

# Kaw Valley Senior Monthly

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September 2021

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Vol. 21, No. 3

## INSIDE



On the subject of helping seniors downsize, declutter and eliminate tripping hazards, John Daigh of ClutterNuts can summarize his expertise in one sentence: "Been there, done that." - page 8

KEVIN GROENHAGEN PHOTO



**It's a fact.  
Donna  
Black built  
a kayak.**

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MIDLAND CARE

# Black's 'COVID' project launches on Clinton Lake

By Kevin Groenhagen

According to Donna Black, there haven't been too many dull moments in her life. She has always been very active. So, when COVID-19 limited all of our activities, she knew she had to find something to keep her busy.

"My goal was to have some type of project to work on during COVID restrictions," she said. "With staying home a lot, I needed something to do."

Black's home is at Village Cooperative of Lawrence, a community of active adults who are 62 or older. Black's inspiration for a project came from the lakes near Lawrence. She grew up in the Topeka area and, as a Girl Scout, had spent a lot of time on Lake Shawnee with rowboats. She started thinking about kayaking.

A kayak is a small, narrow watercraft and the kayaker usually uses a double-bladed paddle to propel it through the water. The indigenous peoples of modern-day Greenland, Canada, and

Alaska used kayaks beginning at least 4,000 years ago. The Inuit considered the kayak to be a "man's boat," while the umiak was a "woman's boat." Apparently, the Inuit had strict rules considering which type of boats men and women could use.

"I had thought a lot about doing kayaking, but had not actually done it before," Black said. "I hadn't had time in my life to work that in. But I knew that I would have plenty of time last winter. I thought building one would be quite a project that would last through the winter. Of course, in my mind, COVID would be gone by then. Then we could be free to be out enjoying the kayak. I also had in mind that this would be something I could pass along to my grandkids."

"I did quite a bit of research on kayak kits online," she continued. "I found two companies online, one on the West Coast in Seattle and the other on the East Coast in Annapolis. I looked at the different types of kits that they had. Of course, both offered kayak plans so you could start from scratch, but I had never done a woodworking project. I knew I better start with a kit."

In addition to never kayaking before, Black had never done woodworking. If she were to take on the kayak project, she would need help.

"When I got this wild idea, I knew that Norm Runyon, who lives here at the Village, did a lot of different kinds of projects," she said. "He has always



KEVIN GROENHAGEN PHOTO

**Donna Black launched her kayak, "Cruisin'," at the Clinton Lake Marina on July 24.**

had a sailboat or some other kind of boat that he has worked on and enjoyed over the years, so I thought Norm was the perfect person to go to and ask about this project. I showed him what I was thinking about and I asked him if he would be interested at all in helping me get this together. He said, 'Oh, yeah, I'd loved to.' That's all the encouragement I needed. I was taking a leap of faith here, but I was ready for a new challenge and I had help to do it."

Black then had to decide what type of kayak she would build and which

company she would order her kayak kit from.

"There were a lot of kit options," she said. "Your choices really come down to stability or speed. I wanted a kayak that would be stable. I found a kit from Chesapeake Light Craft in Annapolis. I went ahead and ordered the kit. It was my Christmas gift to myself. When I called during the first part of November to order the kayak, they said they probably couldn't make shipment until mid-January. As things turned out, we

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Kaw Valley  
**SeniorMonthly**

**Kevin L. Groenhagen**  
Editor and Publisher

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# Donna Black

■ CONTINUED FROM PAGE THREE

received the shipment the Monday before Thanksgiving.”

Black's kit arrived in two boxes and Black and Runyon started the long process of building the kayak.

“We have such a nice woodworking shop in the basement garage of the Village,” Black said. “That was the natural place to put the kayak together. The garage has almost all the tools you would ever need. I had to buy just a few minor things.

“The wood was cut into narrow strips that were close to an inch thick,” she continued. “You start with a form that you build the strips around to make the correct shape. The straight pieces were easy. The challenge came in when you needed to form the shape of the hull. We had to find some planes to cut down on the sanding time a little bit. We were able to work on the kayak generally an hour and a half each day. It's strip built and it's put together with glue. You can

glue just one strip at a time onto the craft and then you have to let it dry overnight and into the next day before you can come back to glue on the next strip. We usually took the weekends off. That stretched out the project a lot more. I think that was a good thing because we never got tired of working on it.”

As Black and Runyon worked on the kayak, the project became something many other Village Cooperative residents closely followed.

“I think with COVID in place, it was important to have something that was positive and something to look forward to,” Black said. “I wanted it to be that way. I wanted something that we could all look forward to. We felt that COVID had taken a lot of things away that we wanted to do during our retirements. I think that it was something that was good for our whole building and I had support all the way through.”

Black and Runyon completed the kayak at the end of June. However, Black's kayak needed a finishing touch.

“The residents here at the Village kept asking me what I was going to name the kayak,” Black said. “I had no idea at

COURTESY PHOTO



**This photo shows the amount of work that was required to build Black's kayak. Just one strip at a time could be glued onto the craft and allowed to dry before the next strip could be glued on.**

that point. So I made a contest out of it. I asked everyone to make their suggestions. I think I got about 80 suggestions.”

When Black saw “Cruisin’,” she

knew that suggested name was perfect.

“My husband Ed passed last April,” Black said. “In our lifetime we always

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This is the 16th annual event that seniors and their caregivers will be talking about all year. Don't miss it! For more information, call 785-766-9022 and ask for Kimberly L. McPherson or email [LawrenceAreaPartnersInAging@gmail.com](mailto:LawrenceAreaPartnersInAging@gmail.com).

# Donna Black

■ CONTINUED FROM PAGE FOUR

had a fun car. We had a '57 Chevy and then we got into Corvettes. He would always ask me, 'Do you want to go cruisin'?' 'Cruisin' is exactly what Ed would have suggested."

With the kayak completed and named, Black then had to pick a time and place for its maiden voyage. She settled on Saturday, July 24, at Clinton Lake. Just before 9 a.m. on that day, a large crowd of Black's friends and fellow Village Cooperative residents gathered at the marina to witness the christening of Cruisin'. Black arrived at the marina donned in a t-shirt with the message "Never Underestimate An Old Woman With A Kayak."

"The t-shirt was a gift that was passed down from one of our members here at the Village," Black said. "She is in her 80s and actually still kayaks. She has kayaked for years with a group of friends in Minnesota. They always wore these t-shirts on their outings and she thought it was time to pass hers along to someone who would enjoy it for who knows how many years."

Black said a few words to the crowd and then got into the kayak.

"Getting into the kayak is like stepping into a different world," Black said. "It's very, very relaxing. A friend said I took to it like a duck to water."

It appears that others are now very interested in stepping into that different world.

"I've developed quite a group who are interested in not building kayaks, but buying kayaks," Black said. "We have a

group, including members at the Village and my daughter, Brea, who was at the launching, that was really inspired. The group is planning on getting into kayaking. Brea has already gotten her kayak and is waiting on her life preserver."

Black was born in Oregon. At about the time she started school, her family moved to the Topeka area, where her father worked for Santa Fe Railway. She later married Charles "Ed" Black III, who was originally from the Wichita area. After getting married, the couple lived in Derby for about 30 years. Ed was a teacher and media specialist in Haysville and Derby, while Black taught Spanish and English in Udall for one year before teaching Spanish classes at Derby Middle School. She later became an elementary school principal in Derby.

In 2002, the Blacks moved to Lawrence, where Donna became the principal at Wakarusa Valley Elementary School.

"Our younger daughter, Jeana, got married and decided to stay in Lawrence after she graduated from KU," Black said. "We wanted to be near our two grandkids, so we moved to Lawrence. "Brea had lived on the West Coast for a number of years. Once our grandson was born, she thought it would be nice to be closer to home and family, so she moved back to Lawrence. I'm fortunate to have both of my daughters and their families here."

Black is eager to get back in her kayak and paddle around the lake. However, she is also thinking of doing another project.

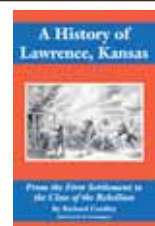
"I want to do something with wood again," she said. "I really enjoyed that. During my career in education, you didn't always see the results of your



**Donna Black works on her kayak** in the Village Cooperative of Lawrence's woodworking shop

work. When I was in education, I was everywhere from pre-k to teaching high school seniors. They grow up to be adults and you don't always get to

see the outcomes. With woodworking, you have your project there, you stick with it, and you get to see the results. I enjoyed that part."



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by Richard Cordley

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## Do you know these Social Security terms?

By Ann Woodbury

Social Security Management Support Specialist in Lawrence, KS

Some of the terms and acronyms people use when they talk about Social Security can be a little confusing. We're here to help you understand.

We strive to explain your benefits using easy-to-understand, plain language. The Plain Writing Act of 2010 requires federal agencies to communicate information clearly in a way "the public can understand and use." This can be particularly challenging when talking about complicated programs like Social Security, Supplemental Security Income, and Medicare. If there's a technical term or acronym that you don't know, you can find the meaning in our online glossary at [www.ssa.gov/agency/glossary](http://www.ssa.gov/agency/glossary).

Here are a few examples. If you're considering retirement, you may want to know your FRA (full retirement age) and your PIA (primary insurance

amount). These terms determine your benefit amount based on when you when you start getting requirement benefits. The PIA is the amount payable for a retired worker who starts his or her benefits at full retirement age. If you start your retirement benefits at your FRA, you'll receive the full PIA.

Most years, your benefit amount will get a COLA (Cost-of-Living Adjustment), which usually means extra money in your monthly benefit.

What about DRCs (delayed retirement credits)? DRCs are the gradual increases to your PIA that occur the longer you delay taking retirement benefits after your full retirement age. Every month you delay taking benefits, up to age 70, your monthly benefit will increase.

If one of these terms or acronyms comes up in conversation, you can be the one to help clarify the meaning, using our online glossary. Learning the terminology can deepen your understanding of how Social Security programs work for you.



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# ClutterNuts specializes in decluttering, downsizing

By Billie David

On the subject of helping seniors downsize, declutter and eliminate tripping hazards, John Daigh of ClutterNuts can summarize his expertise in one sentence: “Been there, done that.”

As a matter of fact, that is an understatement for John and Jackie Daigh, who are the managing partners of ClutterNuts and have been working with seniors in this connection since 1988.

