

# Kaw Valley Senior Monthly

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Vol. 22, No. 11

## INSIDE



The Spring 2023 issue of JAAA's *Amazing Aging* is included in this issue of *Kaw Valley Senior Monthly*.

- America's Test Kitchen ..... 21
- Business Card Directory... 22, 23
- Calendar ..... 14
- Financial Focus ..... 12
- Health & Wellness..... 9, 10
- Humor..... 16
- Jill on Money..... 13
- Mayo Clinic ..... 8
- My Answer ..... 26
- My Pet World ..... 20
- Painting with Words ..... 17
- Puzzles and Games..... 18, 19
- Rick Steves' Europe ..... 24
- Savvy Senior..... 6

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KEVIN GROENHAGEN PHOTO

## The Legacy of Theodore Poehler

See story on page three



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# Poehler contributed to Lawrence's growth

By Kevin Groenhagen

Like me, perhaps you've driven by the large building on the 600 block of East 8<sup>th</sup> Street in Lawrence, read the words "Theo. Poehler Mercantile Co. Wholesale Groceries" on both the east and north faces of the building, and wondered who Theodore Poehler was. Poehler actually played a very important role in the development of Lawrence after the Civil War.

According to records found on Ancestry.com, Carl Theodor Poehler, the son of Heinrich Carl Poehler, a teacher, and Amalie Schoenlau, was born in Detmold, Lippe, Germany, on December 26, 1832. "As he had relatives in America and had an early ambition to emigrate to the United States, he completed a course at a semi-agricultural school as a preliminary for western life in the new country," *A Standard History of Kansas and Kansans* (1918) notes. "In 1851, when he was about nineteen years of age, the

youth boarded a sailing vessel bound for New Orleans and made that port after a voyage of eleven weeks. Thence he took a Mississippi River steamboat to Burlington, Iowa, escaping a cholera epidemic en route, and disembarked at the place named. He then worked on a farm for a short time. Later he commenced to furnish supplies for the river steamboats, and gradually drifted into the wholesale and retail grocery business. In 1854 he married Sophie Knoener, and six of their seven children were born at Burlington. There, also, his business so prospered that at the time of the Civil war he had amassed what was then a competency."

A notice in the March 18, 1865, issue of the *Burlington Weekly Hawk-Eye* announced that Theodore Poehler had bought John Blaul's whole stock of groceries. Blaul had been Poehler's business partner.

After the Civil War, Poehler started on a sight-seeing and a prospecting expedition. He noted that Lawrence,



Lawrence Plant and Headquarters of the Poehler Mercantile Company

Kansas, "presented a bright, clean and bustling appearance, with exceptional educational advantages" and moved his family here in 1866. In October of that year, ads for his grocery house at 86 Massachusetts Street began appearing in *The Daily Kansas Tribune*. His

older brother, August, joined him in the wholesale and retail grocery business.

On September 18, 1868, *The Lawrence Daily Journal* reported that Poehler would soon commence the

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**Kevin L. Groenhagen**  
Editor and Publisher

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# Theo. Poehler

■ CONTINUED FROM PAGE THREE

erection of five brick storerooms on the property he recently purchased opposite of the market house. Each storeroom would be 28' x 45', "with rooms above for families to reside in." The development would become known as the "Poehler Block."

In addition to his business concerns, in 1869 Poehler became a member of the board of education in Lawrence and, later, became a member of the city council.

Poehler's wife, Sophia, died in March 1871, making him a widower with six children under the age of 15.

In 1871, Poehler became a Republican candidate for Douglas County Treasurer. The November 4, 1871, issue of *The Daily Kansas Tribune* reported that Poehler's opponents cited four reasons "to prove that Mr. Poehler is unfit to be treasurer of Douglas county":

- I. Mr. Poehler is rich.
- II. He is going to be a banker.
- III. He won't take off his coat next August when he waits on the people in the treasurer's office.
- IV: He is a German.

"Mr. Poehler made what money he has (which, by the way, is not so much that he can yet afford a fine carriage or the luxurious habits of some of our rich men, but still has the habits of a hard-working man), by hard work and skillful business management and not by holding a fat office," *The Daily Kansas Tribune* noted. The newspaper dismissed the charge that Poehler is going to be a banker by calling it a

"simon-pure lie."

*The Daily Kansas Tribune* called the third charge a "poser." "We will pledge you, however, that he will take off his coat when he is at work during the months of July and August and probably the fore part of September," the newspaper noted.

Regarding the charged that Poehler, who became a naturalized U.S. citizen in 1855, is a German, *The Daily Kansas Tribune* noted the following:

"This too is a poser—providing we were compelled to furnish an answer to it that would be satisfactory to the ring and the sly bolters. So far as these parties are concerned this reason is a poser. But there are a good many Republican voters in the county—say the nine tenths of them with whom this reason will not seem quite so powerful. They believe in man instead of these vicious distinctions that have meaning only with the ignorant and vulgar. Then among the great mass of the Republican voters of the county it is not forgotten that the Germans throughout the country have proved themselves as patriotic and in every respect as valuable citizens as native born citizens dare claim to be; that the German citizens of Missouri saved that State for the Union during the war and thus saved Kansas from being overrun and devastated by the hordes of armed Democrats that were pushing westward in the interests of the rebellion. And if this is an insufficient answer to the fourth and last reason of the sly bolters why Mr. Poehler should not be elected treasurer we will allow it to go without a sufficient answer. Mr. Poehler is a German. So, ring-men, sly bolters, out-and-out bolters, Democrats, all who congregate in the Journal office to defeat



Emporia Branch House of the Poehler Mercantile Company

Mr. Poehler, make the most you can of it. Mr. Poehler is a German and he is going to be elected county treasurer by an overwhelming majority."

Poehler did win the election, but not by an overwhelming majority.

In February 1872, Poehler married Sophie Tappe, who was also born in Lippe, Germany. Poehler had two more daughters with Sophie.

In 1875, the people of Douglas County elected Poehler as a member of the board of county commissioners. He also served Lawrence in the capacity of mayor from 1885 to 1887.

In October 1888, the *Lawrence Journal* reported that Poehler had returned home "after a year and a half pleasantly spent in Germany." Sophie and three daughters joined him in Germany during those 18 months. Poehler noted that, while he was perfectly willing to reside in America, Americans don't

know how to live. He said the Germans in the old country live better and enjoy life much more on thousands than Americans do on millions.

In 1889, the Theodore Poehler Mercantile Company filed to incorporate at the Secretary of State's office with capital stock of \$50,000. The directors included Poehler, Theodore Poehler, Jr., and Poehler's son-in-law, Frederick Smithmeyer.

In 1895, the Poehler and Blaul families began a new partnership when Poehler's daughter, Bertha, married Louis Blaul, the son of Poehler's former business partner in Burlington, Iowa. Rev. Richard Cordley of the Plymouth Congregational Church officiated the wedding, which took place at the Poehlers' home. Louis Blaul was a member of a large wholesale grocery firm in Burlington.

■ CONTINUED ON PAGE FIVE



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# Theo. Poehler

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In 1900, the Theodore Poehler Mercantile Company opened a branch house in Emporia, Kansas, to meet the demands of the territory west to the Colorado line, north to the Nebraska line, and south nearly to the Oklahoma border. The Lawrence house supplied the territory east of the Emporia meridian. The company later added branch houses in Topeka and McPherson, Kansas.

On November 12, 1901, Poehler was thrown from a carriage on Tennessee Street while driving home. He struck the back of his head on the pavement and never fully regained consciousness. He died at the home of his daughter, Mrs. W. H. Pendleton, on January 1, 1901.

Theodore Poehler, Jr. became president of the Theodore Poehler Mercantile Company after his father died. In 1904, the business moved from its originally location on the southwest corner of the intersection of Massachusetts and Ninth Streets to a four-story stone, brick, and concrete building at Eighth and Delaware Streets. According to the *Lawrence Daily Journal-World* in 1915, "This building is of the latest and most advanced architecture, known as semi-mill construction, used in buildings for similar purposes. It has railroad tracks upon both sides, it has elevators, a complete bin system, and

is built to carry the necessary heavy loads incident to the wholesale grocery business."

Sadly, Theodore Poehler, Jr., died in September 1907 from appendicitis and peritonitis. He was just 43 years old. If Theodore, Jr.'s younger brother, Louis, had shown an interest in the family's business, he might have succeeded his late brother. However, after graduating from Lawrence's schools and Kansas University, he took a course at Liebeck, Germany, and then went to Columbia Law School and Harvard. He practiced law in Lawrence, married Eva Miles in 1894, and the couple had a daughter, Suzette, who was born two years later. Suzette died of diphtheria just before her sixth birthday. Louis himself became ill in 1902 and relocated to San Diego in the hope that the climate there would improve his health. However, he died in San Diego in 1904.

With the death of Theodore Poehler, Jr., Frederick Smithmeyer became president of the Theodore Poehler Mercantile Company.

In 1914, J. R. Koontz, general freight agent of the Atchison, Topeka & Santa Fe Railway Company said the following about the Theodore Poehler Mercantile Company: "The Theo. Poehler Mercantile Company, of Lawrence, Kans., and Emporia, Kans., pays the Santa Fe Railway Company more money for freight than any similar institution between Chicago and San Francisco." This compliment was a testament to just how

successful the business had become. Unfortunately, then as today, unscrupulous politicians often use the successful to advance their careers.

