

Kaw Valley Senior Monthly

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May 2021

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Vol. 20, No. 11

INSIDE



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COURTESY PHOTO

Local seniors enter Art is Ageless® competition.

See story on page three



Rick Prosser, Lawrence, has entered for the Art is Ageless® competition for five years and this year won first place with his needlework in armature "Nana's Rose." He also took home a first-place ribbon in painting with "Endless Vortex."

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Presbyterian Manor sponsors Art is Ageless® competition

By Billie David

When Lawrence resident Mary Burchill read an email from a friend, she learned that she had won two prizes for a piece that she had submitted to the local Art is Ageless competition, which is sponsored by Presbyterian Manors of Mid-America (PMMA).

Her friend learned that Burchill had won when she visited the Lawrence Arts Center's Art is Ageless exhibit to view the entries that Burchill and other senior artists in the area had submitted.

"It was a surprise," she said. "I hadn't been down to see the exhibit. A friend saw it and emailed me that I won first place in my category and Best of Show for an amateur."

Art is Ageless is PMMA's system-wide competition that in 2021 included judging the works of more than 60 senior artists from Kansas and Missouri. The program is open to any area

artist aged 65 or older.

"There is a good representation here in terms of artists and the number of people who participate—around 15," Burchill said.

The program is based on the idea that art encourages creativity among seniors, promotes better self-esteem, reduces depression, improves critical thinking, and helps people find new friends and share their creations with others.

Burchill agrees. "I think it is a good program," she said. "They tell you to do something—crossword puzzles, things that make your head work—and being creative helps you do that."

This year marks the 40th anniversary of the program and the publication of the 40th annual Art is Ageless calendar that features entries which, after having placed in Art is Ageless competitions in the various cities in the PMMA system, are then advanced to the masterpiece

■ CONTINUED ON PAGE FOUR

COURTESY PHOTO



Lawrence Presbyterian Manor Executive Director Christie Patrick (right) presents Mary Burchill, a Lawrence Presbyterian Manor resident, with the first-place award in the "Best of Show Amateur" in the fiber arts category for "Covid Masks."

Kaw Valley
SeniorMonthly

Kevin L. Groenhagen
Editor and Publisher

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Contact us:

MAIL

9703 Hayes Street
Overland Park, KS 66212

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Art is Ageless®

■ CONTINUED FROM PAGE THREE

level, where judges determine which entries will be featured on the calendar.

The artwork can be from one of many different categories available, including Christmas, drawing, fiber arts, mixed-media/crafts, needlework, painting, photography, sculpture/3-D, and quilting.

“There are many different kinds of art. I do fabric art and needlework. I don’t knit and I don’t crochet, but I like counted cross stitch,” Burchill said, adding that she has entered her needlework in previous competitions and she has won a couple of prizes.

The piece Burchill entered in the 2021 competition is called “COVID Masks,” which is a wall hanging consisting of a collection of COVID-19 masks with pertinent inscriptions that viewers can identify with written on them, such as “Restaurant Closed,” “Wash your hands,” “Plant Garden,” “Curbside Delivery,” and “Zoom

Meetings.”

Burchill, a retired KU law librarian, makes western shirts for her husband, Brower, who also served on the faculty at KU, so she naturally has a collection of leftover fabrics lying around. When the pandemic hit, she had plenty of material to make masks with.

“When it first started, everybody needed masks,” she said. “I made them for the Manor and then I said I would make them for the family if they wanted. I ended up making 40 masks for the family, and as I was making the masks, this just kind of came into my head.

“People asked me what my inspiration is. I don’t know. Things just shut down,” she continued, numbering the Big 12 and NCAA tournament cancellations as the most frustrating among them.

When the masks she made in response to her observations accumulated and became a wall hanging, her husband asked her what she was going to do with it, and she decided to enter it into the Art is Ageless competition.

■ CONTINUED ON PAGE FIVE



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COURTESY PHOTO

Art is Ageless®

■ CONTINUED FROM PAGE FOUR

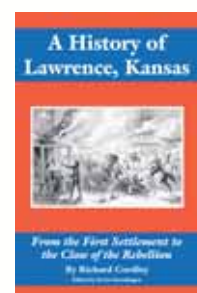
Another fabric piece that Burchill had entered in 2014, which she named "Center Pivot Irrigation," was selected for the cover of that year's Art is Ageless calendar. The idea for that piece came to her from seeing the many irrigation circles visible from the viewpoint of someone flying over western Kansas.

"From the air, it looks like a quilt," she said, adding that she won Best of Show for that one as well.

"It makes you look at your environment and ask, 'how can I make it a work of art,'" she said of the creative process involved.

Burchill is working on another project that will be finished soon, but she will not enter it into an art contest. It is a book she and a friend are working on about local philanthropist Elizabeth Watkins.

More information about the Art is Ageless program and how to enter, purchase a calendar or send an eCard featuring winning artwork can be obtained at the website ArtisAgeless.org or by calling Christie Patrick at 785-841-4262.



The History of Lawrence, Kansas

by Richard Cordley

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

Lawrence Presbyterian Manor Executive Director Christie Patrick (right) presents Jewell Willhite, a non-Presbyterian Manor resident, with the second-place award in the Professional Painting category for "Still Life with Gourds."

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HEALTH & WELLNESS

For Your Safety

When coming to the hospital, patients may experience many processes that feel unfamiliar and repetitive, like providing personal information including their name, date of birth and the reason for their visit. While it's true that staff and providers at LMH Health love to get to know their patients, these processes aren't just so we can know you better. They are asked for your safety.

Officer for LMH Health, said when patients visit a clinic or have an inpatient stay, asking them to repeat their name and reason they are here at various times throughout their visit is one of the critical steps taken when providing care.

"If you have been a patient at LMH Health, you may have noticed that many times we will ask - for your

safety, please state your full name and your date of birth," she said. "Though we understand this can seem redundant, it is a part of what we do to offer the highest level of care. This verification ensures that we're matching the correct service to the correct patient."

"Asking these questions over and over again may give the impression that the care team is not communicating, but it's quite the opposite," Bowlin said.

Kirkpatrick said that everyone has a role in making healthcare safe. All LMH Health providers and associates play an important role in ensuring patient safety through active identification.

When visiting the hospital, providing your full name and date of birth is play-

ing an active role in your health. Asking questions or providing health information to a healthcare professional should be an expected part of the visit.

Danel Cupps, director for Risk Management, Compliance and the Medical Staff Office, echoed Kirkpatrick's thoughts. "When you ask questions about your stay, medications or other aspects of your care and recovery, our team is there to support your health journey and provide you with answers."

"Patients should be active participants in the identification process and this starts with those details associated with your care," Cupps said. "Verifying the spelling of your name is just the first step."



At LMH Health, we use For Your Safety—an identification tool used to give additional information on why asking the same questions are a necessary part of our process.

Janette Kirkpatrick, Vice President for Clinical Excellence, said "Patient safety checks are an important part of the care we deliver as healthcare providers. Identifying patients accurately and matching the patient's identity with the correct treatment or service is a critical component of the care we provide."

