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INSIDE

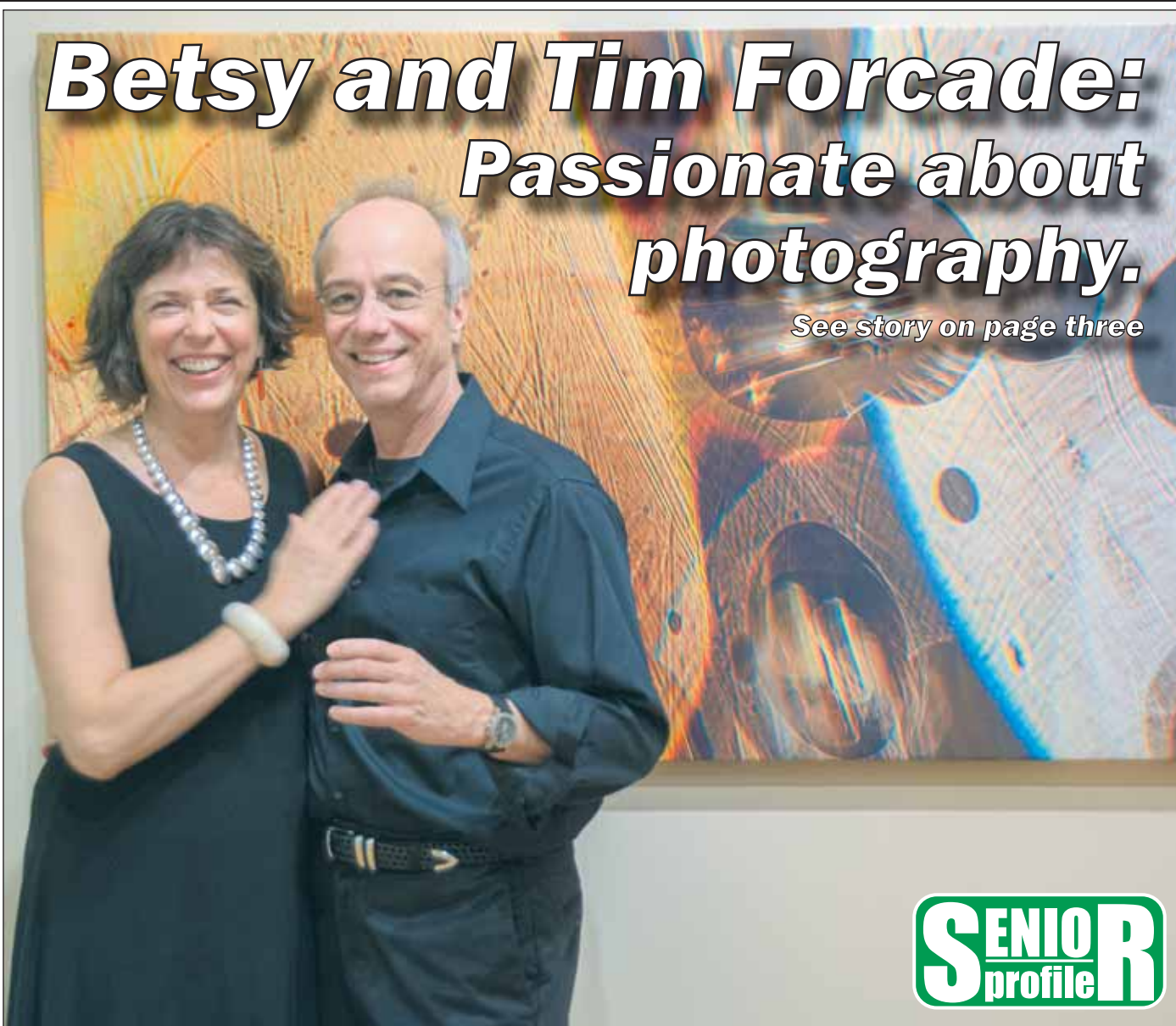


The Spring 2020 issue of JAAA's *Amazing Aging* is included in *Senior Monthly* copies distributed in Douglas, Jefferson, and Shawnee Counties.

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COURTESY PHOTO



Betsy and Tim Forcade: Passionate about photography.

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Lawrence couple shares love of fine-art photography

By Kevin Groenhagen

Tim and Betsy Forcade's fine-art photography is currently on display at the Lawrence Art Center. Their photography is part of the Lawrence Art Center's Benefit Art Auction exhibit, which includes the artwork of more than 175 artists. Organizers had scheduled the auction for April 11. But then came the COVID-19 outbreak.

"They've delayed the auction indefinitely," Tim said. "The Lawrence Arts Center is closed and our artwork is just there on the wall."

The word "display" comes from the Old French *desploir*, which means to "unfold, unfasten, spread out." Of course, the idea of unfastening and spreading out runs counter to the practice of lockdowns and confinement to our homes. The postponement of the Lawrence Art Center's auction is a reminder that the arts are also suffering during this crisis.

Tim has devoted most of his life to art. He graduated from the University

of Kansas (KU) in 1970 with a Bachelor of Fine Arts degree. He studied drawing and painting. Getting involved with photography was largely due to happenstance.

"I actually had the experience of being asked to photograph injection-molded parts," he said. "And, of course, being young and silly, I took the job. I had to borrow a camera and barely had money for film. I did the shoot and they paid me a lot of money. I thought, 'Wow! This is great!'"

That photo shoot led to additional work as a commercial photographer.

"I got a job in a full-on photo studio that served clients nationally," Tim said. "We shot everything. We had so much work and worked seven days a week. Nobody got a day off."

In 1977, Tim formed Forcade Associates, a multimedia photography, design, and media production company. He did a wide range of commercial projects for an international client base.

"Over the years, I have pretty much photographed everything," he said. "Anything you can think of. I've worked with Hardee's. I've worked with Kentucky Fried Chicken. I've taken photos of beautiful women in long, formal gowns. I've photographed cars, bowling bowls, jewelry. We've had clients in Moscow, the United Kingdom, and other parts of the world. I've taken photos while hanging out of an airplane and I've taken photos 120



Betsy and Tim Forcade

feet under water."

Locally, Forcade Associates has worked with, among other companies, MartinLogan, which manufactures electrostatic loudspeakers.

Tim met Betsy at the Jazzhaus in Lawrence in 1984. She was a school psychologist at the time.

"Betsy and I literally grew up just four blocks from each other in Kansas City, but had never met," Tim said.

The couple later married and Betsy joined Tim's business.

"Happily, it turns out that she has an

exceptionally good eye for photography," Tim said.

In addition to art, Tim also had an interest in computers during the 1970s. He worked at the computer center in Summerfield Hall at KU in 1970. He also built a computer in the mid-70s. So, it shouldn't be a surprise that the Forcades have incorporated the use of technology with their photography.

"Photography has always been at the core of our business, but we have also

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Kaw Valley
SeniorMonthly

Kevin L. Groenhagen
Editor and Publisher

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The Forcades

■ CONTINUED FROM PAGE THREE

done a lot of design work,” Tim said. “We were early adapters of computer graphics. We started working with computers during the mid-80s.”

Computers and photo-editing software allowed Forcade Associates to offer additional services.

“R. Buckminster Fuller was a huge influence on me when I was a kid,” Tim said. “He was the architect who popularized the geodesic dome and the Dymaxion car. One of the things he said was to avoid specialization at all costs. I took him at his word. So, we added photo retouching as one spoke of our business. I love it when people bring me these crazy pictures, such as pictures torn in half. We like a challenge. We worked with Haskell Institute for a while on their archives. Some of those photos are just absolutely unbelievable. Just really stirring. Poignant. We restored a number of those photos.”

According to Arthur C. Clarke’s Third Law, “Any sufficiently advanced technology is indistinguishable from magic.” Looking at before and after versions of photos Tim has restored (see examples on pages four and five), one might conclude that magic was involved. Actually, the restorations entail a great deal of work and time spent at a computer. However, the fin-

ished products often result in magical moments.

“For all the high-visibility work that we have done in commercial graphics, the most satisfying work I have ever done has been working with people to restore their photos that were damaged so badly you could hardly make out some of them,” Tim said. “Being able to hand a photo back to somebody with so much meaning in it is just incredibly satisfying. When your client leaves the studio in tears of joy, it just doesn’t get any better than that.”

“One of the really nice things about having had a classical education in fine art is I can actually draw and paint,” Tim continued. “Photo restoration is really every bit about those kinds of ideas. It’s not just a photograph. It’s also a painting.”

Another spoke in Forcade Associates’ business entails working with fellow fine-art photographers.

“We also do fine-art printing for people,” Tim said. “We have two printers that are 44 inches wide. We can print really large pictures on a range of materials, including paper, vinyl, and fabric.”

The Forcades are presently working on ways to use technology to work with clients during a time of social distancing.

“Given COVID, we’re now able to offer our services remotely,” Tim said. “Rather than dropping off a photo and having a standard interactive chat,



“This project had it all,” Tim Forcade said. “The Mona Lisa’s ambiguous expression through a heavily damaged, decades-old print. A lovely woman’s face torn in several places, the entire surface of the print was stained, scratched and pitted with chemical damage and yellowing.” Making the project even more challenging, the original print measured only 1.75” high and the client wanted an 8” x 10.” *Courtesy photos.*

we might use FaceTime or Zoom so people can show me what they have. I can tell them how much time it would

take and how much we would charge before they send me the photo. Obviously,

■ CONTINUED ON PAGE FIVE

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The Forcades

■ CONTINUED FROM PAGE FOUR

ously, at some point something has to change hands. They could ship it to me since doing face-to-face, at least for the foreseeable future, is not on the table.”

