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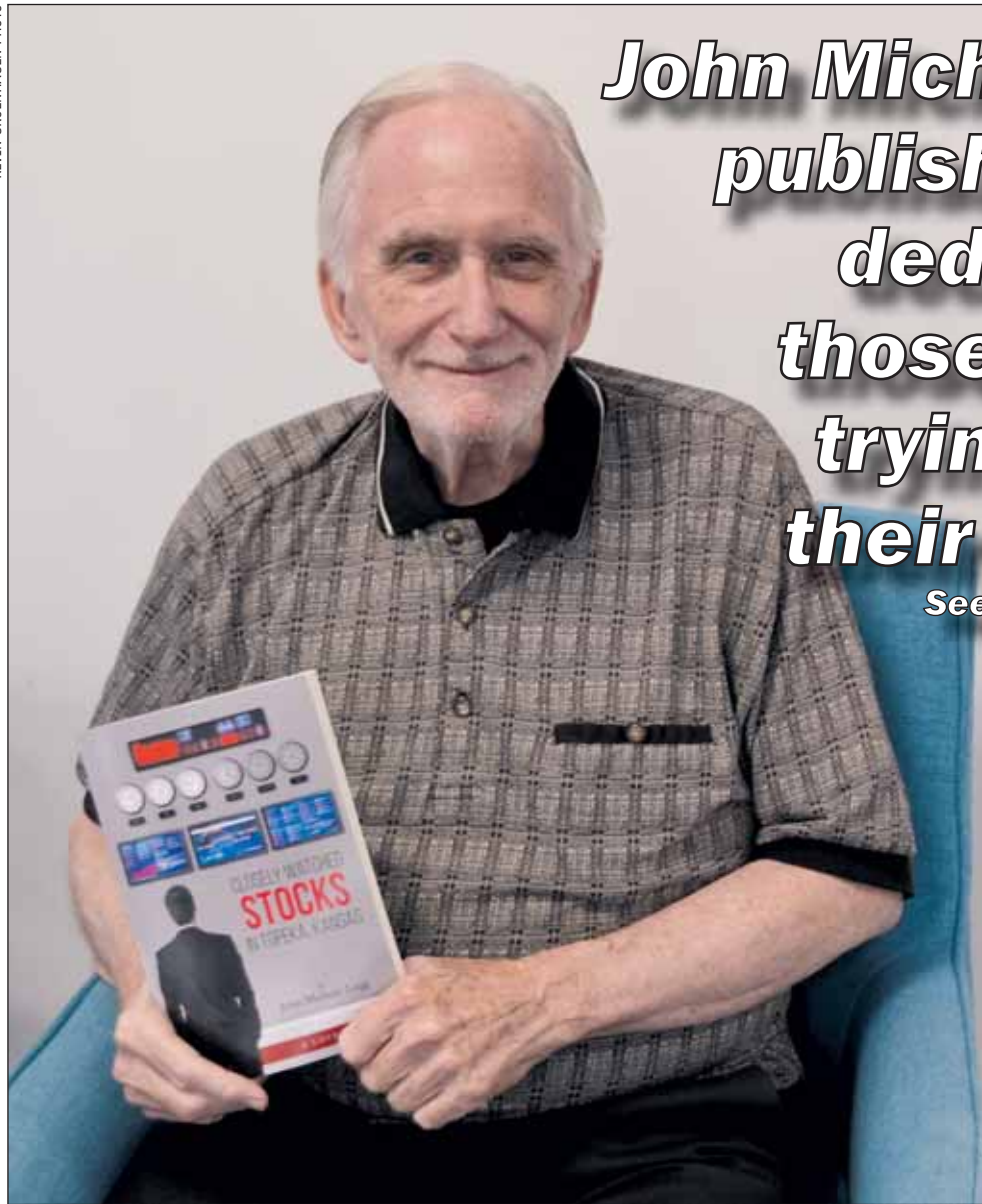
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Vol. 22, No. 3

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KEVIN GROENHAGEN PHOTO



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dedicated to  
those who are  
trying to gain  
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# Legg fulfills dream of becoming an author

By Kevin Groenhagen

As a young man, John Michael Legg dreamt of being both a stockbroker and a writer. However, it took years to fulfill those dreams.

Legg in 1964 graduated from Hutchinson High School in Hutchinson, Kansas, where he attained honor and merit as a member of the National Forensic League (debate). He also was a member of the debate team at Hutchinson Community College and, later, attended Washburn University in Topeka, where he earned a bachelor's degree. In addition to his studies and the debate team, he worked two part-time jobs to put himself through college.

After college, Legg entered the Army and served in Vietnam.

"On two occasions, I came within 10 minutes of being killed," Legg said. "We were outnumbered 20 to one. We had about 1,000 guys in our compound and they had about 20,000."

Legg likens that experience to the Battle of Ia Drang, which the movie *We Were Soldiers* dramatized in 2002.

"When I was in Vietnam, I told everyone in the barracks—when we weren't out fighting—that I wanted to be a stockbroker," Legg said. "I started training at the office where I am now a manager years ago when I was in college."

After returning to Kansas, Legg applied for a position as a stockbroker at a brokerage house in Topeka.

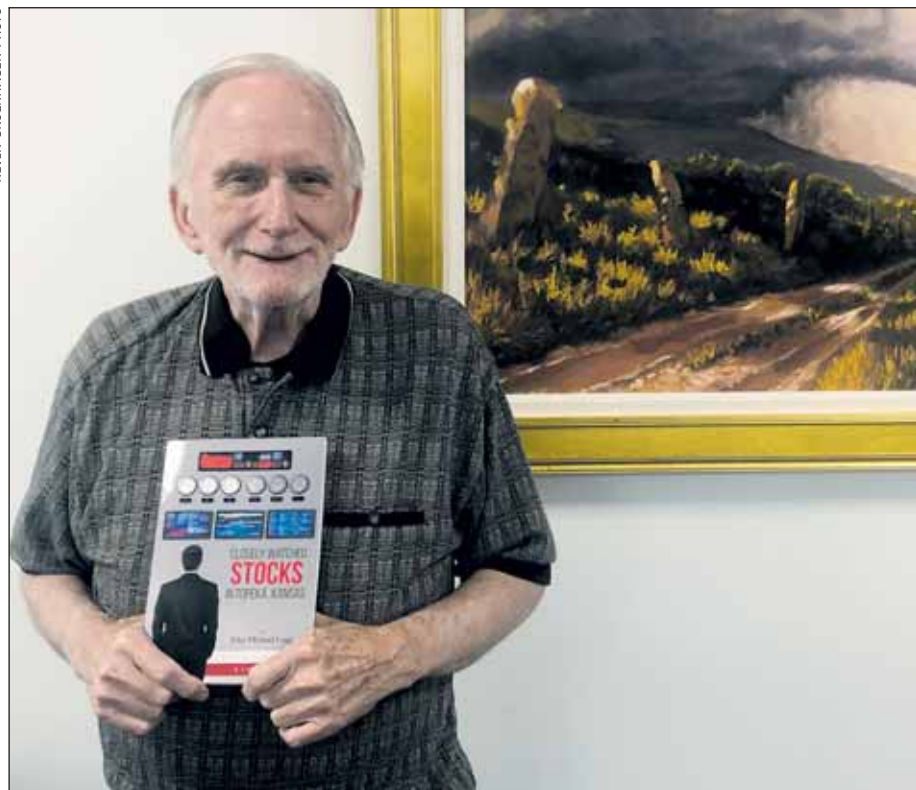
"I went over there and they said to come back in six months and then maybe they would have something," he said.

So, Legg thought he would try to pursue his other dream.

"I had saved money when I was in college," Legg said. "I always had an idea that I could be a writer. So, I went over to the University of Kansas in Lawrence to sign up for writing school to learn how to write. However, I couldn't get into graduate school at KU."

Legg returned to Hutchinson and began working for his father. As the owner of General Air Conditioning & Heating, Harland Legg was the second largest Trane dealer in Kansas.

"I worked for him for 10 years doing furnace and air conditioner repair," Legg said. "I even earned my Master Mechanical Contractor license. However, I finally said I was going to try again to become a stockbroker. I didn't



John Michael Legg

have a job lined up. You know, they always tell you not to quit your job until you have another one lined up. But I had money saved up and I finally got somebody to hire me as a broker and to go through brokerage school."

Legg was serving as a co-branch manager at a brokerage in Hutchinson when his company asked him to come to the Topeka branch to help out for two weeks.

"I'm still here running the same office," Legg said with a laugh. "I'm an old-fashioned guy. I still call myself a stockbroker even though the company wants to call us financial advisers."

While Legg had fulfilled his dream of becoming a stockbroker, his dream of becoming a writer continued to elude him.

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Kaw Valley  
**SeniorMonthly**

**Kevin L. Groenhagen**  
Editor and Publisher

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## John Michael Legg

■ CONTINUED FROM PAGE THREE

“I can’t tell you how many nights I spent by my fireplace writing short stories,” Legg said. “Usually, I was dissatisfied with them and a month later they found their way into that fireplace.”

It wasn’t until last year that Legg finally fulfilled his dream of becoming a writer when he published *Closely Watched Stocks in Topeka, Kansas*.

“Almost every chapter in this book found its way into the fireplace until I finally got the chapters right,” he said. “I rewrote this book four different times.”

Legg’s book is about the relationship between a 67-year-old stockbroker in Topeka named Jayber Harland Sherer, “Jay” for short, and a 24-year-old waitress named June Hazel Burn. Jay and June eventually begin a romance. Jay discovers that June is not only very pretty, but she is very intelligent.

“Jay realizes that, even though June was waiting tables, she was way smarter than he was,” Legg said. “Not just a little bit. The differences between Jay and June isn’t limited to their ages. They also have different intelligence levels. I’m not saying that Jay is stupid. He isn’t. But June is so much smarter. Jay realized this especially after reading her poems.”

However, Jay soon discovers something else about June: She’s an alcoholic and that addiction is killing her.

“The book covers the things Jay and June do together to fight addiction,” Legg said. “In addition to being a compelling, dramatic love story, I believe this book is important because it’s like a textbook for those who want to fight addiction and gain their sobriety. Not just alcohol, but drugs as well. I can’t claim that my book will cure addiction, but I believe it would do many of those with addictions some good to read this book and see how Jay and June dealt with their problems.”

Legg points to the COVID pandemic to illustrate how serious alcohol and drug addiction is in the United States. It was a major story when the United States passed the 100,000 COVID deaths threshold in May 2020. However, CDC’s National Center for Health Statistics reported that there were an estimated 100,306 drug overdose deaths in the United States during 12-month period ending in April 2021. That was an increase of 28.5% from the 78,056 deaths during the same period the year before.

