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INSIDE



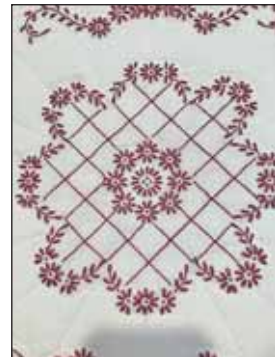
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Topeka group enjoys fellowship based on love of needlework. See story on page three



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Topeka Needlework Guild members create works of art

By Kevin Groenhagen

(Front cover photos. Top row: Topeka Needlework Guild members, left to right, Barb King, Pat Gilliland, Diane Gestenslager, Jody Koerner, Sue Houghton, Janet Simple, and Kathy Lambert stand beside the wall hanging and ornaments they created for the Festival of Trees. Sadly, Barb King, a former Topeka Needlework Guild president, passed away on February 20 on her way to a guild meeting. Bottom row: iris folding with tatted trim by Sue Houghton; counted cross-stitch by Diane Gestenslager; quilted hearts; embroidered quilt block by Diana Allen.)

According to Collins Dictionary, a needle is “a small, very thin piece of polished metal which is used for sewing.” That’s a simple definition for a simple tool. However, in the hands of members of the Topeka Needlework Guild, needles can produce very complex and beautiful pieces of art.

“We do all kinds of needlework,” said Pat Gilliland, a 15-year member and current president of the Topeka Needlework Guild. “We do embroidery, crochet, knitting, quilting, counted cross stitch, which could be under embroidery, and sewing. We don’t do a lot of needlepoint right now, but we have in the past. One member does tating and bobbin lace. We have also done felting in the past.”

According to Gilliland, the Topeka Needlework Guild meets every Monday (except holidays) in the Menninger Room at the Topeka & Shawnee County Public Library from 9 to 11 a.m. The Menninger Room accommodates 18 people around a boardroom table and is located on the second floor of the library. An elevator is available for those who find it difficult to climb stairs.

“The first Monday is a business meeting and we usually have a program,” Gilliland said. “Our programs can be pretty varied. Sometimes we do a project. Sometimes we have a speaker in. Sometimes we have one of our members present the program.”

“The second Monday is quilting, although we have the option of working on our own projects at any meeting,” Gilliland continued. “The third Monday is open stitch or you do your own projects. On the fourth Monday we have instruction on embroidery.”

And when a month has five Mon-

■ CONTINUED ON PAGE FOUR

COURTESY PHOTO



The late Barb King modeling her crocheted sweater.

Kaw Valley
SeniorMonthly

Kevin L. Groenhagen
Editor and Publisher

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COURTESY PHOTO

Roberta Maxwell at her long-arm quilting machine.

Needlework

■ CONTINUED FROM PAGE THREE

days?

"We stuff pillows on the fifth Monday," Gilliland said. "We've done the heart pillows for about 20 years. We give the pillows to Stormont Vail Hospital for their surgical patients."

In addition to donating pillows to patients, the Topeka Needlework Guild has also collected money for the Ronald McDonald House Charities and collects handcrafted mittens, scarves, and hats every fall and gives them to schools and rescue missions.

Last November and December, the Topeka Needlework Guild participated in SLI's Festival of Trees at Fairlawn Plaza for the first time. SLI, which

stands for "Success • Learning • Inclusion," is a not-for-profit supporting the efforts of individuals living with intellectual and developmental disabilities. Proceeds from the Festival of Trees help promote SLI's mission.

"We did a wall hanging project for the Festival of Trees," Gilliland said. "A number of members worked on sewing the wall hanging and then we each contributed handcrafted ornaments for the hanging."

In addition to working on projects, Topeka Needlework Guild members often take trips. These trips have included visits to local quilt shops, a bus trip to Liberty, Missouri, and Kansas City for a sewing and craft expo at the Hyatt Regency Crown Center in March 1996, and the Quilters Unlimited

■ CONTINUED ON PAGE FIVE



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www.midlandcare.org/24forLife

Needlework

■ CONTINUED FROM PAGE FOUR

Showcase at Bartle Hall in Kansas City in May 1996. A trip to an art museum in Lawrence is planned for April.

Founded in 1978, the Topeka Needlework Guild currently has just over 20 active members. According to Gilliland, the group had closer to 40 active members before COVID-19. However, while the group does have some younger members, most of the members are seniors and, thus, are more likely to get very sick from COVID-19. Many of the older members have taken the precaution of avoiding groups.

“We’re still trying to build up our membership again after COVID,”

Gilliland said. “We have worn masks and done social distancing. I don’t think any of our members have spread COVID to other members. Of course, new members are welcome, even on a walk-in basis. We welcome all skills” levels, including beginners.”

Gilliland also notes that the Topeka Needlework Guild currently has no men in the group.

“We would welcome men as guild members also,” she said.

Readers might recall that Rosey Grier, a member of the original Fear-some Foursome of the Los Angeles Rams and a bodyguard for Senator Robert Kennedy during the 1968 presidential campaign, was a well-known needlepoint enthusiast during the 1970s. In fact, he authored *Needlepoint*

COURTESY PHOTO



Topeka Needlework Guild members stuffing pillows.

for Men in 1973.

In addition to sharing their love of needlework with other members, Gilliland noted that the guild serves as a vehicle for forming friendships.

“We try to support each other and

provide avenues for service,” she said. “Some of us even go out to lunch after meetings.”

For more information about the Topeka Needlepoint Guild, please call Gilliland at 785-207-1165.

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Aldersgate Village opens two new home plus facilities

By Billie David

Aldersgate Village is announcing the opening of two new home plus facilities on their campus in Topeka.

“They look really handsome and are decorated to fit the motif of the rest of the campus,” Aldersgate Village CEO Jerry Ney said of the two new additions, each of which will add over 8,700 square feet of living space to the Topeka retirement community.

The two new buildings, which are located on a cul-de-sac and together contribute 24 apartments to the campus, also help enhance Aldersgate’s goal of providing a comprehensive life plan to the community.

“It is already a life-plan community with all levels of care, from independent living to end-of-life,” Ney said. “We added the home plus to cover the full spectrum of needs.”

Aldersgate Village opened its first home plus, called Nancy’s Place, four years ago.

“Over the years, Aldersgate has worked to put in place a complete progression-of-life planned community, a concept referred to as aging in place,” Ney explained. “Our slogan is ‘So you’ll never have to move again,’ and home plus allows us to provide that.”

“Through experience, research and listening to our residents, we saw that what people really wanted was this kind of progressive service, and that’s what drove us to adding two more buildings,” he continued.

And with home plus, those services can be accessed as needed and provided in the comfort of their own homes, rather than having to move to a more institutional-type setting. That’s because the home plus buildings are located within a full-service, life-plan

community with a full range of health services as needed, including round-the-clock nursing care, an outpatient clinic that provides dental, podiatry, and audiology services, and physician visits. And if residents need in-patient rehab, then they can return to their own home plus apartments afterward.

In addition to full-range health services, the campus provides on-site worship services, transportation to appointments, activities and outings, services such as housekeeping and laundry, and on-site beauty salons.

The two new home plus facilities are different from the more conventional residences because they have been built from the ground up and incorporate recommendations for design from senior living experts rather than the usual way in which houses that are located in residential neighborhoods and which were originally designed as residential homes are merely converted to fulfill home plus purposes.

The new buildings at Aldersgate have larger bedrooms, and every bedroom suite has its own large handicap-accessible shower, Ney said of the two new homes.

“They have all-accessibility features for showering and also for an aide to assist them,” Ney said. “If necessary, all the features in the designed bathrooms can be accessed easily in a wheelchair, and the bedrooms have windows with extra natural lighting to read, or just enjoy in privacy if you wish.”

In keeping with home plus specifications, both residences are built for a maximum of 12 residents and encourage privacy as well as socialization by arranging private bedrooms around a shared living space where meals are prepared on site. They also include a shared area for dining together and an

COURTESY PHOTO



Aldersgate Village’s new home plus facilities will contribute 24 apartments to the campus and help enhance the goal of providing a comprehensive life plan to the community.

area that includes social activities that the residents can participate in such as watching TV and playing games like cards or dominoes.

Another feature that encourages socialization is found in the main area, where residents can sip coffee in the morning while watching someone cook breakfast, just as they would at home, Ney observed. “And there is also an attractive, quiet room to bring in family and friends, and an outside screened-in patio with a pleasant view where residents can visit and interact and enjoy the fresh air,” he added.

“I feel wonderful about it,” Ney said. “We have been wanting to do this since we built the first one. We are so pleased to bring these additions to the community.”

Aldersgate Village is located at 7220 SW Asbury Drive in Topeka. Moving to its current location in 1979, it is one of the largest life-plan communities in Kansas, with a campus designed to provide residents with a full continuum of care.

More information is available on the Aldersgate website at www.aldersgatevillage.org.

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SAVVY SENIOR

How to protect seniors from scam calls

By Jim Miller

Dear Savvy Senior: What tools can you recommend to help protect trusting seniors from scam calls? My 74-year-old mother gets tons of unwanted telemarketing and robocalls on her cell

Scammers are always looking for new ways to dupe people out of money, and in the U.S., phone calls remain the primary way swindlers hook older victims.

The Federal Trade Commission recently found that 24 percent of adults over age 60 who reported losing money to a scam in 2021 said it started with a phone call—the largest percentage of any method, including email, text and mail.

To help protect your mom from the onslaught of robocall scams, telemarketing and spam calls, here are some tips and tools you can help her employ.

Register Her Numbers

If your mom hasn't already done so, a good first step in limiting at least some unwanted calls is to make sure her home and cell phone numbers are registered with the National Do Not Call Registry. While this won't stop fraudulent scam calls, it will stop unwanted calls from legitimate businesses who are trying to sell her something. To sign up, call 888-382-1222 from the phone number you want to register, or you can do it online at DoNotCall.gov.

Cell Phone Protection

Most wireless providers today offer

good tools for stopping scam calls and texts. For example, AT&T has the ActiveArmor Mobile Security app; Verizon provides the Call Filter app; and T-Mobile offers the Scam Shield app.

