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June 2021

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Vol. 20, No. 12

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KEVIN GROENHAGEN PHOTO



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Fostering life
skills through
gardening.**

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Andersen volunteers at O'Connell Youth Ranch

By Kevin Groenhagen

As a child, Susan Andersen's parents taught her the importance of being a volunteer.

"My parents were super-involved in volunteerism," Andersen said. "My father, even at the age of 86, continues to be a volunteer. He is very active in volunteering with Rotary International. Rotary's motto is 'Service Above Self.' They instilled this in me as a child. My parents taught me to give back to the family, the community, and the world."

Andersen's commitment to caring for others led her a career as a registered nurse. She later went back to graduate school, where she earned a Master of Science in Nursing and became an adult nurse practitioner.

After more than 40 years working in healthcare, in February 2020 Andersen retired from LMH Health. This was just before the COVID-19 pandemic hit Kansas.

"I had mixed emotions about that as

COVID was unfolding," she said. "I had a little bit of guilt because I was leaving so many of my co-workers in this situation. But, at the same time, I had a sense of relief of being done. I had ideas concerning how I could help after I retired. As it turns out, that has occurred with the vaccination effort in Douglas County. I'm a registered volunteer with both LMH Health and the Douglas County Health Department. I participated in multiple vaccination clinics out at the fairgrounds and at the hospital in February, March, and April."

Andersen also volunteered to participate in an exercise and lifestyle trial with the Physical Health Intervention Team (PHIT) at the University of Kansas Alzheimer's Disease Center.

"I'm always interested in research that can improve health and quality of life for people," she said. "We have a strong family history of Alzheimer's disease. So, when this research study became available and I was qualified for it, I signed up for it."

The 24-month trial requires participants to engage in intensive exercise at the YMCA of Greater Kansas City and Genesis Health Clubs, which are PHIT partners. Unfortunately, COVID forced the clubs to shut their doors during the lockdown.

Andersen enjoys gardening and loves being outdoors, so she began thinking about volunteer opportunities that



Susan Andersen

would allow her to perform her intensive exercise requirements through gardening. Then it hit her: How about volunteering at the O'Connell Youth Ranch (OYR)?

"My husband, Mark, serves on the OYR's board of directors and has for 11 years," Andersen said. "I have understood the mission of this organization for a very long time. I've always been intrigued by the foster care system; seeing it from an outside perspective, yet wondering if any of my skill sets can help."

Established in 1975 through a generous land gift from Mrs. Elsie

O'Connell and her late husband, Dan, OYR, located east of Lawrence, "uses teaching programs wherein youth learn through example, role play, and teaching interactions." OYR prepares young men (ages six through 18) for foster care, adoption, reintegration back with their families, or a time when they must support themselves.

Over the past 45 years, OYR has served thousands of young men, including Joseph Randolph, who was placed at OYR at the age of 14 and is now the live-in manager for House 3. OYR has three houses and is licensed

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Kaw Valley
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Kevin L. Groenhagen
Editor and Publisher

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Susan Andersen

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for up to 30 young men. Currently, eight young men live in each house.

“I talked to my husband,” Andersen said. “I asked him, ‘Do you think there’s any chance there’s something I could do knowing that all this area out here has lots of landscaping opportunities?’ He suggested I call Gina.”

Andersen called Gina Meier-Hummel, who has served as OYR’s executive director for two years, and discussed what she had in mind.

“Gina and I talked it through in July and I went through the required background check to become a volunteer at

OYR,” Andersen said. “They brought me on board and told me to do what I want to do working with TJ the ranch facilities manager. TJ is full-time here, but he has a lot of maintenance job responsibilities and basic upkeep with the mowing and repairs. He really doesn’t have the time for any further enhancements.”

By the time Andersen came on board as an OYR volunteer last summer, it was too late to begin a gardening project. And, unfortunately, last year’s garden was unsuccessful. Therefore, Andersen began focusing on other projects around OYR, which is located on 120 acres.

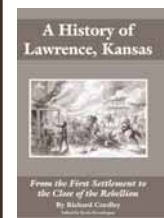
“When I came on in August, I began identifying what I felt were some basic landscaping improvements that I might

be able to start with, whether it would be just taking down weeds around the foundation or other simple things that might improve the appearances of the houses beyond basic mowing,” she said. “I didn’t want to be too Pollyannish on this, but I really had hoped that we could really make these houses look more like homes rather than just houses. I looked at the possibility that we could

get a garden in during 2021 with the idea of getting the boys involved with planting, building, growing, food preparation, and what I believe are skill-building responsibilities and learning to work as a group.”

Andersen usually arrives at OYR every day with a list of what she plans to do and what the needs are.

■ CONTINUED ON PAGE FIVE



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by Richard Cordley

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Susan Andersen

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“Obviously, it’s very seasonal,” she said. “Right now, the focus is on getting the garden up and running. The garden project has been huge. From March to about now, it has been very busy. We’ve had these boxes built for the raised gardens, we’ve had to move topsoil, and I’ve had to get mulch piles out here. Next year will be different because all of that will already be in place. We’ll just have to add new soil and plant things. But this year is a huge year.”

Two off-site volunteers with another service organization Andersen belongs to have been building boxes for the raised gardens.

“We should have 22 raised beds when all the boxes are finished,” Andersen said. “The only expenses involved with building the boxes have been gas, transportation, and the screws to secure them. We’re trying to be very resourceful in terms of finances, so we’re using

donated pallets to build the raised gardens.”

Andersen also plans to take advantage of resources provided by the ranch’s animals, which include two goats, six horses, four pigs, five cats, two dogs, and 25 chickens.

“We have goat and horse manure available here,” she said. “That’s going to be great for composting. We’ll have a compost bin down by the garden.”

Area businesses have helped out by donating seeds and other supplies for OYR’s garden.

“We kicked off the year with a St. Patty’s Day potato planting,” Andersen said. “Unfortunately, the weather was bad on St. Patty’s Day, but we got all our potatoes in the ground on March 19. They are all coming up now.”

In addition to potatoes, other vegetables and fruits include watermelons, sweet corn, cauliflower, cucumbers, turnips, strawberries, and zucchini. There is one raised garden dedicated to herbs. Andersen noted that the boys want to make salsa, so they will also grow tomatoes and peppers. They are also planning to have their own pump-

KEVIN GROENHAGEN PHOTO



The garden at O’Connell Youth Ranch will eventually include 22 raised garden beds. Volunteers built the boxes for the raised garden beds from donated pallets.

kin patch.

Andersen spends a great deal of time teaching the boys about gardening and plants, including bringing out examples of fresh vegetables so they can see what they will harvest later this summer.

“On Wednesday afternoons, which is early-release day at the boys’ schools, I have what I call ‘Garden Hour,’” she said. “Each house comes down for an hour and I have garden tasks for the boys to do. I have to think through on

■ CONTINUED ON PAGE SIX



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Susan Andersen

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task assignments and consider the abilities of some of the boys. I also have to consider the structure of the activities. Would they work better one-on-one or with two or three? That's something that has been a learning process for me, too, as we go along with this. Some of the boys have been very engaged and motivated once they get a task assignment. I'm hoping that they are learning something from this. I'm trying to teach them about composting, recycling, and sustainability. I have had each house save their cardboard and the boys prep the boxes by layering them with cardboard."

Andersen also wants to teach the boys about healthy eating and would like to see them try all the vegetables, including the turnips, which she said can be mashed and served much like mashed potatoes.

In addition to the garden, Andersen has plans to continue working on land-

scaping at the houses.

"Once the garden is in a growing state, then we'll start focusing on more of the house improvement efforts," she said. "I have already worked on House 2."

Through gardening, landscaping, hauling brush, and walking all day long, Andersen has managed to meet her personal, intensive exercise goals. In addition, she has been able to fulfill her desire to serve others as a volunteer with an organization with such an important mission.

"The young men here love Susan," Meier-Hummel said. "It's fun to see when she gets to work one-on-one with a young man who might be having a hard day. She keeps them busy and it might take their minds off of what is troubling or frustrating them."

"I make it a point to tell them that I value them," Andersen responded. "There are people who they may not realize care about them as they're going about their days."

According to Meier-Hummel, OYR always has a need for volunteers if they are a good match with OYR's mission.

KEVIN GROENHAGEN PHOTO



Ramen is one of four pigs that lives at O'Connell Youth Ranch.

OYR also accepts monetary donations and contributions of items for the young men. Currently, OYR's list of needs include art kits, kites, garden tools and seeds, sweatshirts and sweatpants, summer shorts, sandals, and \$5

gift cards to Sonic. Please call OYR in advance of delivery so someone will be there to meet you.

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Luttrell launches Mojave Beach Productions at 85

By Billie David

When screenwriter and film producer-director Esther Luttrell discovered that her husband had absconded with all their assets, leaving her penniless and homeless at the age of 65, she wrote a novel about it, which led to her writing another novel and another, adding author and speaker to her list of accomplishments.

After living for a year in a broken-down cabin with no running water in California's Mojave Desert, Luttrell came to Topeka to be near her daughter. Soon after her novel, *Murder in the Movies*, was published, she was sent on an extended tour, which once again generated a livelihood—that is, until the COVID-19 pandemic reared its ugly head.

"It went really well until COVID hit and the tours stopped," she said.

Again forced by circumstances to change direction, Luttrell drew upon her past experiences in radio and came up with a plan.

"I decided to start a broadcast company," she said. "Our first day of production was to begin May 5, last year—the same day a 13-year-old got her mom's car keys and broadsided me."

Luttrell's Ford was totaled. She ended up in the hospital where, despite surgery and extensive rehab, she was unable to walk until October.

During her hospital stay, she struggled to comprehend her misfortune. "Why, God?" she kept asking. She had been so certain that producing audio programs was a Divine Idea. That's when a minister stopped by her room to leave a pamphlet. Still bemoaning her fate with cries of "What do you want me to do, God? Just give me a sign!" Wiping her tears, she absently picked up the brochure and was stunned to read the one line on its cover: *Return home and tell everybody the story of what God has done for you.* She realized, in that instant, that God had answered her prayer.

