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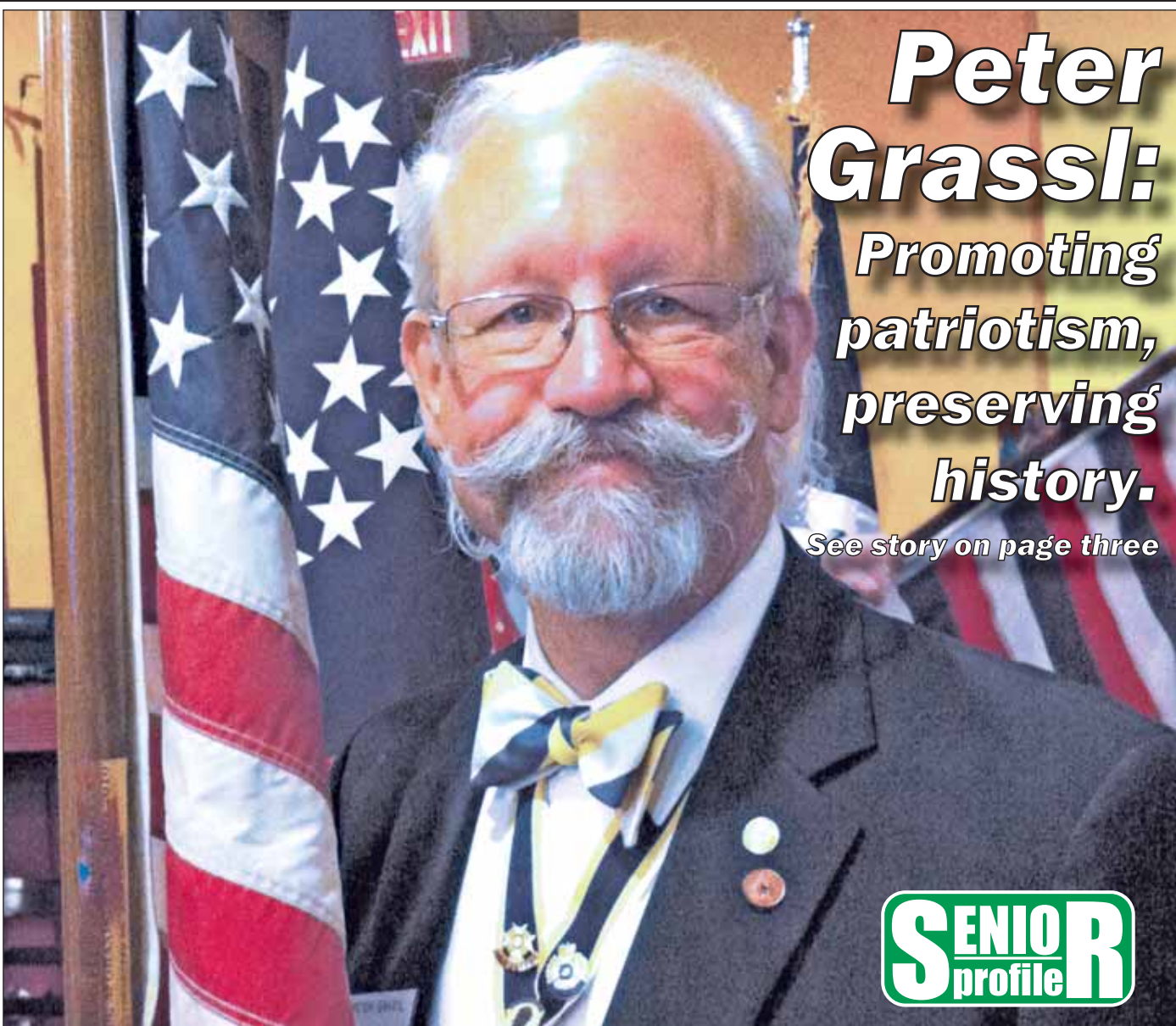


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**Peter Grassl:**  
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# Grassl continues family tradition of patriotic service

By Billie David

Back when Peter Grassl was a teenager living in Vermillion, South Dakota, his mother told him that he had an ancestor named Boomer Jenks, who guarded the baggage of the French hero of the American Revolution, the Marquis de Lafayette, and served as his bodyguard when he was only 17.

"It was then that I developed a little interest in genealogy," he said.

That interest influenced him years later and has enriched his life, introducing him to new friends and winning him some impressive awards along the way.

Grassl's own story began at the Naval Hospital in Bethesda, Maryland, where he was born in 1950 to a father who was a Naval Aviator during World War II and mother who worked as a flight attendant with Northwest Airlines. In keeping with his interest in history, he states that he was baptized in a church that was once attended by George Washington.

The family lived in Pensacola, Sanford, Kalamazoo, and Downers Grove,

but when his maternal grandfather died in 1962, they moved to Vermillion to take care of his grandmother. Grassl graduated from high school there in 1969 but, realizing that he was not yet ready for college, he enlisted in the Navy.

During his four-year enlistment, Grassl served aboard the USS *King* (DLG-10) for three years during the Vietnam War and made many lifelong friends there. He also learned from this experience the valuable lesson of how to engage with and work with others.

"I came out of my shell," he explained.

In 1973, Grassl attended the University of South Dakota, where his interest in volunteer work took off. He became president of the student union program and served in the student senate while earning a degree in accounting.

But after the lessons he learned from his Navy experience, he discovered that accounting wasn't for him, and when a headhunter called him about a job in Salina, Kansas, he accepted. A headhunter is a person who identi-

COURTESY PHOTO



Peter Grassl running with Vito ORA following a halter class at the Canadian Arabian Horse National show in Brandon, Manitoba.

fies and approaches suitable candidates employed elsewhere to fill business positions. Grassl eventually worked his way up to owning his own headhunting firm.

■ CONTINUED ON PAGE FOUR

Kaw Valley  
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# Peter Grassl

■ CONTINUED FROM PAGE THREE

In 1980, he began working toward his MBA, and that's where he met his future wife, Cathy. They were married on New Year's Eve, December 31, 1981.

"My advice to anybody planning a wedding is do not get married on New Year's Eve, because you can't find a babysitter on that night," he said.

He and Cathy have a son, Josh, and daughter-in-law, Ashley, who live in Germany, where Josh was stationed during the time that he served in the U.S. Army. Josh met Ashley, who is from De Soto, Kansas, at the Target in Shawnee before he joined the Army in 2004. They stayed in touch while Josh was deployed to Iraq and later married in Memorial Chapel at Fort Leavenworth in 2008. The Army transferred Josh (and Ashley) to Germany in 2011. Initially, Ashley was a volunteer with the USO. She now serves as the district director of the USO in Germany.

"When Josh joined the Army, he continued the patriotic service of the

family since the Revolutionary War," Grassl said.

Grassl continued working at his own headhunting business until 2009, when he retired due to the economic downturn.

His father died in 1990, and his mother followed in 1994. While cleaning out his parents' house, Grassl found some genealogy records and diaries and remembered what his mother had told him years earlier about his ancestor, Boomer Jenks, and his interest in genealogical research grew.

He learned about Boomer Jenks' great-grandfather, Joseph Jenks III, who married Martha Brown and was given the title of governor of Rhode Island by the king of England. There was some irony in that, Grassl said, because both Joseph's son and great-grandson, Boomer Jenks, fought against the king of England during the Revolutionary War.

Joseph Jenk III had a son, Dr. John Jenks, who married Hannah Boomer. Hannah's ancestor, Richard Warren, came to America on the Mayflower.

■ CONTINUED ON PAGE FIVE

COURTESY PHOTO



Peter Grassl joined the Sons of the American Revolution in 1997 and has served at the chapter, state, and national levels.



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# Peter Grassl

■ CONTINUED FROM PAGE FOUR

Grassl's interest in genealogy prompted him to join the Sons of the American Revolution (SAR) in 1997. Thus, he began his years as a volunteer with the SAR, serving at the chapter, state, and national levels. He also served as president of the largest SAR chapter in Kansas. During this time, he has helped over a dozen people join the SAR and received the SAR's highest honor, the Minuteman Award.

"It is awarded to only six people a year," Grassl said. "It was quite a tribute to my service to the organization."

Meanwhile, drawing on his own experience with the Boy Scouts of America during his childhood, he became associated with Troop 284 in Overland Park when his son joined the Boy Scouts, eventually earning the status of Eagle Scout. There, Grassl worked for 20 years, helping over 70 young men earn the rank of Eagle Scout. For his work, he was honored with the District Award of Merit by the

Trailhead District.

His service with the SAR and the Boy Scouts reflect the values he learned when he memorized the Boy Scout oath: "to help other people at all times," which carried over into the other areas of his life as well, including his years as a headhunter.

In 2006, another realm of Grassl's life opened when, driving on I-35, he noticed that Cathy kept commenting on the horses in the pastures, and he realized how strong her interest in horses was. He identified with that interest, having always been drawn to horses himself.

After working with a trainer who specializes in Arabian horses, they acquired their own Arabian horses, Vito, Ruhla, Maya, Slate, and Erin, whom he delivered himself while listening to directions on how to do so over his cellphone, which was tucked between his shoulder and his chin to leave his hands free for the delivery.

"It was an amazing experience," he said.

Erin is currently in training in Nebraska

"She has been there a couple of years

with a professional trainer and has been in several shows; nothing less than first place," he said.

As for Slate, he and Grassl have competed in both the United States and Canada.

But as the horses aged, it became evident that it was time to purchase land with a barn for their retirement. After years of searching, the couple found 10 acres of land in Vinland Valley that fit the bill and purchased it a few days later. There they built a barn and experienced an aura of the television show *Green Acres*. Grassl even named his John Deere tractor Oliver.