“People, especially young people, are dying,” Legg said. “And it’s getting worse, mainly because of the drug cartels bringing drugs into this country. It’s not just alcohol.”

Legg published his book, which is dedicated “to all those who are trying to gain their sobriety,” through Newman Springs Publishing of Red Bank, New Jersey. Newman Springs Publishing is

■ CONTINUED ON PAGE FIVE



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## John Michael Legg

■ CONTINUED FROM PAGE FOUR

a hybrid publisher. A traditional publisher pays an advance to the author and also pays for production, marketing, sales, distribution, and wholesale costs. A vanity publisher accepts payment from an author to publish a book and there is usually no vetting process. A hybrid publisher charges the author a fee for their publishing services, but a committee must review and vet submissions to not be classified as a vanity press. Like a traditional publisher, a hybrid publisher pays authors royalties—typically a higher royalty than that of standard traditional publisher rates—on book sales.

“Newman Spring Publishing spent almost 10 months editing, formatting, and designing the cover,” Legg said. “My book became available in March of this year.”

Legg would like to see his book made into a movie and he thinks Jennifer Lawrence would be ideal for portraying June.

“She has a lot of characteristics of June,” Legg said. “I think it would be a natural for her. Maybe a miracle will happen.”

Legg has an idea for a second book and plans to start writing it early next year. However, he currently has no plans to retire from his position as a stockbroker.

“In the back of my mind, I always wanted to be a writer,” Legg said. “So, I’m a lucky guy. I do what I want to do in the brokerage business during the day and I can write all I want at night.”

*Closely Watched Stocks in Topeka, Kansas* can be purchased online at Amazon.com, Barnesandnoble.com, and the Apple iBooks Store.

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# Want to Publish Your Own Book?


Decades ago, if someone wanted to publish their own book without going through a traditional publisher, vanity publishers were about the only option. Many authors paid vanity publishers a great deal of money to have copies of their book printed, only to see many of those copies end up unsold in a closet.

Hybrid publishers are another option for authors. Authors can submit their manuscripts to hybrid publishers and, if the publisher selects a book for publication, pay an upfront fee and then the hybrid publisher will take care of the editing, cover design, production, mar-

keting, sales, distribution, and wholesale costs. Of course, authors going this route should check out the reputation of a hybrid publisher before giving them money for their services. The hybrid publisher that John Michael Legg used for *Closely Watched Stocks in Topeka, Kansas* has many positive reviews (an average of 4.8 out of 5 stars after nearly 300 reviews) on the Better Business Bureau’s website.

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# Associated Audiologists acquires Marston Hearing Center

By Billie David

When Associated Audiologists, Inc. recently acquired the Marston Hearing Center in Lawrence, Kansas, it was like coming full circle for Dr. Timothy Steele, owner, President and CEO of the company.

That's because the center was originally opened in 1975 by Dr. Larry Marston, who was on the faculty of the University of Kansas and who was a professor of Steele's.

Marston sold the business to Dr. Gerald Whiteside in 2005, and Whiteside kept the business' original name.

"I purchased it from Dr. Whiteside,"

Dr. Steele said.

"Gerald is a great guy. He got a degree later in life as a non-traditional student. I actually taught him. He was looking at retirement and contacted me a few years ago. It was a huge compliment to me."

So the center passed from Steele's professor to his student and finally to Steele himself.

Steele had co-founded Associated Audiologists in 1985 with Dr. James Wise, who sold the business to Steele in 2010 when Wise was ready to retire.

The Lawrence center is the most recent of eight clinics owned by Associated Audiologists.

"The farthest clinic is in Manhattan," Steele said. "It wasn't that much of a stretch to add Lawrence to our portfolio."

There are seven other Associated Audiologists clinics located in Kansas and the greater Kansas City area: Overland Park, Shawnee Mission, Prairie Village, Leavenworth and Manhattan in Kansas, and Kansas City and Independence in Missouri.

Dr. Steele earned his Master's degree and his PhD from the University of Kansas Medical Center.

"We are really blessed to have a great audiology department at the University of Kansas," he said. "It's nationally recognized."

In fact, both audiologists who work at the Lawrence practice are KU graduates. Dr. David Paul, Au.D., CCC-A, received his Doctorate of Audiology from the University of Kansas Medical Center and performed his clinical externship with Associated Audiologists, and he has worked at the Leavenworth clinic for the past six years.

Dr. Paul is from Emporia, currently lives in Lawrence, and began seeing patients at the Lawrence clinic on June 9, 2022.

Also having started at the Lawrence clinic in June is Katelyn Waldeier, Au.D., who earned her Doctorate of Audiology from the University of Kansas Medical Center as well, after receiving her undergraduate degree from Kansas State University.

"She was training with us during the final years of her doctoral program," Steel said.

Waldeier has special expertise in diagnostic hearing testing and in hearing technology.

As for when one should see an audiologist, "A lot of our professional organizations recommend baseline testing at the age of 50, but the average person waits until they have a concern or symptom to make an appointment," Steele said, adding that the symptoms—which can include turning the TV up louder, trouble hearing with noise in the background, ringing in the ears, or problems with balance—are usually gradual, and often other people comment on them before the patient notices them.

"Tinnitus, or ringing in the ears, is often the first symptom," Steele said,

explaining that when there is damage to the ear, the brain simulates sound so that the part of the brain involved doesn't die off.

During the appointment with an audiologist, the patient can expect a detailed interview to see if there are other factors at work because, as Steele described it, the inner ear is like

a canary in a coal mine, and damage may be caused by many factors, such as diabetes, and the patient may need to be referred to another specialist.

Tests are also given to determine things like how the patient hears at different frequencies and how they understand speech at different volumes.

■ CONTINUED ON PAGE SEVEN



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## Associated Audiologists

■ CONTINUED FROM PAGE SIX

More tests are run to evaluate the functioning of the ear drum and the inner ear.

Patients are sometimes surprised by the detail the audiologists go into.

“It’s not like the hearing tests you had in school,” Steele said.

The majority of patients can be treated with hearing aids, but in some cases—about 5 percent, Steele said—the patient is referred to other specialists such as a neurologist or an ear, nose and throat specialist.

Hearing loss is the third most common medical condition in people over age 65, Steele said, and hearing loss has been found to correlate with memory loss and dementia.

That’s because, in addition to promoting social isolation, hearing loss challenges the brain by straining its resources, making the brain compensate by working harder and reallocating resources from other areas of the brain.

“It’s like robbing Peter to pay Paul,”

Steele said. “We only have so many resources in our brain. Fitting hearing aids correctly is one thing we’re most passionate about.”

The refined hearing measures that they use guarantee that the frequencies are correct and that the hearing aids never cause damage, he added.

“Hearing aids are so sophisticated now,” he continued. “If there is whistling or screeching, you either didn’t have the right technology or they didn’t fit correctly. I would like to dispel the bad reputation out there. It’s time to clean up those negative perceptions about hearing aids.”

As for how much they cost, there is a large range of hearing aids, and the most basic ones start at around \$750.

“A senior might see an ad and order one for \$500 and it doesn’t work,” Steele said. “In my mind, it’s \$500 wasted instead of working with a professional.”

There is legislation currently pending concerning the sale of over-the-counter hearing aids, and Steele said he does believe in providing access to them, but that they should be an entry point.

“If they want to try it on their own, if it helps, they can proceed to an audiologist to get prescription devices,” he said. “For the next level of success, I think an audiologist is a key ingredient.”

Hearing loss forces reallocation of the brain’s resources, Steele explained, and hearing aids free other parts of the brain to go back to their intended function.

“It’s hard to reverse the damage already done,” he said. “The remedy is

getting it done early.”

More information on Associated Audiologists and hearing loss can be found at the company’s website, hearingyourbest.com, which Steele describes as “a pretty extensive website for people who have problems with hearing, dizziness and vertigo.”

The Associated Audiologists clinic is located at the same address as the former Marston Hearing Center, at 1112 W. 6<sup>th</sup> Street, Suite 100, and can be reached at 785-843-8479.

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# Get connected at your senior center in September

This September, the National Council on Aging (NCOA) is celebrating National Senior Center Month by showcasing how these vital community hubs connect older adults to each other and to valuable services to stay healthy and independent.

The nation's 10,000 senior centers are one of the most widely used services among America's older adults, connecting 1 million individuals each year to programs that improve their health, economic security, engagement, purpose, creativity, mobility, nutrition, and more—all in a social and fun environment. Over the past three years, senior centers also have become integral to health care delivery by providing COVID-19 guidance, vaccine education, and vaccinations to participants.

"Every day, senior centers bring our grandparents, parents, older neighbors, and friends together to build community and share trusted services and informa-

tion to help all age well," said Dianne Stone, NCOA's Associate Director of Network Development and Engagement. "Research shows that compared with their peers, people who attend senior centers have higher levels of health, social interaction, and life satisfaction."

The theme for this year's National Senior Center Month is Strengthening Community Connections. Centers across the country will be hosting special events, programs, and celebrations throughout September to raise awareness about the services they offer.

NCOA's National Institute of Senior Centers (NISC) sponsors National Senior Center Month every September. NISC is setting the standard for the future of senior centers by promoting research, promising practices, professional development, and advocacy.

"There's never been a better time to come home to your senior center," Stone said.



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## SAVVY SENIOR

# Daily check-in services for seniors living alone

By Jim Miller

**Dear Savvy Senior:** Can you recommend any services that check in on elderly seniors who live alone? I live about 200 miles from my 82-year-old mother and worry about her falling or getting ill and not being able to call for help. - Worrywart Daughter



**Dear Worrywart:** There are actually several different types of check-in services, along with some simple technology devices that can help keep your mom safe at home while providing you some peace of mind. Here are some top options to look into.

- **Check-in app:** If your mom uses a smartphone, a great solution to help ensure her safety is Snug (*SnugSafe.com*), a free app that would check in on her every day to confirm she's OK. This app is used by thousands of elderly seniors who live alone and want to make sure that if something happens to them, their loved ones will

be notified quickly so they can receive help in minutes, rather than days.

Here's how it works. After downloading the app, your mom will choose what time(s) throughout the day she'd like for Snug to check in. Snug will send a push notification at those times asking your mom to check in by tapping the big green check button on her smartphone screen. If she doesn't check in within 10 minutes or respond after multiple pings, Snug will notify her emergency contacts and share her last known location so that she can receive fast help.

