

Kaw Valley Senior Monthly

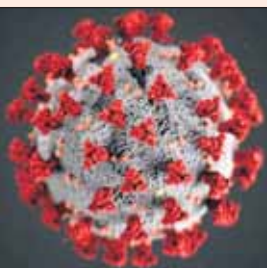
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Vol. 19, No. 10

INSIDE



KEVIN GROENHAGEN PHOTO

Sherri Camp: Helping others find their family histories.

See story on page three



SENIOR
profile

Please keep healthy and informed. This issue includes articles concerning COVID-19 on pages 7, 10, 11, 12, 13, 23, and 27.

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NOTE: Due to stay-at-home orders, most events have been cancelled. Therefore, this issue of Senior Monthly does not have a calendar section.

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Sherri Camp helps others with their genealogies

By Kevin Groenhagen

Sherri Camp, Topeka, has been researching her family's genealogy for more than 30 years and has been able to find ancestors who were born more than 200 years ago.

"I finally found my fifth great-grandmother," Camp said. "She was born about 1800, so I'm right on the precipice of crossing over to the 1700s."

Many Americans may not be initially impressed by what Camp has been able to accomplish. After all, millions of Americans are descendants of the 102 passengers who arrived on the *Mayflower* in 1620. These descendants can trace back their families nearly 200 years further than Camp has been able to do with her family. However, there is a major difference between the descendants of the *Mayflower* passengers and Camp: She is a descendant of enslaved Africans.

In 1619, a Portuguese slave ship brought 20-30 Africans to the British colony of Virginia. Historians see their arrival as the starting point for African

American history.

"The first Africans to America were indentured servants," Camp said. "But to further the cause of capitalism, that had to change. Laws were created to allow for African slavery and slaves for life."

Slavery quickly spread throughout the colonies, with some historians estimating that the slave trade brought as many as seven million enslaved people to the New World during the 18th century alone.

When researching their family history, most African Americans hit a "brick wall" around 1870, which was the year when the federal census first began recording information concerning the families of freed African Americans. "Before then, their lives existed on paper only as another person's property," *The Washington Post* reported in February 2020. "To penetrate the brick wall, black Americans frequently must rely on the names of their ancestors' owners."

■ CONTINUED ON PAGE FOUR

KEVIN GROENHAGEN PHOTO



Sherri Camp, the Genealogy Librarian at the Topeka & Shawnee County Public Library, has devoted her life to genealogy.

Kaw Valley SeniorMonthly

Kevin L. Groenhagen
Editor and Publisher

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VISITING NURSES

Sherri Camp

■ CONTINUED FROM PAGE THREE

That's exactly what Camp did to find her enslaved ancestors and what she recommends other African Americans do. According to her, the two most important things to look for is where their ancestors were enslaved and the names of the slaveowners.

"Those are hard pieces of information to find," Camp said in a 2016 interview with Ancestry.com. "But, once you find it, you're where you need to be and you can go a little further back. You can then do the slaveowner's genealogy and then you have to go on to find where your family fits into the picture. It's a lot of work. It's tedious, but rewarding. There is a record about your ancestors somewhere. You just have to look for it. If you can get the right family in the right place at the right time, then you can trace back your ancestry."

For Camp, genealogy is more than just a hobby.

"I decided that to complete what I was working on, I would have to

devote my life to it," she said.

Camp earned BA degrees in history and sociology and a Master of Liberal Studies degree from Washburn University. In addition, she earned a Certificate in Genealogy from Brigham Young University and served at the Family History Center, which is a branch of the Family History Library in Salt Lake City, Utah, for 17 years.

In 2004, Camp joined the Afro-American Historical and Genealogical Society (AAHGS). Founded in 1977, AAHGS has the following mission: "The Afro-American Historical and Genealogical Society, Inc. (AAHGS) strives to preserve African-ancestored family history, genealogy, and cultural diversity by teaching research techniques and disseminating information throughout the community. Our primary goals are to promote scholarly research, provide resources for historical and genealogical studies, create a network of persons with similar interests, and assist members in documenting their histories."

In 2011, Camp received a charter from the AAHGS National and founded the Kansas Afro-American Historical

and Genealogical Society (KAAHGS) and has served as the Kansas chapter's president since its founding. She served as AAHGS's National Vice President of Genealogy from January 2012 to December 2015 and then became the National President in January 2016. She served in that position for two years.

KAAHGS currently has about 30 members, including members in Topeka, Lawrence, Wichita, and even Brooklyn, New York.

"The member from Brooklyn has actually presented virtually to the group," Camp said.

KAAHGS meets every other month and the group has scheduled its next meeting for May 4 in the Topeka Room in the Topeka & Shawnee County Public Library from 5:30 to 7:30 p.m.

"We usually have a speaker who gives a PowerPoint presentation where we learn something," Camp said. "Our first meeting this year covered how to get started with genealogy and how to tell your family history. Your family history tells local history. If we all start to learn our stories, then we can really talk about

what African American history is in our location. To me, it is really important to learn local African American history because that's how you're going to find your family. The local folks know, but if they're not telling their histories, then you can't find that information."

Because of her work with African American genealogy, Camp often travels throughout the country to deliver lectures and teach classes. A presentation she delivered in South Carolina ultimately led to a book concerning Topeka's African American history.

"I delivered a paper on race in Charleston and I remember meeting someone from Arcadia Publishing," Camp said. "We exchanged cards."

Arcadia Publishing, which is based in Charleston, is a publisher of neighborhood, local, and regional history of the United States in pictorial form. A representative with Arcadia Publishing contacted Camp via email regarding a book proposal. Some time had passed between her visit to Charleston and the book proposal, so she had just a vague memory of exchanging cards with the

■ CONTINUED ON PAGE FIVE

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Sherri Camp

■ CONTINUED FROM PAGE FOUR

publisher's representative.

"I almost missed out on doing the book because I thought it was a spam email," Camp said. "I asked a friend of mine if she had ever heard of this company. She had, but said they don't usually contact you. You contact them with a proposal for a book. So, I got in touch with them. I mention in the foreword of the book that I probably wouldn't have done it if it wasn't for my friend."

Arcadia Publishing published Camp's book, *African American Topeka*, in 2013.

"It's an Arcadia book, so it's an image book," Camp said. "I could only tell a story if I had an image. There were stories I couldn't find an image for and images I couldn't find a story for. I did research at the state archives, the Kenneth Spencer Research Library, the Topeka & Shawnee County Public Library, and I had a newspaper article where I asked people to help me out. The majority of the book was my own

personal research. It's really a good foundation for the history of African Americans in Topeka."

African Americans arrived in Topeka before and after the Civil War and again in large numbers during the Exodus Movement of 1879-1880 and the Great Migration (1910-1970). They came in protest of the treatment (lynchings) they received in the South. As many as 40,000 Exodusters left the South to settle in Kansas, Oklahoma, and Colorado. By 1880, the number of African Americans residing in Topeka was 3,648, out of a total population of 15,528. This reflects a 404% increase in the African American settlement of Topeka in a period of just five years. One of the communities of Exodusters in Topeka's 3rd ward became known as Tennessee Town, in recognition of the state where a majority of the initial inhabitants originated.

An estimated six million African Americans left the South during the Great Migration and settled in urban centers in other parts of the country.

Camp's book also covers *Brown vs. Topeka Board of Education*, the land-



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Sherri Camp

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mark 1954 Supreme Court case in which the justices ruled unanimously that racial segregation of children in public schools was unconstitutional.

In addition to Arcadiapublishing.com and Amazon.com, *African American Topeka* is available in Topeka at Walgreens stores, some grocery stores, and the Brown v. Board of Education National Historic Site at 1515 S.E. Monroe Street.

Camp is currently thinking about another book project concerning her own family's history.

"It may actually be a series of books," she said.

She is excited about the possibility of using MyCanvas by Alexander (mycanvas.com), which partners with Ancestry.com, to put together family history books. The website allows customers to produce photo books through an easy-to-use interface.

In 2014, the position of Genealogy Librarian became open at the Topeka & Shawnee County Public Library. Camp applied for the position and the library hired her. As the library's Genealogy Librarian, Camp helps people connect to their roots and tell their family histories. She also teaches computerized genealogy classes for beginning and experienced researchers. Now that she does genealogy professionally full-time, she doesn't have as much time to work on her own genealogy. However, she finds that helping others with their genealogies is also rewarding.

