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May 2022

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Vol. 21, No. 11

INSIDE

Amazing Aging!
For Seniors and Those Who Love Them

A free publication of the Jayhawk Area Agency on Aging, Inc.
Advisory, Article and Activities on Aging for Seniors, Families and Service Providers.

SPRING 2022

Our Mission

Sharon Wright accepts the position of Fiscal Manager for Jayhawk Area Agency on Aging (story on page 2).

The Spring 2022 issue of JAAA's *Amazing Aging* is included in this issue of *Senior Monthly*.

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KEVIN GROENHAGEN PHOTO



Ray and Barbara Dennis:
On life, love, and laughter.

See story on page three



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Faith and fate brought Ray and Barbara Dennis together

By Kevin Groenhagen

Raymond Edward Dennis survived the pandemic—the 1918 influenza pandemic.

Ray was born in Topeka just a month before the 1918 influenza pandemic started in February 1918. That pandemic, which ended in April 1920, infected 500 million people (one-third of the world's population) and claimed the lives of tens of millions. The first observations of illness and mortality were documented in Kansas.

Ray's family lived with his mother's parents in Soldier, Kansas, when he was a baby. The family later moved to Topeka.

"I graduated from Topeka High School in 1937," he said. "That was the limit of my education."

Shortly after graduating from high school, Ray married Ruth Abernathy. The first of the couple's three children, Donald, was born on October 5, 1938. The 1940 census shows that the family

lived on Emmett Street in Topeka and that Ray was a house-to-house salesman. Ray also worked for the Dibble Grocery Co. in Topeka before World War II.

"He went to work in a grocery store and he delivered groceries," said Barbara, whom Ray married in 1994. "He worked six days a week, 10 hours a day. And he made \$12 a week. His first car cost him 98 cents down and 98 cents a week until he got it paid off."

"I think it was a '29 Chevrolet," Ray added.

Ray was still working for Dibble's when the Japanese bombed Pearl Harbor on December 7, 1941. A few months later, a co-worker at Dibble's told Ray he was going to apply for a job at the Sunflower Ordnance Works (later known as the Sunflower Army Ammunition Plant, or SFAAP) in De Soto, Kansas. Ray applied as well and became a security guard at the plant.

The U.S. government owned SFAAP,

■ CONTINUED ON PAGE FOUR



Ray Dennis (left) with a Ranger motor. He oversaw the production of the motor for Hercules.

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Kevin L. Groenhagen
Editor and Publisher

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Dennises

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but the plant was operated by the Hercules Powder Company under a contract signed on May 11, 1942. The first production of propellant began 10 months later. The plant produced more than 200 million pounds of propellants during World War II.

“I worked at Sunflower for three months as a guard,” Ray said. “I hated every minute of it.”

After those three months, Ray transferred to production. Because of his skills at managing people, he eventually worked his way up to being a supervisor.

“Most of my job involved direct supervision of the personnel who worked in the plant,” Ray said. “At one time, nearly 100 college graduates worked under my supervision.”

There were many people to supervise at the plant. At one time, the plant had more than 12,000 employees.

Ray initially drove his car from Topeka to SFAAP and carpooled with a few co-workers.

“I left home two hours before I had to be at work,” he said. “It would take me two hours to pick up all my passengers I was driving to work.”

Unfortunately, all that driving quickly wore down the tread on his car’s tires. At that time, you couldn’t just go to a tire shop to have your tires replaced. To ensure that there was rubber for military uses, local tire rationing boards had to issue certificates for new tires.

“Ray went to the rationing board to see if he could get new tires,” Barbara said. “A guy walked around the car, kicked all the tires, and said, ‘They’re holding air, aren’t they?’”

“I couldn’t drive on those tires anymore,” Ray added. “So, I rode the bus from Topeka to the plant in De Soto. That took about two hours each way.”

Shortly after World War II ended, the U.S. government’s contract with Hercules expired and Ray was forced to find work elsewhere. He worked at various jobs until 1951, when SFAAP reopened in 1951 to produce ammunition for the Korean Conflict. Hercules

rehired Ray, who once again supervised the plant’s employees.

The Korean Conflict ended in 1953. However, the need for propellants didn’t end with the end of that conflict. In 1955, Hercules invested \$2.5 million in a modernization and expansion of the Bacchus explosives plant, which developed an improved method of producing nitroglycerin. The U.S. Air Force awarded the Bacchus plant with a research and development contract in 1958 for the third-stage engine of the Minuteman, which is an intercontinental ballistic missile.

On July 29, 1958, President Dwight Eisenhower signed the National Aeronautics and Space Act, establishing NASA. According to the NASA website, “Although a former military commander, Eisenhower believed a civilian agency would be more effective than assigning space to the military, where inter-service rivalries had already demonstrated a lack of results in launching a satellite.”

In 1959, Hercules transferred Ray to its Bacchus plant near Salt Lake City, Utah, where he began overseeing the production of the Ranger motor.

“This little motor was produced for the first instrumentation package they sent to the moon,” Ray said. “I was responsible for the production of that motor within the company.”

On July 31, 1964, Ranger 7 approached the moon precisely on target and transmitted 4,308 images of the lunar surface. The images helped identify safe moon landing sites for the Apollo astronauts.

Ray returned to SFAAP in De Soto in 1965. The Army had reactivated SFAAP to produce propellant grains for the 2.75” Folding Fin Air Rocket for use in the Vietnam War. The air-to-ground rocket, also called the Mighty Mouse, could carry any of several types of warheads and could be fired singly or in groups from small airplanes or helicopters. Active production of rocket propellant ended in June 1971 and the government once again deactivated SFAAP. Ray returned to the Bacchus plant in Utah.

In 1979, Ray served as the safety liaison to Thiokol in Utah. Thiokol produced the first-stage engine for the

COURTESY PHOTO



At 104, Ray Dennis, continues to do his own yard work.

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■ CONTINUED ON PAGE FIVE

Dennises

■ CONTINUED FROM PAGE FOUR

Minuteman.

“Bacchus made nitroglycerine and shipped it to Thiokol,” Barbara said. “Ray couldn’t tell them what to do, but Bacchus needed to know that they were following procedures. They had a huge motor that they were pouring solid propellant into. Hercules had a procedure they were to follow. Ray was to observe whenever they poured propellant into the motor. One day early in the morning, they didn’t follow the procedure. Ray went to the supervisor and said, ‘You’re not following procedure. You have to give me five minutes to get out to the bunker before you do this.’”

“I left the building,” Ray said.

“Ray called his boss at four in the morning and they had people from Hercules there the next morning and they went over that procedure. They got lucky. It could have been disastrous,” Barbara continued.

“That was the last time they didn’t follow the correct procedures,” Ray added. “I experienced three critical explosions while working for Hercules. If I remember right, the three were at Bacchus and we lost three buildings and three men in each building.”

Ray also worked as an engineer for production control on the Trident C-4 recovery team and ended his career with Hercules as a scheduling analyst in manufacturing.

Ray retired from Hercules in 1983. The 36 years he worked for the company were evenly split between SFAAP and Bacchus. Even in retirement, he promoted the importance of safety at Hercules. One day in 1984, he was mowing his lawn and the blade struck his foot. Fortunately, he was wearing the steel-toed safety shoes he had from Hercules.

“I would probably be short a foot if it hadn’t been for those shoes,” Ray said with a laugh.

Ray took the boot, which the blade had cut all the way to the steel, to Hercules. A photo of the boot along with

■ CONTINUED ON PAGE 27



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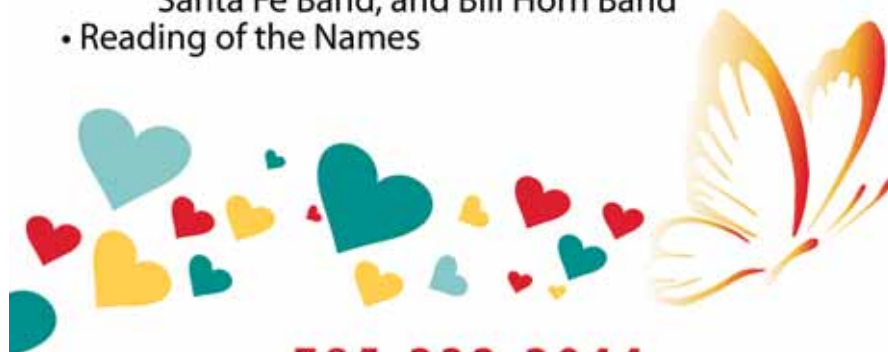
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WHAT IS THE CELEBRATION WALK?

Midland Care's Celebration Walk is held each year to honor loved ones who have died. The event is known for the thousands of luminaries lit at dusk across Midland Care's 22-acre campus. We invite you to join in and participate in person at our family friendly event. Your loved one does not have to have been on Midland Care services to be remembered.

EVENTS AT THE CELEBRATION WALK

- Luminaries
- Butterfly Release
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- Reading of the Names



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Social Security honors our military heroes

By Norm Franker

Social Security District Manager in Lawrence, KS

On Memorial Day, our nation honors military service members who have given their lives to preserve our freedoms. Families, friends, and communities come together to remember the great sacrifices of military members and ensure their legacies live on.

