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Vol. 20, No. 10

## INSIDE



KEVIN GROENHAGEN PHOTO



### Doug Robinson: Preserving the history of his home.

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**SENIOR**  
profile

If you've got pain or numbness in the wrist and Google your symptoms, one of the first conditions that may pop up is carpal tunnel syndrome. This injury is one that Dr. Neal Lintecum, orthopedic surgeon at OrthoKansas, is seeing more and more often. - page 9

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# Robinson's home predates Kansas statehood

By Kevin Groenhagen

For the children of men and women who serve in the military, it is not unusual for their families to move many times over the course of a military career. Doug Robinson is no exception.

Doug's father, James Warren "Chap" Robinson, served in the U.S. Army from 1954 to 1956. He returned to Lawrence, where he was born, from Germany with his wife, Fleta, just two weeks before Doug was born. After serving as a schoolteacher and, later, attending Asbury Seminary, he enlisted in the U.S. Navy as a chaplain in 1962. He then served his county overseas during the Vietnam War as a chaplain with the Marine Corps.

While the Robinsons changed addresses often, one thing remained constant.

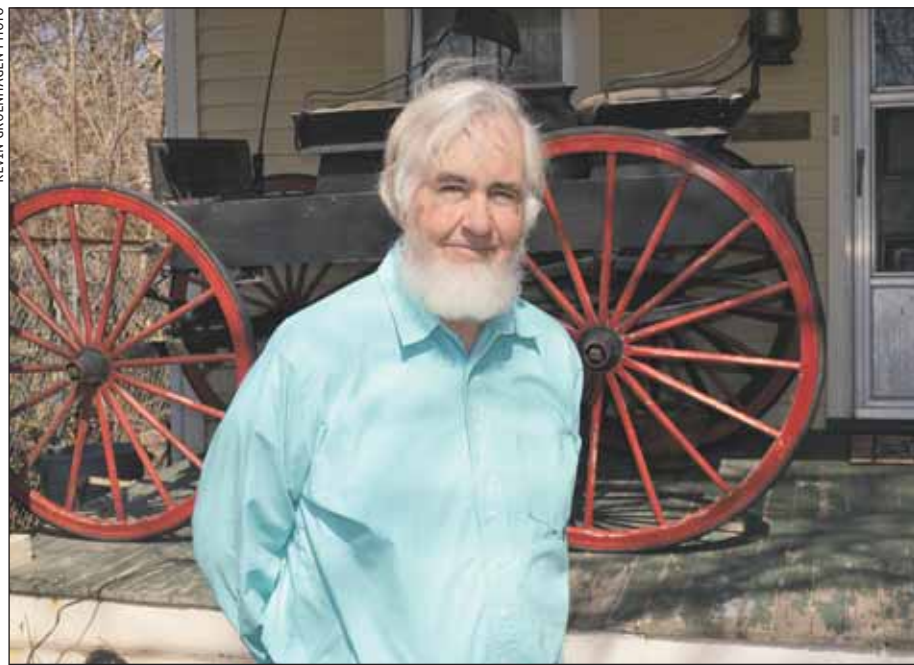
"This was always home," Doug said, referring to his house on East 19<sup>th</sup> Street in Lawrence. "My parents lived

in this house. My dad grew up in this house."

In fact, Doug's grandparents, Elbert and Emma Robinson, bought the house in 1924.

While the house has belonged to the Robinson family for nearly a century, its history goes back 70 years before Elbert and Emma bought it. The original owner of the house was Carmi William Babcock, a Vermonter who moved to Lawrence in 1854 with an appointment from President Franklin Pierce as Lawrence's first postmaster. A lawyer and a banker, Babcock was an active free state supporter. He became Lawrence's second mayor in March 1858 and president of the Free State Legislature Council in 1859.

"Constitution Hall in LeCompton is sometimes touted as the oldest wood-frame building still standing in Kansas," Doug said. "That's not true. Constitution Hall was built in 1856. This house, which is framed from oak and walnut, is older than that building."



KEVIN GROENHAGEN PHOTO

**Doug Robinson**

Considering the history of his house, Doug has become quite a historian concerning his home.

"During the 1850s and early 1860s, there were 153 acres attached to this

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**Kaw Valley Senior Monthly**

**Kevin L. Groenhagen**  
Editor and Publisher

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# Doug Robinson

■ CONTINUED FROM PAGE THREE

house,” he said. “Babcock sold the house to a couple in 1865 and they added the second story. At one time, this was the B. F. Smith strawberry farm. Forty acres around the house had nothing but strawberry fields. They were shipping strawberries by the train-car load to Denver, Colorado. This house wasn’t in the City of Lawrence until 1900. That’s when Lawrence annexed this part of Douglas County.”

When Doug’s father joined the Navy in 1962, the Robinsons left Lawrence and moved to San Diego. When the elder Robinson left the Navy, he founded His Way Ministry in 1970 in a public restaurant in Pleasant Hill, California. The ministry focused on high school and college students from the nearby schools.

Doug himself was a high school student at the time and would soon go to college. At 21, he travelled to Europe.

“We had various people living with us when I was growing up,” Doug said. “Some bulk mail came to our home for someone who didn’t live there anymore. He was a student who had moved on. One of the bulk mail pieces was an invitation to go to Europe and study with Francis Schaeffer in Switzerland and travel all over Europe for lectures in different cities. It was a study of the Reformation.”

Schaeffer was an American evangelical theologian, philosopher, and Presbyterian pastor who co-founded the L’Abri community in Switzerland with his wife.

“I had already been reading Schaeffer’s books,” Doug said. “I signed up even though I had no money. A relative loaned me the money so I could go. It was excellent. They were hoping for hundreds of people to participate and that it would be a big fundraiser for their ministry. The fund raising angle was a total flop. Only a few of us showed up. But it was a really good time. We had a lot of one-on-one time and I met some fascinating people.”

Doug recalled that one of those who took part in Schaeffer’s program was an executive with McDonald’s who lived in southern California.

“He invented the machinery/frying process for McDonald’s,” he said. “He was also responsible for uniformity of french fries worldwide—as much as possible—even though there were different varieties and different distribution chains on different continents. He and his wife were part of our little group. In every city we visited, they would go to the local McDonald’s and sample the food. Of course, the employees at the McDonald’s restaurants had no idea who he was.”

Doug went on to earn a Bachelor of Arts degree in broadcast journalism/recording arts from San Francisco State University in 1981. However, he didn’t follow the typical journalism

career path.

“When I was at San Francisco State, the example that was always given was that you have to go out to a television or radio station in some small market in the boonies and pay your dues,” he said. “You have to go to the end of the Earth, and it was always Topeka. From their perspective, Topeka was the end of the line.”

Doug stayed in San Francisco and did what he compares to those who get their starts with podcasts and YouTube channels today.

“An aunt in Kansas, a professor, died and left me thousands of dollars as a gift because she wanted to encourage me to keep doing what I was doing,” he said. “So, I went out and bought a broad-



**Babcock**

cast camera and recording gear, which was state-of-the-art at the time. I just went out and started shooting things. Initially, nobody paid me. There were some amazing things going on around me and no one else was documenting what was happening.”

“I found myself in San Francisco as a conservative,” he continued. “I found that you could go to any function or event—such as political fundraisers, street marches, and protests—and people assumed because you’re there, you’re one of them. So, I would just let them assume that. I had a camera, and cameras, particularly big cameras, tend to attract people, and people like to say things on camera. I had to sort out what was real from what was merely outrageous. So, I had footage of things in broadcast formats that could go on the air. I started calling people up and say, ‘Would you like to do a story about this? I have already shot it.’ I found when you give news directors a story—and it didn’t need to be in finished form because you

■ CONTINUED ON PAGE FIVE

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# Doug Robinson

■ CONTINUED FROM PAGE FOUR

wanted them to participate and have a sense of ownership—it makes their jobs easy and they tend to go for the easy way. Even when I didn't get paid, I got several significant stories on national news programs just because I shot it and no one else was there. Soon I was getting phone calls from Washington, D.C., asking if I had footage of particular people for the White House when they were doing background checks. I was able to help prevent some people from getting into positions of power because I did have footage. Soon, I was getting hired by a network for specific assignments covering San Francisco politics. I did one shoot at night in a riot situation outside the California Supreme Court with several police officers in full riot gear assigned by their captain to follow me into the crowd and protect me while I did interviews. I once went to shoot a network story at the

San Francisco School Board with 10 men as my crew and bodyguards. One of the men speaking to the board was chased on foot by the mob down the street that night while I got the footage on a plane for the morning show from the East Coast. Everything was calm and quiet until I arrived and someone recognized me and members of my crew. Out came the phones and soon a mob was gathered outside the building.”

In 1993, Doug and others produced a video that caught the attention of Colin Powell, then Chairman of the Joint Chiefs of Staff, during the “Don't ask, don't tell” debate. The commandant of the Marine Corps, Gen. Carl Mundy Jr., gave copies to other members of the Joint Chiefs of Staff. In February 1993, the *Los Angeles Times* reported that 25,000 VHS copies of the video had been shipped across the country—thousands more were circulating on military bases.

While the video played a major role in a national debate, Doug noted that his name and the names of the others involved in producing it were not used.

He noted that it can be easier to get many things done if people don't know who you are.

“Ronald Reagan is credited with saying, ‘There is no limit to the amount of good you can do if you don't care who gets the credit,’” Doug said.

After living in California for 35 years, Doug and his wife Glenda, joined by their three children, returned to visit Kansas. (The couple had two more children after returning to Kansas.) They found that the family's home on East 19<sup>th</sup> Street needed a lot of work.

“This was my Aunt Ellwyn's home for 75 years,” Doug said. “She came to this house as a three-year-old and never left until she needed a smaller senior apartment with no steps. The basement was about to fall in on her. Dad and I jacked up the house and put a new basement under it. It's the third basement the house has had. My granddad did the second one. I gutted the house and rebuilt it and worked to keep it as original and intact as possible, preserving the original windows, siding, floors, doors, and trim.”

During the early 2000s, Doug

received a call informing him that he was being considered for the position of the director of the White House Office of Faith-Based and Community Initiatives. This was a situation in which it paid to know the right person and have a connection. In this case, the right person and connection was his 17-year-old daughter, Rachel.