FaceTime and Zoom are online video chatting and conferencing platforms.

Over the course of his career, Tim has participated in the emergence and evolution of 2D and 3D computer graphics as an artist, author, and development team member. He helped develop animation plug-ins for 3D software programs that mimic real-world physical motion and visual phenomena. He has also authored numerous articles and books on applied computer graphics for artists and animators. Tim realizes that Forcade Associates has done a great deal of work over the past few decades. However, even he was surprised by how much they have done when he recently did some business house-keeping.

“About two years ago, I decided to do a purge and threw away 30 years’ worth of negatives, transparencies, and designs,” he said. “There were thousands and thousands and thousands of them. I recycled most of it. It’s crazy that this little company has produced that much.”

While you are currently unable to see the Forcades’ fine-art photography on display at the Lawrence Art Center, the artwork of all the artists participating in the Benefit Art Auction exhibit can be viewed online at one.bidpal.net/lawrenceartcenter/browse/all. Betsy’s “Exhale” is item #3, while Tim’s “Radiant Chorus II” is item #32. Like much of his art, “Radiant Chorus II” is an amalgam of painting, photography, and technology.

You can also view examples of Tim’s art at forcadeimages.com and Betsy’s art at betsyforcadeimages.com.

An informative and entertaining “Art Talk Video” that Tim delivered at the Lawrence Art Center is also available on the homepage of Tim’s website. Tim also has examples of his art, including

sound visualization, at facebook.com/TimForcadeImages. Betsy has examples of her art at facebook.com/BetsyForcadeImages.

Additional examples of Tim’s photo restoration work are available at facebook.com/ForcadePrintingImaging and ForcadePrinting.com.



“One of the kids decided to ‘enhance’ their portrait,” Tim Forcade said. “My client asked, ‘Think you could do something with this?’ I removed the marker scribble, stains and mold and restored color and detail.” *Courtesy photos.*



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Jones offers advice to help seniors deal with COVID-19 pandemic

By Billie David

In these days of the COVID-19 pandemic, it may help seniors to remember that although they have never experienced anything quite like COVID-19, they have lived through—and even been strengthened by—many other challenging times in the nation's history, including the Great Depression, World War II, the Cuban missile crisis, the Kennedy and King assassinations, Vietnam, and the fight for racial equality.

But with the coronavirus, seniors are aware that they, especially, are vulnerable to the virus, and many of them are dealing with this threat in isolation as they shelter in place, living alone in senior housing options such as nursing homes, retirement communities, and assisted living.

Current challenges

So how does one deal with the loneliness, anxiety, and depression that accompany weeks of social isolation?

Shane M. Jones, a licensed specialist clinical social worker who has offices in both Lawrence and Topeka, advises seniors to remember their previous successes and to draw from them.

“Seniors have an advantage overall,” Jones said. “This is new for all of us, but older folks have been through some of those things, like food rationing and the Great Depression.”

Granted, very few people living today would have been alive during the flu pandemic of 1918, but as Jones' grandfather, who married during the quarantines of 1918 and consequently was allowed only two witnesses and a minister to be present for the ceremony, used to say, “This isn't my first rodeo.”

It also helps to remember and take advantage of what we know will help protect us, such as washing our hands, Jones said. We have been given information about how to avoid contagion, and in addition to the physical advantage of heeding this advice, there is also a psychological benefit because it helps us remember that there are things that we do have control over.

As for loneliness, many seniors sheltering in place may have friends and

family members living elsewhere but still feel alone.

“The younger generation tends to disregard the older generation, so their elders are not being contacted,” Jones said, stating that the solution is to contact them instead.

“Think about what you want to pass on to the younger generation, and what wisdom you can give them from your

own experience,” he advised. “Don't wait for them to call you. Call them yourself. Ask them how they're doing. People are drawn to people who take an interest in them.

“You can be hurt because you are lonely, but it's up to us to bring them into our lives. It may not occur to them to call. Take the initiative. People aren't just not calling because they want to

hurt you. They're just not thinking.”

Jones remembers calling his own son-in-law recently, before the coronavirus hit. After a pleasant conversation, his son-in-law said that he appreciated the call and that he should call Jones more often.

“Of course, he didn't,” Jones said. “He just got busy. But we did communicate.”

■ CONTINUED ON PAGE SEVEN

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Shane M. Jones

■ CONTINUED FROM PAGE SIX

When you aren't on the phone, there are other things you can do to help relieve loneliness, Jones said. You can read, do crossword puzzles, or get involved in other activities that you enjoy.

Future fallout

There are specific challenges that certain susceptible people will face as the coronavirus threat lets up, Jones cautioned.

"When everything is back to normal, there will be more people wrestling with obsessive/compulsive disorder," he said. "There is a balance between healthy concern and letting it go. That's life. You can take precautions, but things can always happen. There is a sense of healthy control: 'Okay, now I've controlled what I can within reason. Now I have to live my life.' We just have to accept that.

"Remember, none of us gets out of life alive anyway," he advised. "So you can ask yourself, is this helping me take control of my life, or is it taking over my life? Sometimes, we can't see it ourselves, so we need to accept feedback from others. It's an emotional decision they're making, not a rational one."

Another problem some people may find themselves dealing with in the future is that even after the COVID-19 threat has let up, the overstimulation of the brain's amygdala, with its fight or flight mechanism, may lead to PTSD which, given that we are dealing with life-and-death situations, is understandable, Jones said.

"Actually, the PTSD may get worse when the danger lets up, and there is going to be a need for people to work through it, to recognize it and take

steps," he advised.

Impact on society

Financial insecurity has impacted not only individuals but also the nation as a whole, and this could affect how people handle their finances in the future.

"It's all about your choices," Jones said. "We have certainly gotten a good lesson about how to delay gratification."

It's important for people to have some reserve in their finances, he explained, even if it is only enough to cover three to six weeks.

"It would take a lot of pressure off of people," he said. "It's the difference between night and day in terms of worrying."

Already, with the extra time that sheltering in place has provided, people are taking the time to learn to save money by tackling life skills, finding out how to do things themselves, such as cooking, home repair, and how to fix a lawn mower, Jones said.

Another change that may arise

from the pandemic is that people may become hooked on the slower pace we have had to adopt.

"For people of faith, most faiths have the concept of slowness and centeredness, to close your eyes and sit still without your mind racing to different things," Jones said. "We're so used to not sitting in silence and listening to one's self or God, not learning to be okay with silence. People who do that will talk about how it transformed their lives."

For more information about Shane M. Jones & Associates, P.A., call 785-266-7732 or visit shanemjones.com.



Shane M. Jones

NOTE: Due to stay-at-home orders, most events have been cancelled. Therefore, this issue of Senior Monthly does not have a calendar section.

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Coronavirus disease (COVID-19): Important information about Social Security services

By Norm Franker

Social Security District Manager in Lawrence, KS

We recognize that you may have questions about how the Coronavirus Disease (COVID-19) will affect Social Security services. The first thing you should know is that we continue to pay Social Security and SSI benefits. Also, beware of scammers who may try to trick you into thinking the pandemic is stopping your Social Security payments. This threat is not true. Don't let the scammers fool you.

We want to share other important information about our services during this pandemic.

To protect you and our employees, and help stop the spread of COVID-19, we cannot accept visitors in our offices at this time. We provide many services online and limited, critical services

via phone and email. During the pandemic, we are dedicating available staff to serve people in most critical need of our services.

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For more information, please visit our COVID-19 page at www.ssa.gov/coronavirus. There you can find out what limited services we can provide by phone, and important information

about deadlines we are extending to ease the burden on you and medical providers during this pandemic. You can also subscribe to get an email or text message notification when we update the page so you stay informed.

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Trump administration announces new nursing homes COVID-19 transparency effort

On April 19, under the leadership of President Trump, the Centers for Medicare & Medicaid Services (CMS) announced new regulatory requirements that will require nursing homes to inform residents, their families and representatives of COVID-19 cases in their facilities. In addition, as part of President Trump's Opening Up America, CMS will now require nursing homes to report cases of COVID-19 directly to the Centers for Disease Control and Prevention (CDC). This information must be reported in accordance with existing privacy regulations and statute. This measure augments longstanding requirements for reporting infectious disease to State and local health departments. Finally, CMS will also require nursing homes to fully cooperate with CDC surveillance efforts around COVID-19 spread.

CDC will be providing a reporting tool to nursing homes that will support Federal efforts to collect nationwide data to assist in COVID-19 surveillance and response. This joint effort is a result of the CMS-CDC Work Group on Nursing Home Safety. CMS plans to make the data publicly available. This effort builds on recent recommendations from the American Health Care Association and Leading Age, two large nursing home industry associations, that nursing homes quickly report COVID-19 cases.

"Nursing homes have been ground zero for COVID-19. Today's action supports CMS' longstanding commitment to providing transparent and timely infor-

mation to residents and their families," said CMS Administrator Seema Verma. "Nursing home reporting to the CDC is a critical component of the go-forward national COVID-19 surveillance system and to efforts to reopen America."

"Scientific data derived from solid surveillance is a key element of recommendations to protect Americans, particularly our most vulnerable, from the devastating impact of COVID-19," said CDC Director Dr. Robert Redfield. "This coordinated effort with CMS will allow CDC to provide even more detailed information to state and local health departments about how COVID-19 is affecting nursing home residents in order to develop additional recommendations to keep them safe."