In fact, John’s interest in helping seniors remain at home goes back even further, with his widowed and aging grandmother who struggled with challenges such as descending a steep stairway to get to her washing machine and whose macular degeneration made it difficult to get around in the kitchen, both of which are situations that are conducive to falls that result in serious injuries.

“When people who are aging at home fall because of clutter and have to move to assisted living, it creates a crisis,” John said. “That’s why we are in this business.”

Over the years, as John and Jackie worked with seniors in various capacities—John was the executive director of a home care company and the lead manager of a large independent living community—they became familiar with the challenges seniors face as they age.

“We’ve seen it firsthand,” John said, adding that falls often resulted in broken bones, the need for a higher level of care, and declining health.

“We want to help seniors stay in their homes as long as possible and stay independent,” John said.

And when the time comes to transition to another living situation, “we

help them pack and set up their new home,” he added. “We help them through the entire process from start to finish.”

That can include sorting through belongings, donating unwanted items, shipping other items to their children and selling others.

“That can be an overwhelming task,”

John said. “It’s really about figuring out what needs to be done and addressing that.”

John grew up in Southeast Kansas, and Jackie is from the Kansas City area. The couple met when they attended Baker University, and they raised their children in Overland Park.

“We have a grandson in Topeka and a grandson in Houston,” John said.

Over the years, John and Jackie worked in a variety of senior-related positions.

“I was the executive director of a home care company and the lead manager of a large independent living community in four states,” John said, adding that during the COVID-19 pandemic they have been successful in keeping everybody—residents as well as employees—COVID free. In his position as an independent living coordinator, John gained experience in setting up and coordinating services in peoples’ homes.

“We’ve seen it firsthand,” John said. “We have seen people aging and all of the challenges.”

With 20 years of experience helping seniors remain at home, the family-owned business has plenty of practice in regard to decluttering and organizing garages, basements, closets, kitchens, pantries, offices and whatever else needs decluttering through a team that includes professional organizers and senior living

■ CONTINUED ON PAGE NINE



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## *The History of Lawrence, Kansas*

by Richard Cordley

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# ClutterNuts

■ CONTINUED FROM PAGE EIGHT

professionals.

They also assist with downsizing, including organizing, packing, moving and unpacking. They can also help organize garages, basements and storage units, leaving items neatly stored with easy access. Their fall-prevention services include a home review and help finding solutions regarding obstacles to safety.

John attributes the success of ClutterNuts to their passion for determining what the client's needs are and how they can achieve the desired outcome.

"We care about quality and a job done well," he said. "We look at every situation and every client's unique budget. We're here to help."

More information about ClutterNuts can be found on their website at clutternuts.com or by calling (800) 401-3295.



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## HEALTH &amp; WELLNESS

# What are probiotics?

Probiotics are nutritional supplements that are often used in a person's overall health protocol. However, for those not familiar with probiotics, common questions that are asked include what are probiotics? Is there any benefit to taking probiotics? Is there any harm in taking probiotics? Are there any foods that contain probiotics?



Dr.  
Deena  
Beneda

To begin with let us answer the first question—what are probiotics? Probiotics are live microorganisms that are similar to the beneficial microorganisms found in the human body's digestive system. There are over 400 species of microorganisms in the human digestive tract. Probiotics are often referred to as the "friendly bacteria" or "good bacteria." Most probiotics have bacteria similar to those naturally found in human's digestive system. Breastfed infants (who have natural protection

against many diseases) are getting the beneficial bacteria from the mothers' breast milk. More often, the bacteria come in two groups, Lactobacillus or Bifidobacterium. Each group has different species (for example, Lactobacillus acidophilus and Bifidobacterium bifidus), and within each species, different strains (or varieties).

Second, is there a benefit to taking probiotics? Why would a person supplement with lactobacillus or any other bacteria? Diet, lifestyle habits, and medicines that a person takes can disturb the balance of human flora in the human body. In the beginning, probiotics were thought only to beneficially affect the host by improving its intestinal microbial balance and stopping pathogens. Currently, probiotics are being investigated to alleviate chronic intestinal inflammatory diseases, lower cholesterol, lower blood pressure, improve immune system function, promote weight loss, and treat constipation, upper respiratory infections, diarrhea, and atopic diseases. Many people take probiotics to offset the side effects of antibiotics that kill good bacteria in the gut.

Third, is there any harm in taking

probiotics? Can anyone take probiotics and receive benefit? The oral use of probiotics is generally considered to be safe according to the World Health Organization, which has recommended their use under specific guidelines. However, it is always best to check with your doctor or health care practitioner before starting the use of any supplement including probiotics.

Finally, what food sources contain probiotics? A main food source is fermented milk products such as yogurt and kefir. Other foods that contain probiotics include pickled vegetables, fermented bean paste such as tempeh and miso, kimchi, kombucha, sauerkraut, soy sauce, and some juices.

As we enjoy our yogurt smoothie, we can be reassured not only does it taste good, but it actually is good for us due to the good bacteria it is sup-

plying to our bodies.

- 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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## MAYO CLINIC

# Is running a good way to lose weight?

**DEAR MAYO CLINIC:** With the recent COVID-19 pandemic, I have stopped going to the health club, and I have gained the “COVID-19 pounds.” Would running be a good way to lose this weight? I have heard that running is hard on the joints.

**ANSWER:** As the COVID-19 pandemic has continued, it has created some unique situations for people in terms of weight gain and loss, and with respect to finding and embracing new exercise opportunities. Everyone’s situation is different. So, while running is a good form of cardiovascular activity, deciding if it is a good choice for you depends on a few factors.

To best answer your question, it’s important to ask yourself a few questions. Although we may have all been born to run, running is not for everyone. The most obvious question is: Do you like to run? But you also should consider your readiness to run. Factors that influence your readiness to run include:

- **Age, weight and body mass index.** Your general health and fitness level. Are you in otherwise good shape minus the extra pounds? Have you been working out at all in the past few months? Are there any other medical conditions that limit your fitness?

- **Running history.** If you are a novice, your rate and distance will be different than someone who has previously run distance events, for instance.

- **Cardiovascular and musculoskeletal health.** Do you have any existing heart issues or concerns? Do you have arthritis or a history of sprains or breaks? You should consult with your health care provider and physical therapist if you have cardiovascular and/or musculoskeletal health issues. If you have severe arthritis or artificial joints, there are safer ways to burn calories without overstressing your joints.

Running is one of the simplest natu-

ral exercises available to us. All we have to do is step into our sneakers and go outside. It is a great way to burn calories. However, running will help with weight loss only if it is a sustainable program—meaning weeks and months.

For every mile run, the average person will burn approximately 100 calories. The good news is that if you are not ready to run, you may start off with walking, which burns about the same amount of calories. If, over a week’s time, you walk or run 35 miles, you would lose 1 pound per week. This is if you do not increase your caloric intake.

It also is important to make changes gradually, so your body has time to adapt. For instance, if you have never run before, you don’t want lace up your sneakers and head out for 10 miles on your first day or even your first week. Your body will not respond favorably. Our tendons, ligaments, bones, joints, cartilage, vertebrae and discs can all adapt and become stronger if we do not ask them to do too much too early.

My recommendation is that if you are new to running, start off with walking, then progress to bouts of walk/running, and gradually increase your running intervals until you can run continuously without pain. Studies show significant benefits from interval aerobic exercise.

A simple way to make sure that you are not over stressing your cardiovascular or musculoskeletal systems is called the talk test. You should aim to run hard enough that you feel that you are working somewhat hard but not so hard that you can’t have a conversation.

I also recommend that novice runners not join up with faster, more experienced athletes right away. Two things can happen if you run too fast too soon. First, you are likely to get injured. And second, when you run too fast, your body chooses to burn carbohydrates

in preference to fat. Running hard too often will result in excessive release of stress hormones, such as cortisol, which can inhibit the thyroid and cause weight gain.

Slow and steady is ideal, as easy running will cause a number of favorable adaptations, such as increased size and number of mitochondria (fat burning engines), and capillary density in your muscles. Your body also will recover much more quickly from slow, steady runs.

One way to determine your ideal run rate is to do a quick calculation of your maximum aerobic heart rate. If you are in good health, subtract your age from 180. The resulting number is your target heart rate. When you run, you will burn more fat if you can keep your heart rate below this target number.

When you are just starting to run or walk/run, it is good to start with three or four days per week. On other days, consider cross training exercises, such as stretching, yoga, swimming, weight training, cycling or skating. These forms of exercise will help you improve fitness and burn calories with less sudden stress on your musculoskeletal system.

If you focus too much on just running as a new runner, you are at higher risk of exceeding your tissues’ capacity to adapt, which all too often results in an injury. It is important to be aware of your body and any warning signs of injury.

Forces going through the legs while running can be up to 12 times your body weight. Running within incorrect form or with too much weight can easily result in running injuries. Some studies indicate that as many as 80%

of runners experience a running injury every year. Beginners are at a higher risk than seasoned runners of developing injuries. If you have had a running injury in the past, you are at greater risk of running injuries.

Many runners will feel various levels of pain or discomfort and take ibuprofen or other nonsteroidal anti-inflammatory drugs before running would discourage this. If you experience some minor pain that eventually improves as you run, go cautiously. Perhaps try stretching or warming up longer before you run.

If you experience pain while running that continues to worsen as you run, it is best to stop. If you experience pain that worsens after you have completed your run, when you sleep or is accompanied by swelling, it is also ideal to limit running until you’ve had a conversation with a health care professional.

Running is a good addition to your overall strategy for weight loss, but it is important to incorporate lifestyle changes, as well. If you listen to your body and run smartly, you can reap a lifetime of benefits, including weight maintenance, improved cardiovascular function, a stronger musculoskeletal system and improved mental health. -- Jeff Carson, D.P.T., Physical Therapy, Mayo Clinic, Jacksonville, Florida

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

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## HEALTH &amp; WELLNESS

# The importance of primary care

By Autumn Bishop

LMH Health

Millennials—people born between 1981 and 1996—make up the largest adult generation in the United States, but there's mounting evidence that they want their healthcare delivered in different ways than before. "The Health of Millennials," a 2019 study



by Blue Cross Blue Shield, found that only 68% of millennials have a primary care provider, compared to 91% of adults in Generation X.