For extra peace of mind, your mom can purchase Snug's premium plan (\$10/month) where in addition to notifying her emergency contacts, Snug will request an in-person wellness check by a police officer who will visit her house to confirm she's OK and provide assistance as needed. The app works with iPhone and Android smartphones.

- **Check-in calls:** If your mom doesn't use a smartphone, another option to help ensure her safety is a daily check-in call service program. These are telephone reassurance programs usually run by police or sheriff's departments in hundreds of counties across the country and are usually provided free of charge.

Here's how they work. A computer automated phone system would call your mom at a designated time each day

to check in. If she answers, the system will assume everything is OK. But if she didn't pick up or if the call goes to voice mail after repeated tries, you (or whoever her designee is) would get a notification call. If you are not reachable, calls are then made to backup people who've also agreed to check on your mom if necessary.

The fallback is if no one can be reached, the police or other emergency services personnel will be dispatched to her home.

To find out if this service is available in your mom's community, call her local police department's non-emergency number. You should also check with the Area Agency on Aging in your mom's area—call 800-677-1116 for contact information.

If, however, her community doesn't have a call check-in program, there are businesses like CARE (*Call-Reassurance.com*) and IAMFine (*Iamfine.com*) that offer similar services for under \$15 per month.

- **Technology devices:** You may

also want to invest in some simple technology aids to keep your mom safe. One of the most commonly used devices for this is a medical alert system that cost about \$1 per day. These systems come with a wearable "help button" that would allow her to call for help 24/7.

Another option that's becoming increasingly popular is smart speakers, like Amazon Alexa or Google Home. These devices work with third-party applications—*AskMyBuddy.net* and *MySOSFamily.com*—that would let your mom to call multiple emergency contacts with a simple verbal command.

And be sure to check out Amazon's Alexa Together (*Amazon.com/AlexaTogether*), a new \$20 monthly subscription service that helps families support and keep tabs on their older loved ones who live alone through an Alexa-enabled device.

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

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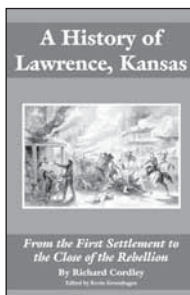
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# MAYO CLINIC

## Regular eye exams should include measurements of your eye pressure

By Matthew Cooke, M.D.

Mayo Foundation for Medical Education and Research, Mayo Clinic

**DEAR MAYO CLINIC:** During my recent eye exam, the eye doctor used a machine to blow a puff of air into each of my eyes. It felt like I was in a video game, but I was the target. It didn't hurt, but it did startle me. What does this test measure and how is it helpful in evaluating my vision? Is this something I need to have regularly repeated?

**ANSWER:** Vision tests are always important to maintain good eyesight. This particular scenario sounds like you had a noncontact tonometry test, also known as the puff test, as part of your comprehensive eye exam. It also can be done by gently touching a flat-tipped cone to your cornea, called applanation tonometry, or by other testing methods. These tests measure the fluid pressure in your eye.

It's important to do this test because the eye condition glaucoma often is caused by abnormally high pressure in the eye. It's sometimes called the "silent thief of sight." Glaucoma can damage your optic nerve and is one of the leading causes of blindness in the U.S. It can occur at any age but is more common in older adults.

The most common form of glaucoma has no warning signs. You may notice patchy blind spots in your side or central vision. But the vision loss is often

so gradual that you may not notice a change in vision until the condition is at an advanced stage.

You have a higher risk of developing glaucoma if you are 40 or older, or have a family history of glaucoma. Many people with glaucoma do not realize they have the condition until they are seen for a routine exam.

Unfortunately, the damage caused by glaucoma can't be reversed. That's why it's important to have regular eye exams that include measurements of your eye pressure. Protect your vision by getting a comprehensive dilated eye exam at least once every two years. The dilated exam may show changes in the shape and color of the optic nerve fibers due to pressure.

Early diagnosis and treatment can preserve remaining sight. Lowering

eye pressure in the early stages slows progression of the disease and helps save vision. If left untreated, glaucoma will eventually cause blindness.

Usually, glaucoma is first treated with daily eye drops or a laser procedure. The procedure is safe and performed in the health care professional's office with no restrictions on activity by the day after the procedure. If eye drops or a laser procedure are not effective enough or cannot be tolerated, surgery may be needed.

There is a new minimally invasive surgery, called ab interno canaloplasty, or ABiC, to treat patients with glaucoma. During the procedure, a small catheter is used to flush out the part of the eye that drains pressure, resulting in lower eye pressure and better control of glaucoma.

No stent or device is left behind in the eye after the procedure, as they often are in traditional surgeries. The procedure has less risk of infection and quicker vision recovery than with traditional glaucoma procedures.


Ab interno canaloplasty is an option

for people with glaucoma that can't be controlled with eye drops or laser treatment. It's also a good option for people who also have reduced vision from cataracts because the procedure usually can be performed at the same time as cataract surgery with little added risk.

So, plan on having a "puff test" or other test to check pressure at least once every two years during a comprehensive eye exam. At any time, share your eye or vision concerns with your primary care team or ophthalmologist, especially if you have a family history of glaucoma or other eye conditions.

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

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## HEALTH & WELLNESS

# Lemon Balm can be used to treat a variety of ailments

*Melissa officinalis* is the Latin name for Lemon Balm, the well-known medicinal plant. Other common names of Lemon Balm include Balm Mint, Blue Balm, Cure-all, Garden Balm, Honey Plant, Sweet Balm, and Sweet Mary. Anyone fortunate enough to have a plant can pick the leaves and know that



Dr.  
Deena  
Beneda

it gives off a strong lemon scent. Lemon Balm is related to mint and can grow as rapidly in gardens as its relative. During the warm weather white flowers containing nectar appear on the plant which attracts bees. This is how Lemon Balm got its Latin name *Melissa*, which is the Greek word for Lemon Balm.

Lemon Balm was used in the Middle Ages to reduce stress and anxiety, improve sleep, cure toothaches, skin rashes, and crooked necks, prevent baldness, and relieve gas, bloating, and discomfort from indigestion. The herb was also steeped into wine to lift a person's spirits, help heal wounds, and treat venomous bites.

Lemon Balm has culinary uses such as lemon flavoring in ice cream, as lemon pesto, and it is commonly used as a flavoring agent in many herbal teas. The cosmetics industry and furniture polish are commercial places where Lemon Balm can be found.

There are many medicinal uses of Lemon Balm. It is used as an essential oil and in herbal teas. The leaves of the plant can be rubbed on the skin and used as a very effective mosquito repellent. It has antibacterial, antiviral, anxiolytic, and antioxidant properties. It is a popular choice in aromatherapy. Lemon Balm is also used in creams to treat oral herpes simplex virus—cold sores. Studies have

shown it to be effective in reducing the severity and the duration of a cold sore outbreak. Individuals using topical Lemon Balm also reported more relief from symptoms such as itching and redness.

Lemon Balm has been studied as a mild sedative or calming agent. Several studies have shown that Lemon Balm when combined with other calming medicinal plants helps to reduce anxiety and promote sleep. Lemon Balm is widely used to treat anxiety and insomnia in Europe. Lemon balm contains eugenol a compound that kills bacteria and has been shown to calm muscles and numb tissues. The medicinal plant also contains tannins that make it a powerful antiviral. It has also been mentioned in the literature as being used for various conditions such as amenorrhea, chronic fatigue, depression, dizziness, hypertension, menstrual cramps, mental clarity and concentration, nausea relief, phobias, relaxation, and shingles.

While Lemon balm seems to be a very effective medicinal plant that can be used in the treatment of a variety of ailments, it is always advisable to check with your health care provider before taking any medicinal plant.

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

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## HEALTH &amp; WELLNESS

## Palliative care: Get the facts

By Autumn Bishop

LMH Health

Palliative care and hospice care have a number of things in common. Both are designed to help people living with a serious illness and to help improve their quality of life. But it's important to understand that palliative and hospice care aren't the same thing. So what is palliative care?



"Palliative care improves the quality of life for people with serious or chronic life-limiting illnesses such as COPD, heart failure, cancer, renal disease and dementia," explained Nicole Apprill, a nurse practitioner with LMH Health's Palliative Support Services. "We provide this care in concert with a patient's healthcare treatment in order to help improve their quality of life."

Palliative care is based on the needs of the patient and not their prognosis. It's appropriate at any age and stage of illness and can be provided along with curative treatment. The team provides:

- Pain and symptom management
- Patient and family education
- Family meeting facilitation
- Spiritual and psychosocial support
- Discharge planning
- Assistance with advance direc-

tives

Apprill said that the team identifies what's important to the patient, goals of care and how you'd like to be taken care of. Just like a cardiologist manages heart failure and adjusting medications, palliative support addresses the symptoms associated with your serious health condition to help improve your quality of life.

"The other thing we do is a lot of supportive communication. If you've got multiple consultants caring for you, how much of that information have you absorbed and understood? We help put those pieces together so you and your family understand what's going on and where you're at in the disease process," she said.

**What can I expect?**

Three nurse practitioners and two nurses provide palliative care for patients at LMH Health, both in the hospital and in the outpatient clinic at Palliative Support Services. Overseen by consulting, collaborating physician Marc Scarbrough, MD, the team works alongside your primary care and other healthcare providers. Most palliative care referrals occur as a result of consultations during an inpatient hospital stay, but the team is happy to see you in their office as well. During your first meeting with a palliative care provider, they'll have a number of questions for you.

"Palliative care is very patient-centric. I want to get to know you, what

makes you tick and how I can help. I want to know about your support system and how you've been feeling. We'll talk about your condition, what you understand and then make a plan," Apprill explained. "We need to address the urgent things first, like uncontrolled symptoms, then work to identify and determine how best to support your goals for living."

Once a plan has been established, the frequency you meet with the care team is largely dependent on your disease track. Some patients meet with palliative care providers every couple of weeks, while others may need to be seen more or less frequently.

"We really try to be accessible as much as possible. Our palliative care team is here Monday through Friday and we want to be available so we know our patients are in good shape and supported," Apprill said.

**Spiritual and physical**

Palliative care work doesn't fall solely on the shoulders of nurses and nurse practitioners. The team relies heavily on case managers and spiritual care manager Robin Colerick-Shinkle. She offers emotional, spiritual and social support

to patients and their families.

"Palliative care patients often have specialized needs. Due to the often long, chronic and steady decline of patients, there are spiritual distresses that emerge," she explained. "Spiritual care isn't just religious care. It looks at what gives a person meaning in their life; what gives them purpose; what their beliefs and values are. Sometimes religion is part of these things and sometimes it's not."



