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Vol. 23, No. 1

INSIDE



From 1947 to 1981 Lawrence was graced with a nationally known, Oscar-nominated industrial/educational film studio, Centron, Inc., which successfully competed with companies on both coasts. - page 5

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STOCK PHOTO

JAAA launches Respite for All program.

See story on page three



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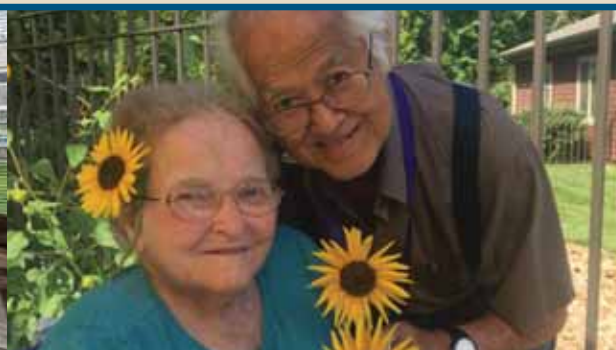
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Volunteers needed for Respite for All program

By Billie David

Michele Dillon, who holds the position of Caregiver Support Specialist with the Jayhawk Area Agency on Aging (JAAA), is looking for volunteers to help launch a venture which she describes as an opportunity for caregivers and the people they care for—in this case people in the early or beginning stages of dementia—and also for volunteers to experience respite, which is defined as “a short period of rest from something difficult or unpleasant.” When these three groups of people come together under a grassroots program called Respite For All, everybody is a winner, Dillon said.

The program is the result of a grassroots effort that began with a discussion between Lawson Bryon, senior minister at First United Methodist Church of Alabama in Montgomery and Daphne Johnson, who had 15 years of experience working as an executive director in a senior living facility. Together

they discussed possible solutions to a growing problem that many members of Bryon’s congregation and others in the community were experiencing: the need to provide support for both the caregivers and the people they are caring for. As the aging population of Baby Boomers adds to the increasing number of people who develop dementia, statistics show that the stress that caregivers experience results in the caregiver often passing away before the person they are caring for. These caregivers need periodic breaks from the ever-present demands on them,


both emotionally and physically, and as their numbers increase, it increases the impact that the growing dilemma has on society in general.

Daphne Johnson accepted the challenge and began visiting existing dementia-care programs to experience firsthand how they were functioning, and from that experience she developed a model that involves not only those with dementia and those who care for them, but also volunteers from the community. By involving all three groups, the lines separating them are blurred, resulting in everyone enjoying

and benefiting from the project. The activities in the program also provide people who have memory issues with meaning through games, art, music, service activities and meals, while volunteers expand their circles of friendship, including other volunteers, leading to a satisfying experience for everyone involved.

Although the idea was developed by a faith community, it works well for other organizations, such as the JAAA, which became involved when an employee of Lawrence Parks and


■ CONTINUED ON PAGE FOUR



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Kevin L. Groenhagen
Editor and Publisher

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Respite for All

■ CONTINUED FROM PAGE THREE

Recreation received an e-mail from a lady named Rochelle, whose mother was in the program in Alabama and who dreamed of starting something similar in Lawrence. Because of her background experience as activity director for Alzheimer's patients, the task was presented to Dillon, and she took off with it and is now looking for volunteers to get it off the ground.

"There is a huge need for reasonably priced respite care for caregivers," Dillon explained. "Instead of charging \$150 a day, for us it would be \$10 per hour."

The Lawrence program will differ from the Alabama model because instead of the service being provided through churches as in Alabama, the startup in Lawrence will be done through JAAA.

"It will be a little different here because instead of paying a director to run it, here they are doing it through JAAA, so it lowers the cost," Dillon said.

The model, which is now a national program that can be further researched at the website www.respiteforall.org, accepts people in the earlier stages of dementia who can still toilet themselves and take meds on their own. Volunteers serve as one-to-one buddies for the clients, helping them with activities, meals, and companionship.

"It gets the person with dementia used to being around other people," Dillon said. "If caught early, it helps develop relationships, and the activities and socialization help slow the

progression of dementia."

Dillon's role at JAAA is to support the caregiver, provide resources, set boundaries, help with behavior, and facilitate caregiver support groups.

When a caregiver applies to participate in the program, the family is interviewed to make sure that the program's criteria are met. And when someone volunteers, a background check is conducted and then training is provided through a video and one-on-one training. If someone has a particular skill set, they are welcome to volunteer that as well.

"We already have a therapy dog and a music therapist," Dillon said.

The volunteers socialize with program participants and help with lunches and activities, and they are also trained on how to handle behavior problems through redirection.



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"We will also have trained people who will be there at all times," Dillon said.

Grace Evangelical Church has volunteered space for the program, which includes room for people to retreat to when they need quiet.

"We are hoping for an August 1st start-up date," Dillon said. "Everything is written and ready to go. We are just waiting for volunteers. We want to start out with five to get the kinks out.

"Volunteers need to have a love for seniors, and they aren't required to be there every Tuesday and Friday," Dillon added. "They can do it once a month if that works for them."

Volunteers are also required to be aged 16 or older.

"We will be serving lunch, so a volunteer with a dietary background would be good," Dillon said. "We are also looking for volunteer musicians and entertainers. And if you can't volunteer in person, you can donate."

Donations include craft items, art supplies, recreation items, and items that can be used for service projects. Cleaning supplies, coffee supplies, and

gift cards are also welcome.

"Participants can use the items to roll yarn into balls, sort poker chips or make placemats. They can sort playing cards by colors and numbers," Dillon said. "Donations keep craft costs down for the families."

Respite For All sessions will be held on Tuesdays and Fridays from 10 a.m. to 2 p.m. at Grace Evangelical Church, 3312 Calvin Drive, in Lawrence. Michele Dillon can be reached at 785-235-1367 for information on drop-off times, locations and other information.

Suggested donations for the Respite For All program:

Pool noodles, balloons, poker chips, yarn, sheet music, name tags, art supplies, old greeting cards, bingo game, word search puzzle books, 100/50-piece puzzles, cleaning supplies, nerf balls, laundry to fold, coffee supplies, gift cards.



Please recycle this copy of *Kaw Valley Senior Monthly* when you are through with it.

Centron Corporation: Lawrence's Little Hollywood

(Editor's note: The following article originally appeared in the December 2006 issue of Kaw Valley Senior Monthly.)

By Faye Riley

From 1947 to 1981 Lawrence was graced with a nationally known, Oscar-nominated industrial/educational film studio, Centron, Inc., which successfully competed with companies on both coasts. The late Art Wolf and Russell Mosser started the company and employed talented and creative people to make films. Many of these people are alive today. They succeeded through Midwestern teamwork, a family atmosphere, and staying ahead of the technological curve.

Lifelong friends, Wolf and Mosser started the company at 1107 Massachusetts, across the street from the Douglas County Courthouse in downtown Lawrence. The film studio began modestly in one large room without sound-

proofing. In 1948, Wolf and Mosser opened the Mosser-Wolf Camera Shop in the front of the same building to support the fledgling film business.

Although Kansas was hardly considered a major industrial location after World War II, Lawrence had many benefits. One advantage of having a company in the Midwest was lower labor costs. Kansas' film industry was not unionized. The proximity of the University of Kansas to the sound studio also provided a labor pool of actors, employees, and consultants.

Wolf related a story of going to New York to a film company to make a sales call and waiting for hours in the company's lobby. When he was finally ushered into the New York executive's office, the exec-

utive announced that he didn't have time to meet with him; rather he just "wanted to see what someone from Kansas looked like."

The company began with a film on contract to Young America Films from New York, "Sewing Simple Seams," a black

and white educational film demonstrating sewing techniques. The film was successful and garnered Centron a contract for several films over a period of years, creating an economic base for the company. During the filming, Mosser brought the lights too close to an actor's hair-sprayed

hair and nearly set her hair on fire.

The ability to take risks and innovate was a hallmark of Centron's business style. Wolf stayed on the edge of new technology to compete with larger

companies in urban areas. In 1966 he flew to Switzerland after recording music in Vienna and purchased a Nagra portable sound recorder from the inventor, Stephan Kudelski, shortly after the major television networks in the United States began using the tool.

Wolf and Mosser paid cash for everything but the mortgage, two IBM Selectric typewriters and Centron's Oxberry animation stand. (An Oxberry stand is a freestanding device upon which animation is created.) On the larger economic scale, Mosser and Wolf used the "Uncle Henry" method to decide what subject matter to film for the coming year. Mosser's Uncle Henry was a farmer. Every year he would visit his neighbors and ask them what crops they were planning to plant that season. When he had determined the predominant crop, perhaps wheat, he would plant a different crop, because the market demand would be greater. Comparably, Mosser and Wolf would talk to other compa-

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nies at trade shows to determine what subject area was in vogue that year, and offer films in subject areas that were differentiated from the competition. For instance, after Sputnik was launched in 1957, Wolf and Mosser correctly assessed the market for science films would prove the most popular for the coming year. They successfully made and marketed a series of award-winning geography films instead.

Centron was a complete production house from the inception of a script, to photography, to casting of the actors, to editing and sound. The ability to cast ideas and carry them from beginning to end was a great selling point. Other production companies that were small often had to outsource or subcontract cinematography or editing, creating an uneven finished product in terms of quality. Quality, coming in on time and under budget were hallmarks of Centron films. Mosser always said, “Give them more than they expect and charge them less than they expect.”

Wolf and Mosser had a tremendously talented and creative staff working together to create the films. The staff included Margaret “Trudy” Carlile Travis and John Clifford, writers; Norman Stuewe, John English and Robert Rose, cinematographers; Douglas Poulter, Linda “Sam” Haskins, the late “Herk” Harvey, directors; John “Buck” Newsom, industrial sales vice-president; James Roupe, educational sales vice president; Charles Lacey, director of production and 50-plus additional staff. The staff worked together, innovating and creatively solving problems with hard work and ingenuity. In the midst of the hard work, however, they had fun. Personal birthdays were celebrated with skits and limericks. Teamwork was essential to the functioning of the company. Camaraderie was legendary within the company. Trudy Travis once said, “It’s not about the scripts; it’s not about the set; it’s not about any of these things. It took place outside of Centron at the hospital when Herk bullied his way into intensive care where my husband was dying and gave

me a shoulder to cry on.”

In addition to their educational films for companies such as McGraw-Hill, Centron contracted with corporate clients to create industrial films. Industrial films were used by corporations at sales meetings to educate and entertain their sales force, to educate consumers about products and also to provide information about certain subjects. Centron also made films for industrial clients such as the Spencer Chemical Company, General Motors, General Electric, Exxon, Phillips Petroleum, Continental Oil, Skelly Oil, Monsanto Chemical Company, Eli Lilly & Company, Hallmark, Sears-Roebuck, Caterpillar, John Deere, Tenneco, and Union Pacific and Company. Eventually, Centron acquired government clients, including the United States Navy and Air Force, for which they made training films.

In 1955, Centron had outgrown its building at 1105 Massachusetts. The staff had grown from four to 15 people and business was continually growing, requiring more space to accommodate the increased production schedule. Wolf and Mosser bought a piece of property at 1621 W. 9th Street to build their own studio, where it stands today as the home of the film department of the University of Kansas Department of Theatre and Film. **(Update:** The Kansas Board of Regents approved the sale of the building in 2020. The demolition of the building took place the following year.) The building had a complete sound stage, one-fourth the size, to scale, of a Hollywood soundstage. Offices for Wolf and Mosser were created on the west end of the building, across the hall from one another. Wolf’s office, on the south, featured a window that looked onto the soundstage below. A reception area and additional offices were created. A walk-in vault with a steel door featured a combination lock to store government films. Government films were required, by contractual agreement, to be kept in a secured area. In the new building, adjustments were made by all.

The larger building required a change in communication. The building on Massachusetts Street was so small that staff could hear one another talking and keep abreast of daily information with little effort. In the new building, everyone had their own offices so a

half-hour meeting at 8:30 on Monday morning was instituted. The need for communication was met in another way, informally dubbed “The Coffee Hour.” Animator Loren Dolezal said, “At nine thirty or ten o’clock, the secretary would announce that coffee was ready. There would also be doughnuts and rolls. I thought, ‘Whoa, this is heaven.’” The coffee hour was so named because the coffee break turned into an hour-long conversation. Many

things were decided there. Wolf said, “We finally had to put a limit on it. There were many things decided and discussed around that coffee table. Management had to slow it down.”

