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Vol. 19, No. 12

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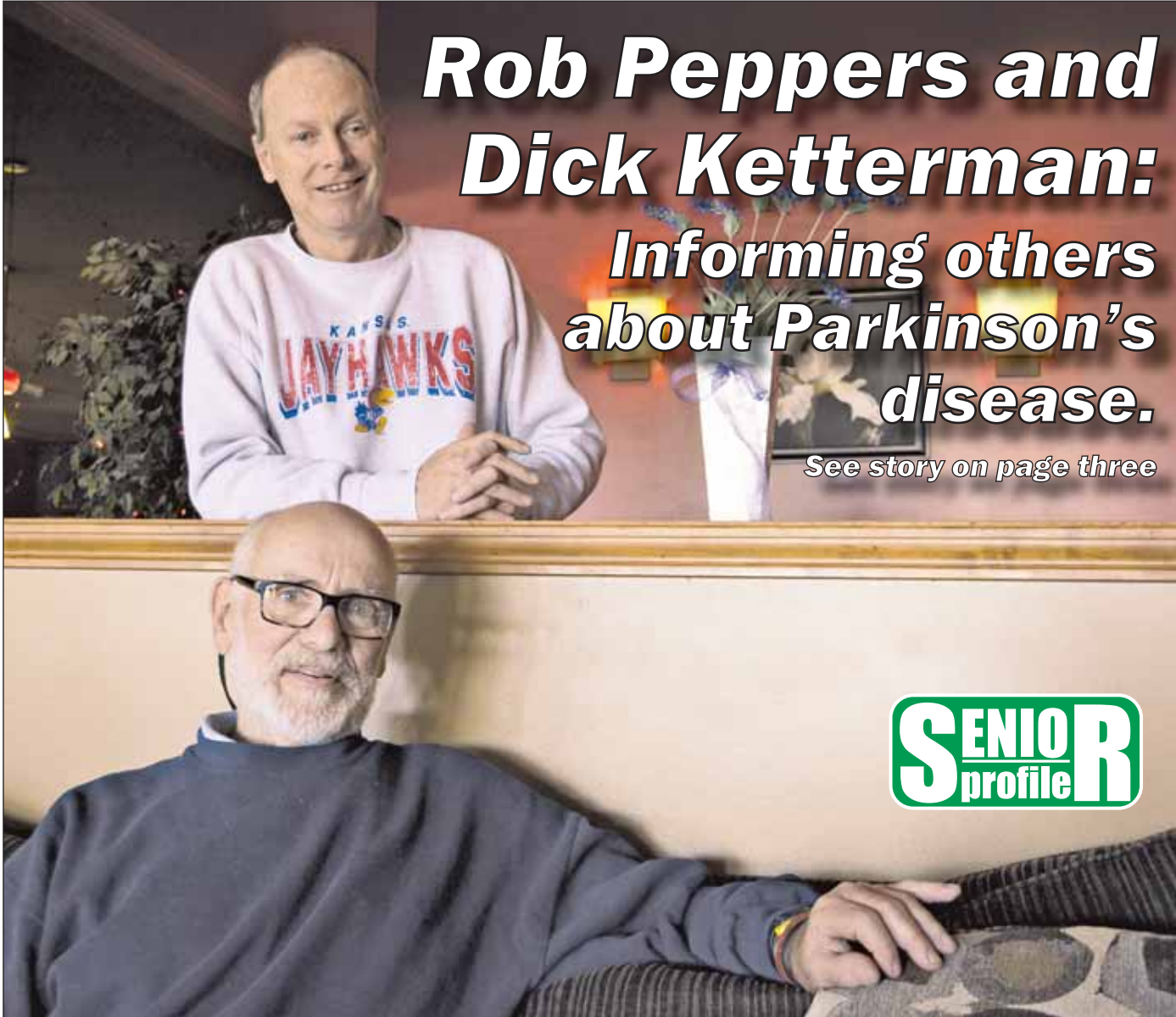
Medicalodges Eudora's refurbishing project was almost complete, but then the COVID-19 pandemic forced its staff to lock their doors to visitors on March 11. - page 6

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

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## Rob Peppers and Dick Ketterman: Informing others about Parkinson's disease.

See story on page three



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# Support group educates those with Parkinson's and their caregivers

By Kevin Groenhagen

Rob Peppers graduated from the University of Kansas in 1988 and became a meteorologist for WIBW-TV in Topeka. Thousands of Topekans tuned in to watch Peppers' weather reports.

Dick Ketterman studied at Washburn University and retired after working for the City of Lawrence's Public Works Department for 20 years. Before that, he worked at the Topeka Human Society and served as the manager of the Lawrence Humane Society.

Peppers could tell viewers to seek shelter when it was about to rain cats and dogs, while Ketterman provided shelter to cats and dogs. Other than that, the two men didn't really have much in common until six or seven years ago. That's when Ketterman, then in his early 60s, received the diagnosis from the KU Medical Center's Parkinson's Disease and Movement Disorder Center that he had Parkinson's disease.

Peppers learned he had Parkinson's disease in October 1995.

"The first thing I noticed was my fingers were twitching on my left hand," Pepper said.

A viewer later mentioned that he noticed that Peppers' left arm wasn't moving like his right arm. That's when Peppers decided he had to see a doctor. Peppers eventually had to leave his on-air position.

According to the Parkinson's Foundation, "Parkinson's disease (PD) is a neurodegenerative disorder that affects predominately dopamine-producing ('dopaminergic') neurons in a specific area of the brain called substantia nigra."

The symptoms of Parkinson's disease generally develop slowly over years. The progression of symptoms often varies from person to person due to the diversity of the disease. People with Parkinson's disease may experience the following:

- Tremor, mainly at rest and described as pill rolling tremor in hands. Other forms of tremor are possible

KEVIN GROENHAGEN PHOTO



**Dick Ketterman and Rob Peppers**

- Bradykinesia (slowness of movement)
- Limb rigidity
- Gait and balance problems

There is no cure for Parkinson's disease, but medications and surgery can mitigate the symptoms. Parkin-

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**Kaw Valley Senior Monthly**

**Kevin L. Groenhagen**  
Editor and Publisher

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

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# Parkinson's

■ CONTINUED FROM PAGE THREE

son's disease itself is not fatal, but the Centers for Disease Control and Prevention has rated complications from Parkinson's disease as the 14th leading cause of death in the United States.

What causes Parkinson's disease remains largely unknown. It can affect men and women, all races, and, while people usually develop the disease around age 60 or older, as was the case with Ketterman, early onset Parkinson's disease can develop among those who are much younger. In fact, Peppers' diagnosis came when he was just 29 years old. The actor Michael J. Fox, who is perhaps the best-known person with Parkinson's disease, also received his diagnosis when he was 29 years old. Fox established the Michael J. Fox Foundation for Parkinson's Research in 2000.

Peppers joined the Roy and Mary Hatke Parkinson Support Group around 2002. He is the current president of the support group, while Ketterman serves as the group's vice-president.

"The support group was started by Roy and Mary Hatke in Topeka during the mid-1990s," Peppers said.

Roy Hatke of Sabetha, Kansas, and Mary Chaney of Topeka met in Washington, D.C., while they were both serving in the Marine Corps during World War II. Roy died in 2002, while Mary passed away in 2009.

Peppers learned about the support group from the Hatkes themselves, while Ketterman learned about the group from a nurse at his doctor's office.

The Roy and Mary Hatke Parkinson Support Group meets at 5:30 p.m. on the first Thursday of every month. The meeting place is Midland Care, 200 S.W. Frazier Circle, Topeka.

At the earliest, the Roy and Mary Hatke Parkinson Support Group's next meeting will be in September.

"Because of the coronavirus, Midland Care has advised us to hold off from having meetings for several months," Ketterman said.

While Midland Care's advice would have been wise for many people during April, May, and June, it was especially wise for those with Parkinson's disease. According to the Parkinson's Foundation, those living with Parkinson's disease are in a "high risk" group because they are more prone to pneumonias and infections.

When Peppers joined the Roy and Mary Hatke Parkinson Support Group in 2002, about eight to 10 people attended the meetings every month.

"Now we usually have between 30 and 40 people attend meetings," Peppers said.

"Out of that 30 or 40, about a third of them are caregivers," Ketterman added.

The support group has a guest speaker come in every month to talk about a topic related to Parkinson's disease.

"I had my tai chi instructor come in and show us how to do tai chi from a chair," Ketterman said. "That was useful for those who can't perform tai chi while standing. There are a lot of exercises you can do while sitting on a chair."