"Everybody's genealogy is different," she said. "It doesn't matter where you came from. Not all African Americans have the same genealogy. That's true of every culture. That's why you have to start with yourself and work incrementally backwards. I was working with one woman on her genealogy. It so happens that her family is Italian and her family came from the same place in Oklahoma that my family came from. Two different worlds, but it was very interesting. She found out that her grandmother had never naturalized, so she was working on her dual citizenship. Everybody's story is different. I enjoy the journey and helping people find their stories. I like to

see their eyes light up when they find out where their family came from, who they are, and what their story is."

Camp has also become very interested in DNA testing. In conjunction with the 1619 Anniversary, she conducted an experiment with eight members of the Topeka genealogy community last fall to see if they are related. The members uploaded their raw DNA data to an online service to compare DNA data. Most of the members found that they shared DNA segments at the three to five centiMorgan level, which would make them very distant cousins. A centiMorgan is a unit for measuring genetic linkage. However, some members of the group shared a total of 60 centiMorgans. That means they are likely fourth to fifth cousins. Two of the members didn't even know each other prior to the experiment. These connections are related to the first Africans that came from Angola. The whites in the group had African DNA. Camp was the only apparent African American in the group.

Camp's DNA shows that 27% of her ancestry composition is other than African. Her ancestry composition includes Asian, English, and even Nordic.

"That's Vikings," she said with a laugh after noting her Nordic ancestry.

Camp's DNA also suggests she has ancestors who belonged to a Bantu ethnic group in Kenya known as the Luhya. According to the oral history of the Maragoli, one of the 19 tribes that make up the Luhya, they came from a North African kingdom called Misri. It is believed that "Misri" refers to what is now known as Egypt. What is a bit odd about this is Kenya is in East Africa, while the vast majority of those enslaved and transported in the transatlantic slave trade were people thought to have come from Central and West Africa.

"I was thinking that that might be a fluke, but I have had all my children and grandchildren tested, as well as my sisters and brothers, and they all show this same place," Camp said.

Camp sees a very positive aspect concerning genealogy research and DNA testing.

"If we tell our own histories, we start to do our own family trees, we can learn that racism is a construct," she said. "We are all mixed. We are all interconnected."

While Camp has had less time to

devote to her own history since becoming the Genealogy Librarian at the Topeka & Shawnee County Public Library, she was able to devote time to work on a project that will help many other descendants of slaves to discover their histories.

On Juneteenth (June 19) 2015, the 150th anniversary of Emancipation Day, AAHGS, FamilySearch International, the National Archives and Records Administration (NARA), the Smithsonian National Museum of African American History and Culture, and the California African American Museum created the Freedmen's Bureau Project. Camp was one of about 19,000 volunteers who, during the subsequent year, indexed nearly two million Civil War-era records from the Bureau of Refugees, Freedmen, and Abandoned Lands (the Freedmen's Bureau).

According to NARA's website, "The Bureau was established in the War Department in 1865 to undertake the relief effort and the unprecedented social reconstruction that would bring freedpeople to full citizenship. It issued food and clothing, operated hospitals

and temporary camps, helped locate family members, promoted education, helped freedmen legalize marriages, provided employment, supervised labor contracts, provided legal representation, investigated racial confrontations, settled freedmen on abandoned or confiscated lands, and worked with African American soldiers and sailors and their heirs to secure back pay, bounty payments, and pensions."

On Discoverfreedmen.org, visitors can now search all of the Freedmen's Bureau collections on FamilySearch.

"We indexed the names and places," Camp said. "The records produced a lot of names. They are a goldmine for many African Americans. I haven't found any of my family members in there, though."

Nevertheless, Camp will keep searching.

"There's still so much history that has not been uncovered," she said.

For more information about KAAHGS, please visit the Society's website at kaahgs.org and/or its Facebook page at facebook.com/KansasAAHGS.



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KDADS announces restrictions for visitors to State Hospitals in response to COVID-19

Kansas Department for Aging and Disability Services (KDADS) Secretary Laura Howard on March 18 announced that visitation at all four state hospitals has been restricted effective immediately as a measure of precaution to reduce exposure of COVID-19 to residents and staff.

"Restrictions on visitors at state hospitals are a difficult but necessary step in our mission to encourage social distancing and limit exposure to the virus not only for our residents, who are some of the most vulnerable Kansans we serve, but our staff as well," Secretary Howard said. "To date, there have been no cases of COVID-19 in any of our state hospital facilities and we are making vigilant efforts to continue to provide a safe, healthy environment."

Consistent with Centers for Medicare and Medicaid Services' guidance recently released for nursing facilities, new restrictions on visitors and non-essential individuals entering the Kansas Neurological Institute, Parsons

State Hospital and Training Center, Osawatimie State Hospital and Larned State Hospital are in place:

- Restricts all visitors, effective immediately, with exceptions for compassionate care, such as end-of-life situations;

- No one showing signs or symptoms of a respiratory infection, such as fever, cough, shortness of breath, or sore throat is allowed on campus.

- No one having been in contact with a person with a confirmed diagnosis of COVID-19 is allowed on campus.

- No one having traveled to countries with sustained community transmission within the last 14 days is allowed on campus. Currently those countries include Italy, Iran, China and South Korea. An updated listing of these countries can be found at www.cdc.gov/coronavirus/2019-ncov/travelers/after-travel-precautions.html.

- Restricts all volunteers and non-essential health care personnel and other personnel (i.e. barbers);

- Restricts internal and public group activities or appointments;

- Implements active screening of residents and health care personnel for fever and respiratory symptoms;

- Suspends the Foster Grandparent Program (unique to KNI) and volunteer programs;

- Redirects vendors and deliveries to alternate sites on campuses; and

- Closes facilities on state hospital campuses to the public.

Parents and guardians of residents at state hospitals are being asked not to come to campuses and instead check with hospital administration about alternative ways to communicate with their loved ones. Each hospital will work to accommodate visitors via telephone or video if possible.

In end-of-life cases, visitors will

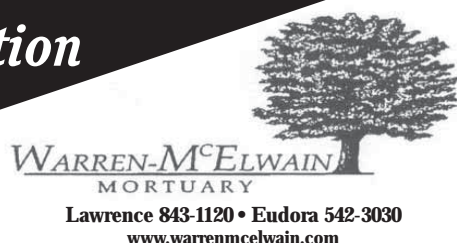
be equipped with personal protective equipment (PPE) like masks, and the visit will be limited to a specific room only.

"The populations we serve in our state hospitals are in many cases more vulnerable to COVID-19 than others. That, coupled with the rapid spread of COVID-19 in people who are in close proximity to each other on an ongoing basis, make it necessary to restrict, or in some cases suspend, normal day-to-day activities," Deputy Secretary of Hospitals and Facilities Scott Brunner said.

For more information on COVID-19 visit the Kansas Department for Health and Environment's Resource Center at: www.kdheks.gov/coronavirus.

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Steve Berger specializes in senior real estate

By Billie David

When Steve Berger and his wife, Pam, returned to Lawrence in 2003, their main goal was to be near their two sons and their wives, their grandchildren, and other family members.

The move also proved to be an introduction into a line of work that Steve had unconsciously been preparing for throughout his working career.

Steve's inspiration to become a Seniors Real Estate Specialist grew from an experience he had helping an older man sell his investment property.

"Through our discussions, I discovered he had started down the dementia trail," Steve said.

"As a Realtor my responsibility is to provide information to my clients that empowers them to make informed decisions. I quickly discovered that it was imperative to contact his family members, with his permission, to ensure they were involved with us throughout the transaction. Listening to the family dynamics, I realized that some family members had conflicting ideas. Navigating through that was my real induction into senior real estate transactions."

Drawing also from his own years of experience owning and operating a wholesale/retail auto parts store, where his 29 years of customer service helped him practice listening carefully in order to satisfy the needs of his customers, and from his experience building and selling his own homes, Steve found himself being drawn toward

senior real estate transactions.

"I realized I was getting up in years, and it was time to put my experience and wisdom to work," he said.

He already had experience selling real estate for his son, a general contractor who had found considerable success by building the right model of homes in the right price range. When Steve moved to Lawrence in 2003, he got his start in the real estate business selling those houses.