To activate these tools, download the spam-blocking app from your mom's carrier on her phone, which you can do at the Apple and Google App store. These apps are free to use, but most carriers will also offer upgraded services that you can get for a small monthly fee.

If, however, your mom uses a regional or small wireless carrier that doesn't offer scam/robocall protection you can use a free third-party app. Truecaller (Truecaller.com), Call Con-

■ CONTINUED ON PAGE NINE



and home phone and has been duped out of hundreds of dollars. - Frustrated Daughter

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■ CONTINUED FROM PAGE EIGHT

trol (CallControl.com), Hiya (Hiya.com) and YouMail (YouMail.com) are all good options to consider.

Built-In Call Blockers

Many smartphones today also offer built-in tools that can block spam calls. If your mom uses a newer iPhone (iOS 13 or later), she can completely silence all unknown callers who aren't in her contacts list in the phone "Settings."

Silencing all unknown callers is an extreme solution that will definitely stop all unwanted calls, but your mom will also miss some legitimate calls too. However, unknown callers do have the option to leave a voice message and their calls will appear in her recent calls list. And she can add any number to her contact list to let them through in the future.

If your mom owns a new Android phone, she can also block spam calls in the phone "Settings." Or, if she owns a Samsung Galaxy phone, she can use "Smart Call," which flags suspected

spam calls and allows her to block and report them.

She can also block specific reoccurring spam call numbers on iPhones and Android manually.

Home Landline Protection

To stop scam calls on your mom's home phone set up the "anonymous call rejection" option. This is a free feature available from most telephone companies, however some may charge a fee. It lets you screen out calls from callers who have blocked their caller ID information—a favorite tactic of telemarketers. To set it up, you usually have to dial *77 from your landline, though different phone services may have different procedures.

Call your mom's telephone service provider to find out if they offer this tool, and if so, what you need to do to enable it. And if they don't offer it, find out what other call blocking options they offer.

- 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

Are blue light-blocking glasses a must-have?

By Mayo Clinic Staff

Mayo Foundation for Medical Education and Research

DEAR MAYO CLINIC: Many of my co-workers are using glasses that block blue light when they are on their computers. I am interested in getting a pair but want to know more about their value and how they can help.

ANSWER: Blue light glasses are gaining in popularity, but it is important to understand what blue light is. Blue light is one of the colors in the visible light spectrum. The others are red, orange, yellow, green, indigo and violet. When combined, they create white light. When the sun is shining, this is natural white light.

Blue light has a shorter wavelength with higher energy: 400–500 nanometers. Blue-light exposure can affect the retina — the layer of cells lining the back wall inside the eye that sense light and send signals to the brain so you can see.

Concerns about blue light

Exposing the retina to shorter light wavelengths is the basis of “blue-light hazard” and contributes to phototoxicity or sensitivity to light. In animal studies, prolonged exposure to natural blue light has been shown to damage the retina.

LED and compact fluorescent lamps also give off blue light. LEDs are used for the backlighting of computer

screens, laptops, TVs and smartphones. Fortunately, the level of blue light from these devices is significantly less than the levels of blue light in natural daylight.

However, at night, blue light exposure can potentially cause sleep issues by shifting your circadian rhythm, which is the body’s internal clock. Research has suggested that excessive exposure to visible blue light also can cause eyestrain. Up to 69% of computer users report eyestrain, also known as computer vision syndrome.

What research has found

Since 2008, research into blue-blocking or filtering products, such as blue-blocking glasses, has increased. These products decrease the transmission of ultraviolet light involving wavelengths between 440 and 500 nanometers. Some digital devices now offer blue light-filtering settings that reduce the transmission of short wavelengths of light.

Studies have been conducted with adults on the benefits of blue-blocking lenses — whether these lenses alleviated eyestrain and discomfort when using digital devices and if sleep quality improved when the lenses were used in the evening. However, in reviewing the research, no significant improvement in vision performance or sleep quality has been found from using blue-blocking lenses.

Ways to reduce eyestrain

Since the amount of blue light from the devices used at work, school and home is less than that of natural sunlight, and eyestrain hasn’t been found to be related to blue light, what can be done to prevent it?

Prolonged screen time decreases your natural blink rate, which reduces the film of tears covering your eyes, making them dry.

You can prevent this by:

- Taking frequent breaks during screen time. Try following the “20-20-20 rule.” Every 20 minutes, look at an object 20 feet away for at least 20 seconds.

- Using artificial tears to refresh your eyes when they feel dry.

- Getting a vision exam to evaluate an uncorrected eyeglasses prescription or refractive error. This helps identify focusing issues and if your eyes are working well together, both of which could cause eyestrain.

Rather than investing in blue-blocking glasses, you should consider:

- Monitoring the length of screen time.

- Reducing the duration of your

screen time.

- Taking frequent breaks.

If you are still experiencing eyestrain or other eye issues, make an appointment with a professional for a thorough eye examination to ensure your eyes stay healthy and any problems are caught early. — Gretchen Kelly, O.D., Optometry, Mayo Clinic Health System, La Crosse, Wisconsin

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

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HEALTH & WELLNESS

Catnip has been used in herbal medicine for thousands of years

Catnip is a part of Labiatae family of plants, which includes medicinal plants such as rosemary, basil, and lavender. There are more than 250 varieties of catnip. Catnip and catmint are often used interchangeably, but there are small



Dr.
Deena
Beneda

differences between the two. Catmint is a more robust plant than its counterpart catnip, so it is often the choice in flower gardens. Its genus is Nepeta, named after the ancient Etruscan city of Nepeti in the Roman Empire. Other names for catnip

are catmint, catswort, and catwort.

Catnip, or catmint, is often planted in gardens as a natural defense against garden pests. The oil of this herb can be found in natural mosquito repellents and is touted to be more effective than DEET. This herb's effectiveness also goes beyond warding off mosquitos, as cockroaches and deer tend to stay away from catnip. In addition, rats and mice hate catnip so much that they will go to great lengths to avoid it, probably because they know it attracts cats! On the other hand, bees and butterflies love catmint. For years, gardeners have planted this herb as a beautiful addition to the flower gardens and to attract bees and butterflies.

About 50 percent of cats are drawn to catnip. For the ones that are inclined to love catnip, the mere fragrance is enough to cause a reaction. This reaction is vari-

able, but includes cats rolling in catnip, flipping in it, purring like crazy, and any number of other behaviors. If they eat it, they become mellow. If cats eat the root, they become aggressive. It has been used for years by zoos and animal sanctuaries to calm lions, leopards, cougars, and tigers.

As a medicinal plant, catnip has been used in herbal medicine for thousands of years. It was used by herbalists to treat colds, upset stomach, fever, hives, colic, and as a sedative due to its generally relaxing properties. It has been used to help people sleep and for insomnia. It has proven helpful for bronchitis and other lung conditions. It can be used as a tea, as a poultice to relieve swelling from insect bites, and to relieve female cramps during the menstrual cycle.

Catmint was used in the past as a meat rub to add flavor and aroma to meats. It can be found in French cooking and in fish dishes. Folklore indicates that catmint tea was cherished by peasants and the upper class alike as a pleasant and refreshing tea.

Soon the days will become warmer and longer. Spring and summer are on their way. So, as you plan your flower and veg-

etable gardens, consider planting catnip in your gardens. Not only will it bring you the plant's beauty, it will attract butterflies and bees and keep away unwanted mosquitos. Who doesn't want that?

- 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

Health screening identifies prostate cancer diagnosis for LMH Health lab supervisor

By Autumn Bishop

LMH Health

Sharing a cancer diagnosis is an intensely personal act. After reading an article from LMH Health in September recognizing Prostate Cancer Awareness Month, Scott Mersmann knew that sharing his story would help others.



“Spending my adult life working in healthcare, particularly in pathology, I feel a sense of responsibility that outweighs my preference to remain behind the scenes,” said Mersmann, a cytologist and the anatomic pathology supervisor at the LMH Health laboratory. “My recent diagnosis and successful surgery—all predicated on PSA screenings—serve as an example of how screening works.”

Mersmann received yearly health screenings, including prostate-specific antigen (PSA) tests. These tests measure the presence of PSA in the bloodstream and is usually the first step in diagnosing prostate cancer.

Over time, Mersmann’s PSA levels

had been slowly rising. According to the American Cancer Society, most men without prostate cancer have PSA levels under four. Men who have levels between four and 10 have about a 25% chance of having prostate cancer. When his level rose above four in early 2021, he started to get a little nervous.

“I was already seeing an oncologist because I’d been diagnosed with lymphoma in 2020,” Mersmann said. “They rechecked my PSA level three months later and it had gone up, but then it went down a little bit three months later. Based on that, I thought things were fine.”

Rising fears

When Mersmann had a health assessment in 2022, the screening found that his PSA had jumped to a level of 6.54. He wasn’t having any symptoms that signaled a diagnosis of prostate cancer, but he made an appointment with Jon Heeb, MD, at Lawrence Urology Specialists.

“I had some enlargement of the prostate, but that’s to be expected in most males at some point,” he said. “If it wasn’t for the PSA screening, I wouldn’t have had a clue that something was wrong.”

An MRI in April indicated the presence of a mass and that led to a prostate biopsy in May. The following day, Mersmann heard the news—he had

LMH HEALTH PHOTO



Scott Mersmann

prostate cancer.

“Working in cancer diagnosis my entire adult life, it made it easier to understand that one day it could be my name on the slides,” he said. “It’s easier for me to understand and absorb because I know and understand more about it, though it’s still a surreal experience.”

Mersmann shared that his cancer is aggressive but he isn’t in the typical age group. He shared that you’d expect to see this diagnosis in someone who is 75 years old, not 55. It’s also unusual for someone with a PSA level as low as his.

“I already had a metastasis into the seminal vesicle on one side,” he explained. “If I hadn’t paid attention and followed up, I probably could’ve had widely metastatic disease, making the cancer treatable, but incurable.”

Prostate cancer, when treated early enough, is typically curable. Following surgery in July 2022 to have the prostate removed, the expectation was that Mersmann’s PSA levels would fall

to an undetectable level. Just like the other parts of his journey, that didn’t follow a typical path.

