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Vol. 22, No. 1

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Hann authors book about the Jayhawker Cleveland

By Kevin Groenhagen

Kansans are aware of several individuals who became famous as a result of Kansas' role in the slavery debate before and during the Civil War. There was John Brown, who reached national prominence for his radical abolitionism and fighting in Bleeding Kansas. There was James Henry Lane, a militia leader during Bleeding Kansas and, later, a U.S. senator and general for the Union. There was William Quantrill, the Confederate guerrilla leader who, along with about 450 men, raided Lawrence, Kansas, on August 21, 1863.

And then there was the Jayhawker Cleveland. You have never heard of the Jayhawk Cleveland? You're not alone. A recent online search for "Jayhawker Cleveland" found fewer than 100 results, the vast majority of which concern a book entitled *The Jayhawker Cleveland: Phantom Horseman of the Prairie*. The author, David Hann of

Lawrence, published this book through Anamcara Press LLC, also of Lawrence, in 2021.

While Hann's book is classified as historical fiction, the Jayhawker Cleveland did indeed exist. Newspapers in many cities, including Baltimore, Chicago, Pittsburgh, and Washington, D.C., reported on his death in 1862. However, little is known about his life prior to his time in Kansas.

Hann, who had earlier authored *Sampling Kansas: A Guide to the Curious* and *Kansas Past: Pieces of the 34th Star*, discovered the Jayhawker Cleveland by chance while researching Kansas history.

"I have long been an amateur Kansas history buff," Hann said. "I would go to the archives at the Kansas State Historical Society and look through things. I was looking through county clippings of Leavenworth and I saw this account of the Jayhawker Cleveland riding into Leavenworth by himself to look at his own dead or alive poster. This was reported on by two soldiers from Fort Riley, who met Cleveland and apparently talked to him. After looking at his poster, Cleveland just rode on out of town. No one attempted to collect the reward for him. That intrigued me, so I decided I would find out more about him."

While researching the Jayhawker Cleveland, Hann found a front-page article in the May 18, 1862, issue of *The New York Times* that noted that the "notorious" Jayhawker Cleveland died on May 14, 1862. Lieutenant Walker and 10 men of the 6th Kansas Cavalry Regiment had captured the Jayhawker Cleveland in Osawatimie, Kansas. Reportedly, Walker's men shot and killed Cleveland as he attempted to escape. Hann set out to learn more

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CORRECTION

The "Senior Profile" article about Bonita Yoder in the June 2022 issue of *Kaw Valley Senior Monthly* had the incorrect byline. The article was written by Billie David, not Kevin Groenhagen.

COURTESY PHOTO



David Hann at a book signing event for *The Jayhawker Cleveland* at the Round Table Bookstore in Topeka.

Kaw Valley Senior Monthly

Kevin L. Groenhagen
Editor and Publisher

Kaw Valley Senior Monthly is published monthly by Groenhagen Advertising, L.L.C., and is distributed at over 160 locations throughout the Lawrence-Topeka area. Any opinions expressed by our writers are not necessarily those of Groenhagen Advertising, L.L.C. Subscription rate is \$9.50 for 12 monthly issues.

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David Hann

■ CONTINUED FROM PAGE THREE

about the Jayhawker Cleveland's life before coming to Kansas.

"According to the newspaper articles that I have read, he was from New York, he drove a stagecoach for a time in Ohio, and that he drifted west," Hann said. "He was sent to prison in Missouri and escaped."

According to Hann, it isn't clear why Cleveland was in prison in Missouri. One account, found in *The Kansas Chief* (White Cloud, Kansas) in June 1862, says that Cleveland's actual surname was Metz (he also went by Moore) and that Judge Hicks sentenced Cleveland to four years in the penitentiary for stealing four horses in Warrensburg, Missouri. Reportedly, Metz received a pardon after three years under the condition that he join the rebel army of Missouri. This article also says that Cleveland was driving stage for the Moore & Walker stage line at the time he stole the horses. This account may or may not be accurate. However, we know for a fact that Cleveland did not join the rebel army of Missouri.

"After escaping from prison, Cleveland joined Charles Jennison's Jayhawkers," Hann said. "That's when he became known in Kansas."

According to Encyclopedia.com, "Jayhawkers" is "a name applied to the Free State bands active in the Kansas-Missouri border war between 1856 and 1859, particularly the band captained by Charles R. Jennison. It was also applied to Union guerrilla bands during the Civil War and to the Seventh Kansas Cavalry, commanded by Jennison." Further, "Because of real and alleged depredations attributed to the Jayhawkers, the term became one of opprobrium."

Newspapers throughout the country published many articles in 1862 concerning the Jayhawker Cleveland and his death in Kansas. Some newspapers noted that Cleveland received his "just desserts," while others portrayed him as a hero. For example, a July 24, 1862, article in the *Pittsburgh Daily Post* (Pittsburgh, Pennsylvania) with

the headline "The Romance of the War" reports on Cleveland's death and notes that hundreds of people in Kansas considered him an honorable man. The article concludes by describing Cleveland as a romantic hero "whose story will be told around the firesides for a hundred years to come." That didn't happen. A search for "Jayhawker Cleveland" on Newspapers.com shows very few references to him after 1900. A January 2, 1914, article in *the St. Joseph News-Press* (St. Joseph, Missouri) notes that Marshall Cleveland was a captain in the Seventh Kansas Cavalry for about two weeks in October 1861. After that, the legend of the Jayhawker Cleveland appears to have gone dormant for more than a century before Hann decided to reawake the legend.

"I started writing the book around maybe 2015," Hann said. "I had been gathering information for several years. That's what I do in my research. I'll find something interesting and I'll look up some more and write about it. Occasionally, I have been able to write longer essays or stories about things. With Cleveland, what happened was I wrote a short story. I took a class on short story writing at KU. I submitted the story about Cleveland and a few other ones. The comments from the other students and the teacher convinced me that I had to do some more research and some more writing."

Hann's research and writing ultimately led to the publication of *The Jayhawker Cleveland: Phantom Horseman of the Prairie*.

"I stuck to the historical record as much as possible," Hann said. "I made it as nonfiction as possible. With dialogue I sometimes knew what people said because there are quotes when people reported on Cleveland. But other times I didn't know. That's why I have to say it's historical fiction. I can't account for what people said back in 1862 or what Cleveland did until he joined Jennison's Jayhawkers. He was in Kansas for only about a year. During that year he got good and bad press."

"In my book, Cleveland was associated with what they called 'slave stealers' or 'slave rescuers,'" Hann continued. "These were people who would rescue slaves from slavehold-

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David Hann

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ers. There was an 1858 incident where people from Oberlin, Ohio, attacked a jail where a sheriff had imprisoned a family of escaped slaves. The incident is in a book called *The Town That Started the Civil War* by Nat Brandt. They attacked the jail, they locked up the sheriff in his own jail, and they freed the slaves. President Buchanan sent the army after those who had rescued the slaves because at the time, and indeed until January 1865, slavery was legal. Stealing what they called ‘property’ was illegal. The rescuers were caught and the judge put them on probation, telling them that they would not go to jail as long as they didn’t do it again. Cleveland driving a stagecoach in Ohio gave me the idea that he very well could have been involved in an incident like this. This gave me the pretext of him being fired from his stagecoach job and being hired by people who wanted to travel to Kansas

and vote for the Free State ticket.”

The Jayhawker Cleveland was later wanted in Kansas for slave stealing.

“In my book, he was pursued by the Union Cavalry and, at one time, he disarmed a squadron sent to arrest him,” Hann said. “He made them walk back to the fort on foot. He later returned their horses and guns to the commander. That infuriated the Union troops because it embarrassed them so much.”

The reader might be surprised to learn that the Union Army pursued the anti-slavery Jayhawkers.

“One thing that people sort of forget is that the Union Army really decimated the Jayhawkers,” Hann said. “They did it to such a degree that Quantrill, 15 months after the Jayhawker Cleveland was killed, was able to raid Lawrence and kill 150 citizens. The impact of the war against the Jayhawkers allowed the pro-slavery elements to once again attack Kansans.”

According to Hann, while most Americans today consider the Jayhawkers to have been heroes, that wasn’t always the case.

“In the movies in the 1950s, people like Jesse James were made into heroes,” Hann said. “There weren’t any Jayhawker heroes. Jayhawkers were always portrayed as bad guys. There were no movies that depicted the executions of black slaves, the harsh treated of black slaves, or the many other abuses by the pro-slavery, anti-Union forces. They were all these

noble, ‘Lost Cause’ soldiers, which is false.”

Jesse James and his brother, Frank, were members of Quantrill’s Raiders, which were pro-Confederate partisan guerrillas (also known as “bushwhackers”).

Hann is quick to note that Jayhawkers and other abolitionists weren’t

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David Hann

■ CONTINUED FROM PAGE FIVE

always 'good' guys.

"As I note in my book, some of the Jayhawkers, including Cleveland, realized they could make some money from robbing these pro-slavery people by freeing their slaves and taking their horses," he explained. "They would give some of the money and horses to the newly-freed slaves and keep some for themselves.

"John Brown murdered seven people in Osawatimie, Kansas, yet he is held up as a champion of freedom," Hann continued. "As far as I can tell, Cleveland never murdered anyone. In fact, towards the back of my book, Cleveland kept Jennison from killing a pro-slavery person on a train. Cleveland eventually broke with Brown and Jennison over hanging and otherwise killing the pro-South forces. No doubt, he probably killed some, but not, as far as I can tell, in execution."

Although initial reports stated that Cleveland's "temporary wife" took his body to St. Joseph, Missouri, to be buried, subsequent reports and Hann's own research found that Cleveland was buried at Osawatimie, where he was killed.

Hann has done several book signings since he published *The Jayhawker Cleveland*, the first of which was at the Watkins Museum of History in Lawrence last November.

"More than 60 people showed up," Hann said. "They kept having to bring in more chairs. I was surprised. It was a bitterly cold night, but all these people came. It was really wonderful."

Hann was born in Wichita and his family later moved to Kansas City. He attended the University of Kansas (KU) after serving in Vietnam as a Marine. In 2009 he retired from KU, where he was an administrator with the uni-

versity's Institutional Review Board. Since retiring, he has spent more time pursuing his interest in Kansas history. He has also volunteered in a reading assistance program at Cordley Elementary School in Lawrence. A student in that program inspired Hann to write a children's book.

"I told a story I had written about how I had rescued a deer that was caught in a fence," Hann said. "After the story, this Native American kid came up to me and asked, 'Will you write a story about my favorite animal?' Well, I said, 'I could try. What is it?' He said, 'It's the Arctic fox.' I looked up the Arctic fox and found out it's the only member of the canine family that changes its

coat with the seasons. It's also the only one that grows fur on the bottom of its feet."

Hann wrote the book, *Why the Arctic Fox Has Warm Feet*, which Hann said is like one of Rudyard Kipling's 'Just So Stories' for children. He had originally planned on publishing the book in 2020, but then the pandemic hit.

"The illustrator for the book had to take care of her husband, who has a compromised immune system," Hann said. "She is now able to get back to my book. The illustrations are beautiful. I hope to have this book out by Christmas."

Hann is currently working on another book project.