Centron built an addition to the studio in 1965. The addition contained 7,000 square feet for a total of 18,200 square feet. Added were a conference room and a projection room. In addition, on the first floor, they added edit-

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ing rooms, a conforming room, an airbrush and titling room, and rooms for the art department, adjacent to the animation room. All of these stations enjoyed their own ventilation system with a door that sealed to keep the area dust-free. They also added a set storage area and a small studio adjacent to the original soundstage.

When there were occasional slow periods, Wolf and Mosser would send crews out to shoot footage on miscellaneous topics. One of the subjects that they filmed was Leo Beuerman, a physically challenged man who would drive his tractor to town to sell pencils in front of the bank building at 7th and Massachusetts streets or the former Woolworth's near the corner of 9th and Massachusetts. Gene Boomer directed the film and Trudy Travis wrote the script. Wolf and Mosser thought the footage was special and Wolf decided to write some music to accompany the piece. He flew to Vienna and had the music recorded to create a rough cut of the film.

A Hollywood writer, William Bowers, who had written the comedy, "Support Your Local Sheriff" starring James Garner, visited the University of Kansas Speech and Drama Department (which hosted the division of radio, television, film) and asked to tour Centron. The Leo Beuerman film wasn't finished yet, but they played the workprint for Bowers on an interlock projector. After he had seen the film, Bowers said it was Oscar material. Wolf and Mosser were not convinced, but when Bowers returned to Hollywood, he entered the film into the Academy Awards. Wolf, Mosser and the staff continued to work on the film, making a special 35mm print that was officially required to book "Leo" into a Los Angeles theater and then submit it to the Academy. The film was nominated in 1969 for the 42nd annual Academy Awards. While it didn't win the Oscar, the nomination of such a small studio indicated that Wolf and Mosser were on the right track.

"Leo" won a total of 13 top awards in American and international festivals

and was translated into several languages, including Spanish, German, French and Japanese, and distributed worldwide. Mosser said, "The film was inspirational, it was motivational, it created sensitivity to others, it had a rather basic philosophy of life. In retrospect it spoke to each viewer some special way and that was its genius.

Following the nomination, McGraw-Hill, the regular distributor of Centron films, decided not to market the film, so Centron began its own distribution company, Centron Educational Films (CEF), to distribute its own films and other companies' films. "Leo" was an effective door-opener to educational sales, so much so that Centron eventually became known as "the Leo company" in educational film circles.

At times there were three Centron camera crews on the road at a time, in the United States, Europe, as well as South America. Centron's small size and cross-training of staff in jobs allowed them to be flexible. This flexibility of the crews allowed Centron to do projects overseas with a minimum of people, thus a minimum of cost. Centron hired many Lawrencians and KU actors and they also hired professional Hollywood actors. Hollywood actors included George Gobel, Dennis Day, Rowan and Martin, Anita Bryant, and Ed Ames.

Ironically, the technological innovation that had served Centron so well in achieving their success was also the reason for closing the company. When the industry moved from film to video technology, Wolf and Mosser decided not to try to keep up with the changes. Faced with a million-and-a-half dollar investment for technological retooling of Centron and given their ages and desire for retirement, Wolf and Mosser decided to sell the company. Esquire, Inc., parent company of Coronet Films, bought the company on December 31, 1981. The company continued in several incarnations until 1991. Charles and Hortense "Tensie" Oldfather" gave the studio to the University of Kansas Film area of the Department of Theatre and Film.

- Faye Riley has her Ph.D. in Film from the University of Kansas. She is a filmmaker. She was awarded the Herk Harvey Outstanding Graduate Teaching Assistant in Film in 2004. She wrote her dissertation on Centron.



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SAVVY SENIOR

Best meal delivery services for seniors who don't cook

By Jim Miller

Dear Savvy Senior: Can you recommend some good healthy meal delivery options for seniors who don't cook or get out much? My 80-year-old father, who lives alone, has a terrible diet and I worry about his health. - Concerned Daughter



Dear Concerned: There are actually a wide variety healthy meal delivery options that can help non-cooking seniors who live at home. Here are several top options to check into.

Community-Based Programs

A good place to start, is to find out if there's a senior home delivery meal program in your dad's area. Meals on Wheels is the largest program that most people are familiar with, but many communities offer senior meal delivery programs sponsored by other organizations that go by different names.

To find services available in your dad's area, visit MealsOnWheelsAmerica.org, which offers a comprehensive

directory on their website, or call the area aging agency near your dad. Call the Eldercare Locator at 800-677-1116 to get the local number.

Most home delivered meal programs across the U.S. deliver hot meals daily or several times a week, usually around the lunch hour, to seniors over age 60 who have problems preparing meals for themselves, as well as those with disabilities. Weekend meals, usually frozen, may also be available, along with special diets (diabetic, low-sodium, kosher, etc.).

Most of these programs typically charge a small fee (usually between \$2 and \$9 per meal) or request a donation, while some may be free to low-income seniors who qualify for Medicaid. There are also some Medicare Advantage plans that cover limited meal service benefits.

Meal Delivery Service Companies

Another great option for your dad is to order him some pre-made meals online from a meal delivery service company. These companies provide a wide variety of tasty meal choices and will usually post the nutrition information for their meals right on their website.

Most companies will also cater to a host of dietary and medical needs, such as low-sodium and low-carb meals, diabetic meals, gluten-free, dairy-free,

■ CONTINUED ON PAGE NINE



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and vegetarian options. Plus, the ordering process is very easy.

Depending on the company you choose, the food arrives either fresh or frozen and most deliver all across the U.S. Prices generally start at around \$8 to \$13 per meal, plus shipping, however many companies provide discounts or free shipping when you order meals in bulk. And most companies work with Medicaid and some Medicare Advantage plans to help reduce costs.

Some of the best meal delivery companies for seniors, as rated by Verywell Health for 2023 include:

- Best Variety: Magic Kitchen (magickitchen.com)
- Best Value: Mom's Meals (momsmeals.com)
- Best for Nutrition Consultation: BistroMD (bistro.md.com)
- Best Plant-Based Meals: Mosaic (mosaicfoods.com)
- Best Gluten-Free: ModifyHealth (modifyhealth.com)
- Best Chef-Prepared: CookUnity (cookunity.com)
- Best for Customization: Snap Kitchen (snapkitchen.com)

For more information on this list and their testing methodology, visit VerywellHealth.com and search "Best Meal Delivery Services for Seniors."

Grocery Stores and Restaurants

Depending on where your dad lives, he may also be able to get home delivered meals from local grocery stores or restaurants. Some grocery stores offer a selection of pre-cooked meals and foods, including roasted chicken, mashed potatoes, and fresh soups and salads. Contact the grocery stores in your dad's area to inquire about this option. Or check with some of his favorite restaurants to see if they offer home delivery, or he could use a restaurant delivery service like UberEats.com, DoorDash.com or GrubHub.com.

Dear Savvy Senior: How are Social Security benefits handled when someone dies? After a long illness, my 68-year-old father has only weeks left to live. I am helping my mom figure out her financial situation going forward, including what to do about my

dad's Social Security after he passes away but could use some help. - Only Son

Dear Only: I'm very sorry about the impending loss of your father. To help you and your mom understand what Social Security provides and what needs to be done when a family member dies, here are some key points you should know.

Your first order of business will be to make sure the Social Security Administration is notified when your father dies, so his monthly benefits will be stopped. In most cases, the funeral home providing his burial or cremation services will do it. You'll need to provide your dad's Social Security number to the funeral director so they can make the report. But, if they don't offer that service or you're not using a funeral home, you'll need to do it yourself by calling Social Security at 800-772-1213.

When Benefits Stop

There are a couple of things to be aware of regarding your dad's Social Security benefits. For starters, you need to know that a person is due no Social Security benefits in the month of their death.

With Social Security, each payment received represents the previous month's benefits. So, if your dad were to pass away in August, the check for that month—which would be paid in September—would need to be returned if received. If the payment is made by direct deposit, you would need to contact the bank or other financial institution and ask them to return any benefits sent after your dad's death.

Survivor Benefits

When your father passes away, your mother may be eligible for survivor benefits on his record if she's at least age 60 (50 if disabled). Here's how that works depending on her situation.

If your mom is currently receiving Social Security benefits based on your father's work record, her spousal benefit will automatically convert to survivors benefits when the government gets notice of your dad's death. She cannot receive both spousal and survivor benefits at the same time.

Widows are due between 71 percent (at age 60) and 100 percent (at full retirement age) of what the husband was getting before he died.

If, however, your mom is eligible for retirement benefits (but hasn't applied yet), she can apply for retirement or survivors benefits when her husband passes away and switch to the other (higher) benefit later. Or, if your mom is already receiving her retirement benefits on her own work record, she could switch to survivors benefits if it offers a higher payment. She cannot, however, receive both benefits.

To apply for survivors' benefits, your mom will need to call Social Security at 800-772-1213 and schedule an appointment. She can't do it online.

You should also know that survivor benefits are available to former spouses

and dependents who meet SSA qualifications—see SSA.gov/benefits/survivors.

Also note that if your mom collects a survivor benefit while working, and she's under full retirement age, her benefits may be reduced depending on her earnings. See SSA.gov/pubs/EN-05-10069.pdf for details.

Death Benefit

In addition to survivor benefits, Social Security will also pay a one-time payment of \$255 to your mom (the surviving spouse) if she was living with your dad at the time of his death. If they were living apart, she may still receive this one-time payment if she's collecting spousal benefits on his work record. In the absence of a surviving spouse, the lump-sum payment can go to a son or daughter who is eligible for benefits on the deceased's work record.

- *Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.*



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MAYO CLINIC

Advances in screening for colon cancer

By Johanna Chan, M.D.

Mayo Foundation for Medical Education and Research

DEAR MAYO CLINIC: A friend of mine passed away recently after receiving a colon cancer diagnosis. Who is at risk for this cancer, and should I be screened?

ANSWER: Colorectal cancer includes colon and rectal cancers, both originating in the lower portion of the large intestine and into the rectum. Estimates are that about 1 in 20 individuals in the U.S. will be diagnosed with colorectal cancer in their life. Men are slightly more likely than women to be diagnosed with colorectal cancer, and African Americans have a higher risk than people of other races.

In the fall of 2020, the U.S. Preventive Services Task Force updated its recommendations for screening for certain populations to start at age 45 — five years earlier than the previous recommendation. Colon cancer is one of the only cancers that can be prevented with effective screening.

Previously, colorectal cancer was seen as a disease of aging, particularly since the risk of developing this cancer increases after 50. However, anyone is at risk.

In the past few decades, there has been a growing trend of more young people developing colorectal cancer.

Recently, statistics showed an increase in colorectal cancer diagnoses in people 40 to 49, but half of young-onset colorectal cancer patients are under 40. Research is ongoing to determine what factors may be influencing the increased rate of occurrence in a younger population.

There are several additional factors that contribute to the development of colorectal cancer. Risk factors include:

- Family history
- Inflammatory bowel disease
- Diabetes
- Low-fiber and high-fat diet
- Radiation therapy for cancer
- Hereditary colon cancer syndrome

The most common screening is a colonoscopy. The goal of screening is to identify and remove precancerous polyps that may develop into cancer. If polyps are found early and removed, the risk for cancer is reduced. Polyp development can be hereditary.

Recent technological advancements have elevated screening methods. For instance, artificial intelligence (AI) colonoscopy is being used to augment the traditional colonoscopy examination. Specifically, artificial intelligence assists in the identification of potentially dangerous colon polyps. AI colonoscopy has been shown to increase the yield of detecting colon polyps —

making colonoscopy even more effective as a cancer prevention tool.