## What is a primary care provider?

A primary care provider (also known as a PCP) is a medical professional who helps you to manage your health. PCPs are trained to provide comprehensive care when you're sick or injured and to help prevent, diagnose and treat illnesses. They're typically the first healthcare provider you turn to for:

- Annual checkups
- Routine health screenings
- Immunizations
- Treating common illnesses
- Managing long-term or chronic conditions
- Referrals to a medical specialist

Dr. Deborah Anderson, a primary care provider with Total Family Care, said that while some people may visit only when they're sick, seeing a primary care provider for routine, preventative care is vital for your health.

"Think of it like a car. You can take your car to the mechanic when it's broken down or you can make sure to have the routine maintenance done to keep it running in top shape. I'm like

your mechanic. While I'm happy to see you when you're sick, I prefer to keep up with the maintenance," she said.

Many conditions need monitoring and management, including high blood pressure and diabetes. Primary care providers have the inside track and can help you manage them.

"We're lucky in the U.S. that we've got the capacity to have primary care providers. Turn to us for help. We can be your advocate and help you navigate the complexities of the healthcare system."

## Choosing the right provider

Many types of healthcare providers offer primary care, though different specialists are trained to see certain types of patients.

- Family medicine providers see patients of all ages, from birth to old age
- Pediatricians care for patients from birth to age 21
- Internal medicine providers care for patients age 16 or 17 and older
- OB-GYN providers care for female patients from puberty through menopause and beyond

Dr. Chelsea Willis, a primary care provider at Family Medicine of Tonganoxie, said it's important to consider a variety of factors in addition to a provider's specialty.

"When you're looking for a primary care provider, a lot of people have a gender preference and may prefer a female instead of a male. Others may prefer to visit an osteopath (DO) if they have musculoskeletal issues and need someone who performs manipulation in addition to their care," she said.

Personality preference is also a factor to take into consideration. Do you want a straightforward provider or someone who is more conversational?

"Go to the clinic or the hospital website for more information about a pro-

vider you're considering. Read their biography and learn about their education," Dr. Willis said. "If you're looking for someone with LMH Health, you can watch their video to learn more about what we do."

Dr. Anderson said your friends can be the key to finding a provider you can trust.

"You can find a provider the same way you find a new hairdresser—ask your friends. If they get great care and love their doctor, listen to who is going where. You might not get the hairdresser you thought you wanted, but you can get an even better one," she said.

## What can I expect at my first visit?

You may be apprehensive the first time you meet with a new primary care provider, but there's no need to be. Dr. Anderson said the visit gives both you and the provider the opportunity to get to know each other.

When you're looking for a new primary care provider, turn to LMH Health. The providers at our family and internal medicine clinics in Lawrence, Baldwin City, Eudora, McLouth and Tonganoxie would love to join you on your health journey. Visit [lmh.org/primarycare](http://lmh.org/primarycare) to learn more about our providers and find a clinic near you.

"Your visit will be thorough and I'll be detailed," she said. "The more information you provide me, the better. I want to know your history, your medication list and the last time you had anything done. You won't offend me with too much information. I always want more."

Dr. Willis shared that bringing a list of the things you'd like to address is important, but keep in mind that your appointment is time-limited.

Pick your top three priorities so that you've got an agenda and make sure to take notes.

"People only remember about 20% of what we say, so keeping notes is super helpful. It's also sometimes helpful to bring a family member so they can hear what's being shared," she said.

## Healthcare delivered differently

As the landscape of healthcare con-

■ CONTINUED ON PAGE 13



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# Primary care

■ CONTINUED FROM PAGE 12

tinues to change, the ways in which it's delivered also evolves. Blue Cross Blue Shield found that millennials are almost twice as likely as baby boomers to use urgent care and retail clinics.

"People that choose not to have a primary care provider don't know what they're missing. They go to urgent care or even the emergency department when something is desperately broken. For a lot of people, that's their primary care," Dr. Anderson said.

On-demand telehealth visits are also an increasingly popular solution not only for millennials, but also for those with busy schedules and commitments that don't allow them to escape for an hour.

"All of the family medicine providers at LMH Health provide telehealth visits. It's a simple solution and provides the convenience of seeing your doctor from the comfort of your home or office," said Dr. Willis.

Millennials are also more likely to self-refer to a specialist than other generations.

"People tend to have a lot of confidence triaging themselves," Dr. Willis said. "They have a problem and see a specialist, but they may not see the right specialist for their issue. You're risking wasting time, money and not getting the care you need."

## Should I visit the Emergency Department?

If you're having breathing problems, chest pain, broken bones sticking out of your body or stroke symptoms, head straight to the Emergency Department. Don't pass go, don't collect \$200.

"With any kind of acute pain, we

should all have that instinct. For any kind of acute pain, if it's an 8 out of 10 you're thinking about going to the ED. If it's a 9, you're on the way and if it's a 10 you're already there," Dr. Anderson remarked.

But if you're not sure what to do, Dr. Willis shared that you can contact your primary care provider for advice—even if it's after hours. You're not wrong to call.

"We have an on-call physician available 24/7. If you aren't sure if you should go to urgent care or the ED, it doesn't hurt to call ahead to see if you're doing the right thing," she said.

Dr. Anderson agreed and said that it's important to make yourself a priority.

No one will judge you for that.

"When you have questions, just ask. It's hard wired within us to provide comprehensive, personalized care for you. We always try to do the right thing for you no matter what," she said.

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



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## FINANCIAL FOCUS

# Can you afford the years beyond your 'healthspan'?

We're all interested in the topic of lifespan. *What's the average lifespan of men and women? What factors influence lifespan? What can I expect for my own lifespan?* Yet, you may also want to think about your healthspan—that is, how long you will live in generally good health. How should you factor in your potential healthspan when creating your financial strategies?



Derek  
Osborn

To begin with, you'll want to be aware of the gap between lifespan and healthspan. Consider this: The average healthy life expectancy in the U.S. is only 68.5 years, according to World Bank data cited in the 2020 Edward Jones/*Age Wave Four Pillars of the New Retirement* study. This means that, on average, Americans can expect to spend about 10 years in poor health, which, unfortunately, is more than in most other developed countries.

Of course, everyone's situation is unique, and many variables are involved in the lifespan/healthspan comparison: differences in projected longevity

between women and men, family health histories, environmental factors, and so on. And there are certainly plenty of people whose healthspans essentially match their lifespans—that is, they enjoy healthy, busy lives right up until the end. Yet, even the possibility that you could face a decade or more of less-than-ideal health in your retirement years should be cause for concern. The health issue, by itself, is already worrisome, but the accompanying threat to financial independence is also on people's minds. In fact, 72% of retirees say one of their biggest fears is becoming a burden on their families, according to the Four Pillars study.

So, given these concerns, here are a few moves to consider, possibly with the help of a financial professional:

- **Investigate long-term care protection.** The costs of an extended nursing home stay can be exorbitant, and the services of a home health care aide are far from inexpensive, too. And retirees know it: Their greatest financial worry is paying for health care costs, including the cost of long-term care, again according to the Four Pillars study. Consequently, you may want to explore some type of long-term care protection—and the younger you are when you purchase this protection, the more affordable it tends to be.

- **Evaluate your investment mix.**

Even with Medicare and Medicare supplement plans, you will likely face significant out-of-pocket health care costs during your retirement years. To help pay these bills, you will need sufficient liquidity in your financial accounts. So, you may need to evaluate, and possibly adjust, your investment mix to make sure you've got adequate funds in liquid, low-risk vehicles. These types of securities won't offer much in terms of growth potential, but they do provide more stability of principal. You won't want to abandon all growth-oriented vehicles, though—even in retirement, you need to stay ahead of inflation.

- **Create a sustainable withdrawal rate.** To help address your healthspan funding concerns, you'll also need to ensure you're not taking out too much money from your investment portfolio each year, especially during your first few years of retirement.

If you could see into the future, you'd know exactly where your lifespan intersected with your healthspan. But since this certainty is unattainable, you'll want to be prepared for whatever

comes your way.

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

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## JILL ON MONEY

# Will inflation kill the recovery?

This spring, I wrote about how consumers and investors alike should prepare for inflation and then two months later, I wondered whether high prices would persist. So far, the answer to that question is a resounding, “at least for a while!”



Jill  
Schlesinger

The Consumer Price Index (CPI), which measures what people pay for goods and services, soared by 5.4% in June from a year ago, the strongest annual pace since August 2008, when crude oil spiked above \$100/barrel. The core CPI, which strips out the volatile food and energy components, rocketed up by 4.5% from a year ago, a 30-year high.

While these numbers are eye-popping, Federal Reserve Chair Jerome Powell does not seem particularly stressed out. In his recent testimony before Congress, he told lawmakers that inflation “has been higher than we’ve expected and a little bit more persistent,” but he also reiterated that the gang at the central bank believe that much of the price surge is due to “transitory” factors.

One argument for a chunk of the price

increase being temporary is that the current inflation data compare where we are today with the depressed numbers from the pandemic last year, when the economy shut down and prices plunged. But Econ 101 laws of supply and demand are also playing a role in rising prices. Powell noted that the economy has run headfirst into a “perfect storm of high demand and low supply.”

He’s right, of course, because as the economy has reopened from the COVID-shutdown, consumer demand is red-hot. With \$2 trillion in excess savings, we have collectively ditched our paper towel and disinfectant spending and replaced it with all those fun things that we couldn’t do for 16 months, like dining in restaurants, visiting salons, and traveling. The big question, according to Capital Economics, “is whether the prices of things like hotel rooms and airfares simply return to pre-pandemic levels or, as we’ve seen with car rentals, whether pent-up demand will cause a temporary overshoot?”

Economists concede that supply chain issues could remain with us longer than they thought earlier this year. Two examples are lumber futures, which have fallen by nearly 70% from the pandemic peak of over \$1,700, but remain well-above pre-pandemic levels, and semiconductors, where a global shortage persists. The latter has caused motor vehicle production to stall, and as a result, has prompted

would-be buyers to scorch the earth to find a used car or truck for their summer getaways. Used vehicle prices are now a whopping 40% above the pre-pandemic levels.

Adding to the inflationary pressure are wages, which are rising. In a rare, Onion-esque sarcastic headline, the left-leaning Economic Policy Institute wrote, “Newsflash: Higher pay attracts workers.” While some companies can absorb higher employee costs, others are passing them along to consumers, which Economist Diane Swonk of Grant Thornton believes could mean that “Some of the inflation we are experiencing could linger.”

