

Kaw Valley **Senior Monthly**

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July 2021

Serving Active Seniors in Northeast Kansas since 2001

Vol. 21, No. 1

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20th

ANNIVERSARY

Senior Monthly turns 20. See page three.

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MIDLAND CARE

Senior Monthly celebrates 20th anniversary

By Kevin Groenhagen

With the July 2021 issue, Kaw Valley Senior Monthly turns 20. Much has changed since I published the first issue in July 2001. That first issue was just 12 pages and Senior Monthly had just five advertisers. The distribution at that time was just in Lawrence and the smaller cities surrounding Lawrence. In July 2003, I added distribution in Topeka. I believe I made a mistake during those earlier months when I launched a monthly publication for small businesses during early 2002. I should have started distribution of Kaw Valley Senior Monthly in Topeka from day one and devoted 100% of my time and effort to one publication.

Much has changed since the publication the first issue of Senior Monthly. My youngest daughter hadn't even been born at the time. She'll be finishing up at Johnson County Community College this year. My youngest daughter was just two weeks old when terror-

ists attacked our country on September 11, 2001. Just think of how much our country and the world has changed since then.

I launched Senior Monthly during a recession and we have experienced another two recessions since then. Thanks to our advertisers and readers, Senior Monthly continued to grow during the recessions of 2001 and 2008. However, the COVID-induced recession was a different story. With the lockdowns, we could no longer do distribution in hospitals, clinics, senior centers, fitness centers, and libraries. This forced me to cut our distribution by 20% beginning

with the April 2020 issue. We can now do distribution at many locations that have reopened to the public, but we still have not yet resumed full distribution.

Personally, I have changed quite a bit since 2001. I started Senior Monthly when I was 38. At that time, I thought 60 was really old. After all, my maternal grandfather was 60 when I was born and he always seemed really old to me. Never mind that he continued to break horses until one broke his pelvis when he was in his mid-80s. I'll turn 60 before 2022 ends and I am now at

the age of many of those we have featured in our "Senior Profiles." To my chagrin, a 20-something barista at The Merc Coop recently informed me that senior owners who are 62 and up can get a discount. I started to gray at 20, so I suppose I can forgive him.

As I approach 60, I now realize that 60 isn't really that old. The dozens of seniors I have interviewed during the past 20 years have given me the invaluable gift of knowing that those over 60 can accomplish many, many great things. I think of Paul Heitzman, who was completing 5K runs in under 20 minutes at the age of 70. There's Ruth Sedlak, who was running a real estate and insurance business in her 80s. This past spring, I interviewed a 103-year-old gentleman who still mows his own lawn. (Sadly, he and his wife decided against having the article published in Senior Monthly. Our read-

■ CONTINUED ON PAGE FOUR



The front cover of the July 2001 issue of Senior Monthly.

when he was in his mid-80s. I'll turn 60 before 2022 ends and I am now at

Kaw Valley Senior Monthly

Kevin L. Groenhagen
Editor and Publisher

Kaw Valley Senior Monthly is published monthly by Groenhagen Advertising, L.L.C., and is distributed at over 160 locations throughout the Lawrence-Topeka area. Any opinions expressed by our writers are not necessarily those of Groenhagen Advertising, L.L.C. Subscription rate is \$9.50 for 12 monthly issues.

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20th anniversary

■ CONTINUED FROM PAGE THREE

ers missed out on a great story.)

I don't believe I will be publishing *Senior Monthly* as a centenarian, in my 80s, or even at the age of 70. I would like to continue publishing *Senior Monthly* until I am 65-67. However, as Woody Allen once said, "If you want to make God laugh, tell him about your plans." As COVID-19 has demonstrated, there are factors well beyond our control. Hundreds of thousands of business owners who had great plans for the future as recently as March 2020 are no longer in business. Being in the publishing business, finding a printer has become increasingly challenging. *USA Today* reported in 2019 that, since 2004, about 1,800 newspapers have closed in the United States. When those newspapers closed, many stopped their presses permanently. Many other newspapers that haven't closed have shut down their presses and outsource their printing to other newspapers.

I initially started with a printer in Lawrence. When they shut down in early 2002, I had one issue printed in Burlington. A newspaper in Olathe printed *Senior Monthly* for several years. When the press in Olathe shut down, a sister facility in Cass County, Mo., printed *Senior Monthly* for a year or two. *The Kansas City Star* then began printing *Senior Monthly* about a decade ago.

Last autumn, *The Kansas City Star* informed me that they would be shutting down their presses shortly after Super Bowl Sunday. I would have to

find *Senior Monthly's* sixth printer. I received bids from two printers who would be able to print *Senior Monthly* on glossy, magazine-quality paper. Unfortunately, while *Senior Monthly* would look nicer using such paper, the cost of printing would have doubled if I had kept the same page size. There was a slightly less expensive option, but it would have meant a smaller page size and, of course, smaller ads. While my heart wanted to go with one of these two options, staying with newsprint made much more sense at this time.

A fellow publisher highly recommended printer in Sedalia, Mo. Remarkably, the quality of printing I get from *The Sedalia Democrat* is superior to the quality I was getting from *The Star*. In addition, I can have the copies delivered right to my driveway, so there is no need for me to drive to Sedalia every month. I hope they can print *Senior Monthly* until I retire, but, of course, they cannot guarantee that.

So, where does *Senior Monthly* go from here? The immediate goal is to get our distribution back up to where it was before COVID. I am hopeful that we can do this before 2021 ends. A more long-term goal is to continue publishing *Senior Monthly* on newsprint for several more years, provided that printers are available. There may come a time between now and when I retire that I switch from newsprint to glossy, magazine-quality paper. If I were to do such a switch, I likely would also switch to an every-other-month publishing schedule. This would allow advertisers to maintain roughly the same annual advertising budget with a renamed publication that caters to seniors.

Kaw Valley Senior Monthly

February 2018

Serving Active Seniors in Northeast Kansas since 2001

Vol. 17, No. 8

INSIDE



The Winter 2018 issue of JAAA's Amazing Aging is included in this month's Senior Monthly. See inside:

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John Ross:
Betting his life
on Lawrence.

See story on page three.



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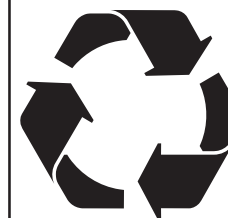
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John Ross, a Lawrence businessman and cancer survivor, appeared on the front cover of the 200th issue of Senior Monthly.

The future of *Senior Monthly* after my involvement ends is up in the air. My oldest daughter began her career as a registered nurse several years ago. Her two younger sisters show no interest in publishing. My hope is that some younger person or couple would be willing to take over the reins just before 2030. I believe *Senior Monthly* has been a valuable resource for seniors during the past 20 years and will con-

tinue to be so for many more years to come.



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Look for us!

New Butterfly Memories Mural at Midland Care

A new mural (photos at right) painted by Andy Valdivia titled "Butterfly Memories" is now on display at Midland Care at 200 S.W. Frazier Circle, Building A. The Butterfly mural celebrates the live butterfly release that is a meaningful part of the Annual Celebration Walk, which took place on June 25.

The butterfly symbolizes new life, resurrection, change renewal, hope, endurance, and courage to embrace the transformation to make life better.

The two-part mural features an oversized sunflower with a huge monarch that is magically within reach of a child or seated adult. Around the corner, two enormous Monarch Butterfly wings are whimsically positioned on the wall, inviting pictures of human butterflies.

"Despite sorrow or challenges in living, we all seek expressions of beauty; murals encourage us to slow down; to take in and explore something unexpected and lovely," said Nancy Buckingham Harms, Midland Care Volunteer Services Coordinator, who oversaw this project. "They inspire conversation, contemplation, and in this particular case, joy!"

Some of the symbolic meanings of a monarch butterfly are metaphors representing spiritual rebirth, transformation, change, hope, and life. They are so delicate, and yet this butterfly

migrates annually from the southern reaches of Canada on a journey that will take them 2,500 miles to remote mountain treetops in central Mexico, and back again.

Midland Care invites the community to come to enjoy the Butterfly Memories mural and share their photos, stories, and memories of loved ones using the #ButterflyMemories.

Other featured works by noted Mexican-American muralist Andy Valdivia of Topeka:

- Murals by Valdivia are part of an exhibit at the Brown v. Board of Education National Historic Site titled "From Mexico to America: Through the Eyes of Kansas Artists."

- Valdivia's mural "Our History: Lucha por Derechos Civiles," (where prominent Topekans are portrayed) is at the Marlo Cuevas-Balandran Activity Center, 224 N.E. Branner St.

- "Iron Rail Pale Ale" At the Iron Rail Painted by Andy Valdivia, this mural shows Cyrus K Holliday as a gandy dancer in the early days of the AT&SF. With nods to the Wizard of Oz, this mural shows the Capital City as the land of Oz and also painted by Andy Valdivia "Super Chief Stout" Depicts the Super Chief...the premier passenger engine of the AT&SF Railroad, this luxury Engine went from Chicago to Los Angeles.