"Return home" ... Okay, she would do that. "Tell everybody the story of what God has done for you." That's

exactly what she had intended to do in narrating her book *Evidence of God*, published the year before. She says that message on the pamphlet was what it took to give her the grit and determination to get through months of painful therapy.

Yet the challenges didn't end there. Even after returning home, she was unable to access her recording room, unable to maneuver her wheelchair through the door, and unable to reach her desk. Eventually, the insurance company issued a settlement that provided a way for Luttrell to hire the help she needed. The wheelchair was replaced with uncompromising determination, and she went into development on Mojave Beach Productions, an online streaming entertainment network. The perfect way to celebrate her 85th birthday.

Producing audio programs for people of all ages, Luttrell engages the talents of as many retirees as possible. She has also drawn on friendships from her Hollywood days. Through them, she was introduced to Laguna Woods, a retirement community made up primarily of retired actors and actresses from nearby Los Angeles. Luttrell said, "The Old Pros, that's what one group calls itself. It was from them that I found a man with a truly golden voice. Take a listen to our production of *Small Murders* and tell me if you'd ever guess the announcer is 90 years old."

Mojave Beach Players consists of volunteer actors and writers. From Topeka comes radio veteran Jack Diamond, award-winning writer Ian Hall, actors Michael Mathewson, Phylis Schaper, Marvin Stottlemire, and Diane Wurzer. From Lawrence, Luttrell recruited retired teacher, Betty Laird, widely respected as an actress and writer, and Chuck Mosley, also known for his outstanding theater work.

Brad Mathewson, Michael's nephew, attends the University of Kansas and is the youngest of the group. Olathe-based Patrick McGranahan has played an important role in the launching of the audio production network, while Kansas City writer Michael Graves has also contributed his talents to the fledgling company.

When asked to describe the average Mojave Beach Productions listener, Luttrell said, "They are the *Downton Abbey* audience." Reference to the popular English TV series is made because of Luttrell's determination to make MBP the PBS of podcasting.

One audience that especially enjoys Mojave Beach audio programs, said Luttrell, are seniors in rehab centers. "The centers are full of elderly people who spend lonely days in their rooms. When they are shown how to access podcasts on a laptop or phone, they suddenly enjoy hours of good company and pleasant entertainment. Our shows are very much like radio programs they grew up listening to."

Another group of people—caregivers—also find benefit from Mojave Beach Productions. In the Joyful on Purpose podcast, *Courage and the Caregiver*, Luttrell talks with the nation's number-one Christian radio

host, Peter Rosenberger, who draws upon his own 30 years of experience as caregiver to his wife. Heard on more than 200 radio stations, Rosenberger's no-nonsense, warm, even humorous message to other caregivers offers hope, encouragement, and sound advice.

The podcasts are easily accessed by typing Mojave Beach Productions into the search bar of one's computer, laptop or phone, then selecting the podcast of one's choice. The selections that are offered are grouped by subject into what Luttrell defines as theaters.

Continuing on the ways in which a listener can gain the benefit of MBP's free entertainment, Luttrell said, "Once you locate the program you'd like to hear, if you click on the word 'subscribe,' you will be notified of each new podcast. Men love our westerns, women enjoy the comedies and mysteries, and children get a kick from shows produced just for them. Those can be found in our 227 Treehouse Lane theater."

In addition to the children's theater, Mojave Beach Productions offers Dark Moon Library Mysteries *Small Murders*, *Case of the Howling Husky*, *Lightning Creek*, and *A Stranger in the House*. From the Voice of Halona Theater comes inspirational stories, including Luttrell's *Evidence of God*, sponsored by the Forgiveness Foundation International. Paul Harvey type commentary in *Jeff's World* has proven quite popular, while Sagebrush Theater produces westerns and Polyester

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Luttrell

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Mojave Beach

■ CONTINUED FROM PAGE SEVEN

Theater features comedy that “travels well and never wrinkles.”

Although Luttrell is still in touch with friends in Hollywood, she is saddened by the ugly turn the industry has taken in recent years. Consequently, when she was asked to write a screenplay after settling in Topeka, her first reaction was to turn it down. The producer, an old friend, insisted the true story about a Chickasaw woman named Te Ata needed to be told with-

out a Hollywood spin. With assurances from the producer that the script would not be compromised, Luttrell agreed to accept the assignment. The film *Te Ata* was released to excellent reviews and numerous awards. Luttrell received several for Best Screenplay and actor Graham Greene for Best Supporting Actor.

Luttrell got her start as a professional writer when, as a young woman, she walked into the office of a tiny Kansas radio station and offered to do janitorial

work for pay but was, instead, offered a position writing commercials.


“I’ve been a writer my entire life,” she said, “and in audio, film and TV production for something like 45 years.” That experience includes being production coordinator on the long-running NBC-MGM hit series *CHiPs*.

When her now ex-husband left her penniless and she decided to murder him—which she did in *Murder in the Movies*—she had no idea she had just launched a new career for herself. A

complete list of her novels, including *The Haunting of Leigh Maxwell*, *the Topeka-based Invitation to a Murder*, *NoTo based Double Jeopardy*, and *A Stranger in the House*, can be found on her website, estherluttrellbooks.com.

Becoming a novelist at 65 and CEO of Mojave Beach Productions at 85 only proves what Luttrell is convinced is true: It is never too late to be what you might have been.

To listen to Mojave Beach Productions, visit mojavebeachproductions.com.




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"What I set out to do, was speak to the train wreck in the caregiver's heart and provide the vocabulary of what help looks like to a caregiver. I knew if the caregiver's heart could settle down and heal, then the finances, profession, marriage, relationships, and health stood a fighting chance of improving as well," said Peter Rosenberger, host of *Hope for the Caregiver*, the nation's #1 rated, first ever, syndicated program dedicated to caregivers, and heard on over 200 radio stations. *USA Today* wrote of the author-radio host, "Peter Rosenberger offers a lifeline of hope to caregivers."

Mojave Beach Productions, a new audio podcast streaming network based in Topeka, released a candid 65-minute conversation with Rosenberger on May 13, hosted by producer Esther Luttrell, who introduced her guest by saying, "He's articulate, plays a mean piano—he has a bachelor's degree in music from Belmont University in Nashville, Tennessee, tells great jokes and has so much patience Job should take notes."

That patience, Rosenberger explained, is the result of meeting and marrying the prettiest girl on campus despite the fact she had been in a life-threatening auto accident three years earlier. "I knew Grace was in pain," he acknowledged, "but neither of us even remotely suspected that she would eventually undergo 80 operations and multiple amputations, or that we would

have to deal with seven insurance companies and end up with more than 10 million dollars in medical bills. I had no idea I would become a lifetime caregiver. All you know at 22 is that you're in love."

Rosenberger has used his experiences as the basis for his two books, *Hope for the Caregiver* (Worthy Publishing Group, 2014) and *7 Caregiver Land Mines and How You Can Avoid Them* (Morgan James Publishing, 2017), his weekly *Hope for the Caregiver* radio program and multiple podcasts, his talks across the nation to caregivers and their loved ones, and has become perhaps the nation's leading authority on the subject.

"Fear," he insisted on the Mojave Beach Productions podcast, "paralyzes the caregiver. It eats at them, torments them and tries its best to make wreckage of their future. FOG. Fear, obligation, and guilt. I went through it and I

finally decided I could be as miserable, or as happy, as I choose to be. I knew, though, I couldn't do it alone. I needed faith, which grew as time went on."

Rosenberger extends caregiving to include those caring for alcoholics and addicts.

"Did you know the most repeated commandment in Scripture is 'Don't be afraid'?" he asked Luttrell. "The battle is in the heart. It's where we live in those dark moments." He went on to explain, "My wife

walks into the room with two artificial legs, and a philosophical conversation begins in the mind of everyone there. They see extreme suffering. What they don't see is our extreme joy. We work

at off-setting the feelings of isolation with humor. We'd go insane if we couldn't laugh."

Referring to himself as the "crash-test dummy" of caregivers, Rosenberger closed the program by assuring Luttrell that caregivers can not only survive, but can thrive in oftentimes grim circumstances.

In this down-to-earth, no-nonsense conversation, Rosenberger refused to resort to platitudes when advising fellow-caregivers. "I'm on a mission to strengthen the self-esteem of every caregiver in order for them to live a calmer, healthier, and even more joyful life."

Courage and the Caregiver can be heard for free on every podcast platform. To listen to it directly from Mojave Beach Productions, go to www.mojavebeachproductions.com.



Rosenberger



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HEALTH & WELLNESS

Living with osteoarthritis

Autumn Bishop

LMH Health

Osteoarthritis is the most common form of arthritis, affecting over 32.5 million adults in the United States. Also known as “wear and tear arthritis,” osteoarthritis (OA) is a common condition that develops with age and worsens over time.



Dr. Raul Cabos, a rheumatologist at the Internal Medicine Group, said that this slowly progressive degenerative disease is the leading cause of disability in the elderly.

“OA preferentially affects the hand joints, spine and weight-bearing joints of the lower extremities,” he said. “Areas that are more susceptible to this condition are your hands—especially the thumbs and tip of the fingers, hips, knees, lower back and the big toes.”

Dr. Cabos, who is board-certified in both rheumatology and internal medicine, said osteoarthritis is seen in an estimated 20 to 30% of the population, mainly in people ages 45 and older. Joint pain is the most common sign that a person may have the condition.

“Your joints may feel stiff and painful after a lot of activity, such as at the

end of the day. OA may cause morning joint stiffness, but it usually lasts no more than 20 minutes,” he said. “Other signs and symptoms may include joints that crack or grind; swollen knobs at the affected joints; difficulty moving joints; and loss of function or disability over time.”

Am I likely to get osteoarthritis?

Dr. Adam Goodyear, an orthopedic surgeon at OrthoKansas, said that while genetics play a part in determining whether a person will develop osteoarthritis, other factors are also at work.