“Rachel was invited to a Leadership Institute conference in Kansas City,” Doug said. “The Leadership Institute was started by Morton Blackwell as a political school. Morton was on Ronald Reagan's staff in the White House. He served on the Young Republican National Committee for more than a dozen years. After the conference, they sent her an invitation to be an intern in Washington, D.C. So, I drove her to Washington and they put her in a house in Arlington. Her roommate was a young woman from Turkey whose father was a national Turkish leader. There were other interesting people in the house and every Thursday, as part of the program, they had dinner and extended conversation time

■ CONTINUED ON PAGE SIX



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# Doug Robinson

■ CONTINUED FROM PAGE FIVE

with different guests, like the director of the FBI.”

“When Morton’s executive secretary took maternal leave, my 17-year-old daughter got that job,” Doug continued. “We considered that her senior year of homeschooling.”

Doug got to know Blackwell and that’s how Karl Rove, President George W. Bush’s senior advisor, got his name.

“It wasn’t my idea, and I didn’t get the position, but it was an honor to be a candidate with support from Senator Pat Roberts and Rep. Jim Ryun,” Doug said.

Rachel also worked for U.S. Rep. Jim Ryun and later worked for Phyllis Schlafly, the conservative activist and author as her editor.

Doug likes to share this message with younger people: “You can do all types of things when you take an interest and you don’t wait for someone to

give you a position or a pay check. See something that needs done and take initiative. People will come looking to hire you.”

He cited his grandfather as an example.

“My grandfather was a letter carrier and his route is now under Clinton Lake,” Doug said. “There were dirt roads—not gravel—going to all the farmsteads. He got tired of driving his Model T in the mud. So, he bought some land with his own savings, bought

a rock crusher and a chain-drive truck, and put my dad and his brother to work pounding rocks. They rocked the roads out in the county around Clinton. They didn’t ask for county approval, they didn’t go to the township, and they didn’t do an environmental impact study. They just did it. After he rocked the roads on his route, my grandfather went to the township and asked if they would reimburse him for his costs. And they said, ‘Gladly.’ Later, the county took over maintenance of those roads.

Those roads are now at the bottom of Clinton Lake.”

A lot of history lies beneath Clinton Lake. Doug is concerned that his historic house could also be gone someday.

“There has been talk about widening 19<sup>th</sup> Street,” he said. “If that ever happens, the city could lose this historic house. It was here long before Quantrell’s raid. And with all the foundation and structural work I did, it’s good for another 165 years.”

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# COVID-19 pandemic has some silver linings

By Billie David

Looking back from the perspective of the COVID-19 one-year anniversary, we can see that all of us have experienced at least some of the challenges and sorrows the pandemic has caused: lockdowns, lives lost, illness, economic instability, isolation and loneliness brought about by social distancing, stress from opposing political stances among family members, the pain of separation from loved ones, and the challenge of facing the unknown.

But with so many trials, it can be all too easy to focus on the negative and overlook the resilience of the human spirit and the positive actions that we can take to deal with these challenges. After all, every cloud has a silver lining, and one doesn't have to look far to find the sun's rays peeking out from behind the storm clouds to give us hope.

Lawrence residents Barbara Van-Cortlandt and her mother, Beth Core, for example, have seen positive aspects arising from the challenges they have faced in spite of the difficulties.

Barbara retired from the State in 2018 after nearly 27 years, of which 17 years were in an infectious and contagious disease program. Later, drawing from a positive college experience working as a Certified Nursing

Assistant (CNA), she applied for a job with Home Instead, which provides personalized care to seniors with the goal of enabling them to age at home, and now she works there in the capacity of operations and human resource specialist.

What Barbara didn't realize at the time she began her employment was how much of a perfect match the new job really was.

"I didn't think I would be working with this disease, but I'm thankful for the background," she said.

When the pandemic hit, Barbara was faced with the same challenges many other employees have had to deal with: she was sent home to work remotely. The pandemic also meant increased hours as Home Instead faced a situation they had no previous experience with and worked to develop policies and obtain personal protective items to keep their clients and employees safe. The job was demanding, requiring considerable mental energy and resulting in exhaustion.

As the pandemic dragged on and Barbara continued working from home, she became increasingly isolated.

"The most difficult thing for me emotionally was not being with family," she said. "I have a granddaughter who was born in January, and I haven't seen her yet.

"It got very easy just to stay in the

house, and I was afraid to see my mom. There was a long time where we just didn't see each other," she added, referring to the caution required because older people are more susceptible to the ravages of COVID-19.

But in spite of the challenges, there were still silver linings. One was that she was able to circumvent the isolation that social distancing presented and find other ways to communicate.

For example, Barbara and her mother were able to communicate by text and email, and when her granddaughter turned five, they stood on the deck, masked and distanced, to wish her a happy birthday. When Christmas came, they handed out Christmas presents through a window. And there were times they stood in the driveway and watched her grandson playing.

Beth was also able to attend church, funerals, and a baptism virtually.

As time passed and more was known about how the virus spread and the value of wearing a mask, Barbara and her mother were able to take walks together. Their favorite place to walk was the KU Field Station, which they drove to wearing masks and opening the car windows. Once there, they could enjoy social-distanced picnics before hiking the trails together and enjoying the sunshine and open air.

Barbara also found that she enjoyed the advantages of working remotely

from her home office, where she could see her willow tree through the window and watch the squirrels and other wildlife, and where she could enjoy the company of her three cats. She also appreciated the convenience of having her groceries delivered instead of going out to shop for them.

Barbara's mother, Beth, on the other hand, did not enjoy having her groceries delivered.

"I order groceries using a computer," she said. "But it is expensive and I don't get the variety."

Although Beth's grandson was happy to pick up the items she couldn't find when ordering groceries online, it felt like a nuisance, she said, and then there were the added expenses, such as delivery fees.

Beth, who described herself as the proverbial little old lady with a cat, is an 88-year-old retired math teacher who moved from the small Kansas town of Sharon Springs to Lawrence in 2016 to be closer to her family.

One of the things that helped Beth get through the first year of the COVID-19 pandemic, she said, was an early Christmas present she received from her family in November, and which she said helped her psychologically as well as physically. The gift is that a trained caregiver from Home Instead comes to her home to help her with housework.

■ CONTINUED ON PAGE EIGHT

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# COVID-19

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“It helps with the cleaning,” she said, adding that she looks forward to the caregiver’s visits, not only because she can rely on a trained person she trusts coming on a regular basis to help her, but also because of the companionship she enjoys during the caregiver’s visits.

Barbara agreed. “We tried to make a good match,” she said. “It’s very important that it’s not just a person to come in and mop the floor.”

Beth found that one of the difficulties she has had to face during the pandemic is the negativity she must deal with from some family and friends.

“They don’t get their shots,” she said, adding that instead of sitting at home with too much time to brood, people should turn off the TV or find positive things to watch.

“Get away from the negative things,” she said, “and check your sources.”

Practicing what she preaches, Beth looks for positive things to focus on.

“Sometimes I have to talk myself into being positive,” she said. “I grab a book, watch the Hallmark channel, and look forward to seeing my Home Instead caregiver.”

Beth also finds things to be grateful for, like living in the same city with three of her family members.

In addition, she looks for ways to help other seniors who are lonely by writing letters and sending cards.

She has advice to give to others who are lonely and anxious. “Get out of the house if you can,” she said. “Take

walks if you can. Watch good nature programs that make you feel like you are outside, like being out in trees and grass. Turn on the lights. Open the drapes. Light helps. Get dressed.”

In spite of the struggles that people have experienced during the past year of the pandemic, the act of looking for silver linings, connecting with others, seeing the positive and acknowledging our resiliency gives us hope.

Seniors have learned to master the technology that allows them to communicate virtually with grandchildren and other family members, a skill that can serve them well in the future.

Other seniors are now living with their adult children, having transitioned from senior facilities to avoid infection with the COVID-19 virus. For some adult children sandwiched between children and work, caregiving only adds to their stress, but others find that it draws them closer together. According to a Home Instead survey, 29% of the seniors who responded felt that they have created deeper connections with their loved ones during the pandemic.

There has been a rise in volunteerism since the pandemic began and participation in programs such as exchanging letters with senior pen pals. Some have learned to appreciate nature more and others have adopted pets. Still others have used their hobbies to provide items for those in need, and there is a greater emphasis on family and caregiving.

The pandemic has brought about responses that have made us eyewitnesses to the resiliency of the human spirit and the hope we can derive from that.



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## HEALTH &amp; WELLNESS

# Carpal tunnel can be more than just a pain in the wrist

By Autumn Bishop

LMH Health

If you've got pain or numbness in the wrist and Google your symptoms, one of the first conditions that may pop up is carpal tunnel syndrome. This injury is one that Dr. Neal Lintecum, orthopedic surgeon at OrthoKansas, is seeing more and more often.



"Sports have decreased due to the COVID pandemic, so the number of high-energy injuries we see have decreased," he said. "It's the repetitive, low-energy injuries from work, people spending time on their laptops and in Zoom meetings that we're seeing more of."

## What is carpal tunnel syndrome?

The "carpal tunnel" is a narrow passageway that runs from the base of the hand through the wrist. Several tendons and the median nerve, which controls our sense of touch in the palm and fine movement in the thumb, pass through the carpal tunnel.

When any of those tendons become irritated or other swelling encroaches on the space within the tunnel, the median nerve can become compressed. This may cause symptoms ranging from tingling and numbness in the fingers to pain that radiates up the arm.

People who engage in activities with their hands for long periods of time, such as those who use a computer frequently, are at greater risk for developing carpal tunnel syndrome. Your chances of developing carpal tunnel increase if you're pregnant or have an illness such as hypothyroidism, rheumatoid arthritis and diabetes.

"If you're having numbness that's keeping you awake at night or you're having difficulty with fine motor tasks like buttoning buttons, tying shoes, or if you dropped your coffee cup five times in the last three months, you should probably have that checked out," Dr. Lintecum said.

## What can I do to find relief?

There are a number of steps you can take to provide temporary relief from carpal tunnel symptoms.

- Take frequent breaks from activities that cause numbness and pain.
- Ice your wrist once or twice each hour for 10 to 15 minutes at a time and repeat as needed.
- Take non-steroidal anti-inflammatory drugs (NSAIDs) such as Advil or Aleve. These can help relieve pain and reduce swelling. Your doctor may also suggest you get a corticosteroid injection in the wrist to relieve pain.
- Wear a wrist splint at night. This will help take pressure off your median nerve.

"Therapy is also a great option, one that can get you relief and can often times save you from needing surgery," Dr. Lintecum said. "There are lots of

times where a good hand therapist or physical therapist can get you fixed up, saving you from bigger problems, improving your function and relieving your symptoms without having to involve surgery."

