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KEVIN GROENHAGEN PHOTO



Meg Davis:
Promoting the social welfare of Douglas County through the Social Service League.

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Organization self-subsidizes through its thrift store

By Kevin Groenhagen

Until about a decade ago, Meg Davis used to donate her household and collectible items to a big thrift store in Lawrence. However, she noticed that she never saw her items on sale in the store. Then someone suggested she take her items to the Social Service League (SSL) Thrift Store. Davis hadn't heard of SSL.

"I bet 75 percent of people in Lawrence don't even know SSL exists," Davis said.

So, Davis gathered her items and drove to the SSL Thrift Store at 905 Rhode Island Street in Lawrence.

"When I first visited the thrift store, it was literally falling apart," Davis said. "There were holes in the ceiling and the walls. There was a sign on the wall that said, 'Please help us. We can't pay our utilities.' The store was in terrible shape."

"What is interesting about SSL—and I don't think there is any other organi-

zation like this around here—is that it self-subsidizes," Davis continued. "It gets no state money, no federal money, no COVID money. It completely self-subsidizes through its thrift store or through people who donate to it."

After seeing the condition of the thrift store, Davis offered to start up a not-for-profit, online store to sell things from her own home and then give the proceeds to SSL to help pay its bills. She also offered to sell nice items brought into the store online to fix the store and help fund SSL's programs. SSL accepted Davis's offer and Davis soon after joined SSL's board of directors. She has now been on the board for over 10 years.

"We now have almost no online presence." Davis said "Virtually everything we receive is either sold or vouchered out from our store."

"We have a wonderful board of directors," she added. "Everybody works. We completely refurbished the store ourselves using our own labor. I have a picture of Loring Henderson, who started the original homeless shelter in Lawrence and now runs the Drop In and Rest (DARE) Center for the homeless. It was years ago when we were all doing the rehab work, Linda Maxey, our current President was sitting on the floor painting and Loring was lying down painting the baseboards. I posted the picture on our Facebook page with the caption, 'There's Loring, lying



Social Service League's President Linda Maxey, Board Member David Hann, and Vice President Meg Davis at SSL's thrift store.

down on the job again.' He thought that was very funny."

In addition to Davis, who serves as SSL's vice president, SSL's current board of directors includes Linda Maxey, president, Patty McGuire, treasurer, Barbara Yoder, secretary, Cathy Barker, David Hann, Stacy Harper, and Mindy Downs.

While Davis believes the majority of Lawrencians don't know about SSL, it is the oldest non-profit organization in Lawrence. According to legend, the earliest incarnation of SSL was a group

that formed after Quantrill's Raid in 1863 to help the survivors. The organization, which has the mission of helping no- and low-income individuals and families, operated as the Associated Charities until November 1910, when the board voted to change its name to Social Service League.

In the words of Rev. J. T. Coffman, who led the SSL in the early 1900's, "The change in name was made because we felt we could accomplish more work under some other title,"

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Kaw Valley Senior Monthly

Kevin L. Groenhagen

Editor and Publisher

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Meg Davis

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“By eliminating the feeling among indigent of being objects of charity we hope to reach a larger field. There is no reason why people should hesitate to receive help from the organization because the word charity appears in its title, but we find that many do.”

SSL also decided to take out corporation papers so that it could hold property. SSL moved into the residence portion of the old county jail shortly after the name change.

“The thrift store has been in existence since we have been at this building beginning in 1911,” Davis said. “This property was built in 1863 and then we added a cinder block addition for the canning kitchen. The cinder block addition is now our main store.”

“We had the first visiting nurses, and we had the first two-bed hospital for anyone,” Davis added. “It was open to any race, color or creed. The hospital was originally at the old jail. SSL then deeded a property that we owned and that was the beginning of Lawrence Memorial Hospital.”

SSL’s services expanded during the subsequent wars and the Great Depression.

“At one point we had a knitting room that produced sweaters and blankets that were shipped off to the soldiers in World War I,” Davis said. “The same thing was done for soldiers in World War II and the Korean War. In the 1940s, we had a canning kitchen to deal with the food shortages. The farmers’ wives would come in and we had all the equipment for them to can their produce and overwinter it.”

In November 1941, SSL reported

that its canning kitchen canned 14,283 jars of produce between May 13 and October 25 of that year. One hundred-forty-one families made use of the canning kitchen and 842 jars were packed for noon lunches at Lawrence schools. SSL also established a sewing room with an instructor to teach people how to make their own clothes. During the six months prior to November 1941, SSL clients made over 2,400 garments in the sewing room.

Today, much of SSL’s work concerns

helping the homeless. The homeless come directly to the thrift store for blankets and clothing. They can also get vouchers for winter boots and brand-new wool blankets that are washable.

“We installed a washer and dryer at the DARE Center specifically for people living on the street or people who don’t have the money to go to laundromats so they can wash and dry their clothing for free,” Davis said.

With winter around corner, SSL, the number one provider of blankets, boots,

coats, and other clothing for the homeless in Lawrence, will have a much greater need for donations. According to Davis, the number of homeless population in Lawrence is currently much higher than it has been in previous years. She is especially concerned about frostbite.

“We had a homeless man named Henry come in last winter and he had a Salvation Army voucher for gloves,” Davis said. “His hands looked terri-

■ CONTINUED ON PAGE FIVE

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Meg Davis

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ble. I asked, ‘What’s wrong with your hands?’ He answered, ‘Frostbite. My feet are much worse.’ So I had him sit down and take off his shoes and socks so I could see his feet. His feet were horrendous. I told him he had to get to the hospital, and he said he had already been to the hospital a week ago. I told him he had to get back to the hospital and he refused. Like many struggling individuals, Henry had some trust issues and was being unreasonable. I couldn’t talk him into going back to the hospital. So, I gave him my cellphone number and told him to call me if he changed his mind and I would take him to the hospital. He called a couple of days later and I took him to LMH. A doctor at LMH called the KU Medical Center Burn and Wound Clinic and they put him in an ambulance to take him to Kansas City.”

“Henry signed over permission for me to deal with the doctors at KU Med, which we have done several times with other homeless people,” Davis continued. “When he was released from the hospital, we raised money on our Facebook page to put him in a hotel. When you have frostbite, you cannot get cold again. You have to be indoors to heal. I brought him really nutritious food from The Merc because we had

this narrow window to save his fingers and toes. He had to eat impeccably well in order for his body to heal. When we went back for his checkup at KU Med, they told us that he was the only homeless person out of dozens and dozens they saw that winter who did not require amputations. Henry is a miracle walking.”

According to Davis, SSL is currently working on getting a grant to fund frostbite prevention packages for the homeless.

“Henry gave me permission to use photos of his hands and feet, which would put the fear of frostbite into anyone who looks at them,” she said.

SSL also works with those who are required to perform court-ordered community service.

“I think we have a special relationship with the court system,” Davis said. “They send us people who they think would be a good fit with our philosophy to work with us. Those doing community service are often young people who just made mistakes. They haven’t yet fallen into the abyss. They have just made a few bad decisions.”

“We had a young woman come into the store one time and she did community service here on her own,” Davis continued. “She was supposed to do community service in Missouri, but she left Missouri even though she had a court order not to leave. She got her act together, she got into a drug program, she did community service for

COURTESY PHOTO



SSL's Thrift Store at 905 Rhode Island Street in Lawrence

us, and she did a lot of really wonderful things so that when she went back before the judge in Missouri, she would have some positive things to show him. She came in one afternoon around 5

o'clock crying because her ride to court the next morning had backed out. She was terrified because she was looking at five years in jail if she didn't

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Meg Davis

■ CONTINUED FROM PAGE FOUR

show up. We looked at Greyhound buses, but there was no way to get her there. So, I said, 'Okay, here's the deal. I'm going to pick you up and take you.' So, I brought her to court. We wrote out a bullet-point list of all her accomplishments and I said we would need to get the list to the judge before he said a single word to her. I stood up with her in the courtroom. This is how naive I was. I didn't know you can't do that. The judge thought I was her lawyer. He was actually quite nice and amused by my naivete. He was really impressed with her list. He smiled and said that it was a really wonderful list. He said that he did not want to derail her from her accomplishments. On the way home, she said that the judge had never smiled at her before. I told her that she is not the same person who the judge saw before, which was multiple times, by the way. The person he saw before was a drug addict. The person he saw that day was someone who was really working hard for herself and for her children. She was a totally different person."

SSL also helps those who are released from jail.

"We have a boot program for guys coming out of jail," Davis said. "Most of the time the guys getting out of jail get jobs in factories or in construction. A lot of those jobs require steel-toed boots, which are extremely expensive. We have a program where we give them a voucher and they can go to Vanderbilt's to buy a brand-new pair

of boots at our expense. They just need to prove that they have a job."

Like most organizations, COVID disrupted SSL's services.

"Prior to COVID, we had four employees and were open five days a week from 10 a.m. to 6 p.m.," Davis said. "Things were going really well. In fact, we were about to open a furniture store because there were so many people transitioning into housing who need good, inexpensive furniture. We were almost ready to sign a contract for the lease when I said to the board, 'Maybe we should be looking at this COVID thing.' So, we didn't sign the contract. Boy, we were lucky we didn't do that. When you're on the board of directors for the oldest non-profit in Kansas, you really don't want your legacy to be the board that took it down."

In addition to serving on SSL's board, Davis currently manages the thrift store.

"I always manage the thrift store when we are in between managers," she said. "I think I have managed the thrift store four times, and this has probably been the longest time because it's been difficult to find employees during COVID. We're currently open only on Saturdays from 10 a.m. to 4 p.m. We want to generate enough sales to sustain salaries so we can be open more days."

According to Davis, COVID also changed the makeup of the thrift store's customers.

"Before COVID, a lot of our purchases were from dealers," she said. "Unfortunately, dealers don't tell people where they get great deals, so people weren't finding out about us.

During COVID, I think a lot of dealers, who tend to be older, retired. After COVID, we're seeing a lot of younger people come into the thrift store and we're cultivating relationships with younger people. It's a whole different crowd now. We have had so many roles in our history. We're kind of feeling out what our role is today. Everything seems to feel a little different now post-COVID. Maybe our role will be to get more involved with younger people."