In addition, his experience helping his parents sort through a lifetime of accumulated memories in order to downsize, and realizing how important it is to have things organized beforehand and to have someone available to make suggestions added to his determination to help seniors downsize and prepare for aging in place.

But his experience hit even closer to home when he and Pam found themselves downsizing four years ago.

"We were spending too much time keeping up, so we decided to downsize. It's easier to deal with that emotion earlier than to do it later, after tragedy has struck," Steve said. "That's where a Seniors Real Estate Specialist with the life experience and education can help another person."

Steve's own encounter with the unexpected—he was recently diagnosed with prostate cancer—has also given him some insight, he said.

"I never thought cancer would affect

me," he explained. "I'm not in the same category with all cancer patients and survivors, but it does give me a perspective on the word."

Having decided to specialize in senior real estate, Steve began his training.

"I looked it up in the National Association of Realtors," he said. "I had known about it, but my experience showed me I needed to get training for it. It was an eye-opener going through the early dementia process with my

in-laws, so I already had more understanding and patience."

So Steve began his formal training through an online class, reading 15 chapters, passing the corresponding tests, and studying and watching videos, and he passed his final exam three years ago.

Since then, Steve said, he has participated in numerous conversations with people about preparing to downsize.

"There is a lot of emotion involved," he explained, "going from a first-time homeowner into the last transaction of life. There is a broad range of emotion."

To help with that process, and drawing from his access to various resources, Steve is available for telephone consultations during the current COVID crisis. He will be available for face-to-face consultations when appropriate.

"I have references, like a remodel-

ing company that helps modify the home for aging in place," he said, "I have resources for all senior housing in town. I can help them sell their homes, and if we do come to terms, it is a bonus to successfully navigate the waters and know they trust me to sell their homes. But my main objective is to help seniors with the transaction, drawing on what education and life experiences have taught me—that patience is paramount."

In addition to patience, Steve has print material and knowledge about how important features like hard flooring and wide doorways are to make a home wheelchair-accessible.

He also believes in giving back to the community. He has served as Director on the Board of Realtors for 15 years, volunteers for the annual Toys for Tots drive and is on the Board of Directors of the American Red Cross this year, getting ready to kick off their smoke detector installation project, which he says is of special importance to seniors because they often don't have good smoke detectors and it is vital for their safety. He is also on the Site Selection Committee for Habitat for Humanity, which has a new age-in-place program.

Steve serves the Baldwin City, Lawrence, Topeka and Eudora areas and surrounding communities, and he also has worldwide resources through Keller Williams Integrity. He can be contacted by calling 785-840-4027 or by emailing him at Steve@SteveBerger.Realtor. His office is in the Keller Williams Integrity Building at 525 Columbia Drive in Lawrence.



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Randolph

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"To say the least, this is a well-deserved honor," said McKnight's Editorial Director John O'Connor.

Nominations were judged by an external panel of industry experts.

All winners were scheduled to be honored at a May 7 awards dinner in Chicago.

To see the full list of inductees, visit www.mcknightwomenofdistinction.com.

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Coronavirus and stress

Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

- Take breaks from watching, reading, or listening to news stories, including social media.

Hearing about the pandemic repeatedly can be upsetting.

- Take care of your body.

Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.

- Make time to unwind. Try to do some other activities you enjoy.

- Connect with others. Talk with people you trust about your concerns and how you are feeling.



Source: CDC
Graphic: Staff, TNS



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HEALTH & WELLNESS

Protect yourself, loved ones and the community against COVID-19

By Jessica Brewer

LMH Health

We're constantly bombarded with messages about the best practices to prevent being infected with or spreading coronavirus. But what exactly should we do if we suspect we have it? What is the best way to prevent the virus?



With information flying at us from every direction, LMH Health is here to provide in-depth information to help you learn how to protect yourself, your loved ones and our community.

What if I suspect I have COVID-19?

Dr. Jennifer Schrimsher, infectious diseases physician with LMH Health's Internal Medicine Group, said you should start by calling your primary care physician. If you do not have a primary care physician, call Lawrence-Douglas County Public Health.

"When you call, you will be asked about your symptoms, travel history and known exposures," Dr. Schrimsher said. "From there, they will determine if it is best for you to visit your primary care physician, come to the emergency room or to stay home."

Dr. Schrimsher said there are two categories of symptoms—mild and severe. Mild symptoms most often consist of a fever and cough. Severe symptoms can include difficulty breathing.

"Once your physician has talked with you about your symptoms, they will advise you on whether you should be evaluated or it's better just to stay home," Dr. Schrimsher said. "If you come to the ER with respiratory symptoms, they will ask you to immediately put on a mask, have you sanitize your

hands and then ask certain questions. Most people will not need to be admitted to the hospital. If you are sent home, they will provide information that tells you how to care for yourself at home and when to call your physician if your symptoms get worse."

As a reminder, it is okay to call your primary care physician even if you do not suspect you have COVID-19. If you are suffering from what you believe to be a cold, act as you normally would. If you would call your primary care physician to call in cough syrup, call your physician. We are still here to care for you.

How do I protect myself?

This is as simple as it gets. Dr. Schrimsher assured that the best way to protect yourself, your family and the community is to wash your hands frequently and avoid contact with infected persons. If you feel you have been exposed, it's best to quarantine yourself 14 days and be smart about your whereabouts and your self-care.

"The recommended quarantine for 14 days is important because this is the most likely time period where people will develop symptoms and could potentially infect others," Dr. Schrimsher said.

What is this curve, how can we flatten it?

The curve is a visual representation of the number of individuals infected over a period of time. The higher peak indicates that more people are infected at the same time. This means that we could see a large number of very ill patients, all needing treatment, all at the same time. This puts a strain on our healthcare system and with everyone around the United States feeling these pains around the same time, it may result in a lack of supplies, ventilators, healthcare providers and long wait times everywhere.

"One of the problems with this virus is that our immune systems haven't seen it before and have not yet been

able to adjust to it," Dr. Schrimsher said. "This, paired with the fact that it is highly contagious, is why we've seen so many getting sick in a short period of time."

Methods being used to "flatten the curve," like closing schools and restaurants, will help slow the rate of spread through the community. Dr. Schrimsher said that though the recommended quarantine isn't ideal for day-to-day life, restricting the number of people that can be in one place at one time is immensely important and imperative to slow this curve and help keep people safe.

"This ultimately allows us to give patients the care they need, without having to worry about running out of resources or having enough staff," she said.

Dr. Schrimsher said that once enough people have fought off the virus, hopefully gaining more of an immunity, we should also see infection rates continue to drop. Flattening this curve is crucial and can be done so by abiding by the recommended quarantine and isolation times, avoiding sick people, avoiding physical contact with those outside of your home and avoiding groups of more than 10 people.

What is the difference between self-isolation and quarantine?

Simply put, quarantine is separating yourself from others when you are still asymptomatic, meaning you currently have no symptoms. If you have recently traveled to places that have had a large number of COVID-19 cases but you do not have symptoms, a quarantine is recommended. This is so that you do not spread the virus to someone if you have it but are not yet aware.

Self-isolation occurs when you are symptomatic. Dr. Schrimsher said that being isolated for at least 7 days covers the period of time when the vast majority of people will have recovered from the illness. The best thing to do if you suspect you have COVID-19, but do not have severe symptoms, is to go ahead and self-isolate and call your physician.

There is a shortage of masks right now, should I be wearing one?

The short answer is most likely, no.

If you feel healthy and are not showing symptoms, there is no need for you to wear a mask. The best thing for you to do is to be vigilant about frequent hand-washing or frequent use of hand sanitizer and to try to avoid touching your face.

Examples of when wearing a mask are appropriate include those who are infected, or think they might be infected, with COVID-19 and need to see a doctor. They shouldn't be leaving their homes otherwise.

How can I help?

LMH Health provides care to all who need it, regardless of ability to pay. You can help patients in need by making a gift to the Help & Healing Fund, which ensures patients have the medication, equipment and support they need to recover. For more information, visit www.lmh.org/foundation.

Above all, it is important to be safe and do the best you can to quarantine for the allotted time, wash your hands frequently and take the precautions necessary to stay safe and healthy. It takes all of us to help "flatten the curve."



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FINANCIAL FOCUS

It's not easy, but look past the market selloff

These are challenging times. Like everyone, you are concerned about keeping your family safe and healthy, and you're doing your part to help protect your community from the effects of the coronavirus. And if you're an investor, you must also address your financial situation. How should you



Derek
Osborn

respond to the current market volatility and recent declines in investment prices?