## Sometimes surgery is necessary

If your symptoms continue to persist, the next step may be surgery. Many people have fears that they'll have to take an extended leave from work or daily activities, but Dr. Lintecum says that's no longer the case.

"We do the vast majority of our carpal tunnel surgeries endoscopically," he said. "I tell patients that I've had farmers go throw hay bales the next day. There's no weight limit. Keeping the incision clean and dry for three days is the only restriction. We can get people back to their exercise or work pretty quickly."

## Bilateral carpal tunnel may be a warning sign

One relatively new finding is that people with bilateral carpal tunnel syndrome, or carpal tunnel in both wrists, may be at increased risk for cardiac amyloidosis.

"Bilateral carpal tunnel is a marker for amyloidosis, where the body produces abnormal proteins deposited in different organs," said Dr. Michael Zabel, a cardiologist with Cardiovascular Specialists of Lawrence. "The proteins act like scar tissue and make that organ stiffer than normal. You can get proteins that build up and cause heart arrhythmias like slow heartbeat that causes people to faint or black out. In more serious cases, it can cause heart failure."

The team at OrthoKansas works closely with Cardiovascular Specialists of Lawrence to identify patients who

may be at risk for this disease.

"Sometimes bilateral carpal tunnel is the first sign of amyloidosis. We'll do a biopsy and if a patient does have the condition, we'll send them to a cardiologist to determine if they need a work-up or further treatment. It can be a life-saving diagnosis if it's caught early enough," Dr. Lintecum said.

Medication is one treatment option for patients with cardiac amyloidosis. Dr. Zabel said that two medications have been approved by the Food and Drug Administration over the past three years.

"These medications don't prevent the disease but they do appear to be quite effective at lowering the risk of complications," he said. "A few patients need more than medication—a pacemaker, for example—but many just need a pill."

## When should I see a doctor?

Dr. Lintecum advises that if you're concerned about symptoms you're experiencing, including functional limitation or pain that keeps you from sleeping, make an appointment with either your primary care physician or call OrthoKansas for an evaluation.

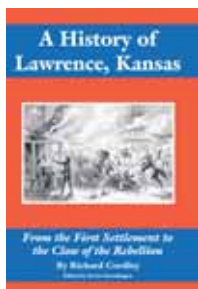
"We've got experts at OrthoKansas that are trained as well as anyone in the country and are board certified in their specialties and subspecialties," he said. "We've got outstanding therapy to address any need you may have. We have the facilities to provide you care and imaging capabilities and expertise that are unmatched in the state. Come in and let us help you with your musculoskeletal care."

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

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by Richard Cordley

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## HEALTH &amp; WELLNESS

# Treating the root causes of hair loss

A typical person can lose up to 100 hairs a day from their scalp. This type of hair loss is considered normal and for the majority of people those hairs will grow back. But for some, the hair never grows back and they experience hair loss or, to use the medical term, alopecia.



Dr.  
Deena  
Beneda

For most people, losing their hair can be a very distressing experience and it can have a significant negative impact on a patient's health. The psychosocial impact of hair loss can be especially hard for women since there is little understanding or acceptance of the condition. It is normal for both men and women to lose hair thickness as they age.

Hair loss can occur because of several reasons. Male pattern baldness is very common. The exact cause is unknown,

but researchers think that it is inherited and requires the presence of androgen hormones. Male pattern baldness usually begins as a receding hairline and eventual balding on top of the head. Many women can experience hair loss around childbirth or menopause. Females tend to experience hair thinning throughout the scalp, with the hairline remaining intact. Complete female pattern baldness is a rare condition in women and may be related to genetics or hormones.

When going to your physician to be evaluated for hair loss, expect to get a physical exam, questions regarding your diet, hair routine, medical and family history. Tests such as bloodwork, scalp biopsy, and light microscopy may be ordered to discover the underlining conditions of the hair loss.

Causes of hair loss include trauma, stress, medications, illness, and medical conditions, such as diabetes. Chemotherapy and radiation therapy treatments used for cancer patients can cause temporary hair loss. Hair loss also can occur from excessive blow-drying, hair dyes, bleaching

of the hair, coloring of the hair, and other harsh hair products. Other factors could include a family history, poor nutrition, and low protein diet.

Standard medical treatments can include prescription medications such as Rogaine or spironolactone. Hair transplantation has been used for hair loss. Other options include wigs, hair pieces, or hair weaves.

When it comes to hair loss, prevention is the best medicine and it works well if

the medicine is started early. There are several natural options for people with hair loss who do not want to take prescription medications or have a surgical procedure. Finally, treating the root cause of the problems can yield success in unwanted hair loss.

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




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# MAYO CLINIC

## Understanding genetic abnormalities and cancer risk

**DEAR MAYO CLINIC:** My mom was diagnosed with breast cancer. During her care, she was found to have a BRCA2 mutation. Her doctor suggested that my brothers and I get tested for this mutation too. I am a 26-year-old woman, and I am not sure what this means for me and my risk of cancer.

**ANSWER:** Having a loved one with a breast cancer diagnosis can be scary. It also can become confusing when you start to hear about genetic mutations. The good news is that the information can help guide your family regarding screening and future cancer risk.

BRCA2 is a genetic abnormality that can be passed down from a parent to children. It is autosomal dominant, which means there is a 50% chance that each of your mom's biological children could have the mutation. Being positive for the mutation would mean that you or your brothers may be at increased risk of developing certain cancers, compared to the general population.

In addition to breast cancer, these cancers are also known to be associated with BRCA2: ovarian cancer, melanoma, prostate cancer and pancreatic cancer.

To understand your risk, you would want to meet with a genetic counselor

who can help you understand the implications of undergoing genetic testing and whether this is something you want to do. Typically, genetic testing is performed using a blood or saliva sample. The counselor would review the results with you and, if you are positive, recommend next steps to learn more about personalized screening and specific risk reduction options.

Generally speaking, it is recommended that women who have a BRCA2 mutation begin monthly breast self-examinations, beginning at 18. Clinical breast examinations are recommended every six months, beginning at 25, or before if there is an earlier breast cancer in the family. Annual breast MRIs should begin at 25. Tomosynthesis mammograms are recommended annually, beginning at 30. They are usually alternated with breast MRIs every six months. Based on risk and family history, some woman may choose to undergo a preventive mastectomy to remove their breast tissue and hopefully decrease their risk of developing breast cancer.

There is no screening test for ovarian cancer. However, women can have transvaginal ultrasounds and a blood test called CA 125 every six to 12 months, beginning at ages 30 to 35, while their ovaries are still in place.

If desired, women can undergo

surgery to remove their ovaries and fallopian tubes once they are done having children. Ideally, this would occur between the ages of 40 to 45. As this surgery results in women going through menopause, some women may be started on hormone therapy until ages 50 to 51 to alleviate menopausal symptoms and offset some long-term risks associated with early menopause.

Research has shown that many ovarian cancers begin in the fallopian tubes. With this knowledge, women have recently been having surgery to remove their fallopian tubes and delay surgery to remove their ovaries for a few years—though the recommended age for a woman to have her ovaries removed is still 40 to 45 in a BRCA2 mutation carrier. The benefit of removing just the fallopian tubes is that this allows women to preserve their natural hormonal function longer. The safety of this strategy is being studied, and this type of surgery is being performed as part of clinical trials.

Women who undergo surgery to remove their ovaries before menopause have a 50% reduction in their risk of developing breast cancer. In addition to surgeries, there are medications that can be given to help decrease the risk of developing breast and ovarian cancers. Selective Estrogen Receptor Modulators (SERMS) and Aromatase Inhibitors (AIs) are types of medications that can reduce the risk of developing breast cancer. Oral contraceptives can decrease the risk of developing ovarian cancer by 50%.

Since the BRCA2 mutation can be passed down to offspring, understanding your status—and that of a

future partner—is important, as there is a genetic condition called Fanconi anemia that can occur if both the male and female partners have a BRCA2 mutation.

Thus, for men and women who test positive for BRCA2 and have not yet had biological children, it may be worthwhile to meet with a specialist in reproductive endocrinology and infertility to discuss options.

There are no standard screening guidelines for pancreatic cancer or melanoma. Based on your situation, a consultation with a pancreatic specialist may be worthwhile to discuss whether to pursue MRI or endoscopic ultrasound. Likewise, a referral to a dermatologist can be made to initiate skin cancer screenings.

Understandably, you may be nervous about your risk for cancer, given your mother's diagnosis. However, you are young, and you should not feel rushed to make any decisions regarding genetic testing. If you choose to undergo testing and are found to have a BRCA2 mutation, your health care providers will give you the information that you need so that you can begin to think about what makes sense for your life and your priorities. - Casey Swanson, physician assistant, Gynecologic Surgery, Mayo Clinic, Rochester, Minnesota

*- 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](http://www.mayoclinic.org).*

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## FINANCIAL FOCUS

# Have you planned for your legacy?

Like most people, you probably want to leave something behind for your loved ones and possibly to some charitable organizations. In other words, you want to create a legacy. But how?



*Derek Osborn*

To leave the legacy you want, you need to construct a comprehensive estate plan. There's not a "one-size-fits-all" model for everyone, but these are the key elements of most estate plans:

- **Beneficiary designations** – Beneficiary designations are typically found on retirement accounts (such as your 401(k) and IRA) and life insurance policies. In many states, beneficiary designations may also be added to banking and brokerage accounts, where they are referred to as Pay on Death or Transfer on Death designations. These designations can super-

sede the instructions on your will – yet nearly two-thirds of Americans have not designated beneficiaries for any of their accounts, according to the recent Leaving a Legacy survey commissioned by Edward Jones. Even if you have designated beneficiaries for your 401(k) and other accounts, you may need to revise them periodically in response to changes in your life—marriage, divorce, new child, etc.

- **Will** – A will, sometimes referred to as a last will and testament, can help ensure your assets are distributed according to your wishes. And if you have young children, a will can name a guardian if something happens to you and your spouse.

- **Trusts** – A trust provides you with even greater control than a will. You can dictate exactly how and when your beneficiaries receive the trust's assets, so, for example, if you'd prefer that your grown children not inherit a large sum at once, you can specify that they will get the money over a period of years. And a trust may help your estate avoid the time-consuming, expensive and public process of probate, reducing or eliminating the possibility of intra-

family fights over your assets.

- **Power of attorney** – A power of attorney lets you name someone to manage your finances should you become incapacitated. This is an especially important document for any individual who doesn't have a spouse to step in.

