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Vol. 21, No. 9

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KLAH provides patients help with a broad range of solutions for meeting client needs, and those clients include people with Parkinson's, Alzheimer's, dementia, ALS, MS, and Huntington's. - page 6

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COURTESY PHOTO

## The Reeses: Bringing a Branson-style show to Ottawa.

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# Grand Ottawa Opry performs at OMA

By Kevin Groenhagen

According to Google Maps, it takes about three hours and 40 minutes to make the 226-mile trip from Ottawa, Kansas, to Branson, Missouri. Fortunately, if you live near Ottawa, you can see a Branson-style show at the Ottawa Municipal Auditorium for just \$10, an amount that wouldn't even buy enough gas to get to Springfield, Missouri. Better still, kids 12 and under can see the family-friendly show for free.

The Grand Ottawa Opry Band, led by Dale and Miri Reese, performs at the Ottawa Municipal Auditorium (OMA) every second and fourth Saturday of the month.

"It's a Branson-style country music show that features Old Country, Rockabilly, Gospel, and more," Miri said. "We have local artists and talent. We have 10 people in our regular band that puts on the show. And then we have special guests that come for every show."

Dale did a similar show at OMA every weekend for five years during the 1990s.

"This time around we have been doing this for going on four years," Miri said. "We did three shows at the end of 2017 and then we started going every two weeks in 2018."

Dale, who was born in Missouri, moved to Franklin County, Kansas, in 1968. A guitarist, he has been performing before live audiences for 40 years.

"The first band I put together was called Legal Tender," Dale said. "I like to joke around and tell people that I used that name until people quit coming to see us and then came up with a new name. My bands have had lots of names."

Over the decades, Dale has had the opportunity to work with many talented artists, including Chely Wright, a fellow Wellsville resident. During the 1980s, Dale hired Chely to perform with his group. Chely later moved to Nashville after high school, landed a position in a musical production at Opryland USA, and was named Top New Female Vocalist at the 1995 Academy of Country Music Awards. She performed with the Grand Ottawa Opry Band at OMA in June 2021.

Of course, the Chely Wright performance occurred after COVID-19 restrictions forced the closure of OMA for several months. The Grand Ottawa

COURTESY PHOTO



Miri and Dale Reese

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Kaw Valley  
**SeniorMonthly**

**Kevin L. Groenhagen**  
Editor and Publisher

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

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# The Reeses

■ CONTINUED FROM PAGE THREE

Opry Band had been performing at OMA for about two years when the pandemic hit the United States.

“We had our last show in March of 2020,” Miri said. “We did a few shows out in our barn in Wellsville. We had about 100 people come out to those shows in July, August, and September of 2020. It’s a large area outdoors and people could socially distance. We also did two online performances at OMA and an outdoor show at OMA. We didn’t shut down our performances completely.”

Before COVID, the typical audience size for the Grand Ottawa Opry was 300 to 500 members. After resuming live performances, the audience size was about 150 members. The average audience size is currently about 150 to 300 members as COVID remains a major concern among many seniors who were once regular Grand Ottawa Opry attendees.

“OMA has an 830-seat theater, so there is plenty of room for folks to spread out,” Miri said. “There’s a balcony area in there as well.”

Even with the smaller audience sizes, the Grand Ottawa Opry Band works hard to put on the best shows they can. The doors at OMA open at 4:30 p.m. and Dale and Miri greet audience members as they enter. Miri sells the tickets and knows many of the guests by name.

“She knows everybody,” Dale said.

“I try to learn everybody’s names,” Miri said. “We have a lot of regulars. They usually sit in the same seats for every show. They not only know us, but they know the people who sit around them. I also keep in contact with some of the regulars between shows.”

The pre-show performance begins at 5:30 p.m. and then the Grand Ottawa Opry begins at 6:30 p.m. Including guest performers, audience members can expect to hear about three dozen songs during the evening.

“We have a different show every two weeks,” Miri said. “We do anywhere from 32 to 36 songs every show and those songs are different for every show.”

Miri also does the marketing, gets the programs ready for the shows, and makes sure everyone knows what songs they will be performing.

“We like to joke about this, but it’s true,” Dale said. “At any given time, Miri is working on three different shows: the show that we just finished, the next show, and the show after that.”

After Miri said she works behind the scenes and doesn’t perform with the band, Dale gently corrected her.

“She sang for the first time about a month or two ago,” he said. “She is just being modest. She can sing.”

During a 15-minute intermission, the Grand Ottawa Opry has a few giveaways for audience members.

“We have some sponsors in Ottawa and we have giveaways,” Dale said. “A lot of the people who come to our shows from out of town eat in Ottawa. The sponsors like for us to send them their way.”

The giveaways usually include gift certificates to Ottawa restaurants such as Applebee’s, Old 56 Family Restaurant, and Smoked Creations.

Audience members can also get snacks and soft drinks at the concession stand during intermission.

The shows continue after the intermission and end around 8:30 p.m.

“Towards the end of each show, Dale and I come off the stage a little early and open the back doors for folks,” Miri said. “If they want to shake hands, that’s fine. Some don’t want to shake hands and we respect that. We thank everyone for being there.”

“When they leave, they all have

■ CONTINUED ON PAGE FIVE

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# The Reeses

■ CONTINUED FROM PAGE FOUR

smiles on their faces,” Dale added.

Carolyn, who attended the Grand Ottawa Opry show in January and commented on the Grand Ottawa Opry Facebook page at facebook.com/GrandOttawaOpry, confirmed Dale’s observation. “This was my first time to attend the Grand Ottawa Opry,” Carolyn wrote. “I had a wonderful time. I just couldn’t quit smiling. The talent was just amazing.”

Incidentally, the talent in the Grand Ottawa Opry Band includes two Kansas Music Hall of Fame inductees. Dale’s brother, Abner, also performs with the band.

Miri’s daughter, Rianna Melton, also works with the band. She helps her mother with the photography. Miri, who grew up in Arkansas and spent most of her life in California, moved to Kansas because of her daughter.

“When Rianna was about two years old, her father and I decided that we didn’t want to raise her in California,”

Miri said. “There was crime there and the cost of living was high. We looked around for a family-friendly, down-to-earth environment in which to raise children. We moved to Kansas about 30 years ago. That’s the best thing we ever did. I wouldn’t want to live anywhere else.”

Dale and Miri met through mutual friends.

“I knew when I saw her that she was going to be my girl,” Dale said.

The Grand Ottawa Opry Band will perform at OMA in March on Saturday, March 12, and Saturday, March 26. Mike Arnett will be the special guest on March 12, while Lorena Prater and Paul Root will be the special guests on March 26.

When the Reeses and their band perform outside of OMA, their band goes by the name Cowboy Inc. Cowboy Inc. performs at clubs, private parties, dances, weddings, and other events.

For more information about the Grand Ottawa Opry Band, Dale and Miri can be contacted at 785-241-6762 or granddoopry@gmail.com. The band also has a website at GrandOttawaOpry.com.



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# KLAH helps clients continue to live at home

By Billie David

If you ask Lisa Chamberlain, owner of the private duty home health-care agency called Keep Living At Home LLC (KLAH), about her business, you will likely hear the word family at least once in the conversation.

Chamberlain oversees KLAH in Douglas County and the surrounding area, and her oldest daughter, Rebecka, oversees KLAH in Clay and Riley counties, so the business is family owned and run. But family is important to Chamberlain in another sense as well.

“We are successful because we have a genuine care. We love our people like we love our family,” Chamberlain said. “We are family owned, but if you work in this company, you *become* family.”

Chamberlain, who started the business 10 years ago, was inspired by her experience working in the office of now-retired Lawrence neurologist Dr. Paul Morte.

Morte told Chamberlain, “When you are entrusted to take care of someone, that’s an honor,” and he lived by that principle, which Chamberlain has incorporated into her business philosophy as well.

“I still check on him. He’s a wonderful person,” Chamberlain said, adding that her motivation for starting her business was her love for her job and for seniors in general, and the desire to do the best job possible for them, to go above and beyond what good health-care looks like.

Her agency is a natural outgrowth of her work with Morte.

“Actually, it kind of organically happened,” she said, explaining sometimes when she was out with a client, other people saw them and asked if they could hire her.

As her work spread by word of mouth, people would ask her, “Do you have room for my mom? Can we hire you?” she said.

So she took on more clients until she had more than she could manage. At that point, she started asking CNAs for help, and the business took off.

“In 2018, it really started growing,” Chamberlain said, adding that KLAH has grown from just a few staff to over 70, which includes those who work in the office and the providers out in the field.

Included in that number are Michele Dillon and Morgan Nelson, who are the agency’s certified geriatric CARE managers.

“I worked in case management for a while for the local JAAA,” Dillon said. “I have a background in caregiver support and dementia care, and I brought that knowledge to the team here. I share that passion, so it is a good fit for me. I have been in the senior care business for about 30 years.”

Nelson, who has been working with seniors since high school, worked for four years as a licensed nursing home administrator in the state of Kansas after graduating from Kansas State University with a degree in long-term care administration.

“I came back to the Lawrence area to work with Lisa,” she said of her current position.

KLAH is a Class A licensed private duty care agency that fills care gaps for what health insurance doesn’t cover, and offers care management/nurse navigation services, a hospital and rehab to home program, vital monitoring, a Life Alert system, private duty and homecare, and an equipment donation program.

“Care management/nurse navigation is a place to start when you don’t know where to begin,” Chamberlain said.

It starts with a home assessment.

“We come in and walk right alongside of you. It makes magic happen so you can continue living independently right at home,” Chamberlain said.

This service includes advocating for clients, looking for areas of need and improvement, finding resources in the community, attending doctors’ appointments with patients, and relaying medical changes such as prescription updates through a portal that documents phone calls, office visits, schedules, and care plans to ensure that the client’s needs will not be overlooked. This service is offered at \$75 an hour.

As for KLAH’s hospital and rehab to home services, “If you go to the hospital and stay three weeks, you come home to a new normal,” Chamberlain said, using as an example getting accustomed to using a wheelchair.

This service includes an assessment concerning what you need when you arrive home from the hospital and may include cleaning out the refrigerator, helping you settle in, scheduling follow-ups, picking up medications and setting up pill boxes, providing

■ CONTINUED ON PAGE SEVEN





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# KLAH

■ CONTINUED FROM PAGE SIX

for grocery delivery, restarting mail, and creating a calendar specifying who is scheduled to come, what time they arrive, and what therapies are needed.

Another program, the vital monitoring system, includes providing clients with a tablet to use for communication, recording vital signs such as oxygen levels, weight, blood pressure and blood sugar checks, and notifying caregivers and other family members when something is off. It also includes medicine reminders and sends alerts when the meds aren't taken on time.