Mersmann has biochemical persistence of disease, meaning that he continues to have a low PSA level. This signals that there is still prostate cancer lingering somewhere in his body. To find it, he will undergo a specialized PSMA PET scan that looks specifically for prostate cancer, and then treatment with salvage radiation and androgen deprivation therapy (ADT).

“I’ll work with a medical oncologist to manage the ADT, which wipes out all of the testosterone in the body as it’s thought to be a driver for prostate cancer,” he said. “I’ll have symptoms similar to what women go through in menopause—extreme fatigue, hot flashes and irritability—which is pretty common for people who have recurrences or persistence.”

Looking ahead

While his future is still unknown,

■ CONTINUED ON PAGE 13



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Look for us!

Rock the Block – Kick Cancer is back in 2023

Rock the Block – Kick Cancer is LMH Health Foundation's fundraising event to support our cancer patients and oncology programs at LMH Health. Join us from 7-10 p.m. on Saturday, April 15, at Dale Willey Automotive in Lawrence. A portion of the event proceeds will be used

to fund vouchers for breast and PSA cancer screenings, ensuring all patients have access to these lifesaving opportunities, regardless of ability to pay. Visit LMH.org/RTB to purchase individual tickets and corporate sponsorships, or to donate an auction item.

Prostate cancer

■ CONTINUED FROM PAGE 12

Mersmann continues to look ahead. He is hopeful that the combination of salvage radiation and ADT will reduce his PSA to undetectable levels.

"Cure is a subjective term. As long as my PSA is undetectable for the rest of my life, I'll be prostate cancer-free," he said. "My advice—get your damn screening tests and don't ignore your results. It won't make your cancer disappear."

Mersmann has worked in the lab

at LMH Health for nearly 30 years. That's why he knows that when you need cancer care, you should turn to the experts at the LMH Health Cancer Center.

"You don't have to travel far from home to get exceptional cancer treatment," he said. "LMH Health has the providers, technology and facilities to provide care that's not only exceptional for a community hospital – it's among the best anywhere."

- Autumn Bishop is the marketing manager and content strategist at LMH Health.



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FINANCIAL FOCUS

What goes into a retirement 'paycheck'?

During your working years, you generally know how much money you're bringing in, so you can budget accordingly. But once you're retired, it's a different story. However, with some diligence, you can put together a "paycheck" that can help you meet your income needs.



Derek
Osborn

Where will this paycheck come from? Social Security benefits should replace about 40% of one's pre-retirement earnings, according to the Social Security Administration, but this figure varies widely based on an individual's circumstances. Typically, the higher your income before you retire, the lower the percentage will be replaced by Social Security. Private pensions have become much rarer in recent decades, though you might receive one if you worked for a government agency or a large company. But in any case, to fill out your retirement paycheck, you may need to draw heavily on your investment portfolio.

Your portfolio can provide you with income in these ways:

- **Dividends** – When you were working, and you didn't have to depend on your portfolio for income to the extent you will when you're retired, you may have reinvested the dividends you received from stocks and stock-based mutual funds, increasing the number of shares you own in these investments. And that was a good move, because increased share ownership is a great way to help build wealth. But once you're retired, you may need to start accepting the dividends to boost your cash flow.

- **Interest payments** – The interest payments from bonds and other fixed-income investments, such as certificates of deposit (CDs), can also add to your retirement income. In the years immediately preceding their retirement, some investors increase the presence of these interest-paying investments in their portfolio. (But even during retirement, you'll need some growth potential in your investments to help keep you ahead of inflation.)

- **Proceeds from selling investments** – While you will likely need to begin selling investments once you're retired, you'll need to be careful not to liquidate your portfolio too quickly. How much can you sell each year? The

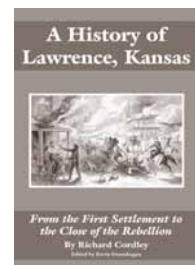
answer depends on several factors — your age, the size of your portfolio, the amount of income you receive from other sources, your spouse's income, your retirement lifestyle, and so on. A financial professional can help you determine the amount and type of investment sales that are appropriate for your needs while considering the needs of your portfolio over your lifetime.

When tapping into your investments as part of your retirement paycheck, you'll also want to pay special attention to the amount of cash in your portfolio. It's a good idea to have enough cash available to cover a year's worth of your living expenses, even after accounting for other sources of income,

such as Social Security or pensions. In addition, you may want to set aside sufficient cash for emergencies. Not only will these cash cushions help you with the cost of living and unexpected costs, but they might also enable you to avoid digging deeper into your long-term investments than you might like.

You may be retired for a long time — so take the steps necessary to build a consistent retirement paycheck.

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



The History of Lawrence, Kansas

by Richard Cordley

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

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The B.I.G. Deal: A five-generation (yourself, a loved one or a friend, parents, grandparents, great-grandparents, and second great-grandparents) ancestor chart for just \$99. **A great gift idea!**



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JILL ON MONEY

Will US economic growth fall off a ledge?

Two recently released economic reports paint a nuanced picture of the U.S. economy.

The government said that U.S. gross domestic product (GDP) increased at a 2.9% annualized pace in the fourth quarter of 2022, capping a year when



Jill
Schlesinger

growth was up by just 1% (as measured from the fourth quarter a year earlier), down substantially from the 5.7% blazing hot 2021, though up from the horrendous 2020 when the economy shrank by 3.4%.

The pandemic really did wallop the economy. The U.S. does not usually see big swings up or down in successive years. In fact, in the five years leading up to COVID-19, here is how the economy, as measured by GDP, performed:

2015: +1.9%
2016: +2.0%

2017: +2.8%
2018: +2.3%
2019: +2.6%

Even though the economy eked out a gain last year, there are signs that trouble could be brewing.

Paul Ashworth of Capital Economics noted that “despite the apparent resilience of fourth-quarter GDP growth, the economy was on the precipice of a recession, and may already have fallen off the ledge,” mostly due to a pull-back in spending by consumers and businesses.

Off a ledge?

That language may lead you to think that the Federal Reserve would halt its rate hike campaign. But that is not what happened. While the central bank reduced the amount of the increase from a half of a percentage point to a quarter of a percentage point, it still hiked. The new range is 4.50 - 4.75%, the highest level since October 2007 when the Fed had just started cutting rates from a then-peak of 5.25%.

The reason behind the increase is that although inflation readings are improving, prices remain high, especially on the service side of the economy, which represents about 70% of the economy

(vs. 30% for goods). In fact, there is a special inflation reading from the Federal Reserve Bank of Atlanta called “the sticky price index,” which tracks the components of the consumer price index (CPI) that are “sticky” or slow to change.

The Fed keeps a close eye on the sticky-price index, which as of December, was up 5.6% (on an annualized basis), following a 5.5% increase in November. On a core basis (excluding food and energy), the sticky-price index increased 5.7% (annualized) in December, and its 12-month percent change was 6.6%.

Those sticky numbers are still too high for the Fed, which is why they raised short-term interest rates. Although economists are worried that the Fed’s effort to tackle inflation could cause the economy to slow and even enter a recession, one group of Americans is very happy: savers.

As of December, the personal saving rate (the percentage of people’s incomes left after they pay taxes and spend money) stood at 3.4%. That is down significantly from the COVID

apex of 33.8% (April 2020), but it is an improvement from the recent low level of 2.4% last September.

As Americans starting to sock away cash, just in case, they are enjoying much higher rates. According to bank account comparison site DepositAccounts.com, as of the end of January, the average 1-year Online CD Index stood at 4.37% and for those who want to lock-in for a longer period, the 5-year Online CD Index was yielding 4.04%.

Additionally, there are a bunch of online savings and money market accounts that are yielding more than 4%, though “unlike the small online banks, the major online banks haven’t come close.”

Bottom line for those fearful of growth falling off a ledge: an ample safety net can provide a lot of protection.

- 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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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 cornucopia 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 and 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

MAR 23

SENIOR SESSION: A KANSAS ORIGINAL: QUILTS BY ROSE KRETSINGER

The extraordinary quilts by Emporia native Rose Kretsinger are frequently requested by visitors but have not been shown in more than 10 years. Join Curator Susan Earle for a special viewing of these quilts in the new Lee Study Center to learn about Kretsinger's brilliant designs and techniques. Senior Sessions are designed with accommodations for older adults, but open to all. Spencer Museum of Art, 1301 Mississippi St., 10:15-11 a.m.

LAWRENCE

spencerart.ku.edu/calendar/date/2023-03-23

MAR 26

ART AND CRAFT SUPPLY THRIFT

The sale will bring together fellow creatives to

sell new "to you" supplies. Artists and crafters are getting together to jettison the supplies and source materials they thought they would use "some day." Douglas County Fairgrounds, 2110 Harper, Building 21, 9 a.m.-2 p.m.

LAWRENCE

EDUCATION

MAR 2

INTERNET GENEALOGY FOR BEGINNERS

Get started in genealogy and learn how to build your family tree online using the print and online resources your library offers. Register to receive the Zoom link. Topeka and Shawnee County Public Library - Virtual Room 02, 10-11:30 a.m.

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

MAR 6

BEGINNERS COMPUTER NAVIGATION

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

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

MAR 6

NEW TO MEDICARE

Get Medicare advice from Jayhawk Area Agency on Aging. Topeka and Shawnee County Public Library, Marvin Auditorium 101C, 1515 SW 10th Ave., 1-2 p.m.

TOPEKA, 785-580-4400

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

MAR 7

INTERNET GENEALOGY FOR BEGINNERS

Get started in genealogy and learn how to build your family tree online using the print and online resources your library offers. Register to receive the Zoom link. Topeka and Shawnee County Public Library - Virtual Room 02, 10-11:30 a.m.

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

MAR 7

HOW RUSSIA'S WAR IS CHANGING UKRAINE

The KU Center for Russian, East European, and Eurasian Studies (CREES) is pleased to partner with the Lawrence Public Library to bring you the Perspectives on Ukraine Series. This is the second event in the series. Dr. Oleksandra Wallo, Associate Professor in the KU Department of Slavic, German, and Eurasian Studies, will deliver a talk titled "How Russia's War is Changing Ukraine." Lawrence Public Library auditorium, 6 p.m. Free.