“Osteoarthritis is the process of the breaking down of cartilage in the joints and the inflammatory response to that. Subsequently, patients aren’t able to function as well or perform daily tasks without pain, which can lead to a decrease in a patient’s quality of life,” he said.

“We know a great deal about osteoarthritis, including that there are genetic components to it, and there is active research into the causes and what predisposes someone to develop it. We know that OA can occur in people who’ve experienced trauma to their joints or have repetitive high-impact loading to their joints. We also know that obesity is a risk factor. But there are people who don’t seem to have any risk factors and still develop end-stage OA. We continue to learn more and more about it, which will hope-

fully help us predict and prevent the disease.”

While you can’t control some of the factors that contribute to the development of osteoarthritis, there are some steps patients can take to lower their risk or to manage their condition.

“Lose weight if you are overweight or obese. This can reduce pain by easing the stress on joints like the back, hips and knees,” Dr. Cabos said. “Exercise daily. Regular exercise can build muscle strength, ease joint pain and stiffness and lower your disability risk. Stretching, walking and water aerobics are good activities for people with OA.”

I’ve got OA. How can I fix it?

If you’re experiencing symptoms that aren’t alleviated with over the counter medication or through rest, ice, compression and elevation (RICE), it’s important to seek medical treatment. Contact your primary care provider for diagnosis and treatment or seek out a specialist. Rheumatologists, like Dr. Cabos, and orthopedic surgeons also care for patients living with osteoarthritis.

While there isn’t a proven treatment at this time to reverse joint damage caused by osteoarthritis, there are options to help manage the condition like:

Over the counter pain relievers, such as acetaminophen (Tylenol), and non-steroidal anti-inflammatory medications like ibuprofen (Advil, Motrin) or naproxen sodium (Aleve) are helpful for a number of patients.

Topical medications that can be rubbed on the skin over the sore joint

Injections to help alleviate pain and symptoms

Prescription medications such as duloxetine (Cymbalta)

“Patients can also work with a physical therapist or occupational therapist to learn safe exercises or movements, and how to properly use assistive devices that can help you in your daily life,” Dr. Cabos said.

Tyrel Reed, physical therapist at LMH Health, helps treat patients living with osteoarthritis. In Kansas, you can make an appointment with a physical therapist without a referral from a physician.

“During your first visit with the therapist, we gather a full medical history and perform objective tests to establish your baseline function,” said Reed, a former KU athlete who joined OrthoKansas in 2015. “We’ll assess your range of motion, strength, visualize gait mechanics and posture and look at the surrounding joints to see if they’re contributing to the osteoarthritis.”

Reed agrees that exercise is one of the best tools people can use to combat the pain or dysfunction caused by osteoarthritis. Walking, biking, elliptical, swimming and other aerobic exercises are some low-impact activities that can be beneficial.

“At the LMH Health West Campus, we can use an aquatic treadmill for patients that are unable to tolerate the stress from regular walking. This can be beneficial for restoring strength and range of motion to progress back to land-based exercise,” he said.

Patients benefit from access to state-of-the-art therapy equipment, sports medicine expertise and world-class imaging technology, all in a one-stop shop at the LMH Health West Campus.

■ CONTINUED ON PAGE 11

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Osteoarthritis

■ CONTINUED FROM PAGE 10

Time for surgery

If medications and therapy don't relieve pain and improve function, patients with severe osteoarthritis may need surgery to repair or replace damaged joints. Patients can turn to an orthopedic specialist for evaluation and options. Patients throughout the region come to Lawrence to benefit from the depth and breadth of expertise and knowledge of the hip and knee replacement specialists at OrthoKansas—Dr. Goodyear, Dr. James Huston and Dr. Richard Wendt.

At their first appointment, patients who turn to OrthoKansas for evaluation and treatment can expect to undergo a thorough examination and x-rays, even if they've been done before.

"A lot of the time, we'll have patients get x-rays from the very beginning," Dr. Goodyear said. "There are specific x-rays that help us determine if there are arthritic changes in the joint. Because we'll be taking those images, we tell patients to make sure to wear shorts or loose fitting clothing that they can easily change out of."

Once x-rays and the exam are complete, the orthopedic team sits down with the patient to discuss treatment recommendations and options.

"Treatment plans are patient-driven, meaning that we provide you with information, but it's a shared decision-making process between the patient and the surgeon. We won't dictate what your process is going to be," said Dr. Goodyear.

Surgical management for osteoarthritis can encompass a number of things—partial knee replacement or full hip or knee replacement if osteoarthritis is a factor. Arthroscopic surgery

can also sometimes be an option. Your surgeon will discuss which options are appropriate for your situation.

Robotic joint replacement technology and new national certification

Patients can be confident that at OrthoKansas they're treated with the most up-to-date, evidence-based practices that result in superior outcomes. In March 2021, The Joint Commission awarded OrthoKansas its Gold Seal of Approval® for Advanced Total Hip and Knee Replacement Certification. LMH is one of only two hospitals in Kansas to earn this designation, both west of the Kansas City metro area.

In addition, patients have access to the newest technology, including the MAKO robotic arm, an instrument used to perform partial and total knee replacements, as well as total hip replacements. Donor support through gifts to the LMH Health Foundation helped provide funding for this patient-centered technology.

"The MAKO system can be more precise than traditional surgical techniques because it can create a 3-D model of each patient's joint," Dr. Goodyear said. "Using the system, physicians create a personalized surgical plan. The robotic arm allows us to work within the parameters created and use it to assist in placing the new joints."

Overall recovery times for traditional knee and hip replacements are similar, with complete recovery being a three- to six-month process. With the use of minimally-invasive surgical techniques, robotic surgery and improved pain management, the team is moving the needle toward quicker recovery times.

"Patients benefit from MAKO robotic arm assisted surgery through shorter hospital stays, faster recovery, improved joint function and less dis-

comfort, resulting in a decreased need for pain medication," Dr. Goodyear said. "We see that patients have better outcomes when they get care close to home, and we're able to perform hip and knee replacements on an outpatient basis at the LMH Health West Campus. Our team at OrthoKansas has the experience and the expertise to deliver world-class care, close to where you live and play."

Surgery isn't the final hurdle

As they recover from surgery, patients will benefit from the expertise of a physical or occupational therapist. It's vital for patients who undergo a joint replacement to follow the recommendations of their surgeon and be active participants in their recovery. The therapy team at LMH Health can help you get back on your feet.

"Our physical therapists will typi-

cally see a patient within a few days of their hip or knee joint replacement surgery, and we'll see them two to three times per week," Reed said. "As they show functional improvements and decreased pain, we'll back the frequency of therapy down to once or twice per week."

Reed said that hip and knee joint replacement patients typically undergo physical therapy for six to 12 weeks, based on their prior level of function and their goals moving forward.

"Even after therapy, our patients will continue gaining strength following a hip or knee replacement up to a year after surgery," he said. "LMH Health and OrthoKansas have the clinicians, technology and facilities to provide care that's exceptional and among the best anywhere. Give us a call and let us help you get moving again."

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HEALTH & WELLNESS

Medicinal plant garden

Summer is finally here and, for most of us, it is an ideal time to be outside. It's the perfect time to plant vegetables and medicinal plants in the garden. Common garden vegetables include tomatoes, cucumbers, radishes, potatoes, carrots, and other vegetables



Dr.
Deena
Beneda

depending on the space available and how much time one has to spend in the garden. For a change this year, consider planting some common medicinal plants that are easy to grow and can be used medicinally and taste great.

Since ancient times, healers grew gardens containing medicinal plants that then could be used in infusions, teas, or tonics that kept their patients healthy and were used to treat various illnesses.

One of the easiest medicinal plants to grow is mint. Mint, or *Mentha*, thrives near pools of water, lakes, rivers, or the cool moist spots in partial shade. However, mint is a hardy plant and can grow in a wide range of conditions, including in the full sun. Mint grows quickly and doesn't require much maintenance. However, be aware that this plant can easily take over your entire garden, so keep it trimmed or plant in a separate area. Mint is good for a wide variety of ailments, including the digestive system. Stomach ailments that mint is especially adept at addressing include stomach pain, indigestion, nausea and

vomiting, gas, and bloating. Mint has also been used for the common cold as a decongestant, headaches, and sinusitis, and to whiten teeth. Plenty of toothpastes add mint to act as an antibacterial and to freshen the breath.

Basil is another common herb that can be planted in gardens. The Latin name for basil is *Ocimum basilicum*. Basil is also referred to by its common name, sweet basil, and is a common culinary herb that has many medicinal properties. Basil is best grown outdoors in the hot dry climates and is sensitive to cold temperatures. Summer is the perfect time to grow basil. In many cultures basil is thought to bring good luck, wealth, and good fortune. It has been used medicinally for a variety of ailments, including to fight off bacteria, viruses, fungus, and yeast. Think about planting some basil; everyone needs a little "good luck."

Other plants to consider planting that have medicinal properties include Chamomile. Chamomile is known for its soothing and calming properties that help with common medical condi-

tions such as anxiety, nervousness, and insomnia. Echinacea is a wonderful plant that has been used for its antimicrobial properties, including fighting the common cold. Oregano is an herb that is used for its culinary flavor and beneficial effects on the digestive system.

So, this year when spending hours in your garden planting those vegetables, why not consider some herbs that can be used medicinally to improve your health and, who knows, even bring you good fortune.

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



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MAYO CLINIC

Components of a healthy diet and clean eating

DEAR MAYO CLINIC: I gained a bit of weight during quarantine. And as spring approaches, I want to focus on losing the excess pounds. I enjoy exercise, but I struggle with snacking and eating more processed foods than I should. A friend suggested clean eating. Do you have any advice so I can focus on clean eating and making more healthful choices to get my nutrition back on track?

ANSWER: Congratulations on being proactive to put your health and weight on track. Whether you are trying to lose weight or not, it is generally important to engage in clean eating. Although there are many variations to clean eating, it basically refers to eating foods that are as close as possible to their natural state.

One of the main reasons to eat clean are the health benefits of consuming foods rich in nutrient content that have not been overly processed. Clean eating nourishes you with healthy nutrient-dense foods, filling your body with vitamins, minerals, high-quality protein and healthy fats, all of which improve heart and brain health, assist in weight management, build a stronger immune system, and increase energy levels.