The Life Alert system includes a motion detector to watch for falls and a button the client can use to call for help. This alerts an answering service, which calls to check on the clients and asks if they are okay or if they need an ambulance called.

The private duty and homecare option that KLAH offers includes assistance with daily living needs such as help getting up, dressing, shopping, cooking, cleaning, or anything else needed to keep clients successfully living in the comfort of their own homes.

KLAH started an equipment dona-

tion program to assist in EMS calls where equipment was needed emergently. The company also accepts donations, such as hospital beds and lift chairs, as well as other durable medical equipment.

"We like to give them to those who can't afford them, but they are for anybody," Chamberlain said. "Those in our community are welcome to use anything we have."

KLAH provides patients help with a broad range of solutions for meeting client needs, and those clients include people with Parkinson's, Alzheimer's, dementia, ALS, MS, Huntington's, and end-of-life services. It also includes working with skilled home health ser-

vices and hospice.

For more information about KLAH,

call (785) 592-1848 or visit the agency's website at [www.klah.org](http://www.klah.org).

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# Tax time reminder for Meals on Wheels contributions

The Kansas Department for Aging and Disability Services (KDADS) is encouraging Kansas taxpayers to remember older adults in the state when they file their income tax returns by contributing to the Senior Citizens' Meals on Wheels program.

“Senior nutrition programs provide thousands of Kansans the opportunity to be independent in their own homes where most want to be — by providing not only nutritious meals, but socialization through regular visits as well as important safety checks,” KDADS Secretary Laura Howard said. “Your contribution will help volunteers across our state keep a watchful eye on the physical and mental health

and safety of our seniors.”

Kansas taxpayers will find a check-off on state income tax forms that allows for a monetary contribution used solely for the purpose of providing meals to homebound older adults and people with disabilities in our communities through the federal program that is part of the Older Americans Act.

The tax check-off on your tax form is

authorized by Kansas Statute 79-3221g:

(a) For all tax years commencing after December 31, 2001, each Kansas state individual income tax return form shall contain a designation as follows:

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Contributions of less than \$1 cannot be credited to the program.

In 2019, this tax checkoff provided \$85,687 to the Meals on Wheels program and more than 3.1 million meals were provided in Kansas.

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# Biden-Harris administration will cover free over-the-counter Covid-19 tests through Medicare

As part of the Biden-Harris Administration's ongoing efforts to expand Americans' access to free testing, people in either Original Medicare or Medicare Advantage will be able to get over-the-counter COVID-19 tests at no cost starting in early spring. Under the new initiative, Medicare beneficiaries will be able to access up to eight over-the-counter COVID-19 tests per month for free. Tests will be available through eligible pharmacies and other participating entities. This policy will apply to COVID-19 over-the-counter tests approved or authorized by the U.S. Food and Drug Administration (FDA).

This is the first time that Medicare has covered an over-the-counter test at no cost to beneficiaries. There are a number of issues that have made it difficult to cover and pay for over-the-counter COVID-19 tests. However, given the importance of expanding access to test-

ing, CMS has identified a pathway that will expand access to free over-the-counter testing for Medicare beneficiaries. This new initiative will enable payment from Medicare directly to participating pharmacies and other participating entities to allow Medicare beneficiaries to pick up tests at no cost. CMS anticipates that this option will be available to people with Medicare in the early spring.

Until then, people with Medicare can access free tests through a number of channels established by the Biden-Harris Administration. Medicare beneficiaries can:

- Request four free over-the-counter tests for home delivery at covidtests.gov.
- Access COVID-19 tests through healthcare providers at over 20,000 free testing sites nationwide. A list of community-based testing sites can be found here.
- Access lab-based PCR tests and

antigen tests performed by a laboratory when the test is ordered by a physician, non-physician practitioner, pharmacist, or other authorized health care professional at no cost. In addition to accessing a COVID-19 lab test ordered by a health care professional, people with Medicare can also already access one lab-performed test without an order, also without cost sharing, during the public health emergency.

In addition:

• Medicare Advantage plans may offer coverage and payment for over-the-counter COVID-19 tests as a supplemental benefit in addition to covering Medicare Part A and Part B benefits, so Medicare beneficiaries covered by Medicare Advantage should check with their plan to see if it includes such a benefit.

• All Medicare beneficiaries with Part B are eligible for the new benefit, whether enrolled in a Medicare Advantage plan or not.

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MAYO CLINIC

# What are high-dose flu vaccines?

**DEAR MAYO CLINIC:** I just turned 65 and had my annual physical. This year, my doctor recommended that I receive a high-dose flu vaccine. Why do I need a high-dose vaccine?

**ANSWER:** Influenza is a viral infection that attacks your respiratory system, including your nose, throat and lungs. Influenza, commonly called the flu, is not the same as stomach flu, which is an intestinal infection marked by watery diarrhea, abdominal cramps, nausea or vomiting, and sometimes fever.

For most people, the flu resolves on its own. But sometimes the flu and its complications can be deadly.

People at higher risk of developing flu complications include:

- Children under 5, especially those under 6 months.
- Adults 65 and older.
- Residents of nursing homes and other long-term care facilities.
- Pregnant women and women up to two weeks postpartum.
- People with weakened immune systems.

- Native Americans.
- People who have chronic illnesses, such as asthma, heart disease, kidney disease, liver disease and diabetes.
- People with a body mass index of 40 or higher.

Although the annual flu vaccine isn't 100% effective, it is the best defense against flu. Experts recommend that those 6 months and older get vaccinated for flu. Given your age, that is the likely reason why your health care provider recommended the high-dose vaccine.

High-dose flu vaccines are like other flu vaccines in that they are made up of the flu strains most likely to cause an infection during the upcoming season and they are given by injection. But they are only approved for people 65 and older.

High-dose vaccines include four times as much flu virus antigen—the part of the vaccine that stimulates the immune system—as standard flu vaccines. This can give older people a higher immune system response against flu.

Some older adults may have weaker immune systems, which can lead to them being less protected after a regular flu vaccine. In response to a regular flu shot, older people produce 50% to 75% fewer antibodies than younger adults. These antibodies protect against vaccine antigens.

Studies have found higher antibody levels in older adults who received high-dose flu vaccines than in those who received standard-dose flu vaccines.

In addition, one study found almost 25% fewer cases of influenza in adults 65 and older who took the high-dose vaccine, compared with those who took the standard-dose vaccine.

As with any vaccination, the high-dose flu vaccine has side effects. In a large study comparing standard and high-dose flu vaccines, those who received the high-dose vaccine were more likely to develop side effects the week after getting vaccinated. Side effects included a headache, soreness at the injection site, muscle aches and fatigue. Typically, side effects ease after a few days.

Studies continue to evaluate the out-

comes of high-dose flu vaccines. If research finds outcomes to be better than standard flu vaccines, high-dose flu vaccines may eventually become the vaccine of choice for most adults, not just those 65 and older. But for now, it's most important to get vaccinated for flu annually, whether it's a standard or high-dose flu vaccine.

As COVID-19 also remains a threat, consider protecting yourself further by getting vaccinated for COVID-19. Talk with your health care provider about what is right for you. Also, be mindful of the different symptoms you may develop to accurately diagnose whether you may have side effects from a vaccination, flu, COVID-19, or another virus or coronavirus. -- Compiled by Mayo Clinic staff

- *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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## HEALTH & WELLNESS

### Patchouli essential oil provides numerous health benefits

Patchouli essential oil was very popular in the 1960s and 1970s. This essential oil was so popular that it was named the scent of the hippie movement. Recently, making a comeback in popularity, Patchouli has been touted as an effective essential oil for a variety of ailments. There are good reasons why this is currently happening.



*Dr.  
Deena  
Beneda*

Patchouli is a bushy evergreen perennial plant that grows mainly in warm and rainy climates. It is a native plant to Southeast Asia, with brilliant white to violet flowers.

Literature indicates that Patchouli received its name from the Hindi word for "scent." It has a strong intoxicating scent that is musky, sweet, smoky, and earthy in aroma, similar to wet soil.

The Patchouli plant belongs to a family of other aromatic plants, including lavender, mint, and sage. The use of this plant as an essential oil began early on in our history with European traders exchanging Patchouli for gold. It was believed that King Tut was buried with Patchouli oil inside his tomb. In the 1800s, the scent of Patchouli oil became the benchmark of many Eastern fabrics, such as silk, because it was used to protect the fabrics from insects.

Patchouli essential oil has a calming scent that provides numerous health benefits, making it ideal for therapeutic use in aromatherapy. It is also used in cleaning products and insect repellents.

Medicinal properties of this plant include being used as an antidepressant, to relieve anxiety, and to relieve stress. It is an antiseptic, astringent, diuretic, sedative, and tonic. It has been used in the treatment of various skin conditions, such as eczema, dermatitis,

acne, dandruff, dry cracked skin, and psoriasis. It has been used as an effective treatment in joint conditions such as arthritis. It repairs the skin, including scars left by acne or the measles. Some cultures use it as an antiseptic to treat infections such as wounds and ulcers, and to fight viral, bacterial, and fungal infections. It has also been used to treat conditions such as colds, headaches and stomach upset, control appetite to aid in weight loss, and to improve the health of the gums in the mouth.

Patchouli essential oil has been used to treat sexual problems such as impotency, decreased libido, erectile dysfunction, and to improve sex drive. Medicinal properties have it being used as a diuretic, which increases the frequency of urination. This oil can help to remove toxins from the body.

Though the smell and benefits of Patchouli essential oil may be sweet, it may not be ideal for everyone. Never ingest Patchouli essential oil because of its toxicity. Please check with your health-care provider before using Patchouli essential oil or starting any new protocol.

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

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## HEALTH &amp; WELLNESS

# Listen to your heart

By Jessica Thomas

LMH Health

The words “listen to your heart” are more important than just the lyrics to a 1980s tune or the advice your friend gives you about a relationship, but one that is important to dwell on when you’re talking about your health. February is American Heart Month. We take this time each year to step back and check in with our hearts and our overall health.



Charis Grosdidier, a nurse practitioner with Cardiovascular Specialists of Lawrence, shared a sobering statistic—one person in the US loses their life every 36 seconds due to cardiovascular disease. That’s about the amount of time it’s taken you to read this far. So with a fact like this, what can we do to ensure we live long, heart-healthy lives?

One of the best things Grosdidier recommends? Adopting an exercise program. Walking for 30 minutes a day, five days a week can be a great start. Pair this with healthy eating, and you are well on your way to living a healthier lifestyle.

“Losing weight is also helpful for heart health, especially for conditions such as atrial fibrillation, which is an irregular and very fast heart rhythm that can lead to clots and overall increase your risk of stroke, heart failure and more,” she said. “People should also increase their intake of lean meat and fish in their diets, as well as increasing fresh fruits and vegetables. Controlling your other medical problems is also important, for instance, diabetes and high blood pressure. Finally, don’t smoke cigarettes, or stop smoking if you already smoke.”