In May 1920, Kansas Attorney General Richard J. Hopkins charged Smithmeyer and George Kirchoff, secretary of the Theodore Poehler Mercantile Company, with anti-trust violations. Hopkins raided the Poehler offices and alleged 82 illegal pacts of conspiring with other wholesale grocers to raise prices on food products. Smithmeyer and Kirchoff were arraigned in the Douglas County District Court and released on bonds of \$1,000 each.

It wasn't until December 2, 1922, that a jury found Smithmeyer and Kirchoff not guilty in this anti-trust

case. Hopkins didn't even attend the trial and, reportedly, lost interest in the case after Kansans elected him to serve as an associate justice of the Kansas Supreme Court the previous month. "The verdict of the jury, clearing Smithmeyer, et al, arrived too late to be of the slightest interest to Attorney General Richard J. Hopkins," *The Merchants Journal* of Topeka noted in an editorial. "Both the primary and the election were over. What Hopkins was after was top heads on the front page before election, and he got them."

The most recent newspaper reference I could find regarding the Theodore Poehler Mercantile Company was a July 30, 1942, article in the *Lawrence*

■ CONTINUED ON PAGE 22

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## SAVVY SENIOR

# Best dating apps for retirees

By Jim Miller

**Dear Savvy Senior:** Can you recommend some good online dating apps or sites for retirees? I'm a 66-year-old widow and would like to find a new friend to spend time with, but don't know where to turn. - Cautious Carol



**Dear Carol:** Whether you're interested in dating again or just looking for a friend to spend time with, online dating sites and apps have become an easy and convenient way for older adults to meet new single people without ever having to leave home.

And to make things even easier, most sites today use matchmaking algorithms that factor in your interests and preferences so they can steer you to matches that are best suited for you. Here are some other tips to help you get started.

**Choose a site:** There are dozens of different matchmaking websites and apps available today, so choosing can be a bit confusing. While many sites offer free trials or watered-down free content, finding out the price can be difficult until you register and provide some information. In general, viewing complete profiles and messaging potential dates will require a monthly fee, which can range anywhere between \$10 and \$40 per month.

Some top mainstream sites/apps that are popular among older adults are eHarmony.com, Match.com and OKCupid.com. If, however, you're interested in more age specific sites,

some great options are OurTime.com or SilverSingles.com.

Or if you have a specific kind of person you'd like to meet, there are dozens of niche sites like: EliteSingles.com for educated professionals; ChristianMingle.com for Christian singles; BLK-app.com for black singles; JSwipeApp.com for Jewish singles; and Facebook.com/dating for people who love Facebook.

**Create a profile:** When you join a matchmaking site, you'll need to create a personality profile that reflects who

you are, including recent photos, hobbies, interests, favorite activities and more. If you need some help, sites like ProfileHelper.com can write one for you for a fee.

**Practice caution:** When you register with a site you remain anonymous. No one gets access to your personal contact information until you decide to give it out, so be prudent to whom you give it. Before meeting, you should chat on the phone or video chat a few times, and when you do meet in person

■ CONTINUED ON PAGE SEVEN

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# Savvy Senior

■ CONTINUED FROM PAGE SIX

for the first time, meet in a public place or bring a friend along. And if someone asks for money or your financial information, don't give it out. Online dating/sweetheart scams are rampant so be very cautious.

**Be skeptical:** In an effort to get more responses, many people will exaggerate or flat out lie in their profiles, or post pictures that are 10 years old or 20 pounds lighter. So, don't believe everything you see or read.

**Make an effort:** A lot of times, people—especially women—sit back

and let others come to them. Don't be afraid to make the first move. When you find someone you like, send a short note that says, "I really enjoyed your profile. I think we have some things in common." Keep it simple.

**Don't get discouraged:** If you don't get a response from someone, don't let it bother you. Just move on. There are many others that will be interested in you and it only takes one person to make online dating worthwhile.

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

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MAYO CLINIC

# Genetic counseling after cancer diagnosis

By Breanna Mitchell

Mayo Foundation for Medical Education and Research

**DEAR MAYO CLINIC:** I was diagnosed with ovarian cancer two months ago. My oncologist recommended that I undergo genetic testing as part of the treatment plan. Why is this recommended since I already have cancer? What is the benefit of testing? And what information will it provide?

**ANSWER:** Genetic counseling can be an important part of a cancer journey. A genetic test looks for specific harmful gene changes, called mutations or pathogenic variants, that can cause someone to develop a genetic condition. Gene changes are like spelling errors within the body's instruction manual.

Most genetic tests look for changes in a group of genes called a panel. However, testing may look for changes in a single gene when there is a known genetic mutation in your family. The most common genes typically thought of related to cancer risk are BRCA1 and BRCA2. These genes are associated with breast and ovarian cancer. It

is known that changes in other genes can increase risk for these cancers, as well.

During a cancer journey, genetic testing can help your care team make recommendations for treatments and surgical procedures. For example, some cancers associated with genetic mutations respond better to certain types of chemotherapy treatments than others. Similarly, genetic testing can help patients make surgical decisions. For instance, a patient with breast cancer can use the information to determine between a lumpectomy or a mastectomy. Genetic testing also can affect the management of cancer risk over time.

The results of genetic testing can help your family members. Potentially, your

children, siblings, nieces and nephews could have inherited the same gene mutation. For example, if you had a change in the BRCA gene and the testing showed this, your family members have a higher risk for breast and ovarian cancer. Knowing this information can be valuable to help them establish early screening schedules and make healthy decisions throughout their lives.

It is important to know that most cancers are considered sporadic, meaning the cancer happens randomly or has environmental influences, such as smoking and lung cancer. About 25% of cancers are considered familial. This is when multiple members of a family are affected by cancer. These family members have some shared genetic factors in combination with shared environmental factors that lead to the development of these cancers.

About 10% of cancers are considered hereditary or have a single, specific genetic component that can be tested and increase a person's risk for developing cancer. Genetic counseling and genetic testing can help determine which category your cancer falls into.

Many other health conditions have a genetic link. Genetic testing can help you and your health care team understand if you have an increased risk for developing other conditions that are present in your family. If you are at risk, you may be able to take preventive measures to decrease your risk or undergo genetic testing to clarify your risk.

While you can't change your genes, you can control some aspects of your environment, such as diet and physical activity level, as well as alcohol and tobacco use. That is why it's still so important to live a healthy life, regardless of your personal and family genetic history. — Breanna Mitchell, Clinical Genomics, Mayo Clinic Health System, Eau Claire, Wisconsin

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## HEALTH & WELLNESS

# How to reduce your exposure to allergens during spring

Finally, the long winter is over and we are all ready for some much-needed time outside. Why not? Spring in Kansas is beautiful. The flowers and trees are blooming and the grass



Dr.  
Deena  
Beneda

is turning green. However, if you have seasonal allergies, the pollens in the air can make you miserable. Enjoying the great outdoors means sneezing, sinus congestion, itchy eyes and throat, runny nose, and other symptoms that make you feel like a zombie. Seasonal allergies or allergic rhinitis can make your life dismal. However, before you decide to lock yourself in your house or buy artificial trees, you can reduce your exposure to allergens by:

- Staying indoors on dry, windy days. The best time to go outside is after rain, which helps clear pollen from the air.
- Remove clothes you've worn outside.
- Don't hang laundry, especially bed sheets outside — pollen can stick to sheets and towels.
- Wear a face mask if you do outside chores.
- Check your local TV, internet, or phone for current pollen levels.
- Close doors and windows at night if possible or any other time when pollen counts are high.
- Use air conditioning in your house and car.
- Use a portable high-efficiency particulate air (HEPA) filter in your bedroom.

Treatment for allergies is variable, including over-the-counter medications such as oral antihistamines, corticosteroid nasal sprays to oral

decongestants. Natural ways to treat allergies include:

Rinsing your nasal passages with saline solution is a quick, inexpensive, and effective way to relieve nasal congestion.

Pay attention to your diet and reduce inflammatory foods.

Several natural remedies have been used to treat hay fever symptoms. Treatments include extracts of herbal

remedies, including Stinging Nettles.

Stinging Nettles, or *Urtica dioica*, which means “to burn,” has been a staple in herbal medicine since ancient times. The Egyptians used Stinging Nettles to treat arthritis and lower back pain. The leaves have hair-like structures that sting and also produce itching, redness, and swelling, hence the name Stinging Nettles. The benefits of taking Stinging Nettles are worthwhile to investigate. Stinging Nettles provide a variety of nutrients that act as antioxidants in your body reduce inflammation, treat symptoms of an enlarged prostate or benign prostatic hyperplasia, lower blood pressure, osteoarthritis, help treat colds, and strengthen the immune system.

Stinging Nettles is incredibly easy to add to your daily routine. It can be purchased in many health food stores, but you can also grow it yourself. You can buy dried leaves, powdered formulations, tinctures, and creams. Stinging Nettle ointments are often used to ease osteoarthritis symptoms. The dried leaves and flowers can be steeped to make herbal tea and its leaves, stem and roots can be cooked and added to soups and broths. So go ahead and get outside to enjoy spring in Kansas but you might take your Nettles first.