Kirkpatrick explained, "It is important to identify our patients before tests are completed, medications administered or procedures are performed. Every step in our patient's experience from identification of our patients to testing and diagnosis should be accompanied by verifying our patient's identity with two patient identifiers. In this case, that is his/her name and date of birth."

Mardi Bowlin, the Patient Safety



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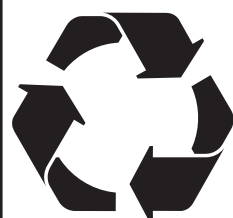
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HEALTH & WELLNESS

The Dandelion: Much more than just a weed

Dandelions are commonly described as plants with brilliant yellow flowers. Dandelion's Latin name is *Taraxacum officinale*. It is a very common plant species in Kansas



Dr.
Deena
Beneda

leaves, flowers, and roots to aid a variety of conditions.

Because of fossils that have been found, we know that dandelions have been used by humans for a long time. Ancient Egyptians, Greeks, and Romans all have mentioned the use of dandelions. Traditional Chinese medicine has used dandelions in their medicinal dispensaries for centuries. Native Americans have used dandelions as a source of food and medicine. European settlers brought dandelion seeds to America to grow in their gardens as a source of food and to be used for medicinal purposes. As children, it is very common for us to take the dandelions and make a wish as they blow on its seed head. Common names for dandelion include lion's tooth, blow-

ball, monks-head, priest's crown, puff-ball, worm rose, butter flower, milk bin, wet-a-bed, and white endive.

Dandelion is a very powerful diuretic, hence the common name "wet-a-bed." Dandelions are a great source of natural potassium. Therefore, they have been used in many cardiovascular conditions where water retention is a problem. Dandelions also have been indicated for hypertension. Other medicinal uses for dandelions include reducing cholesterol, regulation of blood sugar, reducing inflammation, aiding in digestion, boosting the immune system, constipation, keeping skin healthy, muscular rheumatism, congestion in the liver and gallbladder, protecting against too much sun exposure, and, finally, improving carbohydrate metabolism and reducing fat adsorption to aid in weight loss.

In terms of nutritional content, the dandelion is a valuable plant. From the roots to the flower, it is loaded with vitamins, minerals, and fiber. Dandelion greens can often be found in salad

mixtures. Dandelion greens can be eaten fresh or cooked. Dandelions have been made into tea, coffee, and wine. Dandelion greens are an excellent source of vitamins A, C, E, and some B vitamins. Minerals can also be found in the greens, including iron, calcium, magnesium, and potassium. Finally, the root contains a carbohydrate inulin, which is a soluble fiber that supports the growth and maintenance of healthy gut bacteria.

Medicinally, dandelion can be sold in a variety of forms, including teas, tinctures, and supplements. So, remember as we are outside this spring and attending to our lawns or gardens and you see a brilliant yellow flower, realize that it actually is not a weed but instead a very healthy medicinal plant. In addition, grab a dandelion and make a wish and blow. Who knows? Maybe it will come true.

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

and grows in many other parts of the country. Many may consider the dandelion as a weed, which often makes an unwanted presence in many lawns, gardens, or flower beds. However, medicinally, people can use this plant's



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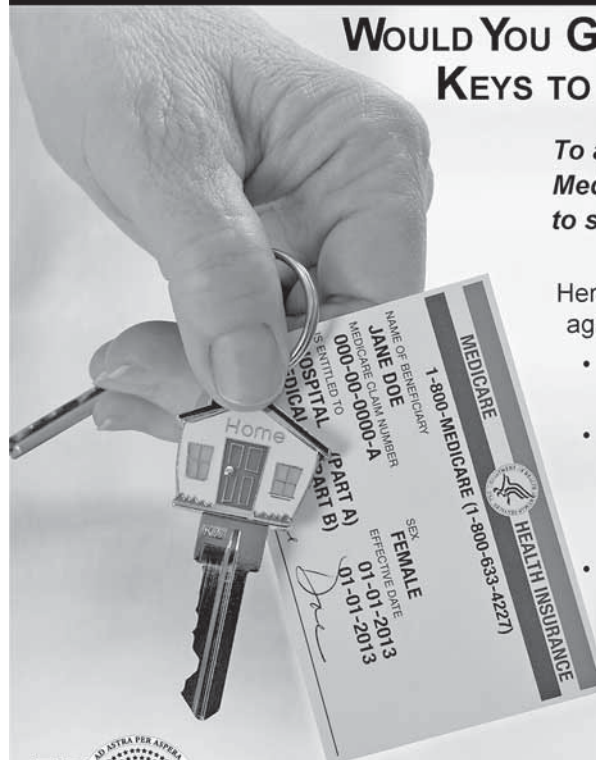


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MAYO CLINIC

Perceived stiffness does not always mean that the muscle is tight or needs to be stretched

DEAR MAYO CLINIC: I am a very active person. I visit the gym and run regularly. Although I have been able to avoid any major injuries, I find myself constantly stretching my hamstrings. It seems no matter how flexible I get, they still feel tight. What else can I do?

ANSWER: Having an active lifestyle is important to achieving long-term health and wellness, so congratulations on maintaining regular exercise—and avoiding injuries. Stretching has probably helped protect you from injury.

Stretching is an important component of any exercise program. Most aerobic and strength training programs inherently cause your muscles to contract and tighten. Stretching can increase flexibility and improve your joints' range of motion, helping you move more freely. Stretching after you exercise also can boost circulation.

It is not uncommon to see patients like yourself who have a constant urge to stretch their hamstrings, a muscle on the back of the thigh that bends the knee. These patients state that they feel the desire to stretch frequently to get rid of a sensation that their muscle feels tight or stiff. This type of stretching is known as static stretching—when we

passively hold a muscle in an elongated position in attempts to lengthen it from its previous state.

More often than not, stretching only provides short-term relief, and then the tight sensation comes right back. The reason for this has to do with how your body is triggering you and with the way your nerve and pain pathways work.

Studies have shown that this feeling of stiffness does not always correlate with lack of mobility or flexibility in the affected area. Instead, the stiffness is a message from the nervous system alerting the brain on the current state of your body. In essence, your body is hurting, so the nervous system is sending this message in hopes of getting your attention to slow your movements. In some cases, the sensation of tightness and stiffness may signal an injury, but usually it is only an alert from the body in attempt to help you avoid potential injury.

Pain nerves do not exist in the body. Instead, the nerve endings send messages about its environment to the brain. It may tell the brain it is experiencing sensations such as warmth, vibration or light touch, which can be considered potential threats. These messages are taken from the nerve endings, up the spinal cord and into the

brain. At this point, the brain weighs the importance of the information, and decides that it is harmful or dismisses it. If it decides that the environment is harmful, the brain creates pain sensations at that location. Relating this back to stiffness, this sensation is simply a constant message being sent from the nerve endings about that muscle, and the brain is deciding that the message could potentially be harmful. As a result, the brain is creating discomfort in that area.

Over time, however, when the affected area of the body is strengthened, the nervous system becomes less concerned about injury because it no longer perceives weakness as a potential threat.

Patients with hamstring issues often get more long-term relief from tightness with specific stability exercises as opposed to stretching alone. Consider adding activities such as squats or dead lifts.