"My mother grew up in western

Kansas near a little town west of Hill City," he said. "Her grandfather had been a cowboy down in Texas and ended up settling in western Kansas. I found his memoirs at the Kansas State Historical Society. He had many adventures. That's my next big project, writing about his story.

The Jayhawker Cleveland: Phantom Horseman of the Prairie is available for purchase at the Watkins Museum of History, the Raven Bookstore, and Signs of Life in Lawrence, the Round Table Bookstore in Topeka, the Green Door Book Store & Gift Shoppe Overland Park, and Prospero's Books in Kansas City, Missouri. Hann's book is also available at Amazon.com and BN.com.



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Associated Audiologists, Inc. acquires practice in Lawrence

Associated Audiologists, Inc., is pleased to announce it has acquired the practice of Dr. Gerald Whiteside in Lawrence, Kan., known as Marston Hearing Center. David Paul, Au.D., CCC-A, a licensed audiologist, with Associated Audiologists, began seeing patients at the clinic effective June 9, 2022. The clinic will remain in the same location: 1112 West 6th Street, Suite 100, Lawrence, Kan., 66044; phone (785) 843-8479.

Dr. Paul is highly qualified to care for patients of all ages, beginning with children 5 and up. He received his Doctorate of Audiology degree from the University of Kansas-Medical Center. He performed his clinical externship with Associated Audiologists. During his externship, he had the opportunity to specialize in the latest hearing aid technology, hearing rehabilitation and tinnitus. He has worked for the past six years in Associated Audiologists' Leavenworth Clinic.

Dr. Paul's educational and professional associations include:

- Doctorate of Audiology, University of Kansas-Medical Center
- Member, Academy of Doctors of Audiology
- Certificate of Clinical Competence in Audiology (CCC-A) from the American Speech-Language-Hearing Association
- Member, Kansas Speech-Language-Hearing Association

Dr. Paul hails from Emporia, Kan., and he resides in Lawrence with his wife and daughter. He is a military veteran who is currently serving in the United States Army Reserve. He became interested in audiology during his first deployment. After returning home from overseas, he was accepted into the Audiology program

at the University of Kansas.

Also seeing patients in the Lawrence Clinic is Katelyn Waldeier, Au.D., Audiologist. Dr. Waldeier earned her Doctorate of Audiology degree from the University of Kansas-Medical Center and her undergraduate degree from Kansas State University, Manhattan, Kan. She performed her clinical externship with Associated Audiologists. Dr. Waldeier's special expertise is in diagnostic hearing testing and hearing technology.

Associated Audiologists is owned by Tim Steele, Ph.D., CCC-A, audiologist. Dr. Steele earned his Doctor of Philosophy in Audiology from the University of Kansas-Medical Center. He has an ad hoc graduate faculty appointment at the University of Kansas-Medical Center, where he has taught audiology coursework and supervised students.

In addition to Dr. Steele, Dr. Paul, and Dr. Waldeier, several members of the Associated Audiologists team have earned their undergraduate and doctoral-level degrees from the University of Kansas, and some have appointments as faculty.

To schedule an appointment with Dr. Paul or Dr. Waldeier, call our Lawrence Clinic, 785-843-8479. For more information about Associated Audiologists, visit the practice's website at www.hearingyourbest.com.

Associated Audiologists, Inc., is a leader in audiological care for hearing, tinnitus and balance disorders. The practice has seven other clinics in Kansas and the greater Kansas City area, including Overland Park, Shawnee Mission, Prairie Village, Leavenworth and Manhattan in Kansas; and Kansas City and Independence in Missouri. They offer digital hearing aids in all levels of technology, styles and costs.



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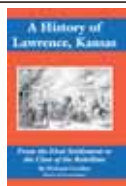
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By Richard Cordley

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SAVVY SENIOR

How to hire an in-home helper for an aging parent

By Jim Miller

Dear Savvy Senior: I would like to hire an in-home helper for my 82-year-old mother to assist with household chores like housekeeping, grocery shopping and driving her to the doctor, etc. But mom doesn't require any personal/

keeping, laundry, meal preparation, arranging services (home maintenance, lawn care, etc.) and other household chores, along with providing companionship and support. And, if your mom gets to the point she needs personal/physical care like bathing or dressing, many home helpers can assist with this too.

Most home helpers are part time workers who work a few hours a day or a few days per week.

You also need to know that while Medicare does cover home health care services if a doctor orders it, they do not cover in-home homemaker/helper services.

There are two ways in which you can go about hiring someone for your mom; either through a home care agency, or you can hire someone directly on your own.

Home Care Agency

Hiring a home helper through a non-medical home care, or non-medical companion care agency is the easier, but more expensive option of the two. Costs typically run anywhere from \$15 to \$25 an hour depending on where you live.

How it works is you pay the company, and they handle everything, including assigning appropriately trained and pre-screened staff to care for your mother and finding a fill-in on days her helper cannot come.

Some of the drawbacks, however, are that you may not have much input into the selection of the aide, and the helpers may change or alternate, which can cause a disruption.

To find a home care agency in your area, use search engines like Google or Yahoo and type in "non-medical home care" followed by the city and state your mom lives in. Or you can use Medicare's home health services search tool at Medicare.gov/care-compare—click on "home health services." Most home health agencies offer some form of non-medical home care services, too. You can also check your local yellow pages under "home health services."

Hiring Directly

Hiring a personal assistant/home helper on your own is the other option, and it's less expensive. Costs typically range between \$12 and \$20 per hour. Hiring

directly also gives you more control over who you hire so you can choose someone who you feel is right for your mom.

But be aware that if you do hire someone on your own, you become the employer so there's no agency support to fall back on if a problem occurs or if the assistant doesn't show up. You're also responsible for paying payroll taxes and any worker-related injuries that may happen. If you choose this option, make sure you check the person's references thoroughly and do a criminal background check.

To find someone, ask for referrals through friends or you can search online at sites like Care.com or CareLinx.com.

For more information on hiring in-home help for your mom, the Family Caregiver Alliance offers a helpful

■ CONTINUED ON PAGE NINE



physical caregiving, nor does she require any home medical care. Any tips to help us find someone? - Searching Sarah

Dear Sarah: Getting your mother some help at home to handle some of her day-to-day chores is a smart idea that can make a big difference keeping her independent longer. Here's are some tips to help you find someone reliable.

In-Home Help

For seniors who could use some help at home—but don't need a caregiving aide for personal care—there are homemakers/home helpers you can hire that can help make life a little easier.

Most in-home helpers can assist with any number of things like shopping, running errands, transportation, light house-

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Savvy Senior

■ CONTINUED FROM PAGE EIGHT

guide that you can access at Caregiver.org/resource/hiring-home-help.

Dear Savvy Senior: What can you tell me about electric trikes for semi-seniors? I used to cycle a lot in my younger years but have some balance problems and don't trust myself on a two-wheeler anymore. I've read that electric powered trikes are a good option for older riders but could use some help choosing one. - Unsteady Eddie

Dear Eddie: Electric powered adult tricycles—also known as e-trikes—are a great cycling option for older adults with balance or stamina issues because they're safe and super fun to ride, and easy on an aging body. Here's what you should know, along with some tips to help you shop for one.

Safer Cycling

If you're interested in cycling, but worry about falling or injuring yourself, e-trikes are a great choice because of the three-wheeled stability they provide. With a trike you can ride as slow as you want without ever losing your balance, which is very reassuring for most older riders.

E-trikes also come with a small electric powered motor to enhance the riding experience, so when you saddle up and apply the throttle the motor will give you a boost when pedaling, or it will do all the work for you. This makes it much easier to whiz up hills and ride into headwinds without gassing yourself or taxing your knee joints.

In addition, most adult e-trikes are also made with a low "step through"

design making mounting and dismounting easier; they typically come with big tires that ensure a smooth ride; have ergonomic handlebars that are easy to reach and grip; and offer over-size seats (some even have backrests) for comfort and support.

There are many different types of adult e-trikes to choose from with prices ranging anywhere from around \$2,000 up to \$7,000. To shop for one, contact some bike shops in your area to see what they offer, or you may need to order one online.

When shopping for an e-trike, pay special attention to the motor, which determines how fast it will go, and the battery, which determines how far it will go between charges.

Most e-trikes can reach speeds of anywhere between 15 and 28 miles per hour, and typically go somewhere between 20 and 55 miles on a single charge, depending on how much pedaling you do. Battery charge times will vary too, ranging anywhere from 3 to 8 hours.

How to Choose

To help you figure out the right kind of e-trike for you, ask yourself how and where you plan to ride it. If you're primarily interested in a leisurely ride around the neighborhood for pleasure, fitness or running errands, an upright cruiser e-trike that has a rear cargo basket would be a nice choice.

Some popular options in this category include: Addmotor's M-340 Electric Fat Trike and M-360 Semi-Recumbent Trike (both \$3,000, addmotor.com); Emojo Caddy Pro (\$2,900, emojobike.com); Sixthreezero EVERYjourney 250W Tricycle (\$2,200, sixthreezero.com); EWheels EW-29 (\$2,000, ewheelsdealers.com); and Buzz Cerana

T (\$1,700, buzzbicycles.com).

Or, if you're looking to take longer road rides a recumbent e-trike may be a better option. These are aerodynamic, low-to-the-ground stretched-out frame trikes that allow you to recline with your legs positioned in front of you. Catrike (catrike.com) and TerraTrikes (terratrike.com) are two of the biggest U.S. companies that make recumbent tadpole-style trikes (the two wheels are in front) and they both offer electric assist options at prices ranging from \$5,000 to \$7,000.

There are also folding e-trikes, which are practical if you have limited home storage space or would like to take your trike with you when traveling. Some good options here include the Liberty Trike (\$1,600, libertytrike.com) and Eunorau New-Trike (\$2,500, eunorau-ebike.com).

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

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MAYO CLINIC

To brace or not to brace

By William (Chris) Fox, M.D.

Mayo Foundation for Medical Education and Research Mayo Clinic

DEAR MAYO CLINIC: I love being active, playing tennis, bowling, hiking and shooting hoops with my grandkids. I have arthritis in my ankle and wonder if wearing a brace would prevent injury and maybe even relieve the aches and pains I have after activities.

ANSWER: Braces, not only for the ankle, but also the knee and wrist, provide support, as well as compression and warmth. They also can help with pain and healing if you've experienced an injury. Often immobilizing and supporting a joint can calm it and relieve pain.

Studies have shown that ankle braces can reduce injuries and don't interfere with performance. You may have seen football defensive linemen wearing sleeves or even larger braces around their knees that are designed to prevent injury. A wrist brace can provide support and alleviate symptoms of carpal tunnel syndrome.

Any athletic trainer, physical therapist, or sports medicine or orthopedic health care professional can make recommendations for your situation. As with any joint issue, it's best to address it early to prevent further injury and let you continue participating in the activities you enjoy most.

Braces range from a simple neoprene sleeve to a complex hinged device. A wide variety of braces are available over the counter at pharmacies and sporting goods stores, and online. It's important to choose a brace that

meshes best with the level of activity you want to maintain or regain.

For example, a simple neoprene sleeve on your ankle would be a good solution for lower stress, everyday activities like going for a long walk. But if you're taking activity to the next level, such as yardwork or walking on uneven terrain, you may want to use a wrap-around ankle brace with Velcro straps that allow you to adjust the tightness. People involved in higher-intensity activities, such as basketball, volleyball or tennis, may find a lace-up brace with adjustable straps to be the best choice.