"We also break into groups, where people with Parkinson's stay in one

room and the caregivers go into another room," Peppers said. "That allows people in both groups to speak honestly about the concerns they have."

"I think when we break into groups, the two groups open up a little better with the people who are leading the groups," Ketterman added.

Ketterman said the support group's next speaker will probably be a pharmacist from the KU Medical Center who can talk about pharmaceuticals that may or may not work for people with Parkinson's disease.

Both Peppers and Ketterman take several medications every day. For Ketterman, the medications mitigate most of his symptoms. However, his putter reminds him that he has Parkinson's disease when he plays golf.

"With the putter, you treat it like you're holding a baby bird," Ketterman said. "That's when Parkinson's does affect my play a little bit."

In addition to taking medications, Peppers had deep brain stimulation (DBS) surgery in 2002. Surgeons reserve DBS for people who aren't able

to get control of their symptoms with medications. A surgeon places thin metal wires in the brain and then these wires send electrical pulses to the brain to help control some motor symptoms.

"It helps control some of the shakiness," Peppers said. "About four or five members of our group have had DBS and they have all had positive results."

In addition to medications and surgeries, there are some other programs to help those with Parkinson's disease. For example, Ketterman participates in "BIG and LOUD" therapy at the University of Kansas Health System St. Francis Campus in Topeka.

"The 'BIG' part of it is physical therapy," Ketterman said. "The 'LOUD' part involves speaking. People with Parkinson's tend to speak at a low volume."

"People with Parkinson's might think they're speaking loudly, but they're not," Peppers added.

The LOUD portion is a speech treatment program that improves vocal

■ CONTINUED ON PAGE FIVE

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# Parkinson's

■ CONTINUED FROM PAGE FOUR

loudness by stimulating the muscles of the voice box through a systematic hierarchy of exercises.

Rock Steady Boxing is another program that can help those with Parkinson's disease. Rock Steady Boxing, a 501 (c)(3) nonprofit organization, gives people with Parkinson's disease hope by improving their quality of life through a non-contact boxing fitness curriculum. Rock Steady Boxing classes are offered in Topeka at the Southwest YMCA and at Pinnacle Fitness.

The Roy and Mary Hatke Parkinson Support Group accepts donations in lieu of dues from its members. The donations help pay for a bus that takes members from Topeka to Kansas City, Kansas, for the Parkinson's Disease Symposium, which the University of Kansas Medical Center's Parkinson's Disease and Movement Disorder Center hosts every August.

"They have some of the best speakers," Ketterman said. "Hundreds of

people attend the symposium."

In fact, more than 800 people—those with Parkinson's disease and caregivers—attended the symposium in 2010. Unfortunately, organizers have cancelled this year's symposium because of the COVID-19 pandemic.

When asked if he had a message for others with Parkinson's disease, Peppers had this response:

"Parkinson's isn't a death sentence. It's something you live with every day."

Peppers continues to work at WIBW-TV, although he is now in the business office instead of on television. He and his wife, Catherine, have co-written two children's books, *Cheeks and Pug Travel the World* (2015) and *Cheeks and Pug Throughout the Year* (2016). The couple contribute half the proceeds from the sales of their books to the Northeast Kansas Parkinson Association, of which Peppers serves as president. He was still chasing tornadoes as late as two years ago.

In addition to golf, Ketterman plays racquetball. He also serves on the Shawnee County Parks & Recreation's advisory board and the Northeast

Kansas Parkinson Association's board of directors.

For more information about the Northeast Kansas Parkinson Association, visit the association's website at nekpa.com or its Facebook page at facebook.com/NEKSPARKINSON-SASSOCIATION. For more information about the Roy and Mary Hatke Parkinson Support Group, call 785-272-6397, ext. 301 or 785-213-0680. In the event of inclement weather, you can call 785-478-9045 to see if the



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meeting has been cancelled. You can find the support group's event calendar at nekpa.com/calendar.htm.

There is also a Parkinson's support group in Lawrence. The group meets from 2 to 3 p.m. on the third Tuesday of every month at First Presbyterian Church, 2415 Clinton Parkway. For more information, email lpsgkansas@gmail.com.

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# Medicalodges Eudora responds to the COVID-19 pandemic

By Billie David

It isn't difficult to see a connection between Medicalodges Eudora and the saying "all dressed up with nowhere to go."

That would be one way to describe the almost-finished refurbishing project at the Eudora's long-term- and skilled-nursing facility, because when the COVID-19 situation made its appearance known in the United States, they had to lock their doors to visitors.

"We locked our doors on March 11," said Elaine McDaniel, administrator of Medicalodges Eudora. "Once we're able to let people into the building, we would love to have an open house. It had been planned for March."

The refurbishing didn't include any structural changes, but it did include replacing the carpeting in the halls and public areas with vinyl that looks like wood. The halls and public areas were also repainted, the front parking lot was resurfaced, and the sidewalk and

parking lot were updated to make them more ADA-compliant.

"The residents love it," McDaniel said of the almost-finished project. "But they still have to come back and tweak it because we had to lock down."

Like other senior living facilities, the doors to Medicalodges were locked to prevent the spread of the virus into the building.

"Everybody who comes into our building has to go through a screening process," McDaniel said. "They have to answer questions, have their temperatures taken, and wear masks."

Family members now have to visit

residents by coming to a window and communicating by phone. Otherwise, family members are allowed inside solely when a resident has only a few days left to live, she said, adding that Medicalodges allows one hospice nurse and one hospice aide per hospice company.

Staff and doctors have to ring a doorbell in order to be admitted. Some health professionals also find it less risky to use telemedicine to check on patients.

For example, for a resident who needs wound care, their doctor can ask a nurse who works in the building to go to the patient's room and set it up so that the physician can

see through secure media what needs to be done.

The COVID-19 pandemic has also impacted the way residents do things. For example, the dining area has changed.

"We used to serve everyone in the building in the dining room," McDaniel said. "We have cut that down to half. The tables used to seat six, but now there's only two to a table so that they are six feet apart."

Extra tables were moved to the living room so that residents who need it can be monitored for choking hazards. Everyone else in the facility—about half of the residents—eats in their own room.

The way activities are handled has also changed.

"We can't do large-group activities. We do some things, but we make sure people are six feet apart," McDaniel said.

The residents themselves can go outside to walk or help with gardening, although many residents are in wheelchairs. But even outdoors they must

■ CONTINUED ON PAGE SEVEN



A Medicalodges Eudora resident works on a birdhouse project.

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# Medicalodges

■ CONTINUED FROM PAGE SIX

maintain the social distancing rule of staying six feet apart.

As for how residents have reacted to the changes, "At first they were hesitant, but most of them watch TV and have figured it out and understand," McDaniel said. "Now it's normal to them and they know and stick to the rules."

Of course, for residents with dementia, you have to explain it every day, she added.

The effort has paid off. Nobody there has tested positive for the coronavirus.

McDaniel has been Medicalodges Eudora's administrator for two years.

"At the time, I was looking for a company based in the Midwest," she said.

That's because Midwest-based companies will have an understanding of how nursing homes operate in Kansas, she explained, referring to a less-satisfying experience she had working in a facility run long-distance from California.

Medicalodges was actually started in Coffeyville, Kansas, in 1961, when Mr. and Mrs. S. A. Hann opened the Golden Age Lodge. The facility was

renamed Medicalodges in 1968. There are now several nursing facilities across Kansas and Missouri, as well as one in Oklahoma.

Medicalodges is also 100 percent owned and run by employees, which means that each staff member has a vested interest in the success of the business.

"We have a board that we answer to, and they guide us," McDaniel explained. "The profits go back to the employees, and the longer you work here, the more you are invested, which gives employees the motivation to succeed."

Although Medicalodges Eudora is basically a skilled nursing, rehabilitation and long-term care facility, they do have some independent-living apartments.

"We have seven right now that are located on the grounds," McDaniel said. "They are part of this, and they can come in and eat in the main building if they want."

In keeping with the age-in-place philosophy, residents of the independent-living apartments can move into the main building if the need arises.

More information about Medicalodges Eudora can be found at the website [medicalodgeseudora.com](http://medicalodgeseudora.com) or by calling 785-542-2176.

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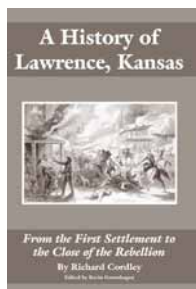
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# KDADS receives more than \$6.7 Million in additional CARES Act funding to support Older Americans Act programs

Kansas Department for Aging and Disability Services (KDADS) Secretary Laura Howard announced on May 12 that Kansas has received more than \$6.7 million in U.S. Department of Health and Human Services (HHS) grants from the Administration for Community Living (ACL) to help communities provide supportive services, meals, caregiver support services and long-term care ombudsman services for older adults.