MY PATRIOT ANCESTOR

By Kevin Groenhagen

Have you heard a family legend that you have an ancestor who served in the American Revolutionary War, but have not been able to prove that the legend is true? "My Patriot Ancestor," a new column in Kaw Valley Senior Monthly, might be able to help you.

The American Revolutionary War was fought from 1775 to 1783. Men between the ages of 16 and 60 may have served during the war in either the Continental Army, State Line Troops, or local militia mustered to

help the Continental Troops. If you have an ancestor who was between the ages of 16 and during those years, he may have served during the American Revolutionary War.

If you would like help to establish if your ancestor served during the American Revolutionary War, please email Kevin Groenhagen at kevin@seniormonthly.net. All that we asked in return is that you allow us to publish what we find in this column space and that you consider joining the local Daughters of American Revolution or Sons of the American Revolution.

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Graceful Home Healthcare opens Graceful Home

Graceful Home Healthcare, a local business that has been in the Lawrence/Topeka area since July of 2012, has expanded to include Graceful Home, an assisted living facility located in Topeka, which opened in December of 2020.

Grace, the operator of both businesses, explained that Graceful Home is an assisted living facility that provides long-term care and respite care services, while Graceful Home Healthcare provides care in the individual clients' homes.

Julie is the house manager for the Graceful Home facility and has 11 years of experience working with the elderly. Melissa, the care coordinator for Graceful Home Healthcare has over 15 years of experience working in the healthcare industry.

Graceful Home offers an age-in-place alternative to larger, institutional settings. Graceful Home is limited to no more than 12 individuals and provides personal, healthcare services.

"Our goal is to improve the patient's quality of life by meeting the needs of individuals with emphasis on enhanc-

ing wellness," Grace said.

Graceful Home provides 24-hour care with caregivers on duty 24 hours, seven days a week and provides the one-on-one attention that the residents need.

The residence has room for eight beds and most of the rooms are private rooms.

"We are a family-oriented facility," Grace said. "Clients have their own rooms and they can bring their own furniture. Our residents are encouraged to participate in tai chi and range-of-motion exercises to improve balance. The gated backyard is inviting for outdoors activities and gardening."

The desire to expand the business is a natural progression of the reason why Grace went into home healthcare in the first place. Having the foundation as an elementary school teacher made the transition easy into her current profession in senior healthcare services.

More information about Graceful Home and Graceful Home Healthcare can be found at www.gracefulhome.com or by calling 785-424-2785.

COURTESY PHOTO



Graceful Home, which opened in December 2020, provides care 24 hours a day, seven days a week.

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Happy birthday, Medicare! What happens when you turn 65

By Ann Woodbury

Social Security Management Support Specialist in Lawrence

This July marks the 56th anniversary of Medicare. Did you know you can apply for Medicare online even if you are not ready to start your retirement benefits? Applying online can take less than 10 minutes. There are no forms to sign and we usually require no additional documentation. We'll process your application and contact you if we need more information.

Knowing when to apply for Medicare is very important. You have a limited initial enrollment period to apply. If you miss the initial enrollment period, you may have to pay a higher monthly premium. If you're eligible for Medicare at age 65, your initial enrollment period begins three months before your 65th birthday and ends three months after that birthday. Visit www.ssa.gov/benefits/medicare to apply for Medicare and find other

important information.

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 our publication Understanding the Extra Help With Your Medicare Prescription Drug Plan for more information at www.ssa.gov/pubs/EN-05-10508.pdf.

The official Medicare website at Medicare.gov offers many online services where you can find answers to these questions:

- What does Medicare cover? www.medicare.gov/what-medicare-covers
- Where do I find forms for filing a Medicare appeal? www.medicare.gov/claims-appeals/how-do-i-file-an-appeal
- How can I let someone speak with Medicare on my behalf? www.medicare.gov/claims-appeals/file-an-appeal/can-someone-file-an-appeal-for-me

What do Medicare health and prescription drug plans in my area cost, and what services do they offer? www.medicare.gov/plan-compare

Which doctors, health care providers, and suppliers participate in Medicare? www.medicare.gov/forms-help-resources/find-compare-doctors-hospitals-other-providers

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

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

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Olivia, Liam are Social Security's top baby names for 2020

Olivia and Liam are once again America's most popular baby names in 2020. It appears parents chose to stick with the familiar during an unprecedented time, with the top three names for both girls—Olivia, Emma, and Ava—and boys—Liam, Noah, and Oliver—remaining the same for the second year in a row. In fact, out of both Top 10 lists combined, only two names changed, with the traditional names Henry and Alexander edging out Mason and Ethan. The name Henry has been steadily rising in popularity, last appearing in the Top 10 over a cen-

century ago, in 1910.

Social Security began compiling the baby name list in 1997, with names dating back to 1880. At the time of a child's birth, parents supply the name to the agency when applying for a child's Social Security card, thus making Social Security America's source for the most popular baby names.

For all of the top baby names of 2020, and to see where your name ranks, go to Social Security's website, www.socialsecurity.gov/babynames.

Social Security encourages everyone to enjoy the baby names list and,

while online, create a *my* Social Security account at www.socialsecurity.gov/myaccount. *my* Social Security is a personalized online account that people can use beginning in their working years and continuing while receiving Social Security benefits.

Social Security beneficiaries have instant access to their benefit verification letter, payment history, and complete earnings record by establishing a *my* Social Security account. Beneficiaries also can change their address, start or change direct deposit information, and request a replacement SSA-1099 online.

People receiving benefits can request a replacement Medicare card online.

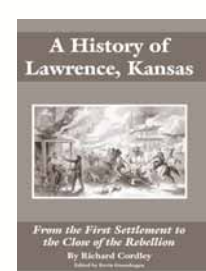
People age 18 and older who are not receiving benefits can also sign up for a *my* Social Security account to get their personalized online Social Security Statement. The online Statement provides workers with secure and convenient access to their Social Security earnings and benefit information, and estimates of future benefits they can use to plan for their retirement. Residents of most states may request a replacement Social Security card online if they meet certain requirements.



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HEALTH & WELLNESS

Outpatient joint replacement: Expertise and technology advance treatment at LMH Health OrthoKansas

By Courtney Bernard

When Kelvin Heck needed a total hip replacement, he turned to LMH Health for advanced technology and clinical expertise—innovation that allowed his treatment to be delivered on an outpatient basis.

Heck, a rural land broker and owner



of Heck Land Company in Lawrence, knew it was time to have his left hip replaced. Having grown up farming and continuing to live actively in the countryside, he needed to stay in shape to keep enjoying the life he loves.

“I knew my left hip was starting to go south on me, so I had an X-ray done and we saw it was bone-on-bone,” Heck said. “It just became a matter of when to get it fixed. It wasn’t causing me a lot of trouble, but I knew I wanted to do the surgery on my terms—not on

Mother Nature’s.”

Heck chose LMH Health because it was close to home and was strongly recommended to him by his personal trainer. In February, Dr. Adam Goodyear of OrthoKansas performed Heck’s total hip replacement

Heck had his surgery in the morning and was discharged by that afternoon. He couldn’t believe how quickly he recovered.

“The recovery has been amazingly fast,” Heck said. “After taking it easy for the first few days, I went on with my life and back to the office as needed the next week.”

He only used a walker for one day after surgery, then a “cane”—his 9-iron—for one more day. Right after that, he was back to walking—and soon, back to his usual yard work and landscaping.

As for pain medication?

“Whatever they gave me the day of surgery was all I took,” Heck said. “I never had pain that was a problem, at all. It was just not an issue.”

Patients also have access to top-of-

the-line technology in the hospital’s advanced Mako robotic arm, an instrument that also performs partial and total knee replacements.

LMH Health has two Mako robots to serve patients—one at the Main Campus and another at the West Campus—allowing for outpatient joint replacement surgery at the Lawrence Surgery Center. This technology was made possible in part by generous contributions to the LMH Health Foundation.

Goodyear said the Mako robotic arm has been proven to facilitate a shorter hospital stay, typically less pain, and quicker return to function.

“Recent studies have demonstrated that patients have decreased levels of pain and shorter hospital stays when having a total joint replacement with the Mako system,” Goodyear said. “Our goal is always to provide our patients with proven, cutting-edge orthopedic surgical techniques and technology that can improve patient experience and outcomes.”

According to Goodyear, the Mako system can be more precise than traditional surgical techniques because it can create a 3D model of each patient’s joint.

“Using the system, physicians create a personalized surgical plan,” said Goodyear. “The robotic arm allows surgeons to work within the parameters created and use it to assist in placing new joints. Mako also allows us to perform both knee and hip replacements,

which is something that other robotic surgical systems don’t do. Our patients receive the advanced care they deserve with the use of this technology.”