If you've injured your ankle, like twisting it as you step off a curb, wearing a brace after the accident can provide support and stability. It also will give you confidence that your ankle will support you. But as the injury heals, you should gradually work away from wearing a more supportive brace to a lighter brace and then to not wearing a brace at all or only occasionally. This lets the ligaments and muscles around your ankle naturally strengthen and heal through lower-intensity everyday activities.

You may want to continue bracing for more strenuous activities, like working out, shoveling snow or running. If you're an athlete, save the brace for competitions and practices.

Many of the same reasons to brace an ankle apply to the knee, too. However, injuries that cause knee pain often are related to muscle control at the hip or ankle, so bracing the knee potentially doesn't have the same effect on healing. That's why it's important to con-

sult with your health care team on the best way to treat a knee injury or pain.

If you have early onset, mild arthritis in your knee, a neoprene sleeve can provide support, compression and warmth. These simple braces can be worn as long as they continue to provide relief. Some athletes wear a sleeve or tights that go below the knee for compression and comfort.

However, if you've injured your knee, such as a sprained or torn ACL, rely on your surgeon's guidance. Typically, a complex knee brace is worn for the first year. After that, a brace usually isn't needed for less stressful activities. Keep in mind it can take up to two years to return to baseline stability following an ACL injury. Once you're back to full function, you can stop wearing a brace.

Wrist braces range from a simple Ace bandage or wrap to a hard plastic splint that stabilizes the thumb, as well. Basic braces provide support and compression for comfort and injury prevention. A hard-shell brace often is used for general sprains and pain. Those with carpal tunnel syndrome may wear one

of these braces at night to prevent them from curling their wrists under as they sleep. This prevents pressure on the carpal tunnel. Certain sprains or breaks might require a spica splint, which is a special type of orthopedic splint that immobilizes the thumb but allows the other fingers and wrist to move easily.

Braces can be used as part of your overall active lifestyle. Finding the right brace for your activity can relieve aches and pain, prevent injury and be the perfect complement to staying active. Combine the support of a brace with general strengthening to maximize your level of activity. -- Joel Luedke, Orthopedic Surgery and Sports Medicine, Mayo Clinic Health System, Onalaska, Wisconsin

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

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HEALTH & WELLNESS

Medicinal properties of Hibiscus are vast and variable

The recent rains in Kansas have made our gardens look like a tropical paradise. The beautiful plants, green trees, and budding flowers are pleasing to the eye and beneficial to the bumblebees' pollinators. Currently, one of the stand-out flowers that is blooming is Hibiscus. Hibiscus is a beautiful, showy flower that is extremely



Dr.
Deena
Beneda

common in the tropics and warm areas. Hibiscus flowers are members of the mallow family, and there are hundreds of different species of Hibiscus. These flowers have large, brightly colored blossoms. The colored blooms are often shaped like a horn or trumpet, and some species will even change color as they age. The pistil and stamens often bulge dramatically from the horn of the flower, adding to its reputation as a showy blossoming flower.

Hibiscus is the "sour tea" in Iran and is a delightful drink that can be served either hot or cold. The beverage is well known for its color and bitter flavor. Dried hibiscus can be eaten

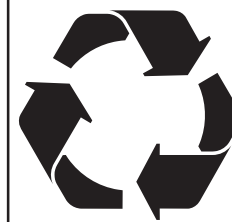
and is considered a delicacy in certain parts of the world. It can be candied and used to garnish foods. Some species of Hibiscus are used as a natural source of food coloring. Hawaiian girls traditionally wear the Hibiscus flower. If the flower is worn behind the left ear, the girl is married or in a relationship. If the flower is worn on the right, she is single or available for a relationship. This beautiful flower has also been used in many cosmetic products, such as hair loss products, hair coloring agents, hair oil, and shampoo and conditioner.

Medicinal properties of Hibiscus are vast and variable depending on the culture using it. Tea is a popular choice as a natural diuretic. Dieters or people with kidney problems have consumed this tea for its beneficial properties, including a natural diuretic. In Ayurvedic medicine, the roots of this plant can be used to relieve specific ailments, including cough. The ancient Egyptian Pharaohs drank hibiscus tea, and today it's still a standard toast at many Egyptian weddings. In Egypt, hibiscus is used to maintain an average body temperature, support a healthy cardiovascular system and upper respiratory system, prevent constipation, and encourage fluid balance. It has been traditionally used to promote a robust cardiovascular system in Iran, including maintaining healthy blood pressure. Recent studies have

confirmed that Hibiscus has a positive impact on blood pressure. Although more research is required, studies support the notion that drinking Hibiscus tea may lower blood pressure.

Even though Hibiscus tea may seem to be an excellent medicinal plant for you, it is always advisable to check with your health care providers before taking any medicinal plant. So when you are outside looking at your garden, look for the Hibiscus with its beautiful blooms and vibrant color. It will be easy to find.

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



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HEALTH & WELLNESS

Donate blood, save a life

By Jessica Thomas

LMH Health

You may have seen a headline or two about the importance of blood donation and the recent blood shortages many in the United States are facing. So, what is a blood shortage? Faith Friesen, the blood bank supervisor at the LMH Health Laboratory, said to put it simply, it means we may not be able to get the blood products we need when we place an order because the supply is simply not adequate.



There are many reasons blood donations are vital, including helping patients survive surgeries, cancer treatment, chronic illnesses and traumatic injuries. At this time, Friesen said there is no alternative to blood.

“Right now there is no artificial substitute for blood,” she said. “If real human blood is not available there is nothing we can substitute for it. Nothing has been successful in trials at this time and if we do not have donors, we cannot provide for those who need blood to survive. If you are able, we strongly recommend you donate when you can.”

So where does your blood go when you donate? Friesen said the blood donated at an LMH Health-sponsored blood drive will go into the Community Blood Center’s general blood supply. Though it may not go directly to LMH Health, it does support the blood center that provides for our region.

“Regardless of our blood drives specifically at LMH Health, if the whole inventory of blood is down, it will affect all of us. This is why it is so important to donate, not just at our drives, but at any you are eligible to donate at,” Friesen said. “The Com-

munity Blood Center supplies blood to about 70 local hospitals, LMH Health being one. We order an average of 100 units a month and when we have a drive, we typically receive 80-90 units. We are fortunate to have a blood center who supplies us with blood because if we had to rely solely on our drives, we would not have enough to replenish what we use.”

Saving lives every day

Though you may think of the classic movie scene where someone has been in a horrific accident and needs many units of blood fast, that is not the only reason we need blood on hand. For many, blood is needed to simply stay alive.

Sharon Soule, MD, an oncologist with the LMH Health Cancer Center, said there are patients kept alive because they receive blood donations every week or two. The center’s oncologists and hematologists have extensive experience in treating a wide range of cancer types, including solid tumors, hematological cancers and benign blood disorders.

“We have patients who for various reasons, their bone marrow doesn’t make enough red blood cells. Sometimes this can be a lifelong issue, and sometimes it is temporary,” Dr. Soule said. “To keep them alive and their heart moving, they need blood. Some transfusions are to help with the quality of life and energy. The range depends on conditions, but your donations help save lives daily.”

She said the need for blood for an oncology or hematology patient is fairly common. There are different reasons a patient may need blood, but despite the reason, the supply of blood needs to be replenished weekly.

“For our hematology patients who do not have cancer, we will typically see a bone marrow disorder in which their body no longer produces blood on its own. For our cancer patients who get chemotherapy, they may just temporarily need blood transfusions because

LMH Health to host blood drive

LMH Health will host a Blood Drive on July 7 at the LMH Health West Campus and July 8 at the LMH Health Main Campus. Your donations matter! Our last blood drive was a huge success.

“One hundred seventy units collected over two days—that may be close to a record for

LMH,” shared Kim Clark, donor recruitment account manager for Community Blood Center. “When we raise the goal, LMH continues to meet the challenge.”

Ready to register today? Please visit donate.savealifenow.org to schedule an appointment.

their bone marrow doesn’t make enough and needs to be supported,” Dr. Soule said. “The amount of blood needed just to support a life is equally as important as someone who needs blood because they have lost it due to a significant injury.”

When it comes to denying a patient blood, Dr. Soule said that is the ultimate fear. A blood shortage adds a layer of stress to the system. Though the LMH Health Cancer Center has never had to turn a patient away because of a short supply of blood, there is always the risk when we are in

such a significant blood shortage.

“We have had to work harder to get our blood,” she said. “We have been fortunate that the blood bank is very proactive in ensuring our orders are filled, but it is still so important that if you can donate, you do.”

Donations Matter

In August 2020, Karen Horner, a patient at the LMH Health Cancer Center and Lawrence community member, was diagnosed with Myelodysplastic syndromes (MDS)—a type of cancer that the American Cancer

■ CONTINUED ON PAGE 13

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“The care and attention that is given to the patient and family throughout this tough time is above reproach. My dad was a veteran and the hospice team performed a ‘Stand Down’ in his honor. It gave me goosebumps. The hospice team was there to support my mom. Thank you so much!”



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Donate blood

■ CONTINUED FROM PAGE 12

Society describes as a condition that can occur when the blood-forming cells in the bone marrow become abnormal. Because of this diagnosis, Horner would need blood transfusions to live.

“I have blood work done each week to determine how many units of blood I will need. Sometimes it’s one unit, sometimes it is two. It all depends on where my counts are, but regardless, I need blood,” she said.

Horner said when her counts are low, she can tell. Symptoms like shortness of breath and difficulty with physical activity such as moving around or taking a shower becomes increasingly difficult.

“I get more fatigued more often when my red blood cells are low,” Horner said. “When I have my transfusions, I can tell that I have more energy and can do more things. I am at LMH Health often because my body needs blood.”

When asked about the importance of blood donors, Horner said, “well, they are pretty much life savers.” She said she has to depend on her doctor to let her know how much blood she will need and on the donations to keep her alive and living a higher quality of life.

“It is very important that I receive blood—my quality of life depends on it,” Horner said. “Being a blood donor does not just help in emergencies, but it helps those who are dependent on other’s blood because their bodies no longer make enough. People’s lives depend on it.”

Dr. Soule said when people ask what they can do to help someone with cancer or another major illness, she tells them blood donation is hugely important. Though you are unable to directly donate to one person, you can donate to the Community Blood Center which supplies LMH Health’s needs and the needs of many local community members.

“Blood is so major for our patients in living a high quality of life,” she said. “They cannot do it without your help

and donation. Keep an eye out for blood drives at LMH Health and also visit the Community Blood Center’s page to see where you can donate today. It may not be as convenient as walking into your local hospital, but it could truly save a life.”

Don’t know your blood type? Friesen said the easiest way to find out is by donating blood because it’s free!

“Having a variety of blood types is crucial,” Friesen said. “We order blood almost daily but we do not know day to day what types we are going to need. Type O negative is fairly rare with approximately 9% of the population

being that type. It is considered as the universal donor and is often given in emergent situations where the blood type of the recipient is undetermined. So, often times there are extreme shortages of O negative and we may not have our blood order filled. We sometimes receive blood that has been shipped in from other blood suppliers such as New York Blood Center.”