- **Health care directive** – If you become incapacitated, your health care directive can provide instructions for your health care (a living will) and name a person to make medical decisions on your behalf (a health care proxy). These documents can be valuable if your family disagrees about your care.

Even after you've created your estate plan, you may need to adjust it to accommodate changes in your financial assets, your family relationships, your association with charitable groups, and so on. Plus, you'll need to be aware of changes in tax laws that could affect your plans.

In any case, it's essential that you communicate your wishes to your family. Just 49% of beneficiaries are confident they know how to carry out

the estate plan of a loved one, according to the Leaving a Legacy survey.

Here's one more suggestion: Get professional help. Your financial advisor can assist you with the investment-related aspects of your estate plan and work with your team of professionals, including an attorney, who can help you create the necessary documents—will, living trust, health care directive, etc.—and a tax advisor, who can provide information on tax aspects of estate assets, among other issues.

An estate plan can be a big gift to your loved ones—so take action soon.

Edward Jones, its employees and financial advisors are not estate planners and cannot provide tax or legal advice. You should consult your estate-planning attorney or qualified tax advisor regarding your situation.

- *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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## JILL ON MONEY

# A world without email

Cal Newport hooked me with the title “A World Without Email: Reimagining Work in an Age of Communication Overload.” If that concept seemed dreamy a year ago, it now feels like those of us lucky enough to be working from home are yearning for the salvation that Newport is suggesting.



Jill  
Schlesinger

I first encountered Newport, a computer science professor at Georgetown University and author, when I read “Deep Work,” a treatise on how we can focus without distraction on cognitively demanding tasks. The advice proffered in that book was invaluable to me and changed the way that

I address writing articles like this one. I begin by blocking out the time of day for my deep work, then I turn off all notifications, and like magic, I grind out the work that is required.

Newport followed up “Deep Work” with “Digital Minimalism: Choosing a Focused Life in a Noisy World,” which encouraged me to identify aspects of my digital world that impeded my professional progress and endeavors—and more importantly, caused me great unhappiness. After I interviewed Newport for my podcast, I immediately deleted all social media apps from my phone and created a system where I stopped obsessively checking the platforms. The result was magical: I didn’t miss any of them—and I most certainly did not miss the nastiness that seemed to be growing on them.

In the new book, Newport is tackling the most pernicious aspect of the early digital age—email. “Email is a productivity gut punch,” he told me in our most recent interview. As he

explained, when we bounce between doing our real work and checking our email/Slack/instant messenger/texts, we create—and are imprisoned by fragmented workdays.

I am old enough to remember when you could get away with checking email once a day and be just fine. Twenty-five years after email went mainstream, we have become slaves to the so-called “productivity miracle.” Newport highlights behavioral data that revealed HALF of workers are “checking communication applications like email and Slack every six minutes or less” and more than a third check their inboxes “every three minutes or less.” YOWZA!

That kind of attention switching between tasks is not how human brains are wired to function. In fact, as we move from working on a presentation, to checking email, to texting, to going back to the presentation, our cognitive performance slumps. And yet, because many organizations require that we do check, we continue the dance. Sadly, when we try to avoid the constant checking, we experience “the psychology of an inbox that fills up faster than

we can empty it.” I have felt this firsthand. When I allow my inbox to pile up with unread messages, I feel messy and out of control. To combat the feeling, I am drawn to checking and trashing messages far too often than I would like to admit.

The solutions that Newport offers are not easy, especially if you are not part of a larger management effort to stop the email reliance and the madness and anxiety that the reliance brings. Start your journey by thinking about how you work and what processes might be more efficient than the blunt, but easy, email. Go back in time and think about the old task board, which helped thousands of teams work toward a unified goal and broke down the work in one, easy to view location. The bad news is that the conference room where those white boards lived are not in use right now. The good news is that there are virtual versions (Asana, Basecamp, ClickUp, and Trello) that are accessible by workers all over the globe. Oh, and buy Cal’s book.

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## INTERPERSONAL EDGE

# A Spring of hope!

By Dr. Daneen Skube

**Q:** People seem to be in two camps right now; vaccinated and hopeful, and unable to find vaccines and despairing. How do you think the vaccine process is going to impact our workplaces? Do you think we have a reason to be hopeful or is this virus just going to throw us another rotten curveball?

**A:** A main way the vaccine will impact our workplaces is we'll finally have the freedom to stop worrying about death and disability. Yes, I think this will be a spring season of hope and slow return to normalcy. Lastly, I think we'll return to our workplaces full of gratitude and innovation after surviving this global adversity.

Global crisis in many ways is like a storm of enormous magnitude that destroys but also creates. Crisis destroys our Old World but opens a door to a new improved world. We will return to our workplaces more conscious of kindness, the benefit of relationships, equality and value of collaboration. The only reason we have the gift of returning to a new normal is the global medical and scientific community came together to develop a breakthrough vaccine.

When we work together, we're truly capable of miracles. When we pull apart, we cannot benefit from our joint skills and talents. I tell clients the distance between heaven on earth and hell

on earth is simply this willingness to either work with or against others. In every moment we decide whether we will live in heaven or hell through our interpersonal choices with others.

In this column I teach the technology of how to work with people in a concrete, behavioral and specific manner because good intentions make no difference in our ability to cooperate. If we want to listen but do not know how to paraphrase our intentions do nothing. If we want to negotiate but don't know how to separate a person from a problem we just create a conflict.

Many new clients think interpersonal issues at work are a result of a character defect or just bad luck. I quickly point out that interpersonal problems at work are simply a result of what you currently do and say. We often create our own suffering because of our lack of awareness that what we are doing and saying is creating problems for us.

Some clients become argumentative or full of self-criticism when they see how ineffective what they are doing has been. They have to get over this hump of self-hatred to be able to apply the tools I offer.

People in your workplace really aren't in a position to judge your value as a human being and they cannot read your mind. They can only react to the words you chose, your nonverbal communication, your tone of voice, and

interpersonal skills.

Sometimes a client will say, "Well I cannot change I'm just the kind of person that is honest!" I point out that our interpersonal habits are just that ... habit and not a genetic factor like brown eyes. Our interpersonal habits are as flexible as our capacity to learn. If we refuse to learn, then we chose a lot of unnecessary suffering.

Even Dr. Fauci seems to be optimistic that the worst of this virus is behind us. This year as life bursts forth into a joyous celebration of new growth I feel confident we will also be slowly emerging from our isolation into a new spring of collaboration.

**Q:** Do you think there is a mental health benefit around getting the vaccine?

**A:** Yes, those two little shots offer us the significant mental health advantage of moving away from that dark cloud of doom and back into the sunlight of ordinary life.

- Daneen Skube, Ph.D., executive coach, trainer, therapist and speaker, also appears as the FOX Channel's

"Workplace Guru" each Monday morning. She's the author of "Interpersonal Edge: Breakthrough Tools for Talking to Anyone, Anywhere, About Anything" (Hay House, 2006). You can contact Dr. Skube at [www.interpersonal-edge.com](http://www.interpersonal-edge.com) or 1420 NW Gilman Blvd., #2845, Issaquah, WA 98027. Sorry, no personal replies.

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## PAINTING WITH WORDS

# April Rain Song

**Poem Title:** April Rain Song (1921)

**Poet:** Langston Hughes

Langston Hughes is an African American author and poet who was born 120 years ago in Joplin, Missouri. His parents divorced shortly after his birth, and he and his mother subsequently moved to Kansas. When



Tom  
Mach

he was six years old, his mother fought to have her son admitted in Harrison School in Topeka, resisting attempts to have him enrolled in Washington School, an African American school located much farther away from her home.

When Langston's mother moved to Kansas City for a job, she left him in

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care of his grandmother in Lawrence, Kansas. While a young boy he lived in Lawrence at 732 Alabama Street and was enrolled at Pinckney School on Sixth Street. Even though Langston lived in several other places throughout the country, he always regarded Kansas as his home state.

After he earned an B.A. degree from Lincoln University in 1929, he returned to Harlem in New York City.

It was while he lived in Harlem that he wrote poems that reflected various aspects of the Harlem neighborhood. One of these was "April Spring Song."

This poem is an optimistic celebration of rain written in verse. Langston personifies the rain when he says, "let the rain kiss you" and "let the rain sing you a lullaby." The patter of drops on the roof was a simple comfort to him despite the prejudices and ugly aspects of society he had experienced. To him, rain was something that can "play a little sleep song" as it gently entices you to sleep.

Here is Langston Hughes's poem:

**April Rain Song**  
By Langston Hughes

*Let the rain kiss you  
Let the rain beat upon your head with  
silver liquid drops  
Let the rain sing you a lullaby  
The rain makes still pools on the sidewalk  
The rain makes running pools in the gutter  
The rain plays a little sleep song on the  
roof at night  
And I love the rain.*

If you have any comments or questions you would like to share with Tom Mach, he can be reached at tom.mach@yahoo.com. www.Tom-Mach.com. For more information about Tom Mach, visit www.Tom-Mach.com.



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# SENIOR CALENDAR

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

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

## ARTS & CRAFTS

### FIRST FRIDAY OF THE MONTH FIRST FRIDAY ARTWALK

The artwalk takes place all across Topeka from 5:30-8:30 p.m. each first Friday of the month—and of course, some businesses open a little earlier or keep their doors open later, but please check individual Facebook pages for information about hours. Find the latest listing of gallery features on our home page—or pick up a printed copy of the artwalk map at any participating business. You can sign up for our monthly Artwalk e-newsletter to get the updates in your email.

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

### LAST FRIDAY OF THE MONTH FINAL FRIDAYS

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

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## EDUCATION

### MAR 3, 10, 17, 24, 31; APR 7 DISCUSSION GROUPS

Spring 2021 Dole Institute Fellow Patrick Tuohey will bring different facets of municipal public policy to light in discussion groups throughout the semester. As a co-founder of the Better Cities Project, he and his guests will speak to the challenges local leaders and civil servants face and the tools available to meet them. Programs are free to the public and will be live-streamed at 4 p.m. to the Robert J. Dole Institute of Politics' YouTube channel. The Dole Discussion Groups are made possible by a grant from Newman's Own.