For anyone thinking about a joint replacement, Heck says to get it done sooner rather than later.

“There’s just no reason not to get it done,” Heck said. “You won’t be laid up for weeks and weeks, and it doesn’t interrupt your life hardly at all. I couldn’t have asked for a better situation.”

Advanced Total Hip and Knee Replacement Certifications from the Joint Commission Gold Seal of Approval

The LMH Health OrthoKansas team has earned The Joint Commission’s Gold Seal of Approval® for Advanced Total Hip and Knee Replacement Certification. LMH Health is one of only two hospitals in Kansas to earn this designation, both west of the Kansas City metro area.

The certification, in collaboration with the American Academy of Orthopaedic Surgeons, recognizes the highest standards of care during a total hip and total knee replacement, from pre-surgical orthopedic consultation to intraoperative and post-surgical follow-up care.

“LMH Health OrthoKansas is a regional destination committed to providing patients with superior, com-

■ CONTINUED ON PAGE 11

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Joint replacement

■ CONTINUED FROM PAGE 10

prehensive patient-centered musculoskeletal care,” said Russ Johnson, LMH Health President and CEO. “Our team of experts in orthopedic and sports medicine care provide innovative treatments for patients of all ages and abilities. Patients greatly benefit from the depth and breadth of expertise of our hip and knee replacement specialists—Drs. Adam Goodyear, James Huston and Richard Wendt.”

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LMH Health and OrthoKansas have the clinicians, technology and facilities to provide healthcare that’s not only exceptional for a community hospital—it’s among the best anywhere. Patients benefit from our home at the LMH Health West Campus, with access to convenient, collaborative and innovative care all under one roof. Our multidisciplinary approach gives us the ability to treat most orthopedic injuries and conditions in house, closer to where our patients live and play.

“When our community members partner with us, we all benefit,” said Russ Johnson, LMH Health president and CEO. “Because of donor support, our hospital continues to offer the best in patient care.”

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

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HEALTH & WELLNESS

The medicinal benefits of Angelica

Angelica is a well-known medicinal plant that has been used for centuries for healing many mental and physical ailments. In American and European folklore, there are many references to Angelica and its medicinal benefits. There are many species of



Dr.
Deena
Beneda

Angelica, but the most common include *Angelica atropurpurea*, *Angelica archangelica*, and *Angelica Venenosa*. Angelica also has common names that have been cited in the literature, which include: Archangel, American Dong Qui, Purple-stem and Wild Angelica, High and American Angelica, Root of the Holy Ghost, Masterwort, and Garden Angelica.

Angelica is a tall, aromatic plant with large white flowers. It can grow to a height of four- to six-feet tall. It is a perennial herb that is most often found in moist cool woodlands, streams of riverbanks, and shady roadsides. Historically, Angelica has been heavily associated with Angels and divinity. It was frequently used to keep evil spirits away and protect against curses, evil spells, and cruel enchantments. Angelica has traditionally been referred to as a powerful protection herb. It has been known to protect against negative energy and attracts positive energy.

According to one legend, Angelica was revealed in a dream by an angel to cure the plague (hence the name Angelica or Archangel).

Angelica is used medicinally for many ailments. The entire plant, including the roots, seeds, and fruit, are used to make medicine. Angelica

is a very good tonic herb for women, children, and the elderly, providing a general strengthening and overall well being. It has an antibacterial action, preventing the growth of various bacteria. Angelica infusions can be used externally to gargle for sore throats and infected gums and cavities. Other uses for Angelica include topically on the face for acne, athlete's foot, wound healing, and as an insecticide or pesticide. A medicinal infusion of Angelica has been used as a sedative, in the treatment of fevers, colds, coughs, colic, gas, heartburn, nausea and vomiting, and other stomach disorders. In addition, Angelica has been used for insomnia, arthritis, joint pain, skin disorders,

circulation problems and to strengthen the heart, menstrual disorders, increase urine production, and to aid in sweating.

Angelica is used in the kitchen for many culinary purposes. Angelica stems are used for their green color as a decoration for cakes and bake goods. The roots and seeds have been used to flavor many liquors including gin.

As with any form of alternative medicine, please check with your healthcare provider before taking any medicinal plant.

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



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MAYO CLINIC

Deciding between mechanical or tissue heart valve replacements requires some thought

DEAR MAYO CLINIC: My father is having issues with his aortic valve. He is 53 years old and was told he needs to have a valve replacement. I was reading that there are different types of valves. Can you explain the differences and what option may be best?

ANSWER: There are four major valves in the heart, two on the left side of the heart (aortic and mitral) and two on the right side of the heart (pulmonary and tricuspid). Heart valves serve as “one-way doors” allowing blood flow through the heart. Valves can fail because they have difficulties opening (stenosis), leaking (regurgitation) or both. These conditions may lead to heart valve surgery. Sometimes, when the mitral or tricuspid valves fail because of regurgitation, they can be repaired. And if a valve is repairable, that is preferred to replacement.

However, many times, valves require replacement when they fail. There are two major types of prostheses used for valve replacements: mechanical valves and tissue valves. One type of prosthesis may be a better option for your father, so which valve is right requires some thought.

Mechanical valves are most commonly used when replacing the aortic and mitral valves. Types of mechanical prostheses have evolved over time, but most modern ones are made of pyrolytic carbon and have two tilting discs that allow blood to flow one way through them.

Mechanical valves require a cardiac surgeon to remove the existing valve—most commonly via a ster-

notomy (midline incision through the breastbone)—and requires stopping the heart (cardiopulmonary bypass). The greatest benefit of a mechanical valve is durability. Some of my patients are doing well with mechanical valves implanted in the 1970s. I generally think of mechanical valves as lasting forever. However, mechanical valves require the blood thinner warfarin to keep them from clotting and aspirin. Although there are new anticoagulant medications being used for other indications, the only blood thinner that is appropriate for mechanical valves is warfarin. Warfarin increases a patient’s risk of bleeding and is not suggested for use during pregnancy.

Tissue valves are made from porcine (pig) or bovine (cow) tissue and can be used to replace any cardiac valve. Tissue valves can be implanted surgically, just like mechanical valves, where the old valve is removed and the new prosthesis is sewn in its place.

In the last 15 years, transcatheter valve replacement has emerged as a different way to implant tissue valves, used almost exclusively for aortic valve stenosis. This procedure, called transcatheter aortic valve replacement or TAVR, avoids the need for a sternotomy and often has a much shorter hospital stay. I always think of TAVR as a “valve on a stick” because a tissue prosthesis is crimped onto a balloon catheter, which is then placed in an artery (often the femoral artery in the groin) and snaked up to the heart. The TAVR prosthesis is then ballooned open inside the old valve, smooshing it out of the way. TAVR

requires patients to have adequate blood vessels and a large enough native aortic valve to accommodate the new prosthesis inside of it.

There are two main benefits to a tissue valve. First, the potential option for transcatheter delivery (particularly in aortic stenosis); and second, the fact that after the initial implantation time period, they do not require warfarin, only aspirin. The biggest drawback of tissue valves is their durability. An average tissue prosthesis lifespan is about 10 years, however, in younger patients or those on dialysis, they can deteriorate much faster. When tissue prostheses fail, they become stenotic or regurgitant, just like native valves, and then require repeat replacement.

So, which valve is right for your father? The risk of valve infection does not differ between tissue and mechanical prostheses, and neither require immunosuppressive medications. If valve replacement is needed on a right-sided valve in a patient older than 70 or in patients with contraindications to warfarin, a tissue valve is likely the right choice. In patients younger than

50 or patients already on anticoagulation for other reasons, such as atrial fibrillation, a mechanical valve is often the right choice.

Although this doesn’t apply to your father, I do recommend that young patients who want to become pregnant or who are participating in very physical sports with a high bleeding risk consider a tissue valve to avoid warfarin in the short term, with the knowledge that it is a temporary treatment expected to require repeat replacement. As your father is still relatively young, it is important that he talks with his cardiologist about the pros and cons of his personal situation so he can make an informed decision. -- Jeffrey Geske, M.D., Cardiovascular Medicine, 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. For more information, visit www.mayoclinic.org.*

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FINANCIAL FOCUS

Don't let investments go on vacation

Now that we've gained at least some space from the COVID-19 pandemic, summer travel is heating up. But while you might be eager to hit the road, you won't want your investments to take a vacation—you need them to work hard for you consistently. But how can you make this happen?



Derek Osborn

Here are some ideas:

• **Know your destination.** “If you don't know where you want to go, then it doesn't matter which path you take.” This bit of wisdom, paraphrased from the classic children's book, *Alice's Adventures in Wonderland*, may be appropriate for, say, hikers exploring a new landscape. But as an investor, it matters a great deal which path you take. If you only dabble in investing, occasionally putting some money into one investment or another, it will be difficult to build a portfolio that's consistently working in your best interest. It's important to create a long-term investment strategy based on where

you want to go in life—that is, how long you plan to work, what sort of retirement lifestyle you envision, and so on.