Friesen said different blood types are needed and diversity in donors is important as well. Diseases that occur in certain ethnic groups, such as sickle cell disease in African Americans, may cause the patient to

need frequent transfusions and they often require rare blood types. These can be extremely difficult to come by so having a large, diverse blood donor pool offers the best chance of finding compatible blood quickly.

We need you! To learn more, visit www.savealifenow.org and see where you can donate blood closest to you.

“It takes less than an hour to donate blood,” Friesen said. “That is less than an hour of your life that can be donated to saving someone else’s. We hope you will consider being a first, first responder!”

- Jessica Thomas is the social media & digital communications specialist at LMH Health.



Sharon Soule, MD



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JILL ON MONEY

The lucky class of 2022

Members of the college class of 2022 may not consider themselves lucky. After all, COVID-19 robbed many of them of the complete college experience. Perhaps their reward for the start and stop of in-person/remote/hybrid education is to graduate in one the hottest job markets in decades.



Jill
Schlesinger

Job openings remain high, the unemployment rate is low and according to a National Association of Colleges and Employers (NACE) survey, employers expect a projected hiring increase of 26.6 percent for new graduates, compared to a year ago.

Compared to those who have the unfortunate timing of graduating into a recession (ask the class of 2020 about their ill-fated timing!), the class of 2022 is indeed lucky, with an average starting salary of \$55,260. (Computer science majors will do better, with a projected average salary age of \$75,900, while humanities will clock in with an average of \$50,681.) Those starting numbers make the conversation about repayment of student loans a bit easier to swallow.

Education experts have long advised that student loan borrowers attempt to graduate with a total debt balance that is lower than a graduate's first year salary. By the numbers, the situation looks better, on average, than it has in the past.

According to the Education Data Initiative, the average federal student loan debt balance is \$37,014 and including private loan debt, it increases to be \$40,904. Of course, average is just average and with total student loans outstanding at \$1.76 trillion, there are stories of much higher loan balances.

Meanwhile, with federal student loan payments on pause since March 2020 and due to restart on September 1, many recent and soon-to-be graduates are hoping that the Biden Administration announces plans about student loan cancellation.

It is highly unlikely that there will be a wholesale erasure of debt, but there are whispers that there could be partial forgiveness, likely some amount in the range of \$10,000-\$20,000 for low-and middle-income borrowers who earn less than \$125,000 a year.

Early discussions have been focused on undergraduate debt, but that could change, especially for students who use their degrees for careers in public service (i.e., teachers).

Until there is a formal announcement from the Administration, it would be wise for student borrowers to prepare to make payments. In fact, regardless

of whether you are graduating with debt or not, now is the time to create a financial plan of action, starting with a simple cash flow. Surveys from the CFP Board and Intuit have found that about 60-65% of adults don't track expenses, but this task can be the key to controlling your financial life.

Start with salary—and don't forget to reduce it to reflect taxes to Uncle Sam and your state of residence. Your take-home income will determine how much money you can afford to allocate to your expenses, like rent, food, commuting costs, utilities, and of course, your debt.

Prioritize outstanding debt by creating a list of each loan (student, credit card, auto) and include details, like the interest rates associated with the loans, monthly payment amounts due, and lender contact information. When creating the cash flow, give priority to paying down the highest interest loans and then systematically work your way down to the lower interest ones. Automate debt payments to avoid penalties or late fees.

Whether you are carrying debt or

not, use your cash flow to help fund an emergency reserve fund of 6 to 12 months of living expenses and to contribute to a retirement account, especially if you work for a company that provides a match. Doing so early will likely make you feel even luckier down the road.

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

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FINANCIAL FOCUS

What's your investment risk tolerance?

Risk is a normal part of investing. If you didn't take on any risk, you wouldn't have the potential to achieve higher returns. But how much risk should you accept?

You don't want to incur unnecessary risk. So, you'll need to assess the amount of risk you're comfortable



*Derek
Osborn*

taking and then determine if this risk level supports your ability to achieve your long-term goals.

Here are some of the key factors in determining your own capacity for investment risk:

- **Personality** – We all have different personalities. And your individual personality can certainly affect your comfort level with risk. If you enjoy taking chances or pushing yourself outside your comfort zone in other aspects of your life, you could be more likely to accept greater investment risk, too, because you know that greater risk means greater potential reward. Conversely, higher-risk investments also carry greater potential for volatility, including steep short-term declines.

- **Time** – Risk tolerance can change over time. When you are first starting out in your career, with decades to go until you retire, you may feel comfortable with a certain degree of investment risk, knowing you have time to potentially overcome the inevitable downturns in the financial markets. But as you near retirement, you might consider lowering your risk level and investing more conservatively, because

once you do retire, you'll likely have to start withdrawing money from your retirement accounts, which means you may need to liquidate some investments—and, ideally, you won't want to have large fluctuations in value at that time. However, even during retire-

ment, you may want your portfolio to include some growth-oriented investments to help keep you ahead of inflation.

- **Type of goal** – You might have different risk tolerances for different goals. For example, if you know you need a specific amount for a particular goal in two years—such as buying a new car or taking an overseas vacation—you may want to put away money in a low-risk, liquid vehicle. This type of investment might not have much growth potential, but for this goal, you are less interested in achieving a high rate of return than you are in being reasonably sure the money will be there when you need it. So, in this instance, you may have quite a low tolerance for risk. But for a long-term goal, such as a comfortable retirement, you may be prepared to take more risk in the hopes of greater returns, given the longer time horizon.

By understanding your risk tolerance and knowing how it can change over time and under different circumstances, you can be better prepared to face investment volatility. And there are certainly things you can do to mitigate risk. By owning a variety of investments—domestic and international stocks, bonds, mutual funds, government securities and so on—you can reduce the impact of market volatility on your portfolio. (Keep in mind, though, that diversification can't prevent all losses or guarantee profits.)

In any case, the biggest risk of all is simply not investing. If you are going to achieve your financial goals, you need to invest for them. By understanding your own risk tolerance, and by making wise choices along the way, you can stick with an investment strategy that can work for you in the long run.

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



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SENIOR CALENDAR

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

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

ARTS & CRAFTS

FIRST FRIDAY OF THE MONTH

ARTSCONNECT FIRST FRIDAY ARTWALK

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

TOPEKA, artstopeka.org/firstfriday

SECOND SATURDAY OF THE MONTH

OPEN AIR ART MARKET

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

LAWRENCE

LAST FRIDAY OF THE MONTH

FINAL FRIDAYS

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

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EDUCATION

JUL 7

INTERNET GENEALOGY CLASS

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

TOPEKA, 785-580-4400

events.tscpl.org/events

JUL 7

FORT LEAVENWORTH: RANDY MULLIS: "BLEEDING KANSAS AND BRITISH KAFFRARIA IN THE 1850S"

Many Kansans are familiar with the Bleeding Kansas era of American history in context of

American westward expansion. Few, however, may know of a comparable event of British eastward expansion that occurred in modern day South Africa (British Kaffraria) during the 1850s. Dr. Mullis's presentation assesses select American and British political and military approaches to expansion during the 1850s to identify "common" Western strategic approaches and legacies. Robert J. Dole Institute of Politics, 2350 Petefish Dr., 3-5 p.m. Hybrid event available live on YouTube. Free.

LAWRENCE, 785-864-4900

youtube.com/watch?v=MPuz4XTJTgY

JUL 11

BEGINNERS COMPUTER NAVIGATION

Learn how to use a mouse, navigate a Windows 10 desktop, find & open apps & files. Share this with a friend or family member who needs help learning to use a computer. Call 785-580-4607 to register. Topeka and Shawnee County Public Library, Learning Center, 1515 SW 10th Ave., 9:30-10:30 a.m.

TOPEKA

JUL 11

EMAIL FOR BEGINNERS

Using Google's free email or Gmail learn how to log into email, open, delete, reply to & forward email messages. Please call 785-580-4607 to register. Topeka and Shawnee County Public Library, Learning Center, 1515 SW 10th Ave., 2-3 p.m.

TOPEKA

JUL 14

INTERNET INTRODUCTION

Learn about browsers, search engines and how to navigate websites to find information online. Share this with a friend or family member who needs help with the internet. Call 785-580-4607 to register. Topeka and Shawnee County Public Library, Learning Center, 1515 SW 10th Ave., 9:30-10:30 a.m.

TOPEKA

JUL 14

INTERNET GENEALOGY 2

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

TOPEKA, 785-580-4400

events.tscpl.org/events

JUL 18

BEGINNERS COMPUTER NAVIGATION

Learn how to use a mouse, navigate a Windows 10 desktop, find & open apps & files. Share this with a friend or family member who needs help learning to use a computer. Call 785-580-4607 to register. Topeka and Shawnee County Public Library, Learning Center, 1515 SW 10th Ave., 9:30-10:30 a.m.

TOPEKA

JUL 18

MEDICARE PART D DIY

Jayhawk Area Agency on Aging staff will help

you navigate Medicare Part D using your laptop or one of the library's laptops. Topeka and Shawnee County Public Library, Marvin Auditorium 101C, 1515 SW 10th Ave., 1-2 p.m.

TOPEKA, 785-580-4400

events.tscpl.org/events

JUL 21

INTERNET INTRODUCTION

Learn about browsers, search engines and how to navigate websites to find information online. Share this with a friend or family member who needs help with the internet. Call 785-580-4607 to register. Topeka and Shawnee County Public Library, Learning Center, 1515 SW 10th Ave., 9:30-10:30 a.m.

TOPEKA

JUL 25

BEGINNERS COMPUTER NAVIGATION

Learn how to use a mouse, navigate a Windows 10 desktop, find & open apps & files. Share this with a friend or family member who needs help learning to use a computer. Call 785-580-4607 to register. Topeka and Shawnee County Public Library, Learning Center, 1515 SW 10th Ave., 9:30-10:30 a.m.

TOPEKA

JUL 25

EMAIL FOR BEGINNERS

Using Google's free email or Gmail learn how to log into email, open, delete, reply to & forward email messages. Please call 785-580-4607 to register. Topeka and Shawnee County Public Library, Learning Center, 1515 SW 10th Ave., 2-3 p.m.

TOPEKA

JUL 28

INTERNET INTRODUCTION

Learn about browsers, search engines and how to navigate websites to find information online. Share this with a friend or family member who needs help with the internet. Call 785-580-4607 to register. Topeka and Shawnee County Public Library, Learning Center, 1515 SW 10th Ave., 9:30-10:30 a.m.

TOPEKA

JUL 28

ESTATE PLANNING SEMINAR

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

LAWRENCE

AUG 1

BEGINNERS COMPUTER NAVIGATION

Learn how to use a mouse, navigate a Windows 10 desktop, find & open apps & files. Share this with a friend or family member who needs help learning to use a computer. Call 785-580-4607 to register. Topeka and Shawnee County Public Library, Learning Center, 1515 SW 10th Ave., 9:30-10:30 a.m.

TOPEKA

AUG 1

NEW TO MEDICARE

Jayhawk Area Agency on Aging staff will explain the basics of Medicare. Topeka and Shawnee County Public Library - Marvin Auditorium 101C, 1515 SW 10th Ave., 1-2 p.m. Register online.