Be aware that there is another common pain generator that often sends people to physical therapy: the piriformis muscle. This muscle is beneath your glutes and works to turn your hip outward. Pain in this muscle can create a constant grabbing sensation in the glute, and can cause you to have a sore lower back and hamstrings. Typically, this can be treated with stretches where you pull your knee up toward your opposite shoulder.

In general, when you're stretching, keep it gentle. Breathe freely as you hold each stretch for around 30 seconds. Try not to hold your breath. Don't bounce or hold a painful stretch. Expect to feel tension while you're stretching. If you feel pain, you've gone too far.

Remember that the sensations felt in your body are your brain's attempts to tell you to strengthen, move or behave in a different way. These sensations serve to drive your behaviors and do not necessarily correlate with the actual biomechanical state of the body. As a result, perceived stiffness does not always mean that the muscle is tight or needs to be stretched. Oftentimes, the muscle needs strengthening to help bring stability to the tissue. You may find this guide to stretching useful.

If you're continuing to experience tension or pain, and stretches do not relieve this tension or pain, consult with a physical therapist, orthopedist or sports medicine specialist. These health care providers can identify the underlying cause of your constant feeling of tightness and, if necessary, provide you with individualized strengthening exercises to improve your symptoms. - Lauren Hubbard, D.P.T., Physical Therapy, Mayo Clinic, Jacksonville, Florida

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

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FINANCIAL FOCUS

Protect your family's inheritance

You might contribute to your IRA for decades to help pay for your retirement. But if you don't need all the money, you may want to leave what's left to your children or grandchildren. However, if you want to ensure they get the most from this inheritance, you'll need to do some planning.



Derek Osborn

Here's a little background: Up until a couple of years ago, when you left the proceeds of your IRA to your beneficiaries, they could choose to "stretch" required withdrawals over a long period, based on their life expectancies. These required withdrawals were generally taxable, so this "stretch IRA" allowed your beneficiaries to greatly reduce the annual taxes due, while benefiting from longer tax-deferred growth potential. And the younger the beneficiary, the longer the life expectancy and the lower the withdrawals, so this technique would have been especially valuable for your grandchildren or even great-grandchildren.

Changes in laws affecting retirement accounts have significantly limited the stretch IRA strategy. Now, most non-spouse beneficiaries must withdraw all assets from the IRA within 10 years of the IRA owner's death. The beneficiary generally does not have to take out any money during that 10-year period, but at the end of it, the entire balance must be withdrawn—and that could result in a pretty big tax bill.

The stretch IRA strategy can still be used for surviving spouses, beneficiaries who are no more than 10 years younger than the deceased IRA owner, and beneficiaries who are chronically ill or disabled. Minor children of the original account owner are also eli-

gible for a stretch IRA—but only until they reach the age of majority, at which time the 10-year rule applies.

So, if you want to leave your IRA to family members who don't meet any of the above exceptions, what can you do?

One possibility is a Roth IRA conversion. You could convert a traditional IRA to a Roth IRA over your lifetime, so your heirs would receive the Roth IRA. They would still be required to withdraw the assets within 10 years, but unlike with a traditional IRA, Roth IRA withdrawals are generally tax-free. These conversions are taxable, so you'll want to consult your tax professional in addition to your financial advisor, to determine if this strategy can help you achieve your legacy goals.

Another option is to purchase life insurance, which can provide a specific dollar amount to your heirs or be used to help cover additional taxes. This may be especially advantageous if you are 72 or older, in good health, and taking withdrawals—technically called required minimum distributions—from your retirement accounts, such as your traditional IRA and your 401(k). If you don't really need the money, you can use these withdrawals to pay for some or all of the insurance premiums. Life insurance can't replace an IRA as a means to save for retirement, though, so you should consult with your financial advisor to make sure you are working toward all your goals.

In any case, if you have a sizable IRA or you don't need the funds that you're required to take from your retirement accounts, you may want to start thinking about what you want to do with the money. The more thorough your legacy planning, the better your chances of meeting your legacy goals.

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



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JILL ON MONEY

Inflation agitation

The American Rescue Plan is now law, which means that to combat a once in a century pandemic—one that has claimed more than a half a million American lives, the US government will have pumped more than \$5 trillion into the \$21 trillion economy over



Jill
Schlesinger

the course of 12 months. For all of the benefits of pushing money into the wallets of households and businesses, what could be the downside of the spending?

Glad you asked. As economists and analysts are lauding efforts to help low to middle income consumers, they are keeping a watchful eye on prices. After all, it stands to reason that prices will rise from last year's abnormally low levels, once the economy reopens and people spend their rescue money and/or savings that they have accumulated.

Inflationary fears have come and gone over the past decade, but overall, sustained higher prices have not materialized. In fact, inflation is below where it was for much of the 2000s, prior to the financial crisis. The Consumer Price Index (CPI) was up 1.7%

from a March a year ago. While that's low, it marks an acceleration from the previous month. Concurrently, inflation expectations are increasing, and like many aspects of the economy and the financial world, expectations can drive the narrative more than the numbers, at least in the short-term.

Consumers are sensing a sea change in prices, according to the New York Fed's latest survey. Inflation is expected to increase above 2% over a one-year and three-year time horizon (that has not happened since 2014), and investors' actions in the bond market indicate similar concerns. (When inflation rises, it is not good for bonds, because the fixed interest that you earn buys you less. That's why the bond market has been dropping lately.)

Expectations can be self-fulfilling because if you are worried that you will be paying more for housing, gas, groceries and utilities, you may ask for higher wages. That in turn might cause businesses to charge more for goods and services, which could change inflation dynamics. Officials are brushing aside these worries. Federal Reserve chair Jerome Powell said he didn't expect prices to increase to the point "where they would move inflation expectations materially above 2%." When asked about whether trillions of dollars of government spending would spark inflation, Treasury Secretary Janet Yellen said, "I really don't think that's going to happen."

Mark Spindel, the Chief Investment Officer of the District of Columbia Retirement Board (and a childhood friend of mine) explained why Powell and Yellen do not seem worried. Sure, inflation will rise, but that's "mostly as a result of very depressed numbers from the pandemic onset last year." Spindel projects that "in the medium term, inflation will settle back around 2% as it has been for most of the past generation."

Diane Swonk, Chief Economist at Grant Thornton adds "much of the rest of the world is still fighting decelerating instead of accelerating inflation. This will act as another offset to inflation in the U.S., despite recent weakness in the dollar." If inflation does rise, Yellen says that the Fed has "tools to deal with that," though some of those tools have not yet been tested, which is causing some of the agitation in the fixed income markets lately.

I have heard from some who are ready to throw in the towel on their bond positions, due to inflation expectations. Not so fast. Spindel advises investors "to think about their portfolios in a long-run, balanced way. If we are right that inflation remains rea-

sonably well behaved, I think bond allocations can provide some needed diversification," even if rates remain relatively low going forward.

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

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DOUGLAS COUNTY STORIES

Heroism and Tragedy

By Will Hickox

Visit Pioneer Cemetery—Lawrence's oldest surviving community burial ground—and you will see several graves for men from Wisconsin among the Kansas settlers and KU alumni. These soldiers were attacked by a terrible disease, died far from home, and now sleep on a hillside in Kansas.