The Coronavirus Aid, Relief, and Economic Security (CARES) Act, signed into law March 27, 2020, provided additional funding to states, territories and tribes for the various programs authorized by the Older Americans Act (OAA) of 1965. KDADS has received \$6,785,425 under this grant program, the third part of a congressional economic stimulus bill, and is distributing the federal dollars to fund supportive services, caregiver support services, long-term care ombudsman services, and nutrition services. The funds for nutrition services are in addition to the more than \$2 million provided by the Families First Coronavirus Response Act (FFCRA) KDADS received in March of this year.

“These funds will go directly toward helping agencies that deliver these vital support services in communities across our state support older adults in staying healthy and safe during the COVID-19 pandemic,” Howard said. “We appreciate their tireless efforts and ability to adapt and scale the increased needs of our seniors and disabled individuals.”

The OAA Title III programs and services reach more than 300,000 Kansans

each year, through community-based, in-home and statewide supports. The need for many of these services has increased as community measures to slow transmission of COVID-19 have closed congregate settings.

The state aging network is using innovative strategies to continue to serve older adults and support communities.

“Many of our local restaurants are struggling to keep their doors open, and we see this as an opportunity to collaborate and begin providing senior meals through an Older Americans Act voucher program with local restaurants in Northwest Kansas,” Northwest Kansas Area Agency on Aging Executive Director Michelle Morgan said. “We see this as a way to provide seniors with needed, nutritious meals while supporting our local businesses during this difficult time.”

Older adults who need assistance can find services and information in their neighborhood or community by calling the Area Agencies on Aging at 855-200-2372 where they will be directed to assistance in their area.

The Kansas Office of the Long-Term Care Ombudsman continues to advocate for civil and human rights, and support and empower consumers by resolving individual complaints while working to improve and enhance the long-term care system for residents and their families. The office serves individuals residing in nursing homes, assisted living facilities, board and care home, home plus facilities, adult day centers and residential health care facilities.

“Restrictions on visitation have

significantly increased demand for ombudsman services, as families seek assistance in ensuring the well-being of their loved ones. This funding will give the Kansas Ombudsman program the ability to expand its virtual presence to residents and their families, to provide personal protective equipment once in-person visits resume and continue to promote the health, safety welfare, and rights of residents in the context of COVID-19,” Kansas Long-Term Care Ombudsman Barbara Hickert said.

Long-term care residents or their family members with questions or concerns related to COVID-19, or who need help facilitating communication with their family members may contact the Long-term Care Ombudsman at 877-662-8362.

There currently is a need for additional volunteers to deliver meals across the state. If you would like to

volunteer and do not fall into any of the high-risk categories for COVID-19, please call 855-200-2372.

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# Social Security and protecting elders from scams

By Norm Franker

Social Security District Manager in Lawrence, KS

June is World Elder Abuse Awareness Month. Throughout the month, government agencies, businesses, and organizations sponsor events to unite communities, seniors, caregivers, governments, and the private sector to prevent the mistreatment of and violence against older people.

Scammers often target older people.

They use fear to pressure people into providing personal information or money. In times like the current pandemic when people are particularly vulnerable, scammers will pretend to be government employees, often from Social Security, to gain people's trust to steal their money and personal information. The most effective way to defeat scammers is by knowing how to identify scams then hanging up or ignoring the calls.

## What you can do

If you get a Social Security scam phone call, hang up, report it to our law enforcement office at [oig.ssa.gov](http://oig.ssa.gov), and tell your family and friends about it! We're telling as many people as we can that government agencies will never:

- Tell you that your Social Security number has been suspended.
- Tell you about crimes committed

in your name, or offer to resolve identity theft or a benefit problem in exchange for payment.

- Request a specific means of debt repayment, like a retail gift card, prepaid debit card, wire transfer, internet currency, or cash.

- Insist on secrecy about a legal problem, or tell you to make up stories to tell family, friends, or store employees.

Scammers continue to develop new ways to mislead you. They might use the names of Social Security officials

and tell you to look them up on our public websites (where they learned the names themselves). Or, they might email you official-looking documents with a letterhead that looks like it's from Social Security or Social Security's Office of the

Inspector General (OIG). Don't believe them! Social Security will NEVER email you attachments that have your personal information in them.

If you ever owe money to Social Security, the agency will mail you a letter, explaining your payment options and your appeal rights. If you get a call about a Social Security problem, be very cautious. If you do not have ongoing business with the agency, or if the caller mentions suspending your Social Security number or makes other threats, the call is likely a scam. Ignore it, hang up, and report it to us at [oig.ssa.gov](http://oig.ssa.gov). We are working to stop the scams and educate people to avoid becoming victims.



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## HEALTH &amp; WELLNESS

# Vigilance key to moving to our new normal

By Jessica Brewer

LMH Health

As states begin to reopen and life begins to shift toward a new normal, what does “normal” really mean? Are we in the clear? Dr. Christopher Brychel, infectious diseases physician at LMH Health, said that going back to normal can’t happen just yet, but that there are some important aspects to note as we begin to re-open statewide.



One of the first things Dr. Brychel mentioned was the importance of personal responsibility to not only protect yourself and your family, but to protect other community members around you. The harrowing truth is that it only takes one person for a disease to spiral out of control.

“We are all working to find our new equilibrium,” he said. “Moving forward, we have to find a way to keep society in motion while keeping safety first for each individual. As we reopen, it is immensely important that we maintain vigilance about hand hygiene, mask-wearing, social distancing and other necessary safety measures to make certain we can move forward in a positive fashion.”

Dr. Brychel said that we must continue to practice all safeguards recommended by the CDC, KDHE and LDCH through each phase of re-opening. When it comes to social distancing, hand hygiene, cough etiquette and masks, Brychel said there is no exception for anything less than a full effort.

“With personal accountability comes the acceptance that we may need to put the brakes on,” Dr. Brychel said. “The phases recommended by federal, state and local governments and down to

individual institutions, could change if we do not see the numbers we would like. Though plans are in place now, they could also change if the community does not band together to continue suppressing this virus.”

Dr. Brychel said until a vaccine is produced, the virus will remain in the community and it is the responsibility of every community member to keep the city safe.

LMH Health is re-opening in phases as well, with patient and employee safety at the heart of each phase. He reminds patients that non-emergent healthcare options are open and safe but also expressed the ease and availability of using a telehealth visit, when appropriate.

“As we work to find a new equilibrium at the hospital, we continue to offer telemedicine appointments for those who can be seen virtually,” Dr. Brychel said. “As we move forward, telemedicine will continue to exist in a meaningful capacity, but it is important to note that not every aspect of care is appropriate for telemedicine. For those issues that require in-person evaluation, you can rest assured that your safety and care is our central concern.

For nearly 100 years, our community

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

With excellent guidance from the Centers for Disease Control and Prevention, Kansas Department of Health & Environment, Lawrence-Douglas County Public Health and our own team of Infectious Diseases physicians, we have re-opened our clinics and departments of the hospitals by implementing the most up-to-date COVID-19 precautions to safeguards and protect you, our staff and ultimately the community.

Brychel encourages everyone that if they experience a life-threatening, emergency situation, to come to the emergency room for care.

“Staying home when you are sick does not mean you should stay home and not seek care,” Dr. Brychel said.

“There are many medical needs that warrant immediate care. If you believe that you require urgent medical attention, do not hesitate to come to our ER. We have prepared for you to be treated and cared for safely.”

## What about antibody testing?

While LMH Health has received many inquiries about antibody testing, we are not currently performing antibody tests. Dr. Brychel said that so far, antibody tests are very problematic.

“In their current forms, antibody tests are filled with validity concerns, making interpretation of their results nearly impossible,” Dr. Brychel said. “These tests have not been subject to traditional FDA validations. Essentially, it is unclear if a negative result truly represents the absence of disease. The degree of uncertainty surrounding a negative result is hindered by the uncertainties of the meaning of a positive test result. Lastly, these tests

■ CONTINUED ON PAGE 15

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# HEALTH & WELLNESS

## Homemade natural insecticides

It is summer in Kansas. The warm, hazy days of summer are all about activities, such as swimming, long walks, gardening, and spending time outdoors. However, with the warm days of summer also come the unwanted visitors—insects. Insects



Dr.  
Deena  
Beneda

shards of glass and shreds any soft-bodied insects that slither across it. Diatomaceous earth is used for all crawling, hard-bodied insects, such as ants, snails, slugs, spiders, cutworms, and maggots. Application is simple—just spread the powder on the soil around the vulnerable plants. However, it only works when the plant is dry, so after watering or rain you may need to reapply.

