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June 2022

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Vol. 21, No. 12

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Bonita Yoder:

Bringing joy through ventriloquism.
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Yoder's goal is to be a 'superspreader' of joy

By Billie David

Bonita Yoder's middle name is Joy—literally—and she takes her middle name seriously.

In fact, in this time of COVID, when terms like “superspreader” abound, Yoder uses that word to explain her goal, which is to be a superspreader of happiness through her role as an “edutainer,” one who educates while entertaining.

“I want to be a superspreader of joy,” the Lawrence resident said, and she sees ventriloquism as an excellent way to do that.

Yoder, who is the youngest of five children, grew up in Hesston, Kansas. The daughter of a Mennonite minister, she learned at an early age to adjust her behavior to fit the expectations of the community.

“When I was a child, I was taught to be seen and not heard,” she said of her experience of being a preacher's kid. “When we were invited to a congre-

gant's home for dinner after church, I saw my father poke my mother to indicate that she should stop talking.”

As she grew older, incidents such as this served to convince her that her desire was actually to be seen *and* heard.

When Yoder was about five years old, she attended a family reunion on her mother's side, the Hostetlers. Being a creative family, the Hostetlers enjoyed the tradition of presenting talent shows at their reunions, and her older cousin, Clinton Detweiler, took the stage with a doll named Woody that seemed to talk.

“I was so intrigued,” Yoder said. “I thought that Woody wasn't real, but he seemed real.”

It was through this experience that her passion for ventriloquism took root.

Back home in Hesston, Yoder found a spot by the stairway that went up to her brother's room. It was like a little cubbyhole with a chair, a sink, and a mirror, where she could practice her newfound passion

Yoder practiced by reading newspapers aloud and fmsidireswitching back and forth, reading one line in the voice of the ventriloquist and the next line in another voice for the ventriloquist figure.

But Yoder had to hold her enthusiasm in check during the three years when her family lived in Iowa and where she attended middle school.

“I wanted to learn ventriloquism,

COURTESY PHOTO



Bonita Yoder with Ruby

but we lived in a conservative Amish/Mennonite area and my Aunt Katie thought that it was of the devil,” Yoder explained

So instead, Yoder earned a magic set as a prize for selling seeds door to door,

and she taught herself some magic tricks.

Then, after middle school, Yoder's family moved back to Hesston, and it was there that her father died two

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Kaw Valley Senior Monthly

Kevin L. Groenhagen
Editor and Publisher

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Bonita Yoder

■ CONTINUED FROM PAGE THREE

weeks before her 16th birthday.

After that, Yoder determined not to let anyone else silence her or to put words into her mouth. Coincidentally, it happens that ventriloquism is a convenient vehicle that lets one put words into the ventriloquist figure's mouth so that ventriloquists themselves are not held responsible for what they say.

When Yoder was 16, she visited the local library and checked out a book by Paul Winchell called *Ventriloquism For Fun and Profit*. From this book, she learned skills such as how to distract the audience using animation of the puppet and creating an illusion that the ventriloquist figure is actually the one who is talking.

She also learned through this book how to use her lips, tongue and teeth to hide the fact that it is the ventriloquist who is talking. This is done by holding the teeth together so that the audience doesn't see the tongue moving behind them, but with the lips slightly open so that the sound can get out. This makes it more difficult to make the sound of some consonants, like f, v, b, p and m, but the ventriloquist substitutes other sounds, like th for f and v.

While Yoder practiced what she learned from the book on ventriloquism, she continued with her magic and joined the Wizards of Wichita Magic Club, where she learned more magic to supplement her ventriloquism skills.

Meanwhile, her cousin Clinton Detweiler went on to make ventriloquist

figures for a living and became internationally known in the ventriloquist world.

Closer to home, a man named Foy Brown, who worked for the Lawrence Fire Department, was also making a name for himself by making ventriloquist figures. So, with the excuse of visiting her brother, who was then studying law at the University of Kansas, Yoder used the money she had saved up selling Rawleigh products door to door to buy a figure from Brown. She named the figure Clyde, but he was promptly stolen from her car in Topeka while she was inside a restaurant after a performance.

"I went all over looking for him," Yoder said.

She finally located Clyde 10 years ago, after nearly 35 years of searching. Clyde was discovered in Wichita, having been given to someone as a gift, but that person was not willing to part with him.

Yoder graduated from law school in 1978 and earned a Master of Public Administration degree in 1979. She practiced law and worked in real estate for over 25 years.

Yoder said that during her last year in law school, she was offered a contract to perform in school assembly shows in the Midwest. Her response was, "But Dave, I'm about to get a law degree."

He answered that if she could hold the attention of all those kids, she could hold the attention of a jury, but she turned him down.

"I think he was probably right, but I turned him down. So, the jury is still out!" she said.

Describing herself as a recovering attorney, Yoder still practices a little

law and still manages some real estate, but her focus now is ventriloquism, with the goal of helping people experience joy.

"Humor helps people lighten up and express their inner joy," Yoder said, adding that truth is funnier than anything that anybody can make up.

That's why she advocates that people watch for funny moments and keep a journal of them in much the same way

that some people keep gratitude journals of the things they are thankful for.

"You have a natural place for humor inside of you," Yoder said, comparing it to learning to play a musical instrument. "You have to practice," she continued. "It's a learned skill, and it helps to keep a humor journal."

To this end, Yoder has a website from which she shares a free download of a

■ CONTINUED ON PAGE FIVE



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Bonita Yoder

■ CONTINUED FROM PAGE FOUR

Humor Journal with 10 humor writing prompts. It can be found at <https://joy.funandfunnier.com>.

The benefits of using humor are many, Yoder said, and it leads to more sales and raises, helps build relationships, increases audience retention, lowers stress, and keeps people engaged.

Yoder's list of accomplishments is long. In addition to graduating from the University of Kansas School of Law in 1978 and earning Master of Public Administration degree in 1979, she is a trained mediator certified by the Kansas Supreme Court, has submitted an article on how humor contributes to world peace for a peace anthology that is currently in its editing phase, and has also published an award-winning book called *The Heart and Soul of Real Estate*. In addition, she was a contributing author to four editions of The Community Book Project, and she is a former syndicated magazine columnist

and has contributed to other publications. Yoder is a former president of the Lawrence Toastmasters Club, and a graduate of the National Speakers Association Speakers Academy (Colorado chapter).

Yoder was also the creator and former producer and interview host of Heart to Heart (an area television show), and has presented numerous magic and ventriloquism shows. She is currently writing a book for speakers on how to incorporate humor into their presentations.

Yoder, who calls herself a "court jester," continues to spread joy and humor through speaking, edutainment and magic, and can be reached at Bonitajoyspeaker@gmail.com. She also has a YouTube channel under her name.



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Prairie Commons is 'more like a neighborhood'

By Billie David

Ai L Hunter, who is Prairie Commons' new community manager, says that in her new position, she has found Prairie Commons to be a hidden gem, and she hopes that more seniors will discover its many facets.

Hunter's new job includes managing upkeep and follow-up with residents.

"I make sure I meet as many residents as possible," she said. "I feel that it is really important. I love being able to connect with people every day."

Her goals include being informative and helpful, and providing information that helps people make good decisions, she added.

Hunter, who started her new position on February 15 of this year, said that one of her objectives is to develop a better awareness among Lawrence seniors of the amenities Prairie Commons provides.

"It's not just a retirement community," she said, explaining that with apartments available to people aged 55 and older, one of its advantages is location, because it has easy access to Highway 40 and I-70, making it especially convenient for commuters.

Prairie Commons is located at 5121 Congressional Circle in Lawrence, just off Sixth Street, and residents will find that it is located in a place with easy

access to shopping and dining.

"It's in walking distance to Walmart and Dillons," Hunter said, adding that it is also near Theater Lawrence, Rock Chalk Park, DeVictor Park, and several dining establishments, including Starbucks and Six Mile Chop House.

"It's really a wonderful place to live," Hunter said, noting that the establishment is more like a neighborhood than a residence.

One of the things Hunter said that has made Prairie Commons a success during the 20-plus years it has been in Lawrence is that it is a member of the Yarco apartment communities.

"Yarco really knows how to run communities," Hunter said, adding that the company is methodical in managing their communities and are willing to make adjustments when needed.

"They are family owned and operated, and they put family first. The residents and myself aren't just numbers. We all have value as people," she explained.

Yarco, which will celebrate 100 years in business next April, is based in Kansas and was started by two brothers-in-law named Norman Yarmo and Harry Cohn, who combined their last names to form the name Yarco.

Prairie Commons offers one- and two-bedroom apartments, and is pet friendly, allowing cats and dogs 30

COURTESY PHOTO



Prairie Commons is located near I-70 and Highway 40

pounds or under. Among its features are spacious living areas, storage space, and a private patio/balcony. Other attributes include central air, off-street parking, library, picnic area, fit-

ness room, clubhouse, laundry facility, elevator access, and controlled entry.

"The landscaping is breathtaking," Hunter said.

■ CONTINUED ON PAGE SEVEN

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Prairie Commons

■ CONTINUED FROM PAGE SIX

Prairie Commons also offers activities such as card game nights, bingo nights, crafts, bookmobile visits, and KU basketball watching parties—which, unfortunately, had to be suspended during the recent KU championship game due to COVID restrictions.

In addition, Prairie Commons offers a once-a-week valet trash service, so that residents can leave their trash outside their doors on those days, and it will be picked up. Transportation is also available two days a month, and they hope to expand that in the future.

Hunter, who moved to Lawrence from Ottawa, Kansas, spent the first 10 years of her life in Seoul, South Korea—her father served in the U.S. Army—before the family moved to Fort Benning, Georgia.