The benefits we provide can help the families of deceased military service members. For example, widows, widowers, and dependent children may be eligible for Social Security survivors benefits. You can learn more about those benefits at www.ssa.gov/survivors.

We also offer support to wounded warriors. Social Security benefits pro-

tect veterans when injuries prevent them from returning to active duty or performing other work. Both the Department of Veteran Affairs and Social Security have disability programs. You may qualify for disability benefits through one or both programs. Read our new fact sheet, "Social Security Disability and Veterans Affairs Disability — How Do They Compare?" at www.ssa.gov/pubs/EN-64-125.pdf. Depending on your situation, some members of your family, including your dependent children or spouse, may be eligible to receive Social Security benefits.

Wounded military service members can receive quicker processing of their Social Security disability claims. If you are a veteran with a 100% Permanent

& Total compensation rating from the Department of Veterans Affairs, we'll expedite your disability claim.

Want more information about how we can help? Visit www.ssa.gov/woundedwarriors for answers to frequently asked questions or to find information about the application process.

Thinking about retirement or know a veteran who is? Military service members can receive Social Security benefits in addition to their military retirement benefits. For details, visit our webpage for veterans, available at www.ssa.gov/people/veterans.

Please share this information with the military families you know. We honor and thank the veterans who bravely served and died for our country and the military service members who serve today.



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New statement fact sheet for people with limited earnings

By Ann Woodbury

Social Security Management Support Specialist in Lawrence, KS

If you have a personal *my* Social Security account, you can view your Social Security Statement online to learn about your future benefits and recent earnings history. Included with the Statement are fact sheets that provide useful information based on your age group and earnings situation. Last month, we released a new fact sheet specifically for people with limited earnings.

The new fact sheet covers how you and your family members may qualify for benefits, including:

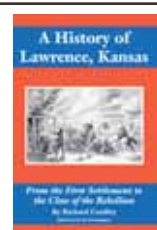
- Supplemental Security Income.
- Social Security retirement benefits.
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The History of Lawrence, Kansas

by Richard Cordley

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Transplant options for patients who are obese

DEAR MAYO CLINIC: My kidneys are failing, and my doctor has told me that I need to have a kidney transplant. I am severely overweight, and losing weight has been extremely difficult. Due to my weight, my doctor also said that I would not qualify for a transplant. What options are available for patients who are overweight and in need of a transplant?

ANSWER: You are not alone in your struggles with weight. More than 40% of adults in the U.S. are obese, according to the Centers for Disease Control and Prevention. Statistics also show that a growing number of kidney transplant candidates have morbid obesity, meaning they have a body mass index, or BMI, of 35 or higher.

BMI is a tool used to define when a person is overweight or obese based on weight and height. Many transplant centers will not perform kidney transplants on people with a BMI above 35 due to the increased risks of complications. Some transplant centers will perform surgeries on patients with a BMI of up to 40.

That still leaves a sizable number of patients who are obese and in need of a transplant who do not qualify. In the past, these patients were often told to lose the necessary weight on their own and return to qualify for a transplant when they had reached their goal weight.

The good news is transplant patients who need to lose weight to qualify for a transplant now have more options.

Some transplant centers, including Mayo Clinic, have begun offering programs designed to help patients awaiting a transplant lose weight. People who participate in these programs may work with a team, including dietitians, endocrinologists, psychologists and others to create a detailed weight-loss plan.

While some patients successfully lose the necessary weight to qualify for a transplant through diet and exercise alone, other people may undergo bariatric surgery to help them lose the weight necessary to qualify for a lifesaving transplant. The two most common types of bariatric surgery are Roux-en-Y gastric bypass and sleeve gastrectomy.

The first procedure involves creating a small pouch from the stomach and connecting the newly created pouch directly to the small intestine. In the



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case of a sleeve gastrectomy, a surgeon removes about 80% of the stomach, leaving a long, tube-like pouch.

Most bariatric procedures are performed laparoscopically. This minimally invasive technique shortens recovery times. As with any surgical procedure, risks are involved, so it is important for patients to discuss the pros and cons of each procedure with their health care provider. In addition, patients who undergo bariatric surgery need to be willing to make permanent healthy lifestyle changes for the procedure to be successful.

Patients who are obese and in need of an organ transplant often struggle with other chronic conditions, including obstructive sleep apnea and Type 2 diabetes. Losing weight can sometimes cure these ailments, which lowers the risk in undergoing transplant surgery. It also increases the odds for better outcomes posttransplant.

Recognizing the need for weight loss and asking for assistance early is the most important thing patients who are obese can do as they begin navigating kidney transplant options. Once a patient ends up needing dialysis, losing weight gets harder because the treatment causes fatigue.

While having to lose a large amount of weight to qualify for a transplant may seem overwhelming, remember experts and resources are out there to help with this challenge. -- Aleksandra Kukla, M.D., Nephrology, Mayo Clinic, Rochester, Minnesota

- *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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Dr.
Deena
Beneda

There are three main conditions that affect the prostate

Prostatitis, which is an infection or inflammation of the prostate. There are two main types—acute and chronic prostatitis. Acute prostatitis is usually caused by an infection—usually bacteria—and results in the sudden onset of painful urination, small stream of urine, and fever or chills. Chronic prostatitis is also known as chronic pelvic pain syndrome and is less common. Symptoms include persistent pelvic discomfort, pain, burning with urination, increased urge to urinate, and difficulty emptying the bladder.

Benign prostatic hyperplasia (BPH) is an age-related enlargement of the prostate gland. This usually occurs after the age of 50. As it enlarges, it can put pressure on the urethra, making the muscular walls of the bladder to strain and cause problems with urination.

Prostate cancer is the growth of cancerous cells inside the prostate. Researchers cannot identify a single factor that causes prostate cancer. It could be related to genetics, race, environmental, chemical exposure, inflammation, etc.

What can be done to help keep a healthy prostate?

Risk factors that cause unhealthy prostate are age, sedentary lifestyle, being overweight, lack of exercise, high blood pressure, and diabetes. Start with 1. Watching your diet. Eating

a well- balanced, whole foods diet including lots of green, leafy vegetables is the first step at keeping a healthy prostate. A diet low in fat, low in sugar, and red meat, such as a Mediterranean-style diet, is often recommended. 2. Get plenty of exercise. There is no doubt that being overweight can contribute to an increase risk of prostate problems. 3. Regular prostate screening, which includes a urine sample, blood test, or even a physical exam. The American Urological Association recommends screening for prostate cancer between the ages of 55 and 70. 4. Medicinal plants, such as saw palmetto, pumpkin seeds (contains zinc), stinging nettle extract, and pygeum, have been used to keep the prostate healthy.

See your doctor right away if you have any of these symptoms:

1. Frequent urge to urinate.
2. Need to get up many times during the night to urinate.
3. Blood in the urine or semen
4. Pain or burning with urination.
5. Frequent pain or stiffness in the lower back, hips, pelvic area.
6. Dribbling of urine.

It is to your advantage to keep your prostate healthy and this can be achieved by doing the above steps.

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

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HEALTH & WELLNESS

Navigate the healthcare marketplace with help from LMH Health

By Autumn Bishop

LMH Health

Navigating healthcare, especially health insurance, may seem like a daunting task. Making your way through the maze of terms, options and deadlines can be confusing. What's available, what do you qualify for and where should you look for insurance?

There are a number of options available to you, though it may take some leg work.



- You're eligible for Medicare if you're age 65 or older or if you have certain disabilities. The government pays for much of your healthcare through this federally run program.

- Medicaid is another program available for people with low-incomes. Around 80 million people – nearly one in four Americans – are eligible for this program funded by state and federal governments. It's run by each state, so your eligibility depends on where you live.

- If you're employed, group health insurance may be available through your employer. Around 49% of Americans have employer-sponsored insur-

ance, according to the Kaiser Family Foundation.

- The Healthcare Marketplace is available to individuals who do not qualify for Medicare or Medicaid and who do not have a health plan sponsored by employers. The Exchange was developed through federal legislation (The Affordable Care Act) and is administered in each state differently with health insurers who choose to participate.

All of these programs can be confusing to understand, especially without someone to guide the way. LMH Health is stepping up to help you determine your best option for healthcare coverage with the introduction of a new role to our organization – a marketplace navigator.

“Having a marketplace navigator is important for a number of reasons. They assist patients during open enrollment and help identify when there are life changes that qualify for a Special Enrollment period,” said Michele Vanoni, senior director with LMH Health patient accounts. “The navigator also helps answer questions about cost, maximize cost savings and provide technical support for individuals who struggle with technology or may not have access.”

To fill the role of the navigator, LMH Health turned to Penny Steele in late 2021. Prior to becoming a financial counselor at LMH, she worked as a

contractor for the Centers for Medicare & Medicaid Services (CMS) for eight years. Steele helped customers with their questions, which required extensive training on available products, continuing education and training. This background provides her with a unique skillset that she uses to help patients.