Neem Oil is one of the best all-

purpose natural insecticides, killing everything from aphids, mites, worms, and squash bugs above the ground to grubs beneath the soil. Neem oil is a poisonous extract from the neem tree, a native tree to India. Garlic, hot peppers, or onions ground up and diluted with water can make an effective spray to kill all sorts of insects. Or another option is to compose your own herbal water spray with the essential oils of sage, tea tree oil, thyme, rosemary, mint, and lavender to repel insects.

Other alternatives worth mentioning include rhubarb leaves, basil, tomato leaves, salt, orange or lemon peels, and mineral oil.

After choosing your formula,

remember to apply on top of the leaves as well as underneath. Don't overdo it. Excess can cause damage. Most recipes are effective as a weekly treatment. And finally, avoid treating during hot sunny day to reduce the risk of burning the plant.

These homemade pesticides are cheap. They are easy to make since most ingredients can be found in your kitchen. The ingredients are earth friendly and natural, so steer away from the toxic chemicals and choose a homemade natural insecticide.

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

tend to be everywhere during the summer, especially on our plants in the garden. There are many toxic insecticides that are available for getting rid of our unwanted visitors, including organophosphates or other carcinogenic agents. But are these the types of insecticides that we really want in our garden? Do we want to cover the plants that we are ingesting with carcinogens? However, if an insecticide is needed to take care of those little blood suckers, then there are natural alternatives to the hard core insecticides.

The first choice is natural soap sprays. Natural soap sprays are completely non-toxic and kill the insects by smothering them with soap and preventing the insect from breathing. Soap sprays are easy to make on your own. For example, mix one tablespoon of liquid soap and one teaspoon of baking soda to a quart spray bottle and apply to the plant. Just make sure to use a mild, all-natural soap to avoid harming the plants.

Diatomaceous earth is fossilized microbes that have been ground into a powder. This powder then acts as



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## FINANCIAL FOCUS

# Nearing retirement? What questions should you ask?

The recent market volatility has affected just about everybody's financial and investment situations – so, if you were planning to retire soon, will it still be possible?

Of course, the answer depends somewhat on your employment situation. With so many people's jobs



*Derek Osborn*

being affected by the coronavirus pandemic, your retirement plans may also have been thrown into confusion. But assuming your employment is still stable, what adjustments in your financial and investment strategies might you need to make for your retirement?

Here are a few areas to consider, and some questions to ask yourself:

- **Retirement goals** – Now is a good time to review your retirement goals and assess your progress toward achieving them. You may want to work with a financial professional to determine if the current environment has materially affected your goals or if you need to make modest adjustments to stay on track.

- **Retirement lifestyle** – You probably created your investment strategy with a particular type of retirement lifestyle in mind. Perhaps you had planned to become a world traveler when your working days were over. Of course, in the near term, extensive travel may not be possible, anyway, but once we move past the pandemic, your freedom to roam will likely return. But if your investment portfolio is not where you thought it might be, can you (or do you want to) adapt your lifestyle plans? And can you accept the same flexibility with your other lifestyle goals, such as purchasing a vacation home, pursuing hobbies, and so on?

- **Tradeoffs** – Based on your retire-

ment goals and your willingness to adjust your retirement lifestyle, you'll want to consider your options and tradeoffs. For example, would you be willing to work more years than you had originally planned in exchange for greater confidence in your ability to enjoy a comfortable retirement lifestyle? By working longer, you can continue adding to your IRA and 401(k) or similar retirement

plan, and you may be able to push back the date you start receiving Social Security to receive bigger monthly benefits. You might also review your budget for opportunities to reduce spending today and potentially save more toward your retirement goals.

- **Social Security** – You can file for Social Security benefits as early as 62, but you can get 25% to 30% more each year if you wait until your full retirement age, which is likely between 66 and 67. As you created your retirement plans, you likely also calculated when you would take Social Security, but you may need to review that choice. If you postpone retirement a few years, what effect will that have on when you choose to

take Social Security and, consequently, the size of your benefits? You won't want to make a hasty decision, because once you start taking Social Security, you can't undo your choice.

This is certainly a challenging time to be entering retirement, and you'll have some questions to answer. But even in the midst of uncertainty, you still have many choices. Consider them carefully and make the decisions that work for you.

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



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## JILL ON MONEY

### Powell to Congress: Just do it!

So much for a “V”-shaped economic recovery, where output collapses quickly and then shoots back up. As the U.S. entered its third month of the pandemic-induced lockdown economy, analysts have replaced the hopes/predictions of a quick turnaround (and



Jill  
Schlesinger

its slower cousin, the “U-shaped” recovery) with a new image: the Nike Swoosh recovery, where the economy crawls out of the cataclysmic hole and takes two or three years to return to where it was prior to the outbreak.

Federal Reserve Chairman Jerome Powell could have channeled the sneaker and apparel giant when delivering a message to Congress and the Administration recently: JUST DO IT! Powell warned that the current recession could be deeper, more painful and longer lasting, unless lawmakers and the president come up with more relief money.

He reiterated comments from his press conference following the last Federal Open Market Committee meeting, urging/begging for more fiscal stimulus to blunt the impact of “a level of pain that is hard to capture in words.” While the Fed would continue to open

the spigots, it only has the authority to lend, not to spend. Writing checks is the job of Congress and unless the legislative branch adds to the \$3 trillion in aid already provided, “the passage of time can turn liquidity problems into solvency problems.” Translation: Just Do It, or else we are going to see a wave of personal and business bankruptcies that will amount to an L-shaped recovery: one in which the economy never fully recovers.

Some lawmakers have expressed doubt about spending more, due to debt and deficit concerns, but Powell believes “The time will come... where we can think about a long-term way to get our fiscal house in order... But this is not the time...to let that get in the way of us winning this battle.”

Economist Diane Swonk put it more bluntly, when she wrote, “Either we tame the COVID-19 virus and provide more support for households and firms ravaged by the humanitarian and economic effects, or we will suffer a deeper and longer recession...We will never look back and say we did too much. We could look back with regret and grief, wondering: Why didn’t we do more when we had the chance?”

Fresh Fed research underscored the need for action: “40 percent of those in households making less than \$40,000 a year had lost a job in March.” A separate report from the NY Fed found nearly one-third of Americans expect their own household financial situation will be worse in a year, the highest level on

record. The pandemic has also caused a spike in fear of job loss; historically low expectations for income and spending; and uncertainty about getting credit.

As job losses pile up, economists fear that many of these millions of workers will not be temporarily sidelined. The National Bureau of Economic Research predicts 42% of recent layoffs will become permanent. In an interview with Scott Pelley on “60 Minutes,” Powell said “There’s a real risk that if people are out of work for long periods of time, that their skills atrophy...longer and deeper recessions tend to leave behind damage to people’s careers. And that weighs on the economy going forward.”

It’s going to take some time for full

recovery—Powell cautioned, “It could stretch through the end of next year. We really don’t know,” but he also reminded us, “In the long run, and even in the medium run, you wouldn’t want to bet against the American economy. This economy will recover. And that means people will go back to work. Unemployment will get back down. We’ll get through this.”

- 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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# MAYO CLINIC

## When self-care and physical therapy haven't improved plantar fasciitis

**DEAR MAYO CLINIC:** I am in my 60s and active. Over the years, I have had plantar fasciitis off and on, but the most recent episode has lasted longer than usual, and physical therapy hasn't helped much. What are my options for treatment at this point?

**ANSWER:** Most people with plantar fasciitis improve with basic care steps or physical therapy. However, healing can be slow and require perseverance. Newer, nonsurgical therapy options are helping with hard-to-treat cases.

The plantar fascia is a fibrous band of tissue on the bottom of the foot. It connects the heel to the toes and supports the arch of your foot, acting as a shock absorber when you put pressure on your foot. Plantar fasciitis discomfort occurs at the bottom of your foot, typically near the heel bone. It can range from a dull sensation to piercing pain. Often, it comes on gradually and affects only one foot, though it can start suddenly and affect both feet.

Plantar fasciitis occurs when stress and strain cause microscopic tears in the fascia. There may be a temporary inflammatory reaction to the injury, but the true problem is degeneration of the fascia—not the inflammation.