The thrift store even has gifts for their youngest customers.

"There's a group of ladies from the quilters' guild that bring us homemade teddy bears every Wednesday," Davis said. "We give the teddy bears to little kids who come into the store."

The quilters' guild also gives homemade lap quilts to SSL, which a board member then delivers to local retirement homes.

Davis was born in Massachusetts. Her parents died during her senior year in high school. After high school, she went to California to stay at her brother's apartment while he was at sea with the Coast Guard. She landed a secretarial job in California. She later received a promotion and her company moved her to a nuclear plant in Washington state. She then went to work as a buyer for a power company in Pittsburgh.

"When I first got to Pittsburgh, I stayed at a Holiday Inn," Davis said. "I decided to take a job as a waitress at the Holiday Inn at night even though I worked days at the power plant. One time I was waiting on this big table of engineers. Clearly, the project manager was at the end of the table. He asked

one of the engineers what steel was used for a particular pipe. The engineer said, 'I don't know, sir, but I'll look it up and let you know tomorrow.' I put down the guy's drink in front of him and said, 'ASTM A325.' He asked, 'How would you know that?' I told him that I was the pipe buyer at the power plant. That really shocked them all, and it was good for a chuckle."

Davis later accepted an offer for outside sales position from a brand-new company in Chicago.

"I met my husband in Chicago and we have been married 42 years now," she said. "He is a British man, but he loves the United States. Like many of the board husbands, he helps out. He does all our computer stuff, while other husbands do carpentry or work in the library room. We are like a big family here."

For more information about SSL and its thrift store, visit SSL's Facebook page at [facebook.com/socialserviceleague](https://www.facebook.com/socialserviceleague). If you have items you believe can aid individuals and other non-profit agencies, call SSL at 785-843-5414. Financial contributions can be mailed to Social Service League, 905 Rhode Island St., Lawrence, KS 66044.

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Neuvant House undergoes renovations

By Billie David

Lawrence's Neuvant House West, which specializes in memory care, has been undergoing some changes.

"We opened in 2010," Administrator Cosmas Saina explained. "That's more than 10 years ago, so we're doing renovations there."

One of the first changes visitors will notice is that the carpet in the hallways is being replaced with a brighter version to make it more cheerful and inviting. In the residents' rooms, however, the carpet is being replaced with vinyl that has the appearance of wood.

"It makes it easier for residents to get around, and it's easier to clean, Saina said of the carpet-to-vinyl switch.

Also adding a more cheerful flair is the new artwork on the walls, which feature local scenes, including Downtown Lawrence.

"The residents look at them in the hallway and it reminds them of things. It gives them something to reminisce about," said Saina, adding that he recently noticed one resident who was looking at a painting of Downtown Lawrence, and he was identifying the different places that he remembered.

Other changes are also geared to the particular needs of memory care residents, such as the special features of the new furniture. For example, the tables have rounded corners for increased safety.

The new dining-room furniture was also selected with safety in mind. Not only are the dining chairs easier

to clean, but they are also lighter in weight, so that if a resident attempts to move one, the lighter weight reduces the likelihood of a fall.

The chairs are also designed to be more stable.

"They are safer for people who have dementia because when the resident stands up, the chair is not going to tip over," Saina explained.

The living-room chairs also add to client safety because they are specially designed not only for comfort, but also to make it easier for residents to get in and out of.

Another aspect of the renovation is intended to enhance the experience of the staff.

"The staff break room is more relaxed and it has a kitchenette where they can rest and fix meals," Saina explained. "That's very important because the staff takes care of the residents, who have a high level of need, and they need a place to relax."

Other features of the renovation include replacing the air conditioning unit and adding UV lights.

"That helps make sure the air quality that comes into the building is 99% clean," Saina said.

Neuvant House, whose name is derived from a French word denoting a group of people coming together to do new things, consists of the East House and the West House. The West House was designed specifically for memory care.

For example, the windows are situated so that the courtyard sends sunlight

streaming in to light up the building. And the hallways are designed so that when residents experience what is known as sundowning, or a restlessness that many memory care residents tend to experience in the evenings, they can walk around in the hallways without running into a dead end, and when they

are tired of walking, they can easily find a place where they can sit down.

The rooms are also equipped with motion sensors so that the staff can tell when a resident gets up at night, which reduces the chance for a fall.

The staff is trained in validation

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Neuvant House West's renovations include new carpet in the hallways, new artwork on the walls, and new furniture.

Neuvant House

■ CONTINUED FROM PAGE SEVEN

techniques, Saina said. For example, when a resident says that they want to go home, instead of a staff member saying, "That's too bad. You have to stay here," they might say, "Tell me about your home" instead, which is far less upsetting to the residents.

"We allow residents to make choices," Saina said, providing as an example that residents have a choice of whether they will go to bed at 8:00 and eat at 5:00.

Neuvant House also offers respite care that is provided on a daily, weekly, or monthly basis. It also offers Day Stay, otherwise known as adult day-care, where residents will be cared for during the day so that their caregivers can run errands or take care of other

needs and then pick them up afterward.

"A lot of people don't know about that," Saina said. "We want to get the word out that we have added adult day-care."

Both the West House and the East House are located at 1216 Biltmore Drive in Lawrence. The West house is specifically designed for people with Alzheimer's and other forms of dementia, and the East House is designed to provide personalized assisted living care in ways that enrich the lives of the residents who live there.

The phone number for Neuvant House is 785-856-7900. More information is available on their website at neuvanthouse.com.

"We always encourage people to visit our Facebook page," Saina said.

The Facebook page can be found at facebook.com/neuvanthouseoflawrence.



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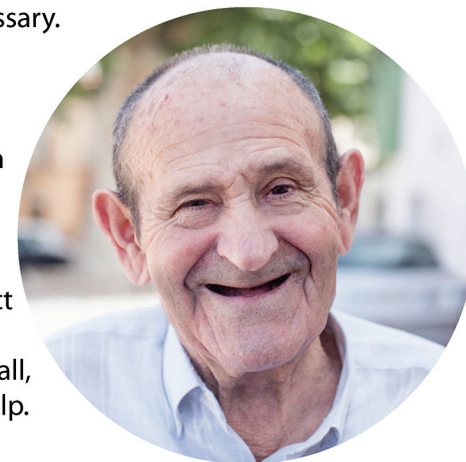
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"PACE is a really good program. When they said they would be there, we could always count on them," said Anders.

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SAVVY SENIOR

Auto aids that make driving easier and safer

By Jim Miller

Dear Savvy Senior: Do you know of any car gadgets that can help older drivers? I drive a 12-year-old car and have arthritis in my neck, back and knees which limits my mobility making it more difficult to get in and out of the car and look over my shoulder to backup. - Almost 80



Dear Almost: To help keep older drivers safe and extend their driving years, there are a number of inexpensive products you can purchase that can easily be added to your vehicle to help with many different needs. Here are some popular auto aids to consider.

Entry and Exit Aids

For mobility challenged seniors who have a difficult time entering and exiting a vehicle—especially cars that are low to the ground or high vehicles such as SUV's or pickup trucks—there are a variety of support handles and special seat cushions that can help.

Some examples include the Stander (stander.com) "HandyBar" (\$40), which is a portable support grab bar that inserts into the U-shaped striker plate on the doorframe, and the "Car-Caddie" (\$20), a nylon support handle that buckles around the top of the door window frame. Stander also has an "Auto Swivel Seat Cushion" (\$40), that rotates 360 degrees to help drivers and passengers pivot their body into and out of their vehicle.

Rear Vision Improvements

To help those with neck and back range of motion problems, which

makes looking over the shoulder to back-up or merge into traffic difficult, there are special mirrors you can add as well as back-up cameras.

To widen rear visibility and eliminate blind spots, Verivue Mirrors (verivuemirrors.com) offers the popular "Universal 12-Inch Panoramic Rear-view Mirror" (\$13) that clips on to existing rearview mirrors, along with a variety of "Blind Spot Mirrors" (\$5 for two), which are small convex mirrors that stick to the corner of the sideview mirrors.

Another helpful device is the "Auto-vox CS-2 Wireless Backup Camera Kit" (\$120, www.auto-vox.com). This comes with a night vision camera that attaches to the rear license plate, and a

small monitor that mounts to the dash or windshield. When the vehicle is in reverse, it sends live images wirelessly to the monitor so you can see what's behind you.

Seat Belt Extenders

For plus-sized people or those with mobility problems, there are seat belt extension products that can make buckling up a little easier. For example, Seat Belt Extender Pros (seatbelttextenderpros.com) offers vehicle-specific "Seat Belt Extenders" (\$13 to \$26) that fit into the seat belt buckle receiver to add a few inches of length, making them easier to fasten. They also sell a "Seat Belt Grabber Handle" (\$8), which is a rubber extension handle that attaches to the seat belt strap to make it easier to reach.

Gripping Devices

If you have hand arthritis that makes gripping difficult or painful, consider the "SEG Direct Steering Wheel Cover" (\$17) that fits over the steering wheel to make it larger, softer and easier to grip. And for help twisting open tight gas caps, the "Gas Cap & Oil Cap Opener by Gascapoff" (\$17) is a long-handled tool that works like a

wrench to loosen and tighten gas caps.

Many of these products can be found in your local auto supply stores or online at the manufacturer's website or at Amazon.com. Just type the product name in the search bar to find them.

Professional Help

If you need more assistance, consider contacting a driver rehabilitation specialist who are trained to evaluate elderly drivers and provide safety and driving equipment suggestions.

In addition to the types of aids mentioned in this column, there's also a range of adaptive driving equipment that can be professionally installed on a vehicle—like swing-out swivel seats, pedal extenders, hand controls and more—to help people with various disabilities. To locate a driver rehabilitation specialist in your area, visit ADED.net or MyAOTA.aota.org/driver_search.

- 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.



Can you trace your family tree back to a point of having an ancestor who supported the cause of American Independence during the years 1774-1783? If so, please consider joining the Sons of the American Revolution. Local contacts can guide you through the membership process.

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MAYO CLINIC

Osteoporosis and exercise

By Mayo Clinic Staff

DEAR MAYO CLINIC: My 70-year-old mother is an active person. She enjoys being outdoors, hiking and boating, and regularly playing tennis with a group of other women. Recently, she was diagnosed with osteoporosis and is worried about maintaining her active lifestyle for fear of injury. Can she continue to exercise? If so, which types of exercises will be best for her?