Even if monthly inflation were to slow from here, price pressures could persist into the end of this year, which could force the Federal Reserve to act sooner, rather than later. The consen-

sus view among investors is that the central bank will begin reducing bond purchases as soon as the fourth quarter. However, if inflation is sticky, there will be mounting pressure for officials to act more aggressively, by raising interest rates, which could dampen economic growth. While a rise in rates is unlikely to cause a recession, higher rates could shave growth to around 6.5% or less this year (after contracting by 3.5% in 2020), which would be lower than earlier estimates of more than 7%.

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

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# SENIOR CALENDAR

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

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

## ARTS & CRAFTS

SEP 12

### FALL ARTS & CRAFTS FESTIVAL

42nd Annual 2021 Fall Arts & Crafts Festival. South Park, 1141 Massachusetts St. Lawrence, Kansas Open to the public from 10 a.m. to 5 p.m. Admission is free.  
LAWRENCE

SEP 18 & 19

### ANNUAL ART IN THE PARK 2021

Art in the Park is a Lawrence Art Guild event. Since 1964 this event has featured high quality work by many area artists and craftspeople and a projected 20,000 visitors. \$1,500 in cash awards will be given, live music (keeping in mind noise levels to not detract from the artwork) and food vendors on Massachusetts St. South Park, 12th & Massachusetts, Saturday 10 a.m. to 6 p.m. and Sunday, 10 a.m. to 5 p.m.  
LAWRENCE

FIRST FRIDAY OF THE MONTH

### ARTSCONNECT FIRST FRIDAY ARTWALK

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

LAST FRIDAY OF THE MONTH

### FINAL FRIDAYS

Final Fridays is a celebration of the arts that includes special exhibits, performances and demonstrations in Downtown Lawrence on the Final Friday of the month. See website for participating locations.  
LAWRENCE, 785-842-3883  
[unmistakablylawrence.com](http://unmistakablylawrence.com)

## EDUCATION

SEP 2

### COMPUTERIZED GENEALOGY - VIRTUAL ZOOM CLASS

Get started in genealogy and learn how to build

your family tree online. Register to receive the Zoom link. Topeka and Shawnee County Public Library, 10 a.m.  
TOPEKA, 785-580-4400  
<https://events.tsycl.org/events>

SEP 9

### COMPUTERIZED GENEALOGY 2

Learn how to find online resources to build your family tree with your FamilySearch.org account. Register to receive the Zoom link. Topeka and Shawnee County Public Library, 10 a.m.  
TOPEKA, 785-580-4400  
<https://events.tsycl.org/events>

SEP 13

### NEW TO MEDICARE - ADVICE FOR THOSE ABOUT TO TURN 65

Jayhawk Area Agency on Aging staff will explain the basics of Medicare. Topeka and Shawnee County Public Library, 1515 S.W. 10th Ave., Marvin Auditorium 101C, 6 p.m.  
TOPEKA, 785-580-4400  
<https://events.tsycl.org/events>

OCT 4

### NEW TO MEDICARE - ADVICE FOR THOSE ABOUT TO TURN 65

Jayhawk Area Agency on Aging staff will explain the basics of Medicare. Topeka and Shawnee County Public Library, 1515 S.W. 10th Ave., Learning Center, 1 p.m.  
TOPEKA, 785-580-4400  
<https://events.tsycl.org/events>

## ENTERTAINMENT

SEP 10

### STORY SLAM | ON THE ROAD AGAIN

Stories told live, MOTH-style, with a new theme each month. Never the same story, or evening, twice. Live music and social hour starting at 7 p.m. — slam starts at 7:30 p.m. Adults, 18+ only. Also available virtually. Lawrence Arts Center, 940 New Hampshire. Free (Encouraged donation \$10).  
LAWRENCE, 785-843-2787  
[lawrenceartscenter.org/event/story-slam-on-the-road-again](http://lawrenceartscenter.org/event/story-slam-on-the-road-again)

SEP 25

### AMERICA—50TH ANNIVERSARY TOUR

The year 2020 marks the 50th Anniversary of perennial, classic rock favorite America. Founding members, Gerry Beckley and Dewey Bunnell, along with former bandmate Dan Peek, met in high school in London during the late 1960s and quickly harmonized their way to the top of the charts with their signature song, "A Horse with No Name." Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee.  
LAWRENCE, 785-864-2787  
[lied.ku.edu/calendar](http://lied.ku.edu/calendar)

OCT 1

### STORY SLAM | GHOSTS

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ing at 7 p.m. — slam starts at 7:30 p.m. Adults, 18+ only. Also available virtually. Lawrence Arts Center, 940 New Hampshire. Free (Encouraged donation \$10).

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## EXHIBITS & SHOWS

MAY 1-OCT 30

### REMEMBERING RICHLAND

Richland, now extinct, served as an economic and social hub for rural families in the Wakarusa Valley as early as the 1870s. The U.S. Corps of Engineers began purchasing Richland property in 1967 for the Clinton Lake masterplan. The final two families vacated their homes in the fall of 1974. All remaining buildings were subsequently bulldozed. The exhibit's objective is threefold: to convey Richland's historical importance to the region; spotlight longtime resident Dr. Weed Tibbitts (medical doctor, veterinarian and dentist); and honor memories of former residents by justly representing their voice through quotes gathered via oral histories. Wakarusa River Valley Heritage Museum, 716 N. 1190 Rd. Saturdays, 1-5 p.m.  
LAWRENCE, 785-783-4420  
[wakarusamuseum.org](http://wakarusamuseum.org)

JUN 11-OCT 15

### FEELS LIKE FAMILY: LAWRENCE'S EARLY MEXICAN RESTAURANTS

In his 52 years of life, Chico Garcia created family-run businesses that anticipated Lawrence's growth as a city and community. Garcia and his family operated four restaurants, catered the concession stands at KU basketball and football home games, made lunches for Lawrence school students, created landscaping and cleaning companies, and fostered community appreciation for Mexican food and traditions through the annual Mexican fiesta now held at St. John's Catholic Church. The Garcia family's businesses were part of a transition many Mexican American families in Lawrence made in the mid-20th century. Learn more in this fascinating and unique exhibit. Watkins Museum of History, third floor, 1047 Massachusetts St. Free.  
LAWRENCE, 785-841-4109

SEP 3—NOV 21

### LA COMUNIDAD - A COMMUNITY ART EXHIBIT

Community is bigger than geography or family, it's about a shared experience—the shared experience of La Comunidad (The Community). From visual to performing arts, murals, paintings, sculpture, dance, music, costumes and lowrider cars, Latino artists in Topeka are flourishing. By mixing cultural traditions with contemporary stories, this group of artists showcases a selection of the depth of talent and vision in the community. Topeka & Shawnee County Public Library, 1515 S.W. 10th Avenue. Free.  
TOPEKA, 785-580-4400

SEP 4—NOV 6

### ENCOUNTERING JOHN BROWN

A major new exhibit about the radical abolitionist, his fight to end slavery, and the people he

met along the way. Watkins Museum of History, 1047 Massachusetts St. Fee.

LAWRENCE, 785-841-4109

[watkinsmuseum.org/encountering](http://watkinsmuseum.org/encountering)

SEP 12

### WHEELS AND DREAMS CAR, TRUCK & BIKE SHOW

300+ antique cars and hot rods plus thousands of spectators descend on Shawnee. Shawnee Town 1929, 11501 W. 57th St., 1-4 p.m. Free.  
SHAWNEE, 913-248-2360

## FAIRS & FESTIVALS

SEP 4-OCT 17

### KANSAS CITY RENAISSANCE FESTIVAL

Open Weekends Plus Labor Day. The Kansas City Renaissance Festival began its journey in September of 1977 as a benefit for the Kansas City Art Institute. Since then, the Kansas City Renaissance Festival has grown to be one of the largest Renaissance Festivals in the United States, with an annual attendance of 200,000. 633 N 130th St., 10 a.m.-7 p.m. (10 a.m.-5 p.m. Oct. 11). Rain or shine. Free parking. Entrance fee.  
BONNER SPRINGS, 913-721-2110  
[kcrenfest.com](http://kcrenfest.com)

SEP 11

### TFI BLUES BREWS & BITES FESTIVAL

Featuring live bands, adult beverages, fantastic food, and lots of fun in the beautiful outdoor atmosphere of Ward Meade Park. This year there is a New Orleans twist with Zydeco bands and Cajun food! Proceeds benefit the TFI KIDS FUND supporting Kansas children in foster care to improve their quality of life. Old Prairie Town at Ward-Meade Historic Site, 124 N.W. Fillmore St., 2-10 p.m. Fee.  
TOPEKA, 785-213-6161  
[tffamily.org/events/#KansasEvents](http://tffamily.org/events/#KansasEvents)

SEP 11

### LENEXA SPINACH FESTIVAL

Experience the World's Largest Spinach Salad, learn about our history, let your kids enjoy a variety of children's activities or submit your favorite dish to our recipe contest—there's plenty to do for everyone in the family. Sar-Ko-Par Trails Park 87th Street & Lackman Road, 9 a.m.-4 p.m. Free.  
LENEXA, 913-477-7100

SEP 18

### FRIENDS OF SHAWNEE TOWN CRAFT FAIR & FALL FESTIVAL

Shawnee Town 1929 hosts a full-on Craft Fair! Come for locally made goods and classic food made by 130+ vendors. Shawnee Town 1929, 11501 W. 57th Street, 9 a.m.-4 p.m. Fee.  
SHAWNEE, 913-631-5200

SEP 24-26

### LAWRENCE BUSKER FESTIVAL

We are ON for 2021! Come join us as we celebrate the comeback with our roster of street performers from all over the world. Magicians, jugglers, musicians, acrobats and more will be performing for three days in historic downtown Lawrence. It's a full on festival with food, liba-



■ CONTINUED FROM PAGE 16

tions and fun around every corner. Presented By Free State Beer. 12-11 p.m. LAWRENCE, 913-634-1711 lawrencebuskerfest.com

SEP 25 & 26

**FALL FESTIVAL AND SWAP MEET**

We will be making Apple Cider, Apple Butter, and Sorghum each day. Tour Cottonwood Station, our reproduction living history of an early day Kansas town. We will be sawing lumber at the saw mill and grinding grain in the flour mill each day. Our blacksmith will be hard at work in the Blacksmith Shop. Buy, sell, or trade at the Flea Market. Stop by the General Store and attend church on Sunday in the Bloomfield Church. We will have garden tractor pulls each day and a barn dance with live music on Saturday night. Meriden Antique Engine and Threshers Association, 8275 K-4 Hwy, 8 a.m.-11 p.m. Fee.

