.



LMH Health's patient advocate for help.

Mardi Bowlin is the patient safety officer and patient advocate at LMH Health. She works as part of a team to help address patient concerns across the organization.

"Patient advocates often serve as a



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## HEALTH &amp; WELLNESS

# Support your adrenals

When asked, most people would admit to experiencing some form of stress during their lifetime. Stress comes in all shapes and forms, including loss of job, illness, moving, being a single parent, being in college, and/or normal day-to-day activities.



Dr.  
Deena  
Beneda

Do you have symptoms of anxiety, depression, irritability, allergies, insomnia, food cravings especially for salt or sugar, decreased sex drive, decreased ability to handle stress, exhaustion, weakness, inability to lose weight, cold intolerance, premenstrual syndrome, or inability to remember things, or concentration difficulties? If you answer yes to one or more of these questions, then you may have a problem with your adrenal glands.

What are your adrenal glands? Where are they located in your body? Why are your adrenal glands so impor-

tant? Your adrenal glands are two small, triangular-shaped glands that are located on the top of each kidney. The adrenal glands are involved in a number of functions in the body, including pulmonary and cardiovascular function, blood sugar metabolism, hormone production, and gastrointestinal function. Your adrenal glands produce over 50 different hormones that play an essential role in the human body. The adrenal glands are responsible for secreting the very important hormones of epinephrine and cortisol, which regulate the body's ability to react to stress.

Adrenal fatigue is not a new condition. One of the main theories behind adrenal fatigue is that your adrenals are unable to keep up with stress, whether its physical or mental. On a daily basis, the adrenals keep up with the demands of stress by the constant fight-or-flight state. The body sees itself being chased by a tiger. After a long time being under stress, the adrenals cannot produce enough hormones that the body needs to run from the tiger and this leads to adrenal fatigue.

Some of the things that negatively affect the adrenals include poor diet,

lack of sleep, infections, alcohol, vitamin and mineral deficiencies, caffeine, sugar, emotional and physical trauma, nicotine, anxiety and depression, stress, and drugs.

Treatment for adrenal fatigue involves many things, including lifestyle modifications. These lifestyle modifications may involve ways of dealing with the stressors in your environment, including dietary management, nutritional supplementation, medicinal plants, acupuncture, and or homeopathy. Treatment can also include giving up the things that have a negative impact on the adrenals, including drinking, smoking, and drugs. Make sure that you follow a daily routine for sleep and waking and stick to it. As one pushes their body over the years to cope with stress by living on caffeine, sugar, alco-

hol, and nicotine, and getting very little sleep, your adrenals will eventually wear out or become exhausted. In this state the adrenals will not produce the hormones that the body needs, which leads to adrenal fatigue. The key is stopping this trend, replenishing the adrenals, and teaching the body how to react to stress.

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

**NOTE: Due to the COVID-19 pandemic, most events have been cancelled. Therefore, this issue of Senior Monthly does not have a calendar section.**

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## FINANCIAL FOCUS

# What should you do with an inheritance?

If you were to inherit a large sum of money, what would you do with it?

The question may not be hypothetical, especially if you are in the millennial, Gen X or Gen Z demographic groups. That's because the baby boomers—often referred to as the richest generation in history—are poised to transfer some \$30 trillion in assets over the next few decades, according to the consulting firm Accenture.



*Derek Osborn*

Of course, this is a “macro” figure, and everyone's situation is different. Furthermore, since baby boomers are living longer, more active lives, the total amount passed on may end up being considerably less than the estimate. Nonetheless, you may well receive a medium-to-large inheritance someday, and when that day arrives, you'll need to decide how best to use your newfound wealth.

Your first move may be to do nothing at all. Generally speaking, you have enough time to decide how to handle the various elements of an inheritance, although if you are inheriting an investment vehicle such as an IRA or a 401(k) plan, you will eventually have to make some decisions about liquidation or withdrawals. (And since these accounts may carry tax obligations, it's a good idea to consult with your tax advisor fairly soon after you receive your inheritance.) But if a big part of your inheritance simply consists of cash parked in a bank account, there's nothing wrong with moving the money into a cash management account at a financial services company until you decide what to do with it.

However, after some time has passed, you may want to put your inheritance

to good use. If you're already working with a financial advisor, you might want to get some guidance on how to use your new assets to strengthen your existing investment strategy. Do you have any gaps in certain areas? Can you use the money to help diversify your holdings? Diversification can't guarantee profits or protect against all losses, but it can help reduce the impact of volatility on your portfolio.

And, of course, if your inheritance is large enough, it may permit you to “max out” on your IRA for years to come, and possibly free you to have even more of your salary deferred into your 401(k) or similar employer-sponsored retirement account. Plus, you could use the money for other long-term goals, such as funding a tax-advantaged 529 college savings plan for your children.

You also might use part of your inheritance to donate to the charitable organizations you support. Due to recent changes in tax laws that caused many people to stop itemizing their deductions, charitable groups are in more need of support than ever.

And last, but certainly not least, take this opportunity to review your goals. Is your inheritance large enough for you

to adjust your planned retirement age? And if that age may indeed change, what about your other plans for retirement? Will you now be free to travel more or pursue other hobbies? Will you even need to modify the way you invest for your new reality, possibly by taking a less aggressive approach? Again, a financial professional can help you answer these questions.

Someone thought enough of you to leave you a valuable inheritance—so use it wisely.