“Getting some kind of coverage for healthcare is vital and we can help. If you don't have insurance through your employer, Medicare or Medicaid, you might think that you can only enroll for health insurance through the marketplace during a certain window, and that's not necessarily true,” she said. “You may experience a qualifying life event that makes you eligible at another time.”

What is a qualifying life event?

According to the Health Insurance Marketplace, available at Healthcare.gov, there are four basic types of qualifying events. Some examples of qualifying events include, but aren't limited to:

- Loss of health coverage, including losing job-based, individual or student plans; losing eligibility for Medicare, Medicaid or the Children's Health Insurance Program (CHIP); or turning 26 and losing coverage through a parent's plan.

- Changes in household, including getting married or divorced; having a baby or adopting a child; or a death in the family.

- Changes in residence, including moving to a different ZIP code or county; students moving to or from the place they attend school; seasonal workers moving to or from the place they live and work; or moving to or from a shelter or transitional housing.

- Other qualifying events, including a change in income; becoming a U.S. citizen; or leaving jail or prison.

If any of these situations apply to you, then you have 60 days from the event to enroll in coverage through the marketplace.

How do I start the enrollment process?

You've got a variety of options to get enrolled for health insurance through the marketplace. You could use an agent, broker or certified enrollment partner, visit Healthcare.gov to enroll online or contact the marketplace call center to enroll by phone. If you'd like assistance navigating the process and your options, Steele is ready to help.

“Make sure you have your tax returns or know your family income. Eligibility for Medicaid or the price you pay for insurance through the Marketplace is based on income and family size, so it's important for this information to be correct,” she said. “The IRS looks at the income guidelines so if you provide inaccurate information, you might be required to pay back the tax credit you received in advance.”

You'll also need to provide:

- Basic information about everyone applying for coverage, including names, social security numbers and their relationship to you

- A mailing address for everyone applying for coverage

- Employer information for everyone in the household

- Health coverage information, if anyone in the household currently has a health plan

- Immigration document information (for lawfully present immigrants)

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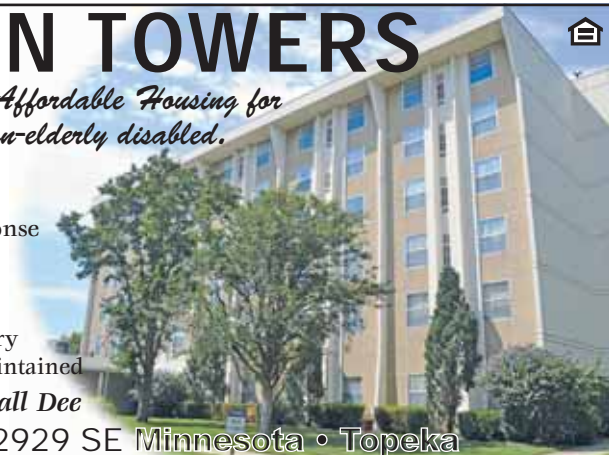
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Navigating

■ CONTINUED FROM PAGE 10

With this information in hand, Steele helps residents determine which level of service plan fits their needs or if they are eligible for Medicaid. Plans are currently available through three insurers—Medicia, Ambetter and Blue Cross Blue Shield of Kansas. People who live in other areas may have different choices available to them.

Does Medicaid expansion play a role?

Medicaid expansion is a hot topic – one that the Kansas Legislature is set to revisit during the 2022 legislative session. Kansas is one of just 12 states that hasn't implemented the expansion for adults with income up to 138% of the federal poverty level, which was \$17,774 for an individual in 2021. The Kaiser Family Foundation found that states implementing Medicaid expansion have improved overall mortality rates, including rates for individuals with specific health conditions. Expan-

sion states have also reduced racial, ethnic and socioeconomic disparities, saved money in their budgets and boosted economies.

“Individuals without group health coverage have a huge financial and administrative burden that many are unable to meet which results in individuals not obtaining healthcare or receiving preventative care,” Vanoni said. “If Kansas were to pass Medicaid expansion, it would allow more options for our patients – especially those at the low end of the income scale.”

If you're struggling to determine if you qualify for marketplace insurance, Medicaid or need help to make sense of health insurance options available to you, our marketplace navigator might

be just the resource you need. Give us a call at 785-505-2922 and see how we can help you.

- Autumn Bishop is the marketing manager and content strategist at LMH Health.

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SAVVY SENIOR

Best senior travel discounts in 2022

By Jim Miller

Dear Savvy Senior: What are some of the best travel discounts available to seniors? My husband and I are about to retire and are interested in traveling more but live on a tight budget. - Frugal Travelers

Dear Frugal: There are literally hundreds of different travel-related



discounts available to older travelers that can add up to save you hundreds of dollars on your next trip. To qualify, you'll need to meet the age requirement, which varies by business. Some discounts may be available as soon as you turn 50, but most don't kick in until you turn 55, 60, 62 or 65. Here's a rundown of top travel discounts, along with some extra tips to help you save.

Ways to Save

The first thing to know is that most businesses don't advertise them, but many give senior discounts just for the asking, so don't be shy.

You also need to be aware that when it comes to senior travel bargains, the "senior discount," if available, may not always be the best deal. Hotels, resorts, airlines and cruise lines, for example, offer advanced bookings along with special deals and promotions from time to time that may be a lower rate than what the senior discount is. Before you book, always ask about the lowest possible rate and the best deal available.

Another way you can save is to be flexible when you travel. Last minute travel deals can offer huge savings, as does traveling during off-season or off-peak times, and avoiding holidays.

Club memberships can also garner you a wide variety of travel bargains. AARP, for example has dozens of travel discounts available on hotels, rental cars, cruises, vacation packages and more—see AARP.org/benefits-discounts. The American Automobile Association (AAA.com) is another membership club that provides some great travel discounts to members at any age.

Types of Discounts

Here are some of the best senior travel discounts available in 2022.

Airline: British Airways offers AARP members \$65 off economy travel and \$200 off business club travel. American, Delta and United also offer senior fares to passengers

65 and older in certain markets but are extremely limited. And JetBlue offers 5 percent discounts for retired military and veterans that are enrolled in Veterans Advantage.

Train: Amtrak provides a 10 percent discount to travelers 65-plus, and a 10 percent discount to passengers over age 60 on cross-border services operated jointly by Amtrak and VIA Rail Canada.

Rental Car: Avis and Budget provide AARP members up to 30 percent off at participating locations. Hertz offers up to 20 off to 50-plus travelers. And Thrifty and Sixt provides 5 percent off to those 50 and older.

Hotels: Certain hotel chains offer discounted rates for seniors usually ranging between 10 and 15 percent off but may vary by location. Some popular hotels that offer these discounts include Best Western, Choice Hotels, Hyatt, IHG Hotels, Marriott, Omni Hotels & Resorts, Red Roof and Wyndham Hotels.

Restaurants: Many restaurant chains offer senior discounts ranging from free drinks, to senior menus, to discounts off your total order, but they

may only be available on certain days of the week or at certain locations. Some popular options include Applebee's, Denny's, IHOP, Chili's, Perkins Restaurant & Bakery and McDonalds.

Cruises: Royal Caribbean and Carnival Cruise lines offer discount rates to cruisers 55 and over on select cruises. And Grand European Travel offers AARP members up to \$100 savings per person on river cruises. Call before booking to inquire.

Entertainment and Attractions: Most museums, zoos, aquariums, movie theaters, public golf courses and even ski slopes provide reduced admission to seniors over 60 or 65. And for those 62 or older, one of the best deals available is the America the Beautiful Senior Pass (\$20 for an annual senior pass, or \$80 for a lifetime pass) which provides admittance to more than 2,000 national parks and recreation sites.

- Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.



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FINANCIAL FOCUS

Don't be surprised by Social Security taxes

When you reach the appropriate age, it's easy to apply for Social Security retirement benefits—just go to Social Security's website, fill out the online form and you're essentially done. But many people overlook the next step—completing Form W-4V,



Derek
Osborn

which asks you how much federal income tax you want withheld from your benefits. And if you skip this step, you could face an unpleasant surprise when it's tax-filing time, because Social Security benefits can indeed add to your taxable income.

Here are the details:

- *If you're a single filer...* If your "combined" income is between \$25,000 and \$34,000, you may have to pay income tax on up to 50 percent of your Social Security benefits. ("Combined" income includes your adjusted gross income, non-taxable interest, and one-half of your annual Social Security benefits.) If your combined income is more than \$34,000, up to 85 percent of your benefits may be taxable.

- *If you're married and file jointly...* If you and your spouse have a combined income between \$32,000 and \$44,000, you may be taxed on up to 50 percent of your benefits. If your combined income is more than \$44,000, up to 85 percent of your benefits may be taxable.

These numbers might seem high, but they don't mean you'll lose 50 percent, or 85 percent, of your benefits—they

are just the percentages of benefits you may be taxed on, at your personal income tax rate.

To help avoid a big tax bill or an underpayment penalty, you can file Form W-4V with the Social Security Administration and request to have 7, 10, 12 or 22 percent of your monthly benefit withheld. Your tax advisor can help you choose the withholding percentage that's appropriate for your situation.

