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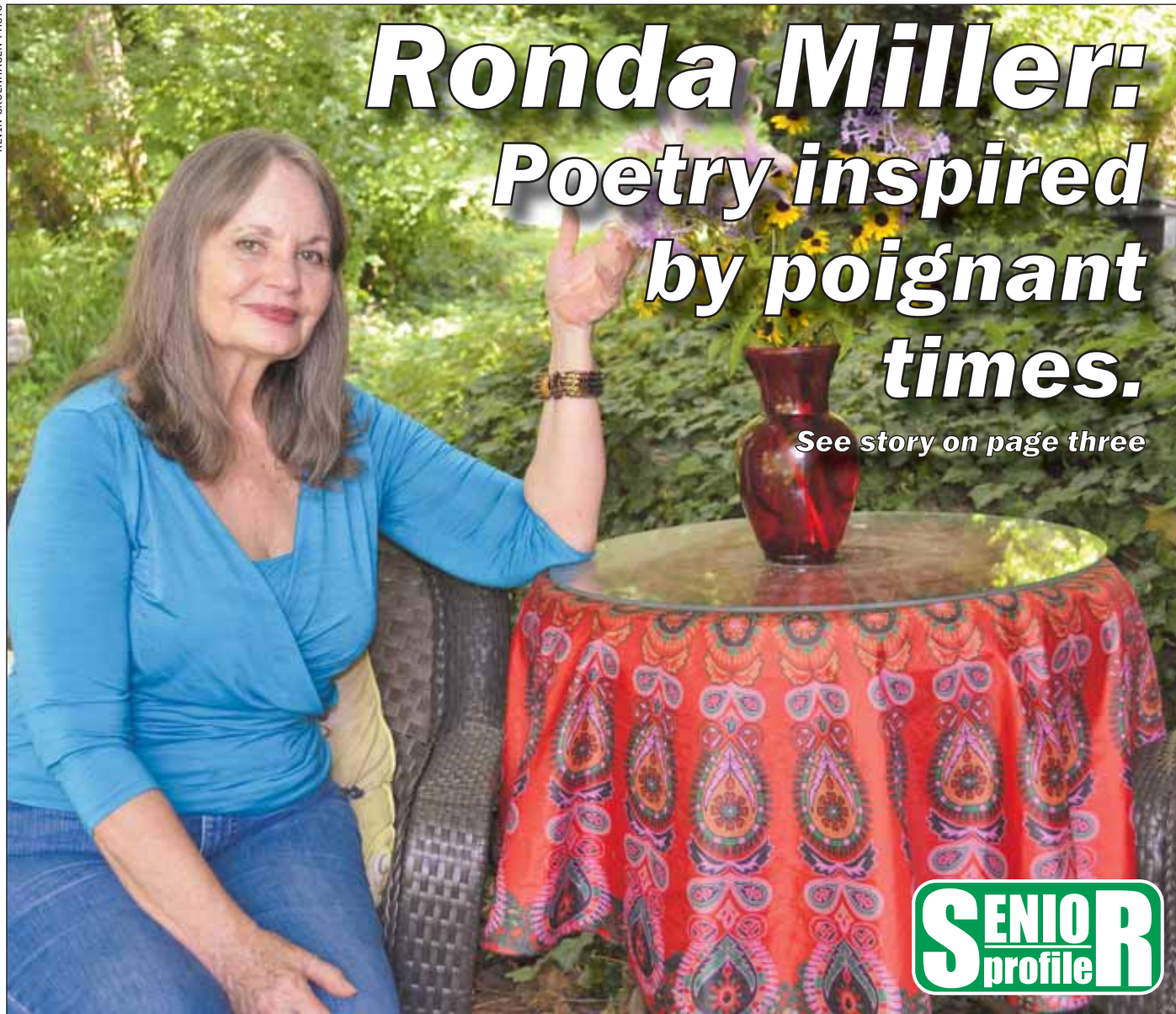
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# Memories of poignant times inspire Miller's poetry

By Kevin Groenhagen

As a young child, Ronda Miller enjoyed writing short stories. She later majored in creative writing through the English Department at the University of Kansas (KU). However, as a single mother who worked 50+ hours a week, she had little time for writing after earning her degree. She had a variety of jobs, including fork-truck driver, Clerk III of the Physics and Astronomy department at KU, waitress, teamster organizer, fashion model, police officer, provider for children and special needs populations for 32 years, and foster mom.

"I enjoyed all of the jobs," Miller said. "Perhaps waitressing would be towards the bottom of the list, even though I really enjoyed it. Working with and caring for children, and writing, have been the mainstays of my life. Working with children afforded me the ability to be with my own children. They are the most important parts of my life."

Following the loss of a niece to sui-

cide and a diagnosis of multiple sclerosis 14 years ago, Miller began writing poetry.

"The brevity of poetry, and the realization that narrative poetry is storytelling, made for a perfect outlet," she explained.

Miller then learned about the Kansas Authors Club (KAC) a few years after she began writing again.

"I joined KAC during October of 2010 when a friend informed me that the state convention was being hosted just around the corner from my house," she said. "I had not heard of the club previously. Soon thereafter, the father of my children was diagnosed with end-stage cancer. The timing couldn't have been more perfect for my having joined the club. He was a wonderful poet. We spent a great deal of those final days writing poetry together, and deciding which ones would be read at his celebration of life. Kansas Authors Club members gave me support and encouragement during that timeframe."

"KAC is the oldest writing club of its kind in the United States," Miller continued. "The Writers Guild states they are the oldest writing club and lists 1912 as their start date. Perhaps they don't know about Kansas Authors Club? It began in 1904. KAC is a club for all ages—including youth writers from school age through adulthood. We host contests for youth and adult writers. Youths who place in those contests have their work published in an



KEVIN GROENHAGEN PHOTO

Ronda Miller

anthology by Mennonite Press. That is such a wonderful accolade for a young writer."

A month after joining KAC, Miller was in Garden City, Kansas, and read the poem "The Milky Way Woman,"

which is about her mother, aloud for the first time. Miller's mother committed suicide when Miller was just three years old. She and her sister had numerous living situations during

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**Kaw Valley Senior Monthly**

**Kevin L. Groenhagen**  
Editor and Publisher

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# Ronda Miller

■ CONTINUED FROM PAGE THREE

the subsequent years. Finally, the sisters' grandparents, who lived on a farm near St. Francis in Cheyenne County, adopted the girls when Miller was seven. Miller read her poem on November 10, which happened to be National Suicide Prevention Day.

"I was filled with dread, excitement, anxiety and fear," Miller said. "As I heard other poets reading before the audience for the first time, along with experienced poets like then Kansas poet laureate Caryn Mirriam-Goldberg and the amazing Wyatt Townley, who later became poet laureate, I appreciated that each person's voice was as important as another's. I remember saying that if I expected my homicide clients to talk about their raw emotions and losses, then I needed to hold myself to the same standard. I recall feeling a weight lifting from me, and was later told I began to stand taller as I read. Secrets are meant to be shared—at least that type."

By homicide clients, Miller is referring to her work as a certified life coach who specializes in coaching those who have lost someone to homicide. She earned her certification from the Institute of Professional Empowerment Coaching in 2007.

"I began flying to and from Chicago in 2006 to attain my life coaching certification," she said. "My niece's death in 2006 and my father's homicide in 1979 influenced my decision. My specialty niche of working with those who have experienced a loss to homicide came about because of my personal

experiences with those losses."

Miller was a presenter at the Transformative Language Arts Conference at Goddard University in Vermont in October 2018. She also gives presentations across the U.S. on grief, including "Motion in Emotion: Writing Your Trauma Without too Much Drama" and "Talking to Crickets."

"Motion in Emotion: Writing Your Trauma Without too Much Drama" discusses our ability to rise above a traumatic event by changing our understanding of what happened," Miller explained. "Sometimes that can mean revisiting what happened with our adult brain as opposed to the age we were at the time of the trauma. I give people permission to rewrite their previous belief system. This class always surprises me by what people share or experience during the class. We connect quickly. I learn from their sharing of coping skills and their bravery in surviving what they have experienced."

"Talking to Crickets" is directed to those who have received a terminal diagnosis and to their loved ones and/or caregivers. The presentation concentrates on how—just as we think we may have killed a cricket, only to later find it is alive, well, and chirping—we as humans live until we die. People have the opportunity to discuss important legacies and passions they wish to make known."

During her 10 years as a KAC member, Miller has served as Vice-President and President of the club's District 2 (the club has seven districts), the Poetry Contest Manager (four years), KAC Vice-President (2016-2017), and KAC President (2018-2019). She is currently serving as

KAC's Convention Committee Chairperson and the Book Contest Manager.