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

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## JILL ON MONEY

### Making sense of the May jobs report

In a startling reversal, the Labor Department reported that the economy added 2.5 million jobs in May, versus the 8 million drop in payrolls that was expected. The report may signal that the worst of the economic impact from coronavirus occurred in April, when 20.7



Jill  
Schlesinger

million Americans were sidelined. But just because the worst is over, does not mean that the economy is set to return to pre-pandemic levels any time soon. In other words, let's not pop the champagne and celebrate just yet—there are a lot of aspects of the report that underscore that we have a long way to go.

The monthly jobs report is compiled from two separate surveys: one that asks businesses whether they have hired or cut positions; and the other asks households whether or not they were working in the previous month. The latter is the data from which the unemployment rate is determined, but it can suffer from some technical issues, which result from the reasons that respondents say they are not working.

BLS reported that the unemployment rate dropped to 13.3% in May, from 14.7% in April. However, the Labor Department itself warned that the headline rate could be understated. That's because a large number of workers who were classified as employed but absent from work due to COVID-19 were NOT counted as unemployed. According to economist Joel Naroff, "the questionnaire allowed for a response that would essentially classify those workers in the same way as those on vacation, on jury duty or taking care of a relative. As a consequence, there was a huge undercount of those unemployed."

The Labor Department spelled out the problem at the end of the report, saying

that if those workers were properly classified "the overall unemployment rate would have been about 3 percentage points higher than reported (on a not seasonally adjusted basis)." Monthly reports are subject to two subsequent revisions, so don't be surprised if these numbers change.

As always, it is better to keep an eye on the broader unemployment rate, which includes part-time workers who seek full time work (10.6 million, up by 6.3 million since February) and those who gave up looking for jobs, because it is a better

measure of what's going on in the economy. That rate stands at 21.2%, down slightly from an all-time high of 22.8% in April, but higher than the previous peak of 17.2% during the Great Recession.

The recovery will be significant, but it may not be strong enough to bring back all of the 20 million unemployed to the labor force. According to the nonpartisan Congressional Budget Office (CBO) the economy is likely to be 5.6% smaller in the fourth quarter of 2020 than a year earlier, a massive markdown from its projection of 2.2% growth made at the end of 2019 before the pandemic.

Diane Swonk, chief economist at Grant Thornton believes the economy will come back from "the rock-bottom lows of April," but the rebound will be


"sluggish"—more sluggish than CBO's estimates. By the end of the year, she forecasts the economy will "contract by 9.4 percent on a fourth-quarter-to-fourth-quarter basis, the worst since 1946 when millions returned from WWII. We do not expect the economy to cross the previous peak in overall economic activity until the second quarter of 2022."

For now, let's put the champagne back in the refrigerator.

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

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# MAYO CLINIC

## Genetic testing offers clues to how body may respond to antidepressants

**DEAR MAYO CLINIC:** I've heard that genetic testing can help determine which antidepressant would be best for me. How does this work?

**ANSWER:** Genetic testing is available to help narrow down your antidepressant options, ideally reducing the need for a sometimes prolonged trial-and-error period while settling on an antidepressant regimen. Although these tests can't tell you specifically which antidepressant would work best, they offer clues about how your body may respond.

This testing—known as pharmacogenomics—looks for changes or variations in genes that determine how quickly a drug is processed, or metabolized, in your body or whether you might have side effects from a certain drug.

Pharmacogenomic tests check your DNA—obtained by a blood draw or a swab for saliva—for genes that encode

certain enzymes, and the results can be classified according to how fast your body metabolizes and gets rid of certain medications, such as particular antidepressants. For example, if testing indicates that your body metabolizes a drug too slowly, the drug might build up in your body and increase the likelihood of side effects. While the drug still may be useful for you, lower doses may be appropriate. On the other hand, if testing suggests that the drug would leave your body quickly, it may not have a chance to work properly or would require a dose that is larger than normal.

However, genetic testing has limits. Most of these tests focus on how your body metabolizes a drug rather than on how the drug influences the cause of disease—although some tests address that issue, as well. Cost is also an issue, as not all insurance companies cover

this type of testing.

Choosing antidepressants based on your health history and symptoms is still the standard that health care providers use when prescribing these medications. Routine genetic testing isn't recommended at this time. Still, the testing may offer important clues to aid in drug selection and dosing, especially for people having trouble finding an effective option with few side effects. (adapted from Mayo Clinic Health

Letter). - Richard Weinshilboum, M.D., Pharmacology, Mayo Clinic, Rochester, Minnesota

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

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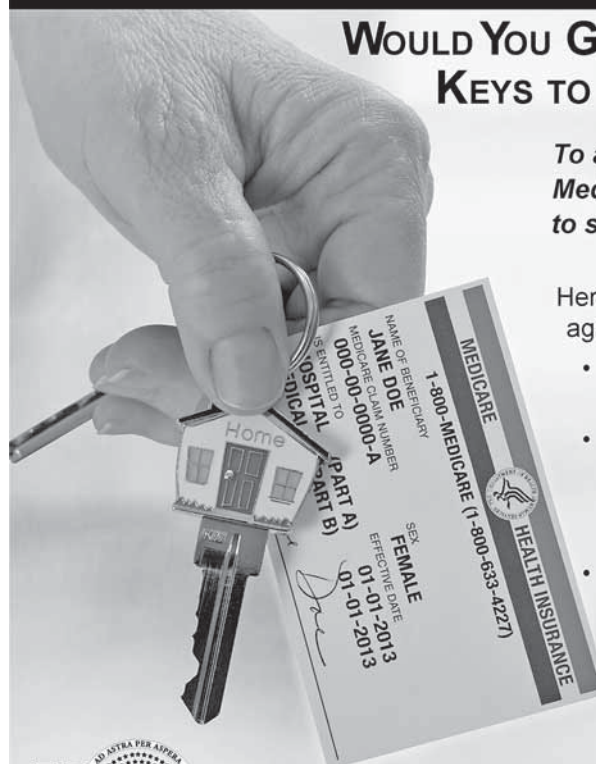
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## PAINTING WITH WORDS

## Song of the Shirt

**Poem Title:** Song of the Shirt

**Poet:** Thomas Hood

Thomas Hood was a 19<sup>th</sup> century English poet who wanted to write about the wretched condition of the working class. His verse called "Song of the Shirt" talks about



Tom  
Mach

a seamstress who is singing while sewing a shirt. As she continues her work, the poem gradually shows the worsening of her dreary task. It is interesting that the first stanza is repeated at the end. This serves to show endless cycle of poverty in mid-19<sup>th</sup> century London.