During the Civil War, Union troops often came to Lawrence during the performance of their duties along the volatile Kansas-Missouri border. In March 1862, the 13th Wisconsin Volunteer Infantry, a regiment organized in Janesville, stopped in Lawrence while traveling from Fort Scott to far-off New Mexico. Encamped in this unfamiliar town for several weeks, the soldiers of the 13th began falling prey to illness.

We tend to remember the Civil War for its bloody battles, but diseases like typhoid fever, dysentery, and measles claimed more than twice as many lives

as did bullets. The American population in the 19th century was primarily rural, and many young men were exposed to these microbial killers for the first time as they packed together in army camps and became worn down from hard conditions. Ignorant or careless officers often allowed soldiers to use the same streams and other water sources for cooking, bathing, and waste. In such conditions, typhoid fever thrived. As historian James I. Robertson notes: "Soldiers who got typhoid fever and survived never forgot the high fever, diarrhea, uncontrollable nausea, dehydration, and violent spasms associated with it." In many thousands of cases, these symptoms led to death.

The 13th Wisconsin's stay in Lawrence was relatively brief but disastrous. At least 14 members died of disease and were buried in Pioneer Cemetery, on the future site of the University of Kansas. Victims included Private Alvin T. Finney, who had three brothers also in service, and Sergeant David Haskell

COURTESY PHOTO



Pioneer Cemetery

Whittlesey, a farmer from Janesville who fell victim to typhoid fever.

That April, the survivors of the 13th Wisconsin began the next leg of their journey by marching to Fort Riley. The men they left behind remain buried in Lawrence, symbolizing the heroism and tragedy of the struggle for the Union.

Experience more Douglas County stories at the Watkins Museum of History. Located on the corner of 11th and Massachusetts Streets in Lawrence, the museum has free admission and is open 10 a.m.-4 p.m., Tuesday-Saturday. You can also see more at watkins-museum.org.

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Source: Huffington Post, huffingtonpost.com/mark-bradbury/the-7-incredible-facts-about-boomers-spending_b_6815876.html

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PAINTING WITH WORDS

It Is Not Always May

Poem Title: It Is Not Always May
Poet: Henry Wadsworth Longfellow

Henry Wadsworth Longfellow was an American poet and educator. You may know him as the author of *Song of Hiawatha*, but Longfellow was



Tom
Mach

a great 19th century American poet of several outstanding works. One of the poems I particularly enjoyed reading was "It Is Not Always May." Longfellow takes on an optimistic tone when he describes the permanence of change

and how difficult it may be to adapt to it. His idea of always moving forward appears in a phrase that shows up more than once in his poem: "There are no birds in last year's nest."

The poem begins with the natural environment of the outdoors. The beginning verses offer bright and happy phrases. There are symbols in the poem, such as the anchor in the clouds, which represents hope and stability. He tells us that nothing is the same this spring as it was in the spring of last year. The birds build new nests to shelter their new young. Longfellow shows us the cycles of the season and indirectly tells us that the entire world revolves around change.

The poet suggests that we enjoy our youth because it will not last forever. One's youthfulness fades over time. But he uses the symbol of angels to tell

us to be optimistic. Worry is not the purpose of this poem, but gratitude is because we can enjoy the here and now. No sad nostalgia lurks in this poem, just the joyous love of the present.

It Is Not Always May

By Henry Wadsworth Longfellow

*The sun is bright,—the air is clear,
The darting swallows soar and sing,
And from the stately elms I hear
The blue-bird prophesying Spring.*

*So blue yon winding river flows,
It seems an outlet from the sky,
Where waiting till the west wind blows,
The freighted clouds at anchor lie.*

*All things are new;—the buds, the leaves,
That gild the elm-tree's nodding crest,
And even the nest beneath the eaves;—*

There are no birds in last year's nest!

*All things rejoice in youth and love,
The fulness of their first delight!
And learn from the soft heavens above
The melting tenderness of night.*

*Maiden, that read'st this simple
rhyme,
Enjoy thy youth, it will not stay;
Enjoy the fragrance of thy prime,
For O! it is not always May!*

*Enjoy the Spring of Love and Youth,
To some good angel leave the rest;
For Time will teach thee soon the truth,
There are no birds in last year's nest!*

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

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SENIOR CALENDAR

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

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

ARTS & CRAFTS

FIRST FRIDAY OF THE MONTH FIRST FRIDAY ARTWALK

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

TOPEKA, artstopeka.org/firstfriday

LAST FRIDAY OF THE MONTH FINAL FRIDAYS

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

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EDUCATION

MAY 6

COMPUTERIZED GENEALOGY - VIRTUAL ZOOM CLASS

Get started in genealogy and learn how to build your family tree online. Register to receive the

Zoom link. Topeka and Shawnee County Public Library, 10 a.m.

TOPEKA, 785-580-4400

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

MAY 6

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

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

LAWRENCE

www.youtube.com/c/TheDoleInstituteofPolitics

MAY 7 & 8

HEARTLAND FAMILY HISTORY CONFERENCE (VIRTUAL EVENT)

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

<https://heartlandfhc.org>

MAY 13

COMPUTERIZED GENEALOGY 2 - VIRTUAL ZOOM CLASS

Learn how to find online resources to build your family tree with your FamilySearch.org account. Register to receive the Zoom link. Topeka and Shawnee County Public Library, 10 a.m.

TOPEKA, 785-580-4400

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

JUN 3

COMPUTERIZED GENEALOGY - VIRTUAL ZOOM CLASS

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

TOPEKA, 785-580-4400

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

ENTERTAINMENT

MAY 14

STORY SLAM: VIRTUAL EDITION | GRAND SLAM

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

LAWRENCE, lawrenceartscenter.org

EXHIBITS & SHOWS

THROUGH MAY 16

VOICES FROM THE BIG FIRST, 1961-1968

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

LAWRENCE

www.youtube.com/c/TheDoleInstituteofPolitics

THROUGH AUG 14

COMMUNITY CONSTRUCTION: THE PEOPLE AND COMPANIES THAT BUILT LAWRENCE

Early Lawrence city planners understood the importance of a planned city, but in many cases, the hard work of constructing the city fell to people who did not do the planning. The artisans, long-running construction companies, and individual laborers who carried out the planners' vision have been unsung in Lawrence's history. But their efforts built the city in its earliest days and shaped the city into the modern community it has become. Using photographs, documents, and artifacts from the Watkins collections, *Community Construction* traces the relationship between the community planners and the city builders, while highlighting the unique aspects of Lawrence's physical design. Watkins Museum of History, second floor. LAWRENCE, 785-841-4109

FARMERS' MARKET

APR 10-NOV 20

DOWNTOWN LAWRENCE FARMERS' MARKET (SATURDAYS)

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

■ CONTINUED ON PAGE 15

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■ CONTINUED FROM PAGE 14

Hampshire Street.
LAWRENCE, lawrencefarmersmarket.org

**MAY-OCT
BONNER SPRINGS FARMERS' MARKET**

The Bonner Springs Farmers Market has been formed to provide locally grown, fresh foods, farm products and local producer value-added products to the citizens of Wyandotte County and surrounding areas, and to encourage commerce, entertainment and trade in downtown Bonner Springs. Saturdays, Saturday: 8 a.m.-12 p.m.
BONNER SPRINGS, 913-441-2665.