When meeting with your doctor, it is important to discuss more than just your health. Talk about your family’s health history as well. If there is a long line of heart failure in your family, it may be wise to have a heart risk assessment completed. Additionally, discussing this with a trusted clinician can help ease your mind and set you up for a healthy future.

“If you have a family history of heart disease, it’s important to make sure that you don’t have any of the risk factors you could eliminate to control the development of heart disease,” Grosdidier said. “This is great to discuss with your primary care provider who is familiar with your medical history.”

Darcy Conaway, MD, a cardiologist with Cardiovascular Specialists

of Lawrence said the Emergency Department (ED) should be reserved for serious medical conditions. Visiting your primary care provider (PCP) is less costly and provides you with continuity of care. If you’re experiencing something that seems off during normal working hours, the best option is to contact your PCPs office first and ask what they suggest you do. They’ll commonly advise one of three options: seeing them that day for an evaluation, going to the ED or calling 911 immediately. As always, if you are seriously concerned you should call 911. If you have a concern outside of the primary care clinic’s hours, go to the ED—especially if you feel like you may be having a heart attack.

Grosdidier said the traditional and most common symptoms of heart failure include a heavy feeling over the middle or left side of your chest, especially if that feeling is accompanied by pain down your arm, pain up your neck, nausea, sweating or shortness of breath.

Women, more than men, may experience

different types of symptoms instead of the traditional symptoms. Women more commonly will have upper abdominal pain, fatigue and lightheadedness. Dr. Conaway said the difference in the way symptoms present in women and men is a very interesting topic and one that several publications in medical literature have covered.

“One study interviewed over 2000 women and almost 1000 men between the ages of 18-55. It found that the majority of women and men had chest pain, but women were more likely to have more than three symptoms,” she said. “If you looked at the more serious subset of women, serious meaning their case must be taken emergently to the catheterization lab, they were less likely to present with chest pain and more likely to perceive symptoms as stress or anxiety. Women were also more likely than men to have sought medical attention for similar symptoms before their actual heart attack.”

Regardless of your gender, an

■ CONTINUED ON PAGE 13

## Your In-Home Care Experts

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# Your heart

■ CONTINUED FROM PAGE 12

unhealthy heart is still an unhealthy heart. Some warning signs to look for are shortness of breath, palpitations, chest pain, swollen feet and ankles that don't go away either after propping them up or overnight and decreased exercise tolerance.

"When comparing a healthy heart vs. an unhealthy heart, we can see that healthy hearts can squeeze effectively and relax effectively," Grosdidier said. "We keep our hearts healthy by exercising, keeping our cholesterol under control, abstaining from smoking and keeping high blood pressure and diabetes controlled."

Cholesterol is something we hear a lot as it pertains to heart health, but do you know what cholesterol is? Dr. Conaway says it is a substance your body needs to build cells and make vitamins and hormones. There is "good" cholesterol (HDL) and "bad" cholesterol (LDL) and it can come from two sources—your liver and foods made from animals.

"Foods that are high in saturated and trans fats cause the liver to make more bad cholesterol—along with some other things like tropical oils in baked goods. Cholesterol can also join with other substances which can then stick to the walls of your arteries around the heart and make them more susceptible to clot formation," she said. "Both clots and the narrowing of arteries can put you at a higher risk for heart attack and stroke. The rule of thumb is good cholesterol can be beneficial to the

heart and vessels, whereas bad cholesterol can increase your risk of a serious medical event."

Despite the high number of fatalities due to heart failure, there is hope because it's not too late to start getting healthy. One thing Grosdidier says is beneficial when seeing patients is when they know how much activity and exercise they can tolerate. This helps her and her team see if you are having a harder time with exercise. Getting that daily walk in and knowing how well you do it is helpful.

While you may not have any issues now, having good habits when you're young does affect your health when you are older. Establishing good eating habits, an exercise routine and abstaining from nicotine are all important for you to live a long and quality life. Dr. Conaway said prevention is key.

"We can prevent heart disease are by adopting a heart-healthy lifestyle, maintaining a healthy weight, staying active and knowing your family history," she said. "If you have already had heart disease you are much more likely to live a normal lifespan and have a good quality of life if you are proactive before an attack happens."

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## FINANCIAL FOCUS

# Estate plans let you control your legacy

When you hear “estate planning,” what do you think of? For many people, these words evoke images of immense wealth. But estate planning isn’t just for the wealthy—it’s for everyone. And it’s about more than preserving wealth—it’s about putting



Derek  
Osborn

you in control of your own legacy. But how can you achieve this worthy goal?

You can start by identifying your estate planning objectives. Here are some of the most common ones:

• **Controlling movement of assets to beneficiaries** – During and after your

lifetime, you will want to ensure your loved ones receive what you want them to have, and when. Through documents such as a will and a living trust, and techniques involving life insurance and using proper beneficiary designations, you—not the courts—will control the movement of your assets to the desired recipients.

• **Naming someone to make decisions for you if you become incapacitated** – Naturally, you hope to stay in good physical and mental shape throughout your life and remain capable of making your own financial and health care decisions. But the future is not ours to see, so, to protect your interests and those of your loved ones, you may want to consider creating arrangements such as a power of attorney, health care directive and a living will. In this way, you’ll still be able to control the key choices that may lie ahead.

• **Providing for minor children or dependents** – If you have young children or other dependents, you’ll want to be sure they’ll be looked after if you aren’t around. In your estate plans, you can name a guardian for them. You can also use various estate planning tools, such as life insurance, beneficiary designations and the establishment of a trust to provide the necessary financial resources for your loved ones.

• **Supporting charitable organizations** – Leaving something behind for your family is obviously an enormous part of your legacy—but it may also be important to you to provide support for charitable groups whose work you’ve admired. Of course, you can contribute to these organizations while you’re alive, but through strategies such as donor-advised funds and charitable remainder trusts, you can include these groups in your estate plans.

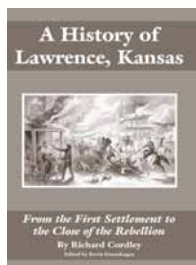
• **Managing taxes efficiently** – If you’re likely to have a large estate, your heirs may need to be concerned with income and estate taxes. To help control these taxes, you can take a number of

steps, such as making outright gifts to your family during your lifetime, establishing an irrevocable life insurance trust, creating a family limited partnership and making charitable donations.

All the estate-planning strategies and techniques mentioned here can be complex—so, to implement them, you’ll need to work with an estate planning attorney and a tax professional. You may also want to include your financial advisor, who can help ensure your estate planning objectives align with your important financial goals, such as living comfortably in retirement and providing for your children’s or grandchildren’s education.

By identifying your objectives and working with your professional team, you can create an effective estate plan—and help yourself maintain control of your legacy.

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



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by Richard Cordley

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## JILL ON MONEY

# Correction 2022: The party pooper arrives

In the early part of 2022, investors were introduced to something they barely recalled from the early days of COVID: scary stock market losses. The proximate cause of the selloff was concern that the Federal Reserve is on a path of rate increases that at best, could make investing in the stock market somewhat less compelling, and at worst, could trigger a recession.



Jill  
Schlesinger

Seemingly overnight, hot stocks, like tech companies with no earnings, and risky bets like crypto or meme stocks, seemed to fall out of favor. It wasn't exactly sudden, because as early as the first week of the year, some of the highest flyers had already started to lose altitude. Through the third week of January, more than half of Nasdaq Composite stocks were down 40% or

more. Some of those stocks were companies that benefited from the COVID stay-at-home-era, like Zoom and Peloton, which saw brisk selling.

Additionally, the much-adored Meme stocks, like AMC and Game-Stop, caused the most faithful to lick their wounds as they absorbed 60% losses from a year ago as of this writing. And crypto adherents who adopted the mantra "HODL," originally a misspelling of "hold," learned what it felt like to "Hold On for Dear Life"—the major currencies Bitcoin and Ether shaved off about 40% of their values since November recently and reached their lowest point in the past six months and the more esoteric (Dogecoin, anyone?), fared even worse.

None of this should be surprising to anyone who watched the meteoric rise of these assets, but even if you don't own them and stick to the plain vanilla stuff, you should be rooting for a correction (defined as a drop of 10% from the recent high—and maybe even a bear market (a more than 20% decline). I know it may be hard to do but taking a little air out of some of the stock market

is a healthy development for long-term investors.

As a reminder, periodic pullbacks are normal for markets. I'm not talking about the scary five-week cliff-dive that occurred in February-March 2020, which wiped out a third of the value of the S & P 500. That event was more like watching a hurricane blow across the area: you know that the damage is going to be terrible, but it will pass. I am talking about the periodic drops that help reset valuations to reasonable levels. Enduring market corrections is the price of admission for being an investor. The challenge will be if the current correction turns into something more dramatic, like a sustained bear market.

Here's a thought experiment: How would you weather a more extreme outcome, like a bear market? Maybe you feel a little overconfident after amazing years for stocks. In 2021, the broad S & P 500 index was up almost 27%, and that was after a 16% and 29% rise in 2020 and 2019. The three-year period was the best performance since 1997-1999. We know what happened

after that period—the dot-com boom went bust and it took a decade for the NASDAQ to recover.

I am not suggesting that you should bail out and run for cover, though if you want that argument, read investment firm GMO co-founder Jeremy Grantham's recent article, which posits that we are in a series of asset bubbles that could pop and cause a lot of damage. My advice is simple: all investors need to have an overall financial game plan, they need to stick to that plan, and always understand where the risk in their portfolio lies. As Grantham notes, "in a bubble, no one wants to hear the bear case. It is the worst kind of party-pooing," but I have been a party pooper for decades and I'm comfortable in the role.

- 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](mailto:askjill@jillonmoney.com). Check her website at [www.jillonmoney.com](http://www.jillonmoney.com).

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# SENIOR CALENDAR

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

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

## ARTS & CRAFTS

### FIRST FRIDAY OF THE MONTH

#### ARTSCONNECT FIRST FRIDAY ARTWALK

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

TOPEKA, [artstopeka.org/firstfriday](http://artstopeka.org/firstfriday)

### SECOND SATURDAY OF THE MONTH

#### OPEN AIR ART MARKET

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

LAWRENCE

### LAST FRIDAY OF THE MONTH

#### FINAL FRIDAYS

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

LAWRENCE, 785-842-3883

[unmistakablylawrence.com](http://unmistakablylawrence.com)

## EDUCATION

MAR 3

### INTERNET GENEALOGY CLASS - FOR BEGINNERS

Get started in genealogy and learn how to build your family tree online. Learn how to use the print and online resources your library offers. Register to receive the Zoom link. Topeka and Shawnee County Public Library - Virtual Room 01, 10-11:30 a.m.