The abridged version of Hood's poem, shown below, was inspired by his awareness of a widow and seamstress known as Mrs. Biddell. She sewed shirts and trousers in her home using only the materials given to her by her employer for which she was forced to give a deposit. In a desperate attempt to feed her starving infants, Mrs. Biddell pawned the clothing she had made, accruing a debt she couldn't pay and was sent to

a workhouse.

Words such as "weary" and "dim" seem to be in conflict with triumphant phrases emphasized by exclamation points to apparently show determination to break the cycle of poverty. The poet describes a rag as "unwomanly," curiously attaching a gender to an inanimate object. But perhaps the poet is describing a task that is not right for a woman. Other interesting adjectives in this poem are "benumbed" and "dolorous." Maybe you can try to impress your friends by tossing these words at them to get their reaction!

## Song of the Shirt

By Thomas Hood

*With fingers weary and worn,  
With eyelids heavy and red,  
A woman sat in unwomanly rags,  
Plying her needle and thread—  
Stitch! stitch! stitch!  
In poverty, hunger, and dirt,  
And still with a voice of dolorous pitch  
She sang the "Song of the Shirt."*

*"Work! work! work!  
While the cock is crowing aloof!  
And work—work—work,  
Till the stars shine through the roof!  
It's O! to be a slave  
Along with the barbarous Turk,  
Where woman has never a soul to save,  
If this is Christian work!*

*"Work—work—work,  
Till the brain begins to swim;  
Work—work—work,  
Till the eyes are heavy and dim!  
Seam, and gusset, and band,  
Band, and gusset, and seam,  
Till over the buttons I fall asleep,  
And sew them on in a dream!*

*"O, men, with sisters dear!  
O, men, with mothers and wives!  
It is not linen you're wearing out,  
But human creatures' lives!  
Stitch—stitch—stitch,  
In poverty, hunger and dirt,  
Sewing at once, with a double thread,  
A Shroud as well as a Shirt.*

*"Work—work—work!  
My labour never flags;  
And what are its wages? A bed of straw,  
A crust of bread—and rags.  
That shattered roof—this naked floor—  
A table—a broken chair—  
And a wall so blank, my shadow I thank  
For sometimes falling there!*

*"Work—work—work!*

*From weary chime to chime,  
Work—work—work,  
As prisoners work for crime!  
Band, and gusset, and seam,  
Seam, and gusset, and band,  
Till the heart is sick, and the brain  
benumbed,  
As well as the weary hand.*

*With fingers weary and worn,  
With eyelids heavy and red,  
A woman sat in unwomanly rags,  
Plying her needle and thread—  
Stitch! stitch! stitch!  
In poverty, hunger, and dirt,  
And still with a voice of dolorous  
pitch,—  
Would that its tone could reach the  
Rich!—  
She sang this "Song of the Shirt!"*

If you have any questions on this or would like me to consider publishing your poem, drop me an email. Please know I will base any poem I might select on my own biases. My email address is tom.mach@yahoo.com.

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## RICK STEVES' EUROPE

# Feeling the pulse of Madrid

Although we've had to postpone trips to Europe because of the pandemic, I believe a monthly dose of travel dreaming can be good medicine. Here's one of my favorite places—a reminder of what's waiting for us at the other end of this crisis.

The hub of Spain, Madrid is upbeat and vibrant—and a work in progress: Massive urban-improvement projects—new parks, pedestrianized streets, and revamped transit—are transforming the city. Fortunately, the historic core remains intact.

It's worth taking two days and three nights on even the fastest trip to dive headlong into the grandeur and charm of Madrid. Here's how I'd spend my time. Start with the grandeur: The Palacio Real, Spain's Royal Palace, is Europe's third greatest palace. Its 2,800 rooms are packed with sumptuous furnishings, a king's ransom of chande-

liers, frescoes, and royal antiques. The Throne Room, the grand finale of your visit, holds many of the oldest and most precious things in the palace.

Next, trade gold leaf for green leaves—head to Retiro Park for a festive outdoor escape with rental rowboats and great people-watching. Once the private domain of royalty, this majestic park has been a favorite of Madrid's commoners since King Charles III decided to share it with his subjects in the late 18th century. Enjoy a shady siesta or picnic in Madrid's much-loved "Central Park," and if you're there on a weekend you'll see a carnival of fun around the lake with jugglers, puppeteers, and lots of local color. Another lush, green oasis near Retiro Park is the Royal Botanical Garden. Wander through this museum of plants with a collection of trees from around



RICK STEVES, RICK STEVES' EUROPE/TNS

**Enjoy an edible scavenger hunt in the Mercado San Miguel, sampling authentic and affordable bites for a light meal.**

the world, also established by King Charles III.