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



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## HEALTH &amp; WELLNESS

# Working to restore heart health with cardiac rehab

By Autumn Bishop

LMH Health

More than 800,000 people in the United States have a heart attack every year. According to the Centers for Disease Control, that amounts to one every 40 seconds. When you've been treated for a serious cardiac event, lifestyle changes and medica-

tions might be necessary. The cardiac rehabilitation team at LMH Health can help make the transition easier.

## Who is cardiac rehab for?

Cardiac rehabilitation—also called cardiac rehab—is a personalized treatment plan that's an important part of care for patients who've experienced certain diagnoses, including:

- Angina
- Cardiac surgery
- Coronary artery angioplasty or stent
- Heart attack
- Heart failure
- Heart transplant
- Peripheral artery disease

"If you're an inpatient at LMH Health and have one of these diagnoses, the cardiac rehab team will receive a referral and we will follow up after discharge to get you scheduled," said exercise physiologist Susan Anderson. "If you've been sent to another hospital for a surgery that we aren't able to perform at LMH, they will send a referral to us so that you can get this care close to home."

## What can I expect?

Our team of registered nurses, exercise physiologists and a respiratory therapist work together to help you reach your heart health goals. The LMH Health Cardiac Rehab program

is medically supervised by Elizabeth Guastello, MD, a cardiologist with Cardiovascular Specialists of Lawrence.

"The program is tailored for each individual patient. We work as their coaches for diet, exercise and medication, and we provide them with knowledge about heart disease, heart health and risk factor modification," said registered nurse Kelly Kallenberger. "Each session we go over a different topic, like a diet recommended by the American Heart Association. It may only be a few minutes out of your session, but getting the information in these little bites really sticks with our patients."

Cardiac rehab is generally covered by most health insurance companies, but it's important to check your plan to see if there are copays or other requirements. Many plans, including Medicare, pay for up to 36 sessions.

## Benefits for the patient

Participating in a cardiac rehab program provides a wealth of benefits. According to the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR), patients who participate in cardiac rehab early in recovery reduce their risk of death. This includes a 26-31% reduction in



The LMH Health cardiac rehab team

the chance of cardiac death and 15-28% for all-cause mortality. Other benefits include:

- Improving stamina and strength, getting you back to your usual activities including work, family and regular

unsupervised exercise

- Increasing understanding of cardiac risk factors
- Controlling symptoms such as chest pain or shortness of breath

■ CONTINUED ON PAGE 11



## Affordable Senior Living



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5227 SE 77th St., Berryton • 785.862.5318 • [prairiewindhome@gmail.com](mailto:prairiewindhome@gmail.com)

# Cardia rehab

■ CONTINUED FROM PAGE 10

- Lessening the physical and emotional effects of heart disease
- Increasing the understanding of medications and their importance in recovery

Registered nurse Vicki Friel and the other members of the cardiac rehab team also see patients increasing their courage and confidence as treatment progresses.

“Participating in cardiac rehab gives them the courage to start, to continue and keep going in their recovery. You can see the progress from week to week,” Friel said. “A lot of people aren’t aware of the impact the cardiac event had on their overall health. As they continue to gain strength, it improves their willingness to improve and keep getting better.”

Patients receive a large amount of information during a hospital stay. A recent study by The Joint Commission shows that a majority of patients (90%) were confident in understanding

The LMH Health Cardiac Rehabilitation program helps patients stabilize and recover from a cardiac event, and slow or reverse the progression of heart disease. Talk to your physician to see if cardiac rehab is right for you.

their diagnosis and treatment, but only 51% were able to correctly recall their post-discharge treatment plans. Even fewer (43%) correctly recalled their medication changes. With this limited amount of retention, participating in a cardiac rehab program gives patients the opportunity to learn more to stay healthy.

“Once a patient gets out of the hospital, their treatment doesn’t stop there,” said registered nurse Liz Walters. “It’s your fresh start to creating the life you want with a good, healthy heart. It’s the next step in your journey.”

- Autumn Bishop is the Marketing Manager and Content Strategist at LMH Health.



## 1 BEDROOM APARTMENTS

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## FINANCIAL FOCUS

# Can you benefit from new RMD age limit?

When you're working, you may spend decades contributing to retirement accounts such as your 401(k) and IRA. Once you're retired, though, you'll likely need to begin withdrawing from these accounts to help pay for your living expenses. In fact, you'll be required to take money from them at a certain age — but that age requirement is changing, and it could lead to changes in your financial strategy.



Derek  
Osborn

Let's look at some background behind this development. You put in pre-tax dollars to a traditional IRA and 401(k), so your contributions can lower your taxable income and your earnings can grow on a tax-deferred basis. Eventually, though, you must take withdrawals from these accounts or face tax penalties. (A Roth IRA does not have the withdrawal requirement; you can essentially keep the money intact as long as you choose.) As part of the SECURE Act 2.0 of 2022, the age at which you must take these withdrawals — technically called required minimum distributions, or RMDs — has increased from 72 to 73. So, if you turn 72 in 2023, you now have another year before you're required to take RMDs.

The SECURE Act 2.0 also mandates that, in 2033, the RMD age will increase again — to 75 — so, depending on your current age, you may have even more time to plan for the effects of RMDs. Of course, you may need to start taking withdrawals from your retirement accounts before

you reach either RMD age — 73 or 75 — so the additional time may not mean much to you. But if you can afford to wait until you must start taking RMDs, what issues should you consider?

Perhaps the most important one is taxes. Your RMDs, which are based on your life expectancy and account balances, are considered taxable income in the year in which you accept the money. If you have sizable amounts in your traditional IRA and 401(k), these RMDs could be large enough to bump you into a higher tax bracket, leading to greater taxation of Social Security benefits and a Medicare surcharge. So, the ability to delay taking RMDs can be beneficial from a tax standpoint, at least for a time. On the other hand, by delaying RMDs, you might eventually have to take bigger taxable withdrawals from your accounts that may have larger balances because they've had more time to potentially grow.

You could address the issue of taxable withdrawals by converting your traditional IRA to a Roth IRA before you're faced with RMDs — and now, you have more time to do so. Roth IRAs have no RMDs, and since a Roth IRA is funded with after-tax dollars, your withdrawals are tax free, provided you don't begin taking them until you're at least 59½ and you've had your account at least five years. Again, though, taxes

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

are the issue — any pre-tax dollars you convert from a traditional IRA to a Roth IRA will be taxable in the year of the conversion. To reduce this tax hit, you could space out the conversion over several years.

When thinking about delaying RMDs or doing a Roth IRA conversion to avoid RMDs, you'll need to consult with your tax advisor. But the new RMD age limits do give you more flex-

ibility in these areas, so think carefully about how you might benefit from the added time.

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



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## JILL ON MONEY

# Springtime Q&A

It's time to clean up the inbox. Here's a smattering of questions that I have fielded lately:

**Fred:** Are there income limits to consider for a backdoor Roth IRA conversion? My wife and I are in our late 50s and make about \$300,000.

**Answer:** The first step of a backdoor Roth is a contribution into a non-deductible traditional IRA. Because it



Jill  
Schlesinger

is not deductible, there is no income limit. The second step is to convert the non-deductible IRA into a Roth IRA, which can be done almost immediately. Just remember that in order for this to work to your best advantage, make sure that you do not have traditional IRA accounts, which would trigger the pro-rata rule and limit the effectiveness of the backdoor Roth.

**David:** I have been converting big blocks of my traditional IRA to a Roth over the last two years. Thanks to Secure Act 2.0, I think I have a few

more years before I'll need to begin taking Required Minimum Distributions. Does it make sense to continue to convert and pay the taxes now?

**Answer:** Secure Act 2.0 increased the RMD age to 73 (and it's going to increase again in 2033 to age 75). As long as you are not soaking up all of your available cash to pay the tax that is owed, I would continue with the conversions. Try to do a little at a time and stay in the tax bracket that's affordable to you over the next few years.

**Bobby:** I'm 45 years old, divorced, with no children. I receive full disability benefits from my service in the Army, but luckily, my injury does not prevent me from working, so I have extra money at the end of each month. Before you ask, I have an emergency fund and I am completely debt free (including on my house). I max out my Roth retirement plan at work but after that, I'm not sure what to do...should I open a brokerage account? If so, how should I invest it — just like the retirement account?

**Answer:** A brokerage account would be great—and no need to make it too complicated, just choose a few index funds to start out, maybe a stock index fund, an international stock index fund and an intermediate term bond index fund. Because you may need (or want)

to access the account sooner than the retirement funds, consider making the account a little less aggressive than the retirement account.

**Mary:** I'm 64, single, still working, no debt. My total assets (brokerage, IRA and 401(k)) totals just over \$1 million. My mortgage balance is \$80,000 and I'm thinking of using some of my 401(k) to pay it off. I know it's probably not the best financial decision, it's psychological. What do you think?

**Answer:** The big downside of paying off the mortgage is that you lose liquidity (or easy access to your money). But if you're really hyper about the outstanding debt, do not pull from the tax-deferred retirement account and pay taxes; instead tap the taxable brokerage account. Try to leave yourself with ample post-tax dollars, just in case!