The amount of taxes you may need to pay will also depend on when you start taking Social Security. The earlier you take benefits, the smaller your monthly checks, and the smaller the taxes. But taxes should not be a key issue in deciding when you need to begin collecting your payments. Rather, you should consider other factors, such as your anticipated life expectancy, your employment situation, your spending needs and the benefits for your spouse.

Here's something else to keep in mind: Because Social Security taxes are based on your overall income, as described above, the amount of money you withdraw during retirement, and where that money comes from, can also

affect your tax situation. For example, withdrawals from a traditional IRA are taxable and will increase your adjusted gross income, but withdrawals from a Roth IRA will be tax-free, provided you've had your account at least five years and you're over 59-1/2, so this money won't enter into your taxable income calculations and it won't increase the tax you owe on your Social Security benefits. Similarly, withdrawals from health savings accounts (HSAs) used for qualified health expenses also won't count toward your taxable income.

By knowing exactly what to expect from Social Security, including the tax effects, you can more effectively incorporate your benefits into your overall retirement income planning—and the better your plans, the more you'll be able to enjoy your life as a retiree.

- 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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SENIOR CALENDAR

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

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

ARTS & CRAFTS

FIRST FRIDAY OF THE MONTH

ARTSCONNECT FIRST FRIDAY ARTWALK

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

SECOND SATURDAY OF THE MONTH

OPEN AIR ART MARKET

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

LAST FRIDAY OF THE MONTH

FINAL FRIDAYS

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

LAWRENCE, 785-842-3883

unmistakablylawrence.com

JUN 4 & 5

MULVANE ART FAIR

The annual Mulvane Art Fair features artists from the Midwest region, as well as food, music and a children's art making tent. Located on the Washburn University campus, the art fair is a great way to spend a summer day with family or friends. Browse the 80+ artists' booths and take home your favorites. Mulvane Art Museum, 1700 SW Jewell, 10 a.m.-5 p.m. Fee. Free admittance for children under 12.

TOPEKA, 785-670-1124

mulvaneartmuseum.org/artfair

EDUCATION

MAY 2

NEW TO MEDICARE - ADVICE IF YOU ARE ABOUT TO TURN 65

Get Medicare advice from Jayhawk Area

Agency on Aging. Topeka and Shawnee County Public Library, Learning Center, 1515 SW 10th Ave., 1-2 p.m.

TOPEKA, 785-580-4400

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

MAY 5

INTERNET GENEALOGY CLASS

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

TOPEKA, 785-580-4400

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

MAY 25

ADVANCE DIRECTIVES & ESTATE PLANNING

Have you considered who will make medical and personal decisions on your behalf if you become incapacitated? Learn about the importance of advance directives and estate planning basics.

Topeka and Shawnee County Public Library - Marvin Auditorium 101BC, 1:30-2:30 p.m.

TOPEKA, 785-580-4400

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

MAY 12

INTERNET GENEALOGY 2

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

TOPEKA, 785-580-4400

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

MAY 16

MEDICARE PART D DIY

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

TOPEKA, 785-580-4400

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

ENTERTAINMENT

SECOND & FOURTH SATURDAYS OF THE MONTH

GRAND OTTAWA OPRY

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

OTTAWA, 785-241-6762

MAY 5

ROSANNE CASH

Rosanne Cash, one of the country's pre-eminent singer-songwriters, has released 15 albums of extraordinary songs that have earned four Grammy Awards and 11 nominations as well as 21 top-40 hits, including 11 No. 1 singles. She also served as the 2015 Artist-in-Residence at the Country Music

Hall of Fame and Museum in Nashville and was inducted into the Nashville Songwriters Hall of Fame that same year. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

<https://lied.ku.edu/calendar>

MAY 6

STORY SLAM | GRAND SLAM

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

LAWRENCE, 785-843-2787

lawrenceartscenter.org/event

MAY 7

TANTALIZING TCHAIKOVSKY

Presented by the Lawrence Community Orchestra as part of the orchestra's 50th anniversary. Lawrence High School, 1901 Louisiana St., 7:30-9 p.m. Fee.

LAWRENCE, 785-764-6300

lawrenceorchestra.org

MAY 9 & 10

SHERMAN IRBY DUO

Sherman Irby is the lead alto saxophone player for the Jazz at Lincoln Center Orchestra with Wynton Marsalis. For Rock Chalk Suite, Irby composed "The Truth" celebrating Paul Pierce and "The Ponderous Pachyderm of the Planks" honoring Clyde Lovellette. Irby's label, Black Warrior Records, is at the forefront of a wave of successful independent labels, and, with six albums released to date, it continues to provide quality music to jazz fans worldwide. He'll be joined by Gerald Cannon, acclaimed jazz bassist and composer. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

<https://lied.ku.edu/calendar>

MAY 20

STORY SLAM | ON THE ROAD IN KCK!

Story Slam is taking to the road for our 1st ever off-site live event! Join us for the KCK Third Friday Art Walk. Real stories, live and uncensored. Stories told live, MOTH-style, with a new theme each month. Never the same story (or evening!) twice. No experience necessary. Epic Arts Community Hall, 609 N. 6th Street, 6:30-10 p.m.

KANSAS CITY, KS, 785-843-2787

lawrenceartscenter.org/event

EXHIBITS & SHOWS

FEB 25-AUG 19

CONFRONTING THE PAST: THE DOUGLAS COUNTY COMMUNITY-REMEMBRANCE PROJECT

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

and Pete Vinegar's defense, was also arrested, and sent to Leavenworth penitentiary where she later died of illness. For years, the story of their deaths remained a quiet burden on the community, remembered among the Black citizens of Lawrence but largely forgotten in the telling of the city's history. The Community Remembrance Project, a group of community organizations - including Watkins Museum of History—working to install a marker near the site of the lynching held a soil collection ceremony in fall 2021. The event served as an opportunity for the public to mourn and created a tangible remembrance of the lynching's victims through the collected soil. Soil for each victim of the lynching, including Margaret Vinegar, is now part of the Watkins' permanent collection. The Watkins will partner with the Community Remembrance Project to create an exhibit on the 1882 lynching and remembrance efforts. Watkins Museum of History, 1047 Massachusetts St., 10 a.m.-4 p.m. Free. LAWRENCE, 785-841-4109 watkinsmuseum.org/confronting

MAR 12-MAY 31

ROSEDALE 150TH ANNIVERSARY EXHIBIT

The Wyandotte County Museum is celebrating 150 years of Rosedale History, with a new exhibit. Incorporated in 1872, Rosedale was an independent city until it was consolidated into Kansas City, Kansas, in 1922. Despite 100 years of being part of KCK, Rosedale has retained its unique community identity and the museum is proud to partner with the Rosedale Development Association to celebrate its unique history. Wyandotte County Historical Society & Museum 631 North 126th, 9 a.m.-4 p.m. Free.

BONNER SPRINGS, 913-573-5383

APR 1-OCT 11

MOTHERS OF INVENTION: THE ENTREPRENEURS AND INNOVATORS OF LAWRENCE

Lawrence's women business owners have shaped the community from its earliest days to today. These women used their businesses to survive hardships, pursue their passion, and build support networks in Lawrence. Their ingenuity, creativity, and drive helped them navigate the unique challenges they faced as women business owners. Through photographs, documents, and artifacts, this exhibit explores the over 160-year history of women business owners, inventors, and social innovators in our community. Watkins Museum of History, 1047 Massachusetts St., 10 a.m.-4 p.m. Free.

LAWRENCE, 785-841-4109

watkinsmuseum.org/mothers

MAY 6 -NOV 4

FAMILIAR FACES: THE GARY DAVIS PHOTO COLLECTION

In 2021, the Watkins Museum of History received a treasure trove of photographs depicting the everyday lives of Black families in North Lawrence. These photos are remarkable in how they capture a vibrant and close-knit community. The Watkins has partnered with Alyssa Cole, PhD candidate in History at the

■ CONTINUED FROM PAGE 14

University of Kansas with a Master's degree in African and African American Studies, to create Familiar Faces: The Gary Davis Photo Collection, an exhibit that shares images from the recent donation to celebrate the history and community fellowship of Black citizens in North Lawrence. Watkins Museum of History, 1047 Massachusetts St., 10 a.m.-4 p.m. Free. LAWRENCE, 785-841-4109
watkinsmuseum.org/familiar-faces

FAIRS & FESTIVALS

MAY 7

7TH ANNUAL KANSAS FOOD TRUCK FESTIVAL TO BENEFIT JUST FOOD

This one-day festival will feature 30+ regional food trucks with cuisine from across the world. Featuring live music and entertainment, and an art market. This fundraiser for Just Food, the food bank of Douglas County, will include fun, games and activities, and so much more. Warehouse Arts District, 900 Pennsylvania, 4-9 p.m. Fee.