ANSWER: Congratulations to your mother for remaining active as she ages. Exercise is an important part of healthy aging, but particularly so in the presence of osteoporosis.

Many women erroneously believe that exercise will lead to a fracture. Certainly, while a bone-weakening disorder like osteoporosis often results in fractures in the hip and spine—which can severely impair mobility and independence—regular physical activity can protect the bones.

Overall, the benefits of exercise for postmenopausal women are significant.

- Regular physical activity can:
- Increase muscle strength.
- Improve balance and decrease risk for falls.
- Reduce the risk of bone fracture.
- Maintain or improve posture.
- Relieve or decrease pain.

Exercising with osteoporosis is possible—and encouraged. Many types of activities are recommended for people with osteoporosis.

Strength training exercises

Strength training includes the use of

free weights, resistance bands or your body weight to strengthen all major muscle groups, especially spinal muscles important for posture. Resistance training also can help maintain bone density.

If you use weight machines, take care not to twist your spine while performing exercises or adjusting the machines.

Tailor resistance training to your ability and tolerance, especially if you have pain. A physical therapist or personal trainer with experience working with people with osteoporosis can help you develop strength training routines. Proper form and technique are crucial to prevent injury and get the most from your workout.

Weight-bearing aerobic exercises

Weight-bearing aerobic activities involve performing aerobic exercise on your feet, with your bones supporting your weight. Examples include walking, dancing, low-impact aerobics, exercising on elliptical training machines, stair-climbing and gardening.

These types of exercises work directly on the bones in your legs, hips and lower spine to slow mineral loss. They also provide cardiovascular benefits, boosting heart and circulatory system health.

It's important that aerobic activities, as beneficial as they are for your overall health, are not the whole of your exercise program. It's also important to work on strength, flexibility and balance.

Swimming and cycling have many benefits, but they don't provide the

weight-bearing load your bones need to slow mineral loss. However, if you enjoy these activities, do them. Just be sure to also add weight-bearing activity as you're able.

Flexibility exercises

Moving your joints through their full range of motion helps you keep your muscles working well. Stretches are best performed after your muscles are warmed up—at the end of your exercise session, for example, or after a 10-minute warmup. They should be performed gently and slowly, without bouncing.

Avoid stretches that flex your spine or cause you to bend at the waist. Ask your health care team which stretching exercises are best for you.

Stability and balance exercises

Fall prevention is especially important for people with osteoporosis. Stability and balance exercises help your muscles work together in a way that keeps you more stable and less likely to fall. Simple exercises, such as standing on one leg, or movement-based exercises, such as tai chi, can improve your

stability and balance.

Typically, when someone has osteoporosis, high-impact exercises, such as jumping, running or jogging, should be avoided. These exercises can lead to fractures in weakened bones. Also, it's important to avoid bending and twisting often, as well as rapid, jerky movements that might accompany activities like bowling.

Because of the varying degrees of osteoporosis, your mother should speak with her health care team about which activities may be best given her health and amount of bone loss. There's no one-size-fits-all prescription, but she should be able to maintain her active lifestyle without fear. -- Compiled by Mayo Clinic staff

- *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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HEALTH & WELLNESS

Milk thistle's medicinal properties

Fall is here and so is the preparation for the long winter months. Trees and bushes are being pruned. Flower beds and gardens are being weeded. When out in the garden, it is quite common to encounter weeds, including a common



Dr.
Deena
Beneda

one known as milk thistle. Milk thistle can be considered a pest, especially to Kansas farmers, because it can be poisonous to cattle and other livestock if the whole plant is eaten in large amounts. While a pest to some, Milk thistle still has many useful medicinal properties.

Milk thistle, or *Silymarin Marianum*, is also called Marian Thistle, Mediterranean Thistle, Mary Thistle, or Holy Thistle. Milk thistle is called this because the thick white fluid seeps from the leaves when broken. It has purple or pink flowers that grow on the plant and the tall stems will bloom in the summer. Each milk thistle plant has up to 50 flowers and each flower contains over 100 seeds. These seeds are easily spread with the Kansas winds.

Milk thistle may have its origins back to the Mediterranean Sea, including places such as Greece and Italy, and regions of India. Now it can be found growing in Europe and the United States. It is a very

popular folk medicine and is cited often as both a vegetable for consumption and medicine. As a vegetable, it was consumed for its lactation abilities and was good for women who were breastfeeding. It was also used to treat disorders of the liver, kidney, spleen, and gallbladder diseases. Milk thistle also healed snake bites and was used in mushroom poisoning. Milk thistle was also a common remedy for depression. Currently, milk thistle extract is used in tea, tincture, or as a dietary supplement in the form of a capsule.

Today people use milk thistle for a number of medicinal problems, including stimulating the appetite and lowering cholesterol. Its primary function is for liver and gallbladder problems including hepatitis, cirrhosis, and protection from liver damage caused from pharmaceutical drugs. Animal studies have shown that milk thistle can protect the liver from a range of toxins, including carbon tetrachloride and the deadly poisons from Amanita mushrooms. Studies have also shown that milk thistle protects animals from liver damage caused by alcohol.

Milk thistle does have side effects and other safety concerns, so always check with your doctor or healthcare provider before taking any medicinal plant. So as we are preparing for the winter this year and seeing this common weed remember all the medicinal properties.

- 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

Mammograms save lives

By Autumn Bishop

LMH Health

One in eight women will be diagnosed with breast cancer in their lifetime. While it's the second leading cause of cancer death in women, there is a glimmer of hope. Statistics from the Centers for Disease Control (CDC) show that the annual death rate due to breast cancer has steadily decreased



since 1999. These decreases may be due, in part, as the result of detecting breast cancer earlier due to routine mammograms.

"While numbers continue to decrease, there will be more than 40,000 breast cancer deaths this year," said Jennifer Hawasli, MD, a fellowship-trained surgeon with Lawrence Breast Specialists. "Breast cancer can occur without a family history of any type of cancer. The disease is more common after menopause, but it can occur before."

It's also important to note that racial disparities exist when it comes to breast cancer. Black women have a higher risk of developing breast cancer before age 40 than white women and are more likely to die from the disease than any other race or ethnic group.

Signs and symptoms

Breasts are naturally lumpy and bumpy and no two are alike. What may be normal for you might not be the same for someone else.

"Breast self-exams are a wonderful way to know your body and track any

differences," Dr. Hawasli said. "You should check all the way to your collarbone and into the armpit."

So what should you be on the lookout for? It's important to contact your doctor if you experience:

- New lump in the breast or underarm
- Thickening or swelling of part of the breast
- Irritation or dimpling of the breast skin
- Redness or flaky skin in the nipple area or breast
- Inverted nipple
- Pain in the nipple area or discharge other than breast milk, including blood
- Change in size or shape of the breast
- Pain in any area of the breast

"Self-exams are important. The majority of issues I've diagnosed have come from women knowing their breast and noting a change," said Lorelei Sunderland, APRN with Family Medicine of Tonganoxie.

Women should do a breast self-exam once a month, every month. Choose a day that is consistent and easy to remember, like the first day of the month, the last day of the month or your favorite number. It only takes a few minutes and can easily be built into your day—when you shower, get dressed or undressed for the day, or while lying in bed.

Mammograms and risk assessments are key

Mammograms are one of the best forms of prevention and early detection of breast cancer. Most women should begin screening at age 40. If you have a family history of breast cancer, it's important

■ CONTINUED ON PAGE 13



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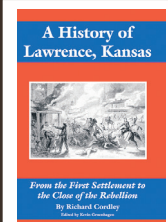


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Mammograms

■ CONTINUED FROM PAGE 12

to speak with your doctor to see if you should start sooner. For those who may be apprehensive—whether you're afraid the scan may hurt or that there may be an abnormal finding, Sunderland explained that there's nothing to fear.

"I can personally reassure you that mammograms aren't as painful as the stories you may have heard. I've never experienced pain during a mammogram and most patients return sharing that the scan wasn't too bad," she said. "As the stepmother of a young lady who lost her mother to breast cancer at an early age, don't let fear stand in the way of being able to catch a highly treatable disease."

When you schedule your next mammogram at LMH Health, you have another tool to help prevent breast cancer—a lifetime breast cancer risk assessment. The LMH Health Women's Center works hand in hand with LMH Health Imaging and the LMH Health Cancer Center to deliver this program

to identify your breast cancer risk.

Prior to your mammogram, you'll work one-on-one with a mammography technologist to complete a risk assessment form. Our team will review your risk assessment form to determine your lifetime risk for breast cancer. We look at a number of factors to determine your risk, including your age, height, weight, breast density, family history and any previous genetic testing results for the BRCA 1 and BRCA 2 genes.

"If your risk assessment shows that you have a higher risk, we'll sit down with you face-to-face and discuss the things the technologist went over. We'll verify the score is accurate and use a tool that

looks at four other lifetime risk calculators to get a better overall picture of your risk," Dr. Hawasli said. "Once we have that number, we can discuss all

of the options we have here for you."

Following a consultation with Dr. Hawasli, you may be referred to the LMH Health Cancer Center for additional care. The center is one of just eleven hospitals in Kansas accredited by the Commission on Cancer (CoC), recognizing our commitment to high-quality care through exceptional protocols, treatments and outcomes.

Through the Cancer Center, you'll have access to a cancer prevention program, enhanced breast imaging and breast exams twice per year. Visits alternate

between Dr. Hawasli and an NCI-trained medical oncologist who provides personalized care across 98% of all cancers.

Jodie Barr, DO, an NCI-trained physician with the LMH Health Cancer Center, said the estimated rate of survival for breast cancer is 90%, dependent on the stage of the cancer.

"The five-year relative survival rate for localized female breast cancer is 99.1%," she said. "This data shows the importance of screening and early detection."

No matter what, cost should never be a barrier to receiving the screenings you need. The LMH Health Foundation offers mammogram vouchers to offset the cost for those who need assistance. Contact the LMH Health Women's Center at 785-505-3300 for more information.

"Breast cancer is a treatable disease," Dr. Barr said. "We're able to tailor treatments for each patient, improve preventative strategies and increase overall survival rates from this disease."