**Andy:** I'm 60, still employed with no children or spouse. My investments and savings total about \$500,000 and my house is worth about the same amount. Should I be considering a revocable trust?

**Answer:** It does not seem like you need a revocable trust, especially since

you don't have any heirs to whom you wish to direct your assets. That said, you need a will, a power of attorney and a healthcare proxy. A qualified estate attorney can handle all of this for you.

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

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# SENIOR CALENDAR

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

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

## ARTS & CRAFTS

### FIRST FRIDAY OF THE MONTH

#### ARTSCONNECT FIRST FRIDAY ARTWALK

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

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

### SECOND SATURDAY OF THE MONTH

#### OPEN AIR ART MARKET

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

LAWRENCE

### LAST FRIDAY OF THE MONTH

#### FINAL FRIDAYS

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

LAWRENCE, 785-842-3883

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

### APR 28-MAY 11

#### USD 497 EXHIBITION

The annual USD 497 public schools show features works selected by art teachers of K-12 students from across Lawrence. Showcasing a cross-section of the diverse, excellent visual arts programming in Lawrence Public Schools, this exhibit spotlights the value of arts learning and the importance of fine arts programs in public education. Lawrence Arts Center, 940 New Hampshire. Free.

LAWRENCE, 785-843-2787

### MAY 26-JUN 9

#### ANNUAL COTTONWOOD EXHIBITION

Cottonwood, Inc. has served adults with intellectual disabilities for over 40 years and provides Retirement Enrichment Day Services in downtown Lawrence. Retirees pursue their leisure interests, and many have the good

fortune to participate in printmaking classes at the Lawrence Arts Center. This year, participants present both prints and acrylic spin art. Many pieces are also for sale, with 100% of the sales going to each Cottonwood Artist. It's their chance to sell their artwork, benefiting the artists and what they've created. Lawrence Arts Center, 940 New Hampshire. Free.

LAWRENCE, 785-843-2787

[lawrenceartscenter.org/event/annual-cottonwood-exhibition-can-you-dig-it-art-expose](http://lawrenceartscenter.org/event/annual-cottonwood-exhibition-can-you-dig-it-art-expose)

## EDUCATION

### MAY 1

#### NEW TO MEDICARE

Get Medicare advice from Jayhawk Area Agency on Aging. Topeka and Shawnee County Public Library - Marvin Auditorium 101C, 1-2 p.m.

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

### MAY 2

#### INTERNET GENEALOGY FOR BEGINNERS

Get started in genealogy and learn how to build your family tree online using the print and online resources your library offers. Register to receive the Zoom link. Topeka and Shawnee County Public Library - Virtual Room 02, 10-11:30 a.m.

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

### MAY 4

#### DR. JONATHAN ABEL: "THE INVASIONS THAT WEREN'T: FRENCH EFFORTS TO INVADE ENGLAND 1740-1805"

Between 1740 and 1815, France and England fought a Second Hundred Years War for hegemony in Europe and colonial spaces. During that period, France tried repeatedly to invade England, but its military could never manage to land troops in large numbers. Dr. Abel will discuss why this did not happen and its immense effects on European affairs. Dr. Jonathan Abel is an Associate Professor of Military History at the US Army Command and General Staff College, where he teaches courses on French history as well as Greece and Rome, and wargaming. Robert J. Dole Institute of Politics, 2350 Petefish Dr., 3-4:15 p.m. Hybrid event.

LAWRENCE, 785-864-4900

[www.youtube.com/watch?v=9iaN1n3FLI](http://www.youtube.com/watch?v=9iaN1n3FLI)

### MAY 8

#### EMAIL FOR BEGINNERS

Using Google's free email Gmail learn how to log into email, open, delete, reply to and forward email messages. Please call 785-580-4607 to register. Topeka and Shawnee County Public Library - Learning Center, 10-11 a.m.

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

### MAY 9

#### INTERNET GENEALOGY 2

Learn more about researching your family with this interactive class. You will learn how to find local resources online and from libraries and repositories. Register for Zoom link. Topeka and Shawnee County Public Library - Virtual Room 02, 10-11:30 a.m.

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

### MAY 15

#### MEDICARE PART D

Jayhawk Area Agency on Aging staff will help you navigate Medicare Part D to make sure you are getting the best prices for your medication. Topeka and Shawnee County Public Library - Marvin Auditorium 101C, 1-2 p.m.

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

### MAY 18

#### ONLINE SAFETY TIPS FOR BEGINNERS

Learn how to navigate online safely. We will talk about basic internet safety, passwords, and common online and email scams. Topeka and Shawnee County Public Library - Learning Center, 10-11 a.m.

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

### JUN 1

#### DR. CAMERON ZINSOU: "OPERATION DRAGOON: THE ALLIED INVASION OF SOUTHERN FRANCE IN WORLD WAR II"

Operation Dragoon (formerly Anvil) was one of the most contentious Allied operations undertaken during the Second World War. It was also the most successful amphibious assault of the conflict. This lecture reveals the debates and circumstances that led to Dragoon's execution and analyzes the how and why it almost did not occur. Dr. Cameron Zinsou is an Assistant Professor of History in the Department of Military History at the Command and General Staff College. His research focuses on the intersection of occupation, requisitions, civil/military relations, and citizenship in World War II France.

Dr. Zinsou has a manuscript under contract with the University Press of Kansas, *Occupied: Requisitions, Meaning, and the French Experience during World War II*. He has also featured on numerous media platforms including multiple podcasts and the Smithsonian Channel's documentary series *World War II Battles in Color* and has publications in the *New York Times* and *War on the Rocks*. Robert J. Dole Institute of Politics, 2350 Petefish Dr., 3-4:15 p.m. Hybrid event.

LAWRENCE, 785-864-4900

[www.youtube.com/watch?v=oRYPmypl2aU](http://www.youtube.com/watch?v=oRYPmypl2aU)

### JUN 5

#### NEW TO MEDICARE

Get Medicare advice from Jayhawk Area Agency on Aging. Topeka and Shawnee County Public Library - Marvin Auditorium 101C, 1-2 p.m.

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

### JUN 9 & 10

#### 2023 HEARTLAND FAMILY HISTORY CONFERENCE

Hybrid Event - attend in person or online. Would you like to learn more about your family history, or how to research and preserve it. Join us as presenters from across the U.S. share tips and tricks for where to look and how to find the answers to questions about your family's heritage and stories. Registration fee.

TOPEKA, <https://heartlandfhc.org>

## 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. 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

#### VANESSA THOMAS

Lawrencian Vanessa Thomas is a popular vocalist and performs regularly throughout the country, delighting audiences everywhere she is heard. Thomas is known for her seamless span of five octaves as well as her unique versatility and command of a variety of musical genres, including opera, traditional choral masterworks, jazz, blues, gospel and musical theatre. This event will serve as an album release concert for her first recording as a leader! Lied Center of Kansas, 1600 Stewart Drive, 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

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

### MAY 11

#### MODERN WARRIOR LIVE

*Modern Warrior LIVE* is a uniquely immersive narrative and music experience that chronicles one veteran's journey. U.S. Army veteran Jaymes Poling shares the story of his three deployments in Afghanistan and subsequent transition back home. His personal and emotional story is told alongside performances led by Modern Warrior LIVE co-creator and acclaimed jazz trumpeter Dominick Farinacci and a cast of world-class artists spanning multiple genres. Jaymes's story is his own, but the themes explored in the show are universal. Lied Center of Kansas, 1600 Stewart Drive, 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

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

### MAY 12

#### FREE STATE STORY SLAM | GRAND SLAM

Real stories, live and uncensored. Stories are told live, MOTH-style, with a new theme each month. Never the same story or evening. Live music and social hour at 7 p.m. Slam begins at 7:30 p.m. \$10 suggested donation. Ages 18+ recommended. 10th & Mass Studios, 1000 Massachusetts St.

LAWRENCE, 785-843-2787

### MAY 21

#### KANSAS TERRITORIAL & CIVIL WAR MUSIC KAW VALLEY CORNET BAND

Kansas Territorial and Civil War music with narrator - a look into traditional songs during the beginnings of the Kansas becoming a state. Topeka and Shawnee County Public Library - Marvin Auditorium 101ABC, 3-5 p.m.

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

### JUN 4

#### FIESTAS IN KANSAS CITY, KANSAS

"Fiestas in Kansas City, Kansas" program presented by Rose Marie Mendez. Mexican folkloric dance group founded in 1965 in KCK. Sponsored by the Wyandotte County Historical Society. Refreshments will be provided. Wyandotte County Historical Society & Museum, 631 North 126th, 2-4 p.m.