• **Match goals with investments.** Some investments are designed to achieve certain goals. To illustrate: When you contribute to an IRA and a 401(k) or similar employer-sponsored plan, you're investing for one specific, long-term goal: a comfortable retirement. While you can tap into these accounts for other purposes—though doing so might incur immediate taxes and penalties—they are designed to provide you with income during your retirement years. Similarly, you may have other investments for other purposes, such as a 529 education savings plan. Here's the key point: Goals-based investing, by its nature, can help ensure your portfolio is always working on your behalf, in the way you intended.

• **Invest for growth.** Ideally, hard work produces results, and one of the main results you want from your investments is *growth*—that is, you want your investments to appreciate in value so they can eventually help you meet your goals. But if you are over-concentrated in vehicles such as certificates of deposit (CDs) and government securities, you may end up lowering your growth potential. That's not to

say that CDs and Treasury bills are in some sense “lazy.” They can provide you with income and help you reduce the impact of market volatility on your portfolio. But to achieve most of your goals, you'll need a reasonable number of growth-oriented investments working for you, with the exact percentage based on your needs and life stages.

• **Check your progress.** How else can you ensure your investments aren't just taking it easy? By checking up on them. If you follow a buy-and-hold strategy, your portfolio shouldn't require many changes if it already reflects your goals, risk tolerance and time horizon. Too much buying and selling could jeopardize your ability

to follow a consistent, long-term strategy. However, “buy and hold” doesn't mean “buy and forget.” By reviewing your portfolio at least once a year, you can determine if your investments are performing as they should. If they're not working for you as you'd like, you may need to make some changes.

If you're traveling this summer, relax and enjoy yourself—but keep those investments working hard.

- 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

Credit where credit is due

The government response to the pandemic recession has allowed Americans to stay afloat, and in some cases, to save. Additionally, borrowers were able to take advantage of low interest rates to refinance mortgages, and consolidate and lower interest



Jill
Schlesinger

rates on auto and credit card balances. With the federal student loan program in forbearance until September 30, many of the 1.7 million with education debt have been focusing on paying down other debt. But as the economy opens up and more people return to work, there is likely to be an increase in Americans' appetite to return to their borrowing ways. Lest you think this is going to be a screed about the perils of doing so, read on!

While debt run amok can be dangerous, using credit to your advantage is a smart way to manage your personal life. In fact, the idea of making purchases "on credit" goes back to as early as the 19th century. It took a while for credit to catch on: according to government data, in 1970, just 16% of U.S. families reported having at least one

general purpose credit card. By 1983, that percentage soared to 43%, by 1989, it was at 56%, and today, it's an astonishing 79%.

For the 21% who do not have a credit card, the issue may not be a lack of desire to borrow, but an inability to qualify. A 2019 Bureau of Consumer Financial Protection report found that more than one in five US adults don't have the all-important credit score, which helps financial institutions determine whether to lend, either because they have not established enough credit or the credit that they have established is too old or stale to be reliable.

That may be about to change. To help those who are financially responsible, but have been shut out of the credit system, some of the nation's major banks have come together as part of a government-backed plan to cast a wider net to help more people establish credit records and take advantage of still low interest rates. In tandem with the Office of the Comptroller of the Currency—a bureau within the U.S. Department of the Treasury, banks like JP Morgan Chase and Wells Fargo are offering credit cards to individuals without credit cards, using bank account data and other data to determine whether or not a person is eligible for a credit card.

Perhaps this is the moment when you think: "Wait, isn't this how we got into

trouble in the financial crisis of 2008 and the Great Recession of 2009?" While some of the excesses of that era are still with us, shunning credit is not the answer. While it may seem counterintuitive, it is important to establish a credit record, because chances are, you will need to borrow money at some point in the future, maybe for a car or to buy a home. Those who have solid credit histories and demonstrate that they can pay their bills on time, usually end up with higher credit scores and as a result, will often get the cheapest interest rates when they borrow.

Of course, before you sign on the dotted line for any loan or credit card agreement, you should know the payment rules, the fees, and interest rates that you will incur, especially if your financial life turns south. Remember, the most important factor in any credit score is paying your bills on time -- do not be late! The best way to manage this is to establish automatic payments through your bank.

One more warning. As Americans rev up their engines to spend—44% of adults say they are willing to take

on debt for discretionary purchases in the second half of 2021, according to creditcards.com—I would be remiss if I didn't channel my inner buzzkill and remind you that credit card interest rates average almost 16%. That's a pretty expensive way to finance your post-pandemic splurge!

- 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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Larry Day's *Day Dreaming* features humorous short stories, which have disparate plots, topics and characters. This book is divided into the following theme sections: Media Marvels, Weird Rich Folks, Clueless, Alien Encounters, Marital Blitz, Hilarious Higher Ed, Home Town Folks, Fairy Tales Redus, Luv a Guvmint. Available at Amazon.com.

BUSINESS CARD DIRECTORY SPECIAL

Six months for \$85.00 (color extra) when paid in advance. That's like getting one month for free.

SENIOR CALENDAR

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

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

ARTS & CRAFTS

FIRST FRIDAY OF THE MONTH

FIRST FRIDAY ARTWALK

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

LAST FRIDAY OF THE MONTH

FINAL FRIDAYS

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

LAWRENCE, 785-842-3883
unmistakablylawrence.com

EDUCATION

JUL 8

COMPUTERIZED GENEALOGY 2

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

Topeka and Shawnee County Public Library - Virtual Room 01, 10 a.m. Register online. TOPEKA, <https://events.tscpl.org/events>

AUG 5

COMPUTERIZED GENEALOGY - VIRTUAL ZOOM CLASS

Get started in genealogy and learn how to build your family tree online. Register to receive the Zoom link. Topeka and Shawnee County Public Library, 10 a.m.

TOPEKA, 785-580-4400
<https://events.tscpl.org/events>

ENTERTAINMENT

MAY 21-AUG 13

HOLY-FIELD WINERY SUMMERTIME MUSIC SERIES

Holy-Field Vineyard & Winery is pleased to

introduce its 18th Annual Summer of Music. The vineyard is the perfect backdrop for relaxing or dancing to the sounds of some of the city's finest musicians. Once again, David Basse, (www.davidbasse.com) has scheduled only the best to perform. Mark your calendars now...you won't want to miss any of these professional musicians. Fee, children 12 and under free. Holy-Field Vineyard & Winery, 18807 158th St., 6:30-9:30 p.m. BASEHOR, 913-724-9463

JUL 15

GARY ALLAN CONCERT AT PRAIRIE BAND CASINO & RESORT

Country artist Gary Allan will be performing his greatest hits at Prairie Band Casino & Resort. His top hits include "Every Storm Runs Out Of Rain," "Watching Airplanes," and "Nothin' On But The Radio" and other chart topping songs. Prairie Band Casino & Resort, 12305 150th Rd., 7 p.m. Fee.

MAYETTA, 785-966-7777

prairieband.com/shows/epic-entertainment

EXHIBITS & SHOWS

THROUGH AUG 14

COMMUNITY CONSTRUCTION: THE PEOPLE AND COMPANIES THAT BUILT LAWRENCE

Early Lawrence city planners understood the importance of a planned city, but in many cases, the hard work of constructing the city fell to people who did not do the planning. The artisans, long-running construction companies, and individual laborers who carried out the planners' vision have been unsung in Lawrence's history. But their efforts built the city in its earliest days and shaped the city into the modern community it has become. Using photographs, documents, and artifacts from the Watkins collections, *Community Construction* traces the relationship between the community planners and the city builders, while highlighting the unique aspects of Lawrence's physical design. Watkins Museum of History, 1047 Massachusetts St., second floor. Free. LAWRENCE, 785-841-4109

MAY 1-OCT 30

REMEMBERING RICHLAND

Richland, now extinct, served as an economic and social hub for rural families in the Wakarusa Valley as early as the 1870s. The U.S. Corps of Engineers began purchasing Richland property in 1967 for the Clinton Lake masterplan. The final two families vacated their homes in the fall of 1974. All remaining buildings were subsequently bulldozed. The exhibit's objective is threefold: to convey Richland's historical importance to the region; spotlight longtime resident Dr. Weed Tibbitts (medical doctor, veterinarian and dentist); and honor memories of former residents by justly representing their voice through quotes gathered via oral histories. Wakarusa River Valley Heritage Museum, 716 N. 1190 Rd. Saturdays, 1-5 p.m. LAWRENCE, 785-783-4420
wakarusamuseum.org