This data sharing project is only the most recent in the Trump Administration's response to the COVID-19 pandemic. On February 6, CMS took action to prepare the nation's health-care facilities for the COVID-19 threat. On March 4, CMS issued new guidance related to the screening of entrants into nursing homes, informed by CDC recommendations. On March 10, CMS issued guidance related to the use of personal protective equipment (PPE) usage and optimization. On March 13, CMS issued guidance for a nationwide restriction on nonessential medical staff and all visitors, except in compassionate care situations. Shortly after that announcement, President Trump declared a national emergency, enabling

the agency to take even stronger action. CMS then announced a suspension of routine inspections, and an exclusive focus on situations in which residents are in immediate jeopardy for serious injury or death, and implemented a new inspection tool based on the latest guidance from CDC. Additionally, on April 2, CMS issued a call to action for nursing homes and state and local governments. It included guidance that reinforced infection control responsibilities and urged leaders to work closely with nursing homes in their communities to determine needs for COVID-19 testing and personal protective equipment. The recommendations also urged state and local officials to work with nursing homes to designate certain sites for COVID-19-positive or COVID-19-negative patients to avoid further transmissions. On April 15, CMS announced the agency will nearly

double payment for certain lab tests that use high-throughput technologies to rapidly diagnose large numbers of COVID-19 cases. This announcement built upon a March 30 announcement that hospitals, laboratories, and other entities can perform tests for COVID-19 on people at home and in other community-based settings outside of the hospital – including nursing homes.

CDC continues to work closely with CMS, state and local health departments, and nursing homes to inform national infection prevention and control policies and strategies to further support nursing homes, residents and families of residents. CDC built a long-term care toolkit to be distributed to all 50 states to help increase infection prevention and control preparedness in nursing homes and provide remote tools to further assist these important healthcare providers.

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HEALTH & WELLNESS

Scott Bruegge's story: A journey through COVID-19 recovery

By Jessica Brewer

LMH Health

Scott Bruegge's journey started with a cough. He couldn't have imagined that it would lead to being hospitalized with COVID-19.

The cough began on March 13. Bruegge told his boss and began working from home, just in case he had become infected. He then ran a low-grade fever and called his family physician and was told to monitor his symptoms. On March 18, those symptoms went away.



However, it got progressively worse from there. Bruegge's fever got higher the next day. He began vomiting and becoming more lethargic. His cough became more persistent.

"We contacted my doctor's office and they got me into the drive-through testing at LMH Health on March 20," he said. "On March 22, I was informed that I had tested positive. They told me to monitor my symptoms and if breathing became more difficult to call my doctor. Things began getting extremely rough around 2 a.m. and my wife started calling around to figure out what to do since I was COVID-19 positive. At 9 a.m. on March 24, my wife brought me to the ER."

Bruegge was admitted for inpatient care at LMH Health and his road to recovery began. He said he had the flu once before and initially thought he just needed rest and plenty of fluids.

"This was my first hospital stay and major illness, so I don't have much to compare it to," he said. "COVID-19 attacks your lungs and can turn into pneumonia very quickly. As a 50-year-old man who has a pretty clean health history, I am telling you, this is not the flu."

Dr. Krishna Rangarajan, a physician

with Lawrence Pulmonary Specialists, cared for Bruegge during his hospitalization. Dr. Rangarajan said that his case is one frequently seen with COVID-19.

"After he was admitted, Mr. Bruegge's oxygen levels decreased quickly," he said. "Once we took a look at his x-rays, we could see some of the classic signs of COVID-19 that are being presented during this pandemic."

Rangarajan said stabilizing Bruegge was quick, but the road to recovery for COVID patients can be long.

"Mr. Bruegge is a young man," Dr. Rangarajan said. "This can affect more than just the older population. He is healthy and still suffered the harsh consequences of COVID-19. There was nothing that could have been done sooner to make his condition better."

Many people with COVID-19 have a mild cold and think they can rest, but then their condition gets increasingly worse. This was the case for Bruegge and he came to the ER as soon as his symptoms got very bad.

"He came in at the right time and the team did all they could to help him improve as fast as possible," Dr. Rangarajan said. "We closely monitored his heart rhythms and Mr. Bruegge kept his spirits very high."

Dr. Rangarajan said he remembered one morning when Bruegge was more awake, he found the medical staff had set up a Zoom call for him to see his wife.

"The first thing he heard was his wife's voice and he immediately smiled from ear to ear," Rangarajan said. "It gave us all hope and brightened a dark situation."

Bruegge said his care at LMH Health was great and that his job was easy, listen to his providers and push himself to get stronger.

"I did small things to gain strength while in my bed or the recliner, so therapy time was devoted to pushing myself to regain my capabilities," he said. "I never realized the skills you

can lose after 12 days on a ventilator."

As COVID-19 is severely contagious, LMH Health's visitor policy didn't allow for Bruegge's family and friends to visit. He said he relied on pictures of his family to help him through.

"These pictures were a great reminder for me to get stronger each day so I could get home sooner rather than later," Bruegge said. "I am so thankful for my wife, Shannon, and my daughters, Audrey and Ashley, for giving me pictures and post-it notes to hang up in my room. Since I was not seeing visitors, being able to FaceTime my wife, daughters, brothers, mom and dad the last few days was great. My voice was recovering from being intubated, so I did lots of texting with family and friends."

This process has been long, but Bruegge is a success story. He did not do this alone and gives credit to his wife, daughters and extended family, as well as his faith and medical providers.

"I cannot say enough positive things about LMH Health," Bruegge said. "This virus is just awful and being their first inpatient, they took every precaution to keep me and themselves safe. I was originally told I'd have 3 to 4

weeks of therapy in the hospital after getting out of the ICU, but I ended up being released for home health care and walking on my own six days later."

Dr. Jennifer Schrimsher, infectious diseases physician at LMH Health, said there are a wide range of effects COVID-19 can take on the body. Though there is much more to learn about the virus, she said this disease can cause symptoms like shortness of breath, cough, fever, body aches and fatigue, which can wear on someone's body.

"Some patients are reporting prolonged fatigue well after they've recovered from an otherwise mild case," Dr. Schrimsher said. "However, most people should recover without any long-term effects."

Dr. Schrimsher said for some critically ill patients there may be several complications that could last long-term. Some may develop damage to their lungs directly, but it's unclear if this is caused by the virus, the immune system or the high levels of oxygen required while on a ventilator.

"The muscles can also be damaged,"

■ CONTINUED ON PAGE 11

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HEALTH & WELLNESS

Foods to eat for a healthy immune system

There are many ways to support your immune system, including a healthy diet: getting enough sleep, exercising every day and drinking plenty of water. Getting at least eight hours of sleep a day along with regular exercise is an effective way to combat



Dr.
Deena
Beneda

possible is another key to a healthy immune system. Multiple studies indicate that sugar can trigger inflammation in the body which, in turn, decreases the immune system's ability to protect itself from outside stressors such as bacteria and viruses. A whole foods diet filled with fruits, vegetables, and proteins helps to keep a strong immune system. Are there specific foods that can help give your immune system a kick? If so, what are they?

Dark leafy green vegetables such as spinach, Swiss chard, kale, broccoli, collard greens, arugula, watercress, and romaine lettuce are great immune boosting foods. These greens contain high levels of nutrients, such as Vitamin C, that are very effective in giving your immune system a kick. Also, the darker the leaf, the more antioxidants

stress and keep your immune system healthy. Staying hydrated by drinking enough water is important for multiple systems in your body, including your immune system. Avoiding sugar when

it has in it. Antioxidants help to keep us healthy by neutralizing free radicals, unstable molecules that your body produces every day and that can damage your cells. So using these antioxidants to keep our cells healthy keeps our immune system healthy.

A key nutrient for your immune system is Vitamin C. Vitamin C may help to protect your body against various bacteria, fungus, parasites, yeast, and viruses. It can protect the body against oxidative stress, which is bad for the immune functions of the body. Oxidative stress is associated with increased risk of various health conditions. Vitamin C is a free radical scavenger and enhances that immunity by supporting cellular functions. According to the National Institutes of Health, foods with Vitamin C include oranges, tangerines, lemons, limes, tomatoes, broccoli, green leafy vegetables, peppers, strawberries, and blueberries.

Finally, other foods that support our immune system are nuts and seeds. For

a big charge to your immune system, reach for a handful of nuts or seeds. Nuts and seeds are laced with plenty of vitamins and minerals, including magnesium, Vitamin E, zinc, omega-3 fatty acids, iron, and selenium. These antioxidants are helpful in improving the body's ability to fight off bacteria and viruses. There are all types of nuts and seeds to choose from, such as sunflower seeds, walnuts, almonds, pecans, Brazil nuts, cashews, hazelnuts, or macadamia nuts. One problem, however, with nuts and seeds is that they are calorie dense, so eating too many can lead to unwanted pounds.

In conclusion, if you are looking for ways to support your immune system, first of all take a look at your diet. The foods that you are eating can play a key role in keeping you healthy and preventing illness. Stay safe and stay healthy.

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

Scott Bruegge

■ CONTINUED FROM PAGE 10

she said. "This can cause prolonged, generalized weakness, but can also affect the muscles of the heart."

While he still has work to do to regain his strength and other capabilities that he had before contracting this virus, Bruegge remains optimistic that he will continue his speedy recovery and continue my path to wellness.

"This is a very humbling experience for someone to go through at any age," he said. "The staff members were all very encouraging and attentive. While LMH Health physically took care of me, the part that still makes me emotional is how much they reached out to my wife by calling her or taking her calls at all

hours to provide updates her with updates on me. She's been through a lot, but her love for me and her faith kept her spirits lifted so she could be strong for me."