TOPEKA, 785-580-4400

[events.tscpl.org/events](https://events.tscpl.org/events)

MAR 7

### NEW TO MEDICARE

Get Medicare advice from Jayhawk Area Agency on Aging. Topeka and Shawnee County Public Library, Learning Center, 1515 SW 10th

Ave., 1-2 p.m.

TOPEKA, 785-580-4400

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

MAR 8

### THE LAST LIBERAL REPUBLICAN

Guest John Roy Price. Hybrid event. In-person at The Dole Institute of Politics, 2350 Petefish Dr., and online at [www.doleinstitute.org](http://www.doleinstitute.org). Begins at 7 p.m.

LAWRENCE, 785-864-4900

MAR 10

### INTERNET GENEALOGY 2

Learn more about researching your family with this interactive class. You will learn how to locate local resources from online resources, libraries and repositories. Register for Zoom link. Topeka and Shawnee County Public Library - Virtual Room 01, 10-11:30 a.m.

TOPEKA, 785-580-4400

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

MAR 14

### NEW TO MEDICARE

Get Medicare advice from Jayhawk Area Agency on Aging. Topeka and Shawnee County Public Library, Marvin Auditorium 101C, 1515 SW 10th Ave., 6-7 p.m.

TOPEKA, 785-580-4400

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

MAR 21

### MEDICARE PART D DIY

Jayhawk Area Agency on Aging staff will help you navigate the Medicare Part D using your laptop or one of the library's laptops. Topeka and Shawnee County Public Library - Learning Center, 1-2 p.m.

TOPEKA, 785-580-4400

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

MAR 24

### PRESIDENTIAL LECTURE SERIES: "MILITARY VETERANS IN THE OVAL OFFICE" WORLD WAR II AND BEYOND

Join notable historians and archivists as they discuss the military service of former U.S. presidents and the relationship of that service to their own politics, leadership, and policy—both foreign and domestic. Richard Norton Smith worked for Senator Bob Dole as a speechwriter and literary collaborator and was the first Director of the Robert J. Dole Institute of Politics. He served as Director of the Herbert Hoover Presidential Library and Museum, the Dwight D. Eisenhower Center, the Ronald Reagan Presidential Library and the Gerald R. Ford Museum and Library. The Presidential Lecture Series is presented in partnership with the Harry S. Truman Presidential Library & Museum and the Dwight D. Eisenhower Presidential Library, Museum & Boyhood Home. Virtual event begins at 7 p.m. at [www.doleinstitute.org](http://www.doleinstitute.org).

LAWRENCE, 785-864-4900

MAR 24

### EXAMINING USEFUL WEBSITES FOR IRISH GENEALOGY

Topeka Genealogical Society Monthly Meeting.

TGS member and professional genealogist, John Manning, will identify and demonstrate use of online repositories for Irish genealogy a research. Attend by Zoom or in-person in Marvin Auditorium C. Topeka and Shawnee County Public Library, 7-8:30 p.m.

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

APR 4

### NEW TO MEDICARE

Get Medicare advice from Jayhawk Area Agency on Aging. Topeka and Shawnee County Public Library, Learning Center, 1515 SW 10th Ave., 1-2 p.m.

TOPEKA, 785-580-4400

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

## ENTERTAINMENT

### SECOND & FOURTH SATURDAYS OF THE MONTH

#### GRAND OTTAWA OPRY

Enjoy our live Branson-style Old Country music shows! Ottawa Memorial Auditorium, 301 S. Hickory. The doors open at 4:30 p.m., the pre-show performance starts at 5:30 p.m., and the Grand Ottawa Opry begins at 6 p.m. Call for more info! Fee. Tickets available at the door.

OTTAWA, 785-241-6762

MAR 1

### THE POLISH WIENIAWSKI

#### PHILHARMONIC ORCHESTRA

The Polish Wieniawski Philharmonic Orchestra was founded in 1944, and its beginnings go back to numerous chamber and solo concerts given by musicians who, after World War II, established ties within Poland. The repertoire and artistic considerations, as well as the joy of making music together, led to a premiere chamber music concert held on February 10, 1945 in the hall of the Music Society. This concert provided the catalyst to extend the orchestra, and a classical music gala was held on May 18 of the same year—the first symphony concert in post-war Poland. The Polish Wieniawski Philharmonic Orchestra has been on many international concert tours. Performances in Italy, Switzerland, Spain, Sweden, Germany, South Korea, Denmark and Ukraine were acclaimed both by the critics and the public. Lied Center of Kansas, 1600 Stewart Drive, 7:30 p.m. Fee. LAWRENCE, 785-864-2787 [lied.ku.edu/calendar](http://lied.ku.edu/calendar)

MAR 6

### CHARLIE AND THE CHOCOLATE FACTORY

Roald Dahl's amazing tale is now Lawrence's golden ticket! It's the perfect recipe for a delectable treat: songs from the original film, including "Pure Imagination," "The Candy Man" and "I've Got a Golden Ticket," alongside a toe-tapping and ear-tickling new score from the songwriters of *Hairspray*. Lied Center of Kansas, 1600 Stewart Drive, 7:30 p.m. Fee. LAWRENCE, 785-864-2787 [lied.ku.edu/calendar](http://lied.ku.edu/calendar)

MAR 10

### RENT

For a quarter of a century, Jonathan Larson's Tony Award- and Pulitzer Prize-winning masterpiece RENT has inspired us to choose love over fear and to live without regret. Its immeasurable

emotional impact has forever changed the world of musical theatre. Lied Center of Kansas, 1600 Stewart Drive, 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

[lied.ku.edu/calendar](http://lied.ku.edu/calendar)

MAR 25

### STORY SLAM | WINGING IT

Real stories, live and uncensored. Stories told live, MOTH-style, with a new theme each month. Never the same story (or evening!) twice. Adults, 18+ only. Free livestream link here: <https://vimeo.com/event/1714505>. Lawrence Arts Center Main Stage, 940 New Hampshire St., 7 p.m. \$10 suggested donation. LAWRENCE, 785-843-2787

[lawrenceartscenter.org/event](http://lawrenceartscenter.org/event)

MAR 27

### A GOLDEN JUBILEE: BEETHOVEN BEGINS

The Lawrence Community Orchestra is celebrating its 50th Anniversary. Join us for an afternoon of beautiful music by Beethoven, Sibelius, and Mendelssohn. Tickets may be purchased at the door or at [lawrenceorchestra.org](http://lawrenceorchestra.org). Masks and social distancing are required. Plymouth Congregational Church, 945 Vermont St., 3 p.m.

LAWRENCE

## EXHIBITS & SHOWS

FEB 25-AUG 19

### CONFRONTING THE PAST: THE DOUGLAS COUNTY COMMUNITY-REMEMBRANCE PROJECT

Recurring weekly on Tuesday, Wednesday, Thursday, Friday, Saturday. In 1882, a violent mob took George Robertson, Isaac King, and Pete Vinegar, arrested under accusations of murdering a white man, from the Douglas County jailhouse and hanged them. Thirteen-year-old Margaret "Sis" Vinegar, the survivor of an assault that prompted Robertson, King, and Pete Vinegar's defense, was also arrested, and sent to Leavenworth penitentiary where

■ CONTINUED ON PAGE 17

## INSERTS!

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\*10% discount when you do 6,000 inserts.



■ CONTINUED FROM PAGE 16

she later died of illness. For years, the story of their deaths remained a quiet burden on the community, remembered among the Black citizens of Lawrence but largely forgotten in the telling of the city's history. The Community Remembrance Project, a group of community organizations – including Watkins Museum of History—working to install a marker near the site of the lynching held a soil collection ceremony in fall 2021. The event served as an opportunity for the public to mourn and created a tangible remembrance of the lynching's victims through the collected soil. Soil for each victim of the lynching, including Margaret Vinegar, is now part of the Watkins' permanent collection.

The Watkins will partner with the Community Remembrance Project to create an exhibit on the 1882 lynching and remembrance efforts.

Watkins Museum of History, 1047 Massachusetts St., 10 a.m.-4 p.m. Free.

LAWRENCE, 785-841-4109

watkinsmuseum.org/confronting

UNTIL APR 22

## LAWRENCE MEMORIAL HOSPITAL: A CENTURY OF CARE

Recurring weekly on Tuesday, Wednesday, Thursday, Friday, Saturday. For 100 years, Lawrence Memorial Hospital has served the people of our city. With unique artifacts and compelling images, this exhibit chronicles the emergence of the hospital from its origins in the early twentieth century all the way through the challenges of COVID-19. Watkins Museum of History, 1047 Massachusetts St., 10 a.m.-4 p.m. Free.

LAWRENCE, 785-841-4109

watkinsmuseum.org/century-care

## HISTORY & HERITAGE

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BLEEDING KANSAS PROGRAM SERIES  
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A series of talks and dramatic interpretations of the violent territorial and civil war of Kansas and the nation 1854-1865. By author and educator, Bill McFarland, and educator Tim Nedeau.

Featuring a special unveiling of a group portrait identifying each member of the 1857-1858 Kansas House of Representatives, the first-ever antislavery majority to convene in Kansas at Lecompton in Constitution Hall. Constitution Hall State Historic Site, 319 Elmore St., 2 p.m. Suggested donation \$3 for adults.

LECOMPTON, 785-887-6520

lecomptonkansas.com/category/events

MAR 7 & APR 4

## KANSAS AFRO-AMERICAN HISTORICAL AND GENEALOGICAL SOCIETY MEETING

The Kansas Chapter of AAHGS, meets monthly to discuss African American family history and to learn more about African Americans in Kansas history. Topeka and Shawnee County Public Library - Virtual Room 01, 5:30-7 p.m. Register online.

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

MAR 14

## FILM AND COMMUNITY: AN ONLINE CONVERSATION WITH KEVIN WILLMOTT

From the beginning of his long career, Lawrence filmmaker and Oscar-winner Kevin Willmott has created dramas that reckon with issues of African Americans, their communities, and history. Presented by the Watkins Museum of History and the Douglas County Community Remembrance Project. This program is also in connection with the Watkins exhibit "Confronting the Past: The Douglas County Community Remembrance Project" and the Johnson County Museum exhibit "REDLINED: Cities, Suburbs, and Segregation." Experience this live online event on the Watkins Museum of History Facebook, YouTube, and Twitter. See website for more information. Event takes place 7-7:45 p.m.

LAWRENCE, 785-841-4109

watkinsmuseum.org/willmott

MAR 29

## HOW WORLD WAR I CHANGED MEDICINE

In connection with our exhibit *Lawrence Memorial Hospital: A Century of Care*, join us for an online program: Historian Dr. Ellen Hampton will discuss the myriad ways in which a terrible worldwide conflict birthed modern medical care. Experience this online event on the Watkins Museum of History Facebook, YouTube, and Twitter. You can even ask Dr. Hampton questions! See website for more information. Event takes place 11 a.m.-12 p.m.