"It has been great connecting with a variety of writers for the upcoming convention," Miller said. "We have such a powerhouse of talent in Lawrence and throughout Kansas, Missouri, and Colorado. With keynote presenters like Oscar winner Kevin Willmott and Kansas poet laureate Huascar Medina, to name two, we are very excited about our convention lineup."

Of course, KAC had to make some changes for this year's convention, which will be held October 2-4, due to COVID-19.

"The current KAC President, Duane Johnson, has taken a crash course or two in conducting Zoom webinars," Miller said. "He has also formed a webinar committee to work with presenters to make the convention as seamless as possible."

COVID-19 has also affected KAC's regular meetings.

"Many of my current friends are members of the Kansas Authors Club," Miller said. "The camaraderie one finds within a club can be life-changing. Members missed the in-person connection. Some districts, including local District 2, began utilizing social media sites, sharing writings via emails, recording YouTube presentations, and hosting meetings through Zoom. Our district recently started having masked, socially-distanced meetings in parks."

Miller invites authors who are not currently KAC members to consider joining to take advantage of what the club has to offer.

"I encourage those who love to read, as well as anyone hoping to fine hone their writing skills, to join our club,"

she said. "I'd like to encourage people to share their voices—their life stories. Each of us has much to offer through our unique life experiences, how we view those experiences, what we learned in order to cope, survive, and grow. Seniors, especially, have much to offer. A book or poem they write now will likely connect with a grandchild or a niece or nephew, possibly future generations, in years to come. The saying, 'We all die twice, once when our soul leaves our body, and a second time, the last time someone says our name,' comes to mind. Books keep us alive."

"A great way to see if it is a good fit is to attend the virtual convention to see what Kansas Authors Club has to offer. One need not be a published author to join the club. We need readers and their opinions. Writing clubs, such as KAC, need editors, illustrators, publishers, grant writers, presenters, and photographers/photojournalists, etc."

Miller herself has greatly benefitted from her membership in KAC.

"In my 10 years as a member, I went from not having anything published (with the exception of my blogs) to having five books of my own poetry published," she said. "I have poetry in over a dozen anthologies, poems transformed into art and illustrations, and poems in museums. I also have had my lyrics set to music. Authors find publishers, editors, inspiration, fulfillment, and understanding in the Kansas Authors Club."

Miller published her first book of poetry, *Going Home: Poems from My Life*, in 2012.

"This was my first book of poetry and

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# Ronda Miller

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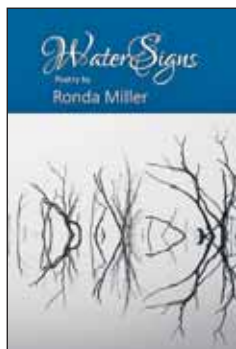
the only one that was self-published,” she said. “I was literally going home to the St. Francis area while on tour with Caryn Miriam-Goldberg and a handful of other fantastic poets. I didn’t have a book together, but the tour was a great incentive to complete one. My poem, “The Milky Way Woman,” is the first poem in the book.

In 2015, Miller published “MoonStain.”

“MoonStain is divided into different sections based on changes of the moon that match the growth or emotionality/passion of the poems,” she explained. “The opening poem is ‘MoonStain.’ It is about an incident when I first went to live on my grandpar-

ents’ farm and came across a recently deceased calf. It is an extremely passionate book and I found it cathartic to write.”

In 2017, Miller published *WaterSigns*, which is divided into sections pertaining to water, which Miller equates to emotion in the book. The sections are Aquer, Confluence,



Raindrops, Mirage, and Reservoir. Kansas photographer Crystal Socha took the cover photo and section photographs.

In 2019, Miller published *Winds of Time*, a chap-book, which she





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## 2020 FALL SCHEDULE OF VIRTUAL EVENTS

### EVENING PROGRAMS

<b>SEPT. 9</b>	<p><b>Journalism and Politics 7:00 PM</b></p> <p>Join CNN Political Correspondent MJ Lee and McClatchy White House Correspondent and KU graduate Francesca Chambers as they discuss the 2020 elections and the state of journalism in America.</p>
<b>SEPT. 15</b>	<p><b>Constitution Day 7:00 PM</b></p> <p>KU Law Professor Lou Mulligan leads guests Lauren Bonds, Larry Yackle, and Josh Blackman through a discussion of three of the most important cases appearing before the Supreme Court this fall.</p>
<b>SEPT. 22</b>	<p><b>Jason Altmire 7:00 PM</b></p> <p>For this year’s Edward F. Reilly Lecture, former three-term Democratic Congressman Jason Altmire joins us to talk about his book <i>Dead Center: How Political Polarization Divided America and What We Can Do About It</i>.</p>
<b>OCT. 8</b>	<p><b>Allen Lim 7:00 PM</b></p> <p>Sports scientist and pro-cycling advisor Dr. Allen Lim talks about his career and the formation of his business Skratch Labs to create better products for athletes.</p>
<b>OCT. 13</b>	<p><b>Will Hitchcock 7:00 PM</b></p> <p>University of Virginia History Professor Will Hitchcock re-evaluates the Eisenhower presidency in his book <i>The Age of Eisenhower: America and the World in the 1950s</i>.</p>
<b>OCT. 27</b>	<p><b>Charlie Cook 7:00 PM</b></p> <p>A week before the 2020 election, America’s foremost political prognosticator Charlie Cook joins us for an evening of campaign discussion.</p>
<b>OCT. 29</b>	<p><b>Shauna Shames 7:00 PM</b></p> <p>Professor Shauna Shames discusses her book <i>Out of the Running: Why Millennials Reject Political Careers and Why it Matters</i>.</p>
<b>NOV. 8</b>	<p><b>Veterans Gala TBA</b></p> <p>The annual Tribute to Veterans Gala will continue virtually this year. The KU ROTC will join us to celebrate the brave men and women who served this country.</p>
<b>TBA</b>	<p><b>A Conversation on Race</b></p> <p>Additional installments of this series will continue the discussion of the important topics of racial justice and equality.</p>

### AFTERNOON PROGRAMS

<b>SEPT. 3</b>	<p><b>Ft. Leavenworth - 1979: The Turning Point of the Cold War 3:00 PM</b></p> <p>Sean Kalic</p>
<b>SEPT. 10</b>	<p><b>Marines Return to Vietnam 3:00 PM</b></p> <p>John Solbach, John Musgrave, Bill Tuttle, Lindsey Foat</p>
<b>SEPT. 29</b>	<p><b>Mawson’s Mission 3:00 PM</b></p> <p>Marlene Mawson</p>
<b>OCT. 1</b>	<p><b>Ft. Leavenworth - Seven Days in Sept. 1814: The Turning Points of the War of 1812 3:00 PM</b></p> <p>Rich Barbuto</p>
<b>OCT. 22</b>	<p><b>Angry Politics: Partisan Hatred and Political Polarization among College Students 3:00 PM</b></p> <p>Stacy Ulbig</p>
<b>NOV. 5</b>	<p><b>Ft. Leavenworth - Spring 1944: The Turning Point in the China-Burma-India Theater in World War 2 3:00 PM</b></p> <p>Geoff Babb</p>
<b>DEC. 3</b>	<p><b>Ft. Leavenworth - Ramadi, 2006: The Turning Point in Iraq 3:00 PM</b></p> <p>Lou DiMarco</p>

### DISCUSSION GROUPS

Kansas City Star editorial page editor Colleen McCain Nelson hosts various guests discussing key elements of the 2020 election over a seven-part series on Wednesday afternoons. Discussion groups are made possible by the Newman’s Own Foundation.

Topics to be covered include: Why was everyone wrong about Biden? How is the media covering the election? What impact will the coronavirus have on the election? And more.

Sept. 23, Sept. 30, Oct. 7, Oct. 14, Oct. 21, Oct. 28, Nov. 18 **4:00 PM**

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# Ronda Miller

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describes as more of an eclectic collection. She also published “I Love the Child” in 2019.

“*I Love the Child* is my first children’s book,” she said. “A cousin, Katie Wiggins, and I connected via genetic testing. Katie was posting amazing illustrations on Facebook. I sent her my 10 stanzas—each about a different type of child—and asked her if she’d care to illustrate the book. She did a beautiful job. My son-in-law, Gabriel Racca, is a native Spanish speaker from Paraguay. It was great having Gabriel and his mother translate the book into Spanish. They did a perfectly amazing job and gave careful thought to each word choice they used.”

With the exception of her first book, all of Miller’s books are available on

Amazon.com. Her books are also available at The Raven Book Store, 6 E. 7th Street, Lawrence.

Miller currently has several projects that she is working on.

“I am writing my memoir, *Gun Memories of a Stone-Eyed Cold Girl*,” she said. “In many respects, I’ve been writing it my entire life. Most of my early short stories were memoirs, and my poems are narrative memoir poems. It has taken time to heal from early traumas in order to remove myself emotionally enough to write the memoir. I have realized, since I write short stories and poetry, that I can utilize the writing forms that come naturally to me in writing my memoir. I hired an excellent editor, Linzi Garcia, as a means to hold myself accountable to write frequently. I send her chapters, and formerly written poems and blog posts, as they are created. She edits, then returns them, and makes suggestions for compilation. I have photos and court documents that will be added once the book is finalized.