Shannon Bruegge, Scott's wife, said that multiple times a day she would pray for God to heal her husband's lungs, provide wisdom to his doctors and to protect the nurses.

"Those nurses were my lifeline to Scott," Shannon said. "I even asked them to do certain little things that he loves for me to do. I'd ask them, 'Could you rub his head or could you play some John Denver?' I would call just to see if had been bathed. I just wanted to be there and simply couldn't for so many reasons in this new world."

His daughters said they are just happy to have their dad home. They are grateful he is safe and cannot wait to

give him big hugs and kisses when he has fully recovered.

"I give credit and gracious appreciation to the LMH staff for medically saving me, but I also know that prayers and my faith prepared me to get out of that dark and scary place that this virus takes you to," Bruegge said. "In my absence, my immediate and extended family have been amazing. They have helped grocery shop, mow and move furniture to accommodate me coming home. They checked in on Shannon during lonely and dark times and continued to lift her spirits."

His final hope is that people under-

stand the gravity of this virus. He hopes this time allows people to connect with loved ones safely and help stop the spread as best they can.

"I hope that this put some perspective on social distancing and the importance of washing hands and being extra cautious when in public areas," Bruegge said. "I think that many people thought that this was just the flu or something that the older population or unhealthy people can get. It can affect anyone, and it is very real."

- Jessica Brewer is the social media and digital communications specialist at LMH Health.

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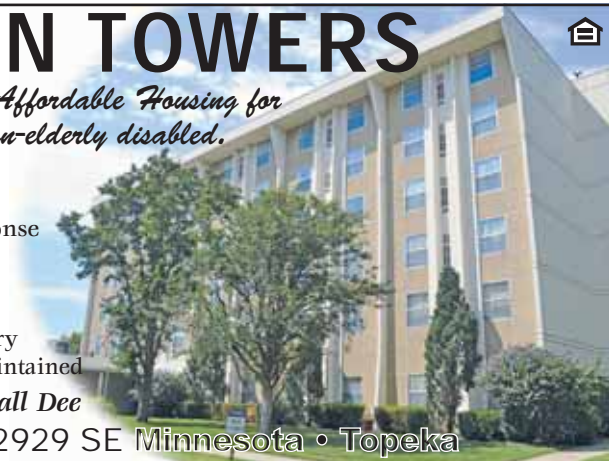
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FINANCIAL FOCUS

What should retirees consider doing in a down market?

The health aspect of the coronavirus affects everyone—we're all concerned about our well-being and those of our loved ones and communities. However, the economic impact may vary among different age groups—and if you're retired or about to retire, you might have some special concerns



Derek Osborn

about starting to draw income from your investments when the financial markets are down. What moves should you consider making?

Here are a few suggestions:

- **Review your strategy (and avoid making major changes).** During a market downturn, you might be tempted to “do something”—and for many people, that “something” is selling stocks to cut their losses. But this is more of an emotional response than a logical one, because your stocks are long-term

investments, and by selling them when they're down, you're basically locking in your losses. Instead, try to address your current income needs by the cash, cash equivalents and short-term fixed-income investments in your portfolio, along with other sources, such as Social Security, dividends and interest, and even your pension, if you have one.

- **Review your withdrawal rate.** When you retire, you need to determine how much you can withdraw each year from your retirement accounts, such as your IRA and 401(k), without running the risk of outliving your money. Before the market downturn, you might have established an appropriate withdrawal rate for your needs. Suppose, for example, this rate was 4%. However, given the recent fluctuations in the markets, your portfolio's value may have declined, meaning your withdrawals may be higher as a percentage of your portfolio. Therefore, you might consider adjusting your withdrawal rate downward, or, as an alternative, look for ways to cut down on your spending in the short term. With the stay-at-home measures being undertaken across the country, you may already

have cut down spending in areas such as traveling, entertainment and dining out, so you may only have to make a few adjustments.

- **Review your reliance rate.** Your reliance rate is how much you rely on your investment portfolio for your income needs. For example, if you need \$60,000 in income each year and you're getting \$40,000 of that from your portfolio, your reliance rate is 66%. The higher your reliance rate, the more sensitive you may be to fluctuations in investment prices. If your risk tolerance has been greatly tested by the recent downturn and you don't have much flexibility with your expenses, you might look for ways of lowering your reliance rate, such as certain annuities, which can provide a guaranteed

lifetime income regardless of what's happening in the financial markets.

You may want to consult with a financial professional to discuss the above suggestions and determine what other moves you might need to make. As a retiree, or near-retiree, it can be unsettling to start tapping into your resources when the financial markets are so turbulent. But if you've prepared or you're willing to explore new courses of action, you can move into your golden years without getting unduly tarnished.

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

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JILL ON MONEY

Bleak predictions just keep coming

“Apocalyptic,” “unprecedented shocks,” “a generation-defining moment” are just some of the terms that describe the economy and the labor market right now. Sadly, the news could get worse in the coming months.



Jill
Schlesinger

In the three weeks ending April 4th, a staggering 16.8 million Americans filed for unemployment, with millions likely to do the same over the next weeks and months. The Labor Department’s March employment report showed that 701,000 jobs vanished, pushing up the number of unemployed people by 1.4 million to 7.1 million. The unemployment rate jumped from a 50-year low of 3.5% to 4.4%, the largest month-over-month increase since January 1975, and the broader rate, which includes part-timers and those who are marginally attached, increased to 8.7%.

The March report, which snapped a record 113-month stretch of job creation, was far worse than expected, because most economists and analysts had believed that because the Labor Department accumulates data early in the month (March 8-14), the numbers would not yet demonstrate the gravity of the situation. They were wrong.

Here are some of the updates from the economists I follow and talk to regularly:

--The U.S. economy is likely to

“lose more than twice as many jobs as we lost during the Great Recession during the first two months of this crisis alone. Unemployment will soar into the double digits. ...There is no scale to measure the misery associated with COVID-19 on all fronts,” said Diane Swonk, chief economist of Grant Thornton.

-- “We are just seeing the tip of the iceberg when it comes to the collapse of the labor market,” said Joel Naroff of Naroff Economic Advisors.

-- “This is more like 1929 and the 1930s, which hit the whole world,” said Kenneth S. Rogoff, a professor of economics at Harvard University.

-- This “is a generation-defining moment,” said Mohamed El-Erian a chief economic adviser at Allianz.

-- “Never in the history of the IMF have we witnessed the world economy come to a standstill,” said Kristalina

Georgieva, managing director of the International Monetary Fund.

-- Coronavirus has delivered “unprecedented shocks to economies and labor markets. ... It is the worst global crisis since the Second World War,” the International Labor Organization said.

Researchers at the Federal Reserve Bank of St. Louis outlined the dire situation, when they noted that of the nearly 165 million people in the civilian labor force, about 40% work in jobs “that are at high risk of layoff.” Under a worst case scenario, that would result in 47 million unemployed and a staggering 32.1% unemployment rate.

While those numbers may be too high, plenty of other economists have predicted that the rate could spike to 15 to 20% due to the pandemic-induced recession, with estimates of job losses leaping into the tens of millions, as restaurants, bars, transportation, leisure and hospitality and, most recently, retail, take extreme measures to survive.

All these pressures lead economists to predict a historically bad period

for the U.S. economy. Unfortunately, the key to mitigating the economic damage is to control the virus, which requires all of us to stay at home. A working paper that studied the 1918 flu pandemic, finds that the tougher measures to curb the spread could help the economy over the long term.

“Somewhat surprisingly perhaps, we find that areas that acted early and aggressively with non-pharmaceutical interventions do not perform worse economically, at least in the medium term—if anything, they actually come out of the pandemic stronger,” said Emil Verner, an MIT Sloan assistant professor and co-author of the paper, with Sergio Correia, an economist at the Federal Reserve, and Stephan Luck, an economist with the Federal Reserve Bank of New York.

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

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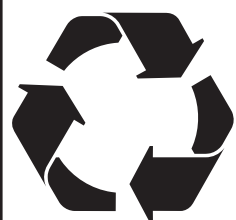
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MAYO CLINIC

Patients with mild hypothyroidism may not need treatment but should be monitored

DEAR MAYO CLINIC: I was recently diagnosed with mild hypothyroidism that isn't causing symptoms. My doctor says I don't need treatment now, but she wants me to come back for regular checkups. Does hypothyroidism usually get worse over time? If it does, how is it treated?

ANSWER: For mild cases of hypothyroidism, not all patients need treatment. Occasionally, the condition may resolve without treatment. Follow-up appointments are important to monitor hypothyroidism over time, however. If hypothyroidism doesn't go away on its own within several months, then treatment is necessary. If left untreated, this condition eventually may lead to serious health problems.

The thyroid gland is a small butterfly shaped gland in the front of the neck that makes the hormones triiodothyronine, or T3, and thyroxine, or T4. Those hormones affect all aspects of your metabolism. They maintain the rate at which your body uses fats and carbohydrates, help control your body temperature, influence your heart rate, and help regulate the production of proteins. The amount of thyroid hormones your body makes is regulated by another hormone called thyroid stimulating hormone, or TSH, that's produced by the pituitary gland.

Hypothyroidism develops when the thyroid doesn't make enough hormones. As a result, your metabolism

slows down. As thyroid activity slows, the level of T4 in your body decreases, and the level of TSH increases to encourage the thyroid gland to raise T4 production.