MERIDEN, 785-633-9706

OCT 1

**GRAND SLAM BEER, WINE & SPIRITS FEST**

Kansas breweries, wineries, and distilleries will be in Gardner for the Grand Slam Craft Beer, Wine & Spirits Fest. This is a ticketed event for adults over the age of 21. Participants will receive a commemorative sample glass and a program description of all beverages onsite with a map of participating vendors so you can easily locate your favorites. You will receive these items and your tickets to redeem for samples at the gate the day of the event. Free appetizer tents will be provided. Celebration Park, 32501 W. 159th St., 7-10 p.m. Fee.

GARDNER, 913-856-0936

https://tinyurl.com/4dn2ybz2

**FARMERS' MARKETS**

APR 10-NOV 20

**DOWNTOWN LAWRENCE FARMERS' MARKET (SATURDAYS)**

As Kansas' oldest and largest producer market,

the Lawrence Farmers' Market offers a festive, bustling atmosphere with the freshest, healthiest food grown within 50 miles of Lawrence. With more than 80 growers, ranchers, bakers, and fine craftspeople, the Lawrence Farmers' Market is the place to go for the freshest and finest quality produce, meat, wine, flowers, plants and baked goods. Saturday Market every Saturday from 7:30-11:30 a.m. at 824 New Hampshire Street. LAWRENCE, lawrencefarmersmarket.org

MAY 1-OCT 30

**BONNER SPRINGS FARMERS' MARKET**

The Bonner Springs Farmers Market has been formed to provide locally grown, fresh foods, farm products and local producer value-added products to the citizens of Wyandotte County and surrounding areas, and to encourage commerce, entertainment and trade in downtown Bonner Springs. Saturdays, Saturday: 8 a.m.-12 p.m.

BONNER SPRINGS, 913-441-2665.

MAY 4-OCT 26

**TUESDAY EVENING MARKET**

1141 Massachusetts Street (NW Corner of South Park), 4-6 p.m.

LAWRENCE, lawrencefarmersmarket.org

MAY 10-OCT 4 (MONDAYS)

**MONDAY FARMERS' MARKET**

Library parking lot, 10th and Washburn. Closed May 31 (Memorial Day) and September 6 (Labor Day), 7:30-11:30 a.m.

TOPEKA

JUN-OCT

**EUDORA FARMERS' MARKET**

The Eudora Farmers Market is a small local market, with all the selections of the larger markets. Our vendors/producers are all local with a great selection of locally grown fruits, vegetables, fresh eggs, farm raised meats, honey and wonderful homemade fudge and bake goods. Food Truck vendors are at the market every other Tuesday. Senior Farmers' Market Nutrition Program vouchers accepted. Tuesdays, Gene's Heartland Foods Parking Lot, 14th & Church, 4-6:30 p.m.

EUDORA

**HEALTH & FITNESS**

SEP 4, 11, 18, 25, OCT 2

**VIRTUAL CHAIR YOGA**

Chair yoga is designed for everyone to develop strength and stability targeting hips, low back, glutes and quads. Registration required. Click the event name to get Zoom link. Topeka and Shawnee County Public Library, 10 a.m.

TOPEKA, 785-580-4400

https://events.tsclp.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

THIRD FRIDAY OF THE MONTH

**CAREGIVER SUPPORT GROUP**

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

TOPEKA, 785-235-1367

**MISCELLANEOUS**

SEP 11

**HOE-DOWN**

Entertainment: "Heartstrings," Joe Kampsen-Keyboards, Infinity Dancers, children's games, and door prizes. Fun for whole family. Free hotdogs, chips, soda, cookies, and popcorn.

Kansas Avenue UMC, 1029 N, Kansas, on the

church lawn, 4-6:30 pm; Please bring your own lawn chairs.

TOPEKA, 785-266-2166

SEP 14

**LAWRENCE AREA PARTNERS IN AGING SENIOR RESOURCE FAIR**

**NOTE: THIS EVENT HAS BEEN CANCELLED.** 16th annual. Freebies, handouts, brochures, drawings, and more. Free. Sports Pavilion at Rock Chalk Park, 10 a.m.-2 p.m. LAWRENCE, 785-766-9022

SEP 18

**BLARNEY BREAKFAST**

Rise and shine for Blarney Breakfast, an all you can eat breakfast buffet. Enjoy a tasty breakfast, Blind Tiger brews, entertainment, and more all while celebrity servers get their Irish on for a great cause. Don't leave their tip jars half full—all proceeds benefit your friends with disabilities served at Capper Foundation. Blind Tiger Brewery & Restaurant, 417 S.W. 37th St., 7-10 a.m. Fee.

TOPEKA, 785-272-4060

capper.org/blarney-breakfast-2021-halfway-to-paddys-day

**TOURS**

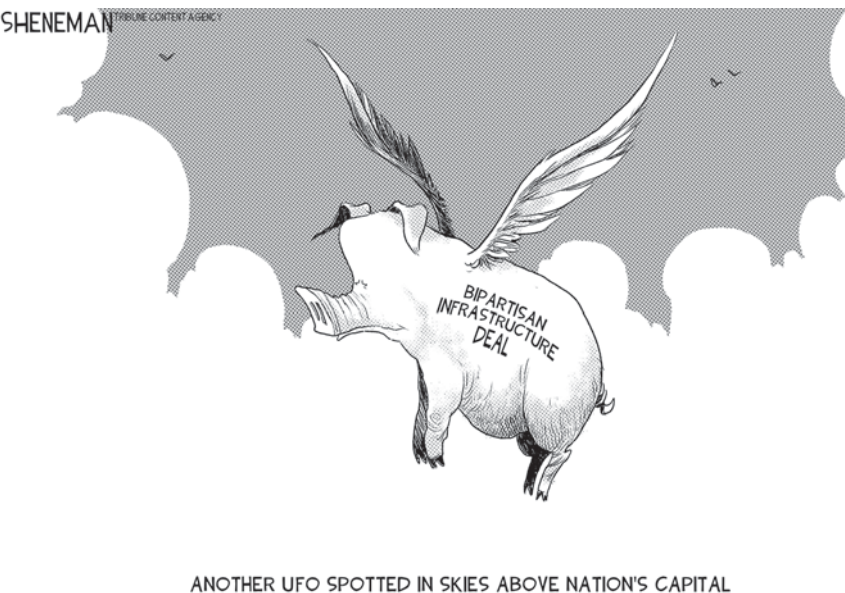
OCT 2 & 3

**17TH ANNUAL KAW VALLEY FARM TOUR**

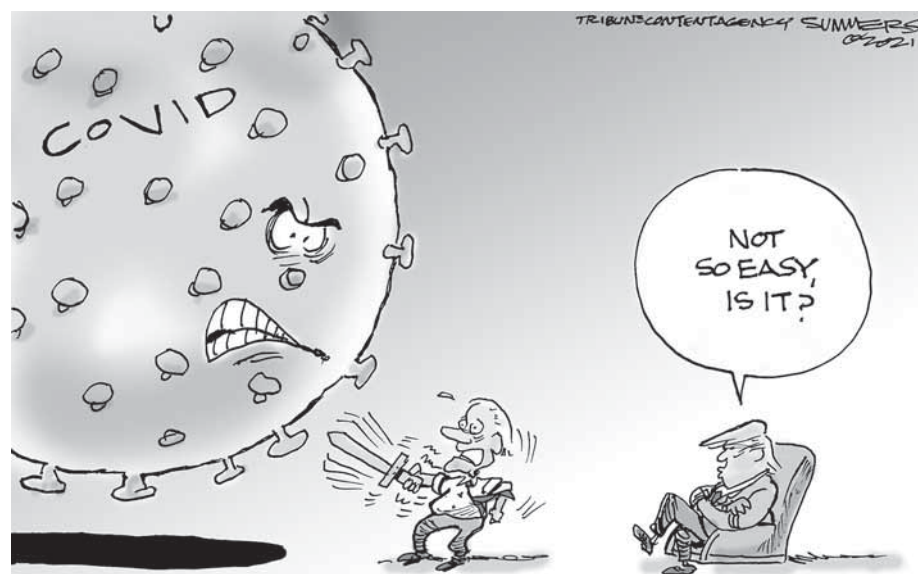
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LAWRENCE, 785-979-8142

kawvalleyfarmtour.org



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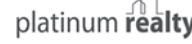


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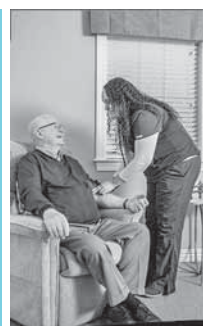
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## INTERPERSONAL EDGE

# Have a complex problem? Try time traveling

By Dr. Daneen Skube

Tribune Content Agency

**Q:** My job has become increasingly difficult with complex problems every day. Do you offer clients any tools or processes to fast track problem solving?

**A:** Yes the best way to get express lane problem solving is start at the end of the problem.

We often start problem solving at the beginning and then get stuck in the middle with the obstacles. The brilliance of starting at the end and working backward is it's far easier to go backward to your present moment than forward from the problem.

Think of this as an episode of, "Back to the Future," in a workplace version of the popular movie. If you use your imagination to time travel into your optimal future you can then look backward at how you arrived.

When problems first present themselves we often focus on all the ways the problem is impossible to solve. As we stare at the obstacles our imagination is sidelined and it becomes difficult to think of solutions.

We can create solutions once we clearly identify the exact outcome we seek. By starting with our desired outcome we avoid analysis paralysis. The more we stare at obstacles the more impossible answers may seem.

When you use your imagination you leap over obstacles and focus on your end goal. You'll see where you want to end up and be able to backtrack to your present moment with the path to an answer.

Even in meetings groups become stuck venting about a problem, obsessing about everything tried and failed, or despairing of ideas. This fog of despondence can obscure the possibilities that sit just out of reach.

The express lane to solutions also allows us to effectively prioritize. While we stare at a problem we see a horizontal line with lots of possible steps but no clear order. When we focus on the desired outcome steps we need to take line up vertically and you will see what to do first.

Consider the problem of needing a new employee. Scanning applicants based on education, experience or enthusiasm takes a long time. Instead you could imagine the perfect candidate. What is he or she doing? What makes him or her stand out? How is this new employee making your job easier? Notice how much faster this makes your screening.