Hunter attended Georgia State University, where she earned degrees in Network Engineering and Business Studies, and after graduating, she

worked at American Eagle Outfitters in Pennsylvania.

When the American Eagle Outfitters distribution center in Pennsylvania closed, the family moved to Ottawa to work at the American Eagle Outfitters distribution center there.

Hunter and her husband then set about looking for a good place to raise their family, which now includes two boys, aged 12 and three.

“I think Lawrence is absolutely adorable,” she said of their decision to

locate here.

More information about Prairie Com-

mons can be found on their website at www.liveatprairiecommons.com.



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SAVVY SENIOR

How to Choose a Medicare Supplemental (Medigap) Policy

By Jim Miller

Dear Savvy Senior: I'm planning to enroll in original Medicare in a few months and have been told I probably need to get a Medicare supplemental policy too. Can you offer any tips on selecting one? - Almost 65

insurance) too is a smart idea because it will help pay for things that aren't covered by Medicare like copayments, coinsurance and the Part A deductible. Here are some tips to help you choose an appropriate plan.

Medigap Plans

In all but three states (Massachusetts, Minnesota, and Wisconsin), Medigap

plans, which are sold by private health insurers, are available to new enrollees in eight different standardized plans. These plans are labeled with the letters A, B, D, G, K, L, M and N, with two more, C and F, that are only available to those eligible for Medicare before 2020.

Plan G is the most popular policy among new enrollees because it covers the most comprehensive range of benefits. Monthly premiums for Plan G typically range between \$100 and \$300, depending on your age and the state you reside in. If that's more than you're willing to pay, there are also high-deductible plans that have lower premiums but impose higher out-of-pocket costs.

For more information on the different types of plans and coverage details, including Medigap options in Massachusetts, Minnesota, and Wisconsin, go to [Medicare.gov/publications](https://www.Medicare.gov/publications) and type in "choosing a medigap policy" in the Keyword box, and download their 2022 guide. Or call 1-800-MEDICARE and ask them to mail you a copy.

How to Choose

To pick a Medigap policy that works best for you, consider your health, family medical history and your budget. The differences among plans can be small and rather confusing.

To help you choose, visit [Medicare.gov/medigap-supplemental-insurance-](https://www.Medicare.gov/medigap-supplemental-insurance-)

■ CONTINUED ON PAGE NINE



Dear Almost: If you're enrolling in original Medicare, getting a supplemental policy (also known as Medigap



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■ CONTINUED FROM PAGE EIGHT

plans and type in your ZIP code. This will give you a list of the plans available in your area, their price ranges and the names, and contact information of companies that sell them. But to get specific pricing information, you'll need to contact the carriers directly or call your State Health Insurance Assistance Program. See ShipHelp.org or call 877-839-2675 for contact information.

Since all Medigap policies with the same letter must cover the exact same benefits (it's required by law), you should shop for the cheapest policy.

You'll get the best price if you sign up within six months after enrolling in Medicare Part B. During this open-enrollment period, an insurer cannot refuse to sell you a policy or charge you more because of your health.

You also need to be aware of the pricing methods, which will affect your costs. Medigap policies are usually sold as either: "community-rated" where everyone in an area is charged the same premium regardless of age; "issue-age-rated" that is based on your age when you buy the policy, but will only increase due to inflation, not age; and "attained-age-rated," that starts premiums low but increases as you age. Community-rate and issue-age-rated policies are the best options because they will save you money in the long run.

You can buy the plan directly from an insurance company, or you can work with a reputable insurance broker.

Drug Coverage

You also need to know that Medigap policies do not cover prescription drugs, so if you don't have drug coverage, you'll need to buy a separate Medicare Part D drug plan too. See Medicare.gov/plan-compare to compare plans. Also note that Medigap plans do not cover vision, dental care, hearing aids or long-term care.

Alternative Option

Instead of getting original Medicare, plus a Medigap policy and a separate Part D drug plan, you could sign up for a Medicare Advantage plan (see medicare.gov/plan-compare) that provides all-in-one coverage. These plans, which are sold by insurance companies, are generally available through HMOs and PPOs that require you to get your care within a network of doctors.

- 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

Brain aneurysms don't always require treatment

By William (Chris) Fox, M.D.

Mayo Foundation for Medical Education and Research Mayo Clinic

DEAR MAYO CLINIC: My father had a fall recently. After a CT of his head, he was diagnosed with a brain aneurysm. What is a brain aneurysm, and how is it treated? Am I at risk for a brain aneurysm?

ANSWER: A brain aneurysm is an outpouching of an artery in the brain that develops due to thinning of the blood vessel wall. A brain aneurysm that bursts, or ruptures, causes a serious medical emergency.

Studies indicate that 35,000 to 40,000 brain aneurysms rupture each year in the U.S. Based on population studies that suggest that up to 2% of people in the U.S. may have a brain aneurysm, approximately 1% of these patients experience a rupture each year.

However, many aneurysms do not rupture, and some unruptured aneurysms do not require treatment. Many people, like your father, find out about an aneurysm only after obtaining a brain scan for something else. It is common for health care professionals who treat brain aneurysms to see patients after an unrelated scan reveals an incidental aneurysm.

Cigarette smoking and high blood pressure can increase a person's risk for having a brain aneurysm. Genetics also likely contribute. People who have two or more members of their family with a history of a brain aneurysm have an increased risk of developing a brain aneurysm.

Most unruptured brain aneurysms don't cause symptoms. Rarely, an aneurysm will push on brain tissue or a nerve, causing pain, double vision, loss of vision, facial weakness or numbness, or unsteadiness. In patients with headaches and a brain aneurysm, these may or may not improve after treatment.

Typically, an unruptured brain aneurysm is discovered on a CT or MRI brain scan that is performed for unrelated reasons. A specialized brain CT called a CT angiogram or a specialized brain MRI called a magnetic resonance angiogram can be used to look at the aneurysm in more detail. For some brain aneurysms, a minimally invasive procedure called a cerebral angiogram may be recommended to obtain views of the aneurysm and surrounding blood vessels in the highest resolution. These views guide treatment decisions.

When an unruptured aneurysm is found, the risk of the aneurysm rupturing without treatment should be weighed against the risks of treatment. This treatment decision is highly individualized and depends on patient factors and the specifics of the aneurysm.

A ruptured brain aneurysm leads to a serious type of stroke called subarachnoid hemorrhage, which involves bleeding over the surface and into deeper parts of the brain. These strokes can quickly become life-threatening if not treated promptly. The most common symptom of a ruptured brain aneurysm is a sudden-onset and severe headache, often described as "the worst headache of my life." This may or may not be associated with other neurologic symptoms, including reduced level of consciousness. A health care professional should promptly evaluate symptoms like these.

Several factors should be considered when assessing risks of an individual aneurysm and deciding about treatment. The risk of rupture is higher for larger aneurysms. In general, aneurysms in the front of the brain have lower risk for rupture than those in the back. An aneurysm's appearance affects the treatment decision too. Family medical history needs to be considered, as does age and overall health.

Small, unruptured aneurysms, par-

ticularly in the front of the brain, are sometimes safely left alone, particularly in older patients and those without a family history of aneurysm rupture or other risk factors such as uncontrolled high blood pressure. If the decision is made to manage the aneurysm without surgery or other intervention, periodic follow-up brain imaging typically is recommended to make sure the aneurysm is not changing.

If the decision is made to treat an unruptured aneurysm, options usually include surgical clipping or endovascular coiling.

During surgical clipping, after removing a small portion of skull and gently expanding natural spaces in the brain, a neurosurgeon places a small titanium clip across the base of the aneurysm to stop blood from flowing into it. The portion of skull is subsequently replaced.

With endovascular coiling, a neuroendovascular surgeon inserts a hollow plastic tube, or catheter, into an artery through the wrist or groin, and guides it to the aneurysm using X-rays and contrast dye. A tiny platinum wire is passed through the catheter and into the aneurysm. The wire coils inside the aneurysm, plugging it and causing blood to clot inside the aneurysm. This seals off the aneurysm from the artery.

Other endovascular techniques may be necessary for some aneurysms, including placement of specialized stents in blood vessels near the aneurysm. Both techniques have advantages and disadvantages, and it is important

to discuss these with your health care professional.

Regardless of whether an unruptured brain aneurysm is treated, controlling blood pressure and quitting smoking are important ways to lower the risk of aneurysm growth and rupture.

When determining how to deal with an unruptured brain aneurysm, find a health care team that includes a neurologist, neuroradiologist and neurosurgeon with expertise in aneurysm treatment. A collaborative team will be able to offer all management options, and this generally leads to optimal outcomes.


Also, once you learn more about your father's condition, your health care team can guide you as far as appropriate screening for you and other family members. An annual CT or MRI may be recommended, but modifying lifestyle choices and being aware of your risk may be all that is necessary today.

With the help of these experts, patients can carefully consider their options and decide what is best for them. -- William (Chris) Fox, M.D., Neurosurgery, Mayo Clinic, Jacksonville, Florida

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

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Dr.
Deena
Beneda

What exactly happens when your body attacks an allergy? Your immune system will identify and kill foreign things in the body. This benefits the human body because it protects us from harmful bacteria, viruses, parasites, yeast, and other potentially harmful substances. But in the case of environmental allergies, your immune system overreacts to a pathogen or particle, such as animal dander or tree pollen, with full power. It produces severe inflammation and allergic symptoms, such as itchy and watery eyes, etc. If you are one of the million Americans or others worldwide who suffer from

environmental allergies, take comfort in that you are not alone. There are natural ways to treat allergies.