It may feel overwhelming to change your diet, but my advice to you would be to consider different categories of food and then make small pivots based on what you like, what you are comfortable cooking and what may

be in season.

Consider, for instance, the following foods:

- **Fresh fruit:** Apples, bananas, blueberries, grapes, oranges, strawberries or 100% fruit juice

- **Vegetables:** Avocados, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, corn, green beans, mushrooms, lettuce, peppers, sweet potatoes or tomatoes

- **Lean meats/proteins:** Dried beans, eggs from grass-fed chickens, fresh fish, plain nut butters (no sugars added) or unflavored nuts

- **Grain (cereal) foods:** Those made with whole grains, air-popped popcorn, oats, brown rice or whole-wheat pasta

- **Dairy products:** Cheese, milk, plain yogurt or unsweetened nondairy products

So, for breakfast, consider a whole-grain avocado toast, drizzled with olive oil and maybe some spices. And grab a banana, too. A glass of low-fat milk or a side of yogurt can give you great protein and a calcium boost.

As for snacking, it's still important to reach for clean foods that will fuel your body with good nutrients. Consider how often you reach for snacks during the day. If you know you're snacking often, plan out and prepackage snacks.

If you portion out healthy snacks and place them somewhere you will see them, it will be harder to overindulge. It

can be very difficult to estimate appropriate portion sizes, which can lead to unwanted weight gain. Using these visual cues will help you get close to the actual recommended serving sizes:

- **Fruit:** One serving is equivalent to a tennis ball.

1 medium whole fruit

1/2 cup of chopped, cooked or canned fruit

- **Vegetables:** One serving is equivalent to one or two baseballs.

2 cups of raw, leafy vegetables (two baseballs)

1 cup of chopped, cooked or canned raw veggies (1 baseball)

- **Grains:** One serving is equivalent to a hockey puck.

1 slice whole-wheat bread

1/2 cup of cooked pasta, potatoes or rice

- **Protein foods:** One serving is equivalent to a hockey puck.

3 ounces of cooked meat

- **Fat:** One serving is equivalent to one die.

1 teaspoon butter, margarine or oil

Another helpful tip is to track your progress and choices. This can help to motivate you to keep going. Jot down daily the number of meals and snacks. Consider a menu or checklist of options. Track what you have selected, and then, at the end of the week, go ahead and indulge in a piece of chocolate or small scoop of frozen yogurt.

Be mindful also of when you snack. It's very easy to turn to food when you are feeling stressed or bored, but this can lead to overeating, which can further increase stress levels with weight gain that may result.

If you are someone who craves

sweets—which is a normal response to stress—reach for lean protein foods, such as hard-boiled eggs, tuna, cheese sticks, plain no-sugar-added yogurt or soups made with lots of vegetables.

Before you grab a snack, always ask yourself, “Am I physically hungry or am I just stressed?” You also can distract yourself with walks or something creative.

As you start this journey, remember that weight loss and diet changes take time. If you are going to weigh yourself, do so at the same time every day. Remember that to maintain your weight, you should be eating 10 calories per pound per day. For you, seeing your goal is to lose weight, you will want to consume fewer calories than your body is using or burning. I would consider finding an app you like to help you track eating and exercise, as well as calories, to help keep you motivated.

Be patient with yourself, research has shown it can take up to 66 days of consistently repeating a behavior until it forms a habit. Work toward progress, not perfection. Engage in clean eating, healthy portion sizes and mindful snacking to maintain healthy lifestyle behaviors. -- Eileen Dutter, R.D.N., Weight Management Services, Mayo Clinic Health System, Eau Claire, Wisconsin

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

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FINANCIAL FOCUS

Can you lower your 'reliance rate' during retirement?

If you have decades to go until you retire, you don't need to panic over volatile financial markets—you have plenty of time to regain lost ground and potentially achieve more growth in your investment portfolio. But what if you are nearing retirement or already retired? After all, you will probably



*Derek
Osborn*

need to draw on your investments to pay for some of the costs associated with housing, food and the many other expenses you incur in daily life. So, is a down market cause for alarm?

It shouldn't be. And you can help reduce your stress level by understanding your "reliance rate." As its name suggests, your reliance rate tells you how much you rely on your portfolio—rather than other sources, such as Social Security or a pension—to meet your income needs during retirement. So, for example, if you need \$60,000 each year, and \$40,000 comes from your portfolio, your reliance rate is 66 percent.

Your reliance rate can influence your emotions and investment behavior. A higher reliance rate may tempt you to make emotional decisions during a market decline, since your portfolio is supplying more of your needs. However, if you respond to a steep market drop by making dramatic changes to your portfolio, you may actually increase the likelihood that your money may not last. This is especially true if you move a large portion of your portfolio to cash, as cash does not typically provide growth potential to help keep up with inflation.

There is no "recommended" reliance rate for everyone. But, as a general rule, the higher your reliance rate, the more sensitive your portfolio may be to fluctuations

in investment prices. What can you do, then, to either lower this rate or, at least, moderate the risk level attached to it? Here are some suggestions:

- **Adjust your expenses.** During retirement, some of your expenses, such as commuting and other costs associated with work, will go down, but others—particularly health care—will go up. You can't control all these expenses, but the more you can keep them under control, the less pressure there will be on your investment portfolio to provide you with income.

- **Review your plans for Social Security.** You can file for Social Security benefits as early as 62, but your monthly checks will then be reduced by about 30 percent from what you'd receive if you waited until your full retirement age, which is likely between 66 and 67. You can receive even more if you wait until 70, at which point your benefits will "max out." So, if you can afford to push back the date at which you start taking Social Security, you could lower your reliance rate.

- **Keep cash and short-term investments in your portfolio.** Try to keep about one year's worth of living expenses in cash or cash equivalents, and about three to five years' worth of expenses in certificates of deposit and other short-term income-producing vehicles. Having these assets available can help you avoid liquidating long-term investments when their prices are down.

Your investment portfolio will certainly be a key source of your retirement income. And by understanding how reliant you are on your portfolio, and the options you have for reducing this reliance, the better prepared you'll be to withstand the inevitable market downturns.

- 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

The financial freeze of the COVID-19 pandemic is thawing

2020 was the worst year for the U.S. economy in decades, but as vaccinations have ramped up and government stimulus efforts continue, 2021 has started on strong footing. The government reported that the gross domestic product (GDP), the broadest measure



Jill
Schlesinger

of growth, expanded at a 6.4% annualized rate, up from the fourth quarter reading of 4.3%.

“The pace of growth was the second largest in eight years, bested only by the reopening of the economy last summer,” says economist Joel Naroff. He’s referring to Q3 2020, when the pandemic yo-yo bounced from its devastating 31.4% drop in Q2, to 33.4% growth. And at \$22 trillion, GDP is just 1% smaller than it was at the end of 2019—and about 3.3% where it would have been, had the pandemic never occurred, making the current recovery one of the swiftest on record.

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So, what’s behind the first quarter growth and can it continue for the rest of the year? The big boost for Q1 was personal income, which soared by about 60% from the previous quarter, primarily due to government stimulus checks and ongoing unemployment assistance. A separate government report on March Personal Income and Spending underscored the importance of the \$1,400 checks, says Naroff, “the

money coming from government payments was nearly 40 times as large as the additions to income from wages and salaries, even given the accelerated reopening of the economy.” In fact, the 23.6% surge in personal disposable income was the strongest monthly increase on record—the next closest was the 12.9% increase in April 2020, after the CARES Act \$1,200 checks were sent.


Those numbers suggest “that the fiscal stimulus was a roaring success,” according to economist Paul Ashworth of Capital Economics. Given the somewhat disappointing April jobs report, it looks like millions of Americans still need that money. There are still 8.2 million fewer positions than there were

before the pandemic began in February 2020.


But, for those who think that people are “lazy” and “happy to sit on the sofas and collect unemployment benefits, rather than go to work,” please know that these people are rightly acting in their own best interest. After all, why on earth would you not remain safe and collect more money in the process?

- 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 FIRST FRIDAY ARTWALK

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

TOPEKA, artstopeka.org/firstfriday

LAST FRIDAY OF THE MONTH FINAL FRIDAYS

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

LAWRENCE, 785-842-3883
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EDUCATION

JUN 10

COMPUTERIZED GENEALOGY 2

Learn how to find online resources to build your family tree with your FamilySearch.org account. Register to receive the Zoom link. Topeka and Shawnee County Public Library - Virtual Room 01, 10 a.m. Register online. TOPEKA, <https://events.tsctl.org/events>

JUL 1

COMPUTERIZED GENEALOGY - VIRTUAL ZOOM CLASS

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

TOPEKA, 785-580-4400

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ENTERTAINMENT

MAY 21-AUG 13

HOLY-FIELD WINERY SUMMERTIME MUSIC SERIES

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

EXHIBITS & SHOWS

THROUGH AUG 14

COMMUNITY CONSTRUCTION: THE PEOPLE AND COMPANIES THAT BUILT LAWRENCE

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

LAWRENCE, 785-841-4109

FAIRS & FESTIVALS

JUL 3

JULY JULIBEE

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JUL 4

4TH OF JULY CELEBRATION AT FORT LEAVENWORTH

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

JUL 4

SPIRIT OF KANSAS BLUES FESTIVAL

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

TOPEKA

FARMERS' MARKET

APR 10-NOV 20

DOWNTOWN LAWRENCE FARMERS' MARKET (SATURDAYS)

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

MAY-OCT

BONNER SPRINGS FARMERS' MARKET

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

BONNER SPRINGS, 913-441-2665.

MAY 4-OCT 26

TUESDAY EVENING MARKET

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

LAWRENCE, lawrencefarmersmarket.org

MAY 10-OCT 4 (MONDAYS)

MONDAY FARMERS' MARKET

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

TOPEKA

JUN-OCT

EUDORA FARMERS' MARKET

The Eudora Farmers Market is a small local market, with all the selections of the larger markets. Our vendors/producers are all local with a great selection of locally grown fruits, vegetables, fresh eggs, farm raised meats, honey and wonderful homemade fudge and bake

goods. Food Truck vendors are at the market every other Tuesday. Senior Farmers' Market Nutrition Program vouchers accepted. Tuesdays, Gene's Heartland Foods Parking Lot, 14th & Church, 4-6:30 p.m.