My clients sometimes say they feel like they are "cheating" when they time travel. Our executive coaching sessions are easy once my clients define where they want go. Microsoft has the slogan,

"Where do you want to go today?" My slogan is, "Here's a road map to reach the vision you now know is where you want to go!"

Many of us have good intentions to solve the problems our employers pay us to solve. However, the pace of change and novelty of problems we face can discourage even the best employee. By time traveling to the future you leap frog over staring at the problem and bring all your attention into how you arrive at a moment you have already seen.

Now when you live your way into the answer you may even feel a sense of "deja vu," since you already saw this solution. Once you start the express lane technique for solutions you'll look at every problem as an opportunity to time travel. Happy trails on your new voyages to solutions!

**Q:** When I see a problem is there really a problem with just explaining why what people are doing is stupid? Why should I have to work hard to communicate when other people are doing dumb things?

**A:** Yes, there's a problem because

once other people feel ashamed they will fight you to the death to be right and the victim will be your effectiveness. Working hard to communicate skillfully means you get good results even when other people are not engaging their brains.

- Daneen Skube, Ph.D., executive coach, trainer, therapist and speaker, also appears as the FOX Channel's "Workplace Guru" each Monday morning. She's the author of "Interpersonal Edge: Breakthrough Tools for Talking to Anyone, Anywhere, About Anything" (Hay House, 2006). You can contact Dr. Skube at [www.interpersonaledge.com](http://www.interpersonaledge.com) or 1420 NW Gilman Blvd., #2845, Issaquah, WA 98027. Sorry, no personal replies.

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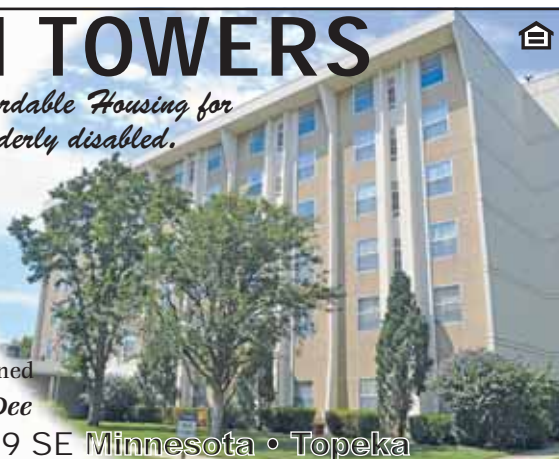
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## AMERICA'S TEST KITCHEN

# This fruity dessert is sure to turn you into a cobbler gobbler

By America's Test Kitchen

Tribune Content Agency

The secret to our cobbler is that we bake the berry filling before topping the cobbler with the biscuit dough. Then we bake it again to get our fluffy, flaky biscuits. This works so well because if the berry filling is hot when the biscuit dough is put on top, it helps cook the biscuits from the bottom while the heat from the oven cooks the top.

### BLUEBERRY COBBLER

Serves 8

For the filling:

1 tablespoon cornstarch  
1 1/2 teaspoons grated lemon zest  
plus 1 tablespoon juice, divided  
Pinch salt

3/4 cup sugar  
6 cups blueberries  
For the biscuit topping:  
1 1/2 cups all-purpose flour  
1 1/2 teaspoons baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1 tablespoon sugar  
3/4 cup buttermilk  
6 tablespoons unsalted butter, melted

For the filling:

1. Adjust oven rack to the middle position and heat oven to 375 degrees. Line a rimmed baking sheet with parchment paper.

2. In a large bowl, stir together corn-

starch, lemon zest, pinch of salt and 3/4 cup sugar. Add blueberries and lemon juice and gently toss to coat. Transfer mixture to an 8 inch square baking dish. Place baking dish on parchment-lined baking sheet. Place baking sheet in oven. Bake until the filling is hot and starting to bubble around the edges, about 25 minutes.

For the biscuit topping:

1. While the filling bakes, in a second large bowl, whisk together flour, baking powder, baking soda, 1/2 teaspoon salt and 1 tablespoon sugar. In a liquid measuring cup, use a fork to stir buttermilk and melted butter until butter forms small clumps.

To finish the cobbler:

1. When the filling is ready, remove the baking sheet from the oven and place it on a cooling rack. Increase oven temperature to 475 degrees and let the filling cool for 10 minutes.

2. Add buttermilk mixture to bowl with flour mixture. Stir until just combined.

3. Spray inside of a 1/4-cup dry measuring cup with vegetable oil spray. Use greased measuring cup to scoop batter: Drop scoops of dough evenly onto warm berry filling to make 9 biscuits. Return baking dish (still on baking sheet) to the oven. Bake until biscuits are golden brown, and a toothpick inserted in the center of a biscuit comes out clean, 12 to 14 minutes.

4. Place baking sheet on a cooling rack. Let the cobbler cool for at least

CATRINE KELTY PHOTO



This tasty treat features sweet, tart blueberries and a flaky biscuit topping.

30 minutes before serving.

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## Restaurant Guide

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## HUMOR HOTEL

# Finding good health through the honor system

By Greg Schwem

Tribune Content Agency

I strolled into the small, empty health improvement store one humid Tuesday morning seeking a CBD-infused topical lotion for my aching back. “Strolled” is probably an overstatement; “gingerly crept” is more accurate. Back pain has that affect.

Music from the thrash metal group Pantera greeted me as I passed shelves carrying products with in-your-face names like BULK, LEGDAY and EXTREME MASS. Purchasing something called Axton Premium Hemp CBD Pain Cream seemed laughable by comparison. Still, I found the product and headed to the counter, expecting to see an employee emerge from the back. Instead, I saw a pen and the following instructions:

“Please take product as needed and fill out the product sign out sheet. If possible, take a photo of the product taken.”

Seriously? I looked around. Was I a contestant on one of those “caught in the act” or “what would you do?” reality shows? We live in a society where we eye everyone with suspicion, carry guns (which some, sadly, use to solve petty disputes), and hide in homes protected by state-of-the-art security systems. Yet I, a new customer, was being entrusted to text my order and pay for

it later.

Exactly the way Neves Nutrition owner Dion DeLude thinks business should be done.

“I believe in the old-school, handshake method,” said DeLude, 52, who opened Neves Nutrition in sleepy Lemont, Illinois, three years ago and has amassed a stream of loyal customers who enter the unlocked store at all hours, help themselves to whatever they want if DeLude is not around and settle up via emails and texts.

Some even use the store as a gym; DeLude has free weights—free to use, not to take—and a fitness machine on-site. High school athletes drop by for yoga classes and personal training sessions. DeLude extends credit lines to kids who are short of funds. Even they know nothing is free in life, though at first it appears to be.

“My wife works at the school,” he said. “Maybe they think they are going to flunk out if they don’t pay.”

Thieves beware; security cameras do guard the store’s interior; but DeLude has rarely needed them, relying instead on trust and honesty. It’s an incredibly refreshing business model and one that would certainly not work in, say, the Starbucks that faces his store. Imagine a sign saying, “Brew your own macchiato and kindly let us know if you added whipped cream.”

Neves Nutrition does no mail order business and has a minimal web presence. DeLude would rather spend his time growing the business locally, promoting the brands he carries and educating customers on how those brands—even ones containing deer antler—contribute to improved physical and mental health. It’s a slight stretch from DeLude’s background supplying baby oil and Vaseline for skin and hair products, but it’s clearly where his passion lies. During our interview, DeLude convinced me that collagen peptides could cure my assorted aches and pains. I have yet to partake, but I know that a jar is only a sign out sheet away.

If you’re a fiercely loyal Neves Nutrition customer, DeLude might tell you where he keeps the key to the establishment. He’ll pop in throughout the day and drive by at night to lock up if nobody is in the midst of a Pantera-fueled workout. Note to thrash metal haters: The store’s music subscription service allows users to choose their own tunes. Just make sure

the remote is findable for the next customer.

DeLude freely admits Neves Nutrition might not make him rich, but he is content to continue operating on the handshake principle for now. The sign out sheet, featuring customers young and old, serves as a daily reminder that his business is viable and necessary.

“You and I are friends now,” he said, upon seeing my name on the list.

And everybody knows you don’t stiff your friends.

- 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](http://www.gregschwem.com).

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## HUMOR

# Heavenly Spin

(Editor's Note: This Larry Day column appeared in an earlier edition of Kaw Valley Senior Monthly.)

Horace Grover was one of the slickest, most talented media spin meisters who ever lived, so, naturally, when he died, the devil was there at the gates of Hell to greet him personally.



Larry Day

"Welcome to Hades, Mr. Grover," said Satan.

"Call me Chip," said Horace. Then he kissed the devil's hoof.

Grover didn't have to stand in line at Hell's induction center like all the others who arrived when he did. Instead, a curvaceous Demonette showed him to the VIP lounge, handed him a drink, and invited him to relax while four eager interns processed his paperwork for him.

After he was settled in his swank condominium overlooking the boiling sulphur pits, Grover had a visitor. Her name was Tanya Alonzo, former CEO of Mangldorf Mining and Smelting, Inc. Alonzo was chief liaison officer for Hell's Division of Limbo Affairs. The Division of Limbo Affairs handled

the cases of dead people who were caught between Heaven and Hell.

Grover offered Alonzo a drink, and after a bit of chitchat, they got down to business.

"Chip, we have a spin problem," she said.

"J. Edgar Hoover," said Grover.

"You really *are* good," said Alonzo.

"I do my homework."

"The chief liaison office of Heaven's Division of Limbo Affairs is trying everything he can think of to make us take Hoover down here, but Satan won't hear of it. He says it's not fair to push Hoover off on us."

"Satan doesn't give a rotten red apple core about what's fair," said Grover.

"The devil is frightened. He's worried about blackmail. Hoover was one of the best blackmailers in the business.

He collected dirt on every U.S. president from FDR to Lyndon Johnson. Hoover had a 'gotcha' file on every high-level public person in the country. The devil's also afraid that if Hoover comes to Hell, he'll get in touch with his old Mafia colleagues. With the help from Hell's Mafia, Hoover could take over the whole place," said Grover.

"Boy, you sure don't pussyfoot around, do you?" said Alonzo.

"Only when I spin something for media consumption," said Grover. "When I spin something to the media, I'm the best pussyfooter who ever lived."

"That's why the chief picked you for this project," said Alonzo. "He wants you

to come up with a scheme that will rehabilitate J. Edgar Hoover's image. Our secret surveys show that, public opinion among the heavenly hosts is equally divided when it comes to Hoover. Half of the angels think he's terrific. The other half thinks he's a cross-dressing crook."