LAWRENCE, 785-856-7030

<https://www.simplertix.com/e/kansas-food-truck-festival-tickets-101458>

MAY 27-30

LAWRENCE BUSKER FESTIVAL PRESENTED BY FREE STATE BEER

A four-day street performer festival in the fun, funky, and historic downtown of Lawrence, KS. Over 25 different acts are scheduled and lots of surprises on the streets. It's all free to attend, only you determine how much to tip each act. Downtown Lawrence, 12-11 p.m. LAWRENCE, 913-634-1711
lawrencebuskerfest.com

FARMERS' MARKETS

MONDAYS

MONDAY FARMERS' MARKET

Shop high-quality, locally-grown produce, farm fresh eggs, baked goods, fresh cut flowers and bedding plants. Topeka and Shawnee County Public Library - Parking - East Lot, 7:30-11:30 a.m.

TOPEKA

APR 9-NOV 19

LAWRENCE FARMERS' MARKET (SATURDAYS)

The Lawrence Farmers' Market hosts over 60 Lawrence-area farmers and producers, bringing fresh, local food and crafts to visitors. Downtown Saturday Morning Market (824 New Hampshire St.), 7:30-11:30 a.m.

LAWRENCE, 785-505-0117

lawrencefarmersmarket.org

MAY 3-OCT 25

LAWRENCE FARMERS' MARKET (TUESDAYS)

The Lawrence Farmers' Market hosts over 60 Lawrence-area farmers and producers, bringing fresh, local food and crafts to visitors. 1141 Massachusetts Street (South Park), 4-6 p.m.

LAWRENCE, 785-505-0117

lawrencefarmersmarket.org

HEALTH & FITNESS

MAY 4, 11, 18, 25

EVENING CHAIR YOGA

Chair yoga is designed for everyone to develop strength and stability targeting hips, low back, glutes and quads. Join us in person in the Learning Center or click event title for Zoom link. Topeka and Shawnee County Public Library, Learning Center, 5:30-6:30 p.m.

TOPEKA, 785-580-4607

<https://us02web.zoom.us/j/87339864611>

HISTORY & HERITAGE

MAY 2

KANSAS AFRO-AMERICAN HISTORICAL AND GENEALOGICAL SOCIETY MEETING

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

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

MAY 13 & 14

HEARTLAND FAMILY HISTORY CONFERENCE

Join us for two days of programming to learn more about researching and preserving your family history. Our conference theme and featured speaker this year will focus on preserving and caring for family photos, documents, and heirlooms. Plus, more than 20 additional presentations on various family history topics—something for all interests and experience levels. Maner Conference Center, 1717 S.W. Topeka Blvd. Fee. For details and registration, see web address below.

TOPEKA

<https://heartlandfhc.org>

MAY 26

LAYERS OF HISTORY IN GERMANY ARE STACKED

Topeka Genealogical Society Monthly Meeting. TGS member Duane Hermans will share his poems, anecdotes and photos describing the village in Bavaria where his great-grandfather was born. Topeka and Shawnee County Public Library - Virtual Room 02, Marvin Auditorium 101C, 7-8:30 p.m.

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

JUN 4

BLACK JACK BATTLE - 166TH ANNIVERSARY COMMEMORATION

The commemoration of the 166th Anniversary of the battle that was fought on June 2, 1856. Visit the Black Jack Battlefield and Nature Park for a reenactment of the battle from 2-4 p.m., live music at 4:30 p.m., followed by games of black jack and poker. John Brown and other reenactors will be available to take photos and chat with. There will also be food available on site for purchase. Black Jack Battlefield and Nature Park 163 E 2000 Road, 2-7 p.m. Free. WELLSVILLE, 785-380-9156
blackjackbattlefield.org

MEETINGS

MONDAYS

GRIEF SUPPORT (VIRTUAL)

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

TOPEKA, 785-232-2044

FIRST WEDNESDAY OF THE MONTH

CAREGIVER SUPPORT GROUP

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

BALDWIN CITY

SECOND MONDAY OF THE MONTH

KLAH FUN LUNCHEON

Keep Living at Home is hosting a fun senior event every second Monday at 2 p.m. at Brandon Woods Independent Living, 1501 Inverness. KLAH will provide appetizers and wine. Call for more information or to sign up.

LAWRENCE, 785-294-5867

THIRD FRIDAY OF THE MONTH

CAREGIVER SUPPORT GROUP

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

TOPEKA, 785-235-1367

MAY 2

CAREGIVER SUPPORT MEETING

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

TOPEKA, 785-235-1367

MAY 9

CAREGIVER SUPPORT MEETING

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

205, 1515 SW 10th Ave., 3:30-4:30 p.m.
TOPEKA, 785-235-1367

MAY 19

CAREGIVER SUPPORT MEETING

Being a caregiver can be incredibly stressful. Meet and talk to others in the same situation. For more information call April Maddox at Jayhawk Area Agency on Aging. Topeka and Shawnee County Public Library - Marvin Auditorium 101A, 1515 SW 10th Ave., 2-3 p.m.

TOPEKA, 785-235-1367

MISCELLANEOUS

SECOND AND FOURTH THURSDAYS

PITCH PALS

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

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

TOURS

MAY 7

KAW VALLEY FARM TOUR

Spring Farm Day will be fun for the whole family. Nine venues to visit with special deals and activities for everyone. 9 a.m.-5 p.m. Free. LAWRENCE AREA
kawvalleyfarmtour.org

JUN 2

DAWN TOUR OF BLACK JACK BATTLEFIELD

There will be a guided tour of the Black Jack Battlefield on the date and at the time that the battle occurred 166 years earlier. Visitors should arrive not later than 4:45 a.m. that morning, consider bringing a flashlight, and wear appropriate clothing and footwear for hiking. This event is free and open to the public. Black Jack Battlefield and Nature Park 163 E 2000 Road.

WELLSVILLE, 785-380-9156

blackjackbattlefield.org

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24 for Life earns CDC Full Plus Recognition

24 for Life, a Diabetes Prevention Program, has earned the Centers for Disease Control and Prevention (CDC) Full Plus Recognition. This designation is reserved for programs that have effectively delivered a quality, evidence-based program that meets all of the standards for CDC recognition and additional retention thresholds.

In the last 20 years, the number of adults diagnosed with diabetes has more than doubled, as the American population has aged and become more overweight or obese, according to the CDC.

“The sustained success of your lifestyle change program makes an invaluable contribution to the prevention of Type 2 Diabetes, both in your community and nationally,” said Miriam Bell, Team Lead, National Diabetes Prevention Program.

With the 24 for Life program, you are

given a trained lifestyle coach who will lead the program in a way that helps you make adjustments in your lifestyle, such as eating healthier, reducing stress, and getting more physical activity. The research from the CDC shows that making modest behavior changes helped participants lose 5 to 7 percent of their body weight. These lifestyle changes reduced the risk of developing Type 2 Diabetes by 58 percent in people with prediabetes.

“The program reminds us of how to overcome stress in our lives and how it can affect our health. We talk through all the ways to help us get through these stressful times,” said Vanessa, a 24 for Life participant.

If you’re interested in learning more about 24 for Life, visit www.midland-care.org/24forLife or contact Donna Doel at 785-250-5210.

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PAINTING WITH WORDS

It Is Not Always May

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

Born in 1807, Longfellow graduated from Bowdoin College in Maine and was so successful in translating languages he was offered a professorship in modern languages. He spent four years abroad, learning Spanish, French, and Italian, but he returned to the United States to be a professor and



Tom
Mach

librarian. He again traveled abroad and returned to the U.S. where he began in earnest to write poetry and travel sketches. His poetry book *Voices of the Night* achieved immediate success.

In 1842 Longfellow's *Ballads and Other Poems*, which contained such poems as "The Wreck of the Hesperus," "The Village Blacksmith," and "It Is Not Always May" swept the nation. His strong antislavery beliefs were expressed in *Poems on Slavery*, but he did not have the persistence in propagating his sentiments on slavery which John Greenleaf Whittier had.

Longfellow is best remembered for two books: *The Song of Hiawatha*

(1855) and *The Courtship of Miles Standish* (1858).

"It is Not Always May" was not Longfellow's most popular poem, but its simplicity in structure and purpose did attract readers. In this poem, Longfellow talks about the permanence of change and how we may have problems in accepting it. His poem places readers in the outdoors, where they observe the various aspects of nature, the bright sun, clear air, and the swallows who "soar and sing." He uses positive symbols, such as the "anchor in the clouds" which represents stability and hope.

However, Longfellow also advises younger people to enjoy their youth while it lasts. Everything will fade away, even their youth. His phrase, "there are no birds in last year's nest," is an excellent way he brings this thought home.

The month of May is the inspiration for this poem because it is the last full

month of spring. After May, spring ends as does the newness of the resurrection of life, budding trees, grass sprouting, and birds returning from warmer climes. Longfellow is optimistic in his poem, preferring to accept the passage of time with joy.