JUN 11-OCT 15

FEELS LIKE FAMILY: LAWRENCE'S EARLY MEXICAN RESTAURANTS

In his 52 years of life, Chico Garcia created family-run businesses that anticipated Lawrence's growth as a city and community. Garcia and his family operated four restaurants, catered the concession stands at KU basketball and

football home games, made lunches for Lawrence school students, created landscaping and cleaning companies, and fostered community appreciation for Mexican food and traditions through the annual Mexican fiesta now held at St. John's Catholic Church. The Garcia family's businesses were part of a transition many Mexi-

■ CONTINUED ON PAGE 19



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Kaw Valley
Senior Monthly

■ CONTINUED FROM PAGE 18

can American families in Lawrence made in the mid-20th century. Learn more in this fascinating and unique exhibit. Watkins Museum of History, third floor, 1047 Massachusetts St. Free. LAWRENCE, 785-841-4109

JUL 16-18

44TH ANNUAL MERIDEN THRESHING SHOW

There will be tractors, engines, threshing, baling, tractor parades, history, antique automobiles, and tractor pulls. Tour Cottonwood Station, our reproduction living history of an early day Kansas town. We will be sawing lumber at the saw mill and grinding grain in the flour mill each day. Our blacksmiths will be hard at work in the Blacksmith Shop. Stop by the General Store for a Sarsaparilla and attend church on Sunday in the Bloomfield Church. Visit our vendors. Don't miss the antique tractor pull on Saturday and the garden tractor pulls each day. Presented by the Meriden Antique Engine and Threshers Association, 8275 K-4 Hwy. Fee. MERIDEN, 785-633-9706
meridenthreshers.org

FAIRS & FESTIVALS

JUL 3

JULY JULIBEE

Holton's biggest community event of the year. Enjoy music. Also enjoy local cuisine and many family activities. You won't want to miss the fireworks. Brought to you by local area sponsors. Banner Creek Reservoir, 9-11 p.m. HOLTON, 785-364-3963

JUL 4

4TH OF JULY CELEBRATION AT FORT LEAVENWORTH

Events start at 4 p.m. with concessions, games, concert, "Salute to the Union" at 8 p.m. and fireworks at dusk over Merritt Lake. In case of rain, fireworks at dusk on the 5th of July. FORT LEAVENWORTH, 913-684-1723

JUL 4

SPIRIT OF KANSAS BLUES FESTIVAL

Sponsored by Topeka Blues Society. Lake Shawnee 3137 SE 29th Topeka, 11 a.m.-10 p.m. Fireworks at 10 p.m. Free admission, donations accepted. TOPEKA

JUL 24-31

DOUGLAS COUNTY FAIR

See it all at the Douglas County Free Fair, where everyone comes for good old-fashioned fun. Douglas County Fairgrounds, 2120 Harper St. LAWRENCE, dgcountyfair.com

JUL 27-31

LEAVENWORTH COUNTY FAIR

Come and enjoy a classic American experience at the Leavenworth County Fair. You and your family can delight in the fun of games, contests, pony rides, derbies, food, rides, exhibits, music, and more. Our local fair is always lively, day or night, and always filled with great folks from all over the Leavenworth County area. Leavenworth County Fairgrounds 405 W. 4th St., 11 a.m.-10 p.m. Free admission. Parking fee. TONGANOXIE, 913-775-1586

JUL 27-AUG 1

JOHNSON COUNTY FAIR

Celebrating all of the best in Johnson County while preserving the agricultural heritage of the community since 1939. The Johnson County Fair is a free fair except the carnival and nightly arena events. 2021 Theme: Heroes Unite. 136 East Washington. GARDNER, 913-856-8860, jocokansasfair.com

FARMERS' MARKETS

APR 10-NOV 20

DOWNTOWN LAWRENCE FARMERS' MARKET (SATURDAYS)

As Kansas' oldest and largest producer market, the Lawrence Farmers' Market offers a festive, bustling atmosphere with the freshest, healthiest food grown within 50 miles of Lawrence. With more than 80 growers, ranchers, bakers, and fine craftspeople, the Lawrence Farmers' Market is the place to go for the freshest and finest quality produce, meat, wine, flowers, plants and baked goods. Saturday Market every Saturday from 7:30-11:30 a.m. at 824 New Hampshire Street. LAWRENCE, lawrencefarmersmarket.org

MAY 1-OCT 30

BONNER SPRINGS FARMERS' MARKET

The Bonner Springs Farmers Market has been formed to provide locally grown, fresh foods, farm products and local producer value-added products to the citizens of Wyandotte County and surrounding areas, and to encourage commerce, entertainment and trade in downtown Bonner Springs. Saturdays, Saturday: 8 a.m.-12 p.m. BONNER SPRINGS, 913-441-2665.

MAY 4-OCT 26

TUESDAY EVENING MARKET

1141 Massachusetts Street (NW Corner of South Park), 4-6 p.m. LAWRENCE, lawrencefarmersmarket.org

MAY 10-OCT 4 (MONDAYS)

MONDAY FARMERS' MARKET

Library parking lot, 10th and Washburn. Closed May 31 (Memorial Day) and September 6 (Labor Day), 7:30-11:30 a.m. TOPEKA

JUN-OCT

EUDORA FARMERS' MARKET

The Eudora Farmers Market is a small local market, with all the selections of the larger markets. Our vendors/producers are all local with a great selection of locally grown fruits, vegetables, fresh eggs, farm raised meats, honey and wonderful homemade fudge and bake goods. Food Truck vendors are at the market every other Tuesday. Senior Farmers' Market Nutrition Program vouchers accepted. Tuesdays, Gene's Heartland Foods Parking Lot, 14th & Church, 4-6:30 p.m. EUDORA

HEALTH & FITNESS

JUL 3, 10, 17, 24

VIRTUAL CHAIR YOGA

Chair yoga is designed for everyone to develop strength and stability targeting hips, low back,

glutes and quads. Registration required. Click the event name to get Zoom link. Topeka and Shawnee County Public Library, 10 a.m. TOPEKA, 785-580-4400
https://events.tsclp.org/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

THIRD FRIDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

JUL 5 & AUG 2

CAREGIVER SUPPORT MEETING

Facilitated by Jayhawk Area Agency on Aging. 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 - Anton Room 202, 2 p.m. TOPEKA, 785-235-1367

JUL 12

CAREGIVER SUPPORT MEETING

Facilitated by Jayhawk Area Agency on Aging. 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 - Anton Room 202, 3:30 p.m. TOPEKA, 785-235-1367

JUL 15

CAREGIVER SUPPORT MEETING

Facilitated by Jayhawk Area Agency on Aging. 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 p.m. TOPEKA, 785-235-1367

MISCELLANEOUS

JULY 8 & 9

EMERGENCY BLOOD DRIVE

Community Blood Center has announced a blood emergency, with only a 3-day blood supply. The long-term impact of the pandemic has resulted in a year of virtually no youth first-time donors, hundreds fewer blood drives and 25,000 donors in the greater Kansas City area alone that have yet to return to donate since before the pandemic. You have two upcoming opportunities to donate at LMH Health and earn a Royals t-shirt or hat:

- Thursday, July 8, from 9:30 a.m. to 3:30 p.m. at the LMH Health West Campus. Book your appointment at savealifenow.org/group and enter Group Code EH48.

- Friday, July 9, from 9:30 a.m. to 3:30 p.m. at the LMH Health Main Campus. Book your appointment at savealifenow.org/group and enter Group Code TPJS.

LAWRENCE

JUL 31 & AUG 1

VINEWOOD MARKET

Outdoor flea market and craft fair featuring vendors from across Kansas. Cash bar available. The Vinewood, 2848 SE 29th St. Saturday: 8 a.m.-4 p.m. Sunday: 8 a.m.-2 p.m. Free Admission. TOPEKA, 785.260-6772
thehistoricvinewood.com/vinewood-market

SEP 14

LAWRENCE AREA PARTNERS IN AGING SENIOR RESOURCE FAIR

16th annual. Freebies, handouts, brochures, drawings, and more. Free. Sports Pavilion at Rock Chalk Park, 10 a.m.-2 p.m. LAWRENCE, 785-766-9022

TOURS

EVERY THURSDAY, MAY 6-AUG 12

BEHIND THE BRICKS: WATKINS BUILDING TOURS

a unique inside look at the history and architecture of our amazing building, followed by a special tour of the exhibit Community Construction: The People and Companies That Built Lawrence. Tickets are \$5 or free for Watkins Museum members. Watkins Museum of History, 1047 Massachusetts St., 2 p.m. LAWRENCE, 785-841-4109

A History of
Lawrence, Kansas



From the First Settlement to
the Close of the Rebellion
By Richard Cordley

The History of Lawrence, Kansas

by Richard Cordley

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

INTERPERSONAL EDGE

Wise retirement planning

Dr. Daneen Skube

Tribune Content Agency

Q: Since the pandemic started, I've realized how sick I am of dealing with work, co-workers and customers. I am 65 and feel like it is just time to retire. How do you advise your executive coaching clients or therapy clients on retirement?