BONNER SPRINGS, 913-573-5002

■ CONTINUED FROM PAGE 14

## EXHIBITS & SHOWS

FEB 25-MAY 7

### SHADES OF GREATNESS

This stunning traveling art exhibit from the Negro Leagues Baseball Museum in Kansas City features works created by local artists inspired by Negro Leagues Baseball history. "Shades of Greatness" honors and celebrates African American history and sports. This exhibit is made possible by The Library Foundation through contributions from The National Endowment for the Humanities: Democracy demands wisdom. Topeka and Shawnee County Public Library - Alice C. Sabatini Art Gallery, 1515 SW 10th Avenue. Free.  
TOPEKA, 785-580-4400

MAR 11-SEP 1

### THE WAYBACK TO SCHOOL EXHIBIT: WYANDOTTE COUNTY SCHOOLS THROUGH TIME

This exhibit will feature memorabilia, photographs, and more from Wyandotte County High Schools. It will also include images and history of county elementary and middle schools. Visitors will also be able to search for relatives in school district records from 1899 to 1962. These ledgers include 8th grade graduation, attendance, county exam, teacher certificate, school officer records. There will also be a space for visitors to leave personal stories about their school year memories, that will be archived for future use. Wyandotte County Historical Society & Museum 631 North 126th. Free admission.  
BONNER SPRINGS, 913-573-5002

OPENS MAY 2

### ON TWO FRONTS: KANSAS FIGHTING THE GREAT WAR

In this special three-part exhibit, audiences will encounter the harrowing experiences of Kansans in WWI using first-hand accounts, artifacts, and interactives. The ticketed experience features the traveling exhibit, *Life in the Trenches*, developed by the Smoky Hill Museum in Salina, KS, with two additional artifact-rich exhibits, *How the War Was Told: Propaganda in WWI* and *Roll of Honor: The WWI Soldiers & Nurses of Lawrence* developed by the Watkins Museum in partnership with the Spencer Museum of Art in Lawrence, KS, and the National World War I Museum and Memorial in Kansas City, MO. Watkins Museum of History, 1047 Massachusetts St., First Floor Lobby. Fee.  
LAWRENCE, 785-841-4109  
watkinsmuseum.org

## FAIRS & FESTIVALS

MAY 26-29

### THE BUSKER FESTIVAL

The 16th Annual Busker Festival is on! It's our once-a-year-get-weird-weekend where you will find unusual entertainment all over historic downtown Lawrence. Join us as we celebrate the comeback with a roster of street performers from all around the world. Magicians, jugglers, musicians, acrobats, and more will perform. It's

a full-on festival with food, libations, and fun around every corner.

LAWRENCE, 913-634-1711

lawrencebuskerfest.com

## FARMERS' MARKETS

TUESDAYS

### LAWRENCE FARMERS' MARKET

Established in 1976, the Lawrence Farmers' Market prides itself on the quality of its vendors and the products they sell at market. 1141 Massachusetts St. (South Park), 4-6 p.m.  
LAWRENCE, lawrencefarmersmarket.org

THURSDAYS

### COTTIN'S HARDWARE FARMERS' MARKET

April-September (Outdoors) Every Thursday from 4-6:30 p.m. The outdoor market has 15+ local vendors, live music, a hot food vendor, and Free State Beer each week. October-March (Indoors) Every Thursday from 4-6 p.m. The indoor market is located inside the store and has up to six vendors each week. Cottin's Hardware, 1832 Massachusetts St.  
LAWRENCE  
cottinshardware.com/farmers-market

SATURDAYS

### DOWNTOWN TOPEKA FARMERS MARKET

We have a variety of fruits and vegetables and other craft and food vendors. This year's market will be located at S.W. 6th Ave. and S.W. Harrison St. in Topeka, 7:30 a.m.-12 noon.  
TOPEKA, topekafarmersmarket.com

SATURDAYS

### LAWRENCE FARMERS' MARKET

Established in 1976, the Lawrence Farmers' Market prides itself on the quality of its vendors and the products they sell at market. 824 New Hampshire St., 7:30-11:30 a.m.  
LAWRENCE, lawrencefarmersmarket.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

MONDAYS

### TOPEKA NEEDLEWORK GUILD

Join our needlework enthusiasts every Monday (except holidays) at the Topeka and Shawnee County Public Library, Menninger Room (second floor), 9-11 a.m. Bring a project to work on while we share our skills and ideas. Drop ins welcome.  
TOPEKA, 785-207-1165

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 TUESDAY OF THE MONTH

### NATIONAL ASSOCIATION OF RAILROAD VETERAN EMPLOYEES

Meets at Grace Episcopal Church, 701 SW 8th Ave. (enter on N.W. corner), at 9:30 a.m.  
TOPEKA

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 1

### 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 (785) 235-1367. Topeka and Shawnee County Public Library - Hughes Room 205, 1515 SW 10th Ave., 2-3 p.m.  
TOPEKA, <https://events.tsctl.org/events>

MAY 8

### 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 (785) 235-1367. Topeka and Shawnee County Public Library - Claire's Sunroom, 1515 S.W. 10th Ave., 3:30-4:30 p.m.  
TOPEKA, <https://events.tsctl.org/events>

MAY 18

### 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 (785) 235-1367. Topeka and Shawnee County Public Library - Hughes Room 205, 1515 SW 10th Ave., 2-3 p.m.  
TOPEKA, <https://events.tsctl.org/events>

JUN 5

### 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 (785) 235-1367. Topeka and Shawnee County Public Library - Hughes Room 205, 1515 SW 10th Ave., 2-3 p.m.  
TOPEKA, <https://events.tsctl.org/events>

## MISCELLANEOUS

SATURDAYS

### LAWRENCE BRIDGE CLUB

The Lawrence Bridge Club plays party (a.k.a.: rubber) bridge. First visit free. Annual membership fee. 1025 N. 3rd St., Suite 120, 6:30-9 p.m.  
LAWRENCE

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

MAY 29

### MEMORIAL DAY BISCUITS & GRAVY

Breakfast served from 7:30 to 9:30 a.m. in the Fairchild-Knox Dairy Barn. Event will include Presentation of the Colors by the local chapters of the VFW and American Legion and raising of the flag by the Boy Scouts. Tonganoxie Community Historical Society, 201 West Washington St. By donation.  
TONGANOXIE, 913-845-2960  
TonganoxieHistoricalSociety.org

## OPEN HOUSES

MAY 10

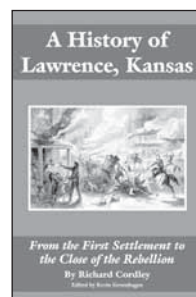
### ALDERSGATE VILLAGE

Join us for a social hour at our newest Home Plus. Drinks and light appetizers will be served. 7202 Uxbridge Circle, 4-6 p.m. RSVP at 785-286-7490 or [tbrown@aldersgatevillage.org](mailto:tbrown@aldersgatevillage.org).  
TOPEKA, aldersgatevillage.org

MAY 20

### BRANCHWOOD VILLAGE OPEN HOUSE

Curious about Cooperative living? Visit Branchwood Village Senior Living Cooperative's open house. 651 Branchwood Drive, 10 a.m.-12 noon and 2-4 p.m.  
LAWRENCE, Branchwoodvillage.com



## Don't Know Much About Lawrence's History?

Read Richard Cordley's *A History of Lawrence, Kansas: From the First Settlement to the Close of the Rebellion* (1895)

Now available at

**The Watkins Community Museum of History**

1047 Massachusetts Street • Lawrence • 785-841-4109

**Hours:** Tuesday, Wednesday, Friday and Saturday, 10 a.m.–4 p.m.; Thursday, 10 a.m.–8 p.m.; Closed Sunday, Monday and Holidays

## HUMOR

## Sir Jeremiah's Costly Splurge

It was said of Sir Jeremiah Tean-crumpets, the British billionaire, that he could squeeze a nickel until the bison on the front squealed with pain.

He would walk five miles in the rain before he would wave down a passing taxi. And he only drove his limo when



Larry  
Day

he went to collect money that people owed him. People seldom owed him money because he was so cranky. He'd take them to court over a \$10 debt and stick them with court costs and compound interest.

One evening Sir Jeremiah was watching free network channels. He'd spend the evening looking at a blank wall before he'd spring for pay TV. Jeremiah jumped up to curse an announcer who had urged people to contribute money to an organization that helped the needy. He leaped up so suddenly that he blacked out. He fell backward and bumped his head. It was the butler's night off—an extravagance over which Jeremiah continually agonized—so there was no one in the house to come to his aid.

Sir Jeremiah lay unconscious for half an hour. When he awoke, he had a

splitting headache, and someone from a do-gooder organization ringing the bell. Jeremiah took a moment, then opened the door.

"Good evening, sir," said a woman with a pearly-white smile. "We're accepting contributions for needy folks here in town, and we're sure you'll want to make a donation."

"Come in, come in, my good woman," shouted Jeremiah. "I'll go get my wallet."

Jeremiah fingered two twenties but put them back and pulled out two fifties.

"Here you go," he said. "And just let me know when you need another donation."

"Bless you, sir. You're a scholar and a gentleman."

Well, as you might expect, word of Sir Jeremiah's startling change of heart sizzled quickly through town.

The first to arrive on his front porch was his next-door neighbor, Mrs. Clarabelle Montgomery. Though they had been living close by for decades, Mr. Montgomery and Sir Jeremiah had never spoken to each other. She out of fear of his cantankerous personality. He out of fear that giving her a "hello" would cost him money sometime down the road.

For the next few hours, Sir Jeremiah stood near the front door handing out money. Do-gooder organizations came from far and near.

The Beneficent Blessers of Bedrag-

gled Bounders helped themselves to \$100 with a yip and a yap and a "thank you, sir."

