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INSIDE



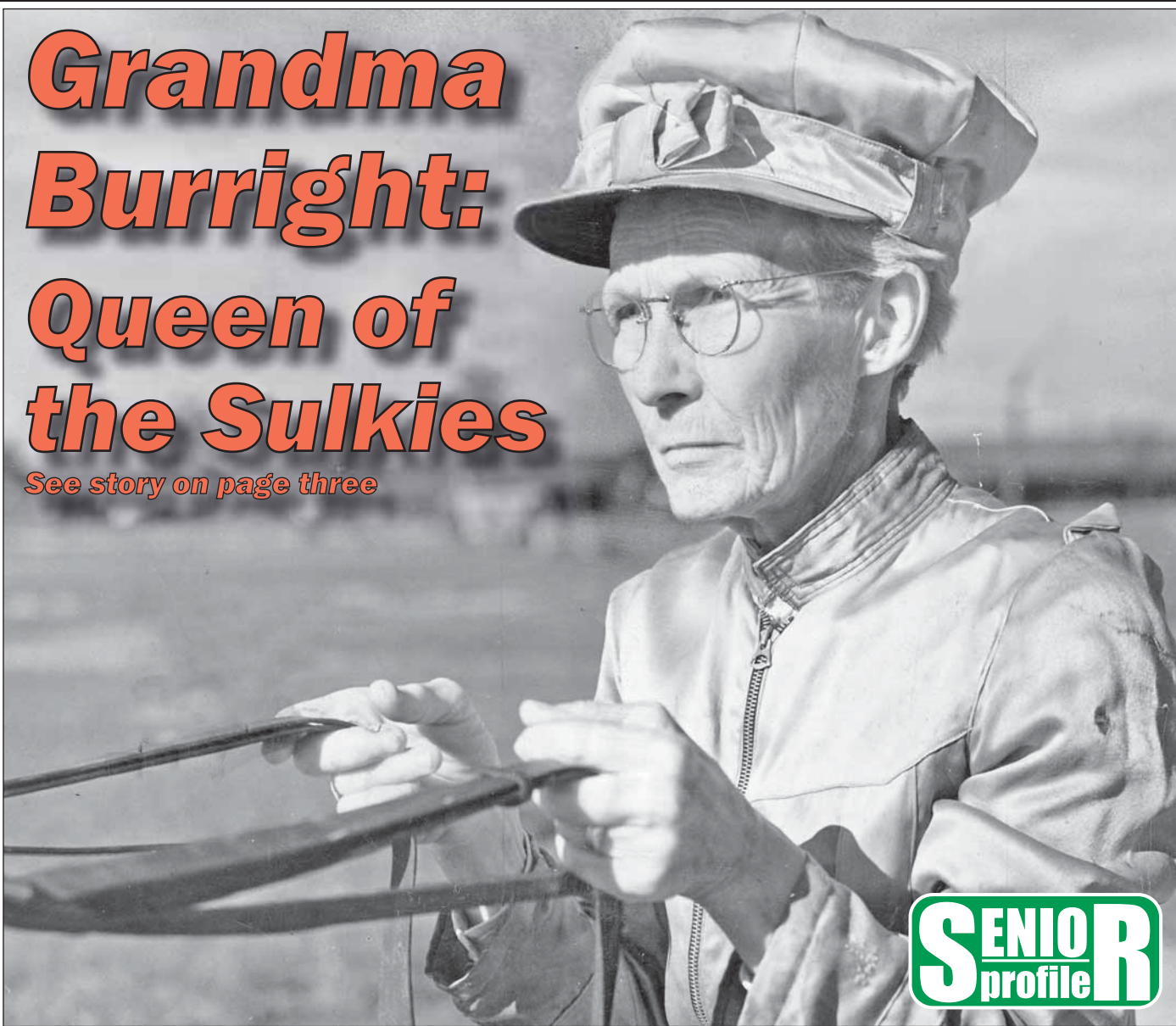
The Fall 2022 issue of JAAA's *Amazing Aging* is included in this issue of *Senior Monthly*.

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

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Grandma Burright: Queen of the Sulkies

See story on page three



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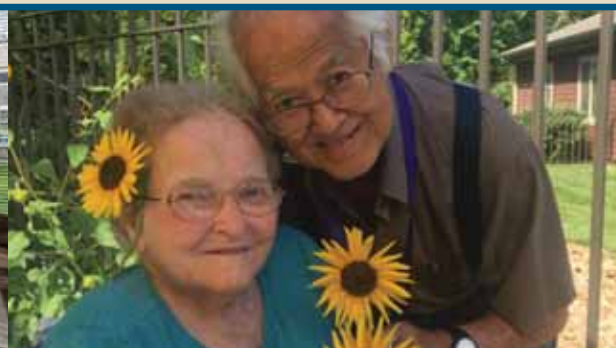
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Grandma Burrig: Queen of the Sulkies

By Kevin Groenhagen

Growing up in Oregon, Ill., I spent every Labor Day weekend at the Ogle County Fair. I would meet up with friends, ride the Zipper and Twilt-A-Whirl, eat corn dogs and taffy, and watch the demolition derby. The fair also featured harness racing. However, I had no interest whatsoever in watching the horses pull their drivers around the track in their sulkies. A sulky is a two-wheeled horse-drawn vehicle for one person, used chiefly in harness racing.

While writing a book about one of my ancestors, Cornelius Burrig, and his descendants, I became intrigued by Neva Elizabeth Burrig, a harness racing driver who was better known as Grandma Burrig.

Neva's grandfather, Beers Bailey Tomlinson, began harness racing in 1854 on the family's farm in Carroll County, Ill., and even built his own track. Neva's father, John, was also

involved in harness racing. Neva was born on June 10, 1883, in the infield of a race track in Carroll County. She was jogging horses at the age of eight and began driving them at 12.

Neva married Bert Holman, also a harness racing driver, in 1902. Between 1904 and 1926, Neva and Bert had four sons and three daughters. Neva continued to be trainer and driver while raising her family and often had a baby in the sulky with her.

In 1925, Neva, in the sulky behind Dixie Flyer, took fourth place in a race at the Morrison, Ill., fair. She nosed out Bert's Sue Watts. It was the first time in the history of the Morrison fair that a wife and husband raced against one another.

In May 1927, tragedy hit the Holman family when Bert became seriously ill and died. Several weeks after Bert's death, Neva was at the Ogle County Fairgrounds in Oregon, Ill., apparently taking his place in one of four harness races scheduled for the afternoon of July 4. She was slightly injured when her horse became confused in a cloud of dust in the first heat and crashed into the railing. Later that year, Neva's third son, 10-year-old Tomlinson Miles Holman, was leading a colt to the pasture when the "animal wheeled suddenly and struck the lad under the right eye, cutting a deep gash and fracturing the bone." The doctor feared Tomlinson would lose his eye.



Neva "Grandma" Burrig, sitting next to host John Charles Daly, appeared on the game show "What's My Line?" on July 25, 1954. Neva won \$50 because the panel, which included Steve Allen, was unable to guess that her line was an "Official Race Track Timer."

Neva also became a grandmother for the first time in 1927 when her oldest daughter, Carmie, had a son. Unfortunately, Carmie's son died in 1929, shortly after she and her husband divorced.

In 1928, Neva married Forrest Burrig of Oregon, and the newlyweds bought a house near the Ogle County Fairgrounds. Forrest and his brothers were also involved in harness racing.

Neva became a grandmother again

on March 2, 1931, when her oldest son, Darrell, and his wife had a son. Sadly, Darrell, Jr., died the next day. Milton, the son of Carmie and her second husband Milton Burrig (Forrest's younger brother), was born eight days later. Carmie and Milton would later divorce, as would Claire, Neva's middle daughter, and her husband.

In 1935, Neva's 16-year-old son,

■ CONTINUED ON PAGE FOUR

Kaw Valley Senior Monthly

Kevin L. Groenhagen
Editor and Publisher

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Grandma Burrigh

■ CONTINUED FROM PAGE THREE

Ross, was working as an apprentice jockey when he was thrown from his horse and fractured his skull. He died three days later. After Ross died, Neva began carrying his jockey bat instead of a whip during races.

Hugh, Neva's second son, who had been training horses for Clark Gable in California, died of a kidney ailment shortly after a harness event in 1939.

By 1940, Neva had lost a husband, two sons, two grandsons, and her daughters had had a total of three divorces. The average person might have given up after all of this. However, Neva kept racing. She once described harness racing as being "the best medicine."

In September 1943, Neva, now 60, entered Luckyette, a bay gelding, to race in the Grand Circuit meet in Delaware, Ohio. The Grand Circuit is a group of harness racing stakes races run at various race tracks around the United States. In 1943, Grand Circuit meets took place primarily in the Midwest because of travel restrictions due to gas rationing during World War II.

At Delaware, Neva would have to drive against Sep Palin, who, in 1935, won the Hambletonian Stakes at Goshen, N.Y., with Greyhound. In 1936, Palin set a world record with Greyhound for a mile in a trotting race at 1:57 $\frac{3}{4}$ at Springfield, Ill. Palin's benefactor during the 1930s, Colonel Edward J. Baker of St. Charles, Ill., bought Greyhound in 1932 as a yearling for \$900 (about \$20,000 in 2022 dollars). Baker was an heir of John Warne Gates (also known as "Bet-a-Million Gates").

Palin's benefactor in 1943 was Fran-

ces Dodge Johnson, the daughter of John Francis Dodge (co-founder of Dodge Motor Company). On her 25th birthday, Frances received control of her \$10 million trust fund from her father's estate. That \$10 million would be the equivalent of more than \$200 million today. Frances commissioned Palin to buy her a stable of harness horses, including Provident for \$7,500 (about \$150,000 in 2022).

Neva and Luckyette versus Palin and Provident appeared to be a classic David versus Goliath battle. It was the driver and trainer of Greyhound, backed by an automobile heiress's money, against a 60-year-old grandmother from Oregon, Illinois, and the horse she had raised. While Frances lived in a 100-room mansion, Neva and Forrest's house in Oregon was barely 1,100 square feet and valued at much less than what Frances paid for Provident.

