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Vol. 20, No. 9

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KEVIN GROENHAGEN PHOTO



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# Poet advises others to look at the big picture

By Billie David

March is officially the month of optimism and spiritual wellness. For those who are having trouble with these concepts in the wake of the COVID-19 pandemic and other assorted 2020 issues that are lingering into 2021, Topeka poet and president of the Kansas Authors Club Duane Johnson has some advice: It helps to look at the big picture.

Johnson, who describes himself as a spiritual optimist, likened our struggles to toddlers learning to walk. They fall, pull themselves up against a chair, then launch out to walk across the room, fall again, bump their heads, and end up bawling like it is the end of the world, but it isn't.

Wise parents know this, Johnson said, and they keep sharp-edged furniture away, but they don't try to stop the child from learning to walk.

As for those who have suffered loss because of the epidemic, Johnson

compared that to someone who is driving down a mountain road and makes a mistake, causing the car to tumble down the mountain. There are others in the car, and some escape unscathed while others are injured.

"It is something each of us has to struggle with," he said. "My family has been safe. We are not among those who lost family to the pandemic, so it would be presumptuous of me to lecture. I can only suggest that they lean on their faith."

Johnson referred to one of his poems, entitled "Experience's Kiss," to illustrate what he means. The poem includes the lines:

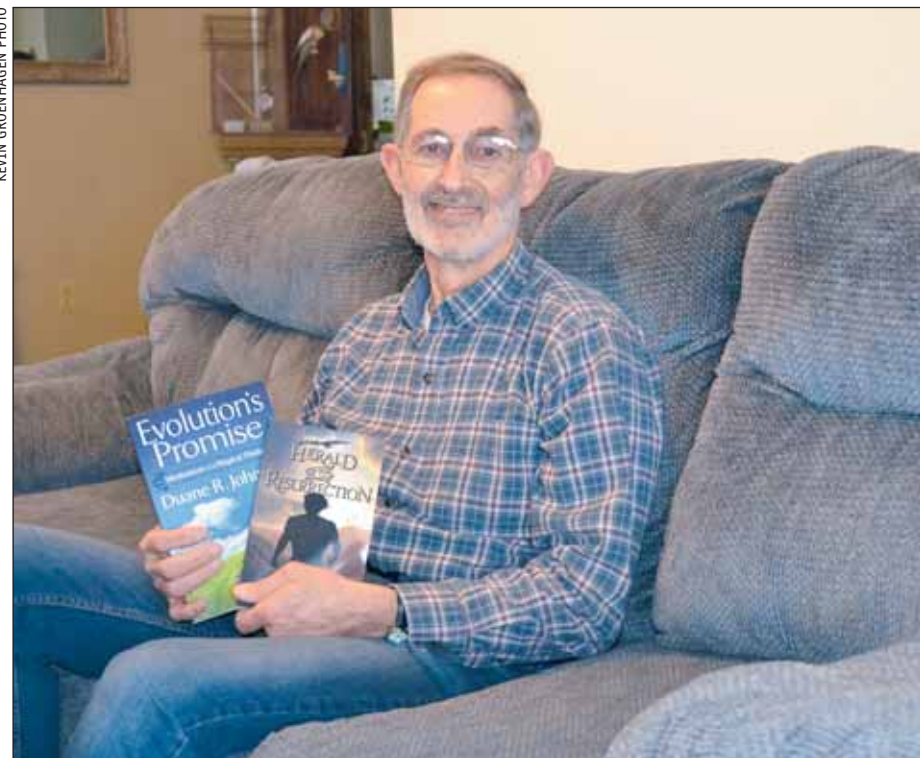
*Would you assume your loved ones gone?*

*That spirit rots when flesh decays?*

*We'll find our loved ones in the glow of light and life in the last days.*

The poem begins and ends with the

■ CONTINUED ON PAGE FOUR



Duane Johnson

## Kaw Valley Senior Monthly

**Kevin L. Groenhagen**  
Editor and Publisher

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# Duane Johnson

■ CONTINUED FROM PAGE THREE

words “Death is but a falling down to children of eternity.”

“Optimism springs from faith,” said Johnson, who has given careful thought to what spiritual optimism is and what it is not.

It is not a belief in a providential god, he said, a belief that the reward for living a moral life is riches and fame and living happily ever after.

“That’s more like material optimism,” he said. “The truth is bad things happen to good people, and moral degenerates can become wealthy, powerful and even popular.”

Instead, Johnson sees spiritual optimism as the belief in a bigger picture.

“Spiritual optimism embraces a transcendent reality that provides a context for our lives extending beyond our mortal lives here on this planet,” he explained. “If each of us develops this idea with the twin tools of logic and faith-leap, I believe that we will arrive

at the conclusion that the universe is friendly. Believing in a friendly universe is the lifejacket that keeps us from sinking into a sea of despair. Spiritual optimism can enable us to persevere in the face of calamity and continue with productive lives and hope.”

As for spirituality itself, Johnson compares it to a giant iceberg. “Most of our spiritual nature, our spiritual lives, exist at the subconscious level, or at best the semi-conscious level below the surface,” he said. “The peaks of the iceberg are our conscious manifestations of spirituality that we call religion.”

Johnson grew up in a conservative family in a conservative town, but began to gravitate toward the ideas of people like Martin Luther King, Jr. and Robert Kennedy.

“What they said and wrote had a major impact on me,” he said, adding that he was devastated by the death of Robert Kennedy.

“It was a personal crisis for me,” he said.

Before Robert Kennedy’s assassination, Johnson was thinking of going to law school and eventually going on to

work in Washington.

Then Nixon and Watergate happened and he heard a witness reply to the question of what he would recommend to aspiring young lawyers that would prevent them from making the same mistake.

“Don’t go to Washington,” the witness said, turning Johnson’s personal crisis into a decision not to go to law school.

So Johnson worked at menial jobs. He met a lady named Elvera at a reli-

gious organization meeting he was attending, married her and started a family that grew to include two children.

Then, at the age of 40, Johnson decided to study journalism.

“The book *All the President’s Men* by Woodward and Bernstein inspired me,” Johnson said of his decision to attend the University of Missouri School of Journalism, after which he worked as a reporter and editor of a

■ CONTINUED ON PAGE FIVE

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# Duane Johnson

■ CONTINUED FROM PAGE FOUR

paper in Versailles, Missouri.

Later, when the Johnsons decided to move somewhere to raise their children in a place that was more in keeping with their personal beliefs, they decided on Kansas, where Elvera had grown up on a farm near Moundridge.

So they moved to Topeka and now live near Lake Shawnee, where two of Johnson's favorite things are taking daily walks along Landon Trail with Elvera and reading aloud to her every evening. He also likes to go fishing in the fall and spring and enjoys paddling around the lake in his kayak.

"There are places you can hide yourself out of sight—like a man cave—where I work," Johnson said. "I push up against the reeds where I can work on reading and poetry."

"Poetry is a lifeline for me," he continued, adding that the sound of the spoken word plays a major role in his creative process and that, although the sound of his voice might startle people nearby from time to time as he sits in his kayak, anchored in the weeds on Lake Shawnee. It is a perfect place to merge sound and words together into something meaningful.

For Johnson, the process of writing poetry begins with a period of stream-of-consciousness thinking, after which the writing comes out automatically.

"My point of view is that poetry should be almost from the spirit, leaving room for the audience to be part of the creative process to what the poem means. Although I recognize poetry as an art form, I'm more interested in poetry as a way to speak truth to power, the power always being the

reader or, because poetry is primarily an oral art form for me, the listener," he said, explaining how the stream of consciousness ends up delivering a message.

Johnson is in his second year serving as president of Kansas Authors Club, having spent his first year as president dealing with the task of organizing the annual two-day writers convention, complete with workshops, key speakers, and an awards presentation, many activities of which happen simultaneously.

Because the convention—Kansas Authors Club's highlight of the year—was threatened by the COVID-19 pandemic, Johnson and his colleagues faced the challenge of figuring out how to conduct the convention without an actual physical venue in deference to social distancing. After all, there were only two times since 1905 that the annual convention wasn't held, and that was because of war.

Knowing that planning had begun two years prior to the event, Johnson as president of the organization, was determined to find a way to hold the convention and avoid letting the volunteers and 200-plus attendees down.

Recognizing that mastering the technical know-how involved in holding the convention electronically was like teaching an old dog new tricks, and drawing upon the funds from a national grant, Johnson hired an expert to guide a team of four that included himself and three of the club's most multi-talented writers: Carol Yoho, Curtis Becker, and

Tracy Million-Simmons.

They carried it off successfully (minus the food and informal camaraderie) using two interconnected simultaneous webinars.

Johnson's publications include *Evolution's Promise*, which started as an e-book of an early version of his poems that had the line breaks taken out. Realizing that this was a failure, Johnson put the line breaks back in and published a print edition of the poems.

Another of his publications, *Herald of the Resurrection*, tells the story of

Malak, a secret follower of Jesus and a double agent of sorts, who has been tasked with delivering the messages of Jesus' teaching to pockets of his followers and keeping Jesus abreast of the religious leaders' plans to arrest him. Malak eventually finds himself tasked with delivering one last message—the message of Jesus' resurrection, which had occurred earlier that day.

Johnson is currently working on a collaborative project with a friend who works with watercolors, matching his poetry with her watercolors.



In addition to writing poetry, Johnson enjoys fishing.



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# Home care job opportunities abound in northeast Kansas

With the nation's unemployment rate at its highest in nearly half a century, job opportunities in labor-abundant industries—such as retail and dining—are running dry. On average, more than 775,000 Americans each week have filed a new unemployment claim since the start of November.

During these challenging times, there is one industry experiencing an increase in demand, leading to immediate job opportunities: in-home caregiving.

“The demand for home care has grown exponentially over the last several years—and it continues to grow as more seniors isolate because of the pandemic,” said Gail Shaheed, owner of the Topeka Home Instead office. “Hospitals and clinics are overwhelmed. Our professional caregivers can serve as an extension of the health-care system and play a critical role in keeping vulnerable seniors safe and healthy at home.”

With more area seniors and fami-

lies seeking support, Home Instead is looking to immediately fill at least 20 permanent CAREGiver positions in Shawnee and Douglas counties.

As part of Home Instead's hiring week, the local franchise will encourage individuals to explore a career path in home care. Applicants interested in full-time or part-time positions can visit [HomeInstead.com/careers](http://HomeInstead.com/careers) to learn more about working at Home Instead.