A: What I would tell my clients is that being tired—or feeling like retiring and abruptly quitting—is poor problem solving. Evaluating when and how to retire is more a financial and lifestyle question than a response to feeling fed up.

I have had clients that “feel” like retiring who pull the plug despite my cautions and end up having to fight hard to get lesser positions than they left.

Start by looking at your finances. Find a good financial planner who doesn't just try to invest your money but will charge you for a separate retirement plan. You want advice where the primary interest is not getting your assets under management. You can invest with them after receiving a plan if you decide.

People used to talk about being a millionaire as if that were the ultimate retirement goal, but these days many families spend on average \$9,000 a

month. At that rate, a million dollars would last you just 10 years. You could quickly outlive your money!

You may be counting on Social Security, but you may find much of this income taxed back away from you. You may be counting on stocks, but if there is a dip because baby boomers are selling and younger generations cannot buy, you may not get the returns you assume.

What all this means is one of your best annuities is to simply keep working. You can then easily wait until 70 to take Social Security (unless your health is poor). You also have no need to pull on savings until later in life. Many of us may live into our nineties!

You also want to think about your lifestyle. If you were retired, what would provide meaning and social

connection in your life? Many people find work provides both benefits plus an income. You can only golf, knit or watch so much television.

Psychologically, retirement is not just a long vacation. You will need to plan on staying engaged in your community, avoiding social isolation and giving back what you have learned to younger generations. I advise many of my clients to consider working less but not to stop entirely.

If you keep a foot in the world of work, you have better work/life balance but remain engaged in your community. Yes, you can volunteer, but most of my clients find paid work makes them feel more valued and respected.

Wise decision-making requires the impulse control to not just do what feels good in this moment but what is good for us in the long run. If you are tired, take a vacation, get a therapist to help you handle work better and make a long-range plan. Many of my new clients find changing the way they work transforms their fatigue. Don't burn the bridge of paid employment in an impulsive moment.

Q: I was always taught not to discuss religion or politics at work, yet many of my co-workers spend a majority of informal conversation ranting about political views. Is there a graceful way to avoid political debates at work?

A: Yes, simply and neutrally say, “You make a lot of interesting points,” and nothing more. Most people talk more to express themselves than engage in genuine conversation, so you lose nothing by not responding when no one is actually listening.

- Daneen Skube, Ph.D., executive coach, trainer, therapist and speaker; also appears as the FOX Channel's “Workplace Guru” each Monday morning. She's the author of “Interpersonal Edge: Breakthrough Tools for Talking to Anyone, Anywhere, About Anything” (Hay House, 2006). You can contact Dr. Skube at www.interpersonaledge.com or 1420 NW Gilman Blvd., #2845, Issaquah, WA 98027. Sorry, no personal replies.

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AMERICA'S TEST KITCHEN

Make your own version of these store-bought breakfast treats

By America's Test Kitchen

Tribune Content Agency

Did you know the classic brand of these frosted hand pies—Pop Tarts—are more than 50 years old? The original Pop Tarts' claim to fame was that they contained fruit filling but did not have to be refrigerated. When they first hit supermarket shelves, there were no frosted varieties. It took a few years for the company to develop a frosting that could withstand the heat of the toaster. If you want frosted treats at home, you can make your own icing.

Strawberry Pop Tarts

Makes 8 pop tarts

- 1/2 cup sour cream, chilled
- 1 large egg
- 2 1/2 cups (12 1/2 ounces) all-purpose flour, plus extra for counter
- 1 tablespoon sugar
- 1 teaspoon salt
- 12 tablespoons unsalted butter, cut into 1/2-inch pieces and chilled
- 3/4 cup strawberry jam
- 1 tablespoon cornstarch
- 1 tablespoon cold water

1. In a small bowl, whisk together sour cream and egg. Set aside. In a food processor, combine flour, sugar and salt. Process for 3 seconds. Sprinkle chilled butter over the flour mixture. Pulse until only pea-size pieces of butter remain, about 10 1-second pulses.

2. Add sour cream mixture. Pulse until just combined, about 10 1-second pulses. Process until the dough forms a ball, 10 to 15 seconds.

3. Sprinkle the counter lightly with extra flour. Transfer the dough to the floured counter and press together into ball. Use a bench scraper to divide the dough in half. Form each piece of dough into a 3-by-5-inch rectangle. Wrap each rectangle tightly in plastic wrap. Place in the refrigerator and chill for 1 hour.

4. While dough chills, make the filling. In a small microwave-safe bowl, whisk together jam, cornstarch and water. Heat in the microwave until the mixture begins to form small bubbles, about 2 minutes. Remove the bowl from the microwave (bowl will be hot). Whisk the mixture until well combined. Set aside to cool.

5. Assemble the pop tarts: Remove the chilled dough from the refrigerator and let them sit on the counter to soften slightly before rolling, about 10 minutes. Line a rimmed baking sheet with parchment paper.

6. Sprinkle the counter lightly with extra flour. Use a rolling pin to roll 1 piece of dough into a 12.5-by-9.5-inch rectangle on the floured counter.

7. Use a bench scraper to cut off the edges of the dough to form a tidy 12-by-9-inch rectangle. Use a bench scraper to cut the dough into 8 3-by-4.5-inch rectangles. Place the rectangles onto a parchment-lined baking sheet. (These will be the bottoms of your pop tarts.) Place the baking sheet in the refrigerator to chill while the rolling second piece of dough.

8. Repeat rolling and cutting with the second piece of dough. Use a fork to poke 2 rows of holes in each rectangle. (These will be the tops of your pop tarts.)

9. Remove the baking sheet with the bottoms from the refrigerator. Use a measuring spoon to place 1 level tablespoon of the cooled jam mixture in the center of each bottom rectangle on the baking sheet. Dip your finger in water and lightly moisten the edges of each rectangle.

10. Place 1 top rectangle onto each bottom rectangle, making sure all edges are lined up. Firmly press the top and bottom edges of the rectangles together to seal. Use a fork to press sealed edges together to crimp dough. Place the baking sheet with the shaped pop tarts in the refrigerator and chill for 15 minutes. Meanwhile, adjust the

oven rack to the middle position and heat the oven to 350 degrees.

11. Place the baking sheet in the oven and bake until the pop tart edges are just beginning to brown, 20 to 24 minutes. Transfer the baking sheet to a cooling rack and let the pop tarts cool on the baking sheet for at least 30 minutes. Serve.

To make icing:

1. In a small bowl, whisk 1 1/4 cups confectioners' sugar, 2 tablespoons milk and 1 tablespoon softened cream cheese until smooth.

2. Spread 1 teaspoon of icing onto each cooled pop tart. You can also add sprinkles for fun!

Recipe notes

Pop tarts can be stored at room tem-

perature in airtight container for up to two days.

Unfrosted pop tarts can be reheated in a toaster on the lowest setting for 1 to 2 minutes.

Frosted pop tarts can be reheated in a toaster oven on the lowest setting for 1 to 2 minutes. Do not reheat frosted pop tarts in an upright toaster, as frosting may melt.

- 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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Restaurant Guide



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Seniors dine out an average of 4-5 times per week! If you would like to add your restaurant to the Senior Monthly Restaurant Guide, please call Kevin at 785-841-9417 for details.

HUMOR HOTEL

I've been vaccinated. Now, somebody please mow my lawn

By Greg Schwem

Tribune Content Agency

When it comes to luck, my sense of timing could not be worse.

If one lane on a congested interstate suddenly starts moving at normal speed, I just moved to the other lane, and am now sandwiched between two semis, both hauling explosives.

If I schedule an outdoor party, local weather forecasters immediately start telling viewers to expect rain the entire day. Historically, they have been correct most of the time.

I never owned GameStop stock but I'm certain I would have dumped it at its 52-week low of \$3.77 as opposed to the all-time high of \$483 it achieved in January, following chatter on Reddit investor forums.

Now comes word that ordinary Americans are getting rich just by rolling up a sleeve and getting jabbed with the coronavirus vaccine. Just ask Abigail Bugenske, 22, of Cincinnati.

In exchange for doing something ALL Americans are being urged to do as soon as possible, Bugenske received \$1 million as part of Ohio's Vax-a-Million lottery. Four other Ohio residents will be receiving similar windfalls if their names are chosen. Not to be outdone, California is offering \$1.5 million prizes to 10 vaccinated residents.

New York, Maryland and Oregon are among other states that feel cold hard cash is the best way lower coronavirus numbers.

I had the misfortune of settling in Illinois, where no money will be changing hands, or arms, as of now. Some retail establishments have stepped up, however. Illinois is one of only 13 states that feature White Castle restaurants, and, through May 31, the chain was offering vaccinated patrons one of its three "desserts on a stick." For free! I chose not to partake in that offer, feeling I was simply trading one potentially fatal malady for another. I won't die of the coronavirus, but clogged arteries kill plenty of people annually.