There are plenty of medications to choose from when treating environmental allergies, including pharmaceuticals to natural allergy medications. Pharmaceutical allergy medications are widespread, but they can cause side effects, including making you feel tired and drowsy, or the complete opposite, wired and hyper. Because of the side effects of pharmaceutical medicines, people often will look for natural alternatives to treating allergies.

Natural ways to treat allergies include herbal remedies, vitamins and minerals, homeopathy, essential oils, and acupuncture. In severe cases, some patients will even receive intravenous vitamin therapy to boost their immune system and deal with the effects of environmental allergies.

Herbal remedies could start with Eucalyptus. Eucalyptus is one of the best known cold and congestion remedies. Eyebright is often used as an eyewash or can be used in a cold compress to treat sore and itchy eyes. Traditional Chinese medicines have been used for thousands of years, including mushrooms, especially the Reishi Mushroom, to treat many conditions, including allergies. Stinging Nettles,

or *Urtica dioica*, is one of the most popular medicinal plants to treat allergies. Stinging nettles contain natural antihistamines that open up the constricted bronchial and nasal passages and reduce inflammation. Butterbur is sometimes has been called the Singulair of the herbal kingdom. The research behind Butterbur supports that it works to block some of the chemicals that trigger swelling in the nasal passages. Some researchers boldly state that extracts of butterbur root are just as effective at relieving nasal symptoms as the major antihistamines like Zyrtec or Allegra. But the advantage of Butterbur is that it does not cause the side effects, such as drowsiness. Other

herbs include ginger, peppermint, fennel, and cinnamon.

Some allergy sufferers will use essential oils to help loosen the sinus and chest congestion and help promote circulation. Quercetin, a plant pigment, is an antioxidant and anti-inflammatory found in wine. Many fruits and vegetables also have been used to treat allergies. Whatever natural remedy you choose to use to treat your environmental allergies, always check with your health care provider to ensure it is a safe treatment plan.

- 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

Trusted expertise leads surgeon's father to OrthoKansas for care

By Autumn Bishop

LMH Health

The pain in Rolla Goodyear's shoulders had been bothering him for more than 20 years. Having been diagnosed with arthritis in his late 30s, his limited range of motion, coupled with the pain, was keeping him from doing some of the things he wanted to do.

that involved doing anything above my head. Putting on a button up shirt or a coat was next to impossible," he said. "I couldn't do the things I wanted to do."

Fortunately, Rolla was able to turn to someone close that he trusted to give him the best advice possible. He shared his symptoms with his son, Adam Goodyear, MD, an orthopedic surgeon at OrthoKansas.

"The providers in our group provide the highest-quality orthopedic and musculoskeletal care in the region," Dr. Goodyear said. "Having partners that you trust to provide this level of care for your family members is a comforting feeling, so I knew that recommending Dr. Stull for my dad's care was the right thing."

Based on that recommendation, Rolla sought out orthopedic surgeon Douglass Stull, MD, at OrthoKansas (who he affectionately calls Dr. Doug) for an assessment. Dr. Stull said that a physical examination and imaging showed that Rolla's shoulders were about the worst he'd ever seen.

"One of the things I look for when determining when to recommend a shoulder replacement is how much bone the patient has left to work with. The shoulder doesn't have as much bone as the hip or knee because the socket is relatively small," Dr. Stull said. "You can't build a house on a

COURTESY PHOTO



Rolla and Lisa Goodyear

bed of sand. You've got to have a good foundation and Rolla's wasn't good."

In addition to the pain and bone loss in the joint, Dr. Stull also looked at the range of motion in Rolla's shoulders. His limited range resulted in functional deficits for the simple activities of daily living such as getting dressed or brushing his hair or teeth, combined with his other symptoms led Dr. Stull to recommend a shoulder replacement in short order. Though it wasn't ideal, Rolla waited four more years before scheduling his surgery.

"The pain wasn't constant and I could control it, so I just kept putting it off. In 2021, I just didn't want to live with the pain anymore. I went back to see Dr. Doug and when he saw the X-rays, my shoulders had gotten much worse," he said.

Replacing the shoulder

Based on the continued deterioration of the joint, Dr. Stull scheduled Rolla for a reverse total shoulder arthroplasty. This surgery is for people who have advanced shoulder arthritis and whose rotator cuff is either torn beyond repair or doesn't work for some other reason. Reverse shoulder replacement has a socket where the humeral head (ball) is normally located and a ball where the glenoid (socket) is normally located. A stem is placed into the shaft of the humerus and then a plastic socket is secured on top. A metal base plate secured by screws is placed into the glenoid and a metal alloy ball secured to the plate.

"When a patient chooses to have surgery on their dominant shoulder

■ CONTINUED ON PAGE 13

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OrthoKansas

■ CONTINUED FROM PAGE 12

first, it's because it hurts more and they want to regain its use as soon as they can. Rolla chose to have his left shoulder replaced first, even though he's right-handed. His thinking was that if something didn't go the way he expected, his dominant side wouldn't be impacted," Dr. Stull said.

After the decision was made to operate on his left shoulder, Rolla's surgery was scheduled. It took place at the LMH Health Main Campus in January 2022.

"I told Dr. Doug that I trusted him. I said, 'Surgeries aren't always perfect and things can go wrong, but I trust you to do the best you can and I'll leave the healing up to God.' I think I caught him a little off guard," he chuckled.

The surgery went well, though it was made more difficult than others that Dr. Stull had performed due to Rolla's extensive bone loss and anatomy.

"The surgery was like a wrestling match because of the difficulty we had getting to the socket and exposing the joint," he explained. "When there's a difficult exposure, the patient's post-operative pain is going to be worse because we do more retracting and that causes trauma. You're foolhardy if you don't expect to have real pain after surgery for two to three days, but there's a difference. They don't experience the arthritic pain that's been so bad for so long and they're excited when that's gone."

Rolla said immediately following the surgery, Leighton Miller, a nurse practitioner at OrthoKansas, came to see him, followed by Dr. Stull. They said that while the surgery was difficult, it was easier than they'd anticipated. He spent the night in the hospital and was discharged the next afternoon.

His first follow-up appointment at

OrthoKansas was the week after surgery. Five weeks out, Rolla returned to the clinic and also had an appointment with occupational therapist Carol Ryan. They were all very pleased with his progress.

"Carol took measurements, had me perform some movement and her eyes were huge. She said that I was farther along and in better shape than some patients she's seen who were a year out from their surgery," Rolla explained. "She gave me some things to do to improve my range of motion and told me to come back a couple weeks later for some strengthening exercises."

Dr. Stull shared a bright prognosis for Rolla's shoulder replacement, with a functional shoulder that's 90 to 100 percent pain-free. The replacement should last for 15 to 20 years, putting Rolla well into his golden years.

"I'm excited to see Rolla get back to the quality of life he had before his symptoms caused it to deteriorate. While he'll still have restrictions—I wouldn't recommend any competitive weightlifting—that shoulder will provide a much more pain-free future," he said.

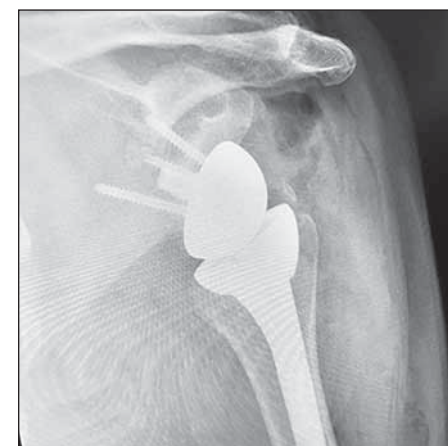
Trusting LMH Health to care for your loved ones

Treating and operating on any patient weighs on a surgeon, but when that patient is part of the OrthoKansas family, the responsibility feels that much greater.

"Any time a partner trusts you with themselves or their family members, it means the world. There's no better compliment I could receive," Dr. Stull shared.

Having been a first-hand witness to his impeccable clinical skills, Dr. Goodyear didn't have any qualms about recommending Dr. Stull's care for his father. He knew it was the right fit.

"I'm amazed every day with the quality of care that all of my partners provide. I now have that experience as a patient's family member which just



Pre-surgical (left) and post-surgical (right) x-rays of Rolla's left shoulder. His right shoulder will be replaced at a later date.

solidified how great this group is," Dr. Goodyear said. "If you're taken care of at OrthoKansas, you can rest assured that we'll use each and every one of the providers' expertise to treat your musculoskeletal problem. I'm not sure there's any more powerful endorsement than a surgeon having a family member operated on by one of their partners."

While it will be necessary for Rolla to have both shoulders replaced, the surgery can only be performed on one shoulder at a time. Dr. Stull shared that in his experience that means at least a three month wait between procedures.

"Some patients want to have their second shoulder replacement done at the six-week mark. I tell them that as soon as they can successfully perform all the activities of daily living, we'll

be ready to do the other one," he said.

When it's time for that second surgery, Rolla plans to return to Dr. Stull for care. He knows that the team at OrthoKansas is committed to improving the quality of life for their patients.

"From my observation and experience with care, LMH Health and OrthoKansas are committed to providing the best healthcare in northeast Kansas," he said. "The commitment to care and excellence from everyone from the nurses, staff, administration—even the lab staff who administered my COVID test prior to surgery - it can't be topped anywhere at all in the region. They're all at the top of their game."

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

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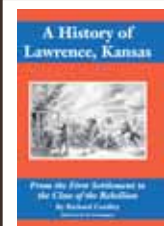
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The History of Lawrence, Kansas

by Richard Cordley

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

JILL ON MONEY

Can curves predict recessions?

Over a year ago, hopes were high for a post-pandemic surge in activity, encouraging economists and optimistic investors to wager that the U.S. was entering a NEW Roaring Twenties.