- Autumn Bishop is the marketing communications manager at LMH Health.

Scheduling your mammogram

When it's time to schedule your mammogram, turn to the LMH Health Women's Center, located at our West Campus in Lawrence. We have three convenient options:

1. Call 785-505-3300 to schedule.
2. Walk-in mammograms are available from 7 a.m.–4 p.m., Monday through Friday.
3. Current LMH Health patients can schedule an appointment through My Patient Portal at lmh.org/portal.



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JILL ON MONEY

Secure Act 2.0

With all of the fanfare associated with the big climate bill, (the Inflation Reduction Act or “IRA”), you may have missed potential changes coming to the original IRA.

When they return from summer break, lawmakers will get busy on the 2022 addendum to the December 2019 Setting Every Community Up for Retirement Enhancement Act (“SECURE Act”).



Jill
Schlesinger

That law made big changes to retirement plans, like increasing the age at which you are required to withdraw money from tax-deferred retirement accounts (the Required Minimum Distribution age is 72 as of December 31, 2019), removing the age cap for traditional IRA contributions, and elimination of “Stretch” RMDs, which allowed non-spouse beneficiaries of IRAs to take distributions from an inherited retirement account over their own lifetimes.

Lawmakers are now seeking to beef up the SECURE Act with additional measures.

The House passed the Securing a Strong Retirement Act of 2022 (H.R.2954 or “Secure 2.0”), on March 29th with overwhelming support (414-5). The Senate followed up with two different versions, the “Retirement Improvement and Savings Enhancement to Supplement Health Investments for the Nest Egg Act” (RISE & SHINE Act) and the “Enhancing American Retirement Now Act” (EARN Act), which together will form the Senate’s Secure Act 2.0 package.

While the House and Senate versions differ in the details, both would expand retirement savings for workers. For older workers, the plans would accelerate catch up contributions into retirement plans.

Currently, those over 50 years old can contribute an extra \$6,500 annually. Both bills would increase that limit to \$10,000 beginning in 2024, with the House bill applying the new limit only to those who are ages 62, 63 or 64, and the Senate version would be for ages 60, 61, 62 or 63.

Additionally, both would require that any catch up-contributions for those over age 50 be made as Roth contributions and would allow employees to have employer matching contributions made as Roth contributions.

For IRA catch-up contributions, currently at \$1,000, both bills would index the limit to inflation, though the start date is different for each.

When it comes to taking money out of a pre-tax retirement plan, both versions would delay the first RMD year to age 75, though the House bill phases in the change, while the Senate bill goes directly to 75.

Thankfully, both bills would ease the burden for those who do NOT take their RMDs—the penalty would drop from 50 to 25%, and if the error is corrected in a timely manner, it would be 10%.

For those retirees who are using Qualified Charitable Distributions, which allow direct grants of up to \$100,000 per person, per year from an IRA directly to an eligible charity, there is room for more giving. Both bills would index the \$100,000 limit for inflation.

To increase participation in retirement plans for current workers, the House version would automatically enroll participants into company-sponsored retirement plans, starting at 3% of salary, and gradually increasing that

amount to 10%.

Small (fewer than 10 employees) and newly formed companies (less than 3 years old) would be excluded. While the Senate version does not mandate auto enrollment, it would require auto-enrolling plans to check, every three years, whether workers who initially opted out have changed their minds.

Both plans would also make it easier for part-time workers to become eligible for their company’s 401(k) and would extend the “Saver’s Credit,” a federal tax credit for mid- and low-income taxpayers who contribute to an IRA or company plan.

I’ll keep an eye on the process and report back when a final deal is complete.

- 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

Should you consolidate retirement accounts?

One of the rewards for working over several decades is the ability to contribute to tax-advantaged retirement accounts, which can help provide needed income for you when you do retire. As the years went by, you may



Derek
Osborn

well have accumulated several retirement accounts, such as IRAs and 401(k)s or similar employer-sponsored plans. But you might find it advantageous to consolidate these accounts with a single provider.

Consolidating them can provide you with several potential benefits, including these:

- **Less confusion and clutter** – If you have multiple accounts in different locations, it may be difficult to keep track of tax documents, statements, fees, disclosures and other important information. Consolidating accounts could help provide clear, simplified account maintenance.

- **Less likelihood of “lost**

accounts” – It may be hard to believe, but many people abandon their retirement accounts, leaving thousands of dollars behind and unclaimed.

In fact, at the end of 2021, there were nearly 25 million forgotten 401(k) accounts, worth about 20% of all 401(k) assets, according to an estimate by Capitalize, a financial services company that helps individuals roll over retirement plan assets into new accounts. It’s possible that employers can even move small, old accounts out of their 401(k) plans and into an IRA on behalf of their former employees, thus increasing the chances that savers will lose track of their money. By consolidating your retirement plans with one provider, you can ensure you don’t lose track of

your hard-earned money.

- **Ability to follow a unified strategy** – With multiple retirement accounts, and different investment portfolios, you might find it difficult to maintain a unified financial strategy that’s appropriate for your goals and risk tolerance. But once you’ve consolidated accounts with a single provider, you’ll find it easier to manage your investment mix and to rebalance your portfolio as needed. The need to rebalance may become more important as you near retirement because you may want to shift some of your assets into investments that aren’t as susceptible to swings in the financial markets.

- **Possible improvement in investment options** – Often, 401(k)s may have limited investment selection, so consolidating accounts with a full-service firm may allow for a wider array of products and strategies. This broader exposure can potentially help you improve your overall retirement income strategies.

- **Greater ease in calculating RMDs** – Once you turn 72, you will

need to start taking withdrawals — called required minimum distributions, or RMDs — from your traditional IRA and your 401(k) or similar plan. If you don’t take out at least the minimal amount, which is based on your age and account balance, you could face a penalty. If you have several accounts, with different providers, it could be cumbersome and difficult to calculate your RMDs — it will be much easier with all accounts under one roof.

So, if you do have multiple retirement accounts, give some thought to consolidating them. The consolidation process is not difficult, and the end result may save you time and hassles, while also helping you manage your retirement income more effectively.

- 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.

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EDUCATION

OCT 3

BEGINNERS COMPUTER NAVIGATION

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

OCT 3

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>

OCT 5

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 - Virtual Room 01, 10-11:30 a.m. TOPEKA
<https://events.tscpl.org/events>

OCT 6

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 a.m. TOPEKA
<https://events.tscpl.org/events>

OCT 6

FORT LEAVENWORTH: GATES BROWN: "IMPLICATIONS OF THE KOREAN WAR ON US POLICY"

The Korean War, often described as the Forgotten War, was foundational to the creation of the national defense posture that the United States maintained throughout the Cold War. After World War II, the Truman administration quickly demobilized much of the U.S. military in an effort to return to normalcy and get the United States economy on a peacetime footing. This was similar to previous post-war periods in the United States, where the large military force quickly returned to its peacetime form, which was a fraction of the wartime size. This talk will discuss the implications of the Korean War both domestically and internationally. Gates Brown is currently an associate professor in the Department of Military History at the U.S. Army Command and General Staff College. He received his PhD from the University of Kansas. His research interests include the early Cold War and the evolution of U.S. nuclear strategy in the late 1940s and 1950s. Robert J. Dole Institute of Politics, 2350 Petefish Drive, 3-5 p.m. Hybrid event.

LAWRENCE, 785-864-4900

https://youtu.be/dI9I1Mxis_8

OCT 13

INTERNET GENEALOGY 2

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

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

OCT 17

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>

OCT 19

ELECTION INTEGRITY

Alexa Corse writes about voting issues for The Wall Street Journal. Corse is based in Washington, D.C., and has reported stories from across the U.S. and internationally. She is also the daughter of two University of Kansas graduates, who taught her to root for the Jayhawks from an early age. Sean Morales-Doyle serves as the acting director in the Voting Rights Program, where he focuses on voting rights and elections. He advocates for pro-voter reforms like automatic voter registration and voting rights restoration while fighting back against voter suppression efforts in the courts. Morales-Doyle is a seasoned litigator with experience in civil rights and constitutional matters, as well as a background in labor and employment law. Robert J. Dole Institute of Politics, 2350 Petefish Drive, 4-5:30 p.m. Hybrid event. LAWRENCE, 785-864-4900
<https://youtu.be/YGYvewzp9j0>

OCT 26

KEY SENATE RACES

Scott Reed is the Chairman of Chesapeake Enterprises. Reed advises various GOP Members of Congress and Governors on political and policy issues. He also served as the Senior Political Strategist at the U.S. Chamber of Commerce. In 1996, Reed was the campaign manager for Senator Bob Dole's Presidential campaign. In 1993, Reed was appointed Executive Director of the Republican National Committee when the Republicans gained control of both the House and the Senate for the first time in 40 years. Robert J. Dole Institute of Politics, 2350 Petefish Drive, 4-5:30 p.m. Hybrid event. LAWRENCE, 785-864-4900
<https://youtu.be/ll2HEs8tJd0>

OCT 27

ESTATE PLANNING SEMINAR

Can you avoid probate? How will your property be distributed at your death, and who will be in charge of the distribution? If you have minor children, who will become their guardian? How can you use a trust to ensure assets are safeguarded and used for the benefit of a beneficiary? How can you name the people to handle your finances and make medical decisions if you are alive but incapacitated? Fundamentals of Estate Planning answers these questions and more. The seminar is relevant to adults of all ages, not just seniors. It is free and open to the public, and lasts about 1½ hours with time for questions. Those attending receive a free copy of the book Estate Planning Overview. Senior Resource Center, 745 Vermont Street, 2-3:30 p.m. Attendance is limited to 20 persons. To secure a seat, register online at bit.ly/SRC_Estate_Planning_2022 or call the SRC. LAWRENCE, 785-842-0543

OCT 27

EMAIL FOR BEGINNERS - BEGINNING COMPUTER NAVIGATION

Using Google's free email or Gmail learn how to log into email, open, delete, reply to and for-

ward 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 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." Cohoused 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/B9w1uY1LuzQ>

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

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■ CONTINUED FROM PAGE 16

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>

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

OCT 9 TOPEKA SYMPHONY BRASS QUINTET

The Topeka Symphony Brass Quintet is a vibrant group of musicians playing a wide variety of musical styles & genres. Most members are longtime Topeka Symphony Orchestra musicians. Topeka and Shawnee County Public Library - Claire's Amphitheater, 3-5 p.m.