In addition to Luckyette and Provident, there were 10 or 11 other starters in the \$750 special trot at Delaware. Palin and Provident won the first heat, while Neva and Luckyette finished in fifth place. In the second heat, Neva and Luckyette shocked the harness racing world by not only winning, but setting a record for women drivers over a half-mile track with a time of 2:04 $\frac{3}{4}$. Palin and Provident placed fifth in the second heat. In the third heat, "Slim" Shilling and Conchita, a black mare, won. Neva and Luckyette finished second, while Palin and Provident placed third.

After the close of the third heat, all of the horses but Luckyette, Provident, and Conchita, heat winners, returned to the barn. These three horses were set to race in a fourth heat to determine the overall winner. However, when the judges called back the

■ CONTINUED ON PAGE FIVE



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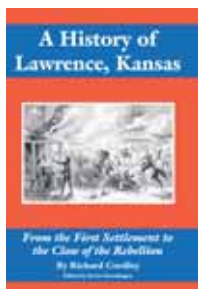
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The History of Lawrence, Kansas

by Richard Cordley

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



Grandma Burright

■ CONTINUED FROM PAGE FOUR

three heat winners for a race off, Palin didn't appear. According to *Coronet* magazine, "After the third race he had turned his wilting horse around and driven off the track. He unwound himself from the sulky and threw his reins to a groom. Then pointing to his exhausted horse, he ruefully told the judges, 'If I can't beat [Neva] in a field of 13 horses, I sure can't beat her in a field of three!'"

Neva and Luckyette won the fourth heat with a time of 2:12. According to *The Harness Horse*, a national publication devoted to trotters and pacers, "Mrs. Burright and her fast-trotting gelding Luckyette really featured the afternoon's program. In fact, it has been years since we saw so many hats tossed into the air at a race track, and heard so many feminine screeches of satisfaction as when this pleasant white-haired lady demonstrated her skill and the ability of her honest gelding to such a superb degree."

After World War II ended with the surrender of the Japanese on September 2, 1945, the years of scarcity and rationing in the United States also came to an end. The men and women returning home from the war had more disposable income to spend on entertainment, including sporting events. However, as *The Chicago Tri-*

bune noted in 2017, "In Chicago, the White Sox had just begun hosting night baseball games in 1939, but the Cubs played only non-televised day games at home. The Bulls were nonexistent, and the Blackhawks weren't on television." Harness racing would fill the void.

An ownership group made up of prominent New York and Chicago sportsmen and headed by Robert Johnson, a broker, made an initial investment of \$300,000 (about \$5 million in 2022 dollars) for a track called Maywood Park. The investment included harness racing's newest starting gadget—the \$50,000 Phillips motorized gate. The track, located near Chicago at North Avenue and River Road, also had a 350,000-watt, shadow-proof, lighting system to allow for nighttime racing. Maywood Park also had stables for 550 horses.

The programs would feature no heat racing, which was the common practice at county fair programs and Grand Circuit meetings. Instead, there would be nine races—one every 20 minutes. The track would allow pari-mutuel betting, which became legal in Illinois in 1946.

Neva would have been the first woman to race at Maywood Park on June 11, 1946. However, rain, accompanied by hailstones, fell on the track just as horsemen had finished a buffet dinner party given by the management. Neva had to settle for another honor at Maywood Park. On June 22, in just

her second appearance at the track, she brought Puzette home by half a length to become the first woman at Maywood to pilot a winner. Like Luckyette, Puzette was a daughter of Lizette, Forest's mare.

Neva and her youngest daughter, Joyce, would go on to have successful careers at pari-mutuel tracks. After a 57-year career as a harness race driver and more than 2,000 wins, Neva drove her last competitive race on May 25, 1953. She was just a few days shy of being 70. She died in 1958.

Interestingly, the United States Trotting Association (USTA) issued an edict in 1956 that barred women from obtaining licenses to drive at pari-mutuel tracks. Since Joyce obtained her license before 1956, a "grandmother clause" allowed her to continue racing on pari-mutuel tracks. It wasn't until 1969 that the USTA reversed the 1956 edict.

Oh, and remember Neva's son, Tomlinson? His accident with a horse as a young man may have dissuaded him from joining the family business. Instead, he went to work for the local

utility company as a meter reader and worked his way up to become director of employee relations with Commonwealth Edison. Moviegoers might thank Tomlinson for eschewing harness racing. His older son, Tomlinson, Jr., became the chief engineer of post-production for Lucasfilm and created the THX sound system for movie theaters. In fact, THX stands for "Tomlinson Holman's eXperiment." His IMDb page notes that he worked on *Star Wars: Episode VI - Return of the Jedi* (1983), *Indiana Jones and the Temple of Doom* (1984), and *Driftwood* (1994).

Neva was 60 when she became the first woman to win a Grand Circuit race. I'll turn 60 next month. Many of *Senior Monthly's* readers have passed that milestone or will do so in the near future. I think 60 is an age at which we look back on our lives and consider what we have accomplished. That reflection can be quite humbling. However, I think Grandma Burright's example can give us hope that our greatest accomplishments can occur after turning 60.

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Natasha Belcher helps seniors with Medicare plans

By Billie David

Autumn is a busy time for Natasha Belcher, who is a licensed sales agent for United Healthcare, because October 15 through December 7 is Medicare's annual enrollment period.

This is the time when people can make changes to their coverage by switching from one Medicare Advantage plan to another Medicare Advantage plan, from Original Medicare to Medicare Advantage or vice versa, adding a prescription drug plan (Part D), or switching from one prescription drug plan to another.

Medicare Advantage plans are plans approved by Medicare but are offered by private companies so that people have an alternative to Original Medicare. They cover both Part A (hospital) and part B (doctor visits), and usually include Part D (prescription drugs) as well. They may also cover vision, hearing, dental and fitness benefits. Advantage plans usually have lower out-of-pocket costs when beneficiaries use in-network providers.

Sometimes the plans that the beneficiaries are enrolled in make changes that are not optimal to the beneficiary, or the beneficiary experiences changes that require different coverage, and the annual enrollment period allows people to change to plans that better suit their individual needs.

Natasha, who presents informational meetings to help people understand their Medicare options, said she likes her job of assisting people to choose a plan that is right for them.

"I do it because I enjoy helping people," Natasha said. "It is really a fun source of income, but it can also be

trying because there are a lot of moving parts and a lot of different plans to choose from, and it helps to have an agent who has your back."

Because Original Medicare doesn't include extras like dental and vision, enrolling a client into a separate vision or dental plan in addition to the Original Medicare plan offers extra protection. Another option would be to change to a Medicare Advantage plan.

"You can put yourself in financial jeopardy for not having an additional plan, whether it is supplemental or Advantage," Natasha said, adding that people might need to take advantage of

the annual enrollment period to change plans because the plan they already has made changes that are not to their benefit, or that their out-of-pocket expenses are too high.

Not only are seniors advised to consider their own specific needs during this time—"What works for me may not work for you," Natasha said—but also to study the changes that the different plans have made for 2023. For example, some plans may have changed their drug formularies, so you may end up paying much higher copays for your medications if you don't change plans.

"Always on the Advantage side, there is something going on with the plans," Natasha said. "It is the agent's responsibility to let people know."

Natasha also listed the following items to go over with your agent:

- What are the deductibles and co-pays?
- What are the medications you are taking and are they adequately covered by the plan?
- Are your doctors and hospital in-network?
- What is the plan's drug list, or formulary?

■ CONTINUED ON PAGE SEVEN



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■ CONTINUED FROM PAGE SIX

- Does the plan include your pharmacy?
- Can you get prescriptions through the mail?
- Is travel covered?
- Do you need a referral to visit a specialist?
- Is there a ceiling cap?
- What are the other benefits, including dental and vision, and does the plan offer a wellness program, such as gym membership?
- What is the plan's quality rating?

To help seniors better understand these issues, Natasha and other agents and organizations offer free informational seminars. You can find listings by checking with your public library, your local senior center, insurance company websites, or other online sources.

"In community outreach, I meet with people, go through their needs and match them with a plan that meets those needs," Natasha said. "Is their provider in-network, are their medications on the formulary, how do you access ancillary benefits on the plan, and I take them through step by step. There is a lot of instruction, but I start out with the very basics, go through how each one of them works, and let them see the difference. I don't push; I let them choose."

Natasha said she does not get bonuses for signing people up, so there is no pressure for her to do so, as she is reimbursed through the company, which is reimbursed through Medicare and Medicaid.

"It is a fun job," she added. "I get to meet all kinds of people, I look forward to talking to people, and I enjoy doing it."

Natasha was born and raised in Kansas City and attended Bonner Springs High School. She received her bachelor's degree in audiology and went directly into sales. She later decided to go to school to study nursing and then went back into sales. She became interested in Medicare insurance when she helped her grandmother.

"She was having a hard time understanding, so I looked stuff up for her," Natasha said. "I had a job selling medical supplies, so I had to know some-

thing for that, and I became a family go-to."

Natasha is married and has one child who is about to go to college, plus two dogs: boxers. She lives in Shawnee and is working on her master's degree.

To sign up for an informational meeting with Natasha, you can register online at her website: www.myuhcagent.com/natasha.belcher. She can be reached at 913-439-0752.

Natasha's schedule includes informational meetings at the following times and places:

- November 1 at CenterWell Independence in Independence, MO
- November 1 at the Windmill KC in Kansas City, KS

- November 4 at Joy Coffee in Independence, MO

- November 2, 4, 5, 8, 9, 10 and 21 at the KC Shoe Stop in Shawnee, KS

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MAYO CLINIC

What is the benefit of visiting a genetic counselor?

By Sarah Mantia

Mayo Clinic

DEAR MAYO CLINIC: My grandmother and mother, as well as an aunt and a cousin, have had breast cancer. Another cousin was diagnosed with colon cancer recently. It has been suggested that I undergo genetic counseling to determine my cancer risk. As a young man, is genetic testing necessary for me? What benefit would I gain from visiting a genetic counselor?

ANSWER: Although it can be daunting to have a loved one diagnosed with cancer, having a family history does not mean that you will automatically get cancer. This is one of the reasons why having a discussion with a genetic counselor can be valuable.

A genetic counselor is someone who reviews your personal health history and your family's health history to identify your personal risk for certain conditions. A genetic counselor can try to determine if there is a pattern or connection among family members' diagnoses and how that may affect you.

For instance, you mentioned that your grandmother, mom and a cousin have had breast cancer, but it's unclear if all of these women are on the same side of the family. If they are all related—for example they are all on the maternal side of your family—then that

suggests more of a pattern that could potentially increase your risk, even as a man. Breast cancer affects men, too, though it occurs more infrequently.