For one thing, try to avoid what many others seem to be doing: panicking. The market selloff may feel unsettling, but it appears to be driven as much, or more, by fear and panic than by economic or financial reality.

Uncertainty is high, but there are reasons—solid, objective reasons—that provide more confidence in the longer-term outlook, suggesting that conditions still warrant an eventual rebound. U.S. unemployment entered this situation near a 50-year low, with solid wage growth. We will see a tem-

porary disruption to the labor market, of course, along with a decline in economic activity, but households entered this period in generally good shape. Furthermore, housing market indicators were moving upward and the decline in mortgage rates could add more strength. Also, the Federal Reserve's recent interest rate cuts, taking short-term rates back near 0%, will support the economic rebound as the impact of the virus containment efforts eventually fade.

In addition, while further volatility and the potential for further weakness will likely continue, the steep drops we've already seen indicate that the financial markets have "priced in" the likelihood of a short-term recession, which may mean that the worst of the stock market pain has already been endured, though, of course, there are no guarantees.

First, though, it seems likely that the investment world will finally calm down only when the health situation shows signs of containment—and this will inevitably happen, despite the grim reports we are seeing these days. As a country, we have the motivation, the will, the solidarity and the resources to defeat the coronavirus and its effects, despite the pain and trauma it is now undoubtedly causing.

So, back to our original question: What should you do? Here are a few suggestions:

- **Remember why you're investing.** Given the market decline, you may be tempted to change your investment strategy. But keep in mind that your financial goals, such as a comfortable retirement, are longer-term than the shelf life of the coronavirus. These goals, not today's headlines, should guide your decisions.

- **Re-evaluate your risk tolerance.** The recent volatility provides a good test of your ability to weather short-term swings in your portfolio. If you're having a hard time coping with these losses, your portfolio may be positioned too aggressively for your risk tolerance. If so, you might want to adjust your portfolio mix to include more fixed-income securities, which can help provide more "downside" protection. However, this would also affect your long-term growth potential.

- **Look for buying opportunities.** Stocks are now at their most compelling values in more than a decade—in other words, there are plenty of compelling investments out there. You can find many high-quality investments at very good prices, so you may want

to consider taking advantage of the opportunity.

These are trying times for all of us. But as an investor, you'll help yourself greatly if you keep the situation in perspective, take a long-term view, evaluate your own risk tolerance and be receptive to new possibilities.

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

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JILL ON MONEY

Fears of recession rise again

The Fed made a rare, but not unprecedented, intra-meeting rate cut of half a percentage point on March 3. In a unanimous decision, officials said that despite an economy that remains strong, “the coronavirus poses evolving risks to economic activity.”



Jill
Schlesinger

Fed Chairman Jerome Powell acknowledged that the action would not shield the economy from the potential negative impact from the spread of the virus but was an attempt to ensure that there was ample liquidity in the market and to boost confidence.

Regarding the hope for confidence building, economists were not convinced. Mohamed El-Erian, chief economic adviser at Allianz, explained that the problem that the Fed faces is that it can't address the supply shock (not enough stuff available to sell) that occurred because China (the world's manufacturer) was shut down for at least month. However, the central bank is worried about how consumers may react to the virus, which could create a demand shock (spooked people may pull back on spending).

Joel Naroff, president and founder of Naroff Economic Advisors, was blunt in his assessment of the action: “You cannot fight a virus with rate cuts. ... It is hard to believe the Fed members actually think rate cuts will induce greater business or consumer spending.”

The sharp tip of the economic impact from coronavirus has already been

seen in the travel, tourism and hospitality industries, as companies enact travel bans and organizers all over the world are canceling conferences and trade shows; the energy sector, which is coping with oil prices that have plunged by more than a quarter; and tech and chip companies that are unable to fulfill orders without precious Chinese components.

Still, the U.S. may be in better shape than the rest of the world, because

manufacturing accounts for only 11% of GDP and tourism accounts for 2.9% (the corresponding shares for Italy are 15% and 13%, respectively). But that down not mean that the country will escape the impact of the virus.

Paul Ashworth, chief U.S. economist at Capital Economics, notes that “U.S. air transportation (0.7% of GDP), retail (5.5% of GDP) and arts, entertainment, recreation, accommodation and foods services (4.2% of GDP) could all be hit hard.”

The virus has prompted economists to slash growth estimates for the year. Swonk thinks that “a recession cannot be ruled out.” El-Erian increased the odds of a 2020 recession in the US to as high as 50%, up from his prior assess-

ment of 25 percent.

I'm often asked what people should do if a slowdown were to occur. The answer is simple: pay down outstanding consumer debt (not home loans) and be sure that you have an adequate emergency reserve fund of 6-12 months of living expenses (12-24 months if you are retired) socked away in a savings, checking or money market account.

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

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PAINTING WITH WORDS

A Light Exists in Spring

Poem Title: A Light Exists in Spring
Poet: Emily Dickinson

Dickinson has a certain reverence for springtime, as is evinced by the last line of her poem "A Light Exists in Spring." She shows sadness when she says that "Trade had sud-

denly encroached upon a Sacrament."

A Light Exists in Spring By Emily Dickinson

*A Light exists in Spring
Not present on the Year
At any other period –
When March is scarcely here
A Color stands abroad
On Solitary Fields
That Science cannot overtake
But Human Nature feels.
It waits upon the Lawn,
It shows the furthest Tree
Upon the furthest Slope you know
It almost speaks to you.
Then as Horizons step
Or Noons report away
Without the Formula of sound
It passes and we stay –
A quality of loss
Affecting our Content
As Trade had suddenly encroached
Upon a Sacrament.*

If you have any questions on this or would like me to consider publishing your poem, drop me an email. Please know I will base any poem I might select on my own biases. My email address is tom.mach@yahoo.com.



Tom
Mach

denly encroached upon a Sacrament."

It's as if she considers spring as something God has given to bless us, and yet our daily business ignores the beauty of the day as if it is indifferent to the "sacrament" of spring.

Spring, to Dickinson, is a light that breaks through the darkness of winter. Spring splashes its colors across "the solitary fields," fields that were desolate during the winter months. The beauty that spring gives us cannot be duplicated by science. In its beauty, spring "almost speaks to you." The "formula of sound" she mentions is the sound of silence and peace which spring gives us. I think Dickinson is telling us that



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MAYO CLINIC

Rotator cuff tears are common, especially after years of repetitive arm motions

DEAR MAYO CLINIC: I'm a 49-year-old woman, and I've played tennis for many years without any injuries. But a few weeks ago, I developed pain in my shoulder during a match and was diagnosed with a rotator cuff tear. My doctor recommended rest and ice. That doesn't seem to be helping much, and the pain is keeping me awake at night. What other treatment is available? Is surgery an option?

ANSWER: Your situation is common. Rotator cuff tears happen frequently as people get older, particularly in individuals who engage in activities that require repetitive arm motions. Conservative therapies, such as rest, ice and over-the-counter medications, usually are the first step in treatment. When that's not enough, physical therapy and steroid injections can be useful. Surgery typically is reserved for tears that don't respond to other treatments.

Your rotator cuff is the group of muscles and tendons that surround the shoulder joint. The rotator cuff keeps the head of your upper arm bone properly positioned within the socket of your shoulder. Because it's a shallow ball-and-socket joint, your shoulder has a much wider range of motion than many other joints. But along with that range of motion comes more susceptibility to injuries.

Rotator cuff tears are among the most common shoulder injuries. They happen when a rotator cuff tendon is separated, either partially or completely, from the bone. As you age, the risk of rotator cuff tears increases. That's because rotator cuff tendons have a tendency to fray over time, making them even more vulnerable to damage. In people who regularly use repetitive arm motions—such as painters, carpenters and baseball and tennis players—the risk is even higher.

When a rotator cuff tear is minor, taking a break from activities; applying ice regularly; and taking a nonprescription anti-inflammatory medication, such as ibuprofen or naproxen sodium, may be all you need to relieve the discomfort.

In many cases, physical therapy also may help. A physical therapist can teach you exercises targeted to the location of your rotator cuff tear that can help restore strength and flexibility to your shoulder.