**MAY 4-OCT 26
TUESDAY EVENING MARKET**

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

**MAY 10-OCT 4 (MONDAYS)
MONDAY FARMERS' MARKET**

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

**JUN-OCT
EUDORA FARMERS' MARKET**

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

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

HEALTH & FITNESS

MAY 8, 15, 22 & 29, JUN 5

VIRTUAL CHAIR YOGA

Chair yoga is designed for everyone to develop strength and stability targeting hips, low back, glutes and quads. Registration required. Click the event name to get Zoom link. Topeka and Shawnee County Public Library, 10 a.m.
TOPEKA, 785-580-4400
<https://events.tscpl.org/events>

HISTORY & HERITAGE

MAY 21

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

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

MEETINGS

MONDAYS

GRIEF SUPPORT (VIRTUAL)

Join us for an online grief support group. This group is held weekly via Zoom. For more information about this group or to sign up contact our grief and loss department. Midland Care Connection, 4 p.m.
TOPEKA, 785-232-2044

FIRST MONDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

THIRD FRIDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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



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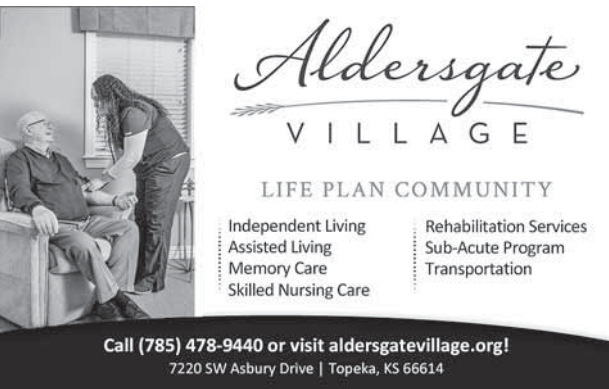
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RICK STEVES' EUROPE

The Queen's English

By Rick Steves

Tribune Content Agency

As we've had to postpone our travels because of the pandemic, I believe a weekly dose of travel dreaming can be good medicine. These thoughts about communicating on the road in Britain are a reminder of the fun that awaits us at the other end of this crisis.

Oscar Wilde famously said that the English "have really everything in common with America nowadays—except, of course, language." It's still true. A trip to Britain comes with plenty of linguistic surprises.

I'll never forget checking into a small-town B&B as a teenager on my first solo European adventure. The landlady cheerily asked me, "And what time would you like to be knocked up in the morning?"

I looked over at her husband, who winked, "Would a fry at half-eight be suitable?" The next morning, I got a rap on the door at 8 a.m. and a huge British breakfast a half-hour later.

Britain can be an adventure in accents and idioms . . .

Every day you'll see babies in prams and pushchairs, sucking dummies as mothers change wet nappies. Soon the kids can trade in their nappies for smalls and spend a penny on their own. "Spend a penny" is British for a visit to the loo (bathroom).

Older British kids enjoy candy floss (cotton candy), naughts and crosses (tic-tac-toe), big dippers (roller coasters), and iced lollies (popsicles). Kids are constantly in need of an Elastoplast or sticking plaster (Band-Aid), which their parents buy at the chemist's (pharmacy).

In a stationery store, you can get sticky tape or Sellotape (adhesive tape), rubbers (erasers), and scribbling blocks (scratch pads). At garden shops, those with green fingers (a green thumb) might pick up some courgette (zucchini), swede (rutabaga), or aubergine (eggplant) seeds. If you need a torch (flashlight), visit the ironmonger's (hardware store).

In Britain, fries are chips and potato chips are crisps. A beef burger, made with mince (hamburger meat), comes on a toasted bap (bun). For pudding (dessert), have some sponge (cake).

The British have a great way with names. You'll find towns with names like Upper and Lower Slaughter, Once Brewed, and Itching Field. This cute coziness comes through in their language as well. You'll visit "brilliant" (wonderful) sights that'll give you "goose pimples" (goose bumps). Your car will have a bonnet and a boot rather than a hood and trunk. You'll drive on motorways, and when the freeway divides, it becomes a dual carriageway. Never go anticlockwise (counterclockwise) in a roundabout.

DREAMSTIME/TNS



A traditional English pub in Buckingham, England.

Gas is petrol, a truck is a lorry, and (make a fuss)—just be patient and when you hit a tailback (traffic jam), queue up (line up). don't get your knickers in a twist

■ CONTINUED ON PAGE 19

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Rick Steves

■ CONTINUED FROM PAGE 18

The British never say they have a two-week vacation, but many locals holiday for a fortnight, often in a homely (homey) rural cottage or possibly on the Continent (continental Europe). They might pack a face flannel (washcloth) and hair grips (bobby pins) in their bum bag (never a “fanny” pack—which refers to the most private part of a woman’s anatomy). If it’s rainy, they wear a mackintosh (raincoat) or an anorak (parka) with press studs (snaps).

If you get settled into a flat (apartment), you can post letters in the pillar box or give your mum a trunk (long-distance) call. If that’s too dear (expensive), she’ll say you’re tight as a fish’s bum. If she witters on (gabs and gabs), tell her you’re knackered (exhausted) and it’s been donkey’s years (ages) since you’ve slept. After washing up (doing the dishes) and Hoovering (vacuuming), you can have a plate

of biscuits (cookies) and, if you’re so inclined, a neat (straight) whisky. Too much of that whisky will get you sloshed, paralytic, bevviied, wellied, ratted, popped up, or even pissed as a newt.

Then there is the question of accents. These days, accents are trendy in Britain. Politicians, newscasters, and movie stars have been favoring deep accents over the Queen’s English. It’s hard for American ears to pick out all of the variations—and some accents

are so thick they sound like a foreign language—but most Brits can determine what region a person is from based on their accent.

All across the British Isles, you’ll encounter new words, crazy humor, and colorful accents. Pubs are colloquial treasure chests. Church services, sporting events, and local comedy shows are linguistic classrooms. The streets of Liverpool, the docks of London, and children’s parks throughout the UK are playgrounds for the

American ear. One of the beauties of touring Great Britain is the illusion of hearing a foreign language and actually understanding it . . . most of the time.

- 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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AMERICA'S TEST KITCHEN

We pay homage to a San Francisco cafe's roast chicken

By America's Test Kitchen

Tribune Content Agency

For our own take on Zuni Cafe's roast chicken with bread salad, we started by butterflying a whole chicken and salting it overnight so it would cook quickly and evenly and be juicy and well-seasoned.

Before roasting the chicken in a 475-degree oven, we covered the bottom of a skillet with bread cubes that we had moistened with oil and broth and then draped the chicken on top. The bread cubes toasted and browned beneath the bird while absorbing its juices to create a mix of moistened, crispy-fried, and chewy pieces all packed with savory flavor.