“I also wrote a novel, *Girl Who Lives in a Glass Bowl*, during November of

2009 and will work on getting it finalized once *Gun Memories* is completed. In addition, I keep busy reading other authors’ books so I can write blurbs and/or assist in editing.”

Miller also noted that planning is underway for “Words Save Lives,” which will be hosted via Zoom on September 10 from 7 to 9 p.m. Marcia Epstein hosts the local suicide prevention event every year.

When Miller isn’t writing, she said she enjoys her wanderings in The Arikaree Breaks. Located on the extreme northern edge of Cheyenne County, The Breaks, which are 36 miles long and approximately two to three miles wide, were formed by wind-deposited sand, silt, and clay particles called loess

“My wanderings of The Breaks began as an adult when I’d return to the St. Francis area,” Miller said. “The Breaks instill the joy of freedom in wide open spaces coupled with haunting feelings of isolation. I think many, if not most, people associate a specific place as a soul identifier location—or home. I lived just west of The

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# Lokus and ukols

Miller created the poetic forms loku and ukol. According to her, "Each loku comprises three one-syllable words. The first two words are separated by the third with a comma. Ukol is the reverse spelling of loku, so the process is switched. The last word of a loku becomes the first word in a ukol—then the comma, then the last two words are switched. It's been incredible to hear the difference in the meaning and rhythm of the line within this structure when read out loud. The form works nicely for poetry about nature. I think of poetry as simply profound and profoundly simple. Since loku is made up of three one syllable words, and my belief is that the core of all poetry is love, loku means, 'I love you.' My first loku was 'two words, three.'"

The following loku, "Cycle of Life," is from *Going Home: Poems from My Life*:

March comes, spring  
Cold wind, blows  
Rain freeze, sleet

Soft light, snow  
Plant bulb, deep  
Warmth comes, grow  
Time right, bloom  
Make love, night  
Close eyes, sleep  
Hold close, spoon  
Don't leave, stay  
Soul mate, love  
Love grows, child  
Life starts, spring

*And now, the ukol form:*

Spring, comes March  
Blows, cold wind  
Sleet, freeze rain  
Hail, hard round  
Snow, light soft  
Deep, bulb plant  
Grow, comes warmth  
Bloom, right time  
Night, love make  
Sleep, eyes close  
Spoon, leave don't  
Love, mate soul  
Child, grows love  
Spring, starts life

## Ronda Miller

■ CONTINUED FROM PAGE SIX

Breaks for 10 years and was aware they breathed beside me. My grandparents had 880 acres of pastureland and wheat land. Living so intricately in nature was instrumental in my healing from the trauma of my mother's

suicide, and other traumas. It isn't my happy place as much as I feel a connection with it on a cellular level. I am able to return mentally whenever I feel the need. That area pulls and inspires me."

For more information about the Kansas Authors Club, including its upcoming convention, visit [www.kansasauthors.org](http://www.kansasauthors.org).



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# Fenton finds creative ways to downsize

By Billie David

When Jean Fenton moved into an independent living retirement community, she already had some experience with downsizing, but this particular move held a couple of surprises and some decisions to make along the way.

After all, she had lived for 30 years in a 3,000-square-foot home in Missouri that she and her husband had built and where they had raised their children, and after her husband died, she moved to a 2-bedroom, 2-bathroom duplex to be near her daughter.

But then things changed.

"I had a year of health problems and serious surgery," Fenton said, explaining that she considered the move because she didn't want to lean too heavily on her daughter, who works full time.

"I made my own decision to move," she added.

Fenton surprised her son and daughter when she told them she had decided to move to an independent living retire-

ment community, but she was also in for a surprise herself when she discovered that she really did like living there.

"It is different, but I do like it," she said. "It's comfy and I feel at home. It doesn't take a large home to be happy."

Linda Clements, director of business development for Arbor Court in Topeka, where Fenton ended up moving, said that she sees examples of this quite often, adding that people who are hesitant to make the move can be assured that it takes the pressure off their children, who know that if the parent is having trouble, there is somebody there who can help.

There are plenty of opportunities to socialize as well, and the other residents at Arbor Court make it easy, Clements said, because whenever a new person moves in, the other residents will come up to their table after dinner, introduce themselves, and invite the new resident to join them in various activities.

For Fenton, who was recovering from surgery, one of the other things she really appreciated was a walkway that

COURTESY PHOTO



Jean Fenton

goes all the way around the building.

"It's a nice, flat surface," she said. "I walk two and a half miles a day, and I'm getting my strength back."

But before you decide to downsize

and move to a senior living facility, you need to check out the places that are available, Clements advised.

Clements, who worked for Comfort

■ CONTINUED ON PAGE NINE

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# Downsizing

■ CONTINUED FROM PAGE EIGHT

Keepers before accepting her position at Arbor Court five years ago, recommends checking out independent living retirement communities because people who live there are free to make their own choices. She said that she was drawn to working at an independent retirement community because of the freedom it offers.

“People can come and go as they please,” she said. “They get the best of both worlds. They have help to keep them going and they have socialization, which is huge for seniors. And having someone nearby to help gives them a sense of security.”

They can also have home health and attendant care of their choosing to come and help them out when needed if they choose to do so, allowing them to be independent longer.

“It’s a natural fit,” Clements said. “I feel very strongly about seniors being able to stay at home as long as possible.”

Clements suggests making a list of the things that are important to you—what you want as opposed to what you need—and then come in for a tour, or as many tours as you need to help you decide which place will work best for you.

“You need to think about what you can bring and what will fit,” she said, explaining that you can bring your own furniture with you. “If you think of questions later, write them down and then call.”

And remember that after you have checked out what is available, you should trust your own judgement, Clements advised.

“Go with your gut,” she said. “And don’t just look at one or two places.”

Instead, her advice is to look at several places, whittle the list down to two or three, and then go over it again.

“Bring your kids or your friend, and get their opinion,” she said.

Fenton’s daughter did tour Arbor Court with her mother and then her daughter measured the furniture that Fenton wanted to keep.

Fenton then told her son, “I think this is what I want to do, but I won’t if I can’t fit the furniture in.”

So her son sat down at his computer and did some digital drafting, and then

presented her with two different choices.

“It was good because we did it together,” Fenton said. “When the movers came, it all fit in.”

The timing of making the decision to move is important as well, Clements advised.

“Even if you’re not moving for two or three months, it’s good to look before then, because something may happen. There may be an accident, you may lose a spouse or develop a medical problem, and you don’t want to have to decide when you’re under stress,” she said.

After the decision is made, the next step is to go through your possessions and decide what you want to bring with you and what you will do with everything else.

Fenton started by giving things to her children and family members. Her daughter, who has a full basement, also kept some furniture there that her father had made.

“Stuff doesn’t matter as much as you think it does,” Fenton said. “When you have things that you’re not going to use anymore, it’s time to give them away to people who can use them. I have given so many things away to charity and friends. Sharing has been very rewarding. It makes me happy to make others happy.”

Fenton was able to take the treasures that she didn’t want to give up with her: a few antiques, furniture that her husband, who was a woodworker, had made for her, and some of the quilting that she had made as a hobby, including pieces to hang on the wall and to put on the bed.

Then she got creative about what to do with her extra quilts.

“When I went to the grocery store, I would get empty boxes, pick out quilts for family members and close friends, put them in the boxes and mail them,” she said. “I didn’t say anything until they showed up on their doorstep.”

When they received the quilts, some of the recipients called or sent notes to express their appreciation. One friend said that she cried for an hour after she received the quilt, and a sister told her it was exactly what she wanted.

“It was more exciting for me than had I not done it that way,” she said. “It made it very personal.”

Fenton also offered advice about what worked for her when it was time for her to pack for the move.

“If you can’t do the packing, let someone who can do it do the pack-

ing,” she said.

Clements also offered some advice for the actual move.

“Pick a good mover, draw out floor plans, take measurements and ask for help from family and friends,” she said. “We have a couple of moving people we highly recommend because they don’t take advantage of seniors, they are polite and thoughtful, and they aren’t in a hurry.”

It is also a good idea to move in stages, Clements advised.

“It can be totally overwhelming,” she said. “If you don’t have to sell the house first, it’s nice to move in and then go back to pack. That way, you aren’t living in chaos, and if your stuff doesn’t work you can find something that will. You may be able to move in more things than you thought.”

Moving in stages also gives you more time to organize your new place without tripping over boxes.

In Fenton’s case, her housekeeper and daughter packed her things up and brought them over before the move.