People seem to be most aware of genetic counseling when it comes to breast cancer. This likely is due to the fact that the most common genes associated with increased breast cancer risk—BRCA1 and BRCA2—have received a lot of media attention over the years. In general, though, only about 5% to 10% of breast cancers have a hereditary cause that can be identified. If a hereditary cause for breast cancer is discovered, this condition may increase the risk for other types of cancer, as well.

Other cancers that may have a hereditary connection include ovarian, colon, prostate, uterine and pancreatic cancers. Concerns for a hereditary cancer syndrome rise if people are diagnosed at younger ages, have a personal history of more than one cancer, or have multiple family members with the same or associated cancers. This information may be useful for you if you decide to have children. You'll be able to determine the likelihood that you might pass along a gene and increase the risk to your offspring for certain cancers.

Meeting with a genetic counselor doesn't immediately mean that you need genetic testing. Rather, the goal

of the appointment is to have a discussion that can guide you toward making an informed decision regarding genetic testing. Discussing the potential risks and limitations of genetic testing are just as important as reviewing potential benefits of testing.

Another benefit of meeting with a genetic counselor is to learn more about your family risk for certain conditions, which could be valuable in the future. For instance, understanding your risk for cancer is important, but learning about certain hereditary heart and neurologic conditions, as well as more rare genetic conditions like cystic fibrosis, might help with family planning down the road.

Sometimes reviewing all of this information together allows things to be put in a new context. For some families, it illustrates a clear pattern of increased risk for certain conditions. In other cases, though, it may lower your concern.

I recall a young woman who came to see me to discuss her significant family history of cancer. But as we began charting her family tree, we realized that only a few relatives had developed skin cancer, and they worked outdoors on a farm or in construction. In reality, her cancer risk was minimal given her lifestyle.

Although it can be challenging to learn about the details of your family's health tree, especially if prior generations didn't share as much or document health concerns, it is important to talk with your family prior to meeting with a genetic counselor if you can.

Family history should be gathered for three or four generations on both sides, and include parents, grandpar-

ents, aunts, uncles, cousins and children.

Helpful information to gather includes:

- Major medical conditions and the age they started.
- Cause and age of death.
- Birth defects.

Family's ethnic background, as some conditions can be more prevalent in certain ethnicities. For instance, if someone is of Ashkenazi Jewish descent, the risk for hereditary breast and ovarian cancer syndrome is greater than in the general population.

A good resource to help you get started is a free online tool called My Family Health Portrait. This tool is available through the surgeon general's office. It allows you to collect the information and create a family pedigree that can be printed and shared with health care professionals and your family.

As you discuss your family history, don't forget to talk about conditions that may not have a strictly genetic cause but may have a genetic link. Although there are conditions such as diabetes where a genetic test is not available, it's important to document the patterns in your family and share them with your primary care provider.

-- Sarah Mantia, Clinical Genomics, Mayo Clinic, Jacksonville, Florida

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

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Vitamin C, or ascorbic acid, is a water-soluble essential vitamin. Water-soluble vitamins are those that are dissolvable in water and easily absorbed into the tissue. Because Vitamin C is not stored in the body, it needs to be replenished regularly via supplements or in the diet.

There is much diversity when it comes to the benefits of Vitamin C. Vitamin C is an antioxidant that can protect the body against harmful molecules called free radicals. Free radicals can build up in the body contributing to illness. Studies and research over the years have found that Vitamin C can play an important role in our body by improving cardiovascular health, including heart disease and high blood pressure. Vitamin C can help reduce blood uric acid levels in a gout attack, prevent eye dis-

ease, maintain healthy skin, help with iron absorption and allergies, improve immunity, protect your memory as you age, and reduce inflammation in your body. Even though many people may not always get the most adequate levels of Vitamin C, having a true deficiency of Vitamin C is rare in the United States. In extreme cases, Vitamin C deficiency can cause scurvy, which has the symptoms of weakness, bruising, bleeding, and loss of teeth.

Your diet plays an important role in getting Vitamin C. Examples of foods that are rich in Vitamin C include citrus fruits, green and red peppers, mango, papaya, broccoli, cantaloupe, berries, kiwi, strawberries, red cabbage, and dark leafy greens such as spinach.

Overall, Vitamin C supplements are a simple way to boost your Vitamin C intake. Vitamin C supplementation comes in the form of tablets, pills, powders, or the form of liposomal Vitamin C. However, remember if one consumes too much Vitamin C, it can result in digestive problems, kidney stones, and increased iron absorption.

As winter approaches, remember to eat those foods rich in Vitamin C, wash your hands, consider wearing a mask, get a good amount of sleep, and also reach for the powerful antioxidant supplement Vitamin C.

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



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HEALTH & WELLNESS

Routine hysterectomy turns into much more

By Autumn Bishop

LMH Health

If you've ever seen a Granny Basketball game around Lawrence, you've likely run into Dee Bisel. At age 74, she's a staple in this sport that provides competition for women over age 50.

"I've played Granny Basketball for five years and I love it," she said. "I think it brings out the youth in us. I

one hand and Dr. Dahl had my other. I didn't know what was wrong," Dee said. "I wasn't sure who had cancer because I was still so out of it. They wheeled me down for a CT scan and there went my basketball season."

Sharing the news

Kristi's younger brother, Ryan, lives in Norman, OK, and wasn't on hand for Dee's surgery. She called him right away to tell him the news.

"It's kind of an unfolding realization as to what was happening throughout the day – three phone calls across three to five hours. I was scared, crying and praying," he said.

The family had three days to process what had occurred and prepare for the next step—an appointment with Dee's care team, consisting of Dr. Sherri Soule, an oncologist with the LMH Health Cancer Center; Dr. Ralph Park, a surgeon with Lawrence General Surgery; and radiation oncologist Dr. Darren Klish. The team told Dee that she had stage 4 colon cancer.

"There were a couple of options to start treatment. We made a plan to go ahead and start with surgery to remove a section of my colon," she said. "Dr. Park said I needed that first, so that's what I did. He's a great surgeon."

Two weeks after her hysterectomy, Dee was wheeled into an operating suite to have 12 inches of her colon removed. Three weeks later in March 2022, she began chemotherapy.

Treatment begins

Dee turned to the team at the LMH Health Cancer Center to get world-class treatment close to home. The Center holds official accreditation from the Commission on Cancer, a testament to the high-quality care LMH Health offers patients.

"Dee received high-quality, evidence-based cancer care at LMH Health," Dr. Soule said. "We performed genomic profiling of her tumor to determine the best possible way to treat her specific

COURTESY PHOTO



Dr. Ryan Bisel, Adele Bisel, Phoebe Bisel, Dee Bisel, Moses Bisel, Grant Burgess, Kristi Burgess, Evelyn Burgess, and Tom Burgess

cancer and incorporated the appropriate immunotherapy into her treatment."

The plan was for her to receive 12 rounds of chemotherapy, with each round taking three days to complete. With the number of treatments involved, it was important to her to stay close to home. It was so easy to get to the hospital and back.

"Friends or family would drop me off and I'd have someone come to pick me up," she said. "I was here three times each week. If I had to travel for treatment, I can't imagine how hard it would be."

Dee was able to complete her treatment close to home. She'd go to the Cancer Center on Tuesday morning for a chemo infusion, which took a few hours. At the end of the infusion, she would have a pump attached to her port that would deliver the chemo and would return to the Cancer Center on Thursday to remove it. She'd follow up with a Friday visit to have a white blood cell shot.

Dee felt fortunate that though Kristi wasn't able to attend her training in person, she was allowed to join via Zoom. Kristi also received permission to record what was going on during Dee's treatment.

"The doctors were very receptive to us doing that. We'd send the recordings to Ryan so he was up to date with everything that was going on," Kristi said.

As her treatment continued on, Dee sometimes struggled to remember things. Kristi stayed every night after treatment, just in case Dee got sick.

"Ryan came up from Norman for my colon surgery and spent three days with me," Dee said. "As a widow, having children who will be with you through something like this has been marvelous."

Family time

One of the things that Dee appreciates most about her experience with the Cancer Center was the team's consideration for her quality of life. Dee's

■ CONTINUED ON PAGE 11

INSERTS!

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*10% discount when you do 6,000 inserts.

Colon cancer

■ CONTINUED FROM PAGE 10

“Patients like Dee are so inspiring to us,” she remarked. “She always had a smile and maintained her positivity. I truly enjoyed our appointments and conversations, which is the rewarding part of what we do. Dee was focused on receiving the best possible treatment so she could get back to her life and has done well through a difficult year.”

As a result of her treatments, Dee was benched for the Granny Basketball season and had to cancel three huge trips—one to the Rose Bowl, a trip to the Florida Keys with her granddaughter, Phoebe, and a trip to the Final Four in New Orleans to see her beloved Jayhawks. Going forward, Dee’s prognosis is bright. Her cancer is treatable, not curable, so her care team has put together a plan for maintenance to allow her to live a full life. She’s already talking with Phoebe about when they’re going to head to Florida.

“I’m so happy not to be living day to day and being able to plan a few months out. I’m looking forward to being here and seeing all of my grandkids graduate.”

If you’ve received a cancer diagnosis, Dee shared some simple advice. Follow the doctor’s instructions. She knows it sounds basic, but don’t add or subtract from the doctor’s recommendations.

“I just did exactly what they told me to do, whether I liked it or not,” she said. “They’re the coaches and my job was to do what they told me to. That’s how we’d win the game.”

Why choose LMH Health?

Though she had the chance to receive

treatment elsewhere, Dee chose to have her treatment close to home at the LMH Health Cancer Center. She said that her care team provided an excellent experience. When Dee needed something, no matter the time of day, the team was there for her.

“Josh Nemechek, one of the nurses in the Cancer Center, would call me back within 15 minutes. I called at 3 a.m. one time, they called me back right away and I was at Walgreens by 3:30,” she said.

Dee was also struck by the team dynamic and the focus on patient safety. When she interacted with various doctors in the clinic, they all knew where Dee was at in the process and about any issues that she’d had.

“It made me feel good knowing that if Dr. Soule wasn’t available, any of them could jump in and care for me,” she explained. “Their safety precautions also set me at ease. When they bring the chemo bags in, another nurse comes in with them to double-check the numbers, my wristband and scan them to make sure they’re the right bags for me.”