Many people put off colonoscopies for a variety of reasons. In recent years, there have been advancements in screening tests, including some noninvasive options. Certain patients, specifically those considered to be at average risk for cancer, may be candidates for at-home, noninvasive, stool-based testing. Virtual colonoscopy is another noninvasive option that uses CT scanning, but it does still require completion of a bowel preparation. It is important to note that any abnormal finding on a noninvasive screening test warrants further investigation with a diagnostic colonoscopy.

Not knowing your personal risk or family history, I would recommend speaking to your primary health specialist about what screening method may be right for you. Learning whether any family members have a family history of polyps or colon cancer can help identify the best type of screening and how often it should be repeated. Patients found to have a hereditary condition may need to be screened more often. The most common is known as Lynch

syndrome, which is an inherited mutation in a gene that increases a person's risk of many kinds of cancer, including colon, ovarian and endometrial.

Be aware of the symptoms of colorectal cancer. These can include abdominal pain; change in normal bowel pattern; unexplained or unintended weight loss; blood in the stool; or dark, tarry stools. Fatigue can result from blood leaking from a tumor and lead to anemia, a decrease in oxygen-carrying hemoglobin that is measured by a blood test.

Though COVID-19 resulted in a decrease in the number of colonoscopies performed, these screenings are the most effective for identifying cancer early. Colon cancer is the only cancer that is preventable. — Johanna Chan, M.D., Gastroenterology, Mayo Clinic, Jacksonville, Florida

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

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HEALTH & WELLNESS

What is gluten intolerance?

Gluten-free diets, gluten sensitivities, and gluten intolerances are becoming very common in the United States. When a person goes to the grocery store, they can find rows of gluten-free items,



Dr.
Deena
Beneda

the desired ingredient that gives dough elasticity and helps the bread rise. Gluten can also be added to foods and isn't always just found in bread. Many imitation meats resembling chicken, duck, beef, pork, crab, and fish can have gluten added to them. Gluten also can be found in items like ice cream, ketchup, and soy sauce.

Celiac disease is when people have an autoimmune reaction to gluten in their diet in their gastrointestinal tract after they ingest gluten. This reaction can result in damage to the intestinal lining of your GI tract. Celiac disease is diagnosed via blood work or an intestinal biopsy. Sometimes people do not have an autoimmune reaction to gluten, but still cannot tolerate gluten. This is called gluten sensitivity, gluten intolerance, or non-celiac gluten sensitivity. Symptoms of gluten intolerance can be similar to celiac disease. This is why it can be tricky to tell the difference

which were unheard of 10 years ago. Restaurants even have gluten-free menus. What is gluten intolerance? Should everyone be eliminating gluten from their diet? If a person suspects gluten sensitivity, how do they get tested?

Gluten is a protein found in foods mostly processed from wheat and related grains, including barley or rye. Gluten is

between gluten intolerance and celiac disease based on symptoms alone and a medical test is often performed. People complaining of gluten intolerance could experience a wide variety of symptoms, such as fatigue, brain fog, attention hyperactivity disorder, attention deficit disorder, gastrointestinal complaints, including diarrhea, constipation, gas, bloating, and stomach pain, neurologic issues, such as dizziness, joint pain, migraine headaches, sinusitis, eczema, psoriasis, acne, arthritis, pre-menstrual

syndrome, mood disorders including anxiety, panic attacks, and depression.

Testing for gluten sensitivity testing can be done through a simple blood test. If you or someone you know is having a problem every time they eat gluten or gluten-containing items, please check with your healthcare practitioner about the next steps to diagnose gluten sensitivity.

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

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HEALTH & WELLNESS

Guitarist returns to playing with help from OrthoKansas

By Autumn Bishop

LMH Health

One of the great joys for Old Time Country Music Hall of Fame member Danney Williams is playing the guitar. He was set to play in the band last fall at a local church dance when disaster struck. He was doing some work at the church, going up and down a ladder but before he knew it, it had gone out from under him.

back to a treatment room, Williams learned that he was right. He had broken both of his wrists in the fall. They were placed into splints, wrapped and he was sent home to rest. The following Monday, he had an appointment with physician assistant Ryan Fleming at the Express Care clinic at OrthoKansas.

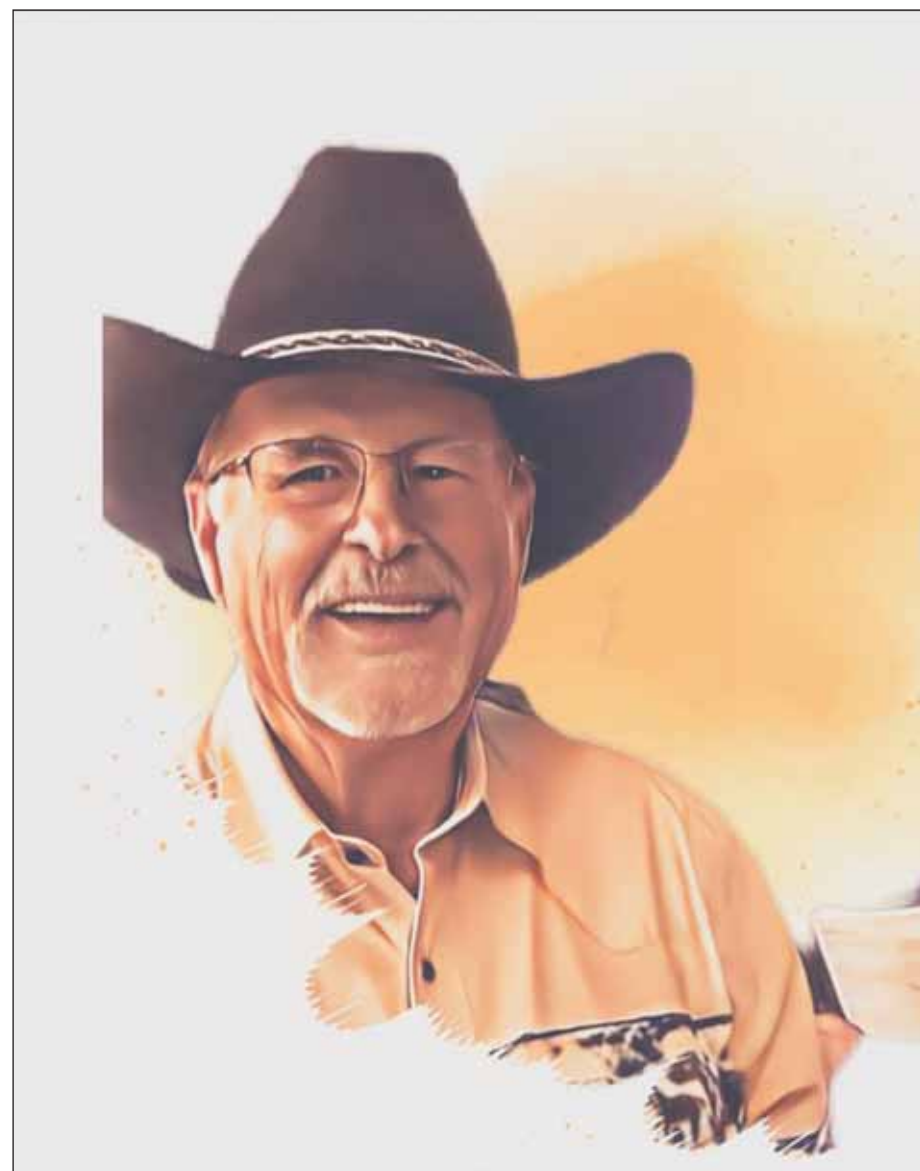
Fleming diagnosed Williams with distal radius fractures in both wrists. These fractures occur when the radius—one of the two long bones in the forearm—breaks close to the wrist. According to the American Academy of Orthopaedic Surgeons, the radius is the most commonly broken bone in the arm.

“A distal radius fracture can occur in people of all ages,” said Neal Lintecum, MD, an orthopedic surgeon with OrthoKansas. “In older people, this can occur from a fall on the wrist. Breaking both wrists can occur due to a number of injuries, but a fall is the most common.”

Just a few days after his initial visit at the clinic, Williams was headed into surgery with Dr. Lintecum to begin the repairs.

“We started by repairing the left wrist—the one with the worst injury—first,” Lintecum said. “After the other wrist began to settle, we went back in and performed surgery on that side as well.”

Williams was put into casts after



Danney Williams

“I was up three or four steps when the ladder collapsed,” he said. “I was falling and the next thing I know, I’m on the floor looking at my wrists and knew it wasn’t good. I knew they were broken.”

Others who were present in the church heard the fall and ran to help. They knew from the scrapes on his forehead that Williams had hit his head and urged him not to get up. That wasn’t a problem, since he needed help and couldn’t do it on his own. They loaded Williams into a van and drove him to the emergency department at LMH Health.

Not one but two breaks

After checking in and being taken

surgery to help begin the healing process. With both hands compromised, he wasn’t able to do anything by himself. He was fortunate to have his wife by his side.

“She was a lifesaver. For better or worse, in sickness and health, she was there,” Williams said.

Things got a little dicey when Wil-

■ CONTINUED ON PAGE 13



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■ CONTINUED FROM PAGE 12

Williams' wife was diagnosed with COVID during his recovery. He still wasn't able to care for himself, so their daughter, Theresa, came to help as his wife isolated in another room. He also shared that numerous people offered support with food, visits, cards and calls.

Return to the music

While recovery is different for everyone, Lintecum explained that patients with a distal radius fracture typically recover in about two months. Physical therapy isn't always needed during that time, but Williams turned to a therapist for help to get back to doing what he loves—playing the guitar.

“My therapist said that he thought I was improving more quickly than folks who only break one,” he remarked. “If you break one, you can overcompensate with your good hand. I didn't have any good ones, so I had to do the exercises to get them back in operation.”

Williams was released from therapy on February 10, but he'd been making progress along the way. He's back to playing the guitar—though not as much as before—and was even able to play Silent Night at Christmas Eve Mass and in Dr. Cook's Medicine Show Band for a New Year's Eve dance. He doesn't have complete movement without a little bit of pain, but can play most of the jobs he has.

“I only play four to five times a month now and I'm comfortable with that. My therapist said I'm coming along really well and that I can have full recovery in time,” he said.

When you need care for an orthopedic injury, Williams recommends turning to LMH Health and Dr. Lintecum. He said that talking with everyone at LMH almost felt like he was sitting in his own living room talking with family.

“It's a tough thing to lose the ability to use your wrists and not knowing what the outcome will be. I think about it and get kind of emotional,” he said softly. “Everyone at LMH from the receptionist to the anesthesiologist, the doctor and nurses—I've never been anywhere and treated any better. I don't think you could go anywhere and have better care than I've had here.”

Williams joked that his goal is to get to the point that he doesn't have to ask his wife to open a jar. He's ready for her to go back to asking him for help. He feels fortunate to be able to get back to playing the guitar and doing the other things he used to.

“It's amazing that I couldn't even dial the phone to call 911 and now I'm able to play the guitar in just a few months,” Williams said. “The words don't come to express my appreciation for the team at LMH Health enough.”

- Autumn Bishop is the marketing manager and content strategist at LMH Health.



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FINANCIAL FOCUS

Retirees: Talk finances with your grown children

When you're retired, you'll likely have some financial concerns — just like all retirees. However, if you've invested regularly and followed a long-term financial strategy, you should be able to address most issues that come your way. But there's one important action that's sometimes overlooked by retirees: sharing their financial situation with their grown children. And this knowledge can benefit everyone in your family.



Derek
Osborn

You might be surprised by the concern your children have for your financial well-being. Consider these findings from a 2023 study by Age Wave and Edward Jones:

- 66% of millennials (generally defined as ranging from 27 to 42) worry that their parents or in-laws may not have enough money to live comfortably in retirement.

- 83% of millennials would rather know their parents are financially secure in their retirement, even if it means their parents pass on less money to them.

If you have children in this age range or older, or who soon will be, how can you address their concerns and potentially improve your financial outlook? Communication is the key. By openly communicating with your family about your financial status, you can reduce anxieties and misperceptions. If you're in good financial shape, your adult children may be reassured that you won't be needing their assistance. And if you are feeling some financial pressures, you can inform your children of the steps you are taking to improve your situation.