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

OCT 14 FREESTATE STORY SLAM | WAITING

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. Story Slam will take place at our new satellite space, 10th and Mass Studios. 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

OCT 21 WHOSE LIVE ANYWAY?

WHOSE LIVE ANYWAY? is 90 minutes of hilarious improvised comedy and song all based on audience suggestions. Cast members Greg Proops, Jeff B. Davis, Ryan Stiles, and Joel Murray will leave you gasping with the very witty scenes they invent before your eyes. Audience participation is key to the show, so bring your suggestions and you might be asked to join the cast onstage! Topeka Performing Arts Center 214 SE 8th Avenue, 7:30 p.m. Fee.

Topeka, 785-234-2787
topekaperformingarts.org

OCT 23 50TH ANNIVERSARY CELEBRATION

The Lawrence Community Orchestra will celebrate its 50th anniversary with guests the Lawrence Civic Choir and choirs from Lawrence High School and Free State High School. The orchestra will perform Aaron Copland's Appalachian Spring and additional works by Bernstein, Orff, and more. Tickets available at the Lied Center ticket office or at www.lied.ku.edu. Lied Center of Kansas, 1600 Stewart Drive, 3-4:30 p.m. LAWRENCE

EXHIBITS & SHOWS

APR 1-OCT 11 MOTHERS OF INVENTION: THE ENTREPRENEURS AND INNOVATORS OF LAWRENCE

Lawrence's women business owners have shaped the community from its earliest days to today. These women used their businesses to survive hardships, pursue their passion, and build support networks in Lawrence. Their ingenuity, creativity, and drive helped them navigate the unique challenges they faced as women business owners. Through photographs, documents, and artifacts, this exhibit explores the over 160-year history of women business owners, inventors, and social innovators in our community. Watkins Museum of History, 1047 Massachusetts St., 10 a.m.-4 p.m. Free. LAWRENCE, 785-841-4109
watkinsmuseum.org/mothers

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

OCT 14 FALL CRAFT SHOW AT THE HERITAGE EVENT AND ARTS CENTER

Head to the Heritage Event and Arts Center for a wonderful fall craft show. This event will be held inside, so will be happening rain or shine. Come and get your holiday shopping done early. 109 Delaware St., 2-6 p.m. LEAVENWORTH, 913-682-2122

FARMERS' MARKETS

MONDAYS MONDAY FARMERS' MARKET

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

THURSDAYS COTTIN'S HARDWARE FARMER'S 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

MAY 3-OCT 25 LAWRENCE FARMERS' MARKET (TUESDAYS)

The Lawrence Farmers' Market hosts over 60 Lawrence-area farmers and producers, bringing fresh, local food and crafts to visitors. 1141 Massachusetts Street (South Park), 4-6 p.m. LAWRENCE, 785-505-0117
lawrencefarmersmarket.org

MAY-OCT BONNER SPRINGS FARMERS' MARKET Saturdays, Centennial Park, 206 E. Cedar St., 8 a.m.-12 p.m. BONNER SPRINGS, bonnerfarmersmarket.org

MAY-OCT OTTAWA FARMERS' MARKET Wednesdays from 4-6 p.m. and Saturdays from 8 a.m.-noon. Orschlen's parking lot, 2008 S. Princeton St. OTTAWA, bonnerfarmersmarket.org

JUN-SEP BALDWIN CITY MAIN STREET FARMERS & CRAFT MARKET

The Market is scheduled on the following third Fridays: June 17, July 15, August 19, and September 16. The Market will run 5-8 p.m. on each date. Live local music provided by Lumberyard Live on High is part of the Market along with the arts center's gallery shows and food trucks. Enjoy meeting local producers, musical entertainment and delicious eats from Flatlanders Pizzeria food truck and more. BALDWIN CITY, 785-594-3186
lumberyardartscenter.org/services/farmers-craft-market

FAIRS & FESTIVALS

OCT 15 & 16
BALDWIN CITY MAPLE LEAF FESTIVAL
 The festival occurs on the third full weekend of October. A fantastic parade, a bounce house and kids' zone, live country music all day long, a 5k, and over 300 craft booths fill the two days with family-friendly fun. Sunday concludes the festivities with additional events and crafts for sale and a quilt show. Craft booths (both indoor and outdoor) are open from 9 a.m. to 6 p.m. on Saturday and 9 a.m. to 5 p.m. on Sunday. BALDWIN, 785-594-7564
mapleleaffestival.com

HISTORY & HERITAGE

OCT 1
A LOOK AT THE LOCKHEED ELECTRA - AMELIA EARHART'S PLANE
 Evan Cluff takes us through Amelia Earhart's journey and how the Electra, her famous plane, affected the aviation industry. We'll also learn about Amelia, her Electra and her world flight. Topeka and Shawnee County Public Library - Marvin Auditorium 101, 3-5:30 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 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

OCT 3
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>

OCT 10
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>

OCT 20
CAREGIVER SUPPORT MEETING
 Being a caregiver can be incredibly stressful.

HUMOR HOTEL

Kids, when I was your age, hydration was a privilege

By Greg Schwem

Tribune Content Agency

I woke up to a throat feeling like it had spent the night next to a blistering desert sun while the rest of my body slumbered under a mound of blankets necessary to combat the 60 degree chill that my wife feels is the ideal sleeping temperature.

Stumbling to the bathroom, I gulped down copious amounts of water, realizing that eating an entire bag of cheese/caramel popcorn on the train ride home from downtown Chicago the previous evening may have been the cause of my discomfort.

I can hear our nation's elementary school children laughing at me. While also wondering why I failed to learn about proper hydration.

How am I still alive after nearly 60 years?

Now that school is back in session, I get the privilege of seeing a bus pull up outside my home each weekday at precisely 2:37 p.m., idling while an assortment of students, ages 5-17, spills out. None seem to carry books or educational materials of any kind. Instead, they hold containers of what I assume is life-saving H₂O.

Their receptacles vary in color and

style, much like the lunchboxes kids of my generation carried. Incidentally, those lunchboxes held separate thermoses, secured with metal clips, and filled with approximately 8 ounces of liquid. In my case it was milk, or chocolate milk if my mom was in an especially jovial mood that morning.

Eight ounces wouldn't get today's students through one period, judging by the mammoth jugs the bus occupants lugged up their driveways. Just looking at these "canteens on steroids" made me yearn for a bathroom.

Does every kid want to grow up to be an Aquafina distributor? Or did the water fountain business go belly up and nobody informed me?

Ah, yes, the hallway water fountain. The oasis of a healthy, hydrated existence when I attended school. It was available during passing periods, providing the line (yes, THE LINE!) was short enough that quenching one's thirst did not interfere with being tardy to one's next class.

Otherwise, it became necessary to ask permission to leave the room.

"Excuse me, Mrs. Cramer, may I please go outside and put my mouth over a germ-infested piece of stainless steel, surrounded by used gum and most likely the origin of COVID-19, so

I can continue my daily journey of consuming the recommended 64 ounces of water necessary for good health?

"No? OK. Maybe tomorrow?"

That's right parents, my generation not only had to obtain consent to drink water, but could also be REFUSED. What would happen if your little darlings were the victims of such torturous behavior today? Most likely you would tell your lawyers to temporarily halt the lawsuits banning "To Kill a Mockingbird" from school curriculums and focus on this grave injustice instead.

It wasn't every day that my school operated like a maximum security prison. On occasion there were community trips to the water fountain; the entire class spilled into the hallway, eventually forming a single-file line and awaiting our chance to hydrate. Each student was allowed to consume as much water he or she could swallow in five seconds. Rest assured, a nearby teacher monitored the time.

It was only a few years ago that I embraced continuous hydration as a stepping stone to good health. I also heard it was a great way to quickly shed

a few pounds. Still, I wonder if "lack of water during tween years" may be included in the "Cause of Death" line when my autopsy is conducted. That and "Not enough soy in diet."

Today a water bottle can be found near my desk as I write, or in my car, as I commute to various locations, hopefully all containing restrooms. I also have been known to take advantage of complimentary water filling stations that are becoming commonplace in airports and other public facilities.

Trust me, that option is preferable to asking a second grader if he can part with 50 ounces.

- Greg Schwem is a corporate stand-up comedian and author of two books: "Text Me If You're Breathing: Observations, Frustrations and Life Lessons From a Low-Tech Dad" and the recently released "The Road To Success Goes Through the Salad Bar: A Pile of BS From a Corporate Comedian," available at Amazon.com. Visit Greg on the web at www.gregschwem.com.

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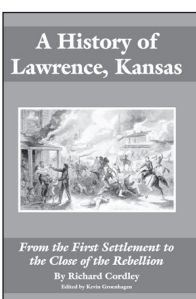
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HUMOR

Kaybe gets an overhaul

Kaybe is an alien from outer space. Decades ago he saved my marriage by teaching me the *Mujerspeak*—the language of women. Emmaline and I were getting married and I was walking behind her. She turned and said, “That tie is filthy.”

I looked down and saw a small dark spot on my tie. “It’s not filthy,” I said. “Yes it is,” she said.



Larry
Day

Kaybe spoke up. Kaybe is my friend from outer space. He speaks telepathically. “This is an important day for Emmaline. The tie may look okay for you, but not to her. So, change your tie.”

I turned to my best man. “Is this tie all right?” I asked

“Yes.”

“Jim, trade me ties.”

We traded ties and the ceremony went forward with no other problem.

Kaybe is shaped like a cylinder. Three eyes look out from the top of three waving arms that come out of Kaybe’s rounded body. He moves on three ball-bearing feet that roll on any surface. He comes from a galaxy far

away and spends his earth time with other alien pals at the Enchantment.

The Enchantment, out on the edge of town, is the kind of joint every college town needs in order to keep its academic accreditation. I spend some time each week at the Enchantment. I drink root beer and hobnob with aliens like Harry the Hulk, his diminutive pal, Miniature Mike, and Four Finger Fanny, who looks like a 40-year-old woman who has a sore back and aching feet.