Some mild cases of hypothyroidism, called subclinical hypothyroidism, are associated with an elevated TSH while the T4 level stays within the normal range. At that point, the condition may not produce any noticeable symptoms. But if the decrease in T3 and T4 continues (referred to as overt hypothyroidism), it can affect many bodily functions.

Common early symptoms of hypothyroidism include unexplained weight gain, fatigue and low energy. It also may cause dry skin, constipation, sensitivity to cold, a puffy face, muscle weakness, hoarseness, and joint pain or stiffness.

Hypothyroidism can affect the heart by slowing the heart rate. It also has an effect on the body's ability to effectively metabolize cholesterol. That can lead to a rise in blood cholesterol, increasing the risk of heart disease and cardiovascular events, such as heart attack and stroke.

Hypothyroidism can affect the brain and lead to difficulty with concentration and memory. It can have an impact on the gastrointestinal system, too, causing less frequent bowel movements and constipation. In premenopausal women, hypothyroidism can affect the menstrual cycle and fertility.

Hypothyroidism is diagnosed using

a blood test that measures the level of thyroid hormones in the body. That blood test is repeated at regular intervals to monitor thyroid hormone levels. If hypothyroidism persists for more than a few months, treatment often is recommended.

Standard treatment for hypothyroidism involves taking a daily oral medication called levothyroxine - a synthetic form of thyroid hormone. It restores the body's hormone levels to normal, reversing signs and symptoms of hypothyroidism.

The amount of levothyroxine needed varies from person to person. To determine the right dosage for you, your health care provider will regularly check your level of thyroid hormone. The first blood test is done six to eight weeks after you start taking the medication. After that, blood levels generally are checked every six months. Then, if the levels stay within the normal range for several years, monitoring usually can switch to once a year. Some medications, including nonprescription (over-the-counter) ones, can affect the absorption or metabolism of thyroid

hormone tablets, so you should notify your health care provider whenever you begin or discontinue other medications.

It's important to receive the correct amount of this medication because too little levothyroxine won't adequately control hypothyroidism and too much can cause side effects, such as increased appetite, insomnia, shakiness, and heart palpitations or an irregular heartbeat.

Work with your health care provider to set up a schedule for your follow-up visits. With careful monitoring and treatment, when necessary, hypothyroidism can be effectively controlled, eliminating symptoms and decreasing your risk of complications from this condition.

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

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PAINTING WITH WORDS

A Light Exists in Spring

Poem Title: Lively Hope and Gracious Fear

Poet: William Cowper

William Cowper was an 18th century English poet. He was very popular during his time because he helped change the direction of poetry by writing of every-



Tom
Mach

day scenes, and he is considered to be one of the forerunners of Romantic poetry.

In his poem, "Lively Hope and Gracious Fear," Cowper confesses that until he found the Lord, he had a humdrum existence when he said that he wanted to "renounce the clod that gave him birth." However, God gave him hope for a more joyous life. He saw himself flying on "wings of joy and love" as he surveyed the earth, which he calls "the spacious promised land" in his poem. The Lord had given him this earth, and he felt it to be a tremendous privilege. Now he sees himself "upon a mountain's edge" and trusts in God completely.

During this pandemic crisis that has covered the world, many find themselves without employment, a sinking economy, no theaters or sports arenas, closed places of worship, and the need to keep at least six feet away from anybody. This situation undoubtedly has caused fear among some of us. But we need to grasp the one thing that this pandemic will not take away—

our hope and trust in God. As an old and wise saying goes, "this too shall pass."

Lively Hope and Gracious Fear
By William Cowper

*I was a grovelling creature once,
And basely cleaved to earth:
I wanted spirit to renounce
The clod that gave me birth.*

*But God hath breathed upon a worm
And sent me from above
Wings such as clothe an angel's form,
The wings of joy and love.*

*With these to Pisgah's top I fly
And there delighted stand,
To view, beneath a shining sky,
The spacious promised land.*

*The Lord of all the vast domain
Has promised it to me,
The length and breadth of all the plain
As far as faith can see.*

*How glorious is my privilege!
To Thee for help I call;
I stand upon a mountain's edge,
O save me, lest I fall!*

*Though much exalted in the Lord,
My strength is not my own;
Then let me tremble at His word,
And none shall cast me down.*

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



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RICK STEVES' EUROPE

London on the cheap

By Rick Steves

Tribune Content Agency

It's a familiar story in Europe: A once-important town falls on hard times, only to make a comeback many years later and thrive in modern times. Add Bristol, England, to the list. Like Belfast, Glasgow, and Liverpool, this rusty old port town is emerging with a special creative energy and is well worth visiting.

Known as the birthplace of world-famous street artist Banksy, with a handful of his works dotting a scruffy part of town, today's Bristol has an energetic and youthful vibe, thanks in part to a university with 50,000 students. This historic yet suddenly sassy city of a half-million people is the rugged, industrial counterpart to Bath, just 30 minutes away.

While Bath is refined and dressy, Bris-

tol feels real. Its sidewalks are fortified with metal edges to protect them from the crush of barrels tumbling between ships and warehouses. So, too, the city has an edge—both its people and its architecture seem weathered yet durable.

Bristol was built on trade. It has Europe's highest tide (45 feet), which made the city a muddy mess until 1809, when a dam tamed the tides. The dam—with a lock and embankments—created Bristol's "Floating Harbour," which was a busy port until late in the 20th century.

During the Age of Discovery, Bristol really took off with the rise of trade with the Americas. For a couple of centuries, the city played a major role in the triangular shuttling of manufactured goods, rum, port, sherry, tobacco, sugar, and—most notoriously—slaves between Africa, America, and Europe.

■ CONTINUED ON PAGE 19

RICK STEVES' EUROPE



An exhibit at the SS Great Britain celebrates the engineering genius Isambard Kingdom Brunel, who designed the historic passenger ship.

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■ CONTINUED FROM PAGE 18

With the advent of the Industrial Age, Bristol became England's port facing the west. A big part of the city's story is the prolific work of a Victorian civil engineering genius—Isambard Kingdom Brunel—who designed railway stations, train lines (the Great Western Railway), and the iron-hulled, propeller-driven SS Great Britain, all to expedite trade between London and New York City. (He also designed the picturesque Clifton Suspension Bridge, the symbol of Bristol, about a mile west of town.)

When Bristol's port moved to the mouth of the River Avon in modern times, the old center was redeveloped. Unlike Bath, which protects its rowhouses and keeps them a uniform creamy tone, Bristol is known for its multicolored "painted terraces," coloring the surrounding hills like rainbows.

Exploring Bristol is reasonable on foot—you can walk the center and connect the important sights in under an hour. But on a day trip from Bath, you'll want to allow several hours for sightseeing and a harbor tour.

Fans of Banksy can either pick up a brochure for a do-it-yourself walking tour or catch a street art-themed guided tour. Those wanting to know the town's history should check out the SS Great Britain, which laid the groundwork for modern shipping. At the time the steamship was built in 1843, it was by far the world's biggest ship, the first major iron-hulled vessel, and the first ship to cross the Atlantic using a propeller.

The SS Great Britain is drydocked a 10-minute walk west of Bristol's

center, marked by its towering old masts. A visit includes the fine museum, the well-restored ship, and an impressive exhibit devoted to Brunel. You can get there on a harbor tour aboard an old, long, skinny canal boat on a relaxing loop around the Floating Harbour.

A short walk from the SS Great Britain is the M-Shed, an old industrial shed that tells Bristol's history with three galleries focusing on places, people, and lifestyles. Historic ships are often moored just outside, including a 1934 fireboat, the Mayflower—the oldest surviving steam-powered tugboat, and a modern replica of explorer John Cabot's good ship, the Matthew. Cabot sailed the Matthew across the North Atlantic in 1497, discovering a new-found land

and cleverly called it just that.

Back in town, take a stroll down characteristic King Street, with its historical pubs and the 18th-century Bristol Old Vic Theatre (which locals claim is England's oldest working theater). Because of its strategic and industrial importance, Bristol was heavily bombed by the German Luftwaffe in World War II, and you can tell where the bombs fell by the ugly postwar development amid venerable old buildings.

Nearby is the Corn Exchange Hall, the once formal and stately finance center that is now a commotion of bric-a-brac dealers—like a permanent flea market under one grand Georgian roof. Outside, Corn Street was home to England's first banks beyond London and

now seems to celebrate the commerce that made Bristol an economic powerhouse. Former palace-like banks and buildings of finance are now mostly grandiose pubs and restaurants.

While you'll still see bankers walking around today's Bristol, you'll also likely see old hippies, college students, hordes of cyclists, and restaurants with vegan menus. With its vibrant mix of old and new, Bristol is back.

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

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WOLFGANG PUCK'S KITCHEN

Rustic soup brings back warm family memories

I first learned to cook in a kitchen ruled by two strong, loving women: my mother and grandmother. They were both amazing cooks, and all these years later my mouth still waters when I think about the food they prepared.

They weren't fancy about our daily food. Though they both knew how to prepare the finest traditional Austrian



Wolfgang
Puck

dishes, they ran our home smartly and frugally. They grew most of their own vegetables, relying largely on fresh produce straight from our home garden along with smart pantry staples.

Among their most reliable staples were dried beans. Of course, they grew most of the beans they used. I remember scarlet runner beans that they let dry on the vines in the summer sun before shelling and storing them. There were white beans like cannellini, too, since we lived so close to the Italian border. And I'm sure they bought more beans at local street markets.

For such an inexpensive ingredient, dried beans provide generous flavor and texture, not to mention abundant healthy nutrients such as B vitamins, potassium, complex carbohydrates and fiber, along with good amounts of protein but little fat and no cholesterol. More than just a great accompaniment, they're robust and flavorful enough to serve as a main dish in their own right.