One such step may be to reduce your cost of living — the less you spend day to day, the better your ability to preserve your investment and retirement accounts. You may be able to reduce costs in many small ways, such as ending streaming services you no longer use, but you could make an even bigger impact by downsizing your living arrangements. In fact, 72% of today's retirees have downsized or are willing to downsize to reduce their housing costs, according to the Age Wave/Edward Jones survey. Downsizing isn't for everyone, but if it's a possibility for you, it may be worth considering because the savings could be significant.

You may also be able to reduce or consolidate your debts. Start by under-

standing how much and what kinds of debt you have. Then, consider ways to lower your payments, such as refinancing. For example, if you're carrying a balance on multiple credit cards, you might be able to transfer the amounts you owe onto a single card with a more favorable interest rate.

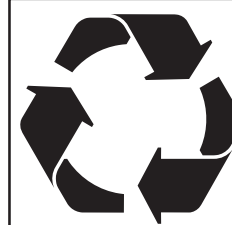
Here's another move to consider: Adjust your investment mix to possibly provide you with more income in retirement. During your working years, you may have invested primarily for growth — after all, you could be retired for two or more decades, so you'll need to draw on as many financial assets as possible. But once you're retired, your investment focus may need to shift somewhat toward income-producing opportunities. Keep in mind, though, that you'll still need some growth potential to help keep ahead of inflation.

One final suggestion: Let your children know if you already have a strategy in place to meet the potentially

high costs of long-term care, such as a nursing home stay. This burden is certainly something you won't want your children to take on.

By informing your children about your financial picture, and how you're trying to improve it, you can ease everyone's minds — so keep the lines of communication open.

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



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JILL ON MONEY

The bear market is dead, long live the bull!

There is something arbitrary and comforting about the anointment of bull and bear markets.

Focusing on a snapshot in time, where a 20 percent increase or decrease in market indexes occurs, can't possibly tell us the whole story about the economy and its impact on consumers.



Jill
Schlesinger

But like the churn of the ocean before a storm — and the subsequent tranquility after the worst is over, there is a good lesson for investors: Those who do not panic amid the clouds of confusion are often rewarded with sunnier skies.

Recent Bulls and Bears (data from Yardeni Research):

The longest bull market on record started in March 2009 after the Great Financial Crisis (GFC) Bear Market mauled its way through the system. The GFC Bear lasted 517 days (from 10/9/2007 to 3/9/2009) and caused a 56.8% drop in the S&P 500 index. Yes, it was painful but those who remained invested would soon enjoy a stunning

11 years of upward progress in stocks.

The party finally ended in March 2020, when the pandemic wreaked havoc on our lives, ushering in the COVID Bear Market.

To help thaw the frozen economy, Congress enacted a series of spending measures and, concurrently, the Federal Reserve slashed interest rates to zero and purchased government and mortgage-backed bonds.

The combination of these trillions of dollars that flowed into the system truncated the COVID Bear, which lasted only 33 days (2/19/20 to 3/23/20), but the damage was intense with a 33.9% drop in the S&P 500 index.

The new bull market emerged from the worst days of the pandemic and lasted until January 2022 (the technology sector reached its peak a few months earlier, in November 2021).

As 2022 started, it was obvious that the Federal Reserve was planning to increase interest rates in order to clamp down on inflation. Few anticipated that the central bank would conduct its most aggressive rate hike campaign since the early 1980's.

High inflation and rising interest rates were the toxic combination that brought down stock (and bond) prices throughout 2022, until what we now know was the low print for the S&P 500 on October 12, 2022. The Fed

Bear Market lasted 282 days (1/3/2022 to 10/12/2022) and slashed the value of the S&P 500 by 25.4%.

Since October of last year, there were plenty of predictions that still-high inflation alongside high interest rates would keep the bear active and would trigger a recession at some point in 2023.

And yet, stock index prices seemed to defy expectations, as many companies were able to make money, job creation continued and new innovation in the form of AI ignited animal spirits. The bear market ended on June 8, which marked the day that the S&P 500 index had climbed more than 20% from the January 2022 lows.

There will be much talk about this new bull, but here's what to expect in the near term: Some investors who tut-tutted the stock market and doubted its ability to recover, will throw in the towel and pile in.

Others will say that the recent gains are only from a small group of Mega-Cap Tech stocks (Alphabet, Amazon, Apple, Meta, Microsoft, Netflix, NVIDIA, and Tesla), and the narrowness of the rally means that the recent rally cannot be sustained.

Some of these bears will say that the current upward trend in stocks may just be a bear trap, where investors are lured into buying stocks, only to confront a more vicious bear in the future.

The rest of us (aka rational, long-term investors) will look past the two extremes and cling to our well-diversified portfolios of index and exchange-traded funds.

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

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SENIOR CALENDAR

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

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

ARTS & CRAFTS

FIRST FRIDAY OF THE MONTH

ARTSCONNECT FIRST FRIDAY ARTWALK

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

TOPEKA, artstopeka.org/firstfriday

SECOND SATURDAY OF THE MONTH

OPEN AIR ART MARKET

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

LAWRENCE

LAST FRIDAY OF THE MONTH

FINAL FRIDAYS

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

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JUL 27

THEY CHANGED MY NAME

Jose Faus brings together the dynamics of immigration told through the lens of visual art and poetry. Topeka and Shawnee County Public Library - Marvin Auditorium 101AB, 6-6:55 p.m.

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

EDUCATION

JUL 3

NEW TO MEDICARE

Get Medicare advice from Jayhawk Area Agency on Aging. Topeka and Shawnee County Public Library - Marvin Auditorium 101C, 1-2 p.m.

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

JUL 5, 6, 7, 12, 13, 14, 19, 20, 21, 26, 27, 28

COMMUNITY NAVIGATOR

Community Navigator volunteers through United Way of Kaw Valley will help clients to prepare paperwork, gather documentation, access community resources that might benefit and/or support their needs. Topeka and Shawnee County Public Library - Community Resources Office 120C, 8 a.m.-3 p.m.

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

JUL 6

DR. MARTIN CLEMIS: "INVASION AND COUNTER INVASION: VIETNAM, 1976-1979"

On December 25, 1978, soldiers from the People's Army of Vietnam (PAVN) crossed into Cambodia as part of a punitive expedition against the Khmer Rouge. Three months later, in response to this incursion, the People's Republic of China sent combat troops into Vietnam's northern provinces. The Vietnamese invasion of Democratic Kampuchea and Chinese counter-invasion of the Socialist Republic of Vietnam marked the beginning of the Third Indochina War, an unforeseen and unprecedented conflict that pitted three regional communist powers against one another in the pursuit of ethnopolitical objectives. This lecture will examine the origins, conduct, and outcome of these military invasions, and discuss their historical implications on the global Cold War. Robert J. Dole Institute of Politics, 2350 Petefish Drive, 3-4:15 p.m. Free.

LAWRENCE, 785-864-4900

doleinstitute.org/event

JUL 10

CUTTING THE CABLE CORD

Learn about some of the alternatives to traditional cable or satellite TV, and the benefits and drawbacks of streaming TV and HDTV antennas. Topeka and Shawnee County Public Library - Learning Center, 10-11 p.m.

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

JUL 10, 17, 24, 31

COMMUNITY NAVIGATOR

Community Navigator volunteers through United Way of Kaw Valley will help clients to prepare paperwork, gather documentation, access community resources that might benefit and/or support their needs. Topeka and Shawnee County Public Library - Community Resources Office 120C, 11 a.m.-6 p.m.

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

JUL 11

INTERNET GENEALOGY 2

Learn more about researching your family with this interactive class. You will learn how to find local resources online and from libraries and repositories. Register for Zoom link. Topeka and Shawnee County Public Library - Virtual Room 02, 10-11:30 a.m.

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

JUL 12

FLOODED! TOPEKA IN THE 1951 FLOOD

On July 12 of 1951 the Kansas River rose 36 feet making it one of the worst floods in Kansas history. Great Overland Station was flooded with eight feet of water and North Topeka was changed forever. This is a sit down program at Great Overland Station and it explores this historic event, the people it affected and how the state and federal government rose to the challenge to ensure a flood of that scale would not happen again. Presented by Shawnee County Parks + Recreation. Great Overland Station, 701 N. Kansas Ave., 6-7 p.m. Fee.

TOPEKA, 785-251-6800

JUL 13

INSECTS: THE GOOD, THE BAD AND THE UGLY

Learn about garden pests and which insects to encourage in your garden. Presented by Caroline Seals. Topeka and Shawnee County Public Library - Marvin Auditorium 101C, 7-8:30 p.m.

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

JUL 17

EXCEL: INTRO TO SPREADSHEETS

Learn about cells, columns, rows, AutoSum, simple formulas and page setup features. Topeka and Shawnee County Public Library - Learning Center, 10-11 a.m.

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

JUL 17

MEDICARE PART D

Jayhawk Area Agency on Aging staff will help you navigate Medicare Part D to make sure you are getting the best prices for your medication. Topeka and Shawnee County Public Library - Marvin Auditorium 101C, 1-2 p.m.

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

JUL 18

BEEKEEPING DEMO

Becky and Steve Tipton will show you the equipment & techniques they use in their beekeeping business! This is your chance to learn about this job/hobby without having to worry about being stung! Topeka and Shawnee County Public Library - Learning Center, 7-9 p.m.

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

JUL 18, 25

COMMUNITY NAVIGATOR

Community Navigator volunteers through United Way of Kaw Valley will help clients to prepare paperwork, gather documentation, access community resources that might benefit and/or support their needs. Topeka and Shawnee County Public Library - Community Resources Office 120C, 8 a.m.-6 p.m.

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

JUL 24

EXCEL: LISTS

Familiarity with basic Excel is required for this class. Learn to create field names, sort lists and link worksheets. You'll learn to make lists that can also be used in our Word: Mail Merge class. Topeka and Shawnee County Public Library - Learning Center, 10-11 a.m.

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

JUL 25

FROM THE GREAT WAR: A POSTCARD MESSAGE SENT, RECEIVED, AND THEN RETRIEVED

Join us at the Lawrence Public Library for a unique presentation by Prof. James J. Heiman of Metropolitan Community College, Blue River. Selected, written, and sent by soldiers and civilians during the Great War, postcards discovered today in shoe boxes scattered about the vendor booths of antique malls tell authentic stories of unique moments in time that can never be fully replicated. Augmented further with biographical research, these post cards also reveal the larger story of a people who entered into a global conflict carrying the burdens of past conflicts inside. Here in post cards is the story of a native man, Sam Fairbanks, who was inducted into the army in Lawrence, Kansas, in 1917, and his friend Charley Little Owl, who joined an artillery regiment from Minnesota. Both men had attended an Indian Training School. Lawrence Public Library, 707 Vermont St., 6-7 p.m. Hybrid event. Free.

LAWRENCE, 785-843-3833

JUL 27

ESTATE PLANNING SEMINAR

Can you avoid probate? How will your property be distributed at your death, and who will be in charge of the distribution? If you have minor children, who will become their guardian? How can you use a trust to ensure assets are safeguarded and used for the benefit of a beneficiary? How can you name the people to handle your finances and make medical decisions if you are alive but incapacitated? Fundamentals of Estate Planning answers these questions and more. The seminar is relevant to adults of all ages, not just seniors. It is free and open to the public, and lasts about 1½ hours with time for questions. Those attending receive a free copy of the book Estate Planning Overview. Attendance is limited to 20 persons. To secure a seat, register online at <https://yoursredouglasco.as.me/FundamentalsEstatePlanning> or call the SRC at 785-842-0543. Senior Resource Center, 745 Vermont Street, 2-3:30 p.m.

LAWRENCE

JUL 31

EBOOKS WITH LIBBY

Learn about this library app to access thousands of free ebooks on your computer or smart device. Bring your library card and tablet or smart phone. Topeka and Shawnee County Public Library - Learning Center, 10-11 a.m.

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

AUG 1

INTERNET GENEALOGY FOR BEGINNERS

Get started in genealogy and learn how to build your family tree online using the print and online resources your library offers. Register to receive the Zoom link. Topeka and Shawnee County Public Library - Virtual Room 02, 10-11:30 p.m.