From assisting with personal care and preparing meals, to running errands and providing companionship, CAREGivers help seniors with simple tasks that

enable them to remain in their homes. The role is ideal for individuals seeking long-term job stability with a flexible schedule and supportive environment as well as continued opportunities for career growth.

“Caregiving is simply doing things to enhance the quality of life for older adults and help keep them independent for as long as possible,” said Shaheed. “We like to say that it takes a special person to become a Home Instead CAREGiver... not a special degree. It can be a rewarding career for individuals from every walk of life and age group.”

Additional growth in the industry is expected for years to come. According to the United Nations, the global population over the age of 65 is expected to triple to 426 million by the year 2050. As a result of this rapid population shift, there will be an increased need for passionate and dedicated individuals in the industries that support the needs of older adults.

For more information about career opportunities at Home Instead, training and benefits, or to apply for a caregiving position, visit [HomeInstead.com/careers](http://HomeInstead.com/careers) or call 785-272-6101.



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## People born in 1960 face permanent Social Security benefit reductions

About four million people who turn 61 this year could be facing a deep hit to their Social Security benefits when they retire, warns The Senior Citizens League. “This is caused by a flaw in the Social Security benefit formula,” states Mary Johnson a Social Security policy analyst for The Senior Citizens League. “To prevent benefit cuts, Congress would need to fix this flaw by the end of 2021 before this group turns 62 and are eligible to start benefits,” she says.

The feature in the Social Security benefit formula that makes the critical calculation of an individual’s initial Social Security retirement benefit (which is linked to the year that workers turn age 60) is sensitive to economic recessions. Known as the average wage index (AWI), it is susceptible to permanent benefit reductions when beneficiaries turn 60 in a year of extraordinarily high unemployment as was the case in 2020.

The initial retirement benefits of people who turned 60 last year could be permanently reduced by almost 10 percent according to an estimate by Social Security’s Chief Actuary, Stephen Goss. Without timely remedial action from Congress, people born in 1960 could wind up with Social Security benefits that are 9.1 percent lower than others with identical earnings and retirement histories born just one year prior to them (1959). If this estimate proves to be correct, an age 62 starting benefit of \$1,565.00 per month would instead be \$1,422.60, a difference of more than \$142.00 per month. Over the course of a 25-year retirement, retirees with this benefit level would receive about \$55,727 less in benefits.

Due to the COVID-19 caused recession, wages and earnings have plummeted to lower levels in 2020 than in 2019 and “that appears to be dragging down the AWI,” says Johnson. So far, though, estimates from Social Security and the Congressional Budget Office vary on how low the AWI might dip or even if it will dip into negative territory. “We are watching the information from the Social Security Administration,” says Johnson, because that’s where employers send the 2020 wage

reports. The final AWI won’t be known until the end of 2021.

In calculating the initial retirement benefit, the Social Security Administration uses the 35 years of highest years of earnings. The first step is to adjust those earnings using the AWI to maintain the value of earnings in today’s dollars. In addition, the AWI is also used to adjust earnings levels that determine the portion of their average monthly earnings that people are allowed to keep as their benefit.

Typically, wages tend to go up year over year. But in 2020, the COVID-19 recession and sudden high unemployment, have caused both the number of people who are working, and wages, to plummet. This may be pulling the AWI down into negative territory, says Johnson who is in the process of collecting wage and employment data for 2020.

This type of benefit reduction is unusual and known as a “notch” in benefits, and those affected are called “notch babies.” The most recent year the AWI has been negative occurred in 2009 when it was -1.5%.

Legislation was introduced in the last Congress to remedy the 1960 notch reductions—“The Social Security COVID Correction and Equity Act,” introduced by Representative John Larson (CT-1), and the “Protecting Benefits for Retirees Act,” introduced by Senators Tim Kaine (VA) and Bill Cassidy (LA). The Senior Citizens League strongly endorses legislation that would fix not only this potential notch, but also provide permanent protection from this sort of recessionary reduction for future retirees as well.

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## HEALTH & WELLNESS

# Delays in care may cost patients both time and health

By Autumn Bishop

LMH Health

It's been a year since the start of the COVID-19 pandemic and it's still at the top of everyone's mind. News and information changes rapidly and it can be hard to keep up. One thing that hasn't changed? The need to seek care when you need it. Don't put your health on hold.



A study conducted by the Harvard T.H. Chan School of Public Health, Robert Wood Johnson Foundation and National Public Radio found that between March and August 2020, one in five adults reported their household members were unable to get or delayed receiving medical care for serious problems. Of those who reported delaying care, more than half—57 percent—said they experienced negative health consequences as a result.

### Emergencies won't wait

Dr. Michael Zabel, cardiologist with Cardiovascular Specialists of Lawrence, said that delaying care for emergencies such as heart attacks or stroke is particularly worrisome.

"People who would have normally

gone to the emergency department but didn't because they were worried about getting COVID—may have died at home," said Dr. Zabel. "Our ED staff is wonderful with their care and techniques. The risk of an individual coming into the ED and getting COVID because of that visit is extremely small."

He also said that heart failure patients, particularly those with a history or frequent exacerbations and know that they need to come in, may postpone because they're afraid of contracting COVID.

"Patients who wait to come in may land in the ICU when they wouldn't have if they'd come in earlier. In some cases, they might not have needed to be admitted at all," Dr. Zabel said. "If you're having symptoms that could be a heart attack or heart failure, don't hesitate to come to the emergency department and get evaluated. Your chances of having a complication from riding that out at home are much higher."

It's not just emergent care that patients have put off. Some may be willing to visit the doctor for routine exams or to be seen for other issues, but are reluctant to participate in follow up care.

"We're seeing that some patients are reluctant to go to physical therapy," said Dr. Douglass Stull, an orthopedic surgeon at OrthoKansas. "If they don't go, they might need surgery because therapy may have prevented that. And

for patients who have had surgery, their outcomes aren't as good because they didn't go to PT."

### Cold, flu or COVID?

With flu season in full swing, it may be difficult for you to distinguish if what you have is a cold, flu or COVID. Fever, cough and shortness of breath are the three most common symptoms of COVID-related illness, but Dr. Jason Kimball, LMH Health hospitalist, says that some people don't have typical symptoms.

"It's not usually until the second week of the viral illness when people develop more severe respiratory complications, but patients can become dangerously hypoxic—dangerously short of oxygen—and not even feel short of breath," he said. "We encourage patients with progressive symptoms of any sort to reach out to their primary care providers or other sources of care for an evaluation. If patients at risk of developing respiratory complications of COVID come in sooner, we have therapies that can, at times, help avoid complications that can be fatal."

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col and procedures

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"The hospital may very well be the safest place to be in regard to preventing the spread of COVID," said Dr. Marc Scarbrough, hospitalist and Chief Medical Information Officer for LMH Health. "People shouldn't avoid contacting their physician when they're ill—COVID or not."

### Preventing the spread

"You can be asymptomatic and spread COVID without realizing it," said Dr. Scarbrough. "We continue to see small group and family spread, as we tend to see parents and their children admitted at the same time. People should assume they're infected and act accordingly."

COVID vaccines are being rolled out in the community, but at a slow pace due to limited supply and great demand. It's important to be patient, continue wearing masks and practice social distancing, even after receiving both doses of the vaccine.

Dr. Stull knows that the uncertainty weighs on the community, but there's a light at the end of the tunnel. Patients shouldn't be afraid to seek care, whether that's at the hospital, the emergency department or one of our clinics.

"COVID is frustrating because of all of the unknowns, but it's important to be patient and do the things we should be doing," he said. "We can see patients safely and can do all the things we did before COVID—surgery, imaging, physical therapy. I encourage people that if they would've sought care then, it's safe for them to do it now."

- Autumn Bishop, Marketing Communications Manager, LMH Health, can be reached at 785-505-3131.



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# Sleep deprivation

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extremely important in that it affects every cell in our body and how our body works.

If you are not getting enough sleep, sleeping at the wrong time of the day, or have poor quality of sleep, you're likely to feel tired during the day. Sleep deprivation can interfere with your life. Not having enough sleep can interfere with work, social interactions, driving, and your immune system. Sleep deprivation can also make you feel irritable, agi-

tated, anxious, depressed, moody, and worried. Sleep deprivation can be linked to chronic health problems, including heart disease, high blood pressure, diabetes, stroke, obesity, and depression.

Sleep deprivation can be associated with an increased risk of injury in adults and children. Studies also show that sleep deprivation changes some parts of the brain. If you are sleep deficient, you could have trouble making decisions, solving problems, learning, or paying attention. Sleep deprivation also can increase your weight. One research study concluded that with each hour of sleep lost in teenagers, the chances of obesity went up. Sleep deficiency increases the risk of obesity across the board in the young or

old. In addition, your immune system relies on sleep to stay healthy. This system defends your body against viruses and bacteria. If you are sleep deprived, you could have trouble fighting common infections. Sleep deprivation is a common health problem in the United States that affects people in all age groups from the young to the old. Research supports that getting enough quality sleep is essential for mental health, physical health, quality of life, and safety. So enjoy getting your "zzzz's" every night. They are important for your health.

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



Dr.  
Deena  
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vital part of the foundation of good health. Sleep deprivation can lead to physical and mental health issues.

What exactly is sleep deprivation? Sleep deprivation can occur if you don't get enough sleep, you are sleeping at the wrong time of the day (people that work at night and sleep during the day), you don't get good quality of sleep, or you don't get all the stages of sleep that your body needs.

For us to understand sleep deprivation, it helps to review how the sleep cycle works. There are two basic types of sleep: Rapid eye movement (REM) and non-REM. Non-REM is commonly referred to as deep sleep or slow wave sleep. Typically, dreaming occurs during REM sleep. Your ability to have a good night's sleep depends on whether you're getting enough total sleep and enough of both non-REM and REM sleep. In addition, we all have an internal clock that controls when we are awake and when our body will sleep. This internal clock is called a circadian rhythm and it repeats every 24 hours. Our internal rhythm is



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MAYO CLINIC

# Top 10 workout myths

**DEAR MAYO CLINIC:** I eat fairly healthy, but I want to lose weight and improve my physical wellness. I'm finding a lot of conflicting information about the best workouts for weight loss, the amount of time I need to work out and what food I should eat. Can you help me make sense of it so I can plan a routine?

**ANSWER:** Being proactive to achieve long-term health and wellness is important, and you should be proud of your efforts to set fitness goals and develop routines. However, among research, personal opinion and stereotypes, a lot of misinformation can make it hard to know what is accurate.

Here is the truth about the top 10 workout myths that you should consider as you develop your game plan:

**Myth 1:** *Stick solely to cardio for weight loss.*

While it's true that you should include 20-30 minutes of cardio in your workout routine, focusing solely on cardio will not transform your body as quickly or as dramatically as you might think.