Fenton’s move coincided with the beginning of the COVID-19 pandemic.

“It hit so fast. It was either go ahead

with it or back out of it. The kids wondered if it was safe, but I had a lot of peace about it. I had to be quarantined for 14 days, but that didn’t bother me. I was busy getting settled in. When Linda came up here after the quarantine, she couldn’t believe how much I had done.” Fenton said, adding that her housekeeper, her daughter, and the moving company were indispensable.

Perhaps the most difficult thing to consider when downsizing is whether it is time to give up your car.

“If it’s getting to the point where you can’t drive, we have transportation available,” Clements said.

One advantage to using the facility’s transportation is that they pick you up at the door, so you don’t have to walk across a cold and windy parking lot to your car during the winter. And, of course, there’s the advantage of saving money by not having to pay for oil changes, gas, insurance, tags and taxes, and repairs.

“For some folks it’s the hardest part of downsizing, but maybe there’s a grandchild who can use it because she is going to college,” Clements suggested.



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## HEALTH &amp; WELLNESS

## LMH Health family of providers continues to expand in 2020

By Autumn Bishop

LMH Health

LMH Health's new outpatient campus in West Lawrence isn't the only expansion being undertaken in the organization this year. The LMH Health family of medical providers continues to grow in 2020 with the



addition of a number of physicians, advance practice providers and a new clinic, First Med. We invite the community to join us in welcoming these providers:

**Jennifer Bihlmaier, DO**, joined Mt. Oread Family Practice in February. Dr. Bihlmaier earned her medical degree from Kansas City University of Medicine and Biosciences in Kansas City, Missouri. She completed her family medicine residency at Truman Lakewood Hospital. Dr. Bihlmaier is board certified in family medicine.

**Raul Cabos, MD**, became the first rheumatologist at the Internal Medicine Group in August. Dr. Cabos earned his medical degree at Universidad Central de Venezuela in Caracas, Venezuela. He completed a residency in Internal Medicine at Kendall Regional Medical Center in Miami, Florida, and a fellowship in rheumatology at the University of Miami.

**Benjamin Cross, MD**, joined the team at Lawrence Emergency Medical Associates in July. He received his undergraduate degree from Vanguard University of Southern California in Costa Mesa, CA. He earned his medical degree from the University of Nebraska Medical Center and completed his residency in Emergency Medicine at the University of Missouri, Kansas City. He is an active member of the American College of Emergency Physicians.

**Thomas Grillot, MD**, joined Radiologic Professional Services in July. Dr. Grillot received his undergraduate degree from Kansas State University and earned his medical degree from

the University of Kansas School of Medicine. He was an internal medicine intern at Billings Clinic in Billings, Montana, and completed a residency in radiology at Wesley Medical Center in Wichita. Dr. Grillot is board certified in radiology and is an active member of the American College of Radiology, Radiological Society of North America and American Roentgen Ray Society.

**Kyle Odom, DMD**, is a member of the team at Oral Surgery Kansas, and joined the LMH Health medical staff

in June. After earning undergraduate degrees in biology and Spanish from Delta State University, he studied abroad at Malaca Instituto in Malaga, Spain, obtaining his DELA degree (Diplomas de Espanol como Lengua Extranjera). Dr. Odom earned his Doctor of Medical Dentistry degree from the University of Mississippi and entered active duty with the United States Air Force shortly afterward. He completed the Air Force Advanced

■ CONTINUED ON PAGE 11

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# LMH Health

■ CONTINUED FROM PAGE 10

Education in General Dentistry followed by an oral and maxillofacial residency. Dr. Odom retired from the Air Force in 2015. He is a member of the American Association of Oral & Maxillofacial Surgeons, American Dental Association and Society of Air Force Clinical Surgeons.

**Rashid Riaz, MD**, joined the team at Lawrence Pulmonary Specialists in August. He received his undergraduate degree from Midwestern State University in Wichita Falls, Texas. He earned his medical degree from Ross University School of Medicine in Portsmouth, Dominica, and completed his residency in internal medicine at the Jewish Hospital-Mercy Health in Cincinnati, Ohio. Dr. Riaz completed his fellowship in pulmonary/critical care at Main Line Health System - Lanekau Medical Center. He is an active member of the American College of Chest Physicians and the American Thoracic Society.

**Brandon Ricke, MD**, joined Lawrence Emergency Medicine Associates in July. He received his undergraduate degree from the University of Kansas and earned his medical degree from the University of Kansas School of Medicine. Dr. Ricke completed his residency in Emergency Medicine at the University of Kansas Health System.

**David L. Robbins, Jr., MD**, joined Cardiovascular Specialists of Lawrence in January. He received his undergraduate degree from the University of Vermont in Burlington, Vermont. While pursuing a graduate degree, Dr.

Robbins worked as a laboratory technician at the University of Vermont College of Medicine, where he went on to earn a medical degree. He completed his residency in internal medicine and fellowships in cardiovascular disease and interventional cardiology, all at the University of Vermont College of Medicine. He is board-certified in cardiovascular disease, interventional cardiology and nuclear cardiology.

**Alana Ryan, DO**, joined Lawrence Family Practice Center this summer. She attended the University of Kansas, earning an undergraduate degree in genetics. Dr. Ryan earned her medical degree from Lincoln Memorial University-DeBusk College of Osteopathic Medicine before completing a family practice residency in Sioux City, Iowa.

**Evan Shaw, MD**, joined Lawrence Emergency Medicine Associates as a hospitalist in April. He attended Washington University in St. Louis and earned his medical degree from the University of Kansas School of Medicine. Dr. Shaw completed his residency at the University of Southern California in Los Angeles County in 2007. He is board certified in internal medicine.

**Susan Hampton, PA**, joined Lawrence GI Consultants in July. Hampton received her undergraduate degree in nursing from Indiana Wesleyan University in Marion, Indiana. She earned her masters of nursing degree from Spalding University in Louisville.

**Chantee Redding, CNM**, is the newest addition to the medical providers at Lawrence OB/GYN Specialists. Redding received her undergraduate degree from the University of Texas at Arlington in Arlington, Texas. She

earned her master's degree in nursing from Frontier Nursing University in Hyden, Kentucky. Redding is a certified nurse-midwife and is certified by the American Midwifery Certification Board.

## First Med joins the LMH Health family

First Med opened its doors to the public earlier this month, providing family medicine and walk-in care. We welcome the following providers to the clinic, located at 3211 South Iowa Street, Suite 100, in Lawrence:

**Ronald Burt, MD**, isn't a stranger to LMH Health, having been on the medical staff since 1993. Dr. Burt received his undergraduate degree from Kansas State University and earned his medical degree from the University of Kansas School of Medicine. He completed an internship in family practice at St. Francis Hospital in Wichita and was a resident in family practice at Contra Costa County Hospital in Martinez, California. Dr. Burt is board certified in family medicine and is an active member of the American Academy of Family Physicians, and is a Fellow and Life Member of the Kansas Academy of Family Physicians.

**David Dunlap, MD**, originally joined the LMH Health medical staff in 2004. He received his undergraduate degree from the University of Kansas and earned his medical degree from the University of Kansas School of Medicine. Dr. Dunlap completed his residency in family practice at Trinity Lutheran Family Medicine in Kansas City, Missouri, and is board certified in family medicine.

**Patricia "Polly" Sheridan-Young, PA**, joined the LMH Health family

with First Med earlier this month. She earned her undergraduate degree from William Penn University in Oskaloosa, Iowa, and her master's degree in Physician Assistant Studies from Butler University in Indianapolis. Sheridan-Young is also an active member in the American Academy of Physician Assistants, the Kansas Association of Physician Assistants, the American Academy of Sports Medicine and Women Leaders in College Sports.

**Amy Baker, APRN**, is a new addition to the medical staff, working at First Med. She received her undergraduate degree and master's in nursing degree from Washburn University. Baker served as a nurse in the LMH Health emergency department from 2007-2016 and now works with First Med.

**Jessica Dalton, APRN**, received her undergraduate degree from Pittsburg State University in Pittsburg, Kansas, followed by a master's and doctorate in nursing. Dalton is an active member of the American Academy of Nurse Practitioners, Kansas State Nurses Association, American Nurses Association and Kansas Advanced Practice Nurses Association.

**Melissa Ferguson, APRN**, received her undergraduate nursing degree from Washburn University and her graduate degree from the University of Kansas. She is excited to be back at LMH Health and to provide holistic care to her patients in the new First Med LMH Health clinic.

Learn more about all of the providers on the LMH Health Medical Staff by visiting [www.lmh.org](http://www.lmh.org).

- Autumn Bishop is marketing communications manager at LMH Health.



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## HEALTH &amp; WELLNESS

# Yarrow has many beneficial effects

Yarrow, or *Achillea millefolium*, is a top medicinal plant that can be grown in the Midwest. Yarrow can go by other names, including the warrior plant, a thousand leaves, hundred leaved grass, snake's grass, nosebleed plant, old-man's pepper, and soldier's woundwort.

bleeding in his soldiers.