When you're ready to head indoors and escape the heat, feed your soul by visiting Madrid's art museums. The Prado Museum holds my favorite collection of paintings by European mas-

ters. Mainly, the Prado is the place to enjoy the holy trinity of Spanish painters—El Greco, Velazquez, and Goya—including Velazquez's *Las Meninas*, considered by many to be the world's finest painting, period.

■ CONTINUED ON PAGE 19

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# Rick Steves

■ CONTINUED FROM PAGE 18

With more than 3,000 canvases, including entire rooms of masterpieces by superstar painters, the Prado can be overwhelming. It's wise to save pace yourself if you plan to go to the two other great museums nearby: the Thyssen Bornemisza, which sweeps through European art from old masters to moderns (art lovers will appreciate the way the collections complement the Prado's); and the Centro de Arte Reina Sofia, starring Picasso's famous Guernica.

For maximum fun, keep walking and go mobile for dinner: Do the tapeo, going from one bar to the next, munching, drinking, and socializing. You can find tapas bars almost everywhere in Madrid, but areas in the city center are particularly rewarding for a bar-crawl meal: The two-block stretch on Calle de Jesus (near the Prado) is the easiest, with several wonderful and diverse places. I never tire of this edible scavenger hunt, where I collect small portions of seafood, salads, meat-filled pastries, and deep-fried tasties, and piece them together for a light evening meal.

Another opportunity to eat adventurously—and an authentic, affordable way to try local dishes—is to visit the Mercado de San Miguel. At this century-old market hall, you can sample your way along an appetizing stroll from cod, artisan cheese, olives, and the famous and pricey jamon iberico (made from free-range acorn-fed pigs—life is too short to eat cheap ham!), to torrijas (a dense version of French toast) for dessert. I like to wash it down with a taste of sherry.

Spain has a reputation for partying very late, but even if you're not a party animal after midnight, make a point to be out with the happy masses, luxuriating in the cool evening air. Just walking car-free streets seems to be the way the Madrilenos spend their evenings. The paseo is an integral and unforgettable part of the culture. Wander from the lively central square Puerta del Sol to the historic cobbled square Plaza Mayor, or along the Calle de las Huertas, the pedestrianized street leading to the Prado. Even past midnight on a hot summer night, entire families are strolling, licking ice cream, greeting their neighbors, and enjoying little beers and tapas.

After every trip to this exciting city, the impression I take home is that of a thriving people with an enduring culture, and the focus of today seems to be on living well. What a pleasure it is to join in.

- Rick Steves ([www.ricksteves.com](http://www.ricksteves.com))

writes *European travel guidebooks* and hosts travel shows on public television and public radio. Email him at [rick@ricksteves.com](mailto:rick@ricksteves.com) and follow his blog on Facebook.

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# AMERICA'S TEST KITCHEN

## A sweet, citrusy, mostly make-ahead finish to your meal

By America's Test Kitchen  
Tribune Content Agency

**L**emon icebox pie, a close relative of key lime pie, is a favorite in the South. It started as a no-bake pie—a bonus in the relentlessly hot and humid South—that is stored in the refrigerator and served chilled. Eaters love it for its cool, oh-so-creamy, sweet yet tart deliciousness. Home bakers love it because it's so easy to make.

After preparing a slew of recipes that ranged from traditional to unique, we built a recipe that used the best parts and omitted everything else. (That meant no cream cheese, gelatin or crushed lemon drop candies, which one recipe called for in the crust and in the whipped cream topping.)

We opted to use three egg yolks for richness and two cans of sweetened condensed milk, which made for tall, generous slices of pie. Those selections erred on the side of tradition. But one innova-

tion made it through: We noted that the baked pies set up and sliced much better than the raw pies, so after a few tests, we settled on baking the pie for 15 minutes at a relatively gentle 325 F.

Now we just needed to figure out the right amount of lemon. Recipes call for as little as 2 tablespoons of juice (these pies were bland) and as much as 2 cups (these pies were inedible and sour). Many pies later, we established that the perfect pucker appeared at 1 cup.

The result was a pie that featured a crisp crust, a sweet-tart filling with a cool, creamy texture, and an ethereally light whipped topping—the perfect dessert for almost any celebration.

### Lemon Icebox Pie

Serves 8

9 whole graham crackers, broken into 1-inch pieces

3 tablespoons sugar

5 tablespoons unsalted butter, melted

2 (14-ounce) cans sweetened condensed milk

3 large egg yolks

3/4 cup plus 2 tablespoons lemon juice (5 lemons)

1 cup heavy cream

1/2 teaspoon vanilla extract

1. Adjust oven rack to middle position and heat oven to 325 F. Process graham crackers and sugar in food processor until finely ground, about 30 seconds. Add melted butter and pulse until combined, about 8 pulses.

2. Transfer crumbs to 9-inch pie plate. Using bottom of measuring cup, press crumbs into bottom and up sides of plate. Bake until crust is fragrant and beginning to brown, about 15 minutes. Let crust cool completely on wire rack, about 35 minutes. Increase oven temperature to 375 F.

3. Reserve 3 tablespoons condensed milk. Whisk remaining condensed milk and egg yolks together in bowl until smooth. Slowly whisk in lemon juice. Pour filling into cooled pie crust. Bake pie until edges are beginning to set but center still jiggles when shaken, about 15 minutes.

4. Let cool for 1 hour on wire rack. Refrigerate until chilled and set, at least 3 hours or up to 24 hours.

5. Using stand mixer fitted with whisk, whip cream, reserved condensed milk and the vanilla on medium-low speed until foamy, about 1 minute. Increase speed to high and whip until stiff peaks form, 1 to 3 minutes. Spread whipped cream evenly over top of pie. 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](http://www.americastestkitchen.com/TCA).