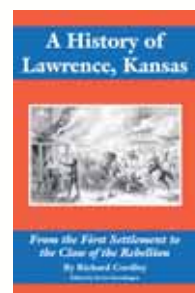
There are fruit trees on the land that

they purchased, which encouraged Grassl to pursue his interest in horticulture. He became a Master Gardener, which led to his participation in a project involving the development of the Wells Overlook Pavilion.

"The County Commission approved the Overlook Pavilion to make it accessible for people with mobility issues," he said. "The structure is being designed by an architect class, and it should be completed by Thanksgiving."

Grassl now spends much of his time cleaning horse stalls.

"I knock on the door of their stalls and announce myself as housekeeping," he quipped.



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by Richard Cordley

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# KDADS launches online portal for adult care homes to order personal protective equipment

Governor Laura Kelly and Secretary Laura Howard announced on October 14 that the Kansas Department for Aging and Disability Services (KDADS) has partnered with a Minnesota-based supply company to launch an online order portal available to adult care homes across the state to procure personal protective equipment (PPE) and infection control supplies during the COVID-19 public health emergency.

“Our state’s adult care homes have been working diligently throughout the pandemic to control the spread of COVID-19 and keep residents and caregivers safe, but these safety measures become more difficult to implement without the proper protective equipment,” Governor Laura Kelly said. “I want to thank the SPARK Taskforce and the State Finance Council for making this new partnership possible, and for assisting my administration’s commitment to distributing critical resources to the facilities across Kansas that need them most.”

“We have heard from many facilities over the last eight months that finding the necessary PPE supplies to operate safely and efficiently has been one of the ongoing challenges during the pandemic,” Secretary Howard said. “The funds allocated to us from Governor

Kelly’s SPARK committee allowed us to take what we hope will be a giant step forward in alleviating this challenge for our dedicated Kansas caregivers.”

KDADS received \$10 million on October 1 from the Strengthening People and Revitalizing Kansas (SPARK) Committee and approved by the State Finance Council to help provide PPE and infection control supplies to adult care homes that are not federally regulated for participation in the Centers for Medicare and Medicaid Services (CMS) Title 18 or Title 19 program. Adult care

homes in Kansas that qualify for this earmarked SPARK funding include:

- Adult Day Care (ADC)
- Assisted Living (ALF)
- Boarding Care Home (BCH)
- Home Plus (HP)
- Intermediate Care Facility / Intellectually and Developmentally Disabled (ICF/IDD)

Residential Health Care Facilities

- Nursing Facilities that do not participate in the Centers for Medicare and Medicaid Title 18 or Title 19 program

KDADS entered an agreement with SOURCE 309 Powered by American Solutions for Business, to connect adult care homes with suppliers

of PPE through a dedicated KDADS portal focused on critical supplies and rapid fulfillment of orders to adult care homes. SOURCE 309 assembled a list of selected PPE supplies that meet Centers for Disease Control and Prevention (CDC) safety recommendations. The products available can be found at <https://online.fliphtml5.com/hldlw/axug/>.

KDADS has assigned a budget of approximately \$575 per qualified bed per facility to each adult care home with qualifying beds. Facilities can use the budget to purchase PPE supplies through the portal and do not need to provide any additional funds. KDADS will review incoming orders and may make changes to orders to fit within a facility’s budget and to ensure SPARK funds are allocated to purchase PPE.

SOURCE 309 will combine group incoming orders to drive down prices and make individual orders cost effective for members of this program. The target is to ship individual PPE orders 7 to 20 business days after an order has been submitted. Due to demand and market volatility, some items in an order may arrive faster than others and, if market conditions change, some hard-to-get items like nitrile gloves and N95 masks could see extended delivery dates. PPE supplies in the portal may also change based on availability.

If a facility has an emergency need for supplies, they should continue to reach out to their local emergency man-

agement officials.

KDADS’ expectation is that adult care homes will also be able to use the State of Kansas master contract (state use contract) to purchase PPE and other COVID-19 related supplies using their own resources. Approved vendors can be found at <https://admin.ks.gov/offices/procurement-and-contracts/additional-files-for-procurement-contracts/personalprotectiveequipment-relatedsuppliescontracts>.

These two mechanisms help KDADS meet the requirement in HB 2016 passed by the 2020 Legislature to “provide personal protective equipment to adult care homes in Kansas.” KDADS was authorized \$38.4 million for Skilled Nursing Facilities from SPARK and approved by the State Finance Council. In all, 309 Nursing Facilities have agreed to accountability mechanisms for SPARK funding and \$33.8 million has been sent to nursing facilities. Facilities can use those resources to meet COVID-19 needs and expenses, including acquiring PPE or other supplies from their suppliers or the Department of Administration website. The \$10 million related to qualifying facilities for PPE purchases are in addition to the other resources nursing facilities have received to help with costs related to COVID-19.

If facilities have problems or questions regarding the KDADS process for ordering PPE, contact KDADS. [reopening@ks.gov](mailto:reopening@ks.gov).



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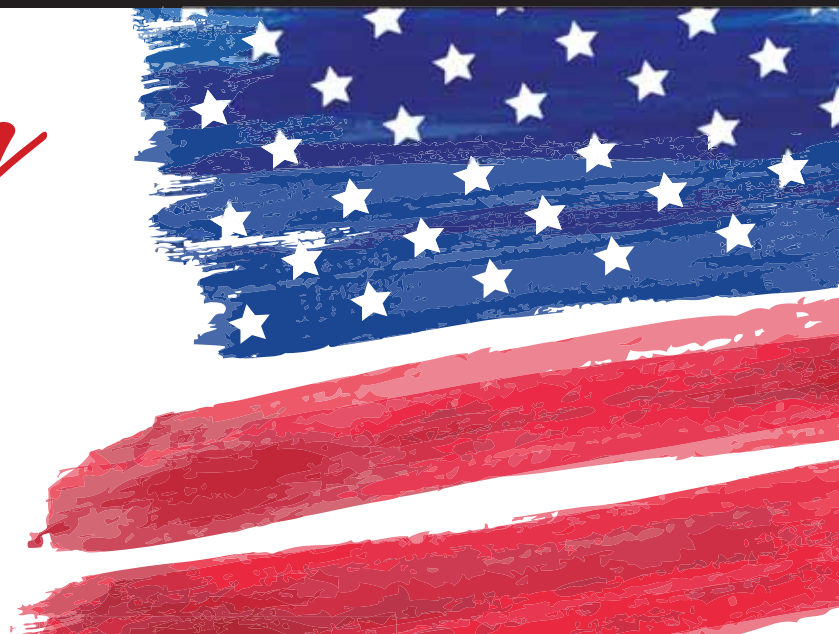
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## HEALTH &amp; WELLNESS

# Talking about implicit bias helps break down walls

By Jessica Brewer

LMH Health

In October, Dr. Jabraan Pasha joined LMH Health for a second time to share his workshop “Unlocking Implicit Bias.” Implicit bias refers to the attitudes or stereotypes that affect our understanding, actions, and decisions in an unconscious manner. It is developed over the course of a lifetime and can be harmful when personal attitudes and feelings influence health outcomes of others.



Dr. Pasha said his interest in implicit bias did not come from recognizing everyone else’s biases, but from recognizing his own biases and their potential impact on his patients.

“To be completely honest, I became interested in implicit bias because of certain attitudes and biases that impacted the care I provided,” he said. “I always try to provide the best care possible, but I started to analyze to see if my biases impeded the care I was giving.”

He quickly realized implicit bias is not something a few people have, but something everyone has. Dr. Pasha began to use his skills as a teacher to think about how he could teach in a way that isn’t accusatory but incorporates humor, without losing focus on what impact implicit bias has on every community.

“I think we are at a critical pivot point in society where institutions don’t have to feel so uncomfortable about getting behind it,” he said. “This is an opportunity for everyone to get on board. These conversations about implicit bias are important because it is based on stereotypes and attitudes that have been embedded in our minds. We can bust down some shame and guilt

because having implicit bias doesn’t mean we are bad people. Talking about this can allow walls to come down and conversations to continue.”

Dr. Pasha acknowledged that these conversations are hard to have. They aren’t often easy topics to discuss and can bring up discomfort when talking with co-workers about implicit bias, and even more so with strangers. However, these conversations are vital both inside and outside healthcare organizations.

“There is a lot of good research that shows the importance of diversity and inclusion inside and outside healthcare organizations,” Dr. Pasha said. “Diversity and inclusion make a workplace better. Wellness is better when there is a diverse institution and it has been shown that a diverse group actually takes better care of their patients because the communities we live in are diverse.”

Erica Hill, finance and operations director for the LMH Health Foundation, which provided funding for Dr. Pasha’s workshops, said studies consistently recognize the role of implicit bias in worsening health outcomes, increasing health care costs and exacerbating health disparities.

“Anyone interacting with patients should receive training on implicit bias centered on helping learners to identify their own biases and manage them,” she said. “We must recognize how unconscious bias and the lack of diversity affects patient care.”

LMH Health’s Inclusion, Diversity and Equity (IDE) strategic plan, led by IDE manager Verdell Taylor, includes five main principals: recruitment and retention; education; patient care & experience; community partnerships; and health equity. Hill said the purpose of this plan is to intentionally cultivate an environment of inclusion, diversity and equity and there are multiple people who make the LMH Health equity strategy possible.

“LMH Health has an Inclusion, Diversity & Equity Advisory Council

as well as a community council that provides diverse perspectives from the community,” she said. “The LMH Health IDE council works with this group and uses their insight to identify areas of opportunity and to guide the strategy.”