If pain persists despite those steps, a steroid injection into the shoulder joint likely will be the next treatment option. These injections can ease pain and inflammation, and often effectively relieve discomfort caused by joint injuries. Because repeated steroid injections may lead to deterioration of the joint, however, there's usually a limit on how often and how many of

the shots you can get. In general, you shouldn't get them more than two or three times a year.

If none of the other approaches work to relieve symptoms of a rotator cuff tear, or if the tendon is completely separated from the bone, then surgery may be needed. The goal of surgery is to repair the damage by reattaching the tendon to the bone or, if the tendons cannot be repaired, proceeding with a shoulder replacement.

In many cases, rotator cuff surgery can be performed using a minimally invasive approach that requires only small incisions. It often can be performed on an outpatient basis, so no hospital stay is necessary. The success rate for this surgery is quite high, with about 85 to 90 percent of patients receiving significant pain relief after surgery.

Complete recovery after the surgery can take a significant amount of time, however, and it usually requires additional physical therapy to maximize the use of the shoulder. A complete return to vigorous physi-

cal activities may take six months to a year after surgical repair of a torn rotator cuff. - John Sperling, M.D., Orthopedic Surgery, Mayo Clinic, Rochester, Minn.

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

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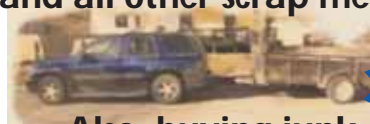
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RICK STEVES' EUROPE

London on the cheap

By Rick Steves

Tribune Content Agency

London is one of the Europe's most expensive cities. But with fine public transit, many free museums, affordable plays, and fun food markets and pubs, the city becomes more affordable. Here are some of my tips for savings.

Take the Tube: London's black cabs are iconic, but for the cost of one ride, you can buy an Oyster card transit pass, covering a week's worth of rides on buses and the London Underground (a.k.a. the Tube).

Budget Sleeps: London is one of the few places I'd consider staying in a chain hotel. Target an appealing neighborhood and browse reviews at a hotel-booking website such as Booking.com. Check auction-type sites such as Priceline and Hotwire, which match

travelers with empty hotel rooms, often at prices well below normal rates. Or book through Airbnb or a similar company instead: I'd rather rent a palatial room or apartment a 20-minute Tube ride from downtown than pay the same for a grubby budget hotel a five-minute ride away.

Free Museums: My favorite museum in London—the British Museum—is free, as are these impressive sights: the British Library, National Gallery, National Portrait Gallery, Tate Britain, Tate Modern, Wallace Collection, Imperial War Museum, Victoria and Albert Museum, Natural History Museum, Science Museum, National Army Museum, Sir John Soane's Museum, and the Museum of London. About half of these museums request a donation of about \$6.50, but whether you contribute is up to you.

Free Churches: Smaller churches

DOMINIC ARIZONA BONUCELLI; RICK STEVES' EUROPE



Borough Market, one of London's numerous food halls and markets, can be a thrifty dining spot.

let worshippers (and tourists) in free, although they may ask for a donation. The big sightseeing churches—Westminster Abbey and St. Paul's—charge higher admission fees but offer free evensong services nearly daily (though you can't stick around afterward to

sightsee). Westminster Abbey also offers free organ recitals most Sundays.

Other Freebies: London has plenty of free performances, such as lunch concerts at St. Martin-in-the-Fields and summertime movies at The Scoop

■ CONTINUED ON PAGE 19



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Rick Steves

■ CONTINUED FROM PAGE 18

amphitheater near City Hall. There's no charge to enjoy the pageantry of the Changing of the Guard at Buckingham Palace, rants at Speakers' Corner in Hyde Park (on Sunday afternoon), opulent displays at Harrods department store, the people-watching scene at Covent Garden, and the colorful streets of the East End. It's free to view the legal action at the Old Bailey and the legislature at work in the Houses of Parliament. You can get into a bit of the Tower of London and Windsor Castle by attending Sunday services in each place's chapel (though you'll have chapel access only). And, Greenwich is an inexpensive outing: Many of its sights are free, and the journey by rail is cheap.

Good-Value Tours: The London Walks tours with professional guides are one of the best deals going (about \$16). Note that the guides for the "free" walking tours are unpaid by their companies, and they expect tips—I'd pay up front for an expertly guided tour instead. You'll also find reasonably priced tours by bus, boat, and bike.

Buy Tickets Online: Tickets for many of London's most popular and expensive sights, such as the London Eye Ferris wheel, St. Paul's Cathedral, Westminster Abbey, and the Tower of London, can be purchased online in advance, which will not only save you from standing in ticket-buying lines, but also will usually save you a few pounds per ticket.

Totally Pants (Brit-speak for Not Worth It): Skip the London Dungeon. It's gimmicky, overpriced, and a terrible value, despite what the long line at the door might suggest. And the cost of the ride to the top of The Shard, western Europe's tallest skyscraper, is unfortunately even more breathtaking

than its view.

Theater: Compared with Broadway's prices, London's theater can be a bargain. Seek out the freestanding TKTS booth at Leicester Square to get discounts from 25 to 50 percent on good seats (and full-price tickets to the hottest shows with no service charges). Buying directly at the theater box office can score you a great deal on same-day tickets. A \$6.50 "groundling" ticket for a play at Shakespeare's Globe is the best theater deal in town.

Tickets to the Open Air Theatre at north London's Regent's Park start at about \$30.

Pubs, Street Markets, and Picnics: Pub grub is the most atmospheric budget eating option—reasonably priced hearty classics such as meat pies and fish-and-chips served under ancient timbers. London thrives with street markets, many featuring the latest and trendiest food stalls—the perfect antidote to the city's high prices and interchangeable chain restaurants.

For picnics, you'll find an array of carryout options, from Pret à Manger and Eat—selling fresh salads and sandwiches—to Marks & Spencer department stores (with a good deli) and their offshoot M&S Simply Food.

If you do your homework and take advantage of London's many freebies and bargains, you'll leave with happy memories of your trip instead of a regretfully empty wallet.

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WOLFGANG PUCK'S KITCHEN

Fresh take: Celebrate spring with a new look at asparagus

Spring is here. For many of us, it has seemed like a long time coming. So, when the weather starts warming up even a little, it really does feel miraculous—especially when new seasonal vegetables begin appearing in farmers markets, from locally grown asparagus to peas to the first fresh fava beans to tender, young leafy greens.



Wolfgang
Puck

In celebration, I'd like to share one of my favorite recipes featuring asparagus: a fresh-tasting, Japanese-inspired salad that my catering team and I recently served at the Governors Ball celebration following the Academy Awards ceremony just a couple of weeks ago.

I find that bright, slightly sharp Asian seasonings like those featured in the dressing for this appetizer salad are perfect complements to the particularly fresh flavor of springtime asparagus, which can taste so much sweeter, milder and greener than the earthier flavor of the spears you find on sale year-round in many markets.

Almost all of the ingredients are fairly easy to find. Bottles of sharp, clean-flavored, unseasoned rice vinegar are usually shelved in the vinegar section of most well-stocked markets. You'll find rich-tasting, salty (yet mild and sweet) white miso paste, made from fermented soybeans combined with rice, in many supermarkets in both refrigerated and unrefrigerated forms; once opened, store it in the refrigerator, where it will keep for many months. Slices of sweet, spicy and tangy pickled ginger, the sort served alongside sushi, is sold in jars in many markets; and you can often buy small containers

of it found alongside prepared packages of sushi in supermarket "grab-and-go" sections.

The only ingredient you may find a little harder to locate is the sansho pepper, a packaged Japanese seasoning made from the berries of a shrub called prickly ash, which have a citrusy flavor. If you don't have an Asian market nearby, buy it online; or just substitute a little ground Szechuan or black pepper.

With all the ingredients on hand, you'll find the recipe very easy to prepare. Take care to trim the asparagus, trimming off the tough ends and peeling any thick skin so you can enjoy as much of each spear as possible. And be sure not to overcook the asparagus, immersing it in salted boiling water for just 10 seconds or so and then, after draining, immediately plunging the spears into ice water to stop the cooking at the tender-crisp stage and keep the color a bright green that's a perfect expression of the new season.