This medicinal plant has been used since ancient times. Yarrow was applied to wounds during battles, hence the name warrior plant. It was used in Asian medicine to balance the yin and yang forces and reawakening the spirituality of the mind. Other uses were

using dried Yarrow as an insect repellent to keep the bugs at bay. The tea of Yarrow was used to induce sweating, purify the blood, and ease bloody diarrhea.

Yarrow's greatest power is its ability to stop bleeding. Being an astringent, Yarrow, when it is applied to a wound, causes the blood vessels to constrict and stop the bleeding. Other powers for Yarrow include its antibacterial, anti-inflammatory, spasmolytic, hypotensive, and antiseptic properties. It has been used to fight acne, improve skin conditions such as eczema, psoriasis, and rashes, address menstrual bleeding, as a bitter to improve digestion and increase the appetite, and improve

the circulation of blood, which helps the cardiovascular system. It can also be used to treat fevers and colds, bruises, sprains, strains, headaches and migraines, toothaches, earaches, and sleep disorders.

Yarrow does have many beneficial effects. However, this plant might not be good for everyone. Those who are allergic to plants in the daisy family may need to avoid using Yarrow.

Enjoy the fall and keep a look out for Yarrow. It will undoubtedly be present if you look for it.

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



Dr.  
Deena  
Beneda

Yarrow is an evergreen perennial that is native to our region. It is very well-adapted to the Kansas weather and can grow extremely well in this climate. It is a hardy plant that can grow almost anywhere, including fields, yards, or even along the roadside. In the wild, Yarrow has white flowers and could be mistakenly identified as a weed. The Yarrow plant has feathery looking leaves, flowers that are in clusters with a long straight stalk. Millefolia means a thousand leaves. Cultivated versions of this plant come in a variety of different colors from pink to red or even yellow flowers. Yarrow typically blooms in May to July.

When harvesting this plant all of the parts are useful medicinally. The flowers on the plant are the most commonly used as it is high in aromatic oils. The leaves are high in tannins. The root can be used for pain. Yarrow's name "Achillea" comes from the Greek god of Achilles, who bled to death. According to Greek mythology, when the Greek hero Achilles was born his mother held him by his heel and dipped him in yarrow tea to protect him from harm. However, he eventually died by a wound to his ankle, where the Yarrow had not touched him. Throughout the Trojan wars, Achilles would continue to use Yarrow to stop



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## FINANCIAL FOCUS

# Financial moves for widows and widowers

If you've recently become a widow or widower, you're obviously dealing with an enormous emotional burden, and coping with your grief can seem like a full-time struggle. Unfortunately, the business of life must go on—and the financial moves you make at this time can have a big impact on your life.

what steps should be taken to implement these arrangements.

- **Address life insurance issues.** If your spouse had a life insurance policy, you'll want to contact your insurance agent for help in navigating the paperwork necessary to receive the death benefit. Of course, some financial advisors also sell life insurance within the

context of your overall financial strategy, so, if this is your situation, you'll want to speak with your advisor about how to handle the insurance proceeds.

- **Apply for Social Security benefits.** If you are 60 or older, you may be entitled to Social Security survivor benefits, along with a one-time death benefit. Contact your local Social Security office to stop the benefits your spouse received and apply for the new ones for yourself.

- **Change the name on financial accounts.** If you and your spouse had jointly held accounts with "right of survivorship," the assets will typically pass automatically to you, the surviving spouse. However, for legal purposes, it's still a good idea to retitle

these assets in your name. This usually only requires filling out some simple documents, which are available from your financial institutions—bank, credit union, investment firm, etc. But you also may need to change the beneficiary designations on accounts held only in your name, such as your 401(k). These designations are powerful and can even supersede instructions in your will or living trust.

- **Go over bills and debts.** Review all your bills, automatic payments and outstanding loans. If they are in your spouse's name, or in both your names, contact the merchant or financial services provider to change all correspondence and account information to

■ CONTINUED ON PAGE 26



Derek  
Osborn

So, as you attend to your affairs, consider the following suggestions:

- **Don't make hasty decisions.** Even though you will need to make some moves in the near future, don't feel rushed into decisions that may prove to be ill-advised. For example, don't immediately sell your home or liquidate all your stocks.

- **Consult with your estate planning professional.** If you and your spouse created an estate plan involving a will, living trust or other documents, you'll want to consult with your estate planning professional to determine



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## MAYO CLINIC

# Pertussis most contagious during early stages of illness

**DEAR MAYO CLINIC:** Why is my doctor recommending that I get the Tdap vaccine now to prevent whooping cough, even though I am in my late 70s? Doesn't whooping cough usually affect young children?

**ANSWER:** While it's true that babies are most at risk of pertussis infection and serious complications, older adults also can be vulnerable to the illness, even after being vaccinated. Your immunity to pertussis—often called whooping cough—fades after just five to 10 years of getting the vaccination. And even if you've had pertussis in the past, you still can get pertussis infection again in the future.

Pertussis is caused by the bacterium *Bordetella pertussis*, which spreads easily between people through the air. You can get pertussis if an infected person coughs or sneezes, sending bacteria-containing droplets into the air.

Another reason pertussis spreads easily is because it's most contagious during the early stages of the illness before severe coughing begins and before those infected with pertussis know they have it. Pertussis is contagious for up to three weeks after symptoms begin. One person infected with pertussis can transmit the illness to many other people.

Older adults are also at risk of complications of pertussis because of

changes that happen to their immune system as they get older. Add to that the fact that cases of pertussis in the U.S. have been on the rise for several years. The increase in the number of people with active pertussis infection raises the risk that you subsequently can be exposed to the pertussis bacteria.

The pertussis vaccination is given in combination with tetanus and diphtheria vaccines. It's called tetanus diphtheria and acellular pertussis booster and is abbreviated as Tdap. Even if you've had the vaccine before, you may need it again to increase the protection that you had from an earlier dose.

After a week or two, a pertussis infection usually leads to a cough. Signs and symptoms that point to a pertussis infection include coughing that lasts longer than two weeks and gets worse over time; long coughing fits that may lead to vomiting or near-vomiting; and coughing attacks followed by a sudden, deep inhalation—making a “whoop” sound as you catch your breath after coughing.

Not every cough means you have pertussis. And not every case of pertussis has a cough or the telltale “whoop” sound after a cough. Pertussis starts with coldlike signs and symptoms that could include a runny or stuffy nose, sneezing, a sore throat, or a mild fever.

Another sign of pertussis is feeling exhausted after coughing. The hacking

cough during a pertussis infection can be so severe in older adults that it can lead to a fractured rib.

Pertussis also can cause other complications in adults, including trouble sleeping, struggling to breathe due to the cough, weight loss, leaking urine, fainting spells, an abdominal hernia, and broken vessels in the skin or eyes. In some cases, pertussis may lead to pneumonia, an ear infection or hospitalization.

Keep in mind that pertussis may look different in older adults. Adults who have some immunity to pertussis from being vaccinated or from having the illness in the past may experience milder signs and symptoms. They also may not have a severe cough or hear a “whoop” sound after coughing.

See your health care provider if you have even a mild cough for longer than two weeks or if you develop a cough after you've been exposed to someone who has been diagnosed with pertussis. The test for pertussis involves a swab of the back of your nose and testing the mucus for the bacterium that causes pertussis. Because it can take days for the test results, your health care provider may recommend starting an antibiotic right away if you have signs and symptoms of pertussis.

When administered early during infection, an antibiotic can shorten the time that you feel symptoms of pertussis and reduce the severity of your cough. Antibiotic treatment is most effective when taken within the first three weeks of infection, and the sooner the antibiotic

is started, the more effective it is. After five days of taking antibiotics, you'll typically no longer be contagious.

The best way to protect yourself from a pertussis infection is to keep it from developing in the first place by getting the Tdap vaccine. The Centers for Disease Control and Prevention recommends that unvaccinated adults receive a single shot of the vaccine.

Most people who receive the Tdap vaccine don't experience a reaction. If you do, the most common reaction among people 65 and older is pain and swelling at the injection site. You could get pertussis even after getting vaccinated, but you're less likely to have a serious infection and your symptoms won't last as long. (adapted from Mayo Clinic Health Letter) - John Wilson, M.D., Infectious Diseases, Mayo Clinic, Rochester, Minn.

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

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## PAINTING WITH WORDS

# The Season of Believers

Have you ever trusted someone with your money and was then betrayed? I have, and it's an awful feeling. That is why Mark Scheel's poem



Tom  
Mach

"The Season of Believers" struck a chord with me.