"Surveys never lie," said Grover.

"But liars take surveys," they shouted in unison, gave each other a high five.

"There's a Souls in Limbo Reduction Conference coming up soon," said Alonzo. "We want you to cook up something that will boost Hoover's

acceptance rating among the anti-Hoover angels by 15 percentage points. If you succeed, the chief of Heaven's Division of Limbo Affairs will beg me to let him take Mr. John Edgar Hoover straight to Heaven," said Alonzo.

Will you do that for us, Chip?" She asked seductively.

"Sure," said Grover. "It'll be a pleasure."

- 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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## RICK STEVES' EUROPE

# After hours at a German Stammtisch

By Rick Steves

Tribune Content Agency

As we've had to postpone our travels because of the pandemic, I believe a weekly dose of travel dreaming can be good medicine. Here's one



Rick Steves

of my favorite European memories from Germany—a reminder of the fun that awaits us at the other end of this crisis.

In Europe's tourist towns, the best social moments combust after a long day of work, and after the guests say good night. In an Irish pub in Galway after closing, the door is locked and the musicians play on. On the Italian Riviera, the dishes are washed, the anchovies are eaten, and the guitars come out. And in small-town German hotels, the family and the hired help stow their workplace hierarchy with their aprons and take out a special bottle of wine.

During many visits to Rothenburg, Germany's ultimate medieval town, I've sat down hurriedly at the Golden Rose restaurant to update my guidebook listing, then dashed away. Tonight, I've decided to sit down and simply relax with the Favetta family.

DOMINIC ARIZONA BONUCCELLI, RICK STEVES' EUROPE



Well-preserved Rothenburg welcomes visitors.

We gather around the Stammtisch: the table you'll find in most German bars and restaurants reserved for family, staff, and regulars. (An invitation to the Stammtisch is a good life goal.) Except for our candlelit table, the once noisy restaurant is empty and dark.

Well into our second glass of wine, we indulge in the sport many in the

tourist business enjoy: cultural puzzles. The daughter, Henni, asks me, "Why can't Americans eat with a knife? You cut things with your fork."

I confess I know nothing about holding silverware. And just to hit a Yankee when he's down, she adds, "And you people love to drink plain water—we

■ CONTINUED ON PAGE 25



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# Rick Steves

■ CONTINUED FROM PAGE 24

call this water the American Champagne. But you never eat liver or blood sausage. The Japanese love those.”

I ask Henni if it's not dangerous to generalize about other cultures.

She says, “Even deaf people generalize.”

When I ask how, she explains with the help of her hands. “In international sign language, ‘Germany’ is my finger pointing up from my head,” she says, making a fist-and-finger Prussian helmet. ‘France’ is this wavy little mustache,” she continues, wiggling a finger across her upper lip. “And ‘Russia’ is the Cossack dancer.” Henni bounces on her chair and hooks her thumbs at her waist, while her index fingers do a jaunty little cancan dance.

“And what’s the sign for America?” I ask.

“The fat cat,” she says, propping up an imaginary big belly with her arms.

Her father, Rino, leans over to me. As if a magician sharing a secret, he holds his hand palm down in front of my face. Stretching his thumb high and out, he forms a small bay in the top of his hand. Peppering in a little snuff tobacco, he announces, “Snoof tobak.” With Henni’s help, Rino clarifies. Struggling with the word, he says, “anatomical snuffbox,” and snorts. With a quick sniff, I try it, and it works.

As noses wiggle, I ask Henni if living in a tourist fantasy-town gets old.

“I will live and die in Rothenburg,” she answers. “Teenagers here dream of leaving Rothenburg. One by one they try the big city—Munich or Nurnberg—and they come home. Summer is action time. Winter is quiet. The tourists, they come like a big once-a-year flood. We Rothenburgers sit and wait for you to float by.”

“Like barnacles,” I add cheerfully.

Henni looks at me like I just burped. “People who live here have magic vision,” she says. “If we want to, we can see no tourists and only local people. Rothenburg is a village. We know everyone.”

Henni’s sister Fernanda bops in wearing fine new American high-top

sneakers. Since she once had an American soldier for a boyfriend, her English is American. “Americans get fashion,” she says. “But your really fat women wear shorts. I saw the biggest people in my life in the States.”

As the family agrees, Henni says, “And they wear tight T-shirts!”

Rino empties his tall glass of beer, licks his foamy upper lip, and adds, “The big German women wear the Ein-Mann-Zelt.”

I look to Henni, who translates,

“One-man tent.”

When I counter, “But fat German men have skinny legs,” the entire family laughs.

“Beer bellies,” Henni says. “German men say a man without a belly isn’t a man. A German saying is, ‘Better to have a big belly from drinking than a broken back from working.’”

The impromptu party continues as I learn that, even in the most touristy town in Germany, you can still make a genuine, cross-cultural connection. Sit-

ting at the Stammtisch after hours, this conversation becomes my treasured souvenir.

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

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# MY PET WORLD

## Shy cat needs time to build trust in her surroundings

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

**Dear Cathy:** Nine months ago, we adopted a 2-1/2 year old cat. She was a stray, so we don't know her background. She still won't let us pick her up but loves cuddling, snuggling in bed and being petted.

My issue is twofold. Whenever a stranger visits, she hides under the bed and won't come out until they're gone. No coaxing, treats or toys will bring her out. We would love for her to become less afraid.

My second issue is that we're going on an eight-night cruise and will be gone for nine days. Our housekeeper will feed her and clean her litterbox daily, but we're concerned she will have no human contact or anyone to play with during that time. We don't want her to become lonely and even more scared.

I learned about plug-in pheromones in your column. Do you think they might make her less fearful? Any suggestions would be most appreciated. -- Jan, Las Vegas, Nevada

**Dear Jan:** It's fairly normal for a cat to leave the room when a stranger visits and not return until they are gone. If her background is as a stray though, she might be a little more skittish and afraid of strangers than normal. She

may benefit from spray or plug-in pheromones. It won't change her personality, but it might help her relax more.

As for your vacation, two weeks is a long time to leave a cat alone with just someone to feed her. You can take her to a kennel, but that might be more stressful for her based on her personality. Would your housekeeper or a friend be willing to stop by to watch a TV show or movie while you're away? She won't likely come into the room, at least not at first, but the sound of someone in the house might ease any loneliness. At least ask the housekeeper to leave the TV on so she has something to listen to while you're gone. Leave toys scattered around the house for her to play with.

She may never like to be picked up or like it when strangers visit. That's just her personality. As long as she has great places to hide and an owner like you who knows how to communicate with her, she will learn to trust her environment over time and will be a happy in your home.

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

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## PAINTING WITH WORDS

# The World Is Too Much With Us

**Poem Title:** The World Is Too Much With Us

**Poet:** William Wordsworth

Many today consider the early 19<sup>th</sup> century poet William Wordsworth to be among the first to introduce Romanticism to English poetry. Many of his verses show an affinity for nature, and he became England's poet laureate in 1843, a role he held until he died in 1850 at the age of 80.

Among many of his outstanding poems is one titled "The World Is Too

as if they were auditioning for a chorus group.

Wordsworth describes the beauty he sees by mentioning the sea "that bares her bosom to the moon" and the windless night that allows the flowers to sleep. In "The World Is Too Much With Us" Wordsworth reveals envy for

the pagan who honors natural things as gods because at least he has his attention drawn away from the drudgery of meaningless work. Wordsworth is true to his discouragement with Christian religion and sees, instead, his spirituality wrapped up in nature.

Here then is his poem:

## The World Is Too Much With Us

By William Wordsworth

*The world is too much with us; late and soon,*

*Getting and spending, we lay waste our powers;—*

*Little we see in Nature that is ours;*

*We have given our hearts away, a sordid boon!*

*This Sea that bares her bosom to the moon;*

*The winds that will be howling at all hours,*

*And are up-gathered now like sleeping flowers;*

*For this, for everything, we are out of tune;*

*It moves us not. Great God! I'd rather be*

*A Pagan suckled in a creed outworn;*

*So might I, standing on this pleasant lea,*

*Have glimpses that would make me less forlorn;*

*Have sight of Proteus rising from the sea;*

*Or hear old Triton blow his wreathèd horn.*

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



Tom  
Mach

Much With Us." Here he deplores the unhealthy degree of emphasis we place on the material world, particularly our jobs, which tend to seize control of our lives. According to him, we are constantly rushing from one thing to the next. The money we earn is spent as quickly as it is earned, and we end up destroying a vital part of our humanity. It is necessary for us to rediscover tranquility in nature, but yet, because of material gain, we've surrendered our emotional response to the natural beauty that is there for us to enjoy.

There is the adage about "taking time to smell the roses," which is a metaphor for putting on hold our busy-ness and looking with wonder at the landscape, the flora, the birds, and other living creatures. Perhaps mentally returning to your childhood you will have glimpses of how you admired the differences in the colors and designs of flowers, how tree trunks push their limbs upward as if in prayer, how different birds sing different tunes



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# GOREN ON BRIDGE

WITH BOB JONES

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## KNOWLEDGE

North-South vulnerable, East deals

### NORTH

♠ 7 5 3

♥ K J 9 8

♦ Void

♣ A J 9 6 3 2

### WEST

♠ 6

♥ 7 4

♦ Q 9 8 6 4 3

♣ K Q 7 4

### EAST

♠ A K J

♥ A 10 5 3

♦ 10 7 5

♣ 10 8 5

### SOUTH

♠ Q 10 9 8 4 2

♥ Q 6 2

♦ A K J 2

♣ Void

The bidding:

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

Opening lead: King of ♣

Today's deal is from an important tournament in India some years ago. We have no idea why North passed at his first turn, but he came to life when given a second chance.

South won the opening club lead with dummy's ace while discarding a low diamond from hand. South knew that East had opened on a three-card suit, as West would never raise clubs

with only three-card support. Also, the opening lead marked East with the ace and king of spades along with the ace of hearts. East had to have a four-card suit. What was it? It could not be diamonds or East would have opened one diamond. The contract was probably unmakeable if East had all four spades, so South placed East with an original distribution of 3-4-3-3. What could declarer do with this knowledge?