People perceive cardio as the ultimate solution because their heart rate is up. But in reality, you need to incorporate both cardio and strength training into your workout. Strength training builds muscles and maximizes your cardio routine. The more muscle you have, the more calories your body will burn, especially during cardio.

**Myth 2:** *Heavy weights will bulk you up.*

Some people are concerned that adding strength training will build muscle bulk to the point that they will look like a bodybuilder. This is not true. You would have to work out excessively to do so. Start slow and add weight to build muscle, which will maximize the calories your body will burn.

**Myth 3:** *If you work out today, you can be lax in your diet.*

Working out is important, but so is having good nutrition. You can't

work off a bad diet. Food is fuel, and proper nutrition guarantees results. If you want to lose weight, your calorie output needs to be higher than your calorie input.

**Myth 4:** *Stretching helps prevent injuries.*

If you grew up playing sports, stretching before a game was a regular routine. However, you might be surprised to learn that while stretching is beneficial—because it prepares the muscles for movement and eases your workout recovery—there is no proven research that it will reduce your chances of getting an injury. That's entirely based on your form and movements during a workout. Use functional, dynamic stretches like lunges and leg swings to help muscle movement during workouts.

**Myth 5:** *If the number on the scale isn't going down, you're not losing weight.*

Many people focus on the number on the scale, but it is not the best representation of body changes. The number on the scale is a factor of many things, including how much water you've consumed, what you ate and when you're weighing in. Often when a person loses a significant amount of weight, the number on the scale goes up because of

building muscle from exercise.

If you want to accurately track your weight loss and muscle development, record measurements of your arms, waist and thighs. And if you're going to use the scale, weigh yourself at the same time every day.

**Myth 6:** *Cardio machines count burned calories with 100% accuracy.*

Some people depend on the treadmill to tell them an exact number of calories burned during a workout. Unfortunately, this metric isn't 100% accurate. Many factors determine how many calories your body burns, including your sex, age and current weight. Some machines allow you to enter personalized data in one or two of these factors but rarely all three.

**Myth 7:** *Sticking to ab workouts will give you a six-pack.*

Abdominal workouts are great for developing core muscles because they benefit your body in many ways, such as improving your balance and stability. However, a person's overall body fat prevents abs from being seen. If you want six-pack abs, you have to dramatically decrease your body fat to 10%-12% for men or 11%-13% for women. While possible, this requires strict dedication to eating a healthy diet and exercising.

**Myth 8:** *Supplements and protein shakes are necessary after workouts.*

Supplements and protein shakes are not necessary. The benefits they offer are available from natural and direct food sources, such as chocolate milk, turkey or a scoop of

peanut butter. The truth is you don't need supplements and shakes to get proper nutrients. You can get those nutrients from other food sources. If you consume protein-rich foods after a workout, do so within 30 minutes. That's when your muscles absorb that energy, as they're still burning and working.

**Myth 9:** *If you're not working up a sweat, you're not working hard enough.*

Sweating is an inaccurate way to measure your workout. Many factors go into the amount a person sweats, such as the temperature, humidity and hydration levels. Your body just could be efficient at cooling itself, as well.

**Myth 10:** *No pain, no gain.*

While feeling uncomfortable during a workout is normal, feeling pain is not. Many athletes live by the "no pain, no gain" motto, but pain is the way your body tells you that something is wrong. If you start to feel pain during a workout, stop immediately. If you continue to push through it, you could end up with a serious injury. - David Webster, Orthopedics, Mayo Clinic Health System in 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](mailto:MayoClinicQ&A@mayo.edu). For more information, visit [www.mayoclinic.org](http://www.mayoclinic.org).

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## FINANCIAL FOCUS

# Avoid financial mistakes during retirement

When you retire, you've learned a lot about all sorts of things, helping you avoid some of the mistakes you made earlier in life. However, you may still be susceptible to



Derek  
Osborn

financial missteps specifically related to your retirement years. How can you dodge these errors?

### Consider these suggestions:

- **Manage your withdrawal rate carefully.** You will likely need to tap into your retirement accounts—your IRA and 401(k) or similar employer-sponsored plan. But you should establish an annual withdrawal rate that's appropriate for your situation. By withdrawing too much each year, especially in the early years of your retirement, you risk outliving your resources. You may want to consult

with a financial professional to determine the withdrawal amount that's right for you. (Keep in mind, though, that once you turn 72, you will be required to take out at least a certain amount each year—based on your age and account balance—from your traditional IRA and 401(k) or similar plan.)

- **Don't underestimate health care costs.** Once you turn 65, you will be eligible for Medicare, but you may still need a Medicare supplement plan and will probably also incur other expenses. In fact, A healthy 65-year-old couple who retired in 2019 will need nearly \$390,000 over their remaining years just to pay for health care, according to HealthView Services, which produces health-care cost projection software. Other estimates show different amounts, but they all amount to hundreds of thousands of dollars. So, when calculating your expenses during your retirement years, reserve a big space for health care.

- **Don't take Social Security too early.** You can start receiving monthly

Social Security checks when you reach age 62, but your payments will generally be significantly larger if you wait until your "full" retirement age, which will probably be between 66 and 67. (The size of your payments will "max out" at age 70.) Of course, if you need the money at 62, you may have to take it, but if you believe you have longevity working in your favor, and you can afford to wait, you may be better off by delaying Social Security as long as possible.)

- **Don't invest too conservatively.** Once you're retired, you might think that you should take as few chances as possible with your investments—after all, you simply have less time for them to bounce back from a downturn than you did during your working years. Nonetheless, it's important to own a reasonable percentage of growth-oriented investments to help keep you ahead of inflation. Even at a low rate, which we've experience recently, inflation can erode your purchasing power over time.

- **Don't be more generous than**

**you can afford.** If you have grown children who need financial help, or grandchildren heading to college someday, you'd no doubt like to do whatever you can to provide assistance. However, the hard truth is they simply have more time than you do to find workable financial solutions, whereas if you deplete your funds through your generosity, you could put yourself in a precarious position. So, be as giving as you can afford—but don't go beyond that. By preserving your financial independence, you'll end up benefiting your family, as well.

Retirement can be a wonderful time of your life—and you may enjoy it more by doing what you can to avoid costly financial mistakes.

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

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## JILL ON MONEY

# Should the government help home buyers now?

After President Biden signed executive orders addressing the pandemic itself and its financial fallout, he is reportedly looking at other ways to boost the economy and help Americans. One idea that was floated during the campaign may actually find bipar-



Jill  
Schlesinger

tisan support—a \$15,000 first-time homebuyer tax credit. Unfortunately, unlike so many other important proposals that are designed to help those most in need, a credit to help would-be homeowners, seems unnecessary.

The Biden tax credit is modeled after similar ones created in the aftermath of the last recession—you know the one that started with a housing boom and bust. The Housing and Economic Recovery Act of 2008 established a tax credit for first-time homebuyers that was worth up to \$7,500 and the American Recovery and Reinvestment Act of 2009 expanded it by increasing the credit amount to \$8,000.

The 2008-2010 credits were

intended to help the beleaguered real estate market get back on its feet and to encourage would-be buyers to enter a decimated market. But today, the housing market is one of the bright spots in the economy. Existing home sales in 2020 came in at the highest level since 2006, according to the National Association of Realtors.

First-time buyers were responsible just under a third of sales in 2020, which is basically unchanged from 2019, when the economy was doing just fine. While some may have a tough time coming up with the standard 20% down payment that would allow them to qualify for the cheapest mortgage interest rates, the bigger problem they face is that there simply are not enough homes for sale.

Low inventory was a problem before the pandemic and the biggest reason was that after the bust, big investors gobbled up distressed properties and then converted them to rentals, removing those properties from the for-sale market. Bill McBride of Calculated Risk notes that “Most of these rental conversions were at the lower end, and that limited the supply for first time buyers.” Adding to the dearth of housing stock was the fact that many baby boomers, who were previously expected to downsize, opted to spend money to improve their homes and

stayed put.

The low inventory trend got worse amid COVID, as owners chose to remain where they were, just as the pandemic-induced exodus from cities led many apartment dwellers out to the suburbs, with their record-low mortgage commitments in hand. The result? There were 1.07 million homes for sale at the end of December, down 23% from December 2019, according to NAR. At the current sales pace, there was a 1.9-month supply of homes on the market at the end of December, a record low. (A “normal” level of inventory is 6 months, while in 2008, inventory reached nearly 12 months.)

With buyers flocking to a market with limited supply, prices have jumped. The median existing-home price for all housing types in December was \$309,800, up 12.9% from the prior year, as prices increased in every region. December’s national price increase marks 106 straight months of year-over-year gains.

Back to the Biden plan. Clearly, the real estate market does not need a boost, but do those wannabe homeowners need

government assistance? Maybe, but who exactly are we trying to help? My fear is that those who are in a position to qualify for a mortgage are folks who have jobs and good credit scores. Sure, the \$15,000 would allow some to nab their dream home, but the tax system already favors homeowners over renters by providing tax incentives. It would seem that we could find a better use for government money than this one.

- 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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## DOUGLAS COUNTY STORIES

## The history of Liberty Hall

By Virgil W. Dean

Lawrence's unique, downtown shopping and dining opportunities, along with its storied history and impressive historic district, make it a leading Kansas destination city. The Lawrence experience focuses on Massachusetts Street, of course, the center of the town's commercial activity since 1854. And for over a century the city's center has been anchored by three now iconic structures: on the south, the Watkins National Bank building and the Douglas County Courthouse, and on the north, Liberty Hall, a "low-key Beaux Arts" structure that continues its long tradition as a hub of the city's social, political, and cultural life.

Fine public and commercial buildings, including an "opera house," were central to early plans for permanent growth, and they remained so during the rebuilding era necessitated by Quantrill's infamous 1863 raid. Before the end of the decade, the original Liberty Hall took its place as an iconic structure anchoring the north end of Massachusetts.

Quickly, Liberty Hall became an important part of the city's social fabric, a favored venue for a variety of public and private events. This was even more true after Justin D. Bowersock acquired the building in May 1882. Bowersock, a prominent businessman and civic leader, raised

the structure almost immediately and within six months opened his new Opera House, which quickly became a Lawrence showplace. Here, Lawrence residents enjoyed numerous renowned theatrical productions and more for nearly three decades.