First a little bit about the poet. Mark grew up in Kansas farm country and went overseas to work for the Red Cross, then he returned to teach at Emporia State University. He later became an information specialist for the Johnson County Library in Shawnee Mission, Kansas. Among his writing accomplishments is a collection of

stories and poems called *A Backward View*, which resulted in a book award. He went on to write other books. The poem "Season of Believers" selected for this column came from Mark Scheel's poetry collection called *Star Chaser*.

The excerpt I selected from Scheel's "Season of Believers" tells the story of a trusting youth who wanted to please his sweetheart with a special gift of some kind. Scheel sets up a contrast between the "dark, strange, and lonely" feeling of the youth with a stranger's nice suit and his gleaming gold tooth. Scheel named this stranger Johnny Boy, which in the 1960s denoted a con man.

The poet goes on to describe Johnny Boy as a smooth talker. This character says all sorts of things that give hope and promise to the youth. All this young man had was ten dollars, but as soon as he hands it over, Johnny Boy disappears. The youth patiently waits for a long time for Johnny Boy to reappear and displays

his anger at the very end by saying that "rage devoured his effervescent faith". Thus, by his actions, the con man changed the youth's trust in the decency of people.

An excerpt from "The Season of Believers" by Mark Scheel:

There was once, one mere lifetime ago a youth who went forth in the night streets of Fillmore in quest of magic dust for his sweetheart. The streets were dark and strange and lonely, and finally this youth met up with a Johnny boy. The Johnny boy's suit looked oh so pretty; his gold tooth gleamed when he smiled. The Johnny boy inquired as to the object of the youth's search and immediately volunteered his expertise.

He said he understood the need.  
He said he had a sweetheart himself.  
He said he had connections.  
He said he'd be willing to help.  
He said he could tell how they'd both had a hard life.

He said they were alike.  
He said both of them deserved much better.  
He said in truth he loved him like a brother.  
He said if you can't trust your brother,  
who you gonna trust?  
He said he'd take care of all the arrangements.  
He said all he needed was the money.  
He said, brother, all you gotta do is wait.

Thinking of his sweetheart waiting in their love bed, the youth entrusted his last ten dollars to the Johnny boy. Doffing his hat gaily, the Johnny boy departed... never to be seen again. And the youth waited. And waited... Alone amid the dark streets. Until empty pockets and rage devoured his effervescent faith.

If you have any questions or comments you may contact Tom Mach at [tom.mach@yahoo.com](mailto:tom.mach@yahoo.com).



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## RICK STEVES' EUROPE

# Savoring Normandy's hospitality

By Rick Steves

Tribune Content Agency

**P**icture this: Half-timbered towns with tall cathedral spires, thatched-roof cottages dotted among green rolling hills, fat happy cows, and drifts of gnarled apple trees. This is the beguiling Normandy coast of France.

Strategically positioned across from England, Normandy is the closest coastline to Paris. That prime location may attract urban beachgoers, but it also explains why this welcoming corner of France has seen more than its share of war.

In the ninth century, Viking Norsemen swooped in from the north and gave the region its name. A couple of hundred years later, William the Conqueror invaded England from Normandy (his 1066 victory is commemorated in a medieval tapestry—more about that later). A few hundred years after that, France's greatest cheerleader, Joan of Arc, was burned at the stake in Rouen by the English, against whom she rallied France during the Hundred Years' War.

And in 1944, Normandy was the site of a WWII battle that changed the course of history. For many Americans, Normandy begins and ends with the D-Day museums and memorials

that commemorate the heroic Allied landing of June 6, 1944.

But even if the rugged Norman coast still harbors wartime bunkers and military cemeteries, it's also home to pristine beaches, enchanting fishing villages, and pleasant seaside resorts. It's such a popular getaway that Parisians call it the "21st arrondissement"—and with its delicious cuisine and idyllic nature, it's no wonder. Brits consider it close enough for a weekend outing (BBC radio comes through loud and clear here).

Little Bayeux, six miles inland, makes an ideal home base for visiting the area's sights. Even without its proximity to the D-Day beaches, it's worth a visit for its enjoyable town center, awe-inspiring cathedral (William the Conqueror was present for its consecration in 1077), and the remarkable 230-foot Bayeux Tapestry, which painstakingly details William's conquest of England, scene by scene.



Please recycle this copy of *Kaw Valley Senior Monthly* when you are through with it.

For the ultimate Norman experience, though, I prefer to stay at a rural farmhouse B&B. Ancient stone houses, often owned by the same family for decades or longer, offer simple rooms outfitted with vintage furniture and linens crisp from drying on a backyard line. Breakfast eggs often come from the hens in the yard. It's the ideal way to sample everyday life firsthand (find B&B accommodations at [www.gites-de-france.com](http://www.gites-de-france.com)).

Getting into the countryside is also the key to experiencing the local cuisine. Normandy, after all, is the earthy land of the four Cs: Calvados, Camembert, cider, and crème (cream sauces). When you see "à la Normande" on a menu here, expect your food to be bathed in cream and butter.

There's no local wine in Normandy, but this region of apple orchards is proud of its powerful Calvados apple brandy and hard apple ciders. Along green lanes lined with hedgerows, Route du Cidre signs (with a bright red apple) lead tourists to producers of handcrafted cider and brandy. At mom-and-pop places, proprietors

invite you into the kitchen for a taste and a chance to buy a bottle. Bigger outfits happily open up their musty cellars and pressing sheds, offering tastings and tours.

At restaurants here, you might be offered a *trou Normand*, a shot of Calvados served in the middle of a big meal (it's sometimes poured over apple sorbet), with the idea that it will reinvigorate your appetite to get you through the next course. You'll also find bottles of the aperitif *Pommeau*, a blend of apple juice and Calvados, as well as *poiré*, a tasty pear cider.

Those ciders and brandies are perfect for washing down the region's premier cheeses and cream sauces. What makes these dairy products so special? It's the *terroir*—the lush green pastureland brushed by the mild maritime climate. And it's the brown-and-white Normande cow, which produces a daily output of five gallons of milk that's super high in butterfat. (This stoic breed was nearly wiped out during the 1944 Allied invasion, but has since rebounded.)

■ CONTINUED ON PAGE 19

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# Rick Steves

■ CONTINUED FROM PAGE 18

The rich milk of the Normande cow is essential to the region's iconic Camembert cheese, packaged in its little wooden box. Runny and moist, the funky raw-milk Camembert available in Normandy is nothing like the rubbery pucks sold at home. Look for cheeses labeled "Camembert de Normandie AOP" to get the real thing. The French even control the designation of Normandy's thick, unpasteurized cream (AOC crème fraîche de Normandie).

Here's a tip: if you're going to splurge on a nice dinner in France, do it in a small Norman town, where fine dining can be a terrific value. After spending a day visiting the D-Day beaches, I look forward to the edible and drinkable hospitality that's so abundant in Normandy. Even when the food's gone and the bottle's empty, the party goes on.

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

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# AMERICA'S TEST KITCHEN

## A fresh tomato gratin that showcases the very best of summer tomatoes

By America's Test Kitchen  
Tribune Content Agency

Some think it's sacrilege to cook a perfect summer tomato, but we disagree. Cooking intensifies the tomato's natural flavor, and it's an excellent way to use good tomatoes at the time of year when there are plenty of them around.

Tomato gratin (sometimes called scalloped tomatoes) is a great cooked-tomato dish because it combines fresh tomatoes with bread to soak up all the juices released as the tomatoes cook. But if you use the wrong type of bread or treat it incorrectly, you can end up with a mushy mess. And that's a fate we can't accept for in-season tomatoes.

Knowing how important the choice of bread was, we tried breadcrumbs, sandwich bread and a supermarket baguette, which all fell short. It was when we tried an artisan-style baguette that things really started to look up. With its resilient open crumb and chewy texture, it could soak up the tomatoes' juices without falling apart, and its crisp crust offered nice textural contrast.

We took two more steps to prevent the bread from getting too soggy: We cut it into large 3/4-inch chunks, and then we toasted them in a skillet with plenty of olive oil, which had the benefit of giving this otherwise lean dish some richness as well as balancing the

tomatoes' acidity.

We set the bread aside before adding the tomatoes to the pan and cooking them to drive off some of their moisture. We then folded the bread back in just before transferring the skillet to the oven. This lessened the time it sat in the juices, so it wouldn't turn mushy. And for more crunchy contrast, we toasted another cup of bread, bringing the total to 4 cups, so that I'd have enough to scatter over the surface before sprinkling on the Parmesan.

The results were perfect: The gratin had a soft, tender interior and a nicely crunchy, flavorful topping. For a boost of flavor, we browned some thinly sliced garlic in the skillet before adding the tomatoes. And with a sprinkle of chopped basil over the top of the gratin once it came out of the oven, we had a fresh take on tomato gratin that showcased the very best of summer tomatoes.