If you need cancer care, Dee, Kristi and Ryan all recommend turning to the team at the LMH Health Cancer Center. The compassion and personal touch they provide are a testament to the care you’ll receive.

“The team’s expertise has been incredible,” Kristi said. “Every step of the way, they were caring and always wanted what was best for my mom and our family. We couldn’t have asked for anything more.”

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



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JILL ON MONEY

Post-COVID estate planning

When listeners come on my radio show or podcast to discuss their financial questions, they know that at some point in the conversation, I will ask about their estate documents. It does not matter whether it's a young person, an older one, single or partnered, parent or childless.

A 2022 Caring.com survey found that just 33.1 percent of adults in the U.S. have a will.



Jill
Schlesinger

Amazingly, after facing sickness and death amid the COVID-19 pandemic, a staggering 66% of Americans STILL do not have a will or any other estate planning documents in place. I know that it's just hard to contemplate illness, death and money, the trifecta of emotional issues. But if you can walk through the process methodically, you will be rewarded with peace of mind for you and your family.

Here are the most common estate documents to consider:

Will: A document that ensures that assets are passed to designated beneficiaries, in accordance with your wishes. In the drafting process, you name an executor, the person or institution that

oversees the distribution of your assets. If you have minor children, you will name a guardian for them, a point that seems to be a big barrier for many families. My advice: Name someone you can both agree on now and revisit the issue in a couple of years.

Letter of Instruction: This may contain appointment of someone who will ensure for the proper disposition of your remains. I know that this is sort of creepy, but it is important if you are choosing a method that is contrary to your family's tradition.

Health Care Proxy: Appointment of someone to make health care decisions on your behalf if you lose the ability to do so. This is an invaluable document that will help guide your care, in a manner consistent with your wishes.

Even with a Health Care Proxy, you may need to complete a "Do Not Resuscitate (DNR)" order, which instructs health care providers not to perform CPR or other lifesaving emergency procedures if your heartbeat or breathing stops. A lot of people use a Living Will to communicate their end of life wishes, but in many states, you cannot use a Living Will to name a health care agent; you must complete a Health Care Proxy form.

Power of Attorney: Appointment of someone to act as your agent in a variety of circumstances, like withdrawing money from a bank, responding to a tax inquiry, or making a trade.

Trusts: Revocable (changeable) or

irrevocable (not-changeable) trusts may be useful, depending on family and tax situations.

The good news about estate planning is that it has gotten easier and less expensive over the past ten years. If you have a straightforward situation, you can use an online service. However, if there are any complications, like a second marriage, family estrangement, a special needs family member, or significant assets, I recommend using a qualified estate planning attorney in your state of residence.

As you prepare for the meeting (or the online session), remember that this process is a gift to your heirs—something that will help them manage the disposition of your estate without extra hassle. That said, you will have some homework, including gathering the following:

- Bank, brokerage, and retirement accounts
- Pension/Annuity documents/contracts
- List of savings bonds
- Life insurance policy details (private and through the employer)
- Housing, land, and cemetery deeds
- Mortgage accounts
- Proof of loans made
- Location of safe deposit box(es):
- Accountant/CPA/Investment/Insurance Advisor Contact Information

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

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FINANCIAL FOCUS

Is a donor-advised fund right for you?

You can find many ways to support charitable organizations. One method that's gained popularity over the past few years is called a donor-advised fund. Should you consider it?



Derek
Osborn

The answer depends on your individual situation, because donor-advised funds are not appropriate for everyone. However, if you're in a position to make larger charitable gifts, you might at least want to see what this strategy has to offer.

Here's how it works:

- **Contribute to the fund.** You can contribute to your donor-advised fund with cash or marketable securities, which are assets that can be converted to cash quickly. If your contribution is tax deductible, you'll get the deduction in the year you make the contribution to the fund. Of course, these contributions are still subject to IRS limits on charitable tax deductions and whether you itemize your deductions. If you

typically don't give enough each year to itemize and plan on making consistent charitable contributions, you could consider combining multiple years' worth of planned giving into a single donor-advised fund contribution, and claim a larger deduction in that year. This move may be especially impactful if you have years with a higher amount of income, with an accompanying higher tax rate. If you contribute marketable securities, like stocks and bonds, into the fund, a subsequent sale of the securities avoids capital gains taxes, maximizing the impact of your contribution.

- **Choose an investment.** Typically, donor-advised funds offer several professionally managed diversified portfolios where you can place your contributions. You'll want to consider the level of investment risk to which your fund may be exposed. And assuming all requirements are met, any investment growth is not taxable to you, the donor-advised fund or the charity that ultimately receives the grant, making your charitable gift go even further.

- **Choose the charities.** You can choose grants for the IRS-approved charities that you want to support. You decide when you want the money donated and how it should be granted.

You're generally free to choose as many IRS-approved charitable organizations as you like. And the tax reporting is relatively easy — you don't have to keep track of receipts from every charity you support. Instead, you can just keep the receipts from your contributions to the fund.

Although donor-advised funds clearly offer some benefits, there are important trade-offs to consider. For one thing, your contributions are irrevocable, which means once you put the money in the fund, you cannot access it for any reason other than charitable giving. And the investments you choose within your fund will carry some risk, as is true of all investments. Also, donor-advised funds do have investment management fees and other costs. So, consider the impacts of these fees when deciding how you want to give.

In any case, you should consult with your tax and financial professionals before opening a donor-advised fund. And if the fund becomes part of your estate plans, you'll also want to work with your legal advisor. But give this

philanthropic tool some thought — it can help you do some good while also potentially benefiting your own long-term financial strategy.

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

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SENIOR CALENDAR

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

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

ARTS & CRAFTS

FIRST FRIDAY OF THE MONTH

ARTSCONNECT FIRST FRIDAY ARTWALK

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

TOPEKA, artstopeka.org/firstfriday

SECOND SATURDAY OF THE MONTH

OPEN AIR ART MARKET

2nd Saturday of each month in East Lawrence Warehouse Arts District. Come see a local art market. Art Emergency, Delaware 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

EDUCATION

NOV 1

WASPS: THE ASTONISHING DIVERSITY OF A MISUNDERSTOOD INSECT

Author and professional entomologist Eric R. Eaton presents a mind-blowing journey through the wasp realm, from giant cicada killers to miniscule "fairyflies." Cohosted by Topeka Audubon Society. Topeka and Shawnee County Public Library - Marvin Auditorium 101BC, 7-8:30 p.m.

TOPEKA

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

NOV 2

CAN DEMOCRATS PREVENT A TIDAL WAVE?

Maya Rupert is a political strategist, writer, and

Distinguished Fellow with Community Change. In 2020, she served as campaign manager for Julián Castro's presidential campaign and is only the third Black woman to have managed a major presidential campaign. When Secretary Castro exited the race, she joined Elizabeth Warren's campaign as a Senior Advisor, and she managed Maya Wiley's mayoral campaign in 2021. Maya is a nationally respected voice on progressive politics and the future of the Democratic Party. Robert J. Dole Institute of Politics, 2350 Petefish Drive, 4-5:30 p.m. Hybrid event. LAWRENCE, 785-864-4900

<https://youtu.be/B9w1uYILuzQ>

NOV 3

FORT LEAVENWORTH: SEAN KALIC: "ESPIONAGE DURING THE COLD WAR"

For the duration of the Cold War and even in the aftermath, spies and tales of espionage have captivated the imagination. The fact that the western press occasionally found a "true" story and published its exploits only further fueled the fascination of the clandestine exploits of the spies on both sides of the Cold War. This public fascination with the "war in the shadows" did not wither as did the Cold War itself. In fact, as the archives of the former Soviet Union opened and the Central Intelligence Agency (CIA) declassified volumes of documents from their Cold War operations, the public finally got a look behind the people, operations, and structure of some of the intelligence operations associated with the Cold War. Dr. Sean N. Kalic is a Professor in the Department of Military at the US Army Command and General Staff College, where he has taught since 2004. He had published widely and written books on Al Qaeda, the militarization of space, The Russian Revolution, and Cold War espionage. Robert J. Dole Institute of Politics, 2350 Petefish Drive, 3-5 p.m. Hybrid event. LAWRENCE, 785-864-4900

<https://youtu.be/TahWSwBRnly>

NOV 3

EMAIL FOR BEGINNERS - BEGINNING COMPUTER NAVIGATION

Using Google's free email or 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>

NOV 7

NEW TO MEDICARE

Get Medicare advice from Jayhawk Area Agency on Aging. Topeka and Shawnee County Public Library - Learning Center, 1-2 p.m.

TOPEKA

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

NOV 9

AN INSTANT LOOK AT THE RESULTS

On the day after the election, we take an immediate and in-depth look at the outcome. With Jackie Calmes, political columnist for the Los Angeles Times, former White House and congressional reporter for The Wall Street Jour-

nal and The New York Times. Robert J. Dole Institute of Politics, 2350 Petefish Drive, 4-5:30 p.m. Free. Hybrid event.

LAWRENCE, 785-864-4900

<https://youtu.be/eFw7j6rLsg>

NOV 10

THE COUNSELORS / RESOLVED: FELONS SHOULD BE ALLOWED TO VOTE AFTER COMPLETING THEIR SENTENCE

Focusing on criminal justice reform, the debate topic for our November program is "Resolved: Felons should be allowed to vote after completing their sentence." The program will feature the return of Edward C. Duckers, partner at Stoel Rives LLP and head of the firm's Litigation Practice, and Pedro L. Irigonegaray, attorney and partner at Irigonegaray, Turney, & Reve-nahugh. Robert J. Dole Institute of Politics, 2350 Petefish Drive, 6:30-8 p.m. Free. Hybrid event. LAWRENCE, 785-864-4900

<https://youtu.be/aY1xR56VLNY>

NOV 12

CLASS: CENSUS RESEARCH FOR GENEALOGISTS

Federal and state census records are filled with useful information for genealogists. Understanding how to interpret and analyze these records is a key skill for building your family tree and learning more about the context of your ancestors' lives. Alisa Branham's class presentation will show various census examples, including the recently released 1950 US Census; a handout will be provided as well. Watkins Museum of History, 1047 Massachusetts St., 10 a.m.-12 p.m. Fee.