To finish the dish, we built a vinaigrette of champagne vinegar, oil, currants, thinly sliced scallions, Dijon mustard and chicken drippings that we tossed with peppery arugula and the toasted bread. We served the salad alongside the carved chicken so the greens didn't wilt.

Tasty tips

Note that this recipe requires refrigerating the seasoned chicken for 24 hours.

This recipe was developed and tested using Diamond Crystal Kosher Salt. If you have Morton Kosher Salt, which is denser than Diamond Crystal, put only 1/2 teaspoon of salt onto the cavity.

Red wine or white wine vinegar may be substituted for champagne vinegar, if desired.

For the bread, we prefer a round rustic loaf with a chewy, open crumb and a sturdy outer crust.

Roast Chicken with Warm Bread Salad

Serves 4 to 6

1 (4-pound) whole chicken, giblets discarded

Kosher salt

Pepper

4 (1-inch-thick) slices country-

style bread (8 ounces), bottom crust removed, cut into 3/4- to 1-inch pieces (5 cups)

1/4 cup chicken broth

6 tablespoons plus 2 teaspoons extra-virgin olive oil

2 tablespoons champagne vinegar

1 teaspoon Dijon mustard

3 scallions, sliced thin

2 tablespoons dried currants

5 ounces (5 cups) baby arugula

1. Place chicken, breast side down, on a cutting board. Using kitchen shears, cut through the bones on either side of the backbone; discard backbone. Do not trim off any excess fat or skin. Flip chicken over and press on breastbone to flatten.

2. Using your fingers, carefully loosen the skin covering the breast and legs. Rub 1/2 teaspoon salt under the skin of each breast, 1/2 teaspoon under the skin of each leg, and 1 teaspoon salt onto bird's cavity. Tuck wings behind back and turn legs so drumsticks face inward toward breasts. Place chicken on a wire rack set in a rimmed baking sheet or on a large plate and refrigerate, uncovered, for 24 hours.

3. Adjust the oven rack to the middle position and heat the oven to 475 degrees. Spray a 12-inch skillet with vegetable oil spray. Toss bread with broth and 2 tablespoons oil until pieces are evenly moistened. Arrange the bread in the skillet in a single layer, with majority of crusted pieces near the

center, crust side up.

4. Pat chicken dry with paper towels and place, skin side up, on top of bread. Brush 2 teaspoons oil over chicken skin and sprinkle with 1/4 teaspoon salt and 1/4 teaspoon pepper. Roast chicken until skin is deep golden brown and the thickest part of the breast registers 160 degrees and thighs register 175 degrees, 45 to 50 minutes, rotating the skillet halfway through roasting.

5. While chicken roasts, whisk vinegar, mustard, 1/4 teaspoon salt and 1/4 teaspoon pepper together in small bowl. Slowly whisk in remaining 1/4 cup oil. Stir in scallions and currants and set aside. Place arugula in a large bowl.

6. Transfer chicken to a carving

board and let rest, uncovered, for 15 minutes. Run a thin metal spatula under the bread to loosen it from the bottom of the skillet. (Bread should be a mix of softened, golden-brown, and crunchy pieces.) Carve chicken and whisk any accumulated juices into the vinaigrette. Add bread and vinaigrette to arugula and toss to evenly coat. Transfer salad to a serving platter and serve with chicken.

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

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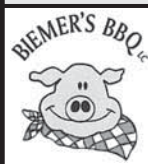
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HUMOR

Dr. Ima Farseer gets a hand

La Mancha is a neighborhood in Letongaloosa where the streets are curved, and the house numbers are hand painted on Spanish tile. A few of the folks who live in La Mancha are snooty, but most are kindly, civic-minded people who do kindly deeds



Larry
Day

for their neighbors with no thought to income differences.

Dr. Ima Farseer is dean of the Department of Et. Al., Et. Al. at Letongaloosa Community Junior College. The department got hit hard recently by budget cuts right at the time the school's enrollment rapidly increased. Budgets were always tight, but this squeeze threatened to swamp the LCJC boat no matter how fervently Dr. Farseer and the faculty and students manned the bailing buckets.

Charlotte Williams lives in La Mancha and serves on a local board of directors with Dr. Farseer. As they chatted before the meeting, Ms. Williams asked how things were going at LCJC and Dr. Ima said, "Not good, we have a budget crisis."

"Is there anything I can do? I'd love to help," said Ms. Williams.

"We're not allowed to use outside donations for our specific needs," said Dr. Ima. "All income goes directly to

the state general fund."

"That's a problem," said Ms. Williams. "I'll think about it and get back to you." Just then the chair called the meeting to order.

A few days after the board meeting Ms. Williams called Dr. Ima on the phone.

"I think I have a solution to the problem," she said.

"That's so helpful! Thank you."

"We'll hold a raffle. I'll give tickets to my friends in La Mancha. We'll all agree that whoever wins the raffle will donate the money to LCJC and stipulate that the funds go directly to the Department of Et. Al, Et. Al."

"I don't think the powers that be will pass up such an opportunity, do you?"

"If they do, they'll be crazier than I think they are."

"Good. Let's do it."

For the next couple of weeks at La Mancha social gatherings Ms. Williams distributed raffle tickets. Everyone who got one agreed that if he or she won, the money would be donated to LCJC's Department of Et. Al., Et. Al. It was a good plan, except that there was a snake in the grass. His name was Draven Bendelgoff.

After the winner was announced, Ms. Williams approached Mr. Bendelgoff and asked him to give her the ticket

so she give the raffle funds to LCJC's Department of Et. Al., Et. Al."

Mr. Bendelgoff replied, "Not only no, but hell no! I won the raffle and I'm going to keep the money.

"What about LCJC?"

"LCJC to go fly a kite. That money's mine, and I'm keeping it."

What a downer!

Fortunately, Ms. Williams had a good friend who worked for the Internal Revenue Service. She asked her friend to look up Mr. Bendelgoff's returns and see if she could find any irregularities.

It turned out that Mr. Bendelgoff was notorious for claiming deductions that were disputed, then tossed out by IRS auditors. He made himself a pain in the neck by appealing every unaccepted deduction up the chain of command to the Director. "Gleefully, the IRS personnel went over Bendelgoff's income clear back to his high school paper route.

They found that he was as tight-fisted with his money as he was creative with his deductions. In addition to being a skinflint, he was a cheat and a liar.

Armed with these facts Ms. Williams approached the crochety Bendelgoff again.

"Please contribute your ticket to the LCJC fund."

"I told you that LCJC could stuff it."

"You might want to look at this." She handed Bendelgoff a sheet of paper.

His face turned ashen.

He handed the raffle ticket to Ms. Williams.

"Give this raffle ticket to those good folks at LCJC and tell them that they have my full support."

"How very kind," said Ms. Williams.

- 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

How to handle a cat who hates being picked up

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

Dear Cathy: We have an 18-month-old tabby. When we brought her home from the shelter, she had an upper respiratory infection and chlamydia, which was passed on from her mother. For six months, we had to “burrito” her to give her eye drops. Now, if we pick her up, she only allows us to hold her for literally 10 seconds before she starts to hiss, bite and scratch, which makes it impossible to give her routine nail cuts or get her into her cat carrier for a trip to the vet.