Here is Longfellow's poem:

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 bluebird 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 oh, 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 enjoyed the poems analyzed in this column, you will also enjoy Tom's latest book, *Collected Poems* by Tom Mach. Many of his poems were previously published and some have even been honored by awards. These poems will give you a lot to think about and they are well worth reading. One of them, called "A Different Season," begins with a person getting older. "I once carried summer in my sandals and winter in my boots." This poem ends with the person dying: "I hear a gentle voice of welcome and the sweet music of violins and cellos, and I know I am entering a Different Season." If you'd like a free copy of this wonderful book of verse, send an email to Tom Mach (tom.mach@yahoo.com). **This free offer expires on May 31, 2022, and is limited to the first 20 responders.**

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 citizen who would
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WITH BOB JONES

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THE MAGICIAN

Neither vulnerable, South deals

NORTH
 ♠ K 9 8 4
 ♥ 8 6 5
 ♦ 10 7 5
 ♣ 10 5 2

WEST
 ♠ Q 6 3 2
 ♥ 2
 ♦ 8 4 3 2
 ♣ K J 7 4

EAST
 ♠ A J 10 5
 ♥ 9 7 4 3
 ♦ 6
 ♣ A 8 6 3

SOUTH
 ♠ 7
 ♥ A K Q J 10
 ♦ A K Q J 9
 ♣ Q 9

The bidding:
 SOUTH WEST NORTH EAST
 2♣ Pass 2♦ Pass
 2♥ All pass

Opening lead: Four of ♣

Roughly 30 years ago, the Double Bay Bridge Centre in Sydney, Australia, was a thriving rubber bridge club. One of the regulars was given the nickname "Michael the Magician". He earned this nickname, not for his ability to take tricks, but for his uncanny ability to make them disappear.

The Magician's two-heart bid was, of course, forcing. However, his

reputation was such that his partner would not treat any bid he made as forcing. His partner was happy to accept any plus score that might come his way, and North was hoping to gain a partial on this deal. The defense started with three rounds of clubs, the Magician ruffing the third. He was fuming that his partner had passed him in two hearts. He could have just cashed his 10 top tricks and lectured his partner, but he saw a way to gain even more leverage in the discussion to come. He would make an overtrick by sneaking his singleton spade through to the king before drawing trumps.

At trick four, the Magician led his spade to dummy's king. Sadly for him, East produced the ace and continued with the jack. The Magician ruffed, but he had lost control of the hand. He cashed three high trumps and started on diamonds. East ruffed the second diamond and the defense took two more spade tricks and a club trick.

The Magician finished down two in this contract. He had nothing to say about the bidding.

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

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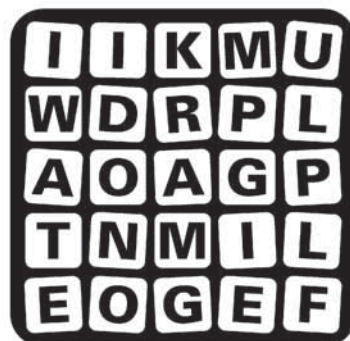


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Boggle[®]
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By David L. Hoyt and Jeff Knurek



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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
 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 NINE FRUITS in the grid of letters.

PUZZLES & GAMES

CROSSWORD

Across

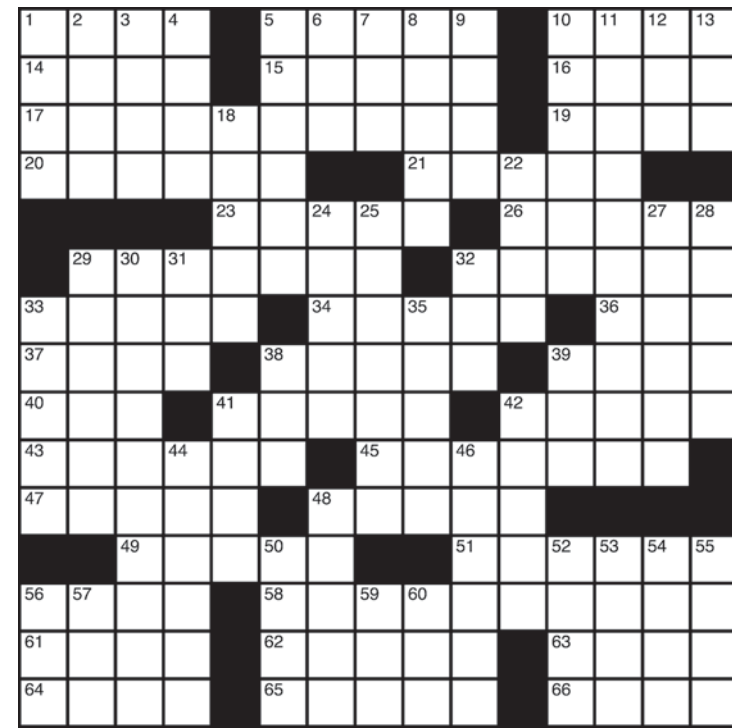
- 1 Distressed cry
- 5 Capture, in Westerns
- 10 Pond film
- 14 Singer Brickell
- 15 Rap sheet entry
- 16 ___ Linda, Calif.
- 17 Noble fish?
- 19 Arthur Ashe Courage Award, e.g.
- 20 Radio tuning shortcut
- 21 Longtime "American Top 40" host
- 23 They're sold in bars
- 26 Force out
- 29 Goes along with
- 32 Come again?
- 33 Oldest Musketeer
- 34 Keyboard goofs
- 36 Campaigned
- 37 Flute feature
- 38 Management opening
- 39 Protest, in a way
- 40 Argentine aunt
- 41 Caff ___: chocolate-flavored drink
- 42 Reach via jet

- 43 Oliver Twist, for one
- 45 Not farmed out
- 47 Spruce up the lawn
- 48 Jim of "Wide World of Sports"
- 49 Buddy
- 51 Much more than a mere fan
- 56 Word of lament
- 58 Elastic fish?
- 61 Singer with The Blackhearts
- 62 Typical
- 63 Caffeine-rich seed
- 64 Graph lines
- 65 Chaps
- 66 Kind of folder

Down

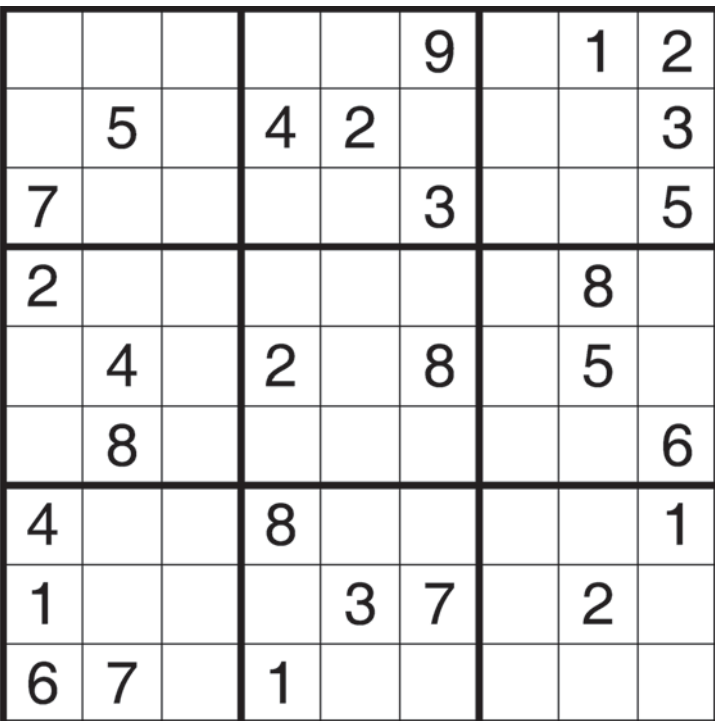
- 1 Online site whose reviews are reviewed
- 2 Fragrance
- 3 Certain partner
- 4 Frees, with "out"
- 5 Common carry-on item
- 6 Pub order
- 7 What Marcie calls Peppermint Patty

- 8 Fires
- 9 Fed. workplace monitor
- 10 Short item on many a tee
- 11 Massive fish?
- 12 Diamond authority
- 13 Possibly will
- 18 Many RSVP responses, hopefully
- 22 Notices
- 24 Top story
- 25 Medium
- 27 Pure
- 28 Scout rider
- 29 What you have on
- 30 Stingy fish?
- 31 Dot follower, at times
- 32 Piglet's pal
- 33 Tycoon who is an Oregon city namesake
- 35 Play a joke on
- 38 Day named for a satellite: Abbr.
- 39 Winter bug
- 41 Anti-DUI org.
- 42 Entrance area
- 44 Raises
- 46 Variable eye colors
- 48 Touchpad alternative
- 50 Pharmacy item
- 52 Sets as a price
- 53 Circuit
- 54 Earthenware pot



- 55 Bears or Lions
- 56 1977 Steely Dan album
- 57 Latin law
- 59 Dog holder
- 60 Diamond tool

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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.

DAYNC

○ ○ ○ ○ ○

SILPO

○ ○ ○ ○ ○

DLUDYC

○ ○ ○ ○ ○

LEEFIB

○ ○ ○ ○ ○

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THAT SCRAMBLED WORD GAME
by David L. Hoyt and Jeff Knurek

Check out the new, free JUST JUMBLE app

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

11/25

SCRABBLE G.R.A.M.S.