LAWRENCE, 785-841-4109

watkinsmuseum.org/wwi-medicine

## MEETINGS

MONDAYS

### GRIF SUPPORT (VIRTUAL)

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

TOPEKA, 785-232-2044

### FIRST WEDNESDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

BALDWIN CITY

### SECOND MONDAY OF THE MONTH KLAH FUN LUNCHEON

Keep Living at Home is hosting a fun senior event every second Monday from 11 a.m.-1 p.m. Join us at Perkins restaurant, 1711 W. 23rd St., for lunch (on your own) and a group activity. January event is bingo. Call for more information or to sign up.

LAWRENCE, 785-294-3408

### THIRD FRIDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

TOPEKA, 785-235-1367

MAR 7

### CAREGIVER SUPPORT MEETING

Being a caregiver can be incredibly stressful. Meet and talk to others in the same situation. For more information call April Maddox at Jayhawk Area Agency on Aging. Topeka and Shawnee County Public Library - Learning Center, 1515 SW 10th Ave., 2-3 p.m.

TOPEKA, 785-235-1367

MAR 14

### CAREGIVER SUPPORT MEETING

Being a caregiver can be incredibly stressful. Meet and talk to others in the same situation. For more information call April Maddox at Jayhawk Area Agency on Aging. Topeka and Shawnee County Public Library - Hughes Room 205, 1515 SW 10th Ave., 3:30-4:30 p.m.

TOPEKA, 785-235-1367

MAR 17

### CAREGIVER SUPPORT MEETING

Being a caregiver can be incredibly stressful. Meet and talk to others in the same situation. For more information call April Maddox at Jayhawk Area Agency on Aging. Topeka and Shawnee County Public Library - Hughes Room 205, 1515 SW 10th Ave., 2-3 p.m.

TOPEKA, 785-235-1367

APR 4

### CAREGIVER SUPPORT MEETING

Being a caregiver can be incredibly stressful. Meet and talk to others in the same situation. For more information call April Maddox at Jayhawk Area Agency on Aging. Topeka and Shawnee County Public Library - Hughes Room 205, 1515 SW 10th Ave., 2-3 p.m.

TOPEKA, 785-235-1367

## MISCELLANEOUS

### SECOND AND FOURTH THURSDAYS PITCH PALS

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

WELLSVILLE, 913-314-0819 or 785-248-9470

MAR 12

### BARNEY BREAKFAST

Rise and shine early for an all-you-can-eat breakfast buffet to kick-start your day. Enjoy a tasty breakfast, Blind Tiger craft brews, entertainment, raffle, and more all while Celebrity Servers get their Irish on for a great cause. Don't leave their tip jars half full – all proceeds help your friends with disabilities served at Capper Foundation build their abilities. Blind Tiger Brewery & Restaurant, 417 SW 37th St., 7-10 a.m. Fee. Children ages two and under eat for free.

TOPEKA, 785-272-4060, [www.capper.org](http://www.capper.org)

MAR 12

### KANSAS CRAFT BREWERS EXPO

Craft breweries large and small from around the region will be showcasing their beers at Abe & Jake's Landing at the Riverfront in Lawrence as part of the sixth annual Kansas Craft Brewers Exposition. The full spectrum of craft beer flavor will be awaiting you at an upcoming event in Lawrence. The Kansas Craft Brewers Guild and Downtown Lawrence are collaborating for the sixth annual Kansas Craft Brewers Exposition. Abe & Jake's Landing, 8 E. 6th St., 12-7:30 p.m. Fee.

LAWRENCE, 785-841-5855

MAR 17

### LAWRENCE'S ANNUAL ST. PATRICK'S DAY PARADE

From green horses to over-the-top floats, the St. Patrick's Day Parade in Lawrence is full of Irish fun. Each year, thousands of people don their green and line the streets in downtown Lawrence to watch the parade pass by. The parade is one of several events that parade organizers host to raise money for local charities.

1:30-2:30 p.m.

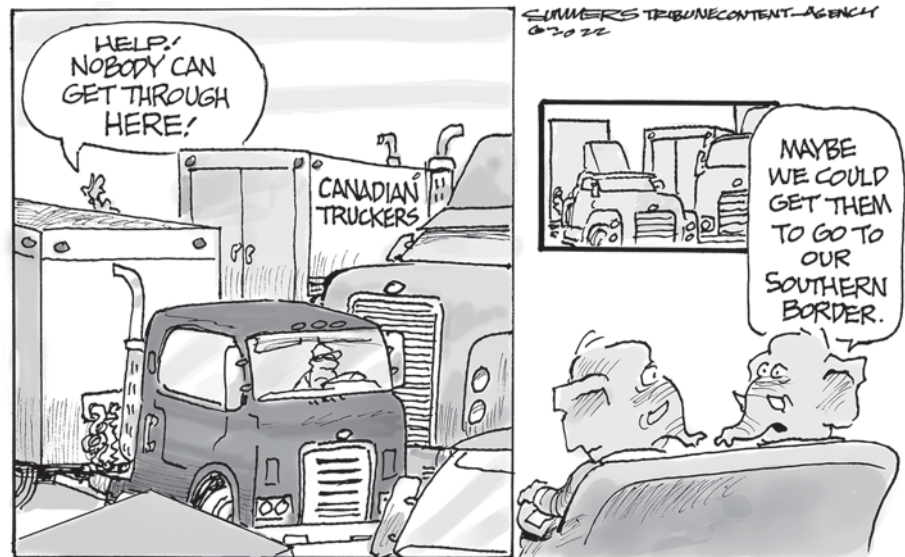
LAWRENCE, 785-856-3040

MAR 17

### LEAVENWORTH'S ANNUAL ST. PATRICK'S DAY PARADE

Leavenworth's 39th Annual Saint Patrick's Day Parade. Historic Downtown Leavenworth, 12-1:30 p.m.

LEAVENWORTH, 913-758-2948



## HUMOR HOTEL

# The one-day workweek. Because, why not?

By Greg Schwem

Tribune Content Agency

**A**w, heck, let's just work one day a week.

I mean, we're all overstressed, burned out, mentally exhausted and up in arms that receiving paychecks requires us to do something other than attend spin classes whenever we feel like it. Never mind that our parents, their parents, and their parents' parents clocked in at 9 a.m. and left at 5 p.m. Monday through Friday. True, there was no such thing as Zoom to haunt their weekend plans; but there also wasn't a "Bring Your Dog to Work" day at my dad's office.

We demand a shorter work week. We want Dolly Parton to sing, "Workin' 9 to noon, 'cause three hours should be plenty; Boss, my brain is fried, although I'm still in my 20s..."

Bosses and even politicians appear to be learning the new lyrics, or at least humming the tune. Last July, Rep. Mark Takano (D-CA) introduced a bill amending the Fair Labor Standards Act of 1938, reducing the standard work week from 40 to 32 hours. The bill is currently languishing in the House and the chances of it remaining there will only intensify if Congress decides to take Fridays off.

Meanwhile, a nonprofit pilot program, 4 Day Week Global, is encouraging companies to sign up and participate in shortened weeks. The website contains a petition, seeking 100,000 signatures from employees who favor working less, even naming specific companies and the number of employees who have already signed. When I checked, the petition had received 114 signatures from Amazon workers, a figure I found shockingly low considering the guy who kept dropping packages at my door the week prior to Christmas appeared to be working about 100 hours a week.

The site points to companies like crowdfunding platform Kickstarter and fintech startup Bolt, which have switched to four-day workweeks. It also posts studies with phrases like "productivity increase" and "laser focused employees" as proof that a three-day weekend is an idea whose time has come.

So, why stop there?

If workers are "laser focused" working four days a week, imagine how sharp they would be if they worked three days? Or two? Or even one? Let's try it. I hereby present to you a company that requires employees only produce eight hours of weekly work. I'll call it Slack.

Wait, that company already exists.

My bad. Let's call it Slacker. That's a movie but not yet a Fortune 500 company.

Before my company is besieged with applications from enterprising workers who want to change the world providing it doesn't conflict with thrice weekly Pilates sessions, please be aware that working for Slacker does have some drawbacks.

During your one day of employment, you cannot break for lunch.

Red Bull and other energy drinks are forbidden. If you need a "jolt" before starting your weekly eight-hour shift, you're probably not going to fit in at Slacker.

Don't even think about asking for paid vacation.

You will be required to work in an office, which will not contain clocks of any type. I don't need Slacker employees, on their way to the parking lot to begin their six-day weekends, saying, "Man, I thought 5 o'clock would NEVER get here."

Calling in sick is allowed, but sick days must be made up in full. That's right, if you're sick one day, you must

work TWO days the following week. If that makes me a tyrant of a boss, just remember there are plenty of jobs available at Kickstarter, where your workload will quadruple!

I will pay you an honest wage, but don't expect a 401(k) or profit-sharing plan of any type. You'll have plenty of free time to become a Bitcoin millionaire.

Finally, I will not offer a health care plan, but I will provide gym memberships. Slacker employees are expected to use their off time to stay in shape. I don't need any workforce members unexpectedly dropping dead on their off days.

From boredom.

- 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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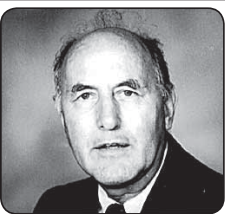
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## HUMOR

# Nosey Nelida Lends a Hand

Dr. Ima Farseer, dean of the Department of Et. Al, Et. Al. at Letongaloosa University Community Junior College, contacted me recently. Dr. Farseer said she had applied for a large grant to help the students at LUCJC. She wanted me to put her in contact with Nosey Nelida Nacamora. Dr. Farseer knew that Nosey Nelida was a nemesis to the feds in Washington. Dr. Farseer's idea was to get Nelida to



Larry  
Day

help her get the grant by threatening to come to Washington. The feds would cringe at the possibility of a return visit by Nelida.

From her childhood, Nelida had been called "Nosey Nelida" by friends and even by some family members. The reason the feds cringed at a possible visit was that Nelida contacted the federal government to report and denounce suspicious activity that she had noticed down the street from her shop. The feds knew that there was "suspicious" activity going on down the street from Nelida's shop because the feds were setting up a sting operation to catch some bad guys. But the feds couldn't let anyone know about the sting operation, so they invited Nelida to Washington to receive an award. They told her she had to keep it all very quiet for the good of her country. Nelida, good citizen that she was, accepted the assignment to be quiet.

By getting in touch with Nelida, Dr. Farseer hoped to put pressure on the U.S. Department of Education to award the grant to LUCJC.