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

AUG 3

DR. SHAWN FAULKNER: "THE THREE INVASIONS OF SERBIA IN 1914"

With the assassination of Archduke Franz

■ CONTINUED FROM PAGE 16

Ferdinand in June 1914, the Austro-Hungarian empire was set on a collision course with the Kingdom of Serbia that ultimately sparked the First World War. This lecture examines why the Austrians invasions of Serbia in 1914 failed to achieve the Hapsburg's goal of crushing their Balkan enemy. It will also examine how and why a multi-national Central Powers attack decisively defeated Serbia the following year. Robert J. Dole Institute of Politics, 2350 Petefish Drive, 3-4:15 p.m. Hybrid event. Free. LAWRENCE, 785-864-4900
doleinstitute.org/event

ENTERTAINMENT

SECOND & FOURTH SATURDAYS OF THE MONTH GRAND OTTAWA OPRY

Enjoy our live Branson-style Old Country music shows! Ottawa Memorial Auditorium, 301 S. Hickory. The doors open at 4:30 p.m. and the Grand Ottawa Opry begins at 6 p.m. Call for more info! Fee. Tickets available at the door.
OTTAWA, 785-241-6762

JUL 2

LAND OF THE FREE BENEFIT CONCERT

In partnership with the Lied Center & the Lawrence City Band, Organist Tandy Reussner brings her 2022-2023 "Pull Out All The Stops" benefit concert series to a close with a bang! Join us on the Lied Center Main Stage for an hour-long event celebrating the Red, White & Blue. This concert is a fun, family-friendly event designed to bring the community together around the stirring music of Independence Day and to raise awareness and funds for the local organization, Family Promise. This concert will showcase the Organ in fun and new ways that you may never have heard before and will be the first Organ to perform on the Lied Center Main Stage. You don't want to miss out on this premier event! Ticket proceeds and donations go to Family Promise of Douglas County. Lied Center of Kansas, 1600 Stewart Drive, 4-5 p.m. Fee.
LAWRENCE
runsignup.com/Race/KS/Lawrence/Land-of-the-Free

JUL 15

FILM SCREENING: "1917"

Join us at the Lawrence Arts Center for a screening of the critically acclaimed film *1917*. Sam Mendes, the Oscar®-winning director of *Skyfall*, *Spectre* and *American Beauty*, brings his singular vision to this World War I epic. At the height of the First World War, two young British soldiers, Schofield (*Captain Fantastic's* George MacKay) and Blake (*Game of Thrones'* Dean-Charles Chapman), are given a seemingly impossible mission. In a race against time, they must cross enemy territory and deliver a message that will stop a deadly attack on hundreds of soldiers—Blake's own brother among them. Doors open at 12:30 p.m., opening remarks from Watkins Museum of History at 1 p.m., showtime at 1:15 p.m. Lawrence Arts Center, 940 New Hampshire St. Fee.
LAWRENCE, 785-843-2787

JUL 26

JOSEPH STRINGER MAGIC & COMEDY

Back by popular demand, the one and only Joseph Stringer is here to wrap up your summer with an amazingly fun magic show! Watch his comedy magic show based on Fischer Price toys. Topeka and Shawnee County Public Library - Marvin Auditorium 101ABC, 6:30-7:30 p.m.
TOPEKA, <https://events.tscpl.org/events>

EXHIBITS & SHOWS

MAR 11-SEP 1

THE WAYBACK TO SCHOOL EXHIBIT: WYANDOTTE COUNTY SCHOOLS THROUGH TIME

This exhibit will feature memorabilia, photographs, and more from Wyandotte County High Schools. It will also include images and history of county elementary and middle schools. Visitors will also be able to search for relatives in school district records from 1899 to 1962. These ledgers include 8th grade graduation, attendance, county exam, teacher certificate, school officer records. There will also be a space for visitors to leave personal stories about their school year memories, that will be archived for future use. Wyandotte County Historical Society & Museum 631 North 126th. Free admission.
BONNER SPRINGS, 913-573-5002

OPENS MAY 2

ON TWO FRONTS: KANSAS FIGHTING THE GREAT WAR

In this special three-part exhibit, audiences will encounter the harrowing experiences of Kansans in WWI using first-hand accounts, artifacts, and interactives. The ticketed experience features the traveling exhibit, *Life in the Trenches*, developed by the Smoky Hill Museum in Salina, KS, with two additional artifact-rich exhibits, *How the War Was Told: Propaganda in WWI* and *Roll of Honor: The WWI Soldiers & Nurses of Lawrence* developed by the Watkins Museum in partnership with the Spencer Museum of Art in Lawrence, KS, and the National World War I Museum and Memorial in Kansas City, MO. Watkins Museum of History, 1047 Massachusetts St., First Floor Lobby. Fee.
LAWRENCE, 785-841-4109
watkinsmuseum.org

JUL 21-23

47TH ANNUAL MERIDEN THRESHING SHOW

Presented by Meriden Antique Engine and Threshers Association. Join us for 47th Summer Threshing and Antique Tractor 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. Shop our vendors. Don't miss the antique tractor pull on Saturday and the garden tractor pulls each day. We will have live music Friday, and Saturday nights. We have on-site camping, modern restrooms, and on-site concessions. The 2023

Featured Tractor is International Harvester. The 2023 featured engine is McCormick. Meriden Antique Engine and Threshers Association, 8275 K-4 Hwy, 8 a.m.-12 a.m.
MERIDEN, 785-224-4363

FAIRS & FESTIVALS

JUL 21 & 22

AMELIA EARHART FESTIVAL

The 27th annual celebration of the life of the famed aviatrix. Highlights include a downtown fair with arts & crafts, live entertainment, food vendors and children's activities, panel discussions with authors and researchers, award luncheon, aerobic performances, aviation displays and spectacular fireworks over the Missouri River. 200 South 10th St.
ATCHISON, 913-367-2427
visitatchison.com/highlight/amelia-earhart-festival

FARMERS' MARKETS

TUESDAYS

LAWRENCE FARMERS' MARKET

Established in 1976, the Lawrence Farmers' Market prides itself on the quality of its vendors and the products they sell at market. 1141 Massachusetts St. (South Park), 4-6 p.m.
LAWRENCE, lawrencefarmersmarket.org

THURSDAYS

COTTIN'S HARDWARE FARMERS' MARKET

April-September (Outdoors) Every Thursday from 4-6:30 p.m. The outdoor market has 15+ local vendors, live music, a hot food vendor, and Free State Beer each week. October-March (Indoors) Every Thursday from 4-6 p.m. The indoor market is located inside the store and has up to six vendors each week. Cottin's Hardware, 1832 Massachusetts St.
LAWRENCE
cottinshardware.com/farmers-market

SATURDAYS

DOWNTOWN TOPEKA FARMERS MARKET

We have a variety of fruits and vegetables and other craft and food vendors. This year's market will be located at S.W. 6th Ave. and S.W. Harrison St. in Topeka, 7:30 a.m.-12 noon.
TOPEKA, topekafarmersmarket.com

SATURDAYS

LAWRENCE FARMERS' MARKET

Established in 1976, the Lawrence Farmers' Market prides itself on the quality of its vendors and the products they sell at market. 824 New Hampshire St., 7:30-11:30 a.m.
LAWRENCE, lawrencefarmersmarket.org

HEALTH & WELLNESS

JUL 12, 19, 26

LIGHT FREE WEIGHTS

This class mixes cross fit, weight lifting, cardio and aerobics to help strengthen and stabilize the whole body. Can be modified for all intensity levels. Topeka and Shawnee County Public Library - Learning Center, 5:30-6:30 p.m.
TOPEKA, <https://events.tscpl.org/events>

HISTORY & HERITAGE

JUL 11

GENEALOGY + LOCAL HISTORY: RESEARCH RESOURCES

Researching your house's history, delving into genealogy, or exploring Lawrence's storied past? Join us to get acquainted with the library's digital resources for digging into local and family history, including Ancestry Library Edition, NewspaperARCHIVE, and Sanborn Maps. We'll wrap up with a brief tour of our local history room. Registration required. Questions? Ask Melissa: mfisherisaacs@jplks.org. Lawrence Public Library, 707 Vermont St., 4-5 p.m.
LAWRENCE
lawrence.bibliocommons.com/v2/events

JUL 27

SCOTTISH RESEARCH

Topeka Genealogical Society Monthly Meeting. Gayla and Mary Hoyt will explain how they prepared for a family history research trip to Scotland and Ireland. They'll also share photo highlights of their journey. Attend in person or register for Zoom. Topeka and Shawnee County Public Library - Marvin Auditorium 101C, 7-8:30 p.m.
TOPEKA, <https://events.tscpl.org/events>

INDEPENDENCE DAY

JUL 3

SUMMER FEST 2023

Summer Fest 2023, in conjunction with the Lawrence Jaycees, City of Lawrence, and Douglas County, will take place at the Douglas County Fairgrounds, 2120 Harper Street. The event will include delicious food, live music, refreshing beverages and brews, leading up to an exciting fireworks display to create a perfect Independence Day celebration.
LAWRENCE, 785-832-3460

JUL 4

SPIRIT OF KANSAS FESTIVAL

The Spirit of Kansas Festival is an old-fashioned 4th of July celebration held at Lake Shawnee. The celebration begins at 11 a.m. with food, arts and craft vendors, Blues Festival, and a water-ski show from 6:30-7:45 p.m. followed by the magnificent fireworks display starting at 10 p.m. Lake Shawnee.
TOPEKA

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

MONDAYS

TOPEKA NEEDLEWORK GUILD

Join our needlework enthusiasts every Monday (except holidays) at the Topeka and Shawnee County Public Library, Menninger Room

How much did you earn at your first job? Social Security can tell you

Ever wonder how much you earned the year you worked your first job? Or any other year you worked? You can find out by reviewing your Social Security earnings record.

Your earnings record shows your income for each year worked and your progress toward your future Social Security benefits. We keep track of your earnings so we can pay you the benefits you've earned over your lifetime. That's why it's important for you to review your Social Security earnings record.

While it's your employer's responsibility to provide accurate earnings information to us, you should still review your earnings history and inform us of any errors or omissions. This is so you get credit for the contributions you've made through payroll taxes. You're the only person who can look at your lifetime earnings record and verify that it's complete and correct. If an employer didn't properly report even just one year of your earnings to us, your future benefit payments could be less than they should be. Over the course of a lifetime, that

could cost you tens of thousands of dollars in retirement or other benefits to which you are entitled. It's important to identify and report errors as soon as possible. As time passes, you may no longer have easy access to past tax documents. Also, some employers may no longer exist or be able to provide past payroll information.

The easiest way to verify your earnings record is to visit www.ssa.gov/myaccount and create or sign in to your personal my Social Security account. You should review each year of listed earnings carefully and confirm them using your own records, such as W-2s and tax returns. Keep in mind that earnings from this year and last year may not be listed yet.

You can find out how to correct your Social Security earnings record by reading our publication *How to Correct Your Social Security Earnings Record* at www.ssa.gov/pubs/EN-05-10081.pdf.

Let your friends and family know they can access important information like this any time at www.ssa.gov and do much of their business with us online.

Social Security celebrates the Americans with Disabilities Act

This year, we celebrate 33 years of the Americans with Disabilities Act (ADA) and its importance to many beneficiaries. We're committed to the principles and spirit of the ADA, and the way it improves the lives of millions. Matt's story is an example of how the ADA and our Ticket to Work (Ticket) Program can help beneficiaries achieve their career goals.

As a job seeker who is deaf and needs accommodations, Matt was reluctant to tell prospective employers about his disability. He worried that employers would not hire him if they knew about his disability.

That's when Matt connected with our Ticket Program. This program supports career development for people ages 18 to 64 who receive Social Security disability benefits and want to work. Through this free and voluntary program, approved service providers offer supports and services as participants move toward financial independence through work.

Matt learned how his employment might affect his benefits. He also

learned that our Medicare-related work incentive allows him to pursue a career without worrying about health care coverage.

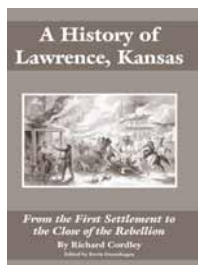
If Matt's disability interfered with work, he could return to receiving benefits without having to file a new application through the expedited reinstatement process.