Take, for example, my recipe for white bean soup with root vegetables. With generous quantities of root vegetables, a little bacon for extra flavor (though vegetarians and vegans could leave that out), and optional garnishes of sliced cooked sausage and freshly grated Parmesan (also easy to omit for those who don't eat meat or dairy), it's definitely a soup that adds up to a meal in itself.

With very little effort on your part, my recipe—which you can make with any variety of dried white beans—yields a generous quantity: 3 quarts (3 liters), the equivalent of a dozen 1-cup (250-mL) servings. So, unless you're feeding a crowd, you can refrigerate or freeze leftovers to reheat for later.

Add some warm, crusty bread, a salad of flavorful leaves like kale, arugula or endive, or just a simple slaw of shredded cabbage and carrots, and you have a perfectly satisfying dinner. It's the sort of meal that will make you feel as if you're dining by the fireplace.

Once you've made the soup a few times, feel free to start experimenting. Use different kinds of beans, vegetables and seasonings. Add a smoked ham hock or turkey leg, if you like. In other words, make the recipe your own, reflecting whatever you have available that's in season.

In other words, cook like my mother and grandmother did.

WHITE BEAN SOUP WITH ROOT VEGETABLES

Makes 3 quarts (3 L)

2 cups (500 mL) dried white beans
1/4 cup (60 mL) extra-virgin olive oil
2 1/2 quarts (2.5 L) store-bought

good-quality low-sodium chicken stock or broth, or vegetable stock or broth

2 ounces (60 g) smoked bacon, about 3 slices, cut crosswise into strips

2 medium yellow onions, peeled, trimmed, and diced

2 large carrots, trimmed, peeled, and diced

2 small celery stalks, trimmed and diced

1 small bulb celeriac, peeled and diced

6 large garlic cloves, peeled and chopped

1/4 cup (60 mL) tomato paste

1 large tomato, about 8 ounces (250 g), peeled, seeded, and chopped

2 or 3 large fresh basil leaves

2 or 3 sprigs fresh Italian parsley

1 sprig fresh thyme

1 sprig fresh rosemary

1/3 cup (85 mL) sherry wine vinegar

2 teaspoons sugar

Kosher salt

Freshly ground white pepper

Sliced cooked sausage, for garnish, optional

Freshly grated Parmesan cheese, for garnish, optional

Start prepping the beans the night before. Little by little, spread them out on a clean work surface and sort out any grit or other debris or malformed beans. Put the beans in a strainer, and rinse thoroughly with cold running water. Then, transfer them to a bowl, add cold water to cover them by at least 2 inches (5 cm), and leave at room temperature to soak overnight.

Start cooking the soup at least 3 hours before serving time, first draining the beans thoroughly.

Heat a large stockpot over medium heat, and add the olive oil. Add the bacon strips and cook, stirring frequently, until they have browned lightly, several minutes. With a slotted spoon, remove and discard the bacon.

In another pot, bring the stock or broth to a boil over medium-high heat; then, reduce the heat and keep warm.

While the stock is heating, add the onions, carrots, celery and celeriac to the pot containing the oil and bacon fat, and cook over medium heat, stirring occasionally, until they begin to turn tender, 3 to 4 minutes. Stir in the garlic, tomato paste, chopped tomato and drained beans. With kitchen string, securely tie together the basil, parsley, thyme and rosemary. Add the bundle to the pot along with the vinegar and sugar. Pour in the hot stock or broth, and stir well. Season lightly with salt and white pepper.

Raise the heat, and bring the liquid to a full boil. Then reduce the heat to medium and cook, stirring occasionally, and adding more stock or fresh water as needed to keep the beans fully covered.

When the beans are tender, remove and discard the herb bundle. Ladle out 2 cups (500 mL) of the beans and vegetables and puree them in a blender or food processor, carefully following the manufacturer's instructions for processing hot liquids safely without splattering. Stir the puree back into the pot. Taste and adjust the seasonings with more salt and pepper.

To serve, ladle the soup into heated bowls. If you like, garnish with sausage and Parmesan cheese.

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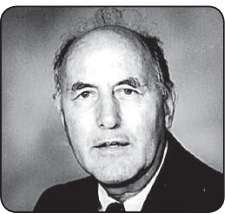
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HUMOR

Ribby Falls in Love

Long-time readers of this column will remember Ribby Von Simeon. More recent readers probably won't be acquainted with Ribby, so here's a brief introduction:

Ribby Von Simeon is the son of internationally renowned movie star Sippa Margarita and Balderdash Von Simeon, the news and entertainment magnate.



Larry
Day

Ruthless Von Simeon, Ribby's grandfather, was a Western mining tycoon. Between them they acquired a heap of money.

Miss Margarita's media profile says she was born in Valencia. Her public relations packets contain photos of her in and around Valencia, Spain. Reality insists that Josipa Margarita Ruiz was born and raised in Valencia, Kansas. The couple had one son, Ruthless Ignacio Balderdash San Bernardino Cortez Ruiz Von Simeon, known all his life as Ribby.

Ribby Von Simeon was raised by his Latino grandparents in Kansas. It was all his mother could do to handle her fast-paced movie career. Ribby's one enduring childhood memory of

his mother was of a voyage they took. He flew to Europe and together he and Sippa sailed back on an ocean liner.

The voyage was bittersweet for Ribby. He had his mother all to himself. But he was seasick from the moment he stepped on board until the ship docked. He spent the whole voyage in bed being tenderly cared for—this to her credit—by his mother. She brought him broth and hard rolls and read to him.

Ribby didn't come into his inheritance until he was in his thirties. By that time he was living simply but comfortably as an adjunct professor at Letongaloosa Community Junior College. The news that he had inherited a pile of money came at the same time news reports said that the luxury liner Santa Maria de la Valencia, on which he and his mother had sailed the Atlantic, had been decommissioned and would be sold for scrap.

The thought of that dearly remembered vessel ending up as scrap iron infuriated Ribby. That fury transformed him from a diffident and taciturn academic into a man as rapacious as his grandpa Ruthless Von Simeon and as vociferous and belligerent as his father Balderdash Von Simeon.

Ribby used his resources to attack the astonished lawyers, financial conservators, bureaucrats, politicians and shipping company executives. When it was over, Ribby owned the ship and had permission to do anything he

wanted with it. He had the ship carefully dismantled and transported piece by piece to Kansas. Then Ribby had the ship reconstituted, refurbished and moored at the top of a hill on a large tract of land he owned a few miles outside Letongaloosa.

After the re-commissioning of the Santa Maria, Ribby dropped back into academic anonymity until 10 years later when another crisis arose.

Newly-elected county officials were young and eager to raise tax revenue. They changed zoning regulations. Ribby's property became part of an urban renewal project. The officials knew little about Ribby except that, despite being a lowly professor at LCJC, he owned the land and the ship. They ordered him to dismantle and remove the vessel at his own expense.

That order transformed mild-mannered Sippy Von Simeon into an amalgam of his forebears Ruthless and Balderdash. Within hours, highly-placed officials were threatening to strip the county of federal funding, bankers had cancelled favorable inter-

est rates. Bureaucrats, politicians and diplomats denounced the county officials and demanded that they cancel the project or leave Ribby's land out of it. The county capitulated.

About that time, Angie Appleton, a pert 30-year-old who had focused her life and energy on her academic career, joined the LCJC faculty. Ribby fell for her the moment he saw her across the room at the first faculty meeting of the semester.

A first Angie ignored him. Then she was curious. Then intrigued.

For his part, Ribby was, at first, his shy, taciturn self. But love is powerful. After an agonizing few days of despair, Love awakened Ribby's Balderdash qualities—appropriately softened for the occasion—and LOVE won out.

Angie and Ribby snuck away and got married, went on a honeymoon, came back to Letongaloosa and settled down—more or less.

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

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MY PET WORLD

Trapping and neutering/spaying feral cats is humane solution

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

Dear Cathy: I live in a 55 and older community. Last year, we had about 20 feral cats roaming the complex. People here are boarding them up under trailers so they can't get out. Several have talked about killing them. I was threatened with major fines because I gave two kittens that stayed in my yard food and water after they came to my door crying. I probably shouldn't have fed them, but I could tell they were starving.

What can I do or who can I contact to help? The people here just complain but will not pay to have anything done and they don't care about TNR (trap, neuter, return). They don't understand

other cats will just move in if they exterminate them.

I am at a loss. I'm the only person here who seems to care. Any information would be greatly appreciated. - L. Nelson, Tucson, Arizona

Dear L.: Thank you for caring about these cats. People often forget that feral and community cats are the result of people dumping their cats on the streets. Sadly, other people frustrated by the situation often blame the cats for being in their neighborhoods and want them hauled off or killed rather than trying to find humane ways to help these abandoned felines.

Most people want someone to take these cats away, but there typically aren't people at animal control or local shelters that do this because that would

result in euthanasia and, as you point out, also would create a void in the neighborhood that would eventually be filled with other cats.

The goal of the community is to make sure these cats don't reproduce. With spring coming, there is a good chance that by the time you read my response, every female feral/community cat in your neighborhood will be pregnant. Cats can have two to six kittens a litter and give birth several times a year. Your neighborhood will be even more overrun with cats if they aren't fixed soon.