Appropriately, perhaps, for the city of Lawrence, the Opera House era ended in flames on February 18, 1911, just as popular tastes in entertainment were transitioning. Talk of rebuilding began immediately, and the old opera house was soon replaced by a "modern" theater. When it officially opened on January 20, 1912, Lawrence had, according to the *Daily Journal-World*, "the finest theatre for any town" its size.

Although its stately façade has remained mostly unaltered since that third grand opening over a century ago, the Bowersock's twentieth-century history is one of much change. The Bowersock gradually became predominantly a movie house, especially after it was purchased by Glen W. Dickinson in 1925. Dickenson sold it to Commonwealth Theatre Corporation, which ran the theater as the Jayhawker for most of the 1940s and 1950s. In 1959 a group of local businessmen purchased the Jayhawker, and the building was owned and operated from 1964 to 1971 by Mike Murlin and John Brown as the Red Dog Inn. It changed hands but continued to carry the name Red Dog Inn until 1974,

KEVIN GROENHAGEN PHOTO



Liberty Hall

when it was purchased by Roger Aldis and Robert Gould. They re-modeled and opened the musical venue as the Free State Opera House. In 1976 Skip Moon bought the building. Although times were difficult for the Lawrence Opera House, Moon managed to keep the space open for live entertainment and disco until the early 1980s, when the city became involved and the build-

ing's future was uncertain.

Fortunately, two new owners came to the rescue and gave the iconic theater yet another lease on life. Charles Oldfather and David Millstein meticulously renovated the old opera house, changing its image and its name and by October 10, 1986, Liberty Hall was ready for a much-anticipated reopening.

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## PAINTING WITH WORDS

## Spring

**Poem Title:** Spring  
**Poet:** William Blake

William Blake was a late 18<sup>th</sup> century English poet, painter, and printmaker. While he was not recognized as an important poet during his lifetime, Blake is now considered one of the major poets in the Romantic



Tom  
Mach

Age of literature. He was somewhat of a visionary, occasionally sensing the presence of spirits. In fact, when his younger brother Robert was dying, William saw Robert's spirit ascend toward the ceiling, and he claimed when he looked up he saw his brother clap his hand with joy. He believed that Robert's spirit continued to visit him and later said that in a dream Robert taught him the printing method that he used in *Songs of Innocence* and other "illuminated" works.

*Spring* is one the poems that appears in Blake's *Songs of Innocence*. I selected this poem for the March issue precisely because of the extremely cold winter we had experienced. I feel as if we are now welcoming a new year with all of the delights the season of spring will now give us. In *Spring* the poet gives reference to a nightingale, a little boy, a little girl, a rooster, and an innocent lamb. The human world in springtime are, according to Blake, in harmony with all of these images, and they connote an enchanting peace we can appreciate in springtime.

When reading this poem, imagine it being read by a little girl. She sees things in their simplicity and, thus, uses small words and short sentences. Because she is so focused on spring she makes no reference to a hard winter she might have experienced or has yet to experience in the future. There are three themes in this poem: childhood, innocence, and nature—themes that work well together when we appreciate the world when it comes alive during this season. I look at it as a celebration of life itself.

If you read this poem aloud, you will appreciate the rhythm of the lines in the poem. Reading it at a fast clip you may

even find it somewhat musical. But by reading each line slower, you will dive in the meaning the poet gives to the myriad ways of describing spring.

Here is Blake's poem:

**Spring**  
By William Blake

*Sound the Flute!*  
*Now it's mute.*  
*Birds delight*  
*Day and Night.*  
*Nightingale*  
*In the dale*  
*Lark in Sky*  
*Merrily*  
*Merrily Merrily to welcome in the Year*

*Little Boy*  
*Full of joy.*

*Little Girl*  
*Sweet and small,*  
*Cock does crow*  
*So do you.*  
*Merry voice*  
*Infant noise*  
*Merrily Merrily to welcome in the Year*

*Little Lamb*  
*Here I am,*  
*Come and lick*  
*My white neck.*  
*Let me pull*  
*Your soft Wool.*  
*Let me kiss*  
*Your soft face.*  
*Merrily Merrily we welcome in the Year*

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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# 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](mailto: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](http://artstopeka.org/firstfriday)

### LAST FRIDAY OF THE MONTH

#### FINAL FRIDAYS

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

LAWRENCE, 785-842-3883  
[unmistakablylawrence.com](http://unmistakablylawrence.com)

## EDUCATION

MAR 2

### WHAT I'VE LEARNED; PLUS "ASK RICHARD"

Richard Norton Smith will present his checklist for a successful presidency followed by an expanded audience Q&A session. Program is free to the public and will be live-streamed at 7 p.m. to the Robert J. Dole Institute of Politics' YouTube channel.

LAWRENCE

[www.youtube.com/c/TheDoleInstituteofPolitics](http://www.youtube.com/c/TheDoleInstituteofPolitics)

MAR 3, 10, 17, 24, 31; APR 7

### DISCUSSION GROUPS

Spring 2021 Dole Institute Fellow Patrick Tuohey will bring different facets of municipal public policy to light in discussion groups throughout the semester. As a co-founder of the Better Cities Project, he and his guests will speak to the challenges local leaders and civil servants face and the tools available to meet them. Programs are free to the public and will be live-streamed at 4 p.m. to the Robert J. Dole Institute of Politics' YouTube channel. The Dole Discussion Groups are made possible by a grant

from Newman's Own.

LAWRENCE

[www.youtube.com/c/TheDoleInstituteofPolitics](http://www.youtube.com/c/TheDoleInstituteofPolitics)

MAR 4

### FT. LEAVENWORTH: JOHN BOYD AND AIR POWER THEORY

Presented by Chris Johnson. Program is free to the public and will be live-streamed at 3 p.m. to the Robert J. Dole Institute of Politics' YouTube channel.

LAWRENCE

[www.youtube.com/c/TheDoleInstituteofPolitics](http://www.youtube.com/c/TheDoleInstituteofPolitics)

MAR 4

### 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. Register to attend online.

TOPEKA, 785-580-4400

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

MAR 9

### HISTORIANS ON HAMILTON: HOW A BLOCKBUSTER MUSICAL IS RESTAGING AMERICA'S PAST

Claire Bond Potter and Renee C. Romano examine what the hit musical got right, what it got wrong, and why it matters. Program is free to the public and will be live-streamed at 7 p.m. to the Robert J. Dole Institute of Politics' YouTube channel.

LAWRENCE

[www.youtube.com/c/TheDoleInstituteofPolitics](http://www.youtube.com/c/TheDoleInstituteofPolitics)

MAR 11

### COMPUTERIZED GENEALOGY 2 - VIRTUAL ZOOM CLASS

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, 10 a.m. Register to attend online.

TOPEKA, 785-580-4400

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

MAR 16

### UNREPRESENTED - DOCUMENTARY SCREENING & FILMMAKER Q&A

Following an exclusive viewing of the film, a panel of experts will discuss the problems highlighted in the documentary. Program is free to the public and will be live-streamed at 7 p.m. to the Robert J. Dole Institute of Politics' YouTube channel.

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[www.youtube.com/c/TheDoleInstituteofPolitics](http://www.youtube.com/c/TheDoleInstituteofPolitics)

MAR 23

### BIRCH BAYH: MAKING A DIFFERENCE

Robert Blaemire will share insights from his biography of Senator Bayh, U.S. Senator from Indiana for over 25 years. Program is free to the public and will be live-streamed to the Robert J. Dole Institute of Politics' YouTube channel.

Time TBA.

LAWRENCE

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APR 1

### FT. LEAVENWORTH: DENIS MAHAN AND THE FOUNDATIONS OF AMERICAN THEORY

Presented by Ethan Rafuse. Program is free to the public and will be live-streamed at 3 p.m. to the Robert J. Dole Institute of Politics' YouTube channel.

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APR 1

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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. Register to attend online.

TOPEKA, 785-580-4400

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

MAY 6

### FT. LEAVENWORTH: DON STARRY, ACTIVE DEFENSE, AND AIRLAND BATTLE

Presented by Lou DiMarco. Program is free to the public and will be live-streamed at 3 p.m. to the Robert J. Dole Institute of Politics' YouTube channel.

LAWRENCE

[www.youtube.com/c/TheDoleInstituteofPolitics](http://www.youtube.com/c/TheDoleInstituteofPolitics)

MAY 7 & 8

### HEARTLAND FAMILY HISTORY CONFERENCE (VIRTUAL EVENT)

Join other family history enthusiasts to learn new tips and tricks for discovering your family's unique stories, and to connect with one another through our shared interests. Participate from the comfort of your home. For questions, email [tgstopeka.conference@gmail.com](mailto:tgstopeka.conference@gmail.com).

<https://heartlandfhc.org>

## ENTERTAINMENT

MAR 19

### STORY SLAM: VIRTUAL EDITION | MISCHIEF

Stay safe and stay home, slammers, as this time around, the stories are coming to YOU. Get your favorite beverage ready and join us for music, stories and community. Digital happy hour and music start at 7:15 p.m. Slam starts at 7:35 p.m. Free.

LAWRENCE, [lawrenceartscenter.org](http://lawrenceartscenter.org)

MAR 27

### BRILLIANT SCENES AND SONGS

The 2020-2021 season marks the Topeka Symphony Orchestra's 75th Anniversary! The 75th anniversary is traditionally recognized with diamonds, so we will be celebrating all season long with music that sparkles and shines. Topeka Performing Arts Center, 214 SE 8th Ave., 7:30 p.m. Performance will also be live-streamed. Fee.

TOPEKA, 785-234-2787

[topekaperformingarts.org](http://topekaperformingarts.org)

APR 9

### STORY SLAM: VIRTUAL EDITION | DIRT

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## EXHIBITS & SHOWS

THROUGH MAR 13

### TRAINING WHEELS: CHILDREN'S TOYS & LAWRENCE'S HISTORY

Toys—they're not just about fun and games! Children's toys tell us much about trends in history and daily life. This exhibit explores past eras of toys and games, from their enforcement of gender roles, how the industry responded to community modernization, and the long-running debate over the effects of war toys. Watkins Museum of History, 1047 Massachusetts St., Tuesdays-Saturdays, 10 a.m.-4 p.m. Please wear a mask and give contact information when you visit.

LAWRENCE, 785-841-4109

THROUGH MAR 16

### VOICES FROM THE BIG FIRST, 1961-1968

Featuring a selection of constituent letters written to then-Congressman Bob Dole from the collections of the Dole Archives, this original exhibit, curated by Kansas history scholar Virgil Dean, offers a window into the hopes and fears of everyday Kansans as they responded to change at home and conflict abroad. Robert J. Dole Institute of Politics, Feb. 11 - May 16, Elizabeth Dole Gallery and Reading Room. Funding for this exhibit is provided by Humanities Kansas.