"I want Nelida to contact the U.S. Department of Education and tell them she wants to personally follow the progress of a grant application

through the various steps needed to get it approved," Dr. Farseer told me. The officials in the Department of Education, she said, would do anything to keep Nelida away from Washington. It was an astute evaluation of the situation. I've written about Dr. Farseer a number of times. She's a good administrator, a fine educator. She looks out for LUCJC students in an almost motherly way—she is strict, fair and makes herself available with an "open office" policy.

It took me some time to locate and contact Nelida. I finally went out to "The Enchantment," a joint on the outskirts of town that every college town has to have to maintain its accreditation. I asked Four Finger Fanny to help me. Four Finger Fanny pretty much runs The Enchantment. She looks like a 45-year-old matron with an aching back and sore feet. It's a good disguise. Fanny is actually an alien from outer space. She hales from out beyond the Nebula Galaxy. Fanny has been deployed to our solar system to keep tabs on us.

The leaders of the galaxy think that earthlings—both on a personal, community and national level—are too prone to use violence to settle disagreements rather than negotiation. Negotiation is the galaxy's preferred approach to problems for worlds, nations, communities, and individuals.

"Whatever it's about, you talk it out, not fight it out," says the galaxy administration.

"Fanny, I need to get in touch with Nelida Nacamora. Could you give me a hand with that?"

Fanny fiddled with a device in her hand, then said, "She's back in the old neighborhood. She missed the place, so she got herself a new shop and, once again, is being a pain to everyone with her prying."

"Does she have a phone?"

"Yes. Here's the number."

I called Dr. Farseer.

"Ima," I said, "Nelida is back in the old neighborhood. She's got a new

shop, and is back being nose-y with the neighbors. I have her number, but you may want to make your request in person."

"Good idea," she said.

It was sometime later that I got the rest of the story. Here's what happened.

Dr. Farseer went to Nelida's new shop and introduced herself.

"Miz Nacamora," she said.

"Call me Nelida," said Nelida.

"Thank you. I know what I am going to say will sound strange, and I certainly don't want to think that I disregard your feelings, but you can do Letongaloosa University Junior Community College students a world of good if you'll do what I ask."

"What do you want?"

"I've applied for a large grant from the U.S. Department of Education. What I want you to do is call the director of the department and tell him that Letongaloosa University Junior Community College has submitted an application for a grant. I'd like you to call the director. Be sure that he is aware of your previous activities. Tell the director that you want to go to D.C. and

follow the LUCJC grant application as it progresses through the department. I think the director will—and again I apologize if I'm being too personal—do almost anything to keep you from going to Washington."

"You want me to scare the crap out of them," said Nelida.

"I tried to avoid being so blunt. But, yes. That's exactly what I had in mind."

"Now THAT'S a scheme," said Nelida. "I like it a lot. I might add a few bells and whistles."

"We thought if you agreed to help us, you would use your ingenuity to improve the plan."

The students at Letongaloosa University Community Junior College weren't aware of Dr. Farseer's efforts. But they were certainly aware that the institution had abundant new resources—from the classrooms to the athletic fields. And they were grateful.

- 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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## PAINTING WITH WORDS

# There Will Come Soft Rains

**Poet:** Sara Teasdale

**Poem:** "There Will Come Soft Rains"

Rain is one of those aspects of nature which some either love, such as farmers, and which others do not, such as those who planned an outdoor picnic. With that in mind, I selected a poem published in 1918 by Sara Teasdale called "There Will Come Soft Rains."



Tom  
Mach

Born in St. Louis in 1884, Sara Teasdale was home-schooled and traveled often to Chicago. Eventually, she became part of the inner circle surrounding *Poetry* magazine and the magazine's founder, Harriet Monroe.

Teasdale's first volume of verse, *Sonnets to Duse, and Other Poems*, was published in 1907. Other poetry collections of hers were published in subsequent years. Two years after her marriage in 1916, Teasdale published her poem "There Will Come Soft Rains" in *Harper's Monthly*. The poem was later revised with the subtitle "War Time" in her 1920 poetry collection entitled *Flame and Shadow*. In 1918, she also won the Columbia University Poetry Society Prize and the Poetry Society of America Prize for *Love Songs*, which had appeared the previous year.

"There Will Come Soft Rains" suggests how the outcome of war is insignificant when compared to the peace of the natural world, a world where beauty and harmony exists despite our human struggles. The poem begins with a description of aspects of nature—swallows, frogs, plum trees. Creatures and natural objects are content with each other, and they would not care if mankind destroyed itself with war. In the last two lines

of her poem she epitomizes Spring as a woman who had been asleep all the while we were fighting with each other, and, upon awakening, she would not miss the absence of humans as a result of the war. Bear in mind this poem was written at a time when there was great instability in Europe. Germany wanted to break up the alliance between Russia and France, and it was the assassination of Archduke Ferdinand of Austria, which started a chain of events leading to WWI.

Teasdale's poem is important in that it showed, in verse form, the sharp contrast between the tragedy of war and the peace of nature.

Here then is her poem:

### There Will Come Soft Rains

By Sara Teasdale



If you think you might have ancestors who participated in the American Revolution, contact us. Let us help you find them and join the local chapter of Daughters of the American Revolution.

Betty Washington  
Chapter  
Mary Burchill, Regent  
785-843-9199

*There will come soft rains and the smell  
of the ground,  
And swallows circling with their shimmering sound;*

*And frogs in the pools singing at night,  
And wild plum trees in tremulous white,*

*Robins will wear their feathery fire  
Whistling their whims on a low fence-wire;*

*And not one will know of the war, not one  
Will care at last when it is done.*

*Not one would mind, neither bird nor tree  
If mankind perished utterly;*

*And Spring herself, when she woke at dawn,*

*Would scarcely know that we were gone.*

If you love to go to plays, you may want to read a comedy play I wrote called *You're a Real Character*. It is written in the style of playwright Neil Simon, and you will laugh your head off when you read it. Go to [www.Amazon.com/books](http://www.Amazon.com/books) and search for it. However, you can contact me if you can't find it on Amazon. I have extra copies of the



book, and I can arrange to get you a copy. Should you have comments or questions, please email me at [tom.mach@yahoo.com](mailto:tom.mach@yahoo.com) My bio is at [www.Tom-Mach.com](http://www.Tom-Mach.com).

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## VARIETY

# Ivan Reitman Remembered by 'Ghostbusters' Singer Ray Parker Jr. 'He Thought It Was a Hit When Nobody Else Did—including Myself!'

By Jem Aswad

Variety

Ray Parker Jr. had enjoyed a successful career in music when he received a call from his friend Gary LeMel about doing music for a weird film called "Ghostbusters." Originally a session guitarist in his native Detroit, he recorded and toured with artists like Barry White, Bohannon, the Spinners and Marvin Gaye, and performed on Stevie Wonder's classic "Talking Book" album and was the guitarist in Wonder's band on a 1972 tour opening for the Rolling Stones. As a solo artist and with his group Raydio, he enjoyed hits with songs like "You Got the Love," "Jack and Jill" and "A Woman Needs Love."

But the success of "Ghostbusters"—which was originally just music for a 20-second segment in the film—went far beyond anything he'd accomplished before, and as he says below, it was all thanks to "Ghostbusters" director Ivan Reitman, who passed away on February 12. Parker remembers his friend below.

**Variety:** How did you get involved with "Ghostbusters"?

**Parker:** [Legendary film music executive] Gary LeMel—I knew him from the Barry White days, he was the publisher on those records, and he just thought I was the right one for that project.

**Variety:** Had you worked much in film or TV music before?

**Parker:** I did a couple—I did the theme for "The Richard Pryor Show"

[which ran for one season in 1977] and I did a Lily Tomlin, but not a lot. "Ghostbusters" just kinda came out of nowhere.

**Variety:** How did it come together?

**Parker:** Gary LeMel took me there and, I'll never forget, I met in a room full of people, Ivan was there and he told us what he wanted, and I left early because I had a good idea of what he was looking for. And in my documentary, he actually says, "Ray left fast, saying 'I think I got it,' and I'm thinking, 'Who is this guy leaving so fast?'" (laughter).

But he's the one who picked the song—everybody else thought it was a little bit crazy.

In the beginning, they only wanted 20 seconds over the library scene, where the girl comes in and the books are flying around, so I wrote that. I had the "Who you gonna call" and that stuff, but it was really, really short. But Ivan called me up and said, "I like what you're doing with that, can it be longer? Can you make it a record? Can it be something else?"

I thought it was good for the film but I was like, "You wanna make a record out of that?" But he heard it clearly. In the parts I turned in, some were supposed to be background parts, but he wouldn't even let me re-sing it! He said, "I like the way you're singing it, the slang and everything"—so we kept the demo because he loved it all.

He thought it was a hit when nobody else did—including myself!

TNS PHOTO



Father and son directors, Jason and Ivan Reitman, pose for a portrait at the Hook and Ladder Company 8 Firehouse on Friday, Oct. 8, 2021, in New York, NY.

So that's how things turned around, and we got the [longer official] version, and he got so excited about the song that he wanted to direct the video—that's the only video he ever directed—and there was an [extended] version and it came out on the radio, then they put the album together. So it's been an unbelievable experience over the last, what is it, 38 years?

**Variety:** Did you get a lot of film-music offers after that?

**Parker:** Believe it or not, no. It was one of those songs where if you did your job too good, people got mad at you. I guess it was such a huge hit—not too many phone calls after that (laughing).

I saw him quite a bit after that. I used to go by his house and swim in his pool, and his young son was there—

Jason. And he lived long enough to see Jason become a director, and then Jason directed the last "Ghostbusters" film. If you've gotta go, and we all do someday, what a perfect thing to see—his son take over the "Ghostbusters" franchise and really do something great with it. I thought that was wonderful.

I love Ivan—he was the one who put it all together for me. He changed my entire life, when I think of the important people in my life he's right near the top. That record sold like crazy and continued forever. No matter where I go, people ask, "Who you gonna call?"

**Variety:** Are you sick of it yet?

**Parker:** Absolutely not!

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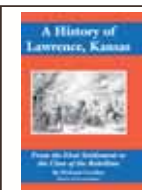
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### The History of Lawrence, Kansas

By Richard Cordley

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WITH BOB JONES

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♣ 3

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♦ 2  
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♠ K 7 2  
♥ K Q 8  
♦ Q 3  
♣ A K Q J 7

The bidding:

SOUTH	WEST	NORTH	EAST
2NT	Pass	4♣	Pass
4♥	Pass	6NT	All pass

Opening lead: Jack of ♠

This is another deal that shows the different points of view taken by a player competing for match-points in a pair game and a player playing for money. It also shows the correct use of the Gerber ace-asking convention. It must be a jump to four clubs over a natural no trump bid.