“What a difference a year makes,” says Neil Shearing of Capital Economics. “The narrative has now flipped as concerns about recession have spread,” prompting Shearing to ponder: “Is this latest story any more convincing than last year’s?”



Jill
Schlesinger

Given that the U.S. economy contracted at a 1.4% annual pace in the first quarter and as the Federal Reserve continues its inflation-fighting rate hike strategy, there have been heightened concerns about a potential recession and how the relationships between bonds are predicting just that outcome.

A yield curve inversion is the unusual market condition when it costs more to borrow in the short term than the longer term.

Typically, it should be cheaper to borrow for shorter periods than longer ones, because lots of things can happen in the future. That’s why bond buyers

(lenders) usually demand higher rates to compensate for the additional risk of longer terms. So, in most cases when you buy a 10-year bond, the interest rate is higher than when you buy a two-year one.

But when short-term interest rates are higher than long-term rates, the yield curve inverts—meaning that it slopes downward, which is what has recently occurred.

Tea-leaf readers think that the inversion means that investors are worried that the Fed will not be able to thread the needle of increasing rates without throwing the economy into a recession. So, they dump short-dated government bonds and load up on the longer-dated ones. The thinking is that the Fed will raise rates for the next couple of years and then will be forced to do a 180, after the economy slows.

Historically when the relationship between two- and ten-year government bonds inverts and stays that way for three to six months, it can presage a recession.

Shearing points out that “the curve has inverted ahead of every recession in the U.S. over the past 50 years, with only one false positive (in 1998). It’s therefore about as good a recession indicator as we’re going to get. Ignoring the yield curve means betting against history.”

But inversions may not always be the Magic 8-Ball, when it comes to recessions.

For example, the curve inverted in 2019, but it would seem far-fetched to attach the outcome of a once-in-century pandemic-induced recession to that inversion.

What’s more likely is that in 2019, bond investors got a little spooked about the future. Had the two-month COVID recession not occurred, we may have used 2019 as proof that the inversion/recession link was broken.

Additionally, the Fed’s big bond buying campaigns over the past dozen years may be distorting the yield curve, which means the inversion “may have lost some of its predictive power,” says Shearing.

But this inversion perversion underscores just how spooked we are about recessions in general. While nobody wants to see a return to high unemployment and human suffering, recessions are natural occurrences of the economic cycle. Sometimes the contraction and subsequent recovery last a long time (the Great Recession) and sometimes the damage is deep, but the length is short (the COVID Recession).

So far, there are signs of a slow-

down, as high inflation and rising rates eat into corporate profits and personal spending, putting inversion-adherents and Fed watchers on high alert.

“The challenge will be for the Fed to cool domestic demand without sending too much of a chill through the labor market,” says Grant Thornton Chief Economist Diane Swonk. “Getting policy ‘just right’ is no easy feat. Goldilocks only exists in fairy tales.”

- 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 investors can – and can't – control

As an investor, you can easily feel frustrated to see short-term drops in your investment statements. But while you cannot control the market, you may find it helpful to review the factors you can control.



Derek
Osborn

Many forces affect the financial markets, including geopolitical events, corporate profits and interest rate movements—forces beyond the control of most individual investors.

In any case, it's important to focus on the things you *can* control, such as these:

- **Your ability to define your goals** – One area in which you have total control is your ability to define your goals. Like most people, you probably have short-term goals—such as saving for a new car or a dream vacation—and long-term ones, such as a comfortable retirement. Once you identify your goals and estimate how much they will cost, you can create an investment strategy to help achieve them. Over time, some of your personal circumstances will likely change, so you'll want to review your time horizon and risk tolerance on a regular basis, adjusting your strategy when appropriate. And the same is true for your goals—they may evolve over time, requiring new responses from you in how you invest.

- **Your response to market downturns** – When the market drops and the value of your investments declines, you might be tempted to take immediate action in an effort to stop the losses. This is understandable—after all, your investment results can have a big impact on your future. However, acting hastily could work against you—for

example, you could sell investments that still have solid fundamentals and are still appropriate for your needs. If you can avoid decisions based on short-term events, you may help yourself in the long run.

- **Your commitment to investing** – The financial markets are almost always in flux, and their movements are hard to predict. If you can continue investing in all markets – good, bad or sideways—you will likely make much better progress toward your goals than if you periodically were to take a “time out.” Many people head to the investment sidelines when the market tumbles, only to miss out on the beginnings of the next rally. And by steadily investing, you will increase the number of shares you own in your investments—and the larger your ownership stake, the greater your opportunities for building wealth.

- **Your portfolio's level of diversification** – While diversification itself can't guarantee profits or protect against all losses, it can help greatly reduce the impact of market volatility on your portfolio. Just how you diversify your investments depends on several factors, but the general principle of maintaining a diversified portfolio should govern your approach to investing. It's a good idea to periodically review your portfolio to ensure it's still properly diversified.

The world will always be filled with unpredictable, uncontrollable events, and many of them will affect the financial markets to one degree or another. But within your own investment world, you always have a great deal of control—and with it, you have the power to keep moving toward all your important financial objectives.

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



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SENIOR CALENDAR

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

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

ARTS & CRAFTS

FIRST FRIDAY OF THE MONTH

ARTSCONNECT FIRST FRIDAY ARTWALK

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

LAWRENCE, 785-842-3883

unmistakablylawrence.com

JUN 4 & 5

MULVANE ART FAIR

The annual Mulvane Art Fair features artists from the Midwest region, as well as food, music and a children's art making tent. Located on the Washburn University campus, the art fair is a great way to spend a summer day with family or friends. Browse the 80+ artists' booths and take home your favorites. Mulvane Art Museum, 1700 SW Jewell, 10 a.m.-5 p.m. Fee. Free admittance for children under 12.

TOPEKA, 785-670-1124

mulvaneartmuseum.org/artfair

EDUCATION

JUN 2

FORT LEAVENWORTH: ETHAN RAFUSE: "HYBRID WAR IN THE SHENANDOAH IN 1864"

Defense analysts have identified the emergence of "hybrid warfare" as a compelling threat to American national security and declared it one of the more notable developments of the first decade of the 21st century. Of course, while the label may be new, hybrid warfare is not new in the human experience. This talk will discuss Union operations in the Shenandoah Valley in 1864, using it as a case study of a specific campaign in the Civil War where both conventional and unconventional operations were significant factors. It examines Sheridan's efforts, the particular dynamics and challenges he confronted, and the factors that enabled him to prevail. Robert J. Dole Institute of Politics, 2350 Petefish Dr., 3-5 p.m. Free. Hybrid event.

LAWRENCE, 785-864-4900

doleinstitute.org/calendar

JUN 6

NEW TO MEDICARE

Get Medicare advice from Jayhawk Area Agency on Aging. Topeka and Shawnee County Public Library - Learning Center, 1515 SW 10th Ave., 1-2 p.m. Register online.

TOPEKA, 785-580-4400

events.tscpl.org/events

JUN 11

NATIVE PLANTS & THE HUMAN CONNECTION

Humans and native plants have a long history together—and a long future. Join us for a conversation about the role of native landscapes in local ecologies and agriculture, spiritual practices, craft-making, and more throughout time. Local experts will speak to these themes in a panel discussion and lead hands-on sensory and advocacy workshops. Food and drink will be provided (with some native ingredients!), and bring a blanket or chairs for the lawn. Lawrence Public Library, 707 Vermont St., 30-5 p.m. Register online.

LAWRENCE, 785-843-3833

lawrence.bibliocommons.com/events

JUN 13

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., 6-7 p.m. Register online.

TOPEKA, 785-580-4400

events.tscpl.org/events

JUN 20

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 - Learning Center, 1515 SW 10th Ave., 1-2 p.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. Free. Hybrid event.

LAWRENCE, 785-864-4900

doleinstitute.org/calendar

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

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

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

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

topekabluesociety.org/sokbf-2022-lineup

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

■ CONTINUED FROM PAGE 16

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

JUN 4

BLACK JACK BATTLE - 166TH ANNIVERSARY COMMEMORATION

The commemoration of the 166th Anniversary of the battle that was fought on June 2, 1856. Visit the Black Jack Battlefield and Nature Park for a reenactment of the battle from 2-4 p.m., live music at 4:30 p.m., followed by games of black jack and poker. John Brown and other reenactors will be available to take photos and chat with. There will also be food available on site for purchase. Black Jack Battlefield and Nature Park 163 E 2000 Road, 2-7 p.m. Free.

WELLSVILLE, 785-380-9156

blackjackbattlefield.org

JUN 23

ELLIS ISLAND WEDDINGS

Topeka Genealogical Society Monthly Meeting. Kathryn Viggallis explores the history of arranged marriages to immigrant picture brides and the role marriage played as a cultural and legal institution in the United States between 1900 and 1950. Topeka and Shawnee County Public Library - Marvin Auditorium 101BC, Virtual Room 02, 1515 SW 10th Ave., 7-8:30 p.m. Register online.

TOPEKA, 785-580-4400

events.tscpl.org/events

MEETINGS

MONDAYS

GRIEF SUPPORT (VIRTUAL)

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

TOPEKA, 785-232-2044

FIRST WEDNESDAY OF THE MONTH

CAREGIVER SUPPORT GROUP

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

BALDWIN CITY

SECOND MONDAY OF THE MONTH

KLAH FUN LUNCHEON

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

LAWRENCE, 785-294-5867

THIRD FRIDAY OF THE MONTH

CAREGIVER SUPPORT GROUP

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

TOPEKA, 785-235-1367

JUN 6

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., 2-3 p.m.

TOPEKA, 785-235-1367

JUN 13

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

JUN 16

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., 2-3 p.m.