Four Finger Fanny is, in reality, one of the most powerful people in the galaxy. She’s tasked with making sure that earthlings don’t try to launch atomic weapons into space. I shudder to think what would happen to Earth if some doh-dohhead tried to send a bomb to the moon or Mars. Four-Finger Fanny would light up the sky a hundred times brighter than the celebrations we hold for Independence Day. Since we Earthlings have behaved, so far, Fanny just gets to hang out at the Enchantment with Kaybe and the other aliens.

I was on my second (or third) root beer the other night when Kaybe rolled up to my booth. I saw immediately that he had a problem. Kaybe had a large dent in his cylindrical body.

“My goodness! What happened to you, Kaybe?” I asked.

“One of my rollers hit a rock and I fell,” said Kaybe.

“That’s terrible. Does it hurt a lot?”

“No, I don’t feel the hurt. I’m not an Earthling. But what am I going to do? I’m many par secs from home and I have a big dent in my side.”

“You need to put in for an overhaul,” I said.

“A what?”

“You need someone to take that dent out of your side.”

“I just told you that I’m many par secs away from a repair shop.”

“No, you aren’t. A friend of mine has a car shop. He’ll fix that dent in no time.”

“You make me sound like I’m a machine.”

“Kaybe, you ARE a machine.”

“Well, if you want to get technical,” said Kaybe.

“So let’s go to my friend’s shop and he’ll technically fix you up.”

“How bad will it be?”

“You said that you don’t ‘hurt’ like earthlings.”

“Yes, but I can be embarrassed. Having some earthling bang on me. That would be embarrassing.”

“I promise he won’t ‘bang’ on you,” I

said. “He’ll put a suction device on that dent and pull it out in a jiffy. No harm, no foul.”

“What’s that mean?”

“It means the guy will carefully pull the dent out, and you’ll be as good as new.”

“From your lips to his hands,” said Kaybe.

“Right on,” I said.

I went to the Enchantment a few days later. I got a telepathic message from Kaybe.

“Where are you?” I asked.

“I’m lying low for a while.”

“Are you all right? Is your side okay?”

“Yeh, I’m fine. Your guy gave me a good overhaul.”

“Then don’t be shy. Come on over to the Enchantment and let’s have a root beer.”

“That sounds good,” said Kaybe. “In fact, I may have two...or three.”

— 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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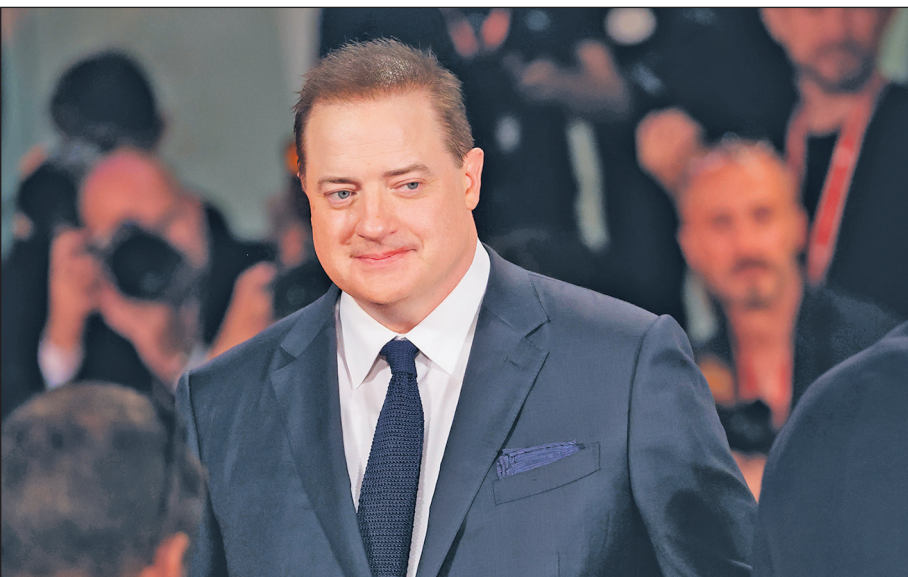
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VARIETY



VITTORIO ZUNINO/CELOTTO/GETTY IMAGES/INS

Brendan Fraser attends “The Whale” and “Filming Italy Best Movie Achievement Award” red carpet at the 79th Venice International Film Festival on September 4 in Venice, Italy.

Brendan Fraser reacts to ‘The Whale’ Oscar buzz

By Clayton Davis

Variety

The love for Brendan Fraser continues to grow following his acclaimed turn in Darren Aronofsky’s “The Whale,” generating tons of Oscar buzz. “It’s the right actor, for the right part, at the right time,” Darren Aronofsky says in the Variety Studio presented by King’s Hawaiian at TIFF.

While at the Toronto International Film Festival for the movie, Fraser, along with writer Samuel D. Hunter and his fellow cast members Sadie Sink and Ty Simpkins, spoke with Variety about taking on the difficult role of a 600-pound man, which required up to four hours of prosthetics and makeup.

“It was designed specifically to obey laws of gravity and physics,” Fraser says. “It wasn’t built for just a silhouette or a one-note joke.”

“It’s a funny movie,” Aronofsky adds. “The laughs are nonstop and it’s hard to remember because there’s a lot of humanity up there and there’s a lot of truth. There’s top-of-the-game acting going on.”

The film received a standing ovation at the premiere at the Venice Film Festival, where Fraser burst into tears. The actor got misty-eyed again in the Variety Studio while his fellow filmmakers spoke about their favorite Fraser roles. On Sunday, he received the TIFF Tribute Award for his performance, with a highlight reel of his most memorable films playing before he took the stage. With Simpkins citing “The Mummy” (1999) and Hunter saying, “Gods and Monsters” (1998), Sink says: “I only know Brendan as Charlie” [from “The Whale”], prompting a sweet hug between the two.

Fraser is one of the frontrunners in the best actor Oscar race that includes Hugh Jackman in “The Son” and Colin Farrell in “The Banshees of Inisherin.” Fraser quotes Herman Melville’s “Moby Dick” when asked about his awards buzz for his performance: “I know not all that may be coming but be it what it will, I’ll go to it laughing.”

Hunter, who adapts his play of the same name, is taking it “one day at a time” as he navigates through the early



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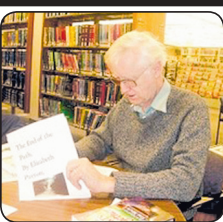
PAINTING WITH WORDS

Under the Harvest Moon

Poet: Carl Sandburg

Poem: "Under the Harvest Moon"

Born in Galesburg, Illinois in 1878, Carl Sandburg left school at 13 to help support his struggling family. Later he fought in the Spanish American War. He traveled the country and developed an interest in social justice. Although he lacked a high school diploma, he was admitted to Lombard



Tom
Mach

College in Galesburg. There, he developed an interest in poetry and prose. While at Lombard (now Knox College), he began writing poetry, and he was encouraged by his professor, who later privately published several volumes of Sandburg's poems and essays.

After leaving Lombard, he moved to Milwaukee to become a district organizer. He later moved to Chicago to become an editorial writer for the *Daily News*. One of his poems, "Chi-

cago," published in 1914 in Poetry magazine became his most famous (viz, "Hog Butcher for the World... City of the Big Shoulders.") Two years later he published "Under the Harvest Moon" along with many others. His poetry volume, *Collected Poems*, won the Pulitzer Prize in 1950. More than 70 previously uncollected poems by Sandburg appeared in Poems for the People, published posthumously in 1999. Sandburg is also known for his book of history, *Abraham: The Lincoln Wars*, which won a Pulitzer Prize.

Sandburg's poem, "Under the Harvest Moon" implies a comparison between summer and autumn as a representation of older and younger people. In the first stanza, "harvest" symbolizes those people who now can harvest what they reaped, while in the ninth stanza "summer roses" are flowers for the younger people who have hopes and dreams.

As he compares the two seasons, Sandburg represents one's life in later years compared to the younger among us. While Death, as "the gray mocker whispers to you," Love, with its "little hands comes and touches you." Both autumn and summer have their own beauty and so, too, do people in later life who have "a thousand memories" and the moon,

with its beautiful "soft silver...shimmering over the garden nights." Younger people can focus on the beauty of "the summer roses" and its "wild red leaves."

Here, then, is Sandburg's poem:

Under the Harvest Moon

*Under the harvest moon,
When the soft silver
Drips shimmering
Over the garden nights,
Death, the gray mocker,
Comes and whispers to you
As a beautiful friend
Who remembers.*

*Under the summer roses
When the flagrant crimson
Lurks in the dusk
Of the wild red leaves,
Love, with little hands,
Comes and touches you
With a thousand memories,
And asks you
Beautiful, unanswerable questions.*

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. Click on Amazon to read a free sample.

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GOREN ON BRIDGE

WITH BOB JONES

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DECEPTIVE PLAY

North-South vulnerable, North deals

NORTH
 ♠ K Q 7 2
 ♥ J 6 5 3
 ♦ K 6
 ♣ A 10 5

WEST
 ♠ J 6 3
 ♥ 8 2
 ♦ A 10 4 3
 ♣ 9 8 3 2

EAST
 ♠ A
 ♥ Q 10 7 4
 ♦ J 9 7 2
 ♣ K Q J 7

SOUTH
 ♠ 10 9 8 5 4
 ♥ A K 9
 ♦ Q 8 5
 ♣ 6 4

The bidding:

NORTH	EAST	SOUTH	WEST
1♣	Pass	1♠	Pass
2♣	Dbl	3♠	Pass
4♠	All pass		

Opening lead: Eight of ♣

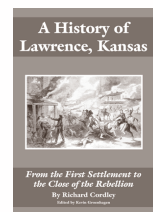
South's three-spade bid was purely competitive and North was not supposed to raise. South's bid promised a fifth spade, however, and North liked his hand knowing they had a nine-card fit.

South ducked the opening club lead, but he won the club continuation with dummy's ace. Prospects were

bleak. He had to pick up the jack of spades and play the heart suit for no losers, which would probably require East to hold both the queen and the 10. He did not want to play a heart right away so he led dummy's king of spades.