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E₁ I₁ I₁ N₁ R₁ S₁ D₂

○ ○ ○ ○ ○ ○ ○ ○ ○

I₁ O₁ U₁ H₄ R₁ N₁ S₁

○ ○ ○ ○ ○ ○ ○ ○ ○

E₁ I₁ I₁ N₁ P₃ H₄ L₁

○ ○ ○ ○ ○ ○ ○ ○ ○

A₁ O₁ O₁ S₁ S₁ H₄ C₃

○ ○ ○ ○ ○ ○ ○ ○ ○

A₁ E₁ I₁ Z₁₀ P₃ B₃ T₁

○ ○ ○ ○ ○ ○ ○ ○ ○

1st Letter Triple

Double Word Score

PAR SCORE 260-270
BEST SCORE 340

FIVE RACK TOTAL
TIME LIMIT: 25 MIN

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

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

Answers to all puzzles on page 26

MY PET WORLD

Should you discourage a friend from adopting a pet?

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

Dear Cathy: I have an older friend of many years who lives alone after becoming widowed in 2020. She is currently having major health issues, which puts her in the hospital several times a year. She also uses oxygen tanks with tubes running throughout the house and is not very steady on her feet. She has two middle-aged cats and now wants a dog.

I think the dog is intended to give her company and entertainment. Both are good things, but I am not sure she can properly care for it. She said she could pay someone to walk the dog, which her finances would allow. She does have a small, fenced backyard, so the dog would be able to get some relief without being walked as well.

My other concern is that she has a very limited support system; basically, it's just me and another friend who is not very accessible or responsive to her, but lives closer to her. So, I assume that if and when she goes into the hospital, I will need to step up and find care for the dog or care for it myself.

I expressed these feelings and told her I had doubts that she could take care of a dog. She simply asked if I

would still love the dog if she got one and I said of course. She now has an application for a dog with a shelter. I understand that shelters do a phone interview due to COVID, so they won't necessarily see her frailty. My question to you is, was I wrong to express my apprehension about the adoption, and should I just dummy up and support her decision? - V, Baltimore, Maryland

Dear V: One should be able to share concerns with a friend as long as you express those concerns respectfully. It sounds like you did, based on her response. She didn't seem upset with you. In fact, she let you know she heard you and asked for your support regardless of her decision. You handled it beautifully.

We both know though, that it's her decision—and ultimately, the shelter's decision on whether she can adopt a dog. I assume that if she has the money to get the dog walked, she has the money to put the dog in a kennel or pay a pet sitter to stay at the house with her pets if she is hospitalized. The animal shelter also may recommend she adopt an older dog that has a few years of life left, but that won't require as much exercise as a younger dog. If they refuse her for any of the reasons you mentioned, then she will have heard it

from two places and may hold off on adopting a dog.

If she does get approved, you must again be honest with her and let her know you are not in a position to care of her pets. Encourage her to find a pet sitter or kennel where the dog and/or cats can be taken if she is hospitalized, and to give someone (a child or family member) power of attorney, so they can decide what happens to her pets should she not return home for whatever reason.

That's the next best advice you can give as her friend.

Dear Cathy: My fur-baby loves to roll in poop at the dog park. How can I get her out of this nasty habit? She is five years old and is a rescue dog. - Genevieve, Orlando, Florida

Dear Genevieve: Teach your “fur-baby” the “leave it” command. Ask her to sit, put a treat on the ground, and say “leave it.” If she looks at the treat or starts to go for it, say “leave it” again. She should get the gist of what you want

and will likely “leave it.” When she does, use a marker word, like “bingo,” or a clicker to mark the correct behavior. Then, give her a tastier treat from your hand. (Never let her take the treat on the ground.) Pick up the treat from the ground and repeat this training over the next few days until you know she understands the command.

When you take her to the dog park and she drops to roll in the poop, shake your keys to get her attention and tell her to “leave it.” It may take a few times for her to understand the command in this context, but she will get it and learn to “leave it” if you are consistent with the training.

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

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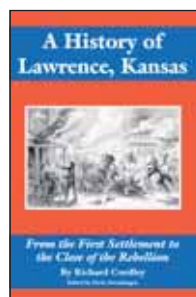


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Once you make homemade fruit leather, you might never buy the packaged stuff again!

By America's Test Kitchen

Tribune Content Agency

Have you ever eaten Fruit Roll-Ups? These chewy, fruity treats are produced by General Mills and have been in supermarkets since 1983. That's a long time. But rolled fruit snacks have actually been around far longer.

More than 100 years ago in New York City, a Syrian immigrant imported apricot paste and turned it into a fruit leather called amardeen. It came in large sheets, so when a customer wanted to buy some, they simply cut off a long piece and handed it to them.

Our 10-year-old recipe tester, Selah, said, "It smelled so good while cooking. It's amazing how it changed colors."

Triple-Berry Fruit Leather

Makes 12 fruit strips

Vegetable oil spray

4 cups mixed berries (blueberries, raspberries and strawberries—strawberries hulled and chopped)

2 large Granny Smith apples (8 ounces each), peeled, cored and chopped

1/4 cup sugar

1. Adjust oven rack to middle position and heat oven to 200 degrees. Use a pencil and ruler to draw a 14-by-

11-inch rectangle on a large sheet of parchment paper. Flip parchment and place on a rimless baking sheet. Spray parchment evenly with vegetable oil spray.

2. Place berries in a blender jar followed by apples. Hold down pulse button for 1 second, then release. Repeat until fruit is finely chopped, about 10 1-second pulses, scraping down sides of blender jar with rubber spatula a few times.

3. Add sugar and replace lid. Process until very smooth, about 3 minutes, stopping to scrape down sides of blender jar with rubber spatula halfway through processing.

4. Place a fine-mesh strainer over a large saucepan. Pour berry mixture through strainer into saucepan. Use the back of a ladle to stir and press on mixture to get out as much liquid as possible; discard solids in strainer.

5. Bring mixture to a boil over medium-high heat. Reduce heat to medium-low and gently simmer, whisking often and lowering heat if mixture begins to splatter, until mixture is thickened, about 30 minutes.

6. Pour mixture into a 4-cup liquid measuring cup. Mixture should measure 2 cups. If it is more than 2 cups, return mixture to saucepan and continue to cook over medium-low heat until mixture measures 2 cups.

7. Pour berry mixture onto the center

ASHLEY MOORE



This is a fun cooking project to do with kids.

of the parchment-lined baking sheet. Use an icing spatula to spread mixture into an even layer to the edges of a 14-by-11-inch rectangle. Gently jiggle and tap the baking sheet on the counter to create a smooth, even layer.

8. Place baking sheet in oven and bake until mixture is set, 4 to 5 hours. To check for doneness, remove baking sheet from oven and place on cooling rack. Gently touch center of fruit leather—it should feel dry but slightly tacky to touch, and fruit leather should peel away from parchment cleanly. (If it's still too wet, use oven mitts to transfer baking sheet back to oven and continue baking.)

9. Let fruit leather cool completely,

about 30 minutes. Use scissors to cut fruit leather (along with parchment backing) crosswise into 12 1-inch-wide strips (trimming away any dry edges as needed). Roll up fruit leather strips. Serve. (Fruit leather can be stored at room temperature in airtight container for up to two weeks.)

- 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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RICK STEVES' EUROPE

Lago di Como: Where Italians honeymoon

By Rick Steves
Tribune Content Agency

Stretched over two chairs atop the skinny passenger deck of a 10-car ferry as it shuttles across Lago di Como, I look south into the haze of Italy. I'm savoring the best of my favorite country with none of the chaos



Rick Steves

and intensity that are generally part of the Italian experience. Looking north, into a crisp alpine breeze, I see snow-capped Alps.

I'm just minutes from Switzerland ... but it's clear I'm in Italy. The ferry workers are Italian, with that annoying yet endearing and playful knack for underachieving. Precision seems limited to the pasta: exactly al dente.

Rather than banks and public clocks (which inundate nearby Swiss lake resorts, such as Lugano), the lanes that tumble into this lake come with lazy cafes and hole-in-the-wall shops, brimming with juicy fruits and crunchy greens.

In this romantic Lakes District in the shadow of the Alps, wistful 19th-century villas are seductively overgrown with old vines that seem to ache with stories to tell. Stunted palm trees look as if held against their will in this northern location. And vistas are made to order for poets. In fact, it was Romantic-age nature lovers who wrote and painted here that put this region on the tourism map in the 1800s.

The million euro question: Which lake to see? Little Orta has an offbeat, less developed charm. Maggiore has garden islands and Stresa, a popular resort town. Garda is a hit with German windsurfers. But for the best mix of scenery, old aristocratic romance, and wisteria charm, my choice is Como.

Sleepy Lago di Como, just an hour

■ CONTINUED ON PAGE 25

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Rick Steves

■ CONTINUED FROM PAGE 24

north of Milan by convenient train, is a good place to take a break from the obligatory turnstile culture of Italy. It seems half the travelers I meet have tossed their itineraries into the lake and are actually relaxing.