TOPEKA, 785-235-1367

MISCELLANEOUS

SECOND AND FOURTH THURSDAYS

PITCH PALS

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

WELLSVILLE, 913-314-0819 or 785-248-9470

TOURS

JUN 2

DAWN TOUR OF BLACK JACK BATTLEFIELD

There will be a guided tour of the Black Jack Battlefield on the date and at the time that the battle occurred 166 years earlier. Visitors should arrive not later than 4:45 a.m. that morning, consider bringing a flashlight, and wear appropriate clothing and footwear for hiking. This event is free and open to the public. Black Jack Battlefield and Nature Park 163 E 2000 Road.

WELLSVILLE, 785-380-9156

blackjackbattlefield.org

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citizen who would
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HUMOR HOTEL

My new meal plan includes a thesaurus

By Greg Schwem

Tribune Content Agency

I am currently on the “adjective” diet, meaning I will swallow anything that describes how I want my body to look.

It’s not the first time I have tried to obtain a better shape via attractive sounding nutritional titles. I strode into a vitamin store recently and walked out with something called “Serious Mass.” It’s a product that, judging by the physiques of other guys buying it, would make my neck the size of my thighs.

Perhaps the product worked for them. For me, it should have been titled “No Mass. Seriously.”

Next up was “Joint Mobility,” a supplement that, according to its manufacturer’s website, prevents inflammation that can result in “unwanted pain, stiffness, cracking, or even popping joints.”

Sadly, those cracks and pops persisted although I felt very mobile when making my way to the couch.

Have I learned my lesson? No, as evidenced by an initial trip to a local smoothie store, where a whole new batch of enticing and promising verbiage awaited me.

I have never been a fan of smoothies, particularly as a substitute for actual food. If I am going to drink my

lunch, I want to feel as full as if I had just exited McDonald’s after polishing off a double quarter pounder with cheese and large fries. This has never happened. One time it didn’t happen because I spit out the entire contents after seeing my receipt. Who knew something called “Acai” would require a second trip to the ATM?

Nevertheless, smoothie stores and juice bars now occupy most of the retail space not already acquired by Starbucks. A relative recently purchased a “faith based” juice franchise.

“So, if Jesus ever wanted a smoothie, this is where he would go?” I texted her shortly after the grand opening.

I still have not received a response. Hey, I thought it was funny.

I decided to give a recently opened smoothie bar near my home a chance. I had just left the gym after a particularly spirited workout and wanted to retain that good health feeling for as long as possible, meaning until 5 p.m. when I planned to join a friend for beer and wings.

Striding up to the counter, I ordered something called “Island Green,” containing spinach, kale, mango, pineapple and banana. It sounded inviting, never mind that it was the color of Augusta National.

“Would you like any supplements?”

asked the “smoothierista,” or whatever you call the person tasked with grinding kale into a liquid.

“Such as...?” I responded.

I was shown a list of powders including collagen, vitamin B12 and whey protein. But my eyes immediately went to another one: “Fat Burner.”

Excuse me? A scoop, or several, of sand-colored powder could burn unsightly fat from my frame? Why was this even in stock? I mean, who is ordering a smoothie and saying, “No, no, I don’t want to remove fat. In fact, I want just the opposite. Can I have a scoop of flab? Do you have any plump? And while you’re at it, gimme two scoops of low self-esteem!”

I didn’t ask what exactly was in Fat Burner; for all I know it’s the color of sand because it actually IS sand. It was also an extra dollar. I ordered it.

The only burn I felt was the one in my stomach, which disappeared after 20 chicken wings.

A friend recently introduced me to the

term “SUPERFOODS,” which sounds like, if eaten, would give me the ability to fly. I have tried most of them; I can report there is nothing “super” about chia seeds and lentils.

As of today, I vow not to base my daily food intake around descriptive titles. Instead, I will continue hitting the gym, drinking copious amounts of water and limiting my ice cream intake.

Unless that ice cream is SLOW CHURNED. That’s healthy, right?

- 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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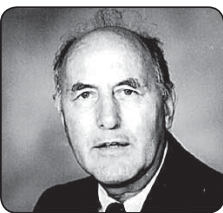
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HUMOR

Sir Jeremiah and the do-gooder

A nightmare woke Sir Jeremiah Teancrumpets, the British billionaire. He opened his eyes, but it was completely dark. He was lying in his four-poster bed and the side drapes were drawn. Sir Jeremiah blinked. It was a dark dream. In it, he had smiled at a woman from some do-gooder organization and had offered her twice the amount of a rather large donation she sought. In the dream Sir Jeremiah had said:



Larry
Day

“Surely you could use a bit more than that, my good women.”

Readers will remember Sir Jeremiah as very tight-fisted.

He could squeeze a nickel.

The dream made beads of perspiration break out on Sir Jeremiah’s forehead.

In his dream the woman had leaned in and given him a peck on the cheek.

“Why thank you, you dear man,” the woman had said.

No one had been that close to Sir Jeremiah’s face since his favorite grandniece had kissed him on the cheek. He had given her a nickel.

Wide awake now, with the woman’s

words tingling in his ears, he blushed. The bald spot at the top of his head turned pink. His toes wiggled.

“Thank you, you dear man,” she had said.

Decades ago, Sir Jeremiah had won out in a shady business deal against one of his rivals. Winning had given him a warm feeling, but that had been nothing like the jitters this experience gave him.

”Why thank you, you dear man,” she had said.

A “dear man, “ and she had meant him, the always cranky Jeremiah Teancrumpets. “Me a dear man,” he said to himself.

Somewhere down in his chest some long neglected gears began to turn, their teeth meshing accurately with grooves that hadn’t moved in decades. He remembered as a youth holding hands with a girl who had called him “Dear Jerry.” She was good-hearted. She had urged him to join her in a life of good deeds and sacrifice.

“What a good soul she was,” he thought. “I cared for her a lot.”

Jerry had gone along with her good-deed agenda.

But then someone had offered to let him in on a shady deal that would make them both a few pounds. The scam succeeded effortlessly. Suddenly, poor Jerry Teancrumpets had some cash in his pocket. The cash gave him a “zing” that doing good deeds had not given him. He wanted more money and to

feel that “zing” again. So:

“Zing.”

“Zing.”

“Zing.”

Making money became a way of life for Jeremiah Teancrumpets.

Jerry studied the psychology of his potential clients and developed plans in accord with their baser desires. Almost anyone can be induced to participate in a shady deal if they believe no one will find out. Jerry sold them bonds that paid back a dividend every month without diminishing the principle. It was a pyramid scam. The “dividends” came from the sale of new bonds. The whole structure collapsed. But before it did, Jerry was working on a new “zinger.”

The latest involved selling insurance at outrageously high rates to people who couldn’t qualify for standard insurance policies because they had pre-existing conditions or other conditions that prevented their participation. If people didn’t have cash, Jerry accepted other collateral. In every case, the bartered item was worth a lot more than Jerry paid for

it. The people didn’t realize they had been scammed until they tried to contact the bogus company whose name Jerry had given them. That was always a dead end. Just another one of Jerry’s “zingers.”

Jerry went on “zinging” unsuspecting people. Then one day when his butler was off duty Jerry answered a knock at the front door. Standing there was the very woman he had seen in his dream—the do-gooder woman.

“Sir,” she said, “you have the opportunity to bless the lives of many people by making a generous contribution to our organization.”

“How much do you want?”

The woman named a figure.

Jerry wrote a check for double that amount.

“Why thank you, you dear, dear man,” she said.

“No, thank YOU,” said Jerry whose zinger search had finally ended.

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

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Colonoscopy or end-of-life planning? Many Americans would prefer the physical examination

Many people, especially those 65 and older, postponed routine doctor appointments during the pandemic. As older adults are reconnecting with their communities, including addressing those overdue medical check-ups, aging experts are encouraging they add another “probing” exam to their to-do list: the Elderoscopy. Rather than a physical examination, this is a discussion. An Elderoscopy is a critical conversation between older adults and their loved ones, examining wants and needs, and setting intentions for topics such as end-of-life plans, finances, relationships and more. Unfortunately, for some, making these tough decisions and documenting wishes can be just as uncomfortable as a medical procedure.

Research from Home Instead, Inc. and The Marist College Poll shows that 1 in 6 Americans would rather have a colonoscopy than simply talk to their loved ones about end-of-life plans. When factoring in age, nearly one-third of Americans over the age of 70 (29%) would prefer or are undecided when having to choose between a colonoscopy and discussing end-of-life plans.

“We see these conversations between loved ones happening every day, and rarely does someone say they wish they put it off longer,” Gail Shaheed, owner of the Home Instead office in Topeka. “To support families, our local office has resources available to ensure a smooth transition of care – regardless of whether it is needed now or in a few years.”

While these conversations can be daunting, there is good news coming out of the pandemic. The survey also revealed that while 45% of Americans report that they have not talked with their loved ones about how they would like to spend their final years, the pandemic has increased the likelihood of having these conversations. Nearly half (48%) of all adults report the coronavirus pandemic has made

them more likely to talk about end-of-life plans.

To assist in navigating this process, Home Instead developed Elderoscopy, an educational program with tools to start the conversation between aging parents and loved ones about preparing for their later years. While an Elderoscopy is not an official medical procedure, it is an important step for older adults and their loved ones. Resources include conversation starters and guides. Home Instead Care Professionals also are available to facilitate uncomfortable talks between families.

An Elderoscopy can help families track their progress in planning for the future. Areas covered in the examination include: where you would like to live out your later years, what lifestyle you desire as you age, how you plan to stay healthy as you age, what to do if you find yourself single, what to do if you can no longer drive and what you want your final years to look like for you and your family.