The risk of plantar fasciitis is increased by factors that put extra strain on the feet, such as obesity; high-impact activities, such as running or dance aerobics; and certain faulty foot mechanics, such as flat feet, high arches or an abnormal walking pattern.

Having a tight Achilles tendon or ankle muscles is also a risk factor. Risk rises if you suddenly increase your activity level, such as walking and standing a lot while on vacation. Going barefoot or wearing shoes with minimal support, particularly on hard surfaces, or routinely wearing high-heeled shoes also increases risk of injury.

To treat plantar fasciitis, the extra stress on the plantar fascia must be relieved, so that the tears can heal. For most people, these small tears can be treated successfully with physical therapy and special equipment that gives the foot extra support. A cortisone injection also may be considered.

But for some, this isn't enough, and finding a solution to the chronic pain and loss of function due to plantar fasciitis can be frustrating. Open surgery to remove the damaged tissue is an option, but recovery often is prolonged, and recurring pain is common.

If plantar fasciitis pain is disrupting your life and a thorough plan of care isn't leading to improvement after several months, newer, minimally invasive interventions can be effective.

Ultrasonic fasciotomy and debridement, a technology developed in part by Mayo Clinic doctors, uses ultrasound imaging to identify degenerated tissues and guide the entire procedure. Through a tiny incision, a needle-like surgical probe is inserted into the degenerated tissues. When activated,

the probe tip vibrates rapidly, using ultrasonic energy to break up the damaged tissues, which then are suctioned away. The procedure usually takes only a few minutes, and the incision is closed with surgical tape.

Complications are uncommon. After about 10 days of rest or restricted weight-bearing, it's usually possible to return to your regular activities. However, physical therapy still may be needed, and it usually takes longer to get back to more strenuous activities.

Another treatment is called needle fasciotomy with platelet-rich plasma (PRP) injection. Using ultrasound imaging and a thin probe, holes are poked in damaged and degenerated plantar fascia tissue. This is often followed by an injection of platelet-rich plasma into the fascia. Platelet-rich plasma is obtained from your own blood. Anti-inflammatory factors in platelet-rich plasma may help stimulate pain relief and healing in the area.

Talk with your health care provider to see if either of these treatments would be a good option for your situation. (adapted from Mayo Clinic Health

Letter) - Arthur De Luigi, D.O., M.H.A., Physical Medicine and Rehabilitation, Mayo Clinic, Scottsdale, Ariz.

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

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# PAINTING WITH WORDS

## I Wandered Lonely as a Cloud

**Poem Title:** I Wandered Lonely as a Cloud

**Poet:** William Wordsworth

William Wordsworth was an English poet of the late 18<sup>th</sup> and early 19<sup>th</sup> century who is considered to be one of the writers who launched the Romantic



Tom  
Mach

Age in English literature. While he is famous for many poems, the one that is most apropos is “I Wandered Lonely as a Cloud.” During the months of the pandemic, people have been asked to distance themselves from one another and to remain at home unless necessary for certain chores. So, even if you are by yourself and feeling lonely without having your friends with you, you can use your imagination to find new friends in this world to give you comfort.

Wordsworth was inspired to write this poem when he and his sister Dorothy observed a long line of daffodils beside a lake. These flowers fluttered in the breeze and stretched along the shoreline. As Wordsworth said in his poem, “the waves beside them danced, but they out-did the sparkling waves in glee.” The water suggests a certain spirituality that can give loneliness comfort.

Why did Wordsworth talk about seeing “a host of golden daffodils... fluttering and dancing in the breeze”? Daffodils symbolize rebirth and new beginnings.

This poet visualized one who initially compares himself or herself to a lonely cloud, but beneath that cloud is something of beauty—a lake of water and long rows of daffodils that promise new

beginnings with the hope and comfort that the Lord God can give us. Loneliness can be an opportunity to take time to examine ourselves and to enjoy “the bliss of solitude” one gets when one is in tune with the many opportunities that promise new beginnings for us.

### I Wandered Lonely as a Cloud

By William Wordsworth

*I wandered lonely as a cloud  
That floats on high o'er vales and hills,  
When all at once I saw a crowd,  
A host, of golden daffodils;  
Beside the lake, beneath the trees,  
Fluttering and dancing in the breeze.*

*Continuous as the stars that shine  
And twinkle on the milky way,  
They stretched in never-ending line  
Along the margin of a bay:  
Ten thousand saw I at a glance,  
Tossing their heads in sprightly dance.*

*The waves beside them danced; but they  
Out-did the sparkling waves in glee:  
A poet could not but be gay,  
In such a jocund company:  
I gazed—and gazed—but little thought  
What wealth the show to me had  
brought:*

*For oft, when on my couch I lie  
In vacant or in pensive mood,  
They flash upon that inward eye  
Which is the bliss of solitude;  
And then my heart with pleasure fills,  
And dances with the daffodils.*

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

# Vigilance

■ CONTINUED FROM PAGE 10

do not predict immunity and may lead to a false sense of security that could ultimately prove to be detrimental to an individual and his or her community.”

Dr. Brychel clarified that while the test will not physically harm you, they have not been validated by the FDA. The current assays received Emergency Use Authorization from the FDA but that does not mean that they have been approved or recommended by the FDA. A test is only good if it is accurate and provides meaningful intervention.

“I understand that patients who have had a respiratory disease recently or over the winter want to know if they’ve already weathered COVID-19 without even knowing it,” Dr. Brychel said. “Unfortunately, there just is no certainty at this time. Because of this uncertainty, I advise my patients not to spend money on these tests just yet because the tests available provide no clear answers or actionable results.”

Dr. Brychel also cautioned against patients participating in direct to consumer antibody testing. These tests that can be completed without a doctor’s order and may leave consumers responsible for an additional fee to get counseling on the test results.

“Information changes very quickly regarding tests and other facts about COVID-19,” he said. “I recommend checking the CDC, KDHE and LDCH’s websites regularly for any changes.”

Despite the uncertainty, Dr. Brychel wants to offer encouragement that eventually, things will slow down.

“We will get through this,” he said. “We don’t know how long this will be, as only the virus can determine the timeframe. We will make it through and it continues to be important for each individual to do their part. It is easy to get lost and feel like this will never end, we all understand and experience those feelings. With risk reduction and an abundance of caution, we can and will make it to the other side.”

During the COVID-19 crisis, the community has provided support for LMH Health staff and providers in many ways - not only by providing personal protective equipment, but by staying safe during this time. Dr. Brychel said he is very grateful for the vigilant efforts made by the community so far.

“We underwent extreme, but necessary, measures to flatten the curve,” he said. “And really, the community crushed the curve. We are in awe at the efforts the community has made to remain safe and at the kind gestures given daily. While each of us weathers this storm, it is important not to forget your humanity. Offer kindness and step up when your neighbors are in need. We can and we will do this.”

- Visit [www.lmh.org/coronavirus](http://www.lmh.org/coronavirus) to keep up with our latest news and updates, including information about telehealth visits, changes and restrictions LMH Health is implementing due to COVID-19.



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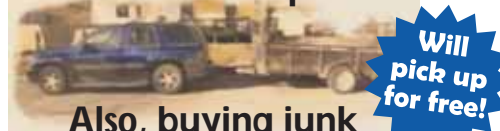
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# RICK STEVES' EUROPE

## Visiting Europe's great libraries

By Rick Steves  
Tribune Content Agency

For me, libraries are the great equalizer. Whether you're rich or poor, powerful or not, when you walk into a library you realize how small you are compared to the wealth of human activity contained on those shelves. The grand libraries of Europe offer travelers the chance to connect with books and documents that changed the course of history—and to bask in impressive, ornate interiors that reflect the tremendous importance of books in earlier centuries.

One of the oldest libraries in Europe is the Bodleian Library at England's Oxford University. Opened in 1602, it incorporates the older Duke Humfrey's Library from the 15th century. In those days, libraries were placed above classrooms for maximum sunlight and minimum moisture. Books were considered so precious that many were actually chained to the desk. Today this historic library is a world of creaky old shelves of books dating to the Middle Ages, stacked neatly under a beautifully painted wooden ceiling. The space is so atmospheric, it served as Hogwarts' library in the Harry

Potter films. (Duke Humfrey's Library is viewable only on a popular guided tour—book in advance.)

The Weston Library, a more modern wing of the Bodleian, welcomes visitors to enjoy a gallery showcasing a changing selection of its "Treasures," including a Shakespeare First Folio (18 plays from 1623), an original score of Handel's Messiah (written in 1741), and a copy of the Magna Carta from 1217, when King John was forced to grant his nobility certain rights...opening the door to democracy.