LAWRENCE, 785-841-4109

watkinsmuseum.org/event

NOV 15

SERVICE ABOVE SELF: WOMEN VETERANS IN AMERICAN POLITICS

Erika Cornelius Smith will discuss her book, "Service above Self: Women Veterans in American Politics," which tells the stories of women who served in or adjacent to the U.S. military and how they translated those experiences into elected office. The book is the first analysis of how women transitioned from national defense to public service—and what they did when they got to Washington, D.C. A book sale and signing will follow the presentation. Robert J. Dole Institute of Politics, 2350 Petefish Drive, 2-3:30 p.m. Free. Hybrid event.

LAWRENCE, 785-864-4900

<https://youtu.be/rUJg7gClqII>

NOV 15

DOCUMENTARY: THE PIXAR STORY - ENTREPRENEURS ON FILM

Enjoy a screening of "The Pixar Story," a behind-the-scenes look at the company that pioneered a new generation of animation and changed the face of filmmaking. Join in a discussion after the film. Topeka and Shawnee County Public Library - Marvin Auditorium 101C, 5:30-8:30 p.m.

TOPEKA

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

NOV 17

INTERNET INTRODUCTION - BEGINNING COMPUTER NAVIGATION

Learn about browsers, search engines and how to navigate websites to find information online. Share this with a friend or family member who needs help with the internet. Call 785-580-4607 to register. Topeka and Shawnee County Public Library - Learning Center, 10-11 a.m.

TOPEKA

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

NOV 21

EMAIL FOR BEGINNERS - BEGINNING COMPUTER NAVIGATION

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>

NOV 21

MEDICARE PART D - DIY

Jayhawk Area Agency on Aging staff will help you navigate Medicare Part D to get you the best prices for your medications. Topeka and Shawnee County Public Library - Learning Center, 1-2 p.m.

TOPEKA

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

DEC 1

FORT LEAVENWORTH: NATE JENNINGS: "COUNTERING DIVERSE THREATS IN THE REPUBLIC OF TEXAS"

From 1836 to 1845, after gaining independence at the Battle of San Jacinto, the Republic of Texas faced nearly insurmountable security dilemmas as it struggled to both protect and aggrandize territory across the lower Great Plains. While this included constant warfare against a variety of American Indian tribes that excelled in mobile raiding along expansive frontiers, it also featured conventional military threats from a much more powerful and vengeful Mexico to the south. LTC Nathan Jennings is a US Army officer and Assistant Professor at the US Army Command and General Staff College. He is a graduate of the School of Advanced Military Studies and holds a PhD in History from the University of Kent. Robert J. Dole Institute of Politics, 2350 Petefish Drive, 3-5 p.m. Free. Hybrid event.

LAWRENCE, 785-864-4900

<https://youtu.be/DSRPsQw4-I>

DEC 1

INTERNET GENEALOGY CLASS - FOR BEGINNERS

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

TOPEKA

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

DEC 5

BEGINNERS COMPUTER NAVIGATION

Learn how to use a mouse, navigate a Windows 10 desktop, find & open apps & files. Share this with a friend or family member who needs help

■ CONTINUED FROM PAGE 14

learning to use a computer. Call 785-580-4607 to register. Topeka and Shawnee County Public Library - Learning Center, 10-11 a.m.
TOPEKA
<https://events.tscpl.org/events>

DEC 5

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

Get Medicare advice from Jayhawk Area Agency on Aging. Topeka and Shawnee County Public Library - Learning Center, 1-2 p.m.
TOPEKA
<https://events.tscpl.org/events>

ENTERTAINMENT

SECOND & FOURTH SATURDAYS OF THE MONTH

GRAND OTTAWA OPRY

Enjoy our live Branson-style Old Country music shows! Ottawa Memorial Auditorium, 301 S. Hickory. The doors open at 4:30 p.m., the pre-show performance starts at 5:30 p.m., and the Grand Ottawa Opry begins at 6 p.m. Call for more info! Fee. Tickets available at the door.
OTTAWA, 785-241-6762

NOV 5

SUSAN WERNER

Susan Werner composes skillful songs that effortlessly slide between folk, jazz and pop, all delivered with sassy wit and classic Midwestern charm. Throughout her expansive career, boundless versatility has emerged as a hallmark of Werner's talent and has proven to be a quintessential ingredient of her engrossing musical personae. As audiences will testify, she's been knocking it out of the park—or concert hall—all around the U.S. for more than 25 years. Lied Center of Kansas, 1600 Stewart Drive, 2 p.m. and 7:30 p.m. Fee.
LAWRENCE, 785-864-2787
<https://lied.ku.edu/calendar>

NOV 11

FREESTATE STORY SLAM | LEFTOVERS

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. The address is 1000 Mass. St. The entrance is on 10th Street, between Massachusetts and New Hampshire St. Ages 18+ recommended. \$10 recommended donation.
LAWRENCE, 785-843-2787
lawrenceartscenter.org

NOV 11

JP SEARS

JP Sears is a comedian who tours the country extensively doing stand-up comedy and publishing weekly online videos. His videos have been viewed more than 500 million times. In addition to inspiring laughter in a weird world, JP's work takes an unapologetic stand for freedom, free speech, and encouraging people to free themselves from fear. Topeka Performing Arts Center, 214 SE 8th Ave., 8 p.m.
TOPEKA, 785-234-2787
topekaperformingarts.org/events

NOV 12

SEVA DANCE: INFUSION 2022

This will be a 90-120 minute Bollywood show with 14 items choreographed by Megha and Ami as well as guest performances by Nartan Academy of Dance, The Studio School of Dance, and KU Jeeva. All proceeds will be donated to Zero Reasons Why, a teen organization working to decrease the stigma of mental health and decrease teen suicide. Lied Center of Kansas, 1600 Stewart Drive, 2:30 p.m. Fee.
LAWRENCE, 785-864-2787
<https://lied.ku.edu/calendar>

NOV 13

THE WESTERLIES

The Westerlies is a New York-based brass quartet comprised of childhood friends from Seattle: Riley Mulherkar and Chloe Rowlands on trumpet, and Andy Clausen and Willem de Koch on trombone. Formed in 2011, the self-described "accidental brass quartet" takes its name from the prevailing winds that travel from the west to the east. Lied Center of Kansas, 1600 Stewart Drive, 2 p.m. Fee.
LAWRENCE, 785-864-2787
<https://lied.ku.edu/calendar>

NOV 18

MAVIS STAPLES

Hailed by NPR as "one of America's defining voices of freedom and peace," Mavis Staples is the kind of once-in-a-generation artist whose impact on music and culture would be difficult to overstate. She's both a Blues and Rock and Roll Hall of Famer; a civil rights icon; a Grammy Award-winner; a chart-topping soul, gospel and R&B pioneer; a National Arts Awards Lifetime Achievement recipient; and a Kennedy Center honoree. She marched with Dr. Martin Luther King, Jr., performed at John F. Kennedy's inauguration and sang in Barack Obama's White House, and she has collaborated with everyone from Bob Dylan to Prince. Lied Center of Kansas, 1600 Stewart Drive, 7:30 p.m. Fee.
LAWRENCE, 785-864-2787
<https://lied.ku.edu/calendar>

NOV 29

FIDDLER ON THE ROOF

Tony-winning director Bartlett Sher and the team behind South Pacific and The King and I bring a fresh and authentic vision to this beloved theatrical masterpiece from Tony-winner Joseph Stein and Pulitzer Prize-winners Jerry Bock and Sheldon Harnick. Featuring a talented cast, lavish orchestra and stunning movement and dance from Israeli choreographer Hofesh Shechter, based on the original staging by Jerome Robbins, Fiddler on the Roof will introduce a new generation to the uplifting celebration that raises its cup to joy! To love! To life! Lied Center of Kansas, 1600 Stewart Drive, 7:30 p.m. Fee.
LAWRENCE, 785-864-2787
<https://lied.ku.edu/calendar>

NOV 30

PAIGE HERNANDEZ'S LINER NOTES

Exploring music inspired by the civil rights movement during the 50s and 60s, the show features songs that will get you dancing, like Ray Charles' "What'd I Say," protest songs like "A Change is Gonna Come," and spirituals like

"This Little Light of Mine." To life! Lied Center of Kansas, 1600 Stewart Drive, 7:30 p.m. Fee.
LAWRENCE, 785-864-2787
<https://lied.ku.edu/calendar>

DEC 2

HERITAGE SINGERS - SONGS OF THE SEASON

Hear students from Heritage Christian School sing seasonal songs. Topeka and Shawnee County Public Library - Rotunda - NE Corner, 11:30 a.m.-12 p.m.
TOPEKA
<https://events.tscpl.org/events>

DEC 2

CAIR PARAVEL LATIN SCHOOL MADRIGALS

Part of Songs of the Season Concert Series. Topeka and Shawnee County Public Library - Rotunda - NE Corner, 12:30-1 p.m.
TOPEKA
<https://events.tscpl.org/events>

DEC 3

KANSAS YOUTH CHORALE

Part of Songs of the Season Concert Series. Topeka and Shawnee County Public Library - Rotunda - NE Corner, 12-12:30 p.m.
TOPEKA
<https://events.tscpl.org/events>

DEC 3

TIM O'BRIEN WITH JAN FABRICIUS

Multi-Grammy winner and multi-instrumentalist Tim O'Brien has traveled the world and delighted audiences since 1975 with his warm vocals, string wizardry and heartfelt original songs. His latest recording, *He Walked On*, maps a pathway through today's world. In duet with his wife Jan Fabricius on mandolin and vocals, you can expect rootsy acoustic instrumentation and sweet harmony singing, interspersed with O'Brien's self deprecating humor. Lied Center of Kansas, 1600 Stewart Drive, 7:30 p.m. Fee.
LAWRENCE, 785-864-2787
<https://lied.ku.edu/calendar>

DEC 4

TOPEKA ACAPPELLA UNLIMITED

Part of Songs of the Season Concert Series. Topeka and Shawnee County Public Library - Rotunda - NE Corner, 12:30-1 p.m.
TOPEKA
<https://events.tscpl.org/events>

EXHIBITS & SHOWS

OCT 1-FEB 18

THE ORIGINAL KANSAS CITY, KANSAS

On October 22, 1872, Kansas City, Kansas was formally incorporated, but at that time it was far from the KCK we think of today. At the museum, we get many questions about our early maps and how the city evolved. The 150th Anniversary of KCK provides a great opportunity to share the story of "The Original Kansas City, Kansas" with the community. This exhibit will feature a series of early maps, facts, and images from the city's earliest years. Wyandotte County Historical Society and Museum 631 North 126th, 9 a.m.-4 p.m. Free.
BONNER SPRINGS, 913-573-5002