Loved ones can start the conversation simply by asking a question such as “what things would you never want to give up in your forever home?” Or, “how would you feel if you had to give up driving?” As you move beyond the conversation, you will begin to map out a plan that works best for you and your family. For example, if an older loved one desires to age in their own home, you may consider aging pitfalls and updates needed such as adding a stair lift or upgrading lighting fixtures. If giving up driving will be difficult for an older adult, you should be prepared with other solutions like rideshare apps or family members willing to step in as a driver.

To help plan your own Elderoscopy, families can find resources at www.HomeInstead.com/Elderoscopy. For more information on personalized care provided by local Home Instead offices, visit www.homeinstead.com/state to find an office near you.



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PAINTING WITH WORDS

Summer Sun

Poet: Henry Robert Louis Stevenson
Poem: Summer Sun

Born in Scotland in 1850, Robert Louis Stevenson had suffered from serious bronchial trouble since childhood. Nonetheless, he didn't allow his health problems to prevent him from engaging in writing novels, essays, poetry, and travel pieces. He is most noted for his novel for chil-



Tom
Mach

dren called *Treasure Island*, as well as *Strange Case of Dr. Jekyll and Mr. Hyde*, *Kidnapped*, and *A Child's Garden of Verses* (which included "Summer Sun," the poem discussed in this issue. Stevenson saw himself as a writer like Sir Walter Scott, a storyteller who was able to transport readers into other adventures far away. Stevenson was also a poet, and his verses charmed readers because of the way he could describe scenes in ways we may not have thought of before.

In "Summer Sun," Stevenson describes the sun as a happy fellow who spreads his joy everywhere and to everyone. The sun, according to the poet, wants to bring us light, and even when the blinds are closed, it is still able to enter the parlor through narrow cracks and fill the room with light. When the poet says that the sun "showers his rays in the blue and glowing days," he means that the sun shines more than it rains, and even when it rains the sun may be shining. The sun is called "the gardener of the world" because plants and the greenery of the earth need sunlight. Stevenson's poem is directed at children to have them sense the importance of the sun in their

lives. But adults also benefit from reading "Summer Sun" and appreciating what this heavenly body, the sun, also does for us as well.

Here is Stevenson's poem:

Summer Sun

By Robert Louis Stevenson

*Great is the sun, and wide he goes
 Through empty heaven without repose;
 And in the blue and glowing days
 More thick than rain he showers his rays.*

*Though closer still the blinds we pull
 To keep the shady parlour cool,
 Yet he will find a chink or two
 To slip his golden fingers through.*

*The dusty attic spider-clad,
 He, through the keyhole, maketh glad;
 And through the broken edge of tiles,
 Into the laddered hay-loft smiles.*

*Meantime his golden face around
 He bares to all the garden ground,
 And sheds a warm and glittering look
 Among the ivy's inmost nook.*

*Above the hills, along the blue,
 Round the bright air with footing true,
 To please the child, to paint the rose,
 The gardener of the World, he goes.*

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, and I know I am entering a Different Season."



MIDLAND CARE

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Program of All-Inclusive Care for the Elderly (PACE)

Midland Care's Program of All-Inclusive Care for the Elderly (PACE) helps aging seniors safely stay in their homes for as long as possible. This innovative program offers comprehensive medical services using home care and adult day care settings.

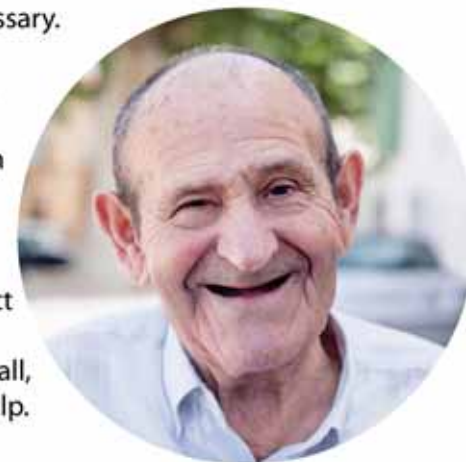
Macrina Anders was the primary caregiver for her family when she found PACE. "I had to take care of my Mom, Dad, and husband all at once," said Anders. Looking for solutions to help ensure quality of care, PACE was able to provide extra support for Anders in caring for her parents.

"We'd get their medication delivered to their door. They helped clean the bathrooms and brought the medical equipment we needed to us," said Anders. "I could also contact their on-call nurse, day or night."

PACE includes an experienced team of doctors, nurses, and other healthcare professionals that work with participants to aid in achieving health goals and simplify access to healthcare. Through Midland Care PACE, participants access their primary care physician, nurses, physical, occupational, speech and nutritional therapy services and social activities at one convenient location with transportation provided if necessary.

"PACE is a really good program. When they said they would be there, we could always count on them," said Anders.

If you or someone you know could benefit from PACE, contact Midland Care for a free informational. The sooner you call, the sooner Midland Care can help.



785-232-2044

www.midlandcare.org/PACE

GOREN ON BRIDGE

WITH BOB JONES

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100 PERCENT

East-West vulnerable, South deals

NORTH

♠ K 6 5 4
♥ A 10 8 3
♦ 7
♣ 6 5 4 2

WEST

♠ A 10 8
♥ 7 4 2
♦ 2
♣ K Q J 10 8 3

EAST

♠ J 9 7
♥ K J 6 5
♦ Q 8 6 5 4
♣ 7

SOUTH

♠ Q 3 2
♥ Q 9
♦ A K J 10 9 3
♣ A 9

The bidding:

SOUTH	WEST	NORTH	EAST
INT	Db1*	2♣	Pass
2♦	Pass	2♥**	Pass
2♠	All pass		

*One minor or both majors

**Pass or correct

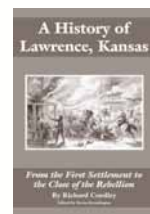
Opening lead: King of ♣

In the modern Covid era, online bridge is thriving. A new online game starts every hour during the day and each game seems to draw between 350 and 600 entries. Such huge fields make it very unusual for one score to earn 100 percent of the available match points, but today's deal did just that for North-

South. South was an aging player who had been considered quite good in his youth. These days, he contents himself with writing a bridge column — a harmless drudge.

North's sequence was "Garbage Stayman" and his two-heart bid showed both majors within a weak hand. South's two-spade bid was a preference. This was a poor contract, so South played it hoping for the best. He won the opening club lead and led a spade to dummy's king, winning the trick. A diamond to the jack held, but the ace of diamonds was ruffed with West's 10 of spades as dummy shed a club. West cashed the queen of clubs and continued with the jack. East discarded a diamond as South, ruffed with the three of spades.

Declarer led the king of diamonds, ruffed by West with the ace as dummy discarded a heart. Another club from West was ruffed in dummy, over-ruffed by East, and ruffed by South with the queen of spades. A low diamond was ruffed in dummy, felling the queen from East. Dummy's last trump was led to East's jack as South discarded a diamond winner. South rose with his queen on the forced heart lead from East. This won the trick and provided an entry to the established 10 of diamonds. South took the last two tricks and made an overtrick for 100 percent of the points.



The History of Lawrence, Kansas

by Richard Cordley

Available at the Watkins Museum of History,
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Kaw Valley
Senior Monthly

Boggle[®]
BrainBusters!

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.

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

Find AT LEAST SEVEN U.S. STATE CAPITALS in the grid of letters.

PUZZLES & GAMES

CROSSWORD

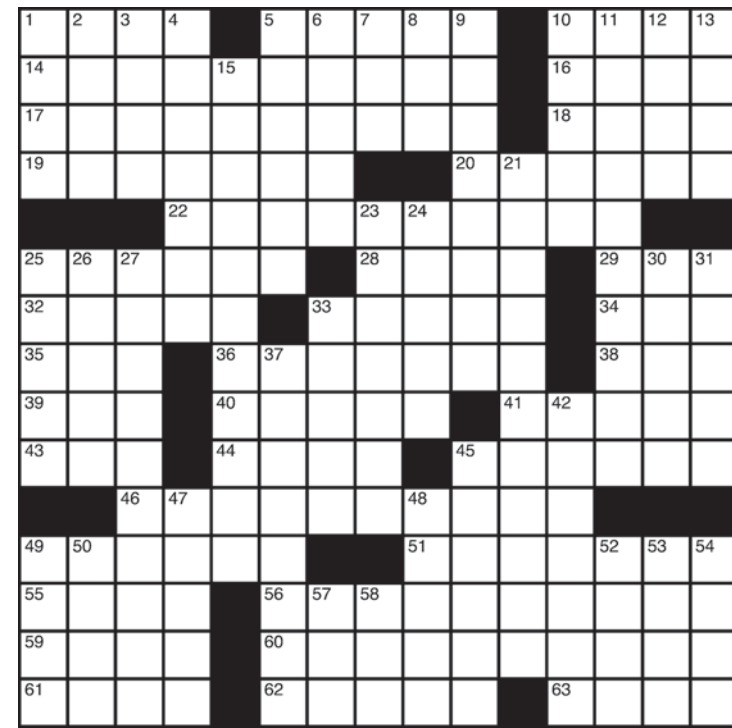
Across

- 1 From ___: faintly
- 5 Demanding quality
- 10 Yamaha's Grizzly and Kodiak, briefly
- 14 Francis used a Jeep Wrangler as one in 2015
- 16 Creep up on
- 17 Distortion for a cause
- 18 "Santa Claus and His Works" artist, 1866
- 19 Cloud-based access provider?
- 20 Silver Spring, Md., is part of it
- 22 Places to learn perspective
- 25 "Given what we know ..."
- 28 Likely to carry
- 29 Sanctions
- 32 Its co-founder said, "I do get disappointed that so many members spend so much time solving puzzles"