Matt now works full-time as a human resource analyst. Thanks to the ADA, he received accommodations for the interview process and on the job. He also found that the Ticket Program helped him find a path to a better future. You can learn more about the Ticket Program at www.choosework.ssa.gov.

Our online booklet, *Your Ticket to Work: What You Need to Know to Keep it Working for You* found at www.ssa.gov/pubs/EN-05-10062.pdf, provides detailed information about the program.

You can learn more about Matt's story at www.choosework.ssa.gov/library/matt-success-story.

Please share these resources with your loved ones.



The History of Lawrence, Kansas

by Richard Cordley

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

Douglas County's Center for Funeral and Grief Related Books.



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The *Bark Iris*. Kevin Groenhagen's third great-grandparents, Siebelt Kornelius Groenhagen and Grietje Harms Rademaker, sailed from Bremen, Germany, to Baltimore aboard this ship in 1871.

BARK IRIS GENEALOGY

Need help building your family tree, interpreting your DNA results, overcoming a brick wall, and/or finding old newspaper articles about a family member?

Contact Kevin Groenhagen at groenhagen@sbcglobal.net or 785-841-9417 for more information.

Celebrate your independence with Social Security

Every July, we take pride in celebrating our nation's independence. For nearly 90 years, our programs have helped provide financial independence to millions of hardworking people. We have useful online tools like the Social Security Statement (Statement) and our benefits estimator tool that help people not yet receiving benefits. The Statement shows the benefits that you and your family may be entitled to includes personalized fact sheets tailored to your age and earnings situation. The benefits estimator tool allows you to get estimates based on different ages you want to begin receiving benefits. These tools can help you plan for financial independence in retirement.

Don't receive benefits? You can get the most out of your online experience if you have a personal my Social Security account. You can:

- Get your Statement instantly.
- Request a replacement Social Security card (in nearly every state and the District of Columbia).
- Find out if you qualify for benefits.
- Appeal a decision we made on your claim.

Already receiving benefits? If so, you can use your personal my Social Security account to:

- Request a replacement Social Security card (in nearly every state and the District of Columbia).
- Get an instant benefit verification

letter for Social Security, Medicare, and Supplemental Security Income (SSI).

- Start or change your direct deposit (Social Security beneficiaries only).
- Check your information and benefit amount.
- Change your address (Social Security beneficiaries only).
- Request a replacement Medicare card.
- Get a replacement SSA-1099 or SSA-1042S instantly for tax season.
- Report your wages if you work and receive disability benefits or SSI.

You can create your personal my Social Security account at www.ssa.gov/myaccount.

With so many services and helpful information available online, we are here for you when it's convenient for you. Be sure to tell friends and family about all they can do with us from any device at www.ssa.gov.



Meals on Wheels serves hot, nutritious meals to homebound seniors in Shawnee, Jefferson, and Douglas counties through home-delivery and congregate meal sites.



MEALS ON WHEELS
EASTERN KANSAS

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Fraudsters never go on vacation

Fraudsters will never take a break. While you are out enjoying fun and sun this summer, they are working hard to find new ways to scam you. Seniors and younger people are particularly vulnerable to scammers who claim to represent Social Security. To protect you and your loved ones, you can:

- Visit our Protect Yourself from Social Security Scams webpage at www.ssa.gov/scam for information on what tactics scammers use and how to report them.
- Check out the Federal Trade Commission's page at consumer.ftc.gov/scams for additional scam-related information.

Here are some tips to follow when you identify a potential scammer:

- Hang up right away or ignore the message.
- Never give personal information or money.
- Report the scam immediately to our Office of the Inspector General at

<https://oig.ssa.gov/report/>.

If you owe money to Social Security, we'll mail you a letter with payment options and appeal rights. We only accept payments electronically through Pay.gov or Online Bill Pay, or physically by check or money order through our offices.

We will never do the following:

- Threaten you with arrest or legal action because you don't agree to pay us money immediately.
- Promise a benefit increase in exchange for money.
- Ask you to send us gift cards, pre-paid debit cards, wire transfers, internet currency, cryptocurrency, or cash through the U.S. mail.

There are no vacations for fraudsters, so you need to stay informed of the latest Social Security-related scams. For more information, please visit our blog at www.blog.ssa.gov. Please share these useful resources with your loved ones.

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HUMOR HOTEL

Our skills assessment test will crush your dreams in minutes

By Greg Schwem

Tribune Content Agency

Hello and thank you for applying for the open position at WE KNOW EVERYTHING, the world's leading web design, development, and digital marketing company. You have been invited to take a skills assessment test so our executives can focus on your abilities, giving all candidates an equal opportunity to shine.

In other words, we'd rather a computer make the final decision as opposed to interviewing candidates ourselves, even though we may be working alongside you for years to come. Besides, we recently scaled back to a two-day workweek, and we are all out of the office, working on our mental health everywhere from Aspen to Ibiza.

The assessment will take approximately 67 minutes and requires a webcam, so we can watch you agonizing over whether to choose "A," "B," "Neither A nor B," "A and possibly B" or "Cannot be determined," knowing that choosing incorrectly could keep you unemployed in this ridiculously tight job market. But, if you score well, there is no way your resume will be overlooked. At least that's what the sales rep said when he sold us this assessment software.

You will be answering a series of questions designed to showcase your leadership and management skills. First, let's do a practice question.

Read this statement thoroughly: How would you sign your name on official documents?

A. My first name, followed by my last name

B. Somebody else's name
Now let's begin the actual test.

"You manage a sales team. Adam, a team member, has been regularly showing up late for work, reeks of can-

nabis and bourbon, and ignores tasks that are part of team projects. You have received several complaints from other team members about Adam's behavior. What do you do, knowing this is 2023 and Adam could sue for wrongful termination?"

A. Tell the team Adam just kind of "looks" like a guy who is probably going through a divorce and to give him some space.

B. Ask Adam if putting a bottle of Maker's Mark in the breakroom could help improve his performance.

C. Even though all employees get unlimited paid time off, tell Adam that, as of today, he is getting a raise so now he'll make even more for not showing up at work.

D. Say, "This sounds like an issue for HR."

"One of your direct reports who has been at the company for five years recently admitted she has not received as much training and career-advancement opportunities as she would have liked over the last 12 months. She feels she may need to look for a new job in order to grow. What should you do?"

A. Find available training programs in the company to help her learn

something new.

B. Begin referring to her as "Miss Smarty Pants" in group chats.

C. Ask her to be "patient" without defining what "patient" really means.

D. Say, "This sounds like an issue for HR."

"You have a truly kick ass idea for a rebranding strategy, although we try not to say 'ass' at WE KNOW EVERYTHING as it is offensive to some of our 'posteriorly challenged' employees. Nevertheless, how should you communicate this idea with the leadership team?"

A. Email, text, ping, follow up email.

B. Text, ping, email, follow up ping.

C. Ping, ping, ping, ping.

D. Text, "This sounds like an issue for HR."

Sixty-seven minutes later...

"This concludes the leadership and management skills test. We will contact you within the next week with your results."

Forty-five seconds later...

"We regret to inform you that, because you missed one question, you have not been selected for this posi-

tion. While we are sure you would be an incredible asset to the WE KNOW EVERYTHING team, the computer disagrees; and who are we to argue with technology?

"Please subscribe to our mailing list so you can stay up to date on other career opportunities. However, you will be required to take this same assessment test again. That's just the way we roll.

"If you feel this test does not accurately represent your skill set, take it up with HR.

"We are late for our team building event in Ibiza."

- 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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VARIETY

'Stranger Things' Season 5 adds Linda Hamilton to cast

By Joe Otterson

Variety

"Stranger Things" Season 5 is adding Linda Hamilton to its cast. The announcement was made as part of Netflix's annual Tudum event.

Exact details on the character Hamilton will be playing are being kept under wraps.

Hamilton is best known for her work in the "Terminator" film franchise, originating the role of Sarah Connor in the first film in 1984. She reprised the role in the blockbuster sequel "Terminator 2: Judgement Day" in 1991 and again in the film "Terminator: Dark Fate" in 2019. Hamilton's other credits include films like "Children of the Corn" and the TV series "Beauty and the Beast," the latter of which earned her an Emmy nomination and two Golden Globe nominations.

She is also the latest iconic '80s star to appear in "Stranger Things." Others include series mainstay Winona Ryder as well as Matthew Modine, Sean Astin, Paul Reiser, Cary Elwes and Robert Englund.

It was announced in February 2022 that the fifth season of "Stranger Things" would be the show's last. Season Five does not currently have a premiere date, nor has it started production.

Series creators the Duffer Brothers announced in May that, while they had begun writing the final season in 2022, they would not begin production while the Writers Guild of America (WGA) is on strike. "We hope a fair deal is reached soon so we can all get back to work. Until then — over and out. #wgastrong" the Duffers wrote at the time.

And while the flagship show may be ending, Netflix and the Duffers are already working on expanding the show into a major franchise. Most recently, it was announced that a

"Stranger Things" animated show had been ordered to series.

Netflix announced plans for a live-action spinoff series and a stage show in July 2022, with the Duffers forming Upside Down Pictures at that time under a new overall deal with Netflix. No details are available about the live-action spinoff, though the Duf-

fers have previously said it would not focus on characters like Eleven or Steve Harrington. It was revealed in March 2023 that the stage show would take place in Hawkins in 1959

and would debut in London's West End.

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The Cleveland legend comes to life under David Hann's hand. It is highly recommended for all ages.

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Gardner, KS 66030

Vintage Park at
Ottawa
2250 S. Elm
Ottawa, KS 66007

Vintage Park at
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120 W. 8th St.
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CROSSWORD

Across

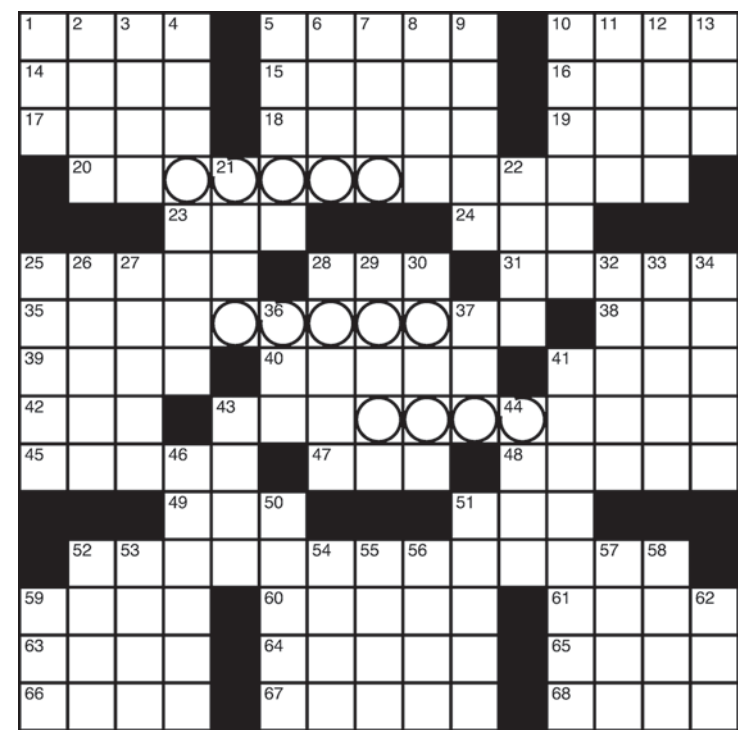
- 1 Wished, as a farewell
 5 Gently waters using a spray bottle
 10 Leave flabbergasted
 14 "The Hurt Locker" setting
 15 Natty neckwear
 16 "Night Sky With ___ Wounds": poetry collection by Ocean Vuong
 17 Triple Crown of Surfing locale
 18 Major mess
 19 Pond plant
 20 Extremely expensive fungi
 23 ___ Cruces, New Mexico
 24 Quaint "Tsk!"
 25 Dice game
 28 PX patrons
 31 Iowa senator Joni
 35 Injury-prone area for pitchers
 38 Raw bar need
 39 Without purpose