LAWRENCE, 785-843-3833

MAR 8

INTERNET INTRODUCTION - BEGINNING COMPUTER NAVIGATION

Learn about browsers, search engines and how to navigate websites to find information online. Share this with a friend or family member who needs help with the internet. Call 785-580-4607

to register. Topeka and Shawnee County Public Library - Learning Center, 10-11 a.m.

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

MAR 9

INTERNET GENEALOGY 2

Learn more about researching your family with this interactive class. You will learn how to find local resources online and from libraries and repositories. Register for Zoom link. Topeka and Shawnee County Public Library - Virtual Room 02, 10-11:30 a.m.

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

MAR 9

FIRST LADIES, WOMEN'S RIGHTS AND SUFFRAGE - HYBRID EVENT

Moderated by Diana Carlin, featuring Nancy Kegan Smith and Stacy Cordery. Abigail Adams was famous for her letter to John urging him to "remember the ladies" as a new country and government were developed. John and most of his successors ignored that plea until the early 20th century. This program looks at the women who supported women's rights, those who could have supported but chose not to, and those who did not see a need for women to have the vote or hold political office and why they approached the issue of women's rights as they did. The Dole Institute of Politics, 2350 Petefish Drive, 7-8:15 p.m. Free.

LAWRENCE, 785-864-4900

www.youtube.com/watch?v=iJsV1yQmNSk

MAR 13

NEW TO MEDICARE

Get Medicare advice from Jayhawk Area Agency on Aging. Topeka and Shawnee County Public Library, Marvin Auditorium 101C, 1515 SW 10th Ave., 6-7 p.m.

TOPEKA, 785-580-4400

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

MAR 14

INTERNET GENEALOGY 2

Learn more about researching your family with this interactive class. You will learn how to find local resources online and from libraries and repositories. Register for Zoom link. Topeka and Shawnee County Public Library - Virtual Room 02, 10-11:30 a.m.

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

MAR 20

EMAIL FOR BEGINNERS

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

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

MAR 20

MEDICARE PART D

Jayhawk Area Agency on Aging staff will help you navigate Medicare Part D to make sure you are getting the best prices for your medication. Topeka and Shawnee County Public Library, Marvin Auditorium 101C, 1515 SW 10th Ave., 1-2 p.m.

TOPEKA, 785-580-4400

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

MAR 22

ZOOM FOR BEGINNERS

Learn how to use Zoom tools to attend, participate and start online meetings. Topeka and Shawnee County Public Library - Learning Center, 10-11 a.m.

TOPEKA, 785-580-4400

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

MAR 27

NATIVE PLANT TALK

Why should you grow native plants? Which ones are right for your growing space? Join our expert panelists to find out! You'll get the chance to learn from three titans in the field of restoration ecology, as well as ask any questions you may have about gardening with native plants. Lawrence Public Library, 707 Vermont St., 5:30-7:30 p.m.

LAWRENCE

MAR 29

ONLINE SAFETY TIPS FOR BEGINNERS

Learn how to navigate online safely. We will talk about basic internet safety, passwords, and common online and email scams. Topeka and Shawnee County Public Library - Learning Center, 10-11 a.m.

TOPEKA, 785-580-4400

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

MAR 29

LEGACY: THE ENDURING IMPACT OF THE NEGRO LEAGUES

Local author Todd Fertig discusses his book "Legacy: the Enduring Impact of the Negro Leagues on Modern Baseball and American Society." Topeka and Shawnee County Public Library - Marvin Auditorium 101A, 6-8 p.m.

TOPEKA, 785-580-4400

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

APR 3

NEW TO MEDICARE

Get Medicare advice from Jayhawk Area Agency on Aging. Topeka and Shawnee County Public Library, Marvin Auditorium 101C, 1515 SW 10th Ave., 1-2 p.m.

TOPEKA, 785-580-4400

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

APR 4

INTERNET GENEALOGY FOR BEGINNERS

Get started in genealogy and learn how to build your family tree online using the print and online resources your library offers. Register to receive the Zoom link. Topeka and Shawnee County Public Library - Virtual Room 02, 10-11:30 a.m.

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

ENTERTAINMENT

SECOND & FOURTH SATURDAYS OF THE MONTH GRAND OTTAWA OPRY

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

OTTAWA, 785-241-6762

■ CONTINUED FROM PAGE 16

MAR 3, 4, 5, 9, 10, 11 & 12

AGATHA CHRISTIE'S MURDER ON THE ORIENT EXPRESS

Just after midnight, a snowdrift stops the Orient Express. By morning the luxurious train is one passenger fewer. An American tycoon lies dead in his compartment, stabbed eight times, his door locked from the inside. Isolated and with a killer in their midst, the passengers rely on detective Hercule Poirot to identify the murderer—in case he or she decides to strike again. Theatre Lawrence, 4660 Bauer Farm Dr. See website for showtimes and fees.

LAWRENCE, 785-843-7469

<https://wp.theatrelawrence.com/events/22-23-season>

MAR 5

BLACK VIOLIN

This Lied Center favorite is back. Black Violin is led by classically trained string players Wil B. (viola) and Kev Marcus (violin). Joining them onstage are DJ SPS and drummer Nat Stokes. The band uses their unique blend of classical and hip-hop music, often described as “classical boom,” to overcome stereotypes and encourage people of all ages, races, and economic backgrounds to join together to break down cultural barriers. Lied Center of Kansas, 1600 Stewart Drive, 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

[lied.ku.edu/?event=black-violin-2023](https://www.liedku.edu/?event=black-violin-2023)

MAR 10

FREE STATE STORY SLAM | ALMOST

Real stories, live and uncensored. Stories are told live, MOTH-style, with a new theme each month. Never the same story or evening. Live music and social hour at 7 p.m. Slam begins at 7:30 p.m. \$10 suggested donation. Ages 18+ recommended. 10th & Mass Studios, 1000 Massachusetts St.

LAWRENCE, 785-843-2787

MAR 12

PETER FLETCHER - AWARD WINNING CLASSICAL GUITARIST

Enjoy the sounds of classical guitar. Performing more than 100 concerts annually, Fletcher has performed at Carnegie Hall in a solo recital and is an award-winning recording artist. Topeka and Shawnee County Public Library - Marvin Auditorium 101ABC, 3-5 p.m.

TOPEKA, 785-580-4400

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

MAR 12

EMMET COHEN'S "LIVE FROM EMMET'S PLACE"

Multifaceted American jazz pianist and composer Emmet Cohen is one of his generation's pivotal figures in music and the related arts. *Downbeat* praised the “nimble touch, measured stride and warm harmonic vocabulary” he employs to communicate with other musicians and audiences at what he terms “the deepest level of humanity and individuality.” Lied Center of Kansas, 1600 Stewart Drive, 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

<https://lied.ku.edu/?event=emmet-cohen-2023>

MAR 15

ANASTASIA

From the Tony Award-winning creators of the Broadway classic *Ragtime*, this dazzling show transports us from the twilight of the Russian Empire to the euphoria of Paris in the 1920s, as a brave young woman sets out to discover the mystery of her past. Pursued by a ruthless Soviet officer determined to silence her, Anya enlists the aid of a dashing conman and a lovable ex-aristocrat. Lied Center of Kansas, 1600 Stewart Drive, 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

<https://lied.ku.edu/?event=anastasia>

MAR 18

HARP ROUNDTABLE

Harpists Jim Mosher and Rob Banks, and harp instructor Erin Wood will play some music, talk about their love of the instrument and journey, answer questions, and you might have a chance to play a harp yourself. Topeka and Shawnee County Public Library - Marvin Auditorium 101AB, 2-3:30 p.m.

TOPEKA, 785-580-4400

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

MAR 28

KU JAZZ ENSEMBLE I WITH SPECIAL GUEST MICHAEL DEASE, TROMBONE

Michael Dease is one of the world's eminent trombonists, lending his versatile sound and signature improvisations to more than 200 recordings and groups as diverse as Grammy-winning artists David Sanborn, Christian McBride, Michel Camilo and Alicia Keys. Dease was a part of the historic first class of jazz students at the Juilliard School, earning both bachelor's and master's degrees, and he quickly established a reputation as a brilliant soloist, side person and bandleader. Lied Center of Kansas, 1600 Stewart Drive, 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

https://lied.ku.edu/?event=michael-dease-kuje&event_date=2023-03-28

MAR 31

TAKE 6

Take 6 (Claude McKnight, Mark Kibble, Joel Kibble, Dave Thomas, Alvin Chea and Khristian Dentley)—heralded by Quincy Jones as the “baddest vocal cats on the planet”—is the quintessential a cappella group and the model for vocal genius. With 10 Grammy Awards, 10 Dove Awards, a Soul Train Award and more, as well as being inducted into the Gospel Music Hall of Fame, Take 6 is the most awarded a cappella group in history. Lied Center of Kansas, 1600 Stewart Drive, 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

https://lied.ku.edu/?event=take-6&event_date=2023-03-31

EXHIBITS & SHOWS

DEC 20-APR 29

FROM THEN TO NOW: A STUDENT HISTORY OF HASKELL INDIAN NATIONS UNIVERSITY

In 1884, the Indian Industrial Training School, as it was then called, opened in Lawrence under control of the federal government. Over time, the same school, under the same

government, has adapted and evolved into an institution of higher education that encourages and celebrates the cultures it was established to eradicate. Recurring weekly on Tuesday, Wednesday, Thursday, Friday, Saturday. Watkins Museum of History, 1047 Massachusetts St., 10 a.m.-4 p.m.

LAWRENCE, 785-841-4109

watkinsmuseum.org

FEB 25-MAY 7

SHADES OF GREATNESS

This stunning traveling art exhibit from the Negro Leagues Baseball Museum in Kansas City features works created by local artists inspired by Negro Leagues Baseball history. “Shades of Greatness” honors and celebrates African American history and sports. This exhibit is made possible by The Library Foundation through contributions from The National Endowment for the Humanities: Democracy demands wisdom. Topeka and Shawnee County Public Library - Alice C. Sabatini Art Gallery, 1515 SW 10th Avenue. Free.