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## HUMOR

## Nosey Nelida meets someone

Longtime readers of this column will remember that Nosey Nelida Macamora received an invitation to the White House. Nelida owned a business on a rather downtrodden strip mall. She lived in back of her shop. One day she saw suspicious activity at a business on the other end of the parking lot. Nelida, who had been known



Larry  
Day

as “Nosey Nelida” since third grade, called the government hotline and told the operator what she’d seen.

The operator, who was aware of a government “sting” operation to catch drug dealers, put Nelida’s call through to someone who, upon hearing Nelida’s story, put her through to the White House. A staff member congratulated her and invited her to Washington, D.C. to receive a citizen’s citation. Nelida met the President and told him she was going to remain alert. After she’d left, the President told his staff, “Keep an eye on her.”

While Nelida was in Washington, D.C., the government executed the sting operation and grabbed up the drug dealers. The raid was kept out of the mass media, so on her return Nelida

assumed that good had triumphed over evil and went on with her life.

A few weeks later someone opened a shop a few doors down from Nelida’s. His name was Guy Winterton. Guy was a bachelor and was a couple of years older than Nelida. A few days after Guy opened his shop, Nelida came to the front door. She was carrying a paper sack with handles.

“I’m Nelida, I have the shop next door,” she said. “I hope you like homemade strawberry jam.”

“Homemade strawberry jam is my favorite,” said Guy. “Please come in.” Nelida stepped in to Guy’s shop and, being Nelida, looked carefully around. Guy stocked a variety of gadgets and gizmos for people who were good with their hands. He had pocketknives, sandpaper, screwdrivers, hammers, mallets, small sanding machines, and the like.

“I noticed the other day that you don’t have any merchandise on the top shelf of your shop,” Guy said.

“I’m too short to reach the top shelf,” said Nelida.

“Maybe I can help out with that,” said Guy.

A few days later Guy walked in carrying what looked like a long wooden stick. There was a metal doo-dad—a kind of holder—on the end of the stick. Guy walked to one of Nelida’s shelves and picked up a quart of jam. He fitted the jar carefully in to the metal. The holder grasped the jam jar firmly but safely. Guy picked up the pole, swung

it upright, and deposited the jar on the top shelf. He twisted the metal handle at the bottom of the pole and released the jam. It sat snugly and safely on the top shelf.

“I’ll put some more bottles up on the shelf. When you want them, just reach up and grasp them with this gadget,” said Guy.

“Here, you try it, it’s really easy once you catch on.”

Nelida, with some hesitancy, picked up the gadget. Guy helped her secure a bottle of jam in the claw. Then he assisted while she swung the jar up to the top shelf.

“Now just place it lightly on the shelf and twist the release handle,” said Guy.

When the jar was safely on the shelf, Nelida smiled. “Wow,” she said. “it worked.”

“Good job,” said Guy. “Try another one.”

After that, Nelida and Guy became close. Sometimes she fixed dinner, sometimes he did. They liked the same television shows.

One day Guy said, “Nelida, there’s a wall between us.”

“What wall?”

“The wall between our two apartments,” said Guy. “I’m good with my hands. If you’d like, I’ll make us a door.”

“I’d love that,” said Nelida.

A few days later a phone rang in a little-known office in Washington, D.C.

“Yes,” said a government employee.

“It’s **Guy.**”

“You were due back last week,” said the person on the phone.

“I’m not coming back,” said Guy.

“Why?”

“I’m marrying Nelida. That’s why.”

- 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

## Is scared cat remembering past abuse?

By **Cathy M. Rosenthal**

Tribune Content Agency

**Dear Cathy:** Our cat, Louis is a rescue we've had for 13 years. We were told he was 1-year-old and had been thrown. He did have a fractured tooth. Louis is a doll and loves petting, belly rubs and being with us. However, he won't let us hold him. Could he remember being thrown, or some other trauma involving being held? We'd love to hold him and hug him, but never want to scare him. - Wendy, East Williston, New York

**Dear Wendy:** It's possible that being held in someone's arms could conjure up an unhappy memory of being thrown. It sounds, though, like you have a very affectionate cat eager to be loved. With cats, it's not training, but trust and positive experiences that are needed before they will allow you to touch or hold them. You are halfway there with the petting and belly rubs.

To continue building trust, encourage Louis to come to you or sit on your lap and give him lots of affection when he does. One day, Louis may stand at your feet mewing to be picked up. (It could take months before he feels ready for this next step.) If he does, sit down on the floor and pick him up so he is still fairly close to the ground. This will make him feel safer and reduce his fear of being held.

**Dear Cathy:** Six months ago, I adopted Joey, a 3-year-old mixed breed dog. My vet thought he had probably been poorly socialized and possibly neglected for a while. He was terrified of just about everything—getting in the crate, riding in the car, going for walks where he met other dogs, being groomed, for a while even being touched, and he was aggressive for the first two weeks with the resident dog.

One by one, with lots of attention and positive reinforcement, he has overcome those fears and become a wonderful little companion. All in all, he's a star. There's just one last problem: He is predatory around Chica, the resident cat.

Early on, Joey's predatory body language scared me. He got hard-eyed, stared at her, stalked her and never took his eyes off her. He still does this. I put up a baby gate. I keep him tethered when she's roaming the house. I make sure their meetings are always happy (treats for both).

At times, he seems OK with her when she strolls by him. He watches but allows her to smell him and then he turns his head away from her. We seemed to be making progress, enough so that I let them be together with me being watchful.