Hill said the Health Equity Committee, which she co-chairs with Dr. Lynley Holman, a physician with Lawrence OB-GYN Specialists, was created to work with clinical leaders to develop strategies to proactively promote the elimination of health disparities. The committee’s strategy is designed to address disparities in three areas:

- Breast cancer screenings
- Maternal health
- Cardiovascular disease

“Equity is not measured in how many conferences we attend, books we read or how many strategic plans we have,” Hill said. “It must be measured by its reflection in our practice. We have a Health Equity Committee that is actively working on making LMH Health—the community - a place where everyone feels a sense of belonging and has the opportunity to live a healthy life.”

She continued by saying that health equity means increasing opportunities for everyone to live the healthiest life possible, no matter who we are, where we live or how much money we make. Achieving health care quality or eliminating barriers to health isn’t possible without health equity. Reducing health inequities is important because health is a fundamental human right, not a privilege.

“We simply cannot stop at achieving equity—we must remove barriers,” Hill said. “Now, realistically, we are not

going to be able to remove all barriers, but we can remove some by collaborating with community partners, looking at everything we do, every decision, every policy through a lens of equity and before making business decisions as community leaders ask ourselves, “Who are we leaving behind?””

The LMH Health Foundation also has a strategic plan that emphasizes equity. Hill said through her work with the Foundation, she sees first-hand how philanthropy promotes health equity in our communities by bringing people and organizations together.

“We have donors in our community that are willing to stand in the gap, break barriers and improve access to care for others,” she said. “One great example of this is the Help and Healing Fund. This is a program that provides funding for patients experiencing financial barriers. We have expanded this program beyond providing medication and equipment. Now, we also address additional social determinants of health.”

Philanthropy also creates upstream solutions—a great example of this is the LMH Health Leadership Academy, a paid mentorship program that makes a lifelong impact on the youth in our community.

“This program is a testament what we can achieve when we work together,” Hill said. “I’m proud to be on teams that are actively working on making LMH Health, and the community, a place where everyone feels a sense of belonging and has the opportunity to live a healthy life.”

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

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## HEALTH & WELLNESS

# Four steps to healthy eyes

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*Dr.  
Deena  
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The third step is protecting your eyes from prolonged screen time. Staring at the computer or phone screen for long hours can cause numerous eye conditions, such as eyestrain, blurry vision, headaches, dry eyes, and neck or back pain. When having prolonged screen time, simply look away from the monitor frequently. One exercise is to rest your eyes every 20 minutes. Look at your feet for 20 seconds, your hands

for 20 seconds, around the room for 20 seconds, etc. Get up from your computer screen at least every two hours and take a 15-minute break.

Finally, protect and nourish your eyes with nutrients, including zinc; vitamins A, C, and E, Lutein, and Zeaxanthin. Zinc is an important nutrient for eye health. Zinc functions as an antioxidant and is important in the formation of visual pigments in your retina, which prevents night blindness. Vitamins A, C, and E are essential for eye health. Vitamin A is essential for maintaining your eyes' light-sensing abilities. Vitamin A deficiency can be linked to blindness. Vitamin C and E play a protective role in eye health by providing

much needed antioxidants for the prevention of various eye diseases. Lutein and Zeaxanthin are yellow carotenoid antioxidants that are concentrated in the macula, the central part of your retina. Lutein and Zeaxanthin function as a natural sunblock and protect the eyes.

Maintaining your eye health is extremely important, so take steps to support your eyes. Always check with your healthcare provider regarding any protocol that you may start for a healthy eyes or other health conditions.

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

Due to the recent events of the pandemic, your eyes may be under more stress than ever before. Working at home means hours are spent in front of a computer screen. Distance learning has kids looking at a computer screen as compared to in-person classrooms. What four steps can be taken to keep your eyes healthy?

The first step is to eat healthy and be active. Good eye health starts with the food on your plate. Eating a rainbow of colors is a good choice when planning your meals. Being active and exercising every day is important for eye health.

The second step is to wear sunglasses or protective eyewear. It is important to protect your eyes from the sun's ultraviolet rays, which can cause eye damage all year around. In addition, protect your eyes from hazardous chemicals or airborne particles by wearing goggles.



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## JILL ON MONEY

# Beware of these home buying hurdles

A surprising star has emerged from the pandemic-induced recession: the housing market. After freezing up in March and April, realtors, buyers and sellers began adapting to a new reality: we are spending a lot more time in our dwellings, and some of us



Jill  
Schlesinger

are not happy with where we currently live. Add to that fact, that there are not enough houses for sale—and that mortgage interest rates have cratered, and you may notice that there is a full-fledged frenzy going on in some housing markets around the country.

While that's great news for sellers, buyers are encountering hurdles in the race to fulfill their home sweet home dreams. The most pressing issue is that there is not a large enough supply of homes to meet demand. At the end of August, there were just 1.49 million single-family existing homes for sale, the lowest count for August in decades.

Limited inventory has caused prices to rise (the median price for all exist-

ing homes in August was \$310,600, up 11.4% from a year ago), and spurred a resurgence in mid-2000's-like bidding wars. Real estate firm Redfin, has seen four consecutive months where over half (54.5%) of home offers faced a bidding war. "The competition remained fierce in coastal areas, including San Diego, which saw 64.5% in bidding wars, and San Francisco and San Jose—which both had 65.2 % in bidding wars."

If you have run your numbers and know what you can afford, a bidding war isn't the worst thing in the world. That said, emotions and desires can lead you to overpay, not to mention stretch your finances in ways that could haunt you in the future. Economist Teresa Ghiralducci notes that prices in many markets are overvalued, based on the rule of thumb that "suggests if a home costs more than 20 times the annual rent the home could fetch, the house is probably overvalued—a \$400,000 home should rent for \$1,667 per month or more."

To address the lack of housing inventory, builders have been playing catch up. Single-family housing starts in August hit one million for the second time this year, and for only the third time since July 2007. Those numbers explain why your friends in the homebuilding business are feeling upbeat: Builder sentiment hit an all-time high in September,

since the series began 35 years ago.

Meanwhile, plunging interest rates have extended to housing loans. In mid-September, the 30-year fixed-rate mortgage averaged 2.87%, according to Freddie Mac, while the 15-year fixed-rate mortgage hovered to an average of 2.35%. Low rates have induced many more would-be buyers to start their house hunting adventures. But be aware that lenders learned a lesson from the 2000's boom and boost: it's not wise to lend to just any would-be buyer with a heartbeat. Lending standards have gotten much tougher in the current housing mini-boom. The Mortgage Bankers Association found that mortgage credit availability has dropped to the lowest level since March 2014. That means that unless you have solid credit, the mortgage rates that scream across your screens may not be available to you. Research from the Federal Reserve Bank of New York found

that the median credit score on mortgages originated in the second quarter, surged to a 21-year high of 784, up 11 points from the previous quarter and 25 points from a year ago, "as lenders tightened standards in response to uncertainty over the labor market". That was the highest median score since they have been keeping records over the past two decades.

**Bottom line:** If you are in the market to buy a house, run the numbers, do your research, and be patient—the process could take some time.


- 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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## FINANCIAL FOCUS

# Protect your family from long-term care costs

Like everyone, you want to remain physically and financially independent throughout your life. But if you lose some of this freedom, the last thing you'd want is to become a burden on your family. How can you keep this from happening?



*Derek Osborn*

First of all, you need to be aware of the risk. Someone turning 65 today has almost a 70 percent chance of eventually needing some type of long-term care, according to the U.S. Department of Health and Human Services. Of course, this doesn't necessarily mean that you face that 70 percent likelihood. In reality, you have either a zero percent chance of requiring long-term care (you'll never need it) or a 100 percent chance (you'll definitely need it).

Nonetheless, if you think you've got that zero percent chance, you're taking a gamble—and it could be a big one, because long-term care is expensive. The median annual cost for a private room in a nursing home is over \$102,000, according to Genworth, an insurance company. Other long-term care services, such as those provided by a home health care aide, also don't come cheaply.

Furthermore, you can't count on Medicare paying all these costs—in fact, it would probably only cover a small portion of a nursing home stay and provide limited assistance for home health care. So, if you were financially unprepared for the expense of long-term care, the burden might fall on your loved ones. This could be a big financial challenge, in two ways.

First, if a family member had to become your caregiver, this individual might have to abandon a career, or at least substantially reduce their working hours. Not only would this result in a loss of income, but it could also lower the amounts that could be contributed

to a 401(k) or similar employer-sponsored retirement plan.

Second, if your family members couldn't leave their jobs or cut back on their hours, or they were simply unable to provide the type of long-term care you need, they might be forced to pay for a nursing home stay or home health care worker out of pocket.

To avoid these outcomes, you have a couple of options:

**Self-insure** – You could conceivably “self-insure” against the costs of long-term care by devoting a portion of your investment portfolio specifically to this purpose. However, if at some point you require admission to a nursing home, it may require a significant commitment of your resources.

**Purchase protection** – Over the past decade or so, there's been an increase in the types of long-term care protection vehicles available. These instruments vary widely in cost and in what they cover, but by choosing a protection option, you may greatly lower the financial risk you might face. By consulting with a financial professional, you should be able to find an arrangement

that's appropriate for your situation.

Preserving your financial independence and helping protect that of your family should be a key financial goal. And you can make progress toward accomplishing this by recognizing the potential cost of long-term care and taking steps to deal with it.

- 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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## PAINTING WITH WORDS

# The Power of Words

**Poem Title:** The Power of Words

**Poet:** Tom Mach

Poems can take many forms. The most general classifications consist of those that rhyme and those that don't rhyme. Among rhyming poems is one called the sonnet. Now, if you took a course in literature, you might



Tom  
Mach

know that sonnets can be classified into different groups based on the particular rhyme scheme they follow.