The declarer in a pairs competition would be delighted that he escaped

a heart lead. Provided the clubs split no worse than 4-1 and diamonds split 3-2 – the most likely split – there would be a precious overtrick available. He would win the opening spade lead in hand with the king and start on diamonds. The bad split would disappoint him, but he would lead a heart in the hope that East held the ace. East would duck his ace, of course, and declarer would have to accept defeat. He could cross back to dummy with the ace of spades to lead another heart, but East would win his ace this time and cash two spade tricks.

Playing for money, however, a good declarer would win the first spade with dummy's ace and lead a heart right away. After winning with the king of hearts, he would play on diamonds. When the bad break there revealed itself, he would cash a third diamond and lead another heart. The favorable location of the ace of hearts would see him scoring up his slam bonus in short order. All he had to do was avoid being greedy.

*(Bob Jones welcomes readers' responses sent in care of this newspaper or to Tribune Content Agency, LLC., 16650 Westgrove Dr., Suite 175, Addison, TX 75001. E-mail: tcaeditors@tribpub.com)*



By David L. Hoyt and Jeff Knurek



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

#### BOGGLE POINT SCALE

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

#### YOUR BOGGLE RATING

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

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# PUZZLES & GAMES

## CROSSWORD

### Across

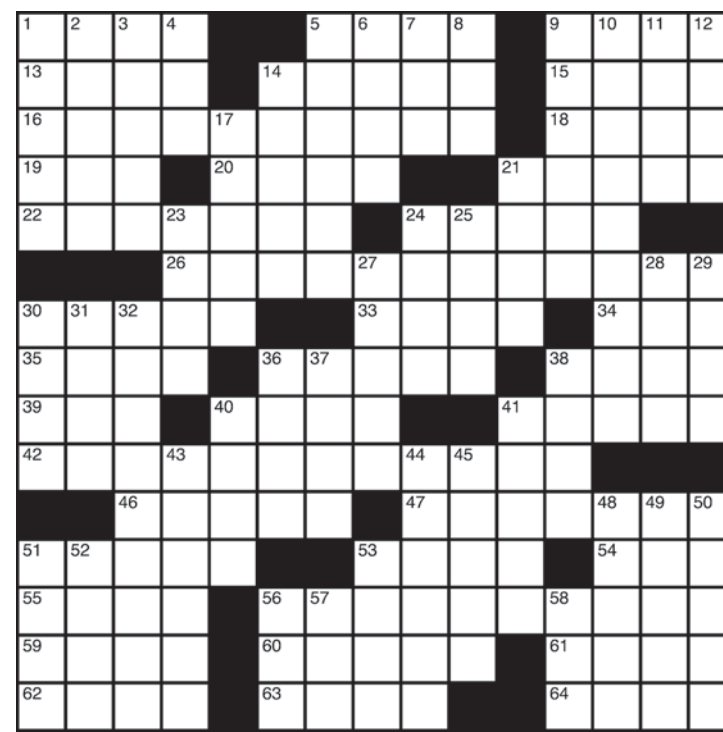
- 1 Not imagined
- 5 On
- 9 Arthur of tennis
- 13 Country quarters
- 14 Be behind
- 15 Skier's need, maybe
- 16 Arose to catch the proverbial worm
- 18 President's Day event
- 19 Ivy League student
- 20 Dynamic prefix
- 21 Sushi bar brews
- 22 Ristorante favorite
- 24 "Holy smokes!"
- 26 Award won twice by Adele and Kelly Clarkson
- 30 Monks' wear
- 33 Total drubbing
- 34 Flatow of "Science Friday"
- 35 Opposite of home
- 36 Dozen dozen
- 38 Craftsy etailer
- 39 Tiny, for short
- 40 "Not long"

- 41 Guilty and not guilty
- 42 Philanthropist who was a Time Person of the Year co-honoree in 2005
- 46 Spectrum maker
- 47 Comment after a missed shot
- 51 Characteristic
- 53 Shred
- 54 Tint
- 55 "I didn't mean to do that"
- 56 Relatively unknown quality items ... and what can be found in 16-, 26- and 42-Across
- 59 Unmitigated joy
- 60 Seller, usually
- 61 Its symbol is Fe
- 62 Some cameras, for short
- 63 Amorously pursues
- 64 Fiddling emperor

### Down

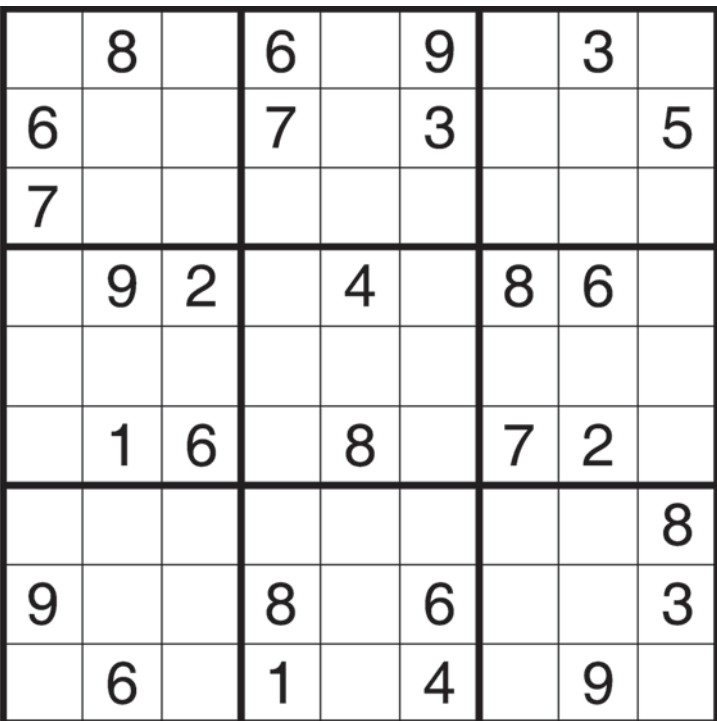
- 1 Orion's left foot, some say
- 2 \_\_ Gay
- 3 Naysayers

- 4 Pelican State sch.
- 5 Biblical mount
- 6 Tropical root vegetable
- 7 Squeaky-wheel need
- 8 Tissue layer
- 9 Attack
- 10 Hazard in many old Westerns
- 11 Opening
- 12 Lambs' moms
- 14 New drivers, typically
- 17 Novel units
- 21 Whack at a mosquito
- 23 With skill
- 24 Family outing destinations
- 25 Numbered piece
- 27 Outlet insert
- 28 Celestial bear
- 29 First Black MLB team captain, 1964
- 30 Not nervous
- 31 Something Mommy needs to kiss?
- 32 Computer screen background
- 36 Odin and Thor
- 37 Wander
- 38 "Need anything \_\_?"
- 40 Sulky state
- 41 Pie nut
- 43 Flowery van Gogh work
- 44 Battery terminals



- 45 Solution strength measure
- 48 "Over \_\_!"
- 49 Something from a mill?
- 50 Type of survey question
- 51 Duds
- 52 Dinner table staple
- 53 License plate fig.
- 56 "\_\_ come?"
- 57 Iconic WWII island, briefly
- 58 Winning game cry

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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.

ARNGD


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PEWIR


Check out the new, free JUST JUMBLE app

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RWHYOT


Today's Guest JUMBLER is **GREG CRAVENS**  
Creator of The BUCKETS

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

IN A


## SCRABBLE G.R.A.M.S.

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E <sub>1</sub>	E <sub>1</sub>	I <sub>1</sub>	G <sub>2</sub>	L <sub>1</sub>	L <sub>1</sub>	B <sub>3</sub>

RACK 1

A <sub>1</sub>	A <sub>1</sub>	E <sub>1</sub>	D <sub>2</sub>	M <sub>3</sub>	M <sub>3</sub>	N <sub>1</sub>

Triple Word Score  
RACK 2

A <sub>1</sub>	E <sub>1</sub>	Y <sub>4</sub>	N <sub>1</sub>	K <sub>5</sub>	H <sub>4</sub>	C <sub>3</sub>

3rd Letter Double  
RACK 3

A <sub>1</sub>	I <sub>1</sub>	O <sub>1</sub>	L <sub>1</sub>	R <sub>1</sub>	G <sub>2</sub>	L <sub>1</sub>

RACK 4

E <sub>1</sub>	I <sub>1</sub>	I <sub>1</sub>	P <sub>3</sub>	T <sub>1</sub>	R <sub>1</sub>	F <sub>4</sub>

RACK 5

**PAR SCORE 265-275**

**BEST SCORE 338**

**FIVE RACK TOTAL**

**TIME LIMIT: 25 MIN**

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

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

Answers to all puzzles on page 30

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## MY PET WORLD

# When it comes to scared cats, take baby steps to help them adjust

By Cathy M. Rosenthal

Tribune Content Agency

**Dear Cathy:** A few weeks ago, we had to put down one of our cats due to health issues. He was nine years old and a companion of our female cat. To help our female cat, we decided to adopt another cat to be her new companion. We picked her up a couple of days ago and we secluded her in a room to introduce them gradually. The problem is the new cat has hidden in the room and does not want to come out. My wife and I go into the room several times a day, but she remains hidden. Our current cat is nine years old and the new cat that we just adopted is seven years old. How can we entice the new cat to come out from hiding so she can get used to us? We have several toys in the room for her to play with, but she remains hidden whenever we approach the room. - Dennis, Austintown (Youngstown), Ohio

**Dear Dennis:** First, get both cats feline pheromone collars to wear, and put feline pheromone plug-ins in the room(s) where your new cat is currently hiding—and, in the rooms, where you want her to eventually visit, i.e., living or family room. Pheromones can help take the edge off and make changes easier for all the cats in your home.

Second, wait a few hours before feeding her and then go into the room with a high-value treat (tasty and smelly). Place those treats halfway between you and her. Then, turn sideways so you are not directly facing her and read out loud to her, so she is comforted by your voice, but not threatened by your presence. You also can tempt her with a laser or lure toy.

Once she is engaging with you, introduce her to the rest of the house—one room at a time. Put your older cat in her room with the door closed, so she can get to know the new cat's scent and bring the new cat into the house so she can get used to her new surroundings without worrying about the other

cat pouncing on her. Don't just plop her in the middle of a room. She will feel exposed. Instead, put her in a cat carrier and place the carrier near a wall and preferably between two pieces of furniture. She will feel safer that way. (You can move the plug-in pheromones to whatever room you are introducing her to that day.) Leave the carrier door closed and sit a few feet away. Talk to her or read to her so she hears your voice and is comforted by the familiarity of that routine.

Each day, scoot the carrier further into the room, opening the door on the third or fourth day, so she has the option to come out. Use the toy/food routine described above to further coax her out of the box. Always have an open cardboard box, deep basket, or cat cave on the other side of the room, so she has the option to run into that hidey-hole if she panics once she is in the room. If after a week she doesn't come out of the carrier, make sure it's been six hours since she has eaten before trying again. Also, you may want to buy an Anxiety Wrap for cats to see if the wrap makes her feel safer and less anxious.