Even larger than the Bodleian is London's British Library in London. In its courtyard, the statue of Isaac Newton measuring the immensity of the universe symbolizes the library's purpose: to gather all knowledge and promote humanity's endless search for truth. The massive building fills 180 miles of shelving with over 12 million books. But for sightseers, only one gallery matters: the Treasures. You'll find original ancient maps, illuminated Gospels on parchment, the Gutenberg Bible, precious musical manuscripts, Lewis Carroll's Alice's Adventures in Wonderland, and handwritten Beatles lyrics. The only known manuscript of the epic



CAMERON HEWITT, RICK STEVES' EUROPE

Some books at Oxford University's Bodleian Library date back to medieval times.

saga Beowulf (AD 1000) is here, as is Geoffrey Chaucer's bawdy Canterbury Tales (c. 1410). Display cases feature trailblazing documents by early scientists such as Galileo and Isaac Newton. Pages from Leonardo da Vinci's notebook show his pow-

erful curiosity and his famous backwards handwriting. You may see letters by Henry VIII, Queen Elizabeth I, Darwin, Freud, and Gandhi.

Many of Europe's finest old libraries are housed in monasteries. The

■ CONTINUED ON PAGE 19

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# Rick Steves

■ CONTINUED FROM PAGE 18

library at Strahov Monastery in the Czech Republic's capital, Prague, is filled with 10- to 17th-century books, shelved under elaborately frescoed ceilings that celebrate philosophy, theology, and the quest for knowledge. As the Age of Enlightenment took hold, the Church struggled to maintain its control. Books that contained challenging ideas—by thinkers like Nicolaus Copernicus, Jan Hus, and Jean-Jacques Rousseau—were placed in a gilded, locked case. Only the abbot had the key, and you needed his blessing to open it. Pondering these treasured volumes from our Information Age perspective, I'm reminded of the importance of free access.

At Melk Abbey, which beams proudly over the Danube Valley in Austria, the elegant Baroque library is another visual reminder of how monasteries were the storehouses of knowledge through the ages. The extravagant investment in the library's elaborate decor, with inlaid bookshelves, matching bindings, and a frescoed ceiling, shows clearly that for the Benedictine monks, the library was—after the actual church—the most important room in the abbey. Many of the collection's oldest books were written and transcribed here. The precious globes (one terrestrial, one celestial—with the night sky inside out) date from 1688 and were painstakingly researched and crafted. Students and researchers still use the many manuscripts housed in its temperature-controlled rooms.

Farther down the Danube, in Vienna, the Austrian National Library's State Hall is a postcard-perfect Baroque library, where glorious paintings celebrate high culture and the library's patron, Emperor Charles VI. This former imperial hall, with a statue of Charles VI in the center, makes it clear that knowledge of the world was for the elite—and with that knowledge, the elite had power. More than 200,000 old books line the walls, but patrons go elsewhere to read them; the hall is just for show these days. Special exhibits

fill glass cases down the nave-like main aisle with literary treasures—all well described in English.

Throughout Europe, wonderful old libraries are inspiring reminders of humanity's vast and varied creativity, and its ongoing commitment to knowledge. They make excellent stops for travelers looking for deeper engagement with centuries of European culture and history.

- Rick Steves ([www.ricksteves.com](http://www.ricksteves.com)) writes *European travel guidebooks*

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

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# AMERICA'S TEST KITCHEN

## Rome's greatest little-known pasta dish has only five ingredients

By America's Test Kitchen

Tribune Content Agency

Rome has four iconic—and outrageously good—pasta dishes that use some combination of pork, cheese, pepper, eggs and tomatoes: cacio e pepe, amatriciana, carbonara and gricia. This last one is probably the least well-known in the United States, but its porky-peppery flavors deserve big recognition.

In Italy, porky guanciale is at the forefront of the dish, followed by the heat of black pepper and the tang of pecorino Romano. It all forms a rich yet delicately creamy sauce to coat rigatoni.

To bring this dish into American home kitchens, we had to finesse the ingredient list and the cooking technique. To start, we swapped out the guanciale for easier-to-find pancetta. (But if you can find guanciale, use it! We've included instructions for substituting it for the pancetta.)

As for the technique, we quickly learned that it was more art than science: As the al dente pasta cooks through, it absorbs some of the pasta water and releases starch to help emulsify the water and fat into a creamy sauce. How much pasta water to add depends on knowing how much more cooking the pasta needs and how much water it will

absorb. And if there isn't enough pasta water to maintain the emulsion, the sauce will be broken and greasy. We wanted to remove any guesswork so home cooks of all experience levels could make this dish perfectly every time.

The solution was boiling measured amounts of rendered pork fat and pasta water to a specific volume: 1 1/2 cups. This way, we always used the same amount of liquid to coat the pasta, which gave us consistent results and an emulsified sauce. Boiling the liquid also helped break up the fat droplets to create a thick, cohesive sauce before we mixed in the pasta.

From start to finish, the recipe only takes about 30 minutes. And it only takes one bite to understand why it's one of Rome's iconic pastas.

### Pasta alla Gricia (Rigatoni with Pancetta and Pecorino Romano)

Serves 6

8 ounces pancetta, sliced 1/4-inch thick

1 tablespoon extra-virgin olive oil

1 pound rigatoni

1 teaspoon coarsely ground pepper, plus extra for serving

2 ounces pecorino Romano cheese, grated fine (1 cup), plus extra for serving

1. Slice each round of pancetta into

rectangular pieces that measure about 1/2 inch by 1 inch.

2. Heat pancetta and oil in large Dutch oven over medium-low heat, stirring frequently, until fat is rendered and pancetta is deep golden brown but still has slight pinkish hue, 8 to 10 minutes, adjusting heat as necessary to keep pancetta from browning too quickly.

3. Using slotted spoon, transfer pancetta to bowl; set aside. Pour fat from pot into liquid measuring cup (you should have around 1/3 cup fat; discard any extra over 1/3 cup). Return fat to Dutch oven.

4. While pancetta cooks, set the colander in large bowl. Bring 2 quarts water to boil in large pot. Add pasta and cook, stirring often, until al dente. Drain pasta in prepared colander, reserving cooking water.

5. Add pepper and 2 cups reserved cooking water to the Dutch oven with fat and bring to boil over high heat. Boil mixture rapidly, scraping up any browned bits, until emulsified and reduced to 1 1/2 cups, about 5 minutes. (If you've reduced it too far, add more reserved cooking water to equal 1 1/2 cups.)

6. Reduce heat to low, add pasta

and pancetta, and stir to evenly coat. Add pecorino Romano and stir until cheese is melted and sauce is slightly thickened, about 1 minute. Off heat, adjust sauce consistency with remaining reserved cooking water as needed. Transfer pasta to platter and serve immediately, passing extra pepper and extra cheese separately.

Recipe notes: Because this pasta is quite rich, serve it in slightly smaller portions with a green vegetable or salad.

For the best results, use the highest-quality pancetta you can find. If you can find guanciale, we recommend using it and increasing the browning time in Step 2 to 10 to 12 minutes. Because we call for cutting the pancetta to a specified thickness, we recommend having it cut to order at the deli counter; avoid pre-sliced or pre-diced products.

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

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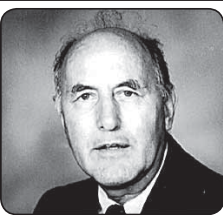
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## HUMOR

### Kaybe and Henry the Hulk go to Vegas

Long-time readers will remember Kaybe, but if you're a new reader, here is an update:

Do you believe in aliens from outer space? I do. I've been friends with one for decades. KB-11.2 doesn't have green skin and luminous eyes like the aliens one sees in sci-fi movies. In Kaybe's part of the universe they've



Larry  
Day

solved the problem of time and space. For them, crossing six parsecs is like going to the grocery store.

Kaybe looks like a giant tuna fish can. Erector Set© arms sprout from the curving sides of his body, and three spindly metal legs drop down from the underside of his flat stainless steel torso. Her has ball bearing wheels for feet. A floppy two-foot antenna, with three sensor-eyes, stick out of the middle of his lid. Kabye comes from the Alpha Centauri star system. Many years ago on a visit to Earth Kaybe saved my marriage. He communicates through mental telepathy.

Since I first met him, Kaybe and I have had many fine adventures. He usually stops by The Enchantment when he is within a few hundred parsecs of Earth. Several of his alien friends, Four-Finger Fanny, Miniature Mike and Henry the Hulk work there.

The Enchantment is a dingy roadhouse on the outskirts of Letongaloosa. It's the kind of place every college town needs to maintain academic accreditation.