TOPEKA, 785-580-4400

events.tscpl.org/events

AUG 4

INTERNET INTRODUCTION

Learn about browsers, search engines and how to navigate websites to find information online. Share this with a friend or family member who needs help with the internet. Call 785-580-4607 to register. Topeka and Shawnee County Public Library, Learning Center, 1515 SW 10th Ave., 9:30-10:30 a.m.

TOPEKA

AUG 4

INTERNET GENEALOGY CLASS

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

TOPEKA, 785-580-4400

events.tscpl.org/events

AUG 4

FORT LEAVENWORTH: JOHN KUEHN:

"VICTORY AT SEA: WORLD WAR 2 ON FILM"

Victory At Sea was one of the most celebrated television programs of its day when it was first aired on NBC beginning in 1952 and almost weekly for 26 episodes until May of 1953. Dr. Kuehn discusses its importance not only as a documentary of naval operations at World War II, but as a reflection of the United States need for a unifying narrative of victory for the protracted conflict that the Cold War had become and promised to continue being. Robert J. Dole Institute of Politics, 2350 Petefish Dr., 3-5 p.m. Hybrid event available live on YouTube. Free.

LAWRENCE, 785-864-4900

youtube.com/watch?v=PRgmz6suyXk

ENTERTAINMENT

SECOND & FOURTH SATURDAYS OF THE MONTH GRAND OTTAWA OPRY

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

OTTAWA, 785-241-6762

■ CONTINUED FROM PAGE 16

MAY 25- JUL 13

SUMMER BAND CONCERT SERIES

Recurring weekly on Wednesday. Free and open to the public. 1141 Massachusetts St., 8 p.m. LAWRENCE, 785-832-7940

JUL 16

KANSAS: THE BAND

Kansas with special guest 38 SPECIAL. Tickets can be purchased via Ticketmaster.com or at the venue box office located at 130th Street on Fridays only (10 a.m.-4 p.m.) during the concert season. Azura Amphitheater 633 N 130th St., 7 p.m. Fee. BONNER SPRINGS

AUG 6

THE GRAND OTTAWA OPRY AT THE HERITAGE CENTER

Come to the Heritage Center for a night of music from the Grand Ottawa Opry, featuring special guests, Duke Mason and Kathy Lynn. Dinner is at 6:30 p.m. and the show starts at 7:30 p.m. Fee. Call for reservations. Heritage Event & Arts Center 109 Delaware St. LEAVENWORTH, 913-682-2122

EXHIBITS & SHOWS

FEB 25-AUG 19

CONFRONTING THE PAST: THE DOUGLAS COUNTY COMMUNITY-REMEMBRANCE PROJECT

Recurring weekly on Tuesday, Wednesday, Thursday, Friday, Saturday. In 1882, a violent mob took George Robertson, Isaac King, and Pete Vinegar, arrested under accusations of murdering a white man, from the Douglas County jailhouse and hanged them. Thirteen-year-old Margaret "Sis" Vinegar, the survivor of an assault that prompted Robertson, King, and Pete Vinegar's defense, was also arrested, and sent to Leavenworth penitentiary where she later died of illness. For years, the story of their deaths remained a quiet burden on the community, remembered among the Black citizens of Lawrence but largely forgotten in the telling of the city's history. The Community Remembrance Project, a group of community organizations – including Watkins Museum of History—working to install a marker near the site of the lynching held a soil collection ceremony in fall 2021. The event served as an opportunity for the public to mourn and created a tangible remembrance of the lynching's victims through the collected soil. Soil for each victim of the lynching, including Margaret Vinegar, is now part of the Watkins' permanent collection. The Watkins will partner with the Community Remembrance Project to create an exhibit on the 1882 lynching and remembrance efforts. Watkins Museum of History, 1047 Massachusetts St., 10 a.m.-4 p.m. Free. LAWRENCE, 785-841-4109 watkinsmuseum.org/confronting

APR 1-OCT 11

MOTHERS OF INVENTION: THE ENTREPRENEURS AND INNOVATORS OF LAWRENCE

Lawrence's women business owners have

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

MAY 6 -NOV 4

FAMILIAR FACES: THE GARY DAVIS PHOTO COLLECTION

In 2021, the Watkins Museum of History received a treasure trove of photographs depicting the everyday lives of Black families in North Lawrence. These photos are remarkable in how they capture a vibrant and close-knit community. The Watkins has partnered with Alyssa Cole, PhD candidate in History at the University of Kansas with a Master's degree in African and African American Studies, to create Familiar Faces: The Gary Davis Photo Collection, an exhibit that shares images from the recent donation to celebrate the history and community fellowship of Black citizens in North Lawrence. Watkins Museum of History, 1047 Massachusetts St., 10 a.m.-4 p.m. Free. LAWRENCE, 785-841-4109 watkinsmuseum.org/familiar-faces

JUL 15-17

46TH ANNUAL MERIDEN THRESHING SHOW

There will be tractors, engines, threshing, baling, tractor parades, history, antique automobiles, and tractor pulls. Tour Cottonwood Station, our reproduction living history of an early day Kansas town. We will be sawing lumber at the saw mill and grinding grain in the flour mill each day. Our blacksmiths will be hard at work in the Blacksmith Shop. Stop by the General Store for a Sarsaparilla and attend church on Sunday in the Bloomfield Church. Visit our vendors. Don't miss the antique tractor pull on Saturday and the garden tractor pulls each day. We will have live music Friday, and Saturday nights. Meriden Antique Engine and Threshers Association, 8275 K-4 Hwy., 8 a.m.-12 a.m. Fee. MERIDEN, 785-633-9706

FAIRS & FESTIVALS

JUL 4

SPIRIT OF KANSAS BLUES FESTIVAL

Presented by the Topeka Blues Society. Opening ceremonies begin at approximately 11 a.m. and music continues until dark. The festival ends with a spectacular fireworks show lighting up the sky, sponsored by Capitol Federal. Reynolds Lodge at Lake Shawnee. TOPEKA, 785-554-5478 topekabluessociety.org/sokbf-2022-lineup

JUL 23-31

MIAMI COUNTY FAIR AND RODEO

County fair with rodeo and carnival. Paola

Chamber of Commerce 6 W. Peoria.

PAOLA, 913-294-4306

miamicountykansasfair.com

JUL 26-30

LEAVENWORTH COUNTY FAIR

You and your family can delight in the fun of games, contests, derbies, food, rides, exhibits, and more. Our local fair is always lively, day or night, and is filled with great folks from all over the Leavenworth County area. There is no admission cost to the Fair. The Fair is open from 11 a.m.-10 p.m. Parking fee. Leavenworth County Fairgrounds 405 W. 4th St. TONGANOXIE, 913-775-1586 leavenworthcountyfair.com

FARMERS' MARKETS

MONDAYS

MONDAY FARMERS' MARKET

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

APR 9-NOV 19

LAWRENCE FARMERS' MARKET (SATURDAYS)

The Lawrence Farmers' Market hosts over 60 Lawrence-area farmers and producers, bringing fresh, local food and crafts to visitors. Downtown Saturday Morning Market (824 New Hampshire St.), 7:30-11:30 a.m.

LAWRENCE, 785-505-0117

lawrencefarmersmarket.org

APR 24-NOV 27

NORTH LAWRENCE FARMERS MARKET

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

MAY 3-OCT 25

LAWRENCE FARMERS' MARKET (TUESDAYS)

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

MAY-OCT

BONNER SPRINGS FARMERS' MARKET

Saturdays, Centennial Park, 206 E. Cedar St., 8 a.m.-12 p.m. BONNER SPRINGS, bonnerfarmersmarket.org

MAY-OCT

OTTAWA FARMERS' MARKET

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

JUN-SEP

BALDWIN CITY MAIN STREET FARMERS & CRAFT MARKET

The Market is scheduled on the following third

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

HEALTH & FITNESS

MAY 4, 11, 18, 25

EVENING CHAIR YOGA

Chair yoga is designed for everyone to develop strength and stability targeting hips, low back, glutes and quads. Join us in person in the Learning Center or click event title for Zoom link. Topeka and Shawnee County Public Library, Learning Center, 5:30-6:30 p.m. TOPEKA, 785-580-4607 <https://us02web.zoom.us/j/87339864611>

HISTORY & HERITAGE

JUL 23

166TH ANNIVERSARY COMMEMORATION

Visit the Black Jack Battlefield and Nature Park for a reenactment of the battle from 1-3 p.m., followed by music and games of black jack and poker. John Brown and other reenactors will be

■ CONTINUED ON PAGE 26



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

Charles Robinson Chapter (Lawrence)

John Saylor (President)
785-841-5756

Thomas Jefferson Chapter (Topeka)

Brian Vazquez (President)
785-272-7647

HUMOR HOTEL

No, I don't want to see all 743 of your vacation photos

By Greg Schwem

Tribune Content Agency

I have a request, no, a plea, to cell-phone manufacturers and software developers obsessed with phone memory.

Please stop.

You are the primary cause of an annoying disease I refer to as "scrollosis."

Those who suffer from it, and, in turn, cause those around them to suffer even more, are serial scrollers. In layman's terms, they are obsessed with showing everyone the photo contents of their phones, beginning every sentence with, "Check this out!"

A scrollosis victim could be your best friend, your relative or even your spouse; although, if my wife was constantly thrusting her phone in my face, I would put an immediate stop to it. But if it's anyone else, I am forced to politely wait while their finger frantically moves vertically as they search for that photo or video clip that, according to them, I "just gotta see."

What I really want to see their finger doing is repeatedly pushing the delete key until the only image left on their phones is the one on their home screen, covered in icons so I won't have to look at that either.

I am not saying my phone is empty of memories; quite the contrary. My library shows I currently have 2,520 photos and (gulp) 1,362 videos vying for space with apps I actually use on a daily basis. About once a month, I attempt a phone cleanse, although it usually results in me deleting about one percent of my phone's contents. Hey, you never know when somebody might want to see a selfie of me outside a Ketchikan, Alaska, salmon store. It could happen, right?

No, it couldn't.

Think about it: Suppose I'm having a conversation with somebody about Alaska. That person expresses interest in visiting. Do I whip out my phone and say, "Check this out. Here's ME in Alaska"? Followed by, "And here's 40 more pictures of me in Alaska. And, wait a minute while I find it; wait, wait, hang on, it's here somewhere...yes, here's a video of a bear in Alaska!"

Somehow, I doubt the response would be, "Well, that's all the evidence I need. I'm calling the airline today!"

When my daughters were of high school age, my wife and I frequently attended "pre dance" parties. Prior to homecoming or senior prom, a willing parent opened their home to about 30 couples, purely for the chance to take photos.

These get-togethers often lasted longer than the dances themselves; the event did not end until every ball gown and tuxedo-clad individual had taken pictures with every other attendee, in every conceivable combination. Yes, Chloe and Haley took a picture together but they didn't take one with Samantha. Or Madeline. And did Madeline get one with Haley and Chloe, but not Samantha? And look who just showed up? Gabby!

This photo extravaganza continued until all the couples were satisfied they had, indeed, taken the appropriate amount of photos. Then, a late-arriving couple entered the home and the process started all over again. I could only imagine the scene on the Monday following the dance when Chloe met Madeline, Haley and Gabby in the school cafeteria and said, "You HAVE to see this video I took of us. Wait, wait...I know you have to get to class...here it is! No, wait, that's me with Lizzie. Hold on..."