ASIAN ASPARAGUS SALAD

Serves 4

- 1 bunch jumbo asparagus, about 1 pound (500 g)
- 1/4 cup (60 mL) unseasoned rice vinegar
- 2 tablespoons white miso
- 2 tablespoons Japanese-style pickled sushi ginger
- 1 1/2 tablespoons sugar
- 1/2 tablespoon soy sauce
- 3/4 cup (185 mL) canola oil
- 1 cup (250 mL) cherry tomatoes, cut in halves
- 1/2 bunch watercress, separated into small sprigs, thick stems discarded
- 2 teaspoons olive oil
- Kosher salt
- 6 red radishes, trimmed and thinly sliced
- Ground sansho pepper (available at Japanese markets), Szechuan pepper or freshly ground black pepper

1 package edible pesticide-free organic flowers (available at well-stocked supermarkets)

Bring a large pot of salted water to a boil and fill a bowl with ice cubes and water. Meanwhile, use a sharp knife to trim the cut ends of the asparagus; then, with a vegetable peeler, peel the tough skin from the bottom quarter to third of each stalk. Cut the stalks crosswise in half.

Add the asparagus to the boiling water, and cook for 10 seconds. Drain and immediately immerse the asparagus in the ice water. When the asparagus is cold, drain well and set aside.

To make the dressing, put the rice vinegar, white miso, pickled ginger, sugar and soy sauce in a blender. Blend at medium speed. With the machine running, slowly pour in the oil in a

steady stream until a smooth, thick but slightly fluid dressing forms. Transfer the dressing to a nonreactive container and set aside.

To assemble the salad, toss the cherry tomatoes with 2 tablespoons of the dressing, adding more as needed to coat them; set aside. Toss the watercress with the olive oil, season lightly with salt, and set aside.

Arrange the asparagus pieces on a chilled platter or individual chilled serving plates and drizzle with some of the remaining dressing. Mound the cherry tomatoes on top. Arrange watercress sprigs and radish slices on top of and around the tomatoes and asparagus. Lightly sprinkle with sansho pepper and garnish, if you like, with edible flower petals. Serve immediately.

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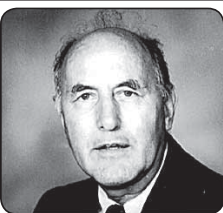
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HUMOR

Closing Down the Clarington Center

Highway K4Z is a gravel road that goes north out of Letongaloosa and dead ends at what was once the Perkins farm. The facility is now called the Clarington Center. The U.S. government once owned Clarington. Then a Finnish billionaire bought the facility and used it in a scheme to get revenge on some super-rich people who had ostracized him.



Larry
Day

Years ago Old Jed Perkins's barbed wire fence was replaced by a 10-foot-tall industrial strength chain linked enclosure that goes all the way around the property. Where the road ends, a big wrought iron gate stood between two square brick pillars. A small brass plate set in the right hand pillar read: "Clarington Center." Underneath were the words "Restricted Entry."

The facility was designed to rehabilitate diplomats, judges, military officers, and politicians who embarrassed the government. We're not talking about felons here. Felonious behavior gets you sent to jail or gets you white-washed, depending on which way the political winds are blowing. Either way you don't end up at the Clarington Center.

One person who was at Clarington, for example, was a U.S. cabinet secretary who told a racist story while sitting beside a newspaper reporter. Another Clarington Center resident was a U.S. ambassador to the United Nations who never outgrew his fraternity boy penchant for practical jokes. Security cameras caught him placing a whoopee cushion on the Secretary General's chair.

Then there was the White House chef who, in a burst of last-minute culinary creativity, substituted pork for lamb at

a state dinner for the president of Israel. Quite a few other officials committed dumbness and were sent to Clarington.

And there was the U.S. General who misread his orders and clad his troops in desert camouflage uniforms for a mission that involved their moving undetected through a large green forested area.

A U.S. Congressman failed to invite the President to a cocktail party at which a number of prominent Hollywood producers, actors and actresses were gathered. The President was a member of the Congressman's own party.

The problem was that, as the decades passed, prominent members of both political parties committed dumbness. The government expanded the Clarington Center to its physical limits, but U.S. officials who ought to have known better continued to act in ways that merited their being candidates, not for re-election, or re-appointment, but rather for treatment at the center.

A rationale had to be developed that would explain the need for Clarington to be shutdown.

That, it turned out, was difficult. The closing of Clarington started as a behind-closed-doors issue. Officials argued about whose fault it was that Clarington didn't work anymore. Con-

gressmen argued about the wording of the in-house statement that would be voted on. Then somebody, or several somebodies, leaked the story to the media that the government was going to close Clarington.

Then it was "Katy bar the door."

Every radio and television commentator, every talk show host, every blogger, every columnist, indeed, every blatherer in the world weighed in on the topic. "Close it, and do it now." "Don't close it. Never close it." "Well, maybe, but not now." "Well maybe, but let's explore ALL options." "Just DO IT already."

The Clarington closure story ran for an amazing five evening television cycles and six daily newspaper cycles. Some weekly and monthly publications are still running commentaries on it.

After all the media hubbub came the practical considerations of who would shut down the Clarington Center, and how would they do it.

Of the blather that those considerations generated, we have neither the space nor the energy to comment upon. Politicians, elected officials at village, city, state, and national levels demanded to be included. Corporate executives vied for positions on any entity that would be appointed. School children, teenagers, workaday folks and civic-minded citizens of all political and ethnic groups wanted a place on the Clarington Closing Commission.

In the end, Nature had the last word. A tornado burst out of the south, bypassed Letongaloosa, and flattened the Clarington Center. Debris was scattered over several square miles, and some Clarington documents were found as far away as South Dakota.

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

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MY PET WORLD

Playing roughly with dog not the proper way to train

By **Cathy M. Rosenthal**

Tribune Content Agency

Dear Cathy: My daughter and her husband have two rescue dogs under the age of two that were adopted as puppies. One is a pit mix and the other is a Rottweiler mix. Both dogs are sweet and well-behaved.

My husband and I feel that our son-in-law plays much too roughly with the dogs—tugging on their ears and tails, pinning them down and carrying them around. He says it's to condition them to being around children one day. Recently, he was playing with the pit mix by taking a piece of cloth and waving it around his head and mouth. The other dog got excited and bit the pit mix and he, in turn, bit my son-in-law. My daughter was the voice of reason and said the dog was not at fault and said her husband shouldn't have been playing so rough.

Our daughter grew up with an adopted Jack Russell and many cats. We had fun running around with them, but we always treated them gently and with respect.

What are your views on this? I see people treating larger dogs roughly by slapping them on their flanks as trainers do with horses. I think this does hurt them and is totally inappropriate.

- Beth, Ft. Lauderdale, Florida

Dear Beth: Your son-in-law is well-intentioned, but dogs do not need to be "roughhoused" to learn how to behave around children. They don't learn how to act around children from being around adults, no matter what they do. Children's behaviors are quite different from adults. Dogs also won't make the connection that because his "master" can pull on his ears that a child can do it too.

Dogs need two things to be ready for children: training and exposure. Your son-in-law can get both dogs more comfortable with someone messing with their tails, ears and paws simply by touching the ears and tails and giving them a treat afterward. It's better they learn that something good happens when they are touched.

Next, both dogs should receive basic obedience training, like sit, stay, down, come, etc. Dogs should be trained in all sorts of environments, starting with training in the house and yard to eventually training at a park where the dog can see and hear children at play. Training not only provides more assurances over a dog's behavior but builds a relationship between the dog and his family.

Dogs also should be trained to heel (stay by your side without pulling) on a leash, to "step aside" when a person is passing by and to "leave it" when food drops on the floor. Training your dog for potential encounters where conflict

could occur ensures your dog is less likely to over-react to a situation when it does occur.

As for exposure, going to the park, as mentioned above, and inviting over friends and family with kids are better ways to prepare dogs for future children in the home. Training should occur in the presence of children as well, so the dog learns to listen when children are around.

As a side note to all future parents, train and expose your dog to be around children, train your children (as soon as they begin to crawl) to be kind and respectful around all animals, and always supervise them when together.

Dear Cathy: I was a pet sitter for 16 years and an animal control officer for six years. I thought I would pass along a tip about pee pads I haven't seen mentioned. I had a little Chihuahua mix and since I had a very busy schedule, I would put down a pee pad. The problem was I also had five cats and they liked to shred them.