### Best Summer Tomato Gratin

Serves 6 to 8

- 6 tablespoons extra-virgin olive oil
- 6 ounces crusty baguette, cut into 3/4-inch cubes (4 cups)
- 3 garlic cloves, sliced thin
- 3 pounds tomatoes, cored and cut into 3/4-inch pieces
- 2 teaspoons sugar
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 1/2 ounces Parmesan cheese, grated

(3/4 cup)

2 tablespoons chopped fresh basil

1. Adjust the oven rack to the middle position and heat the oven to 350 F. Heat 1/4 cup oil in a 12-inch oven-safe skillet over medium-low heat until shimmering. Add bread and stir to coat. Cook, stirring constantly, until bread is browned and toasted, about 5 minutes. Transfer bread to a bowl.

2. Return the now-empty skillet to low heat and add remaining 2 tablespoons of oil and the garlic. Cook, stirring constantly, until garlic is golden at the edges, 30 to 60 seconds. Add tomatoes, sugar, salt and pepper and stir to combine. Increase heat to medium-high and cook, stirring occasionally, until the tomatoes have started to break down and have released enough juice to be mostly submerged, 8 to 10 minutes.

3. Remove the skillet from the heat and gently stir in 3 cups of bread until completely moistened and evenly distributed. Using a spatula, press down on the bread until it is completely submerged. Arrange remaining 1 cup of bread evenly over surface, pressing to partially submerge. Sprinkle evenly with Parmesan.

4. Bake until the top of the gratin is

deeply browned, tomatoes are bubbling, and juice has reduced, 40 to 45 minutes; after 30 minutes, run a spatula around the edge of the skillet to loosen the crust and release any juice underneath. (Gratin will appear loose and jiggle around outer edges but will thicken as it cools.)

5. Remove the skillet from the oven and let stand for 15 minutes. Sprinkle gratin with basil and serve.

Recipe notes: For the best results, use the ripest in-season tomatoes you can find. Supermarket vine-ripened tomatoes will work, but the gratin won't be as flavorful as one made with locally grown tomatoes.

Do not use plum tomatoes, which contain less juice than regular round tomatoes and will result in a dry gratin.

For the bread, we prefer a crusty baguette with a firm, chewy crumb. You can serve the gratin hot, warm or at room temperature.

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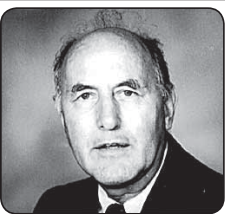
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## HUMOR

# Kaybe Finds a Friend

The Enchantment is a dingy roadhouse on the outskirts of Letongaloosa. It's the kind of place every college town needs to maintain academic accreditation. I go to the Enchantment to have a soft drink and chat with friends—some of whom live here and some, like my robot alien friend KB 11.2, live a long, long way from here.



Larry  
Day

My Alien friend Kaybe looks like a giant tuna fish can. Erector Set arms sprout from the curved sides of his body. Three spindly legs drop from the flat underside of his stainless steel torso. He has ball bearing wheels for feet, and three sensor-eyes wave at you from the ends of floppy antennae on the top his lid.

Kaybe comes from the Alpha Centauri star system. Many years ago on a visit to Earth, Kaybe saved my marriage. We have been friends ever since. Kaybe communicates telepathically—his voice comes into your mind. When we speak English, Kaybe sounds like CNN's Anderson Cooper. When we speak Spanish, he

sounds like the Mexican comedian Cantinflas.

There are a variety of cosmic characters at the Enchantment, none of whom is from around here: Four-Finger Fanny, Henry the Hulk (about whom I have written), who is small but who has a deep voice, Miniature Mike, who is huge and very shy.

Four-Finger Fanny speaks telepathically, but she also speaks human, for which I am grateful. It gives me a headache to speak telepathically for very long.

"Kaybe's back in town," said Fanny. "He has a companion. Come on out, have a soft drink and chat."

"I'd love to. See you soon."

I drove out to the Enchantment, slid into a back booth, and ordered a soft drink.

A little later Kaybe rolled up to the booth, and another alien, who looked just like him, rolled up right behind him.

"Hello, good friend," said Kaybe, telepathically.

"Hi, pal," I replied. "Who's your friend?"

"This is K.B.11.3, nickname K3. She's an old (eons old) friend of mine. K3 just swung in from beyond...well she comes from way beyond any place you'd recognize.

"It's a pleasure to meet you, Ms. K3."

"Just call me Three," she said telepathically.

"So, what's going on in the outer reaches?"

"Comets, blackholes and the reach of infinity. What can I say?"

"Here on earth things are roiled and getting hard-boiled. Elections are coming up and people are all excited to see what happens. Do you choose your leaders by elections? I assume you do have leaders and followers."

"Eons ago we had leaders. But we evolved a system of governance where everyone has an equal say."

"How do you deal with divergent views?"

"We talk it over—and we talk it over and we talk it over and we talk it over. We don't measure time like you do in this section of the galaxy, so these conversations last and last. Eventually, when we have turned up and discussed the galaxy of information and opinion and we have pondered it all for a long, long time, all that 'stuff' begins to seem old and raggedy. And we say, 'This stuff is old and raggedy. We're not going to waste any more discussion on old, raggedy stuff like. Let's play some board games.'"

"Indeed?" I said. "That's fascinating. What you are describing as 'stuff' looks and sounds very much like what we here on Earth call politics. We've been chewing on the same political soup bones for decades, but we act like the 'stuff' is new and compelling."

"So, do you chuck it all out and go and play board games?" asked Three.

"That would be marvelous," I said. "That would be SO sensible. We could just agree that some 'stuff' will never be resolved and go play board games."

"Do you think that will work?" asked Three.

"I'm afraid not. I think we'd get into a big hassle about which board games are 'socially and politically acceptable,' and which board games are not," I said.

"That's stunning," said Three. "What a wonderful bunch of 'stuff' that is."

"I couldn't agree more," I said.  
- Larry Day, B.A., M.A., Ph.D., is a former foreign correspondent, newspaper reporter and journalism professor. He has written humorous fiction—sometimes intentionally—all his life.

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## MY PET WORLD

# Man's kindness creates a dilemma for future care of cats

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

**Dear Cathy:** I started feeding two feral kittens when they were about six-months-old. Over the next year they began acting more like domestic cats. They would come when called, often were waiting for me, lived mostly in my yard, meowed, looked directly at me, and let me sit with them. The male liked being petted. He purrs, curls up beside me, plays with me, and often follows me around. This winter, I brought them into my sunroom at night and during inclement weather. I later kept them inside so they could be fixed. I thought this was temporary, but they seemed to settle in as indoor cats. They are still nervous about sudden moods or noises. The female still will not let me touch her, but she is increasingly comfortable around me. Neither likes being picked up.

As the weather gets warmer, I need to open the sunroom. My dog, a shih tzu mix, prevents me from bringing them into the whole house. My dog and these cats have an established adversarial relationship although my dog has accepted the new boundaries. The only other option is to move them to the basement, but I don't know how they would be in the dark all the time. My longer term problem is that I am caring for my 96-year old mother and this is her house. Eventually, I would have to move. Can I find an affordable place that will let me bring a dog and two cats? How could I just abandon them after they have become dependents? What do you suggest? -Bill, East Meadow, NY

**Dear Bill:** Your kindness has presented a little bit of a dilemma. Yes, you can find a place to live with a small dog and two cats, but it might take some searching. I have always had

multiple pets and found rental places where they are accepted. Keep in mind, they may charge you a monthly pet rent or one-time deposit that may not be refundable. Start checking around to see what your rental options might include because it would be great if these cats could stay living with you.

Until then, open the sunroom and let's see how the dog and cats react to each other. My guess is, the cats will hiss to let the dog know the sunroom is their territory, and the dog will oblige by not going in there to disturb them. Animals have a way of respecting each other's spaces. If they get along (and it could take a few weeks for you to know for sure), then you will likely be able to take them with you when you move.

If it turns out this is not a workable solution, please don't put them in the basement. It's not healthy for them to be in the dark all the time, and you are only delaying the inevitable. Your other options include putting them back outside and feeding them and then finding a neighbor to take over feeding them when you move or finding someone who can take them into their home, as you did.

In the end, I hope you can take these cats with you. It's never easy for homeless, somewhat feral cats to warm up to people, but somehow you won their hearts. It sounds like it would be best for everyone if you could keep your furry family together. - *Cathy M. Rosenthal is a longtime animal advocate, author, columnist and pet expert who has more than 25 years in the animal welfare field. Send your pet questions, stories and tips to [cathy@petpundit.com](mailto:cathy@petpundit.com). Please include your name, city, and state. You can follow her @cathymrosenthal.*

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# JAY'S MUSICAL MEMORIES

## Do you remember September?

By Jay Wachs

One of my favorite records to play on air, at a club or at a private party is "September" by Earth Wind and Fire.