For the record, I received my injections back in mid-February, when the vaccine was still in its rollout stages and states were struggling to figure out who should have priority. I asked for nothing in return, feeling I had won a personal lottery just because I was able to snag an appointment. Heck, I didn't even take a complimentary candy from the dish that sat next to the health care worker processing my exit paperwork. My prize was relief that I was on the road to a life free of facemasks and quarantine.

But now it's payback time. Even though I shunned dessert on a stick, I want a piece of the pie.

Somebody needs to mow my lawn.

As I write this, I have just completed the weekly task of pushing the mower up and down, back and forth over bumpy terrain, trying to keep up with my neighbor who feels grass should be pampered, as opposed to clipped. He is much younger and, I'm sure, doesn't spend the following day recovering from the assortment of joint pain that lawn mowing delivers to my body.

Ironically, I suffered no side effects from either vaccine dose. While friends updated me, via social media, of their high fever and body aches after vaccines one or two, I went about my day pain free. I would like to continue doing so, hence the lawn mowing request.

Sure, I could use a million dollars, but other Illinois residents need it more, vaccinated or not. All I want is to wave my vaccination card at a passing lawn service truck, have the

driver do an about face and follow me to my yard, where his crew would cut my grass while I lounge on the patio. I would like this routine repeated weekly until at least Labor Day. I've read I may need a COVID-19 booster shot in approximately eight months, which I will gladly receive.

Provided I win the Illinois "Shovel My Driveway" vaccination sweepstakes.

- 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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Sons of The American Revolution

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



Charles Robinson Chapter
(Lawrence)

John Sayler (President)
785-841-5756

Thomas Jefferson Chapter
(Topeka)

Brian Vazquez (President)
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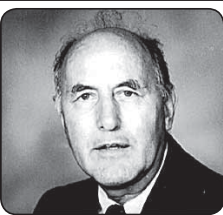
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HUMOR

Nosey Nelida and Sir Jeremiah go to Washington

(Editor's Note: This column by Larry Day originally appeared in the March 2018 issue of Kaw Valley Senior Monthly.)

Nosey Nelida (a name given her by her childhood friends, and supported by her adult acquaintances) was a shopkeeper who—because she was nose—discovered a sting operation that



Larry
Day

the U.S. government had set up to catch fraudulent medical equipment suppliers.

To keep her from compromising the operation, the government let her in on the secret and later gave her credit for shutting down the crooked operation. Nelida got a trip to Washington and a visit to the White House, where her abilities made the President uncomfortable.

Sir Jeremiah Teancrumpets, the British billionaire, came from a long line of titled aristocrats. For a large part of his life, “Jerry” (don’t let him hear anyone call him that) was given to rage. He raged against almost everything, because to Sir Jeremiah almost everything was outrageous.

Then one day his heart blew a gasket. Sir Jeremiah survived the heart attack because his servants called a physician

who practiced laugh therapy. The doctor lived on the estate next to Sir Jeremiah’s. The physician spent weeks giving Sir Jeremiah laugh therapy. It was hard duty, but the therapist finally succeeded in making the old sourpuss laugh. But that didn’t change Sir Jeremiah’s personality. After he’d been through laugh therapy, everyone said Sir Jeremiah’s laugh was scarier than his rage.

Sir Jeremiah was tight with money. He hated parting with a penny, and parting with a pound caused him real pain. Following an election, the new government in Great Britain raised taxes, mostly on the wealthy. Sir Jeremiah groaned like Bill Grogin’s goat—the one that the folk song says was tied to a railroad track.

After researching his options, Sir Jeremiah decided to move to the United States. He came across Nosey Nelida’s name, reputation, and U.S. government connections in his research.

Sir Jeremiah contacted Nosey Nelida and—after protracted and sometimes bitter negotiations—he hired her to obtain an immigrant visa and a green card for him. Sir Jeremiah decided to cross the Atlantic by ship incognito. Nosey Nelida met him at Riker’s Island and helped him get through customs. The landing fees nearly caused him apoplexy, but Sir Jeremiah—true to his therapist’s training—laughed instead of going into a rage. The sound of that cackle panicked dock workers, customs officials, and travelers.

Once in New York City itself, Sir Jere-

miah suffered serious pain when he found out how much taxis and hotel rooms cost.

“Dash it!” he said, “This is outrageous!” His blood pressure rose precipitously. Sir Jeremiah was on the verge of another heart attack. Fortunately, his laugh therapy training kicked in, and instead of having a seizure, he unloosed a loud cackle. The sound frightened everyone within earshot, including pigeons pecking at crumbs in the street. Up they rose, forming a huge flock, and flew away, never to return to that area again.

Nosey Nelida was one of the people whom that fiendish cackle had frightened. But being Nelida, she recovered quickly, and had soon devised a plan to utilize that fearsome sound.

Within weeks, Sir Jeremiah Teancrumpets and Nelida Nacamora had set up a pest control company called N and T, Inc. The firm specialized in frightening pigeons and other pesky birds away from hotels, businesses, and chic residential housing complexes.

They obtained a copyright on Sir Jeremiah’s horrific laugh, and developed a nationwide chain of pest control centers.

The company prospered immedi-

ately. Animal-protecting organizations looked on N and T Inc. as a humane business that didn’t hurt creatures. City chambers of commerce got on board because the method made them appear benevolent. The mass media picked it up as a “good” news story that helped balance their often negative reporting.

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

At the White House, the Chief of Staff put the matter on the President’s agenda.

“Sir,” he said, “we have a win-win opportunity here,” and explained the situation.

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

- 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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RICK STEVES' EUROPE

Denmark's ship-in-a-bottle island

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 my favorite European memories from a tiny Danish island—a reminder of the fun that awaits us at the other end of this crisis.



Rick Steves

Few visitors to Scandinavia even notice Ærø, a sleepy little island on the southern edge of Denmark. It's a peaceful and homey isle, where baskets of strawberries sit in front of farmhouses—for sale on the honor system. Its tombstones are carved with such sentiments as: "Here lies Christian Hansen at anchor with his wife. He'll not weigh until he stands before God."

The island's statistics: 22 miles by 6 miles, 7,000 residents, 350 deer, no crosswalks, seven pastors, three police

officers, and a pervasive passion for the environment. Along with sleek modern windmills hard at work, Ærø has one of the world's largest solar power plants.

Ærø's main town, Ærøskøbing, makes a fine home base for exploring the isle. Many Danes agree, washing up on the cobbled main drag in waves with the landing of each ferry.

With lanes right out of the 1680s, the town was the wealthy home port to more than 100 windjammers. The post office dates to 1749, and cast-iron gaslights still shine each evening. Windjammers gone, the harbor now caters to German and Danish holiday yachts. On midnight low tides, you can almost hear the crabs playing cards.

Taking a 15-mile bike ride, I piece together the best of Ærø's salty charms. Just outside of town, I see the first of many U-shaped farmhouses, so typical of Denmark. The three sides block the wind to create a sheltered little courtyard and house cows, hay, and people. I bike along a dike built in the 1800s to make swampland farmable. While the weak soil is good for hay and little else, they get the most out of it. Each winter, farmers flood their land to let the salt-water nourish the soil and grass, in the belief that this causes their cows to pro-

■ CONTINUED ON PAGE 25

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Rick Steves

■ CONTINUED FROM PAGE 24

duce fattier milk and meat.

Struggling uphill, I reach the island's 2,700-inch high summit. It's a "peak" called Synneshoj, pronounced "Seems High" (and after this pedal, I agree).

Rolling through the town of Bregninge, I notice how it lies in a gully. I imagine pirates, centuries ago, trolling along the coast looking for church spires marking unfortified villages. Ærø's 16 villages are built low, in gullies like this one, to make them invisible from the sea—their stubby church spires carefully designed not to be viewable from potentially threatening ships.

A lane leads me downhill, dead ending at a rugged bluff called Vodrup Klint. If I were a pagan, I'd worship here—the sea, the wind, and the chilling view. The land steps in sloppy slabs down to the sea. The giant terraces are a clear reminder that when saturated with water, the massive slabs of clay that make up the land here get slick, and entire chunks can slip and slide.

While the wind at the top seems hell-bent on blowing me off my bike, the beach below is peaceful, ideal for sunbathing. I can't see Germany, which is just across the water, but I do see a big stone that commemorates the return of the island to Denmark from Germany in 1750.

Back up on the road, I pedal down a tree lined lane toward a fine 12th-century church. Like town churches throughout the island, a centuries old paint job gives the simple stonework a crude outline of the fine

Gothic features this humble community wished it could afford. Little ships hang in the nave, perhaps as memorials to lost sailors. A portrait of Martin Luther hangs in the stern, making sure everything's theologically shipshape. The long list adjacent to the portrait allows today's pastor to trace her pastoral lineage back to Dr. Luther himself. The current pastor, Janet, is the first woman on the five-centuries-long list.