Our vet prescribed a tranquilizer for vet visits, but even under the influence, she becomes a devil cat at the vet, escaping and running around the office, hissing and biting. We tried the same tranquilizers at home for her nail clipping with the same results.

We think this behavior developed from her earlier medication routine.

She is otherwise a sweet cat and will brush up against us and allow us to pet her. What can we do to regain her trust?
- Frances, Levittown, New York

Dear Frances: While some cats simply don't like to be held, early experiences can shape behaviors. Let's replace an unhappy memory with a new experience associated with food.

Here's what you can do.

Get her a feline pheromone collar to wear. These have a calming effect on cats. Let her wear the collar for a few days so she is in the proper mindset for the training.

When you start training, pick her up—but only a few feet off the floor and only for a few seconds. Talk to her in a sweet voice, and then immediately put her down in front of a tempting treat or special wet cat food. It's important you put her down before she reacts. Essentially, you are rewiring her brain to associate being held with a special treat. For the next few weeks, pick her up only to give her the special treat or food, increasing how long you hold her and how high off the floor.

After a few weeks, re-introduce nail trims, but only do a paw a day, followed by a treat. When taking her to the vet, drop a towel over her to pick her up and put her in the crate. With time, you can build up her tolerance to these things. But remember, some cats simply don't like to be held and prefer to sit on your lap instead.

- *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

Hopeful May

By Jay Wachs

May is the month of possibility. I have always found this month to bring hope.

In the year plus that we have been dealing with the pandemic and all of the physical, emotional and financial struggles associated with it, the thought of warmer temperatures, blooming flowers, green grass and sunshine provides a welcome respite.

It has not been an easy time for anyone.

So many people have died.

So many people have become ill and have long term, reoccurring and lasting effects from COVID.

Others have struggled with loneliness due to isolation which has led to

anxiety, depression and, sadly, suicide.

What has kept me on the right side of the earth has been my love of music.

I have found myself listening to the music of my early childhood more now than ever before.

These would be the sounds of the late 60s and all of the 70s.

Groups like The Carpenters and artists like Carole King and James Taylor.

There is something particularly comforting about listening to music that evokes positive memories of what I perceive to be simpler times.

The joys of carefree childhood when my only worry was watching for the street light to come on a dusk so that I could be inside before dark.

The music provides access to a treasure trove of great times with family

and friends who are no longer with me but whose memories live on deep inside my heart.

I struggle with loneliness due to isolation.

The music is my salvation.

So perhaps this can be a revelation.

One good song can provide the ultimate consolation.

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May the May flowers bring peace and happiness to your world this year!

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



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WITH BOB JONES

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FINE MADEIRA

Both vulnerable, East deals

NORTH

♠ A Q 9 7
♥ A Q 9 8
♦ A 3 2
♣ 7 5

WEST

♠ K 6 4 3 2
♥ J 10 4
♦ 5
♣ K Q 9 2

EAST

♠ 10 8
♥ 7 5
♦ K Q J 10 6 4
♣ J 10 6

SOUTH

♠ J 5
♥ K 6 3 2
♦ 9 8 7
♣ A 8 4 3

The bidding:

EAST	SOUTH	WEST	NORTH
3♦	Pass	Pass	Dbl
Pass	3♥	Pass	4♥
All pass			

Opening lead: Five of ♦

Today's deal is from a tournament in Madeira earlier this year. West was Italian Maurizio Di Sacco, who is most often seen as a director at European tournaments, but he is also a fine player. The auction was tournament aggressive, with bold actions taken by both East and North.

The opening diamond lead was an obvious singleton. Declarer rose with dummy's ace and led a low spade to his jack. This was not clearly the correct play, but it was effective on this deal, as the fall of the 10 from East would eventually give South nine top tricks and a late club ruff would be a tenth. Di Sacco knew that declarer would never play this way holding the 10 of spades so South had to have a doubleton spade. Di Sacco saw what would happen if he won with his king, so he tried the effect of ducking and letting the jack hold the trick. He did this in good tempo and declarer was misled about the location of the king.

South crossed to dummy with the ace of hearts and cashed the ace of spades. He led the seven of spades, expecting East to produce the king, and was rudely surprised when East ruffed with the seven of hearts. South over-ruffed with the king, but now had to end up a trick short.

South could have made his contract several different ways, but that doesn't detract from Di Sacco's imaginative play. Well done!

(Bob Jones welcomes readers' responses sent in care of this paper or tcaeditors@tribpub.com)



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By David L. Hoyt and Jeff Knurek



BUPH
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AGLM

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

BOGGLE POINT SCALE

3 letters = 1 point
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5 letters = 3 points
6 letters = 4 points
7 letters = 6 points
8 letters = 10 points
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YOUR BOGGLE RATING

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61-100 = Pro
31-60 = Gamer
21-30 = Rookie
11-20 = Amateur
0-10 = Try again

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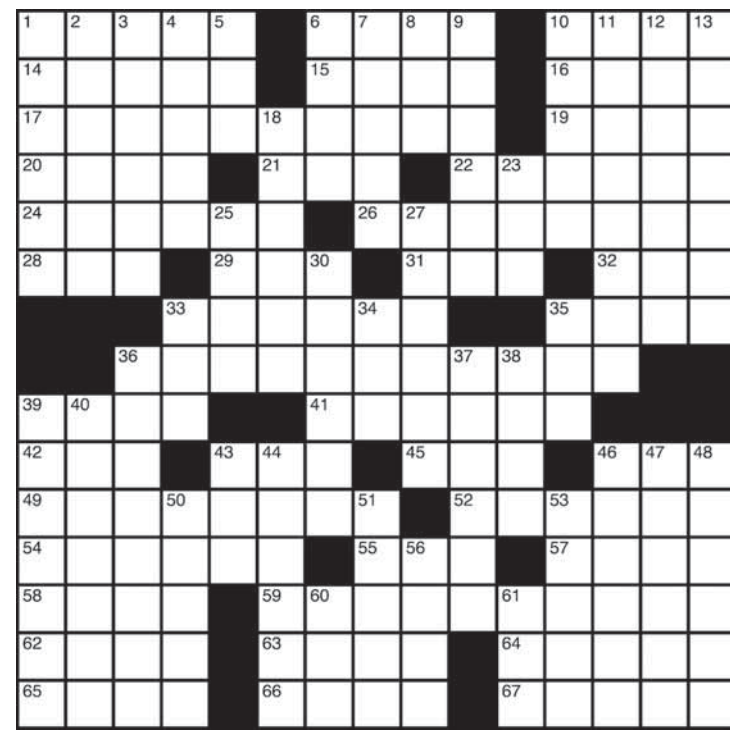
Across

- 1 Novelist __ Carol Oates
- 6 Frittata ingredients
- 10 “__ baby!”
- 14 They might be common
- 15 Christmas purchase
- 16 El Misti’s land
- 17 *Necessary road trip stop
- 19 Thrice dos
- 20 Part of CPU
- 21 Honey, in slang
- 22 Where to see sites
- 24 Court great Andre
- 26 *Place for a sleeper hit, maybe
- 28 “Losing My Religion” band
- 29 And so on: Abbr.
- 31 Young __: kids, in dialect
- 32 Palme __: Cannes award
- 33 Frat house greeting
- 35 Top-notch
- 36 *Wild West impresario
- 39 Bog buildup

- 41 Bagel choice
- 42 Olive __
- 43 Tramcar filler
- 45 “How Easy Is That?” cookbook writer Garten
- 46 National econ. stat
- 49 **“Once and Again” actress
- 52 Key with one flat stop
- 54 Robin’s family
- 55 Here, on Métro maps
- 57 Grandkid spoiler, often
- 58 Word before ring or swing
- 59 Crossroads concern, and where you might find the answers to starred clues’ ending words
- 62 H.G. Wells race
- 63 The Bosphorus borders it
- 64 Infuriated
- 65 Pixar clownfish
- 66 Hågar the Horrible’s daughter
- 67 “Ciao!”