LAWRENCE

THROUGH APR 10

### FIFTEENTH AMENDMENT RETROSPECTIVE

This exhibit will feature original artworks inspired by the 15th Amendment, created by local artists. Watkins Museum of History, 1047 Massachusetts St., Tuesdays-Saturdays, 10 a.m.-4 p.m. Please wear a mask and give contact information when you visit.

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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

[watkinsmuseum.org/community-construction](http://watkinsmuseum.org/community-construction)



CONTINUED FROM PAGE 16

## HISTORY & HERITAGE

MAR 5

### COLD WAR IN THE HEARTLAND: PATRIOTIC DISSENT (WEBINAR)

Our FREE History series—a partnership with several Kansas humanities organizations—has been reinvented as live online interviews with scholars in which you can participate! Join us as veteran, peace activist, and historian Danny Sjursen discusses antiwar activism during the Cold War. This program is part of a series of events in connection with the launch of a new website, The Cold War in the Heartland. 7-8 p.m. Register online. [www.watkinsmuseum.org/free-dissent](http://www.watkinsmuseum.org/free-dissent)

## 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 MONDAY OF THE MONTH CAREGIVER SUPPORT GROUP

Meet with other caregivers in the Baldwin area who may be struggling with some of the same issues you face while caring for your loved one. This support group is for caregivers of individuals age 60 or older. Baldwin Methodist Church,

704 Eighth St., 1-2 p.m.  
BALDWIN CITY

### THIRD FRIDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

## MISCELLANEOUS

MAR 17

### LEAVENWORTH ST. PATRICK'S DAY PARADE

Annual St. Patrick's Day Parade through Historic Downtown Leavenworth. ALL participants and spectators MUST wear a mask, and stay within your OWN group. 12-1 p.m. LEAVENWORTH, 913-758-2948  
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# AMERICA'S TEST KITCHEN

## Swap the protein but keep the appeal of this rustic dish

By America's Test Kitchen

Tribune Content Agency

The modern-day Italian American version of cacciatore typically contains bone-in chicken pieces in a garlicky, wine-enhanced tomato sauce studded with onions, peppers and mushrooms. For a fresh revamp, we decided to use bone-in pork chops that had just enough fat to work well when braised. The bone adds flavor, and using bone-in chops honors the spirit and tradition of the dish.

### Pork Cacciatore

Serves 4

4 (8- to 10-ounce) bone-in pork loin chops, 3/4 to 1 inch thick, trimmed  
2 1/2 teaspoons table salt, divided  
2 teaspoons pepper  
1/2 cup all-purpose flour  
1/4 cup extra-virgin olive oil  
8 ounces cremini mushrooms, trimmed and quartered  
1 red bell pepper, stemmed, seeded, and chopped

1 onion, chopped (1 cup)  
6 garlic cloves, sliced thin  
3 sprigs fresh rosemary  
1/2 teaspoon red pepper flakes  
1/2 cup dry white wine  
1 1/2 cups canned crushed tomatoes  
2 tablespoons chopped fresh parsley

1. Pat chops dry with paper towels. Sprinkle with 2 teaspoons salt and pepper. Place flour in a shallow dish. Working with 1 chop at a time, dredge in flour, shaking off excess; transfer chops to a baking sheet.

2. Heat oil in a 12-inch skillet over medium-high heat until just smoking. Add chops and cook until browned, 3 to 5 minutes per side. Let excess oil drip from chops, then return chops to the baking sheet.

3. Add mushrooms, pepper, onion, garlic, rosemary sprigs, pepper flakes and remaining 1/2 teaspoon salt to the oil left in the skillet. Cook until vegetables are just softened, about 5 minutes, stirring occasionally.

4. Stir in wine and cook until nearly

evaporated, 3 to 5 minutes. Add tomatoes and bring to a simmer. Reduce heat to low and cook for 5 minutes.

5. Nestle chops into sauce and cook until chops register 140 degrees, about 10 minutes, flipping halfway through cooking.

6. Transfer chops to a platter. Discard rosemary sprigs, then spoon sauce over chops. Sprinkle with parsley and serve.

### Recipe notes

White mushrooms can be substituted for the cremini.

One 28-ounce can of crushed tomatoes will yield more than enough for this recipe.

Serve with crusty bread, if desired.

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

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## VARIETY

# Denzel Washington and Rami Malek team up to find a serial killer in a recycled thriller that lacks revelation

By Owen Gleiberman  
Tribune Content Agency

The bug-eyed psycho, especially when he's portrayed by a skilled actor, is always good for a laugh, or a shudder, or something in between. It's all about underplaying the overstatement. You've got to cue the audience to see that he's cuh-cuh-crazy, but you've got to do it with just enough finesse to leave them thinking, "Is it all an act?" Jared Leto, who admittedly has had a lot of practice, knows how to give a state-of-the-art performance as the kind of diabolical screw-loose sleaze you love to loathe. He anchors the best sequence in "The Little Things" (a police interrogation), though another way to put that is that the scene raises the bar to a place that the rest of the movie can't match.

Leto plays Albert Sparma, a piece of L.A. trash who looks like he's halfway between a homeless person and Jesus. In the key scene, he's brought into the station for questioning by two cops who have become unlikely partners: Joe "Deke" Deacon (Denzel Washington), a visiting deputy from upstate (though he once worked in L.A., where he was a master profiler of serial killers), and Jimmy Baxter (Rami Malek), a sharp-dressed LAPD detective who gets himself on the local news so often that he's become a bit of a celebrity. They've teamed up to solve a string of brutal murders (it's the usual drill: a series of young women stalked and snuffed), and they think they've got their man in Sparma, who certainly looks the part.

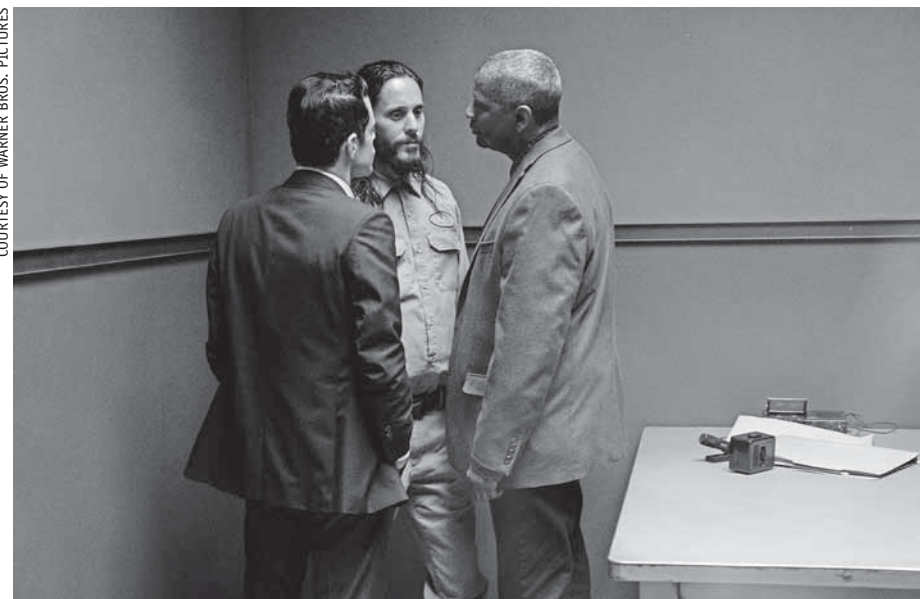
He's creepy and weirdly shaped (skinny, but with a paunch), with glassy black eyes, greasy long hair, a hippie beard, a geek grin, a work shirt buttoned up to his Adam's apple, and a jaunty, nattering tone of self-amused viciousness. Sparma is a working stiff with a shuffling walk who will take a

city bus to a strip club. But in the interrogation, he comes on as the designer-prole version of a Lectery evil genius, three steps ahead of every question he's asked. He's given gruesome photos of the murder victims, which he looks over with just enough deadpan relish to tease the cops without incriminating himself. "Do you get the feeling he's enjoying this?" asks Deke, watching the action through the two-way mirror. Uh, you were expecting him not to enjoy it?

Leto, drawing on his quick-minded perversity (and wearing a touch of prosthetics that disfigure his handsomeness into a jaded rottenness), communicates a great deal of sick pleasure. Sparma, a loner, adores being the center of attention, and so does Jared Leto. (That's what gives his performance an inner conviction.) Naturally, he outwits the cops, but everything still points to Sparma as the killer: his gloomy hoarder's apartment, the fact that he confessed to a murder eight years ago, the quality he conveys of being a skeezy low-life mastermind.

Leto, in his way, burns a small hole in the screen. That said, you've seen this kind of performance before. And you've really seen the rest of the movie before—almost literally. That's a major disappointment, since this is the first lavishly scaled, multi-star-driven thriller we've had the chance to see in quite a while. Set in 1990, "The Little Things" is in the grisly forensics genre, with episodes unfolding at blood-splattered murder sites viewed through ultraviolet light, as well as a pleasing narrative tangle or two. Yet this sort of clinical detective movie hinges on creating a feeling of revelation, a kind of horror-saturated awe. "The Little Things" is just a warmed-over set of serial-killer-thriller clichés, like crime-scene photos we've seen before. And some of it doesn't track all that well.

Take the Denzel Washington character. At first, the film seems to throw



Rami Malek (left), Jared Leto (center) and Denzel Washington, each Oscar winners, star in "The Little Things."

us a curveball, introducing Deke as a modest, head-down sort of desk jockey, a Kern County deputy in uniform who gets dispatched to L.A. to retrieve a key piece of evidence: a pair of bloody boots. But when he gets to the forensics lab, and then the police station, it turns out that most of the officers there know him. Deke, it seems, was once a legend—the kind of cop who could snake his way into the mind of a killer. But he got so immersed in one case that he suffered a triple bypass, a divorce, and a suspension, all within six months.

He is, in other words, a gloss on William Petersen's damaged FBI Agent Will Graham in "Manhunter." But when Graham had his breakdown (after getting onto the trail, and into the head, of Hannibal Lecter), he wasn't ostracized. Deke's backstory, his fall from grace, doesn't fully parse, and Washington's performance is so unruffled on the surface that it never acquires the quality of obsession the script keeps hinting at. Deke, still trying to solve that old case, gets absorbed into the new one, and he moves into a fleabag hotel and tapes pictures of the victims on the wall, so that he can ponder them with his thousand-yard stare. But sorry, I never bought it. "Manhunter" was a singular movie about obsession—to me, the greatest of all modern thrillers. This one, coming 35 years later, feels like a copy of a copy.