Man I love that song.

It's fun and infectious and has a great horn section and needs to be played loud.

Do you remember September?

September also represents the beginnings of the fall season.

I love fall more than any other time of the year.

Warm days and cool nights.

Apple picking.

Leaf raking.

Bonfires.

And football!

Whether it's the KU Fight song, the Notre Dame theme song, or Hurt Em Bad's Monday Night Football rap from

the early 80s, music inspires me to get ready for a season of football fun. The thrill of victory. The agony of defeat. And memories of Howard Cosell on ABC's Monday Night Football.

All of these wonderful memories and traditions that are kept alive today.

So let's go back to the 21st day of September and see what was popular in years past:

**2010:** Bruno Mars, "Just the Way You Are"

**2000:** Madonna, "Music"

**1990:** Phil Collins, "Something Happened On The Way To Heaven"

**1980:** Kelly Marie, "Feels Like I'm In Love"

**1970:** Clarence Carter, "Patches"

**1960:** Chubby Checker, "The Twist"

Whatever your plans are for September, bring the music along with you.

Just remember the best months of the

year are still to come with Halloween, Thanksgiving, and Christmas ahead.

So many great tunes to remember and enjoy.

And all of them are yours for the listening at [www.lawrencehits.com](http://www.lawrencehits.com), on our free mobile APP, Tune In Radio or on our ROKU channel.

Happy listening and remember September.

- Jay Wachs is the owner and operator of LawrenceHits.com, an APP and website based oldies streaming radio station that helps promote locally owned and operated Douglas County, Kansas businesses.

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# GOREN ON BRIDGE

WITH BOB JONES

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## THE ONLY ONE

Both vulnerable, North deals

### NORTH

♠ 5 4 3  
♥ A 7 6 3  
♦ J 4  
♣ A Q 10 6

### WEST

♠ K 10 7 6 2  
♥ 8 4 2  
♦ 10 3  
♣ 5 3 2

### EAST

♠ Void  
♥ K Q 5  
♦ K 9 8 7 5  
♣ J 9 8 7 4

### SOUTH

♠ A Q J 9 8  
♥ J 10 9  
♦ A Q 6 2  
♣ K

The bidding:

NORTH	EAST	SOUTH	WEST
1♣	Pass	1♠	Pass
1NT	Pass	2♦*	Pass
2♠	Pass	4♠	All pass

\*Check back Stayman

Opening lead: Two of ♥

All roads led to a four-spade contract when this deal was played in a recent tournament. The given auction is just one possibility. Some declarers made the contract after the lead of the 10 of diamonds. Only one, American great Eric Rodwell, made it after a low heart lead.

Rodwell ducked the opening heart lead to east's queen. East had no way to know that he could safely lead a club, so he tried a low diamond. This ran to dummy's jack and Rodwell led a spade. East's discard was a rude surprise, but Rodwell rose with his ace of spades, cashed the king of clubs, and led a heart to dummy's ace. He cashed two high clubs, discarding a heart and a diamond. He then ruffed a heart with the eight of spades.

Rodwell, who had only lost one trick at this point, was down to the queen-jack-nine of spades and the ace-queen of diamonds. West had four spades and one diamond remaining. Rodwell cashed the ace of diamonds and then led the queen. West was forced to ruff this and lead a trump, giving Rodwell two more spade tricks and his contract. Nicely played!

Had Rodwell played his queen of spades on the first round of trumps, West would have won and continued hearts, leaving Rodwell a trick short.

*(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. E-mail: tcaeditors@tribpub.com)*

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WOIS  
GOKE  
AGLM

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- 31-60 = Gamer
- 21-30 = Rookie
- 11-20 = Amateur
- 0-10 = Try again

By David L. Hoyt and Jeff Knurek



### Boggle BrainBusters Bonus

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

Find AT LEAST NINE FOUR-LETTER ANIMALS in the grid of letters.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_





**CROSSWORD SOLUTION**

B	E	M	E	G	S	T	A	R	O	H	M	S
O	X	E	N	H	O	W	T	O	F	O	C	I
S	P	A	Z	O	P	E	R	A	F	T	L	B
C	A	N	Y	O	U	H	E	A	R	M	E	W
S	T	I	M	U	L	I	I	N	A	W	E	
S	T	E	T	A	H	W	E	B	S	T	E	R
S	E	P	A	I	L	E	E	L	S			
S	S	I	D	E	M	I	L	L	E	R	T	E
U	L	N	A	T	S	K	E	F	S			
M	I	R	L	E	A	G	U	E	L	O	A	M
S	P	E	C	S	D	E	A	D	S	E	A	
P	O	C	O	M	O	U	N	T	A	I	N	S
O	H	O	H	R	E	A	C	T	C	A	N	T
P	E	S	O	E	T	H	E	R	A	G	E	R
A	X	E	L	G	A	U	D	Y	N	O	N	O

**SUDOKU SOLUTION**

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

**BOGGLE ANSWERS**

MOLE, MULE, TOAD, NEWT, FROG, BOAR, BEAR, DEER, HARE

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**JUMBLE ANSWERS**

Jumbles: PLANK, AWAKE, SOOTHE, BUDGET

Answer: When the ox-like antelope met up with his friends, he said, WHAT'S "GNU"?

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**SCRABBLE GRAMS SOLUTION**

F <sub>4</sub>	O <sub>1</sub>	O <sub>1</sub>	T <sub>1</sub>	P <sub>3</sub>	A <sub>1</sub>	D <sub>2</sub>	RACK 1 =	<b>63</b>	
A <sub>1</sub>	N <sub>1</sub>	I <sub>1</sub>	S <sub>1</sub>	E <sub>1</sub>	E <sub>1</sub>	D <sub>2</sub>	RACK 2 =	<b>58</b>	
A <sub>1</sub>	N <sub>1</sub>	D <sub>2</sub>	I <sub>1</sub>	R <sub>1</sub>	O <sub>1</sub>	N <sub>1</sub>	RACK 3 =	<b>60</b>	
E <sub>1</sub>	Q <sub>10</sub>	U <sub>1</sub>	A <sub>1</sub>	T <sub>1</sub>	O <sub>1</sub>	R <sub>1</sub>	RACK 4 =	<b>98</b>	
D <sub>2</sub>	A <sub>1</sub>	I <sub>1</sub>	S <sub>1</sub>	I <sub>1</sub>	E <sub>1</sub>	S <sub>1</sub>	RACK 5 =	<b>58</b>	
PAR SCORE 240-250								TOTAL	<b>337</b>

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**MY ANSWER**

**Salvation is an act of God**

**From the writings of the Rev. Billy Graham**

Tribune Content Agency

**Q:** Rescue stories always inspire me. It is always puzzling that most people celebrate someone being pulled from a fire or accident. Why are some of the same people resistant to the salvation that Jesus offers? - R.Q.

**A:** "Search and rescue" is a term heard almost every day, whether in the newspaper, over the internet, or on television or radio. We watch people being saved from automobile accidents. We hear about children being saved from

drowning. We read of others being pulled out of fiery flames. We sigh with relief when military men and women save innocent lives around the world or when the National Guard rescues families raging fires or from floods left in the wake of hurricanes. Most people hope that if they find themselves in dangerous situations, there will be someone to rescue them.

Few seldom stop to realize that when we are rescued from something, we are also saved for something. When we are rescued by someone, we are indebted to the one who has saved us from disaster, impending doom, and perhaps

death itself.

Even if we are saved from an attack of some kind, we will eventually find ourselves facing other threats, whether an incurable disease, a fatal accident, or something as natural as growing old and wearing out from progression of the cycle of life. No other human being, no matter how selfless or brave, can rescue us from the certainty of death. But that doesn't mean we can't be saved, that we have no hope of rescue. It just means we need to be clear about Who really saves us. Salvation is an act of God. It is initiated by God, wrought by God, and sustained by God.

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

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**Financial moves**

■ CONTINUED FROM PAGE 13

your name only. For any outstanding accounts in your spouse's name, you may need to notify the business that all payments will be handled by your spouse's estate, if you choose to go that route. You may need to provide these businesses with the contact information of your estate planning professional.

• **Plan for your future.** Once you've handled the immediate financial needs described above, you'll want

to think about your own future. This means you may have to update your estate plans and insurance policies. You'll also want to consult with your financial advisor to see what changes, if any, you might need to make to your investment portfolio.

Only time can ease the pain of losing a spouse. But by taking care of the mundane matters of daily living, you can at least alleviate the feelings of being overwhelmed—and that, in itself, has value.

- Derek Osborn is with Edward Jones, 1311 Wakarusa Drive, Suite

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

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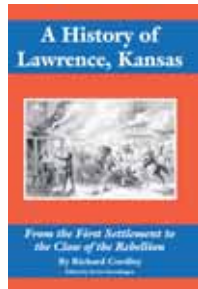
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