This process could take a few weeks, so supplement it by just sitting in her room and reading (out loud or silently). Cats are more likely to explore when they think they are being ignored. Make sure you have a super soft blanket on your lap to welcome her.

**Dear Cathy:** Would you please educate your readers that adopting a pet is a commitment to care for the animal for its lifetime? I know there will always be circumstances when a pet owner can no longer care for or afford their pet, which is why we will always have pet shelters. What I don't understand is why so many people, especially young adults, adopt an animal and then leave it home all day sometimes caged for long hours. It's like they never even thought about how they would care for their pet when they work full time. There are too many unwanted animals in this country. We need to decrease

the number of pets ending up in shelters. Pets are not disposable! -- Sharyl, Naperville, Illinois

**Dear Sharyl:** Well said; you get the last word today. Thanks for sharing.

- 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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## AMERICA'S TEST KITCHEN

# Put a more interesting spin on roasted potatoes

By America's Test Kitchen

Tribune Content Agency

In this recipe, salt does double duty: Not only does it give the potatoes their salty taste, but it also gives them their creamy texture.

There's a lot more salt dissolved in the super-salty boiling water than there is in the raw potatoes. So, as the spuds cook, some of that dissolved salt moves from the water into the potatoes, seasoning them all the way through. (Thanks, diffusion!)

The salt also breaks down pectin in the potatoes (pectin is like a glue that holds the potatoes' cells together). As the pectin breaks down, the cells inside the potatoes start to separate. At the same time, lots of tiny starch granules in the potatoes' cells absorb water and swell up (think: teeny sponges), giving the potato a creamy (and smashable!) texture.

## Salt-and-Vinegar Smashed Potatoes

Serves 4

2 quarts water  
1 1/4 cups salt

2 pounds small red potatoes  
Vegetable oil spray  
1/4 cup extra-virgin olive oil  
3 tablespoons malt vinegar  
1/4 teaspoon pepper

1. Adjust oven rack to the upper-middle position and heat oven to 450 degrees. Set a cooling rack inside one rimmed baking sheet.

2. Add water to a large pot and bring to boil over medium-high heat. Add salt to water and stir with slotted spoon until dissolved. Add potatoes to pot. Cook potatoes until very tender and a paring knife slips in and out easily, 20 to 30 minutes.

3. Use a slotted spoon to transfer potatoes to the cooling rack set in the baking sheet. Let potatoes sit to dry out for 10 minutes.

4. Meanwhile, spray a second rimmed baking sheet with vegetable oil spray. Use a pastry brush to evenly coat the baking sheet with olive oil.

5. When potatoes are dry, transfer potatoes to the oiled baking sheet. Use a 1-cup dry measuring cup to press down on each potato to flatten until

KENDRA ELIZABETH SMITH



**Cooking these potatoes** in very salty water seasons them and makes them easy to smash.

1/2-inch thick.

6. Use a clean pastry brush to paint potatoes with half of the vinegar. Sprinkle potatoes with pepper.

7. Roast until potatoes are well browned and crisp, 30 to 35 minutes. Transfer baking sheet to cooling rack. Use a pastry brush to carefully paint potatoes with the remaining vinegar. Serve.

Recipe notes: Use small red potatoes, measuring 1 to 2 inches in diameter. If you prefer to use kosher salt, you will need 1 3/4 cups of Morton kosher salt or 2 1/2 cups of Diamond Crystal.

- 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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## RICK STEVES' EUROPE

# A Czech mud bath in Trebon

By Rick Steves

Tribune Content Agency

Submerged in a mucky peat brine, it occurs to me that this must be the strangest bath I have ever taken.



Rick Steves

I'm in the well-preserved Czech spa town of Trebon. I've decided to supplement my intense time in touristy Prague by venturing south, deeper into the Czech countryside.

Trebon's biosphere of artificial lakes dates back to the 14th century. Over the years, people have transformed what

was a flooding marshland into a clever combination of lakes, oak-lined dikes, wild meadows, Baroque villages, peat bogs, and pine woods. Rather than unprofitable wet fields, they wanted ponds that swarmed with fish—and today Trebon remains the fish-raising capital of the Czech Republic.

People come from near and far to soak in Trebon's black, smelly peat sludge, thought to cure aching joints and spines. Envisioning the elegance of the baths I've experienced in German spa towns, I decided to give it a whirl.

My masseuse points to my room and mimes undressing. She's impatient, anxious to get started because the peat muck only flows at the top of the hour. I climb into the stainless-steel tub, she pulls a plug, and I quickly disappear under a rising sea of gurgling sawdust

■ CONTINUED ON PAGE 29



Yellow lampposts brighten a street in Trebon.



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# Rick Steves

■ CONTINUED FROM PAGE 28

soup. My toes look cute poking out of the hot brown muck.

When we finish, I stand up in the tub and she showers off the sludge, then ushers me into the massage room, where she has me lie face down. It feels like a nurse's office with a pile of dirty sheets stacked in the corner. She tells me I'm getting a "hand massage." That sounds redundant at best ... kinky at worst. Later I learn that's literally what massages are called in Czech (rucni masaz).

Finished with my hand massage, I get dressed. Alone and still covered in greasy oil, I head out to meet my local friend, Honza, at dinner. When you come to Trebon, he says, "You have to try the fish." We order all the appetizers on the menu—a good trick when trying to sample another culture's cuisine. There's "soused" (which must mean "pickled") herring, fried loach, "stuffed carp sailor fashion," cod liver, pike caviar, and something Honza translates as "fried carp sperm." As we eat, I notice that the writing on my beer glass says, "Bohemia Regent anno 1379." It occurs to me that I'm consuming exactly what people have been eating here for 600 years: fried carp sperm from the nearby reservoir, washed down with the local brew.

Dinner comes with a lively band. They play everything from Bach and Smetana to Czech folk favorites and 1930s anti-fascism blues. The string bass player grooves like a white Satchmo, his long and forceful bow sliding in and out between diners. The bandleader plays a 100-year-old black-

wood flute. During a break, I run my finger along its smooth mouthpiece—worn down like an ancient marble relic by countless nights of music-making. The flutist sports a big bushy mustache just like Emperor Franz Josef, who looks down at us from a yellowed poster.

Above the quartet is a high window. The heads of teenagers bob into sight—they're straining on tiptoes and craning to look in. Each time a song ends, glass mugs of golden beer rattle on rough wood tables as the roaring crowd claps and cheers for more. As the night wears on, there are fewer tourists snapping photos and more locals singing along as the quar-

ter sways together like seaweed in a nostalgic musical tide.

I compliment Honza on the beer. He says, "These days, many Poles and Hungarians are going west to France and Germany to get jobs. But not the Czechs. We can't find good enough beer anywhere but here. Our love of Czech beer keeps us from going abroad for better jobs."

Back in my hotel, I climb to my attic room—careful not to bean myself on a thick medieval timber. I lean out my tiny dormer window, the sound of the boisterous bar small in the distance. The new, sturdy roof tiles around me are slick and gleaming with a light rain. The street, wet and shiny, is as clean

as a model railroad town. Cars, while not expensive, are new and parked as tidy as can be. The lampposts seem to be intentionally cheery, decorating the line of pastel facades arcing into the distance. They seem to proclaim that Czech society is on track for a bright future.

- Rick Steves ([www.ricksteves.com](http://www.ricksteves.com)) writes European guidebooks, hosts travel shows on public TV and radio, and organizes European tours. This article was adapted from his new book, *For the Love of Europe*. You can email Rick at [rick@ricksteves.com](mailto:rick@ricksteves.com) and follow his blog on Facebook.

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

## SUDOKU SOLUTION

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

## BOGGLE ANSWERS

CUBA, MALI, PERU, HAITI, SPAIN, NEPAL, CHILE, JAPAN

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## JUMBLE ANSWERS

Jumbles: GRAND, WIPER, FEMALE, WORTHY

Answers: What's the best way to display a backward drawing? -- IN A WINDOW FRAME

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SCRABBLE GRAMS SOLUTION														
L <sub>1</sub>	E <sub>1</sub>	G <sub>2</sub>	I <sub>1</sub>	B <sub>3</sub>	L <sub>1</sub>	E <sub>1</sub>	RACK 1 =	<u>60</u>						
M <sub>3</sub>	A <sub>1</sub>	N <sub>1</sub>	M <sub>3</sub>	A <sub>1</sub>	D <sub>2</sub>	E <sub>1</sub>	RACK 2 =	<u>86</u>						
H <sub>4</sub>	A <sub>1</sub>	C <sub>3</sub>	K <sub>5</sub>	N <sub>1</sub>	E <sub>1</sub>	Y <sub>4</sub>	RACK 3 =	<u>72</u>						
G <sub>2</sub>	O <sub>1</sub>	R <sub>1</sub>	I <sub>1</sub>	L <sub>1</sub>	L <sub>1</sub>	A <sub>1</sub>	RACK 4 =	<u>58</u>						
F <sub>4</sub>	I <sub>1</sub>	R <sub>1</sub>	E <sub>1</sub>	P <sub>3</sub>	I <sub>1</sub>	T <sub>1</sub>	RACK 5 =	<u>62</u>						
PAR SCORE 265-275							TOTAL						<b>338</b>	

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## MY ANSWER

# Godless influences are everywhere

From the writings of the Rev. Billy Graham

Tribune Content Agency

**Q:** Is it true that the Bible says to eat, drink, and be merry? - F.H.

**A:** The author of Ecclesiastes (in the Bible) wrote of the reality of searching for happiness in a foolish way. A comedian has said, "Enjoy as much as you can. Even if you live to be 90, that's not as long as you're going to be dead!" We can laugh and throw it off, but there is a penalty to pay when God's Word is disregarded. Death brings an end to physical life, but the life of the human soul lives on for eternity, in either Heaven or Hell. The time to make peace with

God is now—today!

Godless influences are everywhere persuading us toward idolatry (worship of the values of this age, the false gods among us) and sexual immorality. Right moral living (righteousness) is not easy. It demands difficult choices. We have at our fingertips every pleasure that mankind is capable of enjoying, and mankind has abused every gift God ever gave. Sinfulness and sensuality are inevitably destructive, dehu-

manizing, and demeaning to God's creation. At times, it may create tension between what we want to be for God and others, and what we crave for ourselves.

How do we overcome? By turning to God for His help by first repenting of sin and receiving His forgiveness. He enables us to live victoriously over sin that dominates the human heart. To His followers He says, "For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's" (1 Corinthians 6:20).

What is that price? The shed blood of Jesus Christ on the cross. He paid the penalty for our sin so that we can live righteously and bring glory to Him.

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

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

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