A 10-year-old lad told Sir Jeremiah that he needed money for marbles. He walked away with \$2 and a pat on the head.

The Society of Saddle-sore Cow-boys trotted away with two twenties and a ten.

Jim Hutch from Hank's Needy Herfords, an outfit from two counties away, waddled away with \$40 and a new cowboy hat.

"Sleep Safely My Little Ones," a group that takes in stray cats, got \$90, and half a dozen saucers for milk.

"Feed My Sheep," a nondenominational church gave Jeremiah a "bless you."

A group of Frisbee enthusiasts got \$43.

"Ding dong bell, pussy's in the well," animal rescuers, were given \$60.

A walkathon group asked for \$80, and got it, along with a dozen shoe liners.

Slim to Slight, a weight watcher outfit, slipped away with \$50.

There was \$40 for Sweet Sam, the Salty Troupador.

The "Give me your tired and you poor" society for the Statue of Liberty, asked for funds to fix the spiral staircase leading to the crown.

"We'll Walk you home again, Cathleen," a barber-shop quartet, asked for and received \$60 and a tuning pipe.

The Red-eye brigade, a bunch of guys who work on the East and West Coasts, got \$100 and six bottles of eyedrops.

By the book, a handful of library workers, got \$75 and a quiet "shush."

The Red River Valley Foundation, "Please don't Leave me Oh my Darlin'," rode north with \$82.50.

The "Lost lads fleeing Captain Hook" were given \$30. Wendy offered to sew on their shadows for free.

Sir Jeremiah was finally able to close the door. But, "bang," someone barged in. The door hit his head. When he woke up he was his stingy self again.

- 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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or groenhagen@sbcglobal.net.

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Some restrictions apply. Age 62 & older. Mobility Impaired.





# PAINTING WITH WORDS

## May

Christina Georgina Rossetti was born on December 5, 1830, in London, although she was one of four children of Italian heritage. While her father was a well-known poet, her brother was both a poet and a painter. Christina Rossetti's wrote her first poems at 12 and these were printed by her grandfather, who owned a printing press.



Tom  
Mach

When she was 20, she contributed seven poems to the Pre-Raphaelite journal *The Germ*. Rossetti's poetry exhibited her intense feelings about life through the use of symbols. Her best known work was titled *Goblin Market and Other Poems* (published by Macmillan and Co.) This collection established Rossetti as an important voice in Victorian poetry. Her other poetry col-

lections include *The Prince's Progress and Other Poems* and *Sing-Song* (a collection of verse for children).

One of her poems, called simply "May," describes some unknown event that someone had experienced during this warm and pleasant month. An indescribably pleasurable feeling overcame this person as she experienced the moth of May.

Have you ever encountered a scene you couldn't put accurately into words because it was so unique and words were inadequate? I have read encounters which some people had when they had a near death experience and saw heaven. They were unable to put into words the different colors they saw and the grass that seemed to be alive, the way it glittered and the way its leaves moved at the sound of music.

Well, this appears to be the problem faced by the person in the poem about May. Assuming this person is female, she says, "I cannot tell you how it was," although she can describe the setting somewhat. While it appears this happened in her distant past, she

remembers it being a bright and sunny day, but the reader gets the impression she is melancholy. She teeters between death and the potential for new life as she mentions "poppies were not born" and "the last egg had not hatched as yet." It is clear she would have been happy to stay there to see the poppies and the bird hatched from the egg.

In a way, you can experience the woman in this poem sitting on the edge of life. Now that the warmth of the May sun has passed away, along with "all sweet things," she now feels old, gray, and cold. The "young" days of May are now gone.

But I find that she still has memories of more pleasant times. Though she is now old, those memories bring her comfort. Here then is Christina Rossetti's poem on May:

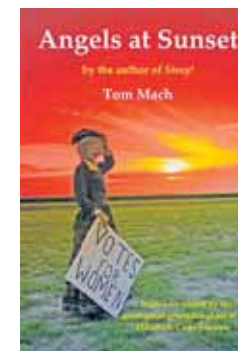
### May

By Christina Rossetti

*I cannot tell you how it was,  
But this I know: it came to pass  
Upon a bright and sunny day  
When May was young; ah, pleasant May!*

*As yet the poppies were not born  
Between the blades of tender corn;  
The last egg had not hatched as yet,  
Nor any bird foregone its mate.  
I cannot tell you what it was,  
But this I know: it did but pass.  
It passed away with sunny May,  
Like all sweet things it passed away,  
And left me old, and cold, and gray.*

- Among the many books Tom Mach has written, the one that has received the most acclaim and had excellent reviews is *Angels At Sunset*. It's a historical novel about a Lawrence woman in the early 20th century who succeeds in helping women get the vote, but she is unaware that someone is out to kill her. It's



on Amazon, but if you need help finding it, contact Mach at tom.mach@yahoo.com.

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- Multiple resident activities
- Meals on Wheels Congregate meal site
- On site maintenance
- Library Red Carpet Services
- Service Coordinator
- Walking distance to multiple churches, grocery store and pharmacy

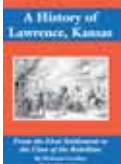
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## The History of Lawrence, Kansas

By Richard Cordley

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



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# PUZZLES & GAMES

## CROSSWORD

### Across

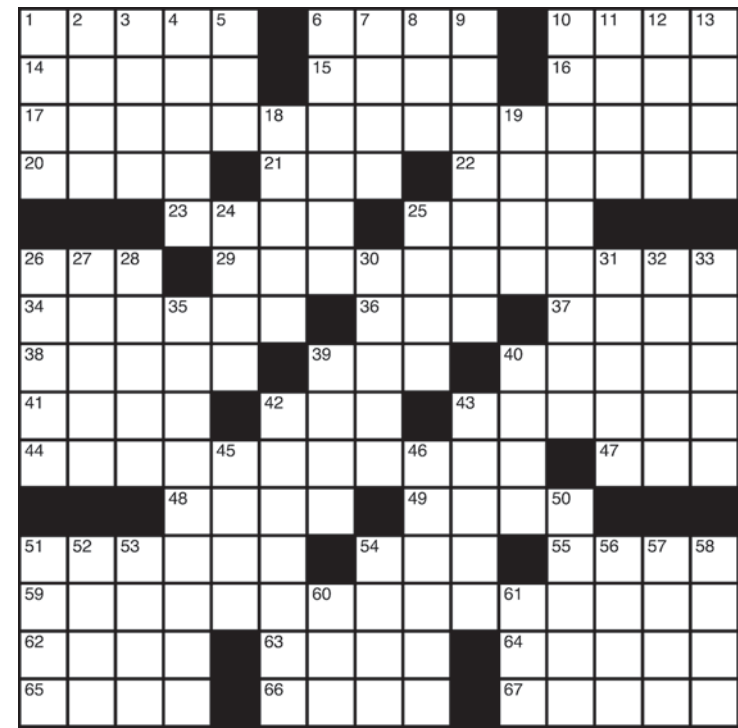
- 1 Treble symbol
- 6 "Do the \_\_\_!"
- 10 Toppers with visors
- 14 Siri's Amazon counterpart
- 15 Felipe of baseball
- 16 "The Thin Man" canine role
- 17 Monument on one end of the National Mall
- 20 Cathedral recess
- 21 Expected-in hr.
- 22 At first, say
- 23 Falsehood source
- 25 Rice-like pasta
- 26 Eleven-yr.-old insurance law
- 29 Singer of the 2019 #1 hit "Señorita"
- 34 Mall cop's ride
- 36 "Brava!"
- 37 Schoolbook
- 38 O. \_\_\_
- 39 \_\_\_ rub: BBQ spices
- 40 One with a need for speed

- 41 Bread spread
- 42 Bro's sib
- 43 Mexican state south of Veracruz
- 44 Local political gathering
- 47 "Acid"
- 48 Capricorn critter
- 49 Poker variety
- 51 Chosen groups
- 54 Watched
- 55 File format for digital books
- 59 Upscale restaurant's offering
- 62 Christian on a label
- 63 "Marriage Story" actor Alan
- 64 "We didn't do it"
- 65 Tall tale
- 66 Itchy red area
- 67 Foe found phonetically in four puzzle answers

### Down

- 1 Lavish party
- 2 Film segment

- 3 Many a Zeiss product
- 4 Shine
- 5 Toy retailer \_\_\_ Schwarz
- 6 Meditation word
- 7 \_\_\_ mater
- 8 Piggy in a crib
- 9 "It's weird, but just do it"
- 10 Ecological levy
- 11 Himalayas locale
- 12 Education orgs.
- 13 Bargain hunter's delight
- 18 Patrick \_\_\_, Vermont senator since 1975
- 19 Cinq plus six
- 24 Words to an old chap
- 25 Sole
- 26 Had \_\_\_: was still in the running
- 27 Songwriter Green
- 28 Nixon's first veep
- 30 Razzie Award adjective
- 31 Hot rod attachment
- 32 Management bigwigs
- 33 Highly coveted violin
- 35 Right that isn't right, e.g.
- 39 Paleo \_\_\_
- 40 Tortellini topper
- 42 Five-armed ocean creature
- 43 When a football may be



- 45 snapped
- 45 Springfield bar
- 46 Old Testament prophet
- 50 Exorcist's target
- 51 Jacuzzi effect
- 52 Kylo Ren's mother
- 53 Composer Stravinsky
- 54 Criteria: Abbr.
- 56 Best of the Beatles, once
- 57 Word on U.S. coins
- 58 At it
- 60 \_\_\_ carte
- 61 Omaha-to-St. Paul dir.