EUDORA

HEALTH & FITNESS

JUN 5, 12, 19, 26 & JUL 3

VIRTUAL CHAIR YOGA

Chair yoga is designed for everyone to develop strength and stability targeting hips, low back, glutes and quads. Registration required. Click the event name to get Zoom link. Topeka and Shawnee County Public Library, 10 a.m.

TOPEKA, 785-580-4400

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

HISTORY & HERITAGE

MAY 21

FREE HISTORY: THE ANATOMY OF ANTI-ASIAN VIOLENCE AND RACISM

Kelly H. Chong, Professor of Sociology at the University of Kansas, will help us understand the roots of anti-Asian violence in America. Part of our ground-breaking series FREE History, a partnership between several Kansas humanities organizations. Join us for this live online event and ask Dr. Chong questions. Register online at <https://tinyurl.com/wmyatbrk>. LAWRENCE, 785-841-4109

MEETINGS

MONDAYS

GRIEF SUPPORT (VIRTUAL)

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

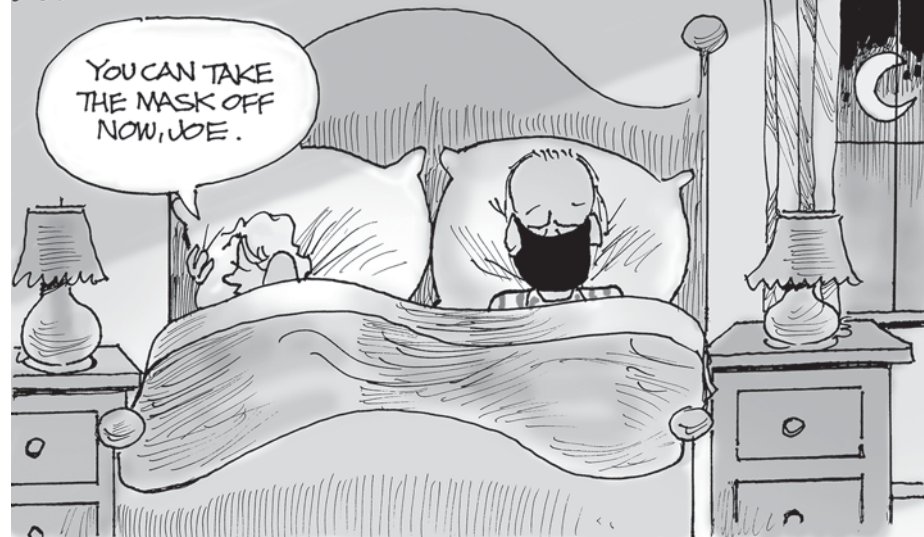
TOPEKA, 785-232-2044

FIRST WEDNESDAY OF THE MONTH CAREGIVER SUPPORT GROUP

Meet with other caregivers in the Baldwin area who

■ CONTINUED ON PAGE 17

SUMMERS TRIBUNE COURTESY TODAY
07/02/21



■ CONTINUED FROM PAGE 16

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

THIRD FRIDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

JUN 7, 17 & JUL 5

CAREGIVER SUPPORT MEETING

Facilitated by Jayhawk Area Agency on Aging. Being a caregiver can be incredibly stressful. Meet and talk to others in the same situation. For more information call April Maddox at Jayhawk Area Agency on Aging. Topeka and Shawnee County Public Library - Anton Room 202, 2 p.m.

TOPEKA, 785-235-1367

JUN 14

CAREGIVER SUPPORT MEETING

Facilitated by Jayhawk Area Agency on Aging. Being a caregiver can be incredibly stressful. Meet and talk to others in the same situation. For more information call April Maddox at Jayhawk Area Agency on Aging. Topeka and Shawnee County Public Library - Anton Room 202, 3:30 p.m.
TOPEKA, 785-235-1367

MISCELLANEOUS

JUN 19

JUNETEENTH CELEBRATION

Join us for the annual Topeka Family & Friends Juneteenth Celebration. This community event celebrates Emancipation Day and freedom from slavery. Hillcrest Community Center, all day.
TOPEKA

POINT - COUNTERPOINT

POINT: “Our Constitution opens with the words, ‘We the People.’ It’s time we remembered that ‘We the People’ are the government.” – President Joe Biden, April 29, 2021

COUNTERPOINT: “If ‘we are the government,’ then anything a government does to an individual is not only just and untyrannical but also ‘voluntary’ on the part of the individual concerned. If the government has incurred a huge public debt which must be paid by taxing one group for the benefit of another, this reality of burden is obscured by saying that ‘we owe it to ourselves’; if the government con-

scripts a man, or throws him into jail for dissident opinion, then he is ‘doing it to himself’ and, therefore, nothing untoward has occurred. Under this reasoning, any Jews murdered by the Nazi government were not murdered; instead, they must have ‘committed suicide,’ since they were the government (which was democratically chosen), and, therefore, anything the government did to them was voluntary on their part. One would not think it necessary to belabor this point, and yet the overwhelming bulk of the people hold this fallacy to a greater or lesser degree.” – Murray Rothbard, *Anatomy of the State* (1974)

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AMERICA'S TEST KITCHEN

A simple, crispy-topped strawberry-rhubarb crisp that you can make any time of year

By America's Test Kitchen

Tribune Content Agency

Around this time every year, when fresh rhubarb's season is coming to an end, we start to anticipate going months without one half of our favorite fruit-dessert filling. But with this crisp, which works with both fresh and frozen rhubarb, we can get that bright, tart, floral combination any time of the year. Even better, the recipe is literally easier than pie.

Making a crisp takes little more than stirring together a topping in a bowl, tossing cut-up fruit with some sugar, and throwing it all in the oven. But baker beware! Follow the wrong recipe (or worse, no recipe at all) and you might end up with a strawberry-rhubarb soup and a soggy topping—decidedly not crisp.

That's the real lesson of this carefully tested recipe: Different batches of strawberries and rhubarb will exude varying amounts of moisture when combined with sugar and baked. So how do you create a recipe that will result in the perfect (slightly jammy but never stodgy) texture every time?

The simplest answer is to cook the filling briefly on the stovetop, over moderately high heat, to coax out the excess liquid, reduce it, and thicken it to the consistency you're after. Then you can top the fruit and quickly brown the crisp in the oven. Applying this simple technique also ensures that your topping remains crisp.

And we found that the crispiest topping came from the inclusion of an unexpected ingredient: panko breadcrumbs. There was a fair amount of debate on whether we were developing a recipe for a crisp or a crumble (and debate on the difference between the two). This topping ended all confusion on the matter. A crisp topping should be crispy, and panko is an excellent

way to give the topping a lasting, light, airy crispness. Try it and see.

STRAWBERRY-RHUBARB CRISP

Serves 6

For the topping:

3/4 cup (3 3/4 ounces) all-purpose flour

1/2 cup panko breadcrumbs

1/4 cup packed (1 3/4 ounces) light brown sugar

1/2 teaspoon table salt

1/4 teaspoon ground cinnamon

6 tablespoons unsalted butter, melted

For the filling:

1 pound fresh rhubarb, trimmed and cut into 1/2-inch pieces, or frozen rhubarb, thawed and cut into 1/2-inch pieces (3 1/2 cups)

12 ounces fresh strawberries, hulled and chopped coarse, or frozen strawberries, thawed and chopped coarse (2 cups)

1 1/4 cups packed (8 3/4 ounces) light brown sugar

2 tablespoons cornstarch

1/8 teaspoon table salt

1. For the topping: Whisk flour, panko, sugar, salt and cinnamon together in bowl. Add melted butter and

stir until no dry spots of flour remain and mixture forms clumps. Refrigerate until ready to use.

2. For the filling: Adjust oven rack to middle position and heat oven to 375 F. Toss all ingredients in large bowl until thoroughly combined. Transfer to a 10-inch oven-safe skillet. Cook over medium-high heat, stirring frequently, until the fruit has released enough liquid to be mostly submerged, the rhubarb is just beginning to break down and the juices have thickened, about 8 minutes. Remove skillet from heat.

3. Squeeze the topping into large clumps with your hands. Crumble the topping into pea-size pieces and sprinkle evenly over the filling. Bake until the topping is browned and the filling is bubbling around the sides of the skillet, about 20 minutes. Let cool for 15 minutes. Serve.

Recipe notes: If using frozen strawberries, there's no need to thaw them completely; you can chop them as soon as they're soft enough. If using frozen strawberries and frozen rhubarb, you may need to increase the stovetop cooking time by up to 4 minutes. Depending on the amount of trimming required, you may need to buy more than 1 pound of rhubarb to ensure that you end up with 3 1/2 cups. Serve with vanilla ice cream.

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

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INTERPERSONAL EDGE

Human Race!

Dr. Daneen Skube

Tribune Content Agency

Q: I feel like I've developed agoraphobia after being home for over a year. Now that I've received the vaccine it's hard to go back out into the world. Have I actually developed some kind of phobia about the outside world or are other people having trouble re-entering their old lives?

A: You're unlikely to have developed agoraphobia after being home for a year. The actual psychological disorder involves an abnormal fear of helplessness which starts initially when you panic or have anticipatory anxiety of public places. The disorder emphasizes abnormal fear because this disorder is not about fearing what can indeed hurt you.

Most people can relate to anxiety about public spaces because we've been afraid of both death and permanent disability from COVID-19. Pho-

bias don't form around realistic fears. Having anxiety about a genuine risk to your life and health is healthy, normal, and keeps us above ground.

What most people are struggling with is having had to adjust to never leaving home and now we're adjusting to going back out into the world. Going out into the world now feels as weird and difficult as staying home felt when the pandemic began.