My solution was to get a human incontinence pad, a small one (not the sheet size) that is used on a bed. It

worked perfectly. It was bigger than a pee pad, plus I could wash and reuse it. I had several and they lasted for years, it saved me a lot of money. The cats would sleep on them (even when soiled, go figure), but the liquid was absorbed so they didn't get wet and they couldn't shred them. Maybe this tip will help someone else. - Melissa, Attleboro, Massachusetts

Dear Melissa: Thank you for sharing. I love getting reader tips. Some pee pads have a scent that attracts dogs whereas incontinence pads don't, but I am sure if a dog is trained to use a pee pad, the transition to a washable incontinence pad is an easy one and would save money too. Good job solving your problem.

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

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HEALTH & WELLNESS

The effects of positive thinking

In light of the COVID-19 health crisis affecting us today, I thought that I would write this month's column on the power of positive thinking.

Positive thinking? This is a hard concept to consider, especially in light of the current crisis. It is extremely easy to become grim with all of the dis-

uations. So try watching a funny video, read some funny quotes, put an alarm on your phone to remind yourself to smile. Instead of stressing out about the negative circumstances, which most of the time you cannot do anything about, instead smile. And laugh. Laughing is also contagious, but has positive effects.

The second way is to build up flexibility. Being able to adapt to any stressful or negative situation is a way to maintain positive thinking. Accepting that change is a part of life. Don't see things as white or black, but instead gray.

The third way to practice positive thinking is to stop negative self-talk. Self-talk is the endless stream of unspoken thoughts that run through our heads every day. These thoughts can be positive or negative. Some of our self-talk comes from logic and reason. Other self-talk can arise from misconceptions. When bad things happen, don't blame yourself. Bad things happen. Rule of thumb: Don't say anything to yourself that you wouldn't say to others.

The fourth way is to practice positive thinking every day. Positive thinking and how you react to situations takes practice. Filtering out the negative and letting in the positive. Surround yourself with positive and supportive people who you can depend on to give you support.

Health benefits from positive thinking include increased life spans, increased immunity, better physical and mental well-being, and improved cardiovascular health. So even though there is a current health crisis, it is time for all of us to unite and remain positive. We will get through this, all of us.

Be safe and healthy.

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



Dr.
Deena
Beneda

couraging news about the coronavirus and the number of sick/deaths that are occurring every day. Positive thinking? When the city is under a "stay at home" order?

Research from Johns Hopkins shows that in patients with a family history of heart disease who also practiced positive thinking were less likely to have a heart attack. Other findings from Johns Hopkins found that people with a family history for coronary artery disease were less likely to have a heart attack or coronary event if they had positive thinking versus negative thinking. What is the connection between positive thinking and health?

One theory may be that when people are more positive they have protection against the inflammatory damage that occurs in stress. Another theory is that hope and positivity help people make better health and life decisions. Other studies indicate that negative emotions weaken the immune system. To sum it up, positive thinking has positive impact on our health. Here are some ways to improve your positive thinking and responses to negative circumstances.

The first way is to smile. The University of Kansas found that smiling, even a fake smile, will reduce heart rate and blood pressure in stressful sit-



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GOREN ON BRIDGE

WITH BOB JONES

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CREATING AN ENTRY

East-West vulnerable, South deals

NORTH

♠ 5 3
♥ Q 4
♦ A J 7 6 5
♣ 9 6 4 3

WEST

♠ 10 9 7
♥ 8 7 2
♦ Q 9 8 3 2
♣ 10 2

EAST

♠ 8 6
♥ K 10 9 6
♦ K 10 4
♣ K Q J 8

SOUTH

♠ A K Q J 4 2
♥ A J 5 3
♦ Void
♣ A 7 5

The bidding:

SOUTH	WEST	NORTH	EAST
1♠	Pass	1NT	Pass
3♥	Pass	3♠	Pass
4♠	All pass		

Opening lead: Ten of ♠

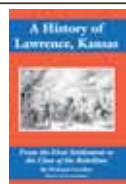
South forced to game with his powerful hand, but he didn't catch a very good dummy. Most of dummy's values were opposite his void, but the queen of hearts was worth a trick for him. That would get him up to nine tricks. Could he find a tenth?

South won the opening trump lead in hand with the ace. He saw that he

could make his contract if West held the king of hearts. He could simply draw trumps and lead a low heart toward the queen, gaining an entry to the ace of diamonds. That was only a 50% chance, however, and South wanted something better than that. Can you spot the winning play?

South found a way to greatly improve his chances. At trick two, he led the jack of hearts from his hand. Should either opponent win this with the king, the queen of hearts would be an entry for the ace of diamonds. Should the opponent with the king duck this trick, declarer would have an overtrick on this lie of the cards. He would cash the ace of hearts and ruff a heart, and then discard a loser on the ace of diamonds. This line of play would succeed whenever the missing hearts divided 4-3 — the percentage split, plus the slight extra chance the person with a doubleton heart also had no more trumps. It would also work when West started with doubletons in both majors. West could prevent the first heart ruff but not the second. Nice play!

(Bob Jones welcomes readers' responses sent in care of this paper. Please send your e-mail responses to tcaeditors@tribpub.com)



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By Richard Cordley

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By David L. Hoyt and Jeff Knurek



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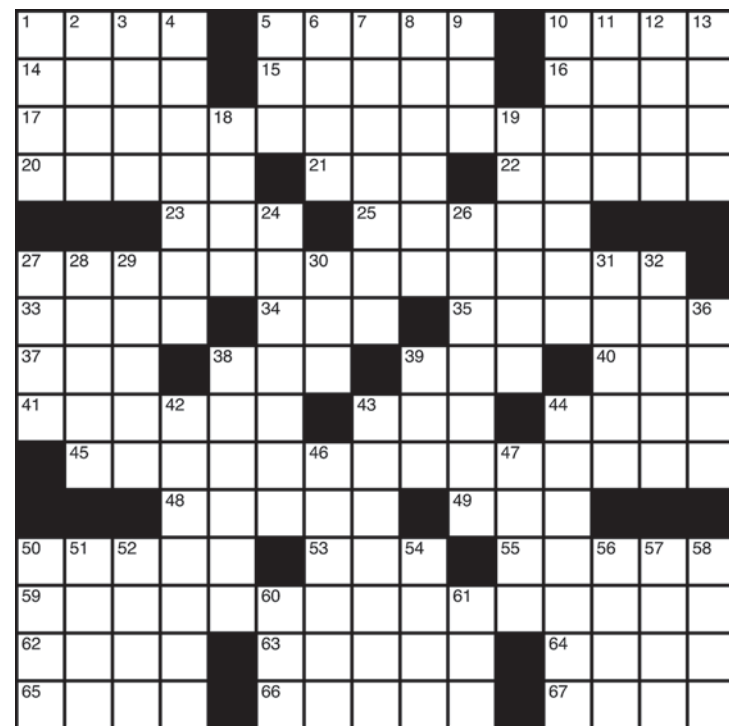
CROSSWORD

Across

- 1 Rough guess
5 Company that developed the first aluminum teakettle
10 Pre-coll. catchall
14 Words of lament
15 Inventive types?
16 Wild way to run
17 Stock in company producing solar panels, e.g.
20 California rolls and such
21 Bud holder?
22 Touch-and-go
23 Swell treatment
25 Cato, for one
27 Exonerated by the evidence
33 Single
34 Suggested actions
35 Wish for
37 In-flight fig.
38 Jack's value, sometimes
39 Spearheaded
40 Fixture that may have claw feet
41 Closed in on
43 Fish that can swim backwards
44 A.L. West pro, informally
45 Standing hospitable offer
48 Five-time Olympic swimming gold medalist Ledecky
49 Church-owned Dallas sch.
50 Moth-____
53 "Inside Politics" ailer
55 Initial stage
59 Take on holes 10 through 18 ... and a hint to a letter sequence hidden in 17-, 27- and 45-Across
62 Vacation spot
63 Nemesis
64 Canal past Rochester
65 Far from friendly
66 Parceled (out)
67 Frees (of)