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

## JUMBLE

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

SREHF

○ ○ ○ ○

RNSLA

○ ○ ○ ○

PUYGMS

○ ○ ○ ○

NCLEUT

○ ○ ○ ○

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

Get the free JUST JUMBLE app • Follow us on Twitter @PlayJumble

12/24

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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A<sub>1</sub> A<sub>1</sub> A<sub>1</sub> T<sub>1</sub> N<sub>1</sub> S<sub>1</sub> C<sub>3</sub>

A<sub>1</sub> A<sub>1</sub> A<sub>1</sub> M<sub>3</sub> M<sub>3</sub> L<sub>1</sub> G<sub>2</sub>

E<sub>1</sub> E<sub>1</sub> E<sub>1</sub> N<sub>1</sub> S<sub>1</sub> D<sub>2</sub> F<sub>4</sub>

A<sub>1</sub> A<sub>1</sub> Y<sub>4</sub> H<sub>4</sub> W<sub>4</sub> T<sub>1</sub> P<sub>3</sub>

A<sub>1</sub> I<sub>1</sub> K<sub>5</sub> R<sub>1</sub> T<sub>1</sub> T<sub>1</sub> L<sub>1</sub>

2nd Letter Triple

Double Word Score

PAR SCORE 260-270      FIVE RACK TOTAL  
BEST SCORE 335      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

# GOREN ON BRIDGE

WITH BOB JONES

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## GOOD HAND!

Both vulnerable, North deals

### NORTH

♠ K Q 7 6  
♥ Q 6 3  
♦ A J 8 6 3  
♣ 7

### WEST

♠ 5  
♥ 10 9 7 4  
♦ 7 4 2  
♣ A 10 9 8 2

### EAST

♠ J 9 4 3  
♥ A 5 2  
♦ K Q 9  
♣ Q J 3

### SOUTH

♠ A 10 8 2  
♥ K J 8  
♦ 10 5  
♣ K 6 5 4

### NORTH

♠ Q  
♥ Void  
♦ J 8 6  
♣ Void

### WEST

♠ Void  
♥ 9  
♦ 2  
♣ A 10

### EAST

♠ J 9 4  
♥ Void  
♦ Q  
♣ Void

### SOUTH

♠ A 10 8  
♥ Void  
♦ Void  
♣ K

The bidding:

NORTH	EAST	SOUTH	WEST
1♦	Pass	1♠	Pass
2♠	Pass	2NT	Pass
4♠	All pass		

Opening lead: 10 of ♥

South in today's deal was Jeff Hand, an expert who has lived in the New York City area for many years.

The opening heart lead went to dummy's queen and East's ace. East shifted to a deceptive low club. Hand played low from his hand, losing to West's eight, and West shifted to the seven of diamonds. Hand played low from dummy and lost to East's

king. East continued with the queen of clubs, ruffed in dummy. Hand reasoned that West would not have led a diamond from an honor in this position – it would have been too dangerous. He placed East with the queen of diamonds. Hand led a heart to his jack, ruffed another club in dummy, and led a heart to his king. A diamond to dummy's ace was followed by the king of spades, leaving this position:

Hand led a diamond and ruffed it with the eight of spades. The king of clubs was ruffed with dummy's queen as East helplessly under-ruffed, and a diamond from the dummy picked up the last two tricks for Hand. Well done!



MIDLAND CARE

# Did You Know?

- Earlier enrollment to hospice helps ensure better patient quality of life.
- Hospice care is provided wherever you call home.
- Chronic medical needs are still met, to maintain a high quality of life.
- Patients report better quality of life while on hospice care.
- Midland Care provides families grief support.

# Hospice Helps.



Equipment & Medication



Skilled Nursing



Personal Care



Family Support



Emotional Support



Therapies



Education



Bereavement



By David L. Hoyt and Jeff Knurek



B-21-22

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

#### BOGGLE POINT SCALE

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

#### YOUR BOGGLE RATING

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

#### Boggle BrainBusters Bonus

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

Find AT LEAST SIX U.S. PRESIDENTS (LAST NAMES) in the grid of letters.

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## MY PET WORLD

# Sometimes, you have to find the right treatment to train your dog

By **Cathy M. Rosenthal**

Tribune Content Agency

**Dear Cathy:** I've had dogs my whole life and am perplexed by our current puppy, whom we got from a shelter four months ago. He is a three-year-old terrier mix found in a cemetery with his litter mates. He's a sweet dog who goes from jumping on us and giving kisses to being afraid of us and running away if we try to pet or approach him.

The biggest issue is getting him back inside after being in our fenced-in yard. When he's done, he sits about 20 feet from the door and stares at us. He won't come at all when called, even when offered treats. After 15 to 20 minutes, he may slowly approach the door and run in when the door is opened, but only sometimes. Often, we have to go out in the yard with the leash and bring him in, even in the rain. He has never been mistreated, spanked, or even yelled at here. He isn't really treat-motivated. Any advice? — P.D. in Illinois

**Dear P.D.:** Your little terrier likely has never had any training and may distrust people from being homeless. That's why he goes back and forth emotionally with you. Don't call him from the door until he is trained; this just reinforces his not coming when called. Instead, use play and training to build his trust.

Let's start with training. You say he is not treat-motivated, but what's really happening is that you have yet to find a treat he loves. When training in a home where there are few distractions, most people use low-value treats like hard biscuits, kibble, carrots, or green beans.

When training in the yard where there are more distractions, you can use store-bought training treats, or a piece of dog jerky or cheese cut into tiny pieces. When progressing to training at a park or other busy setting where there are lots of distractions, use super high-value treats, like chicken in a can, a cut-up

piece of hot dog or hamburger, or treats in a tube, like Kong's Sweet Potato Tube Treat. (With tube treats, squeeze a little of the paste out and hold the tube near your dog's mouth so he can lick it.) Your dog is not motivated by low-value treats, so look for a high-value treat he loves and start training with that one.

Teach your dog his name first. Say his name, and when he makes eye con-

tact with you, use a reward word, like "awesome" or a clicker to mark the correct behavior. Then, give him a treat. Teach him "sit" and "come" in the same manner. Always use an enthusiastic voice when asking a dog to come since this excites the dog and makes him more likely to respond to the command.

If he is still not coming when called, shorten the distance between you or put him on a long lead so you can prompt him to come to you. Also, reward him for approaching you each and every time, even if you didn't call him. He needs to be rewarded for coming to you, no matter the reason.

As his skills grow, use games to reinforce the recall command. Fetch is an

excellent game for teaching recall. You can also play hide and seek with your dog. Hide somewhere in the house and then call him. When he "finds you," give him a treat or enthusiastic praise.

Repetition is vital to learning the recall command. With training, he should be more trusting of you and less erratic with his affection.

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

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[www.VintageParkAssistedLiving.com](http://www.VintageParkAssistedLiving.com)



## AMERICA'S TEST KITCHEN

# A Peruvian-inspired marinade livens up this one-pan weeknight chicken dinner

By America's Test Kitchen

Tribune Media Content

Who knew one sheet pan could provide so much depth in flavor in one dish? Before you get everything together on the pan, start with the marinade in a blender. The marinade features refreshing mint, herby oregano, and pungent garlic; it also gets a subtle earthiness from cumin and smoked paprika, plus a little kick from half a habanero chile and brightness from lime zest and juice.

For the sides, roasted sweet potatoes fit the dish's Peruvian profile nicely, and roasted cauliflower adds a deep, nutty complexity. Giving all the vegetables a head start in the oven means they can brown on the uncrowded sheet and then roast to perfection with the chicken. Tossing the vegetables and accumulated chicken juices with peppery arugula while the chicken rests adds a fresh flavor to complete the dish.

### One-Pan Peruvian Chicken with Cauliflower and Sweet Potatoes

Serves 4

Note: You can substitute 1 tablespoon of minced serrano chile for the habanero, if desired. Wear gloves when handling the chile.

6 tablespoons extra-virgin olive oil, divided

1/4 cup fresh mint leaves

6 garlic cloves, peeled  
3 1/2 teaspoons pepper, divided  
1 tablespoon ground cumin  
1 tablespoon sugar  
2 teaspoons grated lime zest plus 1/4 cup juice (2 limes)

2 teaspoons table salt, divided  
2 teaspoons smoked paprika  
2 teaspoons dried oregano  
1/2 habanero chile, stemmed and seeded

4 (10-ounce) chicken leg quarters, trimmed

1 small head cauliflower (1 1/2 pounds), cored and cut into 1 1/2-inch florets

1 pound sweet potatoes, peeled and cut into 1-inch pieces

1 small red onion, halved and sliced through root end into 1/2-inch-thick wedges

3 cups (3 ounces) baby arugula

1. Process 3 tablespoons oil with mint, garlic, 1 tablespoon each pepper, cumin, sugar, and lime zest and juice, 1 1/2 teaspoons salt, 2 teaspoons paprika and oregano, and the habanero in blender until smooth, 10 to 20 seconds. Transfer marinade to a 1-gallon zipper-lock bag. Add chicken, seal bag, and turn to coat chicken with marinade. Refrigerate for at least 1 hour or up to 12 hours.