All of us are like toddlers in that we prefer what we are familiar with. Habits and routines are to adults what naps and graham cracker snacks are to little people. We didn't naturally love remote work and grocery delivery but we're now accustomed to it.

The idea of masking up and returning to our office, grocery stores, and even dining out seems fraught with hidden dangers. Add to our anxiety all the medical uncertainty about COVID variants or vaccine fears and it makes sense we're struggling.

To effectively go back out into the world the obvious first step is make sure you are fully vaccinated, second step is still mask up, and third step is start small. A courageous short trip to your favorite grocery store might be your first move. Having one or two vaccinated friends over is another option. Lastly, consider making a half-day visit back to your office.

Few of us are tempted to return to a packed stadium, public event, or concert. Many of us would like to safely and slowly rejoin the human race.

To give yourself a pep talk make a list on paper or verbally with a friend about the things you've missed as you've sheltered at home. Highlight the activities that are low risk and high reward. Make a goal of doing one of these adventures each week to explore your experience.

Fear feeds on lack of data and lack of experience. You're in control of obtaining as much data as you can about the real medical risk of venturing into the world and providing yourself with real world experience on what the new world is like for you. When the pan-

demical started, who among us thought returning to normal would be our next courageous adventure?

The last word(s)

Q: After a year at home when I try to solve my career problems, all I see are limits and obstacles. What is the best way to problem solve when all my thinking ends up in dead ends?

A: Realize that thinking usually traps us within our current box of options but imagination takes us anywhere. Throw out all your perceived limits and pretend you are capable of anything and see what you can imagine now as solutions!

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

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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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RICK STEVES' EUROPE

Bikes: The preferred transport

By Rick Steves
Tribune Content Agency

As we've had to postpone our travels because of the pandemic, I believe a weekly dose of travel dreaming can be good medicine. Here's one of my favorite European memories from the seat of a bike in Amsterdam—a reminder of the fun that awaits us at the other end of this crisis.



Rick Steves

Sightseeing is more than just seeing. To get the full experience of a place, you need to feel, hear, taste, and smell it. On this visit to Amsterdam, I'm making a point to focus on sensual travel. It's a city made to engage all the senses.

I always rent a bike here. I want to feel the bricks and pavement beneath two wheels. The lack of hills and the first-class bike lane infrastructure makes biking here a breeze. The

clerk at the rental shop must be tired of explaining why they don't carry mountain bikes in this flat land. When I ask, he responds—in classic Dutch directness—"Mountain bikes in the Netherlands make no sense at all. When a dog takes a dump, we have a new mountain. You pedal around it . . . not over. It's no problem."

I ride off along the shiny wet cobblestones, my Amsterdam experience framed by my black bike's handlebars. I get pinged by passing bikes and ping my bell to pass others. When it comes to bike bells, there's no language barrier. For my own safety, I wish I had a bigger periphery, as cars, trams, bikers, and pedestrians seem to float by from all directions in silence—their noise lost in the white noise of breezing through this dreamy city on two wheels.

Reaching the Red Light District, I stop to use a classic old street-corner urinal. It's painted a deep green and designed to give the user plenty of privacy from the neck down and a slice-of-Amsterdam view at the same time. The pungent smells of pot smoke and someone else's urine compete with the dank smell of the canal. I remember

■ CONTINUED ON PAGE 23

DOMINIC ARIZONA BONUCCELLI, RICK STEVES' EUROPE



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Rick Steves

■ CONTINUED FROM PAGE 22

one of the new Amsterdam facts I've learned: A handful of people drown in the canals each year. When their bodies are finally dredged up, very often, their zippers are down. They were very drunk and, rather than using the civilized urinal as I did, they used the canal . . . their final mistake. Across the lane, an abundant woman in a cliché of lingerie eyes me seductively from a window, framed in red. I think to myself, "This is probably the most unforgettable trip to a urinal I'll ever have in my life."

Continuing on my ride, it strikes me that much of Amsterdam still looks like it did three or four centuries ago, during the Dutch Golden Age, when this was the world's richest city.

I continue on to a square called Museumplein where Amsterdam's three big art museums are gathered.

I stop a moment to take in the square. Long lines plague the Dutch Master-

filled Rijksmuseum and Van Gogh Museum—both understandably popular. There's rarely a wait at the Stedelijk Museum, nicknamed "the bathtub" because of the striking shape of its modern architecture. Inside are 20th-century favorites (Dali, Picasso, Kandinsky) and crazy contemporary art. I'm not a big fan of the abstract style, but the artwork at the Stedelijk is really fun (perhaps really, really fun if you're into marijuana—sold with a smile in the city's many "coffee shops").

The city's biggest green space, Vondelpark, is just a short pedal away. I roll by snippets of Dutch conversation—families with kids, romantic couples, strolling seniors, and hippies sharing

blankets and beers.

By now my sense of taste is ready for a little attention. Last night I enjoyed a grand rijsttafel (literally "rice table"), a ritual dish for tourists in Holland. Not a true Indonesian meal, it's a Dutch innovation designed to highlight the best food of its former colony—specifically to show off all the spices that in some ways originally motivated the colonial age. The dinner includes 20 dishes and a rainbow of spices with white rice to mix and mingle on your plate and palate. Working your way through this tasty experience, it's clear why the Dutch called Indonesia "The Spice Islands."

Tonight, I'm in the mood for some-

thing lighter and more historically Dutch. I opt for a snack of herring with pickles and onions, with two shots of Dutch gin.

Pedaling back to my hotel, rattling over those shiny cobbles just inches from the murky canals (making sure my zipper is all the way up), I'm thankful I resisted the herring man's offer for that one last gin.

- Rick Steves (www.ricksteves.com) writes European travel guidebooks and hosts travel shows on public television and public radio. Email him at rick@ricksteves.com and follow his blog on Facebook.

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HUMOR HOTEL

Walking away from a pandemic

By Greg Schwem

Tribune Content Agency

If you are struggling to find something, anything, positive about a year spent being cooped up inside, masked when venturing outside and wondering if that sneeze is the first sign of a horrible disease, look no further than your feet.

Walking is making a comeback.

I'm not actually sure the art of moving one foot in front of the other was ever on the decline, but I'm sure seeing a lot more of it. Beginning in March 2020, when the quarantine upended our daily lives, I noticed a lot more people engaging in the simplest form of travel. Suddenly unemployed dads took daily walks, often trailed by children whose school days consisted entirely of recess.

Young people walked; elderly people walked more. Spouses who realized they needed time away from one another walked in opposite directions. Dogs who were walked once or twice a day pleaded for comfortable cushions upon arriving home from their third or fourth jaunt through the park, their eyes saying, "Enough already!"

Some of us took walking to extremes. Former *Wall Street Journal* reporter Neil King set off from Washington, D.C., this past March 29 and didn't stop walking until he arrived in New York City, 26 days later. Upon com-

pleting his journey, he tweeted, "Do not be conformed to this world, but be transformed by the renewing of your mind. That simple walk transformed and renewed me."

I'm sorry but nothing about that walk sounds simple. I think my dog would agree.

Then there was TikToker laubandrew who recently told his 51,000-plus followers that it is possible to walk from the U.S. to Asia, providing one starts at Little Diomed Island, off the coast of Alaska, waits for the Bering Strait to freeze and then traverses the ice to Big Diomed Island, 55 miles away and owned by Russia.

This is hardly newfound knowledge. In 2006 British adventurer Karl Bushby and his French counterpart Dimitri Kieffer did just that, where they were promptly deported by Russian authorities. Undeterred, Bushby was in the midst of his goal to walk around the world, a distance of 36,000 miles. He did not appear to have a dog accompanying him.

Personally, I've always looked at walking, naively, as an exercise of last resort. I'm a runner, a swimmer, a cyclist. Those interests should make me the perfect candidate to enter a triathlon but I'm not that crazy.

But walking? That's for individuals who can no longer perform the athletic endeavors I just ticked off. Or so I thought. Until I made walking a part of

my afternoon routine and realized how much I looked forward to it.

Now I walk with my wife. I walk with my dog. I walk solo and don't care if I look like the lonely guy on the block who, when he dies, is described by a neighbor as someone who "seemed nice," while another neighbor chimes in with, "Yes, we used to see him out walking every day."

Sometimes my walks include my favorite tunes, courtesy of my AirPods. Occasionally those AirPods become the source of hands-free phone conversations I'll have with friends or business associates while I'm walking. I apologize to anyone who overheard a conversation I was having with a former agent that became heated and, uh, MAY have included a profanity or two. The good news is that I never broke stride.

One thing I don't do while walking is count my steps, either manually or via one of those apps that walkers seem obsessed with. I read I'm supposed to walk 10,000 steps per day. If it only takes me 5,000 to clear my head, enjoy nature, converse with a fellow walker

or be alone with my thoughts, so be it.

Unlike so many others, I managed to avoid the horrible COVID-19 illness. It did, however, leave me with a few blisters, courtesy of my newfound penchant for walking.

I will happily live with those.

- 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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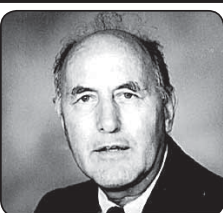


HUMOR

Letongaloosa goes to a bowl game

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

Decades ago families used to gather on New Year's Day in front of a 12-inch television screen to watch the Rose Bowl Parade and the Rose



Larry
Day

Bowl football game. In the early days there were only a couple of other bowl games. Now, news reports say, more than 40 bowl games are played during the holiday season.

The 2017 Letongaloosa Community Junior College Leopards had their best season in the last 10 years. They won five games, lost five, and tied one. That record earned the Leopards an invitation to play in the Marginal Bowl against the Sand City Bisons.

Many hometowns submitted applications for a chance to host the Marginal Bowl. In their applications the cities reported their plans for the bowl parade and the number of seats available at their stadium. Applications routinely mentioned what treats and activities were planned for members of

the Marginal Bowl Committee.