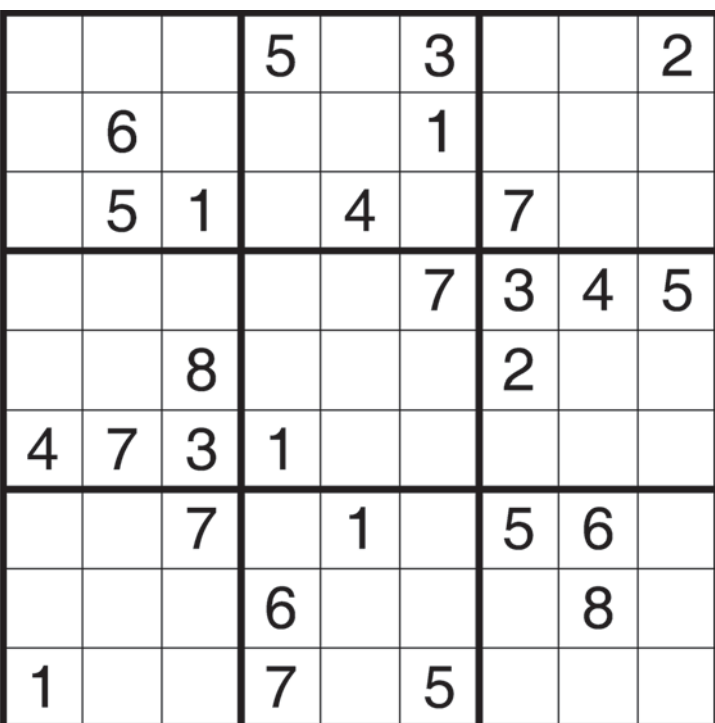
Down

- 1 Loses firmness
2 No __ traffic
3 Former Iowa Straw Poll city
4 Dwelling fit for a queen
5 Boxer Laila
6 Website offering
7 Stalactite sites
8 Home of college football's Ducks
9 Mule's father
10 White-coated weasels
11 Golf ball positions
12 Sound of frustration, often
13 __-bitty
18 Good-natured
19 Copied, in a way
24 Called the whole thing off
26 Early assembly-line autos
27 Arrange
28 Logger's contest
29 Ready to draw, as beer
30 Physics particle
31 Capone cohort
32 Cape Cod community
36 Black, in verse
38 Studio renter



- 39 Sweet-smelling garland
42 Typed in again
43 50-50 wager
44 Knockout
46 __ Creed
47 Wild way to run
50 Large-scale
51 "One more thing ..."
52 Towering
54 Put a handle on
56 Apple Watch assistant
57 Oklahoma city
58 Driving needs?
60 Clothes line
61 Dancer Charisse

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JUMBLE

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

WTYIT

SUMEA

GREVON

MIYFAN

Print your answer here:

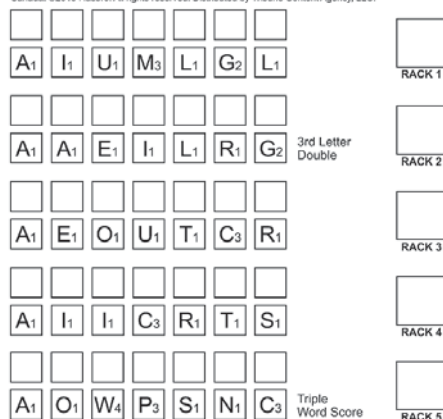
THAT SCRAMBLED WORD GAME by David L. Hoyt and Jeff Knurek



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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PAR SCORE 250-260
BEST SCORE 330

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

12-08

Answers to all puzzles on page 26

www.seniormonthly.net

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

CROSSWORD SOLUTION

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

SUDOKU SOLUTION

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

BOOGLE ANSWERS

POP, ROCK, FOLK, BLUES, POLKA, GOSPEL, REGGAE

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JUMBLE ANSWERS

Jumbles: WITTY AMUSE GOVERN INFAMY

Answer: The barbers liked to eat their meals without all the -- TRIM-MINGS

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SCRABBLE GRAMS							SOLUTION	
G ₂	A ₁	L ₁	L ₁	I ₁	U ₁	M ₃	RACK 1 =	<u>60</u>
R ₁	E ₁	G ₂	A ₁	L ₁	I ₁	A ₁	RACK 2 =	<u>60</u>
O ₁	U ₁	T ₁	R ₁	A ₁	C ₃	E ₁	RACK 3 =	<u>59</u>
S ₁	A ₁	T ₁	I ₁	R ₁	I ₁	C ₃	RACK 4 =	<u>59</u>
S ₁	N ₁	O ₁	W ₄	C ₃	A ₁	P ₃	RACK 5 =	<u>92</u>
PAR SCORE 250-260							TOTAL	330

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MY ANSWER

Sooth yourself with Scripture to remedy restless nights

From the writings of the Rev. Billy Graham

Tribune Content Agency

Q: I dread nighttime because going to sleep is not pleasant—it is a chore. Why can't I turn my mind off and rest? - S.D.

A: Many people have trouble falling asleep at night. Some take over-the-counter drugs or sleeping pills; others require prescription medication to sleep.

Often sleeplessness is a restless spirit and not a chemical imbalance that keeps us from what our bodies and minds need. It is good for us to remember that the Bible instructs us to lay down in sleep and dwell in safety (Psalm 4:8). One of the best ways we can help ourselves at the close of day is to direct our thoughts toward God who

gives rest in our weariness.

The Psalms are perhaps the most soothing place in Scripture for one to turn to shut out the stresses and troubles of the day. Some of the psalms have been set to music and listening to them can help soothe the cares of the world. King David, who wrote many of the psalms, soothed the mind and heart of the king, and no doubt his own troubled soul.

God desires that we rest in Him. He knows that we need it in order to work effectively while we're awake. So when sleep is difficult, read from the book of Psalms. There is joy in its message and peace in its instruction. We can pray and ask God to give body, mind, and soul restoration. He gives us quiet confidence to live by and rest in.

"I will not give sleep to my eyes or

slumber to my eyelids, until I find a place for the Lord, a dwelling place for the Mighty One" (Psalm 132:4-5). Take solace in the fact that the Lord will be with us when we are resting in Him.

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

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Source: Huffington Post, huffingtonpost.com/mark-bradbury/the-7-incredible-facts-about-boomers-spending_b_6815876.html

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New federal guidelines increase restrictions for visitors to nursing homes

Governor Laura Kelly, Kansas Department for Health and Environment (KDHE) Secretary Dr. Lee Norman and Kansas Department for Aging and Disability Services (KDADS) Secretary Laura Howard on March 16 announced enhanced measures for state nursing facilities to protect residents from the COVID-19 outbreak.

“The Centers for Medicare and Medicaid announced aggressive new guidelines for nursing home safety,” Governor Kelly said. “Secretary Howard and her KDADS team are moving quickly to make sure Kansas facilities are strictly adhering to the guidelines.”

“Unfortunately, we’ve already had one fatality in a Kansas nursing home,” KDHE Secretary Dr. Lee Norman said. “We need to take quick action to mitigate the spread of COVID-19 through our nursing facilities. Other state licensed residential facilities also are encouraged to revisit their screening,

visitation and activity protocols in light of this nursing facility guidance.”

The new guidance:

- Restricts all visitors, effective immediately, with exceptions for compassionate care, such as end-of-life situations;
- Restricts all volunteers and non-essential health care personnel and other personnel (i.e., barbers);
- Cancels all group activities and communal dining; and
- Implements active screening of residents and health care personnel for fever and respiratory symptoms

In end of life cases, visitors will be equipped with personal protective equipment (PPE) like masks, and the visit will be limited to a specific room only.

“I understand the vital importance of keeping nursing home residents connected with their loved ones,” Howard said. “However, the rapid spread of COVID-19 through visitors and health care workers—as well as nursing home residents’ high risk—has made it necessary to restrict non-essential visitation in order to protect the health and safety of residents.”



Gov. Laura Kelly

KDADS, along with the Centers for Medicare and Medicaid Services, is encouraging facilities to increase virtual communication between residents and families. Facilities should also keep residents’ loved ones informed about their care. Nursing homes also are expected to notify potential visitors to stop visitation until further notice

through signage and other outreach like email and phone calls.

Anyone visiting a nursing home should be prepared to be screened for potential disease that would include questions about travel, potential exposure and taking temperatures.

Other recommendations for nursing homes include:

- Putting hand sanitizer with 60 -95 percent alcohol in every resident room, both inside and outside;
- Sinks should be well-stocked with soap and paper towels for hand washing;
- Tissues and facemasks should be available for people who are coughing; and
- Make necessary PPE available in areas where resident care is provided.

A full list of the guidance and additional information on COVID-19 can be found at www.kdheks.gov/coronavirus.

You also can call 1-866-534-3463 (1-866-KDHEINF).



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