Today, the hazy, lazy lake's only serious industry is tourism. Many lake-side residents travel daily to nearby Lugano, in Switzerland, to find work. The area's isolation and flat economy have left it pretty much the way those 19th-century Romantics painted it.

The self-proclaimed "Pearl of the Lake," Bellagio is the leading Lago di Como resort, a classy combination of prim tidiness and Old World elegance. If you don't mind feeling like a "tramp in the palace," it's a fine place to surround yourself with the more adventurous of the posh travelers. Arcades facing the lake are lined with shops. The heavy curtains hanging between the arches keep VIP visitors and their poodles from sweating. While the fancy ties and jewelry sell best at lake level, the locals shop up the hill.

Lago di Como is famous among Italians for its shape: like a stick figure of a man with two legs striding out. Bellagio is located where the two legs come together (which makes it the subject of funny, if crude, local rhymes you can learn when you visit). I wander from the town right on out to the crotch, following the view of the lake. At Punta Spartivento (literally, "the point that divides the wind"), I find a Renoir atmosphere, perfect for a picnic while gazing north and contemplating the place where Italy is welded to the Swiss Alps.

I head to the town of Varenna (another 10-minute hop on the ferry). Narrow-stepped lanes climb almost invisibly from the harbor to the ancient arterial road that runs across the top of the town. Varenna packs its 800 residents into a compact townscape—tight as 50 oysters overloading a too-small rock. Individual homes are defined only by their pastel colors.

With Varenna's dwellings crowding the lake, the delightful passerella (boardwalk) arcs from the ferry dock to the tiny harbor past private villas

guarded by wrought iron and wisteria. Two centuries ago, the harborfront was busy with coopers expertly fitting their chestnut and oak staves into barrels, stoneworkers carving and shipping prized black marble, and characteristic wooden boats heading out to catch the lake's unique missoltino—freshwater "sardines" still proudly served by local chefs. Today, the harbor's commerce is little more than the rental of paddleboats and a gelateria run by a guy named Eros.

Other than watch the ferries come and go, there's wonderfully little to do in Varenna. At night, it whispers luna di miele—honeymoon. And strolling its passerella, passing by those wisteria-

drenched villas where caryatid lovers are pressed silently against each other, I'm reminded of the importance of choosing the right travel partner.

- Rick Steves (www.ricksteves.com) writes European guidebooks, hosts travel shows on public TV and radio,

and organizes European tours. This article was adapted from his new book, *For the Love of Europe*. You can email Rick at rick@ricksteves.com and follow his blog on Facebook.

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MY ANSWER

More to parenting than meeting physical needs

From the writings of the Rev. Billy Graham

Tribune Content Agency

Q: My neighbor claims the primary parental responsibility is providing shelter and food. She tells me that I should pursue my career instead of being a stay-at-home mom. I am in great conflict. - C.M.

A: There's more to parenting than meeting physical needs--nature itself teaches this. Parents are equally responsible for their children's spiritual growth. The Scriptures, which God intended for everyone to obey, says, "These words which I command you today shall be in your heart. You shall teach them diligently to your children, and shall talk of them when you sit in

your house, when you walk by the way, when you lie down, and when you rise up.... You shall write them on the doorposts of your house and on your gates" (Deuteronomy 6:6-9).

Churches and schools can certainly reinforce these wonderful truths, but the responsibility lies with the parents who gave life to their children and have the greatest love for them. Verbal instruction should be accompanied by example. If children hear parents talk about honesty, yet fail to see it in lived out, this inconsistency will do great harm.

"The problem with parents," a teenager once said, "is that by the time you get them, they're too old to change!" This brings a smile but the truth is that moms and dads don't go into parent-

hood experienced, so they are bound to make some mistakes. The important thing is to teach God's Word and be a consistent example. Be humble before the Lord and ask for His wisdom. Pray that God may crown your home with grace, love, and mercy, and pray daily for your children by name. It blesses the Lord greatly when the influence of Christian parents build godly character into their children.

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

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■ CONTINUED FROM PAGE FIVE

this caption appeared in the *Missilani*, the company's newsletter: "Another example of how safety at home is as important as safety at work."

In April 1994, Ruth, Ray's wife of 56 years, died. Ray's mother died in Topeka just three months later. He recalls sitting in his rocking chair in Utah and wondering what he was going to do with his life.

In Lawrence, Barbara Livingston was also wondering what she was going to do with her life. Born Barbara Newton in Wyoming in 1932, Barbara left her home in Rock Springs after she received a scholarship to study math and chemistry at Ottawa University in Ottawa, Kansas.

"I worked as a dishwasher in the kitchen there," Barbara said. "The chief cook came to me one day and said that she and the gym teacher, also a woman, were going to Sunflower to apply for jobs for the summer. She asked if I wanted to join them. Sunflower put me in quality control. I worked there for two weeks and then the flood hit. I got stuck in De Soto for two weeks and had to stay with a female press operator until the roads were open again."

Barbara is referring to the Great Flood of 1951, which occurred in the Kansas, Neosho, Verdigris, and Marais Des Cygnes river basins. The flooding of the Marais Des Cygnes prevented Barbara and the other members of her carpool from driving from De Soto to their homes in Ottawa.

Like all employees at SFAAP, Barbara knew Ray Dennis, who supervised the production at the plant.

Barbara married a fellow SFAAP employee in 1952. They had a daughter and three sons, but the marriage eventually ended in divorce.

Barbara had been let go from SFAAP twice due to force reductions and had been called back by Hercules in 1978. However, SFAAP had another force reduction in 1982. A supervisor said he would try to find a position for her at the Bacchus plant in Utah.

"I had always been in safety and

quality control," Barbara said. "However, at Salt Lake City, I did scheduling and they put me in the same office with Ray. We worked in the same office together for six months and then he retired. From his years at Sunflower, I had already known his value system, that he was a Christian man who raised his family in the church, and that his work ethic was very good. I just witnessed all of that again during the short time we worked together in Utah. What I didn't know was how funny he was. I asked him to join Toastmasters and he gave one of the funniest stories I had ever heard about going down the Grand Canyon on a donkey."

"I got that story out of a book at the library," Ray said.

"Oh, you did not!," Barbara said. "I thought it was a true story, Ray."

"Maybe it was," Ray responded. "I don't remember the donkey."

Barbara worked in Utah for two years and then transferred back to SFAAP, where she worked until she retired in 1993.

"I had planned to travel with two other ladies after retiring, but those plans fell through," Barbara said. "So, I was just wondering what I was going to do with my life. I had been going to Bible study and learned how much God has to do with our lives and how He has a plan for our lives. I was just desperate one Saturday morning in late July. I got down by my bed and said, 'God, will you get on with the plan you have for my life?' Two weeks later, Ray called."

"I hadn't talked to her for quite a few

years," Ray added.

"Ray said he was coming to Kansas to see his sister because their mom had died," Barbara said. "He asked if he could stop to see me. I said, 'Sure.' So, he stopped by two days later with a box of chocolates. I told him when he came that he had gotten old on me. He stayed about an hour and then had to go to a dinner engagement with friends. He called the next morning at seven and said, 'You and me need to talk.' I told him to come on over. He came to the door with a dozen red roses."

Ray visited Barbara with chocolates on August 8, 1994. They got married on September 24 and will celebrate their 28th anniversary in just a few months.

"When I said 'yes,' it was on faith," Barbara said. "The two of us started a life together strictly on faith. And I tell you, it's been the greatest journey in the whole world."

That journey has included travels to other countries, including Mexico.

"We were in Mexico for 43 days," Barbara said. "We traveled with an RV. We sold the RV when Ray was 95. We miss that thing every day. But every time we fill up the car, Ray will say, 'Well, we have 300 miles. Where do you want to go?'"

In addition to traveling together, the couple exercised together. They attended Vicki Lysen's senior fitness classes through Lawrence Parks and Recreation for about 20 years. They no longer attend the classes, but remain as active as they can during the current pandemic. In fact, at 104, Ray still

mows the couple's well-manicured lawn.

"I can mow it in about an hour," Ray said. "My mower is self-propelled, but it's heavy."

"Ray was the youngest 76-year-old you would ever meet and he is the youngest 104-year-old you'll ever meet," Barbara said. "He will not go to bed angry. He doesn't stay angry. He's a different caliber."

While thumbing through Ray's thick binder of photographs, letters, and other items from the past several decades, he proudly pointed to a letter with the presidential seal stamped on it.

"That's Donald Trump's signature there," he said. "I got a letter from him on my 100th birthday. Isn't that neat?"

Centenarians are often asked if they have secrets to explain their longevity. When asked this question, Ray initially answered, "Not really."

"Oh, that makes me feel bad!" Barbara reacted.

"If someone asks me if I have a secret, I tell them, 'Marry a young wife,'" Ray said with a smile while pointing at Barbara.

"That makes me feel better," Barbara said as she smiled back at Ray.

As noted above, Ray survived the 1918 influenza pandemic. He has now survived the COVID-19 pandemic as well. Ray's example should serve as a reminder to all of us that, although the past two years of living with COVID-19 have been very difficult, life does go on after a pandemic.



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