I go to the Enchantment for a soft drink with friends—some of whom live here in Letongaloosa and some, like my robot alien friend KB11.2, Henry the Hulk, Miniature Mike and Four-Finger Fanny, come from a long, long way from here.

Four-Finger Fanny doesn't look like

an alien. She looks like a 40-something waitress with sore feet and a tired back—which she is, actually. Fanny works at The Enchantment. That's her day job. Her real assignment is to be Earth's contact with the Powers that Be in this sector of the cosmos.

Two of the others, Miniature Mike and Henry the Hulk, look like the opposite of what you'd expect. That's typical of alien folk you find at the Enchantment.

Miniature Mike reminds one of a barn—he's as tall and as wide as one. But when he talks, Mike's voice sounds like the yip of a teenager who has found extra lunch money in her backpack.

Henry the Hulk stands about four-foot-six inches and is thin as a dime. But his voice is a deep rich bass. And even when he tries to speak quietly, the Hulk sounds like Moses commanding Pharaoh to let his people go.

Not long ago, Kaybe and the Hulk were having a short one with friends at the Enchantment when the conversation turned to poker.

"I love poker," said the Hulk. "But I always lose."

"Winning at poker is easy," said Kaybe. "My rheostats can read a poker hand like it's a kid's picture book."

"Dude, let's go to Vegas!"

A few days later, a four-foot-six-inch gambler turned up at one of the casinos on the strip. The doorman blocked their way.

"That thing can't come in here, Shorty," The Hulk said, "This is my emotional support robot. Let us in or the federal government will shut you down faster than you can hiccup."

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The doorman, amazed at the stentorian voice coming out of the midget, and not wanting to risk the possibility of stirring up the feds, stepped aside.

"Thank you," said the Hulk.

"Thank you," said Kaybe telepathically.

The doorman spoke through a small microphone to warn the pit bosses to keep a lookout for a strange-looking pair of gamblers.

The Hulk, with Kaybe at his side, played five hands of draw poker and

two hands of Texas holdem and won them all. Just as the casino barons were about to shut them down, the Hulk said, "Let's go see a show, Kaybe."

"I'd like that, Henry," telepathed Kaybe.

The Hulk scooped up their winnings and they rolled out onto the strip.

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



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## MY PET WORLD

### Visiting the vet during pandemic

By **Cathy M. Rosenthal**

Tribune Content Agency

**D**uring a pandemic, is it safe to take your pet to the vet? Veterinary clinics and emergency clinics are considered essential services and many still are open.

In order to keep people safe and observe social distancing protocols though, they have had to change some of the ways they operate. Here is what you likely can expect when you call or take your pet to the vet (or spay/neuter clinic).

When you make an appointment, the clinic may ask you to fill out paperwork online in advance. When you arrive at the clinic, you likely will call the clinic from your car. Someone will emerge from the clinic (with a mask on) to get your pet. Make it easy for that person to access your pet from either the back of a hatchback or the back-seat passenger side of the car so they maintain proper social distance from you.

If you must walk to the vet, you likely will be asked to call when you reach the front door or a side door and someone will come out to retrieve your pet.

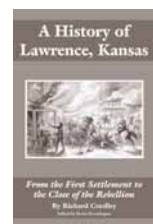
Next, the vet will call you during or after the exam to review your pet's health. Afterward, you pay for services via phone and credit card and a receipt will be sent to your email. A staff person emerges again to return your pet to your car.

Often, animals get sick in the evening or over the weekend, and you may wonder whether you need to take your pet to the emergency clinic or wait until the next day to see your vet.

I talked to Dr. Shlomo Freiman, a Washington State-based veterinarian and co-founder of Petriage, last week about his new free app called Petriage. He says pet owners can put their pet's symptoms into the free app, and it will identify your situation and share how to treat non-emergency symptoms and when you need to take your pet to the emergency vet. Check it out at your App store.

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

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by Richard Cordley

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## JAY'S MUSICAL MEMORIES

# Filling your concert void

By Jay Wachs

**F**riends, I never thought I would be so happy to see warmer temperatures and have the ability to leave my house and get outside.

The quarantine was unlike anything I've ever experienced.

No disrespect intended to my two cats, but there is only so much "meow" I can handle before my inherent need for human interaction takes over.

So many things have been delayed or cancelled and while I understand the rationale...it is still frustrating.

Losing spring training and the first two months of major league baseball were agonizing.

I'm not one to watch games previously played, but I found myself doing so because my baseball sponge was so dry.

Summer is also concert season for me.

I'm not going to list the concerts for which I had tickets because the list is too long and, quite frankly, it would be too depressing.

Instead, I will offer some insight as to how to cope when your concerts have been cancelled and tell you what I do to make it better for me personally.

I grew up in Shaker Heights, Ohio, which is an east side suburb of Cleveland.

About 30 minutes south of my home is an outdoor concert venue known as Blossom Music Center.

It is my summer happy place.

I have seen over 100 concerts there in my 52 years, including the Cleveland Orchestra, Natalie Cole, The Manhattan Transfer, and my annual staple of James Taylor.

This is a place where you go and sit on the lawn on a blanket with your friends and eat fried chicken and drink wine.

It's simply an awesome experience where the sound travels far and you won't miss a note.

If you insist on being up close, you can pay an outrageous price and sit in an actual seat, but why bother when you can sing along to all your favorites with friends and strangers on a lawn and bask in the evening glory.

This has been an unusual year.

My concerts have been cancelled.

I am devastated.

But I have good news.

I have a music library in my home.

And in that library of some amazing live concert albums.

If you don't have the library yourself, you can go to the library or use Spotify or YouTube to check out some amazing concert albums.

So for this article, I will humbly suggest that you take a blanket and a speaker and go lay on the lawn with your home made fried chicken and your glass of chardonnay and check out the following top 10 live concert albums of mine:

- James Taylor Live in Concert Double CD

- Peter Frampton Comes Alive
- Joni Mitchell "Miles of Aisles"
- Carly Simon Live
- Frank Sinatra "Sinatra at The Sands"
- James Brown "Live at The Apollo"
- Steely Dan "Alive in America"
- Bob Seger "Live Bullet"
- The Who "Live at Leeds"
- Little River Band "Live Exposure"

Find your favorite and enjoy the music.

If you want the full experience, some website and band fan sites have concert videos posted.

It may not be what you are used to but it will fill a void.

Hopefully next month, we will be able to say that concerts are back on...live.

Until then, enjoy the music and keep it locked on LawrenceHits.com!

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



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2♣	Pass	2♦	Pass
3♥*	Pass	3♠	Pass
4♣	Pass	4♦	Pass
6♣	All pass		

\*Splinter bid, shortness in hearts

Opening lead: Queen of ♠

North's two-diamond bid confirmed game-going values with the ability to play in clubs, or possibly no trump. South's jump to three hearts was an obvious splinter bid, having denied four hearts when

he bid two clubs. North might have bid three no trump, but he recognized how powerful his hand was opposite a good hand with six clubs and a singleton heart, so he cue bid three spades instead. South "marked time" with his four-club bid, but then leaped to slam when his partner cue bid four diamonds. A good auction — now to make it.

South won the opening spade lead in hand with the ace and laid down the ace of clubs, hoping for a singleton king. No luck there, so he set out to eliminate the side suits. A heart to the ace and a heart ruff was followed by a spade to the king and another heart ruff. Declarer ruffed his last spade in dummy and ruffed dummy's last heart in hand. He could only partially eliminate the diamonds, so he cashed his king of diamonds and led a diamond to the ace.

A trump now put West on lead with nothing but spades remaining. South ruffed in dummy while discarding his last diamond and claimed his slam. Very well done!