2. Adjust oven rack to middle position and heat oven to 425 degrees. Toss cauliflower, potatoes, onion, remain-

TNS PHOTO



Enjoy a weeknight chicken supper with big flavors, without a big pile of dishes to clean.

ing 3 tablespoons oil, remaining 1/2 teaspoon pepper, and remaining 1/2 teaspoon salt together on a rimmed baking sheet and spread into an even layer. Bake until the top edges of the cauliflower and potatoes are lightly browned, about 15 minutes.

3. Remove sheet from oven. Using a spatula, push vegetables to 1 side of the sheet (they will no longer be in a single layer). Place chicken, skin side up, on the now-empty side of the sheet. Roast until chicken registers 175 degrees and vegetables are tender, about 40 minutes, rotating sheet halfway through roasting.

4. Transfer chicken to a carving board; let rest for 10 minutes. Add arugula to the sheet with vegetables and gently toss to combine. Transfer vegetable mixture to platter. Separate leg quarters into thighs and drumsticks, then transfer to a platter with vegetable mixture. Serve.

- For more than 25 years, home cooks 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. The family of brands—which includes *Cook's Illustrated*, *Cook's Country*, and *America's Test Kitchen Kids*—offers reliable recipes for cooks of all ages and skill levels. See more online at [www.americastestkitchen.com/TCA](http://www.americastestkitchen.com/TCA).

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## Theo. Poehler

■ CONTINUED FROM PAGE FIVE

*Democrat* that reported the following: “John Selig, one of Poehler’s city salesmen, made his rounds the first of the week with a broad and satisfied smile. He had become a grandfather Saturday and is probably the youngest looking and the youngest feeling ‘Grand-Dad’ in town. Mr. and Mrs. Clifford Wilber of Kansas City are the parents of a boy. Mrs. Wilber was Frances Selig, oldest child of Mr. and Mrs. John Selig of this city.” Clifford’s surname should have been spelled “Wilbur.”

According to an August 21, 2021, tweet by the Watkins Museum of History in Lawrence, the Theodore Poehler Mercantile Company sold a variety of canned products until 1957. After sitting vacant for several

decades, a developer purchased the Theodore Poehler Mercantile Company building in Lawrence in 2011 with the goal of converting it into usable living space. Poehler Lofts is now located in the heart of the Warehouse Arts District.

The Theodore Poehler Mercantile Company building in Emporia, located at 301 Commercial St., is now the Poehler Mercantile Antique Mall.

Incidentally, the house that is home to Sibley County Historical Society Museum in Henderson, Minnesota, was built in 1884 for August Ferdinand Poehler and his family. Like his cousins, Theodore and August Wilhelm Poehler in Lawrence, August Ferdinand Poehler was a grocer. Also, like Theodore Poehler, August Ferdinand Poehler owned a grain elevator. Newspaper accounts show that the two Poehler families traveled between Kansas and Minnesota for visits.



**Polar King Brand canned foods** included a wide variety of fruit, vegetables, and even sauerkraut (the company claimed to have more than 100 items). The iconic polar bear and motto, “At the Top of a World of Foods,” appeared on the labels. In addition to the Polar King Brand, Poehler’s brands also included Sunburst, Tee Pee, and the Jayhawk brands.

## The History of Lawrence, Kansas

By Richard Cordley

Available at the Watkins Museum of History,  
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## RICK STEVES' EUROPE

# Happy and content — It's a very Danish thing

By Rick Steves

Tribune Content Agency

While Copenhagen is a thriving metropolis, when you venture out into the Danish countryside, you find yourself saying “cute” more than



Rick  
Steves

you know you should. When traveling here, I have a running joke with my guide friends. We say, “Everything’s

so...Danish.”

Denmark is, simply, cute. Travelers find the society itself is the focus of their “sightseeing.” Poll after poll lists the Danes as some of the most contented and happiest people on the planet. It occurred to me on my last visit that, after a week of travel, I never heard a local person raise their voice.

The local Disneyland—Legoland—is a wildly popular place featuring 58 million Lego bricks built into famous landmarks from around the world. (They claim if you lined them all up, the bricks would stretch from here to Italy.) The place is crawling with adorably cute, ice cream-licking, fair-haired children. Kids are holding

RICK STEVES' EUROPE



Denmark's Legoland features 58 million Lego bricks, some assembled to represent famous landmarks from around the world, such as the historic Bryggen wharf in Bergen, Norway.

their mothers' hands, learning about the Lego buildings or smiling contentedly as they whip around on the carousel.

In the middle of the countryside roads are perfectly smooth bike lanes—one for each direction. Even out here, there

are more bikes than cars. No one's uptight. If we get into a little traffic jam, everyone takes it in stride.

I've been wondering how the Danes pull it off. I think their success relates to handling the “free rider” problem

■ CONTINUED ON PAGE 25

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# Rick Steves

■ CONTINUED FROM PAGE 24

through their social contract. Danes seem to keep in mind the consequences of free riders. (Basically: If I do it, I can get away with it, but if everyone does it, the system will collapse.) They consider what would happen to their society if everyone cheated on this, sued someone for that, took advantage of that technicality, freeloaded here, or ignored a rule there.

Europeans trade off “individualism” for “social-ism.” The Danes seem to take it to an extreme. To be honest, I don’t know how well I’d fit in here. But I am intrigued. Danes are famous for not jaywalking. At midnight they still stop for a red light even if there’s no traffic. When I jaywalk anywhere, I do so thinking people will appreciate my lead and follow me. When I jaywalk in Denmark, Danes look at me like I’m a bad influence on the children present.

People laugh politely when I ask if they speak English, responding, “Of course I do.” Conversation flows easy. Here are a few comments I’ve heard:

- “In Denmark you have to work quite hard to find a crack to fall through. A few people with alcohol problems manage to be homeless. Yes, we are the most contented people.”

- “We pay on average 50 percent taxes—yes, worker or big shot, we pay about 50 percent. Of course, we get lots for that. We’ve had national health care since the 1930s. We know nothing else. If I don’t like the shape of my nose, I pay to fix that. But all else is taken care of.”

- “All education is free. And university students get a monthly supplement for living expenses for up to six years. When there is a student demonstration, it’s generally for more pocket money.”

- “We Danes believe a family’s economic status should have nothing to do with the quality of the health care or the education their children receive. I believe in the U.S. you pay triple per person what we pay for health care. (You pay out of pocket. We pay in

taxes.) Your system may be better for business...but not better for service.”

In Denmark, things are so costly that it seems people consume more sparingly. The society is designed in a way that encourages people to use less, chew slower, and just sip things. A glass of beer at a restaurant can cost \$10. A cup of coffee costs \$6—and free refills are unheard of. I think Danes know they could make more money if they embraced the “big gulp” track and started super-sizing

things. But the collective decision is not based just on what’s good for the economy. A Costco economy is just not Danish.

When I saw a tombstone store with “Tak for Alt” (“thanks for everything”) pre-carved into the stones, I figured it was a message from the dead person after living a very blessed life in Denmark. But I asked a Dane and learned that it means something else. It is a message from the living bidding their loved one farewell (like “rest in

peace”). Still, I think when a Dane dies, they (more than their loved ones) should say “Tak for Alt.”

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

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## JUMBLE ANSWERS

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## MY ANSWER

# Truth is timeless and doesn't differ from one age to another

From the writings of the Rev. Billy Graham

Tribune Content Agency

**Q:** My friend and I compete to see which one of us can read the most books in a year and we quiz each other about what we've learned. She challenged me to read a collection of books she gave me, telling me that there would be stories of mystery, romance, combat, wealth, poverty, royalty, drama, epics, childhood obedience, and adult rebellion. The list seemed endless. I was intrigued. When I opened the box to see what the titles were, there was only one book: the Bible. I never knew there were 66 books inside the Bible. My intrigue turned to discovery and I made Jesus my Lord. – B.R.

**A:** People reading the Bible for the

first time are often surprised to discover how much human drama it contains. Almost every conceivable human dilemma and conflict is reflected in its pages. In setting down their forthright messages, inspired by the Spirit of Almighty God, Biblical scribes never attempted to gloss over the realities of life. The sins of the great and small are freely admitted, the weaknesses of human nature are acknowledged, and life in Biblical times is recorded as it was lived.

It's startling that lives and motiva-

tions of those who lived then have such a modern flavor. The pages seem like mirrors held up before our minds and hearts, reflecting our own prides and prejudices, our own failures and humiliations, our own sins and sorrows.

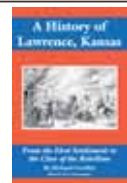
Truth is timeless and doesn't differ from one age to another. Ideas may differ, customs may change, but the all-providing truth stands for eternity and is designed to bring about holy living.

"All Scripture is given by inspiration of God, and is profitable" (2 Timothy 3:16-17). The Bible has a single, clear, bold message for every living being and, unlike the books of men, it doesn't change or get out of date.

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

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## The History of Lawrence, Kansas

By Richard Cordley

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