Some cities that weren't selected to host the bowl complained of favoritism on the part of the Marginal Bowl Selection Committee. No wrongdoing was discovered, but to remove any hint of favoritism the committee decided to select the host city by a random process. As the cities' applications came in, each was assigned a number. The number of each applying city was written on a ping pong ball. The balls were dropped into a rotating plastic bin. The city whose number was selected from the bin won the opportunity to host the Marginal Bowl.

Thus, it was that Pigeon Creek became host city for the 2017 Marginal Bowl. The Pigeon Creek Marginal Bowl Committee had promised to mount a parade that included at least 18 floats. The Marginal Bowl Queen and her two attendants would ride on a beautifully adorned float. Marginal Bowl Committee members would ride in an equally beautiful float directly behind the queen's float. Nature smiled on Pigeon Creek the day the Marginal Bowl game was played. The sky was clear at game time. The temperature was 41 degrees which was high for Pigeon Creek at that time of year. Still, cheerleaders for both teams wore tights with their short skirts.

Days before the bowl parade, Pigeon Creek citizens placed folding chairs along Main Street to assure themselves of a spot to watch. Grocery stores and

other businesses stocked up on merchandise in anticipation of a flood of out-of-town spectators.

It was a classic bowl game. The score was tied 7-7 at half time and the defenses of both teams continued to prevail in the third quarter and the beginning of the fourth quarter. Then the Bisons scored and took a 14-7 lead.

After that neither team could make a first down. As time ticked away the Bison team punted and the Leopards got the ball on their own 17-yard line. Somewhere in their heads they heard a bugle sounding "Charge!" And down the field they went executing running plays and short pass plays to perfection.

The Leopards were first and 10 on the Bison two-yard line when the rally ran out of gas. The Bison line held against a run and two pass plays. It was fourth and two. A field goal would do the Leopards no good. The officials called time out. The exhausted players on both teams grouped around their coaches.

Play resumed. "Hut two, hut two, hut,

hut, hut." The Leopards tried a quarterback sneak. The Bison line held. The drive had died. Time ran out. The game was over.

But before the Bison crowd could rush onto the field, the crowd heard a referee's whistle.

All activity stopped. The teams froze in place. Officials conferred on the sideline. Then the head ref signaled a violation against the Bison:

"Defense. Twelve men on the field. Replay the last down."

The Leopard quarterback threw a pass to his tight end. Touchdown!

At the victory parade on Main Street, two of Letongaloosa Community Junior College's most ardent adversaries, Irma Farseer, the hardnosed dean of the Department of et. al. et. al., and the Leopard's "Please don't make classes so darn hard for my atha-letes" coach, stood side by side and smiled.

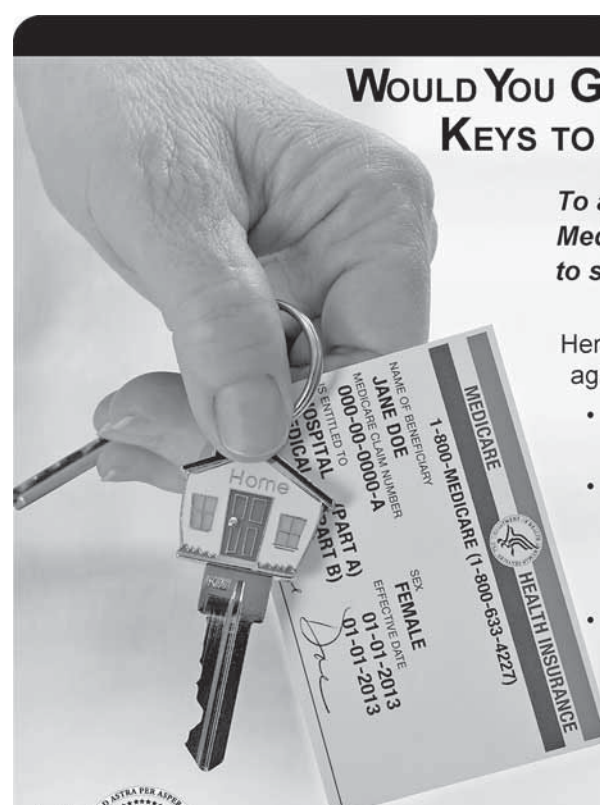
- Larry Day, B.A., M.A., Ph.D., is a former foreign correspondent, newspaper reporter and journalism professor. He has written humorous fiction—sometimes intentionally—all his life.

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MY PET WORLD

Fighting fleas might mean you have to treat your home and yard

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

Dear Cathy: The flea problem in South Florida is bad. I have tried external drops, flea collars and chewables, and they do not work. My dog has been miserable. Intuitively, to put something inside of an animal to repel or kill something on the outside of the animal does not seem right. Someone from the companies that produce these products need to come to the area and find out why the fleas have become immune to their products. -- Dane, Fort Lauderdale, Florida

Dear Dane: I am not sure why your dog seems immune to flea preventatives, except to say that you may need to treat your home and yard as well as your dog.

You can buy diatomaceous earth and spread it on your yard. It's safe for you and your dog, but it causes fleas to dehydrate and die. Next, I would use a fogger in the house to get rid of any fleas and flea eggs. And I would bathe your dog in a dip that kills fleas.

After you do all this, use a spot-on topical (the drops) on your dog. I think when you hit your flea problem from all sides, you will begin to see an improvement. Flea-infested pets can develop anemia, so please keep trying to find a way to rid your dog of these pests.

Dear Cathy: I've never written to a

columnist before but felt compelled to write in response to your comment to Elise from West Hartford, Connecticut. She wrote complaining that people were picking up their dog poop and leaving the bags on the sidewalk or side of the road. You agreed with her saying that it was "lazy and irresponsible." Wow, that is not true. We take our two dogs for lengthy walks every day. When one of them does a poo, we clean it up and leave the bag on the side of the road so that we can pick it up on our way back home. We always go back and get it. Please give pet owners a break and give them the benefit of the doubt that the person who left the bag is neither lazy nor irresponsible. I've never read your column before and likely will not again. -- Bunnie, Enfield, Connecticut

Dear Bunnie: I hope you read this column at least one more time so you can see my response to your letter. I don't mind when people disagree with me and am always willing to consider differing viewpoints.

While I am thrilled that you retrieve your dog's poop bag, you must know there are people who will forget it or even leave it behind intentionally. There also is no way to look at a poop bag on the ground and know the dog owner's intentions. So does a neighbor wait for someone to pick it up or pick it up and dispose of it, grumbling all the while about dog owners?

To maintain neighborhood harmony, dog owners need to carry their dog's poop home. The best way to do this is to use one bag to pick up the poop and tie it into a knot, then drop it into another bag and knot that bag. This eliminates any odor and is the best way to be a good neighbor. I hope you will consider trying this.

Dear Cathy: I just read the column about dog owners leaving full poop bags on sidewalks. I saw this a few years ago in West Hollywood. There was a lack of waste containers, and I just figured that without a convenient place to dispose of the poop bags, they were just left in place. I think the moral of the story is that we need to have convenient waste disposal available in our walkable cities. -- Timothy, Tucson, Arizona

Dear Timothy: In my old neighborhood, the Homeowner's Association put trash containers and doggie poop

bags every quarter mile. It definitely got people to pick up after their dogs, so your idea has some merit, especially in public spaces. When neighborhoods don't have public waste containers, some dog owners will dispose of their dog's poop bag in a neighbor's trash can. While this may seem logical, please know there are people out there who will get extremely angry with you for using their trash can.

Dog owners, please take your dog's poop bag with you and dispose of it at home.

- 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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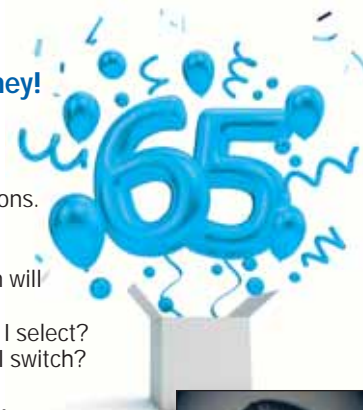
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PAINTING WITH WORDS

June

Poem Title: June

Poet: James Russell Lowell

Born in Cambridge, Massachusetts, in 1819, James Russell Lowell taught at Harvard and began to write books, stories, and poetry. He was pri-



Tom
Mach

marily noted for being associated with the Fireside Poets—a group of New England poets that rivaled the popularity of British poets.

Lowell's symbolism in his poem

about June makes everything about summer seem fresh and lively. He uses descriptive words that put a reader into a natural outdoor setting. After saying how rare a given day in June might be, he then explains this in some detail. First, he describes June as being soft and warm. Then he turns our focus on a green meadow and buttercup flowers. It is interesting that he chose buttercups as his flowers as they symbolize childishness and a carefree attitude toward nature. He mentions that the buttercup “catches the sun in its chalice”—an implied reference to the sanctity of nature's God-given beauty.

A curious line of his is the one where he says “the little bird sits at his door in the sun,” followed by “his mate feels the eggs beneath her wings.” Russell is telling his readers that June is a rebirth

of the wonders of nature. First there is the “door” that opens to the wonders of summer; then there is the promise of new birth. He ends his poem by telling us that the bird “sings to the wide world,” as well as “in the ear of Nature.”

Here is James Lowell's poem:

June

By James Russell Lowell

*And what is so rare as a day in June?
Then, if ever, come perfect days;
Then Heaven tries the earth if it be in
tune,*

*And over it softly her warm ear lays:
Whether we look, or whether we listen,
We hear life murmur, or see it glisten;
Every clod feels a stir of might,
An instinct within it that reaches and
towers,*

*And, groping blindly above it for light,
Climbs to a soul in grass and flowers
The flush of life may well be seen
Thrilling back over hills and valleys;
The cowslip startles in meadows green,
The buttercup catches the sun in its
chalice,*

*And there's never a leaf nor a blade too
mean*

*To be some happy creature's palace;
The little bird sits at his door in the sun,
Atilt like a blossom among the leaves,
And lets his illumined being o'errun
With the deluge of summer it receives;
His mate feels the eggs beneath her
wings,
And the heart in her dumb breast flutters
and sings;
He sings to the wide world, and she to
her nest, —
In the nice ear of Nature which song is
the best?*

If you have any comments or questions you would like to share with me, I can be reached at tom.mach@yahoo.com.