East won with his ace and shifted to the 10 of hearts! Why would East lead the 10 from a holding of queen-10 in hearts? South was tempted to change his plan and play West for a doubleton queen of hearts. South won the heart shift with his ace and ran the 10 of spades. A spade to the queen drew the last trump and it was time to make a decision about the heart suit. After some thought, South decided that the shift to the 10 of hearts made no sense from any three or four-card holding in hearts. East had to have at least three hearts for his takeout double. The 10 of hearts had to be an attempt at deception. South led a heart to his nine and claimed when that held the trick. Well played!

(Bob Jones welcomes readers' responses sent in care of this newspaper or to Tribune Content Agency, LLC., 16650 Westgrove Dr., Suite 175, Addison, TX 75001. E-mail: tcaeditors@tribpub.com)



The History of Lawrence, Kansas

by Richard Cordley

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



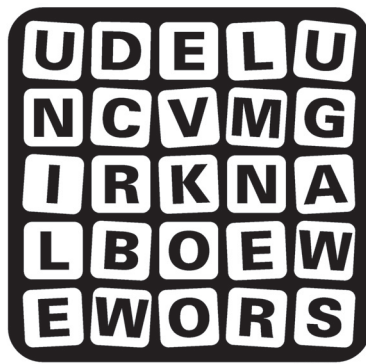
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By David L. Hoyt and Jeff Knurek



B
U
P
H
W
O
I
S
C
O
K
E
A
G
L
M

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

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CROSSWORD

Across

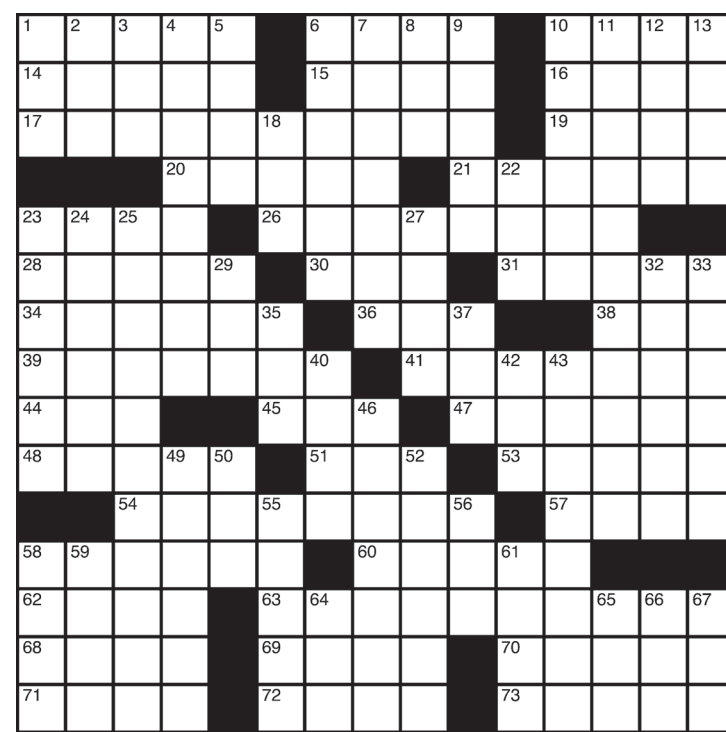
- 1 Promotes on TV, say
- 6 Elitist sort
- 10 Great Salt Lake state
- 14 Kayak kin
- 15 Skating medalist Lipinski
- 16 Corn bread
- 17 *Embezzled
- 19 Dirt road grooves
- 20 Arrange, as a shawl
- 21 Acts with passion
- 23 Starfish's five, usually
- 26 Call from the rear?
- 28 "Groovy!"
- 30 Mom-and-pop org.
- 31 Slunk
- 34 Forensic tech's tool
- 36 66-Down pro
- 38 Sea, in Spain
- 39 Result of too many six-packs?
- 41 Prestigious broadcasting award
- 44 Answer to "Who's hungry?"
- 45 Turndowns
- 47 Makes right

- 48 Messy roommates
- 51 'Neath opposite
- 53 Military academy student
- 54 Decade in which many Gen Zers were born
- 57 Cincinnati MLB team
- 58 Snoopy is one
- 60 Poker-faced
- 62 Slips up
- 63 Fish dish garnish, or a hidden feature of the answers to starred clues
- 68 Tall hiking socks can protect against one
- 69 Qatari leader
- 70 Sickeningly sweet
- 71 Hurting after exercise
- 72 Tape type
- 73 Hardly in the dark

Down

- 1 Mac alternatives
- 2 Back muscle, briefly
- 3 Card game cry
- 4 "Well done" award
- 5 One having visions

- 6 Visit at the penthouse
- 7 Comedy special for which Hannah Gadsby won a 2019 Emmy
- 8 Mother lode stuff
- 9 Howled
- 10 Commotion
- 11 *Everyone in Paris?
- 12 Pay to play
- 13 Company with toy trucks
- 18 Shakespeare's fairy queen
- 22 Word after hot or before drop
- 23 Egyptian god of the afterlife
- 24 Disclose
- 25 *King or prince
- 27 Pack (down)
- 29 Texter's "Wow!"
- 32 Like an exaggerated résumé
- 33 Secret meetings
- 35 Groaner, maybe
- 37 Bubble __: Taiwanese drink
- 40 Quick honk
- 42 "Better Call Saul" channel
- 43 Pastry with an ursine name
- 46 Earthquake-caused



- 49 Montana resort area
- 50 NBC skit show
- 52 "Are so!" or "Am not!"
- 55 Sought morays
- 56 Cain, to Eve
- 58 Alpha follower
- 59 Stonestreet of "Modern Family"
- 61 "Insecure" star Rae
- 64 Australian avian
- 65 Brew initials
- 66 Life-saving proc.
- 67 Watch closely

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

JUMBLE

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

PENIT KTLEN CAMPIT RANTOY

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Check out the new, free JUST JUMBLE app

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

"○○○○○○○ - ○○○" ○○○○○

SCRABBLE G R A M S

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□	□	□	□	□	□	□	□	□	□
A ₁	I ₁	Y ₄	R ₁	R ₁	V ₄	L ₁			
□	□	□	□	□	□	□	□	□	□
O ₁	O ₁	O ₁	D ₂	T ₁	L ₁	W ₄			
□	□	□	□	□	□	□	□	□	□
I ₁	I ₁	G ₂	H ₄	N ₁	T ₁	C ₃			
□	□	□	□	□	□	□	□	□	□
E ₁	E ₁	I ₁	Y ₄	F ₄	L ₁	T ₁			
□	□	□	□	□	□	□	□	□	□
A ₁	E ₁	I ₁	K ₅	S ₁	T ₁	M ₃			

PAR SCORE 265-275
BEST SCORE 342

FIVE RACK TOTAL
TIME LIMIT: 25 MIN

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

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

Answers to all puzzles on page 30

MY PET WORLD

Reader offers more tips for a dog afraid of his home

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

Dear Cathy: I read your column about the dog who is afraid of his own new home. I have two tips that worked with a dog we adopted who had been rescued from a hoarder. Princess had never been outside that house. She was terrified of our backyard and any normal noises, even birds chirping. After a week, we decided to put a Thundershirt® on Princess, which we had used for our other dog who is afraid of fireworks. As soon as we put it on her and opened the door to the backyard, she followed our other dog outside. We used it for two more days and never needed to use it again. It might work in reverse for the dog who is scared to come into the house.

The second tip: We never used crates for our dogs, but the rescue organization suggested we try it for Princess. Amazingly, as soon as we set the crate up, it became her sanctuary. Since the scared dog in Wisconsin also hides under the bed or behind the couch, maybe the crate is what he's looking for.

Princess has now been with us for ten happy years. Hope these suggestions help. -- Eileen, Massapequa Park, New York

Dear Eileen: Similar to swaddling a bay, Thundershirts® and Anxiety Wraps® are wearable solutions that

help anxious dogs feel more secure in stressful situations. So, this is a good suggestion for a dog adjusting to his new home. (You can also learn how to create a calming wrap with an ace bandage. Just google "DIY homemade anxiety wrap for dogs" to watch a YouTube video on how to do it.)

As for the kennel, it's true that dogs who are kennel trained find great comfort sleeping in their safe spaces. All of my dogs have been kennel-trained, and they always know whose "room" is whose. If they were suddenly without their kennels, they might look for a more enclosed space to rest, as you noted.

These are good tips. Thanks for sharing your experience.

Dear Cathy: You had a question from Wisconsin about a rescue dog who was scared of his home, but fine everywhere else. I am having the opposite problem. We rescued a mixed Terrier two months ago from Texas. She is now nine months and healthy. She is very good with my husband and me but is scared of anyone else, including my 20-year-old granddaughter who lives most of the time with us.

We take her with us whenever we can, but she growls and barks at other people. She is not mad, just scared. She doesn't like treats (and I have tried so many). Otherwise, I would carry them and have people give them to her and

tell her "good dog."

She doesn't even want to go out to the bathroom without us having to just make her go. If there is anyone outside, she will run for the house. She is getting better with our 20-year-old cat but is very jealous. She loves to sit with us and if I am on the computer, she is right at my feet. She loves toys. We went to puppy kindergarten and passed but she was nervous. I don't know how to help her feel less nervous. -- Dineen Rivera, Portland, CT

Dear Dineen: I think you're right; she's afraid. She's experienced a lot in her short life, but there are several ways you can help her adjust. First, dogs who don't like treats simply need a more high-value treat to tempt them. Look for dog food in a roll (sometimes in a freezer in the store), slice it into discs, and then cut it into further bits. Hold off on feeding her, so she is hungry enough to try these "treats" and realize she likes them. It also can help to delay a meal when she is meeting someone new, so she will be in a better position to accept the treats from the others.

Stick with the training. It helps build her confidence and creates a bond with you. Ask your granddaughter to help train her. You can always replace a treat with a pat on the head after each command, but high-value treats usually will work.

Also, consider over-the-counter calming chews and, in this instance, the calming shirt/wraps, as noted above.