From the church, it's all downhill

back to Ærøskøbing. The sun is low in the sky, so I coast right on through town to the sunset beach—where a row of tiny huts lines the strand and where so many locals enjoyed a first kiss. The huts are little more than a picnic table with walls and a roof, but each is lovingly painted and carved—stained with generations of family fun, memories of pickled herring on rye bread, and sunsets. It's a perfectly Danish scene—like Ærø itself—where small is beautiful, sustainability

is just common sense, and a favorite local word, hyggelig, takes "cozy" to delightful extremes.

- 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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MY PET WORLD

What to consider when flying with a pet this summer

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

Dear Cathy: My daughter will be moving to London this summer. She has two rescue cats and wants to take them with her. She found an agent in Miami who takes care of all the requirements and paperwork. She just needs to be there to collect them when they arrive. Is it safe for the cats to take such a long flight? I understand they have to travel in the cargo hold, and I am worried about how stressed they will be. -- Amy, Coral Springs, Florida

Dear Amy: It's natural to be a little concerned. If they are on a non-stop flight, they should sleep/rest during the entire trip, which I estimate is eight hours. The cargo hold is pressurized and climate-controlled, so it will accommodate them.

However, airlines won't fly animals if it's below 45 degrees or above 84 degrees. The concern is not the temperature in the cargo hold, but the holding area or on the runway where animals wait before boarding a flight. The temperatures at Miami International Airport during the summer will likely be in the 90s. The agent may be planning for the cats to fly on an early morning or late evening flight to avoid these temperature restrictions, or maybe the agent knows of an airline with climate-

controlled holding areas. But this is something to consider if flying cats during the summer.

Overall, the cats will be a bit stressed during the trip but should recover within a few days after reuniting with their "mom."

Dear Cathy: Reo is an 8-year-old, 75-pound, non-aggressive boxer/pit mix. When we are at the dog park or doggie day care, other dogs try to mount him. He pays no attention to it. Any thoughts as to why? -- Elaine, Long Beach, New York

Dear Elaine: While mounting is a sexual behavior, it's also a normal canine posture during play. While most dogs will take turns with this "top-dog" pose, sometimes there is an overly dominant dog who will do most of the mounting or a very submissive dog who doesn't mind the stance or doesn't mount during play at all. If you ever feel like your dog is unhappy or the activity has gone on for long enough, politely ask the other pet parent to call their dog so your dog can have a break.

Dear Cathy: I totally disagree with your advice to Marsha from Queens. Her concern was her daughter and daughter-in-law's new baby getting along with their two dogs, one of which is a bichon-Yorkie mix who she said has already growled at children. You suggest bringing that dog

to a park where children are playing. Worse is the suggestion of "invite friends with kids over." No matter what a good friend you are, I would never volunteer my children as training aides. You did not mention hiring a professional trainer. I would be interested what they would have to say. I'm curious, are you a mother, of human children that is? -- Concerned mother, New York

Dear Concerned Mother: I raised a son around five dogs and five cats during his 18 years, so I can appreciate your concerns. When I gave the advice, I assumed people understood to keep their dogs leashed at the park as the goal was not to engage children, but to listen to and see kids playing. Dogs can be somewhat socialized by just being around other people, kids and dogs.

As for inviting friends with kids over, I am sorry if it sounded like the children would be in danger. The dog should not be out playing with the visiting child but merely in the presence of the child for the same reasons as noted above. The dog should be kept on a

leash or placed in a kennel in the same room so the dog can be present but not interact with the child or vice versa.

Pet parents should teach their dogs some basic obedience and socialize them in as many ways as possible before their baby is born. If a dog is aggressive, then I agree that a professional dog trainer can give the specific advice needed for that particular animal's issues and offer tips on how to manage that dog around the baby. For example, I always fed my food-aggressive dogs in their kennels to prevent my son from walking toward them and triggering a response.

I hope this adds more context to my response and alleviates your concerns. Thanks for writing.

- *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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PAINTING WITH WORDS

America: All People Are Created Equal

Poem Title: *America: All People Are Created Equal*

Poet: Tom Mach

Three years ago I wrote *America!*, a book of poems that contained a poem for each of our 50 states and



Tom
Mach

a main poem called “America: All People Are Created Equal” for our country itself. The most important day this month is the Fourth of July. It was the day that the Colonies officially declared their independence from Great Britain. The founders of the original 13 colonies risked everything for the sake of liberty, and eventually grew to become those 50 states we now have.

However, I would be remiss if I didn’t introduce the subject of America by first thanking our Armed Forces. If there had been no Army, Navy, Air Force, Marines, and Coast Guard, we might never have had an America.

We would not have been able to resist enemies who sought to destroy us and our way of life. It is sad when some folks don’t feel like standing up when our National Anthem is played. It is also sad when some folks deliberately ignore the words “under God” when we sing the anthem.

In my poem I mention “winds of distrust,” indicating that not only was there a lack of trust between the Colonies and Great Britain, but also a lack of trust within the Colonies. The latter involved people who felt insecure in breaking ties with Great Britain, whose symbol was the lion. They didn’t trust that their leaders were doing the right thing.

Patriots like Washington and Jefferson believed that our rights are given by God and not by government and this belief became the centerpiece of the Declaration of Independence. Seventeen years later, in 1793, France also experienced a revolution in which protestors were executed. But it was in 1861 that the unity of America was threatened, when its Southern states seceded from the Union. It was a bloody, costly Civil War in which America paid a high price to retain its sovereignty. But there was even more at stake since the right to life, liberty, and the pursuit of happi-

ness was not given by the government, but by God. As a natural consequence of this fact, slavery was abolished and former slaves later obtained the right of citizenship.

It is amazing how our nation existed for almost two-and-a-half centuries since the Declaration of Independence was signed. I personally believe that it was because God had a hand in our destiny up to this point. But I fear if we leave Him out of our future, if we continue to ignore Him with our lack of morality and show disregard for any kindness toward others in our daily lives, if we assume that only science has all the answers as to why we really are here, our future may become dim indeed.

America: All People Are Created Equal

By Tom Mach

*Blow cold winds,
from Plymouth to Philadelphia.
Blow winds of distrust!
Truths are not always self-evident,
though Jefferson said they were.*

*Men roared back at the Lion
at its large army and navy.
No taxation without representation
because the Declaration of 1776
reminded the cowering Lion
that all men are created equal,
and that the rights of colonists
are given by the Creator—
that among these are life, liberty, and
the pursuit of happiness.
The Lion’s head was thus severed,
but the French aristocracy ignored
their peasants who rebelled.
Seventeen years from the Declaration
the Rooster’s head was severed.
Eighty-five years from the Declaration
the Eagle’s head was to be severed,
but a great Civil War erupted
because the States had to be United.
Some of these States had forgotten
we are one nation under God,
and all people are created equal,
including slaves.*

I wrote a poem for each of our 50 states. If you would like me to email you a copy of a poem for your favorite state, send me your request at tom.mach@yahoo.com

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JUMBLE ANSWERS

Jumbles: DECAY EVENT
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horseman was a -- SLEEPY HEAD

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MY ANSWER

Heaven is never beyond the reach of our hearts

From the writings of the Rev. Billy Graham

Tribune Content Agency

Q: There's a reference in Proverbs 8 to someone else being with God when He created Heaven, suggesting a real place. Why does the Bible not identify who the other person is? -- P.W.

A: The eighth chapter of Proverbs is deep and wide because it identifies the voice of wisdom speaking to our hearts—the Lord Jesus Himself gathering up His eternal attributes that call out to us in His wisdom, understanding, truth, righteousness, knowledge, instruction, prudence, discretion, reverence, counsel, strength, love, honor, justice, rejoicing, blessing, and eternal life.

Heaven is where wisdom both dwells

and calls out to mankind to open our hearts to truth—the Lord Jesus Christ.

“Does not wisdom cry out?... I, wisdom, dwell with prudence... and those who seek me diligently will find me.... The Lord possessed me at the beginning of His way before His works of old. I have been established from everlasting, from the beginning, before there was ever an earth. When there were no depths I was brought forth.... When He prepared the heavens, I was there.... Whoever finds me finds life, and obtains favor from the

Lord” (Proverbs 8). Open the Bible and let the voice of wisdom speak truth to your soul.

Heaven captures the imagination, but it's not an imaginary place or fantasyland in which to dwell. It's not a place one can travel and come back again—at least not in our earthbound life. Heaven is a literal place.

More important than Heaven capturing our imagination is the God of Heaven capturing our souls. Just because Heaven is beyond the reach of our satellites and telescopes doesn't mean that Heaven is beyond the reach of our hearts. The key to finding Heaven is finding Christ, whose voice of wisdom calls out to people still today.

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

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