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GOREN ON BRIDGE

WITH BOB JONES

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ITALIAN DECEPTION

East-West vulnerable, West deals

NORTH

♠ K 9 5
♥ K 6 4
♦ 5 4 3
♣ K Q 8 5

WEST

♠ 7
♥ Q J 9 3 2
♦ A K J 9
♣ 9 6 4

EAST

♠ 4 3
♥ 10 8 7
♦ 10 7 2
♣ A J 10 3 2

SOUTH

♠ A Q J 10 8 6 2
♥ A 5
♦ Q 8 6
♣ 7

The bidding:

WEST	NORTH	EAST	SOUTH
Pass	Pass	Pass	1♠
Pass	2♠	Pass	4♠
All pass			

Opening lead: Ace of ♦

South in today's deal was Benito Garozzo, a mainstay of the famed Italian Blue Team from the '50s, '60s, and '70s.

West's ace of diamonds lead held the first trick. East played a discouraging card in diamonds so West shifted to the queen of hearts at trick two. The contract seemed to depend on West holding the ace

of clubs. Garozzo could win this heart shift with his ace, draw trumps, and lead a club toward the dummy. West could take his ace and another diamond, but that would be it for the defense.

Garozzo, however, knew that East held the ace of clubs! How? West, a passed hand, had already shown up with the ace-king of diamonds and the queen-jack of hearts. West could not also hold the ace of clubs or he would have opened the bidding. So Garozzo went for deception and he played low from both hands on the queen of hearts!

West might have shifted to a club, of course, but why should he? It looked like he was onto a good thing with his heart shift and he led another heart. Garozzo won in hand with his ace, cashed the ace of spades, and led a spade to dummy's king. He discarded a club on the king of hearts and led the king of clubs. East covered with the ace, so Garozzo ruffed high and led a spade to dummy's nine. A diamond went away on the queen of clubs and Garozzo had 10 tricks.

(Bob Jones welcomes readers' responses sent in care of this paper. Please send your e-mail responses to tcaeditors@tribpub.com)

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By David L. Hoyt and Jeff Knurek



BUPH
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GOKE
AGLM

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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

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CROSSWORD

Across

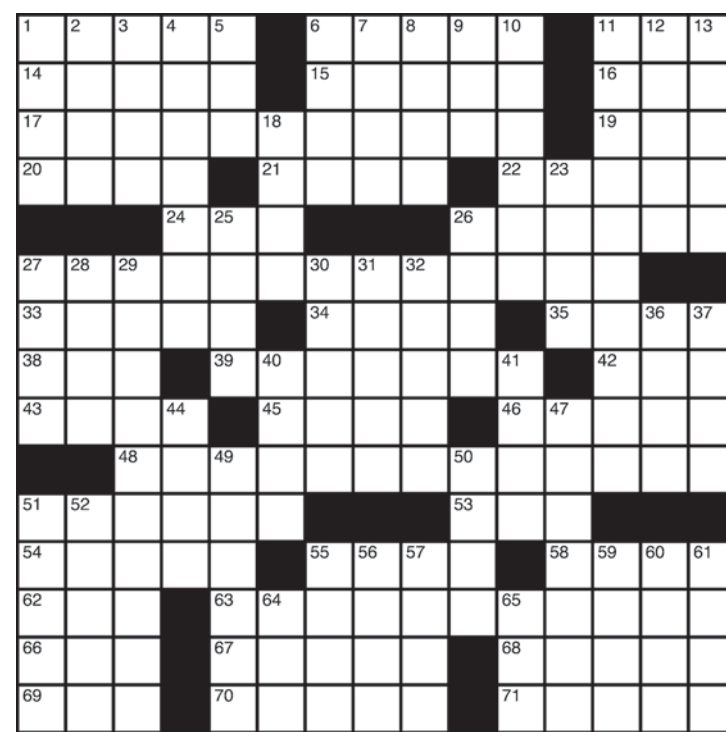
- 1 Like some question-able characters
- 6 Buffalo team
- 11 Pro with a gurney, briefly
- 14 Grade of tea leaves
- 15 Parting mot
- 16 Menagerie
- 17 Mythical hunter's shots of liquor?
- 19 With 22-Across, Lady Gaga, Madonna et al.
- 20 Work the bar
- 21 Remove from power
- 22 See 19-Across
- 24 Law school accrediting org.
- 26 Numbered ballpark souvenir
- 27 First mortal woman's moving supply?
- 33 Amherst sch.
- 34 "That was close!"
- 35 He or I
- 38 Plywood wood
- 39 Chicken soup, some say

- 42 "Selma" director DuVernay
- 43 Plant with fronds
- 45 Tablet
- 46 Capp chap
- 48 Greek hero's stilettos?
- 51 Paper or plastic, say
- 53 Letters for William or Catherine
- 54 Mill fodder
- 55 Shop clamp
- 58 Free speech org.
- 62 N.L. West, for one
- 63 Early man's computers?
- 66 Genesis name
- 67 Lazybones
- 68 Lyric poem
- 69 Where Schumer is a sen.
- 70 Stalks in a marsh
- 71 Royal-ly made?

Down

- 1 Shout target
- 2 "Take it"
- 3 Similar (to)
- 4 Whatsits

- 5 Currency with the ISO code JPY
- 6 Hindu title of respect
- 7 Mid-month day
- 8 Light air
- 9 Chair umpire's call
- 10 Harry, Duke of ___
- 11 Toll plaza choice in many states
- 12 Mandy of "This Is Us"
- 13 ___-turvy
- 18 Rise dramatically
- 23 Willow, but not Buffy
- 25 Bartlett alternative
- 26 Bit of slack facial flesh
- 27 ___ pastry
- 28 Parisian gal pal
- 29 Stories
- 30 Time for fooling
- 31 Narrow racing boat
- 32 Memphis music festival street
- 36 Robbie's daredevil father
- 37 Where Mark Watney grew potatoes in a 2015 film
- 40 ___ the air
- 41 Comic actor Bert
- 44 Mark Harmon TV drama
- 47 Advice from Bobby McFerrin



- 49 Bloviator's output
- 50 Kind of butter used in skin care
- 51 Poet Nash
- 52 In on, with "to"
- 55 Lowland
- 56 Wrote online, briefly
- 57 Old pol. divisions
- 59 Sound made by hitting coconut halves together
- 60 News article intro
- 61 Employed
- 64 Ike's monogram
- 65 Adopt-a-thon adoptee

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

JUMBLE

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CENTEM

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A ₁	E ₁	Y ₄	T ₁	L ₁	P ₃	S ₁	RACK 1
A ₁	I ₁	T ₁	F ₄	D ₂	S ₁	D ₂	RACK 2
A ₁	E ₁	T ₁	T ₁	R ₁	C ₃	J ₈	RACK 3
A ₁	I ₁	X ₈	H ₄	L ₁	C ₃	L ₁	RACK 4
A ₁	I ₁	U ₁	T ₁	T ₁	C ₃	S ₁	RACK 5

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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

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

CROSSWORD SOLUTION

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

SUDOKU SOLUTION

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

BOGGLE ANSWERS

ROSE, IRIS, LILY, DAISY, TULIP, ORCHID, VIOLET

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JUMBLE ANSWERS

Jumbles: KAYAK, CABLE, CEMENT, GROGGY

Answers: The railroad hired a new CEO to help get its business -- BACK ON TRACK

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SCRABBLE GRAMS SOLUTION

P ₃	L ₁	A ₁	Y ₄	S ₁	E ₁	T ₁	RACK 1 =	<u>62</u>
F ₄	A ₁	D ₂	D ₂	I ₁	S ₁	T ₁	RACK 2 =	<u>62</u>
T ₁	R ₁	A ₁	J ₈	E ₁	C ₃	T ₁	RACK 3 =	<u>67</u>
C ₃	H ₄	I ₁	L ₁	L ₁	A ₁	X ₈	RACK 4 =	<u>107</u>
C ₃	A ₁	T ₁	S ₁	U ₁	I ₁	T ₁	RACK 5 =	<u>59</u>

PAR SCORE 260-270 TOTAL 357

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MY ANSWER

God made a way for mankind to know Him

From the writings of the Rev. Billy Graham

Tribune Content Agency

Q: I know people who in their own troubles can still be a source of joy to others. Now in the middle years of my life I am beginning to see things differently and I long to be like these people who have something I do not have. What is the secret? -- J.S.

A: People who look not on their own sorrow but to others have learned comfort from the Bible verse that says, "Be still, and know that I am God" (Psalm 46:10). There is depth of strength when a person can draw from God's vast supply, knowing the promises of Scripture and remembering that Jesus suffered the greatest sorrow as He

remembered us. In His death and resurrection, God made a way for mankind to know Him and draw strength and comfort from Christ.

God is always with His people through thick and through thin. He is with us when we are well, and God is with us when we are sick. He is with us in pleasure and in pain. He is with us now, and will be with us to the end. Some of our troubles are but for a short time, while others are for a longer time. It is important to keep our eyes

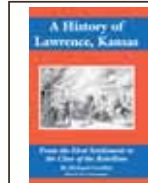
on Christ and it is equally important that we thank God in the good times of blessings and in the times of distress. His strength will uphold those who trust in Him.

For those who do not know Jesus Christ as Savior, they are missing the most important thing in life—God's promise that He is near. The Bible says to "draw near to God and He will draw near to you" (James 4:8). For those who humble themselves before God and declare, "Have mercy upon me and forgive me of my own sin and help me obey you as Lord," He will bring salvation to your soul and comfort to your heart.

- 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

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

“The 50+ demo accounts for half of all consumer expenditures — yet a shockingly small 10 percent of marketing dollars are targeted toward 50+.

Clearly, the numbers don't add up, and overlooking the 50+ demographic is a major marketing mistake. Targeting the 50+ demo, marketers will see serious payoff when it comes to benefitting their bottom line.”

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

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What Advertising Do Baby Boomers Trust Most?

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- Raeanne Mayer, *Generational Marketing*

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