- 33 French toast word
- 34 Dandy
- 35 Irregular, as a job
- 36 Most provocative
- 38 Unsettle
- 39 Backpacker's chain
- 40 Bucks
- 41 Provençal sauce
- 43 Often eponymous period
- 44 Engage
- 45 Feign interest in
- 46 Pick-up artists?
- 49 Dish from Valencian for "frying pan"
- 51 To whom Brando said, "I coulda been a con tender"
- 55 Longtime morning host
- 56 One of several coming out together
- 59 Fix, in a way
- 60 Arch supports
- 61 Clip
- 62 Gets in the game
- 63 Sprawling

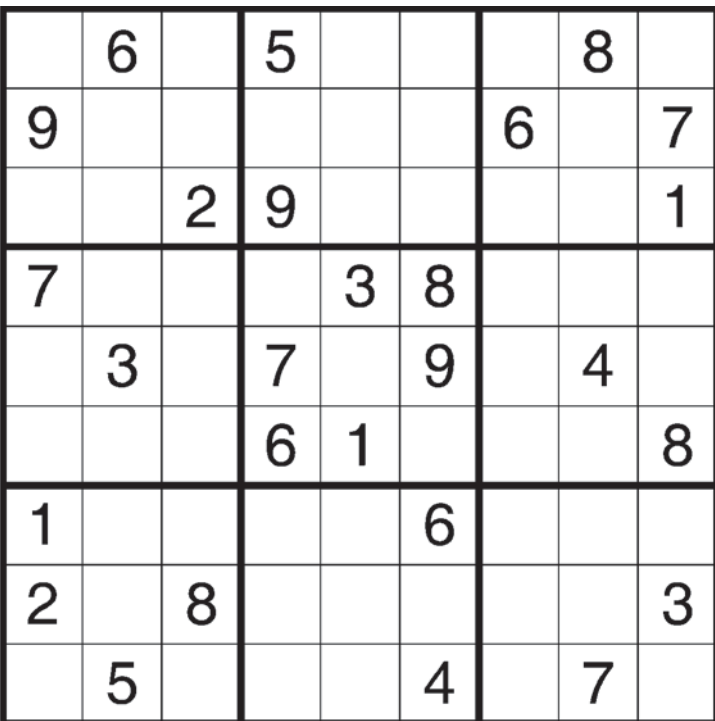
Down

- 1 Cell lineup
- 2 Stronghold
- 3 Per
- 4 Wins again
- 5 Writer's resource
- 6 Bridge beams
- 7 Negroni need
- 8 Worn out
- 9 Screen displays
- 10 Year's record
- 11 Emotional oxymoron
- 12 Pottery wheel product
- 13 Mex. title
- 15 Like Amazonian society
- 21 Some WWII message transmitters
- 23 Certain horse race
- 24 Tweaks
- 25 It may lead to unmatrimonio
- 26 Ritual Jewish feast
- 27 The Mahabharata, e.g.
- 30 Billabong Zoo resident
- 31 Sail-extending pole
- 33 Red Baron attire, Snoopy-style
- 37 Carrier to Malta
- 42 1994 sci-fi memoir
- 45 Derby dads
- 47 Thrill



- 48 Cosmetic counter name
- 49 Make ready
- 50 Musical with the song "Another Pyramid"
- 52 Bash
- 53 Seine summers
- 54 Catch one's breath
- 57 Overnight spot
- 58 March Madness network

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

JUMBLE

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

T I O D T

□ □ ○ □ □

S E R H F

○ □ □ □ □

U B A N D O

○ □ □ □ □ □

E N O B M A

□ □ □ □ □ □

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

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

“ □ □ □ □ □ □ □ □ - □ □ □ □ □ □ □ □ ”

SCRABBLE G R A M S

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PAR SCORE 255-265
BEST SCORE 325

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

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

A₁ I₁ T₁ N₁ S₁ N₁ T₁

E₁ E₁ I₁ U₁ R₁ L₁ S₁

E₁ I₁ I₁ L₁ T₁ R₁ F₄

A₁ U₁ U₁ G₂ R₁ L₁ J₈

A₁ E₁ E₁ M₃ C₃ R₁ B₃

1

2

3

4

5

1

2

3

4

5

1st Letter Triple

Double Word Score

FIVE RACK TOTAL
TIME LIMIT: 25 MIN

Answers to all puzzles on page 30

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MY PET WORLD

Helping a dog from a hoarding background learn to trust his world

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

Dear Cathy: In November, we adopted an eight-year-old chihuahua. He was from a hoarding situation and had spent the previous two months with a foster family. He is a nervous and reserved dog though. He is slowly making progress and will allow us to put a leash on him, but will cower when we remove it. If we try to get near him, he runs away. He won't eat in the kitchen until we leave. He didn't bark much, but he's suddenly barking at my adult grandson, who lives with me. Every few hours, we take him out to relieve himself, but he usually has an accident within an hour of those potty breaks. We give him a treat if he goes outside, but he will usually not take it. He's not food motivated. We have pee pads around the house, but we hope to eliminate them.

We knew it could take time before he trusts us, and we are okay with that. We praise him, rub his head, and try to reassure him. Hope you have some advice that can help. - Linda, Middle Island, New York

Dear Linda: Because hoarders hide the number of dogs they have, they often let their dogs relieve themselves inside their homes. They also don't walk them, so the leash is a new thing for your dog. The good news is, it's possible to potty train him, teach him how to walk on a leash, and help him trust the world again.

Continue with the scheduled potty breaks and praise him when he pees outside. Over time, remove the pee pads until you are down to just one. Give it a month with one pee pad,

and then try moving it outside to see if he makes the connection. If he is still having accidents, continue the training with one pee pad in the house.

You and your grandson can reduce his nervousness and increase his trust by spending quiet time with your dog, like when watching television. This is a good time to place the leash nearby so he gets used to seeing it. If possible, also engage him in play and train him. Dogs from hoarding cases sometimes don't know how to play so it can take time to find something he enjoys. With training, just praise him with a pat on the head and a kind word, if he likes that. Finally, keep a consistent routine, so he can learn to trust the world around him.

Because of his background, this may take considerable time, but it sounds like you are the right person to help him.

Dear Cathy: In a letter from "V" in Baltimore, "V" was worried about her friend who lived alone with major health issues, including oxygen tanks with tubes running throughout the house. One suggestion you didn't give her was to contact the shelter and be sure they knew that the person who wants the dog has oxygen tubes running through the house and frequent hospitalizations. If the pet tripped over and disconnected a tube or was a chewer and bit through the tube, this could be life-threatening for the elderly widow. - Dolores, Boynton Beach, Florida

Dear Dolores: I can appreciate where you are coming from, but don't think people should call an animal shelter and tell them that someone coming to adopt a dog shouldn't be allowed to adopt or that the person has limitations that might impact their well-being or the pet's care. First, I don't think the staff would consider the advice since they don't know the relationship between the caller and the adopter and would not know the true motive behind the call. And second, V's friend is still an adult capable of making her own

decisions, and we have to respect that.

I sense your worry over her adopting a dog, so let me alleviate those concerns by saying that every animal shelter and rescue group that I know of interviews and screens every adopter. (Good breeders do the same thing.) They will get a good feel from her answers about whether she is in the right place to adopt right now. If they don't feel she would be a suitable adopter, they will deny her and explain why. Hearing this from a shelter or rescue group is sometimes easier than hearing it from a friend.

There is one more option. The woman may be a good foster parent. Animal shelters support foster parents with pet food and pet care until a home can be found, and they can easily take the dog back if she has to be hospitalized.

- *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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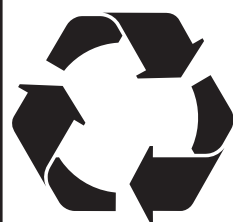
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AMERICA'S TEST KITCHEN

KEVIN WHITE/TNS



Individual-serving mug cakes are berry easy to make for you and a friend

By America's Test Kitchen
Tribune Content Agency

Did you know that when chocolate first came to the United States, it was more common to drink it than to eat it? In the 18th century, New Yorkers were known to grate chocolate into hot water and enjoy it as a beverage, often in the morning. That chocolaty breakfast drink (yum!) evolved into the chocolate candy bar in the mid-19th century, and chocolate has been made into all sorts of sweet treats, including mug cakes, ever since.

Chocolate-Raspberry Mug Cakes

Serves 2

- 1/4 cup (1 1/4 ounces) all-purpose flour
- 1/2 teaspoon baking powder
- 4 tablespoons unsalted butter, cut into 4 pieces
- 3 tablespoons semisweet chocolate chips
- 2 large eggs

- 1/4 cup (1 3/4 ounces) sugar
- 2 tablespoons Dutch-processed cocoa powder
- 2 tablespoons seedless raspberry jam
- 1 teaspoon vanilla extract
- 1/8 teaspoon salt
- 10 raspberries

1. In a small bowl, whisk together flour and baking powder.
2. In a medium bowl, combine butter and chocolate chips. Heat in microwave at 50% power for 1 to 2 minutes. Use a spoon to stir mixture until smooth.
3. Add eggs, sugar, cocoa, jam, vanilla and salt to chocolate mixture and whisk until smooth. Add flour mixture and whisk until smooth.
4. Use a spoon to divide batter evenly between two coffee mugs.
5. Place the mugs on opposite sides of the microwave turntable. Cook at 50% power for 1 minute. Stop the microwave and use a spoon to stir batter in each mug, making sure to reach the

When you crave a sweet treat but don't want to bake a big dessert, a mug cake is the answer

bottom of each mug.