LAWRENCE  
[www.youtube.com/c/TheDoleInstituteofPolitics](http://www.youtube.com/c/TheDoleInstituteofPolitics)

### APR 1 FT. LEAVENWORTH: DENIS MAHAN AND THE FOUNDATIONS OF AMERICAN THEORY

Presented by Ethan Rafuse. Program is free to the public and will be live-streamed at 3 p.m. to

the Robert J. Dole Institute of Politics' YouTube channel.  
LAWRENCE  
[www.youtube.com/c/TheDoleInstituteofPolitics](http://www.youtube.com/c/TheDoleInstituteofPolitics)

### APR 1 COMPUTERIZED GENEALOGY - VIRTUAL ZOOM CLASS

Get started in genealogy and learn how to build your family tree online. Register to receive the Zoom link. Topeka and Shawnee County Public Library, 10 a.m. Register to attend online.

TOPEKA, 785-580-4400  
<https://events.tsopl.org/events>

### APR 8 COMPUTERIZED GENEALOGY 2 - VIRTUAL ZOOM CLASS

Now that you have started your family tree, move to the next level. You will learn how to locate online resources on your family. This class will focus on finding your ancestors where they may be hidden using resources online. Prerequisite: You will need an online account with [www.FamilySearch.org](http://www.FamilySearch.org) and your library card for online library databases. Register to receive the Zoom link. Topeka and Shawnee County Public Library, 10 a.m. Register to attend online.

TOPEKA, 785-580-4400  
<https://events.tsopl.org/events>

### MAY 6 FT. LEAVENWORTH: DON STARRY, ACTIVE DEFENSE, AND AIRLAND BATTLE

Presented by Lou DiMarco. Program is free to the public and will be live-streamed at 3 p.m. to the Robert J. Dole Institute of Politics' YouTube channel.

LAWRENCE  
[www.youtube.com/c/TheDoleInstituteofPolitics](http://www.youtube.com/c/TheDoleInstituteofPolitics)

### MAY 7 & 8 HEARTLAND FAMILY HISTORY CONFERENCE (VIRTUAL EVENT)

Join other family history enthusiasts to learn new tips and tricks for discovering your family's unique stories, and to connect with one another through our shared interests. Participate from the comfort of your home. For questions, email [tgstopeka.conference@gmail.com](mailto:tgstopeka.conference@gmail.com).

<https://heartlandfhc.org>

## ENTERTAINMENT

### APR 9 STORY SLAM: VIRTUAL EDITION | DIRT

Stay safe and stay home, slammers, as this time around, the stories are coming to YOU. Get your favorite beverage ready and join us for music, stories and community. Digital happy hour and music start at 7:15 p.m. Slam starts at 7:35 p.m. Free.

LAWRENCE, [lawrenceartscenter.org](http://lawrenceartscenter.org)

## EXHIBITS & SHOWS

### THROUGH APR 10 FIFTEENTH AMENDMENT RETROSPECTIVE

This exhibit will feature original artworks inspired by the 15th Amendment, created by local artists. Watkins Museum of History, 1047 Massachusetts St., Tuesdays-Saturdays, 10 a.m.-4 p.m. Please wear a mask and give contact information when you visit.

LAWRENCE, 785-841-4109

### THROUGH MAY 16 VOICES FROM THE BIG FIRST, 1961- 1968

Featuring a selection of constituent letters written to then-Congressman Bob Dole from the collections of the Dole Archives, this original exhibit, curated by Kansas history scholar Virgil Dean, offers a window into the hopes and fears of everyday Kansans as they responded to change at home and conflict abroad. Funding for this exhibit is provided by Humanities Kansas.

LAWRENCE  
[www.youtube.com/c/TheDoleInstituteofPolitics](http://www.youtube.com/c/TheDoleInstituteofPolitics)

### THROUGH AUG 14 COMMUNITY CONSTRUCTION: THE PEOPLE AND COMPANIES THAT BUILT LAWRENCE

Early Lawrence city planners understood the importance of a planned city, but in many cases, the hard work of constructing the city fell to people who did not do the planning. The artisans, long-running construction companies, and individual laborers who carried out the planners' vision have been unsung in Lawrence's history. But their efforts built the city in its earliest days

and shaped the city into the modern community it has become. Using photographs, documents, and artifacts from the Watkins collections, *Community Construction* traces the relationship between the community planners and the city builders, while highlighting the unique aspects of Lawrence's physical design. Watkins Museum of History, second floor.  
LAWRENCE, 785-841-4109

## FARMERS' MARKET

### APR 10-NOV 20 DOWNTOWN LAWRENCE FARMERS' MARKET

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

LAWRENCE, [lawrencefarmersmarket.org](http://lawrencefarmersmarket.org)

## HEALTH & FITNESS

### APR 10 VIRTUAL CHAIR YOGA

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

TOPEKA, 785-580-4400  
<https://events.tsopl.org/events>

■ CONTINUED ON PAGE 17

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■ CONTINUED FROM PAGE 16

APR 17

### VIRTUAL CHAIR YOGA

Chair yoga is designed for everyone to develop strength and stability targeting hips, low back, glutes and quads. Registration required. Click the event name to get Zoom link. Topeka and Shawnee County Public Library, 10 a.m. TOPEKA, 785-580-4400  
<https://events.tscpl.org/events>

## HISTORY & HERITAGE

APR 24

### FLOUR POWER: KANSAS CITY MEXICAN-AMERICAN FOOD & ITS LEGACIES

Our FREE History series of online interviews continues as scholar Gene T. Chávez speaks on the history of local Mexican-American cuisine. Listen in on this live online event and ask Gene questions. This event is in connection with the upcoming Watkins Museum of History exhibit on a popular Lawrence restaurant, Chico's Tacos. Watkins Museum of History, 1047 Massachusetts St., 6 p.m.  
LAWRENCE, 785-841-4109  
[www.watkinsmuseum.org/flour](http://www.watkinsmuseum.org/flour)

## MEETINGS

MONDAYS

### GRIEF SUPPORT (VIRTUAL)

Join us for an online grief support group. This group is held weekly via Zoom. For more infor-

mation about this group or to sign up contact our grief and loss department. Midland Care Connection, 4 p.m.

TOPEKA, 785-232-2044

### FIRST MONDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

### THIRD FRIDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

## MISCELLANEOUS

APR 6

### ONLINE BINGO FOR 60+

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APR 12

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APR 21

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## AMERICA'S TEST KITCHEN

# A new spin on a weeknight favorite

By America's Test Kitchen

Tribune Content Agency

Piccata sauce is a simple but powerful mix of lemon, capers, white wine and butter. This tangy, bold sauce is a great match (and foil) for salmon's rich, full flavor.

When cooking salmon fillets, we like to buy a whole center-cut piece and cut it into individual portions ourselves. Doing this ensures that each fillet is similar in size, which means that they'll cook at a similar rate.

Because fish is prone to sticking in the pan, we decided to pat the fillets dry and sear them in oil in a preheated nonstick skillet. We found that if we covered the pan, the steam gently cooked the fish without requiring a flip, keeping the fish from breaking apart. This method provided browning on only one side of the salmon, so we opted to use skinless salmon and served the fillets browned side up.

After cooking the fillets to 125 degrees (for medium-rare), we let them rest on a platter to ensure that they'd still be juicy when we dug in.

While the salmon was resting, we started the piccata sauce by sauteing some sliced garlic in the oil left behind in the pan. Then we added flour to help thicken the sauce, along with a good glug of white wine, water to temper the sharpness, a handful of punchy capers, and lemon zest and juice for energetic citrus flavor. We cooked the mixture down before whisking in butter, one piece at a time, off the heat to ensure a viscous pan sauce and then finished with a sprinkle of dill.

## Salmon Piccata

Serves 4

- 1 (2-pound) center-cut salmon fillet, about 1 1/2 inches thick
- 1 teaspoon table salt, divided
- 1 teaspoon pepper, divided
- 1 tablespoon extra-virgin olive oil

- 3 garlic cloves, sliced thin
- 2 teaspoons all-purpose flour
- 1/2 cup dry white wine
- 1/4 cup water
- 2 tablespoons capers, rinsed
- 1 teaspoon grated lemon zest plus 1 tablespoon juice
- 4 tablespoons unsalted butter, cut into 4 pieces
- 3 tablespoons chopped fresh dill

1. Cut salmon crosswise into 4 equal fillets. Pat salmon dry with paper towels and sprinkle all over with 1/2 teaspoon salt and 1/2 teaspoon pepper.

2. Heat oil in a 12-inch nonstick skillet over medium-high heat until just smoking. Add salmon flesh side down. Cover and cook until browned on the bottom and registering 125 degrees (for medium-rare), about 5 minutes, or 135 degrees (for medium), about 7 minutes. Remove skillet from heat and transfer salmon, browned side up, to a platter or individual plates.

3. Return skillet to medium heat. Add garlic and cook until fragrant, about 30 seconds. Stir in flour and cook for 15 seconds. Whisk in wine, water, capers,

lemon zest and juice, remaining 1/2 teaspoon salt and remaining 1/2 teaspoon pepper. Bring to boil and cook for 30 seconds.

4. Off heat, whisk in butter, 1 piece at a time, until combined. Stir in dill. Spoon sauce over salmon. Serve.

**Recipe note:** For skinless salmon, we refer to the side opposite where the skin used to be, which is typically more pink in color and more rounded, as the flesh side.

- 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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## Restaurant Guide

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## VARIETY

# Jake Gyllenhaal has always been a theater kid

By Gordon Cox

Jake Gyllenhaal is nominated for three Tony Awards, one as an actor in the play “Sea Wall/A Life” and two as a producer (with his company Nine Stories) of “Sea Wall/A Life” and “Slave Play.” Currently in production on Michael Bay’s action thriller “Ambulance,” he talked with Variety about why he wants to make theater an even bigger part of his life and work.

**Q:** “Sea Wall/A Life” played on Broadway in the summer of 2019, which feels like an actual lifetime ago. What do you remember about the Broadway run?

**A:** Thinking about it makes me miss Broadway so intensely. It really became an example for me of why I make art, which is the interaction with an audience, particularly a live audience. The show was two monologues but we thought of it as a dialogue with the audience, and whoever wanted to speak to us afterwards, in talkbacks or backstage or at the stage door, got to tell us their story. That exchange feels so deeply lacking in my life right now. It makes my heart ache for it. Every night we would be bowled over and surprised by a story that someone would tell us.

**Q:** What did “Sea Wall/A Life” give you a chance to do that you hadn’t yet done in theater?

**A:** I loved that this huge, sacred space of a Broadway stage was taken up by this small story. Up until that point I’d never done a new play—I’d only done revivals—so that was my first experience of helping to shape a character with a writer. I’d also never played a part that was based on something real. That held with it a responsibility.