South could not lead a spade at trick two, as the defense could then play three rounds of trumps and prevent a diamond ruff. South led a heart from dummy instead. East had to duck, so the queen won the trick. South ruffed his jack of diamonds and led a spade. East won and led a diamond, hoping to force a ruff in dummy at some point. South won with his ace and led a heart to dummy's king. East won and led another diamond, but South was able to win again. A heart to dummy's jack allowed another trump lead from dummy and South had his contract. Nicely 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)*



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By David L. Hoyt and Jeff Knurek



11-22-20

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

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31-60 = Gamer

21-30 = Rookie

11-20 = Amateur

0-10 = Try again

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\_\_\_\_\_

# PUZZLES & GAMES

## CROSSWORD

### Across

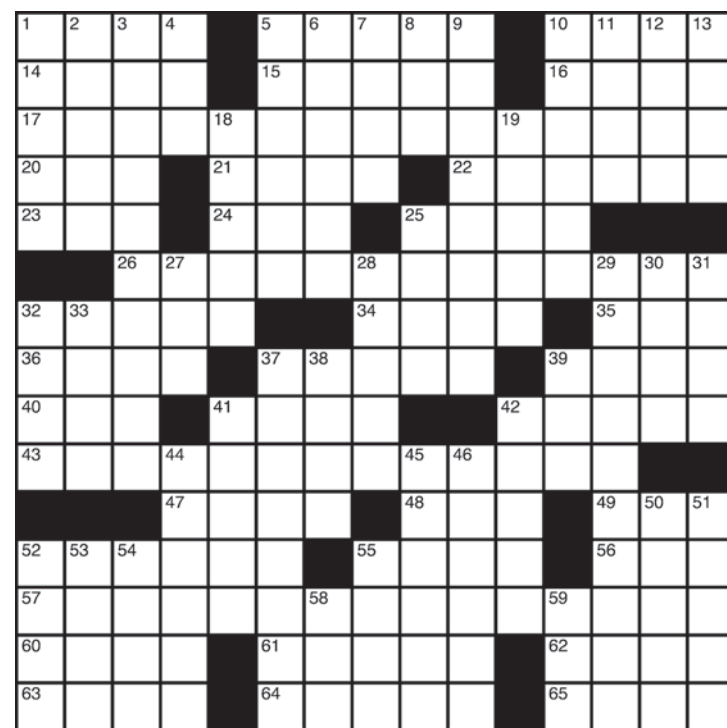
- 1 Hang out in alleys
- 5 Sporty sunroofs
- 10 Job jar item
- 14 Cuatro y cuatro
- 15 Sprightly movement
- 16 Lamb pen name
- 17 Source of damaging rumors
- 20 Vietnam holiday
- 21 "What the Constitution Means to Me" award
- 22 Like Boo Boo and Baloo
- 23 Lead source
- 24 Novelist Deighton
- 25 Wile E. Coyote's supplier
- 26 Buzz among local gossips
- 32 Takes short cuts?
- 34 Part of S&L
- 35 FDR 34-Across org.
- 36 One of 1,225 in the first published edition of "War and Peace"

- 37 They have their pride
- 39 Put a halt to
- 40 Is for a few
- 41 Carson forerunner
- 42 Hostess snack cakes
- 43 Nickname of two Six Flags roller coasters
- 47 Tavern orders
- 48 Apollo vehicle, briefly
- 49 Many miles
- 52 Entertained
- 55 Vegas rival
- 56 Hot Dijon season
- 57 Question asked with a raised voice, as demonstrated in three long puzzle answers
- 60 Verdi opera
- 61 Pants style
- 62 Retin-A target
- 63 Altar words
- 64 Stall for Time?
- 65 Clarinet need

### Down

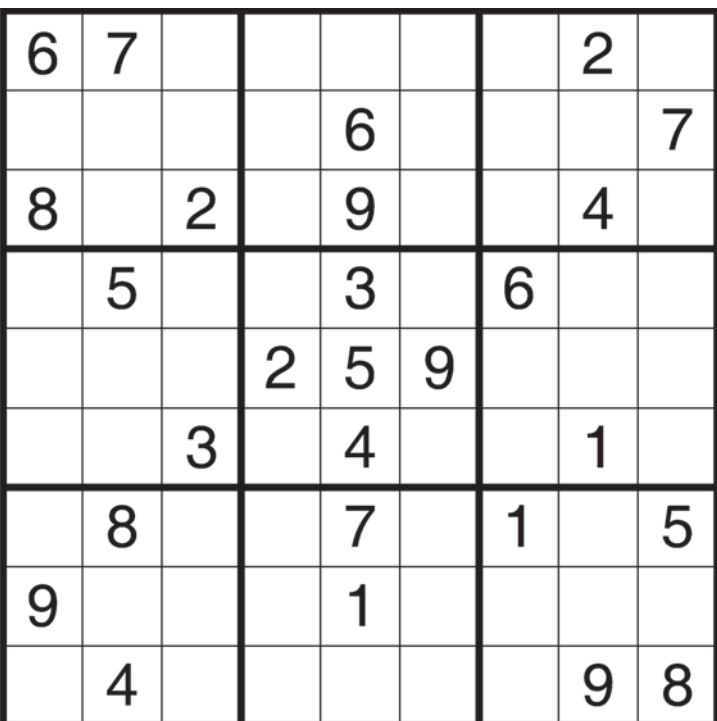
- 1 Greet formally, as at the start of a sumo match

- 2 Earth tone
- 3 Mutant big cat
- 4 \_\_\_ Gatos, California
- 5 Late game show host with seven Emmys
- 6 "Gran \_\_\_": 2008 Eastwood film
- 7 \_\_\_ in a blue moon
- 8 Kissing on the kiss cam, for short
- 9 Even
- 10 Her Majesty's service?
- 11 Others, in old Rome
- 12 Put one's name on the line?
- 13 Immortal "Citizen"
- 18 Opinion surveys
- 19 Image creators, for short
- 25 Loads
- 27 Monkey relative
- 28 Biota growth
- 29 Undecided
- 30 Owl's call
- 31 Catches some z's
- 32 Places for hot waxes
- 33 One pulling in pushers
- 37 Outgoing officeholder
- 38 Perfect Portions pet food brand
- 39 Abel, to Adam
- 41 Throwback diet
- 42 Handmade stadium sign



- 44 Gut courses
- 45 Becomes less overcast
- 46 Playwright Ibsen
- 50 Even things
- 51 Said 63-Across a second time
- 52 Antioxidant-rich berry
- 53 Downton Abbey's
- 54 Go back, on a PC
- 55 Default result
- 58 "Bali \_\_\_"
- 59 AirPods

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

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

TLATO  
PHEDT  
RULYXU  
GRANJO

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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RACK 1: I1, I1, I1, U1, M3, R1, D2

RACK 2: E1, U1, L1, L1, F4, H4, P3

RACK 3: A1, O1, D2, R1, M3, C3, C3 (Double Word Score)

RACK 4: E1, E1, E1, T1, T1, N1, D2

RACK 5: O1, O1, U1, M3, H4, D2, L1 (1st Letter Triple)

PAR SCORE 265-275  
BEST SCORE 332

FIVE RACK TOTAL  
TIME LIMIT: 25 MIN

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

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

Answers to all puzzles on page 30

## CROSSWORD SOLUTION

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

## SUDOKU SOLUTION

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

## BOGGLE ANSWERS

APE, MOLE, PUMA, MOOSE,  
KOALA, MOUSE, WHALE,  
HORSE, ALPACA

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## JUMBLE ANSWERS

Jumbles: TOTAL, DEPTH, LUXURY,  
JARGON

Answers: After their coffee grinder  
broke, business at the coffee shop  
-- GROUND TO A HALT

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SCRABBLE GRAMS SOLUTION												
I <sub>1</sub>	R <sub>1</sub>	I <sub>1</sub>	D <sub>2</sub>	I <sub>1</sub>	U <sub>1</sub>	M <sub>3</sub>	RACK 1 =	<u>60</u>				
H <sub>4</sub>	E <sub>1</sub>	L <sub>1</sub>	P <sub>3</sub>	F <sub>4</sub>	U <sub>1</sub>	L <sub>1</sub>	RACK 2 =	<u>65</u>				
C <sub>3</sub>	A <sub>1</sub>	M <sub>3</sub>	C <sub>3</sub>	O <sub>1</sub>	R <sub>1</sub>	D <sub>2</sub>	RACK 3 =	<u>78</u>				
D <sub>2</sub>	E <sub>1</sub>	T <sub>1</sub>	E <sub>1</sub>	N <sub>1</sub>	T <sub>1</sub>	E <sub>1</sub>	RACK 4 =	<u>58</u>				
H <sub>4</sub>	O <sub>1</sub>	O <sub>1</sub>	D <sub>2</sub>	L <sub>1</sub>	U <sub>1</sub>	M <sub>3</sub>	RACK 5 =	<u>71</u>				
PAR SCORE 265-275							TOTAL <b>332</b>					

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## MY ANSWER

# God speaks in many ways and to many people

From the writings of the Rev. Billy Graham

Tribune Content Agency

**Q:** Does God speak to people who do not believe in Him? - U.S.

**A:** God speaks in many ways and to many people. God speaks to us in nature. When He created the heavens and the earth, He gave us an incredible, complex, beautiful, and orderly universe. "For since the creation of the world His invisible attributes are clearly seen, being understood by the things that are made" (Romans 1:20).

God speaks to the whole world and commands all men to repent and be saved (Acts 17:30).

God spoke clearly to the authors of His Scripture and made it clear

that He was speaking to them and through them. More than 3,000 times they said, "Thus saith the Lord" or its equivalent.

God also speaks through His Son, Jesus Christ, who is revealed for us in the pages of the Bible. He is the Word of God incarnate (Hebrews 1:2), and He speaks to us by the Holy Spirit. This may be the "still small voice" of the conscience that will not let us go until we do what is right—or it may be a loud, clear conviction of what God

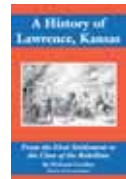
wants us to do. We must never silence that inner voice. We must check what we believe it is saying against the Scriptures to be sure that inner voice is true to God's Word - and then we must obey, "heeding the voice of His word" (Psalm 103:20).

God desires to have a relationship with mankind and, to those who belong to Him, He speaks through His holy Word. And because "all Scripture is given by inspiration of God" (2 Timothy 3:16), we are taught what is right and wrong. God's purpose is to train us in His righteousness. We must not let anything or anyone take the place of the Bible to guide our lives.

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

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## The History of Lawrence, Kansas

By Richard Cordley

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

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

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