The best thing your fellow residents can do is TNR, which you mentioned. This is the humane solution for reducing feral cats in the community and involves trapping the cats and taking them to a clinic to get fixed and vaccinated. The clinic also will clip the cat's left ear indicating that the cat has been fixed and return the cat to its neighborhood. The goal is to stabilize the cat population by making sure no kittens are born. If the cats are fixed and fed, they generally aren't even seen much in the

neighborhood except by the people who feed them.

Try to find like-minded souls to help you launch this neighborhood effort. Check with local spay/neuter clinics about the cost for these services. Often, there are grants that help cover the cost or partly subsidize these surgeries. Hermitage No Kill Cat Shelter and Sanctuary, Pawsitively Cats and Tucson Cares indicate on their websites that they provide humane traps, so you can trap the cats for their surgeries.

If you can educate your neighbors (and the city council to change the laws about caring for feral cats so it's not a crime), you will make a huge difference for feral and community cats in Tucson.

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

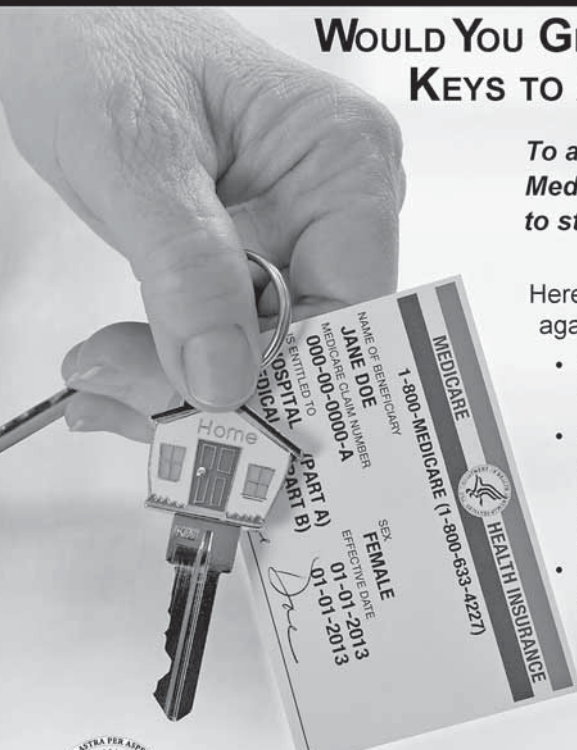
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JAY'S MUSICAL MEMORIES

Use lyrics as a beacon of hope

By Jay Wachs

Friends, it is hard to imagine a spring like the one we are having.

Never in all my years did I expect to be sequestered at home for a prolonged period of time because of a life-threatening virus.

This is the stuff that sci-fi movies are made of and not what real life is supposed to be about.

As I stare at my AARP card and my asthma medication, I am painfully reminded that I am one of those people who is at higher risk for getting sick and having a problem than so many others out there.

I live alone with two cats.

The cats have made a huge difference for me, but without human contact, the feeling is very isolating.

Social media has become a necessity rather than a fun diversion as I seek to stay connected.

I have discovered a new app called "Zoom" that allows me to chat with multiple people at a time using video and audio. It's so helpful to see human faces again.

That being said, music has been my salvation.

There is never a time when I am awake that I don't have music playing in my home.

I created a new APP based radio station called "Smooth Upstate," which is all smooth jazz and soulful ballads. It has been my daily go to for background.

LawrenceHits.com is doing all request theme shows weekdays from 4-6 p.m. weekdays to provide a forum for all of us to share our feelings and request songs.

Visit the LawrenceHits.com Facebook page for daily updates and join the party.

Every human being on the planet is experiencing the exact same thing, perhaps for the first time ever in history.

The one thing that unites us as a people is music.

Use the music as an audio companion and use the lyrics as a beacon of hope.

I have found myself listening to a

lot of James Taylor and Carole King in recent days.

It brings me back to a more peaceful place and time.

Let me know what you are listening to by emailing me at briarcliffgroup@gmail.com. I would love the exchange of ideas and may find some tunes that we need to add to LawrenceHits.com along the way.

Also, if you are or know of a struggling locally-owned business in our area, LawrenceHits.com is providing FREE advertising through June 30 and discounted advertising for the rest of 2020 to help businesses get back on their feet.

The same email address of [briarcliff-](mailto:briarcliffgroup@gmail.com)

briarcliffgroup@gmail.com can be used for that as well.

Please continue to support your locally owned and operated businesses as much as possible.

It's what make our community great.

And please take care of yourself so we can see you in person on the other side when this is over.

Be safe and smart and keep the faith, everyone.

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



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GOREN ON BRIDGE

WITH BOB JONES

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IN TROUBLE AGAIN

North-South vulnerable, North deals

NORTH

♠ A Q 2
♥ K
♦ J 10 7 5 4 2
♣ K Q 7

WEST
♠ 10 8 7 6 5
♥ 5
♦ 9 8 3
♣ 9 5 3 2

EAST
♠ K J 9
♥ Q 10 7 2
♦ A K Q
♣ 10 8 4

SOUTH

♠ 4 3
♥ A J 9 8 6 4 3
♦ 6
♣ A J 6

The bidding:

NORTH	EAST	SOUTH	WEST
1♦	1NT	4♥	All pass

Opening lead: Five of ♣

South could have made his contract easily had he won the opening club lead in his hand with the ace and led a diamond. He then could have used dummy's entries to ruff diamonds and eventually reached a position where East would be forced to either give away his second trump trick or allow declarer to discard his spade loser. Hands like this, where the

location of all the missing high cards is known, are usually easy to play.

The hand looked too easy and, as a result, South played too quickly. He won the opening lead with dummy's king, cashed the king of hearts, and crossed to his hand with the jack of clubs. He cashed the ace of hearts and learned that he had two trump losers. The hand suddenly got his attention. He played the hand skillfully from this point.

South cashed his ace of clubs, removing East's safe exit card, and led his diamond to dummy's jack and East's queen. East had no good choices, but he had to lead something. He led the ace of diamonds, which declarer ruffed, and South exited with a low heart to East's 10. East could cash his queen of hearts, but then had to lead the king of diamonds, establishing dummy's suit, or lead a spade into dummy's ace-queen. East was a gentleman. He folded his cards in concession and congratulated South on getting out of trouble so competently.

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

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Sons of The American Revolution

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By David L. Hoyt and Jeff Knurek



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

BOGGLE POINT SCALE

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

YOUR BOGGLE RATING

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

Boggle BrainBusters Bonus

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

Find **AT LEAST SEVEN CHEMICAL ELEMENTS FROM THE PERIODIC TABLE** in the grid of letters.

Answers to Last Sunday's Boggle BrainBusters:

CARP SOLE TUNA PIKE SHARK PERCH SMELT TROUT MARLIN

PUZZLES & GAMES

CROSSWORD

Across

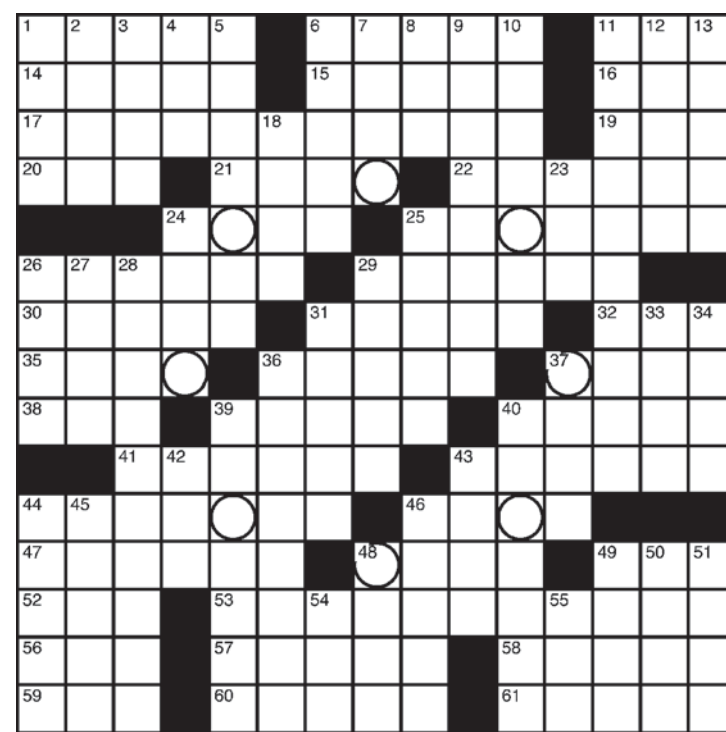
- 1 Asset for Sherlock
- 6 Fast
- 11 Additional information?
- 14 Important period
- 15 Eat into
- 16 What makes a deal ideal?
- 17 Elaborate costume parties
- 19 Pickle
- 20 "Zip it!"
- 21 Prosperity
- 22 "Blah, blah, blah," for short
- 24 Golden ___
- 25 "I used to be Snow White, but I ___": Mae West
- 26 Part of the pelvis
- 29 In essence
- 30 "Bor-r-ring"
- 31 LPGA great Lopez
- 32 Green shade
- 35 Rare blood type, briefly
- 36 Shakespearean

- 37 Picky details
- 38 "But ___ got high hopes ... ": song lyric
- 39 Neutral tone
- 40 Prefix with -gram
- 41 Like angel food cake
- 43 Curry favor with, with "to"
- 44 Ill-mannered
- 46 Veers suddenly
- 47 Distance runners
- 48 First name in folk
- 49 How it's always done, initially
- 52 Heat meas.
- 53 Places for seeing stars?
- 56 CSA soldier
- 57 Green shade
- 58 Fragrances
- 59 Pack animal
- 60 Snooped (around)
- 61 "Check"