As long as the cat is relaxed and quiet, so is he, but he still watches her like a hawk. However, last night, she got startled about something happening outside the house and made quick, jerky movements. In other words, she acted like prey and he responded by getting highly aroused and predatory.

After six months, I'm wondering if it's possible for a dog who behaves this way towards a cat to ever get relaxed and tolerant about it. What else should I do? - Eileen, Tucson, Arizona

**Dear Eileen:** I applaud you on how you have handled this situation so far. Making sure you're always monitoring their encounters, making their encounters positive, tethering Joey so he can't chase Chica, putting up a baby gate to keep them separated are all things I would recommend to keep your cat safe. These steps have already helped Joey make progress. When Chica strolls by, he is turning his head to ignore her, which is exactly what you want him to do.

The goal is to get Joey to ignore the cat and focus on you. First, train him to "sit" or "lie down" when Chica is in the room. Second, when he looks at the cat, say his name and reward him when he looks at you. Then, give Joey a toy to play with to keep him further distracted.

Finally, train Joey to "stay" when the cat walks across the room and reward him when he listens. Keep him on the tether for the training. It may take weeks or months, but eventually, you should be able to say his name to

get him to look at you and tell him to "stay" to keep him from running after her if she bolts from the room.

Remain vigilant until you are absolutely sure he won't harm her.

- *Cathy M. Rosenthal is a longtime animal advocate, author, columnist*

*and pet expert who has more than 25 years in the animal welfare field. Send your pet questions, stories and tips to [cathy@petpundit.com](mailto:cathy@petpundit.com). Please include your name, city, and state. You can follow her @cathymrosenthal.*

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# JAY'S MUSICAL MEMORIES

## Songs of Summer

By Jay Wachs

It's July already.

And that means summer picnics, fireworks and celebrations of our heritage as Americans.

Most people accept The Star Spangled Banner as our national anthem.

They would be correct.

It was officially adopted as our national anthem by Congress in 1931 and is now sung before every sporting and other event imaginable.

The song actually came from a poem written by Francis Scott Key in 1814.

It was not set to music until 1889 when an interpolation of the melody for "To Anacreon in Heaven" was used.

Curiously enough, the song "America" which we know as "My Country Tis of Thee" also used an interpolation of the British version of "God Save Our Queen" as its melody.

Even more fascinating is the fact that the melody's original origin is German...Saxon to be specific.

We also salute our flag and our country with the songs "America The Beautiful," "God Bless America" and "This Land Is Your Land."

Everyone has their favorite version of each of these songs.

From Kate Smith to Ray Charles to Whitney Houston to Celine Dion, we play them over and over again.

My favorite is not on the list.

It's "America" by Neil Diamond and every time I do a soundtrack for fireworks, this song takes center stage.

It wouldn't be summer without patriotism.

Speaking of summer, July is usually the month that births the song of the summer.

This would be the anthem that everyone remembers fondly when they remem-

ber the summer of (insert year here).

Some of these summer songs aren't played very often anymore.

Here are a few examples of those songs that dominated the pop charts in these summers:

- **1970:** Three Dog Night, "Mama Told Me (Not to Come)"
  - **1980:** Paul McCartney, "Coming Up"
  - **1990:** New Kids on the Block, "Step By Step"
  - **2000:** Enrique Iglesias, "Be With You"
  - **2010:** Katy Perry featuring Snoop Dogg, "California Gurls"
- That's as far as I go.  
Whatever you do this summer, bring

a portable record player or boom box or your blue tooth speaker along with you and let the music add that extra dimension of fun to your summer spirits.

And if you think of any good summer songs, send us a note at [briar-cliffgroup@gmail.com](mailto:briar-cliffgroup@gmail.com)

If we don't play it, we'll add it through Labor Day...but that's when the white pants and shoes go back in the closet along with those songs. Stay cool!

- Jay Wachs is the owner and operator of *LawrenceHits.com*, an APP and website based oldies streaming radio station which helps promote locally owned and operated Douglas County, Kansas businesses.



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WITH BOB JONES

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♥ 2  
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Opening lead: King of ♦

South in today's deal was Australian Liam Milne. Milne's bid of seven clubs might have been a bit too brave, but there was bridge reasoning behind it. Had East contented himself with a five-diamond bid, instead of six, Milne would have been perfectly comfortable bidding six clubs. In that light, seven clubs does not seem like such a big stretch. Also,

he felt it was likely that East-West would soldier on to seven diamonds, which he would double for a larger penalty than he would get against six diamonds.

Milne caught a very suitable dummy, but the contract was far from cold. He won the opening diamond lead in hand with the ace and stopped to think. East had no more than four diamonds and would not have bid six diamonds with a balanced hand. Unless West had opened three diamonds with a five-card major on the side, which was most unlikely, East's singleton had to be in clubs. Backing his judgment with his play, Milne cashed the ace of clubs at trick two. The queen fell from East, so Milne led the 10 of clubs and ran it when West played low. A club to the king drew the trumps.

Milne cashed dummy's ace and king of hearts, planning to take a ruffing finesse against East for the queen. The fall of the queen from West resulted in a quick claim for declarer. Very 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. E-mail: tcaeditors@tribpub.com)*

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## Marston Hearing Center has resumed its regular hours, 9-4 Monday through Friday.

Hearing aid service, repair, batteries, parts and accessories are available for pickup—curbside delivery—during the above hours.

It is strongly suggested to call before coming to the office. Entry into the office will be restricted to those with appointments and those who have called to arrange a drop off or pickup.

Batteries can still be mailed.