Rami Malek's Jimmy is supposed

to be Deke's opposite number, a family-man careerist who's smooth and together, with killer shades and Anthony Scaramucci hair. Malek plays him with a manner that's studiously brusque yet so cocked-eyebrow insinuating that at times you feel like he should be called Sgt. Entendre. His performance isn't bad, but it's hard to escape the feeling that on some level it's a piece of branding: the hard-ass L.A. cop as anti-Freddie Mercury.

"The Little Things" doesn't completely click into "Se7en" mode until the grandiose climactic sequence, in which Sparma invites Jimmy to take a night drive out to the desert with him. As soon as they get there, the earlier film, with its monster-in-a-box prankish ghoulery, begins to hover over the action. Yet it's hard not to notice that in this case the suspense "poetics" of a cop-vs.-suspect showdown leave common sense behind. Sparma asks Jimmy to dig a hole in the desert with a shovel, and then another hole, and it was at this point that I felt myself checking out of the movie. As in: There's no way a seasoned L.A. cop was ever going to dig that hole. Deke, at one point, tells Jimmy that it's "the little things" a detective needs to pay attention to; they're the things that get a killer caught. Too often, though, it's the big things that this movie doesn't get right.

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## RICK STEVES' EUROPE

# Swept away in Rome

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 Rome—a reminder of the fun that awaits us at the other end of this crisis.

I'm hard at work, writing in my hotel room. I've spent the whole afternoon splicing changes into the next edition of my Rome guidebook. It's time for a quick little break, but stepping outside is hazardous. It's too easy to get swept away into a Roman sea of colorful—and fragrant—distractions. The current out there is too strong. Still, promising to be back at my desk in a few minutes, I decide to take the risk and plunge in . . .

From my hotel, I flow downhill to

the Pantheon's portico, where I wade into the surf of images. Designer shades and flowing hair are backlit in the magic-hour sun, happy ice-cream lickers sit on a marble bench, and a fountain spritzes in the background under an obelisk exclamation point. Romanian accordion players stroll along, entertaining passersby. The sunburned stains of a golden arch on a wall mark where a McDonald's once sold fast food.

As I let go of the Pantheon's columns, the current sweeps me past siren cafes, TV crews covering something big in front of the parliament building, and out into Via del Corso. On my swim through the city, this is the deep end: The crowd from the suburbs comes here for some cityscape elegance. Today they've gooped on a little extra hair product and have put on their best

DOMINIC ARIZONA BONUCELLI, RICK STEVES' EUROPE



Rome's Pantheon

T-shirts, leggings, and heels.

Veering away from the busy pedestrian boulevard, I come upon Fausto, a mad artist standing proudly amid his installation of absurdities. He's the only street artist I've met who personally greets viewers. After surveying his tiny gallery of hand-scrawled and

thought-provoking tidbits, I ask for a card. As he gives me a handmade piece of walletsized art, he directs me to the end of the curb and his "secretary"—a plastic piggy bank for tips.

I pass a homeless man, tattered but respectfully dressed, leaning against

■ CONTINUED ON PAGE 23

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# Rick Steves

■ CONTINUED FROM PAGE 22

a wall. He's savoring a bottle of wine while studying the parade of Roman life as if trying to follow the plot. Next, I chat with twins from Kentucky, giddy about celebrating their 40th birthday together here in Rome. Their Double-mint smiles and high energy argue a good case for embracing the good life.

Moving on, I slip into a church just as the ushers close the doors for Mass. Inside, the white noise of Roman streets gives way to the incensed hum of a big church with a determined priest—and not enough people. I slip down the side aisle, hands folded as if here to worship, to catch a glimpse of a Caravaggio, that thriller of the early 17th century.

Slipping back outside, I find myself at the north entrance of the ancient city. Determined to swim to my hotel room to get back to work, I pass the same well-dressed bum with the wine buzz, still intently caught up in the city. I imagine being in his pickled head for just a moment.

Near him, guys from Somalia launch their plastic fluorescent whirlybirds high into the sky while their friends slam plastic doll heads into boards so

hard the heads become spilled goop. Then the dolls creepily reconstitute themselves, ready for another brutal slam. Selling these street trinkets keeps undocumented African immigrants from starving. Seeing them today makes me think that if I had bought all the goofy things people tried to sell me on the streets of Rome over the years—from the flaming MannekenPis lighters and the five-foot-tall inflatable bouncing cigars to the twin magnets that jitter like crickets—I could have opened a

kitschy museum.

Rome is a cauldron of urban life—mixing random bits from today, yesterday, and centuries gone by. It's high class and low class, sacred and profane, grandiose and fragile, stormy and tranquil all at once—a mix seemingly designed to give visitors from far away indelible memories.

I swim with a struggling stroke back to the stillness of my hotel, closing the door to keep out the Roman current. While taking a break from writing up

my work, I wind up coming home with even more to write about. In Rome, one thing leads to another. For a travel writer trying to catch up on his notes, that can be dangerous.

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

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## HUMOR HOTEL

# The Diet Coke button doesn't work in my office

By Greg Schwem

Tribune Content Agency

The hardware store employee approached, noting the confusion on my face. It's a look that just happens naturally the moment I enter any store that smells of lumber.

"What can I help you find today?" he said.

"The 'Diet Coke' button," I said.

"Excuse me?"

I repeated my request, glancing at my watch while doing so. Whenever I'm in a hardware store, my goal is to be out in less than five minutes. I never do this when I'm in, say, an electronics store. Then again, I enjoy being around flat screen televisions. Drill bits and tile grout, not so much.

"We sell Diet Coke at the registers," the employee said. "But that's it. Are you referring to something you wear on your lapel?"

"No, I want the button that sits on your desk. You press it and somebody walks in with a Diet Coke," I said. "I read Donald Trump had one installed on the Oval Office desk, but President Biden got rid of it when he was sworn in. And it didn't even require an executive order."

"We don't sell a Diet Coke button," the relieved employee said. "Have you tried contacting Coca-Cola? Maybe

they have one."

"I sent an email," I said. "Still waiting for a response. Look, it doesn't have to be Diet Coke, specifically. Do you sell other buttons for a home office that produce objects instantly when pressed? What about a 'potato chips' button? A 'warm pair of socks' button? A 'Bud Light' button?"

"You want a Bud Light button in your office?" the employee said.

"I'd program it so it only worked after 5:30 p.m.," I replied.

"Sir, we have a full line of doorbells in aisle 15. Wouldn't something like that work?" asked the employee, now glancing at HIS watch.

"I suppose so," I said.

"Great. Happy to be of service," the employee said. "Now if you'll excuse me, I'm needed in plumbing."

Trudging to the other side of the store, I found an "entry alert kit" featuring a device that promised to emit a buzzing sound. I brought it home, secured it near my keyboard and pressed the button. My dog, not recognizing this new sound, freaked out, nonetheless.

"Why is she barking?" my wife yelled from upstairs.

"She'll be fine," I yelled back.

"She just needs to get used to the new sound."

"What new sound?" said my wife,

now standing at the entrance to my office.

"This one," I said, pressing the button again. The dog responded accordingly.

"Why are you buzzing?" she asked, after consoling our now breathless pooch.

"It's my Diet Coke buzzer," I said.

"Like the one President Trump used. You're familiar with it?"

"Familiar enough to know that I'm not getting you a Diet Coke every time you press that thing," she said. "Did you really think that was going to happen?"

"It doesn't have to be you," I said. "It could be anyone who happens to hear it. What about our daughters? They've been spending a lot of time in the house since COVID-19. They can get it."

"When did everybody in this house suddenly become your servants?" she said.

"So, I should return the buzzer?"

"No, I think I'll get one. Maybe I'll get a few, all with different sounds.

One is the signal that I'm not cook-

ing dinner tonight, another is that the faucet is still dripping—I'll return it when you finally fix it—another for..."

"OK, I get it. But can you just bring me a Diet Coke one time? Just so I can experience what might have been?"

Before she could answer, I pressed the button.

My wife exited the room, returning with my favorite beverage.

For a brief moment, I felt very presidential.

- 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](http://www.gregschwem.com).

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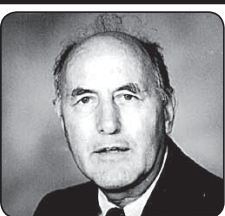




## HUMOR

### Climbing higher in La Mancha

There are few moments in life where the time span between the current and younger versions of yourself collide. Étienne Haute-Montange had such a moment three weeks ago and despite his aversion to leaving Provence, the newly retired French cyclist was excited for his next adventure. But, he never thought it would bring him all the way back to Letongaloosa.



Larry Day

In the early 1980's, Étienne was working on his grandfather's lilac farm when news came that he had been accepted into a business program in the United States at La Mancha University. He didn't want to leave. He wanted to stay at home and compete and, after only a month in La Mancha, he rushed back to do what he loved—cycling high into the mountains.

Étienne had had a two-decade-long career as a competitive cyclist.

Fast forward to just a few weeks ago. After completing his final time trial, Étienne packed up and set out to retrace all of his favorite bike routes. He wanted to think. He needed to figure out where the next stage of his

life would lead.

Two days later he rode onto his favorite old Roman bridge, Pont Julien. He wanted to take in its height and its spectacular views. As he gazed, his cell phone buzzed. The message was from his bug-loving best friend, Zimmy Tarbox. The call solved Étienne's "what's next" problem, and put him on a plane bound for Letongaloosa Community Junior College.

The LCJC was offering a summer cycling course for La Mancha and Letongaloosa residents. The course needed an instructor, and Zimmy knew Étienne would be perfect for the job.

Étienne arrived in the small Midwestern college town and got together with Zimmy. Then he went to meet with the chair of the Department of et. al, et al, Dr. Ima Farseer, to get her help with the academic paperwork.

Then he headed over to the entomology department to see Zimmy.

"Be careful. The legs of a Cuban rainbow beetle can be rather delicate, or so I've read in a paper a good friend of mine wrote."

Zimmy looked up from the cage of rainbow beetles and smiled.

"Is that so? Well, you know, the Cuban rainbow beetle is tougher than most people would think. This particular species lives high in the mountains and the best way to see one is to climb high into the mountains. You should know all about climbing."

Étienne grinned, "Yes, I know quite

a bit."

Then they headed over to The Enchantment—a bar on the outskirts of town. The kind every college town needs to keep its accreditation. They ordered root beers. Étienne filled Zimmy in on the details of his final professional time trial. Then they talked about life in Provence.