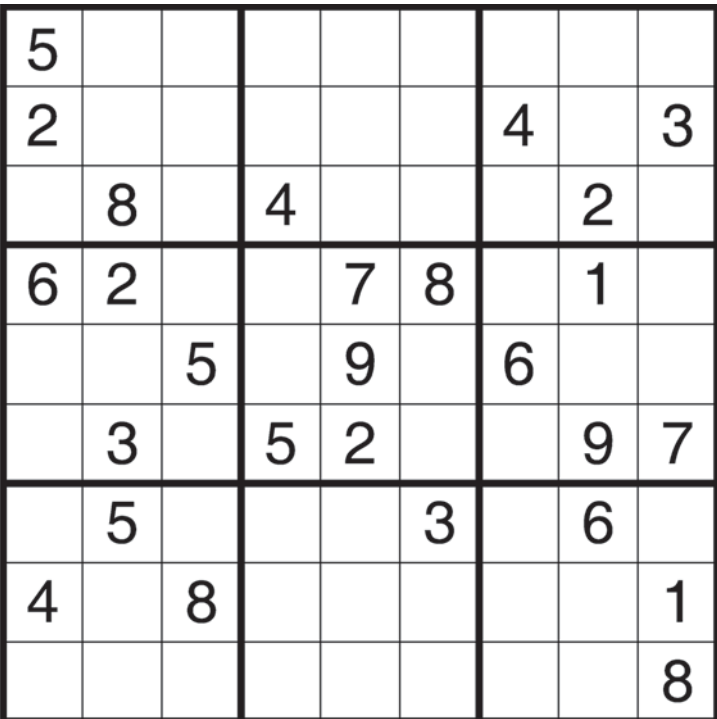
Down

- 1 Automaker with a feline logo
- 2 Marmalade fruit
- 3 Positive reply
- 4 Finds players for
- 5 Toronto winter hrs.
- 6 1993 Rock and Roll Hall of Fame inductee James
- 7 “Good __!”
- 8 1990s Chevrolet subdivision
- 9 Submitted
- 10 Areas for religious statues
- 11 Young star
- 12 Tested for size
- 13 Forbidding
- 18 Minimal
- 23 Officejet Pro printers
- 25 Feudal drudge
- 27 Horror legend Bela
- 30 Beer after bourbon, say
- 33 Save
- 34 Suffix meaning “little”
- 35 Smithwick’s product
- 36 Dance venue
- 37 Western baddie
- 38 Mosque holy man
- 39 Male carriers?
- 40 Hotel door feature



- 43 Pained sounds
- 44 Gung-ho
- 46 Bother incessantly
- 47 Campaign website button
- 48 Grace, e.g.
- 50 Transcriber’s source material
- 51 “Let’s eat!”
- 53 Red head?
- 56 Cardamom-infused tea
- 60 Classified ad shorthand for “seeking”
- 61 Olive __

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JUMBLE

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

NODMU

SAYET

LWWIOL

STAGEK

Check out the new, free JUST JUMBLE app

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She's so classy.

THE FASHION DESIGNER RETIRED AT THE TOP OF HER CAREER SO THAT SHE COULD —

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: I, Y, T, H, M, S, N

RACK 2: A, U, L, L, M, F, P

RACK 3: A, E, K, P, L, S, C

RACK 4: O, U, H, H, R, G, T

RACK 5: E, I, T, T, N, G, H

PAR SCORE 275-285
BEST SCORE 341

FIVE RACK TOTAL
TIME LIMIT: 25 MIN

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

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

Answers to all puzzles on page 26

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

CROSSWORD SOLUTION

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

SUDOKU SOLUTION

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

BOGGLE ANSWERS

ROSE, LILY, TULIP, LILAC,
VIOLET, DAHLIA, ORCHID

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JUMBLE ANSWERS

Jumbles: MOUND, YEAST,
WILLOW, GASKET

Answers: The fashion designer
retired at the top of her career so
that she could -- GO OUT IN STYLE

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SCRABBLE G R A M S SOLUTION														
H ₄	Y ₄	M ₃	N ₁	I ₁	S ₁	T ₁	RACK 1 =	<u>65</u>						
P ₃	A ₁	L ₁	M ₃	F ₄	U ₁	L ₁	RACK 2 =	<u>78</u>						
S ₁	P ₃	A ₁	C ₃	K ₅	L ₁	E ₁	RACK 3 =	<u>65</u>						
T ₁	H ₄	R ₁	O ₁	U ₁	G ₂	H ₄	RACK 4 =	<u>72</u>						
T ₁	I ₁	G ₂	H ₄	T ₁	E ₁	N ₁	RACK 5 =	<u>61</u>						
PAR SCORE 275-285							TOTAL	341						

MY ANSWER

The kingdom of God is peace and joy

From the writings of the Rev. Billy
Graham

Tribune Content Agency

Q: I am having a hard time being joyful. Discouragement follows me. Living through COVID-19 has deepened my sorrow and loneliness. What is the secret to overcoming this horrible emotion and finding peace and happiness? - S.L.

A: We should be a “glimmer” for someone who may be discouraged. The Bible tells us to apply our hearts unto wisdom (Psalm 90:12). While our tendency is to live in the past and sometimes dread the future, it is important to remember that the devil wants us to live discouraged lives. If we focus on what is bad we pull the shade on future’s light. We must put our eyes on others and most important is to keep our eyes on Jesus.

Desire to live an outgoing, outflowing life in the context of eternity. When

Jesus left this earth after His resurrection, He said, “It is to your advantage that I go away; for if I do not go away, the Helper will not come to you; but if I depart, I will send Him to you” (John 16:7). That Helper is the Holy Spirit of the living God.

Do not be trapped by the world’s darkness. If we belong to Jesus Christ, we are children of light. We must remember when we’re discouraged how much more discouraged others are. Make a point to be pleasant and smile. People from every race and

culture respond to a smile. Try it and you will see. There is indeed so much unpleasantness in this world, but the Bible says that the kingdom of God is peace and joy (Romans 14:17).

We will never be free from discouragement and despondency until we know and walk with the very fountainhead of joy, the Lord Jesus Christ as Savior and Lord.

Find a smile for your family, neighbors, co-workers and, yes, even strangers. You will find that you will leave your house each day with a sweeter spirit.

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

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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

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