Down

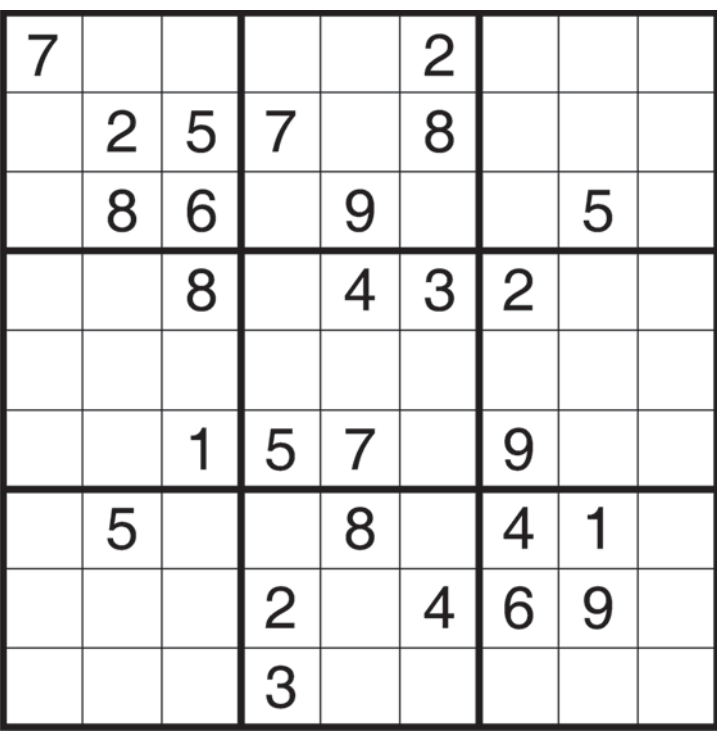
- 1 NASA vehicles
- 2 Fish with vermilion fins

- 3 "Jeepers!"
- 4 "Ugh!"
- 5 Enjoy Orbit
- 6 Masonry-reinforcing rod
- 7 Inland Asian sea
- 8 D.C. player
- 9 Set-for-life set
- 10 Lot
- 11 What can help you avoid getting stuck changing diapers?
- 12 Form a coalition
- 13 Personalized collection of love songs, say
- 18 Consider
- 23 Toronto Argonauts' org.
- 24 "... bug in ___"
- 25 Hustle or shuffle
- 26 Former Mideast ruler
- 27 Tops
- 28 Groups with a piece-keeping strategy?
- 29 Like many a stray dog
- 31 Bay sound
- 33 Incredulous dying words
- 34 "Hurry!" letters
- 36 Tried to make it on one's own
- 37 Storied loch
- 39 New Orleans' ___ Street
- 40 Crude smelting product



- 42 "Once upon a midnight dreary" poet
- 43 Two-checker piece
- 44 Eclipse shadow
- 45 Times in ads
- 46 Daydreamed, with "out"
- 48 Nonsense talk, whose circled letter is the start of what might be done
- 49 Stuffed shirt
- 50 Brutish one
- 51 "You there!"
- 54 Ones following the nus?
- 55 Court promise

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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.

WOHNS

RITLF

ZOICRE

LIPYOC

Check out the new, free JUST JUMBLE app

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

" [] - [] - [] "

SCRABBLE G R A M S

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RACK 1: A1, E1, E1, E1, G2, L1, K5

RACK 2: A1, I1, H4, S1, N1, R1, V4

RACK 3: A1, E1, Y4, R1, N1, N1, C3

RACK 4: A1, I1, I1, K5, R1, C3, S1 (Triple Word Score)

RACK 5: A1, O1, Y4, C3, R1, M3, N1 (2nd Letter Double)

PAR SCORE 265-275
BEST SCORE 343

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 scrabblem@gmail.com

Answers to all puzzles on page 26

CROSSWORD SOLUTION

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

SUDOKU SOLUTION

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

BOOGLE ANSWERS

SODIUM, IODINE, HELIUM
 CARBON, COBALT, COPPER,
 SILVER

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JUMBLE ANSWERS

Jumbles: SHOWN, FLIRT,
 COZIER, POLICY
Answer: When it came to catching trout, the skilled angler was --
 "PRO-FISH-IENT"

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SCRABBLE G.R.A.M.S. SOLUTION

K ₅	E ₁	E ₁	L ₁	A ₁	G ₂	E ₁	RACK 1 =	62
V ₄	A ₁	R ₁	N ₁	I ₁	S ₁	H ₄	RACK 2 =	63
C ₃	A ₁	N ₁	N ₁	E ₁	R ₁	Y ₄	RACK 3 =	62
A ₁	I ₁	R ₁	S ₁	I ₁	C ₃	K ₅	RACK 4 =	89
A ₁	C ₃	R ₁	O ₁	N ₁	Y ₄	M ₃	RACK 5 =	67
PAR SCORE 265-275							TOTAL	343

MY ANSWER

The Bible teaches us to store up treasures in Heaven

From the writings of the Rev. Billy Graham
 Tribune Content Agency

Q: Why doesn't God bless all Christians with wealth and health? Aren't we more effective as Christians if we are successful in our businesses and enjoy good health? It seems that people would find it easier to believe in the faith we exhibit. - F.C.

A: In Heaven there will be many believers who never received any acknowledgment while on earth, yet they faithfully prayed and humbly served Christ. Their crowns may sparkle with more jewels than the philanthropist who endowed the church and whose name is engraved on the plaque in the narthex. Paul warned the wealthy not to be haughty, not to seek men's

approval, but God's (Galatians 1:10).

Moses gave up all earthly glory and possessions to identify with God's people. He was the adopted child of an Egyptian princess, but he gave up the kingdom and crown of Egypt to be a child of God. He was educated in the finest schools, but he gave up the prestige to learn the wisdom of God. Moses gave up the royal scepter to be rich in God's law. The prophet was known as a shepherd, a leader, a deliverer, a law-giver, and a judge. But Moses said, "O my Lord, I am... Your servant" (Exodus 4:10); and when he died, God spoke of him as, "Moses My servant" (Joshua 1:2).

When we reach Heaven, there will be no opportunity to brag of our exploits, our ambitions, or the joys of our pleasure; but we will have eternity to rejoice

in how the Lord blessed our lives in the midst of hardship and blessing. We will fully understand that it was Christ who lived in us and glorified Himself in our weaknesses.

It may take a lifetime to accumulate wealth, but it can vanish in the blink of an eye. While the Bible teaches us to store up treasures in Heaven, the greatest treasure is in knowing that we will be rewarded by His very presence - forevermore.

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

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Know an interesting senior who would be a great subject for a Senior Profile? Please call Kevin at 785-841-9417.

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

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

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

Kaw Valley Senior Monthly
785-841-9417

KDADS announces \$2 million in additional funding for senior nutrition services

Kansas Department for Aging and Disability Services (KDADS) Secretary Laura Howard announced on March 27 that Kansas has received just over \$2 million in U.S. Department of Health and Human Services (HHS) grants from the Administration for Community Living (ACL) to help communities provide meals for older adults.

Funding has been provided to states, territories and tribes for subsequent allocation to local meal providers. KDADS has received \$2,036,837 under this grant program and is distributing \$678,946 to fund congregate meals (as a general rule for those older than age 60 years) and \$1,357,891 to provide home meals (as a general rule for those homebound adults older than 60 years). This additional funding allows communities across the state flexibility at not only the area level but the direct service level to ensure services are available to those affected during the COVID-19 outbreak.

“Partners like Meals on Wheels and the Area Agencies on Aging have worked tirelessly over the past weeks to coordinate services, overcome challenges and really use innovative solutions to respond to the needs of seniors across our state, and we couldn’t be more grateful for their efforts to get nutrition services to those who need it most right now,” Secretary Howard said. “To reinforce the efforts of our partners, our staff is working quickly to ensure these additional federal dollars get into their hands within a matter of days.”

The Families First Coronavirus Response Act, signed into law March 18, provided the additional funding for the nutrition services programs authorized by the Older Americans Act (OAA) of 1965. These programs provide more than 3 million meals to more than 33,000 Kansans each year, both through home delivery and in places like community centers. The need for these services, particularly home-delivered and packaged meals, has

increased as community measures to slow transmission of COVID-19 have closed meal sites.

“We are pleased to see additional funding for nutrition services to allow vulnerable older adults to remain safe in their homes and still receive the daily home delivered meal they depend upon,” Jayhawk Area Agency on Aging Executive Director Susan Harris said. “I expect as time goes on, there will be an increased need for home delivered meals and this funding will allow us to make sure older adults are safe and cared for.”

Community partners have adapted to seeing growing numbers of seniors and communities asking for help and are stepping up to the challenge. Karren Weichert, President and CEO for Midland Care Connection, tells us, for example, they are:

Continuing to operate the Meals on Wheels program using paid staff, volunteers and community partners to provide uninterrupted home delivery of service, preparation of self-stable

meals and a grab-and-go option at congregate sites.

Making additional members of their team available to call homebound clients to make sure they’re doing okay and to provide a friendly voice over the phone during this time of increased social isolation.

Taking extra precautions to protect health of staff, volunteers and clients in the preparation and delivery of each meal.

Older adults who need assistance can find a congregate meal site in their neighborhood or community or information about home delivered meals by calling the Area Agencies on Aging at 855-200-2372 where they will be directed to assistance in their area.

Under the current circumstances, there is a need for additional volunteers to deliver meals across the state. If you would like to volunteer your time and do not fall into any of the high-risk categories for COVID-19, please call 855-200-2372.



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