TOPEKA, 785-580-4400

FARMERS' MARKET

THURSDAYS

COTTIN'S HARDWARE FARMERS' MARKET

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

LAWRENCE

cottinshardware.com/farmers-market

HEALTH & FITNESS

MAR 1, 8, 15, 22, 29

POWER YOGA

A challenging mixed flow class for most yoga levels. You need to be able to get down on your belly, hands & knees but no arm balances or inversions. Join in person or click title for Zoom link. Topeka and Shawnee County Public Library - Learning Center, 1515 SW 10th Ave., 5:30-6:20 p.m.

TOPEKA, 785-580-4400

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

MAR 20

YOGA AT THE LIBRARY

Join us for an hour of yoga with Molly, who will guide participants through each pose. Beginners are definitely welcome! Bring your own mat if you have one. Questions? Email Theresa at tbird@jplks.org. No registration or experience needed. Lawrence Public Library, 707 Vermont St., 6-7 p.m.

LAWRENCE

HISTORY & HERITAGE

MAR 23

TOPEKA GENEALOGICAL SOCIETY MONTHLY MEETING

Daughters of the American Revolution member & Topeka Genealogical Society Membership Chair, Nancy Appelman, will share the amazing history of DAR and what members are doing today to continue that legacy. Attend in person or by Zoom. Topeka and Shawnee County Public Library, Marvin Auditorium 101C, 1515 SW 10th Ave., 7-8:30 p.m.

TOPEKA, 785-580-4400

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

■ CONTINUED ON PAGE 18



Visit us on Facebook.

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

MONDAYS

TOPEKA NEEDLEWORK GUILD

Join our needlework enthusiasts every Monday (except holidays) at the Topeka and Shawnee County Public Library, Menninger Room (second floor), 9-11 a.m. Bring a project to work on while we share our skills and ideas. Drop ins welcome.

TOPEKA, 785-207-1165

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 TUESDAY OF THE MONTH

NATIONAL ASSOCIATION OF RAILROAD VETERAN EMPLOYEES

Meets at Grace Episcopal Church, 701 SW 8th

Ave. (enter on NW corner), at 9:30 a.m. TOPEKA

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

MAR 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 (785) 235-1367. Topeka and Shawnee County Public Library - Hughes Room 205, 1515 SW 10th Ave., 3:30-4:30 p.m. TOPEKA, <https://events.tscpl.org/events>

MAR 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 (785) 235-1367. Topeka and Shawnee County Public Library - Hughes Room 205, 1515 SW 10th Ave., 2-3 p.m. TOPEKA, <https://events.tscpl.org/events>

MAR 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 (785) 235-1367. Topeka and Shawnee County Public Library

- Hughes Room 205, 1515 SW 10th Ave., 2-3 p.m.

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

APR 3

CAREGIVER SUPPORT MEETING

Being a caregiver can be incredibly stressful. Meet and talk to others in the same situation. For more information call April Maddox at Jayhawk Area Agency on Aging (785) 235-1367. Topeka and Shawnee County Public Library - Hughes Room 205, 1515 SW 10th Ave., 2-3 p.m. TOPEKA, <https://events.tscpl.org/events>

MISCELLANEOUS

TUESDAYS

2023 VITA TAX PREPARATION ASSISTANCE

Volunteer Income Tax Assistance (VITA) will help people with their taxes by appointment only. Call (785) 969-9951 to schedule an appointment. VITA will not allow walk-ins. Topeka and Shawnee County Public Library - Team Room 02 (1st floor), Team Room 07 (1st floor), Team Room 08 (1st floor), 1515 SW 10th Ave., 5:30-8:30 p.m.

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

THURSDAYS

2023 VITA TAX PREPARATION ASSISTANCE

Volunteer Income Tax Assistance (VITA) will help people with their taxes by appoint-

ment only. Call (785) 969-9951 to schedule an appointment. VITA will not allow walk-ins. Topeka and Shawnee County Public Library - Team Room 02 (1st floor), Team Room 07 (1st floor), Team Room 08 (1st floor), 1515 SW 10th Ave., 9 a.m.-8:30 p.m.

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

SATURDAYS

LAWRENCE BRIDGE CLUB

The Lawrence Bridge Club plays party (a.k.a.: rubber) bridge. First visit free. Annual membership fee. 1025 N. 3rd St., Suite 120, 6:30-9 p.m.

LAWRENCE

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

MAR 17

36TH ANNUAL ST. PATRICK'S DAY PARADE

Join us for the 36th Annual Lawrence St. Patrick's Day Parade! We are back in person. Come rain or shine to watch for your favorite floats parading down Mass Street and into North Lawrence. Our parade is family-friendly and free and open to the public. 1 p.m. LAWRENCE, 785-592-8129

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

Charles Robinson Chapter
(Lawrence)

John Sayler (President)
785-841-5756

Thomas Jefferson Chapter
(Topeka)

Brian Vazquez (President)
785-272-7647



If you think you might have ancestors who participated in the American Revolution, contact us. Let us help you find them and join the local chapter of Daughters of the American Revolution.

Betty Washington Chapter
Kare Lyche, Regent
785-749-6027

PAINTING WITH WORDS

March: An Ode

Algernon Charles Swinburne was born in 1837 in London to an aristocratic family who owned estates in two sections of England, Northumberland, and the Isle of Wight. Although Swinburne was educated at Eton College and at Oxford's Balliol College, he left in 1859 without a degree and



Tom
Mach

returned to London, and there he associated with many cultural figures. In 1860 he published two dramas, but it was with the publication of his next two dramas, *Atlanta in Calydon* and *The Queen-Mother and Rosamond*, that he became more recognized for his literary prowess.

In 1866 he published his first poetry collection called *Poems and Ballads*, and it had a and published more books of poetry, including his political-slanted *Songs Before Sunrise* and his French-influenced *Poems and Ballads*. In addition, he wrote an abundant amount of critical comments on contemporary poets and their poetry. T. S. Elliot once wrote "whatever our opinion of Swinburne's verse, the notes upon poets by a poet of Swinburne's dimensions must be read with attention and respect."

Swinburne's "March: An Ode" is a poem that must be read slowly and

thoughtfully to get the most from it. From reading the first line we realize that the poet is describing a nature scene at the very end of winter by mentioning "frost-flower and snow-blossom faded and fell." When he says "the ways of the woodlands" we know we are in a forest, where the trees are still leafless because of the "breath of the mouths of the winds had hardened on treetops."

The poet is a master of the English language, the way he produces mind pictures so vividly. For example, look at how he calls March the "master of winds." He tells us the weather in March is not kind, saying that its "rage and rapture is satiate with revel and raving." Yes, there is the promise of springtime. "How should not thy lovers rejoice in thee?" he asks. He embodies the coming season with a human quality by saying that its "laughter puts winter and sorrow to scorn."

Since Algernon Charles Swinburne's poem called "March: An Ode" is quite long, here is but a third of the entire piece.

March: An Ode

By Algernon Charles Swinburne

Ere frost-flower and snow-blossom faded and fell, and the splendour of winter had passed out of sight,

The ways of the woodlands were fairer and stranger than dreams that fulfil us in sleep with delight;

The breath of the mouths of the

winds had hardened on tree-tops and branches that glittered and swayed

Such wonders and glories of blossom-like snow or of frost that outlightens all flowers till it fade

That the sea was not lovelier than here was the land, nor the night than the day, nor the day than the night,

Nor the winter sublimer with storm than the spring: such mirth had the madness and might in thee made,

March, master of winds, bright minstrel and marshal of storms that enkindle the season they smite. And

now that the rage of thy rapture is satiate with revel and raving and spoil of the snow, And the branches

it brightened are broken, and shattered the tree-tops that only thy wrath could lay low, how should not

thy lovers rejoice in thee, leader and

lord of the year that exults to be born, so strong in thy strength and

so glad of thy gladness whose laughter puts winter and sorrow to scorn? Thou hast shaken the snows

from thy wings, and the frost on thy forehead is molten: thy lips are aglow. As a lover's that kindle

with kissing, and earth, with her raiment and tresses yet wasted and torn, takes breath as she smiles in the

grasp of thy passion to feel through her spirit the sense of thee flow.

- Tom Mach has written many books, including three historical novels, one memoir, a collection of short stories, a play, two children's books, two Christian novels (one of which uses his pen name A. T. Christie), and three poetry books. If you want to learn more about these books please visit www.TomMach.com.

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HUMOR

Doctor Farseer and Diversity

Dr. Ima Farseer, dean of the department of Et. Al., Et. Al. Al at Letongaloosa University Community Junior College, always sought diversity in recruiting staff and students. When volleyball was added to the sports curriculum, she had no difficulty recruit-

first-rate Smacker. My name is Wally Taylor. I grew up in Wood Falls (here he gives the name of a state) and was recruited to play volleyball by several Ivy League schools before I saw your advertisement.

"I am skinny and five-feet-six

inches tall, but I smack it like I was six-five and muscular. I always wanted to play volleyball at a place where the faculty and administration valued having a true striker on the team. You're the Dean of a department and you sound like you love strikers. Good for you."

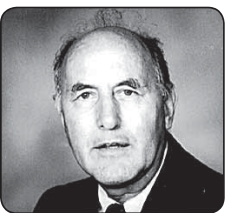
Dean Farseer answered immediately, "I'm not the only one here at LUCJC who loves a striker. Dr. Steven Feltmoore, our president, calls volleyball strikers 'The greatest boon to modern

society since the invention of the motor car."

The volleyball season was a long one. LUCJC played teams from all over the region. At the net, the front line faced tall powerful players who zinged the ball fast and hard. But no other team was a match for Dr. Farseer's volleyball phenomenon.

In game after game, the LUCJC team's five-foot six-inch server shot the ball over the net and into the second

■ CONTINUED ON PAGE 24



Larry
Day

ing six-foot front-line strikers. But could she recruit a short, smart server to smack the ball over the net?

That involved advertising for someone that many people would disparagingly call a runt.

Dr. Farseer strongly rejected that kind of wording. But what wording could she use? She couldn't advertise for a "little person" because that term had a definite connotation that didn't fit the situation.

She settled on a word. She advertised online and in various other venues for a volleyball "Smacker."

"Letongaloosa University Community Junior College seeks a short, strong person to play on our volleyball team. Can you smack it? If so, please contact Dean Ima Farseer at the Department of Et.Al. Et. Al. Please include your "Smacking" credentials in your first response."