Étienne mentioned how he would miss competing in races like the Tour de Fleur, but he was delighted to come back to Letongaloosa to teach others to climb the mountains as he had done in Provence.

Zimmy laughed, "Slow down, old friend. Most of the residents taking part in the summer cycling program are looking to go bike-packing on the surrounding trails or enjoy a leisurely ride around town."

Then Zimmy remembered the Fourth of July celebration sponsored by La Mancha U, LCJC and some of the other businesses around La Mancha and Letongaloosa. Of course, there would be fireworks, games, and a big cycling race to be held at the Letongaloosa Lake Loop Trail,

"There's a cycling race on July 4th if you're interested. It's no Tour de Fleur, but it is fun and the climb might even challenge you. Plus, Bastille Day is just

around the corner. I think you'll enjoy the festivities."

Étienne was delighted. He sipped his root beer and thought about this new stage of his life. Coming back to the small Midwestern town was the right decision. He had good friends. Étienne was able to continue doing what he loved. He was on the right path.

Zimmy and he finished their root beer, paid the bill and headed for the door. It was going to be a great summer. Étienne was ready to climb higher and have the time of his life!

- 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

## Barking and growling dog makes owner hesitant to have friends over

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

**Dear Cathy:** We have an eight-month old adorable little Chihuahua-Dachshund mix that we rescued in June. He is full of energy all day long, bouncing from sofa to chair to sofa. My problem is his constant barking and growling when I walk into the living room. I understand that barking is good to ward of strangers but I'm hesitant to invite friends over due to this situation. -Joe, Lynbrook, New York

**Dear Joe:** The quickest way to build rapport with your dog is to train him. Start with "sit." Use a clicker or reward word like "bingo" to mark when he sits. Then give him a treat. Once he understands that the clicker or reward word marks the desired behavior, you can train for behavior. If you walk into a room and he doesn't bark or growl, click or say the reward word and give him a treat. If he is sitting near you and appears very relaxed, click or say the reward word and give him a treat. He will begin to understand what you want and that he should look to you for guidance on how to react to things.

As for visitors, keep him on a short leash so he is under your control. If he barks or growls, verbally correct him

with a short "Shh!" sound or use a Pet Corrector, which produces a similar sound with compressed air. The idea is to get his attention so he will stop the behavior. Do not reward him for this. Instead, ask him to do something else, like sit. When he sits, use your reward/treat technique. It will take time and consistency, but eventually he should understand what is expected of him and comply with your wishes.

**Dear Cathy:** I have a two-year-old cat that I rescued from a shopping center when he was about six-weeks-old. In the last six months or so, he has begun eating fabric. He has eaten the hems off my pants, the sleeve of my pajamas and chewed the entire edge of my bed quilt so that it now has a "scalloped" edge. I can't tell if it is coming out the other end, as I have five cats and automatic litter boxes. I have found small remnants in vomit at times. Other than this, and him being quite rambunctious, he is a great loving cat. Any suggestions? -Holly, Coconut Creek, Florida

**Dear Holly:** Both dogs and cats can have something called "pica," where they eat non-food objects, like sucking on plastic bags or nursing wool. Pica can be caused by a range of things, like dietary deficiencies, health problems, genetic disposition, compulsion

disorders and boredom. It also can be because the cat was weaned too young, which may be the case here because you found him when he was just six-weeks-old.

If you have ruled out health problems, then remove objects you think your cat might chew. Or spray the items with Bitter Apple to discourage him from chewing on them. Keep him mentally stimulated by playing with him for at least 10 minutes twice daily. Make sure he has lots of cat-friendly toys to pounce on and chew.

You also can put a feline pheromone collar on him and/or add feline pheromone plug-ins around the home. Pheromones reproduce the scent of a nursing mother cat, which calms most cats. I think your cat would greatly benefit from the use of pheromones in the home.

**Dear Cathy:** I want to make an addition to your advice about using a ramp for a large dog. I take my senior Irish Setter to a canine rehab place and have seen several of those ramps being used. While some dogs use them success-

fully, others balk because the ramps are flimsy and scary. I have tried the doggy steps, but they are too small for a large dog. I did extensive research and found a mini ramp/step called Pet Gear Easy Pet Step that works well for my girl and requires no training. It's very secure, wide, and basically just one step with a slant about 24" long. It has saved my back and hers. -Pat, Glastonbury, Connecticut

**Dear Pat:** I checked out the ramp, and it looks quite sturdy and easy for a dog or cat to use. It's not tall enough for a dog to climb into the back of an SUV, but you can use it to allow your dog to step into the car via the back seat or onto the couch. Thanks for sharing what works for you.

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

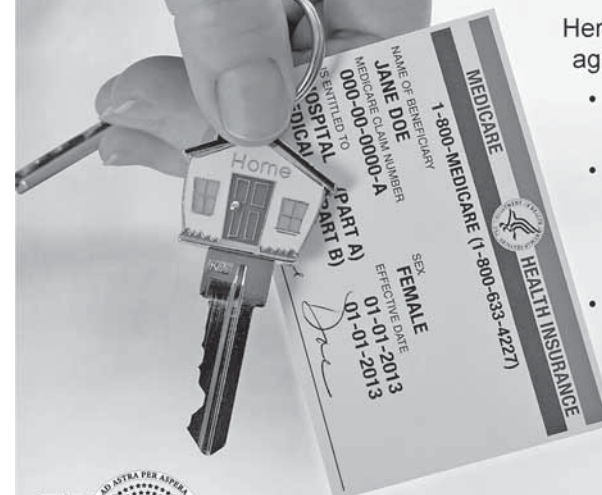
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## JAY'S MUSICAL MEMORIES

# Think green!

By Jay Wachs

How can it be March already?

I love the month of March because it signals the start of Spring.

It also brings us St. Patrick's Day and the Lawrence St. Patrick's Day Parade.

So it's time to think GREEN for Spring.

This month, my staff challenged me to find a song or band that includes the word green in their band name or title from each of the four decades of music that we play in either Lawrence or Baldwin City. Surprisingly, the hardest decade to research was the 1980s. Lots of purple (thank you Prince), but not a lot of green. That being said, let's journey down way of Green Acres (see what I did there) and start with the 1960s.

Our 1960's feature this month comes

from The Lemon Pipers. The Oxford, Ohio, band had a number one song in late 1967/early 1968 with "Green Tambourine." The song represented the



powerful influence of the emerging psychedelic sound with its fade in and out echoes on the word tambourine. Original drummer

Bill Albaugh passed away in 1999 at the age of 53.

The 1970s boasted 13 top 40 hits for soul crooner Al Green. Green started his career as a gospel singer and returned to gospel full time in 1980. The biggest hit of his career on the charts was the mid-tempo jam "Let's Stay Together," which went to number one on the pop charts in 1971 and spent nine weeks

on the R&B charts. Tina Turner's cover of that song helped to launch her solo career in 1984. Green had a minor R & B hit in 1987 and continues to record both gospel and secular music including an acclaimed duet with Annie Lenox covering the 60s classic "Put A Little Love



In Your Heart." Green is still active and performing at the age of 74.

In 1982, new wave alternative band New Order released a song called "Everything's Gone Green." The song came off their 1981 album titled "Movement" and actually charted on the dance/club play singles chart at number 34. The band's most easily recognized hit was the 1983 dance floor smash "Blue Monday." New Order continues to be active on the electronic dance music scene and is celebrating its fourth decade of making music.

Finally, the 90s belonged to Billie Joe Armstrong and his pop-punk rock band Green Day. Their biggest 90s hit came in 1994 with the song "When I Come Around" which spent 7 weeks at

number one on the modern rock charts and reached number 6 on the pop charts in December, 1994.

Whatever your shade of green, wear it loud and proud in March and it will bring us good luck for a warm and prosperous season of great oldies, baseball, apple pie and all the good stuff.

- Jay Wachs is the owner and operator of LawrenceHits.com, an APP and website-based oldies streaming radio station.

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# GOREN ON BRIDGE

WITH BOB JONES

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## BIDDING TOO MUCH

Both vulnerable, West deals

### NORTH

♠ A 9 8 3

♥ A J 6 2

♦ J 9

♣ Q 6 2

### WEST

♠ Q J 10

♥ K 10

♦ A K 2

♣ J 8 7 4 3

### EAST

♠ 7 6 4

♥ 9 4

♦ Q 8 6 4 3

♣ A K 9

### SOUTH

♠ K 5 2

♥ Q 8 7 5 3

♦ 10 7 5

♣ 10 5

The bidding:

WEST	NORTH	EAST	SOUTH
INT*	2♣**	2♦	2♥
3♦	3♥	All pass	

\*12-14

\*\*Both majors

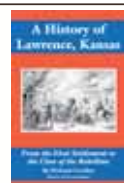
Opening lead: Ace of ♦

Today's deal is from a recent tournament in Australia, where the Weak No Trump is popular. South was Australian expert Jim Wallis. What would you bid as North over the weak no trump opening? We hope you passed. A two-suited bid should be saved for hands with at least 5-4 in your suits.

North's three-heart bid is indefensible — the bridge equivalent to a high crime. Any further bidding should have been left to South. In our opinion, it would have been quite reasonable for South to compete to three hearts anyway, although the three-diamond contract would have been defeated unless declarer took an inspired view in the club suit.

Wallis, despite the surprising dummy, found a resourceful way to bring home his contract. West cashed two diamonds to start and then shifted to the queen of spades. Smooth as silk, Wallis played low from dummy and the five from his hand. West might have shifted to clubs at this point, but the missing two of spades created a problem for West. Should his partner hold that card, that meant that partner was encouraging a spade continuation. West decided to continue spades. Wallis won with his king, drew trumps in two rounds with the aid of a finesse, and cashed the ace of spades. When that suit split 3-3, Wallis had a parking place for one of his club losers. Nicely played!

*(Bob Jones welcomes readers' responses sent in care of this newspaper or to Tribune Content Agency, LLC., 16650 Westgrove Dr., Suite 175, Addison, TX 75001.)*



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By Richard Cordley

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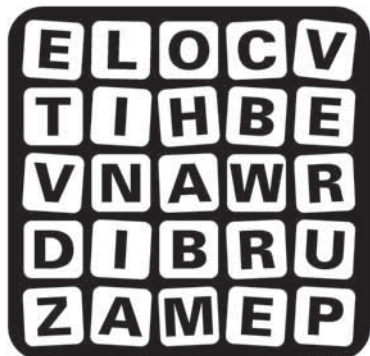
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By David L. Hoyt and Jeff Knurek



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GOKE  
AGLM

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

#### BOGGLE POINT SCALE

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

#### YOUR BOGGLE RATING

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

#### Boggle BrainBusters Bonus

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

Find AT LEAST SIX COUNTRIES LOCATED IN THE SOUTHERN HEMISPHERE in the grid of letters.