Nicole Apprill

Colerick-Shinkle shared that she stays in close communication with the team at Palliative Support Services. They let her know about patients and families who are having a hard time, as well as those who are going to begin hospice or comfort care. She then follows up with a visit.

"We work to communicate with all providers to ensure patients receive the best care," Colerick-Shinkle said.

**Misconceptions about palliative care**

Unfortunately, many individuals with chronic illness don't receive palliative care services because of misconceptions that exist. Many people

■ CONTINUED ON PAGE 13



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# Palliative care

■ CONTINUED FROM PAGE 12

believe that palliative care is hospice care. While palliative care was born from the hospice movement, a key difference is that hospice is provided for a person with a terminal illness whose doctor believes they have six months or less to live if their illness runs its natural course, while palliative care is provided to all patients with serious illness, regardless of their prognosis.

“Like palliative care, hospice provides comprehensive comfort care, as well as support for the family. Once an individual is placed on hospice care, attempts to cure the person’s illness or prolong their life are stopped. The focus is solely on maintaining comfort, quality of life and supporting the patient and family,” Aprill explained.

Another common myth is that palliative care is not covered by insurance, adding an additional cost for you. According to the National Hospice and Palliative Care Organization, palliative care is covered by most insurances, as well as Medicare and Medicaid, though some procedures and medications may not be covered. Talk with your insurance provider to see what benefits are available to you.

## I don’t need care now, but what should I do to prepare?

While palliative or hospice care may not be something you need right now, there are a few important steps you can take now. Naming a designated health-care proxy to make decisions for you is an important step.

“Whoever you select, you need to sit down and have a conversation about what’s important to you. It doesn’t all have to be about what life support measures to take or if you’d want to have CPR,” Aprill said. “Is it sitting with your family and being able to communicate? Being able to go outside and see the sun? It could be any number of things.”

Aprill continued by explaining that it’s important for the proxy to understand how you want to be cared for if your body is no longer able to respond to treatments for your illness.

“For someone young and healthy, would you be okay with a feeding tube and tracheotomy if you sustained a traumatic brain injury? Or is there a point in time where you’d want those efforts to end? It’s important to think about scenarios

like that,” she said.

Having an advance directive is also helpful. This legal document allows you to express your wishes related to end-of-life care. The National Institute on Aging explains that you can think of it as a living document—one that you can modify as you get older,

your health or your viewpoints change. Talk with your doctor or the team at Palliative Support Services about

## We can help

LMH Health Palliative Support Services is ready to assist you and your family to improve your quality of life when you’re facing a chronic or serious life-limiting illness. Call 785-505-5623 to see how we can help.



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## JILL ON MONEY

# The 'recession' label is not as important as YOU

After the Fed raised short term interest rates by 0.75% to a range of 2.25-2.50%, Chairman Jerome Powell said that the U.S. is not currently in a recession, which he described as a "broad based decline" and then added, "that's not what we have now."

Powell noted that it's hard to square a recession with the still-solid labor market.



Jill  
Schlesinger

To underscore that point, Powell recounted stats that showed continued progress over the first six months of the year: the U.S. economy has created 2.74 million jobs, the unemployment rate remains near 50-year lows at 3.6% and there are more than 11 million job openings.

Recessions are usually highlighted by a big slowdown in the job market, highlighted by an increase in layoffs and a rise in the unemployment rate.

A day after the announced Fed rate hike, the government released the Gross Domestic Product (GDP), which measures the total value of goods and services produced in the US. GDP is often used as a scorecard of the economy and according to the Bureau of Economic Analysis (BEA), it is "the most popular indicator of the nation's overall economic health."

The GDP reading for the second quarter found that the economy shrank at an annual pace of 0.9%, as consumers and businesses pulled back on spending amid high prices. On the heels of a negative first quarter (-1.6%), the report amplified fears of a recession.

While two consecutive negative quarters often presages a more pronounced slowdown, that is not how the U.S. defines a recession.

The National Bureau of Economic Research's (NBER) Business Cycle Dating Committee is responsible for determining the beginning and end of recessions. To do so, they analyze various data points before making the call, which usually happens after the fact.

Although you might think that economics is a science, it is subject to interpretation and "There is no fixed rule about what measures of economic

activity contribute information to the process or how they are weighted in our decisions," according to NBER.

Whether or not NBER officially makes the recession call, it's becoming obvious that a slowdown from last year's growth of 5.7% (the fastest GDP since 1984) has begun—and that a lot of Americans are struggling to make ends meet amid high inflation.

Economists believe that prices have probably peaked, but the pressures that have built up will remain in the system, which means the Fed is likely to keep hiking rates at the three remaining policy meetings of 2022.

The size and timing of increases will be data dependent, though most economists believe that the benchmark lending rate will rise by another full percentage point to 3.5% by the end of the year. To put that in perspective, short-term rates were ZERO until March of this year and in November 1981, when inflation was last this high, the Fed Funds rate stood at 13.3%.

Where does this leave us on whether we are currently in a recession?

The answer may not be that important

to most Americans. For workers, either you have a job that pays you enough to absorb the current high prices or you do not—and if not, you may need to find another job or part-time work to supplement your household income.

If you are already in retirement, you either have saved enough (or have sufficient income streams) to pay for the higher costs, or you are heading back into the labor force to do so. In other words, the label "recession" matters less than your current personal situation.

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

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## FINANCIAL FOCUS

# Should you own bonds when interest rates rise?

As you know, the stock market has attracted a lot of attention — and for good reason, as we've seen considerable volatility almost from the beginning of the year. But if you own bonds, or bond-based mutual funds,



Derek  
Osborn

you might also have some concerns. However, it's important to understand why bonds should continue to be an important part of your portfolio.

To begin with, let's look at what's happened with bond prices recently. Inflation has heated up, leading the Federal Reserve to raise interest rates to help "cool off" the economy. And

rising interest rates typically raise bond yields — the total annual income that investors get from their "coupon" (interest) payments. Rising yields can cause a drop in the value of your existing bonds, because investors will want to buy the newly issued bonds that offer higher yields than yours.

And yet, despite this possible drop in their value, the bonds you own can still help you make progress toward your financial goals. Consider these benefits of bond ownership:

- **Income** – No matter what happens to the value of your bonds, they will continue to provide you with income, in the form of interest payments, until they mature, provided the issuer doesn't default — and defaults are generally unlikely with investment-grade bonds (those rated BBB or higher). Your interest payments will remain the same throughout the life of your bond, which can help you plan for

your cash flow and spending.

- **Diversification** – As you've probably heard, diversification is a key to successful investing. If you only owned one type of asset, such as growth stocks, and the stock market went into a decline, as has happened this year, your portfolio likely would have taken a big hit — even bigger than the one you may have experienced. But bond prices don't always move in the same direction as stocks, so the presence of bonds in your portfolio — along with other investments, such as government securities and certificates of deposit — can help reduce the impact of volatility on your holdings. (Keep in mind, though, that by itself, diversification can't guarantee profits or protect against all losses in a declining market.)

- **Reinvestment opportunities** – As mentioned above, rising interest rates and higher yields may reduce the value of your current bonds, but this same development may also offer you some favorable reinvestment opportunities. If you own bonds of varying durations — short-, intermediate- and long-term — you should regularly

have some bonds maturing. And in an environment such as the current one, you can reinvest the proceeds of your expiring short-term bonds into new ones issued at potentially higher interest rates. By doing so, you can potentially provide yourself with more income. Also, by owning a mix of bonds, you'll still have the longer-term ones working for you, and these bonds typically (but not always) pay a higher interest rate than the shorter-term ones.

It might not feel pleasant to see the current value of your bonds drop. But if you're not selling them before they mature, and you take advantage of the opportunities afforded by higher yields, you'll find that owning bonds can still be a valuable part of your investment strategy.

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

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# SENIOR CALENDAR

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

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

## ARTS & CRAFTS

### FIRST FRIDAY OF THE MONTH

#### ARTSCONNECT FIRST FRIDAY ARTWALK

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

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

### SECOND SATURDAY OF THE MONTH

#### OPEN AIR ART MARKET

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

LAWRENCE

### LAST FRIDAY OF THE MONTH

#### FINAL FRIDAYS

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

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## EDUCATION

### SEP 1

#### INTERNET GENEALOGY CLASS - FOR BEGINNERS

Get started in genealogy and learn how to build your family tree online. Learn how to use the print and online resources your library offers. Register to receive the Zoom link. Topeka and Shawnee County Public Library, Virtual Room 01, 1515 SW 10th Ave., 10- 11:30 a.m.

TOPEKA

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

### SEP 1

#### FORT LEAVENWORTH: ANGELA RIOTTO AND DEREK MALLET: "PRISONERS OF WAR AS MILITARY INTELLIGENCE IN

### THE CIVIL WAR AND WORLD WAR 2"

During the Second World War, the US military interrogated over 3,000 German Prisoners of War at a secret facility at Fort Hunt, Virginia. These interrogations offer fascinating perspectives of the German situation in the final year of the war and allow us to evaluate how well American authorities knew its enemy at the time. Derek Mallett is currently an associate professor in the Department of Military History at the US Army Command and General Staff College, Fort Belvoir, Virginia satellite campus. His research interests include the Second World War, prisoners of war, military intelligence, war and public memory, and national security. Angela Riotto received her Ph.D. from the University of Akron. Her research examines the ways in which both U.S. and Confederate former prisoners of war discussed their captivity between 1861 and 1930. She currently teaches with the Department of Military History at the U.S. Army Command and General Staff College as an Assistant Professor. Robert J. Dole Institute of Politics, 2350 Petefish Dr., 3-5 p.m. Hybrid event available live on YouTube. Free.

LAWRENCE, 785-864-4900

[youtube.com/watch?v=U-RBKpC7\\_X8](https://youtube.com/watch?v=U-RBKpC7_X8)

### SEP 2

#### CARFIT - CONTINUE DRIVING SAFELY AS YOU AGE

Learn how to adapt your driving skills to your physical condition and become a more confident and safer driver. Co-hosted by the Kansas Department of Transportation. Topeka and Shawnee County Public Library - Parking - East Lot, 2-4 p.m.

TOPEKA

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

### SEP 8

#### INTERNET GENEALOGY 2

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

TOPEKA

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### SEP 12

#### BEGINNERS COMPUTER NAVIGATION

Learn how to use a mouse, navigate a Windows 10 desktop, find & open apps & files. Share this with a friend or family member who needs help learning to use a computer. Call 785-580-4607 to register. Topeka and Shawnee County Public Library - Learning Center, 10-11 a.m.