A few days later she received this message: "Dear Dean Farseer, I'm a

Hello, Spring!

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HUMOR HOTEL

I'm going full 'Clint Eastwood' on you, pickleball youngsters

By Greg Schwem

“Get off my pickleball court!” I know, I know. That phrase may never reach pop culture status like, “Get off my lawn,” which curmudgeonly Clint Eastwood famously uttered in “Gran Torino” and, ultimately, became an ode to petulance and turf wars.

But, come on, when did these “kids” start playing the sport that was supposed to be reserved for old farts like me? Former “athletes” with knees that now creak, feet that swell and elbows that throb after completing simple tasks? Like getting out of bed. We took up pickleball because it’s the only sport left that, at our age, produces sweat but not a potential 911 call. If we’re too infirm for pickleball, all that’s left is bowling.

For a while, we were happy. We knew the one or two pickleball courts in our subdivisions would be empty when we rolled up with our posse of fellow retirees and snowbirds. Meanwhile, the Gen Z crowd jogged by, not even trying to hide their snickers and guffaws as they watched four guys flailing at a wiffleball, occasionally yelling, “KITCHEN” or “THREE TWO ON THE ONE” before launching a serve — an UNDERHAND serve. We didn’t care; we’d found our happy place, and, even better, knew it was created exclusively for us. Sort of like early bird dinner at Denny’s.

Or so we thought.

Now we fight for court space with those same Gen Zers, the ones who eventually stopped jogging, picked up paddles and decided to give America’s fastest growing sport a try. Oh, and they did more than try. While our medicated ointment was drying on our aching muscles, they were silently taking over.

On a recent Friday evening at a suburban Chicago tennis club, it was hard to find any actual tennis play-

ers. Instead, more than 80 people, me included, converged for open play on tennis courts that had hastily been converted into pickleball courts via brightly colored tape that doubled as boundary lines.

As I waited for a court to open, I scanned the area and estimated at least half the players were younger than 35. The figure was probably higher; my deteriorating eyesight made it difficult to make out shapes on the outer courts.

What’s worse is that, in between drop spins and stacks (OK, I’ll stop with the terminology), they were discussing post-pickleball plans. Some talked of going out for drinks. Or dinner. At 9 p.m.!

After pickleball, the only thing I go out for is Advil.

Thankfully, in pickleball, younger does not necessarily mean better when it comes to skill. I have found the Gen Z set lacking in patience during an extended rally of cross-court dinks, preferring a smash when the ball is nowhere near at “smash level.” Gen Zers, if that sentence befuddles but also intrigues you, grab a paddle and join the fun.

But consider this your warning. “Fun” to grizzled pickleball veterans means you will most likely be on the receiving end of a pickleball hit with full force and aimed directly at your midsection.

It’s not that we hate you personally; rather, we are angry that our sport, almost overnight, doubled in popularity because a younger demographic wanted to be part of our playdates. And what are we supposed to do to exact revenge? Crash your MMOGs? (Massively Multiplayer Online Games). We don’t own Xboxes; we buy them for our grandchildren.

So, we’ll take out our frustrations on the pickleball court, specifically against you, bro with the backward baseball cap, baggy shorts and “Lollapalooza ’22” T-shirt, who took up pickleball

because the courts were walking distance to his favorite karaoke bar. We’ll apologize when the point’s over.

Or maybe we won’t. Maybe we’ll do the snickering. Or maybe we’ll high-five our partners as we return to the baseline and get ready for the next point.

On second thought, it’s probably not a good idea if we high-five.

We might sprain something.

- 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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CROSSWORD

Across

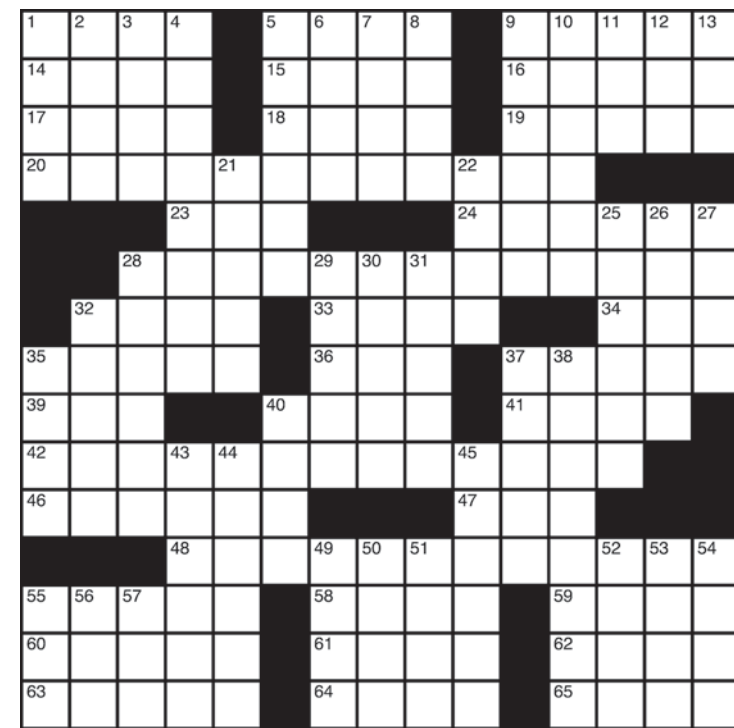
- 1 Have over
5 "A Land More Kind Than Home" novelist Wiley
9 Mary-in-mourning sculpture
14 1968 self-titled live folk album
15 Baseball family name
16 Cruise stopovers
17 More than a little unkind
18 Dozes off
19 Magazine featuring Pencil Pointers
20 S
23 "Gloria in Excelsis ___"
24 Shelter adoptee
28 C
32 Cornfield cries
33 Total
34 Joe
35 Dilutes
36 "The Street" novelist Petry
37 Thoughts
39 Feel unwell

- 40 Canine kiss
41 Not too keen
42 B
46 Looking to add staff
47 100%
48 Evolutionary mysteries, and a feature of three clues in this puzzle
55 Swing for the fences
58 Summer hangout
59 Stock exchange membership
60 Tourney format
61 Boo-boo
62 Flooring preference
63 Hatha yoga posture
64 Patches potholes, say
65 Quick cut

Down

- 1 "Good Omens" actor Jon
2 Cookie with a Cakesters variety
3 Balkan native
4 Soft-pedal
5 "1812 Overture" instrument

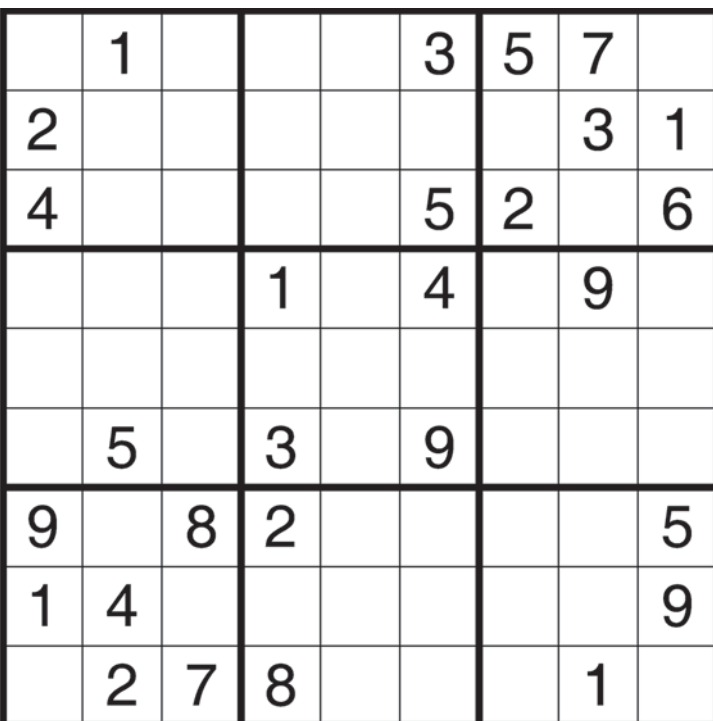
- 6 Facial tissue additive
7 Pop
8 Tamale wrapper
9 Milne friend who notes, "It is hard to be brave when you're a Very Small Animal"
10 "It's my call"
11 Blight-stricken tree
12 Bit of concert merch
13 Donkey
21 Sneetches creator
22 Nation that follows the Solar Hijri calendar
25 Caravan mounts
26 Customary
27 Gate postings, briefly
28 "___ Moon": manga series
29 Pull the plug on
30 Light weight
31 Squeals (on)
32 Bowlful served with a cinnamon roll in the Midwest
35 RPM gauge
37 Poem of rustic life
38 Opposite sides of a rather pointed fight?
40 Record holders
43 Apelike
44 Challenging puzzle
45 Aerie nesters



- 49 Espy
50 Skunk River state
51 Gritty film genre
52 "Ja" opposite
53 Hindu goddess of destruction
54 Manual component
55 Transcript fig.

- 56 Hosp. areas
57 Fluffy wrap

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JUMBLE THAT SCRAMBLED WORD GAME
By David L. Hoyt and Jeff Knurek

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

FOGOY
LTIPO
ZNATAS
NFIEAL

Get the free JUST JUMBLE app • Follow us on Twitter @PlayJumble

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

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SCRABBLE G R A M S

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1st Letter Triple

RACK 1: A₁ A₁ O₁ X₈ R₁ P₃ D₂

RACK 2: A₁ E₁ Y₄ H₄ D₂ L₁ T₁

RACK 3: E₁ E₁ O₁ H₄ T₁ R₁ F₄

RACK 4: A₁ E₁ O₁ Y₄ N₁ L₁ B₃ (Double Word Score)

RACK 5: A₁ A₁ E₁ U₁ T₁ T₁ C₃

PAR SCORE 270-280
BEST SCORE 333

FIVE RACK TOTAL
TIME LIMIT: 25 MIN

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

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

Answers to all puzzles on page 30

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

GOREN ON BRIDGE

WITH BOB JONES

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RESOURCEFUL

East-West vulnerable, South deals

NORTH

♠ A 5 3
♥ 4 2
♦ K 6 3 2
♣ A 7 5 3

WEST

♠ 9
♥ A Q J 10 8 7 6 5
♦ 8
♣ 10 4 2

EAST

♠ 10 8 7 4
♥ 3
♦ J 10 9 7
♣ K Q J 8

SOUTH

♠ K Q J 6 2
♥ K 9
♦ A Q 5 4
♣ 9 6

The bidding:

SOUTH	WEST	NORTH	EAST
1♠	4♥	4♠	All pass

Opening lead: Ace of ♥

North stretched a bit with his four-spade bid, but that is normal in a competitive auction. North's bid was sound.