To me, a sonnet not only has to rhyme in some predicable way, but when read aloud, the lines seem almost musical. One of the sonnets I memorized while in high school was a Shakespearean sonnet that began "Shall I compare thee to a summer's day? Thou art more lovely and more temperate: Rough winds do shake the darling buds of May, And summer's lease hath all too short a date." The words "May" and "day" rhyme, and each line of the poem has 10 syllables.

In my sonnet, entitled "The Power of Words," I deviate from this syllable count and focus my attention on how rhythmic the poem sounds when read aloud, while also providing a certain rhyme. Meaning is most important, of course, and in my poem below and I assume the role of a writer who is not swayed by possible distractions. Instead, he takes pleasure in reading the things he had written and the lives of fictitious characters he had created. Of course, "book of words" can be

anything written, be it memoirs, biographies, diaries, or even a letter. The point of this poem is that words indeed are powerful. The Bible, especially the Book of Proverbs, points this out. For instance, Proverbs 15: 1 says that "a gentle answer turns away wrath, but hard words stir up anger." Proverbs 18:4 goes even further in saying that "a person's words can be life-giving water; words of true wisdom are as refreshing as a bubbling brook." Notice that my column in this paper is called "Painting With Words" and I say this because words themselves can become an art form by creating mind pictures for the reader. Here's my poem, and I suggest you read it aloud, slowly. When you get to "strident noise" you can shout it out, but when you get to "my book of words" in the line that follows, you whisper it with a degree of reverence. The words you emphasize will help achieve the "music" you need to hear.

### The Power of Words

By Tom Mach

*Winds of apathy will not shake me  
though I am invisible to this crowd  
or seen darkly, blurred and misty.  
I shall leave you all, head bowed  
so you can play your strident noise  
while I open my book of words  
to recount the sum of all my joys.  
Words take wing like songbirds,  
finding minds to touch and arouse,  
where characters give love and reveal  
imagined souls for me to browse.  
Matters not if they be false or real.  
Pages press scenes within my heart  
and arrange my thoughts, part by part.*

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



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# MAYO CLINIC

## Long-term benefits and risks of intermittent fasting aren't yet known

**DEAR MAYO CLINIC:** Is intermittent fasting for weight loss safe? What are the risks of short-term diets that are very low-calorie?

**ANSWER:** Recent research has found that using intermittent fasting for weight loss may have some benefits in the short term. But at this point, we don't know the long-term effects of this type of diet or other diets that severely restrict calories. To lose weight and keep it off, the best strategy is to adopt healthy eating and exercise habits you enjoy so you can stick with them over time.

Intermittent fasting currently is a popular trend in dieting. There are several fasting methods people employ for weight loss. Some dieters decrease the amount of time they eat each day to, for example, only six hours in a 24-hour period. Others fast every other day. Another approach is called the 5:2 diet, which involves gradually decreasing daily calories to

the point that you're only consuming 500 calories a day for two days each week.

A recently published article assessed a variety of research on intermittent fasting. It found that there are some benefits, at least in the short term, to fasting as opposed to just decreasing calories overall.

It appears that fasting for a short time can produce ketosis—a process that occurs when the body doesn't have enough sugar for energy, so it breaks down stored fat instead, causing an increase in substances called ketones. Fasting also affects metabolic processes in the body. These processes trigger a number of responses, including decreased inflammation, improved blood sugar regulation and better response to physical stress. The research shows intermittent fasting could have other health benefits, as well, but more study is needed.

It is crucial to note, however, that

little long-term research has been done on intermittent fasting to examine how it affects people over time. So at this point, it's unclear if there are any long-term health benefits or risks related to this diet technique.

We do know that there are risks involved with certain types of intermittent fasting. For example, a technique called dry fasting that includes restricting fluid intake as well as food intake is dangerous because it can cause severe dehydration and pose serious health concerns. And if you take caloric restriction too far, that can lead to malnutrition.

As you consider weight loss and diets, keep in mind that there is not one approach that works for everyone. But there are some basic principles you should follow as you decide how to best achieve and maintain a healthy weight. At its core, your diet should support your health overall. There are a variety of diets that can do that, including the Mediterranean diet, the vegetarian diet, the DASH diet—Dietary Approaches to Stop Hypertension—and the Mayo Clinic diet. All of these diets have similarities that are greater than their differences. They are based on real food and focus mainly on plant products,

such as fruits, vegetables, beans, nuts, whole grains, and healthy fats like olive oil.

In addition, as you incorporate a new diet into your life, it needs to be practical, so you can sustain it over time. If it is drudgery, or if you feel like you're suffering, it won't work in the long run and, eventually, you're likely to slide back into old habits.

If you're considering a new approach to your diet—especially if it's something that could be risky if you don't do it correctly, like intermittent fasting—talk to your health care provider first for guidance on how you can manage it in a healthy way. Keep in mind, too, that choosing to adopt healthy lifestyle choices can and should be an enjoyable way to live. - Donald Hensrud, M.D., General Internal Medicine and Endocrinology, Mayo Clinic, Rochester, Minn.

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

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## GUEST COLUMN

## Spiritual care within hospice

Spiritual care is an important part of hospice care; it helps to give patients and their families the support needed to cope with the physical, emotional, and spiritual aspects of a terminal illness. Good Shepherd Hospice offers a team of non-denominational chaplains to help families address the emotional concerns during the end of life journey. Issues of forgiveness, hope, and spiritual pain become more focused during a life-limiting illness. Our chaplains offer a supportive, open and non judgmental presence. Emotional and spiritual care is a priority as families embrace one of life's toughest transitions.

Patients and families of all faiths often have more intense spiritual needs at the end of life. Some people desire counseling and prayer, for others the presence provided by a member of the clergy can be of tremendous comfort. Patients and caregivers often need special cultural or religious rituals to obtain spiritual comfort. Living with the uncertainty of a life-limiting illness may provoke anxiety, fears and a range of intense emotions. Patients and their families may need guidance through the overwhelming emotions that can accompany the anticipation of and the actual loss of a loved one.

Good Shepherd Hospice recognizes that emotional and spiritual distress can be just as agonizing as physical

pain. The resolution of religious and spiritual concerns may control physical discomfort and anxiety. Studies have found that spirituality and religion are very important to the quality of life for many people during the end of life. Spirituality often can assist the patient and caregiver in the ability to find meaning in life. Spirituality may also help us to accept death, both our own and the deaths of those we love. Faith and religious beliefs are also thought to improve coping and provide comfort during the terminal illness.

Good Shepherd Hospice chaplains are available in person, as well as virtually, 24 hours a day 7 days a week. They work to connect patients to clergy of their own faith if desired. Chaplain services include visits by chaplains for conversation, prayer, inspirational and scriptural readings, and more.

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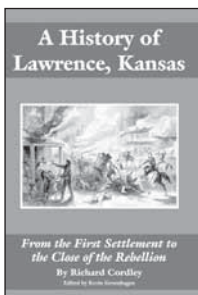
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# DOUGLAS COUNTY STORIES

## The Kaw Valley Line: Trolley Service to Downtown Lawrence

By Ann Gardner

Have you ever noticed the floor tiles in the entry to La Prima Tazza coffee shop at 638 Massachusetts Street in Lawrence? What the heck is “Kaw Valley Line”?

Kaw Valley Line is shorthand for the Kansas City, Kaw Valley and Western Railroad that used the building at 638 Massachusetts as a passenger depot from 1916 until the mid-1930s. Through the early 1920s, the electric trolley line made 15 round trips a day between Lawrence and Kansas City. Trollies left the Lawrence station at 40 minutes past the hour, rolled across the Kansas River and followed the river east, making as many as 40 stops along the way. Regular express trains left Lawrence at 8:30 a.m., arriving in

downtown Kansas City, Mo., at 10:10 a.m. The return express left Kansas City at 5 p.m. and arrived in Lawrence in time for supper at 6:30 p.m.

In 1922, during its heyday, the Kaw Valley line provided 500,000 passenger rides. The trolley was a popular conveyance for shoppers and KU students and did a booming business carrying spectators to KU football games. The line got special permission to use Lawrence’s streetcar tracks to carry passengers to Mount Oread and sometimes added extra cars on game days.

The Kaw Valley line also hauled freight and was an important link for local farmers. A special dairy milk car left Lawrence early in the morning, picking up milk along the route and arriving in Kansas City between 11 a.m. and noon. When Kaw Valley

COURTESY PHOTO



potato growers were harvesting their crop, the trolley would move 350 to 400 carloads of sacked potatoes in refrigerator cars into Kansas City.

With automobiles becoming more popular, the Kaw Valley trolley ended passenger service to Lawrence in 1935, but freight service continued

into the 1940s.

The Watkins Museum of History is located on the corner of 11<sup>th</sup> and Massachusetts Streets and open 10 a.m.-4 p.m. Tuesdays through Saturdays. Call them at 785-841-4109 for more information or to ask about membership opportunities.



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# SENIOR CALENDAR

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

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

## ARTS & CRAFTS

### FIRST FRIDAY OF THE MONTH FIRST FRIDAY ARTWALK

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

monthly Artwalk newsletter to get the updates in your email.