Twice a year, my town offers a shredding event, where residents are

invited to, free of charge, destroy documents they no longer need. I suggest a similar event for phone contents. Keep five of the 367 photos you took of your Disney World vacation, transfer the rest to a thumb drive, and toss it into a machine full of sharp blades. You still have evidence on your phone that, yes, you visited Disney World and, yes, it was magical. But nobody will be forced to feign interest while you locate that amazing photo.

You are now cured of scrollosis. That didn't hurt a bit, did it?

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

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HUMOR

Ten minutes before the hour

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

Folks like a hometown kid who makes a big splash in the great world beyond Letongaloosa, so people in town were fascinated when all the major national news media ran stories about how Biggley Masters fought the powers of prime time television darkness and won.



Larry
Day

It's an interesting story.

Biggley Masters was destined from birth to "slip the surly bonds" of life in Letongaloosa and "dance the skies on laughter-silvered wings," in the television entertainment industry.

He wrote his first script at age five, and produced his first show, "The Lost Puppy," using neighborhood children as actors, at age eight. Biggley thrived as a writer and thespian at Letongaloosa High School, and by the time he enrolled at Letongaloosa Com-

munity Junior College, he had caught the eye of network producers. By age 19 Biggley was writing for "All My Soul Mates," a daytime network soap opera.

In his 20s Biggley wrote for prime time network shows like "Desperate Siblings," and "The Criminal Mind Meddler." He was a network producer before his thirtieth birthday, and had won three "Gimmes" and two "Hefties" by the time he was thirty-five.

It was Biggley Masters' knack for producing hit television shows that eventually led to trouble between him and network bigwigs. Major national advertisers fought to get their commercials on Biggley's shows. Advertisers bought time on network loser shows so that their commercials were assured a place on Biggley's prime time programs.

Network executives began pushing Biggley and his writers to produce shows with tighter and tighter plots. The executives—they're called "suits" in TV parlance—wanted more time each hour for commercial messages. At first Biggley saw it as an interesting challenge—cutting plot lines to the bone while maintaining the show's integrity. But the time came when Biggley couldn't do that, so he rebelled.

A crisis ensued. A hotshot new suit told Biggley to cut two and a half

minutes from an episode of the cop thriller "Forced Entry." The bottom-line-focused suit wanted to add another commercial.

"No," said Biggley.

"No what?"

"No, I won't cut another second from that show. If I cut it any more, the plot will lose continuity. The viewers might get confused."

"That's nonsense," said the suit. "Besides, who cares?"

"I care. Now get the hell out of my office."

That confrontation precipitated a meeting of the network's most important suits, the hotshot new suit, and Biggley Masters. The meeting was acrimonious and protracted. In the end Biggley agreed to cut two and a half minutes from the show.

"Excellent," said the CEO suit.

"We knew we could count on you," said the COO suit.

"You're the man," said the suit in charge of ratings.

The hotshot new suit who had caused the crisis didn't say anything until the others had left.

"Better luck next time," he said.

A few weeks later when that episode of "Forced Entry," was ending, the network switchboard lit up. Incoming calls swamped the network's phone circuits. The network had to shut them down. The network's Internet server blew out after it became overloaded with angry e-mail messages.

The "urgent business" ringtone on Biggley's cell phone rang.

"What the @\$%^&*() is going on?" yelled the hotshot suit.

"What do you mean?" asked Biggley.

"'Forced Entry' viewers are going crazy. What did you do to tonight's episode?"

"I did what you told me to do. I cut the show by two and a half minutes."

"Where did you cut it?" asked the suit.

"I cut the segment that comes at 10 minutes before the hour," said Biggley.

The hotshot suit screamed obscenities. Then he subsided into incoherent babbling. Biggley smiled and pressed the "off" button.

Anyone who watches prime time television knows that all plots are keyed to a segment that comes at ten minutes before the hour. The boy gets the girl, the winning team is revealed, the cops get the clue that nails the killer. It's formula television. Because of Biggley's strategic cut in that episode of "Forced Entry," millions of viewers didn't receive the key clues that solved the crime. The viewers had no clue, and they went nuts.

The story of the network's "missing clue" blooper was prime time news in print, television and the Internet. In the end, Biggley Masters didn't get fired. The hot shot suit got fired.

- 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.

Don't Know Much About Lawrence's History?

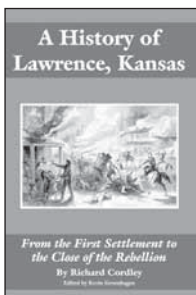
Read Richard Cordley's *A History of Lawrence, Kansas: From the First Settlement to the Close of the Rebellion* (1895)

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DOUGLAS COUNTY STORIES

Glenn Kappelman, civic leader and agent of change

By Brittany Keegan

Glenn Kappelman (1922-2004) left his mark on Lawrence in many ways. After serving in World War II, Kappelman became a realtor and sought political office in Lawrence. As chronicled in the exhibit *Glenn Kappelman: A Life of Service*, on view at the Watkins Museum of History through August 26, he was never elected but found numerous ways to influence change through his civic connections.

In the 1960s, the issue of Fair Housing practices was one of the most visible fights for equality in Lawrence. In this city and across America, real estate agencies, homeowners, and home associations prevented Black families and People of Color from purchasing homes in specific neighborhoods. This national issue had deep local resonance. As a real estate agent, Kappelman sought to understand the protester's position at a time when many realtors and real estate boards were against Fair Housing. Initially resistant to a legally enforced change, he embraced the need for fair housing laws as his understanding of the issue grew.

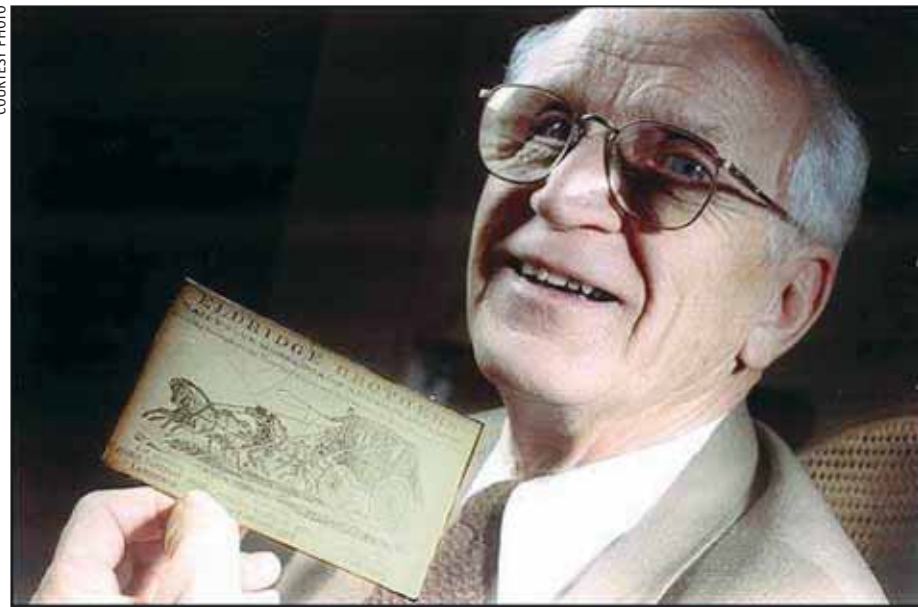
Key in that growth was witnessing the changes brought about when KU adopted a Fair Housing ordinance for students in 1966. The change brought

the widespread discrimination that Black and International students faced into stark reality for the wider community. Seeing the discrimination, Kappelman worked to persuade others of the benefits, both social and economic, of Fair Housing. He became a member of the Lawrence Human Relations Commission and a board member of the Lawrence Fair Housing Coordinating Committee, both key organizations in the passage of Lawrence's Fair Housing Ordinance in 1967.

In the 1970s, the need for a transitional care facility to aid women and families leaving domestic violence situations became apparent as Lawrence women fought for women's rights. Beginning in 1976, the Women's Transitional Care Center grew gradually through the efforts of a dedicated group of Lawrence women. By the 1980s, it grew from a grassroots effort accused in newspapers as an attempt to break families apart, to an essential community institution providing housing and transitional support, including legal counsel and connection to mental health professionals, for women and families.

Glenn Kappelman joined the Care Center's board of directors in 1983, helping to ensure its funding and community connections were stable. During his term on the board, the Care

COURTESY PHOTO



In addition to his many other community roles, Glenn Kappelman was an avid local historian and worked with the Douglas County Historical Society to commemorate Lawrence's heritage.

Center stood with community organizations such as the Ballard Center and the Salvation Army as a local community institution supported by churches and civic groups. Here as in other areas

of civic life, Glenn Kappelman created a lasting legacy of good.

- Brittany Keegan is the Curator of Exhibits and Collections at the Watkins Museum of History.

 An advertisement for Home Instead. It features a photograph of a caregiver in a purple polo shirt with the Home Instead logo, smiling and assisting an elderly man in a wheelchair. The man is holding a white cup. The background shows a kitchen area.

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PAINTING WITH WORDS

I Hear America Singing

Poem: I Hear America Singing

Poet: Walt Whitman

When Whitman learned the printer's trade at the age of 12, he found he loved the printed word and read voraciously. Five years later he was a teacher at a one-room schoolhouse. But in 1841, he turned to journalism, founding a weekly newspaper in Long Island, and later editing a



Tom
Mach

number of New York and Brooklyn newspapers, including the *Brooklyn Daily Eagle*. He left the *Eagle* to edit the *New Orleans Crescent* for three months, and he saw first-hand how African slaves were removed from ships and sold at auctions. This disgusted him and he returned to Brooklyn to co-found a "free soil" newspaper called the *Brooklyn Freeman*, which emphasized the need to recognize and honor the dignity of mankind.

Whitman turned to poetry to express this even further, with the self-publication of 12 untitled poems called *Leaves of Grass*. Instead of writing poems that rhymed, he used "free verse" which did not rhyme, which surprised poets such as Ralph Waldo Emerson. He produced expanded versions of *Leaves*

of *Grass*, which included poems such as "We Hear America Singing." This poem presented to readers an idealized version of life in America and it covers all of our nation, from city to countryside and from inland areas to the oceans. Along the way it shows people having diverse occupations, farmers, shoemakers, boatmen, and housewives. Whitman shows how America is a place where people find fulfillment and joy in honest labor. In summary, everyone participates in creating the American song of freedom, regardless of their gender, location, or occupation.

On July 4, 2022, we celebrate the 246th anniversary of America's independence from Great Britain. What better poem is there that celebrates this than Walt Whitman's "I Hear America Singing?"