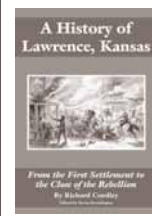
West won the first trick with his ace of hearts lead and continued with a heart at trick two. East ruffed and shifted to the king of clubs. South, worried that East might have a six-card club suit, won with dummy's

ace. This is the kind of deal that experts take pride in. Non-experts will draw the trumps and try to cash the diamonds for 10 tricks. When diamonds split 4-1, they curse their luck and move on to the next deal. An expert will think: "What can I do if the diamonds split poorly?"

Our expert declarer led a spade to his king and then cashed the queen of spades. He exited with his remaining club. West played his 10, but East saw that a third round of clubs by the defense would only help declarer, so he overtook the 10 with the jack and shifted to the jack of diamonds. Declarer won with his ace, led a low spade to dummy's ace, and ruffed a club, leaving West with no more clubs.

He cashed his last trump, the jack, and discarded a diamond from dummy. East was helpless. In this three-card ending, East could not hold onto his high club and three diamonds. East discarded a diamond and the king, queen, and five of diamonds took the last three tricks. Very nicely played!

(Bob Jones welcomes readers' responses sent in care of this newspaper or to Tribune Content Agency, LLC., 16650 Westgrove Dr., Suite 175, Addison, TX 75001.)



The History of Lawrence, Kansas

by Richard Cordley

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



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Kaw Valley Senior Monthly



By David L. Hoyt and Jeff Knurek



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

BOGGLE POINT SCALE

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

YOUR BOGGLE RATING

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

Find AT LEAST 12 WORDS ENDING WITH "FT" in the grid of letters.

MY PET WORLD

Is vomiting normal for a cat even when the vet says nothing is wrong?

By **Cathy M. Rosenthal**

Tribune Content Agency

Dear Cathy: I have a 12-year-old cat that has been vomiting almost every day since October. I have taken her to three different vets. They all did X-rays and blood work and found nothing wrong. I've tried changing her food to her sensitive stomach food and attempted to use raised cat dishes.

Nothing seems to work. I don't know what else I can do. She's an indoor cat. She eats, drinks, and plays like nothing is wrong. Do you have any suggestions to remedy this? - Jean, Seaford, New York

Dear Jean: If the vet says your cat is healthy, perhaps your feline has hairballs from the hair they digest when grooming themselves. Your cat may be grooming more because of age, or she may not be digesting the hair as well as she used to. You can give her an over-the-counter hairball remedy or switch her to a hairball control food, which may halt or reduce the vomiting.

Also, as pets age, they can sometimes develop allergies to specific proteins, like chicken. If you suspect this, switch her to a limited-ingredient diet (available at pet stores) with a different protein, like fish or venison. Let me know if these things help.

Dear Cathy: My husband and I adopted our lab mix rescue when she was six months old. We were told she was nervous around people, but that was an understatement. She was terrified for the first two months and kept her tail tucked tight. Thunder and fireworks do not bother her, but she jumps if a plastic grocery bag hits the floor.

She cowers and shakes when people approach.

She is smart and trains quickly. We took her to an obedience training class. She was scared, but in time, she did great. In just 15 minutes, she learned how to use a bell to let us know she needed to go out. The "sit" command took only three tries. Walking her was a nightmare and training her to walk on a leash took a long time. We started walking with some friends, and it took her about a year to trust them and not shake and hide behind me. She will be six years old this month.

We need help with her barking, growling, and charging the door when guests arrive. She does not stop right away when I say it's okay. When she stops, I tell her she is good and give her a treat. She hides in her crate in a different room when people come in. We have blocked her access to the crate to force her to stay with the company. She is scared of kids. One time, she growled at our nephew. What can we do? - Geralyn, Florida

Dear Geralyn: You have made so much progress with her. I am impressed with your patience and ability to continually work with her to help her overcome what sounds like a rough beginning to life.

You're doing everything right regarding training and exposing her to people. But don't force her to remain with your company if she is scared. Pets are less stressed if they have an exit strategy. Her exit is to go to her crate for comfort. That's good.

You want her to know her limits and find ways to self-soothe herself.

You might consider putting her in an Anxiety Wrap® or Thundershirt® and give her some calming chews daily. These things aren't just for storms and fireworks. They can help calm anxious dogs, which makes it easier for them to listen and learn.

In addition, teach her the "leave it" command and use this when she is barking at the door. Because she is riled up, you must get her attention before she will listen to your command. Shake a can of coins or use a Pet Corrector (available online), which makes a shhh sound. This will interrupt her barking just long enough for you to say, "leave it." Since she is eventually stopping now, adding this interrupter to get her attention should help you with the training.

Larry Day

■ CONTINUED FROM PAGE 20

tier of defenders. There it dropped so quickly that the other players spent most of their time on their stomachs trying to "pick" the ball off the floor.

LUCJC beat Beemhaven University Community Junior College both at home and in Simpsonville, where a raucous students made so much noise it was difficult to hear the officials when they called a serve "ou" or "good."

Losing at home to Lorrison University Community College was hard to take, but the team rallied quickly and beat Lorrison on the road by several points.

Fountain Green played LUCJC very

Because she growled at your nephew, she should always be monitored around children. This is another instance when she may be happier in her kennel. Please respect that and let her go to her kennel whenever she needs to escape. She is managing herself when she does this, and that's a good thing. On the flip side, do not let anyone bother her in her kennel. That is her space, and she must always feel safe there. Let me know how the training goes.

- *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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tough. The LUCJC team had a couple of players who suited up and played despite painful injuries. It always helped to have a first-rate smacker who would keep the other teams off balance.

And Wally Taylor smacked the ball perfectly virtually every time he served. He loved playing volleyball at a school where the higher-ups were enthusiastic about the sport.

Oftentimes the whole faculty and staff—professors, deans, administrators, and even the kitchen help—were sitting in the stands when the team played.

- *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.*

Know an interesting senior citizen who would be a great subject for a Senior Profile? Call Kevin at 785-841-9417.



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AMERICA'S TEST KITCHEN

Pull apart this sticky-sweet treat and share with your friends!

By America's Test Kitchen

Tribune Media Content

Monkey bread is a knotty-looking loaf of sweet bread made from balls of dough coated with cinnamon, sugar, and melted butter. It's traditionally served warm so that the sticky baked pieces can be pulled apart. The name "monkey" refers to how you eat this sweet treat—with your hands.

Monkey Bread

Serves 8

1/2 cup packed light brown sugar
1 1/2 teaspoons ground cinnamon
1/8 teaspoon ground nutmeg
6 tablespoons unsalted butter, melted and cooled
Vegetable oil spray
1 pound pizza dough, room temperature
1/3 cup powdered sugar
2 teaspoons milk

1. In a small bowl, stir together brown sugar, cinnamon, and nutmeg. Place melted butter in a second small bowl. Spray 8-inch round cake pan

with vegetable oil spray.

2. Spray counter lightly with vegetable oil spray. Place dough on greased counter and pat into 6-inch square. Use kitchen shears to cut dough in half. Cut each half into 3 strips (you'll have 6 strips total). Cut each strip into 6 even pieces (you'll have 36 pieces total).

3. Roll each piece of dough into a ball. Dip each ball in melted butter to coat, roll in brown sugar mixture, then place in greased pan. Cover bottom of pan with dough balls in single layer.

4. Cover pan tightly with plastic wrap and leave in a warm place until dough balls are puffy and have risen slightly (about 1/2 inch), 1 to 2 hours.

5. Adjust oven rack to middle position and heat oven to 350 degrees. When dough is ready, discard plastic. Place pan in oven and bake until top of monkey bread is light golden brown, 20 to 25 minutes.

6. Transfer pan to cooling rack and let monkey bread cool for 5 minutes (no longer).

7. Place a large plate on top of the pan. Carefully flip out monkey bread onto the plate. Remove pan. Let cool for 10 minutes before glazing.

8. In a third small bowl, stir pow-

KENDRA MCKNIGHT



Using pre-made pizza dough saves you time in the kitchen.

dered sugar and milk until smooth. Use spoon to drizzle glaze over monkey bread. Serve warm.

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family of brands—which includes Cook's Illustrated, Cook's Country, and America's Test Kitchen Kids—offers reliable recipes for cooks of all ages and skill levels. See more online at www.americastestkitchen.com/TCA.

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

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RICK STEVES' EUROPE

Ruins at the Roman port of Ostia Antica rival Pompeii's

By Rick Steves

Tribune Content Agency

Sitting on the top row of the ancient arena, I scan the ruins of Ostia, letting my imagination take me back 2,000 years to the days when this was ancient Rome's seaport, a thriving commercial center of 60,000 people. I marvel also at how few visitors make

the remains of the docks, warehouses, apartment flats, mansions, shopping arcades, and baths—all giving a peek at Roman lifestyles.

Ostia, at the mouth (ostium) of the Tiber River, was founded around 620 BC; its central attraction was the salt gleaned from nearby salt flats, which served as a precious meat preserver.

■ CONTINUED ON PAGE 29

RICK STEVES



The show still goes on in ancient Ostia's theater.



Rick Steves

the 20-mile trip from downtown Rome to what I consider the most underappreciated sight in all of Italy.

Ostia Antica, a 45-minute Metro/commuter train ride away, offers ancient thrills to rival Pompeii (which is four hours south of Rome). Wandering around the ruins today, you'll see

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Rick Steves

■ CONTINUED FROM PAGE 28

Later, around 400 BC, Rome conquered Ostia and made it a naval base, complete with a fort. By AD 150, when Rome controlled all the Mediterranean, Ostia served as its busy commercial port.