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### LAST FRIDAY OF THE MONTH FINAL FRIDAYS

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## EDUCATION

NOV 5

### FT. LEAVENWORTH: SPRING 1944: THE TURNING POINT IN THE CHINA- BURMA-INDIA THEATER IN WORLD WAR 2 (VIRTUAL EVENT)

In the spring of 1944, the conflict in the China-Burma-India Theater (CBI) began to turn in favor of the Allies. The Japanese, in two offensives: ICHIGO (Operation Number 1) in China; and, U-GO (Operation C) in India, endeavored to take China out of the war and drive the British from India. General William Slim's 14th

Army successfully defended at Kohima and Imphal and quickly launched a counterattack into Burma. General Joseph Stilwell's forces from the Chinese Army in India supported this effort along with Orde Wingate's Chindits and American advised Chinese forces from Y-Force headquartered in Kunming. In China, Chiang Kai-shek's forces eventually turned the tide on the Japanese attempt to knock out airfields in China capable of hitting the mainland and secure a landline of communication from Korea to Southeast Asia. The final Allied victory in mainland Asia began with the destruction of Japanese forces in China, Burma, and India in the spring of 1944. This special program will be live-streamed to the institute's YouTube channel at 3 p.m.

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NOV 16

### LUNCH & LEARN SERIES: MORE THAN A CASSEROLE

End of life decisions and conversations are difficult. LMH Health is partnering with Lawrence Public Library, Visiting Nurses Association, and Midland Care to help make things easier for you and your loved ones. In this Lunch & Learn series from Before You Check Out, you'll find out more about Advance Directives and other important forms, hear from healthcare professionals and death doulas, and learn how to help

someone who's grieving. Visit [lplks.org](http://lplks.org) or [lmh.org/events](http://lmh.org/events) on November 16 to obtain the Zoom link. View previous sessions, including Death in the Time of Coronavirus and Knowing Your Care Options, at [lmh.org/events](http://lmh.org/events).

LAWRENCE

DEC 3

### COMPUTERIZED GENEALOGY (VIRTUAL ZOOM CLASS)

Get started in genealogy and learn how to build your family tree online. Register to receive the Zoom link. Topeka & Shawnee County Public Library, 10-11:30 a.m.

TOPEKA, 785-580-4400

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

## ENTERTAINMENT

NOV 13

### STORY SLAM: VIRTUAL EDITION | STRUGGLE

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

LAWRENCE, [lawrenceartscenter.org](http://lawrenceartscenter.org)

■ CONTINUED ON PAGE 19

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■ CONTINUED FROM PAGE 18

## EXHIBITS & SHOWS

THROUGH DEC 31

### DAYS OF RAGE: THE 1970 CURFEW

For several days in 1970, Lawrence held its breath as government and law enforcement clamped down on unrest. Experience this tumultuous time in a fiftieth anniversary exhibit at the Watkins, part of the Lawrence 1970 Project. Watkins Museum of History, 1047 Massachusetts St., Tuesdays-Saturdays, 10 a.m.-4 p.m. Please wear a mask and give contact information when you visit.

LAWRENCE, 785-841-4109

THROUGH MAR 13

### TRAINING WHEELS: CHILDREN'S TOYS & LAWRENCE'S HISTORY

Toys—they're not just about fun and games! Children's toys tell us much about trends in history and daily life. This exhibit explores past eras of toys and games, from their enforcement of gender roles, how the industry responded to community modernization, and the long-running debate over the effects of war toys. Watkins Museum of History, 1047 Massachusetts St., Tuesdays-Saturdays, 10 a.m.-4 p.m. Please wear a mask and give contact information when you visit.

LAWRENCE, 785-841-4109

THROUGH APR 10

### FIFTEENTH AMENDMENT RETROSPECTIVE

This exhibit will feature original artworks inspired by the 15th Amendment, created by local artists. Watkins Museum of History, 1047

Massachusetts St., Tuesdays-Saturdays, 10 a.m.-4 p.m. Please wear a mask and give contact information when you visit.

LAWRENCE, 785-841-4109

## HISTORY & HERITAGE

PREMIERES NOV 2

### FREE HISTORY: 15TH AMENDMENT & VOTING RIGHTS

Visit the "FREE History" Facebook page to view an interview with renowned historian Kate Masur! She'll speak on the background and significance of this landmark in voting rights. An event in connection with the Watkins exhibit The 15th Amendment at 150: The Art of Voting. FREE History is a collaboration between the Hall Center for the Humanities, Humanities Kansas, Watkins Museum of History, Freedom's Frontier National Heritage Area, Inc., and African and African-American Studies. 10 a.m. Free.

NOV 20

### MEET DR. JAMES NAISMITH: INVENTOR OF BASKETBALL

Meet the famous inventor of basketball, as portrayed by Bill Nicks. You can even ask Dr. Naismith questions! Register for this free online event by calling the Watkins Museum of History at (785) 841-4109. 10-11 a.m.

## MEETINGS

MONDAYS

### GRIEF SUPPORT (VIRTUAL)

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

Connection, 4 p.m.

TOPEKA, 785-232-2044

FIRST MONDAY OF THE MONTH

### CAREGIVER SUPPORT GROUP

Meet with other caregivers in the Baldwin area who may be struggling with some of the same issues you face while caring for your loved one. This support group is for caregivers of individu-

als age 60 or older. Baldwin Methodist Church, 704 Eighth St., 1-2 p.m.

BALDWIN CITY

THIRD FRIDAY OF THE MONTH

### CAREGIVER SUPPORT GROUP

Jayhawk Area Agency on Aging, 2910 SW Topeka Blvd., 12-1 p.m.  
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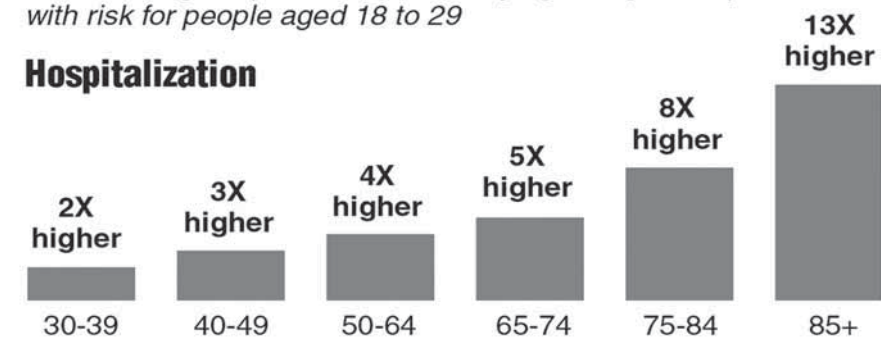
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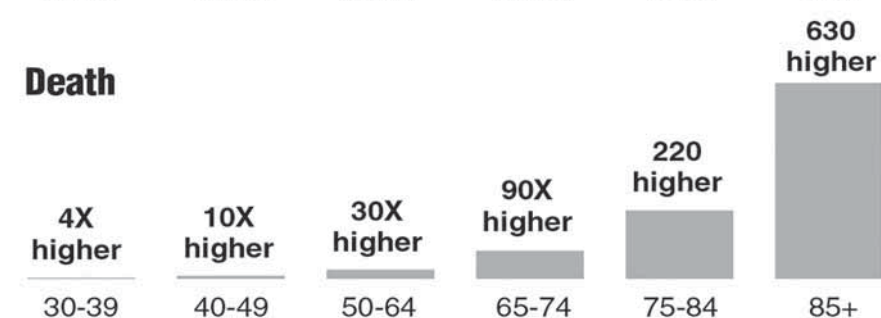
## COVID-19 complications by age

Risk of being hospitalized or death by age range, compared with risk for people aged 18 to 29

### Hospitalization



### Death



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## RICK STEVES' EUROPE

# Defend yourself against 21st-century travel scams

By Rick Steves

Tribune Content Agency

Europe is a surprisingly creative place when it comes to travel scams. Many of the most successful gambits require a naively trusting tourist, but seasoned travelers can be taken in, too. We should all be wary of the numerous subtle scams—a cabbie pads your fare, a hotel business center computer records your password, or a waiter offers a special with a “special” increased price. But if you’re cautious and not overly trusting, you should have no problem. Here are some of the latest travel scams I’ve discovered on my travels, and how to skirt them.

You’re searching the web for a short-term rental in Paris and contact the owner Pierre through Airbnb. Suddenly you get a private email from Pierre saying he can give you a better deal on the side—avoiding the website commission. The price is right, and the location is fantastic, but Pierre wants you to wire the money directly to his bank account. “I’ve got others interested too, so you’d better do it quick,” he writes. But once you wire the money, Pierre disappears along with the listing, and there’s no way to get your money back.

**DEFENSE:** When booking accom-

modations, never wire money directly to a foreign bank account. Stick with a reputable, secure reservation website and use a credit card so you can dispute any fraudulent transactions.

In the heart of Barcelona you are about to use an ATM when another tourist stands on the sidewalk with a selfie stick and starts taking pictures. You don’t think much about it as you withdraw your money and head into the Metro. Five minutes later, after being jostled in a crowded subway car, you find that your wallet is missing. When you frantically call your bank, you find out that someone with your PIN has already withdrawn hundreds of euros from a different ATM. It turns out the “tourist” with the selfie stick was actually taking a video as you entered your PIN on the ATM keypad. His accomplice then targeted you in the subway.

**DEFENSE:** Check your surroundings before withdrawing cash from an ATM. If there is someone suspicious nearby, find a different ATM. And always cover the keypad when you enter your PIN.

Fresh off a long flight into Schiphol Airport and eager to get to your hotel in central Amsterdam, you approach the train-ticket machine with your credit card in hand. But a friendly-looking passerby offers to sell you at a

TOM GRIFFIN, RICK STEVES' EUROPE



**ATMs are a frequent target for travel scams in Europe**—if anyone’s around, cover the keypad when entering your PIN.

discount a legit-looking ticket, saying he accidentally purchased two. Later when you feed the ticket into a turnstile, it doesn’t work—the ticket was either a fake, or already had its bar code scanned.