*Feel free to contact our office at:*

**785-843-8479**

**marstonHC@gmail.com**

**the "contact us" link at www.marstonhc.com**

We want to thank our patients for their patience and cooperation through this time of change and wish everyone safety and health.

*Marston Hearing Center Staff*



**MARSTON HEARING CENTER**

**785-843-8479**  
1112 W. 6th St. Ste. 100  
Lawrence, KS  
www.marstonhc.com



By David L. Hoyt and Jeff Knurek



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

**BOGGLE POINT SCALE**

- 3 letters = 1 point
- 4 letters = 2 points
- 5 letters = 3 points
- 6 letters = 4 points
- 7 letters = 6 points
- 8 letters = 10 points
- 9+ letters = 15 points

**YOUR BOGGLE RATING**

- 151+ = Champ
- 101-150 = Expert
- 61-100 = Pro
- 31-60 = Gamer
- 21-30 = Rookie
- 11-20 = Amateur
- 0-10 = Try again

**Boggle BrainBusters Bonus**

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

Find AT LEAST EIGHT FOUR-LETTER WEATHER-RELATED WORDS in the grid of letters.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# PUZZLES & GAMES

## CROSSWORD

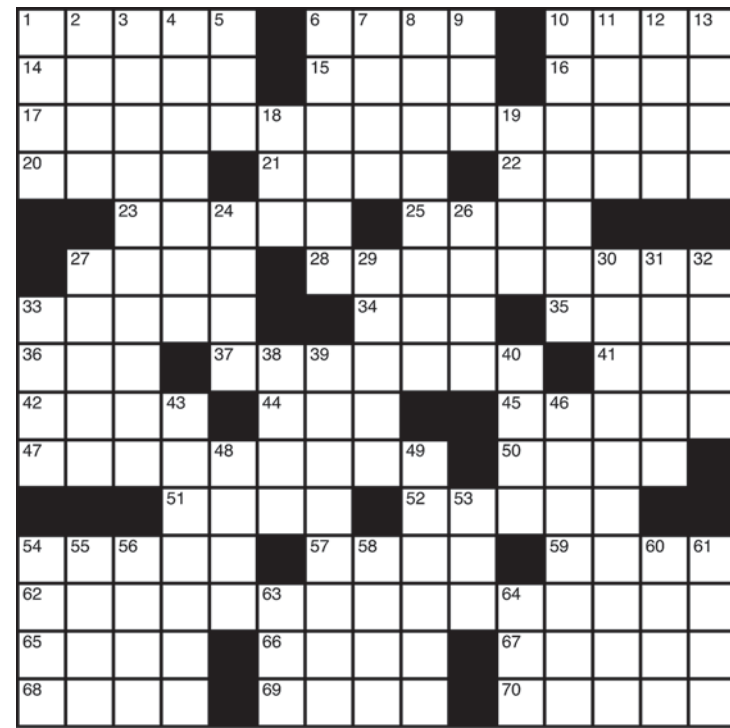
### Across

- 1 Correct
- 6 Dr.'s visit
- 10 "No \_\_\_": "Piece of cake"
- 14 Farewell that's bid
- 15 Societal woes
- 16 Weapon in Clue
- 17 It's "down at the end of Lonely Street," in an Elvis hit
- 20 Horse hair
- 21 Online marketplace
- 22 City in upstate New York
- 23 Business baron
- 25 Liver secretion
- 27 Practice boxing
- 28 Oil well output, in slang
- 33 Hindu teacher
- 34 Føetbol fan's cry
- 35 Fencing weapon
- 36 Malleable metal
- 37 Historic events at Gettysburg and Vicksburg
- 41 Sister of Zsa Zsa
- 42 Ye \_\_\_ Shoppe
- 44 Spoil

- 45 Word with circle or tube
- 47 Miracle-Gro, e.g.
- 50 Flower usually sold by the dozen
- 51 Ivory source
- 52 Upper crust
- 54 NFL Hall of Famer Bart
- 57 Dreaded high school spots?
- 59 Baker's amts.
- 62 Part of an Aretha Franklin refrain about fools ... and a hint to the ends of 17--, 28-- and 47-Across
- 65 Swiss river
- 66 Congressional confidante
- 67 Florida city on the Gulf Coast
- 68 Waitstaff rewards
- 69 Post-combat affliction, briefly
- 70 Sharply inclined

### Down

- 1 Chicago mayor Emanuel
- 2 Thought
- 3 Big bamboo muncher
- 4 "Peekaboo!"
- 5 Boy king
- 6 Online service for booking rooms with local hosts
- 7 Guilty, for one
- 8 Ump's cry before the first pitch
- 9 "For shame!"
- 10 Mentored person
- 11 Roast, in Dijon
- 12 Oil cartel acronym
- 13 Actor Lugosi
- 18 Arthur of "Maude"
- 19 "Incredible" superhero
- 24 Chicago daily, familiarly
- 26 Frozen drink brand
- 27 Sty supper
- 29 Keno kin
- 30 Ali Baba's magic words
- 31 "Drove my Chevy to the \_\_\_": "American Pie" lyric
- 32 Luv
- 33 "Knock it off!"
- 38 Kennel cacophony
- 39 Suffered financially
- 40 iPhone's voice-activated



- 43 app
- 43 Postings in ledgers
- 46 "Please, anything else!"
- 48 Right or left, while driving
- 49 Didn't admit
- 53 Sportscaster Berman
- 54 Ella's expertise
- 55 Spicy Asian cuisine
- 56 Boomers' lobbying group
- 58 Scoundrels
- 60 Water carrier
- 61 "Just like that!" fingers sound
- 63 Put a limit on
- 64 Dol.'s 100

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

## JUMBLE

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

VOLNE

○ ○ ○ ○ ○

EOGGU

○ ○ ○ ○ ○

WHOGTR

○ ○ ○ ○ ○

RIDHOA

○ ○ ○ ○ ○

“○ ○ ○ ○ ○”    ○ ○ ○ ○    ○ ○ ○ ○

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

We need a new scale. I can't believe we've had this for 20 years.