FARMERS' MARKETS

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

APR 9-NOV 19

LAWRENCE FARMERS' MARKET (SATURDAYS)

The Lawrence Farmers' Market hosts over 60 Lawrence-area farmers and producers, bringing fresh, local food and crafts to visitors. Downtown Saturday Morning Market (824 New Hampshire St.), 7:30-11:30 a.m.
LAWRENCE, 785-505-0117
lawrencefarmersmarket.org

APR 24-NOV 27

NORTH LAWRENCE FARMERS' MARKET

Sundays. Across the bridge in lovely North Lawrence at 923 North 2nd St. and Riverfront Rd. (in the front parking of the Riverfront Business Park directly south to the Dollar General), 9 a.m.-1 p.m.
NORTH LAWRENCE

HISTORY & HERITAGE

NOV 12 & 13

IDENTITY QUEST GENEALOGY CONFERENCE

Learn about the latest genealogy tools and family research tips at this free conference with national and regional genealogy experts. Experience music, art, dance & activities from a variety of cultures. You can also meet one-on-one with an expert to discuss your genealogy roadblocks. Stop by anytime and stay as long as you'd like. Sunday is a heritage celebration. Topeka and Shawnee County Public Library - Marvin Auditorium 101ABC, Virtual Room 02. Register online. November 12, 9 a.m. - 5 p.m., November 13, 12-5 p.m.
TOPEKA, <https://events.tscpl.org/events>

MEETINGS

MONDAYS

GRIEF SUPPORT (VIRTUAL)

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

FIRST WEDNESDAY OF THE MONTH

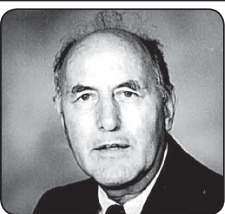
CAREGIVER SUPPORT GROUP

Meet with other caregivers in the Baldwin area who may be struggling with some of the same

HUMOR

Two if by Sea

In the late 1800s, Ruthless Von Simeon acquired several mines in California, Utah and Nevada. He made a pile of money. Ruthless V. had a son named Balderdash Von Simeon who acquired scads of newspapers, broadcast outlets and movie studios in the



Larry
Day

1930s and 1940s. Balderdash made a pile of money to go with his father's heap of money. They built houses on mountain tops and lived pompously ever after.

Balderdash had 11 wives—but he wasn't a polygamist. He married and divorced all 11 women. One of them was dark-eyed, black-haired Sippa Margarita, the internationally renowned movie star.

Sippa was from Valencia—Kansas, not Spain—and she had one son, Ruthless Ignacio Balderdash Von Simeon, known all his life as Ribby. Ribby's grandparents in Kansas raised him, and he lived there all his life.

His mother had all she could handle with her fast-paced screen career and the fallout from her other four marriages.

Ribby's one enduring childhood memory was of a voyage his mother took him on. He flew to Europe, met Sippa and together they sailed back across the Atlantic on an ocean liner. Ribby was seasick the whole way. And to her credit, his mother brought him broth and crackers. She read to him and told him stories of derring-do. Ribby grew up hating the ocean but loving ocean liners.

Ribby didn't come into his inheritance until he was in his 40s. By that time, he was living simply but comfortably as an adjunct professor at Letongaloosa Community Junior College. His inheritance came a few days after he saw on television that the ocean liner he loved was to be torn down and sold for scrap.

Ribby was furious. He became as articulate as Sippa and as cantankerous as Balderdash. He fought the authorities all the way from local to federal. In the end he bought the ocean liner and had it tenderly dismantled and shipped to Kansas. Ribby had the liner reconstructed and placed on a hillside outside Letongaloosa.

There it stayed until an uppity member of the city council demanded that the ship be dismantled and sold for scrap. Big mistake. Huge.

Ribby went into his Balderdash mode and the pesky city counselor resigned and disappeared before the next election.

The liner, kept ship-shape by a trust fund established for that purpose, still stands on that hillside. You can go on out and see it anytime you'd like. Take a ride out there if you don't believe me.

- 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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PAINTING WITH WORDS

Under the Harvest Moon

By Tom Mach

Born on 1849 in Greenfield, Indiana, James Whitcomb Riley is best remembered as “the poet of the common people.” He was also known as the “Hoosier Poet” because of his dialect works and also known as the “Children’s Poet” because of such famous works as “Little Orphan Annie” and “The Raggedy Man.”

His early experiences include writing verses as a sign maker and submitting poetry to newspapers. He befriended Henry Wadsworth Longfellow and it was Longfellow’s endorsement that resulted in Riley earning successive jobs at Indiana newspaper publishers in the late 1870s. During the 1880s, his poetry reading tours made him well known. His tours started in the Midwest but gradually extended nationally, appearing either alone or with other famous writers. During this period Riley’s long-term addiction to alcohol began to affect his performing abilities, and he suffered financially as a result. However, once he extricated himself from a series of poorly negotiated contracts that sought to limit his earnings, he began to accumulate wealth and eventually became a financial success.

By the 1890s, Riley had become known as a bestselling author of children’s books. His children’s poems were compiled into a book titled *Rhymes of Childhood*, and illustrated by Howard Christy. Recognized as an important poet, Riley achieved considerable fame during his lifetime. He was the center of attention at each annual Riley Day celebration around the United States and was often invited to perform readings at national civic events. He was no longer able to do his poetry reads when a stroke paralyzed his arm in 1910. Nonetheless, he helped, along with other midwestern writers, to form a literary community that produced works rivaling the established eastern writers.

His poem, “Thanksgiving,” tells us to break the repetition of thankful-

ness for the same things every year. Terms like “we have grown greater” and “newer smiles” attest to this. God give us these good things even though we don’t deserve them (“all things that come as alms.”) We should be thankful even if it took a long time for our prayers to be answered because the answers “fall upon us unawares and bless us in time.

Riley also turns our attention to others who gives us the love that “only love could understand.” We are thankful that we can help others who are in deep sorrow. Yet we must be thankful for “the tears of sorrow” that “have not been drained away.” We have hope for the coming years but must be thankful for today.

Here, then, is Riley’s poem:

Thanksgiving

By James Whitcomb Riley

*Let us be thankful—not only because
Since last our universal thanks were told
We have grown greater in the world’s
applause,
And fortune’s newer smiles surpass the
old—*

*But thankful for all things that come as alms
From out the open hand of Providence:—
The winter clouds and storms—the summer
calms—
The sleepless dread—the drowse of indo-
lence.*

*Let us be thankful—thankful for the prayers
Whose gracious answers were long, long
delayed,
That they might fall upon us unawares,
And bless us, as in greater need we prayed.*

*Let us be thankful for the loyal hand
That love held out in welcome to our own,
When love and only love could understand
The need of touches we had never known.*

*Let us be thankful for the longing eyes
That gave their secret to us as they wept,
Yet in return found, with a sweet surprise,
Love’s touch upon their lids, and, smiling,
slept.*

*And let us, too, be thankful that the tears
Of sorrow have not all been drained away,
That through them still, for all the coming
years,
We may look on the dead face of To-day.*

If you enjoyed the poems analyzed in this column, you will also enjoy Tom’s latest book, *Collected Poems* by Tom Mach. Many of his poems were previously published and some have even been honored by awards. These poems will give

you a lot to think about and they are well worth reading. One of them, called “A Different Season” begins with a person getting older. “I once carried summer in my sandals and winter in my boots.” This poem ends with the person dying: “I hear a gentle voice of welcome and the sweet music of violins and cellos,” while another begins with “Love is like a kiss that never ends.”

This is available on Amazon, either as a paperback or as a Kindle version.

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SAVVY SENIOR

Top financial scams targeting seniors today

By Jim Miller

Dear Savvy Senior: What are the most common scams today that target elderly seniors? My 75-year-old mother has been swindled several times over the past year, so I'm being extra cautious. - Paranoid Patty



Dear Patty: Great question! While many scams today are universal, there are certain types of fraud that specifically target older adults or affects them disproportionately. And unfortunately, these senior targeted scams are on the rise.

According to the Federal Bureau of Investigation (FBI), in 2021 there were 92,371 older victims of fraud resulting in \$1.7 billion in losses. This was a 74 percent increase in losses compared to 2020.

Here are five of the most common senior scams that were reported last year, that both you and your mom should be aware of.

Government imposter scams:

These are fraudulent telephone calls from people claiming to be from the Internal Revenue Service, Social Security Administration or Medicare. These scammers may falsely tell you that you have unpaid taxes and threaten arrest or deportation if you don't pay up immediately. Or they may say your Social Security or Medicare benefits are in danger of being cut off if you don't provide personal identifying information. They may even "spoof" your caller ID to make it look like the government is actually calling.

Sweepstakes and lottery scams:

These scams may contact you by phone, mail or email. They tell you that you've won or have the potential to win a jackpot. But you need to pay a fee, or cover taxes and processing fees to receive your prize, perhaps by pre-paid debit card, wire transfer, money order or cash. Scammers may even impersonate well-known sweepstakes organizations, like Publishers Clearing House, to fool you.