TOPEKA

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

### SEP 12

#### NEW TO MEDICARE

Jayhawk Area Agency on Aging will answer your questions regarding Medicare as you turn 65. Topeka and Shawnee County Public Library - Marvin Auditorium 101C, 1-2 p.m.

TOPEKA

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

### SEP 12

#### NEW TO MEDICARE

Jayhawk Area Agency on Aging will answer your questions regarding Medicare as you turn 65. Topeka and Shawnee County Public Library - Marvin Auditorium 101C, 6-7 p.m.

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

### SEP 14

#### INTERNET INTRODUCTION - BEGINNING COMPUTER NAVIGATION

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

TOPEKA

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

### SEP 15

#### EMAIL FOR BEGINNERS - BEGINNING COMPUTER NAVIGATION

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

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### SEP 19

#### BEGINNERS COMPUTER NAVIGATION

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### SEP 19

#### MEDICARE PART D - DIY

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

TOPEKA

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### SEP 21

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### SEP 26

#### BEGINNERS COMPUTER NAVIGATION

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### SEP 28

#### INTERNET INTRODUCTION - BEGINNING COMPUTER NAVIGATION

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

TOPEKA

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### SEP 29

#### EMAIL FOR BEGINNERS - BEGINNING COMPUTER NAVIGATION

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TOPEKA

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

### OCT 3

#### BEGINNERS COMPUTER NAVIGATION

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TOPEKA

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

### OCT 3

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

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

TOPEKA

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

■ CONTINUED ON PAGE 17

## Kaw Valley Senior Monthly

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■ CONTINUED FROM PAGE 15

OCT 5

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

## ENTERTAINMENT

### SECOND & FOURTH SATURDAYS OF THE MONTH GRAND OTTAWA OPRY

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

SEP 9

### FREESTATE STORY SLAM | SCARS

Real stories, live and uncensored. Stories are told live, MOTH-style, with a new theme each month. Never the same story or evening. Live music and social hour at 7 p.m. Slam begins at 7:30 p.m. Live music by Kirsten Paludan. Story Slam will take place at our new satellite space, 10th and Mass Studios. The address is 1000 Mass. St. The entrance is on 10th Street, between Massachusetts and New Hampshire St. Ages 18+ recommended. \$10 recommended donation.  
LAWRENCE, 785-843-2787  
[lawrenceartscenter.org](http://lawrenceartscenter.org)

SEP 26

### THE BEACH BOYS

As The Beach Boys mark more than a half century of making music, the group continues to ride the crest of a wave unequalled in America's musical history. The Beach Boys—who have become synonymous with the California lifestyle and an American icon, are bringing their "Sixty Years of the Sounds of Summer" tour to fans around the world. Lied Center of Kansas 1600 Stewart Drive, 7:30 p.m. Fee.  
LAWRENCE, 785-864-2787  
[lied.ku.edu/?event=beach-boys-2022](http://lied.ku.edu/?event=beach-boys-2022)

SEP 18

### HARPISTS FOR PEACE - MUSIC FOR A SUNDAY AFTERNOON

Library staffer and harpist Jim Mosher and his friends will play their harps to help create a day of peace. Enjoy peaceful thought-provoking music in a wide range of styles and performances. Topeka and Shawnee County Public Library - Marvin Auditorium 101ABC, 3-5 p.m.  
TOPEKA  
<https://events.tscpl.org/events>

SEP 30

### MANHATTAN SHORT FILM FESTIVAL

We'll watch 10 short films along with 500 venues across the globe. Each film qualifies for a short film Oscar nomination at the 2023 Academy Awards. You can vote for best short and

best actor. Topeka and Shawnee County Public Library - Marvin Auditorium 101BC, 6-9 p.m.  
TOPEKA  
<https://events.tscpl.org/events>

OCT 2

### MANHATTAN SHORT FILM FESTIVAL

We'll watch 10 short films along with 500 venues across the globe. Each film qualifies for a short film Oscar nomination at the 2023 Academy Awards. You can vote for best short and best actor. Topeka and Shawnee County Public Library - Marvin Auditorium 101BC, 1-4 p.m.  
TOPEKA  
<https://events.tscpl.org/events>

## EXHIBITS & SHOWS

APR 1-OCT 11

### MOTHERS OF INVENTION: THE ENTREPRENEURS AND INNOVATORS OF LAWRENCE

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

SEP 11

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

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

## FARMERS' MARKETS

MONDAYS

### MONDAY FARMERS' MARKET

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

THURSDAYS

### COTTIN'S HARDWARE FARMER'S MARKET

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

APR 9-NOV 19

### LAWRENCE FARMERS' MARKET (SATURDAYS)

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

APR 24-NOV 27

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

MAY 3-OCT 25

### LAWRENCE FARMERS' MARKET (TUESDAYS)

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

MAY-OCT

**BONNER SPRINGS FARMERS' MARKET**  
Saturdays, Centennial Park, 206 E. Cedar St., 8 a.m.-12 p.m.  
BONNER SPRINGS, [bonnerfarmersmarket.org](http://bonnerfarmersmarket.org)

MAY-OCT

### OTTAWA FARMERS' MARKET

Wednesdays from 4-6 p.m. and Saturdays from 8 a.m.-noon. Orschlen's parking lot, 2008 S. Princeton St.  
OTTAWA, [bonnerfarmersmarket.org](http://bonnerfarmersmarket.org)

JUN-SEP

### BALDWIN CITY MAIN STREET FARMERS & CRAFT MARKET

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

## FAIRS & FESTIVALS

SEP 10

### LENEXA SPINACH FESTIVAL

The family-oriented Lenexa Spinach Festival is packed with food, music, entertainment, hands-on activities, and craft vendors. Experience the World's Largest Spinach Salad, learn about our history, or submit your favorite dish to our recipe contest. Sar-Ko-Par Trails Park, 87th Street Parkway and Lackman Road, 9 a.m.-4 p.m. Free.  
LENEXA, 913-477-7100

SEP 17

### 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 West 57th Street, 9 a.m.-4 p.m. Fee.  
SHAWNEE, 913-631-5200

## HISTORY & HERITAGE

SEP 21

### AFRICAN AMERICAN MUSICIANS IN KANSAS 1860-1920 - HUMANITIES KANSAS

Humanities Kansas presenter Lem Shepherd, historian & musician, will explore the dynamic musical history of African Americans, and the social and cultural impacts in Kansas. Topeka and Shawnee County Public Library - Marvin Auditorium 101BC, 7-8 p.m.  
TOPEKA  
<https://events.tscpl.org/events>

SEP 22

### AFRICAN AMERICAN TOPEKA - TOPEKA GENEALOGICAL SOCIETY MONTHLY MEETING

Book talk by author Sherri Camp Topeka and Shawnee County Public Library - Marvin Auditorium 101BC, Virtual Room 02, 7-8:30 p.m.  
TOPEKA  
<https://events.tscpl.org/events>

■ CONTINUED ON PAGE 26



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

**Charles Robinson Chapter**  
(Lawrence)

John Saylor (President)  
785-841-5756

**Thomas Jefferson Chapter**  
(Topeka)

Brian Vazquez (President)  
785-272-7647

## HUMOR HOTEL

# Have we allowed our children to become royal pains?

By **Greg Schwem**

Tribune Content Agency

Maybe it's time to admit that, when it comes to parental discipline, our skills have disappeared faster than a toddler's attention span.

Princess Kate Middleton recently found herself under the disciplinary microscope when a hilarious, yet uncomfortable video emerged starring her youngest child, 4-year-old Prince Louis and fifth in line of succession to the British throne. (Translation: He will never be King).

The video, shot as mother and son watched the Platinum Jubilee pageant from front-row seats, featured a clearly bored Louis sticking out his tongue at his mum and batting her hand away when she tried to refrain him from "cocking a snook," the British expression for thumbing one's nose.

Because the dustup happened between royals, the video naturally went viral, causing millions to give their unwanted opinions on Kate's parenting skills. The responses ranged from sympathetic (kids will be kids, even if they do live in palaces) to calling Louis a spoiled brat for daring to show disrespect to the future Queen of England. What kind of hooligan will Louis be at 15 if he is already testing boundaries at 4, they wondered?

I chuckled when I saw the video, knowing Kate was in an impossible situation. What was she supposed to do, knowing her every move was being recorded by dozens of cameras? Backhand her son across the face? Summon the royal guillotine? Or, worse, put young Louis in timeout by making him sit with the weird-haired gentleman, none other than British Prime Minister Boris Johnson, in the second row?

If you're a parent, you've had your own Kate moment. When she was 2, my eldest daughter bit my finger hard enough to draw blood. She is now 25 and holds a corporate job. She has never spent time in jail. At least, not that I'm aware.

Cut Kate some slack, I thought. All children should be subject to discipline, but who are we to judge how it is administered?

Of course, that was before I saw the Mercedes.

It was sitting, unattended, in the park I visit each morning with my dog. A real beauty she was; jet black in color, with the silver three-point Mercedes-Benz emblem glistening in the rising sun. A Google search revealed I was staring at the 12-volt, S63 model, featuring one-button start, forward and reverse shifter, wear-resistant wheels, one USB port and an MP3 interface. The car retailed for anywhere between \$190 and \$250, depending on what site

you were perusing.

Oh, no, this wasn't an actual Mercedes-Benz. It was a toy replica, designed to be piloted by drivers between 3 and 5 years of age. Still, I wondered, what type of ungrateful kid leaves such a vehicle in a public park overnight, knowing another child could just hop in and drive away?

Worse, what parent allows this to happen?

I tried to imagine the scenario: Did the car's battery die and no toy Mercedes tow trucks were available to assist? This seemed unlikely, since the S63 weighed a mere 33 pounds. Picking it up and putting it in the family car wouldn't be that difficult.

Or were there other forces at play here? Did another child zoom by in a toy Tesla, featuring a Wi-Fi-enabled touch screen? Did that cause the embarrassed Mercedes owner to throw a tantrum, exiting the vehicle and demanding his cheap parents purchase an immediate upgrade? If I had been that parent, I would have calmly explained the 2023 models hadn't yet arrived and it would

be wise to wait.

When she was 5, my daughter, the aforementioned finger biter, had a Barbie-themed electric car. Purchased for 10 bucks from a yard sale, it was parked in our garage every night. Had she left it anywhere else, rest assured, there would have been consequences.

So, parents, let's stop coddling our kids. Make them put away their toys and teach them the value of money. Let them know the finer things in life come with responsibilities. They will thank you later.