**DEFENSE:** Never hand over cash

(or a card) to someone who’s not behind a counter.

On your last day in London you find a Union Jack coaster set you know your sister will love. You push your credit card into the reader, and it defaults

■ CONTINUED ON PAGE 19

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# Rick Steves

■ CONTINUED FROM PAGE 18

to running the transaction in “USD” unless you select “GBP.” The shopkeeper explains that the U.S. dollar option is a service that lets you “lock in” your conversion rate. Later when you’re in Edinburgh, an ATM offers two options, “You can be charged in dollars: Press YES for dollars, NO for British pounds.” You think “dollars” is the logical choice and press YES. But when you check your bank statements, you see a “fee” for converting transactions to dollars and a poor exchange rate. You’ve been a victim of what banks call “dynamic currency conversion,” which may be legal, but is a rip-off.

**DEFENSE:** When a merchant or a bank asks if you want to be charged in dollars, always choose the local currency. Cancel the transaction if they say you must pay in dollars.

In Prague two uniformed men stop you on the street, flash “Tourist Police” badges, and ask to check your wallet for counterfeit bills. After looking through your wallet, they say everything is fine and leave. You don’t even notice some bills are missing until later.

**DEFENSE:** Never hand over your wallet to anyone. If the “police” insist, tell them you’ll do it at a police station, not on the street.

There probably aren’t more thieves in Europe than in the USA. We travelers just notice them more because they target us. But remember, nearly all crimes suffered by tourists are non-violent and avoidable. If you exercise adequate discretion, stay aware of your belongings, and avoid putting yourself into risky situations, your travels should be about as dangerous as hometown grocery shopping. Don’t travel fearfully - travel smartly.

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

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# AMERICA'S TEST KITCHEN

## Pantry staples and a familiar kitchen tool are the keys to this smooth, flavorful, quick-cooking soup

By America's Test Kitchen

Tribune Content Agency

Red lentils are an ideal legume. For one thing, they're quick to prepare, cooking up in less than 20 minutes, with no presoaking or brining required. But the best thing about cooking red lentils is that unlike other beans and legumes, you don't need to worry about getting the interiors of the beans to soften before the skins rupture. With no skins to contain them, red lentils disintegrate when you cook them. In countries like Egypt and Morocco, cooks embrace this inevitability by turning their red lentils into soup. They add them to sauteed aromatics, stir in some warm spices, and then simmer it all in broth or water. Less than half an hour later, they have a satisfying soup.

To develop our own recipe, we started by sauteing onions in butter and used the warm mixture to bloom fragrant spices, like coriander, cumin, ginger and a pinch of cayenne, found

in North African versions of this soup. We used tomato paste and garlic to complete the base before adding the lentils, which we cooked in a mix of chicken broth and water to give the soup a full, rounded character.

After only 15 minutes of cooking, the lentils were soft enough to be pureed, but hauling out the blender or food processor seemed like overkill for such a simple soup. Instead, we swapped the wooden spoon we'd been using for a whisk. Thirty seconds of whisking did the trick: We had a coarse puree that was homogenous from top to bottom.

Following the lead of North African cooks, we added 2 tablespoons of lemon juice to the pureed soup. The effect was like adjusting the focus on a manual camera: All the flavors were instantly more vibrant and defined. A drizzle of spice-infused butter and a sprinkling of cilantro was all we needed to complete the transformation of commonplace ingredients into an exciting yet comforting soup.

### Red Lentil Soup with North African Spices

Serves 6

4 tablespoons unsalted butter  
1 large onion, chopped fine  
Salt  
Pepper  
3/4 teaspoon ground coriander  
1/2 teaspoon ground cumin  
1/4 teaspoon ground ginger  
1/8 teaspoon ground cinnamon  
Pinch cayenne  
1 tablespoon tomato paste  
1 garlic clove, minced  
4 cups chicken broth  
2 cups water  
10 1/2 ounces (1 1/2 cups) red lentils, picked over and rinsed  
2 tablespoons lemon juice, plus extra for seasoning  
1 1/2 teaspoons dried mint, crumbled  
1 teaspoon paprika  
1/4 cup chopped fresh cilantro

1. Melt 2 tablespoons of butter in a large saucepan over medium heat. Add onion and 1 teaspoon salt and cook, stirring occasionally, until softened but not browned, about 5 minutes. Add coriander, cumin, ginger, cinnamon, cayenne and 1/4 teaspoon pepper and cook until fragrant, about 2 minutes. Stir in

tomato paste and garlic and cook for 1 minute. Stir in broth, water and lentils and bring to a simmer. Simmer vigorously, stirring occasionally, until lentils are soft and about half are broken down, about 15 minutes.

2. Whisk the soup vigorously until it is coarsely pureed, about 30 seconds. Stir in lemon juice and season with salt and extra lemon juice to taste. Cover and keep warm. (Soup can be refrigerated for up to three days. Thin the soup with water, if desired, when reheating.)

3. Melt the remaining 2 tablespoons butter in small skillet. Remove from heat and stir in mint and paprika. Ladle soup into individual bowls, drizzle each portion with 1 teaspoon spiced butter, sprinkle with cilantro and serve.

Recipe note: Pair this soup with a salad and bread for lunch or a light supper.

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

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## Restaurant Guide

 <p><b>Voted Best BBQ in Lawrence</b> University Daily Kansan Top Of The Hill 2011 2120 W. 9th St. • Lawrence • 785-842-0800</p>	 <p><b>Chic-A-Dee CAFÉ</b> "Good Home Cooked Food" Mon.-Fri. 6 am-8 pm, Saturday 7 am-8 pm 3036 SE 6th • Topeka • 785-233-0216</p>
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<p><b>Old 56</b> Family Restaurant 2227 S. Princeton St. Ottawa, KS 66067 785-242-7757</p>  <p>912 S. Chestnut Olathe, KS 66061 913-390-9905</p>	<p><i>Seniors dine out an average of 4-5 times per week! If you would like to add your restaurant to the Senior Monthly Restaurant Guide, please call Kevin at 785-841-9417 for details.</i></p>

“The 50+ demo accounts for half of all consumer expenditures — yet a shockingly small 10 percent of marketing dollars are targeted toward 50+. Clearly, the numbers don't add up, and overlooking the 50+ demographic is a major marketing mistake. Targeting the 50+ demo, marketers will see serious payoff when it comes to benefitting their bottom line.”

Source: Huffington Post, [huffingtonpost.com/mark-bradbury/the-7-incredible-facts-about-boomers-spending\\_b\\_6815876.html](http://huffingtonpost.com/mark-bradbury/the-7-incredible-facts-about-boomers-spending_b_6815876.html)

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## HUMOR

# From Copy Boy to Newspaper Owner

The events that led Ned Harmon from being a copy boy to becoming owner of a newspaper were very unusual and the sequence of those events that brought it about was difficult to believe. Going from a low-level position on a newspaper staff to ownership of that paper happens infrequently, but it does happen. Ben Franklin, for one, did it.



Larry  
Day

Ned's rise to ownership of the Letongaloosa Clarion-Challenger-Telegraph began when he received word that a maiden aunt, who lived in a distant city, had passed on. He sent condolences and words of regret that distance prevented him from attending her services. He sent flowers by telegraph.

Months passed. Then Ned received a letter from a law firm located in her city saying that he was heir to his aunt's estate. The sum of the inheritance boggled Ned's mind: after taxes

and other costs had been deducted Ned would receive a check for \$16 million. Ned was 17 at the time—quite old for the position of copy boy. In the system of newspapering of which we're writing—years have passed since—copy boys served in the newsroom. They carried typewritten pages of "copy" from reporters to editors at the various "desks"—metropolitan, local, society, international, etc. Nowadays, all this transferring is done electronically. That's regrettable, in our opinion, because from the time of Benjamin Franklin, the movement of paper from one place to another in a newspaper office was what tied everyone together.

The lawyers' report came with a requirement. Over the years Ned's aunt had been peeved when the newspaper in her hometown had declined to publish her poetry. Her will stipulated that Ned was to buy his local newspaper and publish his aunt's poems in it. That letter was followed by a package containing Aunt Cindy's poems. It was a large package. There were dozens of poems—some were long.

Ned read the poems and saw why they had been declined. The poetry meter, sound esthetics, and, espe-

cially, the symbolism, were much more appropriate for the 19th century than for the 21st. She wrote "forsooth" and "hark" all too frequently, and "damsel" was the only word she used for maiden.

Ned phoned the lawyers saying he assumed that he was required to select a sample of his aunt's poems for publication in the newspaper.

Their reply distressed him.

"To receive the inheritance, you have to publish ALL the poems."

"You mean I have to publish the whole wad?"

"Yes. The whole wad."

"Give me a break."

"No provision in the will gives you, as you call it, 'a break.'"

"Drat!"

"Good word."

"Blast it!"

"Excellent words, but no cigar. Publish all the poems, or your inheritance perishes."

Ned contacted a friend of his who was an attorney. Together they studied his aunt's will and her lawyers' stipulations.

After reading the documents closely, Ned and his attorney smiled.

They looked at each other and said, simultaneously, "Language, typeface and type size."

Thus it was that all of Aunt Cindy's poems—the whole wad—appeared in the Letongaloosa Clarion-Challenger-Telegraph.

Following is one of those poems:

*My heart rejoices to its depths  
My soul reclines on a bed of rose petals  
Wherein lies my joy?  
Oh, fathom it if you can!  
My soul's joy is life—LIFE!  
It is a gift to mankind from the far flung  
STARS!  
So rejoice with me. REJOICE, I say.*

On, and on, and on, and on they went and the "forsooths" and the "Egads!" multiplied line by unmetered line.