**Q:** You’ve been returning to the theater every couple of years. What brings you back?

**A:** One is the ability to shake

people the way I’m shook by stories in the theater. I walk out and I leave different than I came in. I long for the provocation that theater can be, that a great idea can bring. I’ve been changed and challenged by that. There’s a reflection and a discussion and a dialogue that happens in theater that you don’t get anywhere else, really.

**Q:** As you start to produce more theater, what are your goals?

**A:** When you see something or read something extraordinary, it’s almost like a contact high. If I see something incredible like “Slave Play” that moves me and shatters the assumptions or presumptions that I have, I want to try to help in any way that I can to bring that same feeling to other people. At Nine Stories, my producing partner Riva Marker and I want to try to take stories that people wouldn’t normally see in the Broadway space and bring them there. Our intentions are to be building a real theater wing of Nine Stories. We’re building it right now. We hope to have film influence the theater section and vice versa.

**Q:** The 2019-2020 season brought you your first Tony nominations. How’s that feel?

**A:** It may not seem like it, but I’m a

LIONEL HAHN/ABACA PRESS/TNS



**Jake Gyllenhaal has two adopted dogs who are both named after characters from his favorite book, “To Kill A Mockingbird.” Atticus is a German shepherd mix, and Boo is a beagle and pug mix.**

theater kid and I always have been, so it’s truly an honor. And to see “Slave Play” be recognized the way it was—it was pretty wonderful to know that we were involved in something like that.

It was a very cool thing in an unlikely year.

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## RICK STEVES' EUROPE

# Venice and the Stendhal Syndrome

By Rick Steves

Tribune Content Agency

As we've had to postpone our travels because of the pandemic, I believe a weekly dose of travel dreaming can be good medicine. Here's one of my favorite European memories set in Venice—a reminder of the adventures that await us at the other end of this crisis.

One night, I was with a tour group of older American women gazing at the Bridge of Sighs. We were talking about Casanova, the famous Italian author and lover who was sentenced for spying in the Doge's Palace. He crossed that saddest of bridges, casting one last look at Venice, before

descending into the prison.

My tour group and I were absorbed in Venice. Suddenly, as if stepping out of an old movie, a debonair Italian man walked up, embraced a woman from my group, and gave her a deep and passionate kiss. Her glasses nearly tumbled into the canal. Five other women lined up and took their turn.

The man walked back into his movie. We all stood there in stunned silence—surprised at the man, but just as surprised at the women. Then Dave, my assistant guide, took off his shoes, stripped to his boxers, and dove into the canal. Venice is a seductress. She tempts people to do things they don't normally do.

■ CONTINUED ON PAGE 23

DREAMSTIME/TNS



Venice canal with gondola

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# Rick Steves

■ CONTINUED FROM PAGE 22

For some, the beauty of Venice can be too much. The 19th-century French novelist and art critic Stendhal became physically ill in Italy, overcome by trying to absorb it all. He gave his name to a syndrome all travelers risk.

Arlene had a classic case of Stendhal Syndrome. Many years ago, she was on one of our tours a day ahead of the tour I was leading. Throughout the trip, from Amsterdam to the Rhine to the castles of Bavaria, she left me notes and messages describing her enjoyment, which approached ecstasy. In the Tirol, she left me a postcard—which I still keep on my office wall—of hang gliders soaring through the Alps past King Ludwig's fairy-tale castle of Neuschwanstein. She circled a distant glider and marked it, "This is me!"

Arlene's tour arrived in Venice, followed by my group the next day. As usual, we got off the vaporetto at the Rialto Bridge stop, and I marched quickly ahead of the group to the hotel to arrange room assignments so the road-weary gang could go immediately to their rooms and relax. As I approached the hotel, a chill filled the alley. The boys at the corner gelato stand looked at me in horror, as if I were about to be gunned down.

Then, from the dark end of the alley, I saw her. Sprinting at me was an American, hair flying like a Botticelli maiden, barefoot, shirt half off, greeting me as if she were a drunk bride waiting for her groom. It was Arlene.

I climbed with her up the long stairway to the hotel lobby, humoring her

as she babbled about how she loved Venice and she loved me and life was so wonderful. My friend Sergio, who ran the hotel, said simply, "OK, Rick, now she is yours."

Arlene had flipped out the day before. Her tour guide opted to leave her in Venice and let me handle the problem. Sergio had watched her all day long. Taking me to her room, an exhausted Sergio explained, "She threw her passport and room key from the breakfast room into the Grand Canal. Look at this room." She had been given the small room normally reserved for bus drivers. Strewn with dainties and cute knickknacks, it looked like a wind chime sounds.

Sergio said if she continued to run half naked through the streets, she'd be arrested. A doctor on the tour sedated her the best he could. My assistant guide, role-playing the happy groom, took Arlene by ambulance boat to the hospital while I carried on with the tour. A sensitive and creative person, Arlene had thrown away her regulatory drugs and overdosed on Venice.

Later, while waiting for her husband to call from the States, I packed up her things. Underwear was draped from old-time Venice prints on the wall. Tiny touristy souvenirs—a doll in a dirndl, a miniature glass bear with a red nose, a cow creamer, three shiny Mozart chocolate balls—were lined up on the

windowsill.

Arlene's husband flew over and checked her out of the hospital. With the help of her medication, she recovered and went on to continue her love affair with Italy.

When I returned to my office after the tour, Arlene had flowers waiting for me with a thank you and an apology.

I understood. It was Venice.

- Rick Steves ([www.ricksteves.com](http://www.ricksteves.com)) writes European travel guidebooks and hosts travel shows on public television and public radio. Email him at [rick@ricksteves.com](mailto:rick@ricksteves.com) and follow his blog on Facebook.

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# CMS increases Medicare payment amount for COVID-19 vaccine

On March 15, the Centers for Medicare & Medicaid Services (CMS) is increasing the Medicare payment amount for administering the COVID-19 vaccine. This new and higher payment rate will support important actions taken by providers that are designed to increase the number of vaccines they can furnish each day, including establishing new or growing existing vaccination sites, conducting patient outreach and education, and hiring additional staff. At a time when vaccine supply is growing, CMS is supporting provider efforts to expand capacity and ensure that all Americans can be vaccinated against COVID-19 as soon as possible.

Effective for COVID-19 vaccines administered on or after March 15, 2021, the national average payment rate for physicians, hospitals, pharmacies and many other immunizers will be \$40 to administer each dose of a COVID-19 vaccine. This represents an increase from approximately \$28 to \$40 for the administration of single-dose vaccines, and an increase from approximately \$45 to \$80 for the administration of COVID-19 vaccines requiring two doses. The exact payment rate for administration of each dose of a COVID-19 vaccine will depend on the type of entity that furnishes the service and will be geographically adjusted based on where the service is furnished.

These updates to the Medicare payment rate for COVID-19 vaccine administration reflect new information about the costs involved in administering the vaccine for different types of providers and suppliers, and the additional resources necessary to ensure the vaccine is administered safely and appropriately.

CMS is updating the set of toolkits for providers, states and insurers to help the health care system swiftly administer the vaccine with these new Medicare payment rates. These resources are designed to increase the number of providers that can administer the vaccine, ensure adequate payment for administering the vaccine to Medicare beneficiaries, and make it clear that no beneficiary, whether cov-

ered by private insurance, Medicare or Medicaid, should pay cost-sharing for the administration of the COVID-19 vaccine.

## Coverage of COVID-19 Vaccines

As a condition of receiving free COVID-19 vaccines from the federal government, vaccine providers are prohibited from charging patients any amount for administration of the vaccine. To ensure broad and consistent coverage across programs and payers, the toolkits have specific information for several programs, including:

**Medicare:** Beneficiaries with Medicare pay nothing for COVID-19 vaccines and there is no applicable copayment, coinsurance or deductible.

**Medicare Advantage (MA):** For calendar years 2020 and 2021, Medicare will pay providers directly for the COVID-19 vaccine (if they do not receive it for free) and its administration for beneficiaries enrolled in MA plans. MA plans are not responsible for paying providers to administer the vaccine to MA enrollees during this time. Like beneficiaries in Original Medicare, Medicare Advantage enrollees also pay no cost-sharing for COVID-19 vaccines.

**Medicaid:** State Medicaid and CHIP agencies must provide vaccine administration with no cost sharing for nearly all beneficiaries during the public health emergency (PHE) and at least one year after it ends. Through the American Rescue Plan Act signed by President Biden on March 11, 2021, the COVID vaccine administration will be fully federally funded. The law also provides an expansion of individuals eligible for vaccine administration coverage. There will be more information provided in upcoming updates to the Medicaid toolkit at: <https://www.medicare.gov/state-resource-center/downloads/covid-19-vaccine-toolkit.pdf>.

**Private Plans:** CMS, along with the Departments of Labor and Treasury, is requiring that most private health plans and issuers cover the COVID-19 vaccine and its administration, both in-network and out-of-network, with no cost sharing during the public health emergency (PHE). Current regulations provide that out-of-network rates must be

reasonable, as compared to prevailing market rates, and reference the Medicare reimbursement rates as a potential guideline for insurance companies. In light of CMS's increased Medicare payment rates, CMS will expect commercial carriers to continue to ensure that their rates are reasonable in comparison to prevailing market rates.

**Uninsured:** For individuals who are uninsured, providers may submit claims for reimbursement for administering the COVID-19 vaccine to individuals without insurance through the Provider Relief Fund, administered by the Health Resources and Services Administration (HRSA).

More information on Medicare payment for COVID-19 vaccine administration—including a list of billing codes, payment allowances and effective dates—is available at <https://www.cms.gov/medicare/covid-19/medicare-covid-19-vaccine-shot-payment>.

More information regarding the Centers for Disease Control and Prevention (CDC) COVID-19 Vaccination

Program Provider Requirements, and how the COVID-19 vaccine is provided at 100% no cost to recipients is available at: <https://www.cdc.gov/vaccines/covid-19/vaccination-provider-support.html>.

Information on the COVID-19 Claims Reimbursement to Health Care Providers and Facilities for Testing, Treatment, and Vaccine Administration for the Uninsured Program is available at <https://www.hrsa.gov/CovidUninsuredClaim>.

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## HUMOR

# Another Basque Adventure

Many columns ago we introduced Blair Timert, a young man who had been orphaned as a baby and adopted by parents who were Basques. Those are the people who live in a land between France and Spain. We heard from Blair the other day.



Larry  
Day

You couldn't pronounce Blair's parents' name correctly in English no matter how you tried. Realizing that fact, Blair's parents retained his birth name, but Blair grew up speaking Basque.