Here is Whitman's poem:

I Hear America Singing

By Walt Whitman

*I hear America singing, the varied
carols I hear,*

*Those of mechanics, each one singing
his as it should be blithe and strong,*

*The carpenter singing his as he mea-
sures his plank or beam,*

*The mason singing his as
he makes ready for work,
or leaves off work,*

*The boatman singing
what belongs to him in
his boat, the deckhand
singing on the steamboat
deck,*

*The shoemaker singing
as he sits on his bench,
the hatter singing as he
stands,*

*The wood-cutter's song,
the ploughboy's on his
way in the morning, or at noon inter-
mission or at sundown,*

*The delicious singing of the mother, or
of the young wife at work, or of the girl
sewing or washing,*

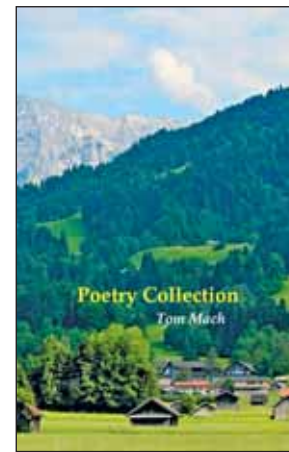
*Each singing what belongs to him or
her and to none else,*

*The day what belongs to the day—
at night the party of young fellows,
robust, friendly,
Singing with open mouths their strong
melodious songs.*

If you enjoyed the poems analyzed in this column, you will also enjoy Tom's latest book, *Collected Poems* by Tom Mach. Many of his poems were previously published and some have even been honored by awards. These poems will give you a lot to think about and they are well worth reading. One of them, called "A Different Season" begins with a person getting older. "I once carried summer in my sandals and winter in my boots." This poem ends

with the person dying: "I hear a gentle voice of welcome and the sweet music of violins and cellos," while another begins with "Love is like a kiss that never ends."

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



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GOREN ON BRIDGE

WITH BOB JONES

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LEGEND AT PLAY

East-West vulnerable, South deals

NORTH

♠ 10 8 7 6 5

♥ 10

♦ K J 5 2

♣ Q 8 4

WEST

♠ Q J 2

♥ 9 8 7 4

♦ 6

♣ K 10 9 5 2

EAST

♠ 9 3

♥ K J 6 5

♦ 10 9 8 7 3

♣ 7 6

SOUTH

♠ A K 4

♥ A Q 3 2

♦ A Q 4

♣ A J 3

The bidding:

SOUTH	WEST	NORTH	EAST
2♣	Pass	2♦	Pass
2NT	Pass	3♥*	Pass
4♣	Pass	4♦	Pass
5♠	Pass	6♠	All pass

*Transfer to spades

Opening lead: Eight of ♥

Any discussion about the greatest bridge player of all time would certainly include Bob Hamman, from Texas. Hamman has won 12 World Championships and has been second

even more often. He was South in today's deal.

Hamman's four-club bid showed a spade fit and a maximum for his previous bidding. North, who had shown nothing with his first two bids, showed some signs of life by bidding four diamonds. Hamman made a general slam try by bidding five spades and North liked his hand enough to accept. Nice auction, but now he has to make it.

The opening heart lead went to East's king and Hamman's ace. Hamman cashed the ace and king of spades and then ruffed a heart. He crossed back to his hand with the ace of diamonds, cashed the queen of hearts to discard a club from dummy, and ruffed his last heart. The hearts had split 4-4, so Hamman began to cash his diamond winners. West could have ruffed anytime he wanted, but he would only have clubs remaining and he did not want to lead one. He was just postponing the inevitable.

Hamman discarded a club from his hand on the last diamond and exited with dummy's last trump. West was forced to win and lead a club away from his king. Nicely done!



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By David L. Hoyt and Jeff Knurek



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

BOGGLE POINT SCALE

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

YOUR BOGGLE RATING

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

Boggle BrainBusters Bonus

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

Find AT LEAST 10 COUNTRIES in the grid of letters.

PUZZLES & GAMES

CROSSWORD

Across

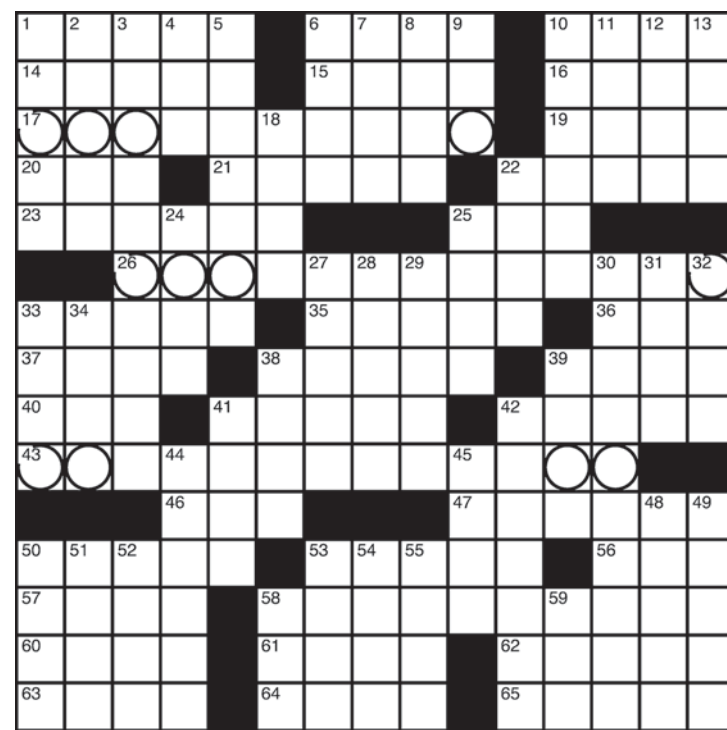
- 1 Some artists' quarters
- 6 Come to a halt
- 10 About, on a memo
- 14 All-__: versatile machine
- 15 Bizet's "Habanera," for one
- 16 Handle roughly
- 17 Holiday bloom
- 19 Sketchbooks
- 20 USO show audience
- 21 All lathered up
- 22 Magical lamp dweller
- 23 Jong and Durance
- 25 Oscar winner Kingsley
- 26 Taft's University of Cincinnati position
- 33 Things sometimes found under a tree
- 35 Wolf cries
- 36 1959 folk hit with the line "Charlie couldn't get off of that train"
- 37 Burden
- 38 Gave out cards

- 39 Animal house
- 40 Time of your life
- 41 Prolonged battle
- 42 Number that's part of a nap
- 43 UPS vehicle
- 46 __ Plains
- 47 Familiarize
- 50 Rice or wheat
- 53 "Dilbert" creator Adams
- 56 Day for voting: Abbr.
- 57 Sleek, in car talk
- 58 Parlor pieces, and a hint to each set of circles
- 60 Dryer trap target
- 61 MLB Tiger, for one
- 62 Artist Max
- 63 Grandson of Adam
- 64 Heap affection (on)
- 65 Continues intensely, as a storm

Down

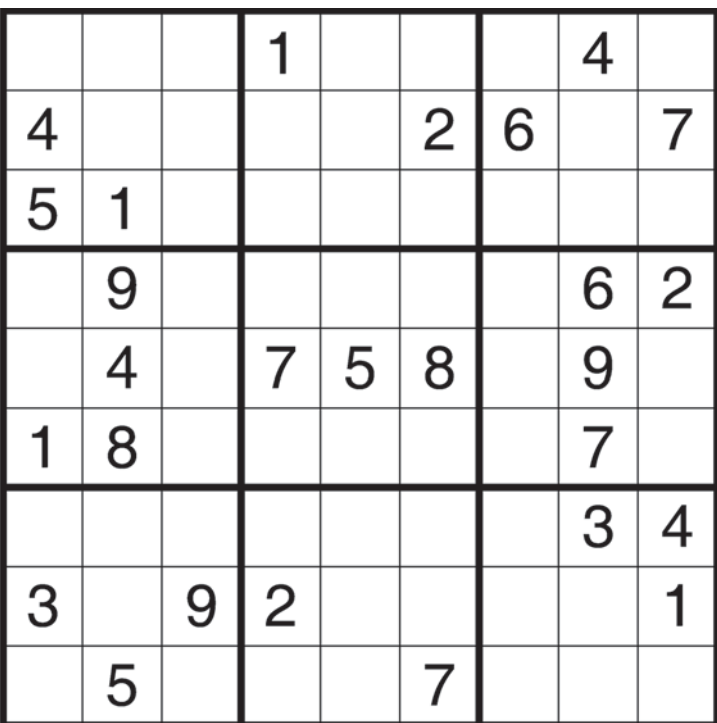
- 1 Feudal lord
- 2 Broadcasting
- 3 Natural gas, coal, etc.

- 4 Atlanta-based station
- 5 Goes up and down
- 6 Pamplona parlor
- 7 Vacation choice
- 8 Like a slippery garage floor
- 9 Remit
- 10 Be about to happen
- 11 Palindromic bread
- 12 Designer Gernreich
- 13 "What __ can I do?"
- 18 Singer Diana
- 22 Hair products
- 24 Lions and tigers
- 25 Lightning flash
- 27 Support the team
- 28 Composer Carmichael
- 29 Young hooter
- 30 Online advertising
- 31 Arguing
- 32 __ a one: none
- 33 Prod
- 34 "Bus Stop" playwright
- 38 Fizzles out
- 39 Centers of activity
- 41 Norse name similar to Stephen
- 42 To a greater degree
- 44 Numbskulls
- 45 Campus cadets' org.
- 48 Care for
- 49 Exams



- 50 __-force winds
- 51 Equestrian's strap
- 52 River of Pisa
- 53 Farm storage unit
- 54 Tech news site
- 55 Shrek, e.g.
- 58 Bundle of cash
- 59 Altar in the sky

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JUMBLE

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

DARAW

RUCNH

THEKCS

LORENL

Check out the new, free JUST JUMBLE app

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

SCRABBLE GRAMS

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RACK 1: I, O, Y, D, S, C, T

RACK 2: A, A, E, I, T, T, G

RACK 3: A, O, Y, Y, T, L, R (3rd Letter Double)

RACK 4: O, O, T, T, S, P, M

RACK 5: A, O, Y, W, H, S, D (Triple Word Score)

PAR SCORE 260-270
BEST SCORE 350

FIVE RACK TOTAL
TIME LIMIT: 25 MIN

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

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

Answers to all puzzles on page 30

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

MY PET WORLD

Traveling with birds whether by car or plane

By Cathy M. Rosenthal

Tribune Content Agency

Dear Cathy: We have four birds—two cockatiels, and two domestic doves. We are snowbirds with a summer house in the north and a winter place in the south, so these little guys go everywhere with us. The birds travel very well with us in the car, but it's a long two-day trip both coming and going. We are both licensed pilots and recently bought a small airplane to make the trip quicker. We are worried about the effect of the loud noise and the high altitudes on the birds. Do you have any words of wisdom? - Monica, Tucson, Arizona

Dear Monica: Your birds should easily adjust to plane travel because they are already so well-traveled via a car. The altitude will be fine. After all, they're birds. But there are things you can do to help them adjust to being a passenger on your flight. Here's my advice, along with some recommendations from my friends at the Parrot Conservation Alliance (PCA) who travel with birds all the time.

First, consider purchasing a travel cage. These cages are often sturdier and have additional locks on the doors and latches on trays to prevent accidental opening during travel. If travel-

ing with a regular cage, secure all doors and trays and consider adding an additional locking mechanism on the door to thwart an especially industrious bird from escaping.

PCA advises removing anything from their cage that has sharp edges or hard parts. Bring along their favorite foods and toys to distract and entertain them. Secure the toys so they won't be jostled around in the cage during the flight.