- 40 Advisory group
 41 Vineyard measure
 42 "Give ___ break!"
 43 Novelist known for legal thrillers
 45 Old West crew
 47 Mobile network std. setting
 48 Fitbit units
 49 Fannie ___: mortgage company nickname
 51 "Mr. Blue Sky" gp.
 52 Request from a trial attorney, and a hint to this puzzle's circles
 59 Swerve
 60 Bright light
 61 Calligrapher's supplies
 63 Polish prose
 64 Slow-cooker brand
 65 Slow-cooker dish
 66 The MTV Generation
 67 Fits (inside)
 68 Vacuum attachment

Down

- 1 Playbill paragraph
 2 Many a Qatar native

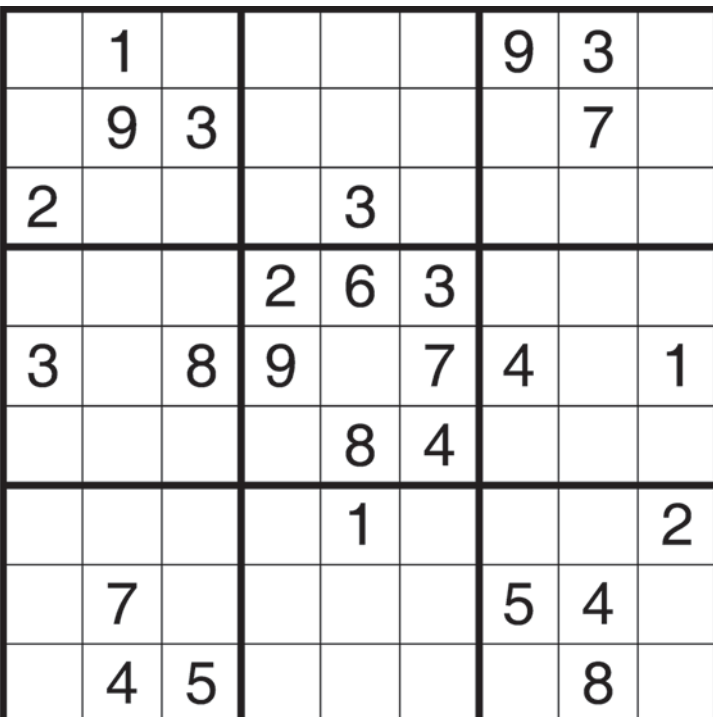
- 3 Arlene of the silver screen
 4 Workplace compensation concern
 5 Snorkeling needs
 6 "___ it ironic?"
 7 Emotional trauma consequence
 8 Vegan protein
 9 Fill up, as a pillow
 10 Casino employee
 11 Bar in a limo
 12 Sharp turns
 13 Itinerary info
 21 Theatrical ensemble
 22 Feudal domain
 25 Pinch together
 26 "This ain't my first ___"
 27 Country album?
 28 Dave of the Foo Fighters
 29 "Sorry, no"
 30 Sudden power increase
 32 Like specialty markets
 33 Remnant
 34 Abounds (with)
 36 "Price negotiable," in ads
 37 New Deal pres.
 41 Really wow
 43 "Bridgerton" actor
 Regé-___ Page
 44 17-Across, e.g.
 46 Hurts a lot



- 50 Goad
 51 Civil rights leader
 Medgar
 52 Give up
 53 Next in line
 54 Otherwise
 55 Granola grains
 56 Fingerboard ridge

- 57 Golden Rule word
 58 Squeezes (out)
 59 Annoy
 62 Nor. neighbor

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JUMBLE

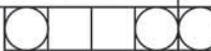
THAT SCRAMBLED WORD GAME
 By David L. Hoyt and Jeff Knurek

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

FOSFC



UGDEI



TFLIEU



CIATTN



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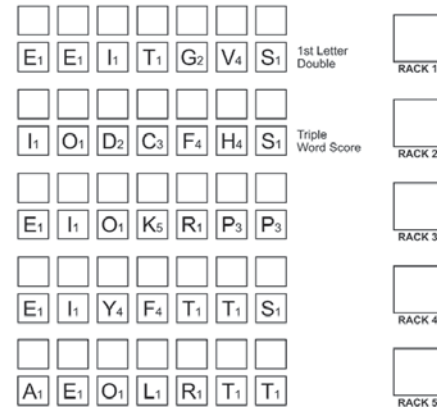


Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.



SCRABBLE GRAMS

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PAR SCORE 260-270
 BEST SCORE 348
 FIVE RACK TOTAL
 TIME LIMIT: 25 MIN

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

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

Answers to all puzzles on page 30

GOREN ON BRIDGE

WITH BOB JONES

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IMAGINATION

Both vulnerable, South deals

NORTH

♠ 10 9 6 5

♥ K 2

♦ A K Q 5 3

♣ 9 7

WEST

♠ A 8 4 3

♥ 10 8

♦ J 6 4 2

♣ J 6 3

EAST

♠ K Q 2

♥ A J 7 5

♦ 10 8 7

♣ 8 5 4

SOUTH

♠ J 7

♥ Q 9 6 4 3

♦ 9

♣ A K Q 10 2

The bidding:

SOUTH	WEST	NORTH	EAST
1♥	Pass	2♦	Pass
3♣	Pass	3♠	Pass
3NT	All pass		

Opening lead: Three of ♠

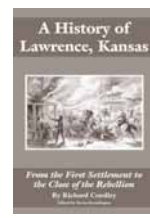
Alfredo Versace, of Italy, has been a leading player on the world stage for over 30 years. He has won seven World Championships. Versace was East in today's deal. What would you do as East after your queen of spades won the first trick?

Versace knew from the auction that South had five hearts and at least

four clubs, maybe more. He knew from his partner's fourth-best spade lead that South held two spades. That left South with either one or two diamonds. Should declarer have only one diamond, a diamond shift would cut him off from the dummy and force him to cash his diamond winners early.

A diamond shift was dangerous, however. Partner might have started with four spades including both the ace and jack. It would be silly to shift when the defense could take the first five tricks. Versace resolved this by cashing the king of spades at trick two. South followed with the jack and Versace shifted to the 10 of diamonds. This pinned South's nine of diamonds but any diamond from Versace would have worked as well. Declarer had to cash his diamond tricks right away or risk losing them. When Versace regained the lead with the ace of hearts, he led a spade to partner's ace and West's jack of diamonds was the setting trick. Great defense!

(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)



The History of Lawrence, Kansas

by Richard Cordley

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



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Kaw Valley Senior Monthly



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 U.S. STATES in the grid of letters.

MY PET WORLD

Simple solutions for a panicking dog at the vet's office

By **Cathy M. Rosenthal**

Tribune Content Agency

Dear Cathy: I've adopted a one-year-old miniature schnauzer. When I take him to the vet, he panics by barking, not listening, and going into a rigid body posture. Any suggestions? - Pat, Tolland, Connecticut

Dear Pat: Your dog's reactions are normal but fear-based. There are things you and the vet's office can do to reduce his anxieties.

First, get your dog a pheromone collar, and spray some pheromones onto your clothing occasionally. Your dog will associate this with being happy and with you. Then, ask the office to spray pheromones in the exam room and on all the staff's clothing so your dog can associate those pheromones with his happy home.

Second, introduce over-the-counter calming products, like anxiety, CBD, or hemp chews. Put a few drops of Bach's flower rescue remedy into his water bowl. Try calming clothing, like a Thundershirt® or Anxiety Wrap®. (See the letter below on how to train them to wear it.) While these wraps were developed for noise-phobic dogs, they also help reduce anxiety and fear.

Finally, add more training to your dog's routine. Fearful dogs often feel like they need to protect their owners (they don't) while at the same time lacking confidence in how to handle the world around them.

Through training, you establish yourself as the pack leader, which communicates to your dog that he doesn't need to freak out in new situations and can stand down.

Sometimes, something as simple as positioning your dog behind you and not between you and the vet can signal to the dog that you have the situation under control. Training also builds your dog's confidence, making him a less fearful pup overall.

Start with one idea here or combine a few ideas, depending on what works for your dog. Your vet can prescribe

medication for those visits if these suggestions don't work. But give these things a try first before you go that route.

Dear Cathy: You recently responded to a reader whose pet was reacting badly to storms. I suggest the reader use the Thundershirt® when no storms are imminent, preferably when an enjoyable event is happening so that her dog doesn't begin to associate the aid with a future noisy event.

Too often, if the aid is only used when a storm is imminent, the dog associates having that on with the stressful event and can begin reacting even when there is no storm. It may take some time for the dog to re-associate the Thundershirt® with being secure and free from harm, but it can also be done with the help of pheromones. The dog has to begin to associate their use with good events, not coming unpleasantness. - Margaret, Melbourne, Victoria, Australia

Dear Margaret: You're right. Dogs can associate any anxiety-reducing clothing, like a Thundershirt® or Anxiety Wrap®, with the actual noise event if they only wear it when that noise occurs. The wrap itself can then trigger the dog to panic long before the first crack of thunder.

When training, it's essential to let the dog wear these wraps sporadically; sometimes, when fun things happen, like going for a walk or playing a game, and sometimes right before the noise event. Because the noise from a storm or fireworks is traumatic for them, they can still be triggered to associate the wraps with the storm even if they wear them when happy things are happening as well.

By mixing it up, though, you can keep the dog guessing and perhaps reduce their susceptibility to being triggered by the clothing alone.

Dear Cathy: A letter writer from Holtsville, New York, recently wrote about his golden retriever diagnosed with a spinal stroke. He then said how healthy the dog had become after vet treatment, so healthy that his dog could

jump into what the writer described as a "fairly high" bed.

He then said that his dog had recently tried jumping on the bed but fell backward on her hind legs. Did it occur to the owner to place steps by the bed to help his dog get on it? - Jim A., Allentown, Pennsylvania

Dear Jim: Thanks for your suggestion. Stairs or ramps are good aids for dogs with joint problems. Stairs are especially great for small dogs and cats, but some big dogs will shy away from store-bought ones because they don't feel sturdy.

If one doesn't have a sturdy set of

stairs, they can always push a footstool up to the couch or a small, padded bench up to the bed that is about half the distance between the floor and the furniture to give them that boost.

- 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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AMERICA'S TEST KITCHEN

You can make the best spaghetti using pantry staples

By America's Test Kitchen
Tribune Media Content

The key to a flavor-packed spaghetti made from pantry ingredients is making the most of the garlic. We mince our garlic to make sure that all of it cooks at the same rate. Toasting the garlic over low heat in 1/4 cup of extra-virgin olive oil ensures that it cooks to a pale golden brown. Any darker and its flavor goes from delicately buttery and sweet to bitter and harsh.

We cook our spaghetti in just 2 quarts of salted water in order to ensure that the pasta cooking liquid is loaded with starch. We reserve a portion of this liquid and add it to the spaghetti along with the oil. The starch helps the oil cling to the pasta and gives the dish a perfect — not greasy — texture. Adding 1/2 teaspoon of raw minced garlic near the end of cooking helps to balance garlic's dual attributes — the buttery sweetness of toasted garlic and the fire of raw garlic.

Garlicky Spaghetti with Capers and Currants

Serves 4

2 tablespoons plus 1/2 teaspoon minced garlic
1/4 cup extra-virgin olive oil
1/4 teaspoon red pepper flakes
1 pound spaghetti

Salt and pepper
3 tablespoons capers, rinsed and minced
3 tablespoons currants, minced
2 anchovy fillets, rinsed, patted dry, and minced
1 tablespoon lemon juice
1 ounce Parmesan, grated (1/2 cup), plus extra for serving

1. Combine 2 tablespoons garlic and oil in an 8-inch nonstick skillet. Cook over low heat, stirring occasionally, until garlic is pale golden brown, 9 to 12 minutes. Off heat, stir in pepper flakes; set aside.

2. Bring 2 quarts water to boil in large pot. Add pasta and 2 teaspoons salt and cook, stirring frequently, until al dente. Reserve 1 cup cooking water, then drain pasta and return it to pot. Add remaining 1/2 teaspoon garlic, capers, currants, anchovies, lemon juice, Parmesan, reserved garlic-oil mixture, and reserved cooking water. Stir until pasta is well coated with oil and no water remains in bottom of pot. Season with salt and pepper to taste. Serve, passing extra Parmesan separately.