In the earlier story, Blair had been in Chicago to pick up a bundle of expired bonds. He was going to take them to his income tax preparer. Two Basque hoodlums saw him coming out of the bank with what appeared to be a bundle of valuable documents.

"Tigo hari kargatuta dago." (That guy is loaded)

"Ongil armzen dezagun oilasko hari." (Let's pluck that chicken).

The hoods grabbed Blair and hustled him into the back seat.

"Gidatu."

Blair yelled at the hoods in perfect Basque: "What took you so long," pre-

tending to go along with the hoods.

One of the hoods froze, but the driver kept his head.

"Eruman itazu buruzagia hauek narusiari." "Drop me at the next café." Blair pushed the bundle to the guy in the front seat who wasn't driving.

The driver pulled up to the next restaurant he saw.

Blair got out without another word and the hoods drove off. They delivered the worthless bonds to their boss who realized immediately that they'd been duped. He reported the problem to his boss, who sent someone to "take care of the problem."

The hoods, sensing they were in trouble, fled and ended up in Letongaloosa, where one of them had a cousin who worked at a local bank. They came to town in separate cars and talked in Basque on their cell phones. The local police were monitoring the airwaves and picked up the conversation. They couldn't understand it, but one officer thought it sounded like Basque. The police called Blair.

Blair recognized immediately that it



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Senior Monthly*  
when you are  
through with it.

was his erstwhile countrymen.

"They're planning to rob the Letongaloosa State Bank," he told the police.

The authorities set a trap for the hoods and scooped them up when they entered the bank. The hoods ratted out their colleague who worked at the bank, and they were all tried, convicted, and sent to prison.

Blair found the worthless bonds in their car and took them to his tax preparer who worked his magic and got Blair a big tax refund.

Coming out of the tax preparer's office, Blair asked himself, "What should I do with this money?"

He bumped into (literally) Dean Ima Farseer," chair of the Department of Et. Al., Et. Al." at Letongaloosa Community Junior College.

Blair and Dean Ima had worked together on city boards of directors.

"Pardon me," said Dean Ima.

"My fault," said Blair. "I wasn't watching where I was going."

"Ima, you look concerned,"

"We have a problem," said Dean Ima. "Our accountant under withheld taxes

on employee salaries. Now we owe the Internal Revenue Service a bundle."

"How much do you owe? I just might be able to help," said Blair. "The IRS owed me a big refund. Let's find out how I can make a charitable contribution that won't require further taxes for LCJC."

"Bless you," said Dean Ima.

They took the problem to an accounting firm that specialized in helping people keep their money rather than "contributing" it to the IRS.

The accountants worked their magic, and LCJC came out owing zero in additional taxes.

Afterward Blair said, "I'll buy you a drink." They went into a café.

"Make it a root beer," said Dean Ima. "I'm still on duty."

"I'll drink to that," said Blair as they sat down at the counter. "Make that two root beers, please."

- 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

# Preventing fights when feeding dogs in a multi-dog household

By **Cathy M. Rosenthal**

Tribune Content Agency

**Dear Cathy:** Beau is an 8-year-old male Pekingese/Chihuahua mix and until recently has been an “only child.” Beau now shares the household with Walter, a 7-year-old Chihuahua/Jack Russell mix. They get along great, except at feeding time. Beau becomes aggressive toward Walter when their meals are served. Both are served exactly the same dry dog food with a smattering of chicken or ground beef at the same time. It has reached the point where Beau and Walter are placed in separate rooms during mealtime. This is not a good long-term solution. Any suggestions? - Paul and Beth, Henderson, Nevada

**Dear Paul and Beth:** It's not uncommon for dogs to be protective over their food. I am not sure why feeding them in separate rooms is not sustainable as it is one of the two easiest solutions to this problem. The other is feeding them in their kennels if you have one for each of them.

Training is an option, but it can take a long time to do. Start by feeding them in separate rooms so they can't see each other. After a few days or weeks, open the door so the dogs can see each other eating, but stand between them to ensure they don't glare, growl or go after each other. If they do, close the door and try again later.

Once they are used to eating and seeing each other, bring the bowls into the same room and feed them as far apart as possible. Stand in between them. If they glare or growl at each other, go back to step two and try again the next day. This training could take many weeks and is not always full-proof, but you may get them to eat in the same room as long as you are present.

**Dear Cathy:** Is there any rhyme or reason why some cats go crazy over

catnip and others do not? I know that kittens often don't react, so I am talking about full-grown cats. Also, does catnip have a shelf life? - Richard, Allentown, Pennsylvania

**Dear Richard:** Catnip is an herb, and just like other dried herbs, it does not necessarily go bad, but it can get stale and not be as potent. Will your cat enjoy stale catnip? Maybe, but not as much as fresh catnip or dried catnip you just purchased.

Catnip contains a strong minty oil that cats can detect in the air at saturations as low as one part per billion. Kittens and some cats don't react to it at all. No one knows for sure why. Cats who react to it though may roll, rub and flip their bodies in response. They also may meow or growl or get hyperactive or aggressive. The effects are different for every cat and typically only last about 10 minutes.

**Dear Cathy:** I have two senior cats, 13 and 14 years old, who were both recently diagnosed with kidney disease. My veterinarian recommended a kidney diet for both. I lost a cat a few years ago to kidney disease when he refused to change foods no matter

what I tried. I was determined to get them to eat their prescription kidney food, so I ordered every brand and flavor. My cats wouldn't eat any of it consistently. Then I came across an article where a veterinarian suggested trying Gerber baby food stage 2 ham flavor for cats who wouldn't eat. The vet said it was lower in phosphorus and protein than prescription feline kidney food, which are the two big triggers in cats with kidney disease. I spread a small amount of the baby food on their kidney diet wet food and my cats gobbled it up. I couldn't believe it. I'm happy to say that my cats are going on five weeks now with this diet. I thought another reader might find this tip helpful. - Katie, Western Springs, Illinois

**Dear Katie:** Thank you for sharing your tip. Kidney disease is fairly common in older cats, and changing

their food can be challenging, so I am glad you found a solution to getting them to eat their prescription diet. Baby food doesn't contain taurine, a necessary amino acid for cats, so I am glad you are only using it as a supplement and not a replacement to their diet. Also, please note that not all baby foods are created equal. It's not safe for cats to eat baby foods with added sugars, salt, onion, garlic or oils. To be safe, always talk to your veterinarian before introducing human food into their diet.

- 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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## JAY'S MUSICAL MEMORIES

# What a year!

By Jay Wachs

What a year this has been...living in unprecedented times.

While we may have heard stories about the plagues throughout history, we never experienced the events that we experienced this past year.

In my opinion, our year of seclusion offered us a time to reflect on what is important in life.

Family, friends, pets.

Hold those who are near and dear to us even closer than ever before.

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Stay safe.

Cherish the memories.

Watch old movies.

Look through old pictures.

Listen to LawrenceHits.com.

Enjoy the memories.

And shower the people you love with love.

Remember the lyrics of James Taylor's song?

- Jay Wachs is the owner and operator of LawrenceHits.com, an APP and website-based oldies streaming radio station.

## How to Get Your Copy of Senior Monthly Every Month

There are several ways to get your copy of *Kaw Valley Senior Monthly* every month:

- Pick up a copy at one of more than 160 distribution locations. A list of these locations can be found at [seniormonthly.net/locations.pdf](http://seniormonthly.net/locations.pdf).
- Like *Kaw Valley Senior Monthly* on Facebook and receive a notice when each new issue is available online.
- Email us at [subscribe@seniormonthly.net](mailto:subscribe@seniormonthly.net) to have each new issue emailed to you.
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# GOREN ON BRIDGE

WITH BOB JONES

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## A PERFECT COUNT

Neither vulnerable, West deals

### NORTH

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

### WEST

♠ 9  
♥ J 10 4  
♦ A Q  
♣ Q 10 8 7 6 3 2

### EAST

♠ K J 10 7 4 3  
♥ 7 6  
♦ J 9 6 5  
♣ 5

### SOUTH

♠ 8 6 5  
♥ A K 9 5 3  
♦ 7 4 3  
♣ A K

The bidding:

WEST	NORTH	EAST	SOUTH
3♣	Pass	Pass	3♥
Pass	4♥	All pass	

Opening lead: Nine of ♠

West's nine of spades lead smelled like a singleton, so South put up dummy's ace, led a heart to his ace, and cashed the king of hearts. He led a diamond toward the dummy. West rose with his ace and shifted to a club, won by South with the ace. Declarer led a heart to dummy's queen drawing the last outstanding trump and crossed back to his hand with the king of clubs.

South now led a diamond toward the dummy and ducked when West played the queen. West led the queen of clubs, ruffed by South. This was the position:

### NORTH

♠ Q 2  
♥ Void  
♦ K 10  
♣ Void

### WEST

♠ Void  
♥ Void  
♦ Void  
♣ 10 8 7 6

### EAST

♠ K J  
♥ Void  
♦ J 9  
♣ Void

### SOUTH

♠ 8 6  
♥ 9  
♦ 7  
♣ Void

South had a perfect count on the hand. West had started with 1-3-2-7 distribution and the entire hand was known. Declarer cashed his last heart, discarding a low spade from dummy. East had to discard the jack of spades. A spade to dummy's queen and East's king now end-played East. He had to lead a diamond into dummy's king-10 and South landed his game. Well played!

(E-mail: [tcaeditors@tribpub.com](mailto:tcaeditors@tribpub.com))



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 SEVEN METALS in the grid of letters.