Robocalls and phone scam: Robocalls take advantage of sophisticated, automated phone technology to carry out a variety of scams on trusting older adults who answer the phone. Some robocalls may claim that a war-

■ CONTINUED ON PAGE 27



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.
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PUZZLES & GAMES

CROSSWORD

Across

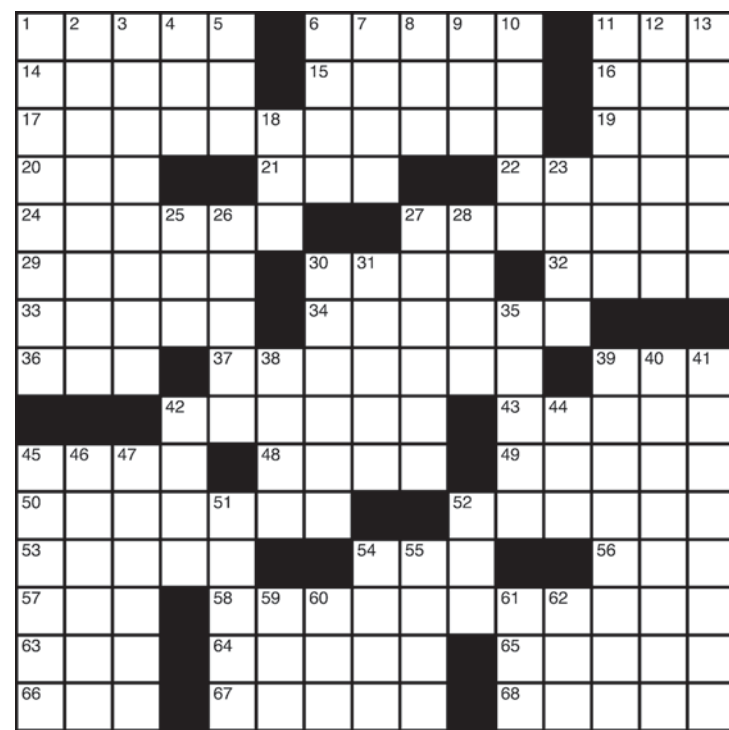
- 1 Merged thespian union
- 6 Stares
- 11 Sault ___ Marie
- 14 Show fear
- 15 Draw in the air
- 16 Disadvantage
- 17 Nightspot in "A Bug's Life"?
- 19 Throw ___
- 20 Meditation sounds
- 21 "___ Alyscamps": van Gogh work
- 22 Canon competitor
- 24 Hang out in the sun
- 27 Purse in "A Bug's Life"?
- 29 "Star Wars" droid
- 30 Normandy battle town
- 32 "Raising Buchanan" star Auberjonois
- 33 Not-so-VIP group
- 34 Garlicky sauces
- 36 Private ___
- 37 Fancy dance in "A Bug's Life"?

- 39 Disfigure
- 42 Skeleton's place?
- 43 Hopping mad
- 45 Mythological ship
- 48 Recipe info: Abbr.
- 49 Frozen custard chain in 14 states
- 50 Queue in "A Bug's Life"?
- 52 Swallow
- 53 Winged, perhaps
- 54 Down
- 56 Zip
- 57 Member of the fam
- 58 Fruity beverage in "A Bug's Life"?
- 63 Day before Thanksgiving, e.g.
- 64 Woolly, say
- 65 Ancient Peruvians
- 66 Actor Benicio ___ Toro
- 67 Alprazolam brand
- 68 Believes

Down

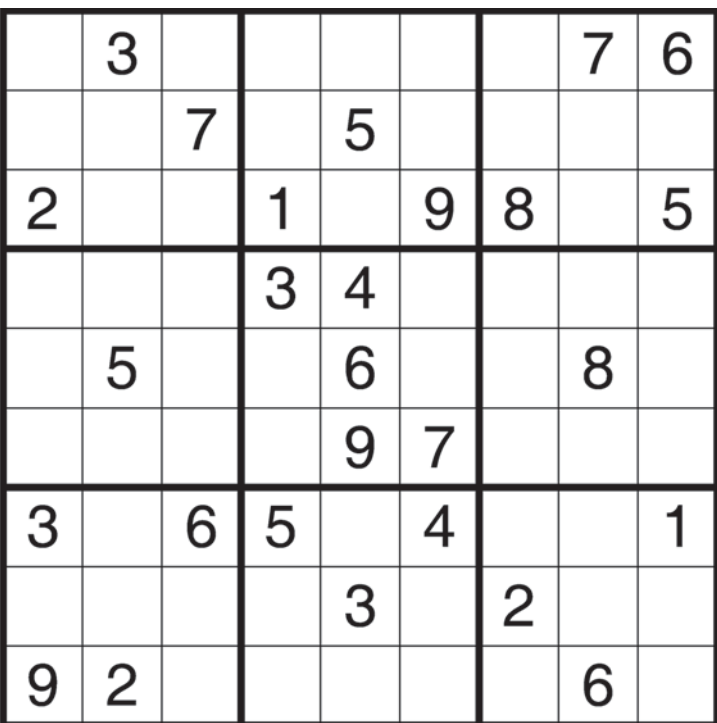
- 1 Four-star review, e.g.
- 2 At one time

- 3 Flexible fastener
- 4 ___ hall
- 5 Ancient sanctuary
- 6 Box office take
- 7 Rainbows, say
- 8 Party pro
- 9 Earthbound bird
- 10 Valuable fur
- 11 Professional copyist
- 12 Colorful bird
- 13 Occupy
- 18 Tarzan player Ron
- 23 Good listeners?
- 25 They're allowed
- 26 Cracking-up letters
- 27 Fountain orders
- 28 Veg out
- 30 Bully's reply
- 31 Land with yaks
- 35 Like a pelvic artery
- 38 Advance
- 39 Tried to get along
- 40 Irregular
- 41 Fidgety
- 42 Tab, e.g.
- 44 Org. with an elephant in its logo
- 45 Put down
- 46 Bring back
- 47 Dr. Seuss' real last name
- 51 Mail collector



- 52 Had a bite
- 54 Italian hot spot
- 55 "Jeopardy!" name for 36 years
- 59 Actress Longoria
- 60 German article
- 61 Brand "choosy moms choose," in ads
- 62 French article

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

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

TYTKI

VICCI

GIDNIO

NIWONM

Check out the new, free JUST JUMBLE app

12/27

WHEN THE COIN-PRODUCTION FACILITY WAS COMPLETED, IT WAS IN ___

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

SCRABBLE GRAMS

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RACK 1: [A] [E] [O] [R] [L] [C] [N]

RACK 2: [A] [A] [E] [I] [R] [R] [F]

RACK 3: [A] [I] [H] [B] [T] [S] [F]

RACK 4: [I] [I] [Y] [C] [R] [M] [M] Double Word Score

RACK 5: [A] [E] [O] [B] [K] [L] [C] 1st Letter Triple

PAR SCORE 265-275
BEST SCORE 337

FIVE RACK TOTAL
TIME LIMIT: 25 MIN

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

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

Answers to all puzzles on page 26

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

MY PET WORLD

How to deter (humanely) feral cats from your yard

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

Dear Cathy: I know you're a proponent of people providing food and shelter to feral cats. However, feral cats don't leave their waste where they feed and shelter. This creates a problem for neighbors facing the smell, damage, and cost of cleaning up after the feral cats that deposit their excrement on their property.

I have suffered greatly from a neighbor who refused to stop feeding feral cats. The result is a \$10,000 bill to replace the pool liner that started leaking after pumping out the water to remove a layer of cat excrement on the bottom of the pool. The pool cover smells, cannot be cleaned and must be replaced. My pool remains out of service until repaired. All thanks to my neighbor. I agree with spaying, but that does not solve the immediate problem. What can I do? -- Steven, Dix Hills, New York

Dear Steven: If your neighbor was not feeding these community cats, they would still likely be in your neighborhood looking for food and perhaps be even more of a nuisance as a result. Of course, I am sorry to hear about your pool cover, so let's explore some humane

ways to keep these community cats out of your yard so this doesn't happen again.

Cats don't like the scent of certain household items. So, you can place citrus peels, coffee grounds, eucalyptus, or even cayenne pepper along your fence line or around the edge of your pool deck to deter these felines. You can use scat mats or chicken wire fencing on the ground around the pool deck to make it uncomfortable for them to walk across.

You also can purchase motion-detection sprinklers or an ultra-sonic cat deterrent device that emits a flashing light, an audible sound, or an ultrasonic sound only animals can hear, depending on the setting. These devices are motion-triggered, which startles animals and makes them run away. (It's important to turn off these devices when you and your pets are in the yard and place them in a way so as not to disturb your neighbor's pets.)

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

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Congratulations, Heidi!

Congratulations to Heidi Collins, a certified nurse aide (CNA) at Hillside Village of De Soto, who was recently named CNA of the year by the Kansas Health Care Association! Heidi has been with Hillside Village for 14 years and is a lifelong resident of De Soto. We are very proud to have her as a part of our staff. Heidi and her experienced colleagues provide great care to our residents, one of the many reasons you should consider Hillside Village if you need care for your loved one. We are locally owned and operated.



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AMERICA'S TEST KITCHEN

Maybe these desserts should be called 'tallcakes'

By America's Test Kitchen

Tribune Content Agency

Missing summer already? The good news is you can enjoy peach shortcakes any time! Start with frozen peaches and you're on your way to making a delicious treat with a summery vibe.

Quick whipped tip

If you're making your own whipped cream, it is important not to over-whip the cream. But what happens if you take whipped cream too far?

Cream, like butter and vinaigrette, is an emulsion. It's made of tiny droplets of fat suspended in water. As you whip cream, tiny air bubbles become held in place by those droplets of fat, making it light and fluffy. But if you whip cream for too long, the emulsion of fat and water breaks! The droplets of fat clump together and separate from the liquid.

The good news is that you're on your way toward making butter. The bad news is that you'll need to start your whipped cream over again, so be sure to keep a careful eye on your cream as you beat it.

In the end, if you want to save time, simply buy some whipped cream from the grocery store when you pick up the frozen peach slices.

Peach Shortcakes

Makes 4 shortcakes

1 pound sliced frozen peaches, thawed

1/4 teaspoon ground ginger

3 tablespoons plus 1 tablespoon sugar, measured separately, plus extra for sprinkling

1 1/2 cups (7 1/2 ounces) all-purpose flour

1 1/2 teaspoons baking powder

1/4 teaspoon baking soda

1/8 teaspoon salt

3/4 cup buttermilk

6 tablespoons unsalted butter, melted
2 cups whipped cream

1. Use dry measuring cups to measure out 3/4 cup peaches and transfer to a cutting board. Set aside remaining peaches. Roughly chop 3/4 cup peaches.

2. In a large microwave-safe bowl, combine chopped peaches, ground ginger, and 3 tablespoons sugar. Use a rubber spatula to stir until well combined. Heat in the microwave until peaches are bubbling, about 1 1/2 minutes.

3. Remove bowl from microwave. Use potato masher to crush chopped peaches. Add remaining sliced peaches to bowl and use rubber spatula to stir until combined. Let sit until peaches are juicy, at least 30 minutes or up to 2 hours.

4. Meanwhile, adjust oven rack to middle position and heat oven to 450 degrees. Line a rimmed baking sheet with parchment paper.