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# PUZZLES & GAMES

## CROSSWORD

### Across

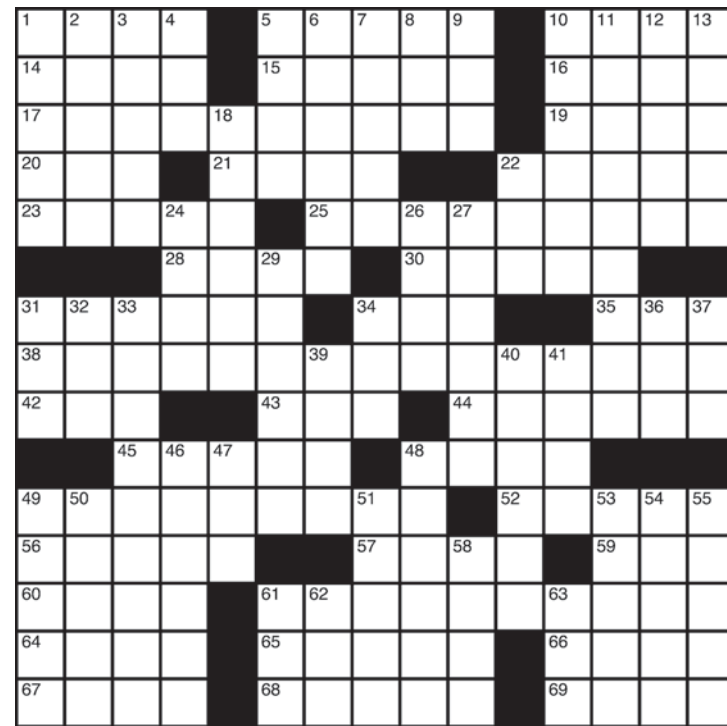
- 1 Unresponsive state
- 5 Loosen up, to a pitcher
- 10 Light bulb unit
- 14 Welcoming
- 15 African howler
- 16 "Sin City" actress Jessica
- 17 \*New Jersey city on Raritan Bay
- 19 Thick slice
- 20 Semicircle, say
- 21 Green Gables girl
- 22 Kick back
- 23 Comic Smirnoff
- 25 \*Leader of the pack
- 28 Wiener schnitzel meat
- 30 Red Sea country
- 31 Trembling trees
- 34 Terrier's sound
- 35 Disney frame
- 38 \*It prohibits unreasonable searches and seizures
- 42 Boy king
- 43 Mr. Rogers

- 44 Cleared from the board
- 45 Family car
- 48 Elvis' middle name
- 49 \*Light-bulb-over-the-head instance
- 52 Sherpa's land
- 56 Large pears
- 57 Actress Skye
- 59 The "E" in BCE
- 60 Boo-boo
- 61 Spam relatives ... and a hint to the answers to starred clues
- 64 Tease mercilessly
- 65 Curved moldings
- 66 Frozen drink brand
- 67 Souvenir shop apparel
- 68 Lyrics
- 69 Rx items

### Down

- 1 Insured's contribution
- 2 Wagner work
- 3 Pharmaceutical giant
- 4 Industrious crawler
- 5 Word in a comparison

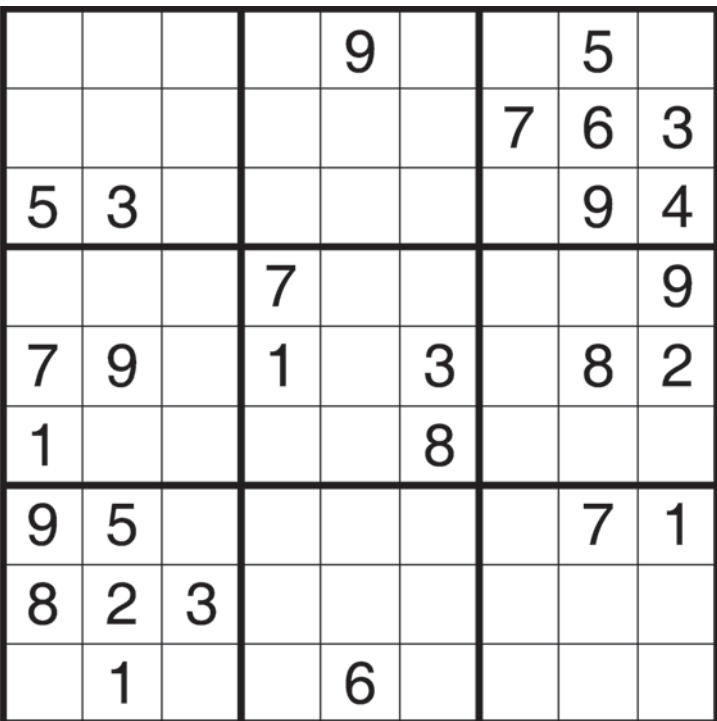
- 6 Pew book
- 7 Buck the system
- 8 Beatle bride
- 9 "No \_\_\_!": "Uh-uh!"
- 10 Message on a dusty car
- 11 NATO and others
- 12 Pre-Little League game
- 13 Card-playing surface
- 18 Lack, briefly
- 22 Cell pic taker
- 24 Walkie-talkie word
- 26 Combustible pile
- 27 Playboy founder Hugh
- 29 Hindu retreat
- 31 Away from the bow
- 32 Trifling amount
- 33 Saves for later
- 34 \_\_\_ Ray, one of folk rock's Indigo Girls
- 36 Chicago-to-Lansing dir. Inc., in England
- 37 Top of the line
- 40 Went on and on
- 41 Pride of lions?
- 46 Show hosts
- 47 One side of a two-column list of rules
- 48 Made up (for)
- 49 Scrub the launch
- 50 Mandel of "America's Got Talent"



- 51 San Fran griddle
- 53 Tranquility
- 54 Packing heat
- 55 Does high-tech eye surgery on
- 58 Legendary loch
- 61 Milk source
- 62 Previously

- 63 Pronoun that's a homonym of a religious song

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

## JUMBLE

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

TOUSC

○ ○ ○ ○

DOPAT

○ ○ ○ ○

GNERED

○ ○ ○ ○

LUYELP

○ ○ ○ ○

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“○ ○ ○ ○ ○” SHE ○ ○ ○ ○ ○

Check out the new, free JUST JUMBLE app

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

## SCRABBLE GRAMS

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1st Letter Triple

RACK 1: E1 I1 N1 S1 T1 T1 W4

RACK 2: A1 E1 I1 I1 N1 R1 T1

RACK 3: I1 I1 T1 L1 D2 N1 C3

RACK 4: A1 I1 O1 N1 F4 T1 C3

RACK 5: A1 I1 N1 T1 S1 T1 N1

Double Word Score

RACK 4: A1 I1 O1 N1 F4 T1 C3

PAR SCORE 195-205  
BEST SCORE 259

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 scrgrams@gmail.com

Answers to all puzzles on page 30

## CROSSWORD SOLUTION

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

## SUDOKU SOLUTION

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

## BOGGLE ANSWERS

PERU, CHILE, BOLIVIA, RWANDA, ZAMBIA, ZIMBABWE

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## JUMBLE ANSWERS

Jumbles: SCOUT, ADOPT, GENDER, PULLEY

Answer: The landlord reduced the young couple's rent, saying it was the - "LEASE" SHE COULD DO

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SCRABBLE GRAMS SOLUTION														
T <sub>1</sub>	W <sub>4</sub>	I <sub>1</sub>	N <sub>1</sub>	S <sub>1</sub>	E <sub>1</sub>	T <sub>1</sub>	RACK 1 =	<u>62</u>						
I <sub>1</sub>	N <sub>1</sub>	E <sub>1</sub>	R <sub>1</sub>	T <sub>1</sub>	I <sub>1</sub>	A <sub>1</sub>	RACK 2 =	<u>57</u>						
I <sub>1</sub>	N <sub>1</sub>	D <sub>2</sub>	I <sub>1</sub>	C <sub>3</sub>	T <sub>1</sub>		RACK 3 =	<u>9</u>						
F <sub>4</sub>	A <sub>1</sub>	C <sub>3</sub>	T <sub>1</sub>	I <sub>1</sub>	O <sub>1</sub>	N <sub>1</sub>	RACK 4 =	<u>74</u>						
I <sub>1</sub>	N <sub>1</sub>	S <sub>1</sub>	T <sub>1</sub>	A <sub>1</sub>	N <sub>1</sub>	T <sub>1</sub>	RACK 5 =	<u>57</u>						
PAR SCORE 195-205												TOTAL	<b>259</b>	

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## MY ANSWER

## Satan is under God's authority

From the writings of the Rev. Billy Graham

Tribune Content Agency

**Q:** Are God and Satan equals as far as power? -- G.S.

**A:** Satan is not omnipotent. He is not God's equal in power, in presence, or in any other way. He is a fallen angel, not a fallen god. Nothing can come into our lives without God's knowledge and permission. Satan is actually under God's authority. He had to receive God's permission to test Job, and the Lord's purpose is to produce good out of the trials and afflictions that Satan tries to put in the Christian's path.

The Gospels record an episode in Jesus' life in which He was in the midst of reading Scripture in a synagogue. Unexpectedly, a demon-possessed man jumped to his feet and

began yelling. You see, Satan was trying to disrupt the session, for he did not want Jesus' audience to learn about the kingdom of God and the truths of eternal life. Immediately Jesus cast out the demon, thus demonstrating His complete authority over the spiritual world. Those watching who had already been touched by Jesus' teaching, were completely overcome by His power (Mark 1:21-27). What Satan tried to do to hinder Jesus, actually served God's own purpose.

Satan must be the most frustrated personality in the universe! His army of demons is compelled to obey Jesus,

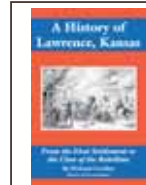
and whatever the devil does to discourage a Christian, God can use for the Christian's benefit. Sometimes He allows us to suffer so that we may grow spiritually.

Satan attempts to lure us from the path of spiritual progress, and He seeks to destroy our Christian witness. This is why the Bible warns us to not be ignorant of Satan's methods (2 Corinthians 2:11). Scripture goes on to encourage us with these words: "Thanks be to God who always leads us in triumph in Christ" (2:14). Therefore, we must pray that we will desire to be in the center of His perfect will.

- 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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