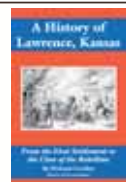
- For more than 25 years, home cooks have relied on America's Test Kitchen for rigorously tested recipes developed by professional test cooks and vetted by 60,000 at-home recipe testers. The

TNS PHOTO



Classic piccata sauce is perfect match for salmon.

family of brands—which includes *Cook's Illustrated*, *Cook's Country*, and *America's Test Kitchen Kids*—offers reliable recipes for cooks of all ages and skill levels. See more online at www.americastestkitchen.com/TCA.
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The History of Lawrence, Kansas

By Richard Cordley

Available at the Watkins Museum of History,
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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.

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Calendar

■ CONTINUED FROM PAGE 17

(second floor), 9-11 a.m. Bring a project to work on while we share our skills and ideas. Drop ins welcome.
TOPEKA, 785-207-1165

FIRST WEDNESDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

SECOND TUESDAY OF THE MONTH NATIONAL ASSOCIATION OF RAILROAD VETERAN EMPLOYEES

Meets at Grace Episcopal Church, 701 SW 8th Ave. (enter on N.W. corner), at 9:30 a.m.
TOPEKA

THIRD FRIDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

JUL 3 CAREGIVER SUPPORT MEETING

Being a caregiver can be incredibly stressful. Meet and talk to others in the same situation.

For more information call April Maddox at Jayhawk Area Agency on Aging (785) 235-1367. Topeka and Shawnee County Public Library - Hughes Room 205, 1515 SW 10th Ave., 2-3 p.m.
TOPEKA, <https://events.tscpl.org/events>

JUL 10

CAREGIVER SUPPORT MEETING

Being a caregiver can be incredibly stressful. Meet and talk to others in the same situation. For more information call April Maddox at Jayhawk Area Agency on Aging (785) 235-1367. Topeka and Shawnee County Public Library - Hughes Room 205, 1515 SW 10th Ave., 3:30-4:30 p.m.
TOPEKA, <https://events.tscpl.org/events>

JUL 20

CAREGIVER SUPPORT MEETING

Being a caregiver can be incredibly stressful. Meet and talk to others in the same situation. For more information call April Maddox at Jayhawk Area Agency on Aging (785) 235-1367. Topeka and Shawnee County Public Library - Hughes Room 205, 1515 SW 10th Ave., 2-3 p.m.
TOPEKA, <https://events.tscpl.org/events>

MISCELLANEOUS

SATURDAYS

LAWRENCE BRIDGE CLUB

The Lawrence Bridge Club plays party (a.k.a.: rubber) bridge. First visit free. Annual membership fee. 1025 N. 3rd St., Suite 120, 6:30-9 p.m.
LAWRENCE

SECOND AND FOURTH THURSDAYS PITCH PALS

Join us for Pitch and fun. We play 10 point pitch, which is a fast-paced, partnership, trick-taking game. The goal is to capture cards representing at least the number of points bid. We will explain "house rules" and assist new players. Wellsville Senior Center, 6 p.m.
WELLSVILLE, 913-314-0819 or 785-248-9470

JUL 22

BOOK AND MEDIA SALE

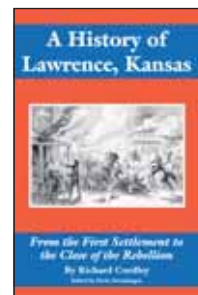
Shop high-quality used books, DVDs, CDs, audiobooks and records. Cash and credit cards accepted. Bring your own totes, containers.

Topeka and Shawnee County Public Library - Marvin Auditorium 101ABC, 9 a.m.-3 p.m.
TOPEKA, <https://events.tscpl.org/events>

JUL 23

FRIENDS OF THE LIBRARY BOOK AND MEDIA BAG DAY SALE

Buy high-quality used books, DVDs, CDs, audiobooks and records. Fill a grocery sack (provided) to the top for \$10. Cash & credit cards accepted. Topeka and Shawnee County Public Library - Marvin Auditorium 101ABC, 12-3 p.m.
TOPEKA, <https://events.tscpl.org/events>



Don't Know Much About Lawrence's History?

Read Richard Cordley's *A History of Lawrence, Kansas: From the First Settlement to the Close of the Rebellion* (1895)

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RICK STEVES' EUROPE

Exploring Ireland's Ring of Kerry, from Tetrapods to Lindbergh

By Rick Steves

Tribune Content Agency

Squinting into the wind and rain, we marched from a desolate parking lot on the southwest tip of Ireland down a slippery path. I turned a corner



Rick Steves

and the mean-looking surf was still a long walk away. Noticing my questioning look, my guide, Conner, egged me on. He was hell-bent on showing me “the tracks of tetrapods.”

I was exploring the much-loved Ring of Kerry, assuming I'd be seeing quaint pubs, sheep farms, and plush Emerald Isle beauty. But Conner was determined to complement the traditional sights by introducing me to a different side of this touristy destination (a.k.a. the Iveragh Peninsula). It's so crowded with tour buses that all the companies have agreed to tour counterclockwise in a convoy to keep traffic from getting jammed up.

We finally reached the water's edge. On a shiny slab of mud-turned-to-rock, Conner reverently showed me faint

tracks, declaring, “These are tetrapod tracks.” He told me many archaeologists believe this is the place where the first fish slithered out of the water on four stubby legs 385 million years ago onto what would become the Isle of Saints and Scholars.

Remembering it was also the Island of Blarney, I skeptically countered, “... at least many Irish archaeologists.”

In a way only an Irish tour guide can, Conner explained—using evidence all around us and reminding me that tetrapods eventually evolved into bipeds—how communication is a big part of the story of this friendly island home of the legendary gift of gab.

He pointed to the distant, barely visible Skellig Michael Island breaking the horizon far out at sea. The 700-foot-tall rock has a tiny cluster of abandoned igloo-like beehive huts clinging near its summit like stubborn barnacles. In the sixth century Irish monks settled there to communicate with God. Inspired by the earlier hermit monks in the Egyptian desert, these Irish hermits, too, used the purity and silence of extreme isolation as a tool to get closer to God. They collected rainwater in cisterns and lived off fish and birds. Chiseling the most rudimentary life out of solid rock, the monks lived a harsh, lonely, disciplined existence. For over 500 years they were all about meditating and praying—in other words, heavenly communication.

RICK STEVES' EUROPE



Hardy tourists visit the island of Skellig Michael, off the Ring of Kerry, where monks helped keep literacy alive in the Dark Ages.

They were also about human communication. Irish scribes, like those living on Skellig Michael, kept literate life alive in Europe through the darkest depths of the so-called Dark Ages. In fact, around the year 800, when the ruler Charlemagne (the greatest European ruler of that age) needed good literate people to help run his empire,

he brought in monks from this part of Ireland to be his scribes.

Then, moving from evolution and literacy to modern communication, my guide pointed past Skellig Michael to a passing transatlantic ship. A thousand years after those Irish monks nursed Europe's fragile and flickering flames of

■ CONTINUED ON PAGE 29

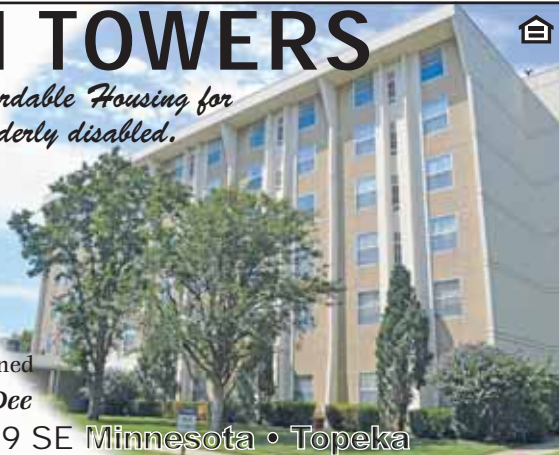
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Rick Steves

■ CONTINUED FROM PAGE 28

literacy, this is where the fastest communication came to Europe from America.

In the mid-19th century, Reuters—who provided a financial news service in Europe—couldn't get his pigeons to fly across the Atlantic. So he relied on ships coming from America to drop a news capsule overboard as they rounded this southwest corner of Ireland. Reuters' boys would wait right here—just a short walk from those first tetrapod tracks—in their little boats with nets on long poles to “get the scoop.” It's said that Europe learned of Lincoln's assassination in 1865 from a capsule tossed over a boat and scooped out of these waters.

Taking early communication one step further, the first telegraph cables were laid (from the largest ship of its day by a company that would become Western Union) across the Atlantic from this same corner of Ireland to Newfoundland. Now the two hemispheres had telegraphic communication. Queen Victoria

was the first to send a message – greeting an American president in 1858. (The cable broke more than once, but it was finally permanently secured in 1866.)

Radio technology pioneer Guglielmo Marconi, who was half-Irish, set up an early wireless telegraphic station in this corner of Ireland before he achieved the first wireless transatlantic communication in 1901 from England to Newfoundland. And when Charles Lindbergh ushered in the age of transatlantic flight in 1927, the first bit of

Europe he saw was this stony perch—where those tetrapods first dried off.

Conner and I dropped by a schoolhouse in the nearby town of Knightstown. Its humble museum tells the stories of these quirky bits of local history with intimate black-and-white photos and typewritten pages.

Driving away, under the 21st-century cellphone—and satellite-tower crowning a hilltop above me, I gazed out at Skellig Michael and told Conner how impressed I was by the communication

theme he had woven together that day. Saying, “Great. Let's have a pint and talk about it,” he pulled into a pub.

- 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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E	D	I	T	O	S	T	E	R	S	T	E	W	
X	E	R	S	N	E	S	T	S	H	O	S	E	

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

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V ₄	E ₁	S ₁	T ₁	I ₁	G ₂	E ₁	RACK 1 =	<u>65</u>
C ₃	O ₁	D ₂	F ₄	I ₁	S ₁	H ₄	RACK 2 =	<u>98</u>
P ₃	O ₁	R ₁	K ₅	P ₃	I ₁	E ₁	RACK 3 =	<u>65</u>
T ₁	E ₁	S ₁	T ₁	I ₁	F ₄	Y ₄	RACK 4 =	<u>63</u>
R ₁	E ₁	T ₁	O ₁	T ₁	A ₁	L ₁	RACK 5 =	<u>57</u>

PAR SCORE 260-270 TOTAL **348**

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BOGGLE ANSWERS

OHIO, IOWA, MAINE, IDAHO, ALASKA, ALABAMA, ARIZONA, FLORIDA

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JUMBLE ANSWERS

Jumbles: SCOFF, GUIDE, FUTILE, INTACT

Answers: Some of the balloon animals that were able to talk had -- INFLATED EGOS

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MY ANSWER

God wants men, women, and children everywhere to receive Him

From the writings of the Rev. Billy Graham

Tribune Content Agency

Q: I've heard many times that God loves me, yet when I ask Jesus into my life, nothing changes. There must be something for me to do to gain salvation that changes me. I've done many things in hopes that it pleases God, but there is no indication that He even knows who I am. Does God choose certain ones to love and the others are on their own? – G.C.

A: Many people can quote the most well-known Bible verse and still not understand the breadth of God's love.

“For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life” (John 3:16).

These words are worth memorizing,

but they also must be taken to heart in repentance of sin, and accepting His forgiveness and great love. Our part is to confess sin and receive God's grace.

God wants men, women, and children everywhere to receive Him. Why do so many have trouble accepting what He offers?

Jesus did not willingly go to the

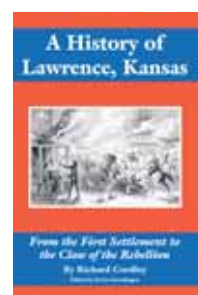
cross so we could have an easy life. True repentance is a turning from sin. Humanly speaking, it is our small part in the plan of salvation. Our part is repenting. God will do the converting, the transforming, and the forgiving.

Millions today want salvation, but on their own terms. They want to come their own way, but salvation only comes one way and that is through Jesus Christ. It's about what Christ has done for us, not what we do for Him. It isn't our hold on God that saves us; it's His hold on us.

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

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The History of Lawrence, Kansas

by Richard Cordley

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