5. In a medium bowl, whisk together flour, baking powder, baking soda, salt, and remaining 1 tablespoon sugar.

6. In a liquid measuring cup, use a fork to stir buttermilk and melted butter until butter forms small clumps.

7. Add buttermilk mixture to bowl with flour mixture. Use a clean rubber spatula to stir until combined.

8. Spray inside of 1/2-cup dry measuring cup with vegetable oil spray. Use a greased measuring cup to scoop batter and use butter knife to scrape off extra batter. Drop 4 scoops onto the parchment-lined baking sheet, leaving space between biscuits. Sprinkle each biscuit generously with extra sugar.

9. Place baking sheet in oven. Bake biscuits until the tops are golden brown, 14 to 16 minutes.

10. Remove baking sheet from oven and place on a cooling rack. Let biscuits cool on the baking sheet for 10 minutes. (This is a good time to make your



KENDRA SMITH

Fluffy biscuits with juicy peaches and airy whipped cream give that summer feeling any time

whipped cream if using homemade.)

11. When biscuits are ready, split biscuits open with a clean fork. Transfer biscuits to individual serving plates. Use a slotted spoon to divide peaches evenly among biscuit bottoms. Top each with a spoonful of whipped cream and 1 biscuit top. Serve.

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Calendar

■ CONTINUED FROM PAGE 15

issues you face while caring for your loved one. This support group is for caregivers of individuals age 60 or older. Baldwin Methodist Church, 704 Eighth St., 1-2 p.m.
BALDWIN CITY

SECOND MONDAY OF THE MONTH KLAH FUN LUNCHEON

Keep Living at Home is hosting a fun senior event every second Monday at 2 p.m. at Brandon Woods Independent Living, 1501 Inverness. KLAH will provide appetizers and wine. Call for more information or to sign up.
LAWRENCE, 785-294-5867

THIRD FRIDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

NOV 7

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, 3:30-4:40 p.m.
TOPEKA, <https://events.tscpl.org/events>

NOV 14 & 17

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, 2-3 p.m.
TOPEKA, <https://events.tscpl.org/events>

DEC 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, 2-3 p.m.
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MISCELLANEOUS

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

VETERANS DAY

NOV 5

VETERANS DAY PARADE - OTTAWA

The official start time for the parade is 10:45 a.m. Starting at 10 a.m. there will be a ceremony at the memorial on the corner of 4th Street. Activities at City Park include food booths, tours of displays, and the USO Show.
OTTAWA

NOV 5

TOPEKA VETERANS PARADE SUNFLOWER SALUTE

Kansas State Capitol Building. Main stage

located at 10th and Kansas. A parade to honor the men and women veterans from all services begins at 11 a.m.
TOPEKA

NOV 11

103RD ANNUAL LEAVENWORTH COUNTY VETERANS DAY PARADE

We encourage you to come see the oldest and largest Veterans Day Parade west of the Mississippi River. Join us as we pay tribute and honor all US Armed Forces members both past and present for all they have done to continue to ensure our freedoms in the United States. Open to the public. Downtown area, 9:30-11:30 a.m.
LEAVENWORTH, 913-758-2948

NOV 12

VETERANS DAY PARADE - LAWRENCE

All local Veterans are welcome to participate in the annual parade. Massachusetts Street, 10 a.m.-1 p.m. Parade begins at 11 a.m.
LAWRENCE

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RICK STEVES' EUROPE

Berchtesgaden: Nazi sites in an Alpine setting

By Rick Steves

Tribune Content Agency

As I fingered the jagged green marble of a chipped-up fireplace mantle, my guide told me the story. This lodge—which sits like a James Bond fantasy atop an alpine peak—was a gift to Adolf Hitler for his 50th birthday in 1938. His inner circle all contributed. And, according to legend, the



Rick Steves

fireplace was a little extra from Mussolini. In 1945, victorious allied soldiers chipped off countless souvenirs.

While many people call the entire area “Hitler’s Eagle’s Nest,” the name actually refers to just the mountaintop chalet. This extravagant lodge—its precision stonework evoking both fascist obedience and slave labor—was only

the tip of a vast Berchtesgaden compound that served as Hitler’s second seat of government and his planned refuge of last resort. What remains is now wide open to visitors.

Berchtesgaden, the alpine ski town in the region of the same name (on the south edge of Germany, just 12 miles from Salzburg) is famous for its Nazi retreat. But long before its association with Hitler, Berchtesgaden was one of the classic romantic corners of Germany. In fact, Hitler’s propagandists capitalized on the fuhrer’s love of this region to establish the notion that the native Austrian was truly a German at heart.

Early in his career, as a wannabe tyrant, Adolf Hitler was inspired by this dramatic corner of Bavaria ... so steeped in legend and close to the soul of the German people. This tiny bit of Bavaria, nearly encircled by Austria, held a special appeal to the Austrian-German Hitler. In the 1920s, just out of prison, he checked into an alpine hut up here to finish his book, “Mein Kampf.” Because it was here that he claimed to be inspired and laid out his vision, some call Berchtesgaden the “cradle of

the Third Reich.”

Hitler’s handlers crafted his image here—surrounded by nature, gently receiving alpine flowers from adoring little children, lounging around with farmers in lederhosen ... with no hint of a modern arms industry, big-time industrialists, or ugly prison camps. In reality, rather than an alpine chalet, it was a huge compound of 80 buildings, closed to the public after 1936, where the major decisions leading up to World War II were often hatched. It was here that Hitler hosted world lead-

ers, wowing them with the aesthetics and engineering of his mountain palace, adoration of his people ... and national socialism.

Your visit has three parts: the Obersalzberg complex now with the small modern Documentation Center (a museum just above the resort town of Berchtesgaden, with a shuttle bus providing the only access to the Eagle’s Nest); the vast and tourable remains of the bunker system (below the museum); and the actual Eagle’s Nest

■ CONTINUED ON PAGE 25

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Rick Steves

■ CONTINUED FROM PAGE 24

high above.

Between 1945 and 1952, almost everything was destroyed by the victorious allies (wanting to leave nothing as a magnet for future neo-Nazi pilgrims). Visitors looking for actual pre-1945 artifacts see only the foundations of the Documentation Center (now mostly a modern building); the stripped bare yet still evocative bunkers under it; the dramatic road, tunnel and elevator to the Eagle's Nest; the stonework and fireplace of the actual Eagle's Nest; and a scant assortment of memorabilia in glass cases in the Documentation Center.

The Nazi Documentation Center is built upon the remains of what was the second seat of Nazi administration. This center, with only German descriptions giving its displays meaning, is designed primarily for Germans to learn and understand their recent history. Since only the late 1990s, interest in Nazi history is considered healthy rather than taboo here. Non-Germans, too (with the help of an English language audio guide), can learn from a thoughtful visit.

From the Documentation Center, stairs lead into a complex and vast bunker system. Construction began in 1943 after the Battle of Stalingrad ended the Nazi aura of invincibility. This is an incredibly engineered underground town with meeting rooms, offices, and archives for the government and a lavish living quarter for Hitler all connected by four miles of tunnels cut by slave labor through solid rock. It was stripped bare after the war. Today, you wander and marvel at megalomania gone mad.

While a fortune was spent to build the Eagle's Nest perch, Hitler made only 14 official visits. From the bus stop, a finely crafted tunnel leads to a

polished brass elevator which zips you to the top. The chalet is basically a restaurant with a scenic terrace 100 yards below the summit of a mountain. The magnificent views, combined with the horrible memories of an evil politician ruining a great nation while wreaking havoc on the world, combine for a poignant experience.

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

article was adapted from his new book, *For the Love of Europe*. You can email Rick at rick@ricksteves.com and follow

his blog on Facebook.

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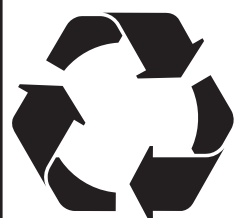
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MY ANSWER

The Ten Commandments are still valid today

From the writings of the Rev. Billy Graham

Tribune Content Agency

Q: Do people understand that what is considered sexual freedom is actually pornography? How has society become so entrenched in sexual perversion but not recognizing it for what it is? - P.S.

A: Pornography is anything that depicts lewdness in such a way as to create impure thoughts and lusts. However, the sewers continue to flow, destroying the moral fabric of our society. No one can deny that dirty appetites are becoming the principle satisfaction of life. Western society in particular has become so obsessed with sex that it seeps from all the pores of our national life. No longer is it covered in brown paper in back of the checkout counter.

Novelists splash it across the covers in lewd pictures and vulgar titles. Advertisers lay it out graphically and clearly. Entertainers flaunt loose living, and the masses follow.

Freedom of speech today implies the freedom to corrupt the minds of the people, inciting every form of sexual perversion. There have been laws forbidding open sewers and cesspools, so there should be laws forbidding pornography and obscenity, but people stumble over the definition of the word "obscenity." If we cannot agree on the length of a foot, it is because we have lost our yardstick.

No one has ever improved upon the moral yardstick given to man in the Ten Commandments. We have changed our moral code to fit our behavior instead of changing our behavior to harmonize

with God's moral code. Just because society says that immorality is a form of freedom of speech does not make it right. The Ten Commandments are just as valid today as they were when God gave them, and God is watching and listening, and one day He will bring judgment. May those who follow Him continue to stand on the Word of God, for it leads to living right before the Lord.

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

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■ CONTINUED FROM PAGE 18

ranty is expiring on their car or electronic device, and payment is needed to renew it. These scammers may also “spoof” the number to make the call look authentic.

One common robocall is the “Can you hear me?” call. When the older person says “yes,” the scammer records their voice and hangs up. The criminal then has a voice signature to authorize unwanted charges on items like stolen credit cards.

Computer tech support scams: These scams prey on senior’s lack of knowledge about computers and cybersecurity. A pop-up message or blank screen usually appears on a computer or phone, telling you that your device is compromised and needs fixing. When you call the support number for help, the scammer may either request remote access to your computer and/or that you pay a fee to have it repaired.

Grandparent scam: The grandparent scam has been around for several years now. A scammer will call and say something along the lines of: “Hi Grandma, do you know who this is?” When the unsuspecting grandparent guesses the name of the grandchild the scammer most sounds like, the scammer has established a fake identity.

The fake grandchild will then ask for money to solve some unexpected financial problem (legal trouble, overdue rent, car repairs, etc.), to be paid via gift cards or money transfers, which don’t always require identification to collect.

For more information on the different types senior scams to watch out for, along with tips to help your mom protect herself, visit the National Council on Aging website at NCOA.org, and type in “the top 5 financial scams targeting older adults” in the search bar.

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

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