6. Cook at 50% power for 1 more minute (batter will rise to below the rim of the mug and the cake will look wet around the edges—if edges are not set, cook at 50% power for 15 to 30 seconds more).

7. Use oven mitts to remove the mugs from the microwave, and let cool for 5 minutes. Place 5 raspberries on

top of each cake.

- 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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RICK STEVES' EUROPE

800 Finnish singers march into battle

By Rick Steves

Tribune Content Agency

There's a definite energy on the streets of Helsinki tonight. My friend Hanne explains, "We call Wednesday our 'little Friday.'"

People are filling up the city's main boulevard. There are so many people that I wonder if it's some kind of demonstration. Then I see their robes and



Rick Steves

sheets of music and realize that these are choral groups, each represented by a placard. From all corners of the country, some 800 singers converge on the massive steps of the Lutheran Cathedral, overlooking the Neoclassical Senate Square. Crowds gather, enthusiastic to hear this annual massing of the choirs.

The crowd quiets and the singers begin a rousing series of hymns. While I can't understand a word, the songs are sung with such a stirring air that I imagine they tell both of the Finns'

hard-fought history, their solid faith, and their gratitude to be who they are—the people of Finland. As the last hymn ends, balloons are freed, and the singers disperse, kicking off a festive initiative called "Art Goes to the Pubs." The city's watering holes are about to be filled with song.

Leaving the square, we stop at the curb. There's no traffic, so I jaywalk across the street. I get halfway across the boulevard before looking back for Hanne, who is still waiting for a walk signal. In defeat, I return to the curb. She says, "In Finland, we wait. It can be two in the morning and not a car in sight, but we wait."

I note that Germans respect authority, too.

Hanne says it's different in Finland. "We buck authority. But we follow the laws ... even little ones. That's why we have such low crime."

Hanne points out an elegant restaurant with a dining hall that was perfectly preserved from the 1930s. Its Alvar Aalto-designed functionalism is the kind of straight design and practical elegance Finns love. Inside, a private office party is raging—specifically, a crayfish party. Crayfish are in season, but at \$10 each, they are hardly a budget meal. But all over town Finns

■ CONTINUED ON PAGE 29

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■ CONTINUED FROM PAGE 28

are doing the crayfish tango: Suck and savor a red mini-lobster, throw down a glass of schnapps, sing a song, and do it again. The “99 Bottles of Beer” repetition just gets more fun with each round.

Hanne shows me the table where Carl Gustaf Emil Mannerheim, Finland’s sixth president, always sat. He was the heroic George Washington of modern Finland, who led the feisty resistance against the USSR. Many Finns consider him personally responsible for keeping their country free during and after World War II. No Finnish military leader will ever again hold Mannerheim’s rank of “field marshal.” But anyone can sit at his favorite table ... and suck a crayfish.

We continue walking, ending up back where we started, on the grand Senate Square. The city seems a tale of two cultures. The late-setting sun gleams on both the Lutheran Cathedral and the golden onion domes of the Russian Orthodox Church. They seem to face off, symbolizing how east and west have long confronted each other here in Finland. Europe’s second-mightiest sea fortress—after Gibraltar—fills an island in the harbor ... which allowed the village of Helsinki to grow into a booming capital.

Finns have a fun-loving confidence and seem to live well. I ask how Nordic Europe can be so prosperous when only Norway has oil.

Hanne responds, “Norway has oil—Finland has Nokia. It’s like how Microsoft is for you in Seattle.”

“So, what’s Sweden’s trick?” I ask.

Hanne sighs, showing the standard Scandinavian envy of the regional powerhouse. “They never get in a war. They’re always rich ... just collecting money all the time. The Swedes are like our big brother. They always win. Like in ice hockey. We won only once ... back in the 1990s. The Swedes—assuming they’d win—had already written their victory song. But we won. We Finns still sing this song to give the Swedes a hard time. It’s the only song

Finns know in Swedish and every Finn can sing it ... even today.”

Our conversation is interrupted by a different song—a rousing hymn. Across the square is a church choir, marching to yet another Helsinki pub as if going to battle in a war for music.

- *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 Rick at rick@ricksteves.com and follow his blog on Facebook.*

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P	A	C	E		A	N	T	E	S		V	A	S	T

SUDOKU SOLUTION

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

BOGGLE ANSWERS

BOISE, SALEM, DOVER,
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JUMBLE ANSWERS

Jumbles: DITTO, FRESH,
ABOUND, BEMOAN

Answer: When Velcro was
invented, people were -- "FASTEN-
ATED"

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I ₁	N ₁	S ₁	T ₁	A ₁	N ₁	T ₁	RACK 1 =	57					
L ₁	E ₁	I ₁	S ₁	U ₁	R ₁	E ₁	RACK 2 =	57					
F ₄	I ₁	R ₁	E ₁	L ₁	I ₁	T ₁	RACK 3 =	68					
J ₈	U ₁	G ₂	U ₁	L ₁	A ₁	R ₁	RACK 4 =	80					
E ₁	M ₃	B ₃	R ₁	A ₁	C ₃	E ₁	RACK 5 =	63					
PAR SCORE 255-265								TOTAL 325					

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MY ANSWER

Death will come to everyone

From the writings of the Rev. Billy Graham

Tribune Content Agency

Q: My mother was an invalid for a long time. She asked me to pray that she would die so she would not have to suffer. So I did pray for the Lord to take her, and He did. Now I feel guilty and am having a hard time moving on even though I understand that God holds our lives in His hands. - G.D.

A: Everyone experiences grief at some point. Death will come to everyone. Even when the death of someone we love is expected, we will still grieve our loss. Grieving is a process, and it doesn't go away overnight, even when we know our loved one's suffering has ended and he or she is safely in Heaven. There are people who have never experi-

enced grief and cannot understand another's sorrow. But we should not deny our feelings and pretend everything is fine.

When someone close to us dies, we naturally focus on what that person meant to us in the past, and we sense the crushing finality of death. We realize that the past is gone forever and it will never be repeated. This is perfectly natural. The Lord helps turn our

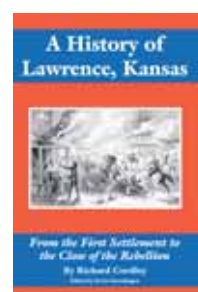
minds to the future when we put our focus on Him. Life goes on and there are others who love and need us. Most of all, God is not finished with us. The Bible tells us to reach forward to those things which are ahead (Philippians 3:13).

By God's strength, we can show compassion for others who are hurting. Grief turns us inward, but compassion turns us outward, and that's what we need when grief threatens to crush us.

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

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The History of Lawrence, Kansas

by Richard Cordley

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CMS unveils more user-friendly Medicare website

The Centers for Medicare & Medicaid Services (CMS) on May 18 unveiled several updates to the Medicare.gov website that make it easier, for millions of people who use it, to navigate and access information to compare and select health and drug coverage and find providers. The updated website, based on consumer feedback, prominently features timely initiatives and messages on the homepage and highlights key tasks and information most frequently sought by people with Medicare, people nearing Medicare eligibility, and their families.

“CMS is making Medicare.gov easier to use and more helpful for people seeking to understand their Medicare coverage, which is an essential part of staying healthy,” said CMS Administrator Chiquita Brooks-LaSure. “We are committed to listening to the people we serve as we design and deliver new, personalized online resources and expanded customer support options for people with Medicare coverage and those who support them.”

Since 2021, CMS has introduced a number of enhancements to Medicare.gov to create a more welcoming and user-friendly experience. This week’s improvements redesign the Medicare.gov home page and, also,

add more detailed pricing information about Medicare Supplement Insurance (Medigap) Policies that give individuals the information they need to compare Medigap plan costs and coverage options. CMS is committed to providing comprehensive and easily accessible information to support people with Medicare in their decision making. Additional improvements are planned for the next few months to streamline the Medicare Plan Finder landing page and the Medicare Account landing page, and align the look and feel with

the new home page.

Other updates to Medicare.gov throughout the past year include using simple language to answer complex questions people often have about Medicare coverage and step-by-step guidance to help people who are new to Medicare understand their coverage options and when they need to sign up. For example, a redesign of the “Get started with Medicare” section in the summer of 2021 guides users through a few questions to get personalized information for their unique situation

to make it faster and easier to learn about Medicare and sign up. Updates to improve user-friendly navigation on the website include the implementation of a simple and modern consistent header in early 2021.

CMS continues to use feedback from Medicare.gov users, along with human-centered design principles, to explore and plan future enhancements to the website and is committed to expanding personalization to create an optimized customer experience for people with Medicare and those who help them.

Watkins Museum of History announces \$100,000 grant from the Sunderland Foundation

Thanks to a \$100,000 donation from the Sunderland Foundation, the Watkins Museum is expanding the major renovation and update to the museum’s public research room, funded by a \$75,000 gift from Carol J. Koenig, in memory of her mother, Daisy Viola Kramer Koenig, who grew up in Douglas County, Kansas. With the donation from the Sunderland Foundation, the expanded renovation will also include the spaces on the museum’s second

floor dedicated to archival collections storage and curatorial workspace. The project includes restoration of the building’s original architectural details and a reconfiguration of the space to accommodate changing community needs and meet professional standards for archival management. When completed, the full project will feature a new public use space, expanded storage, and updated equipment for digitizing and processing archival collections. Hernly Associates,

Inc. is the architect for the project.

The Watkins Museum has suspended its public research services during the renovation, which began in May. The museum will resume its research services upon completion of the renovation, which is expected to occur by the end of July.

For questions about research services, visit watkinsmuseum.org/research. For questions about the renovation, contact executive director Steve Nowak.



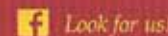
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