Even if it means spending time in the royal dungeon.

- *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 Pole 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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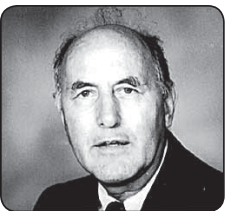


## HUMOR

# The Maridos Club Crisis

*(Editor's note: The following Larry Day column was originally published in an earlier issue of Kaw Valley Senior Monthly.)*

They let me join their club even after I told them I was a journalist. One of the club members said, "Hell, that's all right, George Thompson plays piano in a singles bar, and we let him join."



Larry  
Day

Now that I've decided to write about a crisis in the club, I hope they'll all understand that I'm just doing my job—like George is doing when he has to play "Some Enchanted Evening," 40 times in one evening.

Our club is called Los Maridos de la Mall. The name was suggested by Arturo Gomez, one of the club's founders. It's an efficient title, alliterative and denotative.

The Maridos Club doesn't meet at members' homes, or at the local library. We get together at the mall—usually on weekends. You may have stumbled onto one of our meetings and not even realized it. There's no one holding a gavel, no one reading the minutes, and no one shouting, "point of order."

All you see at a Los Maridos de la Mall Club meeting are two or three husbands standing around a women's clothing department saying things like, "That blouse looks real nice on you, honey," and, "No, dear, that dress doesn't make you look like a pregnant rhinoceros."

We are the few. We are the brave. We are: HUSBANDS WHO GO SHOPPING WITH THEIR WIVES AT THE MALL.

In some ways our group resembles the CIA. We use secret codes, we leave

messages in clandestine drop boxes, and we carry out surreptitious observations.

But it's all in fun. The club's activities keep us sane as we make our appointed rounds—rounds that neither stress, nor storm, nor lack of a good 50-percent-off-the-ticketed-price dress sale can stay.

Last week, for example, our club held a clothing label competition. Fletcher Chang won. Fletcher found labels from 16 different countries in 10 minutes in the Ladies Petite Department at the Jones Store. Sam Martin was second with 11. I came in third.

I'm leading in the label sweepstakes competition. For the sweepstakes we have to find a clothing label from countries whose names start with each letter of the alphabet—"A" for Australia, for example, "B" for Bahrain, "C" for China, and so on. I'm ahead in the competition because I have a "Q." I'm not going to tell you the name of the country, but it's been certified by our official sweepstakes monitor, Sam Golfarb.

I'm writing this piece about the club because we've just survived a crisis, and journalists always write about crises.

Los Maridos de la Mall Club has always been socially and economically diverse. The key criterion for member-

ship was to be a husband who goes shopping with his wife at the mall.

The way we get new members is like this: a husband is standing in front of a try-on booth in Dillard's Women's Casual Wear. He's holding his wife's purse, three shopping bags, and an umbrella. He is approached by a Maridos Club member.

"Hi there."

"Hi."

"You come here often?"

"Ever' damn weekend."

"Me too."

The two husbands chat for a while. Then if the Maridos Club member sees the guy at the mall two or three more times, he tells him about the club. If the guy wants to join, the member sponsors him, and we take a vote. All the paper work is done through our clandestine message system. Club members serve as messengers, drop-box monitors, and contest judges.

The crisis began when a woman named Sally Martin applied for membership in the Maridos Club. Sally is a tall, angular woman who works as a mechanic at a local auto repair shop.

She and Anne Marie Pickens flew to Boston and got married.

Sally hates to shop, but Anne Marie drags her to the mall anyway. Sally is darned observant, and she realized something fascinating was going on with us husbands. After she figured it out, Sally walked up to George Thompson in Nordstrom's one afternoon and said she wanted to be a member.

George sponsored Sally for membership, and that really stirred things up. Randy Miller quit the club as soon as he found out that we were considering letting a woman join. Henry Davis was worried that his wife would see him talking to Sally, and get jealous.

After a lot of back and forth, Sally's membership came down to two votes: the Reverend Farley James Jr., an evangelical pastor, and Ali Akbar Nootiq-Naari, a graduate student whose wife wears a chador. They both voted "yes," and Sally was in.

- 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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## VARIETY

# Idris Elba's daughter failed to land 'beast' role because their 'chemistry wasn't right'

By Zack Sharf

Variety

Idris Elba stars in "Beast" as a father trying to protect his two daughters from a ferocious lion on a South African nature preserve. It turns out Elba's 20-year-old daughter auditioned to play one of his character's daughters in the film, but she failed to land the role because her chemistry with her father "wasn't right." According to Elba, she stopped speaking to him for three weeks after she lost out on the role.

"She wants to be an actress and she auditioned," Elba said on "The Breakfast Club" (via Insider). "And you know, it came down to chemistry in the end. You know, my daughter, she was great, but the relationship in the film and the relationship with my daughter was—the chemistry wasn't right for film, weirdly enough. My daughter didn't talk to me for about three weeks."

"Beast" producer Will Packer said Elba's daughter was "very good" in the audition and "very close" to land-

ing the role in the movie, but he added, "Idris is right, some of the nuances of that real-life relationship sometimes doesn't translate on screen." Packer stressed that Elba's daughter was "very gracious" about not getting the part. She later attended the premiere of "Beast" alongside her father.

"I'm really proud of her to go through that, you know what I mean," Elba said. "And then not get the role, but still come to the premiere."

Relative newcomers Iyana Halley and Leah Sava Jeffries play Elba's daughters in "Beast," and they recently championed their roles in the film during an interview with Variety.

"We're both brown skinned, dark-skinned girls and we're leading a movie, and it's not anything that's degrading," Halley said.

"I want to see more Black girls get parts that aren't just the sassy [friend] or live in the hood," added Jeffries, who also has a starring role in Disney+'s upcoming "Percy Jackson" series. "I want to see them smart and the number one lead."

"Beast" is now playing in theaters

LAUREN MULLIGAN/UNIVERSAL PICTURES/TFNS



Idris Elba stars in "Beast."

nationwide.

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## PAINTING WITH WORDS

## September

**Poet:** Helen Hunt Jackson

**Poem:** September

Born in 1830 in Amherst, Massachusetts, Helen Hunt Jackson started a friendship with Emily Dickinson while at Amherst Academy. Following the deaths of both parents, Jackson had to transfer to a New York boarding school at 17. In 1853, she married a military man, and had to travel with him to mil-



Tom  
Mach

itary bases along the northeast coast. This eventually led her to the artists' colony of Newport, Rhode Island, where she met many writers who influenced her literary career.

In 1865, after having lost her two sons and her husband, Jackson was overwhelmed with sorrow and did very little in terms of contributing to her writing career. At first, her writ-

ing gave her emotional support, but her published poems received growing attention. In 1886 she went to Newport, Rhode Island and began growing her literary contributions. She produced many poems and several novels during this time, but did so unnamed or under a variety of pseudonyms, hiding many of her works from history until she settled on the alias H.H. Many of her works, including *A Century of Dishonor* and *Ramona*, railed against the mistreatment of native American Indians by the United States government.

Her 30-line poem, September, provides details as to why September should be an important month for us. The colors of that month include the yellow of the goldenrod, a plant that has healing effects such as swelling and muscle spasms. In this indirect way, the poet is alluding to the healing effects of summer that passed by. Now the corn is turning brown and the apples are about to drop from the trees. Some beautiful things happen in September, such as "the grapes' sweet odors arise" and the "roads are all flutter with yellow butterflies." Yet, the poet asserts, none of all this beauty ... is what makes September

fair." Jackson claims that she knows "a secret that makes September fair." We, as readers, can only guess it's an emotional experience about September that she cannot put into words.

Here, then, is Jackson's poem:

## September

*The golden-rod is yellow;  
The corn is turning brown;  
The trees in apple orchards  
With fruit are bending down.  
The gentian's bluest fringes  
Are curling in the sun;  
In dusty pods the milkweed  
Its hidden silk has spun.  
The sedges flaunt their harvest,  
In every meadow nook;  
And asters by the brook-side  
Make asters in the brook.  
From dewy lanes at morning  
the grapes' sweet odors rise;  
At noon the roads all flutter  
With yellow butterflies.  
By all these lovely tokens  
September days are here,  
With summer's best of weather,*

*And autumn's best of cheer.  
But none of all this beauty  
Which floods the earth and air  
Is unto me the secret  
Which makes September fair:  
'T is a thing which I remember;  
To name it thrills me yet:  
One day of one September  
I never can forget.*

If you enjoyed the poems analyzed in this column, you will also enjoy Tom's latest book, *Collected Poems* by Tom Mach. Many of his poems were previously published and some have even been honored by awards. These poems will give you a lot to think about and they are well worth reading. One of them, called "A Different Season" begins with a person getting older. "I once carried summer in my sandals and winter in my boots". This poem ends with the person dying: "I hear a gentle voice of welcome and the sweet music of violins and cellos," while another begins with "Love is like a kiss that never ends."

This is available on Amazon, either as a paperback or as a Kindle version. Visit Amazon to read a free sample.

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# GOREN ON BRIDGE

WITH BOB JONES

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## TWO DIFFERENT ROADS

East-West vulnerable, North deals

### NORTH

♠ A 9 4 2  
♥ A 10 8 7 2  
♦ Void  
♣ Q J 8 7

### WEST

♠ Q 5 3  
♥ J 9 5 3  
♦ K Q J 10 5  
♣ 5

### EAST

♠ K J 8 7  
♥ K Q 6 4  
♦ 7 4 2  
♣ 4 2

### SOUTH

♠ 10 6  
♥ Void  
♦ A 9 8 6 3  
♣ A K 10 9 6 3

The bidding:

NORTH	EAST	SOUTH	WEST
1♥	Pass	2♣	Pass
3♦*	Pass	4♦	Pass
4♥	Pass	5♣	Pass
5♠	Pass	7♣	All pass

\*Splinter bid, 4+ clubs and shortness in diamonds

Opening lead: Five of ♣

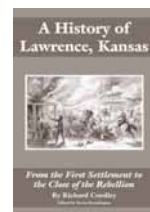
Had West led the king of diamonds, as many would, declarer would have an easy time of it. He would cash his three side-suit aces and ruff a heart with the three of clubs. He could then claim the rest of the tricks on a high cross ruff. Expert thinking is to

lead a trump against a grand slam, reasoning that the opponents would not bid a grand slam with a possible trump loser.