*(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.)*



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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 A, B, C, D, E AND F IN RADIO LINGO in the grid of letters.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# PUZZLES & GAMES

## CROSSWORD

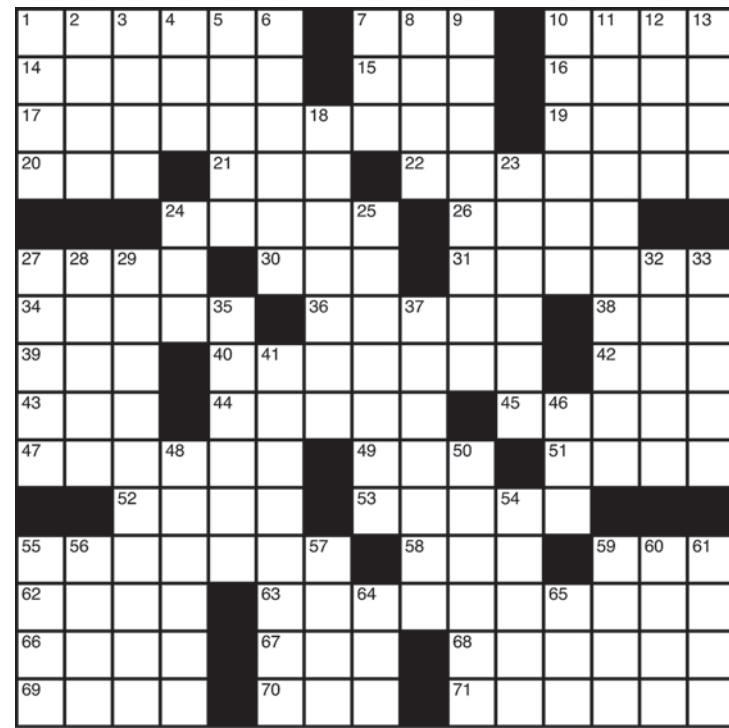
### Across

- 1 Giving \_\_\_
- 7 High ick factor reaction
- 10 "Misery" co-star
- 14 Title teen in a '90s-'00s sitcom
- 15 Key letter
- 16 Regarding
- 17 Giving \_\_\_
- 19 General \_\_\_ chicken
- 20 Actor who gave up wearing his trademark gold jewelry after Hurricane Katrina
- 21 Kingston Trio hit with the line "He may ride forever 'neath the streets of Boston"
- 22 Stew
- 24 While
- 26 Places to unwind
- 27 Boring
- 30 Eggs from the sea
- 31 Can opener
- 34 Chad neighbor
- 36 Coveted award
- 38 "\_\_\_ said earlier ..."

- 39 Brief game deciders?
- 40 Giving \_\_\_
- 42 "Morning Edition" ailer
- 43 "So that's your game!"
- 44 Williams of "Happy Days"
- 45 Ref. to a prior ref.
- 47 Put one over on
- 49 '60s-'70s protest subject
- 51 \_\_\_-savvy
- 52 "Battle Cry" author
- 53 A lot
- 55 Make a pretrial determination
- 58 Sch. with a Shreveport campus
- 59 Longtime Richard Petty sponsor
- 62 Samoan port
- 63 Giving \_\_\_
- 66 Sign gas
- 67 Outback bird
- 68 They have many arms
- 69 Trait transmitter
- 70 Hound
- 71 Giving \_\_\_

### Down

- 1 Clock radio toggle
- 2 Evil end?
- 3 Dial on old TVs
- 4 Believer's suffix
- 5 Congo River area denizen
- 6 Spring festival
- 7 Center opening
- 8 "Hold on!"
- 9 Flying statistic
- 10 Afternoon refresher
- 11 Giving \_\_\_
- 12 Including everything
- 13 Difference in a close race
- 18 Oater settings
- 23 Iberian coastal city
- 24 Retiring
- 25 Giving \_\_\_
- 27 Giving \_\_\_
- 28 Like ballerinas
- 29 Giving \_\_\_
- 32 Cold mold
- 33 Giving \_\_\_
- 35 New England's only National Park
- 37 Traditional Jerusalem site of the Last Supper
- 41 Not close at all
- 46 Bookie's spread units:



- Abbr.
- 48 Suave
- 50 Michigan State's Sparty, e.g.
- 54 How a couple might go for dinner?
- 55 Squealed
- 56 Olympian's blade
- 57 Prom rental
- 59 "It's next on my list"
- 60 East-west Mass. artery
- 61 Penultimate Greek letters
- 64 Decorator's suggestion
- 65 Call-day link

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

## JUMBLE

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

SUGET

BSIRK

GIRDIF

KERBON

This is amazing!

Cool!

I can't believe how big those frogs are.

7/31

THE FASCINATING DOCUMENTARY ABOUT FROGS WAS \_\_\_\_\_

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Check out the new, free JUST JUMBLE app.

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

Answer here: " \_\_\_\_\_ "

## SCRABBLE G R A M S

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A<sub>1</sub> U<sub>1</sub> Y<sub>4</sub> L<sub>1</sub> W<sub>4</sub> S<sub>1</sub> F<sub>4</sub> 2nd Letter Triple

A<sub>1</sub> O<sub>1</sub> U<sub>1</sub> U<sub>1</sub> S<sub>1</sub> R<sub>1</sub> D<sub>2</sub>

A<sub>1</sub> U<sub>1</sub> S<sub>1</sub> C<sub>3</sub> S<sub>1</sub> L<sub>1</sub> T<sub>1</sub>

A<sub>1</sub> E<sub>1</sub> Y<sub>4</sub> R<sub>1</sub> C<sub>3</sub> L<sub>1</sub> T<sub>1</sub> Double Word Score

A<sub>1</sub> U<sub>1</sub> P<sub>3</sub> M<sub>3</sub> T<sub>1</sub> H<sub>4</sub> C<sub>3</sub>

\_\_\_\_\_ RACK 1

\_\_\_\_\_ RACK 2

\_\_\_\_\_ RACK 3

\_\_\_\_\_ RACK 4

\_\_\_\_\_ RACK 5

PAR SCORE 270-280  
BEST SCORE 331

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 scrabms@gmail.com

Answers to all puzzles on page 26

**CROSSWORD SOLUTION**

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

**SUDOKU SOLUTION**

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

**BOGGLE ANSWERS**

ALPHA, BRAVO, CHARLIE, DELTA, ECHO, FOXTROT

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**JUMBLE ANSWERS**

Jumbles: GUEST, BRISK, FRIGID, BROKEN

Answer: The fascinating documentary about frogs was - "RIBBITING"

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SCRABBLE G R A M S SOLUTION													
S <sub>1</sub>	W <sub>4</sub>	A <sub>1</sub>	Y <sub>4</sub>	F <sub>4</sub>	U <sub>1</sub>	L <sub>1</sub>	RACK 1 =	<u>74</u>					
A <sub>1</sub>	R <sub>1</sub>	D <sub>2</sub>	U <sub>1</sub>	O <sub>1</sub>	U <sub>1</sub>	S <sub>1</sub>	RACK 2 =	<u>58</u>					
C <sub>3</sub>	U <sub>1</sub>	T <sub>1</sub>	L <sub>1</sub>	A <sub>1</sub>	S <sub>1</sub>	S <sub>1</sub>	RACK 3 =	<u>59</u>					
T <sub>1</sub>	R <sub>1</sub>	E <sub>1</sub>	A <sub>1</sub>	C <sub>3</sub>	L <sub>1</sub>	Y <sub>4</sub>	RACK 4 =	<u>74</u>					
M <sub>3</sub>	A <sub>1</sub>	T <sub>1</sub>	C <sub>3</sub>	H <sub>4</sub>	U <sub>1</sub>	P <sub>3</sub>	RACK 5 =	<u>66</u>					
PAR SCORE 270-280							TOTAL	<b>331</b>					

**MY ANSWER**

**Praise should be on our lips and in our hearts**

From the writings of the Rev. Billy Graham

Tribune Content Agency

**Q:** There is so much talk in church about praising the Lord, but I don't hear too much about repenting. Is praising God really about music? - S.L.

**A:** "Praise and worship" has become a cliché. Praising the Lord is not something we're called to do on Sunday morning. It's a way of life—praising God no matter what we do or where we are. It's relatively easy to sing for an hour in church, but it's another matter entirely to live day in and day out praising the Lord with our obedience.

When we are discouraged, "praise Him" (Psalm 42:5). Praise to God is the antidote for every trouble. When

we praise Him, we're worshipping Him by keeping our eyes on Him. Scripture speaks of praising the Lord continually, past, present, and future. Praise should be on our lips and in our hearts; in our thinking, speaking, and singing; but most of all in how we live.

The patriarchs praised the Lord throughout the generations. The prophets praised Him for deliverance. The apostles praised Christ in all of His glory, and the people praised the Messiah who came and is coming again. The praise did not flow only in times of victory, but also in times of imprisonment, in times of despair, and in the face of death.

One of the most compelling passages about praise, however, is when Jesus Himself praised His Father in Heaven for revealing the truth to the people whose

ears and hearts had been opened to the Gospel. He had been preaching this message to Jewish leaders, but they rejected His message and sought to kill Him. He rebuked them for scoffing at those who had received His Word with gladness (Matthew 11:25). Our lives should reflect the praise of the One who redeems lost souls. It should be demonstrated in our lives because this will be the grandeur of Heaven, praising Him eternally.

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

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

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### **Emergency Care**

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



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

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