Once on board the plane, buckle the cage so it can't slide around or go flying into the air if there is a sudden change in altitude. Withhold water until the flight is in progress or use ice cubes in the water dish, but only if you know they know what ice is and are okay with it.

While you can cover the cage to help them rest, not all birds like that, says PCA. You know best if your birds will be less stressed covered or less stressed being able to see what is going on. It's good to bring a cover though for transporting them from the car to the plane and vice versa since airports can be windy places.


During the flight, play their favorite music or sing and talk to them to distract them and keep everything upbeat. Overall, I think your already well-traveled birds will enjoy taking a plane ride.

Dear Cathy: I was appalled by your stance on "rescue" and "adopt" being the same thing. I have been doing adoptions of ferrets for 31 years. The organization takes in ferrets and does adoptions. If anyone were to say they "rescued" the ferret they adopted from us, they would be flogged. There is a clear delineation between rescue, adoption, and purchase. Rescue means someone took the animal from someone giving it up or that the animal was taken from the streets. Adoption means that a person has gone to a facility or to an individual that has taken the animal in and goes through a process to see if they are an acceptable candidate to adopt. They pay a fee and off they go. Purchase means the person has gone either to a breeder or a store and picks out an animal, pays for the animal, and goes home with it. Stores don't check who is purchasing the animal. Most breeders want to know something about you before selling you the animal. So, to expand the definition of any of these terms is wrong on your and anyone else's part. - David, Oceanside, New York

Dear David: While I agree with your definitions, I am willing to accept your public flogging because I think you are missing out on the nuance of the word and the pride it gives to adopters who simply want to be a part of their pet's story. I have worked in animal welfare for 30 years so I understand the effort required to rescue a pet from a hoarder or abusive situation. I am not trying to diminish that work. All your efforts though would be for naught if not for the person who steps up to adopt one of these pets. So, if someone says they "rescued" a pet instead of "adopted" a pet, it tells me that their mindset is on saving pets' lives and that the animal welfare field has done a great job over this last decade connecting rescue work with adoptions.

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

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AMERICA'S TEST KITCHEN

Crispy tostadas topped with beans and veggies make a great lunch or a snack you can share!

By America's Test Kitchen
Tribune Content Agency

Tostadas are crispy, flat corn tortillas sold in the supermarket. They are a great base for lots of quick meals and snacks. In this recipe, they are topped with a flavorful combination of roasted tomatoes and corn plus refried beans. A sprinkling of queso fresco (a crumbly, mild Mexican cheese) adds creaminess and a slight tang, and cilantro brings freshness.

Roasted Corn and Tomato Tostadas

Serves 2 to 4

- 2 1/2 cups cherry tomatoes, cut in half
- 1/2 cup frozen corn
- 1 tablespoon plus 1 teaspoon veg-

- etable oil, measured separately
- 1/2 teaspoon chili powder (optional)
- 1/4 teaspoon salt
- 1/2 cup refried beans
- 4 (6-inch) corn tostadas
- 1/2 cup crumbled queso fresco or feta cheese
- 1/4 cup fresh cilantro leaves

1. Adjust oven rack to lower- middle position and heat oven to 400 degrees.
2. In a medium bowl, stir tomatoes, corn, 1 tablespoon oil, chili powder (if using), and salt until well combined.
3. Spread tomato mixture into a 13-by-9-inch baking dish. Bake until tomatoes are soft, 20 to 25 minutes.
4. Meanwhile, in a small bowl, stir refried beans and remaining 1 teaspoon oil until smooth. Use the back of a small spoon to spread beans evenly



Tostadas are a great base for quick meals and snacks.

over tostadas. Place tostadas on a rimmed baking sheet.

5. Transfer the baking dish to a cooling rack. Use a large spoon to carefully spoon tomato mixture evenly over tostadas. Bake tostadas until the beans are warm, about 5 minutes.

6. Transfer the baking sheet to a cooling rack. Sprinkle with cheese and cilantro. Use a spatula to carefully

transfer tostadas to plates. Serve.

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

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Calendar

■ CONTINUED FROM PAGE 17

available to take photos and chat with. There will also be food available on site for purchase. This event is free and open to the public. Black Jack Battlefield and Nature Park 163 E 2000 Rd.
WELLSVILLE, 785-380-9156

AUG 1

KANSAS AFRO-AMERICAN HISTORICAL & GENEALOGICAL SOCIETY

Learn about African American history and genealogy with guest speakers. August's presentation DNA and Your Family Tree will help you to learn how to connect your DNA matches to your common ancestor. Topeka and Shawnee County Public Library, Virtual Room 02, 5:30-7 p.m.
TOPEKA, 785-580-4400
events.tsopl.org/event

MEETINGS

MONDAYS

GRIEF SUPPORT (VIRTUAL)

Join us for an online grief support group. This

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

FIRST WEDNESDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

SECOND MONDAY OF THE MONTH KLAH FUN LUNCHEON

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

THIRD FRIDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

JUL 11

CAREGIVER SUPPORT MEETING

Being a caregiver can be incredibly stressful. Meet and talk to others in the same situation. For more information call April Maddox at Jayhawk Area Agency on Aging. Topeka and Shawnee County Public Library - Hughes Room 205, 1515 SW 10th Ave., 3:30-4:30 p.m.
TOPEKA, 785-235-1367

JUL 21

CAREGIVER SUPPORT MEETING

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AUG 1

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MISCELLANEOUS

SECOND AND FOURTH THURSDAYS PITCH PALS

Join us for Pitch and fun. We play 10 point pitch, which is a fast-paced, partnership, trick-taking game. The goal is to capture cards representing at least the number of points bid. We will explain "house rules" and assist new players. Wellsville Senior Center, 6 p.m.
WELLSVILLE, 913-314-0819 or 785-248-9470

JUL 8-10

VOTER REGISTRATION

The Shawnee County Election Office will conduct voter registration. Topeka and Shawnee County Public Library, Rotunda - NE Corner, 1515 SW 10th Ave., 9 a.m.-6 p.m.
TOPEKA



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Larry Day's *Day Dreaming* features humorous short stories, which have disparate plots, topics and characters. This book is divided into the following theme sections: Media Marvels, Weird Rich Folks, Clueless, Alien Encounters, Marital Blitz, Hilarious Higher Ed, Home Town Folks, Fairy Tales Redus, Luv a Guvmint. Available at Amazon.com.

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RICK STEVES' EUROPE

Romantic Italy: Amalfi Coast and the Isle of Capri

By Rick Steves

Tribune Content Agency

Along the heights of the Amalfi Coast in Italy, every inch is terraced, connected by steep stony staircases that tempt visitors with twinkling—but treacherous—Mediterranean views. Climbing through terraced orchards of lemon trees, I'm hot and thirsty, fantasizing about fresh-squeezed lemonade.



Rick Steves

And then, just like a fairy tale, I come upon the daughter of a farmer who seems to be waiting for a lost and parched American traveler. She welcomes me to her terrace to join her for a little slicing and squeezing. Then, as if teaching me a very important life skill, she demonstrates how you halve your lemon, stab it with a knife, and then—cupping the fruit with one hand—you wiggle the knife with the other, and watch the juice fill your glass. She adds lots of sugar, gives it a good stir, and hands me a glass of lem-

onade I'll never forget. As I drink, she quizzes me about my journey. It's one of those moments you travel for.

I'm staying in Sorrento, a town wedged on a ledge between the mountains and the sea. An hour south of wild and crazy Naples, Sorrento feels like its opposite: calm and genteel.

Crowding onto the early bus for the ride along the Amalfi Coast, I sit on the right, primed for the big coastal views and bracing myself for one of the Italy's great thrill rides as we make our way to Positano. The trip gives me respect for the engineers who built the road—and even more respect for the bus drivers who drive it. Maybe I'm just hyperventilating, but I'm struck by how the Mediterranean, a sheer 500-foot drop below, twinkles. Cantilevered garages, hotels, and villas cling to the vertical terrain. Exotic sandy coves tease from far below, out of reach.

Early the next morning, riding the 30-minute ferry from Sorrento, I head for the enchanting isle of Capri. I think of the rich and famous who've headed to the same island over the centuries.

Today, Capri is expensive and glitzy—and a world-class tourist trap. Landing on the island, I'm met with a

■ CONTINUED ON PAGE 29

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■ CONTINUED FROM PAGE 28

greedy line of white convertible taxis, eager to sweep me away. Zigzagging up the cliff with the top down, I think that despite its crowds and commercialism, Capri is still flat-out gorgeous. Chalky white limestone cliffs rocket boldly from the shimmering blue and green surf. Strategically positioned gardens, villas, and viewpoints provide stunning vistas of the Sorrentine peninsula, Amalfi Coast, and Mount Vesuvius.

To give my Capri visit an extra dimension, I take the scenic boat trip around the island. It's cheap and comes with good narration. Riding through the pounding waves, I work on my sunburn as we circle the island, marveling at a nonstop parade of staggering cliffs and listening to stories of celebrity-owned villas. There are also some quirky sights: a solar-powered lighthouse, statues atop desolate rocks, and caves in the cliffs with legends reaching back to the time of Emperor Tiberius.

The last stop is the highlight: the fabled Blue Grotto, with its otherworldly azure water. At the mouth of the grotto, a covey of dinghies jockeys to pick up arriving tourists, who need to disembark from their larger transports. The grotto's entrance hole is small, so only these little rowboats can fit through. If the tide's too high or the chop too rough, dinghies can't get in, and visitors are turned back. Nervous that the waves will close it down, I gingerly climb into my dinghy and my raffish rower jostles his way to the tiny entry. He knows enough English to explain to me (jokingly, I think) that if I don't scrunch down below the gunwales, I'll smash my skull on the rock and, as I've already paid, that was no concern of his. Taking a moment to feel the rhythm of the swells and anticipating the instant when the dinghy reaches the low point, he pulls hard and fast on the old chain, and we squeeze—like birthing in reverse—into the grotto.

Inside, it takes my eyes a moment to adjust to the brilliant blue of the cave's water (an effect caused by sun reflecting off the limestone at the bottom). As my man rows me around, singing a little "O Sole Mio," I enjoy the irides-

cent magic of the moment.

Beaches, boutiques, blue grottos, and fresh-squeezed lemonade—it all combines to make clear why, for centuries, holiday-goers have chosen this corner of Italy to make their Mediterranean travel dreams come true.

- Rick Steves (www.ricksteves.com) writes *European guidebooks*, hosts travel shows on public TV and radio, and organizes European tours. This article was adapted from his new book, *For the Love of Europe*. You can email

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Do you qualify for Social Security spouse's benefits?

By Norm Franker

Social Security District Manager in Lawrence, KS

Social Security benefits are a crucial part of millions of Americans' retirement income. If you don't have enough Social Security credits to qualify for benefits on your own record, you may be able to receive benefits on your spouse's record.

To qualify for spouse's benefits, you must be one of the following:

- 62 years of age or older.
- Any age and have in your care a child younger than age 16, or who has a disability and is entitled to receive benefits on your spouse's record.

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If you wait until you reach full retirement age to receive benefits, you'll receive your full spouse's benefit amount, which is up to one-half the amount your spouse can receive. You'll also get your full spouse's benefit if you are under full retirement age, but care for a child and one of the following applies:

- The child is younger than age 16.
- The child has a disability and is entitled to receive benefits on your spouse's record.

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