- *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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AMERICA'S TEST KITCHEN

Get the kids involved in making this easy snack

By America's Test Kitchen

Tribune Content Agency

Nori is a mild-flavored seaweed used in all sorts of Japanese dishes. But it doesn't grow in flat, even rectangles! To make nori sheets moist, wavy, raw nori is cleaned, minced, pressed, and dried into flat, crisp sheets. To up the crispness and make our nori chips sturdier, we fold each sheet in half before baking, using water to stick the folded sheet together. Painting each nori sheet with toasted sesame oil adds even more chip-like crunch and helps the sesame seed mixture stick.

Note: The less-shiny, rough sides of nori sheets stick together better than the very shiny, smooth sides. Not sure which side is which? Run your hand lightly over the nori sheet to see if it feels rough or smooth.

Garlic Sesame Nori Chips

Serves 2 to 4

- 2 teaspoons sesame seeds
- 1/4 teaspoon garlic powder
- 1/4 teaspoon kosher salt
- Pinch cayenne pepper (optional)
- 4 (8-by-7 1/2-inch) sheets nori
- 2 tablespoons water
- 1 tablespoon toasted sesame oil

1. Adjust oven rack to middle position and heat oven to 350 degrees. Line a rimmed baking sheet with parchment paper.

2. In a small bowl, combine sesame seeds, garlic powder, salt and cayenne (if using). Stir until well combined.

3. Place 1 nori sheet, shiny side down, on the counter. Use a pastry brush to paint the bottom half of the nori sheet with water (nori should be wet, but not soaked). Fold the top half toward you and press firmly to seal.

4. Paint the top of the folded nori sheet lightly with sesame oil. Sprinkle 1/4 teaspoon sesame seed mixture evenly over top.

5. Use kitchen shears to cut folded nori sheet in half crosswise (the short way) to make two squares.

6. Cut each square in half diagonally to make two triangles. Cut each triangle in half to make two smaller triangles. You should have eight small triangles. Repeat steps three through six with the remaining nori, water, oil and sesame seed mixture.

7. Transfer nori triangles, seasoned side up, to the parchment-lined baking sheet.

8. Place baking sheet in oven. Bake until chips are slightly shriveled and sesame seeds are golden, about 8



CHANTAL LAMBETH

Scrumptious seaweed is the basis of this crispy snack.

minutes.

9. Remove the baking sheet from the oven and let the chips cool on the baking sheet for 10 minutes. Serve.

- For 25 years, confident cooks in the know have relied on America's Test Kitchen for rigorously tested

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Calendar

■ CONTINUED FROM PAGE 17

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OCT 27

ADOPTION AND GENEALOGY: HELP!

A story of finding birth parents. Topeka Genealogical Society Monthly Meeting. Topeka and Shawnee County Public Library - Marvin Virtual Room 101BC, Virtual Room 02, 7-8:30 p.m. TOPEKA, <https://events.tsopl.org/events>

MISCELLANEOUS

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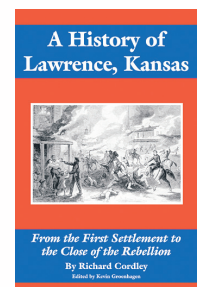
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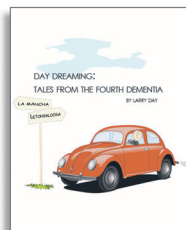
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By Rick Steves

Tribune Content Agency

Vernazza's strollable breakwater creates a little harbor, rare on this rugged Italian Riviera coastline. Grabbing a comfortable hollow in a boulder on the tip, I study the arrangement man and nature have carved out here over the last thousand years. Crumpled hills come with topographical lines: a terraced, green bouquet of cactus, grapevines, and olive trees.

little splurge back when I stretched my money by choosing popsicles over gelato.

Vernazza feels populated by descendants of the pirates who plundered this coast. But Lorenzo, who ran Il Castello, was a rare Vernazzan who didn't take advantage of tourists held captive by his town's beauty. He'd sit me down under an umbrella with the most commanding view in town. And with the

■ CONTINUED ON PAGE 29

ORIN DUBROW, RICK STEVES' EUROPE



A view of sea, sky, and Vernazza.



Rick Steves

With a closer look, I notice that the hills silently simmer with activity. Locals tend their vines and hikers work up a thirst for the white wine these hills produce. It's autumn and the grape pickers' tiny train—the trenino—is busy ferrying grapes down into town from the highest terraces. This single silver rail line runs perpendicular to the terraces, scaling the hillside like a rock climber's rope.

Vernazza has two halves—in each half, every building is connected with every other building. These clumps of humanity are separated by one main street, which the townsfolk created by paving over the stream that carved out the ravine upon which the town was built. It's a commotion of pastel with dark stepped lanes and dank tunnels winding like veins on a leaf up each hillside until the buildings meet the vineyards.

Below my rocky perch, a fisherman cleans his nets. The cool mist that follows each crashing wave reminds me how easily this breakwater is conquered during winter storms. High above the breakwater, at the base of the castle, is a restaurant called Il Castello. This pricey place was my private



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Rick Steves

■ CONTINUED FROM PAGE 28

love of a small-town priest, he'd put a cookie next to my glass of cool, sweet sciacchetta wine, and say, "Rest here. The view is nice."

Cancer took Lorenzo quickly one winter. Now he's king of the Vernazza mountain. He's resting and enjoying the best view of all from a different kind of hotel, booked out by locals for years: the hilltop cemetery.

Leaving the harborfront, I climb the steep, stony staircase up to Il Castello. Monica, Lorenzo's daughter, who runs the place now with her husband Massimo, greets me warmly. Her black hair backlit by the sun, she seems to have an aura. Her penetrating eyes seem to really see me. She has Barbra Streisand lips and a bony nose. In her caring face I see Lorenzo, as if he were still standing there with a nice bottle of sciacchetta.

I tell Monica that I've been thinking about her father and she suggests we visit the cemetery. Hiking through narrow back alleys that smell of damp cats, we reach the lane that leads uphill to the cemetery. After a funeral Mass, the entire village spills out of the church and trudges darkly up this same route. It's been a sad ritual for generations here in Vernazza.

At the top of the lane, a black iron gate is open. Inside, the cemetery is fragrant with fresh flowers. Quiet pathways separate marble walls of niches, stacked five high. Walking down a lane closest to the sea, Monica explains that coffins are not put into the ground but slid into a loculo. Squinting at a wall of niches, reflecting bright white in the late-afternoon sun, I review names and dates carved into the marble. Each niche is wired with a minuscule light and comes with a built-in vase. And next to each vase is an inset oval window filled with a black-and-white portrait.

Stepping around a rolling ladder—left out for loved ones with flowers for those resting on the top row—Monica arrives at her father's loculo. She leaves me long enough to cross herself. Then, turning toward the sea, Monica sits on a flat rock just big enough for two. Patting the other half of her perch,

she invites me to sit down. She doesn't know it, but it's as if to say, "Rest here. The view is nice."

We ignore the red tiles, flapping laundry, and tourists lounging on the breakwater below. From here, enjoying what we call "Lorenzo's view," the world is peaceful green and reassuring blue, blending the sea and sky. To the left and right, I pick out each of the Cinque Terre towns along the coast. Each is alone in the world—seemingly oblivious to the march of time. I wonder what could possibly improve the setting. Then the church bells ring.

- 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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BOGGLE ANSWERS

EMU, OWL, CROW, SWAN, DUCK, ROOK, ROBIN, EAGLE

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JUMBLE ANSWERS

Jumbles: INEPT, KNELT, IMPACT, NOTARY

Answers: The marsupial couple vacationed together to get some -- "KOALA-TY" TIME

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I ₁	T ₁	C ₃	H ₄	I ₁	N ₁	G ₂	RACK 3 =	66
E ₁	Y ₄	E ₁	L ₁	I ₁	F ₄	T ₁	RACK 4 =	63
M ₃	I ₁	S ₁	T ₁	A ₁	K ₅	E ₁	RACK 5 =	89
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MY ANSWER

Learning to deal with death is part of life

From the writings of the Rev. Billy Graham

Tribune Content Agency

Q: I am trying to teach my teenagers the importance of showing respect for those who have died, but my friends tell me that young people should not be burdened with sickness, death, and funerals. I grew up helping the sick and attending funerals, even funerals of teenagers. It seems that learning to deal with death is part of life. - R.P.

A: There are many parents who try to protect their children from attending funerals or going to see the sick. Young people will not understand the importance of many things if they do not see correct behavior exemplified. Adults

have the responsibility of teaching the younger generations. While this may not be the philosophy of society today, it is certainly what the Bible teaches.

God has not promised anyone immunity from sorrow, suffering, and pain. The world is a "vale of tears" and disappointment and heartache are as inevitable as clouds and shadows. Suffering is often the crucible in which faith is tested. Those who successfully come

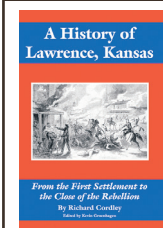
through the furnace of affliction are the ones who emerge like gold tried in the fire. The Bible teaches that we can unmistakably triumph over bereavement. The psalmist said, "Weeping may endure for a night, but joy comes in the morning" (Psalm 30:5).

Suffering is endurable if we do not have to bear it alone, and the more compassion that is expressed by loved ones, the less acute the pain because someone is there to share in the grief with us. This is an important life lesson that must be taught and passed down to the next generation. "Blessed are those who mourn, for they shall be comforted" (Matthew 5:4).

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

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by Richard Cordley

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Brandon Fraser

■ CONTINUED FROM PAGE 20

phase of awards season. "I'm an off-Broadway kid, so this is incredibly new to me. Feeling incredibly grateful."

Sink, best known for her role of Max on Netflix's hit series "Stranger Things," is on a double promotional tour at TIFF for "The Whale" and her role in Grammy winner Taylor Swift's short film "All Too Well," which will be seeking an Oscar nom for best live action short. Aronofsky sings Sink's praises as a rising star. "I haven't seen work like that in a really long time," he says.

Fraser adds, "dynamite comes in small packages."

As the world roots for Fraser's rise and return in the industry, he also discussed acting in the "Batgirl" movie, which was recently axed by Warner Bros., something he was "disappointed" by.

"The fans really wanted to see this film made. Leslie Grace is a dynamo," Fraser said. "The movie was shot and conceived for a smaller screen. In this age that we've come out of now

between streaming service versus theatrical release, it wound up being the canary in the coal mine. What did we learn from this? Work with trusted filmmakers, like Darren."

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