West found the excellent trump lead and South had work to do. The only chances for a thirteenth trick were to establish a trick in one of the red suits. This would require a 4-4 split in one of the suits and South had to manage his entries carefully to test both suits. He won the opening trump lead in his hand, cashed the ace of diamonds shedding a spade from dummy, and ruffed a diamond. He cashed the ace of hearts to discard a low spade and ruffed a heart with the three of clubs. He then ruffed a diamond, ruffed a heart, and ruffed a diamond, East showing out.

There was no luck in the diamond suit so declarer ruffed another heart in his hand. Success! The hearts split 4-4, so South drew the last trump, crossed to dummy with the ace of spades, and discarded his last diamond on the established 10 of hearts. Had declarer won the opening lead in dummy, he would not have had the entries to draw the last trump and enjoy the 10 of hearts. Well played!

(Bob Jones welcomes readers' e-mails: [tcaeditors@tribpub.com](mailto:tcaeditors@tribpub.com))



## The History of Lawrence, Kansas

by Richard Cordley

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By David L. Hoyt and Jeff Knurek



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

### BOGGLE POINT SCALE

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

### YOUR BOGGLE RATING

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

### Boggle BrainBusters Bonus

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

Find AT LEAST NINE BIRDS in the grid of letters.

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# PUZZLES & GAMES

## CROSSWORD

### Across

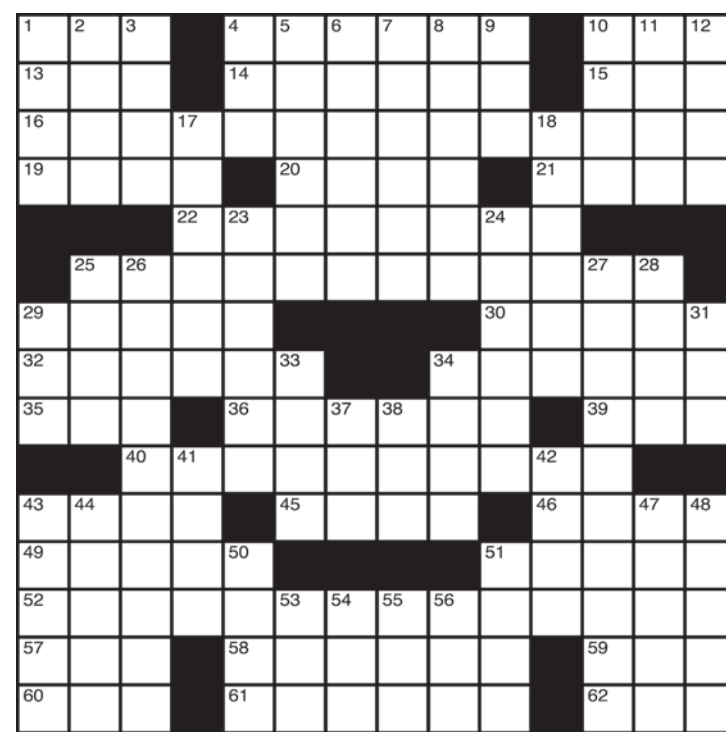
- 1 Winnipeg NHLer
- 4 Dwellings
- 10 Retirement outfit?
- 13 Tailless primate
- 14 Low-ranked British peers
- 15 "La Bamba" star \_\_\_ Diamond Phillips
- 16 "No, no, more user-friendly than DOS. \_\_\_!"
- 19 Make the same point as
- 20 Ran
- 21 Hogwarts letter carriers
- 22 Throws a bomb, in football
- 25 "No, no, flatter than sharks. \_\_\_!"
- 29 Some Strads
- 30 Hosiery hue
- 32 "The Great" pope between Sixtus III and Hilarius
- 34 "Peanuts" character

- 35 \_\_\_ chi
- 36 At home with
- 39 Also mention
- 40 "No, no, bigger than Humvees. \_\_\_!"
- 43 Former Cubs exec Epstein
- 45 Hardy heroine
- 46 Watchdog gp. created under Nixon
- 49 Traffic signals?
- 51 Two cents
- 52 "No, no, scarier than iguanas. \_\_\_!"
- 57 Bottom line
- 58 Polite refusal
- 59 Numbered hwy.
- 60 Asian honorific
- 61 Leaves befuddled
- 62 Org. created in response to 9/11

### Down

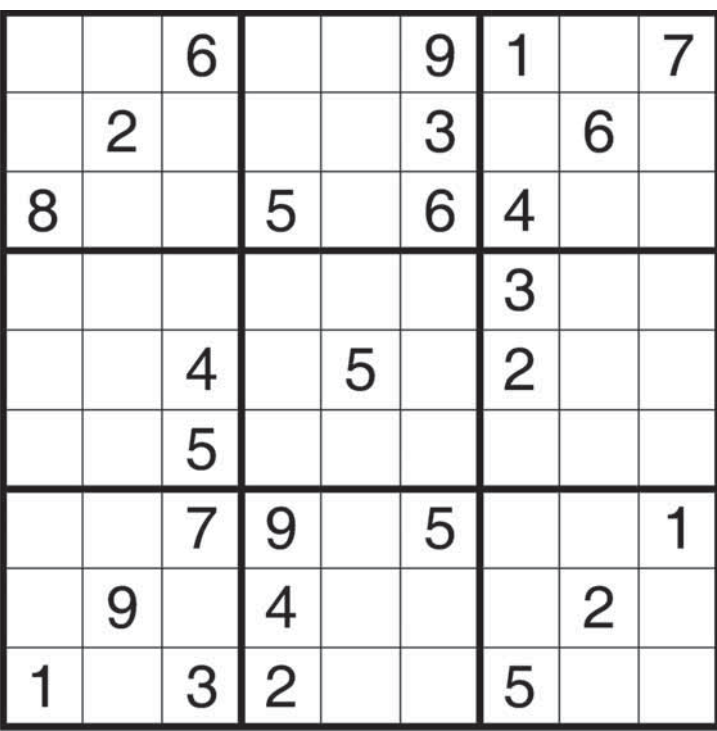
- 1 Mocking remark
- 2 Really cool

- 3 Georgia \_\_\_
- 4 Disney monkey
- 5 Mop manager?
- 6 Promise of dire consequences
- 7 IKEA kit pieces
- 8 City about 250 miles NNW of Dallas, TX
- 9 Govt. ID
- 10 Clear of snow
- 11 Fleshy fold
- 12 Puzzle (out)
- 17 Alt-tab function
- 18 GI ID
- 23 Yves' eager assent
- 24 Turkey, for one
- 25 Brine-cured Greek cheese
- 26 Uneducated group
- 27 Travel authorization for citizens of a 27-mem. union
- 28 Zoomed
- 29 Winter hrs. in IL
- 31 Terminate
- 33 Wasn't present?
- 34 Education support gps.
- 37 Stretch (out)
- 38 RB stoppers
- 41 With 42-Down, city on the Pearl River Delta
- 42 See 41-Down



- 43 Starts to disperse, as a crowd
- 44 Round-tripper
- 47 Looks (for)
- 48 Befuddled
- 50 Serious violations
- 51 Brand with a paw print on its logo
- 53 Punctuating word indicating sarcasm
- 54 Long-legged runner
- 55 Lake Mead creator
- 56 Genre for Master P or Heavy D

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### JUMBLE

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

USIES

MIYDL

LHIRTL

BLAYBF

Answer here:

Check out the new, free JUST JUMBLE app

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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: A1, A1, O1, Y4, B3, T1, T1

RACK 2: A1, E1, I1, D2, D2, R1, H4

RACK 3: A1, E1, I1, M3, R1, P3, G2 (2nd Letter Triple)

RACK 4: A1, A1, E1, I1, V4, W4, R1

RACK 5: A1, E1, E1, O1, G2, N1, P3 (Double Word Score)

PAR SCORE 265-275  
BEST SCORE 325

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

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

## MY PET WORLD

# Dog fears house and family, but acts fine everywhere else

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

**Dear Cathy:** My husband and I adopted a three-month-old male dog from a rescue organization. I'm not sure of his breed. He's about 25 pounds and looks like a black lab mix. The problem is, he is afraid of our home—and us in it. He hides under the bed and behind the couch. He is afraid of many noises. I thought it was because he was a rescue and needed time.

But when we go to someone else's home, he runs into the house, plays with everyone, is silly, lays on the couch, etc. He is such a sweet puppy. When he comes back home, he is afraid again. We don't crate him. He sleeps with us sometimes, goes for walks, is friendly, and is house-trained. We don't have a fenced yard, so on the second day, we had him on a long leash in the yard. When my husband opened the patio door, he ran in still leashed and jumped around, terrified. We got rid of the leash the next day and put up a temporary fence. He goes into the yard but is still afraid of our home. Any ideas? - Shari, Freedom, Wisconsin

**Dear Shari:** It can be difficult to pinpoint what triggers a dog's fears. It's important to consider any and all possible common denominators, like: Does this behavior only happen at

your home? You said yes. Could the incident on the tether have frightened him? Absolutely, but probably not to this extent. Is your dog more anxious around your husband? Some dogs are afraid of men. Could there be a sound inside or outside your home that scares him? If yes, that could trigger insecurities.

While it's helpful to know what's causing the behavior, you don't have to know what those triggers actually are to help your dog overcome them. There are things you can do to help him relax in your home.

Start with basic obedience training. It can distract your pup from a potential trigger and help build his confidence over time. Begin by putting him on a leash in the house and training him to "sit," "down," and "stay." (The leash is so he doesn't run and hide under the bed.) Use a clicker (preferred method because dogs understand what it means more quickly) or a marker/reward word (like "bingo") to acknowledge when your dog gets it right.

For example, say "sit." When your dog sits, click (or say the marker/reward word) and give your dog a treat.

Train your dog at least three times a day for 10 minutes each session. Both you and your husband should train your dog, so he develops a bond with both of you. Once you see him

more relaxed, teach him games, like fetch, take him for more walks, so he can sniff out the neighborhood, and introduce him to puzzle toys so he has to use his brain to find the treats. The busier you keep his mind with training and activities, the less time he has to be scared of things. As he grows up and his confidence grows, he should become less afraid of his surroundings.

You also can introduce a pheromone collar or pheromone plug-ins for the home or over-the-counter calming chews to supplement to help him feel more at ease during training. If you think it's noise sensitivity, get a sound machine for your home to muffle extraneous sounds.

If you're consistent, you should see improvements in a few weeks.

**Dear Cathy:** I read your column about the anxious dog in the pool, especially your suggestion to have the dog wear a life vest. My grand dog is a Labrador Retriever and an awesome swimmer. She will also paw you and try to put her paws on your shoulder. This is because dogs cannot tread water

and must move constantly.