Nevertheless, each and every one of those words—all the aunt's poetry—in compliance with the will, appeared in the pages of the Letongaloosa Clarion-Challenger-Telegraph.

Some of the poems were translated into Urdu and Swahili, and published under an especially chosen category: "Words we publish for our valued readers from abroad."

Others of Aunt Cindy's poems were published in six-point Sanskrit. Others appeared in four-point Bodoni bold type—in the Want Ad section under the title: "Do any of our readers recognize the words that these poems were written in? Let us know."

It's surprising how many correct replies they received.

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

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## MY PET WORLD

# What to do when new cat and old dog don't get along

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

**Dear Cathy:** We adopted a cat in mid-March. She is approximately two-years-old. She was captured as a stray and spayed. They put her up for adoption, I'm guessing, because she is very social with people. We were told she "hates" other cats but is okay with dogs. We have an elderly male dog, 13-years-old, who is totally complacent about everything. The cat has started to lay her ears back, meow annoyance and chase him from wherever she doesn't wish him to be. Thus far, our corrections have been clapping hands with a displeased voice. She will exit the situation but will repeat behavior later in day. I've also sprayed pheromones around sleeping areas and tried calming cat treats. I would appreciate any suggestions to curtail her behavior. A can of coins or noise correction would freak out our old dog. - Regina, Northampton, Pennsylvania

**Dear Regina:** Whenever a new animal is brought into the home, there is an adjustment period for everyone. In order to have harmony, the new arrival must find some space to call her own, which means the other animals already in the home must give up some space. This can cause conflict and take many months to work out.

But you can help things along by creating some private space your feline can call her own. This might involve putting up a doggie gate that she can crawl under or over to access a room that your dog can't access; moving boxes out from under beds so she has a place to escape; or leaving empty boxes in closets so she can sleep in them. But the thing I recommend most is getting her a tall cat tree with lots of perches and levels so she can expand her territory upwards. Rub cat nip on the cat tree and add a few treats to each level for about a week to encourage her to climb up. Although, I think she will be on the top perch on the first day, as she will quickly recognize this is her space to claim. Adding this tall cat tree can immediately reduce conflict between your dog and cat.

Pent up energy also can be a problem for some cats. Because she is a stray, she may be used to spending time outside. If so, consider training her to wear a harness and leash, so you can eventually take her into a yard for some mental stimulation. A 10-minute "walk" in the yard every morning can give her mind something to do.

If you don't have a yard or supervised outside time won't work, then make sure she receives a minimum of 10 minutes of exercise/playtime, twice daily. Animals that don't get exercise/playtime

can remain moody and irritable with the other people and pets in the home.

**Dear Cathy:** I have a nine-year-old, female German Shepherd dog. We have had her for six-years. She is a rescue, and we are her third home. She is a sweetheart, however, has anxiety issues when we go for our morning walks. It is difficult to get in a four-mile walk while avoiding other dogs. I can feel the anxiety in her voice when another dog approaches. After reading an article by you, I am hoping that you can give us a suggestion of what we can do to help her. - Dan and Martha Cover, Tucson, Arizona

**Dear Dan and Martha:** Dogs who lack confidence can become quite vocal in an attempt to keep other dogs away.

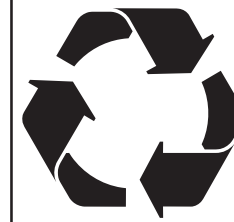
If your sweet dog was never properly socialized with other dogs, she might experience anxiety when meeting another dog on the street. I suggest starting with some basic obedience training—i.e. sit, stay, down, come, and heel (walk beside you on a leash). On the surface, this may not make any sense considering the problem. But, the goal of obedience training is twofold—to encourage your dog to always look to you for what to do next and to build your dog's confidence, which makes for a mentally healthier dog.

When you're actually walking her, encourage her to heel. If she gets out too far ahead of you or misbehaves at an approaching dog, turn quickly, and walk in the opposite direction. This surprise maneuver reminds your dog to pay attention to you.

Finally, consider giving her an over-the-counter anxiety supplement prior to the walk. Look for products with ingredients like melatonin, valerian root and L-theanine, which can help calm her mind and make it easier for her to learn.

- *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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## JAY'S MUSICAL MEMORIES

# Happy Thanksgiving!

By Jay Wachs

The winds of November are upon us and this year those winds have been tempestuous to say the least.

Despite the horrors of COVID-19, all the losses and the many inconveniences that this year has brought, we must remember that November has and always will be a time for gratitude and family.

This year, more than ever before, gratitude for what we have must be in our foremost thoughts.

If you are reading this, you are alive. Hopefully, you have your health.

Hopefully, your family and friends are also alive and they, too, have their health.

This year I am especially looking forward to Thanksgiving. I will have the opportunity to enjoy the holiday

with my children and my friends and celebrate all the positives that life has brought forth in this very strange and unpredictable year.

Musically, the first thing that comes to mind is the old favorite "We Gather Together."

The lyrics are so poignant and have such deep meaning this year:

We gather together to ask the Lord's blessing

He chastens and hastens his will to make known

The wicked oppressing now cease from distressing

Sing praises to his name, he forgets not his own

Asking for blessings is what this season is all about. From Thanksgiving through New Year's Day, we close out the year, set aside our problems as best we can and make resolutions for a new year.

2021 will certainly need blessings because no one wants a repeat of 2020.

This year, for the first time in my lifetime and I suspect yours as well, there will be no Macy's Day Parade.

The thought of this void leaves me sad because the parade represents hope and the start of the holiday season.

More so than anything else, the cancellation represents a disruption of tradition that is very hard for me and so many of us to accept. While it is true that everything must change, some changes are more difficult to digest than others and for me, this is one of them.

Rather than focusing on the gale winds of November and the Wreck of the Edmund Fitzgerald on Lake Erie, I am going to celebrate the month of November hosting small group gratitude events with friends and family and trying to keep old traditions alive while making some new ones along the way.

We will have our traditional Thanksgiving songs added to our LawrenceHits playlist as soon as Halloween concludes and we will also be incor-

porating more holiday music this year throughout November and December to brighten your spirits.

May you be kept and blessed and please allow the music to enlighten your soul and put a smile on your face as now more than ever before we endeavor to play music that makes you feel good.

Happy Thanksgiving!

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

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# GOREN ON BRIDGE

WITH BOB JONES

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## SAFETY DENIED

East-West vulnerable. South deals

### NORTH

♠ A 9 5 4  
♥ 9 7 5 3  
♦ K Q 3  
♣ A 5

### WEST

♠ Q 10 6  
♥ K Q  
♦ J 8 6  
♣ Q J 10 7 2

### EAST

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

### SOUTH

♠ K J 3  
♥ A J 10 8 6 4  
♦ A 4 2  
♣ 4

The bidding:

SOUTH	WEST	NORTH	EAST
1♥	Pass	2NT*	Pass
3♣**	Pass	3♦	Pass
4NT	Pass	5♥	Pass
6♥	All pass		

\*Game forcing heart raise, at least four hearts

\*\*Shortness in clubs

Opening lead: Queen of ♣

Thanks for today's deal goes to Larry Cohen and his great web site — larryco.com. The auction above is a possible route to six hearts — a pretty good contract despite only 26 combined high-card points.

South wins the opening club lead in dummy and leads a low trump. East

follows with the two and declarer must decide what to do. The safety play in the trump suit is to play low, guarding against East holding all three of the missing trumps. Should this play lose to West, the ace of hearts will draw the last trump later and declarer can then take the spade finesse for his contract. But is that the right play here?

We don't think so. Declarer should rely on the normal 2-1 split in trumps in order to greatly improve his chance to pick up the spade suit without a loser. South should play his ace of hearts and is in great shape when West follows. He should then lead a diamond to dummy's king, ruff dummy's remaining club, and then cash two more diamonds. He can then exit with a trump.

Should West win the trump, as in this deal, it is all over. West must yield a ruff-sluff or lead a spade into declarer's king-jack. Should East win the trump, he would also have to lead a spade rather than give a ruff-sluff. South plays low from his hand and makes the contract whenever East has either the queen or the 10 of spades. If it turns out that East has the last trump and both spade honors are with West, South can go talk it over with Hard Luck Louie. The contract was not makeable on that lie of the cards with normal play.

## Marston Hearing Center has resumed its regular hours, 9-4 Monday through Friday.

Hearing aid service, repair, batteries, parts and accessories are available for pickup—curbside delivery—during the above hours.

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Batteries can still be mailed.

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**the "contact us" link at [www.marstonhc.com](http://www.marstonhc.com)**

We want to thank our patients for their patience and cooperation through this time of change and wish everyone safety and health.