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# PUZZLES & GAMES

## CROSSWORD

### Across

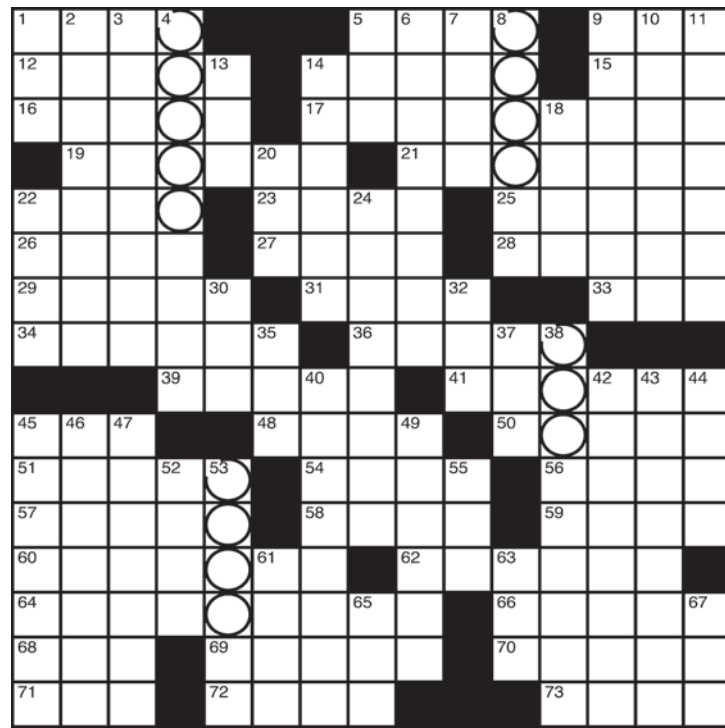
- 1 June event that high-lighted Zion in 2019
- 5 Revolt
- 9 Questlove's do
- 12 “\_\_\_ is human ...”
- 14 Asian gambling mecca
- 15 Pasture
- 16 Greek goddesses of the seasons
- 17 Anglicized name for Australia's Uluru
- 19 Game response that means no
- 21 Like mockumentaries
- 22 Sailboat staff
- 23 Sell
- 25 Disquiet
- 26 Messy roommate
- 27 Oscar winner Kazan
- 28 Valentine's Day buys
- 29 Parts
- 31 Seeing right through
- 33 “Shame!”
- 34 Wannabe
- 36 Result of a lost feed

- 39 Free from
- 41 Get ready to play
- 45 Tests graded on a scale of 1 to 5: Abbr.
- 48 “Oh \_\_\_!”: insult reaction
- 50 Maine college town
- 51 Deep-fried seafood appetizer
- 54 Thin opening
- 56 Winnipeg NHLers
- 57 End of a toast
- 58 This is one
- 59 Texter's “But ...”
- 60 To such an extent (as)
- 62 Thin
- 64 Connecticut college town
- 66 “My name is ...” site
- 68 LAX abbr.
- 69 Brainstorms
- 70 Disney's “Moana” was translated into it
- 71 \_\_\_ gratias
- 72 Second opening?
- 73 Flanders et al.

### Down

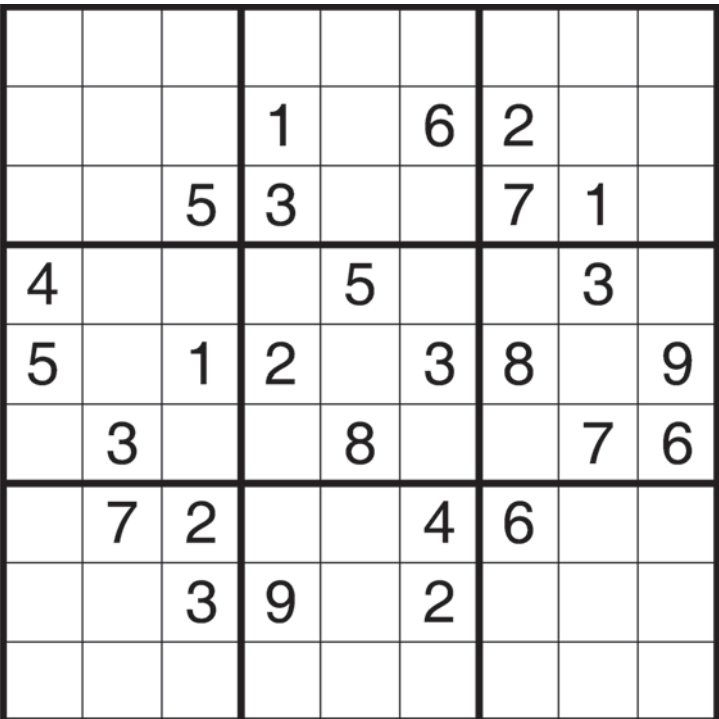
- 1 Utmost degree

- 2 “Electric \_\_\_”: 1984 dance-pop song
- 3 Sprays from cans
- 4 It's on tap
- 5 \_\_\_ trip
- 6 Salchow support
- 7 “Waitress” composer Bareilles
- 8 “The Planets” composer Holst
- 9 User of 28-Across
- 10 Speaks from memory
- 11 Winery fixture
- 13 Outdoorsy retailer
- 14 Island thanks
- 18 Baltic capital
- 20 “\_\_\_ Walks in Beauty”: Byron poem
- 22 Car ad fig.
- 24 Jackpot, e.g., and a hint to completing four puzzle answers
- 30 \_\_\_ generis
- 32 Western treaty gp.
- 35 Hwys.
- 37 Daft Punk, for one
- 38 Shoe brand first made for an NBA star
- 40 Happening in film
- 42 In close combat
- 43 Hard to work with
- 44 Sumptuous



- 45 Allergy medicine discontinued in the U.S.
- 46 Rotate inward while walking, as one's foot
- 47 Gets married
- 49 Money symbolized by a stylized L
- 52 Crude dude
- 53 Northern seabird
- 55 Afternoon \_\_\_
- 61 John/Rice musical
- 63 Edge
- 65 Southeast Asian language
- 67 PFCs, e.g.

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

### JUMBLE

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

LIVDA  
□ ○ □ □ □

PRECT  
□ □ □ □ □

RUYLES  
□ □ □ □ □ □

SPICEB  
□ □ □ □ □ □

©2017 Tribune Content Agency, LLC All Rights Reserved. Check out the new, free JUST JUMBLE app

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

Print your answer here: □ ○ □ □ □ □ □ □ □ □ □ □ □ □

### SCRABBLE GRAMS

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A<sub>1</sub> A<sub>1</sub> E<sub>1</sub> O<sub>1</sub> M<sub>3</sub> S<sub>1</sub> F<sub>4</sub>

A<sub>1</sub> E<sub>1</sub> Y<sub>4</sub> R<sub>1</sub> T<sub>1</sub> D<sub>2</sub> H<sub>4</sub>

A<sub>1</sub> A<sub>1</sub> A<sub>1</sub> T<sub>1</sub> T<sub>1</sub> T<sub>1</sub> R<sub>1</sub>

A<sub>1</sub> A<sub>1</sub> E<sub>1</sub> T<sub>1</sub> N<sub>1</sub> G<sub>2</sub> P<sub>3</sub>

A<sub>1</sub> O<sub>1</sub> Y<sub>4</sub> T<sub>1</sub> C<sub>3</sub> B<sub>3</sub> B<sub>3</sub>

□ □ □ □ □ □ □ □

□ □ □ □ □ □ □ □

□ □ □ □ □ □ □ □

□ □ □ □ □ □ □ □

□ □ □ □ □ □ □ □

RACK 1

RACK 2

RACK 3

RACK 4

RACK 5

PAR SCORE 260-270  
BEST SCORE 333

1st Letter Triple

Double Word Score

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 scragrams@gmail.com

Answers to all puzzles on page 30

## CROSSWORD SOLUTION



## SUDOKU SOLUTION

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

## BOGGLE ANSWERS

IRON, ZINC, LEAD, GOLD, COPPER, NICKEL, SILVER.

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## JUMBLE ANSWERS

Jumbles: VALID, CREPT, SURELY, BICEPS

Answers: One way to avoid heart surgery is to exercise and eat well. Then you can -- BYPASS IT

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SCRABBLE GRAMS SOLUTION												
S <sub>1</sub>	E <sub>1</sub>	A <sub>1</sub>	F <sub>4</sub>	O <sub>1</sub>	A <sub>1</sub>	M <sub>3</sub>	RACK 1 =	<u>62</u>				
H <sub>4</sub>	Y <sub>4</sub>	D <sub>2</sub>	R <sub>1</sub>	A <sub>1</sub>	T <sub>1</sub>	E <sub>1</sub>	RACK 2 =	<u>72</u>				
R <sub>1</sub>	A <sub>1</sub>	T <sub>1</sub>	A <sub>1</sub>	T <sub>1</sub>	A <sub>1</sub>	T <sub>1</sub>	RACK 3 =	<u>57</u>				
P <sub>3</sub>	A <sub>1</sub>	G <sub>2</sub>	E <sub>1</sub>	A <sub>1</sub>	N <sub>1</sub>	T <sub>1</sub>	RACK 4 =	<u>60</u>				
A <sub>1</sub>	B <sub>3</sub>	B <sub>3</sub>	O <sub>1</sub>	T <sub>1</sub>	C <sub>3</sub>	Y <sub>4</sub>	RACK 5 =	<u>82</u>				
PAR SCORE 260-270							TOTAL 333					

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## MY ANSWER

## Move forward in step with Him

From the writings of the Rev. Billy Graham

Tribune Content Agency

**Q:** Since God is in Heaven, how can people walk with Him as instructed in the Bible? - I.S.

**A:** Parents who take their child for a walk generally want the child to stay close so that he or she does not stumble over rocks, slip into mud holes, or get hit by a car. Parents should guide the child and teach him or her how to anticipate problems ahead. This is what God wants us to do—stay close to Him. This is done by reading and knowing His Word and through prayer in the Name of Jesus.

To walk means to place one foot in front of the other and to go forward one step at a time. If you stop doing this, you are no longer walking. You are standing still—or worse, going backwards. Walking always implies move-

ment, progress, and direction.

No wonder God commanded that we walk with Him. Doing so means we are moving forward in step with Him, confident that the way He is leading is best. Now many people ask God to walk with them as they sprint through life never consulting Him in prayer or by reading the Bible—God’s roadmap to life.

We often do this because we are weak. We forget to look to our Guide. We stumble or get diverted, or get

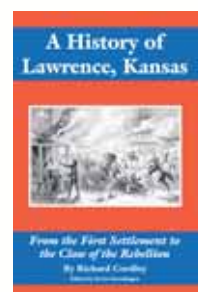
weary and stop moving forward. But the Spirit of God has been given to those who trust in Him to help us walk with Him. Galatians 5:16 could be paraphrased this way: “Walk by the power of the Spirit of God.”

One of the highest commendations in the Bible is found in these words about Noah: “Noah was a just man, perfect in His generations. Noah walked with God” (Genesis 6:9). “As you therefore have received Christ Jesus the Lord, so walk in Him” (Colossians 2:6).

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

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## The History of Lawrence, Kansas

by Richard Cordley

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

“The 50+ demo accounts for half of all consumer expenditures — yet a shockingly small 10 percent of marketing dollars are targeted toward 50+.

Clearly, the numbers don’t add up, and overlooking the 50+ demographic is a major marketing mistake. Targeting the 50+ demo, marketers will see serious payoff when it comes to benefitting their bottom line.”

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

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- Raeanne Mayer, *Generational Marketing*

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