Unless the pup can put her feet on the boot of the pool, she will have to keep paddling. Owners should be careful that their dog does not get too tired out. Great advice too about training the dog not to jump in the pool. Pepper knows to enter at the shallow end using the steps. The last thing kids need is a 70-pound dog landing on them. - Marilyn, Hayes, Virginia

**Dear Marilyn:** Experts estimate that about 5,000 dogs die in the U.S. annually from backyard pools. While the life vest is a must for every dog entering the water, it's equally important to train dogs not to get into the water unless given permission to do so. It could save a dog's life someday.

- 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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## AMERICA'S TEST KITCHEN

# A quick and easy one-pan meal is a must on a busy weeknight

By America's Test Kitchen

Tribune Content Agency

When you don't have a lot of time and don't want to make a big mess, this sheet pan dish is for you. Who doesn't love a quick meal and easy cleanup?

### Sheet Pan Barbecue Chicken with Broccoli

Serves 4

Vegetable oil spray  
4 (6- to 8-ounce) boneless, skinless chicken breasts  
1/4 teaspoon plus 1/8 teaspoon salt, measured separately  
1/4 cup barbecue sauce  
1 pound broccoli florets (6 cups)  
2 tablespoons extra-virgin olive oil

1. Adjust oven rack to upper-middle position and heat oven to 450 degrees. Line a baking sheet with aluminum

foil. Spray lightly with vegetable oil spray.

2. Use paper towels to pat chicken dry. Place chicken in center of baking sheet. Sprinkle chicken evenly with 1/4 teaspoon salt. Brush chicken evenly with barbecue sauce.

3. Place broccoli in a bowl. Break any large florets into small pieces. Add oil and remaining 1/8 teaspoon salt and toss with your hands until broccoli is coated with oil. Arrange broccoli around chicken on the baking sheet.

4. Bake until chicken registers 165 degrees, 12 to 14 minutes. Place baking sheet on cooling rack and serve.

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

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

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## Calendar

■ CONTINUED FROM PAGE 17

OCT 1

### A LOOK AT THE LOCKHEED ELECTRA - AMELIA EARHART'S PLANE

Evan Cluff takes us through Amelia Earhart's journey and how the Electra, her famous plane, affected the aviation industry. We'll also learn about Amelia, her Electra and her world flight. Topeka and Shawnee County Public Library - Marvin Auditorium 101, 3-5:30 p.m. TOPEKA, <https://events.tsctl.org/events>

## MEETINGS

MONDAYS

### GRIEF SUPPORT (VIRTUAL)

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

### FIRST WEDNESDAY OF THE MONTH CAREGIVER SUPPORT GROUP

Meet with other caregivers in the Baldwin area who may be struggling with some of the same issues you face while caring for your loved one. This support group is for caregivers of individuals age 60 or older. Baldwin Methodist Church, 704 Eighth St., 1-2 p.m. BALDWIN CITY

### SECOND MONDAY OF THE MONTH KLAH FUN LUNCHEON

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

### THIRD FRIDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

SEP 12

### CAREGIVER SUPPORT MEETING

Being a caregiver can be incredibly stressful. Meet and talk to others in the same situation. For more information call April Maddox at Jayhawk Area Agency on Aging (785) 235-1367. Topeka and Shawnee County Public Library -

Hughes Room 205, 3:30-4:30 p.m. TOPEKA  
<https://events.tsctl.org/events>

SEP 15

### CAREGIVER SUPPORT MEETING

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OCT 3

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## MISCELLANEOUS

### SECOND AND FOURTH THURSDAYS PITCH PALS

Join us for Pitch and fun. We play 10 point

pitch, which is a fast-paced, partnership, trick-taking game. The goal is to capture cards representing at least the number of points bid. We will explain "house rules" and assist new players. Wellsville Senior Center, 6 p.m. WELLSVILLE, 913-314-0819 or 785-248-9470

## TOURS

OCT 1 & 2

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## Day Dreaming: Tales from the Fourth Dementia



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## Sons of The American Revolution



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

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## RICK STEVES' EUROPE

# Lessons from a schoolmaster on the Rhine

By Rick Steves

Tribune Content Agency

I'm thinking back on my favorite European memories, and my favorite Europeans, including Herr Jung, the German schoolteacher who passed



*Rick Steves*

away not long ago. When I close my eyes, I can still imagine Herr Jung walking me around his hometown ... and I still hear his caring teacher's voice.

When cruising down the romantic Rhine River in Germany, I always stop in my favorite town along that fabled river: Bacharach. This pleasant half-timbered village with vine-covered hillsides was once prosperous from its wine and wood trade, and now works hard to keep tourists happy.

The riverfront scene is laid back. Retired German couples, thick after a lifetime of beer and potatoes, set the

tempo at an easy stroll. I gaze across the Rhine. Lost in thoughts of Bacchus and Roman Bacharach, I'm in another age...until two castle clipping fighter jets from a nearby American military base drill through the silence.

The Rhine Valley is stained by war. While church bells in Holland play cheery ditties, here on the Rhine they sound more like hammers on anvils. As the last of the World War II survivors pass on, memories fade. The war that ripped our grandparents' Europe in two will become like a black and white photo of a long gone and never known relative on the mantle.

I pause at Bacharach's old riverside war memorial. A big stone urn with a Maltese cross framed by two helmets, it seems pointedly ignored by both the town and its visitors. Even when it was erected to honor the dead of Bismarck's first war in 1864, its designer sadly knew it would need to accommodate the wars that followed: Blank slabs became rolls of honor for the dead of 1866, 1870, and 1914-18.

Bacharach is probably my favorite Rhine Valley town because of my friendship with Herr Jung, the town's retired schoolmaster, who takes me on

■ CONTINUED ON PAGE 29



Herr Jung leads a group through Bacharach, Germany.



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# Rick Steves

■ CONTINUED FROM PAGE 28

a thought-provoking walk with each visit. He joins me at the memorial and I ask him to translate the words carved on the stone.

“To remember the hard but great time...” he starts, then mutters, “Ahh, but this is not important now.”

Herr Jung explains, “We Germans turn our backs on the monuments of old wars. We have one day in the year when we remember those who have died in the wars. Because of our complicated history, we call these lost souls not war heroes but ‘victims of war and tyranny.’ Those who lost sons, fathers, and husbands have a monument in their heart. They don’t need this old stone.”

As I ponder the memorial, he quotes Bismarck: “Nobody wants war, but everyone wants things they can’t have without war.”

Herr Jung looks past the town’s castle, where the ridge of the gorge meets the sky and says, “I remember the sky. It was a moving carpet of American bombers coming over that ridge. Mothers would run with their children. There were no men left. In my class, 49 of the 55 boys lost their fathers. My generation grew up with only mothers.”

“I remember the bombings,” he continues. “Lying in our cellar, praying with my mother. I was a furious dealmaker with God. I can still hear the guns. Day after day we watched American and Nazi airplanes fighting. We were boys. We’d jump on our bikes to see the wreckage of downed planes. I was the neighborhood specialist on warplanes. I could identify them by the sound.”

“One day a very big plane was shot down. It had four engines. I biked to the wreckage, and I couldn’t believe

my eyes. Was this a plane designed with a huge upright wing in the center? Then I realized this was only the tail section. The American tail section was as big as an entire German plane. I knew then that we would lose this war.”

The years after the war were hungry years. “I would wake in the middle of the night and search the cupboards,” he says. “There was no fat, no bread, no nothing. I licked spilled grain from the cupboard. We had friends from

New York and they sent coffee that we could trade with farmers for grain. For this I have always been thankful.” He then gently had me look into his eyes and finished his story: “When I think of what the Nazis did to Germany, I remember that a fine soup cooked by 30 people can be spoiled by one man with a handful of salt.”

Standing there with military jets soaring overhead and Herr Jung dedicating his life to sharing Germany’s hard history so other nations (like mine) can

learn from it, I recommit myself to sharing the lessons travel can teach us as widely as I can.

- 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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5	9	8	4	6	1	7	2	3
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**BOGGLE ANSWERS**

OWL, EMU, HAWK, WREN, SWAN, CROW, HERON, EAGLE, PELICAN

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**JUMBLE ANSWERS**

**Jumbles:** ISSUE, DIMLY, THRILL, FLABBY

**Answers:** The painting of the moonshiner's equipment was a -- STILL LIFE

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D <sub>2</sub>	I <sub>1</sub>	E <sub>1</sub>	H <sub>4</sub>	A <sub>1</sub>	R <sub>1</sub>	D <sub>2</sub>	RACK 2 =	62
E <sub>1</sub>	P <sub>3</sub>	I <sub>1</sub>	G <sub>2</sub>	R <sub>1</sub>	A <sub>1</sub>	M <sub>3</sub>	RACK 3 =	68
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P <sub>3</sub>	E <sub>1</sub>	O <sub>1</sub>	N <sub>1</sub>	A <sub>1</sub>	G <sub>2</sub>	E <sub>1</sub>	RACK 5 =	70

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**MY ANSWER**

**Every human being is a living soul**

**From the writings of the Rev. Billy Graham**

Tribune Content Agency

**Q:** I visited the Titanic exhibit and found it interesting to read the account of how many “souls” were lost in that tragedy. It makes me curious as to why people are referred to as souls instead of bodies or people. We cannot see a soul; is it similar to our imaginations? - S.B.

**A:** “And the Lord God formed man... and man became a living soul” (Genesis 2:7, KJV). Likewise, the “conscience also [bears] witness” (Romans 2:15). God has put within us something that cries against us; it bears witness whenever we do that which we know to be wrong (Romans 1:19, 2:15). The conscience is the detective that watches the direction of our steps and decries every con-

scious transgression. It’s not imagination but rather a vigilant eye before which each imagination, thought, and act, is held up for either censure or approval.

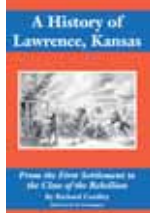
Every human being is a living soul with a conscience (described as the light of the soul, Proverbs 20:27). A warning light to go on inside when we do wrong; this is our conscience. It wants to steer us away from evil and toward good. Even when the conscience is dulled or darkened by sin, it can still bear witness to the reality

of good and evil, and to the holiness of God. Immanuel Kant, a German philosopher, once stated that there were two things that filled him with awe—the starry heavens above and the human conscience within.

Continual sin can dull or even silence our conscience. On the other hand, continual attention to God’s Word will sharpen our conscience and make us more sensitive to moral and spiritual danger. We are instructed to cleanse our conscience, “not with fleshly wisdom but by the grace of God” (Hebrews 9:14, 2 Corinthians 1:12).

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

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