Yep, we've put a lot of pounds on that one.

SHE WANTED TO GET A NEW, MORE MODERN SCALE. THEY'D HAD THEIRS —

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

Check out the new, free JUST JUMBLE app

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## SCRABBLE G R A M S

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RACK 1: A1 E1 L1 L1 P3 C3 S1

RACK 2: A1 I1 U1 W4 L1 L1 F4

RACK 3: A1 O1 O1 C3 H4 L1 L1

RACK 4: A1 O1 U1 D2 T1 N1 S1

RACK 5: A1 O1 O1 N1 L1 R1 C3

Triple Word Score

3rd Letter Triple

**PAR SCORE 255-265**

**BEST SCORE 335**

**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 scrabblemail@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**

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

**MY ANSWER**

**God waits for us with patience and compassion**

**From the writings of the Rev. Billy Graham**  
Tribune Content Agency

**Q:** Why do Christians claim that Jesus is filled with compassion for mankind while in the same breath say that He will judge people for their sin? -- C.J.

**A:** Before we label God as unjust for judging sin, we must acknowledge God's infinite compassion that sent His Son to show us the way out of our sinful nature. Jesus came to earth and walked among mankind to experience the same temptations that were set before us and to triumph over them. Satan tempted Jesus, just as he tempted Adam. Satan offered Jesus power and glory if He would forsake God.

The great difference was that Jesus resisted the temptation! When the devil showed Him all the kingdoms of the world and promised Him all the glory of them if He would but follow Satan instead of God, Jesus said: "Away with you, Satan! For it is written, 'You shall worship the Lord your God'" (Matthew 4:10). He completely triumphed over the Tempter to reveal to all peoples of all succeeding generations His sinless character. He is our victory!

Because of our depraved nature, we have proved to be the true sons of Adam and have followed in his steps. We may deplore Adam's choice but we still imitate him! There is not a single day that we do not face the same test that was set before Adam. There is not a day that we do not have a chance

to choose between the devil's clever promises and God's sure Word.

God, meanwhile, in His mercy, waits with patience and compassion. He waits to offer individual salvation and peace to those who will come to repentance. We are free to choose. We are living in a period of grace while God withholds the eternal punishment we so justly deserve. His compassion triumphs over judgment.

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

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**SUDOKU SOLUTION**

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

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

**BOGGLE ANSWERS**

WIND, COLD, HAZE, FAIR, RAIN, SNOW, WARM, GUST

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**JUMBLE ANSWERS**

Jumbles: NOVEL, GOUGE, GROWTH, HAIRDO

Answer: She wanted to get a new, more modern scale. They'd had theirs -- "WEIGH" TOO LONG

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**SCRABBLE GRAMS SOLUTION**

S <sub>1</sub>	C <sub>3</sub>	A <sub>1</sub>	L <sub>1</sub>	P <sub>3</sub>	E <sub>1</sub>	L <sub>1</sub>	RACK 1 =	<u>61</u>
W <sub>4</sub>	A <sub>1</sub>	I <sub>1</sub>	L <sub>1</sub>	F <sub>4</sub>	U <sub>1</sub>	L <sub>1</sub>	RACK 2 =	<u>89</u>
A <sub>1</sub>	L <sub>1</sub>	C <sub>3</sub>	O <sub>1</sub>	H <sub>4</sub>	O <sub>1</sub>	L <sub>1</sub>	RACK 3 =	<u>68</u>
A <sub>1</sub>	S <sub>1</sub>	T <sub>1</sub>	O <sub>1</sub>	U <sub>1</sub>	N <sub>1</sub>	D <sub>2</sub>	RACK 4 =	<u>58</u>
C <sub>3</sub>	O <sub>1</sub>	R <sub>1</sub>	O <sub>1</sub>	N <sub>1</sub>	A <sub>1</sub>	L <sub>1</sub>	RACK 5 =	<u>59</u>

PAR SCORE 255-265 TOTAL **335**

“The 50+ demo accounts for half of all consumer expenditures — yet a shockingly small 10 percent of marketing dollars are targeted toward 50+. Clearly, the numbers don’t add up, and overlooking the 50+ demographic is a major marketing mistake. Targeting the 50+ demo, marketers will see serious payoff when it comes to benefitting their bottom line.”

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

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For nearly 100 years, our community has relied on LMH Health to provide exceptional, safe care. This has always been our top priority, and it remains true – now more than ever. Our purpose is to be “A Partner for Lifelong Health,” in all times, but especially in these challenging ones.

## We are here for your health concerns



### **Routine Care**

It is safe to come to LMH Health and our clinics to receive care. Don't delay the important health care you need – like vaccinations, medication checks and more – to stay healthy and maintain your well-being.



### **Emergency Care**

Unfortunately heart attacks, strokes, and other emergencies still happen every day. When every minute counts, don't let fear stand in your way of receiving lifesaving care. Our emergency department is open and prepared to care for you safely.



### **Telemedicine**

Make an appointment to visit with your doctor from the safety and convenience of your own home using LMH Health's telemedicine service. Call your provider to schedule a telemedicine visit using your smartphone, tablet or personal computer.

For the most up-to-date information on our COVID-19 response, visit [lmh.org/coronavirus](https://lmh.org/coronavirus).