With the fall of Rome, the port was abandoned. Over time, the harbor silted up. I'd like to take a moment to thank the mud that eventually buried Ostia, protecting it from the ravages of time—and from stone-scavenging medieval peasants.

Ostia's small museum offers a delightful look at some of the city's finest statuary—tangled wrestlers, kissing cupids, playful gods. Most of the statues are second- and third-century AD Roman pieces inspired by rare and famous Greek originals. The portrait busts are of real people—the kind you'd sit next to in the baths (or at the famous, many seated public toilets). Roman religion revered the man of the house (and his father and grandfather). As statues of daddy and grandpa were common in the corner of any proper house, many survive today.

Surviving frescos, while scant and humble, give a feeling for how living quarters may have been “wallpapered.” Perhaps the museum's most interesting room features statuary from religions of foreign lands. Being a port town, Ostia accommodated people (and their worship needs) from all over the known world.

These days, you can stroll among the ruins and trace the grid standard for Roman military towns: a rectangular fort with east, west, north, and south gates and two main roads converging on the Forum. Walking along the main drag, Decumanus Maximus, you can identify buildings from the Republic (centuries before Christ) and the Empire (centuries after Christ) by their level. Over the centuries, Ostia's ground-level rose, and the road was elevated. Anything you walk down into is BC.

On the main drag you'll see the vast theater (teatro). One of the oldest brick theaters anywhere, it's still used for concerts today. The three rows of

marble steps near the orchestra used to be for big shots.

Just in front of the theater is the grand Square of the Guilds, the former bustling center of Rome's import/export industry, with more than 60 offices of ship owners and traders. Along the sidewalk, second-century AD mosaics advertise the services offered by the various shops—a lighthouse symbolizes the port of Ostia and an elephant marks the office of traders from Africa. It's fun to walk the entire square guessing from the ancient signs what was once for sale behind each storefront.

The Forum Baths, a huge, government-subsidized complex, were the city's social nerve center. Fine marble steps—great for lounging—led to the pools. People used olive oil rather than soap to wash, so the water needed to be periodically skimmed by servants. From the viewpoint overlooking the Baths of Neptune you'll see a fine mosaic of Neptune riding four horses through roller-coaster waves.

Along Via Casa di Diana is the House of Diana, a great example of insulae (multistoried tenement complexes where the lower middle-class lived) and an inn called the Insula of the Thermopolium. Belly up to this tavern's bar. You'll see a small sink, shelves once used to display food and drinks for sale, and scant remains of wall paintings.

A meander down Ostia's back lanes is a veritable archaeological scavenger hunt. Look for hidden bits of fresco, preserved mosaic flooring, and millstones for grinding grain back when business was booming.

The key to enjoying sights from ancient Rome is to resurrect all that rubble in your mind. A quick trip out to Rome's ancient port helps do just that, making it more likely that your hours climbing through the wonders of ancient Rome will give you goosebumps rather than heatstroke.

- 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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BOGGLE ANSWERS

AFT, RAFT, GIFT, LIFT, LOFT, LEFT, TUFT, CRAFT, ALOFT, SWIFT, DRIFT, ADRIFT

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JUMBLE ANSWERS

Jumbles: GOOFY, PILOT, STANZA, FINALE

Answers: The birds flying around where the hay was stored in the barn were -- ALOFT IN A LOFT

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MY ANSWER

God instituted marriage, the family, and the home

From the writings of the Rev. Billy Graham

Tribune Content Agency

Q: My husband and I divorced when our children were small. Now they're young teenagers and my husband and I have decided to give our marriage another try. We both were saved recently and are learning things we didn't know years ago. We're anxious to make corrections and redo this right. How does one set their lives in order as the Bible says? – R.D

A: God instituted marriage, the family, and the home where the basic lessons of life are learned. Home should be a sanctuary, a place of discipline, safety, peace, and love — not bedlam or confusion. It is doubtful a

home can be truly happy unless Christ is the center of the home.

It takes time, discipline, patience, and skill to set a house in order, but God says that it is an essential we cannot shun (see Isaiah 38:1). We find wise instruction in Deuteronomy 6:7-9: "Teach [My words] diligently to your children... talk of them when you sit in your house, when you walk by the way, when you lie down, and when you rise up... write them on the doorposts of your house." This is a beautiful pic-

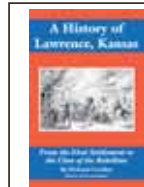
ture of making God's Word the center of home life, and oh, what a difference it will make.

The word discipline means "to teach." Teaching has been too long left to schoolteachers and coaches. Parents are to teach their children by precept and example to be loving members of the household, good citizens of the community, faithful members of the church, and — most importantly — obedient followers of Jesus Christ. This pleases God. Parents have their children a few short years. Instill in them love for the Lord; there is no greater investment that can be made.

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

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The History of Lawrence, Kansas

By Richard Cordley

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

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

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

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

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VARIETY

'Ant-Man and the Wasp: Quantumania' has box office buzzing with \$104 million debut

By Rebecca Rubin

Variety

Disney's "Ant-Man and the Wasp: Quantumania" buzzed to \$110 million at the domestic box office, beating expectations and scoring by far the biggest opening weekend in the pint-sized Marvel trilogy.

The superhero adventure, starring Paul Rudd and Evangeline Lilly as the titular Ant-Man and the Wasp, is expected to bring in \$118 million or \$120 million by President's Day on Monday. The film added \$121 million at the international box office, bringing its global tally to \$225 million.

Though the threequel landed the worst reviews of the series (and some of the harshest in the entire MCU), "Quantumania" got a huge jump on its predecessors, 2015's "Ant-Man" with \$57 million and 2018's sequel "Ant-Man and the Wasp" with \$76 million. Critical sentiments rarely matter for opening weekends of Marvel movies, but word-of-mouth could have an impact on ticket sales in the coming weeks. In addition to its bleak 49% average on Rotten Tomatoes, audiences saddled the film with a "B" CinemaScore.

"Ant-Man" isn't among the top Marvel series, and reviews and audience scores are uncharacteristically soft, but this is excellent business and a big step up for the title," says David A. Gross, who runs the movie consulting firm Franchise Entertainment Research.

Even with its four-day holiday total, the comic book story centered on Rudd's subatomic-sized hero isn't expected to match its mighty Marvel counterparts, which traditionally power to the mightiest of the mighty opening weekends. Previous sequels in the sprawling series, including "Doctor Strange in the Multiverse of Madness" (\$185 million to start), "Thor: Love and Thunder" (\$144 million) and "Black Pan-

ther: Wakanda Forever" (\$181 million), started stronger and eventually earned upwards of \$750 million to \$950 million globally. The prior two "Ant-Man" movies, which may serve as better points of comparison for "Quantumania," tapped out with \$519 million and \$622 million worldwide, respectively. The tiniest Avenger may be small, but the third chapter still looks to be mighty. Based on opening weekend returns, the newest "Ant-Man" entry is expected to end its box office run with the biggest receipts in the trilogy.

That's a good sign because the latest "Ant-Man" adventure has the lofty responsibility of kicking off Phase Five of the MCU. It continues with "Guardians of the Galaxy Vol. 3" on May 5, followed by the newly delayed "The Marvels" on Nov. 10. Peyton Reed directed "Ant-Man and the Wasp: Quantumania," the 31st installment in the Marvel Cinematic Universe. The film, which introduces Jonathan Majors as Kang the Conqueror, the heir apparent to the villainous Thanos, also stars Michelle Pfeiffer, Michael Douglas and Kathryn Newton as Ant-Man and Co. are transported to the mysterious Quantum Realm—which defies the laws of space and time—to save the planet from forces of evil.

"Ant-Man 3" topped box office charts over another otherworldly adventure. James Cameron's enduring blockbuster "Avatar: The Way of Water," stayed in second place in its 10th weekend of release, adding \$6.4 million over the weekend and an estimated \$8 million through Monday from 2,675 theaters. To date, the sci-fi sequel has generated \$658 million in North America, overtaking 2015's "Jurassic World" as the ninth-biggest movie in domestic box office history.

At No. 3, Universal's animated sequel "Puss in Boots: The Last Wish" has also remained surprisingly strong, bringing in \$5.3 million over the weekend and an estimated \$7.1 million

JAY MAIDMENT/MARVEL/TNS



Jonathan Majors as Kang the Conqueror in Marvel Studios' "Ant-Man and the Wasp: Quantumania."

through Monday from 3,012 locations. The film, set in the "Shrek" universe," opened in theaters in December and has amassed \$167 million in North America and a huge \$400 million globally.

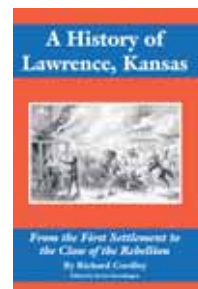
Last weekend's champ "Magic Mike's Last Dance" dropped to fourth place, raking in \$5.5 million over the weekend and an estimated \$6 million through Monday from 3,034 theaters. After two weeks of release, the third "Magic Mike," led by Channing Tatum and Salma Hayek, has grossed \$18.1 million. The Warner Bros. release, which was crafted for HBO Max but later given an exclusive theatrical run, cost nearly \$50 million to produce.

Universal's "Knock at the Cabin" rounded out the top five with \$3.9 million over the weekend and \$4.49 million through Monday from 2,601 cinemas. The latest psychological

thriller from M. Night Shyamalan has generated \$30.9 million to date.

Only one movie, Liam Neeson's crime thriller "Marlowe," was brave enough to open against "Ant-Man and the Wasp Quantumania." The film, from Open Road and Briarcliff Entertainment, barely cracked the top 10, landing in ninth place with a dismal \$1.9 million over the weekend and \$3 million through Monday from 2,281 locations.

Neeson's latest action films haven't been huge theatrical draws, but the poorly reviewed "Marlowe," in which he plays a detective hired to find the ex-lover of a glamorous heiress, marks the actor's worst start in some time. Ticket sales were below 2022's "Memory" (\$3.1 million debut) and "Blacklight" (\$3.5 million), as well as pandemic-era releases like 2021's "The Marksman" (\$3.1 million) and 2020's "Honest Thief" (\$4.1 million).



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by Richard Cordley

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