*Marston Hearing Center Staff*



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By David L. Hoyt and Jeff Knurek



**BUPH  
WOIS  
EOKB  
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 EIGHT FLOWERS** in the grid of letters.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# PUZZLES & GAMES

## CROSSWORD

### Across

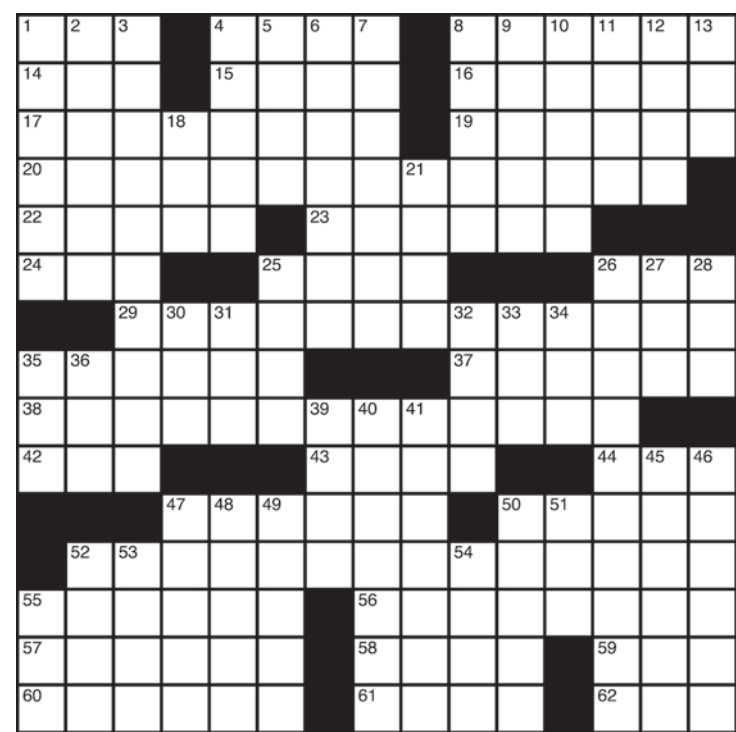
- 1 "... morning roses newly wash'd with \_\_\_":  
Petruccio
- 4 Jacket stories
- 8 Caused trepidation
- 14 Phoenix-to-Albuquerque dir.
- 15 O'Neill's daughter
- 16 "Happy Days" diner namesake
- 17 Networking technology
- 19 Jalopy sound
- 20 Offering in shellfish worship?
- 22 Mississippi sight
- 23 Storage furniture
- 24 "\_\_\_-haw!"
- 25 Expanse
- 26 Word often preceded by a leader's name
- 29 Shellfish massage?
- 35 Perfect place
- 37 "Modern Family," e.g.
- 38 Good name for a budget shellfish dealer?

- 42 "Catch you later"
- 43 Traditional knowledge
- 44 Rate for records, briefly
- 47 High spirits
- 50 Hit the big time
- 52 Like one who exchanges texts with a shellfish?
- 55 One of an infant's pair
- 56 Sore application
- 57 City adjoining Champaign, Illinois
- 58 Began, as a co.
- 59 Fourth bk. of the Jewish Torah
- 60 U.S. IOUs
- 61 Relative of -ity
- 62 Fast sports cars

### Down

- 1 With intensity
- 2 Dinner menu item
- 3 Merchant's assurance during a sale
- 4 Carried
- 5 They're charged
- 6 Land parcel size

- 7 Bag with a strap
- 8 Bollywood costumery
- 9 Modeling, say
- 10 They're not with you
- 11 Uniform education org.?
- 12 Bardot was on its cover at age 14
- 13 Golfing pres.
- 18 Lea grazer
- 21 \_\_\_ admiral
- 25 "Don't delay!" letters
- 26 Taking parts of
- 27 Early initials in American cars
- 28 Certain limb
- 30 News agcy. since 1958
- 31 \_\_\_City: computer game
- 32 In \_\_\_: actual
- 33 YouTube star \_\_\_ Marie Johnson
- 34 Honda FourTrax, e.g.: Abbr.
- 35 Very active port?
- 36 Genesis pronoun
- 39 Baldwin of "30 Rock"
- 40 Closed
- 41 Vet's concern, perhaps
- 45 Like many hobby shop mat boards
- 46 Surfing equipment
- 47 Hint



- 48 Dior design
- 49 Some big box stores
- 50 Neuters
- 51 Canadian Thanksgiving mo.
- 52 Well-used
- 53 Vagrant
- 54 "Dang!"
- 55 Objection

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

### JUMBLE

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

SOCRS

○	○	○	○	○
---	---	---	---	---

LECRI

○	○	○	○	○
---	---	---	---	---

VRUDEO

○	○	○	○	○	○
---	---	---	---	---	---

SUPMCA

○	○	○	○	○
---	---	---	---	---

○	○	○	○	○	○	○	○
---	---	---	---	---	---	---	---

○	○	○	○	○	○	○	○
---	---	---	---	---	---	---	---

### SCRABBLE G R A M S

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○	○	○	○	○	○	○	○
---	---	---	---	---	---	---	---

A <sub>1</sub>	O <sub>1</sub>	O <sub>1</sub>	Y <sub>4</sub>	D <sub>2</sub>	N <sub>1</sub>	N <sub>1</sub>
----------------	----------------	----------------	----------------	----------------	----------------	----------------

RACK 1

○	○	○	○	○	○	○	○
---	---	---	---	---	---	---	---

A <sub>1</sub>	I <sub>1</sub>	Y <sub>4</sub>	T <sub>1</sub>	R <sub>1</sub>	H <sub>4</sub>	C <sub>3</sub>
----------------	----------------	----------------	----------------	----------------	----------------	----------------

Double Word Score

RACK 2

○	○	○	○	○	○	○	○
---	---	---	---	---	---	---	---

A <sub>1</sub>	E <sub>1</sub>	K <sub>5</sub>	P <sub>3</sub>	P <sub>3</sub>	C <sub>3</sub>	R <sub>1</sub>
----------------	----------------	----------------	----------------	----------------	----------------	----------------

1st Letter Triple

RACK 3

○	○	○	○	○	○	○	○
---	---	---	---	---	---	---	---

A <sub>1</sub>	I <sub>1</sub>	I <sub>1</sub>	L <sub>1</sub>	F <sub>4</sub>	N <sub>1</sub>	T <sub>1</sub>
----------------	----------------	----------------	----------------	----------------	----------------	----------------

RACK 4

○	○	○	○	○	○	○	○
---	---	---	---	---	---	---	---

A <sub>1</sub>	O <sub>1</sub>	U <sub>1</sub>	L <sub>1</sub>	C <sub>3</sub>	L <sub>1</sub>	S <sub>1</sub>
----------------	----------------	----------------	----------------	----------------	----------------	----------------

RACK 5

PAR SCORE 265-275  
BEST SCORE 333

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 scrabblemail@gmail.com.

Answers to all puzzles on page 30

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

## CROSSWORD SOLUTION

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

## SUDOKU SOLUTION

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

## BOGGLE ANSWERS

ROSE, LILY, IRIS, DAISY, PANSY, TULIP, LILAC, ORCHID

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## JUMBLE ANSWERS

**Jumbles:** CROSS, RELIC, DEVOUR, CAMPUS

**Answer:** The classic vinyl albums were selling for -- RECORD PRICES

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SCRABBLE GRAMS SOLUTION									
N <sub>1</sub>	O <sub>1</sub>	O <sub>1</sub>	N <sub>1</sub>	D <sub>2</sub>	A <sub>1</sub>	Y <sub>4</sub>	RACK 1 =	61	
C <sub>3</sub>	H <sub>4</sub>	A <sub>1</sub>	R <sub>1</sub>	I <sub>1</sub>	T <sub>1</sub>	Y <sub>4</sub>	RACK 2 =	80	
P <sub>3</sub>	R <sub>1</sub>	E <sub>1</sub>	P <sub>3</sub>	A <sub>1</sub>	C <sub>3</sub>	K <sub>5</sub>	RACK 3 =	73	
T <sub>1</sub>	A <sub>1</sub>	I <sub>1</sub>	L <sub>1</sub>	F <sub>4</sub>	I <sub>1</sub>	N <sub>1</sub>	RACK 4 =	60	
C <sub>3</sub>	A <sub>1</sub>	L <sub>1</sub>	L <sub>1</sub>	O <sub>1</sub>	U <sub>1</sub>	S <sub>1</sub>	RACK 5 =	59	
PAR SCORE 265-275							TOTAL	333	

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## MY ANSWER

# Adapting Gospel to culture in the pulpit a slippery slope

From the writings of the Rev. Billy Graham

Tribune Content Agency

**Q:** I pastor a good size congregation, but there are many pressuring me to adapt my message to appeal to culture so that we might grow in number. I believe this is dangerous. Am I wrong? - S.P.

**A:** Adapting the Gospel to culture in the pulpit is a slippery slope. The message of Jesus Christ is the same and never changes with the times. Jesus spoke to a disbelieving world when He walked on earth. Illustrations certainly can be utilized to emphasize God's truth but the message of Christ is always the same.

Jesus never changed His message

to appeal to the sinner. Jesus did not change His message when He spoke to Nicodemus and said, "You must be born again" (John 3:7). He did not change His message when He spoke to the rich young ruler and said, "Follow Me," (Matthew 19:21). He did not change His message when He spoke to Zacchaeus and said, "For the Son of Man has come to seek and to save that which was lost" (Luke 19:10). He did not change His message to the adulterous woman, but said, "Go and sin no more" (John 8:11). He did not change His message when He spoke to Satan: "Man shall not live by bread alone, but by every word that proceeds from the mouth of God" (Matthew 4:4).

There is a great counterfeiter [Satan]

who adapts himself to every culture, even deceiving true believers at times. Preaching the whole counsel of God is critical. If the church returned to the task of proclaiming the Gospel it would see people being converted to Christ, and it would have a far greater impact on the social, moral, and psychological needs of people than anything else.

Be faithful to God's calling and like the disciples when they began preaching, "The Lord added to the church daily those who were being saved" (Acts 2:47).

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

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

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Source: Huffington Post, [huffingtonpost.com/mark-bradbury/the-7-incredible-facts-about-boomers-spending\\_b\\_6815876.html](https://www.huffingtonpost.com/mark-bradbury/the-7-incredible-facts-